

2005 COLORADO CROSS COUNTRY



UNIVERSITY OF COLORADO SPORTS INFORMATION

357 UCB • University of Colorado • Boulder, CO 80309

Linda Poncin, Assistant Director (Cross country contact)

303/492-5980 (office) • 303/492-3811 (fax) • linda.poncin@colorado.edu •

CUBuffs.com

Division I Men's Poll

Week of Nov. 16, 2005

1. Wisconsin (13)
2. Arkansas (3)
3. **Colorado**
4. Arizona
5. Notre Dame
6. Stanford
7. UTEP
8. BYU
9. Georgetown
10. Texas
11. Alabama
12. Ohio State
13. Iona
14. Oklahoma State
15. William & Mary
16. Florida State
17. Dartmouth
18. Iowa
19. Kansas
20. Florida
21. Arizona State
22. Virginia
23. Minnesota
24. Portland
25. Butler
25. Washington
27. American
28. Eastern Michigan
29. Indiana
30. Tennessee

Division I Women's Poll

Week of Nov. 14, 2005

1. Duke (12)
2. Stanford (1)
3. Michigan
4. Notre Dame
5. Arizona State
6. **Colorado**
7. North Carolina State
8. BYU
9. Oklahoma State
10. Boston College
11. Columbia
12. Minnesota
13. Princeton
14. Illinois
15. Tennessee
16. Arkansas
17. Providence
18. Northern Arizona
19. Baylor
20. Virginia
21. Wake Forest
22. Wisconsin
23. Villanova
24. Washington
25. Butler
26. Oregon
27. Rice
28. Georgia
29. Georgetown
30. Michigan State

NEXT UP: The University of Colorado third-ranked men's and sixth-ranked women's cross country teams will head back to Terre Haute, Ind. to defend their national titles at the NCAA Championships on Monday, Nov. 21. Both teams won the NCAA Mountain Region Championship to advance to the 67th annual men's and 25th annual women's championships. The race will take place on the LaVern Gibson Cross Country Course at the Wabash Valley Family Sports Center.

This is the 20th straight appearance at the NCAA Championships for the CU men and the 24th in 25 years. The women are making their 14th consecutive trip to the championship and have qualified 16 of 17 times.

HOW THEY GOT HERE: Colorado earned an automatic bid to the championship by winning both of the NCAA Mountain Region Championship last Saturday in Provo, Utah. This is the 13th time both teams have advanced with automatic bids.

THE SCHEDULE: The men's 10k race is at 12 p.m. (ET) with the women to follow at 1:15.

WHAT HAPPENED LAST YEAR: Colorado swept the men's and women's titles in 2004. The women won by the fourth largest margin in championship history (81) and the men won by four points. The two wins marked just the fourth time in tournament history that one school has claimed both titles. Wisconsin took the titles in 1985 and Stanford won in 1996 and 2003. Renee Metivier was undefeated coming into the race and finished second, just 18 seconds off the leader. All five of CU's women finished in the top-30 and scored a program best 63 points. The men were paced by Brent Vaughn. Vaughn took fourth overall and Bret Schoolmeester came in fifth.

LAST YEAR AT THE NCAA'S:

	Team Champion	Runner-up	Individual Champion	Runner-up	Top CU Runner
M	Colorado	Wisconsin	Simon Bairu (UW)	Matt Gonzales (UNM)	Brent Vaughn (4)
W	Colorado	Duke	Kim Smith (PC)	Renee Metivier	Renee Metivier (2)

BUFFALO DOMINANCE (the streak): Colorado has had a team or individual NCAA title in each of the past five years. The streak is the second longest to Villanova, which took a combined 12 women's team and individual crowns from 1989-1994. The wins were the sixth and seventh titles for the buffs since the 2000 season and were the seventh and eighth since Adam Goucher's individual title in 1998 started the title run.

COLORADO'S NCAA CHAMPIONSHIP HISTORY: Both of Colorado's teams have left their marks on the national scene since the 1990's. The men's team has finished only lower than fifth twice (1997, 2003) since 1993. The women finished 20th in 1992 and jumped up to the podium and a second-place finish in 1995 and then took the team title in 2000. Both teams have two national titles under their belts. The women took top honors in 2000 and again in 2004. The men won the championship in 2001 and 2004. CU has had seven national champions: Mark Scrutton (1982), Mary Decker (1978), Adam Goucher (1998), Kara Grgas-Wheeler (2000), Jorge Torres (2002) and Dathan Ritzenhein (2003).

2005 University of Colorado Cross Country Schedule/Results

Date	Meet	Location	M	W
Sept. 3	Open/Alumni/Varsity Time Trial	Boulder, Colo.	NTS	NTS
Oct. 1	Rocky Mountain Shootout	Boulder, Colo.	1/2	1/2
Oct. 8	at Fort Hays State Invitational	Hays, Kan.	3/10	NTS
Oct. 15	at Pre-National Invitational	Terre Haute, Ind.	1/34	4/34
Oct. 22	at Air Force Invitational	Colorado Springs, Colo.	NTS	NTS
Oct. 28	Big 12 Championships	Waco, Texas	1/12	1/12
Nov. 12	at NCAA Mountain Region Championships	Provo, Utah	1/15	1/18
Nov. 24	at NCAA Championships	Terre Haute, Ind.		
Feb. 18	USA Cross Country Championships	Bronx, N.Y.		
March 25	IAAF World Cross Country Championships	Fukuoka, Japan		

