



2007 COLORADO SKIING NOTES

QUICKLY

The 54th **NCAA Ski Championships** are set for March 7-10 in Jackson and Attitash, N.H., site of the 1984 and 1995 national meets; it's the ninth time state of New Hampshire is hosting the event... The alpine races will take place in Attitash on Bear Peak-Illusion, while the cross country events are set for the Jackson Cross Country Center... The scoring format has been tweaked: no longer will a maximum of 21 scores count toward team scoring; those who qualify full teams will now get to count all 24 finishes; had it been applied last year, CU still would have won, but by 75 points instead of 98... The Buffs have won **17 national championships** in skiing: 11 men's (1959-60-72-73-74-75-76-77-78-79-82), five combined (1991-95-98-99-2006) and one women's (1982, AIAW)... The skiers are gunning for **CU's seventh** national championship this decade, the second this athletic year, as the men's cross country team captured the crown last November; it was their third overall, to go with titles in 2002 and 2004. The women's cross country team has the other two NCAA championships since the turn of the century (2000, 2004)... Colorado had finished sixth in the 2005 meet, thus when it won last winter it **surpassed** the previous lowest place for a team to finish one year and win the next; Denver was fifth in 1999 and won in 2000... Montana State will host the **2008 NCAA Championships** next March 6-9, with the 2009 title meet at a yet to be determined location, though it will be the east's turn to host.

A CLOSER LOOK AT THE NCAA'S

Colorado comes in as the defending champion, and won two western meets this winter (Denver won the other three, with the Buffs runner-up in all three). A year ago, CU became the first school to win the NCAA title without a full 12-skier team, participating minus one men's alpine skier. New Hampshire led Denver by a point-and-a-half after the first day (giant slalom), with CU mired in sixth; at the midway point, DU took over the lead and held a 30½-point edge over a streaking Colorado team. After the first-ever night competition at an NCAA ski meet (slalom), Colorado took over the lead through six events, though had New Mexico in the rear view mirror just five points out. The Buffs swept the freestyle races the final day to secure the win, as Colorado's 98-point margin of victory was the fourth largest in NCAA ski history; the three larger were by Utah (by 131 in 2003), Vermont (100 in 1990) and Denver (99 in 2000). The Buffs were able to accomplish that after standing in sixth place after the first day, the first team to come from that far down in the standings to win. The teams leading after three days (six events) the last 10 championships have all held on to win the title. Western schools had three of the top four finishers in 2005 and 2006, owned the top four in 2004, occupied four of the top five in 2003, and had the top four (and five of the top six) in 2002; that was the first time one region could claim a one-through-four sweep since 1966 and the west repeated it again in 2004. A bright spot for eastern schools is the fact that Dartmouth skiers have won the last five individual men's slalom titles (2002-06).

TRADITIONAL FAVORITES

Vermont (20 titles or seconds), Utah (19) and Colorado (16; 14 wins and two seconds) have dominated college skiing over the past 35 seasons (dating back to 1972). Only four other schools, defending champion Denver (four wins, two seconds), Wyoming (one win and four seconds), New Mexico (one crown and two runner-ups) and Dartmouth (one co-title) and have been able to crack the top two in this span. Since 1990, Colorado has won five titles, Denver and Utah four and Vermont three; the only two other schools that have won a title since the sport went coed (in 1983) are Wyoming (1985) and New Mexico (2004). Middlebury (1980, women) and Dartmouth (share of the 1976 men's title) are the last schools to win other than the aforementioned six. Western schools have won the last 12 titles, as UVM's 1994 crown was the last breakthrough for an eastern university.

PARTICIPANTS

A total of 22 schools will be participating in New Hampshire (*—qualified full 12-skier roster): Alaska-Anchorage, Alaska-Fairbanks, Bates, Colby, *Colorado, *Dartmouth, Denver, Michigan Tech, Middlebury, Montana State, Nevada, New Hampshire, New Mexico, Northern Michigan, St. Lawrence, St. Olaf, *Utah, *Vermont, Western State, Whitman, Williams and Wisconsin-Green Bay. An all-time low of four schools qualified the NCAA maximum of 12: CU, Dartmouth, Utah and Vermont; Denver qualified 11, Middlebury and Montana State 10, Nevada and New Mexico 9, Alaska-Anchorage, Alaska-Fairbanks, Bates, New Hampshire and Northern Michigan all 6. The six skiers qualified by New Hampshire are the fewest by a host school since Alaska-Anchorage had a similar number in 2002. The most schools that ever competed in the NCAA's were 24 last year, with 23 doing so in 1996, 2002 and 2004.

THE SCHEDULE (ALL TIMES MOUNTAIN)

The **freestyle** cross country races open the NCAA Championships on Wednesday, March 7, with the men's 10k first up at 7:00 a.m. MST, followed by the women's 5k at 9 a.m.; both will take place at the Jackson Cross Country Center. Alpine takes center stage on Thursday, March 8, as the **giant slaloms** will be run through completion: the women start at 7:00 a.m., followed by the men at 10:30. The **classical** cross country races will be on Friday, March 9, with the women's 15k at 7:00 a.m., followed by the men's 15k at 9:00. The **slalom** races will finish off the NCAA meet on Saturday, March 10: the first runs are at 7:00 a.m. (men) and 8:15 (women); second runs follow at 10:15 a.m. and 11:30, respectively. Awards and the flower ceremony will complete the championships at the end of the slalom. *(All times listed are mountain.)*

REGIONALLY IN 2007

➤ **In the WEST**, Colorado and Denver duelled for the most part, with Utah coming on strong at the end. The Buffaloes won the opener in Utah, edging the host Utes, with Montana State up next. But due to weather issues at Bozeman and then later at the first scheduled giant slalom makeup race, the meet was stretched over 33 days, with CU again the victor. DU's meet wound up being completed prior to the MSU event, and the host Pioneers seized the opportunity to snuff out Colorado's five-meet winning streak, edging the Buffs by 12. The Pioneers won the UNM by a western record 107½ points, in part due to illness that ravaged the CU team, and then came back and won the RMISA Championship in a tight battle over CU and Utah.

DU scored 2,628½ points on the year, with Colorado right behind at 2,563½; but the Buffs were decimated by illness for the New Mexico Invitational, and DU took the opportunity to pounce on the entire field and record the largest margin of victory in a western meet (107½ points) since the sport went coed in 1983. Utah was third with 2,329½, with the next three fairly close: New Mexico (2012), Montana State (1967) and Alaska (1959).

Individually, Colorado skiers won 14 of the 38 races in the western regular season, with DU performers winning 11; seven schools in all had individual champions, as New Mexico (4), Utah (3), Western State (3), Alaska (2) and Montana State (1) also had skiers top the podium. CU's Grevsgaard won the most titles, seven, including a sweep of the season's five classical races. One of the most memorable moments on the season included the first-ever (and rare by any school) 1-2-3 sweep by Montana State skiers, as the Bobcat women, led by star Jamie Woelk, dominated the 10k freestyle at the Utah Invitational.

These NCAA Championships will also mark the final go-round for New Mexico head coach George Brooks, who is retiring after 37 seasons at the school. He is the only ski coach the Lobos have ever had, and he led them to the 2004 NCAA title, the lone national title in UNM athletic history.

➤ **In the CENTRAL**, where the only competition is nordic, Northern Michigan claimed the top spot, as Wildcats won the event on its home track in Ishpeming, with 184 points; Alaska-Fairbanks was second (172) and Michigan Tech third (160). NMU's Martin Stuge Banerud won both the men's classical and freestyle races, while the Wildcats' Lindsay Williams led a 1-2-3-4 finish by NMU skiers in the women's 5k that sealed the title.

➤ **In the EAST**, Dartmouth won all six carnivals, including the EISA Championship/NCAA East Regional by 70½ points over Vermont, as the Big Green put together its best season in its fairly storied history. The Catamounts had won 11 of the previous 12 meets in the east, and eight of the last nine EISA crowns, coming into the year, but Dartmouth kept the momentum from its third place finish and toppling of UVM in the '06 NCAA meet. In all six eastern meets, the order of the top four were identical: Dartmouth, Vermont, Middlebury and New Hampshire. While Dartmouth's average margin of victory was a comfortable 41-plus points, UVM pushed the Big Green to the brink twice, as the Big Green won UVM's meet by three and the St. Michael's carnival by 11. Dartmouth skiers claimed 25 of the 42 individual races this winter, with New Hampshire and Vermont skiers winning seven and Middlebury performers the other three (does not include six relay races, of which Dartmouth won five and Middlebury one). Big Green senior Michael Sinnott won nine races to lead all eastern skiers this winter.

