



Freshmen lead way at Buffs' Time Trial

Camera staff report

Sunday, September 2, 2007

Running unattached, Colorado freshmen Richard Medina and Laura Thweatt each picked up a win at Saturday's CU Time Trial/Alumni Run.

At Buffalo Ranch, Medina ran with pack the whole way and broke away at the end to win the 8K race in 26 minutes, 38 seconds. Senior Pete Janson was second.

"It feels pretty good and felt like a really good run," Medina said. "It was a good workout and I am just trying to keep fresh for the next race and this next training block."

Thweatt won the women's 5.8K race in 23:05 and teammate Jennifer Hooper was second.

"It felt really good because before the race I was freaking out," Thweatt said. "I was a nervous wreck. My goal was to hang with the top girls as long as I could. I really wanted to go out and run well and see what I could do. It felt great."

The time trial is used by CU coach Mark Wetmore to measure what work needs to be done and to see where the athletes are shaking out.

Wetmore can get a good handle on who has had a good summer and who needs more work for the upcoming season. Overall, it can be a fairly good indication on what can be expected for the year.

"If you look through the history of this race, you will see that a freshman almost always wins it," Wetmore said. "Once it is down to seven, then the finishing order generally has a freshman up front. Laura ran well and Richard ran well. I expected both of them to be up there."

The Buffaloes officially kick off the season on Sept. 29 when they host the Rocky Mountain Shootout.

CU Time Trial

OPEN MEN'S 8K

1. Richard Medina, 26:38; 2. Pete Janson, Colorado, 26:38; 3. Joel Hamilton 26:38; 4. Stephen Pifer, Colorado, 26:39; 5. Brent Vaughn, Colorado, 26:39; 6. Kenyon Neuman, Colorado, 26:39; 7. Chris Pannone, Colorado, 26:39; 8. Rob Thayer, Colorado, 26:44; 9. Cameron Clayton 26:50;

10. John Tallerday, Colorado School Of Mines, 26:53; 11. Ben Zywicki, School Of Mines, 26:54; 12. Clifton Oertli, School Of Mines, 27:11; 13. Christian Thompson 27:15; 14. Nick Miller 27:16; 15. Greg Castro, Colorado, 27:19; 16. Seth Demoor, Colorado, 27:25; 17. Kyle Simcox, Metro State, 27:30; 18. Matthew Kempton, 27:36; 19. Nate Hatlebach, School Of Mines, 27:36; 20. Andrew Wacker 27:37.

OPEN WOMEN'S 5.8K

1. Laura Thweatt 23:05; 2. Jennifer Hooper, Colorado, 23:07; 3. Rachel Gioscia, Colorado, 23:08; 4. Sara Vaughn, Colorado, 23:08; 5. Erin Marsten, Colorado, 23:08; 6. Jacque Faust, 23:09; 7. Shanna Sparks, Colorado, 23:10; 8. Dani Rodriguez, Colorado, 23:28; 9. Emily Hanenburg, 23:37;

10. Megan Burrell, 23:42; 11. Lesia Atkinson, 23:43; 12. Morgan Ekemo, Colorado, 23:45; 13. Noelle Green, 23:51; 14. Veronica Albo, Metro State, 24:00; 15. Allison Sawyer, 24:19; 16. Lydia Van Vleet, 24:25; 17. Candace Alai 24:26; 18. Jessica Jenkins, Metro State, 24:32; 19. Sydney Laws, School Of Mines, 24:33; 20. Chelsea Rutter, Metro State, 24:50.



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