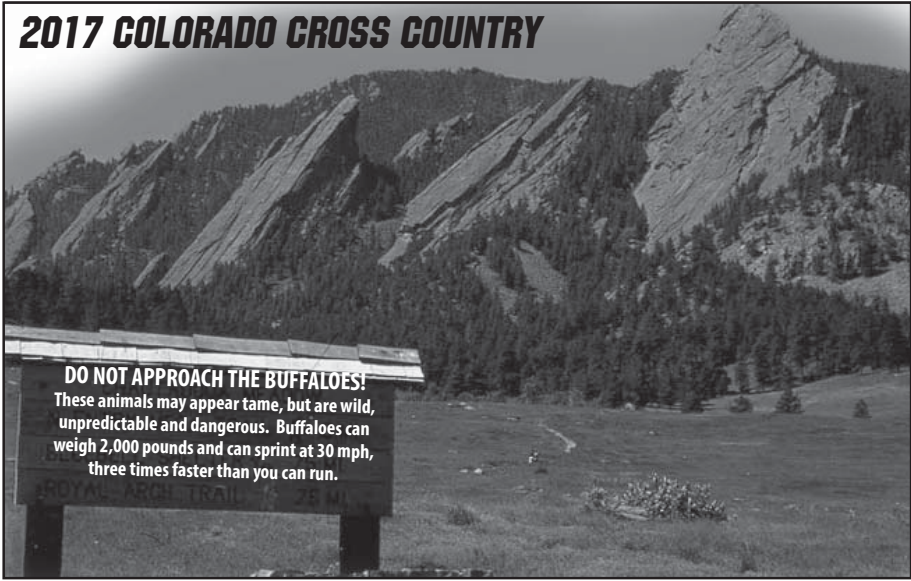


# 2017 COLORADO CROSS COUNTRY



**DO NOT APPROACH THE BUFFALOES!**  
 These animals may appear tame, but are wild,  
 unpredictable and dangerous. Buffaloes can  
 weigh 2,000 pounds and can sprint at 30 mph,  
 three times faster than you can run.

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## 2016 TEAM FINISHES

Men Women

Pac-12 Championships.....	1/41 pts.	.....1/33
NCAA Mountain Region.....	2/76 pts.	.....1/35
NCAA Championships.....	6/223 pts.	.....3/134
Letterwinners Ret/Lost .....	7/1 .....	8/2
All-Americans Ret/Lost .....	2/1 .....	4/1
Postseason Scorers Ret/Lost .....	4/1 .....	6/1
Newcomers .....	3 .....	5

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

## COLORADO AT A GLANCE

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

## CROSS COUNTRY INFORMATION

Head Coach .....	Mark Wetmore (23rd Season)
Associate Head Coach .....	Heather Burroughs
Assistant Coach/Recruiting Coordinator .....	Billy Nelson
Director of Operations .....	Karen Lechman
Cross Country Office .....	303/492-5227

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Twitter/Instagram .....	@cubuffstrack
Facebook .....	<a href="https://www.facebook.com/cubuffstrack">facebook.com/cubuffstrack</a>

## PRACTICE SCHEDULE

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

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

## 2017 SCHEDULE

Sept. 1	at Colorado State Invitational	Fort Collins, Colo.
Sept. 29	at Joe Piane Invitational	South Bend, Ind.
<b>Sept. 30</b>	<b>ROCKY MOUNTAIN SHOOTOUT</b>	<b>Buffalo Ranch @ South Campus, BOULDER</b>
Oct. 13	at Nuttycombe Wisconsin Invitational	Madison, Wis.
Oct. 14	at NCAA Pre-Nationals	Louisville, Ky.
Oct. 27	at Pac-12 Championships	Eugene, Ore.
Nov. 10	at NCAA Mountain Region Championship	Logan, Utah
Nov. 18	at NCAA Championships	Louisville, Ky.

## HEAD COACH MARK WETMORE



**MARK WETMORE**  
Head Coach, 23rd Season

Colorado head coach Mark Wetmore enters his 26th season at Colorado, his 23rd as head coach. He became CU's sixth head cross country and track and field coach on November 6, 1995. Wetmore is the only Division I cross country coach to win all four NCAA titles – men's and women's team and men's and women's individual – at the same school.

Wetmore's squads have won seven national cross country titles since 2000. The women won in 2000 while the men won the following year. Both teams captured the championship again in 2004 (CU became only the third school to win both championships in the same year). The men won again in 2006, 2013 and 2014. Wetmore has coached Adam Goucher (1998), Jorge Torres (2002) and Dathan Ritzenhein (2003) to men's individual cross country titles, while Kara Grgas-Wheeler won the 2000 women's crown. CU athletes have earned 122 All-American cross country honors during his tenure.

Wetmore has been named the NCAA Women's Cross Country Coach of the Year twice ('00 and '04) and the NCAA Men's Cross Country Coach of the Year three times ('06, '13 and '14). He is a 30-time conference coach of the year and in 2014, USA Track and Field named him the USA Co-Coach of the Year.

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

CU joined the Pac-12 Conference in the fall of 2011 and Wetmore's teams won the inaugural Pac-12 men's and women's titles – the first Pac-12 Championships in any sport. His men have won all six titles since joining the league in 2011 and his women have won three (2011, '15 and '16).

On the track, Wetmore's athletes have had a strong presence at the conference, national and professional levels. They've captured 100 individual conference titles, two conference team titles, 16 NCAA individual titles and earned 183 All-American honors. CU athletes have broken seven collegiate middle and long distance records.

CU runners' success at the professional and post-collegiate level is unmatched by any university: over two dozen Buff grads have signed professional contracts. They've combined for more than 49 USA titles in cross country, track & field and road racing. Since 2000, 10 CU athletes or graduates have earned 19 U.S. Olympic Team berths at distances from 1,500-meters through the marathon. Fourteen current and former Buffs have earned 31 spots on U.S. World Championship Track Teams and 25 have combined for 61 berths on U.S. World Championship Cross Country Teams. Since 2004, CU graduates have won seven medals in distance running at World Championships – Shayne Culpepper (bronze, 2004 Indoor 3k), Kara Goucher (silver, 2007 10k), Dathan Ritzenhein (bronze, 2009 Half Marathon), Jenny Simpson (gold, 2011 1,500m and silver, 2013 and 2017 1,500m) and Emma Coburn (gold, 2017 steeplechase). Coburn (steeplechase) and Simpson (1,500) became the first to win Olympic medals, both bronze, at the 2016 Olympic Games in Rio. They were the first American women to medal in their respective events.

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

## COACHING STAFF



**HEATHER BURROUGHS**  
Associate Head Coach,  
14th Season

Colorado's first female three-time cross country All-American, Heather Burroughs is in her 14th season on the staff of her alma mater, assisting head coach Mark Wetmore with the men's and women's teams. Since joining the staff, she has assisted with 17 conference championship teams, five NCAA Championship teams and 139 All-Americans. Burroughs was promoted to associate head coach following the 2011 season where the Buffs swept the inaugural Pac-12 Cross Country Championships to win the newly-formed conference's first two team championships.

In Burroughs' 13 track seasons assisting the men's and women's middle and long distance runners, CU athletes have made an impact at the conference, NCAA, American and world levels. To date, 51 have captured individual conference titles and 87 have earned All-American accolades. The women have won 10 individual NCAA titles and have broken six collegiate records. Since 2007, CU runners with eligibility remaining have won four U.S. outdoor titles and earned four berths on U.S. outdoor world championship teams as well as three individual berths on the U.S. Olympic Team.

Burroughs, in partnership with Wetmore, coaches CU post-collegian Jenny Simpson. Simpson, who won a silver medal in the 1,500-meter run at the 2013 IAAF World Championship, won the 2014 IAAF Diamond League title at 1,500 while earning the No. 1 world ranking in the event. At the conclusion of 2014, Burroughs and Wetmore were named the USA Track & Field Co-Coaches of the Year. Simpson became the first U.S. woman to win an Olympic medal in the 1,500, a bronze, at the 2016 Olympic Games in Rio. In 2017, Simpson earned another silver medal at the IAAF World Championships (1,500). Burroughs and Wetmore also coached CU grad Emma Coburn to five USA Outdoor titles, the American steeplechase record and the United States' first women's Olympic steeplechase medal

in Rio.

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

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

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



**BILLY NELSON**  
Assistant Coach/Recruiting  
Coordinator,  
8th Season

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

During his time at CU, Nelson has helped recruit athletes who have combined for 62 All-American honors in cross country and indoor and outdoor track. One of his athletes, Pierce Murphy, came to CU as a walk-on, and earned eight All-American awards. Nelson's athletes have also scored 96 times at either the Mountain Pacific Sports Federation or Pac-12 Outdoor Championships.

In 2015, Nelson saw four of his recruits win conference titles. Kaitlyn Benner won the MPSF indoor 5,000-meter run as a freshman and Erin Clark was first in the 3,000-meter steeplechase at the Pac-12 Championship to win her first title. On the men's side, Ammar Moussa was the first Buff since 2011 to win the 10,000 at the Pac-12 meet and Connor Winter took top honors in the steeplechase. Five of his recruits won conference titles again in 2016 and in 2017, he had eight athletes combine for 10 conference titles.

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

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

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

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

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



**Karen Lechman**  
Director of Operations,  
16th Season

Karen Lechman is in her 11th year as the director of operations, but her 16th year overall with the program as she was the administrative assistant prior to her promotion.

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

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

## ***A TRADITION OF EXCELLENCE***



## **Colorado Cross Country**

**122 All-Americans...**

**34 Conference Championships...**

**7 NCAA Team Championships...**

**4 NCAA Individual Champions...**

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

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

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

A tradition of excellence.

# 2017 SEASON OUTLOOK



With two rosters full of returning scorers and letterwinners, Colorado Head Cross Country Coach Mark Wetmore has a lot to be excited about entering the 2017 season.

The women's team brings back eight letterwinners, six of who scored in the postseason, and lost just one scorer, two-time All-American Erin Clark, who exhausted her eligibility.

Of those six returning scorers, four earned All-America honors at the 2016 NCAA Championships. Colorado was led by Dani Jones, who is entering her junior year. She paced the Buffs with a 22nd place finish in 2016 after a 49th place finish in 2015.

Following Jones across the finish at NCAAs last season were Kaitlyn Benner (26th), Mackenzie Caldwell (39th), Sage Hurta (40th), Tabor Scholl (42nd) and Makena Morley (43rd). Benner recorded her second straight All-America nod, while it was the first award for Caldwell and Hurta. Scholl and Morley just missed the honor as the top-40 are named to the All-America team. CU placed third overall at the meet, just nine points from first place Oregon and eight from second-place Michigan.

With those six returning, it can only mean good things for the Buffs this season, but Wetmore pointed out that this is an abnormal year in the cross country world.

"This women's team is good enough that on a normal year, they would be the favorite to win the NCAA Championship," he said. "But this is an abnormal year and there are some very good teams with strong returning rosters as well. Just within our conference, Oregon is the defending national champion and only lost two runners. Stanford was very high up in the NCAA and was very close behind us in the Pac-12 meet; they have everyone returning and their top runner of the year, who raced injured all of last year, and I'm sure they hope she won't this year. Plus they have a number of excellent new recruits.

"So, Stanford is very good, Oregon is very good, Washington is very good and I haven't even gotten out of our conference. Michigan finished second a year ago; I'm not sure who they return, but they are always really strong and really deep. They are a team like ours that has 12 good runners."

But Wetmore also knows that every Buff coming back is better than where there were a year ago and pointed out that Madie Boreman, who redshirted in 2016, will be racing this fall. She is fresh off a runner-up finish in the 3,000-meter steeplechase at the NCAA Championships last June and is the fourth fastest Buff in CU steeplechase history behind three Olympians, Jenny (Barringer) Simpson, Emma Coburn and Shayala Kipp.

With that much talent on the roster, it's hard to not have high expectations, especially after winning the Pac-12 and NCAA Mountain Region Championships in 2016.

"My aspirations are to win a national championship and a conference championship, but it won't be easy," Wetmore said.

The women have a very talented freshmen class, but likely those four won't compete in uniform for the Buffs this season.

"They are all talented and are all going to be very good runners for us down the road," he said. "My preference is to take our time and to develop them slowly. I wouldn't single out any one of

them, but with the depth of our veterans, it's highly unlikely we will break out one of our freshmen."

The CU men, like the women, bring back much of the roster from the 2016 team, losing just four-time All-American Ben Saarel, who has exhausted his eligibility. The Buffs return seven letterwinners, including John Dressel, a two-time All-American, and Joe Klecker, who earned his first All-America honor in 2016. Klecker was second behind Saarel for the Buffs at the NCAA meet, finishing 28th overall, while Dressel was right behind at 33rd.

Colorado also returns Ryan Forsyth, Reilly Friedman, Christian Martin and Zach Perrin from the team that placed sixth at NCAAs.

The Buffs redshirted seven freshmen last season and of those seven, six are back this year and will be fighting for a spot on the varsity roster.

"Of those six, some of them could be contributors this year," Wetmore said. "We'll have to see; because although they have been here a year, they are still relatively young. It's hard for a 19-year-old male to race 22 or 23 year-old males. There are a couple of them, but I've got to get them back in town and get some work done under my gaze before I can tell."

Like the women's team, Wetmore's aspirations are very similar for the men.

"What I said about the women is true as well for the men," he said. "The conference is deep. The rosters of Stanford and Oregon are formidable. Washington is always good. Last year UCLA was a surprising team. They've had some staff changes; I'm not sure how that will affect them, but they might need a year or two to get their feet back under them. Nationwide there are many excellent teams. Also in our region, Northern Arizona won the NCAA last year. BYU is very good. Arkansas was ahead of us at the NCAA and have a lot of people back. Our men want to defend their Pac-12 title and they want to contend at the NCAA."

Colorado will open up the season on September 1 at the Colorado State Invitational in Fort Collins, Colo. After that, the Buffs will have almost a month to prepare for the Rocky Mountain Shootout, its only home meet of the season, on Sept. 30.

This year's Pac-12 Championship will be October 27 in Eugene, Ore. The Buffs will be looking to sweep the team titles for the third straight year, but doing so won't be an easy task with the talent in the Pac-12, including a talented pair of Oregon teams.

"Well it's been proven and I don't quite understand why or how, but there is a home course advantage in cross country," Wetmore said. "The reason I say I don't quite understand it is because we don't run our Pac-12 Championship on the normal home course. When we hosted in 2013, we ran it on a brand new course that we had never raced on before. UCLA, Cal, all the recent Pac-12 Championships have been on brand new created courses that were not the home course. But, in the case of Oregon, out in Springfield, they're running on a course that they've run on a few times a year for a few years. So, they'll have an advantage."

CU's men have won all six league titles, while the women have won three since joining the Pac-12 in 2011.

NCAA Mountain Region Championships will be in Logan, Utah, this year on Nov. 10. And for the third time in six years, the NCAA Championships will take place in Louisville, Ky. on Nov. 19.



## A TRADITION OF EXCELLENCE

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

Program	'94	'95	'96	'97	'98	'99	'00	'01	'02	'03	'04	'05	'06	'07
<b>COLORADO</b>	<b>6</b>	<b>6</b>	<b>9</b>	<b>6</b>	<b>10</b>	<b>15</b>	<b>3</b>	<b>9</b>	<b>9</b>	<b>11</b>	<b>2</b>	<b>7</b>	<b>3</b>	<b>30</b>
Stanford	13	14	2	3	4	7	7	7	3	2	11	7	5	20
Oregon	--	12	--	16	17	25	--	--	--	--	--	--	--	3
Wisconsin	13	24	14	9	11	6	13	--	--	28	--	21	6	25
Arkansas	13	13	16	15	7	3	14	20	20	--	19	21	10	36
Michigan	9	18	--	11	15	20	--	--	--	--	32	--	--	45
Georgetown	19	14	--	--	23	18	12	16	16	23	--	43	40	41
NC State	--	29	29	17	27	22	22	11	--	16	28	--	35	--
Providence	--	9	29	22	24	29	12	20	--	27	24	--	16	53
Villanova	10	18	21	--	--	38	26	32	--	22	--	--	--	--



2017 COLORADO CROSS COUNTRY

## A TRADITION OF EXCELLENCE

Con't	'08	'09	'10	'11	'12	'13	'14	'15	'16	Total	Avg.
COLO.	--	26	21	14	27	8	8	4	9	239	10.8
Stan.	11	26	17	15	19	30	16	17	7	263	11.4
Ore.	3	11	18	--	21	19	12	7	10	162	12.5
Wis.	25	--	--	25	--	30	20	--	22	292	18.3
Ark.	43	--	--	--	28	27	33	15	24	377	19.8
Mich.	40	--	--	35	28	--	29	15	--	268	22.3
G'town	19	43	33	18	27	--	21	30	--	413	22.9
NC St.	--	--	44	33	--	--	--	33	26	337	24.1
Prov.	33	31	31	--	--	17	26	--	37	414	24.3
'Nova	37	15	24	16	47	37	--	--	--	343	26.4

(-- had one team (or none) advance to the NCAA Championship)



# 2017 ROSTERS

## COLORADO WOMEN

Name	Ht	Yr	Exp.	Hometown (High School/College)
Sophie Baird	5-9	So.	TR	American Fork, Utah (American Fork/UCLA)
Kaitlyn Benner*	5-6	Sr.	3L	Superior, Colo. (Monarch)
Holly Bent	5-4	Fr.	HS	Louisville, Colo. (Monarch)
Madie Boreman	5-9	R-Fr.	RS	Round Rock, Texas (Rouse)
Olivia Brooks	5-4	Fr.	HS	Bend, Ore. (Summit)
Mackenzie Caldwell*	5-3	Jr.	2L	Columbus, Ind. (Columbus North)
Valerie Constien	5-6	Jr.	1L	Edwards, Colo. (Battle Mountain)
Sage Hurta*	5-8	So.	1L	Hamilton, N.Y. (Hamilton Central)
Kate Intile	5-4	Fr.	HS	Tualatin, Ore. (Tualatin)
Baylee Jones	5-4	Fr.	HS	Phoenix, Ariz. (Desert Vista)
Dani Jones*	5-5	Jr.	2L	Phoenix, Ariz. (Desert Vista)
Annie Kelly	5-6	Sr.	1L	Alpharetta, Ga. (Milton/Mississippi)
Kaleigh Kroeker	5-2	So.	VR	Colorado Springs, Colo. (Pine Creek)
Elissa Mann	5-10	So.	VR	Louisville, Colo. (Monarch)
Karina Mann	5-9	So.	VR	Louisville, Colo. (Monarch)
Lucy May	5-4	Sr.	2L	St. Louis, Mo. (St. Joseph's Academy)
Makena Morley*	5-3	Jr.	1L	Bigfork, Mont. (Bigfork/Montana)
Melanie Nun	5-4	Sr.	3L	Broomfield, Colo. (Legacy)
Abigail Regner	5-5	So.	VR	Basking Ridge, N.J. (Ridge)
Brianna Schwartz	5-8	So.	VR	Pittsburgh, Pa. (Shaler Area)
Cayla Seligman	5-2	So.	1L	Issaquah, Wash. (Issaquah)
Tabor Scholl*	5-8	So.	1L	Kremmeling, Colo.
Taylor Tuttle	5-3	Jr.	1L	Snellville, Ga. (Providence Christian/Georgia)

## COLORADO MEN

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

\*-indicates returning 2016 postseason scorers



# COLORADO BUFFALOES



**SOPHIE BAIRD**  
Sophomore • TR  
American Fork, Utah  
(American Fork/UCLA)

**AT UCLA:** Baird raced three times as a freshman for the Bruins. She placed 64th overall at the Roy Griak Invitational and went on to place 120th at the Nuttycombe Wisconsin Invitational. At the Pac-12 Championships, Baird was 44th, finishing in 21:49.5. She did not compete during the indoor track season, but did run outdoors for UCLA. Baird recorded a season-best of 4:33.86 in the 1,500 to finish sixth at the Jim Bush Collegiate Invitational.

**HIGH SCHOOL:** Baird was an all-state selection in cross country in 2015 and on the track in 2016. As a senior on the cross country team in 2015, she was named the team's MVP after winning the regional meet and placing sixth at the state championship. Her team also won the state meet for the second straight time that year. Baird also clocked a 15th place finish at the Nike Southwest Regional meet where her team won the title. On the track as a senior, she competed at the state meet in three events. Baird was seventh in the 1,600 and 3,200-meter runs and was 13th in the 800.

**HIGH SCHOOL BESTS:** 800-meters: 2:18.77; 1,600-meters: 5:07.38; 3,200-meters: 11:11.19.

**IN THE CLASSROOM:** Baird intends to major in business management.

**PERSONAL:** Sophie Camille Baird was born on March, 23, 1998 in Orem, Utah. She is the daughter of Daron and Camie Baird and has three sisters, Addy, Hazel and Millie. Baird enjoys cooking, reading and skiing, as well as spending time with her family and played the violin for eight years.

## TRACK PRs

1,500-m .....	4:33.86
3,000-m .....	9:57.68
5,000-m .....	17:37.95

# COLORADO BUFFALOES



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

**2016:** Benner had another great season for the Buffs, earning her second straight All-America honor with a 26th place finish at nationals as Colorado earned a third-place team finish. She played a major role in CU's success during the campaign, which saw the Buffs win the Pac-12 and NCAA Mountain Region Championships, as well as NCAA Pre-Nationals and the Rocky Mountain Shootout. Benner's first uniformed race of the season was the RMS, where she placed second behind teammate Erin Clark, finishing with the fifth fastest time in course history (20:02). She went on to place 12th at NCAA Pre-Nationals, again as CU's second harrier. Benner was fourth overall at Pac-12, recorded all-conference first team honors, and was sixth at regionals to record all-region recognition.

**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 has recorded a GPA greater than 3.90 during her time at CU and has been named to the Pac-12 All-Academic First Team twice (2015 and '16).

**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.

## Results

2016	Fin/CU	Time
+ CSU Invite	+4	17:36
Rocky Mtn. Shootout	2/2	20:02
at Pre-Nationals	12/2	20:29
at Pac-12 Championship	4/3	20:29
at NCAA Mtn. Region	6/2	20:21
at NCAA Championship	26/2	20:16
+ ran unattached		

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

- 2015, 16 All-American
- 2014, 15, 16 All-Region
- 2015, 16 All-Pac-12 First Team
- 2015, 16 Pac-12 All-Academic First Team
- 2014, 15, 16 USTFCCCA All-Academic

## TRACK PRs

800-m	2:14.30 (I)
1,500-m	4:25.32 (O)
Mile	4:53.67 (I)
3,000-m	9:09.66 (I)
5,000-m	15:56.52 (O)

# COLORADO BUFFALOES



**HOLLY BENT**  
Freshman • HS  
Louisville, Colo.  
(Monarch)

**HIGH SCHOOL:** Bent raced four seasons for Monarch High School, lettering all four seasons. As a senior, she placed 13th at the Colorado High School Athletic Association 5A State Championships after an 11th place finish at regionals. Bent was also 12th at the Front Range League Championships. She qualified for the Nike Cross Country Regional Championships where she finished 52nd overall. Bent also had a very successful season as a sophomore, winning the state regional meet en route to a fourth place finish at the state championship. On the track, she recorded three personal records in 2017. She clocked 2:15.60 in the 800-meters, 5:05.94 in the 1,600 and 10:54.62 in the 3,200. Bent competed in all three events at the state championships, clocking a fifth-place finish in the 1,600 (with her PR time of 5:05.94) and a 10th-place finish in the 800, finishing just under her PR (2:16.88).

