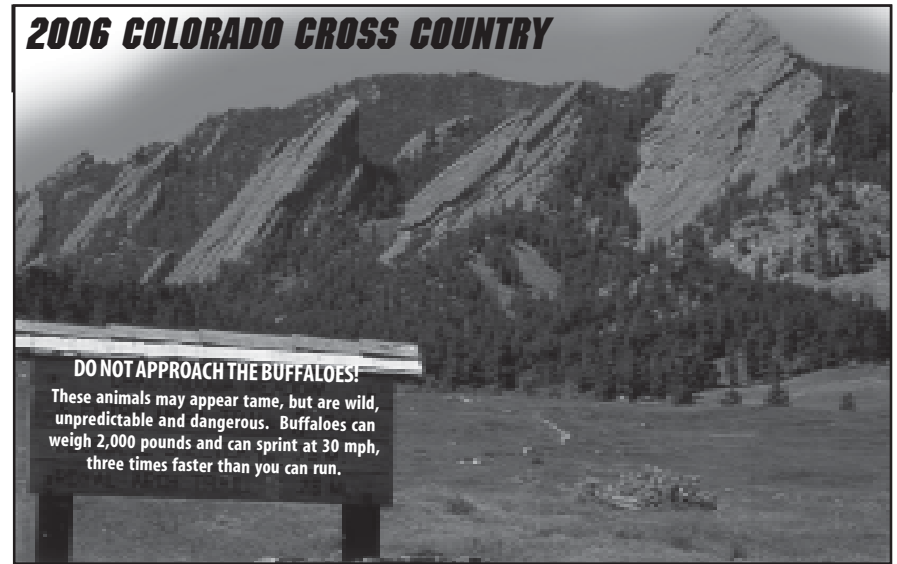


# 2006 COLORADO CROSS COUNTRY



## DO NOT APPROACH THE BUFFALOES!

These animals may appear tame, but are wild, unpredictable and dangerous. Buffaloes can weigh 2,000 pounds and can sprint at 30 mph, three times faster than you can run.

### INDEX (Contents)

Academics and Athletics .....	64
Assistant Coaches/Support Staff .....	3
All-Americans .....	45
Athlete Profiles .....	7-31
Athletic Director Mike Bohn .....	60
Big 12 Conference .....	68
Big 12 10th Anniversary Team .....	63
Boulder/Denver Facts and Trivia .....	65-66
Bufs vs. The Nation .....	37
Conference History .....	35
Head Coach Mark Wetmore .....	2
Honor Roll .....	44
Letterwinners, All Time .....	50-53
National Champions .....	38-43
NCAA History & Results .....	36
Post-Collegiate Success .....	48-49
Rocky Mountain Shootout History .....	34
Running In Boulder .....	56-57
Tradition .....	4
2005 In Review .....	32-33
2006 Outlook .....	5
2006 Rosters .....	6
University Administration .....	60-62
University of Colorado .....	58-59
Walk-On To All-American .....	46
What They're Saying About Boulder .....	67
World Championships .....	47
Year-by-Year Results .....	54-55

### 2005 TEAM FINISHES

Men Women	
Big 12 Championships ....	1/44 pts. .... 1/38
NCAA Mountain Region ..	1/42 pts. .... 1/53
NCAA Championships ...	5/222 pts. ... 2/181
Letterwinners Ret/Lost .....	7/4 ..... 3/6
All-Americans Ret/Lost .....	4/1 ..... 1/2
Postseason Scorers Ret/Lost ...	6/1 ..... 2/3
Newcomers .....	1 ..... 4

\*--all student-athletes have signed waivers disclosing their academic standing

### COLORADO AT A GLANCE

Location .....	Boulder, Colo. (101,547)
Founded .....	1876
Enrollment .....	28,624
Colors .....	Silver, Gold and Black
Nickname .....	Buffaloes (Bufs)
Home Course .....	Buffalo Ranch at So Campus
Distances .....	5,800-m (women), 8k (men)
Elevation .....	5,435 feet above sea level
NCAA Affiliation .....	Division I
Conference .....	Big 12 (Joined 1996)
President .....	Hank Brown
Chancellor .....	G.P."Bud" Peterson
Faculty Athletics Representative ..	Dr. David Clough
Vice Chancellor-Student Affairs ...	Dr. Ron Stump
Athletic Director .....	Mike Bohn
Senior Woman Administrator .....	Ceal Barry

### CROSS COUNTRY INFORMATION

Head Coach .....	Mark Wetmore (12th Season)
Assistant Coach .....	Jay Johnson
Assistant Coach .....	Heather Burroughs
Volunteer Asst. Coach .....	Renee Metivier
Cross Country Office .....	303/492-5227

### SPORTS INFORMATION

Cross Country Contact .....	Linda Poncin
Office .....	303/492-5980
Fax .....	303/492-3811
E-Mail .....	<a href="mailto:linda.poncin@colorado.edu">linda.poncin@colorado.edu</a>
Internet .....	<a href="http://www.CUBufs.com">www.CUBufs.com</a>

### PRACTICE SCHEDULE

Mondays .....	3:20 p.m. (Fieldhouse)
Tuesdays .....	3:20 p.m. (Fieldhouse)
Wednesdays .....	3:20 p.m. (Fieldhouse)
Thursdays .....	Off
Fridays 6:30 a.m. or 3:20 p.m. (Fieldhouse)	
Saturdays .....	Raceday
Sundays .....	8 a.m. (long runs off campus)

### ON THE COVERS

Front .....	Returning All-Americans Brent Vaughn, Liza Pasciuto, Stephen Pifer, Billy Nelson and James Strang
-------------	---

Inside Front/Back . 2005 Big 12 Champions

PHOTO CREDITS: Chip Bromfield, Cliff Grassmick, Brian Lewis, CU Photo Office, Gary Aheam, Patrick Collard, Heather Burroughs, Allison Wade, Cheryl Tregworthy, Andrea DuBay, Mark Foos, Casey Cass and Geoff Thurner

### 2006 SCHEDULE

2006 SCHEDULE	
Sept. 30	<b>ROCKY MOUNTAIN SHOOTOUT (Buffalo Ranch @ So. Campus) Boulder, Colo.</b> <b>8:30 Open Men's 8k/9:15 Open Women's 5,800-m</b> <b>10:15 Collegiate Men's 8k/11:00 Collegiate Women's 5,800-m</b>
Oct. 7	at Tiger Invitational Hays, Kan.
Oct. 14	at Pre-NCAA Invitational (LaVern Gibson Cross Country Course )Terre Haute, Ind.
Oct. 21	at Air Force Open USAFA, Colo.
Oct. 27	at Big 12 Championships (Rim Rock Farm) Lawrence, Kan.
Nov. 11	at NCAA Mountain Region Championship Albuquerque, N.M.
Nov. 20	at NCAA Championships (LaVern Gibson Cross Country Course) Terre Haute, Ind.
Feb. 10	at USATF Cross Country Championships (Flatirons Golf Course) Boulder, Colo.
March 24	at IAAF World Cross Country Championships Mombasa, Kenya

## HEAD COACH MARK WETMORE



**MARK WETMORE**  
Head Coach, 12th Season

As Colorado head coach Mark Wetmore enters his 12th season at Colorado, he does so as the only Division I coach to go down in the annals of the sport as the first to win all four NCAA titles at the same school.

His women's team won the team championship at Iowa State in 2000, while his men's team won the following year at Furman. 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. His men's and women's teams became just the fourth in championship history to sweep the team titles, doing so in 2004.

Wetmore's coaching career began immediately after high school, with a municipal junior track club called the Mine Mountain Road Department. From there, he coached a TAC team while simultaneously coaching distance runners at his prep alma mater, Bernards. A trip to Eugene, Ore., in search of a coaching position came up dry and led him back to Bernards and eventually a four-year stint at Seton Hall from 1988-1991 where he served as both an assistant coach for the men's and women's distance programs and as a member of the

academic support staff. In August of 1991 he moved to Boulder and took a volunteer position in '92.

He was promoted from volunteer to part-time assistant in 1994, and assumed head coaching responsibilities on Nov. 6, 1995, the day of the 1995 NCAA Cross Country Championships in Bethlehem, Pa., where the CU men finished just off the podium in fourth, the women fifth with both combining for eight All-American performances.

All told eight of Wetmore's athletes — Adam Goucher, Alan Culpepper, Sara (Gorton) Slattery, Kara Grgas-Wheeler, Jorge Torres, Dathan Ritzenhein, Renee Metivier and Jenny Barringer — have combined for 15 NCAA individual cross country, indoor and outdoor championships.

His men's teams have won 10 straight Big-12 Conference, while his women's teams have won nine of the last 10 titles.

He has tutored 15 conference champions, 13 regional title winners, 60 All-Americans while six CU runners have been crowned USA Cross Country

Champions, including Billy Nelson in 2003, Pete Janson in '04 and Liza Pasciuto in '05. Three former student-athletes, Goucher, Shayne (Wille) Culpepper and Alan Culpepper, represented the United States at the 2000 Olympic Games while Ritzenhein joined the Culpeppers in '04. Sixteen have, or are, competing post-collegiately.

After sending 17 of his current and former athletes to the IAAF World Cross Country Championships since 1992, USA Track & Field named Wetmore to the coaching staff for the USA National Team that competed at the 2004 Championships in Brussels, Belgium. He coached the junior men's team to a seventh-place finish, paced by future Buff Ryan Deak.

A native of Bernardsville, N.J., Charles Mark Wetmore graduated with a bachelor's degree in English Education from Rutgers (where he lettered as a middle distance runner) in 1978 before receiving his master's in movement sciences from Columbia in 1988. He lives in the mountains west of Boulder.



Assistant Coach Jay Johnson and Head Coach Mark Wetmore at the 2004 NCAA Championships

2006 COLORADO CROSS COUNTRY

## ASSISTANT COACHES/SUPPORT STAFF



**JAY JOHNSON**  
Assistant Coach,  
Fifth Season

JAY JOHNSON returned to his alma mater in 2002 from Pratt Community College where he was the head men's and women's cross country/track and field coach since May of 2000. Johnson assists with the cross country runners in the fall and coaches CU's middle distance runners in the spring, in addition to his responsibilities as the recruiting coordinator for the Track & Field program.

Johnson, a Castle Rock, Colo., native, was a three-year letterwinner for CU in cross country and track and field. While at CU, his squad won three Big 12 and three Mountain Region titles, and took a then-program best third-place finish at the NCAA Championships his senior year.

He was a 12-time academic all-conference selection, the Byron White Student-Athlete award recipient in 1997 and was named the CU Male Scholar Athlete of the Year for the 1998-99 academic year.

Johnson earned his bachelor's degree in kinesiology and applied physiology in 1998 and his master's in kinesiology in 2000 from Colorado.

In addition to his coaching responsibilities Coach Johnson has presented at the numerous events, including Nike Team Nationals, Rocky Mountain Distance Summit and the Colorado High School Coaches Association Clinic and the Wings of America Clinic. Johnson is also the director of the Boulder High Altitude Running Camp, one of the premier high school running camps in the country.

Johnson, born on Sept. 15, 1975 in Kearney, Neb., is married to Laura Sturges, a former cross country and indoor distance medley relay All-American at Georgetown, who is a 2005 CU Law School graduate.



**Christy Kozeliski**  
Sports Medicine



**Linda Poncin**  
Sports Information



**HEATHER BURROUGHS**  
Assistant Coach,  
Third Season

Colorado's first female three-time cross country All-American, HEATHER BURROUGHS is back for her third season on the staff of her alma mater.

She began her collegiate career under then-head coach Jerry Quiller in 1994 before completing it under Mark Wetmore in '99. In cross country she was a top-five and an all-conference finisher in 1994, 95, 97 and '98 with a runner-up finish in '95 and claimed all-district honors those same seasons and was an All-American in 1994, '95 and '98.

On the track she was the 1995 Big Eight indoor 3k champion and was an indoor 5k All-American in '98. In all, she had six NCAA indoor and outdoor races.

Since the fall of '99 she has served as the Herbst Student-Athlete Academic Center's website designer and publications developer.

Running professionally from 1999-01, she finished third in the 1999 USATF Fall Cross Country Championships, seventh on the 2000 USA Winter Cross Country Championships 8k course in Vancouver, Wash., and sixth in the 2001 USA Half Marathon Championships in Parkersburg, W.V. and was a world team alternate.

Born Feb. 25, 1976 in Kansas City, Kan., she now calls the mountains west of Boulder home.



**Renee Metivier**  
Volunteer Asst. Coach,  
Second Season

RENEE METIVIER, an 11-time All-American, is joining the CU staff for her second season as a volunteer assistant coach.

Metivier was very decorated as a student-athlete at CU. She was an NCAA Champion in the indoor 3k in 2005 and was the NCAA runner-up at the 2004 cross country national championship as she helped led the Buffs to the 2004 NCAA Cross Country Championship.

Metivier was a member of Georgia Tech's cross country and Track and Field teams before transferring to Colorado. While at GTU, she was the NCAA Cross Country Championship runner-up in 2001 and became the program's second All-American.

A member of five Big 12 Conference and one ACC Conference title, Metivier was named the 2005 University of Colorado Female Athlete of the Year. She was also named to the ESPN The Magazine Academic All-District VII Women's Cross Country/Track and Field Team.

Metivier was born on December 25, 1981 in Minster, Ind. and married former CU cross country and track & field teammate Austin Baillie on Sept. 9 in Boulder, Colo.



**Eric Smith**  
Equipment Mgr.



**Erin Cunningham**  
Academics



**Karen Lechman**  
Admin. Asst.

2006 COLORADO CROSS COUNTRY

## A TRADITION OF EXCELLENCE



### Colorado Cross Country

69 All-Americans...

19 Conference Championships...

4 NCAA Team Championships...

4 NCAA Individual Champions...

all since just the early 1990's...one combined program, one coaching staff, using only U.S. athletes.

CU is the only program to have an American Men's NCAA Champion in 14 years. CU has had three. CU is the only public university to win the NCAA Women's Title since 1988. CU has won twice. Mark Wetmore is the only coach to win all four NCAA titles at one school: Men's and Women's Teams, Men's and Women's Individuals. CU has the nation's longest streak of NCAA Championship qualification and Top 10 finishes for both teams. CU has had 20 athletes qualify for the IAAF World Cross Country Championships in venues as far reaching as Ireland, Morocco, Switzerland and Japan.

Accomplishments which other schools celebrate occasionally (some still 30 years later), at CU have become an annual matter of course, a matter of tradition.

A tradition of excellence.

## 2006 SEASON OUTLOOK

The University of Colorado cross country teams are looking forward to the start of the 2006 season. In total, the Buffaloes are returning five All-Americans and eight postseason scorers on both teams as they look to continue their dominance in the Big 12 and the nation.

Leadership won't be a problem on the men's side as they return four of the five All-Americans in juniors **Brent Vaughn**, **James Strang**, **Stephen Pifer** and senior **Billy Nelson**. Nelson and Pifer have earned the honor twice.

"Any coach would be glad to return four All-Americans," Colorado Head Coach **Mark Wetmore** said. "That they are All-Americans means that they're both accomplished and experienced. It's probably one of our best rosters ever and we have every reason to be optimistic."

Joining the talented group of four will be several strong contenders for the fifth spot on the team. Juniors **Anthony Chiulli**, **Pete Janson** and senior **Erik Heinonen**, who earned a sixth year of eligibility from the NCAA in July, were all on the varsity team that took fifth at nationals in 2005 and have the potential to take on a scoring role this season. Sophomore **Chris Pannone** and redshirt freshman **Kenyon Neuman** will also be vying for a spot. Pannone earned a third-place finish in the 10k and Neuman took sixth in the 5k at the Big 12 Outdoor Championships.

"A team's greatness is not measured by its first man, but by its fifth man and we have four returning all-Americans, but a very strong group of men in support of those front guys," Wetmore explained. "Every year someone comes out of the wood work, sort of emerges from a long part of hard training to be a level better runner than in the past. I don't know if that will be Chris Pannone, Erik Heinonen, Kenyon Neuman or Anthony Chiulli, but we're lucky to have people as talented and accomplished as they are, as our emerging guys."

The women lost two All-Americans from last year's NCAA second-place team, but do return two-time All-American in **Liza Pasciuto**. Pasciuto, a junior, is coming off a ninth-place finish at nationals in 2005 and finished 13th in 2004. Sophomore **Jenny Barringer**, who won the NCAA 3,000-meter Steeplechase as a true freshman, finished 43rd at nationals and will help Pasciuto direct the newcomers and underclassmen.



"I'd like them both to be a step better than they were a year ago," Wetmore said. "I don't believe in fantastic optimism. I'm a pragmatist. Our task is to keep them both well and to get them to November in better shape than they have ever been before. If we do that, we'll have a front two that are as good as anyone in the country."

Sophomore **Amber Smith** and redshirt freshman **Rachel Gioscia** will return to the Buffaloes' line-up. Smith, also coming off a medical redshirt, finished sixth for Colorado in each of its postseason races in 2004. She earned All-Big 12 and All-Mountain Region honors with 11th and 15th-place finishes, respectively. "They are both healthy and training," Wetmore said. "We certainly aspire for them to be in the best shape of their lives by November."

Colorado's recruiting class could be one of the best in the country. It is headlined by 2004 Foot Locker National Champion **Aislinn Ryan**. Ryan won the 2005 New York State High School Cross Country title and was named the New York State Cross Country Runner of the Year as well as the National Senior Athlete of the Year. **Claire Maduza** won the Wisconsin State Division 2 Cross Country Championship in a division record time of 14:14. **Emily Hanenburg**, the Colorado 3A State Championship runner-up, and **Hilary McClendon**, the 2004 Idaho 5A State champion, will also add to the mix.

"We have a very good incoming freshman class, but they are freshman," Wetmore said. "We have people that are very experienced, such as Aislinn. She's been in some very big competitions already in her career and all the way down to people whose names no one really knows. We have to manage them very carefully even though we will need them for varsity duty. We still have to bear in mind that they just got here. For many of them the elevation is new. Multiple, talented, hardworking teammates are new. There are just a thousand things that can go wrong in any freshman's first term of Division I running. So we have to balance our need for them to be varsity for us with logical, practical training for where they are in their careers."

Colorado will once again attempt to defend its Big 12 titles on Friday, Oct. 27 in Lawrence, Kansas. The Buffalo men have won all 10 titles, while the women have won nine. As always, it will be a tough task, but the Buffs will be ready.





## 2006 ROSTERS

### COLORADO WOMEN

Name	Ht	Yr	Exp.	Hometown (High School/College)
Jennifer Barringer*	5-5	So.	1L	Oviedo, Fla. (Oviedo)
Anna Chase	5-2	Fr.	HS	Martinsville, Va. (Martinsville)
Morgan Ekemo	5-4	Jr.	TR	Eagle River, Alaska (Chugiak/Virginia Tech)
Sara Ensrud	5-1	Jr.	1L	Gering, Neb. (Gering/Virginia)
Rachel Gioscia	5-4	Fr.	RS	Buena Vista, Colo. (Buena Vista)
Emily Hanenburg	5-9	Fr.	HS	Colorado Springs, Colo. (The Classical Academy)
Jennifer Hooper	5-5	So.	HS	Steamboat Springs, Colo. (Steamboat Springs)
Claire Maduza	5-4	Fr.	HS	Shorewood, Wis. (Shorewood)
Erin Marston	5-6	Sr.	VR	Parker, Colo. (Chaparral)
Hilary McClendon	5-5	Fr.	HS	Eagle, Idaho (Bishop Kelly)
Liza Pasciuto*	5-4	Jr.	2L	Murrieta, Calif. (Murrieta Valley)
Dani Rodriguez	5-6	Fr.	HS	Parker, Colo. (Chaparral)
Aislinn Ryan	5-10	Fr.	HS	Warwick, N.Y. (Warwick Valley)
Caitlin Schultheiss	5-5	So.	VR	Grass Valley, Calif. (Nevada Union)
Kelly Shuma	5-3	Jr.	HS	Buffalo Grove, Ill. (Stevenson)
Amber Smith	5-7	So.	1L/RS	Ishpeming, Mich. (Westwood)
Blair Snyder	5-7	Fr.	HS	Hillsborough, Calif. (Crystal Springs Uplands)
Erin Thayer	5-5	Fr.	HS	Hotchkiss, Colo. (Hotchkiss)

### COLORADO MEN

Name	Ht.	Yr	Exp.	Hometown (High School/College)
Greg Castro	5-6	Jr.	HS	Boulder, Colo. (Boulder)
Anthony Chiulli	5-10	Sr.	1L	Memphis, Tenn. (Christian Brothers)
Seth DeMoor	5-5	So.	VR	Buena Vista, Colo. (Buena Vista)
Dan Edwards	5-10	Fr.	HS	Kaiserslautern, Germany (Ramstein)
Bradley Harkrader	5-8	So.	1L/RS	Westminster, Colo. (Thornton)
Erik Heinonen	5-8	Sr.	1L	Eugene, Ore. (South Eugene/Oregon)
Matthew Herzl	6-0	Fr.	HS	Littleton, Colo. (Heritage)
Peter Janson	5-9	Jr.	1L	Dallas, Texas (Highland Park)
Daniel Kenney	6-0	Sr.	VR	Fort Collins, Colo. (Rocky Mountain)
Shaun Lyle	5-10	Jr.	HS	Eureka, Calif. (Eureka)
Chris Mulvany	5-8	So.	TR	Littleton, Colo. (Columbine/Santa Clara)
Billy Nelson*	5-6	Sr.	3L	Bakersfield, Calif. (Taft Union)
Kenyon Neuman	5-10	So.	VR	Bend, Ore. (Summit)
Chris Pannone	5-8	So.	VR	Whitehouse Station, N.J. (Hunterdon Central)
Stephen Pifer*	6-0	Jr.	2L	Edwardsville, Ill. (Highland Park)
James Strang*	6-0	Jr.	2L	Signal Mountain, Tenn. (Baylor)
Robert Thayer	6-1	Jr.	VR	Hotchkiss, Colo. (Hotchkiss)
Brent Vaughn	6-0	Jr.	2L/RS	Aurora, Colo. (Smoky Hill)

\*-indicates returning 2005 postseason scorers

pro-nun-see-ay-shuns

Stephen pie-fer

Lie-za Pa-shoot-oh

Rachel Josh-ah

2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



### JENNY BARRINGER

Sophomore • 1L  
Oviedo, Fla.  
(Oviedo)

**COLLEGE--2005:** Established herself as the Buff's No. 2 runner in the first three races of the season. Barringer finished second overall in her first race, the Rocky Mountain Shootout. She was named the Big 12 Conference Newcomer of the Year after her second second-place finish of the season at the conference championship and was also named to the All-Big 12 Team. Barringer ran a season-best at the Pre-Nationals race with a time of 20:33.6. In the race, she placed fifth-overall and was the second Buff to cross the finish. At the NCAA Championships, Barringer finished 43rd overall and was third for CU, just missing out on her first All-American honor. **HIGH SCHOOL:** A four-time All-Seminole Athletic Conference, all-region and all-state runner, Barringer is a five-time 4A Florida State champion on the track and three-time champion in cross country, and the 2005 state finalist for the Wendy's Heisman Award and finalist for the *Sports Illustrated* Got Milk Award. In cross country she was the state champion as a sophomore, junior and senior and her Lions team finished eighth in the state championships her sophomore season. She was the 2003 and '04 Foot Locker South Regional Champion in Charlotte, N.C., successfully defending her title in '04 in 17:27. Advancing to the Foot Locker National Championships both years, she finished third as a junior and 10th as a senior, earning All-American distinction in both races. The 2005 USA Cross Country Championships Junior Women's third-place finisher, she also raced in both the 2004 and '05 IAAF World Cross Country Championships, the latter as the captain of the same USA Junior women's team as future CU teammate Liza Pasciuto, leading the USA to a fourth-place team finish. On the track she is a five-time state champion in the mile and 2-mile distances, holds the state mark in the mile (4:48) and the all-time state record in the 5k (16:55). Her additional prep records include the 800 (2:15), mile (4:48), 2-mile (10:18), 3-mile (18:36) as a freshman and 5k (16:55). At the junior national track championships in Raleigh, N.C., she finished ninth in the two mile as a sophomore and seventh in the mile and ninth in the 2-mile a year later. In the classroom she is a four-year member of the Principal's List, she currently has a 4.2 weighted GPA. She was also recruited by Duke, Notre Dame, North Carolina State and Columbia before committing to Colorado. **IN THE CLASSROOM:** Barringer is a declared political science major at CU. She is a two-time member of the Big 12 Commissioner's Honor Roll and owns a 3.679 GPA. **PERSONAL:** Born Aug. 23, 1986 in Webster City, Iowa, Jennifer Mae Barringer is the middle child of Bruce and Janet Barringer of Oviedo. Her older brother, John, is a junior at South Eastern University in Lakeland, Fla., and her younger sister, Emily, is a junior goalkeeper on Oviedo High School's varsity water polo team. Her hobbies include playing piano and she serves as an interpreter as she is fluent in sign language. Her volunteer work includes participating in local adopt-a-road programs, Habitat for Humanity projects as well as volunteering at the Ronald McDonald House. Her family owns three horses, a paint, an Arabian and an Appaloosa.

#### 2005 ..... Fin/CU .. Time

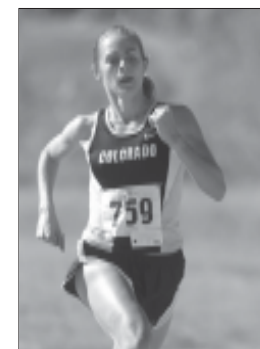
Rocky Mtn. Shootout .....	2/2 .....	21:07
at Pre-Nationals .....	5/2 .....	20:33.6
at Big 12 Championship ..	2/2 .....	30:34
at NCAA Mtn Region .....	8/4 .....	21:29
at NCAA Championship ...	43/3 .....	20:36

#### HONORS

2005 Big 12 Newcomer of the Year  
2005 All-Big 12  
2005 All-Mountain Region

#### TRACK PRs

800-m .....	2:14.49
1,500-m .....	4:32.17
Mile .....	4:48
2-mile .....	10:18
3-mile .....	18:36
3k steeple .....	9:53.04
5,000-m .....	16:15.23



2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**ANNA CHASE**  
Freshman • HS  
Martinsville, Vir.  
(Martinsville)

**HIGH SCHOOL:** Chase was a three-time member of the all-state cross country team as a freshman, sophomore and senior. She was the district and regional cross country champion her senior year. She was a member of the 2004 10k German National Championship team with track club Bayer 04 Leverkusen in Germany. In the same year, she was also on the Youth Cross Country National Championship Team and the National Youth Track Championship Team. She holds the 10k record for B-Youth in Northrhine-Westfalia (Germany) with a time of 37:15 and finished second in the race. Chase placed second at FootLocker South Freshman. She took 16th in the seeded race as a sophomore and was 20th in the seeded race as a senior. **IN THE CLASSROOM:** Chase intends to major in chemistry at Colorado and is also interested in German. She was inducted into the National Honor Society as a senior. During the 2006 summer, Chase was selected as one of two students to represent Virginia at the National Youth Science Camp, an all-expense paid three-week honors program for college freshmen interested in pursuing a degree in the sciences. **PERSONAL:** Anna Regina Chase was born on Sept. 5, 1987 in Wetzlar, Germany. She is the daughter of Jim Chase and Gudrun Rapp-Chase of Martinsville, Vir. She has one younger brother, Max, who is a senior at Martinsville High School. Chase met a number of Olympians at her track club in Germany, including Steffi Nerius, who won the 2004 javelin silver medal in Athens. After school, Chase hopes to work in a science field. She enjoys baking, visiting museums, traveling and creative projects as her hobbies. Chase has been a tutor in chemistry and is fluent in German.

### TRACK PRs-

1,500-m .....	4:41
3,000-m .....	9:59
5,000-m .....	17:27
10,000-m .....	37:15

## COLORADO BUFFALOES



**ANTHONY CHIULLI**  
Junior • 1L  
Memphis, Tenn.  
(Christian Brothers)

**COLLEGE--2005:** For the second consecutive season, Chiulli ran in three races. He finished in the top-30 in each of those races. Chiulli opened the season at the Rocky Mountain Shootout, finishing 25th. In the Pre-Nationals Open race, he finished 28th overall and at the Big 12 Championships, he earned his best time of the season (24:57) by finishing 30th overall and eighth on the team. **2004:** Chiulli ran in three races, scoring in both the Tiger and Air Force Invitationals with a career-best finish in the latter. **2003:** Redshirt. Did not compete. **HIGH SCHOOL:** A three-sport athlete (track, cross country, basketball) at Christian Brothers High School in Memphis, Tenn., Chiulli graduated with school records in the 800-meter (1:52.7) and mile (4:14), both as team captain in his senior campaign. As a junior, he won the state cross country championships (15:52), earning first-team all-state honors, while being named Runner of the Year (Commercial Appeal) and West Tennessee's Runner of the Year. As a senior, Chiulli was a first team all-state track honoree, regional champion in the mile, 800-m and cross country, as well as Commercial Appeal's Runner of the Year. Chiulli chose CU over Alabama, Mississippi State and North Carolina State. **IN THE CLASSROOM:** Chiulli carries better than a 3.0 GPA in management. He is a two-time member of the Academic All-Big 12 Second Team and has been named to the Commissioner's Honor Roll all six semesters. **PERSONAL:** Anthony Joseph Chiulli was born April 4, 1985 to parents Brian and Susan Chiulli in Carrollton, Ga. His father did not miss a single race during his high school track career. His hobbies include mountain biking and going on tours with bands like Phish and Widespread Panic.

### 2004 ..... Fin/CU .. Time

Rocky Mtn. Shootout .....	76/15	29:44
at Fort Hays .....	20/5	27:30
at Air Force Open .....	11/4	28:34

### 2005 ..... Fin/CU .. Time

Rocky Mtn Shootout .....	25/10	27:26
at Pre-Nationals (open) ..	28/2	25:33.7
at Big 12 Championship ..	30/8	24:57

### Honors

2004, 05 Academic All-Big 12 2nd Team

### TRACK PRs

800-m .....	1:49.98 (0)
1,000-m .....	2:22.14
1,500-m .....	3:42.54
mile .....	4:03.16



## COLORADO BUFFALOES



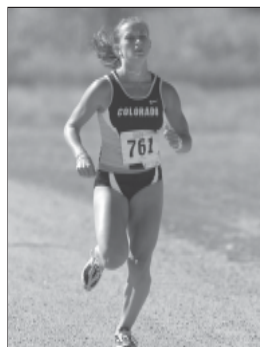
**SARA ENSRUD**  
Junior • 1L  
Gering, Neb.  
(Gering/Virginia)

**COLLEGE -- 2005:** In her first season as a Buff, Ensrud earned a position on the varsity squad. She ran a season-best in her first race, the Rocky Mountain Shootout, with a time of 22:41. Ensrud placed 19th overall and was sixth for the Buffs. She was the seventh runner for CU at Pre-Nationals and was eighth at Big 12's. Ensrud was the alternate for the NCAA Mountain Regions and the NCAA Championship. **AT VIRGINIA:** Ensrud earned a letter in cross country and track and field at the University of Virginia. **HIGH SCHOOL:** Ensrud was all-state in cross country all four years. She was named the Star-Herald Athlete of the Year in 2001, 2003 and 2004. Ensrud owns the Gering High School records for the 800, 1600 and 3200 meters and is part of the record-holding 3200 meters relay. She is the Nebraska Class B 1600-m champion with a time of 4:58.14. As a senior, Ensrud won the all-class 800, 1600 and the 3200 meters. Her cross country squad won the district championships in 2002 and 2003 and her track team won the district in 2003 and 2004. In 2003 and 2004, her track team was the state runner-up. **IN THE CLASSROOM:** Ensrud is a psychology major, but is also interested in Spanish. During her first year at Colorado, she was named to the Commissioner's Honor Roll and carries better than a 3.00 GPA. Ensrud was a member of the National Honor Society in high school from 2002-04 and was on the honor roll her freshman year through her senior year. **PERSONAL:** Sara Marie Ensrud was born May 16, 1986 in Kearney, Neb. She is the daughter of David C. Ensrud Jr. and Alicia Gibson of Gering, Neb. Her father wrestled at the University of Nebraska at Kearney. Her hobbies include cycling and camping and her favorite athlete is Lance Armstrong.

