

2021 COLORADO CROSS COUNTRY



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2020* TEAM FINISHES

	Men	Women
Pac-12 Championships	2/60pts.	2/50
NCAA Championships	14/398 pts.	7/279
Letterwinners Ret/Lost	8/0	8/0
All-Americans Ret/Lost	2/0	1/0
Postseason Scorers Ret/Lost	6/0	6/0
Newcomers	13	7

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

COLORADO AT A GLANCE

Location	Boulder, Colo. (108,250)
Founded	1876
Enrollment	34,975
Colors	Silver, Gold and Black
Nickname	Buffaloes (Bufs)
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	Jill Keegan

CROSS COUNTRY INFORMATION

Head Coach	Mark Wetmore (27th 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

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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)

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2021 SCHEDULE

Sept. 3	at Wyoming Invitational	Cheyenne, Wyo.
Sept. 18	at Cowboy Jamboree	Stillwater, Okla.
Oct. 15	at NCAA Pre-National Invitational	Tallahassee, Fla.
Oct. 29	at Pac-12 Championships	Salt Lake City, Utah
Nov. 5	at NCAA Mtn Region Championships	Provo, Utah
Nov. 20	at NCAA Championships	Tallahassee, Fla.

HEAD COACH MARK WETMORE



MARK WETMORE
Head Coach, 27th Season

Colorado head coach Mark Wetmore enters his 29th season at Colorado, his 27th 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 140 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 31-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 (2011-16) and again in '19 for seven titles, while his women have won a total of 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). In 2019, Joe Klecker became the first CU male to win a Pac-12 cross country title and in 2020, Eduardo Herrera recorded the second straight title for the men.

On the track, Wetmore's athletes have had a strong presence at the conference, national and professional levels. They've captured 108 individual conference titles, two conference team titles, 22 NCAA individual titles and earned 225 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, 12 CU athletes or graduates have earned 22 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
18th Season

Colorado's first female three-time cross country All-American, Heather Burroughs is in her 18th 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 19 conference championship teams, six NCAA Championship teams, one individual NCAA Champion and 157 All-Americans, all in cross country. 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.

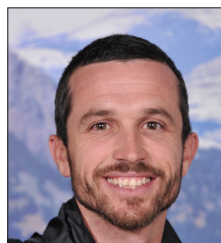
In Burroughs' 17 track seasons assisting the men's and women's middle and long distance runners, CU athletes have made an impact at the conference, NCAA, American and world levels. To date, 59 have captured individual conference titles and 126 have earned All-American accolades. The women have won 15 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. The duo also coached Val Constien, another Buff turned professional, to her first Olympic team in the steeplechase. She made the finals of the 2020 games in Tokyo.

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
12th Season

Billy Nelson, a 2008 Olympian, is in his 12th year as an assistant coach and recruiting coordinator for the Buffalo's cross country and track & field program.

During his time at CU, Nelson has helped recruit athletes who have combined for 122 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-America awards.

Nelson has assisted with 11 conference championship teams, as well as three NCAA team championships and a pair of NCAA team 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 and the following year Joe Klecker was the men's runner-up.

Prior to joining CU's coaching staff, Nelson had a successful career. He won the 2011 USAF 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 six All-America honors 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 four children, Arabella, Noah, Lonnie Jack and Wyatt Watkins.

COACHING STAFF



Karen Lechman
Director of Operations
20th Season

Karen Lechman is in her 15th year as the director of operations, but her 20th 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, as well as two grandchildren.



JENNY SIMPSON
Volunteer Coach
10th 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 10th 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.

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.

2021 SEASON OUTLOOK

Less than six months after racing at the 2020 NCAA Cross Country Championships March 15, 2021, in Stillwater, Okla., the University of Colorado will start the 2021 campaign.

Both the men's and women's teams were not satisfied with their finishes during the 2020 season and are excited for the opportunity to get going and race in a more typical atmosphere. The women were seventh at NCAAs, while the men were 14th; both placed second at the Pac-12 Championships on March 5, 2021.

Training for the upcoming season got underway in August and now with the first meet looming, it is fair to say there is a "normal" feeling in the air.

The opening race of the campaign will be the Wyoming Invitational in Cheyenne, Wyo., on Friday, September 3. It's been a race the Buffs have opened their season with the last few years (except for 2020) as it is a great way to gauge where everyone's fitness is and what work needs to be done in the next eight weeks before nationals.

A new meet this year is the addition of the Cowboy Jamboree in Stillwater, Okla., September 18. The Cowboy Jamboree is one of the longest-running meets in the country and usually attracts some quality opponents, making it a good early test for CU. One month later the Buffs will head to Tallahassee, Fla., for the NCAA Pre-National Invitational on October 15. Florida State will host the meet as the Seminoles will host the NCAA Championship for the first time in November.

Pre-Nationals is the final test before the postseason starts. Utah is the host of the Pac-12 Championship on October 29, in Salt Lake City and then BYU will host the NCAA Mountain Region Championship two weeks later on November 12. The NCAA Championship will take place on November 20, in Tallahassee.

The schedule is about as normal as CU can get. But there is something unusual when it comes to the rosters. Due to the transfer portal, this year there are many new faces on the team which include many graduate transfers and freshmen that could help both teams.

"We will have three male and two female experienced people joining our squads that could help our varsities immediately," head coach Mark Wetmore said at CU's annual fall sports media day. "Then also, we've had a successful year with young people, with true freshmen. Most noticeably on the men's side where we have 10, usually we have four. So there are a lot of new faces."

Those new faces join an already talented group of runners as the Buffs did not lose a single scorer or letterwinner from the 2020 season.

On the men's side, there are two returning All-Americans in Eduardo Herrera and Alec Hornecker. Herrera also won the 2020 Pac-12 men's individual crown and has the chance to become the first CU male to win back-to-back individual titles since Jorge Torres won three straight Big 12 titles (2000-02). In addition to his win at conference, Herrera recorded a runner-up finish at the FSU Winter Classic and a third-place finish at the Battle Born Collegiate Challenge. Hornecker was the No. 2 scorer for CU at the first three meets of the 2020 season, finishing eighth, seventh and 11th, respectively, before leading the Buffs at NCAAs. His 11th-place finish came at conference.

CU's other returning scorers are Hunter Appleton, Jace Ascebrener, Ethan Powell, Paxton Smith and Austin Vancil, who, along with Hornecker, was named to the All-Pac-12 Second Team.

The women return an All-American in Abby Nichols who placed 18th at the 2020 Championship. She led the Buffs at nationals and at the Battle Born Collegiate Challenge. Nichols also earned All-Pac-12 Second Team honors with an eighth-place finish, three spots behind teammate Rachel McArthur who was fifth overall to earn first team all-conference honors. McArthur was the team's leader in two races – the other being the season opener, the FSU Winter Classic, where she was also fifth.

Colorado's other returning scorers are Madie Boreman, Elizabeth Constien, Emily Covert and Micaela DeGenero as all four scored in at least one of the four varsity meets. Boreman and DeGenero both joined Nichols on the All-Pac-12 Second Team.

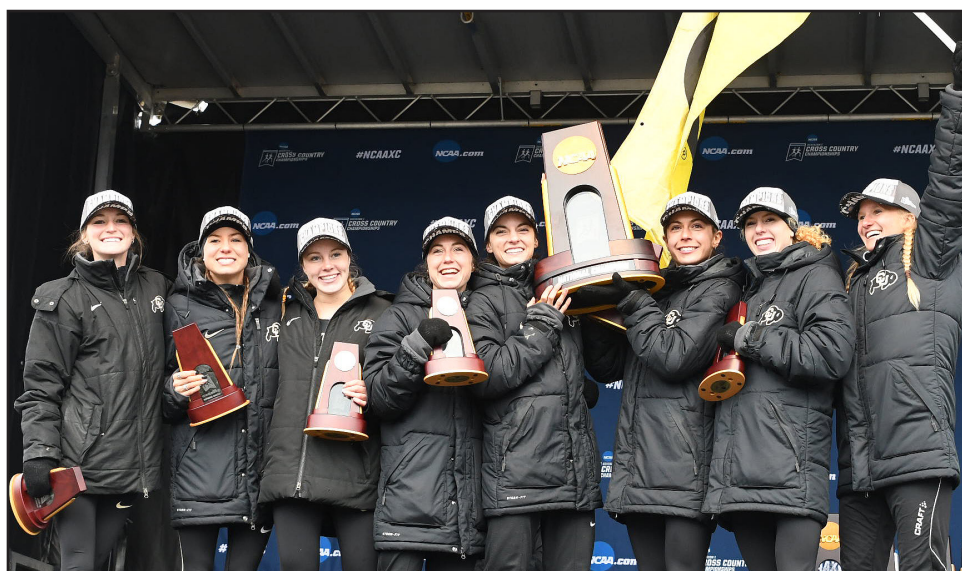
Just as the Buffs have gotten better with experience, transfers and newcomers, it is to be expected their opponents have gotten better as well.

The Pac-12 is always one of the best conferences, if not the best conference, in the country for distance running. This year should prove no different with eight programs, four men's and four women's, ranked in the USTFCCA preseason poll. On the women's side, Stanford leads the league at third and Colorado is eighth. Washington is 10th and Oregon State comes in at 22nd. The men are led by Oregon at fourth, but Stanford is right behind at fifth. The Buffs are 12th, one position in front of Washington (13th).

A TRADITION OF EXCELLENCE

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

Program	'94	'95	'96	'97	'98	'99	'00	'01	'02	'03	'04	'05	'06	'07
Stanford	13	14	2	3	4	7	7	7	3	2	11	7	5	20
COLORADO	6	6	9	6	10	15	3	9	9	11	2	7	3	30
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
Georgetown	19	14	--	--	23	18	12	16	16	23	--	43	40	41
Michigan	9	18	--	11	15	20	--	--	--	--	32	--	--	45
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	--	--	--	--



2021 COLORADO CROSS COUNTRY

A TRADITION OF EXCELLENCE

Con't	'08	'09	'10	'11	'12	'13	'14	'15	'16	'17	'18	'19	'20	Total	Avg.
Stan.	11	26	17	15	19	30	16	17	7	8	10	9	8	298	11.0
COLO.	--	26	21	14	27	8	8	4	9	11	5	13	21	293	11.3
Ore.	3	11	18	--	21	19	12	7	10	11	7	35	--	227	14.0
Wis.	25	--	--	25	--	30	20	--	22	--	18	25	--	335	18.6
Ark.	43	--	--	--	28	27	33	15	24	18	39	31	14	479	20.8
G'town	19	43	33	18	27	--	21	30	--	--	--	--	38	456	24.0
Mich.	40	--	--	35	28	--	29	15	--	--	23	20	--	340	24.3
Prov.	33	31	31	--	--	17	26	--	37	--	--	--	--	440	25.9
NC St.	--	--	44	33	--	--	--	33	26	25	24	31	25	477	26.5
'Nova	37	15	24	16	47	37	--	--	--	--	47	47	--	437	29.2

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



A TRADITION OF EXCELLENCE



Colorado Cross Country

140 All-Americans...

36 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 three American men's champions and two American women's champions. 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 Division I titles at one school: Men's and Women's Teams, Men's and Women's Individuals. He has won each of the four titles more than once. 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.

2021 ROSTERS

WOMEN

Name	Ht	Yr	Exp.	Hometown (High School/College)
Karina Andersen	5-7	Fr.	HS	Rocklin, Calif. (The Thacher School)
Kaitlyn Barthell	5-6	Jr.	VR	Arcadia, Okla. (Casady)
Carley Bennett	5-8	Fr.	VR	Lakewood, Colo. (Lakewood)
Madie Boreman*	5-9	Sr.	4L	Round Rock, Texas (Rouse)
Tiya Chamberlin	5-2	Fr.	VR	Golden, Colo. (Wheat Ridge)
Kyla Christopher-Moody	5-3	Fr.	VR	Royal Oak, Mich. (West Bloomfield)
Elizabeth Constien*	5-6	So.	2L	Edwards, Colo. (Battle Mountain)
Emily Covert*	5-6	Fr.	1L	Minneapolis, Minn. (Washburn)
Micaela DeGenero*	5-2	Sr.	1L	Granville, Ohio (Granville/Michigan)
Annie Hill	5-2	So.	1L	Kalispell, Mont. (Glacier)
Camille Jackson	5-10	Fr.	1L	Ames, Iowa (Ames)
India Johnson	5-1	Sr.	TR	Hilliard, Ohio (Hilliard Davidson/Michigan State)
Bella Longo	5-6	Fr.	HS	Vista, Calif. (Mission Vista)
Rachel McArthur*	5-8	Sr.	2L	Bristow, Va. (Patriot/Villanova)
Joelle McDonald	5-4	Fr.	HS	Niwot, Colo. (Niwot)
Alisa Meraz-Fishbein	5-4	Fr.	VR	Albuquerque, N.M. (Albuquerque)
Hannah Miniutti	5-2	Fr.	HS	Roswell, Ga. (Blessed Trinity Catholic)
Abby Nichols*	5-2	Sr.	1L	Kettering, Ohio (Archbishop/Ohio State)
Bailey Nock	5-9	So.	VR	Iowa City, Iowa (Iowa City West)
Elliot Pribramsky	5-7	Fr.	HS	Vail, Colo. (Vail Mountain)
Elle Orie	5-9	Sr.	TR	Buffalo, N.Y. (Nardin Academy/Cornell)
Rylee Robinson	5-4	Fr.	VR	West Bloomfield, Mich. (Waterford)
Anna Shults	5-8	Fr.	VR	Lafayette, Colo. (Peak to Peak Charter)
Whitney Valenti	5-6	Fr.	VR	Brea, Calif. (Brea)

*-indicates returning 2020 postseason scorer

2021 ROSTERS

MEN

Name	Ht.	Yr	Exp.	Hometown (High School/College)
Hunter Appleton*	5-8	Fr.	1L	New Orleans, La. (Brother Martin)
Jace Aschbrenner	6-1	Fr.	1L	Newbury Park, Calif. (Newbury Park)
Alex Baca	5-7	Fr.	HS	Gunnison, Colo. (Gunnison)
Jake Derouin	6-1	Fr.	VR	Eden Prairie, Minn. (Eden Prairie)
Brendan Fraser	5-8	Jr.	TR	Pontiac, Mich. (Notre Dame Prep/Notre Dame)
Zack Gacnik	5-8	Fr.	HS	Conifer, Colo. (Conifer)
Ben Greene	5-10	Fr.	HS	Falmouth, Maine (Falmouth)
Kashon Harrison	5-7	So.	1L	Fruitland, N.M. (Kirtland Central)
Lukas Haug	6-1	Fr.	HS	Boulder, Colo. (Boulder)
Eduardo Herrera*	5-8	Sr.	4L	Madera, Calif. (Madera South)
Noah Hibbard	5-11	Fr.	VR	Arcadia, Calif. (Arroyo)
Alec Hornecker*	5-9	Sr.	2L	Golden, Colo. (Golden/Portland State)
Jonathan Horton	5-9	So.	VR	Tulsa, Okla. (Metro Christian Academy)
Stephen Jones	6-4	Sr.	VR	Troy, Ohio (Troy/Mississippi State)
Andrew Kent	6-2	Sr.	TR	Atlanta, Ga. (Lakeside-DeKalb/Georgia Tech)
Ryan Lindrud	6-3	So.	VR	Basking Ridge, N.J. (Ridge/Manhattan College)
Josh Medina	5-7	Fr.	HS	Alamosa, Colo. (Alamosa)
Caleb Niednagel	5-10	Fr.	VR	Mission Viejo, Calif. (La Costa Canyon)
James Overberg	5-10	Fr.	HS	Westminster, Colo. (Centaurus)
Ethan Powell*	5-10	Jr.	1L	Colorado Springs, Colo. (Air Academy/Kansas State)
Shaw Powell	6-0	Fr.	VR	Portland, Ore. (Christian Brothers Academy)
Grady Rauba	5-9	Fr.	HS	Longmont, Colo. (Niwot)
Charles Robertson	6-0	Fr.	HS	Portland, Ore. (Franklin)
Tyler Scholl	6-5	Fr.	HS	Kremmling, Colo. (Colorado Connections Academy)
Paxton Smith*	5-9	Sr.	4L	Highlands Ranch, Colo. (Mountain Vista)
Charlie Sweeney	6-0	Jr.	TR	Owings, Md. (Northern/Western Colorado)
Josh Torres	5-7	So.	VR	Greeley, Colo. (Northridge)
Austin Vancil*	5-10	So.	2L	Morrison, Colo. (Dakota Ridge)
Charlie Welch	5-10	Fr.	HS	Denver, Colo. (George Washington)

*-indicates returning 2020 postseason scorer

COLORADO BUFFALOES



KARINA ANDERSEN

Freshman • HS

Rocklin, Calif.

(The Thacker School)

HIGH SCHOOL: Owns a pair of schools records, both set her senior year in 2021 ... ran 5:07.38 at the Golden West Invitational to set the school record in the mile ... recorded a time of 10:38.98 in the 3,200-meter run at the California state meet for her second school record ... that time was a 14-second PR and placed her third at state ... was the CIF-SS D4 1,600m runner-up and the 3,200m champion in 2021 ... also competed in cross country and climbing ... inducted into Cum Laude Society as a junior.

HIGH SCHOOL BESTS: 1,600-meters: 5:02.41; Mile: 5:07.26; 3,200-meters: 10:38.98.

IN THE CLASSROOM: Interested in mechanical engineering.

PERSONAL: Karina Lynn Anderson ... climbed Mt. Whitney and Mt. Shasta ... enjoys backpacking, mountaineering, climbing, mountain biking, baking, reading and gardening.

TRACK PRs

1,600-m	5:02.41
Mile.....	5:07.26
3,200-m	10:38.98

COLORADO BUFFALOES



HUNTER APPLETON

Freshman • 1L
New Orleans, La.
(Brother Martin)

2020: Raced at all four varsity meets ... was the No. 3 runner at the FSU Winter Classic (Garnet Race), placing 21st overall ... improved to 17th overall at the Battle Born Collegiate Challenge as CU's No. 4 ... scored for the Buffs at the Pac-12 Championships, placing 19th (No. 5), finishing in 23:30.8 ... finished the season 195th at the NCAA Championship.

2019: Redshirt ... did not compete in uniform ... competed twice unattached ... finished 16th at the Wyoming Invitational (9/6) ... was fifth at the RoadRunner Invitational (10/5).

HIGH SCHOOL: Lettered in cross country and track and field at Brother Martin High School ... 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) ... 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 ... 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 ... also raced during the indoor season, winning the state 3,200 title and placing second in the 1,600 ... won another three state titles and a pair of runner-up finishes during his high school career.

HIGH SCHOOL BESTS: 800-meters: 2:04.63; 1,600-meters: 4:19.60; 3,200-meters: 9:01.49.

IN THE CLASSROOM: Integrative physiology major ... has a 3.93 GPA ... member of the 2020 Pac-12 Academic Honor Roll ... 2020 USTFCCA All-Academic Team honoree.

PERSONAL: Hunter Bernard Appleton ... enjoys swimming, fishing and boating.

Results

2020 **Fin/CU** **Time**
at FSU (Garnett) 21/3 24:02
at Battle Born 17/4 23:36
at Pac-12 Championship .. 19/5 23:31
at NCAA Championship 195/7 32:45

2019 **Fin/CU** **Time**
at Wyoming Invite +16 15:41
at RoadRunner Invite +5 25:12
+raced unattached

HONORS

2020 Pac-12 Academic Honor Roll
2020 USTFCCA All-Academic

TRACK PRs

1,500-m 3:58.84
3,000-m 8:17.88
5,000-m 14:17.23
10,000-m 30:50.77

COLORADO BUFFALOES



JACE ASCHBRENNER

Freshman • 1L
Newbury Park, Calif.
(Newbury Park)

2020: Earned a spot on the varsity roster and raced in all four meets ... placed 53rd at the FSU Winter Classic in his CU debut, coming in sixth for the Buffs ... scored for CU at the Battle Born Collegiate Challenge as the fifth harrier, placing 28th ... placed 24th at his first Pac-12 Championship, finishing in 23:37 ... ended the season with a 183rd finish at the NCAA Championship as CU's No. 6.

HIGH SCHOOL: Earned All-America honors in 2019 with an 18th-place finish at Nike Cross Nationals and helped his team win the championships ... Newbury Park High School won back-to-back state titles his junior and senior years ... he was 15th as a junior and improved to second as a senior ... those same years NPHS won sectionals ... was a three-year participant at the CIF State Cross Country Championships ... named first team all-county his

sophomore, junior and senior seasons ... as a member of the track team, he placed 11th in the 3,200-meter run at the CIF State Finals in 2019 (9:11.11) ... just a few weeks prior, he placed third in the 3,200 at the CIF-SS Division I finals ... his senior outdoor season was canceled but he did race indoors ... he ran the mile at the NYRR Millrose Games and placed 10th in 4:18.85 ... was a high school scholar-athlete.

HIGH SCHOOL BESTS: 1,600-meters: 4:24.26; 3,200-meters: 9:05.55.

IN THE CLASSROOM: Mechanical engineering major ... greater than 3.5 GPA ... 2020 USTFCCCA All-Academic team.

PERSONAL: Jace William Aschbrenner ... has two younger siblings ... parents are runners ... father, Jeffrey, ran in high school and his mother, Marcie, is a recreational marathon runner ... enjoys hiking, baking, photography and some video games.

Results

2020	Fin/CU	Time
at FSU (Garnett)	53/6	24:24
at Battle Born	28/5	23:52
at Pac-12 Championship	24/7	23:37
at NCAA Championship	183/6	32:37

HONORS

2020 USTFCCCA All-Academic

TRACK PRs

1,600-m	4:24.26
3,200-m	9:05.55

COLORADO BUFFALOES



ALEX BACA
Freshman • HS
Gunnison, Colo.
(Gunnison)

HIGH SCHOOL: Named the Colorado 3A Cross Country Runner of the Year after winning the state cross country title in 2020 ... was sixth at the state championship the year before as a junior, which earned him back-to-back all-state honors ... was first at the Colorado 3A Region 1 Championship as a junior and senior ... won the 2019 Nike Southwest Region Championship ... went on to place 29th at the 2019 Foot Locker Midwest Region Championship a week later ... finished his senior season on the track with a pair of runner-up finishes at the Colorado State Track and Field Championships in the 1,600 and 3,200-meter runs ... went on to race the 3,200 at Nike Outdoor Nationals and placed 19th in 9:24.99 ... also recruited by Virginia, Syracuse, West Point, Michigan and Dartmouth.

HIGH SCHOOL BESTS: 800-meters: 1:59.85; 1,600-meters: 4:24.29;

3,200-meters: 9:08.48.

IN THE CLASSROOM: Intends to major in integrative physiology.

PERSONAL: Alexander Call Baca ... eldest of four siblings ... enjoys photography and playing guitar ... interested in a career in sports medicine ... shadowed/assisted Dr. Gloria Beim, MD., Team USA Chief Medical Officer and Orthopedic Surgeon.

TRACK PRs

800-m	1:59.85
1,600-m	4:24.29
3,200-m	9:08.48

COLORADO BUFFALOES



KAITLYN BARTHELL

Junior • VR
Arcadia, Okla.
(Casady)

2020: Competed in three races . . . was the No. 6 runner for CU at the FSU Winter Classic and the Battle Born Collegiate . . . placed 39th at FSU and was 37th at the Battle Born Collegiate Challenge . . . raced to a 30th place finish at the Pac-12 Championships.

HIGH SCHOOL: Recorded Casady High School records in the 800, 1600, 3200 and 5K...named all-conference in cross country and track, which included four times for cross country ... named the Oklahoman's Little All-City Prep First Team...placed sixth at the 2016 AAU XC Championships.

HIGH SCHOOL BESTS: 800-meters: 2:22.17; 1,600-meters: 5:16.24; 3,200-meters: 11:22.45.