**HIGH SCHOOL BESTS:** 800-meters: 2:15.60; 1,600-meters: 5:05.94;

3,200-meters: 10:54.62.

**IN THE CLASSROOM:** Bent intends to major in journalism, but is also interested in Spanish and political science.

**PERSONAL:** Holly Frances Bent was born on December 21, 1998 in Sydney, Australia. She is the daughter of Robert Bent and Nicole Harden-Bent. Her father was a goalkeeper in the Scottish professional league. Bent is bilingual (Spanish and English) and has four passports (United States, Australia, New Zealand and United Kingdom). She enjoys skiing, traveling, camping and writing children's books. Bent also spent one summer teaching English to children at the School of Hope in Jocotenango, Guatemala.

## TRACK PRs

800-m .....	2:15.60
1,600-m .....	5:05.94
3,200-m .....	10:54.62

# COLORADO BUFFALOES



## MADIE BOREMAN

Freshman • RS  
Round Rock, Texas  
(Rouse)

**2016:** Redshirt. Did not compete.

**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 state 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: 4:54.40; 3,200-meters: 10:24.70.

**IN THE CLASSROOM:** Boreman is majoring in psychology. She has earned a 3.75 GPA after her first year at CU.

**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.

### Results

**2016** ..... Fin/CU .... Time  
at CSU Invite..... +13 .....18:05  
at Metro St. Invite ..... +15 .....23:39  
\* Redshirt Season

### TRACK PRs

800-m ..... 2:07.51 (0)  
1,500-m ..... 4:19.61 (0)  
Mile..... 4:41.41 (1)  
Steeplechase..... 9:46.48 (0)

# COLORADO BUFFALOES



## OLIVIA BROOKS

Freshman • HS  
Bend, Ore.  
(Summit)

**HIGH SCHOOL:** Brooks, a four-year letterwinner in cross country and track and field at Summit High School, owns the mile and 3,000-meter schools records. She set the mile record, 4:28.82, at Oregon Relays, where she placed third overall. Brooks set her 3k record en route to winning the Oregon State Athletic Associate 5A State Championship. She also won the 1,500 (4:30.71) and was part of the 4x400 (3:58.64) at the state meet. Brooks saw a lot of success at the state championships in prior years as well. She won the 1,500 title in 2015 and '16, the 3k in 2015 and '16 and was part of the 2016 4x400 state championship team. On the cross country course, she was very successful, winning the state championship her sophomore, junior and senior years. As a freshman, she was the runner-up. Brooks recorded a pair of top-10 finishes at the Nike Cross Northwest Region Championships, placing seventh as a junior and eighth as a senior.

**HIGH SCHOOL BESTS:** 800-meters: 2:13.29; 1,500-meters: 4:28.82; mile:

4:51.16; 3,000-meters: 9:50.94.

**IN THE CLASSROOM:** Brooks is undecided on a major.

**PERSONAL:** Olivia Grace Brooks was born on March 10, 1999 in Salinas, Calif. She is the daughter of Ken and Stephanie Brooks of Bend, Ore., and has three siblings, Austin, Colton and Emma.

### TRACK PRs

800-m .....	2:13.29
1,500-m .....	4:28.82
Mile .....	4:51.16
3,000-m .....	9:50.94

# COLORADO BUFFALOES



**MACKENZIE CALDWELL**  
**Junior • 2L**  
**Columbus, Ind.**  
**(Columbia North)**

**2016:** Caldwell returned to the CU line-up as a redshirt sophomore and made a huge impact. She earned her first All-America honor at NCAAs, finishing 39th overall as CU's No. 3 runner, helping CU to a third-place team finish. Caldwell received all-region honors after finishing eighth overall (No. 4 for CU), as the Buffs won the NCAA Mountain Region Championship. Colorado also took home the team title at the Pac-12 Championships where Caldwell placed 16th overall.

**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 NCAAs 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 accounting and owns a 3.87 GPA. She was named to the 2016 Pac-12 All-Academic First Team as a redshirt sophomore in 2016.

**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 played 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).

## Results

**2016** ..... **Fin/CU.... Time**  
 at CSU Invite.....7/2.....17:36  
 at Pac-12 Championship ..16/6.....21:04  
 at NCAA Mtn. Region.....8/4.....20:21  
 at NCAA Championship ....39/3.....20:24

**2015** ..... **Fin/CU.... Time**  
 at CSU Invite.....+8.....17:45  
 Rocky Mtn. Shootout.....+28.....22:50  
*\*Redshirt Season*

**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  
*+ Ran Unattached*

## HONORS

2016 All-American  
 2015 All-Region  
 2016 Pac-12 All-Academic First Team  
 2016 USTFCCCA All-Academic

## TRACK PRs

800-m .....2:15.79 (O)  
 1,500-m .....4:26.51 (O)  
 Mile.....5:05.00 (I)  
 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 • RS  
 Pomona, Calif.  
 (Baldwin Park)

**2016:** Redshirt. Did not compete.

**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 is an integrative physiology major.

**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.

Results		
2016	Fin/CU	Time
at CSU Invite.....	+62	15:58
Rocky Mtn. Shootout.....	+13	26:17
* Redshirt Season		

TRACK PRs	
1,500-m.....	4:08.46 (0)
3,000-m.....	8:21.46 (1)
5,000-m.....	14:35.04 (0)

# COLORADO BUFFALOES



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

**2016:** Did not compete.

**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.

## Results

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
+ <i>Ran Unattached</i>		

## HONORS

2015 All-Region

## TRACK PRs

800-m .....	2:19.23 (0)
1,500-m .....	4:33.53 (0)
Mile .....	4:51.06 (1)
3,000-m .....	9:36.74 (1)
5,000-m .....	16:49.51 (0)
Steeplechase .....	10:05.65 (0)



# COLORADO BUFFALOES



## JOHN DRESSEL

Junior • 2L  
Colbert, Wash.  
(Mt. Spokane)

**2016:** Dressel had another great season for the Buffs. Although he raced the Rocky Mountain Shootout unattached, he won with the sixth best time in course history (24:38). Dressel's first uniformed race was NCAA Pre-Nationals, where he was 27th overall. He helped the team win its sixth consecutive Pac-12 team title, finishing sixth overall. At regionals, Dressel moved up one spot to fifth overall. He earned his second All-America honor at nationals, finishing 33rd. During the season, Dressel also earned All-Pac-12 First Team and all-region honors.

**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 earned all-region honors two weeks later, placing 19th overall. Dressel 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 with an emphasis in marketing.

**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.

### Results

2016	Fin/CU	Time
at CSU Invite.....	+8	15:01
Rocky Mtn. Shootout.....	+1	24:38
at Pre-Nationals .....	27/3	24:31
at Pac-12 Championship ..	6/3	24:18
at NCAA Mtn. Region.....	5/2	31:00
at NCAA Championship ....	33/3	30:22

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
+ Ran Unattached		

### HONORS

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

### TRACK PRs

800-m .....	1:55.15 (I)
1,500-m.....	3:45.49 (O)
Mile.....	4:14.37 (I)
3,000-m.....	7:51.44 (I)
5,000-m.....	13:42.57 (I)
10,000-m.....	29:20.97 (O)

# COLORADO BUFFALOES



**CONNOR DUNNE**  
 Freshman • RS  
 San Clemente, Calif.  
 (San Clemente)

**2016:** Redshirt. Did not compete.

**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 is majoring in psychology.

**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.

**Results**

2016 .....	Fin/CU....	Time
at CSU Invite.....	+35 .....	15:34
Rocky Mtn. Shootout.....	+19 .....	26:34
+ Ran Unattached		

**TRACK PRs**

800-m .....	1:50.41
1,500-m .....	3:54.83 (0)
Mile.....	4:04.59

# COLORADO BUFFALOES



**RYAN FORSYTH**  
**Junior • 2L**  
**Severna Park, Md.**  
**(Severna Park)**

**2016:** Forsyth had a breakout season as a sophomore for CU. He won the Colorado State Invite to start the season and followed that up with a fourth place finish at the Rocky Mountain Shootout. Forsyth led the Buffs at NCAA Pre-Nationals, finishing 15th overall, and was ninth at Pac-12s, helping CU win its sixth straight team championship. Forsyth's performance also earned him All-Pac-12 Second Team honors. At regionals, he was 27th, before finishing the season 74th at nationals.

**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. He earned Pac-12 All-Academic honorable mention honors in 2016.

**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

## Results

**2016** ..... **Fin/CU** .... **Time**  
 at CSU Invite..... 1/1 ..... 14:58  
 Rocky Mtn. Shootout..... 4/3 ..... 25:04  
 at Pre-Nationals ..... 15/1 ..... 24:21  
 at Pac-12 Championship .. 9/4 ..... 24:40  
 at NCAA Mtn. Region..... 27/6 ..... 31:33  
 at NCAA Championship .... 74/4 ..... 30:43

**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.

**2014** ..... **Fin/CU** .... **Time**  
 Rocky Mtn. Shootout..... +12 ..... 25:41  
 \* Redshirt Season

## HONORS

2016 All-Pac-12 Second Team  
 2016 Pac-12 All-Academic honorable mention

## 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 ..... 13:57.80 (I)  
 10,000-m ..... 29:32.38 (0)

# COLORADO BUFFALOES



**REILLY FRIEDMAN**  
**Sophomore • 1L**  
**Atlanta, Ga.**  
**(The Galloway School)**

**2016:** Friedman earned a spot on the varsity roster as a redshirt freshman. He started the season 32nd at the Colorado State Invite, but improved to 14th at the Rocky Mountain Shootout a month later. Friedman went on to race at the Bradley Classic, finishing fifth as CU's No. 2. At the Pac-12 Championships, he was 32nd, finishing as CU's sixth harrier. Friedman served as the alternate at regionals, but ran a 217th place finish at nationals to finish the season.

**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; 10,000-meters: 32:24.

**IN THE CLASSROOM:** Friedman is majoring in mathematics. He earned Pac-12 All-Academic honorable mention recognition in 2016.

**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.

## Results

<b>2016</b>	<b>Fin/CU</b>	<b>Time</b>
at CSU Invite.....	32/10	15:32
Rocky Mtn. Shootout.....	14/7	26:19
at Bradley Classic.....	5/2	24:28
at Pac-12 Championship ..	32/6	25:09
at NCAA Mtn. Region.....	Alt.	
at NCAA Championship ....	217/7	31:55

<b>2015</b>	<b>Fin/CU</b>	<b>Time</b>
at CSU Invite.....	+31	15:35

\* Redshirt Season

## HONORS

2016 Pac-12 All-Academic honorable mention

## TRACK PRs

1,500-m .....	4:05.77 (0)
3,000-m .....	8:49.49 (1)
5,000-m .....	14:15.88 (0)
10,000-m .....	29:52.46 (0)

# COLORADO BUFFALOES



**ETHAN GONZALES**  
 Junior • 1L  
 Westminster, Colo.  
 (Broomfield)

**2016:** Gonzales had a successful sophomore season, earning a spot on the varsity roster. He started the campaign by finishing seventh overall at the Colorado State Invitational before placing ninth at the Rocky Mountain Shootout. Gonzales was CU's sixth man at NCAA Pre-Nationals, placing 54th overall. He moved up to 52nd at the Pac-12 Championships and was 49th at regionals. Gonzales served as CU's alternate at nationals.

**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. He was also recruited by Princeton, Notre Dame, Portland, California and Memphis.

**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 3.00 and was named to the 2016 Pac-12 All-Academic honorable mention team.

**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.

**Results**

<b>2016</b> .....	<b>Fin/CU</b> ....	<b>Time</b>
at CSU Invite.....	7/5 .....	15:01
Rocky Mtn. Shootout.....	9/5 .....	25:47
at Pre-Nationals .....	54/6 .....	24:56
at Pac-12 Championship ..	52/8 .....	25:56.6
at NCAA Mtn. Region.....	49/7 .....	32:15
at NCAA Championship .....		Alt.

<b>2014</b> .....	<b>Fin/CU</b> ....	<b>Time</b>
Rocky Mtn. Shootout.....	+13 .....	25:41
<i>* Redshirt Season</i>		

**HONORS**  
 2016 Pac-12 All-Academic honorable mention

**TRACK PRs**

1,500-m .....	4:00.95 (0)
3,000-m .....	8:30.88 (1)
5,000-m .....	14:05.63 (0)
10,000-m .....	29:33.47 (0)

# COLORADO BUFFALOES



**EDUARDO HERRERA**  
**Freshman • RS**  
**Madera, Calif.**  
**(Madera South)**

**2016:** Redshirt. Did not compete.

**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 is undecided on his major heading into his redshirt freshman season.

**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.

Results		
2016	Fin/CU	Time
at CSU Invite	+9	15:07
Rocky Mtn. Shootout	+11	26:13
* Redshirt season		

TRACK PRs	
800-m	1:53.85
1,500-m	3:52.41 (0)
Mile	4:04.99
3,000-m	8:04.96 (I)

# COLORADO BUFFALOES



**CHRIS HERRICK**  
**Junior • VR**  
**Missoula, Mont.**  
**(Hellgate)**

**2016:** Herrick raced three times for CU as a sophomore. He placed 25th overall at the season opener, the CSU Invite. Herrick followed up that performance with an 18th place finish at the Rocky Mountain Shootout and finished the season 49th at the Bradley Classic.

**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. Herrick was also recruited by Portland, Northern Arizona, Washington State and Oklahoma.

**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 3.40 and was named to the 2016 Pac-12 All-Academic honorable mention team.

**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.

## Results

**2016** ..... **Fin/CU**.... **Time**  
 at CSU Invite..... 25/9 ..... 15:24  
 Rocky Mtn. Shootout..... 18/8 ..... 26:32  
 at Bradley Classic..... 49/4 ..... 25:19

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

**\*2014**..... **Fin/CU**.... **Time**  
 Rocky Mtn. Shootout..... +32 ..... 26:48  
 \* *Redshirt season*

## HONORS

2016 Pac-12 All-Academic honorable mention

## TRACK PRs

1,500-m ..... 4:07.06 (0)  
 Mile..... 4:26.11 (I)  
 3,000-m ..... 8:25.70 (I)

# COLORADO BUFFALOES



**SAGE HURTA**  
**Sophomore • 1L**  
**Hamilton, N.Y.**  
**(Hamilton Central)**

**2016:** Hurta earned a spot on the varsity roster as a true freshman. After running a pair of races unattached, she entered the CU line-up at NCAA Pre-Nationals where she recorded a 36th place finish and her first points for the Buffs as their fifth runner. Hurta was also CU's No. 5 runner at the Pac-12 Championships where she was 15th overall and helped CU to its second straight team title. She served as the team's alternate at regionals, but was back in the line-up at nationals where she recorded her first All-American honor with a 40th place finish while CU took third in the team race.

**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 the New Balance Outdoor Nationals. Academically, Hurta was named a National Merit Scholarship Recipient and was her class's 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 is majoring in chemical and biological engineering and owns a perfect 4.00 GPA.

**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.

## Results

2016	Fin/CU	Time
at CSU Invite.....	+2	17:35
at Metro St. Invite .....	+1	21:24
at Pre-Nationals .....	36/5	20:52
at Pac-12 Championship ..	15/5	21:01
at NCAA Mtn. Region.....		Alt.
at NCAA Championship ...	40/4	20:25
<i>+ Ran Unattached</i>		

## HONORS

2016 All-American  
 2016 USTFCCCA All-Academic

## TRACK PRs

800-m .....	2:06.37
1,500-m .....	4:18.42 (0)
Mile.....	4:38.39 (1)
3,000-m .....	10:06.67
Steeplechase.....	10:07.87 (0)



## COLORADO BUFFALOES



**KATE INTILE**  
Freshman • HS  
Tualatin, Ore.  
(Tualatin)

**HIGH SCHOOL:** Intile recorded a pair of top-10 finishes at the Oregon State Athletic Association 6A Cross Country Championships. She raced to a seventh place finish as a junior and was ninth as a senior. Those same years, Intile was also very successful at the 6A-4 Three Rivers League Championship, recording a runner-up finish in 2016 after winning the race in 2015. After her final high school cross country race in 2016, Intile recorded a 46th place finish at the Nike Cross Northwest Regional. She was also a talented track athlete, competing in several events at the state championships. As a sophomore in 2015, Intile was 11th in the 1,500 and was 13th in the 800. She also finished 11th in the 1,500 as a junior and recorded a top-10 finish in the 3,000. As a senior, Intile helped the Tualatin High School 4x400-meter relay team to a state championship berth, where the relay finished sixth overall. Individually, she was sixth in the 1,500 (her best finish in the event at state) and was 11th in the 3,000. Intile recorded her personal bests in both events, running 4:41.16 in the 1,500 and 10:10.63 in the 3,000.

**HIGH SCHOOL BESTS:** 800-meters: 2:21.24; 1,500-meters: 4:41.16; Mile: 5:09.09; 3,000-meters: 10:10.63.

**IN THE CLASSROOM:** Intile is currently undecided on a major.

**PERSONAL:** Katherine Lea Intile was born on October 28, 1998 in Oregon City, Ore., to Joe and Donna Intile. She has one brother, Joseph, and one sister, Kelly. Besides running, Intile enjoys skiing, hiking, backpacking and playing piano.

### TRACK PRs

800-m .....	2:21.24
1,500-m .....	4:41.16
Mile .....	5:09.09
3,000-m .....	10:10.63

# COLORADO BUFFALOES



**BAYLEE JONES**  
**Freshman • HS**  
**Phoenix, Ariz.**  
**(Desert Vista)**

**HIGH SCHOOL:** Jones was a very successful distance runner in high school, earning eight letters in cross country (four) and track and field (four) for Desert Vista High School. DVHS won the AIA Division I State Championships three out of four years (2013, '15 and '16). Jones recorded a second place finish as a freshman in 2013 and was third as a sophomore ('14) and senior ('16). As a junior, Jones was 17th at state. She also ran at Nike Cross Country Southwest Regional Championships, earning a trio of top-30 finishes. Jones was 18th in 2013, 19th in 2014 and 27th in 2016. Her team advanced to Nike Cross Nationals twice, placing fifth in 2014 and sixth in '16. Individually she finished 53rd overall in '14 and in 2016 she was 67th. On the track, Jones continued to excel. She was the 2015 state runner-up in the 1,600 (4:58.88) and 3,200 (10:36.68) and was part of the 4x800-meter relay team which won the state title in 9:01.51. Individually, Jones earned 11 top-10 finishes at state and was part of two 4x800 relays that finished in the top two (2015 and '16). She earned first team all-state track and cross country honors all

four years and was selected the DVHS Female Athlete of the Year following her junior season. Jones was also recruited by Michigan State, Georgetown and Arkansas.

**HIGH SCHOOL BESTS:** 800-meters: 2:15.17; 1,500-meters: 4:47.06; 1,600-meters, 4:55.78; mile: 4:57.53; 3,000-meters: 9:56.93; 3,200-meters: 10:36.68.

**IN THE CLASSROOM:** Jones intends to major in business but is also interested in writing, marketing and Spanish.

**PERSONAL:** Baylee Renee Jones was born on April 12, 1999 in Fort Wayne, Ind. to Darcy and Tana Jones, who both ran at Indiana State. She has one sister, Dani, who is a member of the Colorado cross country and track and field team. Both of her parents ran track and cross country at Indiana State. She enjoys writing and traveling. Jones is fluent in Spanish and has served as a translator for families at community churches in Phoenix

TRACK PRs	
800-m .....	2:15.17
1,500-m .....	4:47.06
1,600-m .....	4:55.78
Mile .....	4:57.53
3,000-m .....	9:56.93
3,200-m .....	10:36.68

# COLORADO BUFFALOES



## DANI JONES

Junior • 2L  
Phoenix, Ariz.  
(Desert Vista)

**2016:** Jones had an outstanding sophomore season, starting right out of the gate. She was fourth overall (and fourth on the team) for CU at the Rocky Mountain Shootout, finishing in 20:17, the 11th fastest time in course history. Two weeks later at pre-nationals, Jones was third for the Buffs, placing 17th overall. She improved again in her next race, placing third overall (CU's No. 2) at the Pac-12 Championships, helping the Buffs to their second straight team title. Jones was 12th at regionals but had her best race of the season at NAAs, where she led the team with her 22nd place finish to record her first All-America honor. She also earned All-Pac-12 First Team and All-Mountain Region recognition during the season.

**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 a psychology and speech, language and hearing sciences double major. She owns a GPA greater than 3.00 and was selected to the Pac-12 All-Academic honorable mention team in 2016.

**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.

### Results

2016	Fin/CU	Time
at CSU Invite.....	+6	17:36
Rocky Mtn. Shootout.....	4/4	20:17
at Pre-Nationals .....	17/3	20:31
at Pac-12 Championship ..	3/2	20:25
at NCAA Mtn. Region.....	12/6	20:28
at NCAA Championship ...	22/1	20:15

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

+ Ran Unattached

### HONORS

2016 All-American  
2015, 16 All-Region  
2016 All-Pac-12 First Team  
2016 Pac-12 All-Academic honorable mention

### TRACK PRs

800-m .....	2:04.35 (0)
1,500-m.....	4:10.74 (0)
Mile.....	4:38.68 (1)
3,000-m.....	9:02.22 (1)
5,000-m.....	16:12.76 (0)

# COLORADO BUFFALOES



**ANNIE KELLY**  
Senior • 2L  
Alpharetta, Ga.  
(Milton/Mississippi)

**2016:** Kelly only ran twice for CU. She started the season by finishing eighth overall at the Metro State Invitational as CU's No. 4 harrier. Kelly's other race was a 19th place performance at the Bradley Classic where she was again the fourth Buff across the finish.

**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 and sociology double 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.

## Results

**2016** ..... **Fin/CU.... Time**  
at Metro St. Invite ..... 8/4 ..... 22:44  
at Bradley Classic..... 19/4 ..... 21:22

**2015** ..... **Fin/CU.... Time**  
at CSU Invite..... +22 ..... 18:20  
Rocky Mtn. Shootout..... +9 ..... 21:37  
\* Redshirt Season

**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 (0)  
3,000-m ..... 9:26.97 (1)  
5,000-m ..... 16:12.36 (0)  
10,000-m ..... 33:39.35 (0)

# COLORADO BUFFALOES



**JOE KLECKER**  
**Sophomore • 1L**  
**Minnetonka, Minn.**  
**(Hopkins)**

**2016:** Klecker had an outstanding redshirt freshman season, picking up his first All-America and all-region honors. His season started at the CSU Invite where he placed fourth overall. Klecker clocked a second place finish at the Rocky Mountain Shootout, finishing just four seconds behind teammate John Dressel (who was racing unattached). The next race, pre-nationals, saw Klecker placing 24th (CU's No. 2), before earning a 19th place finish at Pac-12s as the Buffs fifth scorer. With his finish, the Buffs were able to capture their sixth straight conference title. He really excelled when the meets moved from 8k to 10k in the postseason. Klecker led the team at regionals, placing third overall. He ended his season 28th at nationals for his first All-America honor.

