

JORDAN AGUILAR-WYNN



Sprints
Freshman, HS
Aurora, Colo.
(Regis Jesuit)

PERSONAL BESTS

110-Meter Hurdles: 15.2
300-Meter Hurdles: 38.25 (2008)
200-Meters: 22.7

HIGH SCHOOL: Aguilar won the 2008 Colorado 5A State Championship in the 300-meter hurdles with a time of 38.25 seconds. In 2009, he placed fifth overall in the event. Aguilar was a member of the RJHS 4x800-meter relay team that set the school record of 7:59.44. He was a four-year letterwinner for the Raiders and was a two-time Aurora City Champion in the 300-meter hurdles in 2008 and '09. The RJHS team won the 2007 Continental League Championship. Aguilar-Wynn was also earned two letters as a member of the football team. He was recruited by Oklahoma, CSU, Colorado School of Mines, New Mexico and UCCS.

IN THE CLASSROOM: Aguilar-Wynn is an open major but intends to major in engineering. He was an academic all-state honorable mention selection. Aguilar is a member of the Big 12 Commissioner's Honor Roll after his first semester at CU. He was the Co-President of the Diversity Action Group and Multicultural Alliance in high school.

PERSONAL: Jordan Alexander Aguilar-Wynn was born on January 6, 1991 in Denver, Colo. He is the son of Charlene Aguilar and is the oldest of four boys, Jarett, Joshua and Jayce. His cousin Devin Aguilar is a member of the football team at Washington. Aguilar-Wynn lists his hobbies as sports, cooking and playing video games. He has also volunteered coaching little league football and basketball.

PATRICK BACHMANN



Throws
Senior, VR/1L
Buena Vista, Colo.
(Buena Vista)

PERSONAL BESTS

Indoor
Shot Put: 44-02.75 (2009)
Weight Throw: 54-05.25 (2009)
Outdoor
Discus Throw: 164-10 (2009)
Shot Put: 43-04.50 (2007)
Hammer Throw: 189-03 (2009)

BIG 12 SCORING

2009 (O) Hammer Throw, 7th (189-03)

2009: Bachmann competed in the shot put and weight throws during the indoor season. He recorded a PR of 44-02.75 in the shot put at the Air Force Duals meet (1/31) and placed 12th overall. Bachmann's PR in the weight throw came at the best time, at the Big 12 Indoor Championship. Although he did not score for the Buffs, he

placed 12th with a mark of 54-05.25, his best throw of the season by over two and a half feet. The outdoor season was better for Bachmann as he led the throwers in the hammer and discus throws. He had the top five marks in the discus throw, including a PR of 164-10 at the Mt. Sac Relays. Bachmann's best toss in the hammer throw came at the right time at the Big 12 Outdoor meet as he recorded a regional qualifying mark of 189-03 to advance to the regional meet for the first time in his career. Bachmann placed seventh to score for the first time for CU. At regionals he placed 21st with a throw of 171-07.

2008: Bachmann threw the shot and the weight in five meets during the indoor season. Bachmann's season best in the shot came in his first meet of the season (1/19) and was 44-00.50. He was fifth at the meet. Bachmann also threw shot at the Big 12 Championship and took 15th. Bachmann's last toss in the weight throw on Feb. 19 was his farthest of the year at 47-01.50. During the outdoor season, he only threw the shot put once (at the Potts Invite). Bachmann also competed in the discus and the hammer throws. His pr of 158-03 in the hammer came at the Tom Benich Invite where he took 10th. Bachmann took 10th at the Big 12 Championship in the discus with a toss of 153-08. His season best of 160-09 came at the Potts Invite (3/22) where he took third.

2007: Bachmann competed in the shot put during the indoor season, with his best throw coming at the first meet of the year at the Air Force Invitational, at 41-07.00. When the outdoor season came around, Bachman participated in the shot put for the Potts Invitational meet, where he set a then-PR at 43-01.50. He then began competing in the discus, where he placed 10th at the Big 12 Championships with a mark of 160-02.

HIGH SCHOOL: Bachmann lettered in football and track & field while in high school. He broke the Eagle Valley meet record in the discus with a toss of 161-11. His personal best was a discus throw of 162-04 which was thrown at the 3A State Track & Field Meet at Dutch Clark Stadium where he took second-place overall.

ACADEMICS: Bachman is majoring in environmental studies and biology at Colorado. He carries a 3.35 GPA into his final season and is a member of the Big 12 Commissioner's Honor Roll. Bachmann was an academic all-state selection throughout high school.

PERSONAL: Patrick I. Bachmann was born on Oct. 2, 1987 in Denver, Colo. to parents Gregory and Jeannette. Bachmann has two younger brothers, Daniel and Graham. His mom is the school counselor at BVHS. Bachmann has build skateboard rails for new town skate parks. He lists his hobbies as camping, fishing, being in the mountains and elk hunting. He caught the biggest rainbow trout in the Arkansas River that was 25 inches long and five pounds.

DANIEL BAER



Sprints
Freshman, HS
Greeley, Colo.
(Dayspring Christian Academy)

PERSONAL BESTS

110-Meter Hurdles: 14.49 (2008)
300-Meter Hurdles: 39.08 (2008)

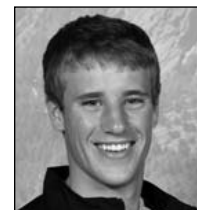
HIGH SCHOOL: Baer was a member of the Colorado 2A State Track and Field Championship team in 2008. The

Eagles were the runner-up team in 2007. He owns the school record in the 110-meter hurdles (14.49). It is also the state meet record. Baer was named the Weld County Male Track Athlete of the Year as a junior. He lettered in track and field, basketball and football.

ACADEMICS: Baer intends to major in business and is also interested in the ROTC and Air Force.

PERSONAL: Daniel Becker Baer was born on June 13, 1989, in Billings, Mont. He is the son of Henry and Bernadette Baer. He has three brothers, James, David and Moses, and one sister, Rebecca. Baer lists snowboarding as his hobbies.

MATT BIEGNER



Middle Distance
Freshman, RS
Broomfield, Colo.
(Broomfield)

PERSONAL BESTS

200-Meters: 22.15
400-Meters: 49.6
800-Meters: 1:55.9
5,000-Meters: 16:26

2009: Redshirt. Did not compete.

CROSS COUNTRY: During the 2009 season, Biegner ran in three races. He was 59th at the Rocky Mountain Shootout and took 24th at the Fort Hays Invite. Biegner ran unattached in his final race of the season and took 30th at the Rocky Mountain Athletic Conference open race. In 2008, Biegner ran in two open races. He was the 32nd to finish the Rocky Mountain Shootout in 28 minutes, 6 seconds. Biegner was third in the 6k at the Air Force Open (21:05.85).

HIGH SCHOOL: Biegner earned four letters as a member of the track and field team at BHS. He was a member of the relay team that holds school records in the 3,200-meter relay (7:54) in 2006 and the distance medley relay (10:58) in 2007 (which has since been broken). Biegner was an all-state track performer all four years and was all-conference in cross country three times. His main events were the 400 and 800-meter runs. He was the Northern Conference and Region Champion in the 800. Biegner ran a personal best of 36:28 in the 2007 Bolder Boulder (10k).

IN THE CLASSROOM: Biegner is majoring in business and is also interested in pre-med. He owns a GPA greater than 3.5 and is a member of the Big 12 Commissioner's Honor Roll. Biegner was a member of the honor roll and National Honor Society in high school.

PERSONAL: Matthew James Biegner was born on October 21, 1989 in Denver, Colo. He is the son of Rob and Laura Biegner and has one younger sister, Alex. His father ran track at Bowling Green and his grandfather played semi-pro basketball and baseball. Biegner lists his hobbies as skiing, golfing, tennis, basketball, music, movies and traveling.

JOE BOSSHARD



Distance
Freshman, RS
Crested Butte, Colo.
(Crested Butte
Academy)

PERSONAL BESTS

800-Meters: 2:04
1,600-Meters: 4:22
3,200-Meters: 9:11
5,000-Meters: 15:12

2009: Redshirt. Did not compete.

CROSS COUNTRY: Bosshard earned his way onto the varsity roster after winning the Fort Hays Invite for his first official race of the 2009 season. He crossed the finish in 24 minutes, 09.73 seconds and was named the CU Athlete of the Week as well as the Big 12 Runner of the Week for his performance. Bosshard was 19th at the Big 12 Championship and earned his first all-region honor as he finished 24th at regionals. Bosshard was the fourth Buff to cross the finish at nationals and took 80th overall.

HIGH SCHOOL: Bosshard won three letters in cross country and four on the track. While competing in Wisconsin, he was a two-time member of the Mississippi Valley Conference cross country first team. On the track he earned MVC honorable mention honors in the 3,200-meter run. Bosshard finished fourth at the 2006 Wisconsin Division III Cross Country Championships. In 2007, he placed 27th at the Foot Locker Midwest Cross Country Championship. He also placed second in the 3,200m at Mt. Sac Relays. Bosshard competed in the 2007 Nike Outdoor National Meet in the 5,000m and ran a mark of 15:12 to finish 12th overall. He also placed 27th at the Foot Locker Midwest Championship the same year.

ACADEMICS: Bosshard is majoring in management at Colorado and has been a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Joseph William Bosshard was born on October 30, 1989 in La Crosse, Wis., to William and Diane Bosshard. He has four siblings: Andrew, Makenzie, Carley and John. Bosshard was a world champion logroller for the 6 and under division.

NIKLAS CEDERSTRÖM



Throws
Junior, VR/VR
Greeley, Colo.
(Greeley Central)

PERSONAL BESTS

Discus: 159-05
Shot Put: 44-00.50 (2009)
Hammer Throw: 107-08 (2009)

2009: Cederström competed in the shot put and weight throw during the indoor season, recording personal bests in both events. His throw of 44-00.50 in the shot put earned him an eighth-place finish at the Colorado School of Mines Twilight Meet (2/20). Cederström took fifth at the Potts Indoor Invite (1/24) with a toss of 48-03.50. During the outdoor season, Cederström led the Buffs in the shot

put. He launched his best throw of 44-05.50 at the Front Range Classic (5/2) and took ninth. Cederström placed 10th with a PR of 146-10 in the discus in the first meet of the season (Potts Invite, 3/21).

HIGH SCHOOL: Cederström earned four letters as a member of the Greeley Central track and field team. As a senior, he won the 4A state discus championship with a personal record of 159-05. Cederström was the first discus thrower at GCHS to win the discus throw. He also won the regional and conference championship as a junior and senior.

ACADEMICS: Cederström is majoring in psychology at Colorado and is also interested in philosophy and Nordic studies. He was named to the Big 12 Commissioner's Honor Roll during the fall of 2009.

PERSONAL: Niklas Bror David Cederström was born on April 22, 1989 in Stockholm, Sweden. He is the son of Bror and Nancy Cederström of Greeley, Colo. He has two older brothers, Marcus and Christopher. Cederström lists snowboarding and going to concerts as his hobbies.

DANE CHOBANIAN



Throws
Freshman, TR
San Diego, Calif.
(Scripps Ranch/UCLA)

PERSONAL BESTS

Shot Put: 57-3
Discus: 177-1

2009 (at UCLA): Redshirt. Did not compete.

HIGH SCHOOL: Chobanian was a four-year letterwinner at Scripps Ranch High School. He was a three-time CIF competitor and ranked in the top-10 in 2008. Chobanian is the SRHS record holder in the discus (177-1) and ranks second all-time in the shot put (57-03).

IN THE CLASSROOM: Chobanian intends to major in environmental science and is also interested in architecture. His GPA is greater than 3.0 and he is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Dane Thomas Chobanian was born on October 26, 1989, in Pasadena, Calif. He is the son of Don Chobanian and John Goldenring and Barbara Whitesides of San Diego. He also has one brother, Blake. His uncle, Jim Whitesides, played basketball for the U.S. Naval Academy. Chobanian lists his hobbies as Tae Kwan Do, astronomy and physics and has volunteered with Habitat for Humanity.

CAMERON CLAYTON



Distance
Sophomore, VR/VR
Superior, Colo.
(Monarch)

PERSONAL BESTS

1,600-Meters: 4:25
3,200-Meters: 9:36
5,000-Meters: 15:34
10,000-Meters: 32:58

2009: Clayton did not compete during the indoor season but competed in two meets during the outdoor campaign. He ran a time of 4:07.45 in the 1,500-meter run at the CU Invite (4/11). Clayton also tried the steeplechase, recording a time of 10:03.44 at the Jack Christiansen Invite (4/25), which was good for third.

2008: Redshirt. Did not compete.

CROSS COUNTRY: Clayton competed in two meets in 2009. He took 10th at the Rocky Mountain Shootout and was 15th at NCAA Pre-Nationals in the open race. He did not compete in the 2008 season. Clayton ran in three races for the Buffs during his freshman campaign in 2007. He was 27th overall and was the 12th Buff to cross the line at the Rocky Mountain Shootout. At the Fort Hays Invite, he was CU's No. 5, finishing 32nd overall. His best finish came at the Air Force Invite, where he was the second scorer for the Buffs and was fifth overall in a season best mark of 26:36.26.

HIGH SCHOOL: Clayton was a three-time All-Front Range First Team selection in cross country and earned honorable mention honors on the *Rocky Mountain News* All-Colorado team. He also earned first-team recognition on the all-state team as a freshman, junior and senior and was on the second team as a sophomore. Clayton was fifth in the state meet as a senior and was sixth as a junior. He owns the MHS record in the 1,600-meter run at 4:25 and the 3,200-meter run at 9:36. In the 2007 Colorado State 5A Championship, he placed eighth in the 3,200 and was 13th in the 1,600.

ACADEMICS: Clayton is majoring in MCDB and Spanish at Colorado. He is a member of the Big 12 Commissioner's Honor Roll. Clayton was a member of the All-Colorado Academic team as a senior and an academic all-conference performer as a junior in high school.

PERSONAL: Cameron Clayton was born on July 6, 1988 in Reno, Nevada to Brad and Lori Clayton. He is the youngest of two. His older brother Jon-Eric plays volleyball on the Colorado club team. Clayton's hobbies include scuba, reading, computer games, watching movies, backpacking, hiking, biking and kayaking. He climbed Mt. Kilimanjaro.

JAVEN CORREIA



Hurdles
Sophomore, VR/VR
Wai'anae, Hawai'i
(Maryknoll)

PERSONAL BESTS

Indoor
60-Meters: 7.35 (2009)
60-Meter Hurdles: 8.54 (2009)
Long Jump: 20-03.50 (2009)
Outdoor
100-Meters: 11.77 (2009)
110-Meters: 15.62 (2009)

2009: Correia entered CU as a combined events athlete, competing in one heptathlon during the indoor season. He recorded 3,898 points at the Potts Invite to place fifth. Correia turned his focus to the 60-meter dash, 60-meter hurdles and long jump for the rest of the season. His best time of the season in the 60m was 7.35 at the Air Force All-Comers meet (1/16). Correia ran a PR of 6.54 in the 60 hurdles at the Air Force Invite (1/13). His best long jump is 20-03.50, recorded at the Colorado School of Mines Twilight meet (2/20). Correia ran in three meets during the outdoor season. He earned a personal best of 11.77 in the

100 at the CU Invite (4/11). He placed fourth in the 110-hurdles at the Front Range Classic with a time of 15.62.

HIGH SCHOOL: Correia was the Maryknoll High School Male Athlete of the Year and the Gatorade Player of the Year for Hawai'i Track and Field as a senior. Correia captured the state titles in the 110-meter hurdles and 300-meter hurdles as a senior to complete an undefeated season. Both times he ran were personal bests. As a junior, Correia started competing in both hurdle events and took third in both at the state championship. Correia was a state qualifier as a sophomore in the triple jump.

ACADEMICS: Correia is majoring in psychology.

PERSONAL: Javen William Roy Correia was born on April 18, 1989 in Honolulu, Hawai'i. He is the son of Abreu and Frances Correia. He has one older sister, Antoinette, three older brothers, Abram, Jeremy, Jalem, and two younger brothers, Aidan and Jarius. Jarius is 12-years-old and competes in the Special Olympics and is Correia's greatest inspiration. He lists his hobbies as hunting pigs, going to the beach, diving and fire knife dancing.

JOSEPH DeMOOR



Distance
Freshman, HS
Buena Vista, Colo.
(Buena Vista)

PERSONAL BESTS

800-Meters: 1:58 (2009)
1,600-Meters: 4:21 (2009)
3,200-Meters: 9:04 (2009)

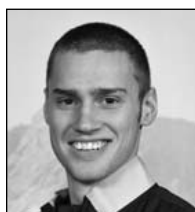
CROSS COUNTRY: DeMoore redshirted the 2009 season but ran the Rocky Mountain Shootout unattached. He finished 17th overall (26:31).

HIGH SCHOOL: DeMoore won the state 3A cross country championship as well as titles in the 1,600-meter run and 3,200 his senior year at BVHS. He owns the division record on the Liberty Bell Course for Division 4, breaking times of former Buffs Jon Severy and Bret Schoolmeester. During his senior season, he was named the Tri-Peaks League Runner of the Year, was named All-Colorado and 3A all-state after winning the state cross country championship. DeMoore scored 31 points for BVHS at the 2009 state track meet when he won the 1,600 and 3,200 and recorded points in the 800 and 4x400-meter relay. As a junior he was a member of the state championship 4x800-meter relay team (8:11) and was second in the 3,200. DeMoore was also recruited by Syracuse, Tennessee, CSU and Western State. He also played football in middle school before focusing on running and was a member of the BVHS basketball team.

IN THE CLASSROOM: DeMoore is majoring in anthropology but is interested in history and English. A member of the Big 12 Commissioner's Honor Roll, DeMoore earned a GPA of 3.68 in his first semester. He was a member of the National Honor Society and was the vice-president of the senior class. DeMoore also earned academic letters his junior and senior seasons.

PERSONAL: Joseph DeMoore was born on July 31, 1990 in Denver, Colo. His parents are Joe DeMoore of Buena Vista, Colo. and Wynne Warren of Denver, Colo. He has an older sister, Sarah and an older brother, Seth, who ran for the CU cross country and track & field team. He lists camping, longboarding, snowboarding and traveling as his hobbies.

JASON DeWITT



Combined
Events/Jumps
Freshman, HS
Arvada, Colo.
(Ralston Valley)

PERSONAL RECORDS

High Jump: 6-6 (2006)
Long Jump: 22-11.50 (2009)
Triple Jump: 45-01 (2009)
110-Meter Hurdles: 14.65 (2009)

HIGH SCHOOL: DeWitt was an all-conference selection for four years in the high jump and was all-conference in the long jump as a junior. The two-time all-state selection in the high jump was named the Ralston Valley High School Male Athlete of the Year. DeWitt owns school records in the high jump (6-6) and the long jump (22-11.50). While at RVHS, he earned eight letters and was named the track MVP as a senior. DeWitt was also recruited by Colorado State.

IN THE CLASSROOM: DeWitt intends to major in integrative physiology.

PERSONAL: Jason Kelly DeWitt was born on June 25, 1991 in Wheatridge, Colo. He is the son of Kelly and Debbie DeWitt of Arvada, Colo. and has two sisters. DeWitt enjoys playing the guitar and has volunteered as a freshman mentor and as an outdoor lab instructor.

JEREMY DODSON



Sprints
Senior, 2L/2L
Denver, Colo.
(George Washington/
Arkansas)

PERSONAL RECORDS

Indoor
60-Meter: 6.72 (2009)
200-Meter: 20.88 (2009, school record)
400-Meter: 48.46 (2007)
Outdoor
100-Meter: 10.27 (2008)
200-Meter: 20.37 (2008, school record)
400-Meter: 47.88 (2008)

BIG 12 SCORING

2007 (O) 4x100-Meter Relay, 2nd (40.05)
2007 (O) 200-Meter Dash, 3rd (20.66)
2008 (I) 200-Meter Dash, 2nd (21.11)
2008 (O) 200-Meter Dash, 2nd (20.37, school record)
2008 (O) 100-Meter Dash, 3rd (10.27)
2008 (O) 4x100-Meter Relay, 3rd (39.59)
2008 (O) 4x400-Meter Relay, 6th (3:09.27)
2009 (I) 60-Meter Dash, 4th (6.84)
2009 (I) 200-Meter Dash, 2nd (20.95, school record)

NCAA MIDWEST REGION CHAMPIONSHIP SCORING

2007 (O) 4x100-Meter Relay, 4th (39.98)
2007 (O) 200-Meter Dash, 4th (20.89)
2008 (O) 200-Meter Dash, 4th (20.81)
2008 (O) 4x100-Meter Relay, 1st (39.47, school record)

NCAA CHAMPIONSHIP SCORING

2007 (O) 4x100-Meter Relay, 6th (39.98)

HONORS

Nine-time All-Big 12
Three-time All-American (one at CU and one at Arkansas)
2008 U.S. Olympic Trials participant, 17th
2009 (I) 200-Meter Dash, 12th

CAREER UPDATE: Jeremy Dodson is one of the top sprinters to compete at CU. He owns the school record in the 200-meter dash both indoor and outdoor. His outdoor time (20.37) broke a 32-year-old record. Dodson owns four of the top 10 times on the outdoor chart. In the 100m, he owns two of the top 10 marks. His time of 10.27 ranks fifth overall. Dodson had left his mark in the CU indoor record book as he is the only Buff to ever run the 200 in less than 21 seconds, and he has done that twice. Dodson is tied for fourth in the 60 with a time of 6.72 and ranks third on the performer chart. As a member of the relays, he has served as the anchor, leading CU to several top marks. This spring, the 4x100m relay broke a 37-year-old record twice (39.47, 39.59). In fact, he is a member of nine of the top 10 marks. Dodson is a seven-time All-Big 12 performer and is a two-time All-American (once at CU and once at Arkansas).

2009: Dodson set personal bests in both the 60 and the 200 during his final indoor season. His PR of 6.72 came at the Air Force Invitational (2/14). The same day, he set the school record in the 200 by clocking a mark of 20.88. Both finishes earned him first-place. Dodson kept the ball rolling and at the Big 12 Championship he recorded 13 of CU's 16 points. He placed fourth in the 60 (6.84) and was second in the 200 (20.95). Dodson competed at the NCAA Championship in the 200. He placed 12th in the prelims and was named an All-American by the USTFCCA.

2008: Dodson continued to lead the sprinters during the 2008 season. He competed in the 60 and the 200 during indoors. At Big 12 Indoors he raced to 11th in the prelims of the 60. Dodson scored for the Buffs in the 200. He was third in the prelims (21.13) and was second in the finals (21.11). Dodson failed to qualify for nationals in the 200 after running 21.19 at the Arkansas Last Chance meet, but he hit the ground running for the outdoor season. Dodson raced to a third-place finish in the 100m at the Big 12 meet (10.27) and took second in the 200 with a school record time of 20.37. The time broke a 32-year-old record. Dodson continued to break records as he anchored the 4x100 relay to a time of 39.59 which broke a 37-year-old record (39.60). He also ran in the 4x400 relay which placed sixth. At regionals, he placed fourth in the 200 to automatically advance to NCAAs and once again the 4x100 relay broke the school record (39.47) to earn their second straight trip to nationals. The relay did not finish in the prelims and Dodson finished 13th overall in the semis of the 200. His season didn't end there as he had earned a qualifying mark to race at the 2008 U.S. Olympic Trials. He took 19th in the prelims and advanced to the semis where he would run a time of 20.97 and take 17th overall.

2007: Dodson transitioned well from Arkansas to CU system in 2007 and quickly established himself as one of CU's best-ever sprinters. In the indoor season he raced in the 60 and 200-meter dashes. He ran his best time in the 60 at the Don Barrett Open with a mark of 6.76 for first place and tied him for seventh in CU history. In the 200, he raced to the second best mark in school history by recording a time of 21.12, which he did at the Air Force Invite. Dodson also ran marks of 21.41 and 21.42 (twice), which are eighth and ninth in the record book in the winter. He finished just off the podium at the conference championships when he took ninth. The outdoor season Dodson competed in three events, the 100, 200 and 400. He earned a mark of 10.34 in the 100 at the TCU Invite, but the

mark was wind-aided and didn't count for regionals or the record book. Dodson's best mark came in the 100 at the Wyoming Invite when he recorded a time of 10.41 and placed third. He placed ninth at the Big 12 meet (10.42). Dodson's best event in the springs was the 200. He ran a personal best of 20.64 at the conference championship in the prelims. The mark tied the fourth best mark in Buffalo history. He ended up placing third overall for his first all-conference honor. Dodson advanced to the NCAA regionals and placed fourth overall to move on to nationals. He placed 21st in the prelims (21.25). Dodson was a member of the first men's 4x100-meter relay team to qualify for the NCAA Championship in over 30 years. The team placed sixth (39.98) to earn All-American honors.

2006 (at Arkansas): While at Arkansas, Dodson participated in both indoor and outdoor events. During the indoor season, he participated in the 60, 200 and 400m dashes and several relays. Dodson recorded a mark of 6.97 in the 60 at the Arkansas Invite, which was the fourth best by a Razorback in the season. He ran the 200 three times, with his personal best at the Razorback Invite of 21.81. It ranked second on the season. Dodson was a member of the 4x400m relay and ran the second leg of the distance medley relay which won the NCAA Indoor Championship with a mark of 9:37.02 to earn his first All-American honor. The relay also took first at the Tyson Invitational (9:34.16). During the outdoor season, he earned the top mark for UA in the 200 with a time of 21.44 at the TCU Invite. He recorded a wind-aided mark of 10.89 in the 100 at the same invite. Dodson was also a member of the 4x100 and 4x400m relay teams.

HIGH SCHOOL: Dodson boasts prep best times of 10.41 in the 100, 20.41 in the 200 and 46.91 in the 400. His 200-meter time was second in the nation. He was named to USA Today's All-USA Team and was Gatorade's Colorado Athlete of the Year award. Dodson was the 2005 Colorado state champion in the 100, 200 and 400 meters and set all-state records in the 100 and 200-meter dash. During the summer of 2005 he earned runner-up honors in the 200 at the Golden West Invitational.

ACADEMICS: Dodson is majoring in sociology and economics, as well as a certificate of neuroscience at Colorado and is a member of the Big 12 Commissioner's Honor Roll. Dodson graduated in the top five percent from high school. He was also a member of the national honor roll.

PERSONAL: Jeremy Dodson was born on August 30, 1987 to Cyrus Dodson and Peggy Mauala in New York City. He has two older brothers, Shannon and Deon, who were both High School All-Americans. His two younger brothers, Quinton and A.J. Whitaker, are both sophomores on the CU track team.

