



National governing body for track & field, race walking, cross country running, and long distance running.

New member Renewal from last year

Remit to:

LITF/John Martin
P.O. Box 504
Old Bethpage, NY 11804
FEE: \$29.95 Adult \$19.95 Youth

MEMBERSHIP NUMBER
Your new membership number will be affixed in this space.

Association date of birth verification

LAST NAME FIRST NAME INITIAL

ADDRESS

CITY STATE ZIP ZIP PLUS FOUR

Check here if you do not want your address used as part of a direct mail list.

SEX M/F

DATE OF BIRTH

M M D D Y Y

Make sure date of birth is verified at left if necessary.

USA CITIZEN? IF NO, COUNTRY OR CITIZENSHIP

PHONE

NUMBER

CLUB NUMBER

CLUB NAME

EMAIL

MEMBERSHIP CATEGORY CODES

AMOUNT ENCLOSED

Fees: Adult Youth (18 & under)

1-yr \$29.95 \$19.95

2-yr \$54.95 \$39.90

3-yr \$79.95 \$59.85

4-yr \$99.95 \$79.80

Contributions \$ _____

Tax-deductible

Unrestricted

National Programs

Local Association

Total \$ _____

SIGNATURE

M M D D Y Y

Please leave these boxes blank.

Please check all applicable sport codes here.

- T F RR XC U MT RW
- OF Official-uncertified CH Coach-uncertified
- OA Official-Association certified CD Coach-Developmental certified
- ON Official-National certified C1 Coach-Level I certified
- OM Official-Master certified C2 Coach-Level II certified
- AD Administrator C3 Coach-Level III certified
- AT Athlete PA Parent
- DA Disabled Athlete*

USATF-Long Island

MISSION: The USATF-LI Long Distance Running Grand Prix has been designed to encourage broad participation and club/team awareness and, at the same time provide exciting competition in all age groups. All Grand Prix events are subject to USATF competition rules.

WHO IS ELIGIBLE TO PARTICIPATE: All members of USATF are eligible to participate on an individual basis.

MEMBERSHIP FEES: The annual USATF membership fees are \$29.95 for adults and \$19.95 for youth. For your convenience, multi-year memberships are available and appear on the membership form included in this brochure.

PARTICIPATION REQUIREMENTS FOR ATHLETES

Athletes must participate in a minimum of 3 races in order to score points in the Grand Prix Series.

If a person competes in more than 8 Grand Prix races, only the highest 8 shall be counted.

Each athlete's age as of the first Grand Prix event on March 13, 2010 determines the age group for which accumulated points will be awarded.

SCORING: POINTS WILL BE AWARDED TO:

- the top 30 male and female athletes in each of the following categories: 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+
- the top 5 male and female wheelchair athletes in each event.

POINT DISTRIBUTION:

Points will be distributed as shown on the chart below.

1.....100	6.....77	11.....62	16.....47	21.....32	26.....18
2.....90	7.....74	12.....59	17.....44	22.....29	27.....16
3.....86	8.....71	13.....56	18.....41	23.....26	28.....14
4.....83	9.....68	14.....53	19.....38	24.....23	29.....12
5.....80	10.....65	15.....50	20.....35	25.....20	30.....10

TEAM COMPETITION RULES: Membership on a team shall be subject to the regulations as set by USATF.

- Categories for team competition are Open M/F, Masters M/F, Senior 60+ M/F.
- All teams and clubs entering the team competition must be registered members of USATF-LI.
- A team/club membership roster must be on file with USATF-LI. Additions and deletions to the roster may be made during the season. Title IX rules apply.
- Teams/clubs must compete in a minimum of 5 Grand Prix Series designated team races.
- Only one team per category (Open M/F, Masters M/F, Senior 60+ M/F) will be scored for a club.
- The Grand Prix team scoring will consist of the top 4 open males, 4 open females, 4 masters males and 3 masters females, the top three 60+, males and females. There is no limit to the number of people listed on a team, but each team participant must have an individual membership in USATF-Long Island. If the race distance is a marathon or greater, only three team members will be scored in any category.
- A competitor cannot compete for more than one club. As per USATF rules, a 90-day waiting period will be enforced when a USATF registered athlete changes teams. The 90 days begins on the date when the athlete last competed for their departing team.
- A masters runner may score on an open team for the entire year if he or she is listed on the roster of that open team OR may compete for an open team for a particular event by submitting written notification at the Grand Prix event of their intent to do so at least 15 minutes before the start of the race.
- A club member who has not been listed on a team roster who is a member of the USATF-Long Island may be used to fill in on race day if notification is given to a member of the Grand Prix Committee at least 15 minutes before the start of an event.
- Grand Prix Series team awards are independent of race team awards presented at a Grand Prix Series designated team race.

AWARDS: Individuals and teams with the highest number of points in their age category will receive awards. Running shoes, courtesy of the Runner's Edge, will be given to the top male and female winners in each of the following age groups: 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+. Other gifts will be awarded to places 2-5 in each category.

Team Awards - Prize money will be given to the top 5 open and masters teams (male and female).