IN THE CLASSROOM: Pursuing a master's of art in ecology and evolutionary biology . . . carries a GPA greater than 3.6 . . . earned a 4.0 during the spring '20 semester . . . 2020 Pac-12 Academic Honor Roll.

PERSONAL: Daughter of John and Denise Barthell ... mother competed for UC-Davis in cross country ... wants to attain her PhD and research pollinator-plant interactions ... enjoys hiking 14ers and identifying plants ... her father has a bee species named after him, "Eufriesea Barthelli," ... he is her inspiration in studying plant/pollinator interactions.

Results

2020 **Fin/CU.... Time**
aat FSU (Garnett)39/621:13
at Battle Born (Yellow)37/620:46
at Pac-12 Championship ..30/920:24

HONORS

2020 Pac-12 Academic Honor Roll

TRACK PRs

1,500-m4:39.55
Mile.....5:10.07
3,000-m9:40.65
5,000-m16:25.34
10,000-m34:37.02

COLORADO BUFFALOES



CARLEY BENNETT

**Freshman • VR
Lakewood, Colo.
(Lakewood)**

2020: Made her black and gold debut at the FSU Winter Classic ... raced to an eighth-place finish in the gold race, crossing as the fifth Buff ... was CU's No. 7 in the green race of the Battle Born Collegiate Challenge ... placed 10th individual in 21:40.

2019: Redshirt ... did not compete ... raced unattached twice during the season ... placed 19th at the Wyoming Invitational (9/6) and was eighth at the RoadRunner Invitational (10/5).

HIGH SCHOOL: Won the Jeffco League Cross Country Championship three straight years (2016-18) ... raced at the Colorado state meet all four years of high school, making improvements each year ... in her final state race, she recorded a top-10 finish, placing ninth overall in 18:50.3 ... placed 23rd at the NXR Southwest Regional as a junior ... owns two Lakewood High School records ... 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 ... won both the 1,600 and 3,200 at the Jeffco League Championships as a junior ... earned numerous all-conference, league and state honors in her career ... 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 as a senior ... biggest moment in high school came as a freshman when she won the Large School Open race at NXR Southwest in 2015.

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

IN THE CLASSROOM: Majoring in business with an emphasis in finance ... GPA is greater than 3.5 ... 2020 Pac-12 Academic Honor Roll.

PERSONAL: Carley Anne Bennett ... daughter of Mike and Annie Bennett of Lakewood, Colo. ... has one brother, Michael ... Both 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 cross country and track and field All-American at the University of Texas and won a national title in the 5,000-meter run ... she raced professionally and was sponsored at different times by Puma and Nike ... 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...enjoys playing tennis and pickle ball, golfing, hiking, biking, fly-fishing, rafting, tubing and just about anything outdoors.

Results

2020 **Fin/CU** **Time**
at FSU (Gold) 8/5 21:48
at Battle Born (Green) 10/7 21:40

2019 **Fin/CU** **Time**
at Wyoming Invite +19 18:53
at RoadRunner Invite +8 22:26

+raced unattached

HONORS

2020 Pac-12 Academic Honor Roll

TRACK PRs

1,500-m 4:47.50

COLORADO BUFFALOES



MADIE BOREMAN

Senior • 4L
Round Rock, Texas
(Rouse)

2020: Won the gold race at the FSU Winter Classic ... clocked a time of 21:05.1 to finish one second ahead of the runner-up and four seconds in front of the third-place finisher ... was the second Buff to cross the finish at the Battle Born Collegiate Challenge, placing 19th ... earned All-Pac-12 Second Team honors with a 10th-place finish as CU's No. 3 at the Pac-12 Championship ... there she finished in 19:48.6 ... placed 74rd at NAAs, again as CU's third finisher.

2019: Competed twice during the postseason ... was 31st at the Pac-12 Championships, finishing sixth for the Buffs ... was 216th at NAAs and CU's No. 7 runner.

2018: Raced once, finishing ninth at the Wyoming Invitational.

2017: Raced in five meets for the Buffs, earning a spot on the varsity roster as a redshirt freshman ... ran her first race in a CU uniform at the Colorado State Invitational, placing eighth ... in the following meet, the Joe Piane Invite, she 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 ... did not score for the Buffs at the Pac-12 Championships, placing sixth on the team, but she finished quite high at 28th ... 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.

Results

2020 **Fin/CU** **Time**
at FSU (Gold) 1/1 21:06
at Battle Born (Yellow) 19/2 20:17
at Pac-12 Championship .. 10/3 19:49
at NCAA Championship 74/3 21:20

2019 **Fin/CU** **Time**
at Pac-12 Championship .. 31/6 20:36
at NCAA Championship 216/7 22:14

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

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

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

HONORS

2020 All-Pac-12 Second Team
2020 USTFCCA All-Academic
2019, 20 Pac-12 Academic Honor Roll
2017 Pac-12 All-Academic Honorable Mention

TRACK PRs

800-m 2:07.51
1,500-m 4:14.19
Mile 4:41.41
Steeplechase 9:46.48



COLORADO BUFFALOES

HIGH SCHOOL: Was a very successful runner at Rouse High School, earning four letters in cross country and four letters in track and field ... recorded three top-10 finishes at the state cross country meet, winning as a freshman ... was seventh in both her sophomore and senior seasons and placed 15th as a junior ... on her way to competing at the state meet, she won all four region titles ... competed at the Nike Cross Nationals twice, earning her highest finish at 27th as a senior ... earned eight region championships in the 1,600 and 3,200-meter runs between her freshman and senior years ... 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) in 2016 ... later that year, she ran the 1,500 at the adidas Boost Boston Games and placed sixth (4:23.77) ... during the 2016 indoor season, she was sixth (4:47.39) in the mile at the New Balance Indoor Nationals...her 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-meters: 2:15.62; 1,500-meters: 4:23.77; Mile: 4:54.40; 3,200-meters: 10:24.70.

IN THE CLASSROOM: Majoring in psychology and women and gender studies ... has earned a greater than 3.7 GPA ... was selected to the Pac-12 All-Academic honorable mention team in 2017 ... member of the 2019 and '20 Pac-12 Academic Honor Roll ... named to the 2020 USTFCCCA All-Academic Team.

PERSONAL: Madison "Madie" Rose Boreman ... daughter of Clayton Parks and Jarrah Boreman of Round Rock, Texas ... has one sister, Dharma.

COLORADO BUFFALOES



TIYA CHAMBERLAIN

Freshman • VR
Golden, Colo.
(Wheat Ridge)

2020: Competed twice ... was 12th in the gold section of the FSU Winter Classic to start the season ... placed seventh at the Battle Born Collegiate Challenge (green race).

U.S. AIR FORCE ACADEMY (2019): Did not compete.

HIGH SCHOOL: Three-time all-state selection ... seven-time state medalist ... five-time league champion ... nine-time first-team all-conference selection ... named Jefferson County MVP twice ... also earned the WRHS Athlete of the Year award two times ... holds three school records ... also earned varsity letters in soccer and swimming ... finalist for the league championship in swimming ... three-time CHSAA first-team academic all-state selection ... selected as WRHS Scholar-Athlete of the Year ... also earned the Academic Excellence

Award and Academic Medallion three times.

HIGH SCHOOL BESTS: 800-meters: 2:27.60; 1,600-meters: 5:13.47; 3,200-meters: 11:10.99.

IN THE CLASSROOM: Majoring in integrative physiology ... minoring in Spanish ... owns a GPA greater than 3.7.

PERSONAL: Tiya Marie Chamberlin ... nickname is 'T' ... both parents competed in cross country and track & field at Northern Colorado ... has three older siblings ... hobbies include cooking plant-based desserts with her sister Nyla, babysitting, singing and organizing cupboards ... can sing the alphabet backwards ... won some IronKids triathlons ... state champion in summer club swimming.

Results

2020	Fin/CU	Time
at FSU (Gold)	12/7	21:55
at Battle Born (Green)	7/4	21:23

TRACK PRs

800-m	2:27.60
1,600-m	5:13.47
3,200-m	11:10.99

COLORADO BUFFALOES



KYLA CHRISTOPHER-MOODY

Freshman • VR
Royal Oak, Mich.
(West Bloomfield)

2020: Raced twice during the season ... was seventh at the FSU Winter Classic in the gold race, finishing as CU's fourth runner ... was the runner-up in the green race at the Battle Born Collegiate Challenge, finishing behind her teammate, Camille Jackson.

2019: Redshirt ... did not compete.

HIGH SCHOOL: Lettered in both cross country and track and field at West Bloomfield High School ... 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 ... ran the Foot Locker Midwest Regionals her final three years in high school and earned her highest finish (10th) as a sophomore in 2016 ... 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)...won several track titles, including the league championship in the 800 and 1,600-meter runs in 2017... graduated Summa Cumme Laude...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-meters: 2:15.59; 1,600-meters: 4:55.87.

IN THE CLASSROOM: Majoring in geography and anthropology ... has earned a 3.92 GPA ... named to the 2020 Pac-12 Academic Honor Roll.

PERSONAL: Kyla Christopher-Moody ... daughter of Gary Moody and Holly Christopher ... has one older brother, Justin ... enjoys hiking, watching foreign films, reading and is teaching herself German.

Results

2020 **Fin/CU** ... **Time**
 at FSU (Gold) 7/4 21:48
 at Battle Born (Green) 2/2 21:06

HONORS

2020 Pac-12 Academic Honor Roll

TRACK PRs

800-m 2:16:21
 1,500-m 4:31.98

COLORADO BUFFALOES



ELIZABETH CONSTIEN

Sophomore • 2L
Edwards, Colo.
(Battle Mountain)

2020: Had a breakout season as a sophomore ... was CU's No. 4 scorer at the FSU Winter Classic, finishing 18th in 20:42.3 ... at the Battle Born Collegiate Challenge she was 23rd, this time as CU's No. 3 ... earned a top-20 finish at the Pac-12 Championship, placing 18th ... was 72nd (CU's No. 2) at the NCAA Championship.

2019: Served as the alternate at NCAAAs for CU after finishing 43rd at regionals as CU's No. 6 harrier ... placed 64th at the Pac-12 Championships ... ran in the open race at pre-nationals and finished 13th ... led CU at the RoadRunner Invitational with a fifth-place finish ... was 16th at the Wyoming Invitational.

2018: Redshirted the season, but raced once attached ... finished 30th overall at the Wyoming Invitational.

HIGH SCHOOL: Earned letters as a member of the Battle Mountain High School cross country, skiing and track and field teams ... 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, she went on to place 10th at the NXR Southwest Regional Championships and was 58th at the NXN Nike Cross Nationals ... the Huskies won back-to-back state cross country titles (2016 and '17) and were the 2015 runner-ups 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) ... she excelled in the classroom as an AP Scholar with distinction two consecutive years ... her GPA was in the top 10% of her high school class all four years ... she earned academic all-state first team honors in cross country, skiing and track and field her junior and senior years.

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

IN THE CLASSROOM: Majoring in film studies and Spanish ... minoring in leadership ... GPA of 3.91 ... member of the 2019 and '20 Pac-12 Academic Honor Roll ... named to the 2020 USTFCCCA All-Academic Team.

PERSONAL: Elizabeth Kathleen Constien ... daughter of Ron and Ann Constien ... older sister, Val, was an All-American for Colorado cross country and track & field team and made the 2020 Olympic team in the steeplechase after placing third at the U.S. Olympic Trials ... started studying Spanish in second grade and is now bilingual ... has been reading and performing music since she could remember, whether it be piano, singing or playing in the middle and high school band ... enjoys writing stories, watching movies, hunting, snowmobiling, dirt-biking, skiing and paddle boarding.

Results

2020 **Fin/CU** **Time**
 at FSU (Garnett) 18/4 20:43
 at Battle Born (Yellow) 23/3 20:26
 at Pac-12 Championship .. 18/6 20:05
 at NCAA Championship 72/2 21:19

2019 **Fin/CU** **Time**
 at Wyoming Invite 16/4 18:51
 at RoadRunner Invite 5/1 22:26
 at Pre-Nationals +13 21:59
 at Pac-12 Championship .. 64/7 21:16
 at NCAA Mtn. Region 43/6 21:10

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

HONORS

2020 USTFCCCA All-Academic
 2019, 20 Pac-12 Academic Honor Roll

TRACK PRs

1,500-m 4:40.14
 3,000-m 9:44.64
 5,000-m 16:31.21
 10,000-m 34:10.85

COLORADO BUFFALOES



EMILY COVERT

Freshman • 1L
Minneapolis, Minn.
(Washburn)

2020: Earned a spot on the varsity roster as a redshirt freshman ... scored in all four events ... debuted at the FSU Winter Classic and placed 17th as CU's No. 3 ... was 28th at the Battle Born Collegiate Challenge, crossing as the fifth Buff ... rounded out CU's scoring at the Pac-12 Championship with a 16th-place finish ... CU finished third as a team with 50 points ... was 96th at the NCAA Championships, again as CU's No. 5.

2019: Redshirt ... did not compete.

HIGH SCHOOL: Two-time Minnesota State High School League Class AA State Cross Country Champion, winning her junior and senior seasons ... won her first of three Roy Griak Invitational High School Division titles in seventh grade, which "helped her realize her

potential in the sport." ... also won 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 ... won the 2018 Foot Locker Midwest Regionals after placing second in 2017 ... earned a pair of top-10 finishes and All-American honors at Foot Locker Nationals, placing ninth in 2017 and fifth in 2018 ... placed fourth at Nike Cross Nationals in 2018 ... 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 ... placed second in the 2-mile run at the 2018 New Balance Outdoor Nationals, finishing in 10:05.19 ... both times were personal bests ... throughout her career, she earned numerous all-conference, all-state and all-academic honors.

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

IN THE CLASSROOM: Integrative physiology major.

PERSONAL: Emily Louise Covert ... daughter of Joe and Sheila Covert ... has one brother, Chris, who is in the army ... enjoys cooking, biking, swimming and being with family and friends.

Results

2020	Fin/CU	Time
at FSU (Garnett)	17/3	20:42
at Battle Born (Yellow)	28/5	20:35
at Pac-12 Championship	16/5	20:02
at NCAA Championship	96/5	21:29

TRACK PRs

1,500-m	4:31.91
5,000-m	16:09.44
10,000-m	33:17.82

COLORADO BUFFALOES



MICAELA DEGENERO

Senior • 1L
Granville, Ohio
(Granville/Michigan)

2020: Scored in all four varsity races for CU as a transfer ... placed 12th at the FSU Classic as CU's No. 2 runner ... was 24th at the Battle Born Collegiate Challenge two weeks later ... earned All-Pac-12 Second Team honors at the conference championship with an 11th-place finish ... there she finished in 19:50.20 as CU's fourth scorer ... at nationals she was 87th.

AT MICHIGAN: Ran three cross country seasons for the Wolverines, as well as three track seasons ... was a member of the 2018 Big Ten Cross Country Championship Team ... in 2019 she finished 97th at the NCAA XC Championships as UM's No. 2 harrier ... was also an all-region honoree that season, finishing 18th at the Great Lakes regional ... was a three-time All-Big Ten performer on the track ... advanced to the NCAA East Preliminary Championship in 2019,

finishing 29th in the 1,500.

HIGH SCHOOL: Graduated from Granville High School in 2016 as the valedictorian...also a member of the National Honor Society and Cum Laude Society ... Spanish Society President ... placed sixth at the 2014 state cross country championship ... 2014 Division II Central District Runner of the Year ... two-time Licking League Champion (2014 and '15) ... New Balance Nationals Outdoor Champion (mile) in 2016 ... also earned three top-10 finishes at New Balance Outdoor Nationals ... three-time state champion; once in the 800 (2014) and twice in the 1,600 (2015 and '16) ... at the time of graduation she was the school record holder for the indoor 800 and 1,600, the outdoor 800 and 1,600, and as a member of the indoor and outdoor 4x400 and 4x800-meter relay teams.

IN THE CLASSROOM: Working on a master's of science in technology, cybersecurity and policy ... earned her bachelor's degree in computer science from Michigan ... has a GPA of 3.96 ... earned a 4.0 in the spring '20 semester ... member of the 2020 USTFCCA All-Academic Team.

PERSONAL: Micaela Edith DeGenero ... brother Raphael runs at Davidson College ... interned at Nike during the summer of 2019.

Results

2020	Fin/CU	Time
at FSU (Garnett)	12/2	20:39
at Battle Born (Yellow)	24/4	20:29
at Pac-12 Championship	11/4	19:51
at NCAA Championship	87/4	21:27

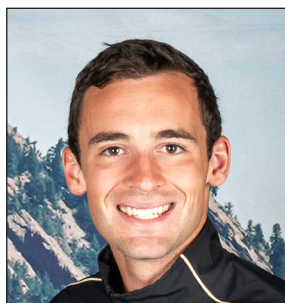
HONORS

2020 USTFCCA All-Academic
2020 All-Pac-12 Second Team

TRACK PRs

800-m	2:04.23
1,500-m	4:09.38
Mile	4:47.63
3,000-m	9:54.77

COLORADO BUFFALOES



JAKE DEROUIN

Freshman • VR
Eden Prairie, Minn.
(Eden Prairie)

2020: Recorded an eighth-place finish at the FSU Classic in the gold race . . . he was the second CU runner to finish that race, finishing in 25:13.1 behind teammate Ethan Powell.

HIGH SCHOOL: Derouin helped his team to a runner-up finish at the 2019 MSHSL State Cross Country Class AA Championships, finishing fourth overall to earn all-state honors ... also placed 23rd as a senior at the Nike Cross Heartland Regional Championships ... named all-conference three seasons and lettered all four ... he was selected the team's MVP his sophomore season, finishing 21st at the state championship in addition to a 14th-place finish at Nike Cross Regionals ... during his junior season on the track, he earned all-state honors in the 3,200-meter run with a third-place finish (9:17.53) ... at sections that same year, he placed third in the 1,600, running a

PR of 4:18.27, and was second in the 3,200 with another PR (9:14.57)...also lettered in swim and dive where he was named the hardest worker his sophomore, junior and senior years ... served as the captain for his cross country, track and swim and dive teams as a senior.

HIGH SCHOOL BESTS: 800-meters: 2:02.49; 1,600-meters: 4:18.27; 3,200-meters: 9:14.57.

IN THE CLASSROOM: Exploratory studies major . . . owns a GPA greater than 3.3.

PERSONAL: Jake Patrick Derouin ... has two younger siblings ... mother, Kelly, was a diver at Iowa ... father, Thomas, played tennis at Iowa ... enjoys reading, video games and mobile app development ... created an app for his cross country team that is available in the App Store ... named the 2019 Congressional App Challenge Winner (District: MN-03).

Results

2020 **Fin/CU** ... **Time**
at FSU (Gold) 8/22 5:14

TRACK PRs

800-m 2:02.49
1,600-m 4:18.27
3,200-m 9:14.57

COLORADO BUFFALOES



BRENDAN FRASER

Senior • TR
Pontiac, Mich.
(Pontiac Notre Dame Prep/
Notre Dame)

AT NOTRE DAME: Ran cross country and track and field at Notre Dame ... ran at conference, regionals and NCAAs in 2019 ... was the No. 7 runner for the Irish at NCAAs, finishing 130th overall as the team placed eighth ... competed at the 2020 ACC Indoor Championships, placing 21st in the 5,000 (14:16.10) ... in his final season with Notre Dame, he competed at ACC Outdoors in the 10K, placing 10th ... advanced to the 2021 NCAA DI East Preliminary Round in the 10k and finished 42nd ... ran a 10K PR of 29:14.65 in 2021.

HIGH SCHOOL: Lettered in cross country, track and field and wrestling ... owns the school record in the 3,200 (9:14), which he ran as a junior ... was the 2016 MHSAA Boys Division 2 Lower Peninsula Cross Country runner-up, finishing in 15:40.0, 12 seconds behind the winner ... was third as a junior ... named first team all-state his junior and senior seasons ... named an academic all-state honoree

his junior and senior years.

HIGH SCHOOL BESTS: 1,600-meters: 4:28; 3,200-meters: 9:14.

IN THE CLASSROOM: Pursing a master's degree in organizational leadership ... earned his bachelor's degree in accountancy from Notre Dame from the Mendoza College of Business.

PERSONAL: Brendan Gered Fraser ... oldest of four ... brother Niko runs at Air Force ... sister Lexi runs at Adams State ... parents, Neil and Renee, both ran at Detroit Mercy.

TRACK PRs

Mile.....	4:14.42
3,000-m.....	8:15:31
5,000-m.....	14:16.10
10,000-m.....	29:14.65

COLORADO BUFFALOES



ZACK GACNIK

Freshman • HS
Conifer, Colo.
(Conifer)

HIGH SCHOOL: Lettered in cross country and track and field ... named first-team all-state in cross country as a senior after placing third at the Colorado State meet ... was a second-team all-state cross country selection as a junior after finishing ninth at state ... also won the Colorado 7 League Championship as a junior ... was first-team all-conference both of those seasons as well as all-region, placing second at regionals as a senior and fourth as a junior ... he led his high school to a team win at regionals, becoming the first team from CHS to win a regional championship ... on the track he set the school record in the 3,200 as a senior ... at the Jeffco 4A/5A League Championships in 2021, he was a member of the 4x800 championship team (8:18.54) and placed third in the 3,200 and 1,600 and fourth in the 800 ... was a member of the football and basketball teams ... also recruited by Oregon Tech, Colorado Mesa,

Iowa State and Adams State.

HIGH SCHOOL BESTS: 800-meters: 2:00; 1,600-meters: 4:27.14; 3,200-meters: 9:43.42.

IN THE CLASSROOM: Intends to major in computer science.

PERSONAL: Zack Daniel Gacnik ... has one younger brother ... enjoys fly fishing ... is a third generation Buff.

TRACK PRs

800-m.....	2:00
1,600-m.....	4:27.14
3,200-m.....	9:43.42

COLORADO BUFFALOES



BEN GREENE
Freshman • HS
Falmouth, Maine
(Falmouth)

HIGH SCHOOL: Named the 2020-21 Gatorade Cross Country Runner of the Year for Maine following an undefeated season ... 2020 USA Today Cross Country Runner of the Year for Maine ... selected the Southern Maine Runner of the Year (2020 and '19) after winning the Southern Maine cross country championship ... was fourth at the state championship in 2019; there was no state championship in 2020 due to the pandemic ... ran at the 2019 Foot Locker Northeast Regional following his junior season ... named the Southern Maine Runner of the Year for Indoor Track (as a junior) ... he has times in Maine's all-time top-10 in the indoor 800 and outdoor mile ... owns eight school records – indoor 800 (1:56.73) and 2-mile (9:42.88), and outdoor 800 (1:55.34), mile (4:14.30), 1,500, 1,600 (4:13.19), 3,000 (8:49.06) and 5,000 ... as a senior he was the runner-up in the 1,600 and 3,200 at the state meet ... went on to race at the East

Coast Championships in June of 2021 and placed fourth in the 1,600 ... member of the high honor roll ... also recruited by UNC, Georgetown, Virginia Tech and Northeastern.

HIGH SCHOOL BESTS: 800-meters: 1:55.34; Mile: 4:14.30; 1,600-meters: 4:13.19; 3,000-meters: 8:49.06.

IN THE CLASSROOM: Intends to major in international affairs.

PERSONAL: Benjamin Ranen Greene ... has one younger sister ... multi-sport athlete in high school.

TRACK PRs

800-m.....	1:55.34
Mile.....	4:14.30
1,600-m.....	4:13.19
3,000-m.....	8:49.06

COLORADO BUFFALOES



KASHON HARRISON

Sophomore • 1L/RS
Fruitland, N.M.
(Kirtland Central)

2020: Redshirt ... did not compete.

2019: Had an outstanding freshman season and helped the Buffs to a third-place team finish at NCAAs ... he was CU's fifth runner at the meet as he finished 90th overall ... earned all-region and All-Pac-12 First Team honors by placing seventh at both meets, crossing the finish second for CU ... was also named Pac-12 Freshman of the Year for his conference finish ... was third for CU at pre-nationals, finishing 11th ... made his official debut in a CU uniform with an 18th-place finish at the Joe Plane Invitational after racing unattached at the Wyoming Invite where he was seventh.

