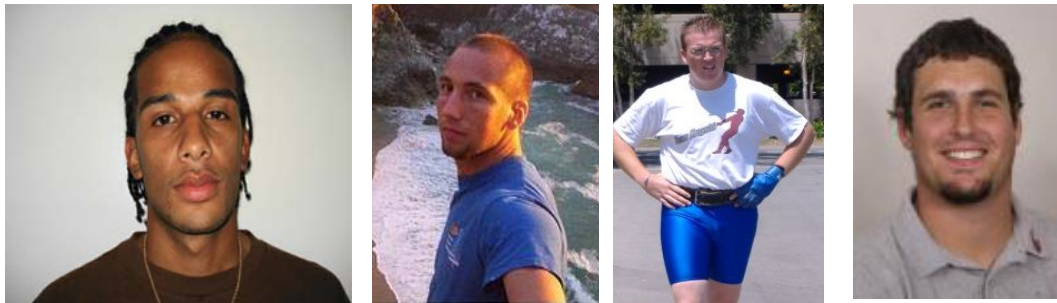




May 19, 2007

LARRY CARR, KASEY BURLINGHAM, TREVOR KRAYCHIR & SAM LIGHTBODY TUNE-UP FOR SO CAL CHAMPIONSHIPS WITH WINS AT LONG BEACH

LONG BEACH, CA—Middle distance runner **Larry Carr**, vaulter **Kasey Burlingham**, hammer thrower **Trevor Kraychir** and discus thrower **Sam Lightbody** led a small contingent of eight VS athletes competing at the 22nd annual **Southern California Striders Meet of Champions** at Long Beach State—a final tune-up meet before the Jim Bush Southern California USATF Championships on June 3.



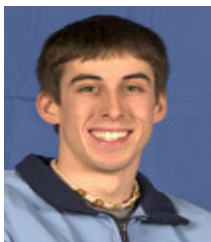
Throwing the 12lb. high school implement, **Trevor Kraychir** got the day started with a win in the Men's Hammer Throw, recording a PR **215' 2"** (65.59m). In 2nd place at **200' 2"** (61.02m) was younger brother **Trent Kraychir**. Trevor and Trent are in their senior and junior years respectively at Twentynine Palms High School and currently rank #5 and #7 on the U.S. High School performance list for 2007. In the Women's Hammer Throw their sister **Casey Kraychir** (the National H.S. Freshman record holder) placed 2nd at **171' 0"** (52.12m).

In the Men's Pole Vault, **Kasey Burlingham** won at **16' 8 ¾"** (5.10m) and had one really good attempt at what would have been a new PR height of 17' 3". In the Men's Discus, **Sam Lightbody** threw **182' 7"** (55.66)—just short of his 185'5" PR, but had a great series with 4 throws over 180'.

On the track, 800m specialist **Larry Carr** moved up to the 1500 where he won a tactical race in **4:05.30** with a big sprint over the final 150m. In the Men's 800 meters, **Rafer Weaver** finished 2nd in **1:54.34** (just off his 1:54.18 PR) with VS teammate **Jon Collins** 3rd in **1:54.95**.

VS WELCOMES TWO MORE NEW TEAM MEMBERS

The VS Athletics Track Club has announced the addition of two more athletes:



PAUL RUPPRECHT (pronounced RUP-recked) is preparing to enter graduate school at UCLA. He received a B.S. degree from the University of Maine in 2006 with a major in Kinesiology and Physical Education. Paul was a Maine Scholar-Athlete gold medalist, the New England runner-up in the 1000m indoors and 3rd place finisher in the Mile at the 2006 American East Conference Championships. His professional goal is to become an NCAA Division-I track coach. His athletic goal is to qualify for the 2008 U.S. Olympic Trials. He has PR's of **1:52.22** for 800 meters and **3:51.44** for 1500 meters.



DENNIS DRISDOM is a 2004 graduate of Dominquez High School and currently completing his AA degree in business management at Cerritos College—where he has dropped his 800m best 11-seconds to 1:56.13. Dennis plans to transfer to a 4-year school to complete his collegiate eligibility in either the spring or fall of 2008. His professional goal is to become an electrician or real estate executive. His athletic goal is to qualify for the U.S. Championships and Olympic Trials. He has a PR of **1:56.13** for 800 meters and 400m relay leg best of **49.3**.

“Paul and Dennis are great additions to our growing Men’s Middle and Long Distance Corps, says Club Director and Distance Coach Skip Stolley. I think Paul is going to thrive in Southern California’s ultra-competitive distance running environment, and Dennis has ‘scary’ speed and middle distance talent that has just begun to surface.”

WHAT’S NEXT

- Sunday, June 3: **USATF Jim Bush Southern California Championships & West Region Championships** at Occidental College

The USATF Regional Championships are scored meets among USATF Clubs prior to the 2007 USATF National Club Track & Field Championships in July. The West Region Championships is open to all competitors. However, only USATF club members from the following Associations are eligible to score in the West Region Championships: *Alaska, Arizona, Border (SW Texas), Central California, Colorado, Hawaii, Inland Northwest, Montana, Nevada, New Mexico, Oregon, Pacific (Northern California), Pacific Northwest, San Diego-Imperial, Snake River (Southern Idaho), Southern California, Utah, and Wyoming.* Regional Championships are also being contested in the North, South, and Eastern United States. Prize money to defray expenses to the National Club Championships is awarded to the winning men’s and women’s club teams.

In 2006, the VS Athletics Track Club placed 3rd in both the Men’s and Women’s team scoring at the West Region Championships.

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

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