



COLORADO STATE **CROSS COUNTRY**

2013 MEDIA GUIDE

Colorado State University

2013 Roster

MEN

Name	Class (Exp)	Hometown (Last School)
Jefferson Abbey	RS FR (HS)	Fort Collins, Colo. (Fort Collins)
Alex Balsiger	SR (2L)	Parker, Colo. (Chaparral)
Nick Costello	FR (HS)	Franklinville, N.J. (Delsea Regional High School)
Grant Fischer	FR (HS)	Fort Collins, Colo. (Poudre High School)
Chris Ganem	JR (TR)	Castle Rock, Colo. (Northern Arizona)
Andrew Goodman	JR (2L)	Colorado Springs, Colo. (Palmer)
Adam Hartman	RS FR (HS)	Thornton, Colo. (Horizon)
Ricardo Kaempfen	RS FR (HS)	Boulder, Colo. (Fair View High School)
Nick Korhumel	FR (HS)	Libertyville, Ill. (Libertyville High School)
Ben Larson	SR (3L)	Fort Collins, Colo. (Rocky Mountain)
Joe Marchand	JR (1L)	Louisville, Colo. (Monarch)
Christian Meyer	SR (3L)	Albuquerque, N.M. (Sandia)
Jerrell Mock	FR (HS)	Logan, Utah (Logan High School)
Jacob Morgan	SO (1L)	Topeka, Kan. (Washburn Rural)
Alex Muntefering	SR (2L)	Parkston, S.D. (Oklahoma)
Gus Waneka	RS FR (HS)	Loveland, Colo. (Thompson Valley High School)
Justin Weinmeister	FR (HS)	Windsor, Colo. (Windsor High School)
Brandon Williams	RS FR (HS)	Denver, Colo. (Beaver Creek High School)

WOMEN

Name	Class (Exp)	Hometown (Last School)
Emily Briggs	SO (VR)	Longmont, Colo. (Niwot)
Jo Bush	RS FR (HS)	Telluride, Colo. (Telluride)
Lydia Fahrenkrug	RS FR (HS)	Neenah, Wisc. (Neenah)
Kaitlin Hanenburg	SR (3L)	Colorado Springs, Colo. (Classical Academy)
Whitney Henderson	SR (3L)	Hamilton, Mont. (Corvallis)
Alex Hess	RS FR (HS)	Sioux Falls, S.D. (Roosevelt)
Sanne Holland	FR (HS)	Cheney, Wash. (Cheney High School)
Elle Killingsworth	JR (1L)	Lakewood, Colo. (Green Mountain)
Pauline Mandel	RS FR (HS)	Temecula, Calif. (Great Oak)
Chloe Phillips	SR (TR)	Flagstaff, Ariz. (Mississippi State)
Marina Roberts	SO (1L)	Kingston, Wash. (Kingston High School)
Karlee Schwartzkopf	FR (HS)	Highlands Ranch, Colo. (Mountain Vista High School)
McKenna Spillar	FR (HS)	Littleton, Colo. (Dakota Ridge High School)
Jessica Spray	FR (HS)	Bellevue, Wash. (Newport-Bellvue High School)
Ali Will	SO (1L)	Castle Rock, Colo. (Rock Canyon)
Laura Yarrow	SO (TR)	Colorado Springs, Colo. (Tampa)



As one of the nation's leading research universities, Colorado State provides an excellent and accessible education, conducts research that transforms our world, and leads outreach programs that support economic vitality and improve the quality of life for people worldwide.

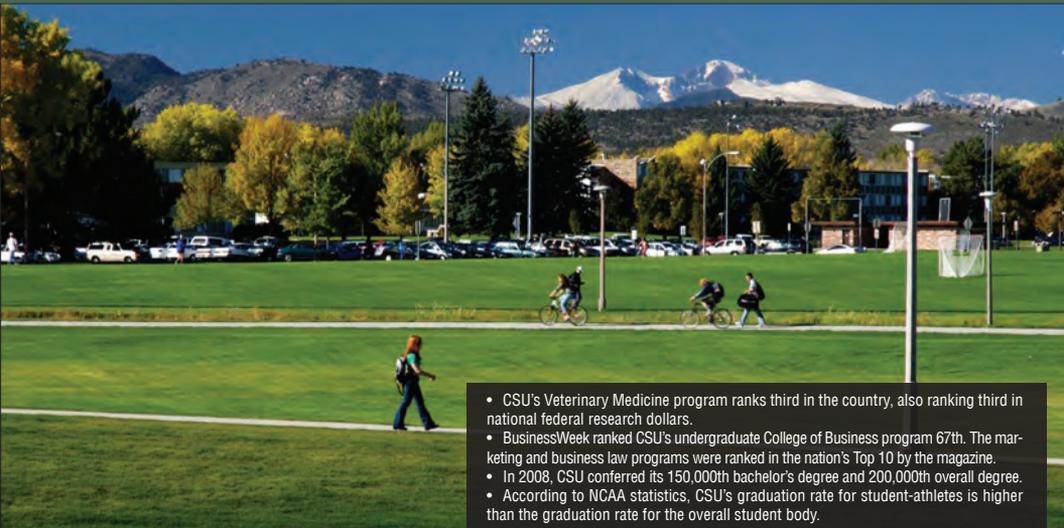
As Colorado's land-grant university, Colorado State was founded in 1870 to fulfill the vision of President Abraham Lincoln and others—to create access and opportunity for people in Colorado and around the world who can benefit from hands-on, engaged learning.

With more than 150 programs of study and 78 undergraduate degree programs in eight colleges—and a faculty-to-student ratio of 16.5:1—students have access to a wealth of educational possibilities. Colorado State leads the world in disciplines such as human and animal health, clean energy and the environment, global and sustainable business, engineering, and climate research. 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—and is home to the top-ranked public business school in the state.

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. Even more important, CSU's character is reflected in the quality of our students and graduates, who embody the university's mission of service and go on to make a significant impact on our world when they graduate.

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





- CSU's Veterinary Medicine program ranks third in the country, also ranking third in national federal research dollars.
- BusinessWeek ranked CSU's undergraduate College of Business program 67th. The marketing and business law programs were ranked in the nation's Top 10 by the magazine.
- In 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.

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 MW, graduating 68 percent of its student-athletes – again, well ahead of the conference average of 49 percent. Additionally, CSU student-athletes graduate at a higher percentage than the general student body.



Colorado State, however, is not resting on its reputation for graduating its student-athletes. The state-of-the-art Anderson Academic Center, which has greatly enhanced the academic facilities available for student-athletes, opened 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 72 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 Rockwell Hall expansion at the College of Business.





300+ Restaurants

Fort Collins Facts

- No. 1 place to live in the U.S. (*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 fifth-most 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, 2013).

One of Colorado's most vibrant cities, Fort Collins is the best place in the country to live, work and play. Tucked against the foothills of the Rocky Mountains, the city is within an hour's

drive of Denver, the nation's 25th-largest metro area.

Fort Collins' 145,000 residents bask in 300 days of sunshine per year — more than San Diego and Florida — and the city boasts a lively arts and cultural scene, and is a haven for outdoor enthusiasts with over 300 miles of bike paths and trails, and easy access to the scenic Poudre River and majestic Rocky Mountain National Park.



300+ Annual Performances and Art Events



83 Parks and Natural Areas

145,000 Approximate population of Fort Collins



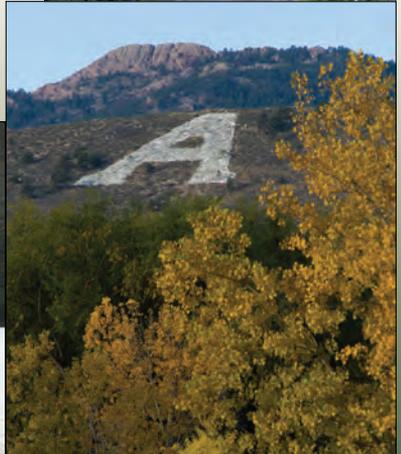
Old Town Fort Collins, the inspiration for Disneyland's Mainstreet USA.



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, 30,000 acres of natural areas, 29 miles of off-street trails for hiking and biking, and four golf courses. Old Town, the heart of Fort Collins, offers a one-of-a-kind shopping experience and more than 80 restaurants, in addition to a vibrant night life and multiple cultural arts centers.

