



One Step Ahead

News and Notes

www.long-island.usatf.org

December 2007

USATF-LI YOUTH X-C CHAMPIONSHIPS & JO QUALIFIER

A record number of Youth athletes took part in the USATF-LI Association Cross Country Championship which was held at Sunken Meadow State Park on Sunday, November 4, 2007. Thanks go to Meet Director, **John Martin** and the many people who helped make the day a great success – **Gary Westerfield, Paul Schaefer, Tom Scotidas, Diane Martin, Bill Ott and the Officials crew, Steve Cuomo, Harry Penny, Cheryl Hall and the many parents of Rolling Thunder, the East Islip Track Club and the Infant Jesus Track Club** who pitched in on the course.

USATF-LI is pleased to be the host of the Region 1 JO Cross Country Championship held on Sunday, November 18 at Sunken Meadow. Thanks go to **Kim Touya** for making hotel arrangements for our guests. Look for all results on the USATF-LI website – www.long-island.usatf.org.



Youth Athletes enjoying the course



INDOOR SEASON BEGINS

USATF-Long Island will begin the indoor track & field season on **Sunday, December 16, 2007** at Suffolk Community College, West Campus. The meet will begin promptly at 9:00 a.m. and end at 1:00 p.m..

Future meets will be held on **Sunday, January 13 and Sunday, February 10, 2008**. The February meet will be the Association Championship for youth, open and masters. All meets are to be held at Suffolk Community College and will begin at 9:00 a.m.

The events scheduled for each of these meets will be listed on the USATF-LI website – www.long-island.usatf.org. Be sure to check the schedule. Due to the high cost and limited availability of the venue, we must limit the events at our meets. We are sorry to have to do this, but we have no choice.

MASTERS NEWS

Long Island's **Kathy Martin** once again strutted her stuff – this time at the National Masters Cross Country Championship held in Saratoga Springs on October 14, 2007. She finished 1st in her age group (55-59) in 19:01 which translated into a 13:51 age graded time making her the overall age-graded champion. **Joe Cordero** finished a very respectable 3rd in the 65-60 age group with a time of 21:31.

Over the course of the year, Long Island masters boasted many championships – **Mary Trotto** won 3 national titles plus several other medals, **Caryl Senn** did the same, Sue Nesbihal Cordero won 1 national title plus 4 other medals and **Joe Cordero** won 1 national title and 2 second place medals. Congrats to all.

LONG DISTANCE RUNNING

CROSS COUNTRY - The 2007 Cross Country Series for Open and Masters Athletes has seen the largest number of participants since its inception. The Dirty Sock 5K and the New Island Hospital Run hosted large numbers of LI runners. The Association Championship held at Eisenhower Park in conjunction with the Long Island Road Runners Club featured a fairly flat course and lots of hay bale jumps and was enjoyed by all who were there.

The Northport VA Race was held on a cool November Saturday. Still to Come is Rob's Run which takes place at Stillwell Woods in Syosset under the direction of the Greater Long Island Running Club.

THE 2007 GRAND PRIX SERIES is coming to a close with the Mineola Mustang Run and Fly With the Owls. We are planning the 2008 series.

SAVE THE DATE

**SUNDAY, FEBRUARY 17, 2008
FROM 10:30 AM TO 2:30 PM**

**9th ANNUAL LONG ISLAND
TRACK & FIELD
AWARDS BRUNCH**

**Honor your Friends, Fellow
Competitors, Coaches, Officials, and
Volunteers and have a plain old GOOD
TIME!!**

**JOSEPH BARRY KNIGHTS OF
COLUMBUS
45 HEITZ PLACE
HICKSVILLE, NY**

**AWARDS & PRIZES
ADMISSION: \$25.00 \$30.00 at the
door**