

JORDAN AGUILAR-WYNN



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

PERSONAL BESTS

INDOOR

400 Meters: 51.22 (2010)
 600 Yards: 1:21.11 (2010)

OUTDOOR

100 Meters: 12.01 (2010)
 200 Meters: 22.7
 110 Meter Hurdles: 15.2
 400 Meter Hurdles: 54.21 (2010)

2010: Indoor: Aguilar competed in the 400-meter and 600-yard run in his first season with the Buffs. He ran his personal best in the 400 at the Air Force Invite (2/12), clocking a time of 51.22 to place 30th overall. Aguilar's top time in the 600 was 1:21.11 at the Potts Invite (1/23).

Outdoor: During the outdoor campaign Aguilar concentrated on the 40-meter hurdles; running the event at five meets. He recorded his best time of the season at the Fum McGraw Open (5/8) by finishing in 54.21, earning him sixth overall. Aguilar raced in the 110 and 400 hurdles at the Jack Christiansen Invite (4/24) and recorded top-10 performances in each. He ran a time of 16.06 in the 110 hurdles (taking 10th) and was second in the 400 hurdles with a mark of 55.22.

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.

HIGH SCHOOL BESTS: 200-meters: 22.7; 110-meter hurdles: 15.2; 300-meter hurdles: 38.25; 4x800-relay: 7:59.44.

IN THE CLASSROOM: Aguilar is a civil engineering major. He was an academic all-state honorable mention selection. Aguilar is a member of the Big 12 Commissioner's Honor Roll. 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.

BRENDON AYLAIAN



Distance
Freshman, HS
Stow, Mass.
(Nashoba Regional)

PERSONAL BESTS

1,600 Meters: 4:23 (2009)
 3,200 Meters: 9:24 (2009)
 5,000 Meters: 15:13 (2009)

HIGH SCHOOL: Aylaian lettered four times in cross country, four times in outdoor track and field and three times during the indoor track season at Nashoba Regional. Aylaian was named Central Massachusetts District All-Star in both his freshman and sophomore years. He lists his biggest moment from his high school career as winning the Central Massachusetts Meet in the mile during his sophomore year. He finished 43rd at the 2008 Foot Locker Northeast Regionals. Aylaian owns the NRHS record in the mile at 4:23 and was a member of the 4x800-meter relay team (7:58) that set the school record.

HIGH SCHOOL BESTS: 1,600-meters: 4:23; 3,200-meters: 9:24; 5,000-meters: 15:13.

IN THE CLASSROOM: Aylaian is an arts and science major. He owns a greater than 3.00 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Brendon Johnston Aylaian was born February 13, 1992 in Stow, Mass. His parents are Doug and Lisa Aylaian. He has one younger brother, Justin, and two younger sisters, Ashley and Courtney. Aylaian enjoys running and hanging out with friends. He has done volunteer work for the Relay for Life Cancer Walk.

TYLER BAKER



Sprints
Freshman, HS
Santa Rosa, Calif.
(Maria Carrillo)

PERSONAL BESTS

400 Meters: 50.09 (2010)
 300 Meter Hurdles: 39.05 (2010)

HIGH SCHOOL: Baker owns a pair of school records at MCHS. He set the record in the 400 (50.09) on May 14, 2010. Less than one month earlier (April 10, 2010) he was a part of the 4x100-meter relay that recorded a time of 44.21. He was an all-league first team selection as a senior and was a member of the second team his junior year. As a sophomore Baker was an honorable mention selection. He earned four letters while a member of the Pumas' track and field team.

HIGH SCHOOL BESTS: 400 Meters: 50.09; 300 Meter Hurdles: 39.05.

IN THE CLASSROOM: Baker is an arts and sciences major. He owns a GPA greater than 3.00 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Tyler James Baker was born on September 25, 1991. He is the son of Bill and Terri Baker of Santa Rosa, Calif. He has two sisters, Julianne and Kelli. Baker lists his hobbies as snowboarding, golf and fishing.

BLAKE BERENS



Sprints
Freshman, HS
Loveland, Colo.
(Loveland)

PERSONAL BESTS

100 Meters: 11.15 (2010)
 200 Meters: 21.63 (2010)

HIGH SCHOOL: Berens earned three letters as a member of the Indians track and field team. His team was a 2010 Colorado State 5A finalist.

HIGH SCHOOL BESTS: 100 Meters: 11.15; 200 Meters: 21.63.

IN THE CLASSROOM: Berens is majoring in architectural engineering. He was a member of the honor roll in high school.

PERSONAL: Blake Nathan Berens was born on May 24, 1992. He is the son of Marshall and Bonnie Berens and has one sister, Melinda.

MATT BIEGNER



Middle Distance
Sophomore, VR/VR
Broomfield, Colo.
(Broomfield)

PERSONAL BESTS

INDOOR

800-Meters: 1:54.53 (2010)
 1,000-Meters: 2:27.23 (2010)
 Mile: 4:09.44 (2010)

OUTDOOR

400-Meters: 49.6
 800-Meters: 1:51.97 (2010)
 1,500-Meters: 3:51.76 (2010)

2010: Indoor: Biegner was one of CU's top middle distance runners. He won the mile at the Potts Invite (1/23) with a time of 4:26.90 and the 800 at the Don Barrett Duals (1/30) with a time of 1:54.53. Biegner earned his personal best in the mile at the Husky Classic (2/13). His time was 4:09.44 and he took 14th overall in the unseeded section. Biegner debuted in the 1,000 at the Big 12 meet. He just missed the finals as he took ninth overall with a time of 2:27.23. The time was the 16th best in CU history and placed him eighth overall on the performers list.

Outdoor: Once again Biegner hit the track hard, concentrating on the 800 and 1,500. He ran a season-best of 1:51.97 in the 800 at the CU Invite (4/10). The mark earned him a fourth-place finish. Biegner's top time in the 1500 was at the Mt. SAC Relays (4/16). He clocked a time of 3:51.76 and was 41st in the university/open division. Biegner ran in both the 800 and 1500 at the conference meet. He was 26th in the 800 (1:55.03) and took 14th in the 1500 (3:52.59).

2009: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Biegner earned a spot on the varsity roster as a sophomore. He was 31st at the Rocky Mountain Shootout, 29th at the NCAA Pre-National Meet,

47th at the Big 12 Championship, 60th at regionals and finished the season 234th at nationals. Biegner's fastest 8k time of the season was 25:46.30 at the Big 12 meet. (2009) 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. (2008) Biegner ran in two open races. He was the 32nd to finish the Rocky Mountain Shootout in 28:06. Biegner was third in the (21:05.85) 6k at the Air Force Open.

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.

HIGH SCHOOL BESTS: 200-meters: 22.15; 400-meters: 49.6; 800-meters: 1:55.9; 5,000-meters: 16:26; 10,000-meters: 36:28.

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 named to the Academic All-Big 12 First Team in 2010. He 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
Sophomore, VR/1L
Crested Butte, Colo.
(Crested Butte Academy)

PERSONAL BESTS

OUTDOOR

800 Meters: 2:04
 1,500 Meters: 3:53.86 (2010)
 5,000 Meters: 14:07.31 (2010)
 10,000 Meters: 29:31.68 (2010)

BIG 12 SCORING

2010 (O) 10,000-Meter Run, 6th (29:31.68)

NCAA CHAMPIONSHIP SCORING

2010 (O) 10,000-Meter Run, 6th (28:59.87)

HONORS

2010 10k All-American

2010: Indoor: Did not compete.

Outdoor: Bosshard had a breakout freshman campaign which started with a runner-up finish in the 1,500 (3:53.86) at the CU Invite (4/10). The time ranked seventh on the year for the Buffs. He followed that up with a time of 3:53.86 at the Fum McGraw Open (5/8) which earned him a first-place finish and was the sixth best time by a Buff in 2010. Bosshard's debut in the 5k was at the Mt. SAC Relays. He ran a season-best mark of 14:07.31. At the Big 12 Outdoor Championship and NCAA West Preliminary,

Bosshard raced in both the 5k and 10k runs. He ran a time of 29:31.68 in his 10k debut, which scored points for CU with a sixth-place finish. It was one of the fastest debuts by a CU freshman and ranks 18th on the CU all-time performers list. Two days after the 10k, Bosshard barely missed picking up more points for CU in the 5k with a ninth-place finish (14:14.15). He advanced to the NCAA West Prelims in the 5k and 10k two weeks later. He finished seventh overall in the 10k, with an automatic bid to advance to nationals (29:40.29). Bosshard followed that up with another great performance in the 5k (14:21.04) but was 17th and did not advance to nationals. At the NCAA Championship, Bosshard gave another strong performance and once again did not disappoint. He ran a time of 28:59.87 to place sixth overall for his first-ever All-America honor. The time also made him the 10th fastest performer in the event and was the fastest by a Buff during the 2010 season.

2009: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Bosshard led CU in four of its five varsity races. He won the Rocky Mountain Shootout with the sixth fastest time in course history (24:44). Bosshard earned all-conference and all-region honors by placing sixth and eighth, respectively, in those races and was named an All-American after finishing 26th at the NCAA Championship. He was named the CU Athlete of the Week for that performance. (2009) Bosshard earned his way onto the varsity roster after winning the Fort Hays State Open. He crossed the finish in 24:09.73 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 placed 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 3,200 at Mt. Sac Relays. Bosshard competed in the 2007 Nike Outdoor National Meet in the 5,000 and ran a mark of 15:12 to finish 12th overall.

HIGH SCHOOL BESTS: 800-meters: 2:04; 1,600-meters: 4:22; 3,200-meters: 9:11; 5,000-meters: 15:12.

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.

GARRETT CARMICHAEL



Distance
Freshman, HS
Nashville, Tenn.
(Ensworth)

PERSONAL BESTS

800 Meters: 1:56.5 (2009)
 1,600 Meters: 4:24
 3,200 Meters: 9:33
 5,000 Meters: 15:46

HIGH SCHOOL: Carmichael owns EHS records in the 5k (15:46), 800 (1:56.5), 1,600 (4:24) and 3,200-meter runs (9:33). He earned letters as a member of the cross country and track and field teams for four years. At the Nike Outdoor Nationals in 2009, Carmichael's 4x800-meter relay team won the emerging elite section. His 4x800 relay won the state championship during his sophomore season. Carmichael earned numerous all-state and all-region honors while in high school.

HIGH SCHOOL BESTS: 800-meters: 1:56.5; 1,600-meters: 4:24; 3,200-meters: 9:33; 5,000-meters: 15:46.

IN THE CLASSROOM: Carmichael is majoring in environmental design. He owns a GPA of 3.359 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Garrett Morris Carmichael was born on May 29, 1991 in Nashville, Tenn. He is the son of Oliver and Kathy Carmichael and has a twin sister, Olivia. Carmichael enjoys the outdoors and sports and served as a Kids Academy Counselor during the summer in high school.

NIKLAS CEDERSTRÖM



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

PERSONAL BESTS

INDOOR

Shot Put: 48-08.50 (2010)
 Weight Throw: 51-07.25 (2010)

OUTDOOR

Shot Put: 44-05.50 (2009)
 Hammer Throw: 153-04 (2010)
 Discus: 146-10 (2009)

2010: Indoor: Cederström recorded season-bests at the Colorado School of Mines Open (2/19). He recorded a toss of 51-07.25 in the weight throw, placing him fifth overall. In the shot put, Cederström's best throw was 45-08.50, good for sixth.

Outdoor: During the outdoor campaign, he threw the shot put, discus and hammer. He notched personal records in the shot put and hammer throws. His best performance in the shot put was 44-00.50, done at the CU Invite (4/10). Cederström was 14th overall. At the Jack Christiansen Invite (4/24), he launched a throw of 153-04 to place 12th in the hammer throw. Cederström also recorded his season-best in the discus at the JCI at 141-09 to place 17th.

2009: Indoor: Cederström competed in the shot put and weight throw during the indoor season, recording season-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.

OUTDOOR: Cederström led the Buffs in the shot put during the outdoor season. 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.

HIGH SCHOOL BESTS: Discus: 159-05.

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
Sophomore, VR/VR
San Diego, Calif.
(Scripps Ranch/UCLA)

PERSONAL BESTS

INDOOR

Shot Put: 50-02.50 (2010)
 Weight Throw: 54-06.75 (2010)

OUTDOOR

Shot Put: 49-05.50 (2010)
 Discus: 182-03 (2010)

HONORS

CU Athlete of the Week (April 22, 2010)
 Hammer Throw: 158-05 (2010)

CAREER UPDATE: Chobanian ranks fourth on the CU all-time performers list in the discus and is tied for the 13th best performance in the history of CU at 182 feet, 3 inches; all as a redshirt freshman.

2010: *Indoor:* Chobanian recorded the top two marks in the shot put for CU. His season best throw of 50-02.50 came at the Potts Invite (1/23). Chobanian's mark was good for second. His second best throw was 49-11 at the Husky Classic (2/13). Chobanian's best mark in the weight throw came at the Big 12 meet (2/26). He launched a throw of 54-06.75 which placed 12th overall. That was the fourth highest mark by a Buff on the season.

Outdoor: Chobanian led the Buffs in the discus (throwing the top five marks of the season) and had the second best throw in the shot put. His best mark in the discus was 182-03, thrown at the Beach Invitational (4/17) and tied for the 13th best all-time in CU history. It also put him fourth on the all-time performers list. The performance earned him the CU Athlete of the Week honor. Chobanian also recorded four throws in the between 162-02 and 168-06. At the Big 12 Championship he was 12th with a toss of 158-05. At the NCAA West Preliminary, he placed 39th after throwing a mark of 155-11. Chobanian's top mark in the shot put was 49-05.50, recorded at the Tom Benich Classic

(4/3). He notched a mark of 43-05 at the conference meet and placed 15th.

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 is majoring in environmental science and is also interested in architecture. He has been 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
Junior, VR/VR
Superior, Colo.
(Monarch)

PERSONAL BESTS

INDOOR

Mile: 4:31.16 (2010)
 3,000 Meters: 8:30.31 (2010)

OUTDOOR

1,500 Meters: 4:07.45 (2010)
 3,000 Meter Steeplechase: 9:24.9h (2010)
 5,000-Meters: 15:34

2010: *Indoor:* Clayton ran in a pair of meets, competing in the mile and the 3,000-meter run. He recorded a time of 4:31.16 at the Don Barrett Duals (1/30) and was seventh overall. Two weeks later he ran in the 3k at the Husky Classic (2/13) and finished with a time of 8:30.30.

Outdoor: Clayton ran in one 1,500 but mainly concentrated on the steeplechase as a sophomore. He started off in the steeplechase with a time of 10:04.38 at the Tom Benich Classic (4/3) and just one week later shaved over 21 seconds off his time with a mark of 9:42.97 to win the race. Clayton's season best in the event was at the Mt. SAC Relays, finishing with a hand-time of 9:24.9. He also ran at the Big 12 meet and took 15th (9:32.80).

2009: *Indoor:* Clayton did not compete during the indoor season.

Outdoor: Clayton ran in a pair of meets as a redshirt freshman. 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: (2010) Clayton ran all five varsity races, starting with a 13th-place finish at the Rocky Mountain Shootout. He was the fifth scorer for CU at Pre-Nats, placing 64th overall. Clayton was CU's sixth runner the last three races, placing 24th at Big 12s, 42nd at regionals and 210th at nationals. (2009) Clayton ran in three races for the Buffs during his freshman campaign. He was 27th overall 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. (2008) Did not compete. (2007) Clayton took 10th at the Rocky Mountain Shootout and was 15th at NCAA Pre-Nationals in the open race.

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.

HIGH SCHOOL BESTS: 1,600-meters: 4:25; 3,200-meters: 9:36; 5,000-meters: 15:34; 10,000-meters: 32:58.

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.

JASON DEWITT



Combined
Events/Jumps
Sophomore, VR/VR
Arvada, Colo.
(Ralston Valley)

PERSONAL BESTS

INDOOR

60-Meter Hurdles: 8.82 (2010)
 High Jump: 6-06.75 (2010)
 Long Jump: 19-03.25 (2010)

OUTDOOR

Decathlon: 5,557 (2010)
 100 Meters: 11.88 (2010)
 Long Jump: 22-11.50 (2009)
 Shot Put: 33-05.75 (2010)
 High Jump: 6-08 (2010)
 400 Meters: 55.89 (2010)
 110-Meter Hurdles: 14.65 (2009)
 Discus: 83-11 (2010)
 Pole Vault: 11-11.75 (2010)
 Javelin: 110-02 (2010)
 1,500 Meters: 5:20.77 (2010)
 Triple Jump: 45-01 (2009)

2010: *Indoor:* DeWitt led the Buffs in the high jump in the indoor season. He recorded a season-best jump of 6-06.75 on three occasions, the last time at the Air Force Invite (2/13). DeWitt won the Don Barrett Duals with that jump (1/30) and tied for first at the Air Force All-Comers Meet (1/15).

Outdoor: DeWitt stuck with the high jump during the outdoor campaign but also competed in one decathlon. He recorded a score of 5,557 points for fourth-place at the Glenn Morris meet 4/22-23). He tied for second in the long jump (20-00.25) and was second in the high jump (6-

03.25), 110-hurdles (15.69) and javelin (110-02). DeWitt reached a height of 6-08, the best by a Buff, at the Front Range Classic (5/1) and was third in the meet.

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.

HIGH SCHOOL BESTS: High Jump: 6-6; Long Jump: 22-11.50; 110-meter hurdles: 14.65; Triple Jump: 45-01.00.

IN THE CLASSROOM: DeWitt is majoring in international affairs.

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.

QUINTON DODSON



Sprints
Junior, VR/1L
Denver, Colo.
(George Washington)

PERSONAL BESTS

INDOOR

60-Meters: 6.92 (2009/10)
 200-Meters: 21.84 (2009)
 400-Meters: 48.19 (2009)
 Long Jump: 23-08.25

OUTDOOR

100-Meters: 10.61 (2010)
 200-Meters: 21.29 (2010)

BIG 12 SCORING

2010 (O) 4x100-Meter Relay, 5th (40.46)

2010: *Indoor:* Dodson tied his personal record in the 60-meter dash when he ran a time of 6.92 at the Air Force All-Comers Meet. At the same meet, he also recorded a time of 22.03 in the 200. Dodson ran the 60 two other times, both at the Potts Indoor Invite (1/23). He ran 6.94 in the prelims and 6.97 in the finals for fifth place.

