

Students turn away from Rec Center for work-outs

By Derek Samson
Staff Reporter

Alternatives are available for students in Lincoln looking for a way to stay fit, but would rather to avoid the crowds at the Campus Recreation Center.

Ranging from the YMCA to the Prairie Life Center, Lincoln is not lacking in the department of health clubs.

The Lincoln Racquet Club's wide range of activities and facilities attract students, according to fitness director Karen Campbell.

"We're a full-service club," Campbell said. "We have everything from in- and outdoor pools to racquetball to a huge weight room. We have a lot of guys who come out to play basketball. We have a lot of different types of basketball leagues.

We have a lot of programs and that makes it very nice here."

Students who are not enrolled in any summer courses at UNL must pay \$31.67 for the summer to use the Rec Center.

Campbell said the Lincoln Racquet Club's student membership rose during the summer.

"We offer summer memberships and we get a lot of members during the summer," she said. "A lot of them come out because of our pool. Also, a lot of them have apartments in this area (the club is located at 5300 Old Cheney Road)."

Another club that draws attention from students is Gold's Gym, located at 4760 Leighton Ave.

"A lot of times, students want a place that is inexpensive and where you won't have to pay for a lot of frills," assistant manager Rod

Wright said. "We basically have just the free weights and a lot of aerobic equipment. The students that are members here are mostly concerned with that."

Wright said that kind of serious workout attitude was what lured students to Gold's Gym.

"It's an atmosphere where you're going to get a workout," he said. "From what I hear, it's a little crowded at the Rec Center. So there's a little more room here. Another reason they come here is they don't have to commit to a year, they can go by months."

Monthly rates range from \$34 a month at the YMCA and \$35 a month at Lincoln Gym and Fitness to \$70 a month at the Prairie Life Center. Gold's Gym, however, offers a special student rate of \$29 a month.



Chris Petersen lifts that "last one" at Gold's Gym as one of his fellow lifters spots. Jason Levkulich/DN



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Title brings Big 8 respect

From Staff Reports

When Oklahoma defeated Georgia Tech 13-5 to capture the NCAA championship Saturday in Omaha, Sooner fans weren't the only ones who were grateful.

Oklahoma took the monkey off the back of a Big Eight conference that has not seen a member win the title since Oklahoma State accomplished the feat in 1959.

Nebraska baseball coach John Sanders said the way the Sooners' breezed through its College World Series competition was a credit to its Big Eight opponents.

"I think it was an extremely positive thing to happen for the Big Eight," he said. "It proved we play some serious baseball in this league. We (Nebraska) played right at 30 games against rated opponents just in our league this year. It's a tough conference."

It is the Big Eight's fourth championship in baseball, the second for Oklahoma.

But breaking the 35-year drought — in which many of those years the title was won by a school from Florida, California, Arizona or Texas — is what Sanders said was important.

"It really proves we can play baseball on a national level," Sanders said. "It shows it's not just the warm-weather schools that can win it."

And while the other Big Eight teams look forward to taking their shots at the national champion, the rest of the country can't be looking forward to when four Southwest Conference teams join the Big Eight, including four-time NCAA baseball champion Texas.

"I think when that happens it will without a doubt be the toughest conference in the country for baseball," Sanders said.

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