

Join USATF-LI!

Membership in **USATF-Long Island** makes you a part of one of the largest sports organizations in the United States and entitles you to discounted entry fees at all **USATF-LI** events in addition to discounts at local stores as well as many national companies, magazines, car rentals and much, much more.

Your participation in **USATF-LI** helps insure the future of road racing, cross country, track & field, and race walking on Long Island for athletes of all abilities ranging in age from 2 to 90+.



www.long-island.usatf.org
(516) 349-9157

USATF-LONG ISLAND
P.O. Box 504
Old Bethpage, NY 11804

2011 Cross Country Grand Prix Series

**USA Track & Field
Long Island**

Sponsored by
The Runners Edge
242 Main Street, Farmingdale, NY



NASSAU COUNTY EXECUTIVE
ED MANGANO



2011 Cross Country Grand Prix Series

The Races



Dear Friends:

Nassau County takes great pleasure in joining with USATF-Long Island to promote the 2011 Cross Country Series.

As County Executive, I take great pride in our beautiful parks and trails and advocate athletic and sporting events in our area. We welcome visitors to our facilities and are pleased to help promote health and fitness along with friendly competition.

Long Island has become the recreation capital of the northeast, but there is always room for growth. I look forward to working with you in this endeavor as we highlight our residents, our county and its parks.

The dedication and efforts of USATF-Long Island have been a major factor in accomplishing the goal of promoting health, fitness and competition for our local residents and have played a major role in highlighting the beauty of our county as well as bolstering its economy. I look forward to our continuing relationship and wish you and your family a good summer and a great Cross Country season.

Sincerely yours,

Ed Mangano
Nassau County Executive

Sunday, August 21 8 am start

Dirty Sock 10K Run

Babylon Memorial Grade School

Contact: Happi Auer
(631) 804-0628 hapiauer@msn.com
www.DirtySockRun.com

Saturday, September 24 9am start

Hofstra Invitational 5K

Bethpage State Park, Bethpage, NY

Contact: Pete Alfano
(718) 490-2657 Peter.Alfano@hofstra.edu

Saturday, October 1 9am start

Nassau Track Officials 5K

Bethpage Restoration Village, Bethpage

Contact: Bill Ott
(631) 827-3426 Mott798@aol.com

Sunday, October 30 8:30am start

USATF-Long Island 8K Association Championship

Eisenhower Park, East Meadow

Contact: Alex Cuozzo
(516) 652-3555 bellmore-striders@juno.com

Saturday, November 5 10 am start

Northport Veterans Day 4K

Northport Veterans Hospital

Contact: Jim Mahoney
(631) 261-6242 www.nrrun.com

Sunday, November 27 9:30am start

Rob's Run 5K

Stillwell Woods, Syosset

Contact: Jim Murray and Sue Fitzpatrick
(516) 349-7646 spolansky@aol.com

The Cross Country Series is open to all members of USATF-LI. To be eligible for prizes athletes must compete in three of the six races. Cross Country scoring will be used to determine winners.

PRIZES: Gift certificates donated by the

Runners Edge will be given to the top three

individual finishers in the following age

categories: 19 and under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85 and over.

Cash Awards will be given as follows:

1st place Open Men, Open Women \$150

2nd place Open Men, Open Women \$100

3rd place Open Men, Open Women \$50

1st place Masters Men, Masters Women \$150

2nd place Masters Men, Masters Women ... \$100

3rd place Masters Men, Masters Women..... \$50

BONUS: Winning teams that compete in the

Association Championship will be eligible for a travel stipend to the USATF National Club Cross

Country Championship. Teams MUST be registered USATF-LI teams.



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