

ALL-RMAC WOMEN'S CROSS COUNTRY TEAMS

*** Unless otherwise noted, runner listed at top of First Team is also RMAC Individual Champion**

2013 ALL-RMAC

RMAC Runner of the Year:

Lauren Martin, Adams State

RMAC Freshman of the Year:

Maura O'Brien, Adams State

RMAC Coach of the Year:

Damon Martin, Adams State

2013 ALL-RMAC FIRST TEAM

Lauren Martin, Adams State

Janelle Lincks, Metro State

Kelly Lamb, Adams State

Anna Marshall, Western State

Maura O'Brien, Adams State

Regan Mullen, Colorado Christian

Tara Richardson, Western State

2013 ALL-RMAC SECOND TEAM

Breanna Hemming, Metro State

Julie Pack, Western State

Chloe Gustafson, Colorado Mines

Melanie Becic, Western State

Veronica Sandoval, UC-Colorado Springs

Melissa Roberts, Adams State

Amy Penn, Western State

2013 ALL-RMAC THIRD TEAM

Jenna Thurman, Adams State

Taylor Warren, Adams State

Torie Weprin, Western State

Amy Johnston, Metro State

Angie Martell, UC-Colorado Springs

Alyssa Selve, Adams State

Cassandra Ortiz, Western State

2012 ALL-RMAC

RMAC Runner of the Year:

Alicia Nelson, Adams State

RMAC Freshman of the Year:

Regan Mullen, Colorado Christian

RMAC Coach of the Year:

Damon Martin, Adams State

2012 ALL-RMAC FIRST TEAM

Alicia Nelson, Adams State

Kelly Lamb, Adams State

Sophie McNeely, Western State

Lauren Martin, Adams State

Alyssa Selve, Adams State

Tara Richardson, Western State

Regan Mullen, Colorado Christian

2012 ALL-RMAC SECOND TEAM

Julie Pack, Western State

Tracee Van der Wyk, Adams State

Hannah Schuster, Colorado Mines

Jessie Brunett, Adams State

Madison Neher, UC-Colorado Springs

Janelle Lincks, Metro State

Anna Marshall, Western State

2012 ALL-RMAC THIRD TEAM

Torie Weprin, Western State

Megan Burrell, UC-Colorado Springs

Angie Martell, UC-Colorado Springs

Hannah Cooling, Colorado Mines

Veronica Sandoval, UC-Colorado Springs

Cassandra Ortiz, Western State

Erin Curran, Black Hills State

2011 ALL-RMAC

RMAC Runner of the Year:

Lauren Kleppin, Western State

RMAC Freshman of the Year:

Melissa Roberts, Adams State

RMAC Coach of the Year:

Jennifer Michel, Western State

2011 ALL-RMAC FIRST TEAM

Lauren Kleppin, Western State

Alicia Nelson, Adams State

Kelly Lamb, Adams State

Sarah Lange, Adams State

Sarah Lyle, Western State

Julianne Payton, Western State

Sophie McNeely, Western State

2011 ALL-RMAC SECOND TEAM

Kristen Meadors, Western State

Xenia Flores, Metro State

Melissa Roberts, Adams State

Carissa Sinda, Metro State

Jessie Brunett, Adams State

Brooke Harris, Nebraska-Kearney

Hannah Schuster, Colorado Mines

2011 ALL-RMAC THIRD TEAM

Kery Allen, Metro State

Lauren Martin, Adams State

Ashley Rietman, Metro State

Lauren Policky, Regis

Taylor Warren, Adams State

Marie Patton, Colorado Mines

Briana Adams, Nebraska-Kearney

2010 ALL-RMAC

RMAC Runner of the Year:

Alexis Skarda, Mesa State

RMAC Freshman of the Year:

Kelly Lamb, Adams State

RMAC Coach of the Year:

