

One Step Ahead

MONTHLY NEWS AND NOTES FROM USATF - LONG ISLAND

APRIL 2006

USATF National 50K Road Championship

by Dr. Mary Trotto

What better way to spend a cold and windy winter day, but to watch over 100 runners complete the USATF National 50k Road Championship. Runners came to Long Island's beautiful Caumsett State Park from as far away as Colorado and as close as Huntington. They came with their bags of GU, electrolyte drinks, potatoes and a variety of other items including Vaseline, layers of clothing and ibuprofen. They came to Caumsett Park to run 12 loops on the paved trails. The spectators cheered for each runner, gave out all types of refreshments and carefully counted their laps. As the runners approached their bell lap excitement began to rise. The lead male and female were on course record pace, the world class athlete, Kathy Martin was on American Record pace for her Masters Age Group and many others were going for personal bests. There was prize money to be had and the prestigious National Champion Medal and Patch. For the USATF-LI runners, this was also our Association Championship.

The Champions were **Jason Saitta** of Colorado with a time of 3:05:59, a new course record and **Ann Lundblad** of North Carolina with a time of 3:35:48 - also a new course record.

First Masters: **Kathy Martin** of Northport set a new American Record for the women's 50-54 age group 4:00:22 (old record 4:10:40) and **Dan Verrington** of Massachusetts led the Masters men with a time of 3:22:31. LITF Open Champions were **Byron Lane Jr.** (3:43:22) and **Kim Salomine** (4:44:23.) LITF Master Champions were **Jay Satenstein** (4:30:39) and **Kathy Martin** (4:00:22) LITF Senior Masters Champions were **Michael Ogazon** (5:29:05) and **Pat Delaney** (6:44:26.)

Thanks go to the **Greater Long Island Running Club**, **Mike Polansky** and Race Director **Vinny Croce** for hosting this event and to the marvelous crew of volunteers who spent a long day in the cold. Thanks too to USATF-LI MUT Chair **Carl Grossbard** for helping bring this spectacular event to Long Island.

CLUB DUES DEADLINE - May 1st

Notice to all clubs that have not yet renewed membership for 2006 - May 1st is the deadline for renewal at our low fee of \$50.00. After May 1st, the USATF National Office will add an additional \$100 to the club renewal fee. This is beyond our control, so please renew now.



MUT Chair **Carl Grossbard** and Race Director **Vinny Croce** with Long Island Champions **Kathy Martin** and **Byron Lane**.

LONG ISLANDERS SHINE

This year's **USATF National Cross Country Championship** was held in late February at Van Cortland Park. The amazing **Kathy Martin** (54) of Northport, ran closely behind leader Sarah Krakoff throughout the four lap race and finished a close second in 31:35. Martin, who has numerous national road and track titles to her credit, admitted that she considers cross country her weakest discipline. "I like getting into a rhythm, and in cross country it is difficult to do that," said Martin who works out on the track and races on the oval throughout the year. "Still, the race was great fun, and I wasn't going to miss a chance to run in a national championship this close to home."

Also scoring well at the Cross Country Championship was USATF-LI's **Bellmore Striders** led by **Matt Uzenski** who has had a great running year.

Youth athlete **Walter Henning Jr.** has been breaking records left and right. He set a Junior Class record in the 25 lb. Weight throw at the **Brown Invitational** in January with a throw of 76' 11.5". He has since won two national titles in that event setting a new national record of 85'6" at the **Army**. Walt also did an amazing job at the **NYS High School Championships** with a 58'6" put winning the state title in the shot put.

THROWS CLINIC AND COMPETITION PLANNED

USATF-LI will be holding its first Throws Clinic and Competition on Saturday, April 23 at Farmingdale High School beginning at 9:00 am. This event is sponsored by the Long Island Senior Games and will be

conducted by Coach **Walter Henning**.

Clinics in hammer, javelin, shot put, discus and weight throw will be conducted and each segment will be followed by a short competition.

This will also serve as an **Officials Training Clinic** in throwing events. All officials are asked to contact Officials Chair **Bill Ott** for further details.

MIDDLE SCHOOL OUTREACH

The USATF-LI Middle School Outreach Program was presented to the students at the Pierson School in Sag Harbor. This program is designed to generate and interest in and a love for the sport of track and field and to encourage physical fitness and friendly competition. Thanks go to **John Martin** and **Gary Westerfield** who served as clinicians for this presentation.



USATF-LI SPRING TRACK & FIELD MEET SCHEDULE

April 30	Spring Opener	Mephram H. S.	1:00 pm
	hosted by Bellmore/North Bellmore PAL		
May 14	Mother's Day Meet	East Islip H.S.	9:00 am
May 29	Memorial Day Classic	Mt. Sinai H.S.	1:00 pm
June 24	Association Champs	Farmingdale H.S.	8:00 am
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LI TO HOST USA WORLD CUP RACE WALK TEAM TRIALS

The top race walkers in the country are expected to participate in the USA World Cup Team Trials which will be held on April 9 at the H. Lee Dennison Building in Hauppauge. Men and women will compete in the 20 K Walk while Junior men and women will participate in the 10K walk. Guests from Canada and Puerto Rico will also take part in the event hoping for selection to their national teams.