HIGH SCHOOL: Lettered in cross country and track and field at Kirtland Central High School ... two-time New Mexico State High School individual cross country champion ... 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 ... won his second individual title in 2018, finishing the 5k course in 15:27.35, which was a school record ... 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 ... earned All-America honors after placing 11th at the Foot Locker National Championships as a senior ... won the state 1,600 and 3,200-meter titles his junior and senior years ... also the school record holder in both events ... 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.

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

IN THE CLASSROOM: Communication major ... owns a GPA greater than 3.1.

PERSONAL: Kashon Sherman Harrison ... son of Vernon Harrison and Lisa Sherman ... oldest of five.

Results

2019	Fin/CU	Time
at Wyoming Invite	+7	15:22
at Joe Plane Invite	18/4	23:44
at Pre-Nationals	11/3	23:37
at Pac-12 Championship	7/2	23:18
at NCAA Mtn. Region	7/2	30:43
at NCAA Championship	90/5	31:56

HONORS

2019 All-Region
 2019 All-Pac-12 First Team
 2019 Pac-12 Freshman of the Year

TRACK PRs

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

COLORADO BUFFALOES



LUKAS HAUG

Freshman • HS
Boulder, Colo.
(Boulder)

HIGH SCHOOL: Three-time Nike Southwest Regional Championship participant (2017-19) ... placed fifth at the 2020 Colorado State Cross Country Championship ... was the runner-up at the 2020 Colorado 5A Region 3 Championship ... went on to earn All-America second team honors with a 12th-place finish at 2020 Running Lane Cross Country Championships ... ran 15:20.0, a BHS 5K cross country record, at the Colorado Classic cross country meet on November 1, 2020 ... earned all-region cross country honors three straight seasons (2018-20) ... fastest 5k cross country time was 14:44.24 ... placed seventh in the 3,200-meter run at the state championship, running a BHS record of 9:21.32 ... was also seventh at state in the 1,600 in 4:17.80 ... also competed in ski racing in high school ... was recruited by UCLA, Oregon, Portland, Portland State, Nebraska, Northeastern, LMU and Navy.

HIGH SCHOOL BESTS: 800-meters: 1:56.13; 1,600-meters: 4:11.62; 3,200-meters: 9:05.24.

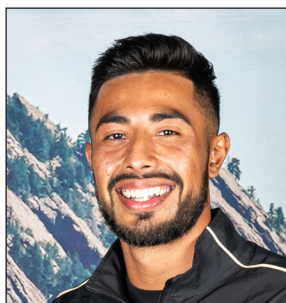
IN THE CLASSROOM: Intends to major in mechanical engineering.

PERSONAL: Lukas R. Haug ... oldest of two ... younger brother, Stefan, also runs cross country and track in high school ... father, Sven, ran cross country and track at UCLA ... Sven also competed in the 1,500 at the 1996 German Olympic Trials ... mother, Joan, ran cross country and track at UW-Eau Claire ... has dual citizenship with Germany ... is a certified open-water scuba diver and Red Cross certified lifeguard ... enjoys alpine, Nordic and backcountry skiing, reading and traveling.

TRACK PRs

800-m.....	1:56.13
1,600-m.....	4:11.62
3,200-m.....	9:05.24

COLORADO BUFFALOES



EDUARDO HERRERA

Senior • 4L
Madera, Calif.
(Madera South)

2020: Led the Buffs in the first three varsity races ... was the runner-up at the FSU Classic ... finished in 23:04, over 13 seconds in front of the third-place finisher ... placed third at the Battle Born Collegiate Challenge behind a pair of Northern Arizona runners ... he recorded a time of 22:35.3 ... became CU's second straight Pac-12 men's individual champion, winning the Pac-12 crown in 22:30.9 ... he defeated the runner-up by more than 10 seconds ... with the win he was named the Pac-12 Men's Athlete of the Year, the USTFCCA Men's National Athlete of the Week and a spot on the All-Pac-12 First Team ... at NCAAs he was 107th.

2019: Part of the team that placed third at NCAAs ... finished 55th overall and was the fourth Buffalo to finish at nationals ... earned his third all-region honor after finishing 12th at regionals as CU's No. 4 ... was CU's fifth finish at the Pac-12 Championships, finishing 13th overall, which helped the Buffs win the team championship ... was named to the All-Pac-12 Second Team ... at pre-nationals, he was 17th overall ... recorded a top-15 finish at the Joe Piane Invitational, placing 14th ... ran to a 12th place finish in the season opener at the Wyoming Invite.

2018: Had another solid season for the Buffs, starting with a 16th place finish (CU's No. 2) at the Nuttycombe Wisconsin Invitational ... 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, he was 18th ... recorded his second all-region after with a 22nd-place finish at regionals ... wrapped up his sophomore campaign by placing 43rd at the NCAA Championships.

Results

2020 **Fin/CU** **Time**
at FSU (Garnett) 2/1 23:04
at Battle Born (Yellow) 3/1 22:36
at Pac-12 Championship .. 1/1 22:31
at NCAA Championship 107/4 31:36

2019 **Fin/CU** **Time**
at Wyoming Invite 12/4 15:29
at Joe Piane Invite 14/3 23:37
at Pre-Nationals 17/4 23:52
at Pac-12 Championship .. 13/5 23:25
at NCAA Mtn. Region 12/4 30:49
at NCAA Championship 55/4 31:33

2018 **Fin/CU** **Time**
at Nuttycombe Invite 16/2 23:40
at Pre-Nationals 31/4 23:30
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

USTFCCA Men's National Athlete of the Week
(March 6, 2021)
2020 Pac-12 Men's Athlete of the Year
2020 Pac-12 Champion
2017 All-American
2020 All-Pac-12 First Team
2017, 19 All-Pac-12 Second Team
2017, 18, 19 All-Region

TRACK PRs

800-m 1:52.90
1,500-m 3:38.09
Mile 4:00.66
3,000-m 8:03.20
5,000-m 13:24.46



COLORADO BUFFALOES

2017: Earned a spot right away on the varsity roster as a redshirt freshman ... 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...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 ... earned all-region status with a 25th-place finish at the NCAA Mountain Region Championships ... saved the best for last, leading CU and earning his first All-America award, with a 33rd place finish at NCAAs.

2016: Redshirt ... did not compete.

HIGH SCHOOL: Named the Madera South High School Most Valuable Runner of the Year twice and was a three-time All-CIF selection ... he placed second at the state meet his senior year after winning the CMAC League and CIF Central Section Cross Country Championships ... went on to compete at Nike Cross Nationals, placing fifth overall ... as a junior, he won the cross country conference and section titles on his way to placing fourth at the state meet ... was also very successful on the track, placing second at the 2016 state championships in the 1,600 ... leading up to the state meet, he 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 ... won the high school section of the 3,000 at the Stanford Invitational, finishing in 8:15.01 ... as a junior, he 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-meters: 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: Earned his bachelor's degree in sociology and a minor in communication ... is enrolled in graduate school.

PERSONAL: Eduardo Herrera ... son of Eduardo and Maria Herrera ... has one older brother ... has done volunteer work, serving food to the homeless ... enjoys running and FIFA.

COLORADO BUFFALOES



NOAH HIBBARD

Freshman • VR
Arcadia, Calif.
(Arroyo)

2020: Raced once at the Battle Born Collegiate Challenge ... finished 70th as CU's No. 7 runner.

2019: Redshirt ... raced unattached twice ... finished 14th at the Wyoming Invite ... was fourth at the RoadRunner Invitational.

HIGH SCHOOL: Lettered in cross country and track and field at Arroyo High School ... in his senior cross country season, he recorded a second-place finish at the CIF State Championships (15:05.3), just over a second in front of the third place finisher...went on to race at the Foot Locker West Regional Championships where he placed fifth ... he finished 26th at the Foot Locker National Championships one week later and was named an All-American ... is the AHS 1,600-meter run record holder; ran 4:07.25 at the Azusa Pacific Distance Meet of

Champions, taking first place in the process...was a versatile member of the track team, running in a variety of events, from the 400 to the 3,200-meters.

HIGH SCHOOL BESTS: 800-meters: 1:55.89; 1,600-meters: 4:07.25; 3,200-meters: 9:21.50.

IN THE CLASSROOM: Majoring in integrative physiology ... GPA is greater than 3.48 ... named to the 2020 Pac-12 Academic Honor Roll.

PERSONAL: Noah Michael Hibbard ... son of Holly Hibbard of Arcadia, Calif. ... spent time as a swim instructor.

Results

2020 **Fin/CU.... Time**
 at Battle Born (Yellow) 70/10 25:12

***2019** **Fin/CU.... Time**
 at Wyoming Invite +14 15:33
 at RoadRunner Invite +4 25:11
**Redshirt Season*

TRACK PRs

1,500-m 3:47.59
 Mile 4:02.68
 3,000-m 8:21.76

COLORADO BUFFALOES



ANNIE HILL
Sophomore • 1L
Kalispell, Mont.
(Glacier)

2020: Raced on the varsity team as a sophomore ... was 40th (CU's No. 7) at the FSU Winter Classic to start the season ... scored for the Buffs at the Battle Born Collegiate Challenge, crossing fifth for CU and 33rd overall ... was 25th at the Pac-12 Championship.

2019: Earned a spot on the varsity roster and helped CU to a 10th-place finish at NCAAs ... was 100th as CU's No. 4 scorer at nationals ... crossed the finish fifth for CU at regionals, placing 36th overall ... in her first Pac-12 Championship, she was 16th as CU's third harrier ... at pre-nationals, she was once again CU's third racer and placed 31st overall ... was 20th at the Joe Plane Invite ... made her debut in the black and gold with a runner-up finish at the Wyoming Invitational.

2018: Redshirted the season ... raced once unattached ... was 14th at the Wyoming Invitational.

HIGH SCHOOL: 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 ... set the GHS 3-mile cross country record of 16:25 at the Libby Invite in 2015 ... also set the school record in the 5k (17:22) in 2016, which has since been broken ... won the 2016 Nike Northwest Regional Championship and went on to place 41st at Nike Cross Nationals ... 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)...won six state titles on the track: two in the 800, two in the 1,600 and two in the 3,200 ... earned numerous all-state and all-conference honors as well as All-America distinctions ... was the 2017 Montana Gatorade Player of the Year (track) and the 2015 Montana Gatorade Player of the Year (cross country) ... academically excelled in high school, recording many academic all-state awards ... graduated Summa Cum Laude and with AP Merit Distinction.

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

IN THE CLASSROOM: Integrative physiology major ... owns a GPA greater than 3.5 ... named to the Pac-12 Academic Honor Roll in 2019 and '20.

PERSONAL: Annie Marcelle Hill ... enjoys art, music, cooking, rafting and hiking ... can play the piano and violin ... was voted the most valuable orchestra member and most valuable choir member in middle school.

Results

2020 **Fin/CU** **Time**
at FSU (Garnett) 40/7 21:14
at Battle Born (Yellow)..... 33/5 20:41
at Pac-12 Championship .. 25/8 20:18

2019 **Fin/CU** **Time**
at Wyoming Invite 2/2 18:05
at Joe Plane Invite 20/3 16:43
at Pre-Nationals 31/3 20:44
at Pac-12 Championship .. 16/3 20:07
at NCAA Mtn. Region..... 36/5 21:03
at NCAA Championship ... 100/4 21:17

***2018** **Fin/CU** **Time**
at Wyoming Invite + 14 18:51
**Redshirt Season*

HONORS

2019, 20 Pac-12 Academic Honor Roll

TRACK PRs

800-m 2:12.56
1,500m 4:21.85
Mile 4:46.19
5,000-m 16:23.08

COLORADO BUFFALOES



ALEC HORNECKER

Senior • 2L
Golden, Colo.
(Golden/Portland State)

2020: Was one of the top two runners for CU during the season ... finished second for the Buffs in the first three meets, starting at the FSU Winter Classic where he placed eighth ... improved to seventh overall at the Battle Born Collegiate Challenge ... earned his second straight All-Pac-12 Second Team honor with an 11th-place finish at the conference championship ... led CU at NCAAs, finishing 59th.

2019: Enjoyed an impressive debut season for CU, recording All-America honors with a 38th-place finish at NCAAs ... his finish helped the Buffs take third in the team race ... came on strong at his first Pac-12 Championships, placing 12th to earn second-team honors as CU's fourth finisher ... finished fifth on the team in the first two varsity meets; was 38th at pre-nationals and 26th at the Joe Plane Invite ... made his debut for CU at the Wyoming Invite, finishing third.

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

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

HIGH SCHOOL BESTS: 1,600-meters: 4:26.68; 3,200-meters: 9:38.35.

IN THE CLASSROOM: Earned his bachelor's degree in finance and currently pursuing a master's in finance ... GPA greater than 3.0 ... named to the 2019 Pac-12 Academic Honor Roll.

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

Results

2020 **Fin/CU** **Time**
at FSU (Garnett) 8/2 23:46
at Battle Born (Yellow) 7/2 23:11
at Pac-12 Championship .. 11/2 23:05
at NCAA Championship 59/1 31:06

2019 **Fin/CU** **Time**
at Wyoming Invite 3/1 15:19
at Joe Plane Invite 26/5 23:58
at Pre-Nationals 38/5 24:21
at Pac-12 Championship .. 12/4 23:22
at NCAA Championship 38/3 31:19

HONORS

2019 All-American
2019, 20 All-Pac-12 Second Team
2019 Pac-12 Academic Honor Roll

TRACK PRs

1,500-m 3:58.18
Mile 4:24.25
3,000-m 8:14.70
5,000-m 13:51.21
10,000-m 29:27.86

COLORADO BUFFALOES



JONATHAN HORTON
Sophomore • VR
Tulsa, Okla.
(Metro Christian Academy)

2020: Did not compete.

2019: Competed in three races for CU as a redshirt freshman ... started with a 52nd place finish at the Wyoming Invite, followed by a 25th place run at the RoadRunner Invitational ... finished the season 74th in the open race at pre-nationals.

2018: Redshirt ... Did not compete ... raced unattached at the Wyoming Invitational, finishing 71st.

HIGH SCHOOL: Owns four Metro Christian Academy records; three individual (400, 800 and 1,600) and was a member of the 4x400-meter relay team ... won the state championship in the 800 as a junior, finishing with a school record of 1:55.71 ... was all-state two

years on the cross country team.

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: Communication major.

PERSONAL: Jonathan Alan Horton ... son of Scott and Jamie Horton and has two sisters ... enjoys cars and has volunteered with Hope's Crossing Camp (2015-17).

Results		
2019	Fin/CU	Time
at Wyoming Invite	52/7	16:29
at RoadRunner Invite	25/3	26:36
at Pre-Nationals	+74	26:49
*2018	Fin/CU	Time
at Wyoming Invite	+71	17:26
*Redshirt Season		
TRACK PRs		
800-m		1:50.27
1,500-m		3:59.68

COLORADO BUFFALOES



CAMILLE JACKSON

Freshman • 1L
Ames, Iowa
(Ames)

2020: Ran in the gold section of the FSU Winter Classic to start her CU career and finished sixth overall as the third CU runner ... won the green section of the Battle Born Collegiate Challenge in 20:58 ... made the varsity roster for the Pac-12 Championship where she placed 24th ... went on to run at NCAAs and finished 100th.

HIGH SCHOOL: Recorded back-to-back top-10 finishes at the IHSAA Iowa 4A State XC Championships her junior and senior years ... finished ninth in 2018 ... won the championship in 2019 in 17:23.9, which broke the state record ... also won the SIML Conference Championship in 2019 ... competed at the state meet all four years as a member of the AHS team ... named all-conference in cross country her sophomore, junior and senior years ... all-state as a junior and senior ... raced at the Iowa High School Track & Field

State Championships in 2019 in two events ... placed third in the 3,000 and was eighth in the 1,500 ... during the 2020 indoor season, she ran a school record in the 3k, finishing in 10:06.22 for first at the Dickinson Relays.

HIGH SCHOOL BESTS: 1,500-meters: 4:47.74; 3,000-meters: 10:06.22.

IN THE CLASSROOM: Exploratory studies major ... named to the 2020 USTFCCCA All-Academic Team.

PERSONAL: Camille Marie Jackson ... enjoys swimming, rock climbing, traveling, biking, paddle boarding, hiking and being with friends ... has raced seven half marathons since seventh grade ... was a lifeguard for the Ames Aquatic Center in the summer and Ames Municipal pool in the fall-spring ... has taken a mission trip to the Appalachian Mountains every summer since 2016.

Results

2020	Fin/CU	Time
at FSU (Gold)	6/3	21:38
at Battle Born (Green)	1/1	20:58
at Pac-12 Championship	24/7	20:14
at NCAA Championship	100/6	21:29

HONORS

2020 USTFCCCA All-Academic

TRACK PRs

1,500-m	4:47.74
3,000-m	10:06.22

COLORADO BUFFALOES



INDIA JOHNSON

Senior • TR
Hilliard, Ohio
(Hilliard Davidson/
Michigan State)

AT MICHIGAN STATE: Raced cross country and track for the Spartans ... placed fourth at the 2020 Big Ten Cross Country Championships, earning First Team All-Big Ten honors ... became an All-American, finishing 35th at the 2020 NCAA Championship ... was also a Second Team All-Big Ten performer in cross country, placing 14th at the 2019 Big Ten Championship ... 2021 10K runner-up at the Big Ten Outdoor Championship ... qualified for the 2021 NCAA Outdoor Championship in the 10K ... was fourth in the indoor 5k at the conference championship in 2021.

HIGH SCHOOL: Competed in cross country and track and field at Davidson High School ... won the indoor and outdoor 3,200-meter run at the Ohio State meet as a senior ... was also the 3,200 outdoor champion her junior season ... as a member of the cross country team, she won the state and region meet her senior year ... was also

the runner-up at the Nike Midwest Regional Championship and the Foot Locker Midwest Regional before placing fourth at the Foot Locker National Championship.

HIGH SCHOOL BESTS: 800-meters: 2:17.87; 1,600-meters: 4:52.24; 3,200-meters: 10:23.84.

IN THE CLASSROOM: Pursuing a master's degree in creative technology and design ... earned her bachelor's degree from Michigan State.

PERSONAL: India Nicole Johnson ... has one younger brother ... would like to pursue a career in designing athletic apparel and accessories to help improve performance for elite athletes.

TRACK PRs

Mile.....	4:50.64
3,000-m.....	9:29.14
5,000-m.....	16:02.05
10,000-m.....	33:36.00

COLORADO BUFFALOES



STEPHEN JONES

Senior - VR
Troy, Ohio
(Troy/Mississippi State)

2020: Did not compete.

AT MISSISSIPPI STATE: Owns a pair of records at MSU; the 3,000-meter steeplechase (8:41.27) and the 8k in cross country (23:51.98) ... finished 11th at the 2019 NCAA South Region Championships to earn all-region honors and placed 80th at the NCAA Championship, the highest finish ever by a MSU runner ... as a junior on the track, he was the runner-up in the steeplechase at the SEC Championship and placed seventh in the 5k ... placed ninth that season in steeplechase at the NCAA East Prelims and went on to compete at NAAs in the event as well at USAs ... named 2019 Outdoor Second-Team All-SEC for the steeplechase ... as a freshman in 2017, he was named to the Indoor All-SEC Freshman Team in the 3,000.

HIGH SCHOOL: Ran for Troy High School ... Won the 2015 Greater Western Ohio Conference cross country championship with a school-record time of 15:17.39 ... Three-time qualifier for the state meet in both cross country and track and was an All-Ohio selection ... Finished third in the 3200m at the state meet as a senior where he broke the school record in 9:01.94 ... Twice won the conference championship in the 3200m ... Named Greater Western Ohio Conference Runner of the Year three times ... Also broke school records in the 800m (1:53.89) and 1600m (4:17.98) ... Team won conference crown four times ... Track team was district champion twice ... Was a member of the Key Club.

HIGH SCHOOL BESTS: 800-meters: 1:53.89; 1,600-meters: 4:17.89; 3,200-meters: 9:01.94.

IN THE CLASSROOM: Pursing his master's in organizational leadership ... earned his bachelor's degree from Mississippi State.

PERSONAL: Stephen Christian Jones ... has one sister ... plans to pursue a professional running career ... recipient of the SEC Community Service Award ... volunteered at the Starkville Boys and Girls Club and Habitat for Humanity.

TRACK PRs

1,500-m	3:52.44
Mile.....	4:10.28
3,000-m	8:14.96
5,000-m	14:09.76
Steeplechase	8:41.27

COLORADO BUFFALOES



ANDREW KENT

Senior • TR
Atlanta, Ga.
(Lakeside-Dekalb/
Georgia Tech)

AT GEORGIA TECH: Earned Second Team All-ACC honors in the 5,000 during the 2020 indoor season, placing sixth overall . . . also ran in the 3k at the ACC Championship that season and placed 13th . . . during the 2021 indoor campaign he earned two more All-ACC honors . . . he was the runner-up in the 5k, finishing in 13:50.86 . . . placed fourth in the 3k, clocking in at 7:59.50 . . . went on to compete at the 2021 NCAA Indoor Championship in the 3k and was 13th (7:58.34) . . . was named to the USTFCCCA All-Region team with a 12-place finish at the 2018 NCAA South Region Championship.

HIGH SCHOOL: Lettered in cross country four seasons and track for two seasons . . . 2016 Georgia 6A champion in the 1,600 and 3,200-meter runs . . . finished No. 9 all-time (at the time) for the state of Georgia in the 3,200 with a time of 9:01.

HIGH SCHOOL BESTS: 1,600-meters: 4:13.07; 3,200-meters: 9:01.66.

IN THE CLASSROOM: Pursuing a master's degree in data science . . . earned his bachelor's degree in mechanical engineering at Georgia Tech . . . 2019 and '20 All-ACC Academic Team member . . . 2020 CoSida Academic All-Region.

PERSONAL: Andrew Bayley Kent . . . oldest of two . . . would like to run at the 2024 Olympic Trials . . . plans to work in energy consulting.

TRACK PRs

1,000-m.....	2:29.99
1,500-m.....	3:44.37
Mile.....	4:05.42
3,000-m.....	7:56.48
5,000-m.....	13:47.77

COLORADO BUFFALOES



RYAN LINDRUD
Sophomore • VR
Basking Ridge, N.J.
(Ridge/Manhattan)

2020: Did not compete.

AT MANHATTAN COLLEGE: Placed in the top 25 at the Marist Invitational ... earned a five-mile PR at the Metropolitan Cross Country Championships, finishing as the Jaspers' top runner ... was named MAAC Runner of the Week on October 16 for his Mets performance ... finished 33rd overall at the MAAC Cross Country Championships ... Indoors he finished third as a member of the DMR squad at the Metropolitan Indoor Championships (10:30.08) ... also competed in the 1,000-meters at Mets, finishing seventh ... won silver in the DMR at the MAAC Indoor Championships ... won bronze in the 4x800 at MAACs.

HIGH SCHOOL: Won the 2019 New Balance Outdoor Nationals 4x800 competition as the anchor leg, finishing with a team time of 1:50.7 ... holds the Ridge High School records for the 800, 1,600 and 3,200-meter races.

HIGH SCHOOL BESTS: 800-meters: 1:51.81; 1,600-meters: 4:12.95; 3,200-meters: 9:21.23.

IN THE CLASSROOM: Integrative physiology major.

PERSONAL: Ryan Lindrud ... father, Mark, was a member of the Columbia cross country and track and field programs from 1986-1990 ... has two sisters.

