

EDINBORO FIGHTING SCOTS

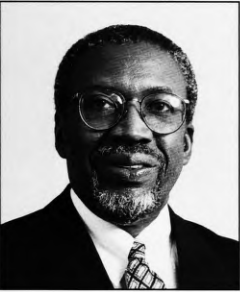


Rachael Lanzel



Dan Field

Cross Country



We are engaged in one of the most exciting years in the history of Edinboro University – our school’s 150th anniversary, the Sesquicentennial. This year also promises to be one of our best for our athletics programs as they strive to match last year’s incredible successes, when many of our teams and athletes went on to post-season competition.

Much of the success of our men’s and women’s athletic teams is due to your loyal support of our scholar-athletes in basketball, cross country, football, soccer, softball, swimming, track, volleyball, and wrestling, as well as wheelchair basketball and other adaptive sports.

The long legacy of Edinboro athletics will be one of the highlights celebrated during our Sesquicentennial in 2006-2007. As we prepare to celebrate the University’s 150th anniversary, we are guided by the theme “Building a prosperous future through academic excellence and civility.” Our athletes’ dedication to education, discipline, and sportsmanship that are at the heart of Edinboro athletics will serve them well as they pursue their dreams beyond the playing fields of their alma mater. Their success in competitive endeavors will contribute to the quality of life on our campus and throughout the communities of northwestern Pennsylvania.

Fans of the Fighting Scots are always welcome at Edinboro University and I look forward to greeting you at our many athletic, cultural and arts presentations. Please visit our campus as often as possible.

Go Scots!

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Frank G. Pogue, President

Governor of Pennsylvania

Edward G. Rendell

Pennsylvania State System of Higher Education

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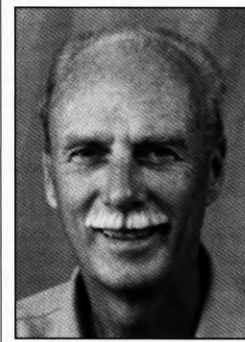
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nothing but success, producing numerous All-Americans and team championships, as well as four individual cross country champions and five individual track first place finishers.

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In total, the men’s squads have 17 top ten finishes at the national meet in the last 24 years. His women’s program, though yet to crown a national champion, has also established itself as one of the premier programs in

the NCAA East Region and the national stage. That includes five straight top five finishes at the national meet, including a second place finish two years ago. An “uncountable” amount of conference, district, and regional “Coach of the Year” awards are scattered throughout his office. He was inducted into the Edinboro Hall of Fame in 2004.

The National Coach of the Year five times. Watts has published numerous distance-running articles for national publications. Twice an Olympic coach nominee, Watts annually conducts a summer pre-season endurance training camp, the Edinboro Distance Village, for young men and women. In addition, 16 of his Edinboro athletes have been U.S. Olympic Trial qualifiers.

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A 1964 graduate of the University of Akron with a degree in Health and Physical Education, Watts began his coaching career at Walsh Jesuit High School in Cuyahoga Falls, Ohio. He introduced a running program at Walsh Jesuit that yielded a two-year record of 19-0 and a district championship. Watts and his wife Margaret have two adult children, Wendy and Christopher.

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“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 programs at Edinboro University. “A student-athlete should consider Edinboro because of the following reasons”:

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Edinboro Cross Country 2006

Greetings from the President

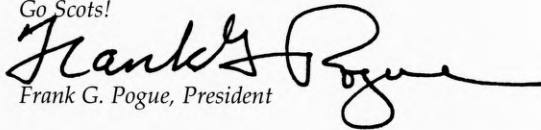
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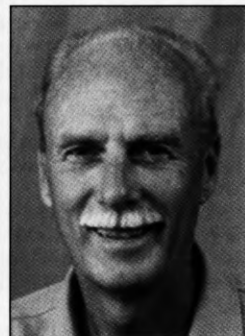
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Edinboro Cross Country 2006

Head Coach Doug Watts



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2006 Men's Preview

Never has a preview been so sketchy for head coach Doug Watts to detail, except for maybe his first year at Edinboro in 1969. But not since then has he been less able to predict the outcome and goals of his men's cross country team.

"Circumstances are such that I will have to decide by mid-September whether to go for another national qualifying team spot, or redshirt a relatively large number of quality runners to 'load up for 2007,'" he elisited.

Complicating the judgement in Watts' thinking is the strong possibility of attracting a quality group of new freshmen in '07. And, of course, planning on recruits showing up on campus a year later is iffy at best. Still, Watts thinks his program will be able to draw an especially strong freshman class in 2007.

"At this writing, I can't tell what we are going to ultimately do," related Watts. "We'll just have to run and see what is best for the kids."

The potential for another championship team is back in 2006. A solid nucleus of lettermen have the talent and experience to repeat an NCAA Division II East Regional victory.

Dave Niemira likely heads the 2006 team. A multiple All-PSAC and All-Region performer, the junior has consistently improved each year at Edinboro and has the leadership abilities to spark another good year. A hard worker in the long line of Edinboro tradition of outstanding tough training traits, Niemira will capitalize his abilities on the longer and tougher cross country courses.

