



One Step Ahead

News and Notes

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December 2009

USATF-LI MEMBERS BURNING UP THE ROADS

COME SEE OUR NEW PAD

There have been several outstanding performances by our USATF-Long Island members this season.

Chris Mammone of the Bellmore Striders set a new Association Record with his 14:43 finish in the Town of Oyster Bay Supervisor's 5K Run in October, a USATF-LI Grand Prix event.. Top finishers also included **Chris Fogarazzo**, **Noni Acceturi** and **Michele Henschel**. At another of our Grand Prix Events, Blazing Trails for Autism, **Jill Skelly** and **Mike Robles** were the top Masters finishers and **Jessica Peterman** was first woman overall. .

Joan Gerold of We Are Athletes set an age group record for Masters Women 60-64 in New Haven this fall. She continues to be a force on the roads here on Long Island as well.

At the USATF-LI Association Cross County Championship, **Chris Mammone** and **Abby Antablin** took first place in the Open Division, while **Brian Cloherty** and **Susan Murray** took Masters honors. In the team division, the **Bellmore Striders** swept the Open Men, Open Women and Masters Men categories and the **Long Island Road Runners Club** took the Masters Women title. The Mens Senior Division was won by the **Bohemia Track Club**. The **Sayville Running Company** was a close second in the Open Men division and **Massapequa Road Runners** and **GLIRC** were close behind in the Masters Men category. **Massapequa Road Runners** Masters Women took second in that division. *Check our website for complete results.*

Bill Benson of Valley Stream, age 90, has been award the **Phidippides Award** by the USATF National Masters Committee. This honor is given to very special athletes who through participation and achievement have contributed to the success of the USATF Masters program. Congratulations, Bill!! We are proud of you.

Maria Michta of Walk USA and **Tim Seaman** of the NYAC won the USA 30K Race Walk title at the championship event held in Hauppauge in October. This win was Tim Seaman's 41st career national title. Only National Track & Field Hall of Famers, Ron Lair and Henry Laskau hold more titles. The next opportunity Tim will have to increase his title total will be at the 2010 Millrose Games where he is slated to compete in the USA One Mile Championship.

Congratulations to **Dorit Attias** who participated in Chateau-Thierry, France in the 24 Hour Walking, French National Championship. She finished the race in 4th Place with a distance of 166.180 km, which earned her the minimum to be eligible for selection to participate in the Paris Colmar Walk which took place in June of 2009.

At the National 5K Cross Country Championship for Disabled Athletes held at Sunken Meadow State Park in October, **Rolling Thunder's Dan Renahan** and **Pavla O'Rourke** took the male and female national titles.

For those who have not visited the USATF-LI office in the past month, we have a surprise for you. Our office space has been renovated and expanded. We thank the Greater Long Island Running Club for the renovations and John Martin who is serving as our interior decorator. We are still at 101 Dupont Street, Suite 24 in Plainview. Drop in and take a peek.

USATF-LI INDOOR MEETS

Sunday, December 20	9:00 a.m. – 1:00 p.m. Youth, Open, Masters
Sunday, January 10	9:00a.m. – 1:00 p.m. Youth, Open, Masters
Saturday, February 5	9:00 a.m. – 2:00 p.m. Association Championship Youth ,Open, Masters

All meets will take place at Suffolk Community College on Wicks Road in Brentwood.

For more information, check our website at
long-island.usatf.org

2010 GRAND PRIX SERIES GOES GREEN

As the 2009 Grand Prix Series of Road Races nears its end, USATF-LI is preparing for the 2010 Series. We will be "going green" in 2010 with applications for participation in the series online. Information and applications were emailed to race directors in mid-November and are also available on our website at long-island.usatf.org. Participation in the Grand Prix Series of Road Races is open to all races that are USATF sanctioned and course certified. The LDR Committee looks for races that meet all criteria of safety and amenities, have computerized timing and award winners in 5 year age groups from under 20 to 80+. We ask that race directors complete the application and return them to LDR Chair Alex Cuozzo at bellmore-striders@juno.com as soon as possible. The deadline for applications is December 21, 2009.

The schedule for 2010 will be set at the January meeting of the LDR Committee and distributed shortly thereafter. We anticipate that the Grand Prix Series will once again get under way in March.

If you have any questions or need more information, please contact Alex Cuozzo at bellmore-striders@juno.com or call the USATC office at 516-349-9157.

SAVE THE DATE

USATF-LONG ISLAND AWARDS BRUNCH
Sunday, February 21, 2010