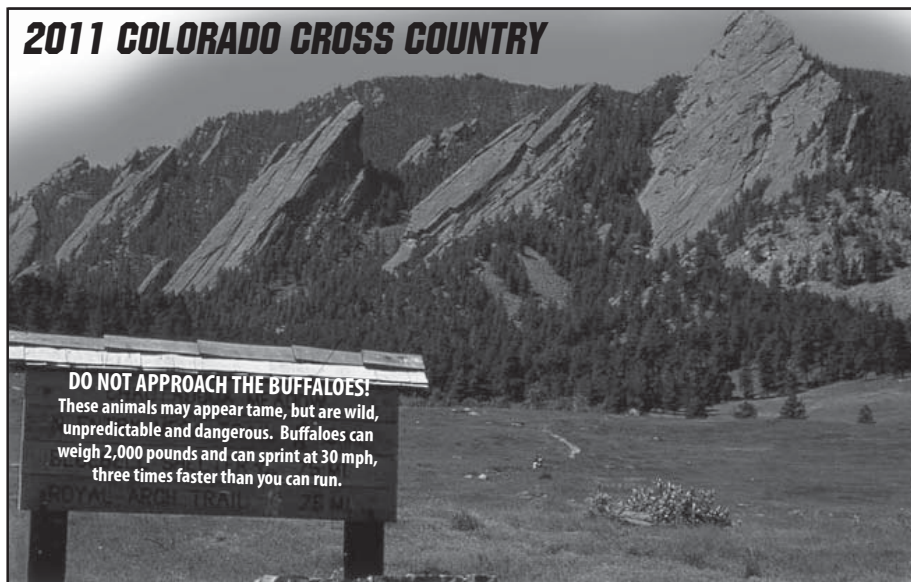


2011 COLORADO CROSS COUNTRY



INDEX

Academics and Athletics	84-86
Coaching Staff	3
All-Americans	64
Athlete Biographies	7-50
Big 12 10th Anniversary Team	82
Boulder/Denver Facts and Trivia	87-88
Bufs vs. The Nation	56
Conference History	54
Head Coach Mark Wetmore	2
Honor Roll	65-66
Letterwinners, All-Time	71-74
National Champions	57-63
NCAA History & Results	55
Pac-12 Conference	81
Post-Collegiate Success	68-69
Rocky Mountain Shootout History	53
Running Town USA	77-78
Support Staff	83
Tradition	4
2010 In Review	51-52
2011 Outlook	5
2011 Rosters	6
University of Colorado	79-80
USA Championships	68
Walk-On To All-American	67
What They're Saying About Boulder	89
World Championships	68
Year-by-Year Results	75-76

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 Grassnick, 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

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.

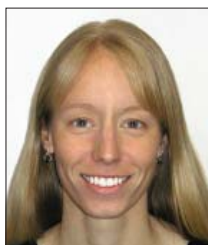
His men's teams won 12 Big 12 Conference titles, while his women's teams won 11 titles. Wetmore earned the Big 12 Conference Coach of the Year honor 19 times in cross country, as well as 13 region coach of the year honors. Wetmore was the winningest head coach amongst his Big 12 colleagues, winning 24 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.

A TRADITION OF EXCELLENCE



Colorado Cross Country

88 All-Americans...

25 Conference Championships...

5 NCAA Team Championships...

4 NCAA Individual Champions...

all since just 1993...one combined program, using only U.S. athletes.

CU is one of four programs to have an American Men's NCAA Champion in the last 20 years. CU has had three. CU is one of only two public universities to win the NCAA Women's Title since 1988. CU has won twice. Mark Wetmore is the only coach to win all four NCAA titles at one school: Men's and Women's Teams, Men's and Women's Individuals. CU is one of only three schools that has won both men's and women's team titles on the same day. CU has had 22 athletes qualify for the IAAF World Cross Country Championships in venues as far reaching as Ireland, Morocco, Switzerland, Japan and Kenya.

Accomplishments which other schools celebrate occasionally (some still 30 years later), at CU have become an annual matter of course, a matter of tradition.

A tradition of excellence.

2011 SEASON OUTLOOK

The 2011 University of Colorado cross country season officially starts on Saturday, Sept. 3 as the Buffs host the CU Alumni/Open/Time Trial at the Buffalo Ranch Cross Country Course on CU's South Campus.

Both of CU's cross country programs are ranked in the top-10 of the USTFCCCA's Coaches' Poll. The women are fourth while the men are seventh. Each team returns four of its five scorers from the NCAA Championships and look to be in good shape for this season.

"On the women's side we lost Laura Thweatt, and on the men's side we lost Matt Tebo," coach **Mark Wetmore** said. "We have most of the central cast back. We didn't lose much. We should be better than we were a year ago. Graduation hasn't made us worse."

This season should be a good one for both teams as each return a pair of 2010 All-Americans to the roster. The women have junior **Laura Tremblay** and sophomore **Shalaya Kipp**. That duo helped the Buffs to a second-place finish at the Big 12 Championship, a third-place finish at the NCAA Mountain Region Championships and a sixth-place finish at the NCAA Championships. Seniors **Emma Coburn** and **Katie Cumming** also scored for the Buffs at nationals. **Camille Logan** and **Rachel Viger** rounded out the women's postseason roster from a year ago.

"They (the women) have all but one of the scorers back from last year and they have some good new additions and everyone is a year older," Wetmore said. "We have something that we haven't really enjoyed for a long time, which is depth. Most years for the men's and women's teams we are going to the conference and the NCAA with five pretty good runners and hoping that no one has a bad day because of a gap coming before anybody else. The women are deep this year, there are eight or nine good women and we can afford to have somebody stumble a little bit."

Junior **Joe Bosshard** and senior **Andy Wacker** earned All-American honors in 2010. Seniors **Cameron Clayton** and **Christian Thompson** and juniors **Matt Biegner** and **Aric Van Halen** add to the depth on the men's side. The men took second at the conference and regional meet and finished a disappointing 15th overall at nationals. This year the Buffs look to do much better.

"I don't know if we have taken any particular steps to solve the disappointment of last fall," Wetmore said. "We had some illness issues and food issues going into the NCAA last November, things we couldn't plan around then and can't plan around this year. We have a good central core of people back this year, a little more experience and a little hungrier, so the men are going to be good this year, as well as the women."

The Buffs joined the Pac-12 Conference on July 1, 2011 and in doing so helped to make the Pac-12 the best cross country conference in the country.

"Recently the Big 12 has been one of the best cross country conferences in the country, as good as the Pac-10," Wetmore said. "Traditionally, over a 20 year perspective, the Pac-10 would be a little better. Colorado, being one of the stronger teams of the Big 12, leaving and moving to the Pac-12, makes that a much stronger conference than it's ever been. It will be the best cross country conference in America, both men and women, and a formidable challenge."

One of the downfalls of joining the Pac-12 is that strength which doesn't allow any team to have a bad day.

"I suppose if we had an off day at a Big 12 meet, we would finish second," Wetmore said. "Now we can have an off day and finish fifth, particularly on the women's side. Stanford, Oregon, Washington, Arizona – they were all nationally ranked teams a year ago and I believe other than Colorado, Texas Tech was a top ten ranked team from a year ago. If we have a little bit of a bad day, it could mean the difference between first and second and being fifth."

The Buffs will compete at the first-ever Pac-12 Championship on Oct. 29. Arizona State will host the championship at the Wigwam Resort in Litchfield Park, Ariz. The NCAA Mountain Region Championship is set for Nov. 12 in Provo, Utah (hosted by BYU). The season will culminate at the NCAA Championship on Nov. 21. Just like in recent years, Indiana State will host the meet at the La Vern Gibson Cross Country Course in Terra Haute, Ind.

2011 ROSTERS

COLORADO WOMEN

Name	Ht	Yr	Exp.	Hometown (High School/College)
Rachel Baptista	5-4	Fr.	HS	Austin, Texas (Austin)
Jaymi Bethea	5-9	Fr.	HS	Kodiak, Alaska (Kodiak)
Courtney Bouchet	5-4	So.	VR	Estes Park, Colo. (Estes Park)
Emma Coburn*	5-8	Sr.	3L	Crested Butte, Colo. (Crested Butte)
Katie Cumming*	5-6	Sr.	3L	Hudson, Wis. (Hudson)
Lara Darco	5-6	Sr.	VR	Walpack, N.J. (Pope John XXIII Regional/Brown)
Nicki DeSouchet	5-5	Fr.	HS	Alamosa, Colo. (Alamosa)
Staci Foster	5-6	So.	VR	Orange, Calif. (Orange Lutheran)
Diane George	5-9	So.	1L	Livermore, Calif. (Livermore)
Kelly King	5-10	So.	VR	Longmont, Colo. (Silver Creek)
Shalaya Kipp*	5-7	So.	1L	Salt Lake City, Utah (Skyline)
Camille Logan*	5-6	So.	1L	Littleton, Colo. (Littleton)
Nikki Look	5-2	Jr.	VR	Castle Rock, Colo. (Douglas County)
Catrina McAlister	5-3	Fr.	HS	San Clemente, Calif. (San Clemente)
Allie McLaughlin	4-10	So.	1L/RS	Colorado Springs, Colo. (Air Academy)
Becky Popiel	5-0	So.	VR	Montclair, N.J. (Montclair)
Jana Stoltzing	5-7	So.	TR	Tallahassee, Fla. (MacClay/San Francisco)
Elizabeth Tremblay	5-4	So.	1L	Longmont, Colo. (Thompson Valley)
Laura Tremblay*	5-7	Jr.	2L	Longmont, Colo. (Thompson Valley)
Rachel Viger	5-6	So.	1L	Fort Collins, Colo. (Fort Collins)
Saeko Yuda	5-4	Fr.	HS	Shizuoka, Japan (Suma)

COLORADO MEN

Name	Ht.	Yr	Exp.	Hometown (High School/College)
Matthew Biegner	6-4	Jr.	1L	Broomfield, Colo. (Broomfield)
Joe Bosshard*	6-0	Jr.	2L	Crested Butte, Colo. (Crested Butte Academy)
Garrett Carmichael	5-10	Fr.	RS	Nashville, Tenn. (Ensworth)
Cameron Clayton	6-2	Sr.	1L	Superior, Colo. (Monarch)
Hugh Dowdy	6-1	Fr.	RS	Petaluma, Calif. (Petaluma)
Mike Goodger	5-11	Fr.	RS	Carlsbad, Calif. (Carlsbad)
Stephen Kasica	6-2	Jr.	VR	Grand Junction, Colo. (Fruita Monument)
David Kilgore	5-9	Fr.	HS	Palm Bay, Fla. (Holy Trinity)
Martin Medina	5-6	Jr.	2L	Grand Junction, Colo. (Grand Junction)
Richard Medina	5-5	Sr.	3L	Grand Junction, Colo. (Grand Junction)
Ammar Moussa	5-7	Fr.	HS	Arcadia, Calif. (Arcadia)
Pierce Murphy	5-8	Fr.	HS	Hanalei, Hawai'i (Island)
Jerome Perkins	5-10	Jr.	VR	Franklin Lakes, N.J. (Indian Hills)
Ryan Savercool	5-11	So.	VR	Mendham, N.J. (Mendham)
Dillon Shije	5-8	So.	VR	Albuquerque, N.M. (Sandia Preparatory)
Stewart Shoemaker	5-11	Fr.	HS	Point Clear, Ala. (Bayside Academy)
Jonathan Stevens	6-3	Jr.	VR	Vail, Colo. (Battle Mountain)
Blake Theroux	5-8	Fr.	RS	Chesapeake, Va. (Western Branch)
Christian Thompson*	5-10	Sr.	3L	Candor, N.Y. (Candor)
Aric Van Halen*	5-11	Jr.	2L	Los Angeles, Calif. (Oakwood)
Andy Wacker*	5-11	Sr.	3L	Pinehurst, N.C. (Pinecrest)
Garrett Ward	6-0	So.	VR	Pleasanton, Calif. (Amador Valley)
Connor Winter	5-11	Fr.	HS	Centennial, Colo. (Arapahoe)

*-indicates returning 2010 postseason scorers

COLORADO BUFFALOES



RACHEL BAPTISTA
Freshman • HS
Austin, Texas
(Austin)

HIGH SCHOOL: Baptista was an all-state selection on the cross country course after placing ninth at the Texas State Championship in 2010. She was an honorable mention selection her sophomore and junior seasons, placing 26th as a junior. Baptista was also an all-state selection on the track while at Austin High School. She placed fourth in the 3,200-meter run as a senior, running a personal-best time of 10:40.44. As a junior she was sixth in the 3,200 (11:13.74) and seventh in the 1,600 (5:07.79). Baptista was also recruited by Texas, Baylor, Arkansas, Tulsa and Rice.

HIGH SCHOOL BESTS: 1,600-meters: 5:07.59; 3,200-meters: 10:40.44.

IN THE CLASSROOM: Baptista is undecided on a major but is interested in medicine.

PERSONAL: Rachel Anna Baptista was born on April 23, 1993 in Austin, Texas. She is the daughter of Frank Baptista and Deborah Fleming of Austin, Texas.

TRACK PRs

1,600-m5:07.59
3,200-m10:40.44

COLORADO BUFFALOES



JAYMI BETHEA
Freshman • HS
Kodiak, Alaska
(Kodiak)

HIGH SCHOOL: Bethea won the Alaska State 4A Cross Country Championship in 2010 after winning the Alaska Regional III Championship the week before. She went on to compete at the Nike Cross Northwest Regionals, placing 41st overall. Bethea placed 18th at the state cross country championship in 2009 as a junior, improving from a 20th-place finish as a sophomore. She was also successful on the track at KHS, owning the 800 (2:21.18) and 5,000-meter (17:24.08) school records. Bethea won the Alaska State 4A Championship in the 1,600 as a senior after a runner-up finish in 2010. She also placed second as a senior at the state meet in the 3,200 and was sixth in the 800. In the summer of 2011 she raced to an eighth-place finish in the 5k at the USATF Junior Outdoor Championships. She also competed in the 100, 400, 300-hurdles, shot put, high jump and pentathlon as a member of the KHS track and field team. Bethea was also recruited by Portland, Boise State, Chico State, Idaho and Alaska-Anchorage. i hope

HIGH SCHOOL BESTS: 800-meters: 2:21.18; 1,600-meters: 5:04.27; 3,200-meters: 10:56.52.

IN THE CLASSROOM: Bethea is majoring in ecology and evolutionary biology.

PERSONAL: Jaymi Patice Bethea was born on March 18, 1993 in Fort Meyers, Fla. She is the daughter of William and Michelle Bethea of Kodiak, Alaska and has one younger sister, Dana.

TRACK PRs

800-m	2:21.18
1600-m	5:04.27
3200-m	10:56.52

COLORADO BUFFALOES



MATT BIEGNER
Junior • VR
Broomfield, Colo.
(Broomfield)

COLLEGE- 2010: Biegner earned his way onto the varsity roster as a redshirt sophomore. He started off by placing 31st at the Rocky Mountain Shootout, crossing the finish as CU's tenth harrier. Biegner ran in the open race at NCAA Pre-Nationals, placing 29th overall. At the Big 12 Championship, he was the seventh Buffalo to cross the line and was 47th overall with a time of 25:25.41. Biegner took 60th at regionals and finished the season by placing 234th at nationals.

2009: During the 2009 season, Biegner ran in three races. He was 59th at the Rocky Mountain Shootout and took 24th at the Fort Hays Invite. Biegner ran unattached in his final race of the season and took 30th at the Rocky Mountain Athletic Conference open race.

2008: Ran in two open races but did not compete for the Buffs.

HIGH SCHOOL: Biegner earned four letters as a member of the track and field team at BHS. He was a member of the relay team that holds school records in the 3,200-meter relay (7:54) in 2006 and the distance medley relay (10:58) in 2007 (which has since been broken). Biegner was an all-state track performer all four years and was all-conference in cross country three times. His main events were the 400 and 800-meter runs. He was the Northern Conference and Region Champion in the 800. Biegner was a member of the honor roll and National Honor Society in high school.

HIGH SCHOOL BESTS: 200-meters: 22.15; 400-meters: 49.6; 800-meters: 1:55.9; 5,000-meters: 16:26; 10,000-meters: 36:28.

IN THE CLASSROOM: Biegner is majoring in finance. He owns a GPA greater than 3.5 and is a member of the Big 12 Commissioner's Honor Roll. Biegner was a member of the Academic All-Big 12 first team in 2009 and 2010.

2010 Fin/CU Time
Rocky Mtn Shootout.....31/1026:17
at Pre-Nationals+2925:48.5
at Big 12 Championship ...47/725:46.30
at NCAA Mtn. Region.....60/731:47.0
at NCAA Championship234-733:03.0

2009 Fin/CU Time
Rocky Mtn Shootout.....59/1028:08
at Big 12 Championship ...24/325:48.54
at RMAC Open Race+3027:48

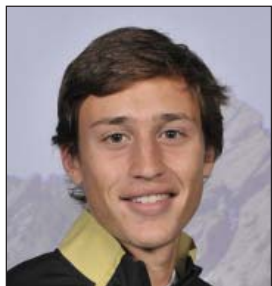
HONORS

2009, 10 Academic All-Big 12

TRACK PRs

400-m51.68 (O)
800-m1:51.16 (O)
1,000-m2:27.23 (I)
1,500-m3:51.76 (O)
mile.....4:09.44 (I)
3,000-m8:17.98

COLORADO BUFFALOES



JOE BOSSHARD
Junior • 2L
Crested Butte, Colo.
(Crested Butte Academy)

COLLEGE- 2010: Bosshard had an outstanding redshirt sophomore season and started it by placing first at the Rocky Mountain Shootout to lead the Buffs to a first-place team finish. Two weeks later at the NCAA Pre-National Invitational he placed seventh overall in the 'white' race, once again leading the Buffs and awarded the Big 12 Runner of the Week honor. Bosshard earned his first all-conference selection at the Big 12 Championship when he was the sixth runner to finish the race (he was CU's No. 2 scorer), helping CU to a second-place team finish. A couple of weeks later he led CU again, this time placing eighth at the NCAA Mountain Region Championship. With the finish Bosshard earned his second all-region honor in two years. He ended the year on a high note, finishing 26th overall at the NCAA Championship to earn his first All-American cross country honor. Bosshard was named the CU Athlete of the Week for his outstanding performance.

2009: Bosshard was one of three redshirt freshmen to make the varsity squad but was the only one to score for the Buffs. He was named the Big 12 Runner of the Week after racing to a first-place finish at the Fort Hays State Open. Bosshard followed up that performance with a 19th-place finish at the Big 12 Championship; although he did not score for CU as he was the sixth racer to cross the finish. Bosshard recorded his first all-region honor two weeks later as he finished 24th overall. He was the fifth Buffalo to finish, scoring for the first time in his career. Bosshard ended his frosh campaign by taking 80th overall at the NCAA Championship and moved up to the fourth scoring position for CU.

2008: Redshirt. Did not compete.

HIGH SCHOOL: Bosshard won three letters in cross country and four on the track. While competing in Wisconsin, he was a two-time member of the Mississippi Valley Conference cross country first team. On the track he earned MVC honorable mention honors in the 3,200-meter run. Bosshard finished fourth at the 2006 Wisconsin Division III Cross Country Championships. In 2007, he placed 27th at the Foot Locker Midwest Cross Country Championship. He also placed second in the 3,200m at Mt. Sac Relays. Bosshard competed in the Nike Outdoor National Meet in the 5,000m and ran a mark of 15:12.

HIGH SCHOOL BESTS: 800-meters: 2:04; 1,600-meters: 4:22; 3,200-meters: 9:11; 5,000-meters: 15:12.

IN THE CLASSROOM: Bosshard is majoring in finance.

PERSONAL: Joseph William Bosshard was born on October 30, 1989 in La Crosse, Wis., to William and Diane Bosshard. He has one older brother (Andrew), two younger sisters (Makenzie and Carley), and one younger brother (John). Bosshard was a world champion logroller for the 6 and under division.

2010 Fin/CU Time
 Rocky Mtn. Shootout 1/1 24:44
 at Pre-Nationals 7/1 23:49.1
 at Big 12 Championship ... 6/2 24:25.41
 at NCAA Mtn Region 8/1 30:08.0
 at NCAA Championship 26/1 30:20.4

2009 Fin/CU Time
 at Fort Hays 1/1 24:09.73
 at Big 12 Championship ... 19/6 25:36.92
 at NCAA Mtn Region 24/5 31:07.6
 at NCAA Championship 80/4 30:44.8

HONORS

2010 All-American
 2010 All-Big 12
 2009, 10 All-Region
 CU Athlete of the Week (9/8/09, 11/29/10)
 Big 12 Runner of the Week (10/13/09,
 10/18/10)
 2009 CUSPY Freshman of the Year Finalist

TRACK PRs

800-m 2:04
 1,500-m 3:53.86 (0)
 3,000-m 8:09.22 (1)
 5,000-m 13:34.44 (0)
 10,000-m 28:41.56 (0)

2011 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



COURTNEY BOUCHET

Sophomore • VR
Estes Park, Colo.
(Estes Park)

COLLEGE – 2010: Bouchet competed in one meet for CU. She took 12th at the Fort Hays State Open, finishing the 5k run in 17:59.70.

2009: Bouchet ran unattached at the Rocky Mountain Shootout and placed 64th overall.

HIGH SCHOOL: Bouchet was a member of the EPHS cross country and track & field teams. She was named the track & field MVP her freshman, sophomore and junior seasons. Bouchet was an all-conference first team selection all four years. She was a member of the 4x800-meter relay team that placed fourth at the state championship in 2009. She was a member of the honor roll in high school as well as an academic all-state honoree.

HIGH SCHOOL BESTS: 5,000-Meters: 19:47.

IN THE CLASSROOM: Bouchet is majoring in molecular, cellular and developmental biology. She owns a GPA greater than 3.3 and is a member of the Big 12 Commissioner's Honor Roll. Bouchet was also named to the Academic All-Big 12 team as a sophomore.

PERSONAL: Courtney Anne Bouchet was born on May 28, 1991 in Boulder, Colo. She is the daughter of Neal and Linda Bouchet of Westminster, Colo. She has one brother, Chris. Bouchet enjoys playing billiards, playing sports and watching her favorite television shows, Friends and Scrubs.

2010Fin/CU Time
 at Fort Hays 12/2 17:59.70

HONORS

2010 Academic All-Big 12

TRACK PRs

800-m 2:26.26 (O)
 1,500-m 4:55.12 (O)
 Mile 5:22.39 (I)
 3,000-m 10:16.10 (I)
 Steeplechase 11:40.77

COLORADO BUFFALOES



GARRETT CARMICHAEL
Freshman • RS
Nashville, Tenn.
(Ensworth)

COLLEGE— 2010: Redshirt. Did not compete.

HIGH SCHOOL: Carmichael owns EHS records in the 5k (15:46), 800 (1:56.5), 1,600 (4:24) and 3,200-meter runs (9:33). He earned letters as a member of the cross country and track and field teams for four years. At the Nike Outdoor Nationals in 2009, Carmichael's 4x800-meter relay team won the emerging elite section. His 4x800 relay won the state championship during his sophomore season. Carmichael earned numerous all-state and all-region honors while in high school.

HIGH SCHOOL BESTS: 800-meters: 1:56.5; 1,600-meters: 4:24; 3,200-meters: 9:33; 5,000-meters: 15:46.

IN THE CLASSROOM: Carmichael is majoring in environmental design. He owns a GPA greater than 3.3 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Garrett Morris Carmichael was born on May 29, 1991 in Nashville, Tenn. He is the son of Oliver and Kathy Carmichael and has a twin sister, Olivia. Carmichael enjoys the outdoors and sports and served as a Kids Academy Counselor during the summer in high school.

TRACK PRs

800-m	1:56.5
1,600-m	4:24
3,200-m	9:33

COLORADO BUFFALOES



CAMERON CLAYTON
Senior • 11
Superior, Colo.
(Monarch)

COLLEGE—2010: Clayton had a good junior season for the Buffs, starting off strong at the Rocky Mountain Shootout. He placed 13th overall and was the fourth Buff to cross the finish line. At pre-nationals he was 64th and scored as CU's No. 5 runner. Clayton placed 24th at the final Big 12 Championship for CU and was the sixth CU harrier across the finish. He followed up that performance with a 42nd-place finish at the regional championship and ended the year at NAAs with a 210th-place finish.

2009: Clayton raced in a pair of meets for CU. He started the season off with a 10th-place finish at the Rocky Mountain Shootout; crossing as the sixth Buff in 25:59. Clayton followed up that performance by taking 15th in the open race at pre-nationals.

2008: Redshirt. Did not compete.

2007: Clayton ran in three meets for the Buffs. In his collegiate debut, Clayton placed 27th and was the 12th Buff to reach the finish at the Rocky Mountain Shootout. His best race came at the Air Force Invite where he took fifth overall and was the No. 2 CU harrier.

HIGH SCHOOL: Clayton was a three-time All-Front Range First Team selection in cross country. He also earned first-team recognition on the all-state team as a freshman, junior and senior and was on the second team as a sophomore. Clayton was fifth in the state meet as a senior and was sixth as a junior. He owns the MHS record in the 1,600-meter run at 4:25 and the 3,200-meter run at 9:36. In the 2007 Colorado State 5A Championship, he placed eighth in the 3,200 and was 13th in the 1,600.

HIGH SCHOOL BESTS: 1,600-meters: 4:25; 3,200-meters: 9:36; 5,000-meters: 15:34; 10,000-meters: 32:58.

IN THE CLASSROOM: Clayton is majoring in MCDB and Spanish at Colorado. He is a member of the Big 12 Commissioner's Honor Roll. Clayton was a member of the All-Colorado Academic team in high school as a senior and an academic all-conference performer as a junior.

PERSONAL: Cameron Clayton was born on July 6, 1988 in Reno, Nevada to Brad and Lori Clayton. He is the youngest of two. His older brother Jon-Eric played volleyball on the Colorado club team. Clayton's hobbies include scuba, reading, computer games, watching movies, backpacking, hiking, biking and kayaking. He climbed Mt. Kilimanjaro and has worked for Road Runner Sports in the past.

2010 Fin/CU.... Time
 Rocky Mtn. Shootout..... 13/425:47
 at Pre-Nats64/524:43.9
 at Big 12 Championship24/625:14.23
 at NCAA Mtn. Region42/631:09.3
 at NCAA Championship210/632:24.8

2009 Fin/CU.... Time
 Rocky Mtn. Shootout..... 10/625:59
 at Pre-Nats+1525:33.5

2007 Fin/CU.... Time
 Rocky Mtn. Shootout.....27/1227:18
 at Ft. Hays Invite.....32/527:20.34
 at Air Force Invite5/226:36.26

TRACK PRs

1,500-m 4:07.45 (O)
 Mile 4:31.16 (I)
 Steeplechase 9:24.9

2011 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



EMMA COBURN

Senior • 3L
Crested Butte, Colo.
(Crested Butte)

2010 Fin/CU.... Time
Rocky Mtn. Shootout.....2/2.....20:30
at Pre-Nationals.....14/3.....20:40.7
at Big 12 Championship...5/2.....20:27.86
at NCAA Mtn Region.....11/4.....20:49.2
at NCAA Championship....53/3.....21:01.8

2009 Fin/CU.... Time
Rocky Mtn. Shootout.....3/3.....20:57
at Pre-Nationals.....32/5.....21:20.2
at Big 12 Championship...22/15.....22:20.36
at NCAA Mtn Region.....16/4.....21:25.4
at NCAA Championship....115/2.....21:24.6

2008 Fin/CU.... Time
at ISU Invite.....25/6.....23:19.00
Rocky Mtn. Shootout.....8/4.....22:13.0
at Pre-Nationals.....139/5.....22:12.0
at Big 12 Championship...27/3.....22:03.2
at NCAA Mtn Region.....30/3.....21:57.3

HONORS

2010 All-Big 12
2009, 10 All-Region
2009, 10 Academic All-Big 12

TRACK PRS

800-m.....2:09.81 (O)
1,000-m.....2:52.43 (I)
1,500-m.....4:12.97 (O)
mile.....4:36.08 (I)
3,000-m.....9:17.46 (I)
steeplechase.....9:37.16

COLLEGE- 2010: Coburn continued to play an important role for the Buffs as a junior. She raced to her best finish at the Rocky Mountain Shootout, placing second overall and just one second behind teammate Laura Tremblay. Coburn helped the team out two weeks later to a second-place finish in the 'white' race at pre-nationals, taking 14th overall. She earned her first all-conference honor at the Big 12 Championship after finishing fifth overall. The team placed second to Texas Tech by just nine points. Coburn took her second all-region honor two weeks later at the NCAA Mountain Region Championship after finishing 11th. She ended the year at nationals with a 53rd-place finish as CU took sixth overall. **2009:** Coburn continued to shine for the Buffs during her sophomore campaign. She started the season out strong by racing to a third-place finish at the Rocky Mountain Shootout behind teammates Jenny Barringer and Allie McLaughlin. Two weeks later Coburn helped the Buffs to a win at pre-nats; taking 32nd overall as the fifth Buff to finish. She continued to score for CU as she was also the fifth harrier for the Buffs at the Big 12 Championship, coming in 22nd overall. Coburn earned her first all-region honor after she recorded a 16th-place finish and improved to the No. 4 position on the team. Coburn finished the season at nationals. She was the No. 2 Buff and finished 115th overall.

2008: Coburn was one of two freshmen women to score for the Buffs and did so in four meets. She started off her career with a 25th-place finish at the Iowa State Invitational and was the sixth Buff to cross the finish. She followed up that performance with her best finish of the season (eighth) at the Rocky Mountain Shootout (fourth Buff). Coburn was 139th at the pre-national meet (fifth to score). During the two postseason races, Coburn was the No. 3 runner for CU. She placed 27th at the Big 12 meet and was 30th at regionals.

HIGH SCHOOL: Coburn was an all-state performer for four years for the Titans; including two fourth place finishes at the state cross country meet in 2006 and 2007. She placed 29th at the 2007 Foot Locker Midwest Championship. On the track Coburn is an eight-time 2A state champion. She owns five CBHS records: 400m (1:02), 800m (2:16), 1,600m (5:11), 3,200m (11:32), the 4x800-meter relay and in the high jump (5 feet, 1 inch). She ran the 2,000-meter steeplechase at Nike Outdoor Nationals. Coburn placed second in 2008 and fourth in 2007 to earn a pair of All-American honors.

HIGH SCHOOL BESTS: 1,600-Meters: 5:09; 2,000-Meter Steeplechase: 6:42.

IN THE CLASSROOM: Coburn is majoring in marketing and owns a greater than 3.0 GPA. She is a member of the Big 12 Commissioner's Honor Roll and a two-time selection to the Academic All-Big 12 team.

PERSONAL: Emma Jane Coburn was born on October 19, 1990 in Boulder, Colo. She is the daughter of Bill and Annie Coburn of Crested Butte, Colo. She has three siblings, Willy, Grace and Joe. Willy and Grace both attended CU. Coburn has volunteered with Living Journeys Cancer Foundation and the Mountain Adventure Kid's Camp while in high school.

COLORADO BUFFALOES



KATIE CUMMING

Senior • 3L
Hudson, Wis.
(Hudson)

2010 Fin/CU.... Time
at Pre-Nationals 69/5 21:32.8
at Big 12 Championship ... 37/6 21:39.25
at NCAA Mtn Region 27/5 21:28.3
at NCAA Championship 215/5 22:28.6

2009 Fin/CU.... Time
Rocky Mtn. Shootout 9/6 21:43
at Pre-Nationals 72/17 21:52.5
at Big 12 Championship ... 33/7 22:39.67
at NCAA Mtn Region 27/6 21:48.7
at NCAA Championship 150/4 21:40.4

2008 Fin/CU.... Time
at ISU Invite 29/7 23:37.00
Rocky Mtn. Shootout 11/6 22:33
at Pre-Nationals 157/6 22:23.0
at Big 12 Championship ... 49/7 22:42.9
at NCAA Mtn Region 58/6 21:57.3

HONORS

2009, 10 Academic All-Big 12

TRACK PRs

800-m 2:13.50 (0)
1,000-m 3:02.03 (I)
1,500-m 4:20.93 (0)
3,000-m 9:34.32 (I)
5,000-m 16:10.85 (0)

COLLEGE – 2010: Cumming missed the first race of her junior year, but had a good showing at pre-nationals when she placed 69th overall. She followed that up with a 37th-place finish at the final Big 12 Championship where the Buffs took second in the team race. Cumming just missed all-region recognition at the NCAA Mountain Region Championship with a 27th-place finish. She ended the year finishing 215th at the NCAA championship.

2009: Cumming continued to hold on to her spot on the varsity team as a sophomore, starting with a ninth-place finish at the Rocky Mountain Shootout. At the following meet, pre-nats, she was the seventh harrier for CU, taking 72nd overall. She improved to 33rd at the Big 12 Championship, moving up from 49th the previous season. Cumming just missed all-region honors when she was the 27th to cross the finish line as CU's No. 6. She finished the season with a 150th-place finish at nationals and moved up to the No. 4 spot on the team.

2008: Cumming was one of three freshmen to earn a spot of the varsity roster although she did not score for CU during the season. She was 29th in her collegiate debut at the Iowa State Invitational and was the No. 7 Buff to finish the race. At the Rocky Mountain Shootout, Cumming was 11th and was the No. 6 harrier, finishing in 22:33. Two weeks later at Pre-Nationals, she placed 157th and was once again the No. 6 racer for CU. The Big 12 meet saw Cumming placing 49th overall (No. 7) in 22:42.9. Her best time of the season was at regionals when Cummings placed 58th as CU's No. 6 runner in 21:57.3.

HIGH SCHOOL: Cumming earned eight letters in cross country and track & field at Hudson High School and was an all-conference selection all four years. She owns Hudson High School records in the 3,200-meter run (10:53, June '08), the 4x400-meter relay (4:05.37, June '05) and the 4x800 (9:27.74). Her 3,200m and 4x800 records are also Big Rivers Conference records. She was a member of the honor roll in high school and a Wisconsin Academic All-State selection all four years. She was named the Wisconsin Intercollegiate Athletic Association Scholar Athlete as a senior.

HIGH SCHOOL BESTS: 800-Meters: 2:16; 1,600-Meters: 4:58; 3,200-Meters: 10:53.3.

IN THE CLASSROOM: Cumming is philosophy major and has a GPA of 3.392 heading into her final season. Cumming has been a member of the Big 12 Commissioner's Honor Roll. She is a two-time member of the Academic All-Big 12 team.

PERSONAL: Catherine Mackenzie Cumming was born on May 20, 1990 in Hudson, Wis. Her parents are Robert Cumming and Ann Blide of Hudson, Wis. She has one younger brother, Jacob. Cumming's hobbies include skiing, boating, reading, gardening, fishing, hiking and scuba diving. She has volunteered with Stuff-A-Truck food drives, Adaptive Floor Hockey and the American Cancer Society.

COLORADO BUFFALOES



LARA DARCO

Senior • VR
Walpack, N.J.
(Pope John XXIII Regional)

BROWN UNIVERSITY: Darco was a member of the 2008 All-Ivy Conference Cross Country second team. She competed one season for BU.

