



# Barringer competes tonight at World meet

By Michael Sandrock  
Friday, August 24, 2007

As Jenny Barringer went through some hurdle drills on a recent Tuesday morning at Potts Field, Dave Albo and some of his fellow masters track athletes could not help slowing down and taking a glance over their shoulders to watch Barringer stride by.

Barringer, a University of Colorado junior, was going through some final hurdle drills in preparation for her entrance onto track's grand stage tonight in Osaka, Japan, when she competes in the 3,000-meter steeplechase at the 2007 IAAF World Track and Field Championships. It will be Barringer's first international track race.

If she makes it through her qualifying round tonight, Barringer would then race in the finals Monday night. That is the same session in which ex-CU NCAA cross country champion Dathan Ritzenhein will be racing the 10,000 meters. Ex-Buffs Adam and Kara Goucher are also racing, Adam in the 5,000 meters and Kara in the 10,000 meters. The meet starts today and runs through Sept. 2.

Barringer earned her trip to Japan by winning the U.S. national steeplechase June 23 in Indianapolis. Although just 20, she is already a favorite among local runners, especially those who appreciate fine track performances.

"Jenny is such a beautiful runner, just lovely in the way she runs," said Albo, 51. "I have to stop and watch her work out. It is going to be tough in Japan, but I think she will make the finals."

CU head coach Mark Wetmore agrees.

"We are feeling good about her chances," he said Wednesday. "Jenny is fit and responds well to competition. Making the finals is a good goal; if she is in there, she may outrace some people."

To do so, Barringer said she will have to "run the best race of my life. I am going to into the prelims thinking that and knowing that and believing that I am capable of it. I am really excited about the opportunity."

Barringer has taken advantage of the big-race opportunities before. As a prep star in Florida, she won eight state titles in track and cross country. Then, as a freshman at CU, she won the NCAA steeplechase title, followed by a second-place finish, and the top American, at the 2006 NCAA cross country championships. After a mishap with her shoe kept her from defending her NCAA crown earlier this summer, she rebounded to take the national title in Indianapolis.

"Athletically, there is no question Jenny has had a lot of success," said CU assistant coach Heather Burroughs, who is with Barringer in Japan. "In terms of leadership, maturity and responsibility, she is beyond a junior in college. It is a pleasure to coach her."

Barringer's personal best time of 9 minutes, 34.6 seconds ranks her 22nd in the field. However, Burroughs pointed out that many of those Barringer will be racing turned in fast times on the European track circuit this summer, while Barringer was in Boulder training with her CU teammates as they put in base training for the fall cross country season.

Wetmore and Burroughs kept Barringer in her regular routine, adding just a couple of track workouts for the World Championships.

"The most important part of training for both (the World Championships and the cross country season) is staying healthy," said Barringer, who is writing a blog that can be found on [www.cubuffs.com](http://www.cubuffs.com). "That is the No. 1 goal."

Burroughs said one factor working in Barringer's favor is that she "tends to manage pressure exceptionally well," illustrated in that she ran personal best times at both the 2006 NCAA outdoor track championships and this year's U.S. national championships. "Our goal is for her to be ready to run a 'PR,'" said Burroughs.

### **Simon leads locals in marathon**

Boulder's Lidia Simon, the 2001 World Championships marathon gold medalist, will be racing the women's marathon Sept. 2 with Romanian teammate and fellow locals Luminita Talpos and Nuta Olaru.

However, 2005 world championships marathon bronze medalist Constantina Tomescu-Dita of Boulder won't be racing the marathon, because of an injury.



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## sports

### CU junior makes most of opportunity

**Jenny Barringer sidesteps a mishap at the NCAAs by qualifying for the world championships.**

By John Meyer Denver Post Staff Writer

Article Last Updated: 08/23/2007 11:28:43 PM MDT

Boulder - If Jenny Barringer hadn't been inadvertently spiked by another runner at the NCAA Track and Field Championships in June, she would be deep in the "dark hole" of high-mileage cross country training with the University of Colorado.

Instead, the mishap set in motion a sequence of events that have taken her to Osaka, Japan, where the CU junior will run the steeplechase at the world championships Saturday (tonight Denver time).

"I have to be one of the youngest people going," Barringer said shortly before leaving for the Orient. "I'm celebrating my 21st birthday over there. I feel almost giddiness."

