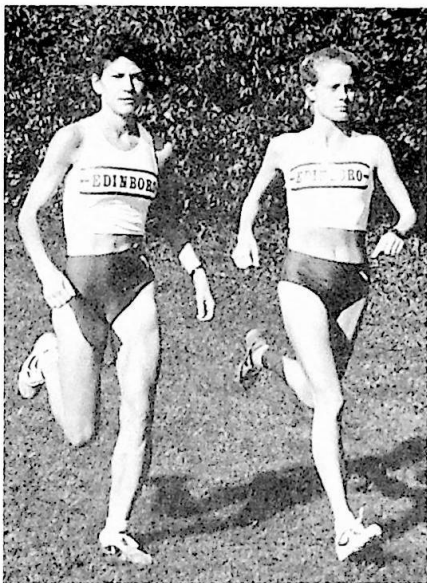


Edinboro University *of Pennsylvania*



Sandra Sweet and Amy Perry



Travis Kuhl

1996
CROSS
COUNTRY



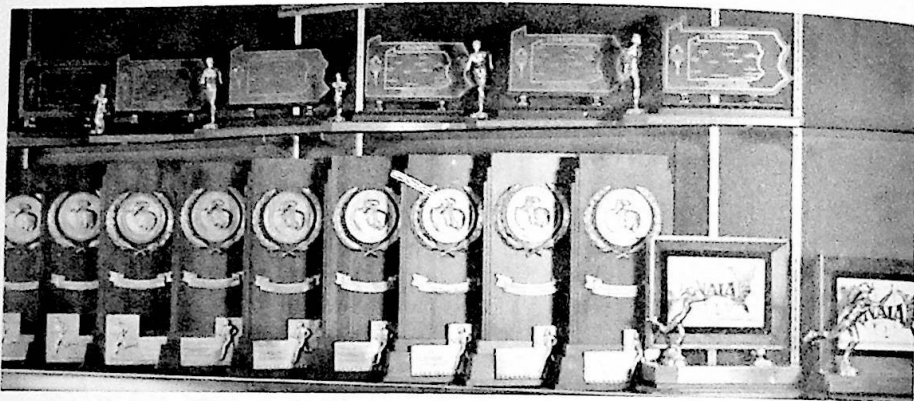
A Championship Tradition!

The Edinboro University of Pennsylvania men's and women's cross country teams, under the direction of head coach Doug Watts, now in his 28th year at the helm, have enjoyed a proud tradition of excellence during the past three decades.

The Fighting Scot runners have been the most successful cross country program in the 14-member Pennsylvania State Athletic Conference, as well as one of the top NCAA Division II programs in the nation.

The Edinboro men have captured 13 of the last 16 PSAC Championships, while qualifying as a team for the national championships every year since 1978, an amazing string of 17 straight seasons! The Edinboro women also have enjoyed considerable success since Watts took over in 1988, capturing six out of the last eight conference titles, while qualifying for nationals five times.

The Watts tradition has produced 57 cross country All-American awards to 33 different individuals, three individual national champions, and six team national championships - four NCAA Division II crowns and two NAIA titles.



Edinboro has won six national titles and has placed second five times

Men's Team Finishes Since 1980

Year	PSAC	East Reg.	Nationals
1980	1st	1st	13th
1981	1st	3rd	2nd
1982	3rd	NA	9th
1983	4th	3rd	14th
1984	1st	2nd	2nd
1985	1st	1st	2nd
1986	1st	1st	1st
1987	1st	1st	1st
1988	1st	1st	1st
1989	1st	1s	2nd
1990	1st	2nd	1st
1991	3rd	2nd	9th
1992	1st	1st	6th
1993	1st	1st	2nd
1994	1st	1st	6th
1995	1st	2nd	13th

Women's Team Finishes Since '88

Year	PSAC	East Reg.	Nationals
1988	1st	5th	DNQ
1989	1st	2nd	8th
1990	2nd	1st	8th
1991	1st	1st	8th
1992	1st	1st	5th
1993	1st	4th	DNQ
1994	1st	1st	15th
1995	3rd	2nd	DNQ

Edinboro National Champions

Dave Antognoli	1972	NAIA
Greg Beardsley	1982	NCAA-II
Martin Lyons	1991	NCAA-II

Edinboro's National Champions



Dave Antognoli
1972 NAIA
National Champion



Greg Beardsley
1982 NCAA-II
National Champion



Martin Lyons
1991 NCAA-II
National Champion

Edinboro's Cross Country 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 here at Edinboro. "A student-athlete should 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



Cross Country Coach
Doug Watts

Head Coach Doug Watts



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 23 consecutive undefeated seasons and a string of 91 straight dual meet victories. Watts' squads have also produced six national championships, including back-to-back NAIA titles in 1975 and 1976 and consecutive NCAA Division II titles from 1986 through 1988. His teams can also boast of five NCAA-II runner-up trophies, plus finishes of third, fifth, sixth (twice), 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 122-8 in 27 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.

