

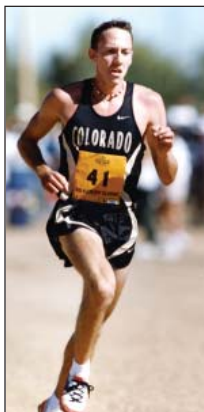
ALL-AMERICANS

Men (1963-Present)

| | | | | | |
|-----------------|--------------|--------------------|------------------|----------------|------------------|
| Dave Wrighton | 1963, 64, 65 | Jay Cleckler | 1994 | Jon Severy | 2004 |
| Craig Runyon | 1966, 67, 68 | Jon Cooper | 1994, 95 | Brent Vaughn | 2004, 06, 07 |
| Rick Trujillo | 1967 | Adam Goucher | 1994, 95, 97, 98 | Stephen Pifer | 2004, 05, 06, 07 |
| John Lunn | 1968 | Clint Wells | 1994, 95 | James Strang | 2005, 06 |
| John Gregorio | 1972, 73 | Ricky Cron | 1996 | Erik Heinonen | 2006 |
| Mike Peterson | 1974 | Chris Severy | 1996 | Jordan Kyle | 2008 |
| Mark Spilsbury | 1977, 79 | Zeke Tiernan | 1996 | Joe Bosshard | 2010, 11 |
| John Hunsaker | 1978 | Tom Reese | 1997 | Andy Wacker | 2010, 11 |
| Mark Anderson | 1979 | Matt Napier | 1997 | Richard Medina | 2011 |
| Michael Buhmann | 1979 | Adam Batliner | 1997 | Jake Hurysz | 2012 |
| Mark Scrutton | 1980, 81, 82 | Mike Friedberg | 1998, 99, 00 | Blake Theroux | 2012, 13, 14 |
| Sam Reese | 1982 | Ron Roybal | 1998 | Aric Van Halen | 2012 |
| Dan Reese | 1984, 85 | Jorge Torres | 2000, 01, 02 | Pierce Murphy | 2013, 14 |
| Chuck Trujillo | 1985, 86 | Ed Torres | 2000, 01, 02 | Morgan Pearson | 2013 |
| Mike Nahom | 1989 | Sean Smith | 2000 | Ben Saarel | 2013, 14 |
| Shawn Found | 1992 | Steve Slattery | 2000, 01 | Ammar Moussa | 2014 |
| Alan Culpepper | 1993, 94, 95 | Dathan Ritzenhein | 2001, 03 | Connor Winter | 2014 |
| Scott Larson | 1993 | Billy Nelson | 2002, 03 | | |
| | | Bret Schoolmeester | 2004, 05 | | |



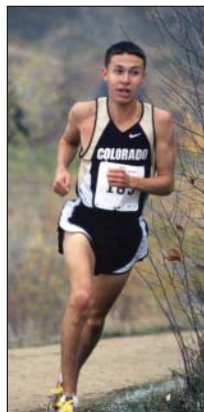
Alan Culpepper (1993, 94, 95)



Adam Goucher (1994, 95, 97, 98)



Mike Friedberg (1998, 99, 00)



Ed Torres (2000, 01, 02)



Jorge Torres (2000, 01, 02)



Dathan Ritzenhein (2001, 03)



Stephen Pifer (2004, 05, 06, 07)



Joe Bosshard (2010, 11)

ALL-AMERICANS

Women (1976-Present)

Mary Decker (AIAW) 1978
 Carol McMordie 1986
 Chris McNamara 1986, 87
 Patty Roberts 1994, 95
 Heather Burroughs 1994, 95, 98
 Natalie Raveling 1994
 Colleen Glyde 1995, 96
 Kelly Smith 1995, 97
 Carrie Messner 1996
 Kara Grgas-Wheeler 1999, 00
 Sara (Gorton) Slattery 2000, 02, 04
 Jodie Hughes 2000
 Molly Austin 2001, 02
 Natalie Florence 2002, 04
 Renee Metivier 2001, 03, 04
 Kalin Toedebusch 2003
 Christine Bolf 2004, 05

Liza Pasciuto 2004, 05, 06
 Jenny Barringer 2006, 07
 Sara Vaughn 2007
 Allie McLaughlin 2009
 Shalaya Kipp 2010, 11, 12, 13
 Laura Tremblay 2010
 Emma Coburn 2011
 Erin Clark 2014



Heather Burroughs (1994, 95, 98)



