

COLORADO BUFFALOES



HOLLY BENT

Freshman • RS
Louisville, Colo.
(Monarch)

2017: Redshirt. Did not complete.

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). Bent was also a good student, earning academic all-league

honors all four years. She was also recruited by Cal Poly, New Mexico and Tennessee.

HIGH SCHOOL BESTS: 800-meters: 2:15.60; 1,600-meters: 5:05.94; 3,200-meters: 10:54.62.

IN THE CLASSROOM: Bent is majoring in journalism and is minoring in Spanish and political science. She has recorded a GPA greater than 3.0 after her freshman year.

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.

Results

2017 Fin/CU Time
at CSU Invite.....+33 18:58
* Redshirt Season

TRACK PRs

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

COLORADO BUFFALOES



MADIE BOREMAN

Sophomore • 2L
Round Rock, Texas
(Rouse)

2017: Boreman raced in five meets for the Buffs, earning a spot on the varsity roster as a redshirt freshman. She ran her first race in a CU uniform at the Colorado State Invitational, placing eighth. In the following meet, the Joe Piane Invite, Boreman was CU's fifth runner, finishing 18th/ At the NCAA Pre-National Invitational, she was once again CU's fifth runner, crossing the finish 36th. Boreman did not score for the Buffs at the Pac-12 Championships, placing sixth for the Buffs, but she still finished quite high at 28th. Boreman was an alternate at regionals and ended her first cross country season with a 62nd place finish at the NCAA Championship, helping the Buffs record a third-place team finish.

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 and has earned a 3.70 GPA. She was selected to the Pac-12 All-Academic honorable mention team in 2017.

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

2017	Fin/CU	Time
at CSU Invite.....	8/2	17:37
at Joe Piane Invite	18/5	16:49
at Pre-Nationals	36/5	20:32
at Pac-12 Championship ..	28/6	19:40
at NCAA Mtn. Region.....	Alt.	
at NCAA Championship	62/5	20:26

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

HONORS

2017 Pac-12 All-Academic Honorable Mention

TRACK PRs

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

COLORADO BUFFALOES



OLIVIA BROOKS

Freshman • RS
Bend, Ore.
(Summit)

2017: Redshirt. Did not complete.

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 an open option major and has a GPA greater than 3.20.

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.

Results

2017 **Fin/CU** **Time**
at CSU Invite.....+3118:54
Rocky Mtn. Shootout.....+822:11
* Redshirt Season

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

Senior • 4L
Columbus, Ind.
(Columbia North)

2017: Caldwell raced in two meets for the Buffs as a junior. Her first race was a 14th place finish in the 'B' race at the Nuttycombe Wisconsin Invitational, helping the Buffs take home the team title. She missed the Pac-12 Championship meet, but was back in the CU line-up for the NCAA Mountain Regional Championship, finishing 31st as the Buffs won their fifth straight regional title. At the NCAA Championships, Caldwell served as an alternate.

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 3.86 GPA. She was named to the 2016 Pac-12 All-Academic First Team as a redshirt sophomore in 2016 and in 2017, was selected to the second team.

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

2017 **Fin/CU** **Time**
 at Nuttycombe Invite 'B' ... 14/4 21:32
 at NCAA Mtn. Region 31/7 21:02
 at NCAA Championship Alt.

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
 2017 Pac-12 All-Academic Second Team
 2016 USTFCCA All-Academic

TRACK PRs

800-m 2:15.79
 1,500-m 4:26.51
 Mile 5:05.00
 3,000-m 9:40.38
 5,000-m 16:15.12
 10,000-m 33:52.08

COLORADO BUFFALOES



JERICO CLEVELAND

Freshman • HS
Albuquerque, N.M.
(Volcano Vista)

HIGH SCHOOL: Cleveland was named the Albuquerque Journal Track and Field/Cross Country Athlete of the Year twice, his junior and senior years, in addition to earning the 2018 New Mexico Gatorade State Boys Track and Field Athlete of the Year. Cleveland competed for Volcano Vista High School and earned seven letters, four in cross country and three on the track. He set several VVHS records while in high school, which included the 800 (1:52.59), 1,600 (4:07.89), mile (4:08.95) and 3,200 (9:17.64). He was also a part of the school record setting 1,600-medley relay, which doubles as a state record. Cleveland ran a 1:53 split on the 800 leg; the relay finished in 3:29.89. A five-time state champion on the track, Cleveland won a pair of titles (1,600 and 3,200) as a junior. As a senior, he captured three titles (800, 1,600 and 3,200). His high school track team was the state runner-up three times (2016, 17 and 18), while his cross country team was

the runner-up in 2017 thanks to his second-place finish. After Cleveland's runner-up finish, he went on to place 12th at the Nike Region Cross Country meet. Cleveland was also recruited by Northern Arizona, Boise State, New Mexico, Georgetown and Adams State.

HIGH SCHOOL BESTS: 800-meters: 1:52.59; 1,600-meters: 4:07.89; Mile: 4:08.95; 3,200-meters: 9:17.64.

IN THE CLASSROOM: Cleveland intends to major in integrative physiology and is also interested in physical therapy.

PERSONAL: Jericho Moyese Cleveland was born on March 16, 2000, in El Paso, Texas. He is the son of Shane and Julie Cleveland of Albuquerque, N.M., and has two brothers, Dakota and Sequoyah. Cleveland comes from an athletic family. His father ran at New Mexico and was a professional triathlete/duathlete, while his mother was a gymnast at UNM. His brother Dakota currently runs at Azusa Pacific. Cleveland is also musical; he can compose, listen to and play music by ear on the piano. Although he is not fluent, he has a strong foundation in Spanish. Cleveland has been doing volunteer work for many years, most recently volunteering at the 2018 Crossroads for Women, which is an organization that helps single mothers who are essentially homeless. He has also participated in several mission trips.

