

# VS ATHLETICS

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## T R A C K C L U B

November 27, 2006

### VS ATHLETES PREP FOR NATIONAL CROSS COUNTRY CHAMPIONSHIPS AT DANA POINT AND PHOENIX TURKEY TROTS

DANA POINT, CA—VS Athletics team members **Rafer Weaver**, **Roseline Addo-Agboke**, **Chris Gentile** and **Genevieve Graff-Ermeling** passed up a rare mid-week opportunity to sleep-in on Thanksgiving morning to toe the starting line of two major West Coast road races in preparation for the 2006 USATF National Club Cross Country Championships in 2-weeks at Golden Gate Park in San Francisco. At the 29<sup>th</sup> annual **Dana Point Turkey Trot** in Orange County—one of the largest Thanksgiving Day races in America—800 meter specialist **Rafer Weaver** ran his first-ever 10K. As is his current *modus operandi*, he arrived a full 8-minutes before the scheduled start of his race, yet placed a creditable 48<sup>th</sup> in the field of 1,831 finishers. With almost no warm-up he ran the last 5K almost a minute faster than the first 5K and crossed the finish line in 36:55. “That exceeded my expectations, said VS Athletics Club Director and Distance Coach, Skip Stolley. But, I’m going to get Rafer operating on “Stolley Time” if it kills me!”



In the Open Women’s 5K, **Roseline Agboke** followed her Southern California cross country title with a 4<sup>th</sup> place finish and a 5K PR of 17:35. The race was won by 2006 U.S. 5000 meter champion, Lauren Fleshman.

Teammate **Chris Gentile** (left), a 2000 Olympic Trials finalist at 1500 meters, placed 11<sup>th</sup> overall in 19:00 as both Chris and Roz won their 5-year age groups. “Six hours after the race, Chris was down with the flu, and a course with three U-turns that doubles back against itself is not a fast track, Skip Stolley noted. So all things considered, I’m pleased with our times and placings.”

Meanwhile, 400-miles away in Phoenix, Arizona, **Genevieve Graff-Ermeling** was placing 2<sup>nd</sup> in a field of 1,078 female finishers at the annual **Mesa Family Turkey Trot** (altitude 1,200ft). Gen ran a season best of 37:00 between Duke University star *Sally Meyerhoff*, a Tempe, AZ native who was a 2006 NCAA Cross Country All-American this fall and had a best of 33:39.53 for 10,000m on the track last spring...and 3<sup>rd</sup> place finisher *Laura Chappell*, who was a PAC-10 star while at UCLA.

**For complete results, visit:**

<http://runraceresults.com/races.asp?ID=RCEL2006>

<http://www.raceplaceevents.com/ttt06res.htm>

2006 VS Athletics Track Club Cross Country Schedule:

**Saturday, December 9**

**USATF National Club Cross Country Championships,**  
*Golden Gate Park, San Francisco*

Athletes interested in joining  
the VS Athletics Track Club  
are invited to contact:

**Skip Stolley**

**Director/ Assistant Coach**

**VS ATHLETICS Track Club**

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