Two sophomores could impact greatly this season. Travis Prejean started to blossom last spring, downplaying his 1500 specialty to move up to the 5,000. Unfortunately, a mid-season stress fracture sidelined him in the championship weeks. A full summer of healing inactivity makes him a good candidate for a redshirt in the fall.

"Travis definitely has All-American potential and I will not risk that future for him," Watts commented.

Starting off 2005 in spectacular fashion, Josh Arthur was in the lead pack in every race until October found him in bed with a severe bout of mononucleosis. Not able to train until this past March, the sophomore made good progress in two months and a summer of training seems to indicate he is healthy this time around.

Dan Field, another multiple conference and regional awardee, presents a similar situation as Prejean. A knee injury, suffered in the

steeplechase early last track season, prevented him from running high mileage this past summer. It seems logical to give him a red-shirt year, heal the knee completely, and return for a shot at qualifying for Nationals in the steeplechase next spring.

David Blend has yet to make the jump Watts expected from him. If 2006 is that year, the junior will earn many honors.

Nick Hankins, a two-year hard luck case, has had his best summer, consistent and quality. The junior has shown flashes of excellent racing, especially last season. 2006 should find him consistent and "up front".

Other runners who could really help the team include senior Jeff McCabe, a solid performer who should reach All-Regional level this fall, and Andy Thoman. Thoman is a red-shirt freshman. Rich Gorski, who specializes in the 800 meters, could help if the roster gets depleted.

Freshmen will probably have the best Edinboro opportunity year. Eric Brenner, a multiple All-Ohio runner at Wooster High School, will definitely help the top group no matter who runs. Chris Lantinen has potential but lacks a distance base to excel this early in his career. Ryan Sheer has the necessary attitude, and Phil Cannato the desire.

"We'll just have to wait and see," admitted Watts. Whatever way it goes, Edinboro looks to be reloading for a future National-level team.



Nick Hankins

2006 Women's Preview

In talking about past teams' success, Edinboro University head coach Doug Watts always alluded to "luck" being on the high side. 2006 will find him very cognizant of his good years with the bad breaks this summer.

Watts has plenty of holes to fill with five seniors, four of whom were All-East Region performers, departing. That includes former All-Americans Julie Nemergut, Kelly Richards, and Lindsay Roberts, along with ever-improving Michele Kelly.

Rachael Lanzel leads the group of returnees. Now a junior, Lanzel added an outdoor track All-American certificate to her wall after an eighth finish in the 5,000 meters. A second All-American award in cross country shunned her, and both the men's and women's cross country runners last fall, as 90 degree temperatures in California "melted" Edinboro runners to the medical tent after she placed 24th at Nationals as a freshman. According to Watts, Lanzel possesses the best recovery system he's ever coached, helping her excel in cross country whether the course is flat or hilly.

Edinboro's other returning All-American, Heather Wilmoth, who placed 27th in 2004, just began to run again in August after an accident in June left her with a fractured spine and broken hand. A three-time All-PSAC and two-time All-East Region performer, the junior might surprise by late season championship time.

Watts predicts redshirt freshman Kelly Bergeron to impact the top five. "A big improvement has been seen in her physical conditioning to bolster her already strong motivation to run well," noted Watts.

Ashley Ferraro, now a sophomore, is significantly improved from her freshman year when a lack of training and perspective limited her team ranking. Sophomore Sara Baker has the talent but must be able to be willing to increase her focus on running goals to ran at the level Watts believes she is capable of.

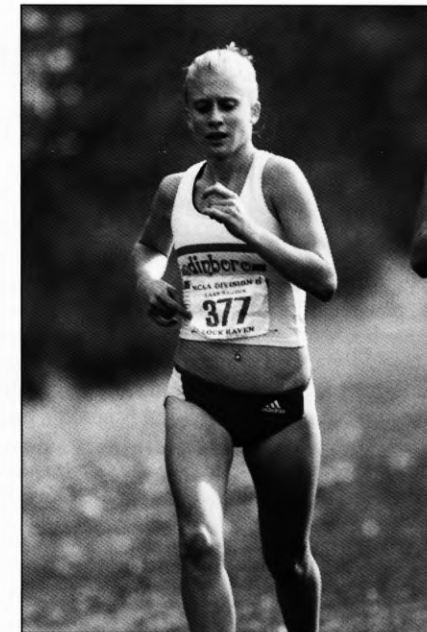
An excellent freshman recruiting class bouys Edinboro's hopes. Kailey Harvey has immediate scoring potential, but like Wilmoth, has not been permitted by her doctor to resume training until August. A high school broken leg marred her chance for summer mileage.

Watts believes Becca Nungesser will

blossom in the Edinboro training style and in the longer college distances. Erica Bourgeois, a multiple All-New York runner, is destined to run well this fall. Kristine Beringer is another runner Watts sees as a prototype cross country runner for the Boro -- a hard worker with the desire to run at the highest level, and a little "nuts".

"As the 2006 season plays out in the usual Edinboro style -- September to train hard, October to develop racing style, and November to win championships -- the success of the team will depend more than ever on newcomers adjusting to college," Watts pointed out.

