

# COLORADO BUFFALOES



**MADELINE ALM**  
**Junior • 1L**  
**Louisville, Colo.**  
**(Monarch)**

**COLLEGE – 2013:** Alm made the varsity team after placing 20th at the Rocky Mountain Shootout. She led the Buffs in the following race, the Santa Clara Bronco Invitational, with a fifth-place finish. Alm's final race of the season was the Pac-12 Championship. She was CU's No. 7 runner and finished 36th overall, helping CU to a second-place team finish.

**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 3.30 GPA. She was named to the Pac-12 All-Academic honorable mention team in 2013.

**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.

<b>2013</b> .....	<b>Fin/CU....</b>	<b>Time</b>
Rocky Mtn. Shootout.....	20/6 .....	22:54
at SC Bronco Invite .....	5/1 .....	22:34
at Pac-12 Championship ..	36/7 .....	22:51

## HONORS

2013 Pac-12 All-Academic honorable mention

## TRACK PRs

800-m .....	2:16.23 (0)
1,500-m .....	4:29.30
Mile.....	5:15.59
3,000-m .....	9:52.46
5,000-m .....	16:45.03 (0)

# COLORADO BUFFALOES



**SOPHIA ANGELL**  
**Freshman • HS**  
**Saint Charles, Mo.**  
**(Lutheran)**

**HIGH SCHOOL:** Angell was a member of the Lutheran High School track and field team that won the Missouri State Championship in 2013 and 14. Angell helped the team to those victories as a member of the school's 4x800-meter relay, which also won state titles both years, as well as in 2011. She was a member of the school's record setting 4x800 (9:41) and 4x400 (4:04) teams. Angell was named LHS's track MVP her senior, junior and freshman years. She was a multiple all-state selection in both relays as well as the 800 and 1,600-meter runs. As a junior, Angell placed third in the 800 at state. On the cross country course, she was the team's MVP as a junior. Angell placed 11th at the state championships her senior year and was 14th as a freshman. She was also named a National Merit Commended Scholar, as well as a Missouri Top 100 Scholar and a Post Dispatch Scholar Athlete as a senior.

**HIGH SCHOOL BESTS:** 400-meters: 60.51; 800-meters: 2:20; 1,600-meters: 5:21; 4x400: 4:04 4x800-relay: 9:21.

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

**PERSONAL:** Sophia Elise Angell was born on April 4, 1996 in Columbia, Mo. She is the daughter of Scott and Natalie Angell of Saint Charles, Mo. Her father played football at William Jewell and she has a cousin, Jason Sandfort, who ran cross country and track at Arkansas. She has two younger siblings, Julia and Luke. Angell enjoys hiking, skiing, reading and playing with her dog.

## TRACK PRs

400-m.....	60.51
800-m.....	2:20
1,600-m.....	5:21

## COLORADO BUFFALOES



**REINY BARCHET**  
Freshman • HS  
Downingtown, Pa.  
(Henderson)

**HIGH SCHOOL:** Barchet was a 2012 All-American in cross country after finishing 21st at Nike Cross Nationals. He also earned All-American status on the track in 2013 and '14 as a member of the 4xmile relay team. He is the HHS 1,600-meter record holder after running 4:09.78 and Barchet's personal best in the 3,200 is 9:03. While running for the Warriors, he helped the team to four league championships, four district titles and a pair of state championships (2012, '13). Barchet earned first-team all-state honors in 2013 and was third-team all-state in 2012. He was named to the all-district and all-league first teams as a junior and senior. Barchet was also recruited by Stanford, Harvard and Georgetown.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:09.78; 3,200-meter: 9:03.

**IN THE CLASSROOM:** Barchet intends to major in physics and is also interested in astronomy.

**PERSONAL:** Reinhold Andrew Barchet was born on December 6, 1995. He is the son of Ron and Linda Barchet of Downingtown, Pa. He has three siblings, Alissa, Gordon and Erin.

### TRACK PRs

1,600-m .....4:09.78  
3,200-m .....9:03

## COLORADO BUFFALOES



**KAITLYN BENNER**  
Freshman • HS  
Superior, Colo.  
(Monarch)

**HIGH SCHOOL:** Benner was a member of the MHS cross country team that won the state championship in 2011, '12 and '13. The team went on to compete at Nike Cross Nationals in 2013 and placed fifth overall; Benner was 61st individually. MHS also raced at Nike Cross Nationals (NXN) in 2010, placing 15th. Benner was selected to the NXN Southwest All-Sophomore team in 2011 and the All-Freshman team in 2010. On the track, she was a member of the 4x800-meter relay team that placed second at state in 2012, '13 and '14. The relay also set the school record at 9:22. Individually, Benner is the MHS record holder in the 3,200 (10:58). She earned four academic letters as a Coyote and was named to the Academic All-Colorado first team her junior and senior years. Benner was also recruited by Oregon State and Utah.

**HIGH SCHOOL BESTS:** 1,600-meters: 5:03; 3,200-meters: 10:58; 4x800-relay: 9:11.

**IN THE CLASSROOM:** Benner intends to major in biological and chemical engineering.

**PERSONAL:** Kaitlyn Marilyn Benner was born on September 25, 1996 in Sacramento, Calif. She is the daughter of Pat and Kathy Benner of Superior, Colo. She has one younger sister, Grace. Benner has done volunteer work that includes mission trips to Mississippi, Los Angeles and the Bahamas.

