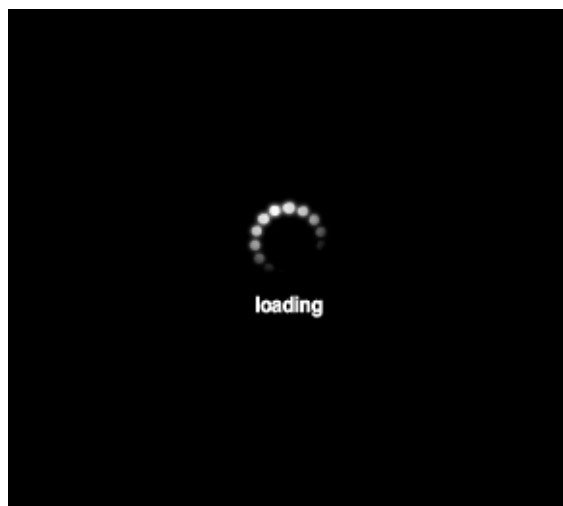


CU sweeps Rocky Mountain Shootout

Buff Bosshard opens season with personal best to win men`s race

By Nate Peterson For the Camera
Boulder Daily Camera

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Andy Wacker calls the cross-country trail at Buffalo Ranch on CU's South Campus a "beast."

"There's cactuses and rocks and lots of twists and turns," Wacker said on a near cloudless, crisp Saturday morning in South Boulder. "Just rough terrain. You're up there running up rocks on hills."

It came as no surprise that the team to tame such a beast at Saturday's Rocky Mountain Shootout was the one that does battle with it regularly.

At home on the range is where the Buffaloes roam at the front of the pack. CU's two varsity teams both cruised to victories at their home meet for the 12th year in a row, with sophomore Joe Bosshard leading a 1-2-4-13-17 finish for the fourth-ranked men, while sophomore Laura Tremblay led a 1-2-3-4-13 finish for the 13th-ranked women.

Bosshard, who has been plagued by nagging injuries the last two seasons, showed what he is capable of when fully healthy, pulling away from the pack in the third mile of the 8-kilometer race and winning with a personal best time of 24 minutes, 44 seconds. It was the sixth-fastest mark in course history.

"I sure had a good summer of training and getting miles in and running with some guys on the team," said Bosshard, who finished a whole 20 seconds in front of Wacker, the men's runner-up. "... Finally get to show a little bit what the hard work has done and it's a good start to the season, but there's still a long way to go. Don't want to get too excited."

Wacker was excited, not necessarily for finishing in 25:05, a personal best, but because he finally topped his roommate, Christian Thompson, something he'd never done in three years of races.

"It's kind of nice to have that one finally," he said with a laugh. "We always have a little friendly competition. ... It's just been a really good last couple of weeks. Joe and Christian and I have been having a lot of good workouts. I knew we'd all be up there pretty close."

Thompson was fourth in 25:11, followed by teammates Cameron Clayton (13th, 25:47), and Aric Van Halen (17th, 25:57) to give CU's top five an easy 18-point win.

Coach Mark Wetmore said he was impressed by the times turned in by his men's side, especially Bosshard, considering the Buffaloes' lead pack started conservatively.

"We knew (Joe) was really, really fit. His summer has gone really well. His workouts indicated that he was a 25-minute runner, which is kind of the mark of Division I excellence out here," Wetmore said. "But the fastest he'd ever run here was 26:20, so for him to go (24:44) was just a little bit faster than we thought. When he's got 100 runners around him at the Pre Nationals in a couple of weeks, he'll take it another step, we hope."

Wyoming was the runner-up in the Division I men's team competition, with 40 points. Adams State, the country's No. 1 Division II men's team, won the team title among smaller schools with 22 points, led by third-place finisher Ryan McNiff.

In the women's 5.8-kilometer race, CU's best runners were in a competition amongst themselves for the four top spots.

Tremblay outkicked teammate Emma Coburn to take the win, in 20:29 (the fourth-fastest time in course history, and fastest ever by a sophomore), while Coburn finished a second back in 20:30.

