

OneStepAhead

MONTHLY NEWS AND NOTES FROM USATF-LONG ISLAND

MARCH 2006

Welcome. This monthly update is the newest feature of USATF-Long Island. Many thanks to the Greater Long Island Running Club for helping us spread the latest news from our Association via *Footnotes*.

This past month has been a busy one for USATF-Long Island. We saw three of our masters teams excel in the Millrose Games 4x400 meter relay (**Bohemia** and **Northport** Track Club women and **Second Wind** men.) Our Indoor Track & Field Association Championship was a great success and we saw some outstanding performances by our youth, open and masters athletes. Many thanks to **Paul Schaefer, John Martin, Michael Roth and Bill Ott** for all their hard work. Awards were presented to our outstanding athletes in all disciplines and to our Grand Prix winners at our Awards Brunch. The brunch was ably chaired by **Dr. Mary Trotto** with **Dennis Kornfield** as emcee.

Under the leadership of **Alex Cuozzo**, the RunSmart program geared to training athletes for the Long Island Marathon and Half Marathon has been off to a great start. MUT Chair **Carl Grossbard** brought the USATF National 50K Road Championship to Caunisset Park and Athletics for the Disabled Chair **Steve Cuomo** is busy preparing for the fall National Disabilities Championship which will be held in October at Sunken Meadow State Park.

We look forward to the kick-off of the 2006 Grand Prix Series which has many new features this year including spectacular raffle prizes and a double header series which includes a sprint and a long distance series. Spring meets are being finalized and we will host four to six outdoor meets at a variety of locations.

The website has been revamped due to the hard work of **Carla DeWitt** and **Ken Lewis** and you can now find up-to-date information on it. The new address is www.long-island.usatf.org

LITF INDOOR TRACK & FIELD CHAMPIONSHIPS FEBRUARY 11, 2006

Congratulations to all of our great Association Champions. Youth, Open and Masters athletes all made a fine showing at our indoor championship meet on February 11th at Suffolk Community College. For a complete listing of individual champions, visit our website at www.long-island.usatf.org.

Team honors were awarded as follows:
YOUTH:

Bantam: Girls - 1. East Islip TC, 2. Westbury TC, 3. Infant Jesus TC, 4. Bellmore PAL, 5. Walk USA, 6. Bohemia TC, Jericho Jets Boys: 1. East Islip TC, 2. Jericho Jets, 3. Westbury TC, 4. Bellmore PAL, 5. Bohemia TC

Midlet, Girls - 1. Infant Jesus TC, 2. Bellmore PAL, 3. Westbury TC, 4. Jericho Jets, 5. Northport RC, 6. East Islip TC Boys: 1. Jericho Jets, 2. Bellmore PAL, 3. Bohemia TC, 4. Infant Jesus TC, 5. Port Washington TC, 5. East Islip TC, 5. Northport RC

Youth: Girls: 1. East Islip TC, 2. Bellmore PAL, Westbury TC, Infant Jesus TC Boys - 1. Infant Jesus TC, 2. Westbury TC, 3. Bellmore PAL, 4. Jericho Jets, 5. Port Washington TC

Intermediate: Girls - 1. Jericho Jets Boys - 1. Jericho Jets

OPEN:

Women - 1. Bohemia TC - Men - 1. Sayville RC, 2. Bellmore Striders, 3. 2nd Wind TC

MASTERS: Women- 1. Bohemia TC, 2. Walk USA - Men - 1. 2nd Wind TC, 2. Bohemia TC, 3. GLIRC, 4. Super Runners Shop, 5. Northport RC, 6. Sayville RC



Masters Men get ready to start the 800 M Run



East Islip Track Club all smiles after a great team effort.

SPECIAL THANKS TO THOSE WHO CARE

Our sincerest thanks and appreciation go to those who have helped sponsor the many programs offered by our association. The donations received help us to continue to provide the best possible programs for our youth, open and masters athletes of all abilities in track & field, cross country, race walking and road running.

LONG ISLAND POWER AUTHORITY, NIKE, THE SIMON FOUNDATION, GREATER LONG ISLAND RUNNING CLUB, THE DOUG WOOD FOUNDATION, RUNNERS EDGE, SUPER RUNNERS SHOP, SCHWAB'S 2nd WIND, QUANTUM FEET, ALIEN CANOPY, HAREL JEWELERS, DR. MARY TROTTO, FINISH LINE ROAD RACE TECHNICIANS, KATHY MARTIN & CENTURY 21 NORTHERN SHORES

AWARDS BRUNCH

LITF was pleased to honor the many fine athletes and volunteers who were presented with awards at the Annual Awards Brunch on Sunday, February 19th.

Presented with honors were:

Presidents Award for Outstanding Service:

Dennis Boyd, Steve Cuomo, Alex Cuozzo, Linda & Scott Fairgrieve, Ken Lewis, Mike Polansky, Phil Renna

Athletes of the Year:

Youth: **Raymona Carryl**, **Walter Henning**

Track & Field:

Open: **Maria Michta**, **Marc Nesbitt**

Masters: **Marie-Louise Michelson**

Kathy Martin, **Darnell Gading**

LDR:

Open: **Trisha Fasini**, **Matt Uzensi**

Masters: **Kathy Martin**, **Kevin Carroll**

Sr. Masters: **Betty Horstmann**, **Joe Cordero**

Race Walk:

Junior: **Maria Michta**, **Michael Kazmierczak**

Open: **Loretta Schullein**, **Mike Bartholemew**

Masters: **Joan Murray**, **Bill Vaio**

MUT: **Helma Clavin**, **Rudy Afandor**

Disabled: **Marcus Sanders**

Officials: **Sue Polansky**, **Walter Kueffner**

The prestigious **Bruce Mac Donald Award** for Lifetime Service was presented to **John Martin** whose outstanding accomplishments as an athlete, coach, parent, administrator and instructor are unparalleled.

Awards were also presented to the age group and team winners of the 2005 Grand Prix Series of Road Races. Visit our website for details.



Youth Chair John Martin will Athletes of the Year Raymona Carryl and Walter Henning.



Betty Horstmann, Kathy Martin and Trisha Fasini, accept Ldr Athlete of the Year Honors from Masters Chair Dr. Mary Trotto.

2006 Grand Prix Series of Road Races has some great new features. This year there will be two series - one consisting of sprint races (under 5 miles) and one of long distance races. Watch for great raffles as well.