

HEAD COACH MARK WETMORE



MARK WETMORE
Head Coach, 18th Season

Colorado head coach Mark Wetmore enters his 21st season at Colorado, his 18th as the head coach, as the only Division I cross country coach to win all four NCAA titles – men's and women's team and men's and women's individual – at the same school.

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

Wetmore's coaching career began immediately after high school, with a municipal junior track club called the Mine Mountain Road Department. From there, he coached a TAC team while simultaneously coaching distance runners at his prep alma mater, Bernards. Wetmore served a four-year stint at Seton Hall

from 1988-1991 where he was an assistant coach for the men's and women's distance programs and as a member of the academic support staff. In August of 1991 he moved to Boulder and took a volunteer position in '92.

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

All told 11 of Wetmore's athletes — Adam Goucher, Alan Culppepper, Sara (Gorton) Slattery, Kara Grgas-Wheeler, Jodie Hughes, Jorge Torres, Dathan Ritzenhein, Renee Metivier, Jenny Barringer, Emma Coburn and Shalaya Kipp — have combined for 20 NCAA individual cross country, indoor and outdoor championships. Barringer was the first CU collegian to win a USA Track and Field crown in 2007 in the 3,000-meter steeplechase and she did so again in 2009. Barringer placed fifth at the IAAF World Championships in 2009 while setting the American record in the steeplechase at 9:12.50, breaking her former record by almost 10 seconds. Coburn won the 2011 USATF steeplechase crown as well as the 2012 U.S. Olympic Team Trials title and represented the U.S. at the world championships in 2011 (placing 12th) and at the Olympic Games (ninth). Coburn's teammate Shalaya Kipp placed third at the 2012 trials and participated in the Olympic Games.

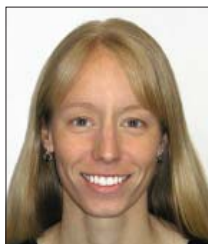
Wetmore coached his teams to the inaugural Pac-12 men's and women's team titles in 2011; the first conference championships in any sport. His men's teams won 12 Big 12 Conference titles, while his women's teams won 11 titles. Wetmore earned the Big 12 Conference Coach of the Year honor 19 times in cross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

He has tutored 16 individual conference cross country champions, 14 regional title winners and 91 All-Americans while six CU runners have been crowned USA Cross Country Champions, including Billy Nelson in 2003, Pete Janson in '04 and Liza Pasciuto in '05. Three former student-athletes, Adam Goucher, Shayne (Wille) Culppepper and Culppepper, represented the United States at the 2000 Olympic Games while Ritzenhein joined the Culppeppers in '04. In 2008, three more former athletes made the Olympic team, Kara Goucher, Nelson and Torres. Then-current CU harrier Barringer also made the team and was one of six U.S. track team members to come back to college the following fall. In 2012, Ritzenhein once again made the team and was joined by Kara Goucher, Barringer (Simpson) and current CU student-athletes Coburn and Kipp. Over two dozen Buff distance alumni have signed professional running contracts; 14 are still competing.

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

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

COACHING STAFF



HEATHER BURROUGHS
Associate Head Coach,
Ninth Season

Colorado's first female three-time All-American, **Heather Burroughs** begins her ninth season on the staff of her alma mater assisting coach Mark Wetmore with the men's and women's teams. Since joining the staff, she has coach 10 conference championship teams, three NCAA championships teams and 35 All-Americans. Burroughs was promoted to associate head coach following the 2011 season where the Buffs swept the inaugural Pac-12 Championships to win the conference's first two team championships.

In Burroughs' eight track seasons assisting the men's and women's middle and long distance runners, her athletes have had an impact at the conference, NCAA, American and world levels. To date, 32 have captured individual conference titles and 44 have earned All-American accolades. Her women have won eight individual NCAA titles and have broken six collegiate records. Since 2007, CU runners have won four U.S. outdoor titles. They have earned three individual berths on U.S. outdoor world championship teams as well as three individual berths on the U.S. Olympic team.

During Burroughs' CU cross country career, she was a top-five and all-conference finisher in 1994, 95, 97 and 98 with a runner-up finish in 98. She claimed all-district honors those same seasons and was an All-American in 1994, 95 and 98. The Buffs finished in the top four of the NCAA in three of those seasons which include a runner-up finish in 1995.

On the track, she was the Big 8 Conference Women's Indoor Track Newcomer of the Year in 1995. She won one conference individual title, scored in 15 conference races and was an indoor 5,000-meter run All-American in 1998. Burroughs qualified for six NCAA indoor and outdoor races during her career.

Burroughs was born in Kansas City, Kan. and attended Pembroke Hill High School. She graduated from CU in 1999 with a Bachelor of Arts in biology.



BILLY NELSON
Assistant Coach/Recruiting
Coordinator,
Third Season

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

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

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

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

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

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

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

Nelson is married to the former Alisa Crane. They have a daughter, Arabella (5), and a son, Noah (2). They reside in Longmont, Colo.



Karen Lechman
Director of Operations,
11th Season

Karen Lechman is in her sixth year as the director of operations, but her 11th year overall with the program as she was the administrative assistant prior to her promotion.

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

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