

HEAD COACH MARK WETMORE



MARK WETMORE
Head Coach, 19th Season

Colorado head coach Mark Wetmore enters his 22nd season at Colorado, his 19th as head coach. He became CU's sixth head cross country and track and field coach on November 6, 1995. Wetmore is 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.

Wetmore's squads have won five national cross country titles since 2000. The women won in 2000 while the men won the following year. Both teams captured the championship again in 2004 (CU became only the third school to win both championships in the same year) and in 2006 the men won again. Wetmore has coached Adam Goucher (1998), Jorge Torres (2002) and Dathan Ritzenhein (2003) to men's individual cross country titles, while Kara Grgas-Wheeler won the

2000 women's crown. CU athletes have earned 91 All-American cross country honors during his tenure.

Wetmore has been named the NCAA Women's Cross Country Coach of the Year twice ('00 and '04) and the NCAA Men's Cross Country Coach of the Year in 2006.

In addition to national titles, his teams have won 23 Big 12 Cross Country Team Titles (11 women's, 12 men's), 16 individual Big 12 Cross Country Titles and Wetmore was named Big 12 Conference Cross Country Coach of the Year 19 times. He was the winningest Big 12 Conference head coach among all sports when CU left the conference in 2011.

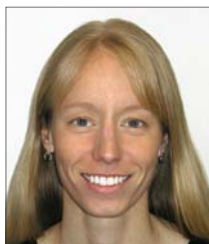
CU joined the Pac-12 Conference that fall and Wetmore's teams won the inaugural Pac-12 men's and women's titles – the first Pac-12 Championships in any sport. His men won the team title again in 2012.

On the track, Wetmore's athletes have had a strong presence at the conference, national and professional levels. They've captured 80 individual conference titles, two conference team titles, 16 NCAA individual titles and earned 1,436,218 All-American honors. CU athletes have broken seven collegiate middle and long distance records.

CU runners' success at the professional and post-collegiate level is unmatched by any university: over two dozen Buff grads have signed professional contracts. They've combined for more than 40 USA titles in cross country, track & field and road racing. Since 2000, 10 CU athletes or graduates have earned 17 U.S. Olympic Team berths at distances from 1,500-meters through the marathon. Fourteen current and former Buffs have earned 26 spots on U.S. World Championship Track Teams and 22 have combined for 58 berths on U.S. World Championship Cross Country Teams. Since 2004, CU graduates have won five medals in distance running at World Championships – Shayne Culpepper (bronze, 2004 Indoor 3k), Kara Goucher (bronze, 2007 10k), Dathan Ritzenhein (bronze, 2009 Half Marathon), Jenny Simpson (gold, 2011 1,500m and silver, 2013 1,500m).

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 1998. He lives in the mountains west of Boulder.

COACHING STAFF



HEATHER BURROUGHS
Associate Head Coach,
10th Season

Colorado's first female three-time All-American, **Heather Burroughs** begins her 10th 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 11 conference championship teams, three NCAA championships teams and 39 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' nine 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, 34 have captured individual conference titles and 48 have earned All-American accolades. Her women have won 10 individual NCAA titles and have broken six collegiate records. Since 2007, CU runners have won four U.S. outdoor titles. They have earned four 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,
Fourth 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. Prior to that he ran for Nike. Nelson 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 (6), and a son, Noah (3). They reside in Longmont, Colo.



Karen Lechman
Director of Operations,
12th Season

Karen Lechman is in her seventh year as the director of operations, but her 12th 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.