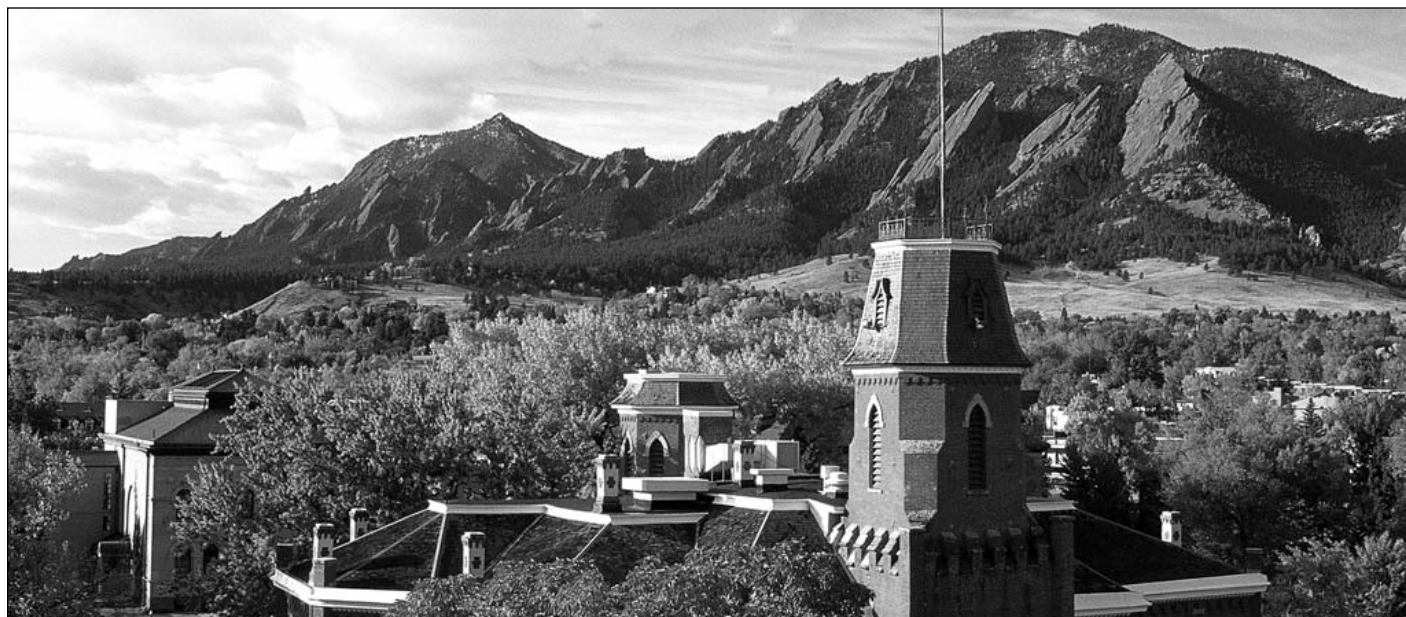




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BUFFS AT A GLANCE

Location: Boulder, Colo.
Enrollment: 30,128
Elevation: 5,435 Feet above Sea Level
Colors: Silver, Black and Gold
Nickname: Buffaloes
Mascot: Ralphie V
Home Facilities: Balch Fieldhouse (Indoor), Potts Field (Outdoor)
NCAA Affiliation: NCAA Division I
Conference: Big 12
President: Bruce Benson
Chancellor: Phil DiStefano
Vice Chancellor-Student Affairs: Julie Wong
Athletic Director: Mike Bohn
Senior Woman Administrator: Ceal Barry
University Switchboard: 303/492-0111
Athletic Department Phone: 303/492-7931

TRACK AND FIELD

Head Coach: Mark Wetmore (Rutgers '78)
Phone: 303-492-5227
Best Time to Reach: Mornings
Assistant Coaches: Heather Burroughs (Distance and Middle Distance); Casey Malone (Throws); Lindsey Malone (Combined Events/Jumps); Drew Morano (Sprints/Hurdles); Emily Pearson (Combined Events)
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2009 IN REVIEW:

Indoors

Big 12 Indoor Championships: Men 12th, Women 12th
NCAA Indoor Championships: Men NTS, Women t22nd
Conference Champions (1): Jenny Barringer (Mile)
All-Americans (3): Jenny Barringer (3k), Jeremy Dodson (200), Kenyon Neuman (5k)

Outdoor

Big 12 Outdoor Championships: Men 11th, Women 12th
NCAA Midwest Regional: Men 31st, Women 22nd
NCAA Outdoor Championships: Men NTS, Women t29th
Conference Champions (2): Jenny Barringer (Steeplechase), Brandin Williams (Javelin)
Midwest Region Champions (1): Jenny Barringer (Steeplechase)
All-Americans (2): Jenny Barringer (Steeplechase), Jordan Kyle (10k)

CREDITS

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ON THE COVER

2009 Big 12 Returning Scors: Patrick Bachmann, Brianne Beemer, Emma Coburn, Jeremy Dodson, Emily Hanenburg, Jordan Kyle, Kenyon Neuman, Matt Tebo, Laura Thweatt, Christian Thompson and Brandin Williams.

Student-athletes have signed waivers disclosing their academic standing.

Coaches / Support Staff



Mark Wetmore
Head Coach

MARK WETMORE Head Coach/Distance/Middle Distance 15th Season

As Colorado head coach Mark Wetmore enters his 15th season at Colorado, he does so as the only NCAA Division I coach to win all four NCAA cross country titles at the same school.

His women's team won the championship at Iowa State in 2000, while his men won the following year at Furman. He has coached Adam Goucher (1998), Jorge Torres (2002) and Dathan Ritzenhein (2003) to men's individual titles, while Kara Grgas-Wheeler won the 2000 women's crown. Both men's and women's teams won the championship again in 2004 (CU became only the third school to win both championships in the same year). His 2006 men's team also won the title. His squads have won five team titles since 2000.

Wetmore's coaching career began immediately after high school with a USATF club team, while simultaneously he coached the distance runners at his alma mater Bernards High. Wetmore served a three year stint at Seton Hall (from 1988-1991) once again as the coach of the men's and women's distance events before moving to Boulder in 1991 and accepting an assistant position in 1992.

On November 6, 1995, Wetmore became CU's sixth head cross country and track and field coach. Just weeks later at the 1995 NCAA Cross Country Championship in Ames, Iowa, both teams finished on the podium; the women took second and the men placed fourth.