QUINTON DODSON



Sprints
Sophomore, VR/VR
Denver, Colo.
(George Washington)

PERSONAL BESTS

Indoor
60-Meters: 6.92 (2009)
200-Meters: 21.84 (2009)
400-Meters: 48.19 (2009)
Long Jump: 23-08.25
Outdoor
100-Meters: 10.73
200-Meters: 21.45

2009: Dodson mostly ran the 60 and 200-meter dashes during the indoor season of his freshman campaign. He notched a personal record of 6.92 in the 60 at the Air Force Invite (2/13) and placed fourth. Dodson's best run in the 200 came at the New Mexico Classic (2/7). He clocked a time of 21.84 and placed sixth overall. Dodson also participated in the long jump at a pair of meets for the Buffs. His best performance came at the Air Force Duals when he took third with a leap of 22-00.25. During the outdoor season, Dodson was the top performer for the Buffs in the 100, clocking a time of 10.73 at the CU Invite (4/11) to place third. He ranked second on the team in the 200 with a mark of 21.51 (at the same meet). Dodson placed fifth in that event.

HIGH SCHOOL: Dodson was an NCIS All-American as a junior at George Washington and the Patriots won the state championship the same year. Dodson is a part of two relay records. In 2007, his 4x200-meter relay ran a mark of 1:25.52 and his 4x100 relay set the Littleton Invite record of 41.61. As a senior, Dodson raced to an eighth-place finish in the 100m at the AAU National Championship with a time of 10.81.

ACADEMICS: Dodson is an open major at Colorado.

PERSONAL: Quinton Dodson is the son of Cyrus Dodson and Peggy Mauala. His older brothers Deon and Shannon were high school All-Americans. His brother Jeremy is a senior on the CU team and owns the school record in the indoor and outdoor 200 and 4x100 relay. His other brother A.J. Whitaker is also a sophomore on the CU track team. He lists his hobbies as art.

GRANT DUFFY



Middle Distance
Sophomore, VR/VR
Lincoln, Neb.
(Lincoln East)

PERSONAL BESTS

Indoor
800-Meters: 2:01.52
Outdoor
800-Meters: 2:01.55
1,500-Meters: 4:21.40

2009: Duffy raced twice in the 800-meters during the indoor campaign. He ran a season best time of 2:01.52 at the Potts Invite (1/24) for a second place finish. During the outdoor season he once again raced the 800 twice and ran the 1,500 once. His best mark in the 800 was 2:01.55 at the Potts Invite (3/21) for a fifth-place finish. His mark in the 1,500 was 4:21.40, which he ran at the Jack Christiansen Invite (4/25).

HIGH SCHOOL: Duffy earned seven letters at Lincoln East High School as a member of the cross country and track and field team. He was a state cross country medalist in 2005 and ran the third fastest time in state history. LEHS was the conference runner-up in 2005-07 and was the district runner-ups 2004, 05 and 07 on the cross country course. The team won the district championship in 2006. On the track Duffy set the Harold Scott Meet Record in the 800-meter run (1:56.30).

IN THE CLASSROOM: Duffy is majoring in integrative physiology and has been a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Grant Eugene Duffy was born on March 21, 1990. He is the son of Walter and Rosalie Duffy of Lincoln,

Neb. He has two brothers, Matthew and William. Walter was a cross country All-American for the University of Nebraska. Duffy lists his hobbies as listening to music and hanging out with friends. He is a certified scuba instructor.

ADAM ECKMANN



Middle Distance
Freshman, HS
Seattle, Wash.
(Seattle Preparatory)

PERSONAL BESTS

1,600-Meters: 4:17
3,200-Meters: 9:25

CROSS COUNTRY: Eckmann ran unattached at the Rocky Mountain Shootout and placed 63rd overall.

HIGH SCHOOL: Eckmann was named the most inspirational track athlete as a senior. He was a member of the All-BCL first team for cross country and was named the most valuable runner and most outstanding runner as a senior. Eckmann placed third at the NCS cross country championship and was on the SPS's first team to qualify for the state meet.

IN THE CLASSROOM: Eckmann is an open major but is interested in engineering. He owns a GPA greater than 3.0 after his first semester.

PERSONAL: Adam Eckmann was born on August 31, 1990. He is the son of Lee, who played soccer at Washington, and Janet Eckmann of Seattle, Wash., and has one sister, Emily. Eckmann lists his hobbies as singing and being outside and has volunteered at nursing homes.

BROCK EMORY



Combined Events/Jumps
Freshman, HS
Colorado Springs, Colo.
(Fountain Fort Carson)

PERSONAL RECORDS

High Jump: 6-4
110-Meter Hurdles: 14.76
300-Meter Hurdles: 40.80

HIGH SCHOOL: Emory was a three-sport athlete and earned nine letters at Fountain Fort Carson. He earned three in track and field, three in football and three in wrestling. His personal records for high school are 6-4 in the high jump, 14.76 seconds in the 110-meter hurdles and 40.80 in the 300 hurdles. Emory was also recruited by CSU for track and Western State to play football.

IN THE CLASSROOM: Emory intends to major in integrative physiology.

PERSONAL: Brock Belue Emory was born on September 4, 1990 in Wadesboro, N.C. He is the son of Lyn and Lorraine Emory of Colorado Springs, Colo. Emory is the oldest of four (siblings are Luke, Alexandria and Samantha). The Eagle Scout lists his hobbies as fishing, working out, hiking and spending time with family. His father played football for Catawba and his grandfather, Melvin, played football at Clemson. Emory's great grandfather, Gene Belue, played baseball at Duke and for the Pittsburgh Pirates.

KEVIN FASING



Javelin
Junior, VR/1L
Denver, Colo.
(Mullen)

PERSONAL BESTS

Outdoor

Javelin: 216-06 (2007)

BIG 12 SCORING

2007 (O) Javelin, 5th (194-03)

HONORS

All-Big 12

2007 USATF Junior Nationals, 2nd (216-06)

CAREER UPDATE: Kevin Fasing ranks sixth on the CU chart in the javelin with a throw of 216-06. He is also the fourth best performer at CU. Fasing has one All-Big 12 honor under his belt and will look to add more in the 2010 season.

2009: Redshirt. Did not compete.

2008: Fasing started the outdoor season with a season-best throw of 204-02 at the Potts Invite, which was also a regional qualifying mark. It was his only first place finish of the season. Fasing took a trio of second place finishes at the Front Range Classic, CU Invite and Rob Upton Invite and a sixth place finish at the Oregon Relays.

2007: Fasing quickly picked up the javelin and has earned a role on the varsity team in just his first season. He is the No. 3 thrower in CU history and owes five of the top-10 marks in CU history (sixth-10th). His first-ever throw as a Buffalo was 188-11 at Potts Invite, which was sixth all-time at that point. At the Jack Christianson Invite, he earned his first crown with a throw of 194-08. Fasing recorded a fifth-place finish at the Big 12 Championship (194-03) and his first all-conference honor. His top marks earned him the privilege of competing at the USATF junior nationals where he placed second overall. Fasing bettered his former PR by more than two feet with a throw of 216-06.

HIGH SCHOOL: Fasing earned first team honors as a sophomore and second team honors his junior and senior seasons at Mullen.

ACADEMICS: Fasing is majoring in integrated physiology at Colorado. He owns a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Fasing is the son of Greg and Suzanne Fasing of Denver, Colo. He has one older brother, Jim, who attends CU.

MICHAEL FIELD



Throws
Sophomore, TR
Wheat Ridge, Colo.
(Wheat Ridge/
Mesa State)

2007-09 (at Mesa State): Field was a member of the football team at Mesa State. He redshirted the 2007-08 season and was on the offensive line during the 2008-09 campaign.

HIGH SCHOOL: Field earned one letter on the WRHS track and field team throwing shot put in 2007. He placed second at regionals and third in state his first year of throwing. Field also earned second team all-conference honors and was honorable mention all-state. He was a member of the Farmer's football team that won the 2006 Colorado State 4A State Championship.

IN THE CLASSROOM: Field intends to major in economics.

PERSONAL: Michael Patrick Field was born on July 11, 1989 in Wheat Ridge, Colo., to John and Katie Field. His mother competed in track and field at Nebraska. He has one sister, Elizabeth and one brother, Andrew. Fields enjoys anything outdoors.

AARON FRIEDLAND



Distance
Freshman, HS
Larkspur, Colo.
(Castle View)

PERSONAL BESTS

1,600-Meters: 4:27

3,200-Meters: 9:55

CROSS COUNTRY: Friedland ran unattached at the Rocky Mountain Shootout and placed 36th overall.

HIGH SCHOOL: Friedland was a two-time track MVP at CVHS (sophomore and junior years). As a senior he was named the overall school MVP. Friedland was first team all-conference on the track that year. He was also a member of the cross country team and earned MVP honors his junior and senior year. He was second team all-state and first team all-conference.

IN THE CLASSROOM: Friedland intends to major in business management and is also interested in Spanish and environmental studies. He graduated in the top 10 percent of his graduating class and earned a GPA of 3.7 in his first semester at CU. Friedland is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Aaron Charles Friedland was born on November 23, 1990. He is the son of David and Denise Friedland of Denver, Colo., and has one younger sister, Emma. His uncle, David Cuadrado, qualified for the Olympic Trials in 1988 in the 10k. His aunt Denise Cuadrado, as well as his uncle David, ran track and cross country at Adams State. Friedland lists mountain biking, hiking, snowboarding, frisbee and soccer as his hobbies and is also an experienced juggler.

ADRIAN GOMEZ



Sprints
Junior, 1L/1L
Keenesburg, Colo.
(Weld Central)

PERSONAL BESTS

Indoor

200-Meters: 22.70 (2008)

400-Meters: 48.87 (2009)

600-Yard: 1:13.25 (2009)

800-Meters: 1:57

Outdoor

200-Meters: 22.12 (2009)

400-Meters: 48.53 (2008)

800-Meters: 1:56.63 (2008)

400-Meter Hurdles: 52.69 (2009)

BIG 12 SCORING

2008 (O) 4x400-Meter Relay, 6th (3:09.27)

2009 (I) Distance Medley Relay, 8th (9:56.44)

2009: Gomez concentrated on the 400-meter dash and the 600-yard run during the indoor season. He recorded a personal best of 48.87 in the 400 at the Air Force Invite (2/13) to place fifth overall. Gomez set a PR of 1:13.25 in the 600 at the Big 12 Indoor Championship and took 17th overall in the prelims. He earned his first letter at the meet as a part of the distance medley relay that finished eighth (9:56.44). Gomez focused on the 400-meter hurdles during the outdoor season and just missed out qualifying for regionals after clocking a time of 52.69 and taking first at the Front Range Classic (qualifying time is 52.51). He ran the event at the conference outdoor championship and placed 15th (53.39) with his second-best time of the year. Gomez was a member of the 4x400-meter relay and helped it to a season-best time of 3:15.20 at the CU Invite.

2008: Gomez ran in four meets for the Buffs, racing in the 200, 400 and 800-meter runs and the 600-yard dash as well as a part of two relays. He ran the 600 at the Big 12 Championship and placed 15th overall with a season-best of 1:13.41. He was also part of the 4x400 relay which competed at the meet and took 11th. During the outdoor season Gomez concentrated on the 400. He earned his first collegiate crown in the 800 at the Potts Invite with a time of 1:56.63. His best time in the 400 was at the conference championship. He ran a mark of 48.53 and took 18th in the prelims. He ran the third leg of the 4x400 relay which placed sixth. The time of 3:09.27 ranks eighth in school history.

HIGH SCHOOL: Gomez lettered in track all four years for the Rebels. He was named the overall most valuable player his senior season as he scored the most points for WCHS. Gomez competed in four events as a senior at the state championship.

ACADEMICS: Gomez is majoring in Spanish at Colorado. He was a member of the National Honor Society in high school.

PERSONAL: Adrian Gomez was born on June 10, 1988 in Boulder, Colo. He is the son of Rafael and Rosalinda Rosas Gomez. He has one older brother, Joshua. Gomez has a twin brother, Adam, and younger twin brothers Adolfo and Rafael. Gomez is bilingual.

CAMERON HUTCHINS



Throws
Freshman, RS
Centennial, Colo.
(Arapahoe)

PERSONAL BESTS

Shot Put: 49-11
Discus: 154-3

2009: Redshirt. Did not compete.

HIGH SCHOOL: Hutchins was a member of the Arapahoe High School track and field team which won the state championship in 2008. He qualified for the meet in the discus, Hutchins earned three letters at AHS.

ACADEMICS: Hutchins is majoring in molecular, cellular and developmental biology at Colorado and is also interested in genetics. He is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Cameron Stuart Hutchins was born on March 10, 1990 in Denver. He is the son of Stuart and Susan Hutchins of Centennial, Colo. Stuart played football and basketball at Bowdoin. He has one younger brother, Zachary, and a younger sister, Jessica. Hutchins lists camping, hunting, reading, fishing, scuba diving and archery as his hobbies.

TODD IPSEN



Combined Events
Sophomore, VR
Broomfield, Colo.
(Legacy)

PERSONAL BESTS

Indoor
Heptathlon: 4052 (2009)
60-Meters: 7.63 (2009)
Long Jump: 22-03
Shot Put: 34-04.25 (2009)
High Jump: 6-4
60-Meter Hurdles: 9.90 (2009)
Pole Vault: 9-04.25 (2009)
1000-Meters: 2:50.34 (2009)
Outdoor
110-Meter Hurdles: 17.57 (2009)
400-Meters: 52.80 (2009)
Javelin: 141-02 (2009)
High Jump: 6-03.50 (2009)
Long Jump: 19-06.75 (2009)

2009: Ipsen competed in one heptathlon during the indoor season; recording 4,052 points at the Potts Invite for fourth place. During that heptathlon, he recorded a PR and a first-place finish in the shot put. Outside of the heptathlon, he focused on the 60-meter dash, long and high jumps. His indoor PR in the 60 came at the Colorado School of Mines Twilight (2/20) when he crossed the finish in 7.63. Ipsen's best long jump of the year was at his collegiate debut at the Air Force All-Comers (1/16) meet with a jump of 20-09 for 11th place. At the Air Force Invite (2/14) he passed 6-02.75 to tie for 11th in the high jump. During the outdoor season, Ipsen competed in the 110-meter hurdles, 400 and long jump, but concentrated on the javelin and high jump. He recorded a personal record of 141-02 in the javelin at

the CU Invite (4/11) for seventh place. In the high jump, he reached a height of 6-03.50 for fifth place at the CSU Ram Open (5/9).

HIGH SCHOOL: Ipsen was a member of the track and field, basketball, golf and football teams at Legacy. His golf team won the conference title in 2003 and 04.

ACADEMICS: Ipsen is majoring in civil engineering at Colorado and has been a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Todd Ipsen was born on Sept. 2, 1988 in Thornton, Colo. His parents are David and Ann Ipsen of Broomfield, Colo. He has one brother, Jeff, who graduated from CU. Ipsen lists basketball, snowboarding, cycling, mountain climbing and wakeboarding as his hobbies.

EVAN JOHNSTON



Middle Distance
Junior, VR/VR
Granby, Colo.
(The Middle Park)

PERSONAL BESTS

Indoor
800-Meters: 1:55.19 (2009)

2009: Johnston only competed during the indoor season for the Buffs and ran the 800-meter run. He recorded his best time of the season at the Big 12 Championship with a mark of 1:55.19 and placed 11th overall.

HIGH SCHOOL: Johnston was a member of the track and field and ski teams for the Panthers. He was the individual state runner-up in the slalom in 2006. He won the state 3A championship in the 800-meter run on the track in 2006 and owns the school record in the event (1:57.71). As a senior he was named the Athlete of the Year and was named to the Wall of Fame.

IN THE CLASSROOM: Johnston is majoring in English at Colorado.

PERSONAL: Evan T. Johnston was born on April 7, 1989. He is the son of Jeffrey and Bridget Johnston and has two sisters, Brittany and Sydney. Brittany plays volleyball at Bates College. He lists his hobbies as skiing, fly fishing, guitar and bird calling.

STEPHEN KASICA



Middle Distance
Sophomore, 1L/VR
Grand Junction, Colo.
(Fruita Monument)

PERSONAL BESTS

Indoor
800-Meters: 1:53.24 (2009)
Outdoor
400-Meters: 51.15
800-Meters: 1:52.21 (2009)

BIG 12 SCORING

2009 (I) Distance Medley Relay, 8th (9:56.44)

2009: Kasica specialized in the 800-meter run for the indoor and outdoor seasons. He recorded his indoor season-best of 1:56.37 at the Air Force Invite (2/14) and placed eighth overall. Kasica ran the third leg of the distance medley relay at the conference championship, which took eighth place (9:54.44) and earned him his first letter. In the outdoor season, Kasica ran the 800 four times. He ran a PR of 1:52.21 at the Oregon Relays (4/24). Kasica was 19th in the prelims at the Big 12 Championship.

CROSS COUNTRY: Kasica ran in a pair of meets during the 2009 season as a Buff. He was 41st at the Rocky Mountain Shootout and took 26th at the Fort Hays Invite. Kasica also ran unattached at the Rocky Mountain Athletic Conference open race and placed 33rd overall.

HIGH SCHOOL: Kasica won the 2007 Colorado State 5A 800-meter run. In 2008 he was the runner up and recorded a school record time of 1:53.24. Kasica placed sixth in the 800 at the 2008 Simplot Games. He earned three letters on the cross country team and four letters on the track & field team.

IN THE CLASSROOM: Kasica is majoring in journalism and is also interested in Spanish. He has earned a GPA of 3.8 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Stephen Wayne Kasica was born on September 27, 1989 in Melbourne, Fla. He is the only son of Robert and Ronda Kasica of Grand Junction, Colo. He likes to go cycling in his spare time.

JORDAN KYLE



Distance
Senior, VR/1L
Fishers, Ind.
(Hamilton Southeast/Indiana)

PERSONAL BESTS

Indoor
Mile: 4:18.37 (2007)
3,000-Meters: 8:14.71 (2007)
5,000-Meters: 14:03.38 (2008)
Outdoor
1,500-Meters: 4:00.04 (2009)
5,000-Meters: 13:59.75 (2009)
10,000-Meters: 28:52.29 (2009)

BIG 12 SCORING

2009 (O) 5,000-Meter Run, 4th (14:28.81)

HONORS

2009 (O) 10,000-Meter Run, 12th (29:20.35)

CAREER UPDATE: Kyle is a three-time All-American (one at Indiana and two at CU). He earned two of those honors on the cross country course but also was named an All-American after placing 12th in the 10,000-meters at outdoor nationals. Kyle ranks ninth on the all-time performers list and is looking to make more of an impact in his second and final season with the Buffs.

2009: Kyle ran in both the 3,000 and 5,000-meter runs during the indoor season. His best 3k finish for the season was 8:17.59, which came at the UW Invite (1/31). Just two weeks later, he returned to the same track to compete in the Husky Classic (2/14) and ran 14:20.62 in the 5k. His best finish in the 5k was at the Big 12 Championship where he placed 11th overall. Kyle had a better outdoor season; sticking with the 5k but also adding the 10k. He ran a PR of 13:59.75 at Mt. Sac Relays, which was also a

regional mark in the event. Kyle raced to a fourth-place finish in the 5k at the Big 12 Championship (14:28.81) in Lubbock, Texas. The distance Kyle is most comfortable with is the 10k, which he ran three times. He recorded a PR of 28:52.29 at the Payton Jordan Cardinal Invite (5/2), which qualified him for nationals and made him the ninth best CU performer in the 10k. At nationals he earned All-American honors with a 12th place finish after crossing the tape in 29:20.35.

AT INDIANA: Kyle competed for two years at IU on the track. As a sophomore, he ran a PR of 14:03.38 at the Stanford Invite on March 30, which was good enough to qualify him for regionals. Just two weeks later Kyle posted the second fastest time in IU history with a time of 29:14.01 at the Mt. Sac Relays on April 13.

CROSS COUNTRY: Kyle became the No. 1 runner during the second meet of the 2008 season at the Rocky Mountain Shootout where he won the race in 25:20. He went on to lead the Buffs at pre-nats (seventh), Big 12s (eighth), NCAA Mountain Regions (sixth) and NCAAAs (14th) to earn his first All-Big 12, All-Mountain Region and his second All-American honors. Kyle started the 2009 season running unattached at the Rocky Mountain Shootout and placed second overall to teammate Kenyon Neuman. At pre-nats, he was 28th overall and was the third Buff to finish. Kyle earned his second all-conference honor with a fifth-place finish at the Big 12 meet. Two weeks later he had the race he had been looking for all season and led the Buffs by taking fourth at regionals. Kyle was 231st at nationals after battling the flu.

CROSS COUNTRY (AT INDIANA): Kyle used a redshirt his first season in 2005 at IU and then went on to earn his first All-American cross country honor at the 2006 NCAA Championship. He placed 33rd overall and ran a mark of 31:39.3. He recorded his first title at the George Mason Invitational 8k and was named the Big Ten Runner of the Week on Oct. 3 for the win. Kyle was third at the Great Lakes regional and 16th at the Big Ten Championship. In 2007, Kyle was 15th at the Big Ten Championship and took fifth at the regional meet.

HIGH SCHOOL: Kyle earned all-state honors in cross country during his sophomore year. That year he also placed fifth in the 3,200-meters at the state meet and owns the school record (9:17) in the event. Kyle took 13th at the Foot Locker Midwest Regional meet in 2005. At the all-star cross country meet, he was ninth. Kyle served as the team captain his junior and senior seasons. He was a two-time winner of the Set A Good Example Award at HSHS and served as the vice-president of the student council.

IN THE CLASSROOM: Kyle is majoring in marketing.

PERSONAL: Jordan Kyle was born on January 7, 1987. His parents are John and Marcia Kyle of Fishers, Ind. He has two older sisters, Kerry and Mackenzie. Kyle's grandfather, John Milton Kyle, played baseball at Indiana University and was recruited by the Chicago Cubs. He lists his hobbies as photography and Spanish cooking.

BRENNAN LYNCH



Distance
Freshman, HS
Santa Cruz, Calif.
(Santa Cruz)

PERSONAL BESTS

800-Meters: 1:58
1,600-Meters: 4:17
3,200-Meters: 9:19

CROSS COUNTRY: Redshirt. Did not compete.

HIGH SCHOOL: Lynch ran to a second-place finish at the state cross country championship his senior year; improving from a seventh-place finish his junior year. He earned four letters as a member of the Cardinals. Lynch owns the SCHS record in the 1,600-meter run at 4:17. He lists his biggest moment in high school as 'finding my passion for running.' Lynch was also recruited by Iowa State, Cal Poly, Purdue and UC Davis.

IN THE CLASSROOM: Lynch intends to major in studio art and is also interested in environmental science. He has a GPA greater than 3.0 GPA and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Brennan Lynch was born on November 8, 1990 in Santa Cruz, Calif. He is the son of Jerry Lynch and Jan Zeff. Lynch has three siblings, Lauren, Sean and Danny. His hobbies include art and outdoor activities.

KYLE MacINTOSH



Sprints
Freshman, HS
Littleton, Colo.
(Littleton)

PERSONAL RECORDS

60-Meter Hurdles: 7.90
300-Meter Hurdles: 37.58
200-Meters: 21.74
400-Meters: 48.06

HIGH SCHOOL: MacIntosh owns the LHS record in the 300-meter hurdles at 37.58. In 2009 the Lions won the state 5A team championship and he won the 300 hurdle championship. MacIntosh earned gold in the 400, 60 hurdles and 4x400 relay at the Simplot Games. During the 2009 indoor season, he recorded three top-10 U.S. marks in the 60 hurdles, the 200 and 400. MacIntosh was an all-state honoree as a junior and senior. He was also recruited by Oklahoma, CSU and Nebraska.

IN THE CLASSROOM: MacIntosh intends to major in business and is also interested in pre-health chiropractor. He was a member of the all-state academic team and honor roll at LHS.

PERSONAL: Kyle William MacIntosh was born on July 10, 1991, in Denver, Colo. He is the son of Bill and Nancy MacIntosh and has one sister, Kendra. His father played baseball at CSU. MacIntosh lists his hobbies as playing Xbox, especially Call of Duty, and hanging out with his friends.

MATTHEW McCATHRAN



Sprints
Junior, VR
Marshall, Texas.
(Marshall)

PERSONAL BESTS

Indoor
200-Meters: 22.65 (2009)
400-Meters: 49.43 (2009)
600-Yards: 1:12.72 (2009)

Outdoor

200-Meters: 22.40 (2009)
400-Meters: 49.09 (2009)
400-Meter Hurdles: 55.20 (2009)

2009: McCathran ran in the 200 and 400-meter dashes, along with the 600-yard run during the indoor season, but once again his main focus was on the 400. He raced to a personal record of 49.43 at the New Mexico Invite and took fifth. His season debut in the 400 was 49.93, which earned him fourth place at the Air Force All-Comers meet (1/16). McCathran ran in the 600 at the conference indoor meet and was 16th (1/12/72). During the outdoor season, he stuck with the 400, but also added the 400-hurdles. He ran a PR of 49.09 in the 400 at the Big 12 Championship, placing 26th overall. In the 400 hurdles, McCathran ran 55.20 for sixth at the Front Range Classic (5/2).

2008: McCathran mainly concentrated on the 400. He ran 50.43 in the prelims of the Air Force Invitational and a 21st place finish. He took 19th in the event at the Don Barrett Open one week later. During the outdoor season, he once again focused on the 400. McCathran ran 49.63 at the CSU Ram Open on April 19 and earned a sixth place finish.

HIGH SCHOOL: McCathran earned three letters on the football team at MHS. His football team was the state runner-up in 2004 and '05 for Division 17 4A Texas High Schools. He also played baseball for two years and earned one letter as a member of the track team where he ran the 800, 4x400 and did the high jump.

ACADEMICS: McCathran is an open major at Colorado and is interested in math. He has a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Matthew Joseph McCathran was born on April 20, 1989 in Marshall, Texas. He is the son of Eric and Jill McCathran. He has one brother, Zachary. McCathran was an extra in the movie The Great Debaters with Denzel Washington. He enjoys painting, writing and fashioning things out of wood in his free time.

