

**MARATHONS** | Senior Charlie Tonon said she drank 16 ounces of water every mile to combat the sweltering heat, junior Lisa Langenfeld ran for charity

**Continued from Page 1**  
interested in training for a race her freshman year, which is when she "caught the marathon bug."

"I don't even know how to describe it," she said. "That feeling at the finish, there's just nothing like it. It's just that realization that you just finished something that most people would never even think about doing."

Tonon said her training regimen was based on a plan she found on the Internet. She said she ran six days a week with one day devoted to a long run, which started as an eight-mile stretch and finished as a 20-miler. Tonon said she tries to stick to a strict hydration method while running — eight ounces of water every 15 minutes, under normal conditions.

"But Sunday [at the Marathon], I would say more like 16 ounces every mile, which would be every eight to 10 minutes, easily," she said. Jolly Ranchers also are a staple of Tonon's marathons. She said all along the Chicago course people were handing out the hard candies as well as lollipops to the runners. Sucking on candy provides quick sugar for tired muscles, she said, and it also helps to take her mind off the task at hand.

Tonon finished the race in just less than four hours but said she had hoped to finish in less than three hours and 40 minutes, the qualifying time for the Boston Marathon. However, the sweltering heat kept Tonon from pushing her body too hard. "I wasn't sweating, and I couldn't get my breath in," she said. "I knew at that point I had to slow down. There's no way that I could maintain that pace in the heat because it was so extreme."

She said runners around her also said they were having trouble keeping pace under the circumstances. This year's race was far different than the marathon she ran in Chicago in 2006.

"Last year in Chicago, it was snowing," she said. Langenfeld ran her first-ever marathon in Sunday's heat.

"I trained in the summer, but I trained in the morning," she said. "This was the middle of the day, and it was hot."

Langenfeld said she got the idea to run a marathon after watching friends run the St. Louis Marathon in April. She said that although she had run track before, she ran mostly sprints and never had done long-distance running.

"I started out slow," she said. "I just did like three miles a day. ... The longest I did was 20 miles before the marathon."

Langenfeld said she trained at home during the summer and that her dad would ride a bicycle along with her and give her water. Once she came to school, she said she would pick out a route ahead of time, drive it in her car and leave water bottles at points every couple of miles along the route.

Langenfeld said that because she registered later in the year, she was required

to do so as part of a team. She joined a charity team for the Center for Independent Futures, which she said is aimed toward teenagers and young adults.

"[Registering with a team] is what I wanted to do anyway," she said. "I kind of felt like I owed it to them to finish."

Langenfeld said the heat was not a major problem for her.

"I stayed well-hydrated," she said. "Toward the end of the race ... the first few tables would be empty, and they'd tell us to go on to the next one. I could tell they were running out of water."

She said she could understand why so many people were pushing themselves beyond their limit even though some cases resulted in hospitalization. "If I had been having problems, I probably wouldn't have wanted to stop," Langenfeld said. "They just didn't want to stop."

Both Tonon and Langenfeld said volunteers along the way were working frantically to help the runners at all costs. "Every volunteer was very supportive," Tonon said. "They did everything in their power to make sure that there was water for everyone."

Tonon said volunteers would even take and fill her bottle up for her at water stations along the route and that spectators were buying bottled water from vending machines and handing them out to runners or bringing water out from their houses.

In addition to providing water, Tonon said the spectators were encouraging and helpful. "Every single one of those people is excited for you to run [the marathon]," she said. "If you make eye contact with someone, they are telling you you're doing great and you're almost done."

Langenfeld said one woman near her wrote her name, Patty, across her chest in athletic tape and that the spectators would cheer her name as she ran by. Sophomore Rachael Douglas was in Chicago to cheer Langenfeld on.

"The atmosphere was very exciting," Douglas said. "We were nervous at first that we wouldn't be able to spot Lisa in the crowd of runners."

Douglas said she did see Langenfeld a number of times but that she was not in view of her when the organizers began to call off the race and worried she had been stopped.

