



One Step Ahead

News and Notes

www.long-island.usatf.org

March 2008

SCHEDULE OF EVENTS 2008 2008 GRAND PRIX SERIES OF ROAD RACES *Brought to you thanks to the help of the Runners Edge*

March 8 Lazer, Aptheker, Rosella & Yedid
Saturday 15K Run
9:00 a.m. – Kings Park
C/T Steven Toto – (516) 349-7646

April 5 Nationwide Insurance 10K Run
Saturday for A.S.P.I.R.E.
9:00 a.m. - Plainview
C/T/RW Bob Windorf – (516) 349-7646

May 4 Long Island Marathon/1/2
Sunday Marathon -8:00 a.m.
C/T Mar. Eisenhower Park
C/T/RW Jose Lopez – (516) 572-0272
½ Marathon

May 11 Elizabeth McNamee Memorial 5K
Sunday 9:00 a.m. – West Islip
Maria McNamee – (631) 321-0806

May 24 RunDay 5K
Saturday 9:00 a.m. – Hicksville
T Carl Grossbard – (516) 822-6111

June 1 New Hyde Park 8K Run in
Sunday memory of Tom Kenney
9:15 a.m. – New Hyde Park C/T/RW
Harold Axelrod – (516) 352-1721

June 14 Shwachman Diamond Dash 5K
Saturday 9:00 a.m. – Sayville
Kristine & Jennifer Kolar –
(631) 218-8813

July 4 Bellmore Striders Independence
Friday Day 4 Mile Run
9:00 a/m/ - Bellmore
Alex Cuozzo – (516) 221-7760

July 6 Massapequa Firecracker 5K-
Sunday 5:00 p.m. – Massapequa
T Alex Flyntz – (516) 796-1900

July 19 Arrow Exterminating Long Island
Saturday Women's 5K Run
C(W)/T 9:00 a.m. – Farmingdale
RW Rosemary Camilleri –
(516) 349-7646

July 20 Thunder Run 5K Run
Sunday 9:15 a.m. – Lake Ronkonkoma
C(M)/T Michael Turkovich –
RW (631) 648-3526

August 9 Massapequa Park Merchants Mile
Saturday 9:00 a.m. – Massapequa Park
T Gene Leahy – (516) 221-3947

August 18 Brentwood Rotary
Monday Cookie Run 5K
RW 7:00 p.m. – Brentwood
Jay Satenstein - (631) 273-7000

Aug. 30 Runners Edge Farmingdale Mile
Saturday 5:00 p.m. – Farmingdale
C/T/RW Bob Cook – (516) 420-7963

Sept. 21 Flying Point 10K Autism
Sunday Awareness Run
RW 9:00 a.m. – Southampton
Kim Covell – (631) 726-5024

Oct. 12 Elite 8K
Sunday 9:30 a.m. – Ronkonkoma
Joe Cordero – (631) 859-0338

Oct. 18 Town of Oyster Bay Supervisors
Saturday Oyster Festival 5K Run
T 9:00 a.m. – Oyster Bay
Mike Polansky (516) 349-7646

Nov. 16 Mineola Mustang 5K
Sunday 9:00 a.m. – Mineola
T Linda Fairgrieve – (516) 294-5914

Dec. 7 Hy With the Owls 4 Mile Run
Sunday 8:30 a.m.(tentative) – Lynbrook
Team Tiebreaker
Cathy Papandrew – (516) 593-8848

C—Association Championship; (W) Women
Only;(M) Men Only; T – Team Event;
RW – Race Walk Event

**CORRECTION –The Shwachman
Diamond Dash was listed for Sunday
June 14 on the GP flyer. The date is
SATURDAY, June 14. Our apologies**

ASSOCIATION TRACK & FIELD CHAMPIONSHIP HELD AT SCC

The USATF-LI Association Track & Field Championship for Youth, Open & Masters was held on Sunday February 10 at Suffolk Community College. We witnessed many outstanding performances in all age groups.



