



COLORADO STATE

# RAMS



**2014** CROSS COUNTRY  
MEDIA GUIDE



## 2014 Roster

### MEN

Name	Class (Exp)	Hometown (Last School)
Jefferson Abbey	RS SO (1L)	Fort Collins, Colo. (Fort Collins)
Jackson Carter	FR (HS)	Las Vegas, Nev. (Centennial)
Nick Costello	RS FR (RS)	Franklinville, N.J. (Delsea Regional High School)
Alex Dillenbeck	SR (TR)	Aurora, Colo. (Iowa State)
Grant Fischer	RS FR (RS)	Fort Collins, Colo. (Poudre High School)
Chris Ganem	RS JR (RS)	Castle Rock, Colo. (Northern Arizona)
Andrew Goodman	SR (3L)	Colorado Springs, Colo. (Palmer)
Sam Guinn	FR (HS)	Overland Park, Kan. (Blue Valley Northwest)
Adam Hartman	RS SO (1L)	Thornton, Colo. (Horizon)
Carson Hume	FR (HS)	Littleton, Colo. (Dakota Ridge)
Byron Jones	SR (TR)	Westborough, Mass. (Columbia)
Ricardo Kaempfen	RS SO (VR)	Boulder, Colo. (Fair View High School)
Spencer Keith	FR (HS)	Corona Del Mar, Calif. (Corona Del Mar)
Nick Korhumel	RS FR (RS)	Libertyville, Ill. (Libertyville High School)
Joe Marchand	SR (1L)	Louisville, Colo. (Monarch)
Jerrell Mock	RS FR (RS)	Logan, Utah (Logan High School)
Trent Powell	FR (HS)	River Falls, Wisc. (River Falls)
Cole Rockhold	FR (HS)	Independence, Mo. (Truman)
Justin Weinmeister	RS FR (RS)	Windsor, Colo. (Windsor High School)
Brandon Williams	RS SO (VR)	Denver, Colo. (Bear Creek High School)

### WOMEN

Name	Class (Exp)	Hometown (Last School)
Jo Bush	RS SO (VR)	Telluride, Colo. (Telluride)
Abbey Ervin	FR (HS)	Fort Collins, Colo. (Fort Collins)
Devan Foster	FR (HS)	Littleton, Colo. (Arapahoe)
Mary Franke	FR (HS)	Plymouth, Minn. (Wayzata)
Darby Gilfillan	FR (HS)	Denver, Colo. (George Washington)
Alex Hess	RS SO (1L)	Sioux Falls, S.D. (Roosevelt)
Sanne Holland	SO (1L)	Cheney, Wash. (Cheney High School)
Jessica Kleven	FR (HS)	Pueblo, Colo. (Pueblo South)
Macy Kreutz	FR (HS)	Highlands Ranch, Colo. (Highlands Ranch)
Marina Roberts	JR (2L)	Kingston, Wash. (Kingston High School)
Rachael Rudel	RS SO (VR)	Fort Collins, Colo. (Fort Collins High School)
Karlee Schwartzkopf	SO (1L)	Highlands Ranch, Colo. (Mountain Vista High School)
McKenna Spillar	RS FR (RS)	Littleton, Colo. (Dakota Ridge High School)
Kara Steinke	FR (HS)	Collegeville, Penn. (Methacton)
Roxy Trotter	FR (HS)	Gypsum, Colo. (Eagle Valley)
Kate White	FR (HS)	St. Louis, Mo. (Ladue Horton)
Ali Will	JR (2L)	Castle Rock, Colo. (Rock Canyon)
Laura Yarrow	JR (1L)	Colorado Springs, Colo. (Tampa)



## ON THE COVER

Alex Hess and Andrew Goodman

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## QUICK FACTS

### General Information

Location .....	Fort Collins, Colo.
Founded .....	1870
Enrollment .....	26,775
Nickname .....	Rams
Colors.....	Green and Gold
Elevation.....	5,003 feet
Facilities.....	Pingree Park
.....	Collindale Golf Course
.....	Hughes Stadium
Conference.....	Mountain West
President.....	Dr. Anthony A. Frank
Director of Athletics.....	Jack Graham
Assoc. A.D./SWA.....	Christine Susemihl
Faculty Representative .....	Jim Francis
Athletic Department Phone.....	(970) 491-3350
Ticket Office .....	1-800-491-RAMS

### Cross Country Information

Head Coach.....	Art Siemers (Illinois State, '95)
Year at CSU .....	Third Year
Assistant Coach .....	Scott Dahlberg
Year at CSU .....	Third Year
Volunteer Assistant Coach .....	Ryan Frieze
Year at CSU .....	Second Year
Cross Country Office Phone .....	(970) 491-5434

### Media Information

Cross Country Contact.....	Danielle Marshall
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Website .....	www.CSURams.com
Mailing Address.....	311 McGraw Athletic Center
	Fort Collins, CO 80523





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.

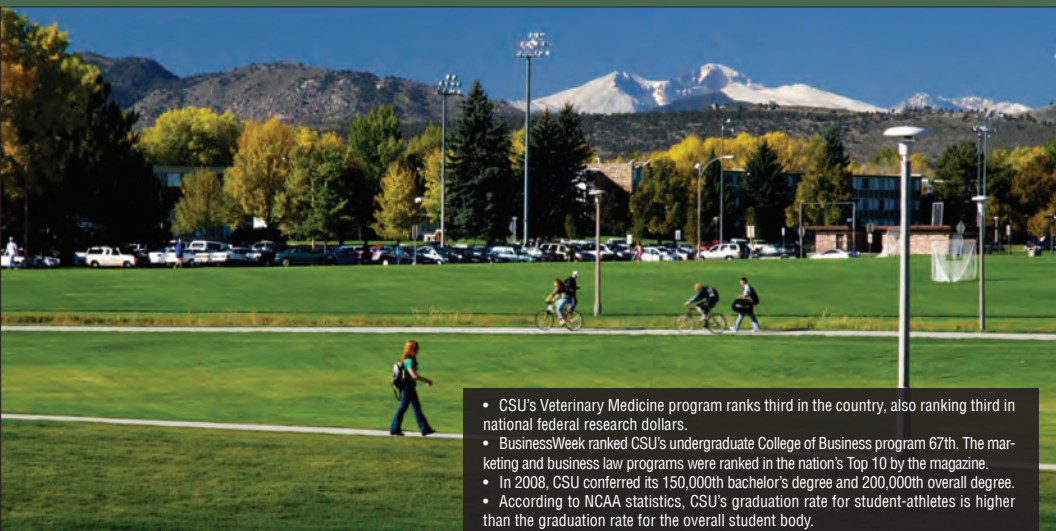
As Colorado's land-grant university, Colorado State was founded in 1870 to fulfill the vision of President Abraham Lincoln and others—to create access and opportunity for people in Colorado and around the world who can benefit from hands-on, engaged learning.

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.

**C**olorado 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.







## 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

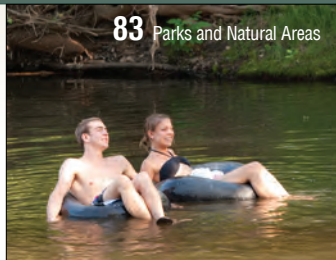
drive of Denver, the nation's 25th-largest metro area.

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



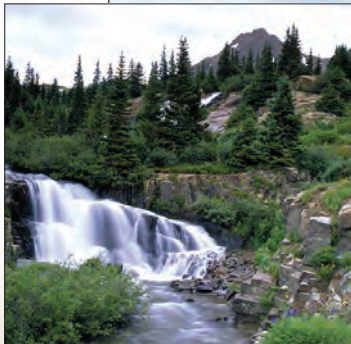
Old Town Fort Collins, the inspiration for Disneyland's Mainstreet USA.



**S**ince 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.





**T**he 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 16th 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 15 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. 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, while the addition of the women's soccer program at Colorado College gives the MW an additional presence in the Rocky Mountains.

### 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 José State University and Utah State University joined the Conference, bringing to 11 the number of full-time member institutions and 12 football-playing members. On July 1, 2014, the Colorado College women's soccer program became the first non-football affiliate member of the Mountain West, expanding that sport to 12 Conference participants.

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 County Credit Union Poinsettia Bowl, Hawai'i Bowl, Famous Potato Idaho Bowl, Gildan New Mexico Bowl and R+L Carrier New Orleans 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.





