

INSIDE THIS ISSUE:

ELITE HOSTS 2 EVENTS 2

WINTER: AAU NORTHEAST 2

USATF ATHLETE OF THE YEAR 2

ALUMNI NEWS 3

COLGATE FINALISTS 3

OPEN REGISTRATION 3

CROSS COUNTRY RECAP 4

2009 AAU NATIONAL CLUB CHAMPIONSHIPS

"The Elite National Team" consisting of 20 athletes, descended upon Orlando FL. to participate in the AAU National Club Championships during the week of July 5th. Despite the hot, humid, and rainy weather our athletes represented themselves well in the spotlight of national competition by posting commendable results. Performances resulting in National Medals were accomplished by Nathan Walkes in the 3000M, Steven Payne in the 1500M, and Victoria Steele in the Long Jump. There were 7 other instances where several athletes missed a medal position by 1 or 2 places, never the less overall it was a successful trip and national event.



2009 SPRING/SUMMER ELITE RUNNERS NATIONAL TEAM

- KELIS BATTLE
- DEVINE VANDROSS
- SHAWN JAISON
- CARLA GRAY
- AYANNA FOWLER
- STEPHANIE BRITTON
- VICTORIA STEELE
- NADIA HERNANDEZ-
- RYAN MINOR
- KEILE BATTLE
- BRITTANY GREEN
- MYANDA RUIZ
- KEITH GRAY
- JORDYN SMITH
- JOEL SHUMATE
- YUL RUIZ

2009 AAU CLUB CHAMPS

- MARKUS BAGLEY
- ALLAN BROUSSARD
- NATHAN WALKES
- STEVEN PAYNE

ELITE EXCELS AT STATE & REGIONAL CHAMPIONSHIPS

The Elite Runners experience their finest season in their 5 year history; several athletes excelled during the Championship Season consisting of State and Regional Championships sanctioned by AAU and USATF. At the AAU District Championships held in New Brunswick on June 7th, a total of 20 Championships were won in addition to several top 3 finishes. The USATF State Championship held in Cape May the weekend of June 11 - 12, there were 3 State Championships won. The AAU Regional Championships held in White Plains, NY held during the weekend of 26 -27, 11 championships were won and again several top 3 finishers who also qualified as Junior Olympic contestants. Overall this was an outstanding performance by the entire team. Listed below are our Champions from the events noted:

- CHARLES BAKOS- AAU District, USATF State
- QUINTEN STONE - AAU District
- MIKAYLA STONE - AAU District. / USATF State
- AYANNA ABDUL'AHAD - AAU District
- TATYANA BUTLER - AAU District / Regional
- NAOMI GULAMA - AAU District
- BRITTANY GREEN - AAU District / Regional
- YUL RUIZ - AAU Regional
- ALAN BROUSSARD - AAU Regional
- KEITH GRAY - AAU District
- STEVEN PAYNE - AAU Regional
- KELIS BATTLE- AAU District
- AMAYA CHADWICK - AAU District
- AYANNA FOWLER - AAU District
- STEPHANIE BRITTON - AAU District / Regional
- CARLA GRAY—AAU District / Regional
- SHAWN JAISON - AAU Regional
- JOEL SHUMATE - AAU District / Regional
- VICTORIA STEELE—AAU District / Regional

ELITE PARENTS HOST 2 MEETS



Bantam Girls
4 x 100

The difference between the impossible and the possible lies in a person's determination.



This Spring the Elite Runners staff and Parents had the opportunity to host two events at Woodbridge HS. May 3rd featured the 3rd Annual NJ Invitational and included several hundred athletes from the tri state area from the ages 6 - 18, open, and masters. The constant rain and cool weather made for a difficult venue for the athletes however the elements were overcome as the "athletes toughed it out". The following week featured the 2nd Annual Pee Wee Meet for the younger athletes ages 5 - 9. Sanctioned by AAU and part of the grass roots movement to promote the sport and provide an opportunity for young members of our community to start an active and healthy lifestyle and include exercise early in their childhood. Over 200 youngsters registered for the event with some athletes from as far away as Virginia. Special thanks goes out to our Elite Parents whom without their support and assistance it would not have been possible to host either event. Also to Woodbridge HS for enabling the use of their beautiful athletic facility.

WINTER: AAU NORTHEAST

The 2009 Winter Season ended with the Elite athletes participating in the AAU Northeast Championships held at Harvard University over President's Day weekend. Over 600 athletes from NY, NJ, PA, and MA and including 18 from the Elite Runners winter squad. Our squad trained very hard during the winter months and their efforts showed with several excellent performances. Highlights of the meet were:

MEDAL WINNERS

KELIS BATTLE - 100m (3rd)

EMILY SHIBATA - 1500m (2nd) / 3000m (1st)

TATYANA BUTLER - 100m (2nd)

BRITTANY GREEN - 55 HH (2nd)

CHARLES BAKOS - 400m (1st) / 800m (1st)

JOEY GIBARDI - 400m (2nd) / 800m (2nd)

MARKUS BAGLEY - 200m (3rd)

STEVEN PAYNE - 800m (3rd)

RYAN MINOR - 800m (2nd)

SHAWN JAISON - 400m (3rd)

KAIVAL DESHPANDE - 1500m (1st) / 3000m (1)

NATHAN WALKES - 3000m (3rd)

VICTORIA STEELE: USATF ATHLETE

OF THE YEAR

Seventeen year old Victoria Steele received the illustrious honor as the recipient of the USATF Athlete of the Year Award during the USATF Annual Ceremony in January. Victoria was recognized for her tremendous performances at the USATF State Championship where she doubled as the Long Jump and Triple Jump Champion in the Intermediate Age Division. "Vickie" is a member of the Woodbridge High

School track team and recently completed a successful junior year in which she placed in each of the high school championship meets and participated in the NJ Meet of Champions. Vickie congratulations on your award!!!

