

NU runner says championships extinguish lethargy

By Darran Fowler
Staff Reporter

A little extra work has already paid off for Nebraska's Mark Perry. Now, he's hoping it pays big dividends again.

While everyone else was away, Perry spent his winter holiday break working out twice a day at the Bob Devaney Sports Center track.

As a result, he ran a personal best time of 6.21 seconds in the 55-meter dash in the Cornhuskers' first meet of the season. That effort qualified the senior sprinter, who also competes in the 200, for his first NCAA meet.

Since that meet, Perry said he went through a little lethargic stage in which he lacked motivation.

"It's tough to stay up mentally

from week to week with everyday training," Perry said.

But, Perry said, this weekend's Big Eight championships at the Sports Center have given him the drive to train hard once again. He said he expects equally impressive results.

In the Huskers' dual meet against Big Eight rival Kansas State earlier this season, Perry finished 2nd to the Wildcats' Ray Hill in the 55. The next week at the Frank Sevigne-Husker Invitational, Perry dropped to a 6th-place finish.

Perry said he intends on winning the 55 dash at the Big Eight championships even though he finished behind Hill and Missouri's Peter Ifeduba and Yemi Alade'fa at the Husker Invitational. He said he also

intends to run a NCAA qualifying time of 21.37 in the 200 dash.

Nebraska assistant and men's sprint coach Glen Stone said Perry was affected by his early success. But he said he has noticed a change in Perry's work habits.

"We like to have a steady rate of improvement instead of running fast once and than not doing it again," Stone said. "Once he met the qualifying mark his intensity dropped, but he's been getting more exciting now."

Perry said he employs a definite strategy when he competes in the 55. "It's a short race and anything can happen," Perry said. "You have to run your race. You can't concentrate on the guy next to you or it'll throw you off mentally."

Perry recorded his best time of 21.44 in the 200 against Kansas State. He said he has not achieved the NCAA qualifying standard because of the race's final 70 meters.

"We're working on breaking on that final curve," Perry said.

Stone said Perry is capable of qualifying for the NCAA's 200 competition. He said several endurance drills are preparing Perry for his final kick in the race.

"I always thought he was a better 200 runner than a 55," Stone said.

Perry said he will not feel nervous when he competes in the NCAA championships even though he has never qualified for them before. He said he has been competing in track since he was nine and that has helped him learn to deal with pressure.

"I'm pretty good at handling anxiety," Perry said. "I've been running so long that I don't get that nervous, although some of it is good. I've learned how to regulate that and the more relaxed you are the better you do."

Perry spent his first collegiate season at Wichita State, where he competed in football and track. After his freshman season, he said he elected to focus solely on track because he wasn't satisfied with Wichita State's football program.

Perry, an Omaha Northwest graduate, said he returned to Nebraska because of the Huskers' good track program and because it also gave him an opportunity to be closer to his family.

This week is critical for basketball team, Nee says

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said.

"I think at this time of year... that is a common thing for teams that are losing," Nee said. "It would be easy for people to be just going through the motions. I don't see that in any re-

spect with our basketball team."

Nee said Nebraska, which dropped a 79-63 decision Sunday to Missouri in Columbia, Mo., has been playing well.

"A lot of players are on positive notes," he said. "The negative note is we haven't been winning."

But, Nee said, his team has retained a good attitude.

"Mentally and emotionally, we're all right," he said.

Husker center Rich King, a 7-foot-2 player from Omaha, struck a positive note against Missouri. King scored a career-high 22 points,

grabbed 10 rebounds and blocked two shots against the 3rd-ranked Tigers. Nee said King is improving.

"He's becoming more focused on the floor and aware of what he can and can't do," he said.

King has helped carry the load during the absence of 6-9 center

Richard van Poelgeest. Van Poelgeest originally injured his shoulder in a Jan. 23 game against Wyoming.

Nee said van Poelgeest's injury has improved.

"I go under the assumption that he will be ready for Wednesday," Nee said.

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PERSONALS

Chris S., Happy 21st Birthday to a great friend! Kim

MISCELLANEOUS

Ag Econ-Agri Business Club. Extemporaneous and Public Speaking Division Speech Contest. Cash Prizes, \$25-1st Place; \$15-2nd Place; \$10-3rd Place. Tuesday, February 21, 6 PM, East Union.

PERSONALS

Colleen, At last, Happy 21st Birthday! Don't overdo it tonight! KT

ANNOUNCEMENTS

Accounting Association Meeting. February 23 at 4pm in the Student Union. Large firms vs. small firms. Room will be posted.

PERSONALS

Chris-A-Phar, Violets are blue, roses are red, buy me more cookies, or I'll smack your forehead. Happy anniversary, babe! Love, Banana

ADMINISTRATIVE MANAGEMENT SOCIETY

Next meeting, Tuesday, February 21, 6:30PM in the Nebraska Union. Fish Looms will speak on RESUMES. NEW MEMBERS WELCOME!!!

PERSONALS

H's Shirt, Congratulations on making the paper yesterday. We are so proud of you! Partygoers

AG ECON-AGRI BUSINESS CLUB

Extemporaneous and Public Speaking Division Speech Contest. Cash prizes: \$25-1st place; \$15-2nd place; \$10-3rd place. Today, February 21, 6 PM, East Union.

PERSONALS

Dear Gregg, Just 6 months and 11 more days 'til our special day! Happy Anniversary, honey. I love you more and more each day! XXOO,Shari

APARTHEID AWARENESS WEEK

Attention SEA members: Nominations for outstanding professor are due March 3-in Henzlik 105! Please get them in.

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