Outdoor: Dodson competed in both the 100 and 200, as well as the relays during the outdoor campaign. He clocked a season-best, although wind-aided mark, of 10.52 in the Jack Christiansen Invite (4/24) to finish third. At the Fum McGraw Open (5/8), he ran a non-wind-aided time of 10.61. In the 200, Dodson ran a PR of 21.29 at the FMO and took second overall. At the Big 12 Championship, he ran a time of 21.45 in the prelims, placing 12th. Dodson was also a key part of the 4x100 and 4x400-meter relay teams. At the NCAA Preliminaries in Austin, the relay ran the eighth fastest time in CU history at 39.91. It was the fastest time run by a CU relay since 2008. The relay placed 12th overall and automatically qualified for semifinals at nationals. At NCAAs, the team ran 40.35 but did not advance to the finals. The relay also ran the 14th best time in history at the Fum McGraw Open (40.19). Dodson earned his first letter when the relay placed fifth with a mark of 40.46.

2009: *Indoor:* 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. The time also placed him 10th on the CU all-time performers list.

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.

Outdoor: 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.

HIGH SCHOOL BESTS: 100-meters: 10.71; 200-meters: 21.61; 400-meters: 48.19; 4x100-meter relay: 41.52; 4x200-meter relay: 1:25.52; Long Jump: 23-08.25.

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 set the CU records in the indoor and outdoor 200 and was part of the record setting 4x100 relay. His other brother, A.J. Whitaker, is also a sophomore on the CU track team. He lists his hobbies as art.

HUGH DOWDY



Distance
Freshman, HS
Petaluma, Calif.
(Petaluma)

PERSONAL BESTS

800 Meters: 1:56 (2010)
 1,600 Meters: 4:15.77 (2010)
 3,200 Meters: 9:39 (2010)

HIGH SCHOOL: Dowdy helped his cross country team to the Sonoma County League Championships in his sophomore, junior and senior years, and the North Coast Championships in his sophomore and senior years. He also helped his team to a second-place finish his sophomore year and a third-place finish his junior year at state. Dowdy lists his biggest moments from high school as finishing sixth in the mile at the state championships and placing eighth in state in cross country.

HIGH SCHOOL BESTS: 800-meters: 1:56; 1,600-meters: 4:15.77; 3,200-meters: 9:39.

IN THE CLASSROOM: Dowdy intends to major in engineering or physics. He owns a GPA greater than 3.00 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Hugh William Dowdy was born on September 10, 1992 in Petaluma, Calif. His parents are Gilbert Dowdy and Marsha Busekists. He has an older sister, Erin. Dowdy enjoys building things and relaxing with friends.

BROCK EMORY



Combined Events/Jumps
Sophomore, VR/VR
Colorado Springs, Colo.
(Fountain Fort Carson)

PERSONAL BESTS

INDOOR

Heptathlon: 4,081 (2010)
 60-Meters: 7.57 (2010)
 Long Jump: 18-11.25 (2010)
 Shot Put: 35-05.25 (2010)
 High Jump: 6-02.75 (2010)
 60-Meter Hurdles: 8.69 (2010)
 Pole Vault: 9-06.25 (2010)
 1,000-Meters: 3:07.90 (2010)

OUTDOOR

Pole Vault: 11-11.75 (2010)
 High Jump: 6-4
 Javelin: 116-07 (2010)
 100-Meters: 12.30 (2010)
 110-Meter Hurdles: 14.76

2010: *Indoor:* Emory competed in one heptathlon in his first season, recording 4,081 points at the CU Invite (1/22-23). He concentrated on the 60-meters and 60-meter hurdles when he wasn't competing in the heptathlon. He clocked his season-best 7.57 at the Air Force Invite (2/13) and ran 8.69 in the 60-hurdles at the Colorado School of Mines Twilight (2/19) to place second overall. Emory participated in the high jump three times. His best jump was 6-02.75 at the AFA All-Comers Meet (1/15).

Outdoor: Emory competed in five different events during the outdoor season. He reached a height of 11-11.75 in the pole vault, 5-10.75 in the high jump and threw the javelin 166-07 in the field events. On the track he ran 12.30 in the 100 and 15.93 in the 110 hurdles.

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.

HIGH SCHOOL BESTS: High Jump: 6-4; 110-meter hurdles: 14.76; 300-meter hurdles: 40.80.

IN THE CLASSROOM: Emory is majoring 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 College 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.

2010: Fasing returned to the javelin after redshirting the 2009 season. He recorded a throw of 189-11 at the CU Invite (4/10) to place third. Fasing placed 14th at the Big 12 meet when he recorded a toss of 179-11.

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 owns five of the top-10 marks in CU history (sixth-10th). His first-ever throw as a Buffalo was 188-11 at the 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. Fasing was named to the Academic All-Big 12 First Team in 2010.

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, VR
Wheat Ridge, Colo.
(Wheat Ridge/Mesa State)

PERSONAL BESTS

INDOOR

Shot Put: 48-04 (2010)

Weight Throw: 47-06.25 (2010)

OUTDOOR

Shot Put: 49-11 (2010)

Hammer Throw: 130-02 (2010)

2010: *Indoor:* Field started his career at Colorado at the Don Barrett Duals (1/30). He placed 14th in the shot put (46-00.75) and the weight throw (44-03.50). Field PR'd in the shot put at the Air Force Invite (48-04) and recorded his best throw of 47-06.25 in the weight at the Colorado School of Mines Twilight Meet (2/19).

Outdoor: Field competed in the shot put and the hammer throw during the outdoor campaign. He recorded his personal best in the shot put at the Jack Christiansen Invite (4/24) after launching a toss 49-11, good for sixth place overall. Field's season best in the hammer throw came at the CU Invite (4/10). He placed 28th with a throw of 130-02.

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 is majoring 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. Field enjoys anything outdoors.

ADRIAN GOMEZ



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

PERSONAL BESTS

INDOOR

200-Meters: 22.63 (2010)

400-Meters: 48.87 (2009)

600-Yard: 1:12.32 (2010)

800-Meters: 1:57

OUTDOOR

100-Meters: 10.99 (2010)

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)

2010: *Indoor:* Gomez ran a personal record in the 200-meter dash (22.63) at the Iowa State Classic. But his main focus was the 600-yard run. He raced to a PR of 1:12.32 in the prelims at the Big 12 Championship although he did not advance to the finals. Gomez was also a member of the mile and 4x400-meter relay teams. The 4x400 team ran the 10th best time in CU history at the Big 12 Championships, clocking a mark of 3:15.23 for 10th place. *Outdoor:* During the outdoor campaign Gomez once again focused on the 400-meter hurdles. His fastest time of the season was 54.33 which he ran at the CU Invite (4/10). He placed sixth overall.

2009: *Indoor:* Gomez concentrated on the 400 and the 600 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 then-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).

Outdoor: Gomez focused on the 400 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: *Indoor:* 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.

Outdoor: 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.

HIGH SCHOOL BESTS: 100-meters: 11.3; 200-meters: 22.8; 400-meters: 51.00; 800-meters: 1:57.

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.

MICHAEL GOODGER



Distance
Freshman, HS
Carlsbad, Calif.
(Carlsbad)

PERSONAL BESTS

800 Meters: 1:58 (2010)
1,600 Meters: 4:14 (2010)
3,200 Meters: 9:12 (2010)
5,000 Meters: 15:41 (2010)

HIGH SCHOOL: Goodger holds the CHS record in the 1600 (4:14) and 3200-meter (9:12) runs. He recorded his 1,600 record on May 14, 2010 and the 3,200 on April 30, 2010. Goodger lettered twice in cross country and three times on the track. During his junior year he finished second team All-North County in cross country and first team All-Palomar League in track. In his senior year Goodger was named first team All-Palomar League, Scholar-Athlete of the Year, Most Valuable Player and received the Best Distance Award for Men, all in track. He lists his biggest moment of his high school career when he qualified for the California State Championships for the first time as a junior by running a 4:15.91 and taking the third and final spot to state.

HIGH SCHOOL BESTS: 800-meters: 1:58; 1,600-meters: 4:14; 3,200-meters: 9:12; 5,000-meters: 15:41.

IN THE CLASSROOM: Goodger is majoring in accounting.

PERSONAL: Michael Ryan Goodger was born on January 5, 1992 in San Diego, Calif. His parents are Steve and Cindy Goodger of Carlsbad, Calif. He has one younger sister, Cara. After college he wants to either run professionally or be an accountant. He lists snowboarding, bodysurfing, swimming, and video games as his hobbies. Goodger also does volunteer work with Habitat for Humanity and the Arthritis Foundation Walk.

CAMERON HUTCHINS



Throws
Sophomore, VR/VR
Centennial, Colo.
(Arapahoe)

PERSONAL BESTS

INDOOR
Weight Throw: 46-06.25 (2010)
OUTDOOR
Discus: 131-00 (2010)
Hammer Throw: 134-04 (2010)

2010: *Indoor:* Hutchins made his debut for the Buffs in the weight throw at the Potts Indoor Invite (1/23). He recorded a mark of 42-11.75 for ninth place. Hutchins improved throughout the season and recorded his PR of 46-06.25 at the Colorado School of Mines Twilight (2/19), also taking ninth overall.

Outdoor: The outdoor season saw Hutchins throwing the discus and hammer. His best throws in both events came at the Fum McGraw Open (5/8). Hutchins recorded a throw of 131-00 in the discus and 134-04 in the hammer.

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.

HIGH SCHOOL BESTS: Shot put: 49-11; Discus: 154-03.

ACADEMICS: Hutchins is majoring in Classics at Colorado. 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.

EVAN JOHNSTON



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

PERSONAL BESTS

INDOOR
800-Meters: 1:55.19 (2009)
OUTDOOR
800-Meters: 1:58.06 (2010)

2010: *Indoor:* Did not compete.

Outdoor: Johnston ran in a pair of 800-meter runs. His season debut was at the Tom Benich Invite (4/3) where he finished in 1:59.32. One week later at the CU Invite (4/10) Johnston clocked a time of 1:58.06.

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

Outdoor: Did not compete.

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.

HIGH SCHOOL BESTS: 400-meters: 51.7; 800-meters: 1:57.71.

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, playing the guitar and bird calling.

STEPHEN KASICA



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

PERSONAL BESTS

INDOOR
800-Meters: 1:50.50 (2010)
OUTDOOR
400-Meters: 51.13 (2010)
800-Meters: 1:51.59 (2010)

BIG 12 SCORING

2009 (I) Distance Medley Relay, 8th (9:56.44)
2010 (O) 800-Meter Run, 7th (1:51.99)

HONORS

Academic All-Big 12 First Team (2010)
Two-time All-Big 12 Performer

CAREER UPDATE: Kasica is fast becoming one of CU's best middle distance runners. He is the fourth fastest performer in the indoor 800-meter run (1:50.50). Kasica has the sixth and 10th best times in school history.

2010: *Indoor:* Kasica ran the two top times in the 800-meter run of the season for the Buffs and three of the top four times. He PR'd at the Husky Classic (2/13) when he raced to a time of 1:50.50, the sixth fastest in CU history. It also made him the fourth fastest performer in the 800. Kasica also clocked the 10th fastest time at 1:50.80 in the prelims of the Big 12 Championships. He just missed advancing to the finals with a ninth-place finish. Kasica also ran the 800 in the distance medley relay at the conference championship.

Outdoor: Kasica had a great outdoor season. His fastest 800 of the season was at the CU Invite (4/10). He placed second overall and ran 1:51.80, the second best time of the year for a Buff. Kasica ran a personal best of 1:51.59 in the prelims of the 800 and placed second in his heat to automatically advance to the finals. The time was the fastest of the year. Kasica was seventh (2:51.99) in the finals at the Big 12 meet to record his first individual All-Big 12 honor.

2009: *Indoor:* Kasica 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.

Outdoor: Kasica ran the 800 four times. He ran a then-personal best of 1:52.21 at the Oregon Relays (4/24). Kasica was 19th in the prelims at the Big 12 Championship.

CROSS COUNTRY: (2010) Kasica ran in two races for CU. He was 61st at the Rocky Mountain Shootout and placed 30th overall at the Fort Hays State Open. (2009) Kasica 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.

HIGH SCHOOL BESTS: 400-meters: 51.15; 800-meters: 1:53.24.

IN THE CLASSROOM: Kasica is majoring in news-editorial at CU. He has earned a GPA of 3.651 and is a member

of the Big 12 Commissioner's Honor Roll. Kasica was named to the Academic All-Big 12 First Team in 2010.

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.

ANDREW KEMMER



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

PERSONAL BESTS

100 Meters: 11.10 (2010)
200 Meters: 22.34 (2010)
400 Meters: 51.70 (2010)

HIGH SCHOOL: Kemmer earned four letters at TVHS as a member of the track and field team. As a senior he was fourth at state in the 200. Kemmer was an all-conference selection in the 100 as well. As a sophomore he was third in the region in the 100 and 200.

HIGH SCHOOL BESTS: 100 Meters: 11.10; 200 Meters: 22.34; 400 Meters: 51.70.

IN THE CLASSROOM: Kemmer is an English major at CU. He owns a GPA greater than 3.30 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Andrew James Kemmer was born on October 13, 1991 in Loveland, Colo. He is the son of Jay and Susan Kemmer and has one brother, Stuart, and one sister, Jamie. Stuart was a member of the swim team at Metro State.

ALEXANDRE KIZIRIAN



Throws
Freshman, HS
Westminster, Colo.
(Mountain Range)

PERSONAL BESTS

Discus: 167-00
Shot Put: 52-11

HIGH SCHOOL: Kizirian earned two letters as a member of the track & field team at MRHS. He owns school records in the shot put (50-09) and the discus (156-11). Kizirian placed in both events at the state championship in 2010. He was second in the discus at the Front Range League championship. He also earned a letter as a member of the football team.

HIGH SCHOOL BESTS: Discus: 167-00; Shot Put: 52-11.

IN THE CLASSROOM: Kizirian is an engineering major and owns a GPA greater than 3.00. He is a member of the Big 12 Commissioner's Honor Roll. Kizirian was a member of the honor roll in high school and graduated in the top five percent of his class.

PERSONAL: Alexandre Vassilev Kizirian was born on April 28, 1992 in Bulgaria. He is the son of Vasil Kizirian and Emilia Mileva of Thornton, Colo. Kizirian is fluent in Bulgarian, Spanish and English.

BRENNAN LYNCH



Distance
Sophomore/Freshman,
VR/RS
Santa Cruz, Calif.
(Santa Cruz)

PERSONAL BESTS

INDOOR
Mile: 4:16.46 (2010)
3,000-Meters: 8:41.09 (2010)

2010: *Indoor:* Lynch started his CU career at the Potts Indoor Invite (1/23), running in the mile. He finished in 4:27.53 to take second place. He earned his PR in the mile at the Husky Classic (2/13) where he ran 4:16.46 at sea-level. Lynch ran in a pair of 3,000-meter runs. His top time was 8:41.09 at the Big 12 Championship.

Outdoor: Did not compete.

CROSS COUNTRY: (2010) Lynch ran in one race, placing 26th overall at the Rocky Mountain Shootout.

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 (4:17). He lists his biggest moment in high school as "finding my passion for running."

HIGH SCHOOL BESTS: 800-meters: 1:58; 1,600-meters: 4:17; 3,200-meters: 9:19.

IN THE CLASSROOM: Lynch is majoring in studio art and is also interested in environmental science. He has a GPA greater than 3.0 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
Sophomore, VR/1L
Littleton, Colo.
(Littleton)

PERSONAL BESTS

INDOOR
60-Meters: 7.21 (2010)
200-Meters: 22.42 (2010)
400-Meters: 49.46 (2010)
OUTDOOR
200-Meters: 21.74
400-Meters: 48.06
400-Meter Hurdles: 54.50 (2010)

BIG 12 SCORING

2010 (O) 4x100-Meter Relay, 5th (40.46)

2010: *Indoor:* MacIntosh concentrated on the 400-meter run during his first season as a Buff. He ran his best time, and the fastest by a Buff in 2010, at the Air Force All-Comers Meet (1/15). MacIntosh finished in 49.46 and placed third. At the conference meet he took 21st in the prelims. MacIntosh ran on the 4x400-meter relay team at

the conference championship. The relay placed 10th overall but they finished with the 10th fastest time in CU history at 3:15.23.

Outdoor: MacIntosh focused on the 400-meter hurdles. He earned his best time of the season at the CU Invite (4/10). MacIntosh finished in 53.38 for second place. At the Big 12 meet, he was 18th in the prelims (54.52). MacIntosh was also a key part of the 4x100 and 4x400-meter relay teams. At the NCAA Preliminaries in Austin, the relay ran the eighth fastest time in CU history at 39.91. It was the fastest time run by a CU relay since 2008. The relay placed 12th overall and automatically qualified for semifinals at nationals. At NCAAs, the team ran 40.35 but did not advance to the finals. The relay also ran the 14th best time in history at the Fum McGraw Open (40.19). MacIntosh earned his first letter when the relay placed fifth with a mark of 40.46.

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.

HIGH SCHOOL BESTS: 200-meters: 21.74; 400-meters: 48.06; 60-meter hurdles: 7.90; 300-hurdles: 37.58.

IN THE CLASSROOM: MacIntosh is majoring in management. 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
Senior, VR/VR
Marshall, Texas.
(Marshall)

PERSONAL BESTS

INDOOR
200-Meters: 22.65 (2009)
400-Meters: 49.43 (2009)
600-Yards: 1:11.47 (2010)
OUTDOOR
200-Meters: 22.40 (2009)
400-Meters: 49.09 (2009)
400-Meter Hurdles: 54.50 (2010)

2010: *Indoor:* McCathran ran the top two times in the 600-yard run for the Buffs in 2010. He PR'd at the Big 12 Championship with a time of 1:11.47, the sixth fastest ever at CU. The time also made him the fourth fastest performer in the event. McCathran also owns the 14th best time in the 600 (1:11.97), which he ran at the Iowa State Classic (2/13). McCathran was also part of the 10th-place 4x400-meter relay at the conference meet. The relay raced to a time of 3:15.23, the 10th best in school history.