TEAM PRIZE STRUCTURE

Open Teams M/F	\$475	\$225	\$125	\$75	\$50
Masters Teams M/F 40-59	\$475	\$225	\$125	\$75	\$50
Senior Teams M/F 60+	\$100 for first place only.				

THE RACES: The Grand Prix Series will begin in March and end in November.

All challenges to race scoring must be made within 60 days of race date. Questions are directed to Dennis Boyd at siamezzz@aol.com e-mail preferred, or write: Dennis Boyd, 25 Concerto Court, Eastport, NY, 11941.

RAFFLE: All USATF- Long Island members who participate in a Grand Prix race will be eligible to win one of ten free entries to the next Grand Prix race. The winners will be selected at random from all LITF members 18 years of age or older. Entries will be good for the next Grand Prix race only. Entries are transferable.

SUPER RAFFLE: At next year's Awards Brunch, a cash prize raffle will take place.

ATHLETE DEVELOPMENTAL PROGRAM (ADP): SATF-LI is actively supporting the USATF Athlete Developmental Program (ADP). This program is intended to assist in the development of the next generation of great American distance runners. USATF-LI takes this successful national program a step further by providing direct assistance to our own association athletes. ISATF-LI associations athletes who can meet the minimum standards as set by the USATF-LI LDR committee, in two Grand Prix races, at two different distances, will each receive a \$500 award one time per year. The award's purpose is to assist the qualifying athlete in their training and travel expenses to national championship events.

STANDARDS

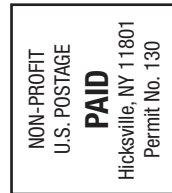
	Mile	5km	8km	10km	15km
Men	4:18	14:50	24:50	30:50	48:30
Women	4:50	17:15	28:50	36:50	56:00
	10 mile	20km	½ marathon	Marathon	
Men	51:40	1:04:30	1:09:00	2:25:00	
Women	59:50	1:15:00	1:19:30	2:52:00	

GRAND PRIX RACES – 2010

brought to you thanks to the help of The Runners Edge

- Sat. 3/13** **Kings Park 15K**
T,C Kings Park • Steven Toto • (516) 349-7646
- Sat. 3/27** **Nationwide 10K Run For A.S.P.I.R.E.**
T,C Plainview • Bob Windorf • (516) 349-7646
- Sun. 3/28** **Suffolk ½ Marathon**
Selden • Nick Spilotis • (631) 757-7700
- Sun. 4/11** **Marcie Mazzola 5K**
Huntington • Pam Jones-Hill • (631) 929-3065
- Sun. 5/9** **Elizabeth McNamee 5K Memorial Run**
R West Islip • Maria McNamee • (631) 321-0806
- Sat. 5/29** **RunDay 5K**
T Hicksville • Carl Grossbard • (516) 822-6111
- Thu. 6/10** **David Lerner Police Appreciation 5K**
Eisenhower Park • Ira Eskow • (516) 349-7646
- Sun. 6/13** **New Hyde Park 8K**
T,C New Hyde Park • Harold Axelrod • (917) 750-5992
- Sat. 6/19** **Schwachman Diamond Dash 5K**
R Sayville • Jennifer Kolar • (631) 218-8813
- Sun. 6/27** **Massapequa Firecracker 5K**
T Massapequa • Alex Flyntz • (516) 796-1900
- Sun. 7/4** **Bellmore Striders Independence Day 4 Mile Run**
Bellmore • Alex Cuzzo • (516) 652-3555
- Sat. 7/17** **Arrow Exterminating Women's 5K Run**
T,C, R (women) Farmingdale • Debbie Blair • (516) 349-7646
- Sun. 7/18** **Thunder Run 5K**
T,C, R (men) Lake Ronkonkoma • Raymond Willis • (631) 730-2861
- Sat. 8/7** **Merchants Mile**
T Massapequa Park • Gene Leahy • (516) 221-3947
- Mon. 8/16** **Brentwood Cookie 5K Run**
R Brentwood • Jay Satenstein • (631) 859-0338
- Sat. 9/4** **Farmingdale Mile**
T,C Farmingdale • Bob Cook • (516) 420-7963
- Sat. 10/16** **TOB Supervisor's Oyster Festival 5K**
T Oyster Bay • Mike Polansky • (516) 349-7646
- Sun. 10/24** **Blazing Trails for Autism 4 Mile Run**
T Great Neck • Robyn Schneider • (516) 349-7646
- Sat. 11/20** **Fly With the Owls 4 Mile Run**
T Lynbrook • Cathy Papandrew • (516) 596-8848

T – Team Events C – USATF-Long Island Championships
Race Walk Events – to be determined
Marathon/Half Marathon Championships – To be determined



USATF-Long Island
P.O. Box 504
Old Bethpage, NY 11804

GRAND PRIX SERIES OF LONG DISTANCE RUNNING



Sponsored by:



242 Main St. • Farmingdale, NY 11735
(516) 420-7963 • www.runnersedgeny.com

With the support of:

Alien Canopy, Inc.
Greater Long Island Running Club
Finish Line Road Race Technicians
Scoring provided by:
Dennis Boyd 631-801-2043

For information contact USATF-Long Island at
(516) 349-9157 • www.long-island.usatf.org