



MARK WETMORE
Head Coach
Distance/Middle Distance
17th Season

Mark Wetmore enters his 17th season at Colorado and is 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. The women won in 2000, while the men won the following year. Both teams won the championship again in 2004 (CU became only the third school to win both championships in the same year) and in 2006 the men team won again. Wetmore has coached Adam Goucher (1998), Jorge Torres (2002) and Dathan Ritzenhein (2003) to men's individual titles, while Kara Grigas-Wheeler won the 2000 women's crown.

Wetmore became CU's sixth head cross country and track and field coach on Nov. 6, 1995. He has tutored 51 individual conference champions and 10 individuals who have combined for 17 NCAA titles. Wetmore has coached 76 individuals to 225 All-American selections. He has produced 28 conference championship teams, most recently capturing the inaugural 2011 Pac-12 Men's and Women's Cross Country Championships.

Wetmore's distance runners have represented the United States at international competitions. During their collegiate careers, eight have qualified for the World Junior Cross Country Championships and seven have earned berths in the World Senior Cross Country Championships. Since 2000, eight Buffaloes have

combined for 11 spots on the U.S. Olympic Team roster, including then-CU student Jenny Barringer. Most recently Emma Coburn, a senior on the 2012 team, won the USATF steeplechase crown and earned a 13th-place finish at the 2011 IAAF World Championships in Korea.

His graduates have experienced post-collegiate success unrivaled by any NCAA distance program. Twenty-three of his athletes have earned professional running contracts and have combined for 11 USA Cross Country titles and 38 berths on U.S. teams that compete at the IAAF World Cross Country Championships. CU graduates have won 12 USATF Championships and 10 individuals have represented the U.S. at the IAAF World Track & Field Championships.

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.

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



HEATHER BURROUGHS
Assistant Coach
Distance/Middle Distance
Eighth Season

Colorado's first female three-time cross country All-American, Heather Burroughs is in her eighth 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 30 individual conference champions, 11 conference team championships, five individual national champions, three NCAA team champions and two USA National steeplechase champions including Emma Coburn and Olympian Jenny Barringer. Burroughs helped guide the Buffs to the inaugural Pac-12 Conference Men's and Women's Cross Country titles in the fall of 2011.

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.



CASEY MALONE

Assistant Coach

Throws

12th Season

Casey Malone, a 1998 NCAA Discus Champion and two-time Olympian, is in his 12th season as the throws coach at Colorado.

A four-time All-American at Colorado State, he owns a 224 foot, 8 inch personal record, thrown. 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 the 1996 Junior National and Junior World Champion and finished sixth at the 1998 Goodwill Games. He competed in the 1996 Olympic Trials (18th), improving to ninth four years later at the trials. Malone was named to the U.S. roster when he finished third at the 2004 trials. He was the only American to advance to the finals at the Athens games, finishing sixth. Following the games, Malone competed 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, finishing seventh.

Malone took third at the 2008 trials, advancing to the Beijing Games where he placed 19th in the prelims. Malone won his first USATF championship in 2009 (213-03) and went on to take fifth at the IAAF World Championships in Berlin. Malone captured his second USATF title in 2010 and competed in five stops of the IAAF Samsung Diamond League, finishing sixth overall.

Malone has coached a pair of school record holders in 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 (Hazen, 210-11). He has tutored six NCAA qualifiers, 12 regional qualifiers, six junior national qualifiers and several Big 12 scorers and champions.

The Wheat Ridge, Colo. native was born on April 6, 1977 and lettered in football, basketball and track at Arvada West. He graduated from CSU in 2000 with a degree in fine arts. Malone is married to the former Lindsey Malmgren, an assistant track & field coach at Colorado.



LINDSEY MALONE

Assistant Coach

Combined Events/Jumps

Fifth Season

Lindsey Malone is in her fifth year as the combined events and jumps coach at Colorado.

During her first year at CU, she guided long jumper Hugh Charles to the second longest jump in CU history at 25-03.25. He also placed seventh in the long jump at the 2008 USA Indoor Championships.

In 2010 she guided Adam Salzmann, Eddie Taylor and Alex Von Hagen to finish fourth, seventh and eighth in the decathlon at the Big 12 Outdoor Championships, the first time that three decathletes scored for CU at a conference championship. Salzmann has scored points for CU in the heptathlon and decathlon and set a personal best 5,282 points in the heptathlon at the 2011 Big 12 Indoor Championships.