Watts expects the 2006 team to fall closer to their PSAC and regional rivals. But if luck can lean just a little bit in the Boro direction, championship trophies will once again be brought home.



Rachael Lanzel

Meet the Fighting Scots

Dan Field

Senior ♦ Boston, NY ♦ East Aurora High School

A candidate to redshirt after suffering a knee injury while competing in the steeplechase during the track season ... a runner who has earned All-East Region honors the last two years and was an All-PSAC performer as a sophomore ... after failing to repeat as an All-PSAC runner with a 22nd place finish, came back to place 15th at the regional meet ... also earned All-PSAC accolades at the Outdoor Track Championships with a 3rd

place finish in the 3,000 meter steeplechase ... enjoyed a good sophomore year with All-PSAC and All-East Region honors ... placed 13th at PSAC's and 14th at Regionals ... did not compete at Nationals due to strep throat ... placed fourth at the PSAC Outdoor Track & Field Championships in the 3,000 meter steeplechase ... spent his freshman year recovering from severe burn accident ... as freshman, ran 9:35 steeplechase at Duke early in track season but sustained stress fracture that led to medical hardship application ... has personal best of 15:15 in 1500 and 9:18 in steeplechase ... **High School:** Earned multiple All-State honors as a cross country and track athlete at East Aurora High School ... coached by Edinboro alumnus Walt McLaughlin, a member of the 1985-86 national championship team, and Marty McLaughlin, a 1992 Olympic trials participant in the 800 ... **Personal:** Born November 11, 1984 ... son of Patricia Lyons and Larry Field ... Environmental Studies major.

"I'm a little frustrated that I haven't reached Nationals in the steeplechase. Hopefully, a solid cross country season will push me over the barrier." ... Dan Field

Dave Niemira

Junior ♦ Strongsville, OH ♦ Strongsville High School

Improving runner who figures to lead the Fighting Scots ... sat out the 2005 cross country campaign with mononucleosis ... ended his sophomore season as number for five scorer in the big meets ... placed 24th at the PSAC Championships (26:55), then narrowly missed All-Region honors, placing 17th with a time of 33:13 ... has a personal best of 31:20 in the 10K ... a dependable performer who can be counted on for maximum effort ... **High School:** Earned three letters in track and cross country while competing for Strongsville High School ... **Personal:** Born January 13, 1985 ... son of Linda and Jerry Niemira ... Forensic Accounting and Financial Services major with a minor in Political Science ... has a 3.30 GPA.

"I came to Edinboro because of its strong tradition of distance running excellence and balanced life. That formula certainly has worked for me." ... Dave Niemira

Meet the Fighting Scots

Nick Hankins

Junior ♦ Pepper Pike, OH ♦ Orange

Has had a career marked by injuries, but displayed promise a year ago when healthy ... just missed earning All-PSAC honors with a 12th place finish, and was 33rd at the East Regional ... placed 12th at Fordham Invitational and was 26th at Buffalo State Invitational ... **High School:** Competed for Orange High School in cross country and track ... was a two-time conference MVP and two-All-Ohio runner ... set school record in 5K ... **Personal:** Born August 19, 1985 ... son of Linda and Rick Hankins ... Business major.

"This summer has been my most consistent training ever. I feel I can 'step up' this fall." ... Nick Hankins

David Blend

Sophomore ♦ North Canton, OH ♦ Hoover HS

A third-year sophomore who continues to mature as a runner ... failed to impact the top five a year ago ... had a great start to the 2005 track campaign, but it ended with a stress fracture ... **High School:** Standout at North Canton Hoover High School in track and cross country, earning four and three letters, respectively ... in 2003, earned All-American honors in the 4X800 and 4X1600, and was All-Ohio in cross country in both

2003 and 2004 ... also earned All-Ohio honors in 1600 as a senior ... named the cross country MVP as a senior ... **Personal:** Born May 18, 1986 ... son of Debbie and Jerry Blend ... Secondary Education Social Studies major with a 3.33 GPA ... minoring in Athletic Coaching.

"I want to run better this season to help us assure our team success." ... David Blend

Josh Arthur

Sophomore ♦ Turin, NY ♦ South Lewis Central

Was one of Edinboro's top runners a year ago until coming down with mononucleosis and failing to compete in the PSAC or East Region Championships ... after a 15th place finish at the Buffalo State Invitational, turned in the best showing of his career with a second place finish at the Fordham Invitational ... **High School:** Competed for South Lewis Central High School, helping the Falcons to the New York

state championship in 2005 ... a seven-time state qualifier and a six-time state medalist in cross country and track & field, and a 12-time Section 3 champion ... **Personal:** Born November 17, 1986 ... son of Karen Boshart and John Arthur ... undeclared major with a 3.82 GPA.

"I'm better on the hillier, muddier, tougher courses. I hope there's lots of hills at Nationals!" ... Josh Arthur

Meet the Fighting Scots

Travis Prejean

Sophomore ♦ **Jamestown, NY** ♦ **Jamestown High School**

A top recruit a year ago who showed flashes of greatness and has All-American potential ... unfortunately, he is a prime candidate to redshirt after suffering a stress fracture during the track season ... placed 41st in first PSAC Championships, then improved to 39th at the East Regional ...

