

COLORADO BUFFALOES



MADELINE ALM
Senior • 2L
Louisville, Colo.
(Monarch)

COLLEGE – 2014: Alm made a huge impact on the team as a junior, becoming CU's No. 2 runner in the postseason. She started off with a fifth place finish at the Rocky Mountain Shootout, placing fourth for the Buffs. Alm moved up to CU's No. 3 at NCAA Pre-Nationals, placing 29th overall. She was CU's No. 2 harrier in the final three races, which included a pair of seventh place finishes at the Pac-12 and NCAA Mountain Region Championships. Alm finished the season 51st at NCAAs. During the year, she was named All-Pac-12 First Team and all-region.

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.

2014	Fin/CU....	Time
Rocky Mtn. Shootout.....	5/4.....	21:17
at Pre-Nationals	29/3	21:18
at Pac-12 Championship ..	7/2.....	20:28
at NCAA Mtn. Region.....	7/2.....	21:21
at NCAA Championship ..	51/2	20:53

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

HONORS

2014 All-Region
 2014 All-Pac-12 First Team
 2014 USTFCCA All-Academic
 2013, 14 Pac-12 All-Academic honorable mention

TRACK PRs

800-m	2:16.23 (O)
1,500-m	4:18.84 (O)
Mile.....	5:05.56 (I)
3,000-m	9:33.84 (I)
5,000-m	16:14.97 (O)

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 and '14.

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.

COLORADO BUFFALOES



KAITLYN BENNER
Sophomore • 1L
Superior, Colo.
(Monarch)

CROSS COUNTRY – 2015: Benner started the 2015 season early, competing at the USA Junior Cross Country Championships in February. She didn't just compete, she won the junior title, finishing in 21:48. Benner went on to lead the U.S. at the IAAF World Junior Cross Country Championships, placing 27th overall (21:45).

2014: Benner earned a spot on the varsity roster after placing ninth overall at the Rocky Mountain Shootout (where she raced unattached). Her first race in the black and gold was NCAA Pre-Nationals; she placed 52nd overall and was CU's No. 4 runner. Benner moved up to a 29th place finish at Pac-12s a couple of weeks later, scoring as the Buffs fifth runner. She recorded her first individual honor at regionals, placing 13th overall to be named to the All-Mountain Region team. Benner finished the season 81st at NAAs, helping the Buffs to a seventh place team finish.

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.

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

IN THE CLASSROOM: Benner is a chemical and biological engineering major. She recorded a 3.948 GPA in her first year at CU.

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.

2014	Fin/CU....	Time
Rocky Mtn. Shootout.....+9		21:40
at Pre-Nationals	52/4	21:37
at Pac-12 Championship	29/5	21:00
at NCAA Mtn. Region.....	13/5	21:33
at NCAA Championship	81/3	21:06

HONORS

2014 All-Region
2014 USTFCCA All-Academic

TRACK PRs

1,500-m	4:25.32 (O)
3,000-m	9:24.20 (I)
5,000-m	16:08.22 (I)

2015 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



ERYN BLAKELY
Sophomore • 1L
Monrovia, Calif.
(Alverno)

CROSS COUNTRY – 2014: Blakely ran in three races for the Buffs. She started off with a 26th place finish at the Rocky Mountain Shootout and was 17th in the open race at NCAA Pre-Nationals. Her final race was Pac-12s where she was 87th overall.

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 is majoring in integrative physiology and has a greater than 3.00 GPA.

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.

2014	Fin/CU....	Time
Rocky Mtn. Shootout.....	26/8	22:24
at Pre-Nationals	+17	22:51
at Pac-12 Championship ..	87/10	22:07

TRACK PRs

800-m.....	2:17.14 (0)
1,500-m	4:57.99 (0)
Mile.....	4:57.62 (I)
3,000-m	9:37.24 (I)
Steeplechase	10:42.98 (0)

COLORADO BUFFALOES



MACKENZIE CALDWELL
Sophomore • 1L
Columbus, Ind.
(Columbia North)

CROSS COUNTRY – 2015: Caldwell started the season early at the USA Junior Cross Country Championships in February, finishing 14th in 23:36.

2014: Caldwell ran unattached at the Rocky Mountain Shootout and placed 14th overall to earn a spot on the varsity roster. She debuted for the Buffs at NCAA Pre-Nationals, placing 128th overall. Caldwell was 44th at Pac-12s and placed 36th at regionals. She ended the season at NAAs with a 195th place finish.

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.

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

IN THE CLASSROOM: Caldwell is majoring in marketing and owns a GPA greater than 3.70.

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).

2014	Fin/CU.... Time
Rocky Mtn. Shootout..... +14	22:00
at Pre-Nationals	128/6.....22:17
at Pac-12 Championship ..	44/6.....21:22
at NCAA Mtn. Region.....	36/7.....22:14
at NCAA Championship	195/7.....21:55

TRACK PRs

1,500-m	4:42.24 (O)
3,000-m	9:40.38 (I)
5,000-m	16:27.96 (O)
10,000-m	34:39.01 (O)

2015 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



ERIN CLARK

Junior • 2L
Eugene, Ore.
(South Eugene)

2014	Fin/CU	Time
Rocky Mtn. Shootout.....	1/1	20:20
at Pre-Nationals	7/1	20:55
at Pac-12 Championship ..	4/1	20:19
at NCAA Mtn Region.....	2/1	20:57
at NCAA Championship	31/1	30:37

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

2014 All-American
 2013, 14 All-Mountain Region
 2014 All-Pac-12 First Team
 2014-15 CU Female Athlete of the Year Finalist
 2014 Pac-12 All-Academic honorable mention
 2013, 14 USTFCCA All-Academic
 2013 All-Pac-12 Second Team

TRACK PRs

1,500-m	4:23.86 (O)
Mile.....	5:06.56 (I)
3,000-m	9:19.60 (I)
5,000-m	15:57.54 (O)
Steeplechase	9:59.67 (O)

COLLEGE – 2014: Clark moved into a leadership role as a sophomore as the top harrier for the Buffs. She started the season by winning the Rocky Mountain Shootout. A couple weeks later, Clark placed seventh at NCAA Pre-Nationals. She was fourth at Pac-12s, earning All-Pac-12 First Team recognition. Clark continued to excel and was the runner-up at regionals, earning her second all-region honor in as many years. She capped off the season with a 31st place finish at NCAAs for her first All-America honor.