TRACK PRs

800-m.....	1:50.21
1,600-m.....	4:12.95
3,200-m.....	9:21.23

COLORADO BUFFALOES



BELLA LONGO
Freshman • HS
Vista, Calif.
(Mission Vista)

HIGH SCHOOL: Competed in cross country and track and field at Mission Vista High School ... as a senior she was the cross country league champion, 1,600-meter league champion and the 1,600 D2 Champion ... placed third at the 2019 CIF State Cross Country Championship as a junior ... also won the league and CIF Division 3 cross country title as a junior ... won the first of her three cross country league titles as a sophomore before finishing fourth at state ... won back-to-back 1,600 and 3,200-meter run league titles as a freshman and sophomore ... competed at the Foot Locker West Regional meet two times ... highest finish was 15th in 2019 ... also recruited by Utah and Wake Forest.

HIGH SCHOOL BESTS: 1,600-meters: 4:55.94; 3,200-meters: 10:49.73.

IN THE CLASSROOM: Intends to major in computer science.

PERSONAL: Isabelle “Bella” Marian Longo ... youngest of three siblings ... would like to be an ultramarathon runner after graduation ... held a summer job making Covid-19 antibody testing kits and volunteered at a cat adoption center ... member of the National Honor Society.

TRACK PRs

1,600-m.....	4:55.94
3,200-m.....	10:49.73

COLORADO BUFFALOES



RACHEL MCARTHUR

Senior - 2L
Bristow, Va.
(Patriot/Villanova)

2020: Raced in three meets and led CU in two ... was fifth overall at the FSU Winter Classic to led CU, finishing in 20:20 ... was also fifth at the Pac-12 Championship as CU's first scorer ... earned All-Pac-12 First Team honors with her finish, helping CU to a second-place team finish ... was 166th at NCAAs.

2019: Earned a spot on the varsity roster and scored at every meet ... placed 21st in her debut at the Joe Plane Invite as CU's fourth finisher ... also finished fourth for the Buffs at NCAA Pre-Nationals (38th) and Pac-12s (18th) ... recorded all-region honors with a 20th-place finish and crossed the finish second for CU for her best overall team placing ... was third for the team at NCAAs with an 83rd place finish.

AT VILLANOVA: Ran two seasons at Villanova ... was named the USTFCCCA Mid-Atlantic Region Women's Athlete of the Year her sophomore season (2018) after winning the regional crown ... was also the runner-up at the 2018 BIG EAST Championships, which was an improvement of 21 places from her freshman campaign ... competed at the NCAA Championship both seasons.

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

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

IN THE CLASSROOM: Majoring in speech, language and hearing sciences ... owns a GPA of 3.30 ... was named to the Pac-12 Academic Honor Roll and USTFCCCA Academic Honor Roll in 2020.

PERSONAL: Rachel Louise McArthur ... daughter of Heath and Lisa McArthur of Bristow, Va. ... has two sisters, Kim and Emily ... enjoys reading, hiking and art.

Results

2020 **Fin/CU** **Time**
at FSU (Garnett) 5/1 20:20
at Pac-12 Championship .. 5/1 19:23
at NCAA Championship 166/7 22:02

2019 **Fin/CU** **Time**
at Joe Plane Invite 21/4 16:45
at Pre-Nationals 38/4 20:48
at Pac-12 Championship .. 18/4 20:10
at NCAA Mtn. Region 20/2 20:36
at NCAA Championship 85/3 21:11

HONORS

2020 All-Pac-12 First Team
2020 Pac-12 Academic Honor Roll
2020 USTFCCCA All-Academic
2019 All-Region

TRACK PRs

800-m 2:04.92
1,500-m 4:14.91
Mile 4:37.79
3,000-m 9:19.10
5,000-m 15:53.06

COLORADO BUFFALOES



JOELLE MCDONALD

Freshman • HS
Niwot, Colo.
(Niwot)

HIGH SCHOOL: Helped Niwot High School win back-to-back CHSAA 4A State XC Championships (2018-19) ... placed 12th as a junior and 13th as a senior ... competed both of those seasons at Nike Cross Nationals where the team placed fifth in 2018 and third in 2019 ... ran at NXR Southwest Regional Championships all four seasons ... NHS won the state track and field title in 2019 after a runner-up finish in 2018 ... she placed eighth individually at state in 2019 in the 3,200, finishing in 11:16.98 ... was the NHS cross country team captain in 2019 ... an academic honor roll selection all four years ... Salutatorian for Class of 2020 International Baccalaureate Program Cohort, International Baccalaureate Program Diploma Recipient and NHS Chapter of National Honor Society President ... also recruited by Wyoming, Brown, Santa Clara, Portland, Boise State, Idaho and Occidental.

HIGH SCHOOL BESTS: 1,600-meters: 5:19.99; 3,200-meters: 10:58.18.

IN THE CLASSROOM: Majoring in economics ... has a 4.0.

PERSONAL: Joelle Caitlyn McDonald ... daughter of Chris and Laura McDonald ... her father, was a member of the CU cross country/track & field team (1987-91) ... has an older sister, Hannah ... uncle Mark McDonald as a high jumper at CU (1990-93) ... grandfather Roland "Mac" McDonald competed in cross country and track & field at CSU (1965-1968) ... McDonald always dreamed of attending CU ... enjoys cooking, gardening and can play the piano and violin ... earned a second-degree black belt in Muay Thai in ninth grade.

TRACK PRs

800-m.....	2:38.88
1,600-m.....	5:19.99
3,200-m.....	10:58.18

COLORADO BUFFALOES



JOSH MEDINA
Freshman • HS
Alamosa, Colo.
(Alamosa)

HIGH SCHOOL: Lettered in cross country and track at AHS . . . named all-state and all-region for cross country in 2019 and '20 . . . was the runner-up at the 2020 Colorado State Championship, finishing behind future CU teammate Alex Baca . . . was also the 2020 runner-up at the Colorado 3A Region 1 Championship . . . in 2019 he was third at regionals and state . . . ran at the Nike Southwest Regional Championship 2017-19 and placed fourth in 2019 . . . in 2021 won the Colorado State Track and Field Championship in the 800, 1,600 and 3,200-meter runs . . . went on to race at The Outdoor Nationals Presented by Nike in July of 2021 . . . also recruited by Adams State.

HIGH SCHOOL BESTS: 800-meters: 1:54.78; 1,600-meters: 4:13.06; Mile: 4:14.73; 3,200-meters: 9:28.27.

IN THE CLASSROOM: Intends to major in mechanical engineering.

PERSONAL: Josh Abram Medina . . . his father, Chris, was a wrestler at LSU and New Mexico . . . lists music production and photography as his hobbies.

TRACK PRs

800-m.....	1:54.78
1,600-m.....	4:13.06
Mile.....	4:14.73
3,200-m.....	9:28.27

COLORADO BUFFALOES



ALISA MERAZ-FISHBIEN
Freshman • VR
Albuquerque, N.M.
(Albuquerque)

2020: Ran in a pair of meets for the Buffs ... was 10th in the gold section of the FSU Winter Classic, finishing sixth overall for the team ... at the Battle Born Collegiate Challenge she improved to sixth overall as the third scorer in the green race.

2019: Redshirt ... did not compete ... raced twice unattached ... was 43rd at the Wyoming Invitational ... placed 16th at the RoadRunner Invitational.

HIGH SCHOOL: 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...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 ... ran 5:08 in the 1,600 at the Artesia Invitational in 2018 ... her 3,200 record of 11:21.71 came at the 2018 Albuquerque Metro Championships ... 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) ... as an eighth-grader, she won her first of three state titles in the 400 ... also won the 800 in her sophomore season, clocking a PR time of 2:15.90 ... was a midfielder on the school's soccer team and earned a pair of all-district honors ... 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 as a senior.

HIGH SCHOOL BESTS: 800-meters: 2:15.90; 1,600-meters: 5:08; 3,200-meters: 11:44.10.

IN THE CLASSROOM: Journalism major ... owns a 3.98 GPA ... member of the 2020 Pac-12 Academic Honor Roll.

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

Results

2020 **Fin/CU.... Time**
 at FSU (Gold) 10/6 21:53
 at Battle Born (Green) 6/3 21:20

***2019** **Fin/CU.... Time**
 at Wyoming Invite +43 20:34
 at RoadRunner Invite 14/3 23:37
**Redshirt Season*

HONORS

2020 Pac-12 Academic Honor Roll

TRACK PRs

1,500-m 4:30.97
 5,000-m 17:27.66
 Steeplechase 10:28.33

COLORADO BUFFALOES



HANNAH MINIUTTI

Freshman • HS

Roswell, Ga.

(Blessed Trinity Catholic)

HIGH SCHOOL: Member of the Blessed Trinity Catholic High School cross country and track and field teams for four years ... won the 2019 Georgia High School Association (GHSA) State Cross Country Championship and was third the following season as a senior ... went on to race at the 2019 Nike Southeast Region Championship after her state win and placed sixth ... mainly ran the 1,600 and 3,200-meter runs on the track ... won the 2021 GHSA Class 5A State Championship in the 1,600 (4:53.67) and was second in the 3,200 (10:26.16) as a senior ... ran personal bests in both races ... as a sophomore in 2019, she won the state 3,200 and was the runner-up in the 1,600.

HIGH SCHOOL BESTS: 1,600-meters: 4:53.67; 3,200-meters: 10:26.16.

IN THE CLASSROOM: Intends to major in integrative physiology.

PERSONAL: Hannah Catherine Miniutti ... has volunteered with Habitat for Humanity, Titans of Mercy and Rally Foundation ... member of the National Honor Society.

TRACK PRs

1,600-m.....	4:53.67
3,200-m.....	10:26.16

COLORADO BUFFALOES



ABBY NICHOLS

Senior • 1L
Kettering, Ohio
(Archbishop/Michigan)

2020: Raced in four meets, leading CU in two during the season ... debuted at the FSU Winter Classic, finishing 24th as the fifth scorer ... led the Buffs at the Battle Born Collegiate Challenge with an eighth-place performance ... finished eighth again at the Pac-12 Championship, this time as CU's No. 2 runner, which earned her All-Pac-12 Second Team honors and helped the team to a second place finish ... was the top Buff at NCAAAs and earned All-America honors with her 18th-place finish.

AT OHIO STATE: OSU record holder in the indoor and outdoor 5,000-meter runs, as well as the DMR ... became the first Buckeye to win the conference outdoor 5k in 2019 ... won in 15:56.52, which was a school record ... during the indoor season, she placed fourth at the 2019 Big Ten Championships, clocking in at 16:21.78 ... in cross

country, she led OSU at the 2019 NCAA Championship, finishing 41st overall as the team placed 23rd ... was ninth at the 2019 Great Lake Regional after a fifth-place finish at Big Ten's.

HIGH SCHOOL: Won the 2015 OHSAA Division II State Cross Country Championship with a 5k time of 18:05.4 while at Archbishop Alter High School ... was four-time state champion on the track ... as a senior she won the 1,600 and 3,200-meter runs at the OHSAA Division II State Championship ... won gold in the 4x800-meter relay in back-to-back years as a sophomore and junior at the OHSAA Division II State Championship ... was the runner-up at state in the 1,600 as a junior.

HIGH SCHOOL BESTS: 800-meters: 2:15; 1,600-meters: 4:53; 3,200-meters: 10:48.

IN THE CLASSROOM: Pursuing a master's degree in organizational leadership ... has a 4.00 GPA ... was named to the 2020 USTFCCCA All-Academic Team ... earned her bachelor's degree in speech, language and hearing sciences at Ohio State in the spring of 2020.

PERSONAL: Abigail 'Abby' Sue Nichols ... has a twin brother who was in the Ohio State marching band ... competed in dance, gymnastics and cheer in high school ... enjoys photography, hiking and water skiing.

Results

2020 **Fin/CU** **Time**
at FSU (Garnett) 24/5 20:53
at Battle Born (Yellow) 8/1 20:03
at Pac-12 Championship .. 8/2 19:41
at NCAA Championship 18/1 20:36

HONORS

2020 All-American
2020 All-Pac-12 Second Team
2020 USTFCCCA All-Academic

TRACK PRs

800-m 2:09.03
1,500-m 4:21.76
Mile 4:41.92
3,000-m 9:26.00
5,000-m 15:44.47
10,000-m 32:49.87

COLORADO BUFFALOES



CALEB NIEDNAGEL

Freshman • VR
Mission Viejo, Calif.
(La Costa Canyon)

2020: Raced three times during the season ... was 86th at the FSU Winter Classic in his CU debut, finishing as CU's No. 7 runner ... went on to record a 63rd-place finish at the Battle Born Collegiate Challenge ... ended the season placing 43rd at the Pac-12 Championship.

HIGH SCHOOL: Three-time CIF State Cross Country Championships qualifier ... recorded two top-10 finishes at state, including a fourth-place finish as a junior ... that same year he finished 50th at Nike Cross Nationals ... mainly raced the 1,600 and 3,200-meter runs ... recorded a fifth-place finish at state in 2019 in the 3,200 with a PR of 9:01.76 ... that same year at the CIF San Diego Section Finals, he placed second in the 3,200 and was fourth in the 1,600, which was another PR (4:13.81).

HIGH SCHOOL BESTS: 800-meters: 2:00.17; 1,500-meters: 3:55.38; 1,600-meters: 4:13.81; 3,200-meters: 9:01.76.

IN THE CLASSROOM: Business major.

PERSONAL: Caleb Bartholomew Niednagel ... oldest of four who all run ... both parents ran at UCLA ... his father, Daniel, was teammates with Meb Keflezighi ... his mother, Beth, was a two-time All-American and was a professional runner ... enjoys spending time at the beach, spikeball, video editing, cooking, dancing, baseball and the Tennessee Titans.

Results

2020	Fin/CU	Time
at FSU (Garnett)	86/7	25:06
at Battle Born (Yellow)	63/9	24:53
at Pac-12 Championship	43/9	24:38

TRACK PRs

800-m	2:00.17
1,500-m	3:55.38
1,600-m	4:13.81
3,200-m	9:01.76

COLORADO BUFFALOES



BAILEY NOCK
Sophomore • VR
Iowa City, Iowa
(Iowa City West)

2020: Did not compete.

2019: Ran four times, which included her first Pac-12 Championship where she placed 91st ... was 145th at pre-nationals as CU's seventh runner ... was sixth for CU at the Joe Piane Invitational, finishing 79th ... debuted at the Wyoming Invitational, placing 23rd.

2018: Redshirt ... did not compete.

HIGH SCHOOL: Was a top-10 finisher at the state cross country championships all four years ... won the meet as a junior and was second her senior year ... was 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 ... 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 ... was the Iowa City West High School record holder in the 5,000 (18:06) and was a member of the school record distance medley relay team.

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

IN THE CLASSROOM: Ecology and evolutionary biology and environmental studies double major ... GPA greater than 3.40 ... named to the 2019 and '20 Pac-12 Academic Honor Roll.

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

Results

2019	Fin/CU	Time
at Wyoming Invite	23/5	18:59
at Joe Piane Invite	79/6	17:25
at Pre-Nationals	145/7	21:52
at Pac-12 Championship ..	91/9	21:49

HONORS

2019, 20 Pac-12 Academic Honor Roll

TRACK PRs

800-m	2:14.32
1,500m	4:38.34

COLORADO BUFFALOES



ELLE ORIE

Senior • TR

Buffalo, N.Y.

(Nardin Academy/Cornell)

AT CORNELL: Was a member of the indoor and outdoor track and field, as well as the cross country teams ... earned All-Northeast Region honors in 2019 winning the regional championship and helping Cornell to the NCAA Championship ... led Cornell at NCAAs, finishing 90th in 2019 ... in her final year of track competition at Cornell, she broke the facility record at the Ivy League Heps Championships and ran a personal record in the 5,000 for first-place after finishing second-place in the 3,000 ... holds the fifth-fastest time in program history in the indoor 5000 and the indoor 3000 ... holds four freshman indoor track records (mile, 3000, 5000 and DMR) and two freshman outdoor records (3000 and steeplechase) ... named First-Team All-Ivy League (Indoor -5000) and Second-Team All-Ivy League (Indoor -3000) in 2000.

HIGH SCHOOL: Nardin Academy school record holder in the 800, 2K Steeplechase, 3000 and 4x800-meter relay ... NYS Catholic HS Qualifier (2014, 15, 16, 17) ... NYPHSAA Qualifier (2015, 16, 17) ... New Balance National Qualifier (2016, 17) ... high school track & field MVP (2014, 15, 16, 17).

HIGH SCHOOL BESTS: 800-meters: 2:14.53; 3,000-meters: 10:00.54; 2,000-meter steeplechase: 6:59.05.

IN THE CLASSROOM: Enrolled in graduate school ... pursuing a degree in integrative physiology ... earned her bachelor's degree from Cornell ... 2019 Ivy League Fall All-Academic ... 2019 USTFCCA Cross Country and Track & Field All-Academic.

PERSONAL: Gabrielle "Elle" Ann Orie ... has a twin sister, Danielle, who ran cross country and track and field at Penn and is running this season at Wisconsin ... also has two older sisters ... intends to enroll in medical school.

TRACK PRs

1,000-m	2:56.16
1,500-m	4:29.05
Mile	4:51.98
3,000-m	9:24.79
5,000-m	16:20.20
Steeplechase	10:13.84

COLORADO BUFFALOES



JAMES OVERBERG

Freshman • HS
Westminster, Colo.
(Centaurus)

HIGH SCHOOL: Finished in the top-10 at the Colorado State Cross Country Championship as a junior and senior ... was eighth in 2019 and improved to fifth in 2020 ... competed at the Nike Southwest Regional Championship twice ... ran the 1,600 and 3,200-meter runs at the 2021 Colorado State Track and Field Championships ... placed sixth in the 3,200 and was 10th in the 1,600 ... recorded multiple all-state, all-region and all-conference honors in track and cross country ... Portland, Notre Dame, Vanderbilt and South Dakota School of Mines also recruited him.

HIGH SCHOOL BESTS: 800-meters: 1:58.79; 1,600-meters: 4:16.27; 3,200-meters: 8:59.32.

IN THE CLASSROOM: Intends to major in mechanical engineering.

PERSONAL: James Stephen Overberg ... youngest of three ... enjoys computer science, camping, playing volleyball and cars ... was a competitive swimmer his freshman and sophomore years of high school before he switched to running.

TRACK PRs

800-m	1:58.79
1,600-m	4:16.27
3,200-m	8:59.32

COLORADO BUFFALOES



ETHAN POWELL

Junior • 1L

Colorado Springs, Colo.
(Air Academy/Kansas St.)

2020: Won his first race in the black and gold, winning the gold section of the FSU Winter Classic in 24:26 ... earned a spot on the varsity roster in the following race, the Battle Born Collegiate Challenge, where he was 41st overall as CU's No. 7 runner ... helped CU to a second-place team finish at the Pac-12 Championship with a 16th-place finish (No. 4) ... wrapped up the season at NCAAs by placing 95th.

AT KANSAS STATE: Ran two seasons at KSU after redshirting the 2017 season ... placed 26th at the 2019 NCAA Midwest Region Championship, which was the best finish by a KSU runner since 2004 ... recorded back-to-back 30th-place finishes at the Big 12 Championships in 2018 and 19.

HIGH SCHOOL: Won the 2016 CHSAA 4A State Championship while helping Air Academy to a third-place team finish his senior year ... also won the regional championships nine days before state ... as a senior on the track, he recorded a runner-up finish in the 3,200-meter run at the state championship ... also took fourth in the 1,600.

HIGH SCHOOL BESTS: Mile: 4:18.62; 3,200-meters: 9:27.06

IN THE CLASSROOM: Enrolled in CU Law School ... owns a 3.50 GPA ... named to the 2020 USTFCCCA All-Academic Team ... earned his bachelor's degree in history/political science from Kansas State.

PERSONAL: Ethan James Powell ... his younger brother, Dillon, is a member of the cross country/track and field team at Colorado School of Mines ... enjoys reading, hiking, trivia and cards ... has been to 15 different countries ... during his sophomore year of high school his family lived in the Republic of Georgia.

Results

2020	Fin/CU	Time
at FSU (Gold)	1/1	24:26
at Battle Born (Yellow)	41/7	24:13
at Pac-12 Championship	16/4	23:23
at NCAA Championship	95/3	31:31

HONORS

2020 USTFCCCA All-Academic

TRACK PRs

800-m	1:57.85
1,500-m	3:57.45
Mile	4:12.65
3,000-m	8:14.94
5,000-m	14:24.49
10,000-m	29:55.00
Steeplechase	9:50.57

COLORADO BUFFALOES



SHAW POWELL

Freshman - VR

Portland, Ore.

(Christian Brothers Acad.)

2020: Raced once in the gold section of the FSU Winter Classic ... finished 49th overall as CU's No. 4 scorer.

HIGH SCHOOL: A multi-time All-American, all-state, all-region and all-conference performer in track and field and cross country ... competed at Jesuit High School in Portland before moving to New Jersey where he was a member of the Christian Brothers Academy teams ... at JHS, he helped his cross country team win the state team title his sophomore season ... after he moved to N.J., he placed 18th at state as a junior and was third as a senior, helping his new team win the state title both years ... he was also successful on the track at JHS ... as a sophomore he placed fourth at the state meet in the 3,000 (8:39.06) and was 13th in the 1,500 (4:05.40) ... at 2019 New Balance Outdoor Nationals, he was the third leg of the 4xMile relay

team which finished first (17:0.14) ... individually that same season, he placed 10th at the state meet in the 3,200-meter run (9:21.61) ... as a senior, he competed during the indoor season and placed first in the mile at the NYRR Millrose Trials.

HIGH SCHOOL BESTS: 1,600-meters: 4:11.83; 3,200-meters: 9:09.12.

IN THE CLASSROOM: Exploratory studies major ... has a GPA greater than 3.0.

PERSONAL: Shaw Billington Powell ... enjoys spending time outside as well as drawing and enjoys different kinds of music.

Results

2020 **Fin/CU** **Time**
at FSU (Gold) 49/4 26:52

TRACK PRs

1,600-m 4:11.83
3,200-m 9:09.12

COLORADO BUFFALOES



ELLIOT PRIBRAMSKY

Freshman • HS
Vail, Colo.
(Vail Mountain)

HIGH SCHOOL: Graduated from Vail Mountain School where she competed in cross country and track and field . . . was a team captain as a senior ... all-state and all-league her junior and senior years ... also recruited by Brown, Middlebury and Boise State.

HIGH SCHOOL BESTS: 1,600-meters: 5:02; 3,200-meters: 11:10.

IN THE CLASSROOM: Intends to major in integrative physiology.

PERSONAL: Elliot Helen Pribramsky ... oldest of two ... competed on the Nordic ski team in high school.

TRACK PRs

1,600-m.....	5:02
3,200-m.....	11:10

COLORADO BUFFALOES



GRADY RAUBA
Freshman • HS
Longmont, Colo.
(Niwot)

HIGH SCHOOL: Helped NHS win three state titles, two in cross country and one in track and field ... cross country team ... was 21st at the state championship as a junior in 2019 ... improved to fourth at state as a senior in 2020 ... placed eighth at the region championship in 2019 and was the runner-up in 2020 ... went on to run at the 2020 Running Lane Cross Country Championships and placed 25th overall ... earned a trio of top-six finishes at the 2021 Colorado State Track and Field Championships ... placed third in the 800 (1:53.40), was fourth in the 3,200 (9:25.32) and placed sixth in the 1,600 (4:15.27) ... was a member of the 4xMile-relay team which won The Outdoor Nationals Presented by Nike on July 3 ... his 4x800-relay team was fourth in the same meet ... earned academic letters all eight semesters ... UCLA, Duke, Ole Miss, Notre Dame and Stanford also recruited Rauba.

HIGH SCHOOL BESTS: 800-meters: 1:53.40; 1,600-meters: 4:15.27; 3,200-meters: 9:01.79.

IN THE CLASSROOM: Intends to major in mechanical engineering.

PERSONAL: Grayden “Grady” Darius Rauba ... has an older sister ... father, Vytas, played soccer at NYU ... enjoys skiing, video games, mountain biking and hanging out with friends.

