

High Expectations on the High Plains

The University of Wyoming cross country teams are about to embark on another long, tough season. However, this year marks the beginning of a new direction for the UW cross country programs. Randy Cole enters his first season at the helm of the program and looks to lead Wyoming back to its dominating tradition.

Cole's resume speaks for itself: he guided the Kansas State women's program to three NCAA Midwest Regional titles (1998, 1999, 2000) and a Big 12 Championship (1998). He takes over two Wyoming programs that have yet to finish above fifth place at the Mountain West Conference Cross Country Championships.

However, the UW cross country runners are no stranger to their new head coach. Cole accepted his current position with Wyoming Track and Field last January, and worked with several of his current runners during the spring track seasons. Cole's knowledge of the sport had an immediate impact as several UW distance runners recorded personal best times during the 2004 indoor and outdoor seasons. UW will need to show those improvements if they wish to make a strong showing at the 2004 NCAA Mountain Region Championships, the toughest cross country region in the NCAA.

Junior Brian Knight is the top returner on a Cowboy squad that showed signs of promise last season. The Pokes finished fifth at the 2003 MWC XC Championships, but had the talent to place much higher. Knight was the top Cowboy finisher in every race last season and saved his best performance for the MWC Championships, finishing 20th overall.

Sophomore Ragan Driver will be a big bonus for UW this year. He came on strong at the end of last year to place 24th in the MWC field. Other solid veterans returning for the Pokes include juniors Brian Harnisch and Matt Hudson.

Leading the pack for the Cowgirls will be senior Jennifer Thompson, who was UW's top finisher in five of six meets in 2003. Thompson finished 18th for the Cowgirls at the MWC Championships, and recorded her best time of 2003 at the NCAA Mountain Regional.

Challenging Thompson for the top spot will be senior Natalie Kean who, along with juniors Emerald Reid, Michelle Kvernmo and Christine Michel, has continued to improve under Cole's tutelage. Senior Tanice Barnett will also be a strong asset for the Cowgirls this season, as well as junior Kristin Brauneis.

The Cowboys and Cowgirls open the 2004 Cross Country schedule Friday, Sept. 3rd, when they host the Wyoming Invitational at the Jacoby Golf Course in Laramie.

University Information

Location: Laramie, Wyoming
Enrollment: 13,162
Founded: 1886
President: Dr. Philip L. Dubois
Athletics Director: Gary Barta
Associate AD for Media Relations: Kevin McKinney
Nickname: Cowboys/Cowgirls
Colors: Brown and Gold
Conference: Mountain West
Affiliation: NCAA Division I
Home Venue: Jacoby Golf Course (5k)

Cross Country Information

Cross Country Coach: Randy Cole (Cal Poly '80)
Assistant Coach: Kristen Thomas (Ball State '96)
Cross Country Office: (307) 766-5364

2003 Mountain West Conference Championships Results:

Men - 5th
 Women - 7th

2003 NCAA Mountain Region Championships Results:

Men - 14th
 Women - 12th

SID Information

Track and Field Contact: Jared Petrino
Office Phone: (307) 766-2256
Fax Number: (307) 766-2346
E-mail Address: wyosid@uwyo.edu
Athletics Web Site: www.wyomingathletics.com

2003 Season Best Times

Cowboys

Brian Knight	26:03 (8k)	MWC Championships
Ragan Driver	26:31 (8k)	MWC Championships
Jason Sanders	26:57 (8k)	Pre-MWC Championship
J. Thompson	27:40 (8k)	Woody Greeno Invite
Brian Harnisch	27:55 (8k)	Woody Greeno Invite

Cowgirls

Jen Thompson	22:33 (6k)	NCAA Region
Natalie Kean	22:47 (6k)	Woody Greeno Invite
Tanice Barnett	23:19 (6k)	Woody Greeno Invite
Ashley Pederson	23:19 (6k)	NCAA Region
Christine Michel	23:33 (6k)	NCAA Region

2003 MWC Team Finishes

Men

1. Air Force	37 pts
2. BYU	41 pts
3. CSU	53 pts
4. New Mexico	123 pts
5. Wyoming	137 pts
6. Utah	173 pts

Women

1. BYU	19 pts
2. CSU	62 pts
3. Air Force	106 pts
4. Utah	124 pts
5. New Mexico	141 pts
6. San Diego St.	143 pts
7. Wyoming	159 pts
8. UNLV	234 pts

2004 Wyoming Men's Cross Country Roster

<u>Name</u>	<u>Year</u>	<u>Hometown/Previous School</u>
Dominic Baysinger	Fr.	Rock Springs, Wyo. (Rock Springs)
Nick Cramea	Jr.	Taft, Calif. (Bakersfield College)
Ragan Driver	Jr.	Cheyenne, Wyo. (Cheyenne Central)
Brian Harnisch	Jr.	Colorado Springs, Colo. (Doherty)
Matt Hudson	Jr.	Signal Mountain, Tenn. (The McCallie School)
Greg Hutcinson	Fr.	Scottsbluff, Neb. (Scottsbluff)
Brian Knight	So.	Boise, Idaho (Capitol)
Jeremiah Johnson	Jr.	Laramie, Wyo. (Laramie)
Chris Schabron	So.	Laramie, Wyo. (Laramie)
Jeremy Thompson	Sr.	Aurora, Colo. (Smokey Hill)



