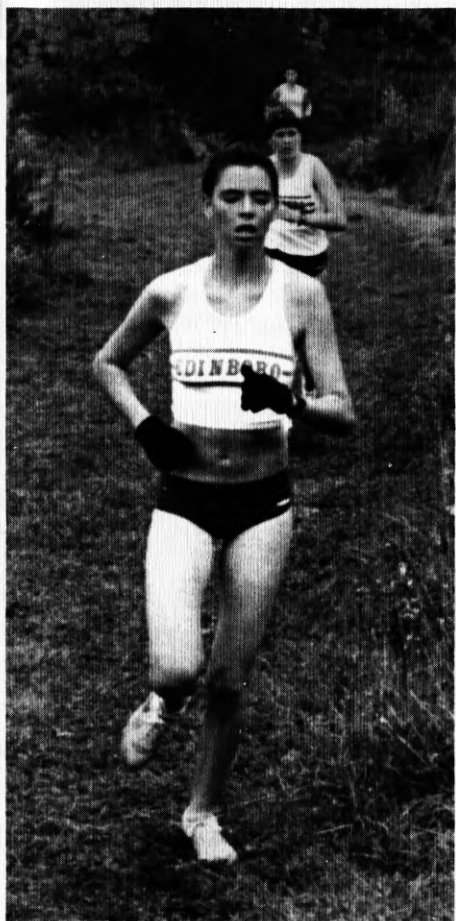
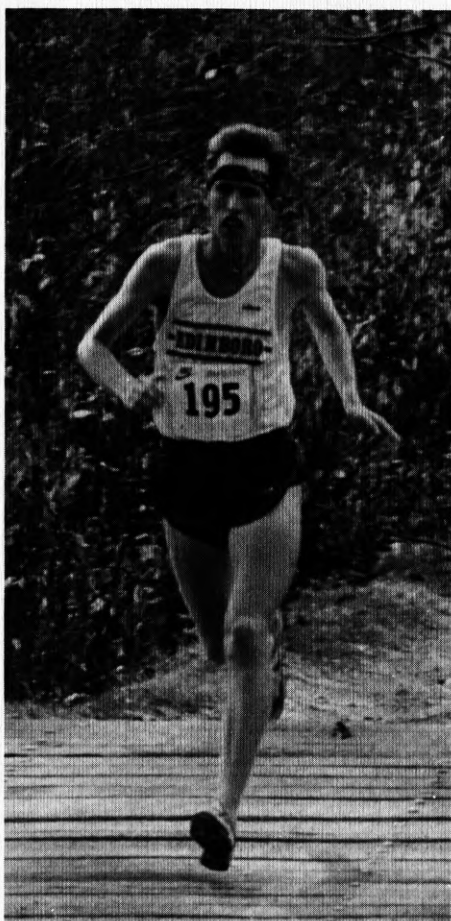


Edinboro University of Pennsylvania



**Senior Ann Gillespie is the top
returner for the women's team**



**Senior Carl Leonard, a three-time
All-American, leads the Boro men**

1995

Cross Country Guide

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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 88 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, the Scot men finished sixth in at the Division II national championships in Kearney, Nebraska, while the women's squad finished 15th. 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 119-8 in 26 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 adult children, Wendy and Christopher.

Cross Country Philosophy

"Generally, we attract the middle distance and distance athlete who is seeking a special environment for running."

- Head Coach Doug Watts

A student-athlete may consider Edinboro because of the following reasons:

1. A small school setting, academically oriented, that generally allows for a fuller personal development in the classroom, athletic 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.

Cross Country Philosophy

Boro Cross Country '95... Unpredictable

Prior to each season, Edinboro University of Pennsylvania Cross Country Coach Doug Watts has been known to accurately assess his squad's potential. Whether the team was full of veterans who contained a great deal of potential to be successful on the national level, or the squad was less experienced and in the process of rebuilding, Watts would never keep any secrets.

So what can we expect from the men and women of EUP this year coach?

"I really don't know," said Watts. "There are too many individual ingredients that distinguish a great team from a simply adequate team, and at Edinboro they have been left dangling this summer. We'll have to just train hard the next couple of months to see how each individual responds in meet competition."

