

2007 WYOMING CROSS COUNTRY



University of Wyoming Cross Country

... 4/4/4

November 12, 2007

Wyoming Quick Facts

University Information

Location	Laramie, Wyoming
Enrollment	13,207
Founded	1886
President	Tom Buchanan
Athletics Director	Tom Burman
Deputy Director of Athletics	Barbara Burke
Nickname	Cowboys/Cowgirls
Colors	Brown and Gold
Conference	Mountain West
Affiliation	NCAA Division I
Indoor Facility	War Memorial Fieldhouse (5,000)
Outdoor Facility	Memorial 8 Track at Louis S. Madrid Sports Complex

Track and Field Staff

Head Coach	Don Yentes (Judson College, '81)
Cross Country Coach	Randy Cole (Cal Poly, '80)
Assistant Coach	Paul Barrett (Washington St., '91)
Assistant Coach	Quincy Howe (Wyoming, '03)
Track and Field Office Phone	(307) 766-5365
Best Time to Reach Coach Yentes	Contact SID

Media Information

Track and Field Contact	Kyle Deck
E-Mail	kdeck@uwyo.edu
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Mailing Address	UW Athletics Media Relations Department 3414 1000 E. University Avenue Laramie, Wyo. 82071-3414
Website	www.wyomingathletics.com

2006 MWC Cross Country Championship Results

Men - 5th (93 points)
Women - 4th (113 points)

2006 NCAA Mountain Region Championship Results

Men - 6th of 15
Women - 10th of 17

2006 NCAA Cross Country All-Americans

Mark Korir (10,000 meter course), 22nd overall

2007 MWC Championship Results

Indoor	Men - 4th (100 points) Women - 5th (47 points)
Outdoor	Men - 5th (85 points) Women - 8th (42 points)

2007 MWC Individual Champions

Indoor: Adriana Friezen (60-meter hurdles), Blake Jackson (Long Jump, Triple Jump), Mark Korir (3,000 meter run), Shannon Popp (20 lb. weight throw), Jake Shanklin (35 lb. weight throw)

Outdoor: Shannon Popp (Hammer throw)

2007 NCAA Championship Participants

Indoor: Jake Shanklin (35 lb. weight throw)
Outdoor: Shannon Popp (Hammer throw), Jake Shanklin (Hammer throw), Olav Roe (Decathlon)

2007 Wyoming Cowboy Roster

<u>Name</u>	<u>Year</u>	<u>Ht.</u>	<u>Hometown/Previous School</u>
David Armentrout	Fr.	5-11	Loveland, Colo. (American School of The Hague)
Seth Grossman	Fr.	5-10	Kalispell, Mont. (Flathead HS)
Michael Huntington	Sr.	6-2	Littleton, Colo. (Columbine HS)
Taylor Kelting	Fr.	6-1	Gillette, Wyo. (Campbell County HS)
Mark Korir	Jr.	5-6	Eldoret, Kenya (Moi University)
Noel Limo	Fr.	6-2	Eldoret, Kenya (Nairobi HS)
Greg Miller	Fr.	6-0	Winnipeg, Manitoba, Canada (Kelvin HS)
Brett Schuler	Jr.	5-11	Wright, Wyo. (Wright HS)
David Siuta	Fr.	5-8	Titusville, N.J. (Hopewell Valley Central HS)
Shadrack Too	Jr.	6-1	Kapsabet, Kenya (Kapsabet Boys HS)

2007 Wyoming Cowgirl Roster

<u>Name</u>	<u>Year</u>	<u>Ht.</u>	<u>Hometown/Previous School</u>
Emily Byra	Fr.	5-4	Laramie, Wyo. (Laramie HS)
Alysha Davis	Fr.	5-4	Cambridge City, Ind. (Lincoln HS)
Brenna Dooley	So.	5-3	Worland, Wyo. (Worland HS)
Erin Heffron	So.	5-6	Alta, Wyo. (Teton HS)
Emily Higgins	So.	5-7	Deaver, Wyo. (Rocky Mountain HS)
Gretchen Johnson	Sr.	5-3	Basin, Wyo. (Sheridan HS)
McKynzie Maher	Fr.	5-6	Fort Collins, Colo. (Rocky Mountain HS)
Nikki Peterson	Sr.	5-8	Riverton, Wyo. (University of Indiana)
Ashlyn Rhule	Fr.	5-8	Loveland, Colo. (Mountain View HS)
Grace Shearrer	Fr.	5-8	Denver, Colo. (Englewood HS)
Amber Wilson	Fr.	5-8	Green River, Wyo. (Rock Springs HS)
Sara Ysebaert	RFr.	5-5	Laramie, Wyo. (Laramie HS)

Head Cross Country Coach: Randy Cole (Cal Poly, '80), Fifth Year

2007 Wyoming Cross Country Schedule

<u>Date</u>	<u>Opponent / Event</u>	<u>Location</u>	<u>Time/Result</u>
08/31/07	Wyoming Invitational	Laramie, Wyo.	Men - 3rd Women - 2nd
09/15/07	Montana State Invitational	Bozeman, Mont.	Men - 4th (10) Women - 6th (13)
09/29/07	Rocky Mountain Shootout	Boulder, Colo.	Men - 2nd Women - 2nd
10/13/07	Pre-National Invitational	Terre Haute, Ind.	Men - 29th (38) Women - 28th (35)
10/27/07	MWC Championships	San Diego, Calif.	Men - 5th (6) Women - 4th (9)
11/10/07	NCAA Mountain Regionals	Riverdale, Utah	Men - 9th (15) Women - 9th (17)
11/19/07	NCAA National Championships	Terre Haute, Ind.	10 a.m.



