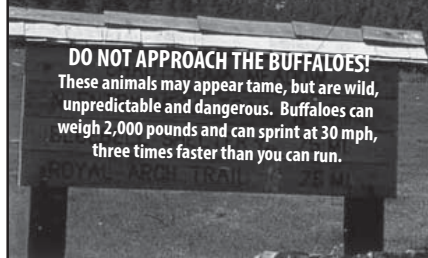


# 2013 COLORADO CROSS COUNTRY



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## 2012 TEAM FINISHES

	Men	Women
Pac-12 Championships.....	1/49pts. ....5/124	
NCAA Mountain Region.....	3/69 pts. ....3/104	
NCAA Championships.....	3/158 pts. ....24/519	
Letterwinners Ret/Lost .....	7/3 .....	8/1
All-Americans Ret/Lost .....	2/1 .....	1/0
Postseason Scorers Ret/Lost.....	6/1 .....	5/2
Newcomers .....	5 .....	8

\*--all student-athletes have signed waivers disclosing their academic standing

## COLORADO AT A GLANCE

Location .....	Boulder, Colo. (102,500)
Founded .....	1876
Enrollment .....	29,884
Colors .....	Silver, Gold and Black
Nickname .....	Buffaloes (Bufs)
Home Course .....	Buffalo Ranch at So Campus
Distances .....	5,800-m (women), 8k (men)
Elevation .....	5,435 feet above sea level
NCAA Affiliation .....	Division I
Conference .....	Pac-12(Joined 2011)
President .....	Bruce Benson
Chancellor .....	Phil DiStefano
Faculty Athletics Representative .....	Dr. David Clough
Athletic Director .....	Mike Bohn
Senior Woman Administrator .....	Ceal Barry

## CROSS COUNTRY INFORMATION

Head Coach .....	Mark Wetmore (19th Season)
Associate Head Coach .....	Heather Burroughs
Assistant Coach/Recruiting Coordinator .....	
.....	Billy Nelson
Director of Operations .....	Karen Lechman
Cross Country Office .....	303/492-5227

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Twitter .....	@cubuffstrack
Facebook .....	<a href="http://facebook.com/cubuffstrack">facebook.com/cubuffstrack</a>

## PRACTICE SCHEDULE

Mondays .....	2 p.m. (Fieldhouse)
Tuesdays .....	2 p.m. (Fieldhouse)
Wednesdays .....	2 p.m. (Fieldhouse)
Thursdays .....	Off
Fridays .....	6:30 a.m. or 2 p.m. (Fieldhouse)
Saturdays .....	Raceday
Sundays .....	8 a.m. (long runs off campus)

PHOTO CREDITS: Chip Bromfield, Cliff Gasmick, Brian Lewis, CU Photo Office, Gary Ahearn, Patrick Collard, Heather Burroughs, Allison Wade, Cheryl Tregworthy, Andrea DuBay, Mark Foos, Casey Cass and Geoff Thurner

## 2013 SCHEDULE

**Buffalo Ranch @ South Campus, BOULDER**  
**Buffalo Ranch @ South Campus, BOULDER**

<b>Aug. 31</b>	<b>Alumni/Open/Time Trial</b>
<b>Sept. 28</b>	<b>ROCKY MOUNTAIN SHOOTOUT</b>
	<b>9 a.m. Women's 5.8k</b>
	<b>9:45 a.m. Men's 8k</b>
Oct. 19	at Pre-NCAA Invitational
Nov. 2	Pac-12 Championships
Nov. 15	at NCAA Mountain Region Championship
Nov. 23	at NCAA Championships
Feb. 15	at USATF Cross Country Championships
TBA	at IAAF Cross Country Championships

Terre Haute, Ind.
Coal Creek Golf Course, Louisville, Colo.
Ogden, Utah
Terre Haute, Ind.
Flatirons Golf Course, BOULDER
TBA

## 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.

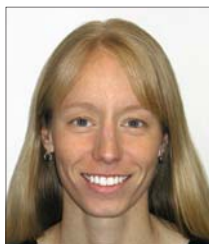
CU joined the Pac-12 Conference that fall and Wetmore's teams won the inaugural Pac-12 men's and women's titles – the first Pac-12 Championships in any sport. His men won the team title again in 2012.

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.

## ***A TRADITION OF EXCELLENCE***



### **Colorado Cross Country**

**97 All-Americans...**

**28 Conference Championships...**

**5 NCAA Team Championships...**

**4 NCAA Individual Champions...**

all since just 1993...one combined program, using only U.S. athletes.

CU is one of four programs to have an American Men's NCAA Champion in the last 20 years. CU has had three. CU is one of only four public universities to win the NCAA Women's Title since 1988. CU has won twice. Mark Wetmore is the only coach to win all four NCAA titles at one school: Men's and Women's Teams, Men's and Women's Individuals. CU is one of only three schools that has won both men's and women's team titles on the same day. CU has had 24 athletes qualify for the IAAF World Cross Country Championships in venues as far reaching as Ireland, Morocco, Switzerland, Japan and Kenya.

Accomplishments which other schools celebrate occasionally (some still 30 years later), at CU have become an annual matter of course, a matter of tradition.

A tradition of excellence.

## 2013 SEASON OUTLOOK



The 2013 University of Colorado cross country season officially starts on Saturday, August 31, as the Buffs will host the CU Alumni/Open/Time Trial at the Buffalo Ranch Cross Country Course on CU's South Campus.

The men's 8-kilometer race will start at 8:30 a.m. and the women's 5.8k race will follow at 9:15 a.m. Parking and admission are free. Results will be posted at CUBuffs.com.

Both of CU's cross country programs are ranked in the USTFCCCA's Coaches' Preseason Poll heading into this season. The men are ranked third, while the women are 14th overall. The women are the top-ranked team in the NCAA Mountain Region Poll, while the men are second behind Northern Arizona.

This season looks to be another great one for head coach Mark Wetmore's distance teams. The men return seven letterwinners, including six postseason scorers, from the 2012 team that placed third at the NCAA Championships after winning the second straight Pac-12 Conference title in as many years. In that group of returners are All-Americans senior Jake Hurysz and junior Blake Theroux, as well as Hugh Dowdy, Pierce Murphy and Connor Winter.

The men have added some talent with the addition of five newcomers (David Emmert, Zach Perrin, Adam Peterman, Ben Saarel and Panos Smyrniotis). Ammar Moussa, a redshirt sophomore, will also return to the line-up after redshirting the 2012 season.

On the women's side, the most significant returner is senior Shalaya Kipp. Kipp, a three-time All-American, will likely sit-out the first couple of weeks as she gets back into cross country training. She had a long track and field season which just wrapped up at the IAAF World Championships in early August. Kipp led the Buffs in the final four meets of the 2012 season, including an 18th place finish at the NCAA Championships.

The women have eight returning letterwinners and five of those were postseason scorers in 2012. Sophomore Carrie Verdon was the No. 2 scorer for CU behind Kipp in the final four races of the season, including a seventh place finish at the NCAA Mountain Region Championships.

Like the men, the women have also added a lot of depth in the offseason with eight newcomers. Heather Bates, Erin Clarke, Abigail Levene, Lucy May, Melanie Nun, Amanda Ortiz, Hagen Reedy and Olivia Rintala will all be looking to make an impact on the team.

On November 2, CU will host its first Pac-12 Conference Championship in cross country at Coal Creek Golf Course in Louisville, Colo. The men have won the first two conference team championships and will be looking for the third straight title. The women's team placed fifth last year after winning the inaugural team title in 2011 and this year they will be looking to get back in the hunt for the team title.

"The Pac-12 Championship rotates, so we only get to host once every 12 years," associate head coach Heather Burroughs said at media day. "And, of course, this will be the first time we have hosted in a new conference. I think the Pac-12 is the most elite distance running conference in the country. There were four women's teams in the top ten of the NCAA last year. We have some of the dominant individuals in the NCAA. Minus the NCAA Championships it's arguably the second best collegiate cross country race that you will see this year. It's going to be at Coal Creek Golf Course, and we are hoping to smash records for attendance. It's also going to have a spectacular backdrop. Of course we have not ran there before because it is not our home course. We will not have a home field advantage in terms of knowing the terrain, but we hope to have a big advantage in terms of spectators."

Winning the Pac-12 Championships won't be an easy task as several of the league's schools are ranked in the USTFCCCA Top-30 Preseason Poll. The men are the top ranked Pac-12 team in the poll. Oregon is second at 12th, UCLA is 13th and Stanford is ranked 16th. In the women's poll, Oregon is third, Washington is fifth, Arizona is sixth and Stanford is seventh.

The NCAA Mountain Region Championships are set for Nov. 15 in Ogden, Utah. And after a one year break, Terra Haute, Ind. will once again host the NCAA Cross Country Championships. This is the ninth time in 10 years that Indiana State will host the meet, which is set for November 23.



# 2013 ROSTERS

## COLORADO WOMEN

Name	Ht	Yr	Exp.	Hometown (High School/College)
Madeline Alm	5-3	Fr.	RS	Louisville, Colo. (Monarch)
Heather Bates	5-9	Fr.	HS	Colorado Springs, Colo. (Pine Creek)
Courtney Bouchet*	5-4	Sr.	2L	Estes Park, Colo. (Estes Park)
Erin Clark	5-5	Fr.	HS	Eugene, Ore. (South Eugene)
Jenny DeSouchet	5-6	RSo.	RS	Alamosa, Colo. (Alamosa/Columbia)
Lindsey Hubbard	5-5	Sr.	VR	LaSalle, Colo. (Valley)
Shalaya Kipp*	5-7	Sr.	3L	Salt Lake City, Utah (Skyline)
Abby Levene	5-7	Sr.	TR	Dublin, N.H. (Andover Academy/Princeton)
Lucy May	5-4	Fr.	HS	St. Louis, Mo. (St. Joseph's Academy)
Catrina McAlister	5-3	So.	1L	San Clemente, Calif. (San Clemente)
Melanie Nun	5-4	Fr.	HS	Broomfield, Colo. (Legacy)
Amanda Ortiz	5-1	Fr.	HS	Eagle, Colo. (Battle Mountain)
Hagen Reedy	5-3	Fr.	HS	Clovis, Calif. (Buchanan)
Olivia Rintala	5-5	Fr.	HS	San Jose, Calif. (Archbishop Mitty)
Jana Stolling*	5-7	Jr.	1L	Tallahassee, Fla. (MacLay/San Francisco)
Elizabeth Tremblay*	5-4	Sr.	3L	Longmont, Colo. (Thompson Valley)
Carrie Verdon*	5-2	So.	1L	Moraga, Calif. (Campolindo)
Rachel Viger*	5-6	Sr.	3L	Fort Collins, Colo. (Fort Collins)

## COLORADO MEN

Name	Ht.	Yr	Exp.	Hometown (High School/College)
Hugh Dowdy*	6-1	Jr.	1L	Petaluma, Calif. (Petaluma)
David Emmert	6-3	Fr.	HS	Sycamore, Ill. (Sycamore)
Jake Hurysz*	5-10	Sr.	1L	Mebane, N.C. (Eastern Alamance/UNC)
David Kilgore	5-9	So.	VR	Palm Bay, Fla. (Holy Trinity)
Joe Mitchem	6-2	Rfr.	RS	Broomfield, Colo. (Broomfield)
Ammar Moussa	5-7	RSo.	1L/RS	Arcadia, Calif. (Arcadia)
Pierce Murphy*	5-8	So.	1L	Hanalei, Hawai'i (Island)
Morgan Pearson	5-11	Jr.	1L	Morristown, N.J. (Delbarton/Duke)
Zachary Perrin	6-0	Fr.	HS	Lakeside, Mont. (Flathead)
Adam Peterman	6-2	Fr.	HS	Missoula, Mont. (Hellgate)
Ben Saarel	6-1	Fr.	HS	Park City, Utah (Park City)
Dillon Shije	5-8	Sr.	1L	Albuquerque, N.M. (Sandia Preparatory)
Panos Smyrniotis	5-8	Fr.	HS	Littleton, Colo. (Chatfield)
Blake Theroux*	5-8	Jr.	2L	Chesapeake, Va. (Western Branch)
Connor Winter*	5-11	So.	1L	Centennial, Colo. (Arapahoe)

\*-indicates returning 2012 postseason scorers

## The 2013 Colorado Buffaloes



## COLORADO BUFFALOES



**MADELINE ALM**  
Sophomore • VR  
Louisville, Colo.  
(Monarch)

**COLLEGE – 2012:** Did not compete.

**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 and owns a greater than 3.50 GPA.

**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 ..... 2:24.37  
1,500-m ..... 4:53.52

# COLORADO BUFFALOES



**HEATHER BATES**  
**Freshman • HS**  
**Colorado Springs, Colo.**  
**(Pine Creek)**

**HIGH SCHOOL:** Bates won the 2011 and '12 Colorado State 4A 3,200-meter run and was the runner-up those same years in the 1,600. Bates also won the 2012 Colorado State 5A Cross Country Championship by 43 seconds and was named The Denver Post and The Gazette Cross Country Runner of the Year. She raced at Nike Cross Nationals and took 12th overall after placing third at the Nike Southwest Regional. Bates was named all-state in track and cross country in 2012 and was awarded the 2012 Colorado Running Hall of Fame High School Long Distance Achievement Award. She also had two other big accomplishments in 2011 as she won the USATF National Junior Olympic Cross Country Championships and took second in the AAU National Junior Olympic Cross Country Championships. Bates owns school records in the 800 (2:15), mile (4:53), 1,600 (4:51), 3,200 (10:51) and 5k (17:18). She was also recruited by Oregon, Stanford, Washington, Virginia, Arizona State, New Mexico and Vanderbilt.

**HIGH SCHOOL BESTS:** Mile: 4:53; 1,600-meters: 4:51; 800-meters: 2:15; 3,200-meters: 10:51.

**IN THE CLASSROOM:** Bates intends to major in marketing but is also interested in law. She was an academic all-state selection as a junior and senior.

**PERSONAL:** Heather Lynn Bates was born on November 25, 1994 in Belleville, Ill. She is the daughter of Daniel and Linda Bates of Colorado Springs, Colo. Bates has one older brother, Kyle. She enjoys music, reading and writing.

## TRACK PRs

800-m .....	2:15
Mile.....	4:53
1,600-m .....	4:51
3,200-m .....	10:51

## 2013 COLORADO CROSS COUNTRY

# COLORADO BUFFALOES



**COURTNEY BOUCHET**  
**Senior • 2L**  
**Estes Park, Colo.**  
**(Estes Park)**

**COLLEGE – 2012:** Bouchet earned a spot on the varsity roster as a junior. She started the season placing 11th at the Rocky Mountain Shootout and then was 94th at pre-nationals. Bouchet recorded a 64th-place finish at the Pac-12 Championships and improved to 40th overall at regionals. She finished the year 194th at nationals.

**2011:** Bouchet ran in three meets for CU. She placed 18th at the Rocky Mountain Shootout and followed it up with a 28th-place performance at the Santa Clara Bronco Invite as 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.

2012 .....	Fin/CU....	Time
Rocky Mtn. Shootout.....	11/4 .....	21:57
at Pre-Nationals .....	94/5 .....	21:32
at Pac-12 Championship ..	64/8 .....	22:11
at NCAA Mtn Region.....	40/5 .....	21:41
at NCAA Championship ....	194/6 .....	21:30

2011 .....	Fin/CU....	Time
Rocky Mtn. Shootout.....	18/7 .....	22:52
at Bronco Invite .....	28/2 .....	17:43
at Pac-12 Championship ..	70/10 .....	21:56

2010 .....	Fin/CU....	Time
at Fort Hays .....	12/2 .....	17:59.70

## HONORS

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

## TRACK PRs

800-m .....	2:26.26 (O)
1,500-m .....	4:38.44 (O)
Mile .....	5:09.89 (I)
3,000-m .....	9:30.03 (I)
Steeplechase .....	10:30.06 (O)

**IN THE CLASSROOM:** Bouchet is majoring in molecular, cellular and developmental biology and psychology and owns a GPA greater than 3.40. She was a member of the Big 12 Commissioner's Honor Roll and was named to the Pac-12 All-Academic honorable mention team in 2011 and '12. She also earned Academic All-Big 12 honors in 2010.

**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.

## COLORADO BUFFALOES



### ERIN CLARK

**Freshman • HS**  
**Eugene, Ore.**  
**(South Eugene)**

**HIGH SCHOOL:** Clark recorded a sixth-place finish at the 2012 Oregon State 6A Cross Country Championships after placing third at the 2011 meet and was eighth in 2010. Following her sixth-place finish as a senior, Clark placed eighth at the Nike Cross Nationals Northwest Regional and took 11th at the Foot Locker West Regional. Clark also competed at the Nike Cross Northwest Regional her junior and sophomore years, placing fourth and seventh, respectively. On the track, she won the state 3,000-meter title twice. Clark won in 2013 with a state and school record (9:32) and she also won as a sophomore in 2011. At the state meet during her junior year, she took second in the 3k and was third in the 1,500. She was also recruited by Cornell, Oregon and Stanford.

**HIGH SCHOOL BESTS:** 1,500-meters: 4:28.90; 3,000-meters: 9:32.08; 5,000-meters: 16:41.36.

**IN THE CLASSROOM:** Clarke intends to major in integrative physiology and is also interested in French.

**PERSONAL:** Erin Elizabeth Clark was born on December 28, 1994 in Albany, Ore. She is the daughter of Andy and Susan Clark and also has one younger brother, Nathan. Her aunt, Kathy Herrmann, ran on Oregon's cross country and track and field team. Clark also enjoys skiing and was an alpine racer in high school. Heather Lynn Bates was born on November 25, 1994 in Belleville, Ill. She is the daughter of Daniel and Linda Bates of Colorado Springs, Colo. Bates has one older brother, Kyle. She enjoys music, reading and writing.

#### TRACK PRs

1,500-m .....	4:28.90
3,000-m .....	9:32.08
5,000-m .....	16:41.36

## COLORADO BUFFALOES



### JENNY DESOUCHET

**Sophomore • RS**  
**Alamosa, Colo.**  
**(Alamosa/Columbia)**

**COLLEGE – 2012:** Did not compete.

**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 a pre-journalism major and owns a GPA greater than 3.30.

**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-m .....2:12.98

# COLORADO BUFFALOES



**HUGH DOWDY**  
**Junior • 1L**  
**Petaluma, Calif.**  
**(Petaluma)**

**COLLEGE— 2012:** Dowdy earned a spot on the varsity roster as a redshirt sophomore. He started the year with a sixth-place finish at the Rocky Mountain Shootout, crossing as CU's No. 5 runner. At NCAA Pre-Nationals, Dowdy placed 12th overall as the third CU harrier. Once again he was CU's No. 3 at the Pac-12 Championships, crossing the finish line ninth overall. He did not score in the final two meets, but was 53rd at regionals and 205th at nationals. He was named to the All-Pac-12 Second Team and helped the Buffs win their second consecutive team conference title.

**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.

**2012 ..... Fin/CU .... Time**  
 Rocky Mtn. Shootout.....6/5 .....25:48  
 at Pre-Nationals .....12/3 .....23:40  
 at Pac-12 Championship ..9/3 .....23:42  
 at NCAA Mtn Region.....53/7 .....31:47  
 at NCAA Championship ....205/6 .....31:49

**2011 ..... Fin/CU .... Time**  
 Rocky Mtn. Shootout.....20/10 .....27:00  
 at Bronco Invite .....100/9 .....25:49

## HONORS

2012 All-Pac-12 Second Team

## 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.....8:50.78 (O)

**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 mechanical engineering 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.

## 2013 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**DAVID EMMERT**  
Freshman • HS  
Sycamore, Ill.  
(Sycamore)

**HIGH SCHOOL:** Emmert earned first team all-state track honors as a senior and junior. During his senior season, he placed fifth in the 800-meter run at the state championships in 1:56.49. Emmert ran his personal best in the 800 earlier in the season at the Illinois Big 12 Boys Conference Championships, finishing in 1:55.68.

**HIGH SCHOOL BESTS:** 800-meters: 1:55.68. 1,600-meters: 4:43.78.

**IN THE CLASSROOM:** Emmert intends to major in aerospace engineering.

**PERSONAL:** David Mitchel Emmert was born on November 29, 1994 in Sycamore, Ill. He is the son of David and Sheri Emmert and has three siblings, Dani, Claire and Caden. Emmert enjoys playing the guitar, golfing and longboarding. His volunteer work includes: Feed My Starving Children, Give Kids the World, LIFE Missions Team and Youth Engaged in Philanthropy.

### TRACK PRs

800-m..... 1:55.68

# COLORADO BUFFALOES



## LINDSEY HUBBARD

**Senior • VR**  
**LaSalle, Colo.**  
**(Valley)**

**COLLEGE – 2010-12:** Did not compete.

**HIGH SCHOOL:** Hubbard was a member of the track and field, softball and swimming teams at Valley High School and earned four letters in each sport. Her father, Mike, was her coach on the track and helped guide the Vikings to the conference championship from 2008-10. Hubbard set the school record in the 300-meter hurdles (44.51) and was a member of a pair of school record setting relays (4x400, 4:03.86 and 4x200, 1:44.51). She was an all-conference and all-state selection her sophomore, junior and senior years. She was the class valedictorian and earned the Boettcher Scholarship which gave her a full scholarship to any university in Colorado.

**HIGH SCHOOL BESTS:** 100-Meters: 12.53; 300-Meter Hurdles: 44.51.

**IN THE CLASSROOM:** Hubbard is majoring in mechanical engineering and has a greater than 3.00 GPA.

**PERSONAL:** Lindsey Ann Hubbard was born on February 23, 1992 in Greeley, Colo. She is the daughter of Mike and Lee Hubbard. Hubbard enjoys playing the piano, reading and traveling.

### TRACK PRs

400-m ..... 59.74 (I)  
 400m hurdles ..... 1:03.45  
 800-m ..... 2:21.56 (I)

# COLORADO BUFFALOES



## JAKE HURYSZ

**Senior • 1L  
Melbane, N.C.  
(Eastern Alamance/UNC)**

**COLLEGE – 2012:** Hurysz quickly became the top runner on the team after winning the Rocky Mountain Shootout in 24:34; the fourth best time ever in course history. He followed up that performance with a fourth-place finish at the NCAA Pre-Nationals, helping the Buffs win their section of the race. Hurysz placed eighth at the Pac-12 Championships two weeks later; helping CU to its second straight team title. It was the only race he did not lead the Buffs as he was the second Buff across the finish. Hurysz placed sixth at regionals and then recorded his first All-American honor with a 32nd-place finish as the Buffs placed third at nationals. He also earned All-Pac-12 Second Team and All-Mountain Region honors during the season.

**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 then-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.

**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.

2012 .....	Fin/CU....	Time
Rocky Mtn. Shootout.....	1/1 .....	24:34
at NCAA Pre-Nationals .....	4/1 .....	23:20
at Pac-12 Championship .....	8/2 .....	23:41
at NCAA Mtn Region.....	6/1 .....	30:14
at NCAA Championship .....	32/1 .....	29:56

### HONORS

2012 All-American  
2012 All-Mountain Region  
2012 All-Pac-12 Second Team

### TRACK PRs

800-m .....	1:51.91 (0)
1,500-m .....	3:40.63 (0)
5,000-m .....	13:38.59 (0)

# COLORADO BUFFALOES



## DAVID KILGORE

**Sophomore • VR**  
**Palm Bay, Fla.**  
**(Holy Trinity)**

**COLLEGE – 2012:** Kilgore ran in a pair of races for the Buffs as a redshirt freshman. He started the year by placing 23rd at the Rocky Mountain Shootout. Kilgore led CU with a 10th-place finish at the Santa Clara Bronco Invite.

**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. His has one older brother, Chris, who is in the army. Kilgore enjoys mountain biking, hiking and camping.

**2012 ..... Fin/CU.... Time**  
 Rocky Mtn. Shootout.....32/11 .....26:34  
 at Bronco Invite.....10/1 .....24:18

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

### TRACK PRs

800-M ..... 1:59  
 1,600-m ..... 4:20  
 3,000-m ..... 8:23.08 (I)  
 5,000-m ..... 14:27.98 (O)  
 10,000-m ..... 30:55.84 (O)

### 2013 COLORADO CROSS COUNTRY

# COLORADO BUFFALOES



**SHALAYA KIPP**  
**Senior • 3L**  
**Salt Lake City, Utah**  
**(Skyline)**

**2012 ..... Fin/CU.... Time**  
 at Pre-Nationals ..... 21/1 ..... 20:28  
 at Pac-12 Championship .. 11/1 ..... 20:36  
 at NCAA Mtn. Region ..... 2/1 ..... 20:19  
 at NCAA Championship .... 18/1 ..... 20:03

**2011 ..... Fin/CU.... Time**  
 Rocky Mtn Shootout ..... 1/1 ..... 20:29  
 at Pre-Nationals ..... 9/1 ..... 20:51  
 at Pac-12 Championship .. 4/1 ..... 19:54  
 at NCAA Mtn. Region ..... 4/1 ..... 21:00  
 at NCAA Championship .... 19/1 ..... 20:09

**2010 ..... Fin/CU.... Time**  
 Rocky Mtn. Shootout ..... 3/3 ..... 20:42  
 at Pre-Nationals ..... 12/2 ..... 20:37.2  
 at Big 12 Championship ... 8/3 ..... 20:33.79  
 at NCAA Mtn Region ..... 10/3 ..... 20:48.2  
 at NCAA Championship .... 40/2 ..... 20:53.8

## HONORS

2012-13 CU Female Athlete of the Year  
 Finalist  
 2010, 11, 12 All-American  
 2010, 11, 12 All-Region  
 2011-12 CU Female Athlete of the Year  
 2012 All-Pac-12 Second Team  
 2011 All-Pac-12 First Team  
 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)

**COLLEGE – 2012:** Kipp led the Buffs for the second straight season but sat out the Rocky Mountain Shootout to recover from her long track season which included competing at the Olympics Games. She debuted at pre-nationals, finishing 21st overall, with a time of 20:28. Kipp recorded an 11th-place finish two weeks later at the Pac-12 Championships before earning a runner-up finish at regionals; her highest placing of the season. She ended the year with an 18th-place finish at NCAAs to record her third straight All-American cross country honor. Kipp recorded her fastest time of the year in the race, crossing the finish in 20:02.4. She was also named to all-region and All-Pac-12 Second Team during the season.

**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 and 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 at pre-nationals (20:51). Kipp led the Buffs with a fifth-place finish at the Pac-12 Championships to help 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 steeplechase.

## COLORADO BUFFALOES



### ABBY LEVENE

Grad • TR  
Dublin, N.H.  
(Phillips Academy/  
Princeton)

**COLLEGE – PRINCETON (2009-13):** Levene earned two letters in cross country and two in track and field while competing for the Tigers before graduating. She owns the school's 10,000-meter run record (34:21), which she ran on April 5, 2013 at the Sam Howell Invitational. Levene ran a 5k personal best of 16:21 at Mt. SAC Relays on April 19, 2013.

**HIGH SCHOOL:** Levene ran cross country and track and field at Phillips Academy. As a senior, she was named the cross country team's MVP. The Big Blue won the New England Prep School Track Association (NEPSTA) team cross country title from 2005-08 and Levene was the individual champion in 2007 and 2008. The track team won the team NEPSTA Championship in 2007 and she earned the individual league championship in the 3k that same season.

**HIGH SCHOOL BESTS:** 3,000-meters: 10:01.

**IN THE CLASSROOM:** Levene is pursuing her master's in environmental journalism. She graduated Magna Cum Laude from Princeton in May of 2013.

**PERSONAL:** Abigail Peters Levene was born on February 2, 1991 in Erie, Pa. She is the daughter of Steven and Susan Peters of Dublin, N.H. and has one sister, Molly, who swims at Tufts. Levene enjoys cooking, baking, painting, hiking, swimming, biking and triathlons.

#### TRACK PRs

5,000-m ..... 16:21  
10,000-m ..... 34:21

## COLORADO BUFFALOES



**LUCY MAY**  
**Freshman • HS**  
**St. Louis, Mo.**  
**(St. Joseph's Academy)**

**HIGH SCHOOL:** May is the St. Joseph's Academy record holder in the 800 (2:16.99) and 1,600-meter (4:56) runs. During her senior year, May placed second at the state championships in the 1,600 and was an all-state selection in the 1,600 and the 800. She also earned all-conference honors in the 800, 1,600 and 3,200 as a senior. During her sophomore cross country season, the Angels placed third at the state 4A championship.

**HIGH SCHOOL BESTS:** 800-meters: 2:16.99; 1,600-meters: 4:56.

**IN THE CLASSROOM:** May intends to major in business and is also interested in engineering.

**PERSONAL:** Lucy Catherine May was born on December 19, 1994 in Louisville, Colo. She is the daughter of Chris and Joanne May and has a brother, Jake, and a sister, Sophia. Her father is the Athletic Director at Saint Louis University and also ran track at Iowa State. May also enjoys playing basketball and soccer.

### TRACK PRs

800-m ..... 2:16.99  
1,600-m ..... 4:56

# COLORADO BUFFALOES



## CATRINA MCALISTER

**Sophomore • 1L**  
**San Clemente, Calif.**  
**(Arcadia)**

**COLLEGE – 2012:** McAlister earned a spot on the varsity roster as a redshirt freshman. Her first meet of the season was the Santa Clara Bronco Invite where she placed 41st overall (18:00). McAlister followed up that performance with a 70th-place finish at the Pac-12 Championships. She was the alternate at regionals and nationals.

**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 high school 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 majoring in English and has a GPA greater than 3.00.

**2012 ..... Fin/CU.... Time**  
 at Bronco Invite.....41/4 ..... 18:00  
 at Pac-12 Championship ..70/9 .....22:23  
 at NCAA Mtn Region.....Alt.....  
 at NCAA Championship ....Alt.....