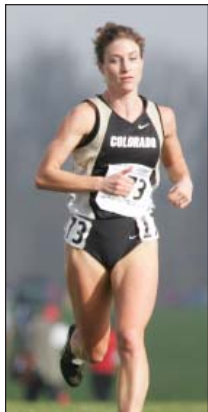
Patty Roberts (1994, 95)



Molly Austin (2001, 02)



Christine Bolf (2004, 05)



Renee Metivier (2002, 04)



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



Jenny Barringer (2006, 07)

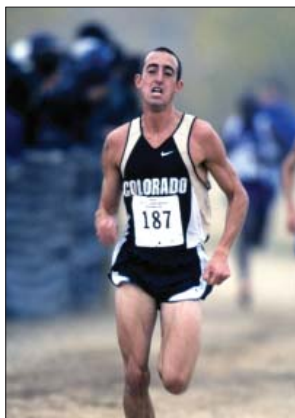


Shalaya Kipp (2010, 11, 12, 13)

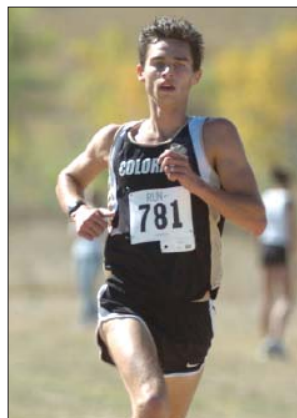
BUFF HONOR ROLL



Jenny Barringer



Steve Slattery



Bret Schoolmeester

ALL-CONFERENCE

Men

| | |
|--------------------|------------------|
| Dan Reese | 1985 |
| Chuck Trujillo | 1985, 86 |
| Andy Dunn | 1986, 87 |
| Todd Wienke | 1986 |
| Ron Salazar | 1990, 93 |
| Shawn Found | 1992 |
| Fritz Rogers | 1992 |
| Alan Culpepper | 1994 |
| Adam Goucher | 1994, 95, 97, 98 |
| Adam Batliner | 1996 |
| Clint Wells | 1997 |
| Oscar Ponce | 1998 |
| Jorge Torres | 1999, 00, 01, 02 |
| Ed Torres | 1999, 00, 01, 02 |
| Ron Roybal | 1999 |
| Mike Friedberg | 1999, 00 |
| Zach Crandall | 2000 |
| Steve Slattery | 2000, 02 |
| Sean Smith | 2000 |
| Dathan Ritzenhein | 2001, 03 |
| Billy Nelson | 2002, 03, 05, 06 |
| Bret Schoolmeester | 2003, 04, 05 |
| Brent Vaughn | 2003, 04, 06, 07 |
| Bradley Harkrader | 2004 |
| Jon Severy | 2004 |
| Stephen Pifer | 2005, 06, 07 |
| James Strang | 2005, 06 |
| Erik Heinonen | 2006 |
| Pete Janson | 2007 |
| Kenyon Neuman | 2007, 08, 09 |
| Jordan Kyle | 2008, 09 |
| Richard Medina | 2008, 09, 11 |
| Chris Pannone | 2008 |
| Christian Thompson | 2009, 10, 11 |
| Andy Wacker | 2009, 10, 11 |
| Joe Bosshard | 2010, 11 |
| Aric Van Halen | 2010, 12 |
| Hugh Dowdy | 2012 |
| Jake Hurysz | 2012 |
| Martin Medina | 2012 |
| Pierce Murphy | 2012, 13, 14 |
| Blake Theroux | 2012, 13, 14 |

Women

| | |
|------------------------|------------------|
| Ammar Moussa | 2013, 14 |
| Ben Saarel | 2013, 14 |
| Connor Winter | 2013, 14 |
| Sarah Hanson | 1985 |
| Chris McNamara | 1986, 87 |
| Catrina Campbell | 1987 |
| Brooke Baughman | 1991, 92 |
| Muffy Raveling | 1992, 94 |
| Patty Roberts | 1993, 94, 95 |
| H. Burroughs | 1994, 95, 97, 98 |
| Kelly Smith | 1995, 96, 97 |
| Carrie Messner | 1996 |
| Shayne Wille | 1996 |
| Jennifer Smith | 1997 |
| Kara Grgas-Wheeler | 1997, 99, 00 |
| Sara (Gorton) Slattery | 2000, 02, 04 |
| Tera Moody | 2000, 01 |
| Jodie Hughes | 2000, 01 |
| Molly Austin | 2001, 02 |
| Natalie Florence | 2002, 03, 04 |
| Renee Metivier | 2003, 04 |
| Kalin Toedebusch | 2003, 05 |
| Christine Bolf | 2004, 05 |
| Liza Pasciuto | 2004, 05, 06 |
| Amber Smith | 2004 |
| Jenny Barringer | 2005, 06, 07, 09 |
| Claire Maduza | 2006 |
| Aislinn Ryan | 2006 |
| Erin Marston | 2007 |
| Sara Vaughn | 2007 |
| Allie McLaughlin | 2009 |
| Laura Thweatt | 2009, 10 |
| Laura Tremblay | 2009, 10 |
| Emma Coburn | 2010, 11 |
| Shalaya Kipp | 2010, 11, 12, 13 |
| Rachel Baptista | 2011 |
| Lara Darco | 2011 |
| Erin Clark | 2013, 14 |
| Melanie Nun | 2013 |
| Carrie Verdon | 2013 |
| Maddie Alm | 2014 |