**S**tudent-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.







**A**lso 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 Henney, 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



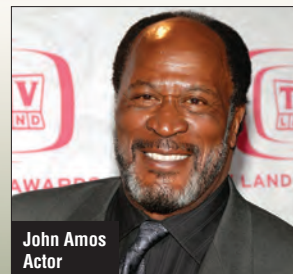
**Becky Hammon**  
 NBA Asst. Coach



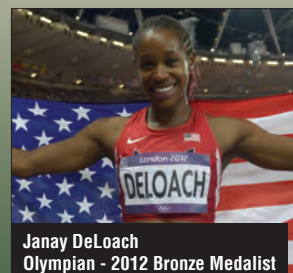
**Jason Smith**  
 NBA Player



**Bill Ritter**  
 Former Colorado Governor



**John Amos**  
 Actor



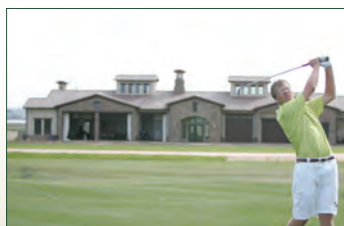
**Janay DeLoach**  
 Olympian - 2012 Bronze Medalist





## HOMES OF THE RAMS

**C**olorado 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 | Third Year

**Contact information:**

A.Siemers@colostate.edu | (970) 491-5434

**Head Men's and Women's Collegiate Cross Country Coach - 2012 to present**  
*Colorado State University, Fort Collins, Colorado, NCAA Division I*

- Led the men to the 2013 NCAA Division I National Championships (26th) - first time in nine years
- Coached the men's teams to 3rd 2012 and 2nd place 2013 Mountain West Championships
- Coached the women's teams to 2nd 2012 and 3rd place 2013 Mountain West Championships

- Coached ten Mountain West All-Conference and three NCAA Mountain Regional performers

**Assistant Men's and Women's Collegiate Track & Field, Head Distance/Middle Distance Coach - 2012 to present**  
*Colorado State University, Fort Collins, Colorado, NCAA Division I*

- Coached thirteen NCAA outdoor National Qualifiers (West)
- Coached eight individuals and three relays to Mountain West All-Conference status
- Coached three Mountain West Conference Champions (2013, 2014 men's Distance Medley Relay, 2014 women's 10k)

Art Siemers, a 14-year coaching veteran, heads into his third year as the Head Coach of the cross country program and also guides the distance runners on the track squad.

After a very successful Mountain West championships in which both the men's and women's teams earned top three finishes for the second consecutive year, the Rams reached heights not seen in nearly a decade, as Siemers (pronounced SEE-mers) guided the men's cross country squad to its first national championship in nine years. CSU finished ranked 26th in the nation.

Colorado State's success continued off the course and into the classroom, where the Rams' cross country and distance squads named 29 athletes to the academic all-Mountain West team. Eleven of those athletes earned MW Scholar-Athlete status, while 2014 graduate Christian Meyer was honored with the conference Scholar-Athlete of the Year award. Both he and fellow graduate Chloe Phillips were awarded NCAA postgraduate scholarships for their stellar academic performance at CSU.

Siemers joined the Rams after 11 years at Colorado School of Mines. He began coach-

ing 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 second and third place finishes at the Mountain West Championship and fifth and ninth 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 | Third Year

**Contact information:**

scott.dahlberg@colostate.edu | (970) 491-5434

**Assistant Men's and Women's Collegiate Cross Country Coach - 2012 to present**  
*Colorado State University, Fort Collins, Colorado, NCAA Division I*

- Helped coach the men to the 2013 NCAA Division I National Championships (26th) - first time in nine years, men's teams to third 2012 and second place 2013 Mountain West Championships, the women's teams to second 2012 and third place 2013 Mountain West Championships, and ten Mountain West All-Conference and three NCAA Mountain Regional performers

**Assistant Men's and Women's Collegiate Track & Field, Assistant Distance/Middle Distance Coach - 2012 to present**  
*Colorado State University, Fort Collins, Colorado, NCAA Division I*

- 13 NCAA outdoor National Qualifiers (West)
- Eight individuals and three relays to Mountain West All-Conference status
- Three Mountain West Conference Champions (2013, 2014 men's Distance Medley Relay, 2014 women's 10,000 meters)

Scott Dahlberg begins his third 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. Dahlberg also spearheads 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.

Dahlberg 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 | Second Year

Ryan Friese begins his second 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.



## ***2014 Preview:***

### ***Cross country looks for continued success in 2014***

Rams return 10 letterwinners for fall competition

The Colorado State men's and women's cross country teams are eager for arrival of the 2014 season, with 10 letterwinners returning to the course this fall.

Senior Andrew Goodman will lead the men's squad in 2014. The three-time letterwinner was CSU's top finisher in two races last season, including a top 10 finish at the Roy Griak Invitational, which skyrocketed the Rams to a top 25 national ranking. He'll have help from teammates Jefferson Abbey and Adam Hartman as the Rams look to continue to ride the coattails of last season's outstanding run.

The women return six letterwinners to a team that finished third at the Mountain West championships last year. The Rams will begin the 2014 campaign with their annual CSU Invite at Hughes Stadium on Sept. 5. Following that are two meets with tough national competition, the Roy Griak on Sept. 27 and the Notre Dame Invitational on Oct. 3. CSU returns to Colorado for the Rocky Mountain Shootout in Boulder on Oct. 4, before testing the championships course at Pre-Nationals in Terre Haute, Ind., on Oct. 18. The Mountain West championships, held in Fresno, Calif., this season will take place on Oct. 31



before regionals on Nov. 14 in Albuquerque, N.M., and the NCAA National Championships on Nov. 22.

In addition to the Rams' experienced runners, Head Coach Art Siemers added 15 athletes, including two transfers, to Colorado State's distance core. Among the fresh faces are four state cross country team or individual champions, including Las Vegas native Jackson Carter. He was a part of the Nevada state champion cross country team in three out of his four years in high school. Colorado native Darby Gilfillan headlines the women's freshmen class. She was the Denver Public Schools cross country champion last fall.





## ALEX DILLENBECK

Senior | Aurora, Colo. | Iowa State

### PERSONAL BESTS

- 800-meters - 1:53.05
- 1,500 meters - 3:47.04
- Mile - 4:03.96
- 8K (XC) - 23:45

### Cross Country

- 25th place – NCAA Midwest Regional Cross Country Championships – 2013
- All-Midwest Region Cross Country Team - 2013
- 19th place – Big 12 Cross Country Championships – 2013
- 35th place – Paul Short Run – 2013
- 29th place – Big 12 Cross Country Championships – 2012
- 23rd place – Roy Griak Invite – 2012
- 58th place – Big 12 Cross Country Championships – 2011

### Track & Field

- All-Big 12 Indoor Track & Field Team – Distance Medley Relay – 2012
- Sixth place – Big 12 Indoor Championships – Distance Medley Relay – 2012
- All-Big 12 Indoor Track & Field Team – Mile – 2011
- Eighth place – Big 12 Indoor Championships – Mile – 2011

### Academics

- Second-team Academic All-Big 12 – 2013
- First-team Academic All-Big 12 – 2012
- Second-team Academic All-Big 12 – 2011





# ANDREW GOODMAN

Senior | Colorado Springs, Colo. | Palmer HS

## PERSONAL BESTS

- 800 meters - 1:55.57
- Mile - 4:10.78
- 1,500 meters - 3:53.87
- 3,000 meters - 8:23.53
- 3,000-meter steeplechase - 8:54.64

## Cross Country

- 218th place - NCAA Cross Country Championship - 2013
- 54th place - NCAA Mountain Regional - 2013
- Ninth place - MW Cross Country Championships - 2013
- MW All-Conference Cross Country Second-Team - 2013

- 23rd place - Notre Dame Invite - 2013
- Ninth place - Roy Griak Invite - 2013
- MW Athlete of the Week - Oct. 1, 2013
- Third place - Colorado State Open - 2013
- 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

- First place - MW Indoor Championships - Distance Medley Relay - 2014
- MW All-Conference Indoor Track & Field Team - Distance Medley Relay - 2014
- 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

- USTFCCCA Track & Field All-Academic Team - 2013
- MW Track & Field Scholar Athlete - 2012, 2013, 2014
- MW Cross Country Scholar Athlete - 2011, 2012, 2013
- Track & Field Academic All-Mountain West - 2012, 2013, 2014
- Cross Country Academic All-Mountain West - 2011, 2012, 2013







