

Math professor breaks women's marathon mark

By Scott Jones

Sylvia Wiegand accomplished a first recently, but you wouldn't know it from talking to her.

Wiegand, assistant professor of mathematics at UNL, is the first woman in Nebraska to run a marathon in less than four hours. She finished the 26-mile, 385-yard Tri-States Marathon in Falls City, Neb., Oct. 19 in 3 hours, 54 minutes and 34 seconds, 46th of 64 entries.

But Wiegand, whose husband Roger finished 13th, said she wasn't impressed with her feat.

"I feel kind of bad about it because no woman had ever run under that time (in Nebraska), but my husband ran one hour faster," she said. "Overall it wasn't a good time."

Slow and steady

Wiegand, 30, describes her running style as "slow and steady" and ran five miles a day and 15 miles on weekends to prepare for her first marathon. She said she thinks more women should run.

"I think they should run more because it's supposed to be true that women have more endurance for long distance running than men," she said. "Actually, that's one of my pet peeves because I talked to a girl on the track team and she said their coach wouldn't let them run long distances."

She said running is "a very nice thing to do. You can get a fair amount of exercise in an hour."

In addition to aiding fitness, she said running can help women stay in condition before and after childbirth.

"I know people who have a lot of trouble losing weight after their baby," she

said. "I gained a huge amount and lost it all quickly, probably due to the running."

Ran pregnant

Wiegand ran two miles a day until three weeks before and a month after giving birth to her only child, David, about 16 months ago.

She said her husband had no objections and the doctor said "anything I'd been doing before I could continue to do."

Jogging around Nebraska's track eight months pregnant, however, caused some humorous situations, she said.

"There were a lot of people, coaches and other runners, who never said anything to me but after the baby they noticed something different and asked me about it," she said. "They were probably kind of shocked."

Wiegand and her husband have doctorate degrees in mathematics and began running three years ago when they came to Nebraska from Wisconsin.

Mountain climber

Her husband was an active mountain climber in Wisconsin, but began running when he found no slopes in Nebraska, she said. Still, they both like the move.

"I think the people are very nice and Lincoln is a pretty town," she said. "To tell the truth, if he lived closer to the mountains he wouldn't get much work done."

Her husband finished 709th out of about 2,200 last year in the Boston Marathon.

"I think giving birth was harder, more painful (than the marathon)," she said.

Five other members of the UNL Math Dept. also ran in the Tri-States Marathon.



Photo by Ted Kirk

Sara Wiegand, math instructor, became the first woman in Nebraska to run the marathon in less than four hours.

Women's gymnastics team optimistic about fifth season

By Susie Reitz

With the "best team in the five years of women's gymnastics here," UNL women's gymnastics coach Karen Balke says she is excited about the season.

"The girls are better now than at the end of last year," Balke said. Several attended camps last summer and took lessons this fall, she said.

Twelve women were selected last week for the team based on tryouts which began Nov. 1, she said.

Junior Carol Lundeen and sophomores Sandy Czaplowski, Peggy Newport and Kathi Ruddick are scholarship all-around gymnasts returning to the team.

Newport was elected team captain Monday at practice, Balke said.

Newport taught gymnastics at camps around the country last summer. Ruddick worked for a week under Southern Illinois University coach Herb Vogel, "a nationally recognized coach," Balke said.

Freshman Barb Baker and junior Carla Gerbig are new team members on scholar-

ship. Baker, an Omaha Burke graduate, was offered a scholarship based on high school performance, according to Balke. Gerbig, a Grandview Junior College graduate, transferred to UNL this year. Both are all-around gymnasts.

Other team members include freshmen Cindy Anderson (balance beam), Kim Jones (vault), Vicki Newport (vault), Tami Rimpley (beam), Mary Scott (vault, parallel bars) and Deb Sensenig (floor exercise).