On the women's side, Brianne Beemer has scored points for the Buffs at Big 12 Conference Championships in the pentathlon, heptathlon, 400-meter hurdles and distance medley relay. Beemer placed eighth in the pentathlon at the 2011 USATF Indoor Championships.

Prior to CU, Malone was an assistant at Colorado State University from 2001-07. She coached 14 Mountain West Conference Champions in the multis, jumps and hurdles earning her athletes several awards including: 2003 MWC Indoor Freshman of the Year, 2006 MWC Outdoor High Point, 2007 MWC Indoor High Point, 2007 Indoor Outstanding Performance of the Meet and the 2007 Outdoor High Point.

Malone continues to coach former CSU star Emily Pearson. In 2011, Pearson won her first international heptathlon title at the NACAC Championships in Kingston, Jamaica. Pearson has represented Team USA three times at the USA vs. Germany Thorpe Cup (2009-11). In 2010 Malone was appointed to coach Team USA at the Thorpe Cup Challenge alongside Rick McGuire.

Malone competed for CSU from 1998-2001, setting school records in the high jump and heptathlon. She competed in the high jump, pentathlon, heptathlon, javelin and 4x400 relay. Malone continues to high jump and has competed in three USA Championships (2002 outdoors, 2003 indoors and 2008 indoors).

Malone graduated from CSU in 2001, earning her bachelor's degree in education and painting. She is married to CU throws coach and two-time Olympian, Casey Malone.



DREW MORANO

Assistant Coach

Sprints & Hurdles

Third Season

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

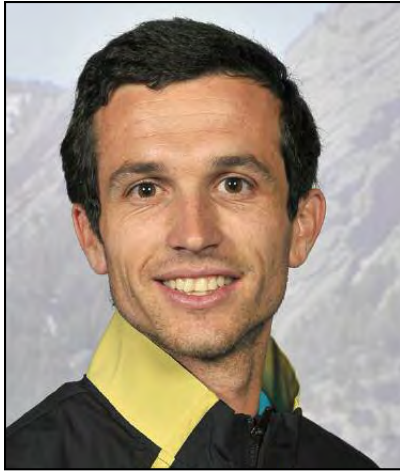
Morano has coached one of CU's all-time best sprinters in Jeremy Dodson. Dodson is the Buffaloes' indoor and outdoor 200-meter dash record holder and is a member of the record setting 4x100-meter relay team. Dodson qualified for nationals in 2010 in both the 100 and 200, as well as with the 4x100. He advanced to the 200 finals and earned his highest finish by placing fifth for this third All-American honor at CU. Dodson owned eight of the top 15 times in the 200; four of those during the 2010 season. Professionally Dodson went on to place third in the 200 at the 2011 USATF Championships, earning a spot on the U.S. roster for the IAAF World Championships in Daegu, South Korea.

The 4x100 relay had an excellent showing during the 2010 season, running 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 coached Joe Morris to the CU 60-meter record (6.63) in his first meet as a Buff in 2011 at the Potts Invite. Morris ran the fastest non-elevation time in school history at the NCAA Indoor Championships, running 6.66 in the prelims. He placed ninth to earn All-American honorable mention honors.

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.

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
Second Season

Billy Nelson, a 2008 Olympian, is in his second year as an assistant coach and recruiting coordinator for the Buffalo's cross country and track & field program.

Nelson, who runs professional with New Balance as his sponsor, won the 2011 USATF steeplechase crown, earning a spot on the U.S. roster for the IAAF World Championships. He was a decorated distance runner while at CU; earning All-American honors six times. He won three Big 12 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 2008 men's track and field team that won the first Big 12 outdoor title for CU, the first conference title 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, capturing a second-place finish in the finals of the steeplechase to earn a spot on the Olympic roster. At the 2008 Olympic Games, Nelson placed 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 and won the 2005 NCAA Mountain Region title, leading CU to its 12th consecutive region title.

Nelson was the 2003 USA Junior Cross Country Champion and Junior 5k champion. He was the top American at the World Junior Cross Country Championships with 26th-place finish.

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 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
Fourth Season

Emily Pearson is in her fourth year as a volunteer assistant coach at Colorado and is training with her former collegiate coach Lindsay Malone.

