

COLORADO BUFFALOES



MADELINE ALM
Freshman • HS
Louisville, Colo.
(Monarch)

HIGH SCHOOL: Alm was a member of the then-Monarch High School record setting 4x800-meter relay in 2010 which ran a time of 9:28 at the state championships. She earned two letters in cross country and two on the track and field team with the Coyotes. In 2010 her cross country team qualified for Nike Cross Nationals in Oregon and placed 15th overall. Alm was an all-state academic selection as a junior and senior and earned the student merit award as a sophomore.

HIGH SCHOOL BESTS: 800-meters: 2:18; 4x800-relay: 9:28; 5,000-meters: 18:08.

IN THE CLASSROOM: Alm is majoring in integrative physiology.

PERSONAL: Madeline Rachael Alm was born on January 9, 1993 in Louisville, Colo. She is the daughter of Ronald and Michelle Alm and has one younger brother, Landon. Her grandfather played basketball at Iowa. Alm enjoys hiking and spending time with her family. During her fourth, fifth and sixth grade years she qualified for the junior Olympics in jump roping.

TRACK PRs

800-m 2:18
5,000-m 18:08

COLORADO BUFFALOES



RACHEL BAPTISTA

Sophomore • 1L
Austin, Texas
(Austin)

COLLEGE- 2011: Baptista quickly earned a spot on the varsity roster for CU after finishing fourth overall at the Rocky Mountain Shootout, which she raced unattached. She wore the black and gold at the NCAA Pre-National Invitational and crossed the finish 63rd overall. Two weeks later at the Pac-12 Championships, she recorded a 14th-place finish and helped the Buffs win the inaugural Pac-12 Championships as the fourth harrier for CU. Baptista raced to a 37th-place finish at regionals and finished the season 170th overall at nationals. Baptista was named to the All-Pac-12 Second Team and earned the 2011-12 CU Female Freshman of the Year award for her performance during the season.

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).

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

IN THE CLASSROOM: Baptista is an open major. She owns a GPA greater than 3.20.

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.

2011	Fin/CU	Time
Rocky Mtn Shootout.....	+4	21:10
at Pre-Nationals	63/6	22:03
at Pac-12 Championship ..	14/4	20:25
at NCAA Mtn. Region.....	37/6	22:16
at NCAA Championship	170/7	21:35

HONORS

2011 All-Pac-12 Second Team
2011-12 CU Female Freshman of the Year

TRACK PRs

1,600-m	5:07.59
3,200-m	10:40.44

COLORADO BUFFALOES



MATT BIEGNER
Senior • 1L
Broomfield, Colo.
(Broomfield)

COLLEGE- 2011: Biegner ran in three races for the Buffs as a junior. He was 15th overall at the Rocky Mountain Shootout, finishing with a time of 26:35. Biegner led the Buffs at the Santa Clara Bronco Invite, crossing the finish 17th overall. His last meet of the season was the inaugural Pac-12 Championships where he took 50th overall.

2010: Biegner earned his way onto the varsity roster as a redshirt sophomore. He started off by placing 31st at the Rocky Mountain Shootout. 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 and political science. He owns a GPA greater than 3.5 and was 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 and in 2011 he was named to the Pac-12 All-Academic second team.

PERSONAL: Matthew James Biegner was born on October 21, 1989 in Denver, Colo. He is the son of Rob and Laura Biegner and has one younger sister, Alex. His father ran track at Bowling Green and his grandfather played semi-pro basketball and baseball. Biegner lists his hobbies as skiing, golfing, tennis, basketball, music, movies and traveling.

2011 Fin/CU.... Time
Rocky Mtn Shootout..... 15/8.....26:35
at Bronco Invite..... 17/1.....17:33
at Pac-12 Championship...50/10.....24:44

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 Ft. Hays St. Open.....24/3.....25:48.54
at RMAC Open Race.....+30.....27:48

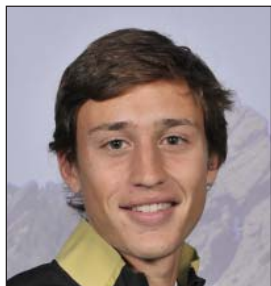
HONORS

2011 Pac-12 All-Academic second team
2009, 10 Academic All-Big 12

TRACK PRs

400-m.....50.57 (O)
800-m.....1:50.60 (O)
1,000-m.....2:27.23 (I)
1,500-m.....3:46.45 (O)
mile.....4:04.66 (I)
3,000-m.....8:17.98

COLORADO BUFFALOES



JOE BOSSHARD
Senior • 3L
Crested Butte, Colo.
(Crested Butte Academy)

2011 Fin/CU.... Time
 at Pac-12 Championship ... 9/3 23:30
 at NCAA Mtn Region..... Alt.....
 at NCAA Championship 24/3 29:54

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, 11 All-American
 2011 All-Pac-12 Second Team
 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 CU 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-2011: Bosshard ran in just two meets for the Buffs, but he made those meets count. He helped CU win the inaugural Pac-12 team title after finishing ninth overall (CU's third scorer). Bosshard was the alternate on the regional squad, but was back in the line-up at NAAs and earned his second All-American honor with a 24th-place finish (29:24). Bosshard was named to the All-Pac-12 Second Team.

