

ONE STEP AHEAD



The Official Newsletter of USATF Long Island

Spring 2023



Bob Hersh



Harry Penny

Message from the President

June 2023

Dear Friends;

The Long Island Track & Field Board and I hope this newsletter finds you in good health and spirits!

We are deeply saddened to report the sudden passing of our friend and colleague, Harry Penny. Harry served our organization for decades as a Coach and Administrator, holding positions as Youth Chairman and Vice-President. Please keep Harry and his family in your thoughts and prayers during this difficult time.

Our Indoor Open & Masters Track & Field Championships were highly successful, achieving participant numbers equal to pre-pandemic years! More championships are scheduled in each discipline for the rest of 2023, so keep checking the USATF-LI website. The summer Wednesday night track & field meets will begin July 5th and run through the 26th. Once the locations and permits are finalized, we will announce the schedule. One of these summer dates will be designated the Association Open /Masters Track & Field Championship.

The third annual Empire State Track & Field Classic will again be staged at Cortland State College. The Long Island Association will sponsor full men's & women's teams. Check our website for qualification meets.

LDR activities are in full swing as the 2023 Road Grand Prix Series has 12 teams and 20 total races. Five races have already been contested, but there is still time to get in on the competition. Check the LDR page often for up-to-date information.

Help us welcome our new Communications and Marketing Chairman, Erin Cassano. Erin coaches at Wantagh High School and is the principal architect of this extensive newsletter!

Please renew your USATF-LI membership and start preparing yourselves for some great competitions!

Enjoy a great summer of competitions!

Alex J. Cuzzo

President, USATF Long Island



USA Track & Field Long Island

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President: Alex Cuzzo

Secretary: Pam Lee

Vice President: Rob Lemke & Jason Ramirez

Treasurer: Gary Westerfield

Long Distance Running

The 2023 LDR Grand Prix is underway, with four races already completed, still leaving 16 more to go, 9 of which are team races. This gives plenty of time to join in to try to win some prize money which is given out to the top 5 runners in each age group. Up next is the Long Beach 10-mile road race on Sunday, May 28th. Then the summer heats up with three races in both June and July and one in August.

See you on the roads,

Lori Mangual

LDR Secretary



LONG ISLAND
TRACK & FIELD 2023



Race Name	Race Date	Class
King's Park 15k	March 18, 2023	C
Patchague Family YMCA 5k	April 1, 2023	T
Jigsaw 4 Miler	April 30, 2023	T
Run for the Health of it 5k	May 13, 2023	T
Long Beach 10 Miler	May 29, 2023	C
Police Appreciation 5k Run	June 8, 2023	
LT Murphy Half Marathon	June 24, 2023	T & C
Massapequa Firecracker 5k	June 25, 2023	
Independence Day 4 Miler	July 4, 2023	
Watermelon 5k Run	July 15, 2023	T
Thunder 5k Run	July 23, 2023	
Ducks Championship Mile	August 2, 2023	T & C
Nicholas Pedone 5k	September 3, 2023	
Long Beach 5 Miler	September 4, 2023	T
Merchant's Mile	October 1, 2023	T
AutisMile 1 Mile	October 15, 2023	T
New Hyde Park 8k	October 22, 2023	T & C
Long Beach 10k	November 19, 2023	C
St Brigid 5k	November 25, 2023	T
Santa's 5k	December 3, 2023	T & C

C = Championship Event

T = Team Scoring

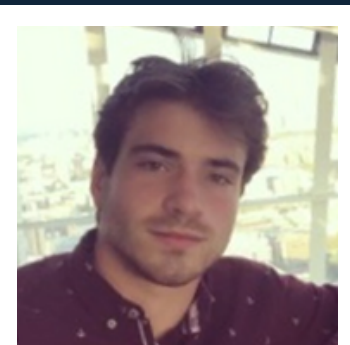
LDR Chairman: Alex Cuozzo

Vice Chairman: Ron Nardo

Secretary: Lori Mangual

Masters Athletics Chairman: Rob Lemke

The 2023 RGPS has twenty (20) total events, twelve (12) team and seven (7) championship races.



