



One Step Ahead

MONTHLY NEWS AND NOTES FROM USATF - LONG ISLAND

SEPTEMBER 2006

CALL TO CONVENTION

YOUTH CROSS COUNTRY

LONG ISLAND TRACK & FIELD ANNUAL MEETING

Friday, September 29, 2006

7:00 PM

SUFFOLK COUNTY
H. LEE DENNISON
OFFICE COMPLEX

VETERANS HIGHWAY
ROUTE 454/347
HAUPPAUGE

+ Plus +

*** ASSOCIATION ELECTIONS***
President, 2 Vice Presidents
Secretary, Treasurer
& USATF Convention Delegate

*** PREVIEW OF FALL
CROSS COUNTRY EVENTS***

Agenda

- 7:00 -7:25 Opening Session
 - Opening Remarks
 - Presentation of Budget
 - Membership Report
 - Nominations for Officers and Delegates
- 7:30 – 8:10 Committee Meetings
 - Track & Field
 - Athletics for the Disabled
- 8:15 – 8:55 Committee Meetings
 - Long Distance Running
 - Officials
- 9:00 – 9:40 Committee Meetings
 - Race Walk
 - Youth Athletics
 - Masters Athletics
- 9:45 – 10:15 Closing Session
 - Vote on Budget & Banking Matters
 - Election of Officers & Delegates
 - Closing Remarks

Refreshments will be served

Please Note:

1. All USATF-LI Members 18 years of age and older are entitled to vote.
2. To place a name in nomination for USATF Convention Delegate, please email Sue Polansky at spolansky@aol.com. Nominations will be taken from the floor.
3. Committee meetings are open to all USATF-LI members.
4. Convention Chairperson – Susan Polansky

BE PART OF THE FUTURE

THE LONG ISLAND ASSOCIATION IS DEDICATED TO PROMOTING ALL ASPECTS OF OUR SPORT FOR PARTICIPANTS OF ALL AGES AND ABILITIES

CROSS COUNTRY – 2006 OPEN & MASTERS:

USATF-LI proudly announces a new Cross Country Series of Races which offers prize money to the top three male and female, open and masters winners of the 4 race series plus generous Super Runners Shop gift certificates to participants who place in the top 3 in 5 year age groups in the series. In addition, a travel stipend will be awarded to the top male and female, open and masters teams in the Association Championship to help defray the cost of travel to the USATF National Championship.

The races are:

- 9/24 **New Island Hospital 5K Run**
Bethpage State Park
9:00 am
Contact Mary Jane Cody at mcody@newislandhospital.org
- 10/29 **USATF-LI 8K Association Championship**
Bethpage State Park
9:00 am
Contact Alex Cuozzo at bellmore-striders@juno.com
- 11/11 **Northport VA 4K Run**
Northport Veterans Hospital
10:00 am
Contact Jim Mauro at (631)261-2232
- 11/26 **Rob's Run 5K**
Stillwell Woods, Syosset
Contact Jim Murray (516) 349-7646

Age Group Awards – Thanks go to Super Runners Shop for their support :

Top 3 male & female: 19 & 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+.

Series Winners: Men & Women, Open & Masters:

1 st place	\$150
2 nd place	\$100
3 rd place	\$ 50

To be eligible for age group awards or cash prizes, athletes must compete in all 4 races. Cross Country scoring will be used. Membership in USATF is a must.

BONUS: Winning USATF-LI teams competing in the 10/29 Association Championship will be eligible for a cash stipend to assist in travel to the USATF Nationals in California.

Many thanks to **Assemblyman Rob Walker, Gary Muhrcke and the Super Runners Shop and Mary Jane Cody** for their invaluable assistance in making this cross country series happen.

Youth Cross Country meets will take place at Sunken Meadow State Park. All begin at 8:00 am promptly.

- 9/24 Developmental Meet #1
- 10/8 Developmental Meet #2
- 10/22 Developmental Meet #3
- 11/5 Junior Olympic Qualifier/ Association Championship

Thanks go to Youth Chair, **John Martin**, Track & Field Chair, **Paul Schaefer** and Officials Chair, **Bill Ott** for their hard work in bringing you the Youth Cross Country Series.

UPCOMING EVENTS

SUNDAY – October 1, 2006
USATF NATIONAL CROSS COUNTRY CHAMPIONSHIP FOR THE AMBULATORY DISABLED.

Disabled Athletics Chair **Steve Cuomo** Has once again brought the National Cross Country Championship for the Ambulatory Disabled to Long Island. This event will feature some of the finest athletes in the country competing for the coveted title of USATF Champion.

This great event will take place at Sunken Meadow State Park at 9:00 am.

VOLUNTEERS ARE DESPERATELY NEEDED TO MAKE THIS EVENT A SUCCESS. Please contact Carl Grossbard or Len Montlack at the LITF office – (516) 349-9157.



SAVE THE DATE

USATF ANNUAL AWARDS BRUNCH

Sunday, February 18, 2007