HIGH SCHOOL: Darco was the 3,200-meter Parochial A State Champion. She earned four letters as a member of the track & field team and four as a member of the cross country team. Darco was a five-time All-American at Nike Indoor and Outdoor Nationals in the distance medley relay (one), 4x800-meter relay (there) and 4x1,600-meter relay (one).

HIGH SCHOOL BESTS: 800 Meters: 2:13; 1,600 Meters: 5:01; 3,200 Meters: 10:40.

IN THE CLASSROOM: Darco is majoring in Spanish, literature and secondary education. She currently owns a 3.81 GPA and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Lara Fae Darco was born on Oct. 5, 1988 in Denville, N.J. She is the daughter of James and Lee Heigis of Walpack, N.J. and has one younger sister, Jenny. Darco enjoys painting, yoga and snowboarding.

TRACK PRs

800-m 2:22.57 (I)
1,000-m 25:59.42 (I)

COLORADO BUFFALOES



NICKI DESOUCHET

Freshman• HS
Alamosa, Colo.
(Alamosa)

HIGH SCHOOL: DeSouchet was a decorated cross country and track athlete at Alamosa High School, lettering in both sports all four years. DeSouchet was the anchor of the 4x800-meter relay team that won the State 4A Championship her freshman year. Her sisters, Jenny and Aimee, were also on the team which was nicknamed the “DeSouchet team.” She was also a member of the 2009 Colorado State Cross Country team and a year later she placed third individually at the state meet. DeSouchet had a successful junior track season. She placed second in the 3,200, was third in the 1,600 and eighth in the 800. DeSouchet was unable to compete during her senior year due to an injury. She owns a pair of AHS records after clocking a time of 11:10.41 in the 3,200 and 9:26 in the 4x800 (she was the anchor). DeSouchet was also recruited by Adams State, Northern Arizona, Portland, Columbia, Libscomb and Lamar.

HIGH SCHOOL BESTS: 800-meters: 2:14.67; 1,600-meters: 5:13.83; 3,200-meters: 11:10.41.

IN THE CLASSROOM: DeSouchet intends to major in integrative physiology but is also interested in psychology.

PERSONAL: Nicole Marie DeSouchet was born on Sept. 8, 1993 in San Diego, Calif. She is the daughter of William and Janis DeSouchet of Alamosa, Colo. She has a twin sister, Jenny, who is running at Columbia University, as well as three older siblings, Aimee DeSouchet, Jason Bartlett and Chris Bartlett.

TRACK PRs

800-m 2:22.57 (I)
1,000-m 25:59.42 (I)

COLORADO BUFFALOES



HUGH DOWDY
Freshman • RS
Petaluma, Calif.
(Petaluma)

COLLEGE— 2010: Redshirt. Did not compete. Dowdy did run the Rocky Mountain Shootout unattached, finishing 78th overall (27:27). He also competed at the USA Junior Cross Country Championship and placed 34th overall, finishing the course in 26:22.

HIGH SCHOOL: Dowdy helped his cross country team to the Sonoma County League Championships in his sophomore, junior and senior years, and the North Coast Championships in his sophomore and senior years. He also helped his team to a second-place finish his sophomore year and a third-place finish his junior year at state. Dowdy lists his biggest moments from high school as finishing sixth in the mile at the state championships and placing eighth in state in cross country.

HIGH SCHOOL BESTS: 800-meters: 1:56; 1,600-meters: 4:15.77; 3,200-meters: 9:39.

IN THE CLASSROOM: Dowdy is majoring in engineering physics and has been a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Hugh William Dowdy was born on September 10, 1992 in Petaluma, Calif. His parents are Gilbert Dowdy and Marsha Busekists. He has an older sister, Erin. Dowdy enjoys building things and relaxing with friends.

TRACK PRs

800-m	1:56
mile.....	4:15.77
3,200-m.....	9:39

COLORADO BUFFALOES



STACI FOSTER
Sophomore • VR
Anaheim Hills, Calif.
(Orange Lutheran)

COLLEGE – 2010: Foster ran in a pair of races for Colorado. She raced to a 28th-place finish at the Rocky Mountain Shootout, crossing the finish in 22:35. Foster also ran at the open race at NCAA Pre-National Invitational and placed 85th overall.

2009: Redshirt. Did not compete.

HIGH SCHOOL: Foster owns four OLHS cross country course records (Mt. Sac – 17:56, state – 18:10, Orange County – 17:32, league – 18:04). She also owns the Lancers' record in the 1600-meter run (4:49) and the 3200 (10:37) and is a member of the school record relay 4x400, 4x800, 4x1600 and DMR teams. Foster had an outstanding senior season. She was named the OLHS and Trinity League Athlete of the Year as well as the league's athlete of the year for cross country and track. Foster was all-state in cross country and track. She won the CIF, Orange County and Trinity League 1600 as well as the Trinity League 3200. Foster finished sixth in the 5k open division at Nike Nationals. As a junior, she was All-Trinity League (cross country, 1600) and All-CIF SS and all-state in cross country. Foster was named the Trinity League MVP and earned the Outstanding Sophomore Award (cross country) her sophomore year. She was the Trinity League Champion in the 800, 1600, 3200 and 4x400 meter relay.

HIGH SCHOOL BESTS: 800-Meters: 2:17; 1,600-Meters: 4:49; 3,200-Meters: 10:37.

IN THE CLASSROOM: Foster is majoring in psychology.

PERSONAL: Staci Foster was born on August 12, 1991 in Anaheim, Calif. She is the daughter of Greg and Sherri Foster of Anaheim Hills, Calif. Foster has one younger brother, Cody. Her grandfather, Norman Gray, played baseball and basketball at Cal Tech as well as baseball at Navy. She lists scrapbooking and wakeboarding as her hobbies.

2010	Fin/CU....	Time
Rocky Mtn. Shootout.....	28/7	22:35
at Pre-Nationals	+85	23:39.1

TRACK PRs

800-m	2:17
1,000-m	2:55.36 (I)
1,500-m	4:27.88 (O)
mile.....	4:50.49 (I)
3,200-m	10:37

COLORADO BUFFALOES



DIANA GEORGE
Sophomore- 1L
Livermore, Calif.
(Livermore)

COLLEGE – 2010: George earned a spot on the varsity roster as a redshirt freshman. She started the year off by placing 62nd at the Rocky Mountain Shootout, clocking a time of 23:50. George followed that up with a 10th-place finish in the open race at pre-nationals. She ran her last race of the season at the Big 12 Championship, placing 55th overall as CU's No. 8 runner.

2009: Redshirt. Did not compete.

HIGH SCHOOL: George is a nine-time league champion, winning the cross country her freshman through junior year, the 800-meter run as a junior and senior, the 1600 her freshman through senior year and the 3200 her sophomore through senior year. George raced to a sixth-place finish in the state cross country meet in 2008 after finishing 14th in 2007 to earn all-state second team honors in 2008. On the track she finished seventh in the state (1600) her junior and senior years after taking ninth as a sophomore. George's highest finish at the state meet was fifth in the 3200 as a sophomore. She was 19th at the USA Junior Cross Country Championships in 2009.

HIGH SCHOOL BESTS: 800-Meters: 2:15.09; 1,600-Meters: 4:52; 3,200-Meters: 10:35.

IN THE CLASSROOM: George is majoring in mechanical engineering and is also interested in biomechanical engineering. She received the Sandia Women's Committee Award in Mathematics. George owns a GPA of 3.868. She is also a member of the Big 12 Commissioner's Honor Roll and the Academic All-Big 12 team.

PERSONAL: Diana Marie George was born on February 7, 1991 in Livermore, Calif. She is the daughter of Edward and Susan George. She also has one older brother, Christopher. George enjoys jigsaw puzzles and has volunteered with the Interact Club. George earned the Livermore High School Musical Achievement Award.

2010	Fin/CU....	Time
Rocky Mtn. Shootout.....	62/11	23:50
at Pre-Nationals	+11	22:06.7
at Big 12 Championship ...	55/8	22:01.09

HONORS

2010 Academic All-Big 12

TRACK PRs

800-m	2:15.09
1,600-m	4:52
3,200-m	10:35

2011 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



MICHAEL GOODGER
Freshman • RS
Carlsbad, Calif.
(Carlsbad)

COLLEGE— 2010: Redshirt. Did not compete. Goodger ran unattached at the Rocky Mountain Shootout where he placed 144th overall (28:35). He also ran at the USA Junior Cross Country Championship and placed 46th overall, finishing in 26:52.

HIGH SCHOOL: Goodger holds the CHS record in the 1600 (4:14) and 3200-meter (9:12) runs. He recorded his 1,600 record on May 14, 2010 and the 3,200 on April 30, 2010. Goodger lettered twice in cross country and three times on the track. During his junior year he finished second team All-North County in cross country and first team All-Palomar League in track. In his senior year Goodger was named first team All-Palomar League, Scholar-Athlete of the Year, Most Valuable Player and received the Best Distance Award for Men, all in track. He lists his biggest moment of his high school career when he qualified for the California State Championships for the first time as a junior by running a 4:15.91 and taking the third and final spot to state.

HIGH SCHOOL BESTS: 800-meters: 1:58; 1,600-meters: 4:14; 3,200-meters: 9:12; 5,000-meters: 15:41.

IN THE CLASSROOM: Goodger is majoring in accounting.

PERSONAL: Michael Ryan Goodger was born on January 5, 1992 in San Diego, Calif. His parents are Steve and Cindy Goodger of Carlsbad, Calif. He has one younger sister, Cara. After college he wants to either run professionally or be an accountant. He lists snowboarding, bodysurfing, swimming, and video games as his hobbies. Goodger also does volunteer work with Habitat for Humanity and the Arthritis Foundation Walk.

TRACK PRs

800-m	1:58
1,600-m	4:14
5,000-m	15:41

COLORADO BUFFALOES



STEVE KASICA
Junior • VR
Grand Junction, Colo.
(Fruita Monument)

COLLEGE – 2010: Kasica ran twice in a CU uniform. His first race in uniform was the Rocky Mountain Shootout where he placed 61st overall. He also ran at the Fort Hays State Open, finishing 30th.

2009: Kasica ran in a pair of meets during the 2009 season as a Buff. He was 41st at the Rocky Mountain Shootout and took 26th at the Fort Hays Invite. Kasica also ran unattached at the Rocky Mountain Athletic Conference open race and placed 33rd overall.

2008: Kasica ran in one open race but did not compete for the Buffs.

HIGH SCHOOL: Kasica won the 2007 Colorado State 5A 800-meter run. In 2008 he was the runner-up and recorded a school record time of 1:53.24. Kasica placed sixth in the 800 at the 2008 Simplot Games. He earned three letters on the cross country team and four letters on the track & field team.

HIGH SCHOOL BESTS: 400-meters: 51.15; 800-meters: 1:53.24.

IN THE CLASSROOM: Kasica is majoring in English. He has earned a GPA of 3.689 and is a member of the Big 12 Commissioner's Honor Roll. Kasica was named to the Academic All-Big 12 First Team in 2009 and 2010.

PERSONAL: Stephen Wayne Kasica was born on September 27, 1989 in Melbourne, Fla. He is the only son of Robert and Ronda Kasica of Grand Junction, Colo. He likes to go cycling in his spare time.

2010 Fin/CU.... Time
 Rocky Mtn. Shootout..... 61/13 27:08
 at Fort Hays Open..... 30/4 35:30.60

2009 Fin/CU.... Time
 Rocky Mtn. Shootout..... 41/9 27:39
 at Fort Hays Open..... 26/4 ... 25:52.16
 at RMAC Open +33 27:57

HONORS

2009, 10 Academic All-Big 12

TRACK PRs

400-m 51.05 (0)
 800-m 1:49.92 (0)
 1,000-m 1:50.45 (I)
 1,500-M 4:05.01 (0)

2011 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



DAVID KILGORE

Freshman • HS
Palm Bay, Fla.
(Holy Trinity)

HIGH SCHOOL: Kilgore was a 2011 5,000-meter run All-American at New Balance Indoor Nationals. He placed third in the 5k with a Florida state indoor record of 14:50.59 and was a second-team All-American in the 3,200-meter run with a time of 9:29.57. Kilgore won the 1,600-meter state title his junior (4:26.99) and senior (4:21.55) seasons. He was also sixth as a senior in the 3,200-meter run at the state meet. On the cross country course Kilgore also shined. He was the runner-up in 2009 at the state championship and went on to win the meet his senior year (2010). Kilgore's high school team won the state championship when he was a sophomore. He was also recruited by Florida State, Auburn and Indiana.

HIGH SCHOOL BESTS: 800-meters: 1:59; 1,600-meters: 4:20.08; 3,000-meters: 8:48.46; 5,000-meters: 14:50.59.

IN THE CLASSROOM: Kilgore intends to major in integrative physiology and is also interested in psychology.

PERSONAL: David Ray Kilgore was born on Nov. 21, 1991 in England. He is the son of Kevin Kilgore and Dorothy Fitzgerald of Palm Bay, Fla. He has one older brother, Chris, who is in the army. Kilgore enjoys mountain biking, hiking and camping.

TRACK PRs

800-M	1:59
1,600-m	4:20
3,000-m	8:48.46
5,000-m	14:50.59

COLORADO BUFFALOES



KELLY KING
Sophomore • VR
Longmont, Colo.
(Silver Creek)

COLLEGE – 2010: King competed twice for the Buffs in 2010. She finished 35th overall at the Rocky Mountain Shootout in 22:46. She also placed 94th overall in the open race at pre-nationals.

2009: Redshirt. Did not compete.

HIGH SCHOOL: King owns five SCHS records. She ran the fastest time in school history on the Liberty Bell Course (18:44). On the track, her records include the 800 (2:17), 1600 (5:07), 4x400 and 4x800-meter relays. As a senior, King was named all-conference in cross country and was an honorable mention selection on the track. She was named the SCHS most valuable runner as a junior. King was the winner of the Raptor Award for Cross Country and Track and Field (the equivalent of the team MVP) her sophomore and freshman seasons. She was all-conference for the first time in her career as a freshman and did so in both sports. King was named the Raptor of the Year (the SCHS Outstanding Female Athlete of the Year). The Raptors won the conference title all four years on the track while she was there and the cross country team won her freshman, sophomore and senior seasons. She was a member of the honor roll in high school and is on the Big 12 Commissioner's Honor Roll. As a senior, she was named the Outstanding Student Senator of the Year, the Valedictorian and earned the President's Award for Outstanding Achievement in Academics and Athletics.

HIGH SCHOOL BESTS: 800-Meters: 2:17; 1,600-Meters: 5:07.

IN THE CLASSROOM: King is majoring in environmental studies and owns a GPA of 3.761. She was a member of the Big 12 Commissioner's Honor Roll and was on the 2010 Academic All-Big 12 First Team.

PERSONAL: Kelly King was born on January 6, 1991 in Boulder, Colo. She is the daughter of Scott and Tracy King of Longmont. She has two younger siblings, Maddie and Andrew. King comes from a long line of CU Buffs as her father, uncle (Dan King) and aunt (Christi Holligan) ran cross country and track at Colorado. King lists acting, hiking, camping and painting as her hobbies. She was a member of the National Honors Society at SCHS and organized a 5k "Malaria Hysteria" to raise money to send mosquito nets to prevent malaria in Africa. King also volunteered at the Democratic National Precinct in 2008. She served as the student body vice-president, was the Honors Biology student of the year (2007) and Physics student of the year (2009).

2010 Fin/CU.... Time
Rocky Mtn. Shootout.....35/8.....22:46
at Pre-National.....+94.....23:45.5

HONORS

2010 Academic All-Big 12

TRACK PRs

400-m59.0
800-m2:17
1,500-m4:48.41 (0)
mile.....5:09.29
3,000-m10:58.13 (0)

2011 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



SHALAYA KIPP
Sophomore • 1L
Salt Lake City, Utah
(Skyline)

COLLEGE – 2010: Kipp not only earned a spot on the varsity roster as a redshirt freshman, but she scored in all five varsity meets for the Buffaloes. Kipp started the season by finishing third at the Rocky Mountain Shootout behind teammates Laura Tremblay and Emma Coburn. Then, at the NCAA Pre-National Invitational she placed 12th overall, second on the team, in the 'white' race, helping CU to second-place in the team race. Kipp earned All-Big 12 honors two weeks later after finishing eighth overall, this time she was the third CU scorer. Kipp kept rolling and took all-region honors at the NCAA Mountain Region Championship as she was the 10th harrier to cross the finish. She ended the season on a very high note, earning All-American honors as the 40th runner to finish the NCAA Championship. Kipp was the second scorer for the Buffs, finishing in 20:53.8.

2009: Redshirt. Did not compete.

HIGH SCHOOL: Kipp was the MVP of the SHS cross country team her sophomore year and was the cross country and track and field team captain as a senior. Kipp won the Utah State 5A Cross Country Championship in 2006 and was the runner-up in 2008. As a senior she qualified for Foot Locker nationals and placed 28th overall. That same year on the track, Kipp won the state 1600 and 3200-meter run titles. She is the SHS 3200 record holder (10:50), which she set on May 17, 2009. Kipp earned eight letters with the Eagles.

HIGH SCHOOL BESTS: 1,600-Meters: 5:02; 3,200-Meters: 10:50, 5,000-Meters: 17:50.

IN THE CLASSROOM: Kipp is majoring in integrative physiology.

PERSONAL: Shalaya Kipp was born on August 19, 1990 in Salt Lake City, Utah. She is the daughter of Ron Kipp and Shannon Kipp-Gillette. Kipp lists skiing and hiking as her hobbies. She alpine ski raced for 10 years.

2010	Fin/CU....	Time
Rocky Mtn. Shootout.....	3/3	20:42
at Pre-Nationals	12/2	20:37.2
at Big 12 Championship ...	8/3	20:33.79
at NCAA Mtn Region.....	10/3	20:48.2
at NCAA Championship.....	40/2	20:53.8

HONORS

2010 All-Big 12
 2010 All-Region
 2010 All-American

TRACK PRs

1,500-m	4:29.26
mile	5:13.93 (I)
3,000-m	9:32.76 (I)
5,000-m	16:01.26 (O)
Steeplechase	9:56.37

COLORADO BUFFALOES



CAMILLE LOGAN
Sophomore • 1L
Littleton, Colo.
(Littleton)

COLLEGE – 2010: Logan became an important part of the CU team as a redshirt sophomore, scoring in two varsity meets. She started the season by placing 13th overall at the Rocky Mountain Shootout and was the fifth Buffalo across the finish line. Logan followed that performance up with 97th-place finish at the NCAA Pre-National Invitational (sixth Buff). Two weeks later, Logan took 25th overall and helped the Buffs to a second-place team finish at the final Big 12 Championship. She didn't score in the last two meets, but she did quite well. Logan was 43rd at regionals (sixth Buff) and was 227th (seventh Buff) at the NCAA Championship.

2009: Redshirt. Did not compete.

HIGH SCHOOL: Logan set three school records while a member of the LHS cross country and track and field team. She ran a school 5k Liberty Course record of 18:14 in 2008 and took fourth in the meet. On the track, Logan recorded school records in the 1,600 and 3,200-meter runs. She ran a time of 5:03 to place third in the 1,600 and 11:03 in the 3,200 to finish 12th. Both were at the Arcadia Invitational in April of 2008. On the track she was named all-league first team her sophomore through senior years and was named All-Colorado honorable mention as a junior. She was a member of the honor roll in high school.

HIGH SCHOOL BESTS: 1,600-Meters: 5:03; 3,200-Meters: 11:03.

IN THE CLASSROOM: Logan is majoring in integrative physiology and owns a GPA greater than 3.0. She has earned a spot on the Big 12 Commissioner's Honor Roll as well as the Academic All-Big 12 team.

PERSONAL: Camille Catherine Logan was born on August 10, 1991 in Denver, Colo. She is the daughter of Karl and Mary Logan and has two siblings, James and Jordan. Logan lists hiking and dancing as her hobbies. She used to compete in Irish step dancing.

2010	Fin/CU....	Time
Rocky Mtn. Shootout.....	13/5	21:50
at Pre-Nationals	97/6	21:50.0
at Big 12 Championship ...	25/5	21:20.98
at NCAA Mtn Region.....	43/6	21:54.4
at NCAA Championship.....	227/7	22:45.7

HONORS

2010 All-Big 12
2010 Academic All-Big 12

TRACK PRs

1,500-m	4:23.66 (I)
mile	5:21.07
3,000-m	9:33.85 (I)
5,000-m	16:15.19 (O)
10,000-m	34:27.12 (O)

2011 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



NIKKI LOOK
Junior • VR
Castle Rock, Colo.
(Douglas County)

COLLEGE – 2010: Look raced twice in the black and gold. She was 36th overall at the Rocky Mountain Shootout, finishing in 22:46. Look also took 13th at the Fort Hays State Open.

2009: Look ran in one race (unattached). She placed 62nd overall at the Rocky Mountain Shootout.

HIGH SCHOOL: Look was a four-sport athlete at DCHS. She received the National Girls and Women in Sports Day Recognition Award as a junior and earned one letter as a member of the cross country team and four on the track team. Look earned the Female Sprinter Award twice, was the 2008 most valuable athlete, a two-time captain and a member of the school record setting 800-meter sprint medley (1:48.01), 4x200 (1:45.16) and 4x100 (50.20) relay on the track team. Look was named the Outstanding Female Student Athlete of the Year as a senior and was awarded the Boettcher Scholarship, which grants a full-ride scholarship to any Colorado college. She was an academic all-state selection in basketball and swimming.

IN THE CLASSROOM: Look is majoring in applied mathematics. She recorded a 4.0 in her first four semesters and was named to the Dean's List, as well as the Big 12 Commissioner's Honor Roll. Look was named to the Academic All-Big 12 team as a sophomore. She has been admitted to the CU School of Medicine.

PERSONAL: Nicole Look was born on October 28, 1990, in San Mateo, Calif. She is the daughter of Douglas and Lois Look of Castle Rock, Colo. She has one younger sister, Danielle. Look lists developing healthy baking habits, scrapbooking, photography, swimming, yoga and golfing as her hobbies. She started Tae Kwon Do at the age of three and earned a black belt by the time she was eight. Look co-founded Nourish Peace which raises money to support Global Education Fund's effort in building schools around the world. She has worked as a rehabilitation aide at a physical therapy clinic, a six-year-old track coach and a ballot judge for the 2008 Presidential Election.

2010Fin/CUTime
 Rocky Mtn. Shootout...36/9 22:46
 at Fort Hays St. Open ...13/318:06.70

HONORS

2010 Academic All-Big 12

TRACK PRs

1,500-m 5:08.04 (0)

COLORADO BUFFALOES



CATRINA MCALISTER

**Freshman • HS
San Clemente, Calif.
(Arcadia)**

HIGH SCHOOL: McAlister ran most of her prep career at Arcadia High School. While attending AHS she was very successful on the cross country course and on the track. McAlister was an all-state selection in cross country as a junior and senior. She was ninth in 2009 and 10th in 2010 at the state championship. McAlister was the Pacific League Champion in 2010 as well. She went on to compete at the FootLocker meets where she was seventh in the west and finished 25th in the finals. On the track McAlister was the Pacific League Champion her sophomore and junior seasons in the 1,600 and 3,200-meter runs. McAlister placed 10th at the state championship in the 3,200 as a junior.

HIGH SCHOOL BESTS: 1,600-meters: 4:50.78; 3,200-meters: 10:24.85.

IN THE CLASSROOM: McAlister is undecided on a major.

PERSONAL: Catrina Jean McAlister was born on August 21, 1993 in Los Angeles, Calif. She is the daughter of Claron and Carla McAlister and has two younger siblings, Cocean and Caiya, twins. McAlister enjoys writing, surfing, photography, gardening and playing the guitar.

TRACK PRs

1,600-m 4:50.78
3,200-m 10:24.85

COLORADO BUFFALOES



ALLIE MCLAUGHLIN
Sophomore • 1L/RS
Colorado Springs, Colo.
(Air Academy)

COLLEGE – 2010: Redshirt. Did not compete.

2009: Allie McLaughlin had one of the best freshmen campaigns in the history of CU cross country. She was the second-best harrier in the first four varsity meets and led the Buffs at the NCAA Championship. McLaughlin started off the season by finishing second to CU ace Jenny Barringer at the Rocky Mountain Shootout. She ran the course like an elder would and finished with the eighth-best time in course history at 20:22. In doing so, she became the second fastest freshman to finish the very challenging course. Sara (Gorton) Slattery finished in 20:07 in 2000 and was also a true freshman. At the Big 12 Championship, she was the runner-up behind Barringer and was named the Big 12 Newcomer of the Year; the first for CU since Barringer in 2005. McLaughlin followed up that performance with a third-place finish at the regional championship. Then, 10 days later, she led the Buffs with a fifth-place finish at nationals becoming the highest-finishing CU freshman in the meet. McLaughlin was the top freshman in the race and finished fifth overall for her first All-American honor. She was the top freshman in the race as well as the top Big 12 and NCAA Mountain Region athlete to finish the race. McLaughlin recorded the second best freshman finish ever at nationals behind Shalane Flanagan (2000). Because of her outstanding finish, she was named the CU Athlete of the Week.

HIGH SCHOOL: McLaughlin won the Colorado State 5A title by more than a minute as a senior with a PR of 17:04, which doubles as the AAHS and meet record. She was undefeated her senior season, winning the conference and regional titles, and set three course records as well as four meet records. McLaughlin was named the cross country runner of the year by the Rocky Mountain News, The Denver Post, The Colorado Springs Gazette, the AAHS Female Athlete of the Year, Sportswomen of Colorado honoree for cross country, Rotary Champions nominee and the Gatorade Colorado Runner of the Year. McLaughlin qualified for the IAAF World Championships after placing fourth at the USA Junior Championships in 2008 and earned All-American honors by placing fifth at the Foot Locker National Championships.

HIGH SCHOOL BESTS: 1,600-Meters: 5:13; 3,200-Meters: 10:49.

IN THE CLASSROOM: McLaughlin is majoring in communications and owns a greater than 3.0 GPA. She was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Allison Jordan McLaughlin was born on Oct. 30, 1990 in Dayton, Ohio. She is the daughter of Thomas, who played lacrosse at Michigan State, and Carol McLaughlin of Colorado Springs, Colo. She has one older brother, Andrew. McLaughlin lists snowboarding, wakeboarding, swimming, downhill mountain biking, weightlifting, photography and running with her dogs as her hobbies.

2009	Fin/CU	Time
Rocky Mtn. Shootout	2/2	20:22
at Pre-Nationals	10/2	20:45.6
at Big 12 Championship	2/2	21:13.36
at NCAA Mtn Region	3/2	20:45.1
at NCAA Championship	5/1	20:01.1

HONORS

2009 Big 12 Newcomer of the Year
 2009 All-Big 12
 2009 All-Region
 2009 All-American
 CU Athlete of the Week (12/2/09)

TRACK PRs

3,000-m 9:23.31

COLORADO BUFFALOES



MARTIN MEDINA
Junior • 2L
Grand Junction, Colo.
(Grand Junction)

COLLEGE – 2010: Medina raced twice for CU as a sophomore. He started the season by taking 28th overall at the Rocky Mountain Shootout, crossing the finish in 26:14. Medina was the ninth Buff to cross the finish at the Big 12 Championship, finishing 56th overall.

2009: Medina ran in three races for the Buffs during his redshirt freshman year. He started out strong at the Rocky Mountain Shootout with a 12th-place finish and also took 12th in the open race at pre-nats two weeks later. Medina's final run of the season came at the Big 12 Championships when he placed 54th overall.

2008: Redshirt. Medina did compete at the USA Cross Country Junior Championship and placed 27th overall. He finished the course in 25:49.

HIGH SCHOOL: Medina earned a third-place finish at the 5A Colorado State High School Cross Country meet in 2007. In the race, he recorded a personal best of 16:06. Medina helped Grand Junction High School claim second place at the state meet in 2006. That year he placed 12th overall. On the track he was 12th in the 1,600-meter run in 2007 and '08. Medina was 10th in the 3,200m in 2007 and 15th in '08. His personal records are 4:26 in the 1,600 and 9:30 in the 3,200.

HIGH SCHOOL BESTS: 1,600-meters: 4:26; 3,200-meters: 9:30; 5,000-meters: 16:06.

IN THE CLASSROOM: Medina is majoring in psychology.

PERSONAL: Martin Medina was born on April 27, 1990 in Torrance, Calif. to Martin and Rose Medina of Grand Junction, Colo. He is the second-oldest of four. His older brother Richard is a senior on the Colorado cross country and track & field team. His younger siblings are Stephanie and Charlie.

2010Fin/CUTime
 Rocky Mtn. Shootout...28/9 26:14
 at Big 12 Champs56/926:01.37

2009Fin/CUTime
 Rocky Mtn. Shootout...12/8 26:00
 at Pre-Nationals+12 25:29.4
 at Big 12 Champs54/926:25.14

TRACK PRs

1,500-m 4:01.0h (O)
 mile 4:34.84
 3,000-m 9:05.68 (I)
 5,000-m 14:22.66 (O)
 10,000-m 30:05.75 (O)

COLORADO BUFFALOES



RICHARD MEDINA
Senior • 3L
Grand Junction, Colo.
(Grand Junction)

2009 Fin/CU..... Time
 Rocky Mtn. Shootout..... 4/325:09
 at Pre-Nationals 17/224:07.3
 at Big 12 Championship ... 12/325:22.72
 at NCAA Mtn Region..... 6/230:32.2
 at NCAA Championship57/230:31.5

2008 Fin/CU..... Time
 at ISU Invite..... 4/325:59.25
 at Pre-Nationals59/424:31.3
 at Big 12 Championship ... 15/424:51.3
 at NCAA Mtn Region..... 8/229:57.7
 at NCAA Championship64/230:35.3

2007 Fin/CU..... Time
 Rocky Mtn. Shootout..... 7/425:42
 at Pre-Nationals81/524:20.0
 at Big 12 Championship ... 17/625:17.40
 at NCAA Mtn Region..... 22/631:10.0
 at NCAA Championship178/731:43.7

HONORS

2008, 09 All-Big 12
 2007, 08, 09 All-Region
 2008, 09 Academic All-Big 12

TRACK PRs

1,500-m 3:48.50 (0)
 3,000-m 8:23.74 (1)
 5,000-m 13:44.34 (0)
 10,000-m 29:14.91 (0)

COLLEGE— 2010: Redshirt. Did not compete.

2009: Medina continues to be one of the most consistent performing members on the team. During his junior year he was either the No. 2 or 3 harrier on the team; helping the Buffs to second-place team performances at pre-nats, Big 12s and regionals. At the first race of the season, the Rocky Mountain Shootout, Medina recorded a fourth-place overall finish after running a course PR 25:09. He followed up that finish by taking 17th at pre-nats and was the No. 2 Buff in the race. Medina earned his second straight all-conference honor two weeks later by finishing 12th (No. 3) in 25:22.72. He followed that up with a sixth-place finish at regionals for his third all-region honor. At NAAs, Medina improved on his finish from the following two years and took 57th to place second on the team.

2008: Medina had another great season for the Buffs. He started off strong at the Iowa State Invite, placing fourth overall, and was the No. 3 racer for the Buffs. Despite having to sit out of the Rocky Mountain Shootout, Medina came back strong and was 59th overall at pre-nationals. Two weeks later he recorded his first All-Big 12 honor with a 15th place finish. Medina crossed the finish in 24:51.3 as the fourth scorer. He improved to the No. 2 racer for CU at regionals and nationals. He was eighth at regionals and took 64th at nationals.

2007: Medina quickly earned a spot on the varsity roster in his freshman season. He started by placing seventh overall at the Rocky Mountain Shootout. Medina finished behind teammates Brent Vaughn, Stephen Pifer and Kenyon Neuman. At pre-nationals, he continued to score for the Buffs as the fifth racer. Medina placed 81st overall in the race. At the Big 12 and NCAA Mountain Region Championship, he was the sixth scorer for the Buffs. Medina finished just out of all-conference honors by taking 17th overall in Lubbock (Big 12). Medina did earn his first all-region honor by taking 22nd overall. At nationals, he placed 178th and was the seventh Buff across the finish. Medina also competed at the USA Cross Country Championship in February of 2008. He placed 40th overall in the men's junior race and finished in 26:26.

HIGH SCHOOL: Medina did not start competing in athletics until his sophomore season. He is a four-time 5A state champion on the track and in cross country. Medina won his first title during his junior year in the 3,200-meter run. He finished in 9 minutes and 13 seconds setting a GJHS record, which he lists as the biggest moment in his high school career. As a senior, he won the 5A state cross country title, finishing the 5k course in 15:19 and another school record. At the state track championships, he won the 1,600 in a GJHS record of 4:16 and the 3,200 in 9:15. Medina was also successful at the Foot Locker Championships; in 2005, he placed 28th in the Midwest region. He improved to eighth-place in 2006, qualifying for the national competition where he would finish 18th overall.

HIGH SCHOOL BESTS: 1,600-meters: 4:16; 3,200-meters: 9:13; 5,000-meters: 15:18.

IN THE CLASSROOM: Medina is majoring in Spanish at Colorado. He is a member of the Big 12 Commissioner's Honor Roll and has a cumulative GPA greater than 3.0.

PERSONAL: Richard Medina was born on June 15 in Torrance, Calif. to Martin and Rose Medina of Grand Junction, Colo. He is the oldest of four. His younger brother Martin is a junior on the CU cross country/track & field team. His other two siblings are Stephanie and Charlie. Medina is bilingual (Spanish). He had never participated in sports until he began running for the cross country team his sophomore year. Medina lists his hobbies as mountain/road biking, camping, reading and hanging out with family and friends. He was an active volunteer in Grand Junction, doing a variety of work which included picking up trash, bingo and working with the Fun in the Summer program.

COLORADO BUFFALOES



AMMAR MOUSSA

Freshman • HS
Arcadia, Calif.
(Arcadia)

HIGH SCHOOL: Moussa is a two-time California State cross country champion, winning the title as a junior and senior. Both years he was named the Gatorade Cross Country Player of the Year. Moussa was sixth at the 2011 USA Junior Cross Country Championship and went on to place 32nd at the IAAF World Championships. He placed fourth at the Nike Cross Nationals in 2009 and 2010 while helping his team to the title in 2010. On the track he owns school records in every event from 800-meters to 5,000-meters. Moussa capped off his senior year by winning the two-mile run at the New Balance Outdoor Championship, running a personal-record of 8:51.80. He also won the 3k title at the meet in 8:16.03. Moussa was also recruited by Oregon, UNC, Cal, Arizona State, Wisconsin and Oklahoma State.

HIGH SCHOOL BESTS: 800-meters: 1:53.21; 1,600-meters: 4:10.27; 3,200-meters: 8:49.59; 5,000-meters: 14:05.79.

IN THE CLASSROOM: Moussa intends to major in integrative physiology and is also interested in business.

PERSONAL: Ammar Moussa was born on December 1, 1993 in Encino, Calif. He is the son of Ameer Moussa and Malika Bouchama of Arcadia, Calif. He has one younger brother, Mahmoud. Moussa also enjoys soccer and basketball. He is fluent in Arabic and English and also knows some Spanish.