## BYRON JONES

Senior | Westborough, Mass. | Columbia

### PERSONAL BESTS

- 1,000 meters - 2:25.95
- 1 mile - 4:08.11
- 3,000 meters - 8:20.36
- 1,500 meters - 3:45.94
- 5,000 meters - 14:16.57
- 8K (XC) - 24:23.8

### Cross Country

- 21st place – Ivy League Cross Country Championships – 2012

### Track & Field

- NCAA East National Qualifier - 1,500 Meters - 2014
- Fourth place - Ivy League Outdoor Championships - 1,500 Meters - 2014
- Eighth place – Ivy League Indoor Championships - 1,000 Meters - 2013
- Second place – Ivy League Indoor Championships - 4x800-Meter Relay - 2014
- Second-Team Ivy League All-Conference Indoor Track & Field Team - 4x800-Meter Relay - 2014
- First-Team Ivy League All-Conference Indoor Track & Field Team - Distance Medley Relay - 2012
- Second-Team Ivy League All-Conference Indoor Track & Field Team - 1,000 Meters - 2012
- Fifth place - Ivy League Indoor Championships - Distance Medley Relay - 2011





## JOE MARCHAND

Senior | Louisville, Colo. | Monarch HS

### PERSONAL BESTS

- 3,000 meters - 9:06.09
- 5,000 meters - 15:08.18
- 3,000-meter steeplechase - 9:21.16

### Cross Country

- 40th place - CSU Open - 2013
- 180th place - Roy Griak Invite - 2013
- 180th place - Notre Dame Invite - 2013

### Track & Field

- Second place - Bryan Clay Invitational - 3,000-meter steeplechase - 2014
- Fifth place - Air Force Invite - 3,000 meters - 2014
- 15th place - Husker Invite - 5,000 meters - 2014







## JEFFERSON ABBEY

RS Sophomore | Fort Collins, Colo. | Fort Collins

### PERSONAL BESTS

- 1,500 meters - 3:50.62
- 3,000 meters - 8:13.36
- 5,000 meters - 14:03.29
- Mile - 4:11.16

### Cross Country

- 11th place - MW Cross Country Championships - 2013
- MW All-Conference Cross Country Second-Team - 2013
- 46th place - NCAA Mountain Regional - 2013
- 240th place - NCAA Cross Country Championship - 2013
- 17th place - NXN Southwest Regional - 2011
- Third place - Colorado State 5A Championships - Cross Country - 2011

### Track & Field

- First place - MW Indoor Championships - Distance Medley Relay - 2014
- MW All-Conference Indoor Track & Field Team - Distance Medley Relay - 2014
- 11th place - MW Indoor Championships - 3,000 meters - 2014
- 14th place - MW Outdoor Championships - 5,000 meters - 2014
- First place - Husker Invite - Mile - 2014
- Second place - Husky Classic - 3,000 meters - 2014
- Fourth place - Beach Track & Field Invite - 1,500 meters - 2014
- Sixth place - Mt. SAC Relays - 5,000 meters - 2014
- Second place - Colorado State 5A Championships - 3200 Meter Run - 2012

### Academics

- Track & Field Academic All-Mountain West - 2014
- Cross Country Academic All-Mountain West - 2013





# ADAM HARTMAN

RS Sophomore | Thornton, Colo. | Horizon

## PERSONAL BESTS

- 800-meters - 1:55.95
- 1,500 meters - 3:52.10

## Cross Country

- 32nd place - MW Cross Country Championships - 2013
- 86th place - NCAA Mountain Regional - 2013
- 252nd place - NCAA Cross Country Championship - 2013
- 16th place – Colorado State 5A Championships – Cross Country – 2011
- 37th place – Colorado State 5A Championships – Cross Country – 2010

## Track & Field

- Ninth place - Bryan Clay Invite - 1,500 meters - 2014
- Sixth place - Fum McGraw Quadrangular - 800 meters - 2014
- Ninth place - Husker Invite - Mile - 2014
- Seventh place – Colorado State 5A Championships – 1600 Meter Run – 2012
- Ninth place – Colorado State 5A Championships – 3200 Meter Run – 2012

## Academics

- Mountain West Scholar-Athlete – 2014
- Cross Country Academic All-Mountain West – 2013







# CHRIS GANEM

RS Junior | Castle Rock, Colo. | Northern Arizona

## PERSONAL BESTS

- 800 meters - 1:53.68
- 1,500 meters - 3:48.10
- Mile - 4:09.45

## 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



***RICARDO KAEMPFFEN***

RS Sophomore | Boulder, Colo. | Fairview HS

**PERSONAL BESTS**

- 1,500 meters - 4:01.88
- 3,000 meters - 8:45.81

**Track & Field**

- Second place - Air Force Collegiate Open - Mile - 2014
- 17th place - Husker Invite - 3,000 meters -2014
- Second place - Jack Christiansen Invite - 1,500 meters - 2014
- Sixth place - Colorado Invitational - 3,000-meter steeplechase - 2014

***BRANDON WILLIAMS***

RS Sophomore | Denver, Colo. | Bear Creek HS

**PERSONAL BESTS**

- 3,000 meters - 9:06.03
- 5,000 meters - 15:36.42

**Cross Country**

- 69th place - CSU Open - 2013
- Fourth place – Colorado 5A state championships – Cross Country – 2011

**Track & Field**

- Seventh place - Fum McGraw Quadrangular - 5,000 meters - 2014
- 13th place - Cowpoke Open - 1,500 meters - 2014
- 20th place - Colorado Invitational - 3,000 meters - 2014
- Fourth place – Colorado 5A state championships – 3200 meter run – 2012





## NICK COSTELLO

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

### 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

### PERSONAL BESTS

- 1,600 meters - 4:24.50
- 3,200 meters - 9:19.19
- 10K - 31:29.85



## GRANT FISCHER

RS 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

### PERSONAL BESTS

- 1,600 meters - 4:26.58
- 3,200 meters - 9:30.85



## NICK KORHUMEL

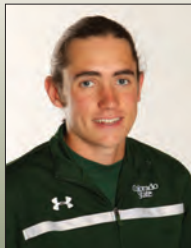
RS Freshman | Libertyville, Ill. | Libertyville HS

### Cross Country

- Qualifier - Illinois State High School Championships - 2012

### PERSONAL BESTS

- 1,600 meters - 4:23.40



## JERRELL MOCK

RS 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 - 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

### PERSONAL BESTS

- 1,600 meters - 4:21.35
- 3,200 meters - 9:17.75



## JUSTIN WEINMEISTER

RS Freshman | Windsor, Colo. | Windsor HS

### Cross Country

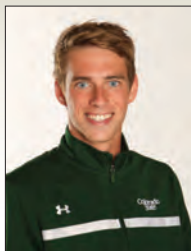
- 3rd place – Colorado State 4A Championships – Cross Country – 2012
- 23rd place – Colorado State 4A Championships – Cross Country – 2011
- 50th place – Colorado State 4A Championships – Cross Country – 2010

### Track & Field

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

### PERSONAL BESTS

- 1,600 meters - 4:23.76
- 3,200 meters - 9:44.57



## JACKSON CARTER

Freshman | Las Vegas, Nev. | Centennial

### Cross Country

- Team first place - Nevada state championship - 2013
- Team first place - Nevada state championship - 2011
- Team first place - Nevada state championship - 2010
- Inductee into the Nevada Cross Country Hall of Fame - 2013
- MVP of Centennial High School cross country - 2012
- MVP of Centennial High School cross country - 2013

### Track & Field

- First place – Nevada state championships – 1,600-meter run – 2014
- Second place – Nevada state championships – 800-meter run – 2014
- Team first place - Nevada state championships - 2013
- Team first place - Nevada state championships - 2012

### PERSONAL BESTS

- 800-meters - 1:54.62
- 1,600 meters - 4:20.72
- 3,200 meters - 9:55.22
- 5K - 16:01
- 3-mile - 15:22



## SAM GUINN

Freshman | Overland Park, Kan. | Blue Valley Northwest

### Cross Country

- Second place - Kansas 6A state championship - 2012
- Kansas City Metro League State Champion - 2012

