



100 YEARS *of* CHAMPIONS

PAC-12 CONFERENCE

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COLORADO HEAD CROSS COUNTRY COACH MARK WETMORE

On the men's performance...

"I'd say a B for the men overall. Of course a wonderful race by Johnny Dressel, he's a freshman and he looked wonderful. For where we are in the season, it was fine."

On the women's performance...

"I'm very happy with how they ran the second half of the race. Again, a few surprises, Melanie Nun was a big surprise for us, finishing as far up as she did. Kaitlyn (Benner) finished second in the race, that's kind of a breakthrough run for her. The front four were excellent. The fifth was as freshman that struggled a little bit in the last 500, then her veteran teammate came back in the end, had a nice race."

On the course and the championships...

"We hosted the championships in 2013, so I know how much work it is. The people at Washington State and the people at the golf course... it's just hours and hours of work. I was very happy with the course, totally fair for everyone. As a whole, I'm sure the conference and the rest of the teams felt it was well done."

PAC-12 CHAMPION EDWARD CHESEREK, OREGON

On taking the lead...

"I was looking around. With one mile to go, I just took the lead."

On having the confidence for his final surge...

"It means a lot to me. Running is not easy, you have to be ready. You have to be prepared when you run against some of the best runners in the country."

On team preparation...

"We came in as a team prepared. We talked about it, 'here's what we have to do as a team,' and we were able to follow our plan."

On if he feels like a champion after winning three in a row...

"I think I'm getting there. I still have a long way to go, but I think I'm getting there."

PAC-12 WOMEN'S CHAMPION AISLING CUFFE, STANFORD

Describe win after taking last season off with an injury...

"It's pretty awesome. I've so much anticipation of every race. Each race is equally as sweet because I really missed it."

Making the move at the end to get the win...

"I base it off of feel a lot of the time. I like to run with my teammates so we can gain confidence and feed off of each other. At the end, I got tired of being conservative and I went for it."

On defending her 2013 title after missing last season...

It meant a lot, to stick with it and mentally staying in the game while being out. I learned how much I missed racing and how much I enjoyed being in every race and being with my teammates."

Coming back and be a leader of the team after a year off...

"It's so much fun when everybody has confidence and walking to the starting line. Everyone knows what they're going to do each race. Feels good."

Start of championship season...

"We are in a really good spot heading in. We've been good in approaching each race and staying in the moment to stay in the race. We have been good at keeping our eye on the big picture and we know it is important to have fun but also focus on who to beat each time out."

On the championship course...

"It was really cool, I really liked it. My teammates were teasing me because I like every course but today felt like home. I really liked it, I liked running in the Fall (season) again."