The Men

Ruling out any thought of a adding a seventh men's national championship banner to the wall in EUP's McComb Fieldhouse, Watts still hopes to match last year's excellent results.

"I was really proud of last season's effort by our men. They were long on courage, but short on depth."

Yet despite the lack of depth, Watts' men easily captured the Pennsylvania State Athletic Conference and NCAA Eastern Regional titles in 1994. And the Boro's head mentor knows that only illness prevented the Scots from earning a second or third place at the national championship meet, where they finished a somewhat disappointing sixth.

Gone from last year's team is four-time cross country All-American Martin Lyons. The 1991 Division II individual national champion leaves a void in the Boro roster which cannot be easily filled. Pete Fixler, a multiple All-American, transferred to Coastal Carolina University, and will also be missed.

Still Edinboro has what Watts calls the best regular college-aged runner in Division II in **Carl Leonard**. A native of Wales, Great Britain, the senior star has been a phenomenally steady performer at the upper-levels of competition the past three seasons for the Boro. Watts feels the ever-improving Leonard has a chance to win any race in which he will compete this season. A five-time All-American already through cross country and track, Leonard has a chance to become the first regular-



Senior Tom McCrea will play a big part in the Boro's success in '95

aged student-athlete to earn All-American status in each of his four college years. That is a tremendous record given the quantity and quality of runner that has developed in the Edinboro program over Watts' 27 years. Leonard is a school-record holder in the 1,500m, but Watts sees the Welchman's talent blossoming after his graduation. "That was the promise when he came over - that he would be developed, not used," said Watts.

Leonard looks forward to his last year for the Boro. "I'd like to win a National Championship before I leave," said Leonard. "But more importantly, I just want to compete at my best and help the team win."

Another senior, **Todd Rose** will have to be at his best if the team expects to repeat its success of a season ago. A multiple national qualifier and PSAC track champion, Rose seeks to finally garner the All-American award that has eluded him so far in his career. Running well early last fall, Rose suffered severe dehydration in a race and never fully recovered during the season.

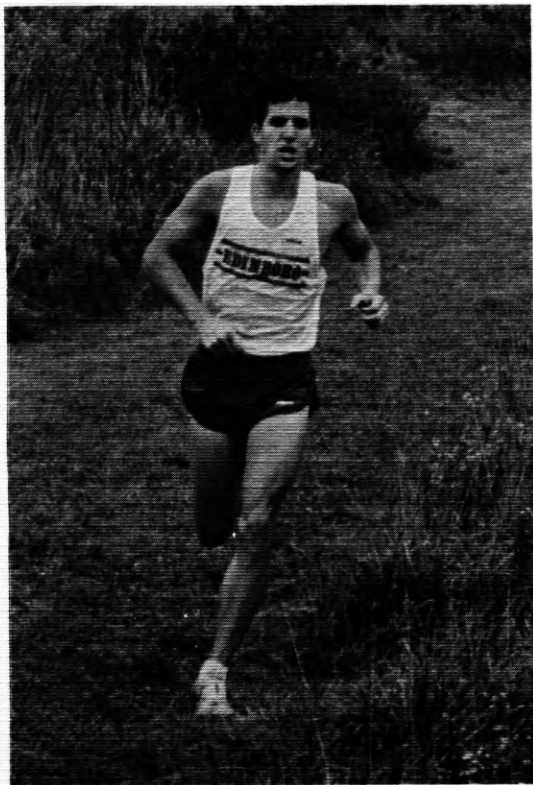
"If courage is a measurement of a man," said Watts, "then the way that Todd Rose races, he is as big of a man that there is. Rose runs with abandon and is not afraid to push himself to his limits."

Behind Leonard and Rose the Scots have some experience, yet the core of the squad will need to step up a notch in their performances to continue the Edinboro distance running tradition. Senior **Tom McCrea**, junior **Pete Boyd** and sophomore **Travis Kuhl** all earned honors on the conference and/or regional levels last fall. However, in order to maintain the Boro's strong national reputation, the threesome knows they must set their sites on achieving All-American status in 1995.

