



# One Step Ahead

News and Notes

[www.long-island.usatf.org](http://www.long-island.usatf.org)

March 2013

## HELP FOR "SANDY" VICTIMS

Mother Nature has not been kind to Long Island. Many of the members of USATF-LI suffered losses in the storm. Things like this bring out the best in people, however. Our good neighbors to the north, the USATF-Adirondack Association, collected some money and sent it to us on Long Island to help the victims of Hurricane Sandy. We send them our thanks and want them to know how much their action is appreciated on Long Island.

USATF-LI matched the amount of money sent by the Adirondack Association and donated the money to the track & field program at Long Beach High School. As you know, Long Beach was one of the hardest hit areas in the storm and much of the contents of the high school were destroyed. We hope that the small donation made by the USATF community will help them purchase new uniforms and equipment so that their fine athletic program can continue.

## USATF-LONG ISLAND AWARDS BRUNCH February 17, 2013

USATF-LI held its annual Awards Brunch on Sunday, February 17 at the beautiful Hofstra Club. It is always exciting to honor the outstanding athletes in our association, as well as those who have contributed so much to our association.

### 2012 Athlete of the Year, *Maria Michta*

#### Athletes of the Year:

- Youth:** *David Hill, Lauryn Heskin, Liam Ackerman*
- Junior Male:** Track: *Michael Brannigan*  
Field: *Noah White*
- Junior Female:** Track: *Briana Nerud*  
Field: *Faith Penny*
- Open Male:** Track: *Kyle Merber*  
Field: *Lutoyo Boyce*
- Open Female:** Track: *Maria Michta*  
Field: *Odrine Belot*
- Masters:** *Steven Gould, Caryl Senn-Griffiths*

#### Long Distance Running:

- Open:** *Boyd Carrington, Noni Degirmenci*
- Masters:** *Chris Daily, Jill Skelly*
- Senior:** *Jack Hanley, Irene Robinson*

#### Race Wakling:

- Junior:** *Katie Michta*
- Open:** *Maria Michta*
- Masters:** *Loren Kerner Martz, Michael Korol*

#### Mountain, Ultra, Trail:

*George Worth, Kathryn Martin*

#### Long Distance Development:

*Jack Hanley, Gloria Withus*

#### Service Awards:

#### President's Award:

*County Executive Edward Mangano, Robert Lemke, Sheryl Hall, Fred Benlein*

**Bruce MacDonald Lifetime Service Award:** *Harry Penny*

**Sue Polansky MVP Award:** *Richard Degnan*

**John McManus Memorial Award:** *Kathryn Martin*

**Official of the Year:** *George Erker*

LONG ISLAND  
TRACK & FIELD 2013



- |             |                                               |
|-------------|-----------------------------------------------|
| March 16    | Kings Park 15K                                |
| April 7     | Nationwide Insurance 10K Run for A.S.P.I.R.E. |
| April 14    | Marcie Mazzola 4Mile Run                      |
| May 5       | Long Island Marathon and 1/2 Marathon         |
| May 11      | Run for the Health of It 5K                   |
| May 12      | Elizabeth McNamee 5K                          |
| May 25      | RunDay 5K                                     |
| June 2      | New Hyde Park 8K                              |
| June 15     | Schwachman Diamond Dash 5K                    |
| June 30     | Massapequa Firecracker 5K                     |
| July 4      | Independence Day 4 Mile Run                   |
| July 13     | Runner's Edge Women;s 5K Run                  |
| July 14     | Thunder Run                                   |
| July 14     | Bellport Clipper Classic                      |
| August 3    | Massapequa Merchants Mile                     |
| August 17   | Hope Runs Here 5K                             |
| August 31   | Farmingdale Main Street Mile                  |
| September 8 | Angels on the Bay 5K                          |
| October 19  | Town of Oyster Bay Supervisor's 5K            |
| November 16 | Fly With the Owls 4 Mile Run                  |

**Please visit our website [long-island.usatf.org](http://long-island.usatf.org) for details on these events including team and championship status.**

Full results of the 2012 Grand Prix Series can be found on our website. Just click Road Running and go to Grand Prix Results. Grand Prix Award Winners will be listed next month.

## SAVE THE DATES

### 2013 Outdoor Track & Field Schedule (tentative)

- April 21<sup>st</sup> Bellmore PAL Spring Opener
- May 19<sup>th</sup> Bellport Clipper Track Classic
- May 24<sup>th</sup> USATF-LI Youth Team Championships
- June 10<sup>th</sup> Long Island Meet of Champions
- June 16<sup>th</sup> USATF-LI Association Youth Championships
- June 26<sup>th</sup> USATF-LI Association Open & Masters Championships
- July 10<sup>th</sup> Summer Track & Field Series Meet #1
- July 17<sup>th</sup> Summer Track & Field Series Meet #2
- July 24<sup>th</sup> Summer Track & Field Series Meet #3
- July 31<sup>st</sup> Summer Track & Field Series Meet #4

