



One Step Ahead

News and Notes

www.long-island.usatf.org

July 2009

CROSS COUNTRY SEASON IS JUST AROUND THE CORNER

Before you know it, Cross Country Season will be here and USATF-LI has an exciting schedule of events. We thank **Bob Cook** and the **Runner's Edge** for their continuing support and **Assemblyman Rob Walker** for once again securing a grant from New York State to help keep our program running.

- Sunday, August 23 **Dirty Sock 10K Run**
Babylon - Contact: Happi Auer
(631) 804-0628 * hapiauer@msn.com
- Saturday, September 26 **Nassau Officials XC Invitational**
Old Bethpage Restoration Village
Contact: Bill Ott – (631) 827-3426
mott798@aol.com
- Saturday, October 31 **USATF-LI 8K Association Championship**
Eisenhower Park
Contact: Alex Cuozzo (516) 652-3555
bellmore-striders@juno.com
- Saturday, November 7 **Northport Veterans Day 4K**
Northport Veterans Hospital
Contact: Jim Mahoney (631) 261-6242
www.nrc.com
- Sunday, November 29 **Rob's run**
Stillwell Woods, Syosset
Contact: Jim Murray (516) 349-7646
spolansky@aol.com

Prize money will be awarded to the top three overall open and masters winners as in the past and gift certificates to the Runner's Edge will be given to the top three men and women in five year age groups.

Thanks go to **Jill Skelly** and **Karen Conkling** for their work on the soon to be delivered Cross Country Brochure.

We look forward to seeing you on the trails.

**USATF-LONG ISLAND
ANNUAL MEETING
Friday, September 25, 2009
H. Lee Dennison Building
Rte. 454 - Hauppauge
7:00 pm**

USATF-LI needs your input on all phases of our extensive program. This year, committee chairs will be elected as well as delegates to the USATF Annual Meeting. Get into the action. This is YOUR organization.

SUMMER SERIES OF TWILIGHT MEETS

It's summer – it's Thursday evening – athletes of all ages are flocking to the USATF-LI Summer Twilight Track & Field Meets once again. We have had great participation and even greater performances at this summer's meets. Many thanks go to **Paul Schaefer**, USATF-LI VP and Track Chair and to **John Martin**, USATF-LI Youth Chair for all the hard work that goes into preparing for these meets. Additional thanks to Bill Ott and Michele Walker who have put together a fantastic group of officials who make these meets so successful. Thank you, too, to our terrific announcer **Dennis Kornfield** and to the head of registration, **Sue Kornfield**, for all their hard work.

Special thanks go to Walt Whitman High School, its Principal, Jim Polansky and Track Coach, Rob Conroy and his team for hosting our July 16th meet. Both Whitman High School and Mitchel Field are great venues.



Some great performances: Tyrek English of Copiague High School jumped 47'93/4" in the Triple Jump on July 16th. He will be representing Long Island and the Runners Edge at the National Junior Olympics in Greensboro, NC at the end of July. Tyrek (r) is pictured with his coach, George Schroeder.

Masters Athletes, Sid Howard and Abe Bernstein, both over 70 years old, ran spectacular 800 meter runs and are now ranked 1st and 2nd in the country in that event.



And the kids had a blast...

