

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 USTFCCA'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 Stoltig	5-7	So.	TR	Tallahassee, Fla. (MacLay/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