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 3.40. She tabbed to the honorable mention Pac-12 All-Academic team in 2014.

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.

COLORADO BUFFALOES



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

CROSS COUNTRY – 2015: Constien made her cross country debut for the Buffs at the USA Junior Cross Country Championships, recording a runner-up finish in 21:54. The finish qualified her for the world championships where she placed 62nd in 22:58.

2014: Redshirt. Did not compete.

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.

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 is majoring in environmental engineering.

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.

TRACK PRs

1,500-m	4:33.53 (O)
Mile.....	4:51.06 (I)
3,000-m	10:17.30 (O)
Steeplechase	10:28.08 (O)

COLORADO BUFFALOES



JOHN DRESSEL
Freshman • HS
Colbert, Wash.
(Mt. Spokane)

HIGH SCHOOL: Dressel won the 2015 3A Washington State 1,600 and 3,200-meter titles as a senior and owns the Wildcats' 3,200 record (8:57.00). Dressel competed at the 2015 USA Junior Cross Country Championships in Boulder and placed third to earn a spot on the roster for the world championships where he was the top American finisher at 27th. He was also a member of the 2015 APA Pan American Cross Country Cup team. Dressel was a three-time FootLocker Cross Country All-American (2012-14), and was a 2012 3,200 New Balance Outdoor Nationals All-American. He was the MSHS MVP four times, three on the cross country course and once for track. Dressel was all-state and all-conference six times (four cross country and two track). Georgetown, Stanford, Oregon, Wisconsin, Portland, Gonzaga, Princeton, Arkansas, Notre Dame and Oklahoma State all recruited him before he chose CU.

HIGH SCHOOL BESTS: 800-meters: 1:56.55; 1,600-meters: 4:10.95; 3,200-meters: 8:57.00.

IN THE CLASSROOM: Dressel is a business major.

PERSONAL: John Hiatt Dressel was born on May 2, 1997 in Spokane, Wash. He is the son of Alex, his high school cross country and track coach, and Linette Dressel of Colbert, Wash. and has one sibling, Hayden. His father also ran track and cross country at Arkansas and his aunt Lisa (Dressel) Ferraro ran at Wisconsin and Auburn. Dressel also enjoys soccer, traveling and hiking.

TRACK PRs

800-m	1:56.55
1,600-m	4:10.95
3,200-m	8:57.00

COLORADO BUFFALOES



RYAN FORSYTH
Freshman • RS
Severna Park, Md.
(Severna Park)

CROSS COUNTRY - 2015: Forsyth raced to a seventh place finish at the USA Junior Cross Country Championships, finishing in 26:10.

2014: Redshirt. Did not compete.

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. 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.

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 is a mechanical engineering major.

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	8:34:81 (I)
3,200-m	9:09
5,000-m	14:39

COLORADO BUFFALOES



REILLY FRIEDMAN
Freshman • HS
Atlanta, Ga.
(The Galloway School)

HIGH SCHOOL: Friedman, the 2014-15 Georgia Gatorade Boys Runner of the Year, earned eight letters (four cross country and four track and field) as a member of The Galloway School and won three straight cross country titles (2012-14). Also the Runner of the Year as named by the Atlanta Track Club, Friedman took sixth at the Nike Cross Nationals Southeast Regional championships, and then finished 28th at the NXN Final. In addition to finishing unbeaten against Georgia prep cross country competitors in 2014, he broke the tape in 14:48.20 at Alexander High's Asics Invitational, which ranked as the state's fastest 5K of the season. On the track, Friedman was a three-time state champion in the 3,200-meter run (2013-15) and a two-time runner-up in the 1,600 (2012, '13). In 2015, he placed sixth at the New Balance Indoor Championships in the 5k. Friedman owns several school records, including the 1,600 (4:21) and 3,200 (9:24). He was also recruited by Northern Arizona, Georgia, Virginia, Portland, New Mexico, Ole Miss and Georgia Tech.

HIGH SCHOOL BESTS: 1,600-meters: 4:21; 3,200-meters: 9:21; 5,000-meters: 14:48; 10,000-meters: 32:24.

IN THE CLASSROOM: Friedman is majoring in mathematics.

PERSONAL: Reilly Griffin Friedman was born on June 11, 1997 in Atlanta, Ga. He is the son of Brion Friedman and Deirdre Lavieri and has one brother, Haines. He is an Eagle Scout and enjoys collecting music and exploring.

TRACK PRs

1,600-m	4:21
3,200-m	9:21
5,000-m	14:48
10,000-m	32:24

COLORADO BUFFALOES



ETHAN GONZALES
Freshman • RS
Westminster, Colo.
(Broomfield)

CROSS COUNTRY – 2014: Redshirt. Did not compete.

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 is majoring in environmental engineering. He has recorded a GPA greater than 3.20.