Wetmore has tutored 46 individual conference champions and nine individuals who have combined for 16 NCAA titles. He has coached 70 individuals to 212 All-American selections. Wetmore has produced 26 conference championship teams, most recently capturing the 2008 Big 12 Men's Outdoor Track and Field Championship at CU's Potts Field in May.

Wetmore's distance runners have represented the United States at dozens of international competitions. During their collegiate careers, eight athletes have qualified for the World Junior Cross Country Championships and six have earned berths in the Senior World Cross Country Championships. In 2007, Jenny Barringer captured the USA steeplechase title and represented the U.S. at the IAAF World Championships in Osaka, Japan. In 2008 she made the U.S. Olympic Team and broke her own American record with her ninth place finish in the Beijing final. Barringer topped that in 2009 when she won the U.S. title again and went on to a fifth-place finish at the IAAF World Championships in Berlin; breaking her own American record by almost 10 seconds. Barringer also won the inaugural USTFCCCA The Bowerman award on 2009, which goes to the top collegiate track and field athlete.



Heather Burroughs
Distance/Middle Distance

His graduates have experienced post-collegiate success that is unrivaled by any NCAA distance program. Twenty-three of his athletes have earned professional running contracts and have combined for 10 USA Cross Country National Titles and 37 berths on USA teams that compete at the IAAF World Cross Country Championships. On the track, CU graduates have won 11 USA Championships and nine individuals have represented the U.S. at the IAAF World Track and Field Championships. Since 2000, eight graduates have combined for 11 spots on the U.S. Olympic Team roster.

A native of Bernardsville, N.J., Charles Mark Wetmore graduated with a bachelor's degree in English Education from Rutgers in 1978 and then completed a M.Ed. in movement sciences from Columbia in 1988.

CU Coaching Timeline

Mark Wetmore	1995-present
Jerry Quiller	1986-1994
David Troy	1980-1985
Dean Brittenham	1976-1979
Don Meyers	1969-1975
Frank Potts	1927-1968

HEATHER BURROUGHS Assistant Coach/Distance/Middle Distance Sixth Season

Colorado's first female three-time cross country All-American, Heather Burroughs is in her sixth season assisting head coach Mark Wetmore with men's and women's middle and long distance runner.

Since joining the CU staff in 2004, Burroughs has coached 25 individual conference champions, nine conference team championships, four individual national champions, three NCAA team championships and USA National steeplechase champion and Olympian Jenny Barringer.

In her own collegiate career, she was a top five and all-conference cross country performer in 1994, 95, 97 and 98, including a runner-up finish in 1995. Burroughs claimed all-region honors in those same years and was an All-American in 94, 95 and 98. On the track she was a 15-time conference scorer, the 1995 indoor conference newcomer of the year and an All-American in the 5,000-meter run in 1998. In all, Burroughs competed in six NCAA indoor and outdoor track races.

Burroughs was born Feb. 25, 1976 in Kansas City, Kansas. She graduated from CU in 1999 with a degree in biology.



Casey Malone
Throws

CASEY MALONE Assistant Coach/Throws 10th Season

Casey Malone, a 1998 NCAA Champion and two-time Olympian, enters his 10th season as the men's and women's throws coach at Colorado.

At the foot of the Flatirons, Malone has coached a pair of school record holders in both the women's indoor weight throw (Cortney Hutmacher, 62-08.50) and men's indoor weight (Zach Hazen, 63-09.50) along with the men's outdoor weight throw (Zach Hazen, 210-11). He has also tutored six NCAA qualifiers, 12 regional qualifiers, four junior national qualifiers and several Big 12 scorers and champions. At the 2007 Big 12 Outdoor Championships, Malone had four throwers score for the Buffs, which included his first Big 12 Champion in Hannah Warfield-Ruffatto (javelin). Zach Hazen scored in two events for the Buffs, taking second in the hammer throw and eighth in the discus. Warfield-Ruffatto earned the Olympic 'A' Qualifying standard and Hazen recorded the 'B' standard during the season. In 2008, he coached James Begley to the Big 12 Discus crown. Malone kept the streak alive in 2009 as Brandin Williams won the Big 12 javelin title with the sixth best throw in CU history (222-01).

A four-time All-American and 1998 NCAA discus champion at Colorado State, he owns a 224-08 pr in the event, thrown at the Colorado Elite meet in Fort Collins, Colo. It was the best throw by an American and he was the fifth best performer in the event in the world in 2009.

Malone was also the 1996 Junior National and Junior World Champion and finished sixth at the 1998 Goodwill Games. He competed in the 1996 Olympic Trials, finishing 18th, improving to ninth four years later for a shot at the 2000 Olympic Games. Four-years and another trial later, he was named to the United States roster when he finished third at the trials in Sacramento. The only American to advance to the finals, he would go on to finish sixth in Athens, the best effort for an American in the event. Malone once again took third at the U.S. Trials in 2008 to advance to his second Olympic Games. He placed 19th in the prelims of the discus at Beijing.

Malone won his first USATF title in 2009 with a final toss of 213-03. He went on to take fifth at the IAAF World Championships in Berlin that August.

Following the 2004 Olympic Games, Malone received invitations to compete on the European Grand Prix circuit. In Brussels he finished fourth, throwing 64 meters in the Golden League Meet and sixth in Berlin in the ISTAF Golden League Meet. He had earned enough Grand Prix points to compete in the World Athletic Final in Monaco, where he finished seventh before returning to the States.

Born April 6, 1977, Malone is a Wheat Ridge, Colo.



Lindsey Malone
Combined Events/Jumps

native and lettered in football, basketball and track at Arvada West. He graduated from Colorado State in 2000 with a bachelor's degree in fine arts with a concentration in painting. In his free time he still creates discussion-inspired, figural artwork.

Malone married the former Lindsey Malmgren, an assistant track and field/combined events/jumps coach at CU, in Sept. 2005. They currently reside in Fort Collins, Colo.

LINDSEY MALONE

**Assistant Coach/Combined Events/Jumps
Third Season**

Lindsey Malone is in her third year as the CU combined events & jumps coach. Malone coaches the long jump, triple jump, high jump, pentathlon, heptathlon and decathlon for the Buffs.

