

Cross Country: Medina leads CU Buffs to 3rd at NCAAs

Women settle for 11th at national championships

Camera staff report
Boulder Daily Camera

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TERRE HAUTE, Ind. -- The Colorado men's cross country team had hoped to finish higher than their national ranking of No. 6 -- and maybe even return to the podium -- at Monday's NCAA Championships.

Missions accomplished.

CU senior Richard Medina raced to an eighth-place finish as the Buffs placed third overall.

"Third is a very good run for the men," CU coach Mark Wetmore said. "I can't think of anyone who had a bad race. That is very nearly the highest we could have hoped for. We were just five points out of second, which is really just a blink of an eye in this race, so that was very good run for them."

The Buffs recorded 144 points in the team race and finished five points behind No. 2 Oklahoma State (139) at the La Vern Gibson Championship Cross Country Course. No. 1 Wisconsin won the meet with 97 points.

Arizona's Lawi Lalang won the men's 10K in 28 minutes, 44.1 seconds. Fellow Pac-12 runner Chris Derrick of Stanford was second in 28:57.5.

Medina finished in 29:27.8 for his first All-American cross country effort.

"I'm happy to end my cross country career at CU on this note," Medina said. "To do well individually and as a team is a great feeling. I'm so proud of my team and everything we have accomplished."

Two other Buffs, Andy Wacker and Joe Bosshard, also earned All-American honors. Wacker placed 20th overall (29:44.8) and Bosshard was 24th (29:53.7). This was the second honor for Wacker and Bosshard as both finished in the top-40 at last year's championships.

Christian Thompson just missed his first All-American honor, placing 49th in 30:22.3 as CU's No. 4 scorer. Ammar Moussa was CU's fifth harrier. He was 88th overall (30:42.4) in his first NCAA meet.

The CU women were also ranked sixth nationally heading into the meet, but finished 11th with a team score of 335. Georgetown won the women's title with 162 points and Washington was second (170).

Villanova's Sheila Reid won the 6K in 19:41.2.

The Buffs were led by Shalaya Kipp and Emma Coburn. Kipp was 19th overall to earn her second All-American cross country honor and Coburn was 20th to earn her first. Both finished the course with a time of 20:08 but Kipp was just ahead of Coburn at the finish line. Kipp improved from a 40th-place finish last season and Coburn improved from 53rd a year ago.

"I'm very happy with my race today," Kipp said. "I've been working all year for this and to improve from last year is a great feeling. We would have liked to finish higher as a team, but I'm excited about the future since we will have a great team again next year."

Lara Darco was CU's third scorer, finishing 97th in 21:00.3. Katie Cumming had her best finish at nationals, crossing the line in 137th (21:17.8). Camille Logan rounded out CU's score by taking 165th (21:28.9).

"We aren't ecstatic about the women finishing 11th," Wetmore said. "We know they are a better team than that, but those two front women had real good runs. Despite Emma's track credentials she has never been a stellar cross country runner, and also in her case she had a very long last 14-16 months. They both equaled our highest expectations. Behind them it

wasn't a great day. It is an inexperienced team."

NCAA Cross Country Championships

At Lavern Gibson Cross Country Course

Terre Haute, Ind.

MEN'S 10K

Top 10 teams -- 1. Wisconsin, 97; 2. Oklahoma State, 139; **3. Colorado, 144**; 4. BYU, 203; 5. Stanford, 207; 6. Oklahoma, 213; 7. Indiana, 257; 8. Portland, 259; 9. Iona, 265; 10. North Carolina State, 282

Top 10 individuals -- 1. Lawi Lalang, Arizona, 28:44.1; 2. Chris Derrick, Stanford, 28:57.5; 3. Leonard Korir, Iona, 29:02.5; 4. Cameron Levins, Southern Utah, 29:04.8; 5. Mohammed Ahmed, Wisconsin, 29:06.7; 6. Luke Puskedra, Oregon, 29:09.3; 7. Diego Estrada, Northern Arizona, 29:24.7; **8. Richard Medina, Colorado, 29:27.8**; 9. Henry Lelei, Texas A&M, 29:29.1; 10. Colby Lowe, Oklahoma State, 29:31.4.

Other CU finishers -- 20. Andrew Wacker, 29:44.8; 24. Joseph Bosshard, 29:53.7; 49. Christian Thompson, 30:22.3; 88. Ammar Moussa, 30:42.4; 173. Martin Medina, 31:26.9; 183. Blake Theroux, 31:31.4.

WOMEN'S 6K

Top 11 teams -- 1. Georgetown, 162; 2. Washington, 170; 3. Villanova, 181; 4. Florida State, 189; 5. Oregon, 281; 6. Vanderbilt, 282; 7. Iowa State, 290; 8. West Virginia, 297; 9. New Mexico, 322; 10. Stanford, 332. 11. Colorado, 335.

Top 10 individuals -- 1. Sheila Reid, Villanova, 19:41.2; 2. Jordam Hasay, Oregon, 19:41.8; 3. Abbey D'Agostino, Dartmouth, 19:42.9; 4. Emily Infeld, Georgetown, 19:44.3; 5. Alex Banfich, Princeton, 19:45.0; 6. Bogdana Mimic, Villanova, 19:45.7; 7. Katie Flood, Washington, 19:47.9; 8. Kate Harrison, West Virginia, 19:49.5; 9. Betsy Saina, Iowa State, 19:50.7; 10. Tara Erdmann, Loyola Marymount, 19:51.3.