The team's first appearance will be an intersquad meet Dec. 5 at 4:15 p.m. in Women's P.E. Bldg. 123, Balke said. The squad also will perform at the Dec. 6 UNL-Washington home basketball game.

The team's first competitive meet is Dec. 13 at Emporia, Kan. Competing will be Emporia State, Central Missouri State, Kansas State and Wichita State, Balke said.

Assistant UNL coach Tim Matthews, freshman from Omaha, gave the team lessons in October before regular practices began, Balke said. Manager is freshman Kit Farrell.

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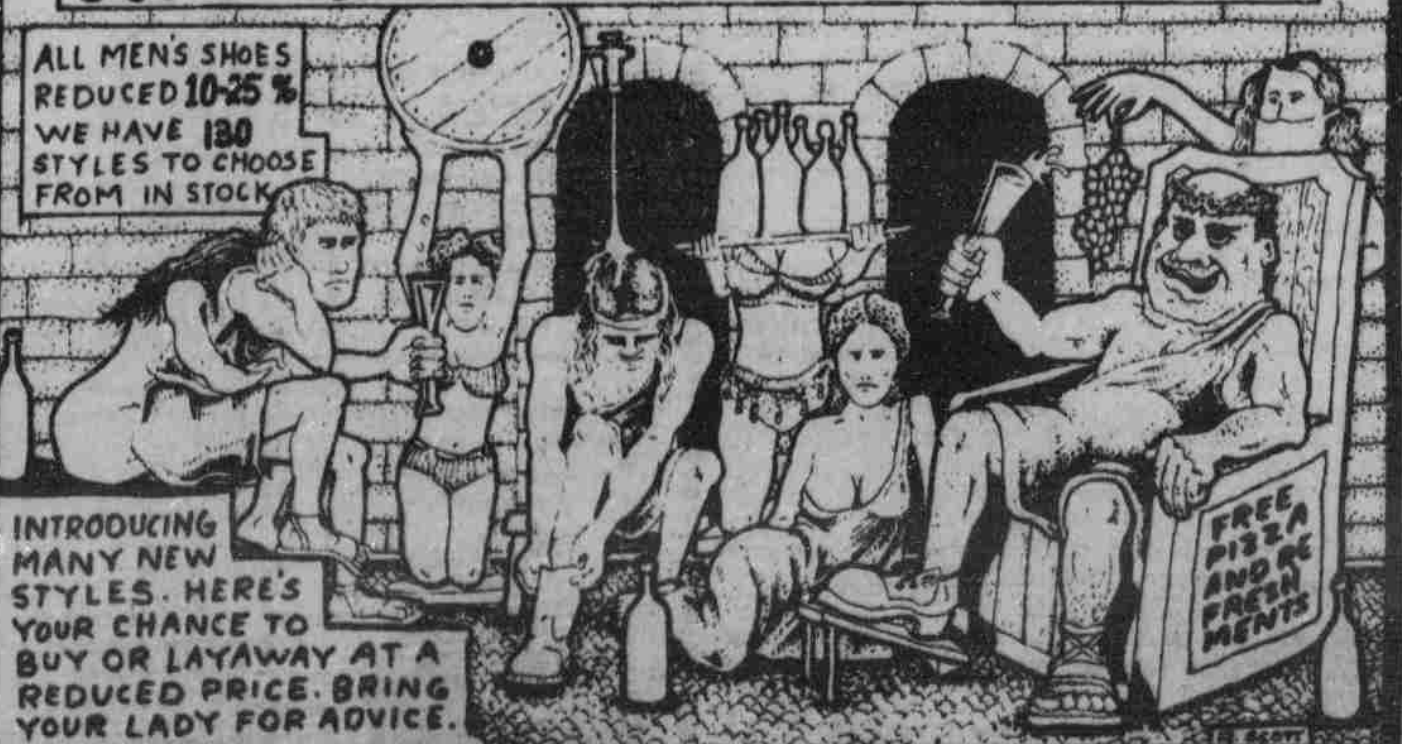
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