



# One Step Ahead

MONTHLY NEWS AND NOTES FROM USATF - LONG ISLAND

NOVEMBER 2006

## USATF-LI ELECTS OFFICERS

At its Annual Meeting held on September 29, 2006, USATF-Long Island elected officers who will serve for the next two years.

- President – Gary Westerfield
- Vice President – Alex Cuozzo
- Paul Schaefer
- Secretary – Diane Martin
- Treasurer – Ken Lewis



Also elected were delegates to the USATF Annual Meeting which will be held in Indianapolis from November 29 – December 3, 2006. Delegates are: Joe Cordero, Alex Cuozzo, Carl Grossbard, Diane Martin, John Martin, Sue Nesbihal Cordero, Bill Ott, Sue Polansky, Mary Trotto, Michele Walker and Gary Westerfield, Olympic Race Walker Curt Clausen will serve as a delegate from LI as well. Alternate Delegates are Fred Benlein, David Katz, Michael Roth, Howard Schmertz.

Workshops were held at the annual meeting which covered all phases of USATF-LI activities. It is important for all members to have a voice in the future of the Long Island Association. Meetings are usually held on the 1<sup>st</sup> Monday of the month at the LITF office,

**SAVE THE DATES**  
**USATF-LI WINTER MEETS**  
**Suffolk Community College**  
**Brentwood, NY**

**Friday, Dec. 29 5:00-9:00 pm**  
**Sunday, Jan. 21 9:00 am-1:00 pm**  
**Sunday, Feb.11\*\* 9:00 am - 1:00 pm**

**\*\* Association Championship**

## USATF RAISES MEMBERSHIP FEES

The Executive Board of USATF has mandated an increase in membership fees for 2007. While we here on Long Island are very disturbed about this increase and plan to protest it at the USATF Annual Meeting in November, we have no choice at this time but to increase the membership fees for our Association.

If membership is renewed or extended prior to October 31, 2006, the fees will remain the same - \$20.00 for open and masters and \$15.00 for youth.

If you join or renew membership in USATF-LI for 2007 after October 31, 2006, the fees will be \$29.95 for open and masters and \$19.95 for youth.

Multi-year membership discounts will be in effect for the future.

	Open/Masters	Youth
2 Years -	\$54.95	\$ 27.45
3 Years	79.95	39.95
4 Years	99.95	49.95

*In an attempt to soften the blow to our membership, the Executive Board of USATF-LI voted to give each 2007 member a free entry to one event at designated USATF-LI competitions.*

Please watch our website – [long-island@usatf.org](http://long-island@usatf.org) for information on designated competitions and updates on our protest to the national organization. We promise to do all that is in our power to have the national organization rescind the increase they have imposed on our members.

## CALENDAR OF EVENTS

- 10/22 Elite 8K – Ronkonkoma
- 10/23 LDR Meeting – LITF Office
- 11/6 LITF Board Meeting
- 11/19 Mineola Mustang Run –Mineola
- 11/27 USATF Annual Meeting
- 12/3 Indianapolis
- 12/3 Fly With the Owls – Lynbrook

Visit our website for dates of Youth and Track & Field Meetings.

## KUDOS TO USATF-LI MEMBERS

**Kathy Martin**, now in the 55-59 age group, continued to burn up the roads, track and trails. She finished 1<sup>st</sup> at the National Masters 5K Cross Country Championship held on October 15<sup>th</sup> in Saratoga Springs. Running Times noted that she "...has never lost to anyone in her age group" nationally or internationally.

**Rudy Afandor** had a spectacular 1<sup>st</sup> place finish in the GLRIC 6-Hour Run held under the auspices of USATF-LI's Mountain, Ultra, Trail Committee.

*Dyestat* and *Track & Field News* have named **Walter Henning** as High School Athlete of the Year. Walter competes for St. Anthony's High School and is a fixture at our USATF-LI meets.

The 2<sup>nd</sup> Annual National Cross Country Championship for Disabled Athletes was held on October 1<sup>st</sup> at Sunken Meadow State Park under the able leadership of **Steve Cuomo**. We hosted athletes from out-of-state and were pleased to be joined by a fantastic team of visually impaired athletes from Kenya. Congratulations to Long Islanders **Sue Nesbihal Cordero** and **Sara Okolowich** who are the Masters and Open National Champions.

The **Bellmore Striders** are having an outstanding fall racing season. Under the leadership of Coach Alex Cuozzo (Vice-President Elect of USATF-LI), the men and women of the Bellmore Striders have dominated both cross country and road racing this fall. They will be competing in the Mayor's Cup USATF Eastern Cross Country Championship which will be held in Boston on October 22<sup>nd</sup> and in the National Team Championship to be held in Golden Gate Park in San Francisco on December 9<sup>th</sup>.

