

UNIVERSITY
OF WYOMING
2008 Cross Country
~ Schedule ~

Date:	Meet:	Location:
August 29th	Wyoming Invitational	Laramie, Wyo.
September 20th	Montana State Invitational	Bozeman, Mont.
September 27th	Minnesota Roy Griak Invitational	Minneapolis, Minn.
October 4th	Rocky Mountain Shootout	Boulder, Colo.
October 18th	Pre-National Invitational	Terre Haute, Ind.
November 1st	Mountain West Conference Championships	San Diego, Calif.
November 15th	NCAA Mountain Region Championships	Fort Collins, Colo.
November 24th	NCAA National Championships	Terre Haute, Ind.

Home Meet in Bold
Race will be held at Jacoby Golf Course @ 4:30 p.m. (MTN)





UNIVERSITY OF WYOMING

2008 Cross Country

~ Rosters ~

~ Cowgirls ~

Name:	Class:	Exp:	Hometown (Previous School):
Emily Byra	SO	1L	Laramie, Wyo. (Laramie HS)
Alysha Davis	SO	1L	Cambridge City, Ind. (Lincoln HS)
Brenna Dooley	JR	2L	Worland, Wyo. (Worland HS)
Erin Heffron	JR	1L	Alta, Wyo. (Teton HS)
Emily Higgins	JR	2L	Deaver, Wyo. (Rocky Mountain HS)
Alexandria Kesterson	FR	HS	Trafalgar, Ind. (Brown County HS)
Mary Lee	FR	HS	Edmonds, Wash. (Woodway HS)
Molly Lux	FR	HS	Whitney, Neb. (Crawford HS)
McKynzie Maher	R-FR	RS	Fort Collins, Colo. (Rocky Mountain HS)
Irene Masai	R-SO	TR	Nairobi, Kenya (Oklahoma State University)
Nikki Peterson	SR	1L	Riverton, Wyo. (University of Indiana)
Grace Shearrer	SO	SQ	Denver, Colo. (Englewood HS)

Roster Breakdown:

Class:

Seniors(1) ~ Nikki Peterson

Juniors(3) ~ Brenna Dooley, Erin Heffron, Emily Higgins

Sophomores(4) ~ Emily Byra, Alysha Davis, Irene Masai, Grace Shearrer

Freshmen(4) ~ Alexandria Kesterson, Mary Lee, Molly Lux, McKynzie Maher

States:

Wyoming(5) ~ Emily Byra, Brenna Dooley, Erin Heffron, Emily Higgins, Nikki Peterson

Colorado(2) ~ McKynzie Maher, Grace Shearrer

Indiana(2) ~ Alysha Davis, Alexandria Kesterson

Washington(1) ~ Mary Lee

Nebraska(1) ~ Molly Lux

Kenya(1) ~ Irene Masai

~ Cowboys ~

Name:	Class:	Exp:	Hometown (Previous School):
Eliud Chirchir	FR	HS	Eldoret, Kenya (Kalyet HS)
Ryan Griesbach	FR	HS	Laramie, Wyo. (Laramie HS)
Seth Grossman	SO	1L	Kalispell, Mont. (Flathead HS)
Michael Huntington	SR	2L	Littleton, Colo. (Columbine HS)
Taylor Kelting	SO	1L	Gillette, Wyo. (Campbell County HS)
Philemon Kimutai	FR	HS	Eldoret, Kenya (Kapcherop Secondary HS)
Mark Korir	SR	2L	Eldoret, Kenya (Moi University)
Noel Limo	SO	SQ	Eldoret, Kenya (Nairobi HS)
Brian McGuire	FR	HS	Moline, Ill. (Alleman HS)
Greg Miller	SO	SQ	Winnepeg, Manitoba, Canada (Kelvin HS)
Brett Schuler	SR	2L	Wright, Wyo. (Wright HS)
Shadrack Too	SR	3L	Kapsabet, Kenya (Kapsabet Boys HS)

Roster Breakdown:

Class:

Seniors(4) ~ Michael Huntington, Mark Korir, Brett Schuler, Shadrack Too

Sophomores(4) ~ Seth Grossman, Taylor Kelting, Noel Limo, Greg Miller

Freshmen(4) ~ Eliud Chirchir, Ryan Griesbach, Philemon Kimutai, Brian McGuire

States:

Wyoming(3) ~ Ryan Griesbach, Taylor Kelting, Brett Schuler

Colorado(1) ~ Michael Huntington

Illinois(1) ~ Brian McGuire

Montana(1) ~ Seth Grossman

Canada(1) ~ Greg Miller

Kenya(5) ~ Eliud Chirchir, Philemon Kimutai, Mark Korir, Noel Limo, Shadrack Too



2008 Cross Country
~ Coaching Staff ~



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

Randy Cole enters his sixth season with the Wyoming track and field program after completing his fifth season at the helm of the cross country program. During this time, the Wyoming harriers have improved into the upper half of the MWC and the Mountain Region, and have provided numerous individual highlights. So far he has coached four National Qualifiers, five All-Mountain Region performers, seven All-MWC performers and two All-Americans in the hill and dale sport. Among those outstanding athletes includes current senior, Mark Korir. Coach Cole has accompanied Korir to the 2006 and 2007 NCAA National Cross Country Championships where Korir became the third runner in UW history to earn All-America status twice in his career. In Cole's first cross country season, he was named the 2004 Women's Mountain West Coach of the Year.

As the distance coach for the UW track and field program, Cole has used his knowledge to coach two All-Americans, four National Qualifiers, five Regional Qualifiers, five Conference Champions, 16 All-Conference performers, five school record holders and 60 athletes to write their names in the top ten on UW's All-Time list.

Before accepting his current position at Wyoming, Cole guided the Kansas State cross country teams from 1997-2003. He led the Wildcats 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 Kansas State. In Cole's six years with the KSU cross country program, 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 Barton, Kan. from 1985-1997. While at Barton County he took control of the track and field program in 1991 and held that position until 1997. He was named National Junior College Athletic Association 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.

Under his leadership, Cole 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.

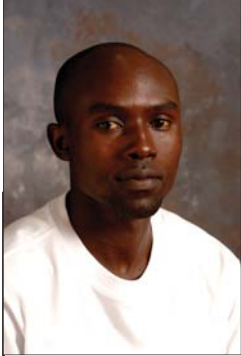
His resume speaks volumes for his knowledge of track and field, and he knows what it takes to build a dominant distance program. The foundation of his success can be seen when looking at his accomplishments as a student-athlete. He was an intricate part of a Cal Poly program that won NCAA Division II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

He is USATF Level II certified in endurance events and is the NCAA Women's Mountain Region cross country representative.



UNIVERSITY OF WYOMING

2008 Cross Country ~ Coaching Staff ~



Philemon Tanui

Graduate Assistant ~ Cross Country
(Wyoming, '07)

Philemon begins his second year as a Graduate Assistant for the Pokes. He came to Wyoming from Moi University in Kenya and quickly established himself as one of the best runners in UW history.

Philemon was a five time All-Mountain West Conference performer, twice during the outdoor season in his patted event of the 3,000-meter steeplechase, once during the indoor season and twice while running cross country. He also qualified twice for Regionals in the steeplechase.

He owns the fourth best time in UW history in the 3,000-meter steeplechase, set in April of 2007. He is also apart of the Distance Medley Relay team that has set the second best time in Wyoming history.

Philemon's duties include recruitment of student-athletes, implementation and planning of cross country team training and steeplechase event training. He also helps run computer programming for all home meet competitions as well as team statistics and training records.

Philemon is currently studying in the Business Graduate School here at Wyoming. He is also a USATF Level I Certified Coach.



Maggie Mathieson

Graduate Assistant ~ Cross Country
(Butler, '07)

Maggie begins her second year as a graduate assistant for both cross country and track and field. She is a graduate of Butler University where she competed in track and field and cross country. She is a native of LaGrange, Illinois and attended Lyons Township High School.

Maggie is responsible for daily planning and implementation of cross country team training and middle distance event training. She also has a hand in team statistics and training records as well as assisting with administrative duties in relation to recruiting.

