

THURSDAY, APRIL 24, 2003 DRAKE RELAYS QUOTES 3-3-3

Wesly Keating, Texas-Pan American, winner of men's invitational 5,000, 14:12.47. He was 25th in 2002 NCAA Cross Country Championships.

"I just went out and ran the first mile with the rest of the group. I was hoping there would be more in the front of the pack, but there wasn't. I haven't had a good 5K race yet competitively wise and was hoping for that today, but it didn't happen. I was hoping to go faster and maybe would have if there were someone else there to push me.

"I'm normally a 10K runner and have already qualified for the nationals in that and was just using this race to help me with my pace for nationals.

"I didn't mind the weather. I actually liked it. Where I'm from, it's almost 100 degrees everyday, so this was pretty nice."

Kip Janvrin, K&K Track Club, who won decathlon for 14th time, including ninth straight, scoring 7,789 points. That ranks second highest in U.S. this year and fourth highest in world.

On returning to Drake: "Well, fortunately, I had the advantage of having a good lead going into the last event. You know, I thought about pressing it, running harder, trying to get a better score, but you know, Drake's the meet to savor, enjoy, but I just had to go out there, and this might have been the best we've ever run a 1500. I finished a little late and it was really nice to have some people yelling my name. I've talked to probably about five people before the start of the race I hadn't seen for three or four years which was really cool. And, you know, it's just kind of nice to go out and run easy and enjoy the race.

Does winning ever get old? "Does winning ever get old? No. You know, I enjoy being around the young guys, obviously having Travis here, watching him develop as an athlete and an individual is crucial to keeping me in the sport.

"To me, the Relays are important, it's home to me. It's a chance to come back to Iowa."

On the weather: "Well, it makes a difference...more so in the throwing events. If we were to have thrown outside, that would have made a difference. But you learn what you need to do to be ready to perform under adverse conditions. An example is it was hard to get good footing and it was hard to get a good grip on the discus. I've tried some different things-- I've tried to throw it in the rain and do some different things to try to make it work. There's nothing more valuable than experimenting."

Does it get tougher every year? "When you think of Michael Johnson, Michael Johnson runs a little fast because he's doing things mechanically correct. The ones who do make it look easy are the ones who do things well. Hopefully I've learned how to do things functionally correct. That's what I'm trying to pass on to Travis. Get relaxed and do things that come natural.

"Well, obviously, you're limited with your physical ability, but the men last to the point where you don't let it bother you. You realize you just got to go out and perform in it and do what it takes to do your best and not let it worry you. If you go out there and have a terrible performance, you get through it, and you don't get hurt, that's a positive in my mind.

"I had fun out there, competing with everybody, I felt happy the way my body responded, things like that keep me motivated."

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Travis Goepfert, runner-up, decathlon (7,295 points): **On what placing second means:** "Yeah, it is the best finish before this. Two weeks ago, I had a JTR, and this was my third best decathlon ever. Obviously, we had some bad weather and stuff. Usually after decathlons, I'm cashed. And right now I feel fine."

About running with Kip Janvrin: "I said yesterday he was going to come out and take care of business. And he did. I knew he was going to do that. I knew he was going to come in and make his first attempt at opening height in his vault. I knew he was going to go out and get a solid discus throw, even though I know it was kind of bad conditions. Those are things that he does very well and something I'm trying to learn how to do. I came in and made a good opening attempt and those are things I want to do."

Sarah Hinkley, Western Michigan: Women's 10,000 (35:25.65)

On the weather: "It wasn't really that bad. It was kind of windy, the wind was picking up on and off."

Motivation to finish strong: "I was just trying to get a regional provisional. It's kind of hard out there by myself. You've got to push for it even if there is no one out there. The weather wasn't really that bad. It was kind of wind, the wind was picking up on and off."

Maciek Mierzecko, Harding, 10,000 (29:53.16)

Motivation to finish strong: "I have a really good coach. He always tells me to go hard every race. I did that. I just kept going."

2003 DRAKE RELAYS THURSDAY, APRIL 24 RECAP

Attendance: 5,080

Weather: Decathlon started at 10 a.m. with temperature of 49 degrees, wind from east at 14 miles per hour...Temperature reached high of 52 degrees at 6 p.m.

Highlights:

-Kip Janvrin won his 14th career Drake Relays title by claiming the decathlon for the ninth straight year scoring 7,789 points. That score was the second highest in the United States this year and fourth highest in world.

-Shane Maier of Storm Lake won his second straight boys high school shot put with a throw of 57-10 1/2 which is best throw since 1999.

-Jaron Van Maanen, a junior at Lynnville-Sully won boys high jump at 7-0, marking the first athlete to clear that height at Drake Relays since 1998 when Rock Valley's Darwin Vande Hoef cleared 7-1. It was the fourth time in the 60-year history that the event has been contested that there has been a 7-foot plus mark.

-Former Iowa State athlete Barbara Szlendakova had streak of two consecutive heptathlon victories end when she finished second (5,290) behind Linese Gordon from Indiana Invaders who scored a personal best of 5,419, which were most points scored in Drake Relays heptathlon since 1990 when Kathy Tyree from Nike Coast Track Club scored 5,074.

-Debbie Thornhill's victory in the women's 5,000 marked the second time in five years a Baylor runner won that event (Smith, Baylor 1999).