



# One Step Ahead

MONTHLY NEWS AND NOTES FROM USATF - LONG ISLAND

JANUARY 2007

## Long Island Youth Athletes Qualify for J. O. X-C Nationals by Harry Penny

Three of our LITF Junior Olympic cross country runners qualified for the National Championships when they competed at the East Regionals which were held on November 19<sup>th</sup> in upstate Queensbury. Girls Bantam 10 and under race, 9 year old first year bantam **Faith Penny** of the East Islip Track Club blazed the wooded trail to a 7<sup>th</sup> place finish in 11:44 for the 3,000 meter course. With another year to go in the division Faith looks like a good bet to take the race next year as a senior bantam.

In the Boys Bantam race, **Harry Penny** got a quick lesson on how tough cross country races can be. At the start of the race, the mad dash to a small opening in the woods left Harry well back in the pack. Harry hit the woods somewhere around 50<sup>th</sup> place moved up some only to get knocked down just beyond the mile mark. Harry got up and gathered himself and got back in the race. With about 800m to go Harry was about 50<sup>th</sup> place but moving very fast. In the last 800m Harry he made up more than 30 places coming back to place 16<sup>th</sup> qualifying him for the Nationals in a time of 11:49.

12 year old **Ryan Schwartz** of Port Washington finished a strong 12<sup>th</sup> place in the Boys Midget Division race with a blazing fast time of 10:38 for the 3,000m course. Ryan was the only LITF member that qualified to participate in the National Meet in Spokane, Washington. Ryan placed 69<sup>th</sup> in a field of the best 235 runners in the Country in his age group. Harry and Faith Penny passed on their chance at Nationals this year but hope to attend next year. Congratulations to Ryan, Harry and Faith and all of our Youth athletes on a fine season.

Other Notable Region One LITF Finishers.  
**Bantam Girls:** 37<sup>th</sup>-Shiseido Robinson-East Islip-13:34; 52<sup>nd</sup>-Grace Blinkoff-Un.- 14:51; 54<sup>th</sup>-Un.-Stacey Nadel-15:00. **Bantam Boys:** 26<sup>th</sup>-Brandon MacMorris; East Islip TC-12:11; 43<sup>rd</sup>-Everest Bond-East Islip TC-12:40; 61<sup>st</sup>-Jake MacMorris-East Islip-13:56; 67<sup>th</sup>-Andrew Patino-Un-14:56 & 68<sup>th</sup>-Michael Caldwell-Un-14:56; Team: East Islip Track Club; 5<sup>th</sup> place. **Midget Girls:** 52<sup>nd</sup> Mairead Kelly-12:28; 63<sup>rd</sup> Molly Vita-IJ-12:56; 86<sup>th</sup> Elizabeth Grigonis- Hamptons TC-17:49 **Midget Boys:** 12<sup>th</sup> Ryan Schwartz-Port Wash.-10:38; 60<sup>th</sup> Jerel Williams-East Islip-11:46; 77<sup>th</sup> Kyle Booker-Bellmore PAL- 12:26; 79<sup>th</sup>Barry Riela-Hamptons - 12:32; 84<sup>th</sup>Eli Blinkoff-Un-12:44; 91<sup>st</sup>Jonathan Mattner-14:05 ; **Youth Girls:** 62<sup>nd</sup> Erica Carras-Una-18:07; 68<sup>th</sup> Veronica Gil-Una-18:24; 73<sup>rd</sup> Alicia Elliot-East Islip-

21:46; **Youth Boys:** 65<sup>th</sup> Kieran Lynch-una-15:41; 86<sup>th</sup> Paul Rooney-Una-16:58; 91<sup>st</sup> Michael Duvally-Una- 18:02



Faith Penny heads for the finish line

## Westerfield Named Chair of NACAC Race Walk Committee



The North America Central America Caribbean Region (NACAC) of the IAAF has named USATF-LI President, **Gary Westerfield**, Chair of the NACAC Race Walk Committee.

The creation of this Committee was announced by the NACAC at its July Congress held in Grenada thereby endorsing a resolution formulated by members of the race walking community. NACAC President Amadeo Francis announced the appointment of members of this new committee which include Ron Daniel and Gary Westerfield of the United States. Westerfield was named Chair of the Committee.

The Committee is entrusted with pursuing all necessary measures which will contribute to the development of race walking throughout the Area.

## LITF Long Distance Running Development Program

by Fred Benlein

The LITF Long Distance Running Development Program will be continuing year round and beginning in December will change the focus from track workouts to neuromuscular training circuits emphasizing form/technique, strengthening and conditioning.

Many of our athletes have been tearing up the roads and XC courses. Personal Records were set by **Karen Conkling, Howard Cragg, 15 year old Michelle Duffy, Matt Breimann, Catherine O'Connell, Mike Franchi Jr. and Ben Beavers.** In addition, **Eileen Hession** took over 5 minutes off her time. **John Stauber** ran one of his fastest 8k in 35:57 **Evelyn Kenigsberg** and **Kevin Kremler** scored in their age groups at the Association XC Championship. Finally at the Duck Waddle 5k, **Trent Hampton** ran his best of 2006 in 19:01.

More than 20 participants in the Distance Development Program have set over **40 Lifetime Personal Records** and many more ran improved times and near record efforts. I am proud of them all for the hard work, determination, and the work that it has taken to get there.

## USATF Annual Meeting

Delegates from Long Island were kept very busy at the USATF Annual Meeting held in early December in Indianapolis. They attended meetings covering all aspects of our sport and came back with valuable information.

Some items of special interest to our members concern background checks for all coaches and volunteers, new categories of certification for officials which encompass proficiency with electronic measuring devices, and increasing influence in the areas of Athletics for the Disabled and Mountain, Ultra Trail Running.

Congratulations to **Kathy Martin** who was once again named Athlete of the Year for Masters Cross Country and Age Group (50-54) Athlete of the Year for Track & Field and LDR. Kudos to **John Martin** and **Regina Zara** (Long Island Sports Commission) for their efforts in the presentation of the Long Island bid for the 2008 Junior Olympic Cross Country Championship. Unfortunately, we did not win the bid but our presentation was terrific. **David Katz** was reelected to the IAAF Technical Committee and **Bob Hersh** to the IAAF Council.

Under the leadership of **Carl Grossbard**, Long Island was awarded the MUT 50K Road Championship once again – now for 2008 and 2009.

USATF-LI has been awarded two \$2000 grants from the USATF Associations Committee. One is for the creation of a new membership brochure and the other for **Fred Benlein's** Distance Development Program.