Examining the Polls:

Program Comparison

School	M	W	Total
Stanford	6	2	8
Notre Dame	5	4	9
Colorado	3	6	9
Oklahoma State	14	9	15
BYU	8	8	16
Arkansas	2	16	18
Wisconsin	1	22	23
Arizona State	21	5	26
Minnesota	23	12	35
Georgetown	9	29	38
Virginia	22	20	42
Tennessee	30	15	45
Washington	25	24	49

Conference Comparison

Conference	M	W	Total
Big 10	5	5	11
PAC 10	4	4	8
Big 12	4	3	7
ACC	2	5	7
BIG EAST	2	4	7
SEC	4	3	5
Ivy	1	2	3
Mountain West	1	1	2
Big West	1	1	1
Colonial	1	1	1
Conference USA	1	1	1
Horizon	1	1	1
Metro Atlantic	1	1	1
Mid American	1	1	1
Patriot	1	1	1
West Coast	1	1	1

Regional Comparison

School	M	W	Total
Great Lakes	6	5	12
West	5	4	9
Midwest	4	3	7
Mountain	3	3	6
Southeast	2	4	6
South	4	2	6
Mid-Atlantic	2	3	6
Northeast	2	3	5
South Central	0	3	3

RETURNING ALL-AMERICANS: Colorado is returning six All-Americans to the NCAA Championship on Saturday. Senior Bret Schoolmeester, junior Billy Nelson and sophomore Stephen Pifer will race for the men. Schoolmeester and Pifer finished fifth and 44th overall, respectively, in last year's championship. Nelson redshirted last season, but was an All-American in 2002 and 03. On the women's side, seniors Christine Bolf and Kalin Toedebusch and sophomore Liza Pasciuto will return to the course. Pasciuto and Bolf took 13th and 14th, respectively, last season. Toedebusch was a redshirt but earned a 38th-place finish in 2003.

GIVE THEM SOMETHING TO TALK ABOUT: Colorado has made a habit out of running better than its national ranking at the season finale. This is how the team has done in the Wetmore era.

COLORADO MEN

Season	Rank	NCAA Finish
2005	3	???
2004	4	1st
2003	3	6th
2002	5	4th
2001	1	1st
2000	1	2nd
1999	5	7th
1998	4	3rd
1997	3	3rd
1996	3	5th
1995	3	4th

COLORADO WOMEN

Season	Rank	NCAA Finish
2005	6	???
2003	3	1st
2002	7	5th
2002	3	5th
2001	6	8th
2000	1	1st
1999	5	8th
1998	13	7th
1997	4	3rd
1996	4	4th
1995	5	2nd

10 Great Years: Mark Wetmore just celebrated his 10th full year of coaching the CU Cross Country teams on Nov. 6. Wetmore has led the men to 10 Big 12 Titles and the women to nine. The men and women's teams have each earned two NCAA Championships under his leadership.

2005 Colorado Rosters

The following are the CU travel rosters for the 2005 NCAA Cross Country Championships, with their finishes at the last four year's races in Greenville, S.C. (2001); Terre Haute, Ind. (2002, 04) and Waterloo, Iowa (2003). (*--Alternate) Finishes include overall/CU.

COLORADO WOMEN

Name	Ht	Yr	Exp.	Hometown (High School/College)	2001	2002	2003	2004
Jenny Barringer	5-5	Fr.	HS	Oviedo, Fla. (Oviedo)				
Christine Bolf	5-2	Sr.	3L	Los Angeles, Calif. (Notre Dame Academy)		186/6	66/3	14/3
Sara Ensrud *	5-1	So.	TR	Gering, Neb. (Gering/Virginia)				
Kristen Hoogheem	5-6	So.	HS	Chesterfield, Mo. (Marquette)				
Liza Pasciuto	5-4	So.	1L	Murrieta, Calif. (Murrieta Valley)				13/2
Kalin Toedebusch	5-2	Sr.	1L	Rockford, Mich. (Rockford/Villanova)	95/1	48/3	38/2	
Jackie Zeigle	5-7	Sr.	2L	South Jordan, Utah (Bingham)		138/5	219/7	
Laura Zeigle	5-6	Jr.	1L	South Jordan, Utah (Bingham)			88/4	224/7

COLORADO MEN

Name	Ht.	Yr	Exp.	Hometown (High School/College)	2001	2002	2003	2004
Austin Baillie	5-4	Sr.	VR	Portland, Ore. (Westview)				
Payton Batliner	6-1	Sr.	3L	Highlands Ranch, Colo. (Highlands Ranch)		187/6	150/6	
Erik Heinonen *	5-8	Sr.	VR	Eugene, Ore. (South Eugene/Oregon)				
Peter Janson	5-9	So.	VR	Dallas, Texas (Highland Park)				
Billy Nelson	5-6	Jr.	2L	Bakersfield, Calif. (Taft Union)		42/3	16/2	
Stephen Pifer	6-0	So.	1L	Edwardsville, Ill. (Highland Park)				44/4
Bret Schoolmeester	5-10	Sr.	3L	Sedalia, Colo. (Denver Christian)		207/7	242/7	5/2
James Strang	6-0	So.	1L	Signal Mountain, Tenn. (Baylor)				49/5

BIG 12 RUNNERS OF THE WEEK (Oct. 17): Seniors Bret Schoolmeester and Christine Bolf were named the Big 12 Runners of the Week for their performances on Oct. 15. It is the first time either has been named the Big 12 Runner of the Week. Schoolmeester, a Sedalia, Colo., native, paced Colorado to a first-place finish in the "White" race at the NCAA Pre-Nationals in Terre Haute, Ind., as he finished the 8k loop in 23 minutes and 44 seconds to finish third overall. The time was the best finish he has had at pre-nationals as he improved by 13 seconds from last season. Bolf, a Los Angeles, Calif., native, took top honors in the women's "White" race, completing the 6k loop in 20 minutes and 39 seconds. She helped the Buffs finish fourth out of 34 teams in the race. This was her second straight first-place finish of the season. Bolf also took top honors at the Rocky Mountain Shootout on Oct. 1.

