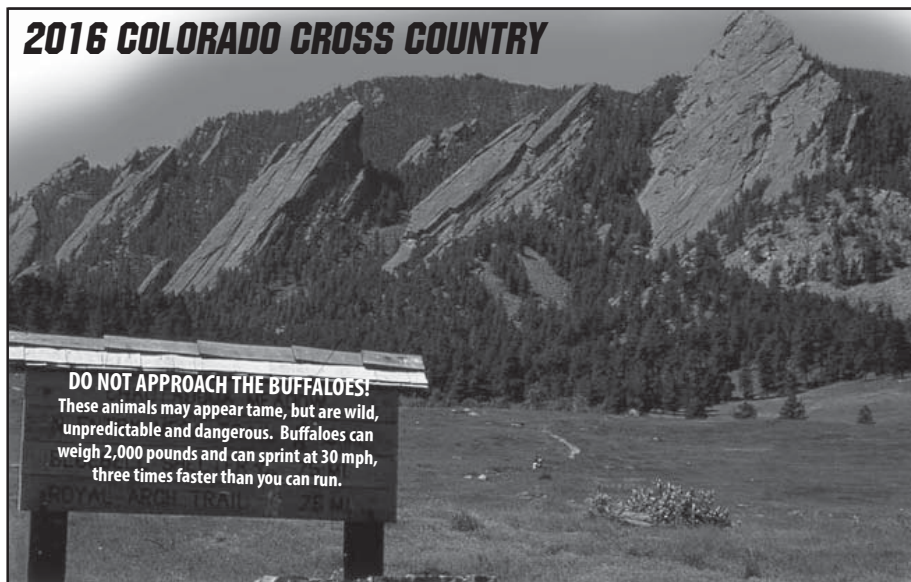


2016 COLORADO CROSS COUNTRY



INDEX

Academics and Athletics	92-95
All-Americans	66-67
Athlete Biographies	9-49
Boulder/Denver Facts and Trivia	96-97
Bufs vs. The Nation	54-55
Coaching Staff	3
Conference History	54
Head Coach Mark Wetmore	2
Honor Roll	68-69
Letterwinners, All-Time	79-82
National Champions	57-65
NCAA History & Results	55-56
Pac-12 Conference	90
Post-Collegiate Success	74-78
Rocky Mountain Shootout History	52-53
Running Town USA	86-87
Support Staff	91
Tradition	4, 6-7
2015 In Review	50-51
2016 Outlook	5
2016 Rosters	8
University of Colorado	88-89
USA Championships	72-73
Walk-On To All-American	70
What They're Saying About Boulder	98
World Championships	71
Year-by-Year Results	83-85

2015 TEAM FINISHES

	Men	Women
Pac-12 Championships.....	1/46pts.	1/45
NCAA Mountain Region.....	1/67 pts.	1/49
NCAA Championships.....	2/91 pts.	2/129
Letterwinners Ret/Lost	8/4	8/1
All-Americans Ret/Lost	2/4	2/0
Postseason Scorers Ret/Lost	3/4	4/1
Newcomers	7	4

*--all student-athletes have signed waivers disclosing their academic standing

COLORADO AT A GLANCE

Location	Boulder, Colo. (102,500)
Founded	1876
Enrollment	32,220
Colors	Silver, Gold and Black
Nickname	Buffaloes (Bufs)
Home Course	Buffalo Ranch at So Campus
Distances	5,800-m (women), 8k (men)
Elevation	5,435 feet above sea level
NCAA Affiliation	Division I
Conference	Pac-12 (Joined 2011)
President	Bruce Benson
Chancellor	Phil DiStefano
Faculty Athletics Representative	Dr. David Clough
Athletic Director	Rick George
Senior Woman Administrator	Ceal Barry

CROSS COUNTRY INFORMATION

Head Coach	Mark Wetmore (22nd Season)
Associate Head Coach	Heather Burroughs
Assistant Coach/Recruiting Coordinator	Billy Nelson
Director of Operations	Karen Lechman
Cross Country Office	303/492-5227

SPORTS INFORMATION

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Twitter/Instagram	@cubuffstrack
Facebook	facebook.com/cubuffstrack

PRACTICE SCHEDULE

Mondays	2 p.m. (IPF)
Tuesdays	2 p.m. (IPF)
Wednesdays	2 p.m. (IPF)
Thursdays	Off
Fridays	6:30 a.m. or 2 p.m. (IPF)
Saturdays	Raceday
Sundays	8 a.m. (long runs off campus)

PHOTO CREDITS: Chip Bromfield, Cliff Grassmick, Brian Lewis, Ken Moreland, CU Photo Office, Gary Ahearn, Patrick Collard, Heather Burroughs, Allison Wade, Cheryl Tregworthy, Andrea DuBay, Mark Foos, Casey Cass and Geoff Thurner.

2016 SCHEDULE

Sept. 2	at Colorado State Invitational	Fort Collins, Colo.
Oct. 1	ROCKY MOUNTAIN SHOOTOUT	Buffalo Ranch @ South Campus, BOULDER
Oct. 15	at NCAA Pre-Nationals	Terre Haute, Ind.
Oct. 28	at Pac-12 Championships	Tucson, Ariz.
Nov. 11	at NCAA Mountain Region Championship	Logan, Utah
Nov. 19	at NCAA Championships	Terre Haute, Ind.

HEAD COACH MARK WETMORE



MARK WETMORE
Head Coach, 22nd Season

Colorado head coach Mark Wetmore enters his 25th season at Colorado, his 22nd as head coach. He became CU's sixth head cross country and track and field coach on November 6, 1995. Wetmore is the only Division I cross country coach to win all four NCAA titles – men's and women's team and men's and women's individual – at the same school.

Wetmore's squads have won seven national cross country titles since 2000. The women won in 2000 while the men won the following year. Both teams captured the championship again in 2004 (CU became only the third school to win both championships in the same year). The men won again in 2006, 2013 and 2014. Wetmore has coached Adam Goucher (1998), Jorge Torres (2002) and Dathan Ritzenhein (2003) to men's individual cross country titles, while Kara Grgas-Wheeler won the 2000 women's crown. CU athletes have earned 115 All-American cross country honors during his tenure.

Wetmore has been named the NCAA Women's Cross Country Coach of the Year twice ('00 and '04) and the NCAA Men's Cross Country Coach of the Year three times ('06, '13 and '14). He is a 28-time conference coach of the year and in 2014, USA Track and Field named him the USA Co-Coach of the Year.

In addition to national titles, his teams won 23 Big 12 Cross Country Team Titles (11 women's, 12 men's), 16 individual Big 12 Cross Country Titles and Wetmore was named Big 12 Conference Cross Country Coach of the Year 19 times. He was the winningest Big 12 Conference head coach among all sports when CU left the conference in 2011.

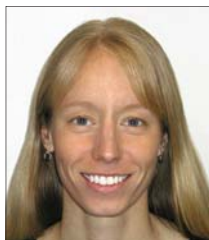
CU joined the Pac-12 Conference in the fall of 2011 and Wetmore's teams won the inaugural Pac-12 men's and women's titles – the first Pac-12 Championships in any sport. His men have won all five titles since joining the league in 2011 and his women have won two (2011 and '15).

On the track, Wetmore's athletes have had a strong presence at the conference, national and professional levels. They've captured 90 individual conference titles, two conference team titles, 16 NCAA individual titles and earned 162 All-American honors. CU athletes have broken seven collegiate middle and long distance records.

CU runners' success at the professional and post-collegiate level is unmatched by any university: over two dozen Buff grads have signed professional contracts. They've combined for more than 47 USA titles in cross country, track & field and road racing. Since 2000, 10 CU athletes or graduates have earned 19 U.S. Olympic Team berths at distances from 1,500-meters through the marathon. Fourteen current and former Buffs have earned 28 spots on U.S. World Championship Track Teams and 25 have combined for 61 berths on U.S. World Championship Cross Country Teams. Since 2004, CU graduates have won five medals in distance running at World Championships – Shayne Culpepper (bronze, 2004 Indoor 3k), Kara Goucher (bronze, 2007 10k), Dathan Ritzenhein (bronze, 2009 Half Marathon), Jenny Simpson (gold, 2011 1,500m and silver, 2013 1,500m). Coburn (steeplechase) and Simpson (1,500) became the first to win Olympic medals, both bronze, at the 2016 Olympic Games in Rio. They were the first American women to medal in their respective events.

Charles Mark Wetmore graduated with a Bachelor's degree in English Education from Rutgers in 1978 before receiving his Master's in movement sciences from Columbia in 1998. He lives in the mountains west of Boulder.

COACHING STAFF



HEATHER BURROUGHS
Associate Head Coach,
13th Season

Colorado's first female three-time cross country All-American, Heather Burroughs is in her 13th season on the staff of her alma mater, assisting head coach Mark Wetmore with the men's and women's teams. Since joining the staff, she has assisted with 15 conference championship teams, five NCAA Championship teams and 132 All-Americans. Burroughs was promoted to associate head coach following the 2011 season where the Buffs swept the inaugural Pac-12 Cross Country Championships to win the newly-formed conference's first two team championships.

In Burroughs' 11 track seasons assisting the men's and women's middle and long distance runners, CU athletes have made an impact at the conference, NCAA, American and world levels. To date, 44 have captured individual conference titles and 79 have earned All-American accolades. The women have won 10 individual NCAA titles and have broken six collegiate records. Since 2007, CU runners with eligibility remaining have won four U.S. outdoor titles and earned four berths on U.S. outdoor world championship teams as well as three individual berths on the U.S. Olympic team.

Burroughs, in partnership with Wetmore, coaches CU post-collegians Emma Coburn and Jenny Simpson, who have combined for 15 individual U.S. track titles. In 2014, Coburn became the fastest women's steeplechaser in U.S. history and earned a No. 2 world ranking. Simpson, who won a silver medal in the 1,500-meter run at the 2013 IAAF World Championship, won the 2014 IAAF Diamond League title at 1,500 while earning the No. 1 world ranking in the event. At the conclusion of 2014, Burroughs and Wetmore were named the USA Track & Field Co-Coaches of the Year. Coburn (steeplechase) and Simpson (1,500) became the first to win Olympic medals, both bronze, at the 2016 Olympic Games in Rio. They were the first American women to medal in their respective events.

During Burroughs' CU cross country career, she was a top-five and all-conference finisher each of her four seasons, as well as an All-American in 1994, '95 and '98. The CU women finished in the top four of the NCAA in three of those seasons, including a runner-up finish in 1995.

On the track, she was the Big 8 Conference Women's Indoor Track Newcomer of the Year in 1995. She won one conference individual title, scored in 15 conference races and was an indoor 5,000-meter All-American. Burroughs qualified for six NCAA indoor and outdoor races during her career.

Burroughs was born in Kansas City, Kan. and attended Pembroke Hill High School. She graduated from CU in 1999 with a Bachelor of Arts in biology.



BILLY NELSON
Assistant Coach/Recruiting
Coordinator,
Seventh Season

Billy Nelson, a 2008 Olympian, is in his seventh year as an assistant coach and recruiting coordinator for the Buffalo's cross country and track & field program.

During his time at CU, Nelson has helped recruit athletes who have combined for 36 All-American honors in cross country and indoor and outdoor track. One of his athletes, Pierce Murphy, came to CU as a walk-on, and earned eight All-American awards. Nelson's athletes have also scored 69 times at either the Mountain Pacific Sports Federation or Pac-12 Outdoor Championships.

In 2015, Nelson saw four of his recruits win conference titles. Kaitlyn Benner won the MPSF indoor 5,000-meter run as a freshman and Erin Clark was first in the 3,000-meter steeplechase at the Pac-12 Championship to win her first title. On the men's side, Ammar Moussa was the first Buff since 2011 to win the 10,000 at the Pac-12 meet and Connor Winter took top honors in the steeplechase. Five of his recruits won conference titles again in 2016. Indoors, Clark (3k), sophomore Mackenzie Caldwell (5k) and Murphy (3k) won MPSF titles, while Clark defeated her steeplechase title at the Pac-12 Championships and Benner won the 5k title.

Nelson has assisted with seven conference championship teams, as well as two NCAA team championships and a pair of NCAA runner-up finishes while on CU's staff.

Prior to joining CU's coaching staff, Nelson had a successful career. He won the 2011 USATF steeplechase crown, earning a spot on the U.S. roster for the IAAF World Championships. In 2008, Nelson placed second at the U.S. Olympic Team Trials to earn a spot on the U.S. roster at the Olympic Games in Beijing.

At CU, he was a decorated distance runner, earning All-American honors six times and three Big 12 conference titles. Nelson was a part of the 2008 men's track and field team that won the first Big 12 outdoor title for CU, the first conference title since 1947 and was a member of the 2006 NCAA Cross Country Championship team. He ranks second on the all-time performers list in the steeplechase at CU (8:28.85) and has the third and fourth fastest time in school history.

Prior to attending CU, Nelson was the 2003 USA Junior Cross Country Champion and Junior 5k champion. He was the top American at the World Junior Cross Country Championships with a 26th-place finish.

The Taft, Calif. native graduated from CU in 2008 with a degree in ethnic studies. Nelson is married to the former Alisa Crane. They have three children, Arabella, Noah and Lonnie.



Karen Lechman
Director of Operations,
15th Season

Karen Lechman is in her 10th year as the director of operations, but her 15th year overall with the program as she was the administrative assistant prior to her promotion.

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

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

A TRADITION OF EXCELLENCE



Colorado Cross Country

115 All-Americans...

32 Conference Championships...

7 NCAA Team Championships...

4 NCAA Individual Champions...

all since just 1993...one combined program, using only U.S. athletes.

CU is one of four programs to have an American Men's NCAA Champion in the last 20 years. CU has had four. CU is one of only four public universities to win the NCAA Women's Title since 1988. CU has won twice. Mark Wetmore is the only coach to win all four NCAA titles at one school: Men's and Women's Teams, Men's and Women's Individuals. CU is one of only three schools that has won both men's and women's team titles on the same day. CU has had 29 athletes qualify for the IAAF World Cross Country Championships in venues as far reaching as Ireland, Morocco, Switzerland, Japan, Kenya and China.

Accomplishments which other schools celebrate occasionally (some still 30 years later), at CU have become an annual matter of course, a matter of tradition.

A tradition of excellence.

2016 SEASON OUTLOOK



Entering the 2016 season, Colorado Head Cross Country Coach Mark Wetmore has a lot to be excited about.

"The women finished second last year at the national championships, and we have a good group returning this year," Wetmore said. "Frankly I think it might be our best team ever, and so we expect to finish very high in the national championships. New Mexico won by a large margin last season, and they have a good team returning this season. Stanford, Oregon and Washington have good teams making up a loaded Pac-12 this season. Our women could be one of the three or four best teams in the country and still finish fourth in the conference."

The Buffs return a good group from the 2015 team that won the Pac-12 and NCAA Mountain Region Championships. Senior Erin Clark, a two-time All-American, and junior Kaitlyn Benner, a 2015 All-American, both return to lead the team to another successful campaign.

Some of the other key returners for the Buffs include sophomore Dani Jones, junior Melanie Nun and senior Carrie Verdon, who have all scored for Colorado in the postseason. But they aren't the only ones who can help the team this fall as the Buffs have added a trio of newcomers who look to make an immediate impact. Sophomore Makena Morely transferred to CU from Montana after winning the Big Sky Championship as a freshman. She was also eighth at the NCAA Mountain Region Championship, which qualified her for nationals where she placed 97th. Freshmen Madie Boreman and Sage Hurta also come in with some big credentials and will be looking to make the varsity roster.

"The women's team is really excited since last year was a big year for us," Verdon said. "Coming into the fall, we haven't really sat down and talked about specific goals, but we are all gearing towards that national meet and we know we have a good team. So placing as high as we can is one of main goals this season."

The men's team graduated some big talent in four All-Americans, so Wetmore knows they have some rebuilding to do. But the future looks bright with a large group of underclassmen.

"The new people are hungry and are working hard," he said. "They've had a good summer and I think the men will out run their early season ranking."

Senior Ben Saarel, a three-time All-American, will be joined by another All-American, sophomore John Dressel. The team will have many options with several upper classmen looking to break into the top seven this season. Juniors Zach Perrin and Adam Peterman have both been a part of an NCAA Championship team and look to take a bigger step this fall.

Colorado redshirted two freshmen last season, Reilly Friedman and Joe Klecker, and added seven freshmen. Expectations will be high given the history of the program.

"We don't really talk about expectations on the men's team," Saarel said. "I think on an individual level there are guys who really want to step up and do well this season. A lot of guys want to step up for us and be really good, and I'm sure they have individual aspirations but we haven't really talked about the team's expectations. If they take care of themselves, then we can handle the team competitions."

Overall, Wetmore is excited about both recruiting classes this year, saying "it is the best incoming gender-combined class I can remember."

"Two national caliber women and seven men who are all good, going all the way up to really good," Wetmore said. "Six of the seven men have been together for a month up in the mountains Mammoth, Calif. They've been training and bonding during their own self-created preseason training camp. I've never seen freshmen do that before. It's a very good class."

The season will start on September 2 at the Colorado State Invitational in Fort Collins, Colo. After that, CU will have almost a full month off to prepare for its only home meet of the season, the Rocky Mountain Shootout on Oct. 1.

The postseason will come quickly with Arizona hosting the Pac-12 Championship on October 28, in Tucson, Ariz. The Buffs won both the men's and women's team titles in 2015, but repeating won't be an easy task.

The men, who have won all five titles since entering the conference in 2011, have a lot of rebuilding to do. Oregon is the highest ranked Pac-12 team in the national preseason poll, coming in at second overall. Stanford is fourth, CU is fifth and Washington is eighth overall. Washington State and UCLA are both receiving votes.

The women will see strong competition against several Pac-12 teams as well, although they are the highest nationally ranked team at second overall. Behind the Buffs, Oregon is ranked fourth, Stanford is seventh and Washington is 11th, while California and Utah are also receiving votes.

For the 11th time in 13 years, the NCAA Championships will happen in Terre Haute, Ind. Terre Haute has been a great place for the Buffs. CU's men have won four of their five NCAA titles on the course, while the women have record several second place finishes and won an NCAA title there.

"We like Terre Haute, but I did like how it was in the old days where we traveled around the country," Wetmore said. "I think Terre Haute is a fair course, while not being a particularly challenging course. No one gets pinched off in certain places, and no one has to step on roots or jump over creek, so it's fair for everybody and less likely for things to go wrong. It might be good for our team. I think our team is a speedier more track-like cross country team with good 1,500-meter and steeplechase runners and not so many 10,000-meter warhorses. So, Terre Haute might be better for us than Louisville."



A TRADITION OF EXCELLENCE

Since 1994, Colorado's combined men's and women's NCAA championship results are the best in the country.

Program	'94	'95	'96	'97	'98	'99	'00	'01	'02	'03	'04
COLORADO	6	6	9	6	10	15	3	9	9	11	2
Stanford	13	14	2	3	4	7	7	7	3	2	11
Oregon	--	12	--	16	17	25	--	--	--	--	--
Wisconsin	13	24	14	9	11	6	13	--	--	28	--
Arkansas	13	13	16	15	7	3	14	20	20	--	19
Michigan	9	18	--	11	15	20	--	--	--	--	32
Georgetown	19	14	--	--	23	18	12	16	16	23	--
NC State	--	29	29	17	27	22	22	11	--	16	28
Providence	--	9	29	22	24	29	12	20	--	27	24
Villanova	10	18	21	--	--	38	26	32	--	22	--



2016 COLORADO CROSS COUNTRY

A TRADITION OF EXCELLENCE

Con't	'05	'06	'07	'09	'10	'11	'12	'13	'14	'15	Total	Avg.
COLO.	7	3	30	26	21	14	27	8	8	4	230	11.1
Stan.	7	5	20	26	17	15	19	30	16	17	245	11.6
Ore.	--	--	3	11	18	--	21	19	12	7	149	13.5
Wis.	21	6	25	--	--	25	--	30	20	--	245	17.5
Ark.	21	10	36	--	--	--	28	27	33	15	310	18.2
Mich.	--	--	45	--	--	35	28	--	29	15	228	20.7
G'town	43	40	41	43	33	18	27	--	21	30	394	23.2
NC St.	--	35	--	--	44	33	--	--	--	33	311	23.9
Prov.	--	16	53	31	31	--	--	17	26	--	344	24.7
'Nova	--	--	--	15	24	16	47	37	--	--	306	25.5



2016 ROSTERS

COLORADO WOMEN

Name	Ht	Yr	Exp.	Hometown (High School/College)
Kaitlyn Benner*	5-6	Jr.	2L	Superior, Colo. (Monarch)
Eryn Blakely	5-3	Jr.	2L	Monrovia, Calif. (Alverno)
Madie Boreman	5-9	Fr.	HS	Round Rock, Texas (Rouse)
Mackenzie Caldwell	5-3	So.	1L/RS	Columbus, Ind. (Columbus North)
Erin Clark*	5-5	Sr.	3L	Eugene, Ore. (South Eugene)
Valerie Constien	5-6	So.	1L	Edwards, Colo. (Battle Mountain)
Sage Hurta	5-8	Fr.	HS	Hamilton, N.Y. (Hamilton Central)
Dani Jones*	5-5	So.	1L	Phoenix, Ariz. (Desert Vista)
Annie Kelly	5-6	Jr.	1L/RS	Alpharetta, Ga. (Milton/Mississippi)
Elissa Mann	5-10	RFr.	RS	Louisville, Colo. (Monarch)
Karina Mann	5-9	RFr.	RS	Louisville, Colo. (Monarch)
Lucy May	5-4	Jr.	2L	St. Louis, Mo. (St. Joseph's Academy)
Makena Morley	5-3	So.	TR	Bigfork, Mont. (Bigfork/Montana)
Melanie Nun*	5-4	Jr.	2L	Broomfield, Colo. (Legacy)
Abigail Regner	5-5	RFr.	RS	Basking Ridge, N.J. (Ridge)
Brianna Schwartz	5-8	RFr.	RS	Pittsburgh, Pa. (Shaler Area)
Cayla Seligman	5-2	RFr.	RS	Issaquah, Wash. (Issaquah)
Tabor Scholl	5-8	Fr.	HS	Kremmeling, Colo. (West Grand)
Taylor Tuttle	5-3	So.	RS	Snellville, Ga. (Providence Christian/Georgia)
Carrie Verdon	5-2	Sr.	3L	Moraga, Calif. (Campolindo)

COLORADO MEN

Name	Ht.	Yr	Exp.	Hometown (High School/College)
Jared Borowsky	5-10	Fr.	HS	Lincolnshire, Ill. (Stevenson)
Sal Capetillo	5-6	Fr.	HS	Pomona, Calif. (Baldwin Park)
John Dressel	6-0	So.	1L	Colbert, Wash. (Mt. Spokane)
Connor Dunne	6-2	Fr.	HS	San Clemente, Calif. (San Clemente)
Ryan Forsyth	5-11	So.	1L	Severna Park, Md. (Severna Park)
Reilly Friedman	5-11	RFr.	RS	Atlanta, Ga. (The Galloway School)
Ethan Gonzales	5-11	So.	VR	Westminster, Colo. (Broomfield)
Nick Harris	5-10	Sr.	1L	Niwot, Colo. (Niwot/Washington)
Eduardo Herrera	5-8	Fr.	HS	Madera, Calif. (Madera South)
Chris Herrick	6-1	So.	VR	Missoula, Mont. (Hellgate)
Joe Klecker	6-0	RFr.	RS	Minnetonka, Minn. (Hopkins)
Christian Martin	5-9	Jr.	1L	Littleton, Colo. (Heritage/Nebraska)
Paul Miller	6-2	So.	1L	Fort Collins, Colo. (Poudre)
Zachary Perrin	6-0	Jr.	2L	Lakeside, Mont. (Flathead)
Adam Peterman	6-2	Jr.	1L	Missoula, Mont. (Hellgate)
Nathan Pixler	6-3	Fr.	HS	Sammamish, Wash. (Eastlake)
Justice Ramos	6-2	So.	VR	Dolores, Colo. (Montezuma-Cortez)
Phillip Rocha	5-9	Fr.	HS	Azusa, Calif. (Arcadia)
Ben Saarel*	6-1	Sr.	3L	Park City, Utah (Park City)
Paxton Smith	5-9	Fr.	HS	Highlands Ranch, Colo. (Mountain Vista)

*-indicates returning 2015 postseason scorers

COLORADO BUFFALOES



KAITLYN BENNER
Junior • 2L
Superior, Colo.
(Monarch)

COLLEGE – 2015: Benner started the 2015 season early, competing at the USA Junior Cross Country Championships in February. She didn't just compete, she won the junior title, finishing in 21:48. Benner went on to lead the U.S. at the IAAF World Junior Cross Country Championships in March, placing 27th overall (21:45). Benner ran her first race as a sophomore for the Buffs at NCAA Pre-Nationals in October, recording a 15th place finish as the Buffs second scorer. She led CU in the following two meets, placing second at Pac-12s and regionals, earning All-Pac-12 and all-region honors. Benner finished the season on a strong note, crossing the finish 16th overall at NCAAs. She was the Buffs' No. 2 runner and helped the team place second.

2014: Benner earned a spot on the varsity roster after placing ninth overall at the Rocky Mountain Shootout (where she raced unattached). Her first race in the black and gold was NCAA Pre-Nationals; she placed 52nd overall and was CU's No. 4 runner. Benner moved up to a 29th place finish at Pac-12s a couple of weeks later, scoring as the Buffs fifth runner. She recorded her first individual honor at regionals, placing 13th overall to be named to the All-Mountain Region team. Benner finished the season 81st at NCAAs, helping the Buffs to a seventh place team finish.

HIGH SCHOOL: Benner was a member of the MHS cross country team that won the state championship in 2011, '12 and '13. The team went on to compete at Nike Cross Nationals in 2013 and placed fifth overall; Benner was 61st individually. MHS also raced at Nike Cross Nationals (NXN) in 2010, placing 15th. Benner was selected to the NXN Southwest All-Sophomore team in 2011 and the All-Freshman team in 2010. On the track, she was a member of the 4x800-meter relay team that placed second at state in 2012, '13 and '14. The relay also set the school record at 9:22. Individually, Benner is the MHS record holder in the 3,200 (10:58). She earned four academic letters as a Coyote and was named to the Academic All-Colorado first team her junior and senior years.

HIGH SCHOOL BESTS: 1,600-meters: 5:03; 3,200-meters: 10:58; 4x800-relay: 9:11.

IN THE CLASSROOM: Benner is a chemical and biological engineering major. She recorded a 3.948 GPA in her first year at CU.

PERSONAL: Kaitlyn Marilyn Benner was born on September 25, 1996 in Sacramento, Calif. She is the daughter of Pat and Kathy Benner of Superior, Colo. She has one younger sister, Grace. Benner has done volunteer work that includes mission trips to Mississippi, Los Angeles and the Bahamas.

2015	Fin/CU	Time
at Pre-Nationals	15/2	20:23
at Pac-12 Championship ..	2/1	19:56
at NCAA Mtn. Region	2/1	20:56
at NCAA Championship	16/2	20:08

2014	Fin/CU	Time
Rocky Mtn. Shootout	+9	21:40
at Pre-Nationals	52/4	21:37
at Pac-12 Championship ..	29/5	21:00
at NCAA Mtn. Region	13/5	21:33
at NCAA Championship	81/3	21:06

HONORS

2014 All-Region
 2014 USTFCCA All-Academic

TRACK PRs

800-m	2:15.46 (O)
1,500-m	4:25.32 (O)
3,000-m	9:09.66 (I)
5,000-m	15:56.52 (O)

COLORADO BUFFALOES



ERYN BLAKELY
Junior • 2L
Monrovia, Calif.
(Alverno)

COLLEGE – 2015: Blakely ran in four races for the Buffs. She started off at the Colorado State Invitational, finishing 13th overall, and improved to 11th at the Rocky Mountain Shootout. Blakely rank in the open race at NCAA Pre-Nationals, and placed 10th, her best placing of the season. She ended the year with a 61st place finish at Pac-12s.

2014: Blakely ran in three races for the Buffs. She started off with a 26th place finish at the Rocky Mountain Shootout and was 17th in the open race at NCAA Pre-Nationals. Her final race was Pac-12s where she was 87th overall.

HIGH SCHOOL: Blakely was named the AHS cross country and track and field MVP as a senior. She competed at the 2012 USATF Junior National Track & Field Championships in the 2,000-meter steeplechase. It was just her third time running the event and she placed second in 7:35.45. Blakely was also a member of the Principal's Honor Roll.

HIGH SCHOOL BESTS: 800-meters: 2:18.45; 1,600-meters: 5:09.17; 2,000-meter steeplechase: 7:35.45.

IN THE CLASSROOM: Blakely is majoring in integrative physiology and has a greater than 3.00 GPA.

PERSONAL: Eryn Larisa Blakely was born on November 11, 1995 in Monrovia, Calif. She is the daughter of Michael Blakely and Lara Larramendi and has one older brother, Eric Blakely. Blakely has volunteered at the Los Angeles Zoo and enjoys singing, playing guitar and horseback riding. She was a member of the AHS equestrian team and started riding when she was seven.

2015 Fin/CU.... Time
 at CSU Invite..... 13/5 18:04
 Rocky Mtn. Shootout..... 11/6 22:04
 at Pre-Nationals +10 21:48
 at Pac-12 Championship ..61/9 21:25

2014 Fin/CU.... Time
 Rocky Mtn. Shootout..... 26/8 22:24
 at Pre-Nationals +17 22:51
 at Pac-12 Championship ..87/10 22:07

HONORS

2015 Pac-12 All-Academic honorable mention

TRACK PRs

800-m 2:17.14 (0)
 1,500-m 4:46.85 (0)
 Mile..... 4:57.62 (I)
 3,000-m 9:37.24 (I)
 Steeplechase 10:26.90 (0)

2016 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



MADIE BOREMAN
Freshman • HS
Round Rock, Texas
(Rouse)

HIGH SCHOOL: Boreman was a very successful runner at Rouse High School, earning four letters in cross country and four letters in track and field. She recorded three top-10 finishes at the state cross country meet, winning as a freshman. She was seventh in both her sophomore and senior seasons and placed 15th as a junior. On her way to competing at the 2015 state cross country meet, Boreman won all four region titles. She also competed at the Nike Cross Nationals twice, earning her highest finish at 27th as a senior. On the track, Boreman earned eight region championships in the 1,600 and 3,200-meter runs between her freshman and senior years. In 2016, she placed second at the state meet in the 1,600, finishing in 4:46.55 and was seventh in the 3,200 (10:40.49). Later that year, Boreman ran the 1,500 at the adidas Boost Boston Games and placed sixth overall (4:23.77). During the 2016 indoor season, she placed sixth (4:47.39) in the mile at the New Balance Indoor Nationals. Boreman's junior year was also good one, finishing third at the state championships in the 3,200 and fourth in the 1,500. During her high school track career, she qualified for the Dream Mile twice, once as a freshman and again as a senior.

HIGH SCHOOL BESTS: 800-meter: 2:15.62; 1,500-meters: 4:23.77; Mile: 4:46.23; 3,200-meters: 10:24.70; 2,000-meter steeplechase: 6:59.00.

IN THE CLASSROOM: Boreman intends to major in psychology and is also interested in business.

PERSONAL: Madison (Madie) Rose Boreman was born on July 10, 1998 on Fort Hood, Texas. She is the daughter of Clayton Parks and Jarrah Boreman of Round Rock, Texas, and has one sister, Dharma.

TRACK PRs

800-m	2:15.62
1,500-m	4:23.77
Mile.....	4:46.23
3,200-m	10:24.70
2,000-m steeplechase	6:59

COLORADO BUFFALOES



JARED BOROWSKY

**Freshman • HS
Lincolnshire, Ill.
(Stevenson)**

HIGH SCHOOL: Borowsky earned four letters on the cross country team and four as a member of the track team at Stevenson High School. He is the freshman school record holder in the 800 and 1,600-meter runs, and was a part of the varsity 4x800-meter relay record team. As a senior, Borowsky won the 3,200 at the state championship, winning the Section 3A title in 9:07.47, a high school best. On the cross country course his senior year, he was second at the regional meet before placing eighth at sectionals. As a junior, Borowsky was fourth at regionals and 14th at sectionals.

HIGH SCHOOL BESTS: 800-meter: 1:58.57; 1,600-meters: 4:18.18; Mile: 4:21.05; 3,200-meters: 9:07.47.

IN THE CLASSROOM: Borowsky intends to major in integrative physiology.

PERSONAL: Jared Michael Borowsky was born in Long Grove, Illinois on February 17, 1998. He is the son of Erwin and Nancy Borowsky of Buffalo Grove, Ill. He also has one sister, Alissa, who attends the University of Illinois.

TRACK PRs

800-m	1:58.57
1,600-m	4:18.18
Mile.....	4:21.05
3,200-m	9:07.47

COLORADO BUFFALOES



MACKENZIE CALDWELL
Sophomore • 1L/RS
Columbus, Ind.
(Columbia North)

COLLEGE – 2015: Caldwell started the season early at the USA Junior Cross Country Championships in February, finishing 14th in 23:36. She redshirted the 2015 NCAA season.

2014: Caldwell ran unattached at the Rocky Mountain Shootout and placed 14th overall to earn a spot on the varsity roster. She debuted for the Buffs at NCAA Pre-Nationals, placing 128th overall. Caldwell was 44th at Pac-12s and placed 36th at regionals. She ended the season at NAAs with a 195th place finish.

HIGH SCHOOL: Caldwell owns three records at CNHS: the 5-kilometer cross country course record (17:29), the 1,600-meter run (4:55) and the 3,200 (10:37), and all three double as the Conference Indiana records. Caldwell set the cross country record on October 9, 2013 and both track records on April 26, 2014. The Bull Dogs were the CI cross country champions four straight years (2010-13) and the track and field team won the title in 2014. Caldwell was named all-state three times as a member of the cross country team and three times on the track team, and was a cross country all-conference selection four straight years. She placed second at the state cross country meet as a senior and was fourth her sophomore and junior years. Caldwell won the 2014 indoor state 3,200 title and during the outdoor season, she placed fifth in the 1,600 and 3,200. As a junior, she was third in both events and was sixth in the 3,200 as a sophomore. Caldwell also excelled in the classroom and was named academic all-state for track her sophomore through senior years and for cross country as a sophomore.

HIGH SCHOOL BESTS: 800-meters: 2:21; 1,600-meters: 4:55; 3,200-meters: 10:37.

IN THE CLASSROOM: Caldwell is majoring in marketing and owns a GPA greater than 3.70.

PERSONAL: Mackenzie Ann Caldwell was born on May 20, 1996 in Columbus, Ind. She is the daughter of Gary and Renee Caldwell and has two older brothers, Quinton and Raleigh. Caldwell enjoys camping, hiking and photography. She plays the Oboe and earned the Symphonic March Most Improved (2010-11) and the Wind Ensemble Outstanding Attitude (2013-14) awards. Caldwell was also part of the Bull Dog News Network and earned MVP honors (2013-14) and the Spoke Award (2012-13).

2014	Fin/CU....	Time
Rocky Mtn. Shootout.....	+14	22:00
at Pre-Nationals	128/6	22:17
at Pac-12 Championship ..	44/6	21:22
at NCAA Mtn. Region.....	36/7	22:14
at NCAA Championship	195/7	21:55

TRACK PRs

800-m	2:15.79 (O)
1,500-m	4:26.51 (O)
3,000-m	9:40.38 (I)
5,000-m	16:15.12 (O)
10,000-m	33:52.08 (O)

COLORADO BUFFALOES



SAL CAPETILLO

**Freshman • HS
Pomona, Calif.
(Baldwin Park)**

HIGH SCHOOL: Capetillo was the Baldwin Park High School Athlete of the Year after earning first team All-CIF honors in track (3,200-meters) and cross country. He also earned the honor his junior year in the 3,200. During the course of his career, Capetillo earned four letters in cross country and four on the track team. As a senior, he finished second in the 3,200 at the CIF-SS Division 3 Finals and advanced to the state championship finals. As a junior, Capetillo was fifth in the CIF-SS Division 2 Finals of the 3,200. On the cross country course, Capetillo placed sixth at the 2015 state championships, finishing the 5k course in 15:26.8.