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



NICK HARRIS
Junior • TR
Niwot, Colo.
(Niwot/Washington)

AT WASHINGTON: Harris competed two cross country seasons for the Huskies, redshirting the 2012 season. In 2013, he placed 53rd at the Pac-12 Championships after opening the season 30th at the Sundodger Invite. Harris only ran once in 2014, placing 91st at the Washington Invitational after suffering a fall during the race. On the track, he ran three indoor and two outdoor seasons. Harris advanced to the NCAA West Prelims twice in the 1,500 (2014 and '15) and made the semifinals in 2014 to earn All-America honorable mention honors. At prelims in 2014, he set the UW freshman record, running 3:52.84, which also ranked sixth all-time at UW. Indoors, Harris placed eighth in the 800 at the 2015 MPSF Championships with a PR of 1:50.06 that ranks eighth in UW history. He was also a part of the DMR that finished third in 2015 (9:34.81), the third fastest in UW history. During the 2014 season, Harris placed third in the mile at MPSFs in 4:05.09.

HIGH SCHOOL: Harris finished ninth at the 2011 Colorado 4A state meet after placing 13th as a junior in 2010. On the track, he won the 1,600-meter title in a PR of 4:18.79. He also took sixth in the 3,200 at the state meet. Harris clocked his 9:32.53 PR in the 3,200 to win the Tri-Valley/Northern Conference meet.

HIGH SCHOOL BESTS: 1,600-meters: 4:18.79; 3,200-meters: 9:32.53.

IN THE CLASSROOM: Harris is majoring in history.

PERSONAL: Nick Harris was born in Denver, Colo. He is the son of former Buffs Colin and Maribeth. Colin was a four-year letterwinner on the track & field team, while Maribeth was a four-year letterwinner on the ski team, including the 1982 team that won the NCAA Championship. Harris has three older brothers, Colin, Kevin and Quinn. His uncle Richie Harris ran at Colorado State.

TRACK PRs

800-m	1:50.06 (I)
1,500-m	3:42.84 (O)
Mile	4:05.09
3,000-m	8:17.71

COLORADO BUFFALOES



CHRIS HERRICK
Freshman • RS
Missoula, Mont.
(Hellgate)

CROSS COUNTRY – 2014: Redshirt. Did not compete.

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 is an ecology and evolutionary biology major. He has recorded a GPA greater than 3.70.

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

Mile..... 4:26.11 (I)
3,000-m 8:25.70 (I)

COLORADO BUFFALOES



JOE HOLVEY
Junior • VR
Eugene, Ore.
(South Eugene/Oregon)

CROSS COUNTRY – 2015: Holvey ran one race for the Buffs, placing 19th in the open race at NCAA Pre-Nationals.

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 is majoring in ecology and evolutionary biology and owns a GPA greater than 3.50.

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.

2014Fin/CU.....Tim
 at NCAA Pre-Nationals+1926:26

TRACK PRs

1,500-m.....3:58.53
 Mile.....4:38.93 (I)
 3,000-m.....9:13.83
 Steeplechase.....9:30.00 (O)

COLORADO BUFFALOES



DANI JONES
Freshman • HS
Phoenix, Ariz.
(Desert Vista)

HIGH SCHOOL: The 2014-15 Arizona Gatorade Girls Cross Country Runner of the Year, Jones won the state cross country championship with a course record time of 17:26, leading her team to its second straight state title. Jones placed third at the 2014 Nike Cross Nationals Final, pacing her team to a fifth-place national finish overall and earning All-American honors in the process. She was also runner-up at the Nike Pre-Nationals, the Woodbridge Classic and the Desert Twilight Festival. In 2013, she won her first state cross country title and was 15th at Nike Cross Nationals, which also earned her All-American honors. Jones has been very successful on the track as well. She owns state records in the 1,600 (4:44), mile (4:39) and 3,200 (10:09) and owns the school 800 record (2:08). Jones won state titles in the 800, 1,600 and 3,200 as a senior, the 1,600 and 3,200 as a junior and during her sophomore year, she was the 800 and 1,600 champion. She was also recruited by Michigan State, Georgetown, Duke and Indiana.

HIGH SCHOOL BESTS: 800-meters: 2:08; mile: 4:39; 1,600-meters: 4:44; 3,200-meters: 10:09.

IN THE CLASSROOM: Jones is majoring in integrative physiology.

PERSONAL: Danielle 'Dani' Alex Jones was born on August 21, 1996 in Fort Wayne, Ind. to Darcy and Tana Jones. She has one sister, Baylee, who was the Arizona state runner-up in the 1,600 and 3,200. Both of her parents ran track and cross country at Indiana State. She enjoys hiking and reading.

TRACK PRs

800-m	2:08
Mile	4:39
1,600-m	4:44
3,200-m	10:09

COLORADO BUFFALOES



ANNIE KELLY
Junior • 1L
Alpharetta, Ga.
(Milton/Mississippi)

CROSS COUNTRY – 2014: Kelly had a great first season for the Buffs, starting with a fourth place overall finish at the Rocky Mountain Shootout (CU's No. 3). In the next meet, NCAA Pre-Nationals, Kelly crossed the finish second for the Buffs, 28th overall. She continued to improve and was CU's third runner at the Pac-12 Championships, finishing 19th. Kelly earned all-region recognition at regionals, placing 16th. She finished the season with a 98th place finish at NAAs.

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 a psychology major.

