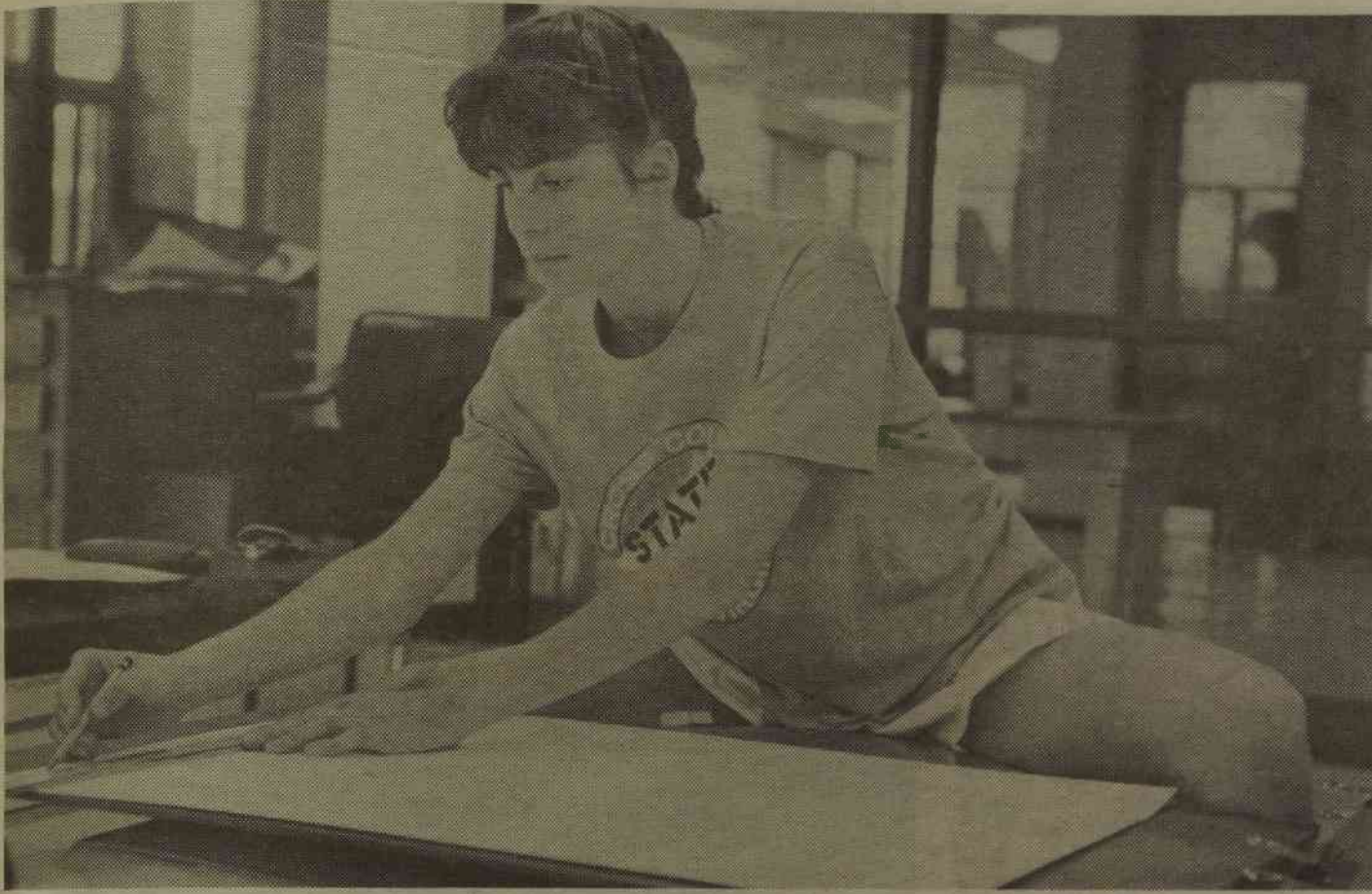


Alice Gaines, the artist, is as intense about her work in the Coltrane as she is about her running. (Biár Orrell photo)



Alice Gaines, pacing herself in a meet in Raleigh earlier this year.

Born to run

by Kenny Monteith

According to Alice Gaines, she has been given a talent to run. "I know I'm doing something that is good for me, and I've been given the talent so I should use it." And use it she does.

Among her many accomplishments are earning the rank of Junior College All-American, being a member of the national champion cross country team, and setting the school record for the 1500 meter run at the State Collegiate Track Meet in Chapel

Hill, April 9.

Gaines, a BC freshman from Blacksburg, Va., has been running since she was 12 years old. "It was something different," says Gaines, "not everybody else did that."

She and her sister would journey through the woods located behind her large house. "My sister and I would get up and run in the mornings at like 6:30," Gaines says. "I like running with her in the mornings," she adds.

The warm feeling of home has always been special to Gaines. "I love to go home," says Gaines. "I feel so much better about everything when I go home." And better she should feel as the loving arms of her mother and father, and her four brothers and sisters await her. Along with her older sister, Gaines runs with her younger sister, her oldest and younger brother, and her father. "I live way out in the boondocks," says Gaines of her house 10 miles outside of Blacksburg. "I love running out there. All the mountains and stuff, and there's lots of trails."

Gaines says that her parents are "so supportive about everything...Even if I have a horrible race and I'm all disappointed," say Gaines, "they would say 'that's o.k. you still did great,' and they never ever pressure me."

Gaines' adjustment from high school athletics to college athletics came rather easy because Coach Dave Rinker was her track coach during her freshman year in high school. "My coach after Rