



*Jenny Simpson qualified for her second straight Olympics after a third place finish in the 1,500 meters run on Sunday at the U.S. Trials.
Photo Courtesy: Larry Lawson*



Another Olympics For Simpson, Five Buffs to London

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EUGENE, Ore.—The University of Colorado added one more athlete on Sunday evening to its list of student-athletes and alumni that will participate in the London Olympics later this month.

Jenny (Barringer) Simpson finished third in the women's 1,500 meters run final and clinched her second straight summer games appearance at the last day of the U.S. Track & Field Olympic Trials at Hayward Field.

With the addition of Simpson, it brings the total number of Buffs who will go to London to five as she joins **Emma Coburn** (women's steeplechase), **Kara Goucher** (women's marathon), **Shalaya Kipp** (women's steeplechase) and **Dathan Ritzenhein** (men's 10,000 meters run).

Simpson ran the 1,500 in four minutes and 5.17 seconds, finishing behind winner Morgan Uceny (4:04.59) and runner-up Shannon Rowbury (4:05.11).

"The hardest thing about the trials is that your emotions can slip away," Simpson said. "I didn't care about my time or my place. I was just so happy the three of us made it."

In the race, Simpson started in the middle of the pack until there was about 800 meters left, when she made her move to the top four of the group. She remained in that position until the last lap, when it was her, Uceny and

Rowbury who broke away from the main pack.

"It was a difficult race," Simpson said. "I remember at one point I was in a compromised position. I found a way out with 800 meters to go. I kept my cool and got to the outside."

The 1,500 will be a new experience for Simpson at the Olympics, as she participated in the steeplechase during the 2008 Beijing Games.

"Making a team in two different events, I'm able to bring a special experience to the table," Simpson said. "It's a really exciting thing."

Simpson wasn't the only Colorado alum in the 1,500-meter race, as she was joined by **Sara Vaughn**, who finished 13th with a time of 4:30.89. Like Simpson, Vaughn began the race in the middle of the pack, but she wasn't able to find the extra gear and move to the front like Simpson did.

The last day of the Olympic trials ended with the men's 200-meter dash final, with CU alum **Jeremy Dodson** looking for his first trip to the summer games.

Dodson began the sprint near the back of the field, but he turned up his speed down the homestretch and finished sixth overall with a time of 20.25 – just one one-hundredth of a second behind fifth place finisher Darvis Patton.

The 2012 London Olympics begin on July 27 and run through Aug. 12. The games will be televised in the United States on the networks of NBC Universal.

SHOW MENU



Former CU Buff Jenny Simpson back on Olympic team, in 1,500 meters

By John Meyer *The Denver Post* *The Denver Post*

Posted:

DenverPost.com

EUGENE, Ore. — Four years ago, Jenny Simpson made the Olympic team in the steeplechase while still a student at Colorado. Now she's going back to the Olympics to run the 1,500 meters as the reigning world champion.

Both events involve pain, but the pain in the 1,500 comes from severe oxygen debt. The stakes are a little higher in the steeple because of those 30-inch barriers.

"If the 15 goes bad, it definitely hurts a lot," Simpson said after finishing third Sunday at the Olympic trials behind Morgan Uceny and Shannon Rowbury. "But if the steeple goes bad, you've knocked your teeth in. And that, I imagine, would be a lot worse."

Simpson could afford to crack jokes because the pressure was off, but early in Sunday's race she was boxed in and a little worried about her position.

"I was in on the rail, I was kind of boxed in, and I saw that people had kind of stretched out a bit ahead of me," Simpson said. "That's the most crucial point in the race to not get emotional."

Simpson's experience helped her keep her composure. She fought through traffic and found her way up to Uceny, who was leading.

"The hardest thing about the trials, that separates it from any other race you run in your life, is that your emotions can slip away from you," Simpson said. "Coming down the homestretch, I saw that the three of us had separated ourselves, and I just felt this overwhelming relief. I didn't even care (about) my time, my place."