Maggie is currently studying Speech Pathology at UW. She is also a USATF Level I Certified Coach.

UNIVERSITY OF WYOMING

2008 Cross Country ~ Cowgirl Outlook ~

With the 2008 Women's Cross Country season quickly approaching, fifth year head coach Randy Cole has a very enthusiastic and motivated group that returns four letter-winners and one All-Mountain West Conference athlete in junior Emily Higgins.

The Cowgirls aspire to finish as one of the top two in the MWC Championships and in the top half of the 17 team field in the Mountain Region.

The Cowgirls lost one of their top performers from last year in Gretchen Johnson, as the four-year letterman graduated. She was a participant in the 2007 NCAA Championships where she finished 116th out of 253 runners from across the nation.

"Gretchen will be sorely missed and hard to replace, but it gives room for some of our underclassmen to step up and take the reins," said Cole.

Coach Cole and the Cowgirls will look to Higgins to lead them as she had a break-out season in 2007. Emily was awarded Second Team All-MWC honors last year for her 14th place finish in



San Diego, Calif., at the MWC Championships. During the Mountain Region meet in Riverdale, Utah, she placed 31st, but looks to improve and qualify for the NCAA Championships this season.

"Emily really came on towards the end of the outdoor track and field season," said Cole. "She is starting to understand what we are trying to accomplish and she has a great drive to never be beat, which we love."

There is a tightly packed group that will follow Higgins closely in juniors Brenna Dooley and Erin Heffron, and sophomores Alysha Davis and Emily Byra. Davis and Byra made a nice one-two punch for the track and field distance squad in their first year. With one year of training under their belt they will look to make some noise at conference this season.

The newcomers for the Cowgirls include redshirt sophomore Irene Masai and freshmen Alex Kesterson, Mary Lee, and Molly Lux. Masai a Nairobi, Kenya native transferred from Oklahoma State University where she participated on the cross country and track and field teams.

"I am really excited about this recruiting class," said Cole. "As long as they continue to mature with training and race experience they will really help us out down the road."

This year's schedule will find the Cowgirls traveling to few new spots in Minnesota, Montana and Indiana. They will also host the first meet of the year on August 29th, at the Jacoby Golf Course for the Wyoming Invitational.

"The meets we are attending will really push us to the region as it will give us an opportunity to run against some of the best teams in the nation," said Cole.

UNIVERSITY OF WYOMING

2008 Cross Country ~ Cowboy Outlook ~

Cross Country courses around the nation will be torn up by the footsteps of five returning letter-winners, including one two-time All-American as Wyoming will continue to build their quest for excellence by improving on last year's fifth place finish in the Mountain West Conference.

Senior Mark Korir will be leading the charge for the Cowboys as he longs to improve on his 19th place finish at the 2007 NCAA Championships. Korir was one of three harriers in Cowboys history to be named to the All-America team twice in his career.

"Mark has the opportunity to be one of the best in the nation," said fifth year head coach Randy Cole. "We will really look to him to lead this team and push them not only in meets but in practice."

The Cowboys have a nice mix of experience returnees and young talent coming in. The team is lead by four seniors: Michael Huntington, Mark Korir, Brett Schuler and Shadrack Too.



Schuler and Too are coming off strong indoor and outdoor seasons and will bode well for the Cowboys this season.

Sophomores Seth Grossman, Taylor Kelting, Noel Limo and Greg Miller were able to score much needed points during the track season and are a year older and a year stronger. Along with first time cross country runners Eliud Chirchir and Philemon Kimutai who joined the track team half way through the 2007 season will be a nice group to score points at conference this season.

"All six of these guys have a season of training under their belts and will add some nice experience for our incoming

freshman to follow," said Cole.

Lacing up the sneakers for the first time as a Cowboy will be Ryan Griesbach and Brian McGuire. Griesbach, a Laramie native will be looked upon to continue his success and gain some race experience this season.

"We have a nice blend of young guys with some experience and older guys who will push the younger guys to the next level," said Cole. "Now it just depends on how well we transfer our training to competition."