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 and marketing and owns a GPA greater than 3.00. He was a member of the Big 12 Commissioner's Honor Roll.

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.

2012 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



COURTNEY BOUCHET

Junior • 1L
Estes Park, Colo.
(Estes Park)

COLLEGE – 2011: Bouchet ran in three meets for CU. She started the season off by placing 18th at the Rocky Mountain Shootout. Bouchet followed it up with a 28th-place performance at the Santa Clara Bronco Invite and was CU's No. 2 runner. She finished the season at the Pac-12 Championships, placing 70th overall.

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 3.40 and was a member of the Big 12 Commissioner's Honor Roll. She was named to the Pac-12 All-Academic honorable mention team in 2011.

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.

2011Fin/CU Time
Rocky Mtn. Shootout...18/722:52
at Bronco Invite.....28/217:43
at Pac-12 Champ70/1021:56

2010Fin/CU Time
at Fort Hays12/2 17:59.70

HONORS
2010 Academic All-Big 12

TRACK PRs
800-m 2:26.26 (O)
1,500-m 4:38.44 (O)
Mile..... 5:15.21 (I)
3,000-m 9:45.04 (I)
Steeplechase 10:30.06 (O)

COLORADO BUFFALOES



LARA DARCO

Senior • 1L
Walpack, N.J.

(Pope John XXIII Regional)

COLLEGE – 2011: Darco earned a spot on the varsity roster and made an immediate impact for the Buffs. She crossed the finish fifth overall at the Rocky Mountain Shootout and then placed 23rd at pre-nationals (CU's No. 2 runner in both). Darco recorded a ninth-place finish at the inaugural Pac-12 Championships, helping CU win the team title. She finished the season with a 29th-place finish at regionals and was 137th at the NCAA Championships. Darco was named to the All-Pac-12 Second Team for her performance.

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 owns a 3.777 GPA and was a member of the Big 12 Commissioner's Honor Roll. In 2011 Darco was named to the Pac-12 All-Academic second team in 2011.

2011	Fin/CU	Time
Rocky Mtn. Shootout.....	5/2	21:15
at Pre-Nationals	23/2	21:26
at Pac-12 Championship ..	9/3	20:18
at NCAA Mtn Region.....	29/5	22:00
at NCAA Championship	97/3	21:01

HONORS

2011 All-Pac-12 Second Team

2011 Pac-12 All-Academic Second Team

TRACK PRs

800-m	2:22.57 (I)
1,000-m	2:59.42 (I)
Mile.....	4:48.95 (I)

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

2012 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



JENNY DESOUCHET

Sophomore • TR
Alamosa, Colo.
(Alamosa/Columbia)

AT COLUMBIA: DeSouchet was a member of the Columbia track and field team.

HIGH SCHOOL: DeSouchet earned 11 all-state honors while attending Alamosa High School. As a sophomore in 2010 she won the state 1,600-meter championships and took second in the 800. Her 4x800-meter relay team placed fourth and the 4x400 relay earned all-state honors that same year. DeSouchet was named the school's Freshman, Sophomore and Senior Track Athlete of the Year and her senior year she was the she also earned cross country league MVP honors. In 2008, she helped the 4x800 relay capture the state title. She owns a pair of AHS records after clocking a time of 2:12.98 in the 800 and 9:28 in the 4x800 (she was the anchor). DeSouchet also succeeded in the classroom, earning academic letters all four years as well as graduating in the top-five of her class.

HIGH SCHOOL BESTS: 800-meters: 2:12.98.

IN THE CLASSROOM: DeSouchet is majoring in English and is also interested in biology.

PERSONAL: Jennifer Rose 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, Nicki, as well as three older siblings, Aimee DeSouchet, Jason Bartlett and Chris Bartlett. She was the editor-in-chief at her high school paper, a three-time class president and was the National Honor Society Vice-President.

TRACK PRs

800-m2:12.98

COLORADO BUFFALOES



HUGH DOWDY
Sophomore • VR
Petaluma, Calif.
(Petaluma)

COLLEGE— 2011: Dowdy ran in two meets for CU. He placed 20th at the Rocky Mountain Shootout and was 100th at the Santa Clara Bronco Invite.

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 physics and was 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.

2011 Fin/CU.... Time
 Rocky Mtn. Shootout.....20/1027:00
 at Bronco Invite..... 100/925:49

TRACK PRs

800-m 1:56
 1,500-m..... 3:47.89 (O)
 mile..... 4:06.57 (I)
 3,000-m..... 9:02.52 (I)
 Steeplechase..... 8:56.19 (O)

2012 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



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

COLLEGE – 2011: Foster competed in a pair of races for the Buffs. She was 14th overall at the Rocky Mountain Shootout (22:28) and then placed 85th at the Santa Clara Bronco Invite (19:25).

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 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 as a senior. 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.