Natalie Florence



Brent Vaughn

BUFF HONOR ROLL



Billy Nelson



Jon Severy



Kalin Toedebusch

ALL-DISTRICT/REGION

Men

| | |
|--------------------|------------------|
| Andy Dunn | 1985, 86, 87, 88 |
| Mike Kubitschek | 1985 |
| Dan Reese | 1985 |
| Todd Wienke | 1985, 86 |
| Scott Elliott | 1986 |
| Ken Metcalf | 1986 |
| Cisco Bob | 1987, 88, 89 |
| David Derdeyn | 1987 |
| Mike Nahom | 1988, 89 |
| Chuck Trujillo | 1985, 86, 88 |
| Nate Wright | 1988, 89 |
| Shawn Found | 1992, 93 |
| Brett Larsen | 1992, 93 |
| Scott Larson | 1992, 93 |
| Fritz Rogers | 1991, 92 |
| Tim Catalano | 1993, 94 |
| Alan Culpepper | 1993, 94, 95 |
| Ron Salazar | 1993 |
| Jay Cleckler | 1994 |
| Jon Cooper | 1994, 95 |
| Adam Goucher | 1994, 95, 97, 98 |
| Clint Wells | 1994, 95, 97 |
| Adam Batliner | 1996, 97, 98 |
| Ricky Cron | 1996 |
| Jay Johnson | 1996 |
| Matt Napier | 1996, 97 |
| Tom Reese | 1996, 97, 98 |
| Chris Severy | 1996 |
| Zeke Tiernan | 1996 |
| Aaron Blondeau | 1997, 99 |
| Mike Friedberg | 1998, 99 |
| Ron Roybal | 1998, 99 |
| Oscar Ponce | 1999 |
| Sean Smith | 1999, 00 |
| Jorge Torres | 2000, 01, 02 |
| Ed Torres | 2000, 01, 02 |
| Zach Crandall | 2000 |
| Steve Slattery | 2000, 01 |
| Dathan Ritzscheim | 2001, 03 |
| Billy Nelson | 2002, 03, 05, 06 |
| Bret Schoolmeester | 2003, 04, 05 |
| Brent Vaughn | 2004, 06, 07 |
| Bradley Harkrader | 2004, 06, 07 |
| Jared Scott | 2004 |

Jon Severy

| | |
|--------------------|------------------|
| James Strang | 2004 |
| Payton Batliner | 2004, 05, 06 |
| Stephen Pifer | 2005 |
| Erik Heinonen | 2005, 06, 07 |
| Richard Medina | 2006 |
| Kenyon Neuman | 2007, 08, 09, 11 |
| Chris Pannone | 2007, 08 |
| Seth DeMoor | 2008 |
| Jordan Kyle | 2008, 09 |
| Joe Bosshard | 2009, 10 |
| Matt Tebo | 2009, 10 |
| Christian Thompson | 2009, 10, 11 |
| Andy Wacker | 2009, 10, 11 |
| Aric Van Halen | 2010, 12 |
| Martin Medina | 2011, 12 |
| Ammar Moussa | 2011, 14 |
| Jake Hurysz | 2012, 14 |
| Pierce Murphy | 2012, 13, 14 |
| Blake Theroux | 2012 |
| Morgan Pearson | 2013 |
| Ben Saarel | 2013, 14 |
| Connor Winter | 2013, 14 |