TRACK PRs

800-m	1:52.59
1,600-m	4:07.89
Mile.....	4:08.95
3,200-m	9:17.64

COLORADO BUFFALOES



ELIZABETH CONSTIEN
Freshman • HS
Edwards, Colo.
(Battle Mountain)

HIGH SCHOOL: Constien earned letters as a member of the Battle Mountain High School cross country, skiing and track and field teams. She won the Colorado 4A State Cross Country Championship as a senior with the third fastest course time (18:03.9) after placing second at the meet in 2016. After winning the state title in 2017, Constien went on to place 10th at the NXR Southwest Regional Championships and was 58th at the NXN Nike Cross Nationals. During her time at BMHS, the Huskies won back-to-back state cross country titles (2016 and '17), earned runner-up state honors (2015) and won the Western Slope League and regional championships (2014-17). On the track, her high school team won the WSL title three times (2015, '17 and '18). Constien also excelled in the classroom. She was an AP Scholar with distinction two consecutive years and her GPA was in the top 10% of her high school class all four years. Constien earned academic all-state first team honors in cross country, skiing and track and field her junior and senior years. Other schools that recruited Constien include UCLA, Syracuse,

Duke, Brown, Oklahoma and Idaho State.

HIGH SCHOOL BESTS: 800-meters: 2:22; 1,600-meters: 5:12; 3,200-meters: 11:02.

IN THE CLASSROOM: Constien intends to major in film and is also interested in Spanish.

PERSONAL: Elizabeth Kathleen Constien was born on June 8, 2000 in Vail, Colo. She is the daughter of Ron and Ann Constien. Her older sister, Val, is a member of the Colorado cross country and track & field team. Constien started studying Spanish in second grade and is now bilingual. She has been reading and performing music since she can remember, whether it be piano, singing or playing in the middle and high school band. Constien enjoys writing stories, watching movies, hunting, snowmobiling, dirt-biking, skiing and paddle boarding.

TRACK PRs

800-m	2:22
1,600-m	5:12
3,200-m	11:02

COLORADO BUFFALOES



VALERIE CONSTIEN
Senior • 3L
Edwards, Colo.
(Battle Mountain)

2017: Constien started her junior season at the Colorado State Invitational with a 16th place finish as CU's fourth uniformed harrier. In the following meet, the Rocky Mountain Shootout, she led the emerging varsity team with a second place finish in 21:34. Constien went on to race at the Nuttycombe Wisconsin Invitational and placed seventh, CU's No. 3, in the 'B' race. After her regular season performances, Constien earned a position on the Pac-12 Championship roster and finished 64th (CU's No. 10).

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 NAAs. Her performance at regionals garnered her all-region recognition.

2014: Redshirt. Did not compete.

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

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

IN THE CLASSROOM: Constien is majoring in environmental engineering.

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

Results

2017 **Fin/CU.... Time**
at CSU Invite..... 16/4 18:19
Rocky Mtn. Shootout..... 2/1 21:34
at Nuttycombe Invite 'B' ... 7/3 21:16
at Pac-12 Championship .. 64/10 20:41

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
+ *Ran Unattached*

HONORS

2015 All-Region

TRACK PRs

800-m 2:19.23
1,500-m 4:33.53
Mile..... 4:51.06
3,000-m 9:36.74
5,000-m 16:49.51
Steeplechase 9:47.97

COLORADO BUFFALOES



JOHN DRESSSEL

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

2017: Dressel only raced once before his season was cut short due to injury. He recorded a 20th place finish at the Joe Plane Invitational.

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

2017 **Fin/CU.... Time**
 at Joe Plane Invite 20/3 24:12

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
 1,500-m 3:45.49
 Mile 4:14.37
 3,000-m 7:51.44
 5,000-m 13:42.57
 10,000-m 29:20.97

COLORADO BUFFALOES



GABE FENDEL

Freshman • HS
Fishers, Ind.
(Hamilton Southeastern)

HIGH SCHOOL: Fendel owns three Hamilton Southeastern High School records. He set the school's 5k cross country record of 14:46.3 in 2016 at the Indiana High School Athletic Associations Semi-State Championship where Fendel placed second. That year, he went on to place second at the state championship. Fendel's other two school records came on the track. He ran a time of 4:04.70 en route to winning the 2017 1,600-meter state championship. His record of 8:50.56 in the 3,200 also came in 2017, this time at the Arcadia Invitational where he placed 10th overall. As a senior, Fendel won the 2017 state cross country championship. He was also named a Foot Locker All-American as he finished 12th overall at the national meet. Fendel was also recruited by Wisconsin, Oregon, Syracuse and Oklahoma State.

HIGH SCHOOL BESTS: 1,600-meters: 4:04.70; 3,200-meters: 8:50.56.

IN THE CLASSROOM: Fendel intends to major in arts and sciences, but is also interested in business.

PERSONAL: Gabriel Cordeiro Fendel was born on Sept. 30, 1999, in Indianapolis, Ind. He is the son of John and Solange Fendel. He has dual citizenship (Brazil). His mother is an Olympian, running the marathon in 1996 for Brazil, and his father ran in college at Ball State.

TRACK PRs

1,600-m.....4:04.70
3,200-m.....8:50.56

COLORADO BUFFALOES



RYAN FORSYTH

Senior • 3L
Severna Park, Md.
(Severna Park)

2017: Forsyth had another good season, finishing second for the Buffs in three of the six meets. He started the campaign with a seventh place finish at the Colorado State Invitational. In the first varsity meet of the season, Forsyth placed 24th (CU's No. 4) at the Joe Plane Invitational. He was the second Buff to cross the line at the NCAA Pre-National Invitational with an 11th finish. Forsyth improved to seventh at the Pac-12 Championship, again the second Buff to cross the line. His performance there earned All-Pac-12 Second Team honors. Forsyth was third for CU at the NCAA Mountain Region Championships, placing 17th for his first all-region honor. At the NCAA Championship, Forsyth finished 57th.