The La Junta, Colo. native has been competing professionally since graduating from Colorado State in 2008. At the USATF Indoor Championships she placed ninth in the pentathlon in 2009 and was sixth in 2011. At the USATF Outdoor Championships she has also seen success, this time in the heptathlon. She was 11th in 2009, fifth in 2010 and seventh in 2011. Pearson was chosen to represent the U.S. at the Thorpe Cup Team USA vs. Germany Combined Event Championships in 2009, '10 and '11, as well as the 2011 NACAC Combined Events Championships in Kingston, Jamaica where she won the individual title.

Pearson was a decorated combined events athlete at CSU 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.

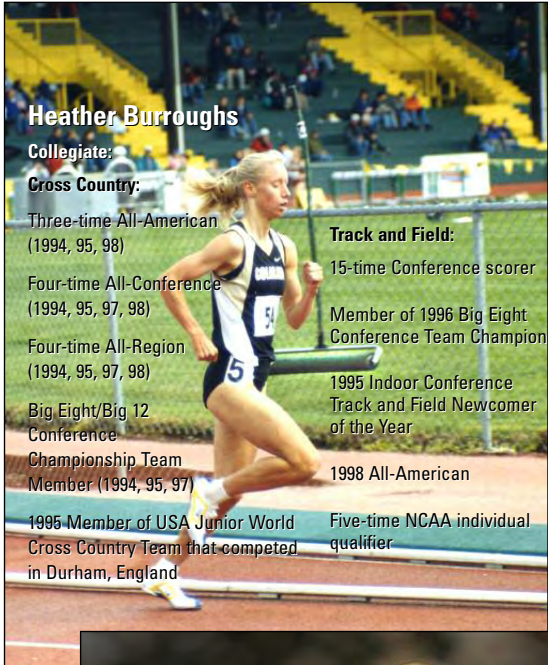


KAREN LECHMAN
Director of Operations
10th Season

Karen Lechman is in her fifth year as the director of operations, but her 10th 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.



Heather Burroughs

Collegiate:

Cross Country:

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

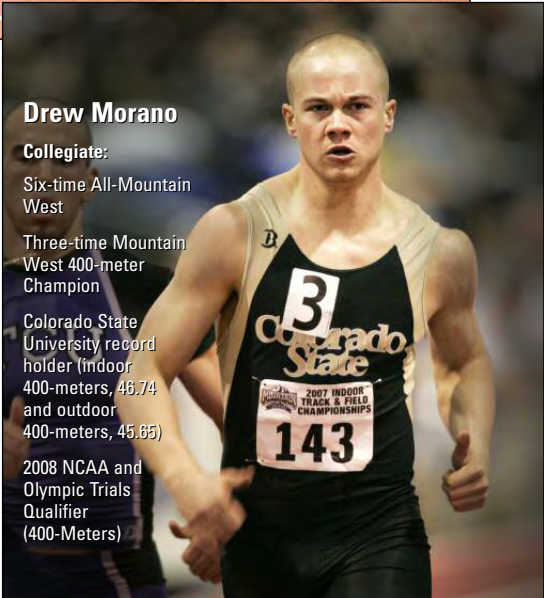
2001 Mountain West Conference Pentathlon (3rd)

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, 45.65)

2008 NCAA and Olympic Trials Qualifier (400-Meters)



Emily Pearson (Combined Events)

Professional:

2011 NACAC Championships – 1st

2009, 10 and 11 Thorpe Cup participant

2011 Outdoor USA Championships – 7th

2011 Indoor USA Championships – 6th

2010 Outdoor USA Championships – 5th

2009 Outdoor USA Championships – 11th

2009 Indoor USA Championships – 9th

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, 8th/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



Billy Nelson (Steeplechase)

Professional:

2011 IAAF World Championship Participant

2011 USATF Champion

2010 USATF Cross Country Championships Participant

2010 USATF Championships – 5th

2009 USATF Championships – 13th

2008 Olympic Participant

2008 USATF runner-up

Collegiate:

