



2009 Big 12 Outdoor Track & Field Championships

Lubbock, Texas

Friday, May 15, 2009

Quotes

Lisa Koll, Iowa State, Women's 10,000 m

How does it feel to be the only three-time defending Big 12 champion?

"It feels awesome. I was injured three months ago, so to be in this place right now - I'm enjoying it a lot more than I enjoyed it last year because it took more to get here."

What did you do to prepare this year to help defend your title?

"I didn't really change much of my training. I was injured during indoors, so I had to do a lot more longer tempos. I was doing 10 mile tempos and trying to get my pace faster and just concentrating on the basics. I haven't really been able to race that much this year, which is kind of good in the long run because I feel really fresh when I go up to the line."

What kept you motivated to train during your injury?

"It was a self-motivation. I'm extremely passionate about (running) and when I'm not running, it feels like a part of me is missing. It really is my passion in life and what I want to do, so I guess that's all the motivation I need."

Ryan Vail, Oklahoma State, Men's 10,000 m

How does it feel to be a Big 12 Champion?

"It feels great. Colorado has had a strangle-hold on distance races for the last decade, so it's nice to get in there and break that up, especially with (teammate Alejandro Ruiz) in second right behind me."

How does it feel to win and have your teammate come in right behind you?

"It feels awesome. I knew in training and stuff he's been right with me, so I knew he had it in him. It was just his day and it makes your day."

On running the 1500m on Saturday

"It's hard to come out after running the 10K, so I am just going to see if I can just get into those finals. There are four guys in that heat and it's going to be tough, so I'm just going to see if I can get into the finals."



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Krishna Lee, Missouri, Hammer Throw

On how it feels to be a first-time winner

"It feel great. It feels just like how I thought it would."

On beating Kansas State's Loren Groves, the defending Big 12 Champion

"Loren is awesome competitor and this entire field, it has been a joy to throw with these last four years. It's not about beating (Groves). I am glad I am in this conference and get to throw against these girls every year, and I'm sad it's over."