"The things you can count on from this trio is their work ethic and desire to help the team win," said Watts.

Watts also notes that several other runners will have the opportunity to make significant contributions to the Boro's '95 team. Included in that group is redshirt freshman **Justin Renwick** who may surprise a lot of people this year, and junior **Bob Corey**, returning to the team after a one-year absence. Other notables include **Scott Kovacevic**, who, according to Watts, is the only true freshman having a chance to break into the Scots' top seven, and junior **Steve Owens** also provides the Boro with some depth.

In summary, the veteran coach says, "Our depth may not be as good as in previous years, but I see no drop off in our level of effort or attitude in being the best we can be."



All-East Region performer Pete Boyd would like to up his status to All-American

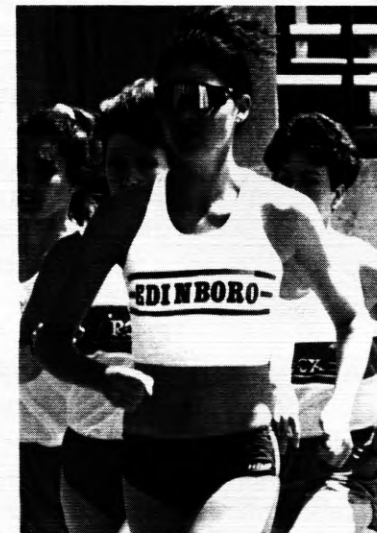
◆ The Women ◆

The Fighting Scot women are also considered to be unpredictable at this stage of the season. Like the men, the women claimed PSAC and Eastern Regional crowns in '94, but came up short of their goal of finishing in the top 10 at the Division II National Championship site.

Last season's team was full of leaders with All-Americans **Deb Springer** and **Roberta Raszkowski**, and other top performers **Linda Furiesz** and **Holly McIlvanie**.

However, last year's team was dominated by seniors. **Ann Gillespie** returns as the only veteran with real national experience with the task of leading this young team. Gillespie, a multiple performer at the National Championships in both cross country and track, brings excellent cardiovascular fitness and a tremendous competitive drive to the starting line.

"Actually, she tries so hard sometimes that it hurts her performance," said Watts. "But, she is a winner and possesses as much heart and guts as anyone I've ever coached."



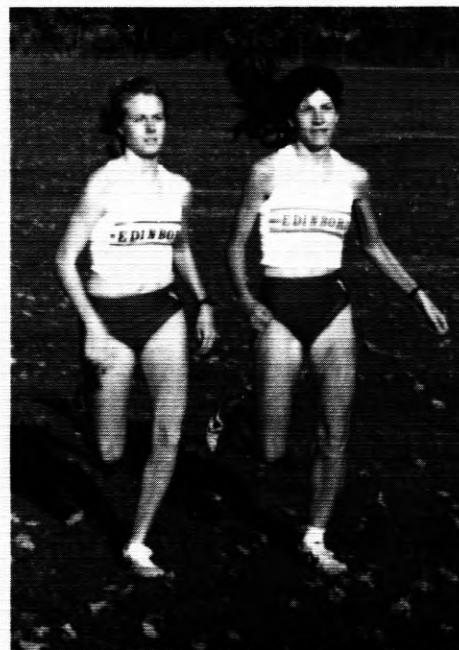
Captain Ann Gillespie leads the Boro women in 1995

Other experienced runners who should contribute include junior **Meranda Wall**, sophomore **Kathy Shufesky** and senior **Dawn Foliard**.

A number of newcomers will also make an immediate impact in the Boro starting line-up. Top recruit **Amy Perry** was a Pennsylvania all-state selection last year, and according to Watts, has the make-up to develop into a top runner for his program. Freshman **Alexandria Ross** has experience with a quality high school program and could adapt quickly to college running.

The surprise of this season's squad may be freshman **Sandra Sweet**. Sweet enters her first season of collegiate running with no experience in organized competition. Still, Watts says he thinks she will score well, especially on tough courses or in less than ideal conditions.

