



One Step Ahead

MONTHLY NEWS AND NOTES FROM USATF - LONG ISLAND

MARCH 2007

USATF-LI AWARDS PRESENTED AT ANNUAL BRUNCH

The Annual Awards Brunch held on Sunday, February 18th was a great success and USATF-LI had the pleasure of honoring many outstanding athletes and contributors. Thanks go to **Tom Scotidas** for an outstanding job as Brunch Chairman.

The following Awards were presented:

Youth: Faith Penny, Bentley Whitfield
Track & Field: Open: Kim Touya, Gerry Dunne
Masters: Kathy Martin, James Reilly
Special Service: Leslie Armstrong
LDR: Open: Chris Mammone, Meghan Holden - **Masters:** Jaime Palacios, Kathy Martin, Sr. **Masters:** Jose Mendez, Betty Horstmann
Athletics for the Disabled: Steven Cuomo, Pavla O'Rourke

MUT: Patricia Delaney, Rudy Afandor
Special Achievement: Kathy Martin

Race Walk: Open: Maria Michta, Mike Bartholomew
Masters: Donna Ehrenberg, Bill Vayo
Juniors: Jenna Monahan, Michael Kaczmiczak

Officials: Bruce Mac Donald, Bill Ott
Distance Development Program Awards for the greatest improvement went to Karen Conkling, Kathy McConnell, John Stauber and Kevin Kremler.

President's Award for Outstanding Service: Fred Benlein, Walter Henning Jr., Diane Martin, Kathy Martin, Harry Penny.



The prestigious **Bruce MacDonald Award for Lifetime Achievement** was presented to **Paul Schaefer** who has devoted his life to the children of Nassau County as a coach and administrator. Paul, an athlete in his younger days at TCU, has been the coach of the Baldwin High School Girls Track Team for many years, has served as meet director for many events including the Eastern States Championship and is a founding member of USATF-LI.

A new award – the Sue Polansky MVP Award named Sue as its first recipient recognizing her support for and dedication to our Association.

Cross Country kudos went to top male and female, Chris Mammone and Kathy Martin. Other award winners were Chris Fogarazzo, Dejan Popovic, Brian Cloherty, John Daly, Peter Martin, Crystal Cammarano, Noni Acceturi, Kelly Perno, Karen Conkling, Mary Trotto, Matt Uzenski, Fred Benlein and Sue Kretzmer.

Presentation of awards for the LDR Grand Prix highlighted the Awards Brunch. Congratulations to all!!

Sprint Series:

Women: 24 & under: 1. Donna Rapczyk 2. Sandy Cuomo 3. Sarah Okolowich 4. Katie Reilly 5. Ruth Wexler **25-29:** 1. Suzanne Dlugolonski 2. Rita Siminkas 3. Trisha Fasini 4. Trisha Stavinhona 5. Kelly Perno **30-34:** 1. Colleen O'Hara 2. Noni Acceturi 3. Diana Heidenreich **35-39:** 1. Una Broderick 2. Marlene Mignano 3. Jackie Novak 4. Diane De Lissio 5. Mary Frances Horan

40-44: 1. Michele LaBiento 2. Carolyn Dornstauder 3. Karen Conkling 4. Bernie Cunningham 5. Mary Kroebel **45-49:** 1. Dolores Doman 2. Evelyn Kenigsberg 3. Pamela Weess 4. Susan Postel 5. Paula MacCulloch **50-54:** 1. Sue Kretzmer 2. Mary Von Bevern 3. Debra Savarese 4. Rosemary Camilleri 5. Patricia Carroll **55-59:** 1. Eileen Hession 2. Elizabeth Penagos 3. Melissa Kennedy 4. Natasha Service 5. Christine Brakel **60-64:** 1. Betty Horstmann 2. Sarah Pattinato 3. Karen Potenza 4. Irene Robinson 5. Hilory Boucher **65-69:** 1. Joan Ackerman 2. Daisy Mendez **70-74:** 1. Yoshiko Takahashi