The LDR Committee is pleased to announce the appointment of a new Grand Prix Scorer:

Ethan Copp of Huntington. Ethan is a 2023 Nassau Community College graduate with a Cyber-Security degree. Ethan will coordinate with Elitefeats race results and racing team captains to maintain the individual and team scores.

Outreach

Friday, April 21st, Uniondale, NY:

Hofstra University head track and field coach Vincent Giambanco notified Long Island T&F Outreach Chairman Ron Nardo that he was in need of three certified officials to volunteer and officiate at a track and field meet on April 28 at Kellenberg Memorial high school. Officiating Ron Nardo, who was able to arrange for national officials Alex Cuzzo and Lori Mangual to help officiate with the tri-team meet, which had over 100 collegiate athletes from Hofstra University, St. Peter University of N.J., and Long Island University participate in the meet. Alex served as the official starter for all the running events, which included men's and women's 4x100m relay, the 100,200,400,800m men's 1500, and women's 3000 meters races, Lori served as the flight director for the men's and women's long jumps. Coach Giambanco was very grateful and appreciative of the three officials volunteering their time.



Friday, April 28th, Searingtown, NY:

Coaches Pam Lee, Lori Mangual, and Ron Nardo traveled to Searingtown elementary school to put on a RJT program for 118 5th-grade students. Coach Ron started the day by talking to the students about the importance of doing a half hour of physical exercise daily. The students then rotated through three activity stations, including the agility ladder, turbo javelin, and the long jump. The final activity of the day was a relay race competition with all the students being placed in teams of three, running 10 yards picking up a marker, running it back to the starting line, then running 15 yards picking up another marker, running it back to the starting line and tagging the next person in line to do the same.



Outreach

Friday, May 12th, Hempstead, NY:

Coaches Lori Mangual and Ron Nardo put on a run, jump and throw program for the young athletes of the Hempstead PAL under the detection of Sheryl Roberts at Alverta B Gray Shultz (ABGS) middle school on May 12. The 62 athletes participated in a variety of different drills using the agility ladder, and then they learned the proper technique for throwing the turbo javelin and passing the relay baton. All the athletes received USATF Long Island medals for participating.

Ron Nardo
Chairman
Outreach Long Island



If you're interested in having a Run, Jump, Throw (RJT) program for your school or organization contact Outreach Coach Ron Nardo at outreach@longisland.usatf.org

Common Foot Injuries For Runners



By Dr. Jon DeGorter, Cold Spring Chiropractic

The foot is one of the most complex structures in the human body, containing 33 joints, 26 bones, and over a hundred muscles, tendons, and ligaments that must work together to support your body weight, absorb repetitive impacts, and propel your body forward. Given the intricacy and the amount of force and stress it absorbs, the potential for foot injuries for runners is not surprising.

Active Release Technique® (ART) can help relieve pain and improve function in the foot. ART® uses pressure to specific points on the muscles, tendons, and ligaments, to break up scar tissue and adhesions that cause pain and inflammation. ART® has shown to be effective treatment for a variety of foot problems, including:

- Plantar fasciitis - pain in the bottom of the heel caused by inflammation of the plantar fascia, a thick band of tissue that runs along the bottom of the foot.
- Achilles tendonitis - inflammation of the Achilles tendon, located on the back of the heel.
- Metatarsal stress fractures - fractures of the bones in the foot caused by repeated stress.

Once you experience foot pain, it is important to consult with a sports injury specialist experienced with running injuries to assess the injury and discuss treatment options to keep you running. Often people consider a podiatrist first when dealing with foot pain, and they can provide certain solutions that help. However, most podiatrists cannot address soft tissue injury, or weakness and imbalances in other areas that may be causing the foot problem. A sports certified chiropractor, on the other hand, can assess foot problems and provide treatment and will also take into consideration the entire body and the kinetic chain for sources that could be the root cause of the injury.