Outdoor: McCathran ran his season-best time in the 400-hurdles at the CU Invite (4/10). He finished in 54.50, which was good for seventh. It was the seventh best time posted by a Buff for the season.

2009: *Indoor:* 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).

Outdoor: 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: *Indoor:* 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.

Outdoor: 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 majoring in environmental science. He has a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll. McCathran was named to the Academic All-Big 12 First Team in 2010.

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, 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)

2010: *Indoor:* Medina placed fifth in the mile at the Potts Indoor Invite (1/23). He finished with a time of 4:34.84.

Outdoor: Did not compete.

2009: *Indoor:* Medina ran in a pair of races during the indoor season. He ran a time of 9:05.86 in the 3k 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.

Outdoor: Medina 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: (2010) Medina ran in two races for the Buffs. He placed 28th at the Rocky Mountain Shootout and finished 56th overall at the Big 12 Championship, both times as CU's No. 9 runner. (2009) Medina competed at the 2009 USA Cross Country Junior Championship and placed 27th overall. He started his collegiate season that fall 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 placed 54th. (2008) Medina finished the course in 25:49. (2008) Did not compete.

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.

HIGH SCHOOL BESTS: 1,600-meters: 4:26; 3,200-meters: 9:30; 5,000-meters: 16:06.

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/2L
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, 4th (14:18.64)
2008 (O) 5,000-Meters, 4th (14:40.92)
2008 (O) 10,000-Meters, 5th (30:44.46)
2010 (O) 5,000-Meters, 2nd (14:07.23)
2010 (O) 10,000-Meters, 5th (29:28.18)

HONORS

Five-time All-Big 12 Performer
2010 All-American (Outdoor 5k)
Academic All-Big 12 (second team)

CAREER UPDATE: Richard Medina ranks 12th on the indoor 5,000-meter top performers CU record book, 13th in the outdoor 5k and 15th in the 10k. He has earned five all-conference honors (one indoor, two outdoor) and qualified for the NCAA Outdoor Championships twice in the 5k, earning his first All-America honor in 2010 when he finished ninth.

2010: *Indoor:* Medina ran in one race during his redshirt sophomore indoor season. He raced to a personal record of 14:04.24 at the Husky Classic (2/13) and placed 20th overall. It was the fastest time by a Buff for the 2010 season.

Outdoor: Medina got back into the swing of things during the outdoor season. He ran the fastest 2010 times for a Buff in the 1,500 (3:48.50) at the Payton Jordan Cardinal

Invite and the 5k (13:48.26) at the Mt. SAC Relays. At the Big 12 Championship, Medina once again raced the 5 and 10k's, just two days apart. He placed fifth in the 10k with a time of 29:28.18 to become the 15th best CU performer in the event. Medina dug deep during the 5k, looking to win it all, but was passed in the final 200 meters to finish second overall. He clocked a time of 14:07.23 to record his fifth all-conference track honor. Medina advanced to the NCAA West Preliminaries in the 5k and advanced to the finals by finishing seventh (14:02.30). At nationals he fought hard but just missed scoring for the Buffs as he was the ninth person to cross the finish (13:55.66), but Medina was named a USTFCCA All-American in the process.

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

2008: *Indoor:* 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.

Outdoor: 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: (2010) Did not compete. (2009) Medina 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. (2008) Medina had a few setbacks, but was able to 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. (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.

HIGH SCHOOL BESTS: 1,600-meters: 4:16; 3,200-meters: 9:13; 5,000-meters: 15:18.

ACADEMICS: Medina is majoring in Spanish. He is a

member of the Big 12 Commissioner's Honor Roll and has a greater than 3.00 GPA. Medina was a member of the 2010 Academic All-Big 12 Second Team.

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, RS
Golden, Colo.
(Golden/ Tennessee)

PERSONAL BESTS

INDOOR
 60-Meters: 6.65
 200-Meters: 21.52 (2009)
OUTDOOR
 100-Meters: 10.46 (2009)
 200-Meters: 21.31 (2009)

2010: Did not compete.

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.

HIGH SCHOOL BESTS: 55-meters: 6.29; 60-meters: 6.65; 100-meters: 10.41; 200-meters: 21.30.

IN THE CLASSROOM: Morris is majoring in sociology.

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: 55-08.25 (2010)
OUTDOOR
 Discus: 156-02 (2010)
 Hammer Throw: 171-00 (2010)

2010: *Indoor:* Mullen concentrated on the weight throw his second year at CU. He recorded a personal record 55-08.25 at the Colorado School of Mines Twilight meet and placed second overall. It was the best throw all season for the Buffs. At the Big 12 meet one week later, Mullen launched the weight 54-08.25 to place 11th.

Outdoor: Mullen threw the discus and hammer during the outdoor campaign. He took seventh in the hammer at the Fum McGraw Open (5/8) with a PR of 171-00, the fourth best of the season for CU. He placed 16th at the conference meet in the hammer after recording his top throw of 163-01. Mullen also took 16th at Big 12s in the discus with a PR throw of 156-02.

2009: *Indoor:* 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.

Outdoor: 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 Champion 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.

BRIAN OWENS



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

PERSONAL BESTS

Javelin: 191 (2008)

HONORS

CU Athletes Choice Award (2010)

2010: Redshirt. Did not compete.

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).

HIGH SCHOOL BESTS: Javelin: 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
Junior/Sophomore,
VR/VR
Franklin Lakes, N.J.
(Indian Hills)

PERSONAL BESTS

INDOOR
 Mile: 4:40.93 (2010)
 3,000-Meters: 9:20.95 (2010)
OUTDOOR
 1,500-Meters: 4:13.90 (2010)
 3,000-Meters: 8:56.46 (2010)
 5,000-Meters: 15:34.73 (2010)

HONORS

Academic All-Big 12 First Team

2010: *Indoor:* Perkins recorded personal bests in the mile and 3,000-meter run. He started the season at the Potts Indoor Invite (1/23) and placed ninth in the mile with a time of 4:40.93. Just one week later he ran a time of 9:20.95 in the 3k at the Don Barrett Duals (1/30) and took sixth.

Outdoor: Perkins raced in three meets during the outdoor campaign, running three more PR's. He ran a time of 4:13.90 in the 1,500 at the Tom Benich Classic (4/3). A week later he ran 8:56.46 in the 3k at the CU Invite. Perkins finished his season at the Jack Christiansen Invite, winning the 5k in 15:34.73.

2009: *Indoor:* 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.

Outdoor: Perkins ran one 3k during the outdoor season. He finished eighth at the Potts Invite (3/21) with a time of 9:27.03.

CROSS COUNTRY: (2010) Perkins ran in two races for CU. He was 27th at the Rocky Mountain Shootout and placed 52nd in the open section of the NCAA Pre-National meet.

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.

HIGH SCHOOL BESTS: 1,600-meters: 4:35; 3,200-meters: 9:41.

IN THE CLASSROOM: Perkins is majoring in applied math. He has a GPA of 3.848 and is a member of the Big 12 Commissioner's Honor Roll. Perkins was named to the Academic All-Big 12 First Team in 2010. He 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
Sophomore, VR
Aurora, Colo.
(Cherokee Trail)

PERSONAL BESTS

INDOOR

600-Yards: 1:17.35 (2010)

800-Meters: 1:58.70 (2010)

OUTDOOR

800-Meters: 1:55.96 (2010)

2010: *Indoor:* Putnam concentrated in the middle distances, starting with one race in the 600-yard run. He was eighth in the 600 at the Potts Indoor Invite (1/23) after running 1:17.35. Putnam ran three 800's. He ran a personal best 1:58.70 in the prelims at the Air Force Invite (1/12) to place fifth. Putnam finished seventh in the finals the following day (1:59.50).

Outdoor: Putnam participated in five 800's during the outdoor season. He recorded his best time and finish (1:55.96, third) at the Fum McGraw Open (5/8) to end his freshman campaign.

HIGH SCHOOL: Putnam was a member of the 2007 Colorado State 4A Track & Field Championship team at Cherokee Trail, where the team was also, conference and regional champions. The Cougars also won the league championship in 2009.

HIGH SCHOOL BESTS: 800-meters: 1:56.8.

IN THE CLASSROOM: Putnam is majoring in Spanish. He was a member of the National Honor Society and was a recipient of the International Baccalaureate certificate while in high school.

PERSONAL: Travis Putnam was born on January 26, 1991, in Aurora, Colo. to Todd and Dany Putnam. 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.

BLAKE REIMER



Sprints
Freshman, HS
Fort Collins, Colo.
(Fort Collins)

PERSONAL BESTS

200 Meters: 22.44 (2009)

400 Meters: 48.46 (2009)

HIGH SCHOOL: Reimer was a member of the FCHS track and field team and focused mainly on the 400-meter dash. He was all-conference and the team's MVP his junior year.

HIGH SCHOOL BESTS: 200 Meters: 22.44; 400 Meters: 48.46.

IN THE CLASSROOM: Reimer is a physics major. He owns a GPA greater than 3.00 in his first semester and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Blake Main Reimer is the son of Nathan Reimer, who played football at Colorado State, and Christine Reimer of Fort Collins. He has one sister, Audrey. Reimer lists his hobbies as cycling, swimming and golfing. He has also volunteered with Habitat for Humanity.

NATHAN RICE



Distance
Junior, VR
Lafayette, Colo.
(Peak to Peak
Charter/Metro State)

PERSONAL BESTS

INDOOR

Mile: 4:37.64 (2010)

OUTDOOR

1,500-Meters: 4:17.81 (2010)

3,000-Meters: 8:58.53 (2010)

5,000-Meters: 15:46.61 (2010)

2010: *Indoor:* Rice earned an eighth-place finish in the mile at the Potts Invite (1/23). He ran a time of 4:37.64.

Outdoor: Rice started the season with a PR of 4:17.81 in the 1,500 at the Tom Benich Classic (4/3). One week later at the CU Invite (4/10), he placed 17th overall after clocking a time of 8:58.53. Rice earned a fourth-place finish in the 5k at the Jack Christiansen Invite (4/24). He recorded a PR of 15:46.61.

CROSS COUNTRY: (2010) Rice ran in a pair of meets for the Buffs. He placed 69th at the Rocky Mountain Shootout and then led CU at the Fort Hays State Open with a 17th-place finish.

HIGH SCHOOL: Rice owns a trio of school records, two in 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.

HIGH SCHOOL BESTS: 1,600-meters: 4:40; 3,200-meters: 9:50.

ACADEMICS: Rice is majoring in film and owns a GPA greater than 3.00. He is a member of the Big 12 Commissioner's Honor Roll.

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
Senior/Junior, VR/1L
Wheat Ridge, Colo.
(Wheat Ridge)

PERSONAL BESTS

INDOOR

Heptathlon: 5001 (2009)

60-Meters: 7.26 (2010)

Long Jump: 21-11.75 (2010)

Shot Put: 36-01.25 (2010)

High Jump: 6-03.25 (2009)

60-Meter Hurdles: 8.55 (2010)

Pole Vault: 14-09 (2010)

1,000-Meters: 2:36.03 (2009)

400-Meters: 50.28 (2009)

OUTDOOR

Decathlon: 6,879 (2010)

100-Meters: 11.37 (2008)

Long Jump: 21-05.25 (2008)

Shot Put: 38-11.75 (2008)

High Jump: 5-10.75 (2008)

400-Meters: 48.80 (2008)

110-Meter Hurdles: 15.34 (2008)

Discus: 116-08 (2008)

Pole Vault: 12-03.50 (2008)

Javelin: 143-04 (2008)

1,500-Meters: 4:30.45 (2008)

400-Meter Hurdles: 52.94 (2010)

BIG 12 SCORING

2010 (O) Decathlon, 4th (6,879)

HONORS

2010 All-Big 12

CU Athlete of the Week (April 8, 2010)

CAREER UPDATE: Salzmann has put his name all over the CU Combined Events indoor and outdoor record book. He owns the fastest two times ever in the 1,000-meter run, third in the 60, fourth in the 60-hurdles and long jump and is fifth in the pole vault and heptathlon. In the decathlon, he ranks third in the pole vault and 1,500 and is sixth in the 400.

2010: *Indoor:* Salzmann's indoor season was cut short due to injury, but he did compete at the New Mexico Classic and the Big 12 Championship. Salzmann recorded a season-high 4,887 points at the New Mexico Classic to place seventh. He notched personal bests in three events, the 60 (7.26), long jump (21-11.75) and the pole vault (14-09). His time in the 60 is the third best all-time at CU while the pole vault mark was fifth overall. At the conference meet, he placed 12th with 4,517 points, despite not clearing a height in the high jump. Salzmann ran PR's in the 60-hurdles (8.55) and the 1,000 (2:36.03). His time in the 1,000 is the fastest in combined events history, and the 60-hurdles time ranks fourth.

Outdoor: Salzmann started the outdoor season by placing

fourth overall with 6,739 points at the Jim Click Invite (4/1-2). He was named the CU Athlete of the Week after running the third fastest time in CU combined events history in the 1,500, he finishing the race in 4:25.92. Salzman won the Glenn Morris meet with 6,865 points. He recorded PR's in the 100 (11.21) and the high jump (6-02). His break out meet was the Big 12 Championship. There Salzman battled bad weather to record a fourth-place finish and score points for the Buffs' team score. He picked up a career-high 6,879 points in the meet, the 11th best total ever at CU. Salzman had a pair of personal bests in the discus (116-09) and the pole vault (15-05). (The pole vault was contested indoors due to safety concerns for the athletes.)

2009: Indoor: Salzman 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. Salzman recorded marks 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. Salzman ended the day by running the 1,000-meter run in 2:37.85, the then-fastest time by a combined events athlete at CU. At the time, it was also the fastest time in the heptathlon in the Texas A&M facility. The time was bettered in 2010.

Outdoor: Redshirt. Did not compete due to injury.

2008: Indoor: Salzman had a successful first year competing in combined events for the Buffs. During the indoor season, he participated in three heptathlons. In Salzman'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. Salzman recorded his season-best of 4,755 at the indoor championship where 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).

Outdoor: Salzman competed in a trio of decathlons in the outdoor 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). Salzman 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: Salzman 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 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. Salzman 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.

HIGH SCHOOL BESTS: Decathlon: 6,154; 300-meter hurdles: 38.7.

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

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

RYAN SAVERCOOL



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

PERSONAL BESTS

INDOOR

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

2010: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Savercool raced in the black and gold in one meet, the Fort Hays State Open. He placed 34th overall and was CU's fifth runner.

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.

HIGH SCHOOL BESTS: 1,600-meters: 4:19.5; 3,200-meters: 9:34.1.

IN THE CLASSROOM: Savercool is an open major. He owns a GPA greater than 3.00 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
Sophomore/Freshman,
VR/RS
Zia Pueblo, N.M.
(Sandia Preparatory)

PERSONAL BESTS

INDOOR

Mile: 4:36.42 (2010)
3,000-Meters: 9:06.64 (2010)

2010: Indoor: Shije raced in a pair of meets during the indoor season. He clocked a time of 4:36.42 for a seventh-place finish in the mile at the Potts Indoor Invite (1/23). Shije also ran the 3k at the Don Barrett Duals. There he finished fourth in a time of 9:06.64.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Shije competed at the 2010 USA Junior Cross Country Championships and took 20th overall with a time of 25:40. In the fall, he ran in three meets for CU. Shije was 19th overall at the Rocky Mountain Shootout, 185th at pre-nats and 51st at the Big 12 Championship. (2009) 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

HIGH SCHOOL BESTS: Mile: 4:36; Two mile: 10:01.

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.

STEWART SHOEMAKER



Distance
Freshman, HS
Daphne, Ala.
(Bayside Academy)

PERSONAL BESTS

800 Meters: 1:56.56
1,600 Meters: 4:22.54

HIGH SCHOOL: Shoemaker was a state champion on the track and helped his cross country team to a state title in 2007. During his senior year he earned the National Merit Commended award.

HIGH SCHOOL BESTS: 800-meters: 1:56.56; 1,600-meters: 4:22.54.

IN THE CLASSROOM: Shoemaker is majoring in business. He earned a 4.00 GPA in his first semester at CU to get a spot on the Dean's List and the Big 12 Commissioner's Honor Roll.

PERSONAL: Stewart Marshall Shoemaker was born on December 1, 1991 in Corpus Christi, Texas. His parents are Marshall, who swam at the University of Alabama, and Claudia Shoemaker of Point Clear, Ala. He has a younger sister, Mary Katherine.

JONATHAN STEVENS



Distance
Junior/Sophomore,
1L/VR
Vail, Colo.
(Battle Mountain)

PERSONAL BESTS

INDOOR

Mile: 4:17.21 (2009)
 3,000-Meters: 8:27.39 (2010)

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)

2010: *Indoor:* Stevens raced a season-best mark of 4:22.58 at the Husky Classic (2/13). His best time at altitude was 4:29.58, which he ran at the Don Barrett Duals (1/30). Stevens placed fifth overall. He ran a PR of 8:27.39 in the 3k at the Big 12 Championship. He placed 23rd.

Outdoor: Did not compete.

2009: *Indoor:* 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.

Outdoor: Stevens only ran in two meets during the outdoor season, and due to injury 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: (2010) Stevens raced in two meets for the Buffs. He was 38th at the Rocky Mountain Shootout and placed 74th in the open section of the NCAA Pre-National meet.

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. 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, earning four letters 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.

HIGH SCHOOL BESTS: 800-meters: 1:56.8; Mile: 4:26; Two mile: 9:18.

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.

RODNEY STEWART



Sprints
Junior, HS
Westerville, Ohio
(Brookhaven)

PERSONAL BESTS

100-Meters: 10.7

AT COLORADO (FOOTBALL): Stewart is fifth on CU's all-time rushing list with 2,744 yards, needing just 256 yards to become the fourth Buff to rush for 3,000 yards in a career. He ranks sixth in yards from scrimmage with 3,123 total yards (2,744 rushing and 379 receiving). Stewart is eighth in all-purpose yards at CU (3,142) and ranks 20th overall in total offense (2,744).