**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. Minnesota, Furman, Georgetown and Tulsa all recruited Klecker before he chose CU.

**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 is a biochemistry major. He has recorded a GPA greater than 3.40 and was named to the 2016 Pac-12 All-Academic honorable mention team.

**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. Three of his siblings 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.

## Results

2016	Fin/CU	Time
at CSU Invite.....	4/3	15:00
Rocky Mtn. Shootout.....	2/1	24:42
at Pre-Nationals .....	24/2	24:28
at Pac-12 Championship ..	19/5	24:56
at NCAA Mtn. Region .....	3/1	30:53
at NCAA Championship .....	28/3	30:16

2015	Fin/CU	Time
at CSU Invite.....	+6	15:02
Rocky Mtn. Shootout.....	+9	25:36

*\* Redshirt Season*

## HONORS

- 2016 All-American
- 2016 All-Region
- 2016 Pac-12 All-Academic honorable mention

## TRACK PRs

800-m .....	1:55.26 (0)
1,500-m .....	3:41.69 (0)
Mile .....	4:01.72 (1)
3,000-m .....	7:51.43 (1)
5,000-m .....	13:42.64 (0)

# COLORADO BUFFALOES



**ELISSA MANN**  
**Sophomore • VR**  
**Louisville, Colo.**  
**(Monarch)**

**2016:** Did not compete.

**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. Utah and Nebraska-Omaha also recruited Mann.

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

**IN THE CLASSROOM:** Mann is majoring in integrative physiology.

**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).

Results		
2015	Fin/CU	Time
at CSU Invite	+41	18:57
Rocky Mtn. Shootout	+21	22:29
<i>* Redshirt Season</i>		

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

# COLORADO BUFFALOES



**KARINA MANN**  
**Sophomore • VR**  
**Louisville, Colo.**  
**(Monarch)**

**2016:** Mann competed in three races for the Buffs as a redshirt freshman, starting off with a 30th place finish at the Colorado State Invitational. Mann followed that up with a ninth place finish at the Rocky Mountain Shootout before placing 60th overall at the Bradley Classic.

**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 ecology and evolutionary biology major. She owns a GPA greater than 3.30 and was named to the 2016 Pac-12 All-Academic honorable mention team.

**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.

## Results

**2016** ..... **Fin/CU.... Time**  
 at CSU Invite.....30/6 ..... 18:55  
 Rocky Mtn. Shootout.....9/6 .....22:31  
 at Bradley Classic.....60/6 .....22:03

**2015** ..... **Fin/CU.... Time**  
 at CSU Invite.....+33 ..... 18:57  
 Rocky Mtn. Shootout.....+19 .....22:28  
 \*Redshirt Season

## HONORS

2016 Pac-12 All-Academic honorable mention

## TRACK PRs

400-m ..... 59.10 (0)  
 800-m ..... 2:08.88 (0)

# COLORADO BUFFALOES



**CHRISTIAN MARTIN**  
Senior • 2L  
Littleton, Colo.  
(Heritage/Nebraska)

**2016:** Martin started his junior season with a 10th place finish at the CSU Invite before leading CU at the Bradley Classic with a fourth place finish. That finish earned him a spot on the varsity team where he ran to a 42nd place finish at the Pac-12 Championship. He improved to 37th at regionals before finishing the season with a 192nd place finish at nationals.

**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 international affairs major. He owns a GPA greater than 3.50 and is a two-time selection to the Pac-12 All-Academic honorable mention team (2015 and '16).

**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.

## Results

2016	Fin/CU	Time
at CSU Invite.....	10/6	15:09
at Bradley Classic.....	4/1	24:27
at Pac-12 Championship..	42/7	25:28
at NCAA Mtn. Region.....	37/6	31:50
at NCAA Championship ....	192/6	31:36

2015	Fin/CU	Time
at CSU Invite.....	17/4	15:20
Rocky Mtn. Shootout.....	11/7	25:41
at Pre-Nationals .....	+6	24:49
at Pac-12 Championship ..	68/10	25:18

+ Ran Unattached

## HONORS

2015, 16 Pac-12 All-Academic honorable mention

## TRACK PRs

1,500-m .....	4:04.17 (0)
3,000-m .....	8:19.04 (I)
5,000-m .....	14:13.14 (0)
10,000-m .....	29:43.43 (0)



# COLORADO BUFFALOES



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

**2016:** May competed in three meets for the Buffs, starting with a 21st place finish at the Colorado State Invitational. She was seventh at the Metro State Invitational before finishing the season at the Bradley Classic with a 23rd place finish.

**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 business with an emphasis in finance and has recorded a GPA greater than 3.70. She was named to the Pac-12 All-Academic Second Team in 2014 and '15 and was an honorable mention selection in 2016.

**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.

## Results

**2016** ..... **Fin/CU**... **Time**  
at CSU Invite.....21/4 .....18:30  
at Metro St. Invite .....7/3 .....22:39  
at Bradley Classic.....23/5 .....21:31

**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  
+ *Ran Unattached*

**2013** ..... **Fin/CU**... **Time**  
Rocky Mtn. Shootout.....+22 .....23:01  
\* *Redshirt Season*

## HONORS

2016 Pac-12 All-Academic honorable mention  
2014, 15 Pac-12 All-Academic Second Team

## TRACK PRs

800-m ..... 2:15.19 (0)  
1,500-m ..... 4:30.71 (0)  
Mile..... 4:54.19 (1)  
Steeplechase ..... 11:41.98 (0)

# COLORADO BUFFALOES



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

**2016:** Miller raced three times for the Buffs as a sophomore. His first meet, the Colorado State Invitational, saw him placing 18th overall. Miller improved to 12th overall at the Rocky Mountain Shootout before running to a 10th place finish at the Bradley Classic.

**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 a double major in neuroscience and ecology and evolutionary biology. He has recorded a GPA greater than 3.60, which has earned him a spot on the Pac-12 All-Academic Second Team twice (2015 and '16).

**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.

## Results

**2016** ..... **Fin/CU.... Time**  
 at CSU Invite..... 18/7 ..... 15:18  
 Rocky Mtn. Shootout..... 12/6 ..... 26:17  
 at Bradley Classic..... 10/3 ..... 24:41

**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  
*+ Ran Unattached*

**2014** ..... **Fin/CU.... Time**  
 Rocky Mtn. Shootout..... +24 ..... 26:20  
*\* Redshirt Season*

## HONORS

2015, 16 Pac-12 All-Academic Second Team

## TRACK PRs

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

# COLORADO BUFFALOES



**MAKENA MORLEY**  
**Junior • 1L**  
**Big Fork, Mont.**  
**(Big Fork/Montana)**

**2016:** Morley was a welcomed addition to CU as a sophomore and had a great season which included All-Pac-12 Second Team and All-Mountain Region honors. Morley's first uniformed race for CU was the Rocky Mountain Shootout. There she placed third overall, finishing with the eighth fastest time (20:11) in course history. Morley went on to take 26th at pre-nationals, finishing as CU's No. 4 runner. She helped CU win its second straight Pac-12 team title as the Buffs' No. 4 harrier, finishing ninth overall. Morley led CU at regionals, placing fourth overall and helping the Buffs to the team title. She just missed All-America honors at nationals, placing 43rd overall (CU's No. 6) as CU took third overall.

**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 NCAAs 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. Morley was also recruited by Utah, Boise State, Iowa State, Stanford and Northern Arizona.

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

**IN THE CLASSROOM:** Morley is an anthropology major and owns a GPA greater than 3.40.

**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.

## Results

<b>2016</b>	<b>Fin/CU</b>	<b>Time</b>
at CSU Invite.....	+8	17:37
Rocky Mtn. Shootout.....	3/3	20:11
at Pre-Nationals .....	26/4	20:44
at Pac-12 Championship ..	9/4	20:43
at NCAA Mtn. Region.....	4/1	20:20
at NCAA Championship ....	43/6	20:28
<i>+ Ran Unattached</i>		

## HONORS

2016 All-Region  
 2016 All-Pac-12 Second Team  
 2016 USTFCCCA All-Academic

## TRACK PRs

1,500-m .....	4:24.14 (0)
Mile.....	4:50.75 (I)
3,000-m.....	9:27.45 (I)
5,000-m.....	15:58.07 (I)
10,000-m.....	33:29.22 (0)

# COLORADO BUFFALOES



**GUS NEWCOMB**  
Freshman • HS  
Middleton, Wis.  
(Middleton)

**HIGH SCHOOL:** Newcomb was an outstanding athlete at Middleton High School, helping the cross country team to four consecutive conference championships and four straight berths to the state championship. MHS placed second at state his junior year. Individually, Newcomb recorded a pair of fifth place finishes at state as a junior and senior. He also won two straight conference titles those same years after a third place finish his sophomore season. During his senior season, he ran a school record 15:18.9 at the Verona Invitational. A four-time MVP, Newcomb earned four letters as a member of the cross country team. On the track, he earned four more letters and helped MHS to a runner-up team finish at state in 2016. Newcomb set the MHS 3,200 record (9:16.12) in 2015 before it was broken in 2016. As a senior, he placed fifth in the 3,200 and was seventh in the 1,600-meter run at the state championships. At state as a junior, he was third in the 1,600 (4:13.08) and fourth in the 3,200 (9:12.54); running both events in PR time. Newcomb was an eight-time all-conference honoree in

track and cross country and was a five-time all-time selection, three for track and two for cross country. He was also recruited by Wisconsin, North Carolina, Illinois and Iowa State.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:13.08; 3,200-meters: 9:12.54.

**IN THE CLASSROOM:** Newcomb intends to major in integrative physiology.

**PERSONAL:** Gus Walter Newcomb was born on August 24, 1998 in Madison, Wis. He is the son of Brent, who played ice hockey at Gustavus Adolfus College, and Rachel Newcomb of Middleton, Wis. And has two younger sisters, Gretchen and Sadie. Newcomb started his athletic career playing hockey, but stopped playing competitively in eighth grade. In his free time, he enjoys reading and has started competing in triathlons. He was seventh at the USA Triathlon Junior Elite Nationals in 2015 and '16.

#### TRACK PRs

1,600-m .....	4:13.08
3,200-m .....	9:12.54

# COLORADO BUFFALOES



**MELANIE NUN**  
Senior • 3L  
Broomfield, Colo.  
(Legacy)

**2016:** Nun continued to be an important piece of CU's success as a junior. She started the season by finishing 25th at the Colorado State Invite, but improved to sixth at the Rocky Mountain Shootout. Nun placed 76th at pre-nationals and just missed scoring for the Buffs at the Pac-12 Championships with a 17th place finish as CU's No. 7 runner. Her final race of the season was regionals, where she recorded all-region honors with a 21st place finish. Although Nun did not race at nationals, she was there as CU's alternate.

**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 NAAs 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.

**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 3.70. She was named to the Pac-12 All-Academic team twice.

**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.

## Results

2016	Fin/CU	Time
at CSU Invite.....	25/5	18:37
Rocky Mtn. Shootout.....	6/5	21:23
at Pre-Nationals.....	76/7	21:16
at Pac-12 Championship ..	17/7	21:05
at NCAA Mtn. Region.....	21/7	20:51
at NCAA Championship .....		Alt.

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
+ <i>Ran Unattached</i>		

## HONORS

2013, 15 All-Mountain Region  
2015 All-Pac-12 First Team  
2013 All-Pac-12 Second Team  
2016 Pac-12 All-Academic Second Team  
2015 Pac-12 All-Academic First Team  
2013, 15 USTFCCA All-Academic

## TRACK PRs

1,500-m .....	4:23.48 (O)
Mile.....	4:49.69 (I)
3,000-m .....	9:24.26 (I)
5,000-m .....	16:13.52 (O)
10,000-m .....	33:46.49 (O)
Steeplechase.....	10:18.86 (O)

# COLORADO BUFFALOES



## ZACH PERRIN

Senior • 3L  
Kalispell, Mont.  
(Flathead)

**2016:** Perrin had a strong start to his junior campaign, finishing third at both the Colorado State Invitational and Rocky Mountain Shootout. At pre-nationals, Perrin placed 30th overall, coming in fifth for the Buffs. His best finish of the season was at Pac-12s where he was fourth overall (CU's No. 2) and earned All-Pac-12 First Team honors while helping the Buffs win their sixth straight Pac-12 title. He again earned all-region recognition after placing 16th at regionals before finishing 125th at nationals.

**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 NCAAs.

**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 NCAAs 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 environmental studies and geography.

**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.

### Results

2016	Fin/CU	Time
at CSU Invite.....	3/2	15:00
Rocky Mtn. Shootout.....	3/2	24:56
at Pre-Nationals .....	30/5	24:34
at Pac-12 Championship ..	4/2	24:18
at NCAA Mtn. Region.....	16/3	31:17
at NCAA Championship ....	125/5	31:05

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

2014	Fin/CU	Time
Rocky Mtn. Shootout.....	+14	25:48
*Redshirt Season		

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
+ Ran Unattached		

### HONORS

2015 All-Region

### TRACK PRs

800-m .....	1:49.85 (0)
1,500-m .....	3:43.00 (0)
Mile.....	3:59.00 (1)
3,000-m .....	7:55.68 (1)
5,000-m .....	13:46.09 (0)
Steeplechase.....	9:06.39 (0)

# COLORADO BUFFALOES



**ADAM PETERMAN**

**Senior • 1L**  
**Missoula, Mont.**  
**(Hellgate)**

**2016:** Peterman competed three times for the Buffs as a junior. He started off by recording a fifth place finish at the Colorado State Invitational and followed it up with an eighth place run at the Rocky Mountain Shootout. Peterman finished his campaign at NCAA Pre-Nationals, placing 67th overall.

**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 NCAAs 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 studies and geology and owns a GPA greater than 3.70. He was selected to the Pac-12 All-Academic Second Team in 2014 and in 2016, he earned first team honors.

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

## Results

**2016** ..... **Fin/CU**.... **Time**  
 at CSU Invite.....5/4.....15:00  
 Rocky Mtn. Shootout.....8/4.....25:37  
 at Pre-Nationals .....67/7 .....25:03

**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

**2013** ..... **Fin/CU**.... **Time**  
 Rocky Mtn. Shootout.....+18 .....26:53  
 \*Redshirt Season

## HONORS

2016 Pac-12 All-Academic First Team  
 2014 Pac-12 All-Academic Second Team

## TRACK PRs

1,500-m ..... 3:47.22 (0)  
 Mile..... 4:23.19 (1)  
 3,000-m..... 8:14.33 (1)  
 Steeplechase ..... 8:43.19 (0)

# COLORADO BUFFALOES



**NATHAN PIXLER**  
Freshman • RS  
Sammamish, Wash.  
(Eastlake)

**2016:** Redshirt. Did not compete.

**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 is majoring in history. After two semesters, he owns a GPA greater than 3.80.

**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.

## Results

2016	Fin/CU	Time
Rocky Mtn. Shootout.....	+46	27:51

## TRACK PRs

800-m.....	1:51.87
Mile.....	4:21.09



# COLORADO BUFFALOES



**JOSH RAMOS**  
Freshman • HS  
Dolores, Colo.  
(Montezuma-Cortez)

**HIGH SCHOOL:** Ramos competed in both cross country and track and field for Montezuma Cortez High School. On the track, he excelled in the 800. He ran a personal best at the CHSAA 3A State Championships en route to a runner-up finish in the 800-meter run (1:55.62), also setting a school record. Ramos also qualified for the state finals in the 400, finishing 10th overall with another PR (50.91). On the cross country course, he earned his best finish at state as a senior, placing 41st overall.

**HIGH SCHOOL BESTS:** 400-meters: 50.79; 800-meters: 1:55.62.

**IN THE CLASSROOM:** Ramos intends to major in engineering.

**PERSONAL:** Joshua Dallas Ramos was born on January 14, 1999 to Joe and Jennie Ramos in Lubbock, Texas. He has one sister, Jordan, and one brother, Justice, a member of the CU cross country and track and field team

## TRACK PRs

400-m .....	50.79
800-m .....	1:55.62

# COLORADO BUFFALOES



## JUSTICE RAMOS

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

**2016:** Ramos raced three times for CU during his redshirt freshman campaign. He was 44th at the Colorado State Invitational before improving to 28th at the Rocky Mountain Shootout. Ramos ended the season with a 143rd place finish at the Bradley Classic.

**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 an environmental design major with a GPA greater than 3.00. He was named to the Pac-12 All-Academic honorable mention team in 2016.

**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.

### Results

2016	Fin/CU	Time
at CSU Invite	44/11	15:41
Rocky Mtn. Shootout	28/9	27:08
at Bradley Classic	143/5	26:26

### HONORS

2016 Pac-12 All-Academic honorable mention

### TRACK PRs

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

# COLORADO BUFFALOES



**ABIGAIL REGNER**  
**Sophomore • VR**  
**Basking Ridge, N.J.**  
**(Ridge)**

**2016:** Regner raced twice for the Buffs as a redshirt freshman. She earned a 22nd place finish at the Metro State Invitational and was 198th at the Bradley Classic.

**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 an art practices major with a GPA greater than 3.00.

**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.

## Results

**2016** ..... **Fin/CU.... Time**  
 at Metro St. Invite ..... 22/8 ..... 24:12  
 at Bradley Classic..... 198/8 ..... 23:39

**2015** ..... **Fin/CU.... Time**  
 at CSU Invite..... +84 ..... 20:26  
 Rocky Mtn. Shootout..... +58 ..... 24:11  
*\* Redshirt Season*

## TRACK PRs

800-m ..... 2:14  
 1,500-m ..... 4:30.09 (0)

# COLORADO BUFFALOES



## PHILLIP ROCHA

Freshman • RS  
Azusa, Calif.  
(Arcadio)

**2016:** Redshirt. Did not compete.

**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 is undecided on his major.

**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.

### Results

**2016** ..... Fin/CU.... Time  
at CSU Invite..... +26 ..... 15:25  
*\* Redshirt Season*

### TRACK PRs

800-m ..... 1:54.65  
1,500-m ..... 4:02.27 (0)  
Mile..... 4:13.79 (I)  
3,000-m ..... 8:16.09 (0)  
Steeplechase..... 9:08.04 (0)

# COLORADO BUFFALOES



**TABOR SCHOLL**  
**Sophomore • 1L**  
**Kremmling, Colo.**

**2016:** Scholl earned a spot on CU's varsity roster as a freshman after running her first two races unattached. Her first race in uniform was NCAA Pre-Nationals where she was 46th overall. Scholl improved to 26th overall at Pac-12s where the Buffs won the team championship. She kept improving and at regionals was 10th overall (CU's No. 5), earning her first all-region honor. Scholl just barely missed All-America honors at nationals, placing 42nd overall. She was the Buffs fifth runner to finish, helping CU to a third place team finish.

**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; 5,000-meters: 17:32.96; 2,000-meter steeplechase: 7:20.

**IN THE CLASSROOM:** Scholl is a communication major with a GPA greater than 3.00.

**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.

## Results

2016	Fin/CU	Time
at CSU Invite.....	+15	18:14
at Metro St. Invite .....	+2	21:26
at Pre-Nationals .....	46/6	20:59
at Pac-12 Championship ..	26/8	21:23
at NCAA Mtn. Region.....	10/5	20:27
at NCAA Championship ....	42/5	20:25
<i>+ Ran Unattached</i>		

## HONORS

2016 All-Region

## TRACK PRs

800-m .....	2:11
1,500-m .....	4:27.91 (0)
Mile .....	4:39.84 (1)
5,000-m .....	17:32.96
3,000-m steeplechase.....	10:33.31 (0)

# COLORADO BUFFALOES



**BRIANNA SCHWARTZ**  
**Sophomore • VR**  
**Pittsburgh, Pa.**  
**(Shaler Area)**

**2016:** Schwartz raced twice for the Buffs as a redshirt freshman. She was 10th at the Metro State Invite and ran to a 62nd place finish at the Bradley Classic.

**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 a journalism major and has a GPA greater than 3.90.

**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.

Results		
2016	Fin/CU	Time
at Metro St. Invite	10/6	23:04
at Bradley Classic	62/7	22:03

TRACK PRs	
800-m	2:10
1,500-m	4:37.63 (0)
Mile	4:42
3,000-m	10:23.88 (0)

# COLORADO BUFFALOES



**CAYLA SELIGMAN**  
**Sophomore • 1L**  
**Issaquah, Wash.**  
**(Issaquah)**

**2016:** Seligman ran in a pair of meets for CU as a redshirt freshman. She was 14th overall at the Metro State Invite and placed fourth at the Bradley Classic.

**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 business with an emphasis in marketing. She has a GPA greater than 3.30.

**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 Willamette. She enjoys hiking and cooking.

## Results

**2016** ..... **Fin/CU** .... **Time**  
 at Metro St. Invite ..... 14/7 ..... 23:30  
 at Bradley Classic..... 4/2 ..... 20:57

**2015** ..... **Fin/CU** .... **Time**  
 at CSU Invite..... +17 ..... 18:13  
 + *Ran Unattached*

## TRACK PRs

800-m ..... 2:15.98 (I)  
 Mile..... 4:55.43 (I)  
 3,000-m ..... 9:22.31 (I)  
 5,000-m ..... 16:16.78 (O)  
 10,000-m ..... 35:06.45 (O)

# COLORADO BUFFALOES



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

**2016:** Redshirt. Did not compete.

**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 a pre-business major and has earned a 3.75 GPA.

**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.

## Results

**2016** ..... **Fin/CU**.... **Time**  
at CSU Invite.....+31 ..... 15:30  
Rocky Mtn. Shootout.....+37 .....27:31  
*+ Ran Unattached*

## TRACK PRs

1,500-m ..... 4:06.54 (0)  
Mile.....4:25.82  
3,000-m ..... 8:54.88 (1)



## COLORADO BUFFALOES



**MARK TEDDER**  
Senior • TR  
Battle Ground, Wash.  
(Battle Ground/Cornell)

**AT CORNELL:** Tedder competed three seasons in cross country at Cornell, missing his sophomore season (2014) due to injury. He ran all three seasons at the Ivy League Championships, twice finishing 44th overall. Tedder also competed at the NCAA Northeast Region Championship on two occasions. He was 74th as a freshman and in 2016, Tedder improved to 70th. On the track, Tedder won the 2017 Ivy League Outdoor 10,000-meter Championship, finishing in 31:55.17. He advanced to the NCAA East Preliminary Championship in the 5,000 and placed 36th overall. As a junior, Tedder recorded a fourth-place finish in the 5k at the Ivy League outdoor meet before placing 37th at prelims. During the indoor season, he finished fourth in the mile at conference and helped the 4x800-meter relay to a fifth place finish.