High School: Was a ten-time USATF All-American while competing at Jamestown High School ... **Personal:** Born February 26, 1987 ... son of Molly and Jeff Wooley ... undeclared major.

"I used to think of myself as an 800 meter type of runner. Now I'm sure I can reach the NCAA Division II national qualifying standards in the 5K." ... Travis Prejean

Heather Wilmoth

Senior ♦ **Sugar Grove, PA** ♦ **Eisenhower High School**

Former All-American who will likely redshirt after an accident this summer left her with a broken spine, among other injuries ... a three-time All-PSAC performer after finishing 11th as a junior, with a time of 22:59 ... failed to earn All-Region honors, placing 34th ... finished 11th at the Fordham Invitational ... earned her first All-American certificate as a sophomore ... placed 27th at Nationals (22:50.8) after leading Edinboro as

a freshman with a 34th place finish (23:00.7) ... placed 12th at the PSAC Championships in 2003 (23:52) and had a sixth place showing in 2004 (23:03) ... captured All-East Region honors for the first time in 2004 with a fifth place finish (21:33) ... ran only two track races early in the season as a freshman before a knee problem sidelined her ... **High School:** Was the PIAA state champion in cross country as a senior at Eisenhower High School in 2002 ... also won the District 10 championship, and was the District 10 champion in the 3,200 meters in track ... also a four-year starter in basketball ... **Personal:** Born April 25, 1985 ... daughter of Jo Lynn and James Wilmoth ... majoring in Secondary Education with an emphasis on Spanish, with a 3.08 GPA ... minoring in Psychology.

"I'm afraid that my broken back will mess up the cross country season. I love cross country and I want to run well." ... Heather Wilmoth

Rachael Lanzel

Junior ♦ **St. Marys, PA** ♦ **St. Marys Area High School**

After a standout freshman campaign, did not suffer a sophomore slump ... finished eighth in the 5,000 meters to earn All-American honors at the 2006 NCAA Division II Track & Field National Championships, after

Meet the Fighting Scots

previously earning All-American accolades in cross country as a freshman ... a two-time All-PSAC and All-East Region performer, placing second at both the conference championship (21:59) and regional championship (21:24) ... was named the PSAC Co-Runner of the week after placing fourth at the Notre Dame Invitational against a field made up largely of Division I competitors ... finished third at the Buffalo State Invitational and was fourth at the Fordham Invitational ... was Edinboro's top finisher at Nationals ... in track, besides Nationals turned in top showing at Penn Relays, running a 16:56 in the 5,000 meters to finish 17th ... earned All-American honors in her first cross country campaign, placing 24th at Nationals (22:47.5) ... was an All-PSAC runner after a fifth place finish (23:02), then captured All-East Region accolades thanks to an eighth place finish (21:41) ... was named the PSAC Rookie of the Year in cross country, then ended up sweeping the awards both in indoor and outdoor track ... earned the indoor honor after being the only freshman runner to earn a first place finish at the PSAC Indoor Championships, winning the 5,000 meters with a time of 17:46.47 ... then came back to win the outdoor award after being one of only two freshmen to qualify for Nationals ... had a season-best 17:23.78 in the 5,000 meters at the Penn Relays, and earned All-PSAC honors in the same event with a third place finish (18:28.82) ... **High School:** Starred at St. Marys Area High School in track and cross country ... was the District cross country champion in 2003, then won District title in 1600 in 2004, and finished as the runnerup in 3200 ... holds school records in the 1600, 3200 and 3200 relay ... **Personal:** Born March 5, 1986 ... daughter of Kathleen and Leo Lanzel ... Health & Physical Education – Teacher's Certification major ... carries a 3.62 GPA.

"I'm ready to assume a strong leadership role on the team." ... Rachael Lanzel

Jeff McCabe

Senior

Exeter, PA

Wyoming Area High School

Andy Thoman

Freshman (redshirt)

Strongsville, OH

Strongsville High School

Eric Brenner

Freshman

Wooster, OH

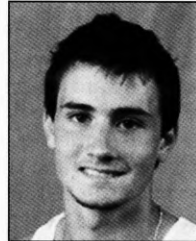
Wooster High School

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Freshman
Gasport, NY
Barker Central High School

Ryan Sheer

Freshman
Liverpool, NY
Liverpool High School

**Ashley Ferraro**

Sophomore
Erie, PA
Northwest Collegiate Academy/ Central High School

**Kelly Bergeron**

Freshman
Wallingford, CT
Lyman Hall High School

**Kristine Beringer**

Freshman
Lockport, NY
Lockport High School

**Meet the Fighting Scots****Erica Bourgeois**

Freshman
Boonville, NY
Adirondack High School

Kailey Harvey

Freshman
Jamestown, NY
Jamestown High School

**Becca Nungesser**

Freshman
Clarence Center, NY
Clarence High School

**Richards, Nemergut Earn Awards***Julie Nemergut*

Julie Nemergut and Kelly Richards capped brilliant careers at Edinboro this spring. Actually, Nemergut has a semester of eligibility remaining in track & field and will use that next spring. Nemergut and Richards were standouts both in running and in the classroom. Because of that, both were awarded NCAA Postgraduate Scholarships, with Nemergut receiving hers in the fall and Richards in the spring. A total of 29 men and 29 women were awarded these scholarship during each season. In addition, both runners earned ESPN The Magazine First Team