CU's Shalaya Kipp was third (20:42), followed by Laura Thweatt in fourth (20:44). Camille Logan rounded out CU's top-five finishers, taking 13th (21:50), to hand the Buffs' women the team title with 16 points. Wyoming was a distant second, with 48 points.

Former Fairview standout Alexis Skarda, of Mesa State, was impressive in front of her hometown fans, finishing sixth, in 21:15.

The last sophomore winner of the Stampede was CU's Jenny Barringer, who went on to be an Olympian. Barringer's winning time in 2006 was 20:51.

"It was really good for our whole team actually," Tremblay said after her win. "When you consider our times from last year, I was the fourth runner and I ran 21:04 and our fourth runner this year was (20:44) or something. It's a huge jump from last year."

The Buffaloes run next at the Fort Hays Invitational in Hays, Kan., on Oct. 9, followed by NCAA Pre-Nationals on Oct. 16 in Terre Haute, Ind.

Rocky Mountain Shootout

Men's Division I

Teams -- Colorado 18, Wyoming 40, Air Force 84, Northern Colorado 116.

Top 3 -- 1. Joe Bosshard, Colorado, 24:44; 2. Andy Wacker, Colorado, 25:05; 3. Ryan McNiff, Adams State, 25:11.

Other CU results -- 4. Christian Thompson 25:11; 13. Cameron Clayton 25:47; 17. Aric Van Halen 25:57; 19. Dillon Shije, 26:01; 26. Brennan Lynch, 26:12.

Women's Division I

Teams -- Colorado 16, Wyoming 48, Northern Colorado 76.

Top 3 -- 1. Laura Tremblay, Colorado, 20:29; 2. Emma Coburn, Colorado, 20:30; 3. Shalaya Kipp, Colorado, 20:42.

Other CU results -- 4. Laura Thweatt 20:44; 13. Camille Logan 21:50; 22. Megan Burrell 22:17; 28. Staci Foster, 22:35.

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Bufs win Rocky Mountain Shootout

Sophomores Bosshard and Tremblay win individual titles

By Caryn Maconi on October 3, 2010

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The Colorado cross country team continues to protect its home turf.

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Winning both the men's and women's Division I team titles and individual titles on Saturday at the Rocky Mountain Shootout in Boulder, the men's team earned a decisive Division I victory, recording 18 points compared to second-place Wyoming's 40. Winning the non-Division I title was Division II Adams State with 22 points.

The Buffs were led by sophomore Joe Bosshard, who finished the 8k course in 24 minutes, 44 seconds: a personal record and the sixth fastest time in course history. In second was another Colorado jersey, junior Andy Wacker, in 25 minutes, 5 seconds. Junior Christian Thompson, senior Cameron Clayton and sophomore Aric Van Halen also scored for the Buffs, earning fourth, 13th and 17th place respectively.

"Colorado is a strong program and we always want to be at the top at the end," Bosshard said in a news release. "Our younger guys really stepped up today."

On the women's side, sophomore Laura Tremblay and junior Emma Coburn had a neck-in-neck finish, and Tremblay outkicked Coburn by just one second. Her time of 20:29 in the 5.8 kilometer course was the tenth fastest in course history. She is also the first sophomore to win the race since Olympian and former teammate Jenny Barringer took the title in 2006 in 20 minutes, 51 seconds.

Reflecting on her team's performance today, Tremblay said she was impressed with the improvement in times from the previous season.

"I was the fourth runner last year and I ran 21:04 and our fourth runner this year was [20:44.]," Tremblay said in a news release. "It's a huge jump."

The Buff women's team took the top four spots, with Coburn in second, redshirt freshman Shalaya Kipp in third and senior Laura Thweatt in fourth. Redshirt freshman Camille Logan, the fifth Colorado jersey, finished in 13th. Those performances were good enough for the team title, with 16 points compared to runner-up Wyoming's 48.

"We had some tough competition," said head coach Mark Wetmore. "This is our home course to know and master well."

With the cross country season now in full swing, Colorado will compete next on Saturday at the Fort Hays Invitational in Hays, Kan. The Buffs will stay busy for the remainder of the month, competing at the NCAA Pre-Nationals Meet on Oct. 16 and the Big 12 Championship on Oct. 30.

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