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## 10/25/1982 - Tim Warneke Improves With Age

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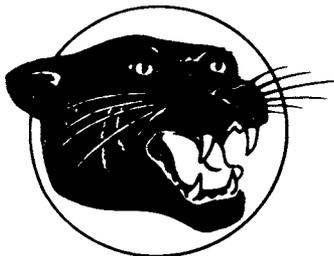
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# Panther Sports News

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## FOR IMMEDIATE RELEASE

CHARLESTON, IL--Like a fine wine, Eastern Illinois University cross country standout Tim Warneke (Park Forest-Crete-Monee) improves with age.

"As I get older, I feel stronger," Warneke said. "The past three years are paying off right now. I have matured physically, so now I can handle the workouts."

Not only have Warneke's practice performances improved, he has meet 'blue ribbons' to match. Most impressive was winning the Notre Dame Invitational, a prestigious October midwestern event that attracts over 250 quality runners. Warneke ran the five mile course in 24:31.

The previous week he won the TFA Mid-American Championship finishing ahead of 262 runners and has been first or second in five of the seven meets.

His next challenge will be the Association of Mid-Continent Universities championship which EIU will host Saturday (Oct. 30) morning.

"It's hard to get up for every meet, but I've been thinking about the conference meet for a while now, so I think I'll be ready," Warneke said. "I expect to win it, because there's nothing to make me think I can't."

Because the conference meet will be run on his home course, Warneke said he thinks he will have an advantage over other runners. "It's always a big plus to run at home . . . I know where the rough parts are and I know where the inclines and downhill are."

Warneke attributed part of his success to teammate Perry Edinger, who edged Warneke for second place in Saturday's meet with Indiana State-Evansville. "I like working with Perry . . . we work well together," Warneke said. "We compliment each other at practices because if he isn't putting out, I push him and when I'm not doing well, he pushes me."

To prepare for the cross country season, Warneke said he tries to run 80-100 miles per week and enter a road race "about every two weeks," including the 12½ mile Panther Pant which he has won two straight years.

Although road races involve running on a different surface than cross country, he said such races are similar enough to be a valuable practice tool and "break the monotony of training."

A physical education major who would like to teach and coach at the high school level, Warneke said he intends to keep running after college and hopes to join a group that would help defray expenses.

"I think I'm a little bit more fortunate than a sprinter or jumper, because it's easier for distance runners to hook up with a running team or a shoe company," Warneke said.

Although he said he has not run any marathons because "it takes too long to recover from a marathon and I wouldn't be ready for the season," longer distances may be in his future.

He did not rule out the possibility of trying to make the Olympic trials as a marathoner and added that was not inconceivable because marathoners do not peak until their mid-20s.