

HEAD COACH MARK WETMORE



MARK WETMORE
Head Coach, 25th Season

Colorado head coach Mark Wetmore enters his 28th season at Colorado, his 25th as head coach. He became CU's sixth head cross country and track and field coach on November 6, 1995. Wetmore is the only Division I cross country coach to win all four NCAA titles – men's and women's team and men's and women's individual – at the same school.

Wetmore's squads have won eight national cross country titles since 2000. The women won in 2000 while the men won the following year. Both teams captured the championship again in 2004 (CU became only the third school to win both championships in the same year). The men won again in 2006, 2013 and 2014 before the women recorded their third title in 2018. Wetmore has coached Adam Goucher (1998), Jorge Torres (2002) and Dathan Ritzenhein (2003) to men's individual cross country titles, while Kara Grgas-Wheeler won the 2000 women's crown. Dani Jones became the fifth individual under Wetmore to earn an individual NCAA title in 2018. CU athletes have earned 135 All-American

cross country honors during his tenure.

Wetmore has been named the NCAA Women's Cross Country Coach of the Year three times ('00, '04 and '18) and the NCAA Men's Cross Country Coach of the Year three times ('06, '13 and '14). He is a 30-time conference coach of the year and in 2014, USA Track and Field named him the USA Co-Coach of the Year.

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

CU joined the Pac-12 Conference in the fall of 2011 and Wetmore's teams won the inaugural Pac-12 men's and women's titles – the first Pac-12 Championships in any sport. His men won the first six titles and his women have won four (2011, '15, '16 and '17). Jones became the first individual to win a Pac-12 cross country crown, earning back-to-back titles (2017 and '18).

On the track, Wetmore's athletes have had a strong presence at the conference, national and professional levels. They've captured 107 individual conference titles, two conference team titles, 21 NCAA individual titles and earned 210 All-American honors. CU athletes have broken seven collegiate middle and long distance records.

CU runners' success at the professional and post-collegiate level is unmatched by any university: over two dozen Buff grads have signed professional contracts. They've combined for more than 50 USA titles in cross country, track & field and road racing. Since 2000, 10 CU athletes or graduates have earned 19 U.S. Olympic Team berths at distances from 1,500-meters through the marathon. Fourteen current and former Buffs have earned 33 spots on U.S. World Championship Track Teams and 25 have combined for 61 berths on U.S. World Championship Cross Country Teams. Since 2004, CU graduates have won seven medals in distance running at World Championships – Shayne Culpepper (bronze, 2004 Indoor 3k), Kara Goucher (silver, 2007 10k), Dathan Ritzenhein (bronze, 2009 Half Marathon), Jenny Simpson (gold, 2011, silver, 2013 and silver, 2017 1,500m) and Emma Coburn (gold, 2017 steeplechase). Coburn (steeplechase) and Simpson (1,500) became the first to win Olympic medals, both bronze, at the 2016 Olympic Games in Rio. They were the first American women to medal in their respective events.

Charles Mark Wetmore graduated with a Bachelor's degree in English Education from Rutgers in 1978 before receiving his Master's in movement sciences from Columbia in 1998.

COACHING STAFF



HEATHER BURROUGHS
Associate Head Coach
16th Season

Colorado's first female three-time cross country All-American, Heather Burroughs is in her 16th season on the staff of her alma mater, assisting head coach Mark Wetmore with the men's and women's teams. Since joining the staff, she has assisted with 18 conference championship teams, six NCAA Championship teams, one individual NCAA Champion and 152 All-Americans. Burroughs was promoted to associate head coach following the 2011 season where the Buffs swept the inaugural Pac-12 Cross Country Championships to win the reformatted conference's first two team championships.

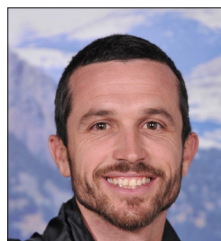
In Burroughs' 15 track seasons assisting the men's and women's middle and long distance runners, CU athletes have made an impact at the conference, NCAA, American and world levels. To date, 58 have captured individual conference titles and 114 have earned All-American accolades. The women have won 14 individual NCAA titles and have broken six collegiate records. Since 2007, CU runners with eligibility remaining have won four U.S. outdoor titles and earned four berths on U.S. outdoor world championship teams as well as three individual berths on the U.S. Olympic Team.