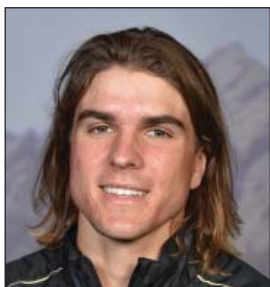
PERSONAL: Anne Katherine Kelly was born on November 16, 1994 in Atlanta, Ga. She is the daughter of Andrew and Sue Kelly and has three siblings, Nick, Liz and her twin Ryan. Liz and Nick both swam at Emory College and Nick is a student at CU. Her mother was a professional triathlete and later became 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.

2014	Fin/CU....	Time
Rocky Mtn. Shootout.....	4/3.....	21:11
at NCAA Pre-Nationals	28/2.....	21:16
at Pac-12 Championship	19/3.....	20:43
at NCAA Mtn Region.....	12/4.....	21:30
at NCAA Championship	98/6.....	21:12

HONORS
 2014 All-Region

TRACK PRs	
1,500-m.....	4:32.78 (O)
3,000-m.....	9:35.18 (I)
5,000-m.....	16:12.36 (O)
10,000-m.....	34:23.60 (O)

COLORADO BUFFALOES



JOE KLECKER
Freshman • HS
Minnetonka, Minn.
(Hopkins)

HIGH SCHOOL: Klecker captured two individual state championships his senior season and led the Royals to a third-place finish as a team at the Class AA state meet en route to earning the Gatorade Minnesota Boys Track & Field Athlete of the Year. Klecker set a state record in the 1,600-meter run with a time of 4:06.54 and also took first in the 3,200 in 8:57.76. A First Team All-State selection, he earned fourth-place in the mile at the prestigious Adidas Grand Prix, crossing the line in 4:04.13, which ranked as the nation's No. 5 performance among prep competitors in 2015 at the time of his selection. He was named to the USA Today All-America second team. In the fall of 2014, Klecker placed third at the Minnesota State High School Class AA State Cross Country Championships, finishing the course in 15:26.2. He owns HHS records in the 1,600, 3,200 and 5,000 on the cross country course. Minnesota, Furman, Georgetown and Tulsa all recruited Klecker before he chose CU.

HIGH SCHOOL BESTS: 800-meters: 1:56.44; Mile: 4:04.13; 1,600-meters: 4:06.54; 3,200-meters: 8:50.12.

IN THE CLASSROOM: Klecker intends to major in chemistry.

PERSONAL: Joseph Richard Klecker was born on November 16, 1996 in Minneapolis, Minn. He is the son of Barney and Janis Klecker of Minnetonka, Minn. His father owns the U.S. record for the 50 mile ultramarathon (4:51:25) and his mother competed at the 1992 Summer Olympics (marathon) and won two U.S. marathon national championships. Both ran track and cross country in college. Klecker is one of six children. Three of his siblings run at college: Mary at Augsburg, John at Augustana (S.D.), and Sarah at Minnesota. His two other siblings, Elizabeth and James, are in high school.

TRACK PRs

800-m	1:56.44
Mile	4:04.13
1,600-m	4:06.54
3,200-m	8:50.12

2015 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



ELISSA MANN
Freshman • HS
Louisville, Colo.
(Monarch)

HIGH SCHOOL: Mann has been an important part of the Monarch High school cross country and track and field teams, setting five school records. Mann owns the 400 (57.46) and 800-meter (2:10.39) records and is a part of the 4x400 (3:55.68), 4x800 (9:11.89) and 800 meter sprint medley relay (1:48.21) records. Her cross country team won the Colorado 5A Championship three times (2011, '12, and '13) and in 2013, the team placed fifth at Nike Cross Nationals. The Coyotes placed second at the state meet her senior year (2014), but they won the Front Range League Championship all four seasons (2011-14). On the track, the 4x800 relay was the state runner-up four times (2012-15), which included her sister Karina. Mann earned four letters on the cross country team and four letters on the track team at MHS. She was a conference all-academic selection for both teams all four years, and a CHSAA Academic All-State First Team selection her sophomore, junior and senior years. Utah and Nebraska-Omaha also recruited Mann.

HIGH SCHOOL BESTS: 400-meters: 57.46; 800-meters: 2:10.39; 1,600-meters: 5:07.12.

IN THE CLASSROOM: Mann is an integrative physiology major and is also interested in studio arts and ceramics.

PERSONAL: Elissa Marie Mann was born on February 9, 1997 in Louisville, Colo. She is the daughter of Rick and Viki Mann and has two sisters, Jessie and Karina, her twin, who is also a member of the CU cross country and track and field team. She enjoys snowboarding, rock climbing, hiking and ceramics. Mann has also volunteered at the Ironman Boulder (2014 and '15).

TRACK PRs

400-m	57.46
800-m	2:10.39
1,600-m	5:07.12

COLORADO BUFFALOES



KARINA MANN
Freshman • HS
Louisville, Colo.
(Monarch)

HIGH SCHOOL: Mann helped the Coyotes to three Colorado State 5A Cross Country Championships (2011-13) and one runner-up finish (2014). MHS won the Front Range League Championship all four of those years. In 2013, the team placed fifth at Nike Cross Nationals. Mann was a part of two MHS record. The 4x400 relay recorded a time of 3:55.68 at the 2015 state meet and the 4x800-relay finished in 9:11.89 for a runner-up finish at state in 2014. The 4x800-relay was the runner-up all four years at state (2012-15) with her twin sister, Elissa. She was a Front Range All-Conference cross country second team selection in 2013 and in 2012, she earned academic all-conference and all-state honors. Mann was recruited by Boise State, Northern Arizona and Nebraska-Omaha.

HIGH SCHOOL BESTS: 400-meter: 59.53; 800-meters: 2:13.67; 1,600-meters: 5:08.51.

IN THE CLASSROOM: Mann is an integrative physiology major.