TRACK PRs

800-m.....	1:53.40
1,600-m.....	4:15.27
3,200-m.....	9:01.79

COLORADO BUFFALOES



CHARLES ROBERTSON

Freshman • HS
Portland, Ore.
(Franklin)

HIGH SCHOOL: Was a four-year member of the varsity cross country and track and field teams at FHS ... ran twice at the Oregon State 6A cross country championships ... was seventh as a sophomore and second as a junior ... there was no state meet his senior year ... instead he won the Nike Cross Virtual Championship ... raced the Nike Northwest Regional Championship twice (2018 and '19) ... his best finish was ninth in 2019 ... placed second at the 2019 Foot Locker West Regionals and went on to earn All-America honors at the 2019 Foot Locker National Championship (35th) ... won the Oregon State 6A 3,000-meter run championship title as a sophomore (2019) and again as a senior (2021) ... those same years he was third at state in the 1,500 ... was also recruited by Boise State and Oregon.

HIGH SCHOOL BESTS: 800-meters: 1:57.29; 1,500-meters: 3:58.75;

3,000-meters: 8:14.71.

IN THE CLASSROOM: Open option major.

PERSONAL: Charles Austin Robertson ... enjoys biking, swimming and camping ... has worked as a lifeguard.

TRACK PRs

800-m.....	1:57.29
1,500-m.....	3:58.75
3,000-m.....	8:14.71

COLORADO BUFFALOES



RYLEE ROBINSON
Freshman • VR
West Bloomfield, Mich.
(Waterford)

2020: Did not compete.

2019: Redshirt season ... ran unattached at the Wyoming Invitational, placing 18th ... was 88th at the Joe Piane Invitational.

HIGH SCHOOL: 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 ... best finish at the state cross country championships was also in 2017 when she crossed the finish third ... 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) ... 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 ... was named the Detroit Free Press Female Cross Country Runner of the Year in 2018 ... 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).

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

IN THE CLASSROOM: English major ... GPA is greater than 3.0 ... member of the 2020 Pac-12 Academic Honor Roll.

PERSONAL: Rylee Raye Robinson ... daughter of Ryan and Michelle Robinson ... has dual citizenship with the U.S. and Canada (her mother is Canadian) ... mother was a professional figure skater ... father ran cross country and track and field at Western State before transferring to Michigan.

Results

2019 **Fin/CU** **Time**
at Wyoming Invite +18 18:52
at Joe Piane Invite 88/7 17:28

HONORS

2020 Pac-12 Academic Honor Roll

TRACK PRs

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

COLORADO BUFFALOES



TYLER SCHOLL
FRESHMAN • HS
Kremmling, Colo.
(Colo. Connections Academy)

HIGH SCHOOL: Competed in a variety of sports including track and field, cross country and skiing ... as a junior, he competed at 2018 New Balance Nationals in the 2,000-meter steeplechase, finishing in 6:14.60 ... that same season, he recorded a first place finish in the event at the Portland Track Festival in the high school division, finishing with a personal best (6:12.26) ... at the same meet, he raced his PR in the mile of 4:22.88 ... besides success on the track, he won the cross country skiing state championship as a sophomore.

HIGH SCHOOL BESTS: Mile: 4:22.88

IN THE CLASSROOM: Communication major.

PERSONAL: Tyler Alex Scholl ... father, Shawn, was on the USA Olympic development rowing team (1999-2004) ... sister Tabor was an All-American at Colorado on the cross country and track and field team ... enjoys hunting, fishing, cooking and mountain running.

TRACK PRs

Mile.....4:22

COLORADO BUFFALOES



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

2020: Did not compete.

2019: Redshirt ... ran once unattached at the Wyoming Invitational ... placed 30th overall.

HIGH SCHOOL: Four-time Colorado High School Activities Association 3A cross country runner-up ... helped Peak to Peak Charter win the state team title in 2016 and '17 ... letterwinner in both cross country and track and field ... 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, she raced for Team USA and placed seventh at the WMRA World Cup International Youth Challenge in Italy ... 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 ... was third in both events as a junior and during her sophomore season; she was the state champion in both ... 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 ... 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.

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: Strategic communication major ... GPA is greater than 3.2.

PERSONAL: Anna Catherine Shults ... daughter of John and Lynne Shults ... has one sister, Madison ... enjoys reading, hiking, drawing, paddle boarding and photography ... was a member of the Boulder Nordic Junior Race Team for five years and earned All-America honors.

Results

2019 Fin/CU.... Time
at Wyoming Invite.....+30 19:32

+ran unattached

TRACK PRs

800-m 2:19.47
1,500-m 4:54.90

COLORADO BUFFALOES



PAXTON SMITH

Senior • 4L

Highlands Ranch, Colo.
(Mountain Vista)

2020: Ran in all four varsity meets and scored in two ... was the No. 5 runner at the FSU Winter Classic to start the season, finishing 45th ... at the Battle Born Collegiate Challenge he recorded a 37th-place finish ... was 23rd at the Pac-12 Championship as CU took second in the team race ... scored as the No. 5 runner again at NCAAs, placing 117th.

2019: Competed in four of the five varsity races ... Was the alternate at NCAAs after finishing 51st at regionals ... placed 35th at the Pac-12 Championship, helping CU

to its seventh team title in nine years ... ran to a runner-up finish in the open race at pre-nationals ... at the Joe Piane Invitational, he finished 87th ... made his season debut at the Wyoming Invitational with a 38th-place finish.

2018: Saw an increase in action during his sophomore campaign, racing six times ... started the season with a 21st place finish at the Wyoming Invitational ... followed that up with a 140th place finish at the Nuttycombe Wisconsin Invitational ... improved to 117th two weeks later at pre-nationals ... 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, he placed 73rd ... ended his season at NCAAs, finishing 163rd.

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

Results

2020 **Fin/CU** **Time**
at FSU (Garnett) 44/5 24:24
at Battle Born (Yellow) 37/6 24:08
at Pac-12 Championship .. 23/6 23:36
at NCAA Championship 117/5 31:40

2019 **Fin/CU** **Time**
at Wyoming Invite 38/5 16:12
at Joe Piane Invite 86/7 24:37
at Pre-Nationals +2 24:39
at Pac-12 Championship .. 35/7 24:05
at NCAA Mtn. Region 51/7 31:59

2018 **Fin/CU** **Time**
at Wyoming Invite 21/2 15:58
at Nuttycombe Invite 140/5 24:46
at Pre-Nationals 117/6 25:15
at Pac-12 Championship .. 59/7 25:00
at NCAA Mtn Region 73/7 31:18
at NCAA Championship 163/6 31:13

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

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

HONORS

2020 USTFCCCA All-Academic
2019, 20 Pac-12 Academic Honor Roll
2018 Pac-12 All-Academic HM

TRACK PRs

1,500-m 3:57.13
3,000-m 8:25.26
5,000-m 14:13.38
10,000-m 29:46.89



COLORADO BUFFALOES

2016: Redshirt ... did not compete.

HIGH SCHOOL: 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 ... 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 ... 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 ... won the 2015 5A Region Cross Country Championship and followed that up with a fifth-place finish at the state meet ... he also placed 23th at the Nike Cross Southwest Regionals and went on to take 71st at Nike Cross Nationals that same year.

HIGH SCHOOL BESTS: 1,600-meters: 4:22.29; Mile: 4:25.82; 3,200-meters: 9:17.94.

IN THE CLASSROOM: Pursuing a master's degree in educational foundations, policy and practice ... currently owns a 3.8 GPA ... earned his undergraduate degrees in marketing and management and a minor in education ... named to the Pac-12 All-Academic honorable mention team in 2017 and again in '18 ... member of the 2019 and '20 Pac-12 Academic Honor Roll ... member of the 2020 USTFCCA All-Academic Team.

PERSONAL: Paxton Fowler Smith ... son of Steven and Karen Smith of Highlands Ranch, Colo. ... one younger brother, Alex.

COLORADO BUFFALOES



CHARLIE SWEENEY

Junior • TR
Owings, Md.
(Northern/
Western Colorado)

AT WESTERN COLORADO: Nine-time All-American in both cross country and track and field ... school record holder in the 3,000 (7:57.19) ... has marks in the school's top-10 all-time marks in the DMR, 3,000, indoor 5,000, outdoor 5,000 and 10,000.

HIGH SCHOOL: Attended Northern High School ... member of the football and basketball teams.

IN THE CLASSROOM: Integrative physiology major.

PERSONAL: Charlie Liam Sweeney ... enjoys climbing and Frisbee golf.

TRACK PRs

1,500-m.....	3:55.80
Mile.....	4:21.37
3,000-m.....	7:57.19
5,000-m.....	13:51.00
10,000-m.....	29:27.32

COLORADO BUFFALOES



JOSH TORRES
Sophomore • VR
Greeley, Colo.
(Northridge)

2020: Raced three times ... ran in the gold section of the FSU Winter Classic and recorded a 41st-place finish to start the season ... was 59th at the Battle Born Collegiate Challenge, crossing as CU's No. 8 runner ... finished as CU's No. 8 runner again at the Pac-12 Championship, this time placing 40th.

2019: Did not compete.

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

HIGH SCHOOL: Is the owner of three individual Northridge High School records ... clocked a time of 4:26.98 in the 1,600-meter run and finished the 3,200 in 9:43.91 ... owns the cross country 5k record

of 15:48.00 ... was part of the 4x800-meter relay team which set the school record after clocking a time of 8:26.54 ... competed at the Colorado State High School Championships in both cross country and track and field ... was the Weld Country 3,200 Champion as a senior ... named the NHS Track and Field MVP his junior and senior years ... an academic all-state selection, he was awarded a 2018 Daniels Scholar, which is a full scholarship to any accredited university in the United States.

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: Integrative physiology major ... GPA greater than 3.60 ... member of the 2019 and '20 Pac-12 Academic Honor Roll.

PERSONAL: Joshua Martin Torres ... parents are Viviano and Sara Torres ... has one older brother, Daniel ... enjoys playing guitar and piano, hiking, unicycling and playing chess ... is bilingual (Spanish).

Results

2020 **Fin/CU** **Time**
at FSU (Gold) 41/3 26:20
at Battle Born (Yellow) 59/8 24:43
at Pac-12 Championship .. 40/8 24:20

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

HONORS

2019, 20 Pac-12 Academic Honor Roll

TRACK PRs

1,500-m 4:16.49
3,000-m 8:53.47
5,000-m 14:50.07
10,000-m 31:17.49

COLORADO BUFFALOES



WHITNEY VALENTI

Freshman • VR
Brea, Calif.
(Brea)

2020: Ran three races ... debuted in the gold section of the FSU Winter Classic and finished fourth overall as CU's No. 2 finisher in 21:23.0, which earned her a position on the varsity roster for the following two meets ... at the Battle Born Collegiate Challenge she was 51st (No. 7) ... at her first Pac-12 Championship she was 44th overall (CU's No. 10).

HIGH SCHOOL: Ranked No. 1 in the 1,600-meter run in California in 2020, Valenti lettered in cross country and track and field at Brea Olinda High School ... BOHS made the CIF-SS Division Finals in cross country all four years and qualified for the CIF State Championship her sophomore and senior years ... she placed 70th as a sophomore and improved to 20th as a senior while helping the team finish third ... ran at the 2019 Foot Locker West Regional and placed 42nd ... on the track she ran the 800 and up and was also a part of several relays

... was the runner-up in the 1,600 at the CIF-SS Division 3 Finals as a sophomore and junior ... was a scholar-athlete all four years ... owns prep records in the 1,500, 3,000 and 4x1600-meter relay.

HIGH SCHOOL BESTS: 800-meters: 2:19:08; 1,500-meters: 4:39; 1,600-meters: 4:55.08; 3,000-meters: 10:17; 3,200-meters: 10:57.62.

IN THE CLASSROOM: Integrative physiology major ... owns a GPA greater than 3.5.

PERSONAL: Whitney Barstow Valenti ... her father, Dreux, ran at Southern California, while her mother, Pam, ran at Michigan ... lists hobbies as painting, dancing, biking, skiing and paddle boarding ... has done volunteer work with canned food drives, children's shopping days for the holidays, helping at blood drives and assisting at Brea Elementary School's track and field meets ... was a Girl Scout and earned the bronze and silver award ... was a member of the National Honor Society and was a four year member of the student government.

Results

2020	Fin/CU	Time
at FSU (Gold)	4/2	21:23
at Battle Born (Yellow)	51/7	21:07
at Pac-12 Championship	44/10	20:58

TRACK PRs

1,500-m	4:31.815
5,000-m	16:47.48
Steeplechase	10:43.50

COLORADO BUFFALOES



AUSTIN VANCIL

**Sophomore • 2L
Morrison, Colo.
(Dakota Ridge)**

2020: Ran and scored in all four varsity meets ... placed 28th to start the season at the FSU Winter Classic as CU's fourth finisher ... improved to 16th overall at the Battle Born Collegiate Challenge, crossing as the No. 3 scorer ... earned All-Pac-12 Second Team honors with a 13th-place finish at the conference championship ... his finish as the third Buff across the line helped CU take second as a team ... was CU's second scorer at NCAAs, placing 87th overall.

2019: Earned a spot on the varsity roster as a true freshman ... was CU's seventh finisher at NCAAs, placing 150th overall ... at regionals, he was 40th as CU's No. 6 ... helped CU win the Pac-12 team title with a 38th-place finish as the eighth Buffalo across the finish ... his first race in a CU uniform was pre-nationals, where he was 62nd ... while competing unattached, he was third at the RoadRunner Invitational and 15th at the Wyoming Invite.

HIGH SCHOOL: Earned eight letters, four on the cross country team and four on the track and field team ... recorded back-to-back third-place finishes

at the Colorado High School 5A State Cross Country Championship as a junior and senior ... helped guide the Eagles to the team state championship as a captain in 2018, as well as a first-place team 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 ... was also selected a Nike Cross Nationals First Team All-American in 2018 and was the Jeffco League MVP in 2016 and '17 ... 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 ... raced the 1,600 at state, finishing fifth in 2019 and eighth in 2018 ... 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.

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

IN THE CLASSROOM: Mechanical engineering major ... owns a GPA greater than 3.10.

PERSONAL: Austin Jacques Ernest Vancil ... son of Brian and Pascale Vancil ... has one older brother, Remy ... is bilingual (French) and has dual citizenship as his mother is from Lyon, France ... enjoys hiking, mountain biking, skiing, four-wheeling, playing tennis and camping ... was the DRHS Student Body Vice-President as a senior in high school.

Results

2020 Fin/CU.... Time
at FSU (Garnett) 28/4 24:12
at Battle Born (Yellow) 16/3 23:36
at Pac-12 Championship .. 13/3 23:16
at NCAA Championship 87/2 31:25

2019 Fin/CU.... Time
at Wyoming Invite +15 15:34
at RoadRunner Invite +3 24:54
at Pre-Nationals 62/6 24:33
at Pac-12 Championship .. 38/8 24:07
at NCAA Mtn. Region 40/6 31:40
at NCAA Championship ... 150/7 32:20
+ran unattached

HONORS

2020 All-Pac-12 Second Team
2020 Pac-12 Academic Honor Roll

TRACK PRs

1,500-m 3:58.68
3,000-m 8:24.02
5,000-m 14:10.13
10,000-m 29:40.08

COLORADO BUFFALOES



CHARLIE WELCH

Freshman • HS

Denver, Colo.

(George Washington)

HIGH SCHOOL: Ran at the Colorado State Cross Country Championship his sophomore, junior and senior years ... best finish was 18th as a senior in 2020 ... is the GWHS record holder in the 800, 1600, 2-mile and 4x800-meter relay ... recorded all-state honors as a senior in 2021 in the 800 (fourth, 1:53.52), 1,600 (seventh, 4:16.00) as well as the 4x400 (ninth, 3:28.59) and 4x800-meter relays (fourth, 8:06.64) ... was sixth at state in the 800 as a sophomore (1:56.82) ... also recruited by Cornell.

HIGH SCHOOL BESTS: 800-meters: 1:53.52; 1,600-meters: 4:16.00; 3,200-meters: 9:40.95.

IN THE CLASSROOM: Intends to major in integrative physiology.

PERSONAL: Charlie George Welch ... plans to pursue medical school following graduation ... was the GWHS valedictorian for the class of 2021 ... earned IB diploma.

TRACK PRs

800-m	1:53.52
1,600-m	4:16.00
3,200-m	9:40.95

2020* COLORADO WOMEN IN REVIEW

COLORADO WOMEN

Oct. 17	at OSU Invitational (Stillwater, Okla.).....	NTS
Feb. 5	at FSU Winter Classic, Garnett Race (Tallahassee, Fla.)	1/18
	1. Colorado 72 ; 2. Stanford 77; 3. Duke 128; 4. Oklahoma State 181; 5. Iowa State 189; 6. West Virginia 200; 7. Liberty 207; 8. Notre Dame 209; 9. Utah State 235; 10. Tennessee 264.	
Feb. 5	at FSU Winter Classic, Gold Race (Tallahassee, Fla.)	1/11
	1. Colorado 22 ; 2. North Florida 76; 3. Youngstown State 107; 4. New Orleans 126; 5. Jacksonville 134; 6. Nicholls State 145; 7. Tennessee-Martin 154; 8. Tennessee Tech 196	
Feb. 19	at Battle Born Collegiate Challenge, Yellow (Las Vegas)	5/12
	1. New Mexico 60; 2. Stanford 85; 3. Northern Arizona 100; 4. Boise State 101; 5. Colorado 102 ; 6. Washington 132; 7. Colorado State 177; 8. Utah 242; 9. Washington State 256; 10. Southern Utah 258; 11. CBU 279; 12. Nevada 318.	
Feb. 19	at Battle Born Collegiate Challenge, Green (Las Vegas)	1/5
	1. Colorado 21 ; 2. Wyoming 45; 3. Embry-Riddle Arizona 97; 4. Dixie State 107; 5. UNLV 117.	
March 5	at Pac-12 Championship (University Place, Wash.)	2/10
	1. Stanford 30; 2. Colorado 50 ; 3. Washington 85; 4. Oregon State 100; 5. Utah 165; 6. Washington State 165; 7. California 192; 8. Arizona 201; 9. Arizona State 261; 10. UCLA 297.	
March 15	at NCAA Championships (Stillwater, Okla.)	7/31
	1. BYU 96; 2. NC State 161; 3. Stanford 207; 4. Michigan State 212; 5. Minnesota 239; 6. New Mexico 274; 7. Colorado 279 ; 8. Alabama 280; 9. Boise State 304; 10. Arkansas 316; 11. Northern Arizona 318; 12. Mississippi 325; 13. Washington 330; 14. North Carolina 353; 15. Florida State 363; 16. Oregon State 375; 17. Michigan 400; 18. Georgetown 494; 19. Indiana 494; 20. Georgia Tech 508; 21. Illinois 521; 22. Portland 523; 23. Colorado State 533; 24. Oklahoma 536; 25. Iowa State 580; 26. Liberty 611; 27. Duke 624; 28. Tulsa 650; 29. West Virginia 668; 30. San Francisco 688; 31. Furman 761.	

2020* COLORADO WOMEN IN REVIEW

Runner	OSU 6k	FSU* 6k	FSU^ 6k	BBC\$ 6k	BBC# 6k	P12 6k	NCAA 6k
K. Barthell	+19 22:13.3	39/6 21:12.1		37/6 20:45.5		30/9 20:23.2	
C. Bennett			8/5 21:47.4		10/7 21:39.9		
M. Boreman	+26 22:24.4		1/1 21:05.1	19/2 20:16.8		10/3 19:48.6	74/3 21:19.2
O. Brooks	+34 22:52.3		19/9 22:12.0		9/6 21:39.9		
T. Chamberlin			12/7 21:54.8		7/4 21:22.6		
K. Christopher-Moody			7/4 21:47.2		2/2 21:05.2		
L. Constien		18/4 20:42.3		23/3 20:25.5		18/6 20:04.9	72/2 21:18.5
E. Covert	+15 22:02.4	17/3 20:41.2		28/5 20:34.7		16/5 20:01.5	96/5 21:29.0
M. Degenero		12/2 20:38.8		24/4 20:28.0		11/4 19:50.2	87/4 21:26.7
A. Hill	+18 22:11.9	40/7 21:13.2		33/5 20:41.0		25/8 20:17.2	
C. Jackson	+29 22:31.7		6/3 21:37.2		1/1 20:57.2	24/7 20:13.3	100/6 21:29.0
R. McArthur	+4 21:08.5	5/1 20:19.9				5/1 19:22.1	166/7 22:01.8
A. Meraz-Fishbein	+27 22:27.1		10/6 21:52.6		6/3 21:19.3		
A. Nichols	+22 22:17.6	24/5 20:52.7		8/1 20:02.5		8/2 19:40.3	18/1 20:35.8
S. O'Sullivan			15/8 22:01.0		8/5 21:31.9		
W. Valenti	+51 24:06.3		4/2 21:23.0	51/7 21:06.9		44/10 20:57.1	

*Garnet Race

^Gold Race

\$Yellow Race

#Green Race

+ ran unattached or in an open race

2020* COLORADO MEN IN REVIEW

COLORADO MEN

Oct. 17	at OSU Invitational (Stillwater, Okla.).....	NTS
Feb. 5	at FSU Winter Classic, Garnett Race (Tallahassee, Fla.)3/10 1. Stanford 67; 2. Iowa State 98; * 3. Colorado 98 ; 4. Utah State 160; 5. Wake Forest 184; 6. Duke 190; 7. Florida State 196; 8. Syracuse 202; 9. Southern Utah 212; 10. CBU 246. *Placed third after a tiebreaker	
Feb. 5	at FSU Winter Classic, Gold Race (Tallahassee, Fla.).....	NTS
Feb. 19	at Battle Born Collegiate Challenge, Yellow (Las Vegas)3/9 1. Northern Arizona 20; 2. Stanford 48; 3. Colorado 70 ; 4. Southern Utah 111; 5. CBU 153; 6. Boise State 154; 7. Colorado State 180; 8. Wyoming 187; 9. Nevada 287.	
March 5	at Pac-12 Championship (University Place, Wash.)2/9 1. Stanford 28; 2. Colorado 60 ; 3. Washington 66; 4. Oregon 139; 5. UCLA 164; 6. Washington State 171; 7. California 177; 8. Arizona 201; 9. Arizona State 238.	
March 15	at NCAA Championships (Stillwater, Okla.)14/30 1. Northern Arizona 60; 2. Notre Dame 87; 3. Oklahoma State 142; 4. Arkansas 181; 5. Stanford 194; 6. Tulsa 237; 7. BYU 254; 8. Iowa State 265; 9. Southern Utah 270; 10. Iona 311; 11. Utah State 351; 12. Mississippi 373; 13. Butler 379; 14. Colorado 398 ; 15. Wake Forest 425; 16. Duke 462; 17. Michigan State 463; 18. Wisconsin 464; 19. Air Force 464; 20. Villanova, 468; 21. Portland 472; 22. Georgetown 528; 23. NC State 547; 24. Furman 560; 25. Washington 568; 26. Indiana 572; 27. Gonzaga 594; 28. Charlotte 634; 29. Purdue 741; 30. Syracuse 761.	

