

Colorado State University CROSS COUNTRY

MEDIA GUIDE
2010-2011



Nicole Peters



Ellie Keyser



Andrew Roberts

2010 Team Rosters

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Men	Class	Exp	Hometown/Last School
Alex Balsiger	FR	(TR)	Parker, Colo. (Oklahoma)
Seth Butler	FR	(HS)	Findlay, Ohio (Liberty Benton)
Ryan Friese	SR	(2L)	Colorado Springs, Colo. (Rampart)
Cameron Fullerton	SR	(1L)	Rapid City, S.D. (Stevens)
Jeff Holt	SR	(TR)	Colorado Springs, Colo. (Northern Colorado)
Jake Keyser	JR	(2L)	Central Point, Ore. (Crater)
Ben Larson	FR	(HS)	Fort Collins, Colo. (Rocky Mountain)
Kody Leach	FR	(HS)	Greeley, Colo. (Greeley West)
Andrew Lesser	SO	(1L)	Colorado Springs, Colo. (Coronado)
Spenser Lynass	JR	(1L)	North Bend, Ore. (North Bend)
John O'Neill	SO	(1L)	Vail, Colo. (Battle Mountain)
Andrew Roberts	SO	(1L)	Boulder, Colo. (Lyons)
Daniel Wallis	SR	(2L)	Wellington, New Zealand (Western State)

Women	Class	Exp	Hometown/Last School
Andreanna Carpenter	FR	(HS)	Lakewood, Colo. (Green Mountain)
Malia Carr	FR	(HS)	Battle Ground, Wash. (Battle Ground)
Michelle Dettmann	JR	(2L)	Gresham, Ore. (Centennial)
Kendra Gerk	JR	(2L)	Greeley, Colo. (Greeley West)
Kaitlin Hanenburg	FR	(HS)	Colorado Springs, Colo. (Classical Academy)
Whitney Henderson	FR	(HS)	Hamilton, Mont. (Corvallis)
Sarah Heuer	SO	(1L)	St. Charles, Ill. (Geneva)
Ellie Keyser	JR	(2L)	Fort Collins, Colo. (Rocky Mountain)
Elle Killingsworth	FR	(HS)	Lakewood, Colo. (Green Mountain)
Hannah Pensack-Rinehart	FR	(HS)	Loveland, Colo. (Thompson Valley)
Alice Perez	FR	(HS)	Pico Rivera, N.M. (El Rancho)
Nicole Peters	JR	(2L)	Houston, Texas (Langham Creek)
Katie Peterson	FR	(HS)	Littleton, Colo. (Highlands Ranch)
Addy Rastall	FR	(HS)	Fort Collins, Colo. (Rocky Mountain)
Johanna Reed	FR	(HS)	Crawford, Colo. (Paonia)
Kat Robinson	FR	(HS)	Nederland, Colo. (Nederland)
Becky Schmitt	FR	(HS)	Loveland, Colo. (Heritage Christian)
Lana Thompson	FR	(HS)	Overland Park, Kan. (Olathe East)
Aliese Willard	SO	(1L)	Fort Collins, Colo. (Rocky Mountain)

On the cover (Left to right): Nicole Peters, Ellie Keyser, and Andrew Roberts

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Quick Facts	
General Information	
Location	Fort Collins, Colo.
Founded	1870
Enrollment	25,413
Nickname	Rams
Colors	Green and Gold
Elevation	5,004 feet
Facilities	Pingree Park Collindale Golf Course Hughes Stadium
Conference	Mountain West Conference
President	Dr. Anthony A. Frank
Director of Athletics	Paul Kowalczyk
Assoc. A.D./SWA	Christine Susemihl
Faculty Representative	Jim Francis
Athletic Department Phone	970/491-3350
Athletic Website	www.CSURams.com
Ticket Office	1-800/491-RAMS

Cross Country Information	
Head Coach	Bryan Berryhill (Colorado State, '01)
Years at CSU	5
Cross Country Office Phone	970/491-5434

Media Information	
Cross Country Contact	Chris Feller
Office Phone	970/491-5067
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E-Mail	chrisfeller10@gmail.com
FAX	970/491-1348
Website	www.CSURams.com
Mailing Address ..	311 McGraw Athletic Center

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The University at a Glance



Colorado State University is transforming lives, solving problems, supporting economic vitality, and targeting our world's greatest challenges. Committed to the land-grant heritage of education, research, and outreach, Colorado State sets the standard as a 21st-century research university characterized by a global reach, scholarly excellence, and an immediate impact on the world. And as a land-grant university, we're particularly committed to creating access and opportunity for people in Colorado and around the world who can benefit from our special brand of hands-on, engaged learning.

As a Carnegie Community Engagement University, Colorado State University leads the world in disciplines such as human and animal health, clean energy and the environment, global and sustainable business, engineering, and climate research.

Challenging academic programs and world-changing research are hallmarks of Colorado State, and it is our special commitment to service, outreach, and transforming our world through innovation that sets this university apart from other institutions. That commitment is reflected in our classrooms, in the work of our faculty around the world, and in our groundbreaking commitment to move research breakthroughs rapidly from the laboratory to the marketplace. Even more important, it is reflected in

the quality of our students and graduates, who embody the university's mission and go on from CSU to make a significant impact on our world.

With more than 150 programs of study and 78 undergraduate degree programs offered in eight colleges and the graduate school, and a faculty-to-student ratio of 17:1, students have access to a wealth of educational possibilities at Colorado State. Along with outstanding programs in the liberal and performing arts, humanities and social sciences, Colorado State offers some of the top professional programs in the country in construction management, occupational therapy, psychology, communications and agriculture.

Colorado State is also making investments in new facilities — \$27 million has been committed for building a new indoor practice facility and a new academic and training center dedicated to student-athletes. New residence halls, a parking garage, and both new and renovated academic buildings are just a few of the projects under construction across campus.

We invite you to learn more about Colorado State, a university with vision, character, and a commitment to excellence.





Colorado State University takes very seriously its role in educating student-athletes. Excellence is expected on the field and in the classroom.

