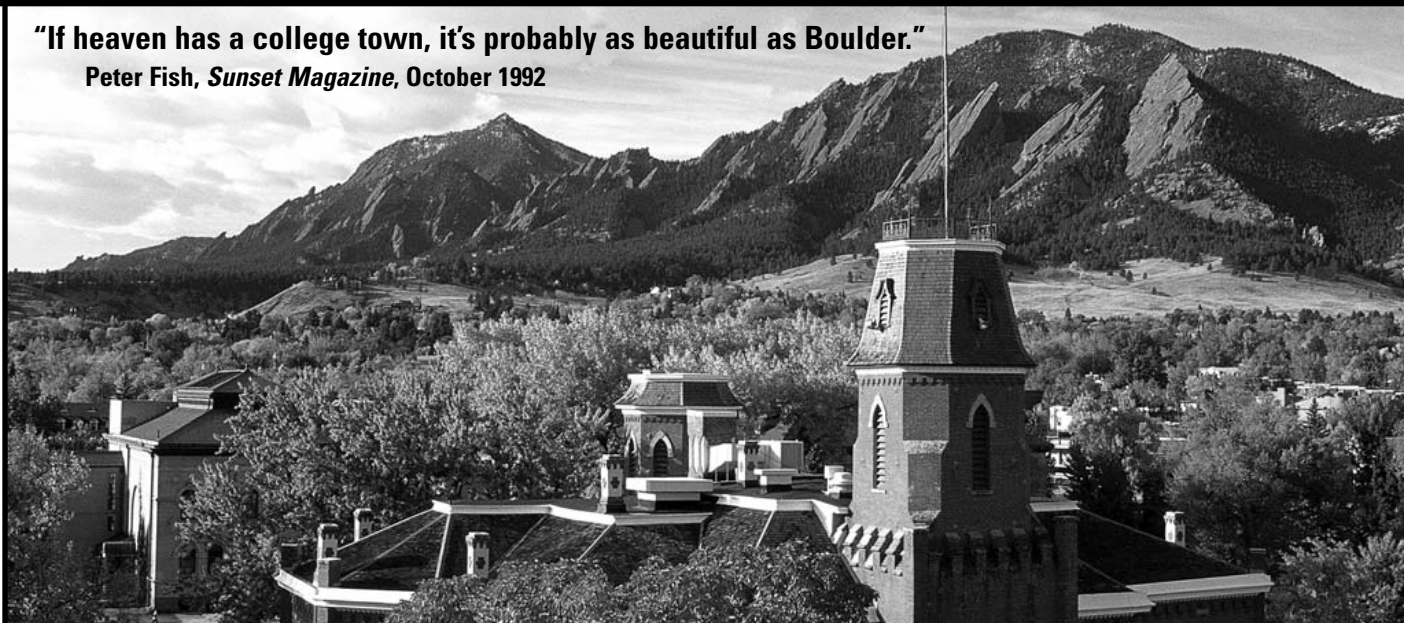


"If heaven has a college town, it's probably as beautiful as Boulder."

Peter Fish, *Sunset Magazine*, October 1992



THE UNIVERSITY OF COLORADO

Colleges

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

Schools

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

CU's Top Programs

Space Science
Engineering
Molecular Biology
Business

Most Popular Undergraduate Majors

Psychology
Communication
English
MCD Biology
EPO Biology
Economics
Finance
Political Science

NOTEABLE ALUMNI

Buzz Calkins	IRL Race Car Driver	Chris Meloni	Actor (Law and Order)
Scott Carpenter	Astronaut	Glenn Miller	Musician/Big Band Leader
Kalpana Chawla	Astronaut	Ellison Onizuka	Astronaut (Challenger)
Lynn Cheney	Former U.S. Vice President's Wife	Trey Parker	South Park Creator
Kevin Corke	NBC News	Robert Redford	Actor
Chris Fowler	ESPN	Matt Stone	South Park Creator
Jim Gray	NBC Sports	Jack Swigert	Astronaut (Apollo 13)
Hale Irwin	Professional Golfer	Bill Toomey	1968 Gold Medalist-Decathlon
Larry Linville	Actor (M*A*S*H)	Byron White	Supreme Court Justice
Doug Looney	Sports Illustrated	Steve Wozniak	Inventor (Apple)
Bill Marolt	U.S. Skiing President		



