

HEAD COACH MARK WETMORE



MARK WETMORE
Head Coach, 17th Season

Colorado head coach Mark Wetmore enters his 20th season at Colorado, his 17th as the head coach, as the only Division I cross country coach to win all four NCAA titles - men's and women's team and men's and women's individual- at the same school.

His women's team won the team championship at Iowa State in 2000, while his men's team won the following year at Furman. He has coached Adam Goucher (1998), Jorge Torres (2002) and Dathan Ritzenhein (2003) to men's individual titles, while Kara Grgas-Wheeler won the 2000 women's crown. His men's and women's teams became just the fourth in championship history to sweep the team titles, doing so in 2004. In 2006, his men's team came through again in muddy conditions to win his fifth team championship. He has earned the honor of being the NCAA Women's Coach of the Year twice ('00 and '04) and the NCAA Men's Coach of the Year once ('06).

Wetmore's coaching career began immediately after high school, with a municipal junior track club called the Mine Mountain Road Department. From there, he coached a TAC team while simultaneously coaching distance runners at his prep alma mater, Bernards. Wetmore served a four-year stint at Seton Hall from 1988-1991 where he was an assistant coach for the men's and women's distance programs and as a member of the academic support staff. In August of 1991 he moved to Boulder and took a volunteer position in '92.

He was promoted from volunteer to part-time assistant in 1994, and assumed head coaching responsibilities two weeks prior to the 1995 NCAA Cross Country Championships in Ames, Iowa, where the CU men finished just off the podium in fourth, the women fifth with both combining for eight All-American performances.

All told 10 of Wetmore's athletes — Adam Goucher, Alan Culpepper, Sara (Gorton) Slattery, Kara Grgas-Wheeler, Jodie Hughes, Jorge Torres, Dathan Ritzenhein, Renee Metivier, Jenny Barringer and Emma Coburn — have combined for 19 NCAA individual cross country, indoor and outdoor championships. Barringer was the first CU collegian to win a USA Track and Field crown in 2007 in the 3,000-meter steeplechase and she did so again in 2009. Barringer placed fifth at the IAAF World Championships in 2009 and set the American record in the steeplechase at 9:12.50, breaking her former record by almost 10 seconds. Coburn won the 2011 USATF steeplechase crown.

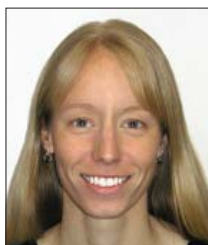
His men's teams won 12 Big 12 Conference titles, while his women's teams won 11 titles. Wetmore earned the Big 12 Conference Coach of the Year honor 19 times in cross country, as well as 13 region coach of the year honors. Wetmore was the winningest head coach amongst his Big 12 colleagues, winning 24 total (including the 2008 men's outdoor track & field title) before CU left the conference in 2011.

He has tutored 16 individual conference cross country champions, 14 regional title winners and 86 All-Americans while six CU runners have been crowned USA Cross Country Champions, including Billy Nelson in 2003, Pete Janson in '04 and Liza Pasciuto in '05. Three former student-athletes, Adam Goucher, Shayne (Wille) Culpepper and Culpepper, represented the United States at the 2000 Olympic Games while Ritzenhein joined the Culpeppers in '04. In 2008, three more former athletes made the Olympic team, Kara Goucher, Nelson and Torres. Then-current CU harrier Barringer also made the team and was one of six U.S. track team members to come back to college the following fall. Over two dozen Buff distance alumni have signed professional running contracts; 14 are still competing.

Wetmore has had 18 current and former athletes earn a combined 33 spots on U.S. world championship teams in the past 15 years. USA Track & Field named Wetmore to the coaching staff for the USA National Team that competed at the 2004 Championships in Brussels, Belgium where he coached the junior men's team to a seventh-place finish.

A native of Bernardsville, N.J., Charles Mark Wetmore graduated with a bachelor's degree in English Education from Rutgers in 1978 before receiving his master's in movement sciences from Columbia in 1988. He lives in the mountains west of Boulder.

COACHING STAFF



HEATHER BURROUGHS
Assistant Coach,
Eighth Season

Colorado's first female three-time cross country All-American, **Heather Burroughs** is back for her eighth season on the staff of her alma mater assisting head coach Mark Wetmore with both the men's and women's teams. Since joining the staff, she has coached eight conference championship teams, three NCAA Championship teams and 30 All-Americans.

During Burroughs's Colorado cross country career she was a top-five and an all-conference finisher in 1994, '95, '97 and '98 with a runner-up finish in '95. She claimed all-district honors those same seasons and was an All-American in 1994, '95 and '98.

On the track she was the 1995 Big Eight indoor 3k champion and was an indoor 5k All-American in '98. In all, she had six NCAA indoor and outdoor races.

Running professionally from 1999-01, she finished third in the 1999 USATF Fall Cross Country Championships, seventh on the 2000 USA Winter Cross Country Championships 8k course in Vancouver, Wash., and sixth in the 2001 USA Half Marathon Championships in Parkersburg, W.V. and was a world team alternate.

Born Feb. 25, 1976 in Kansas City, Kan., she now calls the mountains west of Boulder home.



BILLY NELSON
Assistant Coach/Recruiting
Coordinator,
Second Season

Olympian, All-American and CU alum **Billy Nelson** rejoined his alma mater during the summer of 2010 as an assistant coach and recruiting coordinator.

Nelson won the 2011 USATF Steeplechase crown after signing a running contract with New Balance. He had a great 2008 to kick-off his professional career. He placed second at the U.S. Olympic Trials to earn a spot on the U.S. Olympic roster. Nelson placed 11th in the second prelims at the Beijing games.

He was a decorated distance runner while at CU; earning All-American honors six times. He won three Big 12 individual titles while at CU, winning the indoor 5,000-meter run in 2006 and the steeplechase in 2007 and '08. Nelson was a part of the men's track and field team that won the first Big 12 outdoor title for CU in 2008, the first conference outdoor track title for the men since 1947.

During Nelson's final season with the Buffs, he won the steeplechase at the conference and regional meet and capped off his collegiate career with a runner-up finish at the NCAA Championship.

As a member of the cross country team, he was a four-time All-Big 12 and three-time all-region honoree. Nelson was named the Big 12 Newcomer of the Year in 2002 when he was the fifth racer to cross the finish (fourth Buff). He won the 2005 NCAA Mountain Region title, leading CU to its 12th consecutive region title (at that point).

Nelson also shone on the junior national stage. He was the USA Junior Cross Country Champion and junior 5k champion in 2003. Nelson was the top American finisher at the world cross country junior championship.

The Taft, Calif. native graduated from CU in 2008 with a degree in ethnic studies. He ranks second on the all-time performers' list in the steeplechase at CU (8:28.85) and has the third and fourth fastest times in school history. Nelson also ranks fifth on the outdoor 5k performers' list (13:46.80).

Nelson is married to the former Alisa Crane. They have a four-year-old girl, Arabella, and a one-year-old son, Noah. They reside in Longmont, Colo.



Karen Lechman
Director of Operations,
10th Season

Karen Lechman is in her fifth year as the director of operations, but her 10th year overall with the program as she was the administrative assistant prior to her promotion.

She has had an office management career since graduating college. Lechman has worked for companies in software development, commercial finance, scientific research and office products. Lechman was also a certified fitness instructor from 1993-2005 and taught kick-boxing and step aerobics.

Lechman earned her bachelor's degree from Colorado in 1983 in communications. The former Karen Marcy has been married to Brian Lechman since 1985. The couple resides in Broomfield, Colo., and has two daughters, Mychelle and Kimberly.