**2011 ..... Fin/CU.... Time**  
 Rocky Mtn Shootout.....+16 .....22:35

### TRACK PRs

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

**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.

### 2013 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



### JOE MITCHEM

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

**COLLEGE – 2012:** Redshirt. Did not compete.

**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 is majoring in environmental design.

**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/RS**  
**Arcadia, Calif.**  
**(Arcadia)**

**COLLEGE – 2012:** Redshirt. Did not compete.

**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.

<b>2011</b> .....	<b>Fin/CU .... Time</b>
Rocky Mtn Shootout.....	+6 .....25:47
at Pre-Nationals .....	19/3 .....24:36
at Pac-12 Championship ..	15/5 .....23:43
at NCAA Mtn. Region.....	17/5 .....31:08
at NCAA Championship .....	88/5 .....30:43

## HONORS

2011 All-Region  
 2011-12 CU Male Freshman Athlete of the Year Finalist

## TRACK PRs

800-m .....	1:53.21
1,500-m.....	3:47.01 (0)
Mile.....	4:22.38 (I)
3,000-m.....	8:11.20 (I)
5,000-m.....	13:57.96 (0)

**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.

# COLORADO BUFFALOES



**PIERCE MURPHY**  
**Freshman • RS**  
**Hanalei, Hawai'i**  
**(Island)**

**COLLEGE – 2012:** Murphy had an outstanding redshirt freshman season and was CU's No. 4 runner in four of the five varsity meets. He started the season with a fourth-place finish at the Rocky Mountain Shootout. Two weeks later at pre-nats, he placed 22nd overall. Murphy helped the Buffs win their second straight Pac-12 team title, placing 14th overall. It was the only meet he did not score for the Buffs as he was the sixth harrier to finish the race. Two weeks later he scored again for the Buffs, this time with a 19th-place finish at regionals. Murphy ended the season at nationals placing 45th, just missing All-American honors by five spots; the Buffs were third overall as a team. He earned All-Pac-12 Second Team and all-region honors during the season and was honored as the 2012-13 CU Male Freshman of the Year for his season.

**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.

**2012** ..... **Fin/CU** .... **Time**  
 Rocky Mtn Shootout..... 4/4 ..... 25:19  
 at Pre-Nationals ..... 22/4 ..... 23:50  
 at Pac-12 Championship .. 14/6 ..... 23:50  
 at NCAA Mtn. Region..... 19/4 ..... 30:37  
 at NCAA Championship .... 45/4 ..... 30:12

**2011** ..... **Fin/CU** .... **Time**  
 Rocky Mtn Shootout..... +18 ..... 26:46

## HONORS

2012-13 CU Male Freshman of the Year  
 2012 All-Region  
 2012 All-Pac-12 Second Team

## TRACK PRs

800-m ..... 2:00.67  
 Mile ..... 4:30.92 (I)  
 3,000-m ..... 8:35.56 (I)  
 5,000-m ..... 14:04.21 (O)  
 10,000-m ..... 29:36.48 (O)

**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 film studies.

**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.

## COLORADO BUFFALOES



**MELANIE NUN**  
**Freshman • HS**  
**Broomfield, Colo.**  
**(Legacy)**

**HIGH SCHOOL:** Nun finished fifth overall at the 2012 Colorado State 5A Cross Country Championships, improving from a 12th-place finish as a junior. She placed 10th at Foot Locker Midwest Regional Championships to earn a spot at the Foot Locker Nationals where she finished 35th overall. Nun won the 5A Region 3 Championship in 2012 and the 5A Region 4 Championship in 2011. She owns school records in the 800 (2:17), 1,600 (5:08), 3,200 (10:57), the 4x800-relay (9:47) and in the 5k cross country course (17:35). In 2013, Nun placed fourth in the 3,200 and was eighth in the 1,600 at the state championships. She was named the LHS Athlete of the Year as a senior and was a finalist for the Boettcher Scholarship.

**HIGH SCHOOL BESTS:** 800-meters: 2:17; 1,600-meters: 5:08; 3,200-meters: 10:57; 4x800-relay: 9:47.

**IN THE CLASSROOM:** Nun intends to major in mathematics and is also interested in economics.

**PERSONAL:** Melanie Lyn Nun was born on November 21, 1994 in Westminster, Colo. She is the daughter of Thomas and Sheila Nun of Thornton, Colo. and has three siblings, Zach, Dylan and Ryan. Nun enjoys soccer and yoga and has been a volunteer track coach for young kids.

### TRACK PRs

800-m .....	2:17
1,600-m .....	5:08
3,200-m .....	10:57

## COLORADO BUFFALOES



### MANDY ORTIZ

**Freshman • HS**  
**Vail, Colo.**  
**(Battle Mountain)**

**HIGH SCHOOL:** Ortiz recorded a top-15 finish at the 2013 Colorado State 4A Cross Country Championships (15th overall) and placed sixth at the 4A Region 6 Championships as a senior. During her junior season, Ortiz won the 4A Region 5 Championships and placed 11th at state. As a senior on the track, Ortiz placed fourth in the 3,200 and was eighth in the 1,600 at the 2013 Colorado State 4A Track and Field Championships. She raced at the 2012 state meet and finished seventh in the 3,200-meters and 12th in the 1,600. Ortiz owns school records in the mile (5:18), two-mile (11:30) and on the 5k cross country course (18:38).

**HIGH SCHOOL BESTS:** Mile: 5:18; 3,200-meters: 11:30.

**IN THE CLASSROOM:** Ortiz intends to major in integrative physiology and is also interested in English.

**PERSONAL:** Amanda (Mandy) Louise Ryan Ortiz was born on March 17, 1995 in Vail, Colo. She is the daughter of Michael and Anita, a professional mountain and ultra-runner, Ortiz of Eagle, Colo. She has three siblings, Amelia, who runs cross country and track at Williams College, Acacia and David. Ortiz enjoys baking, hiking, spending time outdoors and with family and friends.

#### TRACK PRs

Mile.....5:18  
3,200-m .....11:30

# COLORADO BUFFALOES



## MORGAN PEARSON

**Junior • 1L**  
**New Vernon, N.J.**  
**(Morristown)**

**COLLEGE – 2012:** Pearson became a member of the varsity team in his first season at CU. He ran unattached at the Rocky Mountain Shootout, taking 10th overall. At the NCAA Pre-National Invitational, he ran in the open race and was 11th. Pearson did well at the Pac-12 Championships, finishing 18th as CU's seventh runner to help the Buffs take the Pac-12 team title for the second straight year. He raced to a 34th-place finish at regionals and served as the alternate at nationals where CU took third as a team.

**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 majoring in economics and integrative physiology and has a GPA greater than 3.00.

**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 lacrosse at Syracuse. Pearson has dual citizenship with Canada. He was a swimmer in high school and also enjoys surfing and playing basketball.

**2012 .....Fin/CU....Time**  
 Rocky Mtn Shootout.....+10 .....25:42  
 at Pre-Nationals .....+11 .....24:36  
 at Pac-12 Championship ..18/7 .....24:04  
 at NCAA Mtn. Region.....34/6 .....31:06  
 at NCAA Championship ....Alt.

### TRACK PRs

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

## COLORADO BUFFALOES



**ZACH PERRIN**  
**Freshman • HS**  
**Kalispell, Mt.**  
**(Flathead)**

**HIGH SCHOOL:** Perrin won four Montana State High School Championships. He won the 2012 cross country championship after a runner-up finish his junior year. Perrin raced in the Foot Locker West Regional and took eighth overall before placing 10th at the Foot Locker Nationals in 2012. On the track, Perrin brought home three state championships in the 1,600 and 3,200-meter runs. He won the 1,600 and 3,200 as a senior and the 3,200 as a freshman. During his sophomore season, Perrin was second in both the 1,600 and 3,200. He also ran the best time by a Montana high school runner in 2012 in the 3,200 at the Arcadia Invite (8:55). Perrin earned a top-20 national cross country ranking in 2012. He was also recruited by Oregon, Northern Arizona, Oklahoma State, Wisconsin and Alabama.

**HIGH SCHOOL BESTS:** 800-meters: 1:54; 1,600-meters: 4:09; 3,200-meters: 8:55.

**IN THE CLASSROOM:** Perrin is majoring in integrative physiology and is also interested in environmental studies.

**PERSONAL:** Zachary Michael Perrin was born on January 25, 1995 in San Diego, Calif. He is the son of Mike and Lisa Perrin of Lakeside, Mont. He also has three siblings, Jake, Ben and Hannah. Perrin enjoys playing the guitar, rock-climbing and kayaking.

### TRACK PRs

800-m .....	1:54
1,600-m .....	4:09
3,200-m .....	8:55

## COLORADO BUFFALOES



### ADAM PETERMAN

**Freshman • HS  
Missoula, Mt.  
(Hellgate)**

**HIGH SCHOOL:** Peterman placed second to current CU teammate Zach Perrin at the 2012 Montana State High School Cross Country Championship. After the state championship, he placed second at the Nike Cross National Northwest Regional before running to a 23rd-place finish at the Foot Locker West Regional. Peterman placed third at the state cross country championship his junior and sophomore seasons. At the state track and field championship, Peterman won the 3,200-meter run with an all-class record of 9:12, which also doubles as the HHS record. He also earned a pair of fourth-place finishes in the 1,600 and 3,200 as a junior. In 2011, he took fourth in the 3,200 and fifth in the 1,600. Peterman earned a top-20 national cross country ranking in 2012. He was also recruited by Montana State, Northern Arizona, Portland and Oklahoma State.

**HIGH SCHOOL BESTS:** 800-meters: 1:58; 1,600-meters: 4:17; 3,200-meters: 8:57.

**IN THE CLASSROOM:** Peterman intends to major in environmental science.

**PERSONAL:** Adam Walser Peterman was born on August 11, 1995 in Missoula, Mont. He is the son of Larry Peterman and Lisa Walser. He also has an older sister, Kila. Peterman enjoys mountain biking and has volunteered for Run Wild Missoula and the Missoula Marathon.

#### TRACK PRs

800-m .....	1:58
1,600-m .....	4:17
3,200-m .....	8:57

## COLORADO BUFFALOES



**HAGEN REEDY**  
Freshman • HS  
Clovis, Calif.  
(Buchanan)

**HIGH SCHOOL:** Reedy was the 2012 California Interscholastic Federation (CIF) State Cross Country Championship runner-up after winning the CIF Central Section Championship. She went on to place 20th at Nike Cross Nationals. Reedy also recorded a second-place finish at the 32nd Annual Woodbridge-Estancia-Costa Cross Country Classic with the fourth best time in course history (16:17 for three miles). In 2011, Reedy won the CIF Championship, the CIF Central Section and took seventh at Nike Cross Nationals. As a member of the track team, Reedy placed fifth at the 2012 CIF State finals of the 3,200-meters. She also earned a top-20 national cross country ranking in 2012. Reedy was also recruited by Long Beach State, Arkansas and Arizona.

**HIGH SCHOOL BESTS:** 800-meters: 2:19; 1,600-meters: 4:56; 3,200-meters: 10:21.

**IN THE CLASSROOM:** Reedy intends to major in geology and is also interested in teaching. She was the class valedictorian.

**PERSONAL:** Hagen Michelle Reedy was born on October 12, 1994 in Rock Springs, Wyo. She is the daughter of Christopher, a former swimmer at Nebraska, and Shelly Reddy of Clovis, Ore. She also has one older brother, Heath, who is a member of the cross country and track and field teams at Long Beach State. Reedy enjoys photography, cooking and baking, reading, watching movies and spending time outdoors.

### TRACK PRs

800-m.....	2:19
1,600-m.....	4:56
3,200-m.....	10:21

## COLORADO BUFFALOES



**OLIVIA RINTALA**  
Freshman • HS  
San Jose, Calif.  
(Archbishop Mitty)

**HIGH SCHOOL:** Rintala's main focus is the 800 and 1,600-meter runs. As a junior, she placed seventh in the California Central Coast Section finals of the 1,600 after placing fourth in the semifinals. Rintala recorded a top-100 finish at the 2012 California State Cross Country Championships, finishing 83th overall. She was 13th at the CCC Championships.

**HIGH SCHOOL BESTS:** 800-meters: 2:15; 1,600-meters: 5:10.

**IN THE CLASSROOM:** Rintala intends to major in integrative physiology and is also interested in environmental sciences.

**PERSONAL:** Olivia Reyes Rintala was born on May 3, 1995 in Mountain View, Calif. She is the daughter of John and Norma Rintala of San Jose, Calif. She also has two brothers, John and Andrew. Her uncle, Tony Reyes, bowled for the Professional Bowling Association (PBA) and he was an All-American at San Jose State. Her great uncle, Rudy Rintala, played football, baseball and ran track at Stanford. He was also a 1932 Olympian.

### TRACK PRs

800-m.....	2:15
1,600-m.....	5:10

## COLORADO BUFFALOES



**BEN SAAREL**  
Freshman • HS  
Park City, Utah  
(Park City)

**HIGH SCHOOL:** Saarel was named the 2012 Gatorade Utah Boys Cross Country Runner of the Year after winning the Utah State Class 3A Championships in 14:56.7, which was the second fastest time ever run on the course. In doing so he helped the Miners to a fourth-place team finish. Saarel placed second at the Nike Cross Nationals Southwest Regional championship before winning the Foot Locker West Regional. At the Foot Locker Championships, Saarel placed fourth in 15:13, just 14 seconds behind the winner. Saarel earned a top-20 national cross country ranking in 2012. On the track he won the 800 and 1,600 Utah state titles, both in school record time. Saarel recorded a time of 1:51.13 in the 800 and 4:07.95 in the 1,600. Saarel also won the Arcadia Invitational 3,200 (8:45.74) and the Adidas Dream Mile (4:02.72). At the 2013 Simplot Games, he won the 3,200-meters and broke the meet record with a 9:00.62 performance. Saarel won three state championships in 2012 (800, 1,600 and 3,200). He was also recruited by Michigan, Wisconsin, Princeton, Stanford and Oklahoma.

**HIGH SCHOOL BESTS:** 800-meters: 1:51; Mile: 4:02.72; 1,600-meters: 4:07.95; 3,200-meters: 8:49.

**IN THE CLASSROOM:** Saarel intends to major in engineering physics and is also interested in chemistry.

**PERSONAL:** Ben Saarel was born on March 8, 1995 in Cleveland, Ohio. He is the son of Doug, a former rower at Princeton, and Tess Saarell of Salt Lake City, Utah. He also has one sister, Emma, who runs at Swarthmore College. Saarel enjoys skiing and has volunteered with the Special Olympics.

### TRACK PRs

800-m .....	1:51
Mile .....	4:02.72
1,600-m .....	4:07.95
3,200-m .....	8:49

# COLORADO BUFFALOES



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

**COLLEGE – 2012:** Shije raced twice for the Buffs, starting with a 24th-place finish at the Rocky Mountain Shootout. He finished the season at the Santa Clara Bronco Invite with a 25th-place finish.

**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.

**2012 .....Fin/CU ....Time**  
 Rocky Mtn Shootout....24/12 ..... 26:42  
 at Bronco Invite .....25/3 ..... 24:36

**2011 .....Fin/CU ....Time**  
 Rocky Mtn Shootout....12/7 ..... 26:16  
 at Bronco Invite .....30/2 ..... 24:35  
 at Pac-12 Champs .....40/9 ..... 24:30

**2010 .....Fin/CU ....Time**  
 Rocky Mtn. Shootout...19/6 ..... 26:01  
 at Pre-Nationals .....+52 ..... 26:20.7  
 at Big 12 Champs .....51/8 .....25:52.85

## TRACK PRs

1,500-m ..... 4:10.23 (O)  
 Mile ..... 4:35.81 (I)  
 3,000-m ..... 8:43.53 (O)  
 5,000-m ..... 14:41.77 (O)

## 2013 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**PANOS SMYRNIOS**  
Freshman • HS  
Littleton, Colo.  
(Chatfield)

**HIGH SCHOOL:** Smyrnios raced to a time of 1:55.51 in the 800-meter run at the 2013 Colorado State Track and Field Championships, placing fifth overall. He was also the anchor of the 4x800 that placed third in 7:59. During Smyrnios' junior year, he won the 800 and was a part of the 4x400 and 4x800 relays which won the Jefferson Country League Championships. His 4x400 relay team set the school record of 3:20.29 in 2012 and later that summer he ran a personal best of 50.76 at the USATF Junior Outdoor Championships. Smyrnios earned three letters as a member of the track team and three on the cross country team. Prior to his junior year, Smyrnios also played soccer.

**HIGH SCHOOL BESTS:** 400-meters: 50.76; 800-meters: 1:55; 1,600-meters: 4:33.35.

**IN THE CLASSROOM:** Smyrnios intends to major in engineering physics and is also interested in chemistry.

**PERSONAL:** Panos Ernesto Smyrnios was born on December 12, 1994 in Dallas, Texas. He is the son of Angelo and Lisette Smyrnios of Littleton, Colo. He also has one sister, Angelica. Smyrnios enjoys fishing, backpacking, biking and skiing.

### TRACK PRs

800-m ..... 1:55  
1,600-m ..... 4:33.35

# COLORADO BUFFALOES



**JANA STOLTING**  
**Junior • 1L**  
**Tallahassee, Fla.**  
**(Maclay/San Francisco)**

**COLLEGE – 2012:** Stolting ran in all five varsity meets and scored in four. She started out by placing seventh at the Rocky Mountain Shootout before taking 55th at pre-nationals. Stolting was the No. 5 runner at the Pac-12 Championships, finishing 41st overall. She ended the season with a 55th-place finish at regionals and was 151st at nationals.

**2011:** Redshirt. Did not compete.

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

**HIGH SCHOOL:** Stolting 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:** Stolting is majoring in philosophy and owns a greater than 3.40 GPA. She was named to the Pac-12 All-Academic honorable mention team in 2012.

**PERSONAL:** Jana Elizabeth Stolting was born on December 8, 1991 in Tallahassee, Fla. She is the daughter of Steven and Karen Stoltin and has three sisters, Lauren, Alana and Nicole. Stolting enjoys hiking, camping and traveling.

**2012 .....Fin/CU ....Time**  
 Rocky Mtn Shootout.....7/3 ..... 21:21  
 at Pre-Nationals .....55/3 ..... 21:08  
 at Pac-12 Champs .....41/5 ..... 21:38  
 at NCAA Mtn. Region...55/7 ..... 21:58  
 at NCAA Champs .....151/3 ..... 21:06

## HONORS

2012 Pac-12 All-Academic honorable mention

## TRACK PRs

1,500-m .....4:35  
 3,000-m .....10:27.53  
 5,000-m .....16:38.54 (0)

# COLORADO BUFFALOES



**BLAKE THEROUX**  
**Junior • 2L**  
**Chesapeake, Va.**  
**(Western Branch)**

**COLLEGE— 2012:** Theroux had a great season, finishing in the top three for CU in all five varsity meets. He started by placing second at the Rocky Mountain Shootout behind teammate Jake Hurysz. At pre-nats, he finished 11th as CU's No. 2 runner. Theroux's best performance of the season came at the Pac-12 Championships where he led the Buffs to their second straight team title with a seventh-place finish. He went on to take 14th at regionals and then helped CU place third at nationals with a 39th-place performance; both times as CU's No. 3 scorer. Theroux earned All-Pac-12 First Team honors as well as all-region and All-American status during the year.

**2011:** Theroux earned a spot on the varsity roster 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 was 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 and the team took third overall.

**2010:** Redshirt. Did not compete. Theroux did run unattached at the Rocky Mountain Shootout and placed 71st overall (27:20). He also competed at the USA Junior Cross Country Championship and placed 18th overall. Theroux finished the course in 25:50.

**HIGH SCHOOL:** Theroux earned All-American honors as a member of the 2010 Nike Indoor Nationals sprint relay team championship team. His indoor track team won the 2007, 08 and 10 AAA state titles and his outdoor team won the 2008 and 09 state titles. Theroux owns WBHS records in the 5k (15:09), 3,200 (9:13), 1,600 (4:14), 4x800 relay (7:49), distance medley relay (10:09) and the sprint medley relay (3:30). He was all-state in cross country and track & field his sophomore through senior years.

**HIGH SCHOOL BESTS:** 800-meters: 1:55; 1,000-meters: 2:30; 1,600-meters: 4:14; 3,200-meters: 9:13; 5,000-meters: 15:09.

**IN THE CLASSROOM:** Theroux is majoring in history and English. 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, Lindy.

<b>2012</b>	<b>Fin/CU....</b>	<b>Time</b>
Rocky Mtn Shootout.....	2/2.....	25:01
at Pre-Nationals.....	11/2.....	23:39
at Pac-12 Championship ..	7/1.....	23:40
at NCAA Mtn. Region.....	14/3.....	30:31
at NCAA Championship ....	39/3.....	30:00

<b>2011</b>	<b>Fin/CU....</b>	<b>Time</b>
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

2012 All-American  
 2012 All-Region  
 2012 All-Pac-12 First Team  
 2011 Pac-12 All-Academic honorable mention

## TRACK PRs

1,500-m.....	3:45.17 (O)
Mile.....	4:01.64 (I)
3,000-m.....	8:11.43 (I)
5,000-m.....	14:55.21 (O)

# COLORADO BUFFALOES



## ELIZABETH TREMBLAY

**Senior • 3L**  
**Longmont, Colo.**  
**(Thompson Valley)**

**COLLEGE—2012:** Tremblay had an outstanding campaign and proved to be an important member of the team as a junior. She started the season by placing 14th at the Rocky Mountain Shootout and two weeks later she finished 16th in the open race at pre-nationals. At the Pac-12 Championships, Tremblay recorded a 31st-place finish and was CU's No. 4 harrier. She improved two weeks later at regionals, finished 27th as the Buffs' third finisher. Tremblay ended the season 237th at nationals.

**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.

**2012 ..... Fin/CU.... Time**  
 Rocky Mtn Shootout..... 14/6 ..... 22:07  
 at Pre-Nationals ..... +16 ..... 21:50  
 at Pac-12 Championship .. 31/4 ..... 21:16  
 at NCAA Mtn. Region..... 27/3 ..... 21:22  
 at NCAA Championship .... 237/7 ..... 21:58

**2011 ..... Fin/CU.... Time**  
 Rocky Mtn Shootout..... 19/8 ..... 22:54  
 at Bronco Invite ..... 14/1 ..... 17:33  
 at Pac-12 Championship .. 51/8 ..... 21:28  
 at NCAA Mtn. Region..... Alt.....  
 at NCAA Championship .... Alt.....

**2010 ..... Fin/CU.... Time**  
 Rocky Mtn. Shootout..... 45/10 ..... 23:19  
 at Fort Hays St Open..... 10/1 ..... 17:50.0  
 at Big 12 Championship ... 105/9 ..... 24:09.39

**2009 ..... Fin/CU.... Time**  
 Rocky Mtn. Shootout..... +52 ..... 24:01

### HONORS

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

### TRACK PRs

600-y ..... 1:23.49 (I)  
 800-m ..... 2:06.59 (O)

**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 3.40 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 was named to the Pac-12 All-Academic honorable mention team in 2011 and '12.

**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.

## 2013 COLORADO CROSS COUNTRY

# COLORADO BUFFALOES



**CARRIE VERDON**  
**Sophomore • 1L**  
**Moraga, Calif.**  
**(Campolindo)**

**COLLEGE – 2012:** Verdon made an immediate impact during her freshman campaign and was CU's No. 2 scorer in four of five races. The only race she didn't lead the Buffs in was at the Rocky Mountain Shootout where she was the team leader, crossing the finish third. Two weeks after that she recorded a 37th-place finish at pre-nats. Verdon continued to do well and took 16th at the Pac-12 Championships. She followed up the performance with a seventh-place run at regionals; earning her first all-region honor in the process. Verdon finished the campaign at nationals by placing 136th overall. At the USA Junior Cross Country Championships, she placed third and went on to compete at the IAAF World Junior Championships where she was the top placing American at 20th overall.

**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 place 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).

**HIGH SCHOOL BESTS:** 1,600-meters: 4:57; 3,200-meters: 10:22.5

**IN THE CLASSROOM:** Verdon is majoring in integrative physiology and has a GPA greater than 3.00.

**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.

2012 .....	Fin/CU....	Time
Rocky Mtn Shootout.....	3/1 .....	21:03
at Pre-Nationals .....	37/2 .....	20:54
at Pac-12 Championship ..	16/2 .....	20:41
at NCAA Mtn. Region.....	7/2 .....	20:43
at NCAA Championship ....	136/2 .....	21:02

## HONORS

2012 All-Region

## TRACK PRs

1,500-m .....	4:25.46
3,000-m .....	9:42.17 (I)
5,000-m .....	16:15.58 (O)

# COLORADO BUFFALOES



**RACHEL VIGER**  
**Senior • 3L**  
**Fort Collins, Colo.**  
**(Fort Collins)**

**COLLEGE— 2012:** Viger had a great season, starting right off the bat with a fifth-place finish at the Rocky Mountain Shootout as CU's No. 3 harrier. She raced to a 66th-place finish at pre-nationals and followed that up by placing 27th at the Pac-12 Championships. She was the Buffs' No. 4 harrier in the final two meets of the season. Viger placed 31st at regionals and was 174th at nationals.

**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 has earned a 4.00 GPA in her six semesters and is a member of the Dean's List. Viger earned Pac-12 All-Academic first team honors in 2011 and '12.

**PERSONAL:** Rachel Elizabeth Viger was born on October 14, 1991 in Fort Collins, Colo. She is the daughter of Charles and Sharron Viger. She enjoys hiking, swimming, camping and reading in her free time.

<b>2012</b> .....	<b>Fin/CU....</b>	<b>Time</b>
Rocky Mtn Shootout.....	5/2 .....	21:10
at Pre-Nationals .....	66/4 .....	21:14
at Pac-12 Championship .....	27/3 .....	21:05
at NCAA Mtn. Region.....	31/4 .....	21:30
at NCAA Championship ....	174/4.....	21:20

<b>2011</b> .....	<b>Fin/CU....</b>	<b>Time</b>
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

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

## HONORS

2011,12 Pac-12 All-Academic First Team

## TRACK PRs

1,500-m .....	4:51.58 (0)
3,000-m .....	10:41.57 (I)
5,000-m .....	16:56.06 (0)
10,000-m .....	35:06.26 (0)

## 2013 COLORADO CROSS COUNTRY

# COLORADO BUFFALOES



## CONNOR WINTER

**Sophomore • 1L  
Centennial, Colo.  
(Arapahoe)**

**COLLEGE – 2012:** Winter had a great redshirt freshman season, breaking out with a seventh-place finish at the Rocky Mountain Shootout to earn a spot on the varsity squad. He went on to place 35th at pre-nationals to seal his spot on the team. Winter helped the Buffs win their second straight Pac-12 team title; finishing 21st overall as CU's No. 8 finisher. He served as the alternate at regionals and scored for the Buffs at nationals, placed 65th as CU's No. 5 harrier.

**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.

**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).

**2012 ..... Fin/CU.... Time**  
Rocky Mtn Shootout.....7/6.....25:26  
at Pre-Nationals .....35/7 .....23:56  
at Pac-12 Championship ..21/8 .....24:11  
at NCAA Mtn. Region.....Alt.  
at NCAA Championship ....65/5 .....30:29

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

### TRACK PRs

800-m .....1:52.56  
1,500-m .....3:44.53 (O)  
Mile.....4:01.69 (I)  
5,000-m .....14:09.45 (O)

# 2012 COLORADO WOMEN IN REVIEW

Sept. 1	ALUMNI/OPEN/VARSITY TIME TRIAL .....	NTS
Sept. 29	ROCKY MOUNTAIN SHOOTOUT (Boulder) .....	1/4
	1. <b>Colorado, 19</b> ; 2. Wyoming, 58; 3. Northern Colorado, 66; 4. Nebraska-Omaha, 93	
Oct. 13	at Pre-National Invitational (Louisville, Ky.) .....	17/39
	1. Florida State, 72; 2. Oregon, 87; 3. Michigan, 141; 4. Georgetown, 163; 5. Texas, 184; 6. William & Mary, 266;	
	7. <b>Colorado, 273</b> ; 7. Villanova, 273; 9. Florida, 308; 10. UC Davis, 320.	
Oct. 27	at Pac-12 Championships (Santa Clarita, Calif.) .....	5/12
	1. Oregon, 47; 2. Arizona, 69; 3. Stanford, 82; 4. Washington, 92; 5. <b>Colorado, 124</b> ; 6. UCLA, 172; 7. Utah, 200;	
	8. California, 209; 9. Arizona State, 210; 10. USC, 295; 11. Oregon State, 305; 12. Washington State, 308.	
Nov. 9	at NCAA Mountain Region Championships (Fort Collins, Colo.) .....	3/20
	1. Weber State, 63; 2. New Mexico, 95; 3. <b>Colorado, 107</b> ; 4. Southern Utah, 132; 5. Colorado State, 173; 6. Utah, 198;	
	7. BYU, 210; 8. Northern Arizona, 225; 9. Utah Valley, 230; 10. Utah State, 326; 11. Air Force, 328; 12. Idaho State, 343;	
	13. Nevada, 361; 14. Wyoming, 364; 15. Montana State, 382; 16. New Mexico State, 382; 17. UTEP, 433; 18. Northern Colorado, 456; 19. Montana, 555; 20. Texas Tech, 561.	
Nov. 17	at NCAA Championships (Louisville, Ky.) .....	24/31
	1. Oregon, 114; 2. Providence, 183; 3. Stanford, 198; 4. Florida State, 202; 5. Michigan, 247; 6. Arizona, 263; 7. Duke, 300; 8. Connecticut, 304; 9. Washington, 334; 10. New Mexico, 341. . . .	<b>24. Colorado, 519.</b>

Runner	RMS 5.8k	SCBI 5k	PRE-NC 6k	P12 6k	MTR 6k	NCAA 6k
C. Bouchet	11/4 21:57		94/5 21:31.5 21:37.3	64/8 22:11	40/5 21:40.6	194/6 21:29.2
L. Darco			105/6 21:37.3			
S. Foster	17/8 22:24	26/2 17:46.8				
D. George		13/1 17:29.6		63/7 22:10		
S. Kipp			21/1 20:28	11/1 20:36	2/1 20:18.1	18/1 20:02.4
C. Logan	12/5 21:58		113/7 21:41.9	42/6 21:39	45/6 21:43.5	190/5 21:28.0
N. Look	16/7 22:16	32/3 17:52.1				
C. McAlister		41/4 17:59.8		70/9 22:23	Alt.	Alt.
B. Popiel	78/9 25:08	145/5 19:56.4				
J. Stolting	7/3 21:21		55/3 21:07.4	41/5 21:38	55/7 21:57.7	151/3 21:05.6
L. Tremblay	14/6 22:07		+16 21:49.7	31/4 21:16	27/3 21:21.1	237/7 21:57.2
C. Verdon	3/1 21:03		37/2 20:53.7	16/2 20:41	7/2 20:42.1	136/2 21:02.0
R. Viger	5/2 21:10		66/4 21:13.9	27/3 21:05	31/4 21:29.3	174/4 21:19.2

+ open race/individual/unattached

# 2012 COLORADO MEN IN REVIEW

Sept. 1	ALUMNI/OPEN/VARSITY TIME TRIAL .....	NTS
Sept. 29	ROCKY MOUNTAIN SHOOTOUT (Boulder) .....	1/4
	1. Colorado, 15; 2. Wyoming, 52; 3. Air Force, 76; 4. Northern Colorado, 114.	
Oct. 13	at Pre-National Invitational (Louisville, Ky.) .....	1/40
	1. Colorado, 79; 2. BYU, 127; 3. Oregon, 152; 4. Florida State, 275; 5. Duke, 287; 6. Virginia Tech, 288; 7. Tulsa, 292; 8. Villanova, 338; 9. Georgetown, 351; 10. Florida, 369; 10. Eastern Michigan, 369.	
Oct. 27	at Pac-12 Championships (Santa Clarita, Calif.) .....	1/9
	1. Colorado, 49; 2. Stanford, 82; 3. Oregon, 105; 4. Arizona State, 109; 5. UCLA, 113; 6. Washington, 119; 7. Arizona, 166; 8. Washington State, 200; 9. California, 234.	
Nov. 9	at NCAA Mountain Region Championships (Fort Collins, Colo.) .....	3/18
	1. Northern Arizona, 56; 2. BYU, 68; 3. Colorado, 69; 4. New Mexico, 108; 5. Weber State, 196; 6. Air Force, 231; 7. Utah Valley, 235; 8. Southern Utah, 257; 9. Colorado State, 265; 10. UTEP, 267; 11. Texas Tech, 275; 12. Montana State, 280; 13. Wyoming, 283; 14. Utah State, 315; 15. New Mexico State, 389; 16. Idaho, 434; 17. Montana, 513; 18. Northern Colorado, 570.	
Nov. 17	at NCAA Championships (Louisville, Ky.) .....	3/31
	1. Oklahoma State, 72; 2. Wisconsin, 135; 3. Colorado, 158; 4. Northern Arizona, 191; 5. Florida State, 238; 6. BYU, 245; 7. Tulsa, 247; 8. Oklahoma, 262; 9. Texas, 291; 10. Arkansas, 327.	

