

2019 COLORADO CROSS COUNTRY



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2018 TEAM FINISHES

| | Men | Women |
|-----------------------------------|------------|-------|
| Pac-12 Championships | 3/82 pts. | 2/48 |
| NCAA Mountain Region | 3/71 pts. | 2/53 |
| NCAA Championships | 4/178 pts. | 1/65 |
| Letterwinners Ret/Lost | 6/2 | 3/6 |
| All-Americans Ret/Lost | 3/0 | 2/5 |
| Postseason Scorers Ret/Lost | 3/3 | 2/4 |
| Newcomers | 4 | 8 |

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

COLORADO AT A GLANCE

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

CROSS COUNTRY INFORMATION

| | |
|---|----------------------------|
| Head Coach | Mark Wetmore (25th Season) |
| Associate Head Coach | Heather Burroughs |
| Assistant Coach/Recruiting Coordinator | Billy Nelson |
| Director of Operations | Karen Lechman |
| Cross Country Office | 303/492-5227 |

SPORTS INFORMATION

| | |
|-----------------------------|---|
| Cross Country Contact | Linda Sprouse |
| Office | 303/492-5980 |
| Fax | 303/492-3811 |
| E-Mail | linda.sprouse@colorado.edu |
| Internet | www.CUBuffs.com |
| Twitter/Instagram | @cubuffstrack |
| Facebook | facebook.com/cubuffstrack |

PRACTICE SCHEDULE

| | |
|------------------|---------------------|
| Mondays | 2 p.m. (IPF) |
| Tuesdays | 2 p.m. (IPF) |
| Wednesdays | 2 p.m. (IPF) |
| Thursdays | Off |
| Fridays | 2 p.m. (IPF) |
| Saturdays | Raceday |
| Sundays | 8 a.m. (off campus) |

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

2019 SCHEDULE

| | | |
|---------|---------------------------------------|----------------------|
| Sept. 6 | at Wyoming Invitational | Cheyenne, Wyo. |
| Oct. 4 | at Joe Piane Invitational | South Bend, Ind. |
| Oct. 19 | at NCAA Pre-Nationals | Terre Haute, Ind. |
| Nov. 1 | at Pac-12 Championships | Corvallis, Calif. |
| Nov. 15 | at NCAA Mountain Region Championships | Salt Lake City, Utah |
| Nov. 23 | at NCAA Championships | Terre Haute, Ind. |

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.

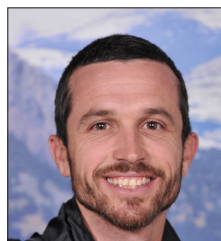
In Burroughs' 15 track seasons assisting the men's and women's middle and long distance runners, CU athletes have made an impact at the conference, NCAA, American and world levels. To date, 58 have captured individual conference titles and 114 have earned All-American accolades. The women have won 14 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.

2019 SEASON OUTLOOK



Excitement is always in the air at the start of a new season, and this year is no different as the University of Colorado cross country teams get ready for another season.

The expectations could be pretty high given the fact the women's team is the defending NCAA Champion, while the men's team recorded a fourth place finish at nationals. But, head coach Mark Wetmore told the crowd in attendance at CU's annual fall sports media day on Saturday, "Expectations are unspoken."

"Associate head coach Heather Burroughs and I know that the culture starts with us, and the team knows that if they arrive at 8:01 a.m. to the parking lot on a Sunday morning, we will have left," he said. "They know what the expectations are without discussing it. The ones that can't handle it, don't handle it."

On the women's side, the Buffaloes lost several talented athletes, including the individual NCAA Champion, Dani Jones. Jones, along with All-Americans Makenna Morley, Val Constien, Mackenzie Caldwell and Tayler Tuttle are out of eligibility, but the Buffs do return a pair of All-Americans in seniors Sage Hurta and Tabor Scholl.

Hurta has earned All-America honors all three previous seasons for the Buffs, and will likely be one of the leaders on the team. Scholl will undoubtedly assist her as the other senior with varsity experience.

Additions will be key for the Buffs this year as they welcome a pair of transfers: Rachel McArthur and Emily Venters. McArthur was the 2018 NCAA Mid-Atlantic Region Women's Athlete of the Year, while Venters earned All-America honors in 2018. Both will look to add experience and depth to the women's team.

"Of the seven women on that championship team, four are gone," Wetmore said. "Of the five that scored, three are gone. The women's individual winner Dani Jones is gone, we are pretty cleaned out. There are some good people back from that team, we have a couple good people waiting on the shelf from last year, and we have a couple transfers this year who could be useful. We might be built to be a pretty good team."

The men's team, like the women, return a talented core with three All-Americans. Seniors John Dressel and Joe Klecker are joined by junior Eduardo "Lalo" Herrera. Dressel is a three-time All-American for the Buffs, while Klecker has recorded the honor twice in addition to winning the NCAA Mountain Region individual championship the last two seasons.

While several others return on the men's side, there are still some positions to fill, giving several athletes a chance to step-up

and make an impact.

"Our men's team finished fourth a year ago; they were fighting a little bit above their weight to do that. I think that they did better in the snow than some teams," Wetmore said. "The top two runners (Klecker and Dressel) from the team return, the number four runner (Herrera) from the team returns. The only person who we lost who was really critical to the score was Ryan Forsyth, who went on to grown up life."

"We don't have an immediate, obvious elder coming up like we do in the women's case. We are looking at some young guys. There are some redshirt freshmen from last year, but also we have a couple true freshmen that might be the rare 18 year old that can help contend with the men's cross country team. We have three good runners I think, and we need a few more, which I'll find out in October."

CU will open up the season on September 6 at the Wyoming Invitational in Cheyenne, Wyo. After that, the Buffs will have almost a month to prepare for the Joe Piane Invitational, October 4. The Buffs, as usual, will also compete at the NCAA Pre-National Invitational (Oct. 19) before heading into the postseason.

This year's Pac-12 Championship will be November 1 in Corvallis, Ore. CU's men have won six league titles, while the women have won four since joining the Pac-12 in 2011. But the Pac-12 continues to be the best cross country conference in the nation, and this year looks to be more of the same.

"If you look at the top 10 at the NCAA championships in the last decade, you will find Colorado, Oregon, Stanford, Washington, occasionally UCLA, there was a while that Arizona would have a top level women's program," Wetmore said. "It's very difficult. You can lose the Pac-12, as our women did, then win the National Championship three weeks later, as our women did."

"Stanford has a very good class returning with a brand new coaching staff. Oregon loses almost all of the women who were third last year, but they are very capable of reloading. They recruit all over the world, and they can have brand new 22-year-old national caliber runners by this August. Washington has a new staff but a proven staff, and some good people returning. Everybody's had their challenges in the last 11 months, as have we with graduation, but everybody will be good again. Finally how good can we be? We can absolutely win both of them but so could Oregon, so could Washington, so could Stanford."

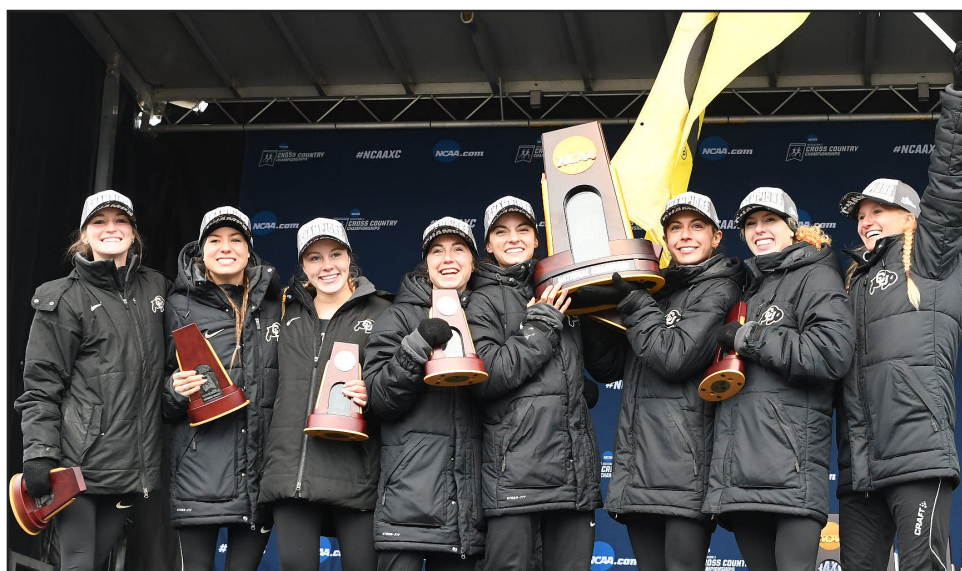
NCAA Mountain Region Championships will be in Salt Lake City, Utah, this year on Nov. 14. The NCAA Championships return to Terre Haute, Ind. For the 12th time in 16 years and will take place on Nov. 23.



A TRADITION OF EXCELLENCE

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

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



2019 COLORADO CROSS COUNTRY

A TRADITION OF EXCELLENCE

| Con't | '08 | '09 | '10 | '11 | '12 | '13 | '14 | '15 | '16 | '17 | '18 | Total | Avg. |
|--------------|-----|-----------|-----------|-----------|-----------|----------|----------|----------|----------|-----------|----------|------------|-------------|
| COLO. | -- | 26 | 21 | 14 | 27 | 8 | 8 | 4 | 9 | 11 | 5 | 259 | 10.8 |
| Stan. | 11 | 26 | 17 | 15 | 19 | 30 | 16 | 17 | 7 | 8 | 10 | 281 | 11.2 |
| Ore. | 3 | 11 | 18 | -- | 21 | 19 | 12 | 7 | 10 | 11 | 7 | 192 | 12.8 |
| Wis. | 25 | -- | -- | 25 | -- | 30 | 20 | -- | 22 | -- | 18 | 310 | 18.2 |
| Ark. | 43 | -- | -- | -- | 28 | 27 | 33 | 15 | 24 | 18 | 39 | 434 | 20.7 |
| Mich. | 40 | -- | -- | 35 | 28 | -- | 29 | 15 | -- | -- | 23 | 320 | 24.6 |
| G'town | 19 | 43 | 33 | 18 | 27 | -- | 21 | 30 | -- | -- | -- | 456 | 25.3 |
| Prov. | 33 | 31 | 31 | -- | -- | 17 | 26 | -- | 37 | -- | -- | 440 | 25.9 |
| NC St. | -- | -- | 44 | 33 | -- | -- | -- | 33 | 26 | 25 | 24 | 420 | 26.3 |
| 'Nova | 37 | 15 | 24 | 16 | 47 | 37 | -- | -- | -- | -- | 47 | 390 | 27.9 |

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



A TRADITION OF EXCELLENCE



Colorado Cross Country

135 All-Americans...

35 Conference Championships...

8 NCAA Team Championships...

5 NCAA Individual Champions...

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

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

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

A tradition of excellence.

2019 ROSTERS

COLORADO WOMEN

| Name | Ht | Yr | Exp. | Hometown (High School/College) |
|------------------------|-----|-------|------|--|
| Carley Bennett | 5-8 | Fr. | HS | Lakewood, Colo. (Lakewood) |
| Holly Bent | 5-4 | So. | 1L | Louisville, Colo. (Monarch) |
| Madie Boreman | 5-9 | Jr. | 2L | Round Rock, Texas (Rouse) |
| Olivia Brooks | 5-4 | So. | VR | Bend, Ore. (Summit) |
| Kyla Christopher-Moody | 5-3 | Fr. | HS | Royal Oak, Mich. (West Bloomfield) |
| Elizabeth Constien | 5-6 | R-Fr. | RS | Edwards, Colo. (Battle Mountain) |
| Emily Covert | 5-6 | Fr. | HS | Minneapolis, Minn. (Washburn) |
| Annie Hill | 5-2 | R-Fr. | RS | Kalispell, Mont. (Glacier) |
| Sage Hurta* | 5-8 | Sr. | 3L | Hamilton, N.Y. (Hamilton Central) |
| Karina Mann | 5-9 | Sr. | VR | Louisville, Colo. (Monarch) |
| Rachel McArthur | 5-8 | Jr. | TR | Bristow, Va. (Patriot/Villanova) |
| Alisa Meraz-Fishbein | 5-4 | Fr. | HS | Albuquerque, N.M. (Albuquerque) |
| Bailey Nock | 5-9 | R-Fr. | RS | Iowa City, Iowa (Iowa City West) |
| Rylee Robinson | 5-4 | Fr. | HS | West Bloomfield, Mich. (Waterford) |
| Tabor Scholl* | 5-8 | Sr. | 3L | Kremmeling, Colo. |
| Anna Shults | 5-8 | Fr. | HS | Lafayette, Colo. (Peak to Peak Charter) |
| Emily Venters | 5-7 | Jr. | TR | Lawrence, Kan. (Lawrence Free State/Boise State) |

COLORADO MEN

| Name | Ht. | Yr | Exp. | Hometown (High School/College) |
|------------------|------|-------|------|---|
| Hunter Appleton | 5-8 | Fr. | HS | New Orleans, La. (Brother Martin) |
| John Dressel* | 6-0 | Sr. | 3L | Colbert, Wash. (Mt. Spokane) |
| Gabe Fendel | 5-11 | R-Fr. | RS | Fishers, Ind. (Hamilton Southeastern) |
| Kashon Harrison | 5-7 | Fr. | HS | Fruitland, N.M. (Kirtland Central) |
| Eduardo Herrera* | 5-8 | Jr. | 3L | Madera, Calif. (Madera South) |
| Noah Hibbard | 5-11 | Fr. | HS | Arcadia, Calif. (Arroyo) |
| Alec Hornecker | 5-9 | Jr. | VR | Golden, Colo. (Golden/Portland State) |
| Jonathan Horton | 5-9 | R-Fr. | RS | Tulsa, Okla. (Metro Christian Academy) |
| Joe Klecker* | 6-0 | Sr. | 4L | Minnetonka, Minn. (Hopkins) |
| Gus Newcomb | 5-10 | So. | 1L | Middleton, Wis. (Middleton) |
| Josh Ramos | 6-1 | So. | VR | Dolores, Colo. (Montezuma-Cortez) |
| Justice Ramos | 6-2 | Sr. | 2L | Dolores, Colo. (Montezuma-Cortez) |
| Alex Scales | 6-1 | R-Fr. | RS | San Jose, Calif. (Bellarmine College Preparatory) |
| Paxton Smith | 5-9 | Jr. | 2L | Highlands Ranch, Colo. (Mountain Vista) |
| Josh Torres | 5-7 | R-Fr. | RS | Greeley, Colo. (Northridge) |
| Austin Vancil | 5-10 | Fr. | HS | Morrison, Colo. (Dakota Ridge) |

*-indicates returning 2018 postseason scorers

COLORADO BUFFALOES



HUNTER APPLETON
FRESHMAN • HS
New Orleans, La.
(Brother Martin)

HIGH SCHOOL: Appleton lettered in cross country and track and field at Brother Martin High School. He was undefeated his senior season while racing for the Crusaders, which included winning his first state cross country title in school record time (14:52.7). Appleton was third at the state meet as a junior after finishing as the runner-up his sophomore year. In 2017, he recorded his best finish at NXR South Regional Championships, coming in 14th. As a member of the track team, he set the school record in the 3,200-meter run, clocking in at 9:01.49 at the Arcadia Invitational on April 6, 2019. Later that season, he won the state 1,600 and 3,200-meter titles. Appleton also raced during the indoor season, winning the state 3,200 title and placing second in the 1,600. He won another three state titles and a pair of runner-up finishes during his high school career. Other schools that recruited Appleton include Furman, Notre Dame, Ole Miss, LSU and Belmont.

HIGH SCHOOL BESTS: 800-meter: 2:04.63; 1,600-meters: 4:19.60;

3,200-meters: 9:01.49.

IN THE CLASSROOM: Appleton plans to major in integrative physiology.

PERSONAL: Hunter Bernard Appleton was born on June 28, 2001 in Slidell, La. He is the son of Mike and Michelle Appleton and has one brother, Mason. He enjoys swimming, fishing and boating.

TRACK PRs

| | |
|---------------|---------|
| 800-m | 2:04.63 |
| 1,600-m | 4:19.60 |
| 3,200-m | 9:01.49 |

COLORADO BUFFALOES



CARLEY BENNETT

Freshman • HS
Lakewood, Colo.
(Lakewood)

HIGH SCHOOL: Bennett won the Jeffco League Cross Country Championship three straight years (2016-18). She raced at the Colorado state meet all four years of high school, making improvements each year. In Bennett's final state race, she recorded a top-10 finish, placing ninth overall in 18:50.3. As a junior, she placed 23rd at the NXR Southwest Regional. Bennett owns two Lakewood High School records. She ran 18:03 in a 5k cross country race and owns the 1,600-meter record, 5:01.84, which she set at the 2019 Clyde Littlefield Texas Relays. As a junior, Bennett won both the 1,600 and 3,200 at the Jeffco League Championships. She earned numerous all-conference, league and state honors in her career. In her final season, she was awarded the "Eye of the Tiger" award, which is given to the best all-around athlete (academics, character and athletics), male or female, at LHS. Her biggest moment in high school came as a freshman when she won the Large School Open race at NXR Southwest in 2015. At the time she was only running cross country to stay fit for tennis and track, but with

half a mile to go in the race, she broke away from the pack and ran down the leader. She ended up winning and knew from then on that she could be competitive in cross country. Other schools that recruited Bennett include Texas, Kansas, Cal Poly and UCLA.

HIGH SCHOOL BESTS: 800-meter: 2:20.31; 1,600-meters: 5:01.84; 3,200-meters: 11:17.00.

IN THE CLASSROOM: Bennett intends to major in business.

PERSONAL: Carley Anne Bennett was born on August 11, 2001, in Winston-Salem, N.C. She is the daughter of Mike and Annie Bennett of Lakewood, Colo. and has one brother, Michael. Both of her parents are athletes. Her father was a decathlete at Northern Colorado and won the Division II national championship three times. He went on to compete professionally and was sponsored by Mizuno. Her mother was a six-time All-American at University of Texas as a member of the cross country and track and field team and won a national title in the 5,000-meter run. She too raced professionally and was sponsored at different times by Puma and Nike. Her mother was the head coach for Wake Forest's cross country and track and field programs for 12 years and her father was an assistant, working with the combined events. Bennett enjoys spending time outside doing just about anything. She enjoys playing tennis and pickle ball, golfing, hiking, biking, fly-fishing, rafting and tubing.

TRACK PRs

| | |
|---------------|----------|
| 800-m | 2:20.31 |
| 1,600-m | 5:01.84 |
| 3,200-m | 11:17.00 |

COLORADO BUFFALOES



HOLLY BENT

Sophomore • 1L

Louisville, Colo.

(Monarch)

2018: Bent earned a spot on the varsity roster as a redshirt freshman, gradually improving throughout the season. She was fifth overall at the Wyoming Invitational, which earned her a spot on the roster for the Nuttycombe Wisconsin Invitational, where the CU women recorded a huge team win. Bent was 79th overall as CU's seventh runner. She was the Buffs second scorer two weeks later at pre-nationals, finishing 58th overall. The postseason started off well for Bent as she placed 22nd at the Pac-12 Championship, which was the highest finish of any freshman in the race and earned her the title of Pac-12 Freshman of the Year. Bent served as the alternate at regionals, but was back racing at NCAAs, finishing 80th overall as CU's seventh runner. The Buffs won the NCAA team title, defeating New Mexico 65-103.

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. She has recorded a GPA greater than 3.0 after four semesters at CU. Bent was named to the Pac-12 All-Academic honorable mention team in 2018.

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

2018 Fin/CU Time
 at Wyoming Invite 5/2 18:27
 at Nuttycombe Invite 79/7 21:03
 at Pre-Nationals 58/2 21:18
 at Pac-12 Championship 22/6 22:34
 at NCAA Mtn. Region Alt.
 at NCAA Championship 80/7 20:58

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

HONORS

2018 Pac-12 Freshman of the Year
 2018 Pac-12 All-Academic (HM)

TRACK PRs

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

COLORADO BUFFALOES



MADIE BOREMAN

Junior • 2L
Round Rock, Texas
(Rouse)

2018: Boreman raced once for CU, finishing ninth at the Wyoming Invitational.

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 Plane 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 3.63. 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

2018 **Fin/CU.... Time**
at Wyoming Invite 9/5 18:35

2017 **Fin/CU.... Time**
at CSU Invite 8/2 17:37
at Joe Plane 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 HM

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
Sophomore • VR
Bend, Ore.
(Summit)

2018: Did not compete.

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 majoring in business with an emphasis in accounting. She owns a GPA greater than 3.4.

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..... | +31 | 18:54 |
| Rocky Mtn. Shootout..... | +8 | 22:11 |
| * 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



KYLA CHRISTOPHER-MOODY
FRESHMAN • HS
Royal Oak, Mich.
(West Bloomfield)

HIGH SCHOOL: Christopher-Moody lettered in both cross country and track and field at West Bloomfield High School. She earned three consecutive top-10 finishes at the Michigan High School Athletic Association LP Division 1 Finals, culminating with a runner-up finish in her senior season. In that race, she moved up from 16th to second with 800-meters left to run, which she lists as the biggest moment in her high school career. Christopher-Moody also ran the Foot Locker Midwest Regionals her final three years in high school and earned her highest finish (10th) as a sophomore in 2016. She would go on to place 23rd at the Foot Locker Cross Country Championships that same year. A three-time all-state honoree, she was named the Detroit Free Press Cross Country Runner of the Year (2019). On the track, Christopher-Moody won several titles, including the league championship in the 800 and 1,600-meter runs in 2017. At the state meet, she went on to place eighth in the 1,600, finishing with a personal best 4:55.87. As a freshman the year before, she was third at the state meet in the 1,600, this time running 4:57.53, which at the time was a PR. She also excelled in school, graduating Summa Cum Laude. Christopher-Moody was a

member of the National Honor Society, an AP Scholar with Honor, and was named West Bloomfield High School's Athlete-Scholar of the Year as a senior.

HIGH SCHOOL BESTS: 800-meter: 2:15.59; 1,600-meters: 4:55.87.

IN THE CLASSROOM: Christopher-Moody is undecided on a major.

PERSONAL: Kyla Christopher-Moody was born on May 19, 2001, in Royal Oak, Michigan. She is the daughter of Gary Moody and Holly Christopher. She has one older brother, Justin, who attends the University of Michigan. She enjoys hiking, watching foreign films and reading and is teaching herself German.

TRACK PRs

| | |
|---------------|---------|
| 800-m | 2:15.59 |
| 1,600-m | 4:55.87 |

COLORADO BUFFALOES



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

2018: Constien redshirted the season, but did race once attached; finishing 30th overall at the Wyoming Invitational.

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 is a film studies major with a GPA of 3.88.

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.

Results

***2018..... Fin/CU.... Time**
 at Wyoming Invite..... +30 19:25
**Redshirt Season*

TRACK PRs

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

COLORADO BUFFALOES



EMILY COVERT
Freshman • HS
Minneapolis, Minn.
(Washburn)

HIGH SCHOOL: Covert is a two-time Minnesota State High School League Class AA State Champion, winning her junior and senior seasons. Those two seasons she also won the MSHSL Section 6AA and Minneapolis City Conference Championships. Covert won her first of three Roy Griak Invitational High School Division titles in seventh grade, which “helped her realize her potential in the sport.” She would also win in 2017 and ‘18. After recording a second-place finish at the NXR Heartland Regional Championships in 2017 (where she clocked a state record of 16:55.8), she would go on to win the title the following season. Covert also won 2018 Foot Locker Midwest Regionals after placing second in 2017. She earned a pair of top-10 finishes and All-American honors at Foot Locker Nationals, placing ninth in 2017 and fifth in 2018. Additionally, Covert placed fourth at Nike Cross Nationals in 2018. She was also a standout on the track, winning the 2018 MSHSL 3,200-meter run championship in state record time (10:06.19). In the 1,600 and 3,200, she recorded six top-five finishes,

including her state title. At 2018 New Balance Outdoor Nationals, she placed second in the 2-mile run, finishing in 10:05.19. Covert also ran the 1,600 at the meet, finishing in 4:56.30 for 10th place. Both times were personal bests. Throughout her career, she earned numerous all-conference, all-state and all-academic honors. Oregon, Washington, Minnesota and New Mexico also recruited Covert.

HIGH SCHOOL BESTS: 1,600-meters: 4:47.34; 3,200-meters: 10:06.19.

IN THE CLASSROOM: Covert intends to major in integrative physiology, but is also interested in business.

PERSONAL: Emily Louise Covert was born on April 9, 2001 in Minneapolis, Minn. She is the daughter of Joe and Sheila Covert and has one brother, Chris, who is in the army. Covert enjoys cooking, biking, swimming and being with family and friends.

TRACK PRs

| | |
|--------------|----------|
| 1,600-m..... | 4:47.34 |
| 3,200-m..... | 10:06.19 |

COLORADO BUFFALOES



JOHN DRESSSEL

Senior • 3L
Colbert, Wash.
(Mt. Spokane)

2018: After redshirting his junior season, Dressel came back to have another great campaign. He led the Buffs at the Nuttycombe Wisconsin Invitational, finishing 10th overall. Two weeks later, Dressel was third for CU at pre-nationals, placing 16th. He earned his third all-conference honor, as well as his third all-region award, with an eighth place finish at Pac-12s and a 12th-place finish at regionals, respectively. He became a three-time All-American at NAAs, finishing ninth.

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

Results

| 2018 | Fin/CU | Time |
|------------------------|--------|-------|
| at Nuttycombe Invite | 10/1 | 23:36 |
| at Pre-Nats | 16/3 | 24:15 |
| at Pac-12 Championship | 8/2 | 23:13 |
| at NCAA Mtn Region | 12/3 | 29:30 |
| at NCAA Championship | 9/2 | 29:17 |

| *2017 | Fin/CU | Time |
|---------------------|--------|-------|
| at Joe Piane Invite | 20/3 | 24:12 |
| *Redshirt Season | | |

| 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, 18 All-American
2015, 16, 18 All-Region
2015, 16 All-Pac-12 First Team
2018 All-Pac-12 Second 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

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.

COLORADO BUFFALOES



GABE FENDEL

Freshman • RS

Fishers, Ind.

