

# CU's tiny runner looks to fill big shoes

**Freshman McLaughlin, 4-foot-10, could be next Barringer for Buffs**

**By Ryan Thorburn** Camera Sports Writer  
Boulder Daily Camera

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Jenny Barringer never had to look back at the field while setting a course record at the Rocky Mountain Shootout last Saturday.

Everybody's All-American dominated the 5.8-kilometer from start to record finish (19:25) on the Buffalo Ranch Course.

But had Barringer peeked into the rear-view mirror, she would have seen Colorado's cross country star of the future -- Allie McLaughlin.

The true freshman from Colorado Springs, who stands tall at 4-foot-10, finished second with a time of 20:22.

"I think I definitely lost Jenny near the end," McLaughlin said. "I know she was going for the record and being able to see her at the beginning was really cool."

McLaughlin -- a very aggressive and competitive runner -- was asked to pace herself by CU coach Mark Wetmore.

"Our observation of Allie in the recruiting process is she tended to be a little impetuous," Wetmore said. "So we're trying to hold her back and assigning her to stay with teammates. But they could tell by their respiration and her respiration during workouts that she was going to cut loose pretty soon."

After crossing the finish line having broken Kara Grgas-Wheeler's nine-year-old course record by 13 seconds, Barringer immediately turned around and cheered McLaughlin on down the stretch of her almost equally impressive performance.

"She ran impressive, but our whole team has gotten a sneak peek at that training with her every day. Maybe we're not quite as surprised as everyone else," Barringer said. "She is incredibly tough, she's mentally very tough, and constantly running on the edge and challenging herself and pushing herself."

CU's Emma Coburn, Laura Tremblay, Emily Hanenburg and Kelsey Jones were the next runners to cross the finish line.

The Buffs women's team is ranked No. 19 in the nation, but it's not how you start the season that matters.

"We're ranked like 21 (last week) or something and the only reason we're ranked probably is because Jenny is coming back," McLaughlin said. "I don't think anyone knows what's coming. I think we're going to keep training, lay low, take each day step by step, and come nationals, I think we can do well."

Part of the reason McLaughlin, who won the Class 5A state title for Air Academy last season by more than a minute, decided to come to Boulder was because Barringer was going to be here to pass the torch this semester.

"I'm so excited to be at Colorado training with coach Wetmore and then definitely that was a big part of coming here was having Jenny here for cross country season," McLaughlin said. "I think we're going to have a great team and I'm going to watch her train and learn from her. I'm really excited."

McLaughlin's time was the eighth-best in the 24-year-old history of the Shootout. You get the feeling she will be chasing hard after Barringer's mark for the next three years.

"I hope that I can be someone on the team that can set the benchmark for her and give her some things she can work toward," said Barringer, who was named the Big 12 runner of the week on Tuesday. "And I really hope she's sweeping up my records in the next couple of years."

### **Show-me a road win**

CU's soccer team is 4-1 in Big 12 play after losing 2-1 at Baylor on Sunday. The Buffs played their first four conference games at Prentup Field and appeared to be unbeatable during a 5-1 dismantling of Oklahoma.

Nikki Marshall scored four goals against the Sooners. CU was only able to muster two shots on goal against the Bears.

What a difference getting on an airplane makes.

"The next few games for us we're facing teams that are always in the upper echelon of the conference," CU coach Bill Hempen said. "We technically haven't won a road game this season, and we need to fix that."

The Buffs play at Missouri on Friday and at Kansas on Sunday.

### **Show-me, II**

CU's volleyball team continues its quest to give Liz Kritza her first Big 12 victory. The Buffs are 5-10 overall and fell to 0-6 in conference after getting swept by Baylor last Saturday at the Coors Events Center.

"With each match we play, different players are honing their skills and gaining valuable experience, which this group clearly needs to be able to make some noise in this very challenging conference," Kritza said.

The Buffs play at 5 p.m. today at Missouri. training with her every day. Maybe we're not quite as surprised as everyone else," Barringer said. "She is incredibly tough, she's mentally very tough, and constantly running on the edge and challenging herself and pushing herself."

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## Twenty questions with Kara Linder

CUI chats with Buffs goalkeeper

*By Cheng Sio on October 7, 2009*

There's more to the Colorado Buffaloes soccer team than star player Nikki Marshall, and senior goalkeeper Kara Linder has proven it this season.

Linder has twice been named the Big 12 Conference Defensive Player of the Week while Marshall has yet to receive such an honor this season. This isn't a shot at Marshall as more of what else there is on the team besides her.

Although the Buffs are 7-6 this season, they are 4-1 in conference play and Linder has been right smack in the middle of CU's success. Of Linder's four shutouts this season, three have been against Big 12 foes.

CU Independent sports editor Cheng Sio and Linder got together for 20 questions as the Buffs gear up for a Big 12 title run.

CUI: Why do you like soccer?

Kara Linder: I like soccer because I get to come out here and be competitive every day. I don't know what I'm going to do after soccer, but it's definitely fun.

CUI: Do you call this sport soccer or fútbol?

KL: I call it soccer because it's what I grew up doing, I guess.

CUI: Your brother, Luke, goes to the University of Nebraska. Does he tease you about playing for the rival?

KL: No, he only talks about football. He's a huge Huskers football fan, so we always get into it about that.

CUI: Does anyone else in Boulder or Lincoln, Neb., since that's where you were born and raised, give you grief about coming here?

KL: No, not really.

CUI: So far, how has this season been?



Two seasons ago, Kara Linder defended the Buffs' goal against a visitor from Linder's home state of Nebraska on Oct. 5, 2007. Now a senior, Linder has been an important player on the women's soccer team since she joined the program. (CU Independent file/Brandon Labadie)

KL: Rocky patches because we've struggled on the road, but we have four games left to prove ourselves on the road.

(The team is 6-1 at Prentup Field, but is 1-5 in neutral and road games.)

CUI: In your first three years, you had to share the goalie position with Kirstin Radlinski. Now that she's graduated and the job is yours, what is your mindset now compared to when you had to share the position?

KL: The last three years, we definitely competed every single day in practice and then we shared a lot of game time. This year is a lot different not having her around. But there's also Kelly Moore, who's a freshman, and I enjoy training with her every day too.

CUI: Have you ever seen as many soccer balls in one game such as the 27 shots Santa Clara took against you a couple of weeks ago?

KL: Yeah, I have before. Coming from Nebraska, we'd go and play a lot of big teams at regionals.

CUI: When Nikki Marshall is having one of her scoring binges such as her four-goal game last Friday against Oklahoma, how much easier does it make your job?

KL: It doesn't make my job necessarily easier. Even though you're standing around, you still got to be on the top of your game.

CUI: Does it make it tougher to focus and concentrate if nothing is coming your way?

KL: I guess it's harder but that's the way the game is played.

CUI: What is your most memorable moment on the soccer field?

KL: It would have to be when we beat Texas A&M in the Big 12 tournament my freshman year.

CUI: What is your most embarrassing moment on the soccer field?

KL: I have plenty. I would have to say when I mess up on goals that should've never gone in.

CUI: Being a goalie at CU, have you ever scored a goal in your entire life?

KL: Yeah, I have. I used to play the field a lot in high school. If I wasn't playing goalie, I'd play forward.

CUI: Do you remember how many goals you have scored?

KL: I don't remember. It's like really sporadic when it does go in and we'd always be winning 4-0 or something.

CUI: When you score, is it like one big celebration?

KL: Oh yeah. It's really funny. Everyone gets a kick out of it.

CUI: If you could stop a shot from any five people in the world in a penalty kick situation, who would they be?

KL: Nikki Marshall, [Zinedine] Zidane, [volunteer assistant coach] Stephen [Hoogerwerf], [senior defender] Carly Peetz from Nebraska and Mia Hamm.

CUI: How would you describe yourself?

KL: Easy-going.

CUI: What is your favorite movie?

KL: My favorite movie would have to be Sister Act 2: Back in the Habit.

CUI: Word association - Boulder? Lincoln? Winning a Big 12 Championship?

KL: Pretty. Football. Awesome

CUI: After college, will you play soccer professionally or will you enter the real world?

KL: That decision is up in the air, I guess. I don't know. I'm kind of just focusing on graduating right now and then see where life takes me.

CUI: What will you miss most when your collegiate career at CU comes to an end?

KL: Definitely my teammates, being a student-athlete and just being competitive every day.

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