**Maria Michta wins
Open Women's Race Walk**



**Master's Athlete John Harbulak
at the Long Jump**



Youth Girls at the Sprint Start



**Renee Warschauer, Connie Choinski and
Kate Brust of Rolling Thunder volunteer to
help at registration.
Thanks Rolling Thunder!!**



Midget Boys on the move.

**CHECK OUR WEBSITE
WWW.LONG-ISLAND.USATF.ORG
FOR COMPLETE RESULTS**

Thanks to Meet Director, **Paul Schaefer** for a job well done. Thanks also go to John Martin, Phil Renna, Bill Ott and the many USATF Certified Officials and the great volunteers for making this meet a great success.

2008 AWARDS BRUNCH

The 2008 Awards Brunch, held on February 17 at the Knights of Columbus Hall in Hicksville was a great success thanks largely to the hard work of Chair **Tom Scotidas**. It is always a pleasure to honor those who have contributed so much to the Association and those who have excelled as athletes.

Awards were also given to the teams and age group winners of the 2007 Grand Prix Series of Road Races and the Cross Country Series. Many, many thanks to **Bob Cook and the Runners Edge** for providing the fabulous gift awards presented to the winners.

**AWARDS BRUNCH – 2008
THE WINNERS**

**PRESIDENT'S AWARDS
FOR OUTSTANDING SERVICE:**
presented by Gary Westerfield

Sue Cook



Maria Michta
Walter Hawrys



Cheryl Hall
Malcolm Hall (not pictured)



Tom Scotidas



Many Thanks to Bob Cook and the Runners Edge for providing the awards for the Grand Prix Series of Road Races and the Cross Country Series. Thanks also to Kevin Simmons of Simmons, Jannace & Stagg and Jim Lewis of Merrill Lynch and Assemblyman Rob Walker for their contributions. We could not succeed without their help.



**BRUCE MAC DONALD AWARD
FOR OUTSTANDING SERVICE**
Presented to **BOB COOK**

SUE POLANSKY M.V.P. AWARD
Presented to **DENNIS BOYD**



**JOHN MC MANUS
MEMORIAL AWARD**
Presented to **BILL BENSON**



The Mc Manus Family, Jack, Colleen, Jackie and Mary present the award to Bill Benson. Bill, like Johnny, has served as an inspiration and role model to athletes of all ages showing that our sport is a *sport for life*.

**ATHLETES OF THE YEAR
TRACK & FIELD**
YOUTH : Faith Penny and Matt Pozmanter
Youth Chair and Vice Chair, John Martin & Harry Penny.



OPEN: Kathy Guilfoyle & Chris Mammone
MASTERS: Kathy Martin & Joe Cordero

LDR: Open: Chris Fogarazzo & Tara Wilson; **Masters:** Kathy Martin & Paul Murphy; **Senior Masters:** Betty Horstmann & Lutz Hoffmann – *Alex Cuozzo, Chair*



LDR Development Program: Karen Conkling & Ryan Lester, *Fred Benlein, Chair, Kevin Kremler, Administrator*



RACE WALK: Junior: Jenna Monahan, & Rick Sosulski; Open: Loretta Schuellein & Mike Bartholomew; Masters: Nicole Wessels & Michael Kazmierczak, Sr. – *Jim McGrath Dave Mc Govern, Chairs*



M.U.T.: Jodi Kartes-Heino & Byron Lane; *Carl Grossbard, Chair*



OFFICIAL OF THE YEAR: Jim Restaino
Chair, Bill Ott



DISABLED SPORTS: Steven Cuomo & Pavla O'Rourke; *Chair Steve Cuomo with Janice Ford & Kate Brust*



CROSS COUNTRY SERIES

TEAMS: OPEN MEN:

1. Sayville Running Company
2. Bellmore Striders

OPEN WOMEN:

1. Bellmore Striders

MASTERS MEN:

1. LIRRC

MASTERS WOMEN:

1. LIRRC
2. Massapequa Road Runners

AGE GROUP:

WOMEN MEN

24 & Under

- | | |
|---------------------|--------------------|
| 1. Michele Henschel | 1. Michael Patrino |
| 2. Rivky Warshauer | 2. Brendan Barrett |
| | 3. Robert Hofmann |