2020* COLORADO MEN IN REVIEW

Runner	OSU 8k	FSU* 8k	FSU^ 8k	BBC\$ 8k	P12 8k	NCAA 10k
H. Appleton	+29 24:47.3	21/3 24:01.9		17/4 23:35.5	19/5 23:30.8	195/7 32:44.4
J. Aschbrenner	+25 24:36.5	53/6 24:23.1		28/5 23:51.9	24/7 23:36.1	183/6 32:36.7
J. Derouin	+85 27:39.4		8/2 25:13.1			
E. Herrera	+4 23:40.4	2/1 23:03.4		3/1 22:35.3	1/1 22:30.9	107/4 31:35.4
N. Hibbard				70/10 25:11.5		
A. Hornecker	+24 24:34.0	8/2 23:45.6		7/2 23:10.6	11/2 23:04.9	59/1 31:05.6
C. Niednagel	+79 27:04.6	86/7 25:05.2		63/9 24:52.5	43/9 24:37.8	
E. Powell	+72 26:30.2		1/1 24:25.8	41/7 24:12.7	16/4 23:23.0	95/3 31:30.3
S. Powell	+32 24:52.2		49/4 26:51.1			
Jo. Ramos	+78 26:55.7					
P. Smith	+38 24:59.6	44/5 24:23.2		37/6 24:07.1	23/6 23:35.3	117/5 31:39.8
J. Torres	+56 25:46.9		41/3 26:19.4	59/8 24:43.0	40/8 24:19.6	
A. Vancil		28/4 24:11.4		16/3 23:35.3	13/3 23:15.3	87/2 31:24.4

*Garnet Race

^Gold Race

\$Yellow Race

+ ran unattached or in an open race

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 Ritzenhein, 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 Spillsbury
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 Ritzzenheim
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
2019	Colorado (41)	—	1. Joe Klecker
2020	Stanford (28)	2nd (60)	1. Eduardo Herrera

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, 19)



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. Shannon 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
2019	Stanford (27)	4th (89)	11. Sage Hurta
2020	Stanford (30)	2nd (50)	5. Rachel McArthur

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

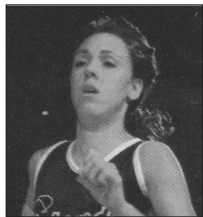
Year	M-Team	Top Colorado Finisher		W-Team	Top Colorado Finisher	
1980	1st (50)	1. Mark Scrutton	29:21.9	1st (65)	N/A	
1982	1st	1. Mark Scrutton	29:48.8	4th (65)	10. Sarah Hanson	18:11
1983	5th	7. Mick Bannister	31:38	5th (83)	19. Sarah Hanson	18:34
1984	2nd (78)	8. Todd Winke	30:49	5th	5. Michelle Bews	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
2019	2nd (53)	5. John Dressel	30:35.5	4th (113)	9. Sage Hurta	20:09.4
2020	No Regional Meet Conducted			No Regional Meet Conducted		

NCAA CHAMPIONSHIP HISTORY

NCAA CHAMPIONSHIP HISTORY

YR	TEAM	TOP CU FINISHER	TIME	TEAM	TOP CU FINISHER	TIME
1957	8th (198)					
1962	7th (202)					
1965	14th (281)	8. David Wighton	30:15			
1966	6th (248)	15. Craig Runyan	30:40			
1967	3rd (110)	4. Craig Runyan	31:10			
1968	5th (241)	13. Craig Runyan	30:00			
1970	15th (450)	52. Ted Castaneda	29:25			
1971	26th (662)					
1973	16th (217)	11. Ted Castaneda	28:55			
1975	20th (447)	58. Rick Musgrave	N/A			
1976	20th (471)			16th (546)	16. Pam Allen	17:12
1977	10th (303)	14. Mark Spilsbury	29:34	3rd (164)	7. Mary Decker	17:49
1978	5th (234)	21. John Hunsaker	30:06	4th (147)	1. Mary Decker	16:59
1979	4th (189)	14. Mark Anderson	29:32	18th (430)	93. Fran Montes	N/A
1980	13th (369)	6. Mark Scrutton	29:20	19th (408)	26. Ruth Hamilton	17:51
1981				9th (237)	37. Sharon Hulse	18:49
1982	7th (219)	1. Mark Scrutton	30:12			
1984	22nd (413)	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 (259)	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
2019	3rd (164)	2. Joe Klecker	30:37.1	10th (294)	38. Sage Hurta	20:44.3
2020	14th (398)	59. Alec Hornecker	31:05.6	7th (279)	18. Abby Nichols	20:35.8

COLORADO'S NATIONAL CHAMPIONS

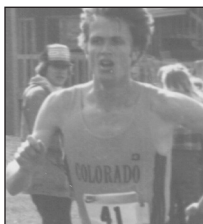


Mary Decker
1978 (AIAW)

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.

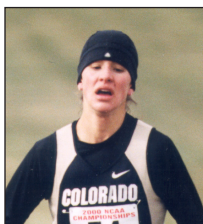
His sophomore year he finished sixth.

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

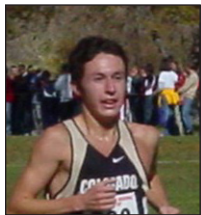
In the women's championship sweep, fifth-year senior Kara Grgas-Wheeler won CU's first individual title sans AIAW to complete the nation's only individual undefeated campaign. With the title, Grgas-Wheeler capped of a 1,035-0 season beating the next opponent by a total margin of 2:07.

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



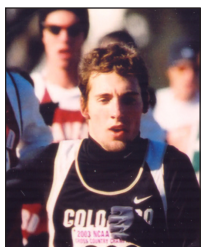
Jorge Torres
2002

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.



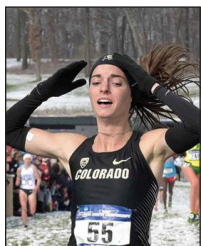
**Dathan
Ritzenhein**
2003

Twenty-four months after finishing fourth in the 2001 NCAA Championships as a freshman, Dathan Ritzenhein 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, Ritzenhein 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.

Ritzenhein'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 a 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.

The 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 Providence's Kim Smith 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). Just four points separated the Buffs and Stanford at that mark, with Sara Slattery 16th and Christine Bolf 18th.

Smith won the individual race by over 17 seconds, but Metivier hung on for second-place to give CU a good start in the team scoring race. Metivier's finish was expected, but what happened after could be considered the best surprise of the day. Freshman Liza Pasciuto finished as CU's No. 2 runner for the first time in her career, finishing 13th. Her finish was 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."

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 Slattery finished 28th and came away as an All-American for the third time in her career. She is also 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 finished 224th.

"Our race plan was to try and be patient and not fight the conditions (which changed dramatically overnight). By the 600-meter, 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. At the halfway point, a lead pack of 10-plus runners was 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 Brent Vaughn (15:25) in 15th and Bret Schoolmeester (15:26) 19th. Vaughn took sole possession of fourth place at the 8k turn, having caught 13 runners in a 3k span, while Schoolmeester chased down 12 and would hang on to finish fifth overall to give the Buffs two in the top five. 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. His classmate Jared Scott was on the team that season, but did not run at nationals. Severy ran his final career cross country race that afternoon. It happened to be the best of his career as he covered 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. Scott, also running in the final 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 Coloradans 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," said Wetmore. "And with Stephen, James and Bradley, all freshmen, the sky is the limit."

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.

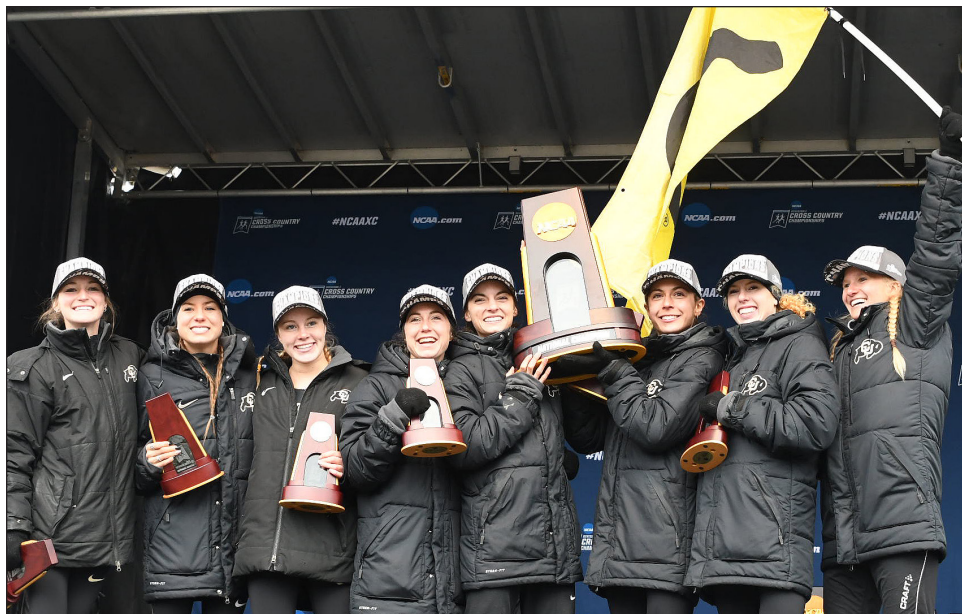
Junior Ammar Moussa led CU with a top-five finish to earn his first All-American honor, finishing in 30:29.6. Two other Buffs have top-10 positions. Sophomore Ben Saarel was seventh (30:30.7) and senior Blake Theroux was ninth (30:31.3).

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 Ritzenhein	2001, 03	John Dressel	2015, 16, 18, 19
Alan Culpepper	1993, 94, 95	Billy Nelson	2002, 03	Joe Klecker	2016, 18, 19
Scott Larson	1993	Bret Schoolmeester	2004, 05	Eduardo Herrera	2017
Jay Cleckler	1994	Jon Severy	2004	Ryan Forsyth	2018
		Brent Vaughn	2004, 06, 07	Alec Hornecker	2019



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 Ritzenhein (2001, 03)



Stephen Pifer (2004, 05, 06, 07)

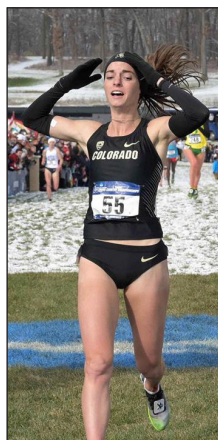


Joe Bosshard (2010, 11)

ALL-AMERICANS

Women (1976-Present)

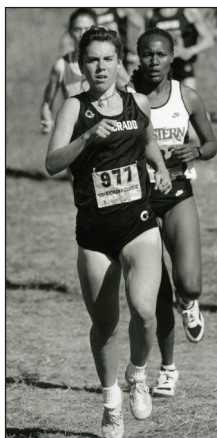
Mary Decker (AIAW)	1978	Jenny Barringer	2006, 07
Carol McMordie	1986	Sara Vaughn	2007
Chris McNamara	1986, 87	Allie McLaughlin	2009
Patty Roberts	1994, 95	Shalaya Kipp	2010, 11, 12, 13
Heather Burroughs	1994, 95, 98	Laura Tremblay	2010
Natalie Raveling	1994	Emma Coburn	2011
Colleen Glyde	1995, 96	Erin Clark	2014, 15
Kelly Smith	1995, 97	Kaitlyn Benner	2015, 16, 17
Carrie Messner	1996	Mackenzie Caldwell	2016
Kara Grgas-Wheeler	1999, 00	Sage Hurta	2016, 17, 18, 19
Sara (Gorton) Slattery	2000, 02, 04	Dani Jones	2016, 17, 18
Jodie Hughes	2000	Val Constien	2018
Molly Austin	2001, 02	Makena Morley	2018
Natalie Florence	2002, 04	Tabor Scholl	2018
Renee Metivier	2003, 04	Taylor Tuttle	2018
Kalin Toedebusch	2003	Abby Nichols	2020
Christine Bolf	2004, 05		
Liza Pasciuto	2004, 05, 06		



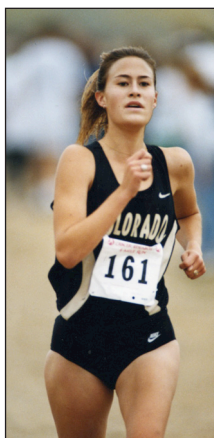
Dani Jones (2016, 17, 18)



Heather Burroughs (1994, 95, 98)



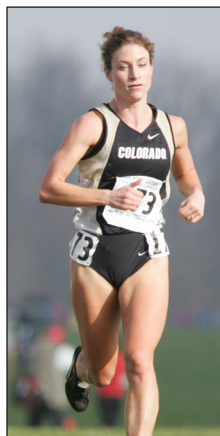
Patty Roberts (1994, 95)



Molly Austin (2001, 02)



Christine Bolf (2004, 05)



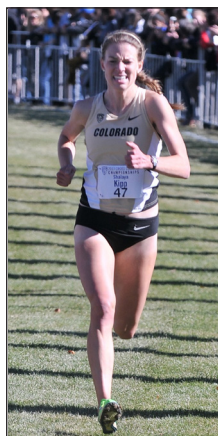
Renee Metivier (2002, 04)



Sara (Gorton) Slattery (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, 19
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, 19, 20
Steve Slattery	2000, 02	Joe Klecker	2017, 18, 19
Sean Smith	2000	Adam Peterman	2017
Dathan Ritzenhein	2001, 03	Kashon Harrison	2019
Billy Nelson	2002, 03, 05, 06	Alex Hornecker	2019, 20
Bret Schoolmeester	2003, 04, 05	Austin Vancil	2020
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, 19
Shayne Wille	1996	Tabor Scholl	2018
Jennifer Smith	1997	Holly Bent	2019
Kara Grgas-Wheeler	1997, 99, 00	Madie Boreman	2020
Sara (Gorton) Slattery	2000, 02, 04	Micaela Degenero	2020
Tera Moody	2000, 01	Rachel McArthur	2020
Jodie Hughes	2000, 01	Abby Nichols	2020
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

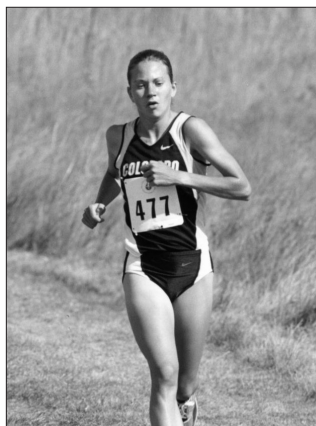
ALL-DISTRICT/REGION

Men

Andy Dunn	1985, 86, 87, 88	Steve Slattery	2000, 01
Mike Kubitschek	1985	Dathan Ritzenhein	2001, 03
Dan Reese	1985	Billy Nelson	2002, 03, 05, 06
Todd Wienke	1985, 86	Bret Schoolmeester	2003, 04, 05
Scott Elliott	1986	Brent Vaughn	2004, 06, 07
Ken Metcalf	1986	Bradley Harkrader	2004, 06, 07
Cisco Bob	1987, 88, 89	Jared Scott	2004
David Derdeyn	1987	Jon Severy	2004
Mike Nahom	1988, 89	James Strang	2004, 05, 06
Chuck Trujillo	1985, 86, 88	Payton Batliner	2005
Nate Wright	1988, 89	Stephen Pifer	2005, 06, 07
Shawn Found	1992, 93	Erik Heinonen	2006
Brett Larsen	1992, 93	Richard Medina	2007, 08, 09, 11
Scott Larson	1992, 93	Kenyon Neuman	2007, 08
Fritz Rogers	1991, 92	Chris Pannone	2007, 08
Tim Catalano	1993, 94	Seth DeMoor	2008
Alan Culppepper	1993, 94, 95	Jordan Kyle	2008, 09
Ron Salazar	1993	Joe Bosshard	2009, 10
Jay Cleckler	1994	Matt Tebo	2009, 10
Jon Cooper	1994, 95	Christian Thompson	2009, 10, 11
Adam Goucher	1994, 95, 97, 98	Andy Wacker	2009, 10, 11
Clint Wells	1994, 95, 97	Aric Van Halen	2010, 12
Adam Batliner	1996, 97, 98	Martin Medina	2011, 12
Ricky Cron	1996	Ammar Moussa	2011, 14, 15
Jay Johnson	1996	Jake Hurysz	2012, 14
Matt Napier	1996, 97	Pierce Murphy	2012, 13, 14, 15
Tom Reese	1996, 97, 98	Blake Theroux	2012
Chris Severy	1996	Morgan Pearson	2013, 15
Zeke Tiernan	1996	Ben Saarel	2013, 14, 15, 16
Aaron Blondeau	1997, 99	Connor Winter	2013, 14, 15
Mike Friedberg	1998, 99	John Dressel	2015, 16, 18, 19
Ron Roybal	1998, 99	Zach Perrin	2015, 16, 17
Oscar Ponce	1999	Joe Klecker	2016, 17, 18, 19
Sean Smith	1999, 00	Ryan Forsyth	2017, 18
Jorge Torres	2000, 01, 02	Ethan Gonzales	2017
Ed Torres	2000, 01, 02	Eduardo Herrera	2017, 18, 19
Zach Crandall	2000	Gabe Fendel	2019
		Kashon Harrison	2019

2021 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, 19
Molly Austin	2001, 02	Brianna Schwartz	2017
Natalie Florence	2001, 02, 04	Taylor Tuttle	2018
Jackie Zeigle	2002, 03	Holly Bent	2019
		Rachel McArthur	2019

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.



Mike Friedberg

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.



Alec Hornecker

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

ALEC HORNECKER • 2018 Walk-on- 2019 Cross Country All-American

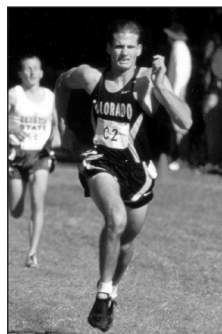
Hornecker walked onto the Colorado cross country team in the fall of 2018 after transferring from Portland State. He actually transferred without knowing if he would be able to join the Buffs, he just knew he was going to attend CU. As luck would have it, Hornecker earned a spot on the roster, but he did not make the varsity program until the fall of 2019. That season was a break out year and he played an instrumental role for CU. He was 12th overall at the Pac-12 Championships, fourth for CU, which earned him a spot on the All-Pac-12 second team and helped the Buffs win the team title for the seventh time in nine years. More importantly, it was the first time since the 2016 season CU was able to bring the trophy home. He sat out of regionals, but was ready for his first 10k at NCAAs, finishing third for CU with a 38th-place finish. He became an All-American and helped the Buffs record a third-place team finish.

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

FROM WALK-ON TO ALL-AMERICAN

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

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.



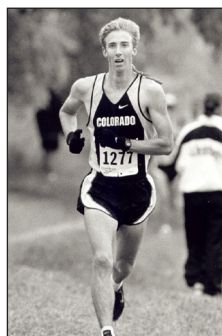
Patty Roberts

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

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.

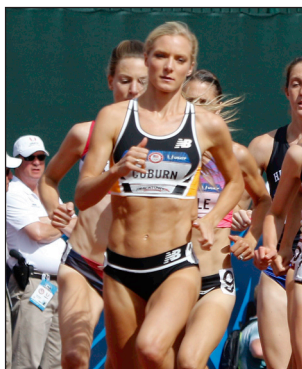
POST COLLEGIATE SUCCESS

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. They have earned **22** U.S. Olympic berths, more than any other collegiate distance program. **Two** have won Olympics medals. CU athletes and alumni have accounted for **82** U.S. berths on U.S. Championship teams, **36** in track and field.

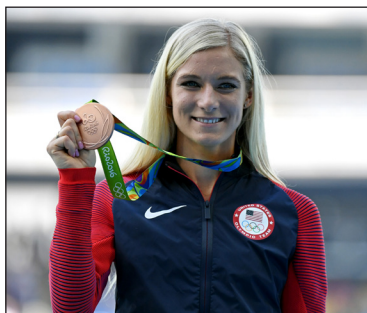
It's a tradition of excellence.

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



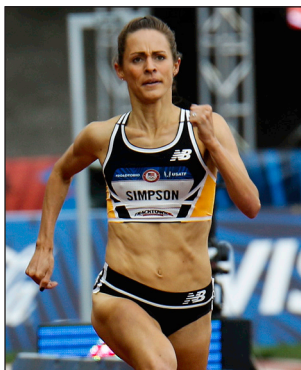
- ***2011 USA Steeplechase Champion**
- ***2011 IAAF World Championship Steeplechase Finalist (13th)**
- ***2011 USA No. 1 Ranked Steeplechase**
- ***2012 USA Olympic Trials Steeplechase Champion**
- ***2012 Olympic Games Steeplechase Finalist (8th-highest American)**
- ***2012 USA No. 1 Ranked Steeplechaser**
- **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**

- **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 then-American record (9:02.58)**
 - **2018 USA Steeplechase Champion**
 - **2019 USA Steeplechase Champion**
 - **2019 IAAF Bronze Medalist**
 - **2020 USA Olympic Trials Steeplechase Champion**
 - **2020 Olympic Games Finalist**
- *run while still in college*



POST COLLEGIATE SUCCESS

**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**
 - **2019 IAAF World Championship finalist**
 - **2020 USA Olympic Trials Finalist**
- *run while still in college*



POST COLLEGIATE SUCCESS

YOUNG BUFFS IN THE PROS All In The First Two Years

**VAL CONSTIEN ('19).....Steeple
Clubunattached**

- 2020 USA Olympic Trials (3rd, steeple)
- 2020 Olympic Games Finalist
- 6th fastest steeplechaser in American history

**SAGE HURTA ('21) Middle Distance
Club On Athletics**

- 2020 USA Olympic Trials semifinalist (800m)

**DANI JONES ('20) Middle Distance
Club New Balance**

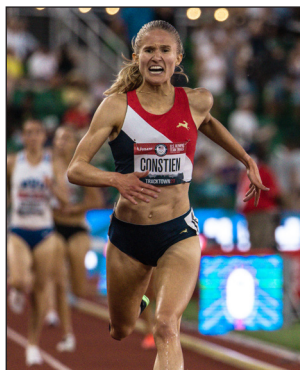
- *2018 USA Outdoor Championships (5th, 1500m)
- *2018 Prefontaine Classic National 1500 Champion
- 2020 USA Olympic Trials Finalist (1500m)

**MAKENA MORLEY ('20) Distance
Club ASICS**

- 2019 USA 10-Mile Championship Runner-up
- 2020 USA Olympic Trials 10k Qualifier

**JOE KLECKER ('20) Distance
Club On Athletics**

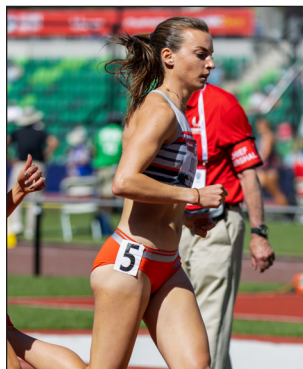
- 2020 USA Olympic Trials (3rd, 10k)
- 2020 Olympic Games participant (16th, 10k)



Val Constien



Sage Hurta



Dani Jones



Makena Morley



Joe Klecker

POST COLLEGIATE SUCCESS

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)**
- **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**



Alan Culpepper



Shayne (Wille) Culpepper



Adam Goucher

POST COLLEGIATE SUCCESS

- 2006 IAAF World XC Championships (6th, 4k)
- 2006 USA Outdoor Championships (4th, 5k)
- 2007 USA XC Championships (2nd)
- 2007 USA Outdoor Championships (3rd, 5k)

KARA GOUCHER ('01)..... Distance

- 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

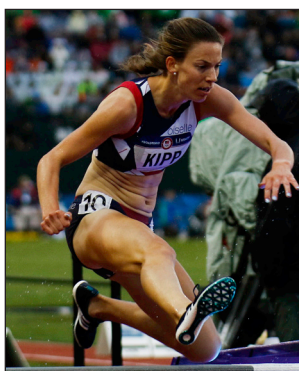
- *2012 USA Olympic Trials (3rd, steeple)
 - *2012 Olympic Games participant
 - *2013 USA Outdoor Championships participant
 - 2014 USA Outdoor Championships participant
 - 2015 USA Outdoor Championships participant
 - 2015 Pan-American Games (2nd, steeplechase)
 - 2016 USA Indoor Championships (3rd, 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

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

- 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)