Six-time All-American

Ranks second on the CU steeplechase performers list

2008 NCAA steeplechase runner-up

2008 NCAA Midwest Region steeplechase Champion

2007 and 08 Big 12 steeplechase Champion

2006 Big 12 Indoor 3k Champion

2003 USA Junior XC Champion

2003 IAAF World Junior XC Participant

2003 USA Junior 5k Champion



David Adamczyk
Equipment

David Adamczyk Assistant Equipment Manager • Second Season

David Adamczyk is in his fourth season as an assistant equipment manager at the University of Colorado, his second with track and field. Prior to CU, he served as an assistant equipment manager at Indiana University from 2006-08. Adamczyk earned his bachelor's degree in exercise science and sport from the University of Scranton in 2005 and earned his master's of science in athletic administration and sport management from IU in '08. Adamczyk was born on January 8, 1983 in West Point, N.Y. and graduated from James I. O'Neill High School in '01. He lettered in soccer, ice hockey, tennis and golf.



Erin Cunningham
Academics

Erin Cunningham Academic Counselor • Sixth Season

Erin Cunningham is in her sixth year as the assistant director in the office of academic support. Cunningham earned her degree in psychology in 2000 and her master's degree in speech communication in 2002, both from Colorado State. She was a four-year letterwinner on the cross country and track teams at CSU and competed in the NCAA Cross Country National Championship. Cunningham won the Western Athletic Conference Scholar Athlete Award from 1997-98 and received the Mountain West Conference Scholar Athlete Award 1999-2001. Prior to joining the athletic department, Cunningham was a professional academic counselor at CU. Born Oct. 12, 1977, in Boulder, Colo., she lettered in cross country, basketball and track & field at Boulder High School, where Cunningham graduated in 1996.



Craig Downing
Speed-Strength & Conditioning

Craig Downing Assistant Speed-Strength and Conditioning • Second Season

Craig Downing officially joined the Colorado Speed-Strength and Conditioning staff in October of 2009. He graduated from CU in 2009 with a pair of bachelor's degrees in integrative physiology and molecular, cellular and developmental biology. Downing is a certified Speed-Strength and Conditioning specialist and also has a certification from USAW. A native of Little Rock, Ark., Downing graduated from Little Rock Central High School in 2001. He enjoys climbing, lifting, fishing and playing guitar in his spare time.



Melisa Fazio
Athletics

Melisa Fazio Assistant Athletic Trainer • First Season

Melisa Fazio is in her fifth year as an Assistant Athletic Trainer at the University of Colorado, her first with the cross country and track & field programs. Prior to working at CU, she worked with the US Women's Alpine Ski Team during the 2006 season, and with Howard Head Sports Medicine in Vail, Colo. Fazio earned her undergraduate degree from Michigan State University in 2004 in kinesiology/athletic training. She earned her master's degree in kinesiology and health promotions/athletic training from the University of Kentucky in 2006. Fazio graduated from Midland High School (Mich.) in 1999.



Josh Schuler
Speed-Strength & Conditioning

Josh Schuler Assistant Speed-Strength and Conditioning • Second Season

Josh Schuler is in his second year as an assistant speed-strength and conditioning coach at Colorado, joining the staff in June, 2010. This is Schuler's second time at CU as he was an intern during the 2007-08 athletic season. Schuler earned his master's degree from Auburn in 2010 after serving as a graduate assistant for two seasons. He was also a student assistant at Iowa State from 2004-07 while earning his bachelor's. Schuler has two certifications, SCCC and USAW. Born in Muscatine, Iowa, Schuler enjoys hunting, fishing and weight-lifting and was a national caliber 110-meter hurdler in middle school. He lettered in football, wrestling and soccer before graduating from MHS in 2002.



Linda Sprouse
Sports Information

Linda Sprouse Assistant Sports Information Director • Seventh Season

Linda Sprouse is in her sixth season as the assistant sports information director for the CU cross country/track and field team. She also works with the volleyball program at Colorado. Sprouse served as the Big 12 Outdoor Track & Field Championship Media Coordinator when the Buffs hosted the championship in 2008. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women's Division II and III and men's Division III volleyball programs. Sprouse served as a graduate assistant in the athletic communications office at Minnesota State University from 2001-03. She worked with several of the Mavericks' programs, including volleyball, women's ice hockey and women's basketball. Sprouse earned her bachelor's degree in Mass Communications from MSU in 2001 and completed her master's of science in sport administration from MSU in December '07. A native of New Ulm, Minn., she earned two letters as a member of the tennis team. The former Linda Poncin is married to Nick Sprouse.