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Cowgirl Cross Country Team Captures First Place at Wyoming Invitational, Wyoming Men Finish Fourth

Laramie, Wyo. (Sept. 3, 2004) -- The University of Wyoming women's cross country team began its 2004 season with a big home win on Friday. Wyoming captured the team title in the five-team field finishing with 38 points. UW easily outscored second-place Colorado State (57 points) and third-place Air Force (61 points). The University of Colorado at Colorado Springs placed fourth (102 points), and Northern Colorado finished fifth (104 points).

The Cowgirls were led by senior Jennifer Thompson of Cheyenne, Wyo., and freshman Gretchen Fagley of Sheridan, Wyo. Thompson placed second in the two and one-half mile race, running a time of 15 minutes and six seconds, while Fagley finished right with her in third with an identical time of 15:06. Wyoming had a third individual finish in the Top 10 -- junior Michelle Kvernmo of Hookstown, Pa., placed seventh, with a time of 15:24.

"Overall it was a good all-around team race for our ladies," said UW head cross country coach Randy Cole. "I was really pleased with the way everyone on our team battled, particularly over the last half mile or so. We picked up quite a few points with our four, five and six runners. And our top women held on in the lead group to finish second and third.

"I tried to emphasize to both our men and women that no matter where you are in the race, whether you are going to place high individually or not, you have to keep battling because you may beat someone on another team that could effect the final team standings.

"Jennifer (Thompson) and Gretchen (Fagley) both got out really solid and aggressive. You like to see that. It was a great battle with Danielle Korb of Colorado State, who finished first. I think each of those three ladies led the race at one point or another.

"We know we have a long ways to go as a team, but it is nice to come out with a victory on your home course to start the season."

In the men's competition, Wyoming's top finisher was sophomore Brian Knight of Boise, Idaho, who finished 15th in the field of 60 runners. Knight posted a time of 22 minutes and 54 seconds over the 4.1 mile men's race.

The Cowboys finished fourth in the four-team field with 96 points. Colorado State won the men's team competition, scoring 27 points. Colorado at Colorado Springs (43 points) placed second, and Air Force (64 points) finished third.

"The guys have been working hard, and have really had a great attitude in training," added Cole. "I think the key for our men is to get used to the higher volume of training, and let their body adjust and translate that into good racing. It has been an adjustment for them both mentally and physically.

"The main thing for both our men and women is to ask themselves, 'did I really challenge myself over the second half of the race, and at the end of the race was I digging down or was I backing off.' Each individual has to answer that for themselves. But if they felt like they were still pushing themselves down the stretch of the race, that is a good beginning.

"Brian (Knight), I believe will be even better than he showed today. He is still recovering from a car accident he had toward the end of the summer. Jeremy Thompson, Brian Harnisch and Matt Hudson are good middle-distance guys. Once their bodies adjust to the training, I think all three of them will show much improved results also."

The next competition for both the men's and women's teams will be Saturday, Sept. 11 in Fort Collins, Colo., for the Colorado State Invitational.

(see complete results on the following pages)

The Wyoming Invitational
Friday, Sept. 3, 2004
Jacoby Golf Course
Women's 2.5 Mile Race, 5:30 p.m.

Team Scores

1. Wyoming	38
2. Colorado State	57
3. Air Force	61
4. Colorado-Colorado Springs	102
5. Northern Colorado	104

Name	School	Time
Danielle Korb	CSU	1 (14:46)
Jennifer Thompson	UW	2 (15:06)
Gretchen Fagley	UW	3 (15:06)
Michelle Carmen	CSU	4 (15:16)
Reta Catherwood	USAFA	5 (15:18)
Sarah Shepard	CU-CS	6 (15:21)
Michelle Kvernmo	UW	7 (15:24)
Shannon Payne	CU-CS	8 (15:24)
Margaret Frash	USAFA	9 (15:29)
Ashley Culp	USAFA	10 (15:29)
Emerald Reid	UW	11 (15:30)
Lauren Dunsmoor	UNC	12 (15:31)
Lacey Darien	UNC	13 (15:35)
Valerie McGregor	CSU	14 (15:37)
Tanice Barnett	UW	15 (15:45)
Natalie Kean	UW	16 (15:46)
Heather Loseke	CSU	17(15:47)
Ashley Snyder	USAFA	18 (15:53)
Katie Samorons	UNATTACHED	19 (15:53)
Andrea Pincham	USAFA	20 (15:54)
Vivien Aspden	USAFA	21 (15:58)
Rebakah Yetzer	CSU	22 (16:06)
Maggie Diller	UW	23 (16:07)
Kelly Robinson	USAFA	24 (16:08)
Christine Michel	UW	25 (16:09)
Ashley Grams	UNC	26 (16:09)
Lindsay Grose	USAFA	27 (16:10)
Tina Gray	CU-CS	28 (16:12)
Danielle Buzzell	CSU	29 (16:15)
Kate Papenberg	USAFA	30 (16:16)
Chantelle Erickson	UNC	31 (16:17)
Kelsey Leonard	UNC	32 (16:29)
Danielle Rawlings	UW	33 (16:30)
Carolyn Brug	UNC	34 (16:40)
Abra McGillivray	UNATTACHED	35 (16:40)
Amanda Jackson	UNC	36 (16:46)
Chelsey Cerrillo	CU-CS	37 (16:49)
Kristin Trichler	USAFA	38 (16:56)
Kari Samuelson	CU-CS	39 (16:58)
Sarah Lewandowski	UNATTACHED	40 (17:03)

