

Ag gears for grueling 'Ironman' triathlon

By TAMARA BELL
Sports Writer

Running to catch the bus or biking to class leaves many people physically exhausted and gasping for breath, but for Texas A&M junior Diane Praker, a 50 mile bike ride followed by a 2 mile swim and a 15 mile run is just a routine workout.

On Oct. 6, Praker will compete with 1,000 athletes from around the world in the Hawaiian Ironman Triathlon, consisting of a 2 mile swim, 112 mile bike ride, and 26.5 mile run.

After watching the Ironman Triathlon on television two years ago, Praker decided it was a challenge she'd like to accept. Although family members admired Praker for her ambition, they believed her desire would be short-lived.

Praker knew her dream would come true.

A avid marathon runner and a four-year member of the Galveston Ball High School swim team, gives Praker experience in two of the three triathlon events. After investing in a Ciocc, a \$1,000 bicycle imported from Italy, she began her extensive training program in all three events.

"Once I knew the Ironman contest would be a reality, I went to several championship triathlons to check what the pros considered the best equipment for this type of race," Praker said. "The Ciocc is the best bicycle and I figure why enter this contest with second best."

"I earned money by working for the beach patrol during the summer. Actually, the patrol has been a big contributing factor to my acceptance to this race because they allowed for time off, with pay, while I trained."

Praker's typical Monday begins before sunrise with a 50 mile bike

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— Triathlete Diane Praker

ride and a one mile swim. Praker finishes the day by running 15 miles.

Tuesday consists of a one mile swim and stamina building activities such as wind sprints, long distance running and bike riding. This schedule continues throughout the week with one day off for rest.

"When I trained, I played-out each event to test my endurance but I didn't time my efforts," Praker said. "I know I can endure the strain of such strenuous exercise. Now, I need to concentrate on speed."

"In previous competitions, I have

been in the top five coming from the water, the top eight after bicycling, and finished strong in my best event, running, to place first in my age group.

Keeping a diet is important to any athlete, so Praker has excluded red meat from her meals and eats food high in carbohydrates such as potatoes, bread, pasta, and whole grain products.

While at A&M, Praker trains by swimming at the University pool, biking with the Aggie Bike Club, and running virtually "all over town."

Not only has she received full support from her family, close friends, and the citizens of Galveston who raised \$3,500 for her expenses, but also from her professors who will show leniency for the week she'll be away competing.

"I'm a sports medicine major who wants to graduate from Texas A&M," she said, "but this contest is also very important to me. My professors know this and will allow make-up time for those things that I miss."

The United States Triathlon Federation, a national organization which sponsors the Ironman contest and other triathlons, is trying to incorporate the triathlon competition into the 1988 Summer Olympics in Seoul, South Korea.

The top 10 women to finish the Ironman will be eligible to partici-

pate in this event should the USTF succeed.

As for Praker's future, after this competition she will concentrate on classes and perhaps an occasional water polo match with the A&M club.

But once summer arrives, she will prepare for another challenge — The Great Western States 100. This race will involve running through the mountains in Colorado.

So why does Praker abuse her body from week to week?

"It's the challenge of actually accomplishing such a physically and mentally exhausting contest in which the participants are from all over the world that far outweighs any pain I might experience. I just can't believe it will be over so soon," Praker said.

Brewer says Ole Miss in the dark about Hatfield's 'flexbone' Hogs

United Press International

LITTLE ROCK, Ark. — The two coaches involved in Saturday night's Arkansas-Mississippi football game couldn't agree Wednesday on whether the Rebels had an advantage after playing one game.

Billy Brewer, who directed Ole Miss to a 22-6 victory over Memphis State Saturday, said Hatfield, who scouted the game, would have the edge in seeing the Rebels' 1984 players and system in action.

"They have 10 times more information on us than we have on them," Brewer told Arkansas media in a telephone news conference, specifying the passing game as an area where Ole Miss is in the dark on Arkansas' plans.

"We don't know if they're in straight dropback or sprintout passing," Brewer said.

Hatfield said the experienced Rebel players, veterans of last year's 6-6 bowl squad, were able to pass their

experience on to the younger players during the Memphis State game.