Doug and his wife Margaret have two adult children, Wendy and Christopher.

Assistant Coach Jeff Foster



Jeff Foster is in his first season as a full-time assistant cross country and track and field coach.

Born and raised in St. Marys, Pa., Foster graduated from St. Marys High School in 1974 and enrolled at Edinboro State College that fall. He was an All-American on both of the Scots national championship squads in 1975 and 1976 before entering the job market.

In 1994, Foster came back to school to finish his degree and earned all-conference and all-region honors at 38 years of age, despite not running in 15 years. He became Edinboro's first-ever assistant cross country coach this past

Fall. In his spare time, Foster continues to run on the road circuit and could likely end up as the No. 1 United States Masters Runner. Foster graduated with honors with a bachelor's degree in education in the Spring of 1996.

Edinboro's All-Americans

MEN'S

Dave Antognoli
1970, 71, 72

Kevin Foley
1974, 75, 76

Henry Winger
1975, 76

Dalvin Baehler
1975

Mark Muggleton
1976

Brian Jordan
1978, 79

Lance White
1981

Dennis Rice
1982

Greg Beardsley
1981, 82

Steve Repko
1982

Gennaro
Manocchio
1985, 86, 87

William Maloney
1985

Mike Platt
1986, 87

Tim Dunthorne
1986, 87

Scott Burns
1986

Michael Tonkin
1988

Harvey Sipel
1988, 90

Chris Rauber
1988, 89, 90

Michael
Renninger
1988, 89

Uriel Rivera
1989, 90

Brian Matthews
1990

Scott Knapp
1990

Martin Lyons
1991, 92, 93, 94

Carl Leonard
1992, 93, 94

Pete Fixler
1993

Clayton Clews
1992

WOMEN'S

Kerrie Yenchak
1985

Tereas Skello
1988

Donna Thibert
1989, 92

Audra Naujokas
1990

Roberta
Raskowski
1991

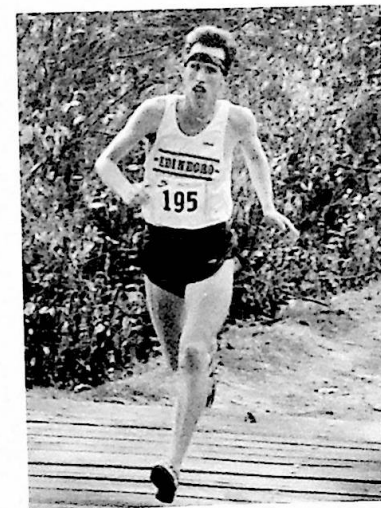
Deb Springer
1992

Leonard Wins NCAA 5,000 Meter Championship

After earning All-American honors three times in cross country, and becoming the first person in the 66-year history of the Pennsylvania State Athletic Conference to capture the 10K, 5K and 1,500 meters at the same meet, Carl Leonard had just one thing missing from his remarkable Edinboro career... a national championship.

But that changed last May when Carl, in his final chance to win a national title, did just that, capturing the NCAA Division II 5,000 meter crown in his final race.

Leonard, a native of Morristown, Wales, who finished his career as a six-time All-American will long be remembered as one of the great distance runners in Edinboro history.



Young Men's Team Looks to Uphold Tradition



Senior Pete Boyd is a two-time All-Region performer

The Edinboro Cross Country program has always relied upon program development of its runners to supplement a lead pack of established, experienced stars.

The 1996 Fighting Scot roster once again features some quality student-athletes that have the potential to earn All-American honors, however, the usual stock of experienced runners is missing as five competitors from Edinboro's 1995 Pennsylvania State Athletic Conference championship squad have graduated.

"For the first time since 1970, Edinboro cross country will have to rely on freshmen recruits to impact our squad," said veteran head coach Doug Watts, who begins his 28th season directing the program.

"And as I've said many times before, 18 and 19-year-old young men cannot handle the 10,000-meter distance very well. It takes at least a year or two to make the transition from running the 5,000 meters in high school to the 10,000 meters in college."