### Track & Field

- First place – Kansa 6A state championships – 1,600-meter run – 2014
- First place – Kansa 6A state championships – 1,600-meter run – 2013
- Second place - Kansas 6A state championships - 3,200-meter run - 2013
- First place - Kansas City Metro League State Champion - 1,600-meter run - 2013

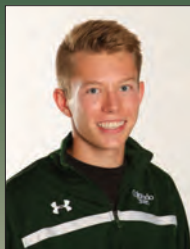
### Academics

- Recipient of the Colorado State University Presidential Scholarship Award - 2014

### PERSONAL BESTS

- Mile - 4:15.27
- 3,200 meters - 9:12.07
- 5K - 15:21





## CARSON HUME

Freshman | Littleton, Colo. | Dakota Ridge

### Cross Country

- 11th place - Colorado 5A State Championships - Cross Country - 2013

### Track & Field

- Fifth place - Colorado 5A State Championships - 1,600 meters - 2013

### PERSONAL BESTS

- 800 meters - 1:58.43
- 1,600 meters - 4:20.26
- 3,200 meters - 9:44.67



## SPENCER KEITH

Freshman | Corona Del Mar, Calif. | Corona Del Mar

### Cross Country

- CIF California state cross country qualifier - 2013
- First place - Pacific Coast League finals - 2011
- Second place - CIF Southern Section - 2013
- Second place - Pacific Coast League cross country final - 2013

### Track & Field

- CIF State Track and Field Championship all-division finalist - 2014
- First place - Pacific Coast League finals - 1,600-meter run - 2014
- First place - Pacific Coast League finals - 3,200-meter run - 2014
- First place - Orange County championships - 3,200 meters - 2014

### PERSONAL BESTS

- 1,600 meters - 4:17.46
- 3,200 meters - 9:02.88
- 3 mile (XC) - 14:56



## TRENT POWELL

Freshman | River Falls, Wisc. | River Falls

### Cross Country

- School record holder in the 5K
- First place - Big Rivers Conference - 2013
- All-state athlete - 2014
- All-state athlete - 2013

### Track & Field

- First place - Big Rivers Conference - 3,200-meter run - 2014
- All-state athlete - 1,600 meters - 2014

### PERSONAL BESTS

- 1,600 meters - 4:13.68
- 3,200 meters - 9:42.00
- 5K - 15:29



## COLE ROCKHOLD

Freshman | Independence, Mo. | Truman

### Cross Country

- Medalist - 2013
- First place - Kansas City Suburban Red Cross Country - 2013
- First place - Kansas City Suburban Red Cross Country - 2012

### Track & Field

- Second place - Missouri State Class 4 Championships - 3,200-meter run - 2014

- First place - Kansas Relays - 3,200-meter run - 2013
- First place - Mile run - 2013
- Medalist - Mile run - 2013

### Academics

- Recipient of the Colorado State University Dean's Scholarship Award - 2014

### PERSONAL BESTS

- 1600 meters - 4:13.68
- 1 mile - 4:14.58
- 3,200 meters - 9:07.08
- 3,000 meters - 8:45.77
- 5,000 meters - 15:23



# MARINA ROBERTS

Junior | Kingston, Wash. | Kingston

## PERSONAL BESTS

- 1,500 meters - 4:43.12
- 3,000 meters - 10:24.23
- 5,000 meters - 17:13.72
- 10,000 meters - 39:11.18

## Cross Country

- 41st Place – MW Cross Country Championships – 2013
- 87th Place - NCAA Division I Mountain Region Cross Country Championships
- 34th place – MW Cross Country Championships – 2012

## Track & Field

- First Place – Colorado Invitational – 3,000 Meter Run – 2014
- Fifth Place – Bryan Clay Invitational – 5,000 Meter Run – 2014
- Ninth Place – MW Outdoor Track & Field Championships – 10,000 Meter Run – 2014

## Academics

- MW Track & Field Scholar Athlete – 2013
- MW Cross Country Scholar Athlete – 2012
- Track & Field Academic All-Mountain West – 2014
- Cross Country Academic All-Mountain West – 2012, 2013





## ALI WILL

Junior | Castle Rock, Colo. | Rock Canyon

### PERSONAL BESTS

- 1,500 meters - 4:43.57
- Mile - 5:06.70
- 3,000 meters - 10:48.29

### Cross Country

- 40th Place – MW Cross Country Championships – 2013

### Track & Field

- Third Place – Air Force Collegiate Open – 3,000 Meter Run – 2014
- Third Place – Cowpoke Open – 1,500 Meter Run – 2014
- Sixth Place – Fum McGraw Quadrangular – 1,500 Meter Run – 2014
- 13th Place – MW Outdoor Track & Field Championships – 1,500 Meter Run – 2014

### Academics

- MW Track & Field Scholar Athlete – 2013, 2014
- MW Cross Country Scholar Athlete – 2012, 2013
- Cross Country Academic All-Mountain West – 2012, 2013
- Track & Field Academic All-Mountain West - 2014







# LAURA YARROW

Junior | Colorado Springs, Colo. | Tampa

## PERSONAL BESTS

- 1,500 meters - 4:49.50

## Cross Country

- 33rd Place – MW Cross Country Championships – 2013

- USTFCCCA Division II All-Region Cross Country – South Region – 2012
- Second 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
- Fourth place – Saint Leo Invitational – 2012
- Sixth place – USF Open – 2012
- Sixth place – UT Early Bird Classic – 2012

## Track and Field

- Fourth Place – Jack Christiansen Invitational – 1,500 Meter Run – 2014
- Fifth Place – Cowpoke Open – 1,500 Meter Run – 2014
- Eighth Place – Air Force Collegiate Open – 800 Meter Run – 2014

## Academics

- MW Cross Country Scholar Athlete – 2013
- MW Track & Field Scholar Athlete – 2014
- Cross Country Academic All-Mountain West – 2013





## DARBY GILFILLAN

Freshman | Denver, Colo. | George Washington

### PERSONAL BESTS

- 800 meters - 2:15.60
- 1,600 meters (indoor) - 4:59.03
- 1 mile - 4:57.37
- 2 miles - 10:36.02
- 5K - 18:11.75

### Cross Country

- First Place - Denver Public Schools League – 2013

### Track & Field

- First Place – Denver Public Schools League – 800 Meter Run – 2014
- First Place – Denver Public Schools League – 1,600 Meter Run – 2014
- First Place – Denver Public Schools League – 800 Meter Run – 2013
- First Place – Denver Public Schools League – 1,600 Meter Run – 2013
- Second Place – Colorado 5A State Track & Field Championships – 3,200 Meter Run – 2014
- Seventh Place – New Balance High School Outdoor Championships – 3,200 Meter Run – 2014
- Sixth Place – Colorado 5A State Track & Field Championships – 3,200 Meter Run – 2013
- Fifth Place – USATF World Youth Track & Field Trials – 1,500 Meter Run – 2013





# ALEX HESS

RS Sophomore | Sioux Falls, S.D. | Roosevelt

## PERSONAL BESTS

- Mile - 5:37.68
- 3,000 meters - 10:33.72

## Cross Country

- 19th Place – Colorado State University Open – 2013
- 21st Place – MW Cross Country Championships – 2013
- 94th Place – NCAA Division I Mountain Region Cross Country Championships – 2013
- 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

- Fifth Place – Air Force Invitational – 3,000 Meter Run – 2014
- Seventh Place – Air Force Collegiate Open – Mile Run – 2014
- 15th Place – Frank Sevigne Husker Invitational – 3,000 Meter Run – 2014
- 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

## Academics

- MW Cross Country Scholar Athlete – 2013
- MW Track & Field Scholar Athlete – 2014
- Track & Field Academic All-Mountain West – 2014
- Cross Country Academic All-Mountain West – 2014







## RACHAEL RUDEL

RS Freshman | Fort Collins, Colo. | Fort Collins

### PERSONAL BESTS

- 1,500 meters - 4:44.71
- 10,000 meters - 35:31.47

### Track & Field

- First Place – MW Outdoor Track & Field Championships – 10,000 Meter Run – 2014
- MW All-Conference Outdoor Track & Field Team – 10,000 Meter Run – 2014
- Sixth Place – Frank Sevigne Husker Invitational – 5,000 Meter Run – 2014
- Seventh Place – Mt. SAC Relays – 10,000 Meter Run – 2014
- Ninth place – Colorado State 5A Championships – Triple Jump – 2011
- Fourth place – Colorado State 5A Championships – Triple Jump – 2010