The most recent NCAA academic statistics reveal that Colorado State leads the Mountain West Conference in graduation rate for student-athletes at 66 percent – well ahead of the conference’s overall student-athlete graduation rate of 57 percent. In football, Colorado State is second in the MWC, graduating 68 percent of its student-athletes – again, well ahead of the conference average of 49 percent.

Colorado State, however, is not resting on its reputation for graduating its student-athletes. The state-of-the-art Anderson Academic Center, which will greatly enhance

the academic facilities available for student-athletes, opens in August 2009.

While the athletic department takes its role in the educational process very seriously, Colorado State’s mission to provide a world-class education is at the core of academic success. U.S. News and World Report ranked Colorado State in its top tier in its annual “America’s Best Colleges” report. The university offers 79 majors and 27 minors, and many of its programs are ranked among the best in the country.

Colorado State continues to push forward in its mission to provide the best possible education. Construction recently was completed on the state-of-the-art University Center for the Arts and Computer Science buildings, and the Indoor Practice Facility, Academic and Training Center, and the College of Business’ Rockwell Hall expansion soon will be completed.

- CSU’s Veterinary Medicine program ranks second in the country and is the national leader in federal research dollars.
- *BusinessWeek* ranked CSU’s undergraduate College of Business program 67th (up from 73rd in 2008). The program ranks 30th among all public schools and 14th among all colleges and universities in the West and Southwest. The marketing and business law programs were ranked in the nation’s Top 10 by the magazine.
- In December 2008, CSU conferred its 150,000th bachelor’s degree and 200,000th overall degree.
- According to NCAA statistics, CSU’s graduation rate for student-athletes is higher than the graduation rate for the overall student body.



This is Fort Collins & Colorado



Old Town Fort Collins, the inspiration for Disneyland's Mainstreet USA.

Fort Collins Facts

- No. 1 place to live in the United States (*Money* magazine, August 2006).
- No. 1 Best Place to Live and Work for Young Professionals (pop. 100,000-200,000), Next Generation Consulting, March 2009.
- No. 2 in *Forbes* magazine's best United States cities for business and careers (March 2009); Denver ranked 14th and Boulder was 20th among five Colorado locations in the publication's top 40.

- One of the Top 20 Places to Thrive (Best Boomer Towns, February 2009).
- Ranked 10th-best educated city in America (*Forbes* magazine, November 2008).
- One of the Best Places to Raise Your Kids (*BusinessWeek*, November 2008).
- Gold level Bicycle Friendly Community (League of American Bicyclists, September 2008).



One of Colorado's most vibrant cities, Fort Collins is the best place in the country to live, work and play. Located on the northern Front Range of the majestic Rocky Mountains, the city is within an hour's drive of Denver, the nation's 25th-largest metro area.

This city of 137,200 residents basks in 300 days of sunshine per year — more than San Diego and Florida — and includes the historic Old Town district with its restaurants, shops, and entertainment, all within walking distance of Colorado State University's campus.

Since its founding as a military fort in 1864, Fort Collins has anchored northern Colorado's rich heritage of academic, business and recreational pursuits. Hiking, mountain biking, kayaking, river rafting and rock climbing are just a few popular outdoor pursuits for students and residents.

The city maintains more than 600 acres of parks, 5,000 acres of natural areas, 20 miles of off-street trails for hiking and biking, and three golf courses. The Lincoln Center and the University Center for the Arts, anchored in Fort Collins, are northern Colorado's cultural arts centers.

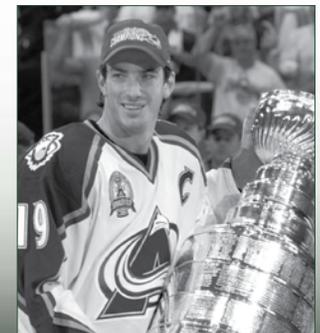
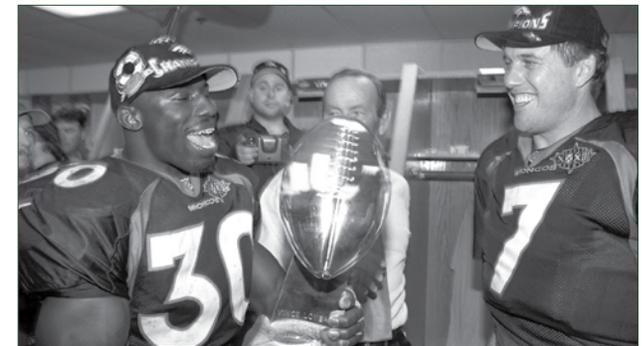




The Denver Metro Area, with a population of 2.4 million, is less than an hour's drive from Fort Collins. A major-league metropolis, named by the *Sporting News* the best sports city in the United States, Denver is home to three teams that have competed for their respective world championships in the past 11 years — the Super Bowl XXXII and XXXIII champion Denver Broncos, the 1996 and 2001 Stanley Cup champion Colorado Avalanche, and the 2007 National League champion Colorado Rockies, who lost the World Series that season to the Boston Red Sox. The Denver Nuggets, meanwhile, just finished their most successful season in 24 years, going all the way to the NBA's Western Conference Finals before bowing out to the eventual world champion Lakers.

Sports fans in Colorado are among the most passionate in the nation, and for good reason — their teams are winners.

Denver has all the features of any big city, including great shopping and nightlife on the 16th Street Mall (Denver Pavilions, below left), a one-of-a-kind concert venue in Red Rocks Amphitheatre (below, second from right), an adrenaline-inducing amusement park in Elitch Gardens, and the world's 10th-busiest airport, Denver International. Nicknamed the Mile High City because it is one mile above sea level, downtown Denver is home to the Colorado state capitol building, the 13th step of which is exactly one mile in elevation.



Director of Athletics Paul Kowalczyk



PAUL KOWALCZYK

Director of Athletics | Fifth Year at CSU | Kent State; '80, '86

Director of Athletics Paul Kowalczyk has placed Colorado State's program on an ambitious path toward national prominence with his insightful and visionary leadership.