"We have a few solid front-runners, but there will be a drop off after our first two or three, especially early in the season."

The '96 Running Scots likely will be lead by junior Travis Kuhl and senior Pete Boyd as both runners garnered All-PSAC and All-East Region honors a year ago.

Kuhl placed third at the PSAC championships and fifth at the NCAA Regional meet as the Scots No. 2 runner last year behind All-American Carl Leonard. Kuhl also won the PSAC steeplechase last spring, just missing an NCAA Division II national qualifying time.

"Travis possesses all of our traditional attitudes of dedication and an ability to focus that defines our success," says Watts.

"I came to Edinboro specifically because of its superior running tradition," said Kuhl. "I've had a chance to learn from some great runners, and now I want to do my part to keep that heritage going."

Boyd, the only senior on this year's squad, also has multiple All-PSAC and regional certificates to his credit. Boyd placed 10th at the PSAC championships last year and 11th at the NCAA Regional competition. He was set to challenge Kuhl for the top spot on the squad, but suffered an ankle injury before the season.

"Pete wants to be a good runner as badly as anybody I have ever coached," remarked Watts.

Junior Steve Owens began to blossom last year, helping the team with con-

sistent top five finishes in cross country. He also was a runner-up in the 5,000 meters to teammate Carl Leonard. While traveling in Great Britain this summer, Owens contracted a virus that had weakened his stamina for training.

"Owens desire to be part of a good team fuels his good work ethic," said Watts. "Hopefully, he can overcome his illness and make a very positive contribution to our team by the end of the season."

If the Scots are to have success in the front of the pack, sophomore Scott Kovacevic will have to perform well. Kovacevic gained experience last fall as a top seven runner, but needs to continue improving if the Scots are to fare well as a team in 1996.

After these four runners, Edinboro is very young with the rest of the team consisting of true freshmen. Watts is happy with the newcomers work ethic and the willingness to live up to his expectations.

"Give them a year and we'll be pretty tough," he said. "We have some new young talent, but they're just so young and inexperienced."

Freshmen joining the program include: Jeff Barker, Brian Lenzo, John Newlin, Daryl Meyer, Jeremy Ickes and John Tremblay.

According to Watts, Barker has turned in some great practices in the early going, with Lenzo, a multiple All-State recruit from Ohio, getting better each day. Watts also is very excited over Newlin's aggressive running style. Ickes was the local cross country and PA District 10 high school champion, with teammate Tremblay right behind him at every meet.

While the degree of success Edinboro's young squad will have in 1996 is uncertain, one thing Fighting Scot opponents can expect from the team is a 100% effort and fierce competition, due in large part to the proud tradition Edinboro's distance runners have established.

1996 Edinboro Men's Cross Country Roster

Name	Year	Hometown/High School
Jeffrey Barker	So	Barto, PA/Boyertown
Peter Boyd	Sr	Hermitage, PA/Sharon
Jeremy Ickes	Fr	Edinboro, PA/General McLane
Brian Knizner	Jr	Croghan, NY/Beaver River Central
Scott Kovacevic	Fr	Solon, OH/Eastlake North
Travis Kuhl	Jr	Croghan, NY/Beaver River Central
Brian Lenzo	Fr	Reynoldsburg, OH/Reynoldsburg
Sean McMillian	Fr	Harmony, PA/Seneca Valley
Daryl Myer	Fr	Mountville, PA/Garden Spot
Jonathen Newlin	Fr	Erie, PA/Central
Steve Owens	Jr	Lancaster, PA/Hampfield
Robert Rehman	Fr	Washington, PA/Trinity
John Tremblay	Fr	Corry, PA/Corry

Women's Squad Hopes to Past Tests



Junior Meranda Wall should help Edinboro challenge for a PSAC championship in '96

she improved greatly, earning an NCAA Division II national qualifying time in the 10,000 meters last spring. She has shown greater improvement already this year and should finish higher than her seventh-place finish at Regionals. Sweet, a two time Academic All-American with a 3.88 GPA in nutrition, will add consistency of performance to her already superbly balanced life of excellent academics, top level running and marriage.

"I must admit that I approached college athletics with a great deal of apprehension last year," says Sweet. "But at Edinboro, I've had a lot of fun running and have been allowed to keep my family and academics my first priority."

Challenging Sweet for the number one spot is sophomore Amy Perry. As a freshman last fall, Perry earned All-Conference (fourth place) and All-East honors (ninth), and ran an NCAA-II national qualifying 10,000 meters at the PSAC. (37:45) Perry also earned Academic All-American honors last year, trained well the past summer, and is definitely much improved.