*Kelly Richards*

Academic All-American honors. Nemergut concluded undergraduate work with a 3.91 GPA while majoring in Special Education/Elementary Education. Richards, a Health & Physical Education major, compiled a 3.98 GPA and is continuing her graduate work at Springfield College. Both earned All-American honors in track this spring, with Richards placing third in the 3,000-meter steeplechase and Nemergut finishing seventh in the 10,000 meter run. Richards was named the PSAC Outdoor Track Athlete of the Year, Nemergut was Edinboro's Nancy Acker Award winner, given to the top senior female student-athlete.

The 2006 Fighting Scots

2006 Women's Cross Country Roster

Name	Yr.	Hometown/High School
Sara Baker	So.	Youngstown, NY/Lewiston-Porter
Kelly Bergeron	Fr.-r	Wallingsford, CT/Lyman Hall
Kristine Beringer	Fr.	Lockport, NY/Lockport
Erica Bourgeois	Fr.	Boonville, NY/Adirondack
Cherie Cantie	So.	Clarence, NY/Clarence
Ashley Ferraro	So.	Erie, PA/Northwest Collegiate Academy/Central
Kailey Harvey	Fr.	Jamestown, NY/Jamestown
Rachael Lanzel	Jr.	St. Marys, PA/St. Marys Area
Julie Nemergut	Sr.	Youngstown, OH/South Range
Becca Nungesser	Fr.	Clarence Center, NY/Clarence
Heather Wilmoth	Sr.	Sugar Grove, PA/Eisenhower

Head Coach: Doug Watts

2006 Men's Cross Country Roster

Name	Yr.	Hometown/High School
Josh Arthur	So.	Turin, NY/South Lewis Central
David Blend	So.	North Canton, OH/Hoover
Eric Brenner	Fr.	Wooster, OH/Wooster
Phil Cannata	Fr.	Kenmore, NY/St. Joseph's Collegiate Inst.
Dan Field	Sr.	Boston, NY/East Aurora
Brandon Gillingham	Fr.	Pittsburgh, PA/Northgate
Richard Gorski	Jr.	Lake City, PA/Girard
Nick Hankins	Jr.	Pepper Pike, OH/Orange
Chris Lantinen	Fr.	Gasport, NY/Barker Central
Jeff McCabe	Sr.	Exeter, PA/Wyoming Area
Dave Niemira	Jr.	Strongsville, OH/Strongsville
Travis Prejean	So.	Jamestown, NY/Jamestown
Ryan Sheer	Fr.	Liverpool, NY/Liverpool
Robert Taylor	So.	Still Pond, MD/Kent County
Andy Thoman	Fr.-r	Strongsville, OH/Strongsville

Head Coach: Doug Watts

2005 Results

DATE	OPPONENT	TOP PERFORMERS
<i>September</i>		
4 at Buffalo State Invitational	WOMEN: 2nd/10 teams	Julie Nemergut (1st, 18:25) Rachael Lanzel (3rd, 18:57) Michele Kelly (9th, 19:30)
	MEN: 3rd/9 teams	Jared Lowry (3rd, 26:41) John Moneyhon (9th, 26:53)
17 at Fordham Invitational	WOMEN: 2nd/9 teams	Julie Nemergut (2nd, 18:50) Rachael Lanzel (4th, 19:27) Kelly Richards (7th, 19:47)
	MEN: 1st/11 teams	Josh Arthur (2nd, 27:08) Jared Lowry (5th, 27:36) Ryan Coon (7th, 27:37) Dan Field (8th, 27:42)
26 EDINBORO RAG RELAYS	WOMEN: 1st/6 teams	Julie Nemergut (1st, 15:14)
	MEN: 1st/6 teams	John Moneyhon (1st, 18:00)
30 at Notre Dame Invitational	WOMEN: 2nd/24 teams	Rachael Lanzel (4th, 17:58) Julie Nemergut (22nd, 18:33)
	MEN: 9th/26 teams	Jared Lowry (17th, 25:35) Ryan Coon (23rd, 25:44)
<i>October</i>		
19 at Tour de Scots	WOMEN: 1st/2 teams	Julie Nemergut (1st, 18:12) Rachael Lanzel (3rd, 18:47)
	MEN: 1st/2 teams	Jared Lowry (1st, 20:49) Ryan Coon (2nd, 20:52)
29 at PSAC Championships at Slippery Rock, PA	WOMEN: 1st/13 teams	Julie Nemergut (1st, 21:48) Rachael Lanzel (2nd, 21:59) Kelly Richards (5th, 22:34) Heather Wilmoth (11th, 22:59)
	MEN: 2nd/14 teams	Michele Kelly (15th, 23:09) Ryan Coon (5th, 25:40) Jared Lowry (6th, 25:40)
<i>November</i>		
5 at NCAA East Regional Championships at Lock Haven, PA	WOMEN: 1st/26 teams	Rachael Lanzel (2nd, 21:24) Julie Nemergut (3rd, 21:49) Michele Kelly (6th, 22:07) Lindsay Roberts (8th, 22:11) Kelly Richards (14th, 22:30)
	MEN: 1st/25 teams	Jared Lowry (4th, 31:43) Ryan Coon (5th, 31:46) John Moneyhon (10th, 32:06) Dan Field (15th, 32:15)
19 at NCAA Division II National Championships at Pomona, CA	WOMEN: 13th/24 teams	Rachael Lanzel (73rd, 23:39) Michele Kelly (78th, 23:44)
	MEN: 19th/24 teams	Ryan Coon (67th, 33:52)