Men: 24 & under: 1. Michael Franchi 2. Steven Cuomo 3. Joseph Choinski 4. Robbie Rex 5. Roberto Bastianci **25-29:** 1. Trent Hampton 2. Brian Morales 3. Dejan Popovic **30-34:** 1. Marcin Plachta 2. Ben Beavers 3. Robert Ostroff 4. Peter Schieck 5. John Ferro **35-39:** 1. Paul Engelhart 2. Charles Crowe 3. Anthony Meo 4. Marcus Sanders 5. Bob Barnes **40-44:** 1. Guillermo Fuentes 2. Paul Murphy 3. James Starin 4. John Stauber 5. Fred Benlein **45-49:** 1. Michael Robles 2. Paul Bonnani 3. Peter Downes 4. Rich DeLaSota 5. John DeLissio **50-54:** 1. John Daly 2. Kevin Carroll 3. Gary Klein 4. Frank Notarstefano 5. Kevin Kremler **55-59:** 1. Michael De Micco 2. Lutz Hoffmann 3. Greg Karl 4. Larry Eastman 5. Peter Martin **60-64:** 1. Joseph Lazzaro 2. Danny Badalament 3. Michael Service 4. Michael Ogazon 5. Tom Pettinato **65-69:** 1. Jose Mendez 2. Mel Cowgill 3. Domenick Potenza 4. Joe Cordero 5. Charlie Watts **70-74:** 1. Richard Murphy 2. David Kenney 3. Geza Feld 4. George Devoe 5. Howard Kestenbaum **75-79:** 1. Guy Froelig 2. Bert Jablon 3. Alan Druckman 4. Odd Sangesland **80+:** 1. John Mc Manus 2. George Dennis 3. Bill Benson

Race Walk Women: 1. Ellen Shapiro 2. Donna Ehrenberg 3. Joan Murray 4. Pamela Lee 5. Pat Moschwiller
Race Walk Men: 1. Bill Vayo 2. Robert Hylton 3. Jim McGrath

TEAMS Open Men: 1. Massapequa Road Runners 2. Bellmore Striders 3. GLIRC 4. Rolling Thunder 5. LIRRC
Masters Men: 1. GLIRC 2. Super Runners Shop 3. Bohemia Track Club 4. LIRRC 5. Massapequa Road Runners

Open Women: 1. LIRRC 2. GLIRC 3. Massapequa Road Runners 4. Rolling Thunder
Masters Women: 1. Northport 2. LIRRC 3. Bohemia Track Club 4. GLIRC 5. Massapequa Road Runners

Long Distance Series

Women: 24 & under: 1. Donna Rapczyk 2. Sarah Okolowich 3. Jaclyn Fahey **25-29:** 1. Palva O'Rourke 2. Trisha Fasini 3. Kelly Perno 4. Sarah Dlugolonski 5. Dawn Farina **30-34:** 1. Colleen O'Hara 2. Diana Heidenreich 3. Noni Acceturi **35-39:** 1. Mary Frances Horan 2. Debby Burton 3. Jackie Novak 4. Diane DeLissio 5. Dawn May **40-44:** 1. Karen Cotty 2. Susan Murray 3. Michele LaBiento 4. Barbara Cronin-Stagnari 5. Carolyn Dornstauder **45-49:** 1. Dolores Doma 2. Mary Suave 3. Evelyn Kenigsberg 4. Susan Postel 5. Paula MacCulloch **50-54:** 1. Linda Ottaviano 2. Maryt Von Bevern 3. Rosemary Camilleri 4. Ellen Shapiro 5. Mary Ellen Stajk **55-59:** 1.

Melissa Kennedy 2. Christine Brakel 3. Natasha Service 4. Andre Backe **60-64:** 1. Sarah Pettinato 2. Betty Horstmann 3. Hilory Boucher 4. Irene Robinson **65-69:** 1. Joan Ackerman 2. Mickey Sterling 3. Daisy Mendez **70-74:** 1. Yoshiko Takahashi

Men: 24 & under: 1. Steven Cuomo 2. Robbie Rex 3. Michael Franchi 3. Matt Uzenski 5. David Kirsch **25-29:** 1. Trent Hampton 2. Dejan Popovic 3. Charles Williams **30-34:** 1. Marcin Plachta 2. Jim MavWhinnie 3. Leonardo Palacios 4. Ben Beavers 5. John Ferro **35-39:** 1. Charles Crowe 2. Marcus Sanders 3. Mike Kelly 4. Brian Cloherty 5. Paul Engelhart **40-44:** 1. Guillermo Fuentes 2. Rich Van Helden 3. John Stauber 4. Fred Benlein 5. James Murray **45-49:** 1. Michael Robles 2. Paul Bonnani 3. Peter Downes 4. Tom Case 5. Steven Millon **50-54:** 1. Jaime Palacios 2. Kevin Carroll 3. John Daly 4. Ted Truet 5. Frank Notarstefano **55-59:** 1. Bill Backer 2. Greg Karl 3. Howard Cragg 4. Vic Rossi 5. Ira Bellach **60-64:** 1. Daniel Badalament 2. Michael Service 3. Rich Astarita 4. Tom Pettinato 5. Doug Escher **65-69:** 1. Jose Mendez 2. Mel Cowgill 3. Charlie Watts 4. John Wallace 5. Barry Aronowsky **70-74:** 1. Richard Murphy 2. David Kenney 3. George Devoe 4. Howard Kestenbaum 5. Frank Martin **75-79:** 1. Guy Froelig 2. Odd Sangesland 3. Bert Jablon 4. Richard Hollmann **80+:** 1. George Dennis

