

**German Fernandez, Oklahoma State individual champion** – “It’s been an honor to be part of this team the past four years. Our goal was to make it four years in a row and we did our job. It wasn’t the greatest performance we’ve had this season, but we came here with the mentality of just winning and moving on to regionals. Our main goal is nationals and hopefully we can three-peat there. We can taste that championship, it’s coming closer.

“It was great having Colby (Lowe) next to me the whole race and knowing Shadrack and Tom were right there as well. Colby pushed me the whole way. He led a majority of the race and I stayed behind him, working with him the whole way. Coming into the last 200 meters I thought he had me, but somehow I had enough kick in the end to nip him (23:25.4 to 23:25.8). At the end of the day, though, he is my teammate. I love him to death. I got lucky today.

“It feels good to win another Big 12 individual title (also win in 2008), but I’ll take a national championship over a Big 12 championship every day.