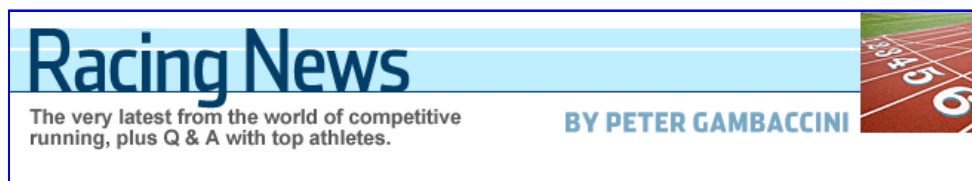


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## My IFrame



## A Brief Chat With Jenny Barringer

04/20/2010 11:36 PM

By Peter Vigneron

Photos By Victah Sailer



**Jenny Barringer**, 23, graduated from the University of Colorado in 2009 as one of the most decorated NCAA runners in history. In January, she signed a surprise sponsorship contract with New Balance, and in February announced that she was leaving Colorado coach Mark Wetmore to begin working with Air Force Academy coach Julie Benson. In 2009, Barringer ran a remarkable series of races, beginning with an NCAA record-setting 15:01.70 for 5000 meters indoors and culminating with a fifth place, American record 9:12.50 steeplechase at the Berlin World Championships. Along the way, she ran 3:59.90 in the 1,500, making her the third-fastest American in history in that event. Barringer has not raced since November 23 when, as the heavy favorite, she finished 163rd at the 2009 NCAA Cross Country Championships.

**You were underground for a couple months after the signing. What was the idea behind keeping a low profile?**

**Jenny Barringer:** I don't think it was so much an intentional low profile. If you talk to people around Boulder, I feel like I could never have a low profile living there. But a lot of it is the transition, my transition from college to a professional running career was very public, right at the beginning. It was really exciting and a fun season to go through, and then I went right back into full time training. So the day-in and day-out, getting in the miles, starting the track workouts, getting my body ready for the season—I think that's where a lot of the disappearing happened. And then I'm out here for Boston, for the marathon, to support my fiance Jason, who's racing on Monday (Barringer was interviewed before the Boston Marathon), and teaming up with New Balance and doing some stuff this weekend. Then in two weeks I'm going to open up my season at Stanford, which I'm really excited about.

**That was question A-1 on my list. What are you racing at Stanford?**

**JB:** The 1500 meters.

**Should we see that as an indication of what you'll be focusing on this year?**

**JB:** Absolutely not. This whole season is not really going to be focused on any event. It's going to be focused on me transitioning from college to a professional lifestyle. I'm excited about having a rookie season, I'm excited about being able to take this season, especially without a world championship, to really explore all of the events from 800 meters all the way up to 5K, and really see where my fitness is in all of those. In addition to that, getting to know a new coach, and her getting to know me. I think treating this season that way is going to help us plan for the next seasons in my career.

**You've already done a lot of international, professional-type racing. More than the average "good" NCAA runner. So what is that transition?**

**JB:** I've physically moved from Boulder to Colorado Springs. I'm living at the Olympic Training Center now, I'm working with a new coach, Julie Benson, of the Air Force Academy, so there's a lot in my day-to-day life—well, my day-to-day life is very different, in every way. As far as racing goes, I have raced internationally more than the average collegian, but it's really been inside the safety realm of the USATF federation at the world championships or at the Olympics. I've only raced one Grand Prix race in Europe, ever. So I'm excited about learning how to go over to Europe and spend two or three solid months there. And how training and eating and sleeping and life is going to be there for a sustained period of time.

**Last we had heard, you were planning on staying in Boulder.**

**JB:** I had every intention of staying in Boulder, and when I made the coaching change it was just more practical for me to be in Colorado Springs. I moved into the Olympic Training Center and it's ended up being an incredible match for me. The people and the resources that I'm surrounded with are certainly going to add up throughout the months that I'm there, and I think really help my season.