"I just was so happy the three of us were going to make it."

Simpson has fond memories of the steeplechase and loves watching the two women who succeeded her at CU. Simpson won the NCAA steeplechase title in 2009, Emma Coburn claimed it last year and Shalaya Kipp won it this year. Coburn and Kipp made the Olympic team Friday night.

"I've missed it, but in a really special way because the women of Colorado are carrying it still," Simpson said. "I feel like in a really, really special way, even though I've moved on from the event, I've maybe left a little bit of a legacy there. I don't miss it much because it's in good hands. Emma and Shalaya have done an incredible job."

"I'm so excited for them, and I'm glad all three of us can be on the team."



Monument's Simpson takes third to make Olympics in 1,500-meter run

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EUGENE, Ore. • Monument's Jenny Simpson made it to her second Olympics in different races when she placed a close third in the 1,500-meter run Sunday in the U.S. track and field trials at Hayward Field.

Morgan Uceny won the race in 4 minutes, 4.59 seconds. Shannon Rowbury was second in 4:05.11 and Simpson third in 4:05.17. It was Uceny's second straight U.S. title. The trio, whose times were divided by just 0.18 of a second, distanced themselves from the field, holding a 2-second advantage over the rest of the field.

"It was a difficult race," Simpson said. "I remember at one point I was in a compromised position. I found a way out with 800 meters to go. I

kept my cool and got to the outside. The hardest thing about the trials is that your emotions can slip away. I didn't care about my time or my place. I was just so happy the three of us made it."

Simpson has the American record in the 3,000 steeplechase and competed in it in the 2008 Beijing Games, but switched to the 1,500 and is the reigning world champ.

"Making a team in two different events I'm able to bring a special experience to the table. It's a really exciting thing," she said.

"I'm excited to move beyond this point."

Simpson, who trains at the Air Force Academy with cross country coach Juli Benson and is a volunteer coach, shaved 4 seconds off her semifinal.

Academy 2006 graduate and two-time NCAA champion Dana Pounds-Lyon finished sixth in the javelin at 180 feet, 11 inches. Pounds-Lyon improved by nearly 11 feet from Friday's qualifying round. Brittany Borman won with a toss of 201-9.

• With a Monday runoff in the women's 100 looming over the trials, Wallace Spearmon kept the men's 200 controversy-free with an easy victory.

Spearmon got off to a slow start, but recovered in time to win in 19.82 seconds.

His victory — and his chance for redemption at the London Games after losing the bronze medal to disqualification in Beijing — was an expected finish to what should have been the conclusion to the trials.

Instead, it was decided Sunday that Allyson Felix and Jeneba Tarmoh will run Monday to settle a third-place tie in the 100 for the final spot on the team after finishing in a dead heat more than a week ago.

Spearmon overcame his shaky start and finished the 200 well in front of runner-up Maurice Mitchell and Isiah Young.

- Defending outdoor champion Lashinda Demus won the women's 400 hurdles in 53.98, joining runner-up Georganne Moline and third-place finisher T'Erea Brown on the Olympic team.

Michael Tinsley won the 400 hurdles in 48.33, besting reigning Olympic champion Angelo Taylor and defending Olympic silver medalist Kerron Clement.

Leo Manzano won the 1,500 in 3:35.75, followed by former Oregon Ducks teammates Matthew Centrowitz and Andrew Wheating.

Brittney Reese won her fifth straight U.S. title in the long jump with a 23-5½. She will be joined in London by runner-up Chelsea Hayes and Janay DeLoach, a former CSU athlete.

Maria Michta won the 20,000 race walk.

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Sunday, July 1, 2012

U.S. women break out in long jump, 1,500

By Luke Cyphers
ESPN.com

EUGENE, Ore. -- Fans of U.S. women's track, meet depth.