During her first year coaching for CU, she guided long jumper Hugh Charles to the second longest jump in CU history at 25 feet, 3.25 inches. Charles placed seventh in the long jump at the USA Indoor Track & Field Championships, fourth at the Big 12 Outdoor Championships and sixth at the NCAA Midwest Regional Championships.

Malone also saw success with the combined event program at CU in her inaugural season. During the indoor season freshman Alex Von Hagen set the Balch Fieldhouse record in the heptathlon and during the outdoor season freshman Adam Salzmann placed ninth in the decathlon at the Big 12 Championships and qualified for the USA Junior National Championships. On the women's side, Malone helped first year heptathlete, Chelsea Haverty, secure points for the women's team with a seventh-place finish at the Big 12 Outdoor Championships.

In 2009, she guided Brienne Beemer, Katie Dreher and Alyssa Frank to the USA Junior Nationals in the heptathlon. Beemer, only a freshman, ran the fastest indoor 800-meter run for a pentathlete. During the outdoor season, Beemer ran the second fastest 800 for a heptathlete.

Prior to her arrival at CU, Malone was an assistant coach at Colorado State where she coached the heptathlon, decathlon, high jump and pole vault. She coached 14 Mountain West Conference Champions in six events – high jump, long jump, pentathlon, heptathlon, decathlon and hurdles. Malone coached athletes on CSU's first two conference championship teams (2002 indoor men and 2006 indoor women).

During her time at CSU, Malone's athletes earned the 2003 MWC Indoor Freshman Athlete of the Year Award, the 2006 MWC Outdoor High Point Award, 2007 MWC Indoor High Point Award, 2007 Indoor Outstanding Performance of the Meet Award and the 2007 Outdoor



Drew Morano
Sprints/Hurdles

High Point Award. Under Malone's tutelage, the combined events and jumps athletes scored over 500 points in conference meets.

Malone's athletes have qualified for the NCAA Midwest Regional Meet in the long jump, high jump, pole vault, javelin and hurdles. She has coached athletes to achieve NCAA qualifying marks 10 times, with her first All-American in 2007. During her time with the Rams, her athletes set school records in the pole vault, pentathlon, heptathlon and decathlon.

As an athlete at CSU, she competed at conference championships in the high jump, pentathlon, heptathlon, javelin and 4x400-meter relay. Malone held the school record in the heptathlon until 2004 when she coached one of her athletes to break her record. When competing in the heptathlon, Malone ranked as high as 13th in the US. Malone has competed in the high jump at three USA Championships- 2002 Outdoors, 2003 Indoors and 2008 Indoors. In 2008 Malone placed second at Modesto Relays and won nine high jump competitions throughout the year.

In 2004 Malone was selected to be a clinician for the NCAA YES Program during the NCAA Outdoor Championships. She is a graduate of the 2007 NCAA Women Coaches Academy and was honored with the 2007 Judy Sweet Spirit Award.

Malone graduated from CSU in 2001 earning her Bachelor of Arts degree with concentrations in education and painting. While at CSU, she was the president of the Student-Athlete Advisory Committee and the CSU representative to the Mountain West Conference SAAC.

The former Lindsey Malmgren is married to Colorado's throwing coach and 2004 and 2008 Olympic Casey Malone. They reside in Fort Collins, Colo.

DREW MORANO

**Assistant Coach/Sprints/Hurdles
First Season**

Drew Morano is in his first year as a full time assistant coach, but is in his second year with the program as he served as a volunteer in 2009.

Morano was a standout at Colorado State University in the 200 and 400-meter dashes and earned four letters as a Ram. He was named All-Mountain West Conference six times (three indoor and three outdoor). Morano currently owns the CSU school records in the indoor (46.74) and outdoor 400 (45.65). He was a three-time MWC Champion and a two-time runner-up in the 400. Morano qualified for the NCAA Championship in 2008 and also qualified for the U.S. Olympic trials.

As a volunteer, Morano helped to coach CU recorded holder Jeremy Dodson (indoor and outdoor 200-meter run) as well as Dodson's brother A.J. Whitaker who became the eighth fastest performer in the 60-meter



Emily Pearson
Combined Events/Jumps

dash as a freshman in 2009.

The 2007 graduate of CSU earned a bachelor's degree in health and exercise science. Morano graduated from St. Thomas Aquinas High School in 2003 and earned letters in football, track and baseball.

EMILY PEARSON

**Volunteer Assistant Coach/
Combined Events/Jumps
Second Season**

Emily Pearson is in her second year as a volunteer assistant coach at Colorado and rejoins her former collegiate coach Lindsay Malone.

Pearson was a very decorated combined events athlete at Colorado State and earned four letters as a Ram (three under Malone). She owns three school records, including in the heptathlon with 5,605 points. Pearson is also a member of the 4x100-meter relay team (45.29) and the indoor 4x400-meter relay (3:47). Colorado State won its first indoor conference title in 2008 and then the outdoor title in 2008. Pearson was the female high points scorer in 2007 (22.5) and 2008 (26.25).

The two-time Mountain West Conference Athlete of the Week qualified for regionals in 2006 (javelin), 2007 (javelin, 100-meter hurdles) and 2008 (javelin, 100-meter hurdles and heptathlon). Pearson advanced to the NCAA Championship in 2008 (heptathlon) and earned All-America honors by placing 10th.

Pearson has continued to train with Malone and qualified for the U.S. team at the Thorpe Cup in August of 2009.

Pearson graduated from CSU in 2008 with a bachelor's degree in 2008. She lettered in track, softball and basketball at La Junta High School in 2004.

KAREN LECHMAN

**Director of Operations
Eighth Season**

Karen Lechman is in her third year as the director of operations, but her eighth year overall with the program as she was the administrative assistant prior to her promotion.

She has had an office management career since graduating college. Lechman has worked for companies in software development, commercial finance, scientific research and office products. Lechman was also a certified fitness instructor from 1993-2005 and taught kick-boxing and step aerobics.

Lechman earned her bachelor's degree from Colorado in 1983 in communications. The former Karen Marcy has been married to Brian Lechman since 1985. The couple resides in Broomfield, Colo., and has two daughters, Mychelle and Kimberly.