Active Release Technique® treats scar tissue and adhesions that are limiting movement and flexibility in the foot and the surrounding tissues. In conjunction with corrective exercises to address foot stability, strength, and arch support are critical to protecting the foot and supporting it will help avoid further injury and aggravation of it during training. Additionally a sports-certified chiropractor who specializes in running can analyze your gait to increase stride length, quicken your pace, and find the faults in your running pattern to identify why you are experiencing foot pain.

Active Release Technique® Helps You Recover Faster

Soft tissue restriction from injury, overuse or poor posture causes the muscle fibers to become shortened and tight. This results in pain, inflammation, and a decrease in range of motion. ART® releases these restrictions by lengthening the muscle fibers and restoring normal function. There are many benefits to treating foot pain and injury with ART®:

- Pain relief - ART® can help relieve the pain caused by a variety of foot problems, including plantar fasciitis, Achilles tendonitis, and metatarsal stress fractures.
- Improved function - ART® can help to improve range of motion, flexibility, and strength in the foot.
- Reduced inflammation - ART® can help to reduce inflammation and swelling in the foot.
- Improved circulation - ART® can improve circulation in the foot, which can help reduce pain and speed up healing.
- Increased range of motion - ART® can increase range of motion in the foot, which can help prevent future injuries.

Active Release Technique® has been very successful in treating foot pain, and is why many sports teams have ART® practitioners on staff to treat athletes who develop foot problems. A sports injury specialist will provide specific treatment through manipulation of the nerves and the bones of the foot to encourage the release of trapped nerves and contribute to healing with increased circulation. Recommended exercises and stretches help improve the strength and flexibility of the arches, ankles and feet.

Treatment may range from joint mobilization and alignment techniques, to massage, muscle and joint stretches, as well as taping. Chiropractic treatment to correct spinal alignment is beneficial so the weight of the body is evenly spread across the feet. Biomechanically engineered custom orthotics have helped many runners with a neuroma and other foot problems. You can get your custom-made Foot Levelers orthotics at Jonas Chiropractic. Insurance may cover the entire product, depending on your coverage.

Active Release Technique®, Graston Technique and Cold Laser therapy have been proven to be one of the most effective, safe, and completely natural methods to treat pain and balance the body. ART® combines intense active movement-based massage and joint mobilization techniques, which sets it apart from passive massage and physical therapy. At Cold Spring Chiropractic you receive a personal treatment plan geared to your training or recovery goals. We begin by understanding what you do, as it relates to your sport or daily activity, and create a plan with a goal. We are dedicated to keeping up with the most effective procedures that provide significant positive results. Our multidisciplinary approach leaves no stone unturned. Our approach is as unique as you are.

Dr. Jon DeGorter specializes in treating runners and triathletes, and is well versed in injury prevention and rehabilitation — keeping athletes doing what they like to do!



Remembering our Friends



Bob Hersh



Harry Penny



Todd Rowley



Otho Van Exel



Dan Badalament



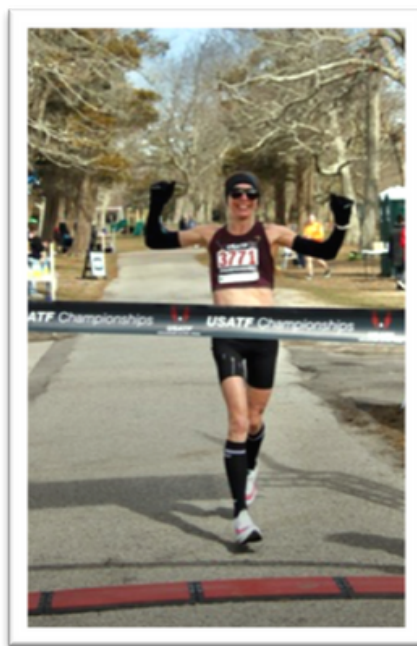
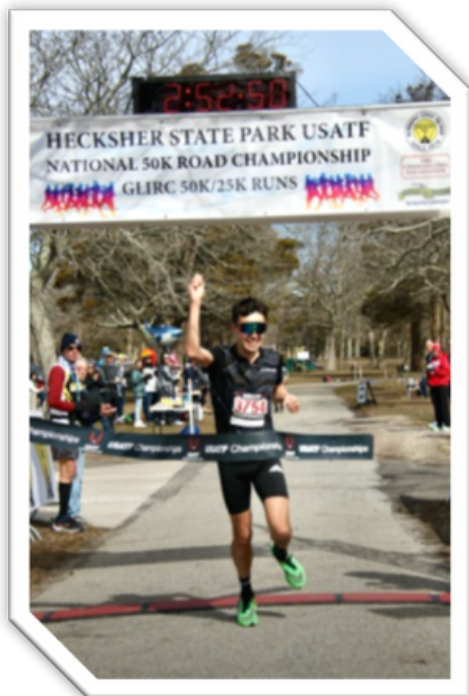
Gary Trezza