Race Walk Women: 1. Ellen Shapiro 2. Donna Ehrenberg 3. Pamela Lee 4. Joan Murray 5. Pat Moschwiller
Men: 1. Bill Vayo 2. Robert Hylton 3. Jim McGrath

TEAMS Open Men: 1. Bellmore Striders 2. GLIRC 3. Rolling Thunder 4. Massapequa Road Runners
Open Women: 1. GLIRC 1.. LIRRC 3. Massapequa Road Runners
Masters Men: 1. GLIRC 2. Massapequa Road Runners 3. Bohemia Track Club 4. LIRRC 5. Runners Edge
Masters Women: 1. Northport 2. LIRRC 3. Massapequa Road Runners 4. Bohemia Track Club 5. GLIRC

Congratulations go to the winners of the \$2500 raffle which was open to all participants in the LDR Grand Prix who competed in 8 Sprint events and/or 4 Distance events: The winners were Dolores Doman, Joan Murray, Melissa Kennedy, Fred Benlein, Mary Kroebel, Pamela Weess, David Kenney, Ted Truet, Pamela Lee & Ben Beavers.

KATHY MARTIN A SHOW STOPPER



Kathy Martin with MUT Chair Carl Grossbard

Few have accomplished what LI's Kathy Martin has accomplished. At our Annual Awards Brunch Kathy was presented with the President's Award for Outstanding Service and Accomplishment, the Masters Track & Field Award. The Masters LDR Award, the Masters Cross Country Award, the 1st place woman overall in Cross Country and a Special Achievement Award by the MUT Committee. Add this to at least three national age group records since she entered a new age group three months ago and you have a pretty impressive set of credentials.

INDOOR SEASON A GREAT SUCCESS

USATF-LI hosted its most successful Indoor series of track & field meets. We are proud of the many champions from our Association as well as the fine performances of our many guests from neighboring associations.

Many thanks to Paul Schaefer and John Martin who spent many hours putting this series together.

The Association Championship was held on February 11, 2007 at Suffolk Community College. Congratulations to our Association Champions.

YOUTH GIRLS

Bantam – 55 M: 1. Alesia McCarthy 2. Kiara Halls 3. Crystal Green; **200 M:** 1. Alesia McCarthy 2. Crystal Green 3. Shiseido Robinson **400 M:** 1. Shiseido Robinson 2. Crystal Green 3. Mikayla Porr; **800 M:** 1. Faith Penny; **1500 M:** 1. Faith Penny; **LJ:** 1. Faith Penny 2. Kiara Halls 3. Mikayla Porr; **TEAMS:** 1. East Islip TC 2. Westbury TC 3. Elmont Panthers

Midget – 55 M: 1. Aliyah MacDonald 2. Imani McGhee 3. Anne Lodiopoto; **200 M:** 1. Raymona Carryl 2. Aliyah MacDonald 3. Imani McGhee; **400 M:** 1. Raymona Carryl 2. Aliyah MacDonald 3. Jacqueline Ulrich; **LJ:** 1. Raymona Carryl 2. Sara Lemke 3. Imani McGhee; **SP:** 1. Meghan Porr 2. Sydney Falconer; **TEAMS:** 1. Infant Jesus TC 2. East Islip TC 3. Westbury TC

Youth – 55M: 1. Valencia Hannon 2. Laura Werle 3. Madeline Reis; **200 M:** 1. Valencia Hannon 2. Madeline Reis 3. Laura Werle; **400M:** 1. Valencia Hannon 2. Laura Werle 3. Quinn Favilla; **800M:** 1. Veronica Leddy 2. Quinn Favilla; **1500 M:** 1. Mairead Kelly 2. Erin Quinn 3. Veronica Leddy; **3000 M:** 1. Erin Glynn; **3000 M RW:** 1. Kira Shor; **LJ:** 1. Veronica Leddy 2. Quinn Favilla; **TJ:** 1. Alicia Elliot; **TEAMS:** 1. East Islip TC 2. Elmont Panthers 3. Port Washington TC

