

## **2009 Big 12 Cross Country Championships**

**Oct. 31, 2009**

**A.L. Gustin Golf Course – University of Missouri  
Columbia, Mo.**

### **Women's Post-Race Quotes**

#### **Individual Big 12 Champion Jenny Barringer**

*On what it means to be the Big 12 Champion...*

Oh my goodness, this took me five years. It took me three years of college to get to the Olympics (3,000-meter steeplechase), and five years of cross country to get to the Big 12 Championships. It means a lot and it means a lot that I came back with a really strong team. This is absolutely the most fun race I've had in college so far. It was a really fun day.

*On the strategy used during the race...*

The course is really hard, it's really hilly, it's a mess of turns and hills and mud. Actually, that's perfect for a cross country runner. I felt like the course really suited me as long as I kind of settled in and didn't go out too hard. I tried to settle in during the last 2K. I just had a lot of fun, it was really, really fun."

*On the plans moving forward towards NCAA Regionals and the NCAA Championships...*

First, I hope the snow melts. When we left Denver there was 20 inches of snow on the ground. That's kind of hard for training, but in the next couple of weeks we're just going to get back to work and hit the ground running back in Boulder. We'll keep getting in better shape over the next couple of weeks.

#### **Big 12 Champion head coach Jon Murray (Texas Tech)**

*On what it means to be the Big 12 Champion...*

It's great, especially considering that we lost Sally Kipyego who she did a great job leading us for three years. So to come in with, basically with a new group, really we we're kind of discounted at the beginning of the year because we lost our stud. But it was just a good team effort. I thought coming in, we might be a better team overall, we may not have the top No. 1 girl, but a better team and they showed a lot of heart today. It was a great effort.

*On strategy for the race...*

Well we were trying to go out conservative, so they went out fine because they didn't die that much. You know, this is a very difficult course, most difficult we've ran on this year. Trying to be a little bit respectful of the course at the beginning and then once we got past the long hill after the first two-and-a-half miles, to be able to just finish strong. The ladies got up there and ran well and maintained their position throughout the race. It was a very dominant performance. "

*On the plans moving forward towards NCAA Regionals and the NCAA Championships...*

“Well main thing is to get through regionals to get to nationals. We have good goals there at the national meet, we’re just going to keep on going and keep on doing, what we’re doing “