

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 NCAAs. 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

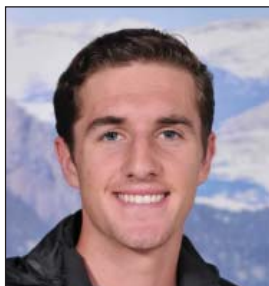
2015 All-Region

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 NCAAs, 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	46/5	23:55
at Pac-12 Championship ..	6/2	23:20
at NCAA Mtn. Region.....	19/5	30:30
at NCAA Championship	26/5	30:17

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

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.

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)

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-m2:14
 1,600-m5:02

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 NCAAs.

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 NCAAs. 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.