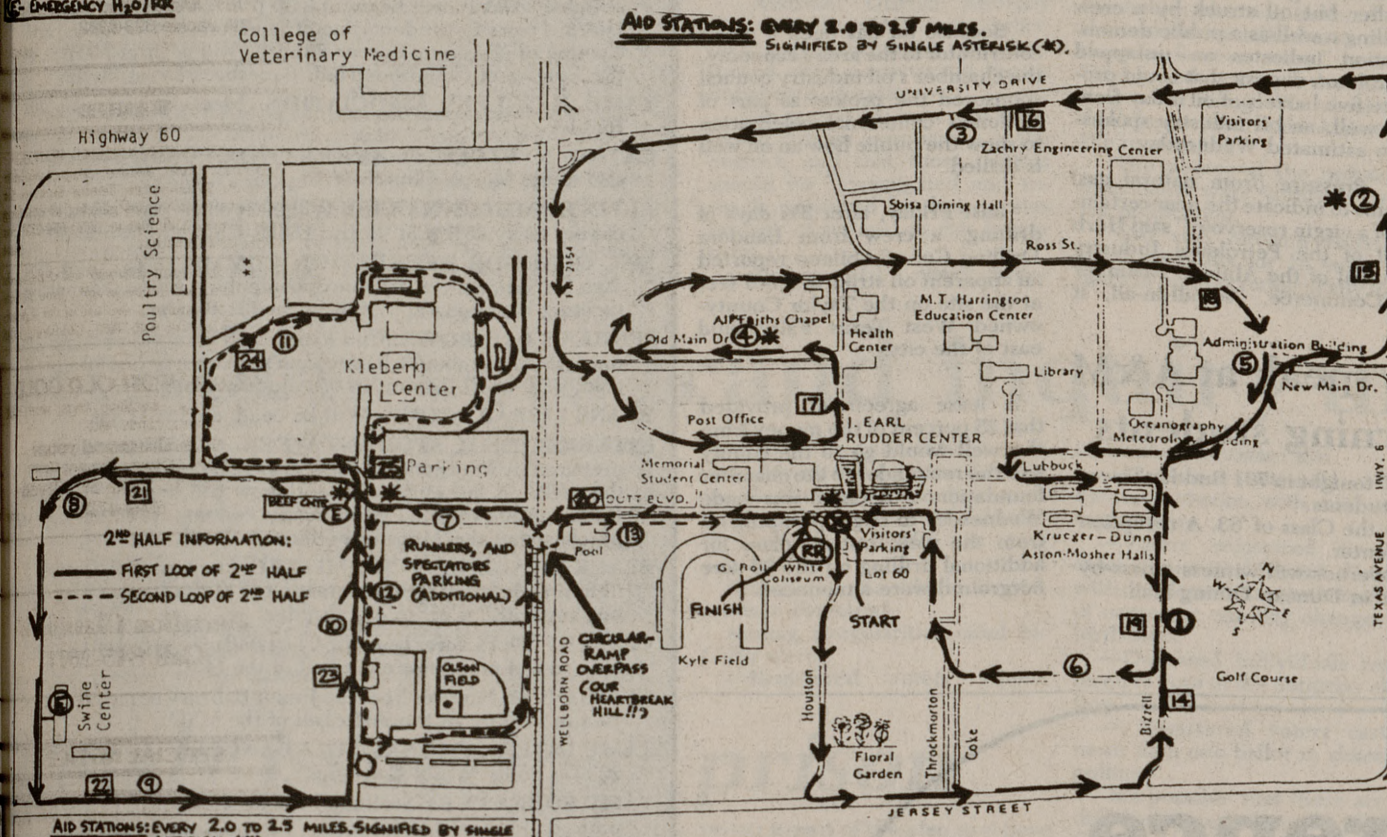


Local

Below is a map to identify the route for the fifth Texas A&M University marathon. Three different distances, 1/4, 1/2 and full marathons will be offered. Race registration, start and finish are all located at G. Rollie White Coliseum. Parking is available next to the coliseum.