(Hamilton Southeastern)

2018: Redshirt. Fendel raced once unattached, finishing 39th at the Wyoming Invitational.

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 is an open major in the arts and sciences.

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.

Results

*2018.....Fin/CU.... Time
at Wyoming Invite.....+39 16:24
*Redshirt Season

TRACK PRs

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

COLORADO BUFFALOES



KASHON HARRISON

Freshman • HS
Fruitland, N.M.
(Kirtland Central)

HIGH SCHOOL: Harrison lettered in cross country and track and field at Kirtland Central High School. A two-time New Mexico State High School individual cross country champion, Harrison led his cross country team to three-straight top-five finishes at the state meet. The Broncos placed second during his sophomore and junior years and was fourth his senior season. Harrison won his second individual title in 2018, finishing the 5k course in 15:27.35, which is a school record. He was named the Gatorade New Mexico Boys Cross Country Runner of the Year twice and won back-to-back Foot Locker West Regionals in 2017 and '18. Harrison earned All-America honors after placing 11th at the Foot Locker National Championships as a senior. As a member of the track team, he won the state 1,600 and 3,200-meter titles his junior and senior years. Harrison is also the school record holder in both events. He ran 4:20.52 in the 1,600 at the 79th Nike Chandler

Rotary and 8:58.90 in the 3,200 at the Acadia Invitational, both in 2019. During the summer of 2019, he ran a personal best in the mile (4:13.08), as well as a PR in the 3,200 (8:55.27) at the Music City Distance Carnival. Oregon, Syracuse, Oklahoma, UCLA and Portland State also recruited Harrison.

HIGH SCHOOL BESTS: 800-meter: 1:58.22; Mile: 4:13.08; 3,200-meters: 8:55.27.

IN THE CLASSROOM: Harrison intends to major in exploratory studies, but is also interested in business.

PERSONAL: Kashon Sherman Harrison was born on September 9, 2000 in Farmington, New Mexico. He is the son of Vernon Harrison and Lisa Sherman and is the oldest of five children.

TRACK PRs

| | |
|---------------|---------|
| 800-m | 1:58.22 |
| Mile..... | 4:13.08 |
| 3,200-m | 8:55.27 |

COLORADO BUFFALOES



EDUARDO HERRERA

Junior • 3L
Madera, Calif.
(Madera South)

2018: Herrera had another solid season for the Buffs, starting with a 16th place finish (CU's No. 2) at the Nuttycombe Wisconsin Invitational. He would be CU's fourth scorer in the last four meets, beginning at pre-nationals where he raced to a 31st place finish. At the Pac-12 Championships, Herrera was 18th. He recorded his second all-region after with a 22nd place finish at regionals and wrapped up his sophomore campaign by placing 43rd at the NCAA Championships.

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 Piane 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 NAAs.

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

2018 **Fin/CU** **Time**
 at Nuttycombe Invite 16/2 23:40
 at Pre-Nationals 31/4 24:30
 at Pac-12 Championship .. 18/4 23:30
 at NCAA Mtn. Region 22/4 29:51
 at NCAA Championship 43/4 30:02

2017 **Fin/CU** **Time**
 at CSU Invite 3/2 14:54
 at Joe Piane 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, 18 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



NOAH HIBBARD

Freshman • HS
Arcadia, Calif.
(Arroyo)

HIGH SCHOOL: Hibbard lettered in both cross country and track and field at Arroyo High School. In his senior season on the cross country team, he recorded a second-place finish at the CIF State Championships in 15:05.3, just over a second in front of the third place finisher. Hibbard went on to race at the Foot Locker West Regional Championships, where he placed fifth overall. One week later at the Foot Locker National Championships, he finished 26th and was named an All-American. Hibbard is the AHS 1,600-meter run record holder. He ran 4:07.25 at the Azusa Pacific Distance Meet of Champions, taking first place in the process. He was a versatile member of the team, running in a variety of events, from the 400 to the 3,200-meters.

HIGH SCHOOL BESTS: 800-meter: 1:55.89; 1,600-meters: 4:07.25;

3,200-meters: 9:21.50.

IN THE CLASSROOM: Hibbard intends to major in integrative physiology, but is also interested in anthropology.

PERSONAL: Noah Michael Hibbard was born on May 16, 2001 in Pasadena, Calif. He is the son of Holly Hibbard of Arcadia, Calif. He has spent time as a swim instructor.

TRACK PRs

| | |
|---------------|---------|
| 800-m | 1:55.89 |
| 1,600-m | 4:07.25 |
| 3,200-m | 9:21.50 |

COLORADO BUFFALOES



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

2018: Hill redshirted the season, but did race once unattached. She was 14th at the Wyoming Invitational.

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 is an integrative physiology major. After her first year at CU, she owns a 3.733 GPA.

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.

Results
*2018.....Fin/CU....Time
at Wyoming Invite.....+1418:51
*Redshirt Season

TRACK PRs
400-m57.73
800-m2:08.69
1,500m4:19.42
1,600-m4:44.67
Mile.....4:41.52
3,000-m9:59.60
3,200-m10:14.14
5,000-m17:07.26

COLORADO BUFFALOES



ALEC HORNECKER
Junior • VR
Golden, Colo.
(Golden/Portland State)

AT PORTLAND STATE: Hornecker did not race on the cross country while at PSU, but he did compete in track. He placed 19th in the 5,000 at the Big Sky Outdoor Championships as a freshman and ran a personal best of 15:54.89 at the OSU High Performance Meet.

HIGH SCHOOL: Hornecker was an all-state selection in cross country after finishing second in the state meet in 2015. He holds his high schools records in the 800, 1,600, 3,200 and 5,000 meter runs. Hornecker was a three-time all-conference first team selection in cross country and was the Jeffco League MVP in 2015 and '16. On the track, he was a second team all-conference selection in the 1,600 and 3,200 in 2014 and earned first team honors in those events in 2015. As a senior, Hornecker was a first team all-conference honoree in the 3,200 and a second team honoree in the 800. He also lettered

in tennis and swimming.

IN THE CLASSROOM: Hornecker is majoring in business with an emphasis in finance.

PERSONAL: Alec Hornecker is the son of Greg and Dana Hornecker. He has two brothers, Ky and Michael Hornecker, and one sister, Danielle Irwin. He lists hunting, skiing, running, biking and swimming as hobbies.

TRACK PRs

| | |
|----------------|----------|
| 1,500m | 3:59.78 |
| 5,000-m | 14:35.08 |
| 10,000-m | 30:12.70 |

COLORADO BUFFALOES



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

2018: Redshirt. Horton did race at the Wyoming Invitational unattached, finishing 71st overall.

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 is majoring in integrative physiology.

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).

Results

*2018..... Fin/CU.... Time
at Wyoming Invite..... +71 17:26
*Redshirt Season

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

Senior • 3L
Hamilton, N.Y.
(Hamilton Central)

2018: Hurta continued to have success with the Buffs, helping them win an NCAA Championship as she picked up her third All-America cross country honor. She was the fourth Buff to cross the finish, coming in 22nd. CU defeated New Mexico 65-103 to easily win the team championship as all five scorers finished in the top 24. Her season started off with a 13th place finish at the Nuttyscombe Wisconsin Invitational where CU also took home the team title.

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 Piane 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,

Results

2018 **Fin/CU.... Time**
at Nuttyscombe Invite 13/3 20:01
at Pac-12 Championship 28/8 20:45
at NCAA Championship 22/4 20:21

2017 **Fin/CU.... Time**
at CSU Invite +7 17:37
at Joe Piane 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, 18 All-American
2017 All-Pac-12 Second Team
2017 All-Region
2018 CoSIDA Academic All-American (2nd tm)
2017, 18 Pac-12 All-Academic First Team
2016, 17 USTFCCCA 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

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 3.976 GPA and is a two-time member of the Pac-12 All-Academic First Team.

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.

COLORADO BUFFALOES



JOE KLECKER
Senior - 4L
Minnetonka, Minn.
(Hopkins)

2018: Klecker had his best season to date, leading the Buffs in every single race he ran. His came in fifth at pre-nationals, his first race of the season, and followed that up with a fifth place finish at Pac-12s to earn himself All-Pac-12 First Team honors. Then at regionals, he successfully defended his individual title, finishing first in 29:16.6 to become the first Buff since Jorge Torres (2000-02) to record back-to-back titles. In CU history, he is one of just four Buffs to win back-to-back regional crowns. Klecker went on to finish eighth at NCAAs to record his second All-America honor while leading the Buffs back to the podium; CU finishing fourth as a team.

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 Piane 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.

Results

2018.....Fin/CU..... Time
at Pre-Nationals5/123:56
at Pac-12 Championship ..5/123:12
at NCAA Mtn. Region..... 1/129:17
at NCAA Championship8/129:15

2017 Fin/CU.... Time
at CSU Invite.....5/314:56
at Joe Piane Invite4/123:34
at Pre-Nationals9/123:21
at Pac-12 Championship ..2/123:48
at NCAA Mtn. Region..... 1/130:14
at NCAA Championship67/330:25

2016 Fin/CU.... Time
at CSU Invite.....4/315:00
Rocky Mtn. Shootout.....2/124:42
at Pre-Nationals24/224:28
at Pac-12 Championship ..19/524:56
at NCAA Mtn. Region..... 3/130:53
at NCAA Championship28/330:16

2015 Fin/CU.... Time
at CSU Invite.....+615:02
Rocky Mtn. Shootout.....+925:36
* Redshirt Season

HONORS

2016, 18 All-American
2017, 18 Mountain Region Champion
2016, 17, 18 All-Region
2017, 18 Region Athlete of the Year
2017, 18 All-Pac-12 First Team
2016, 17, 18 Pac-12 All-Academic HM
2016, 17 USTFCCCA All-Academic

TRACK PRs

800-m1:55.26
1,500-m3:41.69
Mile.....4:01.72
3,000-m7:51.43
5,000-m13:30.39



COLORADO BUFFALOES

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 3.60 and is a three-time Pac-12 All-Academic honorable mention honoree.

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 have ran or are currently running 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.

COLORADO BUFFALOES



KARINA MANN
Senior - VR
Louisville, Colo.
(Monarch)

2018: Mann was in the line-up three times for the Buffs. She started her campaign with a 15th place finish at the Wyoming Invitational and then placed 27th in the 'B' section at the Nuttycombe Wisconsin Invitational. She finished her season at pre-nationals, crossing the tape in 118th.

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. She owns a GPA greater than 3.30 and was named to the Pac-12 All-Academic honorable mention team three times.

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

2018 **Fin/CU.... Time**
at Wyoming Invite..... 15/8 18:51
at Nuttycombe Invite +27 21:45

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, 18 Pac-12 All-Academic HM

TRACK PRs

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

COLORADO BUFFALOES



RACHEL MCARTHUR

Junior • TR
Bristow, Va.
(Patriot/Villanova)

AT VILLANOVA: McArthur ran two seasons at Villanova. In her sophomore season, she was named the USTFCCA Mid-Atlantic Region Women's Athlete of the Year after winning the regional crown. McArthur was also the runner-up at the BIG EAST Championships just two weeks prior, which was an improvement of 21 places from her freshman campaign. McArthur competed at the NCAA Championship both seasons for the Wildcats.

HIGH SCHOOL: McArthur lettered in cross country, as well as indoor and outdoor track and field at Patriot High School. During her time there, she won seven state titles and was named the Gatorade Virginia Girls Track & Field Player of the Year in 2017. McArthur set the Virginia state indoor 800-meter record. She anchored her school's distance medley relay team to a Penn Relays High School Girls Championship of American title in 2015. She qualified for several top events, including Nike Nationals (XC), adidas Dream Mile and Millrose Game.

HIGH SCHOOL BESTS: 800-meter: 2:05.68; 1,600-meters: 4:41.67; 3,200-meters: 10:35.19.

IN THE CLASSROOM: McArthur is majoring in speech, language and hearing sciences. While at Villanova, she earned USTFCCA All-Academic honors for cross country and track and field. She was also named to the BIG EAST All-Academic Team.

PERSONAL: Rachel Louise McArthur was born on August 4, 1999 in Virginia. She is the daughter of Heath and Lisa McArthur of Bristow, Va., and has two sisters, Kim and Emily. She enjoys reading, hiking and art. McArthur has been a volunteer coach for a local program near her home in Va. and has previously spent time volunteering at an animal shelter in Pa.

TRACK PRs

| | |
|---------------|---------|
| 800-m | 2:04.92 |
| 1,500-m | 4:14.91 |
| Mile..... | 4:37.79 |
| 3,000-m | 9:19.10 |

COLORADO BUFFALOES



**ALISA MERAZ-
FISHBIEN**

**Freshman • HS
Albuquerque, N.M.
(Albuquerque)**

HIGH SCHOOL: Meraz-Fishbein recorded three-straight top-10 finishes at the New Mexico State High School Cross Country 5A Championships, including a third-place finish as a junior. As a senior, she set the AHS record on a 5k course, finishing 10th at the APS Metro Championships on Oct. 13, 2018. Meraz-Fishbein also owns a pair of AHS records, which double as the district record, on the track in the 1,600 and 3,200-meter runs. She ran 5:08 in the 1,600 at the Artesia Invitational in 2018. Her 3,200 record of 11:21 came in 2018. A member of the 1,600-medley relay, her team broke the state record (4:11.10) en route to winning the state title in 2019; Meraz-Fishbein ran the anchor leg (800m). In the same meet, she placed second in the individual 800 and was third in the 1,600. As an eight-grader, Meraz-Fishbein won her first of three state titles in the 400. She also won the 800 in her sophomore season, clocking a PR time of 2:15.90. She was also a midfielder on the school's soccer team and earned a pair of all-district honors. As a senior, Meraz-Fishbein was named a National Merit Scholar Finalist, a National Hispanic Scholar, Albuquerque High school Athlete of the Year and picked up all-state first team honors for track and cross country.

Syracuse, Utah, New Mexico and Adams State also recruited Meraz-Fishbein.

HIGH SCHOOL BESTS: 800-meter: 2:15.90; 1,600-meters: 5:08; 3,200-meters: 11:21.

IN THE CLASSROOM: Merza-Fishbein is an integrative physiology major and will minor in journalism.

PERSONAL: Alisa Meraz-Fishbein was born on December 28, 2000 in San Antonio, Texas. She is the daughter of Jeremy Fishbein and Alicia Merza of Albuquerque, N.M. She has one sister, Gabriela. Her father played soccer at University of Richmond and University of Cincinnati, and went on to play post-collegiately in New Zealand. Her mother played tennis for University of New Mexico and played professionally. At international competitions, her mother represented Mexico. Merza-Fishbein has dual citizenship with Mexico and the United States. She is bilingual and Spanish was her first language. Her hobbies include writing, watercolor painting, jewelry making and hiking. She has volunteered with the Read to Excel program, which helps Tanzanian refugees with school work, and has spent time at the Roadrunner Food Bank sorting food to be donated.

TRACK PRs

| | |
|---------------|---------|
| 800-m | 2:15.90 |
| 1,600-m | 5:08 |
| 3,200-m | 11:21 |

COLORADO BUFFALOES



GUS NEWCOMB

Sophomore • 1L
Middleton, Wis.
(Middleton)

2018: Newcomb had a solid first season racing for the Buffs, starting with a 26th place finish at the Wyoming Invitational. One month later at the Nuttycombe Wisconsin Invitational, he was CU's No. 6 runner, finishing 188th. He showed improvement two weeks later at pre-nationals, moving up to 130th overall (CU's No. 7). At the Pac-12 Championships, Newcomb scored for the Buffs as their fifth harrier, finishing 44th. In his first 10-kilometer cross country race at regionals, he ended up 65th, and finished the season at NAAs with a 222nd place performance.

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 majoring in economics.

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.

Results

| 2018 | Fin/CU | Time |
|----------------------------|-------------|-------|
| at Wyoming Invite | 26/3 | 16:02 |
| at Nuttycombe Invite | 188/6 | 25:19 |
| at Pre-Nationals | 130/7 | 25:21 |
| at Pac-12 Championship .. | 44/5 | 24:23 |
| at NCAA Mtn. Region | 65/6 | 31:09 |
| at NCAA Championship | 222/7 | 32:09 |

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 • RS
Iowa City, Iowa
(Iowa City West)

2018: Redshirt. Did not compete.

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 is a psychology major with a GPA greater than 3.30.

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

2018: Ramos ran twice for the Buffs as a redshirt freshman. He was 43rd at the Wyoming Invitational before placing 153rd at the Stanford Invitational one month later.

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 majoring in environmental engineering.

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

Results

2018 **Fin/CU** **Time**
 at Wyoming Invite 43/5 16:27
 at Stanford Invite +153 28:00
 +ran unattached

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)

2018: Ramos raced three times for CU. He started the season 37th at the Wyoming Invite and then recorded a 71st place finish at the Stanford Invite a month later. His final race was at the Pac-12 Championship where he was 71st overall as CU's No. 8 runner.

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

2018 **Fin/CU.... Time**
at Wyoming Invite.....37/4.....16:22
at Stanford Invite+7126:02
at Pac-12 Championship ..71/8.....26:00

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, 18 Pac-12 All-Academic HM

TRACK PRs

800-m1:51.67
Mile.....4:20.62

COLORADO BUFFALOES



RYLEE ROBINSON

Freshman • HS
Waterford, Mich.
(Waterford)

HIGH SCHOOL: Robinson was a seven-time all-state honoree, four times in cross country and three times in track. In 2017, she earned All-America honors with a 30th place finish at Foot Locker Nationals, which came on the heels of a 10th place finish at Foot Locker Midwest Regionals. Robinson's best finish at the state cross country championships was also in 2017 when she crossed the finish third. As a senior, she won four meets, including the Michigan High School Athletic Associations LP Region 07-1 Championship. On the track, she owns a pair of school records in the 3,200-meter run (10:27.22) and the 4x800-meter relay (9:05). Robinson was named a New Balance Nationals All-American in 2016 as part of the 4x800-meter relay team that set the school record and finished sixth. Robinson was named the Detroit Free Press Female Cross Country Runner of the Year in 2018.

She won the Waterford Mott's Most Outstanding Female Athlete Award three times (2017, '18 and '19), and was the Waterford Scholar and Scholar-Athletes four times (2016, '17, '18 and '19). Other schools that recruited Robinson include Michigan, Indiana and UCLA.

HIGH SCHOOL BESTS: 800-meter: 2:20.97; 1,600-meters: 4:54.03; 3,200-meters: 10:27.22.

IN THE CLASSROOM: Robinson intends to major in cellular, molecular and developmental biology.

PERSONAL: Rylee Raye Robinson was born on March 20, 2001, in West Bloomfield, Mich. She is the daughter of Ryan and Michelle Robinson. She has dual citizenship with the U.S. and Canada (her mother is Canadian). Michelle was a professional figure skater, while Ryan ran cross country and track and field at Western State before transferring to Michigan.

TRACK PRs

| | |
|--------------|----------|
| 800-m..... | 2:20.97 |
| 1,600-m..... | 4:54.03 |
| 3,200-m..... | 10:27.22 |

COLORADO BUFFALOES



ALEX SCALES
Freshman • RS
San Jose, Calif.
(Bellarmine Prep)

2018: Redshirt season. Scales did race once unattached, finishing 55th at the Wyoming Invitational.

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 is majoring 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.

Results

***2018..... Fin/CU.... Time**
 at Wyoming Invite.....+55 16:47
**Redshirt Season*

TRACK PRs

400-m49.78
 800-m 1:50.64
 1,600m 4:13.39
 3,200-m 9:13.91

COLORADO BUFFALOES



TABOR SCHOLL

Senior • 3L
Kremmling, Colo.

2018: Scholl had an excellent junior season for CU, helping the Buffs win their third NCAA Championship since 2000. Her season started well as she was 19th at the Nuttycombe Wisconsin Invitational as CU's No. 4, which helped the Buffs win the team title. She went on to earn her first All-Pac-12 Second Team honor with a ninth place finish at the Pac-12 Championships, this time crossing as the third CU scorer. Scholl recorded her second all-region honor with an eighth place finish at regionals. At NAAs, Scholl was once again CU's No. 3 as she crossed the finish 15th overall to record her first All-America cross country honor. Her finish helped the Buffs to a 65-103 win over the reigning NCAA Champion, New Mexico.

2017: Scholl raced three times on the varsity team for the Buffs. Her first race was a 42nd place finish at the Joe Piane 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 NAAs 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

Results

2018 **Fin/CU.... Time**
at Nuttycombe Invite 19/4 20:08
at Pac-12 Championship .. 9/3 19:57
at NCAA Mtn Region 8/3 20:02
at NCAA Championship 15/3 20:10

2017 **Fin/CU.... Time**
at Joe Piane 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 Championship 42/5 20:25
+ *Ran Unattached*

HONORS

2018 All-American
2018 All-Pac-12 Second Team
2016, 18 All-Region
2017, 18 Pac-12 All-Academic HM

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

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 3.30. She is a two-time member of the Pac-12 All-Academic honorable mention team.

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.

COLORADO BUFFALOES



ANNA SHULTS
Freshman • HS
Lafayette, Colo.
(Peak to Peak Charter)

HIGH SCHOOL: A four-time Colorado High School Activities Association 3A cross country runner-up, Shults helped Peak to Peak Charter win the state team title in 2016 and '17. A letter winner in both cross country and track and field, she raced for Team USA in Andorra at the 2018 World Mountain Running Championships, where she placed 14th overall and was the top American. That same year, Shults again raced for Team USA and placed seventh at the WMRA World Cup International Youth Challenge in Italy. She also saw success on the track and won four straight 4x800-meter relay state titles (2016-19). Individually as a senior, she was third at state in the 800 and sixth in the 1,600. Shults was third in both events as a junior and during her sophomore season; she was the state champion in both. Shults was an all-league first team member throughout high school and was inducted into the Colorado Running Hall of Fame in 2019, earning the High School Achievement Award. Additionally, she was named Peak to Peak's Outstanding Athlete of the Year (2017, '18). A member of the Dean's List,

she recorded a 4.0 in high school. NC State, Oregon and Northern Arizona also recruited Shults.

HIGH SCHOOL BESTS: 800-meters: 2:13.73; 1,500-meters: 4:39.92; Mile: 4:57.61; 3,200-meters: 10:46.24.

IN THE CLASSROOM: Shults intends to major in strategic communication.

PERSONAL: Anna Catherine Shults was born on September 21, 2001, in Lafayette, Colo. She is the daughter of John and Lynne Shults and has one sister, Madison. She enjoys reading, hiking, drawing, paddle boarding and photography. She is also a Nordic skier and was a member of the Boulder Nordic Junior Race Team for five years. While a member of the ski team, Shults was named an All-American.

TRACK PRs

| | |
|---------------|----------|
| 800-m | 2:13.73 |
| 1,500-m | 4:39.92 |
| Mile..... | 4:57.61 |
| 3,200-m | 10:46.24 |

COLORADO BUFFALOES



PAXTON SMITH
Junior • 2L
Highlands Ranch, Colo.
(Mountain Vista)

2018: Smith saw an increase in action for the Buffs during his sophomore campaign, racing six times. He started the season with a 21st place finish at the Wyoming Invitational and followed that up with a 140th place finish at the Nuttycombe Wisconsin Invitational. He improved to 117th two weeks later at pre-nationals. Smith raced at the Pac-12 Championships and improved 10 positions from the 2017 season as he was 59th overall. In his first 10k on the cross country course at the regional meet, Smith placed 73rd. He ended his season at NCAAs, finishing 163rd.

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 GPA greater than 3.50. He was named to the Pac-12 All-Academic honorable mention team in 2017 and again in '18.

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

2018 **Fin/CU** **Time**
at Wyoming Invite.....21/215:58
at Nuttycombe Invite140/524:46
at Pre-Nationals117/625:15
at Pac-12 Championship ..59/725:00
at NCAA Mtn Region.....73/731:18
at NCAA Championship163/631:13

2017 **Fin/CU** **Time**
at CSU Invite.....23/1015:22
Rocky Mtn. Shootout.....19/626:48
at Nuttycombe Invite 'B' ..32/425:20
at Pac-12 Championship ..69/1024:44

2016 **Fin/CU** **Time**
at CSU Invite.....+3115:30
Rocky Mtn. Shootout.....+3727:31
+ *Ran Unattached*

HONORS

2018 Pac-12 All-Academic HM

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 • RS
Greeley, Colo.
(Northridge)

2018: Redshirt. Torres raced once unattached, finishing 32nd at the Wyoming Invitational.

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 is an integrative physiology major with a GPA greater than 3.50.

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.

Results

***2018..... Fin/CU.... Time**
at Wyoming Invite..... +32 16:17
**Redshirt Season*

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



AUSTIN VANCIL
Freshman • HS
Morrison, Colo.
(Dakota Ridge)

HIGH SCHOOL: Vancil earned eight letters, four on the cross country team and four on the track and field team. He recorded back-to-back third-place finishes at the Colorado High School 5A State Cross Country Championship as a junior and senior. As a captain in 2018, he helped guide the Eagles to the team state championship, as well as a first place finish at the Nike Cross Southwest Regional Championship, finishing third individually with a personal record (14:48.6). His PR also doubles as the Dakota Ridge High School record. The team also ran to a third place finish at Nike Cross Nationals, where he placed sixth overall. While competing on the cross country team, he earned three All-Jeffco Conference First Team honors and was a two-time all-state honoree. Vancil was also selected a Nike Cross Nationals First Team All-American in 2018 and was the Jeffco League MVP in 2016 and '17. He also saw success on the track, finishing second at

the state meet in the 3,200-meter run, improving from a fourth place finish the previous year. Vancil raced the 1,600 at state, finishing fifth in 2019 and eighth in 2018. He was a member of a few record setting relay teams. His 4x1600 and distance medley relay teams set the Jeffco records, while the 4x800 relay broke the school record. Following his senior campaign, he was selected the Jeffco 5A League Track MVP. Vancil was also recruited by Portland and Colorado School of Mines.

HIGH SCHOOL BESTS: 1,600-meters: 4:16; 3,200-meters: 9:08.

IN THE CLASSROOM: Vancil is a mechanical engineering major. He is also interested in electrical engineering.