#### TRACK PRs

1,600-m .....5:03  
3,200-m .....10:58

## COLORADO BUFFALOES



**ERYN BLAKELY**  
Freshman • RS  
Monrovia, Calif.  
(Alverno)

**HIGH SCHOOL:** Blakely was named the AHS cross country and track and field MVP as a senior. She competed at the 2012 USATF Junior National Track & Field Championships in the 2,000-meter steeplechase. It was just her third time running the event and she placed second in 7:35.45. Blakely was also a member of the Principal's Honor Roll.

**HIGH SCHOOL BESTS:** 800-meters: 2:18.45; 1,600-meters: 5:09.17; 2,000-meter steeplechase: 7:35.45.

**IN THE CLASSROOM:** Blakely intends to major in integrative physiology.

**PERSONAL:** Eryn Larisa Blakely was born on November 11, 1995 in Monrovia, Calif. She is the daughter of Michael Blakely and Lara Larramendi and has one older brother, Eric Blakely. Blakely has volunteered at the Los Angeles Zoo and enjoys singing, playing guitar and horseback riding. She was a member of the AHS equestrian team and started riding when she was seven.

### TRACK PRs

800-m ..... 2:18.45  
1,500-m ..... 4:56.33

# COLORADO BUFFALOES



## MACKENZIE CALDWELL

**Freshman • HS  
Columbus, Ind.  
(Columbia North)**

**HIGH SCHOOL:** Caldwell owns three records at CNHS: the 5-kilometer cross country course record (17:29), the 1,600-meter run (4:55) and the 3,200 (10:37), and all three double as the Conference Indiana records. Caldwell set the cross country record on October 9, 2013 and both track records on April 26, 2014. The Bull Dogs were the CI cross country champions four straight years (2010-13) and the track and field team won the title in 2014. Caldwell was named all-state three times as a member of the cross country team and three times on the track team, and was a cross country all-conference selection four straight years. She placed second at the state cross country meet as a senior and was fourth her sophomore and junior years. Caldwell won the 2014 indoor state 3,200 title and during the outdoor season, she placed fifth in the 1,600 and 3,200. As a junior, she was third in both events and was sixth in the 3,200 as a sophomore. Caldwell also excelled in the classroom and was named academic all-state for track her sophomore through senior years and for cross country as a sophomore. Caldwell was also recruited by Michigan State, Arizona State, Iowa State, Illinois and Vanderbilt.

**HIGH SCHOOL BESTS:** 800-meters: 2:21; 1,600-meters: 4:55; 3,200-meters: 10:37.

**IN THE CLASSROOM:** Caldwell intends to major in business and is also interested in mathematics.

**PERSONAL:** Mackenzie Ann Caldwell was born on May 20, 1996 in Columbus, Ind. She is the daughter of Gary and Renee Caldwell and has two older brothers, Quinton and Raleigh. Caldwell enjoys camping, hiking and photography. She plays the Oboe and earned the Symphonic March Most Improved (2010-11) and the Wind Ensemble Outstanding Attitude (2013-14) awards. Caldwell was also part of the Bull Dog News Network and earned MVP honors (2013-14) and the Spoke Award (2012-13).

### TRACK PRs

800-m.....	2:21
1,600-m.....	4:55
3,200-m.....	10:37

# COLORADO BUFFALOES



**ERIN CLARK**  
**Sophomore • 1L**  
**Eugene, Ore.**  
**(South Eugene)**

**COLLEGE – 2013:** Clark earned a spot on the varsity roster as a true freshman. She ran the Rocky Mountain Shootout unattached, but finished an impressive third overall. The following meet, NCAA Pre-Nationals, she finished as CU's No. 3 runner, crossing the finish 28th overall. Clark helped the Buffs to a second-place team finish at the Pac-12 Championship, placing 13th, once again as CU's No. 3. She recorded her best finish of the season at regionals, coming in fifth overall. Clark finished the year helping the Buffs capture a seventh-place finish at NCAAs by placing 97th. During the year, she was named All-Pac-12 Second Team and all-region.

**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.

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

**IN THE CLASSROOM:** Clark is majoring in integrative physiology and owns a GPA greater than 3.50.

**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.

2013 .....	Fin/CU....	Time
Rocky Mtn. Shootout.....	+3 .....	21:22
at Pre-Nationals .....	28/3 .....	20:48
at Pac-12 Championship ..	13/3 .....	21:59
at NCAA Mtn Region.....	5/3 .....	20:40
at NCAA Championship ....	97/4 .....	21:18

## HONORS

2013 All-Mountain Region  
 2013 All-Pac-12 Second Team

## TRACK PRs

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

## COLORADO BUFFALOES



**VALERIE CONSTIEN**  
Freshman • HS  
Edwards, Colo.  
(Battle Mountain)

**HIGH SCHOOL:** Constien was a four-sport athlete at BMHS, competing in cross country, track & field, Nordic skiing and soccer. She owns or is a part of seven records at BMHS. In 2013, Constien ran 17:55 to set the 5k cross country record and in the spring of 2014, she recorded records in the 800-meters (2:16) and 1,600 (5:04). Constien also own records in the triple jump (36-3), 4x400, 4x800 and distance medley relays. The Huskies won three straight 4A Western Slope League Championships in track (2011-13) and three in a row for cross country (2011-13) during her time on the team. Constien was named first-team all-state her junior and senior years for cross country and was a first team all-state selection for track as a sophomore. She raced at the 2013 Nike Cross Country South West Regionals and was 10th overall. On the track, Constien placed sixth at the state championships in the 1,600, finishing in 5:04. Constien also earned numerous academic honors while at BMHS and was a member of the National Honor Society. She was recruited by many schools including Brown, California, Cornell, Iowa State, Nebraska, Penn and Washington before deciding on Colorado.

