

Edinboro University
CROSS COUNTRY

1990

COLLEGE ARCHIVES



*Men's and Women's
Cross Country*

MEDIA GUIDE

MEN AND WOMEN'S
1990 Cross Country Schedule

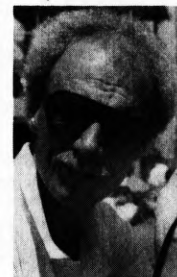
Sept.	8	Buffalo	Away
Sept.	22	Dartmouth, Houston, Wake Forest, William and Mary	Away
Oct.	5	Notre Dame	Away
Oct.	13	Northwest, PA	Home 11 a.m.
Oct.	20	Albany, Cornell, or Cincinnati (women only)	Away
Oct.	27	PSAC Championships (Slippery Rock)	Away
Nov.	3	NCAA Div. II Regionals Bryant College, Providence, RI	Away
Nov.	17	NCAA Div. II Nationals (Humboldt, CA)	Away
Nov.	24	TAC Raleigh, NC	Away

1991 Track and Field Schedule

Jan.	11	Baldwin-Wallace Open	Away
Jan.	17	Baldwin-Wallace Relays	Away
Jan.	26	CANAM	Away
Feb.	1	Slippery Rock Open	Away
Feb.	8-9	Toronto Championships	Away
Feb.	16	Knights of Columbus	Away
Feb.	23	Slippery Rock Relays	Away
Feb.	28	Eastern Michigan	Away
March	2	University of Michigan	Away
March	8-9	NCAA Division II Indoor Championships	
March	22-23	North Carolina State Relays	Away
March	29-30	Colonial Relays	Away
April	6	Akron University	Home
April	11-13	Dogwood Relays	Away
April	20	Slippery Rock Open	Away
April	21-22	N.W. PA Decathlon/Heptathlon	Home
April	23	N.W. PA Qualifier I	Home
April	25-26	Penn Relays	Away
April	27	Baldwin-Wallace Invites	Away
April	29	N.W. PA Qualifier II	Home
May	3	Baldwin-Wallace Quad	Away
May	9-11	PSAC Championships - Shippensburg	Away
May	17	Baldwin-Wallace Last Chance	Away
May	23-25	NCAA Division II Championships	Away
May 30-June 1		NCAA Division I Championship	Away

"Excellence" a Watts Tradition

Excellence in coaching and a winning tradition are terms that have become synonymous with Edinboro University's cross country coach Doug Watts. Since his tenure began at Edinboro in 1969, the Running Scots have experienced nothing but success under his tutelage which has produced numerous All Americans and team championships.



Watts' coaching credentials speak for themselves, showing 17 consecutive undefeated seasons which includes a string of 71 consecutive dual meet victories, five national championships, back to back NAIA titles in 1975 and 1976, and consecutive NCAA Division II number one finishes from 1986 through 1988. His teams also boast four NCAA II runner-up team trophies, plus finishes of third, fifth and ninth.

The only season the Scots have not been ranked in the top twenty in the nation was Watts' first at Edinboro. His overall dual match record now reads a sparkling 101-8 in 21 seasons at the Edinboro helm. In addition, ten of his Edinboro runners have been U.S. Olympic trial qualifiers.

The much heralded mentor, who was selected national Coach of the Year four times, has published numerous distance running articles for national publications. A 1976 and 1980 Olympic coach nominee, Watts annually conducts a summer pre-season endurance training camp for both young men and women.

The successful Edinboro coach, who is an Akron University graduate, began his coaching career at Walsh Jesuit High School in Cuyahoga Falls, Ohio. He introduced a running program that yielded a two-year record of 19-0 and a district championship.

Watts currently resides in Edinboro with his wife, Margaret, and their two children, Wendy and Christopher.

Cross Country and Track Philosophy

"Generally, we attract the middle distance and distance athlete who is seeking a special environment for running," offered Head Coach Doug Watts on describing his track and cross country program at Edinboro University.

A student-athlete may consider Edinboro because of the following particular benefits.

1. A small school setting, academically oriented, that generally allows for a fuller personal development in the classroom, athletics and social activities; yet offers a large, diversified choice of educational majors and specialties.

