

# *One Step Ahead*



*The Official Newsletter of USATF Long Island*  
Spring 2025 Edition - Volume 22

# President's Message

Dear Friends;

June 2025

The Long Island Track & Field Board and I hope this newsletter finds you in good health and competitive spirits! Our next board meeting will be on Monday, June 2nd at 7:30 p.m. via Zoom. We would like to welcome our new event partner, Team RWB, a community of veterans, service members, and military families.

## **Track & Field**

We are in full Track & Field mode. Our Youth Association Championship/JO Qualifier is scheduled for Sunday, June 15th at Levittown Division Avenue High School. The first event begins at 9:00 a.m. Registration and number pickup begin at 8:00 a.m. Additionally, our Open/Masters Track & Field Championship will be on Wednesday, July 9th at Levittown Division Avenue High School. Registration begins at 4 p.m. We will also have some youth events. See the attached meet flyers for more details. We will also have meets on July 16th at West Babylon High School, as well as on July 23rd and 30th at other locations, once the details are finalized. Check out our Track & Field page at: <https://long-island.usatf.org/disciplines/track-field>

## **Long Distance Running (LDR) Report**

Our 2025 Road Grand Prix Series has completed seven events and is now moving into our summer team and individual competitions. Our June events will be the Police Appreciation 5k Run on June 12th at Eisenhower Park Open/Masters Half-Marathon Championship, hosted by the Lt. Michael P Murphy Foundation-Run Around the Lake, June 28<sup>th</sup> 7:00 am held at Lake Ronkonkoma Park. July races include the July 4th Bellmore Striders Independence Day 4 Miler in Bellmore Village at 8:00 a.m. and the July 12th Watermelon 5 K at 8:30 a.m. Eisenhower Park and July 27th Thunder Run 5k 9:30 a.m. Yaphank. Our final summer events will be the Ducks Championship Mile on August 6th at 7:00 p.m. at Eisenhower Park, and the Pedone 5K on August 31st in Glen Cove. The next LDR/MUT meeting will be on Monday, June 12th, at 7:30 p.m. via Zoom. Checkout our Road Running page for more information: <https://long-island.usatf.org/disciplines/road-running>

## **Association Annual Convention**

Our Annual Association Convention is tentatively scheduled for Friday, September 26th, at 7:00 p.m. at Hofstra University's Margiotta Hall Theater. We will be electing committee chairpersons and vice-chairpersons for two-year terms, as well as delegates to the 2025 USATF Annual Meeting. An official announcement with details will follow 30 days before the convention date.

Please remember to renew your USATF-LI membership!

*Alex J. Crozzo*  
President, USATF Long Island



TEAM  
**RWB**



# Outreach

It's been a busy spring season this year. With the help of coaches Fred Haslett, Lori Mangual, Alex Cuzzo, and Pam Lee, four Run, Jump, Throw programs have already been completed, and three more are scheduled for June and July.

- The coaches first traveled to Hempstead High School on April 2nd, where they met up with Director Sheryl Roberts and her 55 athletes of the Hempstead PAL
- On April 24th and 25th, the coaches visited Seneca Middle School in Holbrook. The two-day event was led by the director of St. Joseph CYO Isa Muqattash, which had 75 participating athletes from grades K-8 each day.
- On May 16th, the coaches were in Albertson for the annual RJT program, which included 80 participating 5th grade students from Searingtown Elementary School.

All of the athletes took part in different activities that included the agility ladder, turbo javelin, long jump, broad jump, starting blocks, and relay racing. Additionally, all participating athletes received USATF drawstring book bags, which were donated by Brendan Dagan of Elitefeats. A big thank you to Brendan and his team for their assistance.

Next, we will visit Bayview Avenue Elementary School in Freeport on June 12th, Nassau BOCES on June 18th, and the summer camp program at Robbins Lane Elementary School in Syosset on July 24th.