(continued)

Women (Continued)

Name	School	Time
Krista Newell	UNATTACHED	41 (17:04)
Tara Hettler	UNC	42 (17:04)
Crystal Ross	CU-CS	43 (17:06)
Kasey Wilson	USAFA	44 (17:10)
Cindy Dawson	USAFA	45 (17:14)
Joey Collins	UNC	46 (17:20)
Laura Glaab	UNATTACHED	47 (17:28)
Sarah Martens	UNC	48 (17:32)
Cassi Wilbanks	UNATTACHED	49 (17:33)
Shannon Obermire	UW	50 (17:44)
Katie Callahan	UNATTACHED	51 (17:50)
Candice Killian	USAFA	52 (17:51)
Jessica Urban	CU-CS	53 (17:55)
Amber Barlow	UW	54 (18:04)
Megan McKinnie	UNC	55 (18:05)
Katie Suhrhoff	USAFA	56 (18:17)
Amanda Lopez	USAFA	57 (18:18)
Sheena Henderson	CU-CS	58 (18:20)
Katie Miller	UNC	59 (18:21)
Whitney Lund	CU-CS	60 (18:23)
Becca Millet	UNC	61 (18:33)
Sierra Binek	UNC	62 (20:57)

The Wyoming Invitational
Friday, Sept. 3, 2004
Jacoby Golf Course
Men's 4.1 Mile Race, 6:00 p.m.
MEN

Team Scores

1. Colorado State	27
2. Colorado-Colorado Springs	43
3. Air Force	64
4. Wyoming	96

Name	School	Time
Levi Brathall	CU-CS	1 (21:48)
Josh Glaab	CSU	2 (21:57)
Moses Tum	CU-CS	3 (22:00)
Rob Watson	CSU	4 (22:01)
Dan Faessler	UNATTACHED	5 (22:13)
Aaron Rubidcaba-Lopez	CU-CS	6 (22:21)
David Zatsavec	CSU	7 (22:23)
Jeff Scull	CSU	8 (22:33)
Andres Urbina	CSU	9 (22:35)
Matt Pettit	CSU	10 (22:36)
Kyle Davidson	USAFA	11 (22:40)
Jeff Wahl	UNATTACHED	12 (22:41)
Jason Beck	USAFA	13 (22:49)
Derek Storbeck	USAFA	14 (22:53)
Brian Knight	UW	15 (22:54)
Brad Winn	CU-CS	16 (22:57)
Jason Delaney	UNATTACHED	17 (23:03)
Nathan Franz	USAFA	18 (23:04)
Dan DeRusha	USAFA	19 (23:13)
Brian Raymond	UNATTACHED	20 (23:17)
Jeremy Thompson	UW	21 (23:27)
Richard Elmore	USAFA	22 (23:28)
Brian Harnisch	UW	23 (23:30)
John Nichols	UNATTACHED	24 (23:33)
Jay Luna	CU-CS	25 (23:35)
Josh Van Wyngaarden	USAFA	26 (23:36)
Nelson Palacios	CSU	27 (23:37)
Matt Hudson	UW	28 (23:43)
Ian McFarland	USAFA	29 (23:52)
Paul Hamilton	UNATTACHED	30 (23:57)
Nick Cramer	UW	31 (24:00)
Steve Curtis	UNATTACHED	32 (24:08)
Travis Patterson	USAFA	33 (24:12)
Calvin Glass	USAFA	34 (24:12)
Gabe Small	CU-CS	35 (24:13)
Daniel Hemphill	UNATTACHED	36 (24:17)
Jason Braun	CU-CS	37 (24:20)
Ryan Lowen	UNATTACHED	38 (24:22)
Sean Smith	UNATTACHED	39 (24:25)
Daniel Radosevich	UNATTACHED	40 (24:26)
Kenny Grosselin	USAFA	41 (24:27)
Chris Schabron	UW	42 (24:28)

(continued)

Men (Continued)

Name	School	Time
Dan Pinter	CU-CS	43 (24:33)
Cory Pilinko	USAFA	44 (24:35)
Kyle Reno	CU-CS	45 (24:36)
Charles Hillig	UNATTACHED	46 (24:38)
Steve Schartz	UNATTACHED	47 (24:39)
Jordan Hughes	USAFA	48 (24:45)
Jerry Reef	UNATTACHED	49 (24:49)
John Tucker	CU-CS	50 (24:59)
Darren Brungardt	UNATTACHED	51 (25:03)
Matt Chavez	CU-CS	52 (25:14)
Jared Graham	USAFA	53 (25:17)
Kyle Cloppas	CU-CS	54 (25:20)
Ragan Driver	UW	55 (26:10)
Tim Turpin	UNATTACHED	56 (26:38)
Tim Crennen	UNATTACHED	57 (26:45)
Kelsay Kean	UNATTACHED	58 (26:54)
Ryan Patterson	UNATTACHED	59 (27:05)
John Larson	UNATTACHED	60 (27:09)