RESULTS ANALYSIS

CU skiers won 14 races this winter (out of 38), compared to 17 out of 40 last winter (pre-nationals) and to just four in 2005; when including the NCAA's, the 2006 team set the single season school mark with 21 since the sport went coed in 1983. CU had 20 skiers reach podiums in 1998, 19 in 1991 and 15 in 1999, as all four were NCAA championship seasons. The 14 wins this winter ties for the fifth most in a single year, previously done in 1987, 1990 and 2000.

The Buffaloes also had 10 runner-up finishes, or 24 first- or second-place efforts in 2007 (so far), a little shy of the 36 last winter (including five in the NCAA title meet), but still well ahead of the 11 in 2005 (four firsts, seven seconds). Colorado led the west in both those categories, and was second in top five (42) and top 10 (79) finishes, just behind Denver, which had 46 and 82, respectively.

Last year, underclassmen (freshmen and sophomores) combined for 11 wins, 42 top five and 66 top 10 finishes, but there were seniors that also logged quality results, including wins. Fast-forward to this winter, and all but one of the top 10 finishes were by skiers who will return in 2008, including 22 top five and 43 top 10 efforts by underclassmen.

The alpine and Nordic teams both won as a unit twice (in the first three meets of the year), as illness ravaged the team in early February, causing a slight drop-off in production with several top performers either out or skiing less than 100 percent. The Buffs still had the depth to finish second in all three meets they did not win. Of CU's 2,563½ points on the season, the alpine team accounted for 47.8 percent of them (1,222½); however, with the cancellation of the giant slalom races at the regional, 20 of the 38 races on the winter were of the Nordic variety. Had those been run, the Buffs would have been right on a 50-50 balance for the year. The women's alpine and women's cross country teams each won the overall point standings in two meets, with the men's Nordic team capturing one.

A breakdown of the CU top finishes in 2007:

Wins (14): Maria Grevsgaard 7, Lucie Zikova 3, Matt Gelso 1, Lisa Perricone 1, Drew Roberts 1, Kit Richmond 1.

Runner-Up Finishes (10): Maria Grevsgaard 2, Stefan Hughes 2, Lucie Zikova 2, Matt Gelso 1, Heidi Hillenbrand 1, Kit Richmond 1, Kristin Ronnestrand 1.

Top 5 Finishes (42): Matt Gelso 9, Maria Grevsgaard 9, Lucie Zikova 6, Kit Richmond 4, Heidi Hillenbrand 3, Stefan Hughes 3, Kristin Ronnestrand 3, Drew Roberts 2, Josh Bryan 1, Lenka Palanova 1, Lisa Perricone 1.

Top 10 Finishes (79): Matt Gelso 10, Maria Grevsgaard 10, Kit Richmond 8, Lisa Perricone 7, Lucie Zikova 7, Heidi Hillenbrand 5, Kristin Ronnestrand 5, Stefan Hughes 4, Drew Roberts 4, Miles Cooke 3, Karl Nygren 3, Lenka Palanova 3, Rachel Roosevelt 3, Josh Bryan 2, Tony Cesolini 2, Mia Gaw 1, Arman Serebrakian 1, Kristin Taylor 1.

Alpine (17 top 5, 39 top 10): men 7/16, women 10/23. **Nordic (25 top 5, 40 top 10):** men 12/21, women 13/19.

Team (42 top 5, 79 top 10): men 19/37, women 23/42.

Individual Wins: Colorado 14, Denver 11, New Mexico 4, Utah 3, Western State 3, Alaska 2, Montana State 1.

Top 5 Finishes: Denver 46, **Colorado 42**, Utah 30, New Mexico 22, Alaska 20, Montana State 13, Nevada 11, Western State 5, Whitman 1.

ROCKY MOUNTAIN INTERCOLLEGIATE SKI ASSOCIATION (RMISA) / COLORADO'S WINTER-IN-REVIEW

Colorado finished second in the regular season RMISA point standings, trailing Denver by 65 points when all was said and done; CU was the defending point champ, having edged the Pioneers by nine in 2006. A meet-by-meet review from the CU angle in the west:

UTAH INVITATIONAL (Park City/Soldier Hollow, Utah; January 13-14)

1. **Colorado 552**; 2. Utah 537; 3. Denver 522; 4. Montana State 441; 5. Alaska-Anchorage 411; 6. New Mexico 390; 7. Nevada 370; 8. Western State 295; 9. Whitman 123; 10. Wyoming 29.

Colorado won the first full competition of the year (the alpine portion of the MSU meet started a week earlier), as the Buff alpine team came out firing on all cylinders in racking up 280 points, the first time since the '06 opener it out-pointed the Nordic team, albeit by just eight. Matt Gelso won the men's 20k freestyle, becoming the first male CU freshman to win a race in 17 seasons, dating to Bjorn Svensson's classic win in the 1990 West Regional. Maria Grevsgaard won the women's 5k classic, as the Buffs had 10 top five finishes to lead all schools in the meet, with 19 overall in the top 10.

DENVER INVITATIONAL (Winter Park & Steamboat Springs, Colo.; February 2-3)

1. Denver 550; 2. **Colorado 538**; 3. Utah 478; 4. New Mexico 468; 5. Montana State 424; 6. Alaska-Anchorage 409; 7. Nevada 366; 8. Western State 237; 9. Whitman 144; 10. Wyoming 43.

Denver ended CU's meet winning streak at five, as the Pioneers won on their home (alpine) mountain, edging the Buffaloes by 12 points, the closest race of the five in the west this winter. CU won the alpine competition on the strength of a dominant women's performance, as Lucie Zikova won both the GS and slalom as CU had six top 10 finishes. In the Nordic action at Steamboat Springs, the Buffs slipped to a third place finish, though the men finished second thanks to a 2-3 finish by Kit Richmond and Gelso in the freestyle.

MONTANA STATE INVITATIONAL (Bozeman, Mont; January 7, 19-20; Taos, N.M. February 8)

1. **Colorado 579.5**; 2. Denver 550; 3. Utah 484.5; 4. New Mexico 424; 5. Alaska-Anchorage 423; 6. Montana State 408; 7. Nevada 375; 8. Western State 262; 9. Whitman 155; 10. Wyoming 27.

Spread out over 33 days due to weather issues, Colorado was in control from start in the MSU meet, taking a 53½-point lead into the giant slalom make-up races held at Taos. Colorado used a season-high 297 Nordic points, coupled with a solid slalom effort, as three CU men were in the top nine, the first time CU had three top 10 finishers in a men's alpine race since the 2003 regional GS. Freshmen Drew Roberts and Stefan Hughes finished 1-2 in the slalom, the first Buffs to occupy the top two spots in a men's slalom or giant slalom since '03 as well. The giant slalom was set to be made up February 4 in Eldora, the day after the Denver meet, but high winds forced a second cancellation of the event.

NEW MEXICO INVITATIONAL (Taos & Red River, N.M.; February 9-10)

1. Denver 592.5; 2. **Colorado 485**; 3. New Mexico 480; 4. Utah 439; 5. Alaska-Anchorage 395; 6. Montana State 394; 7. Nevada 387; 8. Western State 285; 9. Whitman 186.5.

Colorado hung on to second place despite being ravaged by illness, as three top performers did not travel to New Mexico, while numerous others skied at less than full strength (like Zikova, who still posted third and seventh place efforts despite being weakened). Denver capitalized on CU's shortcomings and posted a western-record 107½ point win. Grevsgaard remained a bright spot for the Buffaloes, sweeping both cross country races, while Gelso and Hillenbrand recorded runner-up finishes. CU had a season-low 13 top 10 finishes in the meet, though managing seven top five efforts which helped extend CU's string of finishing in the top two to 10 in a row.

RMISA CHAMPIONSHIP/NCAA WEST REGIONAL (Auburn/Donner's Summit, Calif.; February 23-24)

1. Denver 426; 2. **Colorado 409**; 3. Utah 391; 4. Alaska 321; 5. Montana State 300; 6. Nevada 248; 7. New Mexico 250; 8. Western State 197; 9. Whitman 191.

Denver emerged with the crown in the shortened RMISA Championships, as blizzard conditions forced cancellation of the giant slalom races with fresh snowfall rendering the slalom almost harmless. The Pioneers rode four individual titles to the win, with Colorado claiming the other pair; Grevsgaard reached the top of the podium in the women's classical, a win that gave her the season sweep of the five classic races in the west, while Lisa Perricone earned the title in the women's slalom. While CU had five top five and two other top 10 efforts, a key performance was turned in by Josh Bryan, who finished fourth in the men's slalom after starting in the 44th position—a result that qualified him for nationals and jumped him past two of his teammates to make his way on the travel squad to nationals.

