



# One Step Ahead

## USATF-LI ELECTIONS

At the Annual Meeting of USATF-Long Island held on September 25, 2009 at the Dennison Building in Hauppauge, each of our committees held elections for Chair and Vice Chair. Newly elected committee officers will serve a two year term.

Track & Field:	Chair:	Rich Degnan
	Vice Chair	Harry Penny
Youth:	Chair:	Cheryl Hall
	Vice Chair:	Ramona D'Aulisa
LDR:	Chair:	Alex Cuzzo
	Vice Chair:	Fred Benlein
Race Walk:	Chair:	Dave McGovern
Masters:	Chair:	Sue Nesbihal Cordero
	Vice Chair:	Robert Lemke
Officials:	Chair:	Bill Ott
	Vice Chair:	Walter Kueffner, Michele Walker
MUT:	Chair:	Carl Grossbard
Disabled Sports	Chair:	Steve Cuomo
	Vice Chair:	Katey Brust

Congratulations to all of the newly elected committee officers.

Delegates to the 2009 USATF Annual Meeting were also elected. Delegates are: Fred Benlein, Joe Cordero, Beth Cuomo, Alex Cuzzo, Carl Grossbard, Diane Martin, John Martin, Dave McGovern, Sue Nesbihal Cordero, Bill Ott, Sue Polansky, Loretta Schulein-McGovern, Gary Westerfield. Alternates are Harry Penny and Jolene Moore.



John Marin welcomes new Youth Chair Cheryl Hall (R) and Vice Chair Ramona D'Aulisa (L)



Paul Schaefer (L) turns over the Track & Field Committee to (L to R) Jim Christian, Harry Penny and Chair Rich Degnan

## SPECIAL THANKS

Special thanks go to retiring chairpeople **John Martin** and **Paul Schaefer**. John has served as Chair of the Youth Committee since the inception of our association and has fostered a tremendous growth

in youth participation in our events. He has been the Meet Director of many Association and Regional Championships.

The idea of an association based on Long Island was Paul Schaefer's. Paul worked diligently to get our association started and served as Track & Field Chair from the start. His hard work led to the success of our summer twilight meets, indoor meets, spring meets and association and regional championships. Thanks John & Paul for all you have done and will continue to do

## JUNIOR OLYMPICS GREENSBORO, NORTH CAROLINA

For the first time, the USATF National Junior Olympics hosted four 800 meter races for disabled athletes. Chair of the National Committee for Sports for the Disabled, Steve Cuomo and a host of coaches took many of our Long Island athletes and athletes from across the country to Greensboro to participate in these events.

Many thanks go the National Youth Chair, Lionel Leach and Vice Chair Sam Germany for their support and encouragement. The athletes were warmly welcomed and had a ball. The stands were full and they received loud cheers from the audience.



## SUMMER CROSS COUNTRY CLINIC

The beautiful parks of Suffolk County were the sites of the week long Cross Country Clinic held this past August. One hundred athletes from local high schools and from the Rolling Thunder Special Needs Program attended the Clinic. The content of the Clinic included proper warm-up and cool down methods as well as techniques and practices. The Clinic drew the support and attention of local politicians and media. The athletes put in long hours of hard work and were rewarded by improvement in their running and with picnics and an occasional swim.



Coach Charlie Bell gives some pointers before a practice run