# KARLEE SCHWARTZKOPF

Sophomore | Highlands Ranch, Colo. | Mountain Vista

## PERSONAL BESTS

- 1,500 meters - 4:43.84
- 3,000 meters - 10:11.25
- 5,000 meters - 17:02.32

## Cross Country

- 14th Place – Colorado State University Open – 2013

- 53rd Place – MW Cross Country Championships – 2013
- 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

- Fifth Place – MW Indoor Track & Field Championships – 5,000 Meter Run – 2014
- Second Place – Bryan Clay Invitational – 5,000 Meter Run – 2014
- Fifth Place – Frank Sevigne Husker Invitational – 3,000 Meter Run – 2014
- 21st Place – MW Outdoor Track & Field Championships – 5,000 Meter Run – 2014
- Ninth place – Colorado State 5A Championships – 3200 Meter Run – 2012

## Academics

- Track & Field Academic All-Mountain West – 2014





## JOSEPHINE BUSH

RS Sophomore | Telluride, Colo. | Telluride

### PERSONAL BESTS

- 800 meters - 2:24.11
- 1,500 meters - 4:55.01

### Cross Country

- 58th Place – Colorado State University Open – 2013

### Track & Field

- Second Place – Jack Christiansen Invitational – 1,500 Meter Run – 2014
- Fifth Place – Air Force Collegiate Open – Mile Run – 2014
- Seventh Place – Fum McGraw Quadrangular – 1,500 Meter Run – 2014
- Seventh Place – Cowpoke Open – 1,500 Meter Run – 2014
- Third place – MW Indoor Championships – Distance Medley Relay – 2013
- MW All-Conference Indoor Track & Field Team – Distance Medley Relay – 2013

### Academics

- MW Cross Country Scholar-Athlete - 2013
- MW Track & Field Scholar-Athlete - 2014
- Track & Field Academic All-Mountain West – 2013



## SANNE HOLLAND

Sophomore | Cheney, Wash. | Cheney

### PERSONAL BESTS

- 1,500 meters - 4:47.97
- 3,000 meters - 9:53.24

### Cross Country

- Mountain West Freshman of the Year – 2013
- 31st Place – MW Cross Country Championships – 2013
- 73rd Place – NCAA Division I Mountain Region Cross Country Championships – 2013
- 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

- First Place – Frank Sevigne Husker Invitational – 3,000 Meter Run – 2014
- Third Place – Fum McGraw Quadrangular – 1,500 Meter Run – 2014
- Fourth Place – UW Husky Classic – 3,000 Meter Run – 2014
- 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





## McKENNA SPILLAR

RS Freshman | Littleton, Colo. | Dakota Ridge

### 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

- Second place - Cowpoke Open - 1,500 meters - 2014
- Fifth place - Fum McGraw Quadrangular - 1,500 meters - 2014
- 12th place - Mountain West Outdoor Championships - 1,500 meters - 2014
- First place – Colorado State 5A Championships – 3200 meter run – 2013

### Academics

- Track & Field Academic All-Mountain West – 2014
- MW Track & Field Scholar-Athlete - 2014

### PERSONAL BESTS

- 1,500 meters - 4:48.85
- 5,000 meters - 17:41.74



## ABBEY ERVIN

Freshman | Fort Collins, Colo. | Fort Collins

### Cross Country

- Second Place – Front Range League Cross Country Championships – 2012
- Ninth Place – Nike Cross Regionals Southwest – 2012

### Track & Field

- Second Place – Front Range League Track & Field Championships – 800 Meter Run – 2013
- Seventh Place – Colorado 5A State Track & Field Championships – 800 Meter Run – 2013

### PERSONAL BESTS

- 800-meters - 2:17.01
- 1,600 meters - 5:09.84



## DEVAN FOSTER

Freshman | Littleton, Colo. | Arapahoe

### Track & Field

- Second Place – Colorado 5A State Track & Field Championships – 800 Meter Run – 2013
- First Place – Colorado 5A State Track & Field Championships – 800 Meter Run – 2012
- First Place – Colorado 5A State Track & Field Championships – 1,600 Meter Run – 2012
- First Place – Centennial League Track & Field Championships – 1,600 Meter Run – 2012
- First Place – Centennial League Track & Field Championships – 800 Meter Run – 2011
- Arapahoe High School record holder in 800 Meter Run and 1,600 Meter Run

### PERSONAL BESTS

- 800 meters - 2:10.50
- 1,600 meters - 4:59.68



## MARY FRANKE

Freshman | Plymouth, Minn. | Wayzata

### Cross Country

- Member of Nike High School Cross Country National Champions Team - 2013
- Member of Minnesota 6A Cross Country State Champions Team - 2012, 2013
- Member of Minnesota 6A All-State Cross Country Team - 2013

#### PERSONAL BESTS

- 1,600 meters - 5:11.0
- 3,200 meters - 11:06.10
- 4K - 14:32
- 5k - 18:34



## JESSICA KLEVEN

Freshman | Pueblo, Colo. | Pueblo South

### Cross Country

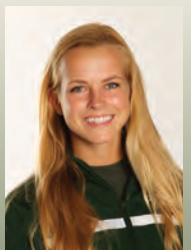
- 16th place - Colorado 4A State Championships - 2013

### Track & Field

- 16th place - Colorado 4A State Championships - 3,200 meter run - 2013

#### PERSONAL BESTS

- 1,600 meters - 5:17.65
- 3,200 meters - 11:26.39



## MACY KREUTZ

Freshman | Highlands Ranch, Colo. | Highlands Ranch

### Track & Field

- First place - Continental League - 800-meter run - 2014
- First place - Continental League - 800-meter run - 2013
- First place - Continental League - 800-meter run - 2012
- Second place - Colorado 5A state championships - 800-meter run - 2014
- Douglas County Women in Sports recognition award - 2014
- Second place - Colorado 5A state championships - 3,200-meter relay - 2013
- Fifth place - Colorado 5A state championships - 800-meter run - 2013

#### PERSONAL BESTS

- 200 meters - 26.12
- 400 meters - 57.69
- 800 meters - 2:10.23
- 5K - 19:02.00



## KARA STEINKE

Freshman | Collegeville, Pa. | Methacton

### Track & Field

- Times Herald and Mercury Athlete of the Year - 2013
- Times Herald and Mercury Athlete of the Year - 2012
- Times Herald and Mercury Athlete of the Year - 2011
- Times Herald and Mercury Athlete of the Year - 2010
- Holds the school record in the 3,200-meter run
- Holds the school record in the 1,600-meter run
- Fourth place - PIAA Track & Field State Championships - 3,200 meters - 2012

#### PERSONAL BESTS

- 1,600 meters - 4:59.64
- 3,200 meters - 10:43.15
- 5K - 17:56



## ROXY TROTTER

Freshman | Gypsum, Colo. | Eagle Valley

### Track & Field

- First place - Western Slope League Meet - 800 meters - 2014
- First place - Western Slope League Meet - 800 meters - 2012
- Colorado 4A State medalist - 800 meters - 2014
- Colorado 4A State medalist - 800 meters - 2013
- Colorado 4A State medalist - 800 meters - 2012
- Team captain

#### PERSONAL BESTS

- 400 meters - 59.77
- 800 meters - 2:15.24



## KATE WHITE

Freshman | St. Louis, Mo. | Ladue Horton

### Track & Field

- Fourth place - Class 4 Missouri State Championships - 800 meters - 2014
- Second place - Class 4 District 2 Championships - 800 meters - 2014
- Second place - Class 4 District 2 Sectional Championships - 800 meters - 2014

#### PERSONAL BESTS

- 800 meters - 2:13.87
- 5K (XC) - 19:29.00





## ***2013 Review:***

### ***Rams make great strides in Siemers' second year***

Men finish year ranked No. 26

After just one year of experience with their new Head Coach, the Rams showed significant improvement with Art Siemers at the helm in 2013.

Flying under the radar for most of the preseason, the men's squad turned heads when they finished second at the Roy Griak Invitational in late September. The team finished just 12 points behind No. 4 BYU, and surpassed two other ranked schools. Junior Andrew Goodman paced the CSU pack and the top four finishers all crossed the finish line within 7 seconds of each other. It was a great team finish, and that would become a theme for the entire season. Goodman earned MW Athlete of the Week for his team-leading time of 24 minutes, 41 seconds, placing ninth overall.