If you know of a group or an organization that would like to take part in a Run, Jump, Throw program, contact Coach Ron at [outreach@longislandusatf.org](mailto:outreach@longislandusatf.org)

Ron Nardo  
USATF LI Outreach  
Chairman



# Run, Jump, Throw



**USATF**  
LONG ISLAND



elitefeats

# *Are You Running With Knee Pain?*

with Dr. Jon DeGorter, DC, Cold Spring Chiropractic

Whether you're a complete beginner or training for your next marathon, knee pain can be frustrating. Your knees act as your body's shock absorbers, cushioning the impact with the ground while converting those impact forces into energy and propulsion. Without good stability to support the bones, ligaments, tendons, and muscles surrounding the knee, the menisci and patella are thrown out of whack, causing pain and injury.

Several factors, including muscle weakness, tightness, and imbalances, can disrupt your alignment, causing the kneecap to become misaligned. The kneecap then rubs against the femur, causing knee pain and swelling.

## **Finding the source**

Although you feel the pain in your knee, the true source usually lies above or below the knee joint. Weakness in your hips and core, which control the movement of your pelvis and thighs, can cause your knees to drift inward, driving your kneecap out of alignment. How your foot strikes the ground with each step can throw your knee off track. Weaknesses in muscles that stabilize your lower leg and flex your toes can also contribute to knee pain. It is essential to identify the root cause of the pain and then focus on correcting it.

## **Treatment**

For mild cases of knee pain, you can try home treatment with ice, anti-inflammatory medications like ibuprofen or naproxen, and reducing your training intensity. Taping or wearing knee braces can help, but they are most effective when used in conjunction with an exercise program. If knee pain lingers for more than two weeks, worsens during or after exercise, or interferes with the way you walk or run, it's time to have it checked out by a sports injury specialist. The faster you get treated, the quicker you'll recover.

## **Preventing Runner's Knee**

As mentioned in last month's article, adding strength training to your routine will help prevent a host of injuries. Stabilizing the kinetic chain through strengthening of the hips and core region can help you avoid runner's knee. Some exercises you can do include planks, clamshells, the bridge, and side leg lifts. Another important preventative measure is listening to your body, paying attention to any pain, tightness, and/or soreness, and having any nagging, persistent aches and pains checked out.



**COLD SPRING**  
CHIROPRACTIC



**USATF**  
LONG ISLAND

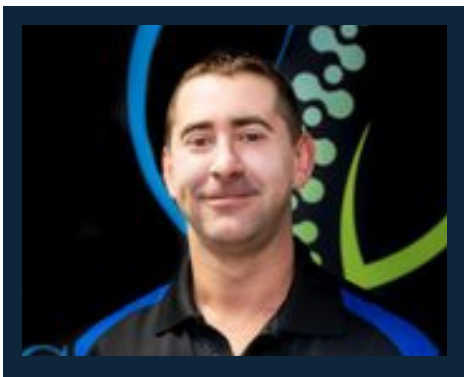
# *Are You Running With Knee Pain?*

with Dr. Jon DeGorter, DC, Cold Spring Chiropractic

If pain persists and home remedies have lost their effectiveness, you should seek treatment and have your injury evaluated. It is important to pinpoint the factors that are contributing to the injury and devise a corresponding treatment plan. While physical therapy focuses on strength and coordination, chiropractic sports injury care enhances joint mobilization, ensuring that all joints move correctly in coordination with the surrounding soft tissue. Just as every runner is unique, every injury has different causes. The key is finding the specific area of tension and tightness in the hips, quadriceps, lower back, or abdominal muscles and getting that area to move better, along with strengthening and stabilizing the hip, knee, foot, and lower leg.

Active Release Technique® and Graston Technique® involve intense active movement-based massage treatments, which set them apart from passive massage or physical therapy. ART and GT promote faster recovery and restoration of normal tissue function and prevent future injury. Active Release Technique and Graston Technique release the buildup of dense scar tissue, allowing tissue to heal in the correct patterns and restore normal function, thereby increasing performance.

