



MARK WETMORE
**Head Coach/Distance/
 Middle Distance**
16th Season

As Colorado head coach Mark Wetmore enters his 16th season at Colorado, he does so as the only NCAA Division I coach to win all four NCAA cross country titles at the same school.

Wetmore's squads have won five team titles since 2000. His women's team won the championship at Iowa State in 2000, while his men won the following year at Furman. Both men's and women's teams won the championship again in 2004 (CU became only the third school to win both championships in the same year) and in 2006 his men's team won the title again. He has coached Adam Goucher (1998), Jorge Torres (2002) and Dathan Ritzenhein (2003) to men's individual titles, while Kara Grgas-Wheeler won the 2000 women's crown.

Wetmore's coaching career began immediately after high school with a USATF club team, while simultaneously he coached the distance runners at his alma mater Bernards High. Wetmore served a three year stint at Seton Hall (from 1988-1991) once again as the coach of the men's and women's distance events before moving to Boulder in 1991 and accepting an assistant position in 1992.

On November 6, 1995, Wetmore became CU's sixth head cross country and track and field coach. Just weeks later at the 1995 NCAA Cross Country Championship in Ames, Iowa, both teams finished on the podium; the women took second and the men placed fourth.

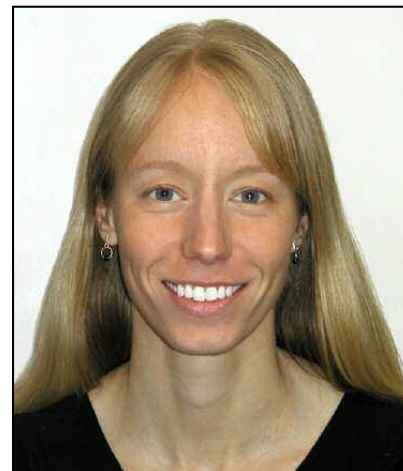
Wetmore has tutored 47 individual conference champions and nine individuals who have combined for 16 NCAA titles. He has coached 76 individuals to 220 All-American selections. Wetmore has produced 26 conference

championship teams, most recently capturing the 2008 Big 12 Men's Outdoor Track and Field Championship at CU's Potts Field.

Wetmore's distance runners have represented the United States at dozens of international competitions. During their collegiate careers, eight athletes have qualified for the World Junior Cross Country Championships and seven have earned berths in the Senior World Cross Country Championships. In 2007, Jenny Barringer captured the USA steeplechase title and represented the U.S. at the IAAF World Championships in Osaka, Japan. In 2008 she made the U.S. Olympic Team and broke her own American record with her ninth-place finish in the Beijing final. Barringer topped that in 2009 when she won the U.S. title again and went on to a fifth-place finish at the IAAF World Championships in Berlin; breaking her own American record by almost 10 seconds (9:12.50). Barringer also won the inaugural USTFCCA The Bowerman award on 2009, which goes to the top collegiate track and field athlete.

His graduates have experienced post-collegiate success that is unrivaled by any NCAA distance program. Twenty-three of his athletes have earned professional running contracts and have combined for 10 USA Cross Country National Titles and 37 berths on USA teams that compete at the IAAF World Cross Country Championships. On the track, CU graduates have won 11 USA Championships and nine individuals have represented the U.S. at the IAAF World Track and Field Championships. Since 2000, eight graduates have combined for 11 spots on the U.S. Olympic Team roster.

A native of Bernardsville, N.J., Charles Mark Wetmore graduated with a bachelor's degree in English Education from Rutgers in 1978 and then completed a M.Ed. in movement sciences from Columbia in 1988.



HEATHER BURROUGHS
**Assistant Coach/Distance/Middle
 Distance**
Seventh Season

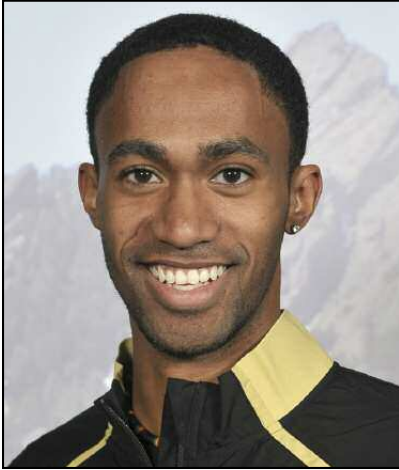
Colorado's first female three-time cross country All-American, Heather Burroughs is in her seventh season assisting head coach Mark Wetmore with men's and women's middle and long distance runner.

