

Kennedy Kituhka, Texas Tech Individual Champion

*On winning the individual title*

"My success comes from the coach and my teammates. It means a lot to me when I go training then college meet I have a lot of confidence when I go to compete. I have that will of going to win and run very well the last mile. Stay on my pace it doesn't matter if the meet is small or big for me I have to go run fast all the time. Those kind of things motivate me to run fast."

*On undefeated career*

"I know I'm not the best in the world now but my goal is to get myself the best in the world. I have to keep doing well and winning everywhere I go. Winning is not everything to me but everyone wants to win. Every place I go, I go to win."

*On national November 23*

"After two weeks it will be regionals, then I'll be ready for nationals and go represent my school Texas Tech and the Big 12 Conference there. Oklahoma State will defend their title and I will defend my title. As a conference we will go there and work together."