2011 Fin/CU.... Time
 Rocky Mtn. Shootout..... 14/6 22:28
 at Bronco Invite 85/4 18:25

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

TRACK PRs

800-m 2:17
 1,000-m 2:55.36 (I)
 1,500-m 4:27.88 (O)
 mile 4:50.49 (I)

COLORADO BUFFALOES



DIANA GEORGE
Junior • 2L
Livermore, Calif.
(Livermore)

COLLEGE – 2011: George started off the season by placing 11th overall at the Rocky Mountain Shootout (22:17), scoring for the first time as a Buff (CU's No. 5 runner). She followed it up with a 115th-place finish at pre-nationals, this time as CU's No. 7 runner. George ended the season with a 69th-place finish at the Pac-12 Championships. It was her best time of the year, running 21:55.

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 owns an impressive 3.794 GPA. In 2011 she was named to the Pac-12 All-Academic Second Team. She was also a member of the Big 12 All-Academic First Team in 2010 and was a member of the Big 12 Commissioner's Honor Roll. George received the Sandia Women's Committee Award in Mathematics.

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.

2011 **Fin/CU.... Time**
 Rocky Mtn. Shootout..... 11/5 22:17
 at Pre-Nationals 115/7 22:43
 at Pac-12 Championship .. 69/9 21:55

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

HONORS

2011 Pac-12 All-Academic Second Team
 2010 Academic All-Big 12

TRACK PRS

800-m 2:15.09
 1,500-m 4:54.49 (O)
 Mile 5:18.89 (I)
 3,000m 9:58.12 (I)
 Steeplechase 10:41:04 (O)

2012 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



MICHAEL GOODGER
Sophomore • VR
Carlsbad, Calif.
(Carlsbad)

COLLEGE— 2011: Goodger competed in two races for CU. He was 26th overall at the Rocky Mountain Shootout, finishing in 27:16, and placed 78th at the Santa Clara Bronco Invite (25:25).

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 integrative physiology.

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 did volunteer work with Habitat for Humanity and the Arthritis Foundation Walk while in high school.

2011	Fin/CU....	Time
Rocky Mtn. Shootout.....	26/12	27:16
at Bronco Invite	78/5	25:25

TRACK PRs

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

COLORADO BUFFALOES



JAKE HURYSZ

**Junior • TR
Melbane, N.C.
(Eastern Alamance/UNC)**

AT UNC: Hurysz became the first UNC Tar Heel to qualify for the NCAA Cross Country Championships since 1997; finishing 62nd in 2011. He led UNC at the ACC and Southeast regionals, placing sixth and seventh, respectively. As a freshman he was 14th at the conference meet and placed 44th at regionals. Hurysz ran one season on the track for the Tar Heels in 2011. He ran a personal best 3:45.97 in the 1,500 and clocked a time of 8:01.97 in the 3,000. Hurysz competed in both the 1,500 and 5k at the ACC Championships, placing fifth in the 5k. He advanced to the NCAA East Preliminary Championships in the 1,500.

HIGH SCHOOL: Hurysz ran the second fastest indoor two-mile in N.C. state history. He won the 2010 indoor state title in the 3,200. Hurysz was named the 2009 N.C. Gatorade Cross Country Runner of the Year. He won the NCHSAA 3A title and placed sixth at the Footlocker National Championships.

HIGH SCHOOL BESTS: 800-Meters: 1:52.60; Mile: 4:06.18; 3,200-Meters: 8:49.76.

IN THE CLASSROOM: Hurysz is a communications major and currently has a GPA greater than 3.00.

PERSONAL: Jacob Michael Hurysz was born on July 15, 1992 in Chapel Hill, N.C. He is the son of Mike Hurysz and Alison McChee. He has one brother, Carson. Hurysz enjoys playing basketball and skiing.

TRACK PRs

800-m	1:52.11 (0)
1,500-m	3:42.89 (0)
5,000-m	13:38.59 (0)

COLORADO BUFFALOES



DAVID KILGORE

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

COLLEGE – 2011: Redshirt. Did not compete. Kilgore ran unattached at the Rocky Mountain Shootout and placed 29th (27:26).

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.

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 is majoring in integrative physiology.

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.

2011 Fin/CU.... Time
 Rocky Mtn Shootout..... +29 27:26

TRACK PRs

800-M 1:59
 1,600-m 4:20
 3,000-m 8:48.46
 3,200-m 9:31.78
 5,000-m 14:50.59

COLORADO BUFFALOES



SHALAYA KIPP
Junior • 2L
Salt Lake City, Utah
(Skyline)

COLLEGE – 2011: Kipp had a great season, earning All-American, All-Mountain Region and All-Pac-12 First Team honors as a sophomore. She led CU in every varsity race the entire season. Kipp started off by winning the Rocky Mountain Shootout in 20:29, tying the 11th fastest time in course history. Two weeks later, she finished ninth overall at pre-nationals (20:51). Kipp led the Buffs with a fifth-place finish at the Pac-12 Championships, helping the Buffs win the inaugural Pac-12 team title. In the meet she ran her fastest time of the year at 19:54. She led the Buffs at regionals, once again taking fifth overall. Kipp finished the season with a 19th-place finish at NCAAs, earning her second straight All-American honor, improving from a 40th-place finish in 2010. Kipp was named the CU Female Athlete of the Year for her season.