All-Americans

Men

Dave Antognoli	1970-71-72
Dalvin Baehler	1975
Jeff Barker	1997, 2000
Greg Beardsley	1981-82
Scott Burns	1986
Ryan Coon	2003, 2004
Clayton Clews	1992
Tim Dunthorne	1986-87
Pete Fixler	1993-94
Kevin Foley	1974-76
Jeff Foster	1975-76
Luil Graham	1984-85-86
Brian Jordan	1978-79
Scott Knapp	1990
Scott Kovacevic	1997-98
Travis Kuhl	1997
Carl Leonard	1992-93-94
Martin Lyons	1991-92-93-94
William Maloney	1985
Gennaro Manocchio ..	1985-86-87
Brian Matthews	1990
Mark Muggleton	1976
Steve Owens	1997
Mike Platt	1986-87
Chris Rauber	1988-89-90
Michael Renninger	1988-89
Uriel Rivera	1989-90
Steve Repko	1982
Dennis Rice	1982
Aaron Rowe	2000
Harvey Sipel	1988, 1990
Michael Tonkin	1988
Lance White	1981
Henry Winger	1975-76
Yi Min Wu	1998-99-2000-01

Women

Gabriela Hnilkova	1998-99
Rachael Lanzel	2004
Carrie McKeon	1997-98, 2000
Audra Naujokas	1990
Julie Nemergut	2004
Amy Perry	1996-97-98
Lisa Petsche	1997, 1999-2000-01
Robertta Raskowski	1991
Teresa Skello	1988
Colleen Snyder	1985
Deb Springer	1992
Sandra Sweet	1996-97
Donna Thibert	1989, 1992
Heather Wilmoth	2004
Kerrie Yenchak	1985



Carrie McKeon



Marty Lyons



Chris Rauber

FIGHTING SCOT
ALL-AMERICANS

FOUR-TIME ALL-AMERICANS	
Martin Lyons	1991-94
Lisa Petsche	1997, 1999-01
Yi Min Wu	1998-01

THREE-TIME ALL-AMERICANS

Dave Antognoli	1970-72
Luil Graham	1984-86
Carl Leonard	1992-94
Gennaro Manocchio ..	1985-87
Carrie McKeon	1997-98, '00
Amy Perry	1996-98
Chris Rauber	1988-90

TWO-TIME ALL-AMERICANS

Jeff Barker	1997, 2000
Greg Beardsley	1981-82
Ryan Coon	2003-04
Tim Dunthorne	1986-87
Pete Fixler	1993-94
Jeff Foster	1975-76
Gabriela Hnilkova	1998-99
Brian Jordan	1978-79
Scott Kovacevic	1997-98
Mike Platt	1986-87
Michael Renninger	1988-89
Uriel Rivera	1989-90
Harvey Sipel	1988, '90
Sandra Sweet	1996-97
Donna Thibert	1989, '92
Henry Winger	1975-76



Carrie McKeon, Lisa Petsche and Amy Perry (l-r) earned All-American honors at 1997 National Championships

National Champions

Dave Antognoli

David Antognoli was head coach Doug Watts' first recruit back in 1969. Antognoli is, according to Watts, the reason Edinboro became creditable on the national level, and helped lay the foundation for the successful program that exists today. The recruiting classes of 1972-73 followed in the footsteps of Antognoli and led to Edinboro's six national team titles.

Antognoli won a multitude of individual titles, including three national titles, and many All-American certificates in cross country and track. He was awarded the Sox Harrison Award as the top male senior athlete in 1973 after winning the cross country championship in 1971, the NAIA 10,000 meters title in 1972, and the USTFF national championship in the six mile event. He also was the top collegiate finisher in the 1972 Olympic Trials.

Greg Beardsley

In 1982, in a brutal combination of calf-deep snow, 20-degree temperatures, and a chilling wind, the crowd at the finish line of the 1982 NCAA Division II championships in St. Cloud, Minnesota was barely able to make out the faint outline of Greg Beardsley, who crossed the finish line in a record 60.9 seconds before the rest of the field to win the national championship. Beardsley recalls his experiences as "great, but very cold!"

Beardsley won the Sox Harrison Award as the top male senior athlete in April 1983 and was multiple U.S. Olympic Trials scorer.

Martin Lyons

Martin Lyons was attracted to Edinboro due to the strength and reputation of the Running Scots program. The Melbourne, Australia native had no trouble adapting to his move across the globe, winning the 1991 NCAA Division II individual cross country title as a freshman.