TRACK PRs

800-m.....	1:53.21
Mile.....	4:09.00
3,200-m.....	8:49.59
5,000-m.....	14:05.79

COLORADO BUFFALOES



PIERCE MURPHY
Freshman • HS
Hanalei, Hawai'i
(Island)

HIGH SCHOOL: Murphy was a standout at Island School in Lihue, Hawai'i. He set a pair of state records en route to winning in the 1,500 and 3,000-meter runs at the Hawaii State Championships in 2011 and was named the Gatorade Hawai'i Track Athlete of the Year. In 2009 he was named the Gatorade Hawai'i Cross Country Athlete of the Year. Murphy owns records for the island of Kauai in the 800, 1,500 and 3,000. He was a KIF all-star for track and cross country his freshman through senior seasons. Murphy was also recruited by Portland and Hawai'i.

HIGH SCHOOL BESTS: 800-meters: 2:00.67; 1,500-meters: 4:01.92; 3,200-meters: 9:14.09; 5,000-meters: 16:26.00.

IN THE CLASSROOM: Murphy intends to major in physiology and is also interested in sports therapy.

PERSONAL: Pierce Thomas Murphy is the son of Shawn and Doreen Murphy of Hanalei, Hawai'i. He has one younger sister, Jade. He enjoys surfing in his free time.

TRACK PRs

800-m	2:00.67
1,500-m	4:01.92
3,200-m	9:14.09
5,000-m	16:26.00

COLORADO BUFFALOES



JEROME PERKINS

Junior • VR
Franklin Lakes, N.J.
(Indian Hills)

COLLEGE—2010: Perkins ran in two races for CU. He was 27th at the Rocky Mountain Shootout and placed 52nd in the open section of the NCAA Pre-National meet.

HIGH SCHOOL: Perkins earned letters all four years on the cross country and track and field team at IHHS and was first team all-county and all-league on the cross country team his junior and senior years. He was also an all-state second team selection in his final season in cross country. Perkins was a member of the National Honor Society in high school.

IN THE CLASSROOM: Perkins is majoring in applied math. He has a GPA of 3.806 and is a member of the Big 12 Commissioner's Honor Roll. Perkins was named to the Academic All-Big 12 First Team in 2010 and 2011.

PERSONAL: Jerome Philippe Perkins was born on November 5, 1990 in Binghamton, N.Y. His parents are Jeffrey and Isabelle Perkins, and he has two brothers, Cedric and Adrien.

2010Fin/CUTime
 Rocky Mtn. Shootout...27/8 26:12
 at Pre-Nationals+52 26:20.7

HONORS

2010, 11 Academic All-Big 12

TRACK PRs

1,500-m 4:13.90 (O)
 Mile 4:40.93 (I)
 3,000-m 8:56.46 (O)
 5,000-m 15:34.73 (O)

2011 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



BECKY POPIEL
Sophomore • VR
Montclair, N.J.
(Montclair)

COLLEGE— 2010: Popiel raced twice for the Buffs. She placed 134th at the Rocky Mountain Shootout and was 63rd at the Fort Hays State Open two weeks later.

HIGH SCHOOL: Popiel was a member of the cross country team for three years at MHS.

IN THE CLASSROOM: Popiel is majoring in film studies.

PERSONAL: Rebecca Elizabeth Popiel was born on May 28, 1990. She is the daughter of David Popiel and Joyce Luiken. Popiel enjoys snowboarding and playing basketball.

COLORADO BUFFALOES



RYAN SAVERCOOL
Sophomore • VR
Chester, N.J.
(Menndam)

COLLEGE – 2010: Savercool raced in the black and gold in one meet, the Fort Hays State Open. He placed 34th overall and was CU's fifth runner.

HIGH SCHOOL: Savercool owns two individual and two relay indoor records at MHS, as well as two outdoor relay records. He owns the indoor 1,600-meter (4:20.5) and 3,200 (9:41.7). The indoor relay records are in the 4x800 and distance medley relay and the outdoor relays are the 4x1,600 and DMR. Savercool ranks second all-time in the outdoor 1,600 and is third all-time in the 3,200. The Minutemen won the 2009 Indoor Iron Hills Conference Championship.

IN THE CLASSROOM: Savercool is an open major. He owns a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Ryan Savercool was born on May 10, 1991 in Denville, N.J. He is the son of Mike and Shawn Savercool of Chester, N.J. Savercool enjoys karaoke and aspires to be a doctor.

2010Fin/CUTime
 Rocky Mtn. Shootout...+56 27:02
 at Fort Hays St. Open ...34/5 25:38.8

HONORS

2010 Academic All-Big 12 Second Team

TRACK PRs

1,500-m 4:08.91 (O)
 Mile 4:34.16 (I)
 3,000-m 8:59.77 (O)
 5,000-m 15:10.43 (O)

2011 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



DILLON SHIJE
Sophomore • 1L
Zia Pueblo, N.M.
(Sandia Preparatory)

COLLEGE – 2010: Shije ran in three meets for the Buffaloes. He started the season by placing 19th overall at the Rocky Mountain Shootout. Shije followed up that performance at the NCAA Pre-National Invitational by placing 185th. He ended the season at the Big 12 Championship, crossing the finish in 51st-place as CU's No. 8 harrier.

2009: Redshirt. Did not compete. Shije did compete at the USA Cross Country Championships and placed 20th overall.

HIGH SCHOOL: Shije finished third at the state cross country championship in 2008 and won districts; the best finish for a Sundevil in school history. Shije was named top Native American runner in the nation as a junior and senior and was named most inspirational as a senior. He was an all-district all-academic team member in high school.

IN THE CLASSROOM: Shije is majoring in history.

PERSONAL: Dillon Shije was born on May 22, 1991 in Zia Pueblo, N.M. and is the son of Myron Galvan and Marie Shije. He has one younger brother, Levi. Shije enjoys sports, drawing, hiking, camping, painting and hunting. He has also volunteered as a running facilitator throughout New Mexico and Arizona Indian reservations. Shije is Native American.

2010	Fin/CU	Time
Rocky Mtn. Shootout...	19/6	26:01
at Pre-Nationals	+52	26:20.7
at Big 12 Champs	51/8	25:52.85

TRACK PRs

Mile.....	4:36.42 (I)
3,000-m	8:58.60 (O)
5,000-m	14:52.47 (O)

COLORADO BUFFALOES



STEWART SHOEMAKER
Freshman • RS
Dalphine, Ala.
(Bayside Academy)

COLLEGE— 2010: Redshirt. Did not compete.

HIGH SCHOOL: Shoemaker was a state champion on the track and helped his cross country team to a state title in 2007. During his senior year he earned the National Merit Commended award.

HIGH SCHOOL BESTS: 800-meters: 1:56.56; 1,600-meters: 4:22.54.

IN THE CLASSROOM: Shoemaker is an open major. He earned a 4.0 GPA in his first semester at CU to get a spot on the Dean's List and the Big 12 Commissioner's Honor Roll. Shoemaker currently has a 3.957 GPA.

PERSONAL: Stewart Marshall Shoemaker was born on December 1, 1991 in Corpus Christi, Texas. His parents are Marshall, who swam at the University of Alabama, and Claudia Shoemaker of Point Clear, Ala. He has a younger sister, Mary Katherine.

TRACK PRs

800-m	1:56.56
1,600-m	4:22.54

COLORADO BUFFALOES



JONATHAN STEVENS
Junior • VR
Vail, Colo.
(Battle Mountain)

COLLEGE – 2010: Stevens ran twice for the Buffs during the cross country season. He placed 38th overall at the Rocky Mountain Shootout, finishing in 26:26. Stevens also ran in the open race at pre-nationals, finishing 74th overall.

2009: Did not compete.

2008: Redshirt. Did not compete.

HIGH SCHOOL: Stevens earned eight letters at Battle Mountain on the cross country and track teams. The Huskies won the conference championship in 2006 and 07; they were also the regional champions from 2005-07. BMHS men's track team won the regional title in 2008. Stevens set the school record in the 5k for cross country at 15:58, which still stands as well as the 4x800-meter relay (7:52). He helped lead the Huskies to a 4A state championship in 2007. The team scored 55 points, which was the lowest score over the last 10 years. Stevens recorded a fourth-place finish. He also finished 11th in the 2007 Nike Team Nationals Southwest Cross Country Meet. Stevens was the cross country team captain and all-state selection his sophomore through senior seasons. He was also a standout on the varsity hockey team. Stevens earned four letters in hockey and was named the Denver Post Hockey Player of the Year. He was all-state his junior and senior seasons and was the team captain his senior year. He was named an AP Scholar his senior year and was a member of the honor roll all four years.

HIGH SCHOOL BESTS: 800-meters: 1:56.8; Mile: 4:26; Two mile: 9:18.

IN THE CLASSROOM: Stevens is majoring in marketing.

PERSONAL: Jonathan Stevens was born on November 24, 1989. His parents are Jerry and Nancy Stevens of Vail, Colo. Stevens has a twin sister, McKenzie, who plays varsity hockey at Middlebury College. McKenzie also played varsity hockey with Stevens in high school. He has a younger sister, Maddie. His hobbies are running, reading, going to concerts and camping.

2010Fin/CUTime
 Rocky Mtn. Shootout...38/11 26:26
 at Pre-Nationals+74 26:43.3

TRACK PRs

1,500-m4:01.0h
 3,000-m8:27.39
 steeple9:13.87

COLORADO BUFFALOES



JANA STOLTING
Sophomore • TR
Tallahassee, Fla.
(Maclay/San Francisco)

SAN FRANCISCO: Stoltling ran one season at San Francisco. She led USF at the NCAA West Region Championship, placing 15th overall and just missed an at-large bid to the national championships. Stoltling finished fourth at the West Coast Conference Championship to earn first team all-conference honors and WCC Freshman of the Year status. USF won the WCC team title and was seventh at the west regional. Stoltling was also a member of the track and field team. She qualified for the 10k in the NCAA West Preliminaries and placed 29th overall. Stoltling set the USF 10k record at Mt. SAC Relays, finishing in 34:29.

HIGH SCHOOL: Stoltling earned a trio of third place finishes at the Florida State Championship she senior year. She was third in the cross country meet as well as the 1,600 and 3,200-meter runs. She was an All-Bend first team selection in track her sophomore, junior and senior seasons and was All-Bend for cross country as a junior and senior. She was also a National Merit Scholar in 2009 and 2010.

HIGH SCHOOL BESTS: 1,600-meters: 4:57.64; 3,200-meters: 10:41.54.

IN THE CLASSROOM: Stoltling intends to major in philosophy.

PERSONAL: Jana Elizabeth Stoltling was born on December 8, 1991 in Tallahassee, Fla. She is the daughter of Steven and Karen Stoltin and has three sisters, Lauren, Alana and Nicole. Stoltling enjoys hiking, camping and traveling.

TRACK PRs

1,500-m	4:35
5,000-m	16:51
10,000-m	34:29

COLORADO BUFFALOES



BLAKE THEROUX
Freshman • RS
Chesapeake, Va.
(Western Branch)

COLLEGE— 2010: Redshirt. Did not compete. Theroux did run unattached at the Rocky Mountain Shootout and placed 71st overall (27:20). He also competed at the USA Junior Cross Country Championship and placed 18th overall. Theroux finished the course in 25:50.

HIGH SCHOOL: Theroux earned All-American honors as a member of the 2010 Nike Indoor Nationals sprint relay team championship team. His indoor track team won the 2007, 08 and 10 AAA state titles and his outdoor team won the 2008 and 09 state titles. . Theroux owns WBHS records in the 5k (15:09), 3,200 (9:13), 1,600 (4:14), 4x800 relay (7:49), distance medley relay (10:09) and the sprint medley relay (3:30). He was all-state in cross country and track & field his sophomore through senior years.

HIGH SCHOOL BESTS: 800-meters: 1:55; 1,000-meters: 2:30; 1,600-meters: 4:14; 3,200-meters: 9:13; 5,000-meters: 15:09.

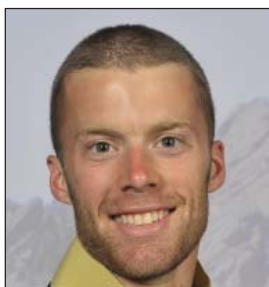
IN THE CLASSROOM: Theroux is majoring in history and owns a GPA greater than 3.0.

PERSONAL: Blake Andrew Theroux was born on March 16, 1992 in Orlando, Fla. He is the son of Paul and Tina Theroux. He has two brothers, Brett and Joel, and one sister, Lindly.

TRACK PRs

800-m	1:55
3,000-m	8:57.21 (I)
5,000-m	15:09

COLORADO BUFFALOES



**CHRISTIAN
THOMPSON**
Senior • 3L
Candor, N.Y.
(Candor)

2010 **Fin/CU** **Time**
Rocky Mtn. Shootout.....4/3.....25:11
at Pre-Nationals30/4.....24:18.4
at Big 12 Championship ...7/3.....24:28.4
at NCAA Mtn Region.....19/5.....30:23.7
at NCAA Championship90/3.....31:04.1

2009 **Fin/CU** **Time**
Rocky Mtn. Shootout.....5/4.....25:16
at Pre-Nationals14/1.....24:04.0
at Big 12 Championship ...9/2.....25:18.83
at NCAA Mtn Region.....10/3.....30:40.4
at NCAA Championship44/1.....30:24.6

2008 **Fin/CU** **Time**
at ISU Invite.....7/6.....26:00.68
Rocky Mtn. Shootout.....6/3.....25:53
at Pre-Nationals79/5.....24:43.8
at Big 12 Championship ...29/8.....25:18.1
at NCAA Mtn Region.....34/7.....30:42.8
at NCAA Championship208/6.....31:54.7

HONORS

2008, 09 Academic All-Big 12
2009, 10 All-Big 12
2009, 10 All-Region

TRACK PRs

1,500-m.....3:58.46 (O)
Mile.....4:10.99 (I)
3,000-m.....8:09.29 (I)
5,000-m.....14:08.05 (I)
Steeplechase.....8:49.38 (O)

COLLEGE—2010: Thompson started the season by placing fourth at the Rocky Mountain Shootout and was the third CU harrier to finish the race. He was CU's fourth runner at pre-nationals, finishing 30th overall. Thompson recorded his third all-conference and all-region honors in the next two races, helping the Buffs to a pair of second-place team finishes. He was seventh at the Big 12 Championship and was 19th at the NCAA Mountain Region Championships. Thompson finished the season with a 90th-place finish at the NCAA Championship.

2009: Thompson had a breakout performance during his sophomore season, starting off strong at the Rocky Mountain Shootout. Thompson took fifth overall at the meet and scored for the Buffs as the No. 4 runner. Two weeks later he led CU at pre-nationals when he crossed the finish 14th overall. Thompson earned his first all-conference honor by taking ninth at the Big 12 Championship; and was the second Buff across the line. He dropped one spot to 10th at the regional championship, but picked up his first all-region honor. Thompson led the Buffs at NAAs by taking 44th overall, just missing his first All-American honor. CU finished sixth overall at the championship.

2008: Thompson earned a spot on the varsity roster as a redshirt freshman. He started off the season by finishing eighth overall (CU's No. 7) at the Iowa State Invite. A few weeks later at the Rocky Mountain Shootout he was sixth overall and the No. 3 harrier for CU. After the return of some of Thompson's teammates who didn't compete in the first two meets, he moved down to the No. 5 runner at the pre-national meet (finishing 79th). Thompson earned a spot on the postseason roster. He placed 29th at Big 12s by finishing in 25:18.1, was 34th at regionals (30:42.8) and 208th (31:54.7) at nationals.

2007: Redshirt. Did not compete.

HIGH SCHOOL: Thompson was 11th at the Northeast Foot Locker Championships in 2006. He won three Class D New York State Public High School Association Cross Country Titles. Thompson was a four-time Interscholastic Athletic Conference selection. As a senior he was an all-state selection and a second team member as a junior. He finished third in the 2007 USATF Junior Championships in the 3,000-meter steeplechase. Thompson was a two-time state champion in the steeplechase. He was a member of the honor roll in high school.

HIGH SCHOOL BESTS: 1,600-meters: 4:22.4; 3,200-meters: 9:24.75; steeplechase: 9:17.20.

IN THE CLASSROOM: Thompson is majoring in International Affairs at Colorado. He has been a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Christian Charles Thompson was born on July 2, 1988 in Johnson City, N.Y. His parents are Robert and Valerie Thompson of Candor, N.Y. He has one younger brother, Patrick, who plays soccer at Hartwick College. Thompson lists his hobbies as snowshoeing, cross country skiing and traveling.

COLORADO BUFFALOES



ELIZABETH TREMBLAY

Sophomore • 1L
Longmont, Colo.
(Thompson Valley)

COLLEGE—2010: Tremblay ran in three races for CU as a sophomore, starting out at the Rocky Mountain Shootout. She placed 45th overall and was the 10th Buffalo to cross the finish. Her next meet was the Fort Hays State Open, where she led CU with a 10th-place finish. Tremblay's final meet of the season was the Big 12 Championships where she placed 105th overall.

2009: Did not compete.

HIGH SCHOOL: Tremblay recorded a 20th-place finish at the state championship her senior year in cross country en route to her high school winning the team title. The Eagles also won in 2006. She was all-conference, all-region and all-state her senior year and was named the Most Improved Athlete for TVHS. Tremblay's team also finished fourth at Nike regional cross country meet. On the track, she won state title in the 400-meter run in a meet and school record 55.1 seconds. She was also a member of three meet and school records in the 800-medley (1:47.2), 4x400 (3:47.4) and 4x800 (8:58.6). Tremblay was a member of the honor roll at TVHS and was an academic all-state selection as a junior and senior.

HIGH SCHOOL BESTS: 100-Meters: 12.1; 200-Meters: 25.1; 400-Meters: 55.1; 800-Meters: 2:15.

IN THE CLASSROOM: Tremblay is majoring in integrative physiology. She owns a GPA of 3.298 and is a member of the Big 12 Commissioner's Honor Roll. Tremblay was a member of the Academic All-Big 12 First Team as a sophomore.

PERSONAL: Elizabeth Tremblay was born on March 28, 1991 in Loveland, Colo. She is the daughter of Michael and Olivia Tremblay. She has two older siblings, Anne and Joe and a twin sister Laura, who is a member of the CU cross country and track and field teams. Tremblay lists her hobbies as reading, playing sports, outdoor activities and hanging out with friends. She has volunteered with the Hearts and Horses program, Local House for Humanity, House of Neighborly Service and Immanuel Lutheran School.

2010 Fin/CU.... Time
 Rocky Mtn. Shootout.....45/10.....23:19
 at Fort Hays St Open.....10/1.....17:50.0
 at Big 12 Championship ...105/9...24:09.39

2009 Fin/CU.... Time
 Rocky Mtn. Shootout.....+5224:01

HONORS
 2010 Academic All-Big 12

TRACK PRs
 600-y 1:24.07 (I)
 800-m 2:06.59 (O)

COLORADO BUFFALOES



LAURA TREMBLAY
Junior • 2L
Longmont, Colo.
(Thompson Valley)

2010 Fin/CU Time

Rocky Mtn. Shootout..... 1/1 20:29
 at Pre-Nationals 2/1 20:10.1
 at Big 12 Championship ... 4/1 20:20.48
 at NCAA Mtn Region..... 3/1 20:23.9
 at NCAA Championship 23/1 20:39.2

2009 Fin/CU Time

Rocky Mtn. Shootout..... +4 21:22
 at Pre-Nationals 24/3 21:11.9
 at Big 12 Championship ... 15/4 ... 22:06.39
 at NCAA Mtn Region..... 9/3 21:11.5
 at NCAA Championship 115/2 ... 22:05.1

HONORS

2010 All-American
 2009, 10 All-Region
 2009, 10 All-Big 12
 2010 Academic All-Big 12
 5th at U.S. Jr. XC Championships (2009)
 51st at IAAF Jr World Championships (2010)

TRACK PRs

1,500-m 4:29.52 (O)
 3,000-m 9:25.73 (I)
 5,000-m 17:40

COLLEGE—2010: Tremblay moved into a leadership role quickly for CU, leading the Buffs in every varsity race as a sophomore. She won the Rocky Mountain Shootout with the 10th-fastest time in course history (20:29), out-sprinting teammate Emma Coburn by just one second. She was named the CU Athlete of the Week as well as the Big 12 Runner of the Week for her performance. Tremblay once again earned Big 12 Runner of the Week honors after recording a second place finish at pre-nationals. Two weeks later she earned her second All-Big 12 honor after racing to a fourth-place finish at the final Big 12 meet, helping CU to a second-place team finish. Tremblay earned CU Athlete of the Week and all-region honors after finishing third at the NCAA Mountain Region Championship. Tremblay topped off the season with her first All-American honor when she took 23rd overall. The Buffs finished sixth as a team and she was once again honored with her third CU Athlete of the Week nod.

2009: Tremblay instantly earned a spot on the varsity roster for the Buffs as a true freshman. She ran the Rocky Mountain Shootout unattached, but finished fourth overall behind three teammates. Tremblay raced in the black and gold for the first time at pre-nationals and placed 24th overall to help the Buffs win the race. She recorded her first all-conference honor two weeks later by taking 15th overall at the Big 12 Championship. Tremblay continued to pull off good times for CU at regionals as she recorded her first top-10 finish when she crossed the line ninth overall; this time as CU's No. 3. Tremblay finished her NCAA season by taking 199th at nationals. She continued her season at the USA Cross Country Championships and placed fourth overall in the junior race to earn a spot on the roster for the IAAF World Championships in Poland where she placed 51st overall.

HIGH SCHOOL: Tremblay placed second at the state cross country meet as she helped TVHS win its second team championship in three years (last in 2006). She was named all-state, all-region and all-area with the runner-up finish. Tremblay was named the TVHS Female Athlete of the Year and served as the captain her senior year. She won the Nike Southwest Regional and her team placed fourth in the meet. Tremblay won eight of 10 cross country meets her senior year. On the track Tremblay won the 2009 Colorado State 4A 1600-meter title in a meet and school record (4:54) as well as in the 4x400 (3:47.4) and 4x800-meter relays (8:58.6). Tremblay also won the 800-meter run. Tremblay was a member of the National Honor Society, honor roll and was an AP Scholar with distinction in high school.

HIGH SCHOOL BESTS: 800-Meters: 2:13; 1,600-Meters: 4:54; 3,200-Meters: 11:09; 5,000-Meters: 17:40.

IN THE CLASSROOM: Tremblay is majoring in chemical and biological engineering. She owns a GPA of 3.8 and is a member of the Big 12 Commissioner's Honor Roll. Tremblay was a member of the Academic All-Big 12 First Team in 2010.

PERSONAL: Laura Tremblay was born on March 28, 1991 in Loveland, Colo. She is the daughter of Michael and Olivia Tremblay. She has two older siblings, Anne and Joe, and a twin sister Elizabeth, who is a member of the CU cross country and track and field teams. Tremblay lists her hobbies as horseback riding, playing the cello, reading, playing sports, outdoor activities and hanging out with friends. She has volunteered with the Hearts and Horses program and House of Neighborly Service.

2011 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



ARIC VAN HALEN
Junior • 2L
Los Angeles, Calif.
(Oakwood)

COLLEGE – 2010: Van Halen continued to show improvement on the cross country course as a sophomore, starting with a 17-place finish at the Rocky Mountain Shootout. He placed 22nd at the pre-nationals meet and then earned his first All-Big 12 honor by taking 10th at the Big 12 Championship. Van Halen followed that up with his first all-region honor after running to a 14th-place finish at regionals. He finished the season with a 177th-place finish at nationals.

2009: Van Halen earned his spot on the varsity roster at the Rocky Mountain Shootout when he finished 18th overall as CU's No. 8 runner. Two weeks later at pre-nationals, he ran to an eighth-place finish in the open race to lead CU in the open race. Van Halen was the No. 7 harrier at the Big 12 Championships, but still finished 21st overall. He was the No. 7 once again at regionals when he crossed the finish in 42nd place. Van Halen's best team finish was at nationals when he scored for the first time after running to a 130th overall finish.

2008: Redshirt. Did not compete.

HIGH SCHOOL: Van Halen won the 2007 Division V California State Cross Country Championship. Van Halen helped to lead Oakwood High School to its first state appearance in 2005. Van Halen has school records in the 400m (:53.1), 800m (2:00), 1,600m (4:22) and 3,200m (9:19).

HIGH SCHOOL BESTS: 800-meters: 2:00; 1,600-meters: 4:22; 3,200-meters: 9:19.

IN THE CLASSROOM: Van Halen is majoring in film studies.

PERSONAL: Aric Alexander Van Halen was born on October 6, 1989 in Los Angeles, Calif. His parents are Alex and Kelly Van Halen. He has one younger brother, Malcolm, and a younger sister, Stella. Van Halen was the first American born member of his family. He lists his hobbies as cars, scuba diving, ultimate Frisbee and cycling.

2010	Fin/CU....	Time
Rocky Mtn. Shootout.....	17/5	25:57
at Pre-Nationals	22/3	24:13.0
at Big 12 Championship ...	10/4	24:35.14
at NCAA Mtn Region.....	14/3	30:18.3
at NCAA Championship	177/5	31:56.9

2009	Fin/CU....	Time
Rocky Mtn. Shootout.....	18/8	26:34
at Pre-Nationals	+8	25:20.7
at Big 12 Championship ...	21/7	25:42.22
at NCAA Mtn Region.....	42/7	31:52.2
at NCAA Championship	130/5	31:13.0

HONORS

2010 All-Region
 2010 All-Big 12

TRACK PRs

1,500-m	3:53.48 (0)
mile.....	4:19.93 (I)
3,000-m	8:18.07 (I)
steepchase	8:52.53 (0)
5,000-m	14:50.36 (0)

COLORADO BUFFALOES



RACHEL VIGER
Sophomore • 1L
Fort Collins, Colo.
(Fort Collins)

COLLEGE— 2010: Viger earned a spot on the varsity roster in her first season with the Buffs. Her first race in the black & gold was the NCAA Pre-National Invitational where she finished 125th overall in the ‘white’ race. She improved to 50th overall at the Big 12 Championship two weeks later. Viger came in 69th at the NCAA Mountain Region Championships and was 225th at the NCAA Championships.

HIGH SCHOOL: Viger was an All-Front Range Conference selection her sophomore, junior and senior years at FCHS. She was named all-state her senior year in cross country and was all-state on the track as a junior and senior. Viger’s team placed third at the 2009 Nike Cross Nationals and was seventh in 2007 and 2008.

HIGH SCHOOL BESTS: 1,600-meters: 5:15; 3,200-meters: 11:05.

IN THE CLASSROOM: Viger is majoring in chemical engineering. She earned a 4.00 GPA in her two semesters and is a member of the Dean’s List and Big 12 Commissioner’s Honor Roll.

PERSONAL: Rachel Elizabeth Viger was born on October 14, 1991 in Fort Collins, Colo. She is the daughter of Charles and Sharron Viger. She enjoys hiking, swimming, camping and reading in her free time.

2010	Fin/CU....	Time
at Pre-Nationals	125/7	22:03.3
at Big 12 Championship ...	50/7	21:51.49
at NCAA Mtn Region.....	69/7	22:20.8
at NCAA Championship	225/6	22:41.6

TRACK PRs

1,600-m	5:15
3,200-m	11:05

2011 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



ANDY WACKER
Senior • 3L
Pinehurst, N.C.
(Pinecrest)

2010 Fin/CU.... Time
 Rocky Mtn. Shootout.....2/2.....25:05
 at Pre-Nationals.....17/2.....24:07.4
 at Big 12 Championship...5/1.....24:14.78
 at NCAA Mtn Region.....9/2.....30:08.5
 at NCAA Championship37/2.....30:28.1

2009 Fin/CU.... Time
 Rocky Mtn. Shootout.....8/5.....25:50
 at Pre-Nationals.....39/5.....24:22.5
 at Big 12 Championship...13/4.....25:25.03
 at NCAA Mtn Region.....25/6.....31:11.6
 at NCAA Championship70/3.....30:37.0

2008 Fin/CU.... Time
 at ISU Invite.....8/7.....26:04.77
 Rocky Mtn. Shootout.....12/6.....26:21
 at Pre-Nationals.....116/7.....25:02.0
 at Big 12 Championship...41/9.....25:31.5
 at NCAA Mtn Region.....ALT
 at NCAA ChampionshipALT

HONORS

2010 All-American
 2009, 10 All-Region
 2009, 10 All-Big 12
 2008, 09, 10 Academic All-Big 12

TRACK PRS

1,500-m.....3:49.20 (O)
 3,000-m.....8:17.02 (I)
 5,000-m.....13:41.49 (O)
 10,000-m.....29:10.89 (O)

COLLEGE – 2010: Wacker was the runner-up at the Rocky Mountain Shootout, starting his junior year off on a great note. He was 17th at the NCAA Pre-National Invitation, which helped the Buffs to a third-place finish. Wacker was CU's No. 2 runner in all but one meet, the Big 12 Championship, where he led the Buffs with a fifth-place finish and collected all-conference honors (the team placed second overall). He was ninth at the NCAA Mountain Region Championship, earning all-region honors in the process and helped CU placed second to earn an automatic berth to the NCAA Championship. Wacker capped off the season by placing 37th at nationals; earning his first All-American honor.

2009: Wacker scored for the Buffs in four of five meets in his sophomore season. He started off strong at the Rocky Mountain Shootout; taking eighth overall as CU's No. 5 runner. At pre-nats, he recorded a 39th-place finish, once again as the fifth scorer. Wacker notched his first All-Big 12 honor at the conference championship with a 13th-place finish (fourth CU runner). He followed up that performance with a 25th-place finish at regionals to earn his first all-region honor. Wacker was the sixth Buff to finish the race. At NCAAAs, he was the third CU harrier to finish the race and crossed the finish 70th overall.

2008: Wacker made the varsity team as a redshirt freshman. He was eighth overall in his debut at the Iowa State Invite (CU's No. 7), finishing in 26:04.77. A couple of weeks later at the Rocky Mountain Shootout, he placed 12th and moved up a spot to CU's No. 6 runner. At pre-nationals, Wacker placed 116th in an 8k best of the year for him at 25:02.0. Wacker's final race of the season was the conference championship. He finished 41st and was the ninth Buff. Wacker served as the alternate at regionals and nationals.

2007: Redshirt. Did not compete.

HIGH SCHOOL: Wacker earned six letters as a member of the Pinecrest High School Cross Country team and six on the track team. His cross country team won the conference title from 2001-06, as well as the 2005 and 06 regional championship and 2004 state championship. Wacker was the Mid-Southeastern Conference champion his senior year and the East Region champion his junior and senior seasons. He was also selected to the all-state team four times (freshman through senior seasons). Wacker was a member of the honor roll in high school.

HIGH SCHOOL BESTS: 800-meters: 1:56; 1,600-meters: 4:24; mile: 4:16; 3,000-meters: 8:38; 3,200-meters: 9:19; indoor 5,000-meters: 15:12; outdoor 5,000-meters: 14:59.

IN THE CLASSROOM: Wacker earned his bachelor's degree in evolutionary biology and integrated physiology during the summer of 2011. He will be a graduate student majoring in integrated physiology this fall. Wacker is also a member of the Big 12 Commissioner's Honor Roll and was a three-time selection to the Academic All-Big 12 team.

PERSONAL: Andrew James Wacker was born on September 24, 1988 in Houston, Texas. His parents are Charles and Karin Wacker of Pinehurst, N.C. He has one older brother, Ben. Wacker lists swimming, biking, kayaking and drawing as his hobbies. He has been an active member and officer in Key Club, a service based club, for four years. He has also taught Sunday school and helped his community through Boy Scouts.

COLORADO BUFFALOES



GARRETT WARD
Junior • VR
Pleasanton, Calif.
(Amador Valley)

COLLEGE – 2010: Ward ran for the Buffs at the Fort Hays State Open, placing 22nd overall.

HIGH SCHOOL: Ward won the East Bay Athletic League 3,200-meter run as a senior and was a member of the AVHS cross country team that won the league title in 2007 and 08. He was an all-league selection as a senior in both cross country and track.

HIGH SCHOOL BESTS: 1,600-meters: 4:27; 3,200-meters: 9:27.

IN THE CLASSROOM: Ward is majoring in English. He has been a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Garrett Andrew Ward was born on February 15, 1991 in Sacramento, Calif. He is the son of Martin and Janell Ward of Pleasanton, Calif., and has one brother Matt. He lists skiing and cycling as his hobbies and has volunteered with the Special Olympics.

2010 Fin/CU Time
 at Fort Hays St. Open 22/3 25:07.3

TRACK PRs

1,500-m 4:06.0 (0)
 3,000-m 9:06.23 (0)
 5,000-m 15:20.20 (0)

COLORADO BUFFALOES



CONNOR WINTER
Freshman • HS
Centennial, Colo.
(Arapahoe)

HIGH SCHOOL: Winter earned six individual state championship titles while at Arapahoe High School. He won the 800, 1,600 and 3,200-meter runs as a junior and senior. Winter earned all-state honors on the track his sophomore, junior and senior years. He was the runner-up at the 2009 state cross country championship his junior year. Winter was also recruited by Georgetown, Arizona State and Oklahoma State.

HIGH SCHOOL BESTS: 800-meters: 1:52.56; 1,600-meters: 4:22.40; 3,200-meters: 9:09.04; 5,000-meters: 15:21.60.

IN THE CLASSROOM: Winter intends to major in engineering and is also interested in business.

PERSONAL: Connor R. Winter was born on February 18, 1993 in Littleton, Colo. He is the son of Robert and Jill Winter of Centennial, Colo. and has one younger sister, Bailey. Winter was featured in Sport Illustrated's Faces in the Crowd section after sweeping the distance events at the Colorado State 5A Championships, the first athlete to do so in at least 60 years, according to CHSAA. He won the 800 (1:52.56), the 1,600 (4:22.52) and the 3,200 (9:17.17).

TRACK PRs

800-m	1:52.56
1,600-m	4:22.40
3,200-m	9:09.04
5,000-m	15:21.60

COLORADO BUFFALOES



SAEKO YUDA
Freshman • HS
Shizuoka, Japan
(Suma)

HIGH SCHOOL: Yuda was a member of the Ekiden team, a distance-relay team, which placed eighth at Japanese Nationals. She was the anchor leg, which was a 5k.

HIGH SCHOOL BESTS: 3,000-meters: 9:19.24; 5,000-meters: 16:00.96.

IN THE CLASSROOM: Yuda is an open major.

PERSONAL: Saeko Yuda was born on October 24, 1992 in Sendai, Miyagi, Japan. She is the daughter of Shuji and Tomoko Yuda. She has two brothers, Keisuke and Ippei.

