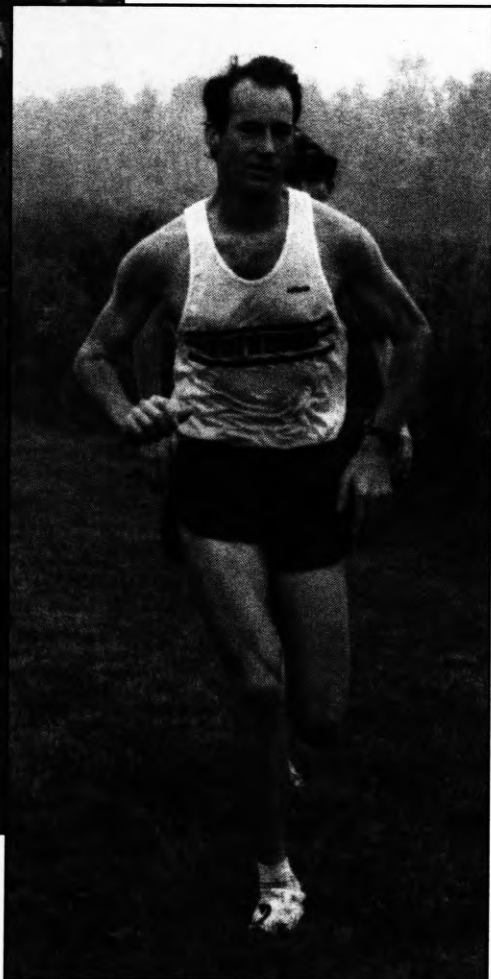
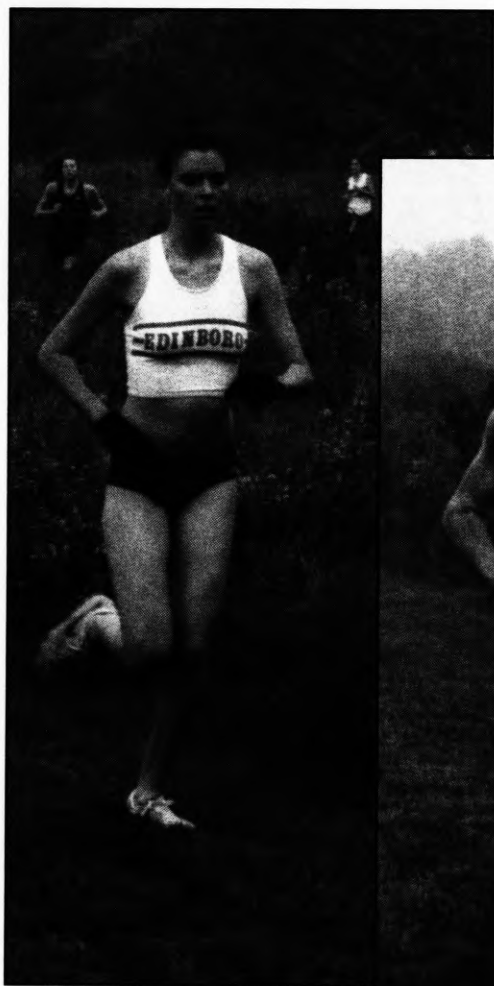


Edinboro University Cross Country 1994



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

1994 Cross Country Schedule

MEN AND WOMEN

September	10	Buffalo State Invitational	Buffalo, NY
	17	Fordham University Invites	New York, NY
October	1	Edinboro Cross Country Relays	Home
	7	Notre Dame Invitational	South Bend, IND.
	15	Northwest PA Championships	Home
November	29	PSAC Championships	Home
	5	NCAA II Regionals	Kutztown, PA
	19	NCAA II Nationals	Kearney, Nebraska
	26	USTF Championships	TBA

1995 Track & Field Schedule

January	13	Baldwin-Wallace Relays	Away
	20-21	CAN/AM Invitational	Away
	27	Slippery Rock Open	Away
February	4-5	Toronto Relays	Away
	17	Eastern Michigan Open	Away
	24	Slippery Rock Relays	Away
	24-25	Notre Dame Invitational	Away
March	10-11	Rattler Relays	Away
	17-18	Florida State Relays	Away
	24-25	N.C. State Relays	Away
April	1	Akron Duals	Home
	6-7-8	Dogwood Relays	Away
	14-15	Slippery Rock Invitational	Away
	21-22	Kent Kinko Relays	Away
	25	Northwestern PA Qualifiers	Home
May	27-28-29	Penn Relays	Away
	3	Slippery Rock Open	Away
	6	National Invitationals	Away
	12-13	PSAC Championships	TBA
	19	Baldwin Wallace - Last Chance	Away
	24-27	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 22 consecutive undefeated seasons and a string of 85 consecutive dual meet victories. Watts' squads have also produced six national championships, including back-to-back NAIA titles in 1975 and 1976 and consecutive NCAA II titles from 1986 through 1988. Last season saw the Scots again challenge for another title, finishing second. His teams can also boast of five 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 nation's top 20 was Watts' first at Edinboro. His overall dual match record now stands at a sparkling 116-8 in 25 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. Twice an 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.

Championship Expectations

If you would like to investigate the kind of mental attitude an Edinboro runner has, ask him what he would like to accomplish in 1994.

"Win a national team championship," said Carl Leonard. "That would be neat."

"I'd say the outward goal would be to win the National Championship team title," adds senior Martin Lyons, "tempered of course with the ultimate intrinsic value of doing one's best."

"Crush everyone," spits Todd Rose.

"Well, I want to be up front with the leaders this year," sophomore Pete Fixler chimes. "But more importantly, I would like to earn a championship ring."

It should be easy to see what the '94 edition of the Running Scots is focused upon this season. This formidable task took on an extra burden when last fall's number one runner, Clayton Clews, decided to stay home in Australia. Still, the talent and attitude remains, and that could allow the Boro to end up as champions.

Martin Lyons returns for his senior year with an outstanding chance of setting an Edinboro record. "He should become the first four-time All-American in Edinboro history," Watts said. Lyons won the individual title in '91, and has led his team to improved finishes every year.

Getting better each year, junior Carl Leonard will be seeking to gain his third All-American award this year. He finished 14th at nationals his sophomore year. Watts feels his

young runner has international talent for the future and expects him to be "a force all year."

The surprise of 1993 was young Pete Fixler. Running his first collegiate race at the regional meet, Fixler sparked the team to victory. He continued his excellent running at nationals, where he earned an All-American certificate. Watts believes Fixler will be a future star.

Edinboro University running has always been known for its progressive development. Todd Rose has blossomed in that environment. If he holds his fourth position on the Edinboro roster, Watts feels his team should be very strong.

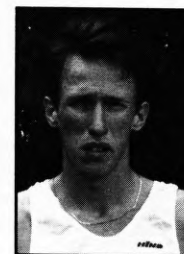
A number of men in the top seven have experience, as they seek to fill the number five spot. The biggest question is what 38 year old Jeff Foster can do for the team. A member of Watts' National Championship teams of 1975-76, Foster returns to school and competitive running this year. "He has a decent distance base," says his coach. "But, we'll just have to wait and see what time has done to his speed." Foster was an All-American in both the championship years. Middle-distance man Pete Boyd should improve, as should Bob Corey and Tom McCrae.

"To win the national meet, you must have the talent, work ethic, and luck on that particular day," Watts said. "I think we have the first two ingredients. As for the final ingredient, we'll just have to wait and see."



Jeff Foster

Returns to collegiate competition after an 18 year layoff...member of coach Watts' 1975-76 NAIA National Championships squads...former college All-American.