She said her fears were overcome when they spotted Langenfeld just short of the finish line. "It was amazing," Douglas said. "As soon as we saw her, we yelled her name, and she threw her arms up in the air with a huge smile on her face."

Despite the challenges of heat and exhaustion, Tonon and Langenfeld finished the marathon and said they might run another. "It's just what I do," Tonon said. "It's just my thing."

**"Last year in Chicago, it was snowing."**

**Charlie Tonon**  
Senior, who ran the Chicago Marathon during record-high temperatures



Austin Henry struggles to find a place to park his bike near Violette Hall on Monday.

Christian Liddeke/Index

**BIKES** | Multicultural Affairs Center might host Co-op, Bandfest on Friday will feature Follow Through, The Lush, Ticky Tackies, Come to Japan and Please Please Please

**Continued from Page 1**  
where students and Kirksville community members can come to get free repair service for their bikes, Wiley said. He added that there are no shops in northeast Missouri to get a bike repaired.

The Bike Co-op also will support environmental sustainability around campus and strengthen ties between Truman and Kirksville community members, Wiley said.

There is no definite location for the bike shop, but Wiley said the garage behind the Multicultural Affairs Center is a definite possibility. The garage is being used for storage at the moment, but Bertha Thomas, dean of multicultural affairs supports the Co-op's use of the garage, Wiley said.

This Friday at 8 p.m. on the Quad, Student Senate and the Student Activities Board will host a Bandfest featuring five local and student bands, speeches and a bike giveaway to support the Bike Co-op.

The bandfest is a support rally to educate students, community members and the administration about the Bike Co-op. Students, professors and community members will make short speeches in between bands. These speeches will be about bike culture, including bike safety, bike maintenance and reasons why Truman and the city of Kirksville needs a Bike Co-op. The bandfest also

will provide students an opportunity to write letters of support for the Co-op that will be sent to administrators. During the bandfest, a "recycled" bike will be put together with donated parts and be given away at the end. People who write letters during the concert will be entered into a drawing that will be drawn from at the end of the bandfest.

At the bandfest five bands will play, including Follow Through, The Lush, Ticky Tackies, Come to Japan and Please Please Please. Junior Jeremy Morton will appear in two bands this Friday. Morton plays drums in Ticky Tackies and in Please Please Please. He said that although he would like to have more stage time for each band, he is excited for Friday's concert and for the cause it supports.

"Bikes are a good deal," Morton said. "It's a show where there are going to be a lot of people there anyway. We don't have to do a lot of work advertising it so it is kind of a mind break, but I mean, it's something we support. It's a good cause, so we might as well support it."

The bandfest has been advertised in many ways across campus including TruView and posters hung in buildings.

Junior Alexandria Smith said she read about it on Facebook and that she

is unsure if she will attend this Friday but is supportive of the Co-op.

"Since it supports the Bike Co-op, yes, I would think about going to it," Smith said. "In the past I haven't been a big fan of the bandfest type things that they have had on campus, but for what it supports, yeah, I would go. I think a Bike Co-op is a great cause."

For several years Senate and SAB have been completely separate organizations on campus, but the bandfest has brought them together. SAB members junior Haley Ray and senior Mindy Maness said they have enjoyed working with Senate to put together the bandfest.

"[SAB and Senate] are two of the three organizations [on campus] that receive funding from the student activity fee, so basically for both of our organizations our goal is to represent students as best as possible," Ray said. "By working together we thought that not only can we achieve that, but it's sort of planning with a purpose. We are providing entertainment, but we're also being able to support [the Bike Co-op]."

Throughout planning for the bandfest, Senate and SAB have been working together but have split up the work. "So far it's been working out perfectly," Maness said. "We've been able to delegate tasks between both organizations, and we've both been fulfilling our end of the bargain."

Maness said SAB and Senate are likely to work together again on future projects.

