

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)



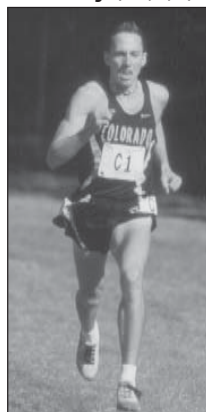
Ed Torres (2000, 01, 02)



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

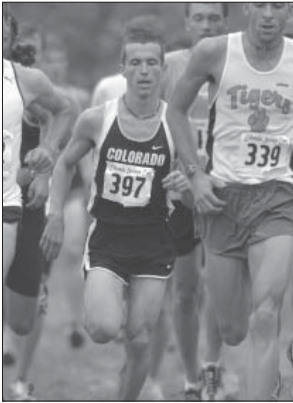


Natalie Florence



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 Ritzenheim	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

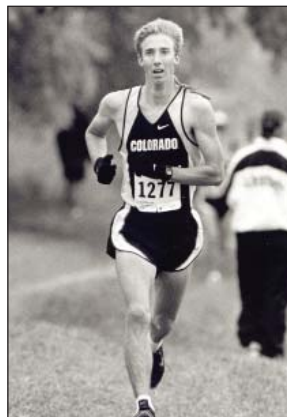
Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the 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