BIG 12 COACH OF THE YEAR: The University of Colorado Head Cross Country Coach Mark Wetmore has been named the 2005 Big 12 Conference Men's and Women's Cross Country Coach of the Year, the league's offices announced today. This is the ninth time he has been named the coach of the year on the men's side and the eighth time on the women's side. The award is voted on by the league's coaches.

Wetmore's squads swept the 2005 Big 12 Cross Country team titles for the seventh straight year. The women notched 38 points to defeat runner-up Oklahoma State (58) and the men recorded 44 points as they bested Texas (52). It was the 10th consecutive Big 12 title for the men and the ninth overall for the women.

ALL-BIG 12 PERFORMERS: Colorado placed eight (four men and four women) on the All-Big 12 Team. The team consists of the top 15 runners in the men's and women's races. Senior Christine Bolf was the top women's racer in the 6k loop and earned her second straight All-Big 12 honor. Bolf finished in 20 minutes and 24 seconds. Freshman Jenny Barringer was the runner-up and was named the Big 12 Newcomer of the Year as the top first-year runner. She finished 10 second behind Bolf and became the fourth CU women's runner to receive the honor. Liza Pasciuto placed sixth and Kalin Toedebusch finished 11th as each earned her second All-Big 12 honor.

Sophomore Stephen Pifer earned his first All-Big 12 honor as CU's top finisher in the men's race. He finished the 8k loop in 23:56 and placed fifth overall. Seniors Bret Schoolmeester and Billy Nelson were sixth and ninth, respectively and recorded their third time on the team. Sophomore James Strang was eighth to earn his first appearance on the team.

ACADEMIC ALL-BIG 12

The University of Colorado cross country program placed 13 on the Academic All-Big 12 teams, the conference office announced Tuesday.

Senior harrier **Austin Baillie** is making his third appearance on the Academic All-Big 12 First Team. Baillie, a mechanical engineering major, was a member in 2003 and 2004.

He is joined by eight teammates on the first team who have a grade point average of 3.20 or better. Those named to the second team have a 3.0-3.19 grade point average. **Christine Bolf** (accounting), **Payton Batliner** (music), **Will Campbell** (history), **Kristen Hoogheem** (biological science) and **Daniel Kenney** (business) were named to the first team for the second time in their careers. **Bret Schoolmeester** (Spanish) is making his first appearance on the first team after being a second team selection last season. Seniors **Erik Heinonen** (news editorial) and **Kalin Toedebusch** (sociology) earned their first Academic All-Big 12 selection.

Greg Castro (advertising), **Anthony Chiulli** (management), **Peter Janson** (biology) and **Shanna Sparks** (sociology) were named to the second team.

CU PLACES 5 ON BIG 12 CROSS COUNTRY 10TH ANNIVERSARY TEAM



The University of Colorado cross country program placed five of its former athletes on the Big 12 10th Anniversary Team. Jorge Torres, Adam Goucher and Dathan Ritzenhein made up the men's team and Sara (Gorton) Slattery and Kara Grgas-Wheeler were selected to the women's team.

The teams of three were selected by the league's head coaches. In order to be eligible for consideration, former athletes must have had a top three finish at Big 12 Championships at least once in their careers. The Big 12 Conference formed in 1996. Amy Mortimer, Kansas State, was the third woman named to the team.

Torres, currently a volunteer assistant coach for CU, won the Big 12 individual crown three times (2000-02). Torres was the 2002 NCAA Champion as he finished the season undefeated.

The three-time All-American was the NCAA runner-up in 2001 and placed third in 2000.

Goucher took top honors in the Big 12 on two occasions (1997-98) and won the NCAA crown in 1998. With the win, he set the Rim Rock Course record at 29:26.9. Goucher, a four-time All-American, was the national runner-up in 1994, took sixth in 96 and earned a third-place finish in 97. He was also the Big Eight Champion in 1995 before the Big 12 was formed.

Ritzenhein won the Big 12 and NCAA Championships in 2003. A two-time All-American, he was named the Big 12 Newcomer of the Year in 2001 and was the highest finishing freshman in a national championship race since Adam Goucher's second-place finish in 1994.

Slattery was a three-time All-American (2000, 02, 04). She finished fifth at the 2002 NCAA's and led the Buffs to a fifth-place finish. At the 2000 NCAA Championships she was the highest finishing Colorado freshman in the program's history with an eighth-place effort. With the finish, she also became the Buffs first female freshman All-American.

Grgas-Wheeler, won two Big 12 title (1999, 2000) and was the 2000 Champion as she led the CU women to their first national championship. In that same season, she went undefeated and became the first individual national champion since 1994 to be on the national championship team. Grgas-Wheeler was a two-time All-American.