Kowalczyk is in his fifth year leading CSU's program, demonstrating an unmistakable commitment to the university after signing in 2010 a five-year contract extension, through 2015. From the moment he arrived on campus in 2006, he has shown a leadership style that is steady and consistent with ambitious goals clearly established. Under his watchful eye, a foundation has been built to cultivate long-term success throughout the program. With the foundation firmly in place, Colorado State's program stands on the threshold of taking a bold step forward nationally to reach "stretch goals" established by the Board of Governors when Kowalczyk arrived.

Perhaps nothing better illustrates the progress toward prominence that CSU's program has made during Kowalczyk's tenure than the changing skyline surrounding Moby Arena and the McGraw Athletic Center, both of which serve as centerpieces of the athletics department.

During the summer of 2009, CSU opened two state-of-the-art athletics facilities that are visually prominent to any avid Rams fan upon arriving on campus.

A training facility includes an indoor football practice field plus basketball and volleyball practice courts, adjacent to Moby Arena. Also, a new academic and strength and conditioning center is next to the McGraw Athletic Center.

Over the last year-plus, Kowalczyk also has stewarded significant upgrades to Sonny Lubick Field at Hughes Stadium, including a \$2.5 million landscaping initiative following the 2010 season that will make the venue's grounds at the base of the Rocky Mountain foothills even more attractive. Additionally in the last two years, Kowalczyk oversaw improvements to several CSU team locker rooms, and this fall, has spearheaded a \$1 million project that will furnish Moby Arena with new state-of-the-art video boards.

The two new facilities, along with upgrades to CSU's stadium, arena and McGraw Athletic Center offices, make CSU's resources among the finest in the nation. Those additions and improvements also have made CSU competitive nationally while enhancing the institution's image across a broad spectrum. The facilities represent one of Kowalczyk's primary goals when he was appointed to his position at CSU. Almost immediately upon his arrival, he worked closely with campus leaders to develop the facilities initiative.

"These buildings show that Colorado State is unmistakably serious about achieving its stretch goals," Kowalczyk said. "Combined with the recent renovations at our football stadium, this puts us where we need to be in terms of offering quality, state-of-the-art facilities for our coaches and student-athletes, those who are here now and those who are thinking about coming here."

The facilities, along with recent contracts he negotiated with Russell Athletic (apparel and uniforms), Under Armour (footwear), and a deal with the University of Colorado to keep the Rocky Mountain Showdown at Invesco Field for the long-term future, also reflect Kowalczyk's commitment to excellence throughout the program.

KOWALCZYK AT A GLANCE

Education

- Bachelor of business administration, accounting; Kent State University, 1980
- Master of arts, sports administration, Kent State University; 1986

Athletics Administration Experience

- 2000-06: Southern Illinois University; Director of Athletics
- 1995-00: Northwestern University; Associate Athletics Director for External Affairs
- 1991-95: Northwestern University; Assistant Athletics Director/ Business Manager-Finance and Personnel
- 1988-91: Kansas State University; Assistant Athletics Director for Business Operations
- 1987-88: Portland State University; Athletics Business Manager
- 1986-87: Youngstown State University; Assistant to the Athletics Director, Marketing
- 1985-86: Kent State University; Assistant to the Associate Athletics Director, Fundraising

Personal

- Born: Feb. 17, 1958
- Birthplace: Warren, Ohio
- Family: Married to Peg Lynch Kowalczyk
- Last name is pronounced kuh-WALL-check



Director of Athletics Paul Kowalczyk

Athletic Department Mission Statement

The purpose of the Colorado State University Department of Athletics is to recruit, educate, develop and graduate student-athletes within an environment that pursues excellence, values integrity and ethical conduct, promotes respect for all individuals, teaches sportsmanship, entertains our constituents and emphasizes championship performance.

"Average is simply not good enough," he said. "We must continually find ways to improve every aspect of our program while meeting the needs of our student-athletes and providing resources for our coaches -- not just to compete, but to win, and do it while serving the university, the community and the region."

Soon after Kowalczyk's arrival in Fort Collins, he worked closely with the Board of Governors of the Colorado State University System and the university leadership to set in place a set of "stretch goals." "The support of the board and campus administration, which was there every step of the way, was critical," Kowalczyk said. "We have leadership on this campus that not only recognizes the importance of investing in athletics, but also what a successful athletics department can do for the university."

Colorado State's stretch goals include:

- Achieve a No. 1 ranking in the Director's Cup, a ranking system that reflects overall program success;
- Annual Bowl Championship Series inclusion;
- NCAA men's and women's basketball tournament participation.

While the entire program under Kowalczyk's guidance has moved forward with the completion of the facilities, he readily admits there are more challenges that lie ahead.

"We will never stand still. We will continue to move forward. As a program, we will strive for excellence in every area, just as we challenge our student-athletes in competition and in the classroom.

"Our efforts will always include continually and diligently working to expand our ticket and Ram Club donor base as a means to generate additional revenue and scholarship fund support."

Colorado State's expected emergence nationally has provided followers of the program optimism and excitement.

Kowalczyk brought a wealth of experience and knowledge to Fort Collins when he was named the school's 16th Director of Athletics on April 11, 2006, after having served for six successful years in the same capacity at Southern Illinois University.

In the spring of 2008, he was named to the prestigious NCAA Division I Leadership Council, an advisory body to the Division I Board of Directors. The council identifies issues important to the future of Division I and offers its expertise in defining appropriate action items. Reappointed in June 2010, his current term expires in 2014.

Kowalczyk also remains involved in NCAA, NACDA and MWC activities.

