

2009 Big 12 Cross Country Championships

Oct. 31, 2009

**A.L. Gustin Golf Course – University of Missouri
Columbia, Mo.**

Men's Post-Race Quotes

Individual Big 12 Champion Ryan Vail (Oklahoma State)

On what it means to be the Big 12 Champion...

Well, it has taken me six years to get here. This is my sixth year of cross country so it feels that much more special. After putting in this much effort and finally have it pay off at this meet is a great finish for me.

On the strategy used during the race...

We were more focused on the team victory. We wanted to make sure that we were running with Colorado's No. 2 and No. 3 men. Once we had that settled, our head coach said that we could start moving. And so we all just started competing against each other out there, our own teammates, which was fun. I was still with my guys until about 150 meters to go.

On the plans moving forwards towards the NCAA Regional and the NCAA Championships...

I think that we are going to have the same strategy at the next meet; try and just run as a pack and try to do what we can to win the meet. We are probably not going to be concerned with the individual title there, so it'll be just another day of pack running."

On racing in tough course conditions...

I think the mud was the toughest part. The water out there, it was pretty slippery, there were a lot of people out there tripping and pushing so you really had to pay attention and stay on your feet.

Big 12 Champion Oklahoma State Head Coach Dave Smith

On what it means to be the Big 12 Champion...

It's exciting, this is obviously one of the toughest conferences in the country and it has been for the last five or six years in terms of cross country. Any conference that has teams like Iowa State, and especially Colorado, is a tough conference."

On his overall feelings of today's race...

It went really well. I thought the guys were extremely patient, stuck to our plan, just kind of sat back and waited until the last mile and take command at that point. They did a great job doing it and they ran together. It went exactly how we had hoped it would go.

On the plans moving forwards towards NCAA Regionals and the NCAA Championships...

We just want to keep moving on and keep winning. Our goal is to win the regional and hopefully contend for the national championship as well.