PERSONAL: Austin Jacques Ernest Vancil was born on December 1, 2000, in Littleton, Colo. He is the son of Brian and Pascale Vancil. He has one older brother, Remy, who also attends CU. Vancil is bilingual and has dual citizenship as his mother is from Lyon, France. He enjoys hiking, mountain biking, skiing, four-wheeling, playing tennis and camping. As a senior in high school, he was the DRHS Student Body Vice-President.

TRACK PRs

| | |
|---------------|------|
| 1,600-m | 4:16 |
| 3,200-m | 9:08 |

COLORADO BUFFALOES



EMILY VENTERS

Junior • TR
Lawrence, Kan.
(Lawrence Free/Boise
State)

AT BOISE STATE: Venters ran two seasons at BSU, recording two All-Mountain West First Team, two All-West Region and one All-American honor on the cross country team. At the 2018 NCAA Championships, she was the second Bronco to cross the finish, placing 39th, an improvement from 53rd in her freshman season. Venters was also 11th at the regional championship and placed sixth at the Mountain West Championship in 2018. In 2017, she was 22nd at regionals and seventh at conference.

HIGH SCHOOL: Venters excelled in both cross country and track and field at Lawrence Free State High School, winning five state titles. Two of those titles came in cross country (2013 and '14), while the other three were on the track. She won the 1,600 and 3,200-meter runs as a senior in 2017, and in 2014, she was the 3,200 champion. In total, Venters recorded 10 top-10 finishes at the Kansas High School

State Championships.

HIGH SCHOOL BESTS: 800-meter: 2:19.02; 1,600-meters: 4:49.36; 3,200-meters: 10:16.61.

IN THE CLASSROOM: Venters is majoring in integrative physiology.

PERSONAL: Emily Lin Venters was born on June 6, 1999 in Lawrence, Kan. She is the daughter of Trey and Tricia Venters, and has one brother, Zach. Venters enjoys decorating cakes, hiking and being with family and friends. She is a 15-year cancer survivor as she was diagnosed with leukemia at age 3.

TRACK PRs

| | |
|----------------|----------|
| 1,500-m | 4:24.33 |
| 3,000-m | 9:08.66 |
| 5,000-m | 15:45.09 |
| 10,000-m | 34:16.66 |

2018 COLORADO WOMEN IN REVIEW

| | |
|----------|--|
| Aug. 31 | at Wyoming Invite (Cheyenne, Wyo.) 1st/5 1. Colorado 31 ; 2. Air Force 58; 3. Colorado State 60; 4. Wyoming 82; 5. Northern Colorado 152. |
| Sept. 28 | at Nuttycombe Wisconsin Invitational (Madison, Wis.) 1st/33 1. Colorado 80 ; 2. Boise State 91; 3. New Mexico 130; 4. Villanova 156; 5. Arkansas 173; 6. Wisconsin 192; 7. Indiana 208; 8. Michigan State 268; 9. Iowa State 276; 10. North Carolina State 283 |
| Sept. 29 | at Stanford Invitational (Stanford, Calif.).....9th/19 1. Stanford 62; 2. Adams State, 69; 3. Washington 90; 4. UCLA 113; 5. Cal Poly 139; 6. San Jose State 142; 7. Arizona State 161; 8. UC Santa Barbara 249; 9. Colorado, 281 ; 10. U. of Victoria 308. |
| Oct. 13 | at Pre-National Invitational (Madison, Wis.)10th/35 1. Arkansas 51; 2. Oregon 71; 3. Indiana 166; 4. BYU 175; 5. NC State 180; 6. Portland 242; 7. Minnesota 260; 8. Syracuse 269; 9. Northern Arizona 293; 10. Colorado 325 . |
| Oct. 26 | at Pac-12 Championships (Stanford, Calif.)2nd/12 1. Oregon 32; 2. Colorado 48 ; 3. Stanford 81; 4. Washington 123; 5. UCLA 158; 6. Oregon State 173; 7. Utah 191; 8. Washington State 249; 9. Arizona State 250; 10. Arizona 251; 11. California 277; 12. USC 376. |
| Nov. 9 | at NCAA Mountain Region Championships (Provo, Utah)2nd/20 1. New Mexico 41; 2. Colorado 53 ; 3. BYU 85; 4. Southern Utah 155; 5. Air Force 169; 6. Northern Arizona 216; 7. Utah State 222; 8. Weber State 242.5; 9. Colorado State 280.5; 10. Nevada 285; 11. Utah 295; 12. Wyoming 300; 13. UTEP 323; 14. Montana State 324; 15. Utah Valley 376; 16. New Mexico State 408; 17. Idaho State 424; 18. Montana 492; 19. Texas Tech 546; 20. Northern Colorado 551. |
| Nov. 17 | at NCAA Championships (Madison, Wis.) 1st/31 1. Colorado 65 ; 2. New Mexico 103; 3. Oregon 160; 4. Michigan 213; 5. Stanford 232; 6. Boise State 288; 7. BYU 310; 8. Notre Dame 313; 9. Washington 321; 10. Wisconsin 325 ; 11. Michigan State 341; 12. Portland 344; 13. NC State 367; 14. Arkansas 398; 15. Iowa State 403; 16. Florida 455; 17. Indiana 455; 18. Columbia 468; 19. Oklahoma State 481; 20. Penn State 482; 21. Princeton 488; 22. Ole Miss 509; 23. Furman 527; 24. Villanova 547; 25. Southern Utah 564; 26. Florida State 584; 27. Oregon State 600; 28. Georgia Tech 653; 29. Minnesota 673; 30. Dartmouth 751; 31. Texas 862. |

2018 COLORADO WOMEN IN REVIEW

| Runner | UWI 5k | NWI 6k | SI 6k | PRE-NC 6k | P12 6k | MTR 6k | NCAA 6k |
|-------------|----------------|-----------------|------------------|------------------|------------------|-----------------|-----------------|
| H. Bent | 5/2 18:27 | 79/7 21:02.5 | | 58/2 21:17.8 | 22/6 22:33.9 | | 80/7 20:57.2 |
| M. Boreman | 9/5 18:35 | | | | | | |
| M. Caldwell | 13/7 18:49 | +5 21:17.0 | | 69/3 21:23.7 | 24/7 20:38.2 | 19/6 20:26.6 | |
| L. Constien | +30 19:25 | | | | | | |
| V. Constien | 2/1 18:12 | 40/6 20:35.6 | | | 15/4 20:12.7 | 14/4 20:17.9 | 30/6 20:31.3 |
| A. Hill | +14 18:51 | | | | | | |
| S. Hurta | | 13/3 20:00.5 | | | 28/8 20:44.0 | | 22/4 20:20.4 |
| K. Intile | 47/12 20:28 | | 120/5 24:04.2 | | | | |
| B. Jones | 8/4 18:31 | +14 21:29.5 | | 79/4 21:31.0 | 42/10 21:08.9 | | |
| D. Jones | | 4/1 19:39.6 | | | 1/1 19:24.5 | 6/1 20:01.3 | 1/1 19:42.8 |
| L. Koch | 10/6 18:41 | +15 21:29.6 | | 96/5 21:43.1 | | 40/7 21:05.6 | |
| E. Mann | 33/11 19:36 | | 81/4 23:01.8 | | | | |
| K. Mann | 15/8 18:51 | +27 21:44.9 | | 118/6 21:53.2 | | | |
| M. Morley | | 6/2 19:45.2 | | | 7/2 19:52.1 | 7/2 20:01.4 | 8/2 20:00.1 |
| A. Regner | 23/10 19:16 | | 48/2 22:25.3 | | | | |
| T. Scholl | | 19/4 20:08.0 | | | 9/3 19:56.4 | 8/3 20:01.5 | 15/3 20:09.9 |
| B. Schwartz | 19/9 19:03 | | 8/1 21:12.4 | 23/1 20:44.3 | 38/9 21:01.0 | | |
| C. Seligman | | | 62/3 22:38.9 | | | | |
| T. Tuttle | 7/3 18:30 | 38/5 20:32.5 | | | 16/5 20:14.5 | 18/5 20:26.0 | 24/5 20:23.4 |

+ unattached/not in uniform

2018 COLORADO MEN IN REVIEW

| | |
|----------|--|
| Aug. 31 | at Wyoming Invite (Cheyenne, Wyo.) 4th/5 |
| | 1. Colorado State 32; 2. Wyoming 46; 3. Air Force 54; 4. Colorado 111 ; 5. Northern Colorado 115. |
| Sept. 28 | at Nuttycombe Wisconsin Invitational (Madison, Wis.)8th/33 |
| | 1. Northern Arizona 46; 2. Wisconsin 135; 3. Portland 140; 4. Iowa State 152; 6. Colorado State 253; 7. Air Force 267; 8. Colorado 278 ; 9. Purdue 317; 10. Southern Utah 332. |
| Sept. 29 | at Stanford Invitational (Stanford, Calif.) NTS |
| Oct. 13 | at Pre-National Invitational (Madison, Wis.)3rd/36 |
| | 1. Northern Arizona 41; 2. Stanford 84; 3. Colorado 110 ; 4. Oregon 152; 5. Wyoming 191; 6. Colorado State 194; 7. Ole Miss 220; 8. Furman 231; 9. Gonzaga 307; 10. Southern Utah 310. |
| Oct. 26 | at Pac-12 Championships (Stanford, Calif.)3rd/9 |
| | 1. Stanford 44; 2. Washington 62; 3. Colorado 82 ; 4. Oregon 93; 5. Washington State 123; 6. UCLA 145; 7. California 196; 8. Arizona 213; 9. Arizona State 241. |
| Nov. 9 | at NCAA Mountain Region Championships (Provo, Utah)3rd/17 |
| | 1. Northern Arizona 42; 2. BYU 56; 3. Colorado 71 ; 4. Colorado State 114; 5. Southern Utah 156; 6. Wyoming 149; 7. Air Force 167; 8. Utah State 239; 9. Weber State 252; 10. New Mexico 256; 11. Montana State 257; 12. Idaho State 324; 13. UTEP 394; 14. Northern Colorado 406; 15. Utah Valley 427; 16. Montana 482; 17. Texas Tech 520. |
| Nov. 17 | at NCAA Championships (Madison, Wis.)4th/31 |
| | 1. Northern Arizona 83; 2. BYU 116; 3. Portland 160; 4. Colorado 178 ; 5. Stanford 201; 6. Washington 213; 7. Iowa State 220; 8. Wisconsin 240; 9. Colorado State 309; 10. Boise State 342; 11. NC State 342; 12. Wyoming 371; 13. Oklahoma State 378; 14. Notre Dame 401; 15. Oregon 407; 16. Eastern Kentucky 430; 17. Ole Miss 431; 18. Indiana 469; 19. Michigan 483; 20. Air Force 498; 21. Southern Utah 523; 22. Princeton 557; 23. Villanova 577; 24. Bradley 580; 25. Arkansas 602; 26. Syracuse 603; 27. Texas 630; 28. Iona 634; 29. Purdue 702; 30. Tulsa 777; 31. Florida State 845. |

2018 COLORADO MEN IN REVIEW

| Runner | UWI 5k | NWI 8k | SI 8k | PRE-NC 8k | P12 8k | MTR 10k | NCAA 10k |
|-------------|---------------|------------------|-----------------|------------------|-----------------|-----------------|------------------|
| J. Dressel | | 10/1 23:35.1 | | 16/3 24:14.7 | 8/2 23:12.4 | 12/3 29:29.8 | 9/2 29:16.9 |
| G. Fendel | +39 16:24 | | | | | | |
| R. Forsyth | | 32/3 23:51.7 | | 10/2 24:01.0 | 10/3 23:14.7 | 10/2 29:26.6 | 11/3 29:21.0 |
| E. Gonzales | 9/1 16:39 | 84/4 24:22.1 | | 50/5 24:38.1 | 47/6 24:29.7 | 26/5 29:58.0 | 147/5 31:02.4 |
| E. Herrera | | 16/2 23:39.9 | | 31/4 24:29.3 | 18/4 23:29.7 | 22/4 29:50.9 | 43/4 30:02.0 |
| J. Horton | +71 17:26 | | | | | | |
| J. Klecker | | | | 5/1 23:55.1 | 5/1 23:11.8 | 1/1 29:16.6 | 8/1 29:15.0 |
| G. Newcomb | 26/3 16:02 | 188/6 25:19.0 | | 130/7 25:20.8 | 44/5 24:22.2 | 65/6 31:08.3 | 222/7 32:08.8 |
| Jo. Ramos | 43/5 16:27 | | +153 27:59.1 | | | | |
| Ju. Ramos | 37/4 16:22 | | +71 26:01.6 | | 71/8 25:59.2 | | |
| A. Scales | +55 16:47 | | | | | | |
| P. Smith | 21/2 15:58 | 140/5 24:45.3 | | 117/6 25:14.1 | 59/7 24:59.2 | 73/7 31:17.9 | 163/6 31:12.3 |
| J. Torres | +32 16:17 | | | | | | |

+ unattached/not in uniform

ROCKY MOUNTAIN SHOOTOUT

PAST SHOOTOUT TEAM CHAMPIONS

| Year | Men (Runner-up) | Women (Runner-up) | Course |
|------|------------------------------|------------------------------------|---------------------------------|
| 1986 | Adams State (Colorado) | N/A | Spring Hill GC |
| 1987 | Weber State (Wyoming) | Colorado (NAU/New Mexico) | Paul Beck Rec Ctr |
| 1988 | Adams State (Adams State TC) | NC State (Boulder Road Runners) | Paul Beck Rec Ctr |
| 1989 | Colorado (Brigham Young) | Boulder Road Runners (Weber State) | Lake Valley GC |
| 1990 | Brigham Young (Wyoming) | Boulder Road Runners (Colorado) | Lake Valley GC |
| 1991 | Colorado (Western State) | Weber State (Wyoming) | Lake Valley GC |
| 1992 | Colorado (Brigham Young) | Colorado (Montana State) | Lake Valley GC |
| 1993 | Colorado (Idaho State) | Colorado (Weber State) | Gallagher Ranch |
| 1994 | Colorado (Idaho State) | Colorado (Michigan) | Gallagher Ranch |
| 1995 | Colorado (Western State) | Colorado (Oregon) | Gallagher Ranch |
| 1996 | Colorado (Portland) | Colorado (Adams State) | Gallagher Ranch |
| 1997 | Colorado (Western State) | Colorado (Adams State) | Flatirons Property/Bufalo Ranch |
| 1998 | Colorado (Western State) | Adams State (Colorado) | Flatirons Property/Bufalo Ranch |
| 1999 | Colorado (Western State) | Colorado (Western State) | Flatirons Property/Bufalo Ranch |
| 2000 | Colorado (Wyoming) | Colorado (Wyoming) | Bufalo Ranch at CU South Campus |
| 2001 | Colorado (Wyoming) | Colorado (Wyoming) | Bufalo Ranch at CU South Campus |
| 2002 | Colorado (Denver/AFA) | Colorado (Denver) | Bufalo Ranch at CU South Campus |
| 2003 | Colorado (Air Force) | Colorado (Northern Colorado) | Bufalo Ranch at CU South Campus |
| 2004 | Colorado (Wyoming) | Colorado (Wyoming) | Bufalo Ranch at CU South Campus |
| 2005 | Colorado (Air Force) | Colorado (Northern Colorado) | Bufalo Ranch at CU South Campus |
| 2006 | Colorado (Wyoming) | Colorado (Colorado State) | Bufalo Ranch at CU South Campus |
| 2007 | Colorado (Wyoming) | Colorado (Wyoming) | Bufalo Ranch at CU South Campus |
| 2008 | Colorado (Air Force) | Colorado (Air Force) | Bufalo Ranch at CU South Campus |
| 2009 | Colorado (Wyoming) | Colorado (Wyoming) | Bufalo Ranch at CU South Campus |
| 2010 | Colorado (Wyoming) | Colorado (Wyoming) | Bufalo Ranch at CU South Campus |
| 2011 | Colorado (Wyoming) | Colorado (Wyoming) | Bufalo Ranch at CU South Campus |
| 2012 | Colorado (Wyoming) | Colorado (Wyoming) | Bufalo Ranch at CU South Campus |
| 2013 | Colorado (Air Force) | Colorado (Northern Colorado) | Bufalo Ranch at CU South Campus |
| 2014 | Colorado (Air Force) | Colorado (Colorado State) | Bufalo Ranch at CU South Campus |
| 2015 | Colorado (Air Force) | Colorado (Wyoming) | Bufalo Ranch at CU South Campus |
| 2016 | Colorado (Air Force) | Colorado (Northern Colorado) | Bufalo Ranch at CU South Campus |
| 2017 | Colorado (Air Force) | Colorado (Northern Colorado) | Bufalo Ranch at CU South Campus |

PAST SHOOTOUT INDIVIDUAL CHAMPIONS

| Year | Men | Women | |
|------|--------------------------------------|-------------------------------------|-------|
| 1986 | Pat Porter (Vigilantes TC) | N/A | |
| 1987 | Pat Porter (Vigilantes TC) | Linnsberg (UTEP) | 16:25 |
| 1988 | Mark Steckley (Boulder Road Runners) | Sue Addison (Boulder Road Runners) | 16:21 |
| 1989 | Dennis Leck (Unattached) | Carla Borovica (Unattached) | 17:35 |
| 1990 | Silvio Guerra (Unattached) | Kirsten Russell (Unattached) | 16:48 |
| 1991 | Ron Salazar (Colorado) | Brooke Baughman (Colorado) | 17:20 |
| 1992 | Richard Kosegei (Barton County) | Brooke Baughman (Colorado) | 17:55 |
| 1993 | Scott Larson (Colorado) | Brooke Baughman (Colorado) | 16:40 |
| 1994 | Alan Culpepper (Colorado) | Elva Dryer (Western State) | 17:11 |
| 1995 | Adam Goucher (Colorado) | Jenna Carlson (Oregon) | 17:20 |
| 1996 | Adam Batliner (Colorado) | Shayne Wille (Colorado) | 17:57 |
| 1997 | Adam Goucher (Colorado) | Kim Bugg (Adams State) | 21:06 |
| 1998 | Adam Goucher (Colorado) | Kim Bosen (Adams State) | 20:54 |
| 1999 | Reese Buck (Western State) | Kara Grgas-Wheeler (Colorado) | 17:07 |
| 2000 | Jorge Torres (Colorado) | Kara Grgas-Wheeler (Colorado) | 19:38 |
| 2001 | Jorge Torres (Colorado) | Molly Austin (Colorado) | 20:14 |
| 2002 | Jorge Torres (Colorado) | Molly Austin (Colorado) | 20:23 |
| 2003 | Billy Nelson (Colorado) | Alisha Williams (Western State) | 20:46 |
| 2004 | Kelly Christiansen (Western State) | Renee Metivier (Colorado) | 20:21 |
| 2005 | Bret Schoolmeester (Colorado) | Christine Bolf (Colorado) | 20:53 |
| 2006 | Mark Korir (Wyoming) | Jenny Barringer (Colorado) | 20:51 |
| 2007 | Brent Vaughn (Colorado) | Sara Vaughn (Colorado) | 21:00 |
| 2008 | Aaron Brown (Adams State) | Shannon Payne (UC-Colorado Springs) | 21:25 |
| 2009 | Kenyon Neuman (Colorado) | Jenny Barringer (Colorado) | 19:25 |
| 2010 | Joe Bosshard (Colorado) | Laura Tremblay (Colorado) | 20:29 |
| 2011 | Richard Medina (Colorado) | Shalaya Kipp (Colorado) | 20:29 |
| 2012 | Jake Hurysz (Colorado) | Ellie Keyser (unattached) | 20:19 |
| 2013 | Blake Theroux (Colorado) | Elise Cranny (unattached) | 20:39 |
| 2014 | Blake Theroux (Colorado) | Erin Clark (Colorado) | 20:20 |
| 2015 | Pierce Murphy (Colorado) | Erin Clark (Colorado) | 20:13 |
| 2016 | John Dressel (unattached-Colo.) | Erin Clark (Colorado) | 19:54 |
| 2017 | Riley Coates (unattached) | Lindsey Koch (unattached) | 21:12 |

ROCKY MOUNTAIN SHOOTOUT

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

Men (8k)

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

Women (5.8k)

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

CONFERENCE HISTORY

Colorado Men

| Year | Winner (pts) | CU (pts) | Top CU Finisher |
|------|-------------------|-----------|----------------------|
| 1950 | Kansas | 4th | 10. Milt Wiley |
| 1951 | Kansas (13) | 5th (85) | 19. Colin Cooper |
| 1952 | Kansas (20.5) | 3rd (43) | 3. Lloyd Barlow |
| 1953 | Kansas (16) | 2nd (19) | 5. Lloyd Barlow |
| 1954 | Kansas (30) | 4th (54) | 8. Jim Wyatt |
| 1955 | Kansas (15) | 3rd (34) | 4. Jack Hughes |
| 1956 | Kansas (20) | 2nd (88) | 9. Jim Wyatt |
| 1957 | Kansas (26) | 2nd (52) | 5. Ned Sargent |
| 1958 | Kansas (37) | 3rd (98) | 12. Mike Peake |
| 1959 | Kansas (51) | 5th (98) | 4. Bernie Frakes |
| 1960 | Oklahoma St. (40) | 8th (180) | 22. Eric Cahn |
| 1961 | Kansas (26) | 2nd (78) | 8. Bob Griffith |
| 1962 | Colorado (60) | — | 9. Bob Griffith |
| 1963 | Kansas (26) | 4th (85) | 4. Dave Wighton |
| 1964 | Kansas (31) | 3rd (72) | 1. Dave Wighton |
| 1965 | Kansas State (34) | 4th (76) | 9. Craig Runyan |
| 1966 | Kansas State (51) | 2nd (57) | 6. Jeff Berven |
| 1967 | Missouri (52) | 2nd (59) | 1. Craig Runyan |
| 1968 | Kansas (45) | 2nd (61) | 1. Craig Runyan |
| 1969 | Kansas (55) | 6th (137) | 5. Rick Trujillo |
| 1970 | Missouri (60) | 4th (83) | 6. Mike Peterson |
| 1971 | Kansas State (49) | 4th (110) | 5. Mike Stegner |
| 1972 | Oklahoma St. (37) | 2nd (76) | 4. John Gregorio |
| 1973 | Oklahoma St. (53) | 2nd (55) | 2. Mike Peterson |
| 1974 | Iowa St./Missouri | 6th | N/A |
| 1975 | Kansas State (25) | 2nd (73) | 5. John Hunsaker |
| 1976 | Colorado (46) | — | 1. Kirk Pfeffer |
| 1977 | Colorado (21) | — | 1. Mark Spilsbury |
| 1978 | Colorado (22) | — | 1. Kirk Pfeffer |
| 1979 | Colorado (23) | — | 1. Mark Anderson |
| 1980 | Colorado (26) | — | 1. Mark Scrutton |
| 1981 | Iowa State | 3rd | 1. Mark Scrutton |
| 1982 | Colorado (35) | — | 1. Mark Scrutton |
| 1983 | Iowa State (53) | 5th (94) | 6. Mick Bannister |
| 1984 | Iowa State (32) | 5th (114) | 16. Chuck Trujillo |
| 1985 | Colorado (48) | — | 3. Dan Reese |
| 1986 | Colorado (37) | — | 1. Chuck Trujillo |
| 1987 | Iowa State (47) | 3rd (92) | 6. Andy Dunn |
| 1988 | Iowa State (34) | 2nd (71) | 8. Bob Cisco |
| 1989 | Iowa State (22) | 3rd (92) | 8. Bob Cisco |
| 1990 | Iowa State (26) | 6th (113) | 17. Ron Salazar |
| 1991 | Iowa State (16) | 2nd (86) | 11. Fritz Rogers |
| 1992 | Colorado (42) | — | 5. Fritz Rogers |
| 1993 | Iowa State (27) | 2nd (49) | 5. Ron Salazar |
| 1994 | Iowa State (29) | 2nd (49) | 4. Adam Goucher |
| 1995 | Oklahoma St (38) | 2nd (53) | 1. Adam Goucher |
| 1996 | Colorado (66) | — | 5. Adam Batliner |
| 1997 | Colorado (32) | — | 1. Adam Goucher |
| 1998 | Colorado (31) | — | 1. Adam Goucher |
| 1999 | Colorado (22) | — | 1. Ron Roybal |
| 2000 | Colorado (16) | — | 1. Jorge Torres |
| 2001 | Colorado (31) | — | 1. Jorge Torres |
| 2002 | Colorado (25) | — | 1. Jorge Torres |
| 2003 | Colorado (38) | — | 1. Dathan Ritzenheim |
| 2004 | Colorado (48) | — | 2. Brent Vaughn |
| 2005 | Colorado (44) | — | 5. Stephen Pifer |
| 2006 | Colorado (36) | — | 3. Brent Vaughn |
| 2007 | Colorado (34) | — | 1. Brent Vaughn |
| 2008 | Oklahoma St (26) | 2nd (66) | 8. Jordan Kyle |
| 2009 | Oklahoma St (24) | 2nd (56) | 7. Kenyon Neuman |
| 2010 | Oklahoma St (19) | 2nd (46) | 5. Andy Wacker |
| 2011 | Colorado (46) | — | 3. Richard Medina |
| 2012 | Colorado (49) | — | 7. Blake Theroux |
| 2013 | Colorado (28) | — | 3. Blake Theroux |
| 2014 | Colorado (30) | — | 4. Blake Theroux |
| 2015 | Colorado (46) | — | 4. Pierce Murphy |
| 2016 | Colorado (41) | — | 3. Ben Saarel |
| 2017 | Stanford (41) | 2nd (47) | 2. Joe Klecker |
| 2018 | Stanford (44) | 3rd (82) | 5. Joe Klecker |