Howard Kestenbaum

Mountain-Ultra-Trail

With no mountains on Long Island, one ultra and one trail event were staged. The first one was on Sunday, March 12th, the USATF National 50K Championship, organized by GLIRC, took place at Heckscher State Park in East Islip. Elite runners from around the nation competed on the 5k loop course. First place in the men's division was Kallin Corolla Khan of Iowa City, Iowa, with a time of 2:52:49, and in the women's division, it was Andrea Pomaranski of Wolverine Lake, Michigan, with a time of 3:07:50, setting a new course record and claiming the \$1000 bonus to go along with her \$500 hundred dollars first place finish.



The second event was the 50k and 25k Long Island Greenbelt Trail Run on Saturday, May 13th, with runners competing through the northern part of the Greenbelt Trail, starting and finishing in Plainview. Coming in first in the men's 50K race was Peter Notarnicola with a time of 5:09:20 and Helen Huang winning the women's race with a time of 5:48:35. In the 25K race, Tim Lynch took the victory with a time of 2:12:59, and Julia Sidor won the women's race with a time of 2:20:25.

The Long Island Marathon on May 7th, it was USATF LI LDR open runner of the year, Jordan Daniel winning with a time of 2:21:06. Placing second was master's winner Sal Nastasi with a time of 2:42:31. On the Ladies' side it was Jennifer Zopp taking first place with a time of 3:08:32 and placing second was master winner Kelly Perno-Grosser with a time of 3:09:33.

See you on the trails!

Ronald L Nardo

USATF Long Island MUT Chairman



Masters Athletics

Greetings! It has been an exciting start to 2023, and we look forward to a full slate of events for the remainder of the year. First, I would like to acknowledge the athletes that we honored at our Annual Awards Brunch in February at Hofstra University.

2022 Athletes of the Year

Our Masters athletes had an exceptional year. All of our award winners ranked in the top 10 in the USA. We had a limited number of meets on LI, but our athletes traveled off Long Island and did very well. We had an excellent turnout at the USATF Masters Indoor National Championships, which took place at the Armory in Manhattan.

Men

Dale Drueckhammer (M60) – Stepping up to the 60-64 age group Dale set both indoor and outdoor USATF-LI records in the 800m. His 2:31.36 placed him 6th at the USATF Masters Indoor National Championships. He was also part of an Elitefeats M50-54 4x800m relay, which placed 3rd at the USATF Masters Indoor National Championships.

Ed Joyce (M85) – At the Masters Outdoor National Championships, Ed won gold in the Hammer and Silver in the Weight Throw. He also placed 4th in the Shot Put. In 2022 Ed set 7 USATF-LI age group records for throwing heavy objects.

Women

Kathy Martin (W70) – Kathy also moved into a new age group, 70-74. Like she had done many times before, she proceeded to re-write the record book. At the Indoor National Championships, she won gold in the 3000m, mile, and 800m. American record in the 3000m and a world record in the mile. One week later broke her own mile record with a time of 6:26.60. She was named the USATF Female 70-74 Athlete of the Year at the 2022 Annual Meeting in Orlando. She has not let up in 2023, setting the world record for the indoor 3000m of 12:30.48 and breaking her own mile record in 6:18.45. She also won her age group at the USATF XC Championships and had the highest age grade percentage for all runners.