**2005** ..... Fin/CU .. Time  
Rocky Mtn Shootout ..... 19/6 ..... 22:41  
at Pre-Nationals ..... 183/7 . 23:12.8  
at Big 12 Championship ..... 53/8 ..... 23:04

### TRACK PRs

800-m ..... 2:11.7  
1,000-m ..... 3:01.68 (I)  
1,600-m ..... 4:58.14  
3,000-m ..... 10:11.85 (I)  
3,200-m ..... 11:00.07



2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**RACHEL GIOSCIA**  
Freshman • RS  
Buena Vista, Colo.  
(Buena Vista)

**COLLEGE -- 2005:** Redshirt. Did not compete. **HIGH SCHOOL:** Gioscia (pronounced josh-ah) is an eight-time varsity letterwinner, a four-time Tri Peaks Conference, three-time regional and 2-time 3A Colorado State Champion in cross country and eight-time league, five-time regional and six-time state champion on the track (three each in the 1,600 and 3,200-m). She competed in a pair of Foot Locker Midwest Regional Championships in Kenosha, Wis., finishing 23rd as a junior and 56th as a senior due to illness. Her personal records in the 800-m (2:19.3 at the 2005 South Regional Championships), 1,600-m (a 12-second 3A state record 4:57.44 previously 5:09.36 set by Roaring Fork's Caroline Cretti) and 3,200-m (11:20.91 2004 State Championships) are also Buena Vista prep records. She was also recruited by Columbia, Colorado School of Mines, Northern Arizona and Montana State before signing with the Buffs. **IN THE CLASSROOM:** Buena Vista's Valedictorian of the Class of 2005 is an integrative physiology major at Colorado. Gioscia earned a spot on the Commissioner's Honor Roll during the fall '05 and spring '06 semesters and carries an impressive 3.944 GPA. A Boettcher Scholarship Finalist, she was a four year honor roll and academic letterwinner, she also served as National Honor Society president her junior and senior years. She was the El Pomar Youth in Community Service president both her junior and senior years. **PERSONAL:** Rachel Anna Gioscia was born Nov. 5, 1986 in Buena Vista. Her parents are Robert and Anne Gioscia and her brother is a freshman midfielder on Buena Vista's boys' club soccer team. Her hobbies include fishing, camping, hiking and the outdoors and she spends her weekends and summers working at a local True Value Hardware. She volunteers for a local Boy Scout troop, Avery Parsons Elementary School teaching after-school Spanish and EPYCS which awards grants to non-profit agencies. She was a link crew leader in BVHS's freshman orientation program as a junior and senior. With an affinity for English and an admitted sheer hate for grammatical mistakes, volunteered as copy editor in her spare time for the school newspaper. In July of 2002 she helped to organize a local 5k, the proceeds benefitting BVHS's track and cross country general fund.

### TRACK PRs

800-m ..... 2:19.3  
1,600-m ..... 4:57.44  
3,200-m ..... 11:20.91

2006 COLORADO CROSS COUNTRY



## COLORADO BUFFALOES



**EMILY HANENBERG**  
Freshman • HS  
Colorado Springs, Colo.  
(The Classical Academy)

**HIGH SCHOOL:** A four-time MVP at The Classical Academy, Hanenburg helped her team to three straight 3A Colorado State and Tri-Peaks League Championships from 2003-05. Hanenburg's cross country team also won the regional championship her freshman through senior years. She owns the school 5k record of 18:34, which she set on Sept. 24, 2005 at the Pueblo Central Invitational at the Pueblo Zoo. Hanenburg was the runner up at the 2005 state championship and was the regional champion her sophomore through senior seasons. The 2005 Gazette Area Cross Country Runner of the Year was also a four-time member of the Gazette First Team All-Area. Hanenburg was named to the TPL First Team four times and was the league's champion and Female Runner of the Year during her senior season. Hanenburg also served as the captain her senior year and finished 39th at the FootLocker Regional in 2005. Hanenburg was an honorable mention all-state selection as a junior, otherwise, as a freshman, sophomore and senior, she was all-state. On the track, Hanenburg set two state records. In 2006, she took first in the 800m with a mark of 2:14.77 and in 2005 she was part of the 4x400m relay that recorded a time of 4:03. Hanenburg also lettered in basketball three years and was named the MVP her junior and senior years. As a senior, she was named captain and all-state. Hanenburg was also recruited by Baylor, Colorado State, University of Colorado-Colorado Springs, Liberty and Tulsa. **IN THE CLASSROOM:** Hanenburg intends to major in art and education and is also interested in design. She would like to be an elementary art teacher or a graphic artist. Hanenburg was academic All-State as a junior and senior and was also a member of the National Honor Society in high school. **PERSONAL:** Emily Anne Hanenburg was born on April 12, 1988. Her parents are Barry and Anita Hanesburg of Colorado Springs. She has two younger siblings, Kaitlin and Benjamin, who are 14. Barry, Kaitlin and Benjamin will often ride their unicycles with Emily when she goes on her runs. She lists art, basketball, ultimate frisbee, hiking, scrapbooking and reading as her hobbies. Hanenburg teaches Sunday school and has also volunteered at the children's literacy center. During the summers of 2005 and 06, she was a coach for children's sports camps. Her aunt Donna Hanenburg ran cross country at Calvin College.

### TRACK PRs

800-m .....	2:14.77
1,600-m .....	5:08.03
3,200-m .....	11:39.48



**BRADLEY HARKRADER**  
Sophomore • 1L  
Westminster, Colo.  
(Thornton)

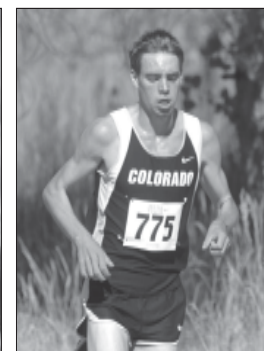
**COLLEGE--2005:** Redshirt. Did not compete. **2004:** As a true first-year runner, he scored in three races in '04. Harkrader is following in a strong freshman lineage that include recent froshes Jorge Torres (1999), Dathan Ritzenein (2001), Billy Nelson (2002) and Brent Vaughn (2003). He was the top newcomer, seventh overall, in CU's Rocky Mountain Shootout and 34th overall, in a field of 256 at Pre-Nats. He pulled out of the conference championships the morning of the race with a sore foot, but rebounded two weeks later to finish 12th and score as the Buffs' third runner at the NCAA Mountain Region Championships. In his first NCAA championship, he finished 121st, as CU's seventh runner, after covering the Wabash Valley 10k course in 32:50.07. **HIGH SCHOOL:** As a freshman, Harkrader was a second-team All-Front Range League performer in cross country before turning in first-team finishes as a sophomore and before winning the league and regional crowns as a junior and senior. He was also named all-region and all-state as a junior and senior. He was the *Rocky Mountain News* runner of the year following his senior campaign. The Trojans were the 2002 and '03 Front Range League Cross Country Champions. After future Buffs teammate Ryan Deak edged Harkrader at the Liberty Bell Invitational, Harkrader answered back by winning the 5-A State Cross Country title in state best 14 minutes, 49.4 seconds, a meet record previously held by 1998 NCAA Champion and 2000 Olympian Adam Goucher (14:54.7) and was named USA Track and Field's Athlete of the Week as a result. He concluded his prep career with a fourth place finish at the 2003 FootLocker Midwest Regionals in a time of 15:19 before an All-American 12th place finish at nationals in San Diego in 15:24. On the track, he was second team all-conference in the 3,200-m as a sophomore, was the 2-mile regional champion before finishing third in the 2-mile and seventh in the mile at states and Harkrader's prs in the 5k cross country (14:49), 1,600-m (4:18) and 3,200-m (9:75) double as Thornton H.S. record and all were ran in state championship races in 2003 and 2004. Harkrader was also recruited by Colorado State, Stanford, Washington State and Iowa State. **IN THE CLASSROOM:** In the classroom, he is a four-year Front Range League All-Academic team member and a member of the National Honor Society. A chemical engineering major at Colorado, he has a better than 3.0 grade point average and has been a member of the Commissioner's Honor Roll. **PERSONAL:** Born May 1, 1986 in Louisville, Colo., Bradley James Harkrader is the son of Ronald and Karyn Harkrader of Westminster. His younger sister Aubrey is a junior at Northglenn High School and another sister, Kristen, attends Thorton High School. His hobbies include running and road biking

<b>2004</b> .....	<b>Fin/CU</b> .....	<b>Time</b>
Rocky Mtn Shootout .....	7/4 .....	25:35
at Pre-Nationals .....	34/5 .....	24:40
at Big 12 Championship .....	INJ	
at NCAA Mtn Region .....	12/3 .....	30:15
at NCAA Championship .....	121/7 .....	32:50.7

<b>2005</b> .....	<b>Fin/CU</b> .....	<b>Time</b>
Rocky Mtn Shootout .....	3/2 .....	25:27

### TRACK PRs

1,600-m .....	4:18
3,000-m .....	8:26.53 (I)
3,200-m .....	9:19
5,000-m .....	14:10.55 (I)



## COLORADO BUFFALOES



**ERIK HEINONEN**  
Senior • 1L  
Eugene, Ore.  
(South Eugene/Oregon)

**COLLEGE--2005:** Heinonen's first race of the season, he was a third-place finisher at the Fort Hays Invite and was also CU's top runner. For the second consecutive year, Heinonen ran in the Pre-Nationals Open race. He earned a ninth-place finish and was the Buff's top runner in the race with a personal record of 25:00.7, bettering his time from 2004 of 25:59 by almost a full minute. Heinonen competed in his first Big 12 Championship, finishing in 25:03. He was 32nd overall and was ninth for CU. Heinonen was the alternate on the men's team for the NCAA Mountain Region and NCAA Championship. **2004:** In a pair of races, he was the race runner-up, top CU finisher, at the Tiger Invitational in Hays, Kan., covering the 8k course in 25:29, 29 ticks of the winning pace. For the second-place finish, he was named the Big 12 Runner of the Week. A month later, he finished 13th, and scored as the Buffs' fourth runner, at the Pre-National Invitational open 8k race. **AT OREGON:** He redshirted the 2001-02 cross country and track seasons and missed the 2002-03 cross country and track seasons due to injuries. He came to CU at the 2004 semester break and competed in track during the 2004 indoor and outdoor seasons. **HIGH SCHOOL:** As a senior in 2001, ranked first nationally on the track in the 10,000 with his debut effort at the (31:26.05). Missed part of the season's remainder due to recovery from that race injury on March 30. Still finished sixth in 1,500 at state 4A finale (4:00.95) and fourth in the 3,000 (8:37.16). As a junior he placed 12th in the 4A state 1,500 (4:01.66) and third in the 3,000 (8:35.51), while as a sophomore, he finished sixth in the 1,500 (PR 4:01.29) and third in the 3,000 (PR 8:32.61). Also made appearances at national class meets such as the 2000 U.S. Junior Championships (5,000, fourth, 15:15) and 2000 Golden West Invite (3,200, eighth, 9:10.8). Garnered national attention on track as a junior with his 14:35.8 effort at the Cardinal Invitational. In cross country, he capped his senior season with a fifth-place finish in the FootLocker Championships. At state harrier finale, finished third (15:50) as a senior, 21st as a junior (16:41), third as a sophomore (16:24), and 30th as a freshman (16:57) in his first high school race. Took second at the Oregon-Washington Nike Border Clash as a junior and senior, and also 21st as a sophomore in the USA Cross Country Championships Jr. 8K in Tacoma (25:00). **IN THE CLASSROOM:** He enrolled at CU for the spring '04 semester and carries a near-perfect 3.971 gpa as a news editorial and anthropology major. Heinonen has never missed an appearance on the Big 12 Commissioner's Honor Roll. At the 2005 CU Student-Athlete Academic Recognition Luncheon, he received three honors: the Big 12 Conference Community Outreach, Scholar-Athlete and Leo Hill Academic Leadership Awards. In 2004, he had an in-season President's List 4.00 semester and he has penned articles for [www.runnersworld.com](http://www.runnersworld.com). Heinonen has earned a 4.00 in three of his five semesters at CU. Once in Boulder, he interned for the *Boulder Daily Camera* during the 2003 and '04 summers and freelanced in 2005. He was one of eight recipients of the 2004-05 NCAA Freedom Forum Sports Journalism Scholarship. **PERSONAL:** Erik Douglas Heinonen was born Sept. 21, 1982 in Eugene. He is the son of former Duck women's track and field head coach (1977-03) Tom (NCAA Coach of the Year following the 1983 and '87 cross country and '85 outdoor track national titles) and national track and field columnist Janet. He has a younger sister, Liisa, who runs for the Oregon club team. Tom was an All-America distance runner at Minnesota and a post-collegiate AAU marathon champion. Janet is also a marathon veteran and former sports information publicist at Oregon. His hobbies include writing, cooking and hiking.

**2004** ..... Fin/CU .. Time  
at Tiger Invitational ..... 2/1 ..... 25:59  
at Pre-National (open) .... 13/4 ... 25:17.5

**2005** ..... Fin/CU .. Time  
at Fort Hays ..... 3/1 ... 25:32.75  
at Pre-Nationals (open) .. 9/1 ..... 25:00.7  
at Big 12 Championship .. 32/9 ..... 25:03

### HONORS

2005 Academic All-Big 12 First Team  
2005, 06 CoSIDA Academic All-District

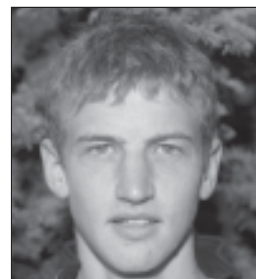
### TRACK PRs

800-m ..... 2:00.1  
1,500-m ..... 3:57.12  
3,000-m ..... 8:27.40  
3,200-m ..... 9:10.9  
5,000-m ..... 14:10.23  
10,000-m ..... 30:12.67



2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**MATT HERZL**  
Freshman • HS  
Littleton, Colo.  
(Heritage)

**HIGH SCHOOL:** Herzl earned four letters as a member of the Heritage High School cross country team. He placed 11th overall at the 2005 Colorado State Cross Country Championships. Herzl finished the 5k loop in 16:31.9 and was the first Eagle to cross the finish. He set a personal-best and school record in 2005 at the Liberty Bell Invite with a mark of 15:27. At the 2004 state championships, Herzl was HHS's top harrier. He finished 28th and recorded a time of 16:40.8. Herzl competed at the AAU Junior Olympics in 2004 and took sixth in the 1,500m and 3,000m. On the track, he owns four school records in the 3,200m (9:37), 4x800 (7:48), distance medley and the 4x1600. Herzl was also recruited by Oklahoma, Kansas State and Lehigh. He chose CU because it is a great school and has one of the best running programs in the country. **IN THE CLASSROOM:** Herzl intends to major in engineering physics at Colorado and is also interested in Physiology. He was named the recipient of the Golder Eagle Leadership Award and the Scholar/Athlete Award. A member of the honor roll, Herzl earned a 4.1 GPA at HHS. He also scored an 800 on the Math section of the SATs. **PERSONAL:** Matthew Herzl was born on March 22, 1988. His parents are Alfred, who played soccer at Lafayette College, and Cynthia Herzl of Littleton, Colo. His older sister Caroline (20) plays soccer at Lenoir-Rhyne. He also has a younger sister Elizabeth (14) and a younger brother William (9). In his spare time, Herzl likes to build things and do programming. He has volunteered with Habitat for Humanity and Operation Santa Claus. During the summers, Herzl has held jobs at Sears and as a lifeguard.

### TRACK PRs

800-m ..... 1:57.0  
1,600-m ..... 4:23  
3,200-m ..... 9:37  
5,000-m ..... 15:27

2006 COLORADO CROSS COUNTRY



## COLORADO BUFFALOES



**PETE JANSON**  
Junior • 1L  
Dallas, Texas  
(Highland Park)

**COLLEGE--2005:** Janson had his best outing as a Buffalo during the 2005 campaign. Janson finished as Colorado's seventh racer in four of the five races. At Pre-Nationals, he took a 43rd finish for the Buffs and was the sixth runner as Janson completed the 8k loop in 24:36, a personal-best. Janson also ran a personal-best in the 10k at the NCAA Championships with a time of 31:57. **2004:** In his first collegiate cross country race, Janson finished 19th in CU's season opening Rocky Mountain Shootout. Two weeks later he was tested in the Pre-National Invitational race where he passed with a ninth place open race finish, scoring as CU's third runner. His season came to a close at Air Force where he finished a season best fifth. **2003:** Janson redshirt his true freshman cross country campaign. Following the collegiate season, he extended the Buffs' streak of U.S. Junior Men's National Championships to two, as he won the USA Cross Country Championships 8k race in 24 minutes, 14 seconds in Indianapolis. He finished with 10 seconds to spare ahead of future teammate Ryan Deak. His win earned him a trip to the IAAF World Cross Country Championships in Brussels where he was the fourth US finisher, 55th overall. **HIGH SCHOOL:** A three-year letterwinner in cross and track at Highland Park, he was all-state in cross country as a senior with a third-place finish in the state championships. On the track he was the state mile runner-up as sophomore, third as a junior and took the title home as a senior. He was recruited by Oregon, Villanova, Texas and Columbia. **IN THE CLASSROOM:** An honor roll student as a sophomore and junior in high school, Janson is a biology major at Colorado with a better than 3.0 gpa. Janson has been a member of the Commissioner's Honor Roll. **PERSONAL:** John Peter Janson was born January 25, 1985 in Bedford, Mass. He is the son of Eric and Liz Barrow-Janson of Dallas. He is the older brother of Nils and Reily.

**2004** ..... Fin/CU .. Time  
Rocky Mtn. Shootout ..... 19/9 ..... 26:51  
at Pre-Nationals (open) .. 9/3 ..... 25:14.1

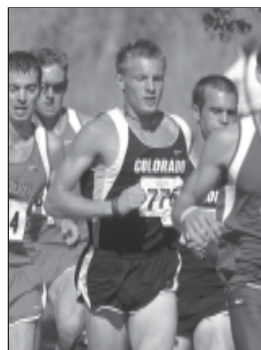
**2005** ..... Fin/CU .. Time  
Rocky Mtn. Shootout ..... 11/7 ..... 26:06  
at Pre-Nationals ..... 43/6 ... 24:35.5  
at Big 12 Championship .. 23/7 ..... 24:44  
at NCAA Mtn Region ..... 52/7 ... 34:54.3  
at NCAA Championships .. 204/7 .... 31:57

### HONORS

2005 Academic All-Big 12 Second Team

### TRACK PRs

1,500-m ..... 3:46.00 (O)  
Mile ..... 4:08.18 (I)  
Steeplechase ..... 8:44.76  
3,000-m ..... 8:20.18 (I)



2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**CLAIRE MADUZA**  
Freshman • HS  
Shorewood, Wis.  
(Shorewood)

**HIGH SCHOOL:** Maduza is a four-time MVP and served as the team captain for the Shorewood High School cross country team as a senior. She won the Wisconsin State Division 2 Cross Country Championship in a division record time of 14:14 (4k), which Maduza also lists as the biggest moment of her high school career. Her mark was the fifth best time in all divisions. As a junior, Maduza won the USATF Junior Olympics 5k Cross Country Championship in 18:23. She was the state championship runner-up as a freshman (14:37). She also owns two school track records. As a senior, Maduza won the state championship in the 3,200-m in a time of 10:45. She also won the same event as a freshman and sophomore. Maduza set the 1,600-m school record her freshman year at the state championship (4:59). Maduza was also recruited by Wisconsin, Columbia, Villanova and Brown. She chose Colorado for the atmosphere, the training environment, the coaches, team and the amazing tradition of excellence. **IN THE CLASSROOM:** Maduza intends to major in journalism at Colorado. She is also interested in ecology and environmental studies. Maduza was on the honor roll seven out of eight times in high school. **PERSONAL:** Claire Adrienne Maduza was born on Oct. 16, 1987 in Milwaukee, Wis. Her parents are Mark Maduza and Therese Palazzari. Her older brother Alec, 21, runs cross country and track at the University of Nebraska. Maduza's hobbies include traveling, drinking coffee, the outdoors and her pet pug Rosie. Maduza was also a writer for the Shorewood High School newspaper.

### TRACK PRs

1,600-m ..... 4:59.7  
3,200-m ..... 10:45.29

2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



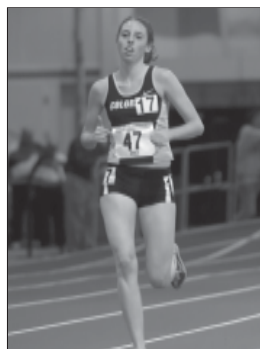
### ERIN MARSTON

Senior • VR  
Parker, Colo.  
(Chaparral)

**College--2005:** Marston traveled abroad during the 2005 season and did not compete. **2004:** She participated in three races her sophomore campaign. Marston finished third overall at Air Force and was fifth at Fort Hays. She was CU's No. 2 runner in both races. Marston also placed 30th at the Rocky Mountain Shootout. **2003:** Marston competed in three races as a freshman, with top-10 finishes in the Fort Hays Invite and a seventh-place finish at Air Force, scoring as CU's No. 2 runner. **High School:** Marston was all-league as a freshman and sophomore, and was Chaparral's Scholar Athlete of the Year all four years as well as a member of the National Honor Society as a junior and senior. Marston own the prep record in cross country (19:20) upon graduation and it still stands. She earned four letters in cross country and track. **IN THE CLASSROOM:** Marston is majoring in integrated physiology. **Personal:** Born Erin Denise Marston on July 27, 1985. Marston is the daughter of Brian and Diane Marston.

#### TRACK PRs

1,500-m .....	4:59.21 (O)
Mile .....	5:35.01 (I)
3,000-m .....	10:44.17 (I)
5,000-m .....	19:20 (O)
10,000-m .....	39:36.95 (O)



2006 COLORADO CROSS COUNTRY



## COLORADO BUFFALOES



### HILARY McCLENDON

Freshman • HS  
Eagle, Idaho  
(Bishop Kelly)

**HIGH SCHOOL:** McClendon did not start running until the summer of 2004 and she started out with short distances. She placed third at the Junior Olympics in 2004 at Eugene, Ore. in the 400-m hurdles with a mark of 1:04. That fall, she competed in her first season of cross country. McClendon raced all the way to a state championship in the 5A division with a time of 19:39 in the 5k race. She transferred in the spring of 2005 and was unable to compete for her high school track team. McClendon ran unattached her senior cross country season. She took 18th at the FootLocker West Regional in a time of 18:51. McClendon was named to the All-Western FootLocker Team for her performance. In the summer of 2005, she placed third in the 3,000-m steeplechase with a personal record of 10:48. McClendon was also recruited by Baylor, Texas A&M and Utah State. She chose Colorado for the great coaching, running locations and school. **IN THE CLASSROOM:** McClendon intends to major in integrated physiology at Colorado. **PERSONAL:** Hilary McClendon was born on August 1, 1988 in Santa Rosa, Calif. She is the daughter of Mike and Cathy McClendon of Eagle, Idaho. Her father was an All-American in cross country at the University of Oregon under head coach Bill Bowerman.

#### TRACK PRs update

1,600-m .....	4:59.7
3,200-m .....	10:45.29

2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**BILLY NELSON**  
Senior • 3L  
Bakersfield, Calif.  
(Taft)

2002	Fin/CU	Time
Rocky Mtn Shootout	8/4	25:42
at Pre-Nationals	25/4	24:36
at Big 12 Championship	5/4	24:01
at NCAA Mtn Region	20/3	30:50
at NCAA Championships	42/3	30:37

2003	Fin/CU	Time
Rocky Mtn Shootout	1/1	25:05
at Pre-Nationals	14/2	23:53
at Big 12 Championship	3/2	24:34
at NCAA Mtn Region	3/2	30:55
at NCAA Championship	16/2	29:53

2005	Fin/CU	Time
Rocky Mtn Shootout	8/4	25:48
at Pre-Nationals	6/2	23:52.3
at Big 12 Championship	9/4	24:16
at NCAA Mtn Region	1/1	30:28.2
at NCAA Championship	76/4	30:47

### HONORS

2002, 03, 05 All-Big 12  
2002 Big 12 Newcomer of the Year  
2003, 05 All-Mountain Region  
2005 NCAA All-Mountain Region Men's Athlete of the Year  
2002, 03 All-American

### TRACK PRs

1,500-m	4:00.04
3,000-m	8:06.24 (I)
5,000-m	13:46.80 (I)
Steeplechase	8:46.36

**COLLEGE--2005:** Nelson returned to action with an eighth-place finish (fourth for CU) at the Rocky Mountain Shootout. He improved to a sixth-place finish for the Buffs at Pre-Nationals (second for CU). Nelson moved back to CU's fourth racer in the Big 12 Championships and finished ninth overall. He returned to his stellar form at the NCAA Mountain Regions where he bested All-American teammate Bret Schoonmeester by five-tenths of a second for the top honors in 30:28.2. Nelson finished his season as the fourth Buff to cross the line at the NCAA Championships. **2004:** Redshirt. Did not compete. **2003:** Nelson won his first collegiate contest when he took CU's own Rocky Mountain Shootout in a Buffalo Ranch course pr 25:05 (18th all-time fastest 8k time). With Dathan Ritzenhein returning to the lineup at Pre-Nationals, Nelson would score as CU's No. 2 runner the remainder of the season. He was the top sophomore at the Big 12 Championships when he finished third overall, and second to Ritzenhein on the CU ladder, when he covered the 8k Barton Creek Lakeside Golf Course in 24:34. After finishing 20th in the national qualifying as a freshman, he finished third, behind Ritz and BYU's Kip Kangogo and earned his second All-American title with a career-best 16th place finish (just 39 ticks off the winning pace). **2002:** Nelson was Wetmore's "Diamond In The Rough" as a freshman. The Big 12 Newcomer of the Year, and CU's No. 4 runner, had a pair of top-10 finishes at the Rocky Mountain Shootout and Big 12 Championships and finished 25th (top 10 percent) at the Pre-Nationals. As the top finishing freshman at the conference championships, he finished just one second behind CU senior All-American Steve Slattery, but turned around two weeks later to edge Slattery by two seconds to finish 20th (as the race's top freshman) at regionals. He capped off his freshman campaign with a 42nd place finish at the NCAA Championships to earn All-American accolades. He went on to win the junior men's 8k race at the U.S. Cross Country Championships in Houston before an American-best 26th-place finish at the World Championships in Lusianne, Switzerland. **HIGH SCHOOL:** Taft was the South Sequoia League cross country champions his sophomore through senior seasons. Nelson was an All-South Sequoia League performer his freshman through senior seasons and an All-Area pick his sophomore through senior year. His prep career culminated in his winning the Division 4 California State Championship as a senior. His senior year he finished third at the FootLocker Regional meet before a ninth-place finish at Nationals. Following the prep season he finished third, and earned a bid on the national team, at the U.S. Winter World Cross Country Championships decided in Vancouver, Wash. That March he finished 33rd (the second American) in the 8k men's junior race at the World Championships in Dublin, Ireland. **IN THE CLASSROOM:** Nelson is a history major at Colorado and earned a spot on the Commissioner's Honor Roll during the spring of '06. **PERSONAL:** William Andrew Nelson was born Sept. 11, 1984 in Bakersfield, Calif. He is the son of William and Amy Nelson and Rhonda and Bill Blythe of Bakersfield, Calif. He has an older sister Danielle, a 16-year-old brother, Colt, who competes in rodeo and a younger sister, Hailee.



2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



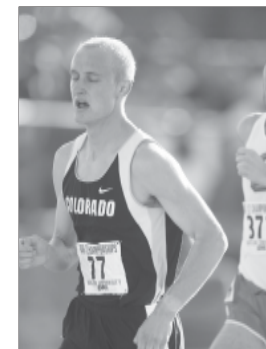
**KENYON NEUMAN**  
Sophomore • VR  
Bend, Ore.  
(Summit)

2005	Fin/CU	Time
at Air Force Invite	3	26:59.8

### TRACK PRs

800-m	1:55.83 (O)
1,500-m	3:50.60 (O)
3,000-m	8:41.99 (I)
5,000-m	14:19.15 (O)

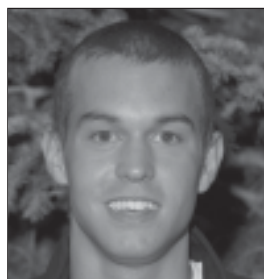
**COLLEGE--2005:** Ran in one race his freshman campaign and placed third overall at the Air Force Invitational. **HIGH SCHOOL:** Neuman was a four year letterwinner at Summit in cross country and track & field. Neuman set a league record his senior year in the 3k during a cross country meet. Later that year, he competed in the Foot Locker West Regional Championships and finished 17th. The biggest moment of Neuman's high school career was winning the Oregon State 4A Track & Field Championship 4x400 relay and placing third in the 1,500m (3:54), which was a league record. Neuman was also recruited by Stanford, Oregon and CalPoly, but chose Colorado for its location and the cross country program. **IN THE CLASSROOM:** Neuman is majoring in business at Colorado, but is also interested in photography. He was a member of the Big 12 Commissioner's Honor Roll in the fall of '05 and the spring of '06. Neuman carries a GPA of 3.29 into his sophomore season. He was named to the Commissioner's Honor Roll once as a freshman. **PERSONAL:** Born Kenyon Neuman on Jan. 12, 1987 in Yakima, Wash to Mark and Janice Neuman. Neuman has two older sisters, Stephanie Studebaker and Shauntel, and two younger brothers, Gatlin and Travis. He enjoys snowboarding and wakeboarding in his free time.



2006 COLORADO CROSS COUNTRY



## COLORADO BUFFALOES



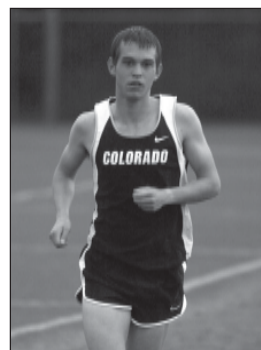
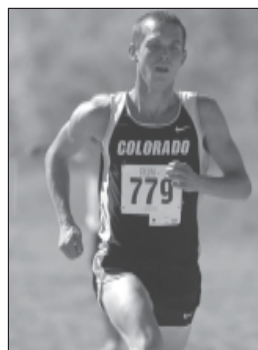
**CHRIS PANNONE**  
Sophomore • VR  
Whitehouse Station, N.J.  
(Hunterdon Central)

**COLLEGE--2005:** Pannone participated in three races as a redshirt freshman. He led CU's "B" team at Air Force when he took first place in the 8k race (26:36.1). Pannone also competed at the Rocky Mountain Shootout, where he took 14th overall and was CU's eighth runner at Pre-Nationals open race, finishing 29th. **2004:** Redshirt. Did not compete. **HIGH SCHOOL:** A four year letterwinner in both cross country and track (800-3,200-m) for head coach Ludwig Lubaszka, Pannone owns the Hunterdon Central record in the 3,200-m (9:02 at the 2004 Indoor State Championships) as well as several cross country course marks. His Eastern State Championship finish was the 10th fastest at storied Van Cortlandt Park and on Van Cortlandt's 2.5 mile course, his 12:22 is the third best for a New Jersey prep runner trailing Brad Hudson (12:15) and Jason DiJoseph (12:20). The Red Devils were the 2000, '01 and '02 Skyland Conference Cross Country champions and 2002 Central N.J. Sectional champions. As a junior he was a first-team all-state performer in cross country and finished 15th (15:59.19) at the Foot Locker Northeast Region Championship. He repeated his all-state title as a senior in addition to being named the All-Area Runner of the Year, finishing 26th (16:11.8) at Foot Locker Regionals and second team all-state in the 3,200-m. His pr's include 800-m (1:55), 1,600-m (4:17) and 3,200-m (9:02). Pannone considered Florida and North Carolina State before committing to Colorado. **IN THE CLASSROOM:** Pannone is an open option major at CU after spending his entire prep career as an honor roll student. **PERSONAL:** Born May 18, 1986 in Louisville, Ky., Christopher James Pannone is the only son of Patricia Pannone of Whitehouse, N.J. His hobbies include playing poker and spending time with friends. His volunteer work includes collecting and donating old shoes to the needy. He didn't begin running until the fifth grade due to asthma.

