

NEWS

Abbey Karin and Joseph Kruy Named USATF – New England Athletes of the Month for July



Photo: Michael Karin

BOSTON – **Abbey Karin**, age 16 of Byfield, MA and **Joseph Kruy**, age 13 of Sudbury, MA, who competes for the Nitehawks Sports Club, have been named USA Track & Field – New England's Athletes of the Month for July 2007. Competing at the Junior Olympic National championships, held at Mt. San Antonio College (Mt. SAC) in Walnut, CA July 24-29, Karin won a silver medal in the Intermediate Girls division javelin and Kruy won a bronze medal in the Youth Boys division pentathlon.

Karin will enter her junior year at Governors Academy this fall. She is an honor student whose favorite subjects are English and History. At Mt. SAC, her best throw was 42.28m (138' 8"). Her sister Tara, a year older, is also an accomplished javelin thrower at Governors Academy,



Photo: Peter Kruy

and Abbey indicated that they both push and support each other. She credited her coach, **Tom Petranoff**, a past U.S. Olympian and former world record holder in the javelin, for aiding her technical development and for making training enjoyable with his inventive methods. She said that to develop dynamic strength for throwing, Petranoff has his athletes throw various objects such as tires and sledgehammers. Karin and her sister travel to Rhode Island once a week to train with Petranoff, and Karin noted the high level of family support this involves.

Asked about goals for the future, Karin said she wants to keep improving her personal best and continue to be one of the best in the nation of her age group. Eventually she hopes to make the U.S. Olympic team and, if possible, to have a post-collegiate career.

Kruy will enter 8th grade at Catholic Memorial in Boston this fall. In addition to his 3rd place finish at the Junior Olympic nationals, he placed 2nd in the pentathlon at the USA Youth Outdoor National Track & Field Championships held in Chicago July 3-8. The youth pentathlon consists of the long jump, shot put, high jump, 100m hurdles, and the 1500m run. Kruy placed well in each event at the JOs, but his strongest performance was in the 100m hurdles where his 15.0 clocking was just 1/10th of a second off the best time.

Amazingly, Kruy who also stars in football and lacrosse, is in his first full year of track & field competition. Initially he thought of track & field as conditioning for other sports but, as he improved, he decided to train hard and enter championship meets. Despite his obvious talent in multiple events, he plans to focus primarily on the hurdles and sprints in the near future. For high school, he's established a goal to compete in the high hurdles at the Nike national championships.

Athlete of the Month
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outstanding performers
at all levels of the
sport. USATF-NE will
name a new honoree
each month and feature
the athlete on the
USATF-NE website.