Conference Coaches of the Year

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



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

Colorado Women

| Year | Winner (pts) | CU (pts) | Top CU Finisher |
|------|-------------------|-----------|-----------------------|
| 1976 | Iowa State (20) | 2nd (59) | 7. Pam Allen |
| 1977 | Iowa State (27) | 2nd (62) | 3. Dana Slater |
| 1978 | Iowa State (43) | 2nd (70) | 5. Dana Slater |
| 1979 | Iowa State (31) | 5th (108) | 13. Fran Montes |
| 1980 | Missouri (36) | 2nd (75) | 5. Fran Montes |
| 1981 | Iowa State (27) | 4th (100) | N/A |
| 1982 | Kansas State (41) | 3rd (80) | 7. Sheri Rochel |
| 1983 | Iowa State (44) | 5th (123) | 20. Nancy Reynolds |
| 1984 | Missouri (57) | 3rd (79) | 5. Michelle Bews |
| 1985 | Nebraska (61) | 5th (106) | 6. Sarah Hanson |
| 1986 | Oklahoma St (50) | 3rd (64) | 5. Chris McNamara |
| 1987 | Colorado (49) | — | 3. Chris McNamara |
| 1988 | Nebraska (41) | 6th (120) | 9. Catrina Campbell |
| 1989 | Nebraska (42) | 5th (135) | 12. Liz Laster |
| 1990 | Iowa State (48) | 3rd (94) | 12. Shanon Busch |
| 1991 | Nebraska (55) | 3rd (93) | 2. Brooke Baughman |
| 1992 | Colorado (52) | — | 1. Brooke Baughman |
| 1993 | Nebraska (57) | 3rd (78) | 3. Patty Roberts |
| 1994 | Colorado (29) | — | 2. Patty Roberts |
| 1995 | Colorado (25) | — | 1. Patty Roberts |
| 1996 | Colorado (30) | — | 1. Kelly Smith |
| 1997 | Colorado (23) | — | 2. Jennifer Smith |
| 1998 | Kansas State (78) | 2nd (99) | 4. Heather Burroughs |
| 1999 | Colorado (62) | — | 1. Kara Grgas-Wheeler |
| 2000 | Colorado (29) | — | 1. Kara Grgas-Wheeler |
| 2001 | Colorado (33) | — | 1. Molly Austin |
| 2002 | Colorado (34) | — | 1. Molly Austin |
| 2003 | Colorado (45) | — | 1. Natalie Florence |
| 2004 | Colorado (25) | — | 1. Renee Metivier |
| 2005 | Colorado (38) | — | 1. Christine Bolf |
| 2006 | Colorado (45) | — | 2. Jenny Barringer |
| 2007 | Colorado (59) | — | 2. Jenny Barringer |
| 2008 | Texas Tech (44) | 5th (145) | 22. Emily Hanenburg |
| 2009 | Texas Tech (38) | 2nd (52) | 1. Jenny Barringer |
| 2010 | Texas Tech (44) | 2nd (53) | 4. Laura Tremblay |
| 2011 | Colorado (50) | — | 4. Shalaya Kipp |
| 2012 | Oregon (47) | 5th (124) | 11. Shalaya Kipp |
| 2013 | Arizona (69) | 2nd (75) | 9. Shalaya Kipp |
| 2014 | Oregon (54) | 3rd (82) | 4. Erin Clark |
| 2015 | Colorado (45) | — | 2. Kaitlyn Benner |
| 2016 | Colorado (33) | — | 2. Erin Clark |
| 2017 | Colorado (53) | — | 1. Dani Jones |
| 2018 | Oregon (32) | 2nd (48) | 1. Dani Jones |

Conference Coaches of the Year

Jerry Quiller (1987, 1992, 1994); Toby Jacober, Assistant Coach (1995); Mark Wetmore (1997, 99, 2000, 01, 02, 03, 04, 05, 06, 07, 11, 15, 16, 17)

NCAA CHAMPIONSHIP HISTORY

DISTRICT/REGION CHAMPIONSHIP HISTORY

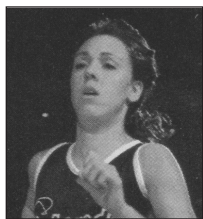
| Year | M-Team | Top Colorado Finisher | W-Team | Top Colorado Finisher |
|------|------------|----------------------------|-------------|---------------------------------|
| 1980 | 1st (50) | 1. Mark Scrutton 29:21.9 | 1st (65) | N/A |
| 1982 | 1st | 1. Mark Scrutton 29:48.8 | 4th (65) | 10. Sarah Hanson 18:11 |
| 1983 | 5th | 7. Mick Bannister 31:38 | 5th (83) | 19. Sarah Hanson 18:34 |
| 1984 | 2nd (78) | 8. Todd Winke 30:49 | 5th | 5. Michelle Bews 16:50 |
| 1985 | 2nd (58) | 3. Dan Reese 30:55 | 4th (96) | 4. Chris McNamara 17:39 |
| 1986 | 1st (46) | 1. Chuck Trujillo 30:25 | 1st (92) | 3. Chris McNamara 17:01 |
| 1987 | 1st (80) | 2. Andy Dunn 31:10.8 | 1st (33) | 3. Vivian Sinou 17:01 |
| 1988 | 3rd (71) | 9. Andy Dunn 30:46 | N/A | 7. Catrina Campbell 17:43 |
| 1989 | 2nd (100) | 4. Bob Cisco 30:46 | t-4th (159) | 12. Peg Millican 17:53 |
| 1990 | 12th (289) | 21. Ron Salazar 31:42 | 4th (158) | 17. Michelle Kantor 17:51 |
| 1991 | 5th (5th) | 21. Fritz Rogers 31:36 | 5th (138) | 5. Brooke Baughman 17:19 |
| 1992 | 1st (77) | 8. Fritz Rogers 31:06 | 3rd (125) | 1. Brooke Baughman 16:53 |
| 1993 | 1st (50) | 4. Scott Larson 30:28 | 2nd (57) | 4. Brooke Baughman 17:11 |
| 1994 | 1st (46) | 1. Adam Goucher 30:07.6 | 1st (26) | 2. Patty Roberts 17:07 |
| 1995 | 1st (66) | 1. Adam Goucher 29:33.2 | 2nd (31) | 2. Colleen Glyde 16:56.0 |
| 1996 | 1st (33) | 1. Adam Batliner 32:23.38 | 1st (43) | 3. Kelly Smith 18:27.35 |
| 1997 | 1st (15) | 1. Adam Goucher 30:04.0 | 2nd (64) | 3. Kelly Smith 17:20.8 |
| 1998 | 1st (34) | 1. Adam Goucher 30:43.8 | 2nd (69) | 7. Heather Burroughs 18:04.3 |
| 1999 | 2nd (61) | 1. Ron Roybal 30:12.8 | 2nd (61) | 1. Kara Grgas-Wheeler 16:39.9 |
| 2000 | 1st (38) | 1. Jorge Torres 30:38.6 | 1st (38) | 1. Kara Grgas-Wheeler 20:45.0 |
| 2001 | 1st (48) | 1. Jorge Torres 30:53.3 | 2nd (48) | 1. Jodie Hughes 21:13.9 |
| 2002 | 2nd (93) | 1. Jorge Torres 29:33 | 2nd (66) | 4. Sara (Gorton) Slattery 20:39 |
| 2003 | 1st (69) | 1. Dathan Ritzenhein 30:32 | 2nd (67) | 4. Renee Metivier 21:05 |
| 2004 | 1st (40) | 5. Brent Vaughn 30:03 | 1st (32) | 1. Renee Metivier 20:30.7 |
| 2005 | 1st (42) | 1. Billy Nelson 30:28.2 | 1st (53) | 2. Liza Pascuito 20:52.8 |
| 2006 | 1st (59) | 8. Billy Nelson 30:25.3 | 1st (64) | 2. Jenny Barringer 20:30.5 |
| 2007 | 1st (47) | 6. Stephen Pifer 30:28.3 | 4th (105) | 2. Jenny Barringer 19:43.9 |
| 2008 | 1st (42) | 6. Jordan Kyle 29:52.8 | 4th (133) | 14. Laura Thweatt 20:59.7 |
| 2009 | 2nd (55) | 4. Jordan Kyle 30:24.4 | 1st (48) | 1. Jenny Barringer 20:29.0 |
| 2010 | 2nd (66) | 8. Joe Bosshard 30:08.0 | 3rd (59) | 3. Laura Tremblay 20:23.9 |
| 2011 | 2nd (55) | 6. Richard Medina 30:36.7 | 1st (84) | 4. Shalaya Kipp 20:59.7 |
| 2012 | 3rd (69) | 6. Jake Hurysz 30:13.2 | 3rd (107) | 2. Shalaya Kipp 20:18.1 |
| 2013 | 2nd (69) | 5. Pierce Murphy 29:46.0 | 1st (29) | 2. Shalaya Kipp 20:31.0 |
| 2014 | 1st (45) | 4. Connor Winter 29:55.33 | 1st (43) | 2. Erin Clark 20:56.50 |
| 2015 | 1st (67) | 7. Pierce Murphy 30:06.14 | 1st (49) | 2. Kaitlyn Benner 20:55.86 |
| 2016 | 2nd (76) | 3. Joe Klecker 30:52.20 | 1st (35) | 4. Makena Morley 20:19.90 |
| 2017 | 3rd (90) | 1. Joe Klecker 30:13.6 | 1st (62) | 7. Makena Morley 20:21.5 |
| 2018 | 3rd (71) | 1. Joe Klecker 29:16.6 | 2nd (53) | 6. Dani Jones 20:01.3 |

NCAA CHAMPIONSHIP HISTORY

NCAA CHAMPIONSHIP HISTORY

| YR | TEAM | TOP CU FINISHER | TIME | TEAM | TOP CU FINISHER | TIME |
|------|------------------|-----------------------------|--------------|------------------|------------------------------|----------------|
| 1965 | 14th (281) | 8. David Wighton | 30:15 | | | |
| 1966 | 6th (248) | 15. Craig Runyan | 30:40 | | | |
| 1967 | 3rd (163) | 4. Craig Runyan | 31:10 | | | |
| 1968 | 5th (241) | 13. Craig Runyan | 30:00 | | | |
| 1970 | 15th (450) | 52. Ted Castaneda | 29:25 | | | |
| 1973 | 6th (217) | 11. Ted Castaneda | 28:55 | | | |
| 1975 | 20th (447) | 58. Rick Musgrave | N/A | | | |
| 1976 | | | | | | |
| 1977 | 10th (299) | 14. Mark Spilsbury | 29:34 | 16th (546) | 16. Pam Allen | 17:12 |
| 1978 | 5th (224) | 21. John Hunsaker | 30:06 | 3rd (164) | 7. Mary Decker | 17:49 |
| 1979 | 4th (189) | 14. Mark Anderson | 29:32 | 4th (147) | 1. Mary Decker | 16:59 |
| 1980 | 13th (369) | 6. Mark Scrutton | 29:20 | 18th (430) | 93. Fran Montes | N/A |
| 1981 | | | | 19th (408) | 26. Ruth Hamilton | 17:51 |
| 1982 | 7th (219) | 1. Mark Scrutton | 30:12 | 9th (237) | 37. Sharon Hulse | 18:49 |
| 1984 | 22nd (411) | 27. Richard Reese | 30:22 | | | |
| 1985 | 3rd (167) | 15. Dan Reese | 30:12 | | | |
| 1986 | 5th (195) | 13. Chuck Trujillo | 31:21 | 6th (186) | 23. Carol McMordie | 17:38 |
| 1987 | 15th (385) | 39. Andy Dunn | 30:13 | 12th (249) | 33. Chris McNamera | 17:01 |
| 1989 | 18th (365) | 40. Mike Nahom | 30:47 | | | |
| 1992 | 11th (320) | 34. Shawn Found | 31:49 | 20th (454) | 11. Brooke Baughman | 17:37 |
| 1993 | 4th (172) | 31. Alan Culpepper | 30:33 | 14th (326) | 32. Brooke Baughman | 17:19 |
| 1994 | 2nd (88) | 2. Adam Goucher | 30:12 | 4th (126) | 13. Patty Roberts | 17:17 |
| 1995 | 4th (181) | 6. Adam Goucher | 30:58 | 2nd (123) | 17. Heather Burroughs | 17:40 |
| 1996 | 5th (179) | 17. Chris Severy | 31:29 | 4th (145) | 15. Colleen Glyde | 18:02 |
| 1997 | 3rd (108) | 3. Adam Goucher | 29:10 | 3rd (178) | 18. Kelly Smith | 17:03 |
| 1998 | 3rd (158) | 1. Adam Goucher | 29:26 | 7th (332) | 25. Heather Burroughs | 17:30 |
| 1999 | 7th (307) | 42. Michael Friedberg | 31:22 | 8th (351) | 9. Kara Grgas-Wheeler | 16:58 |
| 2000 | 2nd (94) | 3. Jorge Torres | 30:21 | 1st (117) | 1. Kara Grgas-Wheeler | 20:30 |
| 2001 | 1st (90) | 2. Jorge Torres | 29:06 | 8th (240) | 8. Molly Austin | 20:51 |
| 2002 | 4th (190) | 1. Jorge Torres | 29:04 | 5th (220) | 10. Sara Gorton | 20:01 |
| 2003 | 5th (26) | 1. Dathan Ritzenhein | 29:14 | 5th (269) | 15. Renee Metivier | 20:21 |
| 2004 | 1st (90) | 4. Brent Vaughn | 30:41.8 | 1st (63) | 2. Renee Metivier | 20:30.7 |
| 2005 | 5th (222) | 27. James Strang | 30:17 | 2nd (181) | 7. Christine Bolf | 19:59 |
| 2006 | 1st (94) | 12. Brent Vaughn | 31:13.0 | 2nd (223) | 2. Jenny Barringer | 20:37.9 |
| 2007 | 7th (287) | 5. Brent Vaughn | 29:47.4 | 23rd (479) | 2. Jenny Barringer | 19:47.8 |
| 2008 | 12th (372) | 14. Jordan Kyle | 29:52.4 | | | |
| 2009 | 6th (315) | 44. Christian Thompson | 30:25 | 20th (458) | 5. Allie McLaughlin | 20:01.1 |
| 2010 | 15th (366) | 26. Joe Bosshard | 30:20.4 | 6th (314) | 23. Laura Tremblay | 20:39.2 |
| 2011 | 3rd (144) | 8. Richard Medina | 29:27.8 | 11th (335) | 19. Shalaya Kipp | 20:08.1 |
| 2012 | 3rd (158) | 32. Jake Hurysz | 29:55.3 | 24th (519) | 18. Shalaya Kipp | 20:02.4 |
| 2013 | 1st (149) | 8. Ben Saarel | 30:41.1 | 7th (265) | 9. Shalaya Kipp | 20:21.7 |
| 2014 | 1st (65) | 5. Ammar Moussa | 30:29.6 | 7th (267) | 31. Erin Clark | 20:37.7 |
| 2015 | 2nd (91) | 3. Pierce Murphy | 29:37.0 | 2nd (129) | 11. Erin Clark | 20:05.4 |
| 2016 | 6th (223) | 21. Ben Saarel | 30:11.8 | 3rd (134) | 22. Dani Jones | 20:14.2 |
| 2017 | 8th (294) | 33. Eduardo Herrera | 29:55.4 | 3rd (139) | 10. Dani Jones | 19:47.0 |
| 2018 | 4th (178) | 8. Joe Klecker | 29:15.0 | 1st (65) | 1. Dani Jones | 19:42.8 |

COLORADO'S NATIONAL CHAMPIONS

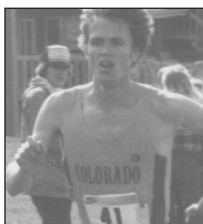


Mary Decker
1978 (AIAW)

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

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

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



Mark Scrutton
1982

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

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

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

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



Adam Goucher
1998

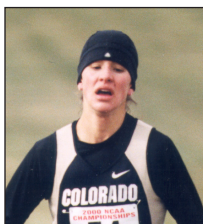
The sign of things to come was on Nov. 21, 1994 when then-freshman Adam Goucher crossed the finish line of the NCAA Cross Country Championships in Fayetteville, Ark. as the national runner-up. His sophomore year he finished sixth.

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

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

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

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



**Kara Grgas-
Wheeler**
2000

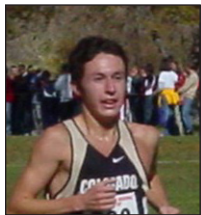
In the women's championship sweep, fifth-year senior Kara Grgas-Wheeler won CU's first individual title sans AIAW to complete the nation's only individual undefeated campaign. With the title, Grgas-Wheeler capped off a 1,035-0 season beating the next opponent by a total margin of 2:07.

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

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

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

COLORADO'S NATIONAL CHAMPIONS



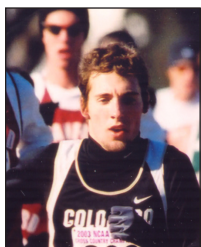
Jorge Torres
2002

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

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

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

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



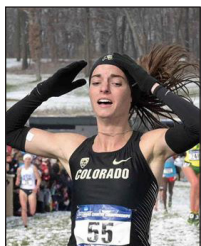
Dathan Ritzenheim
2003

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

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

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

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



Dani Jones
2018

For the second time in school history, the Buffs came away with the individual and team championships at the NCAA Cross Country meet with senior Dani Jones leading CU to its first women's title in 14 years.

The conditions were definitely tougher than in recent years at the championships with temps in the upper 20s and low 30s and winds 5-10 miles per hour from the north. But Jones and the Buffs used that to their advantage, defeating New Mexico handily 65-103. Oregon placed third (160) and Michigan was fourth (213).

The race went out at a more conservative pace through the first two kilometers. But midway through the race, the pace accelerated and Jones stayed right in the lead pack, keeping the leader in her sights at all times.

Jones, a two-time Pac-12 Champion, entered the final stretch in second adn with 300 meters to go, she turned on her signature kick. She surged past the leader, New Mexico's Weini Kelati, and crossed the finish in 19:42.8, while Kelati came in second at 19:45.3. With the win, Jones recorded her third straight All-America honor and was named the USTFCCA Women's National Athlete of the Year, the USATF Athlete of the Week and the selected the recipient of the Honda Sports Award for Cross Country. This was the second time a female Buffalo had won the NCAA Cross Country title.

2000 NCAA CHAMPIONS



2000 Colorado Women

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

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

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

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

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

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

2001 NCAA CHAMPIONS



2001 Colorado Men

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

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

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

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

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

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

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

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

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

2004 NCAA CHAMPIONS



2004 Colorado Women

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

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

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

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

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

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

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

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

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

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

2004 NCAA CHAMPIONS



2004 Colorado Men

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

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

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

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

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

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

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

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

2006 NCAA CHAMPIONS



2006 Colorado Men

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

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

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

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

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

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

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

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

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

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

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

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

2013 NCAA CHAMPIONS



2013 Colorado Men

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

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

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

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

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

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

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

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

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

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

2014 NCAA CHAMPIONS



2014 Colorado Men

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

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

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

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

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

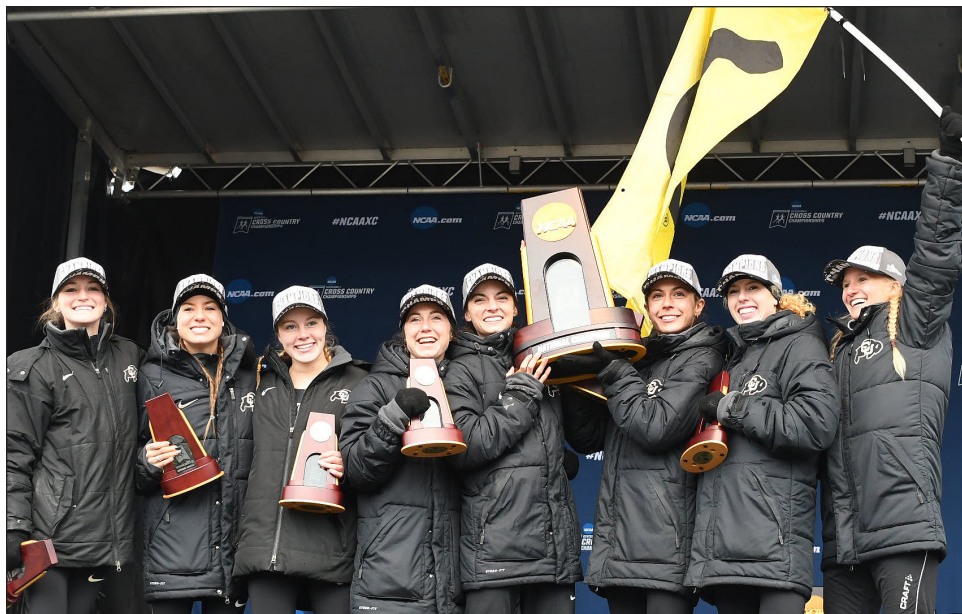
Junior Ammar Moussa led CU with a top-five finish to earn his first All-American honor, finishing in 30:29.6. Two other Buffs have top-10 positions. Sophomore Ben Saarel was seventh (30:30.7) and senior Blake Theroux was ninth (30:31.3).

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

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

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

2018 NCAA CHAMPIONS



2018 Colorado Women

(left to right) Mackenzie Caldwell, Tayler Tuttle, Holly Bent, Makena Morley, Dani Jones, Sage Hurta, Tabor Scholl and Val Constien

The University of Colorado women's cross country team won the 2018 NCAA Championship on Saturday morning as senior Dani Jones captured the individual title at Thomas Zimmer Championship Course. CU's men also returned to the podium with a fourth-place finish.

This is the third title the women's team has won; all coming since 2000. Just like in 2000, the women took home the team and individual titles as Kara Grgas-Wheeler (now Goucher) won that race. CU also won the team title in 2004.

"This is incredible," Jones said in her post-race interview. "We were just talking about the 2000 team that won the individual and team title 18 years ago. We did it again and it's unbelievable."

The conditions were definitely tougher than in recent years at the championships with temps in the upper 20s and low 30s and winds 5-10 miles per hour from the north. But the Buffs used that to their advantage, defeating New Mexico handily 65-103. Oregon placed third (160) and Michigan was fourth (213). Colorado posted the third lowest score since the race changed from 5K to 6K in 2001. CU put all five scorers in the top-25, including three in the top-15.

"All season we wanted the hardest conditions," Jones said. "We wanted the winds and everything. We woke up and were all happy this morning."

The women put on a show, placing six harriers in the top-40. Jones, a two-time Pac-12 Champion, recorded a time of 19:42.8 in the 6-kilometer race, out-kicking New Mexico's Weini Kelati down the final stretch. Kelati ended up second (19:45.3).

Not too far behind Jones was fellow senior Makena Morley, who finished eighth in 20:00:01. She ran a solid race behind the leaders.

After Morley was junior Tabor Scholl, who placed 15th overall (20:09.9). Another pair of teammates was just a short distance from her with Sage Hurta and Tayler Tuttle finishing 22nd and 24th, respectively. That was all the Buffs needed, but they got more than they asked for as senior Val Constien finished 30th overall as their sixth runner. All six of those runners recorded their best finish at NAAs, while freshman Holly Bent was 80th overall in her first NCAA race.

"I'm as happy as I could be," Wetmore said. "We had seven good races. Every one of the women is going home feeling well about themselves. They were in it the whole way. They were aggressive and confident the whole way. They have every reason to be really proud."

