

# Persuading the body to run doesn't beat training for race

## Coin meter rates double on parking



Photo by A. J. Kunce

The first of 800 runners jog through Pioneers Park during KFOR's "Summer Run."

BY BILL CONRADT

I stood on the side of the road after finishing KFOR's 2.1-mile fun run Sunday, bent over in sharp pain, wondering what I had done. How could anybody, I thought, say running 2.1 miles on a hot, humid Sunday morning was fun.

It had been only 25 minutes since I started the race, feeling confident about being able to finish the 7.7-mile road race being run at the same time. I hadn't done much training for the race, in fact, I had forgotten the last time I had run. But, I felt confident that the athlete in me would return and help me to the finish.

Doubts about the race began to seep into my brain, as I tried to stretch my legs. I tried touching my toes, but instead, I barely reached my kneecaps. Then I tried stretching against a tree, but it seemed I was using more energy holding the tree up than I was stretching. So I cautiously started to jog, a fast walk, to wake up my heart. Sweat quickly drenched my body. I decided jogging was going to do more harm than good.

Instead of risking further mental or physical damage before the race, I decided to sit and watch everyone else warm up. I watched, curiously, as each went through his own routine. Some jogged, others stretched, and the remaining talked of strategy and future races. I hoped watching the others would do the trick for me. It didn't.

The race started with everyone pushing and shoving to get a good position. I was content with my position. This would be as close as I got to the front. I let everyone sprint past me.

I felt like a world champion for about 30 seconds, then there were problems. I started

up the first hill, ready to challenge for the lead, when, suddenly, a runner, probably not much older than 10, passed me. The confidence I had nurtured watching the others slowly wilted. My muscles began to call out for more oxygen, they couldn't understand that I was breathing as fast as I could. My heart started pounding against my chest and the sweat started to cascade off my forehead.

I slowed my pace and tried to convince my body that it was in shape. I even brought up memories of past road races I had run in. Nothing seemed to work.

After topping the hill, I saw a sign that said "yell spray." Ahead, there was a lady spraying runners with a hose. I yelled "spray" and immediately got drenched with cold water. It felt great. I wanted to stand under the hose for the rest of the race, but quitters never win and I continued on.

I headed to the buffalo statue along with the rest, hoping the return trip down the hill would jump-start my endurance. But things continued to go bad. I started to feel the egg McMuffin I had eaten earlier in the morning. Instead of producing energy it produced pain wrenching cramps.

I knew I was finished now. So did everyone else who passed me with what appeared to be effortless strides. I finally reached the downhill in relief, only to be confronted with a new problem. What would happen if I tripped and fell? I didn't want to find out, so I slowed almost to a walk.

All of a sudden, I saw a sign which directed the fun-runners to the left. I decided it wasn't too late to have some fun, so I took that left turn and headed to the finish. The heck with goals, I thought, as I stumbled across the finish line.

BY MEILING LIU

Doubled parking meter rates have been in effect for three weeks on the University of Nebraska-Lincoln city campus, according to UN-L Police Capt. Kenneth Markle. The parking lots on 15th, R, and T streets and in front of Selleck Quadrangle have been equipped with new meters, Markle said. The new rates are 5 cents for 15 minutes, 10 cents for 30 minutes, 20 cents for one hour and 25 cents for 75 minutes. The maximum time on the meters is two hours, he said. Under these new rates, "... people won't set (their vehicles) there all day long," Markle said. The two-hour limit allows more chances for people to find a place to park, he said. Instead of raising charges for parking permits, which cost \$35 a school year, Markle said, the rate hike will help offset police department costs and improve the efficiency in use of parking. This is the second parking rate hike on the UN-L campus, Markle said. The first was ten years ago when the rate went from a nickel to a dime for an hour. Markle said new meters with new rate changes will be installed on the parking lots at East Campus Mall, East Campus Union, Dental College and Barkley Center on east campus.