Runner	RMS 8k	SCBI 8k	PRE-NC 8k	P12 8k	MTR 10k	NCAA 10k
M. Biegner	12/8 25:48		+4 24:21.4	36/9 24:26		
H. Dowdy	6/5 25:24		12/3 23:39.2	9/3 23:42	53/7 31:46.6	205/6 31:48.4
J. Hurysz	1/1 24:34		4/1 23:19.5	8/2 23:41	6/1 30:13.2	32/1 29:55.3
D. Kilgore	23/11 26:34	10/1 24:18.0				
M. Medina	3/3 25:01		23/5 23:49.5	13/5 23:49	7/2 30:14.0	228/7 32:18.5
A. Moussa	+13 25:49					
P. Murphy	4/4 25:19		22/4 23:49.5	14/6 23:50	19/4 30:36.6	45/4 30:11.8
M. Pearson	+10 25:42		+11 24:35.1	18/7 24:04	34/6 31:05.1	Alt.
J. Perkins	17/10 25:56	15/2 24:24.6				
R. Savercool	35/13 27:13	77/4 25:17.9				
D. Shije	24/12 26:42	25/3 24:35.7				
J. Stevens	14/9 25:56		+14 24:40.9	41/10 24:33		
B. Theroux	2/2 25:01		11/2 23:38.8	7/1 23:40	14/3 30:30.3	39/3 29:59.9
A. Van Halen	9/7 25:39		27/6 23:52.2	12/4 23:46	23/5 30:50.7	36/2 29:58.1
J. Warren	49/14 27:32	111/5 25:34.0				
C. Winter	7/6 25:26		35/7 23:55.7	21/8 24:11	Alt.	65/5 30:28.7

+ open race/individual/unattached

# ROCKY MOUNTAIN SHOOTOUT

## PAST SHOOTOUT TEAM CHAMPIONS

Year	Men (Runner-up)	Women (Runner-up)	Course
1986	Adams State (Colorado)	N/A	Spring Hill GC
1987	Weber State (Wyoming)	Colorado (NAU/New Mexico)	Paul Beck Rec Ctr
1988	Adams State (Adams State TC)	NC State (Boulder Road Runners)	Paul Beck Rec Ctr
1989	Colorado (Brigham Young)	Boulder Road Runners (Weber State)	Lake Valley GC
1990	Brigham Young (Wyoming)	Boulder Road Runners (Colorado)	Lake Valley GC
1991	Colorado (Western State)	Weber State (Wyoming)	Lake Valley GC
1992	Colorado (Brigham Young)	Colorado (Montana State)	Lake Valley GC
1993	Colorado (Idaho State)	Colorado (Weber State)	Gallagher Ranch
1994	Colorado (Idaho State)	Colorado (Michigan)	Gallagher Ranch
1995	Colorado (Western State)	Colorado (Oregon)	Gallagher Ranch
1996	Colorado (Portland)	Colorado (Adams State)	Gallagher Ranch
1997	Colorado (Western State)	Colorado (Adams State)	Flatirons Property/Bufalo Ranch
1998	Colorado (Western State)	Adams State (Colorado)	Flatirons Property/Bufalo Ranch
1999	Colorado (Western State)	Colorado (Western State)	Flatirons Property/Bufalo Ranch
2000	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2001	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2002	Colorado (Denver/AFA)	Colorado (Denver)	Bufalo Ranch at CU South Campus
2003	Colorado (Air Force)	Colorado (Northern Colorado)	Bufalo Ranch at CU South Campus
2004	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2005	Colorado (Air Force)	Colorado (Northern Colorado)	Bufalo Ranch at CU South Campus
2006	Colorado (Wyoming)	Colorado (Colorado State)	Bufalo Ranch at CU South Campus
2007	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2008	Colorado (Air Force)	Colorado (Air Force)	Bufalo Ranch at CU South Campus
2009	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2010	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2011	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2012	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus

## PAST SHOOTOUT INDIVIDUAL CHAMPIONS

Year	Men	Women	
1986	Pat Porter (Vigilantes TC)	25:13	N/A
1987	Pat Porter (Vigilantes TC)	25:08	Linnsberg (UTEP)
1988	Mark Steckley (Boulder Road Runners)	25:26	Sue Addison (Boulder Road Runners)
1989	Dennis Leck (Unattached)	26:18	Carla Borovica (Unattached)
1990	Silvio Guerra (Unattached)	23:07	Kirsten Russell (Unattached)
1991	Ron Salazar (Colorado)	24:26	Brooke Baughman (Colorado)
1992	Richard Kosegei (Barton County)	24:30	Brooke Baughman (Colorado)
1993	Scott Larson (Colorado)	25:37	Brooke Baughman (Colorado)
1994	Alan Culpepper (Colorado)	25:25	Elva Dryer (Western State)
1995	Adam Goucher (Colorado)	25:32	Jenna Carlson (Oregon)
1996	Adam Batliner (Colorado)	26:23	Shayne Wille (Colorado)
1997	Adam Goucher (Colorado)	24:30	Kim Bugg (Adams State)
1998	Adam Goucher (Colorado)	24:32	Kim Bosen (Adams State)
1999	Reese Buck (Western State)	24:50	Kara Grgas-Wheeler (Colorado)
2000	Jorge Torres (Colorado)	25:24	Kara Grgas-Wheeler (Colorado)
2001	Jorge Torres (Colorado)	24:47	Molly Austin (Colorado)
2002	Jorge Torres (Colorado)	24:07	Molly Austin (Colorado)
2003	Billy Nelson (Colorado)	25:05	Alisha Williams (Western State)
2004	Kelly Christiansen (Western State)	24:40	Renee Metivier (Colorado)
2005	Bret Schoolmeester (Colorado)	24:55	Christine Bolf (Colorado)
2006	Mark Korir (Wyoming)	24:51	Jenny Barringer (Colorado)
2007	Brent Vaughn (Colorado)	24:46	Sara Vaughn (Colorado)
2008	Aaron Brown (Adams State)	25:04	Shannon Payne (UC-Colorado Springs)
2009	Kenyon Neuman (Colorado)	24:51	Jenny Barringer (Colorado)
2010	Joe Bosshard (Colorado)	24:44	Laura Tremblay (Colorado)
2011	Richard Medina (Colorado)	24:39	Shalaya Kipp (Colorado)
2012	Jake Hurysz (Colorado)	24:35	Ellie Keyser (unattached)

# ROCKY MOUNTAIN SHOOTOUT

## TOP 50 COURSE TIMES (Buffalo Ranch/CU South Campus) \*--indicates course record

### Men (8k)

*Jorge Torres, Colorado	24:07	2002
Adam Goucher, Colorado	24:12	1998
Adam Goucher, Colorado	24:30	1997
<b>Jake Hurysz, Colorado</b>	<b>24:34</b>	<b>2012</b>
Richard Medina, Colorado	24:39	2011
Kelly Christiansen, Western State	24:40	2004
Scott Larson, Unattached	24:42	1997
Joe Bosshard, Colorado	24:44	2010
Brent Vaughn, Colorado	24:46	2007
Jorge Torres, Colorado	24:47	2001
Dathan Ritzenhein, Colorado	24:47	2001
Jorge Torres, Colorado	24:48	2000
Brent Vaughn, Colorado	24:48	2004
Rees Buck, Western State	24:50	1999
Michael Aish, Western State	24:51	1999
Mark Korir, Wyoming	24:51	2006
Kenyon Neuman, Colorado	24:51	2009
Jorge Torres, Colorado	24:54	1999
Bret Schoolmeester, Colorado	24:55	2005
Josh Eberly, Unattached	24:55	2003
Jordan Kyle, Unattached (CU)	24:57	2009
Ed Torres, Colorado	24:58	2002
Kim Hogarth, Western State	24:59	2006
Andy Wacker, Colorado	25:00	2011
Ron Roybal, Colorado	25:01	1999
Mark Korir, Wyoming	25:01	2007
Matt Tebo, Colorado	25:01	2009
<b>Blake Theroux, Colorado</b>	<b>25:01</b>	<b>2012</b>
Martin Medina, Colorado	25:01	2012
Josh Eberly, Unattached	25:02	2002
Chris Seimers, Western State	25:03	2002
Steve Slattery, Colorado	25:04	2000
Ed Torres, Colorado	25:05	2001
Billy Nelson, Colorado	25:05	2003
Andy Wacker, Colorado	25:05	2010
Stephen Pifer, Colorado	25:07	2007
Ed Torres, Colorado	25:08	2000
Josh Eberly, Unattached	25:09	2001
Richard Medina, Colorado	25:09	2009
Scott Larson, Colorado	25:10	2000
Bret Schoolmeester, Colorado	25:11	2004
Chris Severy, Colorado	25:11	1998
Mike Friedberg, Colorado	25:11	2000
Shadrack Kimeli, Kansas State	25:11	2000
Kelly Christiansen, Western State	25:11	2005
Christian Thompson, Colorado	25:11	2010
Steve Slattery, Colorado	25:12	2002
Kenyon Neuman, Colorado	25:13	2007
Bernard Kitur, Unattached	25:14	1997
Bret Schoolmeester, Colorado	25:14	2003

### Women (5.8k)

*Jenny Barringer, Colorado	19:25	2009
Kara Grgas-Wheeler, Colorado (at RMS)	19:38	2000
Kara Grgas-Wheeler, Colorado (at Big 12)	19:38	2000
Amy Mortimer, Kansas State	20:06	2000
Sara (Gorton) Slattery, Colorado	20:07	2000
Molly Austin, Colorado	20:14	2001
Ellie Keyser, unattached	20:19	2012
Renee Metivier, Colorado	20:21	2004
<b>Allie McLaughlin, Colorado</b>	<b>20:22</b>	<b>2009</b>
Molly Austin, Colorado	20:23	2002
Martha Tenorio, Unattached	20:29	1999
Laura Tremblay, Colorado	20:29	2010
<b>Shalaya Kipp, Colorado</b>	<b>20:29</b>	<b>2011</b>
Emma Coburn, Colorado	20:30	2010
Kara Grgas-Wheeler, Colorado	20:33	1999
Sara (Gorton) Slattery, Colorado	20:33	2000
<b>Shalaya Kipp, Colorado</b>	<b>20:42</b>	<b>2010</b>
Kelly Brinkman, Iowa State	20:44	2000
Laura Thweatt, Colorado	20:44	2010
Molly Austin, Colorado	20:45	1999
Alisha Williams, Western State	20:46	2003
Kara Newton, Baylor	20:47	2000
Sara (Gorton) Slattery, Colorado	20:48	2001
Leslie Higgins, Colorado	20:49	1999
Natalie Florence, Colorado	20:49	2002
Melody Fairchild, unattached	20:49	2012
Yukari Komatsu, Unattached	20:50	1998
Tera Moody, Colorado	20:50	2000
Natalie Florence, Colorado	20:50	2003
Jenny Barringer, Colorado	20:51	2006
Jodie Hughes, Colorado	20:52	2000
Christine Bolf, Colorado	20:53	2005
Kim Bosun, Adams State	20:54	1998
Christine Bolf, Colorado	20:57	2004
Emma Coburn, Colorado	20:57	2009
Stephanie Bylander, Adams State	20:58	2003
Korene Hinds, Kansas State	20:59	2000
Sara Wells, Oklahoma State	20:59	2000
Katsuko Kanno, Unattached	20:59	2003
Renee Metivier, Colorado	20:59	2003
Sara Vaughn, Colorado	21:00	2007
Kerry Hils, Missouri	21:01	2000
Laura Tremblay, Colorado	21:01	2009
Marne Findlay, Unattached	21:02	1998
Rebekah Mackie, Western State	21:02	2002
Tera Moody, Colorado	21:03	2000
Ann Marie Brooks, Missouri	21:03	2000
Emily Mortensen, Adams State	21:03	2003
<b>Carrie Verdon, Colorado</b>	<b>21:03</b>	<b>2012</b>
Lesley Higgins, Colorado	21:05	2000

# CONFERENCE HISTORY

## Colorado Men

Year	Winner (pts)	CU (pts)	Top CU Finisher
1950	Kansas	4th	10. Milt Wiley
1951	Kansas (13)	5th (85)	19. Colin Cooper
1952	Kansas (20.5)	3rd (43)	3. Lloyd Barlow
1953	Kansas (16)	2nd (19)	5. Lloyd Barlow
1954	Kansas (30)	4th (54)	8. Jim Wyatt
1955	Kansas (15)	3rd (34)	4. Jack Hughes
1956	Kansas (20)	2nd (88)	9. Jim Wyatt
1957	Kansas (26)	2nd (52)	5. Ned Sargent
1958	Kansas (37)	3rd (98)	12. Mike Peake
1959	Kansas (51)	5th (98)	4. Bernie Frakes
1960	Oklahoma St. (40)	8th (180)	22. Eric Cahn
1961	Kansas (26)	2nd (78)	8. Bob Griffith
1962	Colorado (60)	—	9. Bob Griffith
1963	Kansas (26)	4th (85)	4. Dave Wighton
1964	Kansas (31)	3rd (72)	1. Dave Wighton
1965	Kansas State (34)	4th (76)	9. Craig Runyan
1966	Kansas State (51)	2nd (57)	6. Jeff Berven
1967	Missouri (52)	2nd (59)	1. Craig Runyan
1968	Kansas (45)	2nd (61)	1. Craig Runyan
1969	Kansas (55)	6th (137)	5. Rick Trujillo
1970	Missouri (60)	4th (83)	6. Mike Peterson
1971	Kansas State (49)	4th (110)	5. Mike Stegner
1972	Oklahoma St. (37)	2nd (76)	4. John Gregorio
1973	Oklahoma St. (53)	2nd (55)	2. Mike Peterson
1974	Iowa St./Missouri	6th	N/A
1975	Kansas State (25)	2nd (73)	5. John Hunsaker
1976	Colorado (46)	—	1. Kirk Pfeffer
1977	Colorado (21)	—	1. Mark Spilsbury
1978	Colorado (22)	—	1. Kirk Pfeffer
1979	Colorado (23)	—	1. Mark Anderson
1980	Colorado (26)	—	1. Mark Scrutton
1981	Iowa State	3rd	1. Mark Scrutton
1982	Colorado (35)	—	1. Mark Scrutton
1983	Iowa State (53)	5th (94)	6. Mick Bannister
1984	Iowa State (32)	5th (114)	6. Chuck Trujillo
1985	Colorado (48)	—	3. Dan Reese
1986	Colorado (37)	—	1. Chuck Trujillo
1987	Iowa State (47)	3rd (92)	6. Andy Dunn
1988	Iowa State (34)	2nd (71)	8. Bob Cisco
1989	Iowa State (22)	3rd (92)	8. Bob Cisco
1990	Iowa State (26)	6th (113)	17. Ron Salazar
1991	Iowa State (16)	2nd (86)	11. Fritz Rogers
1992	Colorado (42)	—	5. Fritz Rogers
1993	Iowa State (27)	2nd (49)	5. Ron Salazar
1994	Iowa State (29)	2nd (49)	4. Adam Goucher
1995	Oklahoma St (38)	2nd (53)	1. Adam Goucher
1996	Colorado (66)	—	5. Adam Batliner
1997	Colorado (32)	—	1. Adam Goucher
1998	Colorado (31)	—	1. Adam Goucher
1999	Colorado (22)	—	1. Ron Roybal
2000	Colorado (16)	—	1. Jorge Torres
2001	Colorado (31)	—	1. Jorge Torres
2002	Colorado (25)	—	1. Jorge Torres
2003	Colorado (38)	—	1. Dathan Ritzenhein
2004	Colorado (48)	—	2. Brent Vaughn
2005	Colorado (44)	—	5. Stephen Pifer
2006	Colorado (36)	—	3. Brent Vaughn
2007	Colorado (34)	—	1. Brent Vaughn
2008	Oklahoma St (26)	2nd (66)	8. Jordan Kyle
2009	Oklahoma St (24)	2nd (56)	7. Kenyon Neuman
2010	Oklahoma St (19)	2nd (46)	5. Andy Wacker
2011	Colorado (46)	—	3. Richard Medina
2012	Colorado (49)	—	7. Blake Theroux



The 2011 teams were one of 12 to sweep both the men's and women's conference races. They also won the first two Pac-12 Championships in any sport.

## Colorado Women

Year	Winner (pts)	CU (pts)	Top CU Finisher
1976	Iowa State (20)	2nd (59)	7. Pam Allen
1977	Iowa State (27)	2nd (62)	3. Dana Slater
1978	Iowa State (43)	2nd (70)	5. Dana Slater
1979	Iowa State (31)	5th (108)	13. Fran Montes
1980	Missouri (36)	2nd (75)	5. Fran Montes
1981	Iowa State (27)	4th (100)	N/A
1982	Kansas State (41)	3rd (80)	7. Sheri Rochel
1983	Iowa State (44)	5th (123)	20. Nancy Reynolds
1984	Missouri (57)	3rd (79)	5. Michelle Bews
1985	Nebraska (61)	5th (106)	6. Sarah Hanson
1986	Oklahoma St (50)	3rd (64)	5. Chris McNamara
1987	Colorado (49)	—	3. Chris McNamara
1988	Nebraska (41)	6th (120)	9. Catrina Campbell
1989	Nebraska (42)	5th (135)	12. Liz Laster
1990	Iowa State (48)	3rd (94)	12. Shanon Busch
1991	Nebraska (55)	3rd (93)	2. Brooke Baughman
1992	Colorado (52)	—	1. Brooke Baughman
1993	Nebraska (57)	3rd (78)	3. Patty Roberts
1994	Colorado (29)	—	2. Patty Roberts
1995	Colorado (25)	—	1. Patty Roberts
1996	Colorado (30)	—	1. Kelly Smith
1997	Colorado (23)	—	2. Jennifer Smith
1998	Kansas State (78)	2nd (99)	4. Heather Burroughs
1999	Colorado (62)	—	1. Kara Grgas-Wheeler
2000	Colorado (29)	—	1. Kara Grgas-Wheeler
2001	Colorado (33)	—	1. Molly Austin
2002	Colorado (34)	—	1. Molly Austin
2003	Colorado (45)	—	1. Natalie Florence
2004	Colorado (25)	—	1. Renee Metivier
2005	Colorado (38)	—	1. Christine Bolf
2006	Colorado (45)	—	2. Jenny Barringer
2007	Colorado (59)	—	2. Jenny Barringer
2008	Texas Tech (44)	5th (145)	22. Emily Hanenburgh
2009	Texas Tech (38)	2nd (52)	1. Jenny Barringer
2010	Texas Tech (44)	2nd (53)	4. Laura Tremblay
2011	Colorado (50)	—	4. Shalaya Kipp
2012	Oregon (47)	5th (124)	11. Shalaya Kipp

## Conference Coaches of the Year

Jerry Quiller (1987, 1991, 1992)

Mark Wetmore (1997, 98, 99, 2000, 01, 02, 03, 04, 05, 06, 07, 11, 12)

## Conference Coaches of the Year

Jerry Quiller (1987, 1992, 1994); Toby Jacober, Assistant Coach (1995);

Mark Wetmore (1997, 99, 2000, 01, 02, 03, 04, 05, 06, 07)

## 2013 COLORADO CROSS COUNTRY

# NCAA CHAMPIONSHIP HISTORY

## DISTRICT/REGION CHAMPIONSHIP HISTORY

Year	M-Team	Top Colorado Finisher	W-Team	Top Colorado Finisher
1980	1st (50)	1. Mark Scrutton 29:21.9	1st (65)	N/A
1982	1st	1. Mark Scrutton 29:48.8	4th (65)	10. Sarah Hanson 18:11
1983	5th	7. Mick Bannister 31:38	5th (83)	19. Sarah Hanson 18:34
1984	2nd (78)	8. Todd Winke 30:49	5th	5. Michelle Bews 16:50
1985	2nd (58)	3. Dan Reese 30:55	4th (96)	4. Chris McNamara 17:39
1986	1st (46)	1. Chuck Trujillo 30:25	1st (92)	3. Chris McNamara 17:01
1987	1st (80)	2. Andy Dunn 31:10.8	1st (33)	3. Vivian Sinou 17:01
1988	3rd (71)	9. Andy Dunn 30:46	N/A	7. Catrina Campbell 17:43
1989	2nd (100)	4. Bob Cisco 30:46	t-4th (159)	12. Peg Millican 17:53
1990	12th (289)	21. Ron Salazar 31:42	4th (158)	17. Michelle Kantor 17:51
1991	5th (5th)	21. Fritz Rogers 31:36	5th (138)	5. Brooke Baughman 17:19
1992	1st (77)	8. Fritz Rogers 31:06	3rd (125)	1. Brooke Baughman 16:53
1993	1st (50)	4. Scott Larson 30:28	2nd (57)	4. Brooke Baughman 17:11
1994	1st (46)	1. Adam Goucher 30:07.6	1st (26)	2. Patty Roberts 17:07
1995	1st (66)	1. Adam Goucher 29:33.2	2nd (31)	2. Colleen Glyde 16:56.0
1996	1st (33)	1. Adam Batliner 32:23.38	1st (43)	3. Kelly Smith 18:27.35
1997	1st (15)	1. Adam Goucher 30:04.0	2nd (64)	3. Kelly Smith 17:20.8
1998	1st (34)	1. Adam Goucher 30:43.8	2nd (69)	7. Heather Burroughs 18:04.3
1999	2nd (61)	1. Ron Roybal 30:12.8	2nd (61)	1. Kara Grgas-Wheeler 16:39.9
2000	1st (38)	1. Jorge Torres 30:38.6	1st (38)	1. Kara Grgas-Wheeler 20:45.0
2001	1st (48)	1. Jorge Torres 30:53.3	2nd (48)	1. Jodie Hughes 21:13.9
2002	2nd (93)	1. Jorge Torres 29:33	2nd (66)	4. Sara (Gorton) Slattery 20:39
2003	1st (69)	1. Dathan Ritzenhein 30:32	2nd (67)	4. Renee Metivier 21:05
2004	1st (40)	5. Brent Vaughn 30:03	1st (32)	1. Renee Metivier 20:30.7
2005	1st (42)	1. Billy Nelson 30:28.2	1st (53)	2. Liza Pascuito 20:52.8
2006	1st (59)	8. Billy Nelson 30:25.3	1st (64)	2. Jenny Barringer 20:30.5
2007	1st (47)	6. Stephen Pifer 30:28.3	4th (105)	2. Jenny Barringer 19:43.9
2008	1st (42)	6. Jordan Kyle 29:52.8	4th (133)	14. Laura Thweatt 20:59.7
2009	2nd (55)	4. Jordan Kyle 30:24.4	1st (48)	1. Jenny Barringer 20:29.0
2010	2nd (66)	8. Joe Bosshard 30:08.0	3rd (59)	3. Laura Tremblay 20:23.9
2011	2nd (55)	6. Richard Medina 30:36.7	1st (84)	4. Shalaya Kipp 20:59.7
2012	3rd (69)	6. Jake Hurysz 30:13.2	3rd (107)	2. Shalaya Kipp 20:18.1

## NCAA CHAMPIONSHIP HISTORY

YR	TEAM	TOP CU FINISHER	TIME	TEAM	TOP CU FINISHER	TIME
1965	14th (281)	8. David Wighton 30:15				
1966	6th (248)	15. Craig Runyan 30:40				
1967	3rd (163)	4. Craig Runyan 31:10				
1968	5th (241)	13. Craig Runyan 30:00				
1970	15th (450)	52. Ted Castaneda 29:25				
1973	6th (217)	11. Ted Castaneda 28:55				
1975	20th (447)	58. Rick Musgrave N/A				
1976				16th (546)	16. Pam Allen 17:12	
1977	10th (299)	14. Mark Spilsbury 29:34		3rd (164)	7. Mary Decker 17:49	
1978	5th (224)	21. John Hunsaker 30:06		4th (147)	<b>1. Mary Decker 16:59</b>	
1979	4th (189)	14. Mark Anderson 29:32		18th (430)	93. Fran Montes N/A	
1980	13th (369)	6. Mark Scrutton 29:20		19th (408)	26. Ruth Hamilton 17:51	
1981				9th (237)	37. Sharon Hulse 18:49	
1982	7th (219)	<b>1. Mark Scrutton 30:12</b>				
1984	22nd (411)	27. Richard Reese 30:22				
1985	3rd (167)	15. Dan Reese 30:12				
1986	5th (195)	13. Chuck Trujillo 31:21		6th (186)	23. Carol McMordie 17:38	
1987	15th (385)	39. Andy Dunn 30:13		12th (249)	33. Chris McNamera 17:01	
1989	18th (365)	40. Mike Nahom 30:47				
1992	11th (320)	34. Shawn Found 31:49		20th (454)	11. Brooke Baughman 17:37	
1993	4th (172)	31. Alan Culpepper 30:33		14th (326)	32. Brooke Baughman 17:19	
1994	2nd (88)	2. Adam Goucher 30:12		4th (126)	13. Patty Roberts 17:17	
1995	4th (181)	6. Adam Goucher 30:58		2nd (123)	7. Heather Burroughs 17:40	
1996	5th (179)	17. Chris Severy 31:29		4th (145)	18. Colleen Glyde 18:02	
1997	3rd (108)	3. Adam Goucher 29:10		3rd (178)	18. Kelly Smith 17:03	
1998	3rd (158)	<b>1. Adam Goucher 29:26</b>		7th (332)	25. Heather Burroughs 17:30	
1999	7th (307)	42. Michael Friedberg 31:22		8th (351)	9. Kara Grgas-Wheeler 16:58	
2000	2nd (94)	3. Jorge Torres 30:21		<b>1st (117)</b>	<b>1. Kara Grgas-Wheeler 20:30</b>	
2001	<b>1st (90)</b>	2. Jorge Torres 29:06		8th (240)	8. Molly Austin 20:51	
2002	4th (190)	<b>1. Jorge Torres 29:04</b>		5th (220)	10. Sara Gorton 20:01	
2003	5th (26)	<b>1. Dathan Ritzenhein 29:14</b>		5th (269)	15. Renee Metivier 20:21	
2004	<b>1st (90)</b>	4. Brent Vaughn 30:41.8		<b>1st (63)</b>	2. Renee Metivier 20:30.7	
2005	5th (222)	27. James Strang 30:17		2nd (181)	7. Christine Bolf 19:59	
2006	<b>1st (94)</b>	12. Brent Vaughn 31:13.0		2nd (223)	2. Jenny Barringer 20:37.9	
2007	7th (287)	5. Brent Vaughn 29:47.4		23rd (479)	2. Jenny Barringer 19:47.8	
2008	12th (372)	14. Jordan Kyle 29:52.4				
2009	6th (315)	44. Christian Thompson 30:25		20th (458)	5. Allie McLaughlin 20:01.1	
2010	15th (366)	26. Joe Bosshard 30:20.4		6th (314)	23. Laura Tremblay 20:39.2	
2011	3rd (144)	8. Richard Medina 29:27.8		11th (335)	19. Shalaya Kipp 20:08.1	
2012	3rd (158)	32. Jake Hurysz 29:55.3		24th (519)	18. Shalaya Kipp 20:02.4	

# BUFFS VS. THE NATION (COMBINED NCAA MEN'S AND WOMEN'S FINISHES)

1994				1995				1996				1997			
	W	M	T		W	M	T		W	M	T		W	M	T
<b>COLORADO</b>	<b>4</b>	<b>2</b>	<b>6</b>	<b>COLORADO</b>	<b>2</b>	<b>4</b>	<b>6</b>	Stanford	1	1	2	Stanford	2	1	3
Michigan	2	7	9	Providence	1	8	9	<b>COLORADO</b>	<b>4</b>	<b>5</b>	<b>9</b>	<b>COLORADO</b>	<b>3</b>	<b>3</b>	<b>6</b>
Villanova	1	9	10	Oregon	5	7	12	Wisconsin	8	6	14	Wisconsin	5	4	9
Arizona	10	3	13	Arkansas	12	1	13	Arkansas	14	2	16	Michigan	7	4	11
Wisconsin	8	5	13	Stanford	9	5	14	Villanova	2	19	21	Arkansas	13	2	15
Stanford	7	6	13	Georgetown	8	6	14	No. Arizona	10	12	22	Oregon	8	8	16
Arkansas	3	10	13	BYU	4	10	14	Nebraska	20	7	27	NC State	11	6	17
Penn State	9	8	17	Michigan	7	11	18	NC State	13	16	29	Providence	6	16	22
Georgetown	6	13	19	Villanova	3	15	18	Providence	7	22	29	Nebraska	19	11	30
Alabama	14	20	34	Wisconsin	10	14	24								