2010 Schedule

INDOOR

December 9

Black and Gold Intra-Squad

January 15

Air Force All-Comers

January 22-23

Potts Indoor Invitational

January 30

UW Invitational

January 30

Don Barrett Duals

February 5-6

New Mexico Classic

February 11-13

ISU Classic

February 12-13

Air Force Collegiate Invitational

February 13

Husky Classic

February 19

Mines Twilight Open

February 26-27

Big 12 Indoor Championships

March 5-6

Last Chance Qualifiers

March 12-13

NCAA Indoor National Championships

Balch Fieldhouse

Cadet Field House

Balch Fieldhouse

Dempsey Indoor

Cadet Field House

Albuquerque Convention Center

Lied Recreational Center

Cadet Field House

Dempsey Indoor

Steinhauer Field House

Lied Recreational Center

TBA

Randal Tyson Track Center

Boulder, Colo.

Colorado Springs, Colo.

Boulder, Colo.

Seattle, Wash.

Colorado Springs, Colo.

Albuquerque, N.M.

Ames, Iowa

Colorado Springs, Colo.

Seattle, Wash.

Golden, Colo.

Ames, Iowa

Fayetteville, Ark.

OUTDOOR

March 18-19

Northridge Relays

March 20

Potts Collegiate Invitational

March 27

Rob Upton Invitational

March 26-27

Stanford Invitational

March 31-April 3

Texas Relays

April 3

Tom Benich Invitational

April 10

CU Invitational

April 14-15

Mt. Sac Multis

April 15-17

Mt. Sac Relays

April 16

Michael Johnson

April 22-23

Glenn Morris Combined Events

April 23-24

Brutus Hamilton Invitational

April 24

Christiansen Invitational

May 1

Front Range Classic

May 1

Cardinal Invitational

May 8

Fum McGraw Open

May 14-16

Big 12 Conference Championships

May 28-29

NCAA Preliminary Championships

June 10-13

NCAA Outdoor National Championships

June 23-27

USATF Outdoor Championships

Matador Track

Potts Field

Jack Christiansen Track

Cobb Track & Angell Field

Mike A. Myers Track & Soccer Stadium

Nottingham Field

Potts Field

Hilmer Lodge Stadium

Hilmer Lodge Stadium

Hart-Patterson Track & Field Complex

Jack Christiansen Track

Maxwell Family Field

Jack Christiansen Track

Jack Christiansen Track

Cobb Track & Angell Field

Jack Christiansen Track

Audrey J. Walton Track Stadium

Mike A. Myers Track & Soccer Stadium

Hayward Field

Drake Stadium

Los Angeles, Calif.

Boulder, Colo.

Fort Collins, Colo.

Palo Alto, Calif.

Austin, Texas

Greeley, Colo.

Boulder, Colo.

Walnut, Calif.

Walnut, Calif.

Waco, Texas

Fort Collins, Colo.

Berkeley, Calif.

Fort Collins, Colo.

Fort Collins, Colo.

Palo Alto, Calif.

Fort Collins, Colo.

Columbia, Mo.

Austin, Texas

Eugene, Ore.

Des Moines, Iowa

** Schedule is tentative and subject to change*

Heather Burroughs**Collegiate:****Cross Country:**

Three-time All-American
(1994, 95, 98)

Four-time All-Conference
(1994, 95, 97, 98)

Four-time All-Region
(1994, 95, 97, 98)

Big Eight/Big 12
Conference
Championship Team
Member (1994, 95, 97)

1995 Member of USA
Junior World Cross
Country Team that
competed in Durham,
England

Track and Field:

15-time Conference
scorer

Member of 1996 Big
Eight Conference
Team Champion

1995 Indoor
Conference
Track and Field
Newcomer of
the Year

1998 All-American

Five-time NCAA
individual qualifier

**Lindsey Malone****Professional:**

2003 U.S. Indoor National Championships (10th, High Jump)

2002 U.S. Indoor National Championships participant

Collegiate:

2001 Colorado State Heptathlon record

2001 Mountain West Conference Pentathlon (3rd)

1999 Set CSU Indoor High Jump record

1998 Tied CSU Outdoor High Jump record

1998 All-Western Athletic Conference
(High Jump, 3rd)

Owens high jump stadium records at Northern
Colorado and Colorado School of Mines

**Drew Morano****Collegiate:**

Six-time All-Mountain
West

Three-time Mountain
West 400-meter
Champion

Colorado State
University record
holder (Indoor
400-meters, 46.74
and outdoor
400-meters, 45.65)

2008 NCAA and
Olympic Trials
Qualifier
(400-Meters)

**Emily Pearson****Collegiate:**

2008 All-American
(Heptathlon)

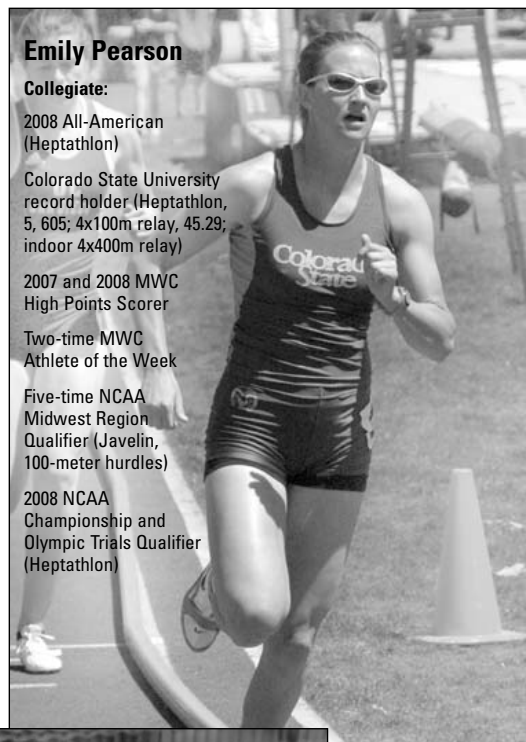
Colorado State University
record holder (Heptathlon,
5, 605; 4x100m relay, 45.29;
indoor 4x400m relay)

2007 and 2008 MWC
High Points Scorer

Two-time MWC
Athlete of the Week

Five-time NCAA
Midwest Region
Qualifier (Javelin,
100-meter hurdles)

2008 NCAA
Championship and
Olympic Trials Qualifier
(Heptathlon)

**Casey Malone (Discus)****Professional:**

Was the fifth best performer in the world and the top
American for the 2009 season with a PR of 224-08

2009 IAAF World Athletic Final, Berlin (5th)

2009 USATF Champion

2008 Olympian

USA Championships (1st/2009, 11th/2007,
2nd/2006, 5th/2005, 9th/2003, 5th/2002,
10th/2001, 6th/1999, 5th/1998, 8th/1997)