Intermediate - 55M : 1. Sara Giraldo **200M:** 1. Lauren Maisur 2. Sara Giraldo; **400 M:** 1. Lauren Maisur; **800 M:** 1. Melody Penny; **1500 M:** 1. Erika Carras 2. Melody Penny; **3000 M:** 1. Melody Penny 2. Marissa Confredo; **55 M HH:** 1. Sara Giraldo; **LJ:** Lauren Maisur; **TJ:** 1. Lauren Maisur 2. Melody Penny; **TEAMS:** 1. East Islip TC 2. Pt Washington TC
Youth Women - 800M: 1. Brittany Sider



Rolston Carryl on the turn

YOUTH BOYS

Bantam – 55M: 1. Charles Brown 2. James Reilly 3. Devin Foster; **200M:** 1. Charles Brown 2. Michael Benjamin 3. James Reilly; **400 M:** 1. Charles Brown 2. Akinda Goode 3. Michael Benjamin; **800 M:** 1. Jake MacMorris; **LJ:** 1. Timothy Roberts; **SP:** 1. Dylan Sandas; **TEAMS:** 1. E Islip TC 2. Westbury TC

Midget – 55M: 1. Derek Armstrong 2. Dimitri Patronis 3. Alan MacDonald; **200M:** 1. Derek Armstrong 2. Kristian Green 3. Kareem Roberts; **400M:** 1. Kristian Green 2. Kareem Roberts 3. Brandon Robinson; **800M:** 1. Kristian Green 2. Brandon Robinson 3. Dalton Jabs; **1500M:** 1. Harry Penny 2. Brandon MacMorris 3. Kyle Booker; **3000M:** 1. Harry Penny; **LJ:** 1. Dimitri Patronis 2. Kareem Roberts 3. Derek Armstrong; **SP:** 1. Alan MacDonald 2. Ward Austin; **TEAMS:** 1. Et Islip TC 2. Westbury TC 3. Jericho Jets
Youth – 55M: 1. Ryan DeVito 2. Andrew Hall 3. James Reed; **200M:** 1. Ryan DeVito 2. Andrew Hall 3. Thaddeus Nelson; **400M:** 1. William Jerel 2. Kadesh Roberts 3. James Reed; **800M:** 1. Rolston

Carryl 2. Jerel Williams 3. Kadesh Roberts; **1500M:** 1. Rolston Carryl 2. James Bensen 3. Brian Wilkowski
300M: 1. James Bensen; **55M HH:** 1. Andrew Hall; **HJ:** 1. Adam DeVito; **LJ:** 1. Ryan DeVito 2. Rolston Carryl 3. Adam DeVito; **TJ:** 1. Kadesh Roberts; **SP:** 1. Clark Whitfield 2. Brian Schwartz; **TEAMS:** 1. infant Jesus TC 2. East Islip TC 3. Bellmore PAL
Intermediate – 55M: 1. Charles Petty 2. Michael Mastanduno; **200M:** 1. Charles Petty 2. Michael Mastanduno; **400M:** 1. Malcolm Barrau; **800M:** 1. Christian Reed 2. Paul Rembert; **1500M:** 1. Christian Reed 2. Derrick Jabs; **3000M:** 1. Derrick Jabs; **55 M HH:** 1. Michael Mastanduno; **LJ:** 1. Michael Mastanduno; **TJ:** 1. Paul Rembert; **SP:** 1. Rashan Johnson; **TEAMS:** 1. PT Jetaz 2. East Islip TC
Youth Men – 55M: 1. Quintin Orr; **200M:** 1. Craig Slaughter; **800M:** 1. Christopher Lovelady 2. Frederick Jabs 3. Sagib Tariq; **1500M:** 1. Dan Sierra 2. Christopher Lovelady 3. Sagib Tariq; **3000M:** 1. Dan Sierra 2. Frederick Jabs; **HJ:** 1. Dwight Bailey; **LJ:** 1. Dwight Bailey; **TJ:** 1. Dwight Bailey; **TEAMS:** PT Jetaz 2. East Islip TC