Jennifer Michel, Western State

2010 ALL-RMAC FIRST TEAM

Alexis Skarda, Mesa State

Kristen McGlynn, Adams State

Sophie McNeely, Western State

Hilllory Davis, Western State

Sarah Lyle, Western State

Kelly Lamb, Adams State

Ashley Quintana, Adams State

2010 ALL-RMAC SECOND TEAM

Addison Lemaster, Adams State

Anna Marshall, Western State

Tara Richardson, Western State

Lauren Policky, Regis

Morgan Stumb, Colorado Mines

Xenia Flores, Metro State

Kelsey Follett, Mesa State

2010 ALL-RMAC THIRD TEAM

Amy Long, Nebraska-Kearney

Kait Frier, UC-Colorado Springs

Holly Walker, Colorado Mines

Vicky Van Alstine-Tauer, Metro State

Cassie Mitchell, Adams State

Caitlin O'Brien, Regis

Annika Haughwout, Western State

2009 ALL-RMAC

RMAC Runner of the Year:

Kristen McGlynn, Adams State

RMAC Freshman of the Year:

Alicia Nelson, Adams State

RMAC Coach of the Year:

Damon Martin, Adams State

2009 ALL-RMAC FIRST TEAM

Reuben Mwei, Adams State

Alexis Skarda, Mesa State

Alicia Nelson, Adams State

Addison Lemaster, Adams State

Hilllory Davis, Western State

Kenzie Grant, Fort Lewis

Sydney Laws, Colorado Mines

2009 ALL-RMAC SECOND TEAM

Xenia Flores, Metro State

Janette Cary, Adams State

Kelsey Follett, Mesa State

Sarah Lyle, Western State

Vanessa Roy, Adams State

Ashley Quintana, Adams State

Esmerelda Martinez-Ramos, Mesa State

2009 ALL-RMAC THIRD TEAM

Annika Haughwout, Western State

Ashley Kelly, Fort Lewis

Danielle Kehoe, Metro State

Marie Patton, Colorado Mines

Hannah Cooling, Colorado Mines

Taebrooke Rutter, Metro State

Amy Long, Nebraska-Kearney

2008 ALL-RMAC

RMAC Runner of the Year:

Lavenna Mullenbach, Adams State

RMAC Freshman of the Year:

J.J. Lende, Adams State

RMAC Coach of the Year:

Damon Martin, Adams State

ALL-RMAC WOMEN'S CROSS COUNTRY TEAMS

2008 FIRST TEAM ALL-RMAC

Lavenna Mullenbach, Adams State
Shannon Payne, UC-Colorado Springs
Heather Wood, Adams State
J.J. Lende, Adams State
Julianne Payton, Western State
Alexis Skarda, Mesa State
Lisa Thomas, Western State

2008 SECOND TEAM ALL-RMAC

Hilory Davis, Western State
Esmeralda Martinez-Ramos, Mesa State
Sofia Monroe, Adams State
Janette Cary, Adams State
Chelsea Rutter, Metro State
Sarah Lyle, Western State
Emily Schmidt, Western State

2008 THIRD TEAM ALL-RMAC

Melanie Peddle, Colorado Mines
Ashley Quintana, Adams State
Danielle Kehoe, Metro State
Sydney Laws, Colorado Mines
Alexandra Tayrien, Western State
Vanessa Roy, Adams State
Natalia Guerrero, Western State

2007 ALL-RMAC

RMAC Runner of the Year:
Brittany Somers, Adams State
RMAC Freshman of the Year:
Ashley Quintana, Adams State
RMAC Coach of the Year:
Damon Martin, Adams State

2007 ALL-RMAC TEAM

Brittany Somers, Adams State
Lauren Dunsmoor, CSU-Pueblo
Tanya Gaurmer, Adams State
Anne Ronoh, Western State
Heather Wood, Adams State
Ashley Quintana, Adams State
Lavenna Mullenbach, Adams State
Julianne Payton, Western State
Kaci Lickteig, Nebraska-Kearney
Samantha Towne, Mesa State