HIGH SCHOOL BESTS: 1,600-meters: 4:23.19; 3,200-meters: 9:01.77.

IN THE CLASSROOM: Capetillo intends to major in arts and sciences.

PERSONAL: Salvador Anthony Capetillo was born on February 10, 1998 in Los Angeles. He is the son of Salvador Capetillo and Gloria Marquez of Pomona, Calif. Besides running, Capetillo enjoys playing piano and violin.

TRACK PRs

1,600-m 4:23.19
3,200-m 9:01.77

COLORADO BUFFALOES



ERIN CLARK

Senior • 3L
Eugene, Ore.
(South Eugene)

2015	Fin/CU	Time
Rocky Mtn. Shootout.....	1/1	20:13
at Pre-Nationals	1/1	20:01
at Pac-12 Championship ..	4/2	19:59
at NCAA Mtn. Region.....	3/2	20:57
at NCAA Championship	11/1	20:06

2014	Fin/CU	Time
Rocky Mtn. Shootout.....	1/1	20:20
at Pre-Nationals	7/1	20:55
at Pac-12 Championship ..	4/1	20:19
at NCAA Mtn Region.....	2/1	20:57
at NCAA Championship	31/1	30:37

2013	Fin/CU	Time
Rocky Mtn. Shootout.....	+3	21:22
at Pre-Nationals	28/3	20:48
at Pac-12 Championship ..	13/3	21:59
at NCAA Mtn Region.....	5/3	20:40
at NCAA Championship	97/4	21:18

HONORS

2014, 15 All-American
 2013, 14, 15 All-Mountain Region
 2014, 15 All-Pac-12 First Team
 2014-15 CU Female Athlete of the Year Finalist
 2014, 15 Pac-12 All-Academic honorable mention
 2013 All-Pac-12 Second Team
 2013, 14, 15 USFCCCA All-Academic

TRACK PRs

800-m	2:16.58 (O)
1,500-m	4:22.87 (O)
3,000-m	9:08.29 (I)
5,000-m	15:54.01 (O)
Steeplechase.....	9:48.72 (O)

COLLEGE – 2015: Clark led the Buffs in three of its five varsity races. She was undefeated through the first two meets, winning her second straight Rocky Mountain Shootout and NCAA Pre-Nationals. Clark was second for the Buffs at Pac-12s and regionals, placing fourth and third, respectively, to earn all-conference and all-region awards. Clark recorded her second All-American honor by placing 11th at NAAs, leading the Buffs to a second place team finish.

2014: Clark moved into a leadership role as a sophomore as the top harrier for the Buffs. She started the season by winning the Rocky Mountain Shootout. A couple weeks later, Clark placed seventh at NCAA Pre-Nationals. She was fourth at Pac-12s, earning All-Pac-12 First Team recognition. Clark continued to excel and was the runner-up at regionals, earning her second all-region honor in as many years. She capped off the season with a 31st place finish at NAAs for her first All-America honor.

2013: Clark earned a spot on the varsity roster as a true freshman. She ran the Rocky Mountain Shootout unattached, but finished an impressive third overall. The following meet, NCAA Pre-Nationals, she finished as CU's No. 3 runner, crossing the finish 28th overall. Clark helped the Buffs to a second-place team finish at the Pac-12 Championship, placing 13th, once again as CU's No. 3. She recorded her best finish of the season at regionals, coming in fifth overall. Clark finished the year helping the Buffs capture a seventh-place finish at NAAs by placing 97th. During the year, she was named All-Pac-12 Second Team and all-region.

HIGH SCHOOL: Clark recorded a sixth-place finish at the 2012 Oregon State 6A Cross Country Championships after placing third at the 2011 meet and was eighth in 2010. Following her sixth-place finish as a senior, Clark placed eighth at the Nike Cross Nationals Northwest Regional and took 11th at the Foot Locker West Regional. Clark also competed at the Nike Cross Northwest Regional her junior and sophomore years, placing fourth and seventh, respectively. On the track, she won the state 3,000-meter title twice. Clark won in 2013 with a state and school record (9:32) and she also won as a sophomore in 2011. At the state meet during her junior year, she took second in the 3k and was third in the 1,500.

HIGH SCHOOL BESTS: 1,500-meters: 4:28.90; 3,000-meters: 9:32.08; 5,000-meters: 16:41.36.

IN THE CLASSROOM: Clark is majoring in integrative physiology and owns a GPA greater than 3.40. She tabbed to the honorable mention Pac-12 All-Academic team in 2014.

PERSONAL: Erin Elizabeth Clark was born on December 28, 1994 in Albany, Ore. She is the daughter of Andy and Susan Clark and also has one younger brother, Nathan. Her aunt, Kathy Herrmann, ran on Oregon's cross country and track and field team. Clark also enjoys skiing and was an alpine racer in high school.

COLORADO BUFFALOES



VALERIE CONSTIEN
Sophomore • 1L
Edwards, Colo.
(Battle Mountain)

COLLEGE – 2015: Constien made her cross country debut for the Buffs at the USA Junior Cross Country Championships in February, recording a runner-up finish in 21:54. The finish qualified her for the world championships where she placed 62nd in 22:58. Constien went on to race as a redshirt freshman in the fall. She finished sixth at the Rocky Mountain Shootout. At the open race at NCAA Pre-Nationals, Constien placed 13th overall. She didn't score for the Buffs in the last three races, but played an important part of the team. Constien was 29th at Pac-12s, 24th at regionals and 136th at NAAs. Her performance at regionals garnered her all-region recognition.

2014: Redshirt. Did not compete.

HIGH SCHOOL: Constien was a four-sport athlete at BMHS, competing in cross country, track & field, Nordic skiing and soccer. She owns or is a part of seven records at BMHS. In 2013, Constien ran 17:55 to set the 5k cross country record and in the spring of 2014, she recorded records in the 800-meters (2:16) and 1,600 (5:04). Constien also own records in the triple jump (36-3), 4x400, 4x800 and distance medley relays. The Huskies won three straight 4A Western Slope League Championships in track (2011-13) and three in a row for cross country (2011-13) during her time on the team. Constien was named first-team all-state her junior and senior years for cross country and was a first team all-state selection for track as a sophomore. She raced at the 2013 Nike Cross Country South West Regionals and was 10th overall. On the track, Constien placed sixth at the state championships in the 1,600, finishing in 5:04. Constien also earned numerous academic honors while at BMHS and was a member of the National Honor Society.

HIGH SCHOOL BESTS: 400-meters: 1:01.66; 800-meters: 2:16; 1,600-meters: 5:04; 3,200-meters: 11:40.

IN THE CLASSROOM: Constien is majoring in environmental engineering.

PERSONAL: Valerie H. Constien was born on March 21, 1996 in Vail, Colo. She is the daughter of Ron and Ann Constien of Edwards, Colo., and has one sister, Elizabeth. Constien enjoys baking, crafts and reading and can play the piano and French horn. She was a member of her high school's band and pep band all four years of high school and is also a big-game hunter.

2015	Fin/CU....	Time
at CSU Invite.....	10/3	17:51
Rocky Mtn. Shootout.....	6/5	21:25
at Pre-Nationals	+13	21:54
at Pac-12 Championship ..	29/7	20:43
at NCAA Mtn. Region.....	24/6	21:39
at NCAA Championship	136/6	21:05

HONORS

2015 All-Region

TRACK PRs

800-m	2:19.23 (O)
1,500-m	4:33.53 (O)
Mile.....	4:51.06 (I)
5,000-m	16:49.51 (O)
Steeplechase	10:05.65 (O)

2016 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



JOHN DRESSSEL

**Sophomore • 1L
Colbert, Wash.
(Mt. Spokane)**

COLLEGE – 2015: Dressel had an outstanding freshman campaign for the Buffs. He raced unattached at a pair of meets before earning a spot on the varsity roster. At NCAA Pre-Nationals, his first race in uniform for CU, Dressel was 46th overall, crossing the finish as CU's No. 5 runner. A couple weeks later, Dressel recorded a sixth place finish at Pac-12s, helping the Buffs to their fifth straight conference title. He was the first freshman to finish the race, earning Pac-12 Freshman of the Year honors. Dressel earned all-region honors two weeks later, placing 19th overall. He capped off his season with a 26th place finish at NAAs, earning his first All-American honor.

HIGH SCHOOL: Dressel won the 2015 3A Washington State 1,600 and 3,200-meter titles as a senior and owns the Wildcats' 3,200 record (8:57.00). Dressel competed at the 2015 USA Junior Cross Country Championships in Boulder and placed third to earn a spot on the roster for the world championships where he was the top American finisher at 27th. He was also a member of the 2015 APA Pan American Cross Country Cup team. Dressel was a three-time FootLocker Cross Country All-American (2012-14), and was a 2012 3,200 New Balance Outdoor Nationals All-American. He was the MSHS MVP four times, three on the cross country course and once for track. Dressel was all-state and all-conference six times (four cross country and two track). Georgetown, Stanford, Oregon, Wisconsin, Portland, Gonzaga, Princeton, Arkansas, Notre Dame and Oklahoma State all recruited him before he chose CU.

HIGH SCHOOL BESTS: 800-meters: 1:56.55; 1,600-meters: 4:10.95; 3,200-meters: 8:57.00.

IN THE CLASSROOM: Dressel is a business major.

PERSONAL: John Hiatt Dressel was born on May 2, 1997 in Spokane, Wash. He is the son of Alex, his high school cross country and track coach, and Linette Dressel of Colbert, Wash. and has one sibling, Hayden. His father also ran track and cross country at Arkansas and his aunt Lisa (Dressel) Ferraro ran at Wisconsin and Auburn. Dressel also enjoys soccer, traveling and hiking.

2015	Fin/CU Time
at CSU Invite.....+2	14:51
Rocky Mtn. Shootout.....+5	25:16
at Pre-Nationals	46/523:55
at Pac-12 Championship ..6/2.....	23:20
at NCAA Mtn. Region.....19/5	30:30
at NCAA Championship	26/530:17

HONORS

2015 All-American
2015 All-Region
2015 All-Pac-12 First Team
2015 Pac-12 Freshman of the Year
2015-16 CU Male Freshman of the Year

TRACK PRs

800-m	1:56.21 (O)
1,500-m	3:45.59 (O)
3,000-m	8:00.05 (I)
5,000-m	13:48.88 (O)
10,000-m	29:20.97 (O)

COLORADO BUFFALOES



CONNOR DUNNE
Freshman • HS
San Clemente, Calif.
(San Clemente)

HIGH SCHOOL: Dunne was named the San Clemente High School Triton of the Year as a junior and senior. He owns school records in the 800 (1:50.41) and 1,600 (4:03.18) and ran the fastest three-mile time in school history on the cross country course (14:45). Dunne won the mile run at the Azusa Pacific Meet of Champions, finishing in 4:04. His main event was the 800, finishing second at the CIF-SS Division 1 Finals. He won the CIF-SS Masters Meet with a career best 1:50.41. Dunne was third in the 800 at the CIF California State Championship prelims and placed seventh in the finals. He went on to race at the Brooks PR Invitational, finishing fifth. As a junior, he finished 10th at the state championships (800) after placing third in the prelims. Dunne was also part of Team USA at the World Youth Championships in 2015, competing in the 800. Dunne lettered in both cross country and track and field at SCHS.

HIGH SCHOOL BESTS: 800-meter: 1:50.41; 1,600-meters: 4:03.18; Mile: 4:04.59.

IN THE CLASSROOM: Dunne intends to major in integrative physiology and is also interested in sports nutrition.

PERSONAL: Connor Richard Dunne was born on May 26, 1998 in Mission Viejo, Calif. He is the son of Michael and Carrol Dunne of San Clemente, Calif. Dunne's older sister, Alex, ran track and cross country at Stanford. He enjoys running and fishing. Dunne is an avid spear fisherman and free diver and can hold his breath for over three minutes.

TRACK PRs

800-m	1:50.41
1,600-m	4:03.18
Mile	4:04.59

COLORADO BUFFALOES



RYAN FORSYTH
Sophomore • 1L
Severna Park, Md.
(Severna Park)

COLLEGE - 2015: Forsyth raced to a seventh place finish at the USA Junior Cross Country Championships, finishing in 26:10. During the fall, he earned a spot on the varsity roster. He started the year by placing fifth overall at the Colorado State Invitational and followed it up with a seventh place finish at the Rocky Mountain Shootout. Two weeks later at NCAA Pre-Nationals, Forsyth placed 51st. He was 24th at Pac-12s (CU's No. 6 runner) and was the alternate at regionals and NCAAs.

2014: Redshirt. Did not compete.

HIGH SCHOOL: Forsyth competed with the Severna Park Cross Country Club at the 2013 Nike Cross National Championship where he was 52nd individually and led the team. Forsyth placed fourth in the 5,000-meter run at New Balance Indoor Nationals and was sixth in the 5k at New Balance Outdoor Nationals to earn a pair of All-America honors in 2014. He is the Maryland state record holder in the indoor 3,200 (9:16) and the 5k in cross country (15:41). Forsyth was named the 2013 Gatorade Maryland Cross Country Runner of the Year and earned multiple all-state recognition in cross country and track while lettering all four years at SPHS.

HIGH SCHOOL BESTS: 1,600-meters: 4:18; 3,000-meters: 8:30; 3,200-meters: 9:09; 5,000-meters: 14:39.

IN THE CLASSROOM: Forsyth is a mechanical engineering major.

PERSONAL: Ryan Forsyth was born on July 7, 1996 in Baltimore, Md. He is the son of David and Zoe Forsyth of Severna Park, Md. He has one brother, Andrew, and one sister, Caroline, who are twins. Forsyth enjoys sailing, wakeboarding, skiing and model building. He has worked as a sailing school instructor and had raced sail boats.

2015	Fin/CU....	Time
at CSU Invite.....	5/2.....	15:01
Rocky Mtn. Shootout.....	7/5.....	25:19
at Pre-Nationals	51/6	23:58
at Pac-12 Championship ..	24/6	23:53
at NCAA Mtn. Region.....		Alt.
at NCAA Championship		Alt.

TRACK PRs

800-m.....	1:59.62 (0)
1,500-m	3:58.73 (0)
3,000-m	8:08.91 (I)
5,000-m	14:01.27 (0)
10,000-m	29:49.96 (0)

COLORADO BUFFALOES



REILLY FRIEDMAN
Freshman • RS
Atlanta, Ga.
(The Galloway School)

COLLEGE – 2015: Redshirt. Did not compete.

HIGH SCHOOL: Friedman, the 2014-15 Georgia Gatorade Boys Runner of the Year, earned eight letters (four cross country and four track and field) as a member of The Galloway School and won three straight cross country titles (2012-14). Also the Runner of the Year as named by the Atlanta Track Club, Friedman took sixth at the Nike Cross Nationals Southeast Regional championships, and then finished 28th at the NXN Final. In addition to finishing unbeaten against Georgia prep cross country competitors in 2014, he broke the tape in 14:48.20 at Alexander High's Asics Invitational, which ranked as the state's fastest 5K of the season. On the track, Friedman was a three-time state champion in the 3,200-meter run (2013-15) and a two-time runner-up in the 1,600 (2012, '13). In 2015, he placed sixth at the New Balance Indoor Championships in the 5k. Friedman owns several school records, including the 1,600 (4:21) and 3,200 (9:24). He was also recruited by Northern Arizona, Georgia, Virginia, Portland, New Mexico, Ole Miss and Georgia Tech.

HIGH SCHOOL BESTS: 1,600-meters: 4:21; 3,200-meters: 9:21; 5,000-meters: 14:48.

IN THE CLASSROOM: Friedman is majoring in mathematics.

PERSONAL: Reilly Griffin Friedman was born on June 11, 1997 in Atlanta, Ga. He is the son of Brion Friedman and Deirdre Lavieri and has one brother, Haines. He is an Eagle Scout and enjoys collecting music and exploring.

TRACK PRs

1,500-m	4:08.76 (0)
3,000-m	8:51.03 (0)
5,000-m	14:48

COLORADO BUFFALOES



ETHAN GONZALES
Sophomore • VR
Westminster, Colo.
(Broomfield)

COLLEGE – 2015: Did not compete.

2014: Redshirt. Did not compete.

HIGH SCHOOL: Gonzales earned four letters on the cross country team and four letters as a member of the track and field team at BHS. He was the runner-up at the 2013 Colorado 4A Cross Country Championships, helping the Eagles to their first state championship. Gonzales also recorded a pair of runner-up finishes at the 2014 Colorado 4A Track & Field Championships in the 1,600-meter run (4:19.37) and 3,200 (9:25.55). His time in the 1,600 is the BHS record, and he also owns the school record in the 3,200 (9:18.16). As a junior, Gonzales placed third in the 1,600 and was second in the 3,200.

HIGH SCHOOL BESTS: 1,600-meters: 4:16.73; 3,200-meters: 9:00.58.

IN THE CLASSROOM: Gonzales is majoring in environmental engineering. He has recorded a GPA greater than 3.20.

PERSONAL: Ethan Alexander Gonzales was born on March 25, 1996 in Denver, Colo. He is the son of Charles and Tammy Gonzales of Westminster, Colo. He has one sister, Ivy. Gonzales lists his hobbies as swimming, biking, hiking and camping.

TRACK PRs

1,500-m	4:00.95 (0)
3,000-m	8:43.74 (0)
5,000-m	14:36.37 (0)

COLORADO BUFFALOES



NICK HARRIS
Senior • 1L
Niwot, Colo.
(Niwot/Washington)

COLLEGE – 2015: Harris started his career with the Buffs at the Colorado State Invitational, placing 25th overall. He moved up to 10th overall at the Rocky Mountain Shootout, crossing the finish as CU's No. 6 harrier. His next race was NCAA Pre-Nationals, where he placed 94th in the open race. Harris finished the season at Pac-12s, coming in 44th overall.

AT WASHINGTON: Harris competed two cross country seasons for the Huskies, redshirting the 2012 season. In 2013, he placed 53rd at the Pac-12 Championships after opening the season 30th at the Sundodger Invite. Harris only ran once in 2014, placing 91st at the Washington Invitational after suffering a fall during the race. On the track, he ran three indoor and two outdoor seasons. Harris advanced to the NCAA West Prelims twice in the 1,500 (2014 and '15) and made the semifinals in 2014. At prelims in 2014, he set the UW freshman record, running 3:52.84, which also ranked sixth all-time at UW. Indoors, Harris placed eighth in the 800 at the 2015 MPSF Championships with a PR of 1:50.06 that ranks eighth in UW history. He was also a part of the DMR that finished third in 2015 (9:34.81), the third fastest in UW history. During the 2014 season, Harris placed third in the mile at MPSFs in 4:05.09.

HIGH SCHOOL: Harris finished ninth at the 2011 Colorado 4A state meet after placing 13th as a junior in 2010. On the track, he won the 1,600-meter title in a PR of 4:18.79. He also took sixth in the 3,200 at the state meet. Harris clocked his 9:32.53 PR in the 3,200 to win the Tri-Valley/Northern Conference meet.

HIGH SCHOOL BESTS: 1,600-meters: 4:18.79; 3,200-meters: 9:32.53.

IN THE CLASSROOM: Harris is majoring in history.

PERSONAL: Nick Harris was born in Denver, Colo. He is the son of former Buffs Colin and Maribeth. Colin was a four-year letterwinner on the track & field team, while Maribeth was a four-year letterwinner on the ski team, including the 1982 team that won the NCAA Championship. Harris has three older brothers, Colin, Kevin and Quinn. His uncle Richie Harris ran at Colorado State.

2015	Fin/CU	Time
at CSU Invite.....	25/5	15:27
Rocky Mtn. Shootout.....	10/6	25:41
at Pre-Nationals	+94	26:32
at Pac-12 Championship ..	44/8	24:29

TRACK PRs

800-m	1:47.89 (0)
1,500-m	3:42.60 (0)
Mile.....	4:05.09
3,000-m	8:11.27 (1)

2016 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



EDUARDO HERRERA

**Freshman • HS
Madera, Calif.
(Madera South)**

HIGH SCHOOL: Herrera was named the Madera South High School Most Valuable Runner of the Year twice and was a three-time All-CIF selection. During his senior season in cross country, he placed second at the state meet after winning the CMAC League and CIF Central Section Championships. Herrera went on to compete at Nike Cross Nationals, placing fifth overall. As a junior on the cross country course, he won the conference and section titles on his way to placing fourth at the state meet. Herrera was also very successful on the track, placing second at the 2016 state championships in the 1,600. Leading up to the state meet, Herrera won the 1,600 CIF North Area Championship and the CMAC Championships and also placed second in the 800 at the CIF Central Section Championships after winning the conference title. He won the high school section of the 3,000 at the Stanford Invitational, finishing in 8:15.01. As a junior, Herrera won the conference title in the 800 and 1,600 and was third in the 3,200. At the state meet, he placed third overall in the 3,200.

HIGH SCHOOL BESTS: 800-meter: 1:53.85; 1,600-meters: 4:05.63; Mile: 4:04.99; 3,000-meters: 8:15.01; 3,200-meters: 8:55.01.

IN THE CLASSROOM: Herrera intends to major in arts and sciences.

PERSONAL: Eduardo Herrera was born on Sept. 23, 1997 in Madera, Calif. He is the son of Eduardo and Maria Herrera and has one older brother. He has done volunteer work, serving food to the homeless and enjoys running and FIFA.

TRACK PRs

800-m.....	1:53.85
1,600-m.....	4:05.63
Mile.....	4:04.99
3,000-m.....	8:15.01
3,200-m.....	8:55.01

COLORADO BUFFALOES



CHRIS HERRICK
Sophomore • VR
Missoula, Mont.
(Hellgate)

COLLEGE – 2015: Herrick ran in two races for the Buffs during his redshirt freshman season. He was 47th overall at the Rocky Mountain Shootout and 65th in the open race at NCAA Pre-Nationals.

2014: Redshirt. Did not compete.

HIGH SCHOOL: Herrick broke a 39-year-old school record in the 3,200-meter run at the Arcadia Invitational in 2013. He raced to a time of 9:17 and held the record for a few hours before his high school teammate and current CU teammate, Adam Peterman, broke his record later that night. The Knights won three straight Montana State cross country titles (2011-13) and four consecutive state track titles (2010-13). Herrick was injured during his senior cross country season, but in the spring he placed second at state in the 1,600 (4:28.61) and third in the 3,200 (9:32.60). As a junior, he was fourth in the 3,200 (9:29.54) and fifth in the 1,600 (4:25.12). He also placed eighth at the state cross country meet in 2012. Herrick was all-state in track (1,600 and 3,200) and academic all-state. He was honored with the HHS “Knight Award” as a senior and served as the cross country team’s captain in 2013 despite being injured.

HIGH SCHOOL BESTS: 1,600-meters: 4:23; 3,200-meters: 9:17.

IN THE CLASSROOM: Herrick is an ecology and evolutionary biology major. He has recorded a GPA greater than 3.70.

PERSONAL: Christopher Coulson Herrick was born on November 13, 1995 in Bend, Ore. He is the son of Jonathan and Jill Herrick of Missoula, Mont. Herrick also has a sister, Jenna. He enjoys mountain biking, skiing and backpacking. Herrick lived in Alaska for six years and spent a lot of time salmon and halibut fishing.

2015 Fin/CU Tim
Rocky Mtn. Shootout 47/9 27:07
at Pre-Nationals +65 25:56

TRACK PRs

Mile 4:26.11 (I)
3,000-m 8:25.70 (I)

COLORADO BUFFALOES



SAGE HURTA
Freshman • HS
Hamilton, N.Y.
(Hamilton Central)

HIGH SCHOOL: Hurta is a three-time New York State Cross Country Champion, winning the title as a senior, junior and in seventh grade, becoming the only seventh grader to ever win the title. As a senior, Hurta also placed 10th at Foot Locker Nationals in 2015. She earned six letters on the cross country team and six on the track team at Hamilton Central. On the track, Hurta won four New York State Division 2 Championships. She recorded a pair of titles as a senior, winning the 800 and 1,500. As a junior, she was the 800 champion and won the 1,500 for the first time as a sophomore. Hurta owns school records in the 200, 400, 800, 1,500, 3,000 and 2,000-meter steeplechase and is a part of the school's record setting 4x100, 4x200, 4x400 and sprint medley relay teams. She also owns conference records in the 400, 800, 1,500 and 3,000, as well as New York Section 3 records in the 1,500 (indoor), mile (indoor) and 800 (outdoor). As a senior, she placed seventh in the mile at New Balance Indoor Nationals and was second in the 800 at New Balance Outdoor Nationals. Academically, Hurta was named a National Merit Scholarship Recipient and was the class valedictorian. Before committing to Colorado, she was also recruited by Yale, Virginia, Princeton and Brown.

HIGH SCHOOL BESTS: 800-meter: 2:06.37; 1,500-meters: 4:25.29; Mile: 4:47.75; 3,000-meters: 10:06.67.

IN THE CLASSROOM: Hurta intends to major in chemical and biological engineering.

PERSONAL: Sage Alexandra Hurta was born on June 23, 1998 in Buffalo, N.Y. She is the daughter of Gary and Amy Hurta of Hamilton, N.Y. Her mother ran cross country and track at Cornell, and her father was also on the track team at Cornell.

TRACK PRs

800-m	2:06.37
1,500-m	4:25.29
Mile	4:47.75
3,000-m	10:06.67

COLORADO BUFFALOES



DANI JONES
Sophomore • 1L
Phoenix, Ariz.
(Desert Vista)

COLLEGE — 2015: Jones earned a spot on the varsity roster quickly as a true freshman and scored for the Buffs in each of the five races she competed in. She started the season by placing fourth at the Rocky Mountain Shootout. Jones was 62nd overall at NCAA Pre-Nationals and improved to 24th at Pac-12s. Jones earned all-region honors by placing 16th at regionals and finished the season with a 49th place finish at nationals as the team earned a second place finish.

HIGH SCHOOL: The 2014-15 Arizona Gatorade Girls Cross Country Runner of the Year, Jones won the state cross country championship with a course record time of 17:26, leading her team to its second straight state title. Jones placed third at the 2014 Nike Cross Nationals Final, pacing her team to a fifth-place national finish overall and earning All-American honors in the process. She was also runner-up at the Nike Pre-Nationals, the Woodbridge Classic and the Desert Twilight Festival. In 2013, she won her first state cross country title and was 15th at Nike Cross Nationals, which also earned her All-American honors. Jones has been very successful on the track as well. She owns state records in the 1,600 (4:44), mile (4:39) and 3,200 (10:09)) and owns the school 800 record (2:08). Jones won state titles in the 800, 1,600 and 3,200 as a senior, the 1,600 and 3,200 as a junior and during her sophomore year, she was the 800 and 1,600 champion.

HIGH SCHOOL BESTS: 800-meters: 2:08; mile: 4:39; 1,600-meters: 4:44; 3,200-meters: 10:09.

IN THE CLASSROOM: Jones is majoring in integrative physiology.

PERSONAL: Danielle 'Dani' Alex Jones was born on August 21, 1996 in Fort Wayne, Ind. to Darcy and Tana Jones. She has one sister, Baylee, who was the Arizona state runner-up in the 1,600 and 3,200. Both of her parents ran track and cross country at Indiana State. She enjoys hiking and reading.

2015	Fin/CU....	Time
Rocky Mtn. Shootout.....	4/3	21:16
at Pre-Nationals	62/4	20:55
at Pac-12 Championship ..	24/5	20:39
at NCAA Mtn. Region.....	16/4	21:21
at NCAA Championship	49/4	20:32

HONORS

2015 All-Region

TRACK PRs

800-m	2:05.27 (0)
1,500-m	4:13.44 (0)
Mile	4:38.68

COLORADO BUFFALOES



ANNIE KELLY
Junior • 1L/RS
Alpharetta, Ga.
(Milton/Mississippi)

COLLEGE – 2015: Redshirt. Did not compete.

2014: Kelly had a great first season for the Buffs, starting with a fourth place overall finish at the Rocky Mountain Shootout (CU's No. 3). In the next meet, NCAA Pre-Nationals, Kelly crossed the finish second for the Buffs, 28th overall. She continued to improve and was CU's third runner at the Pac-12 Championships, finishing 19th. Kelly earned all-region recognition at regionals, placing 16th. She finished the season with a 98th place finish at NCAAs.

AT MISSISSIPPI: Kelly ran one cross country season for Mississippi. She placed 31st at the NCAA South Regional in 20:57 after a 57th-place finish at the SEC Championships.

HIGH SCHOOL: Kelly lettered all four years in cross country and also earned three letters as a member of the track team at MHS. She was named the 2012 Milesplit Georgia Cross Country Runner of the Year. Kelly was the runner-up at the GHSA 6A cross country state championships and was 25th at the Foot Locker south regional. She also helped the Eagles win the 2010, 2011 and 2012 state cross country team championship. On the track, she earned high school All-America honors after finishing eighth in the 5,000 (17:12.74) at the 2013 New Balance Indoor Nationals. Kelly was named USATF Georgia All-State as a junior and senior. She owns or shares eight MHS records in the 1,600 (4:59.10), 3,200 (10:45.11), 5,000 (17:12.74), 4x800, 4x1,600, Distance Medley Relay, the 5k cross country record and the Georgia 19 and under half marathon.

HIGH SCHOOL BESTS: 1,600-meters: 4:59; 3,200-meters: 10:45; 5,000-meters: 17:12.74.

IN THE CLASSROOM: Kelly is a psychology major.

PERSONAL: Anne Katherine Kelly was born on November 16, 1994 in Atlanta, Ga. She is the daughter of Andrew and Sue Kelly and has three siblings, Nick, Liz and her twin Ryan. Liz and Nick both swam at Emory College and Nick is a student at CU. Her mother was a professional triathlete and later became a professional marathon runner and qualified for the Olympic Trials. Her father was an ultra-marathoner and professional cyclist and competed in the rodeo. He was also a member of Montana State's rodeo team in college. Kelly would like to pursue a career in professional running. She enjoys singing and has volunteered with Habitat for Humanity.

2014	Fin/CU....	Time
Rocky Mtn. Shootout.....	4/3.....	21:11
at NCAA Pre-Nationals	28/2.....	21:16
at Pac-12 Championship	19/3.....	20:43
at NCAA Mtn Region.....	12/4.....	21:30
at NCAA Championship	98/6.....	21:12

HONORS

2014 All-Region

TRACK PRs

1,500-m.....	4:32.78 (O)
3,000-m.....	9:35.18 (I)
5,000-m.....	16:12.36 (O)
10,000-m.....	34:23.60 (O)

COLORADO BUFFALOES



JOE KLECKER
Freshman • RS
Minnetonka, Minn.
(Hopkins)

COLLEGE – 2015: Redshirt. Did not compete.

HIGH SCHOOL: Klecker captured two individual state championships his senior season and led the Royals to a third-place finish as a team at the Class AA state meet en route to earning the Gatorade Minnesota Boys Track & Field Athlete of the Year. Klecker set a state record in the 1,600-meter run with a time of 4:06.54 and also took first in the 3,200 in 8:57.76. A First Team All-State selection, he earned fourth-place in the mile at the prestigious Adidas Grand Prix, crossing the line in 4:04.13, which ranked as the nation's No. 5 performance among prep competitors in 2015 at the time of his selection. He was named to the USA Today All-America second team. In the fall of 2014, Klecker placed third at the Minnesota State High School Class AA State Cross Country Championships, finishing the course in 15:26.2. He owns HHS records in the 1,600, 3,200 and 5,000 on the cross country course.

HIGH SCHOOL BESTS: 800-meters: 1:56.44; Mile: 4:04.13; 1,600-meters: 4:06.54; 3,200-meters: 8:50.12.

IN THE CLASSROOM: Klecker intends to major in chemistry.

PERSONAL: Joseph Richard Klecker was born on November 16, 1996 in Minneapolis, Minn. He is the son of Barney and Janis Klecker of Minnetonka, Minn. His father owns the U.S. record for the 50 mile ultramarathon (4:51:25) and his mother competed at the 1992 Summer Olympics (marathon) and won two U.S. marathon national championships. Both ran track and cross country in college. Klecker is one of six children. His sister Mary used to run at Augsburg, while his brother John (Augustana, S.D.) and sister Sarah (Minnesota) still race at the collegiate level. Three of his siblings have run at college: Mary at Augsburg, John at Augustana (S.D.), and Sarah at Minnesota. His two other siblings, Elizabeth and James, are in high school.

TRACK PRs

800-m	1:55.26 (0)
Mile	4:04.13
1,500-m	3:44.55 (0)
3,000-m	7:59.77 (1)
5,000-m	13:44.23 (0)

COLORADO BUFFALOES



ELISSA MANN
Freshman • RS
Louisville, Colo.
(Monarch)

COLLEGE – 2015: Redshirt. Did not compete.

HIGH SCHOOL: Mann has been an important part of the Monarch High school cross country and track and field teams, setting five school records. Mann owns the 400 (57.46) and 800-meter (2:10.39) records and is a part of the 4x400 (3:55.68), 4x800 (9:11.89) and 800 meter sprint medley relay (1:48.21) records. Her cross country team won the Colorado 5A Championship three times (2011, '12, and '13) and in 2013, the team placed fifth at Nike Cross Nationals. The Coyotes placed second at the state meet her senior year (2014), but they won the Front Range League Championship all four seasons (2011-14). On the track, the 4x800 relay was the state runner-up four times (2012-15), which included her sister Karina. Mann earned four letters on the cross country team and four letters on the track team at MHS. She was a conference all-academic selection for both teams all four years, and a CHSAA Academic All-State First Team selection her sophomore, junior and senior years.

HIGH SCHOOL BESTS: 400-meters: 57.46; 800-meters: 2:10.39; 1,600-meters: 5:07.12.

IN THE CLASSROOM: Mann is an integrative physiology major and is also interested in studio arts and ceramics.

PERSONAL: Elissa Marie Mann was born on February 9, 1997 in Louisville, Colo. She is the daughter of Rick and Viki Mann and has two sisters, Jessie and Karina, her twin, who is also a member of the CU cross country and track and field team. She enjoys snowboarding, rock climbing, hiking and ceramics. Mann has also volunteered at the Ironman Boulder (2014 and '15).

TRACK PRs

400-m	56.67 (0)
800-m	2:05.28 (0)
1,500-m	4:32.86 (0)

COLORADO BUFFALOES



KARINA MANN
Freshman • RS
Louisville, Colo.
(Monarch)

COLLEGE — 2015: Redshirt. Did not compete.

HIGH SCHOOL: Mann helped the Coyotes to three Colorado State 5A Cross Country Championships (2011-13) and one runner-up finish (2014). MHS won the Front Range League Championship all four of those years. In 2013, the team placed fifth at Nike Cross Nationals. Mann was a part of two MHS record. The 4x400 relay recorded a time of 3:55.68 at the 2015 state meet and the 4x800-relay finished in 9:11.89 for a runner-up finish at state in 2014. On the track, the 4x800 relay was the state runner-up four times (2012-15), which included her sister Elissa. She was a Front Range All-Conference cross country second team selection in 2013 and in 2012, she earned academic all-conference and all-state honors. Mann was recruited by Boise State, Northern Arizona and Nebraska-Omaha.