The current 30-minute parking lot between the Administration Building and the Nebraska Union also will be converted to meters, he said. The rate hike was passed unanimously in April by the parking committee of the Association of Students of the University of Nebraska (ASUN), Markle said. The parking committee has two student members and five university staff.

### Weekly calendar of campus events

**Thursday, June 30:** Nebraska Repertory Theatre, "The Good Doctor," Studio Theater, 8 p.m.

Antelope Band Shell, Czech Dancers and Singers; Marvin Klimes Accordion Band, Antelope Park, 7:30 p.m.

Sheldon Film Theater, "Rebel Without a Cause," 7 & 9 p.m.

**Friday, July 1:** Nebraska Repertory Theatre, "The Marriage of Figaro," Kimball Recital Hall, 8 p.m.

Antelope Band Shell, "New Decade," country-western music, Antelope Park, 7:30 p.m.

Nebraska Directors' Theater, "Prisoner of Second Avenue," comedy, 421 S. 9th St., 8 p.m.

**Saturday, July 2:** Nebraska Repertory Theatre, "The Marriage of Figaro," Kimball Recital Hall, 8 p.m.

Nebraska Directors' Theater, "Prisoner

of Second Avenue," 421 S. 9th St., 8 p.m.

Sheldon Film Theater, "Rebel Without a Cause," 3, 7 & 9 p.m.

**Sunday, July 3:** Sheldon Film Theater, "Rebel Without a Cause," 3, 7 & 9 p.m.

Nebraska Directors' Theater, "Prisoner of Second Avenue," 421 S. 9th St., 8 p.m.

**Monday, July 4:** Nebraska Directors' Theater, "Prisoner of Second Avenue," 421 S. 9th St., 3 p.m.

**Tuesday, July 5:** Sheldon Film Theater, "The State of Things," 7 & 9 p.m.

**Wednesday, July 6:** John Walker, vocal and guitar, Lincoln Foundation Garden, noon.

Summer Film Festival, noon, Nebraska Union, "Almos' a Man," 39 min., "Seal Island," (Walt Disney), 27 min., "Slapstick," (Silent Days), 27 min.

Sheldon Film Theater, "The State of Things," 1, 7 & 9 p.m.

### Judge Grant applies for high court vacancy

OMAHA (AP) — Douglas County District Judge John T. Grant has become the first official applicant for the Nebraska Supreme Court vacancy expected in September with the retirement of Judge Hale McCown.

Grant, 62, was appointed to the Douglas County District Court bench in 1974 by then-

Gov. J.J. Exon. He announced his intention to seek the state Supreme Court seat on Tuesday.

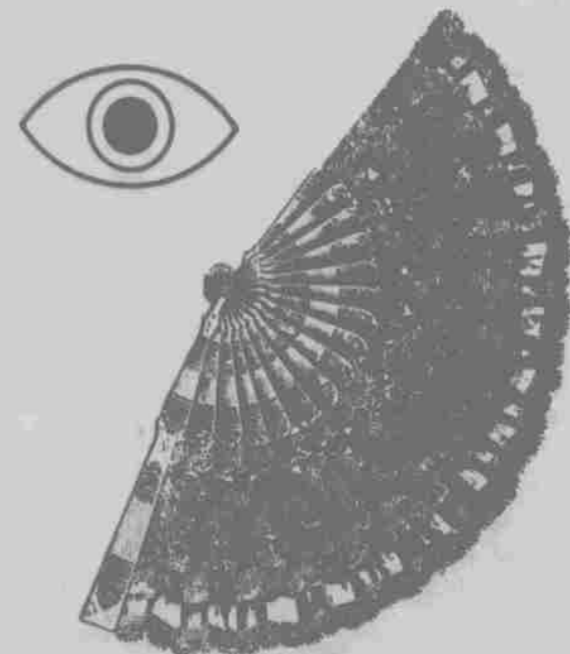
A nine-member judicial nominating commission, headed by Supreme Court Judge Leslie Boslaugh, will forward the names of selected applicants to Gov. Bob Kerrey,

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### The Marriage of Figaro

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Saturday, July 2 at 8pm UNL Opera Theatre



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