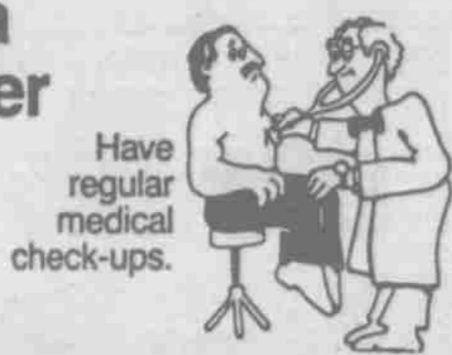


Don't be a heartbreaker



Have regular medical check-ups.

'84 finish buoys runners' coach

By Tom Kisicki
Staff Reporter

With his third season as coach of the men's and women's cross country team approaching, Jay Dirksen is looking forward with optimism. "Last year was the most successful

year ever for the women's team and they (five of the team members who qualified for nationals) were all sophomores," he said.

The men's team is coming off a third place finish in the Big Eight last year and Dirksen is hoping for improvement.

"This could probably be the best team since I've been here and the last two years have been two of the best ever," he said.

Dirksen's optimism for the women's team is based on last year's performance at nationals, where it finished 11th. He said four of those runners who participated in nationals will help the team challenge for the conference title this year. Those four are juniors Mary Amen, Karlene Erickson, Jill Noel and Laura Wight.

"Our top four are as good as anybody in the conference's top four," Dirksen said. Dirksen is hoping for support from newcomers to the team, especially freshman Sammie Rosh.

"We're expecting good things from her," he said. "She's got the ability."

Added depth should also strengthen the team, Dirksen said. He warned, however, that the team must avoid injuries.

"The people that provide depth haven't had experience," he said.

Dirksen expects a five team race for the women's conference title.

"Oklahoma State, Iowa State, Missouri, Kansas State and Colorado are all tough," he said. "This year we'd like to be in the top three."

Although the men's team lost All-American Kurt Russell, Dirksen said the team will still be strong. Depth is the key, he said.

"Last year we just didn't have that kind of strength," he said. "The balance, on paper looks better than last year."

Bryan Clark, Gerard O'Callaghan and Jean Verster are among the top performers on the team, Dirksen said. Clark finished 14th in the conference championship last year.

After finishing third last year, Dirksen said he would like to finish in the top two in the conference. "Iowa State is considered the favorite," he said. "They have an outstanding team. I look for Iowa State to be the overwhelming favorite in the conference."

Dirksen said he thinks his team can challenge for the title.

Men's roster: Bryan Clark, sophomore, Auburn; Kyle Foster, sophomore, Lincoln; Kirk Gottschalk, senior, Wahoo; Frank Graham, freshman, Nebraska City; Harold Graham, freshman, Nebraska City; Mike Herrell, senior, Bellevue; Scott Hollestelle, freshman, Lincoln; Keith Lein, freshman, Rapid City, S.D.; Gerard O'Callaghan, senior, County Cork, Ireland; Don Pobanz, junior, Lincoln; Kraig Vanderbeek, sophomore, Lincoln; Jean Verster, sophomore, Sasolburg, South Africa; and Leon Havenga, freshman, Port Elizabeth, South Africa.

Women's roster: Mary Amen, junior, Lincoln; Karlene Erickson, junior, Ericson; Lori Henning, senior, Lincoln; Sara Korte, freshman, Lincoln; Allison Laack, freshman, Sioux Falls, S.D.; Jill Noel, junior, Lincoln; Carol Nunnally, junior, Lincoln; Sammie Rosh, freshman, Shelton; Laura Wight, junior, Letchworth, England; and Lisa Carro, freshman, Bellevue.

1985 Cross Country Schedule (Men & Women)

Sept. 14	HUSKER INVITATIONAL
Sept. 21	Jayhawk Invitational
Sept. 28	Illini Invitational
Oct. 5	Cowboy Jamboree
Oct. 12	Meyers-Vincent Memorial Invitational
Oct. 19	Arkansas Invitational
Oct. 26	SDSU Invitational
Nov. 2	Big 8 Conference Championships
Nov. 16	NCAA District 5 Championships
Nov. 25	NCAA National Championships

Men — 10,000 meters (6.2 miles)
Women — 5,000 meters (3.1 miles)



Daily Nebraskan File Photo
Jean Verster

\$1.00 OFF Car Wash*
with this coupon.
OFFER GOOD THRU 9-30-85
*Regular Car or Van Wash Price

Try Our Soft Cloth for a Shiny No-Scratch Wash. Mini-Clean and Complete Car Clean Up Available.

RANDOLPH CAR WASH
21st & N Streets
Open 8-6 Monday-Friday; 8-5 Saturday; 9-4 Sunday

RENT A VCR AND 3 MOVIES
FOR ONLY **\$9.00** PER NIGHT
SUNDAY-THURSDAY WITH V.I.P. CARD OR DEPOSIT
WITH THIS AD

910 N. 70th MEADOWLANE SHOPPING CENTER
464-6165
OFFER EXPIRES 8-29-85

MON.-THURS. 10-8
FRI.-SAT. 10-9
SUN. 12-6

FREE!

Gourmet popcorn from Vic's Corn Popper
We're talkin' old-fashioned . . . mouth-watering . . . pure gourmet popcorn. Bursting with flavor. Fresh-popped and ready to go.

- **VIC'S GOURMET WHITE**
Tender, all-white, hullless popcorn. Great tasting—and good for you. Low-cal light, healthy and all natural.

<p>FREE GIANT BAG</p> <p>Get one 2-foot-tall bag FREE with your purchase of a 6½ gallon, 3-way gift canister—filled with Vic's caramel, cheese and gourmet white popcorn.</p> <p>EXPIRES 9-1-85</p>	<p>FREE ICE CREAM CONE</p> <p>Get one old-fashioned, double-dip ice cream* cone with your purchase of a giant, 2-foot-tall bag of Vic's gourmet white popcorn.</p> <p>EXPIRES 9-1-85</p>
<p>FREE CARAMEL CORN</p> <p>Get a small bag of caramel corn FREE with your purchase of a giant, 2-foot-tall bag of Vic's gourmet white popcorn.</p> <p>Limit one per coupon. Good at this location only EXPIRES 9-1-85</p>	<p>FREE CHEESE CORN</p> <p>Get a small bag of cheese corn FREE with your purchase of a giant, 2-foot-tall bag of Vic's gourmet white popcorn.</p> <p>Good at this location only. Limit one per coupon. EXPIRES 9-1-85</p>



1400 "O" STREET PHONE 476-6777