



One Step Ahead

2010 CROSS COUNTRY GRAND PRIX SERIES

Before you know it, temperatures will cool down, the leaves will begin to turn color and autumn will be upon us. The end of summer marks the beginning of a new Cross Country season and USATF-LI has a great series of Cross Country races on its schedule.

- Sunday, August 22 **Dirty Sock 10K Run**
Babylon Memorial Grade School
Contact – hapiauer@msn.com
- Saturday, September 11 **Hofstra Invitational 5K**
Bethpage State Park
Contact – PeterAlfano@hofstra.edu
- Saturday, September 25 **Nassau Track Officials 5K**
Old Bethpage Village Restoration
Contact – Mott798@aol.com
- Saturday, October 30 **USATF-LI 8K Association**
Championship – Eisenhower Park
Contact – bellmore-striders@juno.com
- Saturday, November 6 **Northport Veterans Day 4K**
Northport Veterans Hospital
Contact - www.nrcrun.com
- Sunday, November 28 **Rob's Run 5K**
Stillwell Woods – Syosset
Contact - spolansky@aol.com

The Cross Country Series is open to all USATF-LI members. Prize money will be given to the top three men and women in the Open and Masters Divisions. To be eligible for prizes, you must compete in four of the six races. Runner's Edge gift certificates will be awarded to the top three people in each five year age category. In addition, a stipend will be given to the winning teams to help offset the costs of traveling to the USATF National Cross Country Championship.

Many, many thanks to **Bob Cook** and the **Runner's Edge** for continuous support of the Cross Country Series and of all the athletes on Long Island. Heartfelt thanks also go the **Nassau County Executive Ed Mangano** for his understanding of the needs of our program and for his support in this endeavor.

Additional thanks to **Karen Conkling** for her work in designing the Cross Country Series brochure,



Visit USATF- Long Island at
www.long-island.usatf.org

**CALL TO CONVENTION
USATF-LONG ISLAND
Friday, September 24, 2010
7:00 p.m.
Mattlin Middle School
Washington Avenue
Plainview**

**ANNUAL COMMITTEE MEETINGS
ELECTION OF OFFICERS
President
2 Vice Presidents
Secretary
Treasurer
Delegates to the 2010 USATF Annual Meeting**

**To place a name in nomination for any of the above,
contact Sue Polansky, Nominating Committee Chair
at spolansky@aol.com
Visit our website www.long-island.usatf.org for more
directions and more information**

YOUTH CROSS COUNTRY

The dates are set for USATF-LI Youth Cross Country meets.

- Sunday, September 26 **Flowerfield – St. James**
Host: Team Sports Center
- Sunday, October 10 **Sunken Meadow State Park**
Host: Bellmore PAL
1st place winners in each age group will receive a t-shirt
- Sunday, October 24 **Sunken Meadow State Park**
Host: Infant Jesus Track Club
- Sunday, November 7 **USATF-LI Association Championship**
Sunken Meadow State Park
- Sunday, November 21 **USATF Regional Championship**
Site: TBA

PRE-REGISTRATION IS REQUIRED FOR THE CHAMPIONSHIP MEET ON NOVEMBER 7TH.

Note: State Parking Fees of \$10 starts at 7:00 on Sundays.

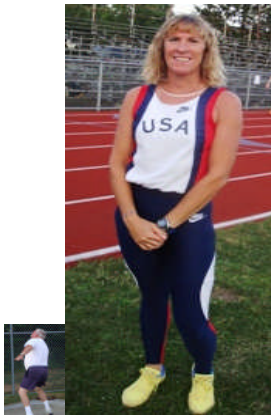
For more information contact Youth Chair Sheryl Hall at shall@hallenconstruction.com

MICHTA & GRIFFITHS EXCEL IN NATIONAL COMPETITION

Congratulations to Race Walker **Maria Michta**. Maria, age 24, of Nesconset, won her first US 20K Championship at the USATF National Championship held in Des Moines, Iowa in June in a time of 1:39.42. Michta, Suffolk County Athlete of the Year in 2004 is a graduate of Sachem HS and CW Post University where she graduated first in her class and was named Valedictorian. She is currently in the second year of her PHD Program in biomedical research at the Mt. Sinai School of Medicine in New York City.

Maria began her race walk career as a 9th grader and as a member of Smithtown based WalkUSA. She practically rewrote the record books as a Junior and for the past four years has steadily moved up in the USA rankings. With this win, her first major one, she leads the USATF Race Walk Grand Prix - . - by Gary Westerfield

Caryl Senn Griffiths, one of Long Island's superior Masters Athletes, won the USA vs. Great Britain Decathlon Championship held in Joplin, Missouri in June. Not only did Caryl win, she set a new American Record for Women45 with 6122 points. Here are Caryl's marks: 100m - 14.19; Discus - 26.17m; PV -2.20m; Javelin - 32.47m; 400m - 69.54; 80mHH - 13.82; LJ - 4.22m; Shot - .65m; HJ - 1.40m; 1500m - 6:03.05.



Getting ready for the 2000 m run at Walt Whitman HS



Action at Mepham



Tough race for youth athletes

SUMMER TWILIGHT MEETS ARE IN FULL SWING

The new format for the Summer Twilight Series has been a great success. High School, College, Open and Masters Athletes have been competing on Wednesday evenings and our great Youth contingency has been competing on Thursday evenings. In spite of July's extreme heat, the meets have seen fantastic competition and an increase in participation.

Many thanks to the high schools that have given USATF-LI the use of their track & field facility and equipment not to mention the tremendous assistance of their coaches and athletes. **Thanks to Mepham High School and Coach David Frazer, Walt Whitman High School and Coach Rob Conroy, Hauppauge High School and Coach Wayne Hoffman and Levittown MacArthur High School and Coach Jamie Sanfilippo.**



Masters Shot Put



Leo Cuozzo - like father, like son



Proud PeeWees

Be sure to be part of the action - come to USATF-LI meets and races

Visit us at www.long-island.usatf.org