



One Step Ahead

Long Island News and Notes

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November 2007

USATF-LI ANNUAL MEETING



President Gary Westerfield presents an overview of 2007

The 7th Annual Meeting of USATF-LI was held on September 26th at the Dennison Building in Hauppauge. Many thanks to Rolling Thunder for providing refreshments. Opening Session included a Welcome by meeting Chair, Sue Polansky, an overview of 2007 by President Gary Westerfield, presentation of the 2008 budget by Treasurer Ken Lewis and nominations for delegates to the USATF Annual Meeting in Hawaii in late November.

Committee meetings were held at which last year's programs were reviewed and plans for the 2008 year began. All committees elected Chairpersons who will begin serving a two year term on January 1, 2008.

Committee elections yielded the following:

Track & Field: Paul Schaefer, Chair; Harry Penny, Vice Chair. Kim Touya, Secretary

Athletics for the Disabled: Steve Cuomo and Renee Translateur, Co-Chairs; Beth Cuomo, Secretary

Long Distance Running: Alex Cuozzo, Chair, Fred Benlein, Vice Chair; Joe Cordero, Secretary

Officials: Bill Ott, Chair; Michele Walker, Walter Kueffner, Diane Martin, Jim McGrath Vice Chairs

Race Walk: Dave McGovern, Jim McGrath, Co-Chairs; Pam Lee, Secretary

Youth: John Martin, Chair; Harry Penny, Vice Chair. Cheryl Hall, Secretary

Masters: Jim Reilly, Chair; Mary Trotto, Vice Chair; Rob Valente, Secretary

Mountain, Ultra, Trail: Carl Grossbard, Chair

Votes taken during the Closing Session included unanimous passage of the 2008 USATF-LI Budget and routine banking matters. Delegates to the 2007 USATF Annual Meeting were elected. The delegates are (in alphabetical order): Tom Cox, Beth Cuomo, Steve Cuomo, Alex Cuozzo, Diane Martin, John Martin, Jolene Moore, Bill Ott, Sue Polansky, Mary Trotto and Gary Westerfield. Alternates are Fred Benlein and Howard Schmertz.

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Race Walk Committee Officers: Dave McGovern (r to l), Pam Lee and Jim McGrath

Long Island Masters Take Italy by Storm (or Vice Versa)

By Joe Cordero

Riccioni, Italy – World Masters Athletic Championships

Tuesday, September 4, 2007: Tornado destroys Cross Country Course causing rescheduling.

Wednesday, September, 2007: Stormy weather adds to really bad day for LI's Mary Trotto. Mary found that the 27 inch hurdles being used were actually 28 inches high. The pole vault bar which was to be raised to 1.20 meters was raised to 1.30 meters and it took an appeal by the majority of the masters athletes to have the bar lowered to its proper height. In addition, the buses that were supposed to transport athletes between the 3 stadiums being used refused to take the athletes, leaving them stranded.

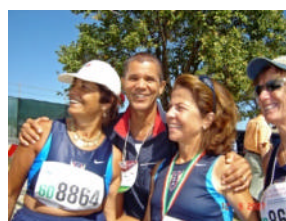
Other than that, a good time was had by all and our Long Island Masters proved to be truly world class competitors. **Kathy Martin** – age 55 – was 3rd in the 5,000 meter run (18:56) and took 4th in the 800 meter run after being elbowed almost off her feet in the last 100 meters, was first in the 8K Cross Country event, 2nd in the 1500 m only .03 seconds behind the first place finisher, and won a gold medal in the 10,000 meter run after lapping the entire field.

Mary Trotto – age 60 – won a silver medal in the 2,000 meter steeplechase only 11 seconds behind the first place finisher.

Betty Horstmann – age 62 – was 10th in the 5,000 meter run and 4th in the 10,000 meter run.

Joe Cordero – age 69 – placed 13th in the 8K Cross Country run which made him the first American finisher, 20th in the 10,000 meter run (44:41) and 11th in the 2000 meter steeplechase (8:58).

Sorry to hear that **Sue Nesbihal Cordero** suffered an injury and had to withdraw from the javelin competition where she had been in 20th place.



LI's (l to r) Mary Trotto, Joe Cordero, Kathy Martin and Betty Horstmann had a great competition in Italy



Kathy Martin receives Gold medal in the 10,000 m run at World Masters Championship

Cross Country Season in Full Swing

Sunken Meadow State Park was at it's full autumn best for USATF-LI's Youth Cross Country meets held on Sunday, September 23rd and October 12th. Record numbers of youth athletes took part in the 3K, 4K and 5K races that wound through the parks trails and rolling hills. Results are available on the USATF-LI website.

The Cross Country Series for Open and Masters Athletes which began at the Dirty Sock Race in late August continued with a flourish at the New Island Hospital 5K Run held at Bethpage State Park on September 30th.

Sayville Running Company's Michael Petrina finished first after going head to head with Franklin Diaz for almost the entire race. USATF-LI's Bellmore Striders and the Sayville Running Company teams led the record breaking field of runners. The USATF-LI Championship should prove to be interesting.



A record breaking field starts the New Island Hospital 5K



Petrina edges out Fiaz to win New Island Hospital 5K