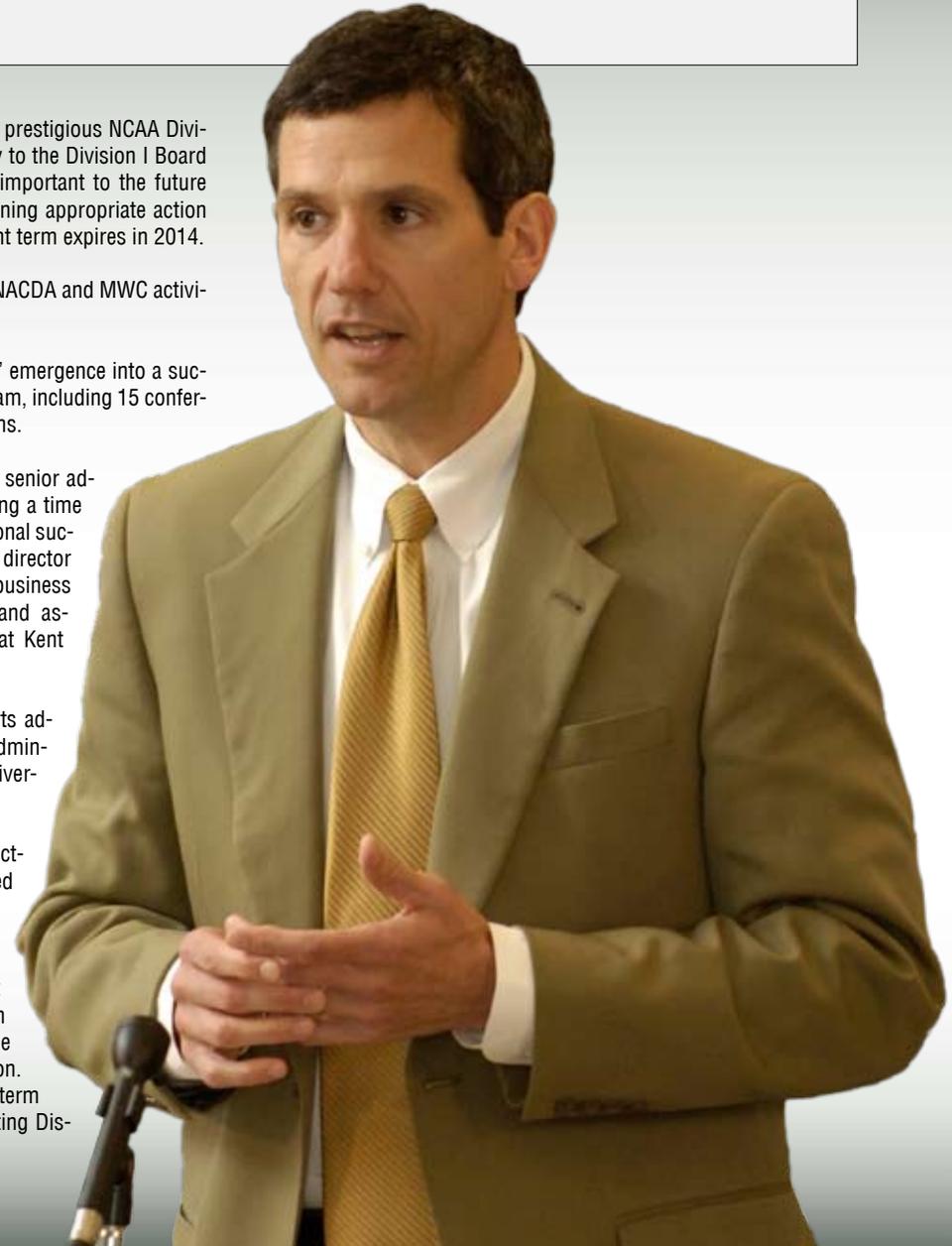
During his tenure at SIU, he led the Salukis' emergence into a successful, nationally renowned athletics program, including 15 conference championships in seven sport programs.

Before his tenures at CSU and SIU, he was senior administrator at Northwestern University during a time in which the Wildcats program enjoyed national success. He also served as assistant athletics director for business operations at Kansas State, business manager for athletics at Portland State, and assistant to the associate athletics director at Kent State.

Kowalczyk holds a master's degree in sports administration and a bachelor's of business administration in accounting from Kent State University.

A native of Warren Ohio, Kowalczyk was inducted into the Warren High School Distinguished Hall of Fame. The award recognizes and honors individuals for their achievements and performance. In 2004, he received the National Football Foundation's Gen. Robert R. Neyland Outstanding A.D. Award, and in 2006 was named the Athletic Director of the Year for the Division I-AA Central Division. Kowalczyk in 2010 concluded a four-year term on the NACDA Executive Council, representing District 7.

He is married to Peg Lynch Kowalczyk.



New Academic & Training Center



Cost: \$7 million
Size: 16,000 square feet,
Location: Southeast of the McGraw Athletic Center

Features:

- Training portion includes a state-of-the-art weight room, strength and conditioning offices, a nutrition center and restrooms.
- Academic center features five private tutorial rooms and large study areas
- Includes a computer lab with 30 workstations, more workspace and offices for CSU's academic staff.

In 1998, Colorado State enhanced its weight room and built an academic center as part of the McGraw Athletic Center project, but these facilities no longer meet the needs of its expanded student-athlete base, nor do they allow the Rams to compete for top-quality recruits.

Because of the heavy time constraints placed on CSU student-athletes through practice, travel, strength and conditioning, and community service, a quality learning environment is essential for the university's student-athletes to achieve the high standards of academic success expected of them.

The Academic and Training Center is the latest centerpiece for CSU's athletic program and support its mission to recruit, educate, develop, and graduate Rams student-athletes within an environment that prusues excellence, values integrity and ethical conduct, promotes respect for all individuals, teaches sportsmanship, entertains our constituents and emphasizes championship performance.



The McGraw Athletic Center (right), which was built in 1998 and houses the CSU athletic department, is now accompanied by a pair of new, state-of-the-art facilities: the Academic & Training Center (top) and the Indoor Practice Facility. Both facilities were shown off at the grand opening celebration on Sept. 18, 2009.