Chris Fowler



Kalpana Chawla



Kevin Corke



Robert Redford



Byron White



RANKINGS

- CU-Boulder was one of only 19 public institutions ranked as a "Best Buy" in the 2009 edition of *The Fiske Guide to Colleges* and annually ranks in its top four most outstanding universities in the United States based on academics, social life and quality of life.
- The *U.S. News & World Report* ranked CU-Boulder 34th among the nation's Top 50 Public National Universities in its 2009 Best Colleges issue. The rankings were based on factors such as academic reputation, retention, faculty resources, student selectivity and financial resources.
- Sixteen CU-Boulder graduate school specialty programs were ranked in the top 50 in the nation, including five in the top 10 in the *U.S. News and World Report's* 2009 America's Best Graduate Schools issue.
- The University of Colorado at Boulder ranks second in the nation for the number of graduates currently serving as Peace Corps volunteers.
- Three faculty members have received Nobel Prizes: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry and Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in physics.
- The Boulder campus was ranked fourth in a review of the 50 "most architecturally successful campuses in the country in *The Campus as a Work of Art* by Thomas Gaines.
- Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.



THE UNIVERSITY OF COLORADO



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

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



BOULDER/DENVER/COLORADO FACTS

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

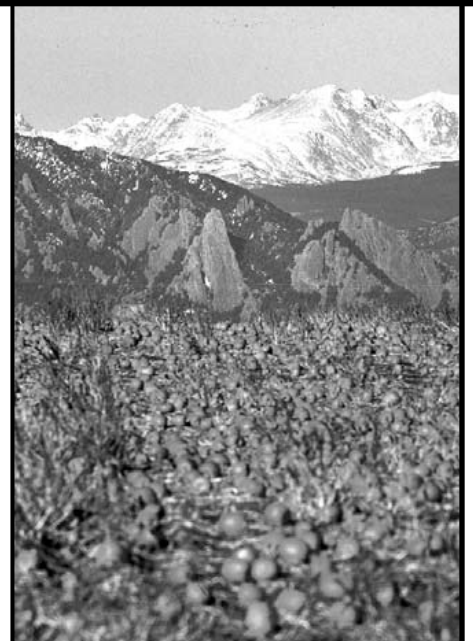
- In 2007 and '08 Boulder was called the "smartest city in America" by *Forbes*.
- Denver is called the "Mile High City" because it is exactly 5,280 feet above sea level. In fact, there is a spot on the west steps of the State Capitol building that is exactly 5,280 feet above sea level and there is a row of seats at Coors Field with the same bragging rights.
- Denver is the most educated city in the U.S. It has the greatest percentage of high school and college graduates of any major metropolitan area in the U.S.
- The Denver/Boulder metropolitan area is the 20th largest in the United States. Boulder is not classified as a suburb of Denver; it's nestled in its own valley at the foothills of the Rocky Mountains. Contrary to popular belief, Denver is not in the mountains; it is near them. The "Foothills" start to rise 15 miles west of the city. Slightly beyond that is the Continental Divide and a series of peaks rising to 14,000 feet, known locally as the "Front Range".
- Denver is also the "thinnest" city in America while Boulder is the second "fittest" city in America according to Shape Magazine and the state of Colorado is tied as the "thinnest" state with Hawai'i. Health Magazine named Boulder one of America's 10 Fittest Cities. Self Magazine proclaimed Boulder one of the 10 healthiest places for women to live, with a perfect 100 in water quality.
- Boulder has 200 miles of public hiking and biking trails, approximately 30,000 acres of open space and a 16-mile Boulder Creek Path which runs through the middle of town. The city of Denver offers over 450 miles of paved, designated bike paths, over 70 public golf courses and 143 free tennis courts. Denver also has the largest city park system in the nation with 205 within the city limits.
- As the largest city in a 600-mile radius, Denver is the shopping capital of the Rocky Mountain West. It features the largest sporting goods store in the world and the largest independent book store in America with over 400,000 volumes. The 16th street mall is a mile-long pedestrian promenade, not to be outdone by its counterpart in Boulder, the Pearl Street Mall. Boulder is also known for having more used book stores per capita than any other city in the country according to a Money magazine count in 1998.
- Among 14 comparable cities, Boulder ranks No. 1 in people who walk to work, work at home and drive with more than one person in the car. It ranks second among those who bike.
- Bicycling is so highly regarded in Boulder that sometimes the city plows the Boulder Creek bike path before it plows the streets.
- The exterior of the house located at 1619 Pine Street was used as the characters' home in the well-known "Mork & Mindy" television show. It is now a private residence.
- Boulder's Third Flatiron towers 1,400 feet high, a few hundred feet higher than the Empire State Building, and has been climbed by people without using their hands, on roller skates, naked and in eight minutes (by separate climbers).



