

ALL-AMERICANS

Men (1963-Present)

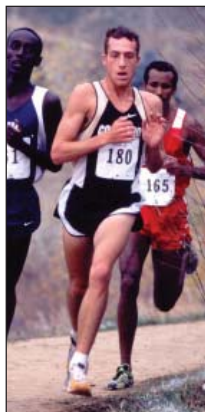
Dave Wrighton	1963, 64, 65	Jay Cleckler	1994	Jon Severy	2004
Craig Runyon	1966, 67, 68	Jon Cooper	1994, 95	Brent Vaughn	2004, 06, 07
Rick Trujillo	1967	Adam Goucher	1994, 95, 97, 98	Stephen Pifer	2004, 05, 06, 07
John Lunn	1968	Clint Wells	1994, 95	James Strang	2005, 06
John Gregorio	1972, 73	Ricky Cron	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)

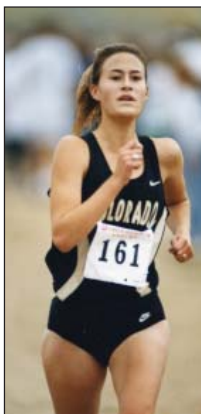
Mary Decker (AIAW)	1978	Liza Pasciuto	2004, 05, 06
Carol McMordie	1986	Jenny Barringer	2006, 07
Chris McNamara	1986, 87	Sara Vaughn	2007
Patty Roberts	1994, 95	Allie McLaughlin	2009
Heather Burroughs	1994, 95, 98	Shalaya Kipp	2010, 11, 12, 13
Natalie Raveling	1994	Laura Tremblay	2010
Colleen Glyde	1995, 96	Emma Coburn	2011
Kelly Smith	1995, 97	Erin Clark	2014, 15
Carrie Messner	1996	Kaitlyn Benner	2015
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		



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)

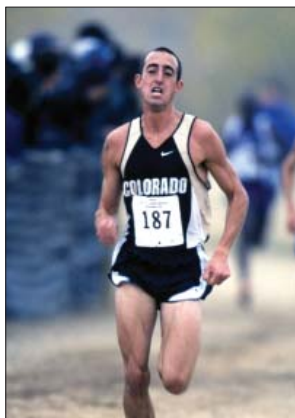


Shalaya Kipp (2010, 11, 12, 13)

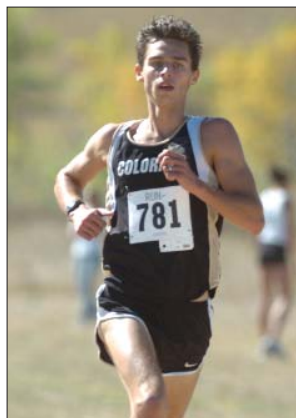
BUFF HONOR ROLL



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 Culpepper 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

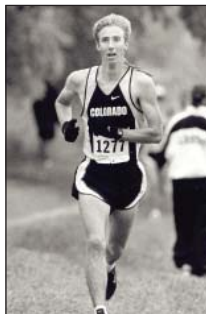
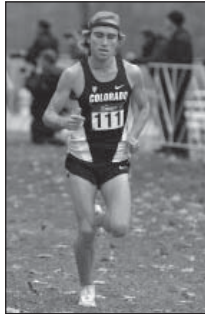
Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the 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