The Buffs are in Waco, Texas, to participate at the Big 12 Championships at the Bear Run Cross Country Course on Friday, Oct. 28. The men will race at 10 a.m. (CT) and the women will follow at 11. CU has swept the last six conference titles. The men and women have each taken eight of the nine conference individual crowns.

NCAA CHAMPIONSHIP HISTORY

DISTRICT/REGION CHAMPIONSHIP HISTORY

Year	M-Team	Top Colorado Finisher	W-Team	Top Colorado Finisher
1980	1st (50)	1. Mark Scrutton 29:21.9	1st (65)	N/A
1982	1st	1. Mark Scrutton 29:48.8	4th (65)	10. Sarah Hanson 18:11
1983	5th	7. Mick Bannister 31:38	5th (83)	19. Sarah Hanson 18:34
1984	2nd (78)	8. Todd Winke 30:49	5th	5. Michelle Bews 16:50
1985	2nd (58)	3. Dan Reese 30:55	4th (96)	4. Chris McNamara 17:39
1986	1st (46)	1. Chuck Trujillo 30:25	1st (92)	3. Chris McNamara 17:01
1987	1st (80)	2. Andy Dunn 31:10.8	1st (33)	3. Vivian Sinou 17:01
1988	3rd (71)	9. Andy Dunn 30:46	N/A	7. Catrina Campbell 17:43
1989	2nd (100)	4. Bob Cisco 30:46	t-4th (159)	12. Peg Millican 17:53
1990	12th (289)	21. Ron Salazar 31:42	4th (158)	17. Michelle Kantor 17:51
1991	5th (5th)	21. Fritz Rogers 31:36	5th (138)	5. Brooke Baughman 17:19
1992	1st (77)	8. Fritz Rogers 31:06	3rd (125)	1. Brooke Baughman 16:53
1993	1st (50)	4. Scott Larson 30:28	2nd (57)	4. Brooke Baughman 17:11
1994	1st (46)	1. Adam Goucher 30:07.6	1st (26)	2. Patty Roberts 17:07
1995	1st (66)	1. Adam Goucher 29:33.2	2nd (31)	2. Colleen Glyde 16:56.0
1996	1st (33)	1. Adam Batliner 32:23.38	1st (43)	3. Kelly Smith 18:27.35
1997	1st (15)	1. Adam Goucher 30:04.0	2nd (64)	3. Kelly Smith 17:20.8
1998	1st (34)	1. Adam Goucher 30:43.8	2nd (69)	7. Heather Burroughs 18:04.3
1999	2nd (61)	1. Ron Roybal 30:12.8	2nd (61)	1. Kara Grgas-Wheeler 16:39.9
2000	1st (38)	1. Jorge Torres 30:38.6	1st (38)	1. Kara Grgas-Wheeler 20:45.0
2001	1st (48)	1. Jorge Torres 30:53.3	2nd (48)	1. Jodie Hughes 21:13.9
2002	2nd (93)	1. Jorge Torres 29:33	2nd (66)	4. Sara Gorton 20:39
2003	1st (69)	1. Dathan Ritzenhein 30:32	2nd (67)	4. Renee Metivier 21:05
2004	1st (40)	3. Bret Schoolmeester 29:48	1st (32)	1. Renee Metivier 20:05
2005	1st (42)	1. Billy Nelson 30:29	1st (53)	2. Liza Pasciuto 20:53

NCAA CHAMPIONSHIP HISTORY

YR	TEAM	TOP CU FINISHER	TIME	TEAM	TOP CU FINISHER	TIME
1965	14th (281)	8. David Wighton	30:15			
1966	6th (248)	15. Craig Runyan	30:40			
1967	3rd (163)	4. Craig Runyan	31:10			
1968	5th (241)	13. Craig Runyan	30:00			
1970	15th (450)	52. Ted Castaneda	29:25			
1973	6th (217)	11. Ted Castaneda	28:55			
1975	20th (447)	58. Rick Musgrave	N/A			
1976				16th (546)	16. Pam Allen	17:12
1977	10th (299)	14. Mark Spilsbury	29:34	3rd (164)	7. Mary Decker	17:49
1978	5th (224)	21. John Hunsaker	30:06	4th (147)	1. Mary Decker	16:59
1979	4th (189)	14. Mark Anderson	29:32	18th (430)	93. Fran Montes	N/A
1980	13th (369)	6. Mark Scrutton	29:20	19th (408)	26. Ruth Hamilton	17:51
1981				9th (237)	37. Sharon Hulse	18:49
1982	7th (219)	1. Mark Scrutton	30:12			
1984	22nd (411)	27. Richard Reese	30:22			
1985	3rd (167)	15. Dan Reese	30:12			
1986	5th (195)	13. Chuck Trujillo	31:21	6th (186)	23. Carol McMordie	17:38
1987	15th (385)	39. Andy Dunn	30:13	12th (249)	33. Chris McNamera	17:01
1989	18th (365)	40. Mike Nahom	30:47			
1992	11th (320)	34. Shawn Found	31:49	20th (454)	11. Brooke Baughman	17:37
1993	4th (172)	31. Alan Culpepper	30:33	14th (326)	32. Brooke Baughman	17:19
1994	2nd (88)	2. Adam Goucher	30:12	4th (126)	13. Patty Roberts	17:17
1995	4th (181)	6. Adam Goucher	30:58	2nd (123)	17. Heather Burroughs	17:40
1996	5th (179)	17. Chris Severy	31:29	4th (145)	15. Colleen Glyde	18:02
1997	3rd (108)	3. Adam Goucher	29:10	3rd (178)	18. Kelly Smith	17:03
1998	3rd (158)	1. Adam Goucher	29:26	7th (332)	25. Heather Burroughs	17:30
1999	7th (307)	42. Michael Friedberg	31:22	8th (351)	9. Kara Grgas-Wheeler	16:58
2000	2nd (94)	3. Jorge Torres	30:21	1st (117)	1. Kara Grgas-Wheeler	20:30
2001	1st (90)	2. Jorge Torres	29:06	8th (240)	8. Molly Austin	20:51
2002	4th (190)	1. Jorge Torres	29:04	5th (220)	10. Sara Gorton	20:01
2003	5th (26)	1. Dathan Ritzenhein	29:14	5th (269)	15. Renee Metivier	20:21
2004	1st (90)	4. Brent Vauhgn	30:49	1st (63)	2. Renee Metivier	20:27