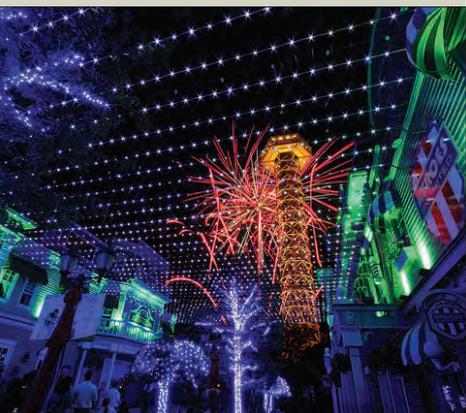


Horsetooth Reservoir, located just a few miles west of CSU's main campus, offers great outdoors opportunities including camping, boating, fishing, swimming, hiking, climbing and more.



The Denver Metro Area, with a population of 2.4 million, is less than an hour's drive from Fort Collins. Three of its teams have competed for their respective world championships in the past 15 years, and Colorado fans are among the most passionate in the nation. Denver has all the features of any big city, including great shopping and nightlife on the 16th Street Mall (Denver Pavilions, right), a one-of-a-kind concert venue in Red Rocks Amphitheatre (below, right), an adrenaline-inducing amusement park in Elitch Gardens (below, left), 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.





Craig Thompson
Commissioner



Javan Hedlund
Associate Commissioner
Communications



Dan Johnson
Assistant Director
Communications

THIS IS THE MOUNTAIN WEST

From its inception in 1999, the Mountain West has been committed to excellence in intercollegiate athletics, while promoting the academic missions of its member institutions. Progressive in its approach, the MW continues to cultivate opportunities for student-athletes to compete at the highest level, while fostering academic achievement and sportsmanship. Now in its 15th year, the MW has been assertive in its involvement with the NCAA governance structure and has taken a leadership role in the overall administration of intercollegiate athletics.

The Mountain West has marked several achievements over its first 14 years of existence, most notably becoming the first to establish a sports television network dedicated solely to an intercollegiate athletic conference (The Mtn.). The Mountain West also was the first to experiment with the coaches' challenge in the college football instant replay system, and was the first non-automatic-qualifying BCS conference to participate in four BCS bowl games, winning three. Additionally, the Mountain West was the first conference to have a member institution with No. 1 overall picks in both the NFL and NBA drafts in the same year (Utah's Alex Smith and Andrew Bogut, respectively in 2005). With San Diego State's Stephen Strasburg claiming the No. 1 pick in the 2009 MLB Draft, the Mountain West is one of two conferences to have the No. 1 selection in each of the NFL, NBA and MLB drafts since the MW was founded in 1999. In 2011-12, the Mountain West was among the first conferences to implement a league-wide state-of-the-art basketball instant replay system.

The Mountain West is noted for its geographic diversity. Some of the most beautiful terrain and landscapes in the nation can be found within Mountain West boundaries, including the majestic Rocky Mountain range, which borders five MW institutions (Air Force, Boise State, Colorado State, New Mexico and Utah State). The high plains of Wyoming (elevation 7,220 feet – the highest Division I campus in the nation) contrast with the desert cities of Las Vegas and Reno, home to UNLV and Nevada, respectively, while Fresno State, San Diego State and San Jose State add a West coast influence with their locations in Central, Southern and Northern California. The inclusion of the Hawai'i football program extends the Mountain West footprint to the beautiful islands in the Pacific Ocean.

HISTORY

The Mountain West was conceived on May 26, 1998, when the presidents of eight institutions — Air Force, BYU, Colorado State, New Mexico, San Diego State, UNLV, Utah and Wyoming — decided to form a new NCAA Division I-A intercollegiate athletic conference. The split from a former 16-team conference re-established continuity and stability among the membership within the new league and signaled the continuation of its tradition-rich, long-standing athletic rivalries. Three of the MW's eight original members have been conference rivals since the 1960s (New Mexico, Wyoming and Colorado State), while San Diego State (1978) and Air Force (1980) were longtime members as well. UNLV and TCU entered the fold in 1996 and the Rebels continued as one of the original eight institutions that formed the MW in 1999. TCU re-joined the group with its first year of competition in the Mountain West in 2005-06. With conference realignment sweeping the nation in recent years, the MW has been proactive in addressing membership changes. Boise State University joined the Mountain West in 2011-12, followed by Fresno State and the University of Nevada on July 1, 2012. Also on July 1, 2012, the University of Hawai'i became a football-only member of the Conference. On July 1, 2013, the Mountain West further expanded when San Jose State University and Utah State University joined the Conference, bringing to 11 the number of full-time member institutions and 12 football-playing members.

When the Mountain West officially began operations on July 1, 1999, the new league had in place a seven-year contract with ESPN, giving the broadcaster exclusive national television rights to MW football and men's basketball, and three-year agreements to send the league's football champion to the Liberty Bowl and a second team to the Las Vegas Bowl. Commissioner Craig Thompson also arranged a third bowl tie-in each of the first three seasons (1999 Motor City, 2000 Silicon Valley, 2001 New Orleans) before securing a four-year deal with the Emerald Bowl in San Francisco in 2002. Entering the 2013 season, the MW has six contracted bowl affiliations – the Las Vegas Bowl, San Diego Country Credit Union Poinsettia Bowl, Bell Helicopter Armed Forces Bowl, Sheraton Hawai'i Bowl, Famous Potato Idaho Bowl and Gildan New Mexico Bowl.

An innovator in the postseason bowl structure, the MW engineered many "firsts," as league teams have participated in five inaugural bowl games (2000 Silicon Valley, 2001 New Orleans, 2002 San Francisco (Emerald), 2005 Poinsettia, 2006 New Mexico), as well as placing the first non-automatic-qualifying BCS team into a BCS bowl game with Utah's appearance in the 2005 Tostitos Fiesta Bowl.





Student-athletes at Colorado State are students first, and a quality learning environment is essential to achieving the high standards expected of them. That's why, in 2009, the Anderson Academic Training Center was completed, offering Rams student-athletes a first-class academic facility.



Features:

- Includes a computer lab with 30 workstations, more workspace and offices for CSU's academic staff.
- Features five private tutorial rooms and large study areas.

The training portion includes a state-of-the-art weight room and strength and conditioning center, in addition to a nutrition center.



Training Room

Additionally, during the summer of 2013, the training room went through a major transformation, nearly doubling in size, helping make it one of the finest in the country. It features a multitude of taping and treatment tables, rehabilitation equipment and more.





Also established in 2009 was the Indoor Practice Facility, measuring more than 66,000 square feet. The structure allows the team to practice and train indoors during bad weather.



Features:

- Contains a 70-yard synthetic-turf football field, including one end zone.
- Can accommodate all 16 varsity sports, and includes a four-lane, 70 meter track, large gymnasium and more.





Business

Thomas Bradbury, past director, National Western Stock Show
 Jeff Christmann, operations manager, GE Johnson Construction
 Donald DeGryse, vice president, Lockheed Martin
 Lindsay Gill, product development manager, Spyder Active Sports
 Edward Henny, past senior vice president, Safeway Stores
 Kenneth Monfort, past board of directors member, ConAgra
 James Smith, president & CEO, Smith Investments Inc.

Entertainment/Communications

John Amos, actor, The West Wing
 Baxter Black, American cowboy poet & humorist
 Yosef Komunyakaa, Pulitzer Prize winner, Neon Vernacular
 Gregory Osberg, executive vice president, Newsweek Magazine
 Vicki Porter, two-time Pulitzer Prize winner, community reporting
 Hugh Ragin, jazz trumpet player
 Jim Sheeler, Pulitzer Prize winner, Rocky Mountain News
 Robert A. Taylor, D.V.M., TV personality, Emergency Vets

Government/Military

Wayne Allard, D.V.M., United States Congressman
 John Ensign, D.V.M., United States Senator
 Peter Lemon, recipient of Congressional Medal of Honor
 Ed Rhoades, former commander, U.S.S. Halyburton
 Bill Ritter, former Colorado Governor
 Roy Romer, former Colorado Governor
 Terry Slatc, Iraq veteran, U.S. Marine Corps

Science

Kent Rominger, deputy director, Flight Crew Operations, NASA
 James van Hoften, former NASA astronaut, Lt. Col. USAF

Sports

David Anderson, Six-year NFL pro
 Al "Bubba" Baker, NFL Defensive Rookie of the Year, three-time Pro Bowler
 Less Browne, Canadian Football League Hall of Famer
 Jack Christiansen, Pro Football Hall of Famer
 Janay DeLoach, 2012 Olympian, bronze medalist in long jump
 Clark Haggans, Arizona Cardinals
 Becky Hammon, Olympian and current WNBA basketball player
 Caleb Hannie, NFL Quarterback, Denver Broncos
 John Howell, Super Bowl Champion, Tampa Bay Buccaneers
 Colton Iverson, NBA player
 Raymond Jackson, player development, Pittsburgh Steelers
 Greg Jamison, president & CEO, San Jose Sharks
 Floyd Kerr, director of athletics, Morgan State University
 Mark Knudson, former Major League Baseball pitcher
 Martin Laird, PGA Tour
 Casey Malone, 2004 Olympian, sixth place in discus
 Felix "Tippy" Martinez, former Kansas City Royals player
 Thurman "Fum" McGraw, Pro Football Hall of Famer
 Keli McGregor, former president, Colorado Rockies
 Mike Montgomery, basketball coach (currently head coach, Cal)
 Greg Myers, College Football Hall of Famer
 Milt Palacio, NBA player
 Jason Smith, NBA player
 Erik Phillips, athletic trainer, Phoenix Suns
 Joey Porter, Retired NFL player
 Amy Van Dyken, six-time Olympic gold medalist
 Bradlee Van Pelt, winningest QB in CSU history



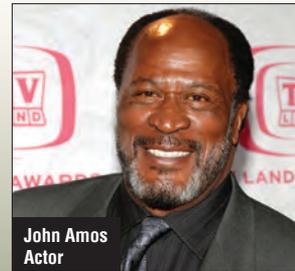
Becky Hammon
WNBA Superstar



Jason Smith
NBA Player



Bill Ritter
Former Colorado Governor



John Amos
Actor



Janay DeLoach
Olympian - 2012 Bronze Medalist



HOMES OF THE RAMS

Colorado State University student-athletes in all sports enjoy some of the finest facilities in the country, including (counter clockwise from left) Moby Arena, men's and women's basketball and volleyball; University Tennis Courts, tennis; Moby Pool, swimming & diving Ram Field, softball; Fort Collins Soccer Complex, soccer; Harmony Club, men's and women's golf; Sonny Lubick Field at Hughes Stadium, football; and Jack Christiansen Track, outdoor track & field.





ART SIEMERS

Head Coach | Second Year

Contact information:

A.Siemers@colostate.edu | 970/491-5434



Art Siemers, a 13-year coaching veteran, heads into his second year as the Head Coach of the cross country program and will also guide the distance runners on the track squad.

Siemers (pronounced SEE-mers) joins the Rams after 11 years at Colorado School of Mines. He began coaching cross country in 2002 and later took over the track & field program in 2005.

In his first year with the cross country team, Siemers coached the women's and men's teams to 2nd and 3rd place finishes at the Mountain West Championship and 5th and 9th place NCAA Mountain Regional Championship finishes. He coached five Mountain West All-Conference athletes and one NCAA Mountain Regional All-Conference performer in cross country. In track and field, he coached seven distance and middle-distance athletes to the first round of the NCAA Outdoor Track & Field Championships and five individuals and two relays to Mountain

West All-Conference status.

With the Orediggers, Siemers coached 21 All-Americans in cross country and led his teams to nine NCAA Division II championship berths, placing in the top five on four different occasions, including a third-place finish with the men's team in 2009.

After taking over the reins of the track & field program, Siemers added 82 All-Americans and five national champions to his list of athletes coached. He led his men's and women's teams to 15 top-25 NCAA team finishes in the indoor and outdoor seasons. In 2009 he was voted the Rocky Mountain Athletic Conference Indoor Men's and Women's Coach of the Year. In 2009-10 and 2011-12 the men's program finished fourth in the final rankings for the United States Track & Field Cross Country Coaches Association's Program of the Year.

Before he began coaching at the collegiate level, Siemers was the head cross country coach at Jefferson Academy High School in



Broomfield, Colo., from 2000-01. In just two years, he initiated the cross country program, recruited the inaugural team and led it to the 2001 Colorado 3A State Championship Meet.

While in college at Illinois State, Siemers ran both track and cross country. A four-year letterwinner in both sports, he was the Missouri Valley Conference 1500-meter and mile champion. He was named cross country all-conference and all-region, as well as first-team academic all-conference in 1993 and 1994. As a post-collegiate, he placed 8th in the 1999 USATF Indoor National Championships in the mile run and was a 2004 Olympic Trials 'A' qualifier in the marathon.

Siemers graduated with a bachelor's degree in both elementary

education and history from Illinois State University in 1995. He later achieved his master's degree in education from the University of Colorado in 1999.

A native of Bensenville, Ill., Siemers attended Fenton High School. He is the oldest of seven children. He and his wife Erica live in Fort Collins.





SCOTT DAHLBERG

Assistant Coach | Second Year

Contact information:

scott.dahlberg@colostate.edu | 970/491-5434

Scott Dahlberg begins his second year with

the Colorado State University track and cross country program this fall after four seasons coaching at Western State college. He assists Head Cross Country Coach Art Siemers in cross country and track and field. Scott will also spearhead recruiting efforts in the middle distance and distance events. While he was an assistant coach at Western State College he helped coach a National Championship cross country team, four Runner-up National Championship cross country teams, four individual National Champions, 76 All-American titles, and an Olympic Trials qualifier. Both men's and women's teams earned "Academic Team of the Year" honors.

Scott is a 2008 graduate of Western State College where he earned five All-America titles between

cross country and track and field after originally attending Western State to play basketball. The two-time cross country All-American led the Mountaineers to a national runner-up finish in 2007. In his track and field career, Dahlberg placed seventh in the mile and third in the distance medley relay at the 2008 indoor national championships. He finished fourth in the outdoor championships later in the season in the 3,000-meter steeplechase. He continues to train with the Boulder Running Company.

Dahlberg graduated from Western State with honors in mathematics, secondary education, and exercise sports science. He received his master's degree in Health, Physical Education, and Recreation from Emporia State University.

He grew up in Peyton, Colorado and graduated from Peyton High School.



RYAN FRIESE

Volunteer Assistant Coach | First Year

Ryan Friese begins his first season as a volunteer assistant coach at Colorado State University for the cross country and track teams.

Friese was a standout on the Colorado State track & field team from 2007-2011 where he competed in the 400 meters, 800 meters, 4x400 relay, long jump and triple jump for the Rams.

Friese was a Mountain West champion in the 800 in both the indoor and outdoor seasons in 2009. His indoor top time of 1 minute, 50.79 seconds is the second-best time ever clocked at Colorado State. He also ranks in the top five in the 800 in the outdoor record books. He is a seven-time all-conference recipient for his efforts in the 800 and the 4x400 relay.

A recent graduate from Colorado State, Friese received his degrees in computer engineering and computer science. He is currently a National Science Foundation graduate research fellow, pursuing his doctorate in electrical engineering at CSU.

A native of Colorado Springs, Colo., Friese attended Rampart High School where he earned all-state honors in the 400 meters and the triple jump. He was also awarded All-America honors in the 4x400 relay.



2013 Preview: Cross Country Looking to Continue their Stride

The 2013 cross country team is looking to come back strong from its 2012 season with the return of the coaching staff and its 2013 seniors. Returning seniors include Kaitlin Hanenburg, Whitney Henderson, Alex Balsiger, Ben Larson, Christian Meyer and Alex Muntefering.

Hanenburg, Henderson and new comer Chloe Phillips look to complete their final year at Colorado State with a strong finish with the team. Hanenburg and Henderson are cross country veterans who aspire to help lead their team into victory this season. Henderson placed eighth at the 2012 Mountain West Cross Country Championships. Phillips is coming to the team with strong finishes in Berry/University of the South Invite (2012), Mississippi State Invite and Sewanee Invite (2009).

The men's side of the team has plenty of returning talent as well, including Balsiger, Larson, Meyer and Muntefering. Muntefering placed fifth at 2012

Mountain West championships in the 2012 season, which aided the Rams during their season.

The cross country team will begin their season at home with the Colorado State Invite on Sept. 6. Then on Sept. 28 the team travels to St. Paul, Minn., to compete in the Roy Griak

Invitational. Days later, top runners compete at Notre Dame Invitational on Oct. 4 in South Bend, Ind., while remaining runners will compete at the Rocky Mountain Shootout in Boulder, Colo., on Oct. 4.

The Rams will participate at Pre-Nationals in Terra Haute, Ind., on Oct. 19. On Nov. 1, the Mountain West championships are held in Colorado Springs, Colo. Once completed, the team will travel to Ogden, Utah, to compete NCAA Mountain Regional on Nov. 15. The Rams wrap up their season with the NCAA Championship on Nov. 23 in Terra Haute, Ind.





ANDREW GOODMAN

Junior | Colorado Springs, Colo. | Palmer HS

Cross Country

- 43rd place – NCAA Mountain Regional Cross Country Championships – 2012
- 22nd place – MW Cross Country Championships – 2012
- Fourth place – Colorado State Open – 2012
- 33rd place – Rust Buster Open – 2011
- 18th place – Wyoming Invitational – 2011
- 35th place – MW Cross Country Championships – 2011

Track & Field

- NCAA National Qualifier – 3,000 Meter Steeplechase – 2013
- Second place – MW Outdoor Championships – 3,000 Meter Steeplechase – 2013
- MW All-Conference Outdoor Track & Field Team – 3,000 Meter Steeplechase – 2013
- First place – MW Indoor Championships – Distance Medley Relay – 2013
- MW All-Conference Indoor Track & Field Team – Distance Medley Relay – 2013
- Fifth place – MW Indoor Championships – Mile Run – 2013
- Sixth place – MW Outdoor Championships – 1500 Meter Run – 2012
- Seventh place – MW Outdoor Championships – 3,000 Meter Steeplechase – 2012
- Second place – MW Indoor Championships – Distance Medley Relay – 2012
- MW All-Conference Indoor Track & Field Team – Distance Medley Relay – 2012

Academics

- USTFCCGA Track & Field All-Academic Team – 2013
- MW Track & Field Scholar Athlete – 2012, 2013
- MW Cross Country Scholar Athlete – 2011, 2012
- Track & Field Academic All-Mountain West – 2012, 2013
- Cross Country Academic All-Mountain West – 2011, 2012





BEN LARSON

Senior | Fort Collins, Colo. | Rocky Mountain HS

Cross Country

- 15th place – MW Cross Country Championships – 2012
- Sixth place – Colorado State Open – 2012
- 24th place – Rust Buster Open – 2011
- Ninth place – Wyoming Invitational – 2011
- 26th place – MW Cross Country Championships – 2011

Track & Field

- Eighth place – MW Outdoor Championships – 10,000 Meter Run – 2013
- Seventh place – MW Indoor Championships – 5000 Meter Run – 2013

Academics

- Track & Field Academic All-Mountain West – 2013
- Cross Country Academic All-Mountain West – 2011, 2012





CHRISTIAN MEYER

Senior | Albuquerque, N.M. | Sandia HS

Cross Country

- 14th place – MW Cross Country Championships – 2012
- Fifth place – Colorado State Open – 2012
- 10th place – Rust Buster Open – 2011
- Fifth place – Wyoming Invitational – 2011
- Sixth place – MW Cross Country Championships – 2011
- 44th place – NCAA Mountain Regional Cross Country Championships – 2011
- 14th place – Metro State Invitational – 2010
- 37th place – MW Cross Country Championships – 2010

Track & Field

- Fifth place – MW Outdoor Championships – 3,000 Meter Steeplechase – 2013
- Sixth place – MW Outdoor Championships – 3,000 Meter Steeplechase – 2012
- Third place – MW Indoor Championships – Distance Medley Relay – 2011
- MW All-Conference Indoor Track & Field Team – Distance Medley Relay – 2011

Academics

- MW Track & Field Scholar Athlete – 2011, 2012, 2013
- MW Cross Country Scholar Athlete – 2010, 2011, 2012
- Track & Field Academic All-Mountain West – 2011, 2012, 2013
- Cross Country Academic All-Mountain West – 2010, 2011, 2012





JACOB MORGAN

Sophomore | Topeka, Kan. | Washburn Rural HS

Cross Country

- 19th place – MW Cross Country Championships – 2012

Track & Field

- Seventh place – MW Outdoor Championships – 10,000 Meter Run – 2013

Academics

- MW Track & Field Scholar Athlete – 2013
- MW Cross Country Scholar Athlete – 2012
- Track & Field Academic All-Mountain West – 2013
- Cross Country Academic All-Mountain West – 2012





ALEX MUNTEFERING

Senior | Parkston, S.D. | Oklahoma

Cross Country

- Fifth place – MW Cross Country Championships – 2012
- MW All-Conference Cross Country Team – 2012
- 26th place – Greater Louisville Cross Country Classic – 2012
- Third place – Colorado State Open – 2012
- 41st place – Rust Buster Open – 2011
- Tenth place – Wyoming Invitational – 2011
- 34th place – MW Cross Country Championships – 2011
- 48th place – Big 12 Cross Country Championships – 2010

Track & Field

- First place – MW Indoor Championships – Distance Medley Relay – 2013
- MW All-Conference Indoor Track & Field Team – Distance Medley Relay – 2013
- Sixth place – MW Indoor Championships – Mile Run – 2013
- Eighth place – MW Indoor Championships – 3000 Meter Run – 2013
- Sixth place – MW Outdoor Championships – 800 Meter Run – 2012
- Second place – MW Indoor Championships – Distance Medley Relay – 2012
- MW All-Conference Indoor Track & Field Team – Distance Medley Relay – 2012
- Eighth place – MW Indoor Championships – Mile Run – 2012
- Seventh place – Big 12 Conference Indoor Championships – Mile Run – 2011
- Eighth place – Big 12 Conference Indoor Championships – 1,000 Meters – 2010

Academics

- MW Track & Field Scholar Athlete – 2012, 2013
- MW Cross Country Scholar Athlete – 2011, 2012
- Track & Field Academic All-Mountain West – 2012, 2013
- Cross Country Academic All-Mountain West – 2011, 2012
- Academic All-Big 12 Track & Field Team – 2011
- Academic All-Big 12 Cross Country Team – 2010





ALEX BALSIGER

Senior | Parker, Colo. | Oklahoma

Cross Country

- 28th place – MW Cross Country Championships – 2012
- 28th place – Rust Buster Open – 2011
- 14th place – Wyoming Invitational – 2011
- 32nd place – MW Cross Country Championships – 2011
- 18th place – Wyoming Invitational – 2010
- 26th place – CSU Invitational – 2010

Track & Field

- First place – MW Indoor Championships – Distance Medley Relay – 2013
- MW All-Conference Indoor Track & Field Team – Distance Medley Relay – 2013
- NCAA National Qualifier – 1500 Meter Run – 2012
- Second place – MW Outdoor Championships – 1500 Meter Run – 2012
- All-Mountain West Outdoor Track & Field Team – 1500 Meter Run – 2012
- Second place – MW Indoor Championships – Distance Medley Relay – 2012
- MW All-Conference Indoor Track & Field Team – Distance Medley Relay – 2012
- Seventh place – MW Indoor Championships – Mile Run – 2012
- Third place – MW Indoor Championships – Distance Medley Relay – 2011
- MW All-Conference Indoor Track & Field Team – Distance Medley Relay – 2011
- Eighth place – MW Indoor Championships – Mile Run – 2011



CHRIS GANEM

Junior | Castle Rock, Colo. | Northern Arizona

Cross Country

- 29th place – Big Sky Cross Country Championships – 2012
- Seventh place – George Kyte Classic – 2012
- 45th place – Big Sky Cross Country Championships – 2011
- Fifth place – Dave Murray XC Invite – 2011

Track & Field

- Third place – Big Sky Indoor Championships – Distance Medley Relay – 2013
- Seventh place – Big Sky Indoor Championships – Mile Run – 2013
- Sixth place – Big Sky Outdoor Championships – 1500 Meter Run – 2012
- Seventh place – Big Sky Outdoor Championships – 800 Meter Run – 2012
- First place – Big Sky Indoor Championships – Distance Medley Relay – 2012
- Fourth place – Big Sky Indoor Championships – Mile Run – 2012
- Fourth place – Big Sky Indoor Championships – 800 Meter Run – 2012

Academics

- Track & Field Academic All-Big Sky – 2013
- Cross Country Academic All-Big Sky – 2012



JEFFERSON ABBEY

RS Freshman | Fort Collins, Colo. | Fort Collins HS

Cross Country

- 17th place – NXN Southwest Regional – 2011
- Third place – Colorado State 5A Championships – Cross Country – 2011