Joyce Flynn (W75) – At the Indoor Championships, Joyce won gold in all 4 of the W75 events that she competed in; High Jump, Triple Jump, Long Jump, and 60m – all USATF-LI records.



Masters Athletics

Masters LDR (Masters from 40-59, Senior 60+) use age grading.

Male Masters – Keith Guilfoyle (M55) - You will find Keith near the top of the leaderboard in almost all races. Forget about his age; Keith consistently scores in the mid-eighties age-graded. He set a USATF-LI record for 10k at Aspire (37:07). And he has begun challenging himself on the national level. In March, Keith traveled to Syracuse for the USATF Masters Half-Marathon Championship, finishing 4th in his age group with a USATF-LI record of 1:21:59. He then went to NJ for the 12k Championship and got on the podium, placing 3rd in 44:45, a 6-minute flat pace.

Female Master – Nancy Tantone (W55) - Like Keith, you will also find Nancy's name near the top of the leaderboard, regardless of age. She is actually scoring in the high eighties/low nineties on an age-graded basis. She had a perfect score in the USATF-LI Grand Prix Series, winning her age group in all the races she entered.

Senior Male Master – Alan Baisch (M60) - Alan won his age group in all of his USATF-LI GP races, ranging in distances from the mile to half-marathon.

Senior Female Master – Susie Marnell (W67) - Looking back at past years' results, you can see that Susie is running as fast now as she was five years ago. In 2022 she was very consistent over a wide range of distances and nearly perfect in the Grand Prix races.

The John McManus Award is given to a Masters athlete who has excelled in competition and serves as a role model to athletes of all ages. Masters T&F begins at 35 years old. There is no end. We now have centenarians competing. Those athletes are setting the bar for the youngsters who follow them.

On Long Island, Ed Joyce does that for anyone who likes throwing heavy objects. Ed specializes in shot put, hammer, and weight throws. Now in the 85-89 age group, his name is all over the USATF-LI Masters record books. He is a many-time USATF Masters National Champion. And if you have a question or seek help about throwing heavy objects, he will be happy to help you.

At the 2023 USATF Masters Indoor National Championships in Lexington, KY, the USATF-LI women showed how it's done. Joy Flynn (W75) won 4 gold medals in the 60m, Long Jump, Triple Jump, and High Jump. Roxanne Brockner (W55) won 3 gold medals, sweeping the sprints; 60m, 200m, and 400m. Kathy Martin (W70) won 2 gold medals in the 3000m and mile. Also, congratulations to Dan Flynn (M75) for winning silver in the long jump and to Gary Muhrcke (M80) for being part of a World record 4x800m relay team.



Masters Athletics

Later in March, Roxanne Brockner traveled to Torun, Poland, to compete in the 2023 World Masters Indoor Championships. The meeting was seven days long, and she was very busy. She entered three individual events, which included heats and finals. Roxanne placed 7th in the 60m finals but was just warming up. She earned silver medals in both the 200m and 400m. She then teamed up with fellow American athletes to win gold medals in the W55 women's 4x200m and also in the mixed 4x200m. Unfortunately, Roxanne has a lingering injury that requires surgery. We wish her a speedy recovery and look forward to her returning to full strength.



Roxanne Brockner at the 2023 World Masters Indoor Championship 200m

We look forward to the USATF-LI Summer Series on Wednesdays. Check out our website in June for locations. Other meets of interest include the USATF Masters East Regional Meet on June 4 at Mansfield University in Mansfield, PA: <https://usatfmasters.org/upcoming-masters-track-and-field-events/2023-usatf-masters-mid-atlantic-east-region-outdoor-track-field-championships/> and the USATF Masters Outdoor Championships on July 20 to 23 in Greensboro, NC: <https://www.usatf.org/events/2023/2023-usatf-masters-outdoor-championships>