2005 COLORADO CROSS COUNTRY RESULTS

COLORADO WOMEN

Sept. 3	ALUMNI/OPEN/VARSITY TIME TRIAL	NTS
Oct. 4	ROCKY MOUNTAIN SHOOTOUT (Boulder)	1/2 (D-I)
	1. COLORADO ; 2. Northern Colorado	
Oct. 8	at Tiger Invitational (Hays, Kan.)	NTS
Oct. 15	at Pre-National Invitational "White" Race (Terre Haute, Ind.)	4/34
	1. Michigan, 86; 2. Arizona State, 96; 3. Illinois, 117; 4. Colorado , 170; 5. Wake Forest, 212; 6. Boston College, 223; 7. Princeton, 260; 8. Oregon, 273; 9. Michigan State, 273; 10. Washington, 299.	
Oct. 22	at Air Force Invitational (USAFA, Colo.)	NTS
Oct. 29	at Big 12 Championships (Waco, Texas)	1/12
	1. Colorado , 38; 2. Oklahoma, 53; 3. Baylor, 69; 4. Missouri, 117; 5. Nebraska, 129; 6. Texas Tech, 153; 7. Texas A&M, 201; 8. Kansas, 214; 9. Iowa State, 289; 10. Kansas State, 294; 11. Texas, 313; 12. Oklahoma, 330.	
Nov. 15	at NCAA Mountain Region Championships (Orem, Utah)	1/18
	1. Colorado , 53; 2. BYU, 59; 3. Northern Arizona, 93; 4. Colorado State, 110; 5. Weber State, 148; 6. New Mexico, 163; 7. Utah State, 188; 8. Texas Tech, 280; 9. Montana, 283; 10. Air Force, 284; 11. Wyoming, 290; 12. Montana State, 298; 13. Southern Utah, 344; 14. New Mexico State, 389; 15. Utah, 396; 16. Idaho State, 409; 17. UTEP, 433; 18. Nevada, 467	
Nov. 24	at NCAA Championships (Terre Haute, Ind.)	

COLORADO MEN

Sept. 3	ALUMNI/OPEN/VARSITY TIME TRIAL	NTS
Oct. 4	ROCKY MOUNTAIN SHOOTOUT (Boulder)	1/2 (D-I)
	1. COLORADO ; 2. Air Force (B)	
Oct. 8	at Tiger Invitational (Hays, Kan.)	3/10
	1. Air Force, 2. Colorado School of Mines, 3. Colorado , 4. Butler Country CC, 5. Colorado College, 6. Fort Hays State, 7. Garden City CC, 8. Nebraska-Kearney, 9. Hutchinson CC, 10. Barton County CC	
Oct. 15	at Pre-National Invitational "White" Race (Terre Haute, Ind.)	1/34
	1. Colorado , 70; 2. Notre Dame, 96; 3. Florida, 152; 4. Iowa, 193; 5. Portland, 218; 6. William and Mary, 219; 6. Michigan, 219; 8. Washington, 236; 9. Iona, 239; 10. Air Force, 353.	
Oct. 22	at Air Force Invitational (USAFA, Colo.)	NTS
Oct. 29	at Big 12 Championships (Waco, Texas)	1/12
	1. Colorado , 44; 2. Texas, 52; 3. Kansas, 68; 4. Oklahoma State, 92; 5. Missouri, 182; 6. Iowa State, 188; 7. Texas A&M, 202; 8. Kansas State, 234; 9. Texas Tech, 246; 10. Nebraska, 288; 11. Oklahoma, 291; 12. Baylor, 346.	
Nov. 15	at NCAA Mountain Region Championships (Orem, Utah)	1/15]
	1. Colorado , 42; 2. UTEP, 79; 3. BYU, 86; 4. Northern Arizona, 146; 5. Colorado State, 148; 6. Utah State, 179; 7. Air Force, 195; 8. New Mexico, 222; 9. Weber State, 230; 10. Idaho State, 233; 11. Wyoming, 244; 12. Southern Utah, 319; 13. Texas Tech, 327; 14. Montana State, 353; 15. Montana, 364.	
Nov. 24	at NCAA Championships (Terre Haute, Ind.)	

