



One Step Ahead

News and Notes

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July 2008

USATF-LI Well Represented at 2008 Olympic Trials

By Dave McGovern

Continuing a tradition dating back to at least the 1950s, athletes with Long Island connections will make up a large percentage of the race walk fields at the 2008 Olympic Track & Field Trials in Eugene, Oregon.

Carolyn Kealty, a native New Yorker, now living in Miami Springs, FL will be competing in her 2nd Olympic Trials, racing for Dave McGovern's World Class Race Walking club. Carolyn placed 9th in 2004. Dave will be coaching a total of four athletes in Eugene, having already competed in the men's 50k Trials himself in February.

Recent C.W. Post grad—and valedictorian—**Maria Michta**, will be competing in her first Olympic Trials. A veteran of several international teams, including the recent World Cup of Race Walking in Cheboksary Russia, Maria hopes to add the title "Olympian" to her impressive resume.

Jolene Moore, 6th in the 2004 Trials and a member of the 2008 World Cup Team, competes for Long Island-based NYAC.

Tim Seaman, a Babylon native and two-time Olympian, also competes for the NYAC. Recovering well from hip surgery in December, Tim is hoping for a rare Olympic "threepeat."

Loretta Schuellein-McGovern is coached by husband Dave McGovern, and competes for Walk-USA/PowerBar. Loretta was a member of the 2007 Pan Am Cup team that competed in Balneário Camboriú Brazil, and was the 2007 Millrose Games/USATF 1-mile race walk champion. This will be Loretta's first Olympic Trials, having just missed the standard in 2004. Interestingly, Loretta preceded Michta as valedictorian at C.W. Post in 1999.

Mike Tarantino, another native New Yorker, moved to San Diego in 2007 to train at the Olympic Training Center in nearby Chula Vista. Mike is coached by Dave McGovern and competes for World Class Race Walking.

2004 Olympian **Teresa Vaill** competes for Walk-USA. One of only two US walkers with the Olympic "B" standard, Teresa won the World Cup Trials in Eugene in March. A win on the same course on July 6th will ensure her a spot on the starting line in Beijing.

Gary Westerfield is the founder and Head Coach of Walk-USA as well as an Olympic race walk official. *Good luck to all LITF athletes in Eugene!*

COMING SOON – CROSS COUNTRY

Cross Country Season is around the corner. Watch for details on the USATF-LI X-C Series which includes the Dirty Sock Run (8/17), New Island Hospital 5K (9/21), Association Championship (10/26), Northport VA 4K (11/8) and Rob's Run (11/30)

Benlein to be Part of Coaching Staff for FOX Sports Reality TV Show, *T.R.A.C.K. Live*

By Fred Benlein

T.R.A.C.K. Live is a FOX Sports Reality TV Show which will give athletes age 32 years old or older the chance to train for several weeks in Fresno, CA under the coaching supervision of past Olympians and top level coaches to see how much they can improve their performances while raising both attention and money for track and field. Fred Benlein will be the Olympic/Collegiate Level Coach for the 400m and 800m events. He will be responsible for the development and training for all the athletes in 400m and 800m events in their preparation for their final of 4 track meets on August 2nd where the top 3 age-graded athletes in each event will not only win money but a donation to their former high school/college track and field programs. The show will be air sometime in the fall. I will keep you updated.

Grand Prix Series of Road Races 2008 USATF-LI 8k Association Championship

The 2008 Grand Prix Series of Road Races is in full swing. One of the highlights of the Series was the New Hyde Park 8K Run which was USATF-LI's Association Championship.

We are pleased that members of one of our newest teams, *We Are Athletes!* scored well along with our many members of long standing teams. We Are Athletes! Team President, Kevin Kremler and Head Coach Fred Benlein were proud of all their members including Open winner Laura Del Biondo and Masters Champ Christine Reilly.

Male winners included **Franklin Diaz** (unattached), **Boyd Carrington** (Bellmore Striders) and **Sal Nastasi** (Bellmore Striders.)



Carrington, Diaz, Nastasi



Reilly, Del Biondo, LaBiento