2004 Wyoming Women's Cross Country Roster

<u>Name</u>	<u>Year</u>	<u>Hometown/Previous School</u>
Linsey Allen	Fr.	Bozeman, Mont. (Bozeman)
Amber Barlow	Sr.	Loveland, Colo. (Loveland)
Tanice Barnett	Sr.	St. Catherine, Jamaica (Black Hills State)
Kristin Brauneis	Jr.	Lander, Wyo. (Lander Valley)
Heather Burns	Fr.	Bethlehem, Conn. (Nonnewaug)
Maggie Diller	Jr.	Cheyenne, Wyo. (Cheyenne East)
Gretchen Fagley	Fr.	Sheridan, Wyo. (Sheridan)
Meredith Furtney	Jr.	Cheyenne, Wyo. (Cheyenne Central)
BrooklanGrimes	Jr.	Bakersfield, Calif. (Bakersfield College)
Natalie Kean	Sr.	Cheyenne, Wyo. (University of Portland)
Michelle Kvernmo	Jr.	Hookstown, Pa. (Duquense University)
Christine Michel	Jr.	Laramie, Wyo. (Laramie)
Shannon Obermire	Jr.	Gillette, Wyo. (Campbell County)
Danielle Rawlings	Fr.	Englewood, Colo. (Cherry Creek)
Emerald Reid	Jr.	Cheyenne, Wyo. (Cheyenne Central)
Colleen Reilly	Fr.	Greeley, Colo. (Central)
Lauren Tonoli	So.	Fort Collins, Colo. (Fort Collins)
Jennifer Thompson	Sr.	Cheyenne, Wyo. (Cheyenne Central)

2004 Wyoming Cross Country Schedule

Fri., Sept. 3	Wyoming Invitational	Laramie, Wyo.
Sat., Sept. 11	Colorado State Invitational	Fort Collins, Colo.
Sat., Oct. 2	Rocky Mountain Shootout	Boulder, Colo.
Sat., Oct. 16	Chile Pepper Invitational	Fayetteville, Ark.
Sat., Oct. 30	MWC Championships	San Diego, Calif.
Sat., Nov. 13	NCAA Mountain Regionals	Fort Collins, Colo.
Sat., Nov. 22	NCAA National Championships	Terre Haute, Ind.

Wyoming Invitational Information

Date: Friday, Sept. 3

Location: Jacoby Gold Course--30th and Willett Streets

Start Times:

5:30 PM, Women

6:00 PM, Men

Entries Due: Wednesday, Sept. 1.

Fax entries to Randy Cole at (307) 766-5414. Unattached entries must be entered on a separate entry form.

Contact Info: Randy Cole (307) 766-5414 or Kristen Thomas (307)766-4076.

Course: Flat to rolling grass fairways with some dirt trails (3/8" spikes recommended). Course will be accurately measured. Course will be well marked and monitored. Splits will be given at each kilometer and at each mile marker.

Scoring: Unlimited entries / Top 7 finishers will count as team with Top 5 scoring for each school. Unattached entries will be accepted but will not count in team scoring.

Awards: Top 5 individuals in each race will receive awards. Top team in each race will receive award.

Sports Medicine: University of Wyoming Athletic Trainers will be available at the course.



Randy Cole, *Cross Country Head Coach*

Randy Cole enters his first season as the head cross country coach and his second season with the Wyoming track and field program. Cole was hired as Wyoming head cross country coach on January 2, 2004. He will handle all coaching duties of the UW cross country program and will direct the Cowboy and Cowgirl distance runners during the spring seasons.

Before accepting his current position at Wyoming, Cole guided the Kansas State cross country teams from 1997-2003. He led the Wildcat women's cross country program to three straight regional championships (1998, 1999, 2000) and a Big 12 Conference championship in 1998, the first ever in program history. He was named Big 12 Conference Women's Cross Country Coach of the Year in 1998 and was named the Midwest Region Women's Cross Country Coach of the Year three of his last four seasons at K-State. In Cole's six years with the Kansas State cross country programs he coached 11 All-Americans, 23 All-Midwest Region honorees and 17 Big 12 All-Conference performers.

On the track, Cole guided ten distance runners to All-America honors, six to indoor Big 12 individual titles and five toward outdoor Big 12 individual titles. Also, eight distance school records were established during his time at KSU.

Before his tenure at Kansas State, he served as the head cross country coach at Barton County Community College in Great Bend, Kan. from 1985-1997. While at Barton County he took control of the track and field program in 1991 and held that position till 1997. He was named National Junior College Athletic Association national cross country Coach of the Year ten times and the Region VI Coach of the Year 12 times. In March of 2002, he was inducted into the NJCAA Track and Field Hall of Fame.

Cole's leadership took the Barton County cross country and track and field programs to national dominance. The women's team captured four national titles in cross country, eight titles in outdoor track and field and seven indoor track and field titles. His men's program had 23 top-five national finishes under his direction.

Cole's resume speaks volumes for his knowledge of track and field, and he knows what it takes to build a dominant distance program. The foundation of his success can be seen when looking at his accomplishments as a student-athlete. He was an intricate part of a Cal Poly program that won NCAA Division II national championships in cross country in 1978 and 1979, and track and field titles in 1979 and 1980.

Cole is USATF Level II certified in endurance events.



Kristen D. Thomas, *Cross Country Assistant Coach*

Assistant coach Kristen Thomas enters her fifth year coaching the vaulters, her fourth season working with the cross country teams and her third year working with the multi-event athletes.

Thomas began her coaching career at the high school level as an assistant volleyball and track and field coach at River Valley High School in Marion, Ohio from August '97 to June '98.

In the spring of 1999, Thomas served as interim assistant coach for the women's track and field team from February to June. She returned to the track program in the fall of 2000 to work with the vaulters

She graduated from Ball State University in 1996 with a double degree in exercise/sport science and ancient Greek. While at Ball State, she competed on the cross country and track and field teams for four years.

Thomas earned her masters degree in public health education at the University of Wyoming in 2001. She is a Level I certified track and field coach as well as an ACSM Health Fitness Instructor.

Kristen and her husband, Jason, welcomed their first child, James Donald, on Aug. 19th of 2003.