Boulder's Pearl Street Mall



Downtown Denver



Rocky Mountain Front Range



Indian Peaks National Forest

- A 1992 survey by the Centers for Disease Control found that Colorado had fewer overweight people per capita and more people who exercise than any other state.
- A Colorado Daily poll found that seven out of ten Boulderites own bicycles. Another guide book states that Boulder's bicycle count is approximately 93,000- almost equal to the total population.
- Every year Boulder Mountain Parks core area receives 1.8 million visits. If that many people made a human chain, it would stretch from Boulder to New York City.

Top 10 Cheap Things To Do In Boulder

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

COLORADO BY THE NUMBERS

	2
National Parks in Colorado	
	8
National Monuments and Recreation Areas in Colorado	
	15
National Forests and National Grasslands in Colorado	
	21
Scenic and Historic Byways in Colorado	
	40
State Parks in Colorado	
	54
Colorado peaks over 14,000 feet in elevation	
	325
Days of sunshine the Front Range sees each year	
	450
Square miles of bodies of water in Colorado	
	469
Length in miles of the Colorado Trail	
	786
Acres on the main campus in Boulder	
	1,450
Length in miles of the Colorado River and the Rio Grande	
	3,350
Lowest elevation in Colorado (Arkansas River)	
	6,800
Average elevation in Colorado	
	14,443
Highest elevation in Colorado (Mt. Elbert)	
	104,247
Size of Colorado in square miles	
	3.8 million
Colorado population in 1998	
	126 million
Years geologists estimate it will take for the Rocky Mountains to erode away	
	1.7 billion years
How long ago the rock in the Rocky Mountains was formed	

RUNNING TOWN, USA

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

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

The list of contemporary runners who live and train in Boulder is equally impressive: 2000 Olympic Marathon Champion Naoko Takahashi, 2008 Olympic Marathon Champion Constantina Dita-Tomescu, multiple Japanese corporate teams and U.S.-based Kenyan road racers. Numerous CU national and world level alumni have trained in the Boulder area during the last four Olympiads. They include Olympians Jenny Barringer, Alan Culpepper, Shayne Culpepper, Billy Nelson, Jorge Torres and Dathan Ritzenhein, 2006 Boulder Boulder champion Sara Slattery, and World Championship team members Ed Torres, Steve Slattery and Renee Baillie.

These athletes are drawn to Boulder by the unparalleled variety of training venues, temperate year-round climate, opportunity to train at elevation, and support of a running-friendly community that enters 54,000-plus in its Memorial Day road race. Boulder has over 200 miles of running and biking trails and more than 30,000 acres of open space. The vast availability of trails is matched only by the variability of their terrain. All are within a 20 minute drive of CU's campus. In the mountains and foothills west of town are venues such as the Mesa Trail, Switzerland Trail, Magnolia Road, Gold Hill, and Flagstaff Mountain. Adjacent to campus is the 12-mile Boulder Creek Path which connects to Sanitas Mountain, the Bobolink trail, and the Wonderland Lake trailheads. East of town are Teller Farm and the Boulder Reservoir ("The Res") which connect to dozens of miles of dirt roads and trails.

The University of Colorado's outdoor track, Potts Field, is one of the best competition venues in the country. It features NCAA/IAAF specification parallel approaches for the long jump, triple jump, pole vault and high jump as well as a world-class remote hammer and discus venue. Potts Field has the highest Mondo Super-X installation in the country, thus making it potentially the fastest sprint track in the U.S.

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

Besides the aforementioned Boulder Boulder, there are well-organized races virtually every weekend: the Boulder Backroads Marathon and Half Marathon, 5K Kickoff Classic, West End 3K, Pearl Street Mile, Rocky Mountain Shootout, Uni-Hill Downtown 1K, Sunrise Stampede 10K, and Boulder Roadrunners All-Comers Track Series.