HIGH SCHOOL BESTS: 400-meter: 59.53; 800-meters: 2:13.67; 1,600-meters: 5:08.51.

IN THE CLASSROOM: Mann is an integrative physiology major.

PERSONAL: Karina Lynn Mann was born on February 9, 1997 in Louisville, Colo. She is the daughter of Rick and Viki Mann and has two sisters, Jessie and Elissa, her twin, who is also a member of the CU cross country and track and field team. She enjoys snowboarding, listening to music, playing with her dog and anything outdoors.

TRACK PRs

400-m 59.10 (0)
800-m 2:12.58 (0)

COLORADO BUFFALOES



CHRISTIAN MARTIN
Junior • 1L
Littleton, Colo.
(Heritage/Nebraska)

COLLEGE – 2015: Martin saw action in four meets for the Buffs. He made his CU debut at the Colorado State Invitational, placing 17th overall. He improved to 11th at the Rocky Mountain Shootout and then went on to place sixth in the open race at NCAA Pre-Nationals. Martin's final race was at Pac-12s, where he finished 68th overall.

AT NEBRASKA (2013): Martin only ran cross country while at Nebraska as a freshman and competed in four meets. His highest finish of the season was 13th at the Time Young Invitational in Vermillion, S.D. Martin raced to an 85th place finish at the Big Ten Championships to end the season.

HIGH SCHOOL: Martin earned six letters on the cross country (three) and the track and field teams (three) at Heritage High School. He is the HHS 3,200-meter run record holder (9:36). Individually he was fifth in the 1,600 and was sixth in the 3,200 at the 5A state championships in 2013. Martin was all-state and first team all-league in cross country as a junior and senior. Martin was a member of the HHS team that was the runner-up at the state meet in 2011. That same year, the team won the Continental League Championship and was the 5A Region 2 Champion. The Eagles won the region championship again in 2011.

HIGH SCHOOL BESTS: 1,600-meters: 4:26; 3,200-meters: 9:36; 5,000-meters: 15:50.

IN THE CLASSROOM: Martin is an integrative physiology. He owns a GPA greater than 3.00.

PERSONAL: Christian Henner Martin was born on November 3, 1994 in Phoenix, Ariz. He is the son of Matt and Monique Martin of Littleton, Colo. His younger sister, Remi, is a defenseman for the Penn State women's ice hockey team. He enjoys traveling and has been to 28 countries. Martin holds dual citizenship with the United States and Germany as his mother is from Germany.

2015 Fin/CU.... Time
 at CSU Invite.....17/4 15:20
 Rocky Mtn. Shootout.....11/725:41
 at Pre-Nationals+624:49
 at Pac-12 Championship ..68/1025:

HONORS

2015 Pac-12 All-Academic honorable mention

TRACK PRs

1,500-m 4:04.17 (0)
 3,000-m 8:47.25 (0)
 5,000-m 14:36.28 (0)

COLORADO BUFFALOES



LUCY MAY
Junior • 2L
St. Louis, Mo.
(St. Joseph's Academy)

COLLEGE – 2015: May raced four times for the Buffs as a sophomore before serving as the alternate at regionals and NCAAs. She started the season with a ninth place finish at the CSU Invite before placing fifth at the Rocky Mountain Shootout. At NCAA Pre-Nationals, she was 134th overall. Her final race of the season was Pac-12s where May took 53rd overall.

2014: May ran in three races for the Buffs as a redshirt freshman. She started the season 12th at the Rocky Mountain Shootout and then took 12th overall in the open race at NCAA Pre-Nationals. May finished the campaign 63rd at Pac-12s.

2013: Redshirt. Did not compete.

HIGH SCHOOL: May is the St. Joseph's Academy record holder in the 800 (2:16.99) and 1,600-meter (4:56) runs. During her senior year, May placed second at the state championships in the 1,600 and was an all-state selection in the 1,600 and the 800. She also earned all-conference honors in the 800, 1,600 and 3,200 as a senior. During her sophomore cross country season, the Angels placed third at the state 4A championship.

HIGH SCHOOL BESTS: 800-meters: 2:16.99; 1,600-meters: 4:56.

IN THE CLASSROOM: May is majoring in finance and recorded a GPA greater than 3.70. She was named to the Pac-12 All-Academic Second Team in 2014.

PERSONAL: Lucy Catherine May was born on December 19, 1994 in Louisville, Colo. She is the daughter of Chris and Joanne May and has a brother, Jake, and a sister, Sophia. Her father is the Athletic Director at Saint Louis University and also ran track at Iowa State. May also enjoys playing basketball and soccer.

2015 Fin/CU.... Time
 at CSU Invite..... 9/2 17:49
 Rocky Mtn. Shootout..... 5/4 21:20
 at Pre-Nationals 134/7 21:21
 at Pac-12 Championship .. 53/8 21:15
 at NCAA Mtn. Region..... Alt.
 at NCAA Championship Alt.

2014 Fin/CU.... Time
 Rocky Mtn. Shootout..... 12/6 21:55
 at NCAA Pre-Nationals +12 22:32
 at Pac-12 Championship .. 69/8 21:43

HONORS

2014, 15 Pac-12 All-Academic Second Team

TRACK PRs

800-m 2:15.19 (0)
 1,500-m 4:37.60 (0)
 Mile..... 4:54.19

COLORADO BUFFALOES



PAUL MILLER
Sophomore • 1L
Fort Collins, Colo.
(Poudre)

COLLEGE— 2015: Miller finished fifth at the USA Junior Cross Country Championships in February in 25:53, which earned him a trip to the IAAF World Junior Cross Country Championships in China. There he placed 74th overall. During the fall season, Miller earned a spot on the varsity roster. He was 13th at the Colorado State Invitational and the Rocky Mountain Shootout to start the season. At NCAA Pre-Nationals, he placed 18th in the open race. Miller finished the season at Pac-12s, placing 53rd overall.

2014: Redshirt. Did not compete.

HIGH SCHOOL: Miller is the PHS 3,200-meter record holder (9:26), which he set at the Liberty Bell Invitational in April of 2014. He is also a member of the PHS school record 4x800-meter relay team, which ran 8:01. The Impalas won the 2014 Front Range League Track & Field Championship during Miller's senior year and he was named all-state second team and all-conference that year. During Miller's junior year, he was also named all-conference, as well as the FRL Athlete of the Year. Miller received Academic all-state honors his sophomore, junior and senior years.

HIGH SCHOOL BESTS: 1,600-meters: 4:22; 3,200-meters: 9:26.

IN THE CLASSROOM: Miller is majoring in neuroscience. He recorded a GPA greater than 3.60 in his first year.

PERSONAL: Paul A. Miller was born on July 18, 1996 in Fort Collins, Colo. He is the son of Paul and Tamara Miller and has two older brothers, Iain and Robert. Miller enjoys salsa dancing, scuba diving and sunrise hikes.

2015 Fin/CU.... Time
 at CSU Invite..... 13/3 15:15
 Rocky Mtn. Shootout..... 13/8 26:05
 at Pre-Nationals +18 25:04
 at Pac-12 Championship .. 53/9 24:51

HONORS

2015 Pac-12 All-Academic Second Team

TRACK PRs

Mile..... 4:26.84
 3,000-m 8:15.68 (0)
 5,000-m 14:31.79 (0)

2016 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



MAKENA MORLEY
Sophomore • TR
Bigfork, Mont.
(Bigfork/Montana)

AT MONTANA: Morley ran one cross country season at Montana. She led the Grizzlies in her first meet, finished first at the UM Invite in 16:43. Morley's following meet was NCAA Pre-Nationals, where she placed 39th (20:40). In just the third race of her collegiate career, Morley came away with the Big Sky Championship, winning in 17:45. She went on to race at the NCAA Mountain Region Championship, taking eighth overall to qualify for NCAAAs as an individual. Morley ended the season at nationals with a 97th place finish (20:49).

HIGH SCHOOL: Morley won several state championships spanning her high school career. As a senior, she won the 3,200-meter run (10:37.76) and she was also a member of the 4x400-meter relay team (4:01.71) with her younger sister, Bryn. Morley was also second in the 800 (2:16.70) and 1,600 (5:01.69) as well in 2014. During her junior year, she won the 800 (2:12.62), 1,600 (4:53.83) and 3,200 (10:58.85). Morley earned All-American distinction twice on the track. She placed fifth in the two-mile run at New Balance Indoor nationals and was second in the two-mile at New Balance Outdoor nationals in 2014. On the cross country course, Morley was a four-time state champion. She ran at the Foot Locker National Championship four years, placing third as a senior. Morley also represented Team USA in January, 2015, and won the Great Buppa Cross Country Championships in Scotland. She was a three-time All-American, earning first team honors in 2014 and second team recognition in 2011 and 13.

HIGH SCHOOL BESTS: 800-meters: 2:12.62; 1,600-meters: 4:50.19; 3,200-meters: 10:16.38.

IN THE CLASSROOM: Morley intends to major in anthropology and is also interested in environmental studies and archeology.

PERSONAL: Makena Marie Morley was born on November 21, 1996 in Maui, Hawai'i. She is the daughter of Steve and Jill Morley and has two siblings, Logan and Bryn. She enjoys snowboarding, kayaking, cross country skiing, hiking, swimming, biking and reading.

TRACK PRs

800-m	2:12.62
1,600-m	4:50.19
3,200-m	10:16.38

COLORADO BUFFALOES



MELANIE NUN
Junior • 2L
Broomfield, Colo.
(Legacy)

COLLEGE – 2015: Nun came back to the Buffs and had a strong showing after redshirting the 2014 season. At NCAA Pre-Nationals, she was 67th overall. She had her best race of the season at Pac-12s, finishing seventh overall for first team all-conference honors. She was also named all-region after placing 23rd at regionals. Nun wrapped up the season at NCAA with a 65th place finish, helping CU take second in the team competition.

2014: Redshirt. Did not compete.

2013: Nun had a breakout freshman season, earning a spot on the varsity roster early in the season. She raced unattached at the Rocky Mountain Shootout, placing eighth. Her first race in uniform was NCAA Pre-Nationals and she finished 57th overall as CU's No. 4 runner. Nun was CU's fourth scorer at the Pac-12 Championships as well, coming in 14th overall to earn All-Pac-12 Second Team honors, and helped the Buffs claim second in the team title. At regionals, she was sixth overall, again the fourth runner for the Buffs, helping CU win the regional crown. Nun finished her freshman season at NCAAs as the third scorer for CU, crossing the line 68th overall, while helping CU to a seventh-place team finish.

HIGH SCHOOL: Nun finished fifth overall at the 2012 Colorado State 5A Cross Country Championships, improving from a 12th-place finish as a junior. She placed 10th at Foot Locker Midwest Regional Championships to earn a spot at the Foot Locker Nationals where she finished 35th overall. Nun won the 5A Region 3 Championship in 2012 and the 5A Region 4 Championship in 2011. She owns school records in the 800 (2:17), 1,600 (5:08), 3,200 (10:57), the 4x800-relay (9:47) and in the 5k cross country course (17:35). In 2013, Nun placed fourth in the 3,200 and was eighth in the 1,600 at the state championships. She was named the LHS Athlete of the Year as a senior and was a finalist for the Boettcher Scholarship.

2015	Fin/CU	Time
at CSU Invite.....	11/4	17:58
at Metro St. Invite	+3	22:09
at Pre-Nationals	67/5	20:57
at Pac-12 Championship ..	7/3	20:12
at NCAA Mtn. Region.....	23/5	21:36
at NCAA Championship	65/5	20:38

2013	Fin/CU	Time
Rocky Mtn. Shootout.....	+8	21:56
at Pre-Nationals	57/4	21:07
at Pac-12 Championship ..	14/4	22:09
at NCAA Mtn Region.....	6/4	20:45
at NCAA Championship	68/3	21:04

HONORS

2013, 15 All-Mountain Region
 2015 All-Pac-12 First Team
 2013 All-Pac-12 Second Team

TRACK PRs

1,500-m	4:23.48 (O)
Mile.....	4:49.69 (I)
3,000-m	9:24.26 (I)
Steeplechase	10:18.86 (O)
5,000-m	16:17.14 (O)

HIGH SCHOOL BESTS: 800-meters: 2:17; 1,600-meters: 5:08; 3,200-meters: 10:57; 4x800-relay: 9:47.

IN THE CLASSROOM: Nun is majoring in mathematics and economics and has recorded a GPA greater than 3.80.

PERSONAL: Melanie Lyn Nun was born on November 21, 1994 in Westminster, Colo. She is the daughter of Thomas and Sheila Nun of Thornton, Colo. and has three siblings, Zach, Dylan and Ryan. Nun enjoys soccer and yoga and has been a volunteer track coach for young kids.

COLORADO BUFFALOES



ZACH PERRIN

Junior • 2L
Kalispell, Mt.
(Flathead)

2015	Fin/CU	Time
at CSU Invite.....	1/1	14:43
Rocky Mtn. Shootout.....	4/4	24:53
at Pre-Nationals.....	68/7	24:08
at Pac-12 Championship ..	38/7	24:21
at NCAA Mtn. Region.....	18/4	30:29
at NCAA Championship	195/7	31:57

2013	Fin/CU	Time
Rocky Mtn. Shootout.....	+5	25:52
at Pre-Nationals.....	114/7	24:43
at Pac-12 Championship ..	37/8	26:16
at NCAA Mtn Region.....	Alt.	
at NCAA Championship	107/6	31:24

HONORS

2015 All-Region

TRACK PRs

800-m	1:49.85 (0)
1,500-m	3:43.00 (0)
Mile.....	3:59.00
3,000-m	8:14.33
5,000-m	14:16.89 (0)

COLLEGE - 2015: Perrin won the Colorado State Invitational to start the season and then placed fourth at the Rocky Mountain Shootout. He was 68th for the Buffs at NCAA Pre-Nationals before improving to 38th at Pac-12s. Perrin recorded all-region honors with an 18th place finish. He ended the season with a 195th place finish at NAAs.

2014: Redshirt. Did not compete.

2013: Perrin quickly earned a position on the varsity roster as a true freshman, running fifth overall (unattached) at the Rocky Mountain Shootout. His first varsity race in uniform for the Buffs was NCAA Pre-Nationals where he finished 114th overall. Perrin's next race was Pac-12 Championships, where he helped CU claim its third straight team title. Perrin placed 37th overall as CU's No. 8 runner. He served as the alternate at regionals, but was back in action at NAAs where he took 107th (CU's No. 6 scorer), helping CU win the team championship.

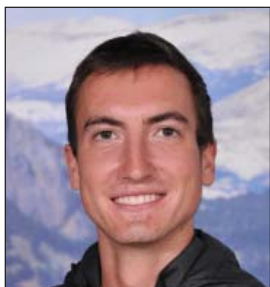
HIGH SCHOOL: Perrin won four Montana State High School Championships. He won the 2012 cross country championship after a runner-up finish his junior year. Perrin raced in the Foot Locker West Regional and took eighth overall before placing 10th at the Foot Locker Nationals in 2012. On the track, Perrin brought home three state championships in the 1,600 and 3,200-meter runs. He won the 1,600 and 3,200 as a senior and the 3,200 as a freshman. During his sophomore season, Perrin was second in both the 1,600 and 3,200. He also ran the best time by a Montana high school runner in 2012 in the 3,200 at the Arcadia Invite (8:55). Perrin earned a top-20 national cross country ranking in 2012.

HIGH SCHOOL BESTS: 800-meters: 1:54; 1,600-meters: 4:09; 3,200-meters: 8:55.

IN THE CLASSROOM: Perrin is majoring in integrative physiology.

PERSONAL: Zachary Michael Perrin was born on January 25, 1995 in San Diego, Calif. He is the son of Mike and Lisa Perrin of Lakeside, Mont. He also has three siblings, Jake, Ben and Hannah. Perrin enjoys playing the guitar, rock-climbing and kayaking.

COLORADO BUFFALOES



ADAM PETERMAN

Junior • 1L
Missoula, Mt.
(Hellgate)

COLLEGE – 2015: Did not compete.

2014: Peterman made the varsity roster as a redshirt freshman. Although he didn't score for the Buffs, he had a very successful season. Peterman started the year with a 17th place finish at the Rocky Mountain Shootout. He was 79th at pre-nationals and moved up to 28th at the Pac-12 Championships, helping the Buffs win their fourth straight team title. Peterman took 64th at regionals and placed 202nd at NAAs as the Buffs won their second straight NCAA Championship.

2013: Redshirt. Did not compete.

HIGH SCHOOL: Peterman placed second to current CU teammate Zach Perrin at the 2012 Montana State High School Cross Country Championship. After the state championship, he placed second at the Nike Cross National Northwest Regional before running to a 23rd-place finish at the Foot Locker West Regional. Peterman placed third at the state cross country championship his junior and sophomore seasons. At the state track and field championship, Peterman won the 3,200-meter run with an all-class record of 9:12, which also doubles as the HHS record. He also earned a pair of fourth-place finishes in the 1,600 and 3,200 as a junior. In 2011, he took fourth in the 3,200 and fifth in the 1,600. Peterman earned a top-20 national cross country ranking in 2012.

HIGH SCHOOL BESTS: 800-meters: 1:58; 1,600-meters: 4:17; 3,200-meters: 8:57.

IN THE CLASSROOM: Peterman is majoring in environmental science and owns a GPA greater than 3.70. He was selected to the Pac-12 All-Academic Second Team in 2014.

PERSONAL: Adam Walser Peterman was born on August 11, 1995 in Missoula, Mont. He is the son of Larry Peterman and Lisa Walser. He also has an older sister, Kila. Peterman enjoys mountain biking and has volunteered for Run Wild Missoula and the Missoula Marathon.

2014	Fin/CU	Time
Rocky Mtn. Shootout	17/7	26:02
at Pre-Nationals	79/7	25:21
at Pac-12 Championship	28/7	24:21
at NCAA Mtn Region	64/6	31:55
at NCAA Championship	202/7	32:37

HONORS

2014 Pac-12 All-Academic Second Team

TRACK PRs

1,500-m	3:47.22 (O)
Mile	4:23.19 (I)
3,000-m	8:14.33 (I)
Steeplechase	8:43.19 (O)

2016 COLORADO CROSS COUNTRY

COLORADO BUFFALOES



NATHAN PIXLER
Freshman • HS
Sammamish, Wash.
(Eastlake)

HIGH SCHOOL: Pixler is the Eastlake High School 800-meter record holder, clocking in at 1:51.87. He was also a member of the 4x400-meter relay team that set the EHS record at 3:18.68. His main event in high school was the 800. Pixler won seven of his nine races on the track as a senior, including the conference and district title. He was second in the prelims at the state meet and ended up fourth overall. As a junior in 2015, he won six titles, again winning the conference and district meets, before placing third at the state championship. Pixler also did well in the 1,600 that season, winning the conference and district crown en route to a sixth place finish at state. On the cross country course, Pixler was the 2015 state runner-up after winning the 51st 3A/4A KingCo League and the 3A SeaKing & 4A Bi-District I/II Championships.

HIGH SCHOOL BESTS: 800-meter: 1:51.87; 1,600-meters: 4:15.72; Mile: 4:21.09; 3,200-meters: 9:13.38.

IN THE CLASSROOM: Pixler intends to major in business.

PERSONAL: Nathan Elias Pixler was born on August 18, 1997 in Seattle, Wash. He is the son of Jeff and Nancy Pixler of Sammamish, Wash., who both ran track at Colorado. All three of his older sisters competed in collegiate athletics. Jessica Tebo was a 12-time Division II National Champion before running one season at Colorado while pursuing her master's degree and his brother-in-law, Matt Tebo, was a standout on the CU cross country and track team. Melissa Shoemaker, played basketball at Pacific Lutheran and Courtney Buchkoski was a soccer player at Alabama. He enjoys running, listening to music, reading, hiking and studying languages.

TRACK PRs

800-m	1:51.87
1,600-m	4:15.72
Mile	4:21.09
3,200-m	9:13.38

COLORADO BUFFALOES



JUSTICE RAMOS

Sophomore • VR
Dolores, Colo.
(Montezuma-Cortez)

COLLEGE – 2015: Redshirt. Did not compete.

HIGH SCHOOL: A multi-sport athlete, Ramos lettered in cross country, track and field, football and wrestling at Montezuma-Cortez High School. He raced his personal bests in the 400 (49.67) and 800 (1:55.74) at the 2015 Colorado 4A State Championship and earned all-conference distinctions in both. Ramos was named the MCHS Sprinter of the Year as a sophomore and in his junior season, he garnered the MCHS Distance Runner of the Year. Ramos qualified for the state wrestling meet three times.

HIGH SCHOOL BESTS: 400-meters: 49.67; 800-meters: 1:55.74.

IN THE CLASSROOM: Ramos is a mechanical engineering major and is also interested in architecture.

PERSONAL: Justice Thomas Ramos was born on November 2, 1996 to Joe and Jennie Romas in Lubbock, Texas. He has one sister, Jordan, and one brother, Josh. He has worked with his mom's first grade class helping the students with reading and math.

TRACK PRs

400-m 49.67
800-m 1:51.23 (0)

COLORADO BUFFALOES



ABIGAIL REGNER
Freshman • RS
Basking Ridge, N.J.
(Ridge)

COLLEGE – 2015: Redshirt. Did not compete.

HIGH SCHOOL: Regner is a part of five RHS track and field records. Individually, she owns the indoor 800 (2:16) and the outdoor 800 (2:14). Regner is also part of the indoor 4x800-meter relay (9:13), outdoor 4x800-relay (9:09) and the outdoor distance medley relay (10:12) where she ran the 1,200-meter leg. Regner earned three letters on the cross country team and three on the track and field team at RHS. The Red Devils won the NJSIAA Indoor Track and Field North II Group IV State Section in 2014 and '15 and they won the cross country (2014) and outdoor section (2015) as well. She was on the 4x800-relay that won the 2015 NJSIAA Meet of Champions. Regner was an All-Skyland Conference track and field selection in the 800 and 1,600, as well as all-state for the 4x800 her senior year. She earned all-conference honors in cross country and the 800 and was also named All-Somerset County First Team for the indoor and outdoor 800 as a junior.

HIGH SCHOOL BESTS: 800-meters: 2:14; 1,600-meters: 5:02.

IN THE CLASSROOM: Regner is a studio art major.

PERSONAL: Abigail Catherine Regner was born on February 9, 1997 in Basking Ridge, N.J. She is the daughter of Randolph, who played soccer at Denison University, and Carol Regner and has three siblings, Randy, Charles and Meredith. Her grandfather, William Regner, ran track and field at Ohio State University. Regner loves art, rock climbing, skiing, hiking and running.

TRACK PRs

800-m	2:14
1,600-m	5:02

COLORADO BUFFALOES



PHILLIP ROCHA

Freshman • HS
Azusa, Calif.
(Arcadio)

HIGH SCHOOL: Rocha had an outstanding senior cross country season, winning 10 of his 11 high school races, as well as placing second at Foot Locker Nationals. A two-time state cross country champion, he also finished 11th at the Nike Cross Championships as a junior. As a sophomore, Rocha placed fifth at state after earning a 10th place finish his freshman year. He was also successful on the track. At the state championships in 2015, Rocha placed second in the 3,200-meter run at the state championship after winning the Pacific League Finals; he also won the 1,600 Pacific League title.

HIGH SCHOOL BESTS: 800-meter: 1:54.65; 1,600-meters: 4:11.56; Mile: 4:14.49; 3,200-meters: 8:59.42.

IN THE CLASSROOM: Rocha intends to major in arts and sciences.

PERSONAL: Phillip Rocha was born on May 21, 1998 in Azusa, Calif. He is the son of Phillip and Sarah Rocha and has two older sisters.

TRACK PRs

800-m.....	1:54.65
1,600-m.....	4:11.56
Mile.....	4:14.49
3,200-m.....	8:59.42

COLORADO BUFFALOES



BEN SAAREL
Senior • 3L
Salt Lake City, Utah
(Park City)

2015 Fin/CU.... Time
 Rocky Mtn. Shootout +6 25:18
 at NCAA Mtn. Region 21/6 30:32
 at NCAA Championship 31/4 30:20

2014 Fin/CU.... Time
 Rocky Mtn. Shootout 5/4 24:44
 at Pre-Nationals 4/2 24:16
 at Pac-12 Championship 8/5 23:54
 at NCAA Mtn Region 13/2 30:04
 at NCAA Championship 7/2 30:31

2013 Fin/CU.... Time
 Rocky Mtn. Shootout +2 25:35
 at Pre-Nationals 9/2 23:40.7
 at Pac-12 Championship 5/3 24:53
 at NCAA Mtn Region 7/2 29:46.4
 at NCAA Championship 8/1 30:41.1

+ ran unattached

HONORS

2014 CoSIDA Academic All-American
 2014 CoSIDA Academic All-District
 2013, 14, 15 All-American
 2013, 14, 15 All-Mountain Region
 2014 All-Pac-12 Second Team
 2014 Pac-12 All-Academic First Team
 2013, 14, 15 USTFCCCA All-Academic
 2013 All-Pac-12 First Team
 2013-14 CU Male Freshman Athlete of the Year
 2013-14 CU Male Athlete of the Year Finalist

TRACK PRS

800-m 1:51.11
 1,500-m 3:38.40 (O)
 Mile 4:02.72
 3,000-m 7:52.61 (I)
 5,000-m 13:48.97

COLLEGE - 2015: Saarel only raced twice for the Buffs, but excelled at both meets. He was 21st overall at the regional meet, earning all-region honors in the process. He earned his third consecutive All-American honor at NCAA with a 31st place finish.

2014: Saarel had another great season for the Buffs. He started by placing fifth at the Rocky Mountain Shootout and followed that up with a fourth place finish at pre-nationals. Saarel earned All-Pac-12 second team honors with his eighth place performance at the Pac-12 Championships, helping CU win its fourth straight team title. Two weeks later, Saarel helped the Buffs win the NCAA Mountain Region Championship, placing 13th overall. He also earned his second all-region honor with the finish. At the NCAA Championships, Saarel was the second Buff across the finish, taking seventh overall for his second straight All-America honor as CU won its second straight NCAA Championship.

2013: Saarel had an outstanding true freshman season for the Buffs, earning All-Pac-12 First Team, All-Mountain Region and All-America honors. He raced the Rocky Mountain Shootout unattached and took second to teammate Blake Theroux by just one second (25:35). Saarel's first race for the Buffs was NCAA Pre-Nationals, and he took ninth overall as CU's No. 2 scorer. In the following meet, the Pac-12 Championships, he was the fifth runner to cross the finish, CU's third harrier, and helped the Buffs win their third team championship. Saarel continued to shine and at regionals, he was seventh overall, but he saved the best for last at the NCAA Championships where he took eighth overall and led the Buffs to their fourth NCAA Championship since 2001. Saarel became CU's first true freshman since Billy Nelson in 2002 to record All-America honors. That year Nelson was 42nd overall.

HIGH SCHOOL: Saarel was named the 2012 Gatorade Utah Boys Cross Country Runner of the Year after winning the Utah State Class 3A Championships in 14:56.7, which was the second fastest time ever run on the course. In doing so he helped the Miners to a fourth-place team finish. Saarel placed second at the Nike Cross Nationals Southwest Regional championship before winning the Foot Locker West Regional. At the Foot Locker Championships, Saarel placed fourth in 15:13, just 14 seconds behind the winner. Saarel earned a top-20 national cross country ranking in 2012. On the track he won the 800 and 1,600 Utah state titles, both in school record time. Saarel recorded a time of 1:51.13 in the 800 and 4:07.95 in the 1,600. Saarel also won the Arcadia Invitational 3,200 (8:45.74) and the Adidas Dream Mile (4:02.72). At the 2013 Simplot Games, he won the 3,200-meters and broke the meet record with a 9:00.62 performance. Saarel won three state championships in 2012 (800, 1,600 and 3,200).

HIGH SCHOOL BESTS: 800-meters: 1:51; Mile: 4:02.72; 1,600-meters: 4:07.95; 3,200-meters: 8:45.74.

IN THE CLASSROOM: Saarel is majoring in engineering physics. He recorded a 4.00 GPA in his first semester at CU and owns an impressive 3.885 GPA. Saarel was named to the Pac-12 All-Academic First Team in 2014 and was tabbed a CoSIDA Academic All-American in 2014.

PERSONAL: Ben Saarel was born on March 8, 1995 in Cleveland, Ohio. He is the son of Doug, a former rower at Princeton, and Tess Saarel. He also has one sister, Emma, who ran at Swarthmore College. Saarel enjoys skiing and has volunteered with the Special Olympics.

COLORADO BUFFALOES



TABOR SCHOLL
Freshman • HS
Kremmling, Colo.

HIGH SCHOOL: Scholl won the 2014 Colorado 2A State Cross Country Championship in 19:59.7 after winning the region championship in 19:05.00. During her senior year, she ran at the CU Time Trial, placing fifth overall (22:27.1) behind four Buffs. She also won the state 3A championship as a freshman (18:37.6) and placed second her sophomore season (20:07.6). Scholl had success on the track and owns three WGHS records. She clocked 2:11 in the 800, 4:49 in the 1,600 and 11:09 in the 3,200. Scholl won the 800 and 1,600 state titles as a freshman and repeated as the 1,600 champion as a sophomore and also placed second in the 800. As a junior, she was the runner-up in both events. During her senior year, Scholl won the Simplot Games mile in 4:56. Utah, Boise State, Montana State, California and Montana also recruited Scholl.

HIGH SCHOOL BESTS: 800-meters: 2:11; 1,600-meters: 4:49; 3,200-meters: 11:09; 2,000-meter steeplechase: 7:20.

IN THE CLASSROOM: Scholl is an integrative physiology major.

PERSONAL: Tabor Alex Scholl was born on February 4, 1997 in Steamboat Springs, Colo. She is the daughter of Shawn and Stephanie Scholl of Kremmling, Colo. She has one brother, Tyler. She enjoys cycling, rowing, Nordic skiing, ranching and baking.

TRACK PRs

800-m	2:11
1,500-m	4:22.50 (O)
Mile	4:39.84 (I)
2,000-m steeplechase	7:20

COLORADO BUFFALOES



BRIANNA SCHWARTZ

Freshman • RS
Pittsburgh, Pa.
(Shaler Area)

COLLEGE – 2015: Redshirt. Did not compete.

HIGH SCHOOL: Schwartz won several state championships at Shaler Area High School. As a senior, she was the state cross country champion. Schwartz was the indoor mile and outdoor 1,600-meter state champion her junior year after placing fifth at the cross country championship. She placed sixth at Foot Locker Nationals that same year. Her sophomore season saw Schwartz placing third at the state cross country meet as well as winning the 1,600. She is the Pennsylvania state high school mile record holder (4:42) and ran the second fastest time (17:38) at the state cross country meet. Schwartz owns district track records in the 800 (2:10), 1,600 (4:45), 3,200 (10:10) and on the cross country course, her mark of 17:25 is the record. Villanova, Notre Dame, Syracuse and Virginia also recruited Schwartz.

HIGH SCHOOL BESTS: 800-meters: 2:10; mile: 4:42; 1,600-meters: 4:45; 3,200-meters: 10:10.

IN THE CLASSROOM: Schwartz is an arts and science major.

PERSONAL: Brianna Marie Schwartz was born on July 9, 1997 in Pittsburgh, Pa. She is the daughter of Joseph and Paulette Schwartz and has three siblings, Joseph, Alexis and Jocelyn. She enjoys biking and played basketball until 10th grade. She also volunteered as a Sunday school teacher.

TRACK PRs

800-m	2:10
Mile	4:42
1,600-m	4:45
3,200-m	10:10

COLORADO BUFFALOES



CAYLA SELIGMAN

Freshman • RS
Issaquah, Wash.
(Issaquah)

COLLEGE – 2015: Redshirt. Did not compete.

HIGH SCHOOL: Seligman owns multiple records at IHS. She is the junior class 1,600 (4:59.74) and 3,200-meter record holder (10:43.83), as well as the senior class record holder in the same events (1,600/5:03.23; 3,200/10:46.08). Seligman ran the 5k cross country record of 18:07. In 2014, the Eagles were the 4A KingCo Conference and 4A BiDistrict I/II Cross Country Champions. During the 2015 track and field season, IHS won the 4A state championship after winning the 4A KingCo Conference and 4A BiDistrict I/II meets. Seligman served as the cross country team captain her senior year and was named to the All-KingCo and All-BiDistrict first teams, as well as an all-state medalist. On the track, she was the 3,200-meter KingCo champion and a state medalist. Seligman was named the track and field team's most improved athlete as a junior after winning the 3,200 KingCo title and also earned state medalist honors. She was also recruited by Northern Arizona and Portland.

HIGH SCHOOL BESTS: 1,600-meters: 4:59.74; 3,200-meters: 10:43.43.

IN THE CLASSROOM: Seligman is majoring in psychology.

PERSONAL: Cayla Esther Seligman was born on August 22, 1997 in Issaquah, Wash. She is the daughter of David and Heidi Seligman and has one brother, Jeffrey. Her father ran cross country and track at Wil-lamette. She enjoys hiking and cooking.

TRACK PRs

3,000-m	9:34.15 (I)
5,000-m	16:16.78 (O)
10,000-m	35:06.45 (O)

COLORADO BUFFALOES



PAXTON SMITH
Freshman • HS
Highlands Ranch, Colo.
(Mountain Vista)

HIGH SCHOOL: Smith earned four letters in cross country and four in track at Mountain Vista High School. As a senior, he earned a pair of top five finishes at the Colorado High School Athletic Association 5A State Championships. He was third in the 3,200, finishing in 9:30.50, and placed fourth in the 1,600 with a time of 4:22.29. Smith also placed eighth in the 3,200-meter run at state as a junior after earning a third place finish at the Continental League Championships. On the cross country course, Smith won the 2015 5A Region Championship and followed that up with a fifth place finish at the state meet. That same year, he also placed 23th at the Nike Cross Southwest Regionals and went on to take 71st at Nike Cross Nationals.

HIGH SCHOOL BESTS: 1,600-meters: 4:22.29; Mile: 4:25.82; 3,200-meters: 9:17.94.

IN THE CLASSROOM: Smith is undecided on a major.

PERSONAL: Paxton Fowler Smith was born on February 13, 1998, in Denver, Colo. He is the son of Steven and Karen Smith of Highlands Ranch, Colo., and has one younger brother, Alex.

TRACK PRs

1,600-m.....	4:22.29
Mile.....	4:25.82
3,200-m.....	9:17.94

COLORADO BUFFALOES



TAYLER TUTTLE
Sophomore • RS
Snellville, Ga.
(Providence Christian/
Georgia)

COLLEGE – 2015: Redshirt. Did not compete.

AT GEORGIA: Tuttle ran one season for the Bulldogs. She won her first collegiate meet after clocking 18:14.80 at the Georgia Cross Country Invitational and was named the SEC Women's Runner of the Week. She earned that same distinction for the second time after placing sixth at the Furman Invitational. Tuttle led the Bulldogs at the SEC Championships with a 26th place finish to earn All-SEC Freshman honors. At the NCAA South Region Championships, she recorded a 37th place finish.

HIGH SCHOOL: Tuttle was the state cross country runner-up as a senior and placed third as a junior, which helped her team to second place finishes both season. She was named the 2013 Gwinnet County Cross Country Runner of the Year and was part of the All-Metros cross country team. Tuttle was the PCHS MVP for cross country and track and field. In 2014, she placed eighth in the mile at New Balance Outdoor Nationals.

HIGH SCHOOL BESTS: Mile: 4:53; 1,600-meters: 4:52; 3,200-meters: 11:03.

IN THE CLASSROOM: Tuttle is an integrative physiology major.

