



One Step Ahead

News and Notes

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January 2009

USATF ANNUAL MEETING Reno, Nevada - December 3-7, 2008



USATF-LI delegation enjoys the Awards Brunch in Reno. Pictured (l to r): Sue Polansky, Bill Ott, Fred Benlein, John Martin, Steve Cuomo, Dave McGovern, Loretta Schuelein, Diane Martin, Beth Cuomo, Missing are Gary Westerfield, Alex Cuzzo, Mike Polansky, Carl Grossbard

The USATF-LI delegation was kept very busy in Reno at the USATF Annual Meeting. Here are some highlights of the convention:

USATF passed the Restructuring Plan for operating the organization. The Board of Directors will be reduced to fifteen members and will include three independent members from outside USATF. All aspects of the sport will be represented on the new Board and will be a part of the Volunteer Council which will operate in the manner of the current Board of Directors.

Stephanie Hightower was elected President of USATF. Stephanie, an Ohio native and former Olympic athlete will take over the reins of USATF as its new President. Stephanie brings vision and enthusiasm to the position and will be a strong leader as USATF enters a new phase in its history.

iPod usage in road races was debated – again. After much discussion, it was decided that the use of iPods in races other than championships will be left to the discretion of race directors. The ban on iPods that went into effect last year was found to be unenforceable as it was written.

USATF-LI was awarded three championship events: the M.U.T. 50K Road Championship and the National Cross Country Championship for Ambulatory Disabled Athletes and the 30K race Walk Championship.

USATF Awards – USATF-LI was awarded the Associations Committee Silver Recognition award for reaching and exceeding goals set by the Associations Committee.

Kathy Martin once again took the Triple Crown by being awarded Masters Track & Field Athlete of the Year, Masters LDR Athlete of the Year and Masters Cross Country Athlete of the Year. This is a truly outstanding accomplishment when it happens once and this is the third time Kathy has been awarded these honors.

Teresa Vaill took first place in the Race Walk Grand Prix, while **Jenna Monahan** took Third place in the Junior division. **WALK USA** won the Women's Race Walk Team title.

Sue Polansky was given the National Officials Committee President's Award for Outstanding Service.

Mary Trotto does it again. For the third time, Mary won the USATF 50/50 Raffle. This is the third time Mary has won the raffle. No wonder everyone wanted to go to the casino with her.

USATF-LI EVENTS

INDOOR TRACK & FIELD: Meets have again been scheduled at Suffolk Community College, Brentwood Campus and will all begin at 9:00 am. Save the dates: **Sunday, December 21, Sunday January 18 and Sunday February 8 (Association Championship.)** Contact Paul Schaefer at 516-349-9157 for more information.

MOUNTAIN, ULTRA, TRAIL: The 25/50K USATF National Championship will be held at Caumsett Park in Lloyd Harbor on March 1. Contact Carl Grossbard at 516-349-9157 for more information.

30K Race Walk Championship – October 18 at the Dennison Building in Hauppauge.

OFFICIALS RECERTIFICATION: Now is the time for all officials to recertify for the 2008-2012 Olympiad. Contact Bill Ott at 516-349-9157 for more information.

MEETINGS: The *Board of Directors* meetings take place on the first Monday of every month at the USATF-LI office at 101 Dupont St in Plainview. All are welcome. *LDR* meetings are held on the 2nd Monday of every month. Please note that the December meeting will be held on Dec. 15th instead due to the USATF Annual meeting.

USATF-LI ANNUAL AWARDS BRUNCH February 22, 2009

Join in the festivities as we honor our own outstanding athletes and contributors at the USATF-LI Annual Awards Brunch which will be held on Sunday, February 22nd at the Knights of Columbus Hall on Heitz Place in Hicksville beginning at 11:00 am. Please contact Tom Scotidas at 516-349-9157 for more information

TIME TO RENEW YOUR MEMBERSHIP

Be sure to renew your membership for in USATF-LI for 2009. Enjoy the discounts and benefits of USATF membership while supporting our local programs and athletes. For information, contact John Martin at trackjunkie@verizon.net or 516-349-9157.