Track & Field

- Second place – Colorado State 5A Championships – 3200 Meter Run – 2012



NICK COSTELLO

Freshman | Franklinville, N.J. | Delsea Regional HS

Cross Country

- 15th place – New Jersey Group 3 State Championships – 2012
- 19th place – Foot Locker Northeast Regional – 2011
- 4th place – New Jersey Group 3 State Championships – 2011
- 14th place – New Jersey Group 3 State Championships – 2010
- 24th place – New Jersey Group 3 State Championships – 2009

Track & Field

- Fifth place – New Jersey Group 2 Indoor State Championships – 3200 Meter Run – 2013
- First place – New Jersey Group 3 Outdoor State Championships – 3200 Meter Run – 2012
- Second place – New Jersey Group 2 Indoor State Championships – 3200 Meter Run – 2012
- Ninth place – New Jersey Group 3 Outdoor State Championships – 3200 Meter Run – 2011
- Seventh place – New Jersey Group 2 Indoor State Championships – 3200 Meter Run – 2011
- Eighth place – New Jersey Group 3 Outdoor State Championships – 3200 Meter Run – 2010
- Fifth place – New Jersey Group 2 Indoor State Championships – 3200 Meter Run – 2010



GRANT FISCHER

Freshman | Fort Collins, Colo. | Poudre HS

Cross Country

- Sixth place – Colorado State 5A Championships – Cross Country – 2012
- 16th place – Colorado State 5A Championships – Cross Country – 2010
- 23rd place – Colorado State 5A Championships – Cross Country – 2009

Track & Field

- 5th place – Colorado State 5A Championships – 3200 Meter Run – 2013
- 6th place – Colorado State 5A Championships – 1600 Meter Run – 2013



ADAM HARTMAN

RS Freshman | Thornton, Colo. | Horizon HS

Cross Country

- 16th place – Colorado State 5A Championships – Cross Country – 2011
- 37th place – Colorado State 5A Championships – Cross Country – 2010

Track & Field

- Seventh place – Colorado State 5A Championships – 1600 Meter Run – 2012
- Ninth place – Colorado State 5A Championships – 3200 Meter Run – 2012



RICARDO KAEMPFFEN

RS Freshman | Boulder, Colo. | Fairview HS



NICK KORHUMEL

Freshman | Libertyville, Ill. | Libertyville HS



JOE MARCHAND

Junior | Louisville, Colo. | Monarch HS



JERRELL MOCK

Freshman | Logan, Utah | Logan HS

Cross Country

- 12th place – Foot Locker West Regional – 2012
- 13th place – Nike Cross Regionals Southwest – 2012
- Second place – Utah State 4A Championships – Cross Country – 2012
- Third place – Utah State 4A Championships – Cross Country – 2011
- 50th place – Utah State 4A Championships – Cross Country – 2010

Track & Field

- Second place – Utah State 4A Championships – 3200 Meter Run – 2012
- Fifth place – Utah State 4A Championships – 1600 Meter Run – 2012



GUS WANEKA

RS Freshman | Loveland, Colo. | Thompson Valley HS

Cross Country

- 5th place – Nike Cross Regionals Southwest – 2011
- 2nd place – Colorado State 4A Championships – Cross Country – 2011
- 7th place – Colorado State 4A Championships – Cross Country – 2010
- 27th place – Colorado State 4A Championships – Cross Country – 2009
- 25th place – Colorado State 4A Championships – Cross Country – 2008

Track & Field

- First place – Colorado 4A state championships – 3200 meter run – 2012



JUSTIN WEINMEISTER

Freshman | Windsor, Colo. | Windsor HS

Cross Country

- 3rd place – Colorado State 4A Championships – Cross Country – 2012
- 23rd place – Colorado State 4A Championships – Cross Country – 2011
- 50th place – Colorado State 4A Championships – Cross Country – 2010

Track & Field

- Fifth place – Colorado 4A state championships – 3200 meter run – 2012
- Fifth place – Colorado 4A state championships – 1600 meter run – 2013



BRANDON WILLIAMS

RS Freshman | Denver, Colo. | Bear Creek HS

Cross Country

- Fourth place – Colorado 5A state championships – Cross Country – 2011

Track & Field

- Fourth place – Colorado 5A state championships – 3200 meter run – 2012



KAITLIN HANENBURG

Senior | Colorado Springs, Colo. | Classical Academy

Cross Country

- 41st place – NCAA Mountain Regional Cross Country Championships – 2012
- Tenth place – MW Cross Country Championships – 2012
- First place – Colorado State Open – 2012
- 11th place – Rust Buster Open – 2011
- Fifth place – Wyoming Invitational – 2011
- 23rd place – MW Cross Country Championships – 2011
- Second place – Wyoming Invitational – 2010
- Sixth place – CSU Invitational – 2010
- 25th place – MW Cross Country Championships – 2010

Track & Field

- NCAA National Qualifier – 3,000 Meter Steeplechase – 2013
- Fifth place – MW Outdoor Championships – 3,000 Meter Steeplechase – 2013
- Third place – MW Indoor Championships – Distance Medley Relay – 2013
- MW All-Conference Indoor Track & Field Team – Distance Medley Relay – 2013
- NCAA National Qualifier – 3,000 Meter Steeplechase – 2012
- Fourth place – MW Outdoor Championships – 3,000 Meter Steeplechase – 2012
- NCAA National Qualifier – 3,000 Meter Steeplechase – 2011
- Sixth place – MW Outdoor Championships – 3,000 Meter Steeplechase – 2011

Academics

- USTFCCA Track & Field All-Academic Team – 2011, 2012
- MW Track & Field Scholar Athlete – 2011
- MW Cross Country Scholar Athlete – 2010
- Track & Field Academic All-Mountain West – 2011, 2012, 2013
- Cross Country Academic All-Mountain West – 2010, 2011, 2012





WHITNEY HENDERSON

Senior | Hamilton, Mont. | Corvallis HS

Cross Country

- 20th place – NCAA Mountain Regional Cross Country Championships – 2012
- USTFCCA Division I All-Region Cross Country – Mountain Region – 2012
- Eight place – MW Cross Country Championships – 2012
- Eighth place – Colorado State Open – 2012
- Fifth place – Rust Buster Open – 2011
- Seventh place – Wyoming Invitational – 2011
- 14th place – MW Cross Country Championships – 2011
- 17th place – Wyoming Invitational – 2010
- 18th place – CSU Invitational – 2010
- 32nd place – MW Cross Country Championships – 2010

Track & Field

- NCAA National Qualifier – 1500 Meter Run – 2013
- Second place – MW Outdoor Championships – 5,000 Meter Run – 2013
- MW All-Conference Outdoor Track & Field Team – 5,000 Meter Run – 2013
- Fifth place – MW Outdoor Championships – 1500 Meter Run – 2012

Academics

- Track & Field Academic All-Mountain West – 2012, 2013
- Cross Country Academic All-Mountain West – 2010, 2011, 2012





CHLOE PHILLIPS

Senior | Flagstaff, Ariz. | Mississippi State

Cross Country

- 38th place – NCAA South Regional Cross Country Championships – 2012
- 49th place – SEC Cross Country Championships – 2012
- 14th place – Crimson Classic – 2012
- 25th place – Commodore Classic – 2012
- 3rd place – Berry/University of the South Invite – 2012
- 49th place – SEC Cross Country Championships – 2010
- 22nd place – Georgia Invitational – 2010
- 50th place – Chile Pepper Cross Country Festival – 2009
- 38th place – Greater Louisville Classic – 2009
- 2nd place – Mississippi State Invite – 2009
- 4th place – Sewanee Invite – 2009

Track & Field

- NCAA National Qualifier – 1500 Meter Run – 2013





LAURA YARROW

Sophomore | Colorado Springs, Colo. | Tampa

Cross Country

- USTFCCCA Division II All-Region Cross Country – South Region – 2012
- 2nd place – NCAA DII South Regional Cross Country Championships – 2012
- Sunshine State All-Conference Outdoor Cross Country Team – 2012
- 2nd place – Sunshine State Cross Country Championships – 2012
- 14th place – Florida State Invite – 2012
- 4th place – Saint Leo Invitational – 2012
- 6th place – USF Open – 2012
- 6th place – UT Early Bird Classic – 2012



