

Ex-CU football player Schaub faces key UFC bout

By Nick Groke *The Denver Post* *The Denver Post*

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The kind of fights that Denver's Brendan Schaub pushes himself into last no more than 15 minutes. But a five-minute round in the Ultimate Fighting Championship can seem to go forever — especially between two brawlers looking to knock each other unconscious.

In an August fight in Brazil against Antonio Rodrigo Nogueira, Schaub — a former University of Colorado fullback-turned-mixed martial arts heavyweight — got caught with a single hooking punch and went cold for a knockout just 3:09 into the first round.

"I got hit behind the ear by Nogueira, and that was it," Schaub said in September.

Now, nearly eight long months later, Schaub returns to the octagon for the first time since that loss, just his second as a professional.

Schaub, a hybrid-skill MMA fighter with a bent for boxing, will go against Milwaukee veteran Ben Rothwell at UFC 145 in Atlanta on Saturday. The bout is part of a main-event card topped by light heavyweight championship fight between Jon "Bones" Jones and Rashad Evans.

"It'll be eight months before I step back in there, and that's a long time for me," Schaub (8-2) said in a video during the run-up to the fight. "But I used it to get better. And eight months is a long time to get better.

"I'm excited to go in and show my hard work."

In his 10 pro fights, Schaub has won seven via knockouts, including six with punches. And in a victory over Mirko Filipovic last year, Schaub controlled the fight on the ground with wrestling before letting Filipovic up — just to knock him out.

It was a statement victory, one that put Schaub among the top 10 contenders for a heavyweight title, currently held by Junior Dos Santos. But Schaub's loss in August bumped him down the list.

On Saturday, Schaub has a chance to regain form. But Rothwell, who's been fighting since 1999, is also looking for one last, long shot. With three losses in his past five fights — including the wrong side of a decision at UFC 135 in Denver last September — Rothwell is trying to make a point.

"This is all or nothing — you're looking at it," Rothwell said. "I'm either gonna walk away and probably never fight again, or I'm gonna go out and make my road to the title. I really don't have much to say. I'm gonna speak inside the octagon. He'll understand I'm very serious."

Schaub will give up about 25 pounds to the pudgier Rothwell, but he has an athletic advantage.

"I'm not an angry guy, I'm not an angry fighter," Schaub said. "It's just about doing my thing. I couldn't care less what he's doing or what he's upset about. I'm just gonna go in there and have fun."

UFC 145

Saturday, 7 p.m., in Atlanta. Pay-per-view TV.

Light heavyweight: Jon Jones (15-1) vs. Rashad Evans (21-1-1), for the light heavyweight title

Welterweight: Rory MacDonald (12-1) vs. Che Mills (14-4)

Heavyweight: Brendan Schaub (8-2) vs. Ben Rothwell (31-8)

Bantamweight: Miguel Angel Torres (39-4) vs. Michael McDonald (14-1)

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Pats LT Nate Solder already feels more comfortable with his surroundings Year 2

What a difference a year makes. Last year, thanks to a lockout, and not having a playbook, Patriots first round pick **Nate Solder** came to Gillette Stadium without the first clue about much of anything.

"It's completely different than last year. I remember coming into camp. I didn't know which direction the field was," Solder said, drawing laughter from the assembled media. "I didn't know where the locker room was. I didn't know anything. Just to have those things under my belt is nice."

Solder also comes into an offseason program knowing he's the projected starter at left tackle with incumbent and longtime veteran **Matt Light** bound for retirement.

Solder, however, wasn't giving that away when asked about his role given Light's expected future.

"I don't know what my role is going to be," Solder said. "Right now, my mindset is to get better. There's a lot I have to improve on. That's what I'm going to work on right now and focus on."



A few weeks ago, Solder was a bit more forthcoming, saying he'd welcome the challenge of playing left tackle and being **Tom Brady's** blindside protector. After all, that's why he was taken with the 17th overall pick last year. Today, speaking to reporters inside the media workroom at Gillette, he was a more guarded.

Solder, however, did admit he had learned a lot from Light during the past year, and felt he had gained the respect of his teammates.

"I feel like I have (earned) some respect from some of the guys," Solder said. "We've had some tough games together. Been a part of that. It's going to be a different set of guys this year in places. So, it's just building that camaraderie again."

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1. Well, ready or not, here you come!!!

Comment by **Ted** - April 19, 2012 @ [1:55 pm](#)

2. What is this woman talking about. She must be the only one who knows for SURE what Matt Light is going to do. We'll see.

Comment by **chris** - April 19, 2012 @ [4:11 pm](#)

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Thursday, April 19, 2012

Solder looking to gain weight

By Mike Rodak

FOXBOROUGH, Mass. -- Patriots offensive tackle Nate Solder has been thrust into the spotlight in recent days after talk continues about the possible retirement of veteran tackle Matt Light.

Solder spoke to reporters at Gillette Stadium on Thursday, and was asked about Light's influence on his development after being drafted 17th overall last season.

"Matt's been great. He helps me," Solder said. "He helps me to continue to develop. He knows a lot about the game. He has a ton of experience. It's been really good having him here."

If Light's retirement becomes official, Solder is the overwhelming candidate to take Light's job as the starting left tackle. The second-year Colorado product said he is aiming to gain weight this offseason.

"I'd like to get bigger, stronger, maybe taller," the six-foot-eight Solder said, joking about his height. "I've been trying to gain weight since I was a freshman in college. I can tell you that has been a struggle for me. So I continue to try to gain weight."

Solder said that he currently weighs about 310 pounds, but would like to bulk up to about 320 or 330 pounds, and is eating four or five meals a day in addition to protein shakes.

"It's not hard to gain a lot of weight that's not going to help you play football," Solder said. "It's hard [to gain muscle] because it takes a lot in the weight room. You got to be lifting hard because you want to gain muscle, and you want to stay fast, you want to stay flexible."