**2005 ..... Fin/CU .. Time**  
Rocky Mtn Shootout ..... 14/8 ..... 26:27  
at Pre-Nationals (open) .. 29/3 ... 25:35.5  
at Air Force Invite ..... 1/1 ..... 26:36.1

### TRACK PRs

800-m ..... 1:55  
1,500-m ..... 3:56.74 (0)  
1,600-m ..... 4:17  
3,000-m ..... 8:28.46 (I)  
3,200-m ..... 9:02  
5,000-m ..... 14:09.40 (0)  
10,000-m ..... 30:31.57



2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**LIZA PASCIUTO**  
Junior • 2L  
Murrieta, Calif. (Murrieta  
Valley)

**COLLEGE--2005:** After missing the first race of the season, Pasciuto returned to form as one of the Buffs top racers. In her first race back, she placed 39th overall and was fourth for the Buffs at Pre-Nationals. Pasciuto moved up to CU's third runner at the Big 12 Championships by shaving 56 seconds off of her time from the previous race. She was the top finisher for CU at the NCAA Mountain Regional, taking second overall. Her best race of the season was at the NCAA Championships where Pasciuto took ninth overall (2nd for CU) in a career-best 20:02. **2004:** One of the top newcomers on the 2004 roster, Pasciuto was the second-highest finishing true freshman in both regular season races, and in both during the postseason, scoring as the Buffs' No. 5 runner in the Rocky Mountain Shootout (11th overall), Pre-National "white" race (39th overall), Big 12 Championships (10th) where she was the highest finishing "true" freshman and NCAA Mountain Region Championships (12th). She ran beyond expectation at the NCAA Championships, finishing as CU's No. 2 runner, 13th overall, the second best by a CU frosh in a national championship race, trailing then-Sara Gorton's eighth place effort in Ames, Iowa in 2000. Following the collegiate slate Pasciuto became the Buffs' third straight USA Junior National Cross Country Champion when she covered the Vancouver National Historic Site 6k course in 21:50.1, a comfortable 13.8 second ahead of the race runner-up. As one of six members of a US delegation to run at the IAAF World Cross Country Championships in St. Galmier, France a month later, she finished 42nd in 22:58. **HIGH SCHOOL:** A former 1986 National Pool Soccer Player, Pasciuto would run as part of her soccer training, then dropped soccer and started running competitively her freshman year of high school. A four-year letterwinner in cross country and track (800-3,200-m) for Murrieta Valley head coach Steve Chavez, Pasciuto was the All-Southwestern League MVP her freshman through senior seasons in cross country and in the 1,600 her freshman through junior season and 3,200-m as a freshman and sophomore. She was an all-state performer in the fall all four years at Murrieta Valley and all state on the track (1,600) as a junior. The Nighthawks were the 2002 CIF Southern Section and state champions before settling for runner-up distinction in '03. She is the school record holder in the 800-m (2:14, 2002 Asuza Pacific Invitational), 1,600-m (4:53, 2002 Arcadia Invitational), 3,200-m (10:48, 2002 CIS), 3-mile (16:38, 2003 Woodbridge Invitational) and 5k cross country (17:35). As a freshman, she finished sixth at the FootLocker Regionals in Walnut, Calif. and matched that finish for All-American distinction at FootLocker Nationals. She didn't finish the regional race as a sophomore due to injury, finished 22nd as a junior and returned to the national spotlight when she finished sixth at regionals and 29th at FootLocker nationals in San Diego. She was also a first-team all-league forward in soccer as a freshman. Pasciuto was recruited by UCLA, Washington, Arizona State and Columbia and took unofficial visits to Stanford and Cal. **IN THE CLASSROOM:** An honor roll student at Murrieta Valley, Pasciuto is majoring in marketing at Colorado and earned a spot on the Commissioner's Honor Roll during the spring of '06. **PERSONAL:** Elizabeth Anne Pasciuto was born August 8, 1986 in San Pedro, Calif. She is the daughter of Anthony and Christina Pasciuto of Murrieta. Her sister Danielle is a senior at San Diego State and her younger brother, Andrew, is a sophomore. Her hobbies include playing soccer, spending time with the family's two whippets, and her new puppy, Thor. She didn't start running until her freshman year when she was training to play soccer, which ultimately led to her following a running career over soccer.

**2004 ..... Fin/CU .. Time**  
Rocky Mtn Shootout ..... 11/5 ..... 22:19  
at Pre-Nationals ..... 39/5 ..... 21:24  
at Big 12 Champs ..... 10/5 ..... 21:49  
at NCAA Mtn Region ..... 12/5 ..... 21:09  
at NCAA Champs ..... 13/2 ... 20:48.1

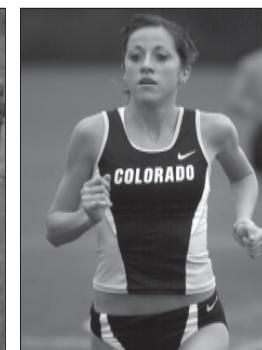
**2005 ..... Fin/CU .. Time**  
Rocky Mtn Shootout ..... INJ  
at Pre-Nationals ..... 39/4 ... 21:24.5  
at Big 12 Championship .. 6/3 ..... 20:29  
at NCAA Mtn Region ..... 2/1 ..... 20:52.8  
at NCAA Championship ... 9/2 ..... 20:02

### HONORS

2004, 05 All-Big 12  
2004, 05 All-Region  
2004, 05 All-American

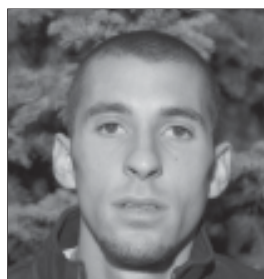
### TRACK PRs

800-m ..... 2:14  
1,600-m ..... 4:50  
3,000-m ..... 9:42.11  
3,200-m ..... 10:35  
5,000-m ..... 16:18.36 (0)



2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**STEPHEN PIFER**  
Junior • 2L  
Edwardsville, Ill.  
(Edwardsville)

**2004** ..... Fin/CU .. Time  
Rocky Mtn Shootout ..... 9/6 ..... 25:40  
at Big 12 Championship ..... 17/5 ..... 25:07  
at NCAA Mtn Region ..... 26/7 ..... 30:44  
at NCAA Championship 44/4 ..... 31:56.8

**2005** ..... Fin/CU .. Time  
Rocky Mtn Shootout ..... 10/6 ..... 25:58  
at Pre-Nationals ..... 15/3 ..... 24:09.4  
at Big 12 Championship .. 5/1 ..... 23:56  
at NCAA Mtn Region ..... 7/3 ..... 30:50.2  
at NCAA Championship ... 37/2 ..... 30:19

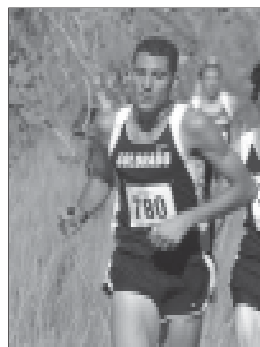
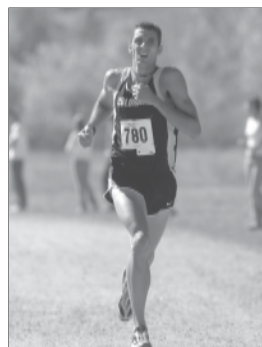
### HONORS

2005 All-Big 12  
2005 All-Region  
2004, 05 All-American

### TRACK PRs

800-m ..... 1:50.43 (O)  
Mile ..... 3:59.55 (I)  
1,500-m ..... 3:40.51  
3,000-m ..... 7:59.32 (I)  
5,000-m ..... 13:48.45 (O)

**COLLEGE--2005:** Pifer started the season as CU's sixth racer at the Rocky Mountain Shootout. He finished 10th overall with a time of 25:58. Pifer quickly moved up to the Buffs' No. 3 runner at Pre-Nationals. He finished 15th overall in a time of 24:10. Pifer earned his best finish of the season at the Big 12 Championships. He took fifth overall (23:56) and was the first Buff to finish the race, earning his first All-Big 12 honor. At the NCAA Mountain Region Championships, he placed seventh overall (CU's No. 3), behind teammates Billy Nelson and Bret Schoolmeester who finished first and second, respectively, and earned his first all-region honor. Capping off his sophomore campaign was his second All-American title. Pifer finished 37th overall in 30:19, a personal record on the course. He was Colorado's second runner in the race. **2004:** A redshirt freshman, Pifer came in as the Buffs' sixth runner, ninth overall in his first collegiate meet, the Rocky Mountain Shootout. He made the pilgrimage to Terre Haute, Ind. for the Pre-National race, but only tested the course, as he nursed a case of Achilles tendonitis and was unable to run the race. He went on to score as CU's final runner at the Big 12 Championships in Topeka, Kan., before turning in a 26th place finish at the NCAA Mountain Region Championships, just one place shy of earning all-region honors. He more than made up for it seven days later when he ran to an All-American 44th place finish at the NCAA Championships, scoring as CU's fourth runner. **2003:** Redshirt. Did not compete. **HIGH SCHOOL:** Pifer became the first runner since 1972, and just sixth overall, to go down in state annals with the 'Triple Crown' of distance running, having won the Class AA cross country, 1,600-m and 3,200-m titles during the 2002-03 school year. In the 2002 post-season, he finished seventh at the Midwest FootLocker Regionals (15:42) before a 14th place effort at nationals (15:22.0). His progression towards his cross country state title began his sophomore season, finishing 22nd and improving to third as a junior before claiming the individual crown as a senior. In the meantime, he helped guide the Tigers to four Madison County, Southwest Conference and Southern Sectional team titles in cross (two conference titles in track). On the track, he was a three-time Class AA Illinois State Champion (two-time 1,600-m champion and 2003 3,200-m title) and two-time All-American (in the distance medley relay as a junior and mile as a senior). He graduated from Edwardsville with school records in the 1,600-m (4:05), 3,200-m (8:57) and 3-mile (14:20) and as a member of the 3,200 and distance medley relay teams. **IN THE CLASSROOM:** Pifer is a geography major at CU. **PERSONAL:** Born Dec. 7, 1984 in Edwardsville, Ill., Stephen Wayne Pifer is the son of Chris Pifer of Glen Carbon, Ill., and Tamika Rettle of Edwardsville. He is the older brother of Anthony Flamer, Ashley Flamer and Jack Pifer. His hobbies include swimming, camping and hanging out with the other members of CU's Borg Clan, of which he is one of the four founding members.



2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**AISLINN RYAN**  
Freshman • HS  
Warwick, N.Y.  
(Warwick Valley)

**HIGH SCHOOL:** Ryan comes to Colorado with excellent credentials. She was the 2004 FootLocker National Champion. Ryan also placed third in 2005 and was 12th in 2003. She is a 19-time All-American, a two-time Great American Cross Country Champion and a five-time national champion. In 2005, she won the Milrose Mile and the Boston Indoor Mile. Ryan was the New York State Cross Country Champion in 2005 and was named the New York State Cross Country Runner of the Year. In addition, Ryan was named the National Senior Athlete of the Year. Ryan has been the Warwick Valley High School MVP since she was a freshman. As a freshman, she was named to the All-State Cross Country Second Team and moved up to the first team for the remainder of her career. She was named the outdoor track MVP as a sophomore and senior and was the indoor MVP her junior and senior years. Ryan was a member of the 2003-04 Cross Country State Scholar Athlete Champs. Her distance medley relay team took the national indoor championship and at the Penn Relays in 2005 enroute to being named the Outstanding Female Athlete at Penn Relays. Ryan was named the Warwick Outstanding Female Athlete of the Year in 2005. She also won state championships on the track in the outdoor 3k (2005) and the indoor and outdoor 3k in 2006. She owns seven school records in both cross country and track and has four state records. Ryan was also recruited by Duke, Providence, Villanova, Oregon, North Carolina State and Columbia. She chose Colorado because it had the combination of all of the best things she was looking for in a college. **IN THE CLASSROOM:** Ryan intends to major in Studio Art at Colorado. She is also interested in culinary arts. In high school, Ryan was on the honor roll as a freshman and sophomore and was a member of the National Honor Society as a junior. **PERSONAL:** Aislinn Margaret Ryan was born on July 6, 1988 in Warwick, N.Y. Her parents are Paul and Patricia Ryan. Her brother and training partner, Colin (21), runs for New York University. Her hobbies include comedy, art, music, cooking and biking. She enjoys taking care of people, flowers and nature and also sculps. Ryan has volunteered at a nursing home and a youth track program. Her summer jobs include picking flowers at a flower farm and as a youth track program counselor. Ryan has met Dick Beardslee, Suzy Favor-Hamilton, Meb Keflezghi, Kenenisa Bekele and Lauren Fleshman. After college, Ryan would like to compete in the Olympics, be a professional runner, be an artist and own her own business.

### TRACK PRs

400-m ..... 59.7  
800-m ..... 2:11  
3,000-m ..... 9:34  
3,200-m ..... 10:16

2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**AMBER SMITH**  
Sophomore • 1L  
Ishpeming, Mich.  
(Westwood)

**COLLEGE--2005:** Redshirt. Did not compete. **2004:** Smith was the top true freshman on the 2004 team during the regular season, relinquishing the title during the post. Her sixth-place Rocky Mountain Shootout finish was the best by a CU true freshman since Sara (Gorton) Slattery finished second in '00 and her 35th place finish at Pre-Nats is the best by a CU frosh since teammate Christine Bolf finished 43rd in 2002. When she and classmate Liza Pasciuto crossed the finish line in 10th and 11th at the Big 12 Championships, they did so as the top two true freshmen in the race. She finished with all-region honors with a 15th place finish at the NCAA qualifying race before finishing 78th, as the Buffs' sixth runner, at the NCAA Championships. **HIGH SCHOOL:** Smith earned four varsity letters from Westwood in cross country under coach Steve Pohlman, but received most of her workouts from University of Michigan junior Emily Anderson who is from Marquette, Mich. She ran the 800-3,200-m relay during track season for coach Jim Marana, but again received workouts from Anderson. As a freshman, Smith was a member of the UP Dream Team, all-state, and was the UP Division II State Champion in cross country. She repeated her Dream Team status her sophomore through senior seasons and her all-state finish her sophomore through senior campaigns. As a sophomore she added UP Runner of the Year (a title she held through her senior season), first-team FootLocker Midwest, and was a member of the All-American Sophomore Team. She was a first-team FootLocker Midwest, first-team All-American and was named National Athlete of the Week by *Scholastic Sports Magazine*. Her senior cross country season she was the *Michigan Runner* magazine Runner of the Year, Miss Michigan Cross Country and second team FootLocker Midwest. The highlight of her high school career was a 2002 All-American fifth-place FootLocker Nationals finish, a race she also ran as a sophomore. She is the four-time UP Division II State champion in the 800 through 3,200-m, setting three UP finals records, entering her final season on the track. The Patriots were the 2002-03 U.P. State Girls Division II Track Champions, 2001-03 Girls Mid-Peninsula Conference Champions and 2002 and '03 Mid-Peninsula Conference Cross Country Championships. She holds Westwood school records in the 800 (2:18, 2003 UP track finals), 1,600 (4:53 converted), 3,200 (11:07) and as a member of the Patriots' 3,200-m relay team as well as the Stephenson cross country course record (17:53) while her 5k cross country pr is 17:48. She finished eighth in the 2004 USA Junior Women's Cross Country Championships in Indianapolis, and assumed alternate status, missing the automatic qualifying finish by two places. **IN THE CLASSROOM:** An English and art major with a minor in French, Smith turned in a pair of perfect President's List 4.00 semesters her freshman year and currently owns a 3.938 GPA. Academically she was an All "A" Honor Roll student and Excellence in Education all four years. She was the National Honor Society secretary as a junior and senior and was class Valedictorian. **PERSONAL:** Amber Whitney Smith was born May 23, 1986 in Ishpeming. She is the daughter of Charles and Mary Smith and the younger sister of Charles who is a senior at Northern Michigan. An accomplished seamstress and enjoys vintage shopping and clothes, drawing and spending time with friends.

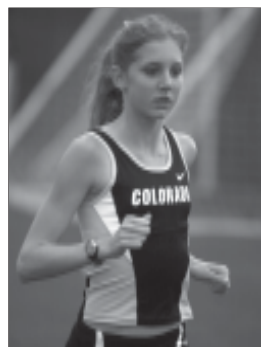
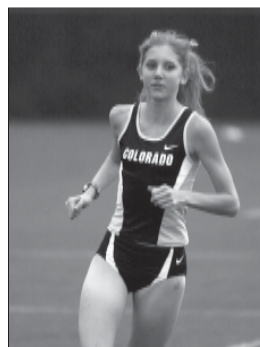
2004	Fin/CU ..	Time
Rocky Mtn Shootout	6/4	21:45
at Pre-Nationals	35/4	21:20
at Big 12 Championship	11/6	21:52
at NCAA Mtn Region	15/6	21:14
at NCAA Championship	78/6	21:44.3

### HONORS

2004 All-Big 12  
2004 All-Region

### TRACK PRs

800-m	2:18
Mile	4:55
3,200-m	11:07



2006 COLORADO CROSS COUNTRY

## COLORADO BUFFALOES



**JAMES STRANG**  
Junior • 2L  
Signal Mountain, Tenn.  
(Baylor)

**COLLEGE--2005:** Strang improved steadily throughout his sophomore campaign. He started off placing ninth at the Rocky Mountain Shootout as CU's fifth runner. At Pre-Nationals, he moved up and finished as CU's No. 4 racer, placing 19th overall. Strang moved up one spot yet again at the Big 12 Championships, finishing eighth (CU's No. 3). At the NCAA Mountain Regional, he was the fourth Buff to cross the finish line, 11th overall. But Strang saved the best for last. At the NCAA Championships, he earned his first All-American honor by finishing 35th overall and was Colorado's first to the finish. Along with his first All-American title, Strang captured his first All-Big 12 and All-Mountain Region titles. **2004:** The Buffs' No. 2 freshman in all but two races in '04, Strang had four top-20 finishes under his belt heading into the last race of the season. He had his first top-10 finish in the career christening Rocky Mountain Shootout and finished two places later at Pre-Nats in Terre Haute. With Harkrader sidelined, he was the Buffs' highest finishing freshman at the conference championships and highest finishing true freshman in the race, though he missed all-conference recognition by one place. He made up for it a week later when he picked up all-region honors with a 17th place finish at the NCAA Mountain Region Championships. He clinched CU's NCAA Cross Country team title as the fourth-highest finishing true freshman and highest finishing fifth scorer in the meet, 49th overall, critically defeating Wisconsin's fifth man for the dramatic four-point win. **HIGH SCHOOL:** Following a third place 2003 Foot Locker South Regional finish in Charlotte, N.C., Strang ran to an All-American time of 15 minutes, 31 seconds to finish 16th at Foot Locker nationals in San Diego, just 36 seconds off the winning pace. A four-year letterwinner in cross country and track (800-3,200-m, 4x4 and 4x800-m relays) for Baylor, the Red Raiders were the 2000 Division II state champions in cross country in the fastest and deepest Division in the state and the 2002 state champions on the track. In 2003, they were runner-up finishes in both the region and state meets. As a sophomore, Strang was all-state as part of the 4x800-m relay team, and he was first-team all-city and all-region in cross country as a junior, his first season with the sport. He repeated his all-state title in the 4x8 as a junior, and added all-state honors in the 4x400-m. In the classroom he is an honor roll student that has never slipped below the 3.4 mark. Strang had a keen interest in attending Oregon, Villanova, Oklahoma State, Virginia and Texas prior to committing to the Buffs and Colorado. **IN THE CLASSROOM:** A four-year honor roll student whose cumulative grade point average never dropped below a 3.4, Strang is an open option major at CU and would like to follow in his father's footsteps and pursue a career in dentistry after college. **PERSONAL:** Born Dec. 7, 1984 in Chattanooga, Tenn., James Maynard Strang III is the youngest of Dr. James and Cheryl Strang's three children. He has two older sisters: Amber is a '99 SMU grad and Ellen is a 2002 graduate of Big 12 rival Kansas. His hobbies include riding horses (western), fly fishing and hunting. He has done volunteer work for Habitat for Humanity and has made frequent visits to a local hospital's cancer ward. He has worked several summer camps, including Kanakuk, a Christian camp in Branson, Mo. His maternal grandfather, Charles Eubanks, played football at Tennessee-Chattanooga.

2004	Fin/CU ..	Time
Rocky Mtn Shootout	10/7	25:51
at Pre-Nationals	12/4	24:41
at Big 12 Championship	16/4	25:06
at NCAA Mtn Region	17/6	30:31
at NCAA Championship	49/5	31:59.9

2005	Fin/CU ..	Time
Rocky Mtn Shootout	9/5	25:48
at Pre-Nationals	19/4	24:13.5
at Big 12 Championship	8/3	24:11
at NCAA Mtn Region	11/4	31:05.0
at NCAA Championship	35/1	30:17

### HONORS

2005 All-Big 12  
2005 All-Region  
2005 All-American

### TRACK PRs

400-m	:51
800-m	1:55
1,600-m	4:11
3,000-m	8:16.87 (I)
3,200-m	9:18
5,000-m	14:10.96



2006 COLORADO CROSS COUNTRY



## COLORADO BUFFALOES



### BRENT VAUGHN

**Junior • 2L**  
**Aurora, Colo.**  
**(Smoky Hill)**

**2003 ..... Fin/CU .. Time**  
Rocky Mtn Shootout ..... 4/3 ..... 25:28  
at Pre-Nationals ..... 34/5 ..... 24:15  
at Big 12 Championship .. 8/3 ..... 24:57  
at NCAA Championship ... 110/4 .... 30:56

**2004 ..... Fin/CU .. Time**  
Rocky Mtn Shootout ..... 2/1 ..... 24:48  
at Pre-Nationals ..... 2/1 ..... 23:48  
at Big 12 Championship ..... 2/1 ..... 24:08  
at NCAA Mtn Region ..... 5/2 ..... 30:03  
at NCAA Championship ... 4/1 ..... 30:41.8

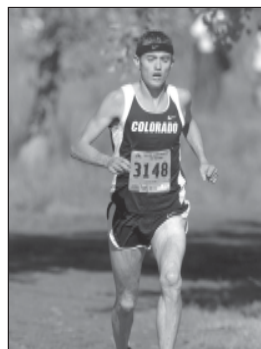
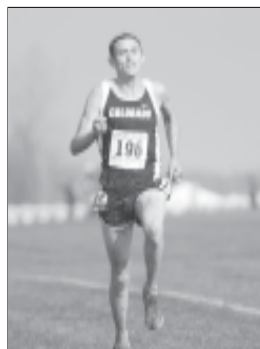
#### HONORS

2003, 04 All-Big 12  
2004 All-Region  
2004 All-American  
2004 Academic All-Big 12

#### TRACK PRs

800-m ..... 1:54.02  
1,500-m ..... 3:44.38  
3,000-m ..... 8:04.03 (I)  
5,000-m ..... 13:38.30  
10,000-m ..... 30:28.17

**COLLEGE--2005:** Redshirt. Did not compete. **2004:** Vaughn took over the reigns as Wetmore's No. 1 runner, the first true sophomore to hold that distinction since Jorge Torres (2000) and first Coloradoan since Adam Goucher in 1998 and went 800-10 in that role. He ran bridesmaid finishes in three races in '04 by less than a combined 10 seconds. He was eight ticks off the winning pace in the season-opening Rocky Mountain Shootout and ran side by side with New Mexico's Matt Gonzales for most of the 8k Pre-Nats race until Gonzales pulled away with 30 meters to go for the win, less than a second ahead of Vaughn. Two weeks later Kansas' Benson Chesang pulled away at the 4k mark of the Big 12 Championship race and although Vaughn made up ground, it wasn't enough as he settled for his third runner-up finish. In his first regional qualifying race, he turned in a respectable fifth place effort, as CU's No. 2 scorer to teammate Bret Schoomeester. The two reversed finishes at the NCAA Championships, as Vaughn ran to what would be his first of three sophomore season All-American finishes when he crossed the finish line fourth at the NCAA Championship, leading a CU contingent that had all five scorers among the top 50 for 90 points and the four-point team title, the closest championship since '01 when the Buffs upended Stanford by a single point. **2003:** Vaughn lived up to his prep resume hype as CU's top newcomer, following in a long-line of great freshman-year performances. He finished fourth overall, as CU's No. 3 runner, at his career christening Rocky Mountain Shootout and scored two weeks later as CU's fifth runner, 34th overall, in the Pre-National Invitational which had a field of 245 runners. He was the top freshman, and second highest newcomer, at the Big 12 Championships when he finished eighth, as CU's third runner. He was slated to run the national qualifying race, until a case of food poisoning got the better of him at 4 a.m. race day and he was forced to withdraw from the race. He made up for it nine days later at NAAs when he scored as the Buffs' fourth runner. **HIGH SCHOOL:** Vaughn was a two-year letterwinner in cross country and three in track at Smoky Hill. As a junior he was the Colorado State 5A champion in cross and the 3,200-m run and was runner-up in the 1,600-m. He successfully defended his 3,200-m title as a senior and took runner-up distinction in the 1,600-m and cross. He graduated from Smoky Hill with prep records in the 1,600-m (4:14), 3,200-m (8:45) and 5k (15:16). **IN THE CLASSROOM:** An Applied Math major at Colorado, he carries a better than 3.0 cumulative gpa into his junior season. **PERSONAL:** Brenton Vaughn was born Sept. 4, 1984 in Sterling, Colo. His parents are Brad and Debbie Vaughn of Aurora, his older sister Audra is an artist and his younger sister, Danae, goes to Smoky Hill. He would like to pursue a professional running career sans CU, but in the meantime is an active member of the Borginator established by this year's sophomore class.



2006 COLORADO CROSS COUNTRY

## BUFFS TO WATCH



**Becca Culbertson -- Sophomore -- Centennial, Colo. (Cherry Creek)**

**High School:** Culbertson earned one letter in cross country in high school.

**Personal:** Born Rebecca Culbertson on April 12, 1987 in Denver...Daughter of Tim and Mary Culbertson of Centennial, Colo...She was one younger brother, Ben (16), who attended Cherry Creek...Culbertson is a business major at Colorado and is also interested in English...Her hobbies include running, reading, cooking, decorating and fashion.



**Seth DeMoor -- Sophomore -- Buena Vista, Colo. (Buena Vista)**

**As A Buff:** Practiced with CU but did not participate in any meets.

**High School:** Was the captain of his high school cross country and track and field teams as a senior...Ran second on the team as a freshman...High school cross country squad took second at state in 2003...PR's include 16:27 (5K), 4:40 (mile) and 10:05 (2 mile).

**Personal:** Born Seth J. DeMoor on June 10, 1985 in Colorado Springs, Colo...Son of Jot and Wynne DeMoor of Buena Vista, Colo...Majoring in IAFS at Colorado



**Dan Edwards -- Freshman -- Kaiserslautern, Ger. (Ramstein)**

**High School:** Finished 18th at the 2005 FootLocker South Regional (15:27) and was named to the All-South Team...Set course record on championship course in Heidelberg, Germany (16:03)...DoDDS Europe Cross Country Champion in 2005, second place in 2006...Was DoDDS Europe league MVP as a junior...Named RHS Student-Athlete of the Year as a junior and senior...Didn't start running until 10th grade...Had third-best GPA in class (4.29) and gave the German Address at graduation.

**Personal:** Born Daniel D. Edwards on Sept. 13, 1987 in Okinawa, Japan...Son of Dennis and Elaine Edwards...Intends to major in applied math at Colorado.

2006 COLORADO CROSS COUNTRY

## BUFFS TO WATCH



### **Jen Hooper -- Sophomore -- Steamboat Springs, Colo. (Steamboat Springs)**

**High School:** Named the 2005 SSHS Most Athletic Female...Four-year letterwinner on the cross country team...placed second at regionals (18:58) and eighth at state in the 5k...Selected to All-State Team B and was named one of the top five cross country runners in 2005 for 4A...Named to All-State Academic Team A as a junior and senior and was a member of the honor roll all four years...Lettered in track four years, taking first at regionals in the 1,600m (5:28) and the 3,200m (12:00.01)...Earned two letters as a member of the Nordic ski team and placed 14th at state in 2004.

**Personal:** Born Jennifer Hooper on Dec. 4, 1986 in Grand Junction, Colo...Daughter of Vince Hooper (who ran track at Colorado State) and Sandra Fiebing...Majoring in integrated physiology at Colorado.



### **Daniel Kenney -- Senior -- Fort Collins, Colo. (Rocky Mountain)**

**As A Buff:** Took 11th at the Air Force Invitational (27:59.2) for his best finish of the season...Placed 26th at the Fort Hays Invite (26:39.04)...Ran 28:28 at the Rocky Mountain Shootout and finished 44th overall, 11th for Colorado...Participated in three races for CU as a sophomore and ran a season-best 27:29 at the Tiger Invitational and placed 19th.

**High School:** Kenney owns Rocky Mountain High School records in the 800m (1:54.52), 4x800 (7.54) and the 4x1600 (19.00).

**Personal:** Born Daniel Michael Kenney on Feb. 20, 1985...Son of David and Kathy Kenney...Majoring in business administration...Owns one of CU's student-athletes best GPAs



### **Shaun Lyle -- Junior -- Eureka, Calif. (Eureka)**

**High School:** Took third at the Calif. State Cross Country Championship in 2000...Was a member of the 1999 state championship team...Owns EHS record in 3,200-m with a mark of 9:10.24

**Personal:** Born Shaun Lyle on March 17, 1983...Son of David Lyle and Elisa O'Neil...Majoring in Physics at Colorado and is also interested in Math...Sister Kari, 25, is a women's wrestler training at the USOC in Colorado Springs.

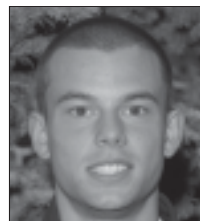
## BUFFS TO WATCH



### **Blair Snyder -- Freshman -- Hillsborough, Calif. (Crystal Springs Uplands)**

**High School:** Holds the school record on the Crystal Springs Course in the 5k (19:17) on Oct. 26, 2005...Finished the North Coast Section final as the best Crystal Springs female ever with a mark of 19:19 on Nov. 19, 2005, finishing third overall...Was named the Most Outstanding Runner her senior year along with Most Inspirational Track Athlete and was First Team All-League in cross country.

**Personal:** Born Blair Snyder on May 27, 1988...Daughter of Bruce and Gayle Snyder...Intends to major in integrative physiology.



### **Rob Thayer -- Junior - Hotchkiss Colo. (Hotchkiss/Western State)**

**As A Buff:** Participated in three races...Took eighth overall at the Air Force Invite (27:42.9) and was fifth at the Fort Hays Invite (26:39.59)...Also raced at Pre-Nationals and finished 105th in the open race (27:02.4).

**At Western State:** Ran the 8k (26:40) in cross country and participated in the 800m and 1,600m during the track season...Was an indoor national qualifier in the NCAA Division II Indoor Track and Field Tournament in the mile and became an All-American.

**High School:** Owns high school records in the 800-m (1:53), mile (4:18) and 3,200-m (9:51), which he set at the 3A state tournament in 2003.

**Personal:** Born Robert William Thayer on March 9, 1984 in Carry, Ill...Son of Robert Thayer and Jeanne Gatto...Younger sister Erin is a member of the CU cross country and track & field teams...Majoring in geography.

## 2005 COLORADO WOMEN IN REVIEW

Oct. 4	<b>ROCKY MOUNTAIN SHOOTOUT (Boulder)</b> ..... 1/2 (D-I)
	<b>1. COLORADO</b> ; 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; <b>4. COLORADO, 170</b> ; 5. WakeForest, 212; 6. Boston College, 223; 7. Princeton, 260; 8. Oregon, 273; 9. Michigan State, 273; 10. Washington, 299.
Oct. 22	at Air Force Invitational (USAF, Colo.) ..... NTS
Oct. 29	at Big 12 Championships (Waco, Texas) ..... 1/12
	<b>1. COLORADO, 38</b> ; 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
	<b>1. COLORADO, 53</b> ; 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.) ..... 2/31
	1. Stanford, 146; <b>2. COLORADO, 181</b> ; 3. Duke, 185; 4. Arizona State, 191; 5. Illinois, 212; 6. Michigan, 250; 7. Notre Dame, 252; 8. Brigham Young, 288; 9. Minnesota, 361; 10. Oklahoma State, 377.

Runner	RMS 5.8k	TIGER 5.8k	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	43/3 20:36
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	7/1 19:57
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	216/6 22:18
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	9/2 20:02
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	85/4 21:01
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	93/5 21:04
L. Zeigle	18/5 22:39		157/6 22:50.3		25/6 21:55	51/6 23:11.8	247/7 23:20

+ open race/individual

2006 COLORADO CROSS COUNTRY

## 2005 COLORADO MEN IN REVIEW

Oct. 4	<b>ROCKY MOUNTAIN SHOOTOUT (Boulder)</b> ..... 1/2 (D-I)
	<b>1. COLORADO</b> ; 2. Air Force (B)
Oct. 8	at Tiger Invitational (Hays, Kan.) ..... 3/10
	1. Air Force, 2. Colorado School of Mines, <b>3. COLORADO</b> , 4. Butler Country CC, 5. Colorado College, 6. Fort Hays State, 7. 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
	<b>1. COLORADO, 70</b> ; 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 (USAF, Colo.) ..... NTS
Oct. 29	at Big 12 Championships (Waco, Texas) ..... 1/12
	<b>1. COLORADO, 44</b> ; 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]
	<b>1. COLORADO, 42</b> ; 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.) ..... 5/31
	1. Wisconsin, 37; 2. Arkansas, 105; 3. Notre Dame, 178; 4. Iona, 205; <b>5. COLORADO, 222</b> ; 6. Stanford, 231; 7. Texas, 272; 8. Oklahoma State, 355; 9. Portland, 372; 10. Arizona, 384.

Runner	RMS 8k	TIGER 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	143 31:23
P. Batliner	6/3 25:35		27/5 24:23.9		16/5 24:27	21/5 31:28.7	102/5 30:59
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	204/7 31:57
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	76/4 30:47
K. Neuman				+3 26:59.8			
C. Pannone	14/8 26:27		+29/3 25:35.5	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	37/2 30:19
B. Schoolmeester	1/1 24:55		3/1 23:43.7		6/2 24:06	2/2 30:28.7	42/3 30:24
J. Strang	9/5 25:48		19/4 24:13.5		8/3 24:11	11/4 31:05.0	35/1 30:17
R. Thayer		27/5 26:39.59	+105/5 27:02.4	8/3 27:42.9			

+ open race/individual

2006 COLORADO CROSS COUNTRY



## ROCKY MOUNTAIN SHOOTOUT

### TOP COURSE TIMES (Buffalo Ranch/CU South Campus) \*-indicates course record

Men			Women		
*Jorge Torres, Colorado	24:07	2002	*Kara Grgas-Wheeler, Colorado	19:38	2000
Adam Goucher, Colorado	24:12	1998	*Kara Grgas-Wheeler, Colorado	19:38	2000
Adam Goucher, Colorado	24:30	1997	Amy Mortimer, Kansas State	20:06	2000
Kelly Christiansen, Western State	24:40	2004	Sara (Gorton) Slaterry, Colorado	20:07	2000
Scott Larson, Unattached	24:42	1997	Molly Austin, Colorado	20:14	2001
Jorge Torres, Colorado	24:47	2001	Renee Metivier, Colorado	20:21	2004
Dathan Ritzzenhein, Colorado	24:47	2001	Molly Austin, Colorado	20:23	2002
Jorge Torres, Colorado	24:48	2000	Martha Tenorio, Unattached	20:29	1999
Brent Vaughn, Colorado	24:48	2004	Kara Grgas-Wheeler, Colorado	20:33	1999
Rees Buck, Western State	24:50	1999	Sara (Gorton) Slaterry, Colorado	20:33	2000
Michael Aish, Western State	24:51	1999	Stefanija Statkuvienė, Unatt.	20:36	1997
Jorge Torres, Colorado	24:54	1999	Martha Tenorio, Unattached	20:41	1997
Bret Schoolmeester	24:55	2005	Kelly Brinkman, Iowa State	20:44	2000
Josh Eberly, Unattached	24:55	2003	Molly Austin, Colorado	20:45	1999
Ed Torres, Colorado	24:58	2002	Alisha Williams, Western State	20:46	2003
Ron Roybal, Colorado	25:01	1999	Kara Newton, Baylor	20:47	2000
Josh Eberly, Western State	25:02	2002	Sara (Gorton) Slaterry, Colorado	20:48	2001
Chris Siemmers, Western State	25:03	2002	Lesley Higgins, Colorado	20:49	1999
Steve Slaterry, Colorado	25:04	2000	Natalie Florence, Colorado	20:49	2002
Ed Torres, Colorado	25:05	2001	Yukari Komatsu, Unattached	20:50	1998
Billy Nelson, Colorado	25:05	2003			

### PAST SHOOTOUT TEAM CHAMPIONS

Year	Men (Runner-up)	Women (Runner-up)	Course
1986	Adams State (Colorado)	N/A	Spring Hill GC
1987	Weber State (Wyoming)	Colorado (NAU/New Mexico)	Paul Beck Rec Ctr
1988	Adams State (Adams State TC)	NC State (Boulder Road Runners)	Paul Beck Rec Ctr
1989	Colorado (Brigham Young)	Boulder Road Runners (Weber State)	Lake Valley GC
1990	Brigham Young (Wyoming)	Boulder Road Runners (Colorado)	Lake Valley GC
1991	Colorado (Western State)	Weber State (Wyoming)	Lake Valley GC
1992	Colorado (Brigham Young)	Colorado (Montana State)	Lake Valley GC
1993	Colorado (Idaho State)	Colorado (Weber State)	Gallagher Ranch
1994	Colorado (Idaho State)	Colorado (Michigan)	Gallagher Ranch
1995	Colorado (Western State)	Colorado (Oregon)	Gallagher Ranch
1996	Colorado (Portland)	Colorado (Adams State)	Gallagher Ranch
1997	Colorado (Western State)	Colorado (Adams State)	Flatirons Property/Bufallo Ranch
1998	Colorado (Western State)	Adams State (Colorado)	Flatirons Property/Bufallo Ranch
1999	Colorado (Western State)	Colorado (Western State)	Flatirons Property/Bufallo Ranch
2000	Colorado (Wyoming)	Colorado (Wyoming)	Bufallo Ranch at CU South Campus
2001	Colorado (Wyoming)	Colorado (Wyoming)	Bufallo Ranch at CU South Campus
2002	Colorado (Denver/AFA)	Colorado (Denver)	Bufallo Ranch at CU South Campus
2003	Colorado (Air Force)	Colorado (Northern Colorado)	Bufallo Ranch at CU South Campus
2004	Colorado (Wyoming)	Colorado (Wyoming)	Bufallo Ranch at CU South Campus
2005	Colorado (Air Force)	Colorado (Northern Colorado)	Bufallo Ranch at CU South Campus

### PAST SHOOTOUT INDIVIDUAL CHAMPIONS

Year	Men	Women	
1986	Pat Porter (Vigilantes TC)	25:13	N/A
1987	Pat Porter (Vigilantes TC)	25:08	Linnsberg (UTEP)
1988	Mark Steckley (Boulder Road Runners)	25:26	Sue Addison (Boulder Road Runners)
1989	Dennis Leck (Unattached)	26:18	Carla Borovica (Unattached)
1990	Silvio Guerra (Unattached)	23:07	Kirsten Russell (Unattached)
1991	Ron Salazar (Colorado)	24:26	Brooke Baughman (Colorado)
1992	Richard Kosegei (Barton County)	24:30	Brooke Baughman (Colorado)
1993	Scott Larson (Colorado)	25:37	Brooke Baughman (Colorado)
1994	Alan Culpepper (Colorado)	25:25	Elva Dryer (Western State)
1995	Adam Goucher (Colorado)	25:32	Jenna Carlson (Oregon)
1996	Adam Batliner (Colorado)	26:23	Shayne Wille (Colorado)
1997	Adam Goucher (Colorado)	24:30	Kim Bugg (Adams State)
1998	Adam Goucher (Colorado)	24:32	Kim Bosen (Adams State)
1999	Reese Buck (Western State)	24:50	Kara Grgas-Wheeler (Colorado)
2000	Jorge Torres (Colorado)	25:24	Kara Grgas-Wheeler (Colorado)
2001	Jorge Torres (Colorado)	24:47	Molly Austin (Colorado)
2002	Jorge Torres (Colorado)	24:07	Molly Austin (Colorado)
2003	Billy Nelson (Colorado)	25:05	Alisha Williams (Western State)
2004	Kelly Christiansen (Western State)	24:40	Renee Metivier (Colorado)
2005	Bret Schoolmeester (Colorado)	24:55	Christine Bolf (Colorado)

### 2006 COLORADO CROSS COUNTRY

## CONFERENCE HISTORY

### Colorado Men

Year	Winner (pts)	CU (pts)	Top Colorado
1950	Kansas	4th	10. Milt Wiley
1951	Kansas (13)	5th (85)	19. Colin Cooper
1952	Kansas (20.5)	3rd (43)	3. Lloyd Barlow
1953	Kansas (16)	2nd (19)	5. Lloyd Barlow
1954	Kansas (30)	4th (54)	8. Jim Wyatt
1955	Kansas (15)	3rd (34)	4. Jack Hughes
1956	Kansas (20)	2nd (88)	9. Jim Wyatt
1957	Kansas (26)	2nd (52)	5. Ned Sargent
1958	Kansas (37)	3rd (98)	12. Mike Peake
1959	Kansas (51)	5th (98)	4. Bernie Frakes
1960	Oklahoma St. (40)	8th (180)	22. Eric Cahn
1961	Kansas (26)	2nd (78)	8. Bob Griffith
1962	Colorado (60)	—	9. Bob Griffith
1963	Kansas (26)	4th (85)	4. Dave Wighton
1964	Kansas (31)	3rd (72)	1. Dave Wighton
1965	Kansas State (34)	4th (76)	9. Craig Runyan
1966	Kansas State (51)	2nd (57)	6. Jeff Berven
1967	Missouri (52)	2nd (59)	1. Craig Runyan
1968	Kansas (45)	2nd (61)	1. Craig Runyan
1969	Kansas (55)	6th (137)	5. Rick Trujillo
1970	Missouri (60)	4th (83)	6. Mike Peterson
1971	Kansas State (49)	4th (110)	5. Mike Stegner
1972	Oklahoma St. (37)	2nd (76)	4. John Gregorio
1973	Oklahoma St. (53)	2nd (55)	2. Mike Peterson
1974	Iowa St./Missouri	6th	N/A
1975	Kansas State (25)	2nd (73)	5. John Hunsaker
1976	Colorado (46)	—	1. Kirk Pfeiffer
1977	Colorado (21)	—	1. Mark Spillsbury
1978	Colorado (22)	—	1. Kirk Pfeiffer
1979	Colorado (23)	—	1. Mark Anderson
1980	Colorado (26)	—	1. Mark Scrutton
1981	Iowa State	3rd	1. Mark Scrutton
1982	Colorado (35)	—	1. Mark Scrutton
1983	Iowa State (53)	5th (94)	6. Mick Bannister
1984	Iowa State (32)	5th (114)	16. Chuck Trujillo
1985	Colorado (48)	—	3. Dan Reese
1986	Colorado (37)	—	1. Chuck Trujillo
1987	Iowa State (47)	3rd (92)	6. Andy Dunn
1988	Iowa State (34)	2nd (71)	8. Bob Cisco
1989	Iowa State (22)	3rd (92)	8. Bob Cisco
1990	Iowa State (26)	6th (113)	17. Ron Salazar
1991	Iowa State (16)	2nd (86)	11. Fritz Rogers
1992	Colorado (42)	—	5. Fritz Rogers
1993	Iowa State (27)	2nd (49)	5. Ron Salazar
1994	Iowa State (29)	2nd (49)	4. Adam Goucher
1995	Oklahoma St (38)	2nd (53)	1. Adam Goucher
1996	Colorado (66)	—	5. Adam Batliner
1997	Colorado (32)	—	1. Adam Goucher
1998	Colorado (31)	—	1. Adam Goucher
1999	Colorado (22)	—	1. Ron Roybal
2000	Colorado (16)	—	1. Jorge Torres
2001	Colorado (31)	—	1. Jorge Torres
2002	Colorado (25)	—	1. Jorge Torres
2003	Colorado (38)	—	1. Dathan Ritzzenhein
2004	Colorado (48)	—	2. Brent Vaughn
2005	Colorado (44)	—	5. Stephen Pifer

### Conference Coaches of the Year

Jerry Quiller (1987, 1991, 1992)  
Mark Wetmore (1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005)



The 2005 teams were one of nine to sweep both the men's and women's conference races, including 14 Big 12 individual titles.

### Colorado Women

Year	Winner (pts)	CU (pts)	Top CU Finisher
1976	Iowa State (20)	2nd (59)	7. Pam Allen
1977	Iowa State (27)	2nd (62)	3. Dana Slater
1978	Iowa State (43)	2nd (70)	5. Dana Slater
1979	Iowa State (31)	5th (108)	13. Fran Montes
1980	Missouri (36)	2nd (75)	5. Fran Montes
1981	Iowa State (27)	4th (100)	N/A
1982	Kansas State (41)	3rd (80)	7. Sheri Rochel
1983	Iowa State (44)	5th (123)	20. Nancy Reynolds
1984	Missouri (57)	3rd (79)	5. Michelle Bews
1985	Nebraska (61)	5th (106)	6. Sarah Hanson
1986	Oklahoma State (50)	3rd (64)	5. Chris McNamara
1987	Colorado (49)	—	3. Chris McNamara
1988	Nebraska (41)	6th (120)	9. Catrina Campbell
1989	Nebraska (42)	5th (135)	12. Liz Laster
1990	Iowa State (48)	3rd (94)	12. Shanon Busch
1991	Nebraska (55)	3rd (93)	2. Brooke Baughman
1992	Colorado (52)	—	1. Brooke Baughman
1993	Nebraska (57)	3rd (78)	3. Patty Roberts
1994	Colorado (29)	—	2. Patty Roberts
1995	Colorado (25)	—	1. Patty Roberts
1996	Colorado (30)	—	1. Kelly Smith
1997	Colorado (23)	—	2. Jennifer Smith
1998	Kansas State (78)	2nd (99)	4. Heather Burroughs
1999	Colorado (62)	—	1. Kara Grgas-Wheeler
2000	Colorado (29)	—	1. Kara Grgas-Wheeler
2001	Colorado (33)	—	1. Molly Austin
2002	Colorado (34)	—	1. Molly Austin
2003	Colorado (45)	—	1. Natalie Florence
2004	Colorado (25)	—	1. Renee Metivier
2005	Colorado (38)	—	1. Christine Bolf

### Conference Coaches of the Year

Jerry Quiller (1987, 1992, 1994); Toby Jacober, Assistant Coach (1995);  
Mark Wetmore (1997, 1999, 2000, 2001, 2002, 2003, 2004, 2005)

# 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) Slaterry 20:39
2003	1st (69)	1. Dathan Ritzenhein 30:32	2nd (67)	4. Renee Metivier 21:05
2004	1st (40)	5. Brent Vaughn 30:03	1st (32)	1. Renee Metivier 20:30.7
2005	1st (42)	1. Billy Nelson 30:28.2	1st (53)	2. Liza Pasquito 20:52.8

## 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)	<b>1. Mary Decker 16:59</b>	
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)	<b>1. Mark Scrutton 30:12</b>				
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)	<b>1. Adam Goucher 29:26</b>		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		<b>1st (117)</b>	<b>1. Kara Grgas-Wheeler 20:30</b>	
2001	<b>1st (90)</b>	2. Jorge Torres 29:06		8th (240)	8. Molly Austin 20:51	
2002	4th (190)	<b>1. Jorge Torres 29:04</b>		5th (220)	10. Sara Gorton 20:01	
2003	5th (26)	<b>1. Dathan Ritzenhein 29:14</b>		5th (269)	15. Renee Metivier 20:21	
2004	<b>1st (90)</b>	4. Brent Vaughn 30:41.8		<b>1st (63)</b>	2. Renee Metivier 20:30.7	
2005	5th (222)	27. James Strang 30:17		2nd (181)	7. Christine Bolf 19:59	

# BUFFS VS. THE NATION (COMBINED NCAA MEN'S AND WOMEN'S FINISHES)

1994	1995	1996	1997
W M T	W M T	W M T	W M T
<b>COLORADO 4 2 6</b>	<b>COLORADO 2 4 6</b>	Stanford 1 1 2	Stanford 2 1 3
Michigan 2 7 9	Providence 1 8 9	<b>COLORADO 4 5 9</b>	<b>COLORADO 3 3 6</b>
Villanova 1 9 10	Oregon 5 7 12	Wisconsin 8 6 14	Wisconsin 5 4 9
Arizona 10 3 13	Arkansas 12 1 13	Arkansas 14 2 16	Michigan 7 4 11
Wisconsin 8 5 13	Stanford 9 5 14	Villanova 2 19 21	Arkansas 13 2 15
Stanford 7 6 13	Georgetown 8 6 14	No. Arizona 10 12 22	Oregon 8 8 16
Arkansas 3 10 13	BYU 4 10 14	Nebraska 20 7 27	NC State 11 6 17
Penn State 9 8 17	Michigan 7 11 18	NC State 13 16 29	Providence 6 16 22
Georgetown 6 13 19	Villanova 3 15 18	Providence 7 22 29	Nebraska 19 11 30
Alabama 14 20 34	Wisconsin 10 14 24		
1998	1999	2000	2001
W M T	W M T	W M T	W M T
Stanford 3 2 5	Arkansas 2 1 3	<b>COLORADO 1 2 3</b>	Stanford 5 2 7
Arkansas 6 1 7	Wisconsin 4 2 6	Stanford 3 4 7	<b>COLORADO 8 1 9</b>
<b>COLORADO 7 3 10</b>	Stanford 3 4 7	Providence 9 3 12	NC State 2 9 11
Wisconsin 5 6 11	<b>COLORADO 8 7 15</b>	Georgetown 5 7 12	BYU 1 12 13
Michigan 11 4 15	Georgetown 7 11 18	Wisconsin 8 5 13	No. Arizona 12 4 16
Oregon 12 5 17	Michigan 15 5 20	Arkansas 13 1 14	Georgetown 3 13 16
Arizona 16 11 23	NC State 19 3 22	NC State 11 11 22	Arkansas 17 3 20
Wm & Mary 10 13 23	No. Arizona 11 12 23	BYU 2 23 25	Providence 10 10 20
No. Arizona 17 7 24	Oregon 19 6 25	Villanova 20 6 26	Notre Dame 6 19 25
Providence 14 10 24			
2002	2003	2004	2005
W M T	W M T	W M T	W M T
Stanford 2 1 3	Stanford 1 1 2	<b>COLORADO 1 1 2</b>	<b>COLORADO 2 5 7</b>
<b>COLORADO 5 4 9</b>	<b>COLORADO 6 5 11</b>	Stanford 5 6 11	Stanford 1 6 7
Arkansas 7 6 13	NC State 10 6 16	BYU 8 5 13	Notre Dame 7 3 10
No. Arizona 10 7 17	No. Arizona 3 15 18	Notre Dame 4 11 15	Okla. State 10 8 18
BYU 1 16 17	BYU 19 2 21	Arizona St. 9 8 17	Arizona St. 4 17 21
Providence 6 13 19	Villanova 11 11 22	Arkansas 16 3 19	Arkansas 19 2 21
Villanova 8 12 20	Georgetown 7 16 23	Providence 3 21 24	BYU 8 13 21
Wisconsin 19 2 21	Providence 24 3 27	NC State 12 16 28	Wisconsin 20 1 21
Georgetown 4 18 20	Wisconsin 2 26 28	Michigan 6 26 32	Minnesota 9 20 29

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	'05	Total	Avg.
Stanford	13	14	2	3	4	7	7	7	3	2	11	7	80	6.67
<b>COLORADO</b>	<b>6</b>	<b>6</b>	<b>9</b>	<b>6</b>	<b>10</b>	<b>15</b>	<b>3</b>	<b>9</b>	<b>9</b>	<b>11</b>	<b>2</b>	<b>7</b>	<b>93</b>	<b>7.75</b>
*Arkansas	13	13	16	15	7	3	14	20	20	—	19	21	161	14.6
*Wisconsin	13	24	14	9	11	6	13	—	—	28	—	21	139	15.4
*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	—	43	184	20.4
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

## COLORADO'S NATIONAL CHAMPIONS



**Mary Decker**  
**1978 (AIAW)**

Tenth months after she bettered her own world record in the 1,000-m run, Mary Decker won Colorado's first national cross country title in her last race, on CU's then-home course, Kent Denver Country Day.

Her course record 16:59.4 bettered the course record she had set earlier that year by a minute.

At the national championships she grabbed the lead from NC State's Julie Shea and defending national champion Kathy Mills of Penn State (who had led the race by as much as 20 yards going into the final loop). Shea passed Mills, and Decker passed Mills and kicked by Shea to win the race by 10 yards.



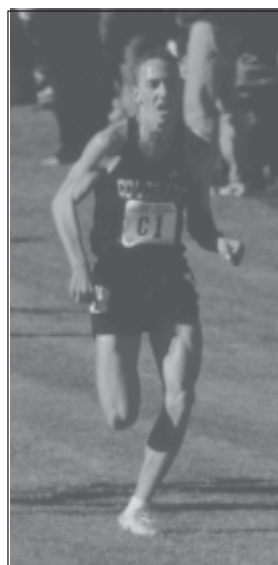
**Mark Scrutton**  
**1982**

Mark Scrutton took the lead 300 yards from the finish and beat Zakarie Barie of UTEP by two seconds for the NCAA men's title in Bloomington, Ind.

His first goal when he came to CU in 1980 was to dominate the Big Eight Conference. He did that to the tune of 14 conference titles, surpassing Kansas great Billy Cunningham's record 13 in the early 1930s.

He lost just one Big Eight race, the indoor two-mile run his freshman season. By his senior year he turned in the best two-mile indoor time in the NCAA in winning his second national title.

Shortly after winning that title, he set an unofficial world record in the Newport Beach Back Bay Run with a time of 22:25.8 over the 8k course.



**Adam Goucher**  
**1998**

The sign of things to come was on Nov. 21, 1994 when then-freshman Adam Goucher crossed the finish line of the NCAA Cross Country Championships in Fayetteville, Ark. as the national runner-up.

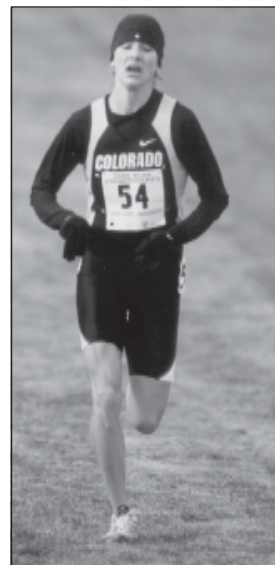
His sophomore year he finished sixth. He redshirt the '96 season to and improved to third in the national race as a junior in Greenville, S.C., a race he was predicted to win.

In the last race of his collegiate career, Goucher took the title that had eluded him for five seasons.

Goucher, buoyed by what he called an unbelievable crowd, bettered the Rim Rock Course Record in 29:26.9, 23 seconds ahead of Arizona's Abdi Abdiraham, who had kept pace with Goucher until the last mile when he pulled away from the field.

With the win, Goucher would become the first American to win the fall classic since Bob Kennedy won in 1992, and the first CU runner to complete the distance trifecta of winning national titles in cross country, the indoor and outdoor track seasons.

## COLORADO'S NATIONAL CHAMPIONS



**Kara Grgas-Wheeler**  
**2000**

In the women's championship sweep, fifth-year senior Kara Grgas-Wheeler won CU's first individual title sans AIAW to complete the nation's only individual undefeated campaign. With the title, Grgas-Wheeler capped of a 1,035-0 season beating the next opponent by a total margin of 2:07.

Sheran to a dominant finish on the Iowa State Cross Country Course in 20:30.5, 7.3 seconds ahead of the individual runner up in harsh conditions that included a temperature of 17 degrees with a wind chill of minus-19 at the start.

In textbook Colorado fashion, she trailed the lead pack by four seconds after the 1k mark. She had closed in by the 2-mile mark, never losing site of the defending national champion, Wisconsin's Erica Palmer, who was in the lead, but succumbing to the cold. Soon after Grgas-Wheeler bridged the gap, took the lead, and never looked back...until the final crest of the course where she glanced over her shoulder for the first time of the season and began to savor the sprint to the tape.

The title was her third, first in the fall. Her win marked the first time since 1994 that the individual national champion represented on the NCAA Championship Team.



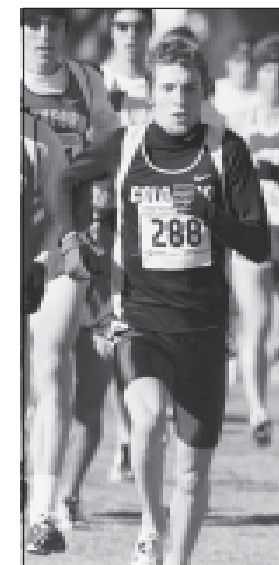
**Jorge Torres**  
**2002**

With three NCAA runner-up finishes as a junior resting on his shoulders, Jorge Torres held off Arkansas' Allister Cragg in the final meters to cover the Wabash Valley Sports Center 10k challenge in a course record 29:04.7 and win his first national title.

In one of the best men's contests in recent memory, Cragg took the race's initial lead, but before the race reached the halfway point, it was a four-man battle between Torres, Cragg, Alabama's David Kimani and Eastern Michigan's Boaz Cheboiywo.

Torres took the lead from '01 champion Cheboiywo at the 7k mark with Cragg and Kimani hanging on, and at the 8k mark it was Torres and Cragg running shoulder to shoulder for the remainder of the race. With the pro-Torres crowd chanting "Torres, Torres," the two took the final turn into the straightaway and Torres made an unanswered surge to build a 10-meter lead at the finish line to close out the nation's only undefeated season and turn in his fifth course record in as many races.

With brother Ed just nine places behind him, the 1-10 punch was the best by a set of twins in the history of the championships.



**Dathan Ritzenhein**  
**2003**

Twenty-four months after finishing fourth in the 2001 NCAA Championships as a freshman, Dathan Ritzenhein crossed the finish line in Waterloo, Iowa as CU's fourth national champion in six seasons as a redshirt sophomore.

In temperatures that hovered below zero with the windchill factor, Ritzenhein outdistanced a heavily favored Stanford pack led by Ryan Hall in the closing meters to win his first NCAA crown in 29 minutes, 14 seconds, just 1.3 ahead of Hall for the crescendo in the nation's only unbeaten season.

The win marked just the fourth time and first since the 1989 and '90 seasons that two different runners from the same school took back-to-back titles, as Jorge Torres won the race in '02 in Terre Haute, Ind. It was also the first time since 1987 and '88 that Americans had won two straight individual titles and likely the first time that both scenarios have played out simultaneously.

Ritzenhein's rise as the best runner in the nation was even more impressive when considering he had resumed training 10 weeks earlier following femoral stress fractures suffered the previous cross and track seasons.



## 2000 NCAA CHAMPIONS



### 2000 Colorado Women

(left to right) Jodie Hughes, Lesley Higgins, Tera Moody, Kara Grgas-Wheeler, Catherine Wright, Sarah Gorton, Assistant Coach Jason Drake, Jen Fazioli

The 2000 women's cross country team upended the defending national champion to claim the program's first national title, the 18th overall at CU.

Coming off back-to-back team titles at the Big 12 and NCAA Mountain Region Championships, Colorado was the top-ranked team in the country entering the biggest race of the year. As is its goal each year, Colorado wanted to better its ranking, which would now be the biggest challenge in the program's history.

Up for the challenge in wind-chill conditions that brought the late Midwest November temperature to 19-degrees below zero, Colorado methodically worked its way from the back of the pack to the front for the title. With a program-best 117 points, the Buffs finished 50 ahead of defending national champion Brigham Young.

Kara Grgas-Wheeler won the program's first individual crown while freshman Sara Gorton became the second-highest finishing freshman in the race and highest in program history with an eighth place effort. Jodie Hughes locked up All-American honors with a 30th-place effort while Lesley Higgins (52nd) and Tera Moody (71st) rounded out the CU scoring.

In the championship sweep, Grgas-Wheeler won CU's first individual title sans AIAW to complete the nation's only undefeated campaign. With the title, Grgas-Wheeler capped off a 1,035-0 season repeating her Big 12 Conference and Mountain Region titles before capturing her third national title, first in the fall. Her win marked the first time since 1994 that the individual national champion was represented on the NCAA Championship team.

## 2001 NCAA CHAMPIONS



### 2001 Colorado Men

(left to right) Jorge Torres, Ed Torres, Sean Smith, Aaron Blondeau, Dathan Ritzenhein, Jon Severy, Steve Slattery

The No. 1 ranked team in the country from the preseason polls to the national championship podium, the 2001 men's season came to a crescendo with a one-point national championship victory over nemesis Stanford in Greenville, S.C. to bring home to the University its 19th national championship, the last remaining title that had previously eluded Colorado's storied distance program.

The Buffs' successful run at the national title capped off the program's first undefeated season in which they were uncontested at the Rocky Mountain Shootout in Boulder, won their sixth straight Big 12 Conference title in Norman, Okla., claimed their ninth national qualifying race in 10 seasons and improved from their runner-up finish in 2000 at the national championships.

The one-point difference, 90-91, in the final score was the tightest in race history, tying the Villanova men's 1970 85-86 win over Oregon.

The Buffs were paced by a pair of top-10 individual performances in the run to the title. Among the favorites to win the individual national title, junior Jorge Torres made no secret about his intentions to sacrifice an individual crown for the team title, and finished as the individual runner-up in his quest. Big 12 Conference Newcomer of the Year Dathan Ritzenhein finished fourth and was the highest finishing freshman in a national championship race since Adam Goucher's second-place finish in 1994.

Junior Ed Torres improved 12 places from the previous year's national runner-up race to finish 15th for his second All-American certificate. Steve Slattery battled back from a mid-season injury before going on to score as the Buffs' fourth runner, 28th overall. Senior captain Sean Smith, was the final factor in clinching the title as CU's No. 5 runner, 56th overall.

Fifth-year senior Aaron Blondeau who had competed in four NCAA Championship races since his 1997 freshman year, sat out the first two meets of the season due to injury before marking his return five weeks before the NCAA Championships where he came in as CU's sixth runner in the national championship win.

Redshirt freshman Jon Severy reaped the benefits of his redshirt season in 2000 solidifying his role on the NCAA Championship travel squad where he came in as the Buffs' final runner.

With his fourth NCAA cross country title since becoming head coach in 1995, head coach Mark Wetmore became the first coach in the history of the championship to win a men's individual title (Adam Goucher, 1997), women's individual title (Kara Grgas-Wheeler in 2000), women's team title (2000) and men's team crown at one school.