MARTIN MEDINA



Distance
Sophomore/
Freshman, VR/RS
Grand Junction, Colo.
(Grand Junction)

PERSONAL BESTS

Indoor
3,000-Meters: 9:05.86 (2009)
5,000-Meters: 14:38.53 (2009)
Outdoor
1,500-Meters: 4:06.26 (2009)

2009: Medina ran in a pair of races during the indoor season. He ran a time of 9:05.86 at altitude at the Air Force All-Comers meet (1/16) and took second overall. Medina moved up to the 5k at the Husky Classic (2/14) and placed sixth in his section with a time of 14:38.53. He only raced one 1,500 during the outdoor season; clocking a time of 4:06.26 at the Potts Invite (3/21) to take seventh place.

CROSS COUNTRY: Medina did compete at the USA Cross Country Junior Championship and placed 27th overall. He finished the course in 25:49. Medina redshirted the 2008 season, but hit the course in 2009 where he ran in three meets. Medina started his season out with a 12th-place finish at the Rocky Mountain Shootout (CU's No. 8 runner). He ran in the open race at pre-nats to earn

another 12th-place finish. Medina's final race of the season was the Big 12 Championship where he took 54th. **HIGH SCHOOL:** Medina earned a third-place finish at the 5A Colorado State High School Cross Country meet in 2007. In the race, he recorded a personal best of 16:06. Medina helped Grand Junction High School claim second place at the state meet in 2006. That year he placed 12th overall. On the track he was 12th in the 1,600-meter run in 2007 and '08. Medina was 10th in the 3,200m in 2007 and 15th in '08. His personal records are 4:26 in the 1,600 and 9:30 in the 3,200. Medina was also recruited by Colorado State and Boise State before deciding on Colorado.

IN THE CLASSROOM: Medina is majoring in psychology. **PERSONAL:** Martin Medina was born on April 27, 1990 in Torrance, Calif. to Martin and Rose Medina of Grand Junction, Colo. He is the second oldest of four. His older brother Richard is a member of the Colorado cross country and track & field team. His younger siblings are Stephanie and Charlie.

RICHARD MEDINA



Distance
Sophomore, 1L/1L
Grand Junction, Colo.
(Grand Junction)

PERSONAL BESTS

Indoor
3,000-Meters: 8:26.02 (2008)
5,000-Meters: 14:04.65 (2008)
Outdoor
1,500-Meters: 3:58.58 (2008)
5,000-Meters: 13:51.58 (2008)
10,000-Meters: 30:44.47 (2008)

BIG 12 SCORING

2008 (I) 5,000-Meters (14:18.64), 4th
2008 (O) 5,000-Meters (14:40.92), 4th
2008 (O) 10,000-Meters (30:44.46) 5th

HONORS

2008 (I) All-Big 12 (5k)
2008 (O) All-Big 12 (5k and 10k)

CAREER UPDATE: Richard Medina ranks 11th on the indoor 5,000-meter top performers CU record book. He earned three all-conference honors (one indoor, two outdoor) and qualified for the NCAA Outdoor Championships as a freshman.

2009: Redshirt. Did not compete indoor or outdoor seasons.

2008: Medina concentrated on the 5,000-meter run during the indoor and outdoor seasons. He placed first at the Air Force Invite with a debut of 15:23.50 at altitude. Four weeks later he earned his first all-conference honor by taking fourth in the 5k (was also 20th in the 3k). Medina earned his PR of 14:04.65 just one week later at the Seattle Last Chance Meet but did not advance to nationals. His mark put him at 11th in the top 5k indoor performers at CU. Medina continued to excel during the outdoor season. He took second at the prestigious Mt. Sac Relays in April and recorded a PR of 13:51.58. At the conference meet, he took fourth in the 5k (14:40.92) just two days after placing fifth in the 10k (30:44.46). Medina's Mt Sac time qualified him for nationals and he placed 24th in the prelims.

CROSS COUNTRY: The 2009 season was another good one for Medina as he was consistently the second or third

Buff to finish the race. He started the season at the Rocky Mountain Shootout with a fourth-place finish. At pre-nats, he took 17th. Medina was named all-conference after finishing 12th at the Big 12 Championship and earned his third all-region title with a sixth-place finish. He finished the season with a 57th-place finish at nationals. Medina had a few setbacks in 2008 but was able help the Buffs when needed. He came out strong at the Big 12 Championship by placing 15th to earn his first all-conference honor. Two weeks later, he moved up to eighth at regionals to take his second all-region honor. At the NCAA Championship, Medina placed 64th, an improvement of 114 places from last season. In 2007 Medina quickly earned a spot on the varsity roster by placing seventh overall at his collegiate debut, the Rocky Mountain Shootout. He was the fourth Buff to cross the finish. Medina also scored for the Buffs at pre-nats (81st/fifth score). He would be the sixth racer for CU in the next two meets. He just missed all-conference honors by placing 17th overall at the Big 12 meet, but earned all-region honors by placing 22nd. In his first nationals, Medina was 178th and was CU's seventh man.

HIGH SCHOOL: Medina did not start competing in athletics until his sophomore season. He is a four-time 5A state champion on the track and in cross country. Medina won his first title during his junior year in the 3,200-meter run. He finished in 9 minutes and 13 seconds setting a GJHS record, which he lists as the biggest moment in his high school career. As a senior, he won the 5A state cross country title, finishing the 5k course in 15:19 and another school record. At the state track championships, he won the 1,600 in a GJHS record of 4:16 and the 3,200 in 9:15. Medina was also successful at the Foot Locker Championships. In 2005, he placed 28th in the Midwest region. He improved to eighth-place in 2006, qualifying for the national competition where he would finish 18th overall.

ACADEMICS: Medina is majoring in Spanish at Colorado. He is a member of the Big 12 Commissioner's Honor Roll and has a greater than 3.0 GPA.

PERSONAL: Richard Medina was born on June 15 in Torrance, Calif. to Martin and Rose Medina of Grand Junction, Colo. He is the oldest of four. Martin is just 10 months younger and is a member of the CU cross country and track & field teams. Stephanie and Charlie are the youngest. Medina is bilingual (Spanish). He had never participated in sports until he began running for the cross country team his sophomore year. Medina lists his hobbies as mountain/road biking, camping, reading and hanging out with family and friends.

JOE MORRIS



Sprints
Sophomore, TR
Golden, Colo.
(Golden/ Tennessee)

PERSONAL RECORDS

Indoor
60-Meters: 6.65
200-Meters: 21.52 (2009)
Outdoor
100-Meters: 10.46 (2009)
200-Meters: 21.31 (2009)

2009 (at Tennessee): Morris had a successful season for the Tennessee Volunteers and ranks 10th in school history

in the 60-meter dash with a time of 6.71 seconds, which he ran during the prelims of the SEC Indoor Championship. Morris just missed scoring for UT at the meet by taking ninth in the 60 finals (6.83). He also was 19th in the 200 (21.52). During the outdoor season, he qualified for the regional meet in the 100, 200 and the 4x100-meter relay. Morris placed 15th in the 100 (10.62) and 19th in the 200 (21.32). The 4x100 relay team recorded a season-best time of 38.90 and placed seventh.

HIGH SCHOOL: Morris won a pair of national championships in the 60-meter dash during his senior year, one at Nike Nationals and the other at the Simplot Games. In high school, Morris ran the fifth-best time nationally in the 60 for high school runners at 6.65. He was the Colorado State 4A 100-meter dash champion and was a member of the 4x100 and 4x200-meter relay teams that placed at the state championship. The former Demon owns school records in the 100, 200 and long jump at GHS.

IN THE CLASSROOM: Morris is a pre-communications major and is interested in writing.

PERSONAL: Joseph Benjamin Morris was born on October 4, 1989 in Denver, Colo. He is the son of Ben and Joyce Morris. Morris has a twin sister, Andi, who runs track at CSU-Pueblo, and twin younger brothers, Xander and Silas. Morris lists his hobbies as writing and running. He started running during his junior year.

TREY MULLEN



Throws
Junior, VR/VR
Lyons, Colo.
(Lyons)

PERSONAL BESTS

Indoor
Shot Put: 40-11.50 (2009)
Weight Throw: 53-01.00 (2009)
Outdoor
Discus: 155-09 (2009)
Hammer Throw: 162-07 (2009)

2009: Mullen threw the shot put and the weight throw during the indoor season. He launched a toss of 40-11.50, a personal record, at the Air Force Invite (2/14). Mullen's best toss in the weight throw came at the Big 12 meet where he recorded a mark of 53-01.00 and placed 17th. Mullen shifted gears in the outdoor season to the discus and hammer throws. He placed ninth at the Jack Christianson Invite (4/25) with a PR of 162-07. His best event was the discus and he launched a personal best of 155-09 at the Big 12 Meet, which placed 15th overall.

HIGH SCHOOL: Mullen was the Colorado State 2A Championship in the discus with a personal and school record throw of 159-10. He was named all-state and all-conference. Mullen also threw the shot put. He also was a member of the football and basketball teams. Mullen was named the player of the year (basketball) as a senior.

ACADEMICS: Mullen is majoring in ecology and evolutionary biology.

PERSONAL: Trey Steven Mullen was born on Nov. 9, 1988 in Eugene, Ore. His parents are Steve, who played football at Montana State, and Donna of Lyons, Colo. He has two siblings, Chase (who threw on the track and field team) and McCall. He lists his hobbies as hiking, mountain biking, fishing, snowboarding and basketball.

KENYON NEUMAN



Distance
Senior, 2L/2L
Bend, Ore.
(Summit)

PERSONAL BESTS

Indoor

Mile: 4:35.15 (2007)
3,000-Meter: 8:02.42 (2009)
5,000-Meter: 13:41.66 (2009)

Outdoor

800-Meter: 1:55.83 (2006)
1,500-Meter: 3:45.54 (2008)
5,000-Meter: 13:45.54 (2008)
10,000-Meter: 30:40.78 (2008)

BIG 12 SCORING

2006 (O) 5,000-Meter Run, 6th (14:29.65)
2008 (I) 5,000-Meter Run, 2nd (14:11.84)
2008 (O) 5,000-Meter Run, 2nd (14:22.61)
2008 (O) 10,000-Meter Run, 1st (30:40.78)
2009 (I) 5,000-Meter Run, 8th (14:21.15)

NCAA MIDWEST REGION CHAMPIONSHIP SCORING

2007 (O) 5,000-Meter Run, 7th (14:13.92)
2008 (O) 5,000-Meter Run, 4th (14:00.28)

NCAA CHAMPIONSHIP SCORING

2008 (O) 5,000-Meter Run, 7th (13:45.54)

HONORS

2006, 08 (O) 5,000-Meter Run All-Big 12
2008 (I) 5,000-Meter Run All-Big 12
2008 (O) 10,000-Meter Run All-Big 12
2007, 2008 (O) 5,000-Meter Run All-Region
2008 (O) 5,000-Meter Run All-American

CAREER UPDATE: Neuman earned his first track All-American honor in 2008 in the 5,000-meter run. He ran a time of 13:45.54 which is his PR and ranks 10th on the all-time performers list at CU. Neuman recorded his second All-American honor in 2009 in the indoor 5k. He was the high-point scorer for the Buffs (18) as they won their first outdoor conference championship in 2008, winning the 10k and placing second in the 5k. In 2009, he became the third best performer in the indoor 5k when he recorded a PR of 13:41.66. Neuman has earned seven All-Big 12 honors.

2009: Neuman had run in four races during the indoor season; two in the 3k and two in the 5k. He started off the season by clocking a time of 8:02.42 in the 3k, which was an NCAA provisional mark. Two weeks later Neuman continued to show great improvement by earning the third best time by a Buffalo in the 5k at 13:41.66. At the Big 12 Championship, Neuman placed eighth in the 5k and was 14th in the 3k. He went on to compete at nationals in the 5k and placed 12th with a time of 14:11.06, but still earned All-American honors.

2008: Neuman ran in four races during the indoor season, a pair of 3ks and 5ks. His first race was a 3k at the Air Force Invite (2/2) which he won in 8:34.08. Two weeks later he took 27th in the 5k at the Husky Classic (4:22.79). Neuman raced in both events at the conference championship. He took 31st in the 3k, but did much better in the 5k by placing second with a time of 4:11.84. Neuman had a successful outdoor season. He started off his season by placing first in the 1,500 at the CU Invite. At the Mt. Sac

Relays, he took first again in his section of the 5k which was a regional qualifying time of 13:49.31. He ran his final tune-up before the conference meet at the Cardinal Invite. Neuman took second in the 1,500 with a regional qualifying time of 3:45.54. Neuman recorded 18 points at the Big 12 Championship. He earned his first conference crown in his debut of the 10k (30:40.78). Two days later he was second in the 5k. Neuman decided to compete in the 5k at the regional meet and placed fourth to earn a trip to nationals. He took second in the prelims and then earned his first All-American honor by taking seventh in the finals with a time of 13:45.54. Neuman's time made him the 10th fastest performer at CU in the 5k.

2007: Neuman set personal records in all three of his events during the indoor season. He recorded a mark of 4:35.15 in the mile and placed 11th at the Air Force Invite. Neuman raced to a time of 14:21.05 in the 5k at the Husky Classic and placed first in his division. At the Big 12 Championships, he finished just off the podium in the 5k (14:26.04). He also competed in the 3k during the league championship. He placed 11th overall (8:17.34). Neuman focused on the 5k in the outdoor season. His best mark and personal record of 14:02.93, came at the Stanford Invite. He placed 23rd overall and the mark was a regional qualifying time. At the Big 12 Championship, he placed 11th (14:52.14). Neuman advanced to the regional and took seventh overall (14:13.92). He earned an at-large bid and a chance to compete at the NCAA Championship. He recorded a time of 14:49.19 in prelim and placed 24th overall.

2006: Neuman competed in just two races during the indoor season. He ran 8:41.99 at the University of Washington Open and placed 11th. At the Husky Invite, he placed 33rd in the 5k (14:33.75). Neuman earned his first All-Big 12 honor in the outdoor season, placing sixth in the 5k at 14:29.65. He also took 23rd in the 1,500 at the championship (4:07.21). Neuman earned a mark of 3:50.60 in the 1,500 at the Cardinal Invite and was 10th in the 800m at the Colorado Invitational (1:55.83).

CROSS COUNTRY: Neuman redshirted the 2005 season. He placed 42nd in the USA Cross Country Championship in New York, finishing in 26:10 in 2006. As a redshirt freshman, he started off as a member of the "B" team, but would earn a spot on the varsity roster. Neuman took 16th overall at the Rocky Mountain Shootout. He ran in the open race at pre-nationals, taking 191st. Neuman led CU at the Air Force Invite, taking top honors. He took 21st at Big 12's and was the sixth Buff to cross the finish. Neuman served as an alternate at regionals and nationals. Neuman quickly showed he made a lot of progress over the summer and in 2007 became CU's No. 3 performer. He started off by placing fourth overall at the RMS (CU's No. 3). At pre-nats, Neuman took 27th overall. His best finish came at the conference championship when he raced to a second-place finish behind teammate Brent Vaughn, earning his first All-Big 12 honor. Neuman was eighth overall at regionals to earn all-region honors and he placed 87th at nationals. Neuman did not compete for the Buffs in 2008 until pre-nats where he placed 54th as the No. 3 harrier. He was 14th at the Big 12 Meet and improved a spot to 13th at regionals. Neuman placed 115th at nationals. In 2009, Neuman started off strong, winning his first Rocky Mountain Shootout title in 24:51. At pre-nationals, he raced to a 32nd-place finish as the No. 4 harrier for the Buffs. Neuman's final race for the Buffs was a seventh-place finish at the Big 12 Championship as he crossed the finish in 25:10.33 and helped the Buffs to a second-place team finish.

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.

ACADEMICS: Neuman is majoring in finance at Colorado, but is also interested in photography. He is a member of the Big 12 Commissioner's Honor Roll and carries a GPA of better than 3.00.

PERSONAL: Kenyon Neuman was born on January 12, 1987, in Yakima, Wash., to Mark and Janice Neuman. He has two older sisters (Stephanie Studebaker and Shauntel) and two younger brothers (Gatlin and Travis). Neuman enjoys snowboarding and wakeboarding.

JAMES NIXON



Pole Vault
Sophomore/
Freshman, VR/VR
Greenwood Village,
Colo. (Cherry Creek)

PERSONAL BESTS

Pole Vault: 15-7

2009: Nixon's main focus during the indoor and outdoor seasons was the pole vault. He recorded his best jump of the indoor season at the Air Force Invite (2/13). Nixon cleared the height of 15-01.00 to take fourth. He reached the same height in the outdoor season at the Rob Upton Invite (3/28) and finished first. Nixon was awarded a medical hardship for the outdoor season as his season was cut short due to injury.

HIGH SCHOOL: Nixon was a state qualifier in the pole vault as a junior and senior. He was the state runner-up in 2008, which he also lists the biggest moment of his high school career. Nixon's PR of 15-7 was obtained at the Great Southwest Classic. He earned three letters on the track team and one for cross country.

ACADEMICS: Nixon is majoring in psychology. He owns a GPA of 3.595 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: James. R. Nixon was born on April 2, 1990 in Denver, Colo. He is the son of Scott and Cathy Nixon of Centennial, Colo. He has two older siblings, Jeff and Kelsy. He lists biking, running and music as his hobbies.

BRIAN OWENS



Throws
Freshman, HS
Elmer, N.J.
(Woodstown)

PERSONAL RECORDS

Javelin: 191 (2008)

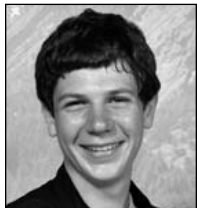
HIGH SCHOOL: Owens was a three-sport athlete at Woodstown HS. He earned two letters in track and field, two in baseball and three in football. Owens is the WHS javelin record holder (191-00).

IN THE CLASS ROOM: Owens is majoring in environmental studies at Colorado. He was also a member of the

honor roll in high school.

PERSONAL: Brian S. Owens Jr. was born on November 7, 1989. He is the son of Brian and Shannon Owens of Elmer, N.J. He has three siblings, Mattie, Montana and Lane. Montana and Lane compete in the USATF program in New Jersey. Owens and his father have identical tattoos that read BRAVEHEART in honor of his brother Mattie, who passed away in 2005. The tattoo symbolizes the way the Owens' family lives their lives. Owens lists his hobbies as fishing, hunting, hiking, kayaking and going to Yellowstone with his family.

JEROME PERKINS



Distance
Sophomore/
Freshman, VR/RS
Franklin Lakes, N.J.
(Indian Hills)

PERSONAL BESTS

Indoor

Mile: 4:53.16 (2009)
3,000-Meters: 9:50.61 (2009)

Outdoor

3,000-Meters: 9:27.03 (2009)

2009: Perkins ran in three meets during the indoor season. He placed sixth at Air Force (2/13) with a time of 4:53.16. Perkins ran a season-best 3k time at the Air Force Duals (1/31) when he finished in 9:50.61. Perkins ran one 3k during the outdoor season. He finished eighth at the Potts Invite (3/21) with a time of 9:27.03.

HIGH SCHOOL: Perkins earned letters all four years on the cross country and track and field team at IHHS and was first team all-county and all-league on the cross country team his junior and senior years. He was also an all-state second team selection in his final season in cross country. He was named all-league in the spring of '07 and the winter of '08 in the 3,200.

IN THE CLASSROOM: Perkins is majoring in applied math and is also interested in environmental studies. He has a PFA of 3.895 and is a member of the Big 12 Commissioner's Honor Roll. Perkins was a member of the National Honor Society in high school.

PERSONAL: Jerome Philippe Perkins was born on November 5, 1990 in Binghamton, N.Y. His parents are Jeffrey and Isabelle Perkins and he has two brothers, Cedric and Adrien.

TRAVIS PUTNAM



Middle Distance
Freshman, HS
Aurora, Colo.
(Cherokee Trail)

PERSONAL BESTS

800-Meters: 1:56.8 (2009)

HIGH SCHOOL: Putnam was a member of the 2007 Colorado State 4A Champions at Cherokee Trail, where the

team was also , conference and regional champions. The Cougars also won the league championship in 2009. Putnam played wide receiver on the football team as a freshman and sophomore.

IN THE CLASSROOM: Putnam is an open major, but is interested in Spanish and integrated physiology. He is a member of the National Honor Society and was a recipient of the International Baccalaureate certificate.

PERSONAL: Travis Putnam was born on January 26, 1991, in Aurora, Colo. to Todd and Dany Putname. He has one sister, Jeanine. His hobbies are playing sports, video games and reading. Putnam volunteered at Adam's Camp (a camp in the mountains for special needs children). He is also half Peruvian and is fluent in Spanish.

NATHAN RICE



Distance
Sophomore, TR
Lafayette, Colo.
(Peak to Peak
Charter/Metro State)

PERSONAL BESTS

1,600 Meters: 4:40 (2008)
3,200 Meters: 9:50 (2008)

HIGH SCHOOL: Rice owns a trio of school records, two on the track and one in cross country. On the track he has the 1,600 and 3,200-meter run records, while in cross country Rice has the 5k course record. All three marks were set during his senior year. Rice raced to a time of 17:22 during the cross country season (2007) and then recorded times of 4:40 (1,600) and 9:50 (3,200) in 2008. Rice won the regional championship in the 3,200 in 2008 and finished third overall at the state championship.

ACADEMICS: Rice is majoring in film.

PERSONAL: Nathaniel Wesley Rice was born on June 29, 1989, in Boulder, Colo. He is the son of Robert and Mary Rice. Rice is the second oldest of seven children. His hobbies include writing songs and being creative.

ADAM SALZMANN



Combined Events
Junior/
Sophomore, VR/RS
Wheat Ridge, Colo.
(Wheat Ridge)

PERSONAL BESTS

Indoor

Heptathlon: 5001 points (2009)
60-Meters: 7.30 (2009)
400-Meters: 50.28 (2009)
1,000-Meters: 2:37.85 (2009)
60-Meter Hurdles: 8.66 (2009)
Long Jump: 21-11.75 (2008)
Shot Put: 36-01.25 (2008)
High Jump: 6-03.25 (2009)
Pole Vault: 14-01.25 (2009)

Outdoor

Decathlon: 6,434 points (2008)
100-Meters: 11.37 (2008)
400-Meters: 48.80 (2008)
1,500-Meters: 4:30.45 (2008)
110-Meter Hurdles: 15.34 (2008)
High Jump: 5-10.75 (2008)
Long Jump: 21-05.25 (2008)
Shot Put: 38-11.75 (2008)
Discus: 116-08 (2008)
Pole Vault: 12-03.50 (2008)
Javelin: 143-04 (2008)

CAREER UPDATE: Salzmänn has put his name all over the CU Combined Events record book in the last two seasons. He owns the fastest two times ever in the 1,000-meter run (2:37.85 and 2:42.37) and the second-best heptathlon by a Buff with 5,001 points. Salzmänn is third in the long jump (21-11.75), fourth in the 60-meter dash (7.33) and 60-meter hurdles (8.66), fifth in the shot put and is seventh in the high jump (6-02.00) and the pole vault (13-07.25).

2009: Salzmänn competed in one complete heptathlon during the indoor season and was the second Buff to ever record over 5,000 points (5,001). That performance came at the Big 12 Indoor Championship. Salzmänn recorded a mark of 7.37 in the 60, 20-05.25 in the long jump, 35-05.75 in the shot put and ended the first day with a jump of 6-02.00 in the high jump. The second day he recorded a time of 8.66 in the 60 hurdles and 13-07.25 in the pole vault. Salzmänn ended the day by running the 1,000-meter run in 2:37.85, the fastest time by a combined events athlete at CU. Salzmänn redshirted the outdoor season due to injury.

2008: Salzmänn had a successful first year competing in combined events for the Buffs. During the indoor season, he participated in three heptathlons. In Salzmänn's collegiate debut, he recorded 3,948 points at the Potts Invite and took fifth. He improved two weeks later with a score of 4,682 at the Air Force Invite. Salzmänn recorded his season-best of 4,755 at the indoor championship and he placed 13th. He recorded four prs at the Air Force Invite in the 60m (7.37), long jump (21-11.75), shot put (36-01.25) and high jump (5-11.50). Salzmänn competed in a trio of decathlons in the outdoors season. His pr of 6,437 points was captured at the Big 12 meet (11th overall). He took second at the Glenn Morris Combined Events meet (6,179) and was 16th at the USA Jr. Championships (5,125). Salzmänn set four prs at the Big 12 meet in the 100 (11.37), 1,500 (4:35.45), pole vault (12-03.50) and the javelin (143-04).

HIGH SCHOOL: Salzmänn lettered in cross country (3), track and field (4) and golf (4) in high school. He set the school record in the 300-meter hurdles (38.7), pentathlon and decathlon (6,159), all which still stand. The 2007 WRHS Track and Field Most Valuable Player of the Year went on to USA Track & Field Junior Olympic Colorado State, Region 10 and National Championships in the Decathlon in 2007. Salzmänn recorded a personal record 6,159 points at the Colorado State Championship where he finished in second. At the Region 10 Championships, he won the crown with 6,072 points, more than 1,720 points better than the second-place finisher. Salzmänn was ninth at nationals with 5,879 points where he ran a personal best in the 1,500-meter run, the final event, in 4:40.01 which was the second best time.

ACADEMICS: Salzmänn is majoring in integrative physiology and psychology at Colorado. He was a Scholar Athlete at WRHS as a junior and senior.

PERSONAL: Adam Robert Salzmänn was born on January 26, 1989 in Wheat Ridge, Colo. He is the son of Allen and Carol Salzmänn. He has two sisters, Anna and Brita. Salzmänn lists his hobby as back packing.

RYAN SAVERCOOL



Distance
Freshman, HS
Chester, N.J.
(Mendham)

PERSONAL BESTS

Indoor
1,600-Meters: 4:19.5
3,200-Meters: 9:34.1

CROSS COUNTRY: Redshirt. Did not compete.

HIGH SCHOOL: Savercool owns two individual and two relay indoor records at MHS, as well as two outdoor relay records. He owns the indoor 1,600-meter (4:20.5) and 3,200 (9:41.7). The indoor relay records are in the 4x800 and distance medley relay and the outdoor relays are the 4x1,600 and DMR. Savercool ranks second all-time in the outdoor 1,600 and is third all-time in the 3,200. The Minutemen won the 2009 Indoor Iron Hills Conference Championship.

IN THE CLASSROOM: Savercool is an open major but is interested in integrative physiology and economics. He recorded a GPA of 3.979 in his first semester at CU and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Ryan Savercool was born on May 10, 1991 in Denville, N.J. He is the son of Mike and Shawn Savercool of Chester, N.J. Savercool enjoys Karaoke and aspires to be a doctor.