"The experience paid off for the younger players," Hatfield said. "They latched onto the older players. That's why they played so well against Memphis State."

Hatfield said there were no revelations in his scouting of the Rebel victory.

"They have not changed a lot (from 1983), although they have some wrinkles," he said. "We know where they're going to be. It's just a matter of executing now."

Hatfield, who coached Air Force to a 9-3 bowl victory over Ole Miss in December before taking the Arkansas job, said the offensive players have picked up the new Flexbone offense well.

"We'll learn to execute better as the game goes by," Hatfield said. "The pace of the game is always much faster than anything they've seen in practice. But we haven't been

turning the ball over very much, even on punts. I expect us to execute well."

Brewer said Ole Miss "caught Arkansas looking" in a 13-10 victory over the Hogs last year that propelled the Rebels to their first bowl trip in more than a decade.

"We were fortunate to win it. After that football game we became much better. This year we're trying to be a complete football team for 11 games, not five or six games like last year."

Hatfield said the smallest Hog defensive line will have trouble standing up to the bigger Rebel blockers.

"Their line of scrimmage dominated Memphis State on both sides of the ball," Hatfield said. "Our guys will root hard and fight them in the trenches."

Brewer said offensive tackle Greg Walker and receiver James Har-



Arkansas' Ken Hatfield

hour, both recovering from injuries, were likely to play in Saturday's 7:05 p.m. game, but said their effectiveness could be limited by a lack of practice time.

Jury convicts Jets' star with assault

United Press International

NEW YORK — A jury Wednesday convicted New York Jets football star Mark Gastineau of assault for breaking the nose of a man who beat him in an arm wrestling contest in the swank Studio 54 night club.

The five-man, one-woman panel acquitted Gastineau's co-defendant, Jets' quarterback Ken O'Brien. O'Brien's attorneys had argued he was mistaken for a look-a-like friend.

The jury's verdict came about 4 p.m. on the second day of deliberations. The panel's deliberations included rehearing more than eight hours of testimony about the brawl last Sept. 30.

Gastineau, 27, and O'Brien, 23, were accused of joining the melee where three men were beaten up. Two of the men suffered broken noses, but Gastineau was convicted of breaking

only one of the men's noses.

Gastineau's attorney Peter Morrison said he was "really disappointed" at the jury's decision but "a verdict is a verdict and the truth is the truth."

Robert Simel, attorney for O'Brien, said Gastineau's verdict was "an injustice. The evidence in this case doesn't support the decision as to Mark. As much as there is elation for my client, it is tempered by the verdict."

Sentencing was set for Nov. 20. Gastineau faces up to a year in jail and a \$1,000 fine for his conviction on one count of assault in the attack on Studio 54 bouncer John Benson after Benson beat the football star in an arm wrestling contest.

The only reaction in the courtroom, filled with about 40 spectators, was a single gasp from Gastineau's wife when the verdict was read.

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	Reg	Sale
NIKE Odyssey (air) men & ladies	84 ⁹⁵	44 ⁹⁹
Pegasus (air) men & ladies	49 ⁹⁵	42 ⁹⁹
Equator men & ladies	66 ⁹⁵	47 ⁹⁹
Internationalist mens	54 ⁹⁵	37 ⁹⁹
Columbia (air) mens	64 ⁹⁵	39 ⁹⁹
Trophi men & ladies	36 ⁹⁵	27 ⁹⁹
Valkrie ladies	54 ⁹⁵	31 ⁹⁹
B new balance	Reg	Sale
-460- men & ladies	49 ⁹⁵	41 ⁹⁹
-660-	52 ⁹⁵	26 ⁹⁹
-770- men & ladies	76 ⁹⁵	62 ⁹⁹
Etonic	Reg	Sale
513	49 ⁹⁵	41 ⁹⁹
510 Vega	39 ⁹⁵	29 ⁹⁹
Km 595	64 ⁹⁵	54 ⁹⁹
BROOKS	Reg	Sale
Chariott	54 ⁹⁹	47 ⁹⁹
Graphflex	42 ⁹⁵	34 ⁹⁹

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