## 2004 NCAA CHAMPIONS



### 2004 Colorado Women

(left to right) Amber Smith, Renee Metivier, Jackie Zeigle, Liza Pasciuto, Natalie Florence, Sara Slattery, Laura Zeigle, Christine Bolf

In a championship where the team needed to run a perfect day, the Colorado women got the ball rolling when the then third-ranked Buffs did just that to claim the first of two titles on the day, their first since the 2000 season.

The women, paced by Renee Metivier's second career national runner-up finish, placed all five runners in the top-30, to score a program best 63 points (it took 117 to win in '00), 81 points ahead of runner-up Duke (144), Providence (164), Notre Dame (170) and pre-race favorite Stanford (175). The margin was the fourth largest in championship history.

An already damp and slightly heavy course on Sunday was worsened by overnight and early morning rains that subsided by the start of the women's race and the skies were clear for the start of the men's, conditions that obviously played in favor of the Buffs. With Kim Smith in control of the individual title, the team title was up for grabs as early as the halfway mark. Smith was running a 9:52.7 pace at the 3k mark, followed by Metivier (10:05) and BYU's Laura Turner (10:14), with just four points separating the Buffs and Stanford at that mark, with Slattery in 16th and Bolf in 18th, followed by Duke and Providence.

The pleasant surprise for the day on the women's team was that of freshman Liza Pasciuto. Pasciuto finished as CU's No. 2 runner for the first time of her career, and her 13th place finish is the second best by a CU freshman in program history, second only to then-Sara Gorton's eighth place freshman effort in '00.

"Coming in I was trying my best to try and score and help the team achieve the goals that we set at the beginning of the season," said Pasciuto. "But I'm definitely thrilled with my finish. I couldn't have asked for more. I hope to come back next year and do it again."

Christine Bolf (20:48.1) ran to her first All-American title in the fall with a 14th place finish, a career best for the junior that finished 63rd a year ago. In the final race of her collegiate career, fifth-year senior Sara Slattery finished 28th and came away as an All-American for the third time in her career, just the second CU harrier to do so, following current assistant coach Heather Burroughs (1994, 95, 98). She is also now the only runner in the program's storied history to be a member of two national championship teams, as she was a freshman on that 2000 squad.

Natalie Florence (21:07.2) rounded out CU's scoring, finishing 30th overall for her second All-American title. In her first national championship, freshman Amber Smith (21:44.3) finished 78th overall. Laura Zeigle (23:18.1) finished 224th.

"Our race plan was to try and be patient and not fight the conditions (which changed dramatically overnight). By the 600-m mark they had over-ruled my plan and my hope was that they held on. They kept going, so I'm glad that they overlooked my instructions," said Wetmore.

## 2004 NCAA CHAMPIONS



### 2004 Colorado Men

(left to right) Austin Baillie, James Strang, Stephen Pifer, Brent Vaughn, Bradley Harkrader, Jared Scott, Jon Severy, Bret Schoolmeester

Not be outdone by their counterparts, the Colorado men capped what would be the most perfect day in the program's storied history with their second title in four years.

The men's race was a battle for both the individual and team titles from the start of the race. At the halfway mark, a lead pack of 10-plus runners were separated by one second with Arkansas' Josphat Boit in the lead at 15:16.1 and the 10th place runner at 15:17.1, with Vaughn (15:25) in 15th and Schoolmeester (15:26) in 19th. Vaughn had taken sole possession of fourth place at the 8k turn, having caught 13 runners in a 3k span, while Schoolmeester chased down 12. At that point, Wisconsin had control of the team race with 80 points to Arkansas' 160, followed by Colorado.

Senior Jon Severy holds the same distinction as Slattery, as both were freshmen on national championship teams, and both are fifth year seniors today. He is also now the only men's runner in the program's history to have run on two national title teams. Classmate Jared Scott was on the team that season, but did not run at nationals. He was also a freshman in '01 and ran the final cross country race of his career here this afternoon. It happen to be the best of his career, covering the 10k loop in 31:26.9 to finish 21st.

Severy made up as much ground as anyone Monday, as he was 39th at the halfway mark, and 25th at 8k, running down 18 in his final race.

"It was an incredible note to start on," said Severy. "I was carried through a little bit on that 2001 team and it gave me a false sense of what it meant to be on a good team. Since then, I've sunk pretty low and learned an incredible amount of what is necessary to sacrifice for your team and carry it out. Today was just so perfect that I can't describe it."

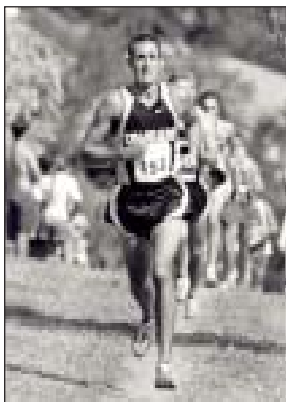
Newcomers Stephen Pifer and James Strang rounded out the scoring for the CU men, with Pifer running 31:56.8 to finish 44th while Strang ran 31:59.9 to finish 49th. Jared Scott, also running in the last cross country race of his career, was off his junior year pace, but finished 80th in 32:25.0. Freshman Bradley Harkrader, who had scored during the season as CU's third, fourth and fifth runner, finished a disappointing 121st in 32:50.7 in his first national championship event. While five native Coloradoans ran in the men's race, three scored.

"The front two ran as well as I thought they possibly could and Jon ran way better than I would have expected. All of the five scorers ran better than my most optimistic aspirations. And with Stephen, James and Bradley, all freshmen, the sky is the limit," said Wetmore.

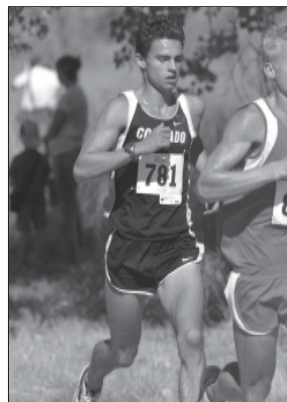
## BUFF HONOR ROLL



Carrie Messner



Steve Slattery



Bret Schoolmeester

### ALL-CONFERENCE

#### Men

Dan Reese	1985
Chuck Trujillo	1985,86
Andy Dunn	1986,87
Todd Wienke	1986
Ron Salazar	1990,93
Shawn Found	1992
Fritz Rogers	1992
Alan Culpepper	1994
Adam Goucher	1994,95,97,98
Adam Batliner	1996
Clint Wells	1997
Oscar Ponce	1997,98
Jorge Torres	1999,00,01,02
Ed Torres	1999,00,01,02
Ron Roybal	1999
Mike Friedberg	1999,00
Zach Crandall	2000
Steve Slattery	2000,02
Sean Smith	2000
Dathan Ritzzenhein	2001,03
Billy Nelson	2002,03,05
Bret Schoolmeester	2003,04,05
Brent Vaughn	2003,04
Bradley Harkrader	2004
Jon Severy	2004
Stephen Pifer	2005
James Strang	2005

#### Women

Sarah Hanson	1985
Chris McNameara	1986,87
Catrina Campbell	1987
Brooke Baughman	1991,92
Muffy Raveling	1992,94
Patty Roberts	1993,94,95
H. Burroughs	1994,95,97,98
Kelly Smith	1995,96,97
Carrie Messner	1996
Shayne Wille	1996
Jennifer Smith	1997
Kara Grgas-Wheeler	1997,99,00
Sara (Gorton) Slattery	2000,02,04
Tera Moody	2000,01
Jodie Hughes	2000,01
Molly Austin	2001,02
Natalie Florence	2002,03,04
Renee Metivier	2003,04
Kalin Toedebusch	2003,05

### ALL-DISTRICT/REGION

Christine Bolf  
Liza Pasciuto  
Amber Smith  
Jenny Barringer

2004,05  
2004,05  
2004  
2005

#### Men

Andy Dunn	1985,86,87,88
Mike Kubitschek	1985
Dan Reese	1985
Todd Wienke	1985,86
Scott Elliott	1986
Ken Metcalf	1986
Cisco Bob	1987,88,89
David Derdeyn	1987
Mike Nahom	1988,89
Chuck Trujillo	1985,86,88
Nate Wright	1988,89
Shawn Found	1992,93
Brett Larsen	1992,93
Scott Larson	1992,93
Fritz Rogers	1991,92
Tim Catalano	1993,94
Alan Culpepper	1993,94,95
Ron Salazar	1993
Jay Cleckler	1994
Jon Cooper	1994,95
Adam Goucher	1994,95,97,98
Clint Wells	1994,95,97
Adam Batliner	1996,97,98
Ricky Cron	1996
Jay Johnson	1996
Matt Napier	1996,97
Tom Reese	1996,97,98
Chris Severy	1996
Zeke Tiernan	1996
Aaron Blondeau	1997,99
Mike Friedberg	1998,99
Ron Roybal	1998,99
Oscar Ponce	1999
Sean Smith	1999,00
Jorge Torres	2000,01,02
Ed Torres	2000,01,02
Zach Crandall	2000
Steve Slattery	2000,01
Dathan Ritzzenhein	2001,03
Billy Nelson	2002,03,05
Bret Schoolmeester	2003,04,05
Brent Vaughn	2004
Bradley Harkrader	2004

Jared Scott  
Jon Severy  
James Strang  
Payton Batliner  
Stephen Pifer

2004  
2004  
2004,05  
2005  
2005

#### Women

Sarah Hanson	985
Carol McMordie	1985,86,87
Chris McNameara	1985,86,87
Michelle Bews	1986
Denise Hermosillo	1986
Kirsten Kindt	1986
Kate Starke	1986
Shannon Busch	1987,88,89,90
Catrina Campbell	1987,88
Deann Zamora	1987
Liz Laster	1989
Peg Millican	1989
Brooke Baughman	1991,92,93
Allison Lusby	1993,94
Amy McNitt	1993,94,95
Natalie Raveling	1993,94
Patty Roberts	1993,94,95
Heather Burroughs	1994,95,97,98
Kelly Smith	1994,95,96,97
Kristina Dahlberg	1995
Colleen Glyde	1995,96
Carrie Messner	1995,96,98,99
Heidi Scarlett	1996,97
Kara Grgas-Wheeler	1996,99,00
Shayne Wille	1996
Jen Gruia	1997,98
Jennifer Smith	1997
Briana Stott-Messick	1997,98
Lesley Higgins	1998,00,01
Jodie Hughes	1999,00,01
Tera Moody	1999,00,01,02
Catherine Wright	1999
Sara (Gorton) Slattery	2000,02,04
Molly Austin	2001,02
Natalie Florence	2001,02,04
Jackie Zeigle	2002,03
Renee Metivier	2003,04
Kalin Toedebusch	2003,05
Christine Bolf	2003,04,05
Liza Pasciuto	2004,05
Amber Smith	2004
Jenny Barringer	2005

### Men (1963-Present)

Dave Wrighton	1963, 64, 65
Craig Runyon	1966, 67, 68
Rick Trujillo	1967
John Lunn	1968
John Gregorio	1972, 73
Mike Peterson	1974
Mark Spilsbury	1977, 79
John Hunsaker	1978
Mark Anderson	1979
Michael Buhmann	1979
Mark Scrutton	1980, 81, 82
Sam Reese	1982
Dan Reese	1984, 85
Chuck Trujillo	1985, 86
Mike Nahom	1989

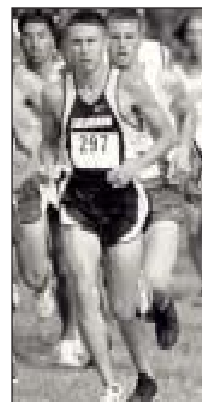
Shawn Found	1992
Alan Culpepper	1993, 94, 95
Scott Larson	1993
Jay Cleckler	1994
Jon Cooper	1994, 95
Adam Goucher	1994, 95, 97, 98
Clint Wells	1994, 95
Ricky Cron	1996
Chris Severy	1996
Zeke Tiernan	1996
Tom Reese	1997
Matt Napier	1997
Adam Batliner	1997
Mike Friedberg	1998, 99, 00
Ron Roybal	1998
Jorge Torres	2000, 01, 02

Ed Torres	2000, 01, 02
Sean Smith	2000
Steve Slattery	2000, 01
Dathan Ritzzenhein	2001, 03
Billy Nelson	2002, 03
Bret Schoolmeester	2004, 05
Jon Severy	2004
Brent Vaughn	2004
Stephen Pifer	2004, 05
James Strang	2005

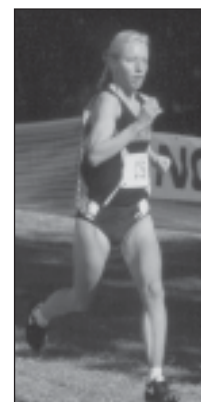
### Women (1976-Present)

Mary Decker (AIAW)	1978
Carol McMordie	1986
Chris McNameara	1986, 87
Patty Roberts	1994, 95

Heather Burroughs	1994, 95, 98
Natalie Raveling	1994
Colleen Glyde	1995, 96
Kelly Smith	1995, 97
Carrie Messner	1996
Kara Grgas-Wheeler	1999, 00
Sara (Gorton) Slattery	2000, 02, 04
Jodie Hughes	2000
Molly Austin	2001, 02
Natalie Florence	2002, 04
Renee Metivier	2001, 03, 04
Kalin Toedebusch	2003
Christine Bolf	2004, 05
Liza Pasciuto	2004, 05



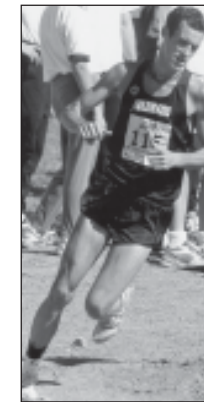
Jorge Torres (2000, 01, 02)



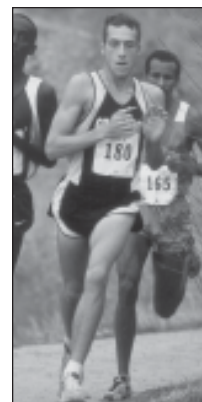
Heather Burroughs (1994, 95, 98)



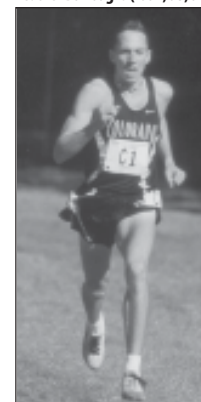
Ed Torres (2000, 01, 02)



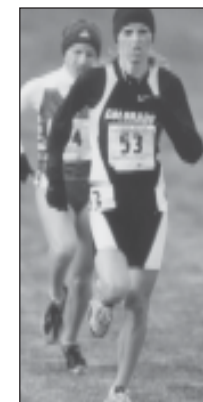
Alan Culpepper (1993, 94, 95)



Mike Friedberg (1998, 99, 00)



Adam Goucher (1994, 95, 97, 98)



Sara (Gorton) Slattery (2000, 02, 04)



Christine Bolf (2004, 05)

## ALL-AMERICANS



## FROM WALK-ON TO ALL-AMERICAN

There's something magical in the air at 5,345 feet above sea level. It's something that contributes to developing blue collar, walk-on athletes into All-Americans at Colorado. Combining its reputation of academics and athletics, the coaching staff at CU has had incredible success with non-recruited athletes that have had the drive, determination and work ethic to become All-Americans.

### JAY CLECKLER • 1991 Walk-on- 1994 Cross Country All-American

Jay Cleckler, was conceivably one of the hardest working guys on the '94 squad. He had begun his collegiate career as walk-on competing in only one meet, which progressed to four meets as a sophomore, which he matched his junior season. He came into his own during his senior campaign when he scored in all six varsity races, including the Big Eight Championships, the NCAA District VII qualifier and the NCAA Championships where he ran his first All-American race.

### JON COOPER • 1993 Walk-on- 1994, 1995 Cross Country All-American

Cooper made an immediate impact on the Colorado men's cross country squad when he walked on after transferring from Rice. In his first season he traveled to the NCAA Championships as an alternate, but did not compete. A year later he finished 33rd of 178 runners for his first All-American honor. In 1995's national championship race, he was Colorado's fourth finisher, 48th overall to repeat his All-American title.

### MIKE FRIEDBERG • 1996 Walk-on- 1998, 1999 Cross Country All-American

In 1996 Mike Friedberg ran in three races. He redshirted the 1997 season and a year later he was one of only three runners to compete in all six races, he finished eighth in the season opener at Colorado State, third at the Rocky Mountain Shootout, 32nd at the loaded Bob Timmons Invite, third at the Big 12 Championships, fifth at the Mountain Region Championships and ran to his first All-American title with a 34th place effort at the national championships. In 1999 he was CU's No. 3 runner during the season, but experienced prevailed and was CU's No. 1 guy at the NCAA Championships in Bloomington and was No. 2 a year later.

### MATT NAPIER • 1995 Walk-on— 1997 Cross Country All-American

In his first collegiate season Napier competed in the Shootout and at the Fort Hays State Invitational. As a sophomore, he scored in two of the three postseason races. Originally scheduled to redshirt his junior season, he was forced into action late in the season due to team injuries. In his first race, Oct. 18, he finished third overall at the Tiger Invitational. In the postseason he finished 11th in the league championships and was the individual runner-up, at the Mountain Region Championships. His third season culminated in his first all-America certificate at the NCAA Championships with a 39th-place finish.

### PATTY ROBERTS • 1992 Walk-on- 1995 Indoor 5,000-m All-American/1994, 1995 Cross Country All-American

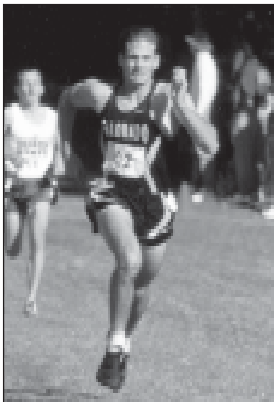
Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the NAAs for her second all-America cross country honor. 1995 continued to be a success on the track where she was an indoor 5k and outdoor 10k All-American.

### SHAYNE WILLE • 1995 Walk-on-1996 Indoor 3,000-m All-American/1997 Outdoor 3,000-m All-American

A transfer from Vermont in 1995, Wille failed to make the Buffs' seven-person roster that would compete at the NCAA Cross Country Championships. Three months later she was an all-American in the indoor 3k. During the 1996 fall season, she was Colorado's No. 2 runner, and although she competed in all three postseason race, just missed all-American status at the national championships with a 45th place effort. She set her sights again on the track where she was the Big 12 indoor champion in both the mile and 3,000-m distances and an all-American in the latter. The outdoor season would prove even better where she repeated her conference titles, and she earned her second all-American honor in the outdoor 3,000-m with a third place, school-record finish of 9:06.86.

### SEAN SMITH • 1998 Walk-on, 2000 All-American

Smith ran in three non-varsity races in 1998 with a pair of top 20 finishes at the Fort Hays Tiger Invitational and NIKE 3 Series race. In 1999 he went into the national championships with five races under his belt. He earned all-conference and all-region honors before finishing in the top half of the NCAA Championship field. On All-American pace from the first race of the 2000 season, he would score in all five varsity contests, repeat his all-conference and all-region honors with career-best efforts before finishing 44th for the last All-American certificate doled out in Ames, Iowa.



2006 COLORADO CROSS COUNTRY

## CU AT THE USA AND WORLD CHAMPIONSHIPS

### IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

<b>1995</b>	<b>DURHAM, ENGLAND</b>	
Junior Women:	48. Heather Burroughs	15:27
Junior Men:	113. Chris Severy	27:42

<b>1997</b>	<b>TURIN, ITALY</b>	
Senior Men:	*49. Scott Larson	37:14
	140. Shawn Found	38:31

<b>1998</b>	<b>MARRAKECH, MOROCCO</b>	
Senior Men:	27. Adam Goucher	25:29
Junior Men:	37. Jorge Torres	24:58

<b>1999</b>	<b>BELFAST, IRELAND</b>	
Junior Women:	74. Sara (Gorton) Slattery	24:35
Senior Men (long):	*21. Alan Culpepper	41:10
	54. Clint Wells	42:33
Senior Men (short):	12. Adam Goucher	12:53
Junior Men:	40. Steve Slattery	28:29

<b>2001</b>	<b>OSTEND, BELGIUM</b>	
Junior Women:	47. Laura Zeigle	24:12
Senior Men:	41. Clint Wells	13:31
Junior Men:	3. Dathan Ritzenhein	

<b>2002</b>	<b>DUBLIN, IRELAND</b>	
Junior Women:	*17. Erika Odlaug	21:23
Senior Men (long):	24. Dathan Ritzenhein	36:31
	87. Clint Wells	38:08
Senior Men (short):	*11. Jorge Torres	12:35
Junior Men:	33. Billy Nelson	25:18

<b>2003:</b>	<b>LUSIANNE, SWITZERLAND</b>	
Junior Men:	*8. Billy Nelson	24:52
	63. Bret Schoolmeester	26:17
Open Men (long):	51. Ed Torres	39:25
Open Women:	77. Molly Austin	14:26

<b>2004</b>	<b>BRUSSELS, BELGIUM</b>	
Junior Men:	34. Ryan Deak	26:27
	55. Peter Janson	27:03
Women (long):	79. Molly Austin	31:00

<b>2005</b>	<b>SAINT GALMIER, FRANCE</b>	
Open Women's 8k	42. Renee Metivier	29:24
Open Men's 4k	13. Jorge Torres, Reebok	11:58
Open Women's 4k	21. Shayne Culpepper, adidas	14:06
Junior Women's 6k	42. Liza Pasciuto	22:58
	47. Jenny Barringer (capt.)	23:03
Open Men's 12k	62. Dathan Ritzenhein, Nike	38:46

<b>2006</b>	<b>Fukuoka, Japan</b>	
Open Men (Short)	*6. Adam Goucher, Nike	11:02
	27. Jorge Torres, Reebok	11:21
Open Women (Short)	21. Kara Goucher, Nike	13:24
Open Women (Long)	26. Sara Slattery, adidas	26:51
	49. Renee Metivier, Nike	27:37

### USA WINTER CROSS COUNTRY CHAMPIONSHIP

<b>1995</b>	<b>BIRMINGHAM, ALABAMA</b>	
Junior Women:	6. Heather Burroughs	14:19

<b>1996</b>	<b>LANDEN, OHIO</b>	
Junior Women:	7. Carrie Messner	15:42

<b>1996</b>	<b>STANFORD, CALIFORNIA</b>	
Senior Men:	6. Adam Goucher	37:48
	Alan Culpepper	37:51

<b>1997</b>	<b>HOUSTON, TEXAS</b>	
Junior Women:	5. Tera Moody	14:36

<b>1999</b>	<b>TACOMA, WASHINGTON</b>	
Senior Men (long):	1. Alan Culpepper	34:24
	6. Clint Wells	34:36
	17. Scott Larson	35:01
	44. Zeke Tiernan	36:06
Senior Men (short):	1. Adam Goucher	10:29
	9. Shawn Found	10:54
Senior Women:	1. Shayne (Wille) Culpepper	12:25
Junior Men:	2. Steve Slattery	23:38
	5. Jorge Torres	23:45
	13. Ed Torres	24:24

### 2000

Senior Men (long):	
Senior Women	

### 2001

Senior Men (short):	
Senior Men (long):	

Senior Women (8k):	
Junior Women:	

### 2002

Junior Women:	
Senior Men (short):	

### 2003

Senior Men (long):	
Senior Women (6k):	

### 2004

Senior Women (4k):	
Junior Men:	

### 2005

Junior Women, 6k	
Junior Men's 8k	

### 2006

Open Women's 8k	
Open Men's 4k	

### 2007

Open Women's 4k	
Open Men's 12k	

### 2008

Open Women's 8k	
Open Men's 4k	

### 2009

Open Women's 4k	
Open Men's 12k	

### 2010

Open Women's 8k	
Open Men's 4k	

### 2011

Open Women's 4k	
Open Men's 12k	

### 2012

Open Women's 8k	
Open Men's 4k	

### 2013

Open Women's 4k	
Open Men's 12k	

### 2014

Open Women's 8k	
Open Men's 4k	

### 2015

Open Women's 4k	
Open Men's 12k	

### 2016

Open Women's 8k	
Open Men's 4k	

### 2017

Open Women's 4k	
Open Men's 12k	

### VANCOUVER, WASHINGTON

2. Alan Culpepper	
9. Scott Larson	
4. Shayne Culpepper	

### VANCOUVER, WASHINGTON

4. Clint Wells	11:14
13. Adam Batliner	11:31.60
2. Alan Culpepper	35:11

8. Scott Larson	36:07
16. Heather Burroughs	28:06
1. Laura Zeigle	21:18

### VANCOUVER, WASHINGTON

2. Erika Odlaug	21:19
9. Jackie Zeigle	22:09
12. Laura Zeigle	22:19

2. Jorge Torres	11:27
21. Clint Wells	11:57
28. Adam Batliner	12:08

3. Alan Culpepper	35:51
5. Dathan Ritzenhein	36:19
7. Clint Wells	36:40

15. Shawn Found	37:35
40. Adam Batliner	39:01
26. Heather Burroughs	29:26

9. Sara (Gorton) Slattery	13:34
24. Carrie Messner	14:26
3. Billy Nelson	25:04

### HOUSTON, TEXAS

8. Christine Bolf	25:20
13. Jackie Zeigle	26:18
34. Clint Wells	14:10

1. Billy Nelson	27:08
2. Bret Schoolmeester	27:17
14. Payton Batliner	28:18

35. Greg Castro	30:00
1. Shayne Culpepper	15:10
6. Molly Austin	15:34

8. Sara (Gorton) Slattery	15:37
1. Alan Culpepper	38:22
3. Ed Torres	39:04

### INDIANAPOLIS

23. Adam Goucher	11:54
5. Molly Austin, Nike	27:44
17. Natalie Florence	28:35

### VANCOUVER, WASHINGTON

1. Liza Pasciuto	21:50.1
Jenny Barringer	
7. Bradley Harkrader	25:46.6

11. Chris Pannone	26:07.8
Renee Metivier	28:32.0
24. Molly Austin, Nike	30:25.7

30. Brianna Torres, Run AZ	30:48.1
30. Adam Goucher, Nike	11:39.1
5. Jorge Torres, Reebok	11:44.1

32. Steve Slattery, Nike	12:26.6
2. Shayne Culpepper, Nike	13:27.0
18. Carrie Messner, Asics	14:27.0

30. Carrie Zografos, Boston AA	15:03.2
1. Dathan Ritzenhein, Nike	36:59.9
2. Jorge Torres, Reebok	37:14.2

48. Oscar Ponce, Boston AA	40:52.5
----------------------------	---------

### New York

42. Kenyon Neuman	26:10
3. Renee Metivier, Nike	26:59
4. Sara Slattery, adidas	27:01

30. Carrie Messner, Asics	28:47
1. Adam Goucher, Nike	10:50
4. Jorge Torres, Reebok	10:58

14. Steve Slattery, Nike	11:27
7. Kara Goucher, Nike	12:51
32. Carrie Messner, Asics	13:43

\*--top American

## POST COLLEGIATE SUCCESS

Here at CU we are no more proud of the successes of present Buffs than we are of those who went on to the next level. Frankly, we don't believe there is another college program in the country that can boast as many national level professionals.

During the tenure of Coach Wetmore, numerous graduates of the Buff distance program have gone on to professional contracts. Thirteen are currently active. Four have been Olympians. Twenty have made World Championship Track or Cross Country teams. Twelve made World teams while still running for CU.

**ADAM BATLINER ('99) ..... Middle/Steeple Club ..... Unattached**  
 • 1999 Calgary Herald 10k Winner  
 • 2002 USA Outdoor Championships (14th (prelims), Steeple)  
 • 2003 USA Outdoor Championships (21st (prelims), Steeple).