PERSONAL: Karina Lynn Mann was born on February 9, 1997 in Louisville, Colo. She is the daughter of Rick and Viki Mann and has two sisters, Jessie and Elissa, her twin, who is also a member of the CU cross country and track and field team. She enjoys snowboarding, listening to music, playing with her dog and anything outdoors.

TRACK PRs

400-m	59.53
800-m	2:13.67
1,600-m	5:08.51

COLORADO BUFFALOES



CHRISTIAN MARTIN
Sophomore • TR
Littleton, Colo.
(Heritage/Nebraska)

AT NEBRASKA (2013): Martin only ran cross country while at Nebraska as a freshman and competed in four meets. His highest finish of the season was 13th at the Time Young Invitational in Vermillion, S.D. Martin raced to an 85th place finish at the Big Ten Championships to end the season.

HIGH SCHOOL: Martin earned six letters on the cross country (three) and the track and field teams (three) at Heritage High School. He is the HHS 3,200-meter run record holder (9:36). Individually he was fifth in the 1,600 and was sixth in the 3,200 at the 5A state championships in 2013. Martin was all-state and first team all-league in cross country as a junior and senior. Martin was a member of the HHS team that was the runner-up at the state meet in 2011. That same year, the team won the Continental League Championship and was the 5A Region 2 Champion. The Eagles won the region championship again in 2011.

HIGH SCHOOL BESTS: 1,600-meters: 4:26; 3,200-meters: 9:36; 5,000-meters: 15:50.

IN THE CLASSROOM: Martin is an integrative physiology. He owns a GPA greater than 3.00.

PERSONAL: Christian Henner Martin was born on November 3, 1994 in Phoenix, Ariz. He is the son of Matt and Monique Martin of Littleton, Colo. His younger sister, Remi, is a defenseman for the Penn State women's ice hockey team. He enjoys traveling and has been to 28 countries. Martin holds dual citizenship with the United States and Germany as his mother is from Germany.

TRACK PRs

1,600-m	4:26
3,200-m	9:36
5,000-m	15:50

COLORADO BUFFALOES



LUCY MAY
Sophomore • 1L
St. Louis, Mo.
(St. Joseph's Academy)

COLLEGE – 2014: May ran in three races for the Buffs as a redshirt freshman. She started the season 12th at the Rocky Mountain Shootout and then took 12th overall in the open race at NCAA Pre-Nationals. May finished the campaign 63rd at Pac-12s.

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 finance and recorded a GPA greater than 3.70. She was named to the Pac-12 All-Academic Second Team in 2014.

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.

2014	Fin/CU	Time
Rocky Mtn. Shootout.....	12/6	21:55
at NCAA Pre-Nationals	+ 12	22:32
at Pac-12 Championship ..	69/8	21:43

HONORS

2014 Pac-12 All-Academic Second Team

TRACK PRs

800-m	2:15.19 (0)
1,500-m	4:37.60 (0)
Mile	4:55.24
Steeplechase	11:41.98

COLORADO BUFFALOES



PAUL MILLER
Freshman • RS
Fort Collins, Colo.
(Poudre)

CROSS COUNTRY – 2015: Miller finished fifth at the USA Junior Cross Country Championships in 25:53, which earned him a trip to the IAAF World Junior Cross Country Championships in China. There he placed 74th overall.

2014: Redshirt. Did not compete.

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.

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

IN THE CLASSROOM: Miller is majoring in neuroscience. He recorded a GPA greater than 3.60 in his first year.

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
3,000-m.....	8:15.68 (0)
5,000-m.....	14:31.79 (0)

2015 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



AMMAR MOUSSA

Senior • 3L
Arcadia, Calif.
(Arcadia)

2014	Fin/CU	Time
Rocky Mtn. Shootout.....	3/3	24:29
at Pre-Nationals.....	8/3	24:22
at Pac-12 Championship..	6/3	23:49
at NCAA Mtn Region.....	9/3	29:59
at NCAA Championship....	5/1	30:30

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

2014 All-American
2014-15 CU Male Athlete of the Year Finalist
2011, 14 All-Mountain Region
2014 All-Pac-12 First Team
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.....	3:42.68 (O)
Mile.....	4:15.82 (I)
3,000-m.....	7:53.61 (I)
5,000-m.....	13:41.87 (O)
10,000-m.....	29:34.28 (O)

COLLEGE – 2014: Moussa had an outstanding season and didn't finish outside of the top 10 in any of his five varsity races. He started the season with a third place finish at the Rocky Mountain Shootout and followed it up with an eighth place finish at pre-nationals. Moussa earned Pac-12 First Team honors with a sixth place finish at the Pac-12 Championships where the Buffs won their fourth straight team title. The Buffs went on to win the NCAA Mountain Region Championship, and Moussa came away with a ninth place finish. He led the Buffs at NAAs, crossing the finish fifth overall for his first All-America honor, while CU won its second straight NCAA title.

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 also knows some Spanish.

COLORADO BUFFALOES



PIERCE MURPHY

Junior • 2L
Hanalei, Hawai'i
(Island)

2014 Fin/CU Time
Rocky Mtn. Shootout 2/2 24:25
at Pre-Nationals 12/5 24:26
at Pac-12 Championship .. 7/4 23:53
at NCAA Mtn Region 12/4 30:01
at NCAA Championship 35/5 30:52

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

HONORS

2013, 14 All-American
2012-13 CU Male Freshman of the Year
2012, 13, 14 All-Region
2013, 14 All-Pac-12 First Team
2012 All-Pac-12 Second Team

TRACK PRs

1,500-m 3:44.31 (O)
Mile 4:30.92 (I)
3,000-m 7:59.73 (I)
5,000-m 13:37.05 (O)
10,000-m 28:52.70 (O)

COLLEGE – 2014: Murphy continued to perform well for the Buffs, helping them to their second straight NCAA title and fourth consecutive Pac-12 Championship. He started the season second at the Rocky Mountain Shootout and was 12th at pre-nationals. Murphy earned All-Pac-12 First Team honors with a seventh place finish at the league meet. He was 12th at the regional championship, which earned him all-region honors. Murphy finished the season with a 35th place finish at NCAAAs for his second All-America honor.

