

## NCAA CROSS COUNTRY CHAMPIONSHIP POST-RACE QUOTES

### **Women's Race Third Place Finisher Tasmin Fanning of Virginia Tech**

#### *On keeping up with the top two runners....*

“I could see Susan and Sally up there, but I was just keeping my own rhythm within myself. I knew what I had to do to maintain my position or improve on it and that kept me going.”

### **Second Place Women's Finisher Susan Kuijken of Florida State**

#### *On the race...*

“I had mixed feelings about the race. I was disappointed that I didn't win and especially because I was close and stayed with her for some time. But, on the other hand, it is a bigger improvement on what I did last year. Last year, third, this year, second, maybe I'll be one next year.”

### **Women's Champion Sally Kipyego of Texas Tech**

#### *On winning her third straight NCAA title...*

“It's an amazing feeling. I am absolutely happy for just being able to come here and win three in a row. It's a blessing to me. It's one opportunity that you just don't get every day.”

#### *On the race...*

“It was hard. It was cold and windy and the girls that were running next to me were running hard out there. It was probably the hardest NCAA cross-country race of all the three. I am just happy to get through and win.”

### **Women's NCAA Champion Washington Coach Greg Metcalf**

#### *On the plan going into the race and executing...*

“The race plan honestly, about 1500 meters in I thought we were a little back. It actually didn't go according to plan. But, they did what they do all year long. After the 3k, they moved and ran better after that. Our front team of Christine Babcock and Kendra Schaaf were in the lead pack right where they needed to be. They did a great job. And Mel and Katie closed well and lowered our team's score dramatically after halfway. Things didn't go 100 % as planned, but I won't get greedy it was good to win.”

### **Men's Second Place Finisher Samuel Chelanga of Liberty**

*On the race and competing with Oregon's Galen Rupp...*

“He is a good competitor and I am happy where I am right now. It was fun.”

**Men's NCAA Champion Galen Rupp of Oregon....**

*On competing and keeping up with Chelanga after his fast start....*

“You know he's been doing that all year. So, it wasn't completely unexpected. I think going in, we knew it was a real possibility that he might do that. Coach just told me to sit back and not panic. I knew I was going to have to run smart and stay focused on what was going to be the best plan to be successful. It was something I was prepared for and kept chipping away.”

**Oregon Coach Vin Lananna**

*On the win and his team...*

“Well, first of all, the group here at Indiana State just does a fantastic job setting everything up and creating an outstanding atmosphere. Secondly, we have a great group of guys, they're all here, whether they run or didn't run. Whether they ran for 20<sup>th</sup> place, 25<sup>th</sup> place, or first place we worked together as a team. They did a fantastic job. These guys did great all season. It's a big deal for us and we're thrilled to be in the same position as last year as champions.”