**HIGH SCHOOL BESTS:** 400-meters: 1:01.66; 800-meters: 2:16; 1,600-meters: 5:04; 3,200-meters: 11:40.

**IN THE CLASSROOM:** Constien intends to major in environmental engineering and is also interested in studying German.

**PERSONAL:** Valerie H. Constien was born on March 21, 1996 in Vail, Colo. She is the daughter of Ron and Ann Constien of Edwards, Colo., and has one sister, Elizabeth. Constien enjoys baking, crafts and reading and can play the piano and French horn. She was a member of her high school's band and pep band all four years of high school and is also a big-game hunter.

### TRACK PRs

400-m .....	1:01.66
800-m .....	2:16
1,600-m .....	5:04
3,200-m .....	11:40



# COLORADO BUFFALOES



## JENNY DESOUCHE

**Junior • 1L**  
**Alamosa, Colo.**  
**(Alamosa/Columbia)**

**COLLEGE – 2013:** DeSouchet competed in all five varsity races for the Buffs, starting with the Rocky Mountain Shootout where she placed 13th overall. At NCAA Pre-Nationals, DeSouchet finished 97th. She ran to a 52nd-place finish at the Pac-12 Championships, helping CU take second in the team race. DeSouchet earned all-region recognition at NCAA Mountain Regionals when she took 15th overall. She ended the season with a 191st place finish at NAAs, helping CU to a seventh-place team finish.

**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 AHS's Freshman, Sophomore and Senior Track Athlete of the Year and her senior year 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 leg). DeSouchet also succeeded in the classroom, earning academic letters all four years as well as graduating in the top-five of her class. She was the editor-in-chief at her high school paper, a three-time class president and was the National Honor Society Vice-President.

**HIGH SCHOOL BESTS:** 800-meters: 2:12.98.

2013 .....	Fin/CU ....	Time
Rocky Mtn. Shootout.....	13/4 .....	22:09
at Pre-Nationals .....	97/5 .....	21:26
at Pac-12 Championship ..	52/10 .....	23:25
at NCAA Mtn Region.....	15/7 .....	20:59
at NCAA Championship ....	191/6 .....	21:44

### HONORS

2013 All-Mountain Region  
 2013 Pac-12 All-Academic honorable mention

### TRACK PRs

800-m .....	2:12.98
1500-m .....	4:28.50
Mile.....	4:53.11
5,000-m .....	17:09.07 (0)

**IN THE CLASSROOM:** DeSouchet is an English literature major and owns a GPA greater than 3.40. She was named to the Pac-12 All-Academic honorable mention team in 2013.

**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.

# COLORADO BUFFALOES



**HUGH DOWDY**  
Senior • 1L/RS  
Petaluma, Calif.  
(Petaluma)

**COLLEGE—2013:** Dowdy only raced once due to injury, finishing 15th overall at the Rocky Mountain Shootout.

**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.

**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 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 ..... Fin/CU.... Time**  
Rocky Mtn. Shootout..... 15/6 .....26:44

**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)

## COLORADO BUFFALOES



**DAVID EMMERT**  
**Sophomore • VR**  
**Sycamore, Ill.**  
**(Sycamore)**

**COLLEGE— 2013:** Emmert ran in a pair of races for the Buffs. He raced unattached at the Rocky Mountain Shootout, finishing 121st overall. At the Santa Clara Bronco Invitational, Emmert was 99th.

**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 is an aerospace engineering major and has accumulated a perfect 4.0 GPA following his freshman year.

**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.

**2013 ..... Fin/CU.... Time**  
 Rocky Mtn. Shootout.....+ 121 .....30:40  
 at SC Bronco Invite .....99/3 .....27:31

**TRACK PRs**  
 800-m ..... 1:55.68

## COLORADO BUFFALOES



**RYAN FORSYTH**  
Freshman • HS  
Severna Park, Md.  
(Severna Park)

**HIGH SCHOOL:** Forsyth competed with the Severna Park Cross Country Club at the 2013 Nike Cross National Championship where he was 52nd individually and led the team despite running in only one shoe (the other got spiked off at the start of the race). Forsyth placed fourth in the 5,000-meter run at New Balance Indoor Nationals and was sixth in the 5k at New Balance Outdoor Nationals to earn a pair of All-America honors in 2014. He is the Maryland state record holder in the indoor 3,200 (9:16) and the 5k in cross country (15:41). Forsyth was named the 2013 Gatorade Maryland Cross Country Runner of the Year and earned multiple all-state recognition in cross country and track while lettering all four years at SPSHS. Forsyth was also recruited by Purdue, Texas A&M, Penn State and St. Louis.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:18; 3,000-meters: 8:30; 3,200-meters: 9:09; 5,000-meters: 14:39.

**IN THE CLASSROOM:** Forsyth intends to major in mechanical engineering and is also interested in German.

**PERSONAL:** Ryan Forsyth was born on July 7, 1996 in Baltimore, Md. He is the son of David and Zoe Forsyth of Severna Park, Md. He has one brother, Andrew, and one sister, Caroline, who are twins. Forsyth enjoys sailing, wakeboarding, skiing and model building. He has worked as a sailing school instructor and had raced sail boats.

