



One Step Ahead



Faith and Harry Penny proudly display medals

Faith Penny finishes Indoor season undefeated National Champion!

While older sister Melody was accepting her plaque for LITF Female Youth Athlete of the year, 9 year old Faith was running away with the 1500m national championship in Merrillville Indiana. Faith won the race by 21 seconds leading from start to finish after already capturing gold in the 800m the day before winning that race by 13 seconds. That completed an incredible indoor season that saw Faith undefeated in races from 300m to the mile, while winning races in six different states this season! Faith also tied for first in the Long Jump but had to settle for Silver because her second best jump was 1/4" less than the University of Chicago TC competitor.

Brother, 10 year old Harry Penny led the 3,000m for half the race but Harry in his first year as a Midget Division runner had to settle for a 5th place medal. Harry also finished just short of a medal in the 1500m placing 7th. Pictured here are Harry and Faith Penny following the 1500m race in Indiana. Both Harry and Faith also finished the indoor season undefeated in LITF events while leading the East Islip Track Club to the LITF Youth team titles.



Visit our web site at www.long-island.usatf.org

SAVE THE DATES
2007 SUMMER SERIES
 Twilight All Comers Meets will be held again this summer beginning on Thursday evening July 12, 2007 at 7:00 pm
 at the Mitchel Field Athletic Complex
 Bring the Family – events for all ages

REGION 1 JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIP
 June 29, 30 and July 1
 Mitchel Field Athletic Complex
 Uniondale

USATF-LI ASSISTS EAGLE SCOUT

USATF-LI is proud to be able to assist Masaru Nishiaoki of Syosset in his Eagle Scout Project. Masaru is constructing a ParCourse in Cedar Creek Park in Wantagh to help encourage strong and healthy lives through exercise.

The looped course will include five exercise stations: Warm-up, Leg Stretch Pole, Abdomen Workout, Pull Up Bar and Push Up Bar.

According to Masaru, exercise reduces obesity and reduces the risk for heart attacks and strokes. "People who exercise consistently will have healthier and stronger lives..."

We wish success to Masaru and Scout Troop 170 in completing this project. We hope you all will use it when it is done.

Pictured: Masaru Nishiaoki with USATF-LI President Gary Westerfield, Youth Chair John Martin and VP and LDR Chair Alex Cuozzo.



Kevin Simmons of Simmons, Jannace & Stagg, Bob Cook of the Runners Edge sign on as Grand Prix Sponsors pictured with USATF-LI representative Sue Polansky

2007 GRAND PRIX SERIES THANK YOU SPONSORS

The 2007 Grand Prix Series of Road Races will be sporting a new look this year thanks to the help of our great sponsors. We sincerely appreciate the help we have received from **Bob Cook and the Runners Edge** in Farmingdale. In addition to financial support, the Runners Edge has been instrumental in securing gifts of running shoes for our age group winners and prizes for other age group places.

We are also most grateful to **Kevin Simmons** of the Syosset law firm of **Simmons, Jannace and & Stagg** for their sponsorship and to **Jim Lewis and Merrill Lynch** of Garden City.

We could not continue to provide the level of service we have given without the backing of our local sponsors. Be sure to patronize them and thank them for all they do for the running community.