

2007 COLORADO CROSS COUNTRY



UNIVERSITY OF COLORADO SPORTS INFORMATION

357 UCB • UNIVERSITY OF COLORADO • BOULDER, CO 80309

LINDA PONCIN, ASSISTANT DIRECTOR (CROSS COUNTRY CONTACT)

303/492-5626 (OFFICE) • 303/492-3811 (FAX) • LINDA.PONCIN@COLORADO.EDU CUBUFFS.COM

Division I Men's Poll

As of November 13, 2007

Team (first-place votes)	Points
1. Oregon (13)	390
2. Colorado	369
3. Iona	355
4. UTEP	342
5. Wisconsin	332
6. Northern Arizona	318
7. Arkansas	316
8. Portland	284
9. Oklahoma State	281
10. North Carolina State	251
11. Michigan	243
12. Alabama	241
13. Stanford	225
14. Georgetown	210
15. Louisville	209
16. Texas	201
17. Minnesota	194
18. Providence	191
19. Notre Dame	166
20. California	152
21. William & Mary	123
22. Cal Poly	99
23. Florida State	92
24. Virginia	81
25. Villanova	80
26. BYU	78
27. Iowa State	74
28. Indiana	38
29. Tulsa	37
30. Arizona State	32

Division I Women's Poll

As of October 30, 2007

Team (first-place votes)	Points
1. Stanford (13)	390
2. Florida State	368
3. Oregon	365
4. Princeton	355
5. Minnesota	334
6. Arizona State	325
7. Michigan State	315
8. Washington	291
9. Michigan	285
10. Illinois	258
11. Rice	253
12. Colorado State	245
13. West Virginia	242
14. Providence	217
15. Northern Arizona	195
16. Arkansas	183
17. BYU	170
18. Georgetown	154
19. North Carolina State	147
20. Iowa	143
21. Wisconsin	139
22. Colorado	133
23. Georgia	109
24. Texas Tech	99
25. Duke	81
26. UC Santa Barbara	59
27. Stony Brook	51
28. Florida	37
29. North Carolina	31
30. Baylor	24

WHAT'S NEXT: The University of Colorado second-ranked men's and 22nd-ranked women's cross country teams will head back to Terre Haute, Ind. for the NCAA Championships on Monday, Nov. 19. The men's team won the NCAA Mountain Region Championship to advance to the 69th annual men's championship. This is the 27th annual women's championships. The race will take place on the LaVern Gibson Cross Country Course at the Wabash Valley Family Sports Center.

This is the 22nd straight appearance at the NCAA Championships for the CU men and the 26th in 27 years. The women are making their 16th consecutive trip to the championship and have qualified 18 of 19 times.

HOW THEY GOT HERE: Colorado's men's team earned an automatic bid to the championship by winning the NCAA Mountain Region Championship last Saturday in Ogden, Utah. The CU women placed fourth at regionals and earned one of 13 at-large bid to the championship.

THE SCHEDULE: The men's 10k race is at 12 p.m. (EST) with the women (6k) to follow at 12:55. The races will be televised live on CSTV. An awards ceremony will follow.

LIVE COVERAGE: The NCAA Championship will be televised for the first time in event history on CSTV. Coverage starts at 12 p.m. (EST) and will end at 1:30. It will also be streamed live at www.usfccca.org.

WHAT HAPPENED LAST YEAR: Colorado proved its spot once again as one of the top distance programs in the country as the Buffalo men won the 2007 NCAA Cross Country Championship and the women took second. The men defeated Wisconsin, the overall favorite, by recording 94 points to UW's 142. Brent Vaughn was the first to cross the line at 12th, followed by Stephen Pifer at 20th. The women beat Michigan for the runner-up spot by 10 points with 223. Jenny Barringer recorded a runner-up finish and Liza Pasciuto was 16th overall.

LAST YEAR AT THE NCAA'S:

Team	Champion	Runner-up	Individual Champion	Runner-up	Top CU Runner
M	Colorado	Wisconsin	Josh Rohatinsky (BYU)	Neftalem Araia	Brent Vaughn (12)
W	Stanford	Colorado	Sally Kipyego (TTU)	Jenny Barringer	Jenny Barringer

COLORADO'S NCAA CHAMPIONSHIP HISTORY: Both of Colorado's teams have left their marks on the national scene since the 1990's. The men's team has finished only lower than fifth twice (1997, 2003) since 1993. The women finished 20th in 1992 and jumped up to the podium and a second-place finish in 1995 and then took the team title in 2000. The men have won three national titles (2001, 2004, 2006) and the women own two (2000, 2004). CU has had seven national champions: Mark Scrutton (1982), Mary Decker (1978), Adam Goucher (1998), Kara Grgas-Wheeler (2000), Jorge Torres (2002) and Dathan Ritzenhein (2003). The CU women have had two NCAA runner-up finishers in the last three years (Renee Metivier, 2004; Jenny Barringer, 2006).

DOUBLE DUTY: Colorado is one of 14 programs to be sending both its men's and women's teams to the NCAA Championship. Oregon is the only program to have both teams in the top-10. The other teams sending both programs include: Arkansas, Arizona State, BYU, Florida State, Georgetown, Michigan, Minnesota, North Carolina State, Northern Arizona, Providence, Stanford and Wisconsin.