ALL-AMERICANS

Men (1963-Present)

| | | | | | |
|-----------------|--------------|--------------------|------------------|-----------------|------------------|
| Dave Wrighton | 1963, 64, 65 | Jon Cooper | 1994, 95 | Stephen Pifer | 2004, 05, 06, 07 |
| Craig Runyon | 1966, 67, 68 | Adam Goucher | 1994, 95, 97, 98 | James Strang | 2005, 06 |
| Rick Trujillo | 1967 | Clint Wells | 1994, 95 | Erik Heinonen | 2006 |
| John Lunn | 1968 | Ricky Cron | 1996 | Jordan Kyle | 2008 |
| John Gregorio | 1972, 73 | Chris Severy | 1996 | Joe Bosshard | 2010, 11 |
| Mike Peterson | 1974 | Zeke Tiernan | 1996 | Andy Wacker | 2010, 11 |
| Mark Spilsbury | 1977, 79 | Tom Reese | 1997 | Richard Medina | 2011 |
| John Hunsaker | 1978 | Matt Napier | 1997 | Jake Hurysz | 2012 |
| Mark Anderson | 1979 | Adam Batliner | 1997 | Blake Theroux | 2012, 13, 14 |
| Michael Buhmann | 1979 | Mike Friedberg | 1998, 99, 00 | Aric Van Halen | 2012 |
| Mark Scrutton | 1980, 81, 82 | Ron Roybal | 1998 | Pierce Murphy | 2013, 14, 15 |
| Sam Reese | 1982 | Jorge Torres | 2000, 01, 02 | Morgan Pearson | 2013, 15 |
| Dan Reese | 1984, 85 | Ed Torres | 2000, 01, 02 | Ben Saarel | 2013, 14, 15, 16 |
| Chuck Trujillo | 1985, 86 | Sean Smith | 2000 | Ammar Moussa | 2014 |
| Mike Nahom | 1989 | Steve Slattery | 2000, 01 | Connor Winter | 2014, 15 |
| Shawn Found | 1992 | Dathan Ritzenheim | 2001, 03 | John Dressel | 2015, 16, 18 |
| Alan Culpepper | 1993, 94, 95 | Billy Nelson | 2002, 03 | Joe Klecker | 2016, 18 |
| Scott Larson | 1993 | Bret Schoolmeester | 2004, 05 | Eduardo Herrera | 2017 |
| Jay Cleckler | 1994 | Jon Severy | 2004 | Ryan Forsyth | 2018 |
| | | Brent Vaughn | 2004, 06, 07 | | |



Alan Culpepper (1993, 94, 95)



Adam Goucher (1994, 95, 97, 98)



Mike Friedberg (1998, 99, 00)



Ed Torres (2000, 01, 02)



Jorge Torres (2000, 01, 02)



Dathan Ritzenheim (2001, 03)



Stephen Pifer (2004, 05, 06, 07)



Joe Bosshard (2010, 11)

ALL-AMERICANS

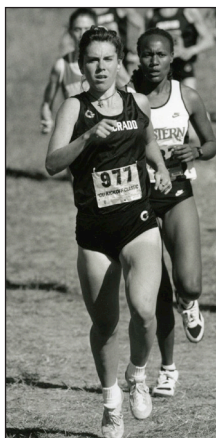
Women (1976-Present)

Mary Decker (AIAW) 1978
 Carol McMordie 1986
 Chris McNamara 1986, 87
 Patty Roberts 1994, 95
 Heather Burroughs 1994, 95, 98
 Natalie Raveling 1994
 Colleen Glyde 1995, 96
 Kelly Smith 1995, 97
 Carrie Messner 1996
 Kara Grgas-Wheeler 1999, 00
 Sara (Gorton) Sklattey 2000, 02, 04
 Jodie Hughes 2000
 Molly Austin 2001, 02
 Natalie Florence 2002, 04
 Renee Metivier 2003, 04
 Kalin Toedebusch 2003
 Christine Bolf 2004, 05
 Liza Pasciuto 2004, 05, 06

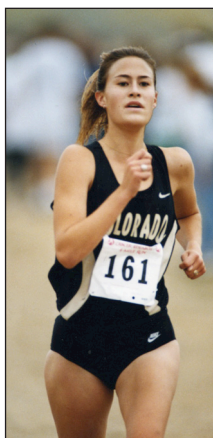
Jenny Barringer 2006, 07
 Sara Vaughn 2007
 Allie McLaughlin 2009
 Shalaya Kipp 2010, 11, 12, 13
 Laura Tremblay 2010
 Emma Coburn 2011
 Erin Clark 2014, 15
 Kaitlyn Benner 2015, 16, 17
 Mackenzie Caldwell 2016
 Sage Hurta 2016, 17, 18
 Dani Jones 2016, 17, 18
 Val Constien 2018
 Makena Morley 2018
 Tabor Scholl 2018
 Tayler Tuttle 2018



Heather Burroughs (1994, 95, 98)



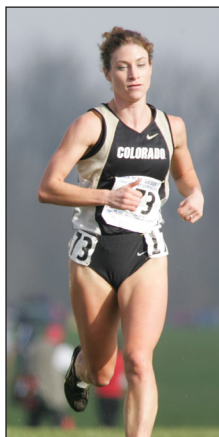
Patty Roberts (1994, 95)



Molly Austin (2001, 02)



Christine Bolf (2004, 05)



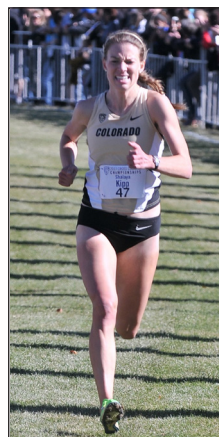
Renee Metivier (2002, 04)



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

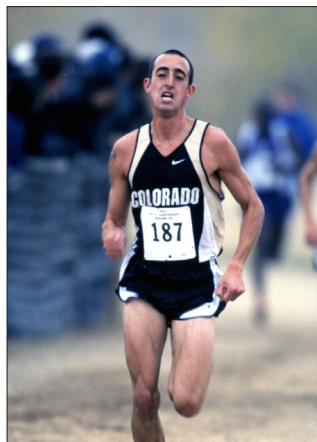


Jenny Barringer (2006, 07)



Shalaya Kipp (2010, 11, 12, 13)

BUFF HONOR ROLL



Steve Slattery



Bret Schoolmeester



Brent Vaughn

ALL-CONFERENCE

Men

| | | | |
|--------------------|------------------|--------------------|------------------|
| Dan Reese | 1985 | Christian Thompson | 2009, 10, 11 |
| Chuck Trujillo | 1985, 86 | Andy Wacker | 2009, 10, 11 |
| Andy Dunn | 1986, 87 | Joe Bosshard | 2010, 11 |
| Todd Wienke | 1986 | Aric Van Halen | 2010, 12 |
| Ron Salazar | 1990, 93 | Hugh Dowdy | 2012 |
| Shawn Found | 1992 | Jake Hurysz | 2012 |
| Fritz Rogers | 1992 | Martin Medina | 2012 |
| Alan Culpepper | 1994 | Pierce Murphy | 2012, 13, 14, 15 |
| Adam Goucher | 1994, 95, 97, 98 | Blake Theroux | 2012, 13, 14 |
| Adam Batliner | 1996 | Ammar Moussa | 2013, 14, 15 |
| Clint Wells | 1997 | Ben Saarel | 2013, 14, 16 |
| Oscar Ponce | 1998 | Connor Winter | 2013, 14, 15 |
| Jorge Torres | 1999, 00, 01, 02 | John Dressel | 2015, 16, 18 |
| Ed Torres | 1999, 00, 01, 02 | Morgan Pearson | 2015 |
| Ron Roybal | 1999 | Zach Perrin | 2016 |
| Mike Friedberg | 1999, 00 | Ryan Forsyth | 2016, 17, 18 |
| Zach Crandall | 2000 | Eduardo Herrera | 2017 |
| Steve Slattery | 2000, 02 | Joe Klecker | 2017, 18 |
| Sean Smith | 2000 | Adam Peterman | 2017 |
| Dathan Ritzenhein | 2001, 03 | | |
| Billy Nelson | 2002, 03, 05, 06 | | |
| Bret Schoolmeester | 2003, 04, 05 | | |
| Brent Vaughn | 2003, 04, 06, 07 | | |
| Bradley Harkrader | 2004 | | |
| Jon Severy | 2004 | | |
| Stephen Pifer | 2005, 06, 07 | | |
| James Strang | 2005, 06 | | |
| Erik Heinonen | 2006 | | |
| Pete Janson | 2007 | | |
| Kenyon Neuman | 2007, 08, 09 | | |
| Jordan Kyle | 2008, 09 | | |
| Richard Medina | 2008, 09, 11 | | |
| Chris Pannone | 2008 | | |

BUFF HONOR ROLL



Erin Clark



Dani Jones



Natalie Florence

ALL-CONFERENCE

Women

| | | | |
|------------------------|------------------|----------------|------------------|
| Sarah Hanson | 1985 | Lara Darco | 2011 |
| Chris McNamara | 1986, 87 | Erin Clark | 2013, 14, 15, 16 |
| Catrina Campbell | 1987 | Melanie Nun | 2013, 15 |
| Brooke Baughman | 1991, 92 | Carrie Verdon | 2013 |
| Muffy Raveling | 1992, 94 | Maddie Alm | 2014, 15 |
| Patty Roberts | 1993, 94, 95 | Kaitlyn Benner | 2015, 16, 17 |
| Heather Burroughs | 1994, 95, 97, 98 | Dani Jones | 2016, 17, 18 |
| Kelly Smith | 1995, 96, 97 | Makena Morley | 2016, 18 |
| Carrie Messner | 1996 | Sage Hurta | 2017 |
| Shayne Wille | 1996 | Tabor Scholl | 2018 |
| Jennifer Smith | 1997 | | |
| Kara Grgas-Wheeler | 1997, 99, 00 | | |
| Sara (Gorton) Slattery | 2000, 02, 04 | | |
| Tera Moody | 2000, 01 | | |
| Jodie Hughes | 2000, 01 | | |
| Molly Austin | 2001, 02 | | |
| Natalie Florence | 2002, 03, 04 | | |
| Renee Metivier | 2003, 04 | | |
| Kalin Toedebusch | 2003, 05 | | |
| Christine Bolf | 2004, 05 | | |
| Liza Pasciuto | 2004, 05, 06 | | |
| Amber Smith | 2004 | | |
| Jenny Barringer | 2005, 06, 07, 09 | | |
| Claire Maduza | 2006 | | |
| Aislinn Ryan | 2006 | | |
| Erin Marston | 2007 | | |
| Sara Vaughn | 2007 | | |
| Allie McLaughlin | 2009 | | |
| Laura Thweatt | 2009, 10 | | |
| Laura Tremblay | 2009, 10 | | |
| Emma Coburn | 2010, 11 | | |
| Shalaya Kipp | 2010, 11, 12, 13 | | |
| Rachel Baptista | 2011 | | |

BUFF HONOR ROLL



Billy Nelson



Ben Saarel



Jon Severy

ALL-DISTRICT/REGION

Men

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

1985, 86, 87, 88
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 2000

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

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 2015, 16, 18
 2015, 16, 17
 2016, 17, 18
 2017, 18
 2017
 2017, 18

2019 COLORADO CROSS COUNTRY

BUFF HONOR ROLL



Tera Moody



Laura Thweatt



Kaitlyn Benner

ALL-DISTRICT/REGION

Women

| | | | |
|------------------------|------------------|--------------------|------------------|
| Sarah Hanson | 1985 | Renee Metivier | 2003, 04 |
| Carol McMordie | 1985, 86, 87 | Kalin Toedebusch | 2003, 05 |
| Chris McNamara | 1985, 86, 87 | Christine Bolf | 2003, 04, 05 |
| Michelle Bews | 1986 | Liza Pasciuto | 2004, 05, 06 |
| Denise Hermosillo | 1986 | Amber Smith | 2004 |
| Kirsten Kindt | 1986 | Jenny Barringer | 2005, 06, 07, 09 |
| Kate Starke | 1986 | Claire Maduza | 2006 |
| Shannon Busch | 1987, 88, 89, 90 | Erin Marston | 2006, 07 |
| Catrina Campbell | 1987, 88 | Aislinn Ryan | 2006 |
| Deann Zamora | 1987 | Sara Vaughn | 2007 |
| Liz Laster | 1989 | Emily Hanenburg | 2008 |
| Peg Millican | 1989 | Laura Thweatt | 2008, 09, 10 |
| Brooke Baughman | 1991, 92, 93 | Emma Coburn | 2009, 10, 11 |
| Allison Lusby | 1993, 94 | Allie McLaughlin | 2009 |
| Amy McNitt | 1993, 94, 95 | Laura Tremblay | 2009, 10 |
| Natalie Raveling | 1993, 94 | Shalaya Kipp | 2010, 11, 12, 13 |
| Patty Roberts | 1993, 94, 95 | Camille Logan | 2011 |
| Heather Burroughs | 1994, 95, 97, 98 | Carrie Verdon | 2012, 13 |
| Kelly Smith | 1994, 95, 96, 97 | Erin Clark | 2013, 14, 15, 16 |
| Kristina Dahlberg | 1995 | Jenny DeSouchet | 2013, 14 |
| Colleen Glyde | 1995, 96 | Abby Levene | 2013 |
| Carrie Messner | 1995, 96, 98, 99 | Melanie Nun | 2013, 15, 16, 17 |
| Heidi Scarlett | 1996, 97 | Liz Tremblay | 2013 |
| Kara Grgas-Wheeler | 1996, 99, 00 | Maddie Alm | 2014, 15 |
| Shayne Wille | 1996 | Kaitlyn Benner | 2014, 15, 16, 17 |
| Jen Gruia | 1997, 98 | Annie Kelly | 2014 |
| Jennifer Smith | 1997 | Sara Sutherland | 2014 |
| Briana Stott-Messick | 1997, 98 | Val Constien | 2015, 18 |
| Lesley Higgins | 1998, 00, 01 | Dani Jones | 2015, 16, 17, 18 |
| Jodie Hughes | 1999, 00, 01 | Mackenzie Caldwell | 2016, 18 |
| Tera Moody | 1999, 00, 01, 02 | Makena Morley | 2016, 17, 18 |
| Catherine Wright | 1999 | Tabor Scholl | 2016, 18 |
| Sara (Gorton) Slattery | 2000, 02, 04 | Sage Hurta | 2017 |
| Molly Austin | 2001, 02 | Brianna Schwartz | 2017 |
| Natalie Florence | 2001, 02, 04 | Taylor Tuttle | |
| Jackie Zeigle | 2002, 03 | | |

FROM WALK-ON TO ALL-AMERICAN

There's something magical in the air at 5,345 feet above sea level. It's something that contributes to developing blue collar, walk-on athletes into All-Americans at Colorado. Combining its reputation of academics and athletics, the coaching staff at CU has had incredible success with non-recruited athletes that have had the drive, determination and work ethic to become All-Americans.

JAY CLECKLER • 1991 Walk-on- 1994 Cross Country All-American

Jay Cleckler, was conceivably one of the hardest working guys on the '94 squad. He had begun his collegiate career as walk-on competing in only one meet, which progressed to four meets as a sophomore, which he matched his junior season. He came into his own during his senior campaign when he scored in all six varsity races, including the Big Eight Championships, the NCAA District VII qualifier and the NCAA Championships where he ran his first All-American race.

JON COOPER • 1993 Walk-on- 1994, 1995 Cross Country All-American

Cooper made an immediate impact on the Colorado men's cross country squad when he walked on after transferring from Rice. In his first season he traveled to the NCAA Championships as an alternate, but did not compete. A year later he finished 33rd of 178 runners for his first all-American honor. In 1995's national championship race, he was Colorado's fourth finisher, 48th overall to repeat his All-American title.

MIKE FRIEDBERG • 1996 Walk-on- 1998, 1999 Cross Country All-American

In 1996 Mike Friedberg ran in three races. He redshirted the 1997 season and a year later he was one of only three runners to compete in all six races, he finished eighth in the season opener at Colorado State, third at the Rocky Mountain Shootout, 32nd at the loaded Bob Timmons Invite, third at the Big 12 Championships, fifth at the Mountain Region Championships and ran to his first All-American title with a 34th place effort at the national championships. In 1999 he was CU's No. 3 runner during the season, but experienced prevailed and was CU's No. 1 guy at the NCAA Championships in Bloomington and was No. 2 a year later.

PIERCE MURPHY • 2011 Walk-on— 2013, 14, 15 Cross Country All-American/2015, 16 Indoor 5,000-m All-American/2016 Indoor 3,000-m All-American/2015, 16 10,000-m All-American

In his first collegiate season, 2011, Murphy redshirted but raced unattached at the Rocky Mountain Shootout. In 2012, he placed fourth overall at the Rocky Mountain Shootout as CU's No. 4 runner. Murphy also placed 14th at Pac-12s, was 19th at regionals and 45th at NCAAs. He earned his first All-American honor in 2013, placing 39th at NCAAs to help CU win the team title. That same year, Murphy placed seventh at Pac-12s and led the Buffs with a fifth place finish at regionals. As a junior, he had another great season, finishing seventh at Pac-12s, 12th at regionals and 35th at NCAAs as the Buffs won the team title again. Later that year (2015) on the track, he placed sixth in the 5k at indoor nationals and was fifth at outdoor nationals in the 10k. Murphy finished his cross country career strong that following fall, placing third overall at NCAAs. He led the Buffs at all five varsity meets, which included winning the Rocky Mountain Shootout. Murphy's final track season didn't disappoint in 2016. He recorded a pair of All-America indoor honors in the 3k and 5k, finishing fifth and third, respectively, while at outdoor NCAAs, Murphy raced to a fourth place finish in the 10k to earn his eighth All-America award.

MATT NAPIER • 1995 Walk-on— 1997 Cross Country All-American

In his first collegiate season Napier competed in the Shootout and at the Fort Hays State Invitational. As a sophomore, he scored in two of the three postseason races. Originally scheduled to redshirt his junior season, he was forced into action late in the season due to team injuries. In his first race, Oct. 18, he finished third overall at the Tiger Invitational. In the postseason he finished 11th in the league championships and was the individual runner-up, at the Mountain Region Championships. His third season culminated in his first all-America certificate at the NCAA Championships with a 39th-place finish.

PATTY ROBERTS • 1992 Walk-on-1995 Indoor 5,000-m All-American/1994, 1995 Cross Country All-American

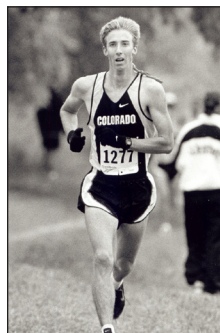
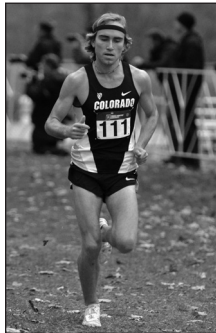
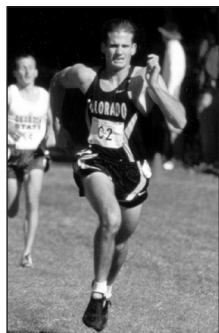
Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the NCAAs for her second all-America cross country honor. 1995 continued to be a success on the track where she was an indoor 5k and outdoor 10k All-American.

SHAYNE WILLE • 1995 Walk-on-1996 Indoor 3,000-m All-American/1997 Outdoor 3,000-m All-American

A transfer from Vermont in 1995, Wille failed to make the Buffs' seven-person roster that would compete at the NCAA Cross Country Championships. Three months later she was an all-American in the indoor 3k. During the 1996 fall season, she was Colorado's No. 2 runner, and although she competed in all three postseason race, just missed all-American status at the national championships with a 45th place effort. She set her sights again on the track where she was the Big 12 indoor champion in both the mile and 3,000-m distances and an all-American in the latter. The outdoor season would prove even better where she repeated her conference titles, and she earned her second all-American honor in the outdoor 3,000-m with a third place, school-record finish of 9:06.86.

SEAN SMITH • 1998 Walk-on, 2000 All-American

Smith ran in three non-varsity races in 1998 with a pair of top 20 finishes at the Fort Hays Tiger Invitational and NIKE 3 Series race. In 1999 he went into the national championships with five races under his belt. He earned all-conference and all-region honors before finishing in the top half of the NCAA Championship field. On All-American pace from the first race of the 2000 season, he would score in all five varsity contests, repeat his all-conference and all-region honors with career-best efforts before finishing 44th for the last All-American certificate doled out in Ames, Iowa.



CU AT THE IAAF WORLD AND USA CHAMPIONSHIPS

IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

| | | |
|---------------|----------------------|-------|
| 2015 | GUIANG, CHINA | |
| Junior Women: | *27. Kaitlyn Benner | 21:45 |
| | 62. Val Constien | 22:58 |
| | *27. John Dressel | 25:25 |
| | 74. Paul Miller | 26:57 |
| | 29. Laura Thweatt | 28:49 |

*-- top American



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

CU AT THE IAAF WORLD AND USA CHAMPIONSHIPS

USA WINTER CROSS COUNTRY CHAMPIONSHIP

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

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

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

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

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

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

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

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

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

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

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

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

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



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

CU AT THE IAAF WORLD AND USA CHAMPIONSHIPS

2007

Junior Men :

Junior Women :

Open Men :

Open Women :

2008

Junior Men:

Junior Women:

Open Men:

Open Women:

2009

Junior Women:

Junior Men:

Senior Women:

Senior Men:

2010

Junior Women:

Junior Men:

Open Women:

Open Men:

2011

Junior Men:

Open Women:

Open Men:

2012

Open Men:

Open Women:

BOULDER

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

SAN DIEGO

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

DERWOOD, MARYLAND

| | |
|------------------------|-------|
| 4. Allie McLaughlin | 21:10 |
| 19. Diana George | 22:33 |
| 27. Martin Medina | 25:49 |
| 50. Dillon Shiji | 27:22 |
| 18. Tera Moody | 29:11 |
| 4. Jorge Torres | 36:16 |
| 8. Edwardo Torres | 36:45 |
| 14. Stephen Pifer | 37:18 |
| 22. Bret Schoolmeester | 38:06 |

SPOKANE, WASHINGTON

| | |
|--------------------------|-------|
| 5. Laura Tremblay | 20:46 |
| 20. Dillon Shije | 25:40 |
| 5. Renee Metivier-Baille | 26:26 |
| 1. Dathan Ritzenhein | 34:34 |
| 24. Billy Nelson | 37:21 |

SAN DIEGO, CALIFORNIA

| | |
|-------------------------|-------|
| 18. Blake Theroux | 25:50 |
| 34. Hugh Dowdy | 26:22 |
| 46. Mike Goodger | 26:52 |
| 7. Kara Goucher | 27:37 |
| 26. Rachel Gioscia-Ryan | 29:42 |
| 1. Brent Vaughn | 35:46 |
| 10. Jorge Torres | 36:36 |

ST. LOUIS, MISSOURI

| | |
|---------------------------|-------|
| 12. Christian Thompson | 37:09 |
| 4. Renee Metivier Baillie | 27:23 |
| 5. Laura Thweatt | 27:28 |
| 25. Rachel Gioscia-Ryan | 29:14 |

2013

Junior Women:

Open Men:

Open Women:

2014

Junior Women:

Open Men:

Open Women:

2015

Junior Women:

Junior Men:

Open Women:

Open Men:

2016

Open Men:

2017

Open Women:

Open Men:

ST. LOUIS, MISSOURI

| | |
|-------------------------|---------|
| 3. Carrie Verdon | 21:08.8 |
| 2. Dathan Ritzenhein | 35:44.1 |
| 10. Richard Medina | 36:20.3 |
| 11. Andy Wacker | 36:27.2 |
| 48. Matt Tebo | 38:42.6 |
| 14. Laura Thweatt | 27:30.0 |
| 46. Rachel Gioscia-Ryan | 29:52.5 |

BOULDER

| | |
|-------------------------|-------|
| 19. Eryn Blakely | 24:20 |
| 6. Brent Vaughn | 37:08 |
| 13. Kenyon Neuman | 37:47 |
| 20. Stephen Pifer | 38:29 |
| 2. Jenny Simpson | 27:57 |
| 19. Rachel Gioscia-Ryan | 30:03 |

BOULDER

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

BEND, OREGON

| | |
|-----------------|-------|
| 6. Joe Bosshard | 32:05 |
| 7. Andy Wacker | 32:27 |

BEND, OREGON

| | |
|------------------|-------|
| 2. Laura Thweatt | 35:12 |
| 33. Andy Wacker | 32:43 |



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

POST COLLEGIATE SUCCESS

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

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

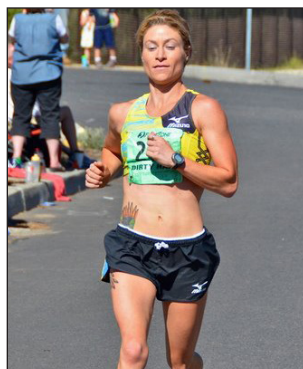
It's a tradition of excellence.

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

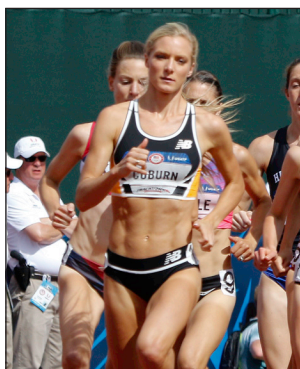
- 2005 USATF Outdoor Championships (5th, 10k)
- 2006 USA XC Championships (3rd, 4k), IAAF World XC Championships (49th)
- 2008 USA XC Championships (2nd), IAAF World XC Championships (49th)
- 2008 USA Olympic Trials Qualifier (5k)
- 2010 USA XC Championships (5th), IAAF World XC Championships (38th)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

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

- ***2011 USA Steeplechase Champion**
- *2011 IAAF World Championship Steeplechase Finalist (13th)
- *2011 USA No. 1 Ranked Steeplechase
- ***2012 USA Olympic Trials Steeplechase Champion**
- *2012 Olympic Games Steeplechase Finalist (9th)
- *2012 USA No. 1 Ranked Steeplechaser
- 2014 USA No. 1 Ranked Steeplechaser
- 2014 Shanghai Golden Grand Prix (1st)
- **2014 USA Steeplechase Champion**
- **2014 Glasgow British Athletics Diamond League (2nd), broke the American record (9:11.42)**
- **2014 IAAF Continental Cup Champion**
- **2015 USA Steeplechase Champion**
- 2015 IAAF World Championship (5th)
- **2016 Prefontaine Classic third place finisher**



Renee Metivier Baillie



Emma Coburn



Kara Goucher

POST COLLEGIATE SUCCESS

- **2016 USA Olympic Trials Steeplechase Champion**
- **2016 Olympic Games Bronze Medalist, set the then-American record (9:07.63)**
- **2017 USA Steeplechase Champion**
- **2017 IAAF Champion, meet and American record (9:02.58)**
- **2018 USA Steeplechase Champion**
- **2019 USA Steeplechase Champion**

*run while still in college

KARA GOUCHER ('01)..... Distance ClubOiselle/Sketchers

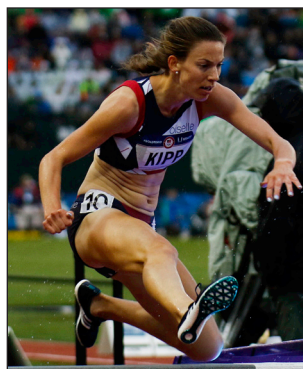
- 2006 USA XC Championships (7th, 4k), IAAF World XC Championships (21st)
- 2006 USA Outdoor Championships (2nd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (2nd, 10k)
- **2007 IAAF World Championships 10k Silver Medalist**
- 2007 Great North Run Half Marathon Champion (1:06.57)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

- 2011 USA Outdoor Championships (2nd, 10k)
- 2011 Boston Marathon (5th)
- 2012 USA Olympic Marathon Trials (11th)
- **2012 USA Half Marathon Champion**
- 2012 Olympic Games Marathon (11th)
- 2013 Boston Marathon (6th)
- 2016 U.S. Olympic Team Marathon Trials (4th)

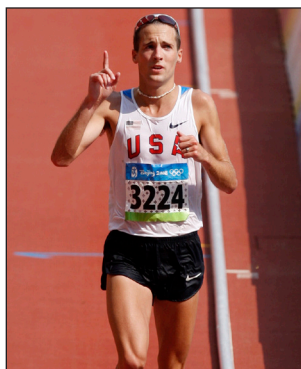
SHALAYA KIPP ('14).....Steeple/Distance Clubunattached

- *2012 USA Olympic Trials (3rd, steeple)
- *2012 Olympic Games participant
- *2013 USA Outdoor Championships participant
- 2014 USA Outdoor Championships participant
- 2015 USA Outdoor Championships participant
- 2015 Pan-American Games (2nd, steeplechase)
- 2016 USA Indoor Championships (3rd, 3k)
- 2016 USA Olympic Trials (4th, steeplechase)
- 2018 Bolder Boulder Elite Race participant
- 2018 USA Outdoor Championships (4th, steeple)
- 2019 Bolder Boulder Elite Race participant