The techniques and therapies provided by Cold Spring Chiropractic are natural and non-invasive and have successfully helped many athletes recover faster from injuries and return to pain-free running.



*Dr. Jon DeGorter is part of the Cold Spring Chiropractic. He specializes in treating runners and triathletes. He is well-versed in injury prevention and rehabilitation, keeping athletes doing what they like to do!*



# BECOME A USATF CERTIFIED OFFICIAL

SATF USATF USATF USATF



Without officials, a meet can't take place. USA Track & Field is committed to providing training and certification for over 4,000 officials across the country. Apart from competing as an athlete or supporting as a coach, there's no better way to be involved in the sport than serving as an official. Join the world's #1 track and field team as a USATF Certified Official today!

## BENEFITS TO BECOMING A USATF CERTIFIED OFFICIAL

As a USATF Certified Official, you have the opportunity to contribute to some of the best track and field performances in the country. You have the duty and role to ensure the safety of the athletes, coaches, spectators and other officials. You ensure that track and field events are conducted safely and fairly so each athlete is able to compete to the best of their ability. Benefits include:

- Giving back to the sport you love
- Access to USATF Certified Official apparel store
- Continuing education and development via training materials, clinics and mentorship opportunities
- Access to a network of over 4,000 USATF Certified Officials
- The opportunity to develop lifelong friendships
- Nationally recognized USATF certification
- Certified Official photo ID and pin
- Eligibility to officiate at USATF National Championships and other major competitions
- Insurance – general liability, event, secondary accident

## REQUIREMENTS

- USATF Membership
- Officials Application
- Complete Rules Review
- Background Check
- Safe Sport Training
- Certification Fee (*if applicable*)
- Typically takes 2-4 weeks

## SUPPORT ALONG THE WAY

Your local USATF Association Certification Chair (see below for contact information) can guide you through the process.

- In-person and online clinics
- Mentoring by experienced officials
- Best practices library covering every track and field officiating position
- Semi-annual New Officials Town Hall and Officials' Oval Table zoom meetings



## DIFFERENT ROLES

No matter your experience, skill or interests, there is a role for you.

- Clerk
- Field Judge (jumps and throws)
- Umpire
- Starter
- Marshal
- Specialized Duties

## NEXT STEPS

1. Contact your Local Association Certification Chair - George Erker  
[officials@longisland.usatf.org](mailto:officials@longisland.usatf.org)
2. Begin the journey to become a USATF Certified Official.



## New Official Application Form

### Personal Information

FIRST NAME		MI	LAST NAME	
MAILING ADDRESS				
CITY			STATE	ZIP CODE
GENDER (M/F)	DATE OF BIRTH	EMAIL ADDRESS		
HOME PHONE (Incl. Area Code)			CELL PHONE (Incl. Area Code)	
ETHNICITY (OPTIONAL) -				
<input type="checkbox"/> African American/Black		<input type="checkbox"/> Asian	<input type="checkbox"/> Caucasian/White	<input type="checkbox"/> Latino/Hispanic
Used to monitor progress in promoting diversity in Track and Field Officiating		<input type="checkbox"/> Native American/Alaska Native	<input type="checkbox"/> Pacific Islander	<input type="checkbox"/> Not Disclosed

### Certification Information

CURRENT USATF MEMBERSHIP #	YEAR FIRST OFFICIATED ANY MEET
CERTIFICATION DISCIPLINES - Please select one or more	
<input type="checkbox"/> Track Events <input type="checkbox"/> Field Events <input type="checkbox"/> Race Walking of the disciplines to the right that you would like to begin learning to officiate. These are the areas you will concentrate on as an Apprentice-level Official. <input type="checkbox"/> LDR/Cross-Country/Off-Track Events <input type="checkbox"/> Athletics for the Disabled	