2007 University of Colorado Cross Country Schedule/Results

Date	Meet	Location	M	W
Sept. 29	Rocky Mountain Shootout	Boulder, Colo.	1/4	1/4
Oct. 6	at Tiger Invitational	Hays, Kan.	2/15	NTS
Oct. 13	at Pre-NCAA Invitational	Terre Haute, Ind.	2/35	6/35
Oct. 20	at Air Force Open	USAFA, Colo.	1/2	1/2
Oct. 26	at Big 12 Championships	Lubbock, Texas	1/12	1/12
Nov. 10	at NCAA Mountain Region Championship	Ogden, Utah	1/15	4/17
Nov. 19	at NCAA Championships	Terre Haute, Ind.		
Feb. 16	at USATF Cross Country Championships	San Diego, Calif.		
March 30	at IAAF World Cross Country Championships	Edinburgh, GBR		

Examining the Polls:

Program Comparison

School	M	W	Total
Oregon	1	3	4
Stanford	13	1	14
Michigan	11	9	20
Northern Arizona	6	15	21
Minnesota	17	5	22
Arkansas	7	16	23
Colorado	2	22	24
Florida State	23	2	25
Wisconsin	5	21	26
NC State	10	19	29
Georgetown	14	18	32
Providence	18	14	32
Arizona State	30	6	36
BYU	26	17	43

Conference Comparison

Conference	M	W	Total
Big 10	4	5	9
BIG EAST	5	3	8
Pac 10	3	4	7
Big 12	4	3	7
ACC	3	3	6
SEC	2	3	5
Mountain West	1	2	3
Big West	2	1	3
Conference USA	2	1	3
Big Sky	1	1	2
Colonial	1	1	1
Metro Atlantic	1	1	1
Western	1	1	1
Horizon	1	1	1
American East	1	1	1
Big South	1	1	1

Regional Comparison

School	M	W	Total
West	6	5	11
Mountain	4	5	9
Midwest	4	3	7
Great Lakes	4	3	7
Southeast	4	3	7
Mid-Atlantic	2	3	5
South	2	3	5
South Central	2	3	5
Northeast	2	2	4

RETURNING ALL-AMERICANS: Colorado is returning three All-Americans to the NCAA Championship on Monday. Seniors Stephen Pifer and Brent Vaughn will race for the men. Vaughn earned All-American status in 2004 and 2006 for CU. Pifer is a three-time honoree in 2004, 05 and 06. On the women's side, Jenny Barringer is the only returning All-American. She was the NCAA runner-up last season.

GIVE THEM SOMETHING TO TALK ABOUT: Colorado has made a habit out of running better than its national ranking at the season finale. This is how the team has done in the Wetmore era.

COLORADO MEN

Season	Rank	NCAA Finish
2007	2	???
2006	2	1st
2005	3	5th
2004	4	1st
2003	3	6th
2002	5	4th
2001	1	1st
2000	1	2nd
1999	5	7th
1998	4	3rd
1997	3	3rd
1996	3	5th
1995	3	4th

COLORADO WOMEN

Season	Rank	NCAA Finish
2007	22	???
2006	6	2nd
2005	6	2nd
2003	3	1st
2002	7	5th
2002	3	5th
2001	6	8th
2000	1	1st
1999	5	8th
1998	13	7th
1997	4	3rd
1996	4	4th
1995	5	2nd

CONFERENCE COACH OF THE YEAR HISTORY: Mark Wetmore has been named the Big 12 Coach of the Year 21 times (11 times for the men and 10 for the women). He has received this honor the last nine straight years on each side and was just named the coach of the year for 2007.

ACADEMIC ALL-BIG 12: The University of Colorado cross country program placed 16 on the Academic All-Big 12 teams, the conference office announced Tuesday. Members of the first team have a grade point average of 3.20 or better. Those named to the second team have a 3.0-3.19 grade point average.

Colorado paced the women's teams with nine student-athletes on the team. Oklahoma State also had nine members on the academic teams. Both schools also had the league-leading mark with seven on the men's teams.

Seniors Erin Marston and Brent Vaughn earned their third selection to the first team, while this is Janson's fourth year as a member of the academic team, three times on the first team and once on the second team. Marston will graduate this December with a degree in integrated physiology. Vaughn will earn his degree in applied match this spring and Janson will graduate with a degree in micro biology.

Juniors Jenny Barringer and Jen Hooper earned their second honor on the first team, while seniors Greg Castro and Shanna Sparks earned their second time on the second team. Sophomore Kenyon Neuman recorded his second overall stay on the academic team as a member of the second team. He was on the first team in 2006.

2007 Colorado Rosters

COLORADO WOMEN

Name	Ht	Yr	Exp.	Hometown (High School/College)
Candace Alai	5-7	So.	HS	Huntington Beach, Calif. (Edison)
Jenny Barringer*	5-5	Jr.	2L	Oviedo, Fla. (Oviedo)
Megan Burrell	5-5	Fr.	HS	Colorado Springs, Colo. (Coronado)
Anna Chase	5-2	So.	1L	Martinsville, Va. (Martinsville)
Becca Culbertson	5-6	So.	HS	Centennial, Colo. (Cherry Creek)
Allison Eckert	5-2	Fr.	HS	Sioux Falls, S.D. (Roosevelt)
Krista Eckert	5-3	Fr.	HS	Sioux Falls, S.D. (Roosevelt)
Morgan Ekemo	5-4	Jr.	RS	Eagle River, Alaska (Chugiak/Virginia Tech)
Jacquie Faust	5-11	Grad.	TR	St. Louis, Mo. (Cor Jesu Academy/Truman State)
Allison Francke	5-6	Fr.	HS	Yorba Linda, Calif. (Rosary)
Rachel Gioscia	5-4	So.	1L	Buena Vista, Colo. (Buena Vista)
Emily Hanenburg	5-9	So.	1L	Colorado Springs, Colo. (The Classical Academy)
Jennifer Hooper	5-5	So.	VR	Steamboat Springs, Colo. (Steamboat Springs)
Erin Marston*	5-6	Sr.	1L	Parker, Colo. (Chaparral)
Dani Rodriguez	5-6	So.	VR	Parker, Colo. (Chaparral)
Aislinn Ryan*	5-10	So.	1L	Warwick, N.Y. (Warwick Valley)
Allison Sawyer	5-10	Fr.	HS	Hilton, N.Y. (Hilton)
Amber Smith	5-7	Jr.	1L	Ishpeming, Mich. (Westwood)
Blair Snyder	5-7	So.	HS	Hillsborough, Calif. (Crystal Springs Uplands)
Shanna Sparks	5-6	Sr.	VR	Carson City, Nev. (Carson)
Laura Thweatt	5-4	Fr.	HS	Durango, Colo. (Durango)
Sara Vaughn	5-1	Jr.	1L/RS	Gering, Neb. (Gering/Virginia)

