

## 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-m .....5:07.59  
3,200-m .....10:40.44

## 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.....31/10 .....26:17  
at Pre-Nationals ..... +29 .....25:48.5  
at Big 12 Championship ...47/7 .....25:46.30  
at NCAA Mtn. Region.....60/7 .....31:47.0  
at NCAA Championship ....234-7 .....33:03.0

**2009 ..... Fin/CU .... Time**  
Rocky Mtn Shootout.....59/10 .....28:08  
at Big 12 Championship ...24/3 .....25:48.54  
at RMAC Open Race ..... +30 .....27:48

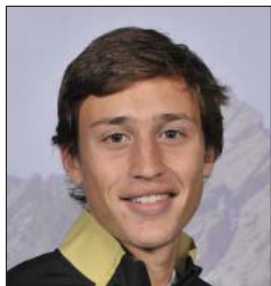
## HONORS

2009, 10 Academic All-Big 12

## TRACK PRs

400-m .....51.68 (O)  
800-m ..... 1:51.16 (O)  
1,000-m ..... 2:27.23 (I)  
1,500-m ..... 3:51.76 (O)  
mile..... 4:09.44 (I)  
3,000-m .....8:17.98

# COLORADO BUFFALOES



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

**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)

**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.

## 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.

**2010 .....Fin/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..... 13/4 .....25:47  
 at Pre-Nats .....64/5 .....24:43.9  
 at Big 12 Championship ....24/6 .....25:14.23  
 at NCAA Mtn. Region .....42/6 .....31:09.3  
 at NCAA Championship ....210/6 .....32:24.8

**2009 ..... Fin/CU.... Time**  
 Rocky Mtn. Shootout..... 10/6 .....25:59  
 at Pre-Nats .....+15 .....25:33.5

**2007 ..... Fin/CU.... Time**  
 Rocky Mtn. Shootout.....27/12 .....27:18  
 at Ft. Hays Invite.....32/5 .....27:20.34  
 at Air Force Invite .....5/2 .....26:36.26

## 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.

<b>2010 .....</b>	<b>Fin/CU....</b>	<b>Time</b>
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.

<b>2010 .....</b>	<b>Fin/CU....</b>	<b>Time</b>
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).

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

## HONORS

2010 Academic All-Big 12

## TRACK PRs

400-m .....	59.0
800-m .....	2:17
1,500-m .....	4:48.41 (0)
mile.....	5:09.29
3,000-m .....	10:58.13 (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.

<b>2010</b> .....	<b>Fin/CU....</b>	<b>Time</b>
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.

**2010 .....Fin/CU ....Time**  
 Rocky Mtn. Shootout...36/9 ..... 22:46  
 at Fort Hays St. Open ...13/3 .....18:06.70

## 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.

<b>2009</b> .....	<b>Fin/CU ....</b>	<b>Time</b>
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.

**2010 .....Fin/CU ....Time**  
 Rocky Mtn. Shootout...28/9 ..... 26:14  
 at Big 12 Champs .....56/9 .....26:01.37

**2009 .....Fin/CU ....Time**  
 Rocky Mtn. Shootout...12/8 ..... 26:00  
 at Pre-Nationals .....+12 ..... 25:29.4  
 at Big 12 Champs .....54/9 .....26:25.14

## 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 ..... 4/3 ..... 25:09  
 at Pre-Nationals ..... 17/2 ..... 24:07.3  
 at Big 12 Championship ... 12/3 ..... 25:22.72  
 at NCAA Mtn Region ..... 6/2 ..... 30:32.2  
 at NCAA Championship .... 57/2 ..... 30:31.5

**2008 ..... Fin/CU .... Time**  
 at ISU Invite ..... 4/3 ..... 25:59.25  
 at Pre-Nationals ..... 59/4 ..... 24:31.3  
 at Big 12 Championship ... 15/4 ..... 24:51.3  
 at NCAA Mtn Region ..... 8/2 ..... 29:57.7  
 at NCAA Championship .... 64/2 ..... 30:35.3

**2007 ..... Fin/CU .... Time**  
 Rocky Mtn. Shootout ..... 7/4 ..... 25:42  
 at Pre-Nationals ..... 81/5 ..... 24:20.0  
 at Big 12 Championship ... 17/6 ..... 25:17.40  
 at NCAA Mtn Region ..... 22/6 ..... 31:10.0  
 at NCAA Championship .... 178/7 ..... 31:43.7

## 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.

**2010 .....Fin/CU ....Time**  
 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.

**2010 .....Fin/CU ....Time**  
 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.

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

## TRACK PRs

1,500-m .....4:01.0h  
 3,000-m .....8:27.39  
 steeple .....9:13.87

## COLORADO BUFFALOES



**JANA STOLTZ**  
**Sophomore • TR**  
**Tallahassee, Fla.**  
**(MacLay/San Francisco)**

**SAN FRANCISCO:** Stoltz 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. Stoltz 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. Stoltz was also a member of the track and field team. She qualified for the 10k in the NCAA West Preliminaries and placed 29th overall. Stoltz set the USF 10k record at Mt. SAC Relays, finishing in 34:29.

**HIGH SCHOOL:** Stoltz 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:** Stoltz intends to major in philosophy.

**PERSONAL:** Jana Elizabeth Stoltz was born on December 8, 1991 in Tallahassee, Fla. She is the daughter of Steven and Karen Stoltz and has three sisters, Lauren, Alana and Nicole. Stoltz 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-Nationals .....30/4.....24:18.4  
at Big 12 Championship ...7/3.....24:28.4  
at NCAA Mtn Region.....19/5.....30:23.7  
at NCAA Championship ....90/3.....31:04.1

**2009** ..... **Fin/CU** .... **Time**  
Rocky Mtn. Shootout.....5/4.....25:16  
at Pre-Nationals .....14/1.....24:04.0  
at Big 12 Championship ...9/2.....25:18.83  
at NCAA Mtn Region.....10/3.....30:40.4  
at NCAA Championship ....44/1.....30:24.6

**2008** ..... **Fin/CU** .... **Time**  
at ISU Invite.....7/6.....26:00.68  
Rocky Mtn. Shootout.....6/3.....25:53  
at Pre-Nationals .....79/5.....24:43.8  
at Big 12 Championship ...29/8.....25:18.1  
at NCAA Mtn Region.....34/7.....30:42.8  
at NCAA Championship ....208/6.....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.....+52.....24:01

**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 (0)
3,000-m .....	9:25.73 (1)
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 (O)
mile.....	4:19.93 (I)
3,000-m .....	8:18.07 (I)
steplechase .....	8:52.53 (O)
5,000-m .....	14:50.36 (O)

# 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.

<b>2010 .....</b>	<b>Fin/CU....</b>	<b>Time</b>
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



# 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 Championship ....37/2.....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 Championship ....70/3.....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 Championship .....ALT

## 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