**ALAN CULPEPPER ('96) ..... Distance Club ..... adidas**  
 • Seven-time United States Champion (1999, '03 12k cross country, 1999, '03 10k, 2002 5000-m), 2003 Outdoor 10k, 2004 Marathon  
 • 1997 USA Outdoor Championships (2nd, 5000-m)  
 • USA Cross Country Championships (7th)  
 • Top finisher at 1999 World Cross Country Championships (21st)  
 • Ran a 2000 season best 10k (28:03.35) at the Olympic Trials (2nd) and went on to finish 17th in the first round in Sydney.  
 • 2000 USA Cross Country Championships (2nd, long course)  
 • 2001 USA Outdoor Championships (2nd-5k, 3rd-10k), 18th at World Championships  
 • When he ran a PR 27:33.93 at the 2001 Cardinal Invitational, he became the sixth fastest American all-time  
 • Finished third in 2002 at the USA Outdoors (10k), USA Cross Country Championships (12k) and at USA 15k Championships  
 • 2003 USA Championships (9th, 5k)  
 • Ranked #1 in 10k by T&FN  
 • Made his marathon debut in 2002 in Chicago where he ran 2:09.41, tying him with Alberto Salazar for the fastest American debut in history  
 • After winning the US Marathon Trials, finished 12th in Athens Olympic Games  
 • His fourth place 2005 Boston Marathon finish was the highest American finish in the race in 20 years.  
 • Took 5th in the 2006 Boston Marathon

**SHAYNE CULPEPPER ('97) ..... Middle Club ..... adidas**  
 • 1998 USA Championships (6th, 1500-m)  
 • USA Indoor Championships (7th, 3000-m)

• 1999 USA Winter Cross Country Championships (4th)  
 • 1999 USA Outdoor Championships (3rd, 1500-m)  
 • 2000 Olympic Trials (4th, 1500-m)  
 • 2000 USA Winter Cross Country Championships (4th, short course)  
 • 2001 USA Outdoor Championships (6th, 1500-m)  
 • 2002 USAATF Club Cross Country Championships (1st, 6k)  
 • 2003 USA Indoor Championships (runner-up, 3000-m)  
 • 2003 USA Winter Cross Country Champion  
 • 2003 USA Outdoor Championships (11th, 1500-m)  
 • 2004 USA Indoor 3k Champion, Bronze medalist at Worlds  
 • 2004 Olympic Trials 5k champion, 25th in Athens in prelims  
 • 2005 adidas Track Classic (1st, 1,500-m)  
 • 2005 USA Indoor 3,000-m champion  
 • 2005 USA XC Championships (2nd, 4k), 20th IAAF World XC Championships (team bronze)

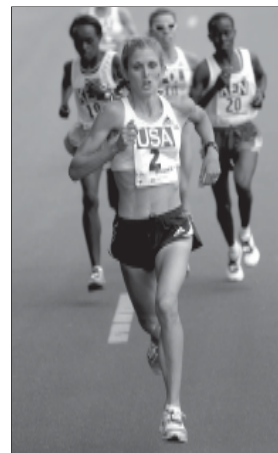
**SHAWN FOUND ('94) ..... Distance Club ..... WCAP**  
 • A member of the U.S. Army's World Class Athlete Program (WCAP)  
 • 1997 USA Championships (12th, 10k)  
 • 2000 Olympic Trials (4th, 10k)  
 • 2001 USA Championships (5th, 10k)  
 • 2002 USA Cross Country Championships (15th, 12k)  
 • 2002 USA Outdoor Championships (9th, 10k)

**ADAM GOUCHER ('97) ..... Middle Club ..... Fila/Nike**  
 • 1999 USA Outdoor 5k Champion  
 • 1999 World Championships (12th, 5000-m)  
 • 2000 Olympic Trials Champion (5k), 13th in Sydney Games  
 • 2000 USA Cross Country Champion (4k, 12k)  
 • 2001 USA Outdoor Championships (3rd, 1500-m)  
 • 2001 World Outdoor Championships (11th, 5000-m)

• Ran the fastest 3,000-m by an American in Monaco (7:34.96 PR)  
 • 2003 USA Outdoors (5k, 2nd)  
 • 2003 T&FN Rankings #3 (3k), #4 (5k)  
 • 2004 Olympic Trials (5k, 19th)  
 • 2004 Prefontaine Classic (9th, 1500m)  
 • Ran the second fastest 3k (7:40.09) by an American in '05 in winning the Sport Solidarieta.  
 • 2006 USAATF Indoor Championships (1st, 3k)  
 • 2006 USA XC Championships (1st, 4k), 6th IAAF World XC Championships  
 • 2006 USAATF Outdoor Championships (4th, 5k)

**KARA GOUCHER ('01) ..... Distance Club ..... NIKE**  
 • 2001 USA Outdoor Championships (7th, 5k)  
 • 2003 USA Outdoor Championships (14th, 5k and 1,500-m)  
 • Ran a 1,500-m PR 4:11.17 in Greece in '03  
 • 2005 USAATF Championships (5, 11th)  
 • 2006 USA XC Championships (7th, 4k), 21st IAAF World XC Championships  
 • 2006 USA Outdoor Championships (2nd, 5k)

**SCOTT LARSON ('94) ..... Marathon Club ..... New Balance**  
 • 1997 USA Outdoor Championships (9th, 10k)  
 • 1997 Chicago Marathon (17th)  
 • 1998 USA Outdoor Championships (7th, 10k)  
 • 1999 Chicago Marathon (21st)  
 • 1999 USA Half-Marathon Championships (2nd)  
 • 2000 Olympic Trials Marathon (4th)  
 • 2000 USA Winter Cross Country Championships (9th, 12k)  
 • 2001 USA Marathon Champion with 13th overall finish (top American) at the NYC Marathon  
 • 2001 World Half-Marathon Championships



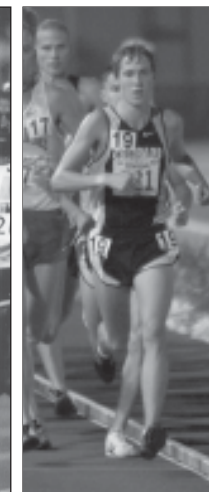
2006 Bolder Boulder Champ  
Sara Slattery

## POST COLLEGIATE SUCCESS

(33rd, top American, PR 1:03:08)  
 • 2002 USA 15k Championships (6th)  
 • 2003 Bolder Backroads Half Marathon Course Record (1:06:31)  
 • 2003 NY Marathon, third American  
 • 2004 Olympic Trials, Marathon, 6th (2:15.03)

**CARRIE MESSNER ('00) ..... Middle/Steeple Club ..... Asics**  
 • 2002 ranked fifth nationally in 3k  
 • 2003 Boulder Race Series Winner (Uni-Hill 2k Champion, Pearl Street Mile Champion) & Eldorado Springs  
 • 2003 USA Outdoor Championships (23rd (prelims), 1500-m)  
 • Ranked as high as third in the steeple in '04  
 • Finished 21st in 2004 Olympic Trials semifinals (1,500)  
 • 2004 Olympic Trials (3rd), 5th at Heusden, 1st at Mt. SAC, ranked #4 by T&FN  
 • 2005 USAATF Championships (3rd, Steeple)  
 • 15th at 2005 World Championships following a third place prelim pr 9:39.68  
 • 2006 USA XC Championships (32nd, 4k and 30th, 8k)  
 • 2006 USA Outdoor Championships (6th, steeple)

**RENEE METIVIER ('05) ..... Distance Club ..... NIKE**  
 • 2005 USAATF Championships (5k, 10th)  
 • Won the 3k in a pr 9:09.60 in her European debut at the Cardiff Grand Prix  
 • 2006 USA XC Championships (3rd, 4k), 49th IAAF World XC Championships  
 • 2006 USAATF Championships (10th, 5k)



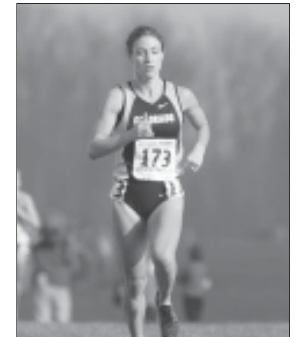
2004 OLYMPIANS Alan Culpepper (marathon), Dathan Ritzenhein (10k), Shayne Culpepper (5k)

**DATHAN RITZENHEIN ..... Distance Club ..... NIKE**  
 • 2004 Olympic Trials (10k, 22nd-INJ)  
 • 2005 Reebok SC Challenge (Belfast) Champion  
 • USA XC Championships (4th, 12k)  
 • 2006 USAATF Championships (3rd, 5k)

**SARA SLATTERY ('05) ..... Distance Club ..... adidas**  
 • 2005 USAATF Championships (8th, 5k)  
 • Ran a 3k pr (9:06.03) at Super Grand Prix Madrid  
 • 2006 USAATF Indoor Championships (4th, 3k)  
 • 2006 USA XC Championships (4th, 8k), 26th IAAF World XC Championships  
 • Won 2006 Bolder Boulder  
 • 2006 USA Outdoor Championships (2nd, 10k)

**STEVE SLATTERY ('02) ..... Steeple Club ..... NIKE**  
 • 2002 USA Outdoor Championships (2nd)  
 • 2003 USA Outdoor Champion  
 • Six top-10 finishes in 2003  
 • 2004 NIKE Prefontaine Classic (5th, 1,500)  
 • 2004 Olympic Trials (5th)  
 • 2004 Ranked 5th T&FN  
 • 2005 USAATF Championships (3rd)  
 • 2005 World Championships (10th, heat 1)  
 • 2006 USA Indoor Championships (5th, 3k)  
 • 2006 USA XC Championships (14th, 4k)  
 • 2006 USA Outdoor Championships (2nd, steeple)

**ED TORRES ('03) ..... Distance Club ..... Reebok**  
 • 2003 USA Outdoor Championships (8th, 10k PR 28:22)  
 • 2005 Cardiff Grand Prix (3k, 2nd)  
 • 2006 USA Outdoor Championships (14th, 10k)



Renee Metivier

**JORGE TORRES ('03) ..... Distance Club ..... Reebok**  
 • 2003 USA Outdoor Championships (3rd, 5k)  
 • 2003 European Circuit with stops in Greece (3rd, 1500-m), Belgium (11th, 5k) and Finland (3k), setting pr's in all three races.  
 • 2003 World Championships (15th, 5k)  
 • Ranked No. 1 by T&FN in 5k  
 • 2004 Olympic Trials (5k, 7th)  
 • 2004 USAXC Championships (10th, 12k)  
 • 2006 USA XC Championships (4th, 4k and 2nd, 12k), 27th IAAF World XC Championships (short)  
 • 2006 USA Outdoor Championships (1st, 10k)

**CLINT WELLS ('98) ..... Dist/Steeple Club ..... NIKE**  
 • 1999 U.S. National Championships (7th)  
 • 2000 Olympic Trials (5th)  
 • 2001 USA Winter Cross Country Championships (4th, 4k)  
 • 2001 World Cross Country Championships (41st, 4k)  
 • 2002 USA Cross Country Championships (7th)  
 • 2002 USA 15k Championships (5th)  
 • Bolder Boulder Team USA (2001, 02, 03) and Team Colorado (2005)

## ALL TIME LETTERWINNERS

Letterwinner	Years	Hometown (High School)	Letterwinner	Years	Hometown (High School)
Andy Aiken	1980	Indianapolis, Ind. (North Central)	Jeff Donaldson	1966	Denver, Colo. (Ranum)
Richard Alejandre	1965	San Bernardino, Calif. (Eisenhower)	Knowles Dougherty	1953	
			Dave Dubach	1948	
Mark Anderson	1978, 79	Ferndale, Wash. (Ferndale)	James Duce	1912, 13, 14	
Andy Ames	1987	Tulsa, Okla. (B.T. Washington)	Thomas F. Duggan	1915	
Adrian Arnold	1995	Alamosa, Colo. (Alamosa/Rice)	Andy Dunn	1985, 86, 87, 88	Littleton, Colo. (Littleton)
Edward Aurand	1904		Roman Duran	1987, 88	Northglenn, Ohio (Northglenn)
Austin Baillie	2005	Portland, Ore. (Westview)	Paul Edstrom	1967, 68	Englewood, Colo.
Mick Bannister	1982, 84, 85	Kent, England (Tunbridge Wells)	Scott Elliott	1986	
Dave Barbieri	1992, 93	Spokane, Wash. (Gonzaga Prep)	Ron Elston	1970	
Steve Barbieri	1991	Spokane, Wash. (Gonzaga Prep)	Dick Faust	1961, 62	
			Fred Feasel	1915	
Lloyd Barlow	1953	Ft. Collins, Colo. (Ft. Collins)	Kent Fischman	1981	Hazelcrest, Ill. (Hillcrest)
Kenneth Barret	1975	Boulder, Colo. (Boulder)	Jim Fitzmorris	1956, 57	Colorado Springs, Colo.
Adam Batliner	1995, 96, 97, 98	Lakewood, Colo. (Green Mountain)	William D. Fleming	1914	
Payton Batliner	2002, 03, 04, 05	H-Ranch, Colo. (Highlands Ranch)	Shawn Found	1991, 92, 93	Grand Junction, Colo. (Brewer/Lamar)
Harry R. Beard	1914, 15		Bernie Frakes	1957, 58, 59	Ordway, Colo.
Jeff Berven	1965, 66	Colorado Springs, Colo.	Mike Friedberg	1998, 99, 2000	Columbia, Md. (The Park School)
(Wasson)			Jim Funk	1954, 56	
Dave Binkley	1966, 67	Pueblo, Colo. (Central)	Michael Gallagher	1962	
William P. Blair	1914, 15		Sam Gamble	1904	
Aaron Blondeau	1997, 99, 00, 01	Salida, Colo. (Salida)	James Garcia	1964	
Cisco Bob	1987, 88, 89	Ruidoso, N.M. (Ruidoso/Texas Tech)	Joseph Garst	1905	
Mark Brewer	1974	Carlisle, Ohio (Carlisle)	Bill Gavito	1951, 53	Denver, Colo. (Westminster)
David Brown	1982		Daniel Gist	1958	
Gerald Bryan	1963	Lakewood, Colo.	Jim Giveans	1990, 91, 92	Littleton, Colo. (Arapahoe)
Mike Buhmann	1977, 78, 79	Norridge, Ill. (Ridgewood)	Eric Gleason	1984	Huntington Beach, Calif. (Marina)
Casey Burchill	2002, 03	Clovis, Calif. (Buchanan)	Floyd Godwin	1964, 65	San Lareneo, Calif. (Arroyo)
Robert M. Burns	1912		Adam Goucher	1994, 95, 97, 98	Colorado Springs, Colo. (Doherty)
Eric Cahn	1958, 59, 60		Frank Green	1905	
Robert Campbell	1968, 69, 70		Bob Greenfield	1958	
Fred Carnahan	1973, 74	Genoa, Neb. (Genoa)	Arlo C. Greenwalt	1915	
Nick Carr	1982		John Gregorio	1971, 72	
Ted Castaneda	1972, 73	Colorado Springs, Colo.	J.J. Griffin	1973, 74	Pueblo, Colo.
Steve Castaneda	1970		Bob Griffith	1961, 62, 63	Aurora, Colo.
Tim Catalano	1991, 92, 93, 94	Fort Collins, Colo. (Fort Collins)	Fred Griffin	1904	
Paul Cattermole	1965, 66, 67	Denver, Colo. (Regis)	Arnold Hamala	1964	
Tom Caughlin	1997	Mason City, Iowa (Mason City)	Roger Hansen	1973	Lompoc, Calif.
<b>Anthony Chiulli</b>	<b>2005</b>	<b>Memphis, Tenn. (Christian Brothers)</b>	Chuck Hatteresley	1977, 79	La Mesa, Calif. (Grossmont)
Everett F. Clark	1912		<b>Bradley Harkrader</b>	<b>2004</b>	<b>Westminster, Colo. (Thornton)</b>
Wayne Clark	1947		Erik Heinonen	2005	Eugene, Ore. (South Eugene)
Ernest Clayton	1904		Alexander Hill	1905	
Jay Cleckler	1993, 94	Woodland Park, Colo. (W-Park)	Ed Hom	1971, 72	
Jon Cooper	1994, 95	El Paso, Texas (Coronado)	Ed Hopfner	1979	Port Angeles, Wash. (Port Angeles)
Colin Couper	1951		Larry Hoppis	1951	
Dave Couture	1987, 88, 89	Lakewood, Colo. (Lakewood)	Paul Hospe	1907	
Zach Crandall	2000, 01	Fort Collins, Colo. (Rocky Mountain)	Jack Hughes	1956, 57	Watervliet, Colo. (Watervliet)
John Creighton	1951	Flagler, Colo. (Flagler)	Joel Hunsaker	1982	Arvada, Colo. (Arvada West)
Ricky Cron	1993, 96	Stevens Point, Wis. (SPoint Area/Rice)	John Hunsaker	1975, 76, 77, 78	Arvada, Colo. (Arvada West)
Tim Cronin	1968, 69, 70, 71		Ben Husaby	1989	Eden Prairie, Minn. (Eden Prairie)
George A. Crowther	1905		<b>Peter Janson</b>	<b>2005</b>	<b>Dallas, Texas (Highland Park)</b>
Alan Culpepper	1993, 94, 95	El Paso, Texas (Coronado)	Jay Johnson	1995, 96, 98	Castle Rock, Colo. (Douglas County)
Tom Curtis	1958, 59, 60		Joseph B. Johnson	1916	
Ryan Deak	2004	Aurora, Colo. (Smoky Hill)	Steve Johnson	1989	Englewood, Colo. (Cherry Creek)
Bruce Degen	1962, 63, 64	Piedmont, Calif.	Terry Johnson	1979, 80	Fort Collins, Colo. (Fort Collins)
Dave Derdeyn	1986, 87	Richmond, Ill. (Richmond-Burton)	William Johnson	1904	
			Leonard Jordan	1904	
David Diaz	1980, 81	Wheatridge, Colo. (Wheatridge)	Stan Justice	1968, 69, 70	
Pat Dolan	1990	Greeley, Colo. (Greeley Central)	Harold Ketting	1973	Redondo Beach, Calif.
			John Kick	1952, 53, 54	Rochester, N.Y. (Aquinas)

2006 COLORADO CROSS COUNTRY

## ALL TIME LETTERWINNERS

Letterwinner	Years	Hometown (High School)	Letterwinner	Years	Hometown (High School)
Dan King	1980	Colorado Springs, Colo. (Coronado)	Dan Poole	1966	
Scott King	1980	Colorado Springs, Colo. (Coronado)	Oscar Ponce	1996, 97, 98, 99	Denver, Colo. (Denver North)
Albert Kinsbury	1905		Ralph Poucher	1957, 58, 59	
Doug Kirkmeyer	1952		Jason Pozner	1990, 91	Morganville, N.J. (Marlboro)
Robert R. Knowles	1905		Harry Pratt	1904	
Andy Knutsen	2002	Huntington Beach, Calif. (Edison/USC)	Arthur Preston	1904	
Tom Kresl	1984, 85	Ft. Collins, Colo. (Ft. Collins)	Winfred L. Prouty	1908	
Mike Kubischek	1985	Lakewood, Colo.	Ted Quintana	1975	San Lorenzo, Calif. (San Lorenzo)
Blaine Lam	1965, 67	Boulder, Colo. (Boulder)	Robert Radnoti	1977, 78, 79	Greeley, Colo. (Greeley West)
Brett Larsen	1990, 91, 92, 93	Fort Collins, Colo. (Ft. Collins)	Rudolph Rahlfling	1904	
Scott Larson	1990, 91, 92, 93	Boulder, Colo. (Fairview)	Clarence W. Ramey	1913	
Alfred Law	1904		Roy Randall	1904	
Carroll Laverty	1927		Dan Reese	1982, 84, 85	Golden, Colo. (Wheat Ridge)
David Lewis	1955		Richard Reese	1984	Golden, Colo. (Wheat Ridge)
Joe Lombert	1972		Sam Reese	1980, 81, 82,	Golden, Colo. (Wheat Ridge)
Richard Lower	1973, 74	Harmony, Pa. (Seneca Valley)	Tom Reese	1995, 96, 97, 98	Golden, Colo. (Wheat Ridge)
Bruce Lundy	1976	Lakewood, Colo. (Lakewood)	Terry V. Ritchie	1907	
John Lunn	1966, 67, 68	Denver, Colo. (South)	Dathan Ritzenhein	2001, 03	Rockford, Mich. (Rockford)
Tony Macey	1984, 85	Las Vegas, Nev. (Valley)	Jason Robbie	2000	Boulder, Colo. (Alexander Dawson)
John E. Mackling	1916		Ray C. Roberts	1905	
Garry Maddox	1971, 72		Carbin E. Robinson	1907	
David Magee	1975	Santa Maria, Calif. (St. Joseph)	Dennis Robertson	1959	
Glen Malcolm	1950		Fritz Rogers	1989, 90, 91, 92	Lakewood, Colo. (Lutheran)
Jerry Maris	1982	Buckley, Wash. (White River)	Greg Rohde	1980	Bismark, N.D. (Century)
Joseph Markey	1916		Douglas C. Roller	1905	
Jeff Mason	1986	Denver, Colo. (South)	Ron Roybal	1996, 97, 98, 99	Santa Fe, N.M. (Pojoaque)
Robert D. Mauff	1905		Mike Ruffato	1975	
Steve McBain	1961		Craig Runyan	1966, 67, 68	Denver, Colo. (Thomas Jefferson)
Mike McCoy	1961, 62, 63		Thomas H. Ryan	1915	
Donald McClure	1964		Donald H. Rymer	1915, 16	
Matt McCue	2003	Iowa City, Iowa (Iowa City Regina)	Ralph Sargent	1958	
Tom McKinley	1969, 71, 72		Ron Salazar	1990, 91, 92, 93	Grand Junction, Colo. (Grand Junction)
Matt McMullen	1980	Aurora, Colo. (Gateway)	Andy Samuelson	1990	Colorado Springs, Colo. (Rampart)
Eric Meloney	1987, 89	Bethesda, Md. (Whitman/ Wake Forest)	Mike Sandrock	1979	Park Ridge, Ill. (Park Ridge)
Ken Metcalf	1986	Cederidge, Colo.	Ned Sargent	1956, 57, 58	Moosehart, Ill. (Malcom Hiles Memorial)
Virgil E. Metcalf	1917		Clem Saunders	1913	
Earl B. Millard	1907		John H. Sawhill	1915, 16	
Micah Moore	1990, 92	Boulder, Colo. (Fairview)	Chris Schafer	2000	Yakima, Wash. (Eisenhower)
Dick Moritz	1970, 72	Cuyahoga Falls, Ohio	Al Schmidt	1961, 62	Longmont, Colo.
Joseph B. Morrill	1907		Bret Schoolmeester	2002, 03, 04, 05	Sedalia, Colo. (Denver Christian)
Paul C. Mosher	1905		Jared Scott	2001, 03, 04	Monument, Colo. (Palmer)
Richard Musgrave	1974	Denver, Colo. (Lincoln)	Mark Scrutton	1979, 80, 81, 82	London, England (Towbridge Kent)
David Nahom	1987, 88, 89	Brookfield, Conn. (Brookfield)	Chris Severy	1994, 95, 96, 98	Aspen, Colo. (Aspen)
Mike Nahom			Jon Severy	2001, 02, 03, 04	Aspen, Colo. (Aspen)
Matt Napier	1996, 97, 99	Socorro, N.M. (Socorro)	Clarence R. Short	1912	
<b>Billy Nelson</b>	<b>2002, 03, 05</b>	<b>Bakersfield, Calif. (Taft Union)</b>	Steve Slattery	1999, 2000, 01, 02	Flanders, N.J. (Mt Olive)
Larry Novak	1976	Shepherd, Mont.	Brian Smith	1975, 76	Denver, Colo. (Lincoln)
Charlie O'Brien	1976	Denver, Colo. (Mullen)	Sean Smith	1999, 2000, 01	Montrose, Colo. (Montrose)
Eugene O'Keefe	1914		Tom Smith	1979, 80	Fremont, Calif. (Mission San Jose)
Clyde M. Owens	1912, 13		Mark Spilsbury	1976, 77, 78, 79	Santa Anna, Calif. (Foothill)
Robert G. Packard	1907		Bill Sproat	1961, 62, 63	Climath Falls, Ore.
Mike Peake	1957	Lakewood, Colo.	Tom Starr	1961, 62, 63	Platteville, Colo.
Dick Peck	1954		Ned Steele	1905	
Mike Peterson	1970, 72, 73, 74		Don Steers	1953, 54	
Kirk Pfeffer	1976		Mike Stegner	1969, 70, 71	
John Phillips	1969, 70, 71	Cuyahoga Falls, Ohio	Fred W. Stoddard	1907	
Wayne Phipps	1953		<b>James Strang</b>	<b>2004, 05</b>	<b>Signal Mountain, Tenn. (Baylor HS)</b>
<b>Stephen Pifer</b>	<b>2004, 05</b>	<b>Edwardsville, Ill. (Highland Park)</b>	George M. Stratton	1905	
Mark Pillmore	1971				
William Poley	1956, 59				

2006 COLORADO CROSS COUNTRY



## ALL-TIME LETTERWINNERS

Letterwinner	Years	Hometown (High School)	Letterwinner	Years	Hometown (High School)
Mark Stromberg	1984	Englewood, Colo. (Cherry Creek)	Pam Allen	1976	
Brock Tessman	1998	Danville, Calif. (Monte Vista / Brown)	Lindsay Arendt	1998, 99	Littleton, Colo. (Chatfield)
Griff Thompson	1978, 79	Tulsa, Okla. (Memorial)	Jenny Arnold	1998	Inverness, Ill. (Libertyville)
Zeke Tiernan	1994, 96	Aspen, Colo. (Aspen)	Molly Austin	1999, 01, 02	Littleton, Colo. (Mullen)
Edwardo Torres	1999, 00, 01, 02	Wheeling, Ill. (Wheeling)	Lee Ballenger	1976, 78	Charlotte, N.C. (Country Day)
Jorge Torres	1999, 00, 01, 02	Wheeling, Ill. (Wheeling)	Veronica Barajas	1992, 93	Oxnard, Calif. (Channel Islands)
Chuck Trujillo	1984, 85, 86, 88	Northglenn, Colo. (Northglenn)	<b>Jenny Barringer</b>	<b>2005</b>	<b>Oviedo, Fla. (Oviedo)</b>
Rick Trujillo	1967, 68, 69	Ouray, Colo.	Anne Barrett	1979	Fair Oaks, Calif. (San Marino)
Chris Valenti	1998	Littleton, Colo. (Littleton)	Brooke Baughman	1991, 92, 93	Salt Lake City, Utah (RH-St.M/Utah)
Pete Van Arsdale	1966, 68		Kristi Berwick	1980	Encino, Calif. (Taft)
<b>Brent Vaughn</b>	<b>2003, 04</b>	<b>Aurora, Colo. (Smoky Hill)</b>	Michelle Bews	1984, 86, 87, 88	Victoria, Australian (Ann Arbor)
Orly Waller	1982	Tacoma, Wash. (Puyallup)	Christine Bolf	2002, 03, 04, 05	Los Angeles, Calif. (Notre Dame)
Harry H. Ware	1916		Ben Bossut	1992, 93	Font Ronneay, France (College of Marin)
Thomas M. Warner	1905		Lize Brittin	1987	Boulder, Colo. (Fairview / BYU)
Chris Webster	1969		Suzanne Bryan	1983	
Clint Wells	1994, 95, 97	Craig, Colo. (Moffat Country)	Debbie Bump	1987	Wheatridge, Colo. (Wheatridge)
Jim Whitmore	1976, 77	Van Nuys, Calif.	Heather Burroughs	1994, 95, 97, 98	Kansas City, Mo. (Pembroke)
Todd Wienke	1984, 85	Whitefish Bay, Wis. (Whitefish Bay)	Shannon Busch	1987, 88, 89, 90	Fort Collins, Colo. (Poudre)
Milt Wiley	1948, 50		Alison Butterworth	1980	Charlotte, N.C. (Myers Park)
Arthur D. Wilson	1905		Catrina Campbell	1987, 88	Longmont, Colo. (Lmont./Idaho St)
Earl E. Wright	1912		Heather Chaimberlain	1988	Leesburg, Va. (Leesburg/Brevard)
Nate Wright	1987, 88, 89,	Fort Collins, Colo. (Poudre)	Jessica Cirelli	1994, 95	Superior, Colo. (Fairview)
Rene Wright	1904		Carrie Cockerham	1996	Englewood, Colo. (Cherry Creek)
Dave Wrighton	1963, 64, 65	Montreal, Canada	Jeanne Collopy	1976	
(MacDonald)			Wendy Cozens	1978	Denver, Colo. (Thomas Jefferson)
Jim Wyatt	1954, 56	Craig, Colo. (Moffat County)	Kimberley Cundiff	1988	Boulder, Colo. (Boulder)
John J. Yowell	1912		Kristina Dahlberg	1993, 94, 95, 96	Orange, Calif. (El Modena)
Harry Zimmerhackle	1904		Mary Decker	1977, 78	Orange, Calif.
			<b>Sara Ensrud</b>	<b>2005</b>	<b>Gering, Neb. (Gering)</b>
			Anne Farris	1987, 88, 89	Aspen, Colo. (Aspen)
			Jen Fazoli	1998, 99, 00	Averill Park, N.Y. (Averill Park)
			Natalie Florence	2001, 02, 03, 04	Lawrenceville, Ga. (Collins Hill)
			Judy Foster	1992	Lakewood, Colo. (Wheatridge)
			Christie Friesen	1989	Albuquerque, N.M. (Manzano)
			Colleen Glyde	1995, 96	State College, Pa. (St. College/Penn St.)
			Sara (Gorton) Slattery	2000, 02, 04	Phoenix, Ariz. (Mountain Point)
			Kara Grgas-Wheeler	1996, 97, 99, 00	Duluth, Minn. (Duluth East)
			Kendall Grgas-Wheeler	2000, 02, 03	Duluth, Minn. (Duluth East)
			Jen Gruia	1997, 98	Vienna, Va. (Paul VI / Virginia)
			Susan Haldeman	1977, 78	Santa Monica, Calif. (Santa Monica)
			Ruth Hamilton	1980	Carbondale, Colo. (CO Rocky Mtn)
			Sarah Hanson	1982, 83, 85, 86	Boulder, Colo. (Fairview)
			Denise Hermosillo	1983, 84, 85	Durango, Colo.
			Jeanne Higgins	1988	Hulls Cove, Maine (Hulls Cove)
			Lesley Higgins	1998, 99, 00, 01	Littleton, Colo. (Arapahoe)
			Kimberly Hills	1976, 77, 78, 79	Eugene, Ore. (North Eugene)
			Kristen Hoogheem	2005	Chesterfield, Mo. (Marquette)
			Allison Howard	1990, 91	Minneapolis, Minn. (Roseville Area)
			Melissa Howell	1984	Broomfield, Mich.
			Renee Howell	1993	Westminster, Colo. (Northglenn)
			Jodie Hughes	1998, 99, 00, 01	The Woodlands, Texas (The Woodlands)
			Sharon Hulse	1980, 82	Huntington Beach, Calif. (Edison)
			Cindy Ike	1976	
			Jennifer Jones	1991, 92	Parker, Colo. (Ponderosa)
			Lori Jorgensen	1978, 80	Mahopac, N.Y. (Mahopac)
			Michelle Kantor	1988, 89, 90	Reno, Nev. (McQueen)
			Gina Kelly	1991	Cincinnati, Ohio (Anderson)
			Kirsten Kindt	1983, 84, 85, 86	Englewood, Colo.

