

CU's Band of brothers heads to NCAAAs

Jeremy Dodson leads way for 400 relay team

By Ryan Thorburn Camera Sports Writer
Boulder Daily Camera

Posted: 06/08/2010 11:58:22 PM MDT

Kyle MacIntosh is a part of the family now.

The freshman sprinter from Littleton will represent Colorado at the NCAA Outdoor Track and Field Championships in the 400-meter relay along with Buffs brothers Jeremy Dodson, Quinton Dodson and A.J. Whitaker.

"Kyle is our step brother. He's our brother from another (mother)," Whitaker said with a smile before a recent practice at Potts Field. "We remember Kyle when he was little running track. He has always been fast. There was no breaking of the ice, we already knew each other and he just flows right in."

The quartet posted their best time of the season (39.91 seconds) at the NCAA West Regional in Austin, Texas, to earn an automatic bid to the national championships, which begin today in Eugene, Ore.

"It's awesome," MacIntosh said. "It's a really good experience. They all get along well and have that chemistry."

With three siblings on the team and the unofficial adoption of MacIntosh, the CU relay team will bring some natural unity to the starting line for the semifinal, which is scheduled for 5:15 p.m. today.

"A lot of it is very good," CU sprints coach Drew Morano said of having three brothers on a relay team. "They have been doing handoffs all their lives together and there's not a learning curve as far as that goes. Obviously, there is the bickering that goes on amongst brothers and everything like that. But they are all very focused and they all want it for each other."

"It's just as special to Jeremy as it is to everyone else. I think he was happier for his brothers getting to nationals than he was for himself."

Jeremy Dodson is on the short list of greatest sprinters in CU history. The senior holds the school record in the 200 -- both indoor and outdoor -- and will compete for a national title in his signature event this weekend after winning his heat at the regionals with a season-best time of 20.40.

"I wish I could have done more," Jeremy Dodson said of a stellar collegiate career that likely would have been even more impressive if not for injuries. "I wanted to be the top guy, the top sprinter at CU that everyone remembers. But I'm pretty proud of what I've done so far and looking forward to the future to come."

Jeremy Dodson failed to qualify for nationals in the 100, but that could prove to be a blessing in disguise if he is able to cross the finish line with a personal record in the 200.

"The national title is well within reach," Morano said. "It's something he has been pushing for all year, it has been his motivation. There is some very good competition out there and he has raced a lot of it already. If he has a great day ... first off we want to get through to the finals, then once we're there Jeremy needs to run Jeremy's race and good things will happen."

Dodson's decision to transfer from Arkansas to CU has helped balance Mark Wetmore's track and field program, which has always been known for producing dominant long-distance runners.

"Jeremy definitely changed the game on them," said Whitaker, who is the Dodson's half-brother. "We're trying to continue that trend. When you get that caliber of a long distance team, I don't see why we can't win the Big 12's the next two years if we just step it up as sprinters."

Whitaker and Quinton Dodson are sophomores, which means Jeremy Dodson will be passing the black and gold baton to

them after graduating and turning professional later this year.

"We're not going to fill his shoes," Quinton Dodson said. "We just want to maintain a good reputation for the school and for ourselves also."

The finals for the 400 relay and the 200 will be contested on Saturday within 40 minutes of one another. Oh, brother!

"At regionals people were saying, 'I never knew Colorado had sprinters.' Now they know my name, and I hope from now on we will have a well-rounded team at Colorado," Jeremy Dodson said of his legacy. "Other coaches from around the nation know I'm national championship caliber (in the 200) if I put it down. Going into this meet, I'm trying to do something great. ...

"My brothers help keep me focused and give me that motivation to push us a little bit more. I don't want to hear their mouth when I go in the stands about getting second place or getting third place. They know I can do better because they see me every day."

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Bufs Coburn, Kipp aim to add to legacy

CU's sophomore steeplechasers following Barringer's lead

By Ryan Thorburn Camera Sports Writer
Boulder Daily Camera

Posted: 06/08/2010 11:57:36 PM MDT

Jenny Barringer has graduated and moved on to a professional career, but the event she helped put on the international map remains strong at Colorado.

Two young Bufs, sophomore Emma Coburn and freshman Shalaya Kipp, will compete for a national title in the 3,000-meter steeplechase at the NCAA Outdoor Track and Field Championships in Eugene, Ore.

The dynamic duo finished 1-2 in their heat at the NCAA West Regional last month in Austin, Texas.

"This year isn't about filling Jenny's shoes," Coburn said. "It's more about me and Shalaya trying to do well and work off each other."

Last year as a freshman, Coburn finished 11th at the national meet with a USA Junior record time of 10 minutes, 6.21 seconds. Barringer, the top American finisher in the steeplechase at the 2008 Olympics in Beijing, won her third NCAA steeplechase title with a record time of 9:25.54.

Coburn has closed the gap on her legendary former teammate a little bit. She won the Big 12 championship with a time of 9:56.29, which broke the conference meet record held by Barringer (9:58.14) set in 2009.