CU finishers -- 19. Shalaya Kipp, 20:08.1; 20. Emma Coburn, 20:08.6; 97. Lara Darco, 21:00.3; 137. Katie Cumming, 21:17.8; 165. Camille Logan, 21:28.9; 169. Rachel Viger, 21:33.5; 170. Rachel Baptista, 21:34.3

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college sports

Colorado men third, women 11th at NCAA Cross Country Championships; four Buffs make All-American

Posted: 11/21/2011 01:06:53 PM MST
 Updated: 11/22/2011 12:13:30 AM MST **By Daniel Petty**
The Denver Post

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Colorado's Christian Thompson reacts after running in the men's NCAA Division I Cross Country Championships on Monday in Terre Haute, Ind. (Darron Cummings, The Associated Press)

Sometimes, it doesn't take a team of superstars to succeed — and nearly surprise.

And once again, that's the position University of Colorado men's cross country team — led by Grand Junction's Richard Medina — found itself Monday in Terre Haute, Ind., for the

NCAA Cross Country Championships. The Buffaloes, ranked sixth entering the race, nearly stunned distance powerhouse Oklahoma State, finishing third as a team by just five points while capturing three individual All-American honors.

CU's top five — separated by 1 minute, 15 seconds — combined for 144 points on the 10-kilometer course, led by senior Medina, who finished eighth in 29:27.8 for his first All-American honor. Overall, Arizona freshman Lawi Lalang won the individual men's title in 28:44.1. No. 1 ranked Wisconsin took the team title during a cooler-than-forecast day on a course that, while soft from occasionally light rain days earlier, still produced fast times.

"We felt with a good race we could run beyond (our ranking)," CU coach Mark Wetmore said. "The men ran well, particularly considering that many of them had not been here before. We would have liked to finish six points higher. But (Oklahoma State) is a team with seniors and experienced guys, so to be that close to them is successful."

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Senior Andy Wacker ran CU's second-best time, 20th overall in 29:44.8; junior Joe Bosshard, a two-time All-American in outdoor track, finished 24th in 29:53.7; and Christian Thompson followed at 49th in 30:22.3. The top three finished with All-American honors.

After missing last year's meet with an Achilles injury, Medina had one more chance to race on college cross country's biggest stage.

"I know I didn't get recruited by a lot of powerhouse schools, but Mark (Wetmore) has been patient with me and put a lot of belief in me," Medina said. "My goals were just to race as hard as I possibly could, and I felt I could compete with the top



Runners participate in the women's NCAA Division I Cross Country Championships on Monday in Terre Haute, Ind. (Darron Cummings, The Associated Press)

runners in the country."

The outcome was far different from last year's result at Terre Haute's LaVern Gibson Championship Cross Country Course — where the team finished 15th thanks to a potent mixture of bad luck and food sickness.

Midway through this year's race, the Buffaloes were sitting around fifth place, but closed well and moved up significantly in the second half. Medina said he caught a runner in the final 500-meter stretch.

"I doubt there's anyone more improved in a year or two than Richard Medina," Wetmore said of the NCAA field. "He ran today what we knew was in him all along."

Wetmore also lauded CU's fifth runner, 17-year-old freshman Ammar Moussa, whom he said "might have been totally overwhelmed, but ran a fairly sound race."

"We're a lot deeper and a lot more focused," Medina said of the team. "We believe in each other, we believed in our training. It feels really good to put it together as a team."

For the CU women, the team's 11th place team finish on the 6K course was a manifestation of both their inexperience in a high-profile race and the exhaustion of long a season.

"Honestly, this year, we gambled a little bit

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and focused on the conference championship more than usual," Wetmore said. "It was the first year in the Pac-12 and CU wanted to have an impact. In the case of our younger women, they already had raced hard at our conference meet and were a little over the hump."

Sophomore

Photos: Running



[View slide show of NCAA D-I Cross Country Championships in Terre Haute, Ind., on Nov. 21.](#)

Shalaya Kipp and senior Emma Coburn, both steeplechase teammates during the outdoor track season, led the Buffaloes with 19th and 20th place finishes, crossing at 20:08.1 and 20:08.6, respectively, and earning All-American honors — Kipp's second, and Coburn's first. A year ago, Kipp was 40th and Coburn 53rd.

Junior Lara Darco was 97th in 21:00.3; senior Katie Cumming was 137th in 21:17.8; and sophomore Camille Logan was 165th in 21:28.9.

Villanova's Sheila Reid placed first individually in the women's race, and

Georgetown shocked Washington with a first-place team finish.

Colorado's men's and women's teams — both ranked sixth headed into today's race — had swept the team titles in the inaugural Pac-12 Conference Championship in Arizona three weeks ago. In the Mountain Region Championships, the men's team finished behind second BYU — a team it beat today — after not running Bosshard to rest him before nationals. The women finished in a tie for first with New Mexico.

Both of CU's teams have appeared in the national championships 18 of the last 19 years.

"They were more ready three weeks ago than today," Wetmore said of the women. "We're very thrilled with the conference championship win. It was not a perfect day today, but it's something to build on."

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Cross country: NCAA Division I Championship

LAVERN GIBSON CC COURSE

Terre Haute, Ind.

MEN'S 10K

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