HIGH SCHOOL: He earned first-team All-State, All-District and All-City honors as a senior, when he rushed for 2,036 yards and 33 touchdowns, averaging 10.8 yards per carry (with a long of 75, one of six runs over 50 yards). He also caught 20 passes for 215 yards and three scores, and returned one punt-for 65 yards and a TD. He did not play as a junior as he suffered a knee injury (ACL), but as a sophomore, he rushed for 1,200 yard and 15 touchdowns and had 700 yards and six scores as a freshman. He rushed for just shy of 4,000 career yards with 54 touchdowns. He played cornerback as an underclassmen, with four interceptions his sophomore season after picking off three as a frosh. He had five games of 200-plus yards and 15 100-plus yard games in his prep career; three of his top games came during his senior year: in a 49-7 win over Centennial, he rushed for his career-best 243 yards and scored all seven of his team's touchdowns... in a 69-0 romp over Mifflin, he rushed for 212 yards and six touchdowns... and in a 55-7 win over Whetstone, he had 212 yards and five scores. Under coach Tom Blake, Brookhaven was 9-2 his senior year, losing in the first round of the playoffs, after going 6-4 his junior year; BHS was also 9-2 his sophomore season (first round playoff setback) but was 15-0 his freshman year, winning the Division II state championship. He also will letter four times in track (sprints, relays), as he was a member of the 2005 state championship team. He owned a career prep best 10.7 in the 100-meter dash.

HIGH SCHOOL BESTS: 100-meters: 10.7.

IN THE CLASSROOM: He is majoring in Sociology at Colorado. He maintained a 3.0 grade point average in high school.

PERSONAL: Rodney Stewart was born on January 3, 1990 in Columbus, Ohio. His hobbies include most sports in general, bowling, dancing, listening to music and watching comedy movies. Stewart's nickname is "Speedy." His second cousin is a CU football teammate Douglas Rippey, who actually got him interested in the Buffaloes and vice-versa. Both were members of the same 2008 recruiting class.

GEO TAM



Middle Distance
Sophomore, VR/VR
Boulder, Colo.
(Boulder)

PERSONAL BESTS

INDOOR

600-Yards: 1:17.35 (2010)
 800-Meters: 2:01.55 (2010)

OUTDOOR

400-Meters: 56.30 (2010)
 800-Meters: 1:57.62 (2010)

2010: *Indoor:* Tam ran in a pair of races. He clocked a time of 1:17.35 in the 600-yard run at the Potts Indoor Invite (1/23) to take ninth overall. At the Don Barrett Duals (1/30) he clocked a time of 2:01.55 in the 800-meter run, placing 12th.

Outdoor: Tam mainly focused on the 800 during the outdoor season. He ran a pair of sub-two minute 800's. He ran a then-PR of 1:58.92 at the Front Range Classic (5/1), but just one week later Tam bettered that performance with a time of 1:57.62 at the Fum McGraw Open (5/8).

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 majoring in studio art. He owns a greater than 3.00 GPA.

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
Junior, VR/1L
Detroit Lakes, Minn.
(Detroit Lakes)

PERSONAL BESTS

INDOOR

Heptathlon: 4,766 (2010)
 60-Meters: 7.34 (2010)
 Long Jump: 20-06.25 (2010)
 Shot Put: 38-08.75 (2010)
 High Jump: 6-00.50 (2010)
 60-Meter Hurdles: 9.32 (2010)
 Pole Vault: 13-09.25 (2010)
 1,000-Meters: 2:40.24 (2010)
 400-Meters: 51.11 (2010)
 800-Meters: 2:05.80 (2009)

OUTDOOR

Decathlon: 6,212 (2010)
 100-Meters: 11.21 (2010)
 Long Jump: 20-03 (2010)
 Shot Put: 38-07.50 (2010)
 High Jump: 6-00.75 (2010)
 400-Meters: 50.93 (2009)
 110-Meter Hurdles: 16.60 (2010)
 Discus: 110-08 (2010)
 Pole Vault: 13-11.25 (2010)
 Javelin: 122-10 (2010)
 1,500-Meters: 4:30.47 (2010)
 400-Meter Hurdles: 57.00 (2010)

BIG 12 SCORING

2010 (O) Decathlon, 7th (6,212)

HONORS

2010 All-Big 12

CAREER UPDATE: Taylor is making his mark on the CU combined events record book. During the indoor season, he recorded the third best throw in the shot put (38-08.75) and ran the fourth fastest time in the 1,000 (2:40.24). Taylor also owns the eighth best mark in the pole vault (13-09.25). In the outdoor record book, Taylor owns the ninth best shot put throw (38-07.50) and the 10th best time in the 1,500 (4:30.47).

2010: Indoor: Taylor had a great sophomore campaign in the heptathlon. He started the season off with a third-place finish at

the Potts Indoor Invite (4,683). At the meet, Taylor recorded four personal records. He ran 7.34 in the 60 and 9.32 in the 60-hurdles, jumped 6-00.50 in the high jump and cleared 13-09.25 in the pole vault. His pole vault PR ranks eighth on the all-time CU combined events chart. Taylor better his PR in the heptathlon at the Big 12 meet when he scored 4,766 points to take 10th overall. He threw the shot put 38-08.75 for the third best throw all-time at CU for a heptathlete. Taylor also ran a time of 2:40.24 in the 1,000, the fourth best at CU.

Outdoor: Taylor showed even more improvement in the decathlon. He was 10th at the Jim Click meet (4/1-2) and notched personal bests in the long jump (20-03) and discus (110-08). Taylor placed second at the Glenn Morris meet (4/22-23). There he earned PR's in the high jump (6-00.75) and the pole vault (13-11.25). Taylor's top performance came at the Big 12 Championship. He scored 6,212 points to take seventh overall and earned his first letter. He notched career-highs in the shot put (38-07.50), javelin

(122-10) and the 1,500 (4:30.47). His shot put throw was the ninth best all-time at CU and his 1,500 time is the 10th best ever.

2009: Indoor: 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.

Outdoor: 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. At the time 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. He is a member of the Big 12 Commissioner's Honor Roll and 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
Junior/Senior, 1L/3L
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: 3:55.50 (2010)
 5,000-Meters: 13:50.17 (2010)
 10,000-Meters: 30:33.92 (2010)

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)
 2010 (O) 5,000-Meter Run, 7th (14:10.75)
 2010 (O) 10,000-Meter Run, 7th (29:33.92)

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)
 Eight-time All-Big 12 Performer
 Academic All-Big 12 Second Team

CAREER UPDATE: Tebo was CU's eighth fastest 5k indoor performer in the event after his freshman year and is cur-

rently ninth. He was named the 2008 CU Freshman of the Year for his performance on the indoor track and is an eight-time All-Big 12 performer, as well as an indoor All-American. His 5k 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).

2010: Indoor: Tebo raced in three meets. He ran a season-best time of 8:13.98 in the 3k at the UW Invite (1/30). Two weeks later he ran in the Husky Classic, this time running the 5k. He clocked a time of 14:24.35. At the Big 12 meet, he was 13th in the 3k after losing his shoe midway through the race. Tebo's time was 8:20.73.

Outdoor: Tebo had a better outdoor season, starting with a personal best in the 5k at the Mt. SAC Relays. Tebo raced to a time of 13:50.17 to place seventh in the Olympic Development section. He also earned a PR in the 1500 at the Front Range Classic (5/1) to place second with a time of 3:55.50. At the Big 12 Championship in Missouri, Tebo came away with a pair of seventh-place finishes in the 5 and 10k runs. He ran a time of 14:10.75 in the 5k and 29:33.92 in the 10k. Tebo advanced to the NCAA West Preliminaries in the 5k, but was 27th overall (14:38.09), ending his season.

2009: Indoor: Medical Hardship year.

Outdoor: 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: Indoor: 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.

Outdoor: 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 10k, 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: (2010) Tebo's first race of the season was at pre-nats, where he took 90th overall. He improved to 18th at the Big 12 meet and followed that performance up with an all-region honor after finishing 16th at regionals. Tebo finished his CU cross country career by placing 109th at nationals. (2009) Tebo 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. (2008) 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. (2007) Tebo was one of two true freshmen to make the varsity roster. He placed eighth overall at the Rocky Mountain Shootout which was his collegiate debut and scored as CU's No. 5 runner. 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. Tebo served as the alternate on the regionals and NCAA squads.

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 men'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).

HIGH SCHOOL BESTS: 800-meters: 1:59; Mile: 4:17; Two mile: 8:47.

ACADEMICS: Tebo is majoring in studio art at Colorado and owns a GPA greater than 3.00. He is a member of the Big 12 Commissioner's Honor Roll and was a member of the 2010 Academic All-Big 12 Second Team.

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

BLAKE THEROUX



Distance
Freshman, HS
Chesapeake, Va.
(Western Branch)

PERSONAL BESTS

800 Meters: 1:55
1,000 Meters: 2:30
1,600 Meters: 4:14
3,200 Meters: 9:13
5,000 Meters: 15:09

HIGH SCHOOL: Theroux earned All-American honors as a member of the 2010 Nike Indoor Nationals sprint relay team championship team. His indoor track team won the 2007, 08 and 10 AAA state titles and his outdoor team won the 2008 and 09 state titles. Theroux owns WBHS records in the 5k (15:09), 3,200 (9:13), 1,600 (4:14), 4x800 relay (7:49), distance medley relay (10:09) and the sprint medley relay (3:30). He was all-state in cross country and track & field his sophomore through senior years.

HIGH SCHOOL BESTS: 800-meters: 1:55; 1,000-meters: 2:30; 1,600-meters: 4:14; 3,200-meters: 9:13; 5,000-meters: 15:09.

IN THE CLASSROOM: Theroux intends to major in history and is also interested in literature.

PERSONAL: Blake Andrew Theroux was born on March 16, 1992 in Orlando, Fla. He is the son of Paul and Tina Theroux. He has two brothers, Brett and Joel, and one sister, Lindly.

CHRISTIAN THOMPSON



Distance
Senior, VR/2L
Candor, N.Y.
(Candor)

PERSONAL BESTS

INDOOR

Mile: 4:10.99 (2008)
3,000-Meters: 8:11.80 (2010)
5,000-Meters: 14:15.67 (2010)

OUTDOOR

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

BIG 12 SCORING

2009 (O) Steeplechase, 5th (9:07.68)
2010 (O) Steeplechase, 7th (9:08.18)

NCAA MIDWEST REGION CHAMPIONSHIP SCORING

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

HONORS

Two-time All-Big 12 Performer
Academic All-Big 12 Second Team

2010: *Indoor:* Thompson recorded a pair of personal records in the 3k and 5k, both in Seattle, Wash. Thompson finished the 3k at the UW Invite (1/30) in 8:11.80 and was 20th overall. Two weeks later, at the Husky Classic, he ran the 5k in 14:15.67. Thompson raced both events at the conference championship. He was 12th in the 5k (14:33.25) and 16th in the 3k (8:22.96).

Outdoor: Thompson focused on the steeplechase, racing his season best at the Mt. SAC Relays (4/16). He finished 14th in the invitational section after clocking a time of 9:03.04. Thompson recorded his second all-conference honor with a seventh-place finish in the steeplechase. He finished in 9:08.18. Thompson advanced to the NCAA West Preliminary in the steeplechase, but did not advance to the semis after placing 32nd (9:09.27).

2009: *Indoor:* 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).

Outdoor: 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: *Indoor:* 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.

Outdoor: 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: (2010) Thompson raced in all five varsity meets for the Buffs. He placed fourth overall at the Rocky Mountain Shootout and followed that performance up with a 30th-place finish at pre-nats. Thompson was all-conference again with a seventh-place finish (CU's No. 3) and earned all-region recognition after placing 19th at the NCAA Mountain Region Championship. He finished the season with a 90th-place finish at nationals. (2009) The season proved to be a breakout year for Thompson as he 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. (2008) Thompson got out to a good start 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 post-season roster and placed 29th at Big 12s, 34th at regionals and 208th at nationals. (2007) Did not compete.

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.

HIGH SCHOOL BESTS: 1,600-meters: 4:22.4; 3,200-meters: 9:24.75; steeplechase: 9:17.20.

ACADEMICS: Thompson is majoring in International Affairs. He was a member of the honor roll in high school. Thompson is a member of the Big 12 Commissioner's Honor Roll and was named to the Academic All-Big 12 Second Team.

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.

JAKE TIMMONS



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

PERSONAL BESTS

INDOOR

High Jump: 6-06

OUTDOOR

High Jump: 6-07 (2010)

HONORS

Academic All-Big 12 Second Team
 Big 12 Athlete of the Week (5/12/09)

2010: *Indoor:* Timmons cleared 6-04.75 in the high jump four different times during the indoor season. He took second with that height at the Don Barrett Duals (1/30) and tied for second at the Potts Indoor Invite (1/23).

Outdoor: Timmons recorded the second best jump by a Buff during the 2010 season at 6-07. He cleared that height at the CU Invite (4/10) to tie for second. Timmons also cleared 6-04.75 at the Tom Benich Invite (4/3), tying for fourth.

2009: *Indoor:* 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. Timmons cleared 6-00.75 at three different meets.

Outdoor: 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.

HIGH SCHOOL BESTS: High Jump: 6-6; Triple Jump: 43-07.50.

ACADEMICS: Timmons is majoring in mechanical engineering with a GPA greater than 3.00 and is a member of the Big 12 Commissioner's Honor Roll. He was named to the Academic All-Big 12 second team in 2010. 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
Junior/Sophomore,
VR/VR
Los Angeles, Calif.
(Oakwood)

PERSONAL BESTS

INDOOR

Mile: 4:19.93 (2010)

3,000-Meters: 8:18.07 (2010)

OUTDOOR

1,500-Meters: 3:59.16 (2010)

Steeplechase: 9:12.42 (2010)

5,000-Meters: 14:50.36 (2010)

2010: *Indoor:* Van Halen ran a personal record of 8:18.07 at the Husky Classic (2/13). At the Big 12 meet, he ran in the 3k and the mile. He finished the 3k in 8:30.73 to place 30th overall. Van Halen fared better in the mile as he finished with a PR (4:19.93) to place 16th.

Outdoor: Van Halen had some success in the steeplechase during his first outdoor campaign. He ran the fifth best time for a Buff in 2010 at the Mt. SAC Relays, crossing the finish in 9:12.7 (hand-timed). He improved on that time when he ran 9:12.42 at the Big 12 Championship. Van Halen just missed scoring when he finished 10th. Earlier in the season he PR'd in the 1,500. Van Halen recorded a time of 3:59.16 for third place at the Fum McGraw Open (5/8).

2009: *Indoor:* 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.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Van Halen continued to show improvement on the cross country course as a sophomore, starting with a 17-place finish at the Rocky Mountain Shootout. He placed 22nd at the pre-nats meet and then earned his first All-Big 12 honor by taking 10th at the Big 12 Championship. Van Halen followed that up with his first all-region honor after running to a 14th-place finish at regionals. He finished the season with a 177th-place finish at nationals. (2009) Van Halen earned a spot on the varsity roster as a redshirt freshman. 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. (2008) Did not compete.

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).

HIGH SCHOOL BESTS: 800-meters: 2:00; 1,600-meters: 4:22; 3,200-meters: 9:19.

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.

ALEX VON HAGEN



Combined Events/Jumps
Senior/Junior, VR/1L
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: 21-10 (2010)

Shot Put: 37-02.25 (2010)

High Jump: 6-06.25 (2009)

400-meters: 50.88

100-Meter Hurdles: 16.51 (2010)

Discus: 118-10 (2010)

Pole Vault: 13-09 (2010)

Javelin: 188-06 (2010)

1500-meters: 4:26.83 (2010)

BIG 12 SCORING

2010 (0) Decathlon, 8th (6,143)

HONORS

CU Athlete of the Week (February 10, 2010)

CAREER UPDATE: Von Hagen became the fourth Buff to record more than 5,000 points in the heptathlon and ranks third overall with 5,083 points. Von Hagen became the first Buff to throw the shot put further than 40 feet when he launched a toss of 40-04. In CU combined events history, he also ranks second in the high jump (6-05.50) and the long jump (22-11), is third in the 1,000 (2:38.62) and sixth in the 60 (7.29) and the pole vault (14-03.25). Von Hagen's name is also all over the decathlon record book. He recorded the best throw in the javelin after a toss of 188-06 at the Big 12 meet. Von Hagen's throw also made him the sixth best performer in the event at CU. He is also seventh in the high jump (6-06.25).

2010: *Indoor:* Von Hagen won the heptathlon at the Potts Indoor Invite (1/22-23) with 4,995 points. He became the fourth Buff to ever record more than 5,000 points in the heptathlon at the New Mexico Classic (2/5-6). He earned 5,042 points and placed fifth overall. Von Hagen recorded season-bests at the NMC in the long jump (22-02.25) and the high jump (6-04.75). Von Hagen was just out of scoring position for CU at the Big 12 Championship when he placed ninth. He recorded a PR of 5,083 points. He became the first Buff heptathlete to throw the shot put over 40 feet, recording a toss of 40-04.00. In the final event, the 1,000, he finished in 2:38.62 for the third fastest time in CU combined event history.

Outdoor: Von Hagen had a great outdoor campaign, starting at the Jim Click meet (4/1-2). He finished 13th overall, but recorded PR's in the long jump (21-10) and shot put (37-02.25). Von Hagen competed in the javelin at the Fum McGraw Open (5/8) and notched a huge PR at 182-02 for

second place. One week later, Von Hagen earned his first points for the Buffs at the Big 12 Championship. He recorded 6,143 points for eighth place, despite missing his three attempts at the pole vault. Part of Von Hagen's success was winning the 1,500 in 4:26.83 (his teammates were second and third). He also received big points in the javelin, as he recorded a toss of 188-06. It was the farthest throw ever by a combined event Buff, and the throw also made him the sixth best performer ever in the event at CU.

2009: Indoor: Von Hagen 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.

Outdoor: 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: Indoor: Von Hagen recorded a PR and took first place in his first meet at CU with 4,784 points. 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.

Outdoor: Redshirt. Did not compete.

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 MOMTAA (Most Outstanding Male Track Athlete Award) three times at LHS.

HIGH SCHOOL BESTS: Long Jump: 23-11.75; High Jump: 6-6; Pole Vault: 14-00; Javelin: 158-06; Shot Put: 38-06; Discus: 112-06; 100-Meters: 11.18; 400-Meters: 50.88; 1,500-Meters: 4:46; 110-Meter Hurdles: 15.58.