### Disabilities/Limitations

DO YOU HAVE ANY DISABILITIES THAT WOULD AFFECT YOUR ABILITY TO OFFICIATE ANY PART OF ANY EVENT? YES  NO  IF YES, PLEASE EXPLAIN:

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### National Officials Committee Email Communication Options

EMAIL IS OUR PRIMARY MEANS OF COMMUNICATION WITH OFFICIALS. It is very important that you provide an email address in the contact information above. To subscribe to the NOC Monthly Newsletter, please visit <https://www.usatf.org/programs/officials/officials-newsletters> and click on the link at the top of the page.

#### Acknowledgements and Signature

CODE OF ETHICS - I have read and understood the Officials' Code of Ethics as established by the National Officials Committee. I agree to always uphold and follow the Code of Ethics at all competitions.	INITIALS
PERFORMANCE GUIDELINES - I have read and understood the Officials' Performance Guidelines as established by the National Officials Committee. I agree to always uphold and follow the Performance Guidelines at all competitions.	INITIALS
SIGNATURE - By signing below, I certify that the above information is accurate to the best of my knowledge	DATE

ASSOCIATION CERTIFICATION CHAIR USE ONLY:	RECEIVED:	APPROVED:
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# *Recognizing Sheryl Hall, an outstanding women and member of USATF-Long Island*

*Sheryl Hall is a three-time Association President's Award recipient, the 2014 Susan Polansky Award winner, and the 2022 Official of the Year. Sheryl is also an athlete and has competed in the 200m, shot put, and hurdles at age 50. She has also run eight Long Island half marathons, with a personal best (PB) of 2:04 at the age of 60. Sheryl has been a long-time coach for the Police Athletic League (PAL) and a Certified New York State High School and USATF-LI Official. Sheryl is a former USATF-LI Youth chair.*

The following is a conversation I had with Sheryl regarding her outstanding service to the sport of track and field and USATF-Long Island.



**Lori Mangual (LM):** Thank you, Sheryl, for meeting with me today.

**Sheryl:** My pleasure, great to see you again

**LM: When did you start coaching for PAL?**

Sheryl: About 20 years ago, and it was supposed to help me with my running, but then I discovered you really can't run and Coach kids. You have to actually see what they're doing.

**LM: What ages do you typically coach?**

Sheryl: "I like coaching the older kids. Ten is the youngest that I will coach; PAL goes up to 13- 14 years old".



# *Recognizing Sheryl Hall, an outstanding women and member of USATF-Long Island*

**LM: What is your favorite part about coaching children?**

Sheryl: You can see their development, and you can see how hard they're working. It's great to see them as they age. One young girl, not sure how old she was when she started with our group, but she wrote a paper to get into college. "She wrote this paper about when she was running with me. It was when I worked with the younger kids. In the paper, she relayed an experience she had during that summer. She said she kept stopping to tie her lace. The girl said: "I'm out of breath," and Sheryl called me out and said if you would breathe properly and do what you're supposed to do, You wouldn't have to stop." I kind of understand that if you want to do something, you've got to do it the right way" and now she's at Columbia University. I was able to watch her compete. She didn't win but did get a PR. It was awesome to watch, awesome.

**LM: Does being an athlete help you become a better coach?**

Sheryl: No, I try to build a rapport with the kids. If you have kids who like you, they will try to do anything you ask of them.

**LM: I know that you served as the Youth Chair for the USATF for many years. Do you miss it?**

Sheryl: I don't, but I do miss seeing the kids. I was always trying to get the kids to speak for themselves, not the parents speaking for them. I found it easier before everything went digital. I liked having all the results on paper.

**LM: You are also an official for the USATF. Do you feel that women are as valued as male officials?**

Sheryl: They are. There are many women who work as officials, and I'm happy to say that some of them are better than men.

