

One Step Ahead

MONTHLY NEWS AND NOTES FROM USATF - LONG ISLAND

MAY 2006

CHRIS MAMMONE SETS NEW USATF-LI RECORD

Chris Mammone of the Bellmore Striders set a new USATF-Long Island 10K record with a time of 31:50 at the Nationwide 10K Run for A.S.P.I.R.E. This event, sponsored by the Greater Long Island Running Club, was held on April 1st at Matlin Middle School in Plainview and was a Grand Prix event as well as the USATF-Long Island Association 10K Championship. According to Bellmore Coach, Alex Cuzzo, Mammone is "the real deal," and we can expect to see him crush many more Association records.

Teammates Chris Fogarazzo and Brendan Brown finished 2nd and 3rd giving the Bellmore Striders a solid lead in the Men's Open Team Grand Prix standings in the Long Distance Grand Prix Series. They are followed by The Runners Edge and Rolling Thunder who currently hold second and third place in this category.

The GLIRC Men's Masters Team currently leads the Masters Men's category of the Long Distance Grand Prix Series, followed closely by the Runners Edge and the Massapequa Road Runners Club. The Masters Women's Team category of the Long Distance Grand Prix shows Northport Running Club in 1st place, with GLIRC and the Bohemia Track Club in 2nd and 3rd position.

In the Sprint Grand Prix Series, Womens Open Teams are being led by the Long Island Road Runners Club, with GLIRC and Massapequa in the 2nd and 3rd spots. Masters Men's teams are being led by Super Runners Shop with GLIRC and the Runners Edge in 2nd and 3rd while, on the Women's side, GLIRC women lead the masters competition with Northport and Massapequa in close pursuit.



Chris Mammone breaks the tape at the Nationwide 10K Run for A.S.P.I.R.E.

LONG ISLAND JUNIORS SHINE AT WORLD CUP TRIALS

by Gary Westerfield

Michael Kazmierczak, 2005 graduate of Holy Trinity H.S. and now at the University of Rhode Island, won the men's US under-20 10km World Cup Team trial April 9th in Hauppauge with a time of 48:52. A surprising second in the under-20 women's 10km in 51:54, in her first ever race over 1500m, was Westhampton Beach senior Heather Bulletti. The two junior walkers will join veterans Tim Seaman, NYAC, 3rd in the men's 20km, Teresa Vaill, Walk USA, 2nd, Jolene Moore, NYAC, 3rd, Amber Antonia, NYAC 4th, and Debbie Huberty, NYAC, 5th in the women's 20km, at the World Cup May 13-14 in LaCoruna, Spain.



Junior athletes Jenna Monahan and Heather Bulletti wrap up after the 10K Race Walk.

OFFICIALS WANTED

The Officials Committee of USATF-LI is looking for new officials. We offer the opportunity to enjoy the sport from a whole new perspective and to help our youth, open and masters programs by being a part of our exciting track & field seasons as well as our road race and race walk events.

In order to become a USATF Certified Official contact Officials Chair Bill Ott at MOTT798@aol.com. No prior experience is necessary. We offer a full training program.

LI MASTERS SHINE IN BOSTON

by Joe Cordero

The Long Island ad-hoc Masters Men 60-69 team became National Champions in the 4x400 meter relay and the 4x800 meter relay. Included on the teams were Joe

Cordero and Blaine Lawson.

LI individuals also continued to make their presence known on the national scene. Jim Reilly placed 3rd in the 200 M. Kathy Martin won the mile, 3,000M and 800 M events. Joe Cordero, Bill Benson and Marie-Louise Michelson also race extremely well. Bohemia Track Club women were the 4th place Women's team. And, of course, our own Dr. Mary Trotto made a fine showing in almost every event on the schedule.

Congratulations to our masters athletes.

VOLUNTEERS NEEDED

Volunteers are needed to help staff the USATF-LI table at the Long Island marathon Expo on Friday, May 5 and Saturday, May 6. Please contact the office at (516) 349-9157 if you can spare a couple of hours to help out.

We also are in need of volunteers for our meets and road races. Become an active participant in the best association in the country.

RunSmart PROGRAM

RunSmart, the training program for the LI marathon/1/2 Marathon, is coming to an end. The 40+ participants had a great time, met new friends and training partners and received many helpful training tips from Head Coach Alex Cuzzo and coaches Fred Benlein, Debbie Blair and her crew of professional trainers. See you next year.

VISIT OUR WEBSITE AT
WWW.LONG-ISLAND.USATF.ORG

THANKS TO OUR SPONSORS AND DONORS

Again, many thanks to NIKE, GLIRC, the Runners Edge, Super Runners Shop, Finish Line Road Race Technicians, Alien Canopy, South Shore Outdoor, LIPA, The Doug Wood Foundation, The Simon Foundation Dr. Mary Trotto, Alexandra Finger, Schwab's Second Wind, Quantum Feet.

USATF-LI MAY HAPPENINGS

May 1	Board Meeting - All Welcome	
May 5-6	Long Island Marathon Expo	
May 7	Long Island Marathon/ 1/2 Marathon	
May 8	LDR Meeting - All Welcome	
May 13	USATF-LI 50K Trail Championship - Greenbelt Trail	
May 14	Mother's Day Meet	East Islip H.S. 9:00 am
May 27	RunDay 5K Run	Hicksville 9:00 am
May 29	Memorial Day Classic Mt. Sinai H.S.	1:00 pm