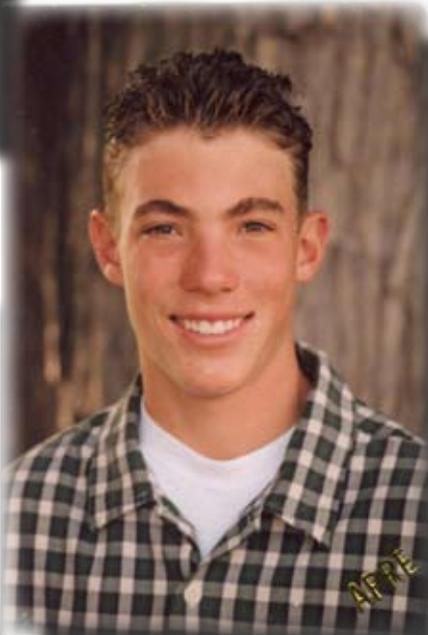
CSU All-Americans



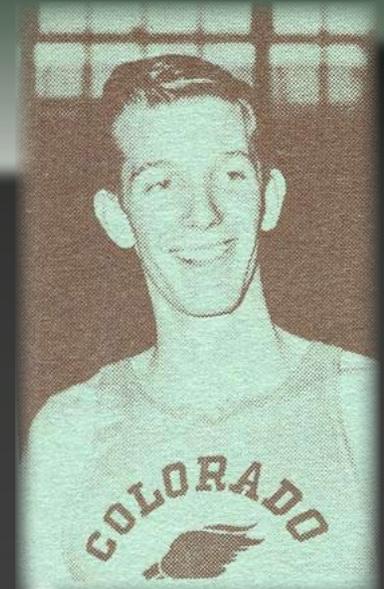
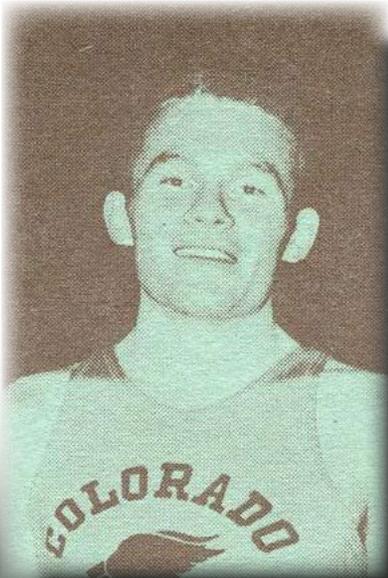
Bryan Berryhill
1999, 2000

John Sinclair 1979

Mike Nicks 2004

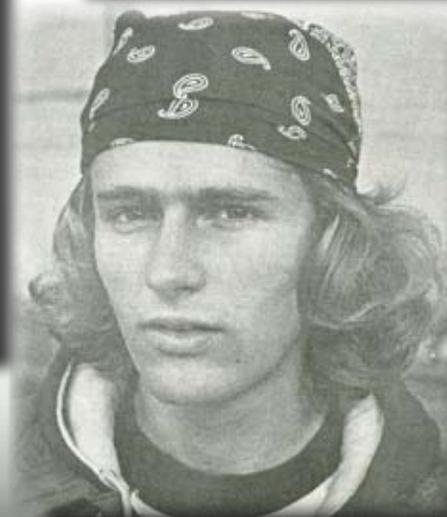


Jerry Schmidt 1961



Jerry Glyde 1960, 1961

Austin Vigil 2003



Richie Harris 1978



CROSS COUNTRY TEAM BOASTS WEALTH OF RETURNERS

As the 2010 cross country season begins, both the men's and women's teams are eager to build on last year's accomplishments and take advantage of a strong core of returners. The Rams will look to junior standout Ellie Keyser to lead by example after her successful sophomore year in which she took fourth in the 10,000 meters at the Mountain West outdoor conference meet and qualified for NCAA nationals in the same event. The men's team, which enters the season with 10 returners, is led by senior Daniel Wallis, who qualified for NCAA nationals in the 5,000 meters this spring. With so many returners, both teams seem optimistic as they look to qualify for nationals this fall.

The women's team will also rely heavily on junior Kendra Gerk, who qualified last year for NCAA nationals in the 10,000 meters. Fellow juniors Nicole Peters and Michelle Dettman are certain to add to the depth the Rams hope to boast about this season. Sarah Heuer seeks to build on her freshman year in which she took fifth in the 10,000 meters at the Mountain West outdoor conference meet. Additions to the roster will include freshman Kaitlin Hanenburg, Johanna Reed, Kailie "Kat" Robinson and Becky Schmitt.

After his 2009 season in which he placed second in the 800 meters at the Mountain West outdoor conference meet and then qualified for NCAA Midwest Regionals in the same event, Ryan Friese hopes to end his career on an even higher note and lead the men's team to nationals. He will receive help from sophomore Spenser Lynass and senior Jake Keyser. Andrew Lesser and John O'Neill will both play a major role in the success of the men's team this season as well as sophomore Andrew Roberts.

The Rams will begin their season as they did last year, competing in Laramie Wyo. A week later they return home to host the Colorado State Invitational on Sept. 11. The home meet will be held at Hughes Stadium beginning with the women's 5k at 12:30 p.m., and followed by the men's 4 mile at 1:15. Both the men's and women's races will consist of two loops next to the stadium and along the foothills. The course is mostly flat with a few gradual hills and grass spots. The day will end with an award ceremony held at 1:45.

These back-to-back meets will give the team an idea of where it stands in the conference and what expectations it can expect to exceed. After a week off the Rams will travel to Minneapolis, Minn., to compete in the Roy Griak Invitational on Sept. 25. This Invitation is recognized as one of the premier events in the country and head coach Bryan Berryhill expects both the men's and women's teams to face a field of nationally ranked opponents. Next, the Rams will compete in the Pre-Nationals Invitation held in Terre Haute, Ind., on Oct. 16. The Rams will get the chance to run on the same course on which the NCAA championships will be held two months later. The Mountain West championships will take the team back to Laramie Wyo., on Oct. 29, when the women seek to improve on their third-place finish at last year's meet. Two weeks later the team will compete in the Mountain Regional Championships in Salt Lake City, Utah, on Nov. 13. Finally, both teams will look to meet their goals and compete in the NCAA championships Nov. 22 back in Terre Haute, Ind.



Bryan Berryhill

Head Coach | Fifth Year | 2007 Mountain West Coach of the Year



Bryan Berryhill is in his fifth year as the head cross country and assistant track coach at his alma mater, where he was a 10-time All-American and two-time national champion during his running career for the Rams. Berryhill is one of the most recognized names in Colorado State track & field history, winning the NCAA indoor mile in 2001 and then winning the outdoor 1,500-meter title three months later. He graduated in 2001.