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 and psychology and was a member of the Big 12 Commissioner's Honor Roll.

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 and dreamt of becoming an Olympic ski racer. Kipp fulfilled her Olympic dream as she competed in London in the 3,000-meter steepchase.

2011 Fin/CU Time
 Rocky Mtn Shootout..... 1/120:29
 at Pre-Nationals 9/120:51
 at Pac-12 Championship .. 4/1 19:54
 at NCAA Mtn. Region..... 4/121:00
 at NCAA Championship 19/120:09

2010 Fin/CU Time
 Rocky Mtn. Shootout..... 3/320:42
 at Pre-Nationals 12/220:37.2
 at Big 12 Championship ... 8/320:33.79
 at NCAA Mtn Region..... 10/320:48.2
 at NCAA Championship..... 40/220:53.8

HONORS

2011-12 CU Female Athlete of the Year
 2011 All-Pac-12 First Team
 2010, 11 All-American
 2010, 11 All-Region
 2010 All-Big 12

TRACK PRS

1,500-m 4:27.35 (O)
 mile 5:13.93 (I)
 3,000-m 9:18.03 (I)
 5,000-m 16:00.50 (O)
 Steeplechase 9:35.73 (O)

COLORADO BUFFALOES



CAMILLE LOGAN
Junior • 2L
Littleton, Colo.
(Littleton)

COLLEGE – 2011: Logan had a good sophomore campaign, scoring for CU in four of its five varsity meets. She started off with a sixth-place finish at the Rocky Mountain Shootout and followed it up with a 40th-place finish at pre-nationals. Logan was 26th at the inaugural Pac-12 Championships, crossing the finish sixth for the Buffs. She was the 19th overall finisher at regionals, helping CU tie for first as the No. 3 runner and earn all-region honors. Logan ended the year at nationals with a 165th-place finish and the Buffs placed 11th overall.

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. She earned a spot on the honorable mention Pac-12 All-Academic team in 2011 and prior to that was a member of the Big 12 Commissioner's Honor Roll and the Academic All-Big 12 team in 2010.

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.

2011	Fin/CU....	Time
Rocky Mtn Shootout.....	6/3	21:29
at Pre-Nationals	40/4	21:44
at Pac-12 Championship	26/6	20:49
at NCAA Mtn. Region.....	19/3	21:36
at NCAA Championship	165/5	21:29

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

2011 All-Region
 2011 All-Academic honorable mention
 2010 Academic All-Big 12

TRACK PRs

1,500-m	4:21.55 (O)
mile	5:21.07 (I)
5,000-m	16:14.24 (O)
10,000-m	34:16.11 (O)

COLORADO BUFFALOES



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

COLLEGE – 2011: Did not compete.

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 has recorded a 4.00 in her six semesters and was named to the Dean's List and Big 12 Commissioner's Honor Roll. Look was named to the Academic All-Big 12 team as a sophomore.

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.

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

HONORS
 2010 Academic All-Big 12

TRACK PRs
 800-m 2:20.70 (0)
 1,500-m 4:38.82 (0)

2012 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



CATRINA MCALISTER

Freshman • RS
San Clemente, Calif.
(Arcadia)

COLLEGE – 2011: Redshirt. Did not compete. McAlister ran unattached at the Rocky Mountain Shootout, finishing 16th overall (22:35).

HIGH SCHOOL: McAlister ran most of her collegiate 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 an open 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.

2011Fin/CUTime
Rocky Mtn Shootout....+16 22:35

TRACK PRs

800-m 2:18.99 (0)
1,500-m 4:30.31 (0)
Mile 5:10.15 (I)
3,000-m 9:40.95 (I)
5,000-m 17:59.90 (0)

COLORADO BUFFALOES



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

COLLEGE – 2011: Did not compete.

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. McLaughlin was undefeated her senior season and set three course records as well as four meet records. Besides winning the state title, she was the conference and regional champion. McLaughlin was named the cross country runner of the year by the Rocky Mountain News, The Denver Post and The Colorado Springs Gazette. In addition to those honors, she was named 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. She also served as the captain for the cross country and lacrosse teams her senior year. As a junior McLaughlin also had a lot of success. She won the 2008 state 3,200-meter run title and was the regional champion. McLaughlin was named all-first team in track and cross country by the Colorado Springs Gazette. The Rocky Mountain News named her the Distance Runner of the Year in 2008. She also earned four letters as a member of the lacrosse team that won four conference championships and the state title in 2009. McLaughlin played hockey until her sophomore year of high school.

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

HONORS

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

TRACK PRs

3,000-m 9:23.31

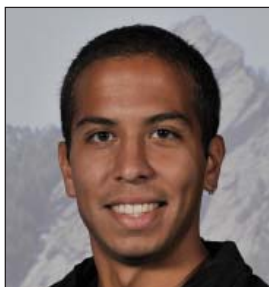
HIGH SCHOOL BESTS: 1,600-Meters: 5:13; 3,200-Meters: 10:49.