"Amy has the best type of personality to be really successful in life," said Watts. "For instance, 15 minutes before a race, Amy can be laughing and loose. But 10 minutes before the gun goes off, look out, she has a completely focused, intense look on her face. She definitely is All-American material."

Strong cross country teams are made from talent, driven by dedication and hard work, and tempered by experience.

This mix of essential ingredients often times produces championship teams, and that is the goal of the 1996 Edinboro women's cross country team: to qualify for the NCAA Division II National Championships in Humboldt, Cal., in November.

"I can guarantee that this year's team is dedicated and doing the necessary work to be a good team," said coach Doug Watts. "We definitely have the work ethic to be successful, and we have quite a bit of talent, although I am a little worried about our team's lack of upperclassmen and experienced runners."

The women's team will showcase two of the best runners in the East, sophomores Sandra Sweet and Amy Perry.

Sweet, who at 30 years of age, begins just her second year of training for racing. She never ran in high school and only began jogging a year and a half before joining Edinboro's program last year. In that short time

Junior Meranda Wall, a pleasant surprise in 1995, returns improved and serious in helping the team to reach nationals in California. Wall, who took a couple of years off of competitive running following high school as she recovered from a serious automobile accident, was one of Edinboro's top four or five runners last year. According to Watts, her consistency and leadership are vital to the team's stability this year.

Junior Kathy Shufesky, who also made solid contributions to the team's success last year, is another experienced runner who returns for her third season. While Watts hopes she continues to improve, he is concerned a knee injury suffered last spring could slow her progress.

Junior Jeannette Sabol may be the key to the Scots quest to win a Championship this fall. Sabol trained seriously during the summer months and has shown improvement in early season workouts. If she can maintain her early season practice form in competition, the team will be successful.

Watts also hopes a freshman will break into the top five. Nicole Moser, a New York All-State selection her junior year, might be the one to consistently give the Scots some scoring safety. Watts also sees potential for fellow freshmen Diane McCallion and Kerrie Antel to compete at the level of Edinboro's schedule. Returnee Ria Ross and newcomer Tina Sculley also could contribute.

If Edinboro's top performers compete at the level Coach Watts expects, and the Boro gets some quality support from capable individuals, the Scots could be heading West to California for the NCAA Championships this Fall.

1996 Edinboro Women's Cross Country Roster

Name	Year	Hometown/High School
Kerrie Antel	Fr	Oakdale, PA/West Allegheny
Angela Eakin	Fr	Wattsburg, PA/Seneca
Melissa Ferringer	Fr	Fayetteville, AL/Prattville
Diane McCallion	So	Erie, PA/Central
Nicole Moser	Fr	Lowville, NY/Beaver River
Amy Perry	So	North East, PA/Seneca
Alexandria Ross	So	Amherst, OH/Marion L. Steele
Jeannette Sabol	Jr	Union City, PA/Union City
Holly Schultz	So	Girard, PA/Girard
Kathy Shufesky	Jr	Erie, PA/McDowell
Sandra Sweet	So	Erie, PA/Harborcreek
Meranda Wall	Jr	Grove City, PA/Lakeview

Men's Cross Country Profiles



Peter Boyd ♦ Hermitage, PA/Sharon HS
Senior ♦ Elementary Education

Has multiple All-PSAC, All-East honors... placed 10th overall at the '95 PSAC cross country championships... finished 11th at East regional in '95 after 14th place showing in '94... has competed at NCAA Division II national meet last three years... very hard worker who is extremely dedicated in his training... looks to overcome pre-season ankle injury and challenge for top spot on team... enjoys playing his bass guitar.

Scott Kovacevic ♦ Solon, OH/Eastlake North HS
Sophomore ♦ Business

Second season in program... was Edinboro's fifth runner at NCAA Division II championships last Fall... best finish was 21st place at Buffalo State... looks to improve team standing in '96... was an Ohio all-state high school cross country runner... led Rangers to three cross country conference titles... expected to make big competitive growth to solidify team's chances of success.



Travis Kuhl ♦ Croghan, NY/Walt McLaughlin HS
Junior ♦ Health and Physical Education

Two-time Academic All-American and three-year EUP scholar-athlete... should be Coach Watt's top runner in 1996... earned All-PSAC and All-East Region last year... placed third at conference meet, fifth at regional... also was 10th at PSAC's as a freshman... EUP's third runner at NCAA Division II championships... also won PSAC steeplechase... coached in high school by former Edinboro runner Walt McLaughlin who is married to former EU great Marty Marczak, who was a 1992 Olympic Trials qualifier.



