

USATF-LI INDOOR CHAMPIONSHIPS

USATF-Long Island held its Indoor Track & Field Association Championships at Suffolk Community College on February 8th and hosted its largest field of competitors ever.

We are proud of the accomplishments of all of our Youth, Open and Masters athletes. Outstanding performances in all events made the meet exciting. The complete results can be found on the USATF-LI website.

Many thanks to meet director, **Paul Schaefer**, Youth Chair, **John Martin** and Masters Chair **Jim Reilly** for all their hard work.



Midget Girls on the move



Rolling Thunder's
Michael Brannigan

Carol Senn and Rich Rizzo "master"
the high hurdles



Wow.....

LI MASTERS HIT THE BOARDS At MADISON SQUARE GARDEN

We are proud to have had two Masters Relay Teams representing Long Island at the Millrose Games held at Madison Square Garden on January 30th. The Bohemia Women's team, **Kathleen Fodor**, **Carol Senn**, **Kitty Anderson** and **Jean Bohan**, finished in 5th position in the Masters Women's 4x400 meter relay with a time of 4:56. The men's 4x400 meter team from 2nd Wind, **Donald Arnold**, **Mark Nesbitt**, **Silas Murray** and **Jim Reilly**, had a spectacular second place finish with a time of 3:43. Congratulations to all.

AWARDS BRUNCH

Many thanks to **Tom Scotidas** for dedication and hard work as Chair of the 2009 USATF-LI Awards Brunch. The Brunch was held on February 22 at the Knights of Columbus Hall in Hicksville with record attendance. The names of all of our fabulous award winners appear on our web site and will appear in the next issue of *One Step Ahead*.

BITS AND PIECES

- Long Island Wonder Woman, **Kathy Martin**, is once again burning up the roads and track with her performances. Her latest double was the National Masters Cross Country Championships held in Maryland followed by a winning performance the next day in the Inauguration Masters ½ Marathon held in Florida.
- Masters Runner **Joan Gerold**, age 66, set a new age group record in the indoor 3000 meter run in a time of 12:22.
- **COMING THIS SUMMER** - Steve Cuomo, Chair of the USATF-LI Disabled Sports Committee, will be leading a Summer Camp this coming August. The camp will concentrate on cross country running for both able bodied and disabled athletes. The camp will be held from August 24th - August 29th. Watch for more details.
- **Attention All Youth Coaches** - It is of major importance that you complete the mandatory 2009 Background Screening for all coaches who deal with youngsters 18 years old or younger. All Youth Coaches have received correspondence outlining the procedure. Please do not delay. Go to the USATF-LI website for detailed instructions for background screening.
- **Upcoming Meetings** - All our invited to attend the monthly meetings of the Board of USATF-LI held on the first Monday of the month at the USATF-LI office. LDR meetings are held on the second Monday of the month and, again, all are invited. Keep an eye on the website for announcements of Youth, Track & Field, Race Walk and Officials meetings. Your input is needed and welcomed.
- **2009 GRAND PRIX SERIES OF ROAD RACES SET TO BEGIN**. The races that will be part of the 2009 Series are listed on the next page. Be sure to check the website for details.



2009 Grand Prix Series of Road Races

Brought to you thanks to the help of The Runners Edge

Schedule of Events

March 7 Saturday T/C	Lazer, Aptheke, Rosella & Yedid 15K Run 9:15 AM – Kings Park Steven Toto- (516) 349-7646	July 19 Sunday T/C (men)	Thunder Run 5K Run 9:15 AM – Lake Ronkonkoma Raymond Willis – (631) 730-2861
March 29 Sunday C	Suffolk County ½ Marathon 9:00 AM – Selden Nick Spiliotis – (631) 757-7700	August 8 Saturday T/C	Massapequa Park Merchants Mile 9:00 AM – Massapequa Park Gene Leahy – (516) 221-3947
April 4 Saturday T/C	Nationwide Insurance 10K Run for A.S.P.I.R.E. 9:00 AM – Plainview Bob Windorf – (516) 349-7646	September 5 Saturday T	Runner's Edge Farmingdale Mile 5:00 PM – Farmingdale Mark Leff – (516) 420-7963
April 19 Sunday	Marcy Mazzola 4 Mile Run 8:30 AM – Huntington Pam Jones-Nill – (631) 929-3065	September 20 Sunday	Flying Point 10K Autism Awareness Run 9:00 AM – Southampton Kim Covell – (631) 726-5024
May 10 Sunday	Elizabeth McNamee Memorial 5K 9:00 AM – West Islip Maria Mc Namee – (631) 321-0806	October 4 Sunday	Gary Farley Memorial 5K 9:00 AM – Wantagh Alan Hirsch – (516) 573-8270
May 23 Saturday T	Runday 5K 9:00 AM – Hicksville Carl Grossbard – (516) 822-6111	October 17 Saturday T	Town of Oyster Bay Supervisor's Oyster Festival Run – 5K 9:00 AM – Oyster Bay Mike Polansky – (516) 349-7646
June 7 Sunday T/C	New Hyde Park 8K Run 9:15 AM – New Hyde Park Harold Axelrod – (516) 352-1721	October 25 Sunday	Elite 8K 9:30 AM – Ronkonkoma Mary Trotto – (631) 979-8445
June 11 Thursday	Police Appreciation 5K 7:00 PM – Eisenhower Park Ira Eskow – (516) 349-7646	November 8 Sunday	Blazing Trails 4 Mile Run 4 Autism 9:30 AM – Great Neck Robyn Schneider – (516) 349-7646
June 13 Sunday	Schwachman Diamond Dash 5K 9:00 AM – Sayville Jennifer Kolar – (631) 218-8813	November 15 Sunday T	Mineola Mustang 5K Run 9:00 AM – Mineola Linda Fairgrieve – (516) 294-5914
July 4 Saturday	Bellmore Striders Independence Day 4 Mile Run 9:00 AM – Bellmore Alex Cuzzo – (516) 221-7760	December 6 Sunday T	Fly With the Owls 4 Mile Run 8:30 AM – Lynbrook Cathy Papandrew – (516) 593-8848
July 5 Sunday T	Massapequa Firecracker 5K 5:00 PM – Massapequa Alex Flyntz – (516) 796-1900		
July 18 Saturday T/C (women)	Arrow Exterminating Long Island 5K Women's Run 9:00 AM – Farmingdale Debbie Blair – (516) 349-7646		

C – Association Championship

T- Team Race

Check our website
long-island.usatf.org
for all information and rules for the
2009 Grand Prix Series of Road
Races.