In February of 2007, Boulder hosted the USA Cross Country Championships which selected our national teams for the IAAF World Championships in Mombasa, Kenya. The crowd of 10,000 spectators was estimated to exceed the combined attendance of the previous five national championships. Former USA Track and Field President Bill Roe remarked, "As usual, every time I come to Boulder I'm blown away." Deena Kastor, 19-time U.S. champion, captured her eighth cross country title and said, "This was, hands down, the most amazing national championship I've been a part of." Beyond the attendance, the most compelling story of the day was arguably the success of CU's alumni: former Buffaloes swept the top four places in the men's senior race while two former NCAA champion Buffaloes qualified for the senior women's team.

In May of 2008, the University of Colorado hosted the Big 12 Conference Track and Field Championships. This three-day competition was one of the most prestigious and competitive meets in the country and featured NCAA champions, World Championship Team members and 2008 Olympians. During the competition, ten Big 12 meet records were broken and two world-leading marks were established. The three-day attendance of over 5,000 cheered the Colorado men to the team title in a victory over No. 1 ranked Texas A&M.

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

RACING IN BOULDER

Boulder Backroads Marathon

Boulder Backroads Half Marathon

5k Kickoff Classic

High Five Road Race

5430 Triathlon

Sunrise Stampede 10k

Spring Runoff 10k

1992 Big Eight Cross Country Championships

1993 Big Eight Track and Field Championships

2000 Big 12 Cross Country Championships

2008 Big 12 Track and Field Championships

West End 3k

Pearl Street Mile

Boulder Roadrunners All-Comers Series

Run on the Wildside 5k

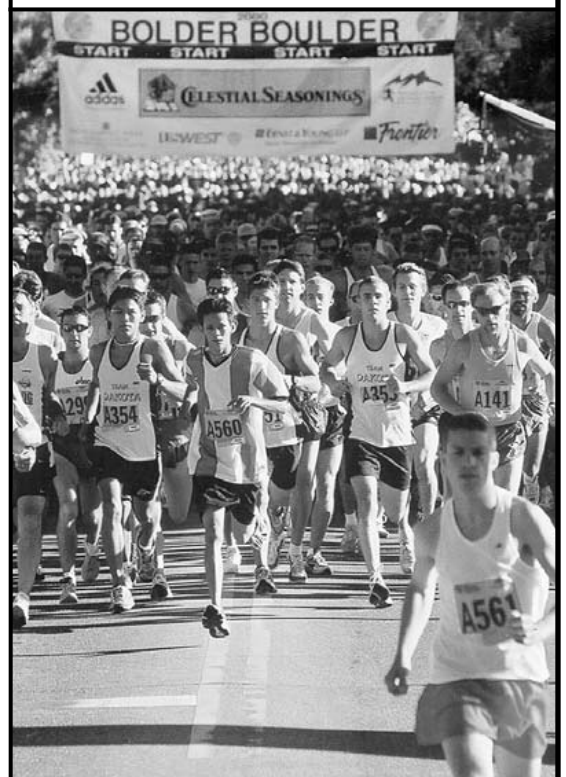
Rocky Mountain Shootout

5k Turkey Trot

Bolder Boulder 10k

Uni-Hill Downhill 1k

Boulder Peaks Triathlon/Duathlon



The start line for the Boulder Boulder

THE BIG 12 CONFERENCE – OUTSTANDING SUCCESS

The Big 12 Conference has established a consistent level of national success on the field and in the classroom as it continues its 14th season in 2009-10.

Since it began play in 1996-97, the Conference can boast of 35 team crowns and over 420 individual NCAA Championships. The success continued this fall, as Oklahoma State won the NCAA men's cross country title. Five Big 12 volleyball teams competed in the regional semifinals of the NCAA Championship in the same year for the first time and the league had a squad in the national championship match for the third time. The Big 12 also had a school play for the BCS National Championship for the seventh season. A year earlier, the Big 12 added three more national titles to its ledger as Texas A&M captured crowns in men's golf as well as men's and women's outdoor track & field.

The individual honors also continued in December, as Jenny Barringer of Colorado earned The Bowerman Award, presented for the first time to the most outstanding collegiate women's track and field athlete. She beat out two other Big 12 athletes (Destinee Hooker, UT; Porscha Lucas, TAMU) as the Conference had all three finalists for the honor. In fact, four of six finalists came from the Big 12 as German Fernandez of Oklahoma State was among the last three choices on the men's side.