### TRACK PRs

1,600-m .....	4:18
3,000-m .....	8:30
3,200-m .....	9:09
5,000-m .....	14:39

## COLORADO BUFFALOES



**ETHAN GONZALES**  
Freshman • HS  
Westminster, Colo.  
(Broomfield)

**HIGH SCHOOL:** Gonzales earned four letters on the cross country team and four letters as a member of the track and field team at BHS. He was the runner-up at the 2013 Colorado 4A Cross Country Championships, helping the Eagles to their first state championship. Gonzales also recorded a pair of runner-up finishes at the 2014 Colorado 4A Track & Field Championships in the 1,600-meter run (4:19.37) and 3,200 (9:25.55). His time in the 1,600 is the BHS record, and he also owns the school record in the 3,200 (9:18.16). As a junior, Gonzales placed third in the 1,600 and was second in the 3,200. He was also recruited by Princeton, Notre Dame, Portland, California and Memphis.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:16.73; 3,200-meters: 9:00.58.

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

**PERSONAL:** Ethan Alexander Gonzales was born on March 25, 1996 in Denver, Colo. He is the son of Charles and Tammy Gonzales of Westminster, Colo. He has one sister, Ivy. Gonzales lists his hobbies as swimming, biking, hiking and camping.

### TRACK PRs

1,600-m ..... 4:16.73  
3,200-m ..... 9:00.58

## COLORADO BUFFALOES



**CHRIS HERRICK**  
Freshman • HS  
Missoula, Mont.  
(Hellgate)

**HIGH SCHOOL:** Herrick broke a 39-year-old school record in the 3,200-meter run at the Arcadia Invitational in 2013. He raced to a time of 9:17 and held the record for a few hours before his high school teammate and current CU teammate, Adam Peterman, broke his record later that night. The Knights won three straight Montana State cross country titles (2011-13) and four consecutive state track titles (2010-13). Herrick was injured during his senior cross country season, but in the spring he placed second at state in the 1,600 (4:28.61) and third in the 3,200 (9:32.60). As a junior, he was fourth in the 3,200 (9:29.54) and fifth in the 1,600 (4:25.12). He also placed eighth at the state cross country meet in 2012. Herrick was all-state in track (1,600 and 3,200) and academic all-state. He was honored with the HHS "Knight Award" as a senior and served as the cross country team's captain in 2013 despite being injured. Herrick was also recruited by Portland, Northern Arizona, Washington State and Oklahoma.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:23; 3,200-meters: 9:17.

**IN THE CLASSROOM:** Herrick intends to major in environmental studies and is also interested in sociology.

**PERSONAL:** Christopher Coulson Herrick was born on November 13, 1995 in Bend, Ore. He is the son of Jonathan and Jill Herrick of Missoula, Mont. Herrick also has a sister, Jenna. He enjoys mountain biking, skiing and backpacking. Herrick lived in Alaska for six years and spent a lot of time salmon and halibut fishing.

### TRACK PRs

1,600-m .....	4:23
3,200-m .....	9:17

## COLORADO BUFFALOES



**JOE HOLVEY**  
Sophomore • TR  
Eugene, Ore.  
(South Eugene/Oregon)

**AT OREGON:** Holvey competed one season for the Ducks. During the cross country season, he competed in two meets for the Ducks, finishing 24th at the Pier Park Invitational with a time of 19:21.31 and crossing the line in 26:49.00 at the Bill Dellinger Invitational to place 95th.

**HIGH SCHOOL:** Holvey competed in cross country and in track and field for the Axemen and earned three letters. In 2011, he helped his team to the Oregon State Championships in cross country. Individually, he finished second in the 2,000-meter steeplechase at the Border Duel Track Classic (6:01). Holvey placed fourth at the Oregon State Athletic Association Outdoor 6A State Championships in the 1,500, finishing with a time of 3:58.53.

**HIGH SCHOOL BESTS:** 1,500-meter: 3:58.53; 2,000-meter steeplechase: 6:01.

**IN THE CLASSROOM:** Holvey intends to major in political science and is also interested in education.

**PERSONAL:** Joseph Mark Jerome Holvey was born February 28, 1994 in Eugene, Ore. He is the son of Joe, who played baseball at San Diego State, and Kathi Holvey and has one younger sister, Annie. Holvey enjoys playing basketball and swimming. He has also volunteered for Food for Lane County and the Oregon Track Club All-Comer's Meets.

### TRACK PRs

Steeplechase..... 10:17.48

# COLORADO BUFFALOES



## JAKE HURYSZ

Senior • 1L/RS

Melbane, N.C.

(Eastern Alamance/North Carolina)

**COLLEGE – 2013:** Did not compete.

**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 NORTH CAROLINA:** 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)
3,000-m .....	7:50.50
5,000-m .....	13:38.59 (0)



# COLORADO BUFFALOES



**ANNIE KELLY**  
**Sophomore • TR**  
**Alpharetta, Ga.**  
**(Milton/Mississippi)**

**AT MISSISSIPPI:** Kelly ran one cross country season for Mississippi. She placed 31st at the NCAA South Regional in 20:57 after a 57th-place finish at the SEC Championships.

**HIGH SCHOOL:** Kelly lettered all four years in cross country and also earned three letters as a member of the track team at MHS. She was named the 2012 Milesplit Georgia Cross Country Runner of the Year. Kelly was the runner-up at the GHSA 6A cross country state championships and was 25th at the Foot Locker south regional. She also helped the Eagles win the 2010, 2011 and 2012 state cross country team championship. On the track, she earned high school All-America honors after finishing eighth in the 5,000 (17:12.74) at the 2013 New Balance Indoor Nationals. Kelly was named USATF Georgia All-State as a junior and senior. She owns or shares eight MHS records in the 1,600 (4:59.10), 3,200 (10:45.11), 5,000 (17:12.74), 4x800, 4x1,600, Distance Medley Relay, the 5k cross country record and the Georgia 19 and under half marathon.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:59; 3,200-meters: 10:45; 5,000-meters: 17:12.74.