Following the meet, the men's team earned national recognition, entering Week 3 of the season ranked No. 16 in the United States Track & Field Cross Country Coaches Association National Coaches Poll. The Rams now had to prove that it wasn't a fluke performance, and they did just that, taking down their top competition in the Mountain West, New Mexico, and placing fifth overall at the Notre Dame Invitational.

Week 4 would be CSU's highest ranking of the season. Coming in at No. 15 in the USTFCCCA poll, it was the highest the men have been ranked in 10 years, since 2003.

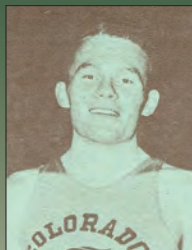
The men would sit out the next meet at Pre-Nationals, allowing the women to gain some momentum after injuries had plagued them early on. In a very competitive field of runners, senior Kaitlin Hanenburg took top honors for the Rams, running her best time in the 6,000-meter race so far at 21:57.11. The bye knocked the men down a few spots to No. 22, but the Rams would remain ranked in the national poll for the rest of the season.

Colorado State races among the toughest competition in the Mountain Region, and it was no exception at the Mountain West Cross Country Championships, held in Colorado Springs, Colo. The No. 22 men were up against three other nationally ranked squads in No. 9 New Mexico, No. 20 Boise State and No. 28 Air Force. This time it was senior Ben Larson who was the top finisher for CSU, who shaved 10 seconds off his 8K season-best, placing seventh overall with a time of 24:32.26. He earned first-team all-Mountain West honors for his performance, while teammates Goodman, Christian Meyer, Jefferson Abbey and Alex Muntefering all made second-team all-conference. It was the most conference accolades for the CSU men in league history.

Not to be overshadowed by the men's success, the women placed third out of 11 teams, edging out home-team Air Force, which was ranked sixth in the region, by just one point. The race was highlighted by Mountain West Freshman of the Year, Sanne Holland, who ran the best rookie time of 22:51.20, taking 31st overall.

The team continued on to regionals. Hanenburg topped her previous best in the 6K, taking 39th overall, leading the women's team to a 10th-place finish. Proving how good the mountain region is, the men earned an at-large bid to the championship with a sixth-place finish, the Rams first trip to nationals in nine years.

Entering the NCAA championship ranked for the fifth consecutive week at No. 27, the men placed one spot ahead of their seed in 26th place, the best finish for the Rams since 2003. Meyer was the top finisher for CSU, the fourth different athlete to pace the squad that year. He finished 96th overall, clocking 31:17.2 in the 10K race. Colorado State ended 2013, its best season in 10 years, ranked No. 26 in the national poll.



**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



A sea of green on the 2013 second-team all-MW squad Rams pictured (L to R): Andrew Goodman, Christian Meyer, Jefferson Abbey and Alex Muntefering



<b>2013</b>			235 Rob Vermillion, Jr	33:27.4	<b>1973</b>		
Team finish: 26th			<b>1999</b>			Team finish: N/A	
Time = 2:38.55.30 Places = 606			Team finish: N/A			<b>Place</b>	<b>Name</b>
<b>Place</b>	<b>Name</b>	<b>Time</b>	<b>Place</b>	<b>Name</b>	<b>Time</b>	42	Louis Groarke
96	Christian Meyer	31:17.2	33	Bryan Berryhill	31:13.30	<b>1972</b>	
97	Alex Muntefering	31:18.0	<b>1991</b>			Team finish: N/A	
117	Jacob Morgan	31:26.0	Team finish: N/A			<b>Place</b>	<b>Name</b>
203	Ben Larson	32:21.4	<b>Place</b>	<b>Name</b>	<b>Time</b>	142	Louis Groarke
218	Andrew Goodman	32:32.7	129	Matt Schubert	33:02.50	<b>1971</b>	
240	Jefferson Abbey	33:16.9	<b>1988</b>			Team finish: N/A	
252	Adam Hartman	33:54.0	Team finish: N/A			<b>Place</b>	<b>Name</b>
<b>2004</b>			<b>Place</b>	<b>Name</b>	<b>Time</b>	226	Randy Yauset
Team finish: 29th			142	Matt Schubert	31:58	<b>1967</b>	
Time = 2:45:39.0 Places = 574			<b>1979</b>			Team finish: N/A	
<b>Place</b>	<b>Name</b>	<b>Time</b>	Team finish: 23rd			<b>Place</b>	<b>Name</b>
36	Mike Nicks	31:47.3	Time = Places = 540			37	Terry Harrison
100	Josh Glaab	32:33.8	<b>Place</b>	<b>Name</b>	<b>Time</b>	39	Wesley Crist
169	Matt Pettit	33:19.4	9	Jon Sinclair	29:27.9	82	George Winner
210	Matt Cinciulli	33:57.7	123	Greg Burrell	31:13.8	<b>1966</b>	
214	Paul Michel	34:00.8	136	Manuel Miranda	31:24.2	Team finish: 13th	
223	Jeff Scull	34:23.2	199	Mike Sullivan	32:24.4	Time = Places = 339	
<b>2003</b>			234	Rick Lundt	35:40.3	<b>Place</b>	<b>Name</b>
Team finish: 17th			DNF	Bill McGrath		27	Terry Harrison
Time = 2:34:47.0 Places = 436			DNF	Richie Harris		48	Wayne Henderson
<b>Place</b>	<b>Name</b>	<b>Time</b>	<b>1978</b>			103	Phil Davis
42	Austin Vigil, Sr	30:18.4	Team finish: 9th			123	Arthur Sanchez
52	Josh Glaab, So	30:25.5	Time = Places = 255			136	Roland McDonald
92	Bill Michel, Sr	30:49.4	<b>Place</b>	<b>Name</b>	<b>Time</b>	146	Bob Lowe
155	Mike Nicks, So	31:19.1	26	Richie Harris	30:14.3	<b>1965</b>	
207	Paul Michel, So	31:54.6	49	Michael Bordell	30:32.1	Team finish: N/A	
214	Paul DiGrappa, Sr	32:02.0	59	John Harding	30:40.6	<b>Place</b>	<b>Name</b>
234	Matt Cinciulli, So	32:32.9	65	Elliot Drumright	30:46.0	60	Bob Lowe
<b>2002</b>			150	Rick Lundt	31:38.9	<b>1964</b>	
Team finish: 27th			166	Phil Hornig	31:48.8	Team finish: N/A	
Time = 2:38:15.8 Places = 592			209	Dan Lawson	32:40.1	<b>Place</b>	<b>Name</b>
<b>Place</b>	<b>Name</b>	<b>Time</b>	<b>1977</b>			81	Robert Lalley
118	Raegan Robb, Sr	31:17.0	Team finish: N/A			<b>1962</b>	
138	Austin Vigil, Jr	31:29.1	<b>Place</b>	<b>Name</b>	<b>Time</b>	Team finish: N/A	
140	Josh Glaab, Fr	31:31.5	73	Mike Bordell	30:28.0	<b>Place</b>	<b>Name</b>
141	Dylan Olchin, Jr	31:31.5	<b>1976</b>			47	Gerald P. Glyde
209	Ammon Larsen, Sr	32:26.7	Team finish: N/A			<b>1961</b>	
216	Bill Michel, Jr	32:35.4	<b>Place</b>	<b>Name</b>	<b>Time</b>	Team finish: N/A	
228	Matt Cinciulli, Fr	32:56.8	42	Greg Duhaime	29:31.01	<b>Place</b>	<b>Name</b>
<b>2001</b>			103	John Bramley	30:04.35	10	Gerald P. Glyde
Team finish: 22nd			<b>1975</b>			13	Jerry E. Schmidt
Time = 2:36:01 Places = 491			Team finish: 8th			<b>1960</b>	
<b>Place</b>	<b>Name</b>	<b>Time</b>	Time = Places = 300			Team finish: 5th	
74	Bill Michel	30:41	<b>Place</b>	<b>Name</b>	<b>Time</b>	Time = Places = 118	
105	Dylan Olchin	31:02	36	Don Howieson	29:38.5	<b>Place</b>	<b>Name</b>
116	Raegan Robb	31:09	66	Gregg Duhaime	30:00.2	3	Gerald P. Glyde
124	Josh Lybarger	31:13	73	Bobby Grubbs	30:02.1	25	Gery R. Eliassen
189	Paul Michel	31:56	102	Ed A. Bundy	30:19.9	36	Richard D. Peckham
203	Mike Nicks	32:14	157	Scott W. Boyd	30:46.3	40	Jerry E. Schmidt
207	Paul Digrapa	32:19	197	Elliott Drumright	31:08.3	56	John J. Fennell
<b>2000</b>			225	Jon Sinclair	31:31.9	<b>1958</b>	
Team finish: 21st			<b>1974</b>			Team finish: N/A	
Time = 2:39:44.3 Places = 520			Team finish: N/A			<b>Place</b>	<b>Name</b>
<b>Place</b>	<b>Name</b>	<b>Time</b>	<b>Place</b>	<b>Name</b>	<b>Time</b>	58	Greg Duhaime
15	Bryan Berryhill, Sr	30:46.8	131	Don Howieson	31:54.21	<b>1957</b>	
137	Reagan Robb, So	32:01.9	<b>1973</b>			Team finish: N/A	
152	Josh Lybarger, Jr	32:13.7	Team finish: N/A			<b>Place</b>	<b>Name</b>
166	Dylan Olchin, So	32:18.6	Time =			29:40.4	
177	Chris Cole, Sr	32:23.3	<b>1972</b>			<b>1971</b>	
218	Gabe Olchin, Fr	32:55.7	Team finish: N/A			Team finish: N/A	





