



One Step Ahead

LDR GRAND PRIX SERIES

It has been a busy spring and summer for LDR Grand Prix participants. The races have attracted a record number of participants and competition is heating up. Check our website for updated standings.

Thanks to our sponsors, **The Runners Edge; Simmons, Jannace & Stagg and Merrill Lynch** for making the series possible.



Jim Kenney and Jim Lewis of Merrill Lynch proudly sponsor (and run in) the Grand Prix Series. They are seen with Thunder Run Race Director, Len Montlack (center) and USATF-LI's Carl Grossbard and Sue Polansky

MASTERS SHINE IN ORONO

By Dr. Mary Trotto

Once again, Long Island Masters athletes made their presence felt at the USATF National Masters Championship held in Orono, Maine, August 2-5, 2007. LI athletes won 16 gold, 13 silver and 7 bronze medals.

Leading the field of spectacular performances were those of **Kathy Martin**. She took 1st place in the 5000m, 800m, 1500m and 10,000m runs, and set a new American record (W55) in the 10,000m with a time of 39.37.7.

Other outstanding performances: **Bill Benson** (M85) – 2nd in 800m and 1500m; **Richard Rizzo** (M70) – 2nd in 300m; **Joe Cordero** (M65) – National Champion in 2K Steeplechase, 7th in 1500m, **John Andersen** (M65) – 4th in pole vault; **Blaine Lawson** (M65) – 3rd in 2K Steeplechase; **Bill Hiney** (M60) – National Champion in Discus, 2nd in Shot Put; **Mary Trotto** (F60) – National Champion in 2K Steeplechase, 1500m, 2nd in 800m, 3rd in 400m, 5th in 200m, 4th in pole vault, 5th in high jump, 3rd in triple jump, 6th in

long jump, 9th in javelin, 7th in shot put, 9th in discus (WOW); **-Janis Henderson** (F60) – 4th in triple jump, 7th in long jump, 9th in shot put, 8th in discus, 11th in javelin; **Brian Pearsall** (M60) – 2nd – 1500m; **Sue Nesbihal-Cordero** (F55) – National Champion in pole vault, 2nd in triple jump, 2nd in long jump, 3rd in javelin, 3rd in discus; **James McFarlane** (M50) – 5th in 3K steeplechase, 6th in 10K; **Caryl Senn-Griffiths** (F45) – National Champion in 400m hurdles, high jump and javelin, 2nd in 100m, 2nd in 100m hurdles, 4th in long jump; **Kim Touya** (F30) – National Champion in triple jump, 3rd in 200m, 3rd in 100m, 2nd in long jump.

LI Relay teams took national honors in the Mens 60-69 4x400, 4x800 and Womens 4x100.



LI Masters Athletes Sue Nesbihal-Cordero, Joe Cordero, Kathy Martin, Kim Touya, Mary Trotto and Caryl Senn-Griffiths.

SUMMER SERIES



2nd Wind/East Islip Track Club Midget Girls Relay Burn Up the Track at the Summer Series

The 2007 Summer Series of Developmental Meets has come to end. We are pleased with the record numbers of Youth, Open and Masters Athletes who participated on warm July and August Thursday evenings. Many thanks to **Paul Schaefer**, Meet Director and all of the officials and volunteers who helped make these meets a success.

LI HOSTS NACAC DEVELOPMENT CUP IN RACE WALKING

The North American Caribbean Athletic (NACAC) Development Cup in Race Walking was held on Sunday, August 12th at the Dennison Building in Hauppauge. This was the largest international race walk competition held within the United States other than the Olympics and had participants from all over the NACAC area.

Thanks to the efforts of **Gary Westerfield** and wonderful crew of officials, the race was a great success. Long Islanders participating in 2K, 3k, 5K or 10K races included Olympian **Tim Seaman**, Junior Champions **Maria Michta and Mike Kaczmierzak**, Jenna Monahan, **Katie Williams, Molly Josephs, Katie Michta, Devon Reina, Ricky Sosulski, Mike Bartholomew, Ball Vayo, Jim McGrath, Nicole, Wessels, Allyssa Melillo and Diane Slack**. The USA Team swept the Men's, Women's and Combined team competition.

COMING EVENTS

USATF-LI ANNUAL MEETING

Wednesday, September 26 – 7:00 pm
Dennison Building – Rte 347

Hauppauge

Featuring Election of
Committee Chairs

CROSS COUNTRY

OPEN & MASTERS:

- 8/26 Dirty Sock Race
Babylon
- 9/2 New Island Hospital 5K
Bethpage State Park
- 10/20 USATF-LI
CHAMPIONSHIP
Eisenhower Park
- 11/10 Northport VA Race
Northport
- 11/25 Rob's Run
Stillwell Woods – Syosset

YOUTH:

- 9/23, 10/7, 10/21 – Developmental
- 11/4 USATF-LI CHAMPIONSHIP
- 11/18 REGION 1 J.O.
CHAMPIONSHIP

DISABLED: Sunken Meadow State Park

- 10/7 USATF NATIONAL
CHAMPIONSHIP