



Thursday, June 3, 2004

Assistant professor training for World Cup 100K race

By **Dawn Pauli**, contributing writer

Rain or shine, two times a day, Mark Werner, visiting assistant professor of mathematical sciences, can be spotted running through OU's campus, along Avon Road or in the Recreation Center.

Werner is training for the 2004 World Cup 100K in Winschoten, Netherlands, in September. He qualified for the national team by placing second in the **100K American Championship Race** in Eagle, Wis., in April, finishing at 7:53:48.

The race is organized and funded by the **American Ultrarunning Association**, a nonprofit organization that promotes the sport of ultrarunning (foot racing at distances beyond the standard marathon of 26.2 miles) in the United States.

The 100K race is more than double the length of a marathon, so it requires more endurance than a marathon, explained Werner.

While it was Werner's first ultrarunning race, it wasn't his first marathon. He has won four marathons since he started running in 1997. His goal was to make the national team so he could wear the U.S. jersey.

"I was happy when I made the team," he said. "Things went well, and I knew I was in good shape from training, but you don't know for sure until you finish the race."

Werner grew up in South Africa and attended graduate school in Colorado. This fall, he will begin a two-year teaching assignment at the American University in Cairo.

SUMMARY

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Created by CareTech Administrator (webservices@caretechsolutions.com) on Thursday, June 3, 2004
Modified by CareTech Administrator (webservices@caretechsolutions.com) on Thursday, June 3, 2004
Article Start Date: Thursday, June 3, 2004