PERSONAL: Taylor Nicole Tuttle was born on August 8, 1996 in Las Vegas, Nev. She is the daughter of Charles and Cindy Tuttle of Snellville, Ga. Tuttle is a triplet; her sisters are Mackenzie and Brittany and they both play softball at Berry College. She enjoys art and swimming and also played softball for eight years.

TRACK PRs

800-m	2:16.12 (0)
Mile.....	4:46.66
1,500-m	4:26.84 (0)
5,000-m	16:29.36 (0)

COLORADO BUFFALOES



CARRIE VERDON

Senior • 3L
Moraga, Calif.
(Campolindo)

2015 **Fin/CU.... Time**
at Metro St. Invite +1 21:40
at Pre-Nationals 92/6 21:20
at Pac-12 Championship .. 27/6 20:41
at NCAA Mtn. Region 36/7 21:59
at NCAA Championship 146/7 21:12

2014 **Fin/CU.... Time**
Rocky Mtn. Shootout 3/2 21:00

2013 **Fin/CU.... Time**
Rocky Mtn. Shootout 2/1 20:55
at Pre-Nationals 22/2 20:43
at Pac-12 Championship .. 10/2 21:42
at NCAA Mtn Region 4/2 20:40
at NCAA Championship 132/5 21:32

2012 **Fin/CU.... Time**
Rocky Mtn Shootout 3/1 21:03
at Pre-Nationals 37/2 20:54
at Pac-12 Championship .. 16/2 20:41
at NCAA Mtn. Region 7/2 20:43
at NCAA Championship 136/2 21:02

+ran unattached

HONORS

2012, 13 All-Region
2013 All-Pac-12 Second Team
2013 Pac-12 All-Academic honorable
mention

TRACK PRs

1,500-m 4:25.46
3,000-m 9:18.11 (I)
5,000-m 15:59.83 (O)
10,000-m 33:42.02

COLLEGE – 2015: Verdon returned to the CU line-up, after redshirting the 2014 season, at NCAA Pre-Nationals, finishing 92nd. At Pac-12s, Verdon improved to 27th overall. She placed 36th at regionals and ended the season with a 146th place finish at NAAs.

2014: Redshirt. Verdon placed third overall at the Rocky Mountain Shootout, but suffered a season ending injury in the same race.

2013: Verdon had another outstanding season as a sophomore, helping to lead CU to a runner-up finish at Pac-12, win regionals and place seventh at NAAs. Verdon led CU at the Rocky Mountain Shootout, placing second overall. She was the No. 2 runner for the Buffs in the next three races, placing 22nd at NCAA-PreNationals, 10th at Pac-12s and fourth at regionals. She finished the season at NCAA with a 132nd-place finish (CU's No. 5) after falling twice due to extremely muddy conditions. Verdon earned All-Pac-12 Second Team and all-region honors during the campaign.

2012: Verdon made an immediate impact during her freshman campaign and was CU's No. 2 scorer in four of five races. She led the Buffs at the Rocky Mountain Shootout, crossing the finish third overall. Two weeks after that she recorded a 37th-place finish at pre-nats. Verdon continued to do well and took 16th at the Pac-12 Championships. She followed up the performance with a seventh-place run at regionals; earning her first all-region honor in the process. Verdon finished the campaign at nationals by placing 136th overall. At the USA Junior Cross Country Championships, she placed third and went on to compete at the IAAF World Junior Championships where she was the top placing American at 20th overall.

HIGH SCHOOL: Verdon was a two-time state champion in cross country as a junior and senior and helped her high school team to the state title in 2010, en route to one of her state titles. The Cougars also won the North Coast Section championships the same seasons. In 2010, Verdon placed fourth at FootLocker West Regionals to earn a spot at nationals where she finished 19th overall. She was ninth at the state championships as a sophomore and in her freshman season she placed 11th. Verdon was also successful on the track, placing third in the 3,200-meter at the state meet with a Campolindo High School record (10:22.5).

HIGH SCHOOL BESTS: 1,600-meters: 4:57; 3,200-meters: 10:22.5

IN THE CLASSROOM: Verdon is majoring in integrative physiology. She was named to the Pac-12 All-Academic honorable mention team in 2013.

PERSONAL: Carrie Sophie Verdon was born on March 8, 1994 in Torrance, Calif. She is the daughter of Wayne and Lisa Verdon of Moraga, Calif. and has one brother. She enjoys hiking and art and wants to pursue a career in physical therapy after graduation.

2015 COLORADO WOMEN IN REVIEW

Sept. 4	CSU Invite (Fort Collins, Colo.)	N/A
Oct. 3	ROCKY MOUNTAIN SHOOTOUT (Boulder)	1st/4
	1. Colorado, 15; 2. Wyoming, 59; 3. Colorado State, 80; 4. Northern Colorado, 82.	
Oct. 17	at Pre-National Invitational (Louisville, Ky.)	2nd/45
	1. Michigan, 131; 2. Colorado, 151; 3. Oregon, 175; 4. Stanford, 244; 5. Mississippi State, 247; 6. Utah, 350; 7. Georgetown, 381; 8. Weber State, 387; 9. Purdue, 441; 10. Villanova, 457.	
Oct. 30	at Pac-12 Championships (Colfax, Wash.)	1st/12
	1. Colorado 45; 2. Oregon 51; 3. Stanford 80; 4. Washington 92; 5. Utah 149; 6. Arizona State 162; 7. California 204; 8. Arizona 237; 9. UCLA 241; 10. Washington State 262; 11. Oregon State 321, 12. USC, 361.	
Nov. 13	at NCAA Mountain Region Championships (Albuquerque, N.M.)	1st/19
	1. Colorado 49; 2. New Mexico 50; 3. Utah 116; 4. BYU 126; 5. Weber State 128; 6. Northern Arizona 175; 7. Air Force 175; 8. Colorado State 181; 9. Nevada 295; 10. Wyoming 306; 11. Utah State 310; 12. Montana State 354; 13. UTEP 360; 14. Utah Valley 375; 15. Idaho State 381; 16. Texas Tech 396; 17. Southern Utah 454; 18. Northern Colorado 502; 19. New Mexico State 503.	
Nov. 21	at NCAA Championships (Louisville, Ky.)	2nd/31
	1. New Mexico, 49; 2. Colorado, 129; 3. Oregon, 214; 4. Providence, 231; 5. NC State, 264; 6. Michigan, 264; 7. Oklahoma State, 274; 8. Notre Dame, 276; 9. Arkansas, 276; 10. Washington, 297.	

Runner	CSU 5k	RMS 5.8k	PRE-NC 6k	P12 6k	MTR 6k	NCAA 6k
M. Alm	3/1 17:39	2/2 20:54	18/3 20:27.8	8/4 20:14.5	7/3 21:14.82	47/3 20:31.2
K. Benner			15/2 20:22.4	2/1 19:55.5	2/1 20:55.86	16/2 20:07.7
E. Blakely	13/5 18:04	11/6 22:04	+10 21:47.9	61/9 21:24.9		
M. Caldwell	+8 17:45	+28 22:50				
E. Clark		1/1 20:13	1/1 20:00.5	4/2 19:58.6	3/2 20:56.06	11/1 20:05.4
V. Constien	10/3 17:51	6/5 21:25	+13 21:53.5	29/7 20:42.5	24/6 21:36.09	136/6 21:04.4
D. Jones		4/3 21:16	62/4 20:54.1	24/5 20:38.3	16/4 21:20.76	49/4 20:31.8
A. Kelly	+22 18:20	+9 21:37				
K. Kroeker	+44 18:59	+16 22:14				
E. Mann	+41 18:57	+21 22:29				
K. Mann	+33 18:57	+19 22:28				
L. May	9/2 17:49	5/4 21:20	134/7 21:20.4	53/8 21:14.1	Alt.	Alt.
M. Nun	11/4 17:58		67/5 20:57.0	7/3 20:11.1	23/5 21:35.75	65/5 20:37.9
A. Regner	+84 20:26	+58 24:11				
C. Seligman	+17 18:13					
T. Tuttle	+4 17:39					
C. Verdon			92/6 21:20	27/6 20:40.2	36/7 21:58.96	146/7 21:11.2

+ open race/individual/unattached

2015 COLORADO MEN IN REVIEW

Sept. 4	CSU Invite (Fort Collins, Colo.).....	N/A
Oct. 3	ROCKY MOUNTAIN SHOOTOUT (Boulder)	1st/3
	1. Colorado, 15; 2. Air Force, 50; 3. Northern Colorado, 85.	
Oct. 17	at Pre-National Invitational (Louisville, Ky.)	1st/42
	1. Colorado, 89; 2. Oregon, 151; 3. Arkansas, 164; 4. UTEP, 197; 5. Georgetown, 214; 6. Virginia Tech, 223; 7. California, 300; 8. Air Force, 318; 9. Colorado State, 351; 10. UC Santa Barbara, 374.	
Oct. 30	at Pac-12 Championships (Colfax, Wash.)	1st/9
	1. Colorado 46, 2. Stanford 57; 3. Oregon 83; 4. Washington 96; 5. UCLA 127; 6. Washington State 137; 7. California 157; 8. Arizona State 218; 9. Arizona 271.	
Nov. 13	at NCAA Mountain Region Championships (Albuquerque, N.M.)	1st/16
	1. Colorado 67; 2. UTEP 77; 3. BYU 98; 4. Southern Utah 114; 5. Air Force 124; 6. Colorado State 124; 7. Wyoming 153; 8. Northern Arizona 254; 9. New Mexico 254; 10. Weber State 292; 11. Utah Valley 294; 12. Texas Tech 343; 13. Idaho State 352; 14. Montana State 360; 15. New Mexico State 364; 16. Utah State 406.	
Nov. 21	at NCAA Championships (Louisville, Ky.)	2nd/31
	1. Syracuse, 82; 2. Colorado, 91; 3. Stanford, 151; 4. Oregon, 183; 5. Iona, 231; 6. Arkansas, 244; 7. Louisville, 331; 8. Washington, 345; 9. Michigan, 348; 10. Georgetown, 352.	

Runner	CSU 5k	RMS 8k	PRE-NC 8k	P12 8k	MTR 10k	NCAA 10k
J. Dressel	+2 14:51	+5 25:16	46/5 23:54.3	6/2 23:19.4	19/5 30:29.04	26/3 30:16.4
R. Forsyth	5/2 15:01	7/5 25:19	51/6 23:57.7	24/6 23:52.5	Alt.	Alt.
R. Friedman	+31 15:35					
N. Harris	25/5 15:27	10/6 25:41	+94 26:31.1	44/8 24:28.6		
C. Herrick		47/9 27:07	+65 25:55/1			
J. Klecker	+6 15:02	+9 25:36				
C. Martin	17/4 15:20	11/7 25:41	+6 24:48.5	68/10 25:17.7		
P. Miller	13/3 15:15	13/8 26:05	+18 25:03.6	53/9 24:50.2		
A. Moussa			14/3 23:34.8	7/3 23:22.4	15/3 30:22.63	42/6 30:29.9
P. Murphy		1/1 24:26	5/1 23:24.4	4/1 23:15.1	7/1 30:06.14	3/1 29:37.0
M. Pearson		2/2 24:31	15/4 23:34.8	14/4 23:31.9	8/2 30:06.36	25/2 30:16.1
Z. Perrin	1/1 14:43	4/4 24:53	68/7 24:07.2	38/7 24:20.7	18/4 30:28.09	195/7 31:57.0
B. Saarel		+6 25:18			21/6 30:31.24	31/4 30:19.8
C. Winter		3/3 24:35	9/2 23:32.4	15/5 23:34.3	23/7 30:42.06	33/5 30:21.7

+ open race/individual/unattached

ROCKY MOUNTAIN SHOOTOUT

PAST SHOOTOUT TEAM CHAMPIONS

Year	Men (Runner-up)	Women (Runner-up)	Course
1986	Adams State (Colorado)	N/A	Spring Hill GC
1987	Weber State (Wyoming)	Colorado (NAU/New Mexico)	Paul Beck Rec Ctr
1988	Adams State (Adams State TC)	NC State (Boulder Road Runners)	Paul Beck Rec Ctr
1989	Colorado (Brigham Young)	Boulder Road Runners (Weber State)	Lake Valley GC
1990	Brigham Young (Wyoming)	Boulder Road Runners (Colorado)	Lake Valley GC
1991	Colorado (Western State)	Weber State (Wyoming)	Lake Valley GC
1992	Colorado (Brigham Young)	Colorado (Montana State)	Lake Valley GC
1993	Colorado (Idaho State)	Colorado (Weber State)	Gallagher Ranch
1994	Colorado (Idaho State)	Colorado (Michigan)	Gallagher Ranch
1995	Colorado (Western State)	Colorado (Oregon)	Gallagher Ranch
1996	Colorado (Portland)	Colorado (Adams State)	Gallagher Ranch
1997	Colorado (Western State)	Colorado (Adams State)	Flatirons Property/Bufalo Ranch
1998	Colorado (Western State)	Adams State (Colorado)	Flatirons Property/Bufalo Ranch
1999	Colorado (Western State)	Colorado (Western State)	Flatirons Property/Bufalo Ranch
2000	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2001	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2002	Colorado (Denver/AFA)	Colorado (Denver)	Bufalo Ranch at CU South Campus
2003	Colorado (Air Force)	Colorado (Northern Colorado)	Bufalo Ranch at CU South Campus
2004	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2005	Colorado (Air Force)	Colorado (Northern Colorado)	Bufalo Ranch at CU South Campus
2006	Colorado (Wyoming)	Colorado (Colorado State)	Bufalo Ranch at CU South Campus
2007	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2008	Colorado (Air Force)	Colorado (Air Force)	Bufalo Ranch at CU South Campus
2009	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2010	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2011	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2012	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2013	Colorado (Air Force)	Colorado (Northern Colorado)	Bufalo Ranch at CU South Campus
2014	Colorado (Air Force)	Colorado (Colorado State)	Bufalo Ranch at CU South Campus
2015	Colorado (Air Force)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus

PAST SHOOTOUT INDIVIDUAL CHAMPIONS

Year	Men	Women
1986	Pat Porter (Vigilantes TC)	N/A
1987	Pat Porter (Vigilantes TC)	Linnsberg (UTEP)
1988	Mark Steckley (Boulder Road Runners)	Sue Addison (Boulder Road Runners)
1989	Dennis Leck (Unattached)	Carla Borovica (Unattached)
1990	Silvio Guerra (Unattached)	Kirsten Russell (Unattached)
1991	Ron Salazar (Colorado)	Brooke Baughman (Colorado)
1992	Richard Kosegei (Barton County)	Brooke Baughman (Colorado)
1993	Scott Larson (Colorado)	Brooke Baughman (Colorado)
1994	Alan Culpepper (Colorado)	Elva Dryer (Western State)
1995	Adam Goucher (Colorado)	Jenna Carlson (Oregon)
1996	Adam Batliner (Colorado)	Shayne Wille (Colorado)
1997	Adam Goucher (Colorado)	Kim Bugg (Adams State)
1998	Adam Goucher (Colorado)	Kim Bosen (Adams State)
1999	Reese Buck (Western State)	Kara Grgas-Wheeler (Colorado)
2000	Jorge Torres (Colorado)	Kara Grgas-Wheeler (Colorado)
2001	Jorge Torres (Colorado)	Molly Austin (Colorado)
2002	Jorge Torres (Colorado)	Molly Austin (Colorado)
2003	Billy Nelson (Colorado)	Alisha Williams (Western State)
2004	Kelly Christiansen (Western State)	Renee Metivier (Colorado)
2005	Bret Schoolmeester (Colorado)	Christine Bolf (Colorado)
2006	Mark Korir (Wyoming)	Jenny Barringer (Colorado)
2007	Brent Vaughn (Colorado)	Sara Vaughn (Colorado)
2008	Aaron Brown (Adams State)	Shannon Payne (UC-Colorado Springs)
2009	Kenyon Neuman (Colorado)	Jenny Barringer (Colorado)
2010	Joe Bosshard (Colorado)	Laura Tremblay (Colorado)
2011	Richard Medina (Colorado)	Shalaya Kipp (Colorado)
2012	Jake Hurysz (Colorado)	Ellie Keyser (unattached)
2013	Blake Theroux (Colorado)	Elise Cranny (unattached)
2014	Blake Theroux (Colorado)	Erin Clark (Colorado)
2015	Pierce Murphy (Colorado)	Erin Clark (Colorado)

ROCKY MOUNTAIN SHOOTOUT

TOP 50 COURSE TIMES (Buffalo Ranch/CU South Campus) *--indicates course record

Men (8k)

*Jorge Torres, Colorado	24:07	2002
Adam Goucher, Colorado	24:12	1998
Blake Theroux, Colorado	24:24	2014
Pierce Murphy, Colorado	24:25	2014
Pierce Murphy, Colorado	24:26	2015
Ammar Moussa, Colorado	24:29	2014
Adam Goucher, Colorado	24:30	1997
Morgan Pearson, Colorado	24:31	2015
Morgan Pearson, unattached (CU)	24:33	2014
Jake Hurysz, Colorado	24:34	2012
Connor Winter, Colorado	24:35	2015
Richard Medina, Colorado	24:39	2011
Kelly Christiansen, Western State	24:40	2004
Scott Larson, Unattached	24:42	1997
Ben Saarel, Colorado	24:44	2014
Joe Bosshard, Colorado	24:44	2010
Brent Vaughn, Colorado	24:46	2007
Jorge Torres, Colorado	24:47	2001
Dathan Ritzenhein, Colorado	24:47	2001
Jorge Torres, Colorado	24:48	2000
Brent Vaughn, Colorado	24:48	2004
Rees Buck, Western State	24:50	1999
Michael Aish, Western State	24:51	1999
Mark Korir, Wyoming	24:51	2006
Kenyon Neuman, Colorado	24:51	2009
Jake Hurysz, Colorado	24:52	2014
Zach Perrin, Colorado	24:53	2015
Connor Winter, Colorado	24:53	2014
Jorge Torres, Colorado	24:54	1999
Bret Schoolmeester, Colorado	24:55	2005
Josh Eberly, Unattached	24:55	2003
Jordan Kyle, Unattached (CU)	24:57	2009
Ed Torres, Colorado	24:58	2002
Kim Hogarth, Western State	24:59	2006
Andy Wacker, Colorado	25:00	2011
Ron Roybal, Colorado	25:01	1999
Mark Korir, Wyoming	25:01	2007
Matt Tebo, Colorado	25:01	2009
Blake Theroux, Colorado	25:01	2012
Martin Medina, Colorado	25:01	2012
Josh Eberly, Unattached	25:02	2002
Ian Butler, Western State	25:03	2014
Chris Seimers, Western State	25:03	2002
Steve Slattery, Colorado	25:04	2000
Ed Torres, Colorado	25:05	2001
Billy Nelson, Colorado	25:05	2003
Andy Wacker, Colorado	25:05	2010
Stephen Pifer, Colorado	25:07	2007
Ed Torres, Colorado	25:08	2000
Josh Eberly, Unattached	25:09	2001

Women (5.8k)

*Jenny Barringer, Colorado	19:25	2009
Kara Grgas-Wheeler, Colorado (at RMS)	19:38	2000
Kara Grgas-Wheeler, Colorado (at Big 12)	19:38	2000
Amy Mortimer, Kansas State	20:06	2000
Sara (Gorton) Slattery, Colorado	20:07	2000
Erin Clark, Colorado	20:13	2015
Molly Austin, Colorado	20:14	2001
Ellie Keyser, unattached	20:19	2012
Erin Clark, Colorado	20:20	2014
Renee Metivier, Colorado	20:21	2004
Allie McLaughlin, Colorado	20:22	2009
Molly Austin, Colorado	20:23	2002
Martha Tenorio, Unattached	20:29	1999
Laura Tremblay, Colorado	20:29	2010
Shalaya Kipp, Colorado	20:29	2011
Emma Coburn, Colorado	20:30	2010
Kara Grgas-Wheeler, Colorado	20:33	1999
Sara (Gorton) Slattery, Colorado	20:33	2000
Shalaya Kipp, Colorado	20:42	2010
Kristen Arendt, unattached	20:42	2014
Kelly Brinkman, Iowa State	20:44	2000
Laura Thweatt, Colorado	20:44	2010
Molly Austin, Colorado	20:45	1999
Alisha Williams, Western State	20:46	2003
Kara Newton, Baylor	20:47	2000
Sara (Gorton) Slattery, Colorado	20:48	2001
Leslie Higgins, Colorado	20:49	1999
Natalie Florence, Colorado	20:49	2002
Melody Fairchild, unattached	20:49	2012
Yukari Komatsu, Unattached	20:50	1998
Tera Moody, Colorado	20:50	2000
Natalie Florence, Colorado	20:50	2003
Jenny Barringer, Colorado	20:51	2006
Jodie Hughes, Colorado	20:52	2000
Christine Bolf, Colorado	20:53	2005
Maddie Alm, Colorado	20:54	2015
Kim Bosun, Adams State	20:54	1998
Christine Bolf, Colorado	20:57	2004
Emma Coburn, Colorado	20:57	2009
Stephanie Bylander, Adams State	20:58	2003
Korene Hinds, Kansas State	20:59	2000
Sara Wells, Oklahoma State	20:59	2000
Katsuko Kanno, Unattached	20:59	2003
Renee Metivier, Colorado	20:59	2003
Carrie Verdon, Colorado	21:00	2014
Sara Vaughn, Colorado	21:00	2007
Kerry Hils, Missouri	21:01	2000
Laura Tremblay, Colorado	21:01	2009
Marne Findlay, Unattached	21:02	1998
Rebekah Mackie, Western State	21:02	2002

CONFERENCE HISTORY

Colorado Men

Year	Winner (pts)	CU (pts)	Top CU Finisher
1950	Kansas	4th	10. Milt Wiley
1951	Kansas (13)	5th (85)	19. Colin Cooper
1952	Kansas (20.5)	3rd (43)	3. Lloyd Barlow
1953	Kansas (16)	2nd (19)	5. Lloyd Barlow
1954	Kansas (30)	4th (54)	8. Jim Wyatt
1955	Kansas (15)	3rd (34)	4. Jack Hughes
1956	Kansas (20)	2nd (88)	9. Jim Wyatt
1957	Kansas (26)	2nd (52)	5. Ned Sargent
1958	Kansas (37)	3rd (98)	12. Mike Peake
1959	Kansas (51)	5th (98)	4. Bernie Frakes
1960	Oklahoma St. (40)	8th (180)	22. Eric Cahn
1961	Kansas (26)	2nd (78)	8. Bob Griffith
1962	Colorado (60)	—	9. Bob Griffith
1963	Kansas (26)	4th (85)	4. Dave Wightton
1964	Kansas (31)	3rd (72)	1. Dave Wightton
1965	Kansas State (34)	4th (76)	9. Craig Runyan
1966	Kansas State (51)	2nd (57)	6. Jeff Berven
1967	Missouri (52)	2nd (59)	1. Craig Runyan
1968	Kansas (45)	2nd (61)	1. Craig Runyan
1969	Kansas (55)	6th (137)	5. Rick Trujillo
1970	Missouri (60)	4th (83)	6. Mike Peterson
1971	Kansas State (49)	4th (110)	5. Mike Stegner
1972	Oklahoma St. (37)	2nd (76)	4. John Gregorio
1973	Oklahoma St. (53)	2nd (55)	2. Mike Peterson
1974	Iowa St./Missouri	6th	N/A
1975	Kansas State (25)	2nd (73)	5. John Hunsaker
1976	Colorado (46)	—	1. Kirk Pfeffer
1977	Colorado (21)	—	1. Mark Spilsbury
1978	Colorado (22)	—	1. Kirk Pfeffer
1979	Colorado (23)	—	1. Mark Anderson
1980	Colorado (26)	—	1. Mark Scrutton
1981	Iowa State	3rd	1. Mark Scrutton
1982	Colorado (35)	—	1. Mark Scrutton
1983	Iowa State (53)	5th (94)	6. Mick Bannister
1984	Iowa State (32)	5th (114)	16. Chuck Trujillo
1985	Colorado (48)	—	3. Dan Reese
1986	Colorado (37)	—	1. Chuck Trujillo
1987	Iowa State (47)	3rd (92)	6. Andy Dunn
1988	Iowa State (34)	2nd (71)	8. Bob Cisco
1989	Iowa State (22)	3rd (92)	8. Bob Cisco
1990	Iowa State (26)	6th (113)	17. Ron Salazar
1991	Iowa State (16)	2nd (86)	11. Fritz Rogers
1992	Colorado (42)	—	5. Fritz Rogers
1993	Iowa State (27)	2nd (49)	5. Ron Salazar
1994	Iowa State (29)	2nd (49)	4. Adam Goucher
1995	Oklahoma St (38)	2nd (53)	1. Adam Goucher
1996	Colorado (66)	—	5. Adam Batliner
1997	Colorado (32)	—	1. Adam Goucher
1998	Colorado (31)	—	1. Adam Goucher
1999	Colorado (22)	—	1. Ron Roybal
2000	Colorado (16)	—	1. Jorge Torres
2001	Colorado (31)	—	1. Jorge Torres
2002	Colorado (25)	—	1. Jorge Torres
2003	Colorado (38)	—	1. Dathan Ritzenhein
2004	Colorado (48)	—	2. Brent Vaughn
2005	Colorado (44)	—	5. Stephen Pifer
2006	Colorado (36)	—	3. Brent Vaughn
2007	Colorado (34)	—	1. Brent Vaughn
2008	Oklahoma St (26)	2nd (66)	8. Jordan Kyle
2009	Oklahoma St (24)	2nd (56)	7. Kenyon Neuman
2010	Oklahoma St (19)	2nd (46)	5. Andy Wacker
2011	Colorado (46)	—	3. Richard Medina
2012	Colorado (49)	—	7. Blake Theroux
2013	Colorado (28)	—	3. Blake Theroux
2014	Colorado (30)	—	4. Blake Theroux
2015	Colorado (46)	—	4. Pierce Murphy



The 2011 teams were one of 13 to sweep both the men's and women's conference races. They also won the first two Pac-12 Championships in any sport. CU swept the championships again in 2015.

Colorado Women

Year	Winner (pts)	CU (pts)	Top CU Finisher
1976	Iowa State (20)	2nd (59)	7. Pam Allen
1977	Iowa State (27)	2nd (62)	3. Dana Slater
1978	Iowa State (43)	2nd (70)	5. Dana Slater
1979	Iowa State (31)	5th (108)	13. Fran Montes
1980	Missouri (36)	2nd (75)	5. Fran Montes
1981	Iowa State (27)	4th (100)	N/A
1982	Kansas State (41)	3rd (80)	7. Sheri Rochel
1983	Iowa State (44)	5th (123)	20. Nancy Reynolds
1984	Missouri (57)	3rd (79)	5. Michelle Bews
1985	Nebraska (61)	5th (106)	6. Sarah Hanson
1986	Oklahoma St (50)	3rd (64)	5. Chris McNamara
1987	Colorado (49)	—	3. Chris McNamara
1988	Nebraska (41)	6th (120)	9. Catrina Campbell
1989	Nebraska (42)	5th (135)	12. Liz Laster
1990	Iowa State (48)	3rd (94)	12. Sharon Busch
1991	Nebraska (55)	3rd (93)	2. Brooke Baughman
1992	Colorado (52)	—	1. Brooke Baughman
1993	Nebraska (57)	3rd (78)	1. Kara Grigas-Wheeler
1994	Colorado (29)	—	1. Patty Roberts
1995	Colorado (25)	—	1. Patty Roberts
1996	Colorado (30)	—	1. Kelly Smith
1997	Colorado (23)	—	2. Jennifer Smith
1998	Kansas State (78)	2nd (99)	4. Heather Burroughs
1999	Colorado (62)	—	1. Kara Grigas-Wheeler
2000	Colorado (29)	—	1. Kara Grigas-Wheeler
2001	Colorado (33)	—	1. Molly Austin
2002	Colorado (34)	—	1. Molly Austin
2003	Colorado (45)	—	1. Natalie Florence
2004	Colorado (25)	—	1. Renee Metivier
2005	Colorado (38)	—	1. Christine Bolf
2006	Colorado (45)	—	2. Jenny Barringer
2007	Colorado (59)	—	2. Jenny Barringer
2008	Texas Tech (44)	5th (145)	22. Emily Hanenburger
2009	Texas Tech (38)	2nd (52)	1. Jenny Barringer
2010	Texas Tech (44)	2nd (53)	4. Laura Tremblay
2011	Colorado (50)	—	4. Shalaya Kipp
2012	Oregon (47)	5th (124)	11. Shalaya Kipp
2013	Arizona (69)	2nd (75)	9. Shalaya Kipp
2014	Oregon (54)	3rd (82)	4. Erin Clark
2015	Colorado (45)	—	2. Kaitlyn Benner

Conference Coaches of the Year

Jerry Quiller (1987, 1991, 1992); Mark Wetmore (1997, 98, 99, 2000, 01, 02, 03, 04, 05, 06, 07, 11, 12, 13, 14, 15)

Conference Coaches of the Year

Jerry Quiller (1987, 1992, 1994); Toby Jacober, Assistant Coach (1995); Mark Wetmore (1997, 99, 2000, 01, 02, 03, 04, 05, 06, 07, 11, 15)

NCAA CHAMPIONSHIP HISTORY

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) Slattey 20:39
2003	1st (69)	1. Dathan Ritzenhein 30:32	2nd (67)	4. Renee Metivier 21:05
2004	1st (40)	5. Brent Vaughn 30:03	1st (32)	1. Renee Metivier 20:30.7
2005	1st (42)	1. Billy Nelson 30:28.2	1st (53)	2. Liza Pascuito 20:52.8
2006	1st (59)	8. Billy Nelson 30:25.3	1st (64)	2. Jenny Barringer 20:30.5
2007	1st (47)	6. Stephen Pifer 30:28.3	4th (105)	2. Jenny Barringer 19:43.9
2008	1st (42)	6. Jordan Kyle 29:52.8	4th (133)	14. Laura Thweatt 20:59.7
2009	2nd (55)	4. Jordan Kyle 30:24.4	1st (48)	1. Jenny Barringer 20:29.0
2010	2nd (66)	8. Joe Bosshard 30:08.0	3rd (59)	3. Laura Tremblay 20:23.9
2011	2nd (55)	6. Richard Medina 30:36.7	1st (84)	4. Shalaya Kipp 20:59.7
2012	3rd (69)	6. Jake Hurysz 30:13.2	3rd (107)	2. Shalaya Kipp 20:18.1
2013	2nd (69)	5. Pierce Murphy 29:46.0	1st (29)	2. Shalaya Kipp 20:31.0
2014	1st (45)	4. Connor Winter 29:55.33	1st (43)	2. Erin Clark 20:56.50
2015	1st (67)	7. Pierce Murphy 30:06.14	1st (49)	2. Kaitlyn Benner 20:55.86



The 2015 team won both men's and women's region crowns for the second straight year.

NCAA CHAMPIONSHIP HISTORY

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 Vaughn	30:41.8	1st (63)	2. Renee Metivier	20:30.7
2005	5th (222)	27. James Strang	30:17	2nd (181)	7. Christine Bolf	19:59
2006	1st (94)	12. Brent Vaughn	31:13.0	2nd (223)	2. Jenny Barringer	20:37.9
2007	7th (287)	5. Brent Vaughn	29:47.4	23rd (479)	2. Jenny Barringer	19:47.8
2008	12th (372)	14. Jordan Kyle	29:52.4			
2009	6th (315)	44. Christian Thompson	30:25	20th (458)	5. Allie McLaughlin	20:01.1
2010	15th (366)	26. Joe Bosshard	30:20.4	6th (314)	23. Laura Tremblay	20:39.2
2011	3rd (144)	8. Richard Medina	29:27.8	11th (335)	19. Shalaya Kipp	20:08.1
2012	3rd (158)	32. Jake Hurysz	29:55.3	24th (519)	18. Shalaya Kipp	20:02.4
2013	1st (149)	8. Ben Saarel	30:41.1	7th (265)	9. Shalaya Kipp	20:21.7
2014	1st (65)	5. Ammar Moussa	30:29.6	7th (267)	31. Erin Clark	20:37.7
2015	2nd (91)	3. Pierce Murphy	29:37.0	2nd (129)	11. Erin Clark	20:05.4

COLORADO'S NATIONAL CHAMPIONS



Mary Decker
1978 (AIAW)

Tenth months after she bettered her own world record in the 1,000-meter run, Mary Decker won Colorado's first national cross country title in her last race, on CU's then-home course, Kent Denver Country Day.

Her course record 16:59.4 bettered the course record she had set earlier that year by a minute.

At the national championships she grabbed the lead from NC State's Julie Shea and defending national champion Kathy Mills of Penn State (who had led the race by as much as 20 yards going into the final loop). Shea passed Mills, and Decker passed Mills and kicked by Shea to win the race by 10 yards.



Mark Scrutton
1982

Mark Scrutton took the lead 300 yards from the finish and beat Zakarie Barie of UTEP by two seconds for the NCAA men's title in Bloomington, Ind.

His first goal when he came to CU in 1980 was to dominate the Big Eight Conference. He did that to the tune of 14 conference titles, surpassing Kansas great Billy Cunningham's record 13 in the early 1930s.

He lost just one Big Eight race, the indoor two-mile run his freshman season. By his senior year he turned in the best two-mile indoor time in the NCAA in winning his second national title.

Shortly after winning that title, he set an unofficial world record in the Newport Beach Back Bay Run with a time of 22:25.8 over the 8k course.



Adam Goucher
1998

The sign of things to come was on Nov. 21, 1994 when then-freshman Adam Goucher crossed the finish line of the NCAA Cross Country Championships in Fayetteville, Ark. as the national runner-up.

His sophomore year he finished sixth.

He redshirted the '96 season and improved to third in the national race as a junior in Greenville, S.C., a race he was predicted to win.

In the last race of his collegiate career, Goucher took the title that had eluded him for five seasons.

Goucher, buoyed by what he called an unbelievable crowd, bettered the Rim Rock Course Record in 29:26.9, 23 seconds ahead of Arizona's Abdi Abdiraham, who had kept pace with Goucher until the last mile when he pulled away from the field.

With the win, Goucher would become the first American to win the fall classic since Bob Kennedy won in 1992, and the first CU runner to complete the distance trifecta of winning national titles in cross country, the indoor and outdoor track seasons.

COLORADO'S NATIONAL CHAMPIONS



Kara Grgas-Wheeler
2000

In the women's championship sweep, fifth-year senior Kara Grgas-Wheeler won CU's first individual title sans AIAW to complete the nation's only individual undefeated campaign. With the title, Grgas-Wheeler capped of a 1,035-0 season beating the next opponent by a total margin of 2:07.

She ran to a dominant finish on the Iowa State Cross Country Course in 20:30.5, 7.3 seconds ahead of the individual runner up in harsh conditions that included a temperature of 17 degrees with a wind chill of minus-19 at the start.

In textbook Colorado fashion, she trailed the lead pack by four seconds after the 1k mark. She had closed in by the 2-mile mark, never losing site of the defending national champion, Wisconsin's Erica Palmer, who was in the lead, but succumbing to the cold. Soon after Grgas-Wheeler bridged the gap, took the lead, and never looked back... until the final crest of the course where she glanced over her shoulder for the first time of the season and began to savor the sprint to the tape.

The title was her third, first in the fall. Her win marked the first time since 1994 that the individual national champion represented on the NCAA Championship Team.



Jorge Torres
2002

With three NCAA runner-up finishes as a junior resting on his shoulders, Jorge Torres held off Arkansas' Allister Cragg in the final meters to cover the Wabash Valley Sports Center 10k challenge in a then-course record 29:04.7 and win his first national title.

In one of the best men's contests in recent memory, Cragg took the race's initial lead, but before the race reached the halfway point, it was a four-man battle between Torres, Cragg, Alabama's David Kimani and Eastern Michigan's Boaz Cheboiywo.

Torres took the lead from '01 champion Cheboiywo at the 7k mark with Cragg and Kimani hanging on, and at the 8k mark it was Torres and Cragg running shoulder to shoulder for the remainder of the race. With the pro-Torres crowd chanting "Torres, Torres", the two took the final turn into the straightaway and Torres made an unanswered surge to build a 10-meter lead at the finish line to close out the nation's only undefeated season and turn in his fifth course record in as many races.

With brother Ed just nine places behind him, the 1-10 punch was the best by a set of twins in the history of the championships.



Dathan Ritzenheim
2003

Twenty-four months after finishing fourth in the 2001 NCAA Championships as a freshman, Dathan Ritzenheim crossed the finish line in Waterloo, Iowa as CU's fourth national champion in six seasons as a redshirt sophomore.

In temperatures that hovered below zero with the windchill factor, Ritzenheim outdistanced a heavily favored Stanford pack led by Ryan Hall in the closing meters to win his first NCAA crown in 29 minutes, 14 seconds, just 1.3 ahead of Hall for the crescendo in the nation's only unbeaten season.

The win marked just the fourth time and first since the 1989 and '90 seasons that two different runners from the same school took back-to-back titles, as Jorge Torres won the race in '02 in Terre Haute, Ind. It was also the first time since 1987 and '88 that Americans had won two straight individual titles and likely the first time that both scenarios have played out simultaneously.

Ritzenheim's rise as the best runner in the nation was even more impressive when considering he had resumed training 10 weeks earlier following femoral stress fractures suffered the previous cross and track seasons.

2000 NCAA CHAMPIONS



2000 Colorado Women

(left to right) Jodie Hughes, Lesley Higgins, Tera Moody, Kara Grgas-Wheeler, Catherine Wright, Sarah Gorton, Assistant Coach Jason Drake, Jen Fazioli

The 2000 women's cross country team upended the defending national champion to claim the program's first national title, the 18th overall at CU.

Coming off back-to-back team titles at the Big 12 and NCAA Mountain Region Championships, Colorado was the top-ranked team in the country entering the biggest race of the year. As is its goal each year, Colorado wanted to better its ranking, which would now be the biggest challenge in the program's history.

Up for the challenge in wind-chill conditions that brought the late Midwest November temperature to 19-degrees below zero, Colorado methodically worked its way from the back of the pack to the front for the title. With a program-best 117 points, the Buffs finished 50 ahead of defending national champion Brigham Young.

Kara Grgas-Wheeler won the program's first individual crown while freshman Sara Gorton became the second-highest finishing freshman in the race and highest in program history with an eighth place effort. Jodie Hughes locked up All-American honors with a 30th-place effort while Lesley Higgins (52nd) and Tera Moody (71st) rounded out the CU scoring.

In the championship sweep, Grgas-Wheeler won CU's first individual title sans AIAW to complete the nation's only undefeated campaign. With the title, Grgas-Wheeler capped off a 1,035-0 season repeating her Big 12 Conference and Mountain Region titles before capturing her third national title, first in the fall. Her win marked the first time since 1994 that the individual national champion was represented on the NCAA Championship team.

2001 NCAA CHAMPIONS



2001 Colorado Men

(left to right) Jorge Torres, Ed Torres, Sean Smith, Aaron Blondeau,
Dathan Ritzenheim, Jon Severy, Steve Slattery

The No. 1 ranked team in the country from the preseason polls to the national championship podium, the 2001 men's season came to a crescendo with a one-point national championship victory over nemesis Stanford in Greenville, S.C. to bring home to the University its 19th national championship, the last remaining title that had previously eluded Colorado's storied distance program.

The Buffs' successful run at the national title capped off the program's first undefeated season in which they were uncontested at the Rocky Mountain Shootout in Boulder, won their sixth straight Big 12 Conference title in Norman, Okla., claimed their ninth national qualifying race in 10 seasons and improved from their runner-up finish in 2000 at the national championships.

The one-point difference, 90-91, in the final score was the tightest in race history, tying the Villanova men's 1970 85-86 win over Oregon.

The Buffs were paced by a pair of top-10 individual performances in the run to the title. Among the favorites to win the individual national title, junior Jorge Torres made no secret about his intentions to sacrifice an individual crown for the team title, and finished as the individual runner-up in his quest. Big 12 Conference Newcomer of the Year Dathan Ritzenheim finished fourth and was the highest finishing freshman in a national championship race since Adam Goucher's second-place finish in 1994.

Junior Ed Torres improved 12 places from the previous year's national runner-up race to finish 15th for his second All-American certificate. Steve Slattery battled back from a mid-season injury before going on to score as the Buffs' fourth runner, 28th overall. Senior captain Sean Smith, was the final factor in clinching the title as CU's No. 5 runner, 56th overall.

Fifth-year senior Aaron Blondeau who had competed in four NCAA Championship races since his 1997 freshman year, sat out the first two meets of the season due to injury before marking his return five weeks before the NCAA Championships where he came in as CU's sixth runner in the national championship win.

Redshirt freshman Jon Severy reaped the benefits of his redshirt season in 2000 solidifying his role on the NCAA Championship travel squad where he came in as the Buffs' final runner.

With his fourth NCAA cross country title since becoming head coach in 1995, head coach Mark Wetmore became the first coach in the history of the championship to win a men's individual title (Adam Goucher, 1997), women's individual title (Kara Grgas-Wheeler in 2000), women's team title (2000) and men's team crown at one school.

2004 NCAA CHAMPIONS



2004 Colorado Women

(left to right) Amber Smith, Renee Metivier, Jackie Zeigle, Liza Pasciuto, Natalie Florence, Sara Slattery, Laura Zeigle, Christine Bolf

In a championship where the a team needed to run a perfect race, the Colorado women got the ball rolling when the then third-ranked Buffs did just that to claim the first of two titles on the day, their first since the 2000 season.

The women, paced by Renee Metivier's second career national runner-up finish, placed all five runners in the top-30, to score a program best 63 points (it took 117 to win in '00), 81 points ahead of runner-up Duke (144), Providence (164), Notre Dame (170) and pre-race favorite Stanford (175). The margin was the fourth largest in championship history.

An already damp and slightly heavy course on Sunday was worsened by overnight and early morning rains that subsided by the start of the women's race and the skies were clear for the start of the men's, conditions that obviously played in favor of the Buffs.

With Kim Smith (Providence) in control of the individual title, the team title was up for grabs as early as the halfway mark. Smith was running a 9:52.7 pace at the 3k mark, followed by Metivier (10:05) and BYU's Laura Turner (10:14), with just four points separating the Buffs and Stanford at that mark, with Slattery in 16th and Bolf in 18th, followed by Duke and Providence.

The pleasant surprise for the day on the women's team was that of freshman Liza Pasciuto. Pasciuto finished as CU's No. 2 runner for the first time in her career, and her 13th place finish is the second best by a CU freshman in program history, second only to Sara (Gorton) Slattery's eighth place freshman effort in '00.

"Coming in I was trying my best to try and score and help the team achieve the goals that we set at the beginning of the season," said Pasciuto. "But I'm definitely thrilled with my finish. I couldn't have asked for more. I hope to come back next year and do it again."

Christine Bolf (20:48.1) ran to her first All-American title in the fall with a 14th place finish, a career best for the junior that finished 63rd a year ago. In the final race of her collegiate career, fifth-year senior Sara Slattery finished 28th and came away as an All-American for the third time in her career, just the second CU harrier to do so, following current assistant coach Heather Burroughs (1994, 95, 98). She is also now the only runner in the program's storied history to be a member of two national championship teams, as she was a freshman on that 2000 squad.

Natalie Florence (21:07.2) rounded out CU's scoring, finishing 30th overall for her second All-American title. In her first national championship, freshman Amber Smith (21:44.3) finished 78th overall. Laura Zeigle (23:18.1) finished 224th.

"Our race plan was to try and be patient and not fight the conditions (which changed dramatically overnight). By the 600-m mark they had over-ruled my plan and my hope was that they held on. They kept going, so I'm glad that they overlooked my instructions," said Wetmore.

2004 NCAA CHAMPIONS



2004 Colorado Men

(left to right) Austin Baillie, James Strang, Stephen Pifer, Brent Vaughn, Bradley Harkrader, Jared Scott, Jon Severy, Bret Schoolmeester

Not to be outdone by their counterparts, the Colorado men capped what would be the best day in the program's storied history with their second title in four years.

The men's race was a battle for both the individual and team titles from the start of the race. At the halfway mark, a lead pack of 10-plus runners were separated by one second with Arkansas' Josphat Boit in the lead at 15:16.1 and the 10th place runner at 15:17.1, with Vaughn (15:25) in 15th and Schoolmeester (15:26) in 19th. Vaughn had taken sole possession of fourth place at the 8k turn, having caught 13 runners in a 3k span, while Schoolmeester chased down 12. At that point, Wisconsin had control of the team race with 80 points to Arkansas' 160, followed by Colorado.

Senior Jon Severy became the first men's runner in the program's history to have run on two national title teams. Classmate Jared Scott was on the team that season, but did not run at nationals. He was also a freshman in '01 and ran the final cross country race of his career here this afternoon. It happen to be the best of his career, covering the 10k loop in 31:26.9 to finish 21st.

Severy made up as much ground as anyone Monday, as he was 39th at the halfway mark, and 25th at 8k, running down 18 in his final race.

"It was an incredible note to start on," said Severy. "I was carried through a little bit on that 2001 team and it gave me a false sense of what it meant to be on a good team. Since then, I've sunk pretty low and learned an incredible amount of what is necessary to sacrifice for your team and carry it out. Today was just so perfect that I can't describe it."

Newcomers Stephen Pifer and James Strang rounded out the scoring for the CU men, with Pifer running 31:56.8 to finish 44th while Strang ran 31:59.9 to finish 49th. Jared Scott, also running in the last cross country race of his career, was off his junior year pace, but finished 80th in 32:25.0. Freshman Bradley Harkrader, who had scored during the season as CU's third, fourth and fifth runner, finished 121st in 32:50.7 in his first national championship event. While five native Coloradoans ran in the men's race, three scored.

"The front two ran as well as I thought they possibly could and Jon ran way better than I would have expected. All of the five scorers ran better than my most optimistic aspirations. And with Stephen, James and Bradley, all freshmen, the sky is the limit," said Wetmore.

2006 NCAA CHAMPIONS



2006 Colorado Men

(left to right) Bradley Harkrader, Pete Janson, Erik Heinonen, Stephen Pifer, Billy Nelson, James Strang, Brent Vaughn and Kenyon Neuman

The second-ranked Colorado men headed into the 2006 championship knowing the race was theirs to lose. The muddy conditions were just like those two years before when the Buffs captured their second national title and gave Colorado extra confidence as the race approached.

The field got out to a quicker start than CU normally likes and was led most of the way by Brent Vaughn. Vaughn finished 12th overall (31:13.0), earning his second straight top-15 finish at nationals and the second straight time he was CU's first harrier across the finish.

While Vaughn ran a steady race, the men's win can be traced to Pifer's performance over the second 5,000-meters. At the 5k split, he had 52 runners ahead of him, but streaked past 32 of them to nab the 20th spot overall (31:24.2) in the individual standings and his second All-American title.

"I knew in the second half I had to come back and catch a lot of guys," Pifer said. "So I paid attention to sensory data, which is something that Mark Wetmore has been preaching to us all year, checking your heart rate and breathing and things like that to make sure you are comfortable. The race doesn't really start until the last 3k, so you really have to get going."

Erik Heinonen had a story book year after receiving a sixth-year of eligibility from the NCAA for the season. He was the third Buff to cross the line, placing a personal best 28th overall (31:34.7), and earning his first All-American honor.

James Strang took 47th (31:54.5) and Billy Nelson, who passed over 15 in the last 1,000-meters, took 56th (32:02.7). Bradley Harkrader came in at 152nd (33:05.3) and Pete Janson was 213th (33:56.5) as Colorado's non-scorers.

CU's five scorers all finished in the top 56 overall, and in the top 34 of those attached to full teams. CU and Wisconsin were the only schools to have three place in the top 15 in the scoring column.

The Buffaloes recorded 94 points, soundly defeating defending champion and overwhelming favorite Wisconsin by 48 points. Iona (172), Stanford (195) and Oregon (196) rounded out the top five.

"I think the race was very fast for us," head coach Mark Wetmore said. "Every coach has to know their team and how fast they can go. If other teams ran our way, it would certainly hurt them, like if would if we ran another team's plan. We don't talk a lot about expectations, its aspirations for us. We equaled our aspirations today."

"We did well here a couple of years ago too and everyone was telling me that the mud was perfect for us, but Boulder is like a desert and isn't very muddy."

Vaughn, Harkrader, Pifer and Strang joined Jon Severy as the only Buffs to win two national titles.

2013 NCAA CHAMPIONS



2013 Colorado Men

(left to right) Dillon Shije, Ben Saarel, Zach Perrin, Blake Theroux, Connor Winter, Pierce Murphy, Ammar Moussa and Morgan Pearson

Through cold, windy and muddy conditions, the No. 3 ranked University of Colorado men's cross country team once again proved to be the top team in the land as they claimed the 2013 NCAA Cross Country team title, their fourth since 2001.

The Buffs soundly defeated top-ranked Northern Arizona (149-169) for the team crown after losing to NAU just eight days ago at the regional meet by eight points. Oklahoma State, the reigning NCAA Champions and ranked second team, was an overwhelming favorite heading into the race, and placed third with 230 points. BYU was fourth (267) and Oregon took fifth overall (274).

"I like it that people said that we were over ranked after the conference meet and after regionals," head coach Mark Wetmore said. "That adds a little bit to the enjoyment of winning today."

The team took a conservative start to the race and was 10th overall after the first 3,000-meters, but that didn't last long as the Buffs jumped up seven positions to third at the midway point behind NAU and BYU. CU kept moving up and by the 8k was only 19 points behind NAU. Over the course of the remaining 2k, the Buffs overtook NAU for the win.

CU was led by true freshman Ben Saarel with an eighth-place finish, finishing in 30:14.1. It is the highest finish for a Buff since Richard Medina placed eighth in 2011. With the finish, Saarel became the first true freshman to earn All-American honors since assistant coach and Olympian Billy Nelson at the 2002 championship. That year Nelson placed 42nd overall.

"Ben was one of the best high school runners in American just six months ago," Wetmore said. "We knew he was a big talent, but the NCAA Cross Country Championship is a killer race with a lot of mature, developed young men. For him to be eighth overall is indicative of his talent."

Colorado did quite well in the unfriendly conditions, placing four of its five scorers in the top-40, which earned each of them All-American honors. Morgan Pearson was CU's No. 2 scorer, coming in at 17th overall (30:35.0). Theroux finished 23rd overall, improving from a 39th-place finish in 2012, to record his second All-American cross country honor (30:34.6). Pierce Murphy was the fourth runner for the Buffs and he was 39th (30:44.9); improving from 45th place last year. This was Pearson and Murphy's first All-American honor.

Rounding out the team scoring and clinching the team title for CU was Ammar Moussa, who placed 95th overall as CU's fifth runner. He finished in 31:17.1. Moussa also won a national championship with his high school team in 2010 to become one of the first men to win a high school and collegiate national championship.

Although they didn't score, Zach Perrin and Connor Winter also raced for CU at the meet. Perrin placed 107th (31:23.3) and Winter was 177th (32:02.2). Oregon's Edward Chesarek was the individual winner, finishing in 29:41.1.

2014 NCAA CHAMPIONS



2014 Colorado Men

(left to right) Ben Saarel, Adam Peterman, Ammar Moussa, Jake Hurysz, Pierce Murphy, Connor Winter and Blake Theroux

The University of Colorado entered the NCAA Championship as the top team in the country and lived up to the hype as it did all year. The Buffs put together a score of 65, placing all five of its scorers in the top 40, three in the top 10, to earn All-American honors. The team score is the lowest score since 2005 when Wisconsin won with 37 points. The team runner-up, Stanford, tallied 98 points and Portland was third with 175. Oregon's Edward Cheserek won his second straight individual title in 30:19.4.

"This is probably our best team ever," head coach Mark Wetmore said. "Again, I had the team that came here with Jorge [Torres] who won and the team that followed it and great other individuals who were followed by good teams but not winners. Certainly, this is the best third, fourth and fifth we've ever had and certainly I think it's the best team score that we've ever had. So, they are real good and they belong in the pantheon.

"I'm really proud of those guys," Wetmore went on to say. "It's hard to be the favorites, it's so hard to have the attention. It's so hard for nine or ten 21-year-old men to keep their egos in check and they really did it. They were talking each other up the whole time. I think any one would have sacrificed his day to have a bad day if it would have meant six good days for his teammates. So, that's the biggest feeling I have. Pride, not for me but pride for them."

Only four teams have won the NCAA Championship in the last 10 years and three of those schools have now won back-to-back titles. Oregon won the title in 2007 and 08, and Oklahoma State took home back-to-back titles in 2009 and 10.

Junior Ammar Moussa led CU with a top-five finish to earn his first All-American honor, finishing in 30:29.6. Two other Buffs have top-10 positions. Sophomore Ben Saarel was seventh (30:30.7) and senior Blake Theroux was ninth (30:31.3).

CU's other two scorers were junior Connor Winter (24th, 30:45.0) and junior Pierce Murphy (35th, 30:51.7). Senior Jake Hurysz finished just behind those two, finishing 41st overall (30:57.6). Redshirt freshman Adam Peterman also ran for CU and placed 202nd (32:36.8).

"It went how I wanted," Wetmore said. "We started out a little slower than I would have guessed but our fellas put themselves in a good position and were smart and patient. As I said yesterday, they were willing to sacrifice individual races for the team goal and some of them may have today. Ammar did amazing. I think that was a wonderful race for Ammar [Moussa]. Ben [Saarel] has had a difficult season trying to get completely healthy and I think he had a great race today. Blake was good. Everybody was good. Out of the men and the women, I can't think of a disappointing race which is so hard to do here."

Moussa and Winter earned their first All-American honors with the finish, while this is the second honor for Saarel and Murphy. Theroux became just the 11th Buff in CU history to earn the honor three times.

ALL-AMERICANS

Men (1963-Present)

Dave Wrighton	1963, 64, 65	Jay Cleckler	1994	Jon Severy	2004
Craig Runyon	1966, 67, 68	Jon Cooper	1994, 95	Brent Vaughn	2004, 06, 07
Rick Trujillo	1967	Adam Goucher	1994, 95, 97, 98	Stephen Pifer	2004, 05, 06, 07
John Lunn	1968	Clint Wells	1994, 95	James Strang	2005, 06
John Gregorio	1972, 73	Ricky Cron	1996	Erik Heinonen	2006
Mike Peterson	1974	Chris Severy	1996	Jordan Kyle	2008
Mark Spilsbury	1977, 79	Zeke Tiernan	1996	Joe Bosshard	2010, 11
John Hunsaker	1978	Tom Reese	1997	Andy Wacker	2010, 11
Mark Anderson	1979	Matt Napier	1997	Richard Medina	2011
Michael Buhmann	1979	Adam Batliner	1997	Jake Hurysz	2012
Mark Scrutton	1980, 81, 82	Mike Friedberg	1998, 99, 00	Blake Theroux	2012, 13, 14
Sam Reese	1982	Ron Roybal	1998	Aric Van Halen	2012
Dan Reese	1984, 85	Jorge Torres	2000, 01, 02	Pierce Murphy	2013, 14, 15
Chuck Trujillo	1985, 86	Ed Torres	2000, 01, 02	Morgan Pearson	2013, 15
Mike Nahom	1989	Sean Smith	2000	Ben Saarel	2013, 14, 15
Shawn Found	1992	Steve Slattery	2000, 01	Ammar Moussa	2014
Alan Culpepper	1993, 94, 95	Dathan Ritzenhein	2001, 03	Connor Winter	2014, 15
Scott Larson	1993	Billy Nelson	2002, 03	John Dressel	2015
		Bret Schoolmeester	2004, 05		



Alan Culpepper (1993, 94, 95)



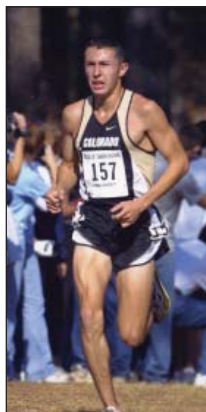
Adam Goucher (1994, 95, 97, 98)



Mike Friedberg (1998, 99, 00)



Ed Torres (2000, 01, 02)



Jorge Torres (2000, 01, 02)



Dathan Ritzenhein (2001, 03)



Stephen Pifer (2004, 05, 06, 07)



Joe Bosshard (2010, 11)

ALL-AMERICANS

Women (1976-Present)

Mary Decker (AIAW) 1978
 Carol McMordie 1986
 Chris McNamara 1986, 87
 Patty Roberts 1994, 95
 Heather Burroughs 1994, 95, 98
 Natalie Raveling 1994
 Colleen Glyde 1995, 96
 Kelly Smith 1995, 97
 Carrie Messner 1996
 Kara Grgas-Wheeler 1999, 00
 Sara (Gorton) Slattery 2000, 02, 04
 Jodie Hughes 2000
 Molly Austin 2001, 02
 Natalie Florence 2002, 04
 Renee Metivier 2001, 03, 04
 Kalin Toedebusch 2003
 Christine Bolf 2004, 05

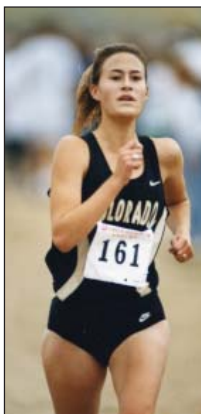
Liza Pasciuto 2004, 05, 06
 Jenny Barringer 2006, 07
 Sara Vaughn 2007
 Allie McLaughlin 2009
 Shalaya Kipp 2010, 11, 12, 13
 Laura Tremblay 2010
 Emma Coburn 2011
 Erin Clark 2014, 15
 Kaitlyn Benner 2015



Heather Burroughs (1994, 95, 98)



Patty Roberts (1994, 95)



Molly Austin (2001, 02)



Christine Bolf (2004, 05)



Renee Metivier (2002, 04)



Sara (Gorton) Slattery (2000, 02, 04)



Jenny Barringer (2006, 07)

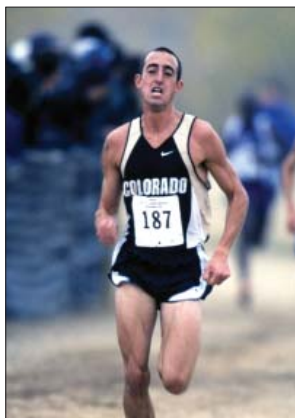


Shalaya Kipp (2010, 11, 12, 13)

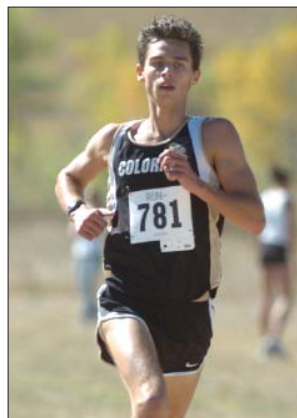
BUFF HONOR ROLL



Jenny Barringer



Steve Slattery



Bret Schoolmeester

ALL-CONFERENCE

Men

Dan Reese	1985
Chuck Trujillo	1985, 86
Andy Dunn	1986, 87
Todd Wienke	1986
Ron Salazar	1990, 93
Shawn Found	1992
Fritz Rogers	1992
Alan Culpepper	1994
Adam Goucher	1994, 95, 97, 98
Adam Batliner	1996
Clint Wells	1997
Oscar Ponce	1998
Jorge Torres	1999, 00, 01, 02
Ed Torres	1999, 00, 01, 02
Ron Roybal	1999
Mike Friedberg	1999, 00
Zach Crandall	2000
Steve Slattery	2000, 02
Sean Smith	2000
Dathan Ritzenhein	2001, 03
Billy Nelson	2002, 03, 05, 06
Bret Schoolmeester	2003, 04, 05
Brent Vaughn	2003, 04, 06, 07
Bradley Harkrader	2004
Jon Severy	2004
Stephen Pifer	2005, 06, 07
James Strang	2005, 06
Erik Heinonen	2006
Pete Janson	2007
Kenyon Neuman	2007, 08, 09
Jordan Kyle	2008, 09
Richard Medina	2008, 09, 11
Chris Pannone	2008
Christian Thompson	2009, 10, 11
Andy Wacker	2009, 10, 11
Joe Bosshard	2010, 11
Aric Van Halen	2010, 12
Hugh Dowdy	2012
Jake Hurysz	2012
Martin Medina	2012
Pierce Murphy	2012, 13, 14, 15
Blake Theroux	2012, 13, 14
Ammar Moussa	2013, 14, 15
Ben Saarel	2013, 14

Connor Winter
John Dressel
Morgan Pearson

2013, 14, 15
2015
2015

Women

Sarah Hanson	1985
Chris McNamara	1986, 87
Catrina Campbell	1987
Brooke Baughman	1991, 92
Muffy Raveling	1992, 94
Patty Roberts	1993, 94, 95
H. Burroughs	1994, 95, 97, 98
Kelly Smith	1995, 96, 97
Carrie Messner	1996
Shayne Wille	1996
Jennifer Smith	1997
Kara Grgas-Wheeler	1997, 99, 00
Sara (Gorton) Slattery	2000, 02, 04
Tera Moody	2000, 01
Jodie Hughes	2000, 01
Molly Austin	2001, 02
Natalie Florence	2002, 03, 04
Renee Metivier	2003, 04
Kalin Toedebusch	2003, 05
Christine Bolf	2004, 05
Liza Pasciuto	2004, 05, 06
Amber Smith	2004
Jenny Barringer	2005, 06, 07, 09
Claire Maduza	2006
Aislinn Ryan	2006
Erin Marston	2007
Sara Vaughn	2007
Allie McLaughlin	2009
Laura Thweatt	2009, 10
Laura Tremblay	2009, 10
Emma Coburn	2010, 11
Shalaya Kipp	2010, 11, 12, 13
Rachel Baptista	2011
Lara Darco	2011
John Clark	2013, 14, 15
Melanie Nun	2013, 15
Carrie Verdon	2013
Maddie Alm	2014, 15
Kaitlyn Benner	2015



Natalie Florence



Brent Vaughn

BUFF HONOR ROLL



Billy Nelson



Jon Severy



Kalin Toedebusch

ALL-DISTRICT/REGION

Men

Andy Dunn 1985, 86, 87, 88
 Mike Kubitschek 1985
 Dan Reese 1985
 Todd Wienke 1985, 86
 Scott Elliott 1986
 Ken Metcalf 1986
 Cisco Bob 1987, 88, 89
 David Derdeyn 1987
 Mike Nahom 1988, 89
 Chuck Trujillo 1985, 86, 88
 Nate Wright 1988, 89
 Shawn Found 1992, 93
 Brett Larsen 1992, 93
 Scott Larson 1992, 93
 Fritz Rogers 1991, 92
 Tim Catalano 1993, 94
 Alan Culppepper 1993, 94, 95
 Ron Salazar 1993
 Jay Cleckler 1994
 Jon Cooper 1994, 95
 Adam Goucher 1994, 95, 97, 98
 Clint Wells 1994, 95, 97
 Adam Batliner 1996, 97, 98
 Ricky Cron 1996
 Jay Johnson 1996
 Matt Napier 1996, 97
 Tom Reese 1996, 97, 98
 Chris Severy 1996
 Zeke Tiernan 1996
 Aaron Blondeau 1997, 99
 Mike Friedberg 1998, 99
 Ron Roybal 1998, 99
 Oscar Ponce 1999
 Sean Smith 1999, 00
 Jorge Torres 2000, 01, 02
 Ed Torres 2000, 01, 02
 Zach Randall 2000
 Steve Slattery 2000, 01
 Dathan Ritzenhein 2001, 03
 Billy Nelson 2002, 03, 05, 06
 Bret Schoolmeester 2003, 04, 05
 Brent Vaughn 2004, 06, 07
 Bradley Harkrader 2004, 06, 07
 Jared Scott 2004
 Jon Severy 2004

James Strang 2004, 05, 06
 Payton Batliner 2005
 Stephen Pifer 2005, 06, 07
 Erik Heinonen 2006
 Richard Medina 2007, 08, 09, 11
 Kenyon Neuman 2007, 08
 Chris Pannone 2007, 08
 Seth DeMoor 2008
 Jordan Kyle 2008, 09
 Joe Bosshard 2009, 10
 Matt Tebo 2009, 10
 Christian Thompson 2009, 10, 11
 Andy Wacker 2009, 10, 11
 Aric Van Halen 2010, 12
 Martin Medina 2011, 12
 Ammar Moussa 2011, 14, 15
 Jake Hurysz 2012, 14
 Pierce Murphy 2012, 13, 14, 15
 Blake Theroux 2012
 Morgan Pearson 2013, 15
 Ben Saarel 2013, 14, 15
 Connor Winter 2013, 14, 15
 John Dressel 2015
 Zach Perrin 2015

Women

Sarah Hanson 1985
 Carol McMordie 1985, 86, 87
 Chris McNamara 1985, 86, 87
 Michelle Bews 1986
 Denise Hermosillo 1986
 Kirsten Kindt 1986
 Kate Starke 1986
 Shannon Busch 1987, 88, 89, 90
 Catrina Campbell 1987, 88
 Deann Zamora 1987
 Liz Laster 1989
 Peg Millican 1989
 Brooke Baughman 1991, 92, 93
 Allison Lusby 1993, 94
 Amy McNitt 1993, 94, 95
 Natalie Raveling 1993, 94
 Patty Roberts 1993, 94, 95
 Heather Burroughs 1994, 95, 97, 98
 Kelly Smith 1994, 95, 96, 97
 Kristina Dahlberg 1995

Colleen Glyde 1995, 96
 Carrie Messner 1995, 96, 98, 99
 Heidi Scarlett 1996, 97
 Kara Grogas-Wheeler 1996, 99, 00
 Shayne Wille 1996
 Jen Gruia 1997, 98
 Jennifer Smith 1997
 Briana Stott-Messick 1997, 98
 Lesley Higgins 1998, 00, 01
 Jodie Hughes 1999, 00, 01
 Tera Moody 1999, 00, 01, 02
 Catherine Wright 1999
 Sara (Gorton) Slattery 2000, 02, 04
 Molly Austin 2001, 02
 Natalie Florence 2001, 02, 04
 Jackie Zeigle 2002, 03
 Renee Metivier 2003, 04
 Kalin Toedebusch 2003, 05
 Christine Bolf 2003, 04, 05
 Liza Pasciuto 2004, 05, 06
 Amber Smith 2004
 Jenny Barringer 2005, 06, 07, 09
 Claire Maduza 2006
 Erin Marston 2006, 07
 Aislinn Ryan 2006
 Sara Vaughn 2007
 Emily Hanenburg 2008
 Laura Thweatt 2008, 09, 10
 Emma Coburn 2009, 10, 11
 Allie McLaughlin 2009
 Laura Tremblay 2009, 10
 Shalaya Kipp 2010, 11, 12, 13
 Camille Logan 2011
 Carrie Verdon 2012, 13
 Erin Clark 2013, 14, 15
 Jenny DeSouchet 2013, 14
 Abby Levene 2013
 Melanie Nun 2013, 15
 Liz Tremblay 2013
 Maddie Alm 2014, 15
 Kaitlyn Benner 2014, 15
 Annie Kelly 2014
 Sara Sutherland 2014
 Val Constien 2015
 Dani Jones 2015

FROM WALK-ON TO ALL-AMERICAN

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

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

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

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

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

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

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

PIERCE MURPHY • 2011 Walk-on—2013, 14, 15 Cross Country All-American/2015, 16 Indoor 5,000-m All-American/2016 Indoor 3,000-m All-American/2015, 16 10,000-m All-American

In his first collegiate season, 2011, Murphy redshirted but raced unattached at the Rocky Mountain Shootout. In 2012, he placed fourth overall at the Rocky Mountain Shootout as CU's No. 4 runner. Murphy also placed 14th at Pac-12s, was 19th at regionals and 45th at NCAAs. He earned his first All-American honor in 2013, placing 39th at NCAAs to help CU win the team title. That same year, Murphy placed seventh at Pac-12s and led the Buffs with a fifth place finish at regionals. As a junior, he had another great season, finishing seventh at Pac-12s, 12th at regionals and 35th at NCAAs as the Buffs won the team title again. Later that year (2015) on the track, he placed sixth in the 5k at indoor nationals and was fifth at outdoor nationals in the 10k. Murphy finished his cross country career strong that following fall, placing third overall at NCAAs. He led the Buffs at all five varsity meets, which included winning the Rocky Mountain Shootout. Murphy's final track season didn't disappoint in 2016. He recorded a pair of All-America indoor honors in the 3k and 5k, finishing fifth and third, respectively, while at outdoor NCAAs, Murphy raced to a fourth place finish in the 10k to earn his eighth All-America award.

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

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

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

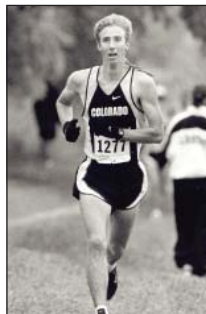
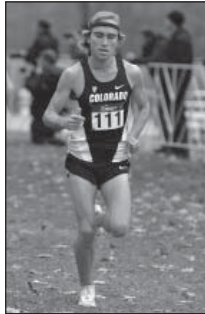
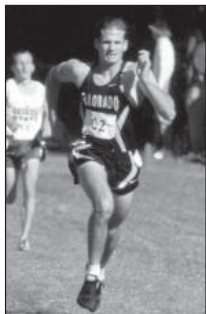
Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the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

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

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

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

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



2016 COLORADO CROSS COUNTRY

CU AT THE IAAF WORLD AND USA CHAMPIONSHIPS

IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

1995	DURHAM, ENGLAND	
Junior Women:	48. Heather Burroughs	15:27
Junior Men:	113. Chris Severy	27:42

1997	TURIN, ITALY	
Senior Men:	*49. Scott Larson	37:14
	140. Shawn Found	38:31

1998	MARRAKECH, MOROCCO	
Senior Men:	27. Adam Goucher	25:29
Junior Men:	37. Jorge Torres	24:58

1999	BELFAST, IRELAND	
Junior Women:	74. Sara (Gorton) Slattery	24:35
Senior Men (long)	*21. Alan Culpepper	41:10
	54. Clint Wells	42:33
Senior Men (short)	12. Adam Goucher	12:53
Junior Men:	40. Steve Slattery	28:29

2001	OSTEND, BELGIUM	
Junior Women:	47. Laura Zeigle	24:12
Senior Men:	41. Clint Wells	13:31
Junior Men:	3. Dathan Ritzenhein	

2002	DUBLIN, IRELAND	
Junior Women:	*17. Erika Odlaug	21:23
Senior Men (long)	24. Dathan Ritzenhein	36:31
	87. Clint Wells	38:08
Senior Men (short)	*11. Jorge Torres	12:35
Junior Men:	33. Billy Nelson	25:18

2003:	LUSIANNE, SWITZERLAND	
Junior Men:	*8. Billy Nelson	24:52
	63. Bret Schoolmeester	26:17
Open Men (long):	51. Ed Torres	39:25
Open Women:	77. Molly Austin	14:26

2004	BRUSSELS, BELGIUM	
Junior Men	34. Ryan Deak	26:27
	55. Peter Janson	27:03
Women (long)	79. Molly Austin	31:00

2005	SAINT GALMIER, FRANCE	
Open Women's 8k	42. Renee Metivier	29:24
Open Men's 4k	13. Jorge Torres, Reebok	11:58
Open Women's 4k	21. Shayne Culpepper, adidas	14:06
Junior Women's 6k	42. Liza Pasciuto	22:58
	47. Jenny Barringer (capt.)	23:03
Open Men's 12k	62. Dathan Ritzenhein, Nike	38:46

2006	FUKUOKA, JAPAN	
Open Men (Short)	*6. Adam Goucher, Nike	11:02
	27. Jorge Torres, Reebok	11:21
Open Women (Short)	21. Kara Goucher, Nike	13:24
Open Women (Long)	26. Sara Slattery, adidas	26:51
	49. Renee Metivier, Nike	27:37

2007	MOMBASA, KENYA	
Open Women	36. Renee Metivier, Nike	29:47
Junior Men	100. Matt Tebo	30:56

2008	EDINBOURGH, SCOTLAND	
Senior Men:	19. Jorge Torres	36:03
	45. Edwardo Torres	36:56
Senior Women:	49. Renee Metivier Baillie	27:49

2009	AMMAN, JORDAN	
Senior Men:	58. Edwardo Torres	37:38

2010	BYDGOSZCZ, POLAND	
Junior Women:	51. Laura Tremblay	21:31
Senior Women:	38. Renee Metivier-Baille	26:48

2011	PUNTA UMBRIA, SPAIN	
Senior Men:	55. Brent Vaughn	36:32

2013	BYDGOSZCZ, POLAND	
Junior Women:	*20. Carrie Verdon	19:33

2015	GUITANG, CHINA	
Junior Women:	*27. Kaitlyn Benner	21:45
	62. Val Constien	22:58
Junior Men:	*27. John Dressel	25:25
	74. Paul Miller	26:57
Senior Women:	29. Laura Thweatt	28:49

*-- top American



Alan Culpepper crosses the finish at the 2007 USA Championship. Culpepper won in 37:09.

