



# One Step Ahead

News and Notes

www.long-island.usatf.org

March 2012

## INDOOR TRACK & FIELD SEASON

USATF-LI ended its indoor season with the Association Championship on February 5<sup>th</sup>. The three meets held at Suffolk Community College hosted a large number of athletes of all ages – from our youngest peewees to our “older than all the rest” members.

All enjoyed the great facility and we saw some amazing performances throughout the winter. Thanks go to Track & Field Chair **Rich Degan** and his committee and to Officials Chair **Bill Ott** and all of our USATF-LI officials for making these meets so successful. For complete results, visit our website.



A blur of Sub-Bantams



Thomas McDougall and Danny Petrusic wait for the start of the Midget 55 meter dash



Walter Brown and the Remington Flyers – always welcomed



Bantam 200 M winners  
Chloe Wilson & Leala Hall



Boyd Carrington burns up the track

## USATF-LI AWARD WINNERS – 2011

Awards Brunch, Sunday, February 19, 2012

The Annual USATF-LI Awards Brunch was held on February 19<sup>th</sup> at the Stuart Thomas Manor in Farmingdale and many of our outstanding members were honored at the brunch. Special recognition was given to those who have contributed to our association and to those who have been outstanding athletes during 2011. Congratulations to all of our award winners.

**Presidents Award for Outstanding Service:** John Venditto – Supervisor of the Town of Oyster Bay, **Carnell Foskey** – Nassau County Parks Commissioner, **Harry Penny, Terry Bisogno, Dennis Boyd.**

**Bruce MacDonald Award for Lifetime Contributions:** Diane Martin

**Sue Polansky M.V.P. Award** – Gary Westerfield

**John McManus Memorial Award for Outstanding Lifetime Accomplishment** – Paul Fetscher

**Athlete of the Year** – Maria Michta

**Officials:** Moe Hogan

**Track & Field:** Track: Lutalo Boyce, Mary Kate Anselmini

Field: Michael Brunoforte, Melodee Riley

Masters: Jim Reilly, Kathy Martin

Special Recognition: Robert Conroy, James Henderson

**Youth:** Track: Brianna Nerud, Brandon Robinson

Field: Olivia Seifert, Jeremiah Mobley

**LDR:** Open: Jodi Schopmann-Robertson, Chris Mammone

Masters: Kathy Martin, Michael Robles

Senior Masters: Betty Horstmann, Tony Langan

**Race Walk:** Youth: Molly Josephs; Open: Maria Michta

**MUT** – Jodi Schopmann-Robertson, George Worth

**Distance Development** : Pamela Lee, Jessica Petermann

**Athletics for the Disabled:** Youth: Emily Brust, Michael Brannigan;

Open: Dan Renahan



Paul Fetscher (top) - McManus Award Winner; Gary Westerfield (bottom) MVP Award Winner and Maria Michta - Athlete of the Year.



## 2012 GRAND PRIX SERIES OF ROAD RACES

The Grand Prix Series of Road Races is set for 2012. We are pleased to have many returning races to the series plus some new ones as well. Many thanks to Bob Cook and the Runners Edge for making this series possible.

The Grand Prix brochure is on our website: [long-island.usatf.org](http://long-island.usatf.org) and will be available for clubs and at local running stores shortly. It will contain all the details regarding each race and the criteria for scoring in your age group. Below is a list of the 2012 races so that you can begin to plan your 2012 race schedule.

Sat. March 24	<b>Kings Park 15K</b> - T,C
Sun. April 1	<b>Nationwide 10K Run for A.S.P.I.R.E</b> - T,C
Sun. April 15	<b>Marcie Mazzola 5K</b>
Sun. May 6	<b>Long Island Marathon and 1/2 Marathon T,C</b> (both races)
Sat. May 12	<b>Run for the Health of It 5K</b>
Sun. May 13	<b>Elizabeth McNamee 5K Memorial Run</b>
Sat. May 26	<b>RunDay 5K</b> - T
Sun. June 3	<b>New Hyde Park 8K</b> - T,C
Sat. June 16	<b>Schwachman Diamond Dash 5K</b>
Sun. July 1	<b>Massapequa Firecracker 5K</b> - T
Weds. July 4	<b>Independence Day 4 Mile Run</b>
Sat. July 14	<b>Runners Edge Women's 5K Run</b> - T (women)
Sun. July 15	<b>Thunder Run 5K</b> - T (men)
Sat. August 4	<b>Massapequa Merchants Mile</b> - T
Mon. August 13	<b>Brentwood Cookie Run 5K</b> - T
Sat. August 18	<b>Hope Runs Here 5K</b>
Sat. September 1	<b>Farmingdale Main St. Mile</b> - T, C
Sat. October 13	<b>Town of Oyster Bay Supervisor's Oyster Festival 5K</b> - T, C
Sat. November 19	<b>Fly With the Owls 4 Mile Run</b> - T
<i>T - team event</i>	<i>C - Association Championship</i>

For more information, check out website at [long-island.usatf.org](http://long-island.usatf.org) or call (516) 349-9157

## GRAND PRIX RESULTS – 2011

### Age Group Winners – 2011

**Under 24:** 1- Travis Wooten, Michele Grieco; 2- Alex Israel, Lisa Bonnani; 3- Roberto Bastianci, Katie Cappeller; 4- Joseph Choinski, Lauren Quinn; 5- Michael Brannigan, Madeline Bastianci

