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cross country championships

High wind a factor as CU women finish 6th at NCAA XC Championships, men 15th

By Daniel Petty
The Denver Post

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TERRE HAUTE, Ind. — Racing a cross country meet the week of Thanksgiving is a little like gambling with Mother Nature as designated house dealer: She always has the advantage.

Weather, quite usually, is less than ideal. And true to form Monday at the NCAA Division I cross country championships, a slate-gray sky, unseasonably warm temperatures and blustery south winds greeted the hundreds of runners competing here, changing what normally is a hard-hammering race of attrition into something more tactical and conservative.

"It's hard to really understand," Colorado

sophomore Joe Bosshard said after finishing 26th in the 10,000-meter race. "(The race) was just slow. I could tell right from the gun. And I think it was just because of the wind. And I told the guys right at the starting line: 'If it's slow, let's make sure we're up there.' And I think we were, but when they (the field of runners) go, they go."

It was no different for the women, who raced a 6K 40 minutes before the men.

"It went out a little bit slower than I was expecting, but I was able to move up through the race a little bit," said CU sophomore Laura Tremblay, who earned All-America honors with a 23rd-place finish. "The point was to be aggressive at the beginning, and I think our team did that pretty well."

Her teammate, redshirt freshman Shalaya Kipp, finished 40th, grabbing the final All-American spot. Tremblay's and Kipp's efforts led the Buffaloes to a sixth-place finish, beating their eighth-place pre-race ranking.

"I think we did significantly better than we were all thinking about doing, but we also wanted to finish top three," Tremblay said. "But I don't know if I could have changed a whole lot in the race."

Coach Mark Wetmore said he thought the team could have finished fourth on a perfect day, but both women, who had consistently traded for fifth runner on the team, lost shoes in the race.

"Honestly, had either one of them run

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CU's Laura Tremblay earns All-America honors with a 23rd-place finish. Last year, she finished 199th at the championships. (Daniel Petty, The Denver Post)

their best races, we would have probably finished fifth," he said. "Overall, I feel pretty well about how they did. It's a young team."

The CU men, who finished 15th overall, ended with their worst performance since 1989, when the team ended up 18th. Despite the disappointment, Bosshard and junior Andy Wacker, who was 37th, were both All-American — a designation no CU runner earned last year at this meet. The pair were 80th and 70th last year respectively.

Wetmore, now in his 19th season coaching the Buffaloes, was quick to dismiss the wind's factor in the overall outcome.

"We didn't tell them anything, specifically, to deal with the wind," he said. "Every runner in the race has to deal with it."

"The first two guys ran well, and beyond that, we didn't," he continued. "That's probably on me. If five-sevenths of them run poorly, I've got to have a talk with them."

Each team loses only its fourth runner to graduation. Tremblay is prepping for her first indoor track season, and Bosshard — coming off another All-American finish in the 10K in outdoor track — has been running without injury for nine straight months.

"Distance runners aren't built in a year or two, they're built in five or six or seven years," Wetmore said. "If there was a fault to (Joe and Andy's) races today, it was that they were a little too optimistic in the early kilometers. I'd like them to learn to temper that enthusiasm, but that comes with years in the trade."

Two other Colorado runners also competed. Air Force Academy senior Justin Tyner, who was third last year in the NCAA indoor 5K, finished 89th overall in 31:02. Teammate Jeremy Drenckhahn, a sophomore, ended up 134th in 31:28. Both qualified individually for the championships after strong performances at the Mountain Region Championships two weekends ago.

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Mixed bag for CU Buffs at cross country nationals

Women finish sixth, men struggle to 15th

Camera staff report
Boulder Daily Camera

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TERRE HAUTE, Ind. -- Four Colorado runners took home All-American honors on Monday in leading the Buffaloes to a sixth-place finish by the women and a 15th-place performance by the men at the NCAA Cross Country Championships.

Laura Tremblay and Shalaya Kipp finished 23rd and 40th, respectively, to help power the CU women to their best team result since a runner-up finish in 2006.

The top 40 finishers in each race were named All-Americans.

Joe Bosshard and Andy Wacker took 26th and 37th, respectively, for the perennially tough CU men, who turned in their worst team finish since taking 18th in 1989.