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
Junior, VR/1L
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: 14:01.74 (2010)

10,000-Meters: 29:31.03 (2010)

BIG 12 SCORING

2010 (O) 5,000-Meter Run, 8th (14:13.10)

2010 (O) 10,000-Meter Run, 8th (29:39.37)

HONORS

Academic All-Big 12 First Team

Two-time All-Big 12 Performer

2010: Indoor: Did not compete.

Outdoor: Wacker came back to the track after missing the indoor season, and the rest did him well as he PR'd in the 10k by almost two minutes (previous personal record was 31:30.83). He ran a time of 29:31.03 to become the 18th fastest performer at CU. Wacker also earned a personal best in the 5k after running a time of 14:01.74 at the Mt. SAC Relays. He ran both events at Big 12s, placing eighth in both to record his first two points for CU. Wacker ran the 5k in 14:13.10 and the 10k in 29:39.37. At the NCAA West Preliminaries Wacker once again did the distance double. He was 14th in the 10k (29:57.20) and 30th in the 5k (14:40.40).

2009: Indoor: 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'd with a time of 8:24.42. He took 25th overall.

Outdoor: Wacker recorded a regional qualifying time in the 5k when he ran 14:06.39 at the Mt. SAC Relays (4/17). He went on a week later to run a season best 3:52.21 in the 1,500 at the Oregon Relays. Wacker ran his first 10k at the Big 12 Championships and just missed scoring as he took ninth (31:30.83). He was 14th in the 5k (15:03.08). At regionals, Wacker finished 19th in the 5k (14:43.19).

2008: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Wacker was the runner-up at the Rocky Mountain Shootout, starting his junior year off on a great note. He was 17th at the NCAA Pre-National Invitation. Wacker was CU's No. 2 runner in all but one meet, the Big 12 Championship, where he led the Buffs with a fifth-place finish and collected all-conference honors. He was ninth at the NCAA Mountain Region Championship, earning all-region honors in the process. Wacker capped off the season by placing 37th at nationals; earning his first All-American honor. (2009) Wacker 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

NCAAs as the 70th finisher and the No. 3 scorer for the Buffs. (2008) Wacker made the varsity team immediately, placing 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. (2007) Did not compete. (2009) Wacker 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 NCAAs 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).

HIGH SCHOOL BESTS: 800-meters: 1:56; 1,600-meters: 4:24; mile: 4:16; 3,000-meters: 8:38; 3,200-meters: 9:19; indoor 5,000-meters: 15:12; outdoor 5,000-meters: 14:59.

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. Wacker was a member of the Academic All-Big 12 first team in 2010.

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/Sophomore,
VR/VR
Pleasanton, Calif.
(Amador Valley)

PERSONAL BESTS

OUTDOOR

1,500-Meters: 4:11.68 (2010)

3,000-Meters: 9:06.23 (2010)

2010: Indoor: Did not compete.

Outdoor: Ward ran in a pair of races. He debuted at the Tom Benich Classic (4/3) where he placed 25th with a time of 4:11.68. Ward also ran in the 3k at the CU Invite (4/1). There he took 21st and finished in 9:06.23.

CROSS COUNTRY: (2010) Ward ran for the Buffs at the Fort Hays State Open, placing 22nd overall.

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.

HIGH SCHOOL BESTS: 1,600-meters: 4:27; 3,200-meters: 9:27.

IN THE CLASSROOM: Ward is an open major at CU. He is a member of the Big 12 Commissioner's Honor Roll.

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

**Sophomore/Freshman,
VR/VR
Highlands Ranch, Colo.
(Mountain Vista)**

PERSONAL BESTS

INDOOR

Mile: 4:30.62 (2010)
3,000-Meters: 8:50.60 (2010)

2010: *Indoor:* Warren raced the mile and 3,000-meter runs his first season at CU. He recorded a time of 4:30.62 in the mile at the Potts Indoor Invite (1/23), which was good for third. His best time in the 3k was 8:50.60, which Warren ran at the Husky Classic (2/13).

Outdoor: Did not compete.

CROSS COUNTRY: (2010) Warren ran in a pair of races for CU. He was 43rd at the Rocky Mountain Shootout and placed 21st at the Fort Hays State Open.

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.

HIGH SCHOOL BESTS: 800-meters: 1:56.06; 1,600-meters: 4:22.02; 3,200-meters: 9:29.

IN THE CLASSROOM: Warren is majoring in molecular, cellular and developmental biology. He owns a greater than 3.00 GPA and is a member of the Big 12 Commissioner's Honor Roll.

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

**Junior, VR/1L
Denver, Colo.
(George Washington)**

PERSONAL BESTS

INDOOR

60-Meters: 6.81 (2010)
200-Meters: 21.43 (2009)

OUTDOOR

100-Meters: 10.55 (2008)
200-Meters: 21.43 (2007)

BIG 12 SCORING

2010 (O) 4x100-Meter Relay, 5th (40.46)

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

2010: *Indoor:* Whitaker ran the fastest 60-meter time for the 2010 indoor season at the first meet of the season. He ran 6.81 at the AFA All-Comers meet and placed third overall. His second fastest time was 6.92 in the prelims at the Big 12 Championship. He was 16th overall. Whitaker's fastest time in the 200 came at the conference meet. He recorded a mark of 22.05 in the prelims to place 13th. Whitaker also ran on the 4x400-meter relay team at the league championship. The relay placed 10th overall but they finished with the 10th fastest time in CU history at 3:15.23.

Outdoor: Whitaker ran the 100 and 200 during the outdoor season. His fastest times came at the Fum McGraw Open (5/8). He took fourth in the 200 (21.54) and was fifth in the 100 (10.66). Whitaker ran the 100 at the Big 12 meet and took 16th in the prelims after running 10.79. He was a member of the 4x100-meter relay that placed fifth at conference (40.46) to earn his first letter. At the NCAA Preliminaries in Austin, the 4x100 relay ran the eighth fastest time in CU history at 39.91. It was the fastest time run by a CU relay since 2008. The relay placed 12th overall and automatically qualified for semifinals at nationals. At NCAAs, the team ran 40.35 but did not advance to the finals. The relay also ran the 14th best time in history at the Fum McGraw Open (40.19). Whitaker earned his first letter when the relay placed fifth with a mark of 40.46.

2009: *Indoor:* 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. *Outdoor:* 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.

HIGH SCHOOL BESTS: 100-meters: 10.55; 200-meters: 21.43.

ACADEMICS: Whitaker is majoring in economics.

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, Lakysya Clark, and five brothers, Clayton Clark, Robert Whitaker IV, Jeremy and Quinton Dodson, and Kourtne Stancil. Jeremy owns the CU records in the indoor and outdoor 200-meter dashes and was a three-time All-American at Colorado. Quinton is currently a junior on the track team.

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.

2010: Did not compete

2009: *Indoor:* 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).

Outdoor: 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 NCAAs Williams recorded a throw of 202-10 in the prelims and was 23rd.

2008: *Outdoor:* 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 and psychology 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.

HEATHER BALBIER



Distance
Freshman, HS
Dana Point, Calif.
(Dana Hills)

PERSONAL BESTS

800 Meters: 2:13 (2009)
 1,600 Meters: 4:54 (2009)
 3,200 Meters: 10:46 (2009)

HIGH SCHOOL: Balbier owns DHHS records in the 800 (2:13), 1,600 (5:54) and on the cross country course (16:54). She also owns the South Coast League 800 record (2:13, which was set in May, 2009). Balbier was all-league and all-county in track and cross country all four years of high school.

HIGH SCHOOL BESTS: 800-meters: 2:13; 1,600-meters: 4:54; 3,200-meters: 10:46.

IN THE CLASSROOM: Balbier is majoring in pre-communications and owns a greater than 3.00 GPA. She is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Balbier was born on July 6, 1991 in Westlake Village, Calif. She is the daughter of Tom and Karen Balbier and has one sister, Karen. She lists surfing and snowboarding as her hobbies.

KAJSA BANK



Throws
Freshman, RS
Louisville, Colo.
(Monarch)

PERSONAL BESTS

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

2010: Redshirt. Did not compete.

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.

HIGH SCHOOL BESTS: Shot Put: 35-02.50; Discus: 100-04.

IN THE CLASSROOM: Bank is majoring in psychology.

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
Junior, 1L/2L
Loveland, Colo.
(Mountain View)

PERSONAL BESTS

INDOOR

Pentathlon: 3,625 (2010)
 60-Meter Hurdles: 9.21 (2010)
 High Jump: 5-05.25 (2010)
 Shot Put: 33-04.50 (2010)
 Long Jump: 17-00.00 (2010)
 800-Meters: 2:13.99 (2010)
 400-Meters: 56.92 (2010)
OUTDOOR
 Heptathlon: 4,707 (2009)
 100-Meter Hurdles: 15.08 (2010)
 High Jump: 5-04.25 (2010)
 Shot Put: 31-04.00 (2009)
 200-Meters: 26.24 (2010)
 Long Jump: 16-10.50 (2009)
 Javelin: 99-10 (2009)
 800-Meters: 2:13.20 (2010)
 400-Meter Hurdles: 1:00.96 (2010)

BIG 12 SCORING

2009 (O) 400-Meter Hurdles, 8th (1:03.79)
 2010 (I) Pentathlon, 7th (3,611)
 2010 (I) Distance Medley Relay, 5th (11:34.32)
 2010 (O) Heptathlon, 7th (4,680)

HONORS

Four-time All-Big 12 honoree
 CU Athlete of the Week

CAREER UPDATE: Beemer has become one of the best 800-meter combined events athletes to wear the black and gold. She owns the top two marks in the 800 (pentathlon), both of which came at the Big 12 Championships. Her time of 2:13.99 came at the 2010 meet and is also the seventh fastest in CU's overall history. The second fastest time is 2:15.39, which she ran at the 2009 meet. During the outdoor season (heptathlon), Beemer took six of the top nine marks. She set the record (2:13.20) in Tucson, Ariz. on April 2, 2010.

2010: *Indoor:* Beemer continues to impress in the com-

binated events area, as well as single events. She recorded her best overall pentathlon performance with 3,635 points at the New Mexico Classic (2/5). The total made her the fifth-best performer in the event. Beemer recorded four personal records at the meet. She ran the 60-meter hurdles in 9.21, reached a height of 5-05.25 in the high jump, threw the shot put 33-04.50 and jumped 17-00 in the long jump. Beemer had also been working on her short distances and ran the fastest 400-meter time (56.92) for CU in eight years after placing fourth in the finals of the event at the Air Force Invite (2/13). Two weeks later at the Big 12 Championship, Beemer earned two All-Big 12 honors. Her first came after she placed seventh overall in the pentathlon (3,611). Beemer had a strong performance in the final event, the 800-meter run, as she set the CU pentathlon 800 record with a time of 2:13.99. The mark is the seventh fastest ever in CU overall history and made her the sixth fastest performer in the event. The second honor came after she helped the distance medley relay team to a fifth-place finish with the second-fastest time in school history at 11:34.32.

Outdoor: Beemer continued to impress in the combined events, recording the top three scores by a Buff in 2010. She placed third overall with 4,540 points at the Glenn Morris Combined Events meet (4/22-23) and recorded a PR of 26.24 in the 200. Beemer earned another All-Big 12 honor as she placed seventh overall in the heptathlon at the conference meet with a season-high total of 4,680 points, the best by a Buff in 2010. She recorded a PR in the high jump (5-4.25) and notched a season-best throw of 30-03.75 in the shot put. Beemer also won the 800-meter run part of the heptathlon with a time of 2:13.20, a PR and the best time ever run by a CU heptathlete. After the conference meet, Beemer advanced to the NCAA West Preliminaries in the 400-hurdles due to her time of 1:00.96, a personal record she clocked at the Fum McGraw Open (5/8). In the prelims, Beemer finished the race in 1:01.60 to finish 37th overall.

2009: *Indoor:* 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.

Outdoor: 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 a 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, was named the MVHS Female Athlete of the Year, the Reporter-Herald Female Athlete of the Year and was also one of six finalists for the Steinmark Award.

HIGH SCHOOL BESTS: High Jump: 5-03; Pentathlon: 2,992; Heptathlon: 4,252.

ACADEMICS: Beemer is majoring in finance and owns a GPA better than a 3.00. She is a member of the Big 12 Commissioner's Honor Roll and was named to the Academic All-Big 12 Second Team in 2010.

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
Sophomore, VR
Estes Park, Colo.
(Estes Park)

PERSONAL BESTS

OUTDOOR

800-Meters: 2:26.26 (2010)
1,500-Meters: 5:05.36 (2010)

2010: *Indoor:* Did not compete.

Outdoor: Bouchet competed in the 800 and 1,500-meter runs. She ran a season-best 2:26.26 at the Front Range Classic (5/1) in the 800 for eighth place. Her best time in the 1,500 was 5:05.36 which she ran at the Fum McGraw meet (5/18).

CROSS COUNTRY: (2010) Bouchet ran at the Fort Hays State Open and placed 12th overall.

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.

HIGH SCHOOL BESTS: 5,000-Meters: 19:47.

ACADEMICS: Bouchet intends to major in molecular, cellular and developmental biology. She owns a GPA greater than 3.00. Bouchet 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
Senior/Junior, VR/VR
Colorado Springs,
Colo.
(Coronado)

PERSONAL BESTS

INDOOR

Mile: 5:05.96 (2008)
3,000-Meters: 10:48.28 (2010)

OUTDOOR

800-Meters: 2:28.95 (2009)
1,500-Meters: 4:52.31 (2010)
3,000-Meters: 10:42.62 (2010)

2010: *Indoor:* Burrell ran in three indoor races, competing in the mile and 3,000-meter run. She clocked a third place finish in the mile at the Air Force Invite (2/13) with a time of 5:19.22. Burrell raced the 3k once at the Don Barrett Duals. She placed sixth with a mark of 10:48.28.

Outdoor: Burrell ran a pair of personal bests in the 1,500 and 3,000-meter runs. She ran the 3k in 10:42.62 at the CU Invite (4/10). Burrell took third in the 1,500 at the Jack Christiansen Invite (4/24). She finished in 4:52.31.

2009: *Indoor:* Did not compete.

Outdoor: Burrell ran 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 raced a season-best at the Front Range Classic (5/2) with a time of 4:55.02 and took seventh.

2008: *Indoor:* 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).

Outdoor: Did not compete.

CROSS COUNTRY: (2010) Burrell raced twice for CU. She took 22nd at the Rocky Mountain Shootout and was 50th in the open section at the NCAA Pre-National Invitational. (2009) 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.

HIGH SCHOOL BESTS: 800-Meters: 2:20; 1,600-Meter: 5:07; 3,200-Meters: 11:22.

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 3.36. She was named to the Academic All-Big 12 First Team in 2010. Burrell 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.

LAURISA CANINI



Jumps
Sophomore, VR
Colorado Springs,
Colo.
(Lewis Palmer)

PERSONAL BESTS

INDOOR

High Jump: 5-5 (2010)

OUTDOOR

High Jump: 5-6 (2010)

2010: *Indoor:* Canini competed at five meets during the indoor campaign, recording two first-place finishes. She tied for first at the Potts Invite (1/23) with a jump of 5-02.25. Canini's other win was her last of the season, reaching a height and season-best of 5-05 at the Colorado School of Mines Twilight Meet (2/19).

Outdoor: Canini added the long jump to her repertoire during the outdoor season. She earned her season-best in the high jump at the CSU-Pueblo Invite (4/17); placing second with a jump of 5-06. At the Big 12 Championship, she tied for 11th after jumping 5-05. Canini earned her best mark of the season in the long jump with a leap of 16-03.75 at the Jack Christiansen Invite. She was seventh overall.

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. 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: Laurisa 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



**Middle Distance/
Steeplechase**
Junior, 1L/2L
Crested Butte, Colo.
(Crested Butte)

PERSONAL BESTS

INDOOR

800-Meters: 2:19.98 (2009)
1,000-Meters: 2:52.43 (2009)
Miles: 4:42.56 (2010)

3,000-Meters: 9:48.89 (2009)

OUTDOOR

800-Meters: 2:09.81 (2010)
1,500-Meters: 4:21.37 (2010)
Steeplechase: 9:51.86 (2010)

BIG 12 SCORING

2009 (O) Steeplechase, 4th (10:33.49)
2010 (I) Mile, 6th (4:43.87)
2010 (I) Distance Medley Relay, 5th (11:34.32)
2010 (O) 800-Meter Run, 6th (2:12.44)
2010 (O) Steeplechase, 1st (9:56.53, meet record)

NCAA CHAMPIONSHIP SCORING

2010 (O) Steeplechase, 2nd (9:51.86)

HONORS

Five-time All-Big 12 honoree
2010 Big 12 Steeplechase Champion
2010 All-American (Steeplechase, 2nd)
CU Co-Female Athlete of the Year (2010)
USA Junior Steeplechase record holder
(10:06.21, 2009)
CU Athlete of the Week (March 9, April 22 and
May 3, 2010)
Big 12 Athlete of the Week (April 20)

CAREER UPDATE: Coburn is already leaving her mark on the CU record book. She currently is the seventh best performer at CU in the indoor 1,000-meter run (2:52.43) and the mile (4:42.56). She was a member of the fourth best distance medley relay team (11:34.32). On the outdoor track, she is the fourth fastest in the 800 (2:09.81), seventh in the 1,500 (4:21.37) and second in the steeplechase (9:51.86). Coburn became just the second Buff to run a sub-10 minute steeplechase when she debuted during the 2010 season at the Mt. SAC Relays. There Coburn ran 9:56.29. She finished the season with a time of 9:51.86 and a second-place finish at NCAAs.

2010: Indoor: Coburn concentrated on the mile during her sophomore indoor campaign, dropping her personal best by more than 10 seconds from 4:53.27 to 4:42.56. She ran the 10th and 15th fastest times ever at CU, including her PR of 4:42.56 at the UW Final Qualifier (3/2). Coburn ran a time of 4:43.87 in the finals of the mile at the Big 12 meet and recorded a sixth-place finish. She also helped the Buffs to a fifth-place finish in the distance medley relay. The team (Katie Cumming, Elizabeth Tremblay, Brianne Beemer and Coburn) ran a time of 11:34.32, the fourth fastest ever at CU.

