

ALL-AMERICANS

Men (1963-Present)

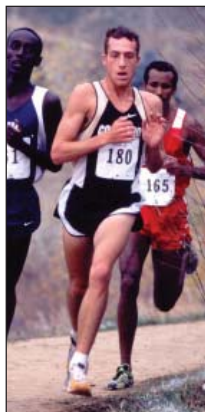
Dave Wrighton	1963, 64, 65	Jay Cleckler	1994	Jon Severy	2004
Craig Runyon	1966, 67, 68	Jon Cooper	1994, 95	Brent Vaughn	2004, 06, 07
Rick Trujillo	1967	Adam Goucher	1994, 95, 97, 98	Stephen Pifer	2004, 05, 06, 07
John Lunn	1968	Clint Wells	1994, 95	James Strang	2005, 06
John Gregorio	1972, 73	Ricky Cron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

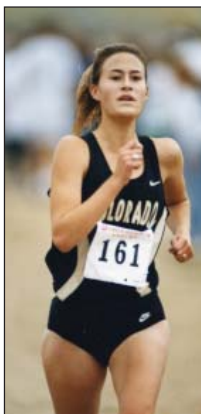
Mary Decker (AIAW)	1978	Liza Pasciuto	2004, 05, 06
Carol McMordie	1986	Jenny Barringer	2006, 07
Chris McNamara	1986, 87	Sara Vaughn	2007
Patty Roberts	1994, 95	Allie McLaughlin	2009
Heather Burroughs	1994, 95, 98	Shalaya Kipp	2010, 11, 12, 13
Natalie Raveling	1994	Laura Tremblay	2010
Colleen Glyde	1995, 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)

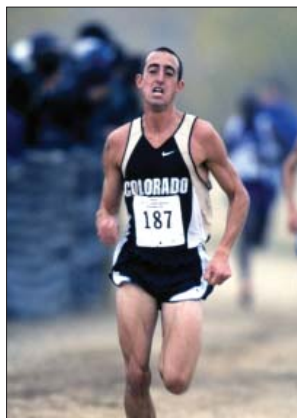


Jenny Barringer (2006, 07)

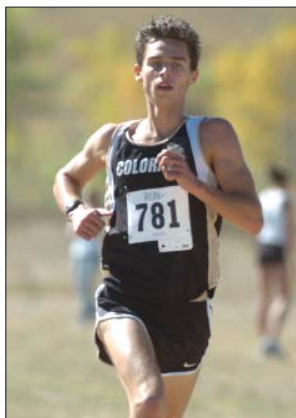


Shalaya Kipp (2010, 11, 12, 13)

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 Ritzenein	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
Mike Kubitschek
Dan Reese
Todd Wienke
Scott Elliott
Ken Metcalf
Cisco Bob
David Derdeyn
Mike Nahom
Chuck Trujillo
Nate Wright
Shawn Found
Brett Larsen
Scott Larson
Fritz Rogers
Tim Catalano
Alan Culpepper
Ron Salazar
Jay Cleckler
Jon Cooper
Adam Goucher
Clint Wells
Adam Batliner
Ricky Cron
Jay Johnson
Matt Napier
Tom Reese
Chris Severy
Zeke Tiernan
Aaron Blondeau
Mike Friedberg
Ron Roybal
Oscar Ponce
Sean Smith
Jorge Torres
Ed Torres
Zach Crandall

1985, 86, 87, 88
1985
1985
1985, 86
1986
1986
1987, 88, 89
1987
1988, 89
1985, 86, 88
1988, 89
1992, 93
1992, 93
1992, 93
1991, 92
1993, 94
1993, 94, 95
1993
1994
1994, 95
1994, 95, 97, 98
1994, 95, 97
1996, 97, 98
1996
1996
1996, 97
1996, 97, 98
1996
1996
1997, 99
1998, 99
1998, 99
1999
1999, 00
2000, 01, 02
2000, 01, 02
2000

Steve Slattery
Dathan Ritzenhein
Billy Nelson
Bret Schoolmeester
Brent Vaughn
Bradley Harkrader
Jared Scott
Jon Severy
James Strang
Payton Batliner
Stephen Pifer
Erik Heinonen
Richard Medina
Kenyon Neuman
Chris Pannone
Seth DeMoor
Jordan Kyle
Joe Bosshard
Matt Tebo
Christian Thompson
Andy Wacker
Aric Van Halen
Martin Medina
Ammar Moussa
Jake Hurysz
Pierce Murphy
Blake Theroux
Morgan Pearson
Ben Saarel
Connor Winter
John Dressel
Zach Perrin
Joe Klecker

2000, 01
2001, 03
2002, 03, 05, 06
2003, 04, 05
2004, 06, 07
2004, 06, 07
2004
2004
2004, 05, 06
2005
2005, 06, 07
2006
2007, 08, 09, 11
2007, 08
2007, 08
2008
2008, 09
2009, 10
2009, 10
2009, 10, 11
2010, 12
2011, 12
2011, 14, 15
2012, 14
2012, 13, 14, 15
2012
2013, 15
2013, 14, 15, 16
2013, 14, 15
2015, 16
2015, 16
2016

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 Hanenburgh	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

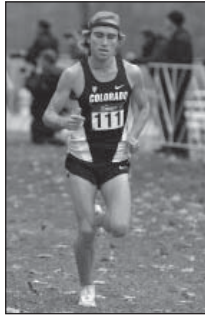
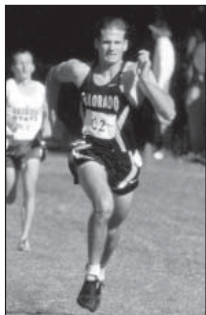
Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the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