1998				1999				2000				2001			
	W	M	T		W	M	T		W	M	T		W	M	T
Stanford	3	2	5	Arkansas	2	1	3	<b>COLORADO</b>	<b>1</b>	<b>2</b>	<b>3</b>	Stanford	5	2	7
Arkansas	6	1	7	Wisconsin	4	2	6	Stanford	3	4	7	<b>COLORADO</b>	<b>8</b>	<b>1</b>	<b>9</b>
<b>COLORADO</b>	<b>7</b>	<b>3</b>	<b>10</b>	Stanford	3	4	7	Providence	9	3	12	NC State	2	9	11
Wisconsin	5	6	11	<b>COLORADO</b>	<b>8</b>	<b>7</b>	<b>15</b>	Georgetown	5	7	12	BYU	1	12	13
Michigan	11	4	15	Georgetown	7	11	18	Wisconsin	8	5	13	No. Arizona	12	4	16
Oregon	12	5	17	Michigan	15	5	20	Arkansas	13	1	14	Georgetown	3	13	16
Arizona	16	11	23	NC State	19	3	22	NC State	11	11	22	Arkansas	17	3	20
Wm & Mary	10	13	23	No. Arizona	11	12	23	BYU	2	23	25	Providence	10	10	20
No. Arizona	17	7	24	Oregon	19	6	25	Villanova	20	6	26	Notre Dame	6	19	25
Providence	14	10	24												

2002				2003				2004				2005			
	W	M	T		W	M	T		W	M	T		W	M	T
Stanford	2	1	3	Stanford	1	1	2	<b>COLORADO</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>COLORADO</b>	<b>2</b>	<b>5</b>	<b>7</b>
<b>COLORADO</b>	<b>5</b>	<b>4</b>	<b>9</b>	<b>COLORADO</b>	<b>6</b>	<b>5</b>	<b>11</b>	Stanford	5	6	11	Stanford	1	6	7
Arkansas	7	6	13	NC State	10	6	16	BYU	8	5	13	Notre Dame	7	3	10
No. Arizona	10	7	17	No. Arizona	3	15	18	Notre Dame	4	11	15	Oklahoma State	10	8	18
BYU	1	16	17	BYU	19	2	21	Arizona St.	9	8	17	Arizona St.	4	17	21
Providence	6	13	19	Villanova	11	11	22	Arkansas	16	3	19	Arkansas	19	2	21
Villanova	8	12	20	Georgetown	7	16	23	Providence	3	21	24	BYU	8	13	21
Wisconsin	19	2	21	Providence	24	3	27	NC State	12	16	28	Wisconsin	20	1	21
Georgetown	4	18	20	Wisconsin	2	26	28	Michigan	6	26	32	Minnesota	9	20	29

# BUFFS VS. THE NATION (COMBINED NCAA MEN'S AND WOMEN'S FINISHES)

2006				2007				2009				2010			
	W	M	T		W	M	T		W	M	T		W	M	T
<b>COLORADO</b>	<b>2</b>	<b>1</b>	<b>3</b>	Oregon	2	1	3	Oregon	9	2	11	Florida St.	2	2	4
Stanford	1	4	5	No. Arizona	7	4	11	Villanova	1	11	12	Stanford	13	4	17
Wisconsin	4	2	6	Minnesota	12	8	20	Washington	3	18	21	Oklahoma St.	17	1	18
Arkansas	5	5	10	Stanford	1	19	20	<b>Colorado</b>	<b>20</b>	<b>6</b>	<b>26</b>	Oregon	12	6	18
Providence	7	9	16	Florida St.	3	20	23	Stanford	16	10	26	<b>Colorado</b>	<b>6</b>	<b>15</b>	<b>21</b>
Iona	20	3	23	Wisconsin	20	5	25	Virginia	15	15	30	New Mexico	5	16	21
Virginia	14	14	28	<b>COLORADO</b>	<b>23</b>	<b>7</b>	<b>30</b>	Providence	11	20	31	Syracuse	10	14	24
Michigan St.	12	17	29	Arizona St.	4	26	30	Florida St.	2	30	32	Villanova	1	23	24
BYU	22	11	33	Arkansas	13	23	36	Syracuse	18	14	32	Princeton	15	12	27
NC State	19	16	35	Georgetown	28	13	41	Iowa St.	17	16	33	Providence	9	22	31
				Michigan	21	24	45	Minnesota	10	24	34	Georgetown	4	29	33
				BYU	25	22	47	BYU	19	17	36	Duke	17	21	38
				Providence	26	27	53	Duke	8	29	37	Virginia	21	17	38
								Arizona St.	24	19	43	NC State	24	20	44
								Georgetown	21	22	43	Texas	20	26	46
								Ohio State	29	21	50	Minnesota	27	27	54
								Michigan St.	26	31	57	Penn State	26	30	56

2011				2012			
	W	M	T		W	M	T
<b>COLORADO</b>	<b>11</b>	<b>3</b>	<b>14</b>	Florida St.	5	4	9
Stanford	10	5	15	Stanford	16	3	19
Florida St.	4	12	16	Oregon	20	1	21
Villanova	3	13	16	<b>Colorado</b>	<b>3</b>	<b>24</b>	<b>27</b>
Georgetown	1	17	18	Georgetown	25	12	27
Wisconsin	24	1	25	Oklahoma St.	1	26	27
Oklahoma St.	30	2	32	Arkansas	10	18	28
Syracuse	17	15	32	Michigan	23	5	28
NC State	23	11	33	New Mexico	21	10	31
Michigan	15	20	35	Texas	9	25	34
Texas	26	11	37	Duke	30	7	39
New Mexico	9	31	40	Notre Dame	28	15	43
Minnesota	27	16	43	Michigan St.	31	16	47
Notre Dame	22	24	46	Villanova	27	20	47
				Georgia	19	30	49

Colorado has become one of the top cross country programs in the country since 1994. The following are the combined NCAA meet results since that time.

Program	'94	'95	'96	'97	'98	'99	'00	'01	'02	'03	'04	'05	'06	'07	'09	'10	'11	'12	Total	Avg.
Stanford	13	14	2	3	4	7	7	7	3	2	11	7	5	20	26	17	15	19	182	10.1
<b>COLORADO</b>	<b>6</b>	<b>6</b>	<b>9</b>	<b>6</b>	<b>10</b>	<b>15</b>	<b>3</b>	<b>9</b>	<b>9</b>	<b>11</b>	<b>2</b>	<b>7</b>	<b>3</b>	<b>30</b>	<b>26</b>	<b>21</b>	<b>14</b>	<b>27</b>	<b>214</b>	<b>11.9</b>
*Oregon	--	12	--	16	17	25	--	--	--	--	--	--	--	3	11	18	--	21	123	15.4
*Wisconsin	13	24	14	9	11	6	13	--	--	28	--	21	6	25	--	--	25	--	195	16.3
*Arkansas	13	13	16	15	7	3	14	20	20	--	19	21	10	36	--	--	--	28	235	16.8
*Georgetown	19	14	--	--	23	18	12	16	16	23	--	43	40	41	43	33	18	27	343	22.9
NC State	--	29	29	17	27	22	11	--	16	28	--	35	--	--	44	33	--	--	278	23.2
Michigan	9	18	--	11	15	20	--	--	--	32	--	--	--	45	--	--	35	28	213	23.7
Villanova	10	18	21	--	--	38	26	32	--	22	--	--	--	--	15	24	16	47	269	24.5
Providence	--	9	29	22	24	29	12	20	--	27	24	--	16	53	31	31	--	--	327	25.2

\*-- run separate men's and women's programs

# ***COLORADO'S NATIONAL CHAMPIONS***



**Mary Decker**  
**1978 (AIAW)**

Tenth months after she bettered her own world record in the 1,000-meter run, Mary Decker won Colorado's first national cross country title in her last race, on CU's then-home course, Kent Denver Country Day.

Her course record 16:59.4 bettered the course record she had set earlier that year by a minute.

At the national championships she grabbed the lead from NC State's Julie Shea and defending national champion Kathy Mills of Penn State (who had led the race by as much as 20 yards going into the final loop). Shea passed Mills, and Decker passed Mills and kicked by Shea to win the race by 10 yards.



**Mark Scrutton**  
**1982**

Mark Scrutton took the lead 300 yards from the finish and beat Zakarie Barie of UTEP by two seconds for the NCAA men's title in Bloomington, Ind.

His first goal when he came to CU in 1980 was to dominate the Big Eight Conference. He did that to the tune of 14 conference titles, surpassing Kansas great Billy Cunningham's record 13 in the early 1930s.

He lost just one Big Eight race, the indoor two-mile run his freshman season. By his senior year he turned in the best two-mile indoor time in the NCAA in winning his second national title.

Shortly after winning that title, he set an unofficial world record in the Newport Beach Back Bay Run with a time of 22:25.8 over the 8k course.



**Adam Goucher**  
**1998**

The sign of things to come was on Nov. 21, 1994 when then-freshman Adam Goucher crossed the finish line of the NCAA Cross Country Championships in Fayetteville, Ark. as the national runner-up.

His sophomore year he finished sixth.

He redshirted the '96 season and improved to third in the national race as a junior in Greenville, S.C., a race he was predicted to win.

In the last race of his collegiate career, Goucher took the title that had eluded him for five seasons.

Goucher, buoyed by what he called an unbelievable crowd, bettered the Rim Rock Course Record in 29:26.9, 23 seconds ahead of Arizona's Abdi Abdiraham, who had kept pace with Goucher until the last mile when he pulled away from the field.

With the win, Goucher would become the first American to win the fall classic since Bob Kennedy won in 1992, and the first CU runner to complete the distance trifecta of winning national titles in cross country, the indoor and outdoor track seasons.

# COLORADO'S NATIONAL CHAMPIONS



**Kara Grgas-Wheeler**  
**2000**

In the women's championship sweep, fifth-year senior Kara Grgas-Wheeler won CU's first individual title sans AIAW to complete the nation's only individual undefeated campaign. With the title, Grgas-Wheeler capped of a 1,035-0 season beating the next opponent by a total margin of 2:07.

She ran to a dominant finish on the Iowa State Cross Country Course in 20:30.5, 7.3 seconds ahead of the individual runner up in harsh conditions that included a temperature of 17 degrees with a wind chill of minus-19 at the start.

In textbook Colorado fashion, she trailed the lead pack by four seconds after the 1k mark. She had closed in by the 2-mile mark, never losing site of the defending national champion, Wisconsin's Erica Palmer, who was in the lead, but succumbing to the cold. Soon after Grgas-Wheeler bridged the gap, took the lead, and never looked back... until the final crest of the course where she glanced over her shoulder for the first time of the season and began to savor the sprint to the tape.

The title was her third, first in the fall. Her win marked the first time since 1994 that the individual national champion represented on the NCAA Championship Team.



**Jorge Torres**  
**2002**

With three NCAA runner-up finishes as a junior resting on his shoulders, Jorge Torres held off Arkansas' Allister Cragg in the final meters to cover the Wabash Valley Sports Center 10k challenge in a then-course record 29:04.7 and win his first national title.

In one of the best men's contests in recent memory, Cragg took the race's initial lead, but before the race reached the halfway point, it was a four-man battle between Torres, Cragg, Alabama's David Kimani and Eastern Michigan's Boaz Cheboiywo.

Torres took the lead from '01 champion Cheboiywo at the 7k mark with Cragg and Kimani hanging on, and at the 8k mark it was Torres and Cragg running shoulder to shoulder for the remainder of the race. With the pro-Torres crowd chanting "Torres, Torres", the two took the final turn into the straightaway and Torres made an unanswered surge to build a 10-meter lead at the finish line to close out the nation's only undefeated season and turn in his fifth course record in as many races.

With brother Ed just nine places behind him, the 1-10 punch was the best by a set of twins in the history of the championships.



**Dathan Ritzenheim**  
**2003**

Twenty-four months after finishing fourth in the 2001 NCAA Championships as a freshman, Dathan Ritzenheim crossed the finish line in Waterloo, Iowa as CU's fourth national champion in six seasons as a redshirt sophomore.

In temperatures that hovered below zero with the windchill factor, Ritzenheim outdistanced a heavily favored Stanford pack led by Ryan Hall in the closing meters to win his first NCAA crown in 29 minutes, 14 seconds, just 1.3 ahead of Hall for the crescendo in the nation's only unbeaten season.

The win marked just the fourth time and first since the 1989 and '90 seasons that two different runners from the same school took back-to-back titles, as Jorge Torres won the race in '02 in Terre Haute, Ind. It was also the first time since 1987 and '88 that Americans had won two straight individual titles and likely the first time that both scenarios have played out simultaneously.

Ritzenheim's rise as the best runner in the nation was even more impressive when considering he had resumed training 10 weeks earlier following femoral stress fractures suffered the previous cross and track seasons.

## 2000 NCAA CHAMPIONS



### 2000 Colorado Women

(left to right) Jodie Hughes, Lesley Higgins, Tera Moody, Kara Grgas-Wheeler, Catherine Wright, Sarah Gorton, Assistant Coach Jason Drake, Jen Fazioli

The 2000 women's cross country team upended the defending national champion to claim the program's first national title, the 18th overall at CU.

Coming off back-to-back team titles at the Big 12 and NCAA Mountain Region Championships, Colorado was the top-ranked team in the country entering the biggest race of the year. As is its goal each year, Colorado wanted to better its ranking, which would now be the biggest challenge in the program's history.

Up for the challenge in wind-chill conditions that brought the late Midwest November temperature to 19-degrees below zero, Colorado methodically worked its way from the back of the pack to the front for the title. With a program-best 117 points, the Buffs finished 50 ahead of defending national champion Brigham Young.

Kara Grgas-Wheeler won the program's first individual crown while freshman Sara Gorton became the second-highest finishing freshman in the race and highest in program history with an eighth place effort. Jodie Hughes locked up All-American honors with a 30th-place effort while Lesley Higgins (52nd) and Tera Moody (71st) rounded out the CU scoring.

In the championship sweep, Grgas-Wheeler won CU's first individual title sans AIAW to complete the nation's only undefeated campaign. With the title, Grgas-Wheeler capped off a 1,035-0 season repeating her Big 12 Conference and Mountain Region titles before capturing her third national title, first in the fall. Her win marked the first time since 1994 that the individual national champion was represented on the NCAA Championship team.

## 2001 NCAA CHAMPIONS



### 2001 Colorado Men

(left to right) Jorge Torres, Ed Torres, Sean Smith, Aaron Blondeau,  
Dathan Rittenhein, Jon Severy, Steve Slattery

The No. 1 ranked team in the country from the preseason polls to the national championship podium, the 2001 men's season came to a crescendo with a one-point national championship victory over nemesis Stanford in Greenville, S.C. to bring home to the University its 19th national championship, the last remaining title that had previously eluded Colorado's storied distance program.

The Buffs' successful run at the national title capped off the program's first undefeated season in which they were uncontested at the Rocky Mountain Shootout in Boulder, won their sixth straight Big 12 Conference title in Norman, Okla., claimed their ninth national qualifying race in 10 seasons and improved from their runner-up finish in 2000 at the national championships.

The one-point difference, 90-91, in the final score was the tightest in race history, tying the Villanova men's 1970 85-86 win over Oregon.

The Buffs were paced by a pair of top-10 individual performances in the run to the title. Among the favorites to win the individual national title, junior Jorge Torres made no secret about his intentions to sacrifice an individual crown for the team title, and finished as the individual runner-up in his quest. Big 12 Conference Newcomer of the Year Dathan Rittenhein finished fourth and was the highest finishing freshman in a national championship race since Adam Goucher's second-place finish in 1994.

Junior Ed Torres improved 12 places from the previous year's national runner-up race to finish 15th for his second All-American certificate. Steve Slattery battled back from a mid-season injury before going on to score as the Buffs' fourth runner, 28th overall. Senior captain Sean Smith, was the final factor in clinching the title as CU's No. 5 runner, 56th overall.

Fifth-year senior Aaron Blondeau who had competed in four NCAA Championship races since his 1997 freshman year, sat out the first two meets of the season due to injury before marking his return five weeks before the NCAA Championships where he came in as CU's sixth runner in the national championship win.

Redshirt freshman Jon Severy reaped the benefits of his redshirt season in 2000 solidifying his role on the NCAA Championship travel squad where he came in as the Buffs' final runner.

With his fourth NCAA cross country title since becoming head coach in 1995, head coach Mark Wetmore became the first coach in the history of the championship to win a men's individual title (Adam Goucher, 1997), women's individual title (Kara Grgas-Wheeler in 2000), women's team title (2000) and men's team crown at one school.

## 2004 NCAA CHAMPIONS



### 2004 Colorado Women

(left to right) Amber Smith, Renee Metivier, Jackie Zeigle, Liza Pasciuto, Natalie Florence, Sara Slattery, Laura Zeigle, Christine Bolf

In a championship where the a team needed to run a perfect race, the Colorado women got the ball rolling when the then third-ranked Buffs did just that to claim the first of two titles on the day, their first since the 2000 season.

The women, paced by Renee Metivier's second career national runner-up finish, placed all five runners in the top-30, to score a program best 63 points (it took 117 to win in '00), 81 points ahead of runner-up Duke (144), Providence (164), Notre Dame (170) and pre-race favorite Stanford (175). The margin was the fourth largest in championship history.

An already damp and slightly heavy course on Sunday was worsened by overnight and early morning rains that subsided by the start of the women's race and the skies were clear for the start of the men's, conditions that obviously played in favor of the Buffs.

With Kim Smith (Providence) in control of the individual title, the team title was up for grabs as early as the halfway mark. Smith was running a 9:52.7 pace at the 3k mark, followed by Metivier (10:05) and BYU's Laura Turner (10:14), with just four points separating the Buffs and Stanford at that mark, with Slattery in 16th and Bolf in 18th, followed by Duke and Providence.

The pleasant surprise for the day on the women's team was that of freshman Liza Pasciuto. Pasciuto finished as CU's No. 2 runner for the first time in her career, and her 13th place finish is the second best by a CU freshman in program history, second only to Sara (Gorton) Slattery's eighth place freshman effort in '00.

"Coming in I was trying my best to try and score and help the team achieve the goals that we set at the beginning of the season," said Pasciuto. "But I'm definitely thrilled with my finish. I couldn't have asked for more. I hope to come back next year and do it again."

Christine Bolf (20:48.1) ran to her first All-American title in the fall with a 14th place finish, a career best for the junior that finished 63rd a year ago. In the final race of her collegiate career, fifth-year senior Sara Slattery finished 28th and came away as an All-American for the third time in her career, just the second CU harrier to do so, following current assistant coach Heather Burroughs (1994, 95, 98). She is also now the only runner in the program's storied history to be a member of two national championship teams, as she was a freshman on that 2000 squad.

Natalie Florence (21:07.2) rounded out CU's scoring, finishing 30th overall for her second All-American title. In her first national championship, freshman Amber Smith (21:44.3) finished 78th overall. Laura Zeigle (23:18.1) finished 224th.

"Our race plan was to try and be patient and not fight the conditions (which changed dramatically overnight). By the 600-m mark they had over-ruled my plan and my hope was that they held on. They kept going, so I'm glad that they overlooked my instructions," said Wetmore.

## 2004 NCAA CHAMPIONS



### 2004 Colorado Men

(left to right) Austin Baillie, James Strang, Stephen Pifer, Brent Vaughn, Bradley Harkrader, Jared Scott, Jon Severy, Bret Schoolmeester

Not to be outdone by their counterparts, the Colorado men capped what would be the best day in the program's storied history with their second title in four years.

The men's race was a battle for both the individual and team titles from the start of the race. At the halfway mark, a lead pack of 10-plus runners were separated by one second with Arkansas' Josphat Boit in the lead at 15:16.1 and the 10th place runner at 15:17.1, with Vaughn (15:25) in 15th and Schoolmeester (15:26) in 19th. Vaughn had taken sole possession of fourth place at the 8k turn, having caught 13 runners in a 3k span, while Schoolmeester chased down 12. At that point, Wisconsin had control of the team race with 80 points to Arkansas' 160, followed by Colorado.

Senior Jon Severy became the first men's runner in the program's history to have run on two national title teams. Classmate Jared Scott was on the team that season, but did not run at nationals. He was also a freshman in '01 and ran the final cross country race of his career here this afternoon. It happen to be the best of his career, covering the 10k loop in 31:26.9 to finish 21st.

Severy made up as much ground as anyone Monday, as he was 39th at the halfway mark, and 25th at 8k, running down 18 in his final race.

"It was an incredible note to start on," said Severy. "I was carried through a little bit on that 2001 team and it gave me a false sense of what it meant to be on a good team. Since then, I've sunk pretty low and learned an incredible amount of what is necessary to sacrifice for your team and carry it out. Today was just so perfect that I can't describe it."

Newcomers Stephen Pifer and James Strang rounded out the scoring for the CU men, with Pifer running 31:56.8 to finish 44th while Strang ran 31:59.9 to finish 49th. Jared Scott, also running in the last cross country race of his career, was off his junior year pace, but finished 80th in 32:25.0. Freshman Bradley Harkrader, who had scored during the season as CU's third, fourth and fifth runner, finished 121st in 32:50.7 in his first national championship event. While five native Coloradoans ran in the men's race, three scored.

"The front two ran as well as I thought they possibly could and Jon ran way better than I would have expected. All of the five scorers ran better than my most optimistic aspirations. And with Stephen, James and Bradley, all freshmen, the sky is the limit," said Wetmore.

## 2006 NCAA CHAMPIONS



### 2006 Colorado Men

(left to right) Bradley Harkrader, Pete Janson, Erik Heinonen, Stephen Pifer, Billy Nelson, James Strang, Brent Vaughn and Kenyon Neuman

The second-ranked Colorado men headed into the 2006 championship knowing the race was theirs to lose. The muddy conditions were just like those two years before when the Buffs captured their second national title and gave Colorado extra confidence as the race approached.

The field got out to a quicker start than CU normally likes and was led most of the way by Brent Vaughn. Vaughn finished 12<sup>th</sup> overall (31:13.0), earning his second straight top-15 finish at nationals and the second straight time he was CU's first harrier across the finish.

While Vaughn ran a steady race, the men's win can be traced to Pifer's performance over the second 5,000-meters. At the 5k split, he had 52 runners ahead of him, but streaked past 32 of them to nab the 20<sup>th</sup> spot overall (31:24.2) in the individual standings and his second All-American title.

"I knew in the second half I had to come back and catch a lot of guys," Pifer said. "So I paid attention to sensory data, which is something that Mark Wetmore has been preaching to us all year, checking your heart rate and breathing and things like that to make sure you are comfortable. The race doesn't really start until the last 3k, so you really have to get going."

Erik Heinonen had a story book year after receiving a sixth-year of eligibility from the NCAA for the season. He was the third Buff to cross the line, placing a personal best 28<sup>th</sup> overall (31:34.7), and earning his first All-American honor.

James Strang took 47<sup>th</sup> (31:54.5) and Billy Nelson, who passed over 15 in the last 1,000-meters, took 56<sup>th</sup> (32:02.7). Bradley Harkrader came in at 152<sup>nd</sup> (33:05.3) and Pete Janson was 213<sup>th</sup> (33:56.5) as Colorado's non-scorers.

CU's five scorers all finished in the top 56 overall, and in the top 34 of those attached to full teams. CU and Wisconsin were the only schools to have three place in the top 15 in the scoring column.

The Buffaloes recorded 94 points, soundly defeating defending champion and overwhelming favorite Wisconsin by 48 points. Iona (172), Stanford (195) and Oregon (196) rounded out the top five.

"I think the race was very fast for us," head coach Mark Wetmore said. "Every coach has to know their team and how fast they can go. If other teams ran our way, it would certainly hurt them, like if would if we ran another team's plan. We don't talk a lot about expectations, its aspirations for us. We equaled our aspirations today."

"We did well here a couple of years ago too and everyone was telling me that the mud was perfect for us, but Boulder is like a desert and isn't very muddy."

Vaughn, Harkrader, Pifer and Strang joined Jon Severy as the only Buffs to win two national titles.

# ALL-AMERICANS

## Men (1963-Present)

Dave Wrighton 1963, 64, 65  
 Craig Runyon 1966, 67, 68  
 Rick Trujillo 1967  
 John Lunn 1968  
 John Gregorio 1972, 73  
 Mike Peterson 1974  
 Mark Spilsbury 1977, 79  
 John Hunsaker 1978  
 Mark Anderson 1979  
 Michael Buhmann 1979  
 Mark Scrutton 1980, 81, 82  
 Sam Reese 1982  
 Dan Reese 1984, 85  
 Chuck Trujillo 1985, 86  
 Mike Nahom 1989  
 Shawn Found 1992  
 Alan Culpepper 1993, 94, 95  
 Scott Larson 1993

Jay Cleckler 1994  
 Jon Cooper 1994, 95  
 Adam Goucher 1994, 95, 97, 98  
 Clint Wells 1994, 95  
 Ricky Cron 1996  
 Chris Severy 1996  
 Zeke Tiernan 1996  
 Tom Reese 1997  
 Matt Napier 1997  
 Adam Batliner 1997  
 Mike Friedberg 1998, 99, 00  
 Ron Roybal 1998  
 Jorge Torres 2000, 01, 02  
 Ed Torres 2000, 01, 02  
 Sean Smith 2000  
 Steve Slattery 2000, 01  
 Dathan Rittenhein 2001, 03  
 Billy Nelson 2002, 03  
 Bret Schoolmeester 2004, 05

Jon Severy 2004  
 Brent Vaughn 2004, 06, 07  
 Stephen Pifer 2004, 05, 06, 07  
 James Strang 2005, 06  
 Erik Heinonen 2006  
 Jordan Kyle 2008  
 Joe Bosshard 2010, 11  
 Andy Wacker 2010, 11  
 Richard Medina 2011  
 Jake Hurysz 2012  
 Blake Theroux 2012  
 Aric Van Halen 2012

Natalie Raveling 1994  
 Colleen Glyde 1995, 96  
 Kelly Smith 1995, 97  
 Carrie Messner 1996  
 Kara Grgas-Wheeler 1999, 00  
 Sara (Gorton) Slattery 2000, 02, 04  
 Jodie Hughes 2000  
 Molly Austin 2001, 02  
 Natalie Florence 2002, 04  
 Renee Metivier 2001, 03, 04  
 Kalin Toedebusch 2003  
 Christine Bolf 2004, 05  
 Liza Pasciuto 2004, 05, 06  
 Jenny Barringer 2006, 07  
 Sara Vaughn 2007  
 Allie McLaughlin 2009  
 Shalaya Kipp 2010, 11, 12  
 Laura Tremblay 2010  
 Emma Coburn 2011

## Women (1976-Present)

Mary Decker (AIAW) 1978  
 Carol McMordie 1986  
 Chris McNamara 1986, 87  
 Patty Roberts 1994, 95  
 Heather Burroughs 1994, 95, 98



Jorge Torres (2000, 01, 02)



Heather Burroughs (1994, 95, 98)



Ed Torres (2000, 01, 02)



Alan Culpepper (1993, 94, 95)



Mike Friedberg (1998, 99, 00)



Adam Goucher (1994, 95, 97, 98)



Sara (Gorton) Slattery (2000, 02, 04)



Jenny Barringer (2006, 07)

# BUFF HONOR ROLL



Jenny Barringer



Steve Slattery



Bret Schoolmeester

## ALL-CONFERENCE

### Men

Dan Reese	1985
Chuck Trujillo	1985, 86
Andy Dunn	1986, 87
Todd Wienke	1986
Ron Salazar	1990, 93
Shawn Found	1992
Fritz Rogers	1992
Alan Culpepper	1994
Adam Goucher	1994, 95, 97, 98
Adam Batliner	1996
Clint Wells	1997
Oscar Ponce	1998
Jorge Torres	1999, 00, 01, 02
Ed Torres	1999, 00, 01, 02
Ron Roybal	1999
Mike Friedberg	1999, 00
Zach Crandall	2000
Steve Slattery	2000, 02
Sean Smith	2000
Dathan Ritzenhein	2001, 03
Billy Nelson	2002, 03, 05, 06
Bret Schoolmeester	2003, 04, 05
Brent Vaughn	2003, 04, 06, 07
Bradley Harkrader	2004
Jon Severy	2004
Stephen Pifer	2005, 06, 07
James Strang	2005, 06
Erik Heinonen	2006
Pete Janson	2007
Kenyon Neuman	2007, 08, 09
Jordan Kyle	2008, 09
Richard Medina	2008, 09, 11
Chris Pannone	2008
Christian Thompson	2009, 10, 11
Andy Wacker	2009, 10, 11
Joe Bosshard	2010, 11
Aric Van Halen	2010, 12
Hugh Dowdy	2012
Jake Hurysz	2012

Martin Medina	2012
Pierce Murphy	2012
Blake Theroux	2012

### Women

Sarah Hanson	1985
Chris McNamara	1986, 87
Catrina Campbell	1987
Brooke Baughman	1991, 92
Muffy Raveling	1992, 94
Patty Roberts	1993, 94, 95
H. Burroughs	1994, 95, 97, 98
Kelly Smith	1995, 96, 97
Carrie Messner	1996
Shayne Wille	1996
Jennifer Smith	1997
Kara Grgas-Wheeler	1997, 99, 00
Sara (Gorton) Slattery	2000, 02, 04
Tera Moody	2000, 01
Jodie Hughes	2000, 01
Molly Austin	2001, 02
Natalie Florence	2002, 03, 04
Renee Metivier	2003, 04
Kalin Toedebusch	2003, 05
Christine Bolf	2004, 05
Liza Pasciuto	2004, 05, 06
Amber Smith	2004
Jenny Barringer	2005, 06, 07, 09
Claire Maduza	2006
Aislinn Ryan	2006
Erin Marston	2007
Sara Vaughn	2007
Allie McLaughlin	2009
Laura Thweatt	2009, 10
Laura Tremblay	2009, 10
Emma Coburn	2010, 11
Shalaya Kipp	2010, 11, 12
Rachel Baptista	2011
Lara Darco	2011