Outdoor: Coburn continued to lead the Buffs during the outdoor season. She started the season by running the 800 at the CU Invite (4/10). Coburn finished first and in the process became the seventh fastest CU female in the event. She followed up that performance when she debuted in the steeplechase at the prestigious Mt. SAC Relays (4/16). Coburn clocked the then-fastest time in the world at 9:56.29 to win the race and become just the sec-

ond Buffalo to finish the race in less than 10 minutes. Her next race was a 1500, where she knocked off six seconds from her pr (4:27.69) when she ran 4:21.37 to finish fifth in the second section to become the seventh fastest performer in the event at Colorado. Coburn was the high points scorer for the Buff once again at the Big 12 Championship when she recorded 13 points. She qualified for the finals in the 800 after running the 12th best time in CU history (2:09.81). Coburn came back in the finals to run 2:12.44 and secure a sixth-place finish. It also made her the fourth fastest performer ever in the event. Just prior to scoring for the Buffs in the 800, Coburn won her first Big 12 title, setting a conference record of 9:56.53. She focused on the steeplechase for nationals and easily made it through the NCAA West Prelims in the event after running the second fastest time (10:08.35). The semis were also a breeze for the sophomore as she finished second overall (9:59.69). Coburn had a strong finish to her season when she placed second in the finals. Penn State's Bridget Franek won the race in 9:38.86, but Coburn crossed the finish in 9:51.86, the 18th fastest time at CU. She had the second fastest time in all of the NCAA Division I for the season and improved on her 2009 season best by 14.35 seconds.

2009: Indoor: 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.

Outdoor: Coburn concentrated on the 3,000-meter steeplechase but did run the 800 and 1,500 as well. She 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 then-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: (2010) Coburn stepped into a leadership role her junior year. She started the season by taking second place at the Rocky Mountain Shootout, finishing just one second behind teammate Laura Tremblay. Two weeks later she placed 14th overall at pre-nats. Coburn added to her list of accomplishments after earning all-conference and all-region honors. She placed fifth at the Big 12 Championship and was 11th at the regional meet. Coburn ended the year by taking 53rd overall at nationals. (2009) 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 scorer 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. (2008) Coburn made an immediate impact for the Buffs as a freshman, earning 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.

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.

HIGH SCHOOL BESTS: 1,600-Meters: 5:09; 2,000-Meter Steeplechase: 6:42.

ACADEMICS: Coburn is majoring in marketing at Colorado and is a member of the Big 12 Commissioner's Honor Roll. She owns a greater than 3.00 GPA and was named to the Academic All-Big 12 Second Team in 2010.

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
Junior, 1L/VR
Hudson, Wis.
(Hudson)

PERSONAL BESTS

INDOOR

800-Meters: 2:24.96 (2009)
1,000-Meters: 3:02.03 (2009)
3,000-Meters: 9:37.60 (2010)

OUTDOOR

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

BIG 12 SCORING

2010 (I) Distance Medley Relay, 5th (11:34.32)

2010: Indoor: Cumming ran in three 3,000-meter races during the indoor season, recording a personal-best 9:37.60 at the Husky Classic (2/13). She competed in the 3k at the Big 12 Championship (9:53.98), placing 24th overall. Cumming was also a part of the distance medley relay that placed fifth at the conference meet. She ran the first leg of the race and was followed by Elizabeth Tremblay, Brianne Beemer and Emma Coburn; the team finished in 11:34.32 which was the fourth best time in school history.

Outdoor: Did not compete.

2009: Indoor: 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.

Outdoor: 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: (2010) Cumming missed the Rocky Mountain Shootout, but made it back to the line-up for the NCAA Pre-National Invitational where she placed 69th. Cumming then raced to a 37th-place finish at the conference championship. She was 27th at the NCAA Mountain Region Championship and ended her season by running a

215th-place finish. (2009) Cumming started the season off well after racing 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. (2008) Cumming earned a spot on the varsity roster immediately as a freshman. 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.

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.

HIGH SCHOOL BESTS: 800-Meters: 2:16; 1,600-Meters: 4:58; 3,200-Meters: 10:53.3.

ACADEMICS: Cumming is majoring in philosophy and owns a 3.44 GPA. She is a member of the Big 12 Commissioner's Honor Roll. Cumming was named to the Academic All-Big 12 First Team in 2010. She 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
Sophomore, VR
Red Oak, Texas
(Skyline)

PERSONAL BESTS

INDOOR

60-Meters: 8.10 (2010)
200-Meters: 27.08 (2010)
400-Meters: 60.72 (2010)

OUTDOOR

200-Meters: 27.00 (2010)

2010: *Indoor:* Davis competed in the 60, 200 and 400-meter dashes. She was second in the 60 (8.10) and fourth in the 200 (27.08) at the Potts Invite (1/23). She also recorded a season-best in the 400 at the ISU Classic with a time of 60.72.

Outdoor: Davis ran in a pair of 200-meter races in the outdoor campaign. Her best time of the season was 27.00 at the CU Invite (4/11).

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 is majoring in psychology. 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
Junior, VR
Salida, Colo.
(Salida)

PERSONAL BESTS

INDOOR

Pentathlon: 3,347 (2010)
60-Meter Hurdles: 9.34 (2010)
High Jump: 5-3 (2010)
Shot Put: 31-01.75 (2010)
Long Jump: 17-08.25 (2009)
800-Meters: 2:19.6H (2010)
Triple Jump: 38-02.75 (2009)

OUTDOOR

Heptathlon: 4,515 (2010)
100-Meter Hurdles: 15.31 (2010)
High Jump: 5-01.75 (2009)
Shot Put: 30-07.75 (2009)
200-Meters: 26.17 (2010)
Long Jump: 17-01.50 (2010)
Javelin: 104-02 (2010)
800-Meters: 2:20.14 (2010)
Triple Jump: 38-5

2010: *Indoor:* Dreher recorded the fifth best pentathlon score for a Buff in 2010 after recording 3,347 at the Potts Indoor Invite (1/22). She was 12th overall at the Big 12 Championship with 3,264 points. Her best event was the 800-meter run and she finished second overall with a time of 2:19.6h. Dreher was the best horizontal jumper on the team, leading CU in the long and triple jumps. She recorded a fourth-place finish in the long jump at the Air Force All-Corners Meet (1/15), leaping 17-03.50. Most impressively, Dreher became the fourth best performer in the triple jump after recording a jump of 37-11.50 at the Air Force Invite (2/13). It was the 20th best jump in CU history.

Outdoor: Dreher continued to improve during the outdoor campaign. She completed the fourth best heptathlon by a Buff in 2010 at the Jim Glick Combined Events meet (4/2) with 4,515 points and placed ninth overall. Dreher recorded four personal records in the meet. She jumped 5-01.75 in the high jump, 17-01.50 in the long jump, threw the javelin 104-02 and ran 2:20.14 in the 800-meter run. Dreher became the ninth-best performer in CU history in the triple jump after recording a PR of 37-02.25, the best jump for a CU athlete in 2010. Dreher competed at the Big

12 meet and placed 11th in the heptathlon (4,445 points) and earned a PR of 28-08.25 in the shot put. She was also 15th in the triple jump (35-05.75).

2009: *Indoor:* Dreher's freshman campaign saw her competing in the pentathlon during the indoor season. 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.

Outdoor: The outdoor season saw Dreher record a then-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.

HIGH SCHOOL BESTS: Triple Jump: 38-05.

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. Dreher was named to the Academic All-Big 12 Second Team in 2010.

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.

STACI FOSTER



Distance
Sophomore/Freshman,
VR/RS
Anaheim Hills, Calif.
(Orange Lutheran)

PERSONAL BESTS

INDOOR

Mile: 5:19.31 (2010)

OUTDOOR

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

2010: *Indoor:* Foster ran a pair of mile runs at the Air Force Academy in her first season. She clocked a season-best time of 5:19.31 to place third at the Don Barrett Duals

(1/30). Foster finished sixth at the Air Force Invite (2/13) with a time of 5:38.15.

Outdoor: Did not compete.

CROSS COUNTRY: (2010) Foster ran in a pair of races for the Buffs. She recorded a 28th-place finish at the Rocky Mountain Shootout and then placed 85th overall at the NCAA Pre-National Invitational.

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.

HIGH SCHOOL BESTS: 800-Meters: 2:17; 1,600-Meters: 4:49; 3,200-Meters: 10:37.

IN THE CLASSROOM: Foster is majoring in psychology.

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
Junior, VR
Union, Ky.
(Larry A. Ryle)

PERSONAL BESTS

INDOOR

Pentathlon: 3,468 (2010)
60-Meter Hurdles: 9.36 (2010)
High Jump: 5-07 (2009)
Shot Put: 33-01 (2010)
Long Jump: 17-07.25 (2010)
800-Meters: 2:31.0h (2010)
60-Meters: 8.73 (2010)
400-Meters: 1:04.29 (2009)
OUTDOOR
Heptathlon: 4,510 (2010)
100-Meter Hurdles: 15.7 (2010)
High Jump: 5-06.50 (2009)
Shot Put: 34-04.75 (2010)
200-Meters: 27.47 (2009)
Long Jump: 17-07.75 (2009)
Javelin: 105-08 (2010)
800-Meters: 2:32.69 (2009)

2010: *Indoor:* Frank competed in three pentathlons during the indoor season. She recorded a personal record 3,468

points at the New Mexico Classic (2/5), the third best total in 2010 for a Buff. She had four PRs at the meet in the 60-hurdles (9.36), high jump (5-7), shot put (33-01) and long jump (16-10). Frank's PR in the high jump was 10th best jump in combined events history and tied her for eighth on the CU all-time performers list. Frank participated in the high jump and pentathlon for the Buffs at the conference championship. She was 10th in the pentathlon (3,344) and tied for 14th in the high jump (5-03.25).

Outdoor: Frank participated in two heptathlons as a sophomore and recorded a personal best 4,510 points at the Big 12 Championship, placing 10th overall. She tallied personal bests in the 100-hurdles (15.68), high jump (5-06.50), shot put (34-04.75), 200 (27.62) and 800 (2:32.80). Once again Frank's mark in the high jump moved her into the CU record book. She tied for the 10th best jump in combined events history and the height made her the ninth best performer in Buffs' history.

2009: *Indoor:* 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.

Outdoor: Frank competed in three heptathlons during the second half of her season. 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.

HIGH SCHOOL BESTS: Long Jump: 17-02.25; Triple Jump: 36-11.25; High Jump: 5-4.5; 100-Meter Hurdles: 15.75; 300-Meter Hurdles: 48.84.

ACADEMICS: Frank is a mechanical engineering major and has earned a 3.675 GPA as well as a spot on the Big 12 Commissioner's Honor Roll. She was named to the Academic All-Big 12 First Team in 2010. Frank 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.

DIANA GEORGE



Distance
Freshman, RS
Livermore, Calif.
(Livermore)

PERSONAL BESTS

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

2010: Redshirt. Did not compete.

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.

HIGH SCHOOL BESTS: 800-Meters: 2:15.09; 1,600-Meters: 4:52; 3,200-Meters: 10:35.

CROSS COUNTRY: (2010) George ran in three varsity meets for the Buffs. She started the year by taking 62nd at the Rocky Mountain Shootout. George was the 10th competitor to cross the finish in the open section of the NCAA Pre-National Invitational. Her final race of the season was the Big 12 Championship where she placed 55th overall. (2009) Did not compete.

IN THE CLASSROOM: George is majoring in mechanical engineering and is also interested in biomechanical engineering. George owns an impressive 3.910 GPA and is a member of 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.

JENNIFER GRUVER



Sprints
Sophomore, VR
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS

INDOOR

60-Meters: 8.35 (2010)
 200-Meters: 26.89 (2010)

OUTDOOR

100-Meters: 12.97 (2010)
 200-Meters: 26.27 (2010)
 400-Meters: 1:10.55 (2010)

2010: *Indoor:* Gruver competed in the 60 and 200-meter dashes during her first indoor campaign. She ran her best time of the season in the 60 at the AFA All-Comers meet (1/15) when she clocked a time of 8.35. Gruver PR'd in the 200 at the Air Force Invite when she finished in 26.89.

Outdoor: Gruver ran the 100, 200 and 400-meter dashes during the outdoor season. She clocked personal bests in the 100 and 200 at the CU Invite (4/11). Gruver ran 12.97 in the 100 to place ninth and recorded a mark of 26.27 in the 200 for 11th overall.

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 is majoring 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
Senior, VR/1L
Colorado Springs, Colo.
(The Classical Academy)

PERSONAL BESTS

INDOOR

800-Meters: 2:17 (2008)
 Mile: 5:01.50 (2009)
 3,000-Meters: 9:56.21 (2010)

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 (0) Steeplechase, 6th (10:52.16)

2010: *Indoor:* Hanenburg ran three 3,000-meter runs during the indoor season. She took third overall at the Don Barrett Duals (1/30) with a time of 10:37.24, her first race of the season. Hanenburg PR'd two weeks later at the

Husky Classic (2/13), running a time of 9:56.21. She raced at the Big 12 Championship (3k) and finished in 10:03.24.

Outdoor: The steeplechase remained Hanenburg's main event outside as she raced it twice. She was second at the Fum McGraw meet (5/8), running it in 11:08.70. Hanenburg just missed scoring at the Big 12 Championship as she was 10th overall with her season's best time of 10:57.37.

2009: *Indoor:* 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).

Outdoor: 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: *Indoor:* 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).

Outdoor: 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 conference 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 BESTS: 800-Meters: 2:14.77; 1,600-Meters: 5:08.03.

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 3.903 cumulative GPA. Hanenburg is a member of the Dean's List and the Big 12 Commissioner's Honor Roll and has also been named to the Academic All-Big 12 First team three times (2008, 2009, 2010). 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.

LARA HEIGIS



Distance
Senior, TR
Sparta, N.J.
(Pope John XXIII Regional)

PERSONAL BESTS

800 Meters: 2:13 (2007)
 1,600 Meters: 5:01 (2007)
 3,200 Meters: 10:40 (2007)

BROWN UNIVERSITY: Heigis was a member of the 2008 All-Ivy Conference Cross Country second team. She competed one season for BU.

HIGH SCHOOL: Heigis was the 3,200-meter Parochial A State Champion. She earned four letters as a member of the track & field team and four as a member of the cross country team. Heigis was a five-time All-American at Nike Indoor and Outdoor Nationals in the distance medley relay (one), 4x800-meter relay (there) and 4x1,600-meter relay (one).

HIGH SCHOOL BESTS: 800 Meters: 2:13; 1,600 Meters: 5:01; 3,200 Meters: 10:40.

IN THE CLASSROOM: Heigis is majoring in Spanish, literature and secondary education.

PERSONAL: Lara Fae Heigis was born on Oct. 5, 1988 in Denville, N.J. She is the daughter of James and Lee Heigis of Walpack, N.J. and has one younger sister, Jenny. Heigis enjoys painting, yoga and snowboarding.

LINDSEY HUBBARD



Sprints
Freshman, HS
Gilcrest, Colo.
(Valley)

PERSONAL BESTS

100 Meters: 12.53 (2008)
 300 Meter Hurdles: 44.51 (2009)

HIGH SCHOOL: Heigis was the 3,200-meter Parochial A

State Champion. She earned four letters as a member of the track & field team and four as a member of the cross country team. Heigis was a five-time All-American at Nike Indoor and Outdoor Nationals in the distance medley relay (one), 4x800-meter relay (three) and 4x1,600-meter relay (one).

HIGH SCHOOL BESTS: 800 Meters: 2:13; 1,600 Meters: 5:01; 3,200 Meters: 10:40.

IN THE CLASSROOM: Heigis is majoring in Spanish, literature and secondary education.

PERSONAL: Lindsey Ann Hubbard was born on February 23, 1992 in Greeley, Colo. She is the daughter of Mike and Lee Hubbard. Hubbard enjoys playing the piano, reading and traveling.

EMILY HUNSUCKER



Throws
Sophomore, VR
Arvada, Colo.
(Pomona)

PERSONAL BESTS

INDOOR

Shot Put: 41-05 (2010)

Weight Throw: 44-03.25 (2010)

OUTDOOR

Shot Put: 41-05.25 (2010)

Discus: 124-00 (2010)

Hammer Throw: 154-11 (2010)

2010: *Indoor:* Hunsucker has a successful start to her CU career, throwing both the shot put and weight in the winter. She recorded a personal record of 44-03.25 in the weight throw at the Air Force Invite (2/12). It was her best throw by 2.5 feet as her next best one was 41-07.75. Hunsucker competed in the shot put at six different meets. She had the sixth best throw of the season for a Buff with a toss of 41-05. Hunsucker recorded that mark twice, first at the Potts Invite (1/23) and then at the New Mexico Classic (2/6). Her throw at the Potts Invite was her first collegiate win.

Outdoor: Hunsucker competed in the shot put, discus and hammer throws outside. She had two of the top eight throws for CU in the hammer throw. Her PR of 154-11 came at the Big 12 Championship. That throw was the fourth best by a Buff in 2010. Prior to that toss, her previous best had been 151-01, which came at the CSU-Pueblo Invite (4/17). That mark was the sixth best for CU. Hunsucker launched the eighth best throw by a Buff in the discus with her toss of 124-00 at the CU Invite (4/10). She placed 13th overall.

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.

HIGH SCHOOL BESTS: Shot put: 42-08; Discus: 135-10.

IN THE CLASSROOM: Hunsucker is majoring in business management. She owns a GPA greater than 3.0 and is a member of 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 Husucker 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.

KELLY KING



Distance
Sophomore, VR
Longmont, Colo.
(Silver Creek)

PERSONAL BESTS

INDOOR

800-Meters: 2:32.09 (2010)

Mile: 5:39.30 (2010)

OUTDOOR

800-Meters: 2:17

1,600-Meters: 5:07

2010: *Indoor:* King ran in a pair of races during the indoor season. She debuted at the Potts Invite (1/23), running the mile in 5:39.30 for sixth place. One week later, King was 12th in the 800-meter run at the Don Barrett Duals (1/30). She clocked a time of 2:32.09.