RMISA SEASON SUMMARY

MEET SUMMARY	Winner	Points	Margin	Alpine Skiers of the Week	Nordic Skiers of the Week
Utah Invitational	Colorado	552	+ 15	Tague Thorson, Utah Sarah Schaedler, Western State	Rene Reissbauer, Denver Maria Grevsgaard, Colorado
Denver Invitational	Denver	550	+ 12	Adam Cole, Denver Lucie Zikova, Colorado	Matt Gelso, Colorado Jamie Woelk, Montana State
Montana State Invitational	Colorado	579½	+ 29½	Stefan Hughes, Colorado Claire Abbe, Denver	Snorri Einarsson, Utah Kassandra Rice, Alaska-Anchorage
New Mexico Invitational	Denver	592½	+107½	Lars Loeseth, New Mexico Malin Hemmingsson, New Mexico	Raphael Wunderle, Alaska-Anchorage Annelise Bailly, Denver
RMISA Championships	Denver	426	+ 17	Francesco Ghedina, Denver Lisa Perricone, Colorado	John Stene, Denver Sarah Schweiger, Utah

SEASON POINT STANDINGS: 1. Denver 2628½; 2. **Colorado 2563½**; 3. Utah 2329½; 4. New Mexico 2012; 5. Montana State 1967; 6. Alaska 1959; 7. Nevada 1746; 8. Western State 1276; 9. Whitman 799½; 10. Wyoming 99.

INDIVIDUAL WINNERS BY SCHOOL (38): Colorado 14, Denver 11, New Mexico 4, Utah 3, Western State 3, Alaska 2, Montana State 1.

ALL-RMISA TEAMS

ALPINE				NORDIC			
1st-Team Men	2nd-Team Men	1st-Team Women	2nd-Team Women	1st-Team Men	2nd-Team Men	1st-Team Women	2nd-Team Women
John Buchar, DU	Drew Roberts, CU	Lucie Zikova, CU	Malin Hemmingsson, UNM	Matt Gelso, CU	Raphael Wunderle, UAA	*Maria Grevsgaard, CU	Mandy Bowden, MSU
*Lars Loeseth, UNM	Francesco Ghedina, DU	*Sarah Schaedler, WSC	Katie Lyons, UN	*Rene Reissbauer, DU	Andy Liebner, UAA	Annelise Bailly, DU	Kassandra Rice, UAA
Stefan Hughes, CU	Tor Fodnesbergene, UNM	Stefanie Klocker, UAA	Chirine Njeim, UU	Snorri Einarsson, UU	Havard Selseng, DU	Polina Ermoshina, UNM	Claire Rennie, MSU
Adam Cole, DU	Jon Masdal, UNM	Claire Abbe, DU	Lisa Perricone, CU	Kit Richmond, DU	Fabian Figi, UU	Jamie Woelk, MSU	Sara Schweiger, UU
Tague Thorson, UU	Ian Dunlop, DU	Jenny Tank, DU	Spela Bertoncelj, MSU	John Stene, CU	Even Sletten, UU	Kristin Ronnestrand, CU	Devon Spika, WHT

(*—skiers of the year for respective disciplines)

2007 COLORADO SKIING / MEDIA NOTES 4-4-4

NCAA ROSTER

Listed below are the skiers that head coach **Richard Rokos** and Nordic coach **Bruce Cranmer** will have in New Hampshire to defend the school's 2006 national championship. The full compliment of skiers allowed by the NCAA is 12 (three for each squad), as CU qualified the full amount for the first time since 2003. It's the 21st time in 25 seasons since the men's and women's programs merged in 1983 that CU will have a full squad (CU had 11 in 2001, 2004 and 2006 and 10 in 2005).

The roster breaks down by eligibility into three juniors, four sophomores and five freshmen. The nine underclassmen make this the youngest team Rokos has ever taken to a national championship meet, topping the seven just last year. This is also the first time that CU will have no seniors participate in the nationals since '83. While obviously the first appearance in an NCAA meet for the five freshmen, the seven others have eight national appearances among them, so there is a good balance of veterans and newcomers. Junior **Lucie Zikova** will be skiing in her third NCAA Championships, with all six other upperclassmen making their second appearance.

Matt Gelso (men's Nordic), **Maria Grevsgaard** (women's Nordic) and **Lucie Zikova** (women's alpine) earned No. 1 seeds out of the west, with four others earning top six seeds. Here are the 12 who will ski in New Hampshire (NC—denotes times appearing in the NCAA Championships including 2007; #L—denotes number of letters earned including 2007):

Men's Alpine							Head Coach/Alpine Coordinator: Richard Rokos Assistant: Jed Schuetz
Skier (West Seed; GS/SL)	NC	Ht.	Wt.	Class	Exp	Hometown (High School/Previous College or Club)	
Bryan, Josh (14; 15/12)	2	5- 9	190	So.	2L	Edina, Minn. (Edina)	
Hughes, Stefan (3; 9/2)	1	5-11	195	Fr.	HS	Killington, Vt. (Burke Mountain Academy)	
Roberts, Drew (6; 16/4)	1	5- 8	160	Fr.	HS	Steamboat Springs, Colo. (Steamboat Springs)	

Women's Alpine						
Skier (West Seed; GS/SL)	NC	Ht.	Wt.	Class	Exp	Hometown (High School/Previous College or Club)
Hillenbrand, Heidi (11; 12/7)	1	5- 5	143	Fr.	1L	Steamboat Springs, Colo. (Steamboat Springs/SSWSC)
Perricone, Lisa (9; 11/6)	2	5- 9	165	So.	2L	Steamboat Springs, Colo. (Steamboat Springs/SSWSC)
Zikova, Lucie (1; 2/1)	3	5-11	133	Jr.	3L	Prague, Czech Republic (Gymnazium Ustavni 400)

Men's Nordic							Nordic Coordinator: Bruce Cranmer Assistant: Dan Weinberger
Skier (West Seed; CL/FS)	NC	Ht.	Wt.	Class	Exp	Hometown (High School/Previous College or Club)	
Gelso, Matt (1; 4/1)	1	5- 9	160	Fr.	1L	Truckee, Calif. (Truckee)	
Nygren, Karl (15; 13/22)	2	6- 0	175	So.	1L	Lakeville, Minn. (Lakeville/St. Olaf)	
Richmond, Kit (4; 7/3)	2	6- 2	185	Jr.	2L	Red Deer, Alberta (Lindsay Thurber)	

Women's Nordic						
Skier (West Seed; CL/FS)	NC	Ht.	Wt.	Class	Exp	Hometown (High School/Previous College or Club)
Grevsgaard, Maria (1; 1/1)	2	5- 5	142	Jr.	2L	Geilo, Norway (Norges Toppidretts Gymnas)
Palánová, Lenka (14; 31/10)	2	5- 5	120	So.	2L	Harrachov, Czech Republic (Sports Grammar School)
Ronnstrand, Kristin (5; 3/15)	1	5-11	148	Fr.	1L	Tartu, Estonia (Tartu Suusaklubi)

Colorado also has some other skiers in **ALTERNATE** positions should injury occur in training to force activation:

Skier (Discipline, Alternate Seed)	NC	Ht.	Wt.	Class	Exp	Hometown (High School/Previous College or Club)
Cooke, Miles (M/Alpine, A-3)	1	5- 8	170	Jr.	2L	Wenatchee, Wash. (Estmont)
Cesolini, Tony (M/Alpine, A-4)	0	5- 9	165	So.	1L	Steamboat Springs, Colo. (Steamboat Springs/SSWSC)
Gaw, Mia (W/Nordic, A-4)	0	5-10	125	Jr.	1L	Carbondale, Colo. (Colorado Rocky Mountain School)
Roosevelt, Rachel (W/Alpine, A-2)	1	5-10	155	Jr.	3L	Storrs, Conn. (Stratton Mountain (Vt.) Academy)
Serebrakian, Arman (M/Alpine, A-8)	0	5-10	160	Fr.	HS	Novato, Calif. (Marin Catholic)
Taylor, Kristin (W/Alpine, A-6)	1	5- 6	141	Sr.	4L	Montreal, Quebec, Canada (Royal West Academy)

THE LAST TIME

Here's a chart showing the last time the below was accomplished by Colorado or one of its skiers (the first NCAA championship was held in 1954; number in parenthesis are all-time totals where pertinent):