Kara Goucher



Shalaya Kipp



Renee Metivier

POST COLLEGIATE SUCCESS

BILLY NELSONSteeple/Distance

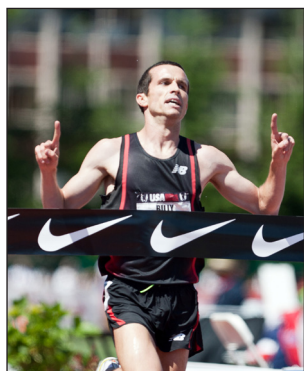
- 2008 USA Olympic Trials (2nd, steeplechase)
- 2008 Olympic Games (29th, steeplechase)
- 2010 USA Outdoor Championships (5th, steeplechase)
- **2011 USA Steeplechase Champion**
- 2011 IAAF World Championships participant
- 2012 USA Olympic Trials finalist
- 2014 USA Outdoor Championships participant

DATHAN RITZENHEIN Distance

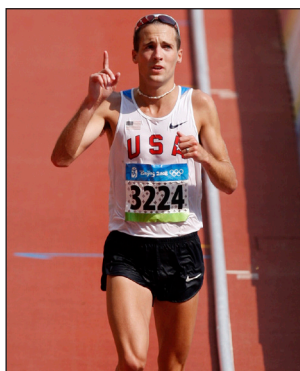
- 2004 USA Olympic Team member (10k)
- **2005 USA XC Champion**
- **2005 USA Road 10k Champion**
- 2006 USA Outdoor Championships (3rd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (3rd, 10k)
- 2008 USA Olympic Marathon Trials (2nd)
- **2008 USA XC Champion**
- 2008 Olympic 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)

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

- 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)



Billy Nelson



Dathan Ritzenhein



Steve Slattery

POST COLLEGIATE SUCCESS

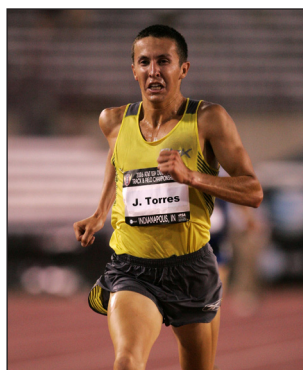
JORGE TORRES ('03) Distance

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)

BRENT VAUGHN Distance

- 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



Jorge Torres



Brent Vaughn

ALL TIME LETTERWINNERS

Letterwinner	Years	Hometown (High School)	
Andy Aiken	1980	Indianapolis, Ind. (North Central)	Colin Couper 1951
Richard Alejandro	1965	San Bernardino, Calif. (Eisenhower)	Dave Couture 1987, 88, 89 Lakewood, Colo. (Lakewood)
Mark Andersson	1978, 79	Ferndale, Wash. (Ferndale)	Zach Crandall 2000, 01 Fort Collins, Colo. (Rocky Mountain)
Andy Ames	1987	Tulsa, Okla. (B.T. Washington)	John Creighton 1951 Flagler, Colo. (Flagler)
Hunter Appleton	2020	New Orleans, La. (Brother Martin)	Ricky Cron 1993, 96 Stevens Point, Wis. (SPoint Area/Rice)
Adrian Arnold	1995	Alamosa, Colo. (Alamosa/Rice)	Tim Cronin 1968, 69, 70, 71
Jace Aschbrenner	2020	Newbury Park, Calif. (Newbury Park)	George A. Crowther 1905
Edward Auran	1904		Alan Culpepper 1993, 94, 95 El Paso, Texas (Coronado)
Austin Baillie	2005	Portland, Ore. (Westview)	Tom Curtis 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, 19 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 (Carlisle)	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)	Gabe Fendel 2018, 19 Fishers, Ind. (Hamilton Southeastern)
Casey Burchill	2002, 03	Clovis, Calif. (Buchanan)	Kent Fischman 1981 Hazelcrest, Ill. (Hillcrest)
Robert M. Burns	1912		George Fitzmorris 1947, 48, 49
Eric Cahn	1958, 59, 60		Jim Fitzmorris 1956, 57 Colorado Springs, Colo.
Robert Campbell	1968, 69, 70		William D. Fleming 1914
Fred Carnahan	1973, 74	Genoa, Neb. (Genoa)	Shawn Found 1991, 92, 93 Grand Junction, Colo. (Brewer/Lamar)
Nick Carr	1982		Ryan Forsyth 2015, 16, 17, 18 Severna Park, Md. (Severna Park)
Ted Castaneda	1972, 73	Colorado Springs, Colo.	Bernie Frakes 1957, 58, 59 Ordway, Colo.
Steve Castaneda	1970		Mike Friedberg 1998, 99, 2000 Columbia, Md. (The Park School)
Tim Catalano	1991, 92, 93, 94	Fort Collins, Colo. (Fort Collins)	Reilly Friedman 2016, 17 Atlanta, Ga. (The Galloway School)
Paul Cattermole	1965, 66, 67	Denver, Colo. (Regis)	Jim Funk 1954, 56
Tom Caughlin	1997	Mason City, Iowa (Mason City)	Michael Gallagher 1962
Anthony Chiulli	2005	Memphis, Tenn. (Christian Brothers)	Sam Gamble 1904
Everett F. Clark	1912		James Garcia 1964
Wayne Clark	1947		Joseph Garst 1905
Ernest Clayton	1904		Bill Gavito 1951, 53 Denver, Colo. (Wesminster)
Cameron Clayton	2010	Superior, Colo. (Monarch)	Daniel Gist 1958
Jay Cleckler	1993, 94	Woodland Park, Colo. (W-Park)	Jim Giveans 1990, 91, 92 Littleton, Colo. (Arapahoe)
Jon Cooper	1994, 95	El Paso, Texas (Coronado)	Eric Gleason 1984 Huntington Beach, Calif. (Marina)
			Floyd Godwin 1964, 65 San Lareneo, Calif. (Arroyo)
			Ethan Gonzales 2016, 17, 18 Westminster, Colo. (Broomfield)
			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)



Bradley Harkrader



Eric Heinonen

ALL TIME LETTERWINNERS

Nick Harris	2015	Niwot, Colo. (Niwot/Washington)	Martin Medina	2009, 10, 11, 12	Grand Junction, Colo. (GJ)
Kashon Harrison	2019	Fruitland, N.M. (Kirtland Central)	Richard Medina	2007, 08, 09, 11	Grand Junction, Colo. (GJ)
Erik Heinonen	2005, 06	Eugene, Ore. (South Eugene)	Eric Meleney	1987, 89	Bethesda, Md. (Whitman)
Eduardo Herrera	2016, 17, 18, 19	Madera, Calif. (Madera South)	Ken Metcalf	1986	Cederidge, Colo.
Alexander Hill	1905		Virgil E. Metcalf	1917	
Ed Hom	1971, 72		Earl B. Millard	1907	
Alec Hornecker	2019, 20	Golden, Colo. (Golden/Portland St.)	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 Kinsbuary	1905		Morgan Pearson	2012, 13, 15	Morristown, N.J. (Delbarton)
Doug Kirmeyer	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		Ethan Powell	2020	C-Springs, Colo. (Air Academy/K-State)
Richard Lower	1973, 74	Harmony, Pa. (Seneca Valley)	Jason Pozner	1990, 91	Morganville, N.J. (Marlboro)
Bruce Lundy	1976	Lakewood, Colo. (Lakewood)	Harry Pratt	1904	
John Lunn	1966, 67, 68	Denver, Colo. (South)	Arthur Preston	1904	
Tony Macey	1984, 85	Las Vegas, Nev. (Valley)	Winfred L. Prouty	1908	
John E. Mackling	1916		Ted Quintana	1975	San Lorenzo, Calif. (San Lorenzo)
Garry Maddox	1971, 72		Robert Radnoti	1977, 78, 79	Greeley, Colo. (Greeley West)
David Magee	1975	Santa Maria, Calif. (St. Joseph)			
Glen Malcolm	1950				
Jerry Maris	1982	Buckley, Wash. (White River)			
Joseph Markey	1916				
Christian Martin	2015, 16, 17	Littleton, Colo. (Heritage/Nebraska)			
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)			



Chris Pannone



Stephen Pifer

ALL-TIME LETTERWINNERS

Rudolph Rahlfig	1904		Don Steers	1953, 54	
Clarence W. Ramey	1913		Mike Stegner	1969, 70, 71	
Roy Randall	1904		Jonny Stevens	2011, 12	Vail, Colo. (Battle Mountain)
Justice Ramos	2017, 18	Delores, Colo. (Montezuma-Cortez)	Fred W. Stoddard	1907	
Dan Reese	1982, 84, 85	Golden, Colo. (Wheat Ridge)	James Strang	2004, 05, 06	Signal Mountain, Tenn. (Baylor)
Richard Reese	1984	Golden, Colo. (Wheat Ridge)	George M. Stratton	1905	
Sam Reese	1980, 81, 82,	Golden, Colo. (Wheat Ridge)	Mark Stromberg	1984	Englewood, Colo. (Cherry Creek)
Tom Reese	1995, 96, 97, 98	Golden, Colo. (Wheat Ridge)	Matt Tebo	2007, 08, 09	Albuquerque, N.M. (Eldorado)
Terry V. Ritchie	1907		Mark Tedder	2017	Battle Ground, Wash. (Battle Ground/Cornell)
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		Austin Vancil	2019, 20	Morrison, Colo. (Dakota Ridge)
Ron Salazar	1990, 91, 92, 93	Grand Junction, Colo. (Grand Junction)	Brent Vaughn	2003, 04, 06, 07	Aurora, Colo. (Smoky Hill)
Andy Samuelson	1990	Colorado Springs, Colo. (Rampart)	Andy Wacker	2008, 09, 10, 11	Pinehurst, N.C. (Pinecrest)
Mike Sandrock	1979	Park Ridge, Ill. (Park Ridge)	Orly Waller	1982	Tacoma, Wash. (Puyallup)
Ned Sargent	1956, 57, 58	Moosehart, Ill. (Malcom Hiles Memorial)	Harry H. Ware	1916	
Ben Saarel	2013, 14, 15, 16	Salt Lake City, Utah (Park City)	Thomas M. Warner	1905	
Clem Saunders	1913		Chris Webster	1969	
John H. Sawhill	1915, 16		Clint Wells	1994, 95, 97	Craig, Colo. (Moffat Country)
Chris Schafer	2000	Yakima, Wash. (Eisenhower)	Jim Whitmore	1976, 77	Van Nuys, Calif.
Al Schmidt	1961, 62	Longmont, Colo.	Todd Wienke	1984, 85	Whitefish Bay, Wis. (Whitefish Bay)
Bret Schoolmeester	2002, 03, 04, 05	Sedalia, Colo. (Denver Christian)	Milt Wiley	1948, 50	
Jared Scott	2001, 03, 04	Monument, Colo. (Palmer)	Arthur D. Wilson	1905	
Mark Scrutton	1979, 80, 81, 82	London, England (Towbridge Kent)	Connor Winter	2012, 13, 14, 15	Centennial, Colo. (Arapahoe)
Chris Severy	1994, 95, 96, 98	Aspen, Colo. (Aspen)	Earl E. Wright	1912	
Jon Severy	2001, 02, 03, 04	Aspen, Colo. (Aspen)	Nate Wright	1987, 88, 89	Fort Collins, Colo. (Poudre)
Dillon Shije	2010, 11, 13	Albuquerque, N.M. (Sandia Prep)	Rene Wright	1904	
Clarence R. Short	1912		Dave Wrighton	1963, 64, 65	Montreal, Canada (MacDonald)
Steve Slattery	1999, 00, 01, 02	Flanders, N.J. (Mt Olive)	Jim Wyatt	1954, 56	Craig, Colo. (Moffat County)
Brian Smith	1975, 76	Denver, Colo. (Lincoln)	John J. Yowell	1912	
Paxton Smith	2017, 18, 19, 20	Highlands Ranch, Colo. (Mtn. Vista)	Harry Zimmerhackle	1904	
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				



Jorge Torres



Brent Vaughn

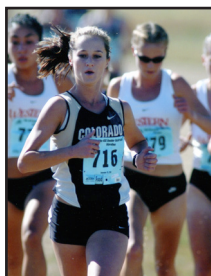
ALL-TIME LETTERWINNERS

WOMEN

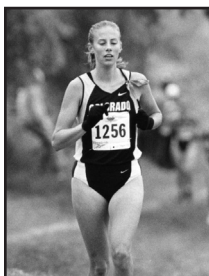
Letterwinner	Years	Hometown (High School)			
Pam Allen	1976		Jenny DeSouchet	2013, 14	Alamosa, Colo. (Alamosa)
Maddie Alm	2013, 14, 15	Louisville, Colo. (Monarch)	Allison Eckert	2007	Sioux Falls, S.D. (Roosevelt)
Lindsay Arendt	1998, 99	Littleton, Colo. (Chatfield)	Morgan Ekemo	2008	Eagle River, Alaska (Chugiak)
Jenny Arnold	1998	Inverness, Ill. (Libertyville)	Anne Farris	1987, 88, 89	Aspen, Colo. (Aspen)
Molly Austin	1999, 01, 02	Littleton, Colo. (Mullen)	Jen Fazoli	1998, 99, 00	Averill Park, N.Y. (Averill Park)
Lee Ballenger	1976, 78	Charlotte, N.C. (Country Day)	Natalie Florence	2001, 02, 03, 04	Lawrenceville, Ga. (Collins Hill)
Rachel Baptista	2011	Austin, Texas (Austin)	Judy Foster	1992	Lakewood, Colo. (Wheatridge)
Veronica Barajas	1992, 93	Onard, Calif. (Channel Islands)	Christie Friesen	1989	Albuquerque, N.M. (Manzano)
Jenny Barringer	2005, 06, 07, 09	Oviedo, Fla. (Oviedo)	Diana George	2010, 11, 12	Livermore, Calif. (Livermore)
Anne Barrett	1979	Fair Oaks, Calif. (San Marino)	Rachel Gioscia	2006, 08	Buena Vista, Colo. (Buena Vista)
Brooke Baughman	1991, 92, 93	Salt Lake City, Utah (RH-St.M)	Colleen Glyde	1995, 96	State College, Pa. (St-College/Penn St)
Kaitlyn Benner	2014, 15, 16, 17	Superior, Colo. (Monarch)	Sara (Gorton) Slattery	2000, 02, 04	Phoenix, Ariz. (Mountain Point)
Holly Bent	2018, 19	Louisville, Colo. (Monarch)	Kara Grgas-Wheeler	1996, 97, 99, 00	Duluth, Minn. (Duluth East)
Kristi Berwick	1980	Encino, Calif. (Taft)	Kendall Grgas-Wheeler	2000, 02, 03	Duluth, Minn. (Duluth East)
Michelle Bews	1984, 86, 87, 88	Victoria, Australian (Ann Arbor)	Jen Gruia	1997, 98	Vienna, Va. (Paul VI / Virginia)
Eryn Blakely	2014, 15	Monrovia, Calif. (Alverno)	Susan Haldeman	1977, 78	Santa Monica, Calif. (Santa Monica)
Christine Bolf	2002, 03, 04, 05	Los Angeles, Calif. (Notre Dame)	Ruth Hamilton	1980	Carbondale, Colo. (CO Rocky Mtn)
Madie Boreman	2016, 17, 18, 20	Round Rock, Texas (Rouse)	Sarah Hanson	1982, 83, 85, 86	Boulder, Colo. (Fairview)
Ben Bossut	1992, 93	Fort Ronney, France (College of Marin)	Emily Hanenburg	2006, 08, 09	Colorado Springs, Colo. (The Classical Academy)
Courtney Bouchet	2011, 12, 13	Estes Park, Colo. (Estes Park)	Denise Hermosillo	1983, 84, 85	Durango, Colo.
Lize Brittin	1987	Boulder, Colo. (Fairview/BYU)	Jeanne Higgins	1988	Hulls Cove, Maine (Hulls Cove)
Suzanne Bryan	1983		Lesley Higgins	1998, 99, 00, 01	Littleton, Colo. (Arapahoe)
Debbie Bump	1987	Wheatridge, Colo. (Wheatridge)	Annie Hill	2018, 19	Kalispell, Mont. (Glacier)
Heather Burroughs	1994, 95, 97, 98	Kansas City, Mo. (Pembroke)	Kimberly Hills	1976, 77, 78, 79	Eugene, Ore. (North Eugene)
Shannon Busch	1987, 88, 89, 90	Fort Collins, Colo. (Poudre)	Kristen Hoogheem	2005	Chesterfield, Mo. (Marquette)
Alison Butterworth	1980	Charlotte, N.C. (Myers Park)	Jen Hooper	2007	Steamboat Springs, Colo. (Steamboat Springs)
Mackenzie Caldwell	2014, 15, 16, 17	Columbus, Ind. (Columbus N)	Allison Howard	1990, 91	Minneapolis, Minn. (Roseville Area)
Catrina Campbell	1987, 88	Longmont, Colo. (Lmont./Idaho St)	Melissa Howell	1984	Broomfield, Mich.
Heather Chaimberlain	1988	Leesburg, Va. (Leesburg/Brevard)	Renee Howell	1993	Westminster, Colo. (Northglenn)
Anna Chase	2006, 07	Martinsville, Va. (Martinsville)	Jodie Hughes	1998, 99, 00, 01	The Woodlands, Texas (The Woodlands)
Jessica Cirelli	1994, 95	Superior, Colo. (Fairview)	Sharon Hulse	1980, 82	Huntington Beach, Calif. (Edison)
Erin Clark	2013, 14, 15, 16	Eugene, Ore. (South Eugene)	Sage Hurta	2016, 17, 18, 19	Hamilton, N.Y. (Hamilton Central)
Emma Coburn	2008, 09, 10, 11	Crested Butte, Colo. (Crested Butte)	Cindy Ike	1976	
Carrie Cockerham	1996	Englewood, Colo. (Cherry Creek)	Camille Jackson	2020	Ames, Iowa (Ames)
Jeanne Collopy	1976		Baylee Jones	2018	Phoenix, Ariz. (Desert Vista)
Elizabeth Constien	2019, 20	Edwards, Colo. (Battle Mtn)	Dani Jones	2015, 16, 17, 18	Phoenix, Ariz. (Desert Vista)
Valerie Constien	2015, 16, 17, 18	Edwards, Colo. (Battle Mtn)	Jennifer Jones	1991, 92	Parker, Colo. (Ponderosa)
Emily Covert	2020	Minneapolis, Minn. (Washburn)	Lori Jorgensen	1978, 80	Mahopac, N.Y. (Mahopac)
Wendy Cozens	1978	Denver, Colo. (Thomas Jefferson)	Michelle Kantor	1988, 89, 90	Reno, Nev. (McQueen)
Katie Cumming	2008, 09, 10, 11	Hudson, Wis. (Hudson)	Annie Kelly	2014	Alpharetta, Ga. (Milton)
Kimberley Cundiff	1988	Boulder, Colo. (Boulder)	Gina Kelly	1991	Cincinnati, Ohio (Anderson)
Kristina Dahlberg	1993, 94, 95, 96	Orange, Calif. (El Modena)	Kirsten Kindt	1983, 84, 85, 86	Englewood, Colo.
Lara Darco	2011	Walpack, N.J. (Pope John XXIII)	Michelle King	1989, 90	Bailey, Colo. (Platte Canyon)
Mary Decker	1977, 78	Orange, Calif.	Shalaya Kipp	2010, 11, 12, 13	Salt Lake City, Utah (Skyline)
Micaela Degenero	2020	Granville, Ohio (Granville/Michigan)	Katie Kissane	2002	Essex, Vt. (Essex)
			Susan Kranzler	1984	Wheatridge, Colo.



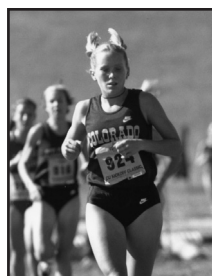
Erin Clark



Natalie Florence



Jodie Hughes



Carrie Messner

ALL-TIME LETTERWINNERS

Brandi Krug	1992, 93	Grand Junction, Colo. (Grand Junction)	Sandy Simmons	1977	
Liz Laster	1988, 90	Aurora, Colo. (Rangeview)	Kaylen Slack	2008	Colorado Springs, Colo. (Liberty)
Abby Levene	2013	Dublin, N.H. (Andover Academy)	Dana Slater	1977, 78	Freedom Plains, N.Y. (Arlington)
Camille Logan	2010, 11, 12	Littleton, Colo. (Littleton)	Amber Smith	2004	Ishpeming, Mich. (Westwood)
Allison Lusby	1993, 94	Boulder, Colo. (Fairview)	Jennifer Smith	1997	Spokane, Wash. (Joel E. Ferris)
Claire Maduza	2006	Shorewood, Wis. (Shorewood)	Kelly Smith	1994, 95, 96, 97	Petoskey, Mich. (Petoskey)
Karina Mann	2017, 18, 19	Louisville, Colo. (Monarch)	Wendy Smith	1990, 91	Beaverton, Ore. (Beaverton)
Erin Marston	2006, 07	Parker, Colo. (Chaparral)	Sara Solomon	1988, 89, 90, 91	Greeley, Colo. (Greeley Central)
Bridget Marting	1982, 83	Colorado Springs (Cheyenne Mtn)	Carolyn Spahr	1976	
Lucy May	2014, 15	St. Louis, Mo. (St. Joseph)	Kate Starke	1986, 87	Ft. Collins, Colo. (Ft. Collins)
Catrina McAlister	2012, 13, 14	San Clemente, Calif. (San Clemente)	Jana Stolting	2012	Tallahassee, Fla. (MacIay)
Rachel McArthur	2019, 20	Bristow, Va. (Patriot/Villanova)	Briana Stott-Messick	1997, 98	Fort Collins, Colo. (Poudre)
Hilary McClendon	2006	Eagle, Idaho (Bishop Kelly)	Elaine Strickland	1986	Northglenn, Colo.
Cathy McCray	1982, 83		Sara Sutherland	2014	Dallas, Texas (Highland Park)
Rachel McKeen	1993, 94	Beaverton, Ore. (Beaverton)	Carleen Thom	1979, 80	Phoenix, Ariz. (Central)
Allie McLaughlin	2009	Colorado Springs, Colo. (Air Academy)	Laura Thweatt	2007, 08, 09, 10	Durango, Colo. (Durango)
Carol McMordie	1985, 86, 87, 89	Lakewood, Colo. (Green Mtn)	Kalin Toedebusch	2003, 05	Rockford, Mich. (Rockford)
Chris McNamara	1984, 85, 86, 87	Gresham, Ore. (Gresham)	Elizabeth Tremblay	2010, 11, 12, 13	Loveland, Colo. (Thompson Valley)
Amy McNitt	1992, 93, 94, 95	Monte Vista, Colo. (Sargent)	Laura Tremblay	2009, 10	Loveland, Colo. (Thompson Valley)
Amy Merten	1989, 91	Fairfax Station, Va. (Fairfax)	Taylor Tuttle	2016, 17, 18	Snellville, Ga. (Providence Christian)
Carrie Messner	1995, 96, 98, 99	Evergreen, Colo. (Mullin)	Sara (Ensurd) Vaughn	2005, 07	Gering, Neb. (Gering)
Renee Metivier	2003, 04	Highland Village, Texas (Marcus/GaTech)	Carrie Verdon	2012, 13, 15, 16	Moraga, Calif. (Campolindo)
Jennifer Miller	1992	Grosse Pt Park, Mich. (Liggett)	Rachel Viger	2010, 11, 12	Fort Collins, Colo. (Fort Collins)
Peg Millican	1989	Ft. Collins, Colo. (Poudre/Cal-Poly SLO)	Hilary White	2001	Gainesville, Fla. (Bucholz / Florida)
Fran Montes	1979, 80	Islip Terrace, N.Y. (East Islip)	Shayne Wille	1995, 96	Havertown, Pa. (Haverford/Vermont)
Tera Moody	1999, 00, 01, 02	St. Charles, Ill. (St. Charles)	Katherine Wilson	1977, 78, 79, 80	Bloomfield Hills, Mich. (Lahser)
Makena Morley	2016, 17, 18	Bigfork, Mont. (Bigfork)	Carolyn, Wollenberger	1984, 85	Portalo Valley, Calif.
Abby Nichols	2020	Kettering, Ohio (Archbishop/Ohio St.)	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, 19	Kremmling, Colo.			
Brianna Schwartz	2017, 18	Pittsburgh, Pa. (Shaler Area)			