TRACK PRs

3000-m 9:19.24
5000-m 16:00.96

2010 COLORADO WOMEN IN REVIEW

Oct. 2	ROCKY MOUNTAIN SHOOTOUT (Boulder)1/3 1. Colorado, 16; 2. Wyoming, 48; 3. Northern Colorado, 76.
Oct. 16	at Fort Hays State Open (Hays, Kan.)2/11 1. Western State, 15; 2. Colorado, 99; 3. Colorado School of Mines, 101; 4. Fort Hays State, 110; 5. Nebraska-Kearney, 116; 6. Baker, 134; 7. Northern Colorado, 140; 8. Hutchinson CC, 254; 9. Garden City CC, 276; 10. Colby CC, 284; 11. Oklahoma State-Panhandle, 333.
Oct. 16	at Pre-National Invitational-'white' race (Terre Haute, Ind.)2/40 1. Georgetown, 100; 2. Colorado, 123; 3. Stanford, 125; 4. Stony Brook, 216; 5. Minnesota, 241; 6. San Francisco, 308; 7. Michigan, 311; 8. North Carolina State, 341; 9. Toledo, 342; 10. Kansas State, 361.
Oct. 30	at Big 12 Championships (Stillwater, Okla.)2/12 1. Texas Tech, 44; 2. Colorado, 53; 3. Iowa State, 79; 4. Oklahoma State, 90; 5. Texas, 147; 6. Kansas State, 166; 7. Kansas, 204; 8. Nebraska, 219; 9. Texas A&M, 229; 10. Baylor, 247; 11. Missouri, 271; 12. Oklahoma, 314.
Nov. 13	at NCAA Mountain Region Championships (Salt Lake City, Utah)3/19 1. New Mexico, 53; 2. Texas Tech, 55; 3. Colorado, 59; 4. BYU, 156; 5. Colorado State, 175; 6. Montana, 215; 7. UTEP, 218; 8. Weber State, 243; 9. Idaho State, 252; 10. Utah Valley, 287; 11. Southern Utah, 291; 12. Utah, 307; 13. New Mexico State, 313; 14. U.S. Air Force Academy, 335; 15. Northern Arizona, 347; 16. Wyoming, 358; 17. Utah State, 364; 18. Nevada, 486; 19. Montana State, 536.
Nov. 22	at NCAA Championships (Terre Haute, Ind.)6/31 1. Villanova, 120; 2. Florida State, 154; 3. Texas Tech, 165; 4. Georgetown, 167; 5. New Mexico, 227; 6. Colorado, 314; 7. Stony Brook, 334; 8. Iowa State, 341; 9. Providence, 343; 10. Syracuse, 347.

Runner	RMS 5.8k +66 24:02	FHSO 5k	PRE-NC 6k	B12 6k	MTR 6k	NCAA 6k	
H. Balbier							
C. Bouchet		12/2 17:59.70					
M. Burrell	22/6 22:17 2/2 20:30		+50 23:00.6 14/3 20:40.7 69/5 21:32.8 +85 23:39.1 +10 22:06.7 +94 23:45.5				
E. Coburn				5/2 20:27.86 37/6 21:39.25	11/4 20:49.2 27/5 21:28.3	53/3 21:01.8 215/5 22:28.6	
K. Cumming							
S. Foster	28/7 22:35 62/11 23:50 35/8 22:46			55/8 22:01.09			
D. George							
K. King							
S. Kipp	3/3 20:42 13/5 21:50 36/9 22:46		12/2 20:37.2 97/6 21:50.0	8/3 20:33.79 25/5 21:20.98	10/3 20:48.2 43/6 21:54.4	40/2 20:53.8 227/7 22:45.7	
C. Logan							
N. Look		13/3 18:06.70					
A. McLaughlin							
B. Popiel	134/13 26:21 86/12 24:36 4/4 20:44 45/10 23:19 1/1 20:29 +19 22:12	63/5 20:27.40 29/4 19:00.60					
B. Regan							
L. Thweatt			26/4 20:57.6	11/4 20:38.15 105/9 24:09.39 4/1 20:20.48 50/7 21:51.49	8/2 20:42.7	58/4 21:03.0	
Li. Tremblay		10/1 17:50.00					
La. Tremblay			2/1 20:10.1 125/7 22:03.3		3/1 20:23.9 69/7 22:20.8	23/1 20:39.2 225/6 22:41.6	
R. Viger							

+ open race/individual/unattached

2010 COLORADO MEN IN REVIEW

Oct. 2	ROCKY MOUNTAIN SHOOTOUT (Boulder) 1/4 1. Colorado, 18 ; 2. Wyoming, 40; 3. Air Force, 84; 4. Northern Colorado, 116.
Oct. 16	at Fort Hays State Open (Hays, Kan.) 3/12 1. Western State, 27; 2. Colorado School of Mines, 41; 3. Colorado, 107 ; 4. Nebraska-Kearney, 120; 5. Air Force Academy, 148; 6. Fort Hays State, 171; 7. Colby CC, 187; 8. Garden City CC, 219; 9. Baker, 237; 10. Northern Colorado, 240; 11. Hutchinson CC, 347, 12. Oklahoma State-Panhandle, 351.
Oct. 16	at Pre-National Invitational-'white' race (Terre Haute, Ind.) 3/36 1. Oklahoma, 106; 2. BYU, 138; 3. Colorado, 140 ; 4. Portland, 146; 5. North Carolina State, 177; 6. Georgetown, 211; 7. Notre Dame, 225; 8. Alabama, 314; 9. Columbia, 329; 10. Liberty, 378.
Oct. 30	at Big 12 Championships (Stillwater, Okla.) 2/12 1. Oklahoma State, 19; 2. Colorado, 46 ; 3. Oklahoma, 61; 4. Texas, 127; 5. Iowa State, 133; 6. Nebraska, 195; 7. Kansas, 200; 8. Baylor, 234; 9. Texas A&M, 242; 10. Texas Tech, 259; 11. Missouri, 320; 12. Kansas State, 356.
Nov. 13	at NCAA Mountain Region Championships (Salt Lake City, Utah) 2/16 1. New Mexico, 45; 2. Colorado, 66 ; 3. BYU, 80; 4. Northern Arizona, 88; 5. U.S. Air Force Academy, 155; 6. Wyoming, 205; 7. Utah State, 209; 8. UTEP, 210; 9. Montana State, 219; 10. Colorado State, 245; 11. Utah Valley, 289; 12. New Mexico State, 311; 13. Texas Tech, 341; 14. Weber State, 356; 15. Idaho State, 412; 16. Montana, 440.
Nov. 22	at NCAA Championships (Terre Haute, Ind.) 15/31 1. Oklahoma State, 73; 2. Florida State, 193; 3. Wisconsin, 223; 4. Stanford, 237; 5. Oklahoma, 281; 6. Oregon, 289; 7. Indiana, 298; 8. Iowa, 303; 9. Northern Arizona, 317; 10. Arkansas, 329; 15. Colorado. 366.

Runner	RMS 8k	FHSO 8k	PRE-NC 8k	B12 8k	MTR 10k	NCAA 10k
B. Aylaian	+96 27:45 31/10					
M. Biegner	26:17 1/1		+29 25:48.5 7/1	47/7 25:46.30 6/2	60/7 31:47.0 8/1	234/7 33:03.0 26/1
J. Bosshard	24:44 13/4		23:49.1 64/5	24:25.41 24/6	30:08.0 42/6	30:20.4 210/6
C. Clayton	25:47 +78 27:27		24:43.9	25:14.23	31:09.3	32:24.8
H. Dowdy	+144 28:35					
M. Goodger	61/13 27:08	30/4 25:30.60				
S. Kasica	26/7 26:12					
B. Lynch	28/9 26:14			56/9 26:01.37		
M. Medina	27/8 26:12		+52 26:20.7			
J. Perkins	+98 27:46					
T. Putnam	69/14 27:17	17/1 24:52.40				
N. Rice	+56 27:02	34/5 25:38.80				
R. Savercool	19/6 26:01		185/7 25:57.7 +74	51/8 25:52.85		
D. Shiye	38/11 26:26		26:43.3 90/6	18/5 24:54.95	16/4 30:19.8	109/4 31:17.6
J. Stevens			24:56.5			
M. Tebo	+71 27:20					
B. Theroux	4/3 25:11		30/4 24:18.4	7/3 24:28.40	19/5 30:23.7	90/3 31:04.1
C. Thompson	17/5 25:57		22/3 24:13.0	10/4 24:35.14	14/3 30:18.3	177/5 31:56.9
A. Van Halen	2/2 25:05		17/2 24:07.4	5/1 24:14.78	9/2 30:08.5	37/2 30:28.1
A. Wacker	+42 26:35	22/3 25:07.30				
G. Ward	43/12 26:40	21/2 25:05.20				
J. Warren						

ROCKY MOUNTAIN SHOOTOUT

TOP COURSE TIMES (Buffalo Ranch/CU South Campus) *--indicates course record

Men (8k)

*Jorge Torres, Colorado	24:07
Adam Goucher, Colorado	24:12
Adam Goucher, Colorado	24:30
Kelly Christiansen, Western State	24:40
Scott Larson, Unattached	24:42
Joe Bosshard, Colorado	24:44
Jorge Torres, Colorado	24:47
Dathan Ritzzenhein, Colorado	24:47
Jorge Torres, Colorado	24:48
Brent Vaughn, Colorado	24:48
Rees Buck, Western State	24:50
Michael Aish, Western State	24:51
Mark Korir, Wyoming	24:51
Kenyon Neuman, Colorado	24:51
Jorge Torres, Colorado	24:54
Bret Schoolmeester	24:55
Josh Eberly, Unattached	24:55
Jordan Kyle, Unattached (CU)	24:57
Ed Torres, Colorado	24:58
Kim Hogarth, Western State	24:59
Ron Roybal, Colorado	25:01
Matt Tebo, Colorado	25:01
Josh Eberly, Western State	25:02
Chris Siemmers, Western State	25:03

Women (5.8k)

*Jenny Barringer, Colorado	19:25	2009
Kara Grgas-Wheeler, Colorado (at RMS)	19:38	2000
Kara Grgas-Wheeler, Colorado (at Big 12s)	19:38	2000
Amy Mortimer, Kansas State	20:06	2000
Sara (Gorton) Slattery, Colorado	20:07	2000
Molly Austin, Colorado	20:14	2001
Renee Metivier, Colorado	20:21	2004
Allie McLaughlin, Colorado	20:22	2009
Molly Austin, Colorado	20:23	2002
Martha Tenorio, Unattached	20:29	1999
Laura Tremblay, Colorado	20:29	2010
Emma Coburn, Colorado	20:30	2010
Kara Grgas-Wheeler, Colorado	20:33	1999
Sara (Gorton) Slattery, Colorado	20:33	2000
Stefanija Statkuviene, Unatt.	20:36	1997
Martha Tenorio, Unattached	20:41	1997
Shalaya Kipp, Colorado	20:42	2010
Kelly Brinkman, Iowa State	20:44	2000
Laura Thweatt, Colorado	20:44	2010
Molly Austin, Colorado	20:45	1999
Alisha Williams, Western State	20:46	2003
Kara Newton, Baylor	20:47	2000
Sara (Gorton) Slattery, Colorado	20:48	2001
Lesley Higgins, Colorado	20:49	1999

Year

Men (Runner-up)

1986	Adams State (Colorado)
1987	Weber State (Wyoming)
1988	Adams State (Adams State TC)
1989	Colorado (Brigham Young)
1990	Brigham Young (Wyoming)
1991	Colorado (Western State)
1992	Colorado (Brigham Young)
1993	Colorado (Idaho State)
1994	Colorado (Idaho State)
1995	Colorado (Western State)
1996	Colorado (Portland)
1997	Colorado (Western State)
1998	Colorado (Western State)
1999	Colorado (Western State)
2000	Colorado (Wyoming)
2001	Colorado (Wyoming)
2002	Colorado (Denver/ÁFA)
2003	Colorado (Air Force)
2004	Colorado (Wyoming)
2005	Colorado (Air Force)
2006	Colorado (Wyoming)
2007	Colorado (Wyoming)
2008	Colorado (Air Force)
2009	Colorado (Wyoming)
2010	Colorado (Wyoming)

PAST SHOOTOUT TEAM CHAMPIONS

Women (Runner-up)

N/A
Colorado (NAU/New Mexico)
NC State (Boulder Road Runners)
Boulder Road Runners (Weber State)
Boulder Road Runners (Colorado)
Weber State (Wyoming)
Colorado (Montana State)
Colorado (Weber State)
Colorado (Michigan)
Colorado (Oregon)
Colorado (Adams State)
Colorado (Adams State)
Adams State (Colorado)
Colorado (Western State)
Colorado (Wyoming)
Colorado (Wyoming)
Colorado (Denver)
Colorado (Northern Colorado)
Colorado (Wyoming)
Colorado (Northern Colorado)
Colorado (Colorado State)
Colorado (Wyoming)
Colorado (Air Force)
Colorado (Wyoming)
Colorado (Wyoming)

Course

Spring Hill GC
Paul Beck Rec Ctr
Paul Beck Rec Ctr
Lake Valley GC
Lake Valley GC
Lake Valley GC
Lake Valley GC
Gallagher Ranch
Gallagher Ranch
Gallagher Ranch
Gallagher Ranch
Flatirons Property/Bufalo Ranch
Flatirons Property/Bufalo Ranch
Flatirons Property/Bufalo Ranch
Bufalo Ranch at CU South Campus
Bufalo Ranch at CU South Campus
Bufalo Ranch at CU South Campus
Bufalo Ranch at CU South Campus
Bufalo Ranch at CU South Campus
Bufalo Ranch at CU South Campus
Bufalo Ranch at CU South Campus
Bufalo Ranch at CU South Campus
Bufalo Ranch at CU South Campus

Year

Men

1986	Pat Porter (Vigilantes TC)
1987	Pat Porter (Vigilantes TC)
1988	Mark Steckley (Boulder Road Runners)
1989	Dennis Leck (Unattached)
1990	Silvio Guerra (Unattached)
1991	Ron Salazar (Colorado)
1992	Richard Kosegei (Barton County)
1993	Scott Larson (Colorado)
1994	Alan Culpepper (Colorado)
1995	Adam Goucher (Colorado)
1996	Adam Batliner (Colorado)
1997	Adam Goucher (Colorado)
1998	Adam Goucher (Colorado)
1999	Reese Buck (Western State)
2000	Jorge Torres (Colorado)
2001	Jorge Torres (Colorado)
2002	Jorge Torres (Colorado)
2003	Billy Nelson (Colorado)
2004	Kelly Christiansen (Western State)
2005	Bret Schoolmeester (Colorado)
2006	Mark Korir (Wyoming)
2007	Brent Vaughn (Colorado)
2008	Aaron Brown (Adams State)
2009	Kenyon Neuman (Colorado)
2010	Joe Bosshard (Colorado)

Women

N/A	
Linnsberg (UTEP)	16:25
Sue Addison (Boulder Road Runners)	16:21
Carla Borovica (Unattached)	17:35
Kirsten Russell (Unattached)	16:48
Brooke Baughman (Colorado)	17:20
Brooke Baughman (Colorado)	17:55
Brooke Baughman (Colorado)	16:40
Elva Dryer (Western State)	17:11
Jenna Carlson (Oregon)	17:20
Shayne Wille (Colorado)	17:57
Kim Buggy (Adams State)	21:06
Kim Bosen (Adams State)	20:54
Kara Grgas-Wheeler (Colorado)	17:07
Kara Grgas-Wheeler (Colorado)	19:38
Molly Austin (Colorado)	20:14
Molly Austin (Colorado)	20:23
Alisha Williams (Western State)	20:46
Renee Metivier (Colorado)	20:21
Christine Bolf (Colorado)	20:53
Jenny Barringer (Colorado)	20:51
Sara Vaughn (Colorado)	21:00
Shannon Payne (UC-Colorado Springs)	21:25
Jenny Barringer (Colorado)	19:25
Laura Tremblay (Colorado)	20:29

2011 COLORADO CROSS COUNTRY

CONFERENCE HISTORY

Colorado Men

Year	Winner (pts)	CU (pts)	Top Colorado
1950	Kansas	4th	10. Milt Wiley
1951	Kansas (13)	5th (85)	19. Colin Cooper
1952	Kansas (20.5)	3rd (43)	3. Lloyd Barlow
1953	Kansas (16)	2nd (19)	5. Lloyd Barlow
1954	Kansas (30)	4th (54)	8. Jim Wyatt
1955	Kansas (15)	3rd (34)	4. Jack Hughes
1956	Kansas (20)	2nd (88)	9. Jim Wyatt
1957	Kansas (26)	2nd (52)	5. Ned Sargent
1958	Kansas (37)	3rd (98)	12. Mike Peake
1959	Kansas (51)	5th (98)	4. Bernie Frakes
1960	Oklahoma St. (40)	8th (180)	22. Eric Cahn
1961	Kansas (26)	2nd (78)	8. Bob Griffith
1962	Colorado (60)	—	9. Bob Griffith
1963	Kansas (26)	4th (85)	4. Dave Wighton
1964	Kansas (31)	3rd (72)	1. Dave Wighton
1965	Kansas State (34)	4th (76)	9. Craig Runyan
1966	Kansas State (51)	2nd (57)	6. Jeff Berven
1967	Missouri (52)	2nd (59)	1. Craig Runyan
1968	Kansas (45)	2nd (61)	1. Craig Runyan
1969	Kansas (55)	6th (137)	5. Rick Trujillo
1970	Missouri (60)	4th (83)	6. Mike Peterson
1971	Kansas State (49)	4th (110)	5. Mike Stegner
1972	Oklahoma St. (37)	2nd (76)	4. John Gregorio
1973	Oklahoma St. (53)	2nd (55)	2. Mike Peterson
1974	Iowa St./Missouri	6th	N/A
1975	Kansas State (25)	2nd (73)	5. John Hunsaker
1976	Colorado (46)	—	1. Kirk Pfeffer
1977	Colorado (21)	—	1. Mark Spilsbury
1978	Colorado (22)	—	1. Kirk Pfeffer
1979	Colorado (23)	—	1. Mark Anderson
1980	Colorado (26)	—	1. Mark Scrutton
1981	Iowa State	3rd	1. Mark Scrutton
1982	Colorado (35)	—	1. Mark Scrutton
1983	Iowa State (53)	5th (94)	6. Mick Bannister
1984	Iowa State (32)	5th (114)	16. Chuck Trujillo
1985	Colorado (48)	—	3. Dan Reese
1986	Colorado (37)	—	1. Chuck Trujillo
1987	Iowa State (47)	3rd (92)	6. Andy Dunn
1988	Iowa State (34)	2nd (71)	8. Bob Cisco
1989	Iowa State (22)	3rd (92)	8. Bob Cisco
1990	Iowa State (26)	6th (113)	17. Ron Salazar
1991	Iowa State (16)	2nd (86)	11. Fritz Rogers
1992	Colorado (42)	—	5. Fritz Rogers
1993	Iowa State (27)	2nd (49)	5. Ron Salazar
1994	Iowa State (29)	2nd (49)	4. Adam Goucher
1995	Oklahoma St (38)	2nd (53)	1. Adam Goucher
1996	Colorado (66)	—	5. Adam Batliner
1997	Colorado (32)	—	1. Adam Goucher
1998	Colorado (31)	—	1. Adam Goucher
1999	Colorado (22)	—	1. Ron Roybal
2000	Colorado (16)	—	1. Jorge Torres
2001	Colorado (31)	—	1. Jorge Torres
2002	Colorado (25)	—	1. Jorge Torres
2003	Colorado (38)	—	1. Dathan Ritzenheim
2004	Colorado (48)	—	2. Brent Vaughn
2005	Colorado (44)	—	5. Stephen Pifer
2006	Colorado (36)	—	3. Brent Vaughn
2007	Colorado (34)	—	1. Brent Vaughn
2008	Oklahoma St (26)	2nd (66)	8. Jordan Kyle
2009	Oklahoma St (24)	2nd (56)	7. Kenyon Neuman
2010	Oklahoma St (19)	2nd (46)	5. Andy Wacker



The 2007 teams were one of 11 to sweep both the men's and women's conference races, including 15 Big 12 individual titles.

Colorado Women

Year	Winner (pts)	CU (pts)	Top CU Finisher
1976	Iowa State (20)	2nd (59)	7. Pam Allen
1977	Iowa State (27)	2nd (62)	3. Dana Slater
1978	Iowa State (43)	2nd (70)	5. Dana Slater
1979	Iowa State (31)	5th (108)	13. Fran Montes
1980	Missouri (36)	2nd (75)	5. Fran Montes
1981	Iowa State (27)	4th (100)	N/A
1982	Kansas State (41)	3rd (80)	7. Sheri Rochel
1983	Iowa State (44)	5th (123)	20. Nancy Reynolds
1984	Missouri (57)	3rd (79)	5. Michelle Bews
1985	Nebraska (61)	5th (106)	6. Sarah Hanson
1986	Oklahoma St (50)	3rd (64)	5. Chris McNamara
1987	Colorado (49)	—	3. Chris McNamara
1988	Nebraska (41)	6th (120)	9. Catrina Campbell
1989	Nebraska (42)	5th (135)	12. Liz Laster
1990	Iowa State (48)	3rd (94)	12. Sharon Busch
1991	Nebraska (55)	3rd (93)	2. Brooke Baughman
1992	Colorado (52)	—	1. Brooke Baughman
1993	Nebraska (57)	3rd (78)	3. Patty Roberts
1994	Colorado (29)	—	2. Patty Roberts
1995	Colorado (25)	—	1. Patty Roberts
1996	Colorado (30)	—	1. Kelly Smith
1997	Colorado (23)	—	2. Jennifer Smith
1998	Kansas State (78)	2nd (99)	4. Heather Burroughs
1999	Colorado (62)	—	1. Kara Grgas-Wheeler
2000	Colorado (29)	—	1. Kara Grgas-Wheeler
2001	Colorado (33)	—	1. Molly Austin
2002	Colorado (34)	—	1. Molly Austin
2003	Colorado (45)	—	1. Natalie Florence
2004	Colorado (25)	—	1. Renee Metivier
2005	Colorado (38)	—	1. Christine Bolf
2006	Colorado (45)	—	2. Jenny Barringer
2007	Colorado (59)	—	2. Jenny Barringer
2008	Texas Tech (44)	5th (145)	22. Emily Hanenburg
2009	Texas Tech (38)	2nd (52)	1. Jenny Barringer
2010	Texas Tech (44)	2nd (53)	4. Laura Tremblay

Conference Coaches of the Year

Jerry Quiller (1987, 1991, 1992)
Mark Wetmore (1997, 98, 99, 2000, 01, 02, 03, 04, 05, 06, 07)

Conference Coaches of the Year

Jerry Quiller (1987, 1992, 1994); Toby Jacober, Assistant Coach (1995);
Mark Wetmore (1997, 99, 2000, 01, 02, 03, 04, 05, 06, 07)

NCAA CHAMPIONSHIP HISTORY

DISTRICT/REGION CHAMPIONSHIP HISTORY

Year	M-Team	Top Colorado Finisher	W-Team	Top Colorado Finisher
1980	1st (50)	1. Mark Scrutton 29:21.9	1st (65)	N/A
1982	1st	1. Mark Scrutton 29:48.8	4th (65)	10. Sarah Hanson 18:11
1983	5th	7. Mick Bannister 31:38	5th (83)	19. Sarah Hanson 18:34
1984	2nd (78)	8. Todd Winke 30:49	5th	5. Michelle Bews 16:50
1985	2nd (58)	3. Dan Reese 30:55	4th (96)	4. Chris McNamara 17:39
1986	1st (46)	1. Chuck Trujillo 30:25	1st (92)	3. Chris McNamara 17:01
1987	1st (80)	2. Andy Dunn 31:10.8	1st (33)	3. Vivian Sinou 17:01
1988	3rd (71)	9. Andy Dunn 30:46	N/A	7. Catrina Campbell 17:43
1989	2nd (100)	4. Bob Cisco 30:46	t-4th (159)	12. Peg Millican 17:53
1990	12th (289)	21. Ron Salazar 31:42	4th (158)	17. Michelle Kantor 17:51
1991	5th (5th)	21. Fritz Rogers 31:36	5th (138)	5. Brooke Baughman 17:19
1992	1st (77)	8. Fritz Rogers 31:06	3rd (125)	1. Brooke Baughman 16:53
1993	1st (50)	4. Scott Larson 30:28	2nd (57)	4. Brooke Baughman 17:11
1994	1st (46)	1. Adam Goucher 30:07.6	1st (26)	2. Patty Roberts 17:07
1995	1st (66)	1. Adam Goucher 29:33.2	2nd (31)	2. Colleen Glyde 16:56.0
1996	1st (33)	1. Adam Batliner 32:23.38	1st (43)	3. Kelly Smith 18:27.35
1997	1st (15)	1. Adam Goucher 30:04.0	2nd (64)	3. Kelly Smith 17:20.8
1998	1st (34)	1. Adam Goucher 30:43.8	2nd (69)	7. Heather Burroughs 18:04.3
1999	2nd (61)	1. Ron Roybal 30:12.8	2nd (61)	1. Kara Grgas-Wheeler 16:39.9
2000	1st (38)	1. Jorge Torres 30:38.6	1st (38)	1. Kara Grgas-Wheeler 20:45.0
2001	1st (48)	1. Jorge Torres 30:53.3	2nd (48)	1. Jodie Hughes 21:13.9
2002	2nd (93)	1. Jorge Torres 29:33	2nd (66)	4. Sara (Gorton) Slattery 20:39
2003	1st (69)	1. Dathan Ritzenhein 30:32	2nd (67)	4. Renee Metivier 21:05
2004	1st (40)	5. Brent Vaughn 30:03	1st (32)	1. Renee Metivier 20:30.7
2005	1st (42)	1. Billy Nelson 30:28.2	1st (53)	2. Liza Pascuito 20:52.8
2006	1st (59)	8. Billy Nelson 30:25.3	1st (64)	2. Jenny Barringer 20:30.5
2007	1st (47)	6. Stephen Pifer 30:28.3	4th (105)	2. Jenny Barringer 19:43.9
2008	1st (42)	6. Jordan Kyle 29:52.8	4th (133)	14. Laura Thweatt 20:59.7
2009	2nd (55)	4. Jordan Kyle 30:24.4	1st (48)	1. Jenny Barringer 20:29.0
2010	2nd (66)	8. Joe Bosshard 30:08.0	3rd (59)	3. Laura Tremblay 20:23.9

NCAA CHAMPIONSHIP HISTORY

YR	TEAM	TOP CU FINISHER	TIME	TEAM	TOP CU FINISHER	TIME
1965	14th (281)	8. David Wighton	30:15			
1966	6th (248)	15. Craig Runyan	30:40			
1967	3rd (163)	4. Craig Runyan	31:10			
1968	5th (241)	13. Craig Runyan	30:00			
1970	15th (450)	52. Ted Castaneda	29:25			
1973	6th (217)	11. Ted Castaneda	28:55			
1975	20th (447)	58. Rick Musgrave	N/A			
1976						
1977	10th (299)	14. Mark Spilsbury	29:34	16th (546)	16. Pam Allen	17:12
1978	5th (224)	21. John Hunsaker	30:06	3rd (164)	7. Mary Decker	17:49
1979	4th (189)	14. Mark Anderson	29:32	4th (147)	1. Mary Decker	16:59
1980	13th (369)	6. Mark Scrutton	29:20	18th (430)	93. Fran Montes	N/A
1981				19th (408)	26. Ruth Hamilton	17:51
1982	7th (219)	1. Mark Scrutton	30:12	9th (237)	37. Sharon Hulse	18:49
1984	22nd (411)	27. Richard Reese	30:22			
1985	3rd (167)	15. Dan Reese	30:12			
1986	5th (195)	13. Chuck Trujillo	31:21	6th (186)	23. Carol McMorde	17:38
1987	15th (385)	39. Andy Dunn	30:13	12th (249)	33. Chris McNamara	17:01
1989	18th (365)	40. Mike Nahom	30:47			
1992	11th (320)	34. Shawn Found	31:49	20th (454)	11. Brooke Baughman	17:37
1993	4th (172)	31. Alan Culpepper	30:33	14th (326)	32. Brooke Baughman	17:19
1994	2nd (88)	2. Adam Goucher	30:12	4th (126)	13. Patty Roberts	17:17
1995	4th (181)	6. Adam Goucher	30:58	2nd (123)	17. Heather Burroughs	17:40
1996	5th (179)	17. Chris Severy	31:29	4th (145)	15. Colleen Glyde	18:02
1997	3rd (108)	3. Adam Goucher	29:10	3rd (178)	18. Kelly Smith	17:03
1998	3rd (158)	1. Adam Goucher	29:26	7th (332)	25. Heather Burroughs	17:30
1999	7th (307)	42. Michael Friedberg	31:22	8th (351)	9. Kara Grgas-Wheeler	16:58
2000	2nd (94)	3. Jorge Torres	30:21	1st (117)	1. Kara Grgas-Wheeler	20:30
2001	1st (90)	2. Jorge Torres	29:06	8th (240)	8. Molly Austin	20:51
2002	4th (190)	1. Jorge Torres	29:04	5th (220)	10. Sara Gorton	20:01
2003	5th (26)	1. Dathan Ritzenhein	29:14	5th (269)	15. Renee Metivier	20:21
2004	1st (90)	4. Brent Vaughn	30:41.8	1st (63)	2. Renee Metivier	20:30.7
2005	5th (222)	27. James Strang	30:17	2nd (181)	7. Christine Bolf	19:59
2006	1st (94)	12. Brent Vaughn	31:13.0	2nd (223)	2. Jenny Barringer	20:37.9
2007	7th (287)	5. Brent Vaughn	29:47.4	23rd (479)	2. Jenny Barringer	19:47.8
2008	12th (372)	14. Jordan Kyle	29:52.4			
2009	6th (315)	44. Christian Thompson	30:25	20th (458)	5. Allie McLaughlin	20:01.1
2010	15th (366)	26. Joe Bosshard	30:20.4	6th (314)	23. Laura Tremblay	20:39.2

BUFFS VS. THE NATION (COMBINED NCAA MEN'S AND WOMEN'S FINISHES)

1994				1995				1996				1997			
	W	M	T		W	M	T		W	M	T		W	M	T
COLORADO	4	2	6	COLORADO	2	4	6	Stanford	1	1	2	Stanford	2	1	3
Michigan	2	7	9	Providence	1	8	9	COLORADO	4	5	9	COLORADO	3	3	6
Villanova	1	9	10	Oregon	5	7	12	Wisconsin	8	6	14	Wisconsin	5	4	9
Arizona	10	3	13	Arkansas	12	1	13	Arkansas	14	2	16	Michigan	7	4	11
Wisconsin	8	5	13	Stanford	9	5	14	Villanova	2	19	21	Arkansas	13	2	15
Stanford	7	6	13	Georgetown	8	6	14	No. Arizona	10	12	22	Oregon	8	8	16
Arkansas	3	10	13	BYU	4	10	14	Nebraska	20	7	27	NC State	11	6	17
Penn State	9	8	17	Michigan	7	11	18	NC State	13	16	29	Providence	6	16	22
Georgetown	6	13	19	Villanova	3	15	18	Providence	7	22	29	Nebraska	19	11	30
Alabama	14	20	34	Wisconsin	10	14	24								
1998				1999				2000				2001			
	W	M	T		W	M	T		W	M	T		W	M	T
Stanford	3	2	5	Arkansas	2	1	3	COLORADO	1	2	3	Stanford	5	2	7
Arkansas	6	1	7	Wisconsin	4	2	6	Stanford	3	4	7	COLORADO	8	1	9
COLORADO	7	3	10	Stanford	3	4	7	Providence	9	3	12	NC State	2	9	11
Wisconsin	5	6	11	COLORADO	8	7	15	Georgetown	5	7	12	BYU	1	12	13
Michigan	11	4	15	Georgetown	7	11	18	Wisconsin	8	5	13	No. Arizona	12	4	16
Oregon	12	5	17	Michigan	15	5	20	Arkansas	13	1	14	Georgetown	3	13	16
Arizona	16	11	23	NC State	19	3	22	NC State	11	11	22	Arkansas	17	3	20
Wm & Mary	10	13	23	No. Arizona	11	12	23	BYU	2	23	25	Providence	10	10	20
No. Arizona	17	7	24	Oregon	19	6	25	Villanova	20	6	26	Notre Dame	6	19	25
Providence	14	10	24												
2002				2003				2004				2005			
	W	M	T		W	M	T		W	M	T		W	M	T
Stanford	2	1	3	Stanford	1	1	2	COLORADO	1	1	2	COLORADO	2	5	7
COLORADO	5	4	9	COLORADO	6	5	11	Stanford	5	6	11	Stanford	1	6	7
Arkansas	7	6	13	NC State	10	6	16	BYU	8	5	13	Notre Dame	7	3	10
No. Arizona	10	7	17	No. Arizona	3	15	18	Notre Dame	4	11	15	Oklahoma State	10	8	18
BYU	1	16	17	BYU	19	2	21	Arizona St.	9	8	17	Arizona St.	4	17	21
Providence	6	13	19	Villanova	11	11	22	Arkansas	16	3	19	Arkansas	19	2	21
Villanova	8	12	20	Georgetown	7	16	23	Providence	3	21	24	BYU	8	13	21
Wisconsin	19	2	21	Providence	24	3	27	NC State	12	16	28	Wisconsin	20	1	21
Georgetown	4	18	20	Wisconsin	2	26	28	Michigan	6	26	32	Minnesota	9	20	29
2006				2007				2009				2010			
	W	M	T		W	M	T		W	M	T		W	M	T
COLORADO	2	1	3	Oregon	2	1	3	Oregon	9	2	11	Florida St.	2	2	4
Stanford	1	4	5	No. Arizona	7	4	11	Villanova	1	11	12	Stanford	13	4	17
Wisconsin	4	2	6	Minnesota	12	8	20	Washington	3	18	21	Oklahoma St.	17	1	18
Arkansas	5	5	10	Stanford	1	19	20	COLORADO	20	6	26	Oregon	12	6	18
Providence	7	9	16	Florida St.	3	20	23	Stanford	16	10	26	COLORADO	6	15	21
Iona	20	3	23	Wisconsin	20	5	25	Virginia	15	15	30	New Mexico	5	16	21
Virginia	14	14	28	COLORADO	23	7	30	Providence	11	20	31	Syracuse	10	14	24
Michigan St.	12	17	29	Arizona St.	4	26	30	Florida St.	2	30	32	Villanova	1	23	24
BYU	22	11	33	Arkansas	13	23	36	Syracuse	18	14	32	Princeton	15	12	27
NC State	19	16	35	Georgetown	28	13	41	Iowa St.	17	16	33	Providence	9	22	31
				Michigan	21	24	45	Minnesota	10	24	34	Georgetown	4	25	33
				BYU	25	22	47	BYU	19	17	36	Duke	17	21	38
				Providence	26	27	53	Duke	8	29	37	Virginia	21	17	38
								Arizona St.	24	19	43	NC State	24	20	44
								Georgetown	21	22	43	Texas	20	26	46
								Ohio State	29	21	50	Minnesota	27	27	54
								Michigan St.	26	31	57	Penn State	26	30	56

Colorado has become one of the top cross country programs in the country since 1994. The following are the combined NCAA meet results since that time.