2006 ALL-RMAC

RMAC Runner of the Year:
Esther Komen, Western State
RMAC Freshman of the Year:
Elsa Goshu, Western State
RMAC Coach of the Year:
Damon Martin, Adams State

2006 ALL-RMAC TEAM

Esther Komen, Western State
Shannon Payne, UC-Colorado Springs
Brittany Somers, Adams State
Heather Wood, Adams State
Tanya Gaurmer, Adams State
Agnes Kroneraff, Western State
Lavenna Mullenbach, Adams State
Emily Roser, Fort Lewis
Ashley Birger, UC-Colorado Springs
Elsa Goshu, Western State

2005 ALL-RMAC

RMAC Runner of the Year:
Emily Mortensen, Adams State
Freshman of the Year:
Esther Komen, Western State
Coach of the Year:
Damon Martin, Adams State

2005 ALL-RMAC TEAM

Emily Mortensen, Adams State
Esther Komen, Western State
Victoria Martinez, Adams State
Shannon Payne, UC-Colorado Springs
Michelle Icban, Adams State
Lavenna Mullenbach, Adams State
Brittany Somers, Adams State
Tanya Gaurmer, Adams State
Agnes Kroneraff, Western State
Heather Beresford, Colorado Mines

2004 ALL-RMAC

2004 RMAC Runner of the Year:
Stephanie Bylander, Adams State
2004 RMAC Freshman of the Year:
Agnes Kroneraff, Western State
2004 RMAC Coach of the Year:
Damon Martin, Adams State

2004 ALL-RMAC TEAM

Stephanie Bylander, Adams State
Virginia Coindreau, Adams State
Emily Mortensen, Adams State
Alisha Williams, Western State
Agnes Kroneraff, Western State
Victoria Martinez, Adams State
Michelle Icban, Adams State
Heather Beresford, Colorado Mines
Hannah Davey, Colorado Mines
Brittany Somers, Adams State

2003 ALL-RMAC

RMAC Runner of the Year:
Alisha Williams, Western State
RMAC Freshman of the Year:
Kim Jacques, Western State
RMAC Coach of the Year:
Damon Martin, Adams State

2003 ALL-RMAC TEAM

Alisha Williams, Western State
Emily Mortensen, Adams State
Rebekah Walter, Adams State
Stephanie Bylander, Adams State
Beth Lee, Adams State
Kim Jacques, Western State
Victoria Martinez, Adams State
Alicia Torres, Adams State
Kristen Toney, Western State
Sarah Coghlan, Western State

2002 ALL-RMAC

RMAC Freshman of the Year:
Alicia Torres, Western State
RMAC Coach of the Year:
Damon Martin, Adams State

2002 ALL-RMAC TEAM

Zoila Gomez, Adams State
Tonya Bosen, Adams State
Alisha Williams, Western State
Amber Klein, Adams State
Rebekah Mackie, Western State
Najeeby Quinn, Western State
Virginia Coindreau, Adams State
Kristen Toney, Western State
Amanda Occhi, UC-Colorado Springs
Susan Sagle, Fort Lewis

2001 ALL-RMAC

Freshman of the Year:
Alisha Williams, Western State
Coach of the Year:
Duane Vandenbusche, Western State

2001 ALL-RMAC TEAM

Zoila Gomez, Adams State
Hannah Lawrence, Western State
Alisha Williams, Western State
Zuzana Sarikova, Western State
Laura Garcia, Adams State
Najeeby Quinn, Western State
Virginia Coindreau, Adams State
Kristen Toney, Western State
Amanda Occhi, UC-Colorado Springs
Susan Sagle, Fort Lewis

2000 ALL-RMAC

RMAC Runner of the Year:
Sarah Meyer, Adams State
RMAC Freshman of the Year:
Rebekah Mackie, Western State
RMAC Coach of the Year:
Graeme Badger, UC-Colorado Springs