**HIGH SCHOOL:** Tedder competed on both the cross country and track and field teams at Battle Ground HS. As a member of the cross country team he was named First Team All-League from 2010-2012, All-Region in 2011 and 2012, and All-State in 2012. He also captained the team in his final two seasons. Additionally, Tedder captained the track and field team in 2013. He was named Second Team All-League for the 1600-meter event in 2012 and was All-Region that same year.

**IN THE CLASSROOM:** Tedder is pursuing a graduate degree in applied mathematics.

**PERSONAL:** Mark Daniel Tedder is the son of Daniel and Cindy Tedder. He has two brothers, Luke and Andrew, and one sister, Amy.

### TRACK PRs

800-m .....	1:51.33 (I)
1,500-m .....	3:44.34 (O)
Mile.....	4:03.47 (I)
3,000-m .....	8:02.77 (I)
5,000-m .....	13:57.38 (O)

# COLORADO BUFFALOES



**TAYLER TUTTLE**  
**Junior • 1L**  
**Snellville, Ga.**  
**(Providence Christian/  
 Georgia)**

**2016:** Tuttle raced three times for the Buffs, earning a position on the varsity roster for the postseason. She started the season leading CU at the Metro State Invite, placing third overall. Tuttle followed up that performance by winning the Bradley Classic, which won her a spot on the varsity team. She ran at the Pac-12 Championships, placing 38th overall, and was the alternate runner at the NCAA Mountain Region and NCAA Championships.

**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:** Tayler 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.

## Results

2016	Fin/CU	Time
at Metro St. Invite	3/1	21:45
at Bradley Classic	1/1	20:38.9
at Pac-12 Championship	38/9	21:38
at NCAA Mtn. Region		Alt.
at NCAA Championship		Alt.

## TRACK PRs

800-m	2:13.81 (I)
1,500-m	4:26.84 (O)
Mile	4:47.66 (I)
3,000-m	9:25.13 (I)
5,000-m	16:20.73 (I)

# 2016 COLORADO WOMEN IN REVIEW

Sept. 2	CSU Invite (Fort Collins, Colo.) .....	N/A
<b>Oct. 1</b>	<b>ROCKY MOUNTAIN SHOOTOUT (Boulder)</b> .....	<b>1st/2</b>
	1. Colorado 15; 2. Northern Colorado 44.	
Oct. 1	at Metro State Invitational (Denver, Colo.) .....	NTS
Oct. 14	at Bradley "Pink" Classic (Peoria, Ill.) .....	1st/31
	1. Colorado 54; 2. Northern Illinois 108; 3. Northern Iowa 159; 4. Bradley 199; 5. South Dakota 210.	
Oct. 15	at Pre-National Invitational (Terre Haute, Ind.) .....	1st/42 (blue race)
	1. Colorado 93; 2. Oregon 154; 3. Michigan 179; 4. Portland 196; 5. Arkansas 225; 6. Stanford 229; 7. Eastern Michigan 255; 8. California 330; 9. Miss State 362; 10. Air Force 404.	
Oct. 28	at Pac-12 Championships (Tucson, Ariz.) .....	1st/12
	1. Colorado 33; 2. Washington 74; 3. Stanford 83; 4. Oregon 88; 5. Utah 169; 6. California 184; 7. UCLA 201; 8. Arizona 204; 9. Oregon State 224; 10. Arizona State 236; 11. Washington State 304; 12. USC 375	
Nov. 13	at NCAA Mountain Region Championships (Logan, Utah) .....	1st/20
	1. Colorado 35; 2. New Mexico 109; 3. Air Force 111; 4. Utah 136; 5. BYU 146; 5. Colorado State 147; 7. Weber State 186; 8. Utah State 232; 9. UTEP 233; 10. Northern Arizona 262	
Nov. 21	at NCAA Championships (Terre Haute, Ind.) .....	3rd/31
	1. Oregon 125; 2. Michigan 126; 3. Colorado 134; 4. NC State 223; 5. Stanford 255; 6. San Francisco 307; 7. New Mexico 310; 8. Michigan State 314; 9. Eastern Michigan 316; 10. BYU 328	

Runner	CSU 5k +4 17:36 12/3 17:59	RMS 5.8k 2/2 20:02	MSI 6k 4/2 22:00 +15 23:39	BC 6k 7/3 21:05.5	PRE-NC 6k 12/2 20:28.6	P12 6k 4/3 20:28.3	MTR 6k 6/2 20:20.30	NCAA 6k 26/2 20:15.6
E. Blakely	+13 18:05 7/2 17:36							
M. Boreman								
M. Caldwell						16/6 21:03.7	8/4 20:21.00	39/3 20:23.8
E. Clark	+5 17:36	1/1 19:54			2/1 20:08.4	2/1 20:23.3	7/3 20:20.70	133/7 20:58.4
V. Constien								
S. Hurta	+2 17:35		+1 21:24		36/5 20:52.0	15/5 21:00.3	Alt.	40/4 20:24.1
D. Jones	+6 17:36	4/4 20:17			17/3 20:30.4	3/2 20:24.4	12/6 20:27.50	22/1 20:14.2
A. Kelly			8/4 22:44 9/5 22:46	19/4 21:21.3				
K. Kroeker								
K. Mann	30/6 18:55 21/4 18:30	9/6 22:31		60/6 22:02.7 23/5 21:30.1				
L. May	+8 17:37	3/3 20:11	7/3 22:39		26/4 20:43.1	9/4 20:43.0	4/1 20:19.90	43/6 20:27.6
M. Morley	25/5 18:37	6/5 21:23			76/7 21:15.4	17/7 21:04.6	21/7 20:50.80	Alt.
M. Nun			22/8 24:12	198/8 23:38.9				
A. Regner			+2 21:26 10/6 23:04		46/6 20:58.4	26/8 21:22.8	10/5 20:26.20	42/5 20:24.9
T. Scholl	+15 18:14		14/7 23:30	62/7 22:02.9				
B. Schwartz			3/1 21:45	4/2 20:56.5				
C. Seligman				1/1 20:38.9				
T. Tuttle						38/9 21:38.0	Alt.	Alt.
C. Verdon	3/1 17:36					52/10 22:05.4		

+ open race/individual/unattached

# 2016 COLORADO MEN IN REVIEW

Sept. 2	CSU Invite (Fort Collins, Colo.).....	N/A
<b>Oct. 1</b>	<b>ROCKY MOUNTAIN SHOOTOUT (Boulder)</b> .....	<b>1st/3</b>
	1. Colorado 15; 2. Air Force 50; 3. Northern Colorado 85.	
Oct. 14	at Bradley "Pink" Classic (Peoria, Ill.) .....	6th/27
	1. St. Louis 103; 2. Windsor 128; 3. Lamar 143; 4. Notre Dame 181; 5. Eastern Illinois 182; <b>6. Colorado 194.</b>	
Oct. 15	at Pre-National Invitational (Terre Haute, Ind.) .....	3rd/40 (blue race)
	1. Oregon 85; 2. Arkansas 109; <b>3. Colorado 124;</b> 4. Michigan 200; 5. Indiana 255; 6. UTEP 258; 7. Air Force 272; 8. Bradley 309; 9. San Francisco 323; 10. California 331.	
Oct. 28	at Pac-12 Championships (Tucson, Ariz.) .....	1st/9
	<b>1. Colorado, 41;</b> 2. Stanford, 47; 3. UCLA, 58; 4. Oregon, 94; 5. Washington State, 130; 6. California, 163; 7. Washington, 187; 8. Arizona State, 225; 9. Arizona, 234	
Nov. 13	at NCAA Mountain Region Championships (Logan, Utah) .....	2nd/17
	1. Northern Arizona 60; <b>2. Colorado 76;</b> 3. BYU 79; 4. Colorado State 114; 5. UTEP 122; 6. Southern Utah 134; 7. Air Force 168; 8. Utah State 230; 9. New Mexico 237; 10. Weber State 266.	
Nov. 21	at NCAA Championships (Terre Haute, Ind.) .....	6th/31
	1. Northern Arizona 125; 2. Stanford 158; 3. Syracuse 164; 4. Mississippi 196; 5. Arkansas 206; <b>6. Colorado 223;</b> 7. BYU 247; 8. Wisconsin 256; 9. Oregon 282; 10. Iona 319	

Runner	CSU 5k	RMS 8k	BC 8k	PRE-NC 8k	PT2 8k	MTR 10k	NCAA 10k
J. Borowsky	+11 15:12	+20 26:36					
S. Capetillo	+62 15:58	+13 26:17					
J. Dressel	+8 15:01	+1 24:38		27/3 24:30.9	6/3 24:17.1	5/2 30:59.70	33/3 30:21.3
C. Dunne	+35 15:34	+19 26:34					
R. Forsyth	1/1 14:58	4/3 25:04		15/1 24:21.0	9/4 24:39.5	27/5 31:32.90	74/4 30:42.8
R. Friedman	32/10 15:32	14/7 26:19	5/2 24:28.0		32/6 25:08.1	Alt.	217/7 31:54.3
E. Gonzales	7/5 15:01	9/5 25:47		54/6 24:55.5	52/8 25:56.6	49/7 32:14.70	Alt.
N. Harris	23/8 15:24						
E. Herrera	+9 15:07	+11 26:13					
C. Herrick	25/9 15:24	18/8 26:32	49/4 25:18.8				
J. Klecker	4/3 15:00	2/1 24:42		24/2 24:27.8	19/5 24:55.2	3/1 30:52.20	28/2 30:15.6
C. Martin	10/6 15:09		4/1 24:26.5		42/7 25:27.8	37/6 31:49.80	192/6 31:35.4
P. Miller	18/7 15:18	12/6 26:17	10/3 24:40.2				
Z. Perrin	3/2 15:00	3/2 24:56		30/5 24:33.5	4/2 24:17.1	16/3 31:16.70	125/5 31:04.7
A. Peterman	5/4 15:00	8/4 25:37		67/7 25:02.6			
N. Pixler		+46 27:51					
J. Ramos	44/11 15:41	28/9 27:08	143/5 26:25.7				
P. Rocha	+26 15:25						
B. Saarel	+6 15:01	+5 25:14		28/4 24:31.1	3/1 24:16.5	25/4 31:25.70	21/1 30:11.8
P. Smith	+31 15:30	+37 27:31					

+ open race/individual/unattached

# ROCKY MOUNTAIN SHOOTOUT

## PAST SHOOTOUT TEAM CHAMPIONS

Year	Men (Runner-up)	Women (Runner-up)	Course
1986	Adams State (Colorado)	N/A	Spring Hill GC
1987	Weber State (Wyoming)	Colorado (NAU/New Mexico)	Paul Beck Rec Ctr
1988	Adams State (Adams State TC)	NC State (Boulder Road Runners)	Paul Beck Rec Ctr
1989	Colorado (Brigham Young)	Boulder Road Runners (Weber State)	Lake Valley GC
1990	Brigham Young (Wyoming)	Boulder Road Runners (Colorado)	Lake Valley GC
1991	Colorado (Western State)	Weber State (Wyoming)	Lake Valley GC
1992	Colorado (Brigham Young)	Colorado (Montana State)	Lake Valley GC
1993	Colorado (Idaho State)	Colorado (Weber State)	Gallagher Ranch
1994	Colorado (Idaho State)	Colorado (Michigan)	Gallagher Ranch
1995	Colorado (Western State)	Colorado (Oregon)	Gallagher Ranch
1996	Colorado (Portland)	Colorado (Adams State)	Gallagher Ranch
1997	Colorado (Western State)	Colorado (Adams State)	Flatirons Property/Bufalo Ranch
1998	Colorado (Western State)	Adams State (Colorado)	Flatirons Property/Bufalo Ranch
1999	Colorado (Western State)	Colorado (Western State)	Flatirons Property/Bufalo Ranch
2000	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2001	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2002	Colorado (Denver/AFA)	Colorado (Denver)	Bufalo Ranch at CU South Campus
2003	Colorado (Air Force)	Colorado (Northern Colorado)	Bufalo Ranch at CU South Campus
2004	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2005	Colorado (Air Force)	Colorado (Northern Colorado)	Bufalo Ranch at CU South Campus
2006	Colorado (Wyoming)	Colorado (Colorado State)	Bufalo Ranch at CU South Campus
2007	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2008	Colorado (Air Force)	Colorado (Air Force)	Bufalo Ranch at CU South Campus
2009	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2010	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2011	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2012	Colorado (Wyoming)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2013	Colorado (Air Force)	Colorado (Northern Colorado)	Bufalo Ranch at CU South Campus
2014	Colorado (Air Force)	Colorado (Colorado State)	Bufalo Ranch at CU South Campus
2015	Colorado (Air Force)	Colorado (Wyoming)	Bufalo Ranch at CU South Campus
2016	Colorado (Air Force)	Colorado (Northern Colorado)	Bufalo Ranch at CU South Campus

## PAST SHOOTOUT INDIVIDUAL CHAMPIONS

Year	Men	Women	Time
1986	Pat Porter (Vigilantes TC)	25:13	N/A
1987	Pat Porter (Vigilantes TC)	25:08	Linnsberg (UTEP)
1988	Mark Steckley (Boulder Road Runners)	25:26	Sue Addison (Boulder Road Runners)
1989	Dennis Leck (Unattached)	26:18	Carla Borovica (Unattached)
1990	Silvio Guerra (Unattached)	23:07	Kirsten Russell (Unattached)
1991	Ron Salazar (Colorado)	24:26	Brooke Baughman (Colorado)
1992	Richard Kosegei (Barton County)	24:30	Brooke Baughman (Colorado)
1993	Scott Larson (Colorado)	25:37	Brooke Baughman (Colorado)
1994	Alan Cuipepper (Colorado)	25:25	Elva Dryer (Western State)
1995	Adam Goucher (Colorado)	25:32	Jenna Carlson (Oregon)
1996	Adam Batliner (Colorado)	26:23	Shayne Wille (Colorado)
1997	Adam Goucher (Colorado)	24:30	Kim Bugg (Adams State)
1998	Adam Goucher (Colorado)	24:32	Kim Bosen (Adams State)
1999	Reese Buck (Western State)	24:50	Kara Grgas-Wheeler (Colorado)
2000	Jorge Torres (Colorado)	25:24	Kara Grgas-Wheeler (Colorado)
2001	Jorge Torres (Colorado)	24:47	Molly Austin (Colorado)
2002	Jorge Torres (Colorado)	24:07	Molly Austin (Colorado)
2003	Billy Nelson (Colorado)	25:05	Alisha Williams (Western State)
2004	Kelly Christiansen (Western State)	24:40	Renee Metivier (Colorado)
2005	Bret Schoolmeester (Colorado)	24:55	Christine Bolf (Colorado)
2006	Mark Korir (Wyoming)	24:51	Jenny Barringer (Colorado)
2007	Brent Vaughn (Colorado)	24:46	Sara Vaughn (Colorado)
2008	Aaron Brown (Adams State)	25:04	Shannon Payne (UC-Colorado Springs)
2009	Kenyon Neuman (Colorado)	24:51	Jenny Barringer (Colorado)
2010	Joe Bosshard (Colorado)	24:44	Laura Tremblay (Colorado)
2011	Richard Medina (Colorado)	24:39	Shalaya Kipp (Colorado)
2012	Jake Hurysz (Colorado)	24:35	Ellie Keyser (unattached)
2013	Blake Theroux (Colorado)	25:34	Elise Cranny (unattached)
2014	Blake Theroux (Colorado)	24:24	Erin Clark (Colorado)
2015	Pierce Murphy (Colorado)	24:26	Erin Clark (Colorado)
2016	John Dressel (unattached-Colo.)	24:38	Erin Clark (Colorado)

# ROCKY MOUNTAIN SHOOTOUT

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

### Men (8k)

*Jorge Torres, Colorado	24:07	2002
Adam Goucher, Colorado	24:12	1998
Blake Theroux, Colorado	24:24	2014
Pierce Murphy, Colorado	24:25	2014
Pierce Murphy, Colorado	24:26	2015
John Dressel, unattached (CU)	24:38	2016
Ammar Mousa, Colorado	24:29	2014
Adam Goucher, Colorado	24:30	1997
Morgan Pearson, Colorado	24:31	2015
Morgan Pearson, unattached (CU)	24:33	2014
Jake Hurysz, Colorado	24:34	2012
Connor Winter, Colorado	24:35	2015
Richard Medina, Colorado	24:39	2011
Kelly Christiansen, Western State	24:40	2004
Joe Klecker, Colorado	24:42	2016
Scott Larson, Unattached	24:42	1997
Ben Saarel, Colorado	24:44	2014
Joe Bosshard, Colorado	24:44	2010
Brent Vaughn Colorado	24:46	2007
Jorge Torres, Colorado	24:47	2001
Dathan Ritzenein, Colorado	24:47	2001
Jorge Torres, Colorado	24:48	2000
Brent Vaughn, Colorado	24:48	2004
Rees Buck, Western State	24:50	1999
Michael Aish, Western State	24:51	1999
Mark Korir, Wyoming	24:51	2006
Kenyon Neuman, Colorado	24:51	2009
Jake Hurysz, Colorado	24:52	2014
Zach Perrin, Colorado	24:53	2015
Connor Winter, Colorado	24:53	2014
Jorge Torres, Colorado	24:54	1999
Bret Schoolmeester, Colorado	24:55	2005
Josh Eberly, Unattached	24:55	2003
Zach Perrin, Colorado	24:56	2016
Jordan Kyle, Unattached (CU)	24:57	2009
Ed Torres, Colorado	24:58	2002
Kim Hogarth, Western State	24:59	2006
Andy Wacker, Colorado	25:00	2011
Ron Roybal, Colorado	25:01	1999
Mark Korir, Wyoming	25:01	2007
Matt Tebo, Colorado	25:01	2009
Blake Theroux, Colorado	25:01	2012
Martin Medina, Colorado	25:01	2012
Josh Eberly, Unattached	25:02	2002
Ian Butler, Western State	25:03	2014
Chris Seimers, Western State	25:03	2002
Ryan Forsyth, Colorado	25:04	2016
Steve Slattery, Colorado	25:04	2000
Ed Torres, Colorado	25:05	2001
Billy Nelson, Colorado	25:05	2003
Andy Wacker, Colorado	25:05	2010

### Women (5.8k)

*Jenny Barringer, Colorado	19:25	2009
Kara Grgas-Wheeler, Colorado (at RMS)	19:38	2000
Kara Grgas-Wheeler, Colorado (at Big 12)	19:38	2000
Erin Clark, Colorado	19:54	2016
Kaitlyn Benner, Colorado	20:02	2016
Amy Mortimer, Kansas State	20:06	2000
Sara (Gorton) Slattery, Colorado	20:07	2000
Makena Morley, Colorado	20:11	2016
Erin Clark, Colorado	20:13	2015
Molly Austin, Colorado	20:14	2001
Dani Jones, Colorado	20:17	2016
Ellie Keyser, unattached	20:19	2012
Erin Clark, Colorado	20:20	2014
Renee Metivier, Colorado	20:21	2004
Allie McLaughlin, Colorado	20:22	2009
Molly Austin, Colorado	20:23	2002
Martha Tenorio, Unattached	20:29	1999
Laura Tremblay, Colorado	20:29	2010
Shalaya Kipp, Colorado	20:29	2011
Emma Coburn, Colorado	20:30	2010
Kara Grgas-Wheeler, Colorado	20:33	1999
Sara (Gorton) Slattery, Colorado	20:33	2000
Shalaya Kipp, Colorado	20:42	2010
Kristen Arendt, unattached	20:42	2014
Kelly Brinkman, Iowa State	20:44	2000
Laura Thweatt, Colorado	20:44	2010
Molly Austin, Colorado	20:45	1999
Alisha Williams, Western State	20:46	2003
Kara Newton, Baylor	20:47	2000
Sara (Gorton) Slattery, Colorado	20:48	2001
Leslie Higgins, Colorado	20:49	1999
Natalie Florence, Colorado	20:49	2002
Melody Fairchild, unattached	20:49	2012
Yukari Komatsu, Unattached	20:50	1998
Tera Moody, Colorado	20:50	2000
Natalie Florence, Colorado	20:50	2003
Jenny Barringer, Colorado	20:51	2006
Jodie Hughes, Colorado	20:52	2000
Christine Bolf, Colorado	20:53	2005
Maddie Alm, Colorado	20:54	2015
Kim Bosun, Adams State	20:54	1998
Christine Bolf, Colorado	20:57	2004
Emma Coburn, Colorado	20:57	2009
Stephanie Bylander, Adams State	20:58	2003
Korene Hinds, Kansas State	20:59	2000
Sara Wells, Oklahoma State	20:59	2000
Katsuko Kanno, Unattached	20:59	2003
Renee Metivier, Colorado	20:59	2003
Carrie Verdon, Colorado	21:00	2014
Sara Vaughn, Colorado	21:00	2007

# CONFERENCE HISTORY

## Colorado Men

Year	Winner (pts)	CU (pts)	Top CU Finisher
1950	Kansas	4th	10. Milt Wiley
1951	Kansas (13)	5th (85)	19. Colin Cooper
1952	Kansas (20.5)	3rd (43)	3. Lloyd Barlow
1953	Kansas (16)	2nd (19)	5. Lloyd Barlow
1954	Kansas (30)	4th (54)	8. Jim Wyatt
1955	Kansas (15)	3rd (34)	4. Jack Hughes
1956	Kansas (20)	2nd (88)	9. Jim Wyatt
1957	Kansas (26)	2nd (52)	5. Ned Sargent
1958	Kansas (37)	3rd (98)	12. Mike Peake
1959	Kansas (51)	5th (98)	4. Bernie Frakes
1960	Oklahoma St. (40)	8th (180)	22. Eric Cahn
1961	Kansas (26)	2nd (78)	8. Bob Griffith
1962	Colorado (60)	---	9. Bob Griffith
1963	Kansas (26)	4th (85)	4. Dave Wightton
1964	Kansas (31)	3rd (72)	1. Dave Wightton
1965	Kansas State (34)	4th (76)	9. Craig Runyan
1966	Kansas State (51)	2nd (57)	6. Jeff Berven
1967	Missouri (52)	2nd (59)	1. Craig Runyan
1968	Kansas (45)	2nd (61)	1. Craig Runyan
1969	Kansas (55)	6th (137)	5. Rick Trujillo
1970	Missouri (60)	4th (83)	6. Mike Peterson
1971	Kansas State (49)	4th (110)	5. Mike Stegner
1972	Oklahoma St. (37)	2nd (76)	4. John Gregorio
1973	Oklahoma St. (53)	2nd (55)	2. Mike Peterson
1974	Iowa St./Missouri	6th	N/A
1975	Kansas State (25)	2nd (73)	5. John Hunsaker
1976	Colorado (46)	---	1. Kirk Pfeffer
1977	Colorado (21)	---	1. Mark Spilsbury
1978	Colorado (22)	---	1. Kirk Pfeffer
1979	Colorado (23)	---	1. Mark Anderson
1980	Colorado (26)	---	1. Mark Scrutton
1981	Iowa State	3rd	1. Mark Scrutton
1982	Colorado (35)	---	1. Mark Scrutton
1983	Iowa State (53)	5th (94)	6. Mick Bannister
1984	Iowa State (32)	5th (114)	16. Chuck Trujillo
1985	Colorado (48)	---	3. Dan Reese
1986	Colorado (37)	---	1. Chuck Trujillo
1987	Iowa State (47)	3rd (92)	6. Andy Dunn
1988	Iowa State (34)	2nd (71)	8. Bob Cisco
1989	Iowa State (22)	3rd (92)	8. Bob Cisco
1990	Iowa State (26)	6th (113)	17. Ron Salazar
1991	Iowa State (16)	2nd (86)	11. Fritz Rogers
1992	Colorado (42)	---	5. Fritz Rogers
1993	Iowa State (27)	2nd (49)	5. Ron Salazar
1994	Iowa State (29)	2nd (49)	4. Adam Goucher
1995	Oklahoma St (38)	2nd (53)	1. Adam Goucher
1996	Colorado (66)	---	5. Adam Batliner
1997	Colorado (32)	---	1. Adam Goucher
1998	Colorado (31)	---	1. Adam Goucher
1999	Colorado (22)	---	1. Ron Roybal
2000	Colorado (16)	---	1. Jorge Torres
2001	Colorado (31)	---	1. Jorge Torres
2002	Colorado (25)	---	1. Jorge Torres
2003	Colorado (38)	---	1. Dathan Ritzenhein
2004	Colorado (48)	---	2. Brent Vaughn
2005	Colorado (44)	---	5. Stephen Pifer
2006	Colorado (36)	---	3. Brent Vaughn
2007	Colorado (34)	---	1. Brent Vaughn
2008	Oklahoma St (26)	2nd (66)	8. Jordan Kyle
2009	Oklahoma St (24)	2nd (56)	7. Kenyon Neuman
2010	Oklahoma St (19)	2nd (46)	5. Andy Wacker
2011	Colorado (46)	---	3. Richard Medina
2012	Colorado (49)	---	7. Blake Theroux
2013	Colorado (28)	---	3. Blake Theroux
2014	Colorado (30)	---	4. Blake Theroux
2015	Colorado (46)	---	4. Pierce Murphy
2016	Colorado (41)	---	3. Ben Saarel

## Conference Coaches of the Year

Jerry Quiller (1987, 1991, 1992); Mark Wetmore (1997, 98, 99, 2000, 01, 02, 03, 04, 05, 06, 07, 11, 12, 13, 14, 15, 16)



The 2011 teams were one of 14 to sweep both the men's and women's conference races. They also won the first two Pac-12 Championships in any sport. CU swept the championships again in 2015 and '16.