- | | |
|---|---|
| Last NCAA Championship (17): 2006 (Steamboat Springs, Colo.) | Last NCAA Runner-Up Finish: 2002 (Anchorage, Alaska) |
| Last NCAA Regional Championship: 2006 (Donner Summit/Norden, Calif.) | |
| Last NCAA Men's Giant Slalom Champion (8): 1995, Bryan Sax (Attitash, N.H.) | |
| Last NCAA Women's Giant Slalom Champion (4): 2000 & 1999, Aimee-Noel Hartley (Bethel, Maine) | |
| Last NCAA Men's Slalom Champion (13): 2000, Andy LeRoy (Park City, Utah) | |
| Last NCAA Women's Slalom Champion (2): 2006, Lucie Zikova (Steamboat Springs) | |
| Last NCAA Men's Classical Champion (1): 1999, Ove Erik Tronvoll (Rumford, Maine) | |
| Last NCAA Women's Classical Champion (4): 2006, Jana Rehamaa (Steamboat Springs) | |
| Last NCAA Men's Freestyle Champion (3): 2006, Kit Richmond (Steamboat Springs) | |
| Last NCAA Women's Freestyle Champion (3): 2006, Jana Rehamaa (Steamboat Springs) | |
| Last Time With Two Individual NCAA Champions (12): 1998 (Line Selnes, CL, FS; Caroline Gedde-Dahl, GS) | |
| Last Time With Three Individual NCAA Champions (7): 2000 (Aimee-Noel Hartley, GS; Andy LeRoy, SL; Katerina Hanusova, FS) | |
| Last Time With Four Individual NCAA Champions (2): 2006 (Jana Rehamaa, FS & CL; Lucie Zikova, SL; Kit Richmond, FS) | |

HEAD COACH RICHARD ROKOS

Richard Rokos and Colorado Skiing. As the 17th season of their “marriage” concludes, the combination has been synonymous with success. When he was promoted to head coach on July 3, 1990, the process to return a program that was eight years removed from an NCAA title back to national prominence took its first step. Sixteen seasons, five national team titles, 22 individual champions and 130 All-Americans later, it is a program that has turned steps into strides.

Rokos, 56, the 11th head coach in CU history, has guided Colorado to five national championships, winning NCAA crowns in 1991, 1995, 1998, 1999 and 2006. In addition, his Buffaloes have won individual titles (22 total) in nine different years. That first team title came in his first season as head coach, a unique accomplishment in any sport, and served as a bookend for the school as it came on the heels of CU’s first in football.

He has also coached the Buffs to eight Rocky Mountain Intercollegiate Ski Association titles, the last coming in 2006, events that also serve as the NCAA West Regional, as well as four runner-up finishes.

His skiers, alpine and Nordic, have posted 189 top 10 finishes at the NCAA Championships; that total includes 79 first team All-Americans, with 23 earning two-time single-year All-American mention, and 51 second-team All-Americans.

Under Rokos, the Buffaloes have won 42 of 103 meets they have skied in, including the five NCAA crowns and eight RMISA Championships/NCAA West Regionals (1991, 1993, 1994, 1995, 1998, 1999, 2002 and 2006).

Though he has been notified on six different occasions that he was the selection for the RMISA coach of the year, including 2006, Rokos has declined the honor for personal reasons, mainly that he doesn’t believe in the philosophy and that the student-athletes deserve the credit.

One of Rokos’ greatest accomplishments since taking over the program has been turning what was once essentially an individual sport, pulling divergent skiers—men and women, nordic and alpine, into a team event at CU. Prior to his arrival, the alpine and nordic teams rarely saw each other prior to the national championships, as they trained and raced separately. But it was his philosophy, to be an educator as well as a coach, to understand the physical and psychological significance of a student-athlete and to introduce harmony and mutual support that has made it a more unified program. Credit Rokos himself for the strong camaraderie because there is very little that he asks of his skiers that he doesn’t do himself. That includes 6 a.m. ice hockey games, off-season dryland training, mountain bike rides from Boulder to Winter Park and back, hiking Pikes Peak, playing soccer and rollerblading through Boulder.

Rokos, who also coordinates all alpine aspects of the program, was already very familiar with the CU ski program upon his hiring, as he was promoted from alpine coordinator to the post. He served one season (1989-90) in that role under his predecessor as head coach, Tim LaVallee, and was the head coach of Colorado’s Alpine “B” Team for the two years prior to joining the varsity staff (1987-89). With Rokos tutoring the alpine skiers, the 1990 team finished third in both the West Regional and the NCAA championships, with one individual national champion in the latter.

Rokos brought to CU a great amount of racing and coaching experience. He competed in his native home of Czechoslovakia and internationally for 19 years before beginning his coaching career with the Czechoslovakian Junior National Team in 1977. The year prior to joining the junior national team, Rokos graduated from the University of Masaryk with a masters’ degree in physical education, his emphasis in his diploma work was the use of ski slopes with artificial surfaces for slalom and giant slalom practice. In 1969 he earned his bachelor’s degree in mechanical engineering from the College of Machiner. He has additional course work in Prague (Level II International Coaching License), Colorado State (athletic training) and the University of Colorado (special education).

Leaving the Czech national team in 1980, Rokos went on to coach at several ski schools in Austria before finally coming to the United State to coach at the Grampian Mountain Ski School in Michigan the following year. He then spent four years (1984-87) working with the U.S. Pro Ski Tour before settling down in Boulder.

Rokos was the head alpine coach of the 2007 United States team that participated in the World University Games teams in Tarvisio, Italy. It was the sixth time he coached the team, having previously done so in 1995 (Jaca, Spain), 1997 (Mugu, Korea), 1999 (Zakopane, Poland), 2003 (Tarvisio) and 2005 (Innsbruck, Austria). Combined, his athletes have brought home three gold medals, along with four silver and several bronze including one by a former Buffalo, Erika Hogan, in 2003. He was also the head coach of the entire U.S. Team in the 1997 event in Korea.

In 2006, he earned a Top of the Rocky Award as the region’s top college coach as selected by the writers and critics of the *Rocky Mountain News*. The honor made mention of CU being the first-ever shorthanded team to win an NCAA title, recording the biggest second-day comeback in the meet, and Rokos specifically being mentioned by President George W. Bush when the Buffs were one of 12 teams invited to the White House. Rokos was saluted by the president, who called him a “proud American” in reference to his defecting to the States for freedom, which he also privately had mentioned upon meeting him, “There’s nothing like freedom.”

He was also selected as the 2006 Coach of the Year in the state of Colorado by the Sportswomen of Colorado Hall of Fame.



2007 COLORADO SKIING / MEDIA NOTES 6-6-6

Rokos was born May 25, 1950 in Brno, Czechoslovakia. He and his wife, the former Helena Konecny, and then-18-month-old daughter Linda, left a communist-bound native homeland in 1980 for Austria where they spent a year preparing their visas, and defected from Czechoslovakia to the United States (Detroit) a year later before calling Colorado their permanent home beginning in 1982. He and Helena are the parents of two grown children Linda, now an alpine instructor at Eldora and Thomas, and one grandchild, Stella (7), who is also an avid skier.

ROKOS YEAR-BY-YEAR AT COLORADO

Season	TEAM FINISHES-----					Region	NCAA	NCAA Champions	All-Americans-----				
	1st	2nd	3rd	4th	5th				Total	A	(B)	C	D
1991	6	1	—	—	—	1st	1st	2	14	9	(3)	5	2
1992	1	2	2	1	1	4th	5th	2	5	2	(2)	3	2
1993	4	1	—	1	—	1st	4th	2	10	5	(1)	5	—
1994	1	4	—	1	—	1st	4th	—	7	4		3	1
1995	6	—	—	—	—	1st	1st	2	12	4	(1)	8	5
1996	3	1	1	1	—	2nd	4th	—	8	4	(1)	4	1
1997	1	3	2	—	—	2nd	3rd	—	7	5	(2)	2	3
1998	3	3	—	—	—	2nd	1st	3	9	5	(2)	4	2
1999	4	1	—	1	—	1st	1st	3	9	7	(3)	2	3
2000	4	2	—	—	—	1st	2nd	3	9	6	(1)	3	4
2001	1	3	2	—	—	2nd	3rd	—	7	7	(1)	—	3
2002	1	3	1	1	—	1st	2nd	1	6	4		2	5
2003	1	2	1	2	—	2nd	3rd	—	6	2		4	1
2004	—	2	1	2	1	5th	4th	—	8	5	(2)	3	—
2005	—	2	2	1	—	3rd	6th	—	5	3	(1)	2	—
2006	4	2	—	—	—	1st	1st	4	8	7	(3)	1	4
2007	2	3	—	—	—	2nd							
Totals	42	35	12	11	2	8 titles	5 titles	22	130	79	(23)	51	36

(KEY: A—first-team; (B)—two-time first-team; C—second-team; D—multiple second-team honors in addition to a first-team performance or another second-team finish.)

ROKOS ERA AT COLORADO (1991-2007)

NCAA CHAMPIONSHIPS: Colorado 5, Denver 4, Utah 4, Vermont 2, New Mexico 1.

