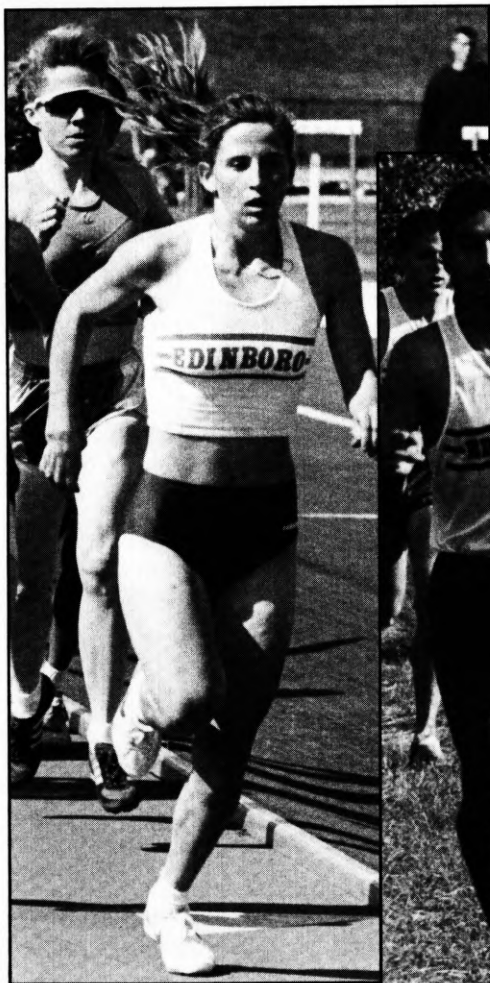


# Edinboro University

## Cross Country 1993



**Men's and Women's Cross Country**  
**Media Guide**

## 1993 Cross Country Schedule

### MEN AND WOMEN

September	11	Buffalo State	Buffalo, NY
	18	Fordham University	Bronx, NY
October	1	Notre Dame	South Bend, IN
	9	Northwest PA	Home
	22	Cornell Invitational	Cornell, NY
	30	PSAC Championships	Bloomsburg, PA
November	6	NCAA II Regionals	TBA
	20	NCAA II Nationals	TBA

## 1994 Track & Field Schedule

January	14	Baldwin-Wallace Relays	Away
	22	CAN/AM Invitational	Away
February	5	Ontario Relays	Away
	12	Baldwin-Wallace Open	Away
	19	Eastern Michigan Open	Away
	26	Notre Dame	Away
	26	Slippery Rock Relays	Away
March	5	NCAA Division II Indoor Nationals	Away
	25-26	Raleigh Relays	Away
April	1-2	Colonial Relays	Away
	9	Akron	Home
	14-16	Dogwood Relays	Away
	23	Slippery Rock Relays	Away
	28-30	Penn Relays	Away
May	2-3	Northwest PA Qualifier	Home
	7	Pittsburgh	Away
	13-14	PSAC Championships at Kutztown	
	25-28	NCAA II Championships	Away

## Excellence is a Watts Tradition



Excellence in coaching and a winning tradition are terms that have become synonymous with Edinboro University Cross Country Coach Doug Watts. Since his arrival at Edinboro in 1969, the Running Scots have experienced nothing but success, producing numerous All-Americans and team championships.

Watts' coaching credentials speak for themselves, showing 21 consecutive undefeated seasons and a string of 82 consecutive dual meet victories. Watts' squads have also produced six national championships, including back-to-back NAA titles in 1975 and 1976 and consecutive NCAA II titles from 1986 through 1988. After a second place finish in 1989, the Scots returned to the top, winning the national championship again in 1990. His teams can also boast of four NCAA II runner-up trophies, plus finishes of third, fifth, sixth, seventh, eighth and ninth.

The only season the Scots have not been in the top 20 in the nation was Watts' first at Edinboro. His overall dual match record now stands at a sparkling 113-8 in 24 seasons at the Edinboro helm. In addition, 16 of his Edinboro runners have been U.S. Olympic trial qualifiers.

The much heralded coach, who has been named national Coach of the Year five 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 young men and women.

A graduate of Akron University, Watts 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 has two grown 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," says Head Coach Doug Watts about 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.

# If the Timing's Right

A late 1950's recording reminds coach Doug Watts of his 1993 men's cross country team's chances this fall... "Timing, ya gotta have timing."

"In most years," reveals Watts, "this year's lineup is good enough to be favored to win the NCAA II title."

The problem is that Adams State (CO), duly appointed as the best small college team ever, returns nearly every runner from last year's NCAA championship team.

Still, Watts believes that his team is geared to make a real run at Edinboro's seventh national title. And with the personnel he has returning, the Boro should indeed be in the hunt.