Though he came to the United States with little cross country experience, coach Doug Watts expected All-American honors from the Aussie on the merit of his track credentials. Lyons would go on to claim cross country All-American honors in each of his four seasons at Edinboro. Only two other runners have accomplished this feat since.

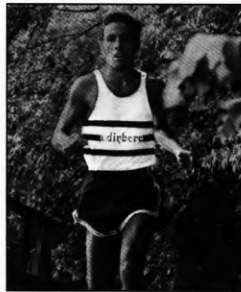
An eight-time All-American in cross country and track, Lyons was the NCAA East Regional record-holder in cross country, and also hold the school record in the marathon with a time of 2:21:35, set back in 1995.

Yi Min Wu

Yi Min Wu became Edinboro's fourth national champion after he won the 1998 national meet by a 10 second margin with a time of 31:06.60. Wu did not lose a race throughout his freshman season.

A six-time All-American in cross country and track, Wu was recognized as both the PSAC and NCAA East Regional 'Runner of the Year' in 1998 and '99. He was the 1999 national track and field runner-up in the 10,000 meters in addition to winning the PSAC 10,000 meter championship. Wu earned his second All-American certificate in track by also placing sixth in the 5,000 meter run as a freshman. Wu is one of three runners to earn All-American honors four times in cross country.

Finally, Wu was named the PSAC Rookie of the Year in track and field as a freshman.



Running Scots History

THROUGH THE YEARS

1971 Dave Antognoli wins the NAIA championship in his final year, the first national title for Edinboro.

1975-76 Men's team wins first-ever national trophy, and then repeats for back-to-back NAIA championships.

1982 Greg Beardsley captures the NCAA Division II individual championship.

1985 Doug Watts takes over the women's squad. Colleen Snyder and Kerri Yenchak become Edinboro's first female runners to be named All-Americans.

1986-88 The Fighting Scots men take home their first NCAA Division II title in 1986. They successfully defend the title in 1987 and '88 for three consecutive national championships.

1990 Edinboro's men's team ties the NCAA Division II 'Most Championship Teams' record by winning their fourth team title.

1991 Martin Lyons becomes Edinboro's third national champion.

1991 Yi Min Wu becomes the fourth Boro national champion, winning by 10 seconds.

1998 The Edinboro women's team ran to their highest national finish, claiming third place.

1999 Both the men's and women's teams place fourth at nationals. Carrie McKeon and Lisa Petsche join Amy Perry Davis as three-time All-Americans. Jeff Barker and Carrie McKeon won the fifth straight regional championships for the Boro squads, while Barker's crown at the PSAC Championships marks the 21st consecutive year a Fighting Scot has claimed the top spot.

2000 Lisa Petsche and Yi Min Wu become the second and third runners to earn All-American honors four times. The women's team places seventh at nationals and the men finish eighth, the fifth-straight top ten finishes for both squads. The women capture their fourth consecutive PSAC and East Regional crown, while the men win their tenth straight PSAC and Regional title.

2001 Lisa Petsche and Yi Min Wu become the second and third runners to earn All-American honors four times. The women's team places seventh at nationals and the men finish eighth, the fifth-straight top ten finishes for both squads. The women capture their fourth consecutive PSAC and East Regional crown, while the men win their tenth straight PSAC and Regional title.

2004 The women's team posts its highest finish ever at Nationals, finishing second as three runners -- Julie Nemergut, Rachael Lanzel and Heather Wilmoth -- earn All-American honors. In addition to her tenth place finish at Nationals, Nemergut also captures the individual titles at the PSAC and East Regional meets. Ryan Coon joins Nemergut as the winner on the men's side at regionals, then goes on to earn All-American honors for the second time, pacing the men to a seventh place finish.

EDINBORO IN THE POSTSEASON

Men (Since 1980)			1997			1998			1999			2000			2001			2002			2003			2004			2005		
PSAC	Regionals	NCAA	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st			
1980	1st	1st	13th	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st			
1981	1st	3rd	2nd	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1982	3rd	NA	9th	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1983	4th	3rd	14th	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1984	1st	2nd	2nd	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1985	1st	1st	2nd	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1986	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1987	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1988	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1989	1st	1st	2nd	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1990	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1991	3rd	2nd	9th	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1992	1st	1st	6th	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1993	1st	1st	2nd	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1994	1st	1st	6th	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1995	1st	1st	13th	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		
1996	1st	1st	16th	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st	1st		

NCAA National Champions

1986
1987
1988
1990

NAIA National Champions

1975
1976

Women

(Since 1988)

PSAC	Regionals	NCAA
1988	1st	5th
1989	1st	2nd
1990	2nd	1st
1991	1st	1st
1992	1st	1st
1993	1st	4th
1994	1st	1st
1995	3rd	2nd
1996	2nd	2nd
1997	2nd	2nd
1998	1st	1st
1999	1st	1st
2000	1st	1st
2001	1st	1st
2002	1st	3rd
2003	1st	1st
2004	1st	1st
2005	1st	1st

Track & Field Preview

Traditionally the Edinboro University track and field team is fueled by solid depth in the middle and long distances. That pattern should continue in 2007.