DILLON SHIJE



Distance
Freshman, HS
Zia Pueblo, N.M.
(Sandia Preparatory)

PERSONAL BESTS

1,600-Meters: 4:36.36 (2009)
3,200-Meters: 10:01.85 (2009)

CROSS COUNTRY: Redshirt. Did not compete.

HIGH SCHOOL: Shije became the first Sundevil to place on the podium during the track season for Sandia Preparatory. In 2009 he placed second in the 3,200-meter run, recording a time of 10:01.85. At the same meet, he placed seventh in the 1,600 (4:36.36). He did that after not competing most of the 2009 season due to an injury; returning to the track two weeks prior to the state meet. Shije also competed in basketball as a freshman and sophomore and was awarded the Iron Man Award for his participation in three sports (was also a member of the cross country team). He finished third at the state cross country championship in 2008 and won districts; the best finish for a Sundevil in school history. Shije was named top Native American runner in the nation as a junior and senior and was named most inspirational as a senior.

IN THE CLASSROOM: Shije is majoring in mathematics. He was an all-district all-academic team member in high school.

PERSONAL: Dillon Shije was born on May 22, 1991 in Zia

Pueblo, N.M. and is the son of Myron Galvan and Marie Shije. He has one younger brother, Levi. Shije enjoys sports, drawing, hiking, camping, painting and hunting. He has also volunteered as a running facilitator throughout New Mexico and Arizona Indian reservations. Shije is Native American.

JONATHAN STEVENS



Distance
Sophomore/
Freshman, 1L/RS
Vail, Colo.
(Battle Mountain)

PERSONAL BESTS

Indoor
Mile: 4:17.21 (2009)
3,000-Meters: 8:37.50 (2009)
Outdoor
1,500-Meters: 4:04.07 (2009)
Steeplechase: 9:55.61 (2009)

BIG 12 SCORING

2009 (I) Distance Medley Relay, 8th (9:56.44)

2009: Stevens mostly competed in the mile during the indoor campaign. He ran a personal record of 4:17.21 at the Husky Classic (2/14) after running a pair of times (4:29.61/Air Force Duals; 4:32.54/Potts Indoor Invite) at altitude. Stevens competed in the 3,000-meter run at the Big 12 Championship, finishing in 8:37.50. He only ran in two meets during the outdoor season and due to injury, he was awarded a medical redshirt. Stevens earned a mark of 4:04.07 in the 1,500 at the CU Invite (4/11) and a time of 9:55.61 in the steeplechase at the Potts Invite (3/21).

CROSS COUNTRY: Redshirt. Did not compete.

HIGH SCHOOL: Stevens earned eight letters at Battle Mountain on the cross country and track teams. The Huskies won the conference championship in 2006 and 07; they were also the regional champions from 2005-07. BMHS men's track team won the regional title in 2008. Stevens set the school record in the 5k for cross country at 15:58, which still stands as well as the 4x800-meter relay (7:52). He helped lead the Huskies to a 4A state championship in 2007. The team scored 55 points, which was the lowest score over the last 10 years. Stevens recorded a fourth place finish. He also finished 11th in the 2007 Nike Team Nationals Southwest Cross Country Meet. Stevens was the cross country team captain and all-state selection his sophomore through senior seasons. He was also a standout on the varsity hockey team. Stevens earned four letters in hockey and was named the Denver Post Hockey Player of the Year. He was all-state his junior and senior seasons and was the team captain his senior year. Stevens was also recruited by Colorado State, Iona, Cal Poly and Arizona State. Over the summer, Stevens was named the Denver Post 2008 Dick Connor A.C.E. Award winner.

ACADEMICS: Stevens is majoring in business. He was named an AP Scholar his senior year and was a member of the honor roll all four years.

PERSONAL: Jonathan Stevens was born on November 24, 1989. His parents are Jerry and Nancy Stevens of Vail, Colo. Stevens has a twin sister, McKenzie, who will play varsity hockey at Middlebury College. McKenzie also played varsity hockey with Stevens in high school. He has

a younger sister, Maddie. His hobbies are running, reading, going to concerts and camping.

NATHAN TALBOTT



Throws
Freshman, RS
Newport Beach, Calif.
(Newport Harbor)

PERSONAL BESTS

Discus: 173-08

2009: Redshirt. Did not compete.

HIGH SCHOOL: Talbott earned two letters as a member of the NHHS track and field team. He was named All-CIF both years and was even the first seed his first year. As a senior, Talbott placed second in the CIF championship. He was awarded the John Gust Athletic Scholarship (for dedication, excellence, self sacrifice and enthusiasm) and was named to the Newport Beach Chamber of Commerce Top 15 Athletes in June of 2008. Talbott also lettered in football and baseball.

ACADEMICS: Talbott is majoring in business at Colorado.

PERSONAL: Nathan Scott Talbott was born on March 8, 1990 in Fountain Valley, Calif. He is the son of Mike and Cindy Talbott of Newport Beach, Calif. He lists his hobbies as surfing, snowboarding and skateboarding and his favorite professional teams are the San Diego Chargers and the Los Angeles Angels of Anaheim. Talbott traveled to Mexico with his church to build a home for a family in need.

GEO TAM



Middle Distance
Freshman, HS
Boulder, Colo.
(Boulder)

PERSONAL RECORDS

800-Meters: 1:57.5 (2009)

HIGH SCHOOL: Tam started running his senior year. He ran the anchor leg of the BHS 4x800-meter relay which won the Front Range League Championship in 2009. The relay qualified for the state championship and placed 11th overall.

IN THE CLASSROOM: Tam is an open major and intends to major in mechanical engineering. He owns a GPA of 3.4 after his first semester.

PERSONAL: Geoffrey Waikin Tam was born on March 16, 1990, in Denver, Colo. He is the son of Joe and Barbara Tam of Boulder, Colo., and has one brother, Ryder. Tam lists playing soccer, hiking, snowboarding and running as his hobbies. He was homeschooled through middle school and high school.

EDDIE TAYLOR



Combined Events
Sophomore, VR
Detroit Lakes, Minn.
(Detroit Lakes)

PERSONAL BESTS

Indoor
 Heptathlon: 4,289 (2009)
 60-Meters: 7.35 (2009)
 Long Jump: 19-11.75 (2009)
 Shot Put: 33-05.75 (2009)
 High Jump: 5-08.50 (2009)
 60-Meter Hurdles: 9.68 (2009)
 Pole Vault: 11-09.75 (2009)
 1,000-Meters: 2:47.13 (2009)
 400-Meters: 51.8
 800-Meters: 2:05.80 (2009)
Outdoor
 Decathlon: 5,768 (2009)
 100-Meters: 11.41 (2009)
 Long Jump: 18-03.00 (2009)
 Shot Put: 33-03.25 (2009)
 High Jump: 5-10.75 (2009)
 400-Meters: 50.93 (2009)
 110-Meter Hurdles: 16.68 (2009)
 Discus: 85-01 (2009)
 Javelin: 117-06 (2009)
 1,500-Meters: 4:38.18 (2009)
 400-Meter Hurdles: 58.16 (2009)

2009: Taylor competed in two heptathlons. At the Air Force Duals, he ran the fifth-best times in combined events history in the 60-meter dash and the 1,000, 7.35 and 2:47.13, respectively. At the meet, Taylor recorded PRs in total points, long jump, shot put, high jump, pole vault, 60 and 1,000-meters. In the outdoor season, Taylor competed in two decathlons. His best finish was at the Cal State Northridge Spring Break Open when he recorded 5,768 points and finished fifth. At that meet, Taylor recorded personal bests in the high jump, discus and pole vault. He ran the 11th and 13th fastest times in combined events history in the 1,500 and both earned him first-place finishes (4:38.18 and 4:38.53, respectively).

HIGH SCHOOL: Taylor earned four letters as a member of the Lakers' track and field team. He competed in the pole vault as well as 400 and 800-meter runs. Taylor was a member of the basketball and soccer teams as well.

ACADEMICS: Taylor is majoring in mathematics and has been a member of the Big 12 Commissioner's Honor Roll. He was an AP Scholar in high school.

PERSONAL: Kenneth Eddie Taylor was born on May 8, 1990. His mother is Linda Jackson of Detroit Lakes, Minn. He has one younger sister, Rose. He enjoys skateboarding, snowboarding, wakeboarding and snowmobiling.

MATT TEBO



Distance
Sophomore/
Junior, 1L/2L
Albuquerque, N.M.
(Eldorado)

PERSONAL BESTS

Indoor
 3,000-Meters: 8:10.80 (2008)
 5,000-Meters: 13:53.60 (2008)
Outdoor
 1,500-Meters: 3:56.36 (2009)
 5,000-Meters: 13:56.20 (2008)
 10,000-Meters: 30:41.22 (2008)

BIG 12 SCORING

2008 (I) 3,000-Meter Run, 3rd (8:10.80)
 2008 (I) Distance Medley Relay, 6th (10:01.66)
 2008 (O) 5,000-Meter Run, 7th (14:55.35)
 2008 (O) 10,000-Meter Run, 3rd (30:41.22)
 2009 (O) 5,000-Meter Run, 2nd (14:24.22)
 2009 (O) 10,000-Meter Run, 4th (30:48.60)

NCAA MIDWEST REGION CHAMPIONSHIP SCORING

2008 (O) 5,000-Meter Run, 7th (14:06.04)
 2009 (O) 5,000-Meter Run, 6th (14:06.31)

HONORS

2008 CU Freshman of the Year
 2008 (I) 5,000-Meter Run All-American (10th, 14:14.88)
 Six-time All-Big 12 Performer

CAREER UPDATE: Tebo was CU's eighth fastest 5k indoor performer in the event after his freshman year and is currently ninth. He was named the 2008 CU Freshman of the Year for his performance on the indoor track and is a four-time All-Big 12 honoree and an indoor All-American. The mark of 13:53.60 ranks third on the top freshman list (Dathan Ritzenhein owns the top two marks, his second and third career races).

2009: Tebo redshirted the indoor season, but did compete during the outdoor season. He ran in the 1,500, 5k and 10k. Tebo's personal record in the 1,500 came at the Oregon Relays (4/24). He finished in 3:56.36 and took ninth. Tebo raced once in the 10k at the Big 12 Championship where he took fourth to lead the Buffs. The 5k was Tebo's main focus as he raced it four times. He earned a regional qualifying mark of 13:56.46 at the Payton Jordan Cardinal Invite (5/2). Two weeks later he followed that up with a runner-up finish at the Big 12 Championship (14:24.22). Tebo qualified for the NCAA Championship after taking sixth at the regional meet (14:06.31). He was 19th in the prelims at nationals with a time of 14:19.67.

2008: Tebo started off on the fast track during the indoor season in his freshman campaign. His first two races were in the 3,000-meters. His debut of 8:37.68 placed him second at the Air Force Invite. He improved on that time a few weeks later at the Big 12 meet and took third with a PR of (8:10.80). Tebo decided to try his luck at the 5k and it worked out well. Tebo ran the 14th best time in school history at 13:53.60 at the Seattle Last Chance Qualifier and earned a spot at the NCAA Championship. The mark made his the eighth fastest Buff in the event but was also the fastest debut by a CU freshman. Tebo became the first true freshman since Dathan Ritzenhein in 2002 to qualify

for indoor nationals. Tebo finished 10th at NCAAs and earned his first All-America honor. Tebo continued to shine during the outdoor season. He focused mainly on the 5k, running in three races. His first race was a seventh place finish at the Mt. Sac Relays. Tebo finished the 5k with a time of 13:46.20, which was also a regional qualifying mark. At the Big 12 Championships, Tebo scored for the Buffs in the 5 and the 10k. He took third in his debut of the 10, running a time of 30:41.22. Two days later Tebo finished seventh in the 5k. The freshman took to regionals in the 5k and just missed advancing to nationals by placing seventh.

CROSS COUNTRY: Tebo was one of two true freshmen to make the varsity roster in 2007. He placed eighth overall at the Rocky Mountain Shootout, which was his collegiate debut. He scored as CU's No. 5. Tebo placed 101st at pre-nats two weeks later, but did not score since he was the sixth Buff to cross the finish. At the Big 12 meet, he placed 33rd overall (eight on the team). Tebo served as the alternate on the regionals and NCAA squads. Tebo kept his roster spot in 2008 and took third at the Iowa State Invite. He recorded a eight place finish at the Rocky Mountain Shootout to tie his performance from the previous year. At pre-nats, Tebo finished 115th overall (CU's No. 6). During the Big 12 Championship, he placed 23rd (No. 6) and just missed all-region honors by placing 26th (No. 6). He scored for the Buffs at nationals and placed 146th. The 2009 season started off well for Tebo. He ran to a third-place finish at the Rocky Mountain Shootout and was the second Buff to finish the race. At the end of the month, Tebo finished 32nd at the conference meet (eighth Buff), but bounced back to 11th at the regional meet to earn all-region honors. He finished the season by placing 162nd at nationals.

HIGH SCHOOL: Tebo represented the U.S. at the 2007 World Cross Country Championships in Kenya. He earned the trip by placing third at the U.S. Championships the previous February (in Boulder) and placed third overall in the junior's division. Tebo won the 2006 Foot Locker West Regional, earning all-region honors and a trip to nationals where he placed fifth. While at EHS, he was a three-time state champion. As a junior, Tebo was 16th at the Foot Locker Nationals. On the track, he ran the 3,200-meter run in 8:47 at the Nike Outdoor Nationals, which was one of the best times ever recorded by a high school junior and the all-time high school record in New Mexico. He placed second in the meet. Tebo was also a three-time state champion on the track and owns the state record in the 3,200 (9:07).

ACADEMICS: Tebo is majoring in Studio Art at Colorado and would like to be a professional runner after graduation. He is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Matt Tebo was born on March 17, 1989 to Michael, who played water polo at Florida State, and Chris, who was a swimmer at Clemson, in Albuquerque, N.M. He has one older sister, Kim, and a younger brother, Luke.

CHRISTIAN THOMPSON



Distance
Junior, VR/1L
Candor, N.Y.
(Candor)

PERSONAL BESTS

Indoor

Mile: 4:10.99 (2008)
3,000-Meters: 8:14.55 (2009)

Outdoor

1,500-Meters: 3:58.46 (2009)
Steeplechase: 8:49.38 (2009)

BIG 12 SCORING

2009 (O) Steeplechase, 5th (9:07.68)

NCAA MIDWEST REGION CHAMPIONSHIP SCORING

2009 (O) Steeplechase, 9th (9:07.31)

2009: Thompson competed in a pair of 3,000-meter runs in the indoor campaign. He PR'd in the 3k with a performance of 8:14.55 at the Husky Classic (2/14). Thompson missed scoring at the Big 12 meet when he took 15th (8:18.60). During the outdoor season he ran a couple of 1,500's but mainly focused on the steeplechase. Thompson's personal record in the 1,500 came at the Oregon Relays (4/24). He ran a time of 3:58.46 and took second in the 'B' second. Thompson's best time in the steeplechase was at the Payton Jordan Cardinal Invite. He earned a time of 8:49.39, which was a regional qualifying time. Thompson scored for the Buffs at the Big 12 meet in the steeplechase with a fifth-place finish and a time of 9:07.68. Two weeks later he took ninth at regionals but advanced to nationals on his PR time. Thompson finished 20th overall at NCAA's in the prelims.

2008: Thompson competed in the mile and 3,000-meter runs during the indoor season. He ran the 3k at the conference meet and placed 22nd with a time of 8:30.44. Thompson raced to his season-best in the 3k of 8:17.42 at the Husky Invite and placed 28th overall. His PR in the mile (4:10.99) came at the Seattle Last Chance meet where he finished 10th. Thompson focused on the 3,000-meter steeplechase during the outdoor season and he ran a then-PR of 9:06.68 at the Cardinal Invite (5/4), which qualified him for regionals. He just missed out earning his first all-conference honor as he took 10th in the event (9:42.67). At regionals, he finished 13th with a mark of 9:12.88. Impressively he finished the last half of the race with only one shoe.

CROSS COUNTRY: Thompson redshirted the 2007 season. He got off to a good start in the 2008 season as he finished eighth overall (CU's No. 7) at the Iowa State Invite. A few weeks later at the Rocky Mountain Shootout he was sixth overall and the No. 3 harrier for CU. After the return of some of Thompson's teammates, he moved down to the No. 5 runner at the pre-national meet (finishing 79th). Thompson earned a spot on the postseason roster and placed 29th at Big 12s, 34th at regionals and 208th at nationals. The 2009 season proved to be a breakout year for Thompson as he was led the Buffs in a pair of races and was the second or third Buff twice. He started the year by taking fifth at the Rocky Mountain Shootout and was the fourth Buff harrier to cross the finish. Thompson's first time leading the Buffs came at pre-nats when he

finished 14th and led the Buffs to a second-place team finish. He was ninth overall at the Big 12 Championship (second on the team) and was 10th at the regional meet (third Buff) to earn his first all-region and all-conference honors. Thompson led the Buffs at nationals with a 44th-place finish and just missed his first All-American honor.

HIGH SCHOOL: Thompson was 11th at the Northeast Foot Locker Championships in 2006. He won three Class D New York State Public High School Association Cross Country Titles. Thompson was a four-time Interscholastic Athletic Conference selection. As a senior, he was an all-state selection and a second team member as a junior. He finished third in the 2007 USATF Junior Championships in the 3,000-meter steeplechase. Thompson was a two-time state champion in the steeplechase.

ACADEMICS: Thompson is majoring in International Affairs and Spanish at Colorado. He was a member of the honor roll in high school. Thompson is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Christian Charles Thompson was born on July 2, 1988, in Johnson City, N.Y. His parents are Robert and Valerie Thompson of Candor, N.Y. He has one younger brother, Patrick, who plays soccer at Hartwick College. Thompson lists his hobbies as snowshoeing, cross country skiing and traveling.

TYLER THOMPSON



Jumps
Freshman, HS
Carbondale, Colo.
(Roaring Fork)

PERSONAL RECORDS

Long Jump: 22-04 (2009)
Triple Jump: 46-09.25 (2009)
High Jump: 5-10 (2008)

HIGH SCHOOL: Thompson is a three-time Colorado State 3A Champion. He won back-to-back titles in the long jump in 2008 and '09 and the 2009 triple jump title. As a senior, Thompson set RFHS records in both events. On May 8, 2009, he recorded a long jump mark of 22-04 and on May 15, 2009, Thompson had a triple jump of 46-09. In 2009 Thompson participated at the State Games of America in the 17-18 age group in Colorado Springs. He was first in both the long and triple jumps and also took fifth in the 100-meter dash. Thompson was recruited by the Air Force Academy and Colorado School of Mines.

IN THE CLASSROOM: Thompson is an open option engineering major. He was a member of the honor roll in high school.

PERSONAL: Tyler Thompson was born on December 20, 1990 in Carbondale, Colo. He is the son of Bradley and Karen Thompson and has one brother, Justin. His father played basketball at CU-Denver while his grandfather, Lew Ron Thompson, played basketball at Colorado and was coached by Sox Walseth.

JAKE TIMMONS



Combined Events
Sophomore, VR
Franktown, Colo.
(Ponderosa)

PERSONAL BESTS

Indoor

Heptathlon: 3,694 (2009)
60-Meters: 7.75 (2009)
Long Jump: 19-03.50 (2009)
Shot Put: 32-04.75 (2009)
High Jump: 6-02.75 (2009)
60-Meter Hurdles: 9.49 (2009)
Pole Vault: 8-00.50 (2009)
1,000-Meters: 2:52.56 (2009)

Outdoor

400-Meters: 53.79 (2009)
110-Meter Hurdles: 17.03 (2009)
High Jump: 6-05.50 (2009)
Long Jump: 20-03.00 (2009)
Javelin: 126-04 (2009)

2009: Timmons competed in one heptathlon for the Buffs during the indoor season. He recorded 3,694 points and placed sixth overall. Timmons mainly focused on the high jump the rest of the season. He cleared a height of 6-02.75 at the Air Force Duals (1/31) and took third. Timmon's cleared 6-00.75 at three different meets. During the outdoor season he competed in several events but once again focused on the high jump. Timmons jumped 6-05.50 at the CSU Ram Open (5/9) and tied for third. He also jumped 6-04.74 for his second best mark of the season at the CU Invite (4/11) and tied for second.

HIGH SCHOOL: Timmons served as the captain of the PHS track team as a senior. He was all-state honorable mention as a senior. Timmons took third in the high jump in 2008 with a pr of 6 feet, 6 inches. He recorded his high school PR in the triple jump at regionals, also in 2008, at 43-07.50. Timmons is part of the school record holding high jump relay (which consists of four jumpers) at 24-2.

ACADEMICS: Timmons is majoring in mechanical engineering and is a member of the Big 12 Commissioner's Honor Roll. Timmons was a member of the National Honor Society in high school.

PERSONAL: Jake Williams Timmons was born on April 1, 1990 in Littleton, Colo. His parents are Kyle and Amy Timmons of Franktown, Colo. He has one younger sister, Haley. Two of his uncles, Noel and Chan Timmons ran cross country and track at the University of Nebraska-Kearney. He lists his hobbies as scuba diving, skiing and hiking.

ARIC VAN HALEN



Distance
Sophomore/
Freshman, VR/RS
Los Angeles, Calif.
(Oakwood)

PERSONAL BESTS

Indoor
Mile: 4:30.03 (2009)
3,000-Meters: 8:23.83 (2009)

2009: Van Halen started his collegiate career by running a 4:30.03 mile at the Potts Invite (1/24), placing third overall. At the Big 12 Indoor meet, he raced a time of 8:23.83 in the 3,000-meter run and was 23rd overall. Van Halen redshirted the outdoor season.

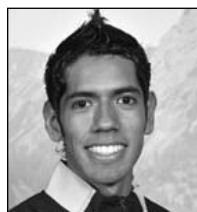
CROSS COUNTRY: Van Halen redshirted the 2008 season but wore the black and gold in 2009 and earned a spot on the varsity roster. He started the season at the Rocky Mountain Shootout and placed 18th as the eighth Buff to finish the race. Van Halen raced at pre-nats in the open race and was the eighth runner to finish in 25:20.7. At the Big 12 Championship, he was 21st overall and followed that performance up with a 42nd overall placing at regionals. Van Halen finished the season with a 130th finish at NCAAs.

HIGH SCHOOL: Van Halen won the 2007 Division V California State Cross Country Championship. Van Halen helped to lead Oakwood High School to its first state appearance in 2005. Van Halen has school records in the 400m (53.1), 800m (2:00), 1,600m (4:22) and 3,200m (9:19). He was also recruited by Baylor, Texas and Arizona State before deciding on Colorado.

ACADEMICS: Van Halen is a pre-journalism and film major.

PERSONAL: Aric Alexander Van Halen was born on October 6, 1989 in Los Angeles, Calif. His parents are Alex and Kelly Van Halen. He has one younger brother, Malcolm and a younger sister, Stella. Van Halen was the first American born in his family. He lists his hobbies as cars, scuba diving, ultimate Frisbee and cycling.

ALDO VEGA



Distance
Freshman, HS
Queretaro,
Mexico

PERSONAL BESTS

1,500-Meters: 3:50 (2007)
5,000-Meters: 14:07 (2007)

PRE-COLORADO: Vega ran his personal records in the 1,500 and 5,000-meter runs at Mexico's National Championship in 2007. He recorded a runner-up finish in the 5k with a time of 14:07 and was seventh in the 1,500 (3:50).

ACADEMICS: Vega is an exchange student from Mexico and is majoring in management.

PERSONAL: Aldo Saul Vega Escobedo was born on

November 26, 1987 in Queretaro, Mexico. He is the son of Gilberto Vega Benavidez and Petra Escobedo Espindola. Vega has two brothers, Gilberto and Edwin. He chose to come to CU for one semester as part of an exchange program because of the altitude, geography and track & field program.

ALEX VON HAGEN



Combined Events/
Jumps
Junior/
Sophomore, VR/VR
Broomfield, Colo.
(Legacy)

PERSONAL BESTS

Indoor
Heptathlon: 4967 points (2009)
60-Meters: 7.35 (2008)
1,000-Meters: 2:43.78 (2009)
60-Meter Hurdles: 9.09 (2009)
Long Jump: 22-10 (2007)
Shot Put: 35-08.50 (2009)
High Jump: 6-6
Pole Vault: 14-03.25 (2009)
Outdoor
Decathlon: 6,584 points (2009)
100-meters: 11.18
Long Jump: 23-11.75 (2007)
Shot Put: 36-04.00 (2009)
High Jump: 6-06.25 (2009)
400-meters: 50.88
100-Meter Hurdles: 15.58
Discus: 112-06
Pole Vault: 13-07.25 (2009)
Javelin: 161-04 (2009)
1500-meters: 4:38.28 (2009)

CAREER UPDATE: Von Hagen ranks third overall in the heptathlon at CU with 4,967 points. His best marks are second in the high jump (6-05.50) and the long jump (22-11), third in the 1,000-meter run (2:43.78), fourth in the 60-meter dash (7.35), fifth in the pole vault (14-03.25) and eighth in the shot put (34-08.25).

2009: Von Hagen competed in both indoor and outdoor seasons. During the indoor season, he competed in three heptathlons, Potts Invite (1/23-24), Air Force Duals (1/30-31) and at the Big 12 Championship (2/27-28). Von Hagen's point total of 4,967 points is the third best in school history. He placed 14th overall at the championship, but Von Hagen recorded PRs in six of the seven events. The only event he didn't PR in was the high jump. During the outdoor season Von Hagen participated in two decathlons. His best performance was at the Cal State Northridge Spring Break Open with 6,584 points. Von Hagen recorded personal bests in six of the 10 events including the 100, shot put, 400, discus, pole vault and javelin. His toss of 161-04 in the javelin ranks 10th all-time for combined event athletes. Von Hagen recorded a pair of PRs at the California Invite in the high jump and 1,400. His jump of 6-6.25 is seventh all-time and his time of 4:38.28 is 14th all-time.

2008: Von Hagen recorded a PR in his first meet at CU with 4,784 points as well as a first-place finish. At the Big 12 Championship, he recorded 4,893 points for 15th. He ran his fastest 1,000-meter run with a mark of 2:46.21 and

took sixth in that race. Von Hagen earned first place finishes in the long and high jumps at the Potts Invite. He did not compete during the outdoor season.