Olympic Trials (3rd/2008, 3rd/2004, 9th/2000,
18th/1996)

2004 Olympian (sixth)

2004 IAAF World Athletic Final, Monaco (7th)

2004 ISTAF Golden League Meet, Berlin (6th)

2004 Golden League Meet, Brussels (4th, 64m)

2003 IAAF World Athletic (10th, qualifying)

2002 Ranked fourth nationally

2002 Threw a career best 218-5 in Greeley, Colo.,
which is the farthest throw in Colo.

2000 Ranked seventh nationally

Collegiate:

1998 NCAA Champion

Four-time All-American
(1996, 97, 98, 2000)

Three-time conference
champion (Mountain
West Conference meet
record holder)

2000 NACAC Age 25
and Under Champion

1996 Junior National
Champion and meet
record holder



The Buffaloes will kick off the 2010 track and field season on January 15 at the Air Force Academy All-Comers meet before hosting the Potts Indoor Invitational January 22-23 at Balch Fieldhouse, their only home meet of the indoor campaign.

Colorado, a top-notch distance program, has taken huge strides in the sprints and field events to become competitive in the Big 12 Conference, as well as the nation over the last few years. Each discipline continues to score points in the conference championships and will look to add even more this season.

DISTANCE

Colorado is known for having a dominate distance program, winning 12 Big 12 men's titles and 11 women's cross country titles over the past 14 years under the direction of head coach Mark Wetmore and assistant coach Heather Burroughs. Both the men and women's team placed second at the Big 12 Championship this past fall and many of those athletes are ready to compete on the track.

Jordan Kyle and Kenyon Neuman are the two seniors on the roster and look to finish their careers as Buffs strong. Both recorded All-American honors in 2009, Neuman during the indoor season (5k) and Kyle during the outdoor season (10k). Neuman only has outdoor eligibility remaining, but Kyle has both seasons to compete.

Juniors Matt Tebo and Christian Thompson have scored for the Buffs at the conference championship and redshirt sophomore Richard Medina has also made a big impact in the past. Medina redshirted the 2009 season after scoring in the 5 and 10k at the 2008 outdoor championship. Other men from the cross country team that will look to be a factor this season include Joe Bosshard, Aric Van Halen and Andy Wacker.

With the graduation of Olympian Jenny Barringer, Emily Hanenburg is the eldest returning member of the distance squad. Hanenburg, a fourth-year junior scored for the Buffs in the 3,000-meter steeplechase at the Big 12 Championship last May after placing sixth overall, and was joined by sophomore Emma Coburn, who advanced to the NCAA finals in the event after a fourth-place finish at Big 12s.

Laura Thweatt, a junior, has been one of the top distance runners for CU in the past couple of seasons, and this year she is looking to have a breakout season. There are several freshmen who are looking to make an impact as well, most notably Allie McLaughlin, who finished fifth at the NCAA Cross Country Championship in November to lead Colorado.

MIDDLE DISTANCE

Coaches Wetmore and Burroughs also have a very talented young group of middle distance runners this season. Stephen Kasica and Matt Biegner are ready to have huge seasons and will look for some help scoring points from Jonny Stevens and Grant Duffy.

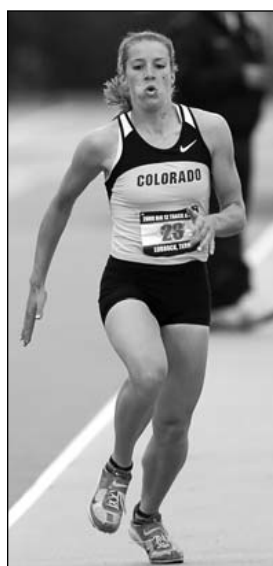
The women will be young, but also have a great deal of talent. Freshman Laura Tremblay, who was All-Big 12 and all-region on the cross country team this past fall, will look to help guide the Buffs along with twin sister Elizabeth. Both have excellent middle distance credentials and will receive help from several other newcomers on the roster.

JUMPS/COMBINED EVENTS

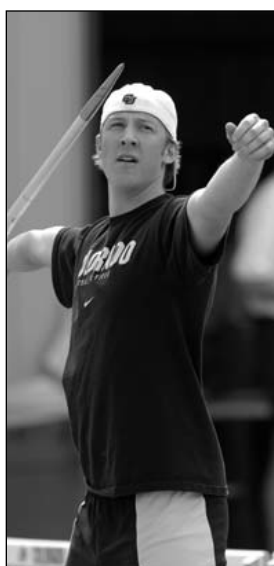
Assistant coach Lindsey Malone continues to make the combined events and jumps program at CU one that will compete against the top programs in the Big 12 and in the nation.

Juniors Alex Von Hagen and Adam Salzmann have come close to scoring at conference meets in the past and have taken the strides that should get them on the podium this year. Salzmann became just the second Buff to ever record 5,000 or more points in the heptathlon and Von Hagen is right on his tail. Sophomore Eddie Taylor had a great freshman outing and also looks to be a strong competitor in the Big 12.

Sophomore women Brianne Beemer, Katie Dreher and Alyssa Frank are all on the verge of scoring at the conference meets as well. All three qualified for the USA Junior Championships last June and have continued to improve. Beemer ran the fastest 800-meter time in the pentathlon last February and looks to make an even bigger dent in the record book this time around.



Katie Dreher



Kevin Fasing



Kaity Kark



Stephen Kasica



Allie McLaughlin

Malone also added several jumpers to her stable of talent. Freshmen Jason DeWitt and Holly Odneal are very promising in the high jump and Tyler Thompson looks to be a solid performer for CU in the long and triple jumps.

SPRINTS/HURDLES

Assistant coach Drew Morano is in his first season at the helm of the CU sprints and hurdles crew and has a strong core of returning talent. Leading the way is indoor and outdoor 200-meter school record holder Jeremy Dodson. Dodson only has outdoor eligibility remaining, but will be a huge asset in training the whole year. Dodson will be joined by his younger brothers, Quinton Dodson and A.J. Whitaker, who both made huge strides during their freshmen campaigns. Freshman Kyle MacIntosh was one of the top hurdle recruits in the nation and will look to challenge the elders on the team for a varsity position.