Outdoor: King participated in three meets for CU during the outdoor campaign. She ran a pair of 1,500-meter runs, clocking a season-best time of 5:09.29 at the Jack Christiansen Invite (4/24). King ran a time of 2:28.03 in the 800 at the CU Invite (4/10).

CROSS COUNTRY: (2010) King ran in a pair of races for the Buffs. She finished 35th overall at the Rocky Mountain Shootout and placed 94th in the open section of the NCAA Pre-National Invitational. (2009) 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.

HIGH SCHOOL BESTS: 800-Meters: 2:17; 1,600-Meters: 5:07.

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. King currently has a GPA of 3.76. 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.

SHALAYA KIPP



Distance
Sophomore, VR/1L
Salt Lake City, Utah
(Skyline)

PERSONAL BESTS

INDOOR

Mile: 5:13.93 (2010)

3,000-Meters: 9:45.27 (2010)

5,000-Meters: 17:03.27 (2010)

OUTDOOR

1,500-Meters: 4:29.69 (2010)

5,000-Meters: 16:29.38 (2010)

Steeplechase: 9:59.37 (2010)

BIG 12 SCORING

2010 (0) Steeplechase, 4th (10:10.48)

NCAA CHAMPIONSHIP SCORING

2010 (0) Steeplechase, 5th (9:59.37)

HONORS

2010 Steeplechase All-American

2010: *Indoor:* Kipp ran in four meets during her first season with CU. She started off by running the mile at the Potts Indoor Invite (1/23). Kipp won the race in 5:13.93. She followed that up by running a 3k at the Don Barrett Duals (1/30). Kipp also won that event with an elevated time of 10:29.15. Kipp ran one 5k (17:03.27) during the season which came at the Husky Classic (2/12). She ended the season by recording a season-best time in the 3k at the Big 12 Championship. There she placed 16th with time of 9:45.27.

Outdoor: Kipp started the season by running the 1,500 and 5,000-meter runs before turning her focus to the 3,000-meter steeplechase. She ran a personal record of 16:29.38 in the 5k to win the university/open section at the Mt. SAC Relays (4/16). Kipp recorded a season-best time of 4:29.69 in the 1,500 at the Payton Jordan Cardinal Invite (5/1) after running a time of 4:41.98 at the CU Invite (4/10). At this time, Kipp started to focus on the steeplechase, winning her debut at the Fum McGraw Open (5/8) with a time of 10:53.14. The time placed her ninth on the CU performers list, but that was a place Kipp would not stay. She improved her time in the event to 10:10.48 the following week at the Big 12 Championship. Kipp took fourth overall to earn her first All-Big 12 honor and moved up to fourth on the all-time performers list. She advanced to the NCAA West Preliminaries in the steeplechase and placed third overall with a time of 10:10.04. Kipp then advanced to the semifinals at the NCAA Championship and clocked a time of 9:59.93, good for second to earn herself a place in the finals. She became just the third Buff to ever finish the event in less than 10 minutes. Kipp capped off her season in the finals of the NCAA Championship by placing fifth overall to earn her first All-American honor. In doing so, she ran the 25th-best time for a Buff as she finished the race in 9:59.37.

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.

HIGH SCHOOL BESTS: 1,600-Meters: 5:02; 3,200-Meters: 10:50, 5,000-Meters: 17:50.

CROSS COUNTRY: (2010) Kipp earned a spot on the varsity roster from the very first team race of the season, finishing as CU's No. 3 racer and third overall at the Rocky Mountain Shootout. She followed that performance up with a 12th-place finish at pre-nationals, this time as CU's No. 2 runner. Kipp recorded her first All-Big 12 honor when she placed eighth overall at the conference meet. She went on to earn all-region recognition by placing 10th at regionals. Kipp capped off the season by placing 40th overall at nationals, earning All-American status in her first season. (2009) Redshirt. Did not compete.

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.

ADRIENNE LETTOW



Throws
Freshman, HS
Arvada, Colo.
(Faith Christian)

PERSONAL BESTS

Discus: 118-10
Shot put(I): 39-07.50
Shot put(O): 39-04.50

HIGH SCHOOL: Lettow owns FCHS records in the indoor shot put (39-07.50), outdoor shot put (39-04.50) and discus (118-10). She won the state meet as a junior in the shot put with her final throw of 39-04.50. Lettow was an all-conference selection and girl's track MVP all four years. She was also named the FCHS Senior of the Year (2010).

HIGH SCHOOL BESTS: Discus: 118-10; Shot put(I): 39-07.50; Shot put(O): 39-04.50.

IN THE CLASSROOM: Lettow is a pre-communications major. She was a member of the honor roll in high school.

PERSONAL: Adrienne Elizabeth Lettow was born on November 7, 1991 in El Cajon, Calif. She is the daughter of Kris, who threw at UCLA and participated in the U.S. Olympic Trials in the discus, and Chrissie Lettow of Arvada. Her older brother, Ian, is a senior throw at Colorado State. Lettow enjoys shopping, photography and listening to music.

KELLIE LIND



Throws
Freshman, HS
Fox Island, Wash.
(Gig Harbor)

PERSONAL BESTS

Hammer: 136-11

HIGH SCHOOL: Lind earned four letters as a member of the Tides' track and field team. She placed 10th at the state championship in 2010 in the discus. That same year she was seventh in the hammer at the state competition.

HIGH SCHOOL BESTS: Hammer: 136-11.

IN THE CLASSROOM: Lind is an engineering major.

PERSONAL: Kellie Anne Lind was born on June 6, 1992 in Tacoma, Wash. She is the daughter of Chris Lind of Gig Harbor and Wendy Lind of Fox Island. Lind is the youngest of five children. She has two sisters, Katie and Amy, and two brothers, Michael and Kevin. Katie played soccer at Concordia University (Portland, Ore.). She enjoys skiing, hiking, rock climbing and camping.

CAMILLE LOGAN



Distance
Sophomore, VR
Littleton, Colo.
(Littleton)

PERSONAL BESTS

INDOOR
Mile: 5:21.07 (2010)
3,000-Meters: 10:19.77 (2010)
OUTDOOR
1,500-Meters: 4:50.65 (2010)
3,000-Meters: 10:33.85 (2010)
5,000-Meters: 17:21.38 (2010)
10,000-Meters: 36:24.92 (2010)

2010: *Indoor:* Logan ran the mile and 3,000-meter runs during her first season with the Buffs. She debuted in the mile, running a time of 5:21.07 at the Potts Invite (1/23). Logan ran a pair of 3k's after that. Her best time was 10:19.77, which she did at the Husky Classic (2/13).

Outdoor: Logan ran in several different events during the outdoor campaign, including the 1,500, 3,000, 5,000 and 10,000-meter runs. She ran her first race of the season at the CU Invite (4/11), clocking a PR of 10:33.85 for fifth place. Logan ran a personal best 17:21.38 at the Mt. SAC Relays just six days later, finishing fifth in her division. At the Big 12 Championships, Logan competed in the 5 and 10k runs. She started out with a 13th-place finish in the 10k, running a time of 36:24.92. Two days later she was 24th in the 5k, finishing just under her PR with a time of 17:25.12.

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.

HIGH SCHOOL BESTS: 1,600-Meters: 5:03; 3,200-Meters: 11:03.

CROSS COUNTRY: (2010) Logan made her way onto the varsity roster as a redshirt freshman. She placed 13th at the Rocky Mountain Shootout and was 97th at the NCAA Pre-National Invitational. Logan finished her only Big 12 Championship with a 25th-place finish and followed that up with a 43rd-place finish at regionals. She finished the season by placing 227th at nationals. (2009) Redshirt. Did not compete.

IN THE CLASSROOM: Logan is majoring in integrative physiology. She was a member of the honor roll and was named to the highest honor roll in high school. Logan owns a GPA greater than 3.00.

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
Sophomore, VR
Castle Rock, Colo.
(Douglas County)

PERSONAL BESTS

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

2010: Did not compete.

CROSS COUNTRY: (2010) Look ran in two meets for CU. She placed 36th overall at the Rocky Mountain Shootout and was 13th at the Fort Hays State Open.

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: Look is majoring in applied mathematics. She has recorded a 4.0 in her three semesters 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.

GENNY MAYDEN



Combined Events
Freshman, HS
Nashville, Tenn.
(Ensworth)

PERSONAL BESTS

Pentathlon: 2,942
 800 Meters: 2:42.91
 110 Meter Hurdles: 15.72
 High Jump: 5-2
 Long Jump: 16-10
 Shot Put: 33-7

HIGH SCHOOL: As a member of the track and field team at Ensworth High School, Mayden earned four letters. During her junior year, she took first place in the triple jump at the Nashville City Meet. She holds school records for the pentathlon (2942) and triple jump (35-7). She earned two letters for basketball and was a member of the team when the Tigers won the state title in 2008. Mayden was also recruited by Miami, South Carolina and Tulane.

IN THE CLASSROOM: Mayden is a studio art major with interest in photography and art history. She would like to be a photographer after college.

PERSONAL: Genny Emanuelle Mayden was born on January 27, 1992 in New York and is the daughter of Ted and Barbara Mayden. She has two sisters, Samantha and Talia. Samantha is the member of the cross country and track and field team at Muhlenberg College. She lists her hobbies as drawing, crossword puzzles, board games, hiking, traveling and music. Mayden also volunteers frequently at Nashville Animal Shelter.

ALLIE McLAUGHLIN



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

PERSONAL BESTS

INDOOR
 3,000-Meters: 9:23.31 (2010)

2010: *Indoor:* McLaughlin recorded an NCAA provisional time in the 3,000-meter run at the UW Invitational (1/30), her only race of the season. McLaughlin made her collegiate track debut in quick fashion as she clocked a time of 9:23.31. She placed third overall and was the top collegiate finisher in the race. Amy Hastings won the 3k with a time of 8:58.45 and Jen Rhines was second (8:58.47); both were running unattached. McLaughlin's time was the 18th

fastest ever recorded by a Buff and is the second fastest freshman debut. Sara (Gorton) Slattery recorded the fastest mark of 2:11.59 on Feb. 3, 2001 in Lincoln, Neb.

Outdoor: Did not compete.

CROSS COUNTRY: McLaughlin had quite possibly the best freshman season in CU history during the 2009 season. 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 raced 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). McLaughlin did not compete in 2010.

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.

HIGH SCHOOL BESTS: 1,600-Meters: 5:13; 3,200-Meters: 10:49.

IN THE CLASSROOM: McLaughlin is majoring in pre-communications. 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
Junior, VR
Elizabeth, Colo.
(Elizabeth)

PERSONAL BESTS

Javelin: 82-07 (2010)

2010: *Indoor:* Did not compete.

Outdoor: McLaughlin competed in four meets for the Buffs. She recorded a personal best of 82-07 in the javelin at the CU Invite (4/10), placing 17th overall.

2009: *Indoor and Outdoor:* 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 Mark McLaughlin and Shelly Blazier. McLaughlin lists hiking, soccer and rock climbing as her hobbies.

JHENYA NAHREINI



Distance
Sophomore, VR
Broomfield, Colo.
(Peak to Peak Charter)

PERSONAL BESTS

INDOOR
 Mile: 5:16.31 (2010)
 3,000-Meters: 10:37.35 (2010)
 5,000-Meters: 17:22.47 (2010)
OUTDOOR
 3,000-Meters: 10:22.63 (2010)
 5,000-Meters: 17:11.67 (2010)
 10,000-Meters: 36:00.78 (2010)

2010: *Indoor:* Nahreini raced in three meets during the indoor season. She ran the seventh fastest time for the Buffs in the mile, crossing the finish in 5:16.31 at the Potts Invite (1/23) and was second overall. Nahreini was fourth in the 3k at the Don Barrett Duals, clocking at time of 10:37.35. Her final meet of the season was the Husky Classic (2/12). Nahreini ran the 5k in 17:22.47, the fourth best time by a Buff in 2010.

Outdoor: Nahreini competed in three more meets during the outdoor season. She started off by running the 10k at the Stanford Invite (3/26), finishing in 36:00.78, the second best time by a Buff during the outdoor season. Nahreini followed that up with a second-place finish in the 3k (10:22.63) at the CU Invite (4/10). Her final meet of the season was at the Mt. SAC Relays. Nahreini ran the 5k in 17:11.67, posting the fifth best time for a Buff.

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 bio-

logical 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
Sophomore, VR
Palisade, Colo.
(Palisade)

PERSONAL BESTS

INDOOR

Pentathlon: 3,258 (2010)
 60-Meter Hurdles: 9.21 (2010)
 High Jump: 5-07 (2010)
 Shot Put: 35-07.75 (2010)
 Long Jump: 16-04.25 (2010)
 800-Meters: 2:32.6h (2010)
 60-Meters: 8.59 (2010)

OUTDOOR

Heptathlon: 4,277 (2010)
 100-Meters Hurdles: 15.2 (2009)
 High Jump: 5-04.50 (2008)
 Shot Put: 35-07.75 (2010)
 200-Meters: 27.84 (2010)
 Long Jump: 15-04 (2010)
 Javelin: 113-03 (2010)
 800-Meters: 2:34.30 (2010)

2010: Indoor: Odneal competed in three pentathlons for the Buffs in her first season. She recorded a personal record (3,258 points) at the New Mexico Classic (2/5). Odneal also set PRs in the shot put (35-07.75) and long jump (16-04.25). Her mark in the shot put is the 10th best in CU combined events history. Odneal also competed at the Big 12 Championship, placing 13th overall (3,223). Odneal also spent time focusing on the high jump. She reached a height of 5-7 at the Don Barrett Duals (1/30), which ties for eighth on the all-time CU performers list.

Outdoor: Odneal participated in two heptathlons during the outdoor season and saved the best for last since she recorded a PR of 4,277 points at the Big 12 Championship (placing 13th overall). Odneal totaled three PRs at the meet, running the 200 in 27.84, the 800 in 2:34.30 and throw the javelin 113-03. Her mark in the javelin ranks eighth on the CU combined events chart and was the fifth best throw for a Buff in the 2010 season. Odneal recorded a PR in the shot put at the Glenn Morris Multi-Events meet (4/22-23). Her throw of 35-07.75 ranks 21st on the CU combined events chart.

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.

HIGH SCHOOL BESTS: High Jump: 5-04.50; 100-Meter Hurdles: 15.2; Heptathlon: 3,800.

IN THE CLASSROOM: Odneal is majoring in management. 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 currently owns a GPA greater than 3.0. She earned first team academic honors as a junior and senior in high school.

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.

RACHEL OPGENORTH



Sprints
Freshman, HS
Denver, Colo.
(Cherry Creek)

PERSONAL BESTS

INDOOR

60 Meters: 8.04
 200 Meters: 26.05

OUTDOOR

100 Meters: 12.49
 200 Meters: 25.66

HIGH SCHOOL: Opgenorth earned four letters as a member of the track and field team at Cherry Creek High School. She was a member of the relay team, which holds a school record in the 4x200 (1.42.33) in 2009 and the 200-meter sprint medley (1.47.28) in 2010. The Bruins were three time Centennial League Champions (2007, 2009, 2010) and were two time runners-up at State (2009, 2010). During her senior year, Opgenorth placed sixth in the 100-meters and eighth in 200-meters at the state track meet. In addition, she was named team captain and most outstanding female performer. Opgenorth was also recruited by Boise State and Wyoming.

HIGH SCHOOL BESTS: 60-meters: 8.04; 100-meters: 12.49; 200-meters: 25.66.

IN THE CLASSROOM: Opgenorth is majoring in arts and science. She recorded a 3.538 GPA in her first semester at CU and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Rachael Marie Opgenorth was born on October 12, 1991 in Denver, Colo. and is the daughter of Jeffrey Opgenorth. She has one brother, Aaron. Opgenorth spent time volunteering at God's Katrina Kitchen for a summer in Mississippi.

JESSICA PIXLER



Distance
Grad, TR
Sammamish, Wash.
(Eastlake/Seattle Pacific)

PERSONAL BESTS

800-Meters: 2:04
 1,500-Meters: 4:11.06
 5,000-Meters: 15:44

SEATTLE PACIFIC: Pixler comes to CU after a decorated career at Seattle Pacific University. She is a 12-time NCAA cross country and track champion, winning the NCAA Division II indoor mile all four years. Pixler also has titles in the 1,500, distance medley relay and in cross country. She was named the Great Northwest Athletic Conference Athlete of the Year 10 times, four in cross country and indoor track and twice in outdoor track. Pixler was also named the SPU Athlete of the Year a record setting four years.

HIGH SCHOOL: Pixler won the Washington Class 4A state track title in the 800 as a senior at EHS in 2006. She owns school records in the 400, 800, 1,600 and 3,200.

ACADEMICS: Pixler is a grad student at CU and is studying for a Masters of Curriculum and Education K-12 Education. In her first semester of graduate school, Pixler recorded a 4.00 to earn a spot on the Dean's List and Big 12 Commissioner's Honor Roll. She graduated from SPU with a 3.93 GPA as an English major and was a three-time CoSIDA Academic All-American. Pixler was also named the USTFCCA Scholar Athlete of the Year for track five times and cross country three times. She was a recipient of an NCAA Postgraduate Scholarship.

PERSONAL: Jessica Elise Pixler was born on April 8, 1988. She is the daughter of Jeff and Nancy Pixler who both ran at CU. She has two sisters, Melissa and Courtney, and one brother, Nathan. Pixler lists her hobbies as snowshoeing, hiking and reading.

BECKY POPIEL



Distance
Freshman, HS
Dana Point, Calif.
(Dana Hills)

HIGH SCHOOL: Popiel was a member of the cross country team for three years at MHS.

IN THE CLASSROOM: Popiel is majoring in film.

PERSONAL: Rebecca Elizabeth Popiel was born on May 28, 1990. She is the daughter of David Popiel and Joyce Luiken. Popiel enjoys snowboarding and playing basketball.

BROOKE REGAN



Middle Distance
Sophomore, VR
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS

INDOOR

600-Yards: 1:28.66 (2010)
 800-Meters: 2:22.14 (2010)

OUTDOOR

200-Meters: 26.82 (2010)
 400-Meters: 58.1
 800-Meters: 2:13.94 (2010)

2010: Indoor: Regan ran the 600-yard run and 800-meter run during the indoor season. She was fourth in the 600 at the Potts Invite (1/23) with a time of 1:28.66. Regan clocked a time of 2:22.93 in the 800 at the Air Force Invite (2/12). She ran a time of 2:22.14 in the finals the next day to finish sixth overall.

