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# Runners gear up for Tenneco marathon

□ Three A&M students said their sport is a mental, as well as a physical exercise.

By Kendra S. Rasmussen  
THE BATTALION

For some people, 26.2 miles is a gallon of gas. But for at least three Texas A&M students, it's the ultimate challenge.

Marathon runner Kris Ostrand, a senior kinesiology major who participated Sunday in her first marathon, said she was not in it for the competition.

"I wasn't running to beat people," she said. "It was more like the physical challenge of stretching your body to its limit."

Ostrand, whose father was a marathon runner, said she started running when she was six.

"I always knew I would run in one," she said. "It was just finding the time to train."

Ostrand normally runs between four and six miles each day, but began running longer distances in October to prepare for the Houston Tenneco marathon, a 26.2 mile race.

Twenty miles was the most she had ever run prior to the marathon.

Inexperience and a fresh foot injury made Ostrand question whether she could finish the race.

"I prayed a lot," she said. "But after I ran the first two miles, I knew I was going to finish it"

But not everyone who starts a marathon finishes it.

Joel Korkowski, a senior aerospace engineering major, said he had to drop out of his first marathon, but has since completed the Houston Tenneco twice.

"It was hard to quit, but I

knew I was going to try it again," he said.

Mary Shannon Taylor, a senior recreation, park and tourism sciences major who has completed two marathons, said hitting "the wall" causes many runners to drop out.

"When you hit it, you just want to stop," she said. "You don't want to run anymore. You start going 'why in the world did I ever want to run a marathon?'"

Taylor said her faith and the anticipated satisfaction of crossing the finish line kept her going.

"I'm not really doing it for the competition," she said. "I do it more because it teaches me such a huge lesson in life and how I can't rely on myself. The only thing I can rely on is my relationship with Christ."

Taylor said physical exhaustion is something marathon runners must cope with after a race.

"At the end of a marathon, it's the worst you have ever felt, yet it's the best you have ever felt," she said.

"Every time you run more than six or eight miles, you're putting extra stress on your body," she said.

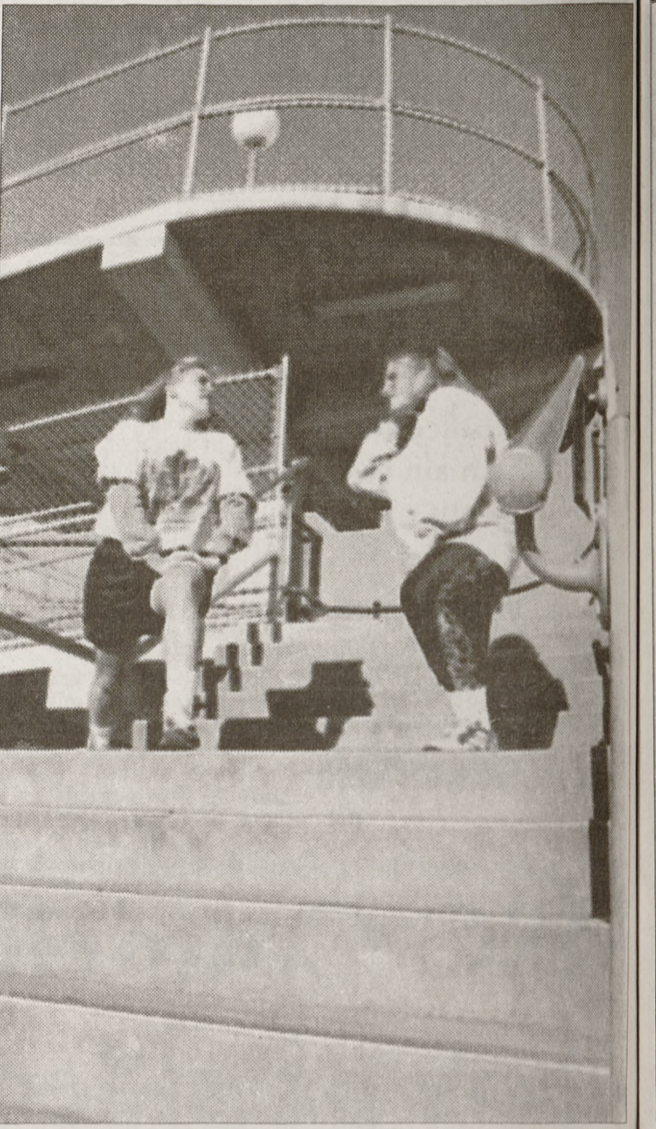
After her first race it took her about two weeks to recover from the pain.