Steve Owens ♦ East Petersburg, PA/Hempfield
Junior ♦ English Literature

Was the PSAC runner-up in 5,000 meters last spring to teammate Carl Leonard... placed 16th overall at the PSAC championships, 25th at regionals... late developer with greatly increased drive and dedication... his training and work ethic has enabled him to perform at the national level... was a four-year letterwinner at Hempfield High School under Coach Matt Luck.



Women's Cross Country Profiles



Amy Perry ♦ North East, PA/Seneca HS
Sophomore ♦ Social Work

Enjoyed outstanding freshman season... was Edinboro's first or second runner in every meet... led Scots with fourth-place finish at PSAC championships... also earned All-Region with ninth-place effort... qualified for NCAA Division II nationals in 10,000 meters... 1996 PSAC 10,000 meter champion... 1996 Track Academic All-Americanhas mental toughness to become an All-American.

Kathy Shufesky ♦ Erie, PA/McDowell HS
Junior ♦ Health and Physical Education

Edinboro scholar-athlete who begins third year in Coach Watts' program... has the potential to help Edinboro field an outstanding team if she continues improving... competed at the '94 NCAA Division II national championship as a freshman... placed fourth among EUP runners at last year's PSAC and East Regional championship (29th and 28th, overall respectively)...



Sandra Sweet ♦ Erie, PA/Harborcreek HS
Sophomore ♦ Nutrition

Three-time Academic All-American in track/cross country, carrying a 3.88 GPA... non-traditional married student who celebrated her 30th birthday in May... begins just her second year of competitive running... one Edinboro's top performers... led Scots with a seventh-place finish at the NCAA Division II East Regional... qualified for NCAA track championship in 10,000 meters... increase in mileage and intensity guarantees improvement.



Meranda Wall ♦ Grove City, PA/Lakeview HS
Junior ♦ Elementary Education

Fourth season in Edinboro program... should be a key performer for Scots this season... was in the team's top five in most meets last year... hard worker who should step up as the team's No. 3 runner in '96... competed at the '94 NCAA Division II national championship... placed fifth among EUP runners at last year's PSAC and Regional championship (31st overall in both events)... set high school records on cross country course and in the 800.



1996 Edinboro Cross Country Schedule

Sept.	7	at Buffalo Invitational	Buffalo, NY
Sept.	21	at Fordham Invitational	New York, NY
Sept.	28	EDINBORO RELAYS	HOME
Oct.	4	at Notre Dame	South Bend, IN
Oct.	12	NW PA CHAMPIONSHIPS	HOME
Oct.	19	at Tour de Rock	Slippery Rock, PA
Nov.	2	at PSAC Championships	Indiana, PA
Nov.	9	at NCAA-II East Regional	Slippery Rock, PA
Nov.	23	at NCAA-II National Championship	Eureka, CA

1996 Edinboro Track and Field Schedule

Indoor

Jan.	18	at SUNY-Fredonia	Fredonia, NY
Jan.	25	at Slippery Rock Open	Slippery Rock, PA
Feb.	2	at Ontario Relays	Toronto, Ontario
Feb.	7	at Baldwin Wallace Relays	Berea, OH
Feb.	14	at Eastern Michigan Relays	Ypsilanti, MI
Feb.	21	at Slippery Rock Relays	Slippery Rock, PA
Feb.	22	at Notre Dame Relays	South Bend, IN
Mar.	1	at Last Chance Meet	Ann Arbor, MI
Mar.	7-8	at NCAA Division II Indoor Championship	Indianapolis, IN

Outdoor

Mar.	21-22	at Cape Fear Classic	Wilmington, NC
Mar.	28-29	at North Carolina Relays	Raleigh, NC
Apr.	2	at Clarion University	Clarion, PA
Apr.	5	at Akron University or IUP	TBA
Apr.	11-12	at Duke University Invitational	Durham, NC
Apr.	19	at Indiana University (PA)	Indiana, PA
Apr.	22	NW Pennsylvania Qualifiers	HOME
Apr.	24-26	at University of Penn. Relays	Philadelphia, PA
Apr.	30	at Slippery Rock Open	Slippery Rock, PA
May	4	at National Invitational	Bloomington, IN
May	8-10	at PSAC Championships	Lock Haven, PA
May	16	at Baldwin Wallace Last Chance	Berea, OH
May	22-24	at NCAA Division II Outdoor Championship	Edwardsville, IL