**LM: What would you tell young women who want to become involved in USATF as an athlete, coach, or official? How can they get started?**

Sheryl: You have to attend an official's class and pass the test. You must complete the Safe Sport class and undergo a background check. Do it because you love it, not for the money.



# *Recognizing Sheryl Hall, an outstanding women and member of USATF-Long Island*

**LM: I have worked with you at some meets, and I really admire your no-nonsense approach. Do you feel that you are well-received by other officials and parents?**

Sheryl: You have to have rules, and you have to follow the rules. Children need boundaries, and you have to be consistent. I recently had to disqualify an athlete because of cursing. Their team was warned, and after a second offense, the athlete was disqualified for un-sportsmanlike conduct. The parent screamed.

**LM: What personal sacrifices have you made throughout your career?**

Sheryl: Sometimes I have to give up being with the Grandkids to be at a meet. I'm usually able to make up for it.

**LM: What's a leadership lesson that you've learned that is unique to being a female leader?**

Sheryl: You're expected to have more sympathy.

**LM: Could you name a woman who inspired you the most?**

Sheryl: My mom and my grandmother. My grandmother always said: "Whatever you're going to be, be the best one there is!"

**LM: What benefits do you feel you have gained by being involved in running and track and field?**

Sheryl: Track and field is an awesome community. There are so many different communities coming together. I tell my kids when they're lining up to look around and say 'hi' to each other, 'You're going to be seeing each other for the next 4 years.'

**Last word:** "Women, regardless of age, if not doing any kind of physical activity now, should start walking at least 2 times per week. Start by going around the block, and every week, gradually pick up the pace and the distance. It keeps the mind clear and the body healthy!"





# 2025 YOUTH ASSOCIATION/PARA-ATHLETIC YOUTH CHAMPIONSHIPS & JUNIOR OLYMPIC QUALIFIER

**Sunday, June 15, 2025 @ 9:00am**

**Register online at [athletic.net](https://athletic.net) by Friday, June 13th**

**Division Avenue High School**

**120 Division Ave, Levittown, NY 11756**

Online Registration REQUIRED to Advance to the Region 1 Meet

USATF members MUST be AGE VERIFIED

Online Registration Ends Friday, June 13

Day of Registration begins @ 8:00am\*

\*Day of meet registrations cannot advance to the Region 1 meet.

**Junior Olympic qualifiers MUST be USATF Long Island members.**

**Age Groups: 7/8 years thru 17/18 years**

**Entry Fees:**

**\$10/ event · \$26 / relays**

**Entry Instructions**

**USATF Long Island members only**

1. Go to [athletic.net](https://athletic.net) to register or use the QR code.  
Online registration is now open.
2. Payment must be made online at time of registration.
3. Online registration ends Friday, June 13.  
Date of birth verification is required before registration.
4. Only 6 athletes can be entered for the Relay in EACH group for EACH relay.
5. If you qualify (finish in the top 8 in your event) and wish to advance to the **JUNIOR OLYMPIC REGIONAL** meet, you must declare ONLINE.
6. Information for **JUNIOR OLYMPIC REGIONALS** can be found at <https://newengland.usatf.org/events/2025/2025-usatf-region-1-junior-olympic-championships>



**PLEASE NOTE:** Multi-events, pole vault, steeplechase, and hammer will not be contested but you will still need to enter online to be waived to Regionals. You will need a seed for each event.

INQUIRIES: [youth@longisland.usatf.org](mailto:youth@longisland.usatf.org)



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**Division Avenue High School**

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## ORDER OF EVENTS

Sprint Hurdles (FOT)	2014 & up
4x800 Relay	2014 & up
400m	All
1500m	All
100m	All
200   400 Hurdles	2011/2012   2010 & up
800m	All
4x400m Relay	All
1500m   3000m Race Walk	2016-2013   2011 & up
200m	All
3000m	2013 & up
4x100m Relay	All

## FIELD EVENTS

High Jump	2016 & up
Long Jump	All
Triple Jump	following long jump 2012 & up
Shot Put	All
Discus	following shot put 2014 & up
Mini Javelin	2017-2015
Aero Javelin	2013-2014
Javelin	2012 & up

**PLEASE NOTE:** Multi-events, pole vault, steeplechase, and hammer will not be contested but you will still need to enter online to be waived to Regionals. You will need a seed for each event.

