



One Step Ahead

News and Notes

www.long-island.usatf.org

February 2008

9th ANNUAL LONG ISLAND TRACK & FIELD AWARDS BRUNCH

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

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

*Omelet Stations, Fresh Scrambled Eggs
Breakfast Sausage, Bacon
French Toast, Silver Dollar Pancakes, Hash Brown Potatoes
Carving Station
Assorted Danish, Muffins, Bagels
Juice, Coffee, Tea*

ADMISSION: \$25.00 \$30.00 at the door

Please make checks payable to "USATF-LI" and send with reservation to
Tom Scotidas
Awards Brunch
196 Fulton Street
Massapequa Park, NY 11762

[] YES – I will attend the USATF-LI Awards Brunch, February 17, 2008. Enclosed is a check in the amount of \$ _____ for _____ people.

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

LDR GRAND PRIX BEGINS WITH KINGS PARK 15K

Plans for the 2008 Grand Prix Series of Road Races are in the works. The Long Distance Running Committee is very excited about this year's series, and we are pleased that so many of your old favorites will once again be part of it. We are also looking forward to adding some new races to the Grand Prix Calendar.

The Grand Prix brochure is being prepared. In the meantime, save the dates for the **Lazer, Aptheker, Rosella & Yedid Kings Park 15K** – March 8, 2008 and the **Nationwide 10K Run for A.S.P.I.R.E.** on April 5, 2008. These races will serve as 2008 USATF-LI Association Championships.

LONG DISTANCE DEVELOPMENT PROGRAM

By Fred Benlein

USATF-LI Long Distance Running Development Program starts two new programs in 2008 to prepare runners for the spring races.

The USATF-LI LDR Development Program has started two programs to help runners in 2008. The first is the Winter Conditioning Program which will take place every Tuesday night at 7pm at Farmingdale High School Track starting January 8th. This program will focus on running form and drills, strength and conditioning, and injury prevention to prepare the body for the upcoming training and races in the spring. See flyer on website for more details.

The second new program is the Sunday morning runs from Farmingdale High School at 9 am. This will be very different than most Sunday morning runs. This program will teach runners how to run their tempo and long runs better to prepare for their spring races especially the Long Island Half and Full Marathon. In addition runners will learn ways to improve both their warm up and cool down and get the most out of their training time.

The key to both programs is education, each program takes the most updated science and training used by USATF High Performance Division and brings it to a level where even a beginner runner can benefit. Give these programs a try and you will run better, faster, longer, and injury free.