**24-29:** 1- Michael Franchi, Susan De Metropolis; 2- Chris Mammone, Katie DiPietro; 3- Steven Cuomo, Jodie Schoppmann; 4- Robbie Rex; 5- Jon Soldo

**30-34:** 1- Trent Hampton, Jessica Petermann; 2- Steven Rossi, Maryann Harkins; 3- Gwyeth Smith, Christina Diaz; 4- Sal Nastasi, Kelly Perno; 5- Carlos Walton, Tara Wilson

**35-39:** 1- Boyd Carrington, Noni Degirmenci; 2- Ron Curry, Pamela Schmidlin; 3- Roberto Moscato, Stephanie Hoffman; 4- Ben Beavers, Jennifer DeChico; 5- Adam Cigliano, Jennifer Beach

**40-44:** 1- Robis Degiremnci, Mary Frances Horan; 2- Todd Rowley, Eliana Themistocleous; 3- Brian Cloherty, Jackie Novak; 4- Steven Lutz, Jenney Tesoriero; 5- Ira Kaplan, Susan Schmuck

**45-49:** 1- Wil Widman, Jill Skelly; 2- Erich Veitch, Kat Hankinson; 3- Steven Schmidt, Carolyn Dornstaruder; 4- Timothy Moley, Torie Kramer; 5- Rick Secor, Doreen McDougall

**50-54:** 1- Michael Robles, Mary Lenzi; 2- Chris Daily, Dolores Doman; 3- Paul Bonnani, Vicki Fox; 4- Ned Daily, Tracey Epstein; 5- Michael Bosclair, Kim Solomine

**55-59:** 1- Gary Klein, Linda Ottaviano; 2- Louis LaFleur, Pamela Lee; 3- Thomas Healy, Jackie Beattie; 4- Kevin Kremler, Rosemary Camilieri; 5- Grant Radke, Rochelle Holden

**60-64:** 1- Anthony Langan, Abby Gonzalez; 2- Greg Karl, Melissa Kennedy; 3- Lutz Hoffmann, Anne Gitzgibbon; 4- Peter Martin, Susan Nesbihal; 5- Glenn Morse, Maureen Frisone

**65-69:** 1- Willy Svensson, Betty Horstmann; 2- David Frisone, Irene Robinson; 3- Daniel Badalament, Helma Clavin; 4- Curt Robinson; Karen Potenza, 5- Rich Astarita, Hilory Boucher

**70-74:** 1- Joe Cordero, Kate Schreck; 2- Jose Mendez, Joan Ackerman; 3- Mel Cowgill, Pat Delaney; 4- John Wallace; 5- Byron Lane

**75-79:** 1- Jack Hanley; 2- Don Denig; 3- Howard Kestenbaum; 4- Carlos Morales

**80-84:** 1- Bert Jablon; 2- Odd Sangesland

**90+:** 1- Bill Benson

### TEAM RESULTS:

**Open Men:** 1- Bellmore Striders; 2- We Are Athletes; 3- GLIRC; 4- Rolling Thunder; 5- Massapequa Road Runners

**Open Women:** 1- Bellmore Striders; 2- GLIRC; 3- We Are Athletes

**Masters Men:** 1- GLIRV; 2- Bellmore Striders; 3- Northport Running Club; 4- LIRRC; 5- Massapequa Road Runners

**Masters Women:** 1- GLIRC; 2- Northport Running Club; 3- We Are Athletes; 4- LIRRC; 5- Massapequa Road Runners

**Senior Men:** 1- GLIRC

## CROSS COUNTRY SERIES 2011 RESULTS

Many thanks to County Executive Ed Mangano, Parks Commissioner Carnell Foskey and all the folks in Nassau County Parks and Recreation for making this series possible. We look forward to another great year for cross country in 2012.

### TEAM RESULTS:

**Open Men:** 1- Sayville Running Company; 2- Bellmore Striders

**Open Women:** 1- Bellmore Striders

**Masters Men:** 1- Bellmore Striders; 2- LIRRC; 3- We Are Athletes

### AGE GROUP RESULTS:

**Under 24:** 1- Lindsay Block, Raymond Mock

25-29: 1- Chris Mammone, Shawn Pollard

30-34: 1- Jessica Petermann, Dejan Popovic; 2- Tara Wilson

35-39: 1- Meaghan Crimmins, Boyd Carrington; 2- Pamela Schmidlin,

40-44: 1- Jenney Tesoriero, Robis Degirmenci; 2- Brian Cloherty

45-49: 1- Jill Skelly, Robert Lemke; 2- Kat Hankinson, Susan Murray, Flemming Hansen; 3- Fred Benlein

50-54: 1- Mary Lenzi, Chris Daily; 2- Ralph Girardi; 3- Bill Schroeder

55-59: 1- Pamela Lee, Paul Salerni; 2- Kevin Kremler

60-64: 1- Peter Martin; 2- Glenn Morse; 3- Joe D'Agostino

65-69: 1- Irene Robinson, Warren Steinert, Curt Robinson

70-74: 1- Wendy Burns, Joe Cordero

## SPRING TRACK & FIELD SEASON Hosted by the Bellmore-North Bellmore P.A.L.

Mepham High School  
Camp Avenue - Bellmore

April 22, 2012

Registration – 12:00 noon

1<sup>st</sup> Event – 1:30 p.m.

For More Information, check our website [long-island.usatf.org](http://long-island.usatf.org)  
or call (516) 349-9157