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 NCAAAs.

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 and owns a GPA greater than 3.00. 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 raced sailboats.

Results

2017 **Fin/CU**.... **Time**
at CSU Invite.....7/5.....14:56
at Joe Plane Invite.....24/4.....24:14
at Pre-Nationals.....11/2.....23:24
at Pac-12 Championship..7/2.....23:59
at NCAA Mtn. Region.....17/3.....30:46
at NCAA Championship.....57/2.....30:16

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

2017 All-Pac-12 First Team
2016 All-Pac-12 Second Team
2017 All-Region
2016 Pac-12 All-Academic honorable mention

TRACK PRs

800-m.....1:59.62
1,500-m.....3:51.32
3,000-m.....7:56.81
5,000-m.....13:41.19
10,000-m.....29:32.38

COLORADO BUFFALOES



REILLY FRIEDMAN

Junior • 2L

Atlanta, Ga.

(The Galloway School)

2017: Friedman started the campaign with a 22nd place finish at the Colorado State Invitational. His next meet was the Rocky Mountain Shootout, where he placed sixth overall as CU's second harrier. Friedman placed sixth at the next meet, the Nuttycombe Wisconsin Invitational, as CU's number two in the 'B' meet. His final race of the season was at the Pac-12 Championship where he finished 32nd.

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 and minoring in English. 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

2017 **Fin/CU** **Time**
 at CSU Invite.....22/915:21
 Rocky Mtn. Shootout.....6/225:57
 at Nuttycombe Invite 'B' ...6/224:48
 at Pac-12 Championship ..32/624:31

2016 **Fin/CU** **Time**
 at CSU Invite.....32/1015:32
 Rocky Mtn. Shootout.....14/726:19
 at Bradley Classic.....5/224:28
 at Pac-12 Championship ..32/625:09
 at NCAA Mtn. Region.....Alt.
 at NCAA Championship217/731:55

2015 **Fin/CU** **Time**
 at CSU Invite.....+3115:35
 * Redshirt Season

HONORS

2016 Pac-12 All-Academic honorable mention

TRACK PRs

1,500-m4:05.77
 3,000-m8:49.49
 5,000-m14:15.88
 10,000-m29:52.46

COLORADO BUFFALOES



ETHAN GONZALES

Senior • 2L

Westminster, Colo.
(Broomfield)

2017: Gonzales continued to do well for the Buffs as a junior, starting with a win at the Colorado State Invitational. In his next race, the Joe Plane Invitational, Gonzales placed 57th overall, but improved to 45th at the NCAA Pre-National Invitational. At the Pac-12 Championship, Gonzales earned a 41st place finish. He scored for the Buffs as the fifth harrier at regionals, finishing 28th, before placing 177th at NCAAs.

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 and is also working towards a minor in leadership studies. He has recorded a GPA greater than 3.00 and was named to the 2016 and '17 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

2017 **Fin/CU** **Time**
at CSU Invite..... 1/1 14:51
Rocky Mtn. Shootout..... 51/7 24:39
at Pre-Nationals 45/5 23:54
at Pac-12 Championship .. 41/7 24:36
at NCAA Mtn. Region..... 28/5 31:05
at NCAA Championship 177/6 31:24

2016 **Fin/CU** **Time**
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.

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

HONORS

2016, 17 Pac-12 All-Academic honorable mention

TRACK PRs

1,500-m 3:56.21
3,000-m 8:03.55
5,000-m 14:02.51
10,000-m 29:33.47

COLORADO BUFFALOES



EDUARDO HERRERA

Sophomore • 2L
Madera, Calif.
(Madera South)

2017: Herrera earned a spot right away on the varsity roster as a redshirt freshman. He started his career with a third-place finish at the Colorado State Invitational before placing 10th (as CU's No. 2) at the Joe Plane Invitational. Herrera was 14th at the NCAA Pre-National meet, crossing as CU's third harrier. At the Pac-12 Championships, he was third for CU with a 10th place finish, collecting All-Pac-12 Second Team honors in the process. Herrera also earned all-region status with a 25th place finish at the NCAA Mountain Region Championships. Herrera saved the best for last, leading CU and earning his first All-America award, with a 33rd place finish at NCAAs.

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 a sociology major.

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

2017 Fin/CU Time
 at CSU Invite 3/2 14:54
 at Joe Plane Invite 10/2 24:00
 at Pre-Nationals 14/3 23:26
 at Pac-12 Championship .. 10/3 24:03
 at NCAA Mtn. Region 25/4 30:56
 at NCAA Championship 33/1 29:56

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

HONORS

2017 All-American
 2017 All-Pac-12 Second Team
 2017 All-Region

TRACK PRs

800-m 1:53.85
 1,500-m 3:43.92
 Mile 4:04.43
 3,000-m 8:03.20
 5,000-m 13:57.35

COLORADO BUFFALOES



ANNIE HILL
Freshman • HS
Kalispell, Mont.
(Glacier)

HIGH SCHOOL: Hill set several school records at Glacier High School where she earned eight letters, four on the cross country team and four on the track and field team. A two-time state cross country champion, winning her freshman and sophomore seasons, she set the GHS 3-mile cross country record of 16:25 at the Libby Invite in 2015. Hill also set the school record in the 5k (17:22) in 2016, but her record has since been broken. She won the 2016 Nike Northwest Regional Championship and went on to place 41st at Nike Cross Nationals. Hill was 17th at the Nike Northwest Championships her senior year. On the track, she set five GHS records: 400-meter (57.7), 800 (2:08.69); 1,600 (4:44.67), 3,200 (10:14.14) and the 4x400-relay (4:00.62). In addition to her two state cross country titles, Hill won six on the track including two in the 800, two in the 1,600 and two in the 3,200. She earned numerous all-state and all-conference honors as well as

All-America distinctions. Hill was also the 2017 Montana Gatorade Player of the Year (track) and the 2015 Montana Gatorade Player of the Year (cross country). Academically she excelled in high school, recording many academic all-state awards. Hill graduated Summa Cum Laude and with AP Merit Distinction. She was also recruited by Oregon, Stanford and Washington.