Since joining the CU staff in 2004, Burroughs has coached 26 individual conference champions, nine conference team championships, four individual national champions, three NCAA team championships and USA National steeplechase champion and Olympian Jenny Barringer.

In her own collegiate career, she was a top five and all-conference cross country performer in 1994, 95, 97 and 98, including a runner-up finish in 1995. Burroughs claimed all-region honors in those same years and was an All-American in 94, 95 and 98. On the track she was a 15-time conference scorer, the 1995 indoor conference newcomer of the year and an All-American in the 5,000-meter run in 1998. In all, Burroughs competed in six NCAA indoor and outdoor track races.

Burroughs was born Feb. 25, 1976 in Kansas City, Kansas. She graduated from CU in 1999 with a degree in biology.

CU Coaching Timeline	
Mark Wetmore	1995-present
Jerry Quiller	1986-1994
David Troy	1980-1985
Dean Brittenham	1976-1979
Don Meyers	1969-1975
Frank Potts	1927-1968



JEREMY DODSON
Volunteer Assistant Coach
Sprints/Hurdles

First Season

Jeremy Dodson is in his first season as a volunteer assistant coach at Colorado.

He was one of the top sprinters to ever compete at CU, owning the indoor and outdoor school records in the 200-meter dash. His outdoor time (20.37) broke a 32-year-old record set by Ray Prior in 1976 (20.58). He ran his fastest non-elevation time at 20.40 at the NCAA West Preliminaries for the second fastest in CU history. Dodson owns six of the top 10 times on the outdoor chart and 12 of the top 20. In the 100, he owns three of the top 10 marks. His time of 10.27 ranks fifth overall.

Dodson left his mark in the CU indoor record book as he is the only Buff to ever run the 200 in less than 21 seconds, doing so twice (20.88 and 20.95). Dodson is tied for fourth in the 60 with a time of 6.72 and ranks third on the performer chart. As a member of the relays, he has served as the anchor, leading CU to several top marks. The 4x100m relay broke a 37-year-old record twice (39.47, 39.59) in 2008. In fact, he is a member of nine of the top 10 marks. Dodson is a 12-time All-Big 12 performer and is a four-time All-American (three times at CU and once at Arkansas).

The Denver, Colorado native graduated from CU in June, 2010 and is currently enrolled in CU Law School.



CASEY MALONE
Assistant Coach/Throws
11th Season

Casey Malone, a 1998 NCAA Champion and two-time Olympian, is in his 11th season as the men's and women's throws coach at Colorado.

A four-time All-American and 1998 NCAA discus champion at Colorado State, he owns a 224 foot, 8 inch personal record in the event, thrown at the Colorado Elite meet in Fort Collins, Colo. It was the best throw by an American in 2009 and he was the fifth best performer in the event in the world that year.

Malone was also the 1996 Junior National and Junior World Champion and finished sixth at the 1998 Goodwill Games. He competed in the 1996 Olympic Trials, finishing 18th, improving to ninth four years later for a shot at the 2000 Olympic Games. Four-years and another trial later, he was named to the U.S. roster when he finished third at the trials in Sacramento. The only American to advance to the finals at the Olympic Games, he would go on to finish sixth in Athens.

Following the 2004 Olympic Games, Malone received invitations to compete on the European Grand Prix circuit. In Brussels he finished fourth, throwing 64 meters in the Golden League Meet and sixth in Berlin in the ISTAF Golden League Meet. He had earned enough Grand Prix points to compete in the World Athletic Final in Monaco, where he finished seventh before returning to the States.

Malone once again took third at the U.S. Trials in 2008 to advance to his second Olympic Games. He placed 19th in the prelims of the discus at Beijing. The two-time Olympian won his first USATF title in 2009 with a final toss of 213-03. He went on to take fifth at the IAAF World Championships in Berlin that August.

