



The Voice of Women's Sports in Colorado

Summer 2010



Joan Birkland
Executive Director

Sportswoman of the Year Inspired by Clouds

Jenny Barringer, our outstanding speaker at the 2010 SWOC Awards banquet in March was also named the Colorado Sportswoman of the Year, bringing tears to her eyes for the second time that evening.

NCAA runners in history, competed in the 2008 Summer Beijing Olympics, ten years after seeing those rings in the clouds. She now wants to win a gold medal at the 2012 summer Olympics in London.

The 23-year-old Barringer who graduated from CU in 2009 said she knew she loved competing as a child because she liked winning the local prizes and medals. But her goals never went beyond winning the next event. After one of her races as a teenager, she looked to the sky and saw the clouds formed in the shape of three rings. She decided this was a sign to strive for more than just winning the next race. Barringer knew at that moment she should reach for those three rings, the symbol of the Olympics. Just remembering this day brought tears to her eyes as she recalled for our audience this life changing moment.

Barringer, one of the most decorated

The lithe 5'5" 110 pound steeple chase champion spoke about achieving one's dreams and the difference between wishing and wanting to succeed. "Wishing means hoping to achieve your dreams but not necessarily doing what it takes to get there. If you want to achieve

your goals you need to take the actual steps to achieve them, not just wish for success," she said.

Barringer moved from Boulder after graduation and is now training at the Olympic Center in Colorado Springs.

We look forward to watching our Colorado champion achieve her dreams in 2012.

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DID YOU KNOW?

1896 - The first women's cycling marathon took place January 6-11 in Madison Square Garden in New York. Thirteen women competed and by the third day there were more than 4,000 spectators in the stands. The women rode in nine hour shifts, taking six hour breaks in between. Frankie Nelson won, travelling 418 miles.

"If you want to achieve your goals you need to take the actual steps to achieve them, not just wish for success..."



**Sportswoman of the Year Jenny Barringer
with Marcia Neville and Jim Conrad.**



DID YOU KNOW?



1917
Gertrude Ederle, as a 12-year-old, set a world record in the women's 880-yard freestyle, with a time of 13 minutes and 19 seconds, in Indianapolis. She was the youngest person ever to set a world record.



1947
Mildred "Babe" Didrikson became the first American woman to win the British women's golf championship. From 1940 to 1944, she won 22 amateur tournaments, 14 of them in a row. She was the Associated Press Female Athlete of the year six times.

At the Training Table

Knowing When to Rest

Athletes work hard, sometimes too hard. Knowing when to give your body a rest is just as important as training to maximize your fitness and performance. Winners are often determined by who found the tricky balance between over-training and getting faster and stronger.

Now there are tools for the serious athlete to measure when to stop and give your body a rest. Restwise, a Colorado company, has developed an online software program that analyzes recovery metrics and calculates a recovery score. These metrics include: resting heart rate, body mass, sleep, oxygen saturation, hydration, appetite, muscle soreness, energy level mood state, well being as well as the previous day's performance.

For more information on Restwise, go to www.restwise.com



2010 Award Winners

Honoring Outstanding Female Athletes for their 2009 Performance

Sportswoman of the Year

Jenny Barringer, Track and Field
 University of Colorado

Basketball

Anna Prins, Broomfield H.S.
 Brittany Spears, University of Colorado

Cross Country

Kelsey Lakowske, Boulder H.S.

Field Hockey

Lauren Mille, Duke University

Golf

Kim Eaton, Greeley
University of Denver Team
 and Coach **Sammie Chergo**, Denver

Gymnastics

Michelle Tharp, Ft. Collins H.S.
 Jessica Lopez, University of Denver

Horsemanship

Tiana Yocam, Kiowa H.S.