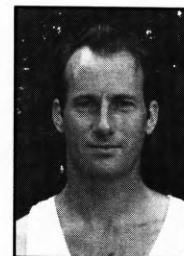
Carl Leonard

Led Edinboro to runner-up finish at NCAA II Championships last year...has international level talent...should run near the top of every race...All-American 5,000 meter last spring (14:19).



Pete Fixler

Raw talent developing through training and competitive drive ... finished 29th at NCAA II championships to earn All-American honors.



Martin Lyons

1991 NCAA II national champ...biology major who wants to get into genetics field... Six time All-American ... Set record in East Regional Championships ...Looks to regain national individual title.



Linda Furiesz

Only Edinboro woman to qualify for NCAA II Championships last year, finishing 46th...will compete this year as a graduate student...has strong desire and great work ethic.



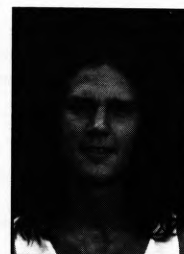
Roberta Raszkowski

Looking to return to '91 All-American form...may start slowly after 19 month lay-off...should peak in November ...proven dependable in team scoring.



Ann Gillespie

Begins season in best shape of her life...coming off excellent track season...has potential to earn an All-American certificate...education major with a 3.1+ grade point average.



Todd Rose

Has improved dramatically ...could make leap to All-American status this year...may be key to Boro title hopes... determined to achieve team goals.



Lisa Gregg

Blossomed in track last year...earned a spot in NCAA II 1,500 meter (4:36) final...has potential to make team great.



Deb Springer

Plagued by injuries and illness in '93...should be #1 runner on women's team...All-American in 1992, could reach that level again this year.

Women: Good or Great

After a season which Coach Watts knew would be a rebuilding year, he is very optimistic about his team's chances of once again becoming one of the elite teams in the country.

"I am looking forward to the '94 season with the women with a great deal of enthusiasm," beams Watts. "If we can avoid injuries and sickness, we'll be pretty darn tough!"

Remembering Watts usually pessimistic preseason comments, the previous statement should strike fear in Edinboro opponents.

This year's squad should showcase strength "at the top" and enough depth to weather minor individual meet to meet frailties.

Watts hopes to see Deb Springer "put it all together" this fall. Last year was a disaster for her, as illness wrecked her cross country season. Indoor track saw her qualify for nationals, only to sustain a sore knee and become redshirted for outdoor competition. An All-American in 1992, Edinboro could be quite formidable if Springer runs at top form.

Linda Furiesz recommits herself for the fall, entering graduate school and running for the team another season. Last fall, she made a big jump in performance level, qualifying for nationals in only her second season of running. An All-PSAC and All-Regional selection, Furiesz is expected to pick up where she left off last November.

Ann Gillespie will probably begin the season in the "best shape of her life," according to Watts. "She is primed to have a chance at a coveted All-American certificate." Last year's track season saw Gillespie make nationals in the 10,000 meter event. Watts sees her development at a much higher level than ever before, making her a front-runner in every meet. If her progression continues at the same pace it has been, Watts is optimistic

that she will gain the national honors she is seeking.

Probably holding the key to Edinboro's team success will be junior Lisa Gregg. Gregg improved last fall, to earn running honors on the state and regional levels, but blossomed in track to earn a spot in the NCAA II 1,500 meter final. If Gregg maintains and improves her dedication and training, Edinboro could field four national qualifying runners, proving themselves a great team.

The team also expects the return of Roberta Raszkowski. All-American in '91, Raszkowski may start slowly after a 19 month lay-off. Definitely an asset to any team score, Raszkowski just needs training and time.

Senior Holly McIlvanie guarantees Edinboro the depth to be a championship team. Ever improving, McIlvanie has trained hard the last two years and is ready to contribute quality performances this season.

Redshirt freshman Noelle Dancy, junior Dawn Falliard, sophomore Heather Froella, as well as first year runners Kathy Shufesky, Daria Piper and Meranda Wall also want to figure in the team's success story.