Rob Lemke
Vice-President & Masters Athletics Chairman



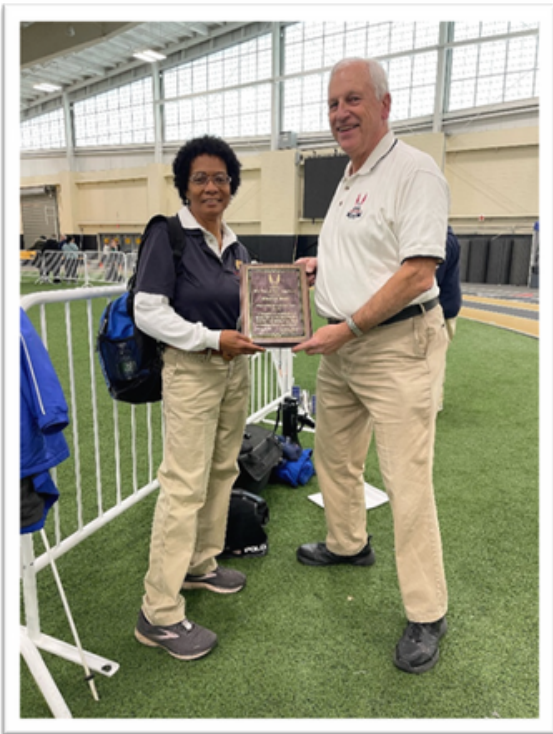
Officials

USATF-Long Island invites you to become a USATF Certified track & field official. USATF is the national governing body for the sport in the United States. The availability of certified officials is central to USATF's goal of ensuring safe and fair competition for all athletes. The sport of track & field depends on officials to conduct its competitions.

Certification Requirements:

- USATF Membership
- Officials' Application
- Open-book Rules Test
- Background Check
- SafeSport Training

2022 Official of the Year



Sheryl Hall

Presented by Officials Chairman George Erker



Track & Field

USATF LONG ISLAND 2023 SUMMER SERIES

Summer Track & Field Series meets:
June 28, July 12, 19, 26

Venues: Levittown Division, West Babylon, Port Washington, & Hauppauge High Schools.

TRACK EVENTS

Starts at 5:45
(events are all ages unless noted otherwise)

Mile Race Walk

One Race

200 (*FOT*)

1500

Sprint Hurdles

Must be checked in at start of Race Walk

Pee Wee 55

100m

800m

400m

FIELD EVENTS

5 attempts in jumps & throws
Masters start at 4:30pm | Y/O at 5:45

Long Jump

Triple Jump *to follow LJ*

High Jump *Lowest to Highest*

Shot Put

Discus

Javelin & Fin Javelin

Open Pit

AWARDS

Top 3 in all age groups.



In Person Registration Begins: 4:00 pm

Registration Fees

USATF Long Island Members: \$10/event

Non-Members: \$15/event

Relays: \$15

Pee Wee: \$3





2023 YOUTH ASSOCIATION CHAMPIONSHIPS & JUNIOR OLYMPIC QUALIFIER

Sunday, June 18, 2023 @ 10:00am

Register online at athletic.net by Friday, June 16th

Hauppauge High School

500 Lincoln Blvd, Hauppauge, NY 11788

Online Registration REQUIRED to Advance to the Region 1 Meet

USATF members MUST be AGE VERIFIED

Online Registration Ends Friday, June 16

Day of Registration begins @ 9:00am*

*Day of meet registrations cannot advance to the Region 1 meet.

Junior Olympic qualifiers MUST be USATF Long Island members.

Age Groups: 7/8 years thru 17/18 years

Entry Fees:

\$8 / event • \$26 / relays

Entry Instructions

USATF Long Island members only

1. Go to athletic.net to register or use the QR code
2. Payment must be made online at time of registration
3. Online registration ends Friday, June 16
 - a. Date of birth verification is required before registration
4. Only **6** athletes can be entered for the **Relay** in EACH group for EACH relay
5. If you qualify (finish in the top **8** in your event) and wish to advance to the **JUNIOR OLYMPIC REGIONAL** meet, you must declare ONLINE.
6. Information for **JUNIOR OLYMPIC REGIONALS** can be found at <https://newengland.usatf.org/events/2023/2023-usatf-region-1-junior-olympic-track-field-cha>



PLEASE NOTE: Multi-events will not be contested but you will still need to enter online to be waived to Regionals. You will need a seed for each event.



