



One Step Ahead

USATF-LI HOSTS NATIONAL 50K ROAD CHAMPIONSHIP

Caumsett State Park was the site of the USATF National 50K Road Championship on Sunday, March 2nd. A record number of participants were on hand on this sunny, cold Sunday to enjoy the beauty of Caumsett and the thrill of the 50K. Michael Wardian of Virginia set a new course record and was close to breaking a national record as well. Long Island Champions were Rudy Afandor and Jodi Kartes-Heino.

Congratulations to all of the finishers and to Race Director Carl Grossbard for a job well done.



En route to a spectacular finish at Caumsett



USATF National MUT Chair Nancy Hobbs with USATF-Long Island's MUT Chair and Race Director Carl Grossbard.

MASTERS NEWS

Sue Nesbihal Cordero

On February 16, in San Diego, California, USATF-LI was well represented at the 8k National Master's Cross Country Championships by Joe Cordero and Kathy Martin. Joe, three weeks shy of his 70th birthday, competed in the 65-69 age group and recorded a 2nd place finish in 37:07. Kathy the 2007 USATF Harrier of the Year continued her winning ways and took another step toward winning the title again in 2008. Kathy won the 55-59 age group with an outstanding 32:07. Her performance was the best age graded among the

women at 92.60% earning her the overall title. This is a repeat performance of her run at The National Club (6k) Cross Country Championship in Westchester, Ohio in December, 2007. She is 2/3 the way to the Harrier Title again. The next race will be in Greensboro, North Carolina on October 12, 2008.

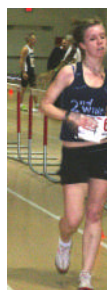
Kathy and Joe, along with USATF-LI Senior LDR runner of the year, Betty Horstmann, are on their way to Clermont, France to compete in the World Master's Indoor Championships. These Championships also include an 8k cross country race and a half marathon. USATF-LI will be well represented by these outstanding Master's athletes and we wish them good luck.



Joe Cordero in sunny California

LONG ISLAND YOUTH

2nd Wind Track Club's Melody Penny has been highly ranked by the National High School Federation in the Race Walk. Melody, of East Islip, is the USATF-LI Youth Race Walk Champion as well.



Melody Penny

Walter Henning finished 3rd in the NCAA Division 1 Championship Weight throw held on March 15th at the University of Arkansas. Walter is a freshman at the University of North Carolina. Congratulations on a great performance.

SPRING TRACK SEASON KICKS OFF AT MEPHAM H.S.

The outdoor Track & Field season will get started on April 13, 2008 at Mepham High School with the Bellmore/North Bellmore Spring Opener. This meet is hosted by the Bellmore/North Bellmore PAL and is open to Youth, Open and Masters Athletes.

The meet is scheduled to begin at 1:00 p.m. with registration opening at 12:30.

Order of Events

- 1500M Race Walk
- PeeWee 55M Dash
- 100 M Dash
- 400M
- 1500M
- Sprint Hurdles
- 800M
- 200 M
- 3000M
- 4x400 M Relay
- 4x100 M Relay
- Long Jump
- Shot Put
- Discus
- High Jump

We look forward to seeing you at Mepham High School on the 13th of April.

COMING IN APRIL & MAY

Grand Prix Races:

- April 5 Nationwide Insurance 10K Run for ASPIRE - Plainview
- May 4 Long Island Marathon/1/2 Marathon - Eisenhower Park
- May 11 Elizabeth McNamee Memorial 5K - West Islip
- May 24 RunDay 5K - Hicksville

For more information
Visit our website
www.long-island.usatf.org
or call (516)349-9157