

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."

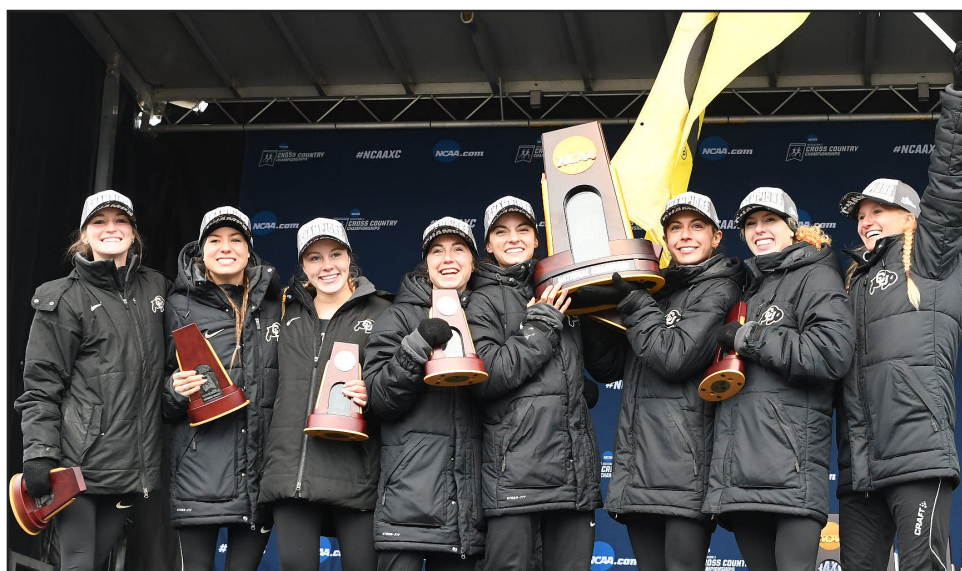
NCAA Mountain Region Championships will be in Salt Lake City, Utah, this year on Nov. 14. The NCAA Championships return to Terre Haute, Ind. For the 12th time in 16 years and will take place on Nov. 23.



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.