## YOUTH AGE GROUPS

AGE	BIRTH YEAR	AGE	BIRTH YEAR
<b>7-8</b>	<b>2017+*</b>	<b>9-10</b>	<b>2015-2016</b>
<b>11-12</b>	<b>2013-2014</b>	<b>13-14</b>	<b>2011-2012</b>
<b>15-16</b>	<b>2009-2010</b>	<b>17-18</b>	<b>2007-2008**</b>

\*Note: Per USATF Rule 300.1 (c), "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

\*\*Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.

# USATF LONG ISLAND

2025 SUMMER SERIES

## OPEN & MASTERS CHAMPIONSHIPS

Wednesday, July 9th, 2025

Levittown Division Avenue High School, 120 Division Ave  
Levittown, NY 11756

### TRACK EVENTS

Starts at 5:00 pm (events are all ages unless noted otherwise)

3000m Mile Race Walk *One Race*

Sprint Hurdles (FOT)

*Must sign up before 3000m*

Pee Wee 55m Dash 100m (FOT)

1500m 400m 800m Intermediate

Hurdles 200m 4x100m

### FIELD EVENTS

4 attempts in jumps & throws  
Masters start at 4:30pm | Y/O at 5:30

Long Jump

Triple Jump *to follow LJ*

High Jump *Lowest to Highest*

Shot Put

Discus

Javelin & Fin Javelin *Open Pit*

### AWARDS

Association Championship Medals to  
top 5 USATF Long Island Members  
Top 3 to all others

In Person Registration Begins: 4:00 pm

\*\*\*Girls 2010 & up & Boys 2008 & up are considered Open Athletes\*\*\*

\*\*\*There will be non-championship youth sections in all events\*\*\*

### Registration Fees

Relays: \$15

USATF LI Members: \$10/event

Pee Wee: \$3

Non-Members: \$15/event



**USATF**  
LONG ISLAND

# Renew Your Membership

## WHY JOIN USATF LONG ISLAND?

- Support USATF Long Island programs at all levels
- Compete in local, regional & national USATF events
- Entry into our LDR, XC & Masters Grand Prix
- Live and On-Demand Event Streaming
- Coaching Education Classes
- Sport accident insurance

## HOW DOES YOUR MEMBERSHIP HELP USATF?

- As a member of USATF Long Island, you help support and grow your sport
- You help youth athletes travel to events and develop new life skills
- You encourage masters athletes to set new records and become world champions
- You support coaches and officials gain knowledge of the sport
- You help USATF's Elite Athletes make it to the Olympic Games

## CLUB MEMBERSHIP

- As a club/organization, your membership provides recognition as a USATF club
- You receive liability insurance during registered club practices
- You have the right to enter individuals and teams at USATF Championship events

## USATF VIP MEMBERSHIP (\$150)

- Combines all the benefits of USATF Adult Membership with additional elite benefits
- Exclusive virtual events & early ticket purchase alerts
- Team USATF online store early access, and more!
- This membership is available to adult members only.



**Membership Fees: Youth \$30, Adult \$55**



# Join USATF Today!

BECOME A  
TEAM USATF  
MEMBER TODAY!



JOIN THE **SPORT**, THE **TEAM**, THE **JOURNEY**.



**WE ARE USATF.**

JOIN THE SPORT,  
THE TEAM,  
THE JOURNEY.



[LONG-ISLAND.USATF.ORG](http://LONG-ISLAND.USATF.ORG)