

CU Buffs' Emma Coburn national champ in steeplechase

Buff senior-to-be next advances to world championships

Camera staff report
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EUGENE, Ore. -- Colorado senior-to-be Emma Coburn won the women's USA 3,000-meter steeplechase title on Sunday.

Coburn, the 2011 Big 12 and NCAA champion, won her first U.S. title in 9 minutes, 44.11 seconds.

Coburn ran in the front of the pack with Bridget Franek, the 2010 NCAA champion. It was a close finish, but Coburn was able to hold off Franek, finishing .79 second ahead of her (9:44.90).

"Bridget Franek helped me keep my pace the entire race," Coburn said. "This is the time of the year where most racers are at their peak, so I knew the level of competition would be high."

Coburn will now have an opportunity to compete on the world stage as a member of Team U.S.A. at the IAAF World Championships, Aug. 27-Sept. 4, in Daegu, Korea.

She will join CU assistant coach Billy Nelson, who won the men's championship on Saturday.

Coburn became the second Buff under CU coach Mark Wetmore to win the USA title while in college. Former Buff Jenny (Barringer) Simpson won the title in 2007 and 2009.

Junior-to-be Shalaya Kipp was ninth in the steeplechase. She crossed the finish line in 10:01.85 to end her sopho-more season. Kipp was third at the NCAA Championships earlier this month.

Current CU volunteer coach and former Buff standout Jeremy Dodson earned his first spot on an international roster. Dodson placed third in the finals of the 200-meter dash, clocking a wind-aided mark of 20.07. Walter Dix won the race in 19.95. Dodson made the finals after finishing third in the semis earlier in the afternoon. There he placed third with a time of 20.33.

Volunteer coach Emily Pearson finished her competition in the heptathlon on Sunday, placing seventh with 5,787 points.

U.S. track championships

At Hayward Field

Eugene, Ore.

Men

200 Final

1, Dix, 19.95. 2, Patton, 19.98. 3, Dodson, 20.07. 4, Mitchell, 20.31. 5, Austin, 20.31. 6, Crawford, 20.39. 7, Salaam, 20.43. 8, White, 20.48.

800 Final

1, Nicholas Symmonds, Oregon TC Elite, 1:44.17. 2, Khadevis Robinson, Nike, 1:44.49. 3, Charles Jock, Cal-Irvine, 1:44.67. 4, Tyler Mulder, Oregon TC Elite, 1:45.59. 5, Mark Wieczorek, unattached, 1:46.00. 6, Casimir Loxsom, Penn State, 1:47.87. 7, Samuel Borchers, Penn State, 1:48.91. 8, Robby Andrews, Virginia, 1:51.68.

400 Hurdles Final

1, Jeshua Anderson, unattached, 47.93 (47.921). 2, Bershawn Jackson, Nike, 47.93 (47.930). 3, Angelo Taylor, Nike, 47.94. **High Jump Final**

1, Jesse Williams, Oregon TC Elite, 7-9¼. 2, Dustin Jonas, Nike, 7-7. 3, Erik Kynard, Kansas State, 7-53/4.

Shot Put Final

1, Adam Nelson, Saucony, 72-53/4. 2, Christian Cantwell, Nike, 71-9. 3, Reese Hoffa, NYAC, 71-83/4.

Women**200 Final**

1, Solomon, 22.15. 2, Jeter, 22.23. 3, Tarmoh, 22.28. 4, Knight, 22.35. 5, Duncan, 22.35. 6, Moore, 22.58, 7, Richards-Ross, 22.68. Durst, DQ.

800 Final

1, Alysia Montano, Nike, 1:58.33. 2, Maggie Vessey, New Balance, 1:58.86. 3, Alice Schmidt, unattached. 4, Phoebe Wright, Nike, 1:59.25. 5, Geena Gall, Oregon TC Elite, 1:59.76. 6, Erica Moore, unattached, 2:00.17. 7, Molly Beckwith, Saucony, 2:00.93. 8, Christine Schmaltz, North Dakota State, 2:01.17.