COLORADO MEN

Name	Ht.	Yr	Exp.	Hometown (High School/College)
Greg Castro	5-6	Sr.	VR	Boulder, Colo. (Boulder)
Cameron Clayton	6-2	Fr.	HS	Superior, Colo. (Monarch)
Seth DeMoor	5-5	Jr.	VR	Buena Vista, Colo. (Buena Vista)
Dan Edwards	5-10	Fr.	RS	Kaiserslautern, Germany (Ramstein)
Bradley Harkrader	5-8	Jr.	2L	Westminster, Colo. (Thornton)
Matthew Herzl	6-0	Fr.	RS	Littleton, Colo. (Heritage)
Peter Janson	5-9	Sr.	2L	Dallas, Texas (Highland Park)
Shaun Lyle	5-10	Sr.	VR	Eureka, Calif. (Eureka)
Richard Medina	5-5	Fr.	HS	Grand Junction, Colo. (Grand Junction)
Kenyon Neuman	5-10	So.	1L	Bend, Ore. (Summit)
Chris Pannone	5-8	Jr.	1L	Whitehouse Station, N.J. (Hunterdon Central)
Stephen Pifer*	6-0	Sr.	3L	Edwardsville, Ill. (Highland Park)
Steven Seguin	6-0	Fr.	HS	Arvada, Colo. (Ralston Valley)
Matt Tebo	5-9	Fr.	HS	Albuquerque, N.M. (Eldorado)
Robert Thayer	6-1	Sr.	VR	Hotchkiss, Colo. (Hotchkiss)
Christian Thompson	5-10	Fr.	HS	Candor, N.Y. (Candor)
Brent Vaughn*	6-0	Sr.	3L	Aurora, Colo. (Smoky Hill)
Andy Wacker	5-11	Fr.	HS	Pinehurst, N.C. (Pinecrest)

*-indicates returning 2006 postseason scorers

2007 CU Cross Country Honors:

Vaughns Sweep CU Athlete of the Week: Brent Vaughn, an Aurora, Colo. (Smoky Hill) native, won his first-ever cross country race on Saturday, Sept. 29 at the Rocky Mountain Shootout and helped CU to its 17th straight RMS title. He crossed the finish line ahead of 114 other competitors. Vaughn's mark of 24:46 was a personal record on the course by two seconds and is the sixth-best all-time on the course. He defeated the 2006 RMS champion, Mark Korir (Wyoming) by 15 seconds. Vaughn competed against three other Division I schools (Wyoming, Northern Colorado and the Air Force 'B' team) and 13 non-Division I schools which included the third-ranked Division II powerhouse Western State and 22nd-ranked Metro State. The CU men won handily with 19 points compared to runner-up UW with 44 points. This was the fourth career honor for Brent.

Sara Vaughn, a Gering, Neb., (Gering/Virginia) native, won her first-ever cross country race on Saturday, Sept. 29 at the Rocky Mountain Shootout and helped the Buffaloes to their ninth straight RMS title by defeating Wyoming by 19 points. Vaughn outraced 117 other competitors to cross the finish line in 21 minutes flat and set a personal record by 1:20. Vaughn competed against three other Division I schools and 11 non-Division I schools which included the second-ranked Division II powerhouse Western State. She defeated her teammate, Erin Marston, by 18 seconds, using a strong kick from her 1,500-meter track experience. The race was her first in almost two years as she was a redshirt during the 2006 season after giving birth to her and husband Brent's daughter, Ciara Grace. This was the first career honor for Sara.

Castro and Sparks Named Big 12 Runners of the Week: Colorado seniors Greg Castro and Shanna Sparks have been named the Big 12 Conference Runners of the Week on Oct. 9. This is the first career Big 12 honor for each athlete as the Buffs swept the weekly award.

Castro, a Boulder, Colo. native, led the men to a third-place finish by taking second in the men's race at the Fort Hays Invitational. The Colorado 'B' team competed against 14 other schools including Northern Colorado and the Air Force 'B' team. Castro finished the 8k loop in 25 minutes and 47.91 seconds to earn his highest collegiate finish and a personal record on an 8k course. Castro was a redshirt last season and has now seen action in the first two races for the Buffs. He placed higher than 145 other competitors in the race.

Sparks, Carson City, Nev., led the CU women by also placing second at the Fort Hays Invite. She finished the 5k course in 18:52.73 and earned her highest finish as a Buff. Sparks also set a pr on the course, besting her previous mark of 19:35.33. She raced against 103 other harriers from 12 other schools. The CU women did not compete for a team score.

Barringer and Pifer Named Big 12 Runners of the Week: Jenny Barringer and Stephen Pifer were named the Big 12 Conference Runners of the Week for Oct. 8-14. This is the first time either has earned the honor. Both competed at the Pre-National Invitational on Saturday, Oct. 13 in Terre Haute, Ind.

Barringer, an Oviedo, Fla., native, ran a course record of 19 minutes and 49 seconds on the new 6k course at the La Verne Gibson Cross Country Course at the Wabash Family Sports Center. The pre-nationals race was just the first competition of the season for Barringer. She defeated 234 other harriers for her second career cross country victory. Barringer's first victory was the 2006 Rocky Mountain Shootout. Last season she finished third at pre-nationals in a time of 20:09.8, an improvement by just over 20 seconds. Barringer defeated North Carolina's Brianna Felnagle, the white race runner-up, by more than seven seconds (19:56.7).

Pifer, an Edwardsville, Ind., native, led the second-ranked CU men's team with a third-place finish at pre-nationals. He finished the 8k loop in 23:16.7, just a split second ahead of teammate Brent Vaughn, who took fourth in 23:16.8. The third-place finish marks a career-best for Pifer. He previous best was a third-place finish at the 2007 Rocky Mountain Shootout.

