



One Step Ahead

News and Notes

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January 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

ADMISSION: \$25.00 \$30.00 at the door

For more information contact Tom Scotidas at scottyboss@aol.com

USATF-LI MASTERS SET THE PACE IN OHIO

by Sue Nesbihal Cordero

On Dec. 7, 2007 **Kathy Martin** mastered a snow covered and muddy cross country course in West Chester ,Ohio to win the 55 year old National title and once again was the Age Graded Overall Winner with an age grading over 90%. Kathy who was named 2007 Master's Harrier of the Year had a good start on the 2008 title.

There were also several representatives from **Bellmore Striders** women and men as well as a team from the **Sayville Running Company**. **Joe Cordero** had a fine effort running in the deep 65-69 field at age 69 years 9 months. Joe is looking forward to next year when he will be the "new kid" on the course. USATF-LI was well represented by the fine effort of these runners in terrible conditions. The course went from being cold, icy and snow covered for the Masters women race to windy, cold and muddy by the time the Open men ran.

The races were exciting and it was fun to have local runners to cheer for at a National event. Credit should be given to all those who ran, putting it on the line in a rather obscure location. Their dedication is noteworthy



Joe Cordero & Kathy Martin on a snowy cross country course in Ohio.

Brendan Barrett of the Sayville Running Company reports that "it snowed all week before the race and warmed up the night before leaving us with 10,000 meters of mud."



Sayville & Bellmore at X-C Club Championships (L to R) Connor Lanz, Boyd Carrington, Matt Uzenski, Paul Murphy, Craig Banger, Bill Gironda, Alex Cuozzo, Dejan Popovic, Ryan Soltan, Mike Petrina, Brendan Barrett, Kevin Beach & Rob Hoffman.

YOUTH CROSS COUNTRY

by John Martin

James Burke and **Matt Pozmanter** traveled to Lawrence, Kansas where they represented USATF-LI, Infant Jesus and themselves admirably in the Junior Olympic Cross Country National Championships on December 8. Facing a tough snow and ice covered course as well as cold and wind, they both did a great job.

Matt ran in the Midget Division where his race had 289 runners. The crowded race and the treacherous conditions caused multiple runners to fall and unfortunately, Matt was one of them. He managed to beat 175 of the best runners in the country. He has one more year in the Midget Division and hopefully there will be no snow in Richmond, Virginia next year where he will certainly finish much higher than 114th.

James ran in the Bantam Division, which had 251 runners, and finished a very impressive 20th. Since medals are awarded to the top 25, he came home with a hefty piece of hardware. I wonder if his luggage was overweight. He was able to avoid falling and to stay near the leaders

and passed several on the final straight to cement the medal finish. Just as impressive was his time which was only a few seconds off of his PR in spite of the tough conditions and challenging course. Next year he will join Matt in the Midget Division where they will be a dynamic duo. Congratulations to both boys. We are very proud of you.

USATF ANNUAL MEETING

The Long Island delegates to the USATF Annual Meeting were very busy in Honolulu. Meetings left very little time for sun and surf. The following items are of interest to our members: USATF-LI will host the National Cross Country Championship for Ambulatory Disabled Athletes, the 50K Road Championship and the 30K Race Walk Championship in 2008. Long Island has placed a bid for the 2009 Club Cross Country Championship as well.

The National Officials Committee voted to require all certified officials to become USATF members beginning with the 2008 Olympiad.

Masters Athlete Kathy Martin once again won the triple crown – track, road and cross country - awards in her age group. Sue Polansky was awarded the Charles M. Ruter Award by the National Officials Committee as Outstanding Running Event Official.



Delegates enjoy a little free time (L to R) Sue Polansky, Alex Cuozzo, Mary Trotto, Carl Grossbard, Beth Cuomo, Steve Cuomo & Diane Martin - front)