25-29

- | | |
|----------------|------------------|
| 1. Kelly Perno | 1. Matt Uzenski |
| | 2. Sal Nastasi |
| | 3. Dejan Popovic |

30-34

- | | |
|------------------|--------------------|
| 1. Noni Acceturi | 1. Michael Talles |
| | 2. Boyd Carrington |

35-39

- | | |
|---------------------------|---------------------|
| 1. Meaghan Evangelopoulos | 1. Robis Degirmenci |
| | 2. Brian Cloherty |

40-44

- | | |
|-------------------|------------------|
| 1. Una Broderick | 1. Raul Lazo |
| 2. Jill Williams | 2. James Starin |
| 3. Karen Conkling | 3. Thomas Meenan |

45-49

1. Alex Cuozzo
2. Ned Daily
3. Rick Secor

50-54

- | | |
|-------------------|-----------------------|
| 1. Dolores Doman | 1. Leo Murillo |
| 2. Mary Jane Cody | 2. James Mc Farlane |
| | 3. Frank Notarstefano |

55-59

1. Alan Oman
2. Kevin Kremler
3. Robert Cisco

60-64

- | | |
|-------------------|------------------|
| 1. Susan Kueffner | 1. Larry Eastman |
| 2. Mary Trotto | 2. Paul Fetscher |

65-69

- | | |
|----------------|------------------|
| 1. Wendy Burns | 1. Joe Cordero |
| | 2. Charlie Watts |

70-74

1. Frank Martin

GRAND PRIX SUPER RAFFLE WINNERS

Ten names were drawn at random from those who participated in 8 or more Grand Prix races. Each won \$250.00. Congratulations to: **Brian Cloherty, Anne Rosenfeld, Meaghan Evanelopoulos, Pete Alfano, John Wallace, Joe Cordero, Debra Savarese, Kelly Perno, Bernadette Cunningham, and Paul Salernio.**

**For more information, call
(516) 349-9157**

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LDR GRAND PRIX SERIES **TEAM WINNERS**

OPEN MEN

1. Bellmore Striders
2. Sayville Running Company
3. Rolling Thunder
4. GLIRC
5. Massapequa RRC

OPEN WOMEN

1. LIRRC
2. Bellmore Striders
3. Massapequa RRC
4. Rolling Thunder
5. GLIRC

MASTERS MEN

1. GLIRC
2. LIRRC
3. Bohemia TC
4. Massapequa RR
5. Rolling Thunder

MASTERS WOMEN

1. Northport
2. LIRRC
3. GLIRC
4. Massapequa RR
5. Bohemia TC

SENIOR MASTERS:

1. GLIRC Senior Feet

FOR COMPLETE AGE GROUP RESULTS VISIT OUR WEBSITE

www.long-island.usatf.org

MANY THANKS

The Grand Prix Series of Road Races and the Cross Country Series could not take place without the help of many people. Thanks go to our great sponsors – Bob Cook and the Runners Edge along with Nike, Mizuno, Saucony, Brooks, ACIS and New Balance. Kevin Simmons of the Law Firm of Simmons Jannace & Stagg, Jim Lewis and Merrill Lynch and Assemblyman Rob Walker.

Thanks to LDR Chair Alex Cuozzo, Grand Prix Statistician Dennis Boyd and Cross Country organizer Mary Jane Cody for all the work they do. Thanks too go to the LDR Committee for countless hours of work.

Of course, our gratitude goes to the race directors of the many races that are part of the Grand Prix and Cross

Country Series. Without your cooperation and encouragement, we would not have a program.

We look forward to bigger and better series in 2008. See you at the races.



Women's Team Winners



Men's Team Winners



Senior Masters

Thanks to the generosity of Gail & Dennis Boyd who donated a vacation in Mexico as a door prize, Carlos Morales & his wife will be celebrating their 45th Anniversary south of the border.



**** COMING SOON **
WATCH FOR THE SPRING
MEET SCHEDULE**