2. A TEAM concept in training competition.
3. A distance-based training program integrating selected road races as a training supplement.
4. Division I schedule of intercollegiate competition.
5. A program that allows personal direction and individualism, a proper balance between academics and athletics . . . and fun.
6. A tradition of excellence and proven success in running within an environment supportive and respectful of distance runners.

Will the Scot Men Bounce Back in 1990?

Characteristically, the physique of a cross country runner is generally on the smaller side. Uncharacteristically though, the 1990 edition of the Edinboro University Fighting Scot cross country team matches that physical profile of runners.

"This is the 'smallest' squad I have ever coached," said veteran coach Doug Watts. "Not only are we critically short on the number of bodies at the top of the competition order, but what bodies we do have could be carried off by a strong gust of wind."

Although small in stature, the twosome leading the squad could be called the best 1-2 punch in a long list of Edinboro University greats. One step better than that, this pair could battle each other for the NCAA Division II individual crown in November.

Chris Rauber (Sr., Pittsburgh, PA) and Uriel Rivera (Sr., Medellin, Colombia) are the twosome and return to lead the Scots in pursuit of their fourth national championship in five years.

Rauber, national runner-up in '89, returns his 120 pound frame in search of improving just one spot better at the national title race in Humboldt, CA. According to Watts, Rauber displays the talent, determination and psychological stamina needed to become a national champion. A two-time All American, Rauber has improved each year and is expected to make another big jump in his performance level. "Rauber is still quite young physiologically, but his desire and commitment is definitely adult-like. He could win it all this year," said Watts with a smile.

Rivera, coming off his first year with the Scots, was eighth at last year's championship race and presents a formidable obstacle to any national level runner despite his 110 pound frame.

"I came to Edinboro as an 800 meter runner but that all changed," quipped the Colombian native. Following the 1989 year it became obvious that Rivera changed his perspective, as he went on to capture the gold medal in both the 5,000 and 10,000 meter race at '89 national Track Championships.

Beyond Rauber and Rivera, the next top three runners are the key to the Scots national championship hopes in 1990. And like the top two, none of the trio exceed 135 pounds on the scale. Scott Knapp (Victor, NY), Harvey "Skip" Sipel (Buffalo, NY) and newcomer Brian Matthews (Barry, Wales, UK) round out Watts' top five.

Knapp, much improved over the last twelve months, adds quality, depth and gives the Boro a shot at their sixth national championship under Watts' guidance. An All-American in the steeplechase competition last spring, Knapp is expected to grace the cross country AA ranks in November.

"It still amazes me what consistent training and desire can accomplish," Watts said in reference to Knapp. "It is pleasing as a coach to see a runner rewarded for such great effort."

Sipel, returning from a year off, is expected to rejoin his '88 All American status. According to his veteran coach, Sipel has the ability to run in the top 10 at the national meet.

Matthews, a new addition in '90, could be the final ingredient to fielding the finest team Watts has ever coached in his 12-year stint at Edinboro. Matthews has proven his running abilities with times of 8:50.00 in the steeplechase and 14 teens in the 5,000.

"Brian will be tough from day one," mentioned Watts. "What may be more important, he wants to run for a good team and I think that will only make him better."

With five top notch runners, certainly enough to make a strong bid for team national honors, Watts' crew again appears to be the national favorite. But the always cautious mentor quickly quiets that talk. "Our '89 team had the same roster shortage and despite a great team effort we couldn't overcome illness to two of our top five and came up a bit short." Last year the Scots finished national runner up by just a scant five points.

Aiding the cause in '90 will be sophomore Bruce Becker (Painesville, OH), senior Rich Asmondy (Parma, OH) and newcomers Jamie Workman (Columbia Cross Roads, PA) and Sean Brady (Edinboro, PA).

Becker has run 9:20.00 in the Steeple and could assume a scoring position while the latter trio could all make a run at the team's top seven spots.

The usually vigorous schedule is no different for Edinboro this fall. The team battles the likes of Wake Forest, Dartmouth, Georgetown and Houston in early September before their October 5th trip to South Bend, IN for the prestigious Notre Dame Invitational.

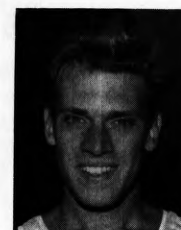
Edinboro will be looking to peak once again at the national title race in Humboldt, California on the 7th.