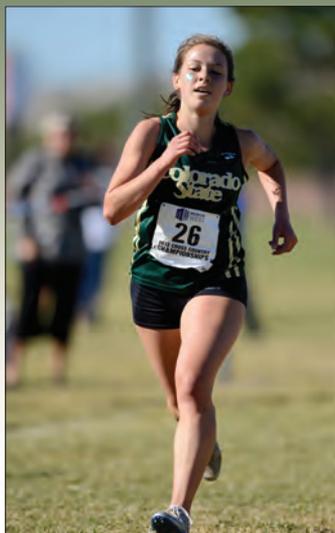


MARINA ROBERTS

Sophomore | Kingston, Wash. | Kingston

Cross Country

- 34th place – MW Cross Country Championships – 2012



Academics

- MW Track & Field Scholar Athlete – 2013
- MW Cross Country Scholar Athlete – 2012
- Cross Country Academic All-Mountain West – 2012



EMILY BRIGGS

Sophomore | Longmont, Colo. | Niwot HS

Cross Country

- Ninth place – Colorado State Open – 2012

Academics

- MW Cross Country Scholar Athlete – 2012
- MW Track & Field Scholar Athlete – 2012



JOSEPHINE BUSH

Freshman | Telluride, Colo. | Telluride HS

Track & Field

- Third place – MW Indoor Championships – Distance Medley Relay – 2013
- MW All-Conference Indoor Track & Field Team – Distance Medley Relay – 2013

Academics

- Track & Field Academic All-Mountain West – 2013



LYDIA FAHRENKRUG

Freshman | Neenah, Wis. | Neenah HS

Cross Country

- 48th place – Wisconsin State D1 Championships – Cross Country – 2011
- 11th place – Wisconsin State D1 Championships – Cross Country – 2009
- 20th place – Wisconsin State D1 Championships – Cross Country – 2008

Track & Field

- Fifth place – Wisconsin State D1 Championships – 4x400 Relay – 2012
- Fourth place – Wisconsin State D1 Championships – 4x800 Relay – 2010



ALEX HESS

Freshman | Sioux Falls, S.D. | Roosevelt HS

Cross Country

- First – South Dakota State AA Championships – Cross Country – 2011
- 2011 Gatorade State Girls Cross Country Runner of the Year
- Seventh – South Dakota State AA Championships – Cross Country – 2009
- Fifth – South Dakota State AA Championships – Cross Country – 2008

Track & Field

- Second place – South Dakota State AA Championships – 1600 Meter Run – 2012
- Fifth place – South Dakota State AA Championships – 800 Meter Run – 2012
- Fourth place – South Dakota State AA Championships – 1600 Meter Run – 2011
- Third place – South Dakota State AA Championships – 1600 Meter Run – 2010
- Fifth place – South Dakota State AA Championships – 800 Meter Run – 2010
- Sixth place – South Dakota State AA Championships – 3200 Meter Run – 2009



SANNE HOLLAND

Freshman | Cheney, Wash. | Cheney HS

Cross Country

- Second place – Washington State 2A Championships – Cross Country – 2012
- 20th place – Nike Cross Regionals Northwest – 2011
- Fourth place – Washington State 2A Championships – Cross Country – 2011
- Third place – Washington State 2A Championships – Cross Country – 2010
- Third place – Washington State 2A Championships – Cross Country – 2009

Track & Field

- Third place – Washington State 2A Championships – 3200 Meters – 2013
- Fourth place – Washington State 2A Championships – 1600 Meters – 2013
- First place – Washington State 2A Championships – 3200 Meters – 2012
- Fifth place – Washington State 2A Championships – 1600 Meters – 2012
- First place – Washington State 2A Championships – 3200 Meters – 2011
- Third place – Washington State 2A Championships – 1600 Meters – 2011
- Fifth place – Washington State 2A Championships – 3200 Meters – 2010
- Fifth place – Washington State 2A Championships – 1600 Meters – 2010



ELLE KILLINGSWORTH

Junior | Lakewood, Colo. | Green Mountain HS

Cross Country

- 18th place – Rust Buster Open – 2011
- 25th place – Wyoming Invitational – 2011

Academics

- MW Track & Field Scholar Athlete – 2012, 2013
- MW Cross Country Scholar Athlete – 2011, 2012
- Cross Country Academic All-Mountain West – 2012



PAULINE MANDEL

Freshman | Temecula, Calif. | Great Oak HS

Cross Country

- 16th place – CIF State Div. 1 Championships – Cross Country – 2011
- 26th place – CIF State Div. 1 Championships – Cross Country – 2010

Track & Field

- 9th place – California Southwestern League Finals – 1600 Meter Run – 2012
- 6th place – California Southwestern League Finals – 1600 Meter Run – 2011



RACHAEL RUDEL

Freshman | Fort Collins, Colo. | Fort Collins HS

Track & Field

- Ninth place – Colorado State 5A Championships – Triple Jump – 2011
- Fourth place – Colorado State 5A Championships – Triple Jump – 2010



KARLEE SCHWARTZKOPF

Freshman | Highlands Ranch, Colo. | Mountain Vista HS

Cross Country

- 16th place – Colorado State 5A Championships – Cross Country – 2012
- 21st place – NXN Southwest Regional – 2011
- 13th place – Colorado State 5A Championships – Cross Country – 2011
- 45th place – Colorado State 5A Championships – Cross Country – 2010

Track & Field

- 9th place – Colorado State 5A Championships – 3200 Meter Run – 2012



McKENNA SPILLAR

Freshman | Littleton, Colo. | Dakota Ridge HS

Cross Country

- 7th place – Colorado State 5A Championships – Cross Country – 2012
- 40th place – Colorado State 5A Championships – Cross Country – 2011
- 34th place – Colorado State 5A Championships – Cross Country – 2010

Track & Field

- First place – Colorado State 5A Championships – 3200 Meter Run – 2013



JESSICA SPRAY

Freshman | Bellevue, Wash. | Newport-Bellvue HS

Cross Country

- 23rd place – Washington State 4A Championships – Cross Country – 2012
- 43rd place – Washington State 4A Championships – Cross Country – 2011
- 28th place – Washington State 4A Championships – Cross Country – 2010



ALI WILL

Sophomore | Castle Rock, Colo. | Rock Canyon HS

Academics

- MW Track & Field Scholar Athlete – 2013
- MW Cross Country Scholar Athlete – 2012
- Cross Country Academic All-Mountain West – 2012





2012 Review: Cross Country garners five all-MW awards

The 2012 season began with wins earned by veterans Kaitlin Hanenburg and Alex Muntefering in their first races of the season. Hanenberg took first in her race with a time of 18 minutes, 6.9 seconds, which was close to 7 seconds ahead of the second-place runner. Muntefering came in third with a time of 15:29.7, just ahead of teammate Andrew Goodman, who finished at 15:30.4. To say the least, newly named CSU cross country coach Art Siemers was more than pleased with his teams' performance.

Later in the race, the men's team then supplied four of the top six times with Christian Meyer (15:35.3) and Ben Larson (15:36.7), who finished closely behind Muntefering and Goodman. For the women, Whitney Henderson grabbed eighth place at 18:43.2, Emily Briggs (18:46.7) took ninth. Holly Keeper (18:52.3) and Sarah Heuer (18:55.9) took 10th and 11th for the team.

Soon after, Colorado State traveled to Louisville to compete in their second meet at the Greater Louisville Classic. Runners Keeper and Muntefering claimed two spots among the top-40 finishers. Muntefering ran 24:21.55 while Goodman finished second for the CSU squad, 65th overall, with 24:52.23 in the men's 8-kilometer race. Keeper led the CSU women with a time of 17:30.13, putting her into 38th place. Henderson and Pensack-Rinehart, running 17:43.81 and 17:44.47, took 62nd and 63rd place, respectively. After coming off her first collegiate win, Hanenburg finished fourth on her team with a time of 17:58.03. Heuer followed close behind with 18:10.76. Overall, the men's team took 11th place with an average time of 24:57.12 for the 8-kilometer race, while the women took 12th out of 24 teams, with an average time of 17:49.44 for the 5-kilometer race.

After their strong finishes in Louisville, Colorado State traveled to Madison, Wisc., to compete in the Wisconsin Adidas Invitational. Keeper earned the top time in her squad, 83rd overall, in the women's 6-kilometer finishing in 20 minutes and 43 seconds. Henderson was close behind Keeper finishing 21:00, with Pensack-Rinehart finishing four seconds behind at 21:04. Although two meets were removed from her first cross country collegiate win, Hanenburg finished her 6-kilometer race at 21:20. For the men, Muntefering finished with another top time for the rams, coming in at 24:12

for the 8-kilometer race. Tailing Muntefering was Goodman at 24:31, Larson at 24:33 and Morgan at 24:35. Completing the top CSU times was junior Meyer who finished at 24:48. For this meet, the men's team took 33rd out of 46, with the women finished at 34th out of 49 teams.

