



One Step Ahead

TIME TO RENEW USATF-LI MEMBERSHIP

Make sure that your membership in USATF-Long Island is up to date. Many of you have renewal dates of January 1, so it is necessary for you to renew now for 2011.

Do not miss out on the many benefits of membership in USATF-LI including discounted entries to our many exciting track & field meets, the ability to accumulate points in the Grand Prix Series of Road Races, a chance to participate in the exciting Cross Country Series plus discounts at local running stores and many national websites.

The programs that are put on by USATF-LI are designed for athletes of all ages and abilities. Help us promote a healthy life style and to provide camaraderie and friendly competition.

Individual Membership fees are as follows:

One year	\$ 30.00
Two years	55.00
Three years	80.00
Four years	100.00
Youth	20.00

Clubs and organizations also need to renew now for 2011.

Club/Organization Membership** \$ 50.00

Note: this fee increases to \$100 after May 1st so register now.

To renew your membership or your club's membership, go to our website – www.long-island.usatf.org and click on "Membership" on the top bar. If you have any questions, please call the USATF-LI office at (516) 349-9157.

MANY THANKS

As we begin another new year, we wish to thank all of you who have contributed to making the programs and events of USATF-LI a great success. Without your input and participation, we would not be able to accomplish all that we have.

Special thanks go to the many race directors who have taken part in the Grand Prix Series of Road Races and the Cross Country Grand Prix. And needless to say, our deep gratitude goes to our very special sponsors and supporters - **The Runners Edge, the Simons Foundation** and **Nassau County Executive Ed Mangano**.

CONGRATULATIONS

Heartiest congratulations to USATF-LI member **Norman Hershkowitz** who was awarded the USATF **Phidipides Award**. This award is given annually to Masters athletes who have excelled on the roads. Norm has been an active participant in the Grand Prix Series for many years and has been the recipient of many age group awards. Good job, Norm!

COMING EVENTS

Sunday, February 6 9:00 am	USATF ASSOCIATION CHAMPIONSHIP MEET Suffolk Community College
Monday, February 7 7:30 p.m.	BOARD MEETING USATF-LI Office
Sunday, February 20 10:00 am	AWARDS BRUNCH Stuart Thomas Manor Farmingdale

2011 GRAND PRIX SERIES OF ROAD RACES

The Grand Prix Series of Road Races is set for 2011. We are pleased to have many returning races to the series plus some new ones as well.

The Grand Prix brochure will be printed in the near future and will contain of all the details regarding each race and the criteria for scoring in your age group. Below is a list of the 2011 races so that you can begin to plan your 2011 race schedule.

Sat. March 12	Kings Park 15K * [c]
Sun. April 3	Nationwide 10K Run for A.S.P.I.R.E.* [c]
Sun. April 10	Marcie Mazzola 5K
Sun. May 1	Long Island Marathon and 1/2 Marathon * [c]
Sun. May 8	Elizabeth McNamee 5K Memorial Run
Sat. May 28	RunDay 5K *
Sun. June 5	New Hyde Park 8K * [c]
Thurs. June 9	David Lerner Police Appreciation 5K
Sat. June 18	Schwachman Diamond Dash 5K
Sun. June 26	Massapequa Firecracker 5K
Mon. July 4	Bellmore Striders Independence Day 4Mile Run
Sat. July 16	Long Island Women's 5K Run * (women)
Sun. July 17	Thunder Run 5K * (men)
Sat. August 6	Massapequa Merchants Mile * [c]
Sun. August 14	Patchogue Kiwanis Twilight Trot 5K
Mon. August 15	Cookie Run 5K
Sat. September 3	Farmingdale Mile *
Sat. October 15	Town of Oyster Bay Supervisor's Oyster Festival 5K * [c]
Sun. October 23	Blazing Trails for Autism 4 Mile Run
Sun. November 13	Prostate Cancer Challenge 5K
Sat. November 19	Fly With the Owls 4 Mile Run *

* team event

[c] Association Championship
Race walk events to be determined

For more information, check out website at long-island.usatf.org or call (516) 349-9157