Harkrader Named CU Athlete of the Week: Bradley Harkrader was named University of Colorado Athlete of the Week for the week of October 15-21. This is the first CU athlete of the week award of the year and career for Harkrader. Harkrader, a Westminster, Colo. (Thornton) native, led the CU 'B' team to a first-place team finish at the Air Force Invite. Harkrader was the first racer to cross the finish in 25:07.82 over the 8k course. Harkrader's first place finish was just over twenty seconds faster than the second place finisher, Rich Adam. This marked Harkrader's first career victory.

Barringer and Vaughn Named CU Athletes of the Week: Cross country standouts Brent Vaughn (senior) and Jenny Barringer (junior), were named University of Colorado Athletes of the Week for the week of October 22-28. This is the first CU athlete of the week award of the year for Barringer and the second for Vaughn. This now gives Vaughn five career honors, and Barringer now has nine which ties her for third on the all-time CU Athlete of the Week winners list with former women's basketball standout Shelly Sheetz.

Vaughn, an Aurora, Colo. (Smoky Hill) native, won his first Big 12 individual men's cross country crown, snapping a three-year drought since a CU male has won the title, as the last was Dathan Ritzenhein in 2003. The CU men have now won eight of 12 individual conference titles. Vaughn finished the 8k loop in 24:22.30, which was 14 seconds ahead of runner-up and teammate Kenyon Neuman as he led the fifth-ranked Buffaloes to their 12 consecutive Big 12 title, besting Oklahoma State by 14 points. Vaughn beat out 99 other runners for the title.

Barringer, an Oviedo, Fla., (Oviedo) native, ran up front the whole race and was the Big 12 runner-up for her third straight year with a mark of 19:29.30. She came in behind Sally Kipyego, from Texas Tech, who won in 19:22.50. Barringer had lost to Sally three times last year; twice by 45 seconds and then at NCAAs by 28 seconds. This time the gap was only seven seconds and showed a huge improvement over the summer. Barringer led the 15th-ranked women to their ninth straight title and their 11th overall. The Buffs defeated runner-up and 14th ranked Texas Tech by 24 points.

Pifer and Barringer Named CU Athletes of the Week: Cross country standouts Stephen Pifer (senior) and Jenny Barringer (junior), were named University of Colorado Athletes of the Week for the week of November 5-11. This is the first CU athlete of the week of the year for Pifer and the second for Barringer. Pifer now has four career honors, while Barringer now has ten moving into a tie for second place on the all-time winner list with former men's basketball star Shaun Vandiver.

Pifer, an Edwardsville, Ill. (Edwardsville) native, took sixth with a time of 30 minutes and 28.3 seconds to lead the sixth-ranked Buffs to another Mountain Region title, their fifth in as many years. Brent Vaughn led the men for the majority of the race until Pifer passed Vaughn with about 100 meters to go in the 10k race. Colorado recorded 47 points in the win, besting runner-up and No. 3 UTEP who finished with 59 points. Northern Arizona, the second-ranked team in the country, finished third with 84 points.

Barringer, an Oviedo, Fla., (Oviedo) native, paced the 13th-ranked Buffs with a runner-up finish. It was the second consecutive year at the regional that she has finished in the runner-up position. She finished in 19:43.9 and behind Texas Tech's Sally Kipyego who ran the 6k course in 19:29.4. Kipyego and Barringer were running 1-2 the entire race. Barringer finished about 51 second ahead of the third-place finisher in Northern Arizona's Lisa Paulson (20:34.8).

Still the One: Former Colorado standout Jorge Torres set the 10,000-meter course record at the LaVerne Gibson Cross Country Course in 2002 en route to his national title. Torres' record of 29:04.7 still stands as the mark to beat.

Junior Jenny Barringer set the women's 6k course record at the pre-national invite on Saturday, Oct. 13. She ran the course in 19:49.



DISTRICT/REGION CHAMPIONSHIP HISTORY

Year	M-Team	Top Colorado Finisher	W-Team	Top Colorado Finisher
1980	1st (50)	1. Mark Scrutton 29:21.9	1st (65)	N/A
1982	1st	1. Mark Scrutton 29:48.8	4th (65)	10. Sarah Hanson 18:11
1983	5th	7. Mick Bannister 31:38	5th (83)	19. Sarah Hanson 18:34
1984	2nd (78)	8. Todd Winke 30:49	5th	5. Michelle Bews 16:50
1985	2nd (58)	3. Dan Reese 30:55	4th (96)	4. Chris McNamara 17:39
1986	1st (46)	1. Chuck Trujillo 30:25	1st (92)	3. Chris McNamara 17:01
1987	1st (80)	2. Andy Dunn 31:10.8	1st (33)	3. Vivian Sinou 17:01
1988	3rd (71)	9. Andy Dunn 30:46	N/A	7. Catrina Campbell 17:43
1989	2nd (100)	4. Bob Cisco 30:46	t-4th (159)	12. Peg Millican 17:53
1990	12th (289)	21. Ron Salazar 31:42	4th (158)	17. Michelle Kantor 17:51
1991	5th (5th)	21. Fritz Rogers 31:36	5th (138)	5. Brooke Baughman 17:19
1992	1st (77)	8. Fritz Rogers 31:06	3rd (125)	1. Brooke Baughman 16:53
1993	1st (50)	4. Scott Larson 30:28	2nd (57)	4. Brooke Baughman 17:11
1994	1st (46)	1. Adam Goucher 30:07.6	1st (26)	2. Patty Roberts 17:07
1995	1st (66)	1. Adam Goucher 29:33.2	2nd (31)	2. Colleen Glyde 16:56.0
1996	1st (33)	1. Adam Batliner 32:23.38	1st (43)	3. Kelly Smith 18:27.35
1997	1st (15)	1. Adam Goucher 30:04.0	2nd (64)	3. Kelly Smith 17:20.8
1998	1st (34)	1. Adam Goucher 30:43.8	2nd (69)	7. Heather Burroughs 18:04.3
1999	2nd (61)	1. Ron Roybal 30:12.8	2nd (61)	1. Kara Grgas-Wheeler 16:39.9
2000	1st (38)	1. Jorge Torres 30:38.6	1st (38)	1. Kara Grgas-Wheeler 20:45.0
2001	1st (48)	1. Jorge Torres 30:53.3	2nd (48)	1. Jodie Hughes 21:13.9
2002	2nd (93)	1. Jorge Torres 29:33	2nd (66)	4. Sara Gorton 20:39
2003	1st (69)	1. Dathan Ritzenhein 30:32	2nd (67)	4. Renee Metivier 21:05
2004	1st (40)	3. Bret Schoolmeester 29:48	1st (32)	1. Renee Metivier 20:05
2005	1st (42)	1. Billy Nelson 30:29	1st (53)	2. Liza Pasciuto 20:53
2006	1st (59)	8. Billy Nelson 30:25.3	1st (87)	2. Jenny Barringer 20:30.5
2007	1st (47)	6. Stephen Pifer 30:28.3	4th (105)	2. Jenny Barringer 19:43.9