CU AT THE IAAF WORLD AND USA CHAMPIONSHIPS

USA WINTER CROSS COUNTRY CHAMPIONSHIP

1995 BIRMINGHAM, ALABAMA
Junior Women: 6. Heather Burroughs 14:19

1996 LANDEN, OHIO
Junior Women: 7. Carrie Messner 15:42

1996 STANFORD, CALIFORNIA
Senior Men: 6. Adam Goucher 37:48
7. Alan Culpepper 37:51

1997 HOUSTON, TEXAS
Junior Women: 5. Tera Moody 14:36

1999 TACOMA, WASHINGTON
Senior Men (long): 1. Alan Culpepper 34:24
6. Clint Wells 34:36
17. Scott Larson 35:01
44. Zeke Tiernan 36:06
Senior Men (short): 1. Adam Goucher 10:29
9. Shawn Found 10:54
Senior Women: 1. Shayne (Wille) Culpepper 12:25
Junior Men: 2. Steve Slattery 23:38
5. Jorge Torres 23:45
13. Ed Torres 24:24

2000 VANCOUVER, WASHINGTON
Senior Men (long): 2. Alan Culpepper
9. Scott Larson
Senior Women: 4. Shayne Culpepper

2001 VANCOUVER, WASHINGTON
Senior Men (short): 4. Clint Wells 11:14
13. Adam Batliner 11:31.6
Senior Men (long): 2. Alan Culpepper 35:11
8. Scott Larson 36:07
Senior Women (8k): 16. Heather Burroughs 28:06
Junior Women: 1. Laura Zeigle 21:18
Junior Men: 2. Dathan Ritzenhein 24:11

2002 VANCOUVER, WASHINGTON
Junior Women: 2. Erika Odlaug 21:19
9. Jackie Zeigle 22:09
12. Laura Zeigle 22:19
Junior Men: 3. Billy Nelson 25:04
50. Greg Castro 28:32
Senior Men (short): 2. Jorge Torres 11:27
21. Clint Wells 11:57
28. Adam Batliner 12:08
Senior Men (long): 3. Alan Culpepper 35:51
5. Dathan Ritzenhein 36:19
7. Clint Wells 36:40
15. Shawn Found 37:35
40. Adam Batliner 39:01
Senior Women (6k): 26. Heather Burroughs 29:26
Senior Women (4k): 9. Sara (Gorton) Slattery 13:34
24. Carrie Messner 14:26

2003 HOUSTON, TEXAS
Junior Women: 8. Christine Bolf 25:20
13. Jackie Zeigle 26:18
34. Clint Wells 14:10
Open Men (short): 1. Billy Nelson 27:08
Junior Men: 2. Bret Schoolmeester 27:17
14. Payton Batliner 28:18
35. Greg Castro 30:00

Open Women: 1. Shayne Culpepper 15:10
6. Molly Austin 15:34
8. Sara (Gorton) Slattery 15:37
Open Men (long): 1. Alan Culpepper 38:22
3. Ed Torres 39:04
27. Shawn Found 42:13

2004 INDIANAPOLIS
Open Men (short) 23. Adam Goucher 11:54
Open Women (long) 5. Molly Austin, Nike 27:44
17. Natalie Florence 28:35

2005 VANCOUVER, WASHINGTON
Junior Women, 6k 1. Liza Pasciuto 21:50.1
Jenny Barringer
Junior Men's 8k 7. Bradley Harkrader 25:46.6
11. Chris Pannone 26:07.8
Open Women's 8k 7. Renee Metivier 28:32.0
24. Molly Austin, Nike 30:25.7
30. Brianna Torres, Run AZ 30:48.1
Open Men's 4k 2. Adam Goucher, Nike 11:39.1
5. Jorge Torres, Reebok 11:44.1
32. Steve Slattery, Nike 12:26.6
Open Women's 4k 2. Shayne Culpepper, Nike 13:27.0
18. Carrie Messner, Asics 14:27.0
30. Carrie Zografos, Boston AA 15:03.2
Open Men's 12k 1. Dathan Ritzenhein, Nike 36:59.9
2. Jorge Torres, Reebok 37:14.2
48. Oscar Ponce, Boston AA 40:52.5

2006 NEW YORK
Junior Men's 8k 42. Kenyon Neuman 26:10
Open Women's 8k 3. Renee Metivier, Nike 26:59
4. Sara Slattery, adidas 27:01
30. Carrie Messner, Asics 28:47
Open Men's 4k 1. Adam Goucher, Nike 10:50
4. Jorge Torres, Reebok 10:58
14. Steve Slattery, Nike 11:27
Open Women's 4k 7. Kara Goucher, Nike 12:51
32. Carrie Messner, Asics 13:43
Open Men's 12k 2. Jorge Torres, Reebok 35:05
4. Dathan Ritzenhein, Nike 35:27
46. Oscar Ponce, Boston AA 38:12



Jenny Simpson at the 2014 USA Championship.
Simpson finished second overall in the women's open 8k.

CU AT THE IAAF WORLD AND USA CHAMPIONSHIPS

2007

Junior Men :	3. Matt Tebo	26:22
	10. Matthew Herzl	26:36
Junior Women :	6. Aislinn Ryan	22:19
Open Men :	1. Alan Culpepper,	37:09
	2. Adam Goucher	37:35
	3. Dathan Ritzenhein	37:47
	4. Jorge Torres	38:07
	10. Ed Torres	38:31
	17. Bret Schoolmeester	38:55
	19. Payton Batliner	39:01
	32. Steve Slattery	40:13
	41. Jon Severy	41:01
	52. Oscar Ponce	41:45
Open Women :	3. Kara Goucher	28:01
	5. Renee Metivier Baillie	28:35
	12. Shayne Culpepper	29:17
	15. Christine Bolf	29:40
	19. Carrie Messner	30:26

2008

Junior Men:	10. Matt Tebo	24:58
	28. Brett Walters	25:53
	40. Richard Medina	26:16
	51. Martin Medina	26:47
Junior Women:	10. Megan Burrell	21:58
	31. Allison Sawyer	23:29
Open Men:	1. Dathan Ritzenhein	35:03
	2. Jorge Torres	35:29
	9. Edwardo Torres	36:01
	114. Oscar Ponce	41:03
Open Women:	2. Renee Metivier Baillie	26:36
	10. Sara Slattery	27:19
	18. Tera Moody	28:01

2009

Junior Women:	4. Allie McLaughlin	21:10
	19. Diana George	22:33
Junior Men:	27. Martin Medina	25:49
	50. Dillon Shiji	27:22
Senior Women:	18. Tera Moody	29:11
Senior Men:	4. Jorge Torres	36:16
	8. Edwardo Torres	36:45
	14. Stephen Pifer	37:18
	22. Bret Schoolmeester	38:06

2010

Junior Women:	5. Laura Tremblay	20:46
Junior Men:	20. Dillon Shiji	25:40
Open Women:	5. Renee Metivier-Baillie	26:26
Open Men:	1. Dathan Ritzenhein	34:34
	24. Billy Nelson	37:21

2011

Junior Men:	18. Blake Theroux	25:50
	34. Hugh Dowdy	26:22
	46. Mike Goodger	26:52
Open Women:	7. Kara Goucher	27:37
	26. Rachel Gioscia-Ryan	29:42
Open Men:	1. Brent Vaughn	35:46
	10. Jorge Torres	36:36

2012

Open Men:	12. Christian Thompson	37:09
Open Women:	4. Renee Metivier Baillie	27:23
	5. Laura Thweatt	27:28
	25. Rachel Gioscia-Ryan	29:14

2013

Junior Women:	3. Carrie Verdon	21:08.8
Open Men:	2. Dathan Ritzenhein	35:44.1
	10. Richard Medina	36:20.3
	11. Andy Wacker	36:27.2
	48. Matt Tebo	38:42.6
Open Women:	14. Laura Thweatt	27:30.0
	46. Rachel Gioscia-Ryan	29:52.5

2014

Junior Women:	19. Eryn Blakely	24:20
Open Men:	6. Brent Vaughn	37:08
	13. Kenyon Neuman	37:47
	20. Stephen Pifer	38:29
	2. Jenny Simpson	27:57
Open Women:	19. Rachel Gioscia-Ryan	30:03

2015

Junior Women:	1. Kaitlyn Benner	21:48
	2. Val Constien	21:54
	14. Mackenzie Caldwell	23:36
Junior Men:	3. John Dressel	25:39
	5. Paul Miller	25:53
	7. Ryan Forsyth	26:10
	17. Luke Sheesley	27:13
Open Women:	1. Laura Thweatt	27:42
	39. Rachel Gioscia-Ryan	31:32
Open Men:	3. Dathan Ritzenhein	36:51
	41. Martin Medina	40:07
	60. Christian Thompson	42:01

2016

Open Men:	BEND, OREGON	
	6. Joe Bosshard	32:05
	7. Andy Wacker	32:27



Kaitlyn Benner and Val Constien at the 2015 USA Championship.
Benner and Constien finished 1-2.

POST COLLEGIATE SUCCESS

Here at CU we are no more proud of the successes of present Buffs than we are of those who went on to the next level. Frankly, we don't believe there is another college program in the country that can boast as many national level professionals.

During the tenure of Coach Wetmore, numerous graduates of the Buff distance program have gone on to professional contracts. Seven are currently active. Ten have been Olympians and two have won Olympic Bronze Medals. Twenty-eight have made World Championship Track or Cross Country teams. Eighteen made World teams while still running for CU.

It's a tradition of excellence.

RENEE METIVIER BAILLIE('05) Distance Club Mizuno

- 2005 USATF Outdoor Championships (5th, 10k)
- 2006 USA XC Championships (3rd, 4k), IAAF World XC Championships (49th)
- 2008 USA XC Championships (2nd), IAAF World XC Championships (49th)
- 2008 USA Olympic Trials Qualifier (5k)
- 2010 USA XC Championships (5th), IAAF World XC Championships (38th)
- **2010 USA Indoor 3k Champion**
- 2010 USA Outdoor Championships (8th, 5k)
- 2011 Bolder Boulder Team USA Member (6th)
- 2012 Chicago Marathon, 1st American, 7th overall (2:27.17)
- 2015 Bolder Boulder Elite Race participant
- 2016 U.S. Olympic Team Marathon Trials (Participant)

EMMA COBURN ('13)Mid Distance/Steeple Club New Balance

- ***2011 USA Steeplechase Champion**
- *2011 IAAF World Championship Steeplechase Finalist (13th)
- *2011 USA No. 1 Ranked Steeplechase
- ***2012 USA Olympic Trials Steeplechase Champion**
- *2012 Olympic Games Steeplechase Finalist (9th)
- *2012 USA No. 1 Ranked Steeplechaser
- 2014 USA No. 1 Ranked Steeplechaser
- 2014 Shanghai Golden Grand Prix (1st)
- **2014 USA Steeplechase Champion**
- **2014 Glasgow British Athletics Diamond League (2nd), broke the American record (9:11.42)**
- **2014 IAAF Continental Cup Champion**
- **2015 USA Steeplechase Champion**



Renee Metivier Baillie



Emma Coburn



Kara Goucher

POST COLLEGIATE SUCCESS

- 2015 IAAF World Championship (5th)
- **2016 Prefontaine Classic third place finisher**
- **2016 USA Olympic Trials Steeplechase Champion**
- **2016 Olympic Games Bronze Medalist, set the American record (9:07.63)**

*run while still in college

KARA GOUCHER ('01)..... Distance Club

- 2006 USA XC Championships (7th, 4k), IAAF World XC Championships (21st)
- 2006 USA Outdoor Championships (2nd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (2nd, 10k)
- **2007 IAAF World Championship Bronze Medalist (10k)**
- 2007 Great North Run Half Marathon Champion (1:06.57)
- **2008 USA Olympic Trials 5k Champion**
- 2008 USA Olympic Trials (2nd, 10k)
- 2008 Olympic Games (10th, 10k; 9th, 5k)
- 2008 NYC Marathon, 1st American, 3rd Overall (2:25.53), fastest U.S. woman debut
- **2009 USA Outdoor 5k Champion**
- 2009 Boston Marathon (3rd overall, 1st American)

- 2009 IAAF World Championships (9th, marathon)
- 2011 USA Outdoor Championships (2nd, 10k)
- 2011 Boston Marathon (5th)
- 2012 USA Olympic Marathon Trials (11th)
- **2012 USA Half Marathon Champion**
- 2012 Olympic Games Marathon (11th)
- 2013 Boston Marathon (6th)
- 2016 U.S. Olympic Team Marathon Trials (4th)

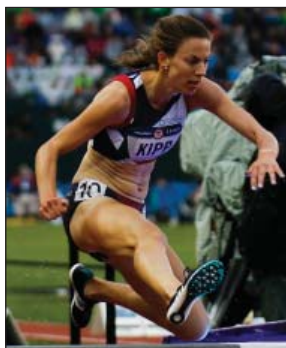
SHALAYA KIPP ('14).....Steeple/Distance Club

- *2012 USA Olympic Trials (3rd, steeplechase)
- *2012 Olympic Games participant
- *2013 USA Outdoor Championships participant
- 2014 USA Outdoor Championships participant
- 2015 USA Outdoor Championships participant
- 2015 Pan-American Games (2nd, steeplechase)
- 2016 USA Indoor Championships (3rd, 3k)
- 2016 USA Olympic Trials (4th, steeplechase)

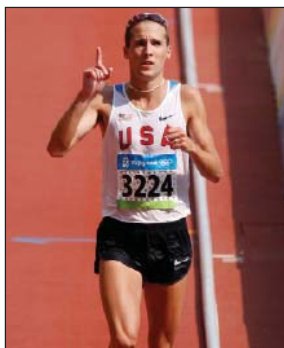
*run while still in college

DATHAN RITZENHEIN Distance Club

- 2004 USA Olympic Team member (10k)
- **2005 USA XC Champion**
- **2005 USA Road 10k Champion**
- 2006 USA Outdoor Championships (3rd, 5k)



Shalaya Kipp



Dathan Ritzenhein



Jenny Simpson

POST COLLEGIATE SUCCESS

- 2007 USA XC Championships (3rd)
 - 2007 USA Outdoor Championships (3rd, 10k)
 - 2008 USA Olympic Marathon Trials (2nd)
 - **2008 USA XC Champion**
 - 2008 Olympic Games Marathon (9th)
 - 2009 USA Outdoor Championships (2nd, 10k)
 - 2009 IAAF World Championships (6th, 10k)
 - **2009 Set USA 5k National Record (12:56.27)**
 - **2009 World Half Marathon Championship Bronze Medalist**
 - **2010 USA XC Champion**
 - 2012 USA Olympic Marathon Trials (4th)
 - 2012 USA Olympic Trials (3rd, 10k)
 - 2013 USA XC Championships (2nd)
 - 2013 USA Outdoor Championships (2nd, 10k)
 - 2013 IAAF World Championships (10th, 10k)
 - **2011 IAAF World 1,500 Champion**
 - **2012 USA Indoor Champion, Mile and 3k**
 - 2012 USA Olympic Trials (3rd, 1,500)
 - 2012 USA Olympic 1,500m semifinalist
 - **2013 USA Outdoor 5k Champion**
 - **2013 IAAF World Championship 1,500 Silver Medalist**
 - 2014 USA XC Runner-up (8k)
 - 2014 Toyko Seiko Golden Grand Prix (1st)
 - **2014 USA 1,500 Champion**
 - 2014 Paris Meeting AREVA (2nd) -ran the second fastest time by an American (3:57.22)
 - 2014 DN Galan Stockholm Grand Prix (1st)
 - 2014 Zurich Grand Prix (1st)
 - **2014 IAAF Diamond League Champion (1,500-meters)**
 - **2015 USA 1,500 Champion**
 - 2015 IAAF World Championship finalist
 - **2016 USA Olympic Trials 1,500 Champion**
 - **2016 Olympic Games Bronze Medalist, set the American record (9:07.63)**
- *run while still in college

JENNY SIMPSON ('09) Middle Distance Club

- ***2007 USA Steeplechase Champion**
- *2008 USA Olympic Trials (3rd, steeplechase)
- ***2008 Olympic Games (8th, steeplechase), broke the American record**
- ***2009 USA Steeplechase Champion**
- ***2009 IAAF World Championships (5th), broke the American record (9:12.50)**
- 2010 USA Outdoor Championships (3rd, 5k)
- **2011 USA Indoor Champion, Mile and 3k**
- 2011 USA Outdoor Championships (2nd, 1,500)

BRENT VAUGHN Distance Club

- 2008 USA Olympic Trials finalist (5k)
- 2009 USA Outdoor Championships (9th, 5k)
- 2010 Bolder Boulder Elite Race (4th), highest



Brent Vaughn



Alan Culpepper



Shayne (Wille) Culpepper

POST COLLEGIATE SUCCESS

American finisher

- **2011 USA XC Champion**
- 2010 USA Outdoor Championships (5th, 5k)
- 2011 USA Indoor Championships (4th, 3k)
- 2012 USA Olympic Trials (7th, 10k)
- 2015 Bolder Boulder Elite Race participant

Retired Buffs

ALAN CULPEPPER ('96) Distance Club adidas

- 1997 USA Outdoor Championships (2nd, 5k)
- **1999 USA XC Champion (12k)**
- **1999 USA Outdoor 10k Champion**
- 2000 USA XC Championships (2nd, 12k)
- 2000 USA Olympic Trials (2nd, 10k)
- 2000 USA Olympic Team Member (10k)
- 2001 USA Outdoor Championships (2nd, 5k/3rd, 10k)
- 2002 USA XC Championships (3rd, 12k)
- **2002 USA Outdoor 5k Champion**
- 2002 USA Outdoor Championships (3rd, 12k)
- **2002 Chicago Marathon, 6th, fastest U.S. debut in history**
- **2003 USA XC Champion, 12k**
- **2003 USA Outdoor 10k Champion**
- **2004 USA Olympic Marathon Trials Champion**
- 2004 Olympic Games Marathon, 12th

- 2005 Boston Marathon, 4th
- 2006 Boston Marathon, 5th
- **2007 USA XC Champion**

SHAYNE CULPEPPER ('97) Middle Club NIKE

- 1999 USA XC Championships (4th, 4k)
- 1999 USA Outdoor Championships (3rd, 1,500)
- 2000 USA XC Championships (4th, 4k)
- 2000 USA Olympic Trials (4th, 1,500)
- 2000 USA Olympic Team Member, 1,500
- **2002 USATF Club Cross Country Champion**
- 2003 USA Indoor Championships (2nd, 3k)
- **2003 USA XC Champion, 4k**
- **2004 USA Indoor 3k Champion**
- **2004 IAAF Indoor Championships Bronze Medalist, 3k**
- **2004 USA Olympic Trials 5k Champion**
- 2004 USA Olympic Team Member, 5k
- **2005 USA Indoor 3k Champion**
- 2005 USA XC Championships (2nd, 4k)
- 2005 IAAF World XC Championships (20th, 4k)
- 2009 USA Indoor Championships (2nd, 1,500)



Adam Goucher



Billy Nelson



Steve Slattery

POST COLLEGIATE SUCCESS

ADAM GOUCHER ('97).....Middle Club.....NIKE

- **1999 USA Outdoor 5k Champion**
- 1999 IAAF World Championships finalist (12th, 5k)
- **2000 USA XC Champion (4k & 12k - only man to win both in the same year)**
- **2000 USA Olympic 5k Trials Champion**
- 2000 Olympic Games finalist (12th, 5k)
- 2001 USA Outdoor Championships (3rd, 5k)
- 2001 IAAF World Championships finalist (10th, 5k)
- 2001 Ran fastest 3k of the year (7:34.96) by an American
- 2003 USA Outdoor Championships (3rd, 5k)
- **2006 USA Indoor 3k Champion**
- **2006 USA XC Champion, 4k**
- 2006 IAAF World XC Championships (6th, 4k)
- 2006 USA Outdoor Championships (4th, 5k)
- 2007 USA XC Championships (2nd)
- 2007 USA Outdoor Championships (3rd, 5k)

BILLY NELSONSteeple/Distance Club.....unattached

- 2008 USA Olympic Trials (2nd, steeplechase)
- 2008 Olympic Games (29th, steeplechase)
- 2010 USA Outdoor Championships (5th, steeplechase)



Jorge Torres

• **2011 USA Steeplechase Champion**

- 2011 IAAF World Championships participant
- 2012 USA Olympic Trials finalist
- 2014 USA Outdoor Championships participant

STEVE SLATTERY ('02).....Steeple Club.....NIKE

- 2002 USA Outdoor Championships (2nd, steeplechase)
- **2003 USA Outdoor Steeplechase Champion**
- 2004 USA Olympic Trials (5th, steeplechase)
- 2005 USA Outdoor Championships (3rd, steeplechase)
- 2006 USA Outdoor Championships (2nd, steeplechase)
- 2010 USA Outdoor Championships (3rd, steeplechase)

JORGE TORRES ('03)Distance Club.....Reebok

- 2002 USA XC Championships (2nd, 4k)
- 2003 USA Outdoor Championships (3rd, 5k)
- 2003 IAAF World Championships finalist (15th, 5k)
- 2003 Ranked No. 1 American at 5,000 meters
- 2004 USA Olympic Trials (7th, 5k)
- **2005 USA 8k Road Champion**
- 2005 USA XC Championships (2nd, 12k/4th, 4k)
- 2005 IAAF World XC Championships (13th, 4k)
- **2006 USA Outdoor 10k Champion**
- 2007 USA XC Championships (4th)
- 2007 USA Outdoor Championships (5th, 10k)
- 2008 USA XC Championships (2nd)
- 2008 IAAF XC Championships (19th)
- 2008 USA Olympic Trials (3rd, 10k)
- 2008 Olympic Games (27th, 10k)
- 2009 USA XC Championships (4th)

ALL TIME LETTERWINNERS

Letterwinner	Years	Hometown (High School)			
Andy Aiken	1980	Indianapolis, Ind. (North Central)	Zach Crandall	2000, 01	Fort Collins, Colo. (Rocky Mountain)
Richard Alejandre	1965	San Bernardino, Calif. (Eisenhower)	John Creighton	1951	Flagler, Colo. (Flagler)
Mark Anderson	1978, 79	Ferndale, Wash. (Ferndale)	Ricky Cron	1993, 96	Stevens Point, Wis. (SPoint Area/Rice)
Andy Ames	1987	Tulsa, Okla. (B.T. Washington)	Tim Cronin	1968, 69, 70, 71	
Adrian Arnold	1995	Alamosa, Colo. (Alamosa/Rice)	George A. Crowther	1905	
Edward Aurand	1904		Alan Culpepper	1993, 94, 95	El Paso, Texas (Coronado)
Austin Baillie	2005	Portland, Ore. (Westview)	Tom Curtis	1958, 59, 60	
Mick Bannister	1982, 84, 85	Kent, England (Tunbridge Wells)	Ryan Deak	2004	Aurora, Colo. (Smoky Hill)
Dave Barbieri	1992, 93	Spokane, Wash. (Gonzaga Prep)	Bruce Degen	1962, 63, 64	Piedmont, Calif.
Steve Barbieri	1991	Spokane, Wash. (Gonzaga Prep)	Seth DeMoor	2008	Buena Vista, Colo. (Buena Vista)
Lloyd Barlow	1953	Ft. Collins, Colo. (Ft. Collins)	Dave Derdeyn	1986, 87	Richmond, Ill. (Richmond-Burton)
Kenneth Barret	1975	Boulder, Colo. (Boulder)	David Diaz	1980, 81	Wheatridge, Colo. (Wheatridge)
Adam Batliner	1995, 96, 97, 98	Lakewood, Colo. (Green Mountain)	Pat Dolan	1990	Greeley, Colo. (Greeley Central)
Payton Batliner	2002, 03, 04, 05	H-Ranch, Colo. (Highlands Ranch)	Jeff Donaldson	1966	Denver, Colo. (Ranum)
Harry R. Beard	1914, 15		Knowles Dougherty	1953	
Jeff Berven	1965, 66	Colorado Springs, Colo.	Hugh Dowdy	2012	Petaluma, Calif (Carlsbad)
(Wasson)			John Dressel	2015	Colbert, Wash. (Mt. Spokane)
Matt Biegner	2010, 11, 12	Broomfield, Colo. (Broomfield)	Dave Dubach	1948	
Dave Binkley	1966, 67	Pueblo, Colo. (Central)	James Duce	1912, 13, 14	
William P. Blair	1914, 15		Thomas F. Duggan	1915	
Aaron Blondeau	1997, 99, 00, 01	Salida, Colo. (Salida)	Andy Dunn	1985, 86, 87, 88	Littleton, Colo. (Littleton)
Cisco Bob	1987, 88, 89	Ruidoso, N.M. (Ruidoso/Texas Tech)	Roman Duran	1987, 88	Northglenn, Ohio (Northglenn)
Joe Bosshard	2009, 10, 11	Crested Butte, Colo. (Crested Butte Academy)	Paul Edstrom	1967, 68	Englewood, Colo.
		Carlisle, Ohio (Carlisle)	Scott Elliott	1986	
Mark Brewer	1974		Ron Elston	1970	
David Brown	1982		Dick Faust	1961, 62	
Gerald Bryan	1963	Lakewood, Colo.	Fred Feasel	1915	
Mike Buhmann	1977, 78, 79	Norridge, Ill. (Ridgewood)	Kent Fischman	1981	Hazelcrest, Ill. (Hillcrest)
Casey Burchill	2002, 03	Clovis, Calif. (Buchanan)	George Fitzmorris	1947, 48, 49	
Robert M. Burns	1912		Jim Fitzmorris	1956, 57	Colorado Springs, Colo.
Eric Gahn	1958, 59, 60		William D. Fleming	1914	
Robert Campbell	1968, 69, 70		Shawn Found	1991, 92, 93	Grand Junction, Colo. (Brewer/Lamar)
Fred Carnahan	1973, 74	Genoa, Neb. (Genoa)	Ryan Forsyth	2015	Sevema Park, Md. (Sevema Park)
Nick Carr	1982		Bernie Frakes	1957, 58, 59	Ordway, Colo.
Ted Castaneda	1972, 73	Colorado Springs, Colo.	Mike Friedberg	1998, 99, 2000	Columbia, Md. (The Park School)
Steve Castaneda	1970		Jim Funk	1954, 56	
Tim Catalano	1991, 92, 93, 94	Fort Collins, Colo. (Fort Collins)	Michael Gallagher	1962	
Paul Cattermole	1965, 66, 67	Denver, Colo. (Regis)	Sam Gamble	1904	
Tom Caughlin	1997	Mason City, Iowa (Mason City)	James Garcia	1964	
Anthony Chiulli	2005	Memphis, Tenn. (Christian Brothers)	Joseph Garst	1905	
Everett F. Clark	1912		Bill Gavito	1951, 53	Denver, Colo. (Wesminster)
Wayne Clark	1947		Daniel Gist	1958	
Ernest Clayton	1904		Jim Giveans	1990, 91, 92	Littleton, Colo. (Arapahoe)
Cameron Clayton	2010	Superior, Colo. (Monarch)	Eric Gleason	1984	Huntington Beach, Calif. (Marina)
Jay Cleckler	1993, 94	Woodland Park, Colo. (W-Park)	Floyd Godwin	1964, 65	San Lareneo, Calif. (Arroyo)
Jon Cooper	1994, 95	El Paso, Texas (Coronado)	Adam Goucher	1994, 95, 97, 98	Colorado Springs, Colo. (Doherty)
Colin Couper	1951		Frank Green	1905	
Dave Couture	1987, 88, 89	Lakewood, Colo. (Lakewood)	Bob Greenfield	1958	
			Arlo C. Greenwalt	1915	
			John Gregorio	1971, 72	
			J.J. Griffin	1973, 74	Pueblo, Colo.
			Bob Griffith	1961, 62, 63	Aurora, Colo.
			Fred Griffin	1904	
			Arnold Hamala	1964	
			Roger Hansen	1973	Lompoc, Calif.
			Chuck Hattersley	1977, 79	La Mesa, Calif. (Grossmont)
			Bradley Harkrader	2004, 06, 07	Westminster, Colo. (Thornton)
			Nick Harris	2015	Niwot, Colo. (Niwot/Washington)
			Erik Heinonen	2005, 06	Eugene, Ore. (South Eugene)
			Alexander Hill	1905	
			Ed Hom	1971, 72	
			Ed Hopfner	1979	Port Angeles, Wash. (Port Angeles)



Bradley Harkrader



Eric Heinonen

ALL TIME LETTERWINNERS

Larry Hoppis	1951		Dick Moritz	1970, 72	Cuyahoga Falls, Ohio
Paul Hospe	1907		Joseph B. Morrill	1907	
Jack Hughes	1956, 57	Watervliet, Colo. (Watervliet)	Paul C. Mosher	1905	
Joel Hunsaker	1982	Arvada, Colo. (Arvada West)	Ammar Moussa	2011, 13, 14, 15	Arcadia, Calif. (Arcadia)
John Hunsaker	1975, 76, 77, 78	Arvada, Colo. (Arvada West)	Pierce Murphy	2012, 13, 14, 15	Hanalei, Hawai'i (Island)
Jake Hurysz	2012, 14	Mebane, N.C. (Eastern Alamance)	Richard Musgrave	1974	Denver, Colo. (Lincoln)
Ben Husaby	1989	Eden Prairie, Minn. (Eden Prairie)	David Nahom	1987, 88, 89	Brookfield, Conn. (Brookfield)
Peter Janson	2005, 06, 07	Dallas, Texas (Highland Park)	Mike Nahom		
Jay Johnson	1995, 96, 98	Castle Rock, Colo. (Douglas County)	Matt Napier	1996, 97, 99	Socorro, N.M. (Socorro)
Joseph B. Johnson	1916		Billy Nelson	2002, 03, 05, 06	Bakersfield, Calif. (Taft Union)
Steve Johnson	1989	Englewood, Colo. (Cherry Creek)	Kenyon Neuman	2006, 07, 08, 09	Bend, Ore. (Summit)
Terry Johnson	1979, 80	Fort Collins, Colo. (Fort Collins)	Larry Novak	1976	Shepherd, Mont.
William Johnson	1904		Charlie O'Brien	1976	Denver, Colo. (Mullen)
Leonard Jordan	1904		Eugene O'Keefe	1914	
Stan Justice	1968, 69, 70		Clyde M. Owens	1912, 13	
Harold Ketting	1973	Redondo Beach, Calif.	Robert G. Packard	1907	
John Kick	1952, 53, 54	Rochester, N.Y. (Aquinas)	Chris Pannone	2006, 07, 08	Whitehouse, N.J. (Hunterdon Central)
David Kilgore	2013	Palm Bay, Fla. (Holy Trinity)	Mike Peake	1957	Lakewood, Colo.
Dan King	1980	Colorado Springs, Colo. (Coronado)	Morgan Pearson	2012, 13, 15	Morristown, N.J. (Delbarton)
Scott King	1980	Colorado Springs, Colo. (Coronado)	Dick Peck	1954	
Albert Kinsbuary	1905		Zach Perrin	2013, 15	Kalispell, Mt. (Flathead)
Doug Kirkmeyer	1952		Adam Peterman	2014	Missoula, Mt. (Hellgate)
Robert R. Knowles	1905		Mike Peterson	1970, 72, 73, 74	
Andy Knutsen	2002	Huntington Beach, Calif. (Edison/USC)	Kirk Pfeffer	1976	
Tom Kresl	1984, 85	Ft. Collins, Colo. (Ft. Collins)	John Phillips	1969, 70, 71	Cuyahoga Falls, Ohio
Mike Kubischek	1985	Lakewood, Colo.	Wayne Phipps	1953	
Jordan Kyle	2008, 09	Fishers, Ind. (Hamilton SE)	Stephen Pifer	2004, 05, 06, 07	Edwardsville, Ill. (Highland Park)
Blaine Lam	1965, 67	Boulder, Colo. (Boulder)	Mark Pillmore	1971	
Brett Larsen	1990, 91, 92, 93	Fort Collins, Colo. (Ft. Collins)	William Poley	1956, 59	
Scott Larson	1990, 91, 92, 93	Boulder, Colo. (Fairview)	Dan Poole	1966	
Alfred Law	1904		Oscar Ponce	1996, 97, 98, 99	Denver, Colo. (Denver North)
Carroll Laverty	1927		Ralph Poucher	1957, 58, 59	
David Lewis	1955		Jason Pozner	1990, 91	Morganville, N.J. (Marlboro)
Joe Lombert	1972		Harry Pratt	1904	
Richard Lower	1973, 74	Harmony, Pa. (Seneca Valley)	Arthur Preston	1904	
Bruce Lundy	1976	Lakewood, Colo. (Lakewood)	Winfred L. Prouty	1908	
John Lunn	1966, 67, 68	Denver, Colo. (South)	Ted Quintana	1975	San Lorenzo, Calif. (San Lorenzo)
Tony Macey	1984, 85	Las Vegas, Nev. (Valley)	Robert Radnoti	1977, 78, 79	Greeley, Colo. (Greeley West)
John E. Mackling	1916		Rudolph Rahlfling	1904	
Garry Maddox	1971, 72		Clarence W. Ramey	1913	
David Magee	1975	Santa Maria, Calif. (St. Joseph)	Roy Randall	1904	
Glen Malcolm	1950		Dan Reese	1982, 84, 85	Golden, Colo. (Wheat Ridge)
Jerry Maris	1982	Buckley, Wash. (White River)	Richard Reese	1984	Golden, Colo. (Wheat Ridge)
Joseph Markey	1916		Sam Reese	1980, 81, 82,	Golden, Colo. (Wheat Ridge)
Christian Martin	2015	Littleton, Colo. (Heritage/Nebraska)	Tom Reese	1995, 96, 97, 98	Golden, Colo. (Wheat Ridge)
Jeff Mason	1986	Denver, Colo. (South)	Terry V. Ritchie	1907	
Robert D. Mauff	1905		Dathan Ritzenhein	2001, 03	Rockford, Mich. (Rockford)
Steve McBain	1961		Jason Robbie	2000	Boulder, Colo. (Alexander Dawson)
Mike McCoy	1961, 62, 63		Ray C. Roberts	1905	
Donald McClure	1964				
Matt McCue	2003	Iowa City, Iowa (Iowa City Regina)			
Tom McKinley	1969, 71, 72				
Matt McMullen	1980	Aurora, Colo. (Gateway)			
Martin Medina	2009, 10, 11, 12	Grand Junction, Colo. (GJ)			
Richard Medina	2007, 08, 09, 11	Grand Junction, Colo. (GJ)			
Eric Meleney	1987, 89	Bethesda, Md. (Whitman)			
Ken Metcalf	1986	Cederidge, Colo.			
Virgil E. Metcalf	1917				
Earl B. Millard	1907				
Nick Miller	2008	Littleton, Colo. (Mountain View)			
Paul Miller	2015	Fort Collins, Colo. (Poudre)			
Micah Moore	1990, 92	Boulder, Colo. (Fairview)			