At the 2008 Beijing Games, the Americans didn't get near the podium in the 1,500 meters or the long jump. But on the final day of the Olympic trials Sunday, the U.S. picked squads in the two events that could produce multiple shiny, metal objects -- a battle-hardened group of milers and the greatest group performance in the long jump in U.S. history.

"We can sweep this thing in London," said Brittney Reese, the two-time defending world champion who won Sunday's long jump at trials, the first with three women reaching better than 23 feet.

"Watch out world," said Shannon Rowbury, who finished second (4:05.11) in the résumé-laden 1,500. Rowbury, the bronze medalist in the 2009 world championships, qualified just behind last year's national champion, Morgan Uceny (4:04.59), and just ahead of last year's world champion, Jenny Simpson (4:05.17). "I can't think of a better U.S. team to be sending."

This 1,500 squad is a far cry from four years ago, when only Rowbury made the final, and eons from 2004, when the U.S. had only one woman qualify for Athens via the IOC B standard.

This group has talent, and plenty to prove. While Simpson now has a chance to prove her worlds victory wasn't a fluke (she took last year's worlds race with a late kick after the favored Uceny fell in the final), Uceny must prove her accident in the final was. She dominated the outdoor circuit last season, culminating a steady rise from a Cornell freshman who "drank too much and gained 10 pounds and didn't get a varsity letter," to the world's No. 1 ranking last year.

Uceny has maintained that form so far this season, breaking people by pushing the pace in the middle of the race. "I'm good at making other people hurt," she said.

After last year's mishap at worlds, Uceny welcomed the pressure-packed trials atmosphere. "This is great preparation for the Olympics," she said. "When you're competing against women who are bronze medalist in the worlds, world champion, No. 1 in the world, you can't get that anywhere else. It brings out the best in ourselves. I think it's going to set us up well."

In Sunday's race, the group only cared about making the top three. Uceny ran toward the front of the pack most of the race, keeping just behind the early lead to avoid the wind, but seizing control with two laps to go. Rowbury ran comfortably in the pack, but "anticipated carnage, a lot of elbows and knees," and worked to protect her space until she moved out with Uceny.

Simpson found herself in the most precarious position, boxed in for much of the first two laps. But she angled outside and found enough room to catch up to Uceny and run with her and Rowbury for the last lap and a half, as they separated themselves from the rest of the field.

Uceny took charge in the end, laying down a marker that she will be tough to beat.

In that way, she was exactly like Reese, who after a disappointing fifth-place finish in Beijing has been the steadiest performer in U.S. track. She has won the past two world championships, indoors and out, and broke Jackie Joyner-Kersey's American indoor record with a jump of 23 feet, 8¾ inches to win the world indoor title in March.

Reese, a former Mississippi juco basketball player, has also won the past five U.S. outdoor championships and earned the nickname "The Beast" long before Jamaica's Yohan Blake did. On her second jump, Reese seemed to put Sunday's competition away early at 23-2. On her third attempt, she twisted her left ankle at takeoff and passed on her fifth attempt, ready to call it a day. But a pair of upstarts forced Reese to unleash "The Beast" to preserve her streak.

First, Janay DeLoach unloaded a jump of 23-2¾ to grab the lead in the fifth round. Then Chelsea Hayes, a former Louisiana Tech star who has run 11.1 in the 100 meters, used that speed to carry her to 23-3½ on her sixth jump, a leap so surprising she bowed her head for minutes afterward, Bob Beamon-style.

And it was historic in its own way. No competition had ever seen three U.S. women surpass 23 feet. Reese decided to put herself at the top of this particular page of the history book, taking her sixth and final attempt out to 23-5½. It was initially ruled a foul, but Reese protested and judges ruled she hadn't overrun the takeoff board.

Her streak is intact, and so is her aura heading into London. Joyner-Kersey told her so. "Jackie just told me to get my ankle healed, and I'm ready."