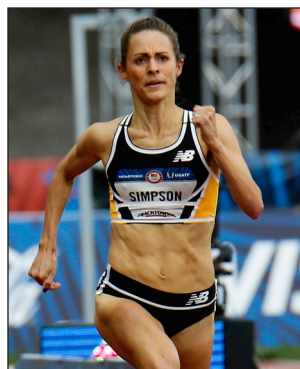
*run while still in college



Shalaya Kipp



Dathan Ritzenhein



Jenny Simpson

POST COLLEGIATE SUCCESS

DATHAN RITZENHEIN Distance

Club Brooks

- 2004 USA Olympic Team member (10k)
- **2005 USA XC Champion**
- **2005 USA Road 10k Champion**
- 2006 USA Outdoor Championships (3rd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (3rd, 10k)
- 2008 USA Olympic Marathon Trials (2nd)
- **2008 USA XC Champion**
- 2008 Olympic Games Marathon (9th)
- 2009 USA Outdoor Championships (2nd, 10k)
- 2009 IAAF World Championships (6th, 10k)
- **2009 Set USA 5k National Record (12:56.27)**
- **2009 World Half Marathon Championship Bronze Medalist**
- **2010 USA XC Champion**
- 2012 USA Olympic Marathon Trials (4th)
- 2012 USA Olympic Trials (3rd, 10k)
- 2013 USA XC Championships (2nd)
- 2013 USA Outdoor Championships (2nd, 10k)
- 2013 IAAF World Championships (10th, 10k)

JENNY SIMPSON ('09) Middle Distance

Club New Balance

- ***2007 USA Steeplechase Champion**
- ***2007 IAAF World Championships participant**
- ***2008 USA Olympic Trials (3rd, steeplechase)**
- ***2008 Olympic Games (8th, steeplechase), broke the American record**
- ***2009 USA Steeplechase Champion**
- ***2009 IAAF World Championships (5th),**

broke the American record (9:12.50)

- 2010 USA Outdoor Championships (3rd, 5k)
- **2011 USA Indoor Champion, Mile and 3k**
- 2011 USA Outdoor Championships (2nd, 1,500)
- **2011 IAAF World 1,500 Champion**
- **2012 USA Indoor Champion, Mile and 3k**
- 2012 USA Olympic Trials (3rd, 1,500)
- 2012 USA Olympic 1,500m semifinalist
- **2013 USA Outdoor 5k Champion**
- **2013 IAAF World Championship 1,500 Silver Medalist**
- 2014 USA XC Runner-up (8k)
- 2014 Toyko Seiko Golden Grand Prix (1st)
- **2014 USA 1,500 Champion**
- 2014 Paris Meeting AREVA (2nd) -ran the second fastest time by an American (3:57.22)
- 2014 DN Galan Stockholm Grand Prix (1st)
- 2014 Zurich Grand Prix (1st)
- **2014 IAAF Diamond League Champion (1,500-meters)**
- **2015 USA 1,500 Champion**
- 2015 IAAF World Championship finalist
- **2016 USA Olympic Trials 1,500 Champion**
- **2016 Olympic Games Bronze Medalist, set the American record (9:07.63)**
- **2017 USA 1,500 Champion**
- **2017 IAAF World Championship 1,500 Silver Medalist**
- 2018 USA 1,500 Runner-up
- 2019 USA 1,500 Runner-up

*run while still in college



Brent Vaughn



Alan Culpepper



Shayne (Wille) Culpepper

POST COLLEGIATE SUCCESS

BRENT VAUGHN Distance Clubunattached

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

Retired Buffs

ALAN CULPEPPER ('96) Distance Club adidas

- 1997 USA Outdoor Championships (2nd, 5k)
- **1999 USA XC Champion (12k)**
- **1999 USA Outdoor 10k Champion**
- 2000 USA XC Championships (2nd, 12k)
- 2000 USA Olympic Trials (2nd, 10k)
- 2000 USA Olympic Team Member (10k)
- 2001 USA Outdoor Championships (2nd, 5k/3rd, 10k)
- 2002 USA XC Championships (3rd, 12k)
- **2002 USA Outdoor 5k Champion**
- 2002 USA Outdoor Championships (3rd, 12k)
- **2002 Chicago Marathon, 6th, fastest U.S. debut in history**
- **2003 USA XC Champion, 12k**
- **2003 USA Outdoor 10k Champion**
- **2004 USA Olympic Marathon Trials Champion**

- 2004 Olympic Games Marathon, 12th
- 2005 Boston Marathon, 4th
- 2006 Boston Marathon, 5th
- **2007 USA XC Champion**

SHAYNE CULPEPPER ('97) Middle Club NIKE

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

ADAM GOUCHER ('97) Middle Club NIKE

- **1999 USA Outdoor 5k Champion**
- 1999 IAAF World Championships finalist (12th, 5k)
- **2000 USA XC Champion (4k & 12k - only man to win both in the same year)**



Adam Goucher



Billy Nelson



Steve Slattery

POST COLLEGIATE SUCCESS

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

BILLY NELSONSteeple/Distance Clubunattached

- 2008 USA Olympic Trials (2nd, steeplechase)
- 2008 Olympic Games (29th, steeplechase)
- 2010 USA Outdoor Championships (5th, steeplechase)
- **2011 USA Steeplechase Champion**
- 2011 IAAF World Championships participant
- 2012 USA Olympic Trials finalist
- 2014 USA Outdoor Championships participant

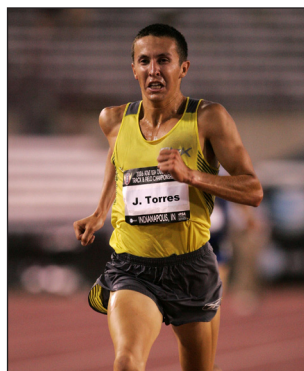
STEVE SLATTERY ('02).....Steeple ClubNIKE

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

- 2005 USA Outdoor Championships (3rd, steeplechase)
- 2006 USA Outdoor Championships (2nd, steeplechase)
- 2010 USA Outdoor Championships (3rd, steeplechase)

JORGE TORRES ('03) Distance ClubReebok

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



Jorge Torres

ALL TIME LETTERWINNERS

| Letterwinner | Years | Hometown (High School) | | | |
|-------------------|------------------|--|------------------------|---------------------|--|
| Andy Aiken | 1980 | Indianapolis, Ind. (North Central) | Zach Crandall | 2000, 01 | Fort Collins, Colo. (Rocky Mountain) |
| Richard Alejandre | 1965 | San Bernardino, Calif. (Eisenhower) | John Creighton | 1951 | Flagler, Colo. (Flagler) |
| Mark Anderson | 1978, 79 | Ferndale, Wash. (Ferndale) | Ricky Cron | 1993, 96 | Stevens Point, Wis. (SPoint Area/Rice) |
| Andy Ames | 1987 | Tulsa, Okla. (B.T. Washington) | Tim Cronin | 1968, 69, 70, 71 | |
| Adrian Arnold | 1995 | Alamosa, Colo. (Alamosa/Rice) | George A. Crowther | 1905 | |
| Edward Aurand | 1904 | | Alan Culppepper | 1993, 94, 95 | El Paso, Texas (Coronado) |
| Austin Baillie | 2005 | Portland, Ore. (Westview) | Tom Curts | 1958, 59, 60 | |
| Mick Bannister | 1982, 84, 85 | Kent, England (Tunbridge Wells) | Ryan Deak | 2004 | Aurora, Colo. (Smoky Hill) |
| Dave Barbieri | 1992, 93 | Spokane, Wash. (Gonzaga Prep) | Bruce Degen | 1962, 63, 64 | Piedmont, Calif. |
| Steve Barbieri | 1991 | Spokane, Wash. (Gonzaga Prep) | Seth DeMoor | 2008 | Buena Vista, Colo. (Buena Vista) |
| Lloyd Barlow | 1953 | Ft. Collins, Colo. (Ft. Collins) | Dave Derdeyn | 1986, 87 | Richmond, Ill. (Richmond-Burton) |
| Kenneth Barret | 1975 | Boulder, Colo. (Boulder) | David Diaz | 1980, 81 | Wheatridge, Colo. (Wheatridge) |
| Adam Batliner | 1995, 96, 97, 98 | Lakewood, Colo. (Green Mountain) | Pat Dolan | 1990 | Greeley, Colo. (Greeley Central) |
| Payton Batliner | 2002, 03, 04, 05 | H-Ranch, Colo. (Highlands Ranch) | Jeff Donaldson | 1966 | Denver, Colo. (Ranum) |
| Harry R. Beard | 1914, 15 | | Knowles Dougherty | 1953 | |
| Jeff Berven | 1965, 66 | Colorado Springs, Colo. | Hugh Dowdy | 2012 | Petaluma, Calif (Carlsbad) |
| (Wasson) | | | John Dressel | 2015, 16, 18 | Colbert, Wash. (Mt. Spokane) |
| Matt Biegner | 2010, 11, 12 | Broomfield, Colo. (Broomfield) | Dave Dubach | 1948 | |
| Dave Binkley | 1966, 67 | Pueblo, Colo. (Central) | James Duce | 1912, 13, 14 | |
| William P. Blair | 1914, 15 | | Thomas F. Duggan | 1915 | |
| Aaron Blondeau | 1997, 99, 00, 01 | Salida, Colo. (Salida) | Andy Dunn | 1985, 86, 87, 88 | Littleton, Colo. (Littleton) |
| Cisco Bob | 1987, 88, 89 | Ruidoso, N.M. (Ruidoso/Texas Tech) | Roman Duran | 1987, 88 | Northglenn, Ohio (Northglenn) |
| Joe Bosshard | 2009, 10, 11 | Crested Butte, Colo. (Crested Butte Academy) | Paul Edstrom | 1967, 68 | Englewood, Colo. |
| | | Carlisle, Ohio (Carlise) | Scott Elliott | 1986 | |
| Mark Brewer | 1974 | | Ron Elston | 1970 | |
| David Brown | 1982 | | Dick Faust | 1961, 62 | |
| Gerald Bryan | 1963 | Lakewood, Colo. | Fred Feasel | 1915 | |
| Mike Buhmann | 1977, 78, 79 | Norridge, Ill. (Ridgewood) | Kent Fischman | 1981 | Hazelcrest, Ill. (Hillcrest) |
| Casey Burchill | 2002, 03 | Clovis, Calif. (Buchanan) | George Fitzmorris | 1947, 48, 49 | |
| Robert M. Burns | 1912 | | Jim Fitzmorris | 1956, 57 | Colorado Springs, Colo. |
| Eric Cahn | 1958, 59, 60 | | William D. Fleming | 1914 | |
| Robert Campbell | 1968, 69, 70 | | Shawn Found | 1991, 92, 93 | Grand Junction, Colo. (Brewer/Lamar) |
| Fred Carnahan | 1973, 74 | Genoa, Neb. (Genoa) | Ryan Forsyth | 2015, 16, 17, 18 | Severna Park, Md. (Severna Park) |
| Nick Carr | 1982 | | Bernie Frakes | 1957, 58, 59 | Ordway, Colo. |
| Ted Castaneda | 1972, 73 | Colorado Springs, Colo. | Mike Friedberg | 1998, 99, 2000 | Columbia, Md. (The Park School) |
| Steve Castaneda | 1970 | | Reilly Friedman | 2016, 17 | Atlanta, Ga. (The Galloway School) |
| Tim Catalano | 1991, 92, 93, 94 | Fort Collins, Colo. (Fort Collins) | Jim Funk | 1954, 56 | |
| Paul Cattermole | 1965, 66, 67 | Denver, Colo. (Regis) | Michael Gallagher | 1962 | |
| Tom Caughlin | 1997 | Mason City, Iowa (Mason City) | Sam Gamble | 1904 | |
| Anthony Chiulli | 2005 | Memphis, Tenn. (Christian Brothers) | James Garcia | 1964 | |
| Everett F. Clark | 1912 | | Joseph Garst | 1905 | |
| Wayne Clark | 1947 | | Bill Gavito | 1951, 53 | Denver, Colo. (Wesminster) |
| Ernest Clayton | 1904 | | Daniel Gist | 1958 | |
| Cameron Clayton | 2010 | Superior, Colo. (Monarch) | Jim Giveans | 1990, 91, 92 | Littleton, Colo. (Arapahoe) |
| Jay Cleckler | 1993, 94 | Woodland Park, Colo. (W-Park) | Eric Gleason | 1984 | Huntington Beach, Calif. (Marina) |
| Jon Cooper | 1994, 95 | El Paso, Texas (Coronado) | Floyd Godwin | 1964, 65 | San Lareneo, Calif. (Arroyo) |
| Colin Couper | 1951 | | Ethan Gonzales | 2016, 17, 18 | Westminster, Colo. (Broomfield) |
| Dave Couture | 1987, 88, 89 | Lakewood, Colo. (Lakewood) | Adam Goucher | 1994, 95, 97, 98 | Colorado Springs, Colo. (Doherty) |
| | | | Frank Green | 1905 | |
| | | | Bob Greenfield | 1958 | |
| | | | Arlo C. Greenwalt | 1915 | |
| | | | John Gregorio | 1971, 72 | |
| | | | J.J. Griffin | 1973, 74 | Pueblo, Colo. |
| | | | Bob Griffith | 1961, 62, 63 | Aurora, Colo. |
| | | | Fred Griffin | 1904 | |
| | | | Arnold Hamala | 1964 | |
| | | | Roger Hansen | 1973 | Lompoc, Calif. |
| | | | Chuck Hatteresley | 1977, 79 | La Mesa, Calif. (Grossmont) |
| | | | Bradley Harkrader | 2004, 06, 07 | Westminster, Colo. (Thornton) |
| | | | Nick Harris | 2015 | Niwot, Colo. (Niwot/Washington) |
| | | | Erik Heinonen | 2005, 06 | Eugene, Ore. (South Eugene) |
| | | | Eduardo Herrera | 2016, 17, 18 | Madera, Calif. (Madera South) |



Bradley Harkrader



Eric Heinonen

ALL TIME LETTERWINNERS

| | | | | | |
|--------------------|-------------------------|---------------------------------------|-------------------|------------------|--------------------------------------|
| Alexander Hill | 1905 | | Earl B. Millard | 1907 | |
| Ed Hom | 1971, 72 | | Nick Miller | 2008 | Littleton, Colo. (Mountain View) |
| Ed Hopfner | 1979 | Port Angeles, Wash. (Port Angeles) | Paul Miller | 2015 | Fort Collins, Colo. (Poudre) |
| Larry Hoppis | 1951 | | Micah Moore | 1990, 92 | Boulder, Colo. (Fairview) |
| Paul Hospe | 1907 | | Dick Moritz | 1970, 72 | Cuyahoga Falls, Ohio |
| Jack Hughes | 1956, 57 | Watervliet, Colo. (Watervliet) | Joseph B. Morrill | 1907 | |
| Joel Hunsaker | 1982 | Arvada, Colo. (Arvada West) | Paul C. Mosher | 1905 | |
| John Hunsaker | 1975, 76, 77, 78 | Arvada, Colo. (Arvada West) | Ammar Moussa | 2011, 13, 14, 15 | Arcadia, Calif. (Arcadia) |
| Jake Hurysz | 2012, 14 | Mebane, N.C. (Eastern Alamance) | Pierce Murphy | 2012, 13, 14, 15 | Hanalei, Hawai'i (Island) |
| Ben Husaby | 1989 | Eden Prairie, Minn. (Eden Prairie) | Richard Musgrave | 1974 | Denver, Colo. (Lincoln) |
| Peter Janson | 2005, 06, 07 | Dallas, Texas (Highland Park) | David Nahom | 1987, 88, 89 | Brookfield, Conn. (Brookfield) |
| Jay Johnson | 1995, 96, 98 | Castle Rock, Colo. (Douglas County) | Mike Nahom | | |
| Joseph B. Johnson | 1916 | | Matt Napier | 1996, 97, 99 | Socorro, N.M. (Socorro) |
| Steve Johnson | 1989 | Englewood, Colo. (Cherry Creek) | Billy Nelson | 2002, 03, 05, 06 | Bakersfield, Calif. (Taft Union) |
| Terry Johnson | 1979, 80 | Fort Collins, Colo. (Fort Collins) | Kenyon Neuman | 2006, 07, 08, 09 | Bend, Ore. (Summit) |
| William Johnson | 1904 | | Gus Newcomb | 2018 | Middleton, Wis. (Middleton) |
| Leonard Jordan | 1904 | | Larry Novak | 1976 | Shepherd, Mont. |
| Stan Justice | 1968, 69, 70 | | Charlie O'Brien | 1976 | Denver, Colo. (Mullen) |
| Harold Ketting | 1973 | Redondo Beach, Calif. | Eugene O'Keefe | 1914 | |
| John Kick | 1952, 53, 54 | Rochester, N.Y. (Aquinas) | Clyde M. Owens | 1912, 13 | |
| David Kilgore | 2013 | Palm Bay, Fla. (Holy Trinity) | Robert G. Packard | 1907 | |
| Dan King | 1980 | Colorado Springs, Colo. (Coronado) | Chris Pannone | 2006, 07, 08 | Whitehouse, N.J. (Hunterdon Central) |
| Scott King | 1980 | Colorado Springs, Colo. (Coronado) | Mike Peake | 1957 | Lakewood, Colo. |
| Albert Kinsbury | 1905 | | Morgan Pearson | 2012, 13, 15 | Morristown, N.J. (Delbarton) |
| Doug Kirkmeyer | 1952 | | Dick Peck | 1954 | |
| Joe Klecker | 2015, 16, 17, 18 | Minnetonka, Minn. (Hopkins) | Zach Perrin | 2013, 15, 16, 17 | Kalispell, Mt. (Flathead) |
| Robert R. Knowles | 1905 | | Adam Peterman | 2014, 16, 17 | Missoula, Mt. (Hellgate) |
| Andy Knutsen | 2002 | Huntington Beach, Calif. (Edison/USC) | Mike Peterson | 1970, 72, 73, 74 | |
| Tom Kresl | 1984, 85 | Ft. Collins, Colo. (Ft. Collins) | Kirk Pfeffer | 1976 | |
| Mike Kubischek | 1985 | Lakewood, Colo. | John Phillips | 1969, 70, 71 | Cuyahoga Falls, Ohio |
| Jordan Kyle | 2008, 09 | Fishers, Ind. (Hamilton SE) | Wayne Phipps | 1953 | |
| Blaine Lam | 1965, 67 | Boulder, Colo. (Boulder) | Stephen Pifer | 2004, 05, 06, 07 | Edwardsville, Ill. (Highland Park) |
| Brett Larsen | 1990, 91, 92, 93 | Fort Collins, Colo. (Ft. Collins) | Mark Pillmore | 1971 | |
| Scott Larson | 1990, 91, 92, 93 | Boulder, Colo. (Fairview) | William Poley | 1956, 59 | |
| Alfred Law | 1904 | | Dan Poole | 1966 | |
| Carroll Laverty | 1927 | | Oscar Ponce | 1996, 97, 98, 99 | Denver, Colo. (Denver North) |
| David Lewis | 1955 | | Ralph Poucher | 1957, 58, 59 | |
| Joe Lombert | 1972 | | Jason Pozner | 1990, 91 | Morganville, N.J. (Marlboro) |
| Richard Lower | 1973, 74 | Harmony, Pa. (Seneca Valley) | Harry Pratt | 1904 | |
| Bruce Lundy | 1976 | Lakewood, Colo. (Lakewood) | Arthur Preston | 1904 | |
| John Lunn | 1966, 67, 68 | Denver, Colo. (South) | Winfred L. Prouty | 1908 | |
| Tony Macey | 1984, 85 | Las Vegas, Nev. (Valley) | Ted Quintana | 1975 | San Lorenzo, Calif. (San Lorenzo) |
| John E. Mackling | 1916 | | Robert Radnoti | 1977, 78, 79 | Greeley, Colo. (Greeley West) |
| Garry Maddox | 1971, 72 | | Rudolph Rahlfling | 1904 | |
| David Magee | 1975 | Santa Maria, Calif. (St. Joseph) | Clarence W. Ramey | 1913 | |
| Glen Malcolm | 1950 | | Roy Randall | 1904 | |
| Jerry Maris | 1982 | Buckley, Wash. (White River) | Justice Ramos | 2017, 18 | Delores, Colo. (Montezuma-Cortez) |
| Joseph Markey | 1916 | | Dan Reese | 1982, 84, 85 | Golden, Colo. (Wheat Ridge) |
| Christian Martin | 2015, 16, 17 | Littleton, Colo. (Heritage/Nebraska) | Richard Reese | 1984 | Golden, Colo. (Wheat Ridge) |
| Jeff Mason | 1986 | Denver, Colo. (South) | | | |
| Robert D. Mauff | 1905 | | | | |
| Steve McBain | 1961 | | | | |
| Mike McCoy | 1961, 62, 63 | | | | |
| Donald McClure | 1964 | | | | |
| Matt McCue | 2003 | Iowa City, Iowa (Iowa City Regina) | | | |
| Tom McKinley | 1969, 71, 72 | | | | |
| Matt McMullen | 1980 | Aurora, Colo. (Gateway) | | | |
| Martin Medina | 2009, 10, 11, 12 | Grand Junction, Colo. (GJ) | | | |
| Richard Medina | 2007, 08, 09, 11 | Grand Junction, Colo. (GJ) | | | |
| Eric Meleney | 1987, 89 | Bethesda, Md. (Whitman) | | | |
| Ken Metcalf | 1986 | Cederidge, Colo. | | | |
| Virgil E. Metcalf | 1917 | | | | |



Chris Pannone



Stephen Pifer

ALL-TIME LETTERWINNERS

| | | | | | |
|---------------------|------------------|--|--------------------|------------------|---------------------------------------|
| Dathan Ritzenhein | 2001, 03 | Rockford, Mich. (Rockford) | Brock Tessman | 1998 | Danville, Calif. Monte Vista / Brown) |
| Jason Robbie | 2000 | Boulder, Colo. (Alexander Dawson) | Rob Thayer | 2007 | Hotchkiss, Colo. (Hotchkiss) |
| Ray C. Roberts | 1905 | | Blake Theroux | 2011, 12, 13, 14 | Chesapeake, Va. (Western Branch) |
| Carbin E. Robinson | 1907 | | Christian Thompson | 2008, 09, 10, 11 | Candor, N.Y. (Candor) |
| Dennis Robertson | 1959 | | Griff Thompson | 1978, 79 | Tulsa, Okla. (Memorial) |
| Fritz Rogers | 1989, 90, 91, 92 | Lakewood, Colo. (Lutheran) | Zeke Tiernan | 1994, 96 | Aspen, Colo. (Aspen) |
| Greg Rohde | 1980 | Bismark, N.D. (Century) | Edwardo Torres | 1999, 00, 01, 02 | Wheeling, Ill. (Wheeling) |
| Douglas C. Roller | 1905 | | Jorge Torres | 1999, 00, 01, 02 | Wheeling, Ill. (Wheeling) |
| Ron Roybal | 1996, 97, 98, 99 | Santa Fe, N.M. (Pojoaque) | Chuck Trujillo | 1984, 85, 86, 88 | Northglenn, Colo. (Northglenn) |
| Mike Ruffato | 1975 | | Rick Trujillo | 1967, 68, 69 | Ouray, Colo. |
| Craig Runyan | 1966, 67, 68 | Denver, Colo. (Thomas Jefferson) | Chris Valenti | 1998 | Littleton, Colo. (Littleton) |
| Thomas H. Ryan | 1915 | | Pete Van Arsdale | 1966, 68 | |
| Donald H. Rymer | 1915, 16 | | Aric Van Halen | 2009, 10, 12 | Los Angeles, Calif. (Oakwood) |
| Ralph Sargent | 1958 | | Brent Vaughn | 2003, 04, 06, 07 | Aurora, Colo. (Smoky Hill) |
| Ron Salazar | 1990, 91, 92, 93 | Grand Junction, Colo. (Grand Junction) | Andy Wacker | 2008, 09, 10, 11 | Pinehurst, N.C. (Pinecrest) |
| Andy Samuelson | 1990 | Colorado Springs, Colo. (Rampart) | Orly Waller | 1982 | Tacoma, Wash. (Puyallup) |
| Mike Sandrock | 1979 | Park Ridge, Ill. (Park Ridge) | Harry H. Ware | 1916 | |
| Ned Sargent | 1956, 57, 58 | Moosehart, Ill. (Malcom Hiles Memorial) | Thomas M. Warner | 1905 | |
| Ben Saarel | 2013, 14, 15, 16 | Salt Lake City, Utah (Park City) | Chris Webster | 1969 | |
| Clem Saunders | 1913 | | Clint Wells | 1994, 95, 97 | Craig, Colo. (Moffat Country) |
| John H. Sawhill | 1915, 16 | | Jim Whitmore | 1976, 77 | Van Nuys, Calif. |
| Chris Schafer | 2000 | Yakima, Wash. (Eisenhower) | Todd Wienke | 1984, 85 | Whitefish Bay, Wis. (Whitefish Bay) |
| Al Schmidt | 1961, 62 | Longmont, Colo. | Milt Wiley | 1948, 50 | |
| Bret Schoolmeester | 2002, 03, 04, 05 | Sedalia, Colo. (Denver Christian) | Arthur D. Wilson | 1905 | |
| Jared Scott | 2001, 03, 04 | Monument, Colo. (Palmer) | Connor Winter | 2012, 13, 14, 15 | Centennial, Colo. (Arapahoe) |
| Mark Scrutton | 1979, 80, 81, 82 | London, England (Towbridge Kent) | Earl E. Wright | 1912 | |
| Chris Severy | 1994, 95, 96, 98 | Aspen, Colo. (Aspen) | Nate Wright | 1987, 88, 89 | Fort Collins, Colo. (Poudre) |
| Jon Severy | 2001, 02, 03, 04 | Aspen, Colo. (Aspen) | Rene Wright | 1904 | |
| Dillon Shije | 2010, 11, 13 | Albuquerque, N.M. (Sandia Prep) | Dave Wrighton | 1963, 64, 65 | Montreal, Canada (MacDonald) |
| Clarence R. Short | 1912 | | Jim Wyatt | 1954, 56 | Craig, Colo. (Moffat County) |
| Steve Slattery | 1999, 00, 01, 02 | Flanders, N.J. (Mt Olive) | John J. Yowell | 1912 | |
| Brian Smith | 1975, 76 | Denver, Colo. (Lincoln) | Harry Zimmerhackle | 1904 | |
| Paxton Smith | 2017, 18 | Highlands Ranch, Colo. (Mtn. Vista) | | | |
| Sean Smith | 1999, 2000, 01 | Montrose, Colo. (Montrose) | | | |
| Tom Smith | 1979, 80 | Fremont, Calif. (Mission San Jose) | | | |
| Mark Spilsbury | 1976, 77, 78, 79 | Santa Anna, Calif. (Foothill) | | | |
| Bill Sproat | 1961, 62, 63 | Climath Falls, Ore. | | | |
| Tom Starr | 1961, 62, 63 | Platteville, Colo. | | | |
| Ned Steele | 1905 | | | | |
| Don Steers | 1953, 54 | | | | |
| Mike Stegner | 1969, 70, 71 | | | | |
| Jonny Stevens | 2011, 12 | Vail, Colo. (Battle Mountain) | | | |
| Fred W. Stoddard | 1907 | | | | |
| James Strang | 2004, 05, 06 | Signal Mountain, Tenn. (Baylor) | | | |
| George M. Stratton | 1905 | | | | |
| Mark Stromberg | 1984 | Englewood, Colo. (Cherry Creek) | | | |
| Matt Tebo | 2007, 08, 09 | Albuquerque, N.M. (Eldorado) | | | |
| Mark Tedder | 2017 | Battle Ground, Wash. (Battle Ground/Cornell) | | | |



