

One Step Ahead

MONTHLY NEWS AND NOTES FROM USATF - LONG ISLAND

JUNE 2006

Long Island Results
National Masters Indoor Track and Field Championships
Reggie Lewis Stadium, Boston
March 24 -26
By Mary Trotto

(516) 728-4754 or email fbenlein@msn.com .

official and administrator.

Once again Long Island had a great showing at the Indoor Championships:

Leading the way was **Bill Benson** (GLIRC) (M85) taking 2 Golds: the 800m and the mile **Kathy Martin** (NRC)(W50) took 4 Golds: the 3000m, mile, 800m and she anchored the W 50-59 4 x 800m relay setting a new World and American Record in a time of 10:36

Marie Louise Michelsohn (BTC) (W60) took 3 Golds: the mile, 800m and 400m

Mary Trotto (BTC)(W55) took Gold in the Pentathlon, she also placed in the triple jump, mile, 200m, 400m, high jump, long jump, shot and 3000m

Sean Duford (2nd Wind) (M35) placed 3rd in the 200m, **Darnell Gatling** (M45) placed third in the 400m and 200m, **Jim Reilly** (2nd Wind) (M40) placed third in the 200m, **Mitch Lovett** (M40) placed third in the 400m, **John Andresen** (Island Jumpers) (M60) placed 4th in the Pole Vault. **Joe Cordero** (BTC) (M65) placed 4th in the 3000m, 5th in the mile and took a Gold in the men's 60-69 4 x 400m relay and 4 x 800m relay, **Blaine Lawson** (BTC) (M60) placed in the 400m and 200m, **Ann Cirulnick** (W 70) placed 5th in the Weight Throw, **John Harbulak** (BTC) (M55) placed 5th in the Pentathlon and placed in the High Jump and Long Jump

Christine Katz (BTC) (W40) placed 10th in the 400m. In the team division: **BTC women's team** placed 4th overall with the performances of **Marie Louise Michelsohn**, **Mary Trotto** and **Christine Katz**

Listed below is the web site for the complete list of results and performances:
<http://www.usatf.org/events/2006/USAMastersIndoorTFChampionships/results>

LDR DEVELOPMENT PROGRAM

By Fred Benlein

The LITF Distance Development Program, in its second year, is off to a great start with nearly thirty participants. The program began only a few weeks ago but many of the participants have already shown significant improvement. New LITF member Lauren Jones, who has been running for a few years but could not break a ten minute mile, ran a great 24:30 in the Guts & Glory 5K after 3 ½ weeks in the program. This is what the program is really about – the development of a runner – no matter how fast or how slow.

If you want to get faster in the mile to the marathon and run injury free, come on

down to Farmingdale High School on Tuesday nights. For information call Fred Benlein at

USATF – LONG ISLAND 2006 SUMMER TRACK & FIELD MEET SERIES Thursday evenings – 7:00 pm

July 6 – Mitchel Field	“A” Meet
July 13 – Walt Whitman High School *	“B” Meet
July 20 – Mitchel Field	“A” Meet
August 3 – Mitchel Field	“B” Meet
August 10 – Sachem High School *	“A” Meet
August 17 – Mitchel Field	“B” Meet

“A” Meets

Shot Put
High Jump (4’8”)
Long Jump
PeeWee 55
1500 M
High Hurdles (Midget & Up)
100 M
400 M
3000/1500 M RW
4 x 200 Relay
4 x 800 Relay

“B” Meets

Discus (Midget & Up)
High Jump (lowest height)
Triple Jump
Pee Wee 55
1500/800 M RW
Intermediate Hurdles (Youth & Up)
200 M
800 M
3000 M (Midget & Up)
4 x 100 Relay
4 x 400 Relay

Note: **Pole Vault** – 7/6, 7/20; **Javelin** – 7/13, 7/20, 8/10; **Hammer** – 7/6; **Steeplechase** – 3K -7/6, 2K -7/20 after RW; **High Jump** – In order to accommodate all ability levels, we will begin competition on 7/6, 7/20 and 8/10 at 4’8” and proceed to the conclusion. The bar will then be reset to the lowest entry level and competition will proceed to conclusion. On 7/13, 8/3 and 8/17, the bar will be set at the lowest height at the start of the meet and continue to the end of the meet.

Our **RunSmart Program** participants made a fine showing at the Long Island Marathon/Half Marathon. We look forward to a bigger and better training program next year. Thanks to **Coach Alex Cuzzo** for leading the program and to **Debbie Blair**, program creator and **Wendy Rodgers** and **Fred Benlein** who assisted.

Led by **Chris Mammone**, **Chris Fogarazzo** and **Matt Uzenski**, the **Bellmore Striders** put on a spectacular show in the Half Marathon. Mammone was the winner of the race with Fogarazzo not far behind in 3rd and Uzenski finishing not much later, Women's Champion was **Lyndsay Weber**.

Gary Westerfield was inducted into the Smithtown Sports Hall of Fame on May 6th. He was cited for his lifetime track & field and race walking contributions as an athlete, coach,

Smithtown Central 62-63 X-C team.

LI RACE WALKERS SCORE IN IAAF WORLD CUP

La Coruna, Spain – May 13-14: **Heather Buletti**, a senior at Westhampton Beach HS was the top Long Island walker, placing 24th in the Junior Women's 10K. **Mike Kaczmierczak** (Walk USA & URI) finished 51st in the Junior Men's 10K. **Teresa Vail** (Walk USA) finished 32nd in the Women's 20K followed by **Jolene Moore** (NYAC) – 49th and **Deb Huberty** (NYAC) – 65th. **Tim Seaman** (NYAC) was 69th in the Men's 20K.

VISIT OUR WEBSITE
long-island@usatf.org