



One Step Ahead

MONTHLY NEWS AND NOTES FROM USATF - LONG ISLAND

DECEMBER 2006

USATF-LI PERSON OF THE MONTH JOHN MARTIN



USATF-LI has been fortunate to have many people who put forth extraordinary effort to make our association work well. This month we take pleasure in honoring John Martin for his extraordinary effort on our behalf.

John is the driving force behind our Association's bid for the 2008 Junior Olympic Cross Country Championship. Preparing our bid package was a Herculean task. In addition, John arranged for and hosted the site visit by members of the USATF Youth Committee which took place in early November. He is currently preparing our presentation for the Annual Meeting in Indianapolis. Of course, John has had help and our thanks go to Paul Schaefer, Gary Westerfield, and Regina Zara of the Long Island Convention and Visitors Bureau.

As if this was not enough work for John, he also prepared and led the very successful **Level 1 Coaches Clinic** which took place from November 10-12. This event takes a tremendous amount of preparation including arrangements for guest instructors and doing his own presentation.

John has also managed to run our office in his usual organized way and kept up his busy coaching schedule. Thanks John for all the hard work you did this past month.

RunSmart PROGRAM TO BEGIN

USATF-LI will once again be conducting the RunSmart Training Program beginning in late December 2006. The program has been expanded to 18 weeks and will provide tips on training, running in winter weather, nutrition, and running injury-free. LDR Chair Alex Cuozzo will once again be leading the program along with trainer Debbie Blair and her crew. Fred Benlein and other coaches will be taking part in the program to assist in training.

The RunSmart program is designed to help runners achieve their goal and keep active for the rest of their lives. With the 1/2

Marathon and Marathon in mind, the RunSmart program will provide tips on training, nutrition, winter weather running and running injury-free. It is geared to those who are running their first long distance race and to those seasoned athletes who wish to improve their time and endurance.

RunSmart will begin in late December. Enrollment fee for the RunSmart program will be \$ 98.00 which includes 2007 membership in USATF-Long Island.

For more information, contact Alex Cuozzo at bellmore-striders@juno.com.

THREE DOWN – ONE TO GO USATF-LI CROSS COUNTRY SERIES



Start of Northport VA Run

The USATF-LI 2006 Cross Country Series is nearing conclusion. This season's events included the New Island Hospital 5K, USATF-LI Association Championship, Northport VA 8K and will conclude with Rob's Runs on November 29th.

Prize money will be awarded to the top three male and female, open and masters winners. In addition, each of the top three males and female age group winners will receive gift certificates courtesy of the Super Runners Shop.

The series attracted a large number of participants and great age group competition. The team competition has been dominated by Bellmore Striders in the Open Men's Division with many of their team members leading the way in individual age groups as well.

Complete results of the USATF-LI Association Championship are available on our website long-island.usatf.org. We apologize for the extra distance but, as you all well know, stuff happens. Congratulations to the team champions:
Open Men – Bellmore Striders
Masters Men – Runners Edge
Masters Women – 1) Northport RC and 2) Bohemia Track Club.

Overall winners were Chris Mammone and

Barbara Gubbins. Top Women Masters were Barbara Gubbins, Kathy Martin and Marilyn Caufield and top Men's Masters were Marc Nesbitt, John Daly and Stephen Marsalese.

In the Northport VA 8K, the top three men were Chris Mammone, Chris Fogarazzo and Matt Uzenski (all of the Bellmore Striders) and the top three women were Kathy Martin, Crystal Cammarano and Noni Accetturi.

Top three Masters Men were Chris Webber, John Daly and Rich DelaSota while the top three Masters Women were Kathy Martin, Karen Conkling and Dawn Miller.



Kathy Martin and Crystal Cammarano neck and neck in Northport

UPCOMING EVENTS

11/29-12/3	USATF Annual Meeting, Indianapolis
12/11	USATF-LI Board Meeting
12/18	LDR Meeting
2/18	Awards Brunch

SAVE THE DATES
USATF-LI WINTER MEETS
Suffolk Community College
Brentwood, NY

Friday, Dec. 29 5:00pm - 9:00 pm
Sunday, Jan. 21 9:00 am -1:00 pm
Sunday, Feb.11** 9:00 am -1:00 pm

** Association Championship

VISIT OUR WEBSITE
long-island.usatf.org
Or call
(516) 349-9157