Women

| | |
|-------------------|------------------|
| Sarah Hanson | 1985 |
| Carol McMordie | 1985, 86, 87 |
| Chris McNamara | 1985, 86, 87 |
| Michelle Bews | 1986 |
| Denise Hermosillo | 1986 |
| Kirsten Kindt | 1986 |
| Kate Starke | 1986 |
| Shannon Busch | 1987, 88, 89, 90 |
| Catrina Campbell | 1987, 88 |
| Deann Zamora | 1987 |
| Liz Laster | 1989 |
| Peg Millican | 1989 |
| Brooke Baughman | 1991, 92, 93 |
| Allison Lusby | 1993, 94 |
| Amy McNitt | 1993, 94, 95 |
| Natalie Raveling | 1993, 94 |
| Patty Roberts | 1993, 94, 95 |
| Heather Burroughs | 1994, 95, 97, 98 |
| Kelly Smith | 1994, 95, 96, 97 |
| Kristina Dahlberg | 1995 |

| | |
|------------------------|------------------|
| Colleen Glyde | 1995, 96 |
| Carrie Messner | 1995, 96, 98, 99 |
| Heidi Scarlett | 1996, 97 |
| Kara Grogas-Wheeler | 1996, 99, 00 |
| Shayne Wille | 1996 |
| Jen Gruia | 1997, 98 |
| Jennifer Smith | 1997 |
| Briana Stott-Messick | 1997, 98 |
| Lesley Higgins | 1998, 00, 01 |
| Jodie Hughes | 1999, 00, 01 |
| Tera Moody | 1999, 00, 01, 02 |
| Catherine Wright | 1999 |
| Sara (Gorton) Slattery | 2000, 02, 04 |
| Molly Austin | 2001, 02 |
| Natalie Florence | 2001, 02, 04 |
| Jackie Zeigle | 2002, 03 |
| Renee Metivier | 2003, 04 |
| Kalin Toedebusch | 2003, 05 |
| Christine Bolf | 2003, 04, 05 |
| Liza Pasciuto | 2004, 05, 06 |
| Amber Smith | 2004 |
| Jenny Barringer | 2005, 06, 07, 09 |
| Claire Maduza | 2006 |
| Erin Marston | 2006, 07 |
| Aislinn Ryan | 2006 |
| Sara Vaughn | 2007 |
| Emily Hanenburg | 2008 |
| Laura Thweatt | 2008, 09, 10 |
| Emma Coburn | 2009, 10, 11 |
| Allie McLaughlin | 2009 |
| Laura Tremblay | 2009, 10 |
| Shalaya Kipp | 2010, 11, 12, 13 |
| Camille Logan | 2011 |
| Carrie Verdon | 2012, 13 |
| Erin Clark | 2013, 14 |
| Jenny DeSouchet | 2013, 14 |
| Abby Levene | 2013 |
| Melanie Nun | 2013 |
| Liz Tremblay | 2013 |
| Maddie Alm | 2014 |
| Kaitlyn Benner | 2014 |
| Annie Kelly | 2014 |
| Sara Sutherland | 2014 |

FROM WALK-ON TO ALL-AMERICAN

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

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

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

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

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

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

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

PIERCE MURPHY • 2011 Walk-on— 2013, 14 Cross Country All-American/2015 Indoor 5,000m All-American/2015 10k All-American
In his first collegiate season, 2011, Murphy redshirted but raced unattached at the Rocky Mountain Shootout. In 2012, he placed fourth overall at the Rocky Mountain Shootout as CU's No. 4 runner. Murphy also placed 14th at Pac-12s, was 19th at regionals and placed 45th at NCAAs. He earned his first All-American honor in 2013, placing 39th at NCAAs to help CU win the team title. Murphy also placed seventh at Pac-12s and led the Buffs with a fifth place finish at regionals. As a junior, he had another great season. Murphy was seventh at Pac-12s, 12th at regionals and took 35th at NCAAs while the Buffs won the team title again. Later that year on the track, he placed sixth in the 5k at indoor nationals and was fifth at outdoor nationals in the 10k.

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

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

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

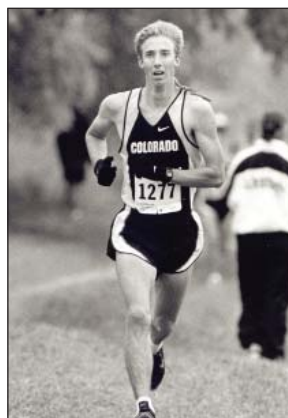
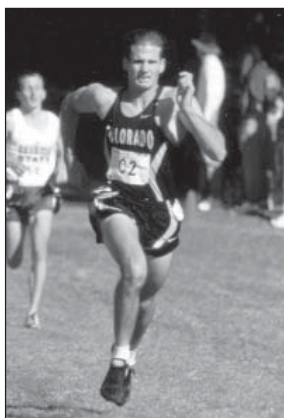
Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the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

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

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

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

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



2015 COLORADO CROSS COUNTRY