Natalie Florence

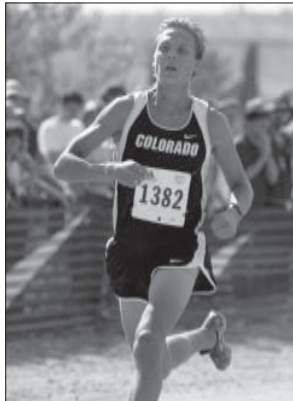


Brent Vaughn

# BUFF HONOR ROLL



**Billy Nelson**



**Jon Severy**



**Kalin Toedebusch**

## ALL-DISTRICT/REGION

### Men

Andy Dunn	1985, 86, 87, 88
Mike Kubitschek	1985
Dan Reese	1985
Todd Wienke	1985, 86
Scott Elliott	1986
Ken Metcalf	1986
Cisco Bob	1987, 88, 89
David Derdeyn	1987
Mike Nahom	1988, 89
Chuck Trujillo	1985, 86, 88
Nate Wright	1988, 89
Shawn Found	1992, 93
Brett Larsen	1992, 93
Scott Larson	1992, 93
Fritz Rogers	1991, 92
Tim Catalano	1993, 94
Alan Culpepper	1993, 94, 95
Ron Salazar	1993
Jay Cleckler	1994
Jon Cooper	1994, 95
Adam Goucher	1994, 95, 97, 98
Clint Wells	1994, 95, 97
Adam Batliner	1996, 97, 98
Ricky Cron	1996
Jay Johnson	1996
Matt Napier	1996, 97
Tom Reese	1996, 97, 98
Chris Severy	1996
Zeke Tiernan	1996
Aaron Blondeau	1997, 99
Mike Friedberg	1998, 99
Ron Roybal	1998, 99
Oscar Ponce	1999
Sean Smith	1999, 00
Jorge Torres	2000, 01, 02
Ed Torres	2000, 01, 02
Zach Crandall	2000
Steve Slattery	2000, 01
Dathan Ritzzenhein	2001, 03
Billy Nelson	2002, 03, 05, 06

### Bret Schoolmeester

Bret Schoolmeester	2003, 04, 05
Brent Vaughn	2004, 06, 07
Bradley Harkrader	2004, 06, 07
Jared Scott	2004
Jon Severy	2004
James Strang	2004, 05, 06
Payton Batliner	2005
Stephen Pifer	2005, 06, 07
Erik Heinonen	2006
Richard Medina	2007, 08, 09, 11
Kenyon Neuman	2007, 08
Chris Pannone	2007, 08
Seth DeMoor	2008
Jordan Kyle	2008, 09
Joe Bosshard	2009, 10
Matt Tebo	2009, 10
Christian Thompson	2009, 10, 11
Andy Wacker	2009, 10, 11
Aric Van Halen	2010, 12
Martin Medina	2011, 12
Ammar Moussa	2011
Jake Hurysz	2012
Pierce Murphy	2012
Blake Theroux	2012

### Women

Sarah Hanson	1985
Carol McMorde	1985, 86, 87
Chris McNamara	1985, 86, 87
Michelle Bews	1986
Denise Hermosillo	1986
Kirsten Kindt	1986
Kate Starke	1986
Shannon Busch	1987, 88, 89, 90
Catrina Campbell	1987, 88
Deann Zamora	1987
Liz Laster	1989
Peg Millican	1989
Brooke Baughman	1991, 92, 93
Allison Lusby	1993, 94
Amy McNitt	1993, 94, 95

Natalie Raveling	1993, 94
Patty Roberts	1993, 94, 95
Heather Burroughs	1994, 95, 97, 98
Kelly Smith	1994, 95, 96, 97
Kristina Dahlberg	1995
Colleen Glyde	1995, 96
Carrie Messner	1995, 96, 98, 99
Heidi Scarlett	1996, 97
Kara Grgas-Wheeler	1996, 99, 00
Shayne Wille	1996
Jen Gruia	1997, 98
Jennifer Smith	1997
Briana Stott-Messick	1997, 98
Lesley Higgins	1998, 00, 01
Jodie Hughes	1999, 00, 01
Tera Moody	1999, 00, 01, 02
Catherine Wright	1999
Sara (Gorton) Slattery	2000, 02, 04
Molly Austin	2001, 02
Natalie Florence	2001, 02, 04
Jackie Zeigle	2002, 03
Renee Metivier	2003, 04
Kalin Toedebusch	2003, 05
Christine Bolf	2003, 04, 05
Liza Pasciuto	2004, 05, 06
Amber Smith	2004
Jenny Barringer	2005, 06, 07, 09
Claire Maduza	2006
Erin Marston	2006, 07
Aislinn Ryan	2006
Sara Vaughn	2007
Emily Hanenburg	2008
Laura Thweatt	2008, 09, 10
Emma Coburn	2009, 10, 11
Allie McLaughlin	2009
Laura Tremblay	2009, 10
Shalaya Kipp	2010, 11, 12
Camille Logan	2011
Carrie Verdon	2012

## FROM WALK-ON TO ALL-AMERICAN

There's something magical in the air at 5,345 feet above sea level. It's something that contributes to developing blue collar, walk-on athletes into All-Americans at Colorado. Combining its reputation of academics and athletics, the coaching staff at CU has had incredible success with non-recruited athletes that have had the drive, determination and work ethic to become All-Americans.

### JAY CLECKLER • 1991 Walk-on- 1994 Cross Country All-American

Jay Cleckler, was conceivably one of the hardest working guys on the '94 squad. He had begun his collegiate career as walk-on competing in only one meet, which progressed to four meets as a sophomore, which he matched his junior season. He came into his own during his senior campaign when he scored in all six varsity races, including the Big Eight Championships, the NCAA District VII qualifier and the NCAA Championships where he ran his first All-American race.

### JON COOPER • 1993 Walk-on- 1994, 1995 Cross Country All-American

Cooper made an immediate impact on the Colorado men's cross country squad when he walked on after transferring from Rice. In his first season he traveled to the NCAA Championships as an alternate, but did not compete. A year later he finished 33rd of 178 runners for his first all-American honor. In 1995's national championship race, he was Colorado's fourth finisher, 48th overall to repeat his All-American title.

### MIKE FRIEDBERG • 1996 Walk-on- 1998, 1999 Cross Country All-American

In 1996 Mike Friedberg ran in three races. He redshirted the 1997 season and a year later he was one of only three runners to compete in all six races, he finished eighth in the season opener at Colorado State, third at the Rocky Mountain Shootout, 32nd at the loaded Bob Timmons Invite, third at the Big 12 Championships, fifth at the Mountain Region Championships and ran to his first All-American title with a 34th place effort at the national championships. In 1999 he was CU's No. 3 runner during the season, but experienced prevailed and was CU's No. 1 guy at the NCAA Championships in Bloomington and was No. 2 a year later.

### MATT NAPIER • 1995 Walk-on— 1997 Cross Country All-American

In his first collegiate season Napier competed in the Shootout and at the Fort Hays State Invitational. As a sophomore, he scored in two of the three postseason races. Originally scheduled to redshirt his junior season, he was forced into action late in the season due to team injuries. In his first race, Oct. 18, he finished third overall at the Tiger Invitational. In the postseason he finished 11th in the league championships and was the individual runner-up, at the Mountain Region Championships. His third season culminated in his first all-America certificate at the NCAA Championships with a 39th-place finish.

### PATTY ROBERTS • 1992 Walk-on- 1995 Indoor 5,000-m All-American/1994, 1995 Cross Country All-American

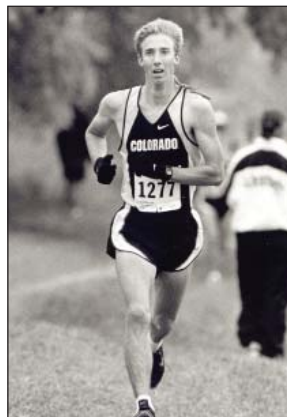
Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the NCAAs for her second all-America cross country honor. 1995 continued to be a success on the track where she was an indoor 5k and outdoor 10k All-American.

### SHAYNE WILLE • 1995 Walk-on-1996 Indoor 3,000-m All-American/1997 Outdoor 3,000-m All-American

A transfer from Vermont in 1995, Wille failed to make the Buffs' seven-person roster that would compete at the NCAA Cross Country Championships. Three months later she was an all-American in the indoor 3k. During the 1996 fall season, she was Colorado's No. 2 runner, and although she competed in all three postseason race, just missed all-American status at the national championships with a 45th place effort. She set her sights again on the track where she was the Big 12 indoor champion in both the mile and 3,000-m distances and an all-American in the latter. The outdoor season would prove even better where she repeated her conference titles, and she earned her second all-American honor in the outdoor 3,000-m with a third place, school-record finish of 9:06.86.

### SEAN SMITH • 1998 Walk-on, 2000 All-American

Smith ran in three non-varsity races in 1998 with a pair of top 20 finishes at the Fort Hays Tiger Invitational and NIKE 3 Series race. In 1999 he went into the national championships with five races under his belt. He earned all-conference and all-region honors before finishing in the top half of the NCAA Championship field. On All-American pace from the first race of the 2000 season, he would score in all five varsity contests, repeat his all-conference and all-region honors with career-best efforts before finishing 44th for the last All-American certificate doled out in Ames, Iowa.



2013 COLORADO CROSS COUNTRY

# CU AT THE IAAF WORLD AND USA CHAMPIONSHIPS

## IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

<b>1995</b>	<b>DURHAM, ENGLAND</b>	
Junior Women:	48. Heather Burroughs	15:27
Junior Men:	113. Chris Severy	27:42

<b>1997</b>	<b>TURIN, ITALY</b>	
Senior Men:	*49. Scott Larson	37:14
	140. Shawn Foud	38:31

<b>1998</b>	<b>MARRAKECH, MOROCCO</b>	
Senior Men:	27. Adam Goucher	25:29
Junior Men:	37. Jorge Torres	24:58

<b>1999</b>	<b>BELFAST, IRELAND</b>	
Junior Women:	74. Sara (Gorton) Slattery	24:35
Senior Men (long)	*21. Alan Culpepper	41:10
	54. Clint Wells	42:33
Senior Men (short)	12. Adam Goucher	12:53
Junior Men:	40. Steve Slattery	28:29

<b>2001</b>	<b>OSTEND, BELGIUM</b>	
Junior Women:	47. Laura Zeigle	24:12
Senior Men:	41. Clint Wells	13:31
Junior Men:	3. Dathan Ritzenhein	

<b>2002</b>	<b>DUBLIN, IRELAND</b>	
Junior Women:	*17. Erika Odlaug	21:23
Senior Men (long)	24. Dathan Ritzenhein	36:31
	87. Clint Wells	38:08
Senior Men (short)	*11. Jorge Torres	12:35
Junior Men:	33. Billy Nelson	25:18

<b>2003:</b>	<b>LUSIANNE, SWITZERLAND</b>	
Open Men:	*8. Billy Nelson	24:52
	63. Bret Schoolmeester	26:17
Open Men (long):	51. Ed Torres	39:25
Open Women:	77. Molly Austin	14:26

<b>2004</b>	<b>BRUSSELS, BELGIUM</b>	
Junior Men	34. Ryan Deak	26:27
	55. Peter Janson	27:03
Women (long)	79. Molly Austin	31:00

<b>2005</b>	<b>SAINT GALMIER, FRANCE</b>	
Open Women's 8k	42. Renee Metivier	29:24
Open Men's 4k	13. Jorge Torres, Reebok	11:58
Open Women's 4k	21. Shayne Culpepper, adidas	14:06
Junior Women's 6k	42. Liza Pasciuto	22:58
	47. Jenny Barringer (capt.)	23:03
Open Men's 12k	62. Dathan Ritzenhein, Nike	38:46

<b>2006</b>	<b>FUKUOKA, JAPAN</b>	
Open Men (Short)	*6. Adam Goucher, Nike	11:02
	27. Jorge Torres, Reebok	11:21
Open Women (Short)	21. Kara Goucher, Nike	13:24
Open Women (Long)	26. Sara Slattery, adidas	26:51
	49. Renee Metivier, Nike	27:37

<b>2007</b>	<b>MOMBASA, KENYA</b>	
Open Women	36. Renee Metivier, Nike	29:47
Junior Men	100. Matt Tebo	30:56

<b>2008</b>	<b>EDINBOURGH, SCOTLAND</b>	
Senior Men:	19. Jorge Torres	36:03
	45. Edwardo Torres	36:56
Senior Women:	49. Renee Metivier Baillie	27:49

<b>2009</b>	<b>AMMAN, JORDAN</b>	
Senior Men:	58. Edwardo Torres	37:38

<b>2010</b>	<b>BYDGOSZCZ, POLAND</b>	
Junior Women:	51. Laura Tremblay	21:31
Senior Women:	38. Renee Metivier-Baille	26:48

<b>2011</b>	<b>PUNTA UMBRIA, SPAIN</b>	
Senior Men:	55. Brent Vaughn	36:32

**2013**  
Junior Women:  
Senior Men:  
\*-- top American

**BYDGOSZCZ, POLAND**  
Carrie Verdon

## USA WINTER CROSS COUNTRY CHAMPIONSHIP

<b>1995</b>	<b>BIRMINGHAM, ALABAMA</b>	
Junior Women:	6. Heather Burroughs	14:19

<b>1996</b>	<b>LANDEN, OHIO</b>	
Junior Women:	7. Carrie Messner	15:42

<b>1996</b>	<b>STANFORD, CALIFORNIA</b>	
Senior Men:	6. Adam Goucher	37:48
	7. Alan Culpepper	37:51

<b>1997</b>	<b>HOUSTON, TEXAS</b>	
Junior Women:	5. Tera Moody	14:36

<b>1999</b>	<b>TACOMA, WASHINGTON</b>	
Senior Men (long):	1. Alan Culpepper	34:24
	6. Clint Wells	34:36
	17. Scott Larson	35:01
	44. Zeke Tiernan	36:06

Senior Men (short):	1. Adam Goucher	10:29
	9. Shawn Foud	10:54
Senior Women:	1. Shayne (Wille) Culpepper	12:25
Junior Men:	2. Steve Slattery	23:38
	5. Jorge Torres	23:45
	13. Ed Torres	24:24

<b>2000</b>	<b>VANCOUVER, WASHINGTON</b>	
Senior Men (long):	2. Alan Culpepper	
	9. Scott Larson	
Senior Women	4. Shayne Culpepper	

<b>2001</b>	<b>VANCOUVER, WASHINGTON</b>	
Senior Men (short):	4. Clint Wells	11:14
	13. Adam Batliner	11:31.6
Senior Men (long):	2. Alan Culpepper	35:11
	8. Scott Larson	36:07
Senior Women (8k):	16. Heather Burroughs	28:06
Junior Women:	1. Laura Zeigle	21:18
Junior Men:	2. Dathan Ritzenhein	24:11

<b>2002</b>	<b>VANCOUVER, WASHINGTON</b>	
Junior Women:	2. Erika Odlaug	21:19
	9. Jackie Zeigle	22:09
	12. Laura Zeigle	22:19
Junior Men:	3. Billy Nelson	25:04
	50. Greg Castro	28:32
Senior Men (short):	2. Jorge Torres	11:27
	21. Clint Wells	11:57
	28. Adam Batliner	12:08



Alan Culpepper crosses the finish at the 2007 USA Championship. Culpepper won in 37:09.

# CU AT THE IAAF WORLD AND USA CHAMPIONSHIPS



Aislinn Ryan at the 2007 USA Championship. Ryan finished sixth overall in the junior women's 6k.

Senior Men (long):	3. Alan Culpepper	35:51
	5. Dathan Ritzenhein	36:19
	7. Clint Wells	36:40
	15. Shawn Found	37:35
Senior Women (6k):	40. Adam Batliner	39:01
Senior Women (4k):	26. Heather Burroughs	29:26
	9. Sara (Gorton) Slattery	13:34
	24. Carrie Messner	14:26

<b>2003</b>	<b>HOUSTON, TEXAS</b>	
Junior Women:	8. Christine Bolf	25:20
	13. Jackie Zeigle	26:18
Open Men (short):	34. Clint Wells	14:10
Junior Men:	1. Billy Nelson	27:08
	2. Bret Schoolmeester	27:17
	14. Payton Batliner	28:18
	35. Greg Castro	30:00
Open Women:	1. Shayne Culpepper	15:10
	6. Molly Austin	15:34
	8. Sara (Gorton) Slattery	15:37
Open Men (long):	1. Alan Culpepper	38:22
	3. Ed Torres	39:04
	27. Shawn Found	42:13

<b>2004</b>	<b>INDIANAPOLIS</b>	
Open Men (short)	23. Adam Goucher	11:54
Open Women (long)	5. Molly Austin, Nike	27:44
	17. Natalie Florence	28:35

<b>2005</b>	<b>VANCOUVER, WASHINGTON</b>	
Junior Women, 6k	1. Liza Pasciuto	21:50.1
	Jenny Barringer	
Junior Men's 8k	7. Bradley Harkrader	25:46.6
	11. Chris Pannone	26:07.8
Open Women's 8k	7. Renee Metivier	28:32.0
	24. Molly Austin, Nike	30:25.7
	30. Brianna Torres, Run AZ	30:48.1
Open Men's 4k	2. Adam Goucher, Nike	11:39.1
	5. Jorge Torres, Reebok	11:44.1
	32. Steve Slattery, Nike	12:26.6
Open Women's 4k	2. Shayne Culpepper, Nike	13:27.0
	18. Carrie Messner, Asics	14:27.0
	30. Carrie Zografos, Boston AA	15:03.2
Open Men's 12k	1. Dathan Ritzenhein, Nike	36:59.9
	2. Jorge Torres, Reebok	37:14.2
	48. Oscar Ponce, Boston AA	40:52.5

<b>2006</b>	<b>NEW YORK</b>	
Junior Men's 8k	42. Kenyon Neuman	26:10
Open Women's 8k	3. Renee Metivier, Nike	26:59
	4. Sara Slattery, adidas	27:01
	30. Carrie Messner, Asics	28:47
Open Men's 4k	1. Adam Goucher, Nike	10:50
	4. Jorge Torres, Reebok	10:58
	14. Steve Slattery, Nike	11:27
Open Women's 4k	7. Kara Goucher, Nike	12:51
	32. Carrie Messner, Asics	13:43

Open Men's 12k	2. Jorge Torres, Reebok	35:05
	4. Dathan Ritzenhein, Nike	35:27
	46. Oscar Ponce, Boston AA	38:12

<b>2007</b>	<b>BOULDER</b>	
Junior Men :	3. Matt Tebo	26:22
	10. Matthew Herzl	26:36
Junior Women :	6. Aislinn Ryan	22:19
Open Men :	1. Alan Culpepper,	37:09
	2. Adam Goucher	37:35
	3. Dathan Ritzenhein	37:47
	4. Jorge Torres	38:07
	10. Ed Torres	38:31
	17. Bret Schoolmeester	38:55
	19. Payton Batliner	39:01
	32. Steve Slattery	40:13
	41. Jon Severy	41:01
	52. Oscar Ponce	41:45
Open Women :	3. Kara Goucher	28:01
	5. Renee Metivier Baillie	28:35
	12. Shayne Culpepper	29:17
	19. Christine Bolf	29:40
	15. Carrie Messner	30:26

<b>2008</b>	<b>SAN DIEGO</b>	
Junior Men:	10. Matt Tebo	24:58
	28. Brett Walters	25:53
	40. Richard Medina	26:16
	51. Martin Medina	26:47
Junior Women:	1. Megan Burrell	21:58
	31. Allison Sawyer	23:29
Open Men:	1. Dathan Ritzenhein	35:03
	2. Jorge Torres	35:29
	9. Edwardo Torres	36:01
	114. Oscar Ponce	41:03
Open Women:	2. Renee Metivier Baillie	26:36
	10. Sara Slattery	27:19
	18. Tera Moody	28:01

<b>2009</b>	<b>DERWOOD, MARYLAND</b>	
Junior Women:	4. Allie McLaughlin	21:10
	19. Diana George	22:33
Junior Men:	27. Martin Medina	25:49
	50. Dillon Shiji	27:22
	18. Tera Moody	29:11
Senior Women:	4. Jorge Torres	36:16
	8. Edwardo Torres	36:45
Senior Men:	14. Stephen Pifer	37:18
	22. Bret Schoolmeester	38:06

<b>2010</b>	<b>SPOKANE, WASHINGTON</b>	
Junior Women:	5. Laura Tremblay	20:46
Junior Men:	20. Dillon Shije	25:40
Open Women:	5. Renee Metivier-Baillie	26:26
Open Men:	1. Dathan Ritzenhein	34:34
	24. Billy Nelson	37:21

<b>2011</b>	<b>SAN DIEGO, CALIFORNIA</b>	
Junior Men:	18. Blake Theroux	25:50
	34. Hugh Dowdy	26:22
	46. Mike Goodger	26:52
Open Women:	7. Kara Goucher	27:37
	26. Rachel Gioscia-Ryan	29:42
Open Men:	1. Brent Vaughn	35:46
	10. Jorge Torres	36:36

<b>2012</b>	<b>ST. LOUIS, MISSOURI</b>	
Open Men:	12. Christian Thompson	37:09
Open Women:	4. Renee Metivier Baillie	27:23
	5. Laura Thweatt	27:28
	25. Rachel Gioscia-Ryan	29:14

<b>2013</b>	<b>ST. LOUIS, MISSOURI</b>	
Junior Women:	3. Carrie Verdon	21:08.8
Open Men:	2. Dathan Ritzenhein	35:44.1
	10. Richard Medina	36:20.3
	11. Andy Wacker	36:27.2
	48. Matt Tebo	38:42.6
Open Women:	14. Laura Thweatt	27:30.0
	46. Rachel Gioscia-Ryan	29:52.5

## POST COLLEGIATE SUCCESS

Here at CU we are no more proud of the successes of present Buffs than we are of those who went on to the next level. Frankly, we don't believe there is another college program in the country that can boast as many national level professionals.

During the tenure of Coach Wetmore, numerous graduates of the Buff distance program have gone on to professional contracts. Eleven are currently active. Ten have been Olympians. Twenty-seven have made World Championship Track or Cross Country teams. Eighteen made World teams while still running for CU.

### **RENEE METIVIER BAILLIE ('05) ..... Distance Club ..... Mizuno**

- 2005 USATF Outdoor Championships (5th, 10k)
- 2006 USA XC Championships (3rd, 4k), IAAF World XC Championships (49th)
- 2008 USA XC Championships (2nd), IAAF World XC Championships (49th)
- 2008 USA Olympic Trials Qualifier (5k)
- 2010 USA XC Championships (5th), IAAF World XC Championships (38th)
- **2010 USA Indoor 3k Champion**
- 2010 USA Outdoor Championships (8th, 5k)
- 2011 Bolder Boulder Team USA Member (6th)
- 2012 Chicago Marathon, 1st American, 7th overall (2:27.17)

### **EMMA COBURN ('13) ..... Mid Distance Club ..... New Balance**

- **\*2011 USA Steeplechase Champion**
- \*2011 IAAF World Championship Steeplechase Finalist (13th)
- \*2011 USA No. 1 Ranked Steeplechase

### • **\*2012 USA Olympic Trials Steeplechase Champion**

- \*2012 Olympic Games Steeplechase Finalist (9th)
  - \*2012 USA No. 1 Ranked Steeplechaser
- \*run while still in college

### **KARA GOUCHER ('01) ..... Distance Club ..... NIKE**

- 2006 USA XC Championships (7th, 4k), IAAF World XC Championships (21st)
- 2006 USA Outdoor Championships (2nd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (2nd, 10k)
- **2007 IAAF World Championship Bronze Medalist (10k)**
- 2007 Great North Run Half Marathon Champion (1:06.57)
- **2008 USA Olympic Trials 5k Champion**
- 2008 USA Olympic Trials (2nd, 10k)
- 2008 Olympic Games (10th, 10k; 9th, 5k)
- 2008 NYC Marathon, 1st American, 3rd Overall (2:25.53), fastest U.S. woman debut



Renee Metivier Baillie



Emma Coburn



Kara Goucher

## POST COLLEGIATE SUCCESS

- **2009 USA Outdoor 5k Champion**
- 2009 Boston Marathon (3rd overall, 1st American)
- 2009 IAAF World Championships (9th, marathon)
- 2011 USA Outdoor Championships (2nd, 10k)
- 2011 Boston Marathon (5th)
- 2012 USA Olympic Marathon Trials (11th)
- **2012 USA Half Marathon Champion**
- 2012 Olympic Games Marathon (11th)
- 2013 Boston Marathon (6th)

### **BILLY NELSON .....Steeple/Distance Club .....unattached**

- 2008 USA Olympic Trials (2nd, steeplechase)
- 2008 Olympic Games (29th, steeplechase)
- 2010 USA Outdoor Championships (5th, steeplechase)
- **2011 USA Steeplechase Champion**
- 2011 IAAF World Championships participant
- 2012 USA Olympic Trials finalist

### **DATHAN RITZENHEIN ..... Distance Club ..... NIKE**

- 2004 USA Olympic Team member (10k)
- **2005 USA XC Champion**
- **2005 USA Road 10k Champion**
- 2006 USA Outdoor Championships (3rd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (3rd, 10k)
- 2008 USA Olympic Marathon Trials (2nd)

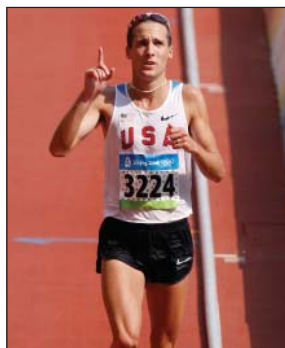
- **2008 USA XC Champion**
- 2008 Olympic Games Marathon (9th)
- 2009 USA Outdoor Championships (2nd, 10k)
- 2009 IAAF World Championships (6th, 10k)
- **2009 Set USA 5k National Record (12:56.27)**
- **2009 World Half Marathon Championship Bronze Medalist**
- **2010 USA XC Champion**
- 2012 USA Olympic Marathon Trials (4th)
- 2012 USA Olympic Trials (3rd, 10k)
- 2013 USA XC Championships (2nd)
- 2013 USA Outdoor Championships (2nd, 10k)
- 2013 IAAF World Championships (10th, 10k)

### **JENNY (BARRINGER) SIMPSON ('09) ....Middle Club ..... New Balance**

- **\*2007 USA Steeplechase Champion**
- \*2008 USA Olympic Trials (3rd, steeplechase)
- **\*2008 Olympic Games (8th, steeplechase), broke the American record**
- **\*2009 USA Steeplechase Champion**
- **\*2009 IAAF World Championships (5th), broke the American record (9:12.50 - still stands)**
- 2010 USA Outdoor Championships (3rd, 5k)
- **2011 USA Indoor Champion, Mile and 3k**
- 2011 ISA Outdoor Championships (2nd, 1,500)
- **2011 IAAF World 1,500 Champion**
- **2012 USA Indoor Champion, Mile and 3k**
- 2012 USA Olympic Trials (3rd, 1,500)
- 2012 USA Olympic 1,500m semifinalist



**Billy Nelson**



**Dathan Ritzenhein**



**Jenny (Barringer) Simpson**

## POST COLLEGIATE SUCCESS

- **2013 USA Outdoor 5k Champion**
- **2013 IAAF World Championship 1,500 Silver Medalist**

\*run while still in college

**BRENT VAUGHN** ..... Distance  
Club ..... NIKE

- 2008 USA Olympic Trials finalist (5k)
- 2009 USA Outdoor Championships (9th, 5k)
- 2010 Bolder Boulder Elite Race (4th), highest American finisher
- **2011 USA XC Champion**
- 2010 USA Outdoor Championships (5th, 5k)
- 2011 USA Indoor Championships (4th, 3k)
- 2012 USA Olympic Trials (7th, 10k)

### Retired Buffs

**ALAN CULPEPPER ('96)** ..... Distance  
Club ..... adidas

- 1997 USA Outdoor Championships (2nd, 5k)
- **1999 USA XC Champion (12k)**
- **1999 USA Outdoor 10k Champion**
- 2000 USA XC Championships (2nd, 12k)
- 2000 USA Olympic Trials (2nd, 10k)
- 2000 USA Olympic Team Member (10k)
- 2001 USA Outdoor Championships (2nd, 5k/3rd, 10k)
- 2002 USA XC Championships (3rd, 12k)
- **2002 USA Outdoor 5k Champion**
- 2002 USA Outdoor Championships (3rd, 12k)

- **2002 Chicago Marathon, 6th, fastest U.S. debut in history**
- **2003 USA XC Champion, 12k**
- **2003 USA Outdoor 10k Champion**
- **2004 USA Olympic Marathon Trials Champion**
- 2004 Olympic Games Marathon, 12th
- 2005 Boston Marathon, 4th
- 2006 Boston Marathon, 5th
- **2007 USA XC Champion**

**SHAYNE CULPEPPER ('97)** ..... Middle  
Club ..... NIKE

- 1999 USA XC Championships (4th, 4k)
- 1999 USA Outdoor Championships (3rd, 1,500)
- 2000 USA XC Championships (4th, 4k)
- 2000 USA Olympic Trials (4th, 1,500)
- 2000 USA Olympic Team Member, 1,500
- **2002 USATF Club Cross Country Champion**
- 2003 USA Indoor Championships (2nd, 3k)
- **2003 USA XC Champion, 4k**
- **2004 USA Indoor 3k Champion**
- **2004 IAAF Indoor Championships Bronze Medalist, 3k**
- **2004 USA Olympic Trials 5k Champion**
- 2004 USA Olympic Team Member, 5k
- **2005 USA Indoor 3k Champion**
- 2005 USA XC Championships (2nd, 4k)
- 2005 IAAF World XC Championships (20th, 4k)
- 2009 USA Indoor Championships (2nd, 1,500)



Brent Vaughn



Alan Culpepper



Shayne (Wille) Culpepper

## POST COLLEGIATE SUCCESS

### ADAM GOUCHER ('97) ..... Middle Club ..... NIKE

- **1999 USA Outdoor 5k Champion**
- 1999 IAAF World Championships finalist (12th, 5k)
- **2000 USA XC Champion (4k & 12k - only man to win both in the same year)**
- **2000 USA Olympic 5k Trials Champion**
- 2000 Olympic Games finalist (12th, 5k)
- 2001 USA Outdoor Championships (3rd, 5k)
- 2001 IAAF World Championships finalist (10th, 5k)
- 2001 Ran fastest 3k of the year (7:34.96) by an American
- 2003 USA Outdoor Championships (3rd, 5k)
- **2006 USA Indoor 3k Champion**
- **2006 USA XC Champion, 4k**
- 2006 IAAF World XC Championships (6th, 4k)
- 2006 USA Outdoor Championships (4th, 5k)
- 2007 USA XC Championships (2nd)
- 2007 USA Outdoor Championships (3rd, 5k)