## Colorado Women

Year	Winner (pts)	CU (pts)	Top CU Finisher
1976	Iowa State (20)	2nd (59)	7. Pam Allen
1977	Iowa State (27)	2nd (62)	3. Dana Slater
1978	Iowa State (43)	2nd (70)	5. Dana Slater
1979	Iowa State (31)	5th (108)	13. Fran Montes
1980	Missouri (36)	2nd (75)	5. Fran Montes
1981	Iowa State (27)	4th (100)	N/A
1982	Kansas State (41)	3rd (80)	7. Sheri Rochel
1983	Iowa State (44)	5th (123)	20. Nancy Reynolds
1984	Missouri (57)	3rd (79)	5. Michelle Bewis
1985	Nebraska (61)	5th (106)	6. Sarah Hanson
1986	Oklahoma St (50)	3rd (64)	5. Chris McNamara
1987	Colorado (49)	---	3. Chris McNamara
1988	Nebraska (41)	6th (120)	9. Catrina Campbell
1989	Nebraska (42)	5th (135)	12. Liz Laster
1990	Iowa State (48)	3rd (94)	12. Shannon Busch
1991	Nebraska (55)	3rd (93)	2. Brooke Baughman
1992	Colorado (52)	---	1. Brooke Baughman
1993	Nebraska (57)	3rd (78)	3. Patty Roberts
1994	Colorado (29)	---	2. Patty Roberts
1995	Colorado (25)	---	1. Patty Roberts
1996	Colorado (30)	---	1. Kelly Smith
1997	Colorado (23)	---	2. Jennifer Smith
1998	Kansas State (78)	2nd (99)	4. Heather Burroughs
1999	Colorado (62)	---	1. Kara Grgas-Wheeler
2000	Colorado (29)	---	1. Kara Grgas-Wheeler
2001	Colorado (33)	---	1. Molly Austin
2002	Colorado (34)	---	1. Molly Austin
2003	Colorado (45)	---	1. Natalie Florence
2004	Colorado (25)	---	1. Renee Metivier
2005	Colorado (38)	---	1. Christine Bolf
2006	Colorado (45)	---	2. Jenny Barringer
2007	Colorado (59)	---	2. Jenny Barringer
2008	Texas Tech (44)	5th (145)	22. Emily Hanenburg
2009	Texas Tech (38)	2nd (52)	1. Jenny Barringer
2010	Texas Tech (44)	2nd (53)	4. Laura Tremblay
2011	Colorado (50)	---	4. Shalaya Kipp
2012	Oregon (47)	5th (124)	11. Shalaya Kipp
2013	Arizona (69)	2nd (75)	9. Shalaya Kipp
2014	Oregon (54)	3rd (82)	4. Erin Clark
2015	Colorado (45)	---	2. Kaitlyn Benner
2016	Colorado (33)	---	2. Erin Clark

## Conference Coaches of the Year

Jerry Quiller (1987, 1992, 1994); Toby Jacober, Assistant Coach (1995); Mark Wetmore (1997, 99, 2000, 01, 02, 03, 04, 05, 06, 07, 11, 15, 16)

# NCAA CHAMPIONSHIP HISTORY

## DISTRICT/REGION CHAMPIONSHIP HISTORY

Year	M-Team	Top Colorado Finisher	W-Team	Top Colorado Finisher
1980	1st (50)	1. Mark Scrutton 29:21.9	1st (65)	N/A
1982	1st	1. Mark Scrutton 29:48.8	4th (65)	10. Sarah Hanson 18:11
1983	5th	7. Mick Bannister 31:38	5th (83)	19. Sarah Hanson 18:34
1984	2nd (78)	8. Todd Winke 30:49	5th	5. Michelle Bews 16:50
1985	2nd (58)	3. Dan Reese 30:55	4th (96)	4. Chris McNamara 17:39
1986	1st (46)	1. Chuck Trujillo 30:25	1st (92)	3. Chris McNamara 17:01
1987	1st (80)	2. Andy Dunn 31:10.8	1st (33)	3. Vivian Sinou 17:01
1988	3rd (71)	9. Andy Dunn 30:46	N/A	7. Catrina Campbell 17:43
1989	2nd (100)	4. Bob Cisco 30:46	t-4th (159)	12. Peg Millican 17:53
1990	12th (289)	21. Ron Salazar 31:42	4th (158)	17. Michelle Kantor 17:51
1991	5th (5th)	21. Fritz Rogers 31:36	5th (138)	5. Brooke Baughman 17:19
1992	1st (77)	8. Fritz Rogers 31:06	3rd (125)	1. Brooke Baughman 16:53
1993	1st (50)	4. Scott Larson 30:28	2nd (57)	4. Brooke Baughman 17:11
1994	1st (46)	1. Adam Goucher 30:07.6	1st (26)	2. Patty Roberts 17:07
1995	1st (66)	1. Adam Goucher 29:33.2	2nd (31)	2. Colleen Glyde 16:56.0
1996	1st (33)	1. Adam Batliner 32:23.38	1st (43)	3. Kelly Smith 18:27.35
1997	1st (15)	1. Adam Goucher 30:04.0	2nd (64)	3. Kelly Smith 17:20.8
1998	1st (34)	1. Adam Goucher 30:43.8	2nd (69)	7. Heather Burroughs 18:04.3
1999	2nd (61)	1. Ron Roybal 30:12.8	2nd (61)	1. Kara Grgas-Wheeler 16:39.9
2000	1st (38)	1. Jorge Torres 30:38.6	1st (38)	1. Kara Grgas-Wheeler 20:45.0
2001	1st (48)	1. Jorge Torres 30:53.3	2nd (48)	1. Jodie Hughes 21:13.9
2002	2nd (93)	1. Jorge Torres 29:33	2nd (66)	4. Sara (Gorton) Slattery 20:39
2003	1st (69)	1. Dathan Ritzenhein 30:32	2nd (67)	4. Renee Metivier 21:05
2004	1st (40)	5. Brent Vaughn 30:03	1st (32)	1. Renee Metivier 20:30.7
2005	1st (42)	1. Billy Nelson 30:28.2	1st (53)	2. Liza Pascuito 20:52.8
2006	1st (59)	8. Billy Nelson 30:25.3	1st (64)	2. Jenny Barringer 20:30.5
2007	1st (47)	6. Stephen Pifer 30:28.3	4th (105)	2. Jenny Barringer 19:43.9
2008	1st (42)	6. Jordan Kyle 29:52.8	4th (133)	14. Laura Thweatt 20:59.7
2009	2nd (55)	4. Jordan Kyle 30:24.4	1st (48)	1. Jenny Barringer 20:29.0
2010	2nd (66)	8. Joe Bosshard 30:08.0	3rd (59)	3. Laura Tremblay 20:23.9
2011	2nd (55)	6. Richard Medina 30:36.7	1st (84)	4. Shalaya Kipp 20:59.7
2012	3rd (69)	6. Jake Hurysz 30:13.2	3rd (107)	3rd (107) 2. Shalaya Kipp 20:18.1
2013	2nd (69)	5. Pierce Murphy 29:46.0	1st (29)	2. Shalaya Kipp 20:31.0
2014	1st (45)	4. Connor Winter 29:55.33	1st (43)	2. Erin Clark 20:56.50
2015	1st (67)	7. Pierce Murphy 30:06.14	1st (49)	2. Kaitlyn Benner 20:55.86
2016	2nd (76)	3. Joe Klecker 30:52.20	1st (35)	4. Makena Morley 20:19.90



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

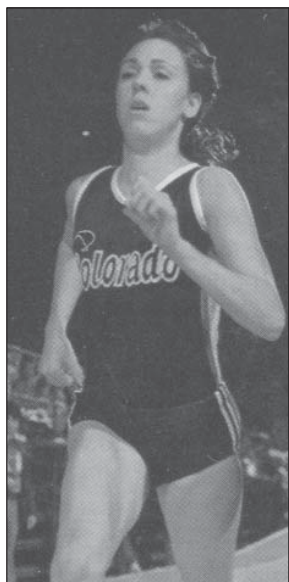


# NCAA CHAMPIONSHIP HISTORY

## NCAA CHAMPIONSHIP HISTORY

YR	TEAM	TOP CU FINISHER	TIME	TEAM	TOP CU FINISHER	TIME
1965	14th (281)	8. David Wighton	30:15			
1966	6th (248)	15. Craig Runyan	30:40			
1967	3rd (163)	4. Craig Runyan	31:10			
1968	5th (241)	13. Craig Runyan	30:00			
1970	15th (450)	52. Ted Castaneda	29:25			
1973	6th (217)	11. Ted Castaneda	28:55			
1975	20th (447)	58. Rick Musgrave	N/A			
1976				16th (546)	16. Pam Allen	17:12
1977	10th (299)	14. Mark Spilsbury	29:34	3rd (164)	7. Mary Decker	17:49
1978	5th (224)	21. John Hunsaker	30:06	4th (147)	<b>1. Mary Decker</b>	<b>16:59</b>
1979	4th (189)	14. Mark Anderson	29:32	18th (430)	93. Fran Montes	N/A
1980	13th (369)	6. Mark Scrutton	29:20	19th (408)	26. Ruth Hamilton	17:51
1981				9th (237)	37. Sharon Hulse	18:49
1982	7th (219)	<b>1. Mark Scrutton</b>	<b>30:12</b>			
1984	22nd (411)	27. Richard Reese	30:22			
1985	3rd (167)	15. Dan Reese	30:12			
1986	5th (195)	13. Chuck Trujillo	31:21	6th (186)	23. Carol McMordie	17:38
1987	15th (385)	39. Andy Dunn	30:13	12th (249)	33. Chris McNamera	17:01
1989	18th (365)	40. Mike Nahom	30:47			
1992	11th (320)	34. Shawn Found	31:49	20th (454)	11. Brooke Baughman	17:37
1993	4th (172)	31. Alan Culpepper	30:33	14th (326)	32. Brooke Baughman	17:19
1994	2nd (88)	2. Adam Goucher	30:12	4th (126)	13. Patty Roberts	17:17
1995	4th (181)	6. Adam Goucher	30:58	2nd (123)	17. Heather Burroughs	17:40
1996	5th (179)	17. Chris Severy	31:29	4th (145)	15. Colleen Glyde	18:02
1997	3rd (108)	3. Adam Goucher	29:10	3rd (178)	18. Kelly Smith	17:03
1998	3rd (158)	<b>1. Adam Goucher</b>	<b>29:26</b>	7th (332)	25. Heather Burroughs	17:30
1999	7th (307)	42. Michael Friedberg	31:22	8th (351)	9. Kara Grgas-Wheeler	16:58
2000	2nd (94)	3. Jorge Torres	30:21	<b>1st (117)</b>	<b>1. Kara Grgas-Wheeler</b>	<b>20:30</b>
2001	<b>1st (90)</b>	2. Jorge Torres	29:06	8th (240)	8. Molly Austin	20:51
2002	4th (190)	<b>1. Jorge Torres</b>	<b>29:04</b>	5th (220)	10. Sara Gorton	20:01
2003	5th (26)	<b>1. Dathan Ritzenhein</b>	<b>29:14</b>	5th (269)	15. Renee Metivier	20:21
2004	<b>1st (90)</b>	4. Brent Vaughn	30:41.8	<b>1st (63)</b>	2. Renee Metivier	20:30.7
2005	5th (222)	27. James Strang	30:17	2nd (181)	7. Christine Bolf	19:59
2006	<b>1st (94)</b>	12. Brent Vaughn	31:13.0	2nd (223)	2. Jenny Barringer	20:37.9
2007	7th (287)	5. Brent Vaughn	29:47.4	23rd (479)	2. Jenny Barringer	19:47.8
2008	12th (372)	14. Jordan Kyle	29:52.4			
2009	6th (315)	44. Christian Thompson	30:25	20th (458)	5. Allie McLaughlin	20:01.1
2010	15th (366)	26. Joe Bosshard	30:20.4	6th (314)	23. Laura Tremblay	20:39.2
2011	3rd (144)	8. Richard Medina	29:27.8	11th (335)	19. Shalaya Kipp	20:08.1
2012	3rd (158)	32. Jake Hurysz	29:55.3	24th (519)	18. Shalaya Kipp	20:02.4
2013	<b>1st (149)</b>	8. Ben Saarel	30:41.1	7th (265)	9. Shalaya Kipp	20:21.7
2014	<b>1st (65)</b>	5. Ammar Mousssa	30:29.6	7th (267)	31. Erin Clark	20:37.7
2015	2nd (91)	3. Pierce Murphy	29:37.0	2nd (129)	11. Erin Clark	20:05.4
2016	6th (223)	21. Ben Saarel	30:11.8	3rd (134)	22. Dani Jones	20:14.2

# COLORADO'S NATIONAL CHAMPIONS



**Mary Decker**  
**1978 (AIAW)**

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

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

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



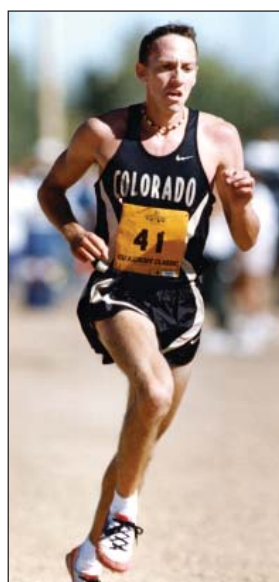
**Mark Scrutton**  
**1982**

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

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

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

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



**Adam Goucher**  
**1998**

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

His sophomore year he finished sixth.

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

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

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

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

# COLORADO'S NATIONAL CHAMPIONS



**Kara Grgas-Wheeler**  
**2000**

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

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

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

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



**Jorge Torres**  
**2002**

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

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

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

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



**Dathan Ritzenheim**  
**2003**

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

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

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

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

## 2000 NCAA CHAMPIONS



### 2000 Colorado Women

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

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

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

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

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

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

## 2001 NCAA CHAMPIONS



### 2001 Colorado Men

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

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

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

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

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

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

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

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

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

## 2004 NCAA CHAMPIONS



### 2004 Colorado Women

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

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

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

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

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

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

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

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

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

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

## 2004 NCAA CHAMPIONS



### 2004 Colorado Men

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

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

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

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

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

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

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

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

## 2006 NCAA CHAMPIONS



### 2006 Colorado Men

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

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

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

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

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

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

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

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

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

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

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

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



## 2013 NCAA CHAMPIONS



### 2013 Colorado Men

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

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

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

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

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

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

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

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

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

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

## 2014 NCAA CHAMPIONS



### 2014 Colorado Men

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

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

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

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

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

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

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

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

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

# ALL-AMERICANS

## Men (1963-Present)

Dave Wrighton	1963, 64, 65	Jay Cleckler	1994	Jon Severy	2004
Craig Runyon	1966, 67, 68	Jon Cooper	1994, 95	Brent Vaughn	2004, 06, 07
Rick Trujillo	1967	Adam Goucher	1994, 95, 97, 98	Stephen Pifer	2004, 05, 06, 07
John Lunn	1968	Clint Wells	1994, 95	James Strang	2005, 06
John Gregorio	1972, 73	Ricky Cron	1996	Erik Heinonen	2006
Mike Peterson	1974	Chris Severy	1996	Jordan Kyle	2008
Mark Spilsbury	1977, 79	Zeke Tiernan	1996	Joe Bosshard	2010, 11
John Hunsaker	1978	Tom Reese	1997	Andy Wacker	2010, 11
Mark Anderson	1979	Matt Napier	1997	Richard Medina	2011
Michael Buhmann	1979	Adam Batliner	1997	Jake Hurysz	2012
Mark Scrutton	1980, 81, 82	Mike Friedberg	1998, 99, 00	Blake Theroux	2012, 13, 14
Sam Reese	1982	Ron Roybal	1998	Aric Van Halen	2012
Dan Reese	1984, 85	Jorge Torres	2000, 01, 02	Pierce Murphy	2013, 14, 15
Chuck Trujillo	1985, 86	Ed Torres	2000, 01, 02	Morgan Pearson	2013, 15
Mike Nahom	1989	Sean Smith	2000	Ben Saarel	2013, 14, 15, 16
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, 16
		Bret Schoolmeester	2004, 05	Joe Klecker	2016



Alan Culpepper (1993, 94, 95)



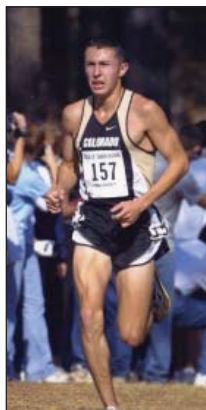
Adam Goucher (1994, 95, 97, 98)



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, 16
Kara Grgas-Wheeler	1999, 00	Mackenzie Caldwell	2016
Sara (Gorton) Slattery	2000, 02, 04	Sage Hurta	2016
Jodie Hughes	2000	Dani Jones	2016
Molly Austin	2001, 02		
Natalie Florence	2002, 04		
Renee Metivier	2003, 04		
Kalin Toedebusch	2003		
Christine Bolf	2004, 05		



Heather Burroughs (1994, 95, 98)



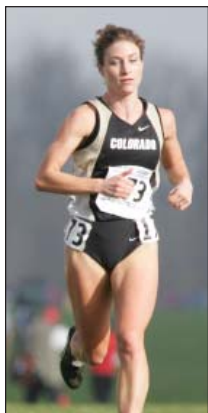
Patty Roberts (1994, 95)



Molly Austin (2001, 02)



Christine Bolf (2004, 05)



Renee Metivier (2002, 04)



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

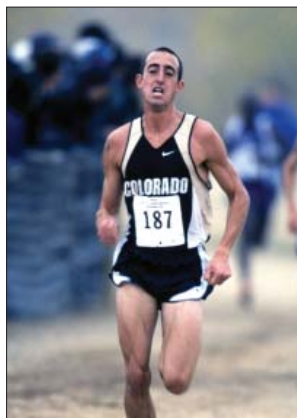


Jenny Barringer (2006, 07)

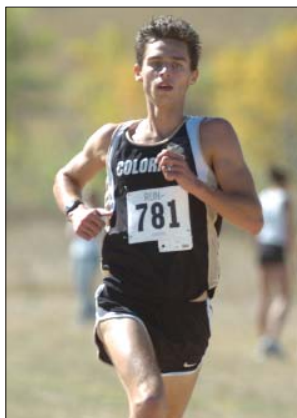


Shalaya Kipp (2010, 11, 12, 13)

# BUFF HONOR ROLL



Steve Slattery



Bret Schoolmeester



Brent Vaughn

## ALL-CONFERENCE

### Men

Dan Reese	1985	Christian Thompson	2009, 10, 11
Chuck Trujillo	1985, 86	Andy Wacker	2009, 10, 11
Andy Dunn	1986, 87	Joe Bosshard	2010, 11
Todd Wienke	1986	Aric Van Halen	2010, 12
Ron Salazar	1990, 93	Hugh Dowdy	2012
Shawn Found	1992	Jake Hurysz	2012
Fritz Rogers	1992	Martin Medina	2012
Alan Culpepper	1994	Pierce Murphy	2012, 13, 14, 15
Adam Goucher	1994, 95, 97, 98	Blake Theroux	2012, 13, 14
Adam Batliner	1996	Ammar Moussa	2013, 14, 15
Clint Wells	1997	Ben Saarel	2013, 14, 16
Oscar Ponce	1998	Connor Winter	2013, 14, 15
Jorge Torres	1999, 00, 01, 02	John Dressel	2015, 16
Ed Torres	1999, 00, 01, 02	Morgan Pearson	2015
Ron Roybal	1999	Zach Perrin	2016
Mike Friedberg	1999, 00	Ryan Forsyth	2016
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		

# BUFF HONOR ROLL



Erin Clark



Emma Coburn



Natalie Florence

## ALL-CONFERENCE

### Women

Sarah Hanson	1985	Lara Darco	2011
Chris McNamara	1986, 87	Erin Clark	2013, 14, 15, 16
Catrina Campbell	1987	Melanie Nun	2013, 15
Brooke Baughman	1991, 92	Carrie Verdon	2013
Muffy Raveling	1992, 94	Maddie Alm	2014, 15
Patty Roberts	1993, 94, 95	Kaitlyn Benner	2015, 16
Heather Burroughs	1994, 95, 97, 98	Dani Jones	2016
Kelly Smith	1995, 96, 97	Makena Morley	2016
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		