**Who are you training with on a daily basis?**

**JB:** I work out with some of the men at the Air Force Academy, which is really exciting. It's fun to be with that group of men. The Air Force,



of course, is in and of itself a different lifestyle from the typical college experience or an elite athlete experience. It's fun to learn their way of life, but it's also fun to train on a day-to-day basis with people who are so well matched to my ability but I never have to race. That's really an advantage.

**Is this the first time you've worked out with guys?**

**JB:** Yes. I don't work out with them every single day, but the Academy has embraced me beyond any of my expectations. We get along so well, and I have such great friends there. From day one I feel like they made me part of their little Air Force family. They do a good job. They take good care of me.

**And what are some of the differences training under Coach Benson versus Coach Wetmore?**

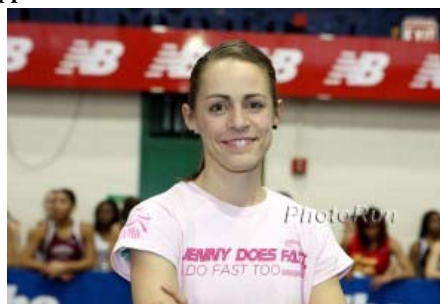
**JB:** One of the things that any collegiate coach is restricted by is time. There's no collegiate athlete that can dedicate six hours of their day to running. One of the biggest differences is learning what opportunities exist in those extra hours for recovery, for full body workouts, for really training myself as an athlete and paying attention to my body as an athlete. So a lot of the recovery, a lot of the drills, a lot of that is very different. Which would be different for anyone. Now I have the whole entire work day just to focus on running, instead of running and school.

First and foremost, I stretch way more than I ever have in my entire life. So stretching, and drills, and just general rehab. When you're in college you finish your workout in the weight room and you know that you should stretch, and you should foam roll, and you should do all these important things to recover, but you're rushing to get to your next class or rushing home to get dinner because you haven't eaten in five hours. Living at the training center and working out at the Air Force Academy, I have all day to get these things done, so I really am able to fill my day with things that are not just great for my running but for my recovery and my body.

**At the time (of the coaching change), you said Coach Wetmore didn't have time, as a college coach, to coach you. There were people that said, 'Well, yeah, but she's moving to another college coach.' I think people saw that as an unsatisfying answer.**

**JB:** Part of it is, Julie is an assistant track coach, so she certainly does have more time than Mark. And also, I wanted to stay at the University of Colorado and that was no longer an option. But Julie has more time because she's an assistant coach and she has made it very clear that she prioritizes her post-collegiate athletes. That's an important thing.

**Let's talk about 2009 a little. Why do you think the breakthrough happened?**



**JB:** I think a lot of the "breakthrough" was just the summation of a lot of good things. When you sign up with a coach, you can't get everything done in one year, and you can't reflect their knowledge and their ability to train you in one year. So every year you get stronger, every year the training becomes more natural and your abilities are more innate. I think in 2009 it was just the summation of four years of commitment and loyalty of a group of three people, and I think it just really came to fruition that year.

**Are you thinking, 'Well, now I've got much more time and there are going to be further breakthroughs,' or are you taking a more incremental approach?**

**JB:** I think the further along you get in your career you can't pray for miracles. You can't expect that—I don't know if I'm ever going to get another handful of seconds all at one big time in a 1500 meters again. So definitely there's going to be an incremental approach to it. At the same time though, change can be a really great stimulus. I'm excited about what I see in my training right now and how Julie motivates me really well and really differently. I'm really excited about our new partnership. I think my partnership with her and with the Air Force men and with the Olympic Training Center is going to make a big difference.

**So after the 1500 at Stanford, what are you thinking?**

**JB:** After that, there's an 800 meters in Occidental that I'll be racing. And then there's a couple other things, obviously the national championships I'll be racing, what event I'll be running I'm not sure. But especially because Julie and I have not had the advantage of being together the last four and a half or five years, or working together for that time, we're still getting to know each other. She still hasn't seen me race yet. More so than was ever the plan before, we're going to take time to allow the season to unfold and make plans a little as we go. I'm a

planner, so it's difficult for me to know that my schedule isn't written in stone somewhere, but it really isn't we're going to take the races two or three at a time and then see how they go.