With such quality on his roster, Watts feels much better about the depth of his team, which adds to his optimism this year.

If his team can avoid any serious injuries or other set backs, he has this startling prediction. "Let me go out on a limb here," Watts uncharacteristically predicts. "We're going back to Nationals."

With that kind of optimism from someone who is usually pessimistic in the preseason, expect big things from this year's team.

1993 Men's Roster

<u>NAME</u>	<u>YEAR</u>	<u>HOMETOWN</u>
Pete Boyd	Sophomore	Sharon, PA
Bob Corey	Junior	Erie, PA
Mark Dingman	Senior	Burton, OH
Peter Fixler	Sophomore	Vineland, NJ
Jeff Foster	Senior	St. Marys, PA
Joel Keith	Junior	North East, PA
Travis Kuhl	Freshman	Croghan, NY
Carl Leonard	Junior	Morrison, Swansea, Wales
Martin Lyons	Senior	Melbourne, Australia
Tom McCrae	Junior	Lockport, NY
Justin Renwick	Freshman	Blaisville, PA
Todd Rose	Junior	Union City, PA
Brian Roth	Freshman	Saltsburg, PA

1993 Women's Roster

<u>NAME</u>	<u>YEAR</u>	<u>HOMETOWN</u>
Noelle Dancy	Sophomore	Bellville, PA
Dawn Falliard	Senior	Philadelphia, PA
Heather Froella	Sophomore	Cochran, PA
Linda Furiesz	Senior	Erie, PA
Ann Gillespie	Junior	Massillon, Ohio
Lisa Gregg	Junior	North East, PA
Ann McIlvanie	Junior	Dover, PA
Daria Piper	Freshman	West Chester, PA
Roberta Raszkowski	Junior	North East, PA
Cathy Shufesky	Freshman	Erie, PA
Deb Springer	Senior	Averill Park, NY
Meranda Wall	Sophomore	Stonesboro, PA

CROSS COUNTRY ALL-AMERICANS

Dave Antognoli -- 1970, 71, 72	William Maloney -- 1985	Pete Fixler -- 1993
Kevin Foley -- 1974, 75, 76	Mike Platt -- 1986, 87	Clayton Clews -- 1993
Jeff Foster -- 1975, 76	Tim Dunthorne -- 1986, 87	Coleen Snyder -- 1985
Henry Winger -- 1975, 76	Scott Burns -- 1986	Kerrie Yenchak -- 1985
Dalvin Baehler -- 1975	Michael Tonkin -- 1988	Teresa Skello -- 1988
Mark Muggleton -- 1976	Harvey Sipel -- 1988, 90	Donna Thibert -- 1989, 92
Brian Jordan -- 1978, 79	Chris Rauber -- 1988, 89, 90	Audra Naujokas -- 1990
Lance White -- 1981	Michael Renninger -- 1988, 89	Roberta Raszkowski -- 1991
Dennis Rice -- 1982	Uriel Rivera -- 1989, 90	Deb Springer -- 1992
Greg Beardsley -- 1981, 82	Brian Matthews -- 1990	National Champions
Steve Repko -- 1982	Scott Knapp -- 1990	Dave Antognoli -- 1972
Luke Graham -- 1984, 85, 86	Martin Lyons -- 1991, 92, 93	Greg Beardsley -- 1982
Gennaro Manocchio -- 1985, 86, 87	Carl Leonard -- 1992, 93	Martin Lyons -- 1991



The 1993 Women's Cross Country Team - (L to R) Deb Springer, Dawn Falliard, Linda Furiesz, Lisa Gregg, Beth Sorber, Holly McIlvaine and Ann Gillespie - won their third straight P.S.A.C. team championship last season.



Track and Cross Country standout Carl Leonard looks to lead the Boro men into another successful 1994-95 season.