

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

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-m2:12.98

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.....6/525:48
 at Pre-Nationals12/323:40
 at Pac-12 Championship ..9/323:42
 at NCAA Mtn Region.....53/731:47
 at NCAA Championship205/631:49

2011 Fin/CU Time
 Rocky Mtn. Shootout.....20/1027:00
 at Bronco Invite100/925:49

HONORS

2012 All-Pac-12 Second Team

TRACK PRs

800-m1:56
 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.....32/1126:34
 at Bronco Invite.....10/124:18

2011 Fin/CU.... Time
 Rocky Mtn Shootout.....+2927:26

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 ..70/922:23
 at NCAA Mtn Region.....Alt.....
 at NCAA ChampionshipAlt.....

2011 Fin/CU.... Time
 Rocky Mtn Shootout.....+1622:35

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.

2011 Fin/CU Time
 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-m11:30

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.

2012Fin/CU....Time
 Rocky Mtn Shootout.....+1025:42
 at Pre-Nationals+1124:36
 at Pac-12 Championship ..18/724:04
 at NCAA Mtn. Region.....34/631:06
 at NCAA ChampionshipAlt.

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.

2012Fin/CUTime
 Rocky Mtn Shootout....24/12 26:42
 at Bronco Invite25/3 24:36

2011Fin/CUTime
 Rocky Mtn Shootout....12/7 26:16
 at Bronco Invite30/2 24:35
 at Pac-12 Champs40/9 24:30

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

TRACK PRs

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.

2012Fin/CUTime
 Rocky Mtn Shootout.....7/3 21:21
 at Pre-Nationals55/3 21:08
 at Pac-12 Champs41/5 21:38
 at NCAA Mtn. Region...55/7 21:58
 at NCAA Champs151/3 21:06

HONORS

2012 Pac-12 All-Academic honorable mention

TRACK PRs

1,500-m4:35
 3,000-m10:27.53
 5,000-m16:38.54 (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.

2012	Fin/CU....	Time
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

2011	Fin/CU....	Time
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 placed fourth at FootLocker West Regionals to earn a spot at nationals where she finished 19th overall. She was ninth at the state championships as a sophomore and in her freshman season she placed 11th. Verdon was also successful on the track, placing third in the 3,200-meter at the state meet with a Campolindo High School record (10:22.5).

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.

2012	Fin/CU....	Time
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

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

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

HONORS

2011,12 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-Nationals35/723:56
at Pac-12 Championship ..21/824:11
at NCAA Mtn. Region.....Alt.
at NCAA Championship65/530:29

2011 Fin/CU.... Time
Rocky Mtn Shootout.....+1926:58

TRACK PRs

800-m1:52.56
1,500-m3:44.53 (O)
Mile.....4:01.69 (I)
5,000-m14:09.45 (O)