INDIVIDUAL NCAA CHAMPIONS (Leaders): Utah 26, Colorado 22, Vermont 20, Denver 19.

QUOTING RICHARD ROKOS

Here are some select quotes from Colorado head coach **Richard Rokos** heading into the NCAA Championships:

On The State of the Buffaloes

“It’s kind of scary, because we don’t have anything to blame. Everybody is healthy, every one is a great state of mind and everyone is excited to go and do some damage. It feels like everyone is peaking—we had some slack a couple weeks ago, so if that had to happen, it came at the right time. So everyone is coming back from that little bump in the road and is recovering well. So the sky is the limit.”

On Skiing With A Full Team At The NCAA’s For The First Time in Four Years

“A full team is still not any ticket to the title, it just gives you more peace of mind. This year, with the slalom wrapping up the championships, it’s going to be mental rollercoaster until the last minute. It’s all about how the whole week develops. Having slalom as the concluding event makes for more excitement, more nervousness. Statistics show that about thirty percent in slalom usually DNF (did not finish), so things can change and shake out dramatically.”

On Revised Scoring Format

“Everything counts, so those with partial teams come in with a deficit already. In the past, if you had a full team you had to discount three results, or if one skier down, one result. But now everything counts. But it still will come down to the last day, and how the week will develop. There can be all kinds of strategies. If you’re on the losing side you can just go for it and try to recover, or just bury it.”

On The Alpine Teams

“For the alpine guys, with Drew (Roberts) and Stefan (Hughes) being pretty much veterans of the national team and coming from that level, they were bound to have an immediate impact and they both proved it in their first few races. Now comes time to confirm it again. The whole group has been elevated as a unit. It’s a good headache to have in the end, to qualify five guys who all want to be there, but unfortunately just three of them can make it. But it’s definitely a different feeling instead of being short one or two as was the case one time. The women had another fine season, qualifying five again, and they’re looking to ski their best at NCAA’s. They didn’t match their results to the degree they did a year ago, but I think that was mostly due to traveling to Italy (for the World University Games) in the middle of the year. Lucie (Zikova) was the top skier in the west and it was something to just watch her ski.”

CONTINUED

QUOTING ROKOS, CONTINUED

On The Nordic Teams

“They had a pretty steady season. Matt (Gelso) was consistently top three, and Kit (Richmond) was right there behind him, very steady, just sidetracked by some illness in the middle of the year. Karl (Nygren) transferred in and helped us, and earned the third spot as he improved along the way, and he will help us at NCAA’s. When we were in Reno and did the awards for the whole season, Maria (Grevsgaard) made so many trips to the podium that it looked like a fashion show. She was walking the aisle back and forth, back and forth. Kristin (Ronnestrand) comes into nationals with her best results at the right time, and she will build confidence from those. She’s healthy and extremely engaged. Lenka (Palanova) is coming out of a little hole, she over-trained a bit, but at this point there’s nothing to stop her. We think by NCAA’s that she will be skiing her best this season.”

On Surprises This Season

“The surprise was Matt (Gelso). He came here as a highly ranked junior, but the gap between junior and senior skiing is usually so substantial, even the higher ranked juniors rarely have too much impact. But he made an impact immediately, and only got better. Another was Heidi (Hillenbrand), she came as a runaway train and immediately made her presence known. And it didn’t come as a surprise to her old coaches (at Steamboat Springs), that as soon as you put a kid in a Buffalo uniform, they start charging, like Lisa (Perricone) a year ago.”

On The Season And Regional Result

“The season was interrupted with the World University Games, and a couple of the Nordics went to U.S. Nationals. We (CU) seemed to have more participation in these events than most, so all those trips added a little pressure and a lot of time challenges on us. The other teams typically don’t do as much as we do, so they’re a little more rested. But that’s the way skiing is, we enjoy those trips and opportunities, and we probably sacrifice some things in the intercollegiate part of the experience. But I would never think of missing out on those things because they’re experiences and memories they will have for the rest of their lives.

“Our goal at the regional was to protect our skiers in alpine and do what we could to solidify our qualifying positions. Going in, we only had two secure spots with several others on the bubble, so we traded a run at the regional title to qualify five guys in men’s alpine. So I am happy with that; our top three seeds (who are Nos. 1, 3 and 6) started deep into the 30s and scored something like 50 points fewer than usual between them, so it was not reflective of what we’re capable of doing or what we did all season.

On CU’s Goals & Defending The Title

“Our goal never changes, it’s always the same, we’re going after the trophy. We are bringing at least three people that can be on the podium—Lucie, Maria and Matt, and probably more, but those three proved it consistently during the season. In the case of those three, I would very much believe that they’ll ski their own and match what they did during the season. So if that is true to form, what happens with the rest of the team will obviously decide our chances to win. Points for second and third place usually decide how high you can shoot for.”

On The Competition

“Regionally, DU has a very strong team. They pretty much carry over everyone from last year, they are experienced and capable of skiing very well. How much of a deficiency not having one Nordic girl for them will be a question that plays out during the week. Utah qualified a whole team, and came on strong on late, and we’ll see if they’ll be able to capitalize on it. Until we get into competition with the eastern schools directly, it’s hard to figure out our chances or their chances since there is never anything to compare during the season. Typically, Dartmouth is very strong in alpine, but the word is they’re much improved in Nordic. The same with UVM, until we race them, we don’t know them. Those are the only two from the east with a full complement of skiers participating, Middlebury is two shy of the maximum so it will be tough for them. But those schools that didn’t qualify the maximum play a role in who does win. They’re skiers wedge in there in top scoring positions, so no one can relax and just ski to finish.”

ZIKOVA IN ELITE COMPANY

Junior **Lucie Zikova** won three races this winter, upping her career total to 10. In doing so, she became just the sixth Colorado skier since the men’s and women’s programs were combined to reach double figures in race wins. The record of 13 by **Per Kare Jakobsen** is well within reach, as is the alpine record of 12 set by John Skajem. Zikova has won both the GS and slalom at the same meet three times, performing the sweep at Denver’s invitational this winter; they are the only three by a Buffalo alpine skier since 1994, when **Andreja Rojs** won both events, also at DU’s invite. Zikova now only trails Skajem in all-time alpine meet sweeps, as he had four over the 1986-87 seasons.

COLORADO ALL-TIME INDIVIDUAL WINS (since 1983)

13	Per Kare Jakobsen	1988-90	(9 FS/XC, 4 CL)	11	Line Selnes	1998	(6 FS, 5 CL)
12	John Skajem	1986-87	(8 SL, 4 GS)	10	Bjorn Svensson	1990-93	(6 FS, 4 CL)
11	Anette Skjolden	1991-93	(7 CL, 4 FS)	10	Lucie Zikova	2005-07	(7 SL, 3 GS)

GREVSGAARD REPEATS AS RMISA MVP SKIER

The Rocky Mountain Intercollegiate Ski Association (RMISA) named the University of Colorado’s **Maria Grevsgaard** as the most valuable women’s Nordic skier for 2007, a repeat honor for the junior from Geilo, Norway. CU junior **Lucie Zikova** just missed out on a second consecutive MVP honor for women’s alpine, as Western State’s Sarah Schaedler earned the distinction. The points skiers accumulate over the course of the eight races in the RMISA regular season determine the honors.

BUFFALO CHIP: Colorado has finished either first or second in 11 straight meets, matching the previous school best set between 1999 and 2001.

2007 COLORADO SKIING / MEDIA NOTES 8-8-8

HISTORICALLY

The NCAA first sponsored a men's national championship in skiing in 1954, though national title meets (National Intercollegiate Championships) were held as early as 1946, the same year CU's program began. Women's programs came into being in the late 1970's, with then CU head coach **Bill Marolt** at the forefront of making it a reality. CU has competed in all but three of the previous 53 NCAA Championships, but on one of those occasions (1964), several team members had competed in the Winter Olympics, and in 1967, CU sent only a few skiers to Maine for financial reasons. The old AIAW sponsored women's titles between 1977 and 1982; in 1983, the NCAA absorbed the AIAW but combined male and female competition, as was the case in rifle and fencing. Here's a complete look at the NCAA Championship history of the Buffaloes:

MEN (NCAA)