Barringer earned the trip by winning the steeplechase at the USA Track & Field championships, where she set the American collegiate record with a time of 9 minutes, 34.64 seconds. She wouldn't have been there if not for the bad break 15 days earlier at the NCAAs, where she

was the defending champion and favorite.

"If I had done well at NCAAs, even if I wouldn't have won, there's no way I would have gone to USAs," said Barringer, who was runner-up at last year's NCAA cross country championships. "I really wanted to (finish) a successful collegiate season and then go into the dark hole of cross country summer training."

About 600 meters into the race, another runner caught Barringer just right, and the heel of her shoe slipped off her foot.

She ran a few strides, thought about kicking off the shoe and running barefoot, but decided the risk of injury was too high. She decided she had no choice but to stop and fix the shoe.

"It was tied so tight I couldn't get it back on," said Barringer. "I struggled with it for what seemed like an eternity, probably 10-15 seconds, and by the time I got back in the race I was probably 30-40 meters behind the last-place person."

She would finish seventh. After the race, she and CU coach Mark Wetmore decided to go to the U.S. championships because she was fitter than ever and didn't get to show it at NCAAs. At the U.S. championships she edged the NCAA champion, Anna Willard of Michigan.

"I'm so glad we did it," Barringer said. "I ran a 10-second PR. We knew I had this really great race in me that I hadn't been able to execute."

But that left Barringer with another decision. She could go to Osaka and gain valuable big-event

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experience a year before women's steeplechase makes its Olympic debut in Beijing, but that would mean compromising her training for the fall cross country season. Cross country was no small consideration, because the Buffs are a perennial power with national title aspirations.

"(We) really thought this was an opportunity we couldn't pass up," said Barringer, who is from Oviedo, Fla.. "I wanted to be a really good ambassador for my school and a good ambassador for the United States. Going to worlds and being an ambassador for the country, who could pass that up?"

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Jenny goes to Japan

Thursday, August 23, 2007 10:13 PM MDT

Colorado Daily Staff Reports

Jenny Barringer has had quite an eventful career thus far at CU.

As a freshman, Barringer decided to try the steeplechase for the first time in her life, and took to it like a fish to water. She wound up winning the 2006 NCAA steeplechase title.

For her sophomore season, she had hoped to do the same, but while running in the 2007 NCAA title race, her shoe was clipped and she had to stop to fix in order to finish the race. She wound up catching back up to the pack and finished seventh.

Instead of burying her head in the sand and waiting until next year, Barringer and her coach Mark Wetmore, decided that she should race in the USA Track and Field Championships that were held in June in Indianapolis.

Barringer did more than compete. She won the steeplechase in a time of 9 minutes, 34.64 seconds - the second-fastest time ever recorded in the steeplechase by an American woman.

Now, Barringer is in Japan, ready to take on the world's best in just her third year competing in the event.

The preliminaries are Saturday in Osaka, (or Friday night in Boulder time). If Barringer advances, the finals are Monday morning, Boulder time.

Be sure to check out Jenny's blog from Japan at [www.cubuffs.com](http://www.cubuffs.com).

## VOLLEYBALL

The University of Colorado volleyball team travels to New Orleans this weekend to open their season. CU will take on host Tulane on Friday at 6 p.m. and then play Furman on Saturday at noon.

The Buffs will be without star outside hitter Amber Sutherland, who is redshirting this year after having offseason shoulder surgery.

Sutherland was named to the preseason All-Big 12 team before the news of her redshirt. She was fourth in the Big 12 in kills last season, averaging 4.18 kpg and was second on the team with 312 digs.

Select matches, highlights and player profiles will be available on BuffsTV.

## SOCCER

Coach Bill Hempen and the 14th ranked CU soccer team will also start their season this weekend when they travel to Greeley to take on the University of Northern Colorado in an exhibition match.

UNC will be opening their new soccer facilities at the old UNC football field.

CU coach Bill Hempen works with UNC coach Tim Barrera coaching the Colorado Olympic Development Team of high school students in the summer and wanted to help UNC show off their new field and locker rooms.

The game will be played at 7 p.m. on Saturday night.

Several Buffs are injured and will not play, including Brittany Dornseif (stress fracture in foot), Allison Kidd (broken foot) and Jess Quador (whiplash). Dornseif and Quador were in a car accident on Tuesday, but neither player was seriously injured.