The CU women finished with 314 points. Villanova won with 120. Florida State was third at 154 and Texas Tech was third with 165.

Tremblay finished the 6-kilometer race at the LaVern Gibson Cross Country Course in a time 20 minutes, 39.2 seconds to improve drastically on her 199th-place finish of a year ago.

Villanova's Sheila Reid won the individual title in 20:06.9.

CU's women took 20th as a team last season after failing to make the field in 2008. The Buffs -- with only one senior racing -- entered nationals this year as the eighth-ranked team in the country.

Kipp, a redshirt freshman, finished in 20:53.8, edging Florida State's Jennifer Dunn for the last All-American spot.

Emma Coburn (53rd), Laura Thweat (58th) and Katie Cumming (215th) rounded out CU's team score.

"The front four indeed ran pretty well, at least B-plus races," CU coach Mark Wetmore said.

On the men's side, Bosshard, a sophomore, covered the 10-kilometer course in 30:20.4.

Liberty's Sam Chelanga won the title with a time of 29:22.2.

Wacker finished in 30:28.1. Christian Thompson took 90th for CU. Matt Tebo, the only senior running for the CU men, took 109th. And Aric Van Halen was 177th.

Former Monarch High standout Cameron Clayton and former Broomfield star Matt Biegner took 210th and 234th, respectively, for the Buffs.

The CU men, ranked seventh entering the meet, scored 366 points. Oklahoma State won its second title in a row with 73, blowing away runner-up Florida State (193).

NCAA Cross Country

Championships

LaVern Gibson Cross Country Course

Terre Haute, Ind.**MEN**

Top team scores -- 1. Oklahoma State, 73; 2. Florida State, 193; 3. Wisconsin, 223; 4. Stanford, 237; 5. Oklahoma, 281; 6. Oregon, 289; 7. Indiana, 298; 8. Iona, 303; 9. Northern Arizona, 317; 10. Arkansas, 329; 15. Colorado, 366.

Top 10 individuals -- 1. Samuel Chelanga, Liberty, 29:22.2; 2. Stephen Sambu, Arizona, 29:26.5; 3. Luke Puskedra, Oregon, 29:38.0; 4. Leonard Korir, Iona, 29:42.0; 5. Chris Derrick, Stanford, 29:44.7; 6. Jake Riley, Stanford, 29:45.0; 7. Girma Mecheso, Oklahoma State, 29:47.5; 8. German Fernandez, Oklahoma State, 29:49.3; 9. Colby Lowe, Oklahoma State, 29:57.6; 10. Matthew Centrowitz, Oregon, 30:01.1.

Colorado finishers -- 26. Joseph Bosshard, 30:20.4; 37. Andrew Wacker, 30:28.1; 90. Christian Thompson, 31:04.1; 109. Matthew Tebo, 31:17.6; 177. Aric Vanhalen, 31:56.9; 210. Cameron Clayton, 32:24.8; 234. Matt Biegner, 33:03.0.

WOMEN

Top team scores -- 1. Villanova, 120; 2. Florida State, 154; 3. Texas Tech, 165; 4. Georgetown, 167; 5. New Mexico, 227; 6. Colorado, 314; 7. Stony Brook, 334; 8. Iowa State, 341; 9. Providence, 343; 10. Syracuse, 347.

Top 10 individuals -- 1. Sheila Reid, Villanova, 20:06.9; 2. Emily Infeld, Georgetown, 20:09.2; 3. Jordan Hasay, Oregon, 20:13.0; 4. Risper Kimaiyo, UTEP, 20:16.1; 5. Rose Tanui, Texas Tech, 20:17.6; 6. Lucy Van Dalen, Stony Brook, 20:19.2; 7. Holly Van Dalen, Stony Brook, 20:19.3; 8. Megan Hogan, George Washington, 20:19.6; 9. Pilar McShine, Florida State, 20:24.4; 10. Amanda Marino, Villanova, 20:26.1.

Colorado finishers -- 23. Laura Tremblay, 20:39.2; 40. Shalaya Kipp, 20:53.8; 53. Emma Coburn, 21:01.8; 58. Laura Thweat, 21:03.0; 215. Katie Cumming, 22:28.6; 225. Rachel Viger, 22:41.3; 227. Camille Logan, 22:45.

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