**IN THE CLASSROOM:** Kelly is an open major. She owns a GPA greater than 3.00.

**PERSONAL:** Anne Katherine Kelly was born on November 16, 1994 in Atlanta, Ga. She is the daughter of Andrew and Sue Kelly and has three siblings, Nick, Liz and her twin Ryan. Liz and Nick both swam at Emory College and Nick is a student at CU. Her mother was a professional triathlete and later became a professional marathon runner and qualified for the Olympic Trials. Her father was an ultra-marathoner and professional cyclist and competed in the rodeo. He was also a member of Montana State's rodeo team in college. Kelly would like to pursue a career in professional running. She enjoys singing and has volunteered with Habitat for Humanity.

## TRACK PRs

1,600-m .....	4:59
3,200-m .....	10:45
5,000-m .....	17:12.74

## COLORADO BUFFALOES



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

**COLLEGE – 2013:** Did not compete.

**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 is majoring in business and recorded a GPA greater than 3.80 in her first year.

**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  
Mile ..... 4:55.24

# COLORADO BUFFALOES



## CATRINA MCALISTER

Junior • 2L

San Clemente, Calif.  
(Arcadia)

**COLLEGE – 2013:** McAlister raced three times for the Buffs as a sophomore. She started the season by placing ninth at the Rocky Mountain Shootout. McAlister was CU's seventh runner to finish at NCAA Pre-Nationals, finishing 163rd overall. Her final race of the season was the Pac-12 Championships where she placed 30th as the fifth scorer, helping CU take second in the team race.

**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.

**2013** ..... **Fin/CU.... Time**  
Rocky Mtn. Shootout.....9/2.....21:59  
at Pre-Nationals .....163/7 .....21:52  
at Pac-12 Championship ..30/5 .....22:40

**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.....

### HONORS

2013 Pac-12 All-Academic honorable mention

### TRACK PRs

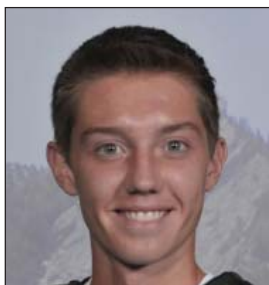
800-m ..... 2:18.99 (O)  
1,500-m ..... 4:30.31 (O)  
Mile..... 5:10.15 (I)  
3,000-m ..... 9:40.95 (I)  
5,000-m ..... 17:59.90 (O)

**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 3.10. She was named to the Pac-12 All-Academic honorable mention team in 2013.

**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.

## COLORADO BUFFALOES



### PAUL MILLER

**Freshman • HS**  
**Fort Collins, Colo.**  
**(Poudre)**

**HIGH SCHOOL:** Miller is the PHS 3,200-meter record holder (9:26), which he set at the Liberty Bell Invitational in April of 2014. He is also a member of the PHS school record 4x800-meter relay team, which ran 8:01. The Impalas won the 2014 Front Range League Track & Field Championship during Miller's senior year and he was named all-state second team and all-conference that year. During Miller's junior year, he was also named all-conference, as well as the FRL Athlete of the Year. Miller received Academic all-state honors his sophomore, junior and senior years. He was also recruited by California and UC-Davis.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:22; 3,200-meters: 9:26.

**IN THE CLASSROOM:** Miller intends to major in environmental science, but is also interested in ecology, evolutionary biology and foreign affairs.

**PERSONAL:** Paul A. Miller was born on July 18, 1996 in Fort Collins, Colo. He is the son of Paul and Tamara Miller and has two older brothers, Iain and Robert. Miller enjoys salsa dancing, scuba diving and sunrise hikes.

#### TRACK PRs

1,600-m.....	4:22
3,200-m.....	9:26

# COLORADO BUFFALOES



## AMMAR MOUSSA

**Junior • 2L**  
**Arcadia, Calif.**  
**(Arcadia)**

2013	Fin/CU....	Time
at Pre-Nationals .....	54/6	24:16
at Pac-12 Championship ..	9/5	25:15
at NCAA Mtn Region.....	27/6	30:08
at NCAA Championship .....	95/5	31:18

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-Mountain Region  
 2013 All-Pac-12 Second Team  
 2011-12 CU Male Freshman Athlete of the Year Finalist

### TRACK PRs

800-m .....	1:52.42 (O)
1,500-m .....	3:43.97 (O)
1 Mile .....	4:22.38 (I)
3,000-m .....	8:06.34 (I)
5,000-m .....	13:56.00 (O)
10,000-m .....	30:38.83

**COLLEGE – 2013:** Moussa raced in the final four varsity meets of the season, starting with NCAA Pre-Nationals where he placed 54th overall as CU's No. 6 runner. Moussa turned it up a gear at the Pac-12 Championships, coming in ninth overall (CU's No. 5), helping the Buffs to their third straight Pac-12 team title while picking up All-Pac-12 Second Team honors. He was 27th at regionals and placed 95th at the NCAA Championships, rounding out CU's top five as the Buffs captured the NCAA team title.

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

**2011:** Moussa had a breakout freshman year to earn a spot on the 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.