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

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

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

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

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

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

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	

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

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 Championships20/34		16/23

YEAR-BY-YEAR RESULTS

1977(D Brittenham/R. Castro) .M
 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 Championships10/29 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
 at NCAA/AIAW Championships..... 5 4

1979(David Troy/Kathy Jackson)M
 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
 at Big Eight Championships 1/8 5/8
 at NCAA District V/AIAW Region VII1/16 2/8
 at NCAA Championships..... 4/29 18/28

1980(David Troy/Kathy Jackson)M
 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
 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

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

1982 (David Troy/Gordon Fox)M
 at Pelluer Invitational..... NTS
 Colorado Invitational..... 1/4
 at Wyoming Invitational..... 1/3
 at Adams State Invitational 1/4
 at Arkansas Invitational 2/4
 at Nebraska Invitational 3/8
 at Kansas Invitational 3/8
 at Big Eight Championships 1/8 3/8
 at NCAA District V Championship1/12 4/8
 at NCAA Championships..... 7/21

1983 (David Troy/Gordon Fox)M
 at Air Force Triangular 1/3
 at Wyoming Invitational..... 2/6
 at Adams State Invitational 3/6
 at BYU Invitational 2/7 4/8
 at Colorado State Invitational..... 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 Champs 5/10 5/10

1984 (David Troy/Gordon Fox)M
 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
 Colorado Invitational..... 2/6 3/10
 at Arkansas Invitational 3/7 3/4
 Big Eight Championship..... 5/8 3/8
 at NCAA District V Champs 2/12 5/10
 at NCAA Championships..... 22/22

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 Championship2/10 4/10
 at NCAA Championships..... 3/22

1986 (Jerry Quiller) Men Women
 at Bradley Invitational..... NTS NTS
 at Wyoming Invitational..... NTS NTS
 at Kansas Tate 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 Championship1/10 1/9
 at NCAA Championships..... 5/21 6/15

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 Championship1/10 1/10
 at NCAA Championships..... 15/22 12/16

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

1989 Men Women
 CU Invitational 2/3 ---
 at Wyoming Open 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 ---

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

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

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

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

YEAR-BY-YEAR RESULTS

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)	M	W
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	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

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.....	1/3	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.....	1/4	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	t7/39
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	t7/49
Pac-12 Championships.....	1/9	2/12
NCAA Mountain Region.....	2/17	1/20
NCAA Championships.....	1/31	7/31

YEAR-BY-YEAR RESULTS

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
Nuttycombe 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
Nuttycombe 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

2019 (Mark Wetmore) Men Women

UW Invite	2/5	2/4
Joe Piane Invite	1/22	2/24
Pre-Nationals	2/38	3/37
Pac-12 Championships.....	1/9	4/12
NCAA Mountain Region.....	2/19	4/19
NCAA Championships.....	3/31	10/31

2020 (Mark Wetmore) Men Women

FSU Winter Classic (Garnett) ...	3/10	1/18
FSU Winter Classic (Gold).....	NTS	1/11
Battle Born Challenge (Yellow)	3/9	5/12
Battle Born Challenge (Green).....		1/5
Pac-12 Championships.....	2/9	2/12
NCAA Championships.....	14/31	7/31

ACADEMICS AND ATHLETICS

PAC-12 SCHOLAR-ATHLETE OF THE YEAR

MEN

Morgan Pearson	2015
Ben Saarel	2016

WOMEN

Erin Clark	2016
Kaitlyn Benner	2017
Sage Hurta	2019

PAC-12 ACADEMIC HONOR ROLL

Madie Boreman	2019, 20
Olivia Brooks	2019, 20
Elizabeth Constien	2019, 20
Annie Hill	2019, 20
Alec Hornecker	2019
Sage Hurta	2019
Joe Klecker	2019
Karina Mann	2019
Bailey Nock	2019, 20
Justice Ramos	2019
Tabor Scholl	2019
Paxton Smith	2019, 20
Josh Torres	2019, 20
Hunter Appleton	2020
Noah Hibbard	2020
Kaitlyn Barthell	2020
Carley Bennett	2020
Kyla Christopher-Moody	2020
Rachel McArthur	2020
Alisa Meraz-Fishbien	2020
Rylee Robinson	2020
Emily Venters	2020

ACADEMIC ALL-CONFERENCE

First Team

Michelle Bews	1985
Andrew Dunn	1986, 87, 88
Sarah Hanson	1985
Tom Kresl	1985
Michelle Kantor	1988, 89, 90
Bill Hinkley	1988
Eric Meleney	1989
Amy Merten	1989
Pat Dolan	1990, 91
Shannon Busch	1990
Jennifer Jones	1989
Wendy Smith	1990, 91
Andy Samuelson	1991, 92
Dave Barbieri	1992, 93
Micah Moore	1992
Jay Cleckler	1992, 93, 94
Ben Bossut	1993
Patty Roberts	1993, 95
Scott Larson	1993
Allison Lusby	1994
Rachel McKeen	1994
Jon Cooper	1994, 95
Tim Catalano	1994
Chris Severy	1995, 96, 98
Alan Culpepper	1995
Kelly Smith	1995, 96, 97
Kristina Dahlberg	1995
H. Burroughs	1995, 96, 97, 98
Colleen Glyde	1995
Adam Batliner	1996, 97, 98
Jay Johnson	1996, 98
Matt Napier	1996, 97
Chris Schafer	1996, 97, 98
Zeke Tiernan	1996, 97
Lindsay Arendt	1996, 97, 98, 99
Deb Rieck	1996, 97, 99
Heidi Scarlett	1996, 97
Oscar Ponce	1998
Chris Valenti	1998
Matt Elmuccio	1998
Briana Stott-Messick	1998
Jen Gruia	1998
Gia White	1998
Lindsay Bradfield	1998

Theresa Dean	1998
Liz Sabochik	1998, 00, 01
Molly Austin	1999, 01
Jen Fazioli	1999, 00, 01
Lesley Higgins	1999, 00, 01
Jodie Hughes	1999, 00, 01
Kara Grgas-Wheeler	1999, 00
Tera Moody	2000, 01, 02
Liz Sabochik	2000, 01
Aaron Blondeau	2000, 01
Chris Schafer	2000
Jorge Torres	2000
Ed Torres	2000
Sara (Gorton) Slattery	2001, 04
Anna Wright	2001
Catherine Wright	2001
Sara Hamlin	2001
Jon Severy	2001, 02, 03, 04
Jared Scott	2001, 03, 04
Sean Smith	2001
Zach Crandall	2001
Austin Baille	2002, 04, 05
Travis Macy	2002
Jamie Rosenquist	2002
Shannon Yessak	2002
Matt McCue	2003, 04
Katie Kissane	2003
Payton Batliner	2004, 05
Will Campbell	2004, 05
Pete Janson	2004, 06, 07
Daniel Kenney	2004, 05, 06
Brent Vaughn	2004, 06, 07
Christine Bolf	2004
Allison Bruce	2004
Kristen Hoogheem	2004, 05
Erin Marston	2004, 06, 07
Renee Metivier	2004
Erik Heinonen	2005, 06
Bret Schoolmeester	200
Kalin Toedebusch	2005
Jenny Barringer	2006, 07, 09
Rachel Gioscia	2006
Jennifer Hooper	2006, 07
Kenyon Neuman	2006
Caitlin Schultheiss	2006
Anna Chase	2007

ACADEMICS AND ATHLETICS

Emily Hanenburg	2007, 08, 09	Honorable Mention/Second Team		Wes Berkshire	1999
Bradley Harkrader	2007, 08	Michelle Bews	1986, 88	Zach Crandall	2000
Dani Rodriguez	2007	Lize Brittin	1988	Molly Austin	2002
Aislinn Ryan	2007	Annie Farris	1988	Sara Gorton	2002
Sara Vaughn	2007	Kaye Rains	1988	Jared Scott	2002
Richard Medina	2008, 09	JoAnne McDonald	1988	Matt McCue	2002
Allison Sawyer	2008	Brian Reynolds	1988	Anthony Chiulli	2004, 05, 06
Laura Thweatt	2008, 09, 10	Bill Whetstone	1988	Bret Schoolmeester	2004
Andy Wacker	2008, 09	Nate Wright	1988	Greg Castro	2005, 07
Matthew Biegner	2009, 10	Pat Dolan	1989	Pete Janson	2005
Megan Burrell	2009, 10	William Drake	1989	Shanna Sparks	2005, 07
Katie Cumming	2009, 10	William Hinkley	1989	Seth DeMoor	2006
Seth DeMoor	2009	Andy Samuelson	1990	Liza Pasciuto	2006
Stephen Kasica	2009, 10	Jason Pozner	1990	Dan Edwards	2007
Diana George	2010	Amy Merten	1991	Matt Herzl	2007
Kelly King	2010	Brett Larsen	1991	Kenyon Neuman	2007, 08, 09
Nikki Look	2010, 12	Scott Larson	1991	Christian Thompson	2008, 09
Jerome Perkins	2010, 12	Chris McDonald	1991	Emma Coburn	2009, 10, 11
Brooke Regan	2010	Steve Barbieri	1992	Jordan Kyle	2009
Ryan Savercool	2010	Jason Drake	1992,93	Allison Sawyer	2009
Matt Tebo	2010	Donelly Larson	1992	Courtney Bouchet	2010, 11, 12, 13
Laura Tremblay	2010	Mike Sobolik	1992	Camille Logan	2010, 11, 12
Elizabeth Tremblay	2010	Jennifer Jones	1992	Brennan Lynch	2010
Rachel Viger	2011, 12, 13	Catherine Fahres	1992	Nathan Rice	2010
Mandy Ortiz	2014	Julia Huff	1992	Andy Wacker	2010
David Emmer	2014	Molly Curran	1993	Jeff Warren	2010, 12
Ben Saarel	2014, 16	Michell Wilkolaski	1993	Matt Biegner	2011, 12
Kaitlyn Benner	2015, 16, 17	Ricky Cron	1993	Katie Cumming	2011
Melanie Nun	2015	Kestrel Bishop	1994, 95	Lara Darco	2011, 12
Mackenzie Caldwell	2016	Holly Stanish	1994	Diana George	2011, 12
Adam Peterman	2016, 17	Jeremy Gintoft	1994	Stephen Kasica	2011
Sage Hurta	2017, 18	Zeke Tiernan	1994, 95	Kelly King	2011
Brianna Schwartz	2017, 18	Adam Batliner	1995	Richard Medina	2011
		Ewen Nichol	1995	Ryan Savercool	2011, 12
		Tom Reese	1995	Blake Theroux	2011
		Brian Aiken	1995	Liz Tremblay	2011, 12, 13
		Jay Johnson	1995	Andy Wacker	2011
		Adrian Arnold	1995	Joe Bosshard	2012
		Jessica Cirelli	1995	Jana Stolting	2012, 13
		Rachel McKeen	1995	Maddie Alm	2013, 14, 15
		Laura Bruns	1996, 97	Jenny DeSouchet	2013, 14
		Kara Grgas-Wheeler	1996, 97	Catrina McAlister	2013
		Mike Friedberg	1998	Morgan Pearson	2013, 15
		Megan Clute	1998	Carrie Verdon	2013

ACADEMICS AND ATHLETICS

Erin Clark	2014, 15, 16
Lucy May	2014, 15, 16
Adam Peterman	2014
Eryn Blakely	2015
Christian Martin	2015, 16, 17
Paul Miller	2015, 16
Ryan Forsyth	2016, 18
Reilly Friedman	2016
Ethan Gonzales	2016, 17, 18
Chris Herrick	2016, 17
Dani Jones	2016, 17, 18
Joe Klecker	2016, 17, 18
Melanie Nun	2016, 17
Karina Mann	2016, 17, 18
Justice Ramos	2016, 17, 18
Madi Boreman	2017
Mackenzie Caldwell	2017, 18
Makena Morley	2017, 18
Taylor Scholl	2017, 18
Cayla Seligman	2017
Paxton Smith	2017, 18
Holly Bent	2018
Baylee Jones	2018
Lindsey Kock	2018

USTFCCCA SCHOLAR ATHLETE OF THE YEAR

Jenny Barringer	2006, 07
Joe Klecker	2019

USTFCCCA 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, 19
Mackenzie Caldwell	2016, 18
Sage Hurta	2016, 17, 18, 19
Makena Morley	2016, 17, 18
Brianna Schwartz	2017
Tabor Scholl	2018

Hunter Appleton	2020
Jase Aschbrenner	2020
Madie Boreman	2020
Elizabeth Constien	2020
Micaela Degenero	2020
Camille Jackson	2020
Rachel McArthur	2020
Abby Nichols	2020
Ethan Powell	2020
Paxton Smith	2020

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)

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)
2019 Kaitlyn Benner (2nd Team)
Sage Hurta (2nd Team)
2020 Sage Hurta (1st Team)
Dani Jones (1st Team)
Joe Klecker (1st Team)
2021 Sage Hurta (1st Team)



Erik Heinonen



Jodie Hughes



Sage Hurta



Dani Jones



Joe Klecker



Nikki Look



Renee Metivier



Ben Saarel



Chris Severy



Jon Severy



Kelly Smith



B. Stott-Messick



Brent Vaughn

POST GRADUATE SCHOLARSHIPS



Maddie Alm

Big Eight/Big 12

- Ben Bossut 1994
Jon Cooper 1996
Heather Burroughs 1999
Aaron Blondeau 2002
Rachel Gioscia 2009
Maddie Alm 2016
Ben Saarel 2020

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

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, 61, 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.

Now in his eighth year as CU's athletic boss, he is just the sixth full-time director in school 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 third year of the second three-year plan orchestrated by George.

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. All but one team competed in the postseason, most in NCAA Championships, with football making it to a bowl game for the first time since 2007 and both basketball teams going to their respective NIT events.

In 2019, he was one of 30 named to the prestigious National Football Foundation's "Team of Excellence," highlighting those NFF board members who played football and have gone on to success in life. In the spring of 2020, on the 50th anniversary of "Earth Day," he was the recipient of the individual achievement award recognizing his leadership in the sports sustainability programs he developed in the athletic department, as well as the Pac-12 Conference (in which in 2015 he drove the creation of the league's sustainability conference).

His dedication in the area of sustainability that has attracted many purpose-driven corporate sponsors; engineered the global debut in the summer of 2019 of the novel Ball aluminum cup that eliminates the use of recyclable or compostable plastics; hosted the first Fan Engagement for Sustainability Think Camp that produced a strategy that inspires fans to be more sustainable at home, work and play; signed the first U.S. collegiate commitment to the U.N. Sports for Climate Action charter; and continued to lead the nation's first NCAA Division I GreenSports program, Ralphie's Green Stampede.

He has been recognized four times (2014, 2018, 2020, 2021) 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, his willingness to meet with any student-athlete and that his door is always open to them and his overall leadership, especially through times of crises, such as the COVID-19 pandemic.

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

ATHLETIC DIRECTOR RICK GEORGE

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 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).

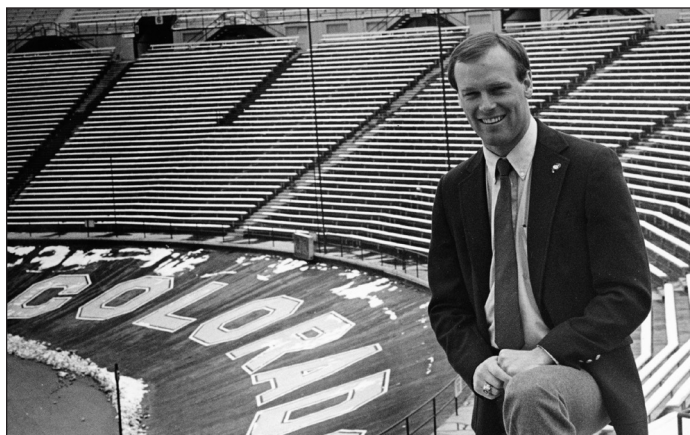
He graduated from Illinois in 1982 with a Bachelor of Arts in Liberal Arts & Sciences Individual Study that had an emphasis on Sports Communication and Journalism. He was a four-year letterman at cornerback for the Illini, playing in 44 straight games and starting in 27 games in all, as he played two 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.

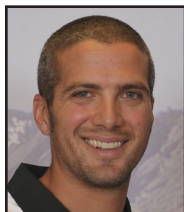
Shortly thereafter, he left the Buffaloes for Vanderbilt University, where he was reunited with former CU offensive coordinator Gerry DiNardo, who was named the Commodores' head coach a year earlier. In eight years at Vanderbilt (1991-98), he also served as associate athletic director for external operations 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 and Christi, and two granddaughters (Harper and Maddie). In 2016, he was presented with an "Honorary C" by CU's Alumni C Club for his years of dedication to Colorado Athletics.



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

SUPPORT STAFF



Jedediah Herb - Academic Counselor - Third Season

Jedediah Herb is in his third year as an academic coordinator and ninth 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 - 21st Season

Tim Horton is his 29th year at CU, his 21st 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 14-year cancer survivor.



Travis Larson - Assistant Director of Strength & Conditioning - First Season

Travis Larson joined the Colorado strength and conditioning department in 2017. He began working with the sprinters and field events athletes in CU's track and field program as well as the women's soccer and tennis teams. In the fall of 2021, he started working with the cross country team and now oversees all of the track and field team's strength and conditioning needs. Larson brought four years of experience as a strength and conditioning coach at the collegiate level when he started at CU. He began at Minnesota State University, Mankato in 2014. After graduating from MSU with his bachelor's degree in exercise science, he moved on to the University of Nebraska and was the assistant strength and conditioning coach for Olympic sports, with an emphasis on soccer and track and field. At UNL, he developed, coached and individualized programs for multi- and pole vault athletes on the track and field team and collected and communicated Catapult GPS data with soccer. He earned his master's degree in exercise science from UNL in 2017. Larson has many certifications which include: NSCA – CSCS, American Red Cross first aid, CPR and AED, RPR – Level 1 and is trained in myokinematics and postural respiration from the Postural Restoration Institute. A native of Beresford, S.D., Larson and his wife, Kristina, have a baby boy, Lane. In his spare time, he enjoys weightlifting, reading, hiking and snowboarding.



Koki Ozawa - Assistant Athletic Trainer - First Season

Koki Ozawa joined the athletic training staff at CU as the assistant athletic trainer for cross country and track and field in the summer of 2021. He joins the staff after spending the last two years at Oklahoma State where he worked in a similar capacity with the Cowboys' cross country and track and field teams. Ozawa was also an intern athletic trainer during the summer of 2019 for DC United Academy in Washington D.C. Born in Imabari, Japan, Ozawa earned his bachelor's degree in sport science in 2017. He went on to earn his master's in athletic training from Texas Tech University in 2019. An avid runner himself, Ozawa ran track and field in high school, focusing on the long distance events.



Linda Sprouse - Associate Sports Information Director - 17th Season

Linda Sprouse enters her 17th 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 nearly 104 years to December 2, 1915, when the Pacific Coast Conference (PCC) was founded at a meeting at the Oregon Hotel in Portland. The original membership consisted of four schools — the University of California at Berkeley, the University of Washington, the University of Oregon, and Oregon State College (now Oregon State University). All still are 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 Atherton was commissioner in 1940 and was succeeded by Victor Schmidt in 1944. In 1950, Montana resigned from the Conference and joined the Mountain States Conference, essentially replacing Colorado, which left for the Big 7 two years earlier. The PCC continued as a nine-team conference through 1958.

In 1959, the PCC was dissolved and the Athletic Association of Western Universities was formed and Thomas J. Hamilton was appointed commissioner of the new league. The original AAWU membership included California, Stanford, Southern California, 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 Hallock took over as commissioner of the Pac-8.

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. Tom Hansen was named the commissioner of the Pac-10 in 1983, a role he would hold for 26 years until 2009. Hansen was succeeded as commissioner by Larry Scott, who took on the role in July 2009 until stepping down on June 30, 2021.

On May 13, 2021, George Kliavkoff was named the conference's second-ever commissioner, assuming the position on July 1, 2021. A long-time sports and media executive, he brings multifaceted expertise in managing change and driving results from roles at MGM Resorts, Hearst, NBCUniversal and Major League Baseball Advanced Media.

In 2010, a monumental change transformed the conference into a modern 12-team league by adding the University of Colorado and the University of Utah. The addition of CU and Utah led to an agreement to equal revenue sharing for the first time in conference history, created two divisions (North and South) for football only, established a football championship game for the first time ever, secured a landmark media rights deal that dramatically increased national exposure and revenue for each school and established the Pac-12 Network and Pac-12 Digital Network that guaranteed enhanced exposure across all sports.

At present, the Pac-12 sponsors 11 men's sports and 13 women's sports. Additionally, the conference schools are members of the Mountain Pacific Sports Federation (MPSF) in four other men's sports and two women's sports. CU participates in the MPSF in indoor track and has competed since 1950 in the Rocky Mountain Intercollegiate Ski Association

(RMISA) in skiing, which is a coed sport.

The Pac-12 Conference offices are located in the heart of San Francisco's downtown district and are headquartered in the same building as the Pac-12 Network.

Conference of Champions

Built on a firm foundation of academic excellence and superior athletic performance, the Conference ushered in a new era on July 1, 2011, officially becoming the Pac-12 Conference with the additions of the University of Colorado and University of Utah.

Just 27 days after the Conference officially changed its name, then-Commissioner Larry Scott announced the creation of the Pac-12 Networks, solidifying a landmark television deal and putting the Conference on the forefront of collegiate athletics. The Networks, including one national network, six regional networks, and a robust digital network marked the first-ever integrated media company owned by a college conference. In addition, the "TV Everywhere" rights allow fans to access Pac-12 Networks outside the home on any digital device, including smartphones and tablet computers.

That same year, the Pac-12 also launched its Globalization Initiative to proactively promote the Conference and member institutions through student-athlete exchanges and sport, and as a result, Pac-12 student-athletes have enjoyed unique cultural and athletic experiences in several foreign nations. In the past year, the Pac-12 became the first conference to have all of its schools become members of the Green Sports Alliance.

On the field, courts and in the pools of play, the Pac-12 rises above the rest, upholding its tradition as the "Conference of Champions," claiming an incredible 199 NCAA team titles since 1999-2000. For the 16th consecutive year, the Pac-12 had the most NCAA titles of any conference in the country, having won at least six every year from 2000-01 through 2020-21 (sans the 2019-20 athletic year, when three of the seven awarded were earned by Pac-12 schools before the COVID-19 pandemic ended all competition). No other conference has ever won 10 or more in a single athletic year, looking up at the record 14 the Pac-12 won in 1996-97 and 13 in 2016-17 and 2018-19. Even more impressive has been the breadth of the Pac-12's success, with championships coming in 31 different men's, women's and/or coed sports. The Pac-12 has led or tied the nation in NCAA Championships in 55 of the last 61 years (and was second four times and third twice), never finishing lower than third.

Spanning over a century of outstanding athletics achievements, the Pac-12 was the first conference to reach 200, 300, 400 and now 500 championships; despite having two fewer members than three of the other four so-called "Power 5" conferences, the Pac-12 outdistances the next conference by over 200 crowns (the Big Ten is a distant second with 295). In all, Pac-12 conference teams have won 537 NCAA Championships (308 men's, 197 women's, 32 coed).

Individually, the Conference has produced an impressive number of NCAA individual champions, as through the 2020-21 school year, over 2,400 individual crowns have been won by Pac-12 student-athletes over the years (1,400-plus in men's championships, 800-plus in women's and 193 in coed, e.g. skiing).

No other conference has won double-digit NCAA championships in a single year. And since the NCAA began conducting women's championships 40 years ago, Pac-12 members have claimed at least four national titles in a single season on 30 occasions, with a record 10 during the 2016-17 school year followed by another nine in 2017-18.

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

"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



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