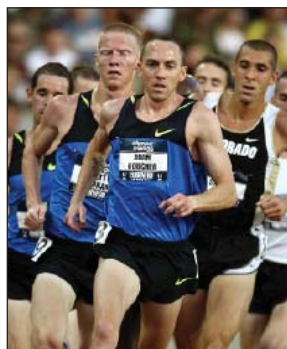
### STEVE SLATTERY ('02) ..... Steeple Club ..... NIKE

- 2002 USA Outdoor Championships (2nd, steeplechase)
- **2003 USA Outdoor Steeplechase Champion**
- 2004 USA Olympic Trials (5th, steeplechase)
- 2005 USA Outdoor Championships (3rd, steeplechase)

- 2006 USA Outdoor Championships (2nd, steeplechase)
- 2010 USA Outdoor Championships (3rd, steeplechase)

### JORGE TORRES ('03) ..... Distance Club ..... Reebok

- 2002 USA XC Championships (2nd, 4k)
- 2003 USA Outdoor Championships (3rd, 5k)
- 2003 IAAF World Championships finalist (15th, 5k)
- 2003 Ranked No. 1 American at 5,000 meters
- 2004 USA Olympic Trials (7th, 5k)
- **2005 USA 8k Road Champion**
- 2005 USA XC Championships (2nd, 12k/4th, 4k)
- 2005 IAAF World XC Championships (13th, 4k)
- **2006 USA Outdoor 10k Champion**
- 2007 USA XC Championships (4th)
- 2007 USA Outdoor Championships (5th, 10k)
- 2008 USA XC Championships (2nd)
- 2008 IAAF XC Championships (19th)
- 2008 USA Olympic Trials (3rd, 10k)
- 2008 Olympic Games (27th, 10k)
- 2009 USA XC Championships (4th)



Adam Goucher



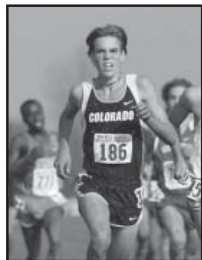
Steve Slattery



Jorge Torres

# ALL TIME LETTERWINNERS

Letterwinner	Years	Hometown (High School)			
Andy Aiken	1980	Indianapolis, Ind. (North Central)	Zach Crandall	2000, 01	Fort Collins, Colo. (Rocky Mountain)
Richard Alejandre	1965	San Bernardino, Calif. (Eisenhower)	John Creighton	1951	Flagler, Colo. (Flagler)
Mark Anderson	1978, 79	Ferndale, Wash. (Ferndale)	Ricky Cron	1993, 96	Stevens Point, Wisc. (SPoint Area/Rice)
Andy Ames	1987	Tulsa, Okla. (B.T. Washington)	Tim Cronin	1968, 69, 70, 71	
Adrian Arnold	1995	Alamosa, Colo. (Alamosa/Rice)	George A. Crowther	1905	
Edward Aurand	1904		Alan Culpepper	1993, 94, 95	El Paso, Texas (Coronado)
Austin Baillie	2005	Portland, Ore. (Westview)	Tom Curtis	1958, 59, 60	
Mick Bannister	1982, 84, 85	Kent, England (Tunbridge Wells)	Ryan Deak	2004	Aurora, Colo. (Smoky Hill)
Dave Barbieri	1992, 93	Spokane, Wash. (Gonzaga Prep)	Bruce Degen	1962, 63, 64	Piedmont, Calif.
Steve Barbieri	1991	Spokane, Wash. (Gonzaga Prep)	Seth DeMoor	2008	Buena Vista, Colo. (Buena Vista)
Lloyd Barlow	1953	Ft. Collins, Colo. (Ft. Collins)	Dave Derdeyn	1986, 87	Richmond, Ill. (Richmond-Burton)
Kenneth Barret	1975	Boulder, Colo. (Boulder)	David Diaz	1980, 81	Wheatridge, Colo. (Wheatridge)
Adam Batliner	1995, 96, 97, 98	Lakewood, Colo. (Green Mountain)	Pat Dolan	1990	Greeley, Colo. (Greeley Central)
Payton Batliner	2002, 03, 04, 05	H-Ranch, Colo. (Highlands Ranch)	Jeff Donaldson	1966	Denver, Colo. (Ranum)
Harry R. Beard	1914, 15		Knowles Dougherty	1953	
Jeff Berven	1965, 66	Colorado Springs, Colo.	<b>Hugh Dowdy</b>	<b>2012</b>	<b>Petaluma, Calif (Carlsbad)</b>
(Wasson)			Dave Dubach	1948	
Matt Biegner	2010, 11, 12	Broomfield, Colo. (Broomfield)	James Duce	1912, 13, 14	
Dave Binkley	1966, 67	Pueblo, Colo. (Central)	Thomas F. Duggan	1915	
William P. Blair	1914, 15		Andy Dunn	1985, 86, 87, 88	Littleton, Colo. (Littleton)
Aaron Blondeau	1997, 99, 00, 01	Salida, Colo. (Salida)	Roman Duran	1987, 88	Northglenn, Ohio (Northglenn)
Cisco Bob	1987, 88, 89	Ruidoso, N.M. (Ruidoso/Texas Tech)	Paul Edstrom	1967, 68	Englewood, Colo.
Joe Bosshard	2009, 10, 11	Crested Butte, Colo. (Crested Butte Academy)	Scott Elliott	1986	
		Carlisle, Ohio (Carlisle)	Ron Elston	1970	
Mark Brewer	1974		Dick Faust	1961, 62	
David Brown	1982		Fred Feasel	1915	
Gerald Bryan	1963	Lakewood, Colo.	Kent Fischman	1981	Hazelcrest, Ill. (Hillcrest)
Mike Buhmann	1977, 78, 79	Norridge, Ill. (Ridgewood)	George Fitzmorris	1947, 48, 49	
Casey Burchill	2002, 03	Clovis, Calif. (Buchanan)	Jim Fitzmorris	1956, 57	Colorado Springs, Colo.
Robert M. Burns	1912		William D. Fleming	1914	
Eric Gahn	1958, 59, 60		Shawn Found	1991, 92, 93	Grand Junction, Colo. (Brewer/Lamar)
Robert Campbell	1968, 69, 70		Bernie Frakes	1957, 58, 59	Ordway, Colo.
Fred Carnahan	1973, 74	Genoa, Neb. (Genoa)	Mike Friedberg	1998, 99, 2000	Columbia, Md. (The Park School)
Nick Carr	1982		Jim Funk	1954, 56	
Ted Castaneda	1972, 73	Colorado Springs, Colo.	Michael Gallagher	1962	
Steve Castaneda	1970		Sam Gamble	1904	
Tim Catalano	1991, 92, 93, 94	Fort Collins, Colo. (Fort Collins)	James Garcia	1964	
Paul Cattermole	1965, 66, 67	Denver, Colo. (Regis)	Joseph Garst	1905	
Tom Caughlin	1997	Mason City, Iowa (Mason City)	Bill Gavito	1951, 53	Denver, Colo. (Westminster)
Anthony Chiulli	2005	Memphis, Tenn. (Christian Brothers)	Daniel Gist	1958	
Everett F. Clark	1912		Jim Giveans	1990, 91, 92	Littleton, Colo. (Arapahoe)
Wayne Clark	1947		Eric Gleason	1984	Huntington Beach, Calif. (Marina)
Ernest Clayton	1904		Floyd Godwin	1964, 65	San Lareneo, Calif. (Arroyo)
Cameron Clayton	2010	Superior, Colo. (Monarch)	Adam Goucher	1994, 95, 97, 98	Colorado Springs, Colo. (Doherty)
Jay Cleckler	1993, 94	Woodland Park, Colo. (W-Park)	Frank Green	1905	
Jon Cooper	1994, 95	El Paso, Texas (Coronado)	Bob Greenfield	1958	
Colin Couper	1951		Arlo C. Greenwalt	1915	
Dave Couture	1987, 88, 89	Lakewood, Colo. (Lakewood)	John Gregorio	1971, 72	
			J.J. Griffin	1973, 74	Pueblo, Colo.
			Bob Griffith	1961, 62, 63	Aurora, Colo.
			Fred Griffin	1904	
			Arnold Hamala	1964	
			Roger Hansen	1973	Lompoc, Calif.
			Chuck Hatteresley	1977, 79	La Mesa, Calif. (Grossmont)
			Bradley Harkrader	2004, 06, 07	Westminster, Colo. (Thornton)
			Erik Heinonen	2005, 06	Eugene, Ore. (South Eugene)
			Alexander Hill	1905	
			Ed Hom	1971, 72	
			Ed Hopfner	1979	Port Angeles, Wash. (Port Angeles)
			Larry Hoppis	1951	
			Paul Hospe	1907	
			Jack Hughes	1956, 57	Watervliet, Colo. (Watervliet)



Bradley Harkrader



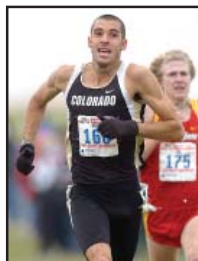
Eric Heinonen

# ALL TIME LETTERWINNERS

Joel Hunsaker	1982	Arvada, Colo. (Arvada West)	David Nahom	1987, 88, 89	Brookfield, Conn. (Brookfield)
John Hunsaker	1975, 76, 77, 78	Arvada, Colo. (Arvada West)	Mike Nahom		
<b>Jake Hurysz</b>	<b>2012</b>	<b>Mebane, N.C. (Eastern Alamance)</b>	Matt Napier	1996, 97, 99	Socorro, N.M. (Socorro)
Ben Husaby	1989	Eden Prairie, Minn. (Eden Prairie)	Billy Nelson	2002, 03, 05, 06	Bakersfield, Calif. (Taft Union)
Peter Janson	2005, 06, 07	Dallas, Texas (Highland Park)	Kenyon Neuman	2006, 07, 08, 09	Bend, Ore. (Summit)
Jay Johnson	1995, 96, 98	Castle Rock, Colo. (Douglas County)	Larry Novak	1976	Shepherd, Mont.
Joseph B. Johnson	1916		Charlie O'Brien	1976	Denver, Colo. (Mullen)
Steve Johnson	1989	Englewood, Colo. (Cherry Creek)	Eugene O'Keefe	1914	
Terry Johnson	1979, 80	Fort Collins, Colo. (Fort Collins)	Clyde M. Owens	1912, 13	
William Johnson	1904		Robert G. Packard	1907	
Leonard Jordan	1904		Chris Pannone	2006, 07, 08	Whitehouse, N.J. (Hunterdon Central)
Stan Justice	1968, 69, 70		Mike Peake	1957	Lakewood, Colo.
Harold Ketting	1973	Redondo Beach, Calif.	<b>Morgan Pearson</b>	<b>2012</b>	<b>Morristown, N.J. (Delbarton)</b>
John Kick	1952, 53, 54	Rochester, N.Y. (Aquinas)	Dick Peck	1954	
Dan King	1980	Colorado Springs, Colo. (Coronado)	Mike Peterson	1970, 72, 73, 74	
Scott King	1980	Colorado Springs, Colo. (Coronado)	Kirk Pfeffer	1976	
Albert Kinsbuary	1905		John Phillips	1969, 70, 71	Cuyahoga Falls, Ohio
Doug Kirkmeyer	1952		Wayne Phipps	1953	
Robert R. Knowles	1905		Stephen Pifer	2004, 05, 06, 07	Edwardsville, Ill. (Highland Park)
Andy Knutsen	2002	Huntington Beach, Calif. (Edison/USC)	Mark Pillmore	1971	
Tom Kresl	1984, 85	Ft. Collins, Colo. (Ft. Collins)	William Poley	1956, 59	
Mike Kubischek	1985	Lakewood, Colo.	Dan Poole	1966	
Jordan Kyle	2008, 09	Fishers, Ind. (Hamilton SE)	Oscar Ponce	1996, 97, 98, 99	Denver, Colo. (Denver North)
Blaine Lam	1965, 67	Boulder, Colo. (Boulder)	Ralph Poucher	1957, 58, 59	
Brett Larsen	1990, 91, 92, 93	Fort Collins, Colo. (Ft. Collins)	Jason Pozner	1990, 91	Morganville, N.J. (Marlboro)
Scott Larson	1990, 91, 92, 93	Boulder, Colo. (Fairview)	Harry Pratt	1904	
Alfred Law	1904		Arthur Preston	1904	
Carroll Laverty	1927		Winfred L. Prouty	1908	
David Lewis	1955		Ted Quintana	1975	San Lorenzo, Calif. (San Lorenzo)
Joe Lombert	1972		Robert Radnoti	1977, 78, 79	Greeley, Colo. (Greeley West)
Richard Lower	1973, 74	Harmony, Pa. (Seneca Valley)	Rudolph Rahlfig	1904	
Brend Luny	1976	Lakewood, Colo. (Lakewood)	Clarence W. Ramey	1913	
John Lunn	1966, 67, 68	Denver, Colo. (South)	Roy Randall	1904	
Tony Macey	1984, 85	Las Vegas, Nev. (Valley)	Dan Reese	1982, 84, 85	Golden, Colo. (Wheat Ridge)
John E. Mackling	1916		Richard Reese	1984	Golden, Colo. (Wheat Ridge)
Garry Maddox	1971, 72		Sam Reese	1980, 81, 82,	Golden, Colo. (Wheat Ridge)
David Magee	1975		Tom Reese	1995, 96, 97, 98	Golden, Colo. (Wheat Ridge)
Glen Malcolm	1950	Santa Maria, Calif. (St. Joseph)	Terry V. Ritchie	1907	
Jerry Maris	1982	Buckley, Wash. (White River)	Dathan Ritzenhein	2001, 03	Rockford, Mich. (Rockford)
Joseph Markey	1916		Jason Robbie	2000	Boulder, Colo. (Alexander Dawson)
Jeff Mason	1986	Denver, Colo. (South)	Ray C. Roberts	1905	
Robert D. Mauff	1905		Carbin E. Robinson	1907	
Steve McBain	1961		Dennis Robertson	1959	
Mike McCoy	1961, 62, 63		Fritz Rogers	1989, 90, 91, 92	Lakewood, Colo. (Lutheran)
Donald McClure	1964		Greg Rohde	1980	Bismark, N.D. (Century)
Matt McCue	2003	Iowa City, Iowa (Iowa City Regina)	Douglas C. Roller	1905	
Tom McKinley	1969, 71, 72		Ron Roybal	1996, 97, 98, 99	Santa Fe, N.M. (Pojoaque)
Matt McMullen	1980	Aurora, Colo. (Gateway)	Mike Ruffato	1975	
Martin Medina	2009, 10, 11, 12	Grand Junction, Colo. (GJ)	Craig Runyan	1966, 67, 68	Denver, Colo. (Thomas Jefferson)
Richard Medina	2007, 08, 09, 11	Grand Junction, Colo. (GJ)			
Eric Meloney	1987, 89	Bethesda, Md. (Whitman)			
Ken Metcalf	1986	Cederidge, Colo.			
Virgil E. Metcalf	1917				
Earl B. Millard	1907				
Nick Miller	2008	Littleton, Colo. (Mountain View)			
Micha Moore	1990, 92	Boulder, Colo. (Fairview)			
Dick Moritz	1970, 72	Cuyahoga Falls, Ohio			
Joseph B. Morrill	1907				
Paul C. Mosher	1905				
<b>Ammar Moussa</b>	<b>2011</b>	<b>Arcadia, Calif. (Arcadia)</b>			
<b>Pierce Murphy</b>	<b>2012</b>	<b>Hanalei, Hawai'i (Island)</b>			
Richard Musgrave	1974	Denver, Colo. (Lincoln)			



Chris Pannone



Stephen Pifer

# ALL-TIME LETTERWINNERS

Clem Saunders	1913	
John H. Sawhill	1915, 16	
Chris Schaffer	2000	Yakima, Wash. (Eisenhower)
Al Schmidt	1961, 62	Longmont, Colo.
Bret Schoomeester	2002, 03, 04, 05	Sedalia, Colo. (Denver Christian)
Jared Scott	2001, 03, 04	Monument, Colo. (Palmer)
Mark Scrutton	1979, 80, 81, 82	London, England (Towbridge Kent)
Chris Severy	1994, 95, 96, 98	Aspen, Colo. (Aspen)
Jon Severy	2001, 02, 03, 04	Aspen, Colo. (Aspen)
Dillon Shije	2010, 11	Albuquerque, N.M. (Sandia Preparatory)

Clarence R. Short	1912	
Steve Slattery	1999, 00, 01, 02	Flanders, N.J. (Mt Olive)
Brian Smith	1975, 76	Denver, Colo. (Lincoln)
Sean Smith	1999, 2000, 01	Montrose, Colo. (Montrose)
Tom Smith	1979, 80	Fremont, Calif. (Mission San Jose)
Mark Spilsbury	1976, 77, 78, 79	Santa Anna, Calif. (Foothill)
Bill Sproat	1961, 62, 63	Climax Falls, Ore.
Tom Starr	1961, 62, 63	Platteville, Colo.
Ned Steele	1905	
Don Steers	1953, 54	
Mike Stegner	1969, 70, 71	
Jonny Stevens	2011, 12	Vail, Colo. (Battle Mountain)
Fred W. Stoddard	1907	
James Strang	2004, 05, 06	Signal Mountain, Tenn. (Baylor)
George M. Stratton	1905	
Mark Stromberg	1984	Englewood, Colo. (Cherry Creek)
Matt Tebo	2007, 08, 09	Albuquerque, N.M. (Eldorado)
Brock Tessman	1998	Danville, Calif. Monte Vista / Brown)
Rob Thayer	2007	Hotchkiss, Colo. (Hotchkiss)
Blake Theroux	2011, 12	Chesapeake, Va. (Western Branch)

Christian Thompson	2008, 09, 10, 11	Candor, N.Y. (Candor)
Griff Thompson	1978, 79	Tulsa, Okla. (Memorial)
Zeke Tiernan	1994, 96	Aspen, Colo. (Aspen)
Edwardo Torres	1999, 00, 01, 02	Wheeling, Ill. (Wheeling)
Jorge Torres	1999, 00, 01, 02	Wheeling, Ill. (Wheeling)
Chuck Trujillo	1984, 85, 86, 88	Northglenn, Colo. (Northglenn)
Rick Trujillo	1967, 68, 69	Ouray, Colo.
Chris Valenti	1998	Littleton, Colo. (Littleton)
Pete Van Arsdale	1966, 68	
Aric Van Halen	2009, 10, 12	Los Angeles, Calif. (Oakwood)
Brent Vaughn	2003, 04, 06, 07	Aurora, Colo. (Smoky Hill)
Andy Wacker	2008, 09, 10, 11	Pinehurst, N.C. (Pinecrest)
Orly Waller	1982	Tacoma, Wash. (Puyallup)
Harry H. Ware	1916	
Thomas M. Warner	1905	
Chris Webster	1969	



Jorge Torres



Brent Vaughn

Clint Wells	1994, 95, 97	Craig, Colo. (Moffat County)
Jim Whitmore	1976, 77	Van Nuys, Calif.
Todd Wienke	1984, 85	Whitefish Bay, Wis. (Whitefish Bay)
Milt Wiley	1948, 50	
Arthur D. Wilson	1905	
<b>Connor Winter</b>	<b>2012</b>	<b>Centennial, Colo. (Arapahoe)</b>
Earl E. Wright	1912	
Nate Wright	1987, 88, 89	Fort Collins, Colo. (Poudre)
Rene Wright	1904	
Dave Wrighton	1963, 64, 65	Montreal, Canada (MacDonald)
Jim Wyatt	1954, 56	Craig, Colo. (Moffat County)
John J. Yowell	1912	
Harry Zimmerhackle	1904	

## WOMEN

Letterwinner	Years	Hometown (High School)
Pam Allen	1976	
Lindsay Arendt	1998, 99	Littleton, Colo. (Chatfield)
Jenny Arnold	1998	Inverness, Ill. (Libertyville)
Molly Austin	1999, 01, 02	Littleton, Colo. (Mullen)
Lee Ballenger	1976, 78	Charlotte, N.C. (Country Day)
<b>Rachel Baptista</b>	<b>2011</b>	<b>Austin, Texas (Austin)</b>
Veronica Barajas	1992, 93	Onard, Calif. (Channel Islands)
Jenny Barringer	2005, 06, 07, 09	Oviedo, Fla. (Oviedo)
Anne Barrett	1979	Fair Oaks, Calif. (San Marino)
Brooke Baughman	1991, 92, 93	Salt Lake City, Utah (RH-StLM)
Kristi Berwick	1980	Encino, Calif. (Taft)
Michelle Bews	1984, 86, 87, 88	Victoria, Australian (Ann Arbor)
Christine Bolf	2002, 03, 04, 05	Los Angeles, Calif. (Notre Dame)
Ben Bossut	1992, 93	Font Ronney, France (College of Marin)
<b>Courtney Bouchet</b>	<b>2011, 12</b>	<b>Estes Park, Colo. (Estes Park)</b>
Lize Brittin	1987	Boulder, Colo. (Fairview/BYU)
Suzanne Bryan	1983	
Debbie Bump	1987	Wheatridge, Colo. (Wheatridge)
Heather Burroughs	1994, 95, 97, 98	Kansas City, Mo. (Pembroke)
Shannon Busch	1987, 88, 89, 90	Fort Collins, Colo. (Poudre)
Alison Butterworth	1980	Charlotte, N.C. (Myers Park)
Catrina Campbell	1987, 88	Longmont, Colo. (Lmont/Idaho St)
Heather Chamberlain	1988	Leesburg, Va. (Leesburg/Brevard)
Anna Chase	2006, 07	Martinsville, Va. (Martinsville)
Jessica Cirelli	1994, 95	Superior, Colo. (Fairview)
Emma Coburn	2008, 09, 10, 11	Crested Butte, Colo. (Crested Butte)
Carrie Cockerham	1996	Englewood, Colo. (Cherry Creek)
Jeanne Collopy	1976	
Wendy Cozens	1978	Denver, Colo. (Thomas Jefferson)
Katie Cumming	2008, 09, 10, 11	Hudson, Wis. (Hudson)
Kimberley Cundiff	1988	Boulder, Colo. (Boulder)
Kristina Dahlberg	1993, 94, 95, 96	Orange, Calif. (El Modena)
Lara Darco	2011	Walpack, N.J. (Pope John XXIII)
Mary Decker	1977, 78	Orange, Calif.
Allison Eckert	2007	Sioux Falls, S.D. (Roosevelt)
Morgan Ekemo	2008	Eagle River, Alaska (Chugiak)
Anne Farris	1987, 88, 89	Aspen, Colo. (Aspen)
Jen Fazoli	1998, 99, 00	Averill Park, N.Y. (Averill Park)
Natalie Florence	2001, 02, 03, 04	Lawrenceville, Ga. (Collins Hill)
Judy Foster	1992	Lakewood, Colo. (Wheatridge)
Christie Friesen	1989	Albuquerque, N.M. (Manzano)
<b>Diana George</b>	<b>2010, 11, 12</b>	<b>Livermore, Calif. (Livermore)</b>
Rachel Gioscia	2006, 08	Buena Vista, Colo. (Buena Vista)
Colleen Glyde	1995, 96	State College, Pa. (St-College/Penn St)
Sara (Gorton) Slattery	2000, 02, 04	Phoenix, Ariz. (Mountain Point)
Kara Gargas-Wheeler	1996, 97, 99, 00	Duluth, Minn. (Duluth East)
Kendall Gargas-Wheeler	2000, 02, 03	Duluth, Minn. (Duluth East)

# ALL-TIME LETTERWINNERS

Jen Gruia	1997, 98	Vienna, Va. (Paul VI / Virginia)	Pam Olson	1977	
Susan Haldeman (Monica)	1977, 78	Santa Monica, Calif. (Santa Monica)	Liza Pasciuto	2004, 05, 06	Murrieta, Calif. (Murrieta Valley)
Ruth Hamilton	1980	Carbondale, Colo. (CO Rocky Mtn)	Kaye Rains	1987	Ft. Collins, Colo. (Rocky Mtn)
Sarah Hanson	1982, 83, 85, 86	Boulder, Colo. (Fairview)	Muffy Raveling	1991, 92, 93, 94	Lakewood, Colo. (Alameda)
Emily Hanenburg	2006, 08, 09	Colorado Springs, Colo. (The Classical Academy)	Nancy Reynolds	1982, 83	Cave Junction, Ore. (Illinois Valley)
		Durango, Colo.	Deb Rieck	1997	Englewood, Colo. (Cherry Creek)
Denise Hermosillo	1983, 84, 85	Hulls Cove, Maine (Hulls Cove)	Renee Rife	1984	Portola, Calif.
Jeanne Higgins	1988	Littleton, Colo. (Arapahoe)	Heather Roberts	1991	Aurora, Colo. (Overland)
Lesley Higgins	1998, 99, 00, 01	Eugene, Ore. (North Eugene)	Patty Roberts	1993, 94, 95	LaGrange, Ill. (Lyons Township)
Kimberly Hills	1976, 77, 78, 79	Chesterfield, Mo. (Marquette)	Cecilia Robinson	1983	Leonard, Texas
Kristen Hoogheem	2005	Steamboat Springs, Colo. (Steamboat Springs)	Sheri Rochel	1982	Seattle, Wash. (Shoreline)
Jen Hooper	2007	Minneapolis, Minn. (Roseville Area)	Nancy Rogowski	1982, 84	Boulder, Colo. (Boulder)
Allison Howard	1990, 91	Broomfield, Mich.	Aislinn Ryan	2006, 07	Warwick, N.Y. (Warwick)
Melissa Howell	1984	Westminster, Colo. (Northglenn)	Liz Sabochik	2000, 01	Englewood, Colo. (Cherry Creek)
Renee Howell	1993	The Woodlands, Texas (The Woodlands)	Allison Sawyer	2007, 08, 09	Hilton, N.Y. (Hilton)
Jodie Hughes	1998, 99, 00, 01	Huntington Beach, Calif. (Edison)	Heidi Scarlett	1993, 95, 96, 97	Alamosa, Colo. (Alamosa)
Sharon Hulse	1980, 82		Sandy Simmons	1977	
Cindy Ike	1976		Kaylen Slack	2008	Colorado Springs, Colo. (Liberty)
Jennifer Jones	1991, 92	Parker, Colo. (Ponderosa)	Dana Slater	1977, 78	Freedom Plains, N.Y. (Arlington)
Lori Jorgensen	1978, 80	Mahopac, N.Y. (Mahopac)	Amber Smith	2004	Ishpeming, Mich. (Westwood)
Michelle Kantor	1988, 89, 90	Reno, Nev. (McQueen)	Jennifer Smith	1997	Spokane, Wash. (Joel E. Ferris)
Gina Kelly	1991	Cincinnati, Ohio (Anderson)	Kelly Smith	1994, 95, 96, 97	Petoskey, Mich. (Petoskey)
Kirsten Kind	1983, 84, 85, 86	Englewood, Colo.	Wendy Smith	1990, 91	Beaverton, Ore. (Beaverton)
Michelle Kint	1989, 90	Bailey, Colo. (Platte Canyon)	Sara Solomon	1988, 89, 90, 91	Greeley, Colo. (Greeley Central)
<b>Shalaya Kipp</b>	<b>2010, 11, 12</b>	<b>Salt Lake City, Utah (Skyline)</b>	Carolyn Spahr	1976	
Katie Kissane	2002	Essex, Vt. (Essex)	Kate Starke	1986, 87	Ft. Collins, Colo. (Ft. Collins)
Susan Kranzler	1984	Wheatridge, Colo.	<b>Jana Stoltzing</b>	<b>2012</b>	<b>Tallahassee, Fla. (Maday)</b>
Brandi Krug	1992, 93	Grand Junction, Colo. (Grand Junction)	Briana Stott-Messick	1997, 98	Fort Collins, Colo. (Poudre)
Liz Laster	1988, 90	Aurora, Colo. (Rangeview)	Elaine Strickland	1986	Northglenn, Colo.
<b>Camille Logan</b>	<b>2010, 11, 12</b>	<b>Littleton, Colo. (Littleton)</b>	Carleen Thom	1979, 80	Phoenix, Ariz. (Central)
Allison Lusby	1993, 94	Boulder, Colo. (Fairview)	Laura Thweatt	2007, 08, 09, 10	Durango, Colo. (Durango)
Claire Maduza	2006	Shorewood, Wis. (Shorewood)	Kalin Toedebusch	2003, 05	Rockford, Mich. (Rockford)
Erin Marston	2006, 07	Parker, Colo. (Chaparral)	<b>Elizabeth Tremblay</b>	<b>2010, 11, 12</b>	<b>Loveland, Colo. (Thompson Valley)</b>
Bridget Marting	1982, 83	Colorado Springs (Cheyenne Mtn)	Laura Tremblay	2009, 10	Loveland, Colo. (Thompson Valley)
<b>Catrina McAlister</b>	<b>2012</b>	<b>San Clemente, Calif. (San Clemente)</b>	Sara (Ensrud) Vaughn	2005, 07	Gering, Neb. (Gering)
Hilary McClendon	2006	Eagle, Idaho (Bishop Kelly)	<b>Carrie Verdon</b>	<b>2012</b>	<b>Moraga, Calif. (Campolindo)</b>
Cathy McCray	1982, 83		<b>Rachel Viger</b>	<b>2010, 11, 12</b>	<b>Fort Collins, Colo. (Fort Collins)</b>
Rachel McKeen	1993, 94	Beaverton, Ore. (Beaverton)	Hilary White	2001	Gainsville, Fla. (Bucholz / Florida)
<b>Allie McLaughlin</b>	<b>2009</b>	<b>Colorado Springs, Colo. (Air Academy)</b>	Shayne Wille	1995, 96	Havertown, Pa. (Haverford/Vermont)
Carol McMordie	1985, 86, 87, 89	Lakewood, Colo. (Green Mtn)	Katherine Wilson	1977, 78, 79, 80	Bloomfield Hills, Mich. (Lahser)
Chris McNamara	1984, 85, 86, 87	Gresham, Ore. (Gresham)	Carolyn, Wollenberger	1984, 85	Portola Valley, Calif.
Amy McNitt	1992, 93, 94, 95	Monte Vista, Colo. (Sargent)	Kathy Woodbridge	1976, 77, 78	Princeton, N.J.
Amy Merten	1989, 91	Fairfax Station, Va. (Fairfax)	Anna Wright	2001	St. Louis, Mo. (Oakville/UT-Chattanooga)
Carrie Messner	1995, 96, 98, 99	Evergreen, Colo. (Mullin)	Catherine Wright	1999, 2000	St. Louis, Mo. (Oakville)
Renee Metivier	2003, 04	Highland Village, Texas (Marcus/Ga Tech)	Jackie Zeigle	2002, 03, 04, 05	South Jordan, Utah (Bingham)
Jennifer Miller	1992	Grosse Pt Park, Mich. (Liggett)	Laura Zeigle	2003, 04, 05	South Jordan, Utah (Bingham)
Peg Millican	1989	Ft. Collins, Colo. (Poudre/Gal-Poly SLO)	DeAnn Zamora	1984, 85, 87	Boulder, Colo. (Boulder)
Fran Montes	1979, 80	Islip Terrace, N.Y. (East Islip)			
Tera Moody	1999, 00, 01, 02	St. Charles, Ill. (St. Charles)			