100 Hurdles Final

1, Wells, 12.50. 2, Carruthers, 12.59. 3, Harper, 12.65. 4, Powell, 12.76. 5, Ali, 12.86. 6, James, 12.94. 7, Smith, 12.98. Lewis, FS.

3,000 Steeplechase Final

1, Emma Coburn, Colorado, 9:44.11. 2, Bridget Franek, Oregon TC Elite, 9:44.90. 3, Delilah DiCrescenzo, NJ-NY TC/Puma, 9:46.31. 4, Stephanie Garcia, Virginia, 9:51.57. 5, Sara Hall, Asics, 9:52.52. 6, Lindsay Allen, McMillan Elite/adidas, 9:56.65. 7, Lisa Aguilera, Nike, 9:59.30. 8, Mason Cathey, Saucony, 9:59.97. 9, Shalaya Kipp, Colorado, 10:01.85. 10, Nicole Bush, New Balance, 10:02.87. 11, Rebeka Stowe, Kansas, 10:05.03. 12, Lindsay Sundell, unattached, 10:07.83. 13, Stephanie Pezzullo, Sun Elite, 10:09.43. 14, Shayla Houlihan, Brooks, 10:16.97.

Pole Vault Final

1, Kylie Hutson, Nike, 15-3. 2, Jennifer Suhr, adidas, 15-1. 3, Lacy Janson, Nike, 14-9.

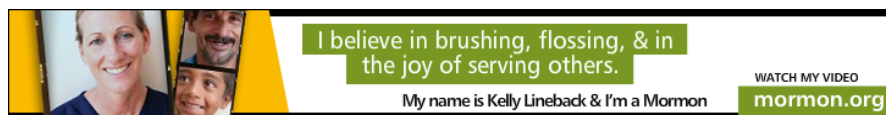
Long Jump Final

1, Brittney Reese, Nike, 23 feet, 7¼ inches. 2, Janay DeLoach, Nike, 22-10½. 3, Funmi Jimoh, Nike, 22-7.

Heptathlon

Final Standings -- 1, Sharon Day, Asics, 6,085 points. 2, Ryann Kraus, Kansas State, 6,030. 3, Chantae McMillan, Nebraska, 6,003. 4, Bettie Wade, Nike, 5,949. 5, Abbie Stechschulte, unattached, 5,927. 6, Hyleas Fountain, Nike, 5,861. 7, Emily Pearson, unattached, 5,787. 8, Barbara Nwaba, unattached, 5,733. 9, Lindsay Lettow, Central Missouri, 5,547. 10, Kasey Hill, unattached, 5,507. 11, Elizabeth Roehrig, unattached, 5,497. 12, Whitney Carlson, North Dakota State, 5,302. Bridgette Ingram, LEMANS Track Club, DNF.

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Emma Coburn Wins, Stephanie Garcia Goes Down, and Hey Delilah Goes to Korea

By LetsRun.com
June 26, 2011
*Video and Results below

Lisa Aguilera (last year's champion) and **Nicole Bush** (last year's runner-up) led the field in the opening 500 meters to the first water jump but as they came off the water, **Emma Coburn**, this year's NCAA Champion moved to the front, easily out-leaping her competitors over the first hazard and took control of the race.

As the field eased its way through the first two laps, Aguilera stayed right on Coburn's shoulder while 2009 World Championship team member and 2010 NCAA Champion **Bridget Franek** moved into third, with **Delilah DiCrescenzo** tucked on the inside in fourth.

Coburn Thins It Out

As they hit the first 1000, Coburn seemed to up the ante a bit and the field began to spread out. Also in the lead pack was the NCAA runner-up from this year, **Stephanie Garcia** of Virginia and **Sara Hall**, who was hoping to make her switch to full-time steeplechasing pay off with a trip to the World Championships.

