

Arizona Freshman Lawi Lelang

On his race...

The plan was to go with the leaders for 6 or 7k and then try to push it. NCAA's are coming up so that is what I want to peak for.

Portland Senior Alfred Kipchumba

On the race...

The strategy was just to come here and have a good race. We knew there were a lot of good teams out there and we just wanted to do our best.

On his race strategy...

My strategy was to stay consistent the whole way. I wanted to run from behind and catch up with people. I think I still have more room to improve. We are going to try to build on what we did here today."

Stanford Senior Jacob Riley

On the race strategy...

The goal was to not go out too hard, but make sure we were involved in the front. We did that and ran progressively by getting a little faster each lap.

On how things went overall...

I was a little unhappy with my race. I got passed by two guys in the chute and that should never happen. It looked like everyone ran really well. Our freshman Joe (Rosa) had a really positive race. Brendan (Gregg) had a really good race. So, I think we are moving in the right direction. I am not sure, but I think we won so that was really the goal. We are going into nationals now in a week and a half so now is the time to get that last little freshening up in and we'll be ready to go.

Portland Junior Trevor Dunbar

On the race...

We qualified and that was the goal coming in. Individually, I just wanted to go with the front pack and adjust to however the race unfolded. It was pretty fast up front, but I just hung in there and waited for the kick. Our training is all about gearing up for next week and I think we are in a good position.

On nationals upcoming...

Individually, I just want to do better than last year. I got 25th last year, so I'd like to do better than that. Team wise we should definitely be better than we were last year, which was 13th. The highest our team has ever finished is seventh and I think we can top that.

Stanford Head Coach Jason Dunn

On winning the race...

I am pleased with the result. We talked about trying to get back to our winning ways. Especially here on our home course we wanted to win. Obviously, the top two advance, but we wanted to be in the top position. Portland ran really well and made it close, but it was a pretty solid day.

On the 4 and 5 runners stepping up...

Brendan Gregg ran really well and I thought Joe Rosa did great in his first 10k. He is really coming around well and I am excited where he is at. We still need to shore up a few of our guys. I still don't feel like we have had a great day all year long. I am hoping that great day is going to be nine days from now.

Cal Senior Deborah Maier

On her race today...

I was actually a little nervous and didn't know how I would finish today because I had a mid-foot sprain that kept me out of Pac-12s and kept me from two weeks of running. I was a little bit nervous with how my legs were feeling and I also got sick during the middle [of the race], so you know, a lot of unexpected factors. But I didn't feel quite myself today, but about as good as could have been expected given the circumstances. Ten days to nationals can only help me prepare.

On the finish...

About 3K into the race, I knew I wasn't feeling too great. I think even though my legs weren't feeling so great that my aerobic fitness carried me through. I started to close the gap and started to think, "maybe I can catch the leaders." With about 5K to go, I started getting really close to them, and then I finally caught them right as [meet winner Jordan Hasay] made her move. It was good enough to get second.

Oregon Junior Jorday Hasay

On the race overall...

It was a good race. I was just trying to stay relaxed and stay calm and run well. We just wanted to have a good performance. For me individually, I just wanted to get the win today to get some confidence going into nationals ten days from now.

On comparing this race to the Pac-12s...

At Pac-12s, I was trying out a different strategy on seeing what I was going to do at nationals. I kind of pushed it in the middle and it kind of backfired. I didn't expect Katie Flood and Kathy Kroeger to stay with me, and I freaked out and just kept pressing it. I think could have easily had a better kick if I had just stepped back and relaxed, but obviously they had races. They're really fit. This is the best conference, the best region, so you have to be on your game every weekend. It was not my best day, so today I was a little bit mad and was wanting a little redemption.

Washington Sophomore Katie Flood

On coming into the race...

Coming in I felt really good. We had a little bit of a taper going and so felt fresh. I think all in all, the race went really well. There were a few things that maybe I could have done differently. Maybe maintain contact a little bit better, but better this weekend than next weekend.

On her overall team and individual strategy...

As a team, we were assuming it was going to go out pretty slow, which I think it did. Our goal was just to be up there in the front pack when it moves. I think I looked around about a mile in and I had three girls with me, so at that point I was really confident going to the end.

On the finish...

I was feeling pretty tired, but I knew I had some left to give. Every body counts, and I knew there were some around me, so I just pushed for it.

Loyola Marymount Senior Tara Erdmann

On the race...

"I wanted to come here and run fast. I didn't want it to be a situation where everyone was just kind of hanging out. I am happy with my fitness right now and I knew I could take it out and wanted to see who would come. I wanted it to be honest and fast. Looking at results from the Stanford Invitational and running today, I think it worked. They caught me the last 1,000 meters, but it was fast and I am happy with it.

On moving on to Nationals...

I am on to Indiana so that is the main goal. I wasn't really thinking that I need to qualify, it was more that I just run fast here and make it happen. I don't want anyone else take control and let it be slow.