

Join USATF-LI!

Membership in **USATF-Long Island** makes you a part of one of the largest sports organizations in the United States and entitles you to discounted entry fees at all **USATF-LI** events in addition to discounts at local stores as well as many national companies, magazines, car rentals and much, much more.

Your participation in **USATF-LI** helps insure the future of road racing, cross country, track & field, and race walking on Long Island for athletes of all abilities ranging in age from 2 to 90+.



www.long-island.usatf.org
(516) 349-9157

USATF-LONG ISLAND
P.O. Box 504
Old Bethpage, NY 11804

2009 Cross Country Grand Prix Series

USA Track & Field Long Island

Sponsored by

The Runners Edge

242 Main Street, Farmingdale, NY

and

A Grant from New York State
Assemblyman **Rob Walker**



2009 Cross Country Grand Prix Series

The Races



Dear Friends:

It gives me great pleasure to join with the USATF-Long Island in sponsoring the 2009 Cross Country Series.

As the former Town of Oyster Bay Deputy Commissioner of Parks, and as the ranking member of the Assembly Standing Committee on Tourism, Arts, and Sports Development, I will continue to advocate for and promote athletic and sporting events in our area and across New York State.

Long Island has become the recreation capital of the northeast, but there is always room for growth. I look forward to working with all of you in this endeavor as we highlight our residents and our region.

In closing I would like to thank USATF-Long Island for its hard work and dedication in bringing about such great programs for our area. I wish all of you the best of luck during the upcoming events and wish you and your family a safe and enjoyable summer. If I can ever be of assistance to you please do not hesitate to contact me at (516) 937-3571.

Sincerely yours,

Rob Walker
Member of Assembly

Sunday, August 23

Dirty Sock 10K Run

Babylon Memorial Grade School

Contact: Happi Auer
(631) 804-0628 hapiauer@msn.com
www.DirtySockRun.com

Saturday, September 26

Nassau Officials XC Invitational

Old Bethpage Restoration Village

Contact: Bill Ott
(631) 827-3426

Saturday, October 31

USATF-Long Island 8K Association Championship

Eisenhower Park

Contact: Alex Cuozzo
(516) 652-3555 bellmore-striders@juno.com

Saturday, November 7

Northport Veterans Day 4K

Northport Veterans Hospital

Contact: Jim Mahoney
(631) 261-6242 www.nrccrun.com

Sunday, November 29

Rob's Run 5K

Stillwell Woods, Syosset

Contact: Jim Murray
(516) 349-7646 spolansky@aol.com

The Cross Country Series is open to all members of USATF-LI. To be eligible for prizes athletes must compete in three of the five races. Cross Country scoring will be used to determine winners.

PRIZES: Gift certificates donated by the **Runners Edge** will be given to the top three individual finishers in the following age categories: 19 and under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85 and over.

Cash Awards will be given as follows:

1st place Open Men, Open Women \$150
2nd place Open Men, Open Women \$100
3rd place Open Men, Open Women \$50

1st place Masters Men, Masters Women \$150
2nd place Masters Men, Masters Women ... \$100
3rd place Masters Men, Masters Women..... \$50

BONUS: Winning teams that compete in the Association Championship will be eligible for a travel stipend to the USATF National Club Cross Country Championship. Teams MUST be registered *USATF-LI* teams.



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