With four laps to go, Franek moved to the lead, bringing with her a top pack that now included Coburn, Garcia, DiCrescenzo, Hall and **Lindsay Allen**. Aguilera, **Mason Cathey** and a suddenly fading Bush began to drop back.

With 1000 to go, Franek led with Coburn right on her heels. As the race went on, it became clear that the pair were also the most technically proficient hurdlers and water jumpers in the field, gaining a bit of separation at both the barriers and the water jump. DiCrescenzo was in third with two to go as the trio now had a five meter lead on Garcia and Hall, with Allen and Aguilera another 10 meters back.

As they approached 600 to, Garcia made a big move to get into the top three and on the penultimate water jump, DiCrescenzo and Hall had seemingly been dropped.

Drama on the Final Lap

With a lap to go it was Coburn, Franek and Garcia tightly bunched and with a chance to all go under the A standard of 9:43.00. The trio were also close to 15 meters clear of fourth place DiCrescenzo and the World Championship team seemed locked up. But if there is any race where disaster and heartbreak can strike at any time, it is in steeple. As the leaders approached 200 to go, DiCrescenzo made a big surge and began to reel in the leaders, but Garcia was still clear of her. The real drama came on the final water jump as Garcia fell in the water pit and Coburn and Franek moved forward effortlessly. Garcia's fall was a bad one and the fast-closing DiCrescenzo had to come to a near complete stop to avoid her. But the Columbia grad regained her footing to finish strongly and garner the precious final spot to Daegu while setting a seasonal best. Up front for the win, it was a battle of the last two NCAA Champions, and this year's winner Coburn pulled away from last year's champ Franek to continue her unbeaten season in the steeple. Since both Coburn and Frank already have the IAAF A standard, DiCrescenzo will make her first World Championship team with the B standard. Garcia got back up on her feet and managed to hold off a hard-charging Sara Hall for fourth, while Allen was sixth and last year's champ Aguilera finished seventh.

Post Race Reaction and Comments from Gags

Emma Coburn was ecstatic to get the win. She said, "This season went better than I ever could have dreamed." She showed even NCAA champions have self-doubt saying, "I didn't think I could win today... You always have a little bit of doubt." (Interestingly she was only an 11:35 2 miler in high school at altitude).

Franek was pleased to make the team. She also is proud with how she has adapted to moving out West and being a pro for the Oregon Track Club.

Delilah DiCrescenzo until this point was more known for her accolades off the track (The "Hey Delilah song") than on, but she booked her first ticket to Worlds thanks to the fall of Garcia on the last water jump. Delilah said the last 100 is the best part of her race and she was confident she could catch Garcia heading into the water-jump.

Garcia was left to ponder what could have been. She was 150 meters from making the team for Daegu and ended up going for a swim. Although she had never fallen in the water before she said it is something steeplers envision happening so she was prepared for it, but all she could think was to get up as fast as possible.

We also talked to legendary coach **Frank Gagliano** who coaches Delilah. Gags the legendary former coach at Georgetown (and Oregon Track Club) and of US stars **Steve Holman** and **Rich Kenah** is now back on the East Coast doing it old school. He lives in Rye, NY and swings by New York City twice a week and picks up Delilah in his car and drives 75 miles total to Rutgers where he meets the other runners in his group who come from New Jersey and Philadelphia, including **Erin Donohue**. Gags said of the throwback nature of his group, "This is the way it's done back east". When asked if a particular runner stood out for him he said, "They all do. Even the kid who scored a point at the Big East Championship means a lot to me." As for altitude training he says, "You don't need it."

Quick Take #1: The two best steeplers in America Anna Pierce and Jenny Simpson haven't run it in two years.

Quick Take #2: Stephanie Garcia shows why the steeple is the "easiest" event to make worlds on the men's and women's side. A lot of people will never try it because they can't hurdle or are afraid to try. Garcia's fall is all what they fear.

Quick Take #3: **Mark Wetmore** coached both steeple champions at this meet.



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