



One Step Ahead

News and Notes

www.long-island.usatf.org

November 2008



Paul Schaefer, Jill Skelly, Alex Cuzzo, Diane Martin, Ken Lewis

USATF-LONG ISLAND ELECTS OFFICERS and DELEGATES

USATF-Long Island held its Annual Meeting on September 28th at the Dennison Building in Hauppauge. The very full agenda included a recap of 2008 programs, revision of the USATF-LI By-Laws, the 2009 budget, committee meetings and a summary of the USATF proposed restructuring plan which will be voted on in Reno in December.

Officers were elected and will serve two year terms. The new officers are: **President – Alex Cuzzo, Vice Presidents - Diane Martin and Paul Schaefer, Secretary – Jill Skelly and Treasurer-Ken Lewis.**

Also elected were delegates to the 2008 USATF Annual Meeting which will be held in Reno, Nevada in December. **Delegates are (in alphabetical order) Curt Clausen, Beth Cuomo, Steve Cuomo, Alex Cuzzo, Carl Grossbard, Diane Martin, John Martin, Dave McGovern, Jolene Moore, Bill Ott, Mike Polansky, Sue Polansky and Gary Westerfield. Alternates are Fred Benlein, Matt Cola, Tom Cox and Harry Penny.**

INDOOR SEASON PATIENCE IS A VIRTUE

USATF-LI will be hosting a series of indoor meets at Suffolk Community College in Brentwood. We are awaiting notification from the college of the dates that we can use.

We apologize to all our athletes who like to plan their season in advance for being unable to give dates at this time. I am sure you are aware of the very limited availability of indoor facilities on Long Island. We must wait for the college to give us dates when the track is open for us to use.

Please watch the USATF-LI website – www.long-island.usatf.org – for the dates. As soon as we have confirmation, the dates will be posted.

CROSS COUNTRY IN FULL SWING

Leaves are turning color and the air is becoming cooler. USATF-LI athletes are enjoying the best of the fall season on the trails of Long Island. The USATF-LI Cross Country Program is in full swing with the Open & Masters Cross Country Series, Youth Cross Country and the USATF National Cross Country Championship for Disabled Athletes.

The Dirty Sock 10K and New Island Hospital 5K saw a record number of open and masters athletes participate. Coming up are the Association Championship on October 26th, the Northport VA Hospital 8K on November 8th and Rob's Run 5k on November 30th.



Runners head for the trails at Bethpage State Park

Youth Meets still to be held at Sunken Meadow State Park are on October 26th and the Association Championship and JO Qualifier on November 9th.

The USATF National Cross Country Championship for Disabled Athletes was held at Sunken Meadow State Park on October 5th. The wet weather did not dampen the spirits of the great athletes who took part in this event. The overall winner was Dan Renahan in a spectacular 15:55 and Pavla O'Rourke led the women in 23:00.



COMING EVENTS

LDR Grand Prix	11/16	Mineola Mustang Run	5K
	12/7	Fly With the Owls	4 Mile

USATF-LI AWARDS BRUNCH Sunday, February 22, 2009

INDOOR MEETS – TO BE ANNOUNCED

MEETINGS: All Board meetings are open to all and are held on the first Monday of every month at 7:30 pm in the USATF-LI office. LDR meetings are also open and held on the second Monday of every month in the USATF-LI office.