IN THE CLASSROOM: McLaughlin is majoring in communications and psychology and owns a greater than 3.20 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. She has also volunteered her time baking food in a soup kitchen while in high school.

2012 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



MARTIN MEDINA

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

2011Fin/CUTime
 Rocky Mtn Shootout.....4/4 25:32
 at Pre-Nationals58/6 25:17
 at Pac-12 Champs22/6 23:52
 at NCAA Mtn. Region...13/4 31:02
 at NAAs173/6 31:27

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

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

TRACK PRs

1,500-m4:01.71 (O)
 mile..... 4:34.84 (I)
 3,000-m 8:23.04 (I)
 5,000-m 14:14.51 (O)
 10,000-m 29:21.57 (O)

COLLEGE – 2011: Medina had a breakout season for CU as a junior. He was fourth overall and was the fourth Buff to finish the Rocky Mountain Shootout to start the season. At pre-nationals he took 58th and then moved up to 22nd at the inaugural Pac-12 Championships, where CU to the team title. Medina earned his first all-region honor after placing 13th overall and ended the year with a 173rd-place finish at nationals. The Buffs placed third as a team.

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.

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 and ethnic studies.

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 member of the CU track & field team. His younger siblings are Stephanie and Charlie.

COLORADO BUFFALOES



JOE MITCHEM

**Freshman • HS
Broomfield, Colo.
(Broomfield)**

HIGH SCHOOL: Mitchem was a member of the Broomfield High School cross country and track and field teams. He earned a pair of letters in cross country and four letters as a member of the track team. Mitchem ran the middle distance events (800, 1,600) during the track season.

HIGH SCHOOL BESTS: 800-meters: 1:55; 1,600-meters: 4:19; 5,000-meters: 16:25.

IN THE CLASSROOM: Mitchem intends to major in engineering.

PERSONAL: Joseph William Mitchem was born on April 25, 1994 in Boulder, Colo. He is the son of Jeff and Randi Mitchem of Broomfield, Colo. Mitchem has three younger siblings, Jacob, Emily and Katelyn.

TRACK PRs

800-m	1:55
1,600-m	4:19
5,000-m	16:25

COLORADO BUFFALOES



AMMAR MOUSSA

Sophomore • 1L
Arcadia, Calif.
(Arcadia)

COLLEGE – 2011: Moussa had a breakout freshman year, earning a spot on the Buff's varsity roster. He raced unattached at the Rocky Mountain Shootout and finished sixth overall. Moussa's first meet in a black and gold jersey was pre-nationals where he placed 19th overall and was CU's No. 3 finisher. Moussa helped the Buffs win the inaugural Pac-12 team championship by placing 15th, and went on to take 17th at the regional meet, earning his first all-region honor. Moussa ended the season with an 88th-place finish at the national championship which helped CU take third overall. He was named a finalist for the 2011-12 CU Male Freshman Athlete of the Year award.

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.

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 is majoring in integrative physiology.

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.

2011	Fin/CU Time
Rocky Mtn Shootout.....	+625:47
at Pre-Nationals	19/324:36
at Pac-12 Championship ..	15/523:43
at NCAA Mtn. Region.....	17/531:08
at NCAA Championship	88/530:43

HONORS

2008. 09 All-Big 12

TRACK PRs

800-m 1:53.21

COLORADO BUFFALOES



PIERCE MURPHY

Freshman • RS
Hanalei, Hawai'i
(Island)

COLLEGE – 2011: Redshirt. Did not compete. Murphy ran the Rocky Mountain Shootout unattached and finished 18th overall.

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 KIG 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; 1,600-meters: 4:29.53; 3,200-meters: 9:14.09; 5,000-meters: 16:26.00.

IN THE CLASSROOM: Murphy is majoring in integrative physiology.

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.

2011 Fin/CU.... Time
 Rocky Mtn Shootout..... +1826:46

TRACK PRs

800-m2:00.67
 Mile..... 4:30.92 (I)
 1,600-m4:29.53
 3,200-m9:14.09
 5,000-m16:26.00

2012 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



LAINey NASH
Freshman • RS
Beaverton, Ore.
(Southridge)

HIGH SCHOOL: Nash won the 2010 Oregon State 400-meter title to earn Southridge High School's Athlete of the Year award. She was a member of the state champion 4x400-meter relay as a freshman and sophomore, and the Skyhawks women's team won the overall state title in 2009. Nash was all-state her freshman, sophomore and junior years. She was also recruited by Nevada-Reno, Cornell, Northern Arizona, Brown and San Francisco.

HIGH SCHOOL BESTS: 100-meters: 12.70; 200-meters: 25.51; 400-meters: 56.52; 100-meter hurdles: 15.32; 300-meter hurdles: 44.34.

IN THE CLASSROOM: Nash is majoring in evolutionary biology.