HIGH SCHOOL BESTS: 400-meters: 57.73; 800-meters: 2:08.69; 1,500-meters: 4:19.42; 1,600-meters: 4:44.67; Mile: 4:41.52; 3,000-meters: 9:59.60; 3,200-meters: 10:14.14; 5,000-meters: 17:07.26.

IN THE CLASSROOM: Hill intends to major in integrative physiology and is interested in a career in health sciences.

PERSONAL: Annie Marcelle Hill was born on Sept. 30, 1999 in Kalispell, Mont. She is the daughter of Micah and Nicole Hill and has two brothers, Noah and Simon. She enjoys art, music, cooking, rafting and hiking. Hill can play the piano and violin and was once voted the most valuable orchestra member and most valuable choir member in middle school.

TRACK PRs

400-m.....	57.73
800-m.....	2:08.69
1,500m.....	4:19.42
1,600-m.....	4:44.67
Mile.....	4:41.52
3,000-m.....	9:59.60
3,200-m.....	10:14.14
5,000-m.....	17:07.26

COLORADO BUFFALOES



JONATHAN HORTON
Freshman • HS
Tulsa, Okla.
(Metro Christian Academy)

HIGH SCHOOL: Horton owns four Metro Christian Academy records; three individual (400, 800 and 1,600) and was a member of the 4x400-meter relay team. He won the state championship in the 800 as a junior, finishing in 1:55.71, which was also the school record. On the cross country course, he was all-state two years. Horton was also recruited by Oregon, Wisconsin, Oklahoma State and Iowa State.

HIGH SCHOOL BESTS: 400-meters: 49.4; 800-meters: 1:55.71; 1,000-meters: 2:31; 1,500-meters: 4:03; 1,600-meters: 4:19.

IN THE CLASSROOM: Horton intends to major in integrative physiology and is also interested in business.

PERSONAL: Jonathan Alan Horton was born on March 21, 1999 in Tulsa, Okla. He is the son of Scott and Jamie Horton and has two sisters. Besides running, he enjoys cars. Horton has also volunteered with Hope's Crossing Camp (2015-17).

TRACK PRs

400-m	49.4
800-m	1:55.71
1,000-m	2:31
1,500m	4:03
1,600-m	4:19

COLORADO BUFFALOES



SAGE HURTA
Junior • 2L
Hamilton, N.Y.
(Hamilton Central)

2017: Hurta had another great season for the Buffs as a sophomore. She started the campaign racing unattached at the Colorado State Invitational, finishing seventh. Then, at the Joe Plane Invitational, Hurta finished 10th as CU's No. 4 harrier, which helped the Buffs to a first place team finish. At NCAA Pre-Nationals, she was the second Buff to cross the finish, placing 17th as CU finished second as a team. Hurta recorded a ninth-place individual finish at the Pac-12 Championships, helping the Buffs win their third straight title and recorded All-Pac-12 Second Team honors in the process. In the next two meets, Hurta was CU's No. 2 runner. She was 12th at regionals to earn her first all-region recognition, and at NAAs, she finished 35th to record her second straight All-America honor as she helped the Buffs place third for the second consecutive season.

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/pre-medicine and is minoring in statistics. She owns an impressive 3.96 GPA and earned a spot on the Pac-12 All-Academic First Team in 2017.

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

2017	Fin/CU	Time
at CSU Invite.....	+7	17:37
at Joe Plane Invite.....	10/4	16:36
at Pre-Nationals.....	17/2	20:14
at Pac-12 Championship ..	9/3	20:13
at NCAA Mtn. Region.....	12/2	20:30
at NCAA Championship	35/2	20:10

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
+ Ran Unattached		

HONORS

2016, 17 All-American
 2017 All-Pac-12 Second Team
 2017 All-Region
 2017 Pac-12 All-Academic First Team
 2016, 17 USTFCCA All-Academic

TRACK PRs

800-m	2:04.43
1,500-m	4:13.68
Mile.....	4:38.39
3,000-m	10:06.67
5,000-m	16:31.88
Steeplechase	9:57.28

COLORADO BUFFALOES



KATE INTILE
Freshman • RS
Tualatin, Ore.
(Tualatin)

2017: Redshirt. Did not compete.

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 an open option business major and has a GPA greater than 3.40.

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.

Results

***2017 Fin/CU Time**
at CSU Invite..... +53 19:35
Rocky Mtn. Shootout..... +25 23:10
* Redshirt season

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 • RS
Phoenix, Ariz.
(Desert Vista)

2017: Redshirt. Did not compete.

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.

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 is an open option major. She has a GPA greater than 3.20.

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

Results

***2017.....Fin/CU.... Time**
at CSU Invite.....+2918:48
Rocky Mtn. Shootout.....+1022:16
** Redshirt season*

TRACK PRs

800-m2:15.17
1,500-m4:39.36
Mile.....4:57.53
3,000-m9:56.93
Steeplechase11:24.34

COLORADO BUFFALOES



DANI JONES

Senior • 3L
Phoenix, Ariz.
(Desert Vista)

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 NCAAs, 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 and '17.