Reese said her teammates are, too. "I've been saying Janay DeLoach was a big competitor, and now with Chelsea I can say the same thing. She's a big competitor. Like I said before, we can sweep this thing."

Watch out, world.

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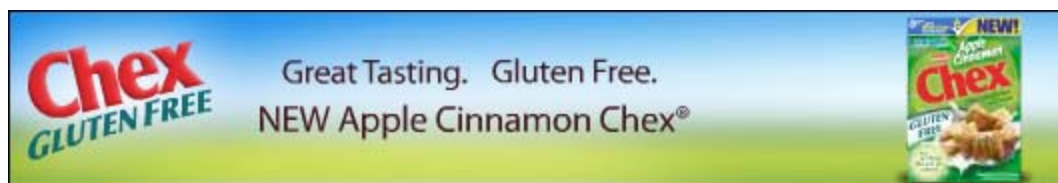
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Father knows best, at least in Shalaya Kipp's case

By [Amy Donaldson](#), Deseret News

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Skyline's Shalaya Kipp takes a strong lead over the rest of the pack during the Region II Cross Country Championships in Salt Lake City, Utah on Friday, Oct. 6, 2006. Kipp won the girls race. Sarah Ause, Deseret Morning News

Sarah Ause, Deseret Morning News

Summary

On Friday, Skyline High graduate Shalaya Kipp, who is a redshirt junior at the University of Colorado, earned a trip to the London Olympics in the 3,000-meter steeplechase with a time of 9:35.73.

“She just loves competition. In the back of my mind, I

SALT LAKE CITY — Shalaya Kipp learned at an early age that if she could handle pain, she could accomplish things that others couldn't.

"She has always had a tremendous tolerance for pain," said her father, Ron Kipp, who watched his only daughter qualify for the Olympics in Oregon on Friday. "I remember in high school, she told me, 'All you have to do is hurt more than the other girls.' And then she went to college, where everybody is fast. She said, 'Papa, everybody knows how to make it hurt.' It was like she lost her secret weapon."

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knew she would make it. I always knew."

Ron Kipp

What the 22-year-old didn't lose was the same competitive drive that helped her earn everything from a free Thanksgiving turkey to a college scholarship. On Friday it helped the Skyline High graduate, who is a redshirt junior at the University of Colorado, earn a trip to the London Olympics in the 3,000-meter steeplechase with a time of 9:35.73. She was .11 seconds behind the runner who finished second, Bridget Franek, and about three seconds behind her CU teammate and defending national champion Emma Coburn (9:32.78).

It was a personal best on a day when her hopes and dreams hung in the balance.

She stood before reporters in post-race interviews, disbelief obvious in her responses to questions.

"Honestly, I wasn't that sure I was going to make (the team) or not," Kipp said. "I'm still enrolled in summer school that's supposed to get started in a week. I might have to reevaluate my schedule now."

Her father, however, always believed she'd represent her country in the Olympics. It was just a matter of how a matter of when.

"When I think about her as my adult daughter, I knew she would make it," said Ron Kipp. "I flew up there (to Eugene, Oregon) for the finals. I knew she'd make it there, and not coming to the prelim was my way of saying that."

The reason he was so confident is that he's watched her battle to be the best in various sports all of her life. And make no mistake about it, this isn't a girl who's always been on top of the podium.

In fact, one of the reasons she's so impressed her parents, coaches and friends is that regardless of the circumstances she finds her self in, she fights to exceed expectations.

She never set out to be a runner.

"She was a competitive ski racer, a very accomplished ski racer," said Ron, who works for the U.S. Ski Team as a coach. "She was just always a very good athlete. She swam, she played basketball, she ski raced. Track was always kind of No. 2. It was the way she stayed in shape."

In junior high, she showed her parents how much talent she might have when she entered a "Turkey Trot" at Churchill Junior High.

"I remember telling her that her father was a very poor ski coach and if she wanted to donate that to our dinner I'd appreciate it. For three straight years we ate a turkey that she won."