The summer of 2010 was a good one for Malone. He started off by capturing his second straight USA title with a throw of 205-03. Malone competed in five stops of the IAAF Samsung Diamond League to finish sixth overall in the series. He recorded a season-best throw (216-7) at the Prefontaine Classic in Eugene, Ore. on July 3.

At the foot of the Flatirons, Malone has coached a pair of school record holders in both the women's indoor weight throw (Cortney Hutmacher, 62-08.50) and men's indoor weight (Zach Hazen, 63-09.50) along with the men's outdoor weight throw (Zach Hazen, 210-11). He has also tutored six NCAA qualifiers, 12 regional qualifiers, four junior national qualifiers and several Big 12 scorers and champions. At the 2007 Big 12 Outdoor Championships, Malone had four throwers score for the Buffs, which included his first Big 12 Champion in Hannah Warfield-Ruffatto (javelin). Zach Hazen scored in two events for the Buffs, taking second in the hammer throw and eighth in the discus. Warfield-Ruffatto earned the Olympic 'A' Qualifying standard and Hazen recorded the 'B' standard during the season. In 2008, he coached James Begley to the Big 12 Discus crown. Malone kept the streak alive in 2009 as Brandin Williams won the Big 12 javelin title with the sixth best throw in CU history (222-01).

Born April 6, 1977, Malone is a Wheat Ridge, Colo. native and lettered in football, basketball and track at Arvada West. He graduated from Colorado State in 2000 with a bachelor's degree in fine arts with a concentration in painting. In his free time he still creates discus-inspired, figural artwork.

Malone married the former Lindsey Malmgren, an assistant track and field/combined events/jumps coach at Colorado, in Sept. 2005.



LINDSEY MALONE **Assistant Coach/Combined Events/ Jumps**

Fourth Season

Lindsey Malone is in her fourth year as the CU combined events & jumps coach. Malone coaches the long jump, triple jump, high jump, pentathlon, heptathlon and decathlon for the Buffs. She is still competing and jumped over 5-8 in 13 meets in 2009; including two meets where she cleared 5-10.

During her first year (2008) coaching for CU, she guided long jumper Hugh Charles to the second longest jump in CU history at 25 feet, 3.25 inches. Charles placed seventh in the long jump at the USA Indoor Track & Field Championships, fourth at the Big 12 Outdoor Championships and sixth at the NCAA Midwest Regional Championships.

Malone also saw success with the combined event program at CU in her inaugural season. During the indoor season freshman Alex Von Hagen set the Balch Fieldhouse record in the heptathlon and during the outdoor season freshman Adam Salzmann placed ninth in the decathlon at the Big 12 Championships and qualified for the USA Junior National Championships. On the women's side, Malone helped first year heptathlete, Chelsea Haverty, secure points for the women's team with a seventh-place finish at the Big 12 Outdoor Championships.

In 2009, Brianne Beemer, only a freshman, ran the fastest indoor 800-meter run for a pentathlete. During the outdoor season, Beemer ran the second fastest 800 for a heptathlete. At the Big 12 Indoor Championship, Beemer and Salzmann set the Gilliam Track & Field Stadium records (which have since been broken). In June she guided Beemer (sixth), Katie Dreher (11th) and Alyssa Frank (18th) to the USA Junior Nationals in the heptathlon.

The 2010 season was another great one for the combined events program. Beemer placed seventh at the indoor Big 12 Championship in the pentathlon and seventh in the heptathlon at the outdoor conference meet. Adam Salzmann earned

his first All-Big 12 honor by taking fourth in the decathlon. Eddie Taylor and Alex Von Hagen placed seventh and eighth, respectively, also earning their first all-conference honor.

Malone has continued to coach Emily Pearson, a volunteer assistant coach with the Buffaloes. Under Malone's guidance, Pearson placed ninth in the pentathlon at the indoor USA Championship and 11th in the heptathlon at outdoor nationals in 2009. Pearson was fifth in the heptathlon in 2010. Both seasons she was named a member of the Thorpe Cup team. Malone was selected as an assistant coach of the Thorpe Cup team in 2010.

