

2010 Wyoming Cross Country

University of Wyoming Cross Country
Nov. 15, 2010

Wyoming Quick Facts

University Information

Location	Laramie, Wyoming
Enrollment	13,207
Founded	1886
President	Dr. Tom Buchanan
Athletics Director	Tom Burman
Media Relations Director	Tim Harkins
Nickname	Cowboys/Cowgirls
Colors	Brown and Gold
Conference	Mountain West
Affiliation	NCAA Division I
Facility	Jacoby Golf Course
Mailing Address	UW Athletics Media Relations Department 3414 1000 E. University Avenue Laramie, Wyo. 82071-3414

Cross Country Staff

Head Coach	Randy Cole (Cal Poly, '81)
Assistant Coach	Amanda Clower (Lamar, '07)
Cross Country Phone	(307) 766-5365
Best Time to Reach	
Coaching Staff	Contact SID

Media Information

Cross Country Contact	Andy Chapman
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Website	www.wyomingathletics.com



2010 Wyoming Cross Country Schedule

<u>Date:</u>	<u>Meet:</u>	<u>Location/Finish:</u>
September 3	WYOMING INVITATIONAL	W-3rd, M-2nd
September 18	Woody Greeno Invitational	W-4th, M-1st
October 2	Rocky Mountain Shootout	W-4th, M-3rd
October 16	Chile Pepper Invitational	W-11th, M-6th
October 29	MWC Championships	W-6th, M-4th
November 13	NCAA Mtn Region Championships	W-16th, M-6th



2010 Wyoming Cowboy Roster

<u>Name:</u>	<u>Class:</u>	<u>Exp:</u>	<u>Hometown (Previous School):</u>
T.J. Baldwin	SO	SQ	Riverton, Wyo. (Riverton HS)
Mike Banks	SO	TR	Auckland, New Zealand (Univ. of Auckland)
Mitch Brauneis	SO	1L	Lander, Wyo. (Lander Valley HS)
Nik Deininger	JR	1L	Douglas, Wyo. (Douglas HS)
Nick Ekel	JR	TR	St. Johns, Mich. (Saginaw Valley St Univ.)
Tyler Gifford	SO	1L	Harrisburg, Neb. (Banner County HS)
Ryan Griesbach	JR	2L	Laramie, Wyo. (Laramie HS)
Caleb Her Many Horses	FR	HS	Lander, Wyo. (Wyoming Indian HS)
Taylor Kelting	SR	3L	Gillette, Wyo. (Campbell County HS)
Ken Lane	SO	SQ	Aurora, Colo. (Overland HS)
Greg Miller	JR	2L	Winnepeg, Manitoba, Canada (Kelvin HS)
Sean Wilde	JR	SQ	Cheyenne, Wyo. (Central HS)
Garrett Zans	FR	HS	Rock Springs, Wyo. (Rock Springs HS)

2010 Cross Country Honors

The Cowboys collected several accolades this season. Garrett Zans was named the Mountain West Freshman of the Year, and juniors Nick Ekel and Greg Miller were named to the Second-Team All-Conference squad. The Cowgirls garnered some recognition as well. Christine Nelson received MWC Freshman of the Year, Second-Team All-Conference and All-Mountain Region honors.



2010 Wyoming Cowgirl Roster

<u>Name:</u>	<u>Class:</u>	<u>Exp:</u>	<u>Hometown (Previous School):</u>
Alysha Davis	SR	3L	Cambridge City, Ind. (Lincoln HS)
Francis Gipson	SR	1L	Mission, Kan. (Johnson County CC)
Brooke Hughes	SO	1L	Glenrock, Wyo. (Glenrock HS)
Andrea Klimowski	FR	HS	Flagstaff, Ariz. (Northland Prep Academy)
Molly Lux	JR	SQ	Whitney, Neb. (Crawford HS)
McKynzie Maher	JR	SQ	Fort Collins, Colo. (Rocky Mountain HS)
Maya Martinez	SO	1L	Cheyenne, Wyo. (Central HS)
Felicia McAfee	SO	HS	Casper, Wyo. (Natrona County HS)
Kirsten McKen	FR	HS	Afton, Wyo. (Star Valley HS)
Christine Nelson	FR	HS	Shawnee, Kan. (Shawnee Mission HS)
Emily Swigart	FR	HS	Waterford, Wis. (Waterford HS)
Dannika West	FR	HS	Kansas City, Mo. (North Kansas City HS)