Program	'94	'95	'96	'97	'98	'99	'00	'01	'02	'03	'04	'05	'06	'07	'09	'10	Total	Avg.
Stanford	13	14	2	3	4	7	7	7	3	2	11	7	5	20	26	17	148	9.3
COLORADO	6	6	9	6	10	15	3	9	9	11	2	7	3	30	26	21	173	10.8
*Oregon	--	12	--	16	17	25	--	--	--	--	--	--	--	3	11	18	102	14.6
*Wisconsin	13	24	14	9	11	6	13	--	--	28	--	21	6	25	--	--	170	15.5
*Arkansas	13	13	16	15	7	3	14	20	20	--	19	21	10	36	--	--	207	15.9
Michigan	9	18	--	11	15	20	--	--	--	32	--	--	--	45	--	--	150	21.4
NC State	--	29	29	17	27	22	22	11	--	16	28	--	35	--	--	44	245	22.3
Villanova	10	18	21	--	--	38	26	32	--	22	--	--	--	--	15	24	206	22.9
*Georgetown	19	14	--	--	23	18	12	16	16	23	--	43	40	41	43	33	298	22.9
Providence	--	9	29	22	24	29	12	20	--	27	24	--	16	53	31	31	327	25.2

*-- run separate men's and women's programs

2011 COLORADO CROSS COUNTRY

COLORADO'S NATIONAL CHAMPIONS



Mary Decker
1978 (AIAW)

Tenth months after she bettered her own world record in the 1,000-meter run, Mary Decker won Colorado's first national cross country title in her last race, on CU's then-home course, Kent Denver Country Day.

Her course record 16:59.4 bettered the course record she had set earlier that year by a minute.

At the national championships she grabbed the lead from NC State's Julie Shea and defending national champion Kathy Mills of Penn State (who had led the race by as much as 20 yards going into the final loop). Shea passed Mills, and Decker passed Mills and kicked by Shea to win the race by 10 yards.



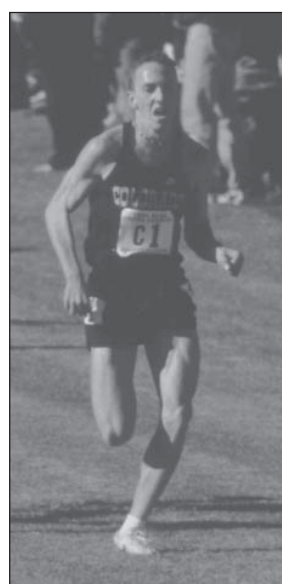
Mark Scrutton
1982

Mark Scrutton took the lead 300 yards from the finish and beat Zakarie Barie of UTEP by two seconds for the NCAA men's title in Bloomington, Ind.

His first goal when he came to CU in 1980 was to dominate the Big Eight Conference. He did that to the tune of 14 conference titles, surpassing Kansas great Billy Cunningham's record 13 in the early 1930s.

He lost just one Big Eight race, the indoor two-mile run his freshman season. By his senior year he turned in the best two-mile indoor time in the NCAA in winning his second national title.

Shortly after winning that title, he set an unofficial world record in the Newport Beach Back Bay Run with a time of 22:25.8 over the 8k course.



Adam Goucher
1998

The sign of things to come was on Nov. 21, 1994 when then-freshman Adam Goucher crossed the finish line of the NCAA Cross Country Championships in Fayetteville, Ark. as the national runner-up.

His sophomore year he finished sixth.

He redshirted the '96 season and improved to third in the national race as a junior in Greenville, S.C., a race he was predicted to win.

In the last race of his collegiate career, Goucher took the title that had eluded him for five seasons.

Goucher, buoyed by what he called an unbelievable crowd, bettered the Rim Rock Course Record in 29:26.9, 23 seconds ahead of Arizona's Abdi Abdiraham, who had kept pace with Goucher until the last mile when he pulled away from the field.

With the win, Goucher would become the first American to win the fall classic since Bob Kennedy won in 1992, and the first CU runner to complete the distance trifecta of winning national titles in cross country, the indoor and outdoor track seasons.

COLORADO'S NATIONAL CHAMPIONS



Kara Grgas-Wheeler
2000

In the women's championship sweep, fifth-year senior Kara Grgas-Wheeler won CU's first individual title sans AIAW to complete the nation's only individual undefeated campaign. With the title, Grgas-Wheeler capped of a 1,035-0 season beating the next opponent by a total margin of 2:07.

She ran to a dominant finish on the Iowa State Cross Country Course in 20:30.5, 7.3 seconds ahead of the individual runner up in harsh conditions that included a temperature of 17 degrees with a wind chill of minus-19 at the start.

In textbook Colorado fashion, she trailed the lead pack by four seconds after the 1k mark. She had closed in by the 2-mile mark, never losing site of the defending national champion, Wisconsin's Erica Palmer, who was in the lead, but succumbing to the cold. Soon after Grgas-Wheeler bridged the gap, took the lead, and never looked back... until the final crest of the course where she glanced over her shoulder for the first time of the season and began to savor the sprint to the tape.

The title was her third, first in the fall. Her win marked the first time since 1994 that the individual national champion represented on the NCAA Championship Team.



Jorge Torres
2002

With three NCAA runner-up finishes as a junior resting on his shoulders, Jorge Torres held off Arkansas' Allister Cragg in the final meters to cover the Wabash Valley Sports Center 10k challenge in a then-course record 29:04.7 and win his first national title.

In one of the best men's contests in recent memory, Cragg took the race's initial lead, but before the race reached the halfway point, it was a four-man battle between Torres, Cragg, Alabama's David Kimani and Eastern Michigan's Boaz Cheboiywo.

Torres took the lead from '01 champion Cheboiywo at the 7k mark with Cragg and Kimani hanging on, and at the 8k mark it was Torres and Cragg running shoulder to shoulder for the remainder of the race. With the pro-Torres crowd chanting "Torres, Torres", the two took the final turn into the straightaway and Torres made an unanswered surge to build a 10-meter lead at the finish line to close out the nation's only undefeated season and turn in his fifth course record in as many races.

With brother Ed just nine places behind him, the 1-10 punch was the best by a set of twins in the history of the championships.



Dathan Ritzenheim
2003

Twenty-four months after finishing fourth in the 2001 NCAA Championships as a freshman, Dathan Ritzenheim crossed the finish line in Waterloo, Iowa as CU's fourth national champion in six seasons as a redshirt sophomore.

In temperatures that hovered below zero with the windchill factor. Ritzenheim outdistanced a heavily favored Stanford pack led by Ryan Hall in the closing meters to win his first NCAA crown in 29 minutes, 14 seconds, just 1.3 ahead of Hall for the crescendo in the nation's only unbeaten season.

The win marked just the fourth time and first since the 1989 and '90 seasons that two different runners from the same school took back-to-back titles, as Jorge Torres won the race in '02 in Terre Haute, Ind. It was also the first time since 1987 and '88 that Americans had won two straight individual titles and likely the first time that both scenarios have played out simultaneously.

Ritzenheim's rise as the best runner in the nation was even more impressive when considering he had resumed training 10 weeks earlier following femoral stress fractures suffered the previous cross and track seasons.

2000 NCAA CHAMPIONS



2000 Colorado Women

(left to right) Jodie Hughes, Lesley Higgins, Tera Moody, Kara Grgas-Wheeler, Catherine Wright, Sarah Gorton, Assistant Coach Jason Drake, Jen Fazioli

The 2000 women's cross country team upended the defending national champion to claim the program's first national title, the 18th overall at CU.

Coming off back-to-back team titles at the Big 12 and NCAA Mountain Region Championships, Colorado was the top-ranked team in the country entering the biggest race of the year. As is its goal each year, Colorado wanted to better its ranking, which would now be the biggest challenge in the program's history.

Up for the challenge in wind-chill conditions that brought the late Midwest November temperature to 19-degrees below zero, Colorado methodically worked its way from the back of the pack to the front for the title. With a program-best 117 points, the Buffs finished 50 ahead of defending national champion Brigham Young.

Kara Grgas-Wheeler won the program's first individual crown while freshman Sara Gorton became the second-highest finishing freshman in the race and highest in program history with an eighth place effort. Jodie Hughes locked up All-American honors with a 30th-place effort while Lesley Higgins (52nd) and Tera Moody (71st) rounded out the CU scoring.

In the championship sweep, Grgas-Wheeler won CU's first individual title sans AIAW to complete the nation's only undefeated campaign. With the title, Grgas-Wheeler capped off a 1,035-0 season repeating her Big 12 Conference and Mountain Region titles before capturing her third national title, first in the fall. Her win marked the first time since 1994 that the individual national champion was represented on the NCAA Championship team.

2001 NCAA CHAMPIONS



2001 Colorado Men

(left to right) Jorge Torres, Ed Torres, Sean Smith, Aaron Blondeau,
Dathan Ritzenein, Jon Severy, Steve Slattery

The No. 1 ranked team in the country from the preseason polls to the national championship podium, the 2001 men's season came to a crescendo with a one-point national championship victory over nemesis Stanford in Greenville, S.C. to bring home to the University its 19th national championship, the last remaining title that had previously eluded Colorado's storied distance program.

The Buffs' successful run at the national title capped off the program's first undefeated season in which they were uncontested at the Rocky Mountain Shootout in Boulder, won their sixth straight Big 12 Conference title in Norman, Okla., claimed their ninth national qualifying race in 10 seasons and improved from their runner-up finish in 2000 at the national championships.

The one-point difference, 90-91, in the final score was the tightest in race history, tying the Villanova men's 1970 85-86 win over Oregon.

The Buffs were paced by a pair of top-10 individual performances in the run to the title. Among the favorites to win the individual national title, junior Jorge Torres made no secret about his intentions to sacrifice an individual crown for the team title, and finished as the individual runner-up in his quest. Big 12 Conference Newcomer of the Year Dathan Ritzenein finished fourth and was the highest finishing freshman in a national championship race since Adam Goucher's second-place finish in 1994.

Junior Ed Torres improved 12 places from the previous year's national runner-up race to finish 15th for his second All-American certificate. Steve Slattery battled back from a mid-season injury before going on to score as the Buffs' fourth runner, 28th overall. Senior captain Sean Smith, was the final factor in clinching the title as CU's No. 5 runner, 56th overall.

Fifth-year senior Aaron Blondeau who had competed in four NCAA Championship races since his 1997 freshman year, sat out the first two meets of the season due to injury before marking his return five weeks before the NCAA Championships where he came in as CU's sixth runner in the national championship win.

Redshirt freshman Jon Severy reaped the benefits of his redshirt season in 2000 solidifying his role on the NCAA Championship travel squad where he came in as the Buffs' final runner.

With his fourth NCAA cross country title since becoming head coach in 1995, head coach Mark Wetmore became the first coach in the history of the championship to win a men's individual title (Adam Goucher, 1997), women's individual title (Kara Grgas-Wheeler in 2000), women's team title (2000) and men's team crown at one school.

2004 NCAA CHAMPIONS



2004 Colorado Women

(left to right) Amber Smith, Renee Metivier, Jackie Zeigle, Liza Pasciuto, Natalie Florence, Sara Slattery, Laura Zeigle, Christine Bolf

In a championship where the a team needed to run a perfect race, the Colorado women got the ball rolling when the then third-ranked Buffs did just that to claim the first of two titles on the day, their first since the 2000 season.

The women, paced by Renee Metivier's second career national runner-up finish, placed all five runners in the top-30, to score a program best 63 points (it took 117 to win in '00), 81 points ahead of runner-up Duke (144), Providence (164), Notre Dame (170) and pre-race favorite Stanford (175). The margin was the fourth largest in championship history.

An already damp and slightly heavy course on Sunday was worsened by overnight and early morning rains that subsided by the start of the women's race and the skies were clear for the start of the men's, conditions that obviously played in favor of the Buffs.

With Kim Smith (Providence) in control of the individual title, the team title was up for grabs as early as the halfway mark. Smith was running a 9:52.7 pace at the 3k mark, followed by Metivier (10:05) and BYU's Laura Turner (10:14), with just four points separating the Buffs and Stanford at that mark, with Slattery in 16th and Bolf in 18th, followed by Duke and Providence.

The pleasant surprise for the day on the women's team was that of freshman Liza Pasciuto. Pasciuto finished as CU's No. 2 runner for the first time in her career, and her 13th place finish is the second best by a CU freshman in program history, second only to Sara (Gorton) Slattery's eighth place freshman effort in '00.

"Coming in I was trying my best to try and score and help the team achieve the goals that we set at the beginning of the season," said Pasciuto. "But I'm definitely thrilled with my finish. I couldn't have asked for more. I hope to come back next year and do it again."

Christine Bolf (20:48.1) ran to her first All-American title in the fall with a 14th place finish, a career best for the junior that finished 63rd a year ago. In the final race of her collegiate career, fifth-year senior Sara Slattery finished 28th and came away as an All-American for the third time in her career, just the second CU harrier to do so, following current assistant coach Heather Burroughs (1994, 95, 98). She is also now the only runner in the program's storied history to be a member of two national championship teams, as she was a freshman on that 2000 squad.

Natalie Florence (21:07.2) rounded out CU's scoring, finishing 30th overall for her second All-American title. In her first national championship, freshman Amber Smith (21:44.3) finished 78th overall. Laura Zeigle (23:18.1) finished 224th.

"Our race plan was to try and be patient and not fight the conditions (which changed dramatically overnight). By the 600-m mark they had over-ruled my plan and my hope was that they held on. They kept going, so I'm glad that they overlooked my instructions," said Wetmore.

2004 NCAA CHAMPIONS



2004 Colorado Men

(left to right) Austin Baillie, James Strang, Stephen Pifer, Brent Vaughn, Bradley Harkrader, Jared Scott, Jon Severy, Bret Schoolmeester

Not to be outdone by their counterparts, the Colorado men capped what would be the best day in the program's storied history with their second title in four years.

The men's race was a battle for both the individual and team titles from the start of the race. At the halfway mark, a lead pack of 10-plus runners were separated by one second with Arkansas' Josphat Boit in the lead at 15:16.1 and the 10th place runner at 15:17.1, with Vaughn (15:25) in 15th and Schoolmeester (15:26) in 19th. Vaughn had taken sole possession of fourth place at the 8k turn, having caught 13 runners in a 3k span, while Schoolmeester chased down 12. At that point, Wisconsin had control of the team race with 80 points to Arkansas' 160, followed by Colorado.

Senior Jon Severy became the first men's runner in the program's history to have run on two national title teams. Classmate Jared Scott was on the team that season, but did not run at nationals. He was also a freshman in '01 and ran the final cross country race of his career here this afternoon. It happen to be the best of his career, covering the 10k loop in 31:26.9 to finish 21st.

Severy made up as much ground as anyone Monday, as he was 39th at the halfway mark, and 25th at 8k, running down 18 in his final race.

"It was an incredible note to start on," said Severy. "I was carried through a little bit on that 2001 team and it gave me a false sense of what it meant to be on a good team. Since then, I've sunk pretty low and learned an incredible amount of what is necessary to sacrifice for your team and carry it out. Today was just so perfect that I can't describe it."

Newcomers Stephen Pifer and James Strang rounded out the scoring for the CU men, with Pifer running 31:56.8 to finish 44th while Strang ran 31:59.9 to finish 49th. Jared Scott, also running in the last cross country race of his career, was off his junior year pace, but finished 80th in 32:25.0. Freshman Bradley Harkrader, who had scored during the season as CU's third, fourth and fifth runner, finished 121st in 32:50.7 in his first national championship event. While five native Coloradoans ran in the men's race, three scored.

"The front two ran as well as I thought they possibly could and Jon ran way better than I would have expected. All of the five scorers ran better than my most optimistic aspirations. And with Stephen, James and Bradley, all freshmen, the sky is the limit," said Wetmore.

2006 NCAA CHAMPIONS



2006 Colorado Men

(left to right) Bradley Harkrader, Pete Janson, Erik Heinonen, Stephen Pifer, Billy Nelson, James Strang, Brent Vaughn and Kenyon Neuman

The second-ranked Colorado men headed into the 2006 championship knowing the race was theirs to lose. The muddy conditions were just like those two years before when the Buffs captured their second national title and gave Colorado extra confidence as the race approached.

The field got out to a quicker start than CU normally likes and was led most of the way by Brent Vaughn. Vaughn finished 12th overall (31:13.0), earning his second straight top-15 finish at nationals and the second straight time he was CU's first harrier across the finish.

While Vaughn ran a steady race, the men's win can be traced to Pifer's performance over the second 5,000-meters. At the 5k split, he had 52 runners ahead of him, but streaked past 32 of them to nab the 20th spot overall (31:24.2) in the individual standings and his second All-American title.

"I knew in the second half I had to come back and catch a lot of guys," Pifer said. "So I paid attention to sensory data, which is something that Mark Wetmore has been preaching to us all year, checking your heart rate and breathing and things like that to make sure you are comfortable. The race doesn't really start until the last 3k, so you really have to get going."

Erik Heinonen had a story book year after receiving a sixth-year of eligibility from the NCAA for the season. He was the third Buff to cross the line, placing a personal best 28th overall (31:34.7), and earning his first All-American honor.

James Strang took 47th (31:54.5) and Billy Nelson, who passed over 15 in the last 1,000-meters, took 56th (32:02.7). Bradley Harkrader came in at 152nd (33:05.3) and Pete Janson was 213th (33:56.5) as Colorado's non-scorers.

CU's five scorers all finished in the top 56 overall, and in the top 34 of those attached to full teams. CU and Wisconsin were the only schools to have three place in the top 15 in the scoring column.

The Buffaloes recorded 94 points, soundly defeating defending champion and overwhelming favorite Wisconsin by 48 points. Iona (172), Stanford (195) and Oregon (196) rounded out the top five.

"I think the race was very fast for us," head coach Mark Wetmore said. "Every coach has to know their team and how fast they can go. If other teams ran our way, it would certainly hurt them, like if would if we ran another team's plan. We don't talk a lot about expectations, its aspirations for us. We equaled our aspirations today."

"We did well here a couple of years ago too and everyone was telling me that the mud was perfect for us, but Boulder is like a desert and isn't very muddy."

Vaughn, Harkrader, Pifer and Strang joined Jon Severy as the only Buffs to win two national titles.

ALL-AMERICANS

Men (1963-Present)

Dave Wrighton 1963, 64, 65
 Craig Runyon 1966, 67, 68
 Rick Trujillo 1967
 John Lunn 1968
 John Gregorio 1972, 73
 Mike Peterson 1974
 Mark Spilsbury 1977, 79
 John Hunsaker 1978
 Mark Anderson 1979
 Michael Buhmann 1979
 Mark Scrutton 1980, 81, 82
 Sam Reese 1982
 Dan Reese 1984, 85
 Chuck Trujillo 1985, 86
 Mike Nahom 1989
 Shawn Found 1992
 Alan Culpepper 1993, 94, 95

Scott Larson 1993
 Jay Cleckler 1994
 Jon Cooper 1994, 95
 Adam Goucher 1994, 95, 97, 98
 Clint Wells 1994, 95
 Ricky Cron 1996
 Chris Severy 1996
 Zeke Tiernan 1996
 Tom Reese 1997
 Matt Napier 1997
 Adam Batliner 1997
 Mike Friedberg 1998, 99, 00
 Ron Roybal 1998
 Jorge Torres 2000, 01, 02
 Ed Torres 2000, 01, 02
 Sean Smith 2000
 Steve Slattery 2000, 01
 Dathan Ritzenhein 2001, 03

Billy Nelson 2002, 03
 Bret Schoolmeester 2004, 05
 Jon Severy 2004
 Brent Vaughn 2004, 06, 07
 Stephen Pifer 2004, 05, 06, 07
 James Strang 2005, 06
 Erik Heinonen 2006
 Jordan Kyle 2008
 Joe Bosshard 2010
 Andy Wacker 2010

Women (1976-Present)

Mary Decker (AIAW) 1978
 Carol McMordie 1986
 Chris McNamara 1986, 87
 Patty Roberts 1994, 95
 Heather Burroughs 1994, 95, 98
 Natalie Raveling 1994

Colleen Glyde 1995, 96
 Kelly Smith 1995, 97
 Carrie Messner 1996
 Kara Grgas-Wheeler 1999, 00
 Sara (Gorton) Slattery 2000, 02, 04
 Jodie Hughes 2000
 Molly Austin 2001, 02
 Natalie Florence 2002, 04
 Renee Metivier 2001, 03, 04
 Kalin Toedebusch 2003
 Christine Bolf 2004, 05
 Liza Pasciuto 2004, 05, 06
 Jenny Barringer 2006, 07
 Sara Vaughn 2007
 Allie McLaughlin 2009
 Shalaya Kipp 2010
 Laura Tremblay 2010



Jorge Torres (2000, 01, 02)



Heather Burroughs (1994, 95, 98)



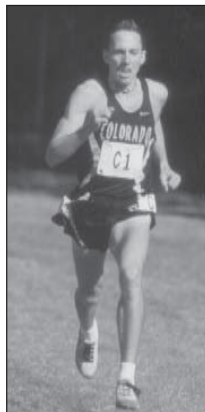
Ed Torres (2000, 01, 02)



Alan Culpepper (1993, 94, 95)



Mike Friedberg (1998, 99, 00)



Adam Goucher (1994, 95, 97, 98)



Sara (Gorton) Slattery (2000, 02, 04)



Jenny Barringer (2006, 07)

BUFF HONOR ROLL



Jenny Barringer



Steve Slattery



Bret Schoolmeester

ALL-CONFERENCE

Men

Dan Reese	1985
Chuck Trujillo	1985, 86
Andy Dunn	1986, 87
Todd Wienke	1986
Ron Salazar	1990, 93
Shawn Found	1992
Fritz Rogers	1992
Alan Culpepper	1994
Adam Goucher	1994, 95, 97, 98
Adam Batliner	1996
Clint Wells	1997
Oscar Ponce	1997, 98
Jorge Torres	1999, 00, 01, 02
Ed Torres	1999, 00, 01, 02
Ron Roybal	1999
Mike Friedberg	1999, 00
Zach Crandall	2000
Steve Slattery	2000, 02
Sean Smith	2000
Dathan Ritzenhein	2001, 03
Billy Nelson	2002, 03, 05, 06
Bret Schoolmeester	2003, 04, 05
Brent Vaughn	2003, 04, 06, 07
Bradley Harkrader	2004
Jon Severy	2004
Stephen Pifer	2005, 06, 07
James Strang	2005, 06
Erik Heinonen	2006
Pete Janson	2007
Kenyon Neuman	2007, 08, 09
Jordan Kyle	2008, 09
Richard Medina	2008, 09
Chris Pannone	2008
Christian Thompson	2009, 10
Andy Wacker	2009, 10

Women

Joe Bosshard	2010
Aric Van Halen	2010
Sarah Hanson	1985
Chris McNamara	1986, 87
Catrina Campbell	1987
Brooke Baughman	1991, 92
Muffy Raveling	1992, 94
Patty Roberts	1993, 94, 95
H. Burroughs	1994, 95, 97, 98
Kelly Smith	1995, 96, 97
Carrie Messner	1996
Shayne Wille	1996
Jennifer Smith	1997
Kara Grgas-Wheeler	1997, 99, 00
Sara (Gorton) Slattery	2000, 02, 04
Tera Moody	2000, 01
Jodie Hughes	2000, 01
Molly Austin	2001, 02
Natalie Florence	2002, 03, 04
Renee Metivier	2003, 04
Kalin Toedebusch	2003, 05
Christine Bolf	2004, 05
Liza Pasciuto	2004, 05, 06
Amber Smith	2004
Jenny Barringer	2005, 06, 07, 09
Claire Maduza	2006
Aislinn Ryan	2006
Erin Marston	2007
Sara Vaughn	2007
Allie McLaughlin	2009
Laura Thweatt	2009, 10
Laura Tremblay	2009, 10
Emma Coburn	2010
Shalaya Kipp	2010

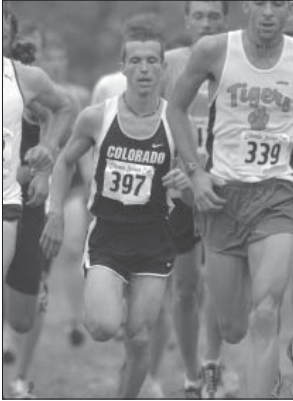


Natalie Florence



Brent Vaughn

BUFF HONOR ROLL



Billy Nelson



Jon Severy



Kalin Toedebusch

ALL-DISTRICT/REGION

Men

Andy Dunn	1985, 86, 87, 88
Mike Kubitschek	1985
Dan Reese	1985
Todd Wienke	1985, 86
Scott Elliott	1986
Ken Metcalf	1986
Cisco Bob	1987, 88, 89
David Derdeyn	1987
Mike Nahom	1988, 89
Chuck Trujillo	1985, 86, 88
Nate Wright	1988, 89
Shawn Found	1992, 93
Brett Larsen	1992, 93
Scott Larson	1992, 93
Fritz Rogers	1991, 92
Tim Catalano	1993, 94
Alan Culpepper	1993, 94, 95
Ron Salazar	1993
Jay Cleckler	1994
Jon Cooper	1994, 95
Adam Goucher	1994, 95, 97, 98
Clint Wells	1994, 95, 97
Adam Batliner	1996, 97, 98
Ricky Cron	1996
Jay Johnson	1996
Matt Napier	1996, 97
Tom Reese	1996, 97, 98
Chris Severy	1996
Zeke Tiernan	1996
Aaron Blondeau	1997, 99
Mike Friedberg	1998, 99
Ron Roybal	1998, 99
Oscar Ponce	1999
Sean Smith	1999, 00
Jorge Torres	2000, 01, 02
Ed Torres	2000, 01, 02
Zach Crandall	2000

Steve Slattery	2000, 01
Dathan Ritzenhein	2001, 03
Billy Nelson	2002, 03, 05, 06
Bret Schoolmeester	2003, 04, 05
Brent Vaughn	2004, 06, 07
Bradley Harkrader	2004, 06, 07
Jared Scott	2004
Jon Severy	2004
James Strang	2004, 05, 06
Payton Batliner	2005
Stephen Pifer	2005, 06, 07
Erik Heinonen	2006
Richard Medina	2007, 08, 09
Kenyon Neuman	2007, 08
Chris Pannone	2007, 08
Seth DeMoor	2008
Jordan Kyle	2008, 09
Joe Bosshard	2009, 10
Matt Tebo	2009, 10
Christian Thompson	2009, 10
Andy Wacker	2009, 10
Aric Van Halen	2010

Women

Sarah Hanson	1985
Carol McMordie	1985, 86, 87
Chris McNamara	1985, 86, 87
Michelle Bews	1986
Denise Hermosillo	1986
Kirsten Kindt	1986
Kate Starke	1986
Shannon Busch	1987, 88, 89, 90
Catrina Campbell	1987, 88
Deann Zamora	1987
Liz Laster	1989
Peg Millican	1989
Brooke Baughman	1991, 92, 93
Allison Lusby	1993, 94

Amy McNitt	1993, 94, 95
Natalie Raveling	1993, 94
Patty Roberts	1993, 94, 95
Heather Burroughs	1994, 95, 97, 98
Kelly Smith	1994, 95, 96, 97
Kristina Dahlberg	1995
Colleen Glyde	1995, 96
Carrie Messner	1995, 96, 98, 99
Heidi Scarlett	1996, 97
Kara Grgas-Wheeler	1996, 99, 00
Shayne Wille	1996
Jen Gruia	1997, 98
Jennifer Smith	1997
Briana Stott-Messick	1997, 98
Lesley Higgins	1998, 00, 01
Jodie Hughes	1999, 00, 01
Tera Moody	1999, 00, 01, 02
Catherine Wright	1999
Sara (Gorton) Slattery	2000, 02, 04
Molly Austin	2001, 02
Natalie Florence	2001, 02, 04
Jackie Zeigle	2002, 03
Renee Metivier	2003, 04
Kalin Toedebusch	2003, 05
Christine Bolf	2003, 04, 05
Liza Pasciuto	2004, 05, 06
Amber Smith	2004
Jenny Barringer	2005, 06, 07, 09
Claire Maduza	2006
Erin Marston	2006, 07
Aislinn Ryan	2006
Sara Vaughn	2007
Emily Hanenburg	2008
Laura Thweatt	2008, 09, 10
Emma Coburn	2009, 10
Allie McLaughlin	2009
Laura Tremblay	2009, 10
Shalaya Kipp	2010

2011 COLORADO CROSS COUNTRY

FROM WALK-ON TO ALL-AMERICAN

There's something magical in the air at 5,345 feet above sea level. It's something that contributes to developing blue collar, walk-on athletes into All-Americans at Colorado. Combining its reputation of academics and athletics, the coaching staff at CU has had incredible success with non-recruited athletes that have had the drive, determination and work ethic to become All-Americans.

JAY CLECKLER • 1991 Walk-on- 1994 Cross Country All-American

Jay Cleckler, was conceivably one of the hardest working guys on the '94 squad. He had begun his collegiate career as walk-on competing in only one meet, which progressed to four meets as a sophomore, which he matched his junior season. He came into his own during his senior campaign when he scored in all six varsity races, including the Big Eight Championships, the NCAA District VII qualifier and the NCAA Championships where he ran his first All-American race.

JON COOPER • 1993 Walk-on- 1994, 1995 Cross Country All-American

Cooper made an immediate impact on the Colorado men's cross country squad when he walked on after transferring from Rice. In his first season he traveled to the NCAA Championships as an alternate, but did not compete. A year later he finished 33rd of 178 runners for his first all-American honor. In 1995's national championship race, he was Colorado's fourth finisher, 48th overall to repeat his All-American title.

MIKE FRIEDBERG • 1996 Walk-on- 1998, 1999 Cross Country All-American

In 1996 Mike Friedberg ran in three races. He redshirted the 1997 season and a year later he was one of only three runners to compete in all six races, he finished eighth in the season opener at Colorado State, third at the Rocky Mountain Shootout, 32nd at the loaded Bob Timmons Invite, third at the Big 12 Championships, fifth at the Mountain Region Championships and ran to his first All-American title with a 34th place effort at the national championships. In 1999 he was CU's No. 3 runner during the season, but experienced prevailed and was CU's No. 1 guy at the NCAA Championships in Bloomington and was No. 2 a year later.

MATT NAPIER • 1995 Walk-on— 1997 Cross Country All-American

In his first collegiate season Napier competed in the Shootout and at the Fort Hays State Invitational. As a sophomore, he scored in two of the three postseason races. Originally scheduled to redshirt his junior season, he was forced into action late in the season due to team injuries. In his first race, Oct. 18, he finished third overall at the Tiger Invitational. In the postseason he finished 11th in the league championships and was the individual runner-up, at the Mountain Region Championships. His third season culminated in his first all-America certificate at the NCAA Championships with a 39th-place finish.

PATTY ROBERTS • 1992 Walk-on- 1995 Indoor 5,000-m All-American/1994, 1995 Cross Country All-American

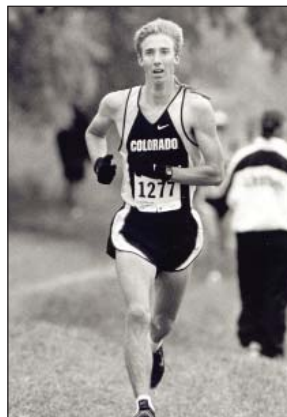
Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the NCAAs for her second all-America cross country honor. 1995 continued to be a success on the track where she was an indoor 5k and outdoor 10k All-American.

SHAYNE WILLE • 1995 Walk-on-1996 Indoor 3,000-m All-American/1997 Outdoor 3,000-m All-American

A transfer from Vermont in 1995, Wille failed to make the Buffs' seven-person roster that would compete at the NCAA Cross Country Championships. Three months later she was an all-American in the indoor 3k. During the 1996 fall season, she was Colorado's No. 2 runner, and although she competed in all three postseason race, just missed all-American status at the national championships with a 45th place effort. She set her sights again on the track where she was the Big 12 indoor champion in both the mile and 3,000-m distances and an all-American in the latter. The outdoor season would prove even better where she repeated her conference titles, and she earned her second all-American honor in the outdoor 3,000-m with a third place, school-record finish of 9:06.86.

SEAN SMITH • 1998 Walk-on, 2000 All-American

Smith ran in three non-varsity races in 1998 with a pair of top 20 finishes at the Fort Hays Tiger Invitational and NIKE 3 Series race. In 1999 he went into the national championships with five races under his belt. He earned all-conference and all-region honors before finishing in the top half of the NCAA Championship field. On All-American pace from the first race of the 2000 season, he would score in all five varsity contests, repeat his all-conference and all-region honors with career-best efforts before finishing 44th for the last All-American certificate doled out in Ames, Iowa.



2011 COLORADO CROSS COUNTRY

CU AT THE USA AND WORLD CHAMPIONSHIPS

IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

1995 DUNHAM, ENGLAND
 Junior Women: 48. Heather Burroughs 15:27
 Junior Men: 113. Chris Severy 27:42

1997 TURIN, ITALY
 Senior Men: *49. Scott Larson 37:14
 140. Shawn Found 38:31

1998 MARRAKECH, MOROCCO
 Senior Men: 27. Adam Goucher 25:29
 Junior Men: 37. Jorge Torres 24:58

1999 BELFAST, IRELAND
 Junior Women: 74. Sara (Gorton) Slattery 24:35
 Senior Men (long): *21. Alan Culpepper 41:10
 54. Clint Wells 42:33
 Senior Men (short): 12. Adam Goucher 12:53
 Junior Men: 40. Steve Slattery 28:29

2001 OSTEND, BELGIUM
 Junior Women: 47. Laura Zeigle 24:12
 Senior Men: 41. Clint Wells 13:31
 Junior Men: 3. Dathan Ritzenhein

2002 DUBLIN, IRELAND
 Junior Women: *17. Erika Odlaug 21:23
 Senior Men (long): 24. Dathan Ritzenhein 36:31
 87. Clint Wells 38:08
 Senior Men (short): *11. Jorge Torres 12:35
 Junior Men: 33. Billy Nelson 25:18

2003: LUSIARNE, SWITZERLAND
 Junior Men: *8. Billy Nelson 24:52
 63. Bret Schoolmeester 26:17
 Open Men (long): 51. Ed Torres 39:25
 Open Women: 77. Molly Austin 14:26

2004 BRUSSELS, BELGIUM
 Junior Men: 34. Ryan Deak 26:27
 55. Peter Janson 27:03
 Women (long): 79. Molly Austin 31:00

2005 SAINT GALMIER, FRANCE
 Open Women's 8k: 42. Renee Metivier 29:24
 Open Men's 4k: 13. Jorge Torres, Reebok 11:58
 Open Women's 4k: 21. Shayne Culpepper, adidas 14:06
 Open Women's 6k: 42. Liza Pascuto 22:58
 47. Jenny Barringer (capt.) 23:03
 Open Men's 12k: 62. Dathan Ritzenhein, Nike 38:46

2006 FUKUOKA, JAPAN
 Open Men (Short): *6. Adam Goucher, Nike 11:02
 27. Jorge Torres, Reebok 11:21
 Open Women (Short): 21. Kara Goucher, Nike 13:24
 Open Women (Long): 26. Sara Slattery, adidas 26:51
 49. Renee Metivier, Nike 27:37

2007 MOMBASA, KENYA
 Open Women: 36. Renee Metivier, Nike 29:47
 Junior Men: 100. Matt Tebo 30:56

2008 EDINBURGH, SCOTLAND
 Senior Men: 19. Jorge Torres 36:03
 45. Edwario Torres 36:56
 Senior Women: 49. Renee Metivier-Bailie 27:49

2009 AMMAN, JORDAN
 Senior Men: 58. Edwario Torres 37:38

2010 BYDGOSZCZ, POLAND
 Junior Women: 51. Laura Tremblay 21:31
 Senior Women: 38. Renee Metivier-Bailie 26:48

2011 PUNTA UMBRIA, SPAIN



Alan Culpepper crosses the finish at the 2007 USA Championship. Culpepper won in 37:09.