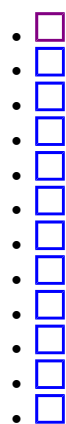
### Colorado Springs is about 2,000 feet higher than Boulder. Has that been a big change?

**JB:** Where I train, the actual track, from Potts Field (in Boulder) to the Air Force Academy, is about 2,000 feet. Where I live is a little bit lower, probably a 1,000 feet difference. There was definitely a bit of change and adjustment I had to go through in the first couple of weeks, but it came really quickly and I think a lot of that is because I've already been at altitude for four and a half years. It wasn't nearly the toll that I expected it to be.

### Any further reflection on NCAA Cross Country?

**JB:** NCAAAs was a very memorable point in my career, but not a turning point. I think that that was important for me to recognize in the weeks following the race. That it's not significantly changing how I train, or how I'm going to continue to race. That being said, it did impact how I thought about the way that I went into the race. I really blew it out of proportion and I put a lot of pressure on myself. As far as perspective, I think it was maybe even a good thing to experience before I became a professional. Nervous energy is good, and I perform well under pressure. But you can take it out of proportion. I think when that load gets too big, that's when you get things like what happened at NCAAAs. But it is good for me to know and recognize that the misfortune of NCAAAs was a responsibility that I have to take on myself. It wasn't a lack of training, it wasn't a lack of physical preparation. In those ways, it's not going to change what I do.

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## • Archives

# Broncos Tight End Daniel Graham Offers Asthma Tips

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20/04/2010 19:04:00

**Daniel Graham, tight end for the Denver Broncos, is teaming up with National Jewish Health to help children in the Denver Public Schools better control their asthma and miss fewer days of school.**

"Asthma does not have to stop children from leading a normal life," said Mr. Graham, who has asthma. "It hasn't stopped me."

Mr. Graham offers the following tips for kids to help properly manage their exercise-induced asthma.

**Take your medication.** One of the most important things you can do to prevent exercise-induced asthma is to take your bronchodilator medication prior to exercising. If you're going to go out and play sports make sure you've taken your bronchodilator medication 10-15 minutes before you start. Also, be sure to maintain your schedule of daily asthma medications that your doctor prescribes.

**Let people know you have asthma.** Teachers and coaches should be informed if you have exercise-induced asthma. Let them know you are able to participate in activities, but that you may have to take your bronchodilator medication beforehand.

**Proper warm up.** Stretching and a proper warm up before exercise, playing sports or vigorous activity will usually help you avoid asthma symptoms.

**Stick to a schedule.** It's easy to get out of your routine once the summer starts and forget to take your asthma medications. Remember that it's very important to stick with them and stay on schedule. With effective management you can perform and excel in a variety of sports.

**Asthma Action Plan.** Ask your doctor for a written asthma action plan. The plan should include what medicine to use to treat asthma symptoms and changes in peak flow zones, what medication to use as a pretreatment before exercise, emergency telephone numbers and a list of things that make your asthma worse

Daniel Graham grew up attending Denver Public Schools: Samuels Elementary, Hamilton Middle School, and Thomas Jefferson High School. He also attended the University of Colorado and was drafted in the first round in 2002 by the New England Patriots. Daniel signed with the Denver Broncos in 2006. He has shared the same passion as his mother, Marilyn, to give back to their community. In 2006 Daniel and Marilyn created the Daniel Graham Foundation to serve families in the Denver

metropolitan area by sponsoring events that provide give opportunities for young people to discover their inner strength and values through health, education and community services.

**National Jewish Health** is known worldwide for treatment of patients with respiratory, cardiac, immune and related disorders, and for groundbreaking medical research. Founded in 1899 as a nonprofit hospital, National Jewish remains the only facility in the world dedicated exclusively to these disorders. Since 1998, U.S. News & World Report has ranked National Jewish the #1 respiratory hospital in the nation.