"At the moment, it's a stretch to forecast as much success as we're accustomed to," said coach Watts. "But we'll work hard to be as good as we can, and see what happens in the end."



Freshmen Amy Perry and Sandra Sweet provide Edinboro with a bright future

Edinboro University Cross Country Profiles



Pete Boyd - Hermitage, PA/Sharon
Junior - Elementary Education

Should see the 1995 season as a "blossoming"...hard and dedicated trainer...thrives in his dedication to achieve Edinboro standards of excellence...All-East Region Team in '94, placing 14th overall with a time of 32:14.5...possesses good music skills.

Ann Gillespie - Massillon, OH/Massillon Washington
Senior - Health and Physical Education

Three years of national meet experience in cross country...National 10,000m track qualifier (37:13 personal best)...respected competitor with willingness to push herself to limits...runner who will take risks to be the best she can be...'95 team captain...Edinboro University scholar-athlete.



Travis Kuhl - Croghan, NY/Beaver River Central
Sophomore - Health and Physical Education

Young developer in Edinboro's training scheme...should push for one of top three sports on roster...has garnered multiple PSAC award honors...placed 10th at PSAC's (26:18), and 24th at Regionals (32:52)...high school coach was former Edinboro harrier Walt McLaughlin...Academic All-American in '94.



Carl Leonard - Morriston, Wales/Penlan Comprehensive
Senior - Health and Physical Education

Generally considered the best "college-aged" middle and long distance runner in NCAA-II...personal records of 1:51 (800m), 3:45 (1,500m) and 14:07 (5,000m) in track...won PSAC Cross Country Meet in '92 and '94, and East Regional in '94... '95 PSAC Track Athlete of the Year...EUP scholar-athlete.



Tom McCrea - Lockport, NY/Lockport
Senior - Secondary Education/English

Tough, aggressive and determined...good leg speed to compete well...finished second in the 1,500m at PSAC's (3:54)...placed 16th at '94 PSAC Cross Country Meet (26:33), and 30th at Regionals (33:00)...termed by coach Watts as "an athlete I can call upon to beat some people in the last mile."



Edinboro University Cross Country Profiles

Amy Perry - North East, PA/Seneca
Freshman - Social Work

Coach Watts' top freshman recruit...Earned all-state honors her senior year of high school in both cross country and track...All-county performer in last three seasons of cross country...possesses a great deal of talent and will run up front in any meet...lettered in basketball as well.



Justin Renwick - Blairsville, PA/Blairsville
Redshirt Freshman - Undecided Major

Begins his first season of cross country for the Scots this fall...coach Watts sees him as a quality runner in the future...needs collegiate experience and a hard training discipline...four-year high school letterman in cross country and track...could become an All-American according to Watts.



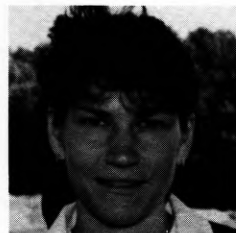
Todd Rose - Waterford, PA/Union City
Senior - Secondary Education/General Science

Two-time national qualifier in cross country...multiple PSAC 5,000 and 10,000m champion...as "tough and gutsy" as any Edinboro runner ever...suffered severe bodily problems following dehydration in '94 Fordham Meet, resulting in disappointing late season performances...EUP scholar-athlete.



Sandra Sweet - Erie, PA/Harborcreek
Freshman - Nutrition

Joins the Scots with no high school running experience...has run one year on her own, but has little organized competitive background...will improve a great deal over the course of a year...seems to handle longer distances very well...definitely Watts' surprise among the Boro women.



Meranda Wall - Grove City, PA/Lakeview
Junior - Speech and Hearing Disorders

Begins her second year of experience in cross country...will see marked improvement from the '94 season...described by coach Watts as "a basic 800m type athlete who is training hard to improve the cardiovascular requirements of cross country"...personal best of 2:21 in the 800m.