PERSONAL: Danielle 'Dani' Alex Jones was born on August 21, 1996 in Fort Wayne, Ind. to Darcy and Tana Jones, who both ran at Indiana State. She has one sister, Baylee, who is a member of the Colorado cross country and track and field team. She enjoys hiking and reading.

2017: Jones easily had the best cross country season of her career as a junior. She led the Buffs in four of its five varsity races, and picked up several awards and honors in the process. Jones started the season running unattached at the Colorado State Invitational, finishing fifth. In the first varsity meet of the season, Jones place third at the Joe Piane Invitational. She was third again at the NCAA Pre-National Invitational before going on to take the individual crown at the Pac-12 Championships, earning herself Pac-12 Female Cross Country Athlete Of The Year honors. With the victory, Jones became the first Buff, male or female, to win an individual Pac-12 Cross Country title. She was the first female to win a conference cross country title since 2009 when Jenny Barringer Simpson took home the Big 12 title. The NCAA Mountain Region Championship was the only race Jones did not led CU – there she tied for 12th with her teammate Sage Hurta – as the second and third Buffs to finish the race. Jones went on to finish 10th at the NCAA Championships, the best finish for a Buff since Shalaya Kipp's ninth place finish in 2013. Jones recorded all-region and All-America honors for her final two races.

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

Results

2017	Fin/CU	Time
at CSU Invite.....	+5	17:37
at Joe Piane Invite.....	3/1	16:13
at Pre-Nationals.....	3/1	19:34
at Pac-12 Championship ..	1/1	18:58
at NCAA Mtn. Region.....	12/2	20:30
at NCAA Championship	10/1	19:47

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, 17 All-American
2015, 16, 17 All-Region
2016, 17 All-Pac-12 First Team
2017 Pac-12 Athlete of the Year
2016, 17 Pac-12 All-Academic honorable mention

TRACK PRs

800-m.....	2:04.35
1,500-m.....	4:07.33
Mile.....	4:31.82
3,000-m.....	9:02.22
5,000-m.....	16:12.76

COLORADO BUFFALOES



JOE KLECKER
Junior • 3L
Minnetonka, Minn.
(Hopkins)

2017: Klecker continued to impress for the Buffs as a sophomore. In the season opener, he was fifth at the Colorado State Invitational, but in the first varsity meet of the season, the Joe Plane Invitational, Klecker led the Buffs with a fourth place finish. Klecker would go on to lead the Buffs in the next three races. He was ninth at the NCAA Pre-National Invitational and earned a runner-up finish at the Pac-12 Championships, CU's best individual finish since joining the league in 2011. In the following race, the NCAA Mountain Region Championships, Klecker became the first Buff since Billy Nelson in 2005 to win the individual crown, crossing the 10k finish in 30:13.6. At the NCAA Championships, Klecker finished 67th as CU's third scorer.

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.

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 and an ecology and evolutionary biology minor. He has recorded a GPA greater than 3.50 and was named to the 2016 and '17 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

2017	Fin/CU	Time
at CSU Invite.....	5/3	14:56
at Joe Plane Invite.....	4/1	23:34
at Pre-Nationals.....	9/1	23:21
at Pac-12 Championship ..	2/1	23:48
at NCAA Mtn. Region.....	1/1	30:14
at NCAA Championship ..	67/3	30:25

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, 17 All-Region
2017 Region Athlete of the Year
2017 All-Pac-12 First Team
2016, 17 Pac-12 All-Academic honorable mention
2016, 17 USTFCCA All-Academic

TRACK PRs

800-m	1:55.26
1,500-m	3:41.69
Mile.....	4:01.72
3,000-m	7:51.43
5,000-m	13:30.39

COLORADO BUFFALOES



LINDSEY KOCH
Sophomore • VR
Englewood, Colo.
(Regis Jesuit/Creighton)

2017: Koch ran the Rocky Mountain Shootout unattached and won it in 21:12. After that performance, she earned a spot on the roster. Koch competed in one meet as a Buff, recording a 23rd place finish in the 'B' race at the Nuttycombe Wisconsin Invitational.

AT CREIGHTON: Koch ran one season of cross country at Creighton University. She finished 24th overall at the Augustana Twilight Invitational (18:29.6 – 3-mile) and was 107th overall at the Woody Greeno Invitational (25:21.7- 6k).

HIGH SCHOOL: Koch was a four year letterwinner at Regis Jesuit in track and cross country. She qualified for the state meet all four years in high school. Koch earned many awards during her career. As a senior, she was named First Team Aurora All-City, First Team Continental League, All-Region, First Team All-Conference and served as the the team captain.

HIGH SCHOOL BESTS: 1,600-meters: 5:24; 5,000-meters: 18:12.

IN THE CLASSROOM: Koch is a business marketing and management major and owns a GPA greater than 3.50.

PERSONAL: Lindsey Lee Koch was born on August 24, 1996 in Los Angeles. She is the daughter of Curtis and Anne Koch of Englewood, Colo. and has one brother, Kyle, and a sister, Liz. Her family is full of Buffaloes. Her father was on the football team (1983-88) and her mother ran track (1986-88). Her brother also was on the CU football roster from 2011-12. Koch enjoys hiking, skiing and cooking and has volunteered as an elementary school tutor.

Results

2017 **Fin/CU** **Time**
 Rocky Mtn. Shootout..... +1 21:12
 at Nuttycombe Invite 'B' ... 23/6 21:41

TRACK PRs

1,500-m 4:56.73
 3,000-m 10:20.36
 5,000-m 17:16.23

COLORADO BUFFALOES



KALEIGH KROEKER
Junior • VR
Colorado Springs, Colo.
(Pine Creek)

2017: Did not compete.

2016: Kroeker raced once as a redshirt freshman, finishing ninth overall at the Metro State Invitational.