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

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

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

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



BILLY NELSON
Assistant Coach/
Recruiting Coordinator
10th Season

Billy Nelson, a 2008 Olympian, is in his 10th year as an assistant coach and recruiting coordinator for the Buffs' cross country and track & field program.

During his time at CU, Nelson has helped recruit athletes who have combined for 102 All-American honors in cross country and indoor and outdoor track. One of his athletes, Pierce Murphy, came to CU as a walk-on, and earned eight All-American awards.

In 2015, Nelson saw four of his recruits win conference titles. Kaitlyn Benner won the MPSF indoor 5,000-meter run as a freshman and Erin Clark was first in the 3,000-meter steeplechase at the Pac-12 Championship to win her first conference title. On the men's side, Ammar Moussa was the first Buff since 2011 to win the 10,000 at the Pac-12 meet and Connor Winter took top honors in the steeplechase. Five of his recruits won conference titles again in 2016 and in 2017, he had eight athletes combine for 10 conference titles. In 2018, his recruits combined for six conference titles and 26 All-American honors.

Nelson has assisted with 10 conference championship teams, as well as three NCAA team championships and a pair of NCAA runner-up finishes while on CU's staff. Jones was the first Buff during Nelson's tenure to win an individual NCAA cross country title in 2018.

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

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

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

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

COACHING STAFF



Karen Lechman
Director of Operations
18th Season

Karen Lechman is in her 13th year as the director of operations, but her 18th year overall with the program as she was the administrative assistant prior to her promotion.

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

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



RILEY MASTERS
Volunteer Coach
2nd Season

Riley Masters is in his second season as a volunteer assistant with the Colorado track and field and cross country programs. A five-time All-American at Oklahoma, Masters currently trains with Mark Wetmore and Heather Burroughs.

While at OU, Masters set the Sooners' 1,500-meter school record, clocking in at 3:37.19, and was the Big 12 1,500-meter champion. He competed in the mile and 3,000-meter run during the indoor campaigns and during the outdoor season, Masters focused on the 1,500. A member of the cross country team, he won a pair of America East Conference Championships. Masters earned six trips to the NCAA Championships in cross country and track and field.

A professional since 2013, he has qualified for the Olympic Trials three times and has represented the United States on four international teams. During the 2018 season, he recorded a fourth place finish at the USATF Championships in the 5,000-meter run. Masters went on to compete at the NACAC and earned a silver medal.

Masters graduated from OU in 2013 with a bachelor's degree in kinesiology. He is married to Sara Sutherland, who ran cross country and track and field at Texas before transferring to Colorado. The couple resides in Boulder.



JENNY SIMPSON
Volunteer Coach
8th Season

Three-time Olympian Jenny (Barringer) Simpson, who continues to train with Mark Wetmore and Heather Burroughs at CU, will serve as a volunteer assistant with the Buffs for her eighth year.

One of the most accomplished U.S. middle distance runners, she has competed in five world championships and three Olympic Games; medaling in four of those in the 1,500-meter run. Simpson earned her first medal, a gold, at the 2011 IAAF World Championships. In doing so, she became the first American since former Buff Mary Decker Slaney, to win the event. Slaney won her title in 1983.

At the 2013 world championship, she narrowly missed defending her title as she finished second overall to earn the silver. The 2014 season saw more success as Simpson won the IAAF Diamond League 1,500-meter crown and earned the No. 1 ranking in the event.

In 2016, Simpson won a bronze medal at the Olympic Games in Rio, becoming the first American woman to win an Olympic medal in the event. She kept the momentum going into 2017 as she won a silver at the world championships.

Easily one of the most decorated athletes ever at CU, Simpson won four NCAA Championships, three in the 3,000-meter steeplechase and one indoor 3,000. She also broke six NCAA records and seven CU records in 2009 (six which still stand) en route to being named the first female recipient of

the USTFCCA's The Bowerman Award, which is given to the top male and female collegiate track and field athlete of the year.

Simpson also performed well at the national and world level while competing for the Buffs. She made two world teams and qualified for the 2008 Olympics in the steeplechase. After graduating from CU, Simpson signed with New Balance and switched gears from the steeplechase to the 1,500. She has won nine USA track championships, four indoor and five outdoor – in five different events: 1,500, mile, 3,000, 3,000-meter steeplechase and the 5,000.

Simpson graduated from CU in 2009 with degrees in political science and economics. She is married to Jason Simpson and the couple calls Boulder home.