1995 Men's Roster

<u>Name</u>	<u>Year</u>	<u>Hometown/High School</u>
Pete Boyd	Jr.	Hermitage, PA/Sharon
Bob Corey	Jr.	Erie, PA/Iroquois
Christopher Furry	Fr.	Easton, PA/Easton
Scott Kovacevic	Fr.	Solon, OH/Eastlake North
Brian Knizner	So.	Marianna, PA/Bethlehem Center
Travis Kuhl	So.	Croghan, NY/Beaver River Central
Carl Leonard	Sr.	Morrison, Swansea, Wales/Penlan Comp.
Tom McCrea	Sr.	Lockport, NY/Lockport
Steve Owens	Jr.	Lancaster, PA/Hampfield
Justin Renwick	Fr.	Blairsville, PA/Blairsville
Todd Rose	Sr.	Waterford, PA/Union City

1995 Women's Roster

<u>Name</u>	<u>Year</u>	<u>Hometown/High School</u>
Jeannette Bellon	So.	New Brighton, PA/New Brighton
Noelle Dancy	So.	Belleville, PA/Indian Valley
Dawn Folliard	Sr.	Philadelphia, PA/Deltona
Ann Gillespie	Sr.	Massillon, OH/Massillon Washington
Amy Perry	Fr.	North East, PA/Seneca
Doria Piper	Fr.	West Chester, PA/East
Alexandria Ross	Fr.	Amherst, OH/Amherst Steele
Jeannette Sabol	So.	Union City, PA/Union City
Holly Schultz	So.	Girard, PA/Girard
Kathy Shufesky	So.	Erie, PA/McDowell
Sandra Sweet	Fr.	Erie, PA/Harborcreek
Meranda Wall	Jr.	Grove City, PA/Lakeview

Edinboro University Cross Country Information

General Information

Location	Edinboro, PA
Founded	1857
Enrollment	7,484
President	Foster F. Diebold
Nickname	Fighting Scots
Colors	Red and White
Affiliation	NCAA Division II
Conference	Pennsylvania State Athletic Conference
Region	East
Athletic Director	Jody Mooradian
Athletic Department Phone	(814) 732-2776

Men's Team Information

1994 Conference Meet Finish	1st
1994 Eastern Regional Meet Finish	1st
1994 NCAA Division II Meet Finish	6th
Letterwinners Returning/Lost	5/3

Women's Team Information

1994 Conference Meet Finish	1st
1994 Eastern Regional Meet Finish	1st
1994 NCAA Division II Meet Finish	15th
Letterwinners Returning/Lost	3/5

Coaching Information

Head Coach	Doug Watts
Alma Mater	Akron University
Dual Meet Record	119-8 (26 years)
National Championships	6
2 NAIA	1975, 76
4 NCAA Division II	1986, 87, 88, 90
Runners-up	5
5 NCAA Division II	1981, 84, 85, 89, 93
Cross Country Office Location	33 McComb Fieldhouse
Telephone Number	(814) 732-2472

Sports Information

Office Phone	(814) 732-2811
Office FAX	(814) 732-2596
Coordinator of Sports Information	Shawn Ahearn
Home Phone	(814) 734-9152
Assistant Coordinator of Sports Information	Will Adair
Home Phone	(814) 734-3834

Guide Information

Editors	Will Adair and Shawn Ahearn
Photo Credits	Bob Wheeler

1995 Edinboro University Cross Country Schedule

<u>Date</u>	<u>Event</u>	<u>Site</u>
Sept. 9	at Buffalo State College Daniel Walker Memorial Invitational	Buffalo, NY
Sept. 23	at University of Massachusetts-Dartmouth Invitational	North Dartmouth, MA
Sept. 29	EDINBORO UNIVERSITY RELAYS	HOME
Oct. 6	at University of Notre Dame Invitational	South Bend, IN
Oct. 14	NORTHWEST PA CHAMPIONSHIPS	HOME
Oct. 28	at Pennsylvania State Athletic Conference Championship	Kutztown, PA
Nov. 4	at NCAA Division II East Regional	Albany, NY
Nov. 18	at NCAA Division II National Championship	Spartansburg, SC



(From L to R): Tom McCrea, Carl Leonard
and Travis Kuhl are warming up for 1995