On the women's side, juniors Joi and Toi Windham will look to take on more of a leadership role for the Buffs. Toi scored for CU at the 2008 Big 12 Outdoor Championship and looks to do so again this year. Morano also looks to see how his top newcomers will be able to contribute. In the off-season, he added Sydney Davis, Jennifer Gruver and Precious Lyons who look to add points for CU as well.

THROWS

For the 10th season the Buff throwers are coached by 2004 and '08 Olympian Casey Malone. Like all of the other disciplines, Malone's throwers have continued to get better every season.

Senior Patrick Bachmann started scoring for the Buffs during the '09 season and looks to pick up more points for the Buffs in 2010. Malone hopes to see several of his throwers step up as well, including junior Trey Mullen and newcomers Michael Field and Dane Chobanian.

During the outdoor season, Malone will be able to add Brandin Williams and Kevin Fasing to the line-up for one of the best 1-2 punch in the conference in the javelin. They currently rank third and fourth, respectively, on CU's all-time performers list in the javelin and have both scored during

Big 12 competition. Williams won the crown in '09. Fasing redshirted the season and was fifth in 2007.

Seniors Kaity Kark and Chynna McCall are ready for their final seasons as Buffs. Kark was close to scoring last season and with all of her improvements in the offseason, she's looking to pick up some points in the indoor and outdoor campaigns. Those two will lead a young group which includes a pair of freshmen and instate recruits in Emily Hunsucker and Molly Potter.

THE MEET SCHEDULE

Colorado officially kicks off the indoor season at the Air Force All-Comers Meet and will mainly stay on the Front Range for indoor season. A group of middle and long distance runners will compete at a pair of meets at the University of Washington. The Iowa State Classic is also on the schedule so the Buffs can preview the track for the conference championship.

Iowa State will host the Big 12 Indoor Championship in Ames, Iowa, February 26-27. The following weekend CU will send athletes to a variety of last chance meets to qualify for the NCAA Championship, March 12-13, at the University of Arkansas in Fayetteville, Ark.

Just a week separates the indoor championship and the first meet of the outdoor season when the Buffs host the Potts Collegiate Invitational, March 20, at Potts Field. CU will host its second meet, the CU Invitational, on April 10. Once again the Buffs' schedule includes many competitions along the Front Range, but just like in the past, CU's schedule includes many meets around the country. Stanford, Oregon, Cal and the star-studded Mt. SAC Relays will be the west coast stops for CU. The Buffs will also have the option to compete twice in Texas at the Michael Johnson Invite and the Texas Relays.

Missouri will host the Big 12 Outdoor Championships on May 14-16 in Columbia, Mo. and Texas will host the NCAA West Regional, May 28-29. Hayward Field, home of the Oregon Ducks, will host the 2010 NCAA Outdoor Championship June 9-12 and the USATF Championships will take place in Des Moines, Iowa, from June 23-27.



Richard Medina



Adam Salzmann



Laura Tremblay



A.J. Whitaker



Toi Windham

2010 Track And Field Rosters

MEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Jordan Aguilar-Wynn	6-1	Fr.	HS/HS	Hurdles	Aurora, Colo. (Regis Jesuit)
Patrick Bachmann	6-1	Sr.	VR/1L	Throws	Buena Vista, Colo. (Buena Vista)
Daniel Baer	6-3	Fr.	HS/HS	Sprints/Hurdles	Greeley, Colo. (Dayspring Christian Academy)
Matthew Biegner	6-4	Fr.	RS/RS	Middle Distance	Broomfield, Colo. (Broomfield)
Joe Bosshard	6-0	Fr.	RS/RS	Distance	Crested Butte, Colo. (Crested Butte Academy)