# BUFF HONOR ROLL



Billy Nelson



Ben Saarel



Jon Severy

## ALL-DISTRICT/REGION

### Men

Andy Dunn	1985, 86, 87, 88	Steve Slattery	2000, 01
Mike Kubitschek	1985	Dathan Ritzenhein	2001, 03
Dan Reese	1985	Billy Nelson	2002, 03, 05, 06
Todd Wienke	1985, 86	Bret Schoolmeester	2003, 04, 05
Scott Elliott	1986	Brent Vaughn	2004, 06, 07
Ken Metcalf	1986	Bradley Harkrader	2004, 06, 07
Cisco Bob	1987, 88, 89	Jared Scott	2004
David Derdeyn	1987	Jon Severy	2004
Mike Nahom	1988, 89	James Strang	2004, 05, 06
Chuck Trujillo	1985, 86, 88	Payton Batliner	2005
Nate Wright	1988, 89	Stephen Pifer	2005, 06, 07
Shawn Found	1992, 93	Erik Heinonen	2006
Brett Larsen	1992, 93	Richard Medina	2007, 08, 09, 11
Scott Larson	1992, 93	Kenyon Neuman	2007, 08
Fritz Rogers	1991, 92	Chris Pannone	2007, 08
Tim Catalano	1993, 94	Seth DeMoor	2008
Alan Culppepper	1993, 94, 95	Jordan Kyle	2008, 09
Ron Salazar	1993	Joe Bosshard	2009, 10
Jay Cleckler	1994	Matt Tebo	2009, 10
Jon Cooper	1994, 95	Christian Thompson	2009, 10, 11
Adam Goucher	1994, 95, 97, 98	Andy Wacker	2009, 10, 11
Clint Wells	1994, 95, 97	Aric Van Halen	2010, 12
Adam Batliner	1996, 97, 98	Martin Medina	2011, 12
Ricky Cron	1996	Ammar Moussa	2011, 14, 15
Jay Johnson	1996	Jake Hurysz	2012, 14
Matt Napier	1996, 97	Pierce Murphy	2012, 13, 14, 15
Tom Reese	1996, 97, 98	Blake Theroux	2012
Chris Severy	1996	Morgan Pearson	2013, 15
Zeke Tiernan	1996	Ben Saarel	2013, 14, 15, 16
Aaron Blondeau	1997, 99	Connor Winter	2013, 14, 15
Mike Friedberg	1998, 99	John Dressel	2015, 16
Ron Roybal	1998, 99	Zach Perrin	2015, 16
Oscar Ponce	1999	Joe Klecker	2016
Sean Smith	1999, 00		
Jorge Torres	2000, 01, 02		
Ed Torres	2000, 01, 02		
Zach Crandall	2000		

2017 COLORADO CROSS COUNTRY

# BUFF HONOR ROLL



Tera Moody



Laura Thweatt



Kalin Toedebusch

## ALL-DISTRICT/REGION

### Women

Sarah Hanson	1985	Renee Metivier	2003, 04
Carol McMordie	1985, 86, 87	Kalin Toedebusch	2003, 05
Chris McNamara	1985, 86, 87	Christine Bolf	2003, 04, 05
Michelle Bews	1986	Liza Pasciuto	2004, 05, 06
Denise Hermosillo	1986	Amber Smith	2004
Kirsten Kindt	1986	Jenny Barringer	2005, 06, 07, 09
Kate Starke	1986	Claire Maduza	2006
Shannon Busch	1987, 88, 89, 90	Erin Marston	2006, 07
Catrina Campbell	1987, 88	Aislinn Ryan	2006
Deann Zamora	1987	Sara Vaughn	2007
Liz Laster	1989	Emily Hanenburg	2008
Peg Millican	1989	Laura Thweatt	2008, 09, 10
Brooke Baughman	1991, 92, 93	Emma Coburn	2009, 10, 11
Allison Lusby	1993, 94	Allie McLaughlin	2009
Amy McNitt	1993, 94, 95	Laura Tremblay	2009, 10
Natalie Raveling	1993, 94	Shalaya Kipp	2010, 11, 12, 13
Patty Roberts	1993, 94, 95	Camille Logan	2011
Heather Burroughs	1994, 95, 97, 98	Carrie Verdon	2012, 13
Kelly Smith	1994, 95, 96, 97	Erin Clark	2013, 14, 15, 16
Kristina Dahlberg	1995	Jenny DeSouchet	2013, 14
Colleen Glyde	1995, 96	Abby Levene	2013
Carrie Messner	1995, 96, 98, 99	Melanie Nun	2013, 15, 16
Heidi Scarlett	1996, 97	Liz Tremblay	2013
Kara Grgas-Wheeler	1996, 99, 00	Maddie Alm	2014, 15
Shayne Wille	1996	Kaitlyn Benner	2014, 15, 16
Jen Gruia	1997, 98	Annie Kelly	2014
Jennifer Smith	1997	Sara Sutherland	2014
Briana Stott-Messick	1997, 98	Val Constien	2015
Lesley Higgins	1998, 00, 01	Dani Jones	2015, 16
Jodie Hughes	1999, 00, 01	Mackenzie Caldwell	2016
Tera Moody	1999, 00, 01, 02	Makena Morley	2016
Catherine Wright	1999	Tabor Scholl	2016
Sara (Gorton) Slattery	2000, 02, 04		
Molly Austin	2001, 02		
Natalie Florence	2001, 02, 04		
Jackie Zeigle	2002, 03		



# 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**

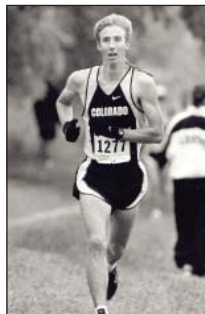
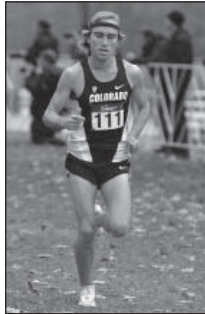
Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the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



2017 COLORADO CROSS COUNTRY

# CU AT THE IAAF WORLD AND USA CHAMPIONSHIPS

## IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

\*-- top American



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

# CU AT THE IAAF WORLD AND USA CHAMPIONSHIPS

## USA WINTER CROSS COUNTRY CHAMPIONSHIP

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

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

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

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

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

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

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

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

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

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

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

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

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



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

# CU AT THE IAAF WORLD AND USA CHAMPIONSHIPS

## 2007

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

## 2008

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

## 2009

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

## 2010

Junior Women:	<b>SPOKANE, WASHINGTON</b>	
	5. Laura Tremblay	20:46
Junior Men:	20. Dillon Shije	25:40
Open Women:	5. Renee Metivier-Baillie	26:26
Open Men:	1. Dathan Ritzenhein	34:34
	24. Billy Nelson	37:21

## 2011

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

## 2012

Open Men:	<b>ST. LOUIS, MISSOURI</b>	
	12. Christian Thompson	37:09
Open Women:	4. Renee Metivier Baillie	27:23
	5. Laura Thweatt	27:28
	25. Rachel Gioscia-Ryan	29:14

## 2013

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

## 2014

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

## 2015

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

## 2016

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

## 2017

Open Women:	<b>BEND, OREGON</b>	
	2. Laura Thweatt	35:12
Open Men:	33. Andy Wacker	32:43



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

## **POST COLLEGIATE SUCCESS**

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

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

It's a tradition of excellence.

**RENEE METIVIER ('05)..... Distance Club ..... Mizuno**

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

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

- **\*2011 USA Steeplechase Champion**
- \*2011 IAAF World Championship Steeplechase Finalist (13th)
- \*2011 USA No. 1 Ranked Steeplechase
- **\*2012 USA Olympic Trials Steeplechase Champion**
- \*2012 Olympic Games Steeplechase Finalist (9th)
- \*2012 USA No. 1 Ranked Steeplechaser
- 2014 USA No. 1 Ranked Steeplechaser
- 2014 Shanghai Golden Grand Prix (1st)
- **2014 USA Steeplechase Champion**
- **2014 Glasgow British Athletics Diamond League (2nd), broke the American record (9:11.42)**
- **2014 IAAF Continental Cup Champion**
- **2015 USA Steeplechase Champion**
- 2015 IAAF World Championship (5th)



Renee Metivier Baillie



Emma Coburn



Kara Goucher

## POST COLLEGIATE SUCCESS

- **2016 Prefontaine Classic third place finisher**
  - **2016 USA Olympic Trials Steeplechase Champion**
  - **2016 Olympic Games Bronze Medalist, set the then-American record (9:07.63)**
  - **2017 USA Steeplechase Champion**
  - **2017 IAAF Champion, meet and American record (9:02.58)**
- \*run while still in college
- can)
  - 2009 IAAF World Championships (9th, marathon)
  - 2011 USA Outdoor Championships (2nd, 10k)
  - 2011 Boston Marathon (5th)
  - 2012 USA Olympic Marathon Trials (11th)
  - **2012 USA Half Marathon Champion**
  - 2012 Olympic Games Marathon (11th)
  - 2013 Boston Marathon (6th)
  - 2016 U.S. Olympic Team Marathon Trials (4th)

### **KARA GOUCHER ('01)..... Distance Club .....Oiselle/Sketchers**

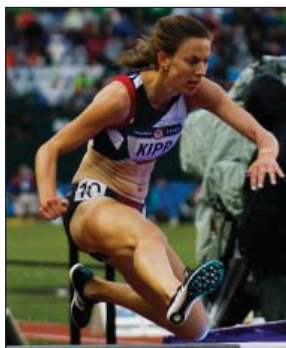
- 2006 USA XC Championships (7th, 4k), IAAF World XC Championships (21st)
- 2006 USA Outdoor Championships (2nd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (2nd, 10k)
- **2007 IAAF World Championships 10k Silver Medalist**
- 2007 Great North Run Half Marathon Champion (1:06.57)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

### **SHALAYA KIPP ('14).....Steeple/Distance Club .....Oiselle/Saucony**

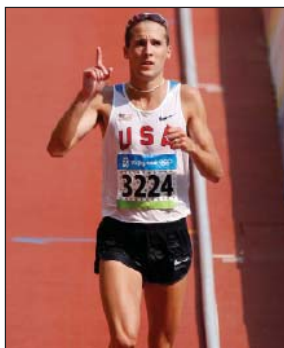
- \*2012 USA Olympic Trials (3rd, steeplechase)
  - \*2012 Olympic Games participant
  - \*2013 USA Outdoor Championships participant
  - 2014 USA Outdoor Championships participant
  - 2015 USA Outdoor Championships participant
  - 2015 Pan-American Games (2nd, steeplechase)
  - 2016 USA Indoor Championships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

### **DATHAN RITZENHEIN ..... Distance Club ..... Brooks**

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



Shalaya Kipp



Dathan Ritzenhein



Jenny Simpson

## **POST COLLEGIATE SUCCESS**

- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (3rd, 10k)
- 2008 USA Olympic Marathon Trials (2nd)
- **2008 USA XC Champion**
- 2008 Olympic Games Marathon (9th)
- 2009 USA Outdoor Championships (2nd, 10k)
- 2009 IAAF World Championships (6th, 10k)
- **2009 Set USA 5k National Record (12:56.27)**
- **2009 World Half Marathon Championship Bronze Medalist**
- **2010 USA XC Champion**
- 2012 USA Olympic Marathon Trials (4th)
- 2012 USA Olympic Trials (3rd, 10k)
- 2013 USA XC Championships (2nd)
- 2013 USA Outdoor Championships (2nd, 10k)
- 2013 IAAF World Championships (10th, 10k)

**JENNY SIMPSON ('09) ..... Middle Distance Club ..... New Balance**

- **\*2007 USA Steeplechase Champion**
  - \*2007 IAAF World Championships participant
  - \*2008 USA Olympic Trials (3rd, steeplechase)
  - **\*2008 Olympic Games (8th, steeplechase), broke the American record**
  - **\*2009 USA Steeplechase Champion**
  - **\*2009 IAAF World Championships (5th), broke the American record (9:12.50)**
  - 2010 USA Outdoor Championships (3rd, 5k)
- **2011 USA Indoor Champion, Mile and 3k**
  - 2011 USA Outdoor Championships (2nd, 1,500)
  - **2011 IAAF World 1,500 Champion**
  - **2012 USA Indoor Champion, Mile and 3k**
  - 2012 USA Olympic Trials (3rd, 1,500)
  - 2012 USA Olympic 1,500m semifinalist
  - **2013 USA Outdoor 5k Champion**
  - **2013 IAAF World Championship 1,500 Silver Medalist**
  - 2014 USA XC Runner-up (8k)
  - 2014 Toyko Seiko Golden Grand Prix (1st)
  - **2014 USA 1,500 Champion**
  - 2014 Paris Meeting AREVA (2nd) -ran the second fastest time by an American (3:57.22)
  - 2014 DN Galan Stockholm Grand Prix (1st)
  - 2014 Zurich Grand Prix (1st)
  - **2014 IAAF Diamond League Champion (1,500-meters)**
  - **2015 USA 1,500 Champion**
  - 2015 IAAF World Championship finalist
  - **2016 USA Olympic Trials 1,500 Champion**
  - **2016 Olympic Games Bronze Medalist, set the American record (9:07.63)**
  - **2017 USA 1,500 Champion**
  - **2017 IAAF World Championship 1,500 Silver Medalist**
- \*run while still in college



**Brent Vaughn**



**Alan Culpepper**



**Shayne (Wille) Culpepper**

## POST COLLEGIATE SUCCESS

**BRENT VAUGHN** ..... Distance  
**Club** ..... unattached

- 2008 USA Olympic Trials finalist (5k)
- 2009 USA Outdoor Championships (9th, 5k)
- 2010 Boulder Boulder Elite Race (4th), highest American finisher
- **2011 USA XC Champion**
- 2010 USA Outdoor Championships (5th, 5k)
- 2011 USA Indoor Championships (4th, 3k)
- 2012 USA Olympic Trials (7th, 10k)
- 2015 Boulder Boulder Elite Race participant

### Retired Buffs

**ALAN CULPEPPER ('96)** ..... Distance  
**Club** ..... adidas

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

- **2003 USA XC Champion, 12k**
- **2003 USA Outdoor 10k Champion**
- **2004 USA Olympic Marathon Trials Champion**
- 2004 Olympic Games Marathon, 12th
- 2005 Boston Marathon, 4th
- 2006 Boston Marathon, 5th
- **2007 USA XC Champion**

**SHAYNE CULPEPPER ('97)** ..... Middle  
**Club** ..... NIKE

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



Adam Goucher



Billy Nelson



Steve Slattery



## **POST COLLEGIATE SUCCESS**

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

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

**BILLY NELSON ..... Steeple/Distance Club ..... unattached**

- 2008 USA Olympic Trials (2nd, steeplechase)
- 2008 Olympic Games (29th, steeplechase)
- 2010 USA Outdoor Championships (5th, steeplechase)
- **2011 USA Steeplechase Champion**



**Jorge Torres**

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

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

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

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

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

# ALL TIME LETTERWINNERS

Letterwinner	Years	Hometown (High School)			
Andy Aiken	1980	Indianapolis, Ind. (North Central)	Zach Crandall	2000, 01	Fort Collins, Colo. (Rocky Mountain)
Richard Alejandre	1965	San Bernardino, Calif. (Eisenhower)	John Creighton	1951	Flagler, Colo. (Flagler)
Mark Anderson	1978, 79	Ferndale, Wash. (Ferndale)	Ricky Cron	1993, 96	Stevens Point, Wis. (SPoint Area/Rice)
Andy Ames	1987	Tulsa, Okla. (B.T. Washington)	Tim Cronin	1968, 69, 70, 71	
Adrian Arnold	1995	Alamosa, Colo. (Alamosa/Rice)	George A. Crowther	1905	
Edward Aurand	1904		Alan Culpepper	1993, 94, 95	El Paso, Texas (Coronado)
Austin Baillie	2005	Portland, Ore. (Westview)	Tom Curtis	1958, 59, 60	
Mick Bannister	1982, 84, 85	Kent, England (Tunbridge Wells)	Ryan Deak	2004	Aurora, Colo. (Smoky Hill)
Dave Barbieri	1992, 93	Spokane, Wash. (Gonzaga Prep)	Bruce Degen	1962, 63, 64	Piedmont, Calif.
Steve Barbieri	1991	Spokane, Wash. (Gonzaga Prep)	Seth DeMoore	2008	Buena Vista, Colo. (Buena Vista)
Lloyd Barlow	1953	Ft. Collins, Colo. (Ft. Collins)	Dave Derdeyn	1986, 87	Richmond, Ill. (Richmond-Burton)
Kenneth Barret	1975	Boulder, Colo. (Boulder)	David Diaz	1980, 81	Wheatridge, Colo. (Wheatridge)
Adam Batliner	1995, 96, 97, 98	Lakewood, Colo. (Green Mountain)	Pat Dolan	1990	Greeley, Colo. (Greeley Central)
Payton Batliner	2002, 03, 04, 05	H-Ranch, Colo. (Highlands Ranch)	Jeff Donaldson	1966	Denver, Colo. (Ranum)
Harry R. Beard	1914, 15		Knowles Dougherty	1953	
Jeff Berven	1965, 66	Colorado Springs, Colo.	Hugh Dowdy	2012	Petaluma, Calif (Carlsbad)
(Wasson)			<b>John Dressel</b>	<b>2015, 16</b>	<b>Colbert, Wash. (Mt. Spokane)</b>
Matt Biegner	2010, 11, 12	Broomfield, Colo. (Broomfield)	Dave Dubach	1948	
Dave Binkley	1966, 67	Pueblo, Colo. (Central)	James Duce	1912, 13, 14	
William P. Blair	1914, 15		Thomas F. Duggan	1915	
Aaron Blondeau	1997, 99, 00, 01	Salida, Colo. (Salida)	Andy Dunn	1985, 86, 87, 88	Littleton, Colo. (Littleton)
Cisco Bob	1987, 88, 89	Ruidoso, N.M. (Ruidoso/Texas Tech)	Roman Duran	1987, 88	Northglenn, Ohio (Northglenn)
Joe Bosshard	2009, 10, 11	Crested Butte, Colo. (Crested Butte Academy)	Paul Edstrom	1967, 68	Englewood, Colo.
		Carlisle, Ohio (Carlise)	Scott Elliott	1986	
Mark Brewer	1974		Ron Elston	1970	
David Brown	1982		Dick Faust	1961, 62	
Gerald Bryan	1963	Lakewood, Colo.	Fred Feasel	1915	
Mike Buhmann	1977, 78, 79	Norridge, Ill. (Ridgewood)	Kent Fischman	1981	Hazelcrest, Ill. (Hillcrest)
Casey Burchill	2002, 03	Clovis, Calif. (Buchanan)	George Fitzmorris	1947, 48, 49	
Robert M. Burns	1912		Jim Fitzmorris	1956, 57	Colorado Springs, Colo.
Eric Gahn	1958, 59, 60		William D. Fleming	1914	
Robert Campbell	1968, 69, 70		Shawn Found	1991, 92, 93	Grand Junction, Colo. (Brewer/Lamar)
Fred Carnahan	1973, 74	Genoa, Neb. (Genoa)	<b>Ryan Forsyth</b>	<b>2015, 16</b>	<b>Severna Park, Md. (Severna Park)</b>
Nick Carr	1982		Bernie Frakes	1957, 58, 59	Orday, Colo.
Ted Castaneda	1972, 73	Colorado Springs, Colo.	Mike Friedberg	1998, 99, 2000	Columbia, Md. (The Park School)
Steve Castaneda	1970		<b>Reilly Friedman</b>	<b>2016</b>	<b>Atlanta, Ga. (The Galloway School)</b>
Tim Catalano	1991, 92, 93, 94	Fort Collins, Colo. (Fort Collins)	Jim Funk	1954, 56	
Paul Cattermole	1965, 66, 67	Denver, Colo. (Regis)	Michael Gallagher	1962	
Tom Caughlin	1997	Mason City, Iowa (Mason City)	Sam Gamble	1904	
Anthony Chiulli	2005	Memphis, Tenn. (Christian Brothers)	James Garcia	1964	
Everett F. Clark	1912		Joseph Garst	1905	
Wayne Clark	1947		Bill Gavito	1951, 53	Denver, Colo. (Wesminster)
Ernest Clayton	1904		Daniel Gist	1958	
Cameron Clayton	2010	Superior, Colo. (Monarch)	Jim Giveans	1990, 91, 92	Littleton, Colo. (Arapahoe)
Jay Cleckler	1993, 94	Woodland Park, Colo. (W-Park)	Eric Gleason	1984	Huntington Beach, Calif. (Marina)
Jon Cooper	1994, 95	El Paso, Texas (Coronado)	Floyd Godwin	1964, 65	San Larenco, Calif. (Arroyo)
Colin Couper	1951		<b>Ethan Gonzales</b>	<b>2016</b>	<b>Westminster, Colo. (Broomfield)</b>
Dave Couture	1987, 88, 89	Lakewood, Colo. (Lakewood)	Adam Goucher	1994, 95, 97, 98	Colorado Springs, Colo. (Doherty)
			Frank Green	1905	
			Bob Greenfield	1958	
			Arlo C. Greenwalt	1915	
			John Gregorio	1971, 72	
			J.J. Griffin	1973, 74	Pueblo, Colo.
			Bob Griffith	1961, 62, 63	Aurora, Colo.
			Fred Griffin	1904	
			Arnold Hamala	1964	
			Roger Hansen	1973	Lompoc, Calif.
			Chuck Hatteresley	1977, 79	La Mesa, Calif. (Grossmont)
			Bradley Harkrader	2004, 06, 07	Westminster, Colo. (Thornton)
			<b>Nick Harris</b>	<b>2015</b>	<b>Niwot, Colo. (Niwot/Washington)</b>
			Erik Heinonen	2005, 06	Eugene, Ore. (South Eugene)
			Alexander Hill	1905	