INDIVIDUAL RESULTS (Overall/CU)

Runner	RMS 5.8k	FT HS 5k	PRE-NC 6k	AFA 6k	B12 6k	MTR 6k	NCAA 6k
J. Barringer	2/2 21:07		5/2 20:33.6		2/2 20:34	8/4 21:29.0	
A. Bohlen				+3/2 26:11.4			
C. Bolf	1/1 20:53		1/1 20:12.3		1/1 20:24	3/2 20:59.5	
S. Ensrud	19/6 22:41		183/7 23:12.8		53/8 23:04		
K. Hoogheem	21/7 22:49		+47/1 22:54.5		42/7 22:44	56/7 23:17.9	
B. Kish				+1 22:20.9			
A. Martinez	65/9 25:53	33/4 20:23.21					
L. Pasciuto	DNF		39/4 21:24.5		6/3 20:29	2/1 20:52.8	
C. Schultheiss				+5 27:32.6			
K. Shuma	35/8 24:22	12/2 19:30.21		4/3 27:21.6			
S. Sparks		13/3 19:35.33	+95/2 23:54.5	2/1 24:10.9			
K. Toedebusch	5/3 21:28		18/3 21:05.9		11/4 21:14	7/3 21:28.2	
J. Zeigle	15/4 22:30	4/1 18:47.09	107/5 22:13.2		18/5 21:39	33/5 22:41.9	
L. Zeigle	18/5 22:39		157/6 22:50.3		25/6 21:55	51/6 23:11.8	

INDIVIDUAL RESULTS (Overall/CU)

Runner	RMS 8k	FT HS 8k	PRE-NC 8k	AFA 8k	B12 8k	MTR 10k	NCAA 10k
A. Baillie	18/9 26:43		67/7 24:51.0		18/6 24:28	29/6 31:54.3	
P. Batliner	6/3 25:35		27/5 24:23.9		16/5 24:27	21/5 31:28.7	
W. Campbell	35/12 28:08	16/3 26:23.25		9/4 27:47.9			
G. Castro	26/11 27:32	13/2 26:15.46	+44/4 25:54.6	6/2 27:27.6			
A. Chiulli	25/10 27:26		+28/2 25:33.7		30/8 24:57		
R. Deak				+2 36:46.9			
B. Harkrader	3/2 25:27						
E. Heinonen		3/1 25:32.75	+9/1 25:00.7		32/9 25:03		
P. Janson	11/7 26:06		43/6 24:35.5		23/7 24:44	52/7 31:54.3	
D. Kenney	44/13 28:28	26/4 26:39.04		11/5 27:59.2			
B. Nelson	8/4 25:48		6/2 23:52.3		9/4 24:16	1/1 30:28.2	
K. Neuman				+3 26:59.8			
C. Pannone				1/1 26:36.1			
S. Pifer	10/6 25:58		15/3 24:09.4		5/1 23:56	7/3 30:50.2	
C. Pannone	14/8 26:27		+29/3 25:34.7				
B. Schoolmeester	1/1 24:55		3/1 23:43.7		6/2 24:06	2/2 30:28.7	
J. Strang	9/5 25:48		19/4 24:13.5		8/3 24:11	11/4 31:05.0	
R. Thayer		27/5 26:39.59	+105/5 27:02.4	8/3 27:42.9			



Jenny Barringer has made an instant impact in CU's lineup. She took second overall at the Rocky Mountain Shootout and finished fifth at Pre-Nationals. Barringer was named the Big 12 Newcomer of the Year with her second-place finish at the conference championship. Barringer finished eighth overall at the NCAA Mountain Regions and placed fourth for CU.

2005 In Review

Rocky Mtn. Shootout 2/2 21:07
at Pre-Nationals 5/2 20:34
at Big 12 2/2 20:34
at NCAA Regions 8/4 21:29

Big 12 Newcomer of the Year
All-Big 12
All-Region



Christine Bolf has won her first three races of the season; including her first Big 12 Individual Championship title. All three were personal bests. Bolf was named the Big 12 Runner of the Week on Oct. 18 and was named the CU Athlete of the Week on Nov. 1 after leading CU to its ninth Big 12 title. Bolf took third overall at the NCAA Mountain Regions (she was fighting a head cold) and looks to finish in the lead pack at the NCAA Championship.

2005 In Review

Rocky Mtn. Shootout 1/1 20:53
at Pre-Nationals 1/1 20:13
at Big 12 1/1 20:24
at NCAA Regions 3/2 21:00

Big 12 Champion
All-Big 12
All-Region
Academic All-Big 12



Sara Ensrud's first appearance as a Buff was at the Rocky Mountain Shootout where she finished 19th overall (22:41). She participated in the Pre-Nats and at the Big 12 Championship. Ensrud was the alternate at the NCAA Mountain Regions and will be the alternate at the NCAA Championships. Ensrud is a sophomore transfer from Virginia.

2005 In Review

Rocky Mtn. Shootout 19/6 22:41
at Pre-Nationals 183/7 ... 23:13
at Big 12 53/8 23:04



Kristen Hoogheem has participated in all four races during her sophomore season this season. She finished seventh for CU at the Rocky Mountain Shootout and the Big 12's. She ran the Pre-Nationals as an individual and finished 47th in the event. Hoogheem finished 56th overall at the NCAA Mountain Regions and placed seventh for CU.

2005 In Review

Rocky Mtn. Shootout 21/7 22:49
at Pre-Nationals +47/1 ... 22:55
at Big 12 42/7 22:44
at NCAA Regions 56/7 23:18

Academic All-Big 12



Liza Pasciuto is having a great sophomore season. She finished 39th for the second straight year at Pre-Nationals with an identical time of 21:24.5. Pasciuto took sixth overall at the Big 12 Championships and placed third for the team. She earned a second-place overall finish at the NCAA Mountain Regions for her career-best finish. Pasciuto was CU's top runner in the race and was named the CU Athlete of the Week for her performance.

