

# 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 Ritzenein	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 Ritzenein (2001, 03)



Stephen Pifer (2004, 05, 06, 07)



Joe Bosshard (2010, 11)

# ALL-AMERICANS

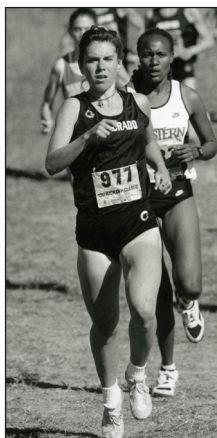
## Women (1976-Present)

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) Skattery 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

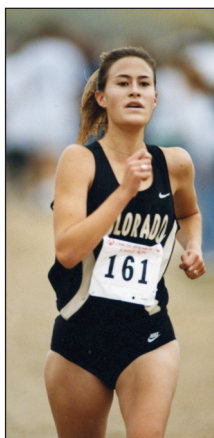
Jenny Barringer 2006, 07  
 Sara Vaughn 2007  
 Allie McLaughlin 2009  
 Shalaya Kipp 2010, 11, 12, 13  
 Laura Tremblay 2010  
 Emma Coburn 2011  
 Erin Clark 2014, 15  
 Kaitlyn Benner 2015, 16, 17  
 Mackenzie Caldwell 2016  
 Sage Hurta 2016, 17, 18  
 Dani Jones 2016, 17, 18  
 Val Constien 2018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



Heather Burroughs (1994, 95, 98)



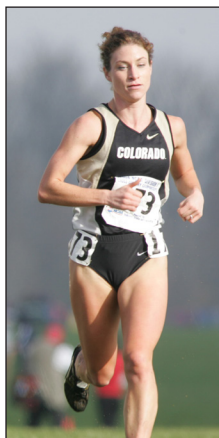
Patty Roberts (1994, 95)



Molly Austin (2001, 02)



Christine Bolf (2004, 05)



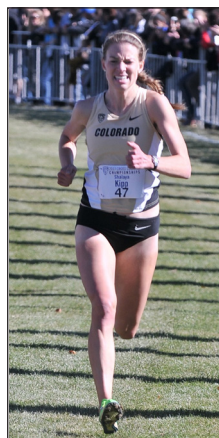
Renee Metivier (2002, 04)



Sara (Gorton) Skattery (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

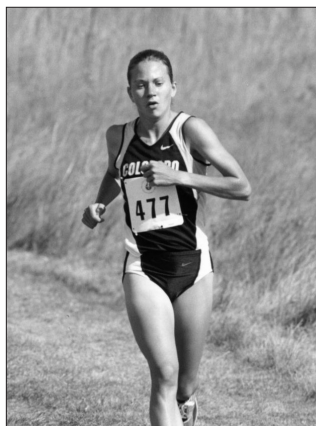
1985, 86, 87, 88  
 1985  
 1985  
 1985, 86  
 1986  
 1986  
 1987, 88, 89  
 1987  
 1988, 89  
 1985, 86, 88  
 1988, 89  
 1992, 93  
 1992, 93  
 1992, 93  
 1991, 92  
 1993, 94  
 1993, 94, 95  
 1993  
 1994  
 1994, 95  
 1994, 95, 97, 98  
 1994, 95, 97  
 1996, 97, 98  
 1996  
 1996  
 1996,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

Steve Slattery  
 Dathan 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

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