Chris Pannone



Stephen Pifer

ALL-TIME LETTERWINNERS

Ben Saarel	2013, 14, 15	Salt Lake City, Utah (Park City)
Clem Saunders	1913	
John H. Sawhill	1915, 16	
Chris Schafer	2000	Yakima, Wash. (Eisenhower)
Al Schmidt	1961, 62	Longmont, Colo.
Bret Schoolmeester	2002, 03, 04, 05	Sedalia, Colo. (Denver Christian)
Jared Scott	2001, 03, 04	Monument, Colo. (Palmer)
Mark Scrutton	1979, 80, 81, 82	London, England (Towbridge Kent)
Chris Severy	1994, 95, 96, 98	Aspen, Colo. (Aspen)
Jon Severy	2001, 02, 03, 04	Aspen, Colo. (Aspen)
Dillon Shije	2010, 11, 13	Albuquerque, N.M. (Sandia Prep)
Clarence R. Short	1912	
Steve Slattery	1999, 00, 01, 02	Flanders, N.J. (Mt Olive)
Brian Smith	1975, 76	Denver, Colo. (Lincoln)
Sean Smith	1999, 2000, 01	Montrose, Colo. (Montrose)
Tom Smith	1979, 80	Fremont, Calif. (Mission San Jose)
Mark Spilsbury	1976, 77, 78, 79	Santa Anna, Calif. (Foothill)
Bill Sproat	1961, 62, 63	Climax Falls, Ore.
Tom Starr	1961, 62, 63	Platteville, Colo.
Ned Steele	1905	
Don Steers	1953, 54	
Mike Stegner	1969, 70, 71	
Jonny Stevens	2011, 12	Vail, Colo. (Battle Mountain)
Fred W. Stoddard	1907	
James Strang	2004, 05, 06	Signal Mountain, Tenn. (Baylor)
George M. Stratton	1905	
Mark Stromberg	1984	Englewood, Colo. (Cherry Creek)
Matt Tebo	2007, 08, 09	Albuquerque, N.M. (Eldorado)
Brad Tessman	1998	Danville, Calif. Monte Vista / Brown)
Rob Thayer	2007	Hotchkiss, Colo. (Hotchkiss)
Blake Theroux	2011, 12, 13, 14	Chesapeake, Va. (Western Branch)
Christian Thompson	2008, 09, 10, 11	Candor, N.Y. (Candor)
Griff Thompson	1978, 79	Tulsa, Okla. (Memorial)
Zeke Tiernan	1994, 96	Aspen, Colo. (Aspen)
Edwardo Torres	1999, 00, 01, 02	Wheeling, Ill. (Wheeling)
Jorge Torres	1999, 00, 01, 02	Wheeling, Ill. (Wheeling)
Chuck Trujillo	1984, 85, 86, 88	Northglenn, Colo. (Northglenn)
Rick Trujillo	1967, 68, 69	Ouray, Colo.
Chris Valenti	1998	Littleton, Colo. (Littleton)
Pete Van Arsdale	1966, 68	
Aric Van Halen	2009, 10, 12	Los Angeles, Calif. (Oakwood)
Brent Vaughn	2003, 04, 06, 07	Aurora, Colo. (Smoky Hill)
Andy Wacker	2008, 09, 10, 11	Pinehurst, N.C. (Pinecrest)
Orly Waller	1982	Tacoma, Wash. (Puyallup)
Harry H. Ware	1916	
Thomas M. Warner	1905	
Chris Webster	1969	
Clint Wells	1994, 95, 97	Craig, Colo. (Moffat Country)



Jorge Torres



Brent Vaughn

Jim Whitmore	1976, 77	Van Nuys, Calif.
Todd Wienke	1984, 85	Whitefish Bay, Wis. (Whitefish Bay)
Milt Wley	1948, 50	
Arthur D. Wilson	1905	
Connor Winter	2012, 13, 14, 15	Centennial, Colo. (Arapahoe)
Earl E. Wright	1912	
Nate Wright	1987, 88, 89	Fort Collins, Colo. (Poudre)
Rene Wright	1904	
Dave Wrighton	1963, 64, 65	Montreal, Canada (MacDonald)
Jim Wyatt	1954, 56	Craig, Colo. (Moffat County)
John J. Yowell	1912	
Harry Zimmerhackle	1904	

WOMEN

Letterwinner	Years	Hometown (High School)
Pam Allen	1976	
Maddie Alm	2013, 14, 15	Louisville, Colo. (Monarch)
Lindsay Arendt	1998, 99	Littleton, Colo. (Chaffield)
Jenny Arnold	1998	Inverness, Ill. (Libertyville)
Molly Austin	1999, 01, 02	Littleton, Colo. (Mullen)
Lee Ballenger	1976, 78	Charlotte, N.C. (Country Day)
Rachel Baptista	2011	Austin, Texas (Austin)
Veronica Barajas	1992, 93	Oxnard, Calif. (Channel Islands)
Jenny Barringer	2005, 06, 07, 09	Oviedo, Fla. (Oviedo)
Anne Barrett	1979	Fair Oaks, Calif. (San Marino)
Brooke Baughman	1991, 92, 93	Salt Lake City, Utah (RH-St.M)
Kaitlyn Benner	2014, 15	Superior, Colo. (Monarch)
Kristi Berwick	1980	Encino, Calif. (Taft)
Michelle Bews	1984, 86, 87, 88	Victoria, Australian (Ann Arbor)
Eryn Blakely	2014, 15	Monrovia, Calif. (Alverno)
Christine Bolf	2002, 03, 04, 05	Los Angeles, Calif. (Notre Dame)
Ben Bossut	1992, 93	Font-Romney, France (College of Marin)
Courtney Bouchet	2011, 12, 13	Estes Park, Colo. (Estes Park)
Lize Brittin	1987	Boulder, Colo. (Fairview/BYU)
Suzanne Bryan	1983	
Debbie Bump	1987	Wheatridge, Colo. (Wheatridge)
Heather Burroughs	1994, 95, 97, 98	Kansas City, Mo. (Pembroke)
Shannon Busch	1987, 88, 89, 90	Fort Collins, Colo. (Poudre)
Alison Butterworth	1980	Charlotte, N.C. (Myers Park)
Mackenzie Caldwell	2014	Columbus, Ind. (Columbus N)
Catrina Campbell	1987, 88	Longmont, Colo. (Lmont /Idaho St)
Heather Chamberlain	1988	Leesburg, Va. (Leesburg/Brevard)
Anna Chase	2006, 07	Martinsville, Va. (Martinsville)
Jessica Cirelli	1994, 95	Superior, Colo. (Fairview)
Erin Clark	2013, 14, 15	Eugene, Ore. (South Eugene)
Emma Coburn	2008, 09, 10, 11	Crested Butte, Colo. (Crested Butte)
Carrie Cockerham	1996	Englewood, Colo. (Cherry Creek)
Jeanne Collopy	1976	
Val Constien	2015	Edwards, Colo. (Battle Mtn)
Wendy Cozens	1978	Denver, Colo. (Thomas Jefferson)
Katie Cumming	2008, 09, 10, 11	Hudson, Wis. (Hudson)
Kimberley Cundiff	1988	Boulder, Colo. (Boulder)
Kristina Dahlberg	1993, 94, 95, 96	Orange, Calif. (El Modena)
Lara Darco	2011	Walpack, N.J. (Pope John XXIII)
Mary Decker	1977, 78	Orange, Calif.
Jenny DeSouchet	2013, 14	Alamosa, Colo. (Alamosa)
Allison Eckert	2007	Sioux Falls, S.D. (Roosevelt)
Morgan Ekemo	2008	Eagle River, Alaska (Chugiak)
Anne Farris	1987, 88, 89	Aspen, Colo. (Aspen)
Jen Fazoli	1998, 99, 00	Averill Park, N.Y. (Averill Park)
Natalie Florence	2001, 02, 03, 04	Lawrenceville, Ga. (Collins Hill)
Judy Foster	1992	Lakewood, Colo. (Wheatridge)
Christie Friesen	1989	Albuquerque, N.M. (Manzano)
Diana George	2010, 11, 12	Livermore, Calif. (Livermore)
Rachel Gioscia	2006, 08	Buena Vista, Colo. (Buena Vista)

ALL-TIME LETTERWINNERS

Colleen Glyde	1995, 96	State College, Pa. (St. College/Penn St.)	Jennifer Miller	1992	Grosse Pt Park, Mich. (Liggett)
Sara (Gorton) Slattery	2000, 02, 04	Phoenix, Ariz. (Mountain Point)	Peg Millican	1989	Ft. Collins, Colo. (Poudre/Cal-Poly SLO)
Kara Grgas-Wheeler	1996, 97, 99, 00	Duluth, Minn. (Duluth East)	Fran Montes	1979, 80	Islip Terrace, N.Y. (East Islip)
Kendall Grgas-Wheeler	2000, 02, 03	Duluth, Minn. (Duluth East)	Tera Moody	1999, 00, 01, 02	St. Charles, Ill. (St. Charles)
Jen Gruija	1997, 98	Vienna, Va. (Paul VI / Virginia)	Melanie Nun	2013, 15	Broomfield, Colo. (Legacy)
Susan Haldeman	1977, 78	Santa Monica, Calif. (Santa Monica)	Pam Olson	1977	
Ruth Hamilton	1980	Carbondale, Colo. (CO Rocky Mtn)	Liza Pasciuto	2004, 05, 06	Murrieta, Calif. (Murrieta Valley)
Sarah Hanson	1982, 83, 85, 86	Boulder, Colo. (Fairview)	Kaye Rains	1987	Ft. Collins, Colo. (Rocky Mtn)
Emily Hanenburg	2006, 08, 09	Colorado Springs, Colo. (The Classical Academy)	Muffy Raveling	1991, 92, 93, 94	Lakewood, Colo. (Alameda)
		Durango, Colo.	Nancy Reynolds	1982, 83	Cave Junction, Ore. (Illinois Valley)
Denise Hermosillo	1983, 84, 85	Hulls Cove, Maine (Hulls Cove)	Deb Rieck	1997	Englewood, Colo. (Cherry Creek)
Jeanne Higgins	1988	Littleton, Colo. (Arapahoe)	Renee Rife	1984	Portola, Calif.
Lesley Higgins	1998, 99, 00, 01	Littleton, Colo. (Arapahoe)	Heather Roberts	1991	Aurora, Colo. (Overland)
Kimberly Hills	1976, 77, 78, 79	Eugene, Ore. (North Eugene)	Patty Roberts	1993, 94, 95	LaGrange, Ill. (Lyons Township)
Kristen Hoogheem	2005	Chesterfield, Mo. (Marquette)	Cecilia Robinson	1983	Leonard, Texas
Jen Hooper	2007	Steamboat Springs, Colo. (Steamboat Springs)	Sheri Rochel	1982	Seattle, Wash. (Shoreline)
Allison Howard	1990, 91	Minneapolis, Minn. (Roseville Area)	Nancy Rogowski	1982, 84	Boulder, Colo. (Boulder)
Melissa Howell	1984	Broomfield, Mich.	Aislinn Ryan	2006, 07	Warwick, N.Y. (Warwick)
Renee Howell	1993	Westminster, Colo. (Northglenn)	Liz Sabochik	2000, 01	Englewood, Colo. (Cherry Creek)
Jodie Hughes	1998, 99, 00, 01	The Woodlands, Texas (The Woodlands)	Allison Sawyer	2007, 08, 09	Hilton, N.Y. (Hilton)
Sharon Hulse	1980, 82	Huntington Beach, Calif. (Edison)	Heidi Scarlett	1993, 95, 96, 97	Alamosa, Colo. (Alamosa)
Cindy Ike	1976		Sandy Simmons	1977	
Dani Jones	2015	Phoenix, Ariz. (Desert Vista)	Kaylen Slack	2008	Colorado Springs, Colo. (Liberty)
Jennifer Jones	1991, 92	Parker, Colo. (Ponderosa)	Dana Slater	1977, 78	Freedom Plains, N.Y. (Arlington)
Lori Jorgensen	1978, 80	Mahopac, N.Y. (Mahopac)	Amber Smith	2004	Ishpeming, Mich. (Westwood)
Michelle Kantor	1988, 89, 90	Reno, Nev. (McQueen)	Jennifer Smith	1997	Spokane, Wash. (Joel E. Ferris)
Annie Kelly	2014	Alpharetta, Ga. (Milson)	Kelly Smith	1994, 95, 96, 97	Petoskey, Mich. (Petoskey)
Gina Kelly	1991	Cincinnati, Ohio (Anderson)	Wendy Smith	1990, 91	Beaverton, Ore. (Beaverton)
Kirsten Kindt	1983, 84, 85, 86	Englewood, Colo.	Sara Solomon	1988, 89, 90, 91	Greeley, Colo. (Greeley Central)
Michelle King	1989, 90	Bailey, Colo. (Platte Canyon)	Carolyn Spahr	1976	
Shalaya Kipp	2010, 11, 12, 13	Salt Lake City, Utah (Skyline)	Kate Starke	1986, 87	Ft. Collins, Colo. (Ft. Collins)
Katie Kissane	2002	Essex, Vt. (Essex)	Jana Stoltz	2012	Tallahassee, Fla. (MacLay)
Susan Kranzler	1984	Wheatridge, Colo.	Briana Stott-Messick	1997, 98	Fort Collins, Colo. (Poudre)
Brandi Krug	1992, 93	Grand Junction, Colo. (Grand Junction)	Elaine Strickland	1986	Northglenn, Colo.
Liz Laster	1988, 90	Aurora, Colo. (Rangeview)	Sara Sutherland	2014	Dallas, Texas (Highland Park)
Abby Levene	2013	Dublin, N.H. (Andover Academy)	Carleen Thom	1979, 80	Phoenix, Ariz. (Central)
Camille Logan	2010, 11, 12	Littleton, Colo. (Littleton)	Laura Thweatt	2007, 08, 09, 10	Durango, Colo. (Durango)
Allison Lusby	1993, 94	Boulder, Colo. (Fairview)	Kalin Toedebusch	2003, 05	Rockford, Mich. (Rockford)
Claire Madazu	2006	Shorewood, Wis. (Shorewood)	Elizabeth Tremblay	2010, 11, 12, 13	Loveland, Colo. (Thompson Valley)
Erin Marston	2006, 07	Parker, Colo. (Chaparral)	Laura Tremblay	2009, 10	Loveland, Colo. (Thompson Valley)
Bridget Marting	1982, 83	Colorado Springs (Cheyenne Mtn)	Sara (Ensrud) Vaughn	2005, 07	Gering, Neb. (Gering)
Lucy May	2014, 15	St. Louis, Mo. (St. Joseph)	Carrie Verdon	2012, 13, 15	Moraga, Calif. (Campolindo)
Catrina McAlister	2012, 13, 14	San Clemente, Calif. (San Clemente)	Rachel Viger	2010, 11, 12	Fort Collins, Colo. (Fort Collins)
Hilary McClendon	2006	Eagle, Idaho (Bishop Kelly)	Hilary White	2001	Gainsville, Fla. (Bucholz / Florida)
Cathy McCray	1982, 83		Shayne Wille	1995, 96	Haverford, Pa. (Haverford/Vermont)
Rachel McKeen	1993, 94	Beaverton, Ore. (Beaverton)	Katherine Wilson	1977, 78, 79, 80	Bloomfield Hills, Mich. (Lahser)
Allie McLaughlin	2009	Colorado Springs, Colo. (Air Academy)	Carolyn, Wollenberger	1984, 85	Portola Valley, Calif.
Carol McMorde	1985, 86, 87, 89	Lakewood, Colo. (Green Mtn)	Kathy Woodbridge	1976, 77, 78	Princeton, N.J.
Chris McNamara	1984, 85, 86, 87	Gresham, Ore. (Gresham)	Anna Wright	2001	St. Louis, Mo. (Oakville/UT-Chattanooga)
Amy McNitt	1992, 93, 94, 95	Monte Vista, Colo. (Sargent)	Catherine Wright	1999, 2000	St. Louis, Mo. (Oakville)
Amy Merten	1989, 91	Fairfax Station, Va. (Fairfax)	Jackie Zeigle	2002, 03, 04, 05	South Jordan, Utah (Bingham)
Carrie Messner	1995, 96, 98, 99	Evergreen, Colo. (Mullin)	Laura Zeigle	2003, 04, 05	South Jordan, Utah (Bingham)
Renee Metivier	2003, 04	Highland Village, Texas (Marcus/Ga Tech)	DeAnn Zamora	1984, 85, 87	Boulder, Colo. (Boulder)



Emma Coburn



Natalie Florence



Erin Marston



Laura Thweatt

YEAR-BY-YEAR RESULTS

1953	Men
at Wyoming Invitational.....	1/4
at Colorado State Triangular.....	1/3
Colorado Triangular.....	1/3
at Iowa State Triangular.....	1/3
at Big Seven Championships.....	2/6

1954	Men
at Iowa State.....	1
at Wyoming Invitational.....	1
Colorado Five-Way.....	1/5
Colorado Quadrangular.....	1/4
at Big Seven Championships.....	4/7

1955	Men
Colorado Triangular.....	1/3
at Wyoming Invitational.....	1/3
at Iowa State Quadrangular.....	2/4
at Big Seven Championships.....	3/7

1956	Men
at Wyoming Invitational.....	1/3
vs. Iowa State.....	23-32
vs. Kansas State.....	21-34
vs. Nebraska.....	27-28
at Big Seven.....	2/7

1957	Men
vs. Air Force.....	15-43
at Nebraska Triangular.....	3/3
at Iowa State Triangular.....	1/3
Colorado Triangular.....	1/3
at Big Eight Championships.....	2/8
at NCAA Championships.....	8

1958	Men
at Oklahoma Quadrangular.....	2/4
at Wyoming Invitational.....	1
at Air Force Triangular.....	1/3
at Big Eight Championships.....	3/8

1959	Men
at Kansas State Triangular.....	2/3
Air Force Dual.....	29-26
at Air Force Tri-Duals.....	1/3
at Big Eight Championships.....	5/8

1960	Men
Rocky Mountain AAU.....	3/5
at Kansas State Triangular.....	3/3
Colorado Triangular.....	3/3
Colorado State Dual.....	39-16

1961	Men
at Kansas State Triangular.....	1/3
at Nebraska.....	23-36
at Air Force Rocky Mtn AAU.....	1/6
vs. Colorado State Dual.....	26-33
at Big Eight Championships.....	2/8

1962	Men
at Wyoming Invitational.....	2
at Denver Invitational.....	1
vs. Nebraska (Dual).....	22-37
vs. Colorado State (Dual).....	29-26

1963	Men
at Wyoming Invitational.....	1
at Denver Invitational.....	1
at Nebraska Dual.....	21-36
CU Five-Way Meet.....	2/5
at Big Eight Championships.....	4/8
at NCAA Championships.....	2 runners

1964	Men
at Wyoming Invitational.....	1
at Denver Invitational.....	1
vs. Nebraska (Dual).....	21-34
Colorado Invitational.....	1
at Big Eight Championships.....	3/8
at NCAA Championships.....	1 runner

1965	Men
at Denver Invitational.....	1
at Wyoming Invitational.....	2
at Nebraska Dual.....	17-41
Colorado Invitational.....	2
at Big Eight Championships.....	4/8
at NCAA Championships.....	14

1966	Men
at Denver Invitational.....	1
at Wyoming Invitational.....	1
vs. Nebraska (Dual).....	15-50
vs. Air Force (Dual).....	15-48
Colorado Invitational.....	3
at Big Eight Championships.....	2/8
at NCAA Championships.....	6

1967	Men
at Denver Invitational.....	1/7
at Wyoming Invitational.....	1/6
vs. Nebraska.....	20-37
vs. Air Force.....	28-27
Colorado Invitational.....	1/7
Big Eight Championships.....	2/8
at NCAA Championships.....	3/10

1968	Men
vs. Wyoming (Dual).....	25-34
at Air Force Dual.....	23-54
vs. Western Michigan (at AFA).....	18-40
Colorado Invitational.....	1
Wyoming Invitational.....	2
Big Eight Championships.....	2/8

1969 (Don Meyers)	Men
vs. Wyoming (Dual).....	22-39
Colorado Invitational.....	2/8
at Kansas State Invitational.....	5/7
at Big Eight Championships.....	6/8

1970 (Jerry Quiller)	Men
vs. Air Force (Dual).....	20-43
vs. Wyoming (Dual).....	22-39
vs. Air Force (Dual).....	30-25
Colorado Invitational.....	1/8
vs. Nebraska (Dual).....	19-37
Big Eight Championships.....	4/8
at NCAA Championships.....	15/39

1971 (Jerry Quiller)	Men
at Air Force Dual.....	30-25
Colorado Invitational.....	1/9
at Big Eight Championships.....	4/8
at Central Collegiate Conf. Ch.....	2/5
at NCAA Championships.....	26/30

1972	Men
at Air Force (Dual).....	22-33
at BYU (Dual).....	43-19
Colorado Invitational.....	1/10
at Big Eight Championships.....	2/8
at NCAA District V Championship.....	4/7
at NCAA Championships.....	

1973	Men
at BYU (Dual).....	15-41
vs. Nebraska (Dual).....	20-40
Colorado Quadrangular.....	1/4
at Big Eight Championships.....	2/8
at NCAA Championships.....	6/22

1974	Men
at Wyoming Invitational.....	5/6
Colorado Triangular.....	1/3
USTF Cross Country Champ.....	4/17
at Big Eight Championships.....	

1975	Men
at Wyoming Invitational.....	2/5
at UNC Invitational.....	4/4
USTF Rocky Mtn. Champ.....	3/13
Big Eight Championships.....	2/8

1976 (Dean Brittenham)	Men	Women
Sloans Lake.....		NTS
Timber Ridge Runners.....		NTS
Vail Fest.....		NTS
at Colorado State (Dual).....		NTS
at Colorado State Invitational.....		NTS
vs. New Mexico (Dual).....	26-29	
at Iowa State Invitational.....		4/10
Colorado Five-Way.....	1/5	
at Kansas Invitational.....	1/5	
USTFCC Championship.....	2/11	
at Big Eight Championships.....	1/8	3/6
at AIAW Region VII Championship.....		2/6
at NCAA/AIAW Championships.....	20/34	16/23

1977 (D Brittenham/R. Castro)	Men	Women
at Kansas State Invitational.....	1/8	
at Air Force.....	1	
Rocky Mountain USTFF.....	2/12	
at Big Eight Championships.....	1/8	2/8
at AIAW Regional Championships.....		1/5
at NCAA/AIAW Championships.....	10/29	3/23

1978 (Dean Brittenham)	Men	Women
at Air Force.....	1	
at New Mexico.....	1	
Rocky Mountain USTF.....	2nd	
Big Eight Championships.....	1/8	2/8
at NCAA District V/AIAW Region VII.....	1	1
at NCAA/AIAW Championships.....	5	4

YEAR-BY-YEAR RESULTS

1979(David Troy/Kathy Jackson)... Men		Women
at Kansas State Invitational.....	1/8	
at New Mexico.....	1/3	3/7
at Air Force.....	1/3	1/3
Track & Field Asst. Meet.....	1/8	
at Colorado Collegiate.....	2/7	
at Big Eight Championships.....	1/8	5/8
at NCAA District V/AIAW Region VII.....	1/16	2/8
at NCAA Championships.....	4/29	18/28

1980(David Troy/Kathy Jackson) .. Men		Women
at New Mexico.....		
at Air Force Invitational.....	1/6	1/6
at UNC Invitational.....	2/11	
CU Invitational.....	1/11	1/5
CU Collegiate.....	1/11	1/11
at Utah Invitational.....	1/8	2/8
at Big Eight Championships.....	1/8	1/8
at NCAA District V/AIAW Region VII.....	1/11	1/10
at NCAA Championships.....	13/29	19/30

1981(David Troy/Gordon Fox) ... Men		Women
at Colorado Collegiate Invite.....		3
Colorado Invitational.....	1	1
at Adams State Invitational.....	1	
at Utah Invitational.....	2	2
at Idaho State Classic.....	3	
at BYU/NIKE Autumn Classic.....	6	6
at Big Eight Championships.....	3/8	4/8
at NCAA District V/AIAW Region VII.....	3	2
at NCAA/AIAW Championships.....		9

1982 (David Troy/Gordon Fox) ..Men		Women
at Pelluer Invitational.....	NTS	
Colorado Invitational.....	1/4	
at Wyoming Invitational.....	1/3	1/3
at Adams State Invitational.....	1/4	
at Arkansas Invitational.....	2/4	
at Nebraska Invitational.....		
at Kansas Invitational.....	3/8	3/8
at Big Eight Championships.....	1/8	3/8
at NCAA District V Championship ...	1/12	4/8
at NCAA Championships.....	7/21	

1983 (David Troy/Gordon Fox) . Men		Women
at Air Force Triangular.....	1/3	
at Wyoming Invitational.....	2/6	
at Adams State Invitational.....	3/6	
at BYU Invitational.....	2/7	4/8
at Colorado State Invitational.....	2/3	
Colorado Invitational.....	1/7	3/6
at Weber State Invitational.....	3/11	
at Oregon Track Club Invite.....	1/9	
at Big Eight Championships.....	5/8	5/8
at NCAA District V Championship ...	5/10	5/10

1984 (David Troy/Gordon Fox) . Men		Women
at Pier Park Invitational.....	1/10	
at Adams State Invitational.....		1/8
High Altitude Challenge.....	NTS	
at Wyoming Invitational.....	2/4	
at Air Force Invitational.....	NTS	1/7
at Purdue Invitational.....	1/3	
Colorado Invitational.....	2/6	3/10
at Arkansas Invitational.....	3/7	3/4
Big Eight Championship.....	5/8	3/8
at NCAA District V Championship ...	2/12	5/10
at NCAA Championships.....	22/22	

1985 (Jerry Quiller)		Men	Women
at Wyoming Invitational.....	NTS		NTS
at Oklahoma St Invitational.....	NTS		NTS
at Missouri Invitational.....	1/6	6/7	
NIKE High Altitude Challenge.....	NTS		NTS
Colorado Invitational.....	2/11	1/6	
at Pre-NCAA Invitational.....	1/10	4/10	
at Big Eight Championships.....	1/8	5/8	
at NCAA District V Championship ...	2/10	4/10	
at NCAA Championships.....	3/22		

1986 (Jerry Quiller)		Men	Women
at Bradley Invitational.....	NTS		NTS
at Wyoming Invitational.....	NTS		NTS
at Kansas State Invitational.....	2/8	3/8	
REEBOK/Rocky Mtn Invite.....	2/16	1/10	
at Colorado College Invite.....	3/9	1/8	
at Arizona Invitational.....	2/5	5/15	
at Big Eight Championships.....	1/8	3/8	
at NCAA District V Championship ...	1/10	1/9	
at NCAA Championships.....	5/21	6/15	

1987 (Jerry Quiller)		Men	Women
at Wyoming Invitational.....	NTS		NTS
at Missouri Invitational.....	2/13	2/9	
REEBOK/Rocky Mtn. Invite.....	4/21	1/17	
at Sooner Invitational.....	1/7	2/10	
at Virginia Invitational.....	14/21	8/25	
at Colorado State Invitational.....		1/7	
at Big Eight Championships.....	3/8	1/8	
at NCAA District V Championship ...	1/10	1/10	
at NCAA Championships.....	15/22	12/16	

1988 (Jerry Quiller)		Men	Women
at OSU Early Bird Race.....	2/4	1/3	
at BYU Autumn Classic.....	1/5	2/5	
at Wyoming Open (B).....	5/5	5/6	
Rocky Mountain Shootout.....	6/19	5/18	
at Iowa State Memorial.....	7/17	15/18	
at Big Eight Championships.....	2/8	6/8	
at District V Championships.....	3/13	---	
at NCAA Championships.....	1 runner	1 runner	

1989		Men	Women
CU Invitational.....	2/3	---	
at Wyoming Open.....		5/8	
at Naval Academy Invitational.....	8/17	8/15	
Rocky Mountain Shootout.....	1/15	4/14	
at Indiana Invitational.....	1/10	7/13	
at Big Eight Championships.....	3/8	5/8	
at Colorado State (B).....	6/8	7/11	
at NCAA District VII.....	2/20	4/10	
at NCAA Championships.....	18/20	---	

1990 (Jerry Quiller)		Men	Women
at Nebraska Invitational.....	2/11	2/12	
at Wyoming Open (B).....	2/7		
at Air Force Invitational (B).....	4/14	1/9	
at BYU Invitational.....	NTS		
Rocky Mountain Shootout.....	8/15	2/9	
at Iowa State Invitational.....	6/6	1/3	
at Big Eight Championships.....	6/8	3/8	
at NCAA District VII.....	12/21	4/19	

1991 (Jerry Quiller)		Men	Women
at Kansas Jayhawk Invite.....	3/8	4/8	
at Wyoming Invite (B).....	4/7	NTS	
Rocky Mountain Shootout.....	1/12	2/11	
at Adams State Invitational (B).....	3/10	---	
at Arizona Invitational.....	9/25	6/23	
at Big Eight Championships.....	2/8	3/8	
at Colorado State (B).....	NTS	NTS	
at NCAA District VII.....	5/21	5/18	

1992 (Jerry Quiller)		Men	Women
at Indiana Invitational.....	3/8	4/8	
at Southern Colorado (B).....	3/9	3/11	
Rocky Mountain Shootout.....	1/10	1/11	
at Fort Hays State (B).....	2/11	1/6	
at Penn State Invitational.....	1/8	6/8	
Big Eight Championships.....	1/8	1/8	
at Colorado State (B).....	3/4	3/4	
at NCAA District VII.....	1/21	3/19	
at NCAA Championships.....	11/21	20/22	

1993 (Jerry Quiller)		Men	Women
at Air Force Invitational.....	1/10	1/11	
Rocky Mountain Shootout.....	1/7	1/8	
at Fort Hays State (B).....	1/7	2/7	
at Michigan Inter-Regional.....	1/13	3/10	
Big Eight Championships.....	2/8	3/8	
at Colorado State (B).....	3/3	3/3	
at NCAA District VII.....	1/21	2/20	
at NCAA Championships.....	4/22	14/22	

1994 (Jerry Quiller)		Men	Women
at Northern Colorado (B).....	NTS	NTS	
at Kansas State Invitational.....	2/6	3/6	
Rocky Mountain Shootout.....	1/13	1/2	
at Jeff Drenth Memorial.....	1/15	1/3	
at Fort Hays State (B).....	6/10	2/8	
at Big Eight Championships.....	2/8	1/8	
at NCAA District VII.....	1/19	1/18	
at NCAA Championships.....	2/22	4/22	

1995 (M. Wetmore/T. Jacober) Men		Women
at Big Cross.....	1/6	1/6
at Colorado State (B).....	4/4	3/3
Rocky Mountain Shootout.....	1/12	1/14
at Iowa State Invitational.....		1/22
at Fort Hays State (B).....	4/12	1/9
at Big Eight Championships.....	2/8	1/8
at NCAA District VII.....	1/17	2/16
at NCAA Championships.....	4/22	2/22

1996 (Mark Wetmore)		Men	Women
at Colorado State.....	1/6	1/6	
Rocky Mountain Shootout.....	1/10	1/11	
at Pre-Nationals.....	2/32	2/30	
at Fort Hays State (B).....	2/14	2/12	
at Big 12 Championships.....	1/12	1/12	
CU/NIKE Open.....	NTS	NTS	
at NCAA District VII.....	1/13	1/14	
at NCAA Championships.....	5/22	4/22	

YEAR-BY-YEAR RESULTS

1997 (Mark Wetmore)	Men	Women
at Colorado State (B)	4/5	1/5
Rocky Mountain Shootout.....	1/12	1/14
at Pre-Nationals.....	2/25	4/23
at Fort Hays State (B).....	1/13	1/10
at Big 12 Championships.....	1/12	1/12
at NCAA District VII.....	1/17	2/17
at NCAA Championships.....	3/22	3/22

1998 (Mark Wetmore)	Men	Women
at Colorado State.....	1/8	1/7
Rocky Mountain Shootout.....	1/14	2/15
at Bob Timmons Invite	3/20	3/20
at Fort Hays State (B)	2/12	2/10
at Big 12 Championships.....	1/12	2/12
NIKE Series (B).....	NTS	NTS
at District VII.....	1/14	2/13
at NCAA Championships.....	3/20	7/20

1999 (Mark Wetmore)	Men	Women
at Colorado State.....	3/10	1/10
Rocky Mountain Shootout.....	1/12	1/10
at Pre-Nationals.....	1/12	1/10
NIKE Open (B).....	1/2	1/3
at Big 12 Championships.....	1/12	1/12
at NCAA Mountain Region.....	2/17	2/17
at NCAA Championships.....	7/31	8/31

2000 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/3	1/3
at Pre-Nationals.....	1/53	5/56
at Pre-Nationals (B).....	NTS	2/11
Big 12 Championships.....	1/12	1/12
at NCAA Mountain Region.....	1/17	1/17
at NCAA Championships.....	2/31	1/31

2001 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/3
at Pre-Nationals.....	1/36	4/34
at Big 12 Championships.....	1/12	1/12
at NCAA Mountain Region.....	1/17	2/16
at NCAA Championships.....	1/31	8/31

2002 (Mark Wetmore)	Men	Women
at Colorado State.....	3/6	4/7
Rocky Mtn Shootout.....	1/3	1/2
at Fort Hays State.....	3/10	6/9
at Pre-National.....	1/36	2/38
Big 12 Championships.....	1/12	1/12
NCAA Mountain Region.....	2/18	2/17
NCAA Championships.....	4/31	5/31

2003 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/2	1/2
Tiger Invitational.....	NTS	1/2
Pre-Nationals (Gold)	1/35	3/33
Big 12 Championships.....	1/12	1/12
Air Force Open.....	NTS	NTS
NCAA Mountain Region	1/14	2/16
NCAA Championships.....	6/31	5/31

2004 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/3	1/3
Tiger Invitational.....	2/9	4/7
Pre-Nationals.....	1/37	1/36
Air Force Open.....	NTS	NTS
Big 12 Championships.....	1/12	1/12
NCAA Mountain Region.....	1/15	1/16
NCAA Championships.....	1/30	1/31

2005 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/2	1/2
Tiger Invitational.....	3/10	NTS
Pre-Nationals.....	1/34	4/34
Air Force Invitational.....	NTS	NTS
Big 12 Championships.....	1/12	1/12
NCAA Mountain Region.....	1/15	1/18
NCAA Championships.....	5/31	2/31

2006 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/5
Tiger Invitational.....	NTS	5/11
Pre-Nationals.....	1/36	6/37
Air Force Invitational.....	NTS	DNC
Big 12 Championships.....	1/12	1/12
NCAA Mountain Region.....	1/15	1/17
NCAA Championships.....	1/31	2/31

2007 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/5
Tiger Invitational.....	3/15	NTS
Pre-Nationals.....	2/35	6/35
Air Force Invitational.....	1/2	1/2
Big 12 Championships.....	1/12	1/12
NCAA Mountain Region.....	1/15	4/17
NCAA Championships.....	7/31	23/31

2008 (Mark Wetmore)	Men	Women
Iowa State Invitational.....	NTS	NTS
Rocky Mountain Shootout.....	1/3	1/3
Pre-Nationals.....	9/40	20/39
Air Force Invitational.....	NTS	NTS
Big 12 Championships.....	2/12	5/12
NCAA Mountain Region.....	1/15	4/17
NCAA Championships.....	12/31	

2009 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/4
Tiger Invitational.....	NTS	NTS
Pre-Nationals.....	2/35	1/37
RMAC Open.....	NTS	NTS
Big 12 Championships.....	2/12	2/12
NCAA Mountain Region.....	2/17	4/20
NCAA Championships.....	6/31	20/31

2010 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/3
Tiger Invitational.....	NTS	NTS
Pre-Nationals.....	3/36	2/40
Big 12 Championships.....	2/12	2/12
NCAA Mountain Region.....	2/16	3/19
NCAA Championships.....	15/31	6/31

2011 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/5
Bronco Invitational.....	5/19	11/21
Pre-Nationals.....	1/35	4/37
Pac-12 Championships.....	1/9	1/12
NCAA Mountain Region.....	2/17	1/19
NCAA Championships.....	3/31	11/31

2012 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/4
Bronco Invitational.....	6/19	6/16
Pre-Nationals.....	1/40	t7/39
Pac-12 Championships.....	1/9	5/12
NCAA Mountain Region.....	3/18	3/20
NCAA Championships.....	3/31	24/31

2013 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/2	1/2
Bronco Invitational.....	3/17	3/8
Pre-Nationals.....	1/52	t7/49
Pac-12 Championships.....	1/9	2/12
NCAA Mountain Region.....	2/17	1/20
NCAA Championships.....	1/31	7/31

2014 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/3	1/2
Pre-Nationals.....	1/46	4/43
Pac-12 Championships.....	1/9	3/12
NCAA Mountain Region.....	1/17	1/20
NCAA Championships.....	1/31	7/31

2015 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/3	1/4
Pre-Nationals.....	1/42	2/45
Pac-12 Championships.....	1/9	1/12
NCAA Mountain Region.....	1/16	1/19
NCAA Championships.....	2/31	2/31

RUNNING TOWN, USA



The CU men's track and field team won the 2008 Big 12 Outdoor Championship while the Buffs hosted the meet in May of 2008.