# WOMEN'S ALL-TIME NCAA CHAMPIONSHIP RESULTS

2009			2002			1996		
Team finish: N/A			Team finish: N/A			Team finish: 16		
Place	Name	Time	Place	Name	Time	Place	Name	Time
128	Kristen Hemphill	21:30.2	196	Katie Yemm	22:04.1	Time =	Places = 381	
162	Ellie Rastall	21:45.1				13	Marne Findlay	18:00
2008			2001			88	Sarah Piccolo	19:02
Team finish: N/A			Team finish: 20th			120	Emily Richards	19:25
Place	Name	Time	Place	Name	Time	131	Tami McQueen	19:37
146	Ellie Rastall		80	Katherine Yemm	21:57	141	Jeanie Crist	19:47
2007			129	Jennifer Kintzley	22:23	170	Darla Spillman	20:53
Team finish: 15th			141	Kim Leal	22:30	171	Kristen Bonebrer	20:54
Time = 1:48:08 Places =410			150	Colleen Blair	22:34	In 1999 the NCAA changed the race from a 6k to a 5K*		
Place	Name	Time	172	Christy Virgin	22:50			
75	Kristen Anthony	21:23.3	215	Marget Larson	23:18	1995		
92	April Thomas	21:30.4	221	L. Kwiakowski	23:24	Team finish: N/A		
102	Heather Loseke	21:33.0	2000			Time =	Places = 183	
136	Allison Gohl	21:47.7	Team finish: 17th			Place	Name	Time
146	Melissa Thomas	21:51.7	Time = 1:50:36.7 Places = 437			69	Marne Findlay	18:19
194	Kristen Hemphill	22:19.7	Place	Name	Time	1991		
196	Lauren Kleppin	22:22.5	54	Elizabeth Roodell	21:35.7	Team finish: N/A		
2006			116	Marissa Keefe	22:06.3	Time =	Places = N/A	
Team finish: 24th			127	Jennifer Kintzley	22:12.4	Place	Name	Time
Time = 1:51:27 Places = 475			131	Marget Larson	22:14.9	10	Sandy Ham	17:02.1
Place	Name	Time	156	Katie Yemm	22:27.4	1990		
42	April Thomas	21:33.0	174	Kim Leal	22:37.4	Team finish: N/A		
124	Nicole Feest	22:20.3	214	Christy Virgin	23:10.7	Time =	Places = N/A	
145	Danielle Korb	22:29.7	1999			Place	Name	Time
146	Kristen Anthony	22:29.8	Team finish: N/A			39	Sandy Ham	17:07
156	Kristen Hemphill	22:33.0	Place	Name	Time	1998		
219	Heather Loseke	23:28.2	59	Elizabeth Roodell	17:43.3	Team finish: 25		
240	Ashley Velez	24:03.3	1997			Time =	Places =185	
2004			Team finish: 25			Place	Name	Time
Team finish: 26th			Time =			44	Elizabeth Roodell	17:48
Time =1:52:39.0 Places = 635			Place			84	Jeanie Crist	18:06
Place	Name	Time	147	Kendra Woodruff	18:39	184	Kelly Schumacher	19:02
106	Danielle Korb	21:59.8	210	Erin Cunningham	19:15	218	Christy Virgin	19:26
142	Nicole Feest	22:19.4	222	Marissa Keefe	19:33	1997		
152	Linnea Pudwell	22:22.4	1997			Team finish: 12		
186	Michelle Carmen	22:47.8	Team finish: 12			Time =	Places = 279	
217	Colleen Blair	23:09.6	Time =			Place	Name	Time
240	Rebekah Yetzer	23:51.5	Place			25	Marne Findlay	17:16
2003			59	Elizabeth Roodell	17:38	86	Sarah Piccolo	17:51
Team finish: 28th			91	Jeanie Crist	17:54	112	Kendra Woodruff	18:08
Time = 1:47:46.9 Places = 574			156	Marisa Keefe	18:49	157	Emily Knaub	18:54
Place	Name	Time	157	Emily Knaub	18:54			
106	Nicole Feest	21:18.4						
141	Michelle Carmen	21:30.7						
149	Katie Yemm	21:33.2						
160	Crystal Clark	21:38.4						
173	Colleen Blair	21:46.2						
183	Hennifer Kintzley	21:53.0						
217	Sarah McKay	22:16.2						



2013			2008			2003		
Team finish: 2nd			Team finish: 4th			Team finish: 3rd		
Places = 51			Places = 114			Places = 53		
Place	Name	Time	Place	Name	Time	Place	Name	Time
7	Ben Larson	24:32.26	15	Jeremy Freed	25:07	3	Austin Vigil	24:42
9	Andrew Goodman	24:36.01	21	Daniel Wallis	25:24	4	Bill Michel	24:49
10	Christian Meyer	24:36.07	25	Andrew Mauk	25:50	6	Josh Glaab	24:59
11	Jefferson Abbey	24:36.24	29	Ryan Frieze	25:57	20	Matt Ciancuilli	26:02
14	Alex Muntefering	24:39.57	31	Jake Keyser	26:06	22	Paul DiGrappa	26:09
2012			2007			2002		
Team finish: 3rd			Team finish: 4th			Team finish: 2nd		
Places = 75			Places = 105			Places = 42		
Place	Name	Time	Place	Name	Time	Place	Name	Time
5	Alex Muntefering	24:40.64	9	Jeremy Freed	25:17	2	Austin Vigil	24:37.9
14	Christian Meyer	24:53.09	16	Andres Urbina	25:31	6	Bill Michel	24:44.9
15	Ben Larson	24:53.62	23	Jake Keyser	26:01	9	Dylan Olchin	24:50.4
19	Jacob Morgan	25:05.04	28	Scott Sanders	26:17	10	Josh Glaab	24:50.8
22	Andrew Goodman	25:07.08	29	Kip Taylor	26:22	20	Raegan Robb	25:07.0
2011			2006			2001		
Team finish: 3rd			Team finish: 3rd			Team finish: 4th		
Places = 68			Places = 88			Places = 86		
Place	Name	Time	Place	Name	Time	Place	Name	Time
3	Spenser Lynass	25:11.5	8	Rob Watson	25:05.50	11	Bill Michel	24:48
6	Christian Meyer	25:26.2	16	Jeremy Freed	25:30.50	14	Dylan Olchin	24:58
13	Jake Keyser	25:41.7	18	Ryan Kirkpatrick	25:32.70	16	Josh Lybarger	25:05
20	Andrew Lesser	25:59.6	20	Andrew Urbina	25:38.70	20	Raegan Robb	25:11
26	Ben Larson	26:19.3	27	David Zakavec	26:02.30	25	Mike Nicks	25:30
2010			2005			2000		
Team finish: 5th			Team finish: 2nd			Team finish: 2nd		
Places = 110			Places = 62			Places = 56		
Place	Name	Time	Place	Name	Time	Place	Name	Time
7	Daniel Wallis	25:20.90	6	Josh Glaab	24:41.40	1	Bryan Berryhill	24:52.8
22	Spenser Lynass	26:08.80	8	Rob Watson	24:48.50	10	Chris Cole	25:46.8
25	Jake Keyser	26:19.30	13	Paul Michel	25:07.00	12	Raegan Robb	25:50.0
31	Jeff Holt	26:39.20	17	Jeff Wahl	25:19.70	13	Josh Lybarger	25:51.6
32	Andrew Roberts	26:39.60	18	Scott Sanders	25:22.10	20	Dylan Olchin	26:03.0
2009			2004			1999		
Team finish: 4th			Team finish: 4th			Team finish: 4th		
Places = 118			Places = 75			Places = 82		
Place	Name	Time	Place	Name	Time	Place	Name	Time
18	Daniel Wallis	24:59.70	5	Mike Nicks	25:19	2	Bryan Berryhill	24:39.4
27	John O'Neil	25:44.10	6	Josh Glaab	25:20	14	Rob Vermillion	25:59.1
28	Spenser Lynass	26:01.60	19	Matt Pettitt	26:05	19	Gabe Olchin	26:11.5
29	Jeremy Freed	26:02.90	23	Paul Michel	26:14	22	Paul McNeely	26:25.1
34	Andrew Roberts	26:23.60	24	Rob Watson	26:19	25	Raegan Robb	26:30.1