Bradley Harkrader



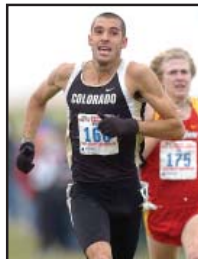
Eric Heinonen

# ALL TIME LETTERWINNERS

Ed Hom	1971, 72		Nick Miller	2008	Littleton, Colo. (Mountain View)
Ed Hopfner	1979	Port Angeles, Wash. (Port Angeles)	<b>Paul Miller</b>	<b>2015</b>	<b>Fort Collins, Colo. (Poudre)</b>
Larry Hoppis	1951		Micah Moore	1990, 92	Boulder, Colo. (Fairview)
Paul Hospe	1907		Dick Moritz	1970, 72	Cuyahoga Falls, Ohio
Jack Hughes	1956, 57	Watervliet, Colo. (Watervliet)	Joseph B. Morrill	1907	
Joel Hunsaker	1982	Arvada, Colo. (Arvada West)	Paul C. Mosher	1905	
John Hunsaker	1975, 76, 77, 78	Arvada, Colo. (Arvada West)	Ammar Moussa	2011, 13, 14, 15	Arcadia, Calif. (Arcadia)
Jake Hurysz	2012, 14	Mebane, N.C. (Eastern Alamance)	Pierce Murphy	2012, 13, 14, 15	Hanalei, Hawai'i (Island)
Ben Husaby	1989	Eden Prairie, Minn. (Eden Prairie)	Richard Musgrave	1974	Denver, Colo. (Lincoln)
Peter Janson	2005, 06, 07	Dallas, Texas (Highland Park)	David Nahom	1987, 88, 89	Brookfield, Conn. (Brookfield)
Jay Johnson	1995, 96, 98	Castle Rock, Colo. (Douglas County)	Mike Nahom		
Joseph B. Johnson	1916		Matt Napier	1996, 97, 99	Socorro, N.M. (Socorro)
Steve Johnson	1989	Englewood, Colo. (Cherry Creek)	Billy Nelson	2002, 03, 05, 06	Bakersfield, Calif. (Taft Union)
Terry Johnson	1979, 80	Fort Collins, Colo. (Fort Collins)	Kenyon Neuman	2006, 07, 08, 09	Bend, Ore. (Summit)
William Johnson	1904		Larry Novak	1976	Shepherd, Mont.
Leonard Jordan	1904		Charlie O'Brien	1976	Denver, Colo. (Mullen)
Stan Justice	1968, 69, 70		Eugene O'Keefe	1914	
Harold Ketting	1973	Redondo Beach, Calif.	Clyde M. Owens	1912, 13	
John Kick	1952, 53, 54	Rochester, N.Y. (Aquinas)	Robert G. Packard	1907	
David Kilgore	2013	Palm Bay, Fla. (Holy Trinity)	Chris Pannone	2006, 07, 08	Whitehouse, N.J. (Hunterdon Central)
Dan King	1980	Colorado Springs, Colo. (Coronado)	Mike Peake	1957	Lakewood, Colo.
Scott King	1980	Colorado Springs, Colo. (Coronado)	Morgan Pearson	2012, 13, 15	Morristown, N.J. (Delbarton)
Albert Kinsbuary	1905		Dick Peck	1954	
Doug Kirkmeyer	1952		<b>Zach Perrin</b>	<b>2013, 15, 16</b>	<b>Kalispell, Mt. (Flathead)</b>
<b>Joe Klecker</b>	<b>2016</b>	<b>Minnetonka, Minn. (Hopkins)</b>	<b>Adam Peterman</b>	<b>2014</b>	<b>Missoula, Mt. (Hellgate)</b>
Robert R. Knowles	1905		Mike Peterson	1970, 72, 73, 74	
Andy Knutsen	2002	Huntington Beach, Calif. (Edison/USC)	Kirk Pfeffer	1976	
Tom Kresl	1984, 85	Ft. Collins, Colo. (Ft. Collins)	John Phillips	1969, 70, 71	Cuyahoga Falls, Ohio
Mike Kubischek	1985	Lakewood, Colo.	Wayne Phipps	1953	
Jordan Kyle	2008, 09	Fishers, Ind. (Hamilton SE)	Stephen Pifer	2004, 05, 06, 07	Edwardsville, Ill. (Highland Park)
Blaine Lam	1965, 67	Boulder, Colo. (Boulder)	Mark Pillmore	1971	
Brett Larsen	1990, 91, 92, 93	Fort Collins, Colo. (Ft. Collins)	William Poley	1956, 59	
Scott Larson	1990, 91, 92, 93	Boulder, Colo. (Fairview)	Dan Poole	1966	
Alfred Law	1904		Oscar Ponce	1996, 97, 98, 99	Denver, Colo. (Denver North)
Carroll Laverty	1927		Ralph Poucher	1957, 58, 59	
David Lewis	1955		Jason Pozner	1990, 91	Morganville, N.J. (Marlboro)
Joe Lombert	1972		Harry Pratt	1904	
Richard Lower	1973, 74	Harmony, Pa. (Seneca Valley)	Arthur Preston	1904	
Bruce Lundy	1976	Lakewood, Colo. (Lakewood)	Winfred L. Prouty	1908	
John Lunn	1966, 67, 68	Denver, Colo. (South)	Ted Quintana	1975	San Lorenzo, Calif. (San Lorenzo)
Tony Macey	1984, 85	Las Vegas, Nev. (Valley)	Robert Radnoti	1977, 78, 79	Greeley, Colo. (Greeley West)
John E. Mackling	1916		Rudolph Rahlfling	1904	
Garry Maddox	1971, 72		Clarence W. Ramey	1913	
David Magee	1975	Santa Maria, Calif. (St. Joseph)	Roy Randall	1904	
Glen Malcolm	1950		Dan Reese	1982, 84, 85	Golden, Colo. (Wheat Ridge)
Jerry Maris	1982	Buckley, Wash. (White River)	Richard Reese	1984	Golden, Colo. (Wheat Ridge)
Joseph Markey	1916		Sam Reese	1980, 81, 82	Golden, Colo. (Wheat Ridge)
<b>Christian Martin</b>	<b>2015, 16</b>	<b>Littleton, Colo. (Heritage/Nebraska)</b>	Tom Reese	1995, 96, 97, 98	Golden, Colo. (Wheat Ridge)
Jeff Mason	1986	Denver, Colo. (South)	Terry V. Ritchie	1907	
Robert D. Mauff	1905				
Steve McBain	1961				
Mike McCoy	1961, 62, 63				
Donald McClure	1964				
Matt McCue	2003	Iowa City, Iowa (Iowa City Regina)			
Tom McKinley	1969, 71, 72				
Matt McMullen	1980	Aurora, Colo. (Gateway)			
Martin Medina	2009, 10, 11, 12	Grand Junction, Colo. (GJ)			
Richard Medina	2007, 08, 09, 11	Grand Junction, Colo. (GJ)			
Eric Meloney	1987, 89	Bethesda, Md. (Whitman)			
Ken Metcalf	1986	Cederidge, Colo.			
Virgil E. Metcalf	1917				
Earl B. Millard	1907				



Chris Pannone



Stephen Pifer

# ALL-TIME LETTERWINNERS

Dathan Ritzenhein	2001, 03	Rockford, Mich. (Rockford)	Blake Theroux	2011, 12, 13, 14	Chesapeake, Va. (Western Branch)
Jason Robbie	2000	Boulder, Colo. (Alexander Dawson)	Christian Thompson	2008, 09, 10, 11	Candor, N.Y. (Candor)
Ray C. Roberts	1905		Griff Thompson	1978, 79	Tulsa, Okla. (Memorial)
Carbin E. Robinson	1907		Zeke Tiernan	1994, 96	Aspen, Colo. (Aspen)
Dennis Robertson	1959		Edwardo Torres	1999, 00, 01, 02	Wheeling, Ill. (Wheeling)
Fritz Rogers	1989, 90, 91, 92	Lakewood, Colo. (Lutheran)	Jorge Torres	1999, 00, 01, 02	Wheeling, Ill. (Wheeling)
Greg Rohde	1980	Bismark, N.D. (Century)	Chuck Trujillo	1984, 85, 86, 88	Northglenn, Colo. (Northglenn)
Douglas C. Roller	1905		Rick Trujillo	1967, 68, 69	Ouray, Colo.
Ron Roybal	1996, 97, 98, 99	Santa Fe, N.M. (Pojoaque)	Chris Valenti	1998	Littleton, Colo. (Littleton)
Mike Ruffato	1975		Pete Van Arsdale	1966, 68	
Craig Runyan	1966, 67, 68	Denver, Colo. (Thomas Jefferson)	Aric Van Halen	2009, 10, 12	Los Angeles, Calif. (Oakwood)
Thomas H. Ryan	1915		Brent Vaughn	2003, 04, 06, 07	Aurora, Colo. (Smoky Hill)
Donald H. Rymer	1915, 16		Andy Wacker	2008, 09, 10, 11	Pinehurst, N.C. (Pinecrest)
Ralph Sargent	1958		Orly Waller	1982	Tacoma, Wash. (Puyallup)
Ron Salazar	1990, 91, 92, 93	Grand Junction, Colo. (Grand Junction)	Harry H. Ware	1916	
Andy Samuelson	1990	Colorado Springs, Colo. (Rampart)	Thomas M. Warner	1905	
Mike Sandrock	1979	Park Ridge, Ill. (Park Ridge)	Chris Webster	1969	
Ned Sargent	1956, 57, 58	Moosehart, Ill. (Malcom Hiles Memorial)	Clint Wells	1994, 95, 97	Craig, Colo. (Moffat Country)
Ben Saarel	2013, 14, 15, 16	Salt Lake City, Utah (Park City)	Jim Whitmore	1976, 77	Van Nuys, Calif.
Clem Saunders	1913		Todd Wienke	1984, 85	Whitefish Bay, Wis. (Whitefish Bay)
John H. Sawhill	1915, 16		Milt Wiley	1948, 50	
Chris Schafer	2000	Yakima, Wash. (Eisenhower)	Arthur D. Wilson	1905	
Al Schmidt	1961, 62	Longmont, Colo.	Connor Winter	2012, 13, 14, 15	Centennial, Colo. (Arapahoe)
Bret Schoolmeester	2002, 03, 04, 05	Sedalia, Colo. (Denver Christian)	Earl E. Wright	1912	
Jared Scott	2001, 03, 04	Monument, Colo. (Palmer)	Nate Wright	1987, 88, 89	Fort Collins, Colo. (Poudre)
Mark Scrutton	1979, 80, 81, 82	London, England (Towbridge Kent)	Rene Wright	1904	
Chris Severy	1994, 95, 96, 98	Aspen, Colo. (Aspen)	Dave Wrighton	1963, 64, 65	Montreal, Canada (MacDonald)
Jon Severy	2001, 02, 03, 04	Aspen, Colo. (Aspen)	Jim Wyatt	1954, 56	Craig, Colo. (Moffat County)
Dillon Shije	2010, 11, 13	Albuquerque, N.M. (Sandia Prep)	John J. Yowell	1912	
Clarence R. Short	1912		Harry Zimmerhackle	1904	
Steve Slattery	1999, 00, 01, 02	Flanders, N.J. (Mt Olive)			
Brian Smith	1975, 76	Denver, Colo. (Lincoln)			
Sean Smith	1999, 2000, 01	Montrose, Colo. (Montrose)			
Tom Smith	1979, 80	Fremont, Calif. (Mission San Jose)			
Mark Spilsbury	1976, 77, 78, 79	Santa Anna, Calif. (Foothill)			
Bill Sproat	1961, 62, 63	Climath Falls, Ore.			
Tom Starr	1961, 62, 63	Platteville, Colo.			
Ned Steele	1905				
Don Steers	1953, 54				
Mike Stegner	1969, 70, 71				
Jonny Stevens	2011, 12	Vail, Colo. (Battle Mountain)			
Fred W. Stoddard	1907				
James Strang	2004, 05, 06	Signal Mountain, Tenn. (Baylor)			
George M. Stratton	1905				
Mark Stromberg	1984	Englewood, Colo. (Cherry Creek)			
Matt Tebo	2007, 08, 09	Albuquerque, N.M. (Eldorado)			
Brock Tessman	1998	Danville, Calif. Monte Vista / Brown)			
Rob Thayer	2007	Hotchkiss, Colo. (Hotchkiss)			



Jorge Torres



Brent Vaughn

# ALL-TIME LETTERWINNERS

## WOMEN

### Letterwinner

Letterwinner	Years	Hometown (High School)		
Pam Allen	1976		Natalie Florence	2001, 02, 03, 04 Lawrenceville, Ga. (Collins Hill)
Maddie Alm	2013, 14, 15	Louisville, Colo. (Monarch)	Judy Foster	1992 Lakewood, Colo. (Wheatridge)
Lindsay Arendt	1998, 99	Littleton, Colo. (Chatfield)	Christie Friesen	1989 Albuquerque, N.M. (Manzano)
Jenny Arnold	1998	Inverness, Ill. (Libertyville)	Diana George	2010, 11, 12 Livermore, Calif. (Livermore)
Molly Austin	1999, 01, 02	Littleton, Colo. (Mullen)	Rachel Gioscia	2006, 08 Buena Vista, Colo. (Buena Vista)
Lee Ballenger	1976, 78	Charlotte, N.C. (Country Day)	Colleen Glyde	1995, 96 State College, Pa. (St. College/Penn St.)
Rachel Baptista	2011	Austin, Texas (Austin)	Sara (Gorton) Slattery	2000, 02, 04 Phoenix, Ariz. (Mountain Point)
Veronica Barajas	1992, 93	Oxnard, Calif. (Channel Islands)	Kara Grgas-Wheeler	1996, 97, 99, 00 Duluth, Minn. (Duluth East)
Jenny Barringer	2005, 06, 07, 09	Oviedo, Fla. (Oviedo)	Kendall Grgas-Wheeler	2000, 02, 03 Duluth, Minn. (Duluth East)
Anne Barrett	1979	Fair Oaks, Calif. (San Marino)	Jen Gruia	1997, 98 Vienna, Va. (Paul VI / Virginia)
Brooke Baughman	1991, 92, 93	Salt Lake City, Utah (RH-St.M)	Susan Haldeman	1977, 78 Santa Monica, Calif. (Santa Monica)
<b>Kaitlyn Benner</b>	<b>2014, 15, 16</b>	<b>Superior, Colo. (Monarch)</b>	Ruth Hamilton	1980 Carbondale, Colo. (CO Rocky Mtn)
Kristi Berwick	1980	Encino, Calif. (Taft)	Sarah Hanson	1982, 83, 85, 86 Boulder, Colo. (Fairview)
Michelle Bews	1984, 86, 87, 88	Victoria, Australian (Ann Arbor)	Emily Hanenburg	2006, 08, 09 Colorado Springs, Colo. (The Classical Academy)
Eryn Blakely	2014, 15	Monrovia, Calif. (Alverno)	Denise Hermosillo	1983, 84, 85 Durango, Colo.
Christine Bolf	2002, 03, 04, 05	Los Angeles, Calif. (Notre Dame)	Jeanne Higgins	1988 Hulls Cove, Maine (Hulls Cove)
Ben Bossut	1992, 93	Font Ronneay, France (College of Marin)	Lesley Higgins	1998, 99, 00, 01 Littleton, Colo. (Arapahoe)
Courtney Bouchet	2011, 12, 13	Estes Park, Colo. (Estes Park)	Kimberly Hills	1976, 77, 78, 79 Eugene, Ore. (North Eugene)
Lize Brittin	1987	Boulder, Colo. (Fairview/BYU)	Kristen Hoogheem	2005 Chesterfield, Mo. (Marquette)
Suzanne Bryan	1983		Jen Hooper	2007 Steamboat Springs, Colo. (Steamboat Springs)
Debbie Bump	1987	Wheatridge, Colo. (Wheatridge)	Allison Howard	1990, 91 Minneapolis, Minn. (Roseville Area)
Heather Burroughs	1994, 95, 97, 98	Kansas City, Mo. (Pembroke)	Melissa Howell	1984 Broomfield, Mich.
Shannon Busch	1987, 88, 89, 90	Fort Collins, Colo. (Poudre)	Renee Howell	1993 Westminster, Colo. (Northglenn)
Alison Butterworth	1980	Charlotte, N.C. (Myers Park)	Jodie Hughes	1998, 99, 00, 01 The Woodlands, Texas (The Woodlands)
<b>Mackenzie Caldwell</b>	<b>2014, 16</b>	<b>Columbus, Ind. (Columbus N)</b>	Sharon Hulse	1980, 82 Huntington Beach, Calif. (Edison)
Catrina Campbell	1987, 88	Longmont, Colo. (Lmont /Idaho St)	<b>Sage Hurta</b>	<b>2016</b> Hamilton, N.Y. (Hamilton Central)
Heather Chamberlain	1988	Leesburg, Va. (Leesburg/Brevard)	Cindy Ike	1976
Anna Chase	2006, 07	Martinsville, Va. (Martinsville)	<b>Dani Jones</b>	<b>2015, 16</b> Phoenix, Ariz. (Desert Vista)
Jessica Cirelli	1994, 95	Superior, Colo. (Fairview)	Jennifer Jones	1991, 92 Parker, Colo. (Ponderosa)
Erin Clark	2013, 14, 15, 16	Eugene, Ore. (South Eugene)	Lori Jorgensen	1978, 80 Mahopac, N.Y. (Mahopac)
Emma Coburn	2008, 09, 10, 11	Crested Butte, Colo. (Crested Butte)	Michelle Kantor	1988, 89, 90 Reno, Nev. (McQueen)
Carrie Cockerham	1996	Englewood, Colo. (Cherry Creek)	<b>Annie Kelly</b>	<b>2014</b> Alpharetta, Ga. (Milton)
Jeanne Collopy	1976		Gina Kelly	1991 Cincinnati, Ohio (Anderson)
<b>Val Constien</b>	<b>2015</b>	<b>Edwards, Colo. (Battle Mtn)</b>	Kirsten Kindt	1983, 84, 85, 86 Englewood, Colo.
Wendy Cozens	1978	Denver, Colo. (Thomas Jefferson)	Michelle King	1989, 90 Bailey, Colo. (Platte Canyon)
Katie Cumming	2008, 09, 10, 11	Hudson, Wis. (Hudson)	Shalaya Kipp	2010, 11, 12, 13 Salt Lake City, Utah (Skyline)
Kimberley Cundiff	1988	Boulder, Colo. (Boulder)	Katie Kissane	2002 Essex, Vt. (Essex)
Kristina Dahlberg	1993, 94, 95, 96	Orange, Calif. (El Modena)	Susan Kranzler	1984 Wheatridge, Colo.
Lara Darco	2011	Walpack, N.J. (Pope John XXIII)	Brandi Krug	1992, 93 Grand Junction, Colo. (Grand Junction)
Mary Decker	1977, 78	Orange, Calif.	Liz Laster	1988, 90 Aurora, Colo. (Rangeview)
Jenny DeSouchet	2013, 14	Alamosa, Colo. (Alamosa)	Abby Levene	2013 Dublin, N.H. (Andover Academy)
Allison Eckert	2007	Sioux Falls, S.D. (Roosevelt)	Camille Logan	2010, 11, 12 Littleton, Colo. (Littleton)
Morgan Ekemo	2008	Eagle River, Alaska (Chugiak)	Allison Lusby	1993, 94 Boulder, Colo. (Fairview)
Anne Farris	1987, 88, 89	Aspen, Colo. (Aspen)	Claire Maduza	2006 Shorewood, Wis. (Shorewood)
Jen Fazoli	1998, 99, 00	Averill Park, N.Y. (Averill Park)	Erin Marston	2006, 07 Parker, Colo. (Chaparral)
			Bridget Marting	1982, 83 Colorado Springs (Cheyenne Mtn)



Erin Clark



Natalie Florence



Jodie Hughes



Carrie Messner

# ALL-TIME LETTERWINNERS

<b>Lucy May</b>	<b>2014, 15</b>	<b>St. Louis, Mo. (St. Joseph)</b>	Elaine Strickland	1986	Northglenn, Colo.
Catrina McAlister	2012, 13, 14	San Clemente, Calif. (San Clemente)	Sara Sutherland	2014	Dallas, Texas (Highland Park)
Hilary McClendon	2006	Eagle, Idaho (Bishop Kelly)	Carleen Thom	1979, 80	Phoenix, Ariz. (Central)
Cathy McCray	1982, 83		Laura Thweatt	2007, 08, 09, 10	Durango, Colo. (Durango)
Rachel McKeen	1993, 94	Beaverton, Ore. (Beaverton)	Kalin Toedebusch	2003, 05	Rockford, Mich. (Rockford)
Allie McLaughlin	2009	Colorado Springs, Colo. (Air Academy)	Elizabeth Tremblay	2010, 11, 12, 13	Loveland, Colo. (Thompson Valley)
Carol McMordie	1985, 86, 87, 89	Lakewood, Colo. (Green Mtn)	Laura Tremblay	2009, 10	Loveland, Colo. (Thompson Valley)
Chris McNamara	1984, 85, 86, 87	Gresham, Ore. (Gresham)	<b>Taylor Tuttle</b>	<b>2016</b>	<b>Snellville, Ga. (Providence Christian)</b>
Amy McNitt	1992, 93, 94, 95	Monte Vista, Colo. (Sargent)	Sara (Ensrud) Vaughn	2005, 07	Gering, Neb. (Gering)
Amy Merten	1989, 91	Fairfax Station, Va. (Fairfax)	Carrie Verdon	2012, 13, 15, 16	Moraga, Calif. (Campolindo)
Carrie Messner	1995, 96, 98, 99	Evergreen, Colo. (Mullin)	Rachel Viger	2010, 11, 12	Fort Collins, Colo. (Fort Collins)
Renee Metivier	2003, 04	Highland Village, Texas (Marcus/GaTech)	Hilary White	2001	Gainsville, Fla. (Buchholz / Florida)
Jennifer Miller	1992	Grosse Pt Park, Mich. (Liggett)	Shayne Wille	1995, 96	Havertown, Pa. (Haverford/Vermont)
Peg Millican	1989	Ft. Collins, Colo. (Poudre/Gal-Poly SLD)	Katherine Wilson	1977, 78, 79, 80	Bloomfield Hills, Mich. (Lahser)
Fran Montes	1979, 80	Islip Terrace, N.Y. (East Islip)	Carolyn, Wollenberger	1984, 85	Portalo Valley, Calif.
Tera Moody	1999, 00, 01, 02	St. Charles, Ill. (St. Charles)	Kathy Woodbridge	1976, 77, 78	Princeton, N.J.
<b>Makena Morley</b>	<b>2016</b>	<b>Bigfork, Mont. (Bigfork)</b>	Anna Wright	2001	St. Louis, Mo. (Oakville/UT-Chattanooga)
<b>Melanie Nun</b>	<b>2013, 15, 16</b>	<b>Broomfield, Colo. (Legacy)</b>	Gatherine Wright	1999, 2000	St. Louis, Mo. (Oakville)
Pam Olson	1977		Jackie Zeigle	2002, 03, 04, 05	South Jordan, Utah (Bingham)
Liza Pasciuto	2004, 05, 06	Murrieta, Calif. (Murrieta Valley)	Laura Zeigle	2003, 04, 05	South Jordan, Utah (Bingham)
Kaye Rains	1987	Ft. Collins, Colo. (Rocky Mtn)	DeAnn Zamora	1984, 85, 87	Boulder, Colo. (Boulder)
Muffy Raveling	1991, 92, 93, 94	Lakewood, Colo. (Alameda)			
Nancy Reynolds	1982, 83	Cave Junction, Ore. (Illinois Valley)			
Deb Rieck	1997	Englewood, Colo. (Cherry Creek)			
Renee Rife	1984	Portola, Calif.			
Heather Roberts	1991	Aurora, Colo. (Overland)			
Patty Roberts	1993, 94, 95	LaGrange, Ill. (Lyons Township)			
Cecilia Robinson	1983	Leonard, Texas			
Sheri Rochel	1982	Seattle, Wash. (Shoreline)			
Nancy Rogowski	1982, 84	Boulder, Colo. (Boulder)			
Aislinn Ryan	2006, 07	Warwick, N.Y. (Warwick)			
Liz Sabochik	2000, 01	Englewood, Colo. (Cherry Creek)			
Allison Sawyer	2007, 08, 09	Hilton, N.Y. (Hilton)			
Heidi Scarlett	1993, 95, 96, 97	Alamosa, Colo. (Alamosa)			
<b>Tabor Scholl</b>	<b>2016</b>	<b>Kremmling, Colo.</b>			
Sandy Simmons	1977				
Kaylen Slack	2008	Colorado Springs, Colo. (Liberty)			
Dana Slater	1977, 78	Freedom Plains, N.Y. (Arlington)			
Amber Smith	2004	Ishpeming, Mich. (Westwood)			
Jennifer Smith	1997	Spokane, Wash. (Joel E. Ferris)			
Kelly Smith	1994, 95, 96, 97	Petoskey, Mich. (Petoskey)			
Wendy Smith	1990, 91	Beaverton, Ore. (Beaverton)			
Sara Solomon	1988, 89, 90, 91	Greeley, Colo. (Greeley Central)			
Carolyn Spahr	1976				
Kate Starke	1986, 87	Ft. Collins, Colo. (Ft. Collins)			
Jana Stolting	2012	Tallahassee, Fla. (Maclay)			
Briana Stott-Messick	1997, 98	Fort Collins, Colo. (Poudre)			