With the strong finishes under their belts, Colorado State set out for the Mountain West Cross Country Championship in Las Vegas, Nev. The women held strong, but came in second in their nine-team based field. Henderson finished first on the CSU team and took eighth place overall with a time of 21:15.23. Hanenburg (21:27.16) took tenth place overall for her second top-ten finish of the season. Pensack-Rinehart finished seconds behind Hanenburg with a time of 21:28.01, which placed her 12th overall. 16th and 17th place went to seniors Jennifer Tavé (21:36.60) and Keeper (21:40.57). The men's team took third place tailing New Mexico and Air Force, Muntefering finishing first on CSU's team, ninth overall at 24:60.4. Meyer followed Muntefering, placing 14th overall with a time of 24:53.09. Seconds after Meyer finished, Larson came in at 24:53.62 claiming 15th place, and Morgan (25:05.04) claimed 19th place. Meanwhile Goodman rounded out the top CSU men's times with a time of 25:07.04. Completing the meet was the all-conference awards, which were given to Muntefering for making the men's all-conference team and Meyer for the men's second team. Henderson, Hanenburg and Pensack-Rinehart all earned second team all-conference awards.

After their successful meet in Las Vegas, the teams returned to Fort Collins to host the NCAA Cross Country Mountain Regional at Collindale Golf Course. The CSU women placed fifth in the 20-team field, while, the men placed ninth in their 18-team field. Henderson (21:10) took 20th place overall with runners Keeper (21:18.0), Heuer (21:30.5), Hanenburg (21:40.9) and Tavé (21:55.2) following. Goodman took 43rd place in the 10,000-meter race, with a finishing time of 31:30.2. Runners Andrew Lesser (31:31.5), 34 Morgan (31:48.0), Alex Balsiger (31:53.0) and Meyer (32:08.8) rounded out the teams finishing times.

With many returning athletes, as well as the return of the newly appointed coaching staff, the Colorado State cross country team is looking at a promising 2013 season.



Jerry Schmidt
1962



Jerry Glyde
1963



Jon Sinclair
1980



Richie Harris
1980



Sandy Ham
1991



Bryan Berryhill
1999 & 2000



Austin Vigil
2003



Mike Nicks
2004



All-American Marne Findlay highlights Hall of Fame Class of 2013

Marne Findlay, who ran for Colorado State from 1994-99, is arguably one of the most courageous athletes to adorn the Green and Gold.

A former swimmer, Findlay made the switch to running after suffering a torn rotator cuff in high school. She quickly turned heads, becoming just the second CSU runner ever to earn a spot at the NCAA cross country championships her sophomore year.

She later earned two All-American awards in cross country in 1996 and 1997, with a best finish of 13th place in 1996. The Parker, Colo., native also won a WAC title in the 5,000-meter run in 1997, just one of her numerous all-conference accolades.

The Ponderosa High School product was named first-team all-region in cross country three times in her illustrious CSU career. She is a three-time academic All-American and four-time academic all-conference award winner.

Findlay is still ranked among the top 10 in CSU history in the 5,000 meters.

The CSU great was named the Colorado Sportswoman of the Year in 1998 for her bravery in overcoming a brain tumor and returning to competition in 1997. That year she led the Rams to their highest ever ranking, No. 12 in the nation.



Marne Findlay
1996 & 1997



**MEN'S ALL-TIME NCAA CHAMPIONSHIP RESULTS**

2004			1988			1971		
Team finish: 29th Time = 2:45:39.0 Places = 574			Team finish: N/A			Team finish: N/A		
Place	Name	Time	Place	Name	Time	Place	Name	Time
142	Matt Schubert		31:58	Randy Yauset	30:55			
26	Mike Nicks	31:47.3						
73	Josh Glaab	32:33.8						
131	Matt Pettit	33:19.4	1979			1967		
170	Matt Cianciulli	33:57.7	Team finish: 23rd Time = Places = 540			Team finish: N/A		
174	Paul Michel	34:00.8	Place	Name	Time	Place	Name	Time
182	Jeff Scull	34:23.2	9	Jon Sinclair	29:27.9	37	Terry Harrison	33:05
			123	Greg Burrell	31:13.8	39	Wesley Crist	33:07
			136	Manuel Miranda	31:24.2	82	George Winner	34:54
			199	Mike Sullivan	32:24.4			
2003			234	Rick Lundt	35:40.3	1966		
Team finish: 17th Time = 2:34:47.0 Places = 436			DNF	Bill McGrath		Team finish: 13th Time = Places = 339		
Place	Name	Time	Place	Name	Time	Place	Name	Time
31	Austin Vigil, Sr	30:18.4	DNF	Richie Harris		27	Terry Harison	31:10
40	Josh Glaab, So	30:25.5				48	Wayne Henderson	31:29
72	Bill Michel, Sr	30:49.4	1978			103	Phil Davis	32:48.2
123	Mike Nicks, So	31:19.1	Team finish: 9th Time = Places = 255			123	Auther Sanchez	32:57
170	Paul Michel, So	31:54.6	Place	Name	Time	Place	Name	Time
177	Paul DiGrappa, Sr	32:02.0	26	Richie Harris	30:14.3	136	Rolland Mcdonald	33:33
196	Matt Caincuilli, So	32:32.9	49	Michael Bordell	30:32.1	146	Bob Lowe	33:46
			59	John Harding	30:40.6			
			65	Elliot Drumright	30:46.0	1965		
2002			150	Rick Lundt	31:38.9	Team finish: N/A		
Team finish: 27th Time = 2:38:15.8 Places = 592			166	Phil Hornig	31:48.8	60	Bob Lowe	31:49
Place	Name	Time	Place	Name	Time	Place	Name	Time
91	Raegan Robb, Sr	31:17.0	209	Dan Lawson	32:40.1			
108	Austin Vigil, Jr	31:29.1				1964		
110	Josh Glaab, Fr	31:31.5	1977			Team finish: N/A		
111	Dylan Olchin, Jr	31:31.5	Team finish: N/A			Place	Name	Time
172	Ammon Larsen, Sr	32:26.7	Place	Name	Time	81	Robert Lalley	21:34.7
179	Bill Michel, Jr	32:35.4	73	Mike Bordell	30:28.0			
191	Matt Caincuilli, Fr	32:56.8				1962		
			1976			Team finish: N/A		
2001			Place	Name	Time	Place	Name	Time
Team finish: 22nd Time = 2:36:01 Places = 491			42	Greg Duhaime	29:31.01	47	Gerald P. Glyde	20:44.5
103	John Bramley	30:04.35				1961		
61	Bill Michel	30:41	1975			Team finish: N/A		
82	Dylan Olchin	31:02	Team finish: 8th Time = Places = 300			Place	Name	Time
92	Raegan Robb	31:09	Place	Name	Time	10	Gerald P. Glyde	20:25
99	Josh Lybarger	31:13	65	Don Howieson	29:38.5	13	Jerry E. Schmidt	20:35
157	Paul Michel	31:56	73	Bobby Grubbs	30:00.2	1960		
171	Mike Nicks	32:14	102	Ed Bundy A.	30:19.9	Team finish: 5th Time = Places = 118		
175	Paul Digrapppa	32:19	157	Scott Boyd W.	30:46.3	Place	Name	Time
2000			197	Elliott Drumright	31:08.3	25	Gery R. Eliassen	20:49
Team finish: 21st Time = 2:39:44.3 Places = 520			225	Jon Sinclair	31:31.9	36	Richard D. Peckham	21:02
Place	Name	Time	Place	Name	Time	Place	Name	Time
13	Bryan Berryhill, Sr	30:46.8	1974			40	Jerry E. Schmidt	21:05
108	Reagan Robb, So	32:01.9	Team finish: N/A			56	John J. Fennell	21:30
121	Josh Lybarger, Jr	32:13.7	Place	Name	Time			
134	Dylan Olchin, So	32:18.6	58	Greg Duhaime	31:07.92			
144	Chris Cole, Sr	32:23.3	131	Don Howieson	31:54.21			
183	Gabe Olchin, Fr	32:55.7						
198	Rob Vermillion, Jr	33:27.4	1973					
1999			Team finish: N/A					
Place	Name	Time	Place	Name	Time			
33	Bryan Berryhill	31:13.30	42	Louis Groarke	29:40.4			
1991			Team finish: N/A					
Place	Name	Time	Place	Name	Time			
129	Matt Schubert	33:02.50	141	Louis Groarke	30:47			