**IN THE CLASSROOM:** Moussa is majoring in international affairs.

**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**  
**Junior • 2L**  
**Hanalei, Hawai'i**  
**(Island)**

**2013 ..... Fin/CU .... Time**  
 Rocky Mtn. Shootout ..... 4/2 ..... 25:42  
 at Pre-Nationals ..... 24/4 ..... 23:57  
 at Pac-12 Championship .. 7/4 ..... 25:00  
 at NCAA Mtn. Region ..... 5/1 ..... 29:46  
 at NCAA Championship .... 39/4 ..... 30:45

**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

2013 All-American  
 2012-13 CU Male Freshman of the Year  
 2012, 13 All-Region  
 2013 All-Pac-12 First Team  
 2012 All-Pac-12 Second Team

## TRACK PRs

800-m ..... 2:00.67  
 1,500-m ..... 3:54.44  
 Mile ..... 4:30.92 (I)  
 3,000-m ..... 8:03.35 (I)  
 5,000-m ..... 13:48.74 (O)  
 10,000-m ..... 29:36.48 (O)

**COLLEGE – 2013:** Murphy had another great season, scoring in all five varsity meets. He started the season placing fourth at the Rocky Mountain Shootout as CU's No. 2 harrier. The next two meets, Murphy came across the line fourth for CU. He was 24th at pre-nationals and was seventh at the Pac-12 Championships, helping CU to its third straight Pac-12 team Championship. Murphy led the Buffs for the first time at regionals with a fifth-place finish and rounded out his season by placing 39th at NAAs, helping the Buffs win the NCAA title. During the season, he was named to the All-Pac-12 Second Team, All-Mountain Region and All-America teams.

**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.

**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**  
**Sophomore • 1L**  
**Broomfield, Colo.**  
**(Legacy)**

**COLLEGE – 2013:** Nun had a breakout freshman season, earning a spot on the varsity roster early in the season. She raced unattached at the Rocky Mountain Shootout, placing eighth. Her first race in uniform was NCAA Pre-Nationals and she finished 57th overall as CU's No. 4 runner. Nun was CU's fourth scorer at the Pac-12 Championships as well, coming in 14th overall to earn All-Pac-12 Second Team honors, and helped the Buffs claim second in the team title. At regionals, she was sixth overall, again the fourth runner for the Buffs, helping CU win the regional crown. Nun finished her freshman season at NCAAs as the third scorer for CU, crossing the line 68th overall, while helping CU to a seventh-place team finish.

**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.

2013 .....	Fin/CU.....	Time
Rocky Mtn. Shootout.....	+8 .....	21:56
at Pre-Nationals .....	57/4 .....	21:07
at Pac-12 Championship ..	14/4 .....	22:09
at NCAA Mtn Region.....	6/4 .....	20:45
at NCAA Championship ....	68/3 .....	21:04

## HONORS

2013 All-Mountain Region  
 2013 All-Pac-12 Second Team

## TRACK PRS

800-m .....	2:17
1,500-m .....	4:23.48
Mile .....	4:49.69
3,000-m .....	9:24.26
Steeplechase .....	10:18.86

**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 is majoring in mathematics and economics and recorded a GPA of 3.914 in her first year.

**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.

## COLORADO BUFFALOES



### MANDY ORTIZ

**Freshman • RS**

**Vail, Colo.**

**(Battle Mountain)**

**COLLEGE – 2013:** Did not compete.

**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 is majoring in integrative physiology and has a perfect 4.0 GPA after two semesters.

**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. She is the 2013 World Junior Mountain Running Champion and placed fourth at the 2014 championships.

#### TRACK PRs

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

**2014 COLORADO CROSS COUNTRY**



# COLORADO BUFFALOES



## MORGAN PEARSON

**Senior • 2L**  
**New Vernon, N.J.**  
**(Morristown)**

### 2013 ..... Fin/CU..... Time

Rocky Mtn. Shootout..... +7 .....25:57  
 at Pre-Nationals .....7/1 .....23:40  
 at Pac-12 Championship ..18/6 .....25:42  
 at NCAA Mtn Region.....16/4 .....29:54  
 at NCAA Championship ....17/2 .....30:25

### 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.

### HONORS

2013 All-American  
 2013 All-Mountain Region  
 2013 Pac-12 All-Academic Second Team

### TRACK PRs

800-m ..... 1:54.18 (0)  
 1,500-m ..... 3:47.68 (0)  
 Mile..... 4:16.40  
 3,000-m ..... 8:06.44 (1)  
 5,000-m ..... 13:38.92 (0)  
 10,000-m .....30:01.72

**COLLEGE – 2013:** Pearson started the season with a seventh-place finish at the Rocky Mountain Shootout, although he ran that meet unattached. He put on the CU uniform in the following meet, NCAA Pre-Nationals, and led the Buffs with a seventh-place finish. Pearson was 18th overall at the Pac-12 Championships and although he didn't score as CU's sixth runner, he did help the Buffs to their third straight Pac-12 Championship. He placed 16th at regionals and finished the season by claiming All-America honors at NCAAs with a 17th-place finish, helping the Buffs to the NCAA team title.

**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 has a GPA greater than 3.4. He was named to the Pac-12 All-Academic Second Team in 2013.

**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.

## COLORADO BUFFALOES



**ZACH PERRIN**  
**Sophomore • 1L**  
**Kalispell, Mt.**  
**(Flathead)**

**COLLEGE – 2013:** Perrin quickly earned a position on the varsity roster as a true freshman, running fifth overall (unattached) at the Rocky Mountain Shootout. His first varsity race in uniform for the Buffs was NCAA Pre-Nationals where he finished 114th overall. Perrin's next race was Pac-12 Championships, where he helped CU claim its third straight team title. Perrin placed 37th overall as CU's No. 8 runner. He served as the alternate at regionals, but was back in action at NAAs where he took 107th (CU's No. 6 scorer), helping CU win the team championship.