The Big 12 has had four Heisman Trophy winners in its 13-year history. In 2008, the Big 12 established a high-water mark, as for the first time in the 74-year history of the Heisman Trophy four of the top five vote-getters hailed from the same conference, including award-winner Sam Bradford (Oklahoma). The league followed that recognition with two of the top five finalists in 2009.

During the past six seasons a total of 14 NCAA trophies have been hoisted by Big 12 institutions, with at least one national crown won in all but one year for the Conference, including each of the past 13 seasons.

The Big 12 leads all conferences with its seven appearances in BCS title games. Seven league squads have played for the football national championship in the last 10 years with berths in 17 BCS games overall, including two each in 2007 and 2008. In the past two seasons, the Big 12 has had 16 players earn Consensus All-America accolades.

In basketball, 10 women's and nine men's teams have advanced to their respective Final Fours in the past eight seasons as the Big 12 continues its place among the elite intercollegiate athletic conferences. The six men's Final Four participants since 2002 are tied for the most of any conference. Numerous national honors have been won by basketball student-athletes during the league's history. The Big 12 had a national player of the year honoree for the third straight year when Blake Griffin (Oklahoma) was the consensus winner in 2008-09. Courtney Paris (Oklahoma) gave the conference a consensus All-America selection in women's basketball for the ninth straight season.

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



administrators, coaches and game officials of the Big 12 support the highest ideals in sportsmanship.

Big 12 student-athletes also do well in garnering national academic recognition. Sarah Pavan (Nebraska) was named Academic All-America of the Year in volleyball in 2006 and

2007 by ESPN The Magazine and College Sports Information Directors of America with a 4.0 grade-point average in Biochemistry. She also won the national academic honor presented for all sports in 2006-07 and was named recipient of the prestigious 2006-07 Honda-Broderick Award as Collegiate Woman Athlete of the Year. She is the first athlete since the Big 12 was formed to earn the accolade. In its history, the conference has over 330 academic honorees, averaging more than 25 each season.

The Big 12 can boast of other stories that combine on and off the field success. Patience Knight (Texas Tech) was the recipient of the Honda Inspiration Award in 2008, given to an outstanding female college athlete who overcomes adversity to excel in her sport. She was diagnosed with a cancerous tumor in 2007, but rebounded to win All-America honors at the 2008 NCAA Indoor Track & Field Championships.

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

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

Institutions can also nominate student-athletes for the prestigious Dr. Prentice Gautt Postgraduate Scholarships at the end of each academic year. A total of 225 scholars have received over 1.3 million in postgraduate financial aid through the first 13 years of the program.

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

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

The institutions created a league that encompasses seven states, over 46 million people and television households in 18 of the top 100 markets within its geographic footprint.

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

In the last several years the Big 12 has increased its bowl agreements and expanded television opportunities for all sports through contracts with ABC/ESPN and FSN. Most recently, the league renewed and expanded its multi-year arrangement with ABC/ESPN, Inc. The new contract began in 2008-09.

In its first 13 years, the Conference has distributed more than \$1.1 billion to its 12 member institutions.

The Big 12 staff administers to over 4,600 student-athletes in its 21 sports. The conference office is headquartered in Irving, Texas.

BIG 12 ... AS EASY AS 1 - 2

When referring to the Big 12 Conference, please remember the conference name (which is a registered trademark) should be listed as follows:

Big 12 Big 12 Conference

The following should **NOT** be used in text when referencing the Big 12:

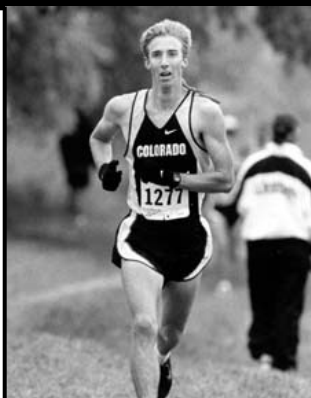
Big XII Big Twelve

2008 BIG 12 OUTDOOR TRACK & FIELD CHAMPIONSHIP





Tamara Ards



Sean Smith



Shayne (Wille) Culpepper



Patty Roberts

FROM WALK-ON TO ALL-AMERICAN

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

CHRIS ABUAN • 2002 Walk-on – 2007 4x100-m Outdoor All-American

Chris Abuan was a hard worker for the Buffs and showed improvement throughout the years. His biggest impact was in the relays. Abuan is a member of nine of the top 10 times in the 4x100-m relay, where he ran the third leg seven times. In 2007, Abuan and the relay team of George Pincock, Jeremy Dodson and Ryan Campbell placed second in the Big 12 Championships and were the first men's relay team to qualify for the NCAA meet since 1972 after placing fourth in the regionals. The team took sixth at nationals with a time of 39.98.