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Recap of Last Week:

Johnson Joins Korir at NCAA Championships

Cowboys and Cowgirls place ninth at Regional Meet

Senior Gretchen Johnson joins junior Mark Korir as a national qualifier for the NCAA National Cross Country Championships held in Terre Haute, Indiana on Monday, November 12th.

Johnson, a selection to the All-Mountain Region team for the second straight year for her personal best 21:13 in the 6K will compete for the Pokes at the NCAA's

Johnson was followed by sophomore Emily Higgins who ran a season best 21:54, good for 31st out of 102 runners. Sophomore Brenna Dooley trailed Higgins in 66th place with a time of 22:47. Freshmen Emily Byra and Alysha Davis, in their first ever Regional race, placed 76th and 82nd with respective times of 23:01 and 23:08. Closing out the women was sophomore Erin Heffron who placed 85th with a time of 23:15.

The team championship went to Colorado State with 75 points, they were followed by Northern Arizona with 81 points and Brigham Young with 90. The Cowgirls finished in ninth with a combined 261 points, one point behind Utah State.

On the women's side five teams will be competing from the Mountain Region. Colorado State and Northern Arizona were the automatic qualifiers from the regional meet, while Brigham Young, Colorado and Texas Tech were selected as at-large picks. The individual qualifiers from the Mountain Region were UW's Gretchen Johnson, Weber State's Sariah Long and Morgan Haws and Southern Utah's Sharla Platt.

"I am very happy for Gretchen (Johnson), she has steadily improved as a runner for us in her four-year career," said head coach Randy Cole. "She really deserves to represent the Cowgirls at this year's NCAA Championships."

As for the men, Korir placed in the top five for the fifth time in six races this season and qualified for his second straight trip to the NCAA Championships, where he placed 22nd last year. Korir along with Johnson, was selected to the All-Mountain Region team for the second straight season. He led the Cowboys to a ninth place finish out of 15 teams.

Junior Shadrack Too trailed Korir crossing the tape in 56th place with a time of 32:37. Following closely behind was junior Brett Schuler in 59th place with a time of 32:52. The rest of the Cowboys were freshmen Seth Grossman in 66th with a time of 33:06, Taylor Kelting in 73rd, David Armentrout in 92nd and David Siuta in 105th.

The men's team championship went to the University of Colorado with 47 points, followed by UTEP with 56 points and Northern Arizona with 84 points, the Pokes finished with 259 points.

Four teams from the Mountain Region will be racing in Terre Haute. Colorado and Texas-El Paso were the automatic qualifiers, while Northern Arizona and Brigham Young were picked as at-large teams. Mark Korir joins New Mexico's Jeremy Johnson, Weber State's Seth Pilkington and Air Force's Matt Williams as individual qualifiers.

2007 NCAA Mountain

Regional

Men

<u>Name</u>	<u>Place</u>	<u>Time</u>
1. Mark Korir	5th	30:15
2. Shadrack Too	56th	32:37
3. Brett Schuler	59th	32:52
4. Seth Grossman	66th	33:06
5. Taylor Kelting	73rd	33:19
6. David Armentrout	92nd	34:16
7. David Siuta	105th	37:24
Overall 9th		

Women

<u>Name</u>	<u>Place</u>	<u>Time</u>
1. Gretchen Johnson	10th	21:13
2. Emily Higgins	31st	21:54
3. Brenna Dooley	66th	22:47
4. Emily Byra	76th	23:01
5. Alysha Davis	82nd	23:08
6. Erin Heffron	85th	23:15
Overall 9th		

The NCAA Division I Cross Country Championships will be held on the LaVern Gibson Championship Course at the Wabash Valley Family Sports Center, just outside of Terre Haute, Indiana. The course may be familiar to Korir and Johnson as they competed there earlier in the year at the Pre-Nationals Invite where Korir placed 20th and Johnson placed 67th.

This Week:

The Men's 10,000 meter race is set to start at 10:08 PM Mountain and the women's 6,000 meter race is at 10:58 PM Mountain. These championships will also be broadcast live on CSTV. This is a historic first for this meet to be shown on live TV.

Cowboy and Cowgirl Notes:

- * Mark Korir was selected to the All-Mountain Region team for the second straight year.
- * Gretchen Johnson was selected to the All-Mountain Region team for the second straight year.
- * Korir qualified for the NCAA Championships for the second straight year.
- * Korir placed 22nd at last years NCAA Championships, and was honored with All-America Honors.