2015: Redshirt. Did not compete.

HIGH SCHOOL: Kroeker was a two-time all-state, all-league and all-conference first team selection and was the Pine Creek High School's Most Valuable Runner her junior and senior years. She won the Colorado 5A Region 5 Cross Country Championship and went on to place 55th at state. That year, the Eagles placed third at state. On the track, Kroeker raced the 1,600 (14th) and 3,200 (17th) at state, as well as the sprint medley relay (ninth) and 4x400 (fifth) in 2015. As a junior, the 4x400 relay won the state meet and individually she placed sixth in the 1,600 and was 13th in the

3,200. The Eagles earned a runner-up finish at state in 2014. Academically, she was an all-state first team selection her freshman, junior and senior years and was the PCHS Senior Female Scholar Athlete.

HIGH SCHOOL BESTS: 800-meters: 2:18.73; 1,600-meters: 5:02.61; 3,200-meters: 11:11.88.

IN THE CLASSROOM: Kroeker is an integrative physiology major and owns a GPA greater than 3.00.

Results

2016 **Fin/CU.... Time**
 at Metro St. Invite 9/5 22:46

2015 **Fin/CU.... Time**
 at CSU Invite +44 18:59
 Rocky Mtn. Shootout +16 22:14
 *Redshirt season

TRACK PRs

800-m 2:18.73
 1,500-m 4:37.22
 Mile 4:55.54
 3,000-m 10:47.59

COLORADO BUFFALOES



ELISSA MANN
Junior • VR
Louisville, Colo.
(Monarch)

2017: Mann raced in a pair of meets for the Buffs as a redshirt sophomore. She started the season with a 52nd place finish at Colorado State Invitational and followed that up with a 24th place finish at the Rocky Mountain Shootout.

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.

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 environmental studies while minoring in sociology.

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

2017 **Fin/CU** **Time**
at CSU Invite.....52/819:34
Rocky Mtn. Shootout.....24/623:25

2015 **Fin/CU** **Time**
at CSU Invite.....+4118:57
Rocky Mtn. Shootout.....+2122:29
* Redshirt Season

TRACK PRs

400-m56.67
800-m2:03.96
1,500-m4:32.86

COLORADO BUFFALOES



KARINA MANN

Junior • VR

Louisville, Colo.
(Monarch)

2017: Mann raced again three times for CU. She earned an 18th place finish at the Colorado State Invitational before improving to sixth at the Rocky Mountain Shootout as CU's fourth harrier. In the final race of her season, she finished 61st at the Nuttycombe Wisconsin Invitational.

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.

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 and is working toward an environmental studies minor. She owns a GPA greater than 3.20 and was named to the 2016 and '17 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

2017 **Fin/CU.... Time**
at CSU Invite..... 18/5 18:22
Rocky Mtn. Shootout..... 6/4 22:09
at Nuttycombe Invite 'B' ... 61/7 22:34

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, 17 Pac-12 All-Academic honorable mention

TRACK PRs

400-m 58.10
800-m 2:08.88
1,500-m 4:33.05

COLORADO BUFFALOES



MAKENA MORLEY

Senior • 2L

Big Fork, Mont.

(Big Fork/Montana)

2017: Morley had another solid season for the Buffs as a junior, starting with a third place (unattached) finish at the Colorado State Invitational. At the first varsity race of the season, she recorded a seventh-place finish and was CU's second harrier across the line. Morley placed 21st at the NCAA Pre-Nationals as CU's No. 3 runner before placing 15th at the Pac-12 Championships. Her finish helped the Buffs to their third straight team title. Morley led the Buffs at the NCAA Mountain Region Championship, placing seventh in the process to earn all-region honors. She finished the season with a 50th place finish at NCAAs, helping CU to a third-place team finish.

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.

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 and English major and owns a GPA greater than 3.40. She was a Pac-12 All-Academic honorable mention honoree in 2017.

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

2017 Fin/CU Time

at CSU Invite +3 17:37
at Joe Piane Invite 7/2 16:30
at Pre-Nationals 21/3 20:18
at Pac-12 Championship .. 15/4 19:25
at NCAA Mtn. Region 7/1 20:22
at NCAA Championship 50/4 20:21

2016 Fin/CU Time

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
+ Ran Unattached

HONORS

2016, 17 All-Region
2016 All-Pac-12 Second Team
2017 Pac-12 All-Academic Honorable Mention
2016, 2017 USTFCCA All-Academic

TRACK PRs

1,500-m 4:21.84
Mile 4:50.75
3,000-m 9:06.61
5,000-m 15:40.88
10,000-m 32:28.58

COLORADO BUFFALOES



GUS NEWCOMB
Freshman • RS
Middleton, Wis.
(Middleton)

2017: Redshirt. Did not compete.

HIGH SCHOOL: Newcomb was an outstanding athlete at Middleton High School, helping the cross country team to four consecutive conference championships and four straight trips 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-state selection, three for track and two for cross country.

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

IN THE CLASSROOM: Newcomb is an open option major.

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 Adolphus 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
3,000-m	8:38.98
3,200-m	9:12.54

COLORADO BUFFALOES



BAILEY NOCK
Freshman • HS
Iowa City, Iowa
(Iowa City West)

HIGH SCHOOL: Nock was a top-10 finisher at the state cross country championships all four years. She won the meet as a junior and was second her senior year. Nock was also third as a freshman and seventh as a sophomore. On the track, she medaled 15 times in four years at the state meet, which included state championships in the 1,500 and 3,000 her senior and junior seasons. Nock was tabbed the Mississippi Valley Conference Cross Country and Track and Field Athlete of the Year her senior campaign, in addition to earning numerous all-conference and region honors. Nock is the Iowa City West High School record holder in the 5,000 (18:06) and is a member of the school record distance medley relay team. At one time she held the school record in the 800, but it has since been broken. Her cross country team won the MVC championship all four years and was the regional champion three times (2014, 16 and 17) and her track and field team won the

conference title and region crown three times (2016, 17 and 18). She was also recruited by Penn State, Michigan, Iowa and Missouri.

