



One Step Ahead

MONTHLY NEWS AND NOTES FROM USATF - LONG ISLAND

OCTOBER 2006

ASSOCIATIONS WORKSHOP 2006

The 2006 Associations Workshop was held in Pittsburgh during the last weekend in August. President Gary Westerfield, Past President Sue Polansky and Sports for the Disabled Chair Steve Cuomo attended the three day workshops which covered a broad variety of topics of interest to our association.

Workshop topics included Ethics, Event Planning, Youth Coaches Background Screening, Restructuring of USATF and Course Measurement. We also had time to exchange thoughts and ideas with representatives of the other 56 associations that cover the whole US.

Of particular interest are the new procedures which will be mandatory effective January 1, 2007 for criminal background checks of all persons who deal with youth athletes on a one-on-one basis. USATF-LI has already selected a person to serve as our screening agent. The screening agent will undergo a background check and will then be contacting all clubs explaining the procedure for checking coaches and volunteers who deal with children. This is a very important step in insuring the safety of our youngsters. All information will be held in strictest confidentiality by the screening agent. You will be hearing much more about this process in the near future but, in the meantime, please be aware that no coach, club or team will be covered by USATF for liability unless background checks are conducted.

Another note from the workshop – Steve Cuomo did a great job promoting the USATF National Cross Country Championship for Disabled Athletes and in promoting the formation of programs for youngsters with disabilities in other areas of the country. It is great to know that our sport includes everyone regardless of age, sex, ability or disability.

Thanks to the hard work of Youth Chair John Martin and Track & Field Chair Paul Schaefer, USATF-LI has put in a bid to host the 2008 National Junior Olympic Cross Country Championship. John worked very closely with the LICVB and its representative Regina Zara to put this

bid together. More information on this will be available should our bid be one of those under consideration by the USATF Youth Committee.

Long Island does it again!!! For the sixth year in a row (all of our existence), Long Island was awarded Silver Level Recognition by USATF for reaching and surpassing all goals set for an association by the Associations Committee. This could only be accomplished through the continuing hard work of all those involved.



Sue Polansky and Gary Westerfield accept the Silver Level Associations Award in Pittsburgh

LITF Distance Running Development Program by Fred Benlein

This year, the LITF Distance Running Development Program has been a great success! The program has been well attended every week - some sessions have been large as 40 members. Not only has the program been fun and educational for those who attend, but the best has been how those who have been coming down have been getting faster at the local races. The following three are just a few examples of LITF members that have benefited from the program – achieving big lifetime personal records. The first is **Catherine McConnell**. Catherine joined us in November of 2005 for the last few weeks of the program. She came back in April, has been working hard and has since been setting PR's. Catherine, a sub 31 minute 5k runner, just ran the Brentwood Cookie Run 5k in 25:40 and her very first 1 mile race at the Main Street Mile in 6:55. Next, is **Karen Conkling**. Karen runs in the 40-44 age group. When she first started she hoped to break 7 minutes in the

Merchants Mile. With a little work, I told her she could break 6 minutes. She said "No Way! In high school my best was 6:06 and I am no where near there!" She ran the Merchants Mile in 6:05 and then came back and ran the Main Street Mile in 5:54, earning herself a first place finish in the LITF Masters division.

Finally, new to the group is **Matt Breimann**. Matt is about to start his senior year at North Babylon High School. For the past few years his goal was to break 20 minutes in a 5k. This summer he worked hard racing the state parks summer series - coming so close to his goal, his best time 20:01. Matt joined us for practice at the track and his hard work paid off!! He ran 19:16 at the West Babylon 5k.

Congratulations to Catherine, Karen and Matt. They are just a few of the many successes of the LITF Distance Running Development Program participants.

All are welcome to participate - we gather at 6:30 every Tuesday evening at the Farmingdale HS Track. For additional information, please contact Fred Benlein at (516) 728-4754 or fpbenlein@msn.com.

Kudos to **Fred Benlein**. He recently received USATF Certification as a Level 3 Endurance Coach. Reaching Level 3 is a very difficult task and Fred is among the select few who have attained that level.

USATF Affirms Zero Tolerance Policy

The following is a statement from USATF CEO Craig Masback regarding USADA's announcement in the Justin Gatlin case.

"Justin Gatlin's doping case has been a setback for our sport. While we are glad Justin has taken responsibility for his positive test and will cooperate in USADA's anti-doping efforts, we are sorely disappointed in him. Our Zero Tolerance program is focused on educating athletes about the importance of winning with integrity. This case is a clear signal that we must redouble our efforts and seek ways to deter drug use and to punish anyone who may influence athletes to use drugs."

For more information about USATF-LI, visit our website Long-Island@usatf.org or call (516) 349-9157.

