

Students run in Boston Marathon

Amateur runners cross finish line

BY VERONICA DAEHN
Staff writer

One day Mandy Thelen just started running.

And then she was hooked. For someone who never ran a long-distance track race in high school, this University of Nebraska-Lincoln junior has come a long way — all the way to Boston, in fact.

Almost two weeks ago, Thelen and fellow UNL junior Rachel Daberkow ran in the Boston Marathon, one of the most prestigious events in the world of long-distance running.

Three hours and 34 minutes after the 26.2-mile race began — and only two years after she really started to run — Thelen crossed the finish line, breaking a personal record by two minutes.

"It's an amazing feeling," she said. "You tear up."

Thelen was not alone in her sense of accomplishment.

Daberkow set a personal record in the third marathon of her career.

Seven minutes faster than what she had previously run in the Lincoln and Chicago marathons, Daberkow's time of 3 hours, 30 minutes qualified her for the Boston race again next year and also met her personal goal.

A time of 3 hours, 40 minutes is needed to qualify for the event.

A short-distance 400-meter runner in high school, Daberkow was persuaded by a friend to run the Lincoln Marathon last May.

She ran her first race longer than 5 miles in January 1998 and since then has continued to run long distance.

"It gives me time away," Daberkow said. "It gives me God time."

God plays a large role in her running, she said.

During the marathon last week, Daberkow relied on a Bible verse she had written on her arm to carry her through the tough parts of the race.

At times when her vision was blurred from the running, she said, the words on her arm were the only visible thing.

"I had to say a lot of prayers (during the race)," she said. "Praying is a big part of my support."

Her brother, John Daberkow, was also able to aid her during the race, she said. Although he did not qualify, he jumped in and ran with her anyway.

Initial plans to run only the first 13 miles with his sister vanished during the race, and Daberkow's brother was able to cross the finish line with her.

"I was praying for partners," she said. "He talked to me and inspired me emotionally."

“You don't have to be an extreme exercise queen. It's 80 percent mental.”

RACHEL DABERKOW
UNL junior

Thelen, on the other hand, had a rocky finish to what began as a beautiful race, and she blames it on people like Daberkow's brother.

Thelen calls them "bandits" — people who have not run the Boston qualifying time but who jump into the race after the gun goes off.

Up until her 18th mile, Thelen had been running a seven-minute-mile pace and was on her way to a stellar time, she said.

On that stretch, however, a "bandit" ran directly in front of her, tripping her to the ground.

Not only did she hurt her hip, Thelen said, but she lost her momentum.

After that, an eight-minute-mile-pace was all she could muster, and her personal best was bittersweet.

Thelen, who is not on a specific training program, runs 40 to 50 miles a week and teaches step aerobics at Chase Firm Fitness Program, 701 P St.

She has her own running club there that garners four or five people two days a week.

Other than that, Thelen, like Daberkow, usually runs alone.

Training for a marathon entails more than running, Thelen said. A well-rounded fitness program is also necessary.

"Strength and endurance are key," she said. "Weights, bikes and aerobics give your body something different. It's not all about running."

Daberkow, who will be a missionary in Japan this summer, said virtually anybody can run a marathon with the right preparation.

"You don't have to be an extreme exercise queen," she said. "It's 80 percent mental."

Both girls expect to run marathons in the future.

Thelen, who is awaiting surgery to remove an extra bone in her foot, may run the Lincoln half-marathon on Sunday.

Her feet, though, are not made for running, her doctor said.

She was advised to never run again, but Thelen has different plans.

"I'm just going to say screw it and keep running."

Greeks

Kappa Sigma Fraternity prepares to reopen house

BY DANE STICKNEY
Staff writer

More than 15 months ago, UNL's Kappa Sigma Fraternity disbanded because of disciplinary and financial difficulties.

Now, through extensive work by existing members, the fraternity will be reopening its doors to students next fall.

In late December 1997, University of Nebraska-Lincoln Kappa Sigma members were told their house had been closed and their charter suspended by national Kappa Sigma headquarters.

Adam Miller, Kappa Sigma president, said a combination of declining membership and inadequate housing led to the financial woes.

"Each year, we were falling deeper into debt," he said. "Many facilities needed to be replaced, but we had no funds available for maintenance."

Miller, a junior civil engineering

major, also said the fraternity experienced some drinking problems and exhibited a lack of responsibility, which led to a falling-out with Kappa Sigma alumni.

"The advisors thought our actions were unjust," Miller said. "In the eyes of the alumni, Kappa Sigma was going downhill fast."

UNL's Kappa Sigma chapter was in danger of permanently losing its house charter, but in early 1998, 10 Kappa Sigma members and two alumni attempted to change the national board's mind by making a trip to Memphis, Tenn.

Their efforts were not in vain. In March 1998, Kappa Sigma national headquarters decided to allow the UNL chapter to keep its charter and reopen in 1999-2000 after a year of fund-raising for house renovations.

University fraternity members agreed to make concessions, which included recruiting a more diverse membership, instilling higher academic standards and placing more focus on community service.

"All of the problems seem like

such a long time ago," Miller said. "We're just doing what we can to get on the right track again."

The main focus of Kappa Sigma is the renovation of its house at 519 N. 16th St., Miller said.

"We currently meet and have dinner once a week at Selleck," Miller said. "We still function as a chapter as best as we can, but we are limited as to what we can do."

The nine active members of Kappa Sigma have been told they can move into their house before school starts in August. Renovations will continue on the house throughout the 1999-2000 academic year.

Linda Schwartzkopf, UNL director of Greek Affairs, said she expected the reopening of Kappa Sigma to be a success.

"Kappa Sigma has a great core group of young men who are committed to the positive aspects of greek life," Schwartzkopf said.

"I'm sure they will be very eager to succeed, especially since they haven't had a house for three semesters."

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Dead baby found in trash; Omaha police have suspect

OMAHA (AP) — Authorities found a newborn's body in a trash can after a bleeding woman went to a hospital and a doctor became suspicious, but a lawyer for the woman said she maintains it's not her child.

The 28-year-old woman went to a hospital Tuesday night and a doctor called police, who went to the woman's home and found the baby outside the house in a trash can.

Michael Kratville, an attorney for the woman and her husband, said he had spoken with someone who gave him reason to believe the baby did not belong to his client. He declined to elaborate.

Kratville said his client claims

she was not pregnant and may simply have suffered abnormally high bleeding.

Autopsy results should determine whose baby it was and the cause of death, Kratville said. Police said an autopsy was scheduled for Thursday.

"The average person looking at this set of facts would consider this improbable, but hopefully the autopsy will let us know if our witness is correct," Kratville said.

Kratville declined to release the names of his clients.

"We just don't know yet if it was a miscarriage or what," police Sgt. Dan Cisar said. "We don't know anything until we know that."