



One Step Ahead

YOUTH CROSS COUNTRY ASSOCIATION CHAMPIONSHIP

The 2008 USATF-LI Youth Cross Country Championships were held on October 26th at a new and exciting location, Sachem High School East. Sachem coaches **Pete McNeill** and **Alex Young** have created a challenging course on the grounds of the school and our youngsters did well, enjoying both the course and the crisp fall weather,

Many thanks to Youth Chair, **John Martin** and Track & Field Chair, **Paul Schaefer** for their hard work. Many thanks also go to Pete and the Sachem students for their invaluable assistance.

AGE GROUP CHAMPIONS

BANTAM GIRLS: (1) Shieseido Robinson (2) Courtney Williams (3) Stephanie Basan **BANTAM BOYS:** (1) Christopher Langer (2) Ishar Hawkins (3) Jack Rodriguez **MIDGET GIRLS:** (1) Shannon O’Hellir (2) Morgan Graham (3) Eileen McCoy **MIDGET BOYS:** (1) James Burke (2) Glenn Lostritto (3) Brandon Robinson **YOUTH GIRLS:** (1) Rose Branch **YOUTH BOYS:** (1) James Houghton **INTERMEDIATE GIRLS:** (1) Alicia Elliot (2) Esther Branch **INTERMEDIATE BOYS:** (1) Matthew Collorafi **YOUNG WOMEN:** (1) Blessing Branch

Congratulations to all of the Association Champions and to all the youth athletes who competed and made the USATF-LI Championships a great success.



For complete results, visit our website
long-island.usatf.org

NEWS OF OUR MEMBERS

2008 USATF-LI 8k Champion **Laura Delbiondo** finished in the top 50 women overall at 2008 USATF 20k Championships held in New Haven, Connecticut in September. She ran 1:27:46, a great time for a fairly new racer. Laura is a former Division I soccer player and has been running for only two years. Her coach Fred Benlein said her long term goal is to run in the 2012 US Olympic Trails Marathon.

USATF-LI EVENTS

CROSS COUNTRY: The final event on the 2008 Open & Masters Cross Country Season was Rob’s Run held on November 30th at Stillwell Woods in Syosset.

GRAND PRIX SERIES OF ROAD RACES: The 2008 Grand Prix Series of Road Races has concluded with the final two races of the season, the Mineola Mustang Run held on November 16th in Mineola and Fly with the Owls held on December 7th in Lynbrook. We are looking forward to an exciting new Grand Prix Series in 2009.

INDOOR TRACK & FIELD: Meets have again been scheduled at Suffolk Community College, Brentwood Campus and will all begin at 9:00 am. Save the dates: **Sunday, December 21, Sunday January 18 and Sunday February 8 (Association Championship.)** Contact Paul Schaefer at 516-349-9157 for more information.

MOUNTAIN, ULTRA, TRAIL: The 25/50K USATF National Championship will be held at Caumsett Park in Lloyd Harbor on March 1. Contact Carl Grossbard at 516-349-9157 for more information.

OFFICIALS RECERTIFICATION: Now is the time for all officials to recertify for the 2008-2012 Olympiad. Contact Bill Ott at 516-349-9157 for more information.

USATF ANNUAL MEETING: The 2008 USATF Annual Meeting is being held in Reno, Nevada on December 3-7. Among the many items of interest is the restructuring of the USATF Board of Directors as mandated by the USOC. Look for more information in the next newsletter.

USATF-LI ANNUAL AWARDS BRUNCH: Join in the festivities as we honor our own outstanding athletes and contributors at the USATF-LI Annual Awards Brunch which will be held on Sunday, February 22nd at the Knights of Columbus Hall on Heitz Place in Hicksville beginning at 11:00 am. Please contact Tom Scotidas at 516-349-9157 for more information.

MEETINGS: The *Board of Directors* meetings take place on the first Monday of every month at the USATF-LI office at 101 Dupont St in Plainview. All are welcome. *LDR* meetings are held on the 2nd Monday of every month. Please note that the December meeting will be held on Dec. 15th instead due to the USATF Annual meeting.

Watch our website for updated schedules and information.