Despite the pain, Taylor, Ostrand and Korkowski agree that anyone with a healthy body can run a marathon if they have enough desire.

"I think anyone can do it with proper training," Ostrand said. "But you have to want it. It's definitely mental."

Korkowski said marathon runners share one common personality trait.

"In general, everybody probably has a screw or two loose who runs a marathon," he said.



Shane Elkins, THE BATTALION  
Kris Ostrand, senior kinesiology major, and Mary Shannon Taylor, junior recreation, parks and tourism major, stretch before they jog. They both run in marathons.

# Detectors help guard against carbon monoxide poisoning

□ Regular inspection of gas appliances and installation of detectors will protect students from carbon monoxide poisoning.

By Michelle Lyons  
THE BATTALION

People are killed each year by a gas they cannot see or smell — carbon monoxide.

But death and illness from carbon monoxide poisoning can be avoided by equipping homes with detectors available at most retail stores.

Lt. Mike Ruesink, College Station fire prevention public education officer, said college students would be wise to invest in carbon monoxide detectors.

"If they have any kind of gas appliance, chimney or furnace, or even warm up the car in their garage, I would definitely recommend a detector," Ruesink said.

"The detector is under \$50. How much is a life worth?"

The number of carbon monoxide-related deaths in Bryan-College Station is low because the warm climate leads to infrequent heater and furnace use.

But Ruesink said that since these home appliances are not used often, residents do not have them inspected, and problems go undetected.

Ruesink recalled an incident that occurred this year in which a couple was found dead in their bed, victims of carbon monoxide poisoning.

"One couple is one too many," he said. "And if we have even one death, then there's a problem."

Carbon monoxide poisoning symptoms, similar to the flu, include burning, watery eyes,

flushed or warm skin, nausea and dizziness.

Carbon monoxide attacks the body by entering the blood stream and displacing oxygen. This causes victims to breathe rapidly, which in turn causes them to inhale more carbon monoxide.

Victims can die if they are not given pure oxygen or placed in a hyperbaric chamber.

Sgt. Betty Lemay of the University Police Department Crime Prevention Unit said many students do not check their homes for carbon monoxide-related problems, such as leaks.

"Students don't realize how many people have died," Lemay said. "These things need to be checked every year, but people don't do that."

**"The detector is under \$50. How much is a life worth?"**

— Lt. Mike Ruesink  
College Station fire prevention public education officer

Mike Donoho, Bryan assistant fire chief, said people who use detectors need to be sure they are using the equipment properly.

Detectors, which sound an alarm when low levels of carbon monoxide are present, emit a different sound at higher, more dangerous levels.

People often place the devices too close to heating vents or gas appliances to get an accurate reading.

The best places for detectors, Donoho said, are hallways outside of sleeping areas.

If a detector shows high levels of carbon monoxide, Donoho recommends calling 911.

The fire department can confirm the carbon-monoxide level present in the home, but a utilities professional must determine the problem's cause.

# news BRIEFS

**A&M, GTE to hold annual conference**

The Center for Distance Learning Research, a joint partnership between Texas A&M and GTE, will host the annual International Distance Education Conference Jan. 24-26.

The conference, at the Terraces Hotel and Conference Center in Dallas, will focus on the latest research in distance education programs.

**Bush satisfied with corrections report**

AUSTIN (AP) — Gov. George W. Bush said Tuesday that he is satisfied with an investigation that has shown former Texas prison chief Andy Collins committed no wrongdoing in an inmate's alleged prison escape plot.

On Monday, the Texas Department of Criminal Justice made public the results of an internal probe into Collins' official acts on behalf of Houston businessman Patrick Graham.

Bush said he conferred with TDCJ Board Chairman Allan Polunsky about the report.

"The chairman is convinced that the investigation into former director Mr. Collins and Mr. Graham was full," Bush said.

"... If there is any corruption, I want it exposed and routed out," he said. "We won't tolerate it in the State of Texas."

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Monday	Jan. 29	Social	Fuddruckers	7:30-9:30 p.m.
Wednesday	Jan. 31	Interviews*	MSC 228, 229, 230	7:30-10:00 p.m.

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