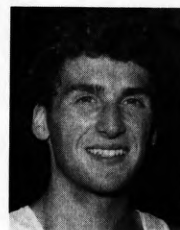
Chris Rauber
2 time Cross Country All-American. 2nd in the National Meet in '89. May vie for National Championship in '90.



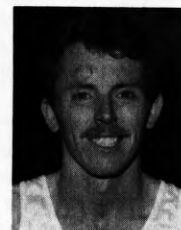
Uriel Rivera
Cross Country All-American in '89. 5 & 10,000M National Champion in '89. Also a contender for National crown in '90



Scott Knapp
All-American in the Steeplechase in '89. May grace AA status in '90 for Cross Country. Adds depth to the top 5 on the squad.



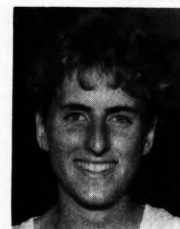
Skip Sipel
All-American in CC in '88. Returns after taking '89 season off. Has the ability to run in the top 10 at the national meet.



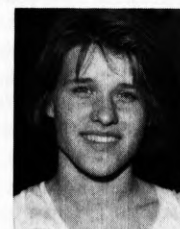
Brian Matthews
Recorded an 8:50, 14:00 teens in the steeplechase, 5,000. New to the Scots in '90 from UK. May be the final ingredient to fielding a national champion.



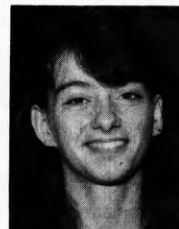
Donna Thibert
CC AA in '89 placing 7th at the national meet. Runner-up in the 3 and 5,000 last season in track. Can compete for a National title in '90.



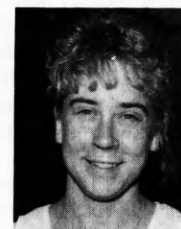
Mariann Eckendorf
A multiple All-Conference runner last season. Very hard worker. Runs better on tougher courses.



Audra Navjokas
Runs sub-10:00 3,000 and 4:40 in the 1,500. Achilles injury held her out of the national meet in CC last Fall.



Beth Sorber
A red-shirt freshman a year ago. Turned in a 4:46 in the 1,500M race in track last spring. After a strong pre-season training period, she should break into the team's top 5.



Marty Marczak
Did not compete in Cross Country last season. Completed a solid track season last spring, sub-2:13 800M and a 4:40 in the 1,500. Has renewed long distance vigor for '90.

Lady Scots Look to Regain National Form

A less than expected performance at the national championships stained an otherwise successful season for the Edinboro University Lady Scots last fall. Using a negative as motivation, Coach Doug Watts is hoping the season finale in '89 may be the spark needed to fuel his team to the national level in 1990.

"Don't get me wrong, these girls had a great season last fall," reflected the veteran coach. "They showed the determination to improve and you have to give them plenty of credit for that. Their goals were to win the PSAC team title and advance to the national meet. They certainly accomplished their goal. This year, they want to win states, then upgrade their performance at the national meet in California," said Watts.

Leading the pack of returnees will be Donna Thibert (Windsor, ONT). After missing the '88-89 season, Thibert bounced back last fall to capture All American status with her 7th place showing at nationals. On her way, she earned individual championships at both the PSAC and Eastern Regional race.

In track last spring, Thibert continued her excellence with runner up showings in both the 3,000 and 5,000 meter race.

Watts obviously has a prize in Thibert. "No collegiate woman I have ever coached has shown the competitive desire which she possesses," Watts commented. "My job is to hold a fighter like Donna back most of the time."

Thibert has her sights set high this fall. "I can't help but dream of winning a national championship race. I am going to prepare myself to be in a position to do so, if the opportunity presents itself," Thibert commented.

Also looking for All American status is returnee Audra Navjokas (Webster, NY). Steadily improving, Navjokas was one of the Lady Scots' most consistent performers a year ago. During the track season, she ran sub 10-minutes in the 3,000 meter and under 4:40.00 in the 1,500 before a freak injury to her Achilles tendon cut short her national quest. Watts feels undoubtedly she will crack the All American ranks this fall.