Jorge Torres



Brent Vaughn

ALL-TIME LETTERWINNERS

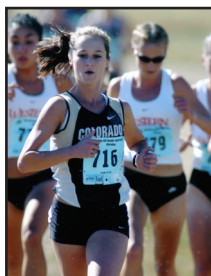
WOMEN

Letterwinner

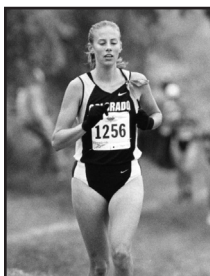
| WOMEN | Years | Hometown (High School) | | | |
|----------------------|------------------|---|------------------------|---------------------|--|
| Letterwinner | | | | | |
| Pam Allen | 1976 | | Anne Farris | 1987, 88, 89 | Aspen, Colo. (Aspen) |
| Maddie Alm | 2013, 14, 15 | Louisville, Colo. (Monarch) | Jen Fazoli | 1998, 99, 00 | Averill Park, N.Y. (Averill Park) |
| Lindsay Arendt | 1998, 99 | Littleton, Colo. (Chatfield) | Natalie Florence | 2001, 02, 03, 04 | Lawrenceville, Ga. (Collins Hill) |
| Jenny Arnold | 1998 | Inverness, Ill. (Libertyville) | Judy Foster | 1992 | Lakewood, Colo. (Wheatridge) |
| Molly Austin | 1999, 01, 02 | Littleton, Colo. (Mullen) | Christie Friesen | 1989 | Albuquerque, N.M. (Manzano) |
| Lee Ballenger | 1976, 78 | Charlotte, N.C. (Country Day) | Diana George | 2010, 11, 12 | Livermore, Calif. (Livermore) |
| Rachel Baptista | 2011 | Austin, Texas (Austin) | Rachel Gioscia | 2006, 08 | Buena Vista, Colo. (Buena Vista) |
| Veronica Barajas | 1992, 93 | Onard, Calif. (Channel Islands) | Colleen Glyde | 1995, 96 | State College, Pa. (St. College/Penn St.) |
| Jenny Barringer | 2005, 06, 07, 09 | Oviedo, Fla. (Oviedo) | Sara (Gorton) Slattery | 2000, 02, 04 | Phoenix, Ariz. (Mountain Point) |
| Anne Barrett | 1979 | Fair Oaks, Calif. (San Marino) | Kara Grgas-Wheeler | 1996, 97, 99, 00 | Duluth, Minn. (Duluth East) |
| Brooke Baughman | 1991, 92, 93 | Salt Lake City, Utah (RH-St.M) | Kendall Grgas-Wheeler | 2000, 02, 03 | Duluth, Minn. (Duluth East) |
| Kaitlyn Benner | 2014, 15, 16, 17 | Superior, Colo. (Monarch) | Jen Gruia | 1997, 98 | Vienna, Va. (Paul VI / Virginia) |
| Holly Bent | 2018 | Louisville, Colo. (Monarch) | Susan Haldeman | 1977, 78 | Santa Monica, Calif. (Santa Monica) |
| Kristi Berwick | 1980 | Encino, Calif. (Taft) | Ruth Hamilton | 1980 | Carbondale, Colo. (CO Rocky Mtn) |
| Michelle Bews | 1984, 86, 87, 88 | Victoria, Australian (Ann Arbor) | Sarah Hanson | 1982, 83, 85, 86 | Boulder, Colo. (Fairview) |
| Eryn Blakely | 2014, 15 | Monrovia, Calif. (Alverno) | Emily Hanenburg | 2006, 08, 09 | Colorado Springs, Colo. |
| Christine Bolf | 2002, 03, 04, 05 | Los Angeles, Calif. (Notre Dame) | | | (The Classical Academy) |
| Madie Boreman | 2016, 17 | Round Rock, Texas (Rouse) | Denise Hermosillo | 1983, 84, 85 | Durango, Colo. |
| Ben Bossut | 1992, 93 | Fort Ronneay, France (College of Marin) | Jeanne Higgins | 1988 | Hulls Cove, Maine (Hulls Cove) |
| Courtney Bouchet | 2011, 12, 13 | Estes Park, Colo. (Estes Park) | Lesley Higgins | 1998, 99, 00, 01 | Littleton, Colo. (Arapahoe) |
| Lize Brittin | 1987 | Boulder, Colo. (Fairview/BYU) | Kimberly Hills | 1976, 77, 78, 79 | Eugene, Ore. (North Eugene) |
| Suzanne Bryan | 1983 | | Kristen Hoogheem | 2005 | Chesterfield, Mo. (Marquette) |
| Debbie Bump | 1987 | Wheatridge, Colo. (Wheatridge) | Jen Hooper | 2007 | Steamboat Springs, Colo. (Steamboat Springs) |
| Heather Burroughs | 1994, 95, 97, 98 | Kansas City, Mo. (Pembroke) | Allison Howard | 1990, 91 | Minneapolis, Minn. (Roseville Area) |
| Shannon Busch | 1987, 88, 89, 90 | Fort Collins, Colo. (Poudre) | Melissa Howell | 1984 | Broomfield, Mich. |
| Alison Butterworth | 1980 | Charlotte, N.C. (Myers Park) | Renee Howell | 1993 | Westminster, Colo. (Northglenn) |
| Mackenzie Caldwell | 2014, 15, 16, 17 | Columbus, Ind. (Columbus N) | Jodie Hughes | 1998, 99, 00, 01 | The Woodlands, Texas (The Woodlands) |
| Catrina Campbell | 1987, 88 | Longmont, Colo. (Lmont./Idaho St) | Sharon Hulse | 1980, 82 | Huntington Beach, Calif. (Edison) |
| Heather Chamberlain | 1988 | Leesburg, Va. (Leesburg/Brevard) | Sage Hurta | 2016, 17, 18 | Hamilton, N.Y. (Hamilton Central) |
| Anna Chase | 2006, 07 | Martinsville, Va. (Martinsville) | Cindy Ike | 1976 | |
| Jessica Cirelli | 1994, 95 | Superior, Colo. (Fairview) | Baylee Jones | 2018 | Phoenix, Ariz. (Desert Vista) |
| Erin Clark | 2013, 14, 15, 16 | Eugene, Ore. (South Eugene) | Dani Jones | 2015, 16, 17, 18 | Phoenix, Ariz. (Desert Vista) |
| Emma Coburn | 2008, 09, 10, 11 | Crested Butte, Colo. (Crested Butte) | Jennifer Jones | 1991, 92 | Parker, Colo. (Ponderosa) |
| Carrie Cockerham | 1996 | Englewood, Colo. (Cherry Creek) | Lori Jorgensen | 1978, 80 | Mahopac, N.Y. (Mahopac) |
| Jeanne Collopy | 1976 | | Michelle Kantor | 1988, 89, 90 | Reno, Nev. (McQueen) |
| Val Constien | 2015, 16, 17, 18 | Edwards, Colo. (Battle Mtn) | Annie Kelly | 2014 | Alpharetta, Ga. (Milton) |
| Wendy Cozens | 1978 | Denver, Colo. (Thomas Jefferson) | Gina Kelly | 1991 | Cincinnati, Ohio (Anderson) |
| Katie Cumming | 2008, 09, 10, 11 | Hudson, Wis. (Hudson) | Kirsten Kindt | 1983, 84, 85, 86 | Englewood, Colo. |
| Kimberley Cundiff | 1988 | Boulder, Colo. (Boulder) | Michelle King | 1989, 90 | Bailey, Colo. (Platte Canyon) |
| Kristina Dahlberg | 1993, 94, 95, 96 | Orange, Calif. (El Modena) | Shalaya Kipp | 2010, 11, 12, 13 | Salt Lake City, Utah (Skyline) |
| Lara Darco | 2011 | Walpack, N.J. (Pope John XXIII) | Katie Kissane | 2002 | Essex, Vt. (Essex) |
| Mary Decker | 1977, 78 | Orange, Calif. | Susan Kranzler | 1984 | Wheatridge, Colo. |
| Jenny DeSouchet | 2013, 14 | Alamosa, Colo. (Alamosa) | Brandi Krug | 1992, 93 | Grand Junction, Colo. (Grand Junction) |
| Allison Eckert | 2007 | Sioux Falls, S.D. (Roosevelt) | Liz Laster | 1988, 90 | Aurora, Colo. (Rangeview) |
| Morgan Ekemo | 2008 | Eagle River, Alaska (Chugiak) | Abby Levene | 2013 | Dublin, N.H. (Andover Academy) |
| | | | Camille Logan | 2010, 11, 12 | Littleton, Colo. (Littleton) |
| | | | Allison Lusby | 1993, 94 | Boulder, Colo. (Fairview) |



Erin Clark



Natalie Florence



Jodie Hughes



Carrie Messner

ALL-TIME LETTERWINNERS

| | | | | | |
|---------------------|---------------------|--|-----------------------|------------------|--|
| Claire Maduza | 2006 | Shorewood, Wis. (Shorewood) | Carolyn Spahr | 1976 | |
| Erin Marston | 2006, 07 | Parker, Colo. (Chaparral) | Kate Starke | 1986, 87 | Ft. Collins, Colo. (Ft. Collins) |
| Bridget Marting | 1982, 83 | Colorado Springs (Cheyenne Mtn) | Jana Stolting | 2012 | Tallahassee, Fla. (MacLay) |
| Lucy May | 2014, 15 | St. Louis, Mo. (St. Joseph) | Briana Stott-Messick | 1997, 98 | Fort Collins, Colo. (Poudre) |
| Catrina McAlister | 2012, 13, 14 | San Clemente, Calif. (San Clemente) | Elaine Strickland | 1986 | Northglenn, Colo. |
| Hilary McClendon | 2006 | Eagle, Idaho (Bishop Kelly) | Sara Sutherland | 2014 | Dallas, Texas (Highland Park) |
| Cathy McCray | 1982, 83 | | Carleen Thom | 1979, 80 | Phoenix, Ariz. (Central) |
| Rachel McKeen | 1993, 94 | Beaverton, Ore. (Beaverton) | Laura Thweatt | 2007, 08, 09, 10 | Durango, Colo. (Durango) |
| Allie McLaughlin | 2009 | Colorado Springs, Colo. (Air Academy) | Kalin Toedebusch | 2003, 05 | Rockford, Mich. (Rockford) |
| Carol McMordie | 1985, 86, 87, 89 | Lakewood, Colo. (Green Mtn) | Elizabeth Tremblay | 2010, 11, 12, 13 | Loveland, Colo. (Thompson Valley) |
| Chris McNamara | 1984, 85, 86, 87 | Gresham, Ore. (Gresham) | Laura Tremblay | 2009, 10 | Loveland, Colo. (Thompson Valley) |
| Amy McNitt | 1992, 93, 94, 95 | Monte Vista, Colo. (Sargent) | Taylor Tuttle | 2016, 17, 18 | Snellville, Ga. (Providence Christian) |
| Amy Merten | 1989, 91 | Fairfax Station, Va. (Fairfax) | Sara (Ensrud) Vaughn | 2005, 07 | Gering, Neb. (Gering) |
| Carrie Messner | 1995, 96, 98, 99 | Evergreen, Colo. (Mullin) | Carrie Verdon | 2012, 13, 15, 16 | Moraga, Calif. (Campolindo) |
| Renee Metivier | 2003, 04 | Highland Village, Texas (Marcus/Ga Tech) | Rachel Viger | 2010, 11, 12 | Fort Collins, Colo. (Fort Collins) |
| Jennifer Miller | 1992 | Grosse Pt Park, Mich. (Liggett) | Hilary White | 2001 | Gainesville, Fla. (Bucholz / Florida) |
| Peg Millican | 1989 | Ft. Collins, Colo. (Poudre/Cal-Poly SLO) | Shayne Wille | 1995, 96 | Havertown, Pa. (Haverford/Vermont) |
| Fran Montes | 1979, 80 | Islip Terrace, N.Y. (East Islip) | Katherine Wilson | 1977, 78, 79, 80 | Bloomfield Hills, Mich. (Lahser) |
| Tera Moody | 1999, 00, 01, 02 | St. Charles, Ill. (St. Charles) | Carolyn, Wollenberger | 1984, 85 | Portalo Valley, Calif. |
| Makena Morley | 2016, 17, 18 | Bigfork, Mont. (Bigfork) | Kathy Woodbridge | 1976, 77, 78 | Princeton, N.J. |
| Melanie Nun | 2013, 15, 16, 17 | Broomfield, Colo. (Legacy) | Anna Wright | 2001 | St. Louis, Mo. (Oakville/UT-Chattanooga) |
| Pam Olson | 1977 | | Catherine Wright | 1999, 2000 | St. Louis, Mo. (Oakville) |
| Liza Pasciuto | 2004, 05, 06 | Murieta, Calif. (Murieta Valley) | Jackie Zeigle | 2002, 03, 04, 05 | South Jordan, Utah (Bingham) |
| Kaye Rains | 1987 | Ft. Collins, Colo. (Rocky Mtn) | Laura Zeigle | 2003, 04, 05 | South Jordan, Utah (Bingham) |
| Muffy Raveling | 1991, 92, 93, 94 | Lakewood, Colo. (Alameda) | DeAnn Zamora | 1984, 85, 87 | Boulder, Colo. (Boulder) |
| Nancy Reynolds | 1982, 83 | Cave Junction, Ore. (Illinois Valley) | | | |
| Deb Rieck | 1997 | Englewood, Colo. (Cherry Creek) | | | |
| Renee Rife | 1984 | Portola, Calif. | | | |
| Heather Roberts | 1991 | Aurora, Colo. (Overland) | | | |
| Patty Roberts | 1993, 94, 95 | LaGrange, Ill. (Lyons Township) | | | |
| Cecilia Robinson | 1983 | Leonard, Texas | | | |
| Sheri Rochel | 1982 | Seattle, Wash. (Shoreline) | | | |
| Nancy Rogowski | 1982, 84 | Boulder, Colo. (Boulder) | | | |
| Aislinn Ryan | 2006, 07 | Warwick, N.Y. (Warwick) | | | |
| Liz Sabochik | 2000, 01 | Englewood, Colo. (Cherry Creek) | | | |
| Allison Sawyer | 2007, 08, 09 | Hilton, N.Y. (Hilton) | | | |
| Heidi Scarlett | 1993, 95, 96, 97 | Alamosa, Colo. (Alamosa) | | | |
| Tabor Scholl | 2016, 17, 18 | Kremmling, Colo. | | | |
| Brianna Schwartz | 2017, 18 | Pittsburgh, Pa. (Shaler Area) | | | |
| Sandy Simmons | 1977 | | | | |
| Kaylen Slack | 2008 | Colorado Springs, Colo. (Liberty) | | | |
| Dana Slater | 1977, 78 | Freedom Plains, N.Y. (Arlington) | | | |
| Amber Smith | 2004 | Ishpeming, Mich. (Westwood) | | | |
| Jennifer Smith | 1997 | Spokane, Wash. (Joel E. Ferris) | | | |
| Kelly Smith | 1994, 95, 96, 97 | Petoskey, Mich. (Petoskey) | | | |
| Wendy Smith | 1990, 91 | Beaverton, Ore. (Beaverton) | | | |
| Sara Solomon | 1988, 89, 90, 91 | Greeley, Colo. (Greeley Central) | | | |



Laura Thweatt



Kalin Toedebusch



Carrie Verdon



Laura Zeigle

YEAR-BY-YEAR RESULTS

| | |
|-----------------------------------|-----|
| 1953 Men | |
| at Wyoming Invitational..... | 1/4 |
| at Colorado State Triangular..... | 1/3 |
| Colorado Triangular..... | 1/3 |
| at Iowa State Triangular..... | 1/3 |
| at Big Seven Championships..... | 2/6 |

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

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

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

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

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

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

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

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

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

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

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

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

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

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

| | |
|------------------------------------|-------|
| 1968 Men | |
| vs. Wyoming (Dual)..... | 25-34 |
| at Air Force Dual..... | 23-54 |
| vs. Western Michigan (at AFA)..... | 18-40 |
| Colorado Invitational..... | 1 |
| Wyoming Invitational..... | 2 |
| Big Eight Championships..... | 2/8 |

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

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

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

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

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

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

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

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

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

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

YEAR-BY-YEAR RESULTS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

YEAR-BY-YEAR RESULTS

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

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

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

| 2000 (Mark Wetmore) | Men | Women |
|-------------------------------|------|-------|
| Rocky Mountain Shootout | 1/4 | 1/3 |
| at Pre-Nationals | 1/53 | 5/56 |
| at Pre-Nationals (B) | NTS | 2/11 |
| Big 12 Championships | 1/12 | 1/12 |
| at NCAA Mountain Region | 1/17 | 1/17 |
| at NCAA Championships | 2/31 | 1/31 |

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

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

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

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

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

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

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

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

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

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

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

| 2012 (Mark Wetmore) | Men | Women |
|-------------------------------|------|--------|
| Rocky Mountain Shootout | 1/4 | 1/4 |
| Bronco Invitational | 6/19 | 6/16 |
| Pre-Nationals | 1/40 | t/7/39 |
| Pac-12 Championships | 1/9 | 5/12 |
| NCAA Mountain Region | 3/18 | 3/20 |
| NCAA Championships | 3/31 | 24/31 |

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

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

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

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

| 2017 (Mark Wetmore) | Men | Women |
|-------------------------------|------|-------|
| CSU Invite | 1/9 | 1/9 |
| Joe Piane Invite | 2/21 | 1/20 |
| Rocky Mountain Shootout | 1/4 | 1/2 |
| Nuttymcombe Invite 'B' | 2/9 | 1/9 |
| Pre-Nationals | 2/41 | 2/43 |
| Pac-12 Championships | 2/9 | 1/12 |
| NCAA Mountain Region | 3/18 | 1/19 |
| NCAA Championships | 8/31 | 3/31 |

| 2018 (Mark Wetmore) | Men | Women |
|----------------------------|------|-------|
| UW Invite | 4/5 | 1/5 |
| Nuttymcombe Invite | 8/33 | 1/33 |
| Stanford Invite | NTS | 9/19 |
| Pre-Nationals | 3/36 | 10/35 |
| Pac-12 Championships | 3/9 | 2/12 |
| NCAA Mountain Region | 3/17 | 2/20 |
| NCAA Championships | 4/31 | 1/31 |

RUNNING TOWN, USA



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

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

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

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

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

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

RUNNING TOWN, USA

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

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

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

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

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

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

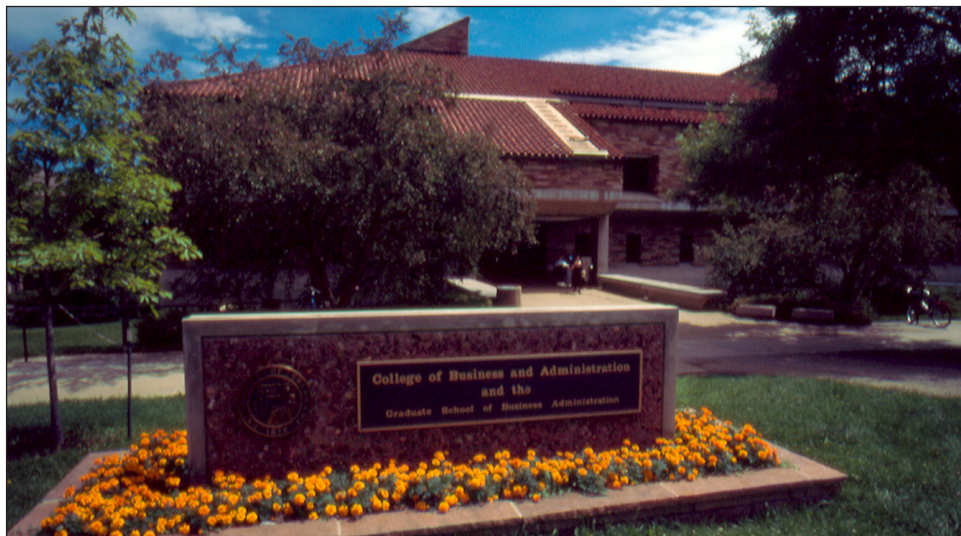


**2006 Bolder Boulder Champ
Sara Slattery**



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

UNIVERSITY OF COLORADO...



Colleges

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

Schools

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

CU's Top Programs

Space Science
Engineering
Molecular Biology
Business

Most Popular Undergraduate Majors

Psychology
Communication
English
MCD Biology
Economics
Finance
Political Science
Sociology
Marketing



MINDS TO MATCH OUR MOUNTAINS

RANKINGS

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



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

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



ATHLETIC DIRECTOR RICK GEORGE



Rick George was named athletic director at the University of Colorado on July 17, 2013, returning to Boulder where he helped play a role in the school's first and only national championship in football some 23 years earlier.

George, 59, came to Colorado from the Texas Rangers baseball club of the American League, where he was named chief operating officer on October 5, 2010 with a promotion to president of business operations in February 2013. He agreed to a 5-year contract at CU, and he officially started on the job on August 12, 2013. In June 2016, the Board of Regents approved a contract extension through 2020-21, and in June 2019, the Regents once again extended him through the 2023-24 academic and athletic year.

He is just the sixth full-time athletic director in Colorado history, following in the footsteps of Harry Carlson (1927-65), Eddie Crowder (1965-84), Bill Marolt (1984-96), Dick Tharp (1996-2004) and Mike Bohn (2005-13). Two others have bridged directors in interim capacities, Jack Lengyel (six months between Tharp and Bohn) and Ceal Barry (two months between Bohn and George).

His list of achievements in his first 1,000 days in the position were many, but none more significant than shepherding through a \$156 million Athletic Complex Expansion from creation through fruition, gaining approval from the Board of Regents and then raising nearly one-half of the estimated cost to initiate construction, which began May 12, 2014. The project was the core of the Sustainable Excellence Initiative (SEI), the jewel of which was a long-awaited indoor practice facility. Once green-lighted, he spearheaded the most successful fundraising campaign in athletic department history, raising over \$100 million for the project.

By the end of his second year, George implemented the department's first-ever comprehensive strategic plan, which mapped CU's immediate and long range purpose and goals. He also redesigned the management teams, made tough budget decisions that reduced deficits he inherited (and has since produced two budget surpluses), and canvassed the state, region and nation in both friend- and fundraising. The department is now in the second year of the second three-year plan orchestrated by George (through 2020-21).

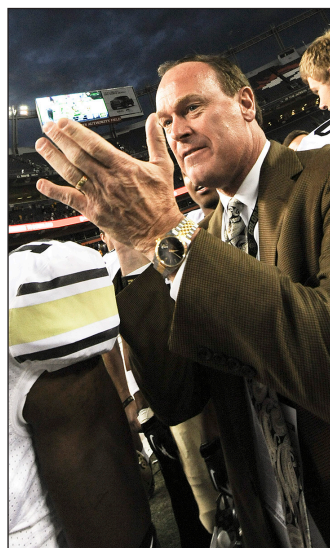
In his fourth year in the position (2016-17), 13 of CU's 16 athletic teams were at one time or another ranked among the nation's Top 25 (including all five in the fall; skiing is a coed program with combined rankings). Included in that group was the football team, as the Buffaloes returned to the national rankings for the first time in 11 seasons, in part due to George's support of Mike MacIntyre as the program's head coach and allowing him to follow through with his plan to bring the Buffaloes back to national prominence. All but one team competed in the postseason, most in NCAA Championships, with football making it to a bowl game for the first time in nine years and both basketball teams going to their respective NIT events.

Near the end of his first year and most recently in his fifth, he was recognized by CU's Student-Athlete Advisory Committee as its choice for Staff Member of the Year; no token award, the group acknowledged his attendance at most home athletic events, regular meetings with team captains of all programs to interact with them and receive their feedback, and willingness to meet with any student-athlete and that his door is always open to them.

George brought the most diverse background to the position than any before him at Colorado: all five others had extensive and primarily exclusive college athletic histories, the only exceptions being when Marolt left CU after 10 years as ski coach to lead the U.S. Olympic ski team before returning, and Tharp, who was a university attorney with strong CU-Boulder campus ties. While George began and worked in the college athletic world for the first half of his professional career, he stepped outside that box for the second half.

George was with the Rangers for less than three years, but saw the team win two American League championships and compile a 243-176 record (.580 winning percentage) during his time there, second-best in the major leagues during that time frame. As the COO, he worked closely with team president and CEO, baseball Hall-of-Famer Nolan Ryan, and was responsible for all facets of the Rangers' business operations, including oversight of all sales and marketing efforts, broadcast and communications, ticket and suite sales, naming rights, etc., in addition to overseeing the finance, human resource and operations departments.

Among his many accomplishments with the Rangers was a comprehensive branding study that successfully rebranded the ball club, and an implementation of a new ticketing strategy that over the course of three seasons increased ticket revenues by over \$30 million. The club's attendance saw an increase of 40 percent from the 2010 season to nearly 3.5 million in 2012, second in the American League (behind the New York Yankees) and third in the majors. The 2013 numbers were on pace to exceed the



ATHLETIC DIRECTOR RICK GEORGE

3 million mark again when he left the franchise for CU.

Prior to joining the Rangers, George served as executive vice president and chief of operations for the PGA TOUR for two-and-a-half years (beginning in June 2008). While with the TOUR, he worked with the corporate marketing department in renewing sponsorships and creating new events. He also oversaw the Tournament Business Affairs division that worked with Tournaments to increase tournament revenue.

