

## Chico State X-Country 95' at a Glance

**Men:** Tradition and respect. These are the things that the 95' Chico State XC team hoped to build and earn throughout the season. Looking back on the season it seemed that most people associated with NCAC X-country scene forecasted a duel between Humboldt and Davis for an NCAA birth. Everyone that is except the Chico State team and their coaches. On the return flight from South Carolina (Site of the 95' NCAA Championships) talk among the Chico State squad centered around two things.....Tradition and Respect.

Ignoring all of the people who failed to recognize their potential the Chico State men's team went from being ranked 7th in the region and unranked in the nation to finishing 2nd in the region and 10th in the nation. All of this just one year after winning their first Conference Title in 21 years. Each runner believes that what he does is helping to re-establish some tradition at Chico State. It has been since the early 70's since the Chico State X-country team has seen such success.

Leading the Wildcat charge at each meet this season was **Eric Ricketts** a senior from Hiltop High (Chula Vista). His 26th place finish at Nationals earned him All-America honors. The first for a Wildcat harrier in over 10 years. Eric's season was one of amazing consistency and blazing performances. Running against many ranked Division I opponents (Oregon, Stanford, Baylor, Kansas, N. Arizona & others) during the season Eric thrived placing in the top 15 in both the Stanford and Jeff Drenth Invitationals. In championship races his consistency continued as he won the NCAC individual title and finished 5th in the Western Region. His excellence will be missed but he does still have 2 track seasons left to showcase his talents (31:14 10K as a Soph.)

\*The rest of the order was not as set as Eric was at the #1 spot. **Noah Marcus** a junior from Hogan High in Vallejo had a solid season finishing 3rd overall at both the Stanislaus and Chico Invites. His 25:05 8K at Davis also earned him a top ten finish and a PR at the Aggie Invite. Capping a strong season Marcus finished the year in fine fashion placing 20th in the Region and 62nd at the NCAA's. \* **Sean Gettman** a junior out of Paso Robles runs in a way that few do. He prefers to run through the season in relative anonymity and then run races fast enough to make people wonder who he is and where he came from at the end of the year. This year was no exception. After finishing in the middle of the pack in many of the early season meets Gettman turned up the intensity and finished the season in fine fashion earning his second all-Conference award in three years. From there he finished 21st in the Region and 69th at Nationals. \*By far the most improved Cat returning from the 94' squad was team leader **Kevin Selby** a senior from De LaSalle High in Concord CA. Running a solid season including a 25:38 8K in Davis Kevin saved his best performances for last. Selby spent

his final days in a Chico uniform dominating the opposition. He finished 15th in the conference meet, 18th in the region, and 60th in the NCAA championship race. \*Running as the Cat's #5 man down the stretch, **Ryan Luce** a Junior transfer from Northern Arizona added some much needed experience and talent to the squad. Although battling every kind of injury imaginable through the season Luce managed to put together a fine campaign, finishing in the top 20 at numerous meets including the Stanislaus and Chico Invites. At the NCAC championships he was the Cat's #4 runner finishing 18th overall. At the NCAA's Luce put together a late race surge to finish 95th ensuring the Cats of a top 10 finish. \* **Kevin Girt** a Junior transfer from Shasta College was consistently in the top 6 for the cats through the season saving his best race for the Regional meet when the team needed him most. At mid-race at the regional championships Girt realized that he was the Cat's

### 1995 NCAA Div. II Final XC Team Results

1. Western St. Colo.	69
2. Central Missouri	98
3. NE Missouri	104
4. S.Dak. State	142
5. Mankato St. (Min)	166
6. Lewis U. (Ill.)	175
7. Nebraska Kearney	205
8. South Dakota	212
9. Cal. Riverside	214
10. Cal. St. Chico	264
11. Ashland, (OH)	271
12. Keene St. (NH)	277
13. Edinboro, (PA)	290
14. Cal. Davis	322
15. Ft. Lewis, (Colo)	322
16. Kennesaw St. (Ga)	372
17. North Dak. St.	375