She was one of the best track and cross country runners in her time at Skyline, winning state as a sophomore. She struggled as a junior and then, as a senior, suffered a cruel disappointment.

A judge at the state cross country championships disqualified her because her shorts were rolled at the waistband and rules state uniforms "must be worn as the manufacturer intended" to be legal. Most devastating for Shalaya was that the third-place finish for her team was erased from the record books and the Eagles ended up in fifth.

At the time, she said it was difficult to deal with, especially because she knew of other runners who weren't disqualified for the same infraction. But instead of letting it defeat her, she decided it was just one race, one loss.

"For the first week it was a little hard," Shalaya told the Deseret News at the time. "I had to learn that it was one race. Mentally, I just had to get over it."

She qualified for the 2008 Footlocker Cross Country Championships, where she finished 28th.

"That didn't phase her," said her father of the disqualification. "She just said I'm going to have redemption. She got the last laugh, I think."

While Shalaya enjoyed success in her running career, it was always ski racing that she — and her father — thought would be her ticket to the Olympic Games.

In the end, it came down to which sport allowed her to earn a free Division I education.

She signed with CU, and it was a coach's suggestion that she try Steeplechase, which is not an event in high school track. Before Friday, Shalaya had never earned an Olympic qualifying time. Ron Kipp stood near the water on the course, with high-powered binoculars and watched his daughter do something not many thought she could.

"I think she likes it because it relates a lot to ski racing," he said. "You can't just zone out and make it hurt; you have to keep your head about you. You have to get over those barriers, and that is 35 opportunities to fall down."

He said he watched her on Friday with the anxious excitement that only another parent in his situation might understand.

"My heart was beating so fast," he said. "I never sat down the whole race. I looked at every step of the race. She was in seventh place for a long time."

He wondered if she was holding back, or was she out of her league. The splits were faster than he expected and then he knew.

She was being smart.

"I knew she would hang on," he said. "She will not give up, and these other girls will start falling off. And that's what happened."

While her mother, who lives near Eugene, Oregon, returned with her family to prepare a celebratory dinner, her father met her outside doping control. He was overcome with emotion when his daughter walked outside, still draped in the American flag she'd carried on her victory lap.

"I didn't say anything special," he said. "Just congratulations; I'm proud of you; I love you."

And she basked in a moment that not many people have. Her father believes it is her time to shine. She's been the runner up, the challenger, the underdog most of her life.

"She's always been kind of a second fiddle," said her dad. "She's been a bridesmaid for a long time."

When he thinks of her as a girl, he's overcome with emotion. When he watches the young woman who has learned to use pain to her advantage and to embrace the ups and down of competitive sports, he's overcome with pride.

"She just loves competition," he said. "In the back of my mind, I knew she would make it. I always knew."

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FINAL EXAM PENDING

Colorado runners are at the head of the class
 By Steve Quinne | @stevequinne

Next time you're looking for a surefire way to get out of a final exam, ditch the old "My dog ate my homework" or "I'm attending my great-aunt's (fifth) funeral" excuses. Just do like Shalaya Kipp.

"Sorry, Prof. Would love to stay for the final, don't get me wrong. I'm a *huge* fan of endocrinology; really, I am. It's just that they need me in London to walk in the Opening Ceremonies for the Games of the XXX Olympiad. You understand, right?"

Okay, so it probably won't go down *exactly* like that, but qualifying for the London Games should hold a lot more water with the academics than missing class to float Boulder Creek.

"I'm still enrolled in summer school; that's supposed to start in a week," Kipp told reporters on Friday after finishing third in the women's 3,000-meter steeplechase, a mere 0.11 seconds behind runner-up Bridget Franek, the only professional to qualify in the event.

"I might have to reevaluate my schedule now," the University of Colorado senior majoring in integrative physiology concluded.

Sorry, Professor Bookworm. Kipp joins Franek and fellow Buffs track and field teammate Emma Coburn as three of the newest members of the U.S. Olympic fraternity.