Another of the team's top three includes Marianne Eckendorf (Erie, PA). A solid performer for the last two years, Eckendorf could be the key to the 'up-front' strength of the '90 squad. A multiple All-Conference runner, she possesses strong motivation and is expected to make great strides in her times

this fall. According to her coach, Eckendorf is a rare breed. "She is valuable because she is so dependable and is extra tough on the more rugged, difficult courses," Watts commented.

Besides the above trio, plenty of other performers should share in the spotlight for Coach Watts.

Looking to help the cause will be Kim Long (Girard, PA), Beth Sorber (E. Rochester, NY), Marty Marczak (Oil City, PA), Cassie Baker (Chittenango, NY), Danika Gray (Mercer, PA) and Jennifer Such (Cochranon, PA).

Long, the team's top freshman in '89, is hoping to recover from injury which sidelined her for the spring track season. Despite her minimum training last fall, Long finished 45th at the national cross country meet.

Sorber, a red-shirt freshman, also competed for the Lady Scot basketball team. Although Sorber did not begin her running training until late March, she turned in a strong time of 4:46.00 in the 1,500 meter race in track. A solid summer training program should see Sorber break into the team's top five.

Marczak, who was in the top seven as a freshman in '88, did not compete in cross country last fall. According to Watts, she could be the top surprise on the team. A solid track season, 2:12.34 in the 800m and 4:40.00 in 1,500, and a renewed spirit in her long distance training will see her kick down plenty of competitors this fall.

Baker, another returnee, is a two-year letterwinner and has the potential to end up in the top seven once again. All Conference in '88, Baker should be solid for Watts in the fall.

Gray, from nearby Mercer, hopes to break the injury and illness jinx that has kept her on the shelf so far during her Edinboro career. If she shakes the "hard luck" rap, Watts feels she can be a strong contributor.

Such, an incoming freshman, is the Lady Scots runner of the future. Virtually a complete novice in running, Such might need a year of training in the Edinboro tradition before her talent can be displayed meaningfully.

The team has already set its goals for the upcoming season and they are almost a carbon copy of last year. Winning states and regionals, but performing to higher levels at the NCAA Division II nationals appears to be the list of projected accomplishments for the Lady Scots this fall.

1990 Roster

MEN

Name	Year	Hometown
Rich Asmondy.....	Senior	Parma, OH
Bruce Becker	Sophomore	Painesville, OH
Steve Bookman	Freshman	Meadville, PA
Sean Brady	Freshman	Edinboro, PA
Eric Edy.....	Freshman	Rochester Mills, PA
Paul Harry.....	Freshman	Meadville, PA
Brad Kallay.....	Junior	Edinboro, PA
Scott Knapp	Senior	Victor, NY
Jack Lovett.....	Sophomore	Edinboro, PA
Brian Matthews	Senior	Barry, Wales
Chris Rauber	Senior	Pittsburgh, PA
Uriel Rivera	Senior	Medellin, Colombia
Paul Sherry.....	Freshman	Punxsutawney, PA
Harvey Sipel.....	Junior	Buffalo, NY
Kevin Sullivan.....	Sophomore	Jermyn, PA
Jamie Workman.....	Freshman	Columbia Cross Rds., PA

WOMEN

Cassie Baker	Junior	Chittenango, NY
Julie Brancato	Sophomore	Erie, PA
Mariann Eckendorf.....	Junior	Erie, PA
Danika Gray.....	Sophomore	Lost City, PA
Bonnie Holtz.....	Freshman	Erie, PA
Kim Long.....	Sophomore	Girard, PA
Martha Marczak.....	Sophomore	Oil City, PA
Audra Navjokas.....	Junior	Webster, NY
Beth Sorber.....	Freshman	East Rochester, NY
Jennifer Such.....	Freshman	Cochranon, PA
Donna Thibert.....	Senior.....	Windsor, ONT

Running Scot Facts

Cross Country All-Americans - (Men)