NCAA CHAMPIONSHIP HISTORY

YR	TEAM	TOP CU FINISHER	TIME	TEAM	TOP CU FINISHER	TIME
1965	14th (281)	8. David Wighton	30:15			
1966	6th (248)	15. Craig Runyan	30:40			
1967	3rd (163)	4. Craig Runyan	31:10			
1968	5th (241)	13. Craig Runyan	30:00			
1970	15th (450)	52. Ted Castaneda	29:25			
1973	6th (217)	11. Ted Castaneda	28:55			
1975	20th (447)	58. Rick Musgrave	N/A			
1976				16th (546)	16. Pam Allen	17:12
1977	10th (299)	14. Mark Spilsbury	29:34	3rd (164)	7. Mary Decker	17:49
1978	5th (224)	21. John Hunsaker	30:06	4th (147)	1. Mary Decker	16:59
1979	4th (189)	14. Mark Anderson	29:32	18th (430)	93. Fran Montes	N/A
1980	13th (369)	6. Mark Scrutton	29:20	19th (408)	26. Ruth Hamilton	17:51
1981				9th (237)	37. Sharon Hulse	18:49
1982	7th (219)	1. Mark Scrutton	30:12			
1984	22nd (411)	27. Richard Reese	30:22			
1985	3rd (167)	15. Dan Reese	30:12			
1986	5th (195)	13. Chuck Trujillo	31:21	6th (186)	23. Carol McMordie	17:38
1987	15th (385)	39. Andy Dunn	30:13	12th (249)	33. Chris McNamera	17:01
1989	18th (365)	40. Mike Nahom	30:47			
1992	11th (320)	34. Shawn Found	31:49	20th (454)	11. Brooke Baughman	17:37
1993	4th (172)	31. Alan Culpepper	30:33	14th (326)	32. Brooke Baughman	17:19
1994	2nd (88)	2. Adam Goucher	30:12	4th (126)	13. Patty Roberts	17:17
1995	4th (181)	6. Adam Goucher	30:58	2nd (123)	17. Heather Burroughs	17:40
1996	5th (179)	17. Chris Severy	31:29	4th (145)	15. Colleen Glyde	18:02
1997	3rd (108)	3. Adam Goucher	29:10	3rd (178)	18. Kelly Smith	17:03
1998	3rd (158)	1. Adam Goucher	29:26	7th (332)	25. Heather Burroughs	17:30
1999	7th (307)	42. Michael Friedberg	31:22	8th (351)	9. Kara Grgas-Wheeler	16:58
2000	2nd (94)	3. Jorge Torres	30:21	1st (117)	1. Kara Grgas-Wheeler	20:30
2001	1st (90)	2. Jorge Torres	29:06	8th (240)	8. Molly Austin	20:51
2002	4th (190)	1. Jorge Torres	29:04	5th (220)	10. Sara Gorton	20:01
2003	5th (26)	1. Dathan Ritzenhein	29:14	5th (269)	15. Renee Metivier	20:21
2004	1st (90)	4. Brent Vauhgn	30:49	1st (63)	2. Renee Metivier	20:27
2005	5th (222)	27. James Strang	30:17	2nd (181)	7. Christine Bolf	19:59
2006	1st (94)	12. Brent Vaughn	31:13.	2nd (223)	2. Jenny Barringer	20:38

2007 COLORADO CROSS COUNTRY RESULTS

COLORADO WOMEN

Sept. 1 ALUMNI/OPEN/VARSITY TIME TRIAL NTS
Sept. 29 ROCKY MOUNTAIN SHOOTOUT (Boulder) 1/4 (D-I)
1. Colorado, 20; 2. Wyoming, 39; 3. Northern Colorado, 83; 4. Air Force 'B', 114.
 Oct. 6 at Tiger Invitational (Hays, Kan.)..... NTS
 Oct. 13 at Pre-National Invitational (Terre Haute, Ind.)..... 6/35
 1. Princeton, 149; 2. Arizona State, 171; 3. Michigan, 173; 4. Washington, 187;
 5. Illinois, 189; **6. Colorado, 231**; 6. BYU, 231; 8. Iowa, 261; 9. Providence, 287;
 10. Florida, 322.
 Oct. 20 at Air Force Invitational (USAFA, Colo.)..... 1/2
1. Colorado, 15; 2. Air Force, 40.
 Oct. 26 at Big 12 Championships (Lubbock, Texas) 1/12
1. Colorado, 59; 2. Texas Tech, 83; 3. Nebraska, 98; 4. Baylor, 155; 5. Oklahoma
 State, 156; 6. Oklahoma, 170; 7. Iowa State, 175; 8. Texas A&M, 176; 9. Texas,
 177; 10. Missouri, 193; 11. Kansas, 254; 12. Kansas State, 257.
 Nov. 10 at NCAA Mountain Region Championships (Orem, Utah)..... 4/17
 1. Colorado State, 74; 2. Northern Arizona, 81; 3. BYU, 90; **4. Colorado, 105;**
 5. Texas Tech, 113; 6. New Mexico, 202; 7. Weber State, 251; 8. Utah State, 260;
 9. Wyoming, 261; 10. Nevada, 265; 11. Utah, 269; 12. Montana, 298; 13. Montana
 State, 308; 14. Southern Utah, 334; 15. UTEP, 380; 16. Air Force, 389;
 17. Idaho State, 447.
 Nov. 19 at NCAA Championships (Terre Haute, Ind.).....