Lacrosse

Caroline Cryer,
 US Women's Elite National Team
Devon Wills,
 US Women's Elite National Team

Running

Kaitlin Hanenberg, The Classical Academy
The Classical Academy Cross Country Team

Skiing/Alpine

Lindsey Vonn, International

Skiing/Nordic

Antje Maempel, University of Denver

Snowboarding

Gretchen Bleiler, Aspen

Soccer

Olivia Wagner, Alexander Dawson H.S.
Danielle Foxhoven, University of Portland,
 Colorado Rush

Softball

Shelby Babcock, Legacy H.S.
Alisa Heronema, Regis University

Swimming

Missy Franklin, Colorado STARS Swim Club
Bonnie Brandon, Cherry Creek H.S.

Tennis

Sammie Watson, Kent Denver

Track and Field

Elizabeth Tremblay, Thompson Valley H.S.
Laura Tremblay, Thompson Valley H.S.

Triathlon

Julie Dibins, Boulder

Ultra Running

Jamie Donaldson, Littleton

Volleyball

Morgan Broekhuis, Colorado Springs Christian
Danielle Minch, Colorado State University

MASTER SPORTS

Cross Country
Laura Haefeli, Del Norte

Cycling

Jane Finsterwald, Basalt

Racewalking

Marianne Martino, Littleton

Triathlon

Judyann Cummings, Denver

Ultra Running

Anita Ortiz, Eagle

Xterra Triathlon

Cindi Toepel, Denver

SPECIAL AWARDS

Coach of Year

Bob Bledsoe, Erie H.S.
David Stewart, University of Denver

Comeback

Anna Mapes, Metro State College

Dedication

Chris Bullard, Denver

Inspiration

Brittan Sutphin, Wheat Ridge H.S.

Legacy (Basketball)

Diana Lopez, Regis University

Milestone

Debbie Hendricks, Metro State College

Most Promising

Michal Bower, Loveland

Perseverance

Lexy Stevens, Colorado Christian
 University

Pioneer Award

Chris Rice, Greeley

Spirit Award

"Lade Majic" Prophete, Fort Collins

Trailblazer

Julie Stephens, Denver East

Profile

Anita Ortiz Tackles the Western States 100-Mile Endurance Run

Mothers of four kids are accustomed to running around. But only one of them, Anita Ortiz, our 2010 Masters Award winner, has run up 18,000 vertical feet in 104 degree California heat in a *100-mile race*. Ortiz completed the 100 mile race in 18 hours and 24 minutes, the first woman to cross the finish line. She was 9th overall in one of the most grueling and prestigious 100-mile races in the country.

While running along the trail from Squaw Valley to Auburn, California, the 45-year-old Ortiz described to the *Vail Valley Daily* how she zones out during this long run.

“I think everybody has different mind games,” Ortiz said. Some go from aid station to aid station. I just hope to disappear. I try to separate my mind from my body. I don’t even know what I was thinking for those 18 hours. I know I’m

moving, but I don’t even feel my legs going. That’s awesome.”

Ortiz knew the importance of training and eating right in order to perform well in this race. She hired a dietician who was also a runner to help plan her fueling regime for optimal race performance.

“It’s so important, fueling, eating and drinking on the course,” Ortiz said. “If you’re not dialed in on that, you wouldn’t survive. She told me exactly how much to eat this half-hour and that half-hour. She had me dialed in for 18-and-a-half hours. We had a game plan and we stuck to it.”

Ortiz ate on the run, consuming 38 Power Bar Gels, 24 of which were caffeinated.

Despite losing the trail for 30 minutes during the race, Ortiz still beat the next female competitor by one hour and ten minutes.



DID YOU KNOW?



1957

Althea Gibson

became the first African American to win a grand slam title, when she won Wimbledon. She was also the first African American to win the U.S. Nationals, now the U.S. Open.

Gibson became the first woman featured on the cover of *Sports Illustrated* in its September 2, 1957 issue.



2002

Michelle Wie

became the youngest golfer at 12 years old to qualify for an LPGA tour event. She shot an 83 at Waikoloa Beach Resort in February of that year to earn a spot in the season opening Takefuji Classic.

We need your e-mail address!

Send an e-mail to jbirkland@sportswomenofcolorado.org so we can send you current information on upcoming events and future newsletters. We are a non-profit organization and sending out information via the Internet helps us maintain our budget.

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Sportswomen of Colorado changing lives and recognizing achievement.



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