HIGH SCHOOL: Von Hagen placed third at the 2007 AAU Junior Olympics and ranked seventh overall in the nation in the decathlon. He scored a personal record of 6,565 at the AAU Championships. Von Hagen won the 2007 Colorado State Championship in the long jump. He is a five-time All-Colorado jumper, three times in the high jump and two in the long jump. Von Hagen owns LHS records in the 400, 4x100, 4x200, 4x400, high jump (which he shares with current CU teammate Ryan Dresen), long jump, javelin, Pentathlon and Decathlon. He lists his biggest moment of his high school career as winning the 5A state championship in the long jump as a senior. Von Hagen earned four letters in track at Legacy High School. He also earned two in football and one in cross country. He was the track team captain his senior season and won the MONTAA (Most Outstanding Male Track Athlete Award) three times at LHS.

ACADEMICS: Von Hagen is majoring in sociology and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Alex Von Hagen was born on March 7, 1989 in Thornton, Colo. He is the son of Luke and Pam Von Hagen. He has an older sister, Laura, who was an all-state pitcher while at Legacy High School. Von Hagen's hobbies include running, working out, hanging out with friends and listening to music.

ANDY WACKER



Distance
Sophomore, VR
Pinehurst, N.C.
(Pinecrest)

PERSONAL BESTS

Indoor
3,000-Meters: 8:24.42 (2009)
5,000-Meters: 14:21.16 (2009)
Outdoor
1,500-Meters: 3:52.21 (2009)
5,000-Meters: 14:06.39 (2009)
10,000-Meters: 31:30.83 (2009)

2009: Wacker ran in four races during the indoor campaign, two in the 3k and two in the 5k. He recorded a personal record of 14:21.16 in the 5k at the Husky Classic (2/14) and was 14th overall at the Big 12 Championship when he ran a time of 14:43.56. Wacker also raced the 3k at the conference championship and PR'ed with a time of 8:24.42. He took 25th overall.

2008: Redshirt. Did not compete.

CROSS COUNTRY: After redshirting the 2007 season, Wacker made the varsity team immediately. He was eighth overall in his debut at the Iowa State Invite (CU's No. 7), finishing in 26:04.77. A couple of weeks later at the Rocky Mountain Shootout, he placed 12th and moved up a spot as CU's No. 6. At pre-nats, Wacker placed 116th in an 8k best of the year 25:02.0. Wacker's final race of the season was the conference championship. He finished 41st. Wacker served as the alternate at regionals and nationals. The 2009 season was even better for Wacker. He started the season by placing eighth at the Rocky Mountain Shootout and was the fifth Buff to score. At pre-nats, he was the 39th runner across the finish (24:22.5)

with his best time of the year. Wacker earned his first all-conference and all-region honors after taking 13th and 25th, respectively, at each meet. He finished the season at NCAAAs as the 70th finisher and the No. 3 scorer for the Buffs.

HIGH SCHOOL: Wacker earned six letters as a member of the Pinecrest High School Cross Country team and six on the track team. His cross country team won the conference title from 2001-06, as well as the 2005 and 06 regional championship and 2004 state championship. Wacker was the Mid-Southeastern Conference champion his senior year and the East Region champion his junior and senior seasons. He was also selected to the all-state team four times (freshmen through senior seasons).

ACADEMICS: Wacker is majoring in evolutionary biology and owns a greater than 3.0 GPA. He is a member of the Big 12 Commissioner's Honor Roll and was a member of the honor roll in high school.

PERSONAL: Andrew James Wacker was born on September 24, 1988 in Houston, Texas. His parents are Charles and Karin Wacker of Pinehurst, N.C. He has one older brother, Ben, who attends North Carolina. Wacker lists swimming, biking, kayaking and drawing as his hobbies. He has been an active member and office in Key Club, a service based club, for four years. He has also taught Sunday school and helped his community through Boy Scouts.

GARRETT WARD



Distance
Freshman, HS
Pleasanton, Calif.
(Amador Valley)

PERSONAL BESTS

1,600-Meters: 4:27 (2009)
3,200-Meters: 9:27 (2009)

HIGH SCHOOL: Ward won the East Bay Athletic League 3,200-meter run as a senior and was a member of the AVHS cross country team that won the league title in 2007 and 08. He was an all-league selection as a senior in both cross country and track.

IN THE CLASSROOM: Ward is an open major and is interested in journalism. He was a North Coast Section Scholar Athlete as a junior and senior.

PERSONAL: Garrett Andrew Ward was born on February 15, 1991 in Sacramento, Calif. He is the son of Martin and Janell Ward of Pleasanton, Calif., and has one brother Matt. He lists skiing and cycling as his hobbies and has volunteered with the Special Olympics.

JEFF WARREN



Distance
Freshman, HS
Highlands Ranch,
Colo.
(Mountain Vista)

PERSONAL BESTS

800-Meters: 1:56.06 (2009)
1,600-Meters: 4:22.02 (2009)
3,200-Meters: 9:29 (2009)
5,000-Meters: 15:44 (2009)
10,000-Meters: 34:29 (2009)

HIGH SCHOOL: Warren owns three individual school track records (800, 1,600 and 3,200-meter runs) and one relay (4x800) at MVHS. He qualified for the state 5A championship in two events during his junior year (800 and 1,600) and two during his senior year (1,600 and 3,200) and was the Golden Eagle's first state distance qualifier. Warren's best finish at state came in 2009 when he won the bronze in the 1,600. He also took fifth in the 3,200. Warren's personal record in the 800 (1:56.06) came at the Kansas Relays in 2009. He also competed on the cross country team and was the first harrier to ever qualify to the state championship from MVHS.

IN THE CLASSROOM: Warren intends to major in molecular, cellular and developmental biology and is also interested in integrated physiology. He was an academic all-state selection in high school.

PERSONAL: Jeff Warren was born on April 7, 1991 in Beaverton, Ore., to Doug and Mary Warren. He has one younger sister, Kathryn. Warren lists his hobbies as downhill mountain biking and playing Airsoft. During the summer of 2009 he volunteered at the Littleton Hospital.

A.J. WHITAKER



Sprints
Sophomore, VR
Denver, Colo.
(George Washington)

PERSONAL BESTS

Indoor
60-Meters: 6.86 (2009)
200-Meters: 21.43 (2009)
Outdoor
100-Meters: 10.55 (2008)
200-Meters: 21.43 (2007)

CAREER UPDATE: Whitaker currently ranks eighth on CU's all-time list in the indoor 60-meter dash.

2009: Whitaker turned on the heat as a freshman at Colorado by racing to a personal record of 6.86 at the Air Force Invite (2/14). He placed third overall, but with the time, it also makes him the eighth fastest performer of all time at CU. Whitaker raced the 60 eight times. His time of 7.00 in the prelims at the Big 12 championship was 14th overall. He also ran the 200 and earned a PR of 21.71 at the Air Force Duals (1/31) as well as a second-place finish. During the outdoor season, Whitaker ran the 100 and 200; running season-bests in both events at the CU Invite (4/11). He clocked a fourth-place finishes in each, 10.76 in the 100 and 21.45 in the 200.

HIGH SCHOOL: Whitaker earned four letters at George Washington and Montbello, competing in the 100, 200 and 4x200-meter relay. He was a member of the 4x200 team that set the state record at 1:25.54 and helped the Patriots win the 2007 state championship. Whitaker also owns the Montbello High School 100-meter record at 10.55. He was

an all-league selection all four years and was all-state as a freshman and junior. His junior season he was named an indoor All-American.

ACADEMICS: Whitaker is an open major at Colorado and owns a GPA greater than 3.00. He was a member of the honor roll in high school.

PERSONAL: A.J. Whitaker was born on Sept. 20, 1989 in New Orleans, La. He is the son of Robert (III) and An'Drea Whitaker of Denver. He has one sister, Lakysa Clark, and five brothers, Clayton Clark, Robert Whitaker IV, Jeremy and Quinton Dodson (who are both members of the CU track and field team), and Kourtne Stancil. He enjoys playing Madden NFL in his spare time.

BRANDIN WILLIAMS



Javelin
Senior, VR/2L
Moreno Valley, Calif.
**(Canyon Springs/
Riverside CC)**

PERSONAL BESTS

Indoor
Shot Put: 36-08.25 (2009)
Outdoor
Javelin: 222-01 (2009)

BIG 12 SCORING

2008 (O) Javelin, 3rd (210-04)
2009 (O) Javelin, 1st (222-01)

CAREER UPDATE: Williams owns 13 of the top 20 marks in CU history in the javelin. He is the third best performer in the event all-time and his PR of 222-01 is the sixth best throw ever for a Buffalo. Williams became the fifth Buff to ever win a Big 12 javelin title and was the first since 1962.

2009: Williams competed in the shot put during the indoor season, throwing a PR of 36-08.25 at the Colorado School of Mines Twilight meet (2/20). The outdoor season he turned his focus back to the javelin, earning five first-place finishes on the year. Williams' best toss of the season came in his final throw at the Big 12 Championship when he launched the javelin 222-01, the sixth best throw in CU history. It was the first time since 1965 that a CU throw has surpassed 220 feet. With the throw, Williams won the Big 12 title, becoming part of a very elite group of five men to have won javelin titles at CU and the first since 1962. At regionals he finished 12th with a throw of 201-02 but his Big 12 winning throw was good enough to qualify him for nationals. At NCAAAs Williams recorded a throw of 202-10 in the prelims and was 23rd.

2008: Williams did not compete during the indoor season as a javelin thrower but he did have a breakout season for the Buffs, earning four first-place finishes on the javelin. He earned his first top honor at the Rob Upton Invite with a throw of 187-08. Williams kept getting better and at the Big 12 Championship, he launched a throw of 210-04, which bettered his previous best by more than 10 feet, and placed third overall to help the Buffs win the conference title. It was the eighth best throw in CU history and he became the fourth best performer in the event. The mark also qualified him for regionals at which his best throw was 198-09 and was good for 18th.

2006 (Riverside CC): Williams recorded his personal record of 198-09 in the javelin at the California Junior

College State Meet in 2007.

HIGH SCHOOL: Williams earned three letters in football and one in track at Canyon Springs High School. He ran the 100-meter dash in 10.7 in high school.

ACADEMICS: Williams is majoring in history at Colorado.

PERSONAL: Brandin Williams was born on Sept. 5, 1988 in Los Angeles, Calif. He is the son of Frank and Sheila Williams of Moreno Valley, Calif. He has three brothers, Dahltin, Adrian and Corbin. Adrian is a shortstop on the UCLA baseball team. His father was a member of the football and track and field teams at Cal and his cousins, Carl Ray and Lee Harris, played football at Fresno State. He lists music and movies as his hobbies.

CHELSEI BALL



Throws
Sophomore, HS
Bonanza, Colo.
(Salida)

HIGH SCHOOL: Ball competed in track and field, cross country and swimming at SHS.

ACADEMICS: Ball is majoring in linguistics. She has a 3.359 GPA.

PERSONAL: Chelsi M. Ball was born on April 18, 1990, in Durango, Colo. Her parents are Joseph Ball and Tamilyn Ashley of Bonanza, Colo. She is one of three children. Ball lists her hobbies as cycling, backpacking, wood carving, hiking, reading and hunting.

KAJSA BANK



Throws
Freshman, HS
Louisville, Colo.
(Monarch)

PERSONAL BESTS

Shot Put: 35-02.50 (2009)
Discus: 100-04 (2008)

HIGH SCHOOL: Bank is the MHS shot put record holder (35-02.5) and has held the record for the last three years. She placed 10th overall at the state championship and lists her biggest moment as moving up from 16th to ninth to qualify for finals at state. Bank was also an all-conference selection (Front Range League) and was third in the Boulder County Championships on the track. Bank was also a member of the swimming and tennis teams for the Coyotes. She earned four letters on the swim team and one in tennis.

IN THE CLASSROOM: Bank intends to major in integrative physiology at Colorado. She would like to become a physical therapist upon graduation.

PERSONAL: Kajsa Johanna Bank was born on June 25, 1991 in Boulder, Colo. She is the daughter of Holden Bank and Annette (Tännander) Bank. Her mother was a two-time Olympian in the high jump and heptathlon and competed at CU as a member of the track and field team.

Bank's aunt, Kristine Tännander, was also an Olympian (heptathlon) and her grandfather, Kjell Tännander, also competed at the Olympics in the decathlon. All three were members of the Swedish national team. Her father was a swimmer at Duke. She has one brother, Tobias, and one sister, Karolina. Bank lists her hobbies as swimming, photography, sports, snowboarding and hanging out with friends. She is fluent in Swedish and goes to Sweden every summer to visit family that still lives there.

BRIANNE BEEMER



Combined Events
Sophomore, VR/1L
Loveland, Colo.
(Mountain View)

PERSONAL BESTS

Indoor

Pentathlon: 3,209 (2009)
60-Meter Hurdles: 9.44 (2009)
High Jump: 5-01.00 (2009)
Shot Put: 29-02.00 (2009)
Long Jump: 16-10.00 (2009)
800-Meters: 2:15.39 (2009)
400-Meters: 59.94 (2009)

Outdoor

Heptathlon: 4,707 (2009)
100-Meter Hurdles: 15.43 (2009)
High Jump: 5-03.00 (2009)
Shot Put: 31-04.00 (2009)
200-Meters: 26.31 (2009)
Long Jump: 16-10.50 (2009)
Javelin: 99-10 (2009)
800-Meters: 2:14.81 (2009)
400-Meter Hurdles: 1:01.84 (2009)

BIG 12 SCORING

2009 (O) 400-Meter Hurdles, 8th (1:03.79)

CAREER UPDATE: Beemer, in just her first year on the team, has become one of the best 800-meter combined events athletes to wear the black and gold. She owns three of the top four marks in the 800 (pentathlon), including the top time of 2:15.39, which Beemer ran at the 2009 Big 12 Indoor Championship. During the outdoor season (heptathlon), Beemer took three of the top six marks. Her time of 2:14.81 was just .01 seconds shy of the top mark (2:14.80).

2009: Beemer competed in three pentathlons during the indoor season and her best performance came at the Air Force Duals where she finished third overall with a score of 3,209. Beemer recorded personal record in the 60-meter hurdles (9.44 seconds) and shot put (29 feet, 2 inches). She had a good showing for CU at the indoor conference championship in the pentathlon. Beemer took 12th, but finished strong in the final event, the 800, after running a time of 2:15.39, which is the best ever by a combined events athlete. She surpassed a time of 2:17.00 that had been run by Pam Owen (2/26/93) at the Big Eight Championship in Ames, Iowa. Beemer also ran times of 2:19.20 and 2:21.13 that are third and fourth on the list. During the outdoor season, Beemer shone in the heptathlon as well as the 400-meter hurdles. At the Big 12 Championship, she earned her first letter for the Buffs by taking eighth in the

400-meter hurdles (63.79). Beemer just missed scoring in the heptathlon at the meet with 4,415 points for 10th place. She recorded PRs in the 100 hurdles (15.43) and 200 (26.31). Beemer qualified for the USA Junior Championships and bettered her PR by 292 points. She scored 4,707 points and placed sixth overall with five personal records in the high jump (5-03.00), shot put (31-04), long jump (16-10.50), javelin (99-10) and 800 (2:14.81). Beemer's time in the 800 was just .01 seconds shy the combined events record of 2:14.80. She owns three of the top six marks all-time.

HIGH SCHOOL: Beemer earned 12 letters at MVHS as a member of the cross country, track & field and basketball teams. Her 2004 cross country team won the state 4A championship. Beemer was also a part of the 4x800-meter relay which won the 2005 state championship (she was the anchor leg), as well as part of the 2008 state championship sprint medley relay team. Beemer earned seven all-state honors (three in cross country and four in track) and eight all-conference honors. She owns school records in the 400-meter dash (59.13), 800-m (2:16), 1600-m (5:18.39), 300-hurdles (44.61) and the 4x400 (59.13), 4x800 (1:48.25) and sprint medley relay (9:37.76) teams. Beemer won the 2008 Student Athlete Milk Mustache Scholarship and was one of 25 selected out of more than 65,000 applicants. She was named the MVHS Female Athlete of the Year and the *Reporter-Herald* Female Athlete of the Year and was also one of six finalists for the Steinmark Award.

ACADEMICS: Beemer is majoring in finance and speech language and hearing sciences at Colorado and owns a GPA better than a 3.00. She is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Beemer was born on April 26, 1990 in Poway, Calif. Her parents are Jeff and Teresa Beemer of Loveland, Colo. Teresa played softball at Colorado State. She has an older sister, Oriana, and a younger brother, Darryl. Beemer's hobbies include oil painting, dancing and knitting. She was an active member of 4-H and has her own flock of Rambouillet Sheep.

COURTNEY BOUCHET



Distance
Freshman, HS
Estes Park, Colo.
(Estes Park)

HIGH SCHOOL: Bouchet was a member of the EPHS cross country and track & field teams. She was named the track & field MVP her freshman, sophomore and junior seasons. Bouchet was an all-conference first team selection all four years. She was a member of the 4x800-meter relay team that placed fourth at the state championship in 2009.

ACADEMICS: Bouchet intends to major in molecular, cellular and developmental biology. She was a member of the honor roll in high school as well as an academic all-state honoree.

PERSONAL: Courtney Anne Bouchet was born on May 28, 1991 in Boulder, Colo. She is the daughter of Neal and Linda Bouchet of Westminster, Colo. She has one brother, Chris. Bouchet enjoys playing billiards, playing sports and watching her favorite television shows, *Friends* and *Scrubs*.

MEGAN BURRELL



Distance
Junior/Sophomore,
VR/VR
Colorado Springs,
Colo. (Coronado)

PERSONAL BESTS

Indoor
Mile: 5:05.96 (2008)
3,000-Meters: 10:48.77 (2008)
Outdoor
800-Meters: 2:28.95 (2009)
1,500-Meters: 4:55.02 (2009)

2009: Burrell did not compete during the indoor season but did run in three races during the outdoor season. She started the season running the 800-meter run at the CU Invite (4/11). She finished in 2:28.95 and took 16th overall. Burrell's final two races were in the 1,500. She PR'ed at the Front Range Classic (5/2) with a time of 4:55.02 and took seventh.

2008: Burrell only competed in three races during the indoor season. She ran a time of 5:05.96 in the mile at the Big 12 Championship and placed 12th overall. Burrell also ran a pair of 3,000-meter runs. She took first at the Air Force Open (11:02.82) and was third at the Don Barrett Open (10:48.77).

CROSS COUNTRY: Burrell raced in a CU uniform for the first time at the 2009 Rocky Mountain Shootout. She finished 51st and was the seventh Buff to finish.

HIGH SCHOOL: Burrell is a four-time letter winner in track and three-time in cross country at Coronado High School in Colorado Springs. She owns the school record in the 1,600-meter run at 5:07, set in 2007. During her senior season, she took 10th in the state cross country meet and was fifth in the 1,600 and ninth in the 3,200. Burrell was a Gazette First Team selection for cross country and second team for track as a senior. She was the 2006-07 CHS Athlete of the Year. Burrell was also a standout in soccer at CHS. She earned four letters and was named to the 5A State soccer team as a freshman.

ACADEMICS: Burrell is an integrative physiology major and would like to pursue a career in sports medicine. Burrell is a member of the Big 12 Commissioner's honor roll and owns a GPA of 3.4. She was a member of the National Honor Society in high school.

PERSONAL: Born on January 4, 1989 in Colorado Springs, Colo., Megan Burrell is the middle child of Greg, who ran cross country and track at Idaho State, and Cheryl Burrell. Her older brother Ian ran at the University of Georgia and her younger sister Kaitlin attends middle school. Burrell enjoys backpacking and climbing 14,000-foot peaks in Colorado.

CHLOE CALTON



Distance
Freshman, HS
Ogden, Utah
(Ogden)

PERSONAL BESTS

800-Meters: 2:13.4 (2007)
1,600-Meters: 5:01 (2008)

HIGH SCHOOL: Calton earned eight letters as a member of the OHS cross country and track and field teams (four in each). She owns three records for the Tigers. Her time of 18:06 on the Mt. Ogden Park Cross country course still stands as well as a pair on the track in the 800-meter run (2:13.4) and the 1,600 (5:01). As a senior, Calton was named the Gold Watch Winner, which is the best female athlete at OHS. She was all-state in cross country and track in the 1,600, 800 and medley relay as she helped the Tigers win the Utah State 3A Track and Field Championship as a member of the state championship medley relay team (ran the 800-leg). During her junior year, she won the state title in the 1,600, beating her long time rival in the process, as well as the state titles in the 800 and medley relay. Calton was named the Standard Star (twice), all-state in cross country and track (1,600, 800 and medley relay), the Most Valuable Runner at OHS and was the MVP of the Ogden City/Weber County track meet. She was an all-state selection as a sophomore (800). Calton also lettered in soccer at OHS. Other schools to recruit Calton include Weber State, BYU and Arkansas.

IN THE CLASSROOM: Calton is majoring in finance and is also interested in marketing, international business and Spanish. She recorded a GPA of 3.936 in her first semester and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Chloe Calton was born on Feb. 26, 1991 in Louisville, Ky. She is the daughter of Thomas and Allison Calton of Ogden, Utah. Calton has three siblings, Lauren, Avery and Zachary. Lauren ran track for two years at Southern Utah University. She lists her hobbies as boating, skiing and hanging out with family and friends.

LAURISA CANINI



Jumps
Freshman, HS
Colorado Springs,
Colo.
(Lewis Palmer)

PERSONAL BESTS

Long Jump: 17-03 (2008)
Triple Jump: 34-04 (2008)
High Jump: 5-4 (2008)

HIGH SCHOOL: Canini placed sixth at the state meet her senior year in the high jump. In 2005, she placed eighth at nationals.

IN THE CLASSROOM: Canini is an open major at

Colorado and is interested in journalism. She was a member of the National Honor Society and was an academic honorable mention in high school. Canini has a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Lauren Arielle Canini was born on February 7, 1991 in Laurel, Maryland. She is the daughter of Laura Canini of Colorado Springs, Colo. Canini has two siblings, Julian Canini and Gabe Lee. She enjoys reading, hiking, swimming and woodworking.

EMMA COBURN



Distance/
Steeplechase
Sophomore, VR/1L
Crested Butte, Colo.
(Crested Butte)

PERSONAL BESTS

Indoor
800-Meters: 2:19.98 (2009)
1,000-Meters: 2:52.43 (2009)
Miles: 4:53.27 (2009)
3,000-Meters: 9:48.89 (2009)
Outdoor
800-Meters: 2:14.43 (2009)
1,500-Meters: 4:27.69 (2009)
Steeplechase: 10:06.21 (2009, USA Junior record)

BIG 12 SCORING

2009 (O) Steeplechase, 4th (10:33.49)

CAREER UPDATE: Coburn quickly earned a spot in the CU record book; becoming the second best performer in the 3,000-meter steeplechase as a freshman. Her personal record of 10:06.21 is the USA junior record, which was ran at the NCAA Outdoor Championship when she placed 11th overall.

2009: Coburn had a great first season on the track for the Buffs. She ran in a pair of events at the Big 12 Indoor Championship and just missed scoring in the 1,000-meter run when she placed ninth with a time of 2:52.43. Coburn was 17th overall in the 3k with a personal best of 9:48.89. In the outdoor season, she concentrated on the steeplechase but did run the 800 and 1,500 as well. Coburn earned her first letter on the track after she placed fourth (10:33.49) at the conference championships. Coburn advanced to the regional meet and placed ninth overall (10:25.82). Due to her personal record at the time (10:06.54 at the Payton Jordan Cardinal Invite), she qualified for the NCAA Championship. Coburn advanced to the finals after running a PR of 10:06.21, which doubled as the USA Junior record in the event. She ended up 11th in the finals to cap off her first season for the Buffs.

CROSS COUNTRY: Coburn made an immediate impact for the Buffs in 2008 as she earned a spot on the varsity roster. She took 25th overall and was the No. 6 harrier for CU in her debut at the ISU Open. Coburn followed it up by taking eighth at the Rocky Mountain Shootout. A few weeks later at Pre-Nationals, she was CU's No. 5 (139th). Coburn moved up to the Buffs third racer at the conference (27th) and regional (30th) meets. During the 2009 season, Coburn continued as part of the varsity roster. She started strong with a third-place finish at the Rocky Mountain Shootout behind teammates Jenny Barringer and Allie

McLaughlin. At pre-nats, she was 32nd overall and scored for the Buffs as the No. 5 racer. Coburn once again finished as the fifth score for CU at the Big 12 Championships and was 22nd overall. Regionals was the best personal performance for Coburn as she took 16th overall to earn her first all-region honor. At the NCAA championship, Coburn placed 115th.

HIGH SCHOOL: Coburn was an all-state performer for four years for the Titans; including two fourth place finishes at the state cross country meet in 2006 and 2007. She placed 29th at the 2007 Foot Locker Midwest Championship. On the track Coburn is an eight-time 2A state champion. She owns five CBHS records: 400m (1:02), 800m (2:16), 1,600m (5:11), 3,200m (11:32), the 4x800-meter relay and in the high jump (5 feet, 1 inch). She ran the 2,000-meter steeplechase at Nike Outdoor Nationals. Coburn placed second in 2008 and fourth in 2007 to earn a pair of All-American honors. Her time in 2008 was the fifth fastest time in high school history. Coburn was a member of the basketball and volleyball in high school.

ACADEMICS: Coburn is majoring in business at Colorado and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Emma Jane Coburn was born on October 19, 1990 in Boulder, Colo. She is the daughter of Bill and Annie Coburn of Crested Butte, Colo. She has three siblings, Willy, Gracie and Joe. Willy and Gracie both attend CU. Coburn has volunteered with Living Journeys Cancer Foundation and the Mountain Adventure Kid's Camp.

KATIE CUMMING



Distance
Sophomore, VR/VR
Hudson, Wis.
(Hudson)

PERSONAL BESTS

Indoor

800-Meters: 2:24.96 (2009)
1,000-Meters: 3:02.03 (2009)
3,000-Meters: 10:01.76 (2009)

Outdoor

800-Meters: 2:16 (2007)
1,500-Meters: 4:33.58 (2009)
5,000-Meters: 18:04.57 (2009)

2009: Cumming competed at four meets for the Buffs during the indoor season. She ran the 800-meter run twice, placing third overall at the Potts Invite with a season best of 2:24.96. At the Big 12 meet, Cumming was 18th in the 1,000-meter run, finishing in 3:02.03. The outdoor season saw Cumming running in the 800, but she concentrated mainly on the 1,500 when she went to sea-level races. Cumming played 10th overall at the Oregon Relays (4/24) with a time of 4:33.58. At the Big 12 Championship she was just outside of scoring for CU when she crossed the finish 11th overall (4:40.86). Cumming also raced in the 5k at the conference championship and was 23rd.