COLORADO MEN

Sept. 1 ALUMNI/OPEN/VARSITY TIME TRIAL NTS
Sept. 29 ROCKY MOUNTAIN SHOOTOUT (Boulder) 1/4 (D-I)
1. Colorado, 19; 2. Wyoming, 44; 3. Air Force 'B', 75; 4. Northern Colorado, 116.
 Oct. 6 at Tiger Invitational (Hays, Kan.)..... 3/15
 1. Colorado School of Mines, 56; 2. Butler CC, 73; **3. Colorado 'B', 79;** 4. Air Force
 'B', 92; 5. Missouri Southern, 127; 6. Adams State 'B', 134; 7. Fort Hays State, 196;
 8. Nebraska-Kearney, 208; 9. UCCS, 225; 10. Hutchinson CC, 268; 11. Garden City
 CC, 303; 12. Colby CC, 326; 13. Northern Colorado, 366; 14. Colorado College, 398;
 15. Oklahoma-Panhandle State, 476.
 Oct. 13 at Pre-National Invitational (Terre Haute, Ind.)..... 2/35
 1. UTEP, 129; **2. Colorado, 159;** 3. North Carolina State, 182; 4. Michigan, 208;
 5. Notre Dame, 261; 6. Stanford, 264; 7. Minnesota, 289; 8. Providence, 301;
 9. Arizona State, 305; 10. Cal Poly, 328.
 Oct. 20 at Air Force Invitational (USAFA, Colo.)..... 1/2
1. Colorado, 24; 2. Air Force, 31.
 Oct. 26 at Big 12 Championships (Lubbock, Texas) 1/12
1. Colorado, 34; 2. Oklahoma State, 48; 3. Texas, 58; 4. Iowa State, 139, 5. Texas
 A&M, 166; 6. Missouri, 195; 7. Kansas, 198; 8. Texas Tech, 204; 9. Oklahoma, 205;
 10. Nebraska, 230; 11. Kansas State, 318; 12. Baylor, 345.
 Nov. 10 at NCAA Mountain Region Championships (Orem, Utah)..... 1/15
1. Colorado, 47; 2. UTEP, 56; 3. Northern Arizona, 84; 4. BYU, 113; 5. New Mexico,
 125; 6. Air Force, 158; 7. Weber State, 170; 8. Utah State, 253; 9. Wyoming, 259;
 10. Montana State, 278; 11. Texas Tech, 287; 12. Southern Utah, 305; 13. CSU, ..
 315; 14. Idaho State, 326; 15. Montana, 384.
 Nov. 19 at NCAA Championships (Terre Haute, Ind.).....

INDIVIDUAL RESULTS (Overall/CU)

Runner	RMS 5.8k	FT HS 5k	PRE-NC 6k	AFA 6k	B12 6k	MTR 6k	NCAA 6k
C. Alai	36/12 23:59	20/3 19:52.51		6/3 24:11.49			
J. Barringer			1/1 19:49.3		2/1 19:29:30	2/1 19:43.9	
M. Burrell	+4 23:17			+8 24:44.22			
A. Chase	11/5 22:37		102/6 21:47.2		52/7 22:34.50		
A. Eckert	15/7 22:49		97/5 21:43.6		61/9 22:50.25	DNF	
K. Eckert	+11 23:40						
M. Ekemo	14/6 22:43		+41 22:29.4				
A. Francke	49/13 24:25	33/4 20:23.85		7/4 24:21.49			
E. Hanenburg	20/9 23:02		+62 23:01.4	4/1 23:26.32			
J. Hooper	17/8 22:52		+28 22:11.5		39/6 22:10.25	48/5 22:21.5	
E. Marston	2/2 21:18		39/3 21:05.1		6/2 20:53.10	13/3 21:17.4	
D. Rodriguez	29/11 23:28	14/2 19:36.92		5/2 23:45.94			
A. Ryan			+2 22:28.71		25/5 21:51.70	36/4 22:03.1	
A. Sawyer	8/4 22:31		119/7 21:59.2		55/8 22:39.15	75/6 23:00.6	
A. Smith				10/5 25:52.76			
B. Snyder	82/14 26:30						
S. Sparks	21/10 23:07	2/1 18:52.73	+60 22:58.7				
L. Thweatt	6/3 22:12		74/4 21:29.9		18/4 21:34.10	ALT	
S. Vaughn	1/1 21:00		20/2 20:05.5		8/3 20:56.95	6/2 21:00.2	
L. Van Vleet	+10 23:31			+3 23:14.80			
H. West	+16 23:53			+9 24:52.45			

INDIVIDUAL RESULTS (Overall/CU)