Prior to her arrival at CU, Malone was an assistant coach at Colorado State where she coached the heptathlon, decathlon, high jump and pole vault. She coached 14 Mountain West Conference Champions in six events – high jump, long jump, pentathlon, heptathlon, decathlon and hurdles. Malone coached athletes on CSU's first two conference championship teams (2002 indoor men and 2006 indoor women).

During her time at CSU, Malone's athletes earned the 2003 MWC Indoor Freshman Athlete of the Year Award, the 2006 MWC Outdoor High Point Award, 2007 MWC Indoor High Point Award, 2007 Indoor Outstanding Performance of the Meet Award and the 2007 Outdoor High Point Award. Under Malone's tutelage, the combined events and jumps athletes scored over 500 points in conference meets.

Malone's athletes have qualified for the NCAA Midwest Regional Meet in the long jump, high jump, pole vault, javelin and hurdles. She has coached athletes to achieve NCAA qualifying marks 10 times, with her first All-American in 2007. During her time with the Rams, her athletes set school records in the pole vault, pentathlon, heptathlon and decathlon.

As an athlete at CSU, she competed at conference championships in the high jump, pentathlon, heptathlon, javelin and 4x400-meter relay. Malone held the school record in the heptathlon until 2004 when she coached one of her athletes to break her record. When competing in the heptathlon, Malone ranked as high as 13th in the US. Malone has competed in the high jump at three USA Championships- 2002 Outdoors, 2003 Indoors and 2008 Indoors. In 2008 Malone placed second at Modesto Relays and won nine high jump competitions throughout the year.

In 2004 Malone was selected to be a clinician for the NCAA YES Program during the NCAA Outdoor Championships. She is a graduate of the 2007 NCAA Women Coaches Academy and was honored with the 2007 Judy Sweet Spirit Award.

Malone graduated from CSU in 2001, earning her Bachelor of Arts degree with concentrations in education and painting. While at CSU, she was the president of the Student-Athlete Advisory Committee and the CSU representative to the Mountain West Conference SAAC.

The former Lindsey Malmgren is married to Colorado's throwing coach and 2004 and 2008 Olympian Casey Malone.



DREW MORANO **Assistant Coach/Sprints & Hurdles** **Second Season**

Drew Morano is in his second year as the assistant coach for sprints and hurdles at Colorado, but is in his third year with the program as he served as a volunteer in 2009.

Morano coached one of CU's all-time best sprinters in Jeremy Dodson. Dodson is the Buffaloes' indoor and outdoor 200-meter dash record holder and is a member of the record setting 4x100-meter relay team. Dodson had an outstanding season in 2010, qualifying for nationals in the 100 and 200, as well as with the 4x100. Dodson advanced to the finals in the 200 and earned his highest ever finish at nationals by taking fifth. It was Dodson's third All-American honor while at CU. He owns eight of the top 15 times in the 200 and set four of those during the 2010 season.

The 4x100 relay had an excellent showing during the 2010 season under Morano's leadership. The relay, made up of Dodson, Quinton Dodson, A.J. Whitaker and Kyle MacIntosh, ran the eighth best time in school history during the first round of nationals (39.91). The relay was 17th the following week in the semifinals.

Morano was a standout at Colorado State University in the 200 and 400-meter dashes and earned four letters as a Ram. He was named All-Mountain West Conference six times (three indoor and three outdoor). Morano currently owns the CSU school records in the indoor (46.74) and outdoor 400 (45.65). He was a three-time MWC Champion and a two-time runner-up in the 400. Morano qualified for the NCAA Championship in 2008 and also qualified for the U.S. Olympic trials.

As a volunteer, Morano helped to coach CU recorder holder Jeremy Dodson (indoor and outdoor 200-meter run) as well as Dodson's brother A.J. Whitaker who became the eighth fastest performer in the 60-meter dash as a freshman in 2009.

The 2007 graduate of CSU earned a bachelor's degree in health and exercise science. Morano graduated from St. Thomas Aquinas High School in 2003 and earned letters in football, track and baseball.