TAMARA ARDS • 1992 Walk-on – 1996 4x400-m Outdoor All-American

A three-time state 400-m champion, Tamara Ards ran a 56.20 in the event as a freshman and would shave two seconds off her time by her junior year to become the school record holder in the event, running a 54.22 at the 1994 Big Eight Outdoor Championships. As the second leg of CU's 4x400-m relay team, she combined with teammates Tasha Ward, Heather Sterlin and Leona Russell to win the event at the final Big Eight Championship in 1996 and go on to finish seventh in the event at that year's NCAA Championships in Eugene, Ore., in another school record 3:33.07.

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

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

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

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

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

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

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

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

GEORGE PINCOCK • 2003 Walk-on – 2007 4x100-m Outdoor All-American

George Pincock earned a spot on the varsity squad as a freshman by placing eighth in the 200-meter dash and scoring in the 4x100 and 4x400-m teams. Pincock is a member of 11 of the 12 best times in the 4x100-m relay. In 2007, Pincock and the relay team of Jeremy Dodson, Chris Abuan and Ryan Campbell placed second in the Big 12 Championships and

became the first men's relay team to qualify for the NCAA meet since 1972 after placing fourth in the regionals. The team took sixth at nationals with a time of 39.98.

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

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

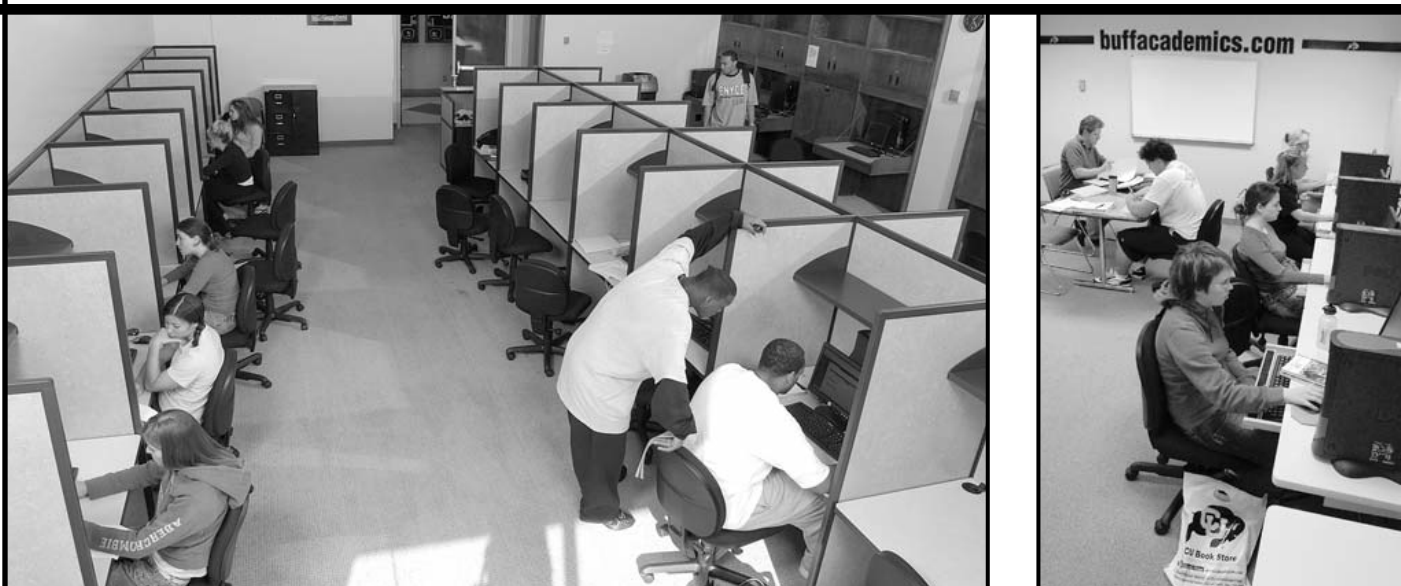
SHAYNE WILLE • 1995 Walk-on – 1996 Indoor 3,000-m All-American/1997 Outdoor 3,000-m All-American

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

SEAN SMITH • 1998 Walk-on – 2000 All-American

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

ACADEMICS AND ATHLETICS



DID YOU KNOW?