ELITE RUNNERS ALUMNI NEWS

Great job by our alumni boys and girls competing in this seasons high school spring championships,

Highlights of the 2009 High School Spring Season:

GMC CHAMPS

JORDYN SMITH - 100m (3rd)
 NADIA HERNANDEZ - 400m IH (2nd)
 VICTORIA TUDOR - 200m (1st)
 MARIE BLONDIN - 400m (2nd)
 VICTORIA STEELE - LJ (3rd) / TJ (5th)
 JOEL SHUMATE - 100m (3rd)
 ALAN BROUSSARD - 110 HH (2nd)

NJSIAA SECTIONAL CHAMPS

NADIA HERNANDEZ - 400 IH (4th)
 MARIE BLONDIN - 800m (4th) / 800m (6th)
 JORDYN SMITH - 100m (4th)
 VICTORIA STEELE - LJ (3rd) / TJ (2nd)
 ALAN BROUSSARD - 110 HH (3rd)
 YUL RUIZ - TJ (4th)

NJSIAA GROUP CHAMPS

VICTORIA STEEL - LJ (3RD)

MEET OF CHAMPS

VICTORIA STEEL - LJ

HONORABLE MENTION

D'ASHIA SMITH
 MAXINE WAGENHOFFER
 MOHAMMED CHEEMA
 SHAWN JAISON
 NATHAN WALKES
 MELISSA RACK

"To give yourself the best possible chance of playing to your potential, you must prepare for every eventuality . That means practice."

K.K and Britt Green in action.

2009 COLGATE FINALISTS

Elite Runners once again were represented at the Finals for the Colgate Games held at Madison Square Garden in February. Athletes participating this year were Kelis Battle competing in the 55M in the Elementary Age Group. Also competing was Brittany Green in the 55m HH in the Middle School Division. Both ath-

letes battled through a series of qualifier meets held at Pratt University against other athletes from the Northeast and Southern states to qualify for the finals. Nice job KK and Britt!! We look forward to seeing you at next year's Finals!!!



2009 - 2010 SEASONS OPEN REGISTRATION

Registration is now open for the upcoming seasons during 2009 thru 2010. New this year is a **Strength & Conditioning** program for athletes interested in maintaining their physical fitness during the off-season. In addition "Elite" will

continue with their traditional Cross Country, Winter, and Spring/Summer programs with details following below. Each season is available as a single unit or they may also be combined in packages at significant savings to you.

The program caters to all athletes with various skill levels; from beginner to those at an advanced level and preparing for a higher level of training and competition. Many athletes have started at the Beginner level and through training advanced to National events held nationwide; **this could be you.**

Email eliterunners@comcast.net for additional details



ELITE RUNNERS TRACK CLUB

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The Elite Runners Track & Field Club is a non-profit 501 (c)(3) youth organization serving members from several communities in the Central Middlesex and Union County areas. Male and female athletes in ages ranging from 6 - 18 and regardless of athletic ability or prior experience are invited to attend and participate in a year round program consisting of 3 seasons: Cross Country, Winter Track, and Spring/Summer Track. The track club's purpose is to represent the efforts of concerned professionals & nonprofessionals who believe that incorporating athletic ability into friendly organized competition results in the effective development of youth in assuming productive and responsible roles within their homes, schools, and communities.

www.elite-runners.net

2008 CROSS COUNTRY

The 2008 Cross Country Team, led by Head Coach Diniz Cordeiro, was the largest and finest in "Elite" history. The roster included 30 athletes whom started training in the sweltering heat of mid August and ran through a series of meets spanning the cold winter months of November/ December. After a series of races held at Holmdel Park, the squad was ready for the Championship season ahead starting with the USATF State Championship held at Stockton University. The fast course played to the strengths of the Elite athletes with many top 10 finishes by Joseph Gibardi Charles Bakos, Steven Payne, Keith Gray, Brittany Gasser, Abner Moenda, Stephanie Britton, and Nathan Walkes. These and several others advanced to the next round being the USATF Regional Championships, held in the midst of a snowstorm and with a foot of snow already on the ground. The elements and the competition was tough

but our athletes proved to be tougher with commendable top 10 finishes by Brittany Gasser, Charles Bakos, and Steven Payne.

The season ended with the Cross Country Coaches National Championships held in West Chester, Ohio



Emily, Ajay, and Brittany prepare for their race.

on December###. It was a very cold day with temperatures consistently under 20 degrees not including the wind chill. Despite the elements Elite recorded it's first National Championships with victories by Steven Payne in the 9 Year Old Division and Charles Bakos in the 8 Year Old Division. Other medal winners were Emily Shibata and Jaspal Singh. Great season once again!!

ELITE RUNNERS XC NATIONAL TEAM

BRITTANY GASSER

CHARLES BAKOS

STEVEN PAYNE

JASPAL SINGH

RAHI NIGAM

EMILY SHIBATA

NATHAN WALKES

NOEL WALKES