1991 national individual champion Martin Lyons returns bent on regaining that level of performance. Lyons has trained well for the upcoming campaign and is intent on providing the team leadership from the front of the pack. An All-American in each season he has run for the Scots, Lyons blends intelligence and stamina to provide a steady influence on the squad's performance.

Joining the cross country team for his initial collegiate experience off the track is Lyons' countryman Clayton Clews.

"Clayton's forte is cross country," says his new coach. "I expect him to be a front runner in every meet he enters."

Clews' running resume supports those claims. In a style reminiscent of past Edinboro greats, he has already placed fifth in the Australian national championships.

Last season's freshman sensation, Welchman Carl Leonard, also returns, hopeful of making a jump in his long distance racing potential. The only true freshman in Edinboro history to earn cross country All-America honors, Leonard won the PSAC title with his blazing kick, a fact that opponents and teammates alike will have to factor into their own race tactics.

Fabian Uquillas had a mediocre 1992-93 athletic season, certainly not equaling

his third place NCAA steeplechase finish of 1992. However, he returns to compete in the best shape of his career and has vowed to Watts to run at an All-American level of performance.

Redshirt freshman Pete Fixler could be an All-American, too. Runner-up in the New Jersey high school championships in 1992, Fixler has the physical talent to be "one of the best ever," according to Watts.

Lyons, Clews, Leonard, Uquillas and Fixler make a formidable "first team." Still, in order for the Scots to wind up at #1, Watts knows more help will be needed.

"We have the additional firepower we need," says Watts. "It's just whether we can get them to the starting line in shape."

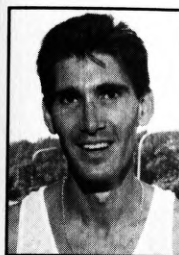
One performer in particular must be able to make it to the starting line. PSAC 10,000 meter champion Christian Moore may be lost pending an interpretation of an academic internship.

"It's obvious we need his physical performance," laments Watts. "But, more importantly, Chris' personality and leadership is the glue that can bind our diverse elements into a cohesive unit."

Other runners expected to make an impact this season include returnees Sean Brady, Todd Rose, Bob Corey and Tom McCrea. Tony Knapp will probably redshirt following knee surgery. Look for freshmen Travis Kuhl, an all-state performer in New York, and Brian Roth to also contribute, as well as redshirt freshman Pete Boyd.

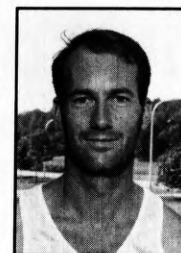
Brady, who missed all of last season with a non-athletic injury, broke his leg in training in July, but should resume conditioning in late August. Rose and Corey both have national meet experience and McCrea is a solid middle distance man.

"Indeed, this is a good group of people to work with," beams Watts. "Still, we need a break or two. With a little bit of luck and some fortuitous timing, Edinboro University could be ordering another championship banner for McComb Fieldhouse."



**Clayton Clews**

Finished as high as fifth at the Australian cross country championships...3.93 GPA in education...thrives at longer distances...hard worker... at 6'5", tallest Edinboro runner ever...runs best under adverse conditions.

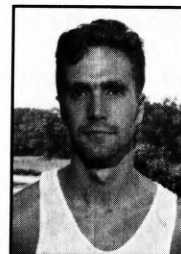


**Martin Lyons**

1991 NCAA II national champ...biology major who wants to get into genetics... four time All-American, 3rd in last Spring's 5,000 meters ...work experience at Australia National Sports Institute and for the Supreme Court of Australia.

**Linda Furiesz**

Only second season of competition...All-Conference and All-Region last fall...over 3.0 GPA in social work... possesses long distance capabilities as well as a strong desire and work ethic.



**Christian Moore**

An Edinboro prototype... got better and better each year as his focus narrowed and training increased... current PSAC champion in the 10,000 meters.

**Ann Gillespie**

Has run quality performances in the past but seeks consistency this year...personal best of sub 37:20 in the 10K...forte is hard work and determination...education major with 3.1+ grade point average.

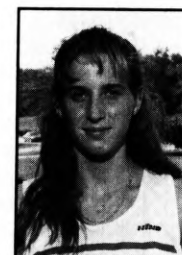


**Beth Sorber**

Multiple All-Conference and All-Region honors... has run sub-4:40 in the 1500 meters...has run at the national meet for three straight years...special education major with a 2.9 GPA.

**Lisa Gregg**

Just beginning to achieve her potential...on the track, has run 2:20 in the 800 meters and a 4:50 1500 meters.

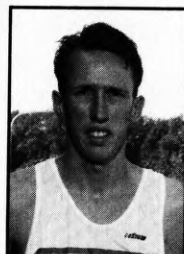


**Deb Springer**

Will be top runner... biology major...not afraid to train or take risks to be the best runner she can...proven success since freshman year...has finished second at the National TAC Junior Championships...finished 18th at NCAA II race.