"You want to improve what you do in the past," Coburn said of her expectations for this year's NCAA championships. "I want to finish in the top eight because that's where you're automatically an All-American. ...

"I was just happy to win the Big 12 championship. A lot of the good steeplechasers are in the Big 12. It's great to have a record of my own, but at regionals I knew a bunch of girls from the Big 12 who were there and what they were capable of. So having the record just gave me more confidence."

Kipp won Utah high school state championships in cross country, the 1,600 and 3,200. Once she arrived in Boulder from Salt Lake City, CU head coach Mark Wetmore had her try steeplechase.

"I was definitely surprised because I didn't know much about it. I was thinking I was going to be a 5K and 10K runner," Kipp said. "Once I started getting recruited I started following what Jenny was doing. I think the success we're having this year shows we have good coaches who know what they're doing."

Coburn and Kipp will have the advantage of teamwork on their side if they both advance beyond Thursday's semifinal to Saturday's final.

"Having Emma around is very helpful," Kipp said. "In the regional I was able to stay right behind her and have confidence going over the water jumps because she knew what she was doing."

SMU's Silje Fjortoft ran the best regional time (10:08.20) in the third and final heat. But Coburn and Kipp were just trying to survive the Texas heat and advance to the NCAA meet.

"They ran exactly as we instructed them to get through in difficult conditions," Wetmore said. "It was another hot, muggy night (in Austin). They kept hitting their splits and advanced easily."

The events are sold out for the NCAA championships, which will be run on the University of Oregon's famous Hayward Field.

"I think it's going to be really fun. I raced a 1,500 there my freshman year in a random meet (the Oregon Relays) and it

was still a spectacle," Coburn said. "I'm excited to see the full stands and watch all of the races. There's going to be a lot of energy there."

And an opportunity for CU to win another national title in Barringer's signature event.

"Shalaya is right on my heels," Coburn said. "With us doing well this year the steeplechase might shift from Jenny's event to being known as a CU women's event."

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ncaa track and field

CU sprinters make recruiting pitch

By John Meyer
The Denver Post

Posted: 06/09/2010 01:00:00 AM MDT



The CU 400-meter relay team, from left to right: A.J. Whitaker, Quinton Dodson, Kyle MacIntosh and Jeremy Dodson. The semifinals are this afternoon. If they qualify, the quartet races in the finals on Saturday. (Karl Gehring, The Denver Post)

BOULDER — University of Colorado sprinter Jeremy Dodson and his brothers took a recruiting pitch last month to the state high school track championships. Their message: The CU program,

long known for distance running, can be a good place for sprinters too.

"We're trying to keep some good sprinters in state," said Dodson, a graduate of George Washington High School. "We were doing some hard recruiting down there."

CU routinely qualifies distance runners for the NCAA Outdoor Championships, but this week Dodson and his brothers will represent the program in sprints. Dodson qualified in the 200 meters. Brothers Quinton Dodson and A.J. Whitaker qualified with him in the 400-meter relay, along with Kyle MacIntosh. "The honorary brother," CU sprint coach Drew Morano said of MacIntosh.

Morano appreciates the recruiting Dodson and his relay mates did at the state meet.

"All four of them were there," Morano said, "going around talking to coaches, taking to the athletes, saying, 'Hey, we're at Colorado, we love it, it's a great place, you should come.' These guys are really helping give back to the program."

The NAAs will be held today through Saturday at Hayward Field in Eugene, Ore. Jeremy Dodson will run for the last time as a Buff, but his brothers are sophomores.

"There are a lot of good sprinters in Colorado, but they don't feel they want to come here," Quinton Dodson said after a training session last

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week. "We're trying to bring that vibe back. If they stay in Colorado, we would be a force to be reckoned with, I believe."

CU also qualified Richard Medina in the 5,000 meters, Joe Bosshard in the 10,000 and two steeplechasers, Emma Coburn and Shalaya Kipp.

Jeremy Dodson, who began his collegiate career at track power Arkansas and transferred to CU in 2007, has the school's two best marks in the 200.

"He's an exceptional person," Morano said. "He's very dedicated, very focused, driven. He's



Jeremy Dodson has been working on his starts to get ready for the NCAA Outdoor Championships. (Karl Gehring, The Denver Post)

a great role model for his younger brothers, a great role model for everyone on the team."

Dodson is hoping to run well enough at the NCAAs to score a professional contract, continue

to train at CU and help out as a graduate assistant coach while pursuing a law degree.

"This race is definitely going to set me up for the future," Dodson said. "It's a big stepping stone. It's the last collegiate meet, but it's essentially going to be my first professional meet. This is my tryout, my audition for the pro scouts, for the sponsors out there."

The dream is to make an Olympic team down the road, and Morano said Dodson has potential in the 200 and the 400. First he has to get through NCAAs.

"My mind-set is to do something great, to run great, to be great," Dodson said. "We're all given special gifts, and you don't ever want to abuse that gift. You want to use it to the extremes. That's what I plan on doing."

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