PERSONAL: Lainey Sarah Nash was born on August 3, 1993 in Portland, Ore. She is the daughter of David and Aviva Nash of Beaverton, Ore. She has two brothers, Daniel and Aaron.

TRACK PRs

100-m	12.70
200-m	25.51
400-m	56.52
100-hurdles	15.32
400-hurdles	44.34

COLORADO BUFFALOES



MORGAN PEARSON

Sophomore • TR
New Vernon, N.J.
(Morristown)

AT DUKE: Pearson competed one season at Duke on the cross country and track & field teams. He led the Blue Devils at the N.C. Central Dual Meet, finishing first and also earned top honors at the James Madison Invitational. Pearson was the second Duke harrier to cross the finish at the prestigious Roy Griak Invitational, placing 44th overall. At the ACC Championships, he was the fifth Blue Devil to finish, crossing the line 36th overall. Pearson was 50th overall at the NCAA Southeast Regional Championships, once again as Duke's final scorer.

HIGH SCHOOL: Pearson earned four letters at Delbarton and Morristown High School. He was the New Jersey state champion in the 3,200 as a senior and earned All-American honors in the outdoor two-mile run. He won the Penn Relays 3,000-meter run, which he lists as the biggest moment of his high school career. Pearson placed fourth in the Northeast Region at Nike Cross Nationals his junior season and was second in the FootLocker regionals as a senior.

IN THE CLASSROOM: Pearson is undecided on a major.

PERSONAL: Morgan Cadwell Pearson was born on Sept. 22, 1993. He is the son of Mike and Christine Pearson and has three brothers, Andrew, Parker and Trevor. His grandfather played lacross at Syracuse. Pearson has dual citizenship with Canada. He was a swimmer in high school and also enjoys surfing and playing basketball.

TRACK PRs

1,500-m 3:55.19 (0)
3,000-m 8:06.44 (I)
5,000-m 14:03.53 (0)

COLORADO BUFFALOES



JEROME PERKINS

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

COLLEGE— 2011: Perkins placed 85th overall at the Santa Clara Bronco Invitational, finishing in 25:30.

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 3.795 and was a member of the Big 12 Commissioner's Honor Roll. Perkins was named to the Academic All-Big 12 First Team in 2010.

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.

2011Fin/CUTime
 at Bronco Invite.....85/6 25:30

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

HONORS

2010 Academic All-Big 12

TRACK PRs

1,500-m 4:08.06 (0)
 Mile 4:40.93 (I)
 3,000-m 8:56.46 (0)
 5,000-m 15:02.23 (0)

COLORADO BUFFALOES



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

COLLEGE— 2011: Popiel ran twice for the Buffs. She was 65th at the Rocky Mountain Shootout and went on to place 168th at the Santa Clara Bronco Invite.

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.

2011Fin/CUTime
 Rocky Mtn Shootout.....65/10 24:44
 at Bronco Invite..... 168/5 20:01

TRACK PRs

1,500-m 5:24.88 (O)
 Mile..... 5:55.64 (I)
 3,000-m 12:02.17 (I)

2012 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



MICHAEL REESE
Freshman • HS
Louisville, Colo.
(Montclair)

HIGH SCHOOL: Reese ran two seasons for the Monarch High School cross country program. As a senior he placed ninth at the state high school championships to earn all-state recognition. In the process, Reese helped his team to a third-place finish. He also competed on the swim team for the Coyotes. Academically he did quite well and earned several awards which included AP Scholar with Distinction, National Honors Society, Spanish Honors Society and he graduated magna cum laude.

IN THE CLASSROOM: Reese intends to major in molecular, cellular and developmental biology. He is also interested in math and physics.

PERSONAL: Michael David Reese was born on November 6, 1993 in Denver, Colo. He is the son of Dan and Sharon Reese of Louisville, Colo. and has two younger siblings. Reese comes from a family of Buffs as his father and uncles were members of the CU cross country and track and field teams in the 1980's.

TRACK PRs

Mile.....	4:46
Two-mile.....	10:27
5,000-m.....	16:15

COLORADO BUFFALOES



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

COLLEGE – 2011: Savercool ran in a pair of meets for the Buffs. He finished 38th overall at the Rocky Mountain Shootout and was 87th at the Santa Clara Bronco Invitational.

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 integrative physiology and philosophy major. He owns a GPA greater than 3.00 and was a member of the Big 12 Commissioner's Honor Roll. In 2011, Savercool earned Pac-12 All-Academic honorable mention honors.

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.

2011Fin/CUTime
 Rocky Mtn Shootout....38/14 25:51
 at Bronco Invite.....87/7 25:33

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

HONORS

2011 Pac-12 All-Academic honorable mention
 2010 Academic All-Big 12 First Team

TRACK PRs

1,500-m 4:08.91 (O)
 Mile..... 4:34.28.63 (I)
 3,000-m 8:57.65 (O)
 5,000-m 14:55.47 (O)
 10,000-m 31:59.64 (O)

COLORADO BUFFALOES



DILLON SHIJE
Junior • 2L
Zia Pueblo, N.M.
(Sandia Preparatory)

COLLEGE – 2011: Shije ran in three meets for the Buffs as a sophomore. He was the seventh Buff to cross the finish at the Rocky Mountain Shootout, finishing 12th overall. Shije was the second CU harrier to cross the finish at the Santa Clara Bronco Invitational, placing 30th which earned a spot on the varsity roster. His final meet was the inaugural Pac-12 Championships, where he finished 49th overall as the Buffs won the inaugural team title.