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 NCAAAs, 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/RS
Broomfield, Colo.
(Legacy)

COLLEGE – 2014: Redshirt. Did not compete.

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 NCAAAs 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.

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 has recorded a GPA greater than 3.80.

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.

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

TRACK PRs

1,500-m	4:23.48 (O)
Mile.....	4:49.69 (I)
3,000-m	9:24.26 (I)

COLORADO BUFFALOES



MANDY ORTIZ
Sophomore • VR
Vail, Colo.
(Battle Mountain)

COLLEGE – 2014: Ortiz raced twice as a redshirt freshman. She was 21st at the Rocky Mountain Shootout before taking 22nd in the open race at NCAA Pre-Nationals.

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 3.978 GPA. She was selected to the Pac-12 All-Academic First Team in 2014.

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 ran 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.

2014 Fin/CU.... Time
 Rocky Mtn. Shootout.....21/722:20
 at Pre-Nationals+2223:01

HONORS

2014 Pac-12 All-Academic First Team

TRACK PRs

1,500-m 5:06.55 (0)
 Mile.....5:18
 3,000-m 11:08.17 (I)
 5,000-m 18:40.96 (0)

2015 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



MORGAN PEARSON

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

COLLEGE – 2014: Redshirt. Did not compete.

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.

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 USTFCCA All-Academic
 2013 Pac-12 All-Academic Second Team

TRACK PRs

800-m	1:52.89 (O)
1,500-m	3:43.31 (O)
Mile.....	4:13.90 (I)
3,000-m	7:51.93 (I)
5,000-m	13:36.22 (O)
10,000-m	29:41.84 (O)

COLORADO BUFFALOES



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

COLLEGE – 2014: Redshirt. Did not compete.

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 NCAAs 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.

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.

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.

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	3:43.00 (0)
3,000-m	8:14.33

2015 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



ADAM PETERMAN

Sophomore • 1L
Missoula, Mt.
(Hellgate)

COLLEGE – 2014: Peterman made the varsity roster as a redshirt freshman. Although he didn't score for the Buffs, he had a very successful season. Peterman started the year with a 17th place finish at the Rocky Mountain Shootout. He was 79th at pre-nationals and moved up to 28th at the Pac-12 Championships, helping the Buffs win their fourth straight team title. Peterman took 64th at regionals and placed 202nd at NAAs as the Buffs won their second straight NCAA Championship.

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. He was selected to the Pac-12 All-Academic Second Team in 2014.

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.

2014	Fin/CU	Time
Rocky Mtn. Shootout	17/7	26:02
at Pre-Nationals	79/7	25:21
at Pac-12 Championship ..	28/7	24:21
at NCAA Mtn Region	64/6	31:55
at NCAA Championship	202/7	32:37

HONORS

2014 Pac-12 All-Academic Second Team

TRACK PRs

1,500-m	3:47.22 (O)
Mile	4:23.19 (I)
3,000-m	8:14.33 (I)
Steeplechase	8:48.68 (O)

COLORADO BUFFALOES



JUSTICE RAMOS
Freshman • HS
Dolores, Colo.
(Montezuma-Cortez)

HIGH SCHOOL: A multi-sport athlete, Ramos lettered in cross country, track and field, football and wrestling at Montezuma-Cortez High School. He raced his personal bests in the 400 (49.67) and 800 (1:55.74) at the 2015 Colorado 4A State Championship and earned all-conference distinctions in both. Ramos was named the MCHS Sprinter of the Year as a sophomore and in his junior season, he garnered the MCHS Distance Runner of the Year. Ramos qualified for the state wrestling meet three times.

HIGH SCHOOL BESTS: 400-meters: 49.67; 800-meters: 1:55.74.

IN THE CLASSROOM: Ramos is a mechanical engineering major and is also interested in architecture.

PERSONAL: Justice Thomas Ramos was born on November 2, 1996 to Joe and Jennie Romas in Lubbock, Texas. He has one sister, Jordan, and one brother, Josh. He has worked with his mom's first grade class helping the students with reading and math.

TRACK PRs

400-m 49.67
800-m 1:55.74

COLORADO BUFFALOES



ABIGAIL REGNER
Freshman • HS
Basking Ridge, N.J.
(Ridge)

HIGH SCHOOL: Regner is a part of five RHS track and field records. Individually, she owns the indoor 800 (2:16) and the outdoor 800 (2:14). Regner is also part of the indoor 4x800-meter relay (9:13), outdoor 4x800-relay (9:09) and the outdoor distance medley relay (10:12) where she ran the 1,200-meter leg. Regner earned three letters on the cross country team and three on the track and field team at RHS. The Red Devils won the NJSIAA Indoor Track and Field North II Group IV State Section in 2014 and '15 and they won the cross country (2014) and outdoor section (2015) as well. She was on the 4x800-relay that won the 2015 NJSIAA Meet of Champions. Regner was an All-Skyland Conference track and field selection in the 800 and 1,600, as well as all-state for the 4x800 her senior year. She earned all-conference honors in cross country and the 800 and was also named All-Somerset County First Team for the indoor and outdoor 800 as a junior.