2005 In Review

at Pre-Nationals 39/4 21:25
at Big 12 6/3 20:29
at NCAA Regions 2/1 20:53

All-Big 12
All-Region



Kalin Toedebusch is back after redshirting last season. She was an All-American her junior year after transferring from Villanova. Toedebusch has finished as CU's third runner in Colorado's first two races this season. She finished 11th overall at the Big 12 Championship and placed fourth for CU. Toedebusch once again finished third for CU at the NCAA Mountain Regions with a seventh-place overall finish.

2005 In Review

Rocky Mtn. Shootout 5/3 21:28
at Fort Hays Invite ... 18/3 ... 21:06
at Pre-Nationals 11/4 21:14
at NCAA Regions 7/3 21:29

All-Big 12
All-Region



Jackie Zeigle finished 15th overall at the Rocky Mountain Shootout with a personal best of 22:30. Her best finish of the season was at the Fort Hays State Invite where she was fourth overall and was the top CU runner. Zeigle's 16th-place finish at the conference championship helped CU earn its ninth Big 12 title. She has held down the fifth position on the team and took 33rd at regionals.

2005 In Review

Rocky Mtn. Shootout 15/4 22:30
at Fort Hays 4/1 18:47
at Pre-Nationals 107/5 ... 22:13
at Big 12 18/5 21:39
at NCAA Regions 33/5 22:42



Laura Zeigle has participated in four races for CU. She was Colorado's fifth runner at the Rocky Mountain Shootout and the sixth at the Pre-Nationals. Zeigle was 25th at the Big 12 Championships and sixth for CU. She placed 51st at the NCAA Mountain Regions and was CU's sixth runner.

2005 In Review

Rocky Mtn. Shootout 18/5 22:39
at Pre-Nationals 157/5 ... 22:51
at Big 12 25/6 21:55
at NCAA Regions 51/6 23:12



Austin Baillie ran a personal best (26:43) at the Rocky Mountain Shootout where he finished 18th overall in his senior season. He also ran a pr at the Pre-National Invite. Baillie continues to cut down his time as he took 23 seconds off his Pre-Nats time to finish sixth for CU at the Big 12's. Baillie ran in his first Big 12 Championship and NCAA Mountain Regions in his career this year. This will be his first NCAA Championship.

2005 In Review

Rocky Mtn. Shootout 18/9 26:43
at Pre-Nationals 67/7 24:51
at Big 12 18/6 24:28
at NCAA Regions 29/6 31:55

Academic All-Big 12



Payton Batliner has been a consistent scorer for the Buffs in his final season. He has one third-place finish, which was a career-best, and two fifth-place marks. Between his first and second races, he took one minute and 11 seconds off of his time. Batliner earned his first All-Big 12 honor this season. He ran a personal best at the NCAA Mountain Regions (31:29) and took 21st overall.

2005 In Review

Rocky Mtn. Shootout 6/3 25:35
at Pre-Nationals 27/5 24:24
at Big 12 16/5 24:27
at NCAA Regions 21/5 31:29

**All-Region
Academic All-Big 12**



Erik Heinonen is having a successful senior season with the Buffs. He finished third overall at the Fort Hays Invite and continues to improve his time. Heinonen ran a personal-best 21 minutes and one second at the Pre-Nationals in the open race and finished ninth overall. Heinonen is the alternate for Colorado at regionals and nationals.

2005 In Review

at Fort Hays 3/1 25:33
at Pre-Nationals +9/1 25:01
at Big 12 32/9 25:03

Academic All-Big 12



Pete Janson has found a spot on the NCAA squad with CU. In his sophomore season, he finished sixth for the Buffs at Pre-Nats, which is a personal best 24 minutes and 36 seconds. Janson took 52nd at his first NCAA regional and will race in his first NCAA Championship on Monday.

2005 In Review

Rocky Mtn. Shootout 11/7 26:06
at Pre-Nationals 43/6 24:36
at Big 12 23/7 24:44
at NCAA Regions 52/7 32:40

Academic All-Big 12



Billy Nelson earned his third straight All-Big 12 honor with a ninth-place finish this season. Nelson continues to help lead the Buffs as he has finished in the top-nine in all three races this season. Nelson won the NCAA regions for his first postseason victory, besting teammate Bret Schoolmeester by five-tenths of a second. Nelson was named the CU Athlete of the Week for his regional finish.

2005 In Review

Rocky Mtn. Shootout 8/4 25:48
at Pre-Nationals 6/2 23:53
at Big 12 9/4 24:16
at NCAA Regions 1/1 ... 30:28.2

**All Big 12
All-Region**



Stephen Pifer ran the best race of his career at the Big 12 Championships. The sophomore was the top CU runner and finished fifth overall. It was a personal best for Pifer as he shaved 14 seconds off of his Pre-Nationals time. Pifer finished seventh overall and third for CU at the NCAA Mountain Regions.

2005 In Review

Rocky Mtn. Shootout 10/6 25:58
at Pre-Nationals 15/3 24:10
at Big 12 5/1 23:56
at NCAA Regions 7/3 30:51

**All Big 12
All-Region**



Bret Schoolmeester recorded his third straight All-Big 12 honor with a sixth-place finish at Big 12's. He ran a personal best at Pre-Nats in 23 minutes and 44 seconds and was named the Big 12 Runner of the Week. Schoolmeester came in second at the NCAA Mountain Regions, just five-tenths of a second from teammate Billy Nelson. The second-place finish is his best at the region meet.