**Carl Leonard**

Making switch from junior international level 800 to university 10,000 distance... possesses great anaerobic toleration and good leg speed...very dangerous at the end of a race...PSAC champion as freshman last year...has competitive talent to achieve greatness.



**Fabian Uquillas**

Finished third in 1992 NCAA steeplechase with personal record of 9:04... hindered in '93 by injury and illness...HPE major... has adapted well to American culture and academic requirements...placed third in steeplechase at Venezuelan nationals.



# A Time To Regroup

Coming off the most successful season in Edinboro women's athletic history, the 1993 women's cross country team is hard pressed to predict the same level of success. Hit hard by losses, the Boro doesn't figure much into the national picture. But that doesn't mean that there aren't things to accomplish.

"We graduated a lot of quality runners," remembers Watts. "Still, we could be in the hunt to repeat as conference and regional champs and earn another trip to nationals."

Indeed, matching last season's #5 final ranking and replacing the likes of Donna Thibert-Matthews (third at the national cross country meet a year ago) and Marty Marczak (an Olympic Trials qualifier) will be no easy task. But don't think for a minute that this team is without talent.

Upfront in the pack in whatever race she enters figures to be Deb Springer, as the junior returns ready to improve upon her already impressive credentials. An All-American last fall, she capped the season with a national runner-up finish in the United States TAC Junior Track Championships. She qualified for the national championships in every event from the 1,500 through the 5,000 last year.

"Deb has trained diligently for the cross country season and has high expectations, both from herself and from the team," reveals Watts. "She wants to be champion at every race."

Besides Springer, three experienced runners return bolstering the Scots chances of competing on the national level.

Linda Furyesz could make a significant improvement in her level of competition. Last year, her first on the collegiate level, Furyesz earned spots on both the All-Conference and All-Region teams. According to Watts, she possesses the running skills and drive necessary to make the jump to being an All-American

competitor.

Ann Gillespie needs to solidify her competitive consistency in order for the team to be successful. A diligent trainer, Gillespie is not afraid to run hard early in the season to enhance her training development. While Watts refuses to pinpoint any one key to success for his women's team, those close to the program see Gillespie as the indicator of the team's direction in 1993.

Another indicator could be Beth Sorber, as team scoring will hinge greatly upon her performance. A multiple All-Conference and All-Region awardee, the senior will have to live up to her potential if Edinboro is to have any real chance to return to the national meet.

Behind these four, however, the Scots are looking for help. Edinboro enters the season with an uncharacteristic weakness -- a lack of depth. Because Watts figures his team to be definitely short handed in '93, he will be looking for performance from some relatively untested performers.

"The remainder of the squad will have to rise above their present level of fitness to keep the team in their usual championship form," he says.

Sophomore Lisa Gregg, transfer Dawn Falliard and sophomore Holly McIlvaine will be three of those who feel the pressure to perform at an increased level.

Gregg will definitely find herself in scoring positions this season. A solid middle distance runner, Gregg must improve her 5,000 meter abilities. Both Falliard and McIlvaine will also be expected to respond to the team's needs and give the Scots the strength they are looking for.

"This year will definitely be interesting," predicts Watts. "I am looking forward to seeing us choose our destiny -- will we be rags, or will we be Edinboro?"

## 1993 Roster

### MEN

<u>NAME</u>	<u>YEAR</u>	<u>HOMETOWN</u>
Orlo Austin	Sophomore	Waterford, NY
Steve Bookman	Junior	Franklin, PA
Peter Boyd	Freshman	Sharon, PA
Sean Brady	Sophomore	Edinboro, PA
Percy Cruilty	Senior	Portsea Back Beach, Australia
Clayton Clews	Junior	Perth, Australia
Bob Corey	Sophomore	Erie, PA
Peter Fixler	Freshman	Vineland, NJ
Travis Kuhl	Freshman	Croghan, NY
Carl Leonard	Sophomore	Morrison, Swansea, Wales
Martin Lyons	Junior	Melbourne, Australia
Tom McCrae	Sophomore	Lockport, NY
Christian Moore	Junior	Pittsburgh, PA
Steve Owens	Sophomore	East Peterburgh, PA
Todd Rose	Sophomore	Union City, PA
Brian Roth	Freshman	Saltsburg, PA
Fabian Uquillas	Junior	San Cristobal, Venezuela
Eric Wiser	Freshman	Boyertown, PA
David Yankovich	Freshman	Edinboro, PA

