



Barringer takes on busy schedule

Tight summer schedule begins with national championships

By Ryan Thorburn
Thursday, June 25, 2009

BOULDER, Colo. — Jenny Barringer doesn't plan on slowing down anytime soon.

Earlier this month, the Colorado track star set two more collegiate records in a five-day span -- finishing as the runner-up to world leader Gelete Burka in the 1,500-meter run at the Prefontaine Classic in Eugene, Ore., and winning her third national title in the 3,000-meter steeplechase at the NCAA Championships in Fayetteville, Ark.

Next on Barringer's impressive to-do list is the USATF Championships this weekend back on the Hayward Field track in Eugene.

After that -- assuming she qualifies, which is a pretty safe assumption considering her track record in the steeplechase -- Barringer plans to compete at the World Championships in Berlin (Aug. 15-23).

And in the fall, Barringer remains committed to putting her professional career and potentially lucrative endorsement opportunities on hold to run cross country for CU after redshirting last fall to recover from the Olympics.

Her busy schedule will leave little time between running track in Berlin and suiting up for the Buffs in the fall.

"I have to race and train for these events keeping in my mind I also want to be in good form during cross country," Barringer said during an interview with the Camera this week. "It's really hard to come off of the summer racing season and then jumping right into cross country. Going from elite track events to a grueling high-mileage sport is tough, but I'm excited about it.

"Absolutely, I'm doing it."

Barringer recently watched the tape of her amazing photo finish with Burka in which she set the collegiate record with a time of 3:59.90.

"It's way more simple than a lot of people want to think," Barringer said of what was viewed by many as a surprising result. "I just got in a race and said, 'I'm going to beat as many people as I can.'

"And it was that simple. I got in there and I ran hard and I ran smart. There's not even a hint of disappointment, no what-ifs about coming so close to winning. What I was given in that moment was more than I could have ever asked for. I'm not greedy."

Barringer is also satisfied with her three NCAA steeplechase titles, even though she would have had a good chance to sweep the event for her career had she not had a heel clipped as a sophomore en route to an eighth-place finish.

During her final track event at CU, Barringer was able to reflect back on her career as she ran alone far ahead of her 15 competitors on the way to a collegiate record time of 9:25.54.

"Going into it, I didn't spend a lot of time focusing on the fact that it was my last NCAA track meet. You can get emotional when you let yourself do that too early," Barringer said. "I was focused on the task at hand, but in the middle of the race I enjoyed it and thought about how I was really wrapping it up and finishing this chapter of my life."

Barringer finished 9th in the steeplechase at the Beijing Olympics with an American record time of 9:22.26. Anna Willard, who finished 10th (9:25.63), is also having a strong year and will be competing at the USATF Championships.

"All of the American women have stepped it up a notch from last year," Barringer said. "It's exciting for me to see my event become more prestigious as we go along."



© 2006 Daily Camera and Boulder Publishing, LLC.