HIGH SCHOOL BESTS: 800-meters: 2:14; 1,600-meters: 5:02.

IN THE CLASSROOM: Regner is a studio art major.

PERSONAL: Abigail Catherine Regner was born on February 9, 1997 in Basking Ridge, N.J. She is the daughter of Randolph, who played soccer at Denison University, and Carol Regner and has three siblings, Randy, Charles and Meredith. Her grandfather, William Regner, ran track and field at Ohio State University. Regner loves art, rock climbing, skiing, hiking and running.

TRACK PRs

800-m 2:14
1,600-m 5:02

COLORADO BUFFALOES



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

2014 Fin/CU Time
 Rocky Mtn. Shootout.....5/4.....24:44
 at Pre-Nationals4/2.....24:16
 at Pac-12 Championship ..8/5.....23:54
 at NCAA Mtn Region.....13/2.....30:04
 at NCAA Championship7/2.....30:31

2013 Fin/CU Time
 Rocky Mtn. Shootout.....+2.....25:35
 at Pre-Nationals9/2.....23:40.7
 at Pac-12 Championship ..5/3.....24:53
 at NCAA Mtn Region.....7/2.....29:46.4
 at NCAA Championship8/1.....30:41.1

HONORS

2014 CoSIDA Academic All-American
 2014 CoSIDA Academic All-District
 2013, 14 All-American
 2013, 14 All-Mountain Region
 2014 All-Pac-12 Second Team
 2014 Pac-12 All-Academic First Team
 2013, 14 USFCCCA All-Academic
 2013 All-Pac-12 First Team
 2013-14 CU Male Freshman Athlete of the Year
 2013-14 CU Male Athlete of the Year Finalist

TRACK PRS

800-m1:51.11
 1,500-m.....3:41.54 (O)
 Mile.....4:02.72
 3,000-m.....7:52.61 (I)
 5,000-m13:58.19 (O)

COLLEGE – 2014: Saarel had another great season for the Buffs. He started by placing fifth at the Rocky Mountain Shootout and followed that up with a fourth place finish at pre-nationals. Saarel earned All-Pac-12 second team honors with his eighth place performance at the Pac-12 Championships, helping CU win its fourth straight team title. Two weeks later, Saarel helped the Buffs win the NCAA Mountain Region Championship, placing 13th overall. He also earned his second all-region honor with the finish. At the NCAA Championships, Saarel was the second Buff across the finish, taking seventh overall for his second straight All-America honor as CU won its second straight NCAA Championship.

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.

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 3.885 GPA. Saarel was named to the Pac-12 All-Academic First Team in 2014 and was tabbed a CoSIDA Academic All-American in 2014.

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 Saarel 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



BRIANNA SCHWARTZ

Freshman • HS
Pittsburgh, Pa.
(Shaler Area)

HIGH SCHOOL: Schwartz won several state championships at Shaler Area High School. As a senior, she was the state cross country champion. Schwartz was the indoor mile and outdoor 1,600-meter state champion her junior year after placing fifth at the cross country championship. She placed sixth at Foot Locker Nationals that same year. Her sophomore season saw Schwartz placing third at the state cross country meet as well as winning the 1,600. She is the Pennsylvania state high school mile record holder (4:42) and ran the second fastest time (17:38) at the state cross country meet. Schwartz owns district track records in the 800 (2:10), 1,600 (4:45), 3,200 (10:10) and on the cross country course, her mark of 17:25 is the record. Villanova, Notre Dame, Syracuse and Virginia also recruited Schwartz.

HIGH SCHOOL BESTS: 800-meters: 2:10; mile: 4:42; 1,600-meters: 4:45; 3,200-meters: 10:10.

IN THE CLASSROOM: Schwartz is an arts and science major.

PERSONAL: Brianna Marie Schwartz was born on July 9, 1997 in Pittsburgh, Pa. She is the daughter of Joseph and Paulette Schwartz and has three siblings, Joseph, Alexis and Jocelyn. She enjoys biking and played basketball until 10th grade. She also volunteered as a Sunday school teacher.

TRACK PRs

800-m	2:10
Mile	4:42
1,600-m	4:45
3,200-m	10:10

COLORADO BUFFALOES



CAYLA SELIGMAN

Freshman • HS
Issaquah, Wash.
(Issaquah)

HIGH SCHOOL: Seligman owns multiple records at IHS. She is the junior class 1,600 (4:59.74) and 3,200-meter record holder (10:43.83), as well as the senior class record holder in the same events (1,600/5:03.23; 3,200/10:46.08). Seligman ran the 5k cross country record of 18:07. In 2014, the Eagles were the 4A KingCo Conference and 4A BiDistrict I/II Cross Country Champions. During the 2015 track and field season, IHS won the 4A state championship after winning the 4A KingCo Conference and 4A BiDistrict I/II meets. Seligman served as the cross country team captain her senior year and was named to the All-KingCo and All-BiDistrict first teams, as well as an all-state medalist. On the track, she was the 3,200-meter KingCo champion and a state medalist. Seligman was named the track and field team's most improved athlete as a junior after winning the 3,200 KingCo title and also earned state medalist honors. She was also recruited by Northern Arizona and Portland.

HIGH SCHOOL BESTS: 1,600-meters: 4:59.74; 3,200-meters: 10:43.43.

IN THE CLASSROOM: Seligman is majoring in psychology.

PERSONAL: Cayla Esther Seligman was born on August 22, 1997 in Issaquah, Wash. She is the daughter of David and Heidi Seligman and has one brother, Jeffrey. Her father ran cross country and track at Willamette. She enjoys hiking and cooking.