## ALL-TIME LETTERWINNERS

Letterwinner	Years	Hometown (High School)
Michelle King	1989, 90	Bailey, Colo. (Platte Canyon)
Katie Kissane	2002	Essex, Vt. (Essex)
Susan Kranzler	1984	Wheatridge, Colo.
Brandi Krug	1992, 93	Grand Junction, Colo. (Grand Junction)
Liz Laster	1988, 90	Aurora, Colo. (Rangeview)
Allison Lusby	1993, 94	Boulder, Colo. (Fairview)
Bridget Marting	1982, 83	Colorado Springs (Cheyenne Mtn)
Cathy McCray	1982, 83	
Rachel McKeen	1993, 94	Beaverton, Ore. (Beaverton)
Carol McMordie	1985, 86, 87, 89	Lakewood, Colo. (Green Mtn)
Chris McNamara	1984, 85, 86, 87	Gresham, Ore. (Gresham)
Amy McNitt	1992, 93, 94, 95	Monte Vista, Colo. (Sargent)
Amy Merten	1989, 91	Fairfax Station, Va. (Fairfax)
Carrie Messner	1995, 96, 98, 99	Evergreen, Colo. (Mullen)
Renee Metivier	2003, 04	Highland Village, Texas (Marcus/Ga Tech)
Jennifer Miller	1992	Grosse Pt Park, Mich. (Liggett)
Peg Millican	1989	Ft. Collins, Colo. (Poudre/Cal-Poly SLO)
Fran Montes	1979, 80	Islip Terrace, N.Y. (East Islip)
Tera Moody	1999, 00, 01, 02	St. Charles, Ill. (St. Charles)
Pam Olson	1977	
<b>Liza Pasciuto</b>	<b>2004, 05</b>	<b>Murrieta, Calif. (Murrieta Valley)</b>
Kaye Rains	1987	Ft. Collins, Colo. (Rocky Mtn)
Muffy Raveling	1991, 92, 93, 94	Lakewood, Colo. (Alameda)
Nancy Reynolds	1982, 83	Cave Junction, Ore. (Illinois Valley)
Deb Rieck	1997	Englewood, Colo. (Cherry Creek)
Renee Rife	1984	Portola, Calif.
Heather Roberts	1991	Aurora, Colo. (Overland)
Patty Roberts	1993, 94, 95	LaGrange, Ill. (Lyons Township)
Cecilia Robinson	1983	Leonard, Texas
Sheri Rochel	1982	Seattle, Wash. (Shoreline)
Nancy Rogowski	1982, 84	Boulder, Colo. (Boulder)
Liz Sabochik	2000, 01	Englewood, Colo. (Cherry Creek)
Heidi Scarlett	1993, 95, 96, 97	Alamosa, Colo. (Alamosa)
Sandy Simmons	1977	
Dana Slater	1977, 78	Freedom Plains, N.Y. (Arlington)
<b>Amber Smith</b>	<b>2004</b>	<b>Ishpeming, Mich. (Westwood)</b>
Jennifer Smith	1997	Spokane, Wash. (Joel E. Ferris)
Kelly Smith	1994, 95, 96, 97	Petoskey, Mich. (Petoskey)
Wendy Smith	1990, 91	Beaverton, Ore. (Beaverton)
Sara Solomon	1988, 89, 90, 91	Greeley, Colo. (Greeley Central)
Carolyn Spahr	1976	
Kate Starke	1986, 87	Ft. Collins, Colo. (Ft. Collins)
Briana Stott-Messick	1997, 98	Fort Collins, Colo. (Poudre)
Elaine Strickland	1986	Northglenn, Colo.
Carleen Thom	1979, 80	Phoenix, Ariz. (Central)
Kalin Toedebusch	2003, 05	Rockford, Mich. (Rockford)
Hilary White	2001	Gainsville, Fla. (Bucholz / Florida)
Shayne Wille	1995, 96	Havertown, Pa. (Havertown/Vermont)
Katherine Wilson	1977, 78, 79, 80	Bloomfield Hills, Mich. (Lahser)
Carolyn Wollenberger	1984, 85	Portalo Valley, Calif.
Kathy Woodbridge	1976, 77, 78	Princeton, N.J.
Anna Wright	2001	St. Louis, Mo. (Oakville/UT-Chattanooga)
Catherine Wright	1999, 2000	St. Louis, Mo. (Oakville/UT-Chattanooga)
Jackie Zeigle	2002, 03, 04, 05	South Jordan, Utah (Bingham)
Laura Zeigle	2003, 04, 05	South Jordan, Utah (Bingham)
DeAnn Zamora	1984, 85, 87	Boulder, Colo. (Boulder)

## YEAR-BY-YEAR RESULTS

<b>1953</b> .....	<b>Men</b>
at Wyoming Invitational .....	1/4
at Colorado State Triangular .....	1/3
Colorado Triangular .....	1/3
at Iowa State Triangular .....	1/3
at Big Seven Championships .....	2/6

<b>1954</b> .....	<b>Men</b>
at Iowa State .....	1
at Wyoming Invitational .....	1
Colorado Five-Way .....	1/5
Colorado Quadrangular .....	1/4
at Big Seven Championships .....	4/7

<b>1955</b> .....	<b>Men</b>
Colorado Triangular .....	1/3
at Wyoming Invitational .....	1/3
at Iowa State Quadrangular .....	2/4
at Big Seven Championship .....	3/7

<b>1956</b> .....	<b>Men</b>
at Wyoming Invitational .....	1/3
vs. Iowa State .....	23-32
vs. Kansas State .....	21-34
vs. Nebraska .....	27-28
at Big Seven .....	2/7

<b>1957</b> .....	<b>Men</b>
vs. Air Force .....	15-43
at Nebraska Triangular .....	3/3
at Iowa State Triangular .....	1/3
Colorado Triangular .....	1/3
at Big Eight Championships .....	2/8
at NCAA Championships .....	8

<b>1958</b> .....	<b>Men</b>
at Oklahoma Quadrangular .....	2/4
at Wyoming Invitational .....	1
at Air Force Triangular .....	1/3
at Big Eight Championships .....	3/8

<b>1959</b> .....	<b>Men</b>
at Kansas State Triangular .....	2/3
Air Force Dual .....	29-26
at Air Force Tri-Duals .....	1/3
at Big Eight Championships .....	5/8

<b>1960</b> .....	<b>Men</b>
Rocky Mountain AAU .....	3/5
at Kansas State Triangular .....	3/3
Colorado Triangular .....	3/3
Colorado State Dual .....	39-16

<b>1961</b> .....	<b>Men</b>
at Kansas State Triangular .....	1/3
at Nebraska .....	23-36
at Air Force Rocky Mtn AAU .....	1/6
vs. Colorado State Dual .....	26-33
at Big Eight Championships .....	2/8

<b>1962</b> .....	<b>Men</b>
at Wyoming Invitational .....	2
at Denver Invitational .....	1
vs. Nebraska (Dual) .....	22-37
vs. Colorado State (Dual) .....	29-26

<b>1963</b> .....	<b>Men</b>
at Wyoming Invitational .....	1
at Denver Invitational .....	1
at Nebraska Dual .....	21-36
CU Five-Way Meet .....	2/5
at Big Eight Championships .....	4/8
at NCAA Championships .....	2 runners

<b>1964</b> .....	<b>Men</b>
at Wyoming Invitational .....	1
at Denver Invitational .....	1
vs. Nebraska (Dual) .....	21-34
at Big Eight Championships .....	1
at NCAA Championships .....	3/8
1 runner .....	1 runner

<b>1965</b> .....	<b>Men</b>
at Denver Invitational .....	1
at Wyoming Invitational .....	2
at Nebraska Dual .....	17-41
Colorado Invitational .....	2
at Big Eight Championships .....	4/8
at NCAA Championships .....	14

<b>1966</b> .....	<b>Men</b>
at Denver Invitational .....	1
at Wyoming Invitational .....	1
vs. Nebraska (Dual) .....	15-50
vs. Air Force (Dual) .....	15-48
Colorado Invitational .....	3
at Big Eight Championships .....	2/8
at NCAA Championships .....	6

<b>1967</b> .....	<b>Men</b>
at Denver Invitational .....	1/7
at Wyoming Invitational .....	1/6
vs. Nebraska .....	20-37
vs. Air Force .....	28-27
Colorado Invitational .....	1/7
Big Eight Championships .....	2/8
at NCAA Championships .....	3/10

<b>1968</b> .....	<b>Men</b>
vs. Wyoming (Dual) .....	25-34
at Air Force .....	23-54
vs. Western Michigan (at AFA) .....	18-40
Colorado Invitational .....	1
Wyoming Invitational .....	2
Big Eight Championships .....	2/8

<b>1969 (Don Meyers)</b> .....	<b>Men</b>
vs. Wyoming (Dual) .....	22-39
Colorado Invitational .....	2/8
at Kansas State Invitational .....	5/7
at Big Eight Championships .....	6/8

<b>1970 (Jerry Quiller)</b> .....	<b>Men</b>
vs. Air Force (Dual) .....	20-43
vs. Wyoming (Dual) .....	22-39
vs. Air Force (Dual) .....	30-25
Colorado Invitational .....	1/8
vs. Nebraska (Dual) .....	19-37
Big Eight Championships .....	4/8
at NCAA Championships .....	15/39

<b>1971 (Jerry Quiller)</b> .....	<b>Men</b>
at Air Force Dual .....	30-25
Colorado Invitational .....	1/9
at Big Eight Championships .....	4/8
at Central Collegiate Conf. Ch. .....	2/5
at NCAA Championships .....	26/30

<b>1972</b> .....	<b>Men</b>
at Air Force (Dual) .....	22-33
at BYU (Dual) .....	43-19
Colorado Invitational .....	1/10
at Big Eight Championships .....	2/8
at NCAA District V Championship .....	4/7
at NCAA Championships .....	..

<b>1973</b> .....	<b>Men</b>
at BYU (Dual) .....	15-41
vs. Nebraska (Dual) .....	20-40
Colorado Quadrangular .....	1/4
at Big Eight Championships .....	2/8
at NCAA Championships .....	6/22

<b>1974</b> .....	<b>Men</b>
at Wyoming Invitational .....	5/6
Colorado Triangular .....	1/3
USTF Cross Country Champ .....	4/17
at Big Eight Championships .....	..

<b>1975</b> .....	<b>Men</b>
at Wyoming Invitational .....	2/5
at UNC Invitational .....	4/4
USTF Rocky Mtn. Champ .....	3/13
Big Eight Championships .....	2/8

<b>1976 (Dean Brittenham)</b> .....	<b>Men</b>	<b>Women</b>
Sloans Lake .....	NTS	NTS
Timber Ridge Runners .....	NTS	NTS
Vail Fest .....	NTS	NTS
at Colorado State (Dual) .....	NTS	NTS
at Colorado State Invitational .....	..	..
vs. New Mexico (Dual) .....	26-29	..
at Iowa State Invitational .....	..	4/10
Colorado Five-Way .....	1/5	..
at Kansas Invitational .....	1/5	..
USTFCC Championship .....	2/11	..
at Big Eight Championships .....	1/8	3/6
at AIAW Region VII Championship .....	..	2/6
at NCAA/AIAW Championships .....	20/34	16/23

<b>1977 (D. Brittenham/R. Castro)</b> .....	<b>Men</b>	<b>Women</b>
at Kansas State Invitational .....	1/8	..
at Air Force .....	1	..
Rocky Mountain USTF .....	2/12	..
at Big Eight Championships .....	1/8	2/8
at AIAW Regional Championships .....	1/5	..
at NCAA/AIAW Championships .....	10/29	3/23

<b>1978 (Dean Brittenham)</b> .....	<b>Men</b>	<b>Women</b>
at Air Force .....	1	..
at New Mexico .....	1	..
Rocky Mountain USTF .....	2nd	..
Big Eight Championships .....	1/8	2/8
at NCAA District V/AIAW Region VII .....	1	1
at NCAA/AIAW Championships .....	5	4

<b>1979 (David Troy/Kathy Jackson)</b> .....	<b>Men</b>	<b>Women</b>
at Kansas State Invitational .....	1/8	..
at New Mexico .....	1/3	3/7
at Air Force .....	1/3	1/3
Track & Field Asst. Meet .....	1/8	..
at Colorado Collegiate .....	..	2/7
at Big Eight Championships .....	1/8	5/8
at NCAA District V/AIAW Region VII .....	1/16	2/8
at NCAA Championships .....	4/29	18/28

<b>1980 (David Troy/Kathy Jackson)</b> .....	<b>Men</b>	<b>Women</b>
at New Mexico .....	1	..
at Air Force Invitational .....	1/6	1/6
at UNC Invitational .....	2/11	..
CU Invitational .....	1/11	1/5
CU Collegiate .....	1/11	1/11
at Utah Invitational .....	1/8	1/8
at Big Eight Championships .....	1/8	2/8
at NCAA District V/AIAW Region VII .....	1/11	1/10
at NCAA Championships .....	13/29	19/30

<b>1981 (David Troy/Gordon Fox)</b> .....	<b>Men</b>	<b>Women</b>
at Colorado Collegiate Invite .....	..	3
Colorado Invitational .....	1	1
at Adams State Invitational .....	..	1
at Utah Invitational .....	..	2
at Idaho State Classic .....	3	..
at BYU/NIKE Autumn Classic .....	..	6
at Big Eight Championships .....	3/8	4/8
at NCAA District V/AIAW Region VII .....	3	2
at NCAA/AIAW Championships .....	..	9

<b>1982 (David Troy/Gordon Fox)</b> .....	<b>Men</b>	<b>Women</b>
at Pellier Invitational .....	NTS	..
Colorado Invitational .....	1/4	..
at Wyoming Invitational .....	1/3	..
at Adams State Invitational .....	1/4	..
at Arkansas Invitational .....	2/4	..
at Nebraska State Invitational .....	3/8	..
at Kansas Invitational .....	3/8	..
at Big Eight Championships .....	1/8	3/8
at NCAA District V Championship .....	1/12	4/8
at NCAA Championships .....	7/21	..

<b>1983 (David Troy/Gordon Fox)</b> .....	<b>Men</b>	<b>Women</b>
at Air Force Triangular .....	1/3	..
at Wyoming Invitational .....	2/6	..
at Adams State Invitational .....	3/6	..
at BYU Invitational .....	2/7	4/8
at Colorado State Invitational .....	2/3	2/3
Colorado Invitational .....	1/7	3/6
at Weber State Invitational .....	3/11	..
at Oregon Track Club Invite .....	1/9	..
at Big Eight Championships .....	5/8	5/10
at NCAA District V Championship .....	5/10	..

<b>1984 (David Troy/Gordon Fox)</b> .....	<b>Men</b>	<b>Women</b>
at Pier Park Invitational .....	1/10	..
at Adams State Invitational .....	1/8	..
High Altitude Challenge .....	NTS	..
at Wyoming Invitational .....	2/4	..
at Air Force Invitational .....	1/7	1/7
at Purdue Invitational .....	1/3	1/3
Colorado Invitational .....	2/6	3/10
at Arkansas Invitational .....	3/7	3/4
Big Eight Championship .....	5/8	3/8
at NCAA District V Championship .....	2/12	5/10
at NCAA Championships .....	22/22	..

<b>1985 (Jerry Quiller)</b> .....	<b>Men</b>	<b>Women</b>
at Wyoming Invitational .....	NTS	NTS
at Oklahoma St Invitational .....	NTS	NTS
at Missouri Invitational .....	1/6	6/7
NIKE High Altitude Challenge .....	NTS	NTS
Colorado Invitational .....	2/11	1/6
at Pre-NCAA Invitational .....	1/10	4/10
at Big Eight Championships .....	1/8	5/8
at NCAA District V Championship .....	2/10	4/10
at NCAA Championships .....	3/22	..

<b>1986 (Jerry Quiller)</b> .....	<b>Men</b>	<b>Women</b>
at Bradley Invitational .....	NTS	NTS
at Wyoming Invitational .....	NTS	NTS
at Kansas State Invitational .....	2/8	3/8
REEBOK/Rocky Mtn Invite .....	2/16	1/10
at Colorado College Invite .....	3/9	1/8
at Arizona Invitational .....	2/5	5/15
at Big Eight Championships .....	1/8	3/8
at NCAA District V Championship .....	1/10	1/9
at NCAA Championships .....	5/21	6/15

<b>1987 (Jerry Quiller)</b> .....	<b>Men</b>	<b>Women</b>
at Wyoming Invitational .....	NTS	NTS
at Missouri Invitational .....	2/13	2/9
REEBOK/Rocky Mtn. Invite .....	4/21	1/17
at Sooner Invitational .....	1/7	2/10
at Virginia Invitational .....	14/21	8/25
at Colorado State Invitational .....	1/7	1/7
at Big Eight Championships .....	3/8	1/8
at NCAA District V Championship .....	1/10	1/10
at NCAA Championships .....	15/22	12/16

<b>1988 (Jerry Quiller)</b> .....	<b>Men</b>	<b>Women</b>
at OSU Early Bird Race .....	2/4	1/3
at BYU Autumn Classic .....	1/5	2/5
at Wyoming Open (B) .....	5/5	5/6
Rocky Mountain Shootout .....	6/19	5/18
at Iowa State Memorial .....	7/17	15/18
at Big Eight Championships .....	2/8	6/8
at District V Championships .....	3/13	..
at NCAA Championships .....	1 runner	1 runner

<b>1989</b> .....	<b>Men</b>	<b>Women</b>
CU Invitational .....	2/3	..
at Wyoming Open .....	5/8	..
at Naval Academy Invitational .....	8/17	8/15
Rocky Mountain Shootout .....	1/15	4/14
at Indiana Invitational .....	1/10	7/13
at Big Eight Championships .....	3/8	5/8
at Colorado State (B) .....	6/8	7/11
at NCAA District VII .....	2/20	4/10
at NCAA Championships .....	18/20	..

<b>1990 (Jerry Quiller)</b> .....	<b>Men</b>	<b>Women</b>
at Nebraska Invitational .....	2/11	2/12
at Wyoming Open (B) .....	2/7	..
at Air Force Invitational (B) .....	4/14	1/9
at BYU Invitational .....	NTS	..
Rocky Mountain Shootout .....	8/15	2/9
at Iowa State Invitational .....	6/6	1/3
at Big Eight Championships .....	6/8	3/8
at NCAA District VII .....	12/21	4/19

<b>1991 (Jerry Quiller)</b> .....	<b>Men</b>	<b>Women</b>
at Kansas Jayhawk Invite .....	3/8	4/8
at Wyoming Invite (B) .....	4/7	NTS
Rocky Mountain Shootout .....	1/12	2/11
at Adams State Invitational (B) .....	3/10	..
at Arizona Invitational .....	9/25	6/23
at Big Eight Championships .....	2/8	3/8
at Colorado State (B) .....	NTS	NTS
at NCAA District VII .....	5/21	5/18

<b>1992 (Jerry Quiller)</b> .....	<b>Men</b>	<b>Women</b>
at Indiana Invitational .....	3/8	4/8
at Southern Colorado (B) .....	3/9	3/11
Rocky Mountain Shootout .....	1/10	1/11
at Fort Hays State (B) .....	2/11	1/6
at Penn State Invitational .....	1/8	6/8
Big Eight Championships .....	1/8	1/8
at Colorado State (B) .....	3/4	3/4
at NCAA District VII .....	1/21	3/19
at NCAA Championships .....	11/21	20/22

<b>1993 (Jerry Quiller)</b> .....	<b>Men</b>	<b>Women</b>
at Air Force Invitational .....	1/10	1/11
Rocky Mountain Shootout .....	1/7	1/8
at Fort Hays State (B) .....	1/7	2/7
at Michigan Inter-Regional .....	1/13	3/10
Big Eight Championships .....	2/8	3/8
at Colorado State (B) .....	3/3	3/3
at NCAA District VII .....	1/21	2/20
at NCAA Championships .....	4/22	14/22

<b>1994 (Jerry Quiller)</b> .....	<b>Men</b>	<b>Women</b>
at Northern Colorado (B) .....	NTS	NTS
at Kansas State Invitational .....	2/6	3/6
Rocky Mountain Shootout .....	1/13	1/3
at Jeff Drenth Memorial .....	1/15	1/2
at Fort Hays State (B) .....	6/10	2/8
at Big Eight Championships .....	2/8	1/8
at NCAA District VII .....	1/19	1/18
at NCAA Championships .....	2/22	4/22

<b>1995 (M. Wetmore/T. Jacober)</b> .....	<b>Men</b>	<b>Women</b>
at Big Cross .....	1/6	1/6
at Colorado State (B) .....	4/4	3/3
Rocky Mountain Shootout .....	1/12	1/14
at Iowa State Invitational .....	1/22	1/12
at Fort Hays State (B) .....	4/12	1/9
at Big Eight Championships .....	2/8	1/8
at NCAA District VII .....	1/17	2/16
at NCAA Championships .....	4/22	2/22

<b>1996 (Mark Wetmore)</b> .....	<b>Men</b>	<b>Women</b>
at Colorado State .....	1/6	1/6
Rocky Mountain Shootout .....	1/10	1/11
at Pre-Nationals .....	2/32	2/30
at Fort Hays State (B) .....	2/14	2/12
at Big 12 Championships .....	1/12	1/12
CU/NIKE Open .....	NTS	NTS
at NCAA District VII .....	1/13	1/14
at NCAA Championships .....	5/22	4/22

<b>1997 (Mark Wetmore)</b> .....	<b>Men</b>	<b>Women</b>
at Colorado State (B) .....	4/5	1/5
Rocky Mountain Shootout .....	1/12	1/14

## RUNNING TOWN, USA



A view of Chautauqua Park, a popular training venue for the Colorado Cross Country Team

For 30 years, world class athletes and running enthusiasts have known what the media recently discovered: Boulder is the best running town in the United States. *Runner's World* has dubbed Boulder, "America's Best Running City" and an "Ideal Location for Runners", while *Outside Magazine* proclaims it "The Best Sports Town in America".

These accolades come as no surprise to the host of national and international athletes who have made Boulder their training base. During the 1970's and 1980's, Boulder was home to world record holders such as Steve Jones, Ingrid Kristiansen, Rob de Castella, and Arturo Barrios, as well as Olympic Champions Frank Shorter and Rosa Mota.

The list of contemporary runners who live and train in Boulder is equally impressive: 2000 Olympic Marathon Champion Naoko Takahashi, 2006 World Half Marathon champion Constantina Dita-Tomescu, multiple Japanese corporate teams and U.S.-based Kenyan road racers. Numerous CU alumni continue to train in the Boulder area as well. They include Olympians Alan Culpepper, Shayne Culpepper and Dathan Ritzenhein, 2006 Bolder Boulder champion Sara Slattery, and World Championship team members Jorge Torres and Steve Slattery.

These athletes are drawn to Boulder by the unparalleled variety of training venues, temperate year-round climate, opportunity to train at elevation, and support of a running-friendly community that enters 48,000 in its Memorial Day road race. Boulder has over 200 miles of running and biking trails and more than 30,000 acres of open space. The vast availability of trails is matched only by the variability of their terrain. All are within a 20 minute drive of CU's campus.

## RUNNING TOWN, USA

In the mountains and foothills west of town are venues such as the Mesa Trail, Switzerland Trail, Magnolia Road, Gold Hill, and Flagstaff Mountain. Adjacent to campus is the 12-mile Boulder Creek Path which connects to Sanitas Mountain, the Bobolink trail, and the Wonderland Lake trailheads. East of town are Teller Farm and the Boulder Reservoir ("The Res") which connects to dozens of miles of dirt roads and trails.

Boulder's climate makes it an ideal year-round training base. The average high temperature during winter months is 49 degrees, while summer months average a high of 83 degrees with negligible humidity. Boulder residents enjoy over 300 sunny days a year—more than residents of San Diego or Miami.

Besides the aforementioned Bolder Boulder, there are well-organized races virtually every weekend: the Boulder Backroads Marathon and Half Marathon, 5K Kickoff Classic, West End 3K, Pearl Street Mile, Rocky Mountain Shootout, Uni-Hill Downtown 1K, Sunrise Stampede 10K, and Boulder Roadrunners All-Comers Track Series. In February 2007, Boulder will host the USA Cross Country National Championships which will serve as the U.S. Team selection for the IAAF World Championships to be held a month later in Mombasa, Kenya.

Summer or winter, cross country or track season, workout day or racing day, for the weekend warrior or the Olympian, Boulder presents the ideal environment. While other cities may claim occasional weekends of running enthusiasm, Boulder is inarguably the year-round "Running Town, USA."





## UNIVERSITY OF COLORADO...



### Colleges

Arts and Sciences  
Business and Administration  
Engineering and Applied Science  
Music  
Architecture and Planning

### Schools

Graduate School  
Graduate School of Business  
School of Education  
School of Journalism and  
Mass Communications  
School of Law

### CU's Top Programs

Space Science  
Engineering  
Molecular Biology  
Business

### Top-10 Most Popular Undergraduate Majors

Psychology  
Communication  
English  
MCD Biology  
EPO Biology  
Economics  
Finance  
Political Science  
Sociology  
Marketing

## u c a m p

To facilitate interactive opportunities between adult business professionals, community leaders, University of Colorado faculty and current student-athletes in the interest of fostering meaningful developmental and educational experiences, preparing student-athletes for life beyond college athletics, and cultivating pride and loyalty toward the University of Colorado.

### GOALS

1. To provide guidance in peer and mentor relationship building.
2. To introduce the student-athlete to post graduate life skills and career development.
3. To place the student-athlete in viable community service projects.
4. To assist with opportunities in degree directed internships and employment prior to graduation.

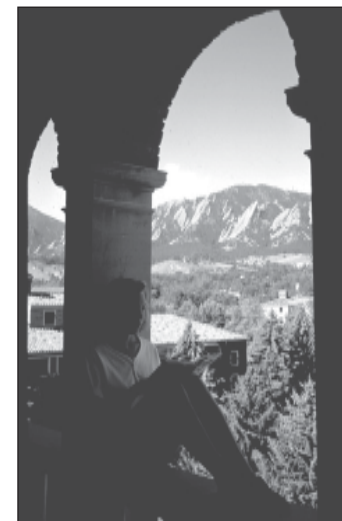
UCAMP is a positive approach to offering community role models that provide a one-to-one relationship for student athletes. This relationship is meant to last for a two year period. Both parties agree to meet at times convenient and without interruption in the academic or athletic schedule of the student athlete. Staff, mentor and mentee will review and evaluate the relationship on an annual basis thereafter.



## MINDS TO MATCH OUR MOUNTAINS

### RANKINGS

- U.S. News and World Report ranked the Boulder campus 32nd out of the top 50 public universities in the country and highest in the Rocky Mountain Region in its 2005 rankings. The same publication ranked CU as the 74th best national university of 115 schools ranked.
- CU-Boulder was ranked a "Best Buy" in the 2004 edition of the *Fiske Guide to Colleges* receiving a four-star rating (out of five) for academics and five stars each for the social life and quality of life ratings.
- Seven graduate school specialty programs were ranked in the top 20 in the nation in the 2004 U.S. News & World Report graduate school rankings.
- Three faculty members have received Nobel Prizes: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry and Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in physics.
- The Boulder campus was ranked fourth in a review of the 50 "most architecturally successful campuses in the country in *The Campus as a Work of Art* by Thomas Gaines.
- Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.
- Colorado ranked second in *Outside* magazine's 40 Best Colleges in 2003 "turning out smart grads with top-notch academic credentials, a healthy environmental ethos and an A+ sense of adventure."



*"The University of Colorado, and Boulder, is a town which stops where the Rocky Mountains begin. Normally in America such a superb site would be occupied by a golf course, but somebody goofed and instead they built what may be the most beautifully situated campus in the world... if anyone asks you to Boulder, I have one word of advice: 'Go.'"*

From the London (England) *Observer* Magazine article, "Us and Them," by Simon Hoggart (April 23, 1989)



### NOTEABLE ALUMNI

Joan Van Ark ..... Actress  
Vance Brand ..... Astronaut  
Buzz Calkins ..... IRL Race Car Driver  
Scott Carpenter ..... Astronaut  
Lynn Cheyney ..... U.S. VP's Wife  
Judy Collins ..... Singer-Songwriter  
Kevin Corke ..... NBC  
Chris Fowler ..... ESPN  
Jim Gray ..... NBC Sports  
Dave Grusin ..... Jazz Musician  
Hale Irwin ..... Professional Golfer  
Chawla Kalpana ..... Astronaut/ Columbia  
Larry Linville ..... Actor (M\*A\*S\*H)  
Doug Looney ..... Sports Illustrated  
Bill Marolt ..... U.S. Skiing President  
Chris Meloni ..... Actor (Law & Order)  
Glenn Miller ..... Musician/Band Leader  
Ellison Onizuka Astronaut ..... Challenger  
Trey Parker ..... South Park Creator  
Roberta Cooper Ramo ..... Amer.Bar Assoc.Pres.  
Robert Redford ..... Actor  
Matt Stone ..... South Park Creator  
Jack Swigert ..... Astronaut (Apollo 13)  
Bill Toomey ..... 1968 Olympic Medalist  
Marilyn Van Derbur ..... 1958 Miss America  
Byron White ..... Supreme Court Justice  
Solomon Wilcotts ..... CBS Reporter  
Steve Wozniak ..... Inventor (Apple)

## BOARD OF REGENTS/CU ADMINISTRATION



**2006 Board of Regents: Front (L to R):** Gail Schwartz, Steve Bosley (vice chair), Cindy Carlisle, Michael Carrigan.  
**Back (L to R):** Peter Steinhauer, Paul Schauer, Jerry Rutledge, Tom Lucero, Pat Hayes (chair).



**Hank Brown**  
President



**G.P. Bud Peterson**  
Chancellor



**Phil DiStefano**  
Provost



**Ron Stump**  
VC/Student Affairs



**David Clough**  
Faculty Rep



**Mike Bohn**  
Athletic Director

## CU ADMINISTRATION



**Ceal Barry**  
Associate AD



**David Hansburg**  
Associate AD



**Jeff Lipton**  
Director of Business Planning



**Chris May**  
Associate AD



**David Plati**  
Associate AD



**Jim Senter**  
Associate AD



**Tom McGrath**  
Special Assistant to the AD



**Kristin Colon**  
Assistant AD



**Ruph Gebre-Mariam**  
Assistant AD



**Bill Harris**  
Assistant AD



**Charles Johnson**  
Assistant AD



**John Krueger**  
Assistant AD



**Julie Manning**  
Assistant AD



**Jeff Pittman**  
Director of Strength & Conditioning



**J.T. Galloway**  
Director of Equipment



**Deric Swanson**  
Director of BuffVision



**Lisa Van Goor**  
Director of Special Events



**Andrew Green**  
Sports Information  
Secondary Contact



**Jo Marchi**  
Compliance Coordinator



**Casey Malone**  
Meet Director

## PRESIDENT HANK BROWN



Hank Brown was named the 21st president of the University of Colorado in June 2005, as he was advanced as the sole finalist for the position on an interim basis two months earlier and took over the reins of the university system on August 1, 2005. Brown, 66, served in that interim capacity until May 12, 2006, when CU's Board of Regents officially named him as the permanent choice for the position. A national search produced Brown as the most qualified candidate to lead the university's three campuses in Boulder, Denver and Colorado Springs.

Since taking the helm at the University, among an impressive list of first year accomplishments, Brown freed up \$1 million by restructuring and reorganizing the system office, including eliminating 11 positions, appointing a treasurer, prohibited the use of state funds for alcohol purchases, revamped the University's accounting procedures, established "open hours" meetings, reinvested \$1 million from savings from the president's office into critical areas such as compliance and IT security and created a Blue Ribbon Commission on diversity.

Restoring trust by revitalizing a culture of openness, transparency and accountability has become a hallmark of his presidency, and he has led this cultural shift by example.

Additionally, the University has seen an upswing in several areas during his tenure. Out-of-state applications and fundraising both increased, and research funds increased by more than \$40 million from the previous year before he took over. He also launched a \$7.5 million Pioneer Fund campaign to raise matching funds for Pre-Collegiate graduate scholarships, raising a third of the funds in just six months.

Brown returned to his alma mater from the Daniels Fund, where he had served as president and Chief executive officer since July 1, 2002. The Daniels Fund is a billion dollar foundation left by the late cable entrepreneur, Bill Daniels, and in his first two years there, he reduced overhead by 35% and shifted \$2 million a year to increase grants and scholarships.

Prior to his employment with the Daniels Fund, Brown served as the 11th president at the University of Northern Colorado.

Before Brown entered higher education, he spent several years in public service as one of the state's most popular politicians. A republican, he served one term in the United States Senate, representing Colorado from 1991-97. That followed five consecutive terms (1981-91) in the U.S. House as Colorado's representative from the 4th Congressional District. He also served

in the Colorado Senate from 1972-76. Brown was elected and re-elected to the House of Representatives by margins ranging from 69 to 74 percent, the highest in the history of the District. He was elected to the U.S. Senate by a 13 percent victory margin.

Brown was also vice president with Monfort of Colorado (Greeley) from 1969 to 1980. He is both an attorney and a certified public accountant.

He earned his Bachelor's degree in Accounting from the University of Colorado-Boulder in 1961. As an undergraduate, he participated for three years in wrestling and was also a member of the freshman football team in addition to serving as CU's student body president.

He earned a Juris Doctorate degree from the University of Colorado Law School in 1969. While in Washington, Brown earned a Master of Law Degree in 1986 from George Washington University. In 1988, he passed the exam to become a C.P.A.

Brown also served his country, as he was in the United State Navy from 1962-66, achieving the rank of lieutenant. He volunteered for service in Vietnam and was decorated for his combat service as a forward air controller.

Brown was born February 12, 1940 in Denver and moved with his family to northern California, graduating from Menlo-Atherton High School where he lettered in football, wrestling and tennis. He starred as a prep wrestler, as he was the state runner-up as a junior and the state champion as a senior in the 191-pound classification. His father, Harry, was also an accomplished wrestler, as he was the national runner-up at Iowa State in the late 1930s.

He and his wife Nan live in Denver and they have three adult children, Harry, Christy, and Lori; and two grandchildren, Lilly and Hank.

## CHANCELLOR G.P. BUD PETERSON



**George P. "Bud" Peterson** is in his first year as Chancellor of the University of Colorado at Boulder, assuming the position on July 15, 2006.

Peterson, 53, came to CU from Rensselaer Polytechnic Institute (RPI) in Troy, N.Y., where he had served as provost for the previous six years.

As Chancellor, Dr. Peterson is the chief academic and administrative officer of the CU-Boulder campus. Throughout his career, he has played an active role in helping to establish the national education and research agendas, serving on numerous industry, government and academic task forces and committees.

Dr. Peterson attended Kansas State University and earned a Bachelor of Science degree in Mechanical Engineering in 1975 and a second Bachelor's degree in Mathematics in 1977. In 1980, he earned his third degree from the school, as he received his Master of Science in Engineering.

In 1985 he received a Doctorate in Mechanical Engineering from Texas A&M University. He served as a Visiting Research Scientist at the NASA Johnson Space Center before returning to Texas A&M as a faculty member in the Mechanical Engineering Department, where he conducted research and taught courses in thermodynamics and heat transfer. He was later named the Halliburton Professor of Mechanical Engineering and the College of Engineering's Tenneco Professor. While at Texas A&M, he held leadership positions as Head of the Mechanical Engineering Department, Executive Associate Dean of the College of Engineering, and Associate Vice Chancellor for the Texas A&M University System. In 1993-94, he served

as Program Director for the Thermal Transport and Thermal Processing Division of the National Science Foundation.

A Fellow of both the American Society of Mechanical Engineers and the American Institute of Aeronautics and Astronautics, Dr. Peterson is the author or co-author of 12 books or book chapters, 150 refereed journal articles, more than 150 conference publications and holds eight patents. He is a member of several professional organizations and the recipient of numerous national and international honors and awards for both teaching and research.

A student-athlete as an undergraduate at Kansas State, he earned three letters in football, playing wide receiver between 1972-74, starting as a junior and senior. He caught 30 passes for 359 yards in his career and was considered the best blocker among all of the Wildcat receivers.

Peterson was born September 1, 1952 in Prairie Village, Kansas, a suburb of Kansas City. He lettered in football, basketball and track at Shawnee Mission East High School and joined the KSU football team as a walk-on. He and his wife, Valerie, have four grown children, Keith, Emily, Brennan and Sean.



## PROVOST DR. PHIL DISTEFANO



**Dr. Philip DiStefano** returned to his role as provost of the University of Colorado at Boulder campus this past summer after serving the school well for 19 months as interim chancellor.