He also worked for the PGA TOUR as president of the Champions Tour from 2003-08, and as the executive vice president for championship management his last three years there. His major accomplishments included increasing revenues and sponsorships and the development of strategic plans, the latter including a vision and mission statement as well as core values. The Champions Tour had grown to a minimum 29 events with over \$55 million in prize money when he left for the PGA TOUR.

From 1998-2003, George served as President and CEO of the Fore!Kids Foundation, a 501(c)(3) organization that raised money for children's charities via golf-related events, where he led rebranding and organizational efforts that resulted in increases in charitable giving to the Foundation.

At the collegiate level, George worked in three major conferences (Big Ten, Big 8, Southeastern) in football operations, beginning with his alma mater, the University of Illinois, as football recruiting coordinator (1983-87).

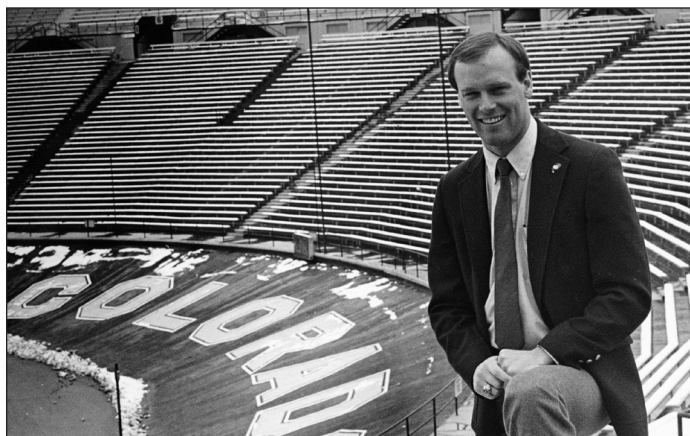
He graduated from Illinois in 1982 with a Bachelor of Arts in Liberal Arts & Sciences Individual Study that had an emphasis on Sports Communication and Journalism. He was a four-year letterman at cornerback for the Illini, playing in 44 straight games and starting in 27 games in all, as he played two years each under coaches Gary Moeller and Mike White. He was a two-time recipient of the school's Bruce Capel Award, given for dedication and courage to honor Capel who lost his life serving his country in Vietnam; George received the honor for his junior and senior seasons.

Upon his graduation, White named him the assistant director for player personnel for the Illini, and a year later (1983), he assumed the all sports recruiting coordinator. In March 1984, George took over the recruiting chores solely for football, with his first class ranked No. 1 in the nation by the recruiting services with all in the top 20; he coordinated five classes in all at Illinois when the call came to take him out west to Colorado.

On March 2, 1987, Bill McCartney hired him as Colorado's football recruiting coordinator. Two-and-a-half years later (Dec. 21, 1989), George was promoted to assistant athletic director for football operations, not coincidentally after the Buffaloes finished the regular season with an 11-0 record and the school's first-ever No. 1 national ranking in the polls. CU lost to Notre Dame in the Orange Bowl and would finish No. 4, but came back to go 11-1-1 in 1990, this time defeating the Irish in the Orange Bowl to earn consensus national champion honors.

Shortly thereafter, he left the Buffaloes for Vanderbilt University, where he was reunited with former CU offensive coordinator Gerry DiNardo, who was named the Commodores' head coach a year earlier. In eight years at Vanderbilt (1991-98), he also served as associate athletic director for external operations in conjunction with overseeing the football program. This was where George first expanded his professional role outside of solely football, as he had oversight over all external departments, particularly in the area of managing budgets and developing marketing and promotional strategies for all sports.

George was born April 3, 1960 in Woodstock, Ill., and graduated from Collinsville (Ill.) High School, where he lettered in football, basketball and baseball. He is married to the former Nancy Green, and the couple has two grown daughters, Jenni Reed (husband Tom) and Christi, and two granddaughters (Harper and Maddie).



George's first week on the job ... in 1987.

SUPPORT STAFF



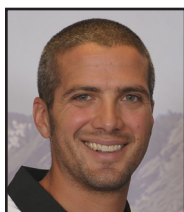
Kimberly Detwiler - Assistant Athletic Trainer - Third Season

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



MT Eisner - Assistant Sports Performance Coach - Seventh Season

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



Jedediah Herb - Academic Counselor - First Season

Jedediah Herb is in his first year as an academic coordinator and seventh year overall with the Herbst Academic Center. He made the move from learning specialist to become the academic coordinator for track & field and cross country in January 2019. Prior to his arrival at CU, Jedediah was an adjunct faculty member for four years at Colorado Mountain College in Steamboat Springs, Colo. During this time, he served a one-year term as the Vice President of Adjunct Affairs. He spent his last two years as the coordinator of the TRiO success center, coordinating student services programs designed to identify and provide educational advising for individuals from disadvantaged backgrounds. A native of New Jersey, Jedediah attended Lacey Township High School where he played baseball, tennis, and wrestled. Jedediah earned his bachelor's degree in elementary education from Kean University in 2003 where he graduated Cum Laude. He then moved on to earn his master's degree in special education from CU-Denver.



Tim Horton - Assistant Equipment Manager - 19th Season

Tim Horton is his 27th year at CU, his 19th as the assistant equipment manager for Olympic Sports, as he joined the CU staff in the fall of 1992. His primary duties at Colorado are handling the equipment needs for the non-revenue sports, along with helping the football program on game day. The student-athletes selected him as the 2002-03 Staff Member of the Year for his contributions and time dedicated to the success of the members of CU's 17 intercollegiate programs, presenting him with the honor at the 2003 CUSPY's. He graduated from the University of Northern Colorado in 1979, earning a bachelor's of science degree in business administration and marketing. He was a member of the Bears' ski team while in college. Born Dec. 11, 1956 in Leadville, Colo., he graduated from Boulder's Fairview High in 1975, where he lettered in football. An avid bicyclist, he participated in the 2004 Ride The Rockies to test his endurance over the 350-plus mile trek. Horton also rode the Denver Century in June 2014 and raised over \$1,500 for cancer research in search of the Leukemia Lymphoma Society. He has a son, Davis Paul and is a 12-year cancer survivor.



Linda Sprouse - Associate Sports Information Director - 15th Season

Linda Sprouse enters her 15th season as the assistant sports information director for the CU cross country team. She also works with the women's golf and lacrosse programs. Sprouse served as the media coordinator for the 2013 Pac-12 Cross Country, 2008 Big 12 Outdoor Track & Field Championship, and the inaugural 2018 Pac-12 Lacrosse Tournament. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women's Division II and III and men's Division III volleyball programs. Sprouse served as a graduate assistant in the athletic communications office at Minnesota State University from 2001-03. She worked with several of the Mavericks' programs, including volleyball, women's ice hockey and women's basketball. Sprouse earned her bachelor's degree in Mass Communications from MSU in 2001 and completed her master's of science in sport administration from MSU in December '07. A native of New Ulm, Minn., she earned two letters as a member of the tennis team. The former Linda Poncin is married to Nick Sprouse, the director of olympic sports/equipment operations at CU. The couple has a daughter, Lily, and resides in Thornton, Colo.

THE PAC-12 CONFERENCE

Conference History

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

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

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

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

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

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

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

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

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

Currently, the Pac-12 sponsors 11 men's sports and 13 women's sports, with the most recent additions coming in the 2017-18 (women's lacrosse) and 2015-16 (beach volley-

ball) academic years. Additionally, the Conference is a member of the Mountain Pacific Sports Federation (MPSF) in four other men's sports and two women's sports.

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

Conference of Champions

Built on a firm foundation of academic excellence and superior athletic performance, the Pac-12 Conference renewed its undisputed claim as the Conference of Champions® in 2018-19. Beyond the courts and fields, the Pac-12's accomplishments extend into the classrooms across 12 campuses, and outside its traditional geographic footprint into new corners around the world.

The only conference to win 500 NCAA Championships, the Pac-12 once again led the nation in 2018-19 with 13 NCAA crowns. This haul adds to an incredible 188 NCAA team titles claimed since 1999-2000 and 330 since 1981-82, the start of women's sports sponsorship, an average of nearly nine per year. Even more impressive has been the breadth of the Pac-12's success with championships coming in 28 different men's and women's sports. The Pac-12 has led or tied the nation in NCAA Championships in 53 of the last 59 years, with the exceptions coming no lower than third.

For the 14th-consecutive year, the Pac-12 had the most, or tied for the most, NCAA titles of any conference in the country, winning at least six every year since 1999-2000. No other conference has won double-digit NCAA crowns in a single year, the Pac-12 doing so 11 times, including a record 14 in 1996-97.

Spanning over a century of outstanding athletics achievements, the Pac-12 has claimed 526 NCAA Championships (304 men's, 191 women's, 31 combined), over 200 more than the next league.

Pac-12 members have won 304 NCAA team championships on the men's side, 85 more than the next-closest conference. Men's NCAA crowns have come at a phenomenal rate for the Pac-12 - 16 basketball titles by six schools, 54 tennis titles, 47 outdoor track & field crowns, and 29 baseball titles. Pac-12 members have won 25 of 49 NCAA titles in volleyball, 45 of 50 in water polo, 31 in skiing, and 25 in swimming & diving national championships.

On the women's side, the story is much the same. Since the NCAA began conducting women's championships 38 years ago, Pac-12 members have claimed at least four national titles in a single season on 29 occasions, including every year except one since 2000-01. Overall, the Pac-12 has captured 191 NCAA women's titles, easily outdistancing the SEC, which is second with 103. Pac-12 members have dominated a number of sports, winning 24 softball titles, 24 tennis crowns, 16 volleyball titles, 19 of the last 30 trophies in golf, and 17 in swimming & diving.

Individually, the Conference has produced an impressive number of NCAA individual champions. Over 2,000 (2,379) individual crowns have been won by Pac-12 student-athletes over the years with 1,383 by male student-athletes. Pac-12 women student-athletes have captured an unmatched 808 NCAA individual crowns, an average of over 21 championships per season, including 29 in 2018-19. Student-athletes have also captured 188 individual titles at combined championships (i.e., skiing and fencing).

ACADEMICS AND ATHLETICS

ACADEMIC ALL-CONFERENCE

First Team

| | | | | | |
|----------------------|------------------|------------------------|------------------|--------------------|--------------|
| Michelle Bews | 1985 | Lesley Higgins | 1999, 00, 01 | Andy Wacker | 2008, 09 |
| Andrew Dunn | 1986, 87, 88 | Jodie Hughes | 1999, 00, 01 | Matthew Biegner | 2009, 10 |
| Sarah Hanson | 1985 | Kara Grgas-Wheeler | 1999, 00 | Megan Burrell | 2009, 10 |
| Tom Kresl | 1985 | Tera Moody | 2000, 01, 02 | Katie Cumming | 2009, 10 |
| Michelle Kantor | 1988, 89, 90 | Liz Sabochik | 2000, 01 | Seth DeMoor | 2009 |
| Bill Hinkley | 1988 | Aaron Blondeau | 2000, 01 | Stephen Kasica | 2009, 10 |
| Eric Meleney | 1989 | Chris Schafer | 2000 | Diana George | 2010 |
| Amy Merten | 1989 | Jorge Torres | 2000 | Kelly King | 2010 |
| Pat Dolan | 1990, 91 | Ed Torres | 2000 | Nikki Look | 2010, 12 |
| Shannon Busch | 1990 | Sara (Gorton) Slattery | 2001, 04 | Jerome Perkins | 2010, 12 |
| Jennifer Jones | 1989 | Anna Wright | 2001 | Brooke Regan | 2010 |
| Wendy Smith | 1990, 91 | Catherine Wright | 2001 | Ryan Savercool | 2010 |
| Andy Samuelson | 1991, 92 | Sara Hamlin | 2001 | Matt Tebo | 2010 |
| Dave Barbieri | 1992, 93 | Jon Severy | 2001, 02, 03, 04 | Laura Tremblay | 2010 |
| Micah Moore | 1992 | Jared Scott | 2001, 03, 04 | Elizabeth Tremblay | 2010 |
| Jay Cleckler | 1992, 93, 94 | Sean Smith | 2001 | Rachel Viger | 2011, 12, 13 |
| Ben Bossut | 1993 | Zach Crandall | 2001 | Mandy Ortiz | 2014 |
| Patty Roberts | 1993, 95 | Austin Baille | 2002, 04, 05 | David Emmer | 2014 |
| Scott Larson | 1993 | Travis Macy | 2002 | Ben Saarel | 2014, 16 |
| Allison Lusby | 1994 | Jamie Rosenquist | 2002 | Kaitlyn Benner | 2015, 16, 17 |
| Rachel McKeen | 1994 | Shannon Yessak | 2002 | Melanie Nun | 2015 |
| Jon Cooper | 1994, 95 | Matt McCue | 2003, 04 | Mackenzie Caldwell | 2016 |
| Tim Catalano | 1994 | Katie Kissane | 2003 | Adam Peterman | 2016, 17 |
| Chris Severy | 1995, 96, 98 | Payton Batliner | 2004, 05 | Sage Hurta | 2017, 18 |
| Alan Culpepper | 1995 | Will Campbell | 2004, 05 | Brianna Schwartz | 2017, 18 |
| Kelly Smith | 1995, 96, 97 | Pete Janson | 2004, 06, 07 | | |
| Kristina Dahlberg | 1995 | Daniel Kenney | 2004, 05, 06 | | |
| H. Burroughs | 1995, 96, 97, 98 | Brent Vaughn | 2004, 06, 07 | | |
| Colleen Glyde | 1995 | Christine Bolf | 2004 | | |
| Adam Batliner | 1996, 97, 98 | Allison Bruce | 2004 | | |
| Jay Johnson | 1996, 98 | Kristen Hoogheem | 2004, 05 | | |
| Matt Napier | 1996, 97 | Erin Marston | 2004, 06, 07 | | |
| Chris Schafer | 1996, 97, 98 | Renee Metivier | 2004 | | |
| Zeke Tiernan | 1996, 97 | Erik Heinonen | 2005, 06 | | |
| Lindsay Arendt | 1996, 97, 98, 99 | Bret Schoolmeester | 2005 | | |
| Deb Rieck | 1996, 97, 99 | Kalin Toedebusch | 2005 | | |
| Heidi Scarlett | 1996, 97 | Jenny Barringer | 2006, 07, 09 | | |
| Oscar Ponce | 1998 | Rachel Gioscia | 2006 | | |
| Chris Valenti | 1998 | Jennifer Hooper | 2006, 07 | | |
| Matt Elmuccio | 1998 | Kenyon Neuman | 2006 | | |
| Briana Stott-Messick | 1998 | Caitlin Schultheiss | 2006 | | |
| Jen Gruia | 1998 | Anna Chase | 2007 | | |
| Gia White | 1998 | Emily Hanenburg | 2007, 08, 09 | | |
| Lindsay Bradfield | 1998 | Bradley Harkrader | 2007, 08 | | |
| Theresa Dean | 1998 | Dani Rodriguez | 2007 | | |
| Liz Sabochik | 1998, 00, 01 | Aislinn Ryan | 2007 | | |
| Molly Austin | 1999, 01 | Sara Vaughn | 2007 | | |
| Jen Fazioli | 1999, 00, 01 | Richard Medina | 2008, 09 | | |
| | | Allison Sawyer | 2008 | | |
| | | Laura Thweatt | 2008, 09, 10 | | |

ACADEMICS AND ATHLETICS

Honorable Mention/Second Team

| | | | | | |
|--------------------|----------|--------------------|------------------|--------------------|--------------|
| Michelle Bews | 1986, 88 | Anthony Chiulli | 2004, 05, 06 | Melanie Nun | 2016, 17 |
| Lize Brittin | 1988 | Bret Schoolmeester | 2004 | Karina Mann | 2016, 17, 18 |
| Annie Farris | 1988 | Greg Castro | 2005, 07 | Justice Ramos | 2016, 17, 18 |
| Kaye Rains | 1988 | Pete Janson | 2005 | Madi Boreman | 2017 |
| JoAnne McDonald | 1988 | Shanna Sparks | 2005, 07 | Mackenzie Caldwell | 2017, 18 |
| Brian Reynolds | 1988 | Seth DeMoor | 2006 | Makena Morley | 2017, 18 |
| Bill Whetstone | 1988 | Liza Pasciuto | 2006 | Taylor Scholl | 2017, 18 |
| Nate Wright | 1988 | Dan Edwards | 2007 | Cayla Seligman | 2017 |
| Pat Dolan | 1989 | Matt Herzl | 2007 | Paxton Smith | 2017, 18 |
| William Drake | 1989 | Kenyon Neuman | 2007, 08, 09 | Holly Bent | 2018 |
| William Hinkley | 1989 | Christian Thompson | 2008, 09 | Baylee Jones | 2018 |
| Andy Samuelson | 1990 | Emma Coburn | 2009, 10, 11 | Lindsey Kock | 2018 |
| Jason Pozner | 1990 | Jordan Kyle | 2009 | | |
| Amy Merten | 1991 | Allison Sawyer | 2009 | | |
| Brett Larsen | 1991 | Courtney Bouchet | 2010, 11, 12, 13 | | |
| Scott Larson | 1991 | Camille Logan | 2010, 11, 12 | | |
| Chris McDonald | 1991 | Brennan Lynch | 2010 | | |
| Steve Barbieri | 1992 | Nathan Rice | 2010 | | |
| Jason Drake | 1992, 93 | Andy Wacker | 2010 | | |
| Donelly Larson | 1992 | Jeff Warren | 2010, 12 | | |
| Mike Sobolik | 1992 | Matt Biegner | 2011, 12 | | |
| Jennifer Jones | 1992 | Katie Cumming | 2011 | | |
| Catherine Fahres | 1992 | Lara Darco | 2011, 12 | | |
| Julia Huff | 1992 | Diana George | 2011, 12 | | |
| Molly Curran | 1993 | Stephen Kasica | 2011 | | |
| Michell Wilkolaski | 1993 | Kelly King | 2011 | | |
| Ricky Cron | 1993 | Richard Medina | 2011 | | |
| Kestrel Bishop | 1994, 95 | Ryan Savercool | 2011, 12 | | |
| Holly Stanish | 1994 | Blake Theroux | 2011 | | |
| Jeremy Gintoft | 1994 | Liz Tremblay | 2011, 12, 13 | | |
| Zeke Tiernan | 1994, 95 | Andy Wacker | 2011 | | |
| Adam Batliner | 1995 | Joe Bosshard | 2012 | | |
| Ewen Nichol | 1995 | Jana Stoltzing | 2012, 13 | | |
| Tom Reese | 1995 | Maddie Alm | 2013, 14, 15 | | |
| Brian Aiken | 1995 | Jenny DeSouchet | 2013, 14 | | |
| Jay Johnson | 1995 | Catrina McAlister | 2013 | | |
| Adrian Armold | 1995 | Morgan Pearson | 2013, 15 | | |
| Jessica Cirelli | 1995 | Carrie Verdon | 2013 | | |
| Rachel McKeen | 1995 | Erin Clark | 2014, 15, 16 | | |
| Laura Bruns | 1996, 97 | Lucy May | 2014, 15, 16 | | |
| Kara Grgas-Wheeler | 1996, 97 | Adam Peterman | 2014 | | |
| Mike Friedberg | 1998 | Eryn Blakely | 2015 | | |
| Megan Clute | 1998 | Christian Martin | 2015, 16, 17 | | |
| Wes Berkshire | 1999 | Paul Miller | 2015, 16 | | |
| Zach Crandall | 2000 | Ryan Forsyth | 2016, 18 | | |
| Molly Austin | 2002 | Reilly Friedman | 2016 | | |
| Sara Gorton | 2002 | Ethan Gonzales | 2016, 17, 18 | | |
| Jared Scott | 2002 | Chris Herrick | 2016, 17 | | |
| Matt McCue | 2002 | Dani Jones | 2016, 17, 18 | | |
| | | Joe Klecker | 2016, 17, 18 | | |

USTFCCA ALL-ACADEMIC

| | |
|----------------------|------------------|
| Adam Batliner | 1996 |
| Matt Napier | 1996 |
| Chris Severy | 1996 |
| Kelly Smith | 1996, 97 |
| Jennifer Smith | 1997 |
| Briana Stott-Messick | 1997 |
| Jenny Barringer | 2006, 07, 09 |
| Erik Heinonen | 2006 |
| Brent Vaughn | 2006, 07 |
| Brad Harkrader | 2007 |
| Erin Marston | 2007 |
| Sara Vaughn | 2007 |
| Richard Medina | 2008 |
| Laura Tremblay | 2009, 10 |
| Andy Wacker | 2011 |
| Erin Clark | 2013, 14, 15, 16 |
| Jenny DeSouchet | 2013, 14 |
| Abby Levene | 2013 |
| Melanie Nun | 2013, 15, 17 |
| Morgan Pearson | 2013, 15 |
| Ben Saarel | 2013, 14, 15, 16 |
| Liz Tremblay | 2013 |
| Maddie Alm | 2014, 15 |
| Kaitlyn Benner | 2014, 15, 16, 17 |
| Sara Sutherland | 2014 |
| Joe Klecker | 2016, 17, 18 |
| Mackenzie Caldwell | 2016, 18 |
| Sage Hurta | 2016, 17, 18 |
| Makena Morley | 2016, 17, 18 |
| Brianna Schwartz | 2017 |
| Tabor Scholl | 2018 |

ACADEMICS AND ATHLETICS

CoSIDA ACADEMIC ALL-AMERICANS



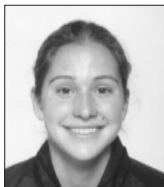
Jenny Barringer



Kaitlyn Benner



Heather Burroughs



Kara Grgas-Wheeler

ACADEMIC ALL-AMERICANS Fall/Winter At-Large

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



Erik Heinonen



Jodie Hughes



Sage Hurta



Nikki Look

Cross Country/Track

- 2001 Jodie Hughes (2nd Team)
2003 Jon Severy (3rd Team)
2005 Jon Severy (1st Team)
Renee Metivier (1st Team)
2007 Erik Heinonen (1st Team)
2008 Jenny Barringer (1st Team)
Brent Vaughn (1st Team)
2009 Jenny Barringer (1st Team)
2010 Jenny Barringer (1st Team)
2013 Nikki Look (1st Team)
2015 Ben Saarel (3rd Team)
2016 Ben Saarel (2nd Team)
2018 Ben Saarel (1st Team)
Kaitlyn Benner (3rd Team)
2018 Kaitlyn Benner (2nd Team)
Sage Hurta (2nd Team)



Renee Metivier



Ben Saarel



Chris Severy



Jon Severy



Kelly Smith



B. Stott-Messick



Brent Vaughn

POST GRADUATE SCHOLARSHIPS

Big Eight/Big 12

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

NCAA

- Heather Burroughs 1999
Kara Grgas-Wheeler 2001
Jessica (Pixler) Tebo 2011
Nikki Look 2013
Christian Martin 2019



Aaron Blondeau



Ben Bossut



Jon Cooper



Rachel Gioscia



Christian Martin



Jessica (Pixler) Tebo

ACADEMICS AND ATHLETICS

STEPS

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

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

- Interview Skills
- Job Placement
- Contract Negotiation

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

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

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

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

- **Career Services**

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

- **Exit Physical**

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

- **Counseling and Psychological Services**

- **Graduation Checklist**

- **Alumni C-Club**

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

- **Post-Graduate Scholarships**

- **Professional Sports Counseling Panel**



ACADEMICS AND ATHLETICS

READ WITH THE BUFFS

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



BOULDER/DENVER TRIVIA AND FACTS

Top 10 Cheap Things To Do In Boulder

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

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

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

- While Boulder has 10 microbreweries, Denver brews more beer than any other American city.

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

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

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

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

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

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

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

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

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

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

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

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



BOULDER/DENVER TRIVIA AND FACTS



- Boulder's Third Flatiron towers 1,400 feet high, a few hundred feet higher than the Empire State Building, and has been climbed by people without using their hands, on roller skates, naked and in eight minutes (by separate climbers).
- A 1992 survey by the Centers for Disease Control found that Colorado had fewer overweight people per capita and more people who exercise than any other state.
- A Colorado Daily poll found that seven out of ten Boulderites own bicycles. Another guide book states that Boulder's bicycle count is approximately 93,000- almost equal to the total population.
- The Chatauqua Auditorium is an all-wood structure built in 1898. In the evening, when the Colorado Music Festival musicians stop playing, you can often hear the rafters-dwelling owls hoot capita than any other city in the country.
- Boulder is going to the dogs! Recent visitor counts to Boulder Mountain Parks found a ratio of 1 dog to every 5 visitors.
- Every year Boulder Mountain Parks core area receives 1.8 million visits. If that many people made a human chain, it would stretch from Boulder to New York City.

Quick Bites

Runner's World: "Best Running City"

Self: "Thinnest City In America"

Sunset: "The West's Best City" and "No. 1 Green and Clean City" and "No. 2 College Town"

Seventeen: "Top 10 Places for Teens"

Forbes: No. 4 ranking in "Best Places" and Best Cities for singles (with Denver)

Health: "10 Fittest Cities"

Outside: "Best place to be an Uberjock" and the No. 2 ranked Best College Town

Money: No. 2 ranking in "Best Places To Live"

Shape: No. 2 ranking in "Fittest City"

Animal Wellness: No. 1 city for dogs and cats

COLORADO BY THE NUMBERS

2

National Parks in Colorado

8

National Monuments and Recreation Areas in Colorado

15

National Forests and National Grasslands in Colorado

21

Scenic and Historic Byways in Colorado

40

State Parks in Colorado

54

Colorado peaks over 14,000 feet in elevation

325

Days of sunshine the Front Range sees each year

450

Square miles of bodies of water in Colorado

469

Length in miles of the Colorado Trail

786

Acres on the main campus in Boulder

1,450

Length in miles of the Colorado River and the Rio Grande

3,350

Lowest elevation in Colorado (Arkansas River)

6,800

Average elevation in Colorado

14,443

Highest elevation in Colorado (Mt. Elbert)

104,247

Size of Colorado in square miles

3.8 million

Colorado population in 1998

126 million

Years geologists estimate it will take for the Rocky Mountains to erode away

1.7 billion years

How long ago the rock in the Rocky Mountains was formed

WHAT THEY'RE SAYING ABOUT BOULDER



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

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

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

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

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

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

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