TRACK PRs

1,600-m 4:59.74
3,200-m 10:43.43

COLORADO BUFFALOES



LUKE SHEESLEY
Sophomore • TR
Fort Collins, Colo.
(Fort Collins/Western St.)

AT WESTERN STATE: Sheesley ran one season for the Mountaineers. He placed 29th overall at the Rocky Mountain Athletic Conference Championships, helping WSC to a third-place team finish. Sheesley was 54th at regionals.

HIGH SCHOOL: Sheesley raced in three events at the 2014 Colorado State 5A Track and Field Championships. He was second in the 3,200 (9:23.53), fifth in the 800 (1:55.33) and seventh in the 1,600 (4:20.60). His time in the 3,200 is also a FCHS record. As a junior, Sheesley was eighth in the 1,600 and was a member of the 4x800-meter relay team that placed first. As a member of the cross country team, he earned a 12th place finish at the state meet in 2013. Sheesley was all-conference as a junior and senior.

HIGH SCHOOL BESTS: 800-meters: 1:55.33; mile: 4:17; 1,600-meters: 4:20.10; 3,200-meters: 9:07.99.

IN THE CLASSROOM: Sheesley is majoring in integrative physiology.

PERSONAL: Luke Goodwine Sheesley was born on January 17, 1996 in Fort Collins, Colo. He is the son of Drew and Shannon Sheesley and has one brother, Jack. His father was a linebacker for the Colorado State football team. Sheesley enjoys watching movies, fishing and hanging out with family and friends.

TRACK PRs

800-m 1:55.55 (0)
 1,500-m 3:53.37 (0)

COLORADO BUFFALOES



TAYLER TUTTLE
Sophomore • TR
Snellville, Ga.
(Providence Christian/
Georgia)

AT GEORGIA: Tuttle ran one season for the Bulldogs. She won her first collegiate meet after clocking 18:14.80 at the Georgia Cross Country Invitational and was named the SEC Women's Runner of the Week. She earned that same distinction for the second time after placing sixth at the Furman Invitational. Tuttle led the Bulldogs at the SEC Championships with a 26th place finish to earn All-SEC Freshman honors. At the NCAA South Region Championships, she recorded a 37th place finish.

HIGH SCHOOL: Tuttle was the state cross country runner-up as a senior and placed third as a junior, which helped her team to second place finishes both season. She was named the 2013 Gwinnet County Cross Country Runner of the Year and was part of the All-Metros cross country team. Tuttle was the PCHS MVP for cross country and track and field. In 2014, she placed eighth in the mile at New Balance Outdoor Nationals.

HIGH SCHOOL BESTS: Mile: 4:53; 1,600-meters: 4:52; 3,200-meters: 11:03.

IN THE CLASSROOM: Tuttle is an integrative physiology major.

PERSONAL: Taylor Nicole Tuttle was born on August 8, 1996 in Las Vegas, Nev. She is the daughter of Charles and Cindy Tuttle of Snellville, Ga. Tuttle is a triplet; her sisters are Mackenzie and Brittany and they both play softball at Berry College. She enjoys art and swimming and also played softball for eight years.

TRACK PRs

Mile.....	4:53
1,600-m.....	4:52
3,200-m.....	11:03

COLORADO BUFFALOES



CARRIE VERDON

Junior • 2L/RS
Moraga, Calif.
(Campolindo)

2014 Fin/CU.... Time
Rocky Mtn. Shootout.....3/2.....21:00

2013 Fin/CU.... Time
Rocky Mtn. Shootout.....2/1.....20:55
at Pre-Nationals22/2.....20:43
at Pac-12 Championship ..10/2.....21:42
at NCAA Mtn Region.....4/2.....20:40
at NCAA Championship132/5.....21:32

2012 Fin/CU.... Time
Rocky Mtn Shootout.....3/1.....21:03
at Pre-Nationals37/2.....20:54
at Pac-12 Championship ..16/2.....20:41
at NCAA Mtn. Region.....7/2.....20:43
at NCAA Championship136/2.....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
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 – 2014: Redshirt. Verdon placed third overall at the Rocky Mountain Shootout, but suffered a season ending injury in the same race.

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 NCAAs. 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.

COLORADO BUFFALOES



CONNOR WINTER

Senior • 3L
Centennial, Colo.
(Arapahoe)

2014 **Fin/CU** **Time**
Rocky Mtn. Shootout 7/6 24:53
at Pre-Nationals 14/6 24:27
at Pac-12 Championship .. 5/2 23:44
at NCAA Mtn Region 4/1 29:56
at NCAA Championship 24/4 30:45

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

2014 All-American
2013, 14 All-Mountain Region
2013, 14 All-Pac-12 First Team

TRACK PRS

800-m 1:52.56
1,500-m 3:43.34 (O)
Mile 4:01.69 (I)
3,000-M 8:02.70 (I)
5,000-m 13:55.91 (O)
Steeplechase 8:48.93 (O)

COLLEGE – 2014: Winter had a great junior season for the Buffs, starting and finishing strong. He was seventh at the Rocky Mountain Shootout and placed 14th at NCAA Pre-Nationals. He scored for the Buffs at the Pac-12 Championships, crossing the finish fifth overall as CU's No. 2 runner and helped the Buffs capture their fourth straight Pac-12 Championship. At the following meet, regionals, Winter led the Buffs with a fourth place finish. He capped off the season by placing 24th as CU took home its second straight NCAA Championship. During the year, he earned All-Pac-12 First Team, all-region and All-America honors.

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).