## *Chico XC at a Glance 95 continued.*

fifth runner. From that point he exploded, passing numerous runners on his way to helping his team qualify for the NCAA championships. \*The 7,8, and 9 spots often varied depending on who was having the better race. **Jeff Oberlatz** a Senior transfer from Sierra College earned the team's final spot for the National championships by competing well down the stretch. Although he was unable to run many miles over the summer because of a muscle imbalance problem, Jeff upped his training each week through the season and finished 59th in the region (35:51 -10K) and 126th at the NCAA's. \*Competing for his first season since transferring from Shasta College in 94' **Mike West** a native of little known Happy Camp, CA enjoyed a strong season for the Cats. Mike was consistently in the top 7 or 8 runners on the squad. Mike's best races were his 27:44 8k at Davis, and his 34th place finish at the NCAC championships. \*Training through the off-season was the key to **Josh Federspiel's** success. Federspiel a Sophomore out of Bend OR ran his first season for the varsity squad and improved each week just missing a spot on the final travel team. Josh's best race came at the Gator Invite. in S.F. where he finished 32nd overall with a PR of 28:32 for the difficult 8K course. \***Brian Lines**, a former Sac City Panther had a season of ups and downs. The 33:10 10K and 10 flat steeper had a difficult season battling injuries. Brian's best race was a 27:52 clocking at the Aggie invite. \*The wildcat coaches expect great things from a pair of Red-shirt Freshmen both from the North State. **Ricky Paniagua** (West Valley HS, Redding), and **Paul Smith** (Lassen HS, Susanville) showed great promise this season and are two to watch as the wildcats continue to their quest to earn respect and establish a winning tradition.

**Women:** With four of the Wildcat's top 6 runners not returning from the NCAC third place 94' squad the cat's coaching staff knew that 95' would be a rebuilding year. Unfortunately injuries also befell the women's team near the end of the season giving the cats only 5 finishers at the NCAC championship meet. The season wasn't a total loss though as several runners saw great improvements and valuable experience was had by all.

Leading the charge for the Wildcat harriers was co-captain **Tracy Yaddow** a senior transfer from Cuyamaca JC in San Diego. Tracy ran consistently in the low to mid 19's until a late season injury left her unable to accomplish her goal of making the all conference team. Several highlights of Yaddow's season were placing in the top 10 in both the Chico and Stanislaus Invitationals. \*After Yaddow the order of wildcat finishers varied depending on who was having the better race. Senior co-captain **Alexandra Moreno** a transfer from San Jose CC ran a solid season ending her cross country eligibility with a trip to the Regional Championships where she placed 59th overall. Her best time of the season came at the conference meet where she clocked a 20:26 5K. If there were an award for most improved runner in the Conference **Heather Riddell** a Freshman from Corning, CA would have a strong case for claiming it. Heather started the season running in the mid to low 21's and finished with a 19:57 clocking at the NCAC championships (16th overall). Her time at the conference championships was 1:35 faster than her time from the S.F. Invitational, run on the same course earlier in the season. \***Melissa Tibbs** a Junior transfer from Antelope Valley CC like Riddell saved her best races for last. Entering the season with a PR of 21:13 she knocked a few seconds off each week as her fitness level increased. At the NCAC championships Tibbs found a new gear and ran a huge PR of 20:24 earning her a birth to the Regional Championships where she placed a solid 57th overall. \***Lindsay Weems** a Frosh. out of Manhattan Beach, CA was a pleasant surprise to the wildcat coaches. Weems started the season turning some heads with her victory at the Red vs White intersquad meet. Running in the mid to low 20's most of the season Weems had a disappointing finish run because of sickness. She and the coaches are excited about her future with the program knowing that her 2:20 800m speed will be a great asset in the future. \*It isn't very often that a runner decides to come out for a team at mid-season and with little to no base training cracks into the top 5 runners. However **Lori Church** isn't your average runner. The 5th year senior transfer who was an all Conference performer in 3 sports for Moorpark JC earned a basketball scholarship to UC Riverside where she played for 2 years. After her B-ball eligibility expired she immediately transferred to Chico State where she planned on finishing up with her schooling with no intentions of using her final year of XC eligibility. Fortunately an ex-teammate from Moorpark **Ryan Luce** saw that Church had transferred to Chico and the rest is history. Church who was a 19 min. performer in JC ran consistently in the 21's for the Cats in her abbreviated season. Unfortunately though, the week of the conference championships Church who is a self acclaimed "clumsy runner" stepped on a branch, severely turning her ankle thus taking her out of the remainder of the season. Her ankle has since healed and she has already started training for track. \***Roxanne Lara** a Junior and relative newcomer to the sport decided to come out for the team after being talked into it by Jeff Oberlatz who had her in a class the semester before. Lara ran her best time ever at the Aggie Invite. with her 21:12 clocking. She also was a top performer for the cats at the NCAC championships where she finished 33rd overall in 21:19. \*The wildcat coaches are also excited about three redshirt freshmen who have trained hard through the season with the team. **Rachael Moller** (Mission Bay, San Diego), **Jaspal Chatha** (Gridley), and **Heather Flynn** all look to help strengthen the squad next year. \* And with the return of two of 94's best runners **Sarah Gibson** (Rhonert Park) and **Aimee Coutee** (Freemont) the future looks bright for Chico State Women's X-Country.