Senior Men: 55. Brent Vaughn 36:32

USA WINTER CROSS COUNTRY CHAMPIONSHIP
 1995 BIRMINGHAM, ALABAMA
 Junior Women: 6. Heather Burroughs 14:19

1996 LANDEN, OHIO
 Junior Women: 7. Carrie Messner 15:42

1996 STANFORD, CALIFORNIA
 Senior Men: 6. Adam Goucher 37:48
 7. Alan Culpepper 37:51

1997 HOUSTON, TEXAS
 Junior Women: 5. Tera Moody 14:36

1999 TACOMA, WASHINGTON
 Senior Men (long): 1. Alan Culpepper 34:24
 6. Clint Wells 34:36
 17. Scott Larson 35:01
 44. Zeke Tieman 36:06
 Senior Men (short): 1. Adam Goucher 10:29
 9. Shawn Found 10:54
 1. Shayne (Willie) Culpepper 12:25
 2. Steve Slattery 23:38
 5. Jorge Torres 23:45
 13. Ed Torres 24:24

2000 VANCOUVER, WASHINGTON
 Senior Men (long): 2. Alan Culpepper 9. Scott Larson 4. Shayne Culpepper

2001 VANCOUVER, WASHINGTON
 Senior Men (short): 4. Clint Wells 11:14
 13. Adam Batliner 11:31.6
 Senior Men (long): 2. Alan Culpepper 35:11
 8. Scott Larson 36:07

2002 VANCOUVER, WASHINGTON
 Junior Women: 2. Erika Odlaug 21:19
 9. Jackie Zeigle 22:09
 12. Laura Zeigle 22:19
 2. Jorge Torres 11:27
 21. Clint Wells 11:57
 28. Adam Batliner 12:08
 Senior Men (long): 3. Alan Culpepper 35:51
 5. Dathan Ritzenhein 36:19
 7. Clint Wells 36:40
 15. Shawn Found 37:35
 40. Adam Batliner 39:01
 Senior Women (6k): 26. Heather Burroughs 29:26
 Senior Women (4k): 9. Sara (Gorton) Slattery 13:34
 24. Carrie Messner 14:26
 Junior Men: 3. Billy Nelson 25:04
 50. Greg Castro 28:32

2003 HOUSTON, TEXAS
 Junior Women: 8. Christine Bolf 25:20
 13. Jackie Zeigle 26:18
 Open Men (short): 34. Clint Wells 14:10
 37. Billy Nelson 14:27.0
 Junior Men: 2. Bret Schoolmeester 27:17
 14. Payton Batliner 28:18
 35. Greg Castro 30:00
 Open Women: 1. Shayne Culpepper 15:10
 6. Molly Austin 15:34
 8. Sara (Gorton) Slattery 15:37
 Open Men (long): 1. Alan Culpepper 38:22
 3. Ed Torres 39:04
 27. Shawn Found 42:13

2004 INDIANAPOLIS
 Open Men (short): 23. Adam Goucher 11:54
 Open Women (long): 5. Molly Austin, Nike 27:44
 17. Natalie Florence 28:35

2005 VANCOUVER, WASHINGTON
 Junior Women, 6k: 1. Liza Pascuto 21:50.1
 Junior Men's 8k: 7. Bradley Harkrader 25:46.6
 11. Chris Pannone 26:07.8
 Open Women's 8k: 7. Renee Metivier 28:32.0
 24. Molly Austin, Nike 30:25.7
 30. Brianna Torres, Run AZ 30:48.1
 Open Men's 4k: 2. Adam Goucher, Nike 11:39.1
 5. Jorge Torres, Reebok 11:44.1
 32. Steve Slattery, Nike 12:26.6
 Open Women's 4k: 2. Shayne Culpepper, Nike 13:27.0
 18. Carrie Messner, Asics 14:27.0
 30. Carrie Zografos, Boston AA 15:03.2
 Open Men's 12k: 1. Dathan Ritzenhein, Nike 36:59.9
 2. Jorge Torres, Reebok 37:14.2
 48. Oscar Ponce, Boston AA 40:52.5

2006 NEW YORK
 Junior Men's 8k: 42. Kenyon Neuman 26:10
 Open Women's 8k: 3. Renee Metivier, Nike 26:59
 4. Sara Slattery, adidas 27:01
 30. Carrie Messner, Asics 28:47

2007 VANCOUVER, WASHINGTON
 Open Men's 4k: 1. Adam Goucher, Nike 10:50



Aislinn Ryan at the 2007 USA Championship. Ryan finished sixth overall in the junior women's 6k.

Open Women's 4k: 4. Jorge Torres, Reebok 10:58
 14. Steve Slattery, Nike 11:27
 7. Kara Goucher, Nike 12:51
 32. Carrie Messner, Asics 13:43
 Open Men's 12k: 2. Jorge Torres, Reebok 35:05
 4. Dathan Ritzenhein, Nike 35:27
 46. Oscar Ponce, Boston AA 38:12

2007 BOULDER
 Junior Men: 3. Matt Tebo 26:22
 10. Matthew Herzl 26:36
 Junior Women: 6. Aislinn Ryan 22:19
 Open Men: 1. Alan Culpepper, 37:09
 2. Adam Goucher 37:35
 3. Dathan Ritzenhein 37:47
 4. Jorge Torres 38:07
 10. Ed Torres 38:31
 17. Bret Schoolmeester 38:55
 19. Payton Batliner 39:01
 32. Steve Slattery 40:13
 41. Jon Severy 41:01
 52. Oscar Ponce 41:45
 Open Women: 3. Kara Goucher 28:01
 5. Renee Metivier Bailie 28:35
 12. Shayne Culpepper 29:17
 15. Christine Bolf 29:40
 19. Carrie Messner 30:26

2008 SAN DIEGO
 Junior Men: 10. Matt Tebo 24:58
 28. Brett Walters 25:53
 40. Richard Medina 26:16
 51. Martin Medina 26:47
 Junior Women: 10. Megan Burrell 21:58
 31. Allison Sawyer 23:29
 Open Men: 2. Dathan Ritzenhein 35:03
 3. Jorge Torres 35:29
 9. Edwario Torres 36:01
 114. Oscar Ponce 41:03
 Open Women: 2. Renee Metivier Bailie 26:36
 10. Sara Slattery 27:19
 18. Tera Moody 28:01

2009 DERWOOD, MARYLAND
 Junior Women: 4. Allie McLaughlin 21:10
 19. Diana George 22:33
 Junior Men: 27. Martin Medina 25:49
 50. Dillon Shij 27:22
 Senior Women: 18. Tera Moody 29:11
 Senior Men: 4. Jorge Torres 36:16
 8. Edwario Torres 36:45
 14. Stephen Pifer 37:18
 22. Bret Schoolmeester 38:06

2010 SPOKANE, WASHINGTON
 Junior Women: 5. Laura Tremblay 20:46
 20. Dillon Shij 25:40
 Open Women: 2. Renee Metivier-Bailie 26:26
 Open Men: 1. Dathan Ritzenhein 34:34
 24. Billy Nelson 37:21

2011 SAN DIEGO, CALIFORNIA
 Junior Men: 18. Blake Theroux 25:50
 34. Hugh Dowdy 26:22
 46. Mike Goodger 26:52
 Open Women: 7. Kara Goucher 27:37
 26. Rachel Giocia-Ryan 29:42
 Open Men: 1. Brent Vaughn 35:46
 10. Jorge Torres 36:36

*-- top American

2011 COLORADO CROSS COUNTRY

POST COLLEGIATE SUCCESS

Here at CU we are no more proud of the successes of present Buffs than we are of those who went on to the next level. Frankly, we don't believe there is another college program in the country that can boast as many national level professionals.

During the tenure of Coach Wetmore, numerous graduates of the Buff distance program have gone on to professional contracts. Fourteen are currently active. Nine have been Olympians. Twenty-five have made World Championship Track or Cross Country teams. Fifteen made World teams while still running for CU.

RENEE METIVIER BAILLIE ('05).....Distance ClubNIKE

- 2005 USAF Championships (5k, 10th)
- Won the 3k in a pr 9:09.60 in her European debut at the Cardiff Grand Prix
- 2006 USA XC Championships (3rd, 4k), 49th IAAF World XC Championships
- 2006 USAF Championships (10th, 5k)
- 2007 USA Indoor Championship Mile Champion
- 2008 USA XC Championship (2nd), 49th IAAF World XC Championship
- 2008 Olympic Trials (DNF, 5k)
- 2009 USA Outdoor Championship (9th, 5k)
- 2010 USA XC Championship (5th), 38th IAAF World XC Championship
- 2010 USA Indoor Championship 3k Champion
- 2010 USA Outdoor Championship (8th, 5k)
- 2010 Boulder Boulder Team USA Participant (11th)
- 2011 USA Outdoor Championship participant
- 2011 Boulder Boulder Team USA Participant (6th)

JENNY (BARRINGER) SIMPSON ('09). Middle ClubNew Balance

- 2010 USA Outdoor Championships (3rd, 5k)
- American steeplechase record holder (9:12.50)
- 2011 USA Indoor Championships 3k and mile Champion
- 2011 USA Outdoor Championships (2nd, 1,500)
- 2011 IAAF Outdoor Championships 1500m Champion

ALAN CULPEPPER ('96).....Distance Clubadidas

- Seven-time United States Champion (1999, '03 12k cross country, 1999, '03 10k, 2002 5000-m), 2003 Outdoor 10k, 2004 Marathon
- 1997 USA Outdoor Championships (2nd, 5000-m)
- USA Cross Country Championships (7th)
- Top finisher at 1999 World Cross Country Championships (21st)
- Ran a 2000 season best 10k (28:03.35) at the Olympic Trials (2nd) and went on to finish 17th in the first round in Sydney.
- 2000 USA Cross Country Championships (2nd, long course)
- 2001 USA Outdoor Championships (2nd-5k, 3rd-10k), 18th at World Championships
- When he ran a PR 27:33.93 at the 2001 Cardinal Invitational, he became the sixth fastest American all-time
- Finished third in 2002 at the USA Outdoors (10k), USA Cross Country Championships (12k) and at USA 15k Championships

- 2003 USA Championships (9th, 5k)
- Ranked #1 in 10k by T&FN
- Made his marathon debut in 2002 in Chicago where he ran 2:09.41, tying him with Alberto Salazar for the fastest American debut in history
- After winning the US Marathon Trials, finished 12th in Athens Olympic Games
- His fourth place 2005 Boston Marathon finish was the highest American finish in the race in 20 years.
- Took 5th in the 2006 Boston Marathon
- 2007 USA XC Championship Champion
- 2007 USA Outdoor Championship (4th, 10k)
- 2007 Boulder Boulder participant (Team USA)
- 2007 USA Outdoor Championship (4th, 10k)
- 2008 Olympic Trials marathon participant

SHAYNE CULPEPPER ('97)Middle ClubNIKE

- 1998 USA Championships (6th, 1500-m)
- USA Indoor Championships (7th, 3000-m)
- 1999 USA Winter Cross Country Championships (4th)
- 1999 USA Outdoor Championships (3rd, 1500-m)
- 2000 Olympic Trials (4th, 1500-m)
- 2000 USA Winter Cross Country Championships (4th, short course)
- 2001 USA Outdoor Championships (6th, 1500-m)
- 2002 USAF Club Cross Country Championships (1st, 6k)
- 2003 USA Indoor Championships (runner-up, 3000-m)
- 2003 USA Winter Cross Country Champion
- 2003 USA Outdoor Championships (11th, 1500-m)
- 2004 USA Indoor 3k Champion, Bronze medalist at Worlds
- 2004 Olympic Trials 5k champion, 25th in Athens in prelims
- 2005 adidas Track Classic (1st, 1,500-m)
- 2005 USA Indoor 3,000-m champion
- 2005 USA XC Championships (2nd, 4k), 20th IAAF World XC Championships (team bronze)
- 2007 USA Outdoor Championship (11th, 1,500-m)
- 2009 USA Indoor (2nd, 1500)

ADAM GOUCHER ('97)Middle ClubNIKE

- 1999 USA Outdoor 5k Champion
- 1999 World Championships (12th, 5000-m)
- 2000 Olympic Trials Champion (5k), 13th in Sydney Games
- 2000 USA Cross Country Champion (4k, 12k)
- 2001 USA Outdoor Championships (3rd, 1500-m)

- 2001 World Outdoor Championships (11th, 5000-m)
- Ran the fastest 3,000-m by an American in Monaco (7:34.96 PR)
- 2003 USA Outdoors (5k, 2nd)
- 2003 T&FN Rankings #3 (3k), #4 (5k)
- 2004 Olympic Trials (5k, 19th)
- 2004 Prefontaine Classic (9th, 1500m)
- Ran the second fastest 3k (7:40.09) by an American in '05 in winning the Sport Solidarieta.
- 2006 USAF Indoor Championships (1st, 3k)
- 2006 USA XC Championships (1st, 4k), 6th IAAF World XC Championships
- 2006 USAF Outdoor Championships (4th, 5k)
- 2007 USA XC Championship (2nd)
- 2007 USA Outdoor Championship (3rd, 5k)
- 2008 Olympic Trials (9th, 5k and 7th, 10k)

KARA GOUCHER ('01).....Distance ClubNIKE

- 2001 USA Outdoor Championships (7th, 5k)
- 2003 USA Outdoor Championships (14th, 5k and 1,500-m)
- Ran a 1,500-m PR 4:11.17 in Greece in '03
- 2005 USAF Championships (5, 11th)
- 2006 USA XC Championships (7th, 4k), 21st IAAF World XC Championships
- 2006 USA Outdoor Championships (2nd, 5k)
- 2007 USA XC Championship (3rd)
- 2007 USA Outdoor Championship (2nd, 10k)
- 2008 Olympic Trials (2nd, 10k and 1st, 5k)
- 2008 Beijing Olympic Games (10th, 10k and 9th, 5k)
- 2009 USA Outdoor Championship (1st, 5k)
- 2009 IAAF World Championships (5th, marathon)
- 2010 USA C Championship (7th)
- 2011 USA Outdoor Championship (2nd, 10k)
- 2011 IAAF Outdoor Championship (13th, 10k)

CARRIE MESSNER-VICKERS ('00). Steeple ClubAsics

- 2002 ranked fifth nationally in 3k
- 2003 Boulder Race Series Winner (Uni-Hill 2k Champion, Pearl Street Mile Champion) & Eldorado Springs
- 2003 USA Outdoor Championships (23rd prelims), 1500-m)
- Ranked as high as third in the steeple in '04
- Finished 21st in 2004 Olympic Trials semifinals (1,500)
- 2004 Olympic Trials (3rd), 5th at Heusden, 1st at Mt. SAC, ranked #4 by T&FN



Sara Slattery

POST COLLEGIATE SUCCESS

- 2005 USATF Championships (3rd)
- 15th at 2005 World Championships following a third place prelim pr 9:39.68
- 2006 USA XC Championships (32nd, 4k and 30th, 8k)
- 2006 USA Outdoor Championships (6th)
- 2007 USA XC Championship (19th)
- 2007 USA Outdoor Championship (13th)
- 2008 Olympic Trials (8th, steeple; 4th, 5k)

BILLY NELSONSteeple/Distance Club

- 2008 Olympic Trials (2nd, steeple)
- 2008 Beijing Olympic Games (29th, steeple prelims)
- 2009 USA Outdoor Championship (13th, steeple)
- 2010 USA XC Championship (24th)
- 2010 USA Outdoor Championship (5th, steeple)
- 2011 USA Outdoor Championship Champion
- 2011 IAAF Outdoor Championship participant

STEPHEN PIFERDistance Club

- 2008 Olympic Trials (7th, 5k and 13th, 1,500 prelims)
- 2009 USA XC Championship (14th)
- 2009 USA Outdoor Championship (4th, 1500)
- 2010 USA Outdoor Championship (12th, 1500)
- 2011 USA Outdoor Championship (participant, 1500)

DATHAN RITZENHEINDistance Club

- 2004 Olympic Trials (10k, 22nd-INJ)
- 2005 Reebok SC Challenge (Belfast) Champion
- USA XC Championships (4th, 12k)
- 2006 USA Outdoor Championships (3rd, 5k)
- 2006 NYC Marathon (11th)
- 2007 USA XC Championship (3rd)
- 2007 USA Outdoor Championship (3rd, 10k)
- 2008 USA XC Championship Champion
- 2008 Olympic Trials (8th, 10k)
- 2008 Beijing Olympic Games (9th, marathon)
- 2009 USA Outdoor Championship (2nd, 10k, IAAF World Championship (6th, 10k))
- 2010 USA XC Championship Champion

SARA SLATTERY ('05)Distance Club

- 2005 USATF Championships (8th, 5k)
- Ran a 3k pr (9:06.03) at Super Grand Prix Madrid
- 2006 USATF Indoor Championships (4th, 3k)
- 2006 USA XC Championships (4th, 8k), 26th IAAF World XC Championships
- Won 2006 Boulder Boulder
- 2006 USA Outdoor Championships (2nd, 10k)
- 2007 USA Outdoor Championship (8th, 10k)
- 2008 USA XC Championship (10th)
- 2008 Olympic Trials (7th, 10k and 4th, 10k)
- 2009 USA Outdoor Championship (11th, 5k)
- 2011 USA Outdoor Championship (13th, 5k)

STEVE SLATTERY ('02)Steeple Club

- 2002 USA Outdoor Championships (2nd)
- 2003 USA Outdoor Champion
- Six top-10 finishes in 2003
- 2004 NIKE Prefontaine Classic (5th, 1,500)
- 2004 Olympic Trials (5th)
- 2004 Ranked 5th T&FN
- 2005 USATF Championships (3rd)
- 2005 World Championships (10th, heat 1)
- 2006 USA Indoor Championships (5th, 3k)
- 2006 USA XC Championships (14th, 4k)
- 2006 USA Outdoor Championships (2nd, steeple)
- 2007 USA Outdoor Championship (1st, prelims)
- 2008 USA Indoor Championship (6th, 3k)
- 2008 Olympic Trials (10th, prelims/DNF finals)
- 2009 USA Outdoor Championship (23rd)
- 2010 USA Outdoor Championship (3rd, steeple)
- 2011 USA Outdoor Championship participant

ED TORRES ('03)Distance Club

- 2003 USA Outdoor Championships (8th, 10k PR 28:22)
- 2005 Cardiff Grand Prix (3k, 2nd)
- 2006 USA Outdoor Championships (14th, 10k)
- 2007 USA XC Championship (10th)
- 2007 USA Outdoor Championship (11th, 10k)
- 2008 USA XC Championship (9th), 45th at IAAF World XC Championship
- 2008 Olympic Trials (11th, 10k)
- 2008 Beijing Olympic Games (27th, 10k)

- 2009 USA XC Championship (8th); 53rd at IAAF World XC Championship
- 2009 USA Outdoor Championship (DNF, 10k)

JORGE TORRES ('03)Distance Club

- 2003 USA Outdoor Championships (3rd, 5k)
- 2003 European Circuit with stops in Greece (3rd, 1500-m), Belgium (11th, 5k) and Finland (3k), setting pr's in all three races.
- 2003 World Championships (15th, 5k)
- Ranked No. 1 by T&FN in 5k
- 2004 Olympic Trials (5k, 7th)
- 2004 USA XC Championships (10th, 12k)
- 2006 USA XC Championships (4th, 4k and 2nd, 12k), 27th IAAF World XC Championships (short)
- 2006 USA Outdoor Championships (1st, 10k)
- 2007 USA XC Championship (4th)
- 2007 USA Outdoor Championship (5th, 10k)
- 2008 USA XC Championship (2nd), 19th at IAAF World XC Championship
- 2008 Olympic Trials (3rd, 10k)
- 2008 Beijing Olympic Games (27th, 10k)
- 2009 USA XC Championship (4th)
- 2010 Boulder Boulder Team USA participant (11th)
- 2011 USA Outdoor Championship (13th, 10k)

BRENT VAUGHNDistance Club

- 2008 Olympic Trials (16th, 5k)
- 2009 USA Outdoor Championship (9th, 5k)
- 2010 Boulder Boulder Team Colorado Participant (4th - highest American finisher)
- 2010 USA Outdoor Championship (5th, 5k)
- 2010 USA XC Championship Champion; 53rd at IAAF XC Championships
- 2011 USA Indoor Championship (4th, 3k)

CLINT WELLS ('98)Dist/Steeple

- 1999 U.S. National Championships (7th)
- 2000 Olympic Trials (5th)
- 2001 USA Winter Cross Country Championships (4th, 4k)
- 2001 World Cross Country Championships (41st, 4k)
- 2002 USA Cross Country Championships (7th)
- 2002 USA 15k Championships (5th)
- Boulder Boulder Team USA (2001, 02, 03) and Team Colorado (2005)

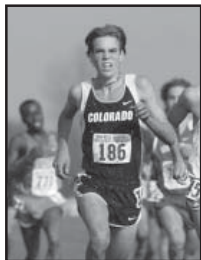


2008 OLYMPIANS Billy Nelson (steeplechase), Dathan Ritzenhein (marathon), Jorge Torres (10k)

2011 COLORADO CROSS COUNTRY

ALL TIME LETTERWINNERS

Letterwinner	Years	Hometown (High School)			
Andy Aiken	1980	Indianapolis, Ind. (North Central)	Zach Crandall	2000, 01	Fort Collins, Colo. (Rocky Mountain)
Richard Alejandre	1965	San Bernardino, Calif. (Eisenhower)	John Creighton	1951	Flagler, Colo. (Flagler)
Mark Anderson	1978, 79	Ferndale, Wash. (Ferndale)	Ricky Cron	1993, 96	Stevens Point, Wisc. (SPoint Area/Rice)
Andy Ames	1987	Tulsa, Okla. (B.T. Washington)	Tim Cronin	1968, 69, 70, 71	
Adrian Arnold	1995	Alamosa, Colo. (Alamosa/Rice)	George A. Crowther	1905	
Edward Aurand	1904		Alan Culpepper	1993, 94, 95	El Paso, Texas (Coronado)
Austin Baillie	2005	Portland, Ore. (Westview)	Tom Curtis	1958, 59, 60	
Mick Bannister	1982, 84, 85	Kent, England (Tunbridge Wells)	Ryan Deak	2004	Aurora, Colo. (Smoky Hill)
Dave Barbieri	1992, 93	Spokane, Wash. (Gonzaga Prep)	Bruce Degen	1962, 63, 64	Piedmont, Calif.
Steve Barbieri	1991	Spokane, Wash. (Gonzaga Prep)	Seth DeMoor	2008	Buena Vista, Colo. (Buena Vista)
Lloyd Barlow	1953	Ft. Collins, Colo. (Ft. Collins)	Dave Derdeyn	1986, 87	Richmond, Ill. (Richmond-Burton)
Kenneth Barret	1975	Boulder, Colo. (Boulder)	David Diaz	1980, 81	Wheatridge, Colo. (Wheatridge)
Adam Batliner	1995, 96, 97, 98	Lakewood, Colo. (Green Mountain)	Pat Dolan	1990	Greeley, Colo. (Greeley Central)
Payton Batliner	2002, 03, 04, 05	H-Ranch, Colo. (Highlands Ranch)	Jeff Donaldson	1966	Denver, Colo. (Ranum)
Harry R. Beard	1914, 15		Knowles Dougherty	1953	
Jeff Berven	1965, 66	Colorado Springs, Colo.	Dave Dubach	1948	
(Wasson)			James Duce	1912, 13, 14	
Matt Biegner	2010	Broomfield, Colo. (Broomfield)	Thomas F. Duggan	1915	
Dave Binkley	1966, 67	Pueblo, Colo. (Central)	Andy Dunn	1985, 86, 87, 88	Littleton, Colo. (Littleton)
William P. Blair	1914, 15		Roman Duran	1987, 88	Northglenn, Ohio (Northglenn)
Aaron Blondeau	1997, 99, 00, 01	Salida, Colo. (Salida)	Paul Edstrom	1967, 68	Englewood, Colo.
Cisco Bob	1987, 88, 89	Ruidoso, N.M. (Ruidoso/Texas Tech)	Scott Elliott	1986	
Joe Bosshard	2009, 10	Crested Butte, Colo. (Crested Butte Academy)	Ron Elston	1970	
		Carlisle, Ohio (Carlisle)	Dick Faust	1961, 62	
Mark Brewer	1974		Fred Feasel	1915	
David Brown	1982		Kent Fischman	1981	Hazelcrest, Ill. (Hillcrest)
Gerald Bryan	1963	Lakewood, Colo.	Jim Fitzmorris	1956, 57	Colorado Springs, Colo.
Mike Buhmann	1977, 78, 79	Norridge, Ill. (Ridgewood)	William D. Fleming	1914	
Casey Burchill	2002, 03	Clovis, Calif. (Buchanan)	Shawn Fould	1991, 92, 93	Grand Junction, Colo. (Brewer/Lamar)
Robert M. Burns	1912		Bernie Frakes	1957, 58, 59	Ordway, Colo.
Eric Gahn	1958, 59, 60		Mike Friedberg	1998, 99, 2000	Columbia, Md. (The Park School)
Robert Campbell	1968, 69, 70		Jim Funk	1954, 56	
Fred Carnahan	1973, 74	Genoa, Neb. (Genoa)	Michael Gallagher	1962	
Nick Carr	1982		Sam Gamble	1904	
Ted Castaneda	1972, 73	Colorado Springs, Colo.	James Garcia	1964	
Steve Castaneda	1970		Joseph Garst	1905	
Tim Catalano	1991, 92, 93, 94	Fort Collins, Colo. (Fort Collins)	Bill Gavitto	1951, 53	Denver, Colo. (Wesminster)
Paul Cattermole	1965, 66, 67	Denver, Colo. (Regis)	Daniel Gist	1958	
Tom Caughlin	1997	Mason City, Iowa (Mason City)	Jim Giveans	1990, 91, 92	Littleton, Colo. (Arapahoe)
Anthony Chiulli	2005	Memphis, Tenn. (Christian Brothers)	Eric Gleason	1984	Huntington Beach, Calif. (Marina)
Everett F. Clark	1912		Floyd Godwin	1964, 65	San Lareneo, Calif. (Arroyo)
Wayne Clark	1947		Adam Goucher	1994, 95, 97, 98	Colorado Springs, Colo. (Doherty)
Ernest Clayton	1904		Frank Green	1905	
Cameron Clayton	2010	Superior, Colo. (Monarch)	Bob Greenfield	1958	
Jay Cleckler	1993, 94	Woodland Park, Colo. (W-Park)	Arlo C. Greenwalt	1915	
Jon Cooper	1994, 95	El Paso, Texas (Coronado)	John Gregorio	1971, 72	
Colin Couper	1951		J.J. Griffin	1973, 74	Pueblo, Colo.
Dave Couture	1987, 88, 89	Lakewood, Colo. (Lakewood)	Bob Griffith	1961, 62, 63	Aurora, Colo.
			Fred Griffin	1904	
			Arnold Hamala	1964	
			Roger Hansen	1973	Lompoc, Calif.
			Chuck Hatteresley	1977, 79	La Mesa, Calif. (Grossmont)
			Bradley Harkrader	2004, 06, 07	Westminster, Colo. (Thornton)
			Erik Heinonen	2005, 06	Eugene, Ore. (South Eugene)
			Alexander Hill	1905	
			Ed Hom	1971, 72	
			Ed Hopfner	1979	Port Angeles, Wash. (Port Angeles)
			Larry Hoppis	1951	
			Paul Hospe	1907	
			Jack Hughes	1956, 57	Watervliet, Colo. (Watervliet)
			Joel Hunsaker	1982	Arvada, Colo. (Arvada West)
			John Hunsaker	1975, 76, 77, 78	Arvada, Colo. (Arvada West)



Bradley Harkrader



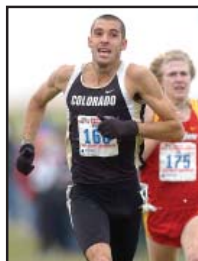
Erik Heinonen

ALL TIME LETTERWINNERS

Ben Husaby	1989	Eden Prairie, Minn. (Eden Prairie)	Larry Novak	1976	Shepherd, Mont.
Peter Janson	2005, 06, 07	Dallas, Texas (Highland Park)	Charlie O'Brien	1976	Denver, Colo. (Mullen)
Jay Johnson	1995, 96, 98	Castle Rock, Colo. (Douglas County)	Eugene O'Keefe	1914	
Joseph B. Johnson	1916		Clyde M. Owens	1912, 13	
Steve Johnson	1989	Englewood, Colo. (Cherry Creek)	Robert G. Packard	1907	
Terry Johnson	1979, 80	Fort Collins, Colo. (Fort Collins)	Chris Pannone	2006, 07, 08	Whitehouse, N.J. (Hunterdon Central)
William Johnson	1904		Mike Peake	1957	Lakewood, Colo.
Leonard Jordan	1904		Dick Peck	1954	
Stan Justice	1968, 69, 70		Mike Peterson	1970, 72, 73, 74	
Harold Ketting	1973	Redondo Beach, Calif.	Kirk Pfeffer	1976	
John Kick	1952, 53, 54	Rochester, N.Y. (Aquinas)	John Phillips	1969, 70, 71	Cuyahoga Falls, Ohio
Dan King	1980	Colorado Springs, Colo. (Coronado)	Wayne Phipps	1953	
Scott King	1980	Colorado Springs, Colo. (Coronado)	Stephen Pifer	2004, 05, 06, 07	Edwardsville, Ill. (Highland Park)
Albert Kinsbury	1905		Mark Pillmore	1971	
Doug Kirkmeyer	1952		William Poley	1956, 59	
Robert R. Knowles	1905		Dan Poole	1966	
Andy Knutsen	2002	Huntington Beach, Calif. (Edison/USC)	Oscar Ponce	1996, 97, 98, 99	Denver, Colo. (Denver North)
Tom Kresl	1984, 85	Ft. Collins, Colo. (Ft. Collins)	Ralph Poucher	1957, 58, 59	
Mike Kubischek	1985	Lakewood, Colo.	Jason Pozner	1990, 91	Morganville, N.J. (Marlboro)
Jordan Kyle	2008, 09	Fishers, Ind. (Hamilton SE)	Harry Pratt	1904	
Blaine Lam	1965, 67	Boulder, Colo. (Boulder)	Arthur Preston	1904	
Brett Larsen	1990, 91, 92, 93	Fort Collins, Colo. (Ft. Collins)	Winfred L. Prouty	1908	
Scott Larson	1990, 91, 92, 93	Boulder, Colo. (Fairview)	Ted Quintana	1975	San Lorenzo, Calif. (San Lorenzo)
Alfred Law	1904		Robert Radnoti	1977, 78, 79	Greeley, Colo. (Greeley West)
Carroll Laverty	1927		Rudolph Rahlffing	1904	
David Lewis	1955		Clarence W. Ramey	1913	
Joe Lombert	1972		Roy Randall	1904	
Richard Lower	1973, 74	Harmony, Pa. (Seneca Valley)	Dan Reese	1982, 84, 85	Golden, Colo. (Wheat Ridge)
Bruce Lundy	1976	Lakewood, Colo. (Lakewood)	Richard Reese	1984	Golden, Colo. (Wheat Ridge)
John Lunn	1966, 67, 68	Denver, Colo. (South)	Sam Reese	1980, 81, 82,	Golden, Colo. (Wheat Ridge)
Tony Macey	1984, 85	Las Vegas, Nev. (Valley)	Tom Reese	1995, 96, 97, 98	Golden, Colo. (Wheat Ridge)
John E. Mackling	1916		Terry V. Ritchie	1907	
Garry Maddox	1971, 72		Dathan Ritzenhein	2001, 03	Rockford, Mich. (Rockford)
David Magee	1975	Santa Maria, Calif. (St. Joseph)	Jason Robbie	2000	Boulder, Colo. (Alexander Dawson)
Glen Malcolm	1950		Ray C. Roberts	1905	
Jerry Maris	1982	Buckley, Wash. (White River)	Carbin E. Robinson	1907	
Joseph Markey	1916		Dennis Robertson	1959	
Jeff Mason	1986	Denver, Colo. (South)	Fritz Rogers	1989, 90, 91, 92	Lakewood, Colo. (Lutheran)
Robert D. Mauff	1905		Greg Rohde	1980	Bismark, N.D. (Century)
Steve McBain	1961		Douglas C. Roller	1905	
Mike McCoy	1961, 62, 63		Ron Roybal	1996, 97, 98, 99	Santa Fe, N.M. (Pojoaque)
Donald McClure	1964		Mike Ruffato	1975	
Matt McCue	2003	Iowa City, Iowa (Iowa City Regina)	Craig Runyan	1966, 67, 68	Denver, Colo. (Thomas Jefferson)
Tom McKinley	1969, 71, 72		Thomas H. Ryan	1915	
Matt McMullen	1980	Aurora, Colo. (Gateway)	Donald H. Rymer	1915, 16	
Martin Medina	2009, 10	Grand Junction, Colo. (GJ)	Ralph Sargent	1958	
Richard Medina	2007, 08, 09	Grand Junction, Colo. (GJ)	Ron Salazar	1990, 91, 92, 93	Grand Junction, Colo. (Grand Junction)
Eric Meloney	1987, 89	Bethesda, Md. (Whitman)	Andy Samuelson	1990	Colorado Springs, Colo. (Rampart)
Ken Metcalf	1986	Cederidge, Colo.	Mike Sandrock	1979	Park Ridge, Ill. (Park Ridge)
Virgil E. Metcalf	1917				
Earl B. Millard	1907				
Nick Miller	2008	Littleton, Colo. (Mountain View)			
Micah Moore	1990, 92	Boulder, Colo. (Fairview)			
Dick Moritz	1970, 72	Cuyahoga Falls, Ohio			
Joseph B. Morrill	1907				
Paul C. Mosher	1905				
Richard Musgrave	1974	Denver, Colo. (Lincoln)			
David Nahom	1987, 88, 89	Brookfield, Conn. (Brookfield)			
Mike Nahom					
Matt Napier	1996, 97, 99	Socorro, N.M. (Socorro)			
Billy Nelson	2002, 03, 05, 06	Bakersfield, Calif. (Taft Union)			
Kenyon Neuman	2006, 07, 08, 09	Bend, Ore. (Summit)			



Chris Pannone



Stephen Pifer

ALL-TIME LETTERWINNERS

Letterwinner	Years	Hometown (High School)
Clem Saunders	1913	
John H. Sawhill	1915, 16	
Chris Schafer	2000	Yakima, Wash. (Eisenhower)
Al Schmidt	1961, 62	Longmont, Colo.
Bret Schoolmeester	2002, 03, 04, 05	Sedalia, Colo. (Denver Christian)
Jared Scott	2001, 03, 04	Monument, Colo. (Palmer)
Mark Scrutton	1979, 80, 81, 82	London, England (Towbridge Kent)
Chris Severy	1994, 95, 96, 98	Aspen, Colo. (Aspen)
Jon Severy	2001, 02, 03, 04	Aspen, Colo. (Aspen)
Dillon Shije	2010	Albuquerque, N.M. (Sandia Preparatory)

Clarence R. Short	1912	
Steve Slattery	1999, 00, 01, 02	Flanders, N.J. (Mt Olive)
Brian Smith	1975, 76	Denver, Colo. (Lincoln)
Sean Smith	1999, 2000, 01	Montrose, Colo. (Montrose)
Tom Smith	1979, 80	Fremont, Calif. (Mission San Jose)
Mark Spillsbury	1976, 77, 78, 79	Santa Anna, Calif. (Foothill)
Bill Sproat	1961, 62, 63	Climax Falls, Ore.
Tom Starr	1961, 62, 63	Platteville, Colo.
Ned Steele	1905	
Don Steers	1953, 54	
Mike Stegner	1969, 70, 71	
Fred W. Stoddard	1907	
James Strang	2004, 05, 06	Signal Mountain, Tenn. (Baylor)
George M. Stratton	1905	
Mark Stromberg	1984	Englewood, Colo. (Cherry Creek)
Matt Tebo	2007, 08, 09	Albuquerque, N.M. (Eldorado)
Brock Tessman	1998	Danville, Calif. (Monte Vista / Brown)
Rob Thayer	2007	Hotchkiss, Colo. (Hotchkiss)
Christian Thompson	2008, 09, 10	Candor, N.Y. (Candor)
Griff Thompson	1978, 79	Tulsa, Okla. (Memorial)
Zeke Tiernan	1994, 96	Aspen, Colo. (Aspen)
Edwardo Torres	1999, 00, 01, 02	Wheeling, Ill. (Wheeling)
Jorge Torres	1999, 00, 01, 02	Wheeling, Ill. (Wheeling)
Chuck Trujillo	1984, 85, 86, 88	Northglenn, Colo. (Northglenn)
Rick Trujillo	1967, 68, 69	Ouray, Colo.
Chris Valenti	1998	Littleton, Colo. (Littleton)
Pete Van Arsdale	1966, 68	
Aric Van Halen	2009, 10	Los Angeles, Calif. (Oakwood)
Brent Vaughn	2003, 04, 06, 07	Aurora, Colo. (Smoky Hill)
Andy Wacker	2008, 09, 10	Pinehurst, N.C. (Pinecrest)
Orly Waller	1982	Tacoma, Wash. (Puyallup)
Harry H. Ware	1916	
Thomas M. Warner	1905	
Chris Webster	1969	
Clint Wells	1994, 95, 97	Craig, Colo. (Moffat County)
Jim Whitmore	1976, 77	Van Nuys, Calif.