Runner	RMS 8k	FT HS 8k	PRE-NC 8k	AFA 8k	B12 8k	MTR 10k	NCAA 10k
G. Castro	26/11 27:12	2/1 25:51.20	+28 25:17.3	10/4 26:57.40			
C. Clayton	27/12 27:18	32/5 27:20.34		5/2 26:36.26			
S. DeMoor		30/4 27:16.14					
D. Edwards	24/10 27:09	16/3 26:51.22	+39 25:27.7	11/5 27:06.69			
B. Harkrader	12/8 26:14			1/1 25:27.30	16/5 25:16.30	12/4 30:48.0	
M. Herzl	36/13 27:51	55/6 28:40.10		7/3 26:50.35			
P. Janson	9/6 25:49		40/4 23:58.5		11/4 25:04.30	27/7 31:16.6	
R. Medina	7/4 25:42		81/5 24:20.0		17/6 25:17.40	22/6 31:10.0	
N. Miller	14/9 26:43		+10 24:52/6				
K. Neuman	4/3 25:13		27/3 23:48.5		2/2 24:36.50	8/3 30:29.9	
C. Pannone		8/2 26:20.60	+7 24:51.0		24/7 25:33.85	14/5 30:53.3	
S. Pifer	3/2 25:07		3/1 23:16.7		4/3 24:46.30	6/1 30:28.3	
S. Seguin	+25 28:15						
M. Tebo	8/5 25:43		101/6 24:33.5		33/8 25:53.30	ALT	
R. Thayer	11/7 26:11		122/7 24:44.0		64/9 26:43.90		
C. Thompson	+7 26:48			+4 26:29.56			
B. Vaughn	1/1 24:46		4/2 23:16.8		1/1 24:22.30	7/2 30:29.1	
Andy Wacker	+8 26:52			+13 27:25.63			

JENNY BARRINGER
Junior • 2L
Oviedo, Fla.
(Oviedo)

Jenny Barringer is CU's No. 1 scorer for the second straight season. She started her season off on a high note by racing to a sub 20:00 minute 6k for the first time in her career at pre-nationals. She ran the course in 19:49.3 and set the 'new' course record and took first overall. At the Big 12 Championships, she earned her third consecutive Big 12 runner-up. She finished behind TTU's Sally Kipyego who had previously bested Barringer by 45 seconds twice and 28 seconds at NCAAs. Barringer cut the gap to less than seven seconds in her first race against Kipyego at Big 12s. She was second at regionals, almost 45 seconds ahead of the third-place finisher.

2007 In Review

at Pre-Nationals	1/1	19:49.3
at Big 12 Championships	2/1	19:29.30
at NCAA MTN Region	2/1	19:43.9

2007 Honors
 CU Athlete of the Week (10/28, 11/11)
 Big 12 Runner of the Week (10/14)
 All-Big 12
 All-Region
 Academic All-Big 12
 LaVern Gibson 6k Course Record (19:49.3)

ANNA CHASE
Sophomore • 1L
Martinsville, Va.
(Martinsville)

Anna Chase has shown great improvement during her sophomore campaign. She improved her previous best at the Buffalo Ranch Course by 1:16. Chase has improved her times on an average by one minute this season.

2007 In Review

Rocky Mountain Shootout	11/5	22:37
at Pre-Nationals	102/6	21:47.2
at Big 12 Championships	52/7	22:34.50

2007 Honors
 Academic All-Big 12

JEN HOOPER
Sophomore • VR
Steamboat Springs, Colo.
(Steamboat Springs)

Jen Hooper has battled some injuries but has finally been able to compete in a full season for the Buffs. Hooper placed 39th overall at Big 12s and was CU's No. 6. She scored for the first time as a Buff at regionals when she was the fifth CU runner to cross the line.

2007 In Review

Rocky Mountain Shootout	17/8	22:52
at Pre-Nationals	+28	22:11.5
at Big 12 Championships	39/6	22:10.25
at NCAA MTN Region	48/5	22:21.5

2007 Honors
 Academic All-Big 12

ERIN MARSTON
Senior • 1L
Parker, Colo.
(Chaparral)

Erin Marston has made another huge leap this season from CU's No. 5 to the No. 3 runner. Marston was a walk-on in 2002 and has become an important part of the championship team. Marston's highest finish came at the Rocky Mountain Shootout where she placed second overall. She recorded a pr of 31 seconds. Marston earned her first All-Big 12 honor by taking sixth, her best finish at the conference level. Marston earned her second straight all-region honor with a 13th-place finish, 11 better than the year before.

2007 In Review

Rocky Mountain Shootout	2/2	21:18
at Pre-Nationals	39/3	21:05.1
at Big 12 Championships	6/2	20:53.10
at NCAA MTN Region	13/3	21:17.4

2007 Honors
 All-Big 12
 All-Region
 Academic All-Big 12

AISLINN RYAN
Sophomore • 1L
Warwick, N.Y.
(Warwick Valley)

Aislinn Ryan ran at the Air Force Open as an unattached racer before putting on a CU jersey for the season. Ryan helped CU win its 11th conference title by placing 25th overall and was CU's No. 5. Ryan placed fourth for CU at regionals with a 36th-place finish.

2007 In Review

at Air Force	+2	22:28.71
at Big 12 Championships	25/5	21:51.70
at NCAA MTN Region	36/4	22:03.1

2007 Honors
 Academic All-Big 12

LAURA THWEATT
Freshman • HS
Durango, Colo.
(Durango)

Laura Thweatt has scored in ever race for CU this season. Her best finish came at the Rocky Mountain Shootout when she took sixth overall and was CU's No. 3. Thweatt was the fourth scorer at pre-nats and Big 12s. Thweatt was the alternate at regionals, but is ready to make an impact on the team score at nationals.

2007 In Review

Rocky Mountain Shootout	6/3	22:12
at Pre-Nationals	74/4	21:29.9
at Big 12 Championships	18/4	21:34.10
at NCAA MTN Region	ALT	

SARA VAUGHN
Junior • 1L
Gering, Neb.
(Gering/Virginia)

Sara Vaughn earned her first career cross country victory at the Rocky Mountain Shootout where she finished in 21:00. Vaughn's husband, Brent, also won the men's race. Vaughn placed 20th overall at pre-nats and then earned her first All-Big 12 honor by taking eighth overall at the conference championship. Vaughn placed sixth overall at regionals to earn her first all-region honor.