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 integrative physiology.

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.

2011Fin/CUTime
 Rocky Mtn Shootout.... 12/7 26:16
 at Bronco Invite.....30/2 24:35
 at Pac-12 Champs40/9 24:30

2010Fin/CUTime
 Rocky Mtn. Shootout... 19/6 26:01
 at Pre-Nationals+52 26:20.7
 at Big 12 Champs51/825:52.85

TRACK PRs

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

COLORADO BUFFALOES



JONATHAN STEVENS
Senior • 1L
Vail, Colo.
(Battle Mountain)

COLLEGE – 2011: Stevens earned a spot on the varsity roster, racing in four meets for CU. He started the season with a fifth-place finish at the Rocky Mountain Shootout (25:48). Two weeks later at pre-nationals Stevens finished 68th overall. Stevens raced in the first Pac-12 Championships and placed 36th while the men's team won the inaugural title. His final race of the season was regionals where he took 54th overall. Stevens was the alternation at nationals.

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 and English.

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.

2011Fin/CUTime
 Rocky Mtn Shootout....8/5 25:48
 at Pre-Nationals68/7 25:23
 at Pac-12 Champs36/8 24:25
 at NCAA Mtn. Region...54/7 32:05
 at NCAA ChampsAlt

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

TRACK PRs

1,500-m 3:56.54 (O)
 Mile..... 4:17.21 (I)
 3,000-m 9:03.42 (I)
 steeple 9:07.86 (O)

COLORADO BUFFALOES



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

COLLEGE – 2011: Redshirt. Did not compete.

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 is majoring in philosophy and owns a greater than 3.40 GPA.

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
3,000-m	10:27.53
5,000-m	16:38.54 (0)
10,000-m	34:03.16 (0)

COLORADO BUFFALOES



BLAKE THEROUX
Sophomore • 1L
Chesapeake, Va.
(Western Branch)

COLLEGE— 2011: Theroux earned a spot on the varsity as a redshirt freshman and competed in all five varsity meets. He started the season with a 10th-place finish at the Rocky Mountain Shootout and followed up that performance with a 36th-place finish at pre-nationals. Theroux placed 28th at the inaugural Pac-12 Championship, helping the Buffs to the inaugural team title. He just missed all-region honors at the region championships with a 26th-place finish. Theroux finished the season 183rd at the NCAA Championships.

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. He earned Pac-12 All-Academic honorable mention honors in 2011.

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.

2011	Fin/CUTime
Rocky Mtn Shootout.....	10/6 26:04
at Pre-Nationals	36/5 24:56
at Pac-12 Champs	28/7 24:04
at NCAA Mtn. Region.....	26/6 31:18
at NCAA Champs	183/7 31:32

HONORS

2011 Pac-12 All-Academic honorable mention

TRACK PRs

1,500-m.....	3:45.33 (O)
Mile.....	4:30.15 (I)
3,000-m.....	8:11.43 (I)
5,000-m.....	14:55.21 (O)
Steeple.....	9:06.76 (O)

2012 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



ELIZABETH TREMBLAY

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

COLLEGE—2011: Tremblay earned another letter as a member of the varsity squad as a sophomore. She placed 19th in the first meet of the season, the Rocky Mountain Shootout and led CU at the Santa Clara Bronco Invite with a 14th-place finish. Tremblay raced to a 51st-place finish at the inaugural Pac-12 Championships, helping CU to the team title. She served as the alternate at regionals and nationals.

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 greater than 3.30 and was named to the Big 12 Commissioner's Honor Roll. Tremblay was a member of the Academic All-Big 12 First Team as a sophomore and as a junior was named to the Pac-12 All-Academic honorable mention team.

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. 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.

2011 Fin/CU.... Time
 Rocky Mtn Shootout.....19/822:54
 at Bronco Invite.....14/117:33
 at Pac-12 Championship...51/821:28
 at NCAA Mtn. Region.....Alt.....
 at NCAA ChampionshipAlt.....

2010 Fin/CU.... Time
 Rocky Mtn. Shootout.....45/1023:19
 at Fort Hays St Open.....10/117:50.0
 at Big 12 Championship ...105/9...24:09.39

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

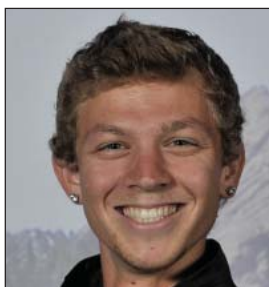
HONORS

2011 Pac-12 All-Academic honorable mention
 2010 Academic All-Big 12

TRACK PRs

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

COLORADO BUFFALOES



ARIC VAN HALEN

Senior • 3L
Los Angeles, Calif.
(Oakwood)

COLLEGE – 2011: Van Halen raced twice during the fall for CU. He was 17th at the Rocky Mountain Shootout and placed 34th at the Santa Clara Bronco Invite.