LI Masters Shine at National Championship

LITF Master Athletes who placed 1st at the USATF National Track and Field Championships. Charlotte, NC Aug. 3-7 2006 were:

Kathy Martin (W50) Northport Running Club

800m 2:38.42

1500m 5:17.83

5000m 8:57.63

10000m 39:32

4 x 800m 10:27.04 USA Record (AR)

Kim Touya (W 30) Bohemia Track Club

Triple Jump 9.53m

Long Jump 4.57m

Mary Trotto (W55) Bohemia Track Club

Pentathlon 1337 points

300m Int. Hurdle 1:25.63

Joe Cordero (M65) Bohemia Track Club

2000m Steeple 9:02.28

4x800m 12:14.42

Rich Rizzo (M65)

4x400 4:20.61

Bill Hiney (M60) Unattached

Discus 49.97m

Team Scoring:

BTC 89 points

NRC 24 points

Island Jumper 6 points

2nd Wind 3 points

Runner's Edge 2 points

Race Walk News

Gary Westerfield and **Michael Roth** were nominated to the IAAF Level 2 Race Walk Judges Panel, based upon the test scores at the NACAC Area test held in Indianapolis this June. Gary was the top scorer overall when the English and Spanish results were compiled, with Michael finishing 4th in the English section and 6th overall. The nomination means that both will be selected to officiate international championships up to and including the Pan American Games over the next 4 years. Gary has also been invited to test for the IAAF Level 3 Race Walk Judges Panel this October in Paris, which, if he finishes in the top 30 scorers, would allow him to officiate at the World Championships and Olympic Games.

Congratulations to Race Walkers Mike Kazmierczak and Jenna Monahan for their outstanding performances at the USA v. Canada Dual Meet held in Minneapolis on 8/20. Mike finished 2nd (1st American) and Jenna finished 3rd (3rd American)

UPCOMING RACE WALK EVENTS

USATF-LI 50 km Race Walk Championship - Oct 22 @ H. Lee Dennison Bldg in Hauppauge. This race is the 1st qualifier available for 50 km walkers who hope to achieve an Olympic Qualifying standard. Many world champion athletes are expected to attend. For more information, email Gary

Westerfield @ garyw@optonline.net or call 631-979-9603.

VOLUNTEERS ARE DESPERATELY NEEDED!

BE CONSISTENT, BE DIVERSE

By *Jeffrey Sider, M.D.*

Editor's Note: Jeff Sider is an Orthopedic Surgeon, a fine masters athlete and an active member of USATF-LI.

As the fall arrives and the weather begins to cool, some individuals will unfortunately give way to a sedentary lifestyle. I would hope that as runners, we could avoid this "seasonal runner syndrome." I believe that we must show consistency in our exercise program and avoid winter inactivity and holiday weight gain. It is easier to "stay in shape, than to get into shape" when the pleasant spring weather returns. As runners, we must be mindful or our reasons for exercising in the first place. Some may run in races to maintain their competitive feeling when other team sports become impractical. Many may run as a was to maintain a healthy weight in this country where obesity is all too common. However, as we get older, some may run for the cardiovascular benefits, to help relieve everyday stress, or for social camaraderie. So, whatever *your* reason, be consistent!

However, as runners, we must also be diverse! I hear too many individuals go out and run the same one, two, or even five miles every day. Unfortunately, these workouts can become "empty miles." These runs can provide minimum stress to a trained runner, and therefore minimal improvement in fitness level. In order to improve our fitness level, the body must adapt to higher training levels according to the concept of "overload." It is very important that these strenuous workouts be counteracted by easier workouts or "recovery days." We must also participate in "balanced training." In general, most of our workouts are primarily aerobic which helps build endurance and enhances our slow twitch muscle fiber function. But it is just as important to exercise the fast twitch or anaerobic muscle fibers for potential bursts of speed at the finish line or for those who participate in middle distance events.

Often neglected activities for many runners are stretching and strength training. Benefits of stretching include improved flexibility of muscles and joints, and increase range of motion and coordination. Perhaps, most importantly, stretching should help decrease the likelihood of certain injuries. Some of the benefits of strength training for runners include increased muscle power which can

translate into increased acceleration. Increased upper body strength will help to maintain proper body form while running and improve acceleration for sprinters. Abdominal and core strengthening will aid one in maintaining good running posture especially when fatigued. These exercises should also help decrease the likelihood of lower back pain and related back injuries.

Another aspect of diversity would be cross training. Many athletes are now utilizing cycling and weight training to increase their leg strength and cardiovascular endurance. These activities should correlate well with increased lower extremity power and acceleration. The use of swimming and aquatic exercises can be very beneficial when certain leg injuries prohibit or limit the ability to run. Swimming can help to improve aerobic endurance and muscular strength, and this can be especially helpful in the noncompetitive season.

Therefore – as the fall season arrives – let us try to be consistent, yet also diverse in our training!

OPEN & MASTERS X-C SERIES

- 9/24 **New Island Hospital 5K Run**
Bethpage State Park
9:00 am
Contact Mary Jane Cody at mcody@newislandhospital.org
- 10/29 **USATF-LI 8K Association Championship**
Bethpage State Park
9:00 am
Contact Alex Cuozzo at bellmore-striders@juno.com
- 11/11 **Northport VA 4K Run**
Northport Veterans Hospital
10:00 am
Contact Jim Mauro at (631)261-2232
- 11/26 **Rob's Run 5K**
Stillwell Woods, Syosset
Contact Jim Murray
(516) 349-7646

YOUTH CROSS COUNTRY

Youth Cross Country meets will take place at Sunken Meadow State Park. All begin at **8:00 am promptly.**

- 9/24 Developmental Meet #1
10/8 Developmental Meet #2
10/22 Developmental Meet #3
11/5 Junior Olympic Qualifier/
Association Championship

UPCOMING EVENTS

- 10/16 **Board Meeting**
Grand Prix Races:
10/14 Oyster Bay 5K
10/22 Elite 8K 8K
11/19 Mineola Mustang 5K
12/3 Fly with the Owls 4 mile