Natalie Florence



Kendall Grgas-Wheeler



Erin Marston



Kalin Toedebusch

# YEAR-BY-YEAR RESULTS

<b>1953</b> .....	<b>Men</b>
at Wyoming Invitational.....	1/4
at Colorado State Triangular.....	1/3
Colorado Triangular.....	1/3
at Iowa State Triangular.....	1/3
at Big Seven Championships.....	2/6

<b>1954</b> .....	<b>Men</b>
at Iowa State.....	1
at Wyoming Invitational.....	1
Colorado Five-Way.....	1/5
Colorado Quadrangular.....	1/4
at Big Seven Championships.....	4/7

<b>1955</b> .....	<b>Men</b>
Colorado Triangular.....	1/3
at Wyoming Invitational.....	1/3
at Iowa State Quadrangular.....	2/4
at Big Seven Championship.....	3/7

<b>1956</b> .....	<b>Men</b>
at Wyoming Invitational.....	1/3
vs. Iowa State.....	23-32
vs. Kansas State.....	21-34
vs. Nebraska.....	27-28
at Big Seven.....	2/7

<b>1957</b> .....	<b>Men</b>
vs. Air Force.....	15-43
at Nebraska Triangular.....	3/3
at Iowa State Triangular.....	1/3
Colorado Triangular.....	1/3
at Big Eight Championships.....	2/8
at NCAA Championships.....	8

<b>1958</b> .....	<b>Men</b>
at Oklahoma Quadrangular.....	2/4
at Wyoming Invitational.....	1
at Air Force Triangular.....	1/3
at Big Eight Championships.....	3/8

<b>1959</b> .....	<b>Men</b>
at Kansas State Triangular.....	2/3
Air Force Dual.....	29-26
at Air Force Tri-Duals.....	1/3
at Big Eight Championships.....	5/8

<b>1960</b> .....	<b>Men</b>
Rocky Mountain AAU.....	3/5
at Kansas State Triangular.....	3/3
Colorado Triangular.....	3/3
Colorado State Dual.....	39-16

<b>1961</b> .....	<b>Men</b>
at Kansas State Triangular.....	1/3
at Nebraska.....	23-36
at Air Force Rocky Mtn AAU.....	1/6
vs. Colorado State Dual.....	26-33
at Big Eight Championships.....	2/8

<b>1962</b> .....	<b>Men</b>
at Wyoming Invitational.....	2
at Denver Invitational.....	1
vs. Nebraska (Dual).....	22-37
vs. Colorado State (Dual).....	29-26

<b>1963</b> .....	<b>Men</b>
at Wyoming Invitational.....	1
at Denver Invitational.....	1
at Nebraska Dual.....	21-36
CU Five-Way Meet.....	2/5
at Big Eight Championships.....	4/8
at NCAA Championships.....	2 runners

<b>1964</b> .....	<b>Men</b>
at Wyoming Invitational.....	1
at Denver Invitational.....	1
vs. Nebraska (Dual).....	21-34
Colorado Invitational.....	1
at Big Eight Championships.....	3/8
at NCAA Championships.....	1 runner

<b>1965</b> .....	<b>Men</b>
at Denver Invitational.....	1
at Wyoming Invitational.....	2
at Nebraska Dual.....	17-41
Colorado Invitational.....	2
at Big Eight Championships.....	4/8
at NCAA Championships.....	14

<b>1966</b> .....	<b>Men</b>
at Denver Invitational.....	1
at Wyoming Invitational.....	1
vs. Nebraska (Dual).....	15-50
vs. Air Force (Dual).....	15-48
Colorado Invitational.....	3
at Big Eight Championships.....	2/8
at NCAA Championships.....	6

<b>1967</b> .....	<b>Men</b>
at Denver Invitational.....	1/7
at Wyoming Invitational.....	1/6
vs. Nebraska.....	20-37
vs. Air Force.....	28-27
Colorado Invitational.....	1/7
Big Eight Championships.....	2/8
at NCAA Championships.....	3/10

<b>1968</b> .....	<b>Men</b>
vs. Wyoming (Dual).....	25-34
at Kansas State Dual.....	23-54
vs. Western Michigan (at AFA).....	18-40
Colorado Invitational.....	1
Wyoming Invitational.....	2
Big Eight Championships.....	2/8

<b>1969 (Don Meyers)</b> .....	<b>Men</b>
vs. Wyoming (Dual).....	22-39
Colorado Invitational.....	2/8
at Kansas State Invitational.....	5/7
at Big Eight Championships.....	6/8

<b>1970 (Jerry Quiller)</b> .....	<b>Men</b>
vs. Air Force (Dual).....	20-43
vs. Wyoming (Dual).....	22-39
vs. Air Force (Dual).....	30-25
Colorado Invitational.....	1/8
vs. Nebraska (Dual).....	19-37
Big Eight Championships.....	4/8
at NCAA Championships.....	15/39

<b>1971 (Jerry Quiller)</b> .....	<b>Men</b>
at Air Force Dual.....	30-25
Colorado Invitational.....	1/9
at Big Eight Championships.....	4/8
at Central Collegiate Conf. Ch.....	2/5
at NCAA Championships.....	26/30

<b>1972</b> .....	<b>Men</b>
at Air Force (Dual).....	22-33
at BYU (Dual).....	43-19
Colorado Invitational.....	1/10
at Big Eight Championships.....	2/8
at NCAA District V Championship.....	4/7
at NCAA Championships.....	

<b>1973</b> .....	<b>Men</b>
at BYU (Dual).....	15-41
vs. Nebraska (Dual).....	20-40
Colorado Quadrangular.....	1/4
at Big Eight Championships.....	2/8
at NCAA Championships.....	6/22

<b>1974</b> .....	<b>Men</b>
at Wyoming Invitational.....	5/6
Colorado Triangular.....	1/3
USTF Cross Country Champ.....	4/17
at Big Eight Championships.....	

<b>1975</b> .....	<b>Men</b>
at Wyoming Invitational.....	2/5
at UNC Invitational.....	4/4
USTF Rocky Mtn. Champ.....	3/13
Big Eight Championships.....	2/8

<b>1976 (Dean Brittenham)</b> .....	<b>Men</b>	<b>Women</b>
Sloans Lake.....		NTS
Timber Ridge Runners.....		NTS
Vail Fest.....		NTS
at Colorado State (Dual).....		NTS
at Colorado State Invitational.....		NTS
vs. New Mexico (Dual).....	26-29	
at Iowa State Invitational.....		4/10
Colorado Five-Way.....	1/5	
at Kansas Invitational.....	1/5	
USTFCC Championship.....	2/11	
at Big Eight Championships.....	1/8	3/6
at AIAW Region VII Championship.....		2/6
at NCAA/AIAW Championships.....	20/34	16/23

<b>1977 (D Brittenham/R. Castro)</b> .....	<b>Men</b>	<b>Women</b>
at Kansas State Invitational.....	1/8	
at Air Force.....	1	
Rocky Mountain USTFF.....	2/12	
at Big Eight Championships.....	1/8	2/8
at AIAW Regional Championships.....		1/5
at NCAA/AIAW Championships.....	10/29	3/23

<b>1978 (Dean Brittenham)</b> .....	<b>Men</b>	<b>Women</b>
at Air Force.....	1	
at New Mexico.....	1	
Rocky Mountain USTF.....	2nd	
Big Eight Championships.....	1/8	2/8
at NCAA District V/AIAW Region VII.....	1	1
at NCAA/AIAW Championships.....	5	4

# YEAR-BY-YEAR RESULTS

1979(David Troy/Kathy Jackson)... Men		Women
at Kansas State Invitational.....	1/8	
at New Mexico.....	1/3	3/7
at Air Force.....	1/3	1/3
Track & Field Asst. Meet.....	1/8	
at Colorado Collegiate.....	2/7	
at Big Eight Championships.....	1/8	5/8
at NCAA District V/AIAW Region VII.....	1/16	2/8
at NCAA Championships.....	4/29	18/28

1980(David Troy/Kathy Jackson) .. Men		Women
at New Mexico.....	1	
at Air Force Invitational.....	1/6	1/6
at UNC Invitational.....	2/11	
CU Invitational.....	1/11	1/5
CU Collegiate.....	1/11	1/11
at Utah Invitational.....	1/8	1/8
at Big Eight Championships.....	1/8	2/8
at NCAA District V/AIAW Region VII.....	1/11	1/10
at NCAA Championships.....	13/29	19/30

1981(David Troy/Gordon Fox) ... Men		Women
at Colorado Collegiate Invite.....	3	
Colorado Invitational.....	1	
at Adams State Invitational.....	1	
at Utah Invitational.....	2	
at Idaho State Classic.....	3	
at BYU/NIKE Autumn Classic.....	6	
at Big Eight Championships.....	3/8	4/8
at NCAA District V/AIAW Region VII.....	3	2
at NCAA/AIAW Championships.....		9

1982 (David Troy/Gordon Fox) ..Men		Women
at Pelluer Invitational.....	NTS	
Colorado Invitational.....	1/4	
at Wyoming Invitational.....	1/3	
at Adams State Invitational.....	1/4	
at Arkansas Invitational.....	2/4	
at Nebraska Invitational.....		
at Kansas Invitational.....	3/8	3/8
at Big Eight Championships.....	1/8	3/8
at NCAA District V Championship ...	1/12	4/8
at NCAA Championships.....	7/21	

1983 (David Troy/Gordon Fox) . Men		Women
at Air Force Triangular.....	1/3	
at Wyoming Invitational.....	2/6	
at Adams State Invitational.....	3/6	
at BYU Invitational.....	2/7	4/8
at Colorado State Invitational.....	2/3	
Colorado Invitational.....	1/7	3/6
at Weber State Invitational.....	3/11	
at Oregon Track Club Invite.....	1/9	
at Big Eight Championships.....	5/8	5/8
at NCAA District V Championship ...	5/10	5/10

1984 (David Troy/Gordon Fox) . Men		Women
at Pier Park Invitational.....	1/10	
at Adams State Invitational.....		1/8
High Altitude Challenge.....	NTS	
at Wyoming Invitational.....	2/4	
at Air Force Invitational.....	NTS	1/7
at Purdue Invitational.....	1/3	
Colorado Invitational.....	2/6	3/10
at Arkansas Invitational.....	3/7	3/4
Big Eight Championship.....	5/8	3/8
at NCAA District V Championship ...	2/12	5/10
at NCAA Championships.....	22/22	

1985 (Jerry Quiller)		Men	Women
at Wyoming Invitational.....	NTS	NTS	
at Oklahoma St Invitational.....	NTS	NTS	
at Missouri Invitational.....	1/6	6/7	
NIKE High Altitude Challenge.....	NTS	NTS	
Colorado Invitational.....	2/11	1/6	
at Pre-NCAA Invitational.....	1/10	4/10	
at Big Eight Championships.....	1/8	5/8	
at NCAA District V Championship ...	2/10	4/10	
at NCAA Championships.....	3/22		

1986 (Jerry Quiller)		Men	Women
at Bradley Invitational.....	NTS	NTS	
at Wyoming Invitational.....	NTS	NTS	
at Kansas Tate Invitational.....	2/8	3/8	
REEBOK/Rocky Mtn Invite.....	2/16	1/10	
at Colorado College Invite.....	3/9	1/8	
at Arizona Invitational.....	2/5	5/15	
at Big Eight Championships.....	1/8	3/8	
at NCAA District V Championship ...	1/10	1/9	
at NCAA Championships.....	5/21	6/15	

1987 (Jerry Quiller)		Men	Women
at Wyoming Invitational.....	NTS	NTS	
at Missouri Invitational.....	2/13	2/9	
REEBOK/Rocky Mtn. Invite.....	4/21	1/17	
at Sooner Invitational.....	1/7	2/10	
at Virginia Invitational.....	14/21	8/25	
at Colorado State Invitational.....		1/7	
at Big Eight Championships.....	3/8	1/8	
at NCAA District V Championship ...	1/10	1/10	
at NCAA Championships.....	15/22	12/16	

1988 (Jerry Quiller)		Men	Women
at OSU Early Bird Race.....	2/4	1/3	
at BYU Autumn Classic.....	1/5	2/5	
at Wyoming Open (B).....	5/5	5/6	
Rocky Mountain Shootout.....	6/19	5/18	
at Iowa State Memorial.....	7/17	15/18	
at Big Eight Championships.....	2/8	6/8	
at District V Championships.....	3/13	---	
at NCAA Championships.....	1 runner	1 runner	

1989		Men	Women
CU Invitational.....	2/3	---	
at Wyoming Open.....		5/8	
at Naval Academy Invitational.....	8/17	8/15	
Rocky Mountain Shootout.....	1/15	4/14	
at Indiana Invitational.....	1/10	7/13	
at Big Eight Championships.....	3/8	5/8	
at Colorado State (B).....	6/8	7/11	
at NCAA District VII.....	2/20	4/10	
at NCAA Championships.....	18/20	---	

1990 (Jerry Quiller)		Men	Women
at Nebraska Invitational.....	2/11	2/12	
at Wyoming Open (B).....	2/7		
at Air Force Invitational (B).....	4/14	1/9	
at BYU Invitational.....	NTS		
Rocky Mountain Shootout.....	8/15	2/9	
at Iowa State Invitational.....	6/6	1/3	
at Big Eight Championships.....	6/8	3/8	
at NCAA District VII.....	12/21	4/19	

1991 (Jerry Quiller)		Men	Women
at Kansas Jayhawk Invite.....	3/8	4/8	
at Wyoming Invite (B).....	4/7	NTS	
Rocky Mountain Shootout.....	1/12	2/11	
at Adams State Invitational (B).....	3/10	---	
at Arizona Invitational.....	9/25	6/23	
at Big Eight Championships.....	2/8	3/8	
at Colorado State (B).....	NTS	NTS	
at NCAA District VII.....	5/21	5/18	

1992 (Jerry Quiller)		Men	Women
at Indiana Invitational.....	3/8	4/8	
at Southern Colorado (B).....	3/9	3/11	
Rocky Mountain Shootout.....	1/10	1/11	
at Fort Hays State (B).....	2/11	1/6	
at Penn State Invitational.....	1/8	6/8	
Big Eight Championships.....	1/8	1/8	
at Colorado State (B).....	3/4	3/4	
at NCAA District VII.....	1/21	3/19	
at NCAA Championships.....	11/21	20/22	

1993 (Jerry Quiller)		Men	Women
at Air Force Invitational.....	1/10	1/11	
Rocky Mountain Shootout.....	1/7	1/8	
at Fort Hays State (B).....	1/7	2/7	
at Michigan Inter-Regional.....	1/13	3/10	
Big Eight Championships.....	2/8	3/8	
at Colorado State (B).....	3/3	3/3	
at NCAA District VII.....	1/21	2/20	
at NCAA Championships.....	4/22	14/22	

1994 (Jerry Quiller)		Men	Women
at Northern Colorado (B).....	NTS	NTS	
at Kansas State Invitational.....	2/6	3/6	
Rocky Mountain Shootout.....	1/13	1/2	
at Jeff Drenth Memorial.....	1/15	1/3	
at Fort Hays State (B).....	6/10	2/8	
at Big Eight Championships.....	2/8	1/8	
at NCAA District VII.....	1/19	1/18	
at NCAA Championships.....	2/22	4/22	

1995 (M. Wetmore/T. Jacober) Men		Women
at Big Cross.....	1/6	1/6
at Colorado State (B).....	4/4	3/3
Rocky Mountain Shootout.....	1/12	1/14
at Iowa State Invitational.....		1/22
at Fort Hays State (B).....	4/12	1/9
at Big Eight Championships.....	2/8	1/8
at NCAA District VII.....	1/17	2/16
at NCAA Championships.....	4/22	2/22

1996 (Mark Wetmore)		Men	Women
at Colorado State.....	1/6	1/6	
Rocky Mountain Shootout.....	1/10	1/11	
at Pre-Nationals.....	2/32	2/30	
at Fort Hays State (B).....	2/14	2/12	
at Big 12 Championships.....	1/12	1/12	
CU/NIKE Open.....	NTS	NTS	
at NCAA District VII.....	1/13	1/14	
at NCAA Championships.....	5/22	4/22	

# YEAR-BY-YEAR RESULTS

1997 (Mark Wetmore)	Men	Women
at Colorado State (B) .....	4/5	1/5
Rocky Mountain Shootout.....	1/12	1/14
at Pre-Nationals.....	2/25	4/23
at Fort Hays State (B).....	1/13	1/10
at Big 12 Championships.....	1/12	1/12
at NCAA District VII.....	1/17	2/17
at NCAA Championships.....	3/22	3/22

1998 (Mark Wetmore)	Men	Women
at Colorado State.....	1/8	1/7
Rocky Mountain Shootout.....	1/14	2/15
at Bob Timmons Invite .....	3/20	3/20
at Fort Hays State (B) .....	2/12	2/10
at Big 12 Championships.....	1/12	2/12
NIKE Series (B).....	NTS	NTS
at District VII.....	1/14	2/13
at NCAA Championships.....	3/20	7/20

1999 (Mark Wetmore)	Men	Women
at Colorado State.....	3/10	1/10
Rocky Mountain Shootout.....	1/12	1/10
at Pre-Nationals.....	1/12	1/10
NIKE Open (B).....	1/2	1/3
at Big 12 Championships.....	1/12	1/12
at NCAA Mountain Region.....	2/17	2/17
at NCAA Championships.....	7/31	8/31

2000 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/3	1/3
at Pre-Nationals.....	1/53	5/56
at Pre-Nationals (B).....	NTS	2/11
Big 12 Championships.....	1/12	1/12
at NCAA Mountain Region.....	1/17	1/17
at NCAA Championships.....	2/31	1/31

2001 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/3
at Pre-Nationals.....	1/36	4/34
at Big 12 Championships.....	1/12	1/12
at NCAA Mountain Region.....	1/17	2/16
at NCAA Championships.....	1/31	8/31

2002 (Mark Wetmore)	Men	Women
at Colorado State.....	3/6	4/7
Rocky Mtn Shootout.....	1/3	1/2
at Fort Hays State.....	3/10	6/9
at Pre-National.....	1/36	2/38
Big 12 Championships.....	1/12	1/12
NCAA Mountain Region.....	2/18	2/17
NCAA Championships.....	4/31	5/31

2003 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/2	1/2
Tiger Invitational.....	NTS	1/2
Pre-Nationals (Gold) .....	1/35	3/33
Big 12 Championships.....	1/12	1/12
Air Force Open.....	NTS	NTS
NCAA Mountain Region .....	1/14	2/16
NCAA Championships.....	6/31	5/31

2004 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/3	1/3
Tiger Invitational.....	2/9	4/7
Pre-Nationals .....	1/37	1/36
Air Force Open.....	NTS	NTS
Big 12 Championships.....	1/12	1/12
NCAA Mountain Region.....	1/15	1/16
NCAA Championships.....	1/30	1/31

2005 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/2	1/2
Tiger Invitational.....	3/10	NTS
Pre-Nationals.....	1/34	4/34
Air Force Invitational .....	NTS	NTS
Big 12 Championships.....	1/12	1/12
NCAA Mountain Region.....	1/15	1/18
NCAA Championships.....	5/31	2/31

2006 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/5
Tiger Invitational.....	NTS	5/11
Pre-Nationals.....	1/36	6/37
Air Force Invitational .....	NTS	DNC
Big 12 Championships.....	1/12	1/12
NCAA Mountain Region.....	1/15	1/17
NCAA Championships.....	1/31	2/31

2007 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/5
Tiger Invitational.....	3/15	NTS
Pre-Nationals.....	2/35	6/35
Air Force Invitational .....	1/2	1/2
Big 12 Championships.....	1/12	1/12
NCAA Mountain Region.....	1/15	4/17
NCAA Championships.....	7/31	23/31

2008 (Mark Wetmore)	Men	Women
Iowa State Invitational.....	NTS	NTS
Rocky Mountain Shootout.....	1/3	1/3
Pre-Nationals.....	9/40	20/39
Air Force Invitational .....	NTS	NTS
Big 12 Championships.....	2/12	5/12
NCAA Mountain Region.....	1/15	4/17
NCAA Championships.....	12/31	

2009 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/4
Tiger Invitational.....	NTS	NTS
Pre-Nationals .....	2/35	1/37
RMAC Open .....	NTS	NTS
Big 12 Championships.....	2/12	2/12
NCAA Mountain Region.....	2/17	4/20
NCAA Championships.....	6/31	20/31

2010 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/3
Tiger Invitational.....	NTS	NTS
Pre-Nationals.....	3/36	2/40
Big 12 Championships.....	2/12	2/12
NCAA Mountain Region.....	2/16	3/19
NCAA Championships.....	15/31	6/31

2011 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/5
Bronco Invitational.....	5/19	11/21
Pre-Nationals.....	1/35	4/37
Pac-12 Championships.....	1/9	1/12
NCAA Mountain Region.....	2/17	1/19
NCAA Championships.....	3/31	11/31

2012 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/4
Bronco Invitational.....	6/19	6/16
Pre-Nationals.....	1/40	t7/39
Pac-12 Championships.....	1/9	5/12
NCAA Mountain Region.....	3/18	3/20
NCAA Championships.....	3/31	24/31

## ***RUNNING TOWN, USA***



The CU men's track and field team won the 2008 Big 12 Outdoor Championship while the Buffs hosted the meet in May of 2008.

For 30 years, world class athletes and running enthusiasts have known what the media recently discovered: Boulder is the best running town in the United States. Runner's World has dubbed Boulder, "America's Best Running City" and an "Ideal Location for Runners", while Outside Magazine proclaims it, "The Best Sports Town in America".

These accolades come as no surprise to the host of national and international athletes who have made Boulder their training base. During the 1970's and 1980's, Boulder was home to world record holders such as Steve Jones, Ingrid Kristiansen, Rob de Castella, and Arturo Barrios, as well as Olympic Champions Frank Shorter and Rosa Mota.

The list of contemporary runners who live and train in Boulder is equally impressive: 2000 Olympic Marathon Champion Naoko Takahashi, 2008 Olympic Marathon Champion Constantina Dita-Tomescu, multiple Japanese corporate teams and U.S.-based Kenyan road racers. Numerous CU national and world level alumni have trained in the Boulder area during the last four Olympiads. They include Olympians Jenny Barringer, Alan Culpepper, Shayne Culpepper, Billy Nelson, Jorge Torres and Dathan Ritzenhein, 2006 Boulder Boulder champion Sara Slattery, and World Championship team members Ed Torres, Steve Slattery and Renee Baillie.

These athletes are drawn to Boulder by the unparalleled variety of training venues, temperate year-round climate, opportunity to train at elevation, and support of a running-friendly community that enters 54,000-plus in its Memorial Day road race. Boulder has over 200 miles of running and biking trails and more than 30,000 acres of open space. The vast availability of trails is matched only by the variability of their terrain. All are within a 20 minute drive of CU's campus. In the mountains and foothills west of town are venues such as the Mesa Trail, Switzerland Trail, Magnolia Road, Gold Hill, and Flagstaff Mountain. Adjacent to campus is the 12-mile Boulder Creek Path which connects to Sanitas Mountain, the Bobolink trail, and the Wonderland Lake trailheads. East of town are Teller Farm and the Boulder Reservoir ("The Res") which connect to dozens of miles of dirt roads and trails.

The University of Colorado's outdoor track, Potts Field, is one of the best competition venues in the country. It features NCAA/IAAF specification parallel approaches for the long jump, triple jump, pole vault and

## ***RUNNING TOWN, USA***

high jump as well as a world-class remote hammer and discus venue. Potts Field has the highest Mondo Super-X installation in the country, thus making it potentially the fastest sprint track in the U.S.

Boulder's climate makes it an ideal year-round training base. The average high temperature during winter months is 49 degrees, while summer months average a high of 83 degrees with negligible humidity. Boulder residents enjoy over 300 sunny days a year—more than residents of San Diego or Miami.

Besides the aforementioned Bolder Boulder, there are well-organized races virtually every weekend: the Boulder Backroads Marathon and Half Marathon, 5K Kickoff Classic, West End 3K, Pearl Street Mile, Rocky Mountain Shootout, Uni-Hill Downtown 1K, Sunrise Stampede 10K, and Boulder Roadrunners All-Comers Track Series.

In February of 2007, Boulder hosted the USA Cross Country Championships which selected our national teams for the IAAF World Championships in Mombasa, Kenya. The crowd of 10,000 spectators was estimated to exceed the combined attendance of the previous five national championships. Former USA Track and Field President Bill Roe remarked, "As usual, every time I come to Boulder I'm blown away." Deena Kastor, 19-time U.S. champion, captured her eighth cross country title and said, "This was, hands down, the most amazing national championship I've been a part of." Beyond the attendance, the most compelling story of the day was arguably the success of CU's alumni: former Buffaloes swept the top four places in the men's senior race while two former NCAA champion Buffaloes qualified for the senior women's team. The USATF will return to Boulder for the cross country championships in 2014 and 2015.

In May of 2008, the University of Colorado hosted the Big 12 Conference Track and Field Championships. This three-day competition was one of the most prestigious and competitive meets in the country and featured NCAA champions, World Championship Team members and 2008 Olympians. During the competition, ten Big 12 meet records were broken and two world-leading marks were established. The three-day attendance of over 5,000 cheered the Colorado men to the team title in a victory over No. 1 ranked Texas A&M.

The Buffs will host their first Pac-12 Cross Country Championship in 2013 at Coal Creek Golf Course in Louisville, Colo. It is the first cross country championship CU has hosted since the Big 12 meet in 2012.

Summer or winter, cross country or track season, workout day or racing day, for the weekend warrior or the Olympian, Boulder presents the ideal environment. While other cities may claim occasional weekends of running enthusiasm, Boulder is inarguably the year-round "Running Town, USA".



**2006 Bolder Boulder Champ**  
Sara Slattery



**Dathan Ritzenhein, Adam Goucher, Alan Culpepper and Jorge Torres at the 2007 USA Cross Country Championships**

# UNIVERSITY OF COLORADO...



## Colleges

Arts and Sciences  
Business and Administration  
Engineering and Applied Science  
Music  
Architecture and Planning

## Schools

Graduate School  
Graduate School of Business  
School of Education  
School of Journalism and  
Mass Communications  
School of Law

## CU's Top Programs

Space Science  
Engineering  
Molecular Biology  
Business

## Most Popular Undergraduate Majors

Psychology  
Communication  
English  
MCD Biology  
Economics  
Finance  
Political Science  
Sociology  
Marketing



2013 COLORADO CROSS COUNTRY

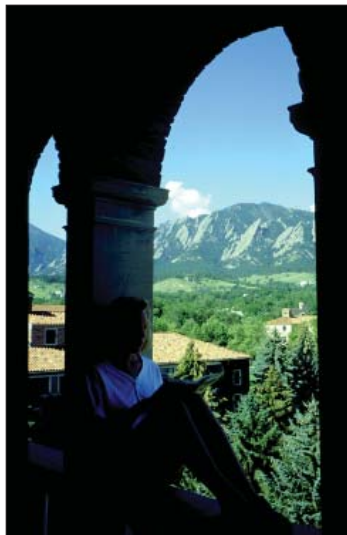
# MINDS TO MATCH OUR MOUNTAINS

## RANKINGS

- Named "Smartest City in America" by *Forbes Magazine* in Feb., 2008
- *U.S. News and World Report* ranked the Boulder campus 32nd out of the top 50 public universities in the country and highest in the Rocky Mountain Region in its 2005 rankings. The same publication ranked CU as the 74th best national university of 115 schools ranked.
- CU-Boulder was ranked a "Best Buy" in the 2004 edition of the *Fiske Guide to Colleges* receiving a four-start rating (out of five) for academics and five stars each for the social life and quality of life ratings.
- Seven graduate school specialty programs were ranked in the top 20 in the nation in the 2004 *U.S. News & World Report* graduate school rankings.
- Three faculty members have received Nobel Prizes: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry and Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in physics.
- The Boulder campus was ranked fourth in a review of the 50 "most architecturally successful campuses in the country in *The Campus as a Work of Art* by Thomas Gaines.
- Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.
- Colorado ranked second in *Outside* magazine's 40 Best Colleges in 2003 "turning out smart grads with top-notch academic credentials, a healthy environmental ethos and an A+ sense of adventure."

*"The University of Colorado, and Boulder, is a town which stops where the Rocky Mountains begin. Normally in America such a superb site would be occupied by a golf course, but somebody goofed and instead they built what may be the most beautifully situated campus in the world... if anyone asks you to Boulder, I have one word of advice: 'Go.'"*

From the London (England) *Observer* Magazine article, "Us and Them," by Simon Hoggart



# THE PAC-12 CONFERENCE

## Conference History

The roots of the Pac-12 Conference date back 97 years to December 2, 1915, when the Pacific Coast Conference (PCC) was founded at a meeting at the Oregon Hotel in Portland, Ore. The original membership consisted of four schools - the University of California at Berkeley, the University of Washington, the University of Oregon, and Oregon State College (now Oregon State University). All still are charter members of the Conference.

Pacific Coast Conference play began in 1916 and, one year later, Washington State College (now Washington State University) was accepted into the league, with Stanford University following in 1918.