ALL-RMAC WOMEN'S CROSS COUNTRY TEAMS

2000 ALL-RMAC TEAM

Sarah Meyer, Adams State
Kirsty Weir, Western State
Andrea Hurbine, Western State
Rebekah Mackie, Western State
Sarah Vigil, UC-Colorado Springs
Zuzana Sarikova, Western State
Hannah Lawrence, Western State
Medilyn Bosen, UC-Colorado Springs
Kire Claussen, UC-Colorado Springs
Najeeby Quinn, Western State

1999 ALL-RMAC

RMAC Runner of the Year:

Kim Bosen, Adams State

RMAC Freshman of the Year:

Jenny Hopkinson, Western State

RMAC Co-Coach of the Year:

Damon Martin, Adams State;
Bob DeVries, N.M. Highlands

1999 ALL-RMAC TEAM

Kim Bosen, Adams State
Melissa Bouren, Adams State
Jennifer Michel, Western State
Jodi Day, Western State
Cory Chastain, Adams State
Colleen Peterson, Western State
Anna Williams, N.M. Highlands
Loraine Randlett, Western State
Jenny Hopkinson, Western State
Jinny Mortensen, Adams State

1998 ALL-RMAC

RMAC Runner of the Year:

Kim Bosen, Adams State

RMAC Freshman of the Year:

Kim Bosen, Adams State

RMAC Coach of the Year:

Damon Martin, Adams State

1998 ALL-RMAC TEAM

Kim Bosen, Adams State
Sarah Parkey, Adams State
Kim Bugg, Adams State
Stephanie Milam, Adams State
Jennifer Michel, Western State
Melissa Bouren, Adams State
Jinny Mortenson, Adams State
Christine Cooper, Western State
Jenny McQuitty, Adams State
Heather Taylor, Western State

1997 ALL-RMAC

RMAC Runner of the Year:

Janelle Olson, Adams State

RMAC Coach of the Year:

Damon Martin, Adams State

1997 ALL-RMAC TEAM

Janelle Olson, Adams State
Kimberly Bugg, Adams State
Nicole Jefferson, Western State
Denise Summers, Adams State
Sarah Parkey, Adams State
Stephanie Milam, Adams State
Nara Hawker, Adams State
Lorraine Masterson, Western State
Jennifer Michel, Western State
Stacy Weatherman, Fort Hays State

1996 ALL-RMAC

RMAC Runner of the Year:

Denise Summers, Adams State

RMAC Coach of the Year:

Damon Martin, Adams State

1996 ALL-RMAC TEAM

Denise Summers, Adams State
Kim Bugg, Adams State
Nikole Sterling, Adams State
Janelle Olson, Adams State
Nicole Jefferson, Western State
Ruby Failing, Adams State
Maria Lopez, Western State
Stephanie Milam, Adams State
Anna Swier, N.M. Highlands
Debbie Magana, Western State

1995 ALL-RMAC

RMAC Coach of the Year:

Damon Martin, Adams State

1995 ALL-RMAC TEAM

Tuma Urrio, Western State
Nikole Sterling, Adams State
Denise Summers, Adams State
Kim Bugg, Adams State
Janelle Olson, Adams State
Esther Tillman, Adams State
Kris Veltri, Adams State
Nara Hawker, Adams State
Hilary Flaming, Fort Lewis
Jennifer Ziemer, Western State

1994 ALL-RMAC TEAM

RMAC Coach of the Year:

Duane Vandenbusche, Western State

1994 ALL-RMAC TEAM

Elva Martinez-Dryer, Western State
Sarah Horan, Western State
Nikole Sterling, Adams State
Renee Retherford, Western State
Pamela White, Adams State
Karen Talamantes, Adams State
Tuma Urrio, Western State
Norma Gonzalez, Adams State
Janelle Olson, Adams State
Nara Hawker, Adams State

1993 ALL-RMAC TEAM

RMAC Coach of the Year:

Damon Martin, Adams State

1993 ALL-RMAC TEAM

Elva Dryer, Western State
Rhonda Leyba, Adams State
Kristin Schwartz, Adams State
Annabelle Ortiz, N.M. Highlands
Sarah Horan, Western State
Renee Retherford, Western State
Karen Talamantes, Adams State
Heather Gilbert, Adams State
Pam White, Adams State
Liz Hile, Western State

