



One Step Ahead

LONG ISLAND NEWS - APRIL 2007



Chris Mammone of the Bellmore Striders

2007 GRAND PRIX SERIES BEGINS

The 2007 Grand Prix Series of Road Races has begun with the Lazar, Aptheker, Rosella and Yedid Kings Park 15K Run and a spectacular win by Bellmore Strider **Chris Mammone**.

New features of the 2007 Grand Prix Series of Races include Achievement Certificates for those who improve their times from 2006 races in a specific events and Elite Development cash incentives to those who meet set standards in at least two Grand Prix races. The 2007 Grand Prix will also feature a gift of running shoes to all age group first place winners plus gifts to places two through five courtesy of the Runners Edge.

Competition age groups will be determined based on participants' age as of the first Grand Prix event on March 10, 2007.

Our sincerest thanks to the new sponsors of the Grand Prix Series – the **Runners Edge, Simmons, Jannace & Stagg, Attorneys at Law and Merrill Lynch** for making the 2007 Grand Prix Series possible.

Upcoming Grand Prix Races

- Saturday, March 31**
Nationwide Insurance 10K Run for A.S.P.I.R.E.
- Sunday, May 6**
Long Island Marathon/1/2 Marathon
- Sunday, May 13**
Elizabeth McNamee Memorial 5K
- Saturday, May 26**
RunDay 5K
- Sunday, June 3**
New Hyde Park 5 Miler
- Saturday, July 14**
Thunder Run 5 Miler
- Sunday, July 1**
Massapequa Firecracker 5K
- Saturday, July 21**
Long Island Women's 5K
- Saturday, August 11**
Massapequa Merchants Mile
- Saturday, September 1**
Runners Edge Farmingdale
- Saturday, October 13**
Town of Oyster Bay Oyster Festival Supervisors 5K Run
- Sunday, October 21**
Elite Sports Medicine 8K
- Sunday, November 18**
Mineola Mustang 5K
- Sunday, December 2**
Fly With the Owls 4 Miler

Race Walk News

DORIT ATTIAS – Qualifies for Paris Colmar – Neuilly Sur Marne - the longest non-stop walking competition in the world. After participating in the National 24 Hour Championship in Grapevine, Texas in November of 2006, where she completed 100 miles at 23:39:30 with a total of 101.52 within 24 hours and competing in Bourges – Championship of France of the 200 km for men and 170 km for women within 24 hours, where she completed 100 miles in 23:01 and finished at 168 km/105 miles, Dorit earned an invitation to the 60th edition of Paris Colmar – Neuilly Sur Marne.

The Paris Colmar – Neuilly Sur Marne will be held in France June 6th – June 9th of 2007. Dorit is the 1st American woman walker to be invited to participate in this difficult and

challenging race. In 2006 only nine women from around the world were invited to participate. This competition is broadcasted on French TV and Internet TV (sometimes in Czech and Slovak as well) and there are articles in French, English, Czech, Polish newspapers and magazines. *Dorit is 45 and a member of Walk-USA*

VOLUNTEERS NEEDED

The Long Island Marathon/1/2 Marathon is probably Long Island's premier showcase event and it cannot happen without the help of the entire running community and their families and friends. Volunteers are needed on Friday, May 4 and Saturday May 5 to assist at the Marathon Expo with number, chip and packet pickup and on Sunday, May 6 – Race Day – to help on the course and the start and finish lines. Please remember how important it is to give back to the Long Island running community

Please contact Sue Polansky and let her know when you and yours are available – spolansky@aol.com or (516) 932-7505.

SAVE THE DATES

USATF-LI will be hosting the *Region 1 Junior Olympic Championship* on June 29, 20 and July 1 at the Mitchel Field Athletic Complex. Help will be needed and greatly appreciated.

MEETING DATES

- Wednesday, April 4
Board Meeting
- Monday, April 9
LDR Committee Meeting



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long-island.usatf.org