In 1922, the PCC expanded to eight teams with the admission of the University of Southern California (USC) and the University of Idaho. In 1924, the University of Montana joined the league roster, and in 1928, the PCC grew to 10 members with the addition of UCLA.

The Pacific Coast Conference competed as a 10-member league until 1950, with the exception of 1943-45 when World War II curtailed intercollegiate athletic competition to a minimum. During that time, the league's first commissioner was named. Edwin N. Atherton was Commissioner in 1940 and was succeeded by Victor O. Schmidt in 1944. In 1950, Montana resigned from the Conference and joined the Mountain States Conference. The PCC continued as a nine-team Conference through 1958.

In 1959, the PCC was dissolved and the Athletic Association of Western Universities was formed and Thomas J. Hamilton was appointed Commissioner of the new league. The original AAUW membership included California, Stanford, Southern California, UCLA and Washington. Washington State joined the membership in 1962, while Oregon and Oregon State joined in 1964. Under Hamilton's watch, the name Pacific-8 Conference was adopted in 1968. In 1971, Wiles Hallock took over as Commissioner of the Pac-8.

Ten years later, on July 1, 1978, the University of Arizona and Arizona State University were admitted to the league and the Pacific-10 Conference became a reality. In 1986-87, the league took on a new look, expanding to include 10 women's sports. Since then, the Conference has been considered the premiere league in women's athletics, securing the most NCAA titles in women's sports of any conference nearly every year.

Thomas C. Hansen was named the Commissioner of the Pac-10 in 1983, a role he would hold for 26 years until 2009. Hansen was succeeded by current Commissioner Larry Scott, who took on the new role in July 2009.

During the 2010-11 academic year, Scott helped deliver monumental changes that transformed the Conference into a modern 12-team league. The Conference expanded to add two more teams, agreed to equal revenue sharing for the first time in Conference history, created two divisions - the North and the South, for football only, established a Football Championship Game for the first time ever, secured a landmark media rights deal that dramatically increased national exposure and revenue for each school and established the Pac-12 Network and Pac-12 Digital Network that guaranteed enhanced exposure across all sports.

Colorado accepted its invitation to join the Pac-12 on June 11, 2010, and on June 17, 2010, Utah agreed to join the Conference. The Buffaloes and Utes officially became the 11th and 12th members of the Conference July 1, 2011, the first additions to the league since 1978. During the 33 years between expansions, Conference teams claimed 258 NCAA titles, including 130 women's and 128 men's.

Currently, the Pac-12 sponsors 11 men's sports and 11 women's sports. Additionally, the Conference

is a member of the Mountain Pacific Sports Federation (MPSF) in four other men's sports and three women's sports.

The Pac-12 Conference offices are located 25 miles east of San Francisco in Walnut Creek, Calif.

## Conference of Champions

Built on a firm foundation of academic excellence and superior athletic performance, the Conference ushered in a new era on July 1, 2011, officially becoming the Pac-12 Conference with the additions of the University of Colorado and University of Utah.

Just 27 days after the Conference officially changed its named, Commissioner Larry Scott announced the creation of the Pac-12 Networks on July 27, 2011, solidifying a landmark television deal and putting the Conference on the forefront. The Networks, including one national network and six regional networks, in conjunction with four of the nation's largest cable operators, marked the first time a U.S. collegiate conference or any other programmer has launched a collection of networks across a variety of platforms, rather than a sole network. In addition, the "TV everywhere" rights will allow fans to access coverage outside the home on any digital device, including smartphones and tablet computers.

On the field, the Pac-12 rises above the rest, upholding its tradition as the "Conference of Champions"®, claiming an incredible 119 NCAA team titles since 1999-2000, including nine in 2012-13. That is an average of over nine championships per academic year. Even more impressive has been the breadth of the Pac-12's success, with championships coming in 28 different men's and women's sports. The Pac-12 has led or tied the nation in NCAA Championships in 46 of the last 52 years. The only exceptions being in 1980-81, 1988-89, 1990-91 and 1995-96 when the Conference finished second, and only twice finished third (1998-99 and 2004-05).

Spanning nearly a century of outstanding athletics achievements, the Pac-12 was the first conference to reach 400 championships in 2010-11. With the inclusion of Colorado and Utah, the Conference surpassed another major milestone, with league teams capturing 450 titles, outdistancing the next conference by nearly 200. In all, Conference teams have won 451 NCAA Championships (306 men's, 145 women's).

Pac-12 members have won 306 NCAA team championships on the men's side, 89 more than the next closest conference. Men's NCAA crowns have come at a phenomenal rate for the Pac-12 - 16 basketball titles by six schools (more than any other conference), 53 tennis titles, 45 outdoor track & field crowns, and 27 baseball titles. Pac-12 members have won 25 of 43 NCAA titles in volleyball, 38 of 42 in water polo, 27 in skiing, and 23 in swimming & diving national championships.

Individually, the Conference has produced an impressive number of NCAA men's individual champions, as well, boasting 2,073 individual crowns.

On the women's side, the story is much the same. Since the NCAA began conducting women's championships 31 years ago, Pac-12 members have claimed at least four national titles in a single season on 22 occasions, including the last 12 consecutive years. Overall, the Pac-12 has captured 145 NCAA women's titles, easily outdistancing the SEC, which is second, with 88. Pac-12 members have dominated a number of sports, winning 23 softball titles, 19 tennis crowns, 14 volleyball titles, 14 of the last 23 trophies in golf, and 13 in swimming & diving.

Pac-12 women student-athletes shine nationally on an individual basis, as well, having captured an unmatched 642 NCAA individual crowns, an average of nearly 21 championships per season.

## **BIG 12 10TH ANNIVERSARY TEAM**

The University of Colorado cross country program placed five of its former athletes on the Big 12 10<sup>th</sup> Anniversary Team. Jorge Torres, Adam Goucher and Dathan Ritzenhein made up the men's team and Sara (Gorton) Slattery and Kara Grgas-Wheeler were selected to the women's team. Colorado garnered five of the six selections on the team.

The teams of three were selected by the league's head coaches. In order to be eligible for consideration, former athletes must have had a top three finish at Big 12 Championships at least once in their careers. The Big 12 Conference formed in 1996. Amy Mortimer, Kansas State, was the third woman named to the team.

Torres won the Big 12 individual crown three times (2000-02) and was named the Big 12 Newcomer of the Year in 1999. Torres was the 2002 NCAA Champion as he finished the season undefeated. The three-time All-American was the NCAA runner-up in 2001 and placed third in 2000.

Goucher took top honors in the Big 12 on two occasions (1997-98) and won the NCAA crown in 1998. With the win, he set the Rim Rock Course record at 29:26.9. Goucher, a four-time All-American, was the national runner-up in 1994, took sixth in 96 and earned a third-place finish in 97. He was also the Big Eight Champion in 1995 before the Big 12 was formed.

Grgas-Wheeler, won two Big 12 title (1999, 2000) and was the 2000 Champion as she led the CU women to their first national championship. In that same season, she went undefeated and became the first individual national champion since 1994 to be on the national championship team. Grgas-Wheeler was a two-time All-American.

Ritzenhein won the Big 12 and NCAA Championships in 2003. A two-time All-American, he was named the Big 12 Newcomer of the Year in 2001 and was the highest finishing freshman in a national championship race since Adam Goucher's second-place finish in 1994.

Slattery was a three-time All-American (2000, 02, 04). She finished fifth at the 2002 NCAA's and led the Buffs to a fifth-place finish. At the 2000 NCAA Championships she was the highest finishing Colorado freshman in the program's history with an eighth-place effort. With the finish, she also became the Buffs first female freshman All-American.



**Adam Goucher**



**Jorge Torres**



**Dathan Ritzenhein**



**Kara Grgas-Wheeler**



**Sara (Gorton) Slattery**

## SUPPORT STAFF



### **David Adamczyk - Assistant Equipment Director - Third Season**

David Adamczyk is in his fifth season as an assistant equipment manager at the University of Colorado, his second with cross country. Prior to CU, he served as an assistant equipment manager at Indiana University from 2006-08. Adamczyk earned his bachelor's degree in exercise science and sport from the University of Scranton in 2005 and earned his master's of science in athletic administration and sport management from IU in '08. Adamczyk was born on January 8, 1983 in West Point, N.Y. and graduated from James I. O'Neill High School in '01. He lettered in soccer, ice hockey, tennis and golf.



### **Tara Burnett - Assistant Athletic Trainer - First Season**

Tara Burnett is in her first year as an Assistant Athletic Trainer at the University of Colorado after joining the staff in August of 2013. She works with the men's and women's cross country and track and field teams. Prior to joining CU, she worked at the University of Texas (2006-2013), including the last six seasons with the men's track and field team. In 2004, she graduated with her bachelor's in athletic training at Central Methodist College. At CMC, she competed in basketball and track while graduating Magna Cum Laude with Honors. Upon graduating, Burnett provided interim medical coverage for the Mid-Missouri Mavericks minor league baseball team in Columbia, Mo. She went on to attend the University of Tennessee and earned her master's in sport management with a 4.0 GPA in 2006. The Warsaw, Mo. native graduated from Warsaw High School in 1999 and lettered in basketball, volleyball, cross country and track and field. She enjoys outdoor activities, sports and cooking.



### **Corey Edwards - Academic Counselor - Second Season**

Corey Edwards is in his first year as an Academic Coordinator in the Herbst Academic Center. He currently works with the track & field and cross country teams and serves as the tutor coordinator for the department. Prior to his arrival at CU, Edwards was the Director of Athletic Events and Operations at the University of Northern Colorado where he helped that department successfully transition from NCAA Division II to Division I. Following his job at UNC, Edwards interned at Kroenke Sports Enterprises with the Colorado Rapids in their Marketing and Event Operations departments. A native of Texas, Edwards attended Sweetwater High School where he lettered in basketball and track & field. He continued his basketball career collegiately in the NCAA Division II Lone Star Conference for Abilene Christian University. Edwards earned both his bachelor's degree in communication and master's in sport administration from Northern Colorado. Edwards enjoys mountain biking, camping and tennis. He and his wife Tabitha had four daughters, Kailey, Kori, Koco, and Kamille.



### **Linda Sprouse - Assistant Sports Information Director - Ninth Season**

Linda Sprouse enters her eighth season as the assistant sports information director for the CU cross country team. She also works with the volleyball and track & field programs. Sprouse served as the Big 12 Outdoor Track & Field Championship Media Coordinator when the Buffs hosted the championship in 2008. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women's Division II and III and men's Division III volleyball programs. Sprouse served as a graduate assistant in the athletic communications office at Minnesota State University from 2001-03. She worked with several of the Mavericks' programs, including volleyball, women's ice hockey and women's basketball. Sprouse earned her bachelor's degree in Mass Communications from MSU in 2001 and completed her master's of science in sport administration from MSU in December '07. A native of New Ulm, Minn., she earned two letters as a member of the tennis team. The former Linda Poncin is married to Nick Sprouse.

# ACADEMICS AND ATHLETICS

## ACADEMIC ALL-CONFERENCE

### First Team

Michelle Bews	1985
Andrew Dunn	1986, 87, 88
Sarah Hanson	1985
Tom Kresl	1985
Michelle Kantor	1988, 89, 90
Bill Hinkley	1988
Eric Meleney	1989
Amy Merten	1989
Pat Dolan	1990, 91
Shannon Busch	1990
Jennifer Jones	1989
Wendy Smith	1990, 91
Andy Samuelson	1991, 92
Dave Barbieri	1992, 93
Micha Moore	1992
Jay Checkler	1992, 93, 94
Ben Bossut	1993
Patty Roberts	1993, 95
Scott Larson	1993
Allison Lusby	1994
Rachel McKeen	1994
Jon Cooper	1994, 95
Tim Catalano	1994
Chris Severy	1995, 96, 98
Alan Culpepper	1995
Kelly Smith	1995, 96, 97
Kristina Dahlberg	1995
H. Burroughs	1995, 96, 97, 98
Colleen Glyde	1995
Adam Batliner	1996, 97, 98
Jay Johnson	1996, 98
Matt Napier	1996, 97
Chris Schafer	1996, 97, 98
Zeke Tiernan	1996, 97
Lindsay Arendt	1996, 97, 98, 99
Deb Rieck	1996, 97, 99
Heidi Scarlett	1996, 97
Oscar Ponce	1998
Chris Valenti	1998
Matt Elmuccio	1998
Briana Stott-Messick	1998
Jen Gruia	1998
Gia White	1998
Lindsay Bradfield	1998
Theresa Dean	1998
Liz Sabochik	1998, 00, 01
Molly Austin	1999, 01
Jen Fazioli	1999, 00, 01
Lesley Higgins	1999, 00, 01
Jodie Hughes	1999, 00, 01
Kara Grgas-Wheeler	1999, 00

Tera Moody	2000, 01, 02
Liz Sabochik	2000, 01
Aaron Blondeau	2000, 01
Chris Schafer	2000
Jorge Torres	2000
Ed Torres	2000
Sara (Gorton) Slattery	2001, 04
Anna Wright	2001
Catherine Wright	2001
Sara Hamlin	2001
Jon Severy	2001, 02, 03, 04
Jared Scott	2001, 03, 04
Sean Smith	2001
Zach Crandall	2001
Austin Baillie	2002, 04, 05
Travis Macy	2002
Jamie Rosenquist	2002
Shannon Yessak	2002
Matt McCue	2003, 04
Katie Kissane	2003
Payton Batliner	2004, 05
Will Campbell	2004, 05
Pete Janson	2004, 06, 07
Daniel Kenney	2004, 05, 06
Brent Vaughn	2004, 06, 07
Christine Bolf	2004
Allison Bruce	2004
Kristen Hoogheem	2004, 05
Erin Marston	2004, 06, 07
Renee Metivier	2004
Erik Heinonen	2005, 06
Bret Schoolmeester	2005
Kalin Toedebusch	2005
Jenny Barringer	2006, 07, 09
Rachel Gioscia	2006
Jennifer Hooper	2006, 07
Kenyon Neuman	2006
Caitlin Schultheiss	2006
Anna Chase	2007
Emily Hanenburg	2007, 08, 09
Bradley Harkrader	2007, 08
Dani Rodriguez	2007
Aislinn Ryan	2007
Sara Vaughn	2007
Richard Medina	2008, 09
Allison Sawyer	2008
Laura Thweatt	2008, 09, 10
Andy Wacker	2008, 09
Matthew Biegner	2009, 10
Megan Burrell	2009, 10
Katie Cumming	2009, 10
Seth DeMoor	2009
Stephen Kasica	2009, 10

Diana George	2010
Kelly King	2010
Nikki Look	2010, 12
Jerome Perkins	2010, 12
Brooke Regan	2010
Ryan Savercool	2010
Matt Tebo	2010
Laura Tremblay	2010
Elizabeth Tremblay	2010
Rachel Viger	2011, 12

### Honorable Mention/Second Team

Michelle Bews	1986, 88
Lize Brittin	1988
Annie Farris	1988
Kaye Rains	1988
JoAnne McDonald	1988
Brian Reynolds	1988
Bill Whetstone	1988
Nate Wright	1988
Pat Dolan	1989
William Drake	1989
William Hinkley	1989
Andy Samuelson	1990
Jason Pozner	1990
Amy Merten	1991
Brett Larsen	1991
Scott Larson	1991
Chris McDonald	1991
Steve Barbieri	1992
Jason Drake	1992, 93
Donelly Larson	1992
Mike Sobolik	1992
Jennifer Jones	1992
Catherine Fahres	1992
Julia Huff	1992
Molly Curran	1993
Michell Wilkolaski	1993
Ricky Cron	1993
Kestrel Bishop	1994, 95
Holly Stanish	1994
Jeremy Gintoft	1994
Zeke Tiernan	1994, 95
Adam Batliner	1995
Ewen Nichol	1995
Tom Reese	1995
Brian Aiken	1995
Jay Johnson	1995
Adrian Arnold	1995
Jessica Cirelli	1995
Rachel McKeen	1995
Laura Bruns	1996, 97
Kara Grgas-Wheeler	1996, 97

Mike Friedberg	1998
Megan Clute	1998
Wes Berkshire	1999
Zach Crandall	2000
Molly Austin	2002
Sara Gorton	2002
Jared Scott	2002
Matt McCue	2002
Anthony Chiulli	2004, 05, 06
Bret Schoolmeester	2004
Greg Castro	2005, 07
Shanna Sparks	2005
Seth DeMoor	2005, 07
Liza Pasciuto	2006
Dan Edwards	2007
Matt Herzl	2007
Kenyon Neuman	2007, 08, 09
Christian Thompson	2008, 09
Emma Coburn	2009, 10, 11
Jordan Kyle	2009
Allison Sawyer	2009
Courtney Bouchet	2010, 11, 12
Camille Logan	2010, 11, 12
Brennan Lynch	2010
Nathan Rice	2010
Andy Wacker	2010
Jeff Warren	2010, 12
Matt Biegner	2011, 12
Katie Cumming	2011
Lara Darco	2011, 12
Diana George	2011, 12
Stephen Kasica	2011
Kelly King	2011
Richard Medina	2011
Ryan Savercool	2011, 12
Blake Theroux	2011
Liz Tremblay	2011, 12
Andy Wacker	2011
Joe Bosshard	2012
Jana Stoltling	2012

## ACADEMIC ALL-AMERICANS

### Fall/Winter At-Large

1996	Chris Severy (1st Team)	2003
	Kelly Smith (1st Team)	2005
	Heather Burroughs (1st Team)	
1998	B. Stott-Messick (2nd Team)	2007
1999	Kara Grgas-Wheeler (2nd Team)	2008
2000	Kara Grgas-Wheeler (1st Team)	

## Cross Country/Track

Jodie Hughes (2nd Team)	
Jon Severy (3rd Team)	
Jon Severy (1st Team)	
Renee Metivier (1st Team)	
Erik Heinonen (1st Team)	
Jenny Barringer (1st Team)	
Brent Vaughn (1st Team)	
Jenny Barringer (1st Team)	
Jenny Barringer (1st Team)	
Nikki Look (1st Team)	

## POST GRADUATE SCHOLARSHIPS

### Big Eight/Big 12

Ben Bossut	1994
Jon Cooper	1996
Heather Burroughs	1999
Aaron Blondeau	2002
Rachel Gioscia	2009

### NCAA

Heather Burroughs	1999
Kara Grgas-Wheeler	2001
Jessica (Pixler) Tebo	2011
Nikki Look	2013

# ACADEMICS AND ATHLETICS

## STEPS

STEPS is a program designed to assist graduating student-athletes as they transition to life after the university setting. The program will have Department of Athletics staff and university faculty assist them in the following areas:

- **“Learn to Earn” with Alice Swanson, veteran of The Boulder Chamber of Commerce and currently of Leeds School of Business**

- Interview Skills
- Job Placement
- Contract Negotiation

- **Personal Financial Planning with Susan Morley of Leeds School of Business**

- Playbook for Life, the Student-Athlete's Guide to Understanding and Planning Your Financial Future

- **Exit Interview with the Department of Athletics**

- Student-Athletes discuss their CU experience with a senior level administrator in the Department of Athletics. (One-on-one interview and survey)

- **Career Services**

- Resume / Folio 21
- CSO On-line
- Letters of Recommendation (4-6)
- Job Fairs
- Post-Graduation Test Preparation

- **Exit Physical**

- Athlete completes final medical physical, reviews medical history with Office of Sports Medicine and discusses lingering injuries with Sports Medicine on coverage

- **Counseling and Psychological Services**

- CU psychologist, Dr. Jan Johnson, offers one-on-one counseling sessions to athletes learning to cope with the impending life changes once their careers have ended.

- **Graduation Checklist**

- **Alumni C-Club**

- Student-Athletes stay connected to CU through membership in the Alumni C-Club.

- **Post-Graduate Scholarships**

- **Professional Sports Counseling Panel**



## ACADEMICS AND ATHLETICS

### READ WITH THE BUFFS

1. The University of Colorado and IBM work together to promote literacy in local elementary schools through the “Read With the Buffs” program.
2. Focus of the program is to:
  - a. Have CU student-athletes promote reading as the basis for success in school.
  - b. Promote the importance of school and doing your personal best.
3. Designated school districts are Boulder Valley and St. Vrain school districts.
4. Teacher’s Responsibilities:
  - a. Decisions:
    - i. It is suggested for students to compete against themselves, not others.
    - ii. Encourage students to read over the holidays.
    - iii. At the end of the program send into the athletic department a list of all students who have participated in “Read With the Buffs” successfully.
5. Student-athletes will visit the classroom for a 45-minute presentation.
  - a. Pencils, stickers and/or bookmarks will be given out to students who are able to answer the comprehension questions correctly after the book is read.
6. Student-athletes will deliver the message: do well in school, work hard, do your personal best, and importance of reading.
7. No more than two classrooms should be combined with one group of student-athletes.
8. One adult volunteer is assigned to two to three student-athletes.
9. CU pencils and bookmarks or stickers will be left for all students.
10. In addition, a T-shirt (autographed) will be left with each classroom teacher to hang up in the classroom as a continual reminder about “Read With the Buffs.”
  - a. The T-shirt will be for the classroom teacher to keep as a thank you for participating in “Read With the Buffs.”
11. Students who participate in the program and successfully meet the criteria, set by the teacher, will receive a ticket to attend either a men’s or women’s basketball game.
12. A special section will be set aside for all “Read With the Buffs” participants.
13. Two students will be on the court during halftime representing their classroom.



# BOULDER/DENVER TRIVIA AND FACTS

## Top 10 Cheap Things To Do In Boulder

1. Go walking, biking or skating on the Boulder Creek Path.
2. Catch a Program Council, Cinema Saver, or International Film Series movie.
3. Play frisbee in Norlin Quad.
4. Enjoy the free Wednesday night jazz concerts offered by the College of Music.
5. People-watch on the Pearl Street Mall or on the Hill.
6. Picnic or hike at Chautauqua Park or Mt. Sanitas.
7. Buy a student season football or basketball ticket to watch the Buffs play at home.
8. Join a class at the Rec Center (anything from Aerobics to Yoga).
9. Stargaze at the top of Flagstaff Mountain.
10. Check out the coffeehouse scene.

Boulder and Denver are known for lots of things. But some things even surprise the lifelong resident, a recent transplant (nearly two-thirds of the state's residents were born outside of Colorado), or first-time visitor to the Mile High City.

- Denver is called the "Mile High City" because it is exactly 5,280 feet above sea level. In fact, there is a spot on the west steps of the State Capitol building that is exactly 5,280 feet above sea level and there is a row of seats at Coors Field with the same bragging rights.
- Denver is the most educated city in the U.S. It has the greatest percentage of high school and college graduates of any major metropolitan area in the U.S.
- While Boulder has 10 microbreweries, Denver brews more beer than any other American city. The state of Colorado boasts more microbrews per capita than any state in the U.S. The Coors Brewery, in Golden, is the world's largest single-site brewery.
- Golf courses remain open all year and have been played on as many as 30 days in January.
- The Denver/Boulder metropolitan area is the 20th largest in the United States. Boulder is not classified as a suburb of Denver; it's nestled in its own valley at the foothills of the Rocky Mountains. Contrary to popular belief, Denver is not in the mountains; it is near them. The "Foothills" start to rise 15 miles west of the city. Slightly beyond that is the Continental Divide and a series of peaks rising

to 14,000 feet, known locally as the "Front Range".

- Denver is also the "thinnest" city in America while Boulder is the second "fittest" city in America according to *Shape* Magazine and the state of Colorado is tied as the "thinnest" state with Hawai'i. *Health* Magazine named Boulder one of America's 10 Fittest Cities. *Self* Magazine proclaimed Boulder one of the 10 healthiest places for women to live, with a perfect 100 in water quality.
- Boulder has 200 miles of public hiking and biking trails, approximately 30,000 acres of open space and a 16-mile Boulder Creek Path which runs through the middle of town. The city of Denver offers over 450 miles of paved, designated bike paths, over 70 public golf courses and 143 free tennis courts. Denver also has the largest city park system in the nation with 205 within the city limits.
- As the largest city in a 600-mile radius, Denver is the shopping capital of the Rocky Mountain West. It features the largest sporting goods store in the world and the largest independent book store in America with over 400,000 volumes. The 16th street mall is a mile-long pedestrian promenade, not to be outdone by its counterpart in Boulder, the Pearl Street Mall. Boulder is also known for having more used book stores per capita than any other city in the country according to a *Money* magazine count in 1998.
- In that same magazine's 1998 issue, Boulder topped the list for best medium-sized city in the western half of the U.S. to live.
- Among 14 comparable cities, Boulder ranks no. 1 in people who walk to work, work at home and drive with more than one person in the car. It ranks second among those who bike.
- Parts of the movie "Sleeper," with Woody Allen, were filmed at the National Center for Atmospheric Research.
- \* Bicycling is so highly regarded in Boulder that sometimes the city plows the Boulder Creek bike path before it plows the streets.
- The exterior of the house located at 1619 Pine Street was used as the characters' home in the well-known "Mork & Mindy" television show. It is now a private residence.



# BOULDER/DENVER TRIVIA AND FACTS



- Boulder's Third Flatiron towers 1,400 feet high, a few hundred feet higher than the Empire State Building, and has been climbed by people without using their hands, on roller skates, naked and in eight minutes (by separate climbers).
- A 1992 survey by the Centers for Disease Control found that Colorado had fewer overweight people per capita and more people who exercise than any other state.
- A Colorado Daily poll found that seven out of ten Boulderites own bicycles. Another guide book states that Boulder's bicycle count is approximately 93,000- almost equal to the total population.
- The Chatauqua Auditorium is an all-wood structure built in 1898. In the evening, when the Colorado Music Festival musicians stop playing, you can often hear the rafters-dwelling owls hoot capita than any other city in the country.
- Boulder is going to the dogs! Recent visitor counts to Boulder Mountain Parks found a ratio of 1 dog to every 5 visitors.
- Every year Boulder Mountain Parks core area receives 1.8 million visits. If that many people made a human chain, it would stretch from Boulder to New York City.

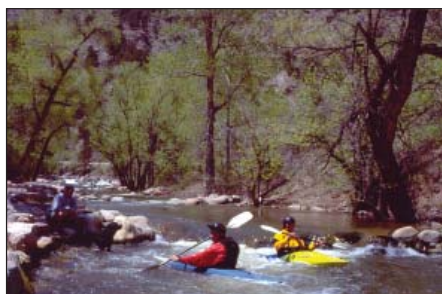
## Quick Bites

**Runner's World:** "Best Running City"  
**Self:** "Thinnest City In America"  
**Sunset:** "The West's Best City" and "No. 1 Green and Clean City" and "No. 2 College Town"  
**Seventeen:** "Top 10 Places for Teens"  
**Forbes:** No. 4 ranking in "Best Places" and Best Cities for singles (with Denver)  
**Health:** "10 Fittest Cities"  
**Outside:** "Best place to be an Uberjock" and the No. 2 ranked Best College Town  
**Money:** No. 2 ranking in "Best Places To Live"  
**Shape:** No. 2 ranking in "Fittest City"  
**Animal Wellness:** No. 1 city for dogs and cats

## COLORADO BY THE NUMBERS

	2
National Parks in Colorado	8
National Monuments and Recreation Areas in Colorado	15
National Forests and National Grasslands in Colorado	21
Scenic and Historic Byways in Colorado	40
State Parks in Colorado	54
Colorado peaks over 14,000 feet in elevation	325
Days of sunshine the Front Range sees each year	450
Square miles of bodies of water in Colorado	469
Length in miles of the Colorado Trail	786
Acres on the main campus in Boulder	1,450
Length in miles of the Colorado River and the Rio Grande	3,350
Lowest elevation in Colorado (Arkansas River)	6,800
Average elevation in Colorado	14,443
Highest elevation in Colorado (Mt. Elbert)	104,247
Size of Colorado in square miles	3.8 million
Colorado population in 1998	126 million
Years geologists estimate it will take for the Rocky Mountains to erode away	1.7 billion years
How long ago the rock in the Rocky Mountains was formed	

## WHAT THEY'RE SAYING ABOUT BOULDER



All-Around Best Town - Outside Magazine, August 2006  
#1 Best Place To Live - Men's Journal, March 2005 and May 2003  
America's Best Running City - Runner's World, January 2001  
#1 Best Sports Town In America, Outside Magazine, 1999  
#1 Top Green and Clean City, Modern Maturity, 2000  
#1 Thinnest City, Self Magazine, October, 2002  
The West's Best City, Sunset Magazine, 1999  
Best Place to Move - Worldwide ERC and Primacy Relocation, September 2004  
The Best Small Cities - Men's Journal, June 2004  
Best College Sports Town - Sports Illustrated on Campus, September 2003  
Place You Dream of Living - Backpacker Magazine, February 2006  
Ideal Location for Runners - Runner's World, May 1999  
Most Enlightened City in Colorado - Utne Reader, April 1997  
The Town That Can't Sit Still - The New York Times Magazine, November 1991  
Boulder: Ideal Terrain for Training - Sports Illustrated, April 1990

"The varied terrain, beautiful Rocky Mountain scenery and numerous places to run made it number one... Boulder simply has everything...It's a runner's paradise. Lush mountain scenery, plentiful bike paths, off-road trails, great year-round weather, the Boulder 10k, world-class running partners, altitude training, and access to Rocky Mountain National Park. It's all right here." Runner's World (2001)

"On any given spring afternoon, runners, riders and skaters jockey for position along Boulder Creek Path while Kayakers practice on the creek itself; climbers rock-hop in the Flatirons while hikers gawk up at them, swimmers and boardsailors brave Boulder Reservoir as elite runners sprint around it." Outside Magazine (1999)

"Kayakers paddle the chilly waters while folks on foot and wheels take to a shoreline path that's linked to mile and miles of trails. Hikers and rock climbers enjoy routes galore in the Flatirons and the Eldorado Canyon State Park. And come winter, nearby resorts offer unbeatable skiing and snowboarding." Health Magazine (2000)

"A 6-mile greenway through the heart of the Colorado community enhances its outdoorsy reputation." Knight Ridder News Service

"(Pearl Street Mall) The lively four-block pedestrian shopping area in downtown Boulder is almost as much fun as an amusement park. The only things missing are the rides." Dallas Morning News (2002)

"Boulder is the quintessential modern mountain town... Software development, biotech, engineering and university jobs are plentiful, and, equally important, Boulder's mountain parks system offers 200 miles of multi-use trails." Outside (2003)