2023 YOUTH ASSOCIATION CHAMPIONSHIPS & JUNIOR OLYMPIC QUALIFIER

Sunday, June 18, 2023 @ 10:00am
Register online at athletic.net by Friday, June 16th
Hauppauge High School
500 Lincoln Blvd, Hauppauge, NY 11788

ORDER OF EVENTS

Sprint Hurdles (FOT)	2012 & up
4x800m Relay	2012 & up
400m	All
1500m	All
100m	All
200 400 Hurdles	2009/2010 2008 & up
Steeplechase	2007 & up
800m	All
4x400m Relay	All
1500m 3000m Race Walk	2014-2011 2010 & up
200m	All
3000m	2011 & up
4x100m Relay	All

FIELD EVENTS

High Jump	10:00 AM	2014 & up
Long Jump	10:00 AM	All
Pole Vault	10:00 AM	2010 & up
Triple Jump	11:30 AM	2010 & up
Shot Put	10:00 AM	All
Hammer	10:00 AM	
Discus	following hammer	2012 & up
Mini Javelin		2015-2013
Aero Javelin		2011-2012
Javelin		2010 & up

PLEASE NOTE: Multi-events will not be contested but you will still need to enter online to be waived to Regionals. You will need a seed for each event.

YOUTH AGE GROUPS

AGE	BIRTH YEAR	AGE	BIRTH YEAR
7-8	2015+*	9-10	2013-2014
11-12	2011-2012	13-14	2009-2010
15-16	2007-2008	17-18	2005-2006**

*Note: Per USATF Rule 300.1 (c), "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

**Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.

USATF REGION 1 **Junior Olympic Championship Meet**

Information for Region 1 meet

USATF Region 1 Junior Olympic Championship Meet

Hosted by the USATF Adirondack Association

Date: July 6-9, 2023 (The meet may run July 7-9)

Location: Taconic Hills High School, Craryville, New York (South of Albany)

Region 1 is comprised of **6** associations in the Northeast - New England, Maine, Connecticut, Adirondack, New York, and Long Island.

Region 1 Meet Registration

Will open after association championships are completed

Entry deadline will be Monday, July 3

Qualifying for Nationals: The top 8 finishers in each event in each age group qualify for the National Junior Olympic Championship meet July 24-30 in Eugene, Oregon.

<https://newengland.usatf.org/events/2023/2023-usatf-region-1-junior-olympic-track-field-cha>

Don't Forget to Renew Your Membership!

WHY JOIN USATF LONG ISLAND?

- Support USATF Long Island programs at all levels
- Compete in local, regional & national USATF events
- Entry into our LDR, XC & Masters Grand Prix
- Live and On-Demand Event Streaming
- Coaching Education Classes
- Sport accident insurance

HOW DOES YOUR MEMBERSHIP HELP USATF?

- As a member of USATF Long Island, you help support and grow your sport
- You help youth athletes travel to events and develop new life skills
- You encourage masters athletes to set new records and become world champions
- You support coaches and officials gain knowledge of the sport
- You help USATF's Elite Athletes make it to the Olympic Games

CLUB MEMBERSHIP

- As a club/organization, your membership provides recognition as a USATF club
- You receive liability insurance during registered club practices
- You have the right to enter individuals and teams at USATF Championship events

USATF VIP MEMBERSHIP (\$150)

- Combines all the benefits of USATF Adult Membership with additional elite benefits
- Exclusive virtual events & early ticket purchase alerts
- Team USATF online store early access, and more!
- This membership is available to adult members only.

Membership Fees:

Youth \$30

Adult \$55