**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.

**2013 ..... Fin/CU .... Time**  
 Rocky Mtn. Shootout ..... +5 ..... 25:52  
 at Pre-Nationals ..... 114/7 ..... 24:43  
 at Pac-12 Championship .. 37/8 ..... 26:16  
 at NCAA Mtn Region ..... Alt.  
 at NCAA Championship .... 107/6 ..... 31:24

### TRACK PRs

800-m ..... 1:52.05  
 1,500-m ..... 3:42.39  
 Mile ..... 4:16.71  
 3,000-m ..... 8:12:31

**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.

## COLORADO BUFFALOES



### ADAM PETERMAN

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

**COLLEGE – 2013:** Did not compete.

**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.

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

**IN THE CLASSROOM:** Peterman is majoring in environmental science and owns a GPA greater than 3.70.

**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
1,500-m .....	3:51.14
3,000-m .....	8:14.33
Steeplechase .....	9:02.19

## COLORADO BUFFALOES



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

**COLLEGE – 2013:** Did not compete.

**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 and was the class valedictorian.

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

**IN THE CLASSROOM:** Reedy is a photo-journalism major and has a GPA greater than 3.50.

**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**  
Sophomore • VR  
San Jose, Calif.  
(Archbishop Mitty)

**COLLEGE – 2013:** Rintala raced twice as a freshman. She ran unattached at the Rocky Mountain Shootout, placing 56th overall. Rintala also competed at the Santa Clara Bronco Invitational, finishing 15th.

**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 is majoring in integrative physiology.

**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.

**2013 .....Fin/CU ....Time**  
Rocky Mtn. Shootout...+56 ..... 25:13  
at SC Bronco Invite .....15/3 ..... 23:07

### TRACK PRs

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

# COLORADO BUFFALOES



**BEN SAAREL**  
**Sophomore • 1L**  
**Park City, Utah**  
**(Park City)**

**COLLEGE – 2013:** Saarel had an outstanding true freshman season for the Buffs, earning All-Pac-12 First Team, All-Mountain Region and All-America honors. He raced the Rocky Mountain Shootout unattached and took second to teammate Blake Theroux by just one second (25:35). Saarel's first race for the Buffs was NCAA Pre-Nationals, and he took ninth overall as CU's No. 2 scorer. In the following meet, the Pac-12 Championships, he was the fifth runner to cross the finish, CU's third harrier, and helped the Buffs win their third team championship. Saarel continued to shine and at regionals, he was seventh overall, but he saved the best for last at the NCAA Championships where he took eighth overall and led the Buffs to their fourth NCAA Championship since 2001. Saarel became CU's first true freshman since Billy Nelson in 2002 to record All-America honors. That year Nelson was 42nd overall.

**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).

**HIGH SCHOOL BESTS:** 800-meters: 1:51; Mile: 4:02.72; 1,600-meters: 4:07.95; 3,200-meters: 8:45.74.

<b>2013</b> .....	<b>Fin/CU.... Time</b>
Rocky Mtn. Shootout..... +2 .....	25:35
at Pre-Nationals .....	9/2..... 23:40.7
at Pac-12 Championship .....	5/3..... 24:53
at NCAA Mtn Region.....	7/2..... 29:46.4
at NCAA Championship ....	8/1..... 30:41.1

## HONORS

2013 All-American  
 2013 All-Mountain Region  
 2013 All-Pac-12 First Team

## TRACK PRs

800-m .....	1:51.11
1,500-m .....	3:41.54
Mile.....	4:02.72
3,000-m .....	7:52.61
5,000-m .....	13:48.97

**IN THE CLASSROOM:** Saarel is majoring in engineering physics. He recorded a 4.00 GPA in his first semester at CU and owns an impressive 3.977 GPA.

**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 ran at Swarthmore College. Saarel enjoys skiing and has volunteered with the Special Olympics.

## COLORADO BUFFALOES



**PANOS SMYRNIOS**  
**Sophomore • VR**  
**Littleton, Colo.**  
**(Chatfield)**

**COLLEGE – 2013:** Smyrnios ran in one race for the Buffs as a freshman, placing 45th overall at the Santa Clara Bronco Invitational.

**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 is majoring in integrative physiology and Spanish. He recorded a 3.74 GPA in his first year at CU.

**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.

**2013 ..... Fin/CU.... Time**  
 at SC Bronco Invite .....45/2 .....25:33

**TRACK PRs**  
 800-m ..... 1:55  
 1,600-m ..... 4:33.35

# COLORADO BUFFALOES



## SARA SUTHERLAND

**Graduate • TR**  
**Dallas, Texas**  
**(Highland Park)**

**AT TEXAS:** Sutherland raced three seasons at Texas, redshirting the 2013 season. As a junior in 2012, she led the Longhorns at three meets, including a third-place finish at the Big 12 Championships. Sutherland was the runner-up at the NCAA South Central Region Championship and finished 58th overall at the NCAA Championships. In 2011, she led the Longhorns at NCAAs, crossing the finish 96th overall. Sutherland was fourth at regionals and finished 11th at the Big 12 Championships that season. During her freshman year, she was ninth at regionals, 34th at Big 12s and 155th at NCAAs. Sutherland earned two All-Big 12 and three all-region honors at UT.

**HIGH SCHOOL:** Sutherland was a four-year letterwinner in cross country and track and field at Highland Park, competing in the 1,600 and 3,200. Sutherland was named the Newcomer of the Year in 2006 by the Dallas Morning News and the Cross Country Runner of the Year in 2007 after winning the Texas 4A Cross Country Championship. In 2009, she was named the Texas Girls Coaches Association Cross Country Athlete of the Year.