Berryhill guided the women's cross country team to CSU's first-ever Mountain West Conference and regional team championships during the 2007 season. In winning the Mountain West title, the Rams ended BYU's 19-year reign as conference champion. Because of the team's success, Berryhill earned Mountain West Conference and regional Coach of the Year honors. Other accomplishments by the Rams under Berryhill's guidance have included: April Thomas winning the first individual women's cross country title in school history, both Allison Gohl and Jake Keyser earning MWC cross country Freshman of the Year honors, the women's cross country team finishing 24th in 2006 and 15th in 2007 at the NCAA championships, and guiding Rob Watson (3,000-meter steeplechase) and Nicole Feest (10K) to school records in 2007. Watson was also the 2007 NCAA Midwest regional champion in the steeplechase. Both Watson and Feest went on to compete in the 2007 NCAA Outdoor Track and Field Championships.

In 2009 he guided Ryan Friese to the indoor and outdoor 800-meter conference championships and Wil Buchanan to the NCAA championships in the 1,500 meters. The '09 season also saw Kristen Hemphill run in the USA Championships in the 3,000 meter steeplechase. During the 2009 Cross Country season Berryhill guided Sophomore Ellie Rastall and Senior Kristen Hemphill to the NCAA Championships. During the 2010 Track season he helped Kristen Hemphill win the MWC Steeplechase title, set the school record in the steeplechase, and earn All-American honors by placing 7th in the steeplechase at the 2010 NCAA Championships.

Berryhill is married to the former Toni Zander, who was also a member of the CSU track & field family. The couple has three children, 7-year-old Libby, 5-year-old Eli and 1-year-old Lainey.

Cathleen Campbell

Assistant Coach | Second Year | University of Richmond

Cathleen Campbell enters her second season as an assistant coach at Colorado State University during the 2010-2011 season. She is the Director of Operations for the track and field program, and coaches the high jump. Campbell also acts as an assistant for the cross country program in the fall. During the 2009-10 track season, she coached a National Qualifier in the women's high jump. Campbell served as a volunteer coach with the Rams during the 2008-09 season.

Campbell graduated from the University of Richmond in Richmond, Virginia, in 2003 with a bachelor of Science in Computer Science and Physics. Campbell competed in the high jump, heptathlon and 400 hurdles. While at Richmond, she was a team captain, a member of the 2003 Atlantic 10 Indoor Championship Team, and Conference Champion in the heptathlon in 2002 and 2003.

After graduation, Campbell became a volunteer coach at Colorado School of Mines where she assisted with jumpers and decathletes. During the 2007-2008 season, Campbell became the high jump coach at University of Northern Colorado. She coached a Big Sky Conference Champion and Regional Qualifier in the women's high jump.

Campbell is Level I USA Track & Field Certified and Level II USA Track & Field Certified in Jumps, Throws and Combined Events. She is also certified as a USA Track & Field Level I Instructor and USA Track & Field Official.



Joe Stephens

Volunteer Assistant Coach | Third Year | Mount Marty College

Joe Stephens begins his third season as a volunteer cross country and track coach with Colorado State University. Stephens moved to Fort Collins in the summer of 2007 to further his training for the Olympic marathon trials. Stephens has a bachelor's degree in recreation management from Mount Marty College, in Yankton, S.D., and a masters in sports administration from Fort Hays State University, in Hays, Kan.

While in college, Stephens competed in distance events on the NCAA Division I, II and NAIA levels. He qualified and competed in the NAIA National Outdoor Track and Field Championships during his sophomore and junior seasons. Stephens began coaching in 2003 as a graduate assistant cross country and track coach at Fort Hays State. He coached on the 2004 outdoor track and field Rocky Mountain Athletic Conference championship teams and guided one runner to an NCAA DII All-America award in the 10,000-meters. During the 2005-07 seasons, Stephens became the jumps and 10,000-meters/ marathon coach at Black Hills State University. He coached three Dakota Athletic Conference champions, two NAIA national qualifiers and two school-record holders while at BHSU.



RYAN FRIESE

Senior

Colorado Springs, Colo.

Rampart



- Eighth, Mountain West outdoor conference 800 meters, 2010
- Mountain West outdoor conference champion, 800 meters, 2009
- Mountain West indoor conference champion, 800 meters, 2009
- NCAA Midwest regional qualifier, 800 meters, 2009
- 35th, Mountain West cross country championships, 2009
- 29th, Mountain West cross country championships, 2008
- Second place, Mountain West outdoor conference 800 meters, 2008
- Third place, Mountain West indoor conference 800 meters, 2008
- Third place, Mountain West outdoor conference 4x400 relay, 2009
- Eighth place, Mountain West outdoor conference triple jump, 2007
- Eighth place, Mountain West indoor conference triple jump, 2007
- Mountain West Conference Scholar-Athlete

Senior | Wellington, New Zealand | Western State

DANIEL WALLIS

- NCAA national qualifier 5,000 Meters, 2010
- Fourth place, Mountain West outdoor conference 10,000 Meters, 2010
- Eighth place, Mountain West indoor conference 5,000 Meters, 2010
- 18th, Mountain West cross country championships, 2009
- 55th, NCAA Mountain regional cross country championships, 2009
- Sixth place, Mountain West indoor conference 5,000 Meters, 2009
- Eighth place, Mountain West indoor conference 3,000 Meters, 2009
- 21st, Mountain West cross country championships, 2008
- 33rd, NCAA Mountain regional cross country championships, 2008



SPENSER LYNASS

Junior

North Bend, Ore.