Year	Coach	Site	Finish	Teams	Points	PA/PB	Champion	Points	Runner-Up	Points
1954	Tom Jacobs	Reno, Nev.	3rd	12	348.6	- 35.4	Denver	384.0	Seattle	349.6
1955	Tom Jacobs	Northfield, Vt.	4th	13	540.9	- 26.2	Denver	567.1	Dartmouth	558.9
1956	Tom Jacobs	Winter Park	6th	13	520.6	- 61.4	Denver	582.0	Dartmouth	541.8
1957	Bob Beattie	Ogden, Utah	2nd	20	545.3	- 32.7	Denver	578.0	Colorado	545.3
1958	Bob Beattie	Hanover, N.H.	3rd	13	525.6	- 35.6	Dartmouth	561.2	Denver	550.6
1959	Bob Beattie	Winter Park	1st	9	549.4	+ 5.8	Colorado	549.4	Denver	543.6
1960	Bob Beattie	Bozeman, Mont.	1st	7	571.4	+ 2.8	Colorado	571.4	Denver	568.6
1961	Bob Beattie	Middlebury, Vt.	3rd	9	365.5	- 10.7	Denver	376.2	Middlebury	367.0
1962	Bob Beattie	Squaw Valley, Calif.	2nd	16	374.3	- 15.8	Denver	390.1	Colorado	374.3
1963	Bob Beattie	Solitude, Utah	2nd	12	381.6	- 3.0	Denver	384.6	Colorado	381.6
1964	Bob Beattie	Franconia Notch, N.H.	---	10	Denver	370.2	Dartmouth	368.8
1965	Bob Beattie	Crystal Mountain, Wash.	4th	11	347.6	- 32.9	Denver	380.5	Utah	378.4
1966	M.J. Elisha	Crested Butte	---	10	Denver	381.0	Western State	365.9
1967	Hoeschler/Romine	Sugarloaf, Maine	---	14	Denver	376.7	Wyoming	375.9
1968	Bill Marolt	Steamboat Springs	5th	15	365.3	- 18.6	Wyoming	383.9	Denver	376.2
1969	Bill Marolt	Steamboat Springs	5th	12	360.6	- 28.0	Denver	388.6	Dartmouth	372.0
1970	Bill Marolt	Franconia Notch, N.H.	3rd	14	377.3	- 9.3	Denver	386.6	Dartmouth	378.8
1971	Bill Marolt	Terry Peak, S.D.	2nd	12	373.1	- 21.6	Denver	394.7	Colorado	373.1
1972	Bill Marolt	Winter Park	1st	11	385.3	+ 5.2	Colorado	385.3	Denver	380.1
1973	Bill Marolt	Middlebury, Vt.	1st	14	381.9	+ 4.1	Colorado	381.9	Wyoming	377.8
1974	Bill Marolt	Jackson Hole, Wyo.	1st	15	176.0	+ 14.0	Colorado	176.0	Wyoming	162.0
1975	Bill Marolt	Durango	1st	13	183.0	+ 68.0	Colorado	183.0	Vermont	115.0
1976	Bill Marolt	Rumford, Maine	t-1st	8	112.0	0.0	Colorado	112.0	Dartmouth	112.0
1977	Bill Marolt	Winter Park	1st	13	179.0	+ 24.5	Colorado	179.0	Wyoming	154.5
1978	Bill Marolt	Hanover, N.H.	1st	14	152.5	+ 31.0	Colorado	152.5	Wyoming	121.5
1979	Tim Hinderman	Steamboat Springs	1st	13	153.0	+ 23.0	Colorado	153.0	Utah	130.0
1980	Tim Hinderman	Lake Placid, N.Y./Stowe, Vt.	3rd	13	98.0	- 73.0	Vermont	171.0	Utah	151.0
1981	Tim Hinderman	Park City, Utah	3rd	20	113.0	- 70.0	Utah	183.0	Vermont	172.0
1982	Tim Hinderman	Lake Placid, N.Y.	1st	20	461.0	+ 24.5	Colorado	461.0	Vermont	436.5

WOMEN (AIAW)

Year	Coach	Site	Finish	Teams	Points	PA/PB	Champion	Points	Runner-Up	Points
1977	Larry Martin	Burlington, Vt.	10th	?	NA	Dartmouth	448.0	Utah	416.0
1978	Steve Devin	Red River, N.M.	7th	?	NA	Utah	289.0	Middlebury	260.0
1979	Steve Devin	Marquette	2nd	10	289.8	- 20.7	Middlebury	310.5	Colorado	289.8
1980	Steve Devin	Middlebury, Vt.	5th	10	211.2	- 75.5	Middlebury	286.7	Vermont	260.4
1981	Tim Hinderman	Bozeman, Mont.	8th	11	165.5	- 139.0	Vermont	304.5	Middlebury	303.5
1982	Tim Hinderman	Stowe, Vt.	1st	9	237.4	+ 7.4	Colorado	237.4	Wyoming	230.0

COED (NCAA)

Year	Coach	Site	Finish	Teams	Points	PA/PB	Champion	Points	Runner-Up	Points
1983	Tim Hinderman	Bozeman, Mont.	4th	18	539.0	- 157.0	Utah	696.0	Vermont	650.0
1984	Alan Ashley	Jackson, N.H.	4th	17	556.0	- 194.5	Utah	750.5	Vermont	684.0
1985	Alan Ashley	Bozeman, Mont.	5th	18	595.0	- 169.0	Wyoming	764.0	Utah	744.0
1986	Alan Ashley	Stowe, Vt.	4th	18	543.0	- 69.0	Utah	612.0	Vermont	602.0
1987	Alan Ashley	Anchorage, Alaska	3rd	17	593.0	- 117.0	Utah	710.0	Vermont	627.0
1988	Tim LaVallee	Middlebury, Vt.	3rd	15	515.5	- 135.5	Utah	651.0	Vermont	614.0
1989	Tim LaVallee	Jackson Hole, Wyo.	3rd	17	600.5	- 71.5	Vermont	672.0	Utah	668.0
1990	Tim LaVallee	Stowe, Vt.	3rd	15	532.0	- 139.0	Vermont	671.0	Utah	571.0
1991	Richard Rokos	Park City, Utah	1st	16	713.0	+ 31.0	Colorado	713.0	Vermont	682.0
1992	Richard Rokos	Waterville Valley, N.H.	5th	19	590.0	- 103.5	Vermont	693.5	New Mexico	642.5
1993	Richard Rokos	Steamboat Springs	4th	20	628.0	- 155.0	Utah	783.0	Vermont	700.5
1994	Richard Rokos	Sugarloaf, Maine	4th	19	622.0	- 66.0	Vermont	688.0	Utah	667.0
1995	Richard Rokos	Jackson, N.H.	1st	21	720.5	+ 9.5	Colorado	720.5	Utah	711.0
1996	Richard Rokos	Bozeman, Mont.	4th	23	602.5	- 116.5	Utah	719.0	Denver	635.5
1997	Richard Rokos	Stowe, Vt.	3rd	21	638.0	- 48.0	Utah	686.0	Vermont	646.5
1998	Richard Rokos	Bozeman, Mont.	1st	22	654.0	+ 2.5	Colorado	654.0	Utah	651.5
1999	Richard Rokos	Bates	1st	21	650.0	+ 14.0	Colorado	650.0	Denver	636.0
2000	Richard Rokos	Park City, Utah	2nd	20	621.0	- 99.0	Denver	720.0	Colorado	621.0
2001	Richard Rokos	Middlebury, Vt.	3rd	22	595.5	- 53.5	Denver	649.0	Vermont	605.0
2002	Richard Rokos	Anchorage, Alaska	2nd	23	612.0	- 44.0	Denver	656.0	Colorado	612.0
2003	Richard Rokos	Lyme & Hanover, N.H.	3rd	22	546.5	- 135.5	Utah	682.0	Vermont	551.0
2004	Richard Rokos	Lake Tahoe Area, Calif.	4th	23	564.0	- 59.0	New Mexico	623.0	Utah	581.0
2005	Richard Rokos	Stowe, Vt.	6th	22	438.0	- 186.5	Denver	622.5	Vermont	575.0
2006	Richard Rokos	Steamboat Springs	1st	24	654.0	+ 98.0	Colorado	654.0	New Mexico	556.0

NCAA TEAM CHAMPIONSHIPS (including co-titles): Denver 18, **COLORADO 16**, Utah 10, Vermont 5, Dartmouth 2, Wyoming 2, New Mexico 1.

COLORADO'S INDIVIDUAL NCAA CHAMPIONS

Colorado leads the nation in all-time individual NCAA champions, as through the years, Buffalo skiers have been crowned **74** times. That's ahead of Denver (65), Utah (63), Vermont (50) and Dartmouth (32).