**IN THE CLASSROOM:** Sutherland is in graduate school and looks to get her master's in sciences in interdisciplinary communications and technology for development. She graduated from Texas with a degree in government.

**PERSONAL:** Sara Sutherland was born January 31, 1992 in Dallas, Texas. She is the daughter of Carl and Carol Sutherland and has two brothers, Lee and Dan. Dan was a member of the track and field team at Rhodes College. She enjoys nutrition, playing the harmonica and reading. Sutherland volunteered with Feed My People, a homeless ministry, Girls on the Run, and Reading is Fundamental; all in Austin, Texas.

### TRACK PRs

800-m .....	2:10.67 (O)
1,500-m .....	4:18.62
Mile .....	5:00.31
3,000-m .....	9:10.54
5,000-m .....	15:50.04 (I)
10,000-m .....	34:28.07



# COLORADO BUFFALOES



**BLAKE THEROUX**  
Senior • 3L  
Chesapeake, Va.  
(Western Branch)

## 2013 ..... Fin/CU .... Time

Rocky Mtn. Shootout..... 1/1 .....25:34  
at Pre-Nationals .....22/3 .....23:53  
at Pac-12 Championship ..3/1 .....24:47  
at NCAA Mtn Region.....26/5 .....30:08  
at NCAA Championship ....23/3 .....30:35

## 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, 13 All-American  
2012 All-Region  
2012, 13 All-Pac-12 First Team  
2011 Pac-12 All-Academic honorable mention

## TRACK PRs

800-m ..... 1:51.50 (O)  
1,500-m ..... 3:45.17 (O)  
Mile ..... 4:01.64 (I)  
3,000-m ..... 7:54.76 (I)  
5,000-m ..... 13:57.62 (O)  
Steeple ..... 8:49.95 (O)

**COLLEGE—2013:** Theroux had another outstanding season, leading CU twice during the season. He started off winning the Rocky Mountain Shootout, just one second in front of freshman teammate Ben Saarel (25:34). Theroux was CU's third scorer at NCAA Pre-Nationals, coming in 22nd overall. He returned to lead the Buffs in the next race, the Pac-12 Championship, and guided the team to its third straight team title with a third-place finish. Theroux placed 26th at regionals and then recorded the first All-America honor of his career with a 23rd-place finish as he helped the Buffs win the NCAA Championship. He also earned All-Pac-12 First Team and all-region honors during the season.

**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 Hurty. 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.

# COLORADO BUFFALOES



## CARRIE VERDON

**Junior • 2L**  
**Moraga, Calif.**  
**(Campolindo)**

2013	Fin/CU	Time
Rocky Mtn. Shootout.....	2/1	20:55
at Pre-Nationals .....	22/2	20:43
at Pac-12 Championship ..	10/2	21:42
at NCAA Mtn Region.....	4/2	20:40
at NCAA Championship ....	132/5	21:32

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, 13 All-Region  
 2013 All-Pac-12 Second Team  
 2013 Pac-12 All-Academic honorable  
 mention

### TRACK PRs

1,500-m .....	4:25.46
1 Mile .....	5:07.12
3,000-m .....	9:18.11 (I)
5,000-m .....	15:59.83 (O)
10,000-m .....	33:42.02

**COLLEGE – 2013:** Verdon had another outstanding season as a sophomore, helping to lead CU to a runner-up finish at Pac-12, win regionals and place seventh at NAAs. Verdon led CU at the Rocky Mountain Shootout, placing second overall. She was the No. 2 runner for the Buffs in the next three races, placing 22nd at NCAA-PreNationals, 10th at Pac-12s and fourth at regionals. She finished the season at NCAA with a 132nd-place finish (CU's No. 5) after falling twice due to extremely muddy conditions. Verdon earned All-Pac-12 Second Team and all-region honors during the campaign.

**2012:** Verdon made an immediate impact during her freshman campaign and was CU's No. 2 scorer in four of five races. She led the Buffs at the Rocky Mountain Shootout, crossing the finish third overall. 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. She was named to the Pac-12 All-Academic honorable mention team in 2013.

**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.

**2014 COLORADO CROSS COUNTRY**

# COLORADO BUFFALOES



**CONNOR WINTER**  
**Junior • 2L**  
**Centennial, Colo.**  
**(Arapahoe)**

**COLLEGE — 2013:** Winter had another nice season, playing a key role for the Buffs throughout the season. He placed sixth at the Rocky Mountain Shootout as CU's No. 3 scorer. A couple weeks later, at NCAA Pre-Nationals, Winter was 28th (CU's No. 5). His best finish of the season came at the Pac-12 Championships where he took fourth and guided the Buffs to their third straight Pac-12 team title. Winter helped the Buffs to a runner-up team finish at regionals, placing 15th individually, and finished the season with a 177th-place finish at the NCAA Championships where CU took home the team title. He recorded All-Pac-12 First Team and all-region honors during the year.

**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: 4:07; 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).

2013	Fin/CU	Time
Rocky Mtn. Shootout.....	6/3	25:56
at Pre-Nationals.....	28/5	23:59
at Pac-12 Championship ..	4/2	24:49
at NCAA Mtn Region.....	15/3	29:52
at NCAA Championship ....	177/7	32:03

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

## HONORS

2013 All-Mountain Region  
 2013 All-Pac-12 First Team

## TRACK PRs

800-m .....	1:52.56
1,500-m .....	3:44.53 (O)
Mile.....	4:01.69 (I)
3,000-M .....	8:02.70 (I)
5,000-m .....	13:55.91 (O)