That the cumulative grade point average of CU's 363 student-athletes following the fall '09 semester was 2.870 and nine of the 14 programs boasted 3.00 overall grade point averages.

3.465	Women's Cross Country
3.338	Men's Skiing
3.229	Women's Skiing
3.221	Women's Track & Field
3.096	Women's Soccer
3.067	Women's Tennis
3.063	Women's Volleyball
3.050	Women's Golf
3.045	Men's Cross Country

12 CU student-athletes earned 4.00 GPA's during the fall '09 semester and 56 had cumulative GPA's of 3.50 or above.

Colorado's graduation rate of student-athletes who exhaust their eligibility at CU for the 10-year period between 1988-89-1997-98 is 83 percent.

Colorado at Boulder offers student-athletes a world-class education and an elite Division I athletic experience in arguably the most beautiful college setting in America and has been referred to as "the Harvard of the Rockies."

The Herbst Academic Center in the Dal Ward Athletic Center was created to help student-athletes meet and exceed the academic requirements of the University of Colorado. Since its inception, the goal of the Herbst Center has evolved to facilitating the academic and personal excellence of student-athletes. It works to empower student-athletes toward autonomy, personalized goal setting, critical decision making, and both academic and career development. To achieve this goal, the Herbst Academic Center provides numerous services for student-athletes:

- All student-athletes have an academic coordinator who provides academic and personal support from freshmen orientation through graduation.
- Every student-athlete receives free subject tutoring in any course, as well as a personal planner to assist in time management.
- Student-athletes receive priority registration to ensure that necessary courses are "open" for enrollment.
- Specialized academic programs are available to all student-athletes, whether struggling to pass a course or striving to earn a perfect 4.0.
- A computer laboratory with both personal computers and Macs are provided exclusively for student-athletes.
- Athletic eligibility status is monitored in accordance with University, Big 12, and NCAA academic requirements.
- Confidential counseling is available to help student-athletes with whatever challenges they may be facing.

ACADEMIC ALL-CONFERENCE

FIRST TEAM

Steve Allen.....1990	Daniel Kenney.....2006, 07	Laura Thweatt.....2009	Sean Buckley.....1992
Andrew Ames.....1988	Diane Keller.....1989, 90, 91	Zeke Tiernan.....1996	Shannon Busch.....1991
Tamara Ards.....1993	Katie Kissane.....2004	Kalin Toedebusch.....2006	Jessica Cade.....2004
Lindsay Arendt.....1998, 99, 2000	Tom Kresl.....1985	Blake Vanier.....2005	Dayna Canener.....1992
Molly Austin.....1999, 2001, 02, 03	Scott Larson.....1994	Brent VanSickle.....1996	Tracy Carrington.....1996
Austin Baillie.....2003, 04, 05	Jonathon Lee.....2001, 02, 03	Brent Vaughan.....1991	Jenny Cathey.....1998
David Barbieri.....1993	Eric Lee-O'Brien.....2003	Brent Vaughn.....2005, 06, 07, 08	Dayna Cavener.....1991
Jenny Barringer.....2007, 08, 09	Gus Lundin.....2003, 04	Sara (Ensrud) Vaughn.....2007, 08	Jessica Civelli.....1995
Adam Batliner.....1996, 1998, 99	Britta Maas.....2001	Chris Volgeneau.....1991	Jay Cleckler.....1993, 94
Payton Batliner.....2005, 06	Travis Macy.....2003	Andy Wacker.....2009	Megan Clute.....1999
Nick Bengtston.....2000, 01	Kathleen Majewski.....2009	Melisa Weis.....1993	Jon Cooper.....1994
Randy Berkheim.....1994	Amanda Manatt.....2002, 03	Heather West.....2009	Kristina Dahlberg.....1994
Aaron Blondeau.....1998, 99, 01, 02	Lucas Marquardt.....1999	Ian White.....2002	Jason Drake.....1993, 94
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Andy Dunn.....1987	Sara Price.....2008		Chris McDonald.....1989
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Lesley Higgins.....1999, 01, 02	Jon Severy.....2003, 04, 05		Tim Schurman.....1994
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Jodie Hughes.....1999, 2000, 01, 02	Sara (Gorton) Slattery.....2002, 03, 05		Wendy Smith.....1991
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Sasha Abuan.....2007
Patrick Backman.....2009
Megan Baker.....2005
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Amaris Buchanan.....2001, 02
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Greg Castro.....2007
Niklas Cederstrom.....2009
Anthony Chiulli.....2005
Mac Crawford.....2009
Vince Echavaria.....2001
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Kendal Grgas-Wheeler.....2005
Ashley Jackson.....2002
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Rachel Joy.....2001, 02
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Chelsea Haverly.....2008
Matt Herzl.....2008
Lesley Higgins.....2000, 02
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Cortney Hutmacher.....2007
Andy Knutsen.....2003
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Anna Magle.....2003, 05
Chynna McCall.....2008, 09
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Kenyon Neuman.....2008, 09
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Chelsea Peterson.....2005
George Pincock.....2005
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2008 Big 12 Championships