Jorge Torres



Brent Vaughn

Todd Wienke	1984, 85	Whitefish Bay, Wis. (Whitefish Bay)
Milt Wiley	1948, 50	
Arthur D. Wilson	1905	
Earl E. Wright	1912	
Nate Wright	1987, 88, 89	Fort Collins, Colo. (Poudre)
Rene Wright	1904	
Dave Wrighton	1963, 64, 65	Montreal, Canada (MacDonald)
Jim Wyatt	1954, 56	Craig, Colo. (Moffat County)
John J. Yowell	1912	
Harry Zimmerhackle	1904	

WOMEN

Letterwinner	Years	Hometown (High School)
Pam Allen	1976	
Lindsay Arendt	1998, 99	Littleton, Colo. (Chatfield)
Jenny Arnold	1998	Inverness, Ill. (Libertyville)
Molly Austin	1999, 01, 02	Littleton, Colo. (Mullen)
Lee Ballenger	1976, 78	Charlotte, N.C. (Country Day)
Veronica Barajas	1992, 93	Oxnard, Calif. (Channel Islands)
Jenny Barringer	2005, 06, 07, 09	Oviedo, Fla. (Oviedo)
Anne Barrett	1979	Fair Oaks, Calif. (San Marino)
Brooke Baughman	1991, 92, 93	Salt Lake City, Utah (RH-St.M)
Kristi Berwick	1980	Encino, Calif. (Taft)
Michelle Bews	1984, 86, 87, 88	Victoria, Australian (Ann Arbor)
Christine Bolf	2002, 03, 04, 05	Los Angeles, Calif. (Notre Dame)
Ben Bossut	1992, 93	Font Ronneay, France (College of Mairn)
Lize Brittin	1987	Boulder, Colo. (Fairview / BYU)
Suzanne Bryan	1983	
Debbie Bump	1987	Wheatridge, Colo. (Wheatridge)
Heather Burroughs	1994, 95, 97, 98	Kansas City, Mo. (Pembroke)
Shannon Busch	1987, 88, 89, 90	Fort Collins, Colo. (Poudre)
Alison Butterworth	1980	Charlotte, N.C. (Myers Park)
Catrina Campbell	1987, 88	Longmont, Colo. (Lmont /Idaho St)
Heather Chaimberlain	1988	Leesburg, Va. (Leesburg/Brevard)
Anna Chase	2006, 07	Martinsville, Va. (Martinsville)
Jessica Cirelli	1994, 95	Superior, Colo. (Fairview)
Emma Coburn	2008, 09, 10	Crested Butte, Colo. (Crested Butte)
Carrie Cockerham	1996	Englewood, Colo. (Cherry Creek)
Jeanne Collopy	1976	
Wendy Cozens	1978	Denver, Colo. (Thomas Jefferson)
Katie Cumming	2008, 09, 10	Hudson, Wis. (Hudson)
Kimberley Cundiff	1988	Boulder, Colo. (Boulder)
Kristina Dahlberg	1993, 94, 95, 96	Orange, Calif. (El Modena)
Mary Decker	1977, 78	Orange, Calif.
Allison Eckert	2007	Sioux Falls, S.D. (Roosevelt)
Morgan Ekemo	2008	Eagle River, Alaska (Chugiak)
Anne Farris	1987, 88, 89	Aspen, Colo. (Aspen)
Jen Fazoli	1998, 99, 00	Averill Park, N.Y. (Averill Park)
Natalie Florence	2001, 02, 03, 04	Lawrenceville, Ga. (Collins Hill)
Judy Foster	1992	Lakewood, Colo. (Wheatridge)
Christie Friesen	1989	Albuquerque, N.M. (Manzano)
Diana George	2010	Livermore, Calif. (Livermore)
Rachel Gioscia	2006, 08	Buena Vista, Colo. (Buena Vista)
Colleen Glyde	1995, 96	State College, Pa. (St-College/Penn St)
Sara (Gorton) Slattery	2000, 02, 04	Phoenix, Ariz. (Mountain Point)
Kara Grgas-Wheeler	1996, 97, 99, 00	Duluth, Minn. (Duluth East)
Kendall Grgas-Wheeler	2000, 02, 03	Duluth, Minn. (Duluth East)
Jen Gruia	1997, 98	Vienna, Va. (Paul VI / Virginia)
Susan Haldeman	1977, 78	Santa Monica, Calif. (Santa Monica)
Ruth Hamilton	1980	Carbondale, Colo. (CO Rocky Mtn)
Sarah Hanson	1982, 83, 85, 86	Boulder, Colo. (Fairview)

ALL-TIME LETTERWINNERS

Emily Hanenburg	2006, 08, 09	Colorado Springs, Colo. (The Classical Academy)	Nancy Reynolds	1982, 83	Cave Junction, Ore. (Illinois Valley)
Denise Hermosillo	1983, 84, 85	Durango, Colo.	Deb Rieck	1997	Englewood, Colo. (Cherry Creek)
Jeanne Higgins	1988	Hulls Cove, Maine (Hulls Cove)	Renee Rife	1984	Portola, Calif.
Lesley Higgins	1998, 99, 00, 01	Littleton, Colo. (Arapahoe)	Heather Roberts	1991	Aurora, Colo. (Overland)
Kimberly Hills	1976, 77, 78, 79	Eugene, Ore. (North Eugene)	Patty Roberts	1993, 94, 95	LaGrange, Ill. (Lyons Township)
Kristen Hoogheem	2005	Chesterfield, Mo. (Marquette)	Cecilia Robinson	1983	Leonard, Texas
Jen Hooper	2007	Steamboat Springs, Colo. (Steamboat Springs)	Sheri Rochel	1982	Seattle, Wash. (Shoreline)
Allison Howard	1990, 91	Minneapolis, Minn. (Roseville Area)	Nancy Rogowski	1982, 84	Boulder, Colo. (Boulder)
Melissa Howell	1984	Broomfield, Mich.	Aislinn Ryan	2006, 07	Warwick, N.Y. (Warwick)
Renee Howell	1993	Westminster, Colo. (Northglenn)	Liz Sabochik	2000, 01	Englewood, Colo. (Cherry Creek)
Jodie Hughes	1998, 99, 00, 01	The Woodlands, Texas (The Woodlands)	Allison Sawyer	2007, 08, 09	Hilton, N.Y. (Hilton)
Sharon Hulse	1980, 82	Huntington Beach, Calif. (Edison)	Heidi Scarlett	1993, 95, 96, 97	Alamosa, Colo. (Alamosa)
Cindy Ike	1976		Sandy Simmons	1977	
Jennifer Jones	1991, 92	Parker, Colo. (Ponderosa)	Kaylen Slack	2008	Colorado Springs, Colo. (Liberty)
Lori Jorgensen	1978, 80	Mahopac, N.Y. (Mahopac)	Dana Slater	1977, 78	Freedoms Plains, N.Y. (Arlington)
Michelle Kantor	1988, 89, 90	Reno, Nev. (McQueen)	Amber Smith	2004	Ishpeming, Mich. (Westwood)
Gina Kelly	1991	Cincinnati, Ohio (Anderson)	Jennifer Smith	1997	Spokane, Wash. (Joel E. Ferris)
Kirsten Kindt	1983, 84, 85, 86	Englewood, Colo.	Kelly Smith	1994, 95, 96, 97	Petoskey, Mich. (Petoskey)
Michelle King	1989, 90	Bailey, Colo. (Platte Canyon)	Wendy Smith	1990, 91	Beaverton, Ore. (Beaverton)
Shalaya Kipp	2010	Salt Lake City, Utah (Skyline)	Sara Solomon	1988, 89, 90, 91	Greeley, Colo. (Greeley Central)
Katie Kissane	2002	Essex, Vt. (Essex)	Carolyn Spahr	1976	
Susan Kranzler	1984	Wheatridge, Colo.	Kate Starke	1986, 87	Ft. Collins, Colo. (Ft. Collins)
Brandi Krug	1992, 93	Grand Junction, Colo. (Grand Junction)	Briana Stott-Messick	1997, 98	Fort Collins, Colo. (Poudre)
Liz Laster	1988, 90	Aurora, Colo. (Rangeview)	Elaine Strickland	1986	Northglenn, Colo.
Camille Logan	2010	Littleton, Colo. (Littleton)	Carleen Thom	1979, 80	Phoenix, Ariz. (Central)
Allison Lusby	1993, 94	Boulder, Colo. (Fairview)	Laura Thweatt	2007, 08, 09, 10	Durango, Colo. (Durango)
Claire Maduza	2006	Shorewood, Wis. (Shorewood)	Kalin Toedebusch	2003, 05	Rockford, Mich. (Rockford)
Erin Marston	2006, 07	Parker, Colo. (Chaparral)	Elizabeth Tremblay	2010	Loveland, Colo. (Thompson Valley)
Bridget Marting	1982, 83	Colorado Springs (Cheyenne Mtn)	Laura Tremblay	2009, 10	Loveland, Colo. (Thompson Valley)
Hilary McClendon	2006	Eagle, Idaho (Bishop Kelly)	Rachel Viger	2010	Fort Collins, Colo. (Fort Collins)
Cathy McCray	1982, 83		Sara Vaughn	2005, 07	Gering, Neb. (Gering)
Rachel McKeen	1993, 94	Beaverton, Ore. (Beaverton)	Hilary White	2001	Gainsville, Fla. (Bucholz / Florida)
Allie McLaughlin	2009	Colorado Springs, Colo. (Air Academy)	Shayne Wille	1995, 96	Havertown, Pa. (Haverford/Vermont)
Carol McMordie	1985, 86, 87, 89	Lakewood, Colo. (Green Mtn)	Katherine Wilson	1977, 78, 79, 80	Bloomfield Hills, Mich. (Lahser)
Chris McNamara	1984, 85, 86, 87	Gresham, Ore. (Gresham)	Carolyn, Wollenberger	1984, 85	Portalo Valley, Calif.
Amy McNitt	1992, 93, 94, 95	Monte Vista, Colo. (Sargent)	Kathy Woodbridge	1976, 77, 78	Princeton, N.J.
Amy Merten	1989, 91	Fairfax Station, Va. (Fairfax)	Anna Wright	2001	St. Louis, Mo. (Oakville/UT-Chattanooga)
Carrie Messner	1995, 96, 98, 99	Evergreen, Colo. (Mullin)	Catherine Wright	1999, 2000	St. Louis, Mo. (Oakville)
Renee Metivier	2003, 04	Highland Village, Texas (Marcus/Ga Tech)	Jackie Zeigle	2002, 03, 04, 05	South Jordan, Utah (Bingham)
Jennifer Miller	1992	Grosse Pt Park, Mich. (Liggett)	Laura Zeigle	2003, 04, 05	South Jordan, Utah (Bingham)
Peg Millican	1989	Ft. Collins, Colo. (Poudre/Gal-Poly SLO)	DeAnn Zamora	1984, 85, 87	Boulder, Colo. (Boulder)
Fran Montes	1979, 80	Islip Terrace, N.Y. (East Islip)			
Tera Moody	1999, 00, 01, 02	St. Charles, Ill. (St. Charles)			
Pam Olson	1977				
Liza Pasciuto	2004, 05, 06	Murrieta, Calif. (Murrieta Valley)			
Kaye Rains	1987	Ft. Collins, Colo. (Rocky Mtn)			
Muffy Raveling	1991, 92, 93, 94	Lakewood, Colo. (Alameda)			



Natalie Florence



Kendall Grigas-Wheeler



Erin Marston



Kalin Toedebusch

YEAR-BY-YEAR RESULTS

1953Men	
at Wyoming Invitational.....	1/4
Colorado State Triangular.....	1/3
Colorado Triangular.....	1/3
at Iowa State Triangular.....	1/3
at Big Seven Championships.....	2/6

1954Men	
at Iowa State.....	1
at Wyoming Invitational.....	1
Colorado Five-Way.....	1/5
Colorado Quadrangular.....	1/4
at Big Seven Championships.....	4/7

1955Men	
Colorado Triangular.....	1/3
at Wyoming Invitational.....	1/3
at Iowa State Quadrangular.....	2/4
at Big Seven Championship.....	3/7

1956Men	
at Wyoming Invitational.....	1/3
vs. Iowa State.....	23-32
vs. Kansas State.....	21-34
vs. Nebraska.....	27-28
at Big Seven.....	2/7

1957Men	
vs. Air Force.....	15-43
at Nebraska Triangular.....	3/3
at Iowa State Triangular.....	1/3
Colorado Triangular.....	1/3
at Big Eight Championships.....	2/8
at NCAA Championships.....	8

1958Men	
at Oklahoma Quadrangular.....	2/4
at Wyoming Invitational.....	1
at Air Force Triangular.....	1/3
at Big Eight Championships.....	3/8

1959Men	
at Kansas State Triangular.....	2/3
Air Force Dual.....	29-26
at Air Force Tri-Duals.....	1/3
at Big Eight Championships.....	5/8

1960Men	
Rocky Mountain AAU.....	3/5
at Kansas State Triangular.....	3/3
Colorado Triangular.....	3/3
Colorado State Dual.....	39-16

1961Men	
at Kansas State Triangular.....	1/3
at Nebraska.....	23-36
at Air Force Rocky Mtn AAU.....	1/6
vs. Colorado State Dual.....	26-33
at Big Eight Championships.....	2/8

1962Men	
at Wyoming Invitational.....	2
at Denver Invitational.....	1
vs. Nebraska (Dual).....	22-37
vs. Colorado State (Dual).....	29-26

1963Men	
at Wyoming Invitational.....	1
at Denver Invitational.....	1
at Nebraska Dual.....	21-36
CU Five-Way Meet.....	2/5
at Big Eight Championships.....	4/8
at NCAA Championships.....	2 runners

1964Men	
at Wyoming Invitational.....	1
at Denver Invitational.....	1
vs. Nebraska (Dual).....	21-34
Colorado Invitational.....	1
at Big Eight Championships.....	3/8
at NCAA Championships.....	1 runner

1965Men	
at Denver Invitational.....	1
at Wyoming Invitational.....	2
at Nebraska Dual.....	17-41
Colorado Invitational.....	2
at Big Eight Championships.....	4/8
at NCAA Championships.....	14

1966Men	
at Denver Invitational.....	1
at Wyoming Invitational.....	1
vs. Nebraska (Dual).....	15-50
vs. Air Force (Dual).....	15-48
Colorado Invitational.....	3
at Big Eight Championships.....	2/8
at NCAA Championships.....	6

1967Men	
at Denver Invitational.....	1/7
at Wyoming Invitational.....	1/6
vs. Nebraska.....	20-37
vs. Air Force.....	28-27
Colorado Invitational.....	1/7
Big Eight Championships.....	2/8
at NCAA Championships.....	3/10

1968Men	
vs. Wyoming (Dual).....	25-34
at Air Force Dual.....	23-54
vs. Western Michigan (at AFA).....	18-40
Colorado Invitational.....	1
Wyoming Invitational.....	2
Big Eight Championships.....	2/8

1969 (Don Meyers)Men	
vs. Wyoming (Dual).....	22-39
Colorado Invitational.....	2/8
at Kansas State Invitational.....	5/7
at Big Eight Championships.....	6/8

1970 (Jerry Quiller)Men	
vs. Air Force (Dual).....	20-43
vs. Wyoming (Dual).....	22-39
vs. Air Force (Dual).....	30-25
Colorado Invitational.....	1/8
vs. Nebraska (Dual).....	19-37
Big Eight Championships.....	4/8
at NCAA Championships.....	15/39

1971 (Jerry Quiller)Men	
at Air Force Dual.....	30-25
Colorado Invitational.....	1/9
at Big Eight Championships.....	4/8
at Central Collegiate Conf. Ch.....	2/5
at NCAA Championships.....	26/30

1972Men	
at Air Force (Dual).....	22-33
at BYU (Dual).....	43-19
Colorado Invitational.....	1/9
at Big Eight Championships.....	2/8
at NCAA District V Championship.....	4/7
at NCAA Championships.....	

1973Men	
at BYU (Dual).....	15-41
vs. Nebraska (Dual).....	20-40
Colorado Quadrangular.....	1/4
at Big Eight Championships.....	2/8
at NCAA Championships.....	6/22

1974Men	
at Wyoming Invitational.....	5/6
Colorado Triangular.....	1/3
USTF Cross Country Champ.....	4/17
at Big Eight Championships.....	

1975Men	
at Wyoming Invitational.....	2/5
at UNC Invitational.....	4/4
USTF Rocky Mtn. Champ.....	3/13
Big Eight Championships.....	2/8

1976 (Dean Brittenham)Men	Women
Sloans Lake.....	NTS
Timber Ridge Runners.....	NTS
Vail Fest.....	NTS
at Colorado State (Dual).....	NTS
at Colorado State Invitational.....	NTS
vs. New Mexico (Dual).....	26-29
at Iowa State Invitational.....	4/10

Colorado Five-Way.....	1/5
at Kansas Invitational.....	1/5
USTFCC Championship.....	2/11
at Big Eight Championships.....	1/8
at AIAW Region VII Championship.....	2/6
at NCAA/AIAW Championships.....	20/34

1977 (D Brittenham/R. Castro)Men	Women
at Kansas State Invitational.....	1/8
at Air Force.....	1
Rocky Mountain USTFF.....	2/12
at Big Eight Championships.....	1/8
at AIAW Regional Championships.....	1/5
at NCAA/AIAW Championships.....	10/29

1978 (Dean Brittenham)Men	Women
at Air Force.....	1
at New Mexico.....	1
Rocky Mountain USTF.....	2nd
Big Eight Championships.....	1/8
at NCAA District V/AIAW Region VII.....	1
at NCAA/AIAW Championships.....	5

1979 (David Troy/Kathy Jackson)Men	Women
at Kansas State Invitational.....	1/8
at New Mexico.....	1/3
at Air Force.....	1/3
Track & Field Asst. Meet.....	1/8
at Colorado Collegiate.....	2/7
at Big Eight Championships.....	1/8
at NCAA District V/AIAW Region VII.....	1/16
at NCAA Championships.....	4/29

1980 (David Troy/Kathy Jackson)Men	Women
at New Mexico.....	1
at Air Force Invitational.....	1/6
at UNC Invitational.....	2/11
CU Invitational.....	1/11
CU Collegiate.....	1/11
at Utah Invitational.....	1/8
at Big Eight Championships.....	1/8
at NCAA District V/AIAW Region VII.....	1/11
at NCAA Championships.....	13/29

1981 (David Troy/Gordon Fox)Men	Women
at Colorado Collegiate Invite.....	3
Colorado Invitational.....	1
at Adams State Invitational.....	1
at Utah Invitational.....	2
at Idaho State Classic.....	3
at BYU/NIKE Autumn Classic.....	6
at Big Eight Championships.....	3/8
at NCAA District V/AIAW Region VII.....	3
at NCAA/AIAW Championships.....	9

1982 (David Troy/Gordon Fox)Men	Women
at Pelluer Invitational.....	NTS
Colorado Invitational.....	1/4
at Wyoming Invitational.....	1/3
at Adams State Invitational.....	1/4
at Arkansas Invitational.....	2/4
at Nebraska Invitational.....	3/8
at Kansas Invitational.....	3/8
at Big Eight Championships.....	1/8
at NCAA District V Championship.....	1/12
at NCAA Championships.....	7/21

1983 (David Troy/Gordon Fox)Men	Women
at Air Force Triangular.....	1/3
at Wyoming Invitational.....	2/6
at Adams State Invitational.....	3/6
at BYU Invitational.....	2/7
at Colorado State Invitational.....	4/8
Colorado Invitational.....	1/7
at Weber State Invitational.....	3/11
at Oregon Track Club Invite.....	1/9
at Big Eight Championships.....	5/8
at NCAA District V Championship.....	5/10

YEAR-BY-YEAR RESULTS

1984 (David Troy/Gordon Fox)	Men
at Pier Park Invitational.....	1/10
at Adams State Invitational.....	1/8
High Altitude Challenge.....	NTS
at Wyoming Invitational.....	2/4
at Air Force Invitational.....	1/7
at Purdue Invitational.....	1/3
Colorado Invitational.....	2/6
at Arkansas Invitational.....	3/7
Big Eight Championship.....	3/8
at NCAA District V Championship.....	2/12
at NCAA Championships.....	22/22

1985 (Jerry Quiller)	Men
at Wyoming Invitational.....	NTS
at Oklahoma St Invitational.....	NTS
at Missouri Invitational.....	1/6
NIKE High Altitude Challenge.....	NTS
Colorado Invitational.....	2/11
Pre-NCAA Invitational.....	1/10
at Big Eight Championships.....	1/8
at NCAA District V Championship.....	2/10
at NCAA Championships.....	3/22

1986 (Jerry Quiller)	Men
at Bradley Invitational.....	NTS
at Wyoming Invitational.....	NTS
at Kansas State Invitational.....	2/8
REEBOK/Rocky Mtn Invite.....	2/16
at Colorado College Invite.....	3/9
at Arizona Invitational.....	2/5
at Big Eight Championships.....	1/8
at NCAA District V Championship.....	1/10
at NCAA Championships.....	5/21

1987 (Jerry Quiller)	Men
at Wyoming Invitational.....	NTS
at Missouri Invitational.....	2/13
REEBOK/Rocky Mtn. Invite.....	4/21
at Sooner Invitational.....	1/7
at Virginia Invitational.....	14/21
at Colorado State Invitational.....	1/7
at Big Eight Championships.....	3/8
at NCAA District V Championship.....	1/10
at NCAA Championships.....	15/22

1988 (Jerry Quiller)	Men
at OSU Early Bird Race.....	2/4
at BYU Autumn Classic.....	1/5
at Wyoming Open (B).....	5/5
Rocky Mountain Shootout.....	6/19
at Iowa State Memorial.....	7/17
at Big Eight Championships.....	2/8
at District V Championships.....	3/13
at NCAA Championships.....	1 runner

1989	Men
CU Invitational.....	2/3
at Wyoming Open.....	5/8
at Naval Academy Invitational.....	8/17
Rocky Mountain Shootout.....	1/15
at Indiana Invitational.....	1/10
at Big Eight Championships.....	3/8
at Colorado State (B).....	6/8
at NCAA District VII.....	2/20
at NCAA Championships.....	18/20

1990 (Jerry Quiller)	Men
at Nebraska Invitational.....	2/11
at Wyoming Open (B).....	2/7
at Air Force Invitational (B).....	4/14
at BYU Invitational.....	NTS
Rocky Mountain Shootout.....	8/15
at Iowa State Invitational.....	6/6
at Big Eight Championships.....	3/8
at NCAA District VII.....	12/21

1991 (Jerry Quiller)	Men
at Kansas Jayhawk Invite.....	3/8
at Wyoming Invite (B).....	4/7
Rocky Mountain Shootout.....	1/12
at Adams State Invitational (B).....	3/10
at Arizona Invitational.....	9/25
at Big Eight Championships.....	2/8
at Colorado State (B).....	NTS
at NCAA District VII.....	5/21

1992 (Jerry Quiller)	Men
at Indiana Invitational.....	3/8
at Southern Colorado (B).....	3/9
Rocky Mountain Shootout.....	1/10
at Fort Hays State (B).....	2/11
at Penn State Invitational.....	1/8
Big Eight Championships.....	1/8
at Colorado State (B).....	3/4
at NCAA District VII.....	1/21
at NCAA Championships.....	11/21

1993 (Jerry Quiller)	Men
at Air Force Invitational.....	1/10
Rocky Mountain Shootout.....	1/7
at Fort Hays State (B).....	1/7
at Michigan Inter-Regional.....	1/13
Big Eight Championships.....	2/8
at Colorado State (B).....	3/3
at NCAA District VII.....	1/21
at NCAA Championships.....	4/22

1994 (Jerry Quiller)	Men
at Northern Colorado (B).....	NTS
at Kansas State Invitational.....	2/6
Rocky Mountain Shootout.....	1/13
at Jeff Drenth Memorial.....	1/15
at Fort Hays State (B).....	6/10
at Big Eight Championships.....	2/8
at NCAA District VII.....	1/19
at NCAA Championships.....	2/22

1995 (M. Wetmore/T.J. Jacober)	Men
at Big Cross.....	1/6
at Colorado State (B).....	3/3
Rocky Mountain Shootout.....	1/12
at Iowa State Invitational.....	1/22
at Fort Hays State (B).....	4/12
at Big Eight Championships.....	2/8
at NCAA District VII.....	1/17
at NCAA Championships.....	4/22

1996 (Mark Wetmore)	Men
at Colorado State.....	1/6
Rocky Mountain Shootout.....	1/10
at Pre-Nationals.....	2/32
at Fort Hays State (B).....	2/14
at Big 12 Championships.....	1/12
CU/NIKE Open.....	NTS
at NCAA District VII.....	1/13
at NCAA Championships.....	5/22

1997 (Mark Wetmore)	Men
at Colorado State (B).....	4/5
Rocky Mountain Shootout.....	1/12
at Pre-Nationals.....	2/25
at Fort Hays State (B).....	1/13
at Big 12 Championships.....	1/12
at NCAA District VII.....	1/17
at NCAA Championships.....	3/22

1998 (Mark Wetmore)	Men
at Colorado State.....	1/8
Rocky Mountain Shootout.....	1/14
at Bob Timmons Invite.....	3/20
at Fort Hays State (B).....	2/12
at Big 12 Championships.....	1/12
NIKE Series (B).....	NTS
at District VII.....	1/14
at NCAA Championships.....	3/20

1999 (Mark Wetmore)	Men
at Colorado State.....	3/10
Rocky Mountain Shootout.....	1/12
at Pre-Nationals.....	1/12
NIKE Open (B).....	1/2
at Big 12 Championships.....	1/12
at NCAA Mountain Region.....	2/17
at NCAA Championships.....	7/31

2000 (Mark Wetmore)	Men
at Colorado State.....	1/3
at Pre-Nationals.....	1/53
at Pre-Nationals (B).....	NTS
Big 12 Championships.....	1/12
at NCAA Mountain Region.....	1/17
at NCAA Championships.....	2/31

2001 (Mark Wetmore)	Men
Rocky Mountain Shootout.....	1/4
at Pre-Nationals.....	1/36
at Big 12 Championships.....	1/12
at NCAA Mountain Region.....	1/17
at NCAA Championships.....	1/31

2002 (Mark Wetmore)	Men
at Colorado State.....	3/6
Rocky Mtn Shootout.....	1/3
at Fort Hays State.....	3/10
at Pre-National.....	1/36
Big 12 Championships.....	1/12
NCAA Mountain Region.....	2/18
NCAA Championships.....	4/31

2003 (Mark Wetmore)	Men
Rocky Mountain Shootout.....	1/2
Tiger Invitational.....	NTS
Pre-Nationals (Gold).....	1/35
Big 12 Championships.....	1/12
Air Force Open.....	NTS
NCAA Mountain Region.....	1/14
NCAA Championships.....	6/31

2004 (Mark Wetmore)	Men
Rocky Mountain Shootout.....	1/3
Tiger Invitational.....	2/9
Pre-Nationals.....	1/37
Air Force Open.....	NTS
Big 12 Championships.....	1/12
NCAA Mountain Region.....	1/16
NCAA Championships.....	1/30

2005 (Mark Wetmore)	Men
Rocky Mountain Shootout.....	1/2
Tiger Invitational.....	NTS
Pre-Nationals.....	3/10
Air Force Invitational.....	NTS
Big 12 Championships.....	1/12
NCAA Mountain Region.....	1/15
NCAA Championships.....	5/31

2006 (Mark Wetmore)	Men
Rocky Mountain Shootout.....	1/4
Tiger Invitational.....	NTS
Pre-Nationals.....	1/36
Air Force Invitational.....	NTS
Big 12 Championships.....	1/12
NCAA Mountain Region.....	1/15
NCAA Championships.....	1/31

2007 (Mark Wetmore)	Men
Rocky Mountain Shootout.....	1/4
Tiger Invitational.....	3/15
Pre-Nationals.....	2/35
Air Force Invitational.....	1/2
Big 12 Championships.....	1/12
NCAA Mountain Region.....	1/15
NCAA Championships.....	7/31

2008 (Mark Wetmore)	Men
Iowa State Invitational.....	NTS
Rocky Mountain Shootout.....	1/3
Pre-Nationals.....	9/40
Air Force Invitational.....	NTS
Big 12 Championships.....	2/12
NCAA Mountain Region.....	1/15
NCAA Championships.....	12/31

2009 (Mark Wetmore)	Men
Rocky Mountain Shootout.....	1/4
Tiger Invitational.....	NTS
Pre-Nationals.....	2/35
RMAC Open.....	NTS
Big 12 Championships.....	2/12
NCAA Mountain Region.....	2/17
NCAA Championships.....	6/31

2010 (Mark Wetmore)	Men
Rocky Mountain Shootout.....	1/4
Tiger Invitational.....	NTS
Pre-Nationals.....	3/36
Big 12 Championships.....	2/12
NCAA Mountain Region.....	2/16
NCAA Championships.....	15/366

RUNNING TOWN, USA



The CU men's track and field team won the 2008 Big 12 Outdoor Championship while the Buffs hosted the meet in May of 2008.

For 30 years, world class athletes and running enthusiasts have known what the media recently discovered: Boulder is the best running town in the United States. Runner's World has dubbed Boulder, "America's Best Running City" and an "Ideal Location for Runners", while Outside Magazine proclaims it, "The Best Sports Town in America".

These accolades come as no surprise to the host of national and international athletes who have made Boulder their training base. During the 1970's and 1980's, Boulder was home to world record holders such as Steve Jones, Ingrid Kristiansen, Rob de Castella, and Arturo Barrios, as well as Olympic Champions Frank Shorter and Rosa Mota.

The list of contemporary runners who live and train in Boulder is equally impressive: 2000 Olympic Marathon Champion Naoko Takahashi, 2008 Olympic Marathon Champion Constantina Dita-Tomescu, multiple Japanese corporate teams and U.S.-based Kenyan road racers. Numerous CU national and world level alumni have trained in the Boulder area during the last four Olympiads. They include Olympians Jenny Barringer, Alan Culpepper, Shayne Culpepper, Billy Nelson, Jorge Torres and Dathan Ritzenhein, 2006 Boulder Boulder champion Sara Slattery, and World Championship team members Ed Torres, Steve Slattery and Renee Baillie.

These athletes are drawn to Boulder by the unparalleled variety of training venues, temperate year-round climate, opportunity to train at elevation, and support of a running-friendly community that enters 54,000-plus in its Memorial Day road race. Boulder has over 200 miles of running and biking trails and more than 30,000 acres of open space. The vast availability of trails is matched only by the variability of their terrain. All are within a 20 minute drive of CU's campus. In the mountains and foothills west of town are venues such as the Mesa Trail, Switzerland Trail, Magnolia Road, Gold Hill, and Flagstaff Mountain. Adjacent to campus is the 12-mile Boulder Creek Path which connects to Sanitas Mountain, the Bobolink trail, and the Wonderland Lake trailheads. East of town are Teller Farm and the Boulder Reservoir ("The Res") which connect to dozens of miles of dirt roads and trails.

RUNNING TOWN, USA

The University of Colorado's outdoor track, Potts Field, is one of the best competition venues in the country. It features NCAA/IAAF specification parallel approaches for the long jump, triple jump, pole vault and high jump as well as a world-class remote hammer and discus venue. Potts Field has the highest Mondo Super-X installation in the country, thus making it potentially the fastest sprint track in the U.S.

Boulder's climate makes it an ideal year-round training base. The average high temperature during winter months is 49 degrees, while summer months average a high of 83 degrees with negligible humidity. Boulder residents enjoy over 300 sunny days a year—more than residents of San Diego or Miami.

Besides the aforementioned Boulder Boulder, there are well-organized races virtually every weekend: the Boulder Backroads Marathon and Half Marathon, 5K Kickoff Classic, West End 3K, Pearl Street Mile, Rocky Mountain Shootout, Uni-Hill Downtown 1K, Sunrise Stampede 10K, and Boulder Roadrunners All-Comers Track Series.