BY EVENT (ALPINE)

Men's Giant Slalom (8)

1977 Stephan Hienzsch
 1982 Seth Bayer
 1987 John Skajem
 1989 Ian Witter
 1991 Toni Standteiner
 1992 Eric Archer
 1993 Sean Ramsden
 1995 Bryan Sax

Men's Slalom (13)

1961 Buddy Werner
 1963 Jimme Heuga
 1966 Bill Marolt
 1970 Mike Porcarelli
 1972 Mike Porcarelli
 1977 Stephan Hienzsch
 1983 Niklas Scherrer
 1984 James Marceau
 1986 John Skajem
 1987 John Skajem
 1990 Chris Pedersen
 1995 Scott Wither
 2000 Andy LeRoy

Men's Alpine Combined (6)

1961 Buddy Werner
 1963 Buddy Werner
 1966 Bill Marolt
 1970 Mike Porcarelli
 1972 Mike Porcarelli
 1975 Mark Ford
(discontinued after 1976)

Men's Downhill (6)

1960 Dave Butts
 1963 Bill Marolt
 Buddy Werner
 1965 Bill Marolt
 1969 Mike Lafferty
 1975 Mark Ford
(discontinued after 1975)

Men's Jumping (7)

1959 Dave Butts
 1970 Jay Rand
 1971 Vidar Nilsgard
 1973 Vidar Nilsgard
 1974 Didrik Ellefsen
 1975 Didrik Ellefsen
 1978 T. H. Jensen
(discontinued after 1980)

Men's Skimeister (2)

1959 Dave Butts
 1960 John Dendahl
(discontinued after 1973)

Women's Giant Slalom (4)

1986 Lynda McGehee
 1998 Caroline Gedde-Dahl
 1999 Aimee-Noel Hartley
 2000 Aimee-Noel Hartley

Women's Slalom (2*)

1982 Lee Sevinson (*AIAW)
 1999 Linda Wikstrom
 2006 Lucie Zikova

Women's Alpine Combined

1982 Lee Sevinson (AIAW)
(discontinued after 1976)

BY EVENT (NORDIC)

Men's Classical (1)

1999 Ove Erik Tronvoll

Men's Freestyle (3)

1989 Per Kare Jakobsen
 1991 Bjorn Svensson
 2006 Kit Richmond

Men's Cross Country (7)

1960 John Dendahl
 1968 Clark Matis
 1969 Clark Matis
 1977 Helge Aamodt
 1978 Sigurd Kjerpeseth
 1982 Egil Nilsen
 1988 Per Kare Jakobsen
(discontinued after 1988)

Men's Cross Country Relay (2)

1982 Thomas Holter,
 Bjorn Gjelsten &
 Egil Nilsen
 1988 Ric Schaaf,
 Aage Schaanning &
 Per Kare Jakobsen
(discontinued after 1988)

Men's Nordic Combined (2)

1960 John Dendahl
 1976 Jack Turner
(discontinued after 1976)

Women's Classical (4)

1993 Anette Skjolden
 1998 Line Selnes
 2002 Mari Storeng
 2006 Jana Rehema

Women's Freestyle (4)

1992 Anette Skjolden
 1998 Line Selnes
 2000 Katka Hanusova
 2006 Jana Rehema

Women's Cross Country (2)

1985 Kristen Petty
 1987 Kristen Petty
(discontinued after 1988)

Women's Cross Country Relay (1)

1986 Ingrid Butts,
 Jill Abderson &
 Kristen Petty
(discontinued after 1988)

BY YEAR (74)

does not include 2 AIAW titles

1954—0	1961 2	1968—1	1975—3	1982—3	1989—2	1996—0	2003—0
1955—0	1962—0	1969—2	1976—1	1983—1	1990—1	1997—0	2004—0
1956—0	1963—4	1970—3	1977—3	1984—1	1991—2	1998—3	2005—0
1957—0	1964—0	1971—1	1978—2	1985—1	1992—2	1999—3	2006—4
1958—0	1965—1	1972—2	1979—0	1986—3	1993—2	2000—3	
1959—2	1966—2	1973—1	1980—0	1987—3	1994—0	2001—0	
1960—4	1967—0	1974—1	1981—0	1988—2	1995—2	2002—1	

2007 NCAA WESTERN REGION RECAP

Defending NCAA champion Colorado and Denver were the two schools that really duked it out in the west this winter, as DU won three of the five western meets, including the RMISA Championship/NCAA West Regional, with CU winning the other pair and taking second in the three Pioneer wins.

While just 65 points separated the Buffaloes and Pioneers this winter, coming on strong at the end was Utah, which also owned one second place team finish early in the year. CU and the Utes qualified full 12-skier teams for the NCAA Championships, while DU will have at least 11, with the first Nordic woman's alternate a Pioneer.

Denver won the regional with 426 points, followed by Colorado (409) and Utah (391); just 18 points had separated the three heading into the two freestyle cross country races. Alaska-Anchorage (321) and Montana State (300) rounded out the top five. Snowfall wreaked havoc with the alpine events, forcing cancellation of the giant slalom races; thus, team point totals were lower due to six events being scored instead of the usual eight as only the slalom was run in alpine competition (and that was run in less than perfect conditions with 18-24 inches of soft snow over the hardpack).

But the Pioneers were undaunted by the conditions, as DU skiers claimed four of the six individual titles with CU claiming the other pair.

Denver swept the freestyle cross country races, as sophomore Annelise Bailly won the women's 5k and senior John Stene the men's 10k, both by comfortable margins. Junior Rene Reissbauer netted the school a third regional Nordic crown when he topped Stene by some 20 seconds in the 15k classical race. The women's 10k classical saw Colorado skiers finish 1-2, as junior Maria Grevsgaard bested freshman teammate Kristin Ronnestrand by 11 seconds.

With the GS cancelled due to blizzard conditions, the alpine performers were left with the usually treacherous slalom. But with fresh snow inundating the Sugar Bowl ski area outside of Lake Tahoe, times were generally a bit slower and most of the field was able to finish, though ruts developed quickly and it favored the top seeded performers.

In the women's slalom, Colorado sophomore Lisa Perricone skied to a two-plus second win over Utah's Kim Stephens, while two Denver sophomores grabbed the top two spots in the men's race, as Francesco Ghedina bested teammate John Buchar.

DU scored 2,628½ points on the year, with Colorado right behind at 2,563½; but the Buffs were decimated by illness for the New Mexico Invitational, and DU took the opportunity to pounce on the entire field and record the largest margin of victory in a western meet (107½ points) since the sport went coed in 1983. Utah was third with 2,329½, with the next three fairly close: New Mexico (2012), Montana State (1967) and Alaska (1959).

Individually, Colorado skiers won 14 of the 38 races in the western regular season, with DU performers winning 11; seven schools in all had individual champions, as New Mexico (4), Utah (3), Western State (3), Alaska (2) and Montana State (1) also had skiers top the podium. CU's Grevsgaard won the most titles, seven, including a sweep of the season's five classical races.

One of the most memorable moments on the season included the first-ever (and rare by any school) 1-2-3 sweep by Montana State skiers, as the Bobcat women, led by star Jamie Woelk, dominated the 10k freestyle at the Utah Invitational.

These NCAA Championships will also mark the final go-round for New Mexico head coach George Brooks, who is retiring after 37 seasons at the school. He is the only ski coach the Lobos have ever had, and he led them to the 2004 NCAA title, the lone national title in UNM athletic history.

RMISA CHAMPIONSHIPS/NCAA WEST REGIONAL TEAM SCORES—1. Denver 426; 2. Colorado 409; 3. Utah 391; 4. Alaska 321; 5. Montana State 300; 6. Nevada 248; 7. New Mexico 250; 8. Western State 197; 9. Whitman 191.

Men's Slalom—1. Francesco Ghedina, DU, 1:22.00; 2. John Buchar, DU, 1:22.73; 3. Kyle Kung, Utah, 1:22.85; 4. Josh Bryan, CU, 1:22.98; 5. Dan McKay, UAA, 1:23.13; 6. Max Meier-Meitingner, UAA, 1:23.18; 7. Ben Chaddock, Whit., 1:23.30; 8. Lars Loeseth, UNM, 1:23.47; 9. Alex Mach, UNM, 1:23.50; 10. Toby Lamar, MSU, 1:23.63.

Women's Slalom—1. Lisa Perricone, CU, 1:34.22; 2. Kim Stephens, Utah, 1:36.61; 3. Chirine Njeim, Utah, 1:36.62; 4. Stefanie Klocker, UAA, 1:36.76; 5. Taryn O'Flynn, UN, 1:37.31; 6. Amanda Goynes, UN, 1:37.63; 7. Karine Falck-Pedersen, DU, 1:37.71; 8. Jenny Tank, DU, 1:38.21; 9. Smaranda Munteanu, UAA, 1:38.37; 10. Heidi Hillenbrand, CU, 1:38.68.

Women's 5K Freestyle—1. Annelise Bailly, DU, 15:18.1; 2. Maria Grevsgaard, CU, 15:44.0; 3. Jamie Woelk, MSU, 15:50.9; 4. Sara Schweiger, Utah, 15:52.8; 5. Devon Spika, Whit., 16:05.2; 6. Sarah MacCarthy, Utah, 16:06.4; 7. Claire Rennie, MSU, 16:06.8; 8. Kristin Ronnestrand, CU, 16:10.8; 9. Mandy Bowden, MSU, 16:11.0; 10. Lenka Palanova, CU, 16:30.7.