COLORADO ACADEMIC PROGRAMS

STEPS

STEPS is a program designed to assist graduating student-athletes as they transition to life after the university setting. The program will have Department of Athletics staff and university faculty assist them in the following areas:

- **"Learn to Earn" with Alice Swanson, veteran of The Boulder Chamber of Commerce and currently of Leeds School of Business**
 - Interview Skills
 - Job Placement
 - Contract Negotiation
- **Personal Financial Planning with Susan Morley of Leeds School of Business**
 - *Playbook for Life*, the Student-Athlete's Guide to Understanding and Planning Your Financial Future
- **Exit Interview with the Department of Athletics**
 - Student-Athletes discuss their CU experience with a senior level administrator in the Department of Athletics. (One-on-one interview and survey)
- **Career Services**
 - Resume / Folio 21
 - CSO On-line
 - Letters of Recommendation (4-6)
 - Job Fairs
 - Post-Graduation Test Preparation
- **Exit Physical**
 - Athlete completes final medical physical, reviews medical history with Office of Sports Medicine and discusses lingering injuries with Sports Medicine on coverage
- **Counseling and Psychological Services**
 - CU psychologist, Dr. Jan Johnson, offers one-on-one counseling sessions to athletes earning to cope with the impending life changes once their careers have ended.
- **Graduation Checklist**
- **Alumni C-Club**
 - Student-Athletes stay connected to CU through membership in the Alumni C-Club.
- **Post-Graduate Scholarships**
- **Professional Sports Counseling Panel**



READ WITH THE BUFFS

1. The University of Colorado and IBM work together to promote literacy in local elementary schools through the "Read With the Buffs" program.
2. Focus of the program is to:
 - a. Have CU student-athletes promote reading as the basis for success in school.
 - b. Promote the importance of school and doing your personal best.
3. Designated school districts are Boulder Valley and St. Vrain school districts.
4. Teacher's Responsibilities:
 - a. Decisions:
 - i. It is suggested for students to compete against themselves, not others.
 - ii. Encourage students to read over the holidays.
 - iii. At the end of the program send into the athletic department a list of all students who have participated in "Read With the Buffs" successfully.
5. Student-athletes will visit the classroom for a 45-minute presentation.
 - a. Pencils, stickers and/or bookmarks will be given out to students who are able to answer the comprehension questions correctly after the book is read.
6. Student-athletes will deliver the message: do well in school, work hard, do your personal best, and importance of reading.
7. No more than two classrooms should be combined with one group of student-athletes.
8. One adult volunteer is assigned to two to three student-athletes.
9. CU pencils and bookmarks or stickers will be left for all students.
10. In addition, a T-shirt (autographed) will be left with each classroom teacher to hang up in the classroom as a continual reminder about "Read With the Buffs."
 - a. The T-shirt will be for the classroom teacher to keep as a thank you for participating in "Read With the Buffs."
11. Students who participate in the program and successfully meet the criteria, set by the teacher, will receive a ticket to attend either a men's or women's basketball game.
12. A special section will be set aside for all "Read With the Buffs" participants.
13. Two students will be on the court during halftime representing their classroom.