2007 In Review

Rocky Mountain Shootout	1/1	21:00
at Pre-Nationals	20/2	20:05.5
at Big 12 Championships	8/3	20:56.95
at NCAA MTN Region	6/2	21:00.2

2007 Honors
 CU Athlete of the Week (10/1)
 All-Big 12
 All-Region
 Academic All-Big 12

BRADLEY HARKRADER
Junior • 2L
Westminster, Colo.
(Thornton)

Bradley Harkrader has made huge progress during the 2007 season to return to form from 2004. Harkrader led the CU 'B' team to a championship at the Air Force Open and was named the CU Athlete of the Week for his performance. He returned to scoring for the Buffs and earned All-Big 12 honors and All-Mountain Region status. Harkrader finished in the top-15 for the first time in his career at the conference championship to earn the honor.

2007 In Review

Rocky Mountain Shootout	12/8	26:14
at Air Force Open	1/1	25:27.30
at Big 12 Championships	16/5	25:16.30
at NCAA MTN Region	12/4	30:48.0

2007 Honors

CU Athlete of the Week (10/21)
 Academic All-Big 12
 All-Big 12
 All-Region

PETER JANSON
Senior • 2L
Dallas, Texas
(Highland Park)

Pete Janson has played a part in CU's success during 2007. He scored twice for CU as the No. 4 runner at pre-nationals and Big 12's. He earned his first all-conference honor by placing 11th overall and helped CU to its 12th straight conference title.

2007 In Review

Rocky Mountain Shootout	9/6	25:49
at Pre-Nationals	40/4	23:58.5
at Big 12 Championships	11/4	25:04.30
at NCAA MTN Region	27/7	31:16.6

2007 Honors

All-Big 12
 Academic All-Big 12

RICHARD MEDINA
Freshman • HS
Grand Junction, Colo.
(Grand Junction)

Richard Medina has distinguished himself as CU's top freshman. The freshman, who hails from Colorado, follows a long line of other CU runners from Colorado who made a big impact during their freshman campaign's which includes teammate Brent Vaughn. Medina has scored twice for the Buffs, at the Rocky Mountain Shootout and the pre-nationals. He was the sixth racer for CU at the conference and regional championships. Medina earned his first accolade by taking 22nd at the regional to be an all-region team member.

2007 In Review

Rocky Mountain Shootout	7/4	25:42
at Pre-Nationals	81/5	24:20.0
at Big 12 Championships	17/6	25:17.40
at NCAA MTN Region	22/6	31:10.0

2007 Honors

All-Region

KENYON NEUMAN
Sophomore • 1L
Bend, Ore.
(Summit)

Kenyon Neuman has been a strong racer for the Buffs in 2007. Neuman, an alternate on the team in 2006, scored in his first meet of the season and was CU's No. 3. Neuman's best finish so far was a second-place finish at the Big 12 Championship when he finished behind teammate Brent Vaughn. Neuman earned his first all-region honor with an eighth-place finish at regionals as CU's no. 3.

2007 In Review

Rocky Mountain Shootout	4/3	25:13
at Pre-Nationals	27/3	23:48.5
at Big 12 Championships	2/2	24:36.50
at NCAA MTN Region	8/3	30:29.9

2007 Honors

All-Big 12
 All-Region
 Academic All-Big 12

CHRIS PANNONE
Junior • 1L
Whitehouse Station, N.J.
(Hunterdon Central)

Chris Pannone started off on the 'B' team before making an impact on the varsity team. At the Big 12 Championship, he placed 24th overall and was the seventh racer to cross the line for CU. Pannone improved at the regional meet, scoring for CU the first time in his collegiate career. He was 14th overall and fifth on the team.

2007 In Review

at Fort Hays Invite	8/2	26:20.6
at Pre-Nationals	+7	24:51.0
at Big 12 Championships	24/7	25:33.85
at NCAA MTN Region	14/5	30:53.3

2007 Honors

All-Region

STEPHEN PIFER
Senior • 3L
Edwardsville, Ill.
(Edwardsville)

Stephen Pifer has had an excellent senior campaign for the Buffs. Pifer started out with a third-place finish at the Rocky Mountain Shootout, the second on the team. He was the first Buff to cross the finish at pre-nationals, also a third-place finish. Pifer finished third for CU at the Big 12 championships and was fourth overall. He placed just ahead of teammates Brent Vaughn and Kenyon Neuman at regionals, placing sixth.

2007 In Review

Rocky Mountain Shootout	3/2	25:07
at Pre-Nationals	3/1	23:16.7
at Big 12 Championships	4/3	24:46.30
at NCAA MTN Region	6/1	30:28.3

2007 Honors

CU Athlete of the Week (11/15)
 Big 12 Runner of the Week (10/14)
 All-Big 12
 All-Region

MATT TEBO
Freshman • HS
Albuquerque, N.M.
(Eldorado)

Matt Tebo earned a spot on the roster as just a freshman. He scored in his first race for CU at the Rocky Mountain Shootout. He finished in eighth place and was the fifth runner. At pre-nationals, he was 101st and was 33rd at the conference championship. Tebo served as the alternate at regionals and will do the same at NCAAs.

2007 In Review

Rocky Mountain Shootout	8/5	25:43
at Pre-Nationals	101/6	24:33.5
at Big 12 Championships	33/8	25:53.30
at NCAA MTN Region	ALT	

BRENT VAUGHN
Senior • 3L
Aurora, Colo.
(Smoky Hill)

Brent Vaughn has had a senior season to remember for the Buffs. Vaughn won his first ever collegiate cross country race at the Rocky Mountain Shootout. His wife, Sara, also won on the women's side. He also won the conference title for his second win in his career. At regionals, he finished just behind teammate Stephen Pifer (sixth) and just ahead of teammate Kenyon Neuman (eighth). Vaughn will be a competitor for the NCAA title in his final collegiate race.

2007 In Review

Rocky Mountain Shootout	1/1	24:46
at Pre-Nationals	4/2	23:16.8
at Big 12 Championships	1/1	24:22.30
at NCAA MTN Region	7/2	30:29.1

2007 Honors

CU Athlete of the Week (10/28)
 Big 12 Runner of the Week (10/14)
 All-Big 12
 All-Region
 Academic All-Big 12
 LaVern Gibson 6k Course Record (19:49.3)