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Staff photo by John Zoz

Jerry Aschoff, a high school junior from Madison, strains to lift 215 pounds while his coach, Russ Hawk, left watches at Saturday's Lift-a-thon.

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Lift-a-thon athletes contribute muscles to Special Olympics

By Jim Rasmussen

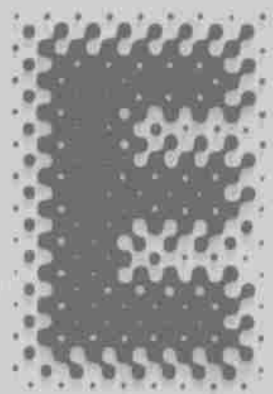
It was Saturday morning, and the huge UNL strength complex was buzzing with activity. At each of the eight free weight bench press stations, lifters strained as they pushed the large barbells upward. Big, muscular men in red "Husker Power" shirts stood behind them, ready to help should the lifters have trouble. Twenty more lifters were milling around, waiting for their turn on the benches.

No, this wasn't the UNL football team pumping iron. Most of the lifters, although muscular, certainly weren't big enough to be Cornhusker football players. There were even a couple of girls attacking the weights.

This was the scene of the "Lift-a-thon," a special weightlifting event to benefit the Nebraska Special Olympics. The Special Olympics provide athletic competition for handicapped people.

Most of the lift-a-thon participants were area high school students, although some UNL students and local lifters also took part.

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