



One Step Ahead

News and Notes

www.long-island.usatf.org

February 2010

2010 GRAND PRIX SERIES OF ROAD RACES

As we begin a new decade, so we begin another year of the Grand Prix Series of Road Races. The Series will once again include some of Long Island's most prestigious events and provide great competition for our athletes. We will once again be raffling entries to Grand Prix races and providing prizes for our age group winners and teams. The rules of competition can be found on our website www.long-island.usatf.org. Watch for the 2010 Grand Prix Series Brochure which will be ready in a couple of weeks and will provide a complete competition guideline.

Once again, USATF-LI thanks *Bob Cook* and *The Runners Edge* for continuing support of the long distance grand prix. We could not do it without Bob and the gang.

GRAND PRIX RACES – 2010

Sat. 3/13	Kings Park 15K	Kings Park	Steven Toto	(516) 349-7646	T,C
Sat. 3/27	Nationwide 10K Run For A.S.P.I.R.E.	Plainview	Bob Windorf	(516) 349-7646	T,C
Sun. 3/28	Suffolk ½ Marathon	Selden	Nick Spilotis	(631) 757-7700	
Sun. 4/11	Marcie Mazzola 5K	Huntington	Pam Jones-Hill	(631) 929-3065	
Sun. 5/9	Elizabeth McNamee 5K Memorial Run	West Islip	Maria McNamee	(631) 321-0806	
Sat. 5/29	RunDay 5K	Hicksville	Carl Grossbard	(516) 822-6111	T
Thu. 6/10	David Lerner Police Appreciation 5K	Eisenhower Park	Ira Eskow	(516) 349-7646	
Sun. 6/13	New Hyde Park 8K	New Hyde Park	Harold Axelrod	(917) 750-5992	T,C
Sat. 6/19	Schwachman Diamond Dash 5K	Sayville	Jennifer Kolar	(631) 218-8813	
Sun. 6/27	Massapequa Firecracker 5K	Massapequa	Alex Flyntz	(516) 796-1900	
Sun. 7/4	Bellmore Striders Independence Day 4 Mile Run	Bellmore	Alex Cuzzo	(516) 652-3555	
Sat. 7/17	Arrow Exterminating Women's 5K Run	Farmingdale	Debbie Blair	(516) 349-7646	T,C (women)
Sun. 7/18	Thunder Run 5K	Lake Ronkonkoma	Raymond Willis	(631) 730-2861	T,C (men)
Sat. 8/7	Merchants Mile	Massapequa Park	Gene Leahy	(516) 221-3947	T
Mon. 8/23	Brentwood Cookie 5K Run	Brentwood	Jay Satenstein	(631) 859-0338	
Sat. 9/4	Farmingdale Mile	Farmingdale	Bob Cook	(516) 420-7963	T,C
Sat. 10/16	TOB Supervisor's Oyster Festival 5K	Oyster Bay	Mike Polansky	(516) 349-7646	T
Sun. 10/24	Blazing Trails for Autism 4 Mile Run	Great Neck	Robyn Schneider	(516) 349-7646	T
Sat. 11/20	Fly With the Owls 4 Mile Run	Lynbrook	Cathy Papandrew	(516) 596-8848	T

T – Team Events

C – USATF-Long Island Championships

Race Walk Events – to be determined

Marathon/Half Marathon Championships – To be determined

ANNUAL USATF-LONG ISLAND AWARDS BRUNCH

Sunday, February 21, 2010
10:00 am – 2:00 pm

STUART THOMAS MANOR
2143 Boundary Avenue
Farmingdale

ADMISSION: \$25.00 paid in advance or \$30.00 at the door

Help celebrate another successful year and honor your friends, fellow competitors, coaches, officials, and volunteers and have a GOOD TIME!! Awards and Prizes will be given to Outstanding Athletes, Contributors, Officials and Volunteers as well as the winners of the Cross Country and Grand Prix Series.

INDOOR TRACK & FIELD ASSOCIATION CHAMPIONSHIP

Open – Youth – Masters

Saturday, February 6, 2010
Suffolk Community College
Wicks Road
Brentwood
9:00 a.m. – 1:00 p.m.

Youth Athletes Must Pre-Register

Please check our website
www.long-island.usatf.org