## 1993 Roster

### WOMEN

<u>NAME</u>	<u>YEAR</u>	<u>HOMETOWN</u>
Noelle Dancy	Freshman	Bellville, PA
Dawn Falliard	Junior	Philadelphia, PA
Linda Furyesz	Junior	Erie, PA
Ann Gillespie	Sophomore	Massillon, Ohio
Lisa Gregg	Sophomore	North East, PA
Ann McIlvaine	Sophomore	Dover, PA
Beth Sorber	Senior	East Rochester, NY
Deb Springer	Junior	Averill Park, NY
Amy Wasmund	Senior	Angola, NY

### CROSS COUNTRY ALL-AMERICANS

Dave Antognoli -- 1970, 71, 72	William Maloney -- 1985	Coleen Snyder -- 1985
Kevin Foley -- 1974, 75, 76	Mike Platt -- 1986, 87	Kerrie Yenchak -- 1985
Jeff Foster -- 1975, 76	Tim Dunthorne -- 1986, 87	Teresa Skello -- 1988
Henry Winger -- 1975, 76	Scott Burns -- 1986	Donna Thibert -- 1989, 92
Dalvin Baehler -- 1975	Michael Tonkin -- 1988	Audra Naujokas -- 1990
Mark Muggleton -- 1976	Harvey Sipel -- 1988, 90	Roberta Raszkowski -- 1991
Brian Jordan -- 1978, 79	Chris Rauber -- 1988, 89, 90	Deb Springer -- 1992
Lance White -- 1981	Michael Renninger -- 1988, 89	
Dennis Rice -- 1982	Uriel Rivera -- 1989, 90	<b>National Champions</b>
Greg Beardsley -- 1981, 82	Brian Matthews -- 1990	Dave Antognoli -- 1972
Steve Repko -- 1982	Scott Knapp -- 1990	Greg Beardsley -- 1982
Luke Graham -- 1984, 85, 86	Martin Lyons -- 1991, 92	Martin Lyons -- 1991
Gennaro Manocchio -- 1985, 86, 87	Carl Leonard -- 1992	

# From Rags to Riches

1993 marks a quarter of a century of cross country running at Edinboro University. It also marks the 25th year of cross country coaching for Edinboro's first and only varsity cross country coach, Doug Watts.

Hundreds of thousands of miles have been logged by Edinboro runners in that time. Almost as many stories as miles dot Watts' memory, as he has watched the Running Scots transform themselves into one of the premier programs in the country.

Watts fondly remembers his seventies teams and their images. Rising from nothing (literally, as Watts built the program from scratch) to NAIA national champions, opponents took to tarnishing the Scots' accomplishments with countless accusations.

"Well, I guess we did look like bandits," laughs Watts, "(with our) long hair, mustaches and goatees and no team uniforms. Two guys warmed up for the national meet in torn jeans!"

But from those humble beginnings, Edinboro has proven the rumors wrong and has managed to sustain a long running story of success. Six national titles attest to that. As do countless high national finishes, 36 individual All-Americans and a "new" Edinboro reputation of providing success for true student-athletes. The Edinboro tradition is now known throughout the nation, encompassing both the women's and men's programs.

Watts' runners mirror his program. Many rise from very modest beginnings to become national forces. Few are heavily recruited out of high school. But once at the Boro, many reach their potential often through nothing more than force of will.

"Tough" runners, athletes willing to endure personal pain to achieve individual and team goals, have become an Edinboro hallmark. It is a program that emphasizes team orientation, yet provides enough latitude to individual runners to suit everyone's unique talents and motivations.

Other coaches, too, note Edinboro's

astonishing developmental success. They note that Boro runners get better and better each year under Watts' tutelage, and seem to reach very high levels of their own potential before they graduate from Edinboro's system.

Perhaps the insistence upon individuality within a team framework is the key. Uniqueness is encouraged.

"I probably would have been kicked off of another college team in my early years," recalls one of Edinboro's most colorful and all-time great runners, Chris Rauber, a six time All-American. "Not that I was really bad or anything, but I sure did cherish my own individual characteristics."

Another example of a typical Boro runner is Greg Beardsley. Beardsley was not a highly recruited high school runner, yet he went on to win the NCAA Division II cross country title by over a minute. Beardsley later established a national class track career after his graduation from Edinboro.

While Beardsley may be the personification of the Edinboro "rags to riches" reputation, there are scores of other All-Americans who fit the same profile. That is why Edinboro has been so successful.

Can Edinboro go another decade, or more, at the same high level of success? Odds are good, especially with Watts at the helm.

"Well, I don't think you can guarantee anything in life," admits Watts. "But if I can continue to attract the same type of individuals as we have in the past -- student-athletes who have that special something that makes them want to be the best they can be -- I think I'll be able to continue to provide the personal direction that allows them to be an individual within the context of a team concept.

"But, most importantly, I hope to continue to provide the kind of guidance that allows our athletes to find the proper balance between academics and athletics, and have fun doing it."