In February of 2007, Boulder hosted the USA Cross Country Championships which selected our national teams for the IAAF World Championships in Mombasa, Kenya. The crowd of 10,000 spectators was estimated to exceed the combined attendance of the previous five national championships. Former USA Track and Field President Bill Roe remarked, "As usual, every time I come to Boulder I'm blown away." Deena Kastor, 19-time U.S. champion, captured her eighth cross country title and said, "This was, hands down, the most amazing national championship I've been a part of." Beyond the attendance, the most compelling story of the day was arguably the success of CU's alumni: former Buffaloes swept the top four places in the men's senior race while two former NCAA champion Buffaloes qualified for the senior women's team.

In May of 2008, the University of Colorado hosted the Big 12 Conference Track and Field Championships. This three-day competition was one of the most prestigious and competitive meets in the country and featured NCAA champions, World Championship Team members and 2008 Olympians. During the competition, ten Big 12 meet records were broken and two world-leading marks were established. The three-day attendance of over 5,000 cheered the Colorado men to the team title in a victory over No. 1 ranked Texas A&M.

Summer or winter, cross country or track season, workout day or racing day, for the weekend warrior or the Olympian, Boulder presents the ideal environment. While other cities may claim occasional weekends of running enthusiasm, Boulder is inarguably the year-round "Running Town, USA".



2006 Bolder Boulder Champ
Sara Slattery



Dathan Ritzenhein, Adam Goucher, Alan Culpepper and Jorge Torres at the 2007 USA Cross Country Championships

2011 COLORADO CROSS COUNTRY

UNIVERSITY OF COLORADO...



Colleges

Arts and Sciences
Business and Administration
Engineering and Applied Science
Music
Architecture and Planning

Schools

Graduate School
Graduate School of Business
School of Education
School of Journalism and
Mass Communications
School of Law

CU's Top Programs

Space Science
Engineering
Molecular Biology
Business

Most Popular Undergraduate Majors

Psychology
Communication
English
MCD Biology
Economics
Finance
Political Science
Sociology
Marketing



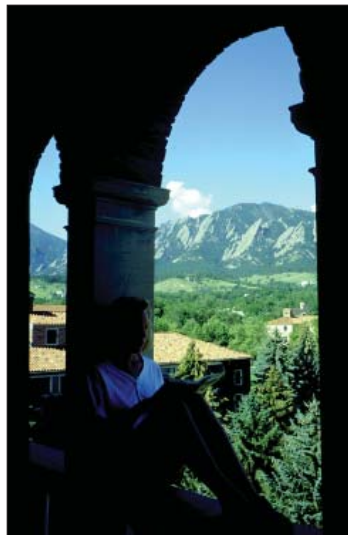
MINDS TO MATCH OUR MOUNTAINS

RANKINGS

- Named "Smartest City in America" by *Forbes Magazine* in Feb., 2008
- *U.S. News and World Report* ranked the Boulder campus 32nd out of the top 50 public universities in the country and highest in the Rocky Mountain Region in its 2005 rankings. The same publication ranked CU as the 74th best national university of 115 schools ranked.
- CU-Boulder was ranked a "Best Buy" in the 2004 edition of the *Fiske Guide to Colleges* receiving a four-star rating (out of five) for academics and five stars each for the social life and quality of life ratings.
- Seven graduate school specialty programs were ranked in the top 20 in the nation in the 2004 *U.S. News & World Report* graduate school rankings.
- Three faculty members have received Nobel Prizes: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry and Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in physics.
- The Boulder campus was ranked fourth in a review of the 50 "most architecturally successful campuses in the country in *The Campus as a Work of Art* by Thomas Gaines.
- Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.
- Colorado ranked second in *Outside* magazine's 40 Best Colleges in 2003 "turning out smart grads with top-notch academic credentials, a healthy environmental ethos and an A+ sense of adventure."

"The University of Colorado, and Boulder, is a town which stops where the Rocky Mountains begin. Normally in America such a superb site would be occupied by a golf course, but somebody goofed and instead they built what may be the most beautifully situated campus in the world... if anyone asks you to Boulder, I have one word of advice: 'Go.'"

From the London (England) *Observer* Magazine article, "Us and Them," by Simon Hoggart



THE PAC-12 CONFERENCE

Conference History

The roots of the Pac-12 Conference date back over 95 years to December 2, 1915, when the Pacific Coast Conference (PCC) was founded at a meeting at the Oregon Hotel in Portland, Ore. The original membership consisted of four schools - the University of California at Berkeley, the University of Washington, the University of Oregon, and Oregon State College (now Oregon State University). All still are charter members of the Conference.

Pacific Coast Conference play began in 1916 and, one year later, Washington State College (now Washington State University) was accepted into the league, with Stanford University following in 1918.

In 1922, the PCC expanded to eight teams with the admission of the University of Southern California (USC) and the University of Idaho. In 1924, the University of Montana joined the league roster, and in 1928, the PCC grew to 10 members with the addition of UCLA.

The Pacific Coast Conference competed as a 10-member league until 1950, with the exception of 1943-45 when World War II curtailed intercollegiate athletic competition to a minimum. During that time, the league's first commissioner was named. Edwin N. Atherton was commissioner in 1940 and was succeeded by Victor O. Schmidt in 1944. In 1950, Montana resigned from the Conference and joined the Mountain States Conference, essentially replacing Colorado, which left for the Big 7 two years earlier. The PCC continued as a nine-team conference through 1958.

In 1959, the PCC was dissolved and the Athletic Association of Western Universities was formed and Thomas J. Hamilton was appointed commissioner of the new league. The original AAUW membership included California, Stanford, Southern California, UCLA and Washington. Washington State joined the membership in 1962, while Oregon and Oregon State joined in 1964. Under Hamilton's watch, the name Pacific-8 Conference was adopted in 1968. In 1971, Wiles Hallock took over as commissioner of the Pac-8.

On July 1, 1978, the University of Arizona and Arizona State University were admitted to the league and the Pacific-10 Conference became a reality. In 1986-87, the league took on a new look, expanding to include 10 women's sports. Thomas C. Hansen was named the commissioner of the Pac-10 in 1983, a role he would hold for 26 years until 2009. Hansen was succeeded by current commissioner Larry Scott, who took on the new role in July 2009.

During the 2010-11 academic year, Scott helped deliver monumental changes that transformed the conference into a modern 12-team league by adding the University of Colorado and the University of Utah. The addition of CU and Utah led to an agreement to equal revenue sharing for the first time in conference history, created two divisions (North and South) for football only, established a football championship game for the first time ever, secured a landmark media rights deal that dramatically increased national exposure and revenue for each school and established the Pac-12 Network and Pac-12 Digital Network that guaranteed enhanced exposure across all sports.

Colorado accepted its invitation to join the Pac-12 on June 11, 2010, as the Buffaloes were the first domino to fall in a change of the national landscape which, in just one week, saw Nebraska also leave the Big 12 and join the Big 10, Boise State depart the WAC for the Mountain West, TCU jump from the MWC for the Big East, and then on June 17, Utah agreeing to join CU to make it an even dozen in the Pac-12. Big-time rivals for the first half of the last century, the Buffaloes and Utes officially became the 11th and 12th members of the Conference on July 1, 2011, the first additions to the league since 1978.

During the 33 years between expansions, Pac-10 teams claimed 258 NCAA titles (130 women's, 128 men's).

At present, the Pac-12 sponsors 11 men's sports and 11 women's sports. Additionally, the conference schools are members of the Mountain Pacific Sports Federation (MPSF) in four other men's sports and three women's sports. CU will participate in the MPSF in men's and women's indoor track, and already competes in the Rocky Mountain Intercollegiate Ski Association (RMISA) in skiing, which is a coed sport.

The Pac-12 Conference offices are located 25 miles east of San Francisco in Walnut Creek, Calif.

Conference of Champions

Built on a firm foundation of academic excellence and superior athletic performance, the Conference ushers in a new era with the additions of the University of Colorado and University of Utah, officially becoming the Pac-12 Conference on July 1, 2011.

The Pac-12 rises above the rest, upholding its tradition as the "Conference of Champions"®, claiming an incredible 180 NCAA team titles over the past two decades, including nine in 2010-11, averaging nearly nine championships per academic year. Even more impressive has been the breadth of the Pac-12's success, with championships coming in 27 different men's and women's sports. The Pac-12 has led the nation in NCAA Championships in 45 of the last 51 years and finished second five times.

Spanning nearly a century of outstanding athletic achievements, the Pac-12 was the first conference to reach 400 championships in 2010-11. With the inclusion of CU and UU, league teams have captured 442 NCAA titles (302 men's, 140 women's), outdistancing the next closest conference by nearly 200.

In 2010-11, the then-Pac-10 led the country with nine NCAA titles, with men's and women's programs sharing the wealth as the Conference claimed five NCAA women's titles and four men's crowns.

Including titles previously won by Colorado and Utah, Pac-12 members have won 302 NCAA team championships on the men's side, 89 more than the next closest conference. Men's NCAA crowns have come at a phenomenal rate for the Pac-12: 16 basketball titles by six schools (more than any other conference), 52 tennis titles, 44 outdoor track & field crowns, and 26 baseball titles. Pac-12 members have won 25 of 42 NCAA titles in volleyball, 37 of 42 in water polo, and 22 in swimming & diving national championships.

Individually, the conference has produced an impressive number of NCAA men's individual champions, as well, boasting 2,019 individual crowns.

On the women's side, the story is much the same. Since the NCAA began conducting women's championships 30 years ago, Pac-12 members have claimed at least four national titles in a single season on 22 occasions, including 2010-11. Overall, the Pac-12 has captured 140 NCAA women's titles, easily outdistancing the SEC (second with 77). Pac-10 members have dominated a number of sports, winning 23 softball titles, 19 tennis crowns, 13 of the last 21 volleyball titles, 14 of the last 22 trophies in golf, and 12 in swimming and diving.

Pac-12 women student-athletes shine nationally on an individual basis, as well, having captured an unmatched 616 NCAA individual crowns, an average of nearly 21 championships per season.

Colorado and Utah have combined to win 15 coed skiing titles, one of three NCAA sports to score championships based on men's and women's results along with fencing and rifle. Combined, the newest Pac-12 entrants have 27 NCAA crowns and 148 individual champions in the sport.

BIG 12 10TH ANNIVERSARY TEAM

The University of Colorado cross country program placed five of its former athletes on the Big 12 10th Anniversary Team. Jorge Torres, Adam Goucher and Dathan Ritzenhein made up the men's team and Sara (Gorton) Slattery and Kara Grgas-Wheeler were selected to the women's team. Colorado garnered five of the six selections on the team.

The teams of three were selected by the league's head coaches. In order to be eligible for consideration, former athletes must have had a top three finish at Big 12 Championships at least once in their careers. The Big 12 Conference formed in 1996. Amy Mortimer, Kansas State, was the third woman named to the team.

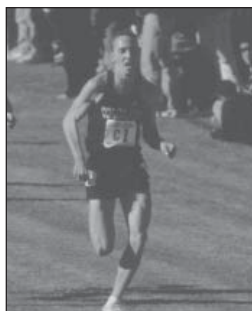
Torres won the Big 12 individual crown three times (2000-02) and was named the Big 12 Newcomer of the Year in 1999. Torres was the 2002 NCAA Champion as he finished the season undefeated. The three-time All-American was the NCAA runner-up in 2001 and placed third in 2000.

Goucher took top honors in the Big 12 on two occasions (1997-98) and won the NCAA crown in 1998. With the win, he set the Rim Rock Course record at 29:26.9. Goucher, a four-time All-American, was the national runner-up in 1994, took sixth in 96 and earned a third-place finish in 97. He was also the Big Eight Champion in 1995 before the Big 12 was formed.

Grgas-Wheeler, won two Big 12 title (1999, 2000) and was the 2000 Champion as she led the CU women to their first national championship. In that same season, she went undefeated and became the first individual national champion since 1994 to be on the national championship team. Grgas-Wheeler was a two-time All-American.

Ritzenhein won the Big 12 and NCAA Championships in 2003. A two-time All-American, he was named the Big 12 Newcomer of the Year in 2001 and was the highest finishing freshman in a national championship race since Adam Goucher's second-place finish in 1994.

Slattery was a three-time All-American (2000, 02, 04). She finished fifth at the 2002 NCAA's and led the Buffs to a fifth-place finish. At the 2000 NCAA Championships she was the highest finishing Colorado freshman in the program's history with an eighth-place effort. With the finish, she also became the Buffs first female freshman All-American.



Adam Goucher



Jorge Torres



Dathan Ritzenhein



Kara Grgas-Wheeler



Sara (Gorton) Slattery

SUPPORT STAFF



David Adamczyk - Assistant Equipment Director - First Season

David Adamczyk is in his fourth season as an assistant equipment manager at the University of Colorado, his first with cross country. Prior to CU, he served as an assistant equipment manager at Indiana University from 2006-08. Adamczyk earned his bachelor's degree in exercise science and sport from the University of Scranton in 2005 and earned his master's of science in athletic administration and sport management from IU in '08. Adamczyk was born on January 8, 1983 in West Point, N.Y. and graduated from James I. O'Neill High School in '01. He lettered in soccer, ice hockey, tennis and golf.



Erin Cunningham - Academic Counselor - Sixth Season

Erin Cunningham is in her sixth year as the assistant director in the office of academic support. Cunningham earned her degree in psychology in 2000 and her master's degree in speech communication in 2002, both from Colorado State. She was a four-year letterwinner on the cross country and track teams at CSU and competed in the NCAA Cross Country National Championship. Cunningham won the Western Athletic Conference Scholar Athlete Award from 1997-98 and received the Mountain West Conference Scholar Athlete Award 1999-2001. Prior to joining the athletic department, Cunningham was a professional academic counselor at CU. Born Oct. 12, 1977, in Boulder, Colo., she lettered in cross country, basketball and track & field at Boulder High School, where Cunningham graduated in 1996.



Craig Downing - Assistant Speed-Strenght & Conditioning Coach - Third Season

Craig Downing officially joined the Colorado Speed-Strength and Conditioning staff in October of 2009. He graduated from CU in 2009 with a pair of bachelor's degrees in integrative physiology and molecular, cellular and developmental biology. Downing is a certified Speed-Strength and Conditioning specialist and also has a certification from USAW. A native of Little Rock, Ark., Downing graduated from Little Rock Central High School in 2001. He enjoys climbing, lifting, fishing and playing guitar in his spare time.



Melisa Fazio - Assistant Athletic Trainer - First Season

Melisa Fazio is in her fifth year as an Assistant Athletic Trainer at the University of Colorado, her first with the cross country and track & field programs. Prior to working at CU, she worked with the US Women's Alpine Ski Team during the 2006 season, and with Howard Head Sports Medicine in Vail, Colo. Fazio earned her undergraduate degree from Michigan State University in 2004 in kinesiology/athletic training. She earned her master's degree in kinesiology and health promotions/athletic training from the University of Kentucky in 2006. Fazio graduated from Midland High School (Mich.) in 1999.



Josh Schuler - Assistant Speed-Strenght & Conditioning Coach - Second Season

Josh Schuler is in his second year as an assistant speed-strength and conditioning coach at Colorado, joining the staff in June, 2010. This is Schuler's second time at CU as he was an intern during the 2007-08 athletic season. Schuler earned his master's degree from Auburn in 2010 after serving as a graduate assistant for two seasons. He was also a student assistant at Iowa State from 2004-07 while earning his bachelor's. Schuler has two certifications, SCCC and USAW. Born in Muscatine, Iowa, Schuler enjoys hunting, fishing and weight-lifting. He lettered in football, wrestling and soccer before graduating from MHS in 2002.



Linda Poncin Sprouse - Assistant Sports Information Director - Seventh Season

Linda Poncin Sprouse enters her seventh season as the assistant sports information director for the CU cross country team. She also works with the volleyball and track & field programs. Sprouse served as the Big 12 Outdoor Track & Field Championship Media Coordinator when the Buffs hosted the championship in 2008. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women's Division II and III and men's Division III volleyball programs. Sprouse served as a graduate assistant in the athletic communications office at Minnesota State University from 2001-03. She worked with several of the Mavericks' programs, including volleyball, women's ice hockey and women's basketball. Sprouse earned her bachelor's degree in Mass Communications from MSU in 2001 and completed her master's of science in sport administration from MSU in December '07. A native of New Ulm, Minn., she earned two letters as a member of the tennis team. The former Linda Poncin is married to Nick Sprouse.

ACADEMICS AND ATHLETICS

Colorado's student-athletes showed their true Black and Gold in 2004 when they graduated at a higher percentage rate than the general student population for the first time.

While 70 percent of the student-athletes graduated in the most recent six-year cycle, only 66 percent of their counterparts on campus did. The overall grade point average for student-athletes was 2.8 with 68 percent of them maintaining a 2.5 gpa

ACADEMIC ALL-CONFERENCE

First Team

Michelle Bews	1985	Molly Austin	1999, 01	Sara Vaughn	2007	Kestrel Bishop	1994, 95
Andrew Dunn	1986, 87, 88	Jen Fazioli	1999, 00, 01	Richard Medina	2008, 09	Holly Stanish	1994
Sarah Hanson	1985	Lesley Higgins	1999, 00, 01	Allison Sawyer	2008	Jeremy Gintoft	1994
Tom Kresl	1985	Jodie Hughes	1999, 00, 01	Laura Thweatt	2008, 09, 10	Zeke Tiernan	1994, 95
Michelle Kantor	1988, 89, 90	Kara Grgas-Wheeler	1999, 00	Andy Wacker	2008, 09	Adam Batliner	1995
Bill Hinkley	1988	Tera Moody	2000, 01, 02	Matthew Biegner	2009, 10	Ewen Nichol	1995
Eric Meleney	1989	Liz Sabochik	2000, 01	Megan Burrell	2009, 10	Tom Reese	1995
Amy Merten	1989	Aaron Blondeau	2000, 01	Katie Cumming	2009, 10	Brian Aiken	1995
Pat Dolan	1990, 91	Chris Schafer	2000	Seth DeMoor	2009	Jay Johnson	1995
Shannon Busch	1990	Jorge Torres	2000	Stephen Kasica	2009, 10	Adrian Arnold	1995
Jennifer Jones	1989	Ed Torres	2000	Diana George	2010	Jessica Cirelli	1995
Wendy Smith	1990, 91	Sara (Gorton) Slattery	2001, 04	Kelly King	2010	Rachel McKeen	1995
Andy Samuelson	1991, 92	Anna Wright	2001	Nikki Look	2010	Laura Bruns	1996, 97
Dave Barbieri	1992, 93	Catherine Wright	2001	Jerome Perkins	2010	Kara Grgas-Wheeler	1996, 97
Micah Moore	1992	Sara Hamlin	2001	Brooke Regan	2010	Mike Friedberg	1998
Jay Cleckler	1992, 93, 94	Jon Severy	2001, 02, 03, 04	Ryan Savercool	2010	Megan Clute	1998
Ben Bossut	1993	Jared Scott	2001, 03, 04	Matt Tebo	2010	Wes Berkshire	1999
Patty Roberts	1993, 95	Sean Smith	2001	Laura Tremblay	2010	Zach Crandall	2000
Scott Larson	1993	Zach Crandall	2001	Elizabeth Tremblay	2010	Molly Austin	2002
Allison Lusby	1994	Austin Baille	2002, 04, 05			Sara Gorton	2002
Rachel McKeen	1994	Travis Macy	2002			Jared Scott	2002
Jon Cooper	1994, 95	Jamie Rosenquist	2002			Matt McCue	2002
Tim Catalano	1994	Shannon Yessak	2002			Anthony Chiulli	2004, 05, 06
Chris Severy	1995, 96, 98	Matt McCue	2003, 04			Bret Schoolmeester	2004
Alan Culpepper	1995	Katie Kissane	2003			Greg Castro	2005, 07
Kelly Smith	1995, 96, 97	Payton Batliner	2004, 05			Pete Janson	2005
Kristina Dahlberg	1995	Will Campbell	2004, 05			Shanna Sparks	2005, 07
H. Burroughs	1995, 96, 97, 98	Pete Janson	2004, 06, 07			Seth DeMoor	2006
Colleen Glyde	1995	Daniel Kenney	2004, 05, 06			Liza Pasciuto	2006
Adam Batliner	1996, 97, 98	Brent Vaughn	2004, 06, 07			Dan Edwards	2007
Jay Johnson	1996, 98	Christine Bolf	2004			Matt Herzl	2007
Matt Napier	1996, 97	Allison Bruce	2004			Kenyon Neuman	2007, 08, 09
Chris Schafer	1996, 97, 98	Kristen Hoogheem	2004, 05			Christian Thompson	2008, 09
Zeke Tiernan	1996, 97	Erin Marston	2004, 06, 07			Emma Coburn	2009, 10
Lindsay Arendt	1996, 97, 98, 99	Renee Metivier	2004			Jordan Kyle	2009
Deb Rieck	1996, 97, 99	Erik Heinenon	2005, 06			Allison Sawyer	2009
Heidi Scarlett	1996, 97	Bret Schoolmeester	2005			Courtney Bouchet	2010
Oscar Ponce	1998	Kalin Toedebusch	2005			Camille Logan	2010
Chris Valenti	1998	Jenny Barringer	2006, 07, 09			Brennan Lynch	2010
Matt Elmuccio	1998	Rachel Gioscia	2006			Nathan Rice	2010
Briana Stott-Messick	1998	Jennifer Hooper	2006, 07			Andy Wacker	2010
Jen Gruia	1998	Kenyon Neuman	2006			Jeff Warren	2010
Gia White	1998	Caitlin Schultheiss	2006				
Lindsay Bradfield	1998	Anna Chase	2007				
Theresa Dean	1998	Emily Hanenburg	2007, 08, 09				
Liz Sabochik	1998, 00, 01	Bradley Harkrader	2007, 08				
		Dani Rodriguez	2007				
		Aislinn Ryan	2007				

Honorable Mention/Second Team

Michelle Bews	1986, 88		
Lize Brittin	1988		
Annie Farris	1988		
Kaye Rains	1988		
JoAnne McDonald	1988		
Brian Reynolds	1988		
Bill Whetstone	1988		
Nate Wright	1988		
Pat Dolan	1989		
William Drake	1989		
William Hinkley	1989		
Andy Samuelson	1990		
Jason Pozner	1990		
Amy Merten	1991		
Brett Larsen	1991		
Scott Larson	1991		
Chris McDonald	1991		
Steve Barbieri	1992		
Jason Drake	1992, 93		
Donelly Larson	1992		
Mike Sobolik	1992		
Jennifer Jones	1992		
Catherine Fahres	1992		
Julia Huff	1992		
Molly Curran	1993		
Michell Wilkolaski	1993		
Ricky Cron	1993		

POST GRADUATE SCHOLARSHIPS

Big Eight/Big 12

Ben Bossut	1994
Jon Cooper	1996
Heather Burroughs	1999
Aaron Blondeau	2002
Rachel Gioscia	2009

NCAA

Heather Burroughs	1999
Kara Grgas-Wheeler	2001

ACADEMIC ALL-AMERICANS

Fall/Winter At-Large

1996	Chris Severy (1st Team)	2003
	Kelly Smith (1st Team)	2005
	Heather Burroughs (1st Team)	
1998	B. Stott-Messick (2nd Team)	2007
1999	Kara Grgas-Wheeler (2nd Team)	2008
2000	Kara Grgas-Wheeler (1st Team)	
		2009
		2010

Cross Country/Track

Jodie Hughes (2nd Team)
Jon Severy (3rd Team)
Jon Severy (1st Team)
Renee Metivier (1st Team)
Erik Heinenon (1st Team)
Jenny Barringer (1st Team)
Brent Vaughn (1st Team)
Jenny Barringer (1st Team)
Jenny Barringer (1st Team)

ACADEMICS AND ATHLETICS

STEPS

STEPS is a program designed to assist graduating student-athletes as they transition to life after the university setting. The program will have Department of Athletics staff and university faculty assist them in the following areas:

- **“Learn to Earn” with Alice Swanson, veteran of The Boulder Chamber of Commerce and currently of Leeds School of Business**

- Interview Skills
- Job Placement
- Contract Negotiation

- **Personal Financial Planning with Susan Morley of Leeds School of Business**

- Playbook for Life, the Student-Athlete's Guide to Understanding and Planning Your Financial Future

- **Exit Interview with the Department of Athletics**

- Student-Athletes discuss their CU experience with a senior level administrator in the Department of Athletics. (One-on-one interview and survey)

- **Career Services**

- Resume / Folio 21
- CSO On-line
- Letters of Recommendation (4-6)
- Job Fairs
- Post-Graduation Test Preparation

- **Exit Physical**

- Athlete completes final medical physical, reviews medical history with Office of Sports Medicine and discusses lingering injuries with Sports Medicine on coverage

- **Counseling and Psychological Services**

- CU psychologist, Dr. Jan Johnson, offers one-on-one counseling sessions to athletes learning to cope with the impending life changes once their careers have ended.

- **Graduation Checklist**

- **Alumni C-Club**

- Student-Athletes stay connected to CU through membership in the Alumni C-Club.

- **Post-Graduate Scholarships**

- **Professional Sports Counseling Panel**



ACADEMICS AND ATHLETICS

READ WITH THE BUFFS

1. The University of Colorado and IBM work together to promote literacy in local elementary schools through the "Read With the Buffs" program.
2. Focus of the program is to:
 - a. Have CU student-athletes promote reading as the basis for success in school.
 - b. Promote the importance of school and doing your personal best.
3. Designated school districts are Boulder Valley and St. Vrain school districts.
4. Teacher's Responsibilities:
 - a. Decisions:
 - i. It is suggested for students to compete against themselves, not others.
 - ii. Encourage students to read over the holidays.
 - iii. At the end of the program send into the athletic department a list of all students who have participated in "Read With the Buffs" successfully.
5. Student-athletes will visit the classroom for a 45-minute presentation.
 - a. Pencils, stickers and/or bookmarks will be given out to students who are able to answer the comprehension questions correctly after the book is read.
6. Student-athletes will deliver the message: do well in school, work hard, do your personal best, and importance of reading.
7. No more than two classrooms should be combined with one group of student-athletes.
8. One adult volunteer is assigned to two to three student-athletes.
9. CU pencils and bookmarks or stickers will be left for all students.
10. In addition, a T-shirt (autographed) will be left with each classroom teacher to hang up in the classroom as a continual reminder about "Read With the Buffs."
 - a. The T-shirt will be for the classroom teacher to keep as a thank you for participating in "Read With the Buffs."
11. Students who participate in the program and successfully meet the criteria, set by the teacher, will receive a ticket to attend either a men's or women's basketball game.
12. A special section will be set aside for all "Read With the Buffs" participants.
13. Two students will be on the court during halftime representing their classroom.



BOULDER/DENVER TRIVIA AND FACTS

Top 10 Cheap Things To Do In Boulder

1. Go walking, biking or skating on the Boulder Creek Path.
2. Catch a Program Council, Cinema Saver, or International Film Series movie.
3. Play frisbee in Norlin Quad.
4. Enjoy the free Wednesday night jazz concerts offered by the College of Music.
5. People-watch on the Pearl Street Mall or on the Hill.
6. Picnic or hike at Chautauqua Park or Mt. Sanitas.
7. Buy a student season football or basketball ticket to watch the Buffs play at home.
8. Join a class at the Rec Center (anything from Aerobics to Yoga).
9. Stargaze at the top of Flagstaff Mountain.
10. Check out the coffeehouse scene.

Boulder and Denver are known for lots of things. But some things even surprise the lifelong resident, a recent transplant (nearly two-thirds of the state's residents were born outside of Colorado), or first-time visitor to the Mile High City.

- Denver is called the "Mile High City" because it is exactly 5,280 feet above sea level. In fact, there is a spot on the west steps of the State Capitol building that is exactly 5,280 feet above sea level and there is a row of seats at Coors Field with the same bragging rights.
- Denver is the most educated city in the U.S. It has the greatest percentage of high school and college graduates of any major metropolitan area in the U.S.
- While Boulder has 10 microbreweries, Denver brews more beer than any other American city.

The state of Colorado boasts more microbrews per capita than any state in the U.S. The Coors Brewery, in Golden, is the world's largest single-site brewery.

- Golf courses remain open all year and have been played on as many as 30 days in January.

• The Denver/Boulder metropolitan area is the 20th largest in the United States. Boulder is not classified as a suburb of Denver; it's nestled in its own valley at the foothills of the Rocky Mountains. Contrary to popular belief, Denver is not in the mountains; it is near them. The "Foothills" start to rise 15 miles west of the city. Slightly beyond that is the Continental Divide and a series of peaks rising

to 14,000 feet, known locally as the "Front Range".

- Denver is also the "thinnest" city in America while Boulder is the second "fittest" city in America according to *Shape* Magazine and the state of Colorado is tied as the "thinnest" state with Hawai'i. *Health* Magazine named Boulder one of America's 10 Fittest Cities. *Self* Magazine proclaimed Boulder one of the 10 healthiest places for women to live, with a perfect 100 in water quality.

- Boulder has 200 miles of public hiking and biking trails, approximately 30,000 acres of open space and a 16-mile Boulder Creek Path which runs through the middle of town. The city of Denver offers over 450 miles of paved, designated bike paths, over 70 public golf courses and 143 free tennis courts. Denver also has the largest city park system in the nation with 205 within the city limits.

- As the largest city in a 600-mile radius, Denver is the shopping capital of the Rocky Mountain West. It features the largest sporting goods store in the world and the largest independent book store in America with over 400,000 volumes. The 16th street mall is a mile-long pedestrian promenade, not to be outdone by its counterpart in Boulder, the Pearl Street Mall. Boulder is also known for having more used book stores per capita than any other city in the country according to a *Money* magazine count in 1998.

- In that same magazine's 1998 issue, Boulder topped the list for best medium-sized city in the western half of the U.S. to live.

- Among 14 comparable cities, Boulder ranks no. 1 in people who walk to work, work at home and drive with more than one person in the car. It ranks second among those who bike.

- Parts of the movie "Sleeper," with Woody Allen, were filmed at the National Center for Atmospheric Research.

- * Bicycling is so highly regarded in Boulder that sometimes the city plows the Boulder Creek bike path before it plows the streets.

- The exterior of the house located at 1619 Pine Street was used as the characters' home in the well-known "Mork & Mindy" television show. It is now a private residence.



BOULDER/DENVER TRIVIA AND FACTS



- Boulder's Third Flatiron towers 1,400 feet high, a few hundred feet higher than the Empire State Building, and has been climbed by people without using their hands, on roller skates, naked and in eight minutes (by separate climbers).
- A 1992 survey by the Centers for Disease Control found that Colorado had fewer overweight people per capita and more people who exercise than any other state.
- A Colorado Daily poll found that seven out of ten Boulderites own bicycles. Another guide book states that Boulder's bicycle count is approximately 93,000- almost equal to the total population.
- The Chatauqua Auditorium is an all-wood structure built in 1898. In the evening, when the Colorado Music Festival musicians stop playing, you can often hear the rafters-dwelling owls hoot capita than any other city in the country.
- Boulder is going to the dogs! Recent visitor counts to Boulder Mountain Parks found a ratio of 1 dog to every 5 visitors.
- Every year Boulder Mountain Parks core area receives 1.8 million visits. If that many people made a human chain, it would stretch from Boulder to New York City.

Quick Bites

Runner's World: "Best Running City"
Self: "Thinnest City In America"
Sunset: "The West's Best City" and "No. 1 Green and Clean City" and "No. 2 College Town"
Seventeen: "Top 10 Places for Teens"
Forbes: No. 4 ranking in "Best Places" and Best Cities for singles (with Denver)
Health: "10 Fittest Cities"
Outside: "Best place to be an Uberjock" and the No. 2 ranked Best College Town
Money: No. 2 ranking in "Best Places To Live"
Shape: No. 2 ranking in "Fittest City"
Animal Wellness: No. 1 city for dogs and cats

COLORADO BY THE NUMBERS

	2
National Parks in Colorado	8
National Monuments and Recreation Areas in Colorado	15
National Forests and National Grasslands in Colorado	21
Scenic and Historic Byways in Colorado	40
State Parks in Colorado	54
Colorado peaks over 14,000 feet in elevation	325
Days of sunshine the Front Range sees each year	450
Square miles of bodies of water in Colorado	469
Length in miles of the Colorado Trail	786
Acres on the main campus in Boulder	1,450
Length in miles of the Colorado River and the Rio Grande	3,350
Lowest elevation in Colorado (Arkansas River)	6,800
Average elevation in Colorado	14,443
Highest elevation in Colorado (Mt. Elbert)	104,247
Size of Colorado in square miles	3.8 million
Colorado population in 1998	126 million
Years geologists estimate it will take for the Rocky Mountains to erode away	1.7 billion years
How long ago the rock in the Rocky Mountains was formed	

WHAT THEY'RE SAYING ABOUT BOULDER



All-Around Best Town - Outside Magazine, August 2006
#1 Best Place To Live - Men's Journal, March 2005 and May 2003
America's Best Running City - Runner's World, January 2001
#1 Best Sports Town In America, Outside Magazine, 1999
#1 Top Green and Clean City, Modern Maturity, 2000
#1 Thinnest City, Self Magazine, October, 2002
The West's Best City, Sunset Magazine, 1999
Best Place to Move - Worldwide ERC and Primacy Relocation, September 2004
The Best Small Cities - Men's Journal, June 2004
Best College Sports Town - Sports Illustrated on Campus, September 2003
Place You Dream of Living - Backpacker Magazine, February 2006
Ideal Location for Runners - Runner's World, May 1999
Most Enlightened City in Colorado - Utne Reader, April 1997
The Town That Can't Sit Still - The New York Times Magazine, November 1991
Boulder: Ideal Terrain for Training - Sports Illustrated, April 1990

"The varied terrain, beautiful Rocky Mountain scenery and numerous places to run made it number one... Boulder simply has everything...It's a runner's paradise. Lush mountain scenery, plentiful bike paths, off-road trails, great year-round weather, the Boulder 10k, world-class running partners, altitude training, and access to Rocky Mountain National Park. It's all right here." Runner's World (2001)

"On any given spring afternoon, runners, riders and skaters jockey for position along Boulder Creek Path while Kayakers practice on the creek itself; climbers rock-hop in the Flatirons while hikers gawk up at them, swimmers and boardsailors brave Boulder Reservoir as elite runners sprint around it." Outside Magazine (1999)

"Kayakers paddle the chilly waters while folks on foot and wheels take to a shoreline path that's linked to mile and miles of trails. Hikers and rock climbers enjoy routes galore in the Flatirons and the Eldorado Canyon State Park. And come winter, nearby resorts offer unbeatable skiing and snowboarding." Health Magazine (2000)

"A 6-mile greenway through the heart of the Colorado community enhances its outdoorsy reputation." Knight Ridder News Service

"(Pearl Street Mall) The lively four-block pedestrian shopping area in downtown Boulder is almost as much fun as an amusement park. The only things missing are the rides." Dallas Morning News (2002)

"Boulder is the quintessential modern mountain town... Software development, biotech, engineering and university jobs are plentiful, and, equally important, Boulder's mountain parks system offers 200 miles of multi-use trails." Outside (2003)