He was promoted in December 2004 to chancellor, and guided the campus through some of its toughest times in history, helping to restore transparency and public trust in the school. He made several key hires, including that of current CU athletic director Mike Bohn. In the role of provost, which he initially held for five years as "second-in-command" to the chancellor, he serves as the chief operating officer for most campus academic matters.

In a campus reorganization of oversight of intercollegiate athletics, which went into effect July 1, 2004, the athletic director reported to him. But DiStefano was no stranger to CU athletics, or intercollegiate athletics for that matter.

He served five years as the University of Colorado's faculty representative to the Big 12 Conference, as he assumed the role on June 1, 2000, and held it until appointing Dr. David Clough to the position in the spring of 2005.

DiStefano, 59, was just the fifth faculty representative to serve in that capacity for CU since 1947, as he replaced Dr. Jim Corbridge, who held the position from 1989 until his retirement in the spring of 2000. He was also the vice chancellor of academic affairs, as he was promoted to that position in July 1998, after serving on an interim basis for 10 months.

He came to CU in 1974 from the Ohio State University, where he earned his Doctorate in Philosophy in Humanities Education in June of that year. While at OSU, he spent three years as a teaching and research associate in humanities education.

DiStefano's first position at CU was that of an assistant professor for curriculum and instruction. He held that appointment for six years, and was promoted to associate professor with tenure in 1981. In June 1986, he was named professor of curriculum and instruction, a position he has maintained as vice chancellor. Also within that time frame, he served as an associate dean (1984-85) and as the director of graduate studies (1985-86).

In July 1986, he was named the Dean for the School of Education, a post he would hold for the next 10 years. In September 1996, he was appointed as the associate vice chancellor for academic affairs, serving in that role for one year until assuming his vice chancellor duties on an interim basis in September 1997.

He earned his bachelor's degree from Ohio State in humanities education in 1968, and received his master's in secondary education (English) from West Virginia University in 1971.

He was born September 21, 1946 in Steubenville, Ohio, and graduated from Steubenville Catholic Central High School. He is married to the former Yvonne Pasquarella, and the couple has three daughters, Gia, Nicole and Jennifer.

A life long sports enthusiast, one of his childhood and life-long friends is former major league baseball player Rich Donnelly, who is currently the third base coach for the Milwaukee Brewers (and served the Colorado Rockies in a similar capacity for three-plus seasons).

He is very active in the Boulder community, serving on the board of directors of the Chamber of Commerce as well as the Rotary Club. His hobbies include reading mysteries and biographies.

## NCAA FACULTY ATHLETICS REPRESENTATIVE



**David Clough**, professor of chemical and biological engineering, is in his second year as the University of Colorado's Faculty Athletic Representative (FAR) to the Big 12 Conference, as he was named to the position in March 2005.

Dr. Clough, 60, replaced Phil DiStefano, who had served in the role from June 1, 2000 until just shortly after his appointment as interim chancellor for the Boulder campus in 2005. Clough is only the sixth FAR in CU history, joining a very prestigious list: **Walter Franklin** (1947-1948), **Warren Thompson** (1949-1966), **William Baughn** (1967-1989), **James Corbridge** (1989-2000) and DiStefano (2000-2005).

Dr. Clough has had a significant impact on engineering education at CU-Boulder and beyond through career-long efforts to enhance the learning of engineering students. He has pioneered active- and cooperative-learning techniques in the College of Engineering and Applied Science, and in 1989 he originated the concept of the Integrated Teaching and Learning Laboratory (ITLL).

He also has been involved with student-athletes for a long time, as he's had a relationship with the CU athletic department for over 25 years. He played an integral role in Rhodes Scholarship candidacy of former football player Jim Hansen, an Academic All-American who was awarded the Rhodes in 1993; he is now teaching at M.I.T. and the two remain best of friends.

Dr. Clough received his bachelor's degree from the Case Institute of Technology (now Case Western Reserve University) in 1968 and his master's from CU-Boulder in 1969, both in chemical engineering. He worked as an engineer for E. I. du Pont de Nemours & Co., Inc., from 1969 to 1972 before returning to CU-Boulder to earn his doctorate in 1975. He joined the faculty of the Department of Chemical Engineering at that time.

From 1986 to 1992 he served as the college's associate dean for academic affairs, playing a role in a number of important initiatives, including the Gemmill Engineering Library, the Herbst Humanities Program, and the ITLL. From 1993 through 1999, he was associate chair of the Department of Chemical Engineering and was responsible for significant improvements to the department's undergraduate advising program.

Known for his willingness to experiment with new educational concepts and technology, Dr. Clough has worked to reform traditional lecture classes into an interactive workshop format that greatly enhances the learning of students. Through these efforts, he has helped to reshape the way engineering is taught. The student-run Engineering Excellence Fund unanimously chose Dr. Clough as the first recipient of the Sullivan-Carlson Inspiration in Teaching Award in 1998. His students honored him with the AIChE Undergraduate Teaching Award three times (1996, 1997, 1998) and the college's Outstanding Advisor Award in 1993. He also has been given the college's Hutchinson Teaching Award and Peters Service Award. He received the first Boulder Faculty Assembly Teaching Award in 1980 and the Boulder Campus Outstanding Advisor Award in 1996. His merit as an educator has also been recognized outside CU, as in 1995, the American Society for Engineering Education (Rocky Mountain Section) presented him with its first Outstanding Educator Award.

In April 2000, he received the college's Distinguished Engineering Alumnus Award in the Education category. It recognized his significant impact on engineering education through pioneering the active learning concept for the ITLL, and in leading the college in changing traditional lecture courses to an active learning format.

He and his wife, Sydney, have four grown children, Astrid, William, Rodney and Damon. Dr. Clough's father, John W. Clough, was a chemical engineer, and his two brothers are retired engineers. The Clough family established a scholarship endowment in engineering at CU in honor of John Clough, who died in 1994.

## ATHLETIC DIRECTOR MIKE BOHN



Mike Bohn was introduced as just the sixth athletic director in University of Colorado history on April 13, 2005, returning to the surroundings where he starred as a prep athlete before embarking on a journey that would take him all over the western half of the United States and finally back home.

Bohn, 45, came to Colorado from San Diego State University, where he left an indelible imprint in just 18 months as the Aztecs' director of athletics. He agreed to a 5-year contract with the Buffaloes.

He replaced Jack Lengyel, who served as interim athletic director for five months after Dick Tharp stepped down in November 2004 after holding the position since 1996. Tharp had followed three legendary men in CU athletic history, Harry Carlson (1927-65), Eddie Crowder (1965-84) and Bill Marolt (1984-96).

Aside from Lengyel, who came out of retirement to serve in an interim capacity, Bohn is the first person to be named CU athletic director without having previously worked within the CU system. Carlson and Crowder were coaches upon being named, Marolt returned to CU where he coached for 10 years before leaving for the U.S. Olympic ski team, and Tharp was a university attorney with strong CU-Boulder campus ties.

He accomplished a lot in his first 100 days on the job, from branching out into the community with Chancellor Phil DiStefano at town meetings, to implementing the YOUR TEAM campaign to raise significant funds for immediate scholarship and capital project needs. Several other creative ideas, especially in marketing including Ralphies' Kids Roundup, were established to create better ties with CU and area communities.

Those first 100 days were just the beginning, and just one year into his service to CU, he had made major improvements in fundraising, including the establishment of the Buff Club Cabinet, attendance in football and men's basketball, especially by students in the latter, and has worked to balance a budget by making tough but necessary cuts, guaranteeing the future success of Colorado's 16 intercollegiate sports.

Bohn's brief tenure at San Diego State featured many remarkable accomplishments, including the instilling of energy, enthusiasm,

accountability and determination into the Aztec staff. Officially named SDSU athletic director on October 6, 2003, his immediate task was to unify the athletic department, the campus and the community of San Diego.

Bohn strategically and steadily restructured the SDSU athletic department with emphasis on fund raising, fiscal responsibility, compliance and academics.

Under his watch, San Diego State set a new single-game attendance record in football when more than 57,000 fans watched the Aztecs' win over Idaho State in the 2004 season opener. The average football attendance of 35,995 in 2004 was the best at the school since 1993, with the increase of 14,369 fans per game marking the third largest attendance jump in the country.

The enthusiasm spread to other sports. SDSU blanked Houston, 4-0, and set a college baseball record with a crowd of 40,106 on hand in the opener of San Diego's PETCO Park. When the Aztecs hosted Colorado State in a 2005 Big Monday basketball battle, SDSU set a school record with nearly 4,000 students crammed into Cox Arena for the event.

He landed the San Diego State position after serving five years as athletic director at the University of Idaho (1999-2003), where he first made his mark as a lead administrator in the area of transformation.

At Idaho, he developed projects for new facilities, increased community and corporate support, and produced balanced budgets for the department after inheriting an operation that had accumulated a deficit of over \$1 million.

During his five years in Moscow, he oversaw the transition of the Vandals to the Division I-A ranks from the Big Sky Conference. Under Bohn, Idaho began construction on the Vandal Athletics Center, the first facilities improvement for UI athletics in two decades. He was also the driving force behind a 20-percent increase in the Vandal Scholarship Fund and a \$350,000 surge in annual corporate support.

Between Idaho and San Diego State, Bohn hired 12 head coaches in all as well as several administrators.

Bohn prepared for his career goal of becoming a Division I athletic director entirely in the state of Colorado, his adopted "native" state despite being born in Illinois; he moved to Colorado with his family when he was 1-year old.

His first job in athletic administration came at the Air Force Academy, where he worked for the better part of nine years (1984-92). During his tenure in Colorado Springs, Bohn advanced from an intern to assistant athletic director. He served as executive director of the Blue and Silver Club, as well as other external operations throughout his stay at the academy. He played

a major role in the increase of football season ticket sales from 6,000 to 20,000 and implemented a fundraising campaign that generated \$16 million for stadium improvements.

From 1992 to 1995, Bohn served as Director of Marketing for the College Football Association, where he worked for one of the most respected people in the history of college athletics, Chuck Neinas (the one-time Big Eight Conference commissioner). The CFA, the precursor to the current Bowl Championship Series, consisted of six major football conferences encompassing 67 universities. He created and developed the CFA "Good Works Team" which recognized significant off-the-field accomplishments in the area of community relations of 11 football student-athletes nationally (a team that is still selected today by the American Football Coaches Association).

Bohn was involved in many facets of the organization's operations, including the administration of a \$67 million television package involving ABC, ESPN and ESPN2. He also formulated a blueprint for the promotion and development of the image of college football as a whole.

He then moved on to Colorado State University, where he spent the next three years (1996-98) as an associate athletic director for the Rams. At CSU, he was responsible for all external revenue-producing operations, including ticket sales, fund raising through the Greater Ram Club, licensing, corporate sales, signage, capital campaigns and broadcasting rights fees, as well as special events.

Along with increasing revenue on several fronts, Bohn helped escalate student interest in CSU athletics while working with the Associated Students of Colorado State University.

He earned his bachelor's of arts degree from the University of Kansas in 1983, where he was recruited as a quarterback and also played baseball. He then graduated with a master's degree in sports administration from Ohio University in 1984. While earning his master's, he worked as a graduate assistant football coach for the Bobcats.

Bohn is a former member of the NCAA Championships Cabinet and the Division I-A Athletics Directors Association Executive Council. During his stay at Idaho, he was a member of the Big West Conference executive committee and served on the University of Idaho executive council.

Born November 16, 1960 in Hinsdale, Ill., he graduated from Boulder High School where he lettered in football, basketball and baseball. He is married to the former Kim Zeren, and the couple has two children, Michaelyn (22) and Brandon (20).

## BIG 12 10TH ANNIVERSARY TEAM

The University of Colorado cross country program placed five of its former athletes on the Big 12 10<sup>th</sup> 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. Colorado garnered five of the six selections on the 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.

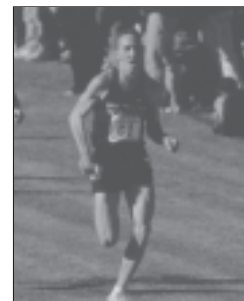
Torres won the Big 12 individual crown three times (2000-02) and was named the Big 12 Newcomer of the Year in 1999. Torres was the 2002 NCAA Champion as he finished the season undefeated. The three-time All-American was the NCAA runner-up in 2001 and placed third in 2000.

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.

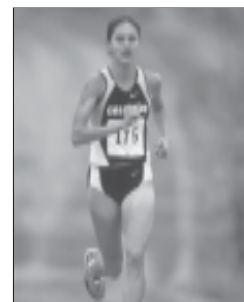
Grgas-Wheeler won two Big 12 title (1999, 2000) and was the 2000 Champion as she led the CU women to their first national championship. In that same season, she went undefeated and became the first individual national champion since 1994 to be on the national championship team. Grgas-Wheeler was a two-time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

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.

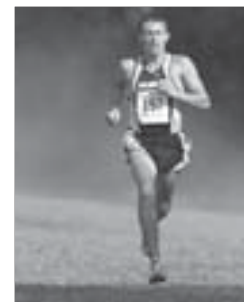
Slattery was a three-time All-American (2000, 02, 04). She finished fifth at the 2002 NCAA's and led the Buffs to a fifth-place finish. At the 2000 NCAA Championships she was the highest finishing Colorado freshman in the program's history with an eighth-place effort. With the finish, she also became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



Adam Goucher



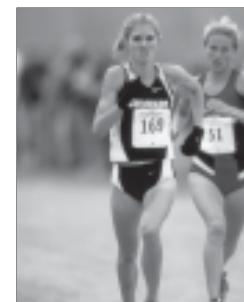
Kara Grgas-Wheeler



Jorge Torres



Dathan Ritzenhein



Sara (Gorton) Slattery



## ACADEMICS AND ATHLETICS

**Colorado's student-athletes showed their true Black and Gold in 2004 when they graduated at a higher percentage rate than the general student population for the first time.**

**While 70 percent of the student-athletes graduated in the most recent six-year cycle, only 66 percent of their counterparts on campus did. The overall grade point average for student-athletes was 2.8 with 68 percent of them maintaining a 2.5 gpa**

### ACADEMIC ALL-CONFERENCE

#### First Team

Michelle Bews	1985	Kara Grgas-Wheeler	1999, 00
Andrew Dunn	1986, 87, 88	Tera Moody	2000, 01, 02
Sarah Hanson	1985	Liz Sabochik	2000, 01
Tom Kresl	1985	Aaron Blondeau	2000, 01
Michelle Kantor	1988, 89, 90	Chris Schafer	2000
Bill Hinkley	1988	Jorge Torres	2000
Eric Meleney	1989	Ed Torres	2000
Amy Merten	1989	Sara (Gorton) Slattery	2001, 04
Pat Dolan	1990, 91	Anna Wright	2001
Shannon Busch	1990	Catherine Wright	2001
Jennifer Jones	1989	Sara Hamlin	2001
Wendy Smith	1990, 91	Jon Severy	2001, 02, 03, 04
Andy Samuelson	1991, 92	Jared Scott	2001, 03, 04
Dave Barbieri	1992, 93	Sean Smith	2001
Micah Moore	1992	Zach Crandall	2001
Jay Cleckler	1992, 93, 94	Austin Baile	2002, 04, 05
Ben Bossut	1993	Travis Macy	2002
Patty Roberts	1993, 95	Jamie Rosenquist	2002
Scott Larson	1993	Shannon Yessak	2002
Allison Lusby	1994	Matt McCue	2003, 04
Rachel McKeen	1994	Katie Kissane	2003
Jon Cooper	1994, 95	Payton Batliner	2004, 05
Tim Catalano	1994	Will Campbell	2004, 05
Chris Severy	1995, 96, 98	Pete Janson	2004
Alan Culpepper	1995	Daniel Kenney	2004, 05
Kelly Smith	1995, 96, 97	Brent Vaughn	2004
Kristina Dahlberg	1995	Christine Bolf	2004
H. Burroughs	1995, 96, 97, 98	Allison Bruce	2004
Colleen Glyde	1995	Kristen Hoogheem	2004, 05
Adam Batliner	1996, 97, 98	Erin Marston	2004
Jay Johnson	1996, 98	Renee Metivier	2004
Matt Napier	1996, 97	Erik Heinonen	2005
Chris Schafer	1996, 97, 98	Bret Schoolmeester	2005
Zeke Tiernan	1996, 97	Kalin Toedebusch	2005
Lindsay Arendt	1996, 97, 98, 99		
Deb Rieck	1996, 97, 99		
Heidi Scarlett	1996, 97		
Oscar Ponce	1998		
Chris Valenti	1998		
Matt Elmuccio	1998		
Briana Stott-Messick	1998		
Jen Gruia	1998		
Gia White	1998		
Lindsay Bradfield	1998		
Theresa Dean	1998		
Liz Sabochik	1998, 00, 01		
Molly Austin	1999, 01		
Jen Fazioli	1999, 00, 01		
Lesley Higgins	1999, 00, 01		
Jodie Hughes	1999, 00, 01		

#### Honorable Mention/Second Team

Michelle Bews	1986, 88
Lize Brittin	1988
Annie Farris	1988
Kaye Rains	1988
JoAnne McDonald	1988
Brian Reynolds	1988
Bill Whetstone	1988
Nate Wright	1988
Pat Dolan	1989
William Drake	1989
William Hinkley	1989
Andy Samuelson	1990
Jason Pozner	1990
Amy Merten	1991
Brett Larsen	1991

Scott Larson	1991
Chris McDonald	1991
Steve Barbieri	1992
Jason Drake	1992, 93
Donnelly Larson	1992
Mike Sobolik	1992
Jennifer Jones	1992
Catherine Fahres	1992
Julia Huff	1992
Molly Curran	1993
Michell Wilkolaski	1993
Ricky Cron	1993
Kestrel Bishop	1994, 95
Holly Stanish	1994
Jeremy Gintoft	1994
Zeke Tiernan	1994, 95
Adam Batliner	1995
Ewen Nichol	1995
Tom Reese	1995
Brian Aiken	1995
Jay Johnson	1995
Adrian Arnold	1995
Jessica Cirelli	1995
Rachel McKeen	1995
Laura Bruns	1996, 97
Kara Grgas-Wheeler	1996, 97
Mike Friedberg	1998
Megan Clute	1998
Wes Berkshire	1999
Zach Crandall	2000
Molly Austin	2002
Sara Gorton	2002
Jared Scott	2002
Matt McCue	2002
Anthony Chiulli	2004, 05
Bret Schoolmeester	2004
Greg Castro	2005
Pete Janson	2005
Shanna Sparks	2005

### POST GRADUATE SCHOLARSHIPS

#### Big Eight/Big 12

1994 Ben Bossut
1996 Jon Cooper
1999 Heather Burroughs
2002 Aaron Blondeau

#### NCAA Postgraduate Recipient

1999 Heather Burroughs
2001 Kara Grgas-Wheeler

### ACADEMIC ALL-AMERICANS

#### Fall/Winter At-Large

2000 Kara Grgas-Wheeler (1st Team)
1999 Kara Grgas-Wheeler (2nd Team)
1998 B. Stott-Messick (2nd Team)
1996 Chris Severy, First Team
Kelly Smith, First Team
Heather Burroughs, Second Team
Cross Country/Track
2001 Jodie Hughes (2nd Team)
2003 Jon Severy (3rd Team)
2005 Jon Severy (1st Team)
Renee Metivier (1st Team)

## BOULDER/DENVER TRIVIA AND FACTS

### Top 10 Cheap Things To Do In Boulder

1. Go walking, biking or skating on the Boulder Creek Path.
2. Catch a Program Council, Cinema Saver, or International Film Series movie.
3. Play frisbee in Norlin Quad.
4. Enjoy the free Wednesday night jazz concerts offered by the College of Music.
5. People-watch on the Pearl Street Mall or on the Hill.
6. Picnic or hike at Chautauqua Park or Mt. Sanitas.
7. Buy a student season football or basketball ticket to watch the Buffs play at home.
8. Join a class at the Rec Center (anything from Aerobics to Yoga).
9. Stargaze at the top of Flagstaff Mountain.
10. Check out the coffeehouse scene.

Boulder and Denver are known for lots of things. But some things even surprise the lifelong resident, a recent transplant (nearly two-thirds of the state's residents were born outside of Colorado), or first-time visitor to the Mile High City.

- Denver is called the "Mile High City" because it is exactly 5,280 feet above sea level. In fact, there is a spot on the west steps of the State Capitol building that is exactly 5,280 feet above sea level and there is a row of seats at Coors Field with the same bragging rights.
- Denver is the most educated city in the U.S. It has the greatest percentage of high school and college graduates of any major metropolitan area in the U.S.
- While Boulder has 10 microbreweries, Denver brews more beer than

any other American city. The state of Colorado boasts more microbrews per capita than any state in the U.S. The Coors Brewery, in Golden, is the world's largest single-site brewery.

- Golf courses remain open all year and have been played on as many as 30 days in January.
- The Denver/Boulder metropolitan area is the 20th largest in the United States. Boulder is not classified as a suburb of Denver; it's nestled in its own valley at the foothills of the Rocky Mountains. Contrary to popular belief, Denver is not in the mountains; it's near them. The "Foothills" start to rise 15 miles west of the city. Slightly beyond that is the Continental Divide and a

series of peaks rising to 14,000 feet, known locally as the "Front Range."

- Denver is also the "thinnest" city in America while Boulder is the second "fittest" city in America according to *Shape* Magazine and the state of Colorado is tied as the "thinnest" state with Hawai'i. *Health* Magazine named Boulder one of America's 10 Fittest Cities. *Self* Magazine proclaimed Boulder one of the 10 healthiest places for women to live, with a perfect 100 in water quality.
- Boulder has 200 miles of public hiking and biking trails, approximately 30,000 acres of open space and a 16-mile Boulder Creek Path which runs through the middle of town. The city of Denver offers over 450 miles of paved, designated bike paths, over 70 public golf courses and 143 free tennis courts. Denver also has the largest city park system in the nation with 205 within the city limits.
- As the largest city in a 600-mile radius, Denver is the shopping capital of the Rocky Mountain West. It features the largest sporting goods store in the world and the largest independent book store in America with over 400,000 volumes. The 16th street mall is a mile-long pedestrian promenade, not to be outdone by its counterpart in Boulder, the Pearl Street Mall. Boulder is also known for having more used book stores per capita than any other city in the country according to a *Money* magazine count in 1998.
- In that same magazine's 1998 issue, Boulder topped the list for best medium-sized city in the western half of the U.S. to live.
- Among 14 comparable cities, Boulder ranks no. 1 in people who walk to work, work at home and drive with more than one person in the car. It ranks second among those who bike.
- Parts of the movie "Sleeper," with Woody Allen, were filmed at the National Center for Atmospheric Research.
- \* Bicycling is so highly regarded in Boulder that sometimes the city plows the Boulder Creek bike path before it plows the streets.
- The exterior of the house located at 1619 Pine Street was used as the characters' home in the well-known "Mork & Mindy" television show. It is now a private residence.





## BOULDER/DENVER TRIVIA AND FACTS



- Boulder's Third Flatiron towers 1,400 feet high, a few hundred feet higher than the Empire State Building, and has been climbed by people without using their hands, on roller skates, naked and in eight minutes (by separate climbers).
- A 1992 survey by the Centers for Disease Control found that Colorado had fewer overweight people per capita and more people who exercise than any other state.
- A Colorado Daily poll found that seven out of ten Boulderites own bicycles. Another guide book states that Boulder's bicycle count is approximately 93,000- almost equal to the total population.
- The Chautauqua Auditorium is an all-wood structure built in 1898. In the evening, when the Colorado Music Festival musicians stop playing, you can often hear the rafters-dwelling owls hoot capita than any other city in the country.
- Boulder is going to the dogs! Recent visitor counts to Boulder Mountain Parks found a ratio of 1 dog to every 5 visitors.
- Every year Boulder Mountain Parks core area receives 1.8 million visits. If that many people made a human chain, it would stretch from Boulder to New York City.

### Quick Bites

**Runner's World:** "Best Running City"  
**Self:** "Thinnest City In America"  
**Sunset:** "The West's Best City" and "No. 1 Green and Clean City" and "No. 2 College Town"  
**Seventeen:** "Top 10 Places for Teens"  
**Forbes:** No. 4 ranking in "Best Places" and Best Cities for singles (with Denver)  
**Health:** "10 Fittest Cities"  
**Outside:** "Best place to be an Uberjock" and the No. 2 ranked Best College Town  
**Money:** No. 2 ranking in "Best Places To Live"  
**Shape:** No. 2 ranking in "Fittest City"  
**Animal Wellness:** No. 1 city for dogs and cats

### COLORADO BY THE NUMBERS

	2
National Parks in Colorado	8
National Monuments and Recreation Areas in Colorado	15
National Forests and National Grasslands in Colorado	21
Scenic and Historic Byways in Colorado	40
State Parks in Colorado	54
Colorado peaks over 14,000 feet in elevation	325
Days of sunshine the Front Range sees each year	450
Square miles of bodies of water in Colorado	469
Length in miles of the Colorado Trail	786
Acres on the main campus in Boulder	1,450
Length in miles of the Colorado River and the Rio Grande	3,350
Lowest elevation in Colorado (Arkansas River)	6,800
Average elevation in Colorado	14,443
Highest elevation in Colorado (Mt. Elbert)	14,447
Size of Colorado in square miles	3.8 million
Colorado population in 1998	126 million
Years geologists estimate it will take for the Rocky Mountains to erode away	1.7 billion years
How long ago the rock in the Rocky Mountains was formed	

## WHAT THEY'RE SAYING ABOUT BOULDER



All-Around Best Town - Outside Magazine, August 2006  
 #1 Best Place To Live - Men's Journal, March 2005 and May 2003  
 America's Best Running City - Runner's World, January 2001  
 #1 Best Sports Town In America, Outside Magazine, 1999  
 #1 Top Green and Clean City, Modern Maturity, 2000  
 #1 Thinnest City, Self Magazine, October, 2002  
 The West's Best City, Sunset Magazine, 1999  
 Best Place to Move - Worldwide ERC and Primacy Relocation, September 2004  
 The Best Small Cities - Men's Journal, June 2004  
 Best College Sports Town - Sports Illustrated on Campus, September 2003  
 Place You Dream of Living - Backpacker Magazine, February 2006  
 Ideal Location for Runners - Runner's World, May 1999  
 Most Enlightened City in Colorado - Utne Reader, April 1997  
 The Town That Can't Sit Still - The New York Times Magazine, November 1991  
 Boulder: Ideal Terrain for Training - Sports Illustrated, April 1990

"The varied terrain, beautiful Rocky Mountain scenery and numerous places to run made it number one...Boulder simply has everything...It's a runner's paradise. Lush mountain scenery, plentiful bike paths, off-road trails, great year-round weather, the Bolder Boulder 10k, world-class running partners, altitude training, and access to Rocky Mountain National Park. It's all right here." Runner's World (2001)

"On any given spring afternoon, runners, riders and skaters jockey for position along Boulder Creek Path while Kayakers practice on the creek itself; climbers rock-hop in the Flatirons while hikers gawk up at them, swimmers and boardsailers brave Boulder Reservoir as elite runners sprint around it." Outside Magazine (1999)

"Kayakers paddle the chilly waters while folks on foot and wheels take to a shoreline path that's linked to mile and miles of trails. Hikers and rock climbers enjoy routes galore in the Flatirons and the Eldorado Canyon State Park. And come winter, nearby resorts offer unbeatable skiing and snowboarding." Health Magazine (2000)

"A 6-mile greenway through the heart of the Colorado community enhances its outdoorsy reputation." Knight Ridder News Service

"(Pearl Street Mall) The lively four-block pedestrian shopping area in downtown Boulder is almost as much fun as an amusement park. The only things missing are the rides." Dallas Morning News (2002)

"Boulder is the quintessential modern mountain town... Software development, biotech, engineering and university jobs are plentiful, and, equally important, Boulder's mountain parks system offers 200 miles of multi-use trails." Outside (2003)

## BIG 12 CONFERENCE



Fresh off its 10th anniversary season, the Big 12 Conference begins its second decade of competition in 2006-07. While there have been many proud accomplishments through the first 10 years, the conference and its members anticipate continued success.

Through its first 10 years, the Big 12 claimed 28 team and 310 individual NCAA titles. During this past season, conference programs captured national championships in football (Texas), women's indoor track & field (Texas), wrestling (Oklahoma State) and men's golf (Oklahoma State). In addition, 12 individual event

titles were also won by student-athletes that compete in the Big 12.

The 2004-05 campaign marked the most successful in conference history with six NCAA championships. Baylor won the crown for women's basketball, becoming the first Big 12 squad to win in that sport. Colorado won both the men's and women's cross country trophies, just the fourth school in NCAA annals to win both in the same year. Oklahoma State regained the top spot in wrestling, winning the national title for the 33<sup>rd</sup> time. Texas captured its fourth women's outdoor track & field crown, along with its sixth national championship in baseball.

The Big 12 leads all conferences with five appearances in the BCS National Championship game. A Big 12 team has played for the football national championship five of the last six years, and each of the last three. In basketball, an unprecedented eight men's and women's basketball teams have advanced to their respective Final Fours in the past five seasons as the Big 12 continues its place among the elite intercollegiate athletic conferences.

The Big 12 and its member institutions are committed to a competitive environment where sportsmanship and fair play take center stage. Whether on the field, in the classroom, or within the community the student-athletes, administrators, coaches and game officials of the Big 12 support the highest ideals in sportsmanship.

Competitive excellence, scholarships and sportsmanship are all equal components of the Big 12's philosophy. All-Big 12 teams and All-Big 12 Academic squads are recognized for each sport at the end of their respective seasons.

At the end of each academic year, the Conference honors its top male and female student-athletes with the Big 12 Athlete of the Year and Big 12 Sportsman of the Year awards.

Institutions can also nominate student-athletes for the prestigious Dr. Prentice Gautt Postgraduate Scholarships at the end of each academic year. A total of 153 scholars have received more than \$845,000 in postgraduate financial aid through the first nine years of the program.

The Big 12 sponsors 21 sports. Men's squads include baseball, basketball, cross country, football, golf, indoor track & field, outdoor track & field, swimming & diving, tennis and wrestling. Women's teams are fielded in basketball, cross country, golf, gymnastics, indoor track & field, outdoor track & field, soccer, softball, swimming, tennis and volleyball.

The conference is made up of 12 institutions that have shared many traditional rivalries throughout their histories. Member schools include - Baylor University, University of Colorado, Iowa State University, University of Kansas, Kansas State University, University of Missouri, University of Nebraska, University of Oklahoma, Oklahoma State University, University of Texas, Texas A&M University and Texas Tech University.

The institutions created a league that encompasses seven states, over 42 million people and more than 18 million television households within its geographic footprint.

The conference conducts championships for 20 of its 21 sports. Each championship helps to determine teams and/or individuals that will represent the Conference in national postseason competition. The winner of the Big 12 football championship game earns the league's berth into the prestigious Bowl Championship Series.

The Big 12 is under the direction of its third commissioner, Kevin L. Weiberg, who took over the reigns in December 1998. Weiberg has led the Big 12 into additional football bowl agreements and expanded television opportunities for all sports through contracts with ABC/ESPN, FSN, TBS and CSTV.

In its 10-year history, the conference has distributed \$807.2 million to its 12 member institutions.

The Big 12 staff administers to over 4,600 student-athletes in 21 sports. The conference headquarters will move to Irving, Texas, from Dallas in August 2006.

### Big 12 NCAA Team Champions

#### Men's Cross Country (2)

2004 Colorado  
2001 Colorado

#### Women's Cross Country (2)

2004 Colorado  
2000 Colorado

### Big 12 NCAA Individual Champions

#### Men's Cross Country (3)

2003 Dathan Ritzenhein, Colorado  
2002 Jorge Torres, Colorado  
1998 Adam Couch, Colorado

#### Women's Cross Country (1)

2000 Kara Grgas-Wheeler, Colorado