Vet College to sponsor horse show

The fourth annual College of Veterinary Medicine Horse Show will take place Saturday at Equestrian Park. The show beginning at 8 a.m. will feature English, western and dressage classes. Trophies, ribbons and cash awards will be presented to the winners. During the lunch break there will be an exhibition of donkeys trained and used in western events. Concessions and lunch will be available on the grounds. Equestrian Park is located two miles west of College Station on Highway 60.

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Runners to have fun, fitness University marathon will be held April 11

By NANCY FLOECK

Battalion Reporter Amateur runners, get out your shoes — Texas A&M's Fifth Annual Marathon will be April 11. The only requirements for this race are a craving for fun, an interest in physical fitness and an \$8 entry fee paid by Saturday. "We try to keep it amateurish, with fun — it's an event," Rusty Higham, marathon director, said. "Not only do we run, but we have a barbecue — it's really a social gathering." Runners who are interested in the full 26.22 miles can run the quarter (6.55 miles) or half (13.1 miles) marathon. The course for all three will be on the university's east and west campus.

"The quarter would be your highest percentage of success and the half would be next," Higham said. "Then we start to see a drop-off." "But, last year was pretty darn good." Thunder, lightning and extreme rain would be the only obstacles keeping a determined marathoner from the race. "We're safety conscious from the standpoint of thunder and lightning," Higham said. "There's no use in sending anyone out in that." This safety consciousness will include stations and timers positioned every two miles along the track to offer water, lotion and encouragement to runners. Four or five aerobic students and a University emergency medical technician will be at each station. Restrooms will also be on the course. Track Coach Bill Nix said runners should take advantage of aid stations. "Water intake is very important," he said. "Runners should always take advantage of it, or else they're going to dehydrate and have to drop out." Higham agreed: "At least douse yourself to cool down, take some

in. Splash it on, take it on the run, but get it down." Dr. H. Duane Lagan, associate director of A.P. Beutel Health Center, said running regularly is the best preparation for the marathon. "Get out and run," Lagan said. "Running shouldn't be to exhaustion, but should be to fatigue ... then get out and train again the next day." Higham said runners should have at least three months training before running the full or half marathon. They should average about one-third of that distance a day, he said. "That way you have a sense of what you're doing," Higham said. "You're not questioning whether you can finish it or not — you know you can." Nix and Lagan recommended a

balanced diet for training, with runners loading up on carbohydrates three or four days before the marathon. The extra carbohydrates will act as a reserve fuel supply, they said. Higham recommended low-fat foods, like fish and chicken. He also recommended cutting out fried foods, junk food and milk. Milk causes excess mucus. Higham also said adequate sleep before the race is important. "Don't do anything that deviates from your normal sleep pattern," he said. "Get what you consider a good night's sleep." Runners will have a chance to forget about training and diets after the marathon. The fee — \$8 until Saturday, \$10 after that — pays for a ticket to a barbecue banquet and a prize drawing at the Texas Hall of Fame, as well as a marathon T-shirt and registration cost. Barbecue, beans, potato salad and tea will be served. Beer and soft drinks cost extra. The top three runners in each age category and race distance will be honored with recognition at the banquet, Higham said, but no formal awards will be given because of the marathon's "fun through fitness" emphasis. The last day to enter the marathon is April 10, from 6-9 p.m. at G. Rollie White Coliseum. Applications are available in 120 G. Rollie White, the MSC, the Intramural and physical education administrative offices and local sporting goods stores.

"Running shouldn't be to exhaustion, but should be to fatigue" — Dr. H. Duane Lagan, A.P. Beutel Health Center

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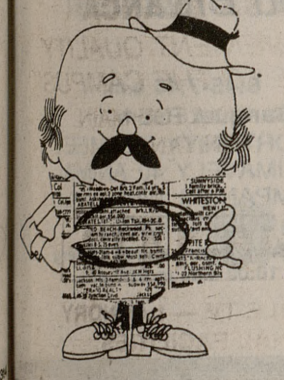
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