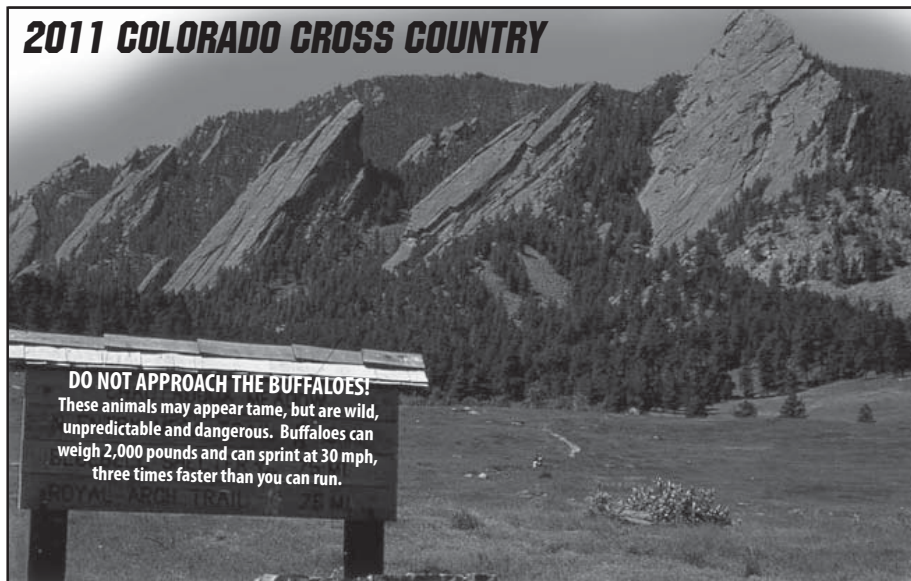


2011 COLORADO CROSS COUNTRY



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2010 TEAM FINISHES

| | Men | Women |
|----------------------------------|-------------|-------|
| Big 12 Championships..... | 2/46 pts. | 2/53 |
| NCAA Mountain Region..... | 2/66 pts. | 3/59 |
| NCAA Championships..... | 15/366 pts. | 6/314 |
| Letterwinners Ret/Lost | 9/1 | 9/1 |
| All-Americans Ret/Lost | 2/0 | 3/0 |
| Postseason Scorers Ret/Lost..... | 7/1 | 7/1 |
| Newcomers | 4 | 3 |

*--all student-athletes have signed waivers disclosing their academic standing

COLORADO AT A GLANCE

| | |
|---------------------------------------|----------------------------|
| Location | Boulder, Colo. (97,385) |
| Founded | 1876 |
| Enrollment | 29,952 |
| Colors | Silver, Gold and Black |
| Nickname | Buffaloes (Bufs) |
| Home Course | Buffalo Ranch at So Campus |
| Distances | 5,800-m (women), 8k (men) |
| Elevation | 5,435 feet above sea level |
| NCAA Affiliation | Division I |
| Conference | Pac-12(Joined 2011) |
| President | Bruce Benson |
| Chancellor | Phil DiStefano |
| Faculty Athletics Representative..... | Dr. David Clough |
| Athletic Director | Mike Bohm |
| Senior Woman Administrator | Ceal Barry |

CROSS COUNTRY INFORMATION

| | |
|--|----------------------------|
| Head Coach | Mark Wetmore (17th Season) |
| Assistant Coach | Heather Burroughs |
| Assistant Coach/Recruiting Coordinator | |
| | Billy Nelson |
| Director of Operations | Karen Lechman |
| Cross Country Office | 303/492-5227 |

SPORTS INFORMATION

| | |
|-----------------------------|--|
| Cross Country Contact | Linda Poncin Sprouse |
| Office | 303/492-5980 |
| Fax | 303/492-3811 |
| E-Mail | linda.sprouse@colorado.edu |
| Internet | www.CUBufs.com |

PRACTICE SCHEDULE

| | |
|------------------|---------------------------------|
| Mondays | 2 p.m. (Fieldhouse) |
| Tuesdays | 2 p.m. (Fieldhouse) |
| Wednesdays | 2 p.m. (Fieldhouse) |
| Thursdays | Off |
| Fridays | 6:30 a.m. or 2 p.m.(Fieldhouse) |
| Saturdays | Raceday |
| Sundays | 8 a.m. (long runs off campus) |

PHOTO CREDITS: Chip Bromfield, Cliff Grassmick, Brian Lewis, CU Photo Office, Gary Ahearn, Patrick Collard, Heather Burroughs, Allison Wade, Cheryl Tregworthy, Andrea DuBay, Mark Foos, Casey Cass and Geoff Thurner

2011 SCHEDULE

| | Alumni/Open/Time Trial | Buffalo Ranch @ South Campus, BOULDER |
|----------------|--------------------------------------|---|
| Sept. 3 | ROCKY MOUNTAIN SHOOTOUT | Buffalo Ranch @ South Campus, BOULDER |
| Oct. 1 | 9 a.m. Women's 5.8k | |
| | 9:45 a.m. Men's 8k | |
| Oct. 16 | at Pre-NCAA Invitational | LaVern Gibson Cross Country Course, Terre Haute, Ind. |
| Oct. 29 | at Pac-12 Championships | Tempe, Ariz. (Arizona State) |
| Nov. 12 | at NCAA Mountain Region Championship | Provo, Utah (BYU) |
| Nov. 21 | at NCAA Championships | LaVern Gibson Cross Country Course, Terre Haute, Ind. |
| TBA | at USAF Cross Country Championships | TBA |
| TBA | at IAAF Cross Country Championships | TBA |