2005 In Review

Rocky Mtn. Shootout 1/1 24:55
at Pre-Nationals 3/1 23:44
at Big 12 6/2 24:06
at NCAA Regions 2/2 ... 30:28.7

**All-Big 12
All-Region
Academic All-Big 12**



James Strang ran a personal-best at the Big 12's in 24 minutes and 11 seconds to take eighth overall and earn his first All-Big 12 honor. The sophomore's PR prior to that was 24:14 at Pre-Nats. Strang took fourth at regions for CU with an 11th-place finish and a pr.

2005 In Review

Rocky Mtn. Shootout 9/5 25:48
at Pre-Nationals 19/4 24:14
at Big 12 8/3 24:11
at NCAA Regions 11/4 31:05

**All-Big 12
All-Region**

THE BUFFS VS. THE NATION

(Combined NCAA Men's and Women's Finishes)

1994				1995				1996				1997				1998				1999			
	W	M	T		W	M	T		W	M	T		W	M	T		W	M	T		W	M	T
COLORADO 4	2	6		COLORADO 2	4	6		Stanford	1	1	2	Stanford	2	1	3	Stanford	3	2	5	Arkansas	2	1	3
Michigan	2	7	9	Providence	1	8	9	COLORADO 4	5	9		COLORADO 3	3	6		Arkansas	6	1	7	Wisconsin	4	2	6
Villanova	1	9	10	Oregon	5	7	12	Wisconsin	8	6	14	Wisconsin	5	4	9	COLORADO 7	3	10		Stanford	3	4	7
Arizona	10	3	13	Arkansas	12	1	13	Arkansas	14	2	16	Michigan	7	4	11	Wisconsin	5	6	11	COLORADO 8	7	15	
Wisconsin	8	5	13	Stanford	9	5	14	Villanova	2	19	21	Arkansas	13	2	15	Michigan	11	4	15	Georgetown	7	11	18
Stanford	7	6	13	Georgetown	8	6	14	No. Arizona	10	12	22	Oregon	8	8	16	Oregon	12	5	17	Michigan	15	5	20
Arkansas	3	10	13	BYU	4	10	14	Nebraska	20	7	27	NC State	11	6	17	Arizona	16	11	23	NC State	19	3	22
Penn State	9	8	17	Michigan	7	11	18	NC State	13	16	29	Providence	6	16	22	Wm & Mary	10	13	23	No. Arizona	11	12	23
Georgetown	6	13	19	Villanova	3	15	18	Providence	7	22	29	Nebraska	19	11	30	No. Arizona	17	7	24	Oregon	19	6	25
Alabama	14	20	34	Wisconsin	10	14	24								Providence	14	10	24					
2000				2001				2002				2003				2004							
	W	M	T		W	M	T		W	M	T		W	M	T		W	M	T				
COLORADO 1	2	3		Stanford	5	2	7	Stanford	2	1	3	Stanford	1	1	2	COLORADO 1	1	2					
Stanford	3	4	7	COLORADO 8	1	9		COLORADO 5	4	9		COLORADO 6	5	11		Stanford	5	6	11				
Providence	9	3	12	NC State	2	9	11	Arkansas	7	6	13	NC State	10	6	16	BYU	8	5	13				
Georgetown	5	7	12	BYU	1	12	13	No. Arizona	10	7	17	No. Arizona	3	15	18	Notre Dame	4	11	15				
Wisconsin	8	5	13	No. Arizona	12	4	16	BYU	1	16	17	BYU	19	2	21	Arizona St.	9	8	17				
Arkansas	13	1	14	Georgetown	3	13	16	Providence	6	13	19	Villanova	11	11	22	Arkansas	16	3	19				
NC State	11	11	22	Arkansas	17	3	20	Villanova	8	12	20	Georgetown	7	16	23	Providence	3	21	24				
BYU	2	23	25	Providence	10	10	20	Wisconsin	19	2	21	Providence	24	3	27	NC State	12	16	28				
Villanova	20	6	26	Notre Dame	6	19	25	Georgetown	4	18	20	Wisconsin	2	26	28	Michigan	6	26	32				

Prior to being named head coach in the fall of 1995, Mark Wetmore had taken the reins of both distance programs in 1994. The following are the combined NCAA meet results since that time

Program	'94	'95	'96	'97	'98	'99	'00	'01	'02	'03	'04	Total	Avg.
Stanford	13	14	2	3	4	7	7	7	3	2	11	73	6.6
COLORADO	6	6	9	6	10	15	3	9	9	11	2	86	7.8
*Arkansas	13	13	16	15	7	3	14	20	20	—	19	140	14.0
*Wisconsin	13	24	14	9	11	6	13	—	—	28	—	118	14.7
*Oregon	—	12	—	16	17	25	—	—	—	—	—	70	17.5
Michigan	9	18	—	11	15	20	—	—	—	—	32	105	17.5
*Georgetown	19	14	—	—	23	18	12	16	16	23	—	141	17.6
Providence	—	9	29	22	24	29	12	20	—	27	24	196	21.7
NC State	—	29	29	17	27	22	22	11	—	16	28	201	22.3
Villanova	10	18	21	—	—	38	26	32	—	22	—	167	23.8

*— run separate men's and women's programs