

Former CU Buff Neuman 2-for-2 in Boulder Race Series

By Lindsay Affleck Camera Sports Writer Boulder Daily Camera

Posted:

Buffzone.com

Make it a double for Kenyon Neuman.

After taking the West End 3K, the first of three Downtown Boulder Running Series races, Neuman finished strongly again to win the Pearl Street Mile in a time of 4 minutes, 10.39 seconds.

Going out fast behind Macklin Chaffee and John Minen, who finished second and fourth respectively, Neuman was able to sit off the hot pace and take over rounding the final turn onto 14th Street, passing Chaffee to inherit the lead. He then powered to the finish, leading the rest of the group to the line by a few seconds.

"Between 15th and 14th I caught him and went by," Neuman said. "At that point I felt confident because on the backstretch I didn't think I could catch him because he had a big gap. I think he started tying up, because they went out really fast."

"I got to the quarter marker, and I knew I was moving fast. So I looked back, and thought, 'Uh oh, this is really going to hurt,' and it did," said Chaffee.

On the women's side, 23-year old Chihiro Sunaga of Japan finished first with a time of 4:58.34. Sunaga, who runs for the Tokyo-based Shiseido running team, is usually an 800-meter specialist. Like the other 11 members of the team, Sunaga has been training in Boulder for a few months, and says she'll be returning to Japan in the near future.

Sunaga said through a translator that she was happy to win the race and improve her time from last year to sub-5 minutes.

Behind Sunaga, Niwot High School junior Elise Cranny held her own in the competitive wave with a fourth-place finish in 5:00:12.

Neuman says he's been happy to stay healthy since the beginning of the year, and has his sights set on the U.S. 5K and 10-mile championships and maybe a marathon later in the year. The former University of Colorado athlete says a long-term goal is to continue running well over different distances as the year progresses.

Click on any photo to see photo gallery

Neuman says he will go for the sweep in the final series race, the inaugural East End 2K on August 30.

"We'll see, there are a lot of good runners here in town, so it's always tough," said Neuman.

"I like these local events. The Boulder community really recognizes the local stuff, and we get a lot of support. I want to win all three."



NEW FULLBACK VICKERS LEADING SIMPLY BY “JUST BEING VICK”

Posted Aug 10, 2012

By Jonathan Auping

OXNARD, Calif. – Last season, the Cowboys finished with a meager five rushing touchdowns, tied for 30th in the NFL with Kansas City. **DeMarco Murray** went on record as saying that it was an “unacceptable” statistic.



But in order for that to improve, Dallas will need more than just contributions from Murray and fellow running back **Felix Jones**. They will also have to rely on the hardnosed blocking of newly acquired fullback **Lawrence Vickers**.

Vickers joins the Cowboys with six years of NFL experience at the fullback position. In 2007, he took over as the starting fullback for the Cleveland Browns and blocked for Jamal Lewis as he rushed for 1,304 yards. After signing a two-year deal with the Houston Texans last season, Vickers helped Arian Foster rush for 1,224 yards.

But then the Texans decided to save money, and the Cowboys were the beneficiaries. Houston released him on Mar. 13, with the Cowboys signing him the next day to a two-year deal.

Dallas knew that they were getting an excellent blocker, but the word around the locker room is that Vickers has also emerged as vocal leader, especially among the running backs. He downplays the idea that he is especially talkative, but he certainly has a passion for the game that is apparent to his teammates.

“It’s just me being myself. I’m not afraid to be myself,” says Vickers. “That’s what guys like. This is what I do. I play football. I don’t do anything else. At the end of the day, this is what I love. This is what I care about. When you love and care about something, you put the initiative to do the things that you need to do, whether that’s talking, being the first one out there, not being afraid to say ‘Hey, I mess up too, but I want to fix my mistakes.’”

Vickers also does not see himself as *the* leader. He stresses the importance of leadership qualities that many members of the team can share. He knows that if he works hard and does his part, then his

teammates will be much more likely to respect him, and they will have a better chance of achieving success together.

“It’s about allowing people to think anybody can be *that* guy,” says Vickers. “I’m just trying to come in here and help. I’m not trying to take a leadership role. I’m just being Vick.”

Murray, who had 900 rushing yards as a rookie last year, has enjoyed working with Vickers and is excited to have him as a blocker.

“It’s going great,” says Murray. “We’re really jelling right now. We’re having a great time. He’s a really smart player and he definitely blocks really well.”

To a certain degree, Vickers’ success will be measured by how well Murray can take advantage of his blocking. That same formula is why Vickers is considered such a quality fullback in this league – he has helped established running backs like Lewis and Foster accomplish higher levels of success. Vickers attributes this success to the chemistry he is able to develop with those players over time.

“I don’t really compare guys,” says Vickers. “All the running backs I’ve been around have been good. Point blank, period. And that just comes from me working with them and them working with me and us working together and us all having that same goal.”

Vickers explains that Murray shares the one characteristic that all the successful players he has been around possess.

“The good thing about everybody I’ve been around is that they love playing the game,” says Vickers. “So therefore, being good is not an option, they’re just going to be good regardless. That’s where DeMarco fits in; he loves playing this game. It’s not a matter of ‘Is he good?’ or ‘How does he compare to these guys?’ It’s how good is he going to be? He could be really, really good, super-good, great-good, all those things that have to do with good. If you love something and care about it, then you’re going to put the work in.”

The fullback position is one of the least glorified jobs in the NFL. The majority of the time a good fullback makes (or takes) a big hit and uses his strength to create an opening for another player to be able to celebrate in the end zone. However, Vickers may also prove to be a receiving threat out of the backfield

Some argue that the Cowboys have not had a legitimate receiving threat from the fullback position since Daryl Johnston. Vickers doesn’t expect to be a primary target, but he is more than prepared to catch whatever is thrown his way. In fact, he says that he is prepared to do just about anything.

“I see myself as whatever the coach needs,” says Vickers. “I’m a utility guy. If the coach needs some water then I’m going to get the water. Whatever needs to be done. I’m all about winning. Whatever I can do to help the team. I gave up my glory when I gave up my running back days. Now I’m just trying to be a part of something great.”

Running backs coach Skip Peete has been working with Vickers throughout training camp and he has liked what he has seen thus far. While he was reluctant to make any predictions about the upcoming campaign, he did share his feelings about Vickers’ place in the league the past few seasons.

“I would say in the last couple years, the top two full backs have been Vonta Leach and him,” says Peete. “The reason is because they are physical fullbacks at the point of attack when it comes to lead blocking. I obviously have to see him play in games and evaluate him from that point, but I’m extremely excited to have him and I’m looking forward to watching him play.”


In 2006, the Browns had the 31st ranked rushing offense in the NFL. In 2007, with Vickers taking over as the starting fullback, Cleveland jumped all the way to the 10th ranked rushing offense in the NFL. The Texans already had a potent rushing attack the year before Vickers joined the team with the 7th ranked rushing offense. But when they brought him in for the 2011 season, they became the 2nd ranked rushing team in the league.

URL: <http://www.dallascowboys.com/news/article-JonathanAuping/New-Fullback-Vickers-Leading-Simply-By-%E2%80%9CJust-Being-Vick%E2%80%9D/62facedb-3734-4438-957d-7aa0db3a3040>

© 2012 Dallas Cowboys. All rights reserved

Search

☒ Past 7 days ☐ Archives 

- 
- | [Home delivery](#)
- | [Sign up for e-news](#)
- | [Wireless](#)

- [Home](#)
- [Herald Blogs](#)
- [The Blitz](#)

« [Steve Gregory laughs at own juggling act](#)

[Morning links: Offensive line has its issues, Lloyd's friendly story, more from Pats' preseason victory](#) »

[Left tackle Nate Solder on his penalty-filled performance: "I gotta do better than that."](#)



No one ever said it was going to be easy taking over for **Matt Light**, or being **Tom Brady's** new blindside protector. The job as Brady's chief bodyguard can be pretty daunting.

Nate Solder officially stepped into the job tonight, and the second year tackle didn't exactly get off on the right foot.

During the two series Brady played, Solder was flagged for holding twice, as he was unable to contain the Saints edge rushers.

"I got to do better than that," Solder said following the Pats 7-6 win over the Saints. "It's just learn and move on."

Solder wasn't alone. The offensive line as a group didn't exactly perform well in front of Brady, who suffered a strip sack and fumble after **Marcus Cannon** couldn't contain **Will Smith**.

Solder believes he'll get better, along with the entire line.

"I want to continue to improve," he said. "I know that it's a whole group effort, so I want to be a part of that."

The Pats 2011 first round pick said he's comfortable out there, but knows he has to get better to take on the league's elite pass rushers.

"I've seen some of the good competition out there and I know that maybe I'm not to where I want to be yet," he said. "I'm not satisfied with the way that I play and I want to continue to get better."

This entry was posted on Thursday, August 9th, 2012 at 11:27 pm and is filed under [Preseason game](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can skip to the end and leave a response. Pinging is currently not allowed.

COMMENTS (0) [»](#)

No comments yet.

 [RSS feed for comments on this post.](#)

LEAVE A COMMENT

Name (required)

Mail (will not be published) (required)