Niklas Cederström	6-3	Jr.	VR/VR	Throws	Greeley, Colo. (Greeley Central)
Dane Chobanian	6-7	Fr.	TR/TR	Throws	San Diego, Calif. (Scripps Ranch)
Cameron Clayton	6-2	So.	VR/VR	Distance	Superior, Colo. (Monarch)
Javen Correia	6-0	So.	VR/VR	Hurdles	Honolulu, Hawai'i (Maryknoll)
Ian Cross	6-1	Fr.	HS/HS	Distance	Durango, Colo. (Durango)
Joseph DeMoor	5-7	Fr.	HS/HS	Distance	Buena Vista, Colo. (Buena Vista)
Jason DeWitt	6-3	Fr.	HS/HS	Combined Events	Arvada, Colo. (Ralston Valley)
Jeremy Dodson	5-11	Sr.	2L/2L	Sprints	Denver, Colo. (George Washington/Arkansas)
Quinton Dodson	5-9	So.	VR/VR	Sprints	Denver, Colo. (George Washington)
Grant Duffy	6-1	So.	VR/VR	Middle Distance	Lincoln, Neb. (Lincoln East)
Adam Eckmann	6-0	Fr.	HS/HS	Middle Distance	Seattle, Wash. (Seattle Preparatory)
Brock Emory	6-4	Fr.	HS/HS	Combined Events	Colorado Springs, Colo. (Fountain Fort Carson)
Kevin Fasing	6-3	Jr.	VR/1L	Javelin	Denver, Colo. (Mullen)
Michael Field	6-5	Jr.	TR/TR	Throws	Wheat Ridge, Colo. (Mesa State/Wheat Ridge)
Aaron Friedland	5-11	Fr.	HS/HS	Distance	Larkspur, Colo. (Castle View)
Adrian Gomez	6-0	Jr.	1L/1L	Sprints	Keenesburg, Colo. (Weld Central)
Cameron Hutchins	6-6	Fr.	RS/RS	Throws	Centennial, Colo. (Arapahoe)
Todd Ipsen	6-1	So.	VR/VR	Combined Events	Broomfield, Colo. (Legacy)
Evan Johnston	5-10	Jr.	VR/VR	Middle Distance	Granby, Colo. (The Middle Park)
Stephen Kasica	6-2	So.	1L/VR	Middle Distance	Grand Junction, Colo. (Fruita Monument)
Jordan Kyle	6-0	Sr.	VR/1L	Distance	Fishers, Ind. (Hamilton Southeast/Indiana)
Brennan Lynch	5-6	Fr.	HS/HS	Distance	Santa Cruz, Calif. (Santa Cruz)
Kyle MacIntosh	6-2	Fr.	HS/HS	Sprints	Littleton, Colo. (Littleton)
Matthew McCathran	6-0	Jr.	VR/VR	Sprints	Marshall, Texas (Marshall)
Martin Medina	5-6	So./Fr.	VR/RS	Distance	Grand Junction, Colo. (Grand Junction)
Richard Medina	5-5	So.	1L/1L	Distance	Grand Junction, Colo. (Grand Junction)
Joe Morris	5-11	So.	TR/TR	Sprints	Golden, Colo. (Golden/Tennessee)
Trey Mullen	6-4	Jr.	VR/VR	Throws	Lyons, Colo. (Lyons)
Kenyon Neuman	5-10	Sr.	2L/2L	Distance	Bend, Ore. (Summit)
James Nixon	6-2	So./Fr.	VR/RS	Pole Vault	Greenwood Village, Colo. (Cherry Creek)
Brian Owens	6-4	Fr.	HS/HS	Javelin	Elmer, N.J. (Woodstown)
Jerome Perkins	6-3	So./Fr.	VR/RS	Distance	Franklin Lakes, N.J. (Indian Hills)
Travis Putnam	5-10	Fr.	HS/HS	Middle Distance	Aurora, Colo. (Cherokee Trails)
Nathan Rice	5-10	So.	TR/TR	Distance	Lafayette, Colo. (Peak to Peak Charter/Metro State)
Adam Salzmann	6-5	Jr./So.	VR/VR	Combined Events	Wheat Ridge, Colo. (Wheat Ridge)
Ryan Savercool	5-11	Fr.	HS/HS	Distance	Chester, N.J. (Mendham)
Dillon Shije	5-8	Fr.	HS/HS	Distance	Zia Pueblo, N.M. (Sandia Preparatory)
Jonny Stevens	6-3	So./Fr.	1L/RS	Distance	Vail, Colo. (Battle Mountain)
Nathan Talbott	6-2	Fr.	RS/RS	Throws	Newport Beach, Calif. (Newport Harbor)
Geo Tam	5-8	Fr.	HS/HS	Middle Distance	Boulder, Colo. (Boulder)
Eddie Taylor	6-1	So.	VR/VR	Combined Events	Detroit Lakes, Minn. (Detroit Lakes)
Matt Tebo	5-9	So./Jr.	1L/2L	Distance	Albuquerque, N.M. (Eldorado)
Christian Thompson	5-10	Jr.	VR/1L	Distance	Candor, N.Y. (Candor)
Tyler Thompson	6-0	Fr.	HS/HS	Jumps	Carbondale, Colo. (Carbondale)
Jake Timmons	6-3	So.	VR/VR	Jumps	Franktown, Colo. (Ponderosa)
Aric Van Halen	5-11	So./Fr.	VR/RS	Distance	Los Angeles, Calif. (Oakwood)
Aldo Vega	5-7	Fr.	HS/HS	Distance	Queretaro, Mexico
Alex Von Hagen	5-10	Jr./So.	VR/VR	Combined Events	Broomfield, Colo. (Legacy)
Andy Wacker	5-11	So.	VR/VR	Distance	Pinehurst, N.C. (Pinecrest)
Garrett Ward	6-0	Fr.	HS/HS	Distance	Pleasanton, Calif. (Amador Valley)
Jeff Warren	5-9	Fr.	HS/HS	Distance	Highlands Ranch, Colo. (Mountain Vista)
A.J. Whitaker	5-6	So.	VR/VR	Sprints	Denver, Colo. (George Washington)
Brandin Williams	6-2	Sr.	VR/2L	Javelin	Moreno Valley, Calif. (Canyon Springs/Riverside CC)