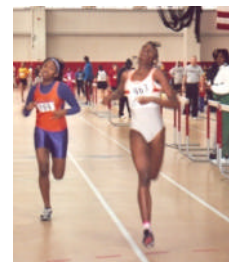


James Reilly starts out strong

OPEN & MASTERS

MEN

Open Men: 55 M: 1. Corey Reid 2. Sean Duford
200M: 1. Sean Duford 2. Corey Reid 3. Kirkland Lewis; **400M:** 1. Jonathan Williams 2. Shakur Beavers;
35-39: 1500M: 1. Phil Patanjio; **SP:** 1. K Keith Butler
40-44 - 55 M: 1. Jim Reilly 2. Paul D'Elisa; **200M:** Edward Papo; **400M:** 1. Edward Papo 2. Paul D'Elisa; **800 M:** 1. Marc Nesbitt; **1500M:** 1. Paul Engelhart; **3000M:** 1. Marc Nesbitt; **LJ:** 1. Paul D'Elisa; **SP:** 1. Robert Wright
45-49 - 55M: 1. Donald Archer 2. Alex Young 3. Matthew Weiss; **200M:** 1. Donald Archer 2. Alex Young 3. Matthew Weiss; **400M:** 1. Alex Young 2. Donald Archer 3. Robert Lemke; **800 M:** 1. Rudy Afanador 2. Rene Marcucci 3. Jay Masten; **1500M:** 1. Rudy Afanador 2. Rene Marcucci 3. Jay Masten; **3000M:** 1. Rudy Afanador 2. Rene Marcucci 3. Jay Masten; **HJ:** 1. Ralph Kleppan; **LJ:** 1. Ralph Kleppan; **TJ:** 1. Ralph Kleppan; **SP:** 1. Fred Sandas
50-54: 1. Charles DeLaparra; **400M:** 1. Jed Myers; **800 M:** 1. Jeffrey Sider; **1500M:** 1. John Daly 2. Paul Salerno; **3000M:** 1. Leo Murillo; **SP:** 1. Joseph Kessell
55-59: 55M 1. Richard Hansen; **SP:** 1. Richard Hansen 2. Thomas Rempe
60-64: 55M 1. David Molloy 2. Richard Rosen; **200M:** 1. David Molloy 2. Richard Rosen; **800M:** 1. Richard Gunzel; **1500M:** 1. Richard Gunzel; **3000M:** 1. Richard Gunzel; **55M HH:** 1. John Harbulak; **HJ:** 1. John Harbulak; **LJ:** 1. David Molloy 2. John Harbulak; **TJ:** 1. John Harbulak; **SP:** 1. John Harbulak 2. David Molloy
65-69 – 55M: 1. Blaine Lawson; **200M:** 1. Richard Rizzo 2. Blaine Lawson; **400M:** 1. Ricxhard Rizzo 2. Blaine Lawson; **800M:** 1. Joe Cordero 2. Charlie Watts; **1500M:** 1. Charles Watts 2. Joe Cordero; **3000M:** 1. Joe Cordero 2. Charles Watts 3. Blaine Lawson
70-74: SP: 1. Edmund Joyce 2. William Barker 3. Richard Janson



A Strong Finish

WOMEN

Open Women: 55M: 1. Kimberly Touya; **200 M:** 1. Kimberly Touya; **HJ:** 1. Kimberly Touya; **TJ:** 1. Kimberly Touya
35-39 – 400M: 1. Lori Gerondel- Osborne; **800 M:** 1. Lori Gerondel Osborne
40-44 – TJ: 1. Patricia Taylor
45-49 - 800M: 1. Barbara Gubbins; **1500M:** 1. Barbara Gubbins
60-64: 400 M: 1. Helma Clavin; **1500M:** 1. Helma Clavin
55-59: 55M: 1. Sue Nesbihal-Cordero; **400M:** 1. Sue Nesbihal-Cordero; **LJ:** 1. Sue Nesbihal-Cordero; **TJ:** 1. Sue Nesbihal-Cordero; **SP:** 1. Sue Nesbihal-Cordero 2. Joyce Rempe
60-64 – LJ: 1. Janis Henderson; **TJ:** 1. Janis Henderson; **SP:** 1. Janis Henderson

RACE WALK: Men: 1. Bill Vayo, Paul D'Elisa, Leo Murillo; **Women:** 1. Loretta Schullein



Masters at work

OTHER NEWS FROM USATF-LI

LDR GRAND PRIX SERIES OF LONG DISTANCE RACES:

The schedule for the 2007 Grand Prix Series will be available shortly. We apologize for this year's delay but we are trying to put together the best possible event for all of our participants.

NEW MEMBERSHIP CHAIR: John Martin

has been appointed to the position of Membership Chair for USATF-LI. John replaces Curt Robinson who had the nerve to move to Florida for a good part of the year. Many thanks to Curt and Irene for all they have done for the association over the years.

Walter Henning Jr.

has been making his mark across the world with his tremendous performances in hammer and weight throw. Walter, now a senior at St. Anthony's HS will be headed to University of North Carolina and, quite possibly, to Beijing for the Olympics in 2008. He was featured in Newsday, WABC and WNBC TV as well as in the IAAF Yearbook.. We wish him the best and are proud to say "we knew him when..."



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long-island.usatf.org