

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