**MEN'S ALL-TIME MW CHAMPIONSHIP RESULTS****2012**Team finish: 3rd
Places = 75

Place	Name	Time
5	Alex Muntefering	24:40.64
14	Christian Meyer	24:53.09
15	Ben Larson	24:53.62
19	Jacob Morgan	25:05.04
22	Andrew Goodman	25:07.08

2007Team finish: 4th
Places = 105

Place	Name
9	Jeremy Freed
16	Andres Urbina
23	Jake Keyser
28	Scott Sanders
29	Kip Taylor

2002Team finish: 2nd
Places = 42

Time	Place	Name	Time
25:17	2	Austin Vigil	24:37.9
25:31	6	Bill Michel	24:44.9
26:01	9	Dylan Olchin	24:50.4
26:17	10	Josh Glaab	24:50.8
26:22	20	Raegan Robb	25:07.0

2011Team finish: 3rd
Places = 68

Place	Name	Time
3	Spenser Lynass	25:11.5
6	Christian Meyer	25:26.2
13	Jake Keyser	25:41.7
20	Andrew Lesser	25:59.6
26	Ben Larson	26:19.3

2006Team finish: 3rd
Places = 88

Place	Name
8	Rob Watson
16	Jeremy Freed
18	Ryan Kirkpatrick
20	Andrew Urbina
27	David Zakavec

2001Team finish: 4th
Places = 86

Time	Place	Name	Time
25:05.50	11	Bill Michel	24:48
25:30.50	14	Dylan Olchin	24:58
25:32.70	16	Josh Lybarger	25:05
25:38.70	20	Raegan Robb	25:11
26:02.30	25	Mike Nicks	25:30

2005Team finish: 5th
Places = 110

Place	Name	Time
7	Daniel Wallis	25:20.90
22	Spenser Lynass	26:08.80
25	Jake Keyser	26:19.30
31	Jeff Holt	26:39.20
32	Andrew Roberts	26:39.60

Team finish: 2nd
Places = 62

Place	Name
6	Josh Glaab
8	Rob Watson
13	Paul Michel
17	Jeff Wahl
18	Scott Sanders

2000Team finish: 2nd
Places = 56

Time	Place	Name	Time
24:41.40			
24:48.50	1	Bryan Berryhill	24:52.8
25:07.00	10	Chris Cole	25:46.8
25:19.70	12	Raegan Robb	25:50.0
25:22.10	13	Josh Lybarger	25:51.6
20		Dylan Olchin	26:03.0

2004Team finish: 4th
Places = 118

Place	Name	Time
18	Daniel Wallis	24:59.70
27	John O'Neil	25:44.10
28	Spenser Lynass	26:01.60
29	Jeremy Freed	26:02.90
34	Andrew Roberts	26:23.60

Team finish: 4th
Places = 75

Place	Name
5	Mike Nicks
6	Josh Glaab
19	Matt Pettitt
23	Paul Michel
24	Rob Watson

1999Team finish: 4th
Places = 82

Time	Place	Name	Time
25:19			
25:20	2	Bryan Berryhill	24:39.4
26:05	14	Rob Vermillion	25:59.1
26:14	19	Gabe Olchin	26:11.5
26:19	22	Paul McNeely	26:25.1
25		Raegan Robb	26:30.1

2003Team finish: 4th
Places = 114

Place	Name	Time
15	Jeremy Freed	25:07
21	Daniel Wallis	25:24
25	Andrew Mauk	25:50
29	Ryan Friese	25:57
31	Jake Keyser	26:06

Team finish: 3rd
Places = 53

Place	Name	Time
3	Austin Vigil	24:42
4	Bill Michel	24:49
6	Josh Glaab	24:59
20	Matt Ciancuilli	26:02
22	Paul DiGrappa	26:09

*Top five finishers listed



2012			2007			2002		
Team finish: 2nd			Team finish: 1st			Team finish: 2nd		
Places = 63			Places = 33			Places = 63		
Place	Name	Time	Place	Name	Time	Place	Name	Time
8	Whitney Henderson	21:15.23	1	April Thomas	21:20	9	Jennifer Kintzley	21:56.1
10	Kaitlin Hanenburg	21:27.16	2	Kirsten Anthony	21:22	10	Marget Larson	21:57.0
12	Hannah Pensack-Rinehart	21:28.01	7	Kristen Hemphill	21:42	13	Katie Yemm	22:03.9
16	Jennifer Tavé	21:36.60	8	Allison Gohl	21:43	17	Colleen Blair	22:16.5
17	Holly Keeper	21:40.57	15	Melissa Thomas	22:19	19	Kim Watson	22:19.8

2011			2006			2001		
Team finish: 2nd			Team finish: 2nd			Team finish: 2nd		
Places = 63			Places = 44			Places = 45		
Place	Name	Time	Place	Name	Time	Place	Name	Time
2	Ellie Keyser	21:00.4	3	Nicole Feest	21:14.1	4	Marget Larson	21:09
5	Nicole Peters	21:13.3	6	April Thomas	21:24.3	8	Katie Yemm	21:23
10	Hannah Pensack-Rinehart	21:25.9	10	Kirsten Anthony	21:49.8	10	Colleen Blair	21:34
14	Whitney Henderson	21:52.0	11	Danielle Korb	21:51.3	13	Kim Leal	21:42
23	Kaitlin Hanenburg	22:25.4	14	Heather Loseke	22:07.8	14	Christy Virgin	22:05

2010			2005			2000		
Team finish: 2nd			Team finish: 3rd			Team finish: 2nd		
Places = 60			Places = 75			Places = 55		
Place	Name	Time	Place	Name	Time	Place	Name	Time
4	Ellie Keyser	21:44.10	11	Danielle Korb	21:32.80	7	Elizabeth Roodell	21:25.7
10	Aliese Willard	22:16.50	12	April Thomas	21:33.90	10	Jennifer Kintzley	21:40.7
12	Kendra Gerk	22:24.00	14	Kristen Hemphill	21:47.40	11	Marisa Keefe	21:46.6
16	Sarah Heuer	22:36.10	18	Linnea Pudwill	21:57.80	12	Katie Yemm	21:52.8
18	Nicole Peters	22:52.00	20	Kirsten Anthony	22:03.40	16	Marget Larson	22:16.8

2009			2004			1999		
Team finish: 3rd			Team finish: 2nd			Team finish: 2nd		
Places = 64			Places = 59			Places = 58		
Place	Name	Time	Place	Name	Time	Place	Name	Time
5	Ellie Rastall (Keyser)	21:18.40	6	Danielle Korb	22:24	6	Elizabeth Roodell	17:46.9
9	Kristen Hemphill	21:37.70	9	Michelle Carman	22:49	13	Marisa Keefe	18:28.9
14	Sarah Heuer	22:08.30	12	Nicole Feest	22:53	14	Christy Virgin	18:34.1
15	Nicole Peters	22:15.80	15	Linnea Pudwill	23:04	15	Jeanie Crist	18:35.1
22	Kendra Gerk	22:40.70	17	Colleen Blair	23:10	18	Marget Larson	18:53.7

*Top five finishers listed

2008			2003		
Team finish: 4th			Team finish: 2nd		
Places = 121			Places = 62		
Place	Name	Time	Place	Name	Time
10	Ellie Rastall (Keyser)	21:59	9	Katie Yemm	22:17
24	Allison Gohl	22:38	10	Michelle Carman	22:19
28	Marissa Saunders	22:52	12	Crystal Clark	22:20
30	Nicole Peters	22:58	14	Colleen Blair	22:41
			18	Nicole Feest	22:59



2013 COLORADO STATE CROSS COUNTRY

SCHEDULE

<u>Date</u>	<u>Day</u>	<u>Event</u>	<u>Location</u>
09/06/13	Friday	CSU Invite	Fort Collins, Colo.
09/28/13	Saturday	Roy Griak Invitational	St. Paul, Minn.
10/04/13	Friday	Notre Dame Invitational	South Bend, Ind.
10/04/13	Friday	Rocky Mountain Shootout	Boulder, Colo.
10/19/13	Saturday	Pre-Nationals	Terra Haute, Ind.
11/01/13	Friday	Mountain West Championships	Colorado Springs, Colo.
11/15/13	Friday	NCAA Mountain Regional	Ogden, Utah
11/23/13	Saturday	NCAA Championships	Terra Haute, Ind.



Colorado
State
University