Men's 10K Freestyle—1. John Stene, DU, 27:36.7; 2. Andy Liebner, UAA, 27:46.2; 3. Snorri Einarsson, Utah, 27:48.8; 4. Matt Gelso, CU, 28:03.5; 5. Rene Reissbauer, DU, 28:09.2; 6. Havard Selseng, DU, 28:11.7; 7. Patrick Neel, WSC, 28:29.2; 8. Kit Richmond, CU, 28:36.5; 9. Fabian Figi, Utah, 29:00.3; 10. Even Sletten, Utah, 29:07.2.

Women's 10K Classical—1. Maria Grevsgaard, CU, 32:16.8; 2. Kristin Ronnestrand, CU, 32:27.0; 3. Jamie Woelk, MSU, 33:10.5; 4. Sara Schweiger, Utah, 33:15.6; 5. Polina Ermoshina, UNM, 33:20.0; 6. Sarah MacCarthy, Utah, 33:53.2; 7. Devon Spika, Whit., 33:54.1; 8. Melanie Zemp, UNM, 33:55.7; 9. Crystin Jaques, UNM, 34:02.3; 10. Kara LaPoint, DU, 34:19.9.

Men's 15K Classical—1. Rene Reissbauer, DU, 41:18.6; 2. John Stene, DU, 41:38.9; 3. Matt Gelso, CU, 42:31.9; 4. Snorri Einarsson, Utah, 42:45.0; 5. Havard Selseng, DU, 42:55.6; 6. Harald Loevenskiold, DU, 43:01.0; 7. Raphael Wunderle, UAA, 43:05.8; 8. Kit Richmond, CU, 43:17.0; 9. Andy Liebner, UAA, 43:22.3; 10. Mike Hinckley, DU, 43:28.0.

(Giant Slalom cancelled due to blizzard conditions)

2007 COLORADO SKIING / TEAM & INDIVIDUAL RESULTS

(as of March 3 a.m.)

Team Results

Season Results	overall	Alpine			Nordic			meet points			PA/PB
		overall	men	women	overall	men	women	Alpine	Nordic	Total	
J 13-14 at Utah Invitational	1st/10	1st/ 9	1st/ 9	2nd/ 9	1st/10	2nd/10	2nd/10	280	272	552	+ 15
F 2- 3 at Denver Invitational	2nd/10	1st/ 9	3rd/ 9	1st/ 9	3rd/10	2nd/10	5th/10	274	264	538	- 12
J 7-F8 at Montana State Invitational	1st/10	2nd/ 9	2nd/ 9	2nd/ 9	1st/10	4th/10	1st/10	282½	297	579½	+ 29½
F 9-10 at New Mexico Invitational	2nd/ 9	3rd/ 9	4th/ 9	1st/ 9	4th/ 9	4th/ 9	5th/ 9	258	217	485	-107½
F 22-24 #at RMISA Championships	2nd/ 9	3rd/ 9	2nd/ 9	3rd/ 9	2nd/ 9	3rd/ 9	1st/ 9	128	281	409	- 17
M 7-10 at NCAA Championships (Jackson/Attitash, N.H.)											

#—also NCAA West Regional (*giant slalom cancelled due to blizzard conditions, only six of eight events scored*).

ROCKY MOUNTAIN INTERCOLLEGIATE SKIING ASSOCIATION (RMISA) SEASON POINT STANDINGS: 1. Denver 2628½; 2. Colorado 2563½; 3.

Utah 2329½; 4. New Mexico 2012; 5. Montana State 1967; 6. Alaska 1959; 7. Nevada 1746; 8. Western State 1276; 9. Whitman 799½; 10. Wyoming 99.

RMISA INDIVIDUAL WINNERS BY SCHOOL (38): Colorado 14, Denver 11, New Mexico 4, Utah 3, Western State 3, Alaska 2, Montana State 1.

Individual Alpine Skier Charts

MEN Skier	MSU		UU		DU		UNM		RMISA		NCAA	
	SL	GS	SL	GS	SL	GS	SL	GS	SL	GS	SL	GS
J. BRYAN	35	26	9	28	14	31	30	13	*	4		
T. CESOLINI	12	10	D2	9	28	18	19	D1	*	16		
M. COOKE	21	10	16	10	DQ	12	8	15	*	31		
S. HUGHES	2	3	2	12	32	9	11	24	*	35		
D. ROBERTS	1	DQ	6	27	9	36	D2	3	*	32		
A. SEREBRAKIAN	9	D2	D1	37	12	40	25	D2	*	11		
TNF	41	37	34	37	32	40	37	30	*	37		

WOMEN Skier	MSU		UU		DU		UNM		RMISA		NCAA	
	SL	GS	SL	GS	SL	GS	SL	GS	SL	GS	SL	GS
L. FOX	25	26	30	29	25	37	D2	27	*	—		
H. HILLENBRAND	—	5	16	14	3	41	2	10	*	10		
L. PERRICONE	7	9	6	D2	8	8	9	28	*	1		
R. ROOSEVELT	16	17	15	8	11	9	12	7	*	30		
K. TAYLOR	19	12	20	18	10	24	—	23	*	18		
L. ZIKOVA	1	2	D1	1	1	2	7	3	*	28		
TNF	54	47	44	40	43	42	38	35	*	38		

GS RUNS WON (2): Hughes 2.

SL RUNS WON (2): Hughes 1, Roberts 1.

*—Giant Slalom at RMISA Championships cancelled due to blizzard conditions.

GS RUNS WON (1): Zikova 1.

SL RUNS WON (6): Zikova 4, Hillenbrand 1, Perricone 1.

Individual Nordic Skier Charts

MEN Skier	UU		MSU		DU		UNM		RMISA		NCAA	
	CL	FS	FS	CL	FS	CL	CL	FS	FS	CL	CL	FS
M. GELSO	3	1	7	3	3	3	3	2	4	3		
J. GOODPASTER	30	38	25	17	32	36	—	—	27	21		
K. NYGREN	9	28	10	28	17	11	8	23	23	15		
G. REID	26	DF	—	—	25	31	21	19	24	19		
K. RICHMOND	5	4	1	10	2	6	—	—	8	8		
J. SMITH	23	33	12	20	—	—	25	18	20	31		
TNF	53	50	54	51	49	49	39	41	46	44		

WOMEN Skier	UU		MSU		DU		UNM		RMISA		NCAA	
	CL	FS	FS	CL	FS	CL	CL	FS	FS	CL	CL	FS
M. GAW	20	17	11	10	20	14	16	20	12	16		
M. GREVSGAARD	1	6	1	1	2	1	1	1	2	1		
L. PALANOVA	23	9	5	DF	15	31	—	—	10	26		
M. GOODPASTER	34	DF	42	30	—	—	28	—	—	—		
K. RONNESTRAND	4	26	8	3	19	20	—	—	8	2		
M. WILDER	49	45	51	46	43	42	35	32	—	—		
TNF	49	47	55	50	46	45	36	33	40	37		

CL—classical; DF—did not finish; D#—did not finish, number indicates first or second run; DS—did not start, 2nd run; DQ—disqualified; F/CIP—indicates freestyle or classical pursuit; FS—freestyle; GS—giant slalom; SL—slalom; TNF—total number of NCAA finishers only; non-NCAA and independent skiers are deleted in such instances.

CU ATHLETE-OF-THE-WEEK WINNERS (5): Matt Gelso (Jan. 8-14), Maria Grevsgaard (Jan. 8-14, Jan. 15-21, Feb. 5-11), Lucie Zikova (Jan. 29-Feb. 4).

RMISA SKIER-OF-THE-WEEK WINNERS (5): Maria Grevsgaard (Utah), Stefan Hughes (MSU), Drew Roberts & Lucie Zikova (Denver), Lisa Perricone (RMISA Championships).

RMISA MVP SKIERS (1): Maria Grevsgaard (Women's Nordic).

ALL-RMISA FIRST-TEAM (6): Matt Gelso, Maria Grevsgaard, Stefan Hughes, Kit Richmond, Kristin Ronnestrand, Lucie Zikova.

ALL-RMISA SECOND-TEAM (2): Lisa Perricone, Drew Roberts.

DIVISION I NATIONAL ALL-ACADEMIC SKI TEAM MEMBERS (7; minimum 3.50 GPA & regional participation): Mia Gaw, Matt Gelso, Karl Nygren, Rachel Roosevelt, Arman Serebrakian, Kristin Taylor, Lucie Zikova.