Dave Antognoli - 1970, 1971, 1972	Lance White - 1981	Mike Platt - 1986, 1987
Kevin Foley - 1974, 1975, 1976	Dennis Rice - 1981	Tim Dunthorne - 1986, 1987
Jeff Foster - 1975, 1976	Greg Beardsley - 1981, 1982	Scott Burns - 1986
Henry Winger - 1975, 1976	Steve Repko - 1982	Michael Tonkin - 1988
Dalvin Bashler - 1975	Luke Graham - 1984, 1985, 1986	Harvey Sipel - 1988
Mark Muggleton - 1976	Gennaro Manocchio - 1985, 1986, 1987	Chris Rauber - 1988, 1989
Brian Jordan - 1978, 1979	William Maloney - 1985	Michael Renninger - 1988, 1989
		Uriel Rivera - 1989

All-Americans - (Women)

Coleen Snyder - 1985	Teresa Skello - 1988
Karrie Yenchak - 1985	Donna Thibert - 1989

National Champions

Dave Antognoli - 1972
Greg Beardsley - 1982

Three at the Top

"Potentially, the 1990 Cross Country season finds the Edinboro roster with more 'quality' runners at the top of an NCAA division than in any year that I've coached," stated veteran coach Doug Watts.

Three runners have a real chance of winning the coveted position of the number one runner in the country. Two men, Uriel Rivera and Chris Rauber, and one woman, Donna Thibert find themselves poised in position to win it all.

Rivera has already placed his name in the hallowed halls of Edinboro distance running tradition by winning two events in last spring's National Track Championships. Utilizing a blazing kick, Rivera captured the 5 and 10,000 meter runs in impressive fashion. The Colombia import joins David Antognoli, a 2 time national champion and the top collegiate finisher in the 1972 Olympic Trials, and Greg Beardsley as cross country runners who have won national titles. Rivera bettered Antognoli's long standing school record (29:10) in the 10K and he placed in the prestigious Penn Relays 5,000 as well.

Rauber, a red-shirt in track last spring, was the national runner-up in cross country last spring. He has also achieved 2 All-American certificates in his short career while winning the PSAC title the last 2 years. Doug Watts sees Rauber as much improved through training in 1990, already surpassing the pure talent, desire and courage it takes to be number one in the country.

Doesn't have two such runners vying for the title create a problem within the team structure like the 'Boro?

"Not at all," says Watts, "these two individuals may be widely divergent in their styles and interest, but they compliment each other well in training and in racing for the team's benefit."

"I really don't pay much attention to how Uriel (Rivera) or the other guys on the team are running at practice," cautions Rauber, "I just try to run hard and not neglect my aerobic mileage during September, October and November. This is the time to get real serious about being sharp and really competitive."

Chris has already proven to his competitors that he can do just that. From out of nowhere as a freshman, Rauber started to pull away from competition in the PSAC Championships until he took a wrong turn at the four mile mark leaving himself

enough time to regain composure and place second to one of his Scott teammates. He showed his characteristic competitiveness as a sophomore in '88 when he led the national field for 2 to 4.5 miles before his youth prevailed and he ended up twelfth. Last fall he tried to get away from the National Championship field at the 4.5 to 5 mile mark but the superior strength of the 27 year old winner dropped him back to the runner-up post.

Rivera, a native of Colombia, is happy to be able to attend a school that allows a balance between academics and athletics.

"I appreciate the opportunity that I have here," said Rivera recently to Watts, and his appreciation translates into a "superior effort" every time he runs.

"I am much improved from last fall," adds Rivera, "Edinboro's training system has given me the strength and confidence to run up to my potential."

When asked what it's like to run against someone of Rauber's ability every day, Rivera replied, "I respect Chris (Rauber) so much, he is very tough. I would like to just be close enough to him at the end of the race to cross the line together."

Thibert is a study of perseverance. A transfer student from Oklahoma State, Thibert missed her first season of competition for Edinboro healing a crushed foot sustained in an industrial accident. Last fall, training resumed in late August and she hobbled to a respectable seventh place All-American finish in the National Cross Country Championships and improved to finish second in both the 3 and 5K championships.

"Donna deserves a lot of credit. Most women in her position would have quit a long time ago," observes coach Watts, "But she is willing to pay the price to be good and she isn't afraid of risking her race with an early fast pace."

Although Watts hints that she may not be the most physically talented runner to walk through his door, he contends that Thibert may be the bravest that he has ever coached.

It is impossible for all of these three to reach their goals. They are the main competitors to each other, yet intrinsically, the level of success that they strive for supports each other and the rest of the squad. United in cause, Rauber, Rivera and Thibert race to meet their destiny.