Besides the cross country roster, the Fighting Scots will return Julie Nemergut for her final year of athletic eligibility in track. The three-time All-American has twice earned All-American honors in the 10,000 meters, including a year ago when she placed seventh. She will run as a graduate student and can be expected to score high at Nationals again. Her track goals are to lower the school records in the 5,000 and 10,000.

Freshman standout Kyle Wunz returns with a more solid focus on athletics and training this year. A potential national qualifier in the 400, Wunz showed his talent with perfor-

mances of 10.63 in the 100 meters, a school-record 20.9 in the 200 meters, and a 48.40 in the 400.

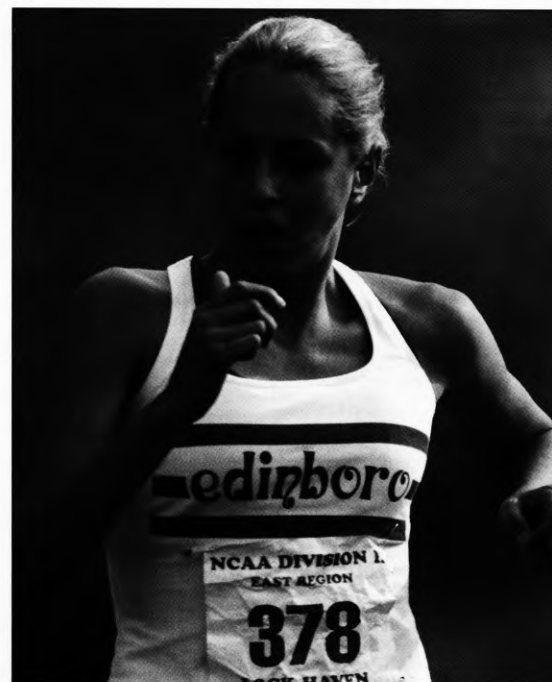
Sophomore Ashley Young was hampered last spring by a pulled hamstring suffered in the finals of the PSAC Indoor Championships. She limped all spring yet qualified for the conference meet on her last opportunity. A week later she surprised the PSAC by finishing fifth in the 100 meter dash. This year she should score in the long jump.

Ashlee Highfield, a junior, was consistently over 130 feet in the javelin last spring, and has dedicated herself to reaching the national qualifying standard in 2007.

Watts looks for Katie McKendrick, Richard Gorski and Franklin Duroubasa to excel in 2007, as well.

2006 TRACK ALL-AMERICANS

Kelly Richards	3,000 meter steeplechase -- 3rd place
Rachael Lanzel	5,000 meters -- 8th place
Julie Nemergut	10,000 meters -- 7th place



Julie Nemergut

NATIONAL CHAMPIONS

David Antognoli	10,000 meters	1972
Uriel Rivera	5,000 meters	1990
	10,000 meters	1990
Chris Rauber	5,000 meters	1991
Carl Leonard	5,000 meters	1995

NATIONAL RUNNERS-UP

David Antognoli	Marathon	1973
Brian Jordan	Steeplechase	1980
Rick Killian	800 meters	1981
Tim Dunthorne	Steeplechase	1987
Michael Renninger	Steeplechase	1989
Donna Thibert	3,000 meters	1989
	5,000 meters	1989
Carl Leonard	10,000 meters	1995
Yi Min Wu	10,000 meters	1999
Amy Perry	5,000 meters	1999
Aaron Rowe	10,000 meters	2003



CROSS COUNTRY

Head Coach: Doug Watts

September

- 2.....at Case Western Reserve Invitational
- 15.....at Michigan State Invitational
- 23.....EDINBORO RAG RELAYS
- 30.....at Lakefront Invitational

October

- 18.....at Tour de Scots
- 28.....at PSAC Championships
at Bloomsburg, PA

November

- 4.....at NCAA Division II
East Regional at Lock Haven, PA
- 18.....at NCAA Division II
National Championships
at Pensacola, FL



COUNTRY FAIR



TRACK & FIELD

Head Coach: Doug Watts

INDOOR

January

- 20.....at Fredonia State Invitational

February

- 3.....at Mt. Union Invitational
- 9.....at Baldwin-Wallace Invitational
- 10.....at PSAC Quad Meet at Slippery Rock, PA
- 16.....at Akron Open
- 17.....at Kent State Open
- 24-25.....at PSAC Championships
at East Stroudsburg, PA

OUTDOOR

March

- 9-10.....at Florida ACM Relays
- 16-17.....at Florida State Early Bird
- 23-24.....at Raleigh Relays
- 24.....at Slippery Rock Early Bird
- 31.....at Wooster Invitational

April

- 6.....at Princeton Invitational
- 7.....at PSAC Quad Meet at TBA
- 14.....at Bucknell Invitational
- 21.....at IUP Invitational
- 26-28.....at Penn Relays
- 28.....at Baldwin-Wallace Invitational

May

- 3-5.....at PSAC Championships
at Millersville, PA
- 11-2.....at Last Chance Meet at TBD
- 24-26.....at NCAA Division II
National Championships
at Charlotte, NC