CROSS COUNTRY: Cumming earned a spot on the varsity roster immediately in 2008 although she did not score. Her highest finish of the season was at the Rocky Mountain Shootout when she placed 11th overall (CU's No. 6). Cumming took 49th at conference and was 58th at regionals. The 2009 season got off to a good start for Cumming.

She raced to a ninth-place finish at the Rocky Mountain Shootout. Cumming recorded a top-75 finish at pre-nats when she finished 72nd overall as CU's No. 7 harrier. Cumming improved on her performances as conference and regionals by placing 33rd and 27th, respectively. At her first NCAA Championship, Cumming finished 150th, scoring for CU as the No. 4 runner.

HIGH SCHOOL: Cumming earned eight letters in cross country and track & field at Hudson High School. She was an all-conference selection all four years. Cumming owns Hudson High School records in the 3,200-meter run (10:53, June '08), the 4x400-meter relay (4:05.37, June '05) and the 4x800 (9:27.74). Her 3,200m and 4x800 records are also Big Rivers Conference records. HHS won two conference cross country titles, three track conference titles, four regional and three sectionals titles. She lists her biggest moment when the Raiders won the high school track meet in 2007 and three girls won state titles, including Cumming.

ACADEMICS: Cumming is majoring in philosophy and owns a 3.4 GPA. She is a member of the Big 12 Commissioner's Honor Roll. Clark was a member of the honor roll in high school and a Wisconsin Academic All-State selection all four years. She was named the Wisconsin Intercollegiate Athletic Association Scholar Athlete as a senior.

PERSONAL: Catherine Mackenzie Cumming was born on May 20, 1990 in Hudson, Wis. Her parents are Robert Cumming and Ann Blide of Hudson, Wis. She has one younger brother, Jacob. Cumming's hobbies include skiing, boating, reading, gardening, fishing, hiking and scuba diving. She has volunteered with Stuff-A-Truck food drives, Adaptive Floor Hockey and the American Cancer Society.

SYDNEY DAVIS



Sprints
Freshman, HS
Red Oak, Texas
(Skyline)

HIGH SCHOOL: Davis earned three letters as a member of the Skyline High School track team. She was a part of the Texas 5A State Champion 4x400-meter relay team in 2008 and the 4x200 relay team in 2009. Davis was also recruited by TCU, North Texas and Sam Houston State.

IN THE CLASSROOM: Davis intends to major in sports medicine and would like to pursue a career as a trainer or a physical therapist. She graduated from high school with honors.

PERSONAL: Sydney Lynn Davis was born in Dallas, Texas. She is the daughter of Carver, who played football at Northeastern State, and Andrea Davis. She has one brother, Carver, and one sister, Lauren. Davis enjoys horseback riding and hanging out with her friends. One summer she volunteered with a summer church camp called Project Turnaround. Davis also helped out at a horse therapy camp for mentally challenged people.

KATHARINE DREHER



Combined Events/Jumps
Sophomore, VR/VR
Salida, Colo.
(Salida)

PERSONAL BESTS

Indoor

Pentathlon: 3,023 (2009)
60-Meter Hurdles: 9.63 (2009)
High Jump: 4-11.75 (2009)
Shot Put: 25-06.25 (2009)
Long Jump: 17-08.25 (2009)
800-Meters: 2:23.86 (2009)

Outdoor

Heptathlon: 4,328 (2009)
100-Meter Hurdles: 16.22 (2009)
High Jump: 5-01.75 (2009)
Shot Put: 30-07.75 (2009)
200-Meters: 26.47
Long Jump: 16-07.25 (2009)
Javelin: 102-11 (2009)
800-Meters: 2:22.07 (2009)
Triple Jump: 38-5

2009: Dreher's freshman campaign saw her competing in the pentathlon during the indoor season, the heptathlon in the outdoor season and the long and triple jumps during both campaigns. She recorded a season best 3,023 points at the Big 12 Championship in the pentathlon, finishing 13th. Dreher recorded PRs in the high jump (4-11.75), shot put (25-06.25) and the 800-meter run (2:23.86) en route to the finish. Her 800 time also ranks eight in combined events history at CU. She also competed in the long jump (aside from in the pentathlon) at the conference meet and placed 18th overall with a jump of 17-00.50. The outdoor season saw Dreher record a PR in the heptathlon at the CSU-Northridge Spring Break Open when she placed third with 4,328 points. She had season bests in five events: shot put (30-07.75), long jump (16-07.25), javelin (102-11) and 800 (2:22.07). Dreher also qualified for the USA Junior Championships and was 11th overall with 4,282 points.

HIGH SCHOOL: Dreher was a two-time state champion in the triple jump (3A) her junior and senior seasons. As a freshman, she earned a fourth place finish and moved up to third her sophomore season before capturing her two titles. Dreher also took third in the 400-meter dash as a senior and qualified for the state cross country championship. She was named the SHS Spartan Fighting Heart Trophy/Scholarship for the best senior athlete and was named the Spartans' female athlete of the year as well as earning the Presidential Academic Fitness Award, U.S. Marine Corps Distinguished Athlete Award, Outstanding Art Achievement Award and the Salida High School Track Leadership Award. As a sophomore, Dreher placed second in the 4x400m relay, fifth in the 800 medley relay and seventh in the 4x200 relay. Her freshman year she was as member of the 4x400 relay which placed seventh.

ACADEMICS: Dreher is majoring in Spanish at Colorado. She carries a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Katharine Perkins Dreher was born on August 10, 1990 in Red Lake, Ontario, Canada and is the daughter of Steven and Sarah Dreher. She enjoys traveling and has been to seven different countries. Dreher was

named the 2007 SHS Homecoming Queen. She also plays the bassoon and piano, both of which she has received many honors and awards for playing.

STEPHANIE ECHER



**Combined Events/
Hurdles**
Sophomore, TR
Littleton, Colo.
(Mullen/Oregon)

PERSONAL RECORDS

100-Meter Hurdles: 15.4
200-Meter Dash: 26.93 (2009)
Triple Jump: 35-06

2009 (at Oregon): Echer competed in three meets during the outdoor season for the Ducks. She ran the 200-meter dash once at Oregon Relays with a mark of 26.93 seconds. Echer also ran the 100-meter hurdles twice. She ran a mark of 15.61 at the Oregon Preview.

HIGH SCHOOL: Echer was a state qualifier in the triple jump and the 300-meter hurdles for Mullen High School. She finished third in the 300 hurdles as a sophomore in 2006 (45.64). The Mustangs were the Colorado State 4A Track & Field State and Centennial League Champions in 2005 and '06.

IN THE CLASSROOM: Echer intends to major in integrated physiology and is also interested in international affairs. She was a member of the National Honor Society, the Spanish Honor Society and was honored with the Torch Award her freshman through senior years.

PERSONAL: Stephanie Jean Echer was born on December 31, 1989 in Littleton, Colo. Her parents are Dennis, who competed in football and track and field at Colorado School of Mines, and Lauri Echer. She has three siblings, Cassie, Ryan and Troy. Echer lists her hobbies as reading and collecting postcards.

STACI FOSTER



Distance
Freshman, HS
Anaheim Hills, Calif.
(Orange Lutheran)

PERSONAL BESTS

800-Meters: 2:17 (2009)
1,600-Meters: 4:49 (2009)
3,200-Meters: 10:37 (2009)

HIGH SCHOOL: Foster owns the Lancer's record in the 1,600-meter run (4:49) and the 3,200 (10:37) and is a member of the school record relay 4x400, 4x800, 4x1600 and DMR teams. Foster had an outstanding senior season. She also owns four OLHS cross country course records (Mt. Sac – 17:56, state – 18:10, Orange County – 17:32, league – 18:04). She was named the OLHS and Trinity

League Athlete of the Year as well as the league's athlete of the year for cross country and track. Foster was all-state in cross country and track and won the CIF, Orange County and Trinity League 1600 as well as the Trinity League 3200. She finished sixth in the 5k open division at Nike Nationals. As a junior, she was All-Trinity League (cross country, 1,600) and All-CIF SS and all-state in cross country. Foster was named the Trinity League MVP and earned the Outstanding Sophomore Award (cross country) her sophomore year. She was the Trinity League Champion in the 800, 1,600, 3,200 and 4x400 meter relay. Foster was also recruited by USC, UC Davis, Northern Arizona and UCSB before deciding on Colorado.

IN THE CLASSROOM: Foster is an open major at Colorado.

PERSONAL: Staci Foster was born on August 12, 1991 in Anaheim, Calif. She is the daughter of Greg and Sherri Foster of Anaheim Hills, Calif. Foster has one younger brother, Cody. Her grandfather, Norman Gray, played baseball and basketball at Cal Tech as well as baseball at the U.S. Naval Academy. She lists scrapbooking and wakeboarding as her hobbies.

ALYSSA FRANK



**Combined
Events/Jumps**
Sophomore, VR
Union, Ky.
(Larry A. Ryle)

PERSONAL BESTS

Indoor
Pentathlon: 3,155 (2009)
60-Meter Hurdles: 9.46 (2009)
High Jump: 5-07 (2009)
Shot Put: 27-08 (2009)
Long Jump: 16-00.25 (2009)
800-Meters: 2:38.56 (2009)
400-Meters: 1:04.29 (2009)
Outdoor
Heptathlon: 4,383 (2009)
100-Meter Hurdles: 15.75
High Jump: 5-06.50 (2009)
Shot Put: 30-03 (2009)
200-Meters: 27.47 (2009)
Long Jump: 17-07.75 (2009)
Javelin: 88-01 (2009)
800-Meters: 2:32.69 (2009)

2009: Frank only competed in one pentathlon during her freshman campaign but recorded 3,155 points for third place at the Potts Invite (1/23). Frank mainly focused on the high jump. Her best finish came at the Air Force Duals when she passed a height of 5-7 and took third. Frank came back in the outdoor season and competed in three heptathlons. It all came together for her at the Big 12 Championship when she placed 11th with 4,283 points and earned PRs in four events (100-meter hurdles, high jump, shot put and 200). Frank tied for first in the high jump (in the heptathlon) with a jump of 5-06.50. She qualified for the USA Junior Championships in the pentathlon and notched 3,996 points, with a PR in 2:32.69.

HIGH SCHOOL: Frank was a three-year letterwinner on the Larry A. Ryle High School track and field team. She was named to Kentucky's First Team for Track and Field

and the LARHS Most Valuable Player for track and field twice. Frank was named the Northern Kentucky Female Athlete of the Year and the 2007-08 LARHS Female Athlete of the Year. She owns school records in the long jump (17-07.25), triple jump (36-11.25) and 100-meter hurdles (15.75). Frank won the state championship in the triple jump and was second in the high jump and 100m hurdles as a senior. She also placed third in the long jump that season. As a junior, she earned a pair of runner-up finishes in the high and triple jumps and was also second in the high jump as a sophomore.

ACADEMICS: Frank is a mechanical engineering major and has earned a 3.623 GPA as well as a spot on the Big 12 Commissioner's Honor Roll. She was a member of the honor roll in high school and graduated in the top 10 percent of her class. Frank was a member of the National, Math and Hispanic Honor Societies.

PERSONAL: Alyssa Ann Frank was born on February 4, 1990 in Kalamazoo, Mich. to Timothy and Dorothy Frank. Timothy competed in track and field at South Dakota School of Mines. She has one older sibling, Jaime. Frank lists golfing, dancing, bowling and skiing as her hobbies.

KALI GAJEWSKI



Throws
Sophomore, VR
Sedona, Ariz.
(Sedona Red Rock)

PERSONAL BESTS

Indoor
Shot Put: 33-08.00 (2009)
Weight Throw: 30-03.00 (2009)
Outdoor
Shot Put: 33-01.00 (2009)
Discus: 97-00 (2009)

2009: Gajewski threw the shot put and weight throw during the indoor season. She came away with a season best of 33-08 in the shot put during the first meet of the season, the Air Force All-Comers Meet (1/16). The best throw for Gajewski in the weight throw also came at the Air Force Academy, just one month later at the Air Force Invite with a heave of 33-03. The outdoor campaign saw Gajewski continue with the shot put, but she also competed in the discus. Gajewski's best throw in the shot put was 33-01 at the Potts Invite (3/21) where she placed 11th overall. Her season best in the discus was 97-00, which also came in Boulder at the CU Invite (4/11) and was good for 17th.

HIGH SCHOOL: Gajewski was a four-year letter winner at SRRHS. She was a member of the 2007 state championship and 2007 and 08 regional championship team. The Scorpions also took second at the state meet her senior year. Gajewski won the state championship as a senior and was the runner-up in 2007 to earn the team's Most Outstanding Field Athlete honor both seasons. She placed seventh at state in the discus (2008) and was fifth in 2007. Gajewski was all-region in the shot put and discus both seasons and was all-state in the shot put both years as well.

ACADEMICS: Gajewski is majoring in pre-communications and sociology. She has a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll.

Gajewski was a member of the National Honor Society in high school.

PERSONAL: Kali Gajewski was born on March 12, 1990 in Sedona, Ariz. She is the daughter of William Gajewski and Cook Marquez. Her father played football at Carnage Mellon. She lists lifting, reading and spending time with her friends as her hobbies.

RENATA GARBOWSKI



**Combined
Events/Jumps**
Freshman, HS
Denver, Colo.
(George Washington)

PERSONAL BESTS
Long Jump: 17-03

HIGH SCHOOL: Garbowski competed in the 400-meter dash and the long jump at GWHS for four seasons. As a senior, she was the captain of the track team. The Patriots won the state championship in 2006.

IN THE CLASSROOM: Garbowski intends to major in sociology.

PERSONAL: Renata Garbowski was born on January 30, 1991 in Denver. She is the daughter of Thomas and Mirosława Garbowski and has two older siblings, Marta and Magda. She is Polish and is bilingual. Garbowski lists her hobbies as skiing, hiking and painting.

DIANA GEORGE



Distance
Freshman, HS
Livermore, Calif.
(Livermore)

PERSONAL BESTS
800-Meters: 2:15.09 (2008)
1,600-Meters: 4:52 (2007)
3,200-Meters: 10:35 (2007)

HIGH SCHOOL: George was honored with the Contra Coast Times All-Times Capsule Award her sophomore through senior seasons at LHS. The nine-time East Bay Area League Champion won the 800-meter run twice (junior and senior), the 1,600 all four years and the 3,200 her sophomore through senior campaigns. George took first place at the North Coast Section Meet of Champions in both the 1,600 and 3,200 (10th and 11th grades) and was second in the 1,600 and third in the 800 as a senior. She qualified for the state track meet six times from 10th to 12th grade. Her highest finish at the CIF State Championships was as a sophomore when she was fifth in the 3,200 and also took ninth in the 1,600. As a junior and senior she finished seventh in the 1,600 and ninth in the 3,200. George was a 10-time all-league honoree in her high school career and was named the EBAL Athlete of the

Meet as a junior after winning the 800, 1,600 and 3,200. George was also recruited by Arizona, Columbia, Washington, Cal and UC-Riverside.

CROSS COUNTRY: Redshirt. Did not compete.

IN THE CLASSROOM: George is majoring in mechanical engineering and is also interested in biomechanical engineering. After just one semester, George owns a 3.813 GPA and was named to the Big 12 Commissioner's Honor Roll. She received the Sandia Women's Committee Award in Mathematics as a junior in high school and was a constant on the Principal's Honor Roll her freshman through senior years.

PERSONAL: Diana Marie George was born on February 7, 1991 in Livermore, Calif. She is the daughter of Edward and Susan George. She also has one older brother, Christopher. George enjoys jigsaw puzzles and has volunteered with the Interact Club. George earned the Livermore High School Musical Achievement Award.

CATHERINE GRANDI



**Combined
Events/Jumps**
Freshman, HS
Burlington, Wis.
(Burlington)

PERSONAL RECORDS
Long Jump: 16-04 (2008)
Triple Jump: 36-04 (2006)

HIGH SCHOOL: Grandi is a member of two school record owning relay teams, the 3,200 (9:39) and 1,600-meter (4:04). She was all-conference, county and area her sophomore through senior years and was all-conference and county as a freshman. Grandi qualified for state all four years on the track team. She was a member of the BHS basketball team, earning all-conference, county and area honors her final three seasons at BHS. Grandi was also recruited by Washington and Colorado College.

IN THE CLASSROOM: Grandi intends to major in Spanish and psychology but is also interested in business and pre-medicine. She won the Science Departmental Award in 2009 and was the valedictorian of her class.

PERSONAL: Catherine Marion Grandi was born on April 24, 1991 in Burlington, Wisconsin. She is the daughter of Robert and Jennifer Grandi. She has three siblings, Melissa, Ellie and Sophie. Her uncle, Joe Curran, played football at Michigan State. Grandi lists waterskiing, boating, reading and sports as her hobbies. She has been a volunteer youth coach for basketball and track and has spent time volunteering at a homeless shelter while in high school. Grandi was a gymnast for 10 years before focusing on track and field.

JENNIFER GRUVER



Sprints
Freshman, HS
Loveland, Colo.
(Thompson Valley)

HIGH SCHOOL: Gruver earned one letter at TVHS on the track and field team. She was honored with the Ron Denning Spirit Award for participating in track and qualifying for nationals her senior year.

IN THE CLASSROOM: Gruver intends to major in anthropology. She was the recipient of the Jack Knight Leadership award at TVHS.

PERSONAL: Jennifer Gruver was born on October 8, 1989, at Beale Air Force Base in Calif. She is the daughter of Jeffrey and Linda Gruver of Loveland, Colo., and has one sister, Taylor. Gruver lists sailing, figure skating, riding horses, camping, hiking and snowboarding as her hobbies.

EMILY HANENBURG



Distance
Junior, VR/1L
Colorado Springs,
Colo. (The Classical
Academy)

PERSONAL BESTS
Indoor
800-Meters: 2:17 (2008)
Mile: 5:01.50 (2009)
3,000-Meters: 9:59.63 (2009)
Outdoor
800-Meters: 2:19.41 (2008)
1,500-Meters: 4:39.67 (2008)
5,000-Meters: 17:27.19 (2009)
Steeplechase: 10:49.54 (2009)

BIG 12 SCORING
2009 (O) Steeplechase, 6th (10:52.16)

2009: Hanenburg started the indoor season with a second-place finish in the 800-meter run at the Potts Invite (2:22.73). She ran the mile twice in Seattle with her best finish at the UW Invite (9th/5:01.50). At the Big 12 Championship, Hanenburg was 22nd in the 3,000-meter run (9:59.63). The outdoor season focused mainly on the steeplechase for Hanenburg and it paid off as she scored for the Buffs at the conference championship with a sixth-place finish (10:52.16) behind teammates Jenny Barringer and Emma Coburn. She qualified for the regional meet and finished 16th overall.

2008: Hanenburg raced to a fourth place finish in the 800 at the Don Barrett Open (2:22.98) during the indoor season. She recorded a personal best in the mile at the Husky Classic (5:04.81). During the outdoor season, Hanenburg ran the 800 and 1,500-meter runs. She recorded PR's in both. Her PR of 2:19.41 came at the CU Invite and she took fourth overall. Hanenburg clocked a time of 4:39.67 in the 1,500 at the Mt. Sac Relays. Hanenburg ran the 1,500 and the 5k at the outdoor confer-

ence meet and took 12th in each.

2007: Redshirt. Did not compete.

CROSS COUNTRY: Hanenburg quickly earned a spot on the varsity roster in 2006. She competed in four races as a Buff, the Rocky Mountain Shootout, Pre-Nats, Big 12 and NCAA's. Hanenburg earned her best finish of the season at the shootout, coming in 30th overall. Hanenburg came close to scoring at NCAA's as CU's sixth harrier. She placed 214th overall. In 2007, Hanenburg competed in three races for the Buffs. She was the top finisher for CU at the Air Force Invite, placing fourth overall. Hanenburg also took 62nd overall in the pre-nats open race. In 2008, Hanenburg returned to the varsity line-up and became one of the team leaders. She led CU in a pair of races; the Rocky Mountain Shootout and the Big 12 Championship. Hanenburg placed fifth overall at the RMS and was 22nd at conference. She was the second harrier to cross the finish at regionals for the Buffs; taking 22nd overall. Hanenburg's final season (2009) started strong as she finished fifth overall at the Rocky Mountain Shootout. At pre-nationals, she helped the Buffs to an impressive win and placed 54th overall. At the Big 12 Championship, Hanenburg was 29th overall and improved to the No. 6 position on the team. At regionals, she improved to 28th place. She finished her career with CU with a 217th-place finish at nationals.

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. 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 Foot Locker 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.

ACADEMICS: Hanenburg is majoring in Studio Art at Colorado. She owns an impressive 3.877 cumulative GPA. Hanenburg is a member of the Dean's List and the Big 12 Commissioner's Honor Roll. 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 Hanenburg of Colorado Springs. She has two younger siblings, Kaitlin and Benjamin. 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 taught Sunday school while she was in high school and has also volunteered at the children's literacy center. Her aunt Donna Hanenburg ran cross country at Calvin College.

EMILY HUNSUCKER



Throws
Freshman, HS
Arvada, Colo.
(Pomona)

PERSONAL RECORDS

Shot Put: 42-08 (2009)
Discus: 135-10 (2009)

HIGH SCHOOL: Hunsucker owns PHS records in the shot put and the discus throws. She launched a mark of 135-10 in the discus and had a throw of 42-08 in the shot put. Hunsucker placed first at state as a senior in the shot put and was ninth as a junior. In the discus, she recorded a third-place finish as a senior and was fifth as a junior. Hunsucker was all-conference her sophomore through senior years. As a senior, she was named the most outstanding athlete of the year and was the PHS track and field MVP. Hunsucker was named the outstanding freshman athlete of the year and also played volleyball for the Panthers.

IN THE CLASSROOM: Hunsucker is majoring in business management. She recorded a GPA better than 3.0 in her first semester and was named to the Big 12 Commissioner's Honor Roll. Hunsucker was named the Outstanding U.S. History Student as a sophomore and her junior year she was named the Outstanding AP World History Student.

PERSONAL: Emily Jean Hunsucker was born on April 20, 1991 in Blackhawk, Colo. She is the daughter of Todd and Christine Hunsucker of Loveland, Colo. and has one brother, Hayden, who is a member of the CSU-Pueblo football team.

KRISTIN JOHANSEN



Distance
Senior, TR
Greenwood Village,
Colo.
(Cherry Creek/
Minnesota)

PERSONAL BESTS

Indoor
3,000-Meters: 10:09 (2006)
5,000-Meters: (17:45 (2007)
Outdoor
5,000-Meters: 18:31 (2006)
10,000-Meters: 37:50 (2007)

2005-07 (at Minnesota): Johansen ran two years with the Golden Gophers, earning letters in both cross country and track and field. Her best cross country time was in 2005 at the pre-national meet when she finished in 22:47. Johansen helped the Gophers win their first indoor Big 10 team title in 2007 (first cross country or track team title). She ran the 3k and 5k during the indoor season and moved to the 5k and 10k during outdoors.

HIGH SCHOOL: Johansen still owns the CCHS record in the 3200-meter run at 11:13. She had also been a part of the 4x800 relay (9:35) school record which has since been broken.

IN THE CLASSROOM: Johansen is majoring in environmental engineering at Colorado and carries a GPA greater than 3.0. She was named to the Big 12 Commissioner's Honor Roll this past fall.

PERSONAL: Kristin Gail Johansen was born on July 20, 1986 in Denver, Colo. She is the daughter of George and Gail Johansen. Her mother was a professional figure skater and her grandfather pitched for the Ohio State baseball team. She lists her hobbies as skiing and learning Chinese. Johansen is a co-founder of the Qinghai Minority Youth High-Altitude Education Foundation, a non-profit organization promoting education among the minority prefectures of Qinghai Province, China. She was an assistant researcher and producer of the film "Alchemy of Consciousness," a documentary about China's water crisis and lived in a students' cooperative community while attending Fudan University in Shanghai, China (2008-09).

KAITY KARK



Throws
Senior, VR
Highlands Ranch,
Colo.
(Mountain Vista)

PERSONAL BESTS

Indoor
Shot Put: 42-08.00 (2009)
Weight Throw: 48-09.00 (2009)
Outdoor
Shot Put: 42-04.75 (2007)
Discus: 155-06 (2009)
Hammer Throw: 157-00 (2009)

2009: Kark won the shot put at the Potts Indoor Invite with a throw of 41-00.25 and took fifth in the weight throw (45-09.00). She recorded personal records in both events during the season. She took fifth at the Air Force Duals in the shot put (42-08.00) and fourth in the weight throw at the Colorado School of Mines Twilight (48-09.00). Kark threw in both events at the league championship; each time coming in 19th. During the outdoor season, Kark focused on the discus and hammer throws. She peaked in the discus at the Big 12 Championship, bettering her PR by four feet with a toss of 155-06 and just missed scoring for the first time with a ninth-place finish. She was 18th overall in the hammer throw (152-10). Kark's PR in the hammer throw was at the Jack Christiansen Invite. She recorded a mark of 157-00 and was sixth.

2008: Kark competed in the shot put and the weight throw during the indoor season. She recorded a pair of runner-up finishes in the shot put. Kark was second at the Potts Invite to start the season with a throw of 39-00.5. A week later she tossed a season high (40-00.75) at the Joe Davies Invite. Kark placed 18th at the Big 12 Championship in the shot put. She was 20th at the championship in the weight throw with a toss of 45-01.75. During the outdoor season Kark competed mainly in the discus and hammer throw. She launched a season-bests in the discus of 148-08 at the conference meet and took 11th

overall. Her best toss in the hammer throw was also at Big 12s. She took 16th with a mark of 139-00.0

2007: Kark had a strong freshman season in several of the throwing events. During the indoor season she competed in the shot put and weight throw events. Kark set her season record in the shot put at the Don Barrett Open with a distance of 40-06.00, earning her a sixth-place finish. In the weight throw, she set her season record at the Big 12 Indoor meet with a throw of 46-00.00, which gave her a 17th place finish. Kark's highest placing in these two events came at the Potts Indoor Invite where she placed fourth in the shot put and finished third in the weight throw. After a successful indoor season, Kark carried her momentum over into the outdoor season. She continued to have strong showings in the shot put and set a PR at the Jack Christiansen Invite with a distance of 42-04.75, placing fifth. At the three other outdoor meets she competed at, Kark earned a pair of second place finishes and one third-place finish in the shot put. She also competed in the discus and hammer throw during the outdoor season. Kark set a season-best of 142-02 in the discus at the Potts Invite, which earned her a third-place finish. In the hammer throw, Kark top throw came at the Rob Upton Invite where she placed seventh with a throw of 145-11.