\*Top five finishers listed



# WOMEN'S ALL-TIME MW CHAMPIONSHIP RESULTS

2013			2008			2003		
Team finish: 3rd			Team finish: 4th			Team finish: 2nd		
Places = 117			Places = 121			Places = 62		
Place	Name	Time	Place	Name	Time	Place	Name	Time
19	Whitney Henderson	22:25.25	10	Ellie Rastall (Keyser)	21:59	9	Katie Yemm	22:17
21	Alex Hess	22:29.04	24	Allison Gohl	22:38	10	Michelle Carman	22:19
23	Chloe Phillips	22:31.86	28	Marissa Saunders	22:52	12	Crystal Clark	22:20
27	Kaitlin Hanenburg	22:40.09	30	Nicole Peters	22:58	14	Colleen Blair	22:41
31	Sanne Holland	22:51.20				18	Nicole Feest	22:59
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		





<b>MEN</b>		<b>2000</b>		<b>Coach of the Year</b>	<b>MW Athletes of the Week</b>
<b>2013</b>		<b>First Team</b> Bryan Berryhill		Bryan Berryhill	
<b>First Team</b> Ben Larson		<b>Second Team</b> Chris Cole Raegan Robb Josh Lybarger		<b>2006</b>	<b>2013</b> Andrew Goodman ..... Oct. 1
<b>Second Team</b> Andrew Goodman Christian Meyer Jefferson Abbey Alex Muntefering		<b>Athlete of the Year</b> Bryan Berryhill		<b>First Team</b> Nicole Feest April Thomas	<b>2012</b> Kaitlin Hanenburg ..... Sept. 4 Alex Muntefering ..... Sept. 4
<b>2012</b>		<b>Coach of the Year</b> Del Hessel		<b>Second Team</b> Kirsten Anthony Danielle Korb Heather Loseke	<b>2011</b> Hannah Pensack-Rinehart .. Sept. 13 Nicole Peters ..... Sept. 27
<b>First Team</b> Alex Muntefering		<b>2005</b>		<b>2010</b>	<b>2010</b> Ellie (Rastall) Keyser ..... Sept. 14
<b>Second Team</b> Christian Meyer		<b>2009</b>		<b>2009</b>	<b>2009</b> Ellie Rastall (Keyser) ..... Sept. 8
<b>2011</b>		<b>Second Team</b> Rob Vermillion		<b>2004</b>	<b>2008</b> Ellie Rastall (Keyser) ..... Sept. 2
<b>First Team</b> Spenser Lynass Christian Meyer		<b>WOMEN</b>		<b>First Team</b> Danielle Korb	<b>2007</b> Heather Loseke ..... Sept. 6 April Thomas ..... Oct. 2 April Thomas ..... Oct. 16
<b>Second Team</b> Jake Keyser		<b>2013</b>		<b>Second Team</b> Michelle Carman Nicole Feest	<b>2006</b> Jeremy Freed ..... Sept. 26
<b>2010</b>		<b>Freshman of the Year</b> Sanne Holland		<b>Sportsmanship Award</b> Colorado State	<b>2005</b> Kirsten Anthony ..... Sept. 7
<b>First Team</b> Daniel Wallis		<b>2012</b>		<b>2003</b>	<b>2004</b> Nicole Feest Sept. 29 Mike Nicks Sept. 29
<b>Second Team</b> Jeremy Freed		<b>Second Team</b> Whitney Henderson Kaitlin Hanenburg Hannah Pensack-Rinehart		<b>2002</b>	<b>2002</b> Jennifer Kintzley ..... Sept. 10 Mike Nicks Sept. 10 Austin Vigil Oct. 8
<b>Freshman of the Year</b> Jake Keyser		<b>2011</b>		<b>Second Team</b> Jennifer Kintzley Marget Larson Katie Yemm	<b>2001</b> Marget Larson ..... Sept. 5 Jennifer Kintzley ..... Sept. 12 Mike Nicks Sept. 12
<b>2006</b>		<b>First Team</b> Ellie Keyser Nicole Peters		<b>2001</b>	<b>2000</b> Katie Yemm Sept. 6 Elizabeth Roodell ..... Sept. 13 Elizabeth Roodell ..... Sept. 20 Bryan Berryhill ..... Sept. 27
<b>Second Team</b> Rob Watson		<b>Second Team</b> Hannah Pensack-Rinehart Whitney Henderson		<b>First Team</b> Marget Larson	<b>1999</b> Elizabeth Roodell ..... Sept. 15
<b>2005</b>		<b>2010</b>		<b>Second Team</b> Katie Yemm Colleen Blair Katie Martin Kim Leal Christy Virgin	
<b>First Team</b> Josh Glaab		<b>First Team</b> Ellie Keyser		<b>Freshman of the Year</b> Colleen Blair	
<b>Second Team</b> Rob Watson Paul Michel		<b>Second Team</b> Aliese Willard Kendra Gerk		<b>2000</b>	
<b>2004</b>		<b>2009</b>		<b>First Team</b> Elizabeth Roodell	
<b>First Team</b> Mike Nicks Josh Glaab		<b>First Team</b> Ellie Rastall (Keyser)		<b>Second Team</b> Jennifer Kintzley Marisa Keefe Katie Yemm	
<b>2003</b>		<b>Second Team</b> Kristen Hemphill Sarah Heuer		<b>Coach of the Year</b> Del Hessel	
<b>First Team</b> Austin Vigil Bill Michel Josh Glaab		<b>2008</b>		<b>1999</b>	
<b>First Team</b> Austin Vigil Bill Michel		<b>Second Team</b> Ellie Rastall (Keyser)		<b>2000</b>	
<b>Second Team</b> Dylan Olchin Josh Glaab		<b>2007</b>		<b>First Team</b> Elizabeth Roodell	
<b>Freshman of the Year</b> Josh Glaab		<b>First Team</b> April Thomas Kirsten Anthony Kristen Hemphill		<b>Second Team</b> Marisa Keefe Christy Virgin	
<b>2001</b>		<b>Second Team</b> Allison Gohl			
<b>Second Team</b> Bill Michel Dylan Olchin		<b>Athlete of Year</b> April Thomas			
		<b>Freshman of the Year</b> Allison Gohl			



## ***2014 COLORADO STATE CROSS COUNTRY***

### ***SCHEDULE***

<b>Date</b>	<b>Day</b>	<b>Event</b>	<b>Location</b>
<b>09/05/14</b>	<b>Friday</b>	<b>CSU Invite</b>	<b>Fort Collins, Colo.</b>
09/27/14	Saturday	Roy Griak Invitational	St. Paul, Minn.
10/03/14	Friday	Notre Dame Invitational	South Bend, Ind.
10/04/14	Saturday	Rocky Mountain Shootout	Boulder, Colo.
10/18/14	Saturday	Pre-Nationals	Terre Haute, Ind.
10/31/14	Friday	Mountain West Championships	Fresno, Calif.
11/14/14	Friday	NCAA Mountain Regional	Albuquerque, N.M.
11/22/14	Saturday	NCAA National Championships	Terre Haute, Ind.



**Colorado  
State**  
University