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Cowgirl Outlook:

The Wyoming women's cross country team ended the 2010 season in disappointing fashion over the weekend.

The Cowgirls finished 16th in the NCAA Mountain Region Championships on Saturday in Salt Lake City.

Hosted by the University of Utah, the women's 6,000-meter race featured some of the country's top programs, including top-10 teams like No. 3 Texas Tech, No. 8 Colorado and Mountain West conference foe and No. 10-ranked New Mexico.

But the Cowgirls struggled on the course and couldn't reach their goal of a top-15 finish.

"The women are disappointed in their overall performance," Wyoming coach Randy Cole said. "To get 16th ... We've got to get in the upper half of the region. We had hoped to place higher."

The performance of freshman Christine Nelson certainly gives Wyoming a reason to be excited, though.

She was the top finisher for the Cowgirls, coming in 24th in the 6K race with a personal-record time of 21 minutes, 18.7 seconds. She earned All-Mountain Region honors for the top-25 finish, just two weeks after she was named Freshman of the Year in the MWC.

Nelson ran exceptionally in just her first year of collegiate competition, taking home five top-15 finishes and six top-25 finishes.

"That was a nice way to cap off her season," Cole said. "It's a pretty good honor."

Seniors Alysha Davis and Francis Gipson finished up their cross country careers by finishing 51st and 71st, respectively. Cole said Davis had one of her best races of the season, finishing in 22:02.4, while Gipson crossed the finish line with a time of 22:23.4. Sophomore Brooke Hughes was 108th, 23:11.6; sophomore Maya Martinez was 109th, 23:13.7; and sophomore Felicia McAfee was 111th, finishing with a mark of 23:17.4.

Cole found a reason to be optimistic, especially considering the achievements of his team throughout the year. For the season, the Cowgirls finished with an 88-37 dual record in six events, a .704 winning percentage. They had three top-four finishes as a team and several runners set personal-best times.

"We made some really good group improvements on both sides," he said. "We're looking forward to the future of both teams."

Cowboy Outlook:

The 'Pokes achieved one of their goals and came very close to another one at the NCAA Mountain Region championships.

Wyoming had hoped for a top-10 team finish and a top-25 finish for at least one individual. The Cowboys finished sixth in the team standings but just missed out on the individual accolades.

Junior Greg Miller was 26th, one spot out of contention for All-Mountain Region honors. Miller ran the 10K event in 30 minutes, 31.4

seconds. Junior Nick Ekel wasn't far behind, finishing 28th with a mark of 30:32.9.

Freshman Garrett Zans finished 40th, 31:08.7; senior Taylor Kelting was 49th, 31:23.3; sophomore Michael Banks was 62nd, 31:49.0; and junior Ryan Griesbach was 93rd with a time of 33:17.6.

"The guys ran really well. That's a credit to what they've done all year," Cole said. "It was a good team effort and we competed well. Last year we had a down year, but we bounced back this year. They ran really tough and it bodes well for our future."

The 'Pokes finished with 205 team points and were one of four Mountain West Conference teams to place in the top six. New Mexico won the men's race with 45 points.

The event capped off a very successful year for Cowboy cross country.

For the season, Wyoming finished no worse than sixth in every event, and added a win in the Woody Greeno Invite in Nebraska. The 'Pokes had the MWC Freshman of the Year in Zans, and two Second-Team All-Conference performers in Miller and Ekel.

The Cowboys also had a 95-19 record in duals, an .833 winning percentage.