HIGH SCHOOL BESTS: 800-meters: 2:14.32; 1,500-meters: 4:38.34; 3,000-meters: 10:00.06.

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

PERSONAL: Bailey Marie Nock was born on August 31, 2000 in Boulder, Colo. and is the daughter of Jeff and Shannon Nock of Iowa City, Iowa. She has one brother, Bo, and two sisters, Brynne and Brooklynne. Nock's father ran track at CU and his brother, Doug, was a member of the golf team. Her hobbies include theatre, jet skiing and hiking. Nock has also done volunteer work with sport camps and her church, and she participated in the West High School Dance Marathon all four years, which raised money for the University of Iowa Stead Family Children's Hospital.

TRACK PRs

800-m	2:14.32
1,500m	4:38.34
3,000-m	10:00.06

COLORADO BUFFALOES



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

2017: Redshirt. Did not compete.

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 is an engineering physics major.

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.

Results

2017 **Fin/CU** **Time**
at CSU Invite.....+87 16:31
Rocky Mtn. Shootout.....+71 28:40
* Redshirt Season

TRACK PRs

400-m 50.79
800-m 1:52.25
1,500-m 3:56.68

COLORADO BUFFALOES



JUSTICE RAMOS

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

2017: Ramos ran in three races for the Buffs. He started with a 57th place finish at the Colorado State Invitational before earning a 15th place finish at the Rocky Mountain Shootout. In his last meet, Ramos was 76th at the Nuttycombe Wisconsin Invitational.

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 is also minoring in business and is working towards a certificate in technology, art and media. Ramos was named to the Pac-12 All-Academic honorable mention team in 2016 and '17.

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

Results

2017 **Fin/CU.... Time**
at CSU Invite.....57/14.....16:04
Rocky Mtn. Shootout.....15/5.....26:45
at Nuttycombe Invite 'B' ..76/8.....26:31

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, 17 Pac-12 All-Academic honorable mention

TRACK PRs

400-m49.67
800-m1:51.23

COLORADO BUFFALOES



ABIGAIL REGNER

Junior • VR
Basking Ridge, N.J.
(Ridge)

2017: Regner raced once for Colorado, finishing 39th at the Colorado State Invitational.

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 3.20.

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

2017 **Fin/CU** **Time**
at CSU Invite..... 39/7 19:07

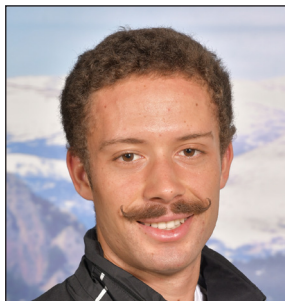
2016 **Fin/CU** **Time**
at Metro St. Invite 22/8 24:12
at Bradley Classic..... 198/8 23:39

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

COLORADO BUFFALOES



ALEXANDER SCALES

Freshman • HS
San Jose, Calif.
(Bellarmine Prep)

HIGH SCHOOL: Scales ran cross country and track at Bellarmine College Preparatory, earning letters in both. He owns the school record in the 800-meter run (1:50.64) and was a member of the distance medley (10:03.67) and 4x800-relay teams (7:45.56) that set school records. He earned the best senior athlete of the year for his high school and won the American Sign Language award his senior year. Scales was also recruited by UC Berkeley, Michigan, UCLA and Idaho.

HIGH SCHOOL BESTS: 400-meters: 49.78; 800-meters: 1:50.64; 1,600-meters: 4:13.39; 3,200-meters: 9:13.91.

IN THE CLASSROOM: Scales intends to major in psychology.

PERSONAL: Alexander Gregory Scales was born on Sept. 20, 2000 in San Jose, Calif. to Greg and Jennifer Scales. He has one younger brother, Christopher. He enjoys fishing and playing baseball. Scales has gone on immersions in the Navajo Nation and in Skid Row in Los Angeles.

TRACK PRs

400-m	49.78
800-m	1:50.64
1,600m	4:13.39
3,200-m	9:13.91

COLORADO BUFFALOES



TABOR SCHOLL

Junior • 2L
Kremmling, Colo.

2017: Scholl raced three times on the varsity team for the Buffs. Her first race was a 42nd place finish at the Joe Plane Invitational. She improved to 38th overall at the NCAA Pre-National Invitational as CU's No. 6 runner. Scholl scored for the Buffs at the Pac-12 Championship, finishing 20th as the fifth harrier. Her finish helped the Buffs win the Pac-12 Championship for the third straight year. Scholl was an alternate at the NCAAAs for CU.

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 3.20. She was named to the Pac-12 All-Academic honorable mention team in 2017.

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

2017 **Fin/CU.... Time**
at Joe Plane Invite 42/7 17:12
at Pre-Nationals 38/6 20:33
at Pac-12 Championship ..20/5 19:30
at NCAA Championship Alt.

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 Championship42/5 20:25
+ *Ran Unattached*

HONORS

2016 All-Region
2017 Pac-12 All-Academic Honorable Mention

TRACK PRs

800-m 2:11
1,500-m 4:27.91
Mile 4:39.84
5,000-m 17:07.33
3,000-m steeplechase 10:33.31

COLORADO BUFFALOES



BRIANNA SCHWARTZ
Junior • 1L
Pittsburgh, Pa.
(Shaler Area)

2017: Schwartz was able to compete in six meets for the Buffs as a sophomore, earning a spot on the varsity roster. She led the Buffs at the Colorado State Invitational, finishing fourth overall. Schwartz had another great performance at the Joe Plane Invitational, finishing 22nd overall as CU's No. 6 runner. At NCAA Pre-Nationals, she was 74th. Schwartz ran in her first conference meet, finishing 32nd overall as the Buffs won their third straight title. She recorded her first all-region honor with a 16th place run at regionals and was 254th at her first NCAA Championship.