Laura Thweatt



Kalin Toedebusch



Carrie Verdon



Laura Zeigle

# YEAR-BY-YEAR RESULTS

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

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

<b>1955</b> .....	<b>Men</b>
Colorado Triangular .....	1/3
at Wyoming Invitational.....	1/3
at Iowa State Quadrangular .....	2/4
at Big Seven Championship.....	3/7

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

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

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

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

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

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

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

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

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

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

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

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

<b>1968</b> .....	<b>Men</b>
vs. Wyoming (Dual) .....	25-34
at Air Force Dual.....	23-54
vs. Western Michigan (at AFA) .....	19-40
Colorado Invitational.....	1
Wyoming Invitational .....	2
Big Eight Championships .....	2/8

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

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

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

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

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

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

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

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

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

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

# YEAR-BY-YEAR RESULTS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



# YEAR-BY-YEAR RESULTS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

2012 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/4	1/4
Bronco Invitational.....	6/19	6/16
Pre-Nationals.....	1/40	17/39
Pac-12 Championships.....	1/9	5/12
NCAA Mountain Region.....	3/18	3/20
NCAA Championships.....	3/31	24/31

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

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

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

2016 (Mark Wetmore)	Men	Women
Rocky Mountain Shootout.....	1/3	1/2
Bradley Classic.....	6/27	1/31
Pre-Nationals.....	3/40	1/42
Pac-12 Championships.....	1/9	1/12
NCAA Mountain Region.....	2/17	1/20
NCAA Championships.....	6/31	3/31

## ***RUNNING TOWN, USA***



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

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

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

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

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

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

## ***RUNNING TOWN, USA***

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

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

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

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

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

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



**2006 Bolder Boulder Champ**  
Sara Slattery



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

**2017 COLORADO CROSS COUNTRY**

# UNIVERSITY OF COLORADO...



## Colleges

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

## Schools

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

## CU's Top Programs

Space Science  
Engineering  
Molecular Biology  
Business

## Most Popular Undergraduate Majors

Psychology  
Communication  
English  
MCD Biology  
Economics  
Finance  
Political Science  
Sociology  
Marketing



# MINDS TO MATCH OUR MOUNTAINS

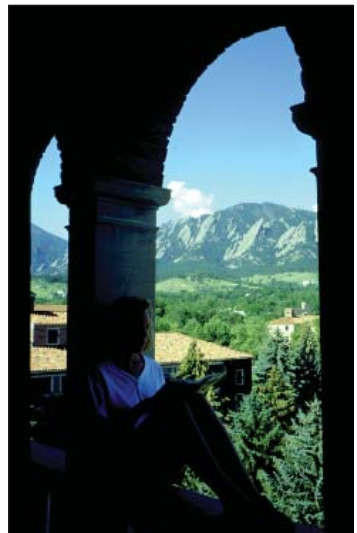
## RANKINGS

- “Best College Town in America” by *Business Insider* in July, 2017
- Named “Smartest City in America” by *Forbes Magazine* in Feb. , 2008
- *U.S. News and World Report* ranked the Boulder campus 32nd out of the top 50 public universities in the country and highest in the Rocky Mountain Region in its 2005 rankings. The same publication ranked CU as the 74th best national university of 115 schools ranked.
- CU-Boulder was ranked a “Best Buy” in the 2004 edition of the *Fiske Guide to Colleges* receiving a four-start rating (out of five) for academics and five stars each for the social life and quality of life ratings.
- Seven graduate school specialty programs were ranked in the top 20 in the nation in the 2004 U.S. News & World Report graduate school rankings.
- Three faculty members have received Nobel Prizes: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry and Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in physics.
- The Boulder campus was ranked fourth in a review of the 50 “most architecturally successful campuses in the country in *The Campus as a Work of Art* by Thomas Gaines.
- Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.
- Colorado ranked second in *Outside* magazine’s 40 Best Colleges in 2003 “turning out smart grads with top-notch academic credentials, a healthy environmental ethos and an A+ sense of adventure.”



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

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



# THE PAC-12 CONFERENCE

## Conference History

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

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

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

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

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

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

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

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

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

Currently, the Pac-12 sponsors 11 men's sports and 13 women's sports, with women's lacrosse a new addition for the 2017-18 academic year and beach volleyball having

been added in 2015-16. Additionally, the Conference is a member of the Mountain Pacific Sports Federation (MPSF) in four other men's sports and two women's sports.

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

## Conference of Champions

Built on a firm foundation of academic excellence and superior athletic performance, the Pac-12 Conference renewed its undisputed claim as the Conference of Champions® in 2016-17, becoming the first conference to win 500 NCAA Championships. Beyond the court's and fields, the Pac-12's accomplishments extend into the classrooms across 12 campuses, and outside its traditional geographic footprint into new corners around the world.

En route to becoming the first conference to win 500 NCAA Championships, the Pac-12 led the nation in 2016-17 with 13 NCAA crowns. This haul adds to the incredible 158 NCAA team titles since 1999-2000 and 300 since 1981-82, the start of women's sports sponsorship, an average of over nine per year. Even more impressive has been the breadth of the Pac-12's success with championships coming in 29 different men's and women's sports. The Pac-12 has led or tied the nation in NCAA Championships in 51 of the last 57 years, the only exceptions being in 1980-81, 1988-89, 1990-91 and 1995-96 when the Conference finished second, and only twice finished third in 1998-99 and 2004-05.

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

Spanning over a century of outstanding athletics achievements, The Pac-12 has claimed 501 NCAA Championships (297 men's, 174 women's, 30 combined), nearly 200 more than the next league. It was also the first to win 400 championships then surpassed 450 when Colorado and Utah joined the league in 2010-11.

Pac-12 members have won 297 NCAA team championships on the men's side, 74 more than the next-closest conference. Men's NCAA crowns have come at a phenomenal rate for the Pac-12 - 16 basketball titles by six schools, 54 tennis titles, 47 outdoor track & field crowns, and 28 baseball titles. Pac-12 members have won 25 of 47 NCAA titles in volleyball, 43 of 48 in water polo, 30 in skiing, and 24 in swimming & diving national championships.

Individually, the Conference has produced an impressive number of NCAA individual champions. Over 2,000 (2,290) individual crowns have been won by Pac-12 student-athletes over the years with 1,359 by male student-athletes. Student-athletes have also captured 185 individual titles at combined championships (ie, skiing and fencing).

On the women's side, the story is much the same. Since the NCAA began conducting women's championships 36 years ago, Pac-12 members have claimed at least four national titles in a single season on 26 occasions, including a current streak of 17-consecutive years, dating back to 2000. Overall, the Pac-12 has captured 174 NCAA women's titles, easily outdistancing the SEC, which is second with 100. Pac-12 members have dominated a number of sports, winning 23 softball titles, 23 tennis crowns, 15 volleyball titles, 18 of the last 28 trophies in golf, and 15 in swimming & diving.

Pac-12 women student-athletes shine nationally on an individual basis, as well, having captured an unmatched 743 NCAA individual crowns, an average of over 20 championships per season, including 30 in 2016-17.

## SUPPORT STAFF



### **Cory Harbor - Academic Counselor - First Season**

Cory Harbor is in his first year as an assistant director of academics in the Herbst Academic Center, working with the cross country and track & field programs. Prior to his arrival at Colorado, he was an academic advisor at Northwestern (2013-2016). Harbor also worked as an academic counselor at Illinois (2011-2013) and Missouri State (2010-2011). A four-year letterwinner on the football team at MSU, Harbor earned his bachelor's degree in sports administration in 2008 and his master's in sports administration in 2009. He is currently finalizing his MBA at MSU as well. Harbor and his wife, Nicole, have one son, Luca. He enjoys working out, being outside, playing basketball, reading and spending time with family.



### **MT Eisner - Assistant Sports Performance Coach - Fifth Season**

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



### **Kimberly Detwiler - Assistant Athletic Trainer - First Season**

Kimberly Detwiler is in her first year as an assistant athletic trainer for the cross country and track and field team at Colorado. She joins the staff at CU after spending the last seven years at Texas where she worked with the softball team. Detwiler earned her bachelor's degree in athletic training from San Diego State in 2005 and received her master's degree in athletic training from Oregon in 2007. She has served the National Athletic Trainers' Association (NATA) in various capacities. Most notably, Detwiler served as the inaugural chair for the NATA's Young Professionals' Committee and various other groups including VisionQuest, work-life balance position statement writing team and Strategic Implementation Team. In addition to this service, she also enjoys giving presentations and writing articles related to the field of athletic training. In her free time, Detwiler enjoys cycling, running, hiking, camping, writing and reading. She also enjoys traveling, especially back home to California to see her family.



### **Tim Horton - Assistant Equipment Director - 17th Season**

Tim Horton has returned to the equipment room after spending eight seasons in the business office at CU. This is his 25th year at CU, his 17th as Olympic Sports equipment manager, as he joined the CU staff in the fall of 1992. His primary duties at Colorado are handling the equipment needs for the non-revenue sports, along with helping the football program on game day. The student-athletes selected him as the 2002-03 Staff Member of the Year for his contributions and time dedicated to the success of the members of CU's 17 intercollegiate programs, presenting him with the honor at the 2003 CUSPY's. He graduated from the University of Northern Colorado in 1979, earning a bachelor's of science degree in business administration and marketing. He was a member of the Bears' ski team while in college. Born Dec. 11, 1956 in Leadville, Colo., he graduated from Boulder's Fairview High in 1975, where he lettered in football. An avid bicyclist, he participated in the 2004 Ride The Rockies to test his endurance over the 350-plus mile trek. Horton also rode the Denver Century in June 2014 and raised over \$1,500 for cancer research in search of the Leukemia Lymphoma Society. He has a son, Davis Paul and is a 10-year cancer survivor.



### **Linda Sprouse - Associate Sports Information Director - 13th Season**

Linda Sprouse enters her 13th season as the assistant sports information director for the CU cross country team. She also works with the volleyball and lacrosse programs. Sprouse served as the media coordinator for the 2013 Pac-12 Cross Country and 2008 Big 12 Outdoor Track & Field Championship. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women's Division II and III and men's Division III volleyball programs. Sprouse served as a graduate assistant in the athletic communications office at Minnesota State University from 2001-03. She worked with several of the Mavericks' programs, including volleyball, women's ice hockey and women's basketball. Sprouse earned her bachelor's degree in Mass Communications from MSU in 2001 and completed her master's of science in sport administration from MSU in December '07. A native of New Ulm, Minn., she earned two letters as a member of the tennis team. The former Linda Poncin is married to Nick Sprouse, the equipment manager for the Colorado volleyball, women's lacrosse and men's and women's basketball programs. The couple has a daughter, Lily, and resides in Thornton, Colo.

# ACADEMICS AND ATHLETICS

## ACADEMIC ALL-CONFERENCE

### First Team

Michelle Bews	1985	Lesley Higgins	1999, 00, 01	Andy Wacker	2008, 09
Andrew Dunn	1986, 87, 88	Jodie Hughes	1999, 00, 01	Matthew Biegner	2009, 10
Sarah Hanson	1985	Kara Grgas-Wheeler	1999, 00	Megan Burrell	2009, 10
Tom Kresl	1985	Tera Moody	2000, 01, 02	Katie Cumming	2009, 10
Michelle Kantor	1988, 89, 90	Liz Sabochik	2000, 01	Seth DeMoor	2009
Bill Hinkley	1988	Aaron Blondeau	2000, 01	Stephen Kasica	2009, 10
Eric Meloney	1989	Chris Schafer	2000	Diana George	2010
Amy Merten	1989	Jorge Torres	2000	Kelly King	2010
Pat Dolan	1990, 91	Ed Torres	2000	Nikki Look	2010, 12
Shannon Busch	1990	Sara (Gorton) Slattery	2001, 04	Jerome Perkins	2010, 12
Jennifer Jones	1989	Anna Wright	2001	Brooke Regan	2010
Wendy Smith	1990, 91	Catherine Wright	2001	Ryan Savercool	2010
Andy Samuelson	1991, 92	Sara Hamlin	2001	Matt Tebo	2010
Dave Barbieri	1992, 93	Jon Severy	2001, 02, 03, 04	Laura Tremblay	2010
Micah Moore	1992	Jared Scott	2001, 03, 04	Elizabeth Tremblay	2010
Jay Cleckler	1992, 93, 94	Sean Smith	2001	Rachel Viger	2011, 12, 13
Ben Bossut	1993	Zach Crandall	2001	Mandy Ortiz	2014
Patty Roberts	1993, 95	Austin Baille	2002, 04, 05	David Emmer	2014
Scott Larson	1993	Travis Macy	2002	Ben Saarel	2014, 16
Allison Lusby	1994	Jamie Rosenquist	2002	Kaitlyn Benner	2015, 16
Rachel McKeen	1994	Shannon Yessak	2002	Melanie Nun	2015
Jon Cooper	1994, 95	Matt McCue	2003, 04	Mackenzie Caldwell	2016
Tim Catalano	1994	Katie Kissane	2003	Adam Peterman	2016
Chris Severy	1995, 96, 98	Payton Batliner	2004, 05		
Alan Culpepper	1995	Will Campbell	2004, 05		
Kelly Smith	1995, 96, 97	Pete Janson	2004, 06, 07		
Kristina Dahlberg	1995	Daniel Kenney	2004, 05, 06		
H. Burroughs	1995, 96, 97, 98	Brent Vaughn	2004, 06, 07		
Colleen Glyde	1995	Christine Bolf	2004		
Adam Batliner	1996, 97, 98	Allison Bruce	2004		
Jay Johnson	1996, 98	Kristen Hoogheem	2004, 05		
Matt Napier	1996, 97	Erin Marston	2004, 06, 07		
Chris Schafer	1996, 97, 98	Renee Metivier	2004		
Zeke Tiernan	1996, 97	Erik Heinonen	2005, 06		
Lindsay Arendt	1996, 97, 98, 99	Bret Schoolmeester	2005		
Deb Rieck	1996, 97, 99	Kalin Toedebusch	2005		
Heidi Scarlett	1996, 97	Jenny Barringer	2006, 07, 09		
Oscar Ponce	1998	Rachel Gioscia	2006		
Chris Valenti	1998	Jennifer Hooper	2006, 07		
Matt Elmuccio	1998	Kenyon Neuman	2006		
Briana Stott-Messick	1998	Caitlin Schultheiss	2006		
Jen Gruia	1998	Anna Chase	2007		
Gia White	1998	Emily Hanenburg	2007, 08, 09		
Lindsay Bradfield	1998	Bradley Harkrader	2007, 08		
Theresa Dean	1998	Dani Rodriguez	2007		
Liz Sabochik	1998, 00, 01	Aislinn Ryan	2007		
Molly Austin	1999, 01	Sara Vaughn	2007		
Jen Fazioli	1999, 00, 01	Richard Medina	2008, 09		
		Allison Sawyer	2008		
		Laura Thweatt	2008, 09, 10		



# ACADEMICS AND ATHLETICS

## Honorable Mention/Second Team

Michelle Bews	1986, 88	Anthony Chiulli	2004, 05, 06
Lize Brittin	1988	Bret Schoolmeester	2004
Annie Farris	1988	Greg Castro	2005, 07
Kaye Rains	1988	Pete Janson	2005
JoAnne McDonald	1988	Shanna Sparks	2005, 07
Brian Reynolds	1988	Seth DeMoor	2006
Bill Whetstone	1988	Liza Pasciuto	2006
Nate Wright	1988	Dan Edwards	2007
Pat Dolan	1989	Matt Herzl	2007
William Drake	1989	Kenyon Neuman	2007, 08, 09
William Hinkley	1989	Christian Thompson	2008, 09
Andy Samuelson	1990	Emma Coburn	2009, 10, 11
Jason Pozner	1990	Jordan Kyle	2009
Amy Merten	1991	Allison Sawyer	2009
Brett Larsen	1991	Courtney Bouchet	2010, 11, 12, 13
Scott Larson	1991	Camille Logan	2010, 11, 12
Chris McDonald	1991	Brennan Lynch	2010
Steve Barbieri	1992	Nathan Rice	2010
Jason Drake	1992, 93	Andy Wacker	2010
Donelly Larson	1992	Jeff Warren	2010, 12
Mike Sobolik	1992	Matt Biegner	2011, 12
Jennifer Jones	1992	Katie Cumming	2011
Catherine Fahres	1992	Lara Darco	2011, 12
Julia Huff	1992	Diana George	2011, 12
Molly Curran	1993	Stephen Kasica	2011
Michell Wilkolaski	1993	Kelly King	2011
Ricky Cron	1993	Richard Medina	2011
Kestrel Bishop	1994, 95	Ryan Savercool	2011, 12
Holly Stanish	1994	Blake Theroux	2011
Jeremy Gintoft	1994	Liz Tremblay	2011, 12, 13
Zeke Tiernan	1994, 95	Andy Wacker	2011
Adam Batliner	1995	Joe Bosshard	2012
Ewen Nichol	1995	Jana Stolting	2012, 13
Tom Reese	1995	Maddie Alm	2013, 14, 15
Brian Aiken	1995	Jenny DeSouchet	2013, 14
Jay Johnson	1995	Catrina McAlister	2013
Adrian Armold	1995	Morgan Pearson	2013, 15
Jessica Cirelli	1995	Carrie Verdon	2013
Rachel McKeen	1995	Erin Clark	2014, 15, 16
Laura Bruns	1996, 97	Lucy May	2014, 15, 16
Kara Grgas-Wheeler	1996, 97	Adam Peterman	2014
Mike Friedberg	1998	Eryn Blakely	2015
Megan Clute	1998	Christian Martin	2015, 16
Wes Berkshire	1999	Paul Miller	2015, 16
Zach Crandall	2000	Ryan Forsyth	2016
Molly Austin	2002	Reilly Friedman	2016
Sara Gorton	2002	Ethan Gonzales	2016
Jared Scott	2002	Chris Herrick	2016
Matt McCue	2002	Dani Jones	2016
		Joe Klecker	2016

Melanie Nun	2016
Karina Mann	2016
Justice Ramos	

## USTFCCA ALL-ACADEMIC

Adam Batliner	1996
Matt Napier	1996
Chris Severy	1996
Kelly Smith	1996, 97
Jennifer Smith	1997
Briana Stott-Messick	1997
Jenny Barringer	2006, 07, 09
Erik Heinonen	2006
Brent Vaughn	2006, 07
Brad Harkrader	2007
Erin Marston	2007
Sara Vaughn	2007
Richard Medina	2008
Laura Tremblay	2009, 10
Andy Wacker	2011
Erin Clark	2013, 14, 15, 16
Jenny DeSouchet	2013, 14
Abby Levene	2013
Melanie Nun	2013, 15
Morgan Pearson	2013, 15
Ben Saarel	2013, 14, 15, 16
Liz Tremblay	2013
Maddie Alm	2014, 15
Kaitlyn Benner	2014, 15, 16
Sara Sutherland	2014
Joe Klecker	2016
Mackenzie Caldwell	2016
Sage Hurta	2016
Makena Morley	2016

# ACADEMICS AND ATHLETICS

## CoSIDA ACADEMIC ALL-AMERICANS



Jenny Barringer



Heather Burroughs



Kara Grgas-Wheeler



Erik Heinonen



Jodie Hughes



Nikki Look



Renee Metivier



Ben Saarel



Chris Severy



Jon Severy



Kelly Smith



B. Stott-Messick



Brent Vaughn

### ACADEMIC ALL-AMERICANS

#### Fall/Winter At-Large

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

#### Cross Country/Track

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

## POST GRADUATE SCHOLARSHIPS



Aaron Blondeau



Ben Bossut

### Big Eight/Big 12

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



Jon Cooper



Rachel Gioscia



Jessica (Pixler) Tebo

### NCAA

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

# ACADEMICS AND ATHLETICS

## STEPS

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

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

- Interview Skills
- Job Placement
- Contract Negotiation

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

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

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

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

- **Career Services**

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

- **Exit Physical**

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

- **Counseling and Psychological Services**

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

- **Graduation Checklist**

- **Alumni C-Club**

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

- **Post-Graduate Scholarships**

- **Professional Sports Counseling Panel**



## ACADEMICS AND ATHLETICS

### READ WITH THE BUFFS

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



# BOULDER/DENVER TRIVIA AND FACTS

## Top 10 Cheap Things To Do In Boulder

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



# BOULDER/DENVER TRIVIA AND FACTS



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

## Quick Bites

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

## COLORADO BY THE NUMBERS

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

## WHAT THEY'RE SAYING ABOUT BOULDER



Best College Town in America - Business Insider, July 2017  
All-Around Best Town - Outside Magazine, August 2006  
#1 Best Place To Live - Men's Journal, March 2005 and May 2003  
America's Best Running City - Runner's World, January 2001  
#1 Best Sports Town In America, Outside Magazine, 1999  
#1 Top Green and Clean City, Modern Maturity, 2000  
#1 Thinnest City, Self Magazine, October, 2002  
The West's Best City, Sunset Magazine, 1999  
Best Place to Move - Worldwide ERC and Primacy Relocation, September 2004  
The Best Small Cities - Men's Journal, June 2004  
Best College Sports Town - Sports Illustrated on Campus, September 2003  
Place You Dream of Living - Backpacker Magazine, February 2006  
Ideal Location for Runners - Runner's World, May 1999  
Most Enlightened City in Colorado - Utne Reader, April 1997  
The Town That Can't Sit Still - The New York Times Magazine, November 1991  
Boulder: Ideal Terrain for Training - Sports Illustrated, April 1990

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

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

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

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

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

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