HIGH SCHOOL: Kark earned three letters as a member of the Mountain Vista High School Track and Field team. She owns the school record in the shot put and discus. Her shot put record is 39-0 and her discus throw was 140-5. Both records were set at the 2006 5A Colorado State Championships. She placed second in the discus and fifth in the shot put. MVHS won the 4A Regional Championship in 2004. Kark placed fifth at the USATF Junior Nationals in 2005. She was also a member of the MVHS softball team, earning four letters. Kark was also recruited by Colorado School of Mines and Colorado State.

ACADEMICS: Kark is a mechanical engineering major at Colorado. She has a 3.276 GPA and is a member of the Big 12 Commissioner's Honor Roll. Kark was a first team academic all-state selection her freshman through senior seasons.

PERSONAL: Kaitlin Marie Kark was born on July 31, 1988 in Torrance, Calif. to Donald and Robin Kark. She has two younger siblings, Patrick and Megan. Karks lists photography, softball, reading, music, sports, drawing and watching movies as her hobbies. She has volunteered with Operation Christmas Child and Holiday at the Mansion.

KELLY KING



Distance
Freshman, HS
Longmont, Colo.
(Silver Creek)

PERSONAL BESTS

800-Meters: 2:17
1,600-Meters: 5:07

CROSS COUNTRY: Redshirt. Did not compete.

HIGH SCHOOL: King owns five SCHS records. She ran the fastest time in school history on the Liberty Bell 5K Cross Country Course (18:44). On the track, her records include the 800 (2:17), 1,600 (5:07), 4x400 and 4x800-meter relays.

As a senior, King was named all-conference in cross country and was an honorable mention selection on the track. She was named the SCHS most valuable runner as a junior. King was the winner of the Raptor Award for Cross Country and Track and Field (the equivalent of the team MVP) her sophomore and freshman seasons. She was all-conference for the first time in her career as a freshman and did so in both sports. King was named the Raptor of the Year (the SCHS Outstanding Female Athlete of the Year). The Raptors won the conference title all four years on the track while she was there and the cross country team won her freshman, sophomore and senior seasons. She was also recruited by Arizona, New Mexico, Utah and UC Santa Barbara.

IN THE CLASSROOM: King is majoring in environmental science. She was named to the Big 12 Commissioner's Honor Roll and Dean's List in the fall of 2009 after receiving a 4.0. King was a member of the honor roll in high school. As a senior, she was named the Outstanding Student Senator of the Year, the Valedictorian and earned the President's Award for Outstanding Achievement in both Academics and Athletics.

KRISTABELLE KIPER



Sprints
Junior, VR
Denver, Colo.
(George Washington)

PERSONAL BESTS

Indoor
60-Meters: 8.15
200-Meters: 26.36
Outdoor
100-Meters: 11.85
200-Meters: 24.4

2009: Kiper ran in the 60 and the 200 during the indoor season. She recorded a PR in the 60 at the Air Force Duals when she crossed the finish in 8.03, placing sixth. At the same meet, Kiper also PR'ed in the 200. She completed the race in 26.28 and was fourth. In the outdoor season Kiper took on the 100 and 200-meter dashes. She was fourth in the 100 at the Potts Invite and her best finish in 200 was sixth place, also at the Potts Invite.

COLLEGE (At San Diego State): She competed both indoor and outdoor seasons at SDSU. Kiper ran indoor season-best marks in the 60 and 200 (8.15, 26.36) at the Mountain T's Invitational. During the outdoor season, she ran 12.73 (100m) and 25.85 (200m) at the Aztec Track & Field Classic. Her pr in the 200 is 24.4.

HIGH SCHOOL: Kiper was a letterwinner for the Patriots in the 100 and 200-meter dashes and served as the captain her senior year. Her team won the 2007 Colorado State 5A Championship.

ACADEMICS: Kiper is majoring in design at Colorado and has been a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Kristabelle Kiper was born on May 17, 1989 in Denver, Colo. Her parents are Steve Kiper and Gayle Dunn. She has three siblings, Creighton, Keziah and Keturah Kiper.

SHALAYA KIPP



Distance
Freshman, HS
Salt Lake City, Utah
(Skyline)

PERSONAL BESTS

1,600-Meters: 5:02 (2009)
3,200-Meters: 10:50 (2009)

HIGH SCHOOL: Kipp won the 2009 state 1,600 and 3,200-meter run titles and owns the SHS 3,200 record (10:50), which she set on May 17, 2009. Kipp was the MVP of the SHS cross country team her sophomore year and was the cross country and track and field team captain as a senior. Kipp won the Utah State 5A Cross Country Championship in 2006 and was the runner-up in 2008. As a senior she qualified for Foot Locker nationals and placed 28th overall. Kipp earned eight letters with the Eagles.

IN THE CLASSROOM: Kipp is majoring in integrative physiology and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Shalaya Kipp was born on August 19, 1990 in Salt Lake City, Utah. She is the daughter of Ron Kipp and Shannon Kipp-Gillette. Kipp lists her hobbies as skiing and hiking. She also alpine ski raced for 10 years.

MYCHELLE LECHMAN



Javelin
Senior, VR
Broomfield, Colo.
(Legacy)

PERSONAL BESTS

Outdoor
Javelin: 70-04 (2009)

2009: Lechman stuck with the javelin during her junior season. She started the season by recording a personal best of 70-04 at the Potts Invite where she took fifth overall. Her second-best throw of the season was 68-08 at the CSU Ram Invite.

2008: Lechman switched to the javelin in 2008 and so she only competed during the outdoor season. Lechman's personal record of 66-10 was thrown at the Front Range Classic in Laramie, Wyo. She also placed sixth overall. Her best finish of the season was the Potts Invite when she took fifth.

2007: Lechman competed in the 60 and 200-meter dashes during the 2007 indoor season. She set a personal record in the 60 with a time of 8.93, which earned her a ninth-place finish at the Potts Indoor Invite. In the 200, Lechman ran to a seventh-place finish at the Potts Invite with a time of 30.85, but set a pr at the Air Force Invite with a time of 29.72.

HIGH SCHOOL: Lechman did not participate in track in high school, but earned three letters as a competitive

cheerleader.

ACADEMICS: Lechman is majoring in psychology at Colorado. She was a member of the honor roll and Dean's list in high school.

PERSONAL: Mychelle Marcy Lechman was born on Feb. 12, 1988 to Brian and Karen Lechman of Broomfield, Colo. Karen is the administrative assistant in the CU Cross Country and Track & Field office. Brian played basketball and track and field at Western State. Lechman has one younger sister, Kim. She lists reading, working out, singing and hanging out with her friends as her hobbies.

CAMILLE LOGAN



Distance
Freshman, HS
Littleton, Colo.
(Littleton)

PERSONAL BESTS

1,600-Meters: 5:03 (2008)
3,200-Meters: 11:03 (2008)

HIGH SCHOOL: Logan set three school records while a member of the LHS cross country and track and field team. She ran a school 5k Liberty Course record of 18:14 in 2008 and took fourth in the meet. On the track, Logan recorded school records in the 1,600 and 3,200-meter runs. She ran a time of 5:03 to place third in the 1,600 and 11:03 in the 3,200 to finish 12th. Both were at the Arcadia Invitational in April of 2008. On the track she was named all-league first team her sophomore through senior years and was named All-Colorado honorable mention as a junior. Logan was also recruited by the University of Washington and the University of Portland.

IN THE CLASSROOM: Logan intends to major in integrative physiology. She was a member of the honor roll and was named to the highest honor roll in high school.

PERSONAL: Camille Catherine Logan was born on August 10, 1991 in Denver, Colo. She is the daughter of Karl and Mary Logan and has two siblings, James and Jordan. Logan lists hiking and dancing as her hobbies. She used to compete in Irish step dancing and has volunteered for Habitat for Humanity.

NIKKI LOOK



Middle Distance
Freshman, HS
Castle Rock, Colo.
(Douglas County)

PERSONAL BESTS

100-Meters: 12.85 (2008)
200-Meters: 26.14 (2008)

HIGH SCHOOL: Look was a four-sport athlete at DCHS. She received the National Girls and Women in Sports Day

Recognition Award as a junior and earned one letter as a member of the cross country team and four on the track team. Look earned the Female Sprinter Award twice, was the 2008 most valuable athlete, a two-time captain and a member of the school record setting 800-meter sprint medley (1:48.01), 4x200 (1:45.16) and 4x100 (50.20) relay on the track team. She owns the Zoom Track Club Team records in the 100 and 200. Look was a member of the 800 sprint medley relay that placed second at the state meet in 2008.

IN THE CLASSROOM: Looks is majoring in chemical and biological engineering and is also interested in applied mathematics. She recorded a 4.0 in her first semester and was named to the Dean's List and Big 12 Commissioner's Honor Roll. Look was named the Outstanding Female Student Athlete of the Year as a senior and was awarded the Boettcher Scholarship, which grants a full-ride scholarship to any Colorado college. She was an academic all-state selection in basketball and swimming.

PERSONAL: Nicole Look was born on October 28, 1990, in San Mateo, Calif. She is the daughter of Douglas and Lois Look of Castle Rock, Colo. She has one younger sister, Danielle. Look lists developing healthy baking habits, scrapbooking, photography, swimming, yoga and golfing as her hobbies. She started Tae Kwon Do at the age of three and earned a black belt by the time she was eight. Look co-founded Nourish Peace which raises money to support Global Education Fund's effort in building schools around the world. She has worked as a rehabilitation aide at a physical therapy clinic, a six-year-old track coach and a ballot judge for the 2008 Presidential Election.

PRECIOUS LYONS



Sprints
Freshman, HS
Denver, Colo.
(George Washington)

PERSONAL BESTS

400-Meters: 58.2 (2008)
800-Meters: 2:17.2 (2007)
1,600-Meters: 5:20 (2008)

HIGH SCHOOL: Lyons was a two-time state qualifier while at George Washington. She earned letters all four years. Lyons was the regional USATF record holder in the 3,000-meter run (10:55.62) in 2002.

IN THE CLASSROOM: Lyons intends to major in psychology and is also interested in pre-medicine. She was a member of the honor roll in high school and spoke at the Democratic National Convention in 2008.

PERSONAL: Precious Desta Lyons was born on May 28, 1991, in Denver, Colo. She is the daughter of Frederick and Elizabeth Lyons. Lyons has two sisters, Passion and Devonna, and one brother, Frederick. Her uncle is Brian Kelly, who played in the NFL with the Tampa Bay Buccaneers and the Detroit Lions. She lists her hobbies as reading, shopping and dancing.

KATHLEEN MAJEWSKI



Jumps
Junior, VR
Denver, Colo.
(Mullen)

PERSONAL BESTS

Indoor
High Jump: 4-11.00 (2009)
Long Jump: 15-09.00 (2009)
Outdoor
High Jump: 5-02.50 (2008)
Long Jump: 16-03.00 (2009)

2009: During the indoor season, Majewski participated in two meets. She started the season at the Potts Invite and placed third in the high jump (4-11.00). The following week she took seventh in the long jump at the Air Force Duals (15-09.00). Majewski competed more during the outdoor season. She came close to her PR in the high jump when she cleared a height of 5-01.00 at the Potts Invite and tied for fifth. Her personal best in the long jump came at the CSU Ram Open when she recorded a leap of 16-03.00 for fourth place.

2008: Majewski competed in the outdoor season in a variety of events. At the Glenn Morris Multi-Events Meet, she recorded several season bests in the 100-meter hurdles (21.20), 200m (28.91), 800m, 2:56.46), high jump (5-02.50), long jump (15-02.25) and shot put (28-06.25).

HIGH SCHOOL: Majewski earned four letters as a member of the MHS track team where she competed in the triple and high jumps and the 800-meter run. Majewski was named the MHS Athlete of the Year.

ACADEMICS: Majewski is majoring broadcast news/journalism at Colorado and is also interested in Psychology. Majewski has a 3.508 GPA and is a member of the Big 12 Commissioner's Honor Roll. She was a member of the honor roll at Mullen High School. Majewski earned the Torch Award, which is the highest academic award given at MHS, all four years.

PERSONAL: Kathleen Marie Majewski was born on April 14, 1988 in Littleton, Colo. She is the daughter of Dennis and Karen Majewski. She has one older brother Denny and a younger sister Breanna. She lists baking cakes, singing and reading as her hobbies. Majewski volunteered as a third and fourth grade basketball coach and at a homeless shelter in high school. She has also worked as a nanny. Majewski was named the homecoming queen as a sophomore and was the junior class president.

CHYNNA McCALL



Throws
Senior, VR
Aurora, Colo.
(Cherokee Trail)

PERSONAL BESTS

Indoor
Shot Put: 40-09.00 (2008)
Weight Throw: 41-10.75 (2008)
Outdoor
Shot Put: 42-07.50 (2008)
Hammer Throw: 131-09 (2009)
Discus: 118-01 (2008)

2009: McCall competed in four meets during the indoor season, doubling in the shot put and weight throws. She recorded a PR of 44-11.50 at the Colorado School of Mines Twilight for sixth place. McCall's best finish in the shot put was at the Air Force Invite (38-11.75). The outdoor campaign slightly shifted gears for McCall as she kept with the shot put and also participated in the hammer and discus throw. She earned a personal best in the hammer throw with a mark of 131-09. McCall's top throw of the year in the shot put was 41-01.75 at the Jack Christiansen Invite.

2008: McCall collected season bests in both the indoor shot put and weight throws. Her best throw in the shot put came at the CSM All-Comers Meet where McCall took second (40-10.25). She recorded her PR in the weight throw at Big 12s (41-10.75), placing 22nd. McCall also took 19th at the meet in the shot put (38-08.50). The outdoor season continued to show improvement for McCall as she recorded prs in all three events. She recorded a season best of 114-07 in the hammer at the Rob Upton Invite and placed 15th overall. Her PR in the discus came at the Tom Benich Invite (118-1). McCall's strongest event during outdoors was the shot put. She earned a PR of 42-07.50 at the CSU Ram Open (fifth overall). McCall competed at Big 12s in the event and placed 18th (39-01.25).

2007: McCall had a successful freshman campaign as she competed in the shot put during both the indoor and outdoor seasons. During the indoor season she set a personal record with a throw of 39-10.00 at the Don Barrett Open, finishing in eighth place. McCall had her highest finish of the year at the Potts Indoor Invite where she took first with a throw of 39-08.50. She wrapped up the indoor season at the Big 12 Indoor meet with a 21st place finish. Carrying over into the outdoor season, McCall continued to improve and set a season-best of 41-03.25 at the Tom Benich Invite where she took third. She also took third at the Air Force Twilight Invite and she earned a second-place finish at the Wyoming Invite.

HIGH SCHOOL: McCall was a three-time letterwinner at Cherokee Trail High School. She recorded a pair of school records in the shot put and discus throws. McCall also earned two letters in volleyball.

ACADEMICS: McCall is majoring in psychology and linguistics. She would like to become an educational/school psychologist. McCall was her high school's valedictorian. She has a greater than 3.0 GPA and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Chynna Sierra McCall was born on Dec. 4, 1987 in Lorain, Ohio. Her parents are Kenneth and Audrey McCall of Centennial, Colo. She has two younger sister, Raina and Kassia. McCall lists playing the piano, music,

art and making t-shirts as her hobbies. She is currently volunteering at Boulder Valley High School and Whiterer Elementary School tutoring students.

ALLIE McLAUGHLIN



Distance
Freshman, HS
Colorado Springs,
Colo. (Air Academy)

PERSONAL BESTS

1,600-Meters: 5:13 (2008)
3,200-Meters: 10:49 (2008)

CROSS COUNTRY: McLaughlin had quite possibly the best freshman season in CU history. She started off the season by finishing second at the Rocky Mountain Shootout in 20:22, the eighth best time in course history. It was also the second fastest time by a freshman. McLaughlin showed it wasn't beginner's luck as she raced to a 10th-place finish at pre-nats. Two weeks later she became the first Buff since 2005 to be named the Big 12 Newcomer of the Year after the race to a runner-up finish at the conference championship. The regional meet saw McLaughlin finish third overall, another impressive race for the frosh. But most notably McLaughlin led the Buffs at the NCAA Championships, as a freshman. She finished fifth overall to earn her first All-American honor and was the top freshman in the race. It was the second best finish for a freshman ever at the meet (Shalane Flanagan was fourth in 2000).

HIGH SCHOOL: McLaughlin ran one year of track and two seasons of cross country while at Air Academy. As a junior, the only season she ran track, McLaughlin also had a lot of success. She won the 2008 state 3,200-meter run title and was the regional champion. McLaughlin was named all-first team in track and cross country by the Colorado Springs Gazette. *The Rocky Mountain News* named her the Distance Runner of the Year in 2008. She won the Colorado State 5A Cross Country championship by more than a minute as a senior with a PR of 17:04, which doubles as the AAHS and meet record. McLaughlin was undefeated her senior season and set three course records as well as four meet records. Besides winning the state title, she was the conference and regional champion. McLaughlin was named the cross country runner of the year by the *Rocky Mountain News*, *The Denver Post* and *The Colorado Springs Gazette*. In addition to those honors, she was named the AAHS Female Athlete of the Year, Sportswomen of Colorado honoree for cross country, Rotary Champions nominee and the Gatorade Colorado Runner of the Year. McLaughlin qualified for the IAAF World Championships after placing fourth at the USA Junior Championships in 2008 and earned All-American honors by placing fifth at the Foot Locker National Championships. She also served as the captain for the cross country and lacrosse teams her senior year. She also earned four letters as a member of the lacrosse team that won four conference championships and the state title in 2009. McLaughlin played hockey until her sophomore year of high school. Her plans were to play collegiate hockey until she ran cross country as a junior and loved it. She was also recruited by Oregon, Michigan State, Air Force and High Point.

IN THE CLASSROOM: McLaughlin is majoring in integra-

tive physiology. While in high school, she was a member of the National Honor Society, the Principal's Honor Roll and was named to the Colorado High School Activities Association Academic All-State First Team.

PERSONAL: Allison Jordan McLaughlin was born on Oct. 30, 1990 in Dayton, Ohio. She is the daughter of Thomas, who played lacrosse at Michigan State, and Carol McLaughlin of Colorado Springs, Colo. She has one older brother, Andrew. McLaughlin lists snowboarding, wakeboarding, swimming, downhill mountain biking, weightlifting, photography and running with her dogs as her hobbies. She has also volunteered her time baking food in a soup kitchen while in high school.

JESSICA McLAUGHLIN



Javelin
Sophomore, VR
Elizabeth, Colo.
(Elizabeth)

2009: Did not compete.

HIGH SCHOOL: McLaughlin was a member of the National Honor Society at EHS and also served as the student body president from 2006-07.

ACADEMICS: McLaughlin is majoring in English and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Jessica Lee McLaughlin was born on October 22, 1988 in New Haven, Conn. She is the daughter of Mack McLaughlin and Shelly Blazier. McLaughlin lists hiking, soccer and rock climbing as her hobbies.

JHENYA NAHREINI



Distance
Freshman, HS
Broomfield, Colo.
(Peak to Peak Charter)

PERSONAL BESTS

1,600-Meters: 5:20 (2009)
3,200-Meters: 11:40 (2008)

HIGH SCHOOL: Nahreini earned four letters on the track team and four on the cross country team at Peak to Peak Charter. She was an all-conference selection for three seasons as a member of the cross country team.

ACADEMICS: Nahreini is majoring in chemical and biological engineering and is also interested in international affairs. She recorded a 4.0 GPA her first semester and was named to the Dean's List and the Big 12 Commissioner's Honor Roll. Nahreini was a member of the honor roll and served as the vice-president of the National Honor Society in high school. She was named an AP Scholar with Distinction.

PERSONAL: Jhenya Natalya Nahreini was born on December 29, 1990 in Indianapolis, Ind., to Piruz and Theresa Nahreini. She enjoys reading and has volunteered as an engineering ambassador. Nahreini has worked as a lab assistant in Goodrich Lab and Anseth Lab at CU. She took first in state for dramatic interpretation of literature and is fluent in Spanish.

HOLLY ODNEAL



Combined Events
Freshman, HS
Palisade, Colo.
(Palisade)

PERSONAL RECORDS

High Jump: 5-04.50
100-Meter Hurdles: 15.2
Heptathlon: 3,800

HIGH SCHOOL: Odneal earned four letters in track and field at PHS. She was a two-time regional champion in the high jump and won the region champion in the 100-meter hurdles once. Odneal owns the PHS records in both events. She recorded a jump of 5-4 high jump and a time of 15.2 in the 100-meter hurdles. Odneal was an all-conference selection all four years and was all-state as a sophomore. She also competed at a meet in Brisbane, Australia and took first in the high jump, clearing the bar at 5-04.50. Odneal was also a four-year letterwinner for the basketball team and was all-conference her senior year. She was also recruited by Adams State, Emporia State, Nevada-Reno and Johnson & Wales.

IN THE CLASSROOM: Odneal intends to major in business management and is also interested in real estate. She earned a 4.0 GPA her first semester and was named to the Dean's List and the Big 12 Commissioner's Honor Roll. Odneal earned first team academic honors as a junior and senior.

PERSONAL: Holly Rae Odneal was born on December 22, 1990 in Palisade, Colo. and is the daughter of Wes and Linda Odneal. Linda played basketball at Otero Junior College and Wes was on the rodeo team at Sterling Junior College and then rode bare-back broncos professionally. She has one sister, Hannah, and one brother, Joey. Odneal lists her hobbies as snowboarding, shopping and playing solitaire. She volunteered at the YMCA for a service learning class through AmeriCorps in 2008.

ERIN OVERCASH



Combined Events/Jumps
Freshman, HS
Goshen, Ky.
(North Oldham)

PERSONAL RECORDS

High Jump: 5-04.50
100-Meter Hurdles: 15.2
Heptathlon: 3,800

HIGH SCHOOL: Overcash is a two-time state champion in the high jump; winning in 2007 and 08. She was the runner up in 2009 and took 17th in the shot put that year. Overcash also owns a pair of school records in

both events. She recorded her mark of 5-06 in 2008 at the state championship in the high jump. Overcash's mark of 31-0 in the shot put came at regionals where she placed eighth. In 2006, she was a member of a pair of regional championships on the 4x200 and 4x400-meter relay teams. Overcash was named the team MVP as a senior and was the Oldham Country All-Around Female Athlete of the Year her junior season. As a sophomore, she was named to the KHSAA Super Sophomore Team as well as the OCAAFAY. Overcash also earned four letters on the basketball team. She was recruited by the U.S. Naval Academy, Guilford and Centre College.

IN THE CLASSROOM: Overcash intends to major in aerospace engineering and is also interested in literature and Navy ROTC. The Big 12 Commissioner's Honor Roll member recorded a 3.669 GPA in her first semester. She was an academic all-state selection and an AP Scholar in high school.

PERSONAL: Erin Roxie Overcash was born on November 29, 1990 in Louisville, Ky. She is the daughter of Wendell and Joanne Overcash of Goshen, Ky. and has one sister, Holly, who was a four-year letterwinner on the Centre College cross country team. She lists reading, skeet shooting, biking and kayaking as her hobbies. Overcash also volunteered during high school with Habitat for Humanity, and trail restoration of the Louisville Zoo.

SALLY PAGE

Jumps/Javelin
Freshman, HS
Oyster Bay, Australia
(Caringbah)

PERSONAL RECORDS

Javelin: 137-09
High Jump: 5-07

HIGH SCHOOL: Page competed in the high jump and javelin in high school and earned all-state honors in each event. She recorded her PR of 5-07 in the high jump as the Pacific School Games in 2006. Her javelin PR of 137-09 was thrown at the New South Wales All Schools Championship in 2007.

IN THE CLASSROOM: Page attends the University of Walongong in Australia and is attending CU on Australian International Exchange. She is majoring in biology.

PERSONAL: Sally Elizabeth Page was born on February 17, 1990, in Sydney, Australia. She is the daughter of Richard and Christine Page and has one sister, Amy.

MOLLY POTTER



Throws
Freshman, HS
Thornton, Colo.
(Northglenn)

PERSONAL RECORDS

Shot Put: 39-5
Discus: 113-00

HIGH SCHOOL: Potter is the NHS shot put record holder (39-05), which she set on April 6, 2009 at the Mt. Range Meet in North Stadium, Colo. Her personal record in the discus of 113-00 was set at regionals on May 15, 2008. As a senior, Potter was the Front Range League shot put champion. She was named the Navy Athlete of the Year. Potter was named the female track MVP her junior and senior years and was the throws MVP her sophomore through senior years.

IN THE CLASSROOM: Potter intends to major in mathematics and education and is also interested in photography.

PERSONAL: Molly Kay Potter was born on December 26, 1990 in Denver, Colorado. She is the daughter of Rhonda Potter of Thornton, Colo. Her grandfather, Rocky Selanders, played football at Western State and for the San Diego Chargers and her uncle, Ramsey Selanders, also played football at WSC. Potter's hobbies include photography, reading and anything crafty.

DANIELLE REAGIN



Jumps
Sophomore, VR
Downers Grove, Ill.
(Downers Grove North)

2009: Did not compete.

HIGH SCHOOL: Reagin was a three-time state qualifier for the Trojans as well as a three-time all-conference selection. The DGNHS team took second placed at the sectional meet her senior year.

ACADEMICS: Reagin is majoring in Spanish and is also interested in business. She has a greater than 3.00 GPA and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Danielle Reagin was born on August 25, 1990 in Valencia, Calif. Her parents are Howard Jr. Reagin and Kathleen Reagin. She has two siblings, Taylor and Hayley. Reagin enjoys sports, spending time with friends, rock climbing, ice climbing and snowboarding.

BROOKE REGAN



Middle Distance
Freshman, HS
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS

400-Meters: 58.1
800-Meters: 2:14.88
1,600-Meters: 5:16.99

CROSS COUNTRY: Regan ran in two races for the Buffs. She was 55th overall at the Rocky Mountain Shootout and placed 20th overall at the Fort Hays State Open.