North Bend



- NCAA national qualifier, 3,000-meter steeplechase, 2010
- NCAA Midwest regional qualifier, 3,000-meter steeplechase, 2009
- Seventh place, Mountain West outdoor conference 3,000-meter steeplechase, 2010
- 28th place, Mountain West cross country championships, 2009
- First-team all-league and all-state in both cross country and track at North Bend (Ore.) High School
- Twice won Oregon state championships in cross country

Junior | Central Point, Ore. | Crater

- Fifth place, Mountain West outdoor conference 3,000-meter steeplechase, 2010
- NCAA Midwest regional qualifier, 3,000-meter steeplechase, 2009
- NCAA Midwest regional qualifier, 3,000-meter steeplechase, 2008
- 31st, Mountain West cross country championships, 2008
- 23rd, Mountain West cross country championships, 2007
- Mountain West Conference cross country men's Freshman of the Year, 2007
- Mountain West Conference Scholar-Athlete

JAKE KEYSER



ANDREW LESSER



Sophomore | Colorado Springs, Colo. | Coronado

- Eighth place, Mountain West outdoor conference 10,000 meters, 2010
- Earned first-team academic all-conference honors for track and cross country in 2007
- Lettered four times in track and three times in cross country at Coronado High School
- Was named captain of his high school cross country team in 2007

JOHN O'NEILL



Sophomore | Vail, Colo. | Battle Mountain

- 27th, Mountain West cross country championships, 2009
- Named all-state in cross country and in the 4x800 meters, mile, and two miles in track
- Was cross country regional champion three times and Colorado state champion twice
- Named all-league in cross country and track at Battle Mountain High School

ANDREW ROBERTS

Sophomore | Boulder, Colo. | Lyons



- Eighth place, Mountain West outdoor conference 10,000 meters, 2010
- Lettered four times in cross country and track while attending Lyons High School
- Earned all-conference and all-state honors all four years



Jeff Holt
Senior
Colorado Springs, Colo.
Northern Colorado



Ben Larson
Freshman
Fort Collins, Colo.
Rocky Mountain



Alexander Balsiger
Freshman
Parker, Colo.
Oklahoma



Cameron Fullerton
Senior
Rapid City, S.D.
Stevens



Seth Butler
Freshman
Findlay, Ohio
Liberty Benton



Kody Leach
Freshman
Greeley, Colo.
Greeley West

KENDRA GERK

Junior

Greeley, Colo.

Greeley West



- NCAA national qualifier, 10,000 meters, 2010
- Seventh place, Mountain West outdoor conference 10,000 meters, 2010
- Sixth place, Mountain West outdoor conference 5,000 meters, 2010
- 22nd, Mountain West cross country championships, 2009
- 35th, NCAA Mountain regional cross country championships, 2009
- 49th, Mountain West cross country championships, 2008
- Eighth place, Mountain West outdoor conference 10,000 meters, 2009
- Fifth place, Mountain West outdoor conference 5,000 meters, 2009
- Seventh place, Mountain West indoor conference 3,000 meters, 2009

Sophomore

St. Charles, Ill.

Geneva

SARAH HEUER

- Fifth place, Mountain West outdoor conference 10,000 meters, 2010
- 14th, Mountain West cross country championships, 2009
- 37th, NCAA Mountain regional cross country championships, 2009
- Earned all-state honors her sophomore, junior and senior seasons in high school
- Lettered in cross country, track and lacrosse while attending Geneva Community High School



NICOLE PETERS

Junior

Houston, Texas

Langham Creek



- Fifth place, Mountain West outdoor conference 3,000-meter steeplechase, 2010
- 51st, NCAA Mountain regional cross country championships, 2009
- 30th, Mountain West cross country championships, 2008
- Second place, Mountain West outdoor conference 3,000-meter steeplechase, 2009
- Fourth place, Mountain West outdoor conference 5,000 Meters, 2009
- NCAA Midwest regional qualifier, 3,000-meter steeplechase, 2009
- NCAA Midwest regional qualifier, 5,000 meters, 2009

Junior

Fort Collins, Colo.

Rocky Mountain

ELLIE KEYSER

- NCAA national qualifier, 10,000 Meters, 2010
- Fourth place, Mountain West outdoor conference 10,000 meters, 2010
- Third place, Mountain West indoor conference 3,000 meters, 2010
- Fifth place, Mountain West indoor conference 5,000 meters, 2010
- NCAA cross country nationals qualifier, 2009
- 13th, NCAA Mountain regional cross country championships, 2009
- Fifth place, Mountain West cross country championships, 2009
- 10th place, Mountain West cross country championships, 2008
- 12th, NCAA Mountain regional cross country championships, 2008
- NCAA cross country nationals qualifier, 2008
- Fourth place, Mountain West outdoor conference 10,000 meters, 2009
- Fifth place, Mountain West indoor conference 5,000 meters, 2009
- Eighth place, Mountain West outdoor conference 10,000 meters, 2008
- Seventh place, Mountain West outdoor conference 5,000 meters, 2008
- Fourth place, Mountain West indoor conference 3,000 meters, 2008
- Fourth place, Mountain West indoor conference 5,000 meters, 2008



Junior | Gresham, Ore. | Centennial

MICHELLE DETTMANN

- 25th, Mountain West cross country championships, 2009
- 36th, Mountain West cross country championships, 2008
- 3,000-meter city champion from 2005-07 in Grasham, Ore.
- Cross country conference champion in 2006-07 at Centennial High School
- Won Portland 6A state championship in 2007



KAITLIN HANENBURG

Freshman | Colorado Springs, Colo. | Classical Academy



- Selected to the all-league and all-city cross country and track and field teams all four years of high school
- Received all-state honors all four years
- Colorado Gatorade Runner of the Year, 2007
- Won both league and regional titles in both cross country and track four consecutive years
- Won four state championships in cross country and four state championships in track

Freshman

Crawford, Colo.

Paonia

JOHANNA REED

- 2010 Colorado Class 2A state champion in the 800 meters and the mile



KAILIE “KAT” ROBINSON



Freshman | Nederland, Colo. | Nederland

- Member of the Colorado state champion cross country team
- Three-time state qualifier in the 800 meters
- Two-time state qualifier in the 1,600 meters

Sophomore | Fort Collins, Colo. | Rocky Mountain

ALIESE WILLARD

- 29th, Mountain West cross country championships, 2009
- 50th, NCAA Mountain regional cross country championships, 2009
- Seventh place, Mountain West outdoor conference 1,500 meters, 2010



Freshman | Loveland, Colo. | Heritage Christian

BECKY SCHMITT



- 2010 Colorado Class 4A state champion in the 3,200 meters
- 2009 Class 4A cross country runner-up at the state championships