BILLY NELSON
**Assistant Coach/Distance/
Middle Distance**
Recruiting Coordinator
First Season

Billy Nelson, a 2008 Olympian, has returned to CU and is in his first year as an assistant coach and recruiting coordinator for the Buffs's cross country and track & field program.

Nelson, who still runs professional with Nike as his sponsor, was a decorated distance runner while at CU; earning All-American honors six times. He won three Big 12 individual titles while at CU, winning the indoor 5,000-meter run in 2006 and the steeplechase in 2007 and '08. Nelson was a part of the men's track and field team that won the first Big 12 outdoor title for CU in 2008, the first conference title for the men since 1947.

During Nelson's final season with the Buffs, he won the steeplechase at the conference and regional meet and capped off his collegiate career with a runner-up finish at the NCAA Championship. Nelson went on to compete at the U.S. Olympic Trials and captured a second-place finish in the finals of the steeplechase with a personal record of 8:21.47; earning a spot on the Olympic roster. At the 2008 Olympic Games, Nelson was 11th in the second prelim.

As a member of the cross country team, he was a four-time All-Big 12 and three-time all-region honoree. Nelson was named the Big 12 Newcomer of the Year in 2002 when he was the fifth racer to cross the finish (fourth Buff). He won the 2005 NCAA Mountain Region title, leading CU to its 12th consecutive region title (at that point).

Nelson also shone on the junior national stage. He was the USA Junior Cross Country Champion and junior 5k champion in 2003. Nelson placed eighth at the world cross country junior championship and was the top American finisher.

The Taft, Calif. native graduated from CU in

2008 with a degree in ethnic studies. He ranks second on the all-time performers list in the steeplechase at CU (8:28.85) and has the third and fourth fastest time in school history. Nelson also ranks fifth on the outdoor 5k performers list (13:46.80).

Nelson is married to the former Alisa Crane. They have a daughter, Arabella, and a son, Noah. They reside in Longmont, Colo.



EMILY PEARSON
**Volunteer Assistant
Coach/Combined Events/ Jumps**
Third Season

Emily Pearson is in her third year as a volunteer assistant coach at Colorado and rejoins her former collegiate coach Lindsay Malone.

Pearson was a very decorated combined events athlete at Colorado State and earned four letters as a Ram (three under Malone). She owns three school records, including in the heptathlon with 5,605 points. Pearson is also a member of the 4x100-meter relay team (45.29) and the indoor 4x400-meter relay (3:47). Colorado State won its first indoor conference title in 2008 and then the outdoor title in 2008. Pearson was the female high points scorer in 2007 (22.5) and 2008 (26.25).

The two-time Mountain West Conference Athlete of the Week qualified for regionals in 2006 (javelin), 2007 (javelin, 100-meter hurdles) and 2008 (javelin, 100-meter hurdles and heptathlon). Pearson advanced to the NCAA Championship in 2008 (heptathlon) and earned All-America honors by placing 10th.

Pearson has continued to train with Malone and qualified for the U.S. team at the Thorpe Cup in August of 2009 and 2010.

Pearson graduated from CSU in 2008 with a bachelor's degree in 2008. She lettered in track, softball and basketball at La Junta High School in 2004.



KAREN LECHMAN
Director of Operations
Ninth Season

Karen Lechman is in her fourth year as the director of operations, but her ninth year overall with the program as she was the administrative assistant prior to her promotion.

She has had an office management career since graduating college. Lechman has worked for companies in software development, commercial finance, scientific research and office products. Lechman was also a certified fitness instructor from 1993-2005 and taught kick-boxing and step aerobics.

Lechman earned her bachelor's degree from Colorado in 1983 in communications. The former Karen Marcy has been married to Brian Lechman since 1985. The couple resides in Broomfield, Colo., and has two daughters, Mychelle and Kimberly.