1992 ALL-RMAC TEAM

RMAC Coach of the Year:

Damon Martin, Adams State

1992 ALL-RMAC TEAM

Stacey Beacham, Adams State
Elva Dryer, Western State
Rhonda Leyba, Adams State
Amy Cooper, Adams State
Laura Romero, Adams State
Amy Giblin, Adams State
Krista Adams, Fort Hays State
Kristin Schwartz, Adams State
Christie Darvas, Mesa State
Liz Hile, Western State

1991 ALL-RMAC TEAM

1991 RMAC Coach of the Year:

Damon Martin, Adams State

1991 ALL-RMAC TEAM

Amy Giblin, Adams State
Kristin Shern, Adams State
Rhonda Leyba, Adams State
Cassie Henkiel, Western State
Michelle Chupurdia, Western State
Christie Darvas, Mesa State
Renee Retherford, Western State
Amy Cope, Western State
Audrey Romer, Adams State
Robyn Clark, Western State

1990 ALL-RMAC TEAM

Terry Villarreal, Adams State
Jolynn Hutchinson, Western State
Kristin Shern, Adams State
Cassie Henkiel, Western State
Amy Giblin, Adams State
Amy Cope, Western State
Elva Martinez, Western State
Michelle Chuperdia, Western State
Juli Cyrus, Western State
Rhonda Leyba, Adams State

ALL-RMAC WOMEN'S CROSS COUNTRY TEAMS

1989 ALL-RMAC TEAM

Amy Gilbin, Adams State
Johnna Myers, Adams State
Terry Villarreal, Adams State
Cassie Henkiel, Western State
April Campbell, Adams State
Patricia Rodriguez, Western State
Bonnie Weiskopf, Western State
Melissa Johnson, Adams State
Jolynn Hutchinson, Western State
Lori Meade, Western State

1988 ALL-RMAC TEAM

Melissa Knight, Fort Lewis
Johnna Myers, Adams State
Lisa Fitzgerald, Western State
Barb Peterson, Adams State
Jane Reaves, Adams State
Sonya Frisby, Western State
Bonnie Weiskopf, Western State
Joan Parks, Adams State
Tamara Thomas, Southern Colorado
April Campbell, Adams State

1987 ALL-RMAC TEAM

Doris Watson, Adams State
Jane Reaves, Adams State
Sheila Barrett, Western State
Bonnie Weiskopf, Western State
Barb Peterson, Adams State
Rita Torres, Adams State
Danel Segura, Western State
Diane Vallejos, N.M. Highlands
Christina Lujan, N.M. Highlands
Tammy Thomas, Southern Colorado

1986 ALL-RMAC TEAM

Kathy Spear, Adams State
Shelia Barrett, Western State
Doris Watson, Adams State
Corinne Behrend, Western State
Kate Smith, Western State
Bonnie Weiskopf, Western State
Monica Flores, N.M. Highlands
Sarah Kanesta, Fort Lewis
Christina Lujan, N.M. Highlands
Lisa Fitzgerald, Western State

1985 ALL-RMAC TEAM

Jolene Fisher, Southern Utah State
Sheila Barrett, Western State
Lupita Trujillo, Adams State
Nancy Lough, Adams State
Kathy Spear, Adams State
Sharon Foster, Adams State
Jackie Gengler, Southern Utah State
Lorraine Hoyle, Southern Colorado
Jane Reaves, Adams State
Sonya Frisby, Colorado Mines

1984 ALL-RMAC TEAM

Julie Jenkins, Adams State
Sharon Foster, Adams State
Kathy Spear, Adams State
Denise Sonne, Adams State
Sheila Barret, Western State
Lori Smith, Western State
Nancy Lough, Adams State
Kristel Wolfe, Colorado Mines
Kris Marshall, Western State
Kate Smith, Western State