WHITNEY HENDERSON



Freshman
Hamilton, Mont.
Corvallis

ANDREANNA CARPENTER



Freshman
Lakewood, Colo.
Green Mountain

ELLE KILLINGSWORTH



Freshman
Lakewood, Colo.
Green Mountain

HANNAH PENSACK-RINEHART



Freshman
Loveland, Colo.
Thompson Valley

LANA THOMPSON



Freshman
Overland Park, Kan.
Olathe East

ADDY RASTALL



Freshman
Fort Collins, Colo.
Rocky Mountain

KATIE PETERSON



Freshman
Littleton, Colo.
Highlands Ranch

MALIA CARR



Freshman
Battle Ground, Wash.
Battle Ground

ALICE PEREZ



Freshman
Pico Rivera, N.M.
El Rancho

2009 REVIEW: RAMS PUSH THROUGH CHALLENGING SEASON

CSU finds victory in senior Hemphill, sophomore Rastall in one of the program's more challenging seasons

The 2009 season proved to be a challenging one as the Rams fought through injuries and consistency issues while battling some of the nation's finest competitors within cross country. However, the Rams still picked up several victories along the way and found success in standout senior Kristen Hemphill and up-and-coming sophomore Ellie Rastall as the season concluded.

The season began in Laramie, Wyo., at the Wyoming Invitational. Competition for the Rams included Wyoming, North Carolina, and Gillette College. CSU dominated, coming out on top of all the competition by sweeping the meet. Rastall stood out when she broke the course record with a time of 14 minutes, 30.3 seconds. This record had been previously held by another Ram, Heather Loseke, who set it in 2007. The victory marked the sixth straight first-place finish in this race for the Rams, who placed four runners in the top 10. As a result of the Wyoming Invitational, Rastall was named Mountain West Conference Athlete of the Week, after breaking the previously held record, making it her second career honor.

The Rams then hosted the third annual CSU Classic at Hughes Stadium. The Rams went up against Adams State, Air Force, Metro State, Northern Colorado and Garden City Community College. Adams State proved to be the fiercest competition for both the men and women as it was the defending NCAA Division II national champion. Both the CSU men and women placed second. Colorado State's Nicole Peters finished not far off the winner with a time of 18:25.2. Rounding out the top 10 were Hemphill in seventh, sophomore Michelle Dettmann in ninth, and freshman Sarah Heuer in 10th. As for the men, Jeremy Freed and Daniel Wallis came out on top finishing in the top 10.

The next stop for the Rams was Eugene, Ore., for the Delinger Invitational, which provided some of the toughest competition of the season. For the women, they faced three nationally ranked schools: No. 14 Baylor, No. 5 Villanova and No. 2 Oregon. For the men, they went up against four nationally ranked schools, No. 9 Alabama, No. 12 BYU, No. 8 Portland and No. 1 Oregon. Overall for CSU, the women placed fifth and the men placed eighth.

"This is always one of the more premier meets in the country," Head Coach Berryhill said. "This year was no exception."

However, the CSU women did place two runners in the top 20, Rastall and Nicole Peters. CSU men Freed and Daniel Willis held up against the winner with times of 24:05.61 and 14:27.17, respectively.



2009 REVIEW CONTINUED

The Rams now had to gear up for the pre-nationals in Indiana. Held in Terre Haute, the meet featured nine of the top 20 nationally ranked teams. With roughly 250 runners in the race, it provided a daunting task for the Rams. The men faced Stanford, Colorado, BYU, Portland, Iowa and Iowa State while the women went up against Washington, Princeton, Minnesota, Florida, Baylor, Syracuse, Arizona State, Illinois and New Mexico. The women finished 16th out of 37 teams in their heat. Rastall, Heuer, and Hemphill impressed by placing 44th, 89th and 90th, respectively. On the men's side they came in 31st out of 35 teams. Junior Wallis was the top finisher, coming in at 82nd, followed by senior Freed in 83rd.

Up next it was on to Utah for the MWC championships. While not the biggest competition for the Rams, it was perhaps the most important in magnitude. The men were being plagued by injuries, while the women struggled with consistency. No. 21 BYU and No. 20 New Mexico would be the top teams to beat. Overall, the CSU women placed third and the men fourth. They showed strong results by placing five runners in the top 20, compared to only one last year in 2008. Rastall placed first for the Rams in fifth place followed by Hemphill (ninth), Heuer (14th) and Peters (15th) rounding out the top four runners. Despite injuries, Wallis still placed first for the Rams in 18th, followed by freshman John O'Neil coming in 27th place.



Finally, as a team, the Rams would travel to Albuquerque, N.M., for the Mountain Regional and their last opportunity to qualify for the NCAA championships on Nov. 23 back in Terre Haute, Ind. Competition included No. 1 Texas Tech, No. 2 Colorado and No. 3 New Mexico. As a team, the Rams came up short with the women placing sixth and the men 13th.

However, standout runners Hemphill and Rastall were selected individually to compete at the NCAA cross country championships. This marked the fourth consecutive year that CSU was represented at the women's national race. Out of 254 runners, Hemphill came in 128th place and Rastall in 162nd. This race marked the last in Hemphill's cross country career.

"She has been a big part in what we have been doing here and what we want to do in the future," said Berryhill. "She has definitely meant a lot to our program." Soon after, Hemphill and Rastall were both named to the U.S. Track & Field and Cross Country all-regional team.

With a young team, growing and progressing, the Rams look forward to the 2010 season. While some injuries and consistency issues may have held the Rams back from reigning in the top 15 cross country teams nationally, they look forward to getting stronger and re-claiming that status in the upcoming season.



2010-2011 Cross Country Schedule

Date	Opponent/Event	Location	Time
09/03/10	Wyoming Invitational	Laramie, Wyo.	All Day
09/11/10	Colorado State Invitational	Fort Collins, Colo.	All Day
09/25/10	Roy Griak Invitational	Minneapolis, Minn.	All Day
10/16/10	PreNationals	Terre Haute, Ind.	All Day
10/29/10	MWC Championships	Laramie, Wyo.	All Day
11/13/10	Mountain Regional Championships	Salt Lake City, Utah	All Day
11/22/10	NCAA Championships	Terre Haute, Ind.	All Day

Jake Keyser