2010 Track And Field Rosters

WOMEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Chelsi Ball	5-9	So.	HS/HS	Throws	Bonanza, Colo. (Salida)
Kajsa Bank	5-8	Fr.	HS/HS	Throws	Louisville, Colo. (Monarch)
Brianne Beemer	5-7	So.	VR/1L	Combined Events	Loveland, Colo. (Mountain View)
Courtney Bouchet	5-4	Fr.	HS/HS	Distance	Estes Park, Colo. (Estes Park)
Megan Burrell	5-5	Jr./So.	VR/RS	Distance	Colorado Springs, Colo. (Coronado)
Chloe Calton	5-7	Fr.	HS/HS	Distance	Ogden, Utah (Ogden)
Laurisa Canini	5-7	Fr.	HS/HS	Jumps	Colorado Springs, Colo. (Lewis Palmer)
Emma Coburn	5-8	So.	VR/1L	Distance	Crested Butte, Colo. (Crested Butte)
Katie Cumming	5-6	So.	VR/VR	Distance	Hudson, Wis. (Hudson)
Sydney Davis	5-5	Fr.	HS/HS	Sprints	Red Oak, Texas (Skyline)
Katharine Dreher	5-7	So.	VR/VR	Combined Events	Salida, Colo. (Salida)
Stephanie Echer	5-7	So.	TR/TR	Combined Events	Littleton, Colo. (Mullen/Oregon)
Staci Foster	5-6	Fr.	HS/HS	Distance	Anaheim Hills, Calif. (Orange Lutheran)
Alyssa Frank	5-9	So.	VR/VR	Combined Events	Union, Ky. (Ryle)
Kali Gajewski	6-0	So.	VR/VR	Throws	Sedona, Ariz. (Sedona Red Rock)
Renata Garbowski	5-7	Fr.	HS/HS	Combined Events	Denver, Colo. (George Washington)
Diana George	5-9	Fr.	HS/HS	Distance	Livermore, Calif. (Livermore)
Catie Grandi	5-5	Fr.	HS/HS	Jumps	Burlington, Wis. (Burlington)
Jennifer Gruver	5-6	Fr.	HS/HS	Sprints	Loveland, Colo. (Thompson Valley)
Emily Hanenburg	5-9	Jr.	VR/1L	Distance	Colorado Springs, Colo. (The Classical Academy)
Emily Hunsucker	5-6	Fr.	HS/HS	Throws	Arvada, Colo. (Pomona)
Kristin Johansen	5-6	Sr.	TR/TR	Distance	Greenwood Village, Colo. (Cherry Creek/Minnesota)
Kaity Kark	5-4	Sr.	VR/VR	Throws	Highlands Ranch, Colo. (Mountain Vista)
Kelly King	5-10	Fr.	HS/HS	Distance	Longmont, Colo. (Silver Creek)
Kristabelle Kiper	5-7	Jr.	VR/VR	Sprints	Denver, Colo. (George Washington/San Diego State)
Shalaya Kipp	5-7	Fr.	HS/HS	Distance	Salt Lake City, Utah (Skyline)
Mychelle Lechman	5-5	Sr.	VR/VR	Javelin	Broomfield, Colo. (Legacy)
Camille Logan	5-6	Fr.	HS/HS	Distance	Littleton, Colo. (Littleton)
Nikki Look	5-2	Fr.	HS/HS	Middle Distance	Castle Rock, Colo. (Douglas County)
Precious Lyons	5-7	Fr.	HS/HS	Sprints	Denver, Colo. (George Washington)
Kathleen Majewski	5-8	Sr.	VR/VR	Jumps	Denver, Colo. (Mullen)
Chynna McCall	5-6	Sr.	VR/VR	Throws	Aurora, Colo. (Cherokee Trail)
Allie McLaughlin	4-10	Fr.	HS/HS	Distance	Colorado Springs, Colo. (Air Academy)
Jessica McLaughlin	5-4	So.	VR/VR	Javelin	Elizabeth, Colo. (Elizabeth)
Jhenya Nahreini	5-4	Fr.	HS/HS	Distance	Broomfield, Colo. (Peak to Peak Charter)
Holly Odneal	5-10	Fr.	HS/HS	Combined Events	Palisade, Calif. (Palisade)
Erin Overcash	5-8	Fr.	HS/HS	Combined Events	Goshen, Ky. (North Oldham)
Sally Page	5-10	Fr.	HS/HS	High Jump/Javelin	Oyster Bay, Australia (Caringbah)
Molly Potter	6-2	Fr.	HS/HS	Throws	Thornton, Colo. (Northglenn)
Danielle Reagin	5-9	So.	VR/VR	Sprints	Downers Grove, Ill. (Downers Grove North)
Brooke Regan	5-9	Fr.	HS/HS	Middle Distance	Loveland, Colo. (Thompson Valley)
Amber Rozier	5-4	So.	VR/VR	Sprints/Hurdles	Pearland, Texas (Pearland)
Allison Sawyer	5-10	Jr.	VR/VR	Distance	Hilton, N.Y. (Hilton)
Kaylen Slack	5-5	So./Fr.	VR/RS	Distance	Colorado Springs, Colo. (Liberty)
Laura Thweatt	5-4	So./Jr.	1L/VR	Distance	Durango, Colo. (Durango)
Elizabeth Tremblay	5-7	Fr.	HS/HS	Middle Distance	Loveland, Colo. (Thompson Valley)
Laura Tremblay	5-4	Fr.	HS/HS	Distance	Loveland, Colo. (Thompson Valley)
Max Van Dyke	5-9	Jr.	VR/VR	Combined Events	Vail, Colo. (Battle Mountain)
Alex White	6-1	Fr.	HS/HS	Combined Events	Denver, Colo. (George Washington)
Kirsten Wicks	6-2	Jr.	VR/VR	Throws	Wheaton, Ill. (Wheaton)
Kaile Wilson	6-3	Jr.	TR/TR	Jumps	Aurora, Colo. (Smoky Hill/Brown)
Te'Qin (Toi) Windham	5-2	Jr.	VR/1L	Sprints/Hurdles	Dallas, Texas (Greenhill)
TianEn (Joi) Windham	5-2	Jr.	VR/VR	Sprints/Hurdles	Dallas, Texas (Greenhill)

PRONUNCIATION GUIDE

Matt BIEGNERbig-ner	Stephen KASICA.....KAH-si-CA	Laurisa CANINIKA-knee-knee	Mychelle LECHMANleech-MAN
Joe BOSSHARDboss-HARD	Dillon ShiyeSHE-hay	Stephanie ECHEREK-er	Kathleen MAJEWSKI.....ma-jeski
Dane CHOBANIAN.....CHOO-bay-NE-an	ALDO Vega.....ALL-do	KALI GAJEWSKI.....cauli(flower)	JHENYA NAHREINIjen-ya
JAVEN CORREIAJAA-ven (like javelin)	BRANDIN Williams.....Bran-DIN	GUY-f-SKI	nah-ha-reen-ya
Cor-RAY-ah	KAJSA Bank.....KI (like high)-sa	RENATA GARBOWSKI.....Rah-NA-TA	Amber ROZIER.....ROW-zier
Kevin FASINGFaze-ING	Courney BOUCHET.....BOO-shay	GAR-bow-SKI	



Erin Cunningham
Academics

Erin Cunningham Academic Counselor • Fourth Season

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



Craig Downing
Speed-Strength & Conditioning

Craig Downing Assistant Speed-Strength and Conditioning • First Season

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



Kelvin Flores
Sports Medicine

Kelvin Flores Professional Intern Athletic Trainer • First Season

Kelvin Flores in his first year as a professional intern athletic trainer at Colorado. He joined the staff in August of 2009 and mainly works with the track and field. Flores comes to CU after earning his Bachelor's of Science degree in athletic training from James Madison, where he worked with men's basketball, women's track and field, spring football and baseball. The native of Fredericksburg, Va. Graduated from Stafford Senior High School in 2005 and participated in basketball, cross country and track and field. Flores enjoys working out and watching movies in his spare time.



Christy Kozeliski
Sports Medicine

Christy Kozeliski Assistant Athletic Trainer • Fifth Season

Christy Kozeliski is in her fifth season as an assistant athletic trainer for the cross country/track and field teams. Kozeliski earned her bachelor of science degree from the University of Michigan in 2003 in athletic training. She went on to obtain a master's of science degree from the University of Northern Colorado in 2005 in sports administration. Kozeliski, a Burr Oak, Mich. native, graduated high school in 1999. She lettered in softball, basketball and cheer at BOHS. The former Christy Hollar lives in Superior, Colo. with her husband William Kozeliski.



Linda Poncin
Sports Information

Linda Poncin Assistant Sports Information Director • Fifth Season

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



Nick Sprouse
Equipment

Nick Sprouse Assistant Equipment Manager • Third Season

Nick Sprouse is in his fifth year as Assistant Equipment Manager, as he joined the staff in the fall of 2005. This is his third year working with the track and field program. He assists with football and skiing and coordinates the equipment needs of CU's other intercollegiate sport programs. He came to Colorado from the University of Arizona where he was an equipment intern for three years. Born May 25, 1979, in Belington, West Virginia, Sprouse graduated from Philip Barbour High School in 1997 and Ashland University in 2002 where he majored in Recreation Administration.