2011 Schedule

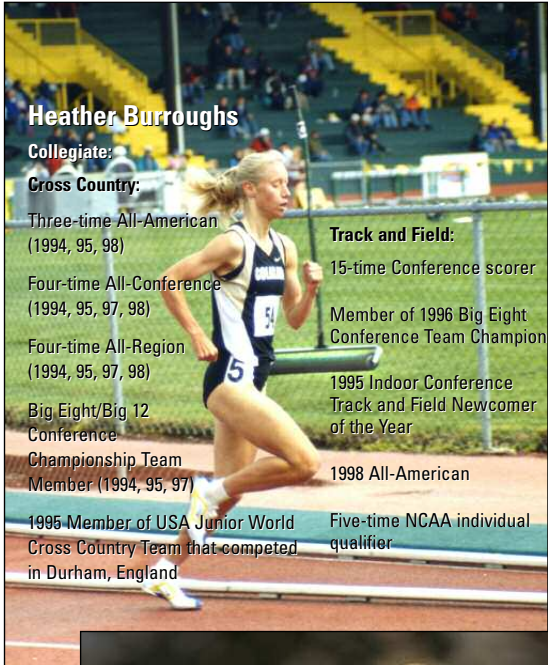
INDOOR

December 8	Black and Gold Intra-Squad	Balch Fieldhouse	Boulder, Colo.
January 14	Air Force All-Comers	Cadet Field House	Colorado Springs, Colo.
January 21-22	Potts Indoor Invitational	Balch Fieldhouse	Boulder, Colo.
January 29	UW Invitational	Dempsey Indoor	Seattle, Wash.
January 29	Don Barrett Duals	Cadet Field House	Colorado Springs, Colo.
February 4-5	New Mexico Classic	Albuquerque Convention Center	Albuquerque, N.M.
February 4-5	Frank Sevigne Husker Invitational	Bob Devaney Sports Center	Lincoln, Neb.
February 11-12	Air Force Collegiate Invitational	Cadet Field House	Colorado Springs, Colo.
February 12	Husky Classic	Dempsey Indoor	Seattle, Wash.
February 18	Mines Twilight Open	Steinhauer Field House	Golden, Colo.
February 25-26	Big 12 Indoor Championships	Bob Devaney Sports Center	Lincoln, Neb.
March 4-5	Last Chance Qualifiers	TBA	TBA
March 11-12	NCAA Indoor Championships	Gilliam Track & Field Stadium	College Station, Texas

OUTDOOR

March 17-18	Northridge Relays	Matador Track	Los Angeles, Calif.
March 19	Potts Collegiate Invitational	Potts Field	Boulder, Colo.
March 25-26	Stanford Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
April 1-2	Texas Relays	Mike A. Myers Track & Soccer Stadium	Austin, Texas
April 9	CU Invitational	Potts Field	Boulder, Colo.
April 13-14	Mt. Sac Multis	Hilmer Lodge Stadium	Walnut, Calif.
April 14-16	Mt. Sac Relays	Hilmer Lodge Stadium	Walnut, Calif.
April 16	Michael Johnson Classic	Hart-Patterson Track & Field Complex	Waco, Texas
April 21-22	Glenn Morris Combined Events	Jack Christiansen Track	Fort Collins, Colo.
April 23	Jack Christiansen Invitational	Jack Christiansen Track	Fort Collins, Colo.
April 30	Front Range Classic	TBA	TBA
April 30	Cardinal Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
May 6	Oregon Twilight	Hayward Field	Eugene, Ore.
May 7	Fum McGraw Open	Jack Christiansen Track	Fort Collins, Colo.
May 13-15	Big 12 Conference Championships	John Jacob Track & Field Complex	Norman, Okla.
May 26-28	NCAA West Preliminary Championships	Hayward Field	Eugene, Ore.
June 8-11	NCAA Outdoor National Championships	Drake Stadium	Des Moines, Iowa
June 22-26	USATF Outdoor Championships	Hayward Field	Eugene, Ore.