Outdoor: Regan competed in the 200, 400 and 800-meter runs. She was 14th at the Jack Christiansen Invite (4/24) in the 200 with a time of 26.82. Regan notched a season best in the 400 (59.40) at the Tom Benich Classic (4/3), finishing fifth overall. The time was the second best by a Buff during the season. She also ran the third best time by a Buff in the 400 (59.58) at the Jack Christiansen Invite (4/24). Regan earned a personal record of 2:13.94 in the 800 during the preliminaries of the Big 12 Championships. She was 19th overall.

CROSS COUNTRY: (2010) Regan competed at the Rocky Mountain Shootout and Fort Hays State Open. She placed 86th and 29th, respectively. (2009) 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.

HIGH SCHOOL BESTS: 400-Meters: 58.1; 800-Meters: 2:14.88; 1,600-Meters: 5:16.

IN THE CLASSROOM: Regan is majoring in ecology and evolutionary biology. She owns a 3.843 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
Junior, VR
Pearland, Texas
(Pearland)

PERSONAL BESTS

INDOOR

60-Meters: 8.06 (2010)
 200-Meters: 26.22 (2010)
 60-Meter Hurdles: 10.57 (2010)

OUTDOOR

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

2010: Indoor: Rozier competed in three meets during the indoor season. She earned personal records in the 60 and 200-meter runs, as well as the 60-meter hurdles. Rozier clocked a time of 8.06 in the 60 at the Air Force All-Comers meet (1/15). She recorded a PR of 26.22 in the 200 at the Air Force Invite (2/12). Rozier also clocked a time of 10.57 in the 60 hurdles at the Potts Invite (1/23).

Outdoor: Rozier ran the 100 and the 100 hurdles during the outdoor season. Her best time in the 100 was 13.40, which she ran at the Tom Benich Classic (4/3). Rozier clocked a season best time of 1:07.62 in the 100 hurdles at the Front Range Classic.

2009: Indoor: Did not compete.

Outdoor: Rozier 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.

HIGH SCHOOL BESTS: 200-Meters: 26.21; 300-Meter Hurdles: 43.61; 400-Meter Hurdles: 1:03.97.

ACADEMICS: Rozier is majoring in ethnic studies. 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.

ELIZABETH SMIT-PERKINS



Distance
Grad, TR
Bellevue, Wash.
(Bellevue Christian/Calvin)

PERSONAL BESTS

800 Meters: 2:17
 1,500 Meters: 4:40
 Steeplechase: 10:29
 5,000 Meters: 17:15

AT CALVIN: Smit-Perkins was coached by Brian Diemer, who won the bronze medal in the steeplechase in 1984, at Calvin. She was a member of the cross country and track & field teams. Smit-Perkins set the school record in the steeplechase (10:29.55) at the Hillsdale Gina Relays in 2010. She was fifth at nationals her senior year to earn All-American honors. Smit-Perkins also earned All-American status during the indoor season as a member of the distance medley relay team that placed sixth at nationals.

HIGH SCHOOL: Smit-Perkins won the state 800-meter run title as a junior. She earned three letters as a member of the BCHS cross country and four letters on the track team.

HIGH SCHOOL BESTS: 800 Meters: 2:17; 1,500 Meters: 4:40; Steeplechase: 10:29; 5,000 Meters: 17:15.

IN THE CLASSROOM: Smit-Perkins is studying civil engineering at CU. She has a 3.433 grade point average after her first semester of graduate school.

PERSONAL: Elizabeth Jennifer Smit-Perkins was born on Feb. 16, 1988 in Renton, Wash. She is the daughter of Kevin and Peggy Smit. Kevin played basketball and Peggy ran track at Dordt College. Smit-Perkins is married to Kevin Perkins, who ran at Western Washington. She enjoys reading and hiking.

PAIGE THROCKMORTON



Distance
Freshman, TR
Albuquerque, N.M.
(Albuquerque Academy/TCU)

PERSONAL BESTS

400 Meters: 58.0
 800 Meters: 2:15
 1,600 Meters: 5:05

TCU: Throckmorton ran the 2010 cross country season for the Horned Frogs, competing in four meets. She ran the fourth-fastest time of the year for TCU in the two-mile at the UTA Season Opener (9/11). Throckmorton finished eighth overall with a time of 11:40.83. She was 16th at the Bear Twilight Invitational (9/3), 116th at the Chile Pepper Festival (10/16) and 61st at the Mountain West Conference Championship (10/29).

HIGH SCHOOL: Throckmorton was a three-time state track (twice in the 800 and once in the mile) and two-time state cross country champion. She is a member of the AAHS record-setting 4x800-meter relay team.

Throckmorton was named the AAHS Female Athlete of the Year her senior season. She earned 10 letters while competing with the Chargers, five in cross country and five in track and field. Throckmorton was also recruited by TCU, Oklahoma State and Gonzaga.

HIGH SCHOOL BESTS: 400 Meters: 58.0; 800 Meters: 2:15; 1,600 Meters: 5:05.

IN THE CLASSROOM: Throckmorton intends to major in history.

PERSONAL: Paige Elizabeth Throckmorton was born on November 25, 1991 in Albuquerque, N.M. She is the daughter of Scott and Susan Throckmorton. She has a twin sister, Amanda, who is a member of the cross country and track and field team. Throckmorton enjoys reading and skiing.

LAURA THWEATT



Distance
Junior/Senior, 2L/VR
Durango, Colo.
(Durango)

PERSONAL BESTS

INDOOR

3,000-Meters: 9:29.00 (2010)

5,000-Meters: 16:34.33 (2010)

OUTDOOR

800-Meters: 2:11.35 (2010)

1,500-Meters: 4:25.27 (2010)

5,000-Meters: 16:11.55 (2010)

10,000-Meters: 34:34.41 (2010)

BIG 12 SCORING:

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

2010 (I) 5,000-Meter Run, 7th (16:40.62)

2010: *Indoor:* Thweatt started the season becoming the 10th fastest 3k performer in school history after running 9:29.00 at the UW Invite (1/30). The finish earned her an eighth-place finish overall. Two weeks later at the Husky Classic (2/12) she ran the season-best 5k time for a Buff with a time of 16:34.33. Thweatt competed in both the 3 and 5k at the Big 12 Championship. She placed seventh in the 5k (16:40.62) to earn indoor conference honors. Thweatt was also ninth in the 3k (9:35.00).

Outdoor: Thweatt was one of CU's top female distance runners during the outdoor campaign, starting at the Stanford Invite (3/26) where she ran CU's fastest 10k time of the year. Thweatt clocked a time of 34:34.41 to place fourth in the second section and become the 10th fastest performer in CU history. She followed that performance by running a time of 2:11.35 in the 800 at the CU Invite (4/10). At the Mt. SAC Relays she became the ninth fastest 5k performer in CU history. Thweatt clocked a time of 16:11.55 and placed eighth in her section. She switched things up at her next race, this time running a 1,500 at the Payton Jordan Cardinal Invite (5/1). Thweatt clocked a personal record of 4:25.27, the second best by a Buff in 2010. Thweatt advanced to the NCAA West Preliminaries in the 10k. She finished 34th overall with a time of 36:18.64.

2009: *Indoor:* 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.

Outdoor: 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: *Indoor:* 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.

Outdoor: 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: (2010) Thweatt wrapped up her career with the Buffs with another great season. She finished fourth overall at the Rocky Mountain Shootout and was the fourth Buff to cross the finish. Thweatt was once again the No. 4 runner for CU at pre-nats, this time placing 26th overall. She earned all-conference and all-region honors, placing 11th and fourth, respectively. Thweatt ended her career with CU at nationals, placing 58th overall. (2009) Thweatt finished first overall at the Fort Hays State Open, setting the then-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. (2008) 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. (2007) Thweatt scored in all three races for CU as a freshman. 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.

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.

HIGH SCHOOL BESTS: 800-Meters: 2:18; 1,600-Meters: 4:59; 3,200-Meters: 11:03.

ACADEMICS: Thweatt is majoring in sociology. 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. Thweatt was named to the Academic All-Big 12 First Team in 2009 and 2010.

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 (LIZ) TREMBLAY



Middle Distance
Sophomore, 1L/VR
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS

INDOOR

600-Yards: 1:25.74 (2010)

800-Meters: 2:13.96 (2010)

OUTDOOR

100-Meters: 12.1 (2008)

200-Meters: 25.1 (2009)

400-Meters: 55.1 (2009)

800-Meters: 2:11.25 (2010)

BIG 12 SCORING

2010 (I) Distance Medley Relay, 5th (11:34.32)

2010: *Indoor:* Tremblay competed in the 600-yard and 800-meter runs during her first indoor season. She recorded her season-best time of 2:13.96 in the 800 at the Husky Classic (2/12) to become the fifth fastest performer for CU in the event. The mark was the sixth-fastest ever at CU. Tremblay also stamped a spot in the CU record book in the 600. At the Big 12 Championship she clocked a time of 1:25.74 which was the ninth-best ever in CU history and made her the seventh fastest performer in the event for the Buffs. Tremblay was also a member of the distance medley relay team that placed fifth at the conference championship. The quartet of Katie Cumming, Tremblay, Brianne Beemer and Emma Coburn ran the fourth fastest time in school history with a mark of 11:34.32 to earn All-Big 12 honors. Tremblay also ran a pair of mile relays that rank fifth (3:54.82) and eighth (3:58.00) in Buffalo history, as well as a 4x400 relay that ran a mark of 3:49.49 for the second-best time in school history.

Outdoor: Tremblay continued to focus on the 800, running the event at four meets during the outdoor campaign. Her fastest time of the season was 2:11.25, which she ran at the Mt. SAC Relays (4/16). In doing so, she became the eighth fastest performer in the event at CU. Tremblay competed in the 800 at the Big 12 Championship. She placed 15th overall in the preliminaries (2:11.99). She ran in the fastest two 4x400-meter relay teams for the 2010 season. She ran the anchor leg of the ninth-place team (3:53.25) at the Big 12 meet and was the third leg on the team that ran a time of 3:53.43 at the CU Invite (4/10).

CROSS COUNTRY: (2010) Tremblay competed in three meets for CU, starting at the Rocky Mountain Shootout where she placed 45th overall. Tremblay led the Buffs at the Fort Hays State Open with a 10th-place finish. She ended the season at the conference championship, placing 109th overall. (2009) 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.

HIGH SCHOOL BESTS: 100-Meters: 12.1; 200-Meters: 25.1; 400-Meters: 55.1; 800-Meters: 2:15.

IN THE CLASSROOM: Tremblay is majoring in integrative physiology. She owns a GPA greater than 3.00 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, RS
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS
INDOOR
3,000-Meters: 9:25.73 (2010)

2010: *Indoor:* Tremblay competed in just one meet during the indoor season. She clocked the third best time ever by a CU freshman when she crossed the finish in 9:25.73 at the UW Invite (1/30). She was sixth overall. The time was also the 21st best time by a Buff and made her the eighth fastest performer in CU history.

Outdoor: Did not compete.

CROSS COUNTRY: (2010) Tremblay moved into a leadership role quickly for CU, leading the Buffs in every varsity race as a sophomore. She won the Rocky Mountain Shootout with the 10-fastest time in course history (20:29) and out-sprinted teammate Emma Coburn by just one second. She was named the CU Athlete of the Week as well as the Big 12 Runner of the Week for her performance. Tremblay once again earned Big 12 Runner of the Week honors after recording a second place finish at pre-nats. Two weeks later she earned her second All-Big 12 honor after racing to a fourth-place finish at the final Big 12 meet. Tremblay earned CU Athlete of the Week and all-region honors after finishing third at the NCAA Mountain Region Championship. Tremblay topped off the season with her first All-American honor when she took 23rd overall. (2009) 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.

HIGH SCHOOL BESTS: 800-Meters: 2:13; 1,600-Meters: 4:54; 3,200-Meters: 11:09; 5,000-Meters: 17:40.

IN THE CLASSROOM: Tremblay intends to major in chemical and biological engineering. After three semesters, she owns a 3.769 GPA. Tremblay has been 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
Senior, VR
Vail, Colo.
(Battle Mountain)

PERSONAL BESTS
INDOOR
Shot Put: 33-02.50 (2009)
Weight Throw: 43-09.25 (2010)
OUTDOOR
Hammer Throw: 149-10 (2010)
Javelin: 109-04 (2010)
Shot Put: 30-11.75 (2008)

2010: *Indoor:* Van Dyke only threw the weight throw during the indoor season. She tossed a career-best mark of 43-09.25 at the New Mexico Classic (2/6).

Outdoor: Van Dyke competed in both the hammer throw and javelin during the outdoor campaign, recording PRs in both disciplines. She earned a personal record of 149-10 in the hammer throw at the Tom Benich Classic (4/3) and placed eighth overall. Van Dyke was sixth in the javelin at the Jack Christiansen Invite (4/24) when she recorded a PR of 109-04.

2009: *Indoor:* 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.

Outdoor: Did not compete.

2008: *Indoor:* 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.

Outdoor: Did not compete.

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 management. She is a member of the Big 12 Commissioner's Honor Roll and has a GPA of 3.365. Van Dyke was named to the Academic All-Big 12 First Team in 2010.

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.

Rachel Viger



Distance
Freshman, HS
Fort Collins, Colo.
(Fort Collins)

PERSONAL BESTS
1,600 Meters: 5:15 (2009)
3,200 Meters: 11:05 (2010)

HIGH SCHOOL: Viger was an All-Front Range Conference selection her sophomore, junior and senior years at FCHS. She was named all-state her senior year in cross country and was all-state on the track as a junior and senior. Viger's team placed third at the 2009 Nike Cross Nationals and was seventh in 2007 and 2008.

HIGH SCHOOL BESTS: 1,600-meters: 5:15; 3,200-meters: 11:05.

IN THE CLASSROOM: Viger is majoring in chemical engineering. She earned a 4.00 GPA in her first semester and is a member of the Dean's List and Big 12 Commissioner's Honor Roll.

PERSONAL: Rachel Elizabeth Viger was born on October 14, 1991 in Fort Collins, Colo. She is the daughter of Charles and Sharron Viger. She enjoys hiking, swimming, camping and reading in her free time.

KIRSTEN WICKS



Throws
Senior, VR
Wheaton, Ill.
(Wheaton)

PERSONAL BESTS

INDOOR

Shot Put: 35-03.25 (2010)
Weight Throw: 38-06.75 (2010)

OUTDOOR

Shot Put: 32-05.50 (2010)
Javelin: 103.05 (2010)
Hammer Throw: 106-09 (2010)

2010: *Indoor:* Wicks started her first track and field season by throwing the shot put and weight throw. She recorded her best shot put throw of the season (35-03.25) in her CU debut at the Potts Indoor Invite (1/23). Wicks added the weight throw to her repertoire after that meet. She earned her season-best throw in the final meet of the season (Colorado School of Mines Open, Feb. 19) with a toss of 38-06.75.

Outdoor: Wicks competed in the shot put, javelin and weight throw during the outdoor campaign. Her top throw in the hammer throw (106-09) came at the Tom Benich Classic (4/3). The following week at the CU Invite (4/10), Wicks tossed the shot put a season-high 32-05.50. She earned her best throw of the season in the javelin at the Jack Christiansen Invite (4/24) with a throw of 103-05.

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 marketing major. She 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.

TE'QIN (TOI) WINDHAM



Sprints/Hurdles
Senior, 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 (0) 400-Meter Hurdles, 6th (61.04)

2010: *Indoor:* Windham participated in the 200 and 400-meter, 600-yard and 60-meter hurdles during the indoor campaign. She clocked a season-best time of 9.48 in the 60-hurdles at the Potts Invite (1/23), placing fourth overall. The following week Windham ran her fastest 400 of the season, finishing in 61.58 at the Don Barrett Duals (1/30). Windham ran the 600 at the ISU Classic (2/13), finishing in 1:28.86. She also ran the 200 at the meet, finishing with the fourth best time (26.88) for a Buff in 2010. She was also a member of the mile relay team that finished in 3:58.00 at the Don Barrett Duals (1/30).

Outdoor: Did not compete.

2009: *Indoor:* 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.

Outdoor: 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: *Indoor:* 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).

Outdoor: Windham 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.

HIGH SCHOOL BESTS: 400-Meter Hurdles: 62.69; 100-Meter Hurdles: 14.49; 300-Meter Hurdles: 43.85.

ACADEMICS: Windham is majoring in Chinese at Colorado. She was named to the Academic All-Big 12 First Team in 2009 and 2010. Windham 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)

2010: *Indoor:* Windham raced the 200 and 400-meter dashes and 600-yard runs during her junior season. She ran a season-best time of 59.55 in the 400 at the Don Barrett Duals (1/30). Windham sprinted to a mark of 26.69 in the 200 at the ISU Classic (2/12), which was the third best time by a Buff in 2010. Her best performance came in the 600 when she ran the 14th fastest time in CU history with a time of 1:26.77 at the Big 12 Championship, finishing 17th overall. The time was also the second best by a Buff in 2010. Windham also raced on a pair of relay teams during the indoor season. She was the second leg of the mile relay that finished with a time of 3:54.82 at the Don Barrett Duals (1/30). It was the eighth best time in CU history. Windham was also the lead-off leg in the 4x400 relay that finished ninth in the Big 12 meet with the second-best time in school history (3:49.49).

Outdoor: Windham raced the 400-meter hurdles during the outdoor season. She won the Jack Christiansen Invite (4/24) after running a time of 1:03.18. Windham's best time of the year was 1:02.00, which she ran at the Fum McGraw Open (5/8). She was a member of four 4x400-meter relay teams in the spring as well, running in the lead-off position three of the four races. The relay ran its best time of the year of 3:53.25 at the Big 12 Championship (5/16), placing ninth overall.

2009: *Indoor:* 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.

Outdoor: 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: Indoor: 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.

Outdoor: 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.

HIGH SCHOOL BESTS: 300-Meter Hurdles: 43:11; 400-Meter Hurdles: 63.11.

ACADEMICS: Windham is majoring in management/entrepreneurship. She has a GPA of 3.335 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.