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.

2011 **Fin/CU.... Time**
Rocky Mtn Shootout..... 17/926:40
at Bronco Invite..... 34/324:39

2010 **Fin/CU.... Time**
Rocky Mtn. Shootout..... 17/525:57
at Pre-Nationals 22/324:13.0
at Big 12 Championship ...10/424:35.14
at NCAA Mtn Region..... 14/330:18.3
at NCAA Championship 177/531:56.9

2009 **Fin/CU.... Time**
Rocky Mtn. Shootout..... 18/826:34
at Pre-Nationals +825:20.7
at Big 12 Championship ...21/725:42.22
at NCAA Mtn Region..... 42/731:52.2
at NCAA Championship 130/531:13.0

HONORS

2010 All-Region
2010 All-Big 12

TRACK PRs

1,500-m 3:48.74 (O)
mile..... 4:19.93 (I)
3,000-m 8:18.07 (I)
steplechase 8:37.45 (O)
5,000-m 14:01.91 (O)

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 Van Halen 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.

2012 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



CARRIE VERDON

Freshman • HS
Moraga, Calif.
(Campolindo)

HIGH SCHOOL: Verdon was a two-time state champion in cross country as a junior and senior and helped her high school team to the state title in 2010, en route to one of her state titles. The Cougars also won the North Coast Section championships the same seasons. In 2010, Verdon placed fourth at FootLocker West Regionals to earn a spot at nationals where she finished 19th overall. She was ninth at the state championships as a sophomore and in her freshman season she placed 11th. Verdon was also successful on the track, placing third in the 3,200-meter at the state meet with a Campolindo High School record (10:22.5).

IN THE CLASSROOM: Verdon intends to major in integrative physiology.

PERSONAL: Carrie Sophie Verdon was born on March 8, 1994 in Torrance, Calif. She is the daughter of Wayne and Lisa Verdon of Moraga, Calif. and has one brother. She enjoys hiking and art and wants to pursue a career in physical therapy after graduation.

TRACK PRs

1,600-m 4:51
3,200-m 10:22

COLORADO BUFFALOES



RACHEL VIGER
Junior • 2L
Fort Collins, Colo.
(Fort Collins)

COLLEGE— 2011: Viger competed in four varsity meets for the Buffs. She started the season at pre-nationals, placing 59th overall as CU's No. 5 scorer. At the Pac-12 Championships Viger was 35th overall. She went on to take 41st at regionals and finished the season with a 169th-place finish at nationals.

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 four semesters and is a member of the Dean's List (Big 12 Commissioner's Honor Roll from 2010-11). Viger earned Pac-12 All-Academic first team honors in 2011.

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.

2011 Fin/CU.... Time
 at Pre-Nationals 59/5 22:02
 at Pac-12 Championship .. 35/7 21:07
 at NCAA Mtn. Region 41/7 22:23
 at NCAA Championship 169/6 21:34

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

HONORS

2011 Pac-12 All-Academic First Team

TRACK PRs

1,500-m 4:51.58 (O)
 3,000-m 10:41.57 (I)
 5,000-m 16:56.06 (O)
 10,000-m 35:06.26 (O)

2012 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



JEFF WARREN
Senior • VR
Highlands Ranch, Colo.
(Mountain Vista)

COLLEGE – 2011: Did not compete.

2010: Warren ran in a pair of races for CU. He was 43rd at the Rocky Mountain Shootout and placed 21st at the Fort Hays State Open.

HIGH SCHOOL: Warren competed on the cross country team at MVHS and was the first harrier to ever qualify to the state championship from his high school. He was an academic all-state selection in high school.

IN THE CLASSROOM: Warren is majoring in integrated physiology and owns a greater than 3.0 GPA. He was a 2010 Academic All-Big 12 member as well as part of the Big 12 Commissioner's Honor Roll.

PERSONAL: Jeff Warren was born on April 7, 1991 in Beaverton, Ore., to Doug and Mary Warren. He has one younger sister, Kathryn. Warren lists his hobbies as downhill mountain biking and playing Airsoft. During the summer of 2009 he volunteered at the Littleton Hospital.

2010 Fin/CU Time
 Rocky Mtn. Shootout..... 43/12 26:40
 at Fort Hays St. Open 21/2 25:05.2

HONORS

2010 Academic All-Big 12

TRACK PRs

1,500-m 4:08.10 (O)
 Mile 4:14.34 (I)
 3,000-m 8:50.60

COLORADO BUFFALOES



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

COLLEGE – 2011: Redshirt. Did not compete. He raced unattached at the Rocky Mountain Shootout and was 19th overall (26:58).

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 is majoring in engineering.

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).

2011 Fin/CU.... Time
Rocky Mtn Shootout..... +19 26:58

TRACK PRs

800-m 1:52.56
Mile..... 4:10.33 (I)
5,000-m 15:21.60