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

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

The list of contemporary runners who live and train in Boulder is equally impressive: 2000 Olympic Marathon Champion Naoko Takahashi, 2008 Olympic Marathon Champion Constantina Dita-Tomescu, multiple Japanese corporate teams and U.S.-based Kenyan road racers. Numerous CU national and world level alumni have trained in the Boulder area during the last four Olympiads. They include Olympians Jenny (Barringer) Simpson, Alan Culpepper, Shayne Culpepper, Billy Nelson, Jorge Torres, Kara Goucher, Emma Coburn, Shalaya Kipp and Dathan Ritzenhein.

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

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

RUNNING TOWN, USA

in the country, thus making it potentially the fastest sprint track in the U.S.

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

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

In February of 2007, Boulder hosted the USA Cross Country Championships which selected our national teams for the IAAF World Championships in Mombasa, Kenya. The crowd of 10,000 spectators was estimated to exceed the combined attendance of the previous five national championships. Former USA Track and Field President Bill Roe remarked, "As usual, every time I come to Boulder I'm blown away." Deena Kastor, 19-time U.S. champion, captured her eighth cross country title and said, "This was, hands down, the most amazing national championship I've been a part of." Beyond the attendance, the most compelling story of the day was arguably the success of CU's alumni: former Buffaloes swept the top four places in the men's senior race while two former NCAA champion Buffaloes qualified for the senior women's team. The USATF returned to Boulder in 2014 and '15 for the the USA Cross Country Championships, which again were two of the best attended meets.

In May of 2008, the University of Colorado hosted the Big 12 Conference Track and Field Championships. This three-day competition was one of the most prestigious and competitive meets in the country and featured NCAA champions, World Championship Team members and 2008 Olympians. During the competition, ten Big 12 meet records were broken and two world-leading marks were established. The three-day attendance of over 5,000 cheered the Colorado men to the team title in a victory over No. 1 ranked Texas A&M. The Buffs hosted the 2013 Pac-12 Cross Country Championship in 2013 in Louisville, Colo. at Coal Creek Golf Course. The CU men won the meet for the third straight year in front of a crowd of just over 5,000, while the CU women took second by just six points.

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



**2006 Bolder Boulder Champ
Sara Slattery**



**Dathan Ritzenhein, Adam Goucher, Alan Culpepper and Jorge Torres at
the 2007 USA Cross Country Championships**

UNIVERSITY OF COLORADO...



Colleges

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

Schools

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

CU's Top Programs

Space Science
Engineering
Molecular Biology
Business

Most Popular Undergraduate Majors

Psychology
Communication
English
MCD Biology
Economics
Finance
Political Science
Sociology
Marketing



2016 COLORADO CROSS COUNTRY

MINDS TO MATCH OUR MOUNTAINS

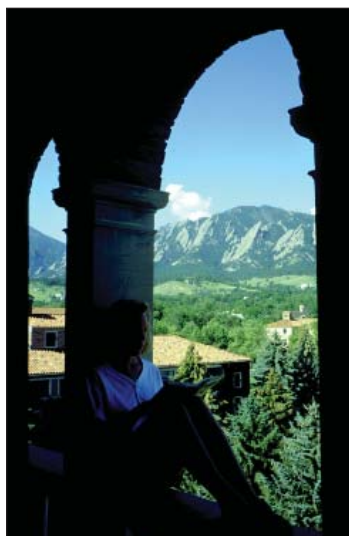
RANKINGS

- Named *"Smartest City in America"* by *Forbes Magazine* in Feb. , 2008
- *U.S. News and World Report* ranked the Boulder campus 32nd out of the top 50 public universities in the country and highest in the Rocky Mountain Region in its 2005 rankings. The same publication ranked CU as the 74th best national university of 115 schools ranked.
- CU-Boulder was ranked a "Best Buy" in the 2004 edition of the *Fiske Guide to Colleges* receiving a four-start rating (out of five) for academics and five stars each for the social life and quality of life ratings.
- Seven graduate school specialty programs were ranked in the top 20 in the nation in the 2004 U.S. News & World Report graduate school rankings.
- Three faculty members have received Nobel Prizes: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry and Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in physics.
- The Boulder campus was ranked fourth in a review of the 50 "most architecturally successful campuses in the country in *The Campus as a Work of Art* by Thomas Gaines.
- Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.
- Colorado ranked second in *Outside* magazine's 40 Best Colleges in 2003 "turning out smart grads with top-notch academic credentials, a healthy environmental ethos and an A+ sense of adventure."



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

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



THE PAC-12 CONFERENCE

Conference History

The roots of the Pac-12 Conference date back nearly 100 years to December 2, 1915, when the Pacific Coast Conference (PCC) was founded at a meeting at the Imperial Hotel in Portland, Ore. The original membership consisted of four schools - the University of California at Berkeley, the University of Washington, the University of Oregon, and Oregon Agricultural College (now Oregon State University). All still are charter members of the Conference.

Pacific Coast Conference play began in 1916 and, one year later, Washington State College (now Washington State University) was accepted into the league, with Stanford University following in 1918.

In 1922, the PCC expanded to eight teams with the admission of the University of Southern California (USC) and the University of Idaho. In 1924, the University of Montana joined the league roster and in 1928, the PCC grew to 10 members with the addition of UCLA.

The Pacific Coast Conference competed as a 10-member league until 1950, with the exception of 1943-45 when World War II curtailed intercollegiate athletic competition to a minimum. During that time, the league's first commissioner was named. Edwin N. Atherton was Commissioner in 1940 and was succeeded by Victor O. Schmidt in 1944. In 1950, Montana resigned from the Conference and the PCC continued as a nine-team Conference through 1958.

In 1959, the PCC was dissolved and the Athletic Association of Western Universities (AAWU) was formed with Thomas J. Hamilton was appointed Commissioner of the new league. The original AAWU membership included California, Stanford, USC, UCLA and Washington. Washington State joined the membership in 1962, while Oregon and Oregon State joined in 1964. Under Hamilton's watch, the name Pacific-8 Conference was adopted in 1968. In 1971, Wiles Hallock took over as Commissioner of the Pac-8.

Ten years later, on July 1, 1978, the University of Arizona and Arizona State University were admitted to the league and the Pacific-10 Conference became a reality. In 1986-87, the league took on a new look, expanding to include 10 women's sports. Since then, the Conference has been considered the premiere league in women's athletics, securing the most NCAA titles in women's sports of any conference nearly every year.

Thomas C. Hansen was named the Commissioner of the Pac-10 in 1983, a role he would hold for 26 years until 2009, and was succeeded by current Commissioner Larry Scott, who took on the new role in July 2009.

During the 2010-11 academic year, the University of Colorado accepted its invitation to join the Pac-12 on June 11, 2010, and on June 17, 2010, the University of Utah agreed to join the Conference. The Buffaloes and Utes officially became the 11th and 12th members of the Conference on July 1, 2011, the first additions to the league since 1978.

It was during that 2010-11 academic year that Scott helped deliver monumental changes that transformed the Conference into a modern 12-team league. In addition to expanding to 12 teams, member institutions agreed to equal revenue sharing for the first time in the Conference's history, created two divisions - the North and the South, for football only and established a Football Championship Game for the first time ever. He also secured a landmark media rights deal that dramatically increased national exposure and revenue for each school, establishing the Pac-12 Networks and Pac-12 Digital Network that guaranteed enhanced exposure across all sports.

Currently, the Pac-12 sponsors 11 men's sports and 12 women's sports, with beach volleyball added in 2015-16. Additionally, the Conference is a member of the Mountain

Pacific Sports Federation (MPSF) in four other men's sports and three women's sports.

The Pac-12 Conference offices are located in the heart of San Francisco in the SOMA district.

Conference of Champions

Built on a firm foundation of academic excellence and superiorBuilt on a firm foundation of academic excellence and superior athletic performance, the Pac-12 Conference renewed its undisputed claim as the Conference of Champions® in 2015-16. At the same time, its accomplishments and milestones extended beyond the fields and courts to the classrooms, and beyond its traditional geographic footprint all the way to Asia.

On the field, the Pac-12 rises above the rest, claiming an incredible 150 NCAA team titles since 1999-2000, including a nation-leading 10 in 2015-16, an average of nearly 10 championships per academic year. Even more impressive has been the breadth of the Pac-12's success, with championships coming in 29 different men's and women's sports. The Pac-12 has led or tied the nation in NCAA Championships in 51 of the last 56 years, the only exceptions being in 1980-81, 1988-89, 1990-91 and 1995-96 when the Conference finished second, and only twice finished third in 1998-99 and 2004-05.

For the 11th consecutive year, the Pac-12 had the most or tied for the most NCAA titles of any conference in the country, winning at least six every year since 2000-01. No other conference has won double-digit NCAA crowns in a single year, the Pac-12 doing so eight times, including a record 14 in 1996-97.

Spanning nearly a century of outstanding athletics achievements, the Pac-12 was the first conference to reach 400 championships in 2010-11. With the inclusion of Colorado and Utah, the Conference surpassed another major milestone, with league teams capturing 450 titles, outdistancing the next conference by nearly 200. In all, Conference teams have won 488 NCAA Championships (295 men's, 164 women's, 29 combined).

Pac-12 members have won 295 NCAA team championships on the men's side, 77 more than the next closest conference. Men's NCAA crowns have come at a phenomenal rate for the Pac-12 - 16 basketball titles by six schools, 54 tennis titles, 47 outdoor track & field crowns, and 28 baseball titles. Pac-12 members have won 25 of 47 NCAA titles in volleyball, 42 of 47 in water polo, 29 in skiing, and 24 in swimming & diving national championships.

Individually, the Conference has produced an impressive number of NCAA individual champions. Over 2,000 (2,248) individual crowns have been won by Pac-12 student-athletes over the years with 1,352 by male student-athletes. Student-athletes have also captured 179 individual titles at combined championships (ie, skiing and fencing).

On the women's side, the story is much the same. Since the NCAA began conducting women's championships 35 years ago, Pac-12 members have claimed at least four national titles in a single season on 26 occasions, including a current streak of 16-consecutive years, dating back to 2000. Overall, the Pac-12 has captured 164 NCAA women's titles, easily outdistancing the SEC, which is second with 99. Pac-12 members have dominated a number of sports, winning 23 softball titles, 22 tennis crowns, 14 volleyball titles, 17 of the last 27 trophies in golf, and 14 in swimming & diving.

Pac-12 women student-athletes shine nationally on an individual basis, as well, having captured an unmatched 714 NCAA individual crowns, an average of over 20 championships per season.

SUPPORT STAFF



Corey Edwards - Academic Counselor - Fifth Season

Corey Edwards is in his fifth year as an Academic Coordinator in the Herbst Academic Center. He currently works with the track & field and cross country teams and serves as the tutor coordinator for the department. Prior to his arrival at CU, Edwards was the Director of Athletic Events and Operations at the University of Northern Colorado where he helped that department successfully transition from NCAA Division II to Division I. Following his job at UNC, Edwards interned at Kroenke Sports Enterprises with the Colorado Rapids in their Marketing and Event Operations departments. A native of Texas, Edwards attended Sweetwater High School where he lettered in basketball and track & field. He continued his basketball career collegiately in the NCAA Division II Lone Star Conference for Abilene Christian University. Edwards earned both his bachelor's degree in communication and master's in sport administration from Northern Colorado. Edwards enjoys mountain biking, camping and tennis. He and his wife Tabitha had four daughters, Kailey, Kori, Koco and Kamille.



MT Eisner - Assistant Athletic Trainer - Fourth Season

MT Eisner joined the Colorado Sports Performance staff in September of 2013 after spending just over a year at the University of Denver as a part-time assistant coach, working with all 17 Division I programs. She graduated from Fairfield University in 2008 with a bachelor's degree in communication and journalism and went on to receive her master's degree in sports medicine with a specialization in strength and conditioning from UC-Colorado Springs in 2013. While attending Fairfield, she earned four letters in soccer and was named to the First Team All-MAAC in 2007 and 2008. Her team was the MAAC Champion in 2005 and represented the conference in the NCAA Tournament that same season. Eisner has certifications in CSCS (certified strength and conditioning specialist), USA Weightlifting Level 1 and CPR/AED. She graduated from Arapahoe High School in 2004 where she lettered in soccer. Eisner also enjoys playing tennis and running. The former MT Church is married to Justin Eisner and the couple is expecting their first child in November.



Carina Gattas - Assistant Athletic Trainer - Second Season

Carina Gattas is in her second year as an assistant athletic trainer for the cross country and track and field team. She earned her bachelor's degree in athletics training in 2013 from Ohio State and her master's degree in health education in 2015 from Boston University. The Cincinnati, Ohio native graduated from Turpin High School in 2009. She enjoys hiking and cooking.



Tim Horton - Assistant Equipment Director - 16th Season

Tim Horton has returned to the equipment room after spending eight seasons in the business office at CU. This is his 24th year at CU, his 16th as Olympic Sports equipment manager, as he joined the CU staff in the fall of 1992. His primary duties at Colorado are handling the equipment needs for the non-revenue sports, along with helping the football program on game day. The student-athletes selected him as the 2002-03 Staff Member of the Year for his contributions and time dedicated to the success of the members of CU's 17 intercollegiate programs, presenting him with the honor at the 2003 CUSPY's. He graduated from the University of Northern Colorado in 1979, earning a bachelor's of science degree in business administration and marketing. He was a member of the Bears' ski team while in college. Born Dec. 11, 1956 in Leadville, Colo., he graduated from Boulder's Fairview High in 1975, where he lettered in football. An avid bicyclist, he participated in the 2004 Ride The Rockies to test his endurance over the 350-plus mile trek. Horton also rode the Denver Century in June 2014 and raised over \$1,500 for cancer research in search of the Leukemia Lymphoma Society. He has a son, Davis Paul (25) and is a nine year cancer survivor.



Linda Sprouse - Assistant Sports Information Director - 12th Season

Linda Sprouse enters her 12th season as the assistant sports information director for the CU cross country team. She also works with the volleyball and track & field programs. Sprouse served as the media coordinator for the 2013 Pac-12 Cross Country and 2008 Big 12 Outdoor Track & Field Championship. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women's Division II and III and men's Division III volleyball programs. Sprouse served as a graduate assistant in the athletic communications office at Minnesota State University from 2001-03. She worked with several of the Mavericks' programs, including volleyball, women's ice hockey and women's basketball. Sprouse earned her bachelor's degree in Mass Communications from MSU in 2001 and completed her master's of science in sport administration from MSU in December '07. A native of New Ulm, Minn., she earned two letters as a member of the tennis team. The former Linda Poncin is married to Nick Sprouse, the equipment manager for the Colorado volleyball, women's lacrosse and men's and women's basketball programs. The couple has a daughter, Lily (2), and resides in Thornton, Colo.

ACADEMICS AND ATHLETICS

ACADEMIC ALL-CONFERENCE

First Team

Michelle Bews	1985
Andrew Dunn	1986, 87, 88
Sarah Hanson	1985
Tom Kresl	1985
Michelle Kantor	1988, 89, 90
Bill Hinkley	1988
Eric Meleney	1989
Amy Merten	1989
Pat Dolan	1990, 91
Shannon Busch	1990
Jennifer Jones	1989
Wendy Smith	1990, 91
Andy Samuelson	1991, 92
Dave Barbieri	1992, 93
Micah Moore	1992
Jay Cleckler	1992, 93, 94
Ben Bossut	1993
Patty Roberts	1993, 95
Scott Larson	1993
Allison Lusby	1994
Rachel McKeen	1994
Jon Cooper	1994, 95
Tim Catalano	1994
Chris Severy	1995, 96, 98
Alan Culppepper	1995
Kelly Smith	1995, 96, 97
Kristina Dahlberg	1995
H. Burroughs	1995, 96, 97, 98
Colleen Glyde	1995
Adam Batliner	1996, 97, 98
Jay Johnson	1996, 98
Matt Napier	1996, 97
Chris Schafer	1996, 97, 98
Zeke Tiernan	1996, 97
Lindsay Arendt	1996, 97, 98, 99
Deb Rieck	1996, 97, 99
Heidi Scarlett	1996, 97
Oscar Ponce	1998
Chris Valenti	1998
Matt Elmuccio	1998
Briana Stott-Messick	1998
Jen Gruia	1998
Gia White	1998
Lindsay Bradfield	1998
Theresa Dean	1998
Liz Sabochik	1998, 00, 01
Molly Austin	1999, 01
Jen Fazioli	1999, 00, 01
Lesley Higgins	1999, 00, 01
Jodie Hughes	1999, 00, 01
Kara Grgas-Wheeler	1999, 00
Tera Moody	2000, 01, 02
Liz Sabochik	2000, 01
Aaron Blondeau	2000, 01
Chris Schafer	2000
Jorge Torres	2000
Ed Torres	2000
Sara (Gorton) Slattery	2001, 04
Anna Wright	2001
Catherine Wright	2001
Sara Hamlin	2001
Jon Severy	2001, 02, 03, 04

Jared Scott	2001, 03, 04
Sean Smith	2001
Zach Crandall	2001
Austin Baile	2002, 04, 05
Travis Macy	2002
Jamie Rosenquist	2002
Shannon Yessak	2002
Matt McCue	2003, 04
Katie Kissane	2003
Payton Batliner	2004, 05
Will Campbell	2004, 05
Pete Janson	2004, 06, 07
Daniel Kenney	2004, 05, 06
Brent Vaughn	2004, 06, 07
Christine Bolf	2004
Allison Bruce	2004
Kristen Hoogheem	2004, 05
Erin Marston	2004, 06, 07
Renee Metivier	2004
Erik Heinonen	2005, 06
Bret Schoolmeester	2005
Kalin Toedebusch	2005
Jenny Barringer	2006, 07, 09
Caitlin Gioscia	2006
Jennifer Hooper	2006, 07
Kenyon Neuman	2006
Caitlin Schultheiss	2006
Anna Chase	2007
Emily Hanenburg	2007, 08, 09
Bradley Harkrader	2007, 08
Dani Rodriguez	2007
Aislinn Ryan	2007
Sara Vaughn	2007
Richard Medina	2008, 09
Allison Sawyer	2008
Laura Thweatt	2008, 09, 10
Andy Wacker	2008, 09
Matthew Biegner	2009, 10
Megan Burrell	2009, 10
Katie Cumming	2009, 10
Seth DeMoor	2009
Stephen Kasica	2009, 10
Diana George	2010
Kelly King	2010
Nikki Look	2010, 12
Jerome Perkins	2010, 12
Brooke Regan	2010
Ryan Savercool	2010
Matt Tebo	2010
Laura Tremblay	2010
Elizabeth Tremblay	2010
Rachel Viger	2011, 12, 13
Mandy Ortiz	2014
David Emmer	2014
Ben Saarel	2014
Kaitlyn Benner	2015
Melanie Nun	2015

Honorable Mention/Second Team

Michelle Bews	1986, 88
Lize Brittin	1988
Annie Farris	1988
Kaye Rains	1988
JoAnne McDonald	1988
Brian Reynolds	1988
Bill Whetstone	1988
Nate Wright	1988
Pat Dolan	1989
William Drake	1989
William Hinkley	1989
Andy Samuelson	1990
Jason Pozner	1990
Amy Merten	1991
Brett Larsen	1991
Scott Larson	1991
Chris McDonald	1991
Steve Barbieri	1992, 93
Jason Drake	1992, 93
Donelly Larson	1992
Mike Sobolik	1992
Jennifer Jones	1992
Catherine Fahres	1992
Julia Huff	1992
Molly Curran	1993
Michell Wilkolaski	1993
Ricky Cron	1993
Kestrel Bishop	1994, 95
Holly Stanish	1994
Jeremy Gintoft	1994
Zeke Tiernan	1994, 95
Adam Batliner	1995
Ewen Nichol	1995
Tom Reese	1995
Brian Aiken	1995
Jay Johnson	1995
Adrian Arnold	1995
Jessica Cirelli	1995
Rachel McKeen	1995
Laura Bruns	1996, 97
Kara Grgas-Wheeler	1996, 97
Mike Friedberg	1998
Megan Clute	1998
Wes Berkshire	1999
Zach Crandall	2000
Molly Austin	2002
Sara Gorton	2002
Jared Scott	2002
Matt McCue	2002
Anthony Chiulli	2004, 05, 06
Bret Schoolmeester	2004
Greg Castro	2005, 07
Pete Janson	2005
Shanna Sparks	2005, 07
Seth DeMoor	2006
Liza Pasciuto	2006
Dan Edwards	2007
Matt Herzl	2007
Kenyon Neuman	2007, 08, 09
Christian Thompson	2008, 09
Emma Coburn	2009, 10, 11
Jordan Kyle	2009
Allison Sawyer	2009

Courtney Bouchet 2010, 11, 12, 13

Camille Logan	2010, 11, 12
Brennan Lynch	2010
Nathan Rice	2010
Andy Wacker	2010
Jeff Warren	2010, 12
Matt Biegner	2011, 12
Katie Cumming	2011
Lara Darco	2011, 12
Diana George	2011, 12
Stephen Kasica	2011
Kelly King	2011
Richard Medina	2011
Ryan Savercool	2011, 12
Blake Theroux	2011
Liz Tremblay	2011, 12, 13
Andy Wacker	2011
Joe Bosshard	2012
Jana Stotling	2012, 13
Maddie Alm	2013, 14, 15
Jenny DeSouchet	2013, 14
Catrina McAlister	2013
Morgan Pearson	2013, 15
Carrie Verdon	2013
Erin Clark	2014, 15
Lucy May	2014, 15
Adam Peterman	2014
Eryn Blakely	2015
Christian Martin	2015
Paul Miller	2015

USTFCCA ALL-ACADEMIC

Adam Batliner	1996
Matt Napier	1996
Chris Severy	1996
Kelly Smith	1996, 97
Jennifer Smith	1997
Briana Stott-Messick	1997
Jenny Barringer	2006, 07, 09
Erik Heinonen	2006
Brent Vaughn	2006, 07
Brad Harkrader	2007
Erin Marston	2007
Sara Vaughn	2007
Richard Medina	2008
Laura Tremblay	2009, 10
Andy Wacker	2011
Erin Clark	2013, 14, 15
Jenny DeSouchet	2013, 14
Abby Levene	2013
Melanie Nun	2013, 15
Morgan Pearson	2013, 15
Ben Saarel	2013, 14, 15
Liz Tremblay	2013
Maddie Alm	2014, 15
Kaitlyn Benner	2014, 15
Sara Sutherland	2014

ACADEMICS AND ATHLETICS

CoSIDA ACADEMIC ALL-AMERICANS



Jenny Barringer



Heather Burroughs



Kara Grgas-Wheeler



Erik Heinonen



Jodie Hughes



Nikki Look



Renee Metivier



Ben Saarel



Chris Severy



Jon Severy



Kelly Smith



B. Stott-Messick



Brent Vaughn

ACADEMIC ALL-AMERICANS

Fall/Winter At-Large

- | | |
|------|-------------------------------|
| 1996 | Chris Severy (1st Team) |
| | Kelly Smith (1st Team) |
| | Heather Burroughs (1st Team) |
| 1998 | B. Stott-Messick (2nd Team) |
| 1999 | Kara Grgas-Wheeler (2nd Team) |
| 2000 | Kara Grgas-Wheeler (1st Team) |

Cross Country/Track

- | | |
|------|----------------------------|
| 2001 | Jodie Hughes (2nd Team) |
| 2003 | Jon Severy (3rd Team) |
| 2005 | Jon Severy (1st Team) |
| | Renee Metivier (1st Team) |
| 2007 | Erik Heinonen (1st Team) |
| 2008 | Jenny Barringer (1st Team) |
| | Brent Vaughn (1st Team) |
| 2009 | Jenny Barringer (1st Team) |
| 2010 | Jenny Barringer (1st Team) |
| 2013 | Nikki Look (1st Team) |
| 2015 | Ben Saarel (3rd Team) |
| 2016 | Ben Saarel (2nd Team) |

POST GRADUATE SCHOLARSHIPS



Aaron Blondeau



Ben Bossut

Big Eight/Big 12

- | | |
|-------------------|------|
| Ben Bossut | 1994 |
| Jon Cooper | 1996 |
| Heather Burroughs | 1999 |
| Aaron Blondeau | 2002 |
| Rachel Gioscia | 2009 |



Jon Cooper



Rachel Gioscia



Jessica (Pixler) Tebo

NCAA

- | | |
|-----------------------|------|
| Heather Burroughs | 1999 |
| Kara Grgas-Wheeler | 2001 |
| Jessica (Pixler) Tebo | 2011 |
| Nikki Look | 2013 |

ACADEMICS AND ATHLETICS

STEPS

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

- **“Learn to Earn” with Alice Swanson, veteran of The Boulder Chamber of Commerce and currently of Leeds School of Business**

- Interview Skills
- Job Placement
- Contract Negotiation

- **Personal Financial Planning with Susan Morley of Leeds School of Business**

- Playbook for Life, the Student-Athlete's Guide to Understanding and Planning Your Financial Future

- **Exit Interview with the Department of Athletics**

- Student-Athletes discuss their CU experience with a senior level administrator in the Department of Athletics. (One-on-one interview and survey)

- **Career Services**

- Resume / Folio 21
- CSO On-line
- Letters of Recommendation (4-6)
- Job Fairs
- Post-Graduation Test Preparation

- **Exit Physical**

- Athlete completes final medical physical, reviews medical history with Office of Sports Medicine and discusses lingering injuries with Sports Medicine on coverage

- **Counseling and Psychological Services**

- CU psychologist, Dr. Jan Johnson, offers one-on-one counseling sessions to athletes learning to cope with the impending life changes once their careers have ended.

- **Graduation Checklist**

- **Alumni C-Club**

- Student-Athletes stay connected to CU through membership in the Alumni C-Club.

- **Post-Graduate Scholarships**

- **Professional Sports Counseling Panel**



ACADEMICS AND ATHLETICS

READ WITH THE BUFFS

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



BOULDER/DENVER TRIVIA AND FACTS

Top 10 Cheap Things To Do In Boulder

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

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

- Denver is called the "Mile High City" because it is exactly 5,280 feet above sea level. In fact, there is a spot on the west steps of the State Capitol building that is exactly 5,280 feet above sea level and there is a row of seats at Coors Field with the same bragging rights.
- Denver is the most educated city in the U.S. It has the greatest percentage of high school and college graduates of any major metropolitan area in the U.S.
- While Boulder has 10 microbreweries, Denver brews more beer than any other American city.

The state of Colorado boasts more microbrews per capita than any state in the U.S. The Coors Brewery, in Golden, is the world's largest single-site brewery.

- Golf courses remain open all year and have been played on as many as 30 days in January.

• The Denver/Boulder metropolitan area is the 20th largest in the United States. Boulder is not classified as a suburb of Denver; it's nestled in its own valley at the foothills of the Rocky Mountains. Contrary to popular belief, Denver is not in the mountains; it is near them. The "Foothills" start to rise 15 miles west of the city. Slightly beyond that is the Continental Divide and a series of peaks rising

to 14,000 feet, known locally as the "Front Range".

- Denver is also the "thinnest" city in America while Boulder is the second "fittest" city in America according to *Shape* Magazine and the state of Colorado is tied as the "thinnest" state with Hawai'i. *Health* Magazine named Boulder one of America's 10 Fittest Cities. *Self* Magazine proclaimed Boulder one of the 10 healthiest places for women to live, with a perfect 100 in water quality.

- Boulder has 200 miles of public hiking and biking trails, approximately 30,000 acres of open space and a 16-mile Boulder Creek Path which runs through the middle of town. The city of Denver offers over 450 miles of paved, designated bike paths, over 70 public golf courses and 143 free tennis courts. Denver also has the largest city park system in the nation with 205 within the city limits.

- As the largest city in a 600-mile radius, Denver is the shopping capital of the Rocky Mountain West. It features the largest sporting goods store in the world and the largest independent book store in America with over 400,000 volumes. The 16th street mall is a mile-long pedestrian promenade, not to be outdone by its counterpart in Boulder, the Pearl Street Mall. Boulder is also known for having more used book stores per capita than any other city in the country according to a *Money* magazine count in 1998.

- In that same magazine's 1998 issue, Boulder topped the list for best medium-sized city in the western half of the U.S. to live.

- Among 14 comparable cities, Boulder ranks no. 1 in people who walk to work, work at home and drive with more than one person in the car. It ranks second among those who bike.

- Parts of the movie "Sleeper," with Woody Allen, were filmed at the National Center for Atmospheric Research.

- * Bicycling is so highly regarded in Boulder that sometimes the city plows the Boulder Creek bike path before it plows the streets.

- The exterior of the house located at 1619 Pine Street was used as the characters' home in the well-known "Mork & Mindy" television show. It is now a private residence.



BOULDER/DENVER TRIVIA AND FACTS



- Boulder's Third Flatiron towers 1,400 feet high, a few hundred feet higher than the Empire State Building, and has been climbed by people without using their hands, on roller skates, naked and in eight minutes (by separate climbers).
- A 1992 survey by the Centers for Disease Control found that Colorado had fewer overweight people per capita and more people who exercise than any other state.
- A Colorado Daily poll found that seven out of ten Boulderites own bicycles. Another guide book states that Boulder's bicycle count is approximately 93,000- almost equal to the total population.
- The Chatauqua Auditorium is an all-wood structure built in 1898. In the evening, when the Colorado Music Festival musicians stop playing, you can often hear the rafters-dwelling owls hoot capita than any other city in the country.
- Boulder is going to the dogs! Recent visitor counts to Boulder Mountain Parks found a ratio of 1 dog to every 5 visitors.
- Every year Boulder Mountain Parks core area receives 1.8 million visits. If that many people made a human chain, it would stretch from Boulder to New York City.

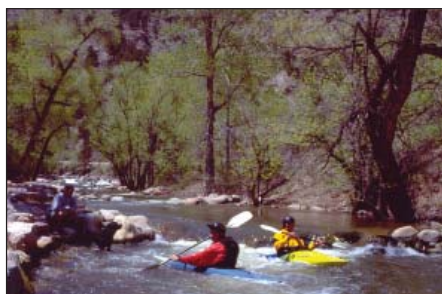
Quick Bites

Runner's World: "Best Running City"
Self: "Thinnest City In America"
Sunset: "The West's Best City" and "No. 1 Green and Clean City" and "No. 2 College Town"
Seventeen: "Top 10 Places for Teens"
Forbes: No. 4 ranking in "Best Places" and Best Cities for singles (with Denver)
Health: "10 Fittest Cities"
Outside: "Best place to be an Uberjock" and the No. 2 ranked Best College Town
Money: No. 2 ranking in "Best Places To Live"
Shape: No. 2 ranking in "Fittest City"
Animal Wellness: No. 1 city for dogs and cats

COLORADO BY THE NUMBERS

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

WHAT THEY'RE SAYING ABOUT BOULDER



All-Around Best Town - Outside Magazine, August 2006
#1 Best Place To Live - Men's Journal, March 2005 and May 2003
America's Best Running City - Runner's World, January 2001
#1 Best Sports Town In America, Outside Magazine, 1999
#1 Top Green and Clean City, Modern Maturity, 2000
#1 Thinnest City, Self Magazine, October, 2002
The West's Best City, Sunset Magazine, 1999
Best Place to Move - Worldwide ERC and Primacy Relocation, September 2004
The Best Small Cities - Men's Journal, June 2004
Best College Sports Town - Sports Illustrated on Campus, September 2003
Place You Dream of Living - Backpacker Magazine, February 2006
Ideal Location for Runners - Runner's World, May 1999
Most Enlightened City in Colorado - Utne Reader, April 1997
The Town That Can't Sit Still - The New York Times Magazine, November 1991
Boulder: Ideal Terrain for Training - Sports Illustrated, April 1990

"The varied terrain, beautiful Rocky Mountain scenery and numerous places to run made it number one... Boulder simply has everything...It's a runner's paradise. Lush mountain scenery, plentiful bike paths, off-road trails, great year-round weather, the Boulder 10k, world-class running partners, altitude training, and access to Rocky Mountain National Park. It's all right here." Runner's World (2001)

"On any given spring afternoon, runners, riders and skaters jockey for position along Boulder Creek Path while Kayakers practice on the creek itself; climbers rock-hop in the Flatirons while hikers gawk up at them, swimmers and boardsailors brave Boulder Reservoir as elite runners sprint around it." Outside Magazine (1999)

"Kayakers paddle the chilly waters while folks on foot and wheels take to a shoreline path that's linked to mile and miles of trails. Hikers and rock climbers enjoy routes galore in the Flatirons and the Eldorado Canyon State Park. And come winter, nearby resorts offer unbeatable skiing and snowboarding." Health Magazine (2000)

"A 6-mile greenway through the heart of the Colorado community enhances its outdoorsy reputation." Knight Ridder News Service

"(Pearl Street Mall) The lively four-block pedestrian shopping area in downtown Boulder is almost as much fun as an amusement park. The only things missing are the rides." Dallas Morning News (2002)

"Boulder is the quintessential modern mountain town... Software development, biotech, engineering and university jobs are plentiful, and, equally important, Boulder's mountain parks system offers 200 miles of multi-use trails." Outside (2003)

2016 COLORADO CROSS COUNTRY