

Jogging shoes can't keep up with runner's Olympic goal

By Martha Murdock

When Clifford Karthausser runs through the streets of Lincoln, his goal is not just the next block. He wants to reach the marathon of the 1980 Olympics.

Karthausser, a 26-year-old investigator for the state attorney general's office, will run April 16 in the Boston Marathon to make his qualifying time for the United States Olympic trials in May 1980. At the trials he will compete with 150 to 200 runners for the three American spots in the Olympic marathon.

He has been running competitively for 11 years. A best friend's father, Nebraska Wesleyan track and cross-country coach Woody Greeno, got him interested in track during junior high.

Karthausser attended Nebraska Wesleyan and ran his first marathon in his senior year. In that Boston Marathon, he qualified for the American trials, but did not participate because of an injury.

"Trying for the 1980 Olympics has been in the back of my mind for about a year. I've been training for Boston the whole winter, fairly hard for the last six weeks. I've been running about 100 to 110 hours per week."

Preparation

Karthausser trains seven days a week. "Four of those days I run twice, once during my lunch hour downtown and once in the evening at home. The other three days I run about ten miles once a day. One of

those three days I do a long run of about 20 miles." Twice a week he runs intervals on a track to build his speed.

"I have six or seven courses throughout the city. You need a variety so you don't get bored," he said.

Karthausser watches his diet, but doesn't begin to eat certain foods until the last week before the race. "At the beginning of the week I eat high protein foods. The last two days before the race, I eat carbohydrates for energy during the competition. I'll eat macaroni, spaghetti, potatoes, pancakes, bread."

Karthausser is his own coach. "I don't think someone with a coach has any special advantage. A coach mostly gives the runner reinforcement, let's him know he's doing the right thing."

Expenses

"Sometimes I wonder if I'm under or overtraining. A coach can relieve that pressure on the runner by designing workouts for him. Success or failure rests on my own shoulders."

He spends about \$250 each year on shoes. "I go through four to six pairs a year, each costing \$35 to \$50." Adidas provides some shoes for Karthausser as part of their promotional program.

Karthausser can accept these shoes and maintain his non-professional standing, according to the American Athletic Association which sets rules for Olympic competition.

Flying and driving to marathons and

accommodation expenses are part of the cost of Karthausser's sport. His trip to Boston is being sponsored by the Lincoln Track Club. Other Lincoln runners going to Boston are UNL graduates Ray Stevens and Cam Sutton.

Mind games

Karthausser described what passes through his mind as he runs a marathon of about 26 miles.

"For the first ten miles your mind wanders. At about ten or 12 miles you begin to think about your competition, the pace, your body signals, and your fluid intake. You begin to hurt at 20 miles. The last miles are a struggle no matter what shape you're in. All you think about is getting to the finish line."

"I'm confident that I'll qualify for the trials. But my chances to get on the Olympic team are very, very slim. There are many full time runners whose whole lives revolve around their running; they're almost pros. I have to fit my running around my job."

"Experience helps. I haven't had enough. I think I can improve," he said. Karthausser has run in only five marathons. In last year's Lincoln Marathon, he ran 26 miles in 2 hours, 19 minutes, 43 seconds. With that time he is ranked 69th out of thousands of runners in the United States.

"A marathon runner peaks in ability at 23 or 30 years of age. I could try in 1984 for the Olympics. I wouldn't be too old. I might even have a better chance. I don't feel I've yet reached my peak."



Photo by Ted Kirk
Lincoln attorney Cliff Karthausser ran away with first place in the 1978 Lincoln Marathon.

Research, creativity awards go to UNL professors

Three UNL professors will receive the second annual Awards for Outstanding Research and Creative Activity presented by the university.

Professors Joseph Macek, department of physics, Paul Schacht, department of modern languages and literatures, and John Schmidt, department of agronomy, were named winners. A fourth winner, Joseph Gilmore, is of the department of physiol-

ogy at the University of Nebraska Medical Center in Omaha.

Each will receive a \$1,000 honorarium provided by the University of Nebraska Foundation.

The winners were selected by a special committee of fellow faculty members which included representatives from the three university campuses.

The awards, founded last year to recog-

nize and encourage research and creative activity, will be presented formally by President Ronald Roskens at a dinner and reception to be scheduled later.

Diversity of research

Roskens said the research done by the four winners shows "the diversity of scholarly inquiry" at the university.

"These winners are exploring the human heart, medieval literature, atomic physics and the development of hybrid wheat—and all to the benefit of mankind," Roskens said.

The winners and their specialties are:

—Joseph P. Gilmore, 51, a native of Brooklyn, N.Y., joined the medical center faculty in 1970 as professor and chairman of the department of physiology. He has received more than \$900,000 in grants to conduct research in cardiovascular and renal physiology and in pharmacology.

—Joseph Macek, 42, was born in Rapid City, S.D., and was named professor of physics at UNL in 1973. He is a consultant on atomic physics for Argonne National Laboratories, the National Science Foundation and the Atomic En-

ergy Research Establishment in England. He has been invited to speak at 11 national and international physics conferences.

Agronomy and physiology

—John W. Schmidt, born in Kansas, joined UNL in 1954 and was promoted to professor of agronomy in 1962. He has developed varieties of red winter wheat that are high in protein and yield, as well as disease-resistant. These varieties are planted throughout the world.

—Paul Schacht, 62, was born in Pennsylvania and joined the UNL faculty in 1951. He was promoted to professor of Germanic languages in 1955 and, in 1966, was named a Charles J. Mach Professor. Schacht will address the Fourth International Saga Conference in Munich, Germany, this year. His research specialties include Germanic medieval studies and he is the editor of Scandinavian Studies.

The six-member selection committee included F.A. Haskins, UNL, chairman; Frederick Lin, Fred Luthans and Robert Katz, UNL; Michael Sorrell, M.D., Medical Center, and David Kapel, University of Nebraska at Omaha.

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