**"In the past I haven't been a big fan of these bandfest type things, but ... I think the Bike Co-op is a great cause."**

**Alexandria Smith**  
Junior

**REGISTRATION** | Student Senate president asks for student input on the discussion on early class registration for athletes, some senators oppose the idea

**Continued from Page 1**  
"It's a shoddy idea," Treska said.

He said athletes know their practice times and should work their schedules around those times. Treska also said the plan would give athletes more of an advantage over other students because it gives them the opportunity to get into certain classes because they like the professor or because they want a class later in

the day, not because it is conflicting.

Student Senate president senior Matt Szewczyk said he first heard the idea at a Faculty Senate meeting.

**"It's a shoddy idea."**

**Mark Treska**  
Sophomore

At recent Student Senate meetings senators discussed early registration and Szewczyk said many of the senators were hesitant about the idea because it affected a large portion of the cam-

pus population. "I instructed the [Student] Senate to research the issue and get a sound perspective before jumping to conclusions," Szewczyk said.

Szewczyk said students should know they can have a say in the outcome of the decision. If students would like to voice their opinions on early registration for student athletes, they can attend the Student Senate meeting at 6 p.m. Sunday on the third floor of the Student Union Building.

"[There is] an ebb and flow ... long periods of time where there is no issue, ... then there will be racial concerns and then

**POLICY** | Socially conservative students face problems too, says Lou Ann Gilchrist

**Continued from Page 1**  
she hasn't noticed problems with the Board's 2004 decision. She said she addresses grievances and other employee issues and said she has not noticed any changes across campus since the decision. Detweiler said the policy is doing its job.

"As you read the policy, it covers everything," Detweiler said.

Lou Ann Gilchrist, dean of student affairs, said the University does the best job it can in finding diverse applicant pools in areas such as sexual orientation. Gilchrist said there are challenges in getting applicants of different backgrounds because of the school's rural settings.

"A wide variety of viewpoints is important," Gilchrist said. "Employment is based on who best fits the job."

Gilchrist said that in the student arena, she deals with issues concerning racial, homosexual and religious slurs occasionally. The University can address the place, time and manner in which students speak, but it cannot control content because a student's right to free speech is protected under the First Amendment. She said she is willing to speak to campus groups about their specific discrimination concerns. The general mood of Truman students toward minority groups has not changed significantly in the 23 years she has been on campus, Gilchrist said.

"[There is] an ebb and flow ... long periods of time where there is no issue, ... then there will be racial concerns and then

gay and lesbian issues," Gilchrist said. "[There are] no patterns with student conduct complaints."

Gilchrist said liberal students are not the only ones who feel victimized. She said that sometimes socially conservative students feel mistreated when it comes to issues such as living with roommates who are sexually active before marriage. Usually these complaints only come to Gilchrist's attention once or twice a year.

Other universities in Missouri have experienced similar growing pains with their non-discrimination policies. Detweiler said Missouri State University contacted Truman when its administrators were debating whether to include sexual orientation in its list of protected groups.

Seidel said Truman has experienced few legal problems because gay people are not legally protected in the state of Missouri. She said she doesn't know whether the campus is as accepting as she thinks it should be. Students who feel relatively safe in the campus's atmosphere often are comparing their experiences to the less tolerant confines of high school, Seidel said.

"Maybe the activism that got the interpretation to include sexual orientation is not always there," Seidel said. "Maybe it is time for a new round of activism."

There is no set time to review the current language of the non-discrimination policy.

**BUCK BROTHERS**  
SUNNYSLOPE AUTOMOTIVE

*"From headlights to taillights and everything in between. The guys at Buck Brothers Auto can fix it all!"*

computer diagnostic	2 & 4 wheel alignment	inspection
fuel injection repair	transmission repair	tune-ups
complete brake repairs	air conditioning state	mufflers

710 West Potter . Monday to Saturday 7 a.m. to 6 p.m. . 665-8486

**The GREEN DOOR**  
KIRKSVILLE, MO

*Don't forget to stop by ...*

If you need a gift for men, come to The Green Door where you will find cigars, shaving products, wine and beer making kits, and cowboy art.

Located at 103 West Washington next to Pagliai's