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.

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 and strategic communication major and owns a 3.95 GPA. She is also minoring in technology, media and arts. Schwartz was named to the Pac-12 All-Academic First Team in 2017.

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

2017 **Fin/CU** **Time**
 at CSU Invite..... 4/1 17:37
 at Joe Plane Invite 22/6 16:50
 at Pre-Nationals 74/7 20:59
 at Pac-12 Championship .. 32/8 19:53
 at NCAA Mtn. Region..... 16/5 20:34
 at NCAA Championship 254/7 23:38

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

HONORS

2017 All-Region
 2017 Pac-12 All-Academic First Team
 2017 USTFCCCA All-Academic

TRACK PRs

800-m 2:10
 1,500-m 4:37.63
 Mile..... 4:42
 3,000-m 10:23.88

COLORADO BUFFALOES



CAYLA SELIGMAN

Junior • 1L
Issaquah, Wash.
(Issaquah)

2017: Seligman raced three times for the Buffs, starting with a 20th place finish at the Colorado State Invitational. She followed that performance with a fifth place finish as CU's No. 3 racer at the Rocky Mountain Shootout. Seligman's last race of the season was the 'B' race at the Nuttycombe Wisconsin Invitational where she placed 19th.

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.

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, while minoring in women and gender studies. She has a GPA greater than 3.00 and was named to the Pac-12 All-Academic honorable mention team in 2017.

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

2017 **Fin/CU.... Time**
 at CSU Invite.....20/6.....18:29
 Rocky Mtn. Shootout.....5/3.....22:08
 at Nuttycombe Invite 'B' ...19/5.....21:37

2016 **Fin/CU.... Time**
 at Metro St. Invite14/7.....23:30
 at Bradley Classic.....4/2.....20:57

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

HONORS

2017 Pac-12 All-Academic Honorable Mention

TRACK PRs

800-m2:15.98
 Mile.....4:55.43
 3,000-m9:22.31
 5,000-m16:16.78
 10,000-m35:06.45

COLORADO BUFFALOES



PAXTON SMITH
Sophomore • 1L
Highlands Ranch, Colo.
(Mountain Vista)

2017: Smith competed in four meets for the Buffs as a redshirt freshman. He started with a 23rd place finish at the Colorado State Invitational before recording a 19th place finish at the Rocky Mountain Shootout. Smith went on to race at the Nuttycombe Wisconsin Invitational where he was 32nd in the 'B' race. He ended the season at the Pac-12 Championships, finishing 69th.

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 marketing major and has earned a 3.60 GPA. He was named to the Pac-12 All-Academic honorable mention team in 2017.

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

2017 Fin/CU.... Time
 at CSU Invite.....23/10.....15:22
 Rocky Mtn. Shootout.....19/6.....26:48
 at Nuttycombe Invite 'B'...32/4.....25:20
 at Pac-12 Championship ..69/10.....24:44

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

TRACK PRs

1,500-m4:02.34
 Mile.....4:25.82
 3,000-m8:31.77
 5,000-m14:34.51

COLORADO BUFFALOES



JOSH TORRES
Freshman • HS
Greeley, Colo.
(Northridge)

HIGH SCHOOL: Torres is the owner of three individual Northridge High School records. He clocked a time of 4:26.98 in the 1,600-meter run and finished the 3,200 in 9:43.91. He also owns the cross country 5k record of 15:48.00. In addition, Torres was part of the 4x800-meter relay team which set the school record after clocking a time of 8:26.54. He competed at the Colorado State High School Championships in both cross country and track and field and was the Weld Country 3,200 Champion as a senior. Torres was named the NHS Track and Field MVP his junior and senior years. An academic all-state selection, Torres was awarded a 2018 Daniels Scholar, which is a full scholarship to any accredited university in the United States. He was also recruited by Colorado State and Western State.

HIGH SCHOOL BESTS: 400-meters: 54.97; 800-meters: 1:59.85; 1,500-meters: 4:12.70; 1,600-meters: 4:26.98; 3,200-meters: 9:43.91.

IN THE CLASSROOM: Torres intends to major in psychology.

PERSONAL: Joshua Martin Torres was born on November 1, 1999 in Greeley, Colo. to Viviano and Sara Torres. He has one older brother, Daniel. He enjoys playing guitar and piano, hiking, unicycling and playing chess. Torres is bilingual.

TRACK PRs

400-m	54.97
800-m	1:59.85
1,500-m	4:12.70
1,600m	4:26.98
3,200-m	9:43.91

COLORADO BUFFALOES



TAYLER TUTTLE

Senior • 2L
Snellville, Ga.
**(Providence Christian/
 Georgia)**

2017: Tuttle saw action in three races for Colorado. Her first race was at the Rocky Mountain Shootout where she finished fourth as CU's second harrier. Tuttle went on to place sixth in the 'B' race at the Nuttycombe Wisconsin Invitational, again as CU's second scorer. Her final race of the season was the Pac-12 Championship, where she clocked in 46th as the Buffs captured their third straight team title.

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 and is pursuing a certificate in public health.

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

2017 **Fin/CU** **Time**
 Rocky Mtn. Shootout 4/2 22:04
 at Nuttycombe Invite 'B' ... 6/2 21:15
 at Pac-12 Championship .. 46/9 20:15

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
 1,500-m 4:26.84
 Mile 4:47.66
 3,000-m 9:25.13
 5,000-m 16:20.73