HIGH SCHOOL: On the track, Regan is a seven-time state champion in the 800, 800-meter relay, 1,600-meter relay, 3,200-meter relay spanning 2006-2009 and was an all-state and all-conference track selection from 2006-09. Her 1,600 relay set the state record in 2008 and then reset the record in 2009. Regan is a member of three school record relay teams (4x800, 4x400 and 4x200). Her 3,200-meter relay team took second place at Nike Outdoor Nationals her senior year as well. Regan was named the TVHS Track Athlete of the Year as a freshman and won the TVHS Track Golden Eagle Award as a sophomore and senior. She was named the Loveland Reporter Herald All-Area Track Athlete of the Year in 2006 and 2007. Regan's high school team won the 4A Colorado State Cross Country Championship in 2006 and 2008 and was the team runner-up in 2005. Regan's team also placed fourth at the Nike Cross Country Southwest Regional as a senior and was named the Most Outstanding Runner and the Most Inspirational Runner.

IN THE CLASSROOM: Regan intends to major in environmental biology and is interested in environmental studies. She owes a 3.76 GPA and is a member of the Big 12 Commissioner's Honor Roll. Regan earned a GPA of 4.286 in high school and was a member of the honor roll. She also was awarded the AP Scholar honor and is part of the Norlin Scholars program at CU.

PERSONAL: Brooke Regan was born on April 3, 1991 in Fort Collins, Colo. She is the daughter of Ken and Claudia Regan of Loveland, Colo. and has one older sister, Melissa Haselhoff. Regan lists her hobbies as playing violin and piano, horseback riding, running, hiking, camping, fishing, rock climbing and skiing. She has volunteered with the Big Thompson Watershed Forum, a non-profit community based organization concerned with water issues in the local river system. Regan has also spent time volunteering with Hearts and Horses, a therapeutic riding program for disabled children. She is also very active in her 4-H Club.

AMBER ROZIER



Sprints/Hurdles
Sophomore, VR
Pearland, Texas
(Pearland)

PERSONAL BESTS

Outdoor
100-Meters: 13.18 (2009)
200-Meters: 25.78
400-Meter Hurdles: 63.97

2009: Rozier did not compete during the indoor and ran in one 100-meter dash during the outdoor season. She finished 11th at the Potts Invite in 13.18.

HIGH SCHOOL: Rozier was a four-year letterwinner for PHS. She was a USATF Junior Olympic Qualifier in the 400-meter hurdles as a junior and senior and qualified for the finals both seasons. Rozier was the District 3A Champion in the 300-meter hurdles as a junior and qualified for the state meet, which she also lists as the biggest moment of her high school career. Pearland won the district championship from 2004-08 and the regional championship in 2008.

ACADEMICS: Rozier is an open major at Colorado. She was a member of the National Honor and Spanish Honor Societies in high school.

PERSONAL: Amber Michelle Rozier was born on Sept. 9, 1990 in Galveston, Texas. Her parents are Mike Rozier, who won the Heisman Trophy in 1983 as a member of the Nebraska Cornhuskers, and Rita Baldwin. Mike also played in the NFL for the Houston Oilers and the Atlanta Falcons and was selected for the College Football Hall of Fame in 2006. Rozier has two siblings, Jamichael and Michael. She enjoys shopping and sports and has volunteered for Habitat for Humanity and the Advocacy Center for Children.

ALLISON SAWYER



Distance
Junior, VR
Hilton, N.Y.
(Hilton)

PERSONAL BESTS

Indoor
Mile: 5:14.15 (2009)
3,000-Meters: 9:59.29 (2009)
Outdoor
1,500-Meters: 4:49.84 (2009)
3,000-Meter Steeplechase: 10:45.80 (2008)

2009: Sawyer competed in four races during the indoor campaign, two in the mile and two in the 3,000-meter run. She set a season-best in the mile at the Potts Indoor Invite with a time of 5:14.15. Sawyer broke the 10-minute mark in the 3k at the Husky Invite when she recorded an effort of 9:59.29. She also competed in the

3k at the conference championship and finished 34th. Sawyer ran in one 1,500 during the outdoor season, but mainly focused on the steeplechase. She won the Front Range Classic with a time of 11:11.21 and was second at the CSU Ram Open.

2008: Sawyer ran a pair of 3k races during the indoor season. She placed first at the Don Barrett Open with a season-best of 10:47.28. Sawyer also took eighth at the Air Force Invite in a time of 11:06.35. During the outdoor season, Sawyer mainly focused on the 3,000-meter steeplechase. She earned her PR and a regional qualifying mark of 10:45.80 at the Mt. Sac Relays where she finished first in her section. Sawyer also took first at the CU and Potts Invites. She finished just out of scoring position at Big 12, taking ninth. At the regional meet, she placed 22nd overall.

CROSS COUNTRY: Sawyer was one of three true freshmen to earn a spot on the varsity roster in 2007. Her best finish of the season was her collegiate debut at the Rocky Mountain Shootout. Sawyer finished eighth overall and was CU's No. 4 scorer. Sawyer was 119th at pre-nationals as CU's No. 7. She competed in the conference and regional championships for the Buffs, but did not score. She was 55th at the conference and 75th at regionals. Sawyer started off the first three meets as CU's No. 2 racer. She took 12th at the ISU Open, sixth at the Rocky Mountain Shootout and was 97th at pre-nationals. Sawyer was the fifth Buff across the finish at the Big 12 Championships (39th). She placed 74th overall at regionals. Sawyer started out her junior year (2009) by finishing seventh overall at the Rocky Mountain Shootout. She raced in the open section at pre-nats and took 18th overall. Sawyer's final race of the season for CU was at the conference championship where she was 44th.

HIGH SCHOOL: Sawyer was the 2006 New York State Cross Country Champion. She also led her team in the 2006 Nike Team Nationals to a runner-up finish by taking third overall, despite losing a shoe early in the race. Sawyer's 2005 high school team won the Nike Team Nationals and she took eighth overall. Sawyer was a finalist in the 2006 Foot Locker Nationals where she placed 32nd. Sawyer lists her biggest moment in high school as when her team won the Nike Team Nationals in 2005.

ACADEMICS: Sawyer is majoring in architecture at Colorado. She is a member of the Big 12 Commissioner's Honor Roll and owns a better than 3.0 GPA heading into her sophomore season.

PERSONAL: Allison Sawyer was born on February 16, 1989 in Rochester, N.Y. Her parents are Vance and Carol Sawyer of Hilton, N.Y. Her brother, Brad, competes in cross country and track at Rochester Institute of Technology. Sawyer lists road biking, drawing and painting as her hobbies.

KAYLEN SLACK



Middle Distance
Sophomore/
Freshman, VR/RS
Colorado Springs,
Colo.
(Liberty)

PERSONAL BESTS

Indoor

Mile: 5:14.26 (2009)

3,000-Meters: 9:58.07 (2009)

Outdoor

1,500-Meters: (2009)

2009: Slack ran the mile and 3,000-meter runs during the indoor season. She took third at the Air Force Duals in the mile (5:14.26) and was fourth at the Potts Indoor Invite. Slack PR'ed in the 3k at the Husky Classic (9:58.07) and was 25th at the Big 12 Championship. She was granted a medical hardship for the outdoor season after competing in just one race for the Buffs. Slack was fifth at the Potts Invite (4:47.40).

CROSS COUNTRY: Slack showed steady improvements throughout her freshman campaign on the cross country team, earning a varsity spot immediately. She started off 38th at the ISU open and moved up to 13th at the Rocky Mountain Shootout. Slack took 165th at pre-nationals at CU's No. 7 harrier. She was the sixth Buff to finish at the conference championship, placing 44th overall. Her top postseason performance came at regionals when she took 31st overall and scored for the Buffs as the fourth to finish. Slack did not compete during the 2009 season.

HIGH SCHOOL: Slack qualified for state on the cross country team four years and was the team MVP every season. She was awarded LHS's Most Dedicated Track Runner as a senior and was also chosen to represent track and cross country on Liberty's Wall of Fame. Slack's highest finish at the state track championship was in 2008 when she took seventh in the 1,600-meter run. She was all-conference throughout all four years at LHS.

ACADEMICS: Slack is majoring in Spanish at Colorado. She earned a 3.658 GPA to date and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Kaylen Marie Slack was born on August 17, 1990 in Colorado Springs, Colo. Her parents are Thomas and Laurie Slack. She has two older sisters, Cori and Andrea. Slack lists playing guitar, writing music and running as her hobbies.

LAURA THWEATT



Distance
Sophomore/Junior,
1L/VR
Durango, Colo.
(Durango)

PERSONAL BESTS

Indoor

3,000-Meters: 10:40.35 (2009)

5,000-Meters: 16:59.39 (2009)

Outdoor

1,500-Meters: 4:41.67 (2009)

5,000-Meters: 16:52.63 (2008)

BIG 12 SCORING:

2009 (I) 5,000-Meter Run, 8th (16:59.39)

2009: Thweatt only competed in two races during the indoor season. She ran to a second-place finish at the Air Force Duals in the 3,000-meter run. Almost a month later, Thweatt recorded her first all-conference track honor in the 5k. She finished eighth overall in 16:59.39. The outdoor season saw Thweatt concentrating on the 5k as she raced it three times. Her best time was at the Stanford Invite (10th/17:01.68). Thweatt also ran the 1,500 once, recording a PR (4:41.67) and a first-place finish at the Potts Invite.

2008: Thweatt did not compete during the indoor season. She ran in three races during the outdoor campaign before her season was cut short due to injury. Thweatt's first race of the season was the mile run at the Potts Invite where she took second overall. She then switched to the 5k and just barely missed the regional qualifying mark in her debut at the Stanford Invite (16:54.25). Thweatt captured that mark two weeks later at the Mt. Sac Relays (16:52.63) and took 12th overall.

CROSS COUNTRY: Thweatt made an impact on the women's team during her freshman campaign in 2007. Thweatt scored in all three races for CU. After winning the time trial, she was sixth overall at the Rocky Mountain Shootout and was the third Buff to finish. At pre-nats, she finished 74th and was the No. 4 Buff. Thweatt just missed all-conference honors, but finished 18th overall to help CU to another conference title. She was the alternate at regionals and nationals due to an injury. Thweatt continued to be a member of the varsity roster as a sophomore and stepped into a leadership role. She started the year by placing 18th at the ISU Open but moved up to 10th at the Rocky Mountain Shootout. Thweatt led the Buffs for the first time in her career at pre-nats by finishing 86th. She was the No. 2 harrier at the conference championship (26th overall) and again led the Buffs at regionals by taking 14th. The 2009 season got off to a great start for Thweatt when she made her debut at the Fort Hays State Open. She finished first overall and set the 5k course record and was named the Big 12 Runner of the Week. Thweatt was 27th at the pre-nats but moved up to 13th at the conference meet to earn her first All-Big 12 honor. She was 19th at regions to once again gain all-region recognition. Thweatt was CU's No. 3 harrier at nationals and took 131st.

HIGH SCHOOL: Thweatt took 14th at the 2007 USA Cross Country Championships in Boulder, Colo. She was the 5A state runner-up as a senior, moving up from an eighth-

place finish as a junior. Thweatt was a three-time member of the all-state first team as she placed seventh in the state championship as a sophomore. A two-time regional champion as a senior and junior, she was inducted into the Durango High School Hall of Fame. Thweatt was the 5A runner-up in the 3,200 and took third in the 1,600 as a senior. She owns DHS records in the 800 (2:18), 1,600 (4:54) and 3,200-meter (11:03) runs and 5k (18:33), which were all set at the state championships.

ACADEMICS: Thweatt is majoring in journalism at Colorado. A member of the Big 12 Commissioner's Honor Roll, Thweatt owns a cumulative GPA greater than 3.0. She would like to pursue a career in magazine sports writing.

PERSONAL: Laura Kristine Thweatt was born on December 17, 1988 in Durango, Colo. Her parents are Steve and Jean Thweatt. She had two cousins who played football at Oregon. Thweatt lists skiing and hiking as her hobbies.

ELIZABETH TREMBLAY



Middle Distance
Freshman, HS
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS

100-Meters: 12.1 (2008)

200-Meters: 25.1 (2009)

400-Meters: 55.1 (2009)

800-Meters: 2:15 (2009)

CROSS COUNTRY: Redshirt. Did not compete.

HIGH SCHOOL: Tremblay won the state title in the 400-meter run in a meet and school record of 55.1 seconds to cap off an undefeated season in the event. She was also a member of three meet and school records in the 800-medley (1:47.2), 4x400 (3:47.4) and 4x800 (8:58.6). Tremblay also has TVHS records in the 100 (12.1), 200 (25.1) and 400 (55.1). Her high school track and field team was the 2008 and 09 state champions. On the cross country course, Tremblay recorded a 20th-place finish at the state championship her senior year en route to her high school winning the team title. The Eagles won the state championship in 2006. She was all-conference, all-region and all-state her senior year and was named the Most Improved Athlete for TVHS. Tremblay's team also finished fourth at Nike regional cross country meet. She was recruited by Stanford, Duke, Baylor, CSU, Utah, Wake Forest, Arizona State, Arizona, New Mexico State and Kansas before deciding on CU.

IN THE CLASSROOM: Tremblay intends to major in integrative physiology but is also interested in exercise science and sports medicine. She recorded a 3.575 GPA in her first semester and was named to the Big 12 Commissioner's Honor Roll. Tremblay was a member of the honor roll while at TVHS, as well as an academic all-state selection her junior and senior years.

PERSONAL: Elizabeth Tremblay was born on March 28, 1991 in Loveland, Colo. She is the daughter of Michael and Olivia Tremblay. She has two older siblings, Anne and Joe, and a twin sister Laura, who is a member of CU cross country and track and field teams. Tremblay lists her hobbies as reading, playing sports, outdoor activities and

hanging out with friends. She has volunteered with the Hearts and Horses program, Local House for Humanity, House of Neighborly Service and Immanuel Lutheran School.

LAURA TREMBLAY



Distance
Freshman, HS
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS

800-Meters: 2:13
1,600-Meters: 4:54
3,200-Meters: 11:09
5,000-Meters: 17:40

CROSS COUNTRY: Tremblay quickly earned a spot on the varsity roster for the Buffs in 2009. Her first official race for CU was at pre-nats. She finished as CU's No. 3 harrier and was 24th overall. Two weeks later she raced to her first All-Big 12 honor by finishing 15th overall. Tremblay earned a top-10 performance at regionals when she was the ninth racer to cross the line, also earning all-region honors. She completed her season at NCAAs with a 199th-place finish.

HIGH SCHOOL: Tremblay won the 2009 Colorado State 4A 1,600-meter title in a meet, state and school record (4:54) as well as in the 4x400 (3:47.4) and 4x800-meter relays (8:58.6). She also won the individual 800 at state. In addition, Tremblay holds school records in the 3,200 (11:09) and 5,000 (17:40). She was all-conference, all-area, all-region and all-state as well as the TVHS Female Athlete of the Year. Tremblay placed second at the state cross country meet as she helped TVHS win its second team championship in three years (last in 2006). She was named all-state, all-region and all-area with the runner-up finish. Tremblay was named the TVHS Female Athlete of the Year and served as the captain her senior year. She won the Nike Southwest Regional and her team placed fourth in the meet. Tremblay won eight of 10 cross country meets her senior year. She was also recruited by Cornell, Stanford, Duke, Baylor, CSU, Utah, Wake Forest, Arizona State, Arizona, New Mexico State, Texas A&M and Kansas.

IN THE CLASSROOM: Tremblay intends to major in chemical and biological engineering and is also interested in Spanish and women's studies. After one semester, she owns a 3.944 GPA. Tremblay was named to the Dean's List as well as the Big 12 Commissioner's Honor Roll. She was a member of the National Honor Society, honor roll and was an AP Scholar with distinction in high school.

PERSONAL: Laura Tremblay was born on March 28, 1991 in Loveland, Colo. She is the daughter of Michael and Olivia Tremblay. She has two older siblings, Anne and Joe and a twin sister Elizabeth, who is a member of CU cross country and track and field teams. Tremblay lists her hobbies as horseback riding, playing the cello, reading, playing sports, outdoor activities and hanging out with friends. She has volunteered with the Hearts and Horses program and House of Neighborly Service.

MAX VAN DYKE



Throws
Junior, VR
Vail, Colo.
(Battle Mountain)

PERSONAL BESTS

Indoor
Shot Put: 33-02.50 (2009)
Weight Throw: 38-07.50 (2009)
Outdoor
Javelin: 95-06 (2008)
Shot Out: 30-11.75 (2008)

2009: Van Dyke only competed during the indoor season for the Buffs after switching to the throws, making an easy transition in the process. Van Dyke competed in both events at five meets and had her best performance at the Air Force Duals when she recorded personal bests in both events. She recorded a toss of 38-07.50 in the weight throw for 13th place and threw the shot put 32-02.50, which was good for 14th.

2008: Van Dyke competed as a member of the combined events group in 2008. She competed in two pentathlons; recording season-bests at the Potts Invite as well as a sixth-place finish with 2,282 points.

HIGH SCHOOL: Van Dyke earned three letters as a member of the Huskies' track and field team. She recorded her personal best in the 100-meter hurdles of 16.77 at the Stocker Stadium in Grand Junction in 2007. Van Dyke's PR in the 300-meter hurdles was set in 2005.

ACADEMICS: Van Dyke is majoring in business management at Colorado. She is a member of the Big 12 Commissioner's Honor Roll and has a GPA of 3.363.

PERSONAL: Max Anne Van Dyke was born on January 4, 1989 in St. Paul, Minn. Her parents are Paul and Mary Van Dyke of Vail, Colo. She has one younger brother, Nick, an older brother, Peter, and an older sister, Amelia. Peter is a junior at CU and Amelia is in graduate school at CU-Denver. Van Dyke enjoys art, sewing and sports. She has participated in highway clean-ups.

ALEX WHITE



Jumps
Freshman, HS
Denver, Colo.
(George Washington)

PERSONAL RECORDS

Triple Jump: 39-4 (2009)

HIGH SCHOOL: White earned four letters in track and field while attending three high schools between ninth and 12th grade. She was the Colorado 5A triple jump champion in 2009 and was the runner-up in 2008. White recorded a personal record in the triple jump of 39-4 when she won her state championship.

IN THE CLASSROOM: White intends to major in dance

but is also interested in communications.

PERSONAL: Alexandria Nicole White was born on April 3, 1991 in Denver, Colo. She is the daughter of Ron White and Julie Hague. She has two brother, Jordan White and Ryan Hogue, and one sister, Chloe White, as well as three step-sisters and one step-brother. White's grandfather coached CU assistant coach Lindsey Malone in middle and high school and was a coach at the Air Force Academy. She lists her hobbies as dancing and enjoys listening to music all of the time.

KIRSTEN WICKS



Throws
Junior, VR
Wheaton, Ill.
(Wheaton)

2007-08: Wicks was a member of the CU volleyball team and earned two letters for the Buffs.

HIGH SCHOOL: Wicks was a four-year letterwinner at Wheaton Warrenville South High School on the volleyball team. She helped her squad to a 63-11 record as a junior and senior (31-6 her final season). Wicks recorded 277 kills her senior season and hit .362 while adding 80 aces. As a junior, she tallied 280 kills and hit .365. Wicks set the school record in career kills with 1,036 and career aces with 182. She also became the 35th player in the Illinois High School Association to reach the 1,000-career kill mark. Wicks was a four-time all-conference selection and a four-time Daily Herald All-Area Team, twice on the first team and twice as an honorable mention selection.

IN THE CLASSROOM: Wicks is a business major at Colorado. She is interested in sports medicine, sports psychology and business. Wicks is a member of the Big 12 Commissioner's Honor Roll and owns a GPA greater than 3.0.

PERSONAL: Born Kirsten Nicole Wicks on Nov. 2, 1988 in Wheaton, Ill. Her parents are Doug, who played football at the University of Wisconsin, and Patti Wicks. She has two younger sisters, Jenna and Jordan. Wicks lists her hobbies as shopping and working out.

KAILE WILSON

Jumps
Junior, TR
Aurora, Colo.
(Smoky Hill/Brown)

PERSONAL RECORDS

Triple Jump: 39-03
Long Jump: 19-01
High Jump: 5-06
200-Meters: 25.2

2006-08 (at Brown): Wilson was a member of the Brown University track and field team.

HIGH SCHOOL: Wilson won the Colorado State 5A triple jump crown in 2005 and placed third in the long jump. As a senior she was second in both events.

Wilson was an all-conference and all-city pick her freshman through senior years. SHHS won the league championship in 2005.

IN THE CLASSROOM: Wilson intends to major in human geography and history and is also interested in urban planning and law. As a high school senior, she was named an AP Scholar with Distinction.

PERSONAL: Kaile Leigh Wilson was born on July 11, 1988 in Phoenix, Ariz. She is the daughter of Roger and Cheryl Wilson and has one brother, Quinn. Her uncle Darwin McCutcheon played for the Toronto Maple Leafs in the NHL. Wilson lists skiing and ice hockey as her hobbies.

TE'QIN (TOI) WINDHAM



Sprints/Hurdles
Junior, VR/1L
Dallas, Texas
(Greenhill)

PERSONAL BESTS

Indoor

60-Meters: 7.98 (2008)
200-Meters: 26.33 (2008)
400-Meters: 59.13 (2008)
60-Meter Hurdles: 9.29 (2008)

Outdoor

100-Meter Hurdles: 14.49 (2007)
400-Meter Hurdles: 60.81 (2008)

BIG 12 SCORING

2008 (O) 400-Meter Hurdles, 6th (61.04)

2009: Windham competed in a variety of events during the indoor season, but ran the 60-meter hurdles the most. She recorded a PR and a third-place finish at the Air Force Duals (9.05). Windham ran in one event at the conference championship, recording a PR and 13th-place finish in the 600-yard run. During the outdoor season Windham ran in the 100 and 400 hurdles. She placed fifth in the 100 hurdles at the Potts Invite; but did so in a personal best time of 15.25. Windham's best finish in the 400 hurdles was 62.38, which earned her second place at the CU Invite. She was also a member of CU's 4x400-meter relay team during the indoor and outdoor seasons.

2008: Windham ran in the 60, 200, 400-meter dashes as well as the 60-meter hurdles during the indoor season. She focused on the 60 hurdles and ran a PR of 9.29 at the Joe Davies' Open. The mark was also good for second place. Windham ran a time of 9.36 in the prelims. Her second best time of the season was at the Potts Invite, where she took third (9.33). During the outdoor season, she focused solely on the hurdle events (100 and 400). She earned a first-place finish at the Front Rangel Classic by running a then season best 61.24 mark. Two weeks later at the Big 12 Championship, she ran a PR of 60.81 in the prelims to advance to the finals. Windham placed sixth overall to earn three points for CU with a time of 61.04. She also ran in three 4x400-meter relays for the Buffs. Their best finish was 3:45.35, which they ran at the Big 12 Championships.

HIGH SCHOOL: Windham owns the school record in the 100 hurdles (14.49), the 300 hurdles (43.85) which is also

a conference record and conference, state and school records in the 4x100 (48.17) and 4x400 (3:57). Windham placed sixth in the 400-meter hurdles at the AAU Junior Olympics in 2006.

ACADEMICS: Windham is majoring in Chinese at Colorado. She was a member of the Honor Roll, Mu Alpha Theta, Who's Who Among Students and a Presidential Classroom Award.

PERSONAL: Te'Qin Hing Windham was born on Nov. 16, 1988 in Hartford, Conn. She is the daughter of David and Theresa Windham. Her father, David, played in the NFL as a linebacker for the Patriots and the Redskins from 1984-1988. Windham is one of nine children. She has six sisters, Cresena, Taresa, Monica, Tasha, Dallas and TianEn and two brothers, Leon and Trae. Her twin sister, TianEn, is a sprinter/hurdler at Colorado. Windham lists her hobbies as martial arts, piano, crochet, Chinese (language and culture), and hanging out with friends as her hobbies.

TIANEN (JOI) WINDHAM



Sprints/Hurdles
Junior, VR
Dallas, Texas
(Greenhill)

PERSONAL BESTS

Indoor

200-Meters: 26.45 (2008)
400-Meters: 59.67 (2008)
600-Yards: 1:25.21 (2008)
800-Meters: 2:16.19 (2008)

Outdoor

400-Meter Hurdles: 62.53 (2008)

2009: Windham competed mainly in the 400-meter dash during the indoor campaign. She earned a personal best of 58.49 in the 400, as well as a fifth-place finish, at the New Mexico Classic. Windham ran a pair of 600-yard runs, with her best time of the season coming at the Potts Invite (1:28.48) for second place. During the outdoor season Windham shifted gears and focused mainly on the 400-meter hurdles and earned four first-place finishes in seven races. She ran a PR of 61.96 and placed second at the Potts Invite. Windham was 11th in the event at the conference championship (64.45). She was also a member of the 4x400-meter relay teams during the indoor and outdoor seasons.

2008: Windham ran in four races during the indoor season. Her top performances came in the 600-yard and 800-meter runs. She ran a time of 1:25.21 in the 600 at the Big 12 Championship and placed 11th overall. Windham raced to a time of 2:22.75 at the Don Barrett Open, taking third. During the outdoor season she focused on the 400-meter hurdles and took second place in three meets. She ran a pr of 62.53 at the CU Invite (which was second). At the conference championship, Windham was 11th in the prelims, clocking a mark of 63.94 as she clipped the final hurdle. She also ran in three 4x400-meter relays for the Buffs. Their best finish was 3:45.35, which they ran at the Big 12 Championships.

HIGH SCHOOL: Windham was a three year letterwinner as a Hornet. She is a member of the GHS and conference

record team in the 4x400 (3:57). She claimed top honors in the 800, 4x100 and 4x400 and finished second in the 300-meter hurdles behind her sister. Windham competed in the 2007 Nike Indoor Nationals and was 15th overall in the 800-meter run.

ACADEMICS: Windham is majoring in management/entrepreneurship. She has a GPA of 3.442 and is a member of the Big 12 Commissioner's Honor Roll. Windham would like to pursue a career as a sports agent or in sports management. Windham was a member of the Honor Roll and the Who's Who Among Students in high school.

PERSONAL: TianEn Hing Windham was born on Nov. 16, 1988 in Hartford, Conn. She is the daughter of David and Theresa Windham. Her father, David, played in the NFL as a linebacker for the Patriots and the Redskins from 1984-1988. Windham is the youngest girl of nine children. She has six sisters, Cresena, Taresa, Monica, Tasha, Dallas and Te'Qin and two brothers, Leon and Trae. Her twin sister, Te'Qin, is a sprinter/hurdler at Colorado and is just two minutes older. She lists her hobbies as poetry, music, coaching club track, track meets and football games.