* Schedule is tentative and subject to change



Heather Burroughs

Collegiate:
 Three-time All-American (1994, 95, 98)
 Four-time All-Conference (1994, 95, 97, 98)
 Four-time All-Region (1994, 95, 97, 98)
 Big Eight/Big 12 Conference Championship Team Member (1994, 95, 97)
 1995 Member of USA Junior World Cross Country Team that competed in Durham, England

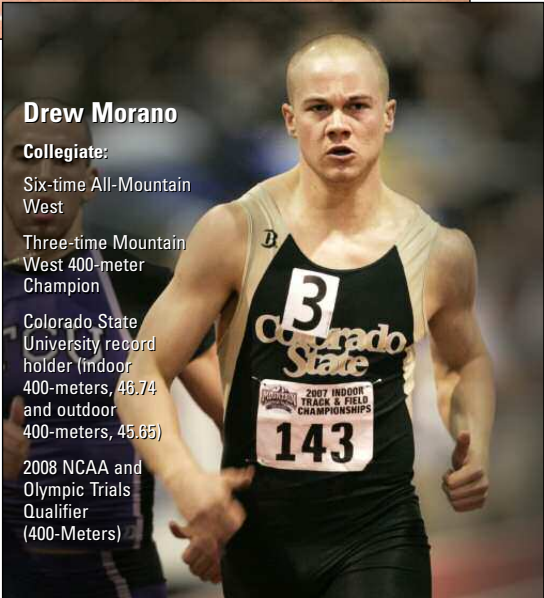
Track and Field:
 15-time Conference scorer
 Member of 1996 Big Eight Conference Team Champion
 1995 Indoor Conference Track and Field Newcomer of the Year
 1998 All-American
 Five-time NCAA individual qualifier



Lindsey Malone

Professional:
 2003 U.S. Indoor National Championships (10th, High Jump)
 2002 U.S. Indoor National Championships participant

Collegiate:
 2001 Colorado State Heptathlon record
 2001 Mountain West Conference Pentathlon (3rd)
 1999 Set CSU Indoor High Jump record
 1998 Tied CSU Outdoor High Jump record
 1998 All-Western Athletic Conference (High Jump, 3rd)
 Owns high jump stadium records at Northern Colorado and Colorado School of Mines



Drew Morano

Collegiate:
 Six-time All-Mountain West
 Three-time Mountain West 400-meter Champion
 Colorado State University record holder (Indoor 400-meters, 46.74 and outdoor 400-meters, 45.85)
 2008 NCAA and Olympic Trials Qualifier (400-Meters)



Professional:
 2009 and 2010 Thorpe Cup participant

Collegiate:
 2008 All-American (Heptathlon)
 Colorado State University record holder (Heptathlon, 5, 605; 4x100m relay, 45.29; indoor 4x400m relay)
 2007 and 2008 MWC High Points Scorer
 Two-time MWC Athlete of the Week
 Five-time NCAA Midwest Region Qualifier (Javelin, 100-meter hurdles)
 2008 NCAA Championship and Olympic Trials Qualifier (Heptathlon)



Casey Malone (Discus)

Professional:
 Competed on the IAAF Samsung Diamond League series
 2010 USATF Champion
 Was the fifth best performer in the world and the top American for the 2009 season with a PR of 224-08
 2009 IAAF World Athletic Final, Berlin (5th)
 2009 USATF Champion
 2008 Olympian
 USA Championships (1st/2010, 1st/2009, 11th/2007, 2nd/2006, 5th/2005, 9th/2003, 5th/2002, 10th/2001, 6th/1999, 5th/1998, 8th/1997)
 Olympic Trials (3rd/2008, 3rd/2004, 9th/2000, 18th/1996)
 2004 Olympian (sixth)
 2004 IAAF World Athletic Final, Monaco (7th)
 2004 ISTAF Golden League Meet, Berlin (6th)
 2004 Golden League Meet, Brussels (4th, 64m)
 2003 IAAF World Athletic (10th, qualifying)
 2002 Ranked fourth, nationally
 2002 Threw a career best 218-5 in Greeley, Colo., which is the farthest throw in Colo.
 2000 Ranked seventh nationally

Collegiate:
 1998 NCAA Champion
 Four-time All-American (1996, 97, 98, 2000)
 Three-time conference champion (Mountain West Conference meet record holder)
 2000 NACAC Age 25 and Under Champion
 1996 Junior National Champion and meet record holder