Coburn, the reigning U.S. champion in the event, entered the U.S. Olympic Track and Field Trials in Eugene, Ore., as the prohibitive favorite, following in the footsteps of another former Buff, Jenny (Barringer) Simpson. Simpson, who holds the American record for 3,000-meter steeplechase, will race in the finals of the women's 1,500 meters Sunday at 5:23 p.m. MT for the chance to join Kipp, Coburn and a growing list of athletes with CU ties at the London Olympics.

Former Buffs Kara Goucher and Dathan Ritzenheim qualified earlier in the week in women's marathon and men's 10,000 meter run, respectively.

"Honestly, it went the way we hoped," Colorado track and field coach Mark Wetmore told [HYPERLINK "http://www.CUBuffs.com"](http://www.CUBuffs.com) www.CUBuffs.com on Friday, about Kipp and Coburn. "They each can now have a roommate they can get along with over in London."

It's a notion that was clearly on Wetmore's mind for some time.

"Back in December, Coach Wetmore told me, 'It's not unrealistic for you to make the Olympic team this next summer,'" Kipp said in the post-race press conference. "It's kind of stuck with me, and every day I've thought about it during training."

For Coburn, it was much more than "not unrealistic."

"My coaches and I made the decision to sacrifice my indoor and outdoor season and redshirt so that I can focus on this," Coburn told reporters.

The decision proved wise, as Coburn cruised to a 9:32.78 finish in Friday night's final, 2.84 seconds ahead of runner-up Franek. Kipp's time of 9:35.73 was a personal best and very necessary, as she arrived in Eugene having not posted the Olympic standard qualifying time of 9:43.00. She missed that mark by .09 seconds in a victory at the Payton Jordan Cardinal Invitational at Stanford.

Kipp's and Coburn's berths are just the latest jewels in the crown for Wetmore who already had 11 U.S. Olympic team members to his credit heading into this weekend. Kipp's run was another highlight in a breakout year for the Salt Lake City native. With Coburn on the sidelines, Kipp won both the Pac-12 Conference championship and the NCAA title in the steeplechase.

She'll have stiff competition in retaining her championship next year, however; Coburn also told reporters that she has no intention of turning pro. Crested Butte's Coburn, the 2010 runner-up and 2011 NCAA champion, won't be taking her eye off another national championship after the Olympics.



"I feel like I owe it to my school, my coaches, my Colorado community, my teammates, Shalaya, to finish out my eligibility there and represent the school on the track in 2013," said Coburn.

Wetmore will have a formidable roster – including senior Joe Morris, who competed in the men's 200-meter dash semifinals yesterday – with their eye on a Pac-12 and NCAA championship next season. Kipp and Coburn will undoubtedly be running neck and neck towards that goal.

Now, the two are London-bound, hoping another CU steeplechase legend, Simpson, will join them for her second shot at Olympic glory. Her 9:22.26 finish in Beijing was good enough for an American record (one she's since bested), but not good enough to medal, finishing ninth.

After winning the mile and 3,000 meters championships at the 2011 USA Indoor Track and Field Championships, she won a gold medal in the 1,500 meters, the event she's hoping to run in London.

Today, the reigning 1,500 meters world champion and former Buff will take to Prefontaine Track, where she ran a 3:59.90 while at CU, with another Olympic berth and a gold medal on her mind. She'll have two current Buffs, and now Olympians, cheering her on.

Kipp and Coburn can relax today (though we all know they won't). Alongside Goucher, Ritzenheim, swimmer Missy Franklin and discus thrower Lance Brooks, they're among a growing contingent with Centennial State ties headed to London to represent the United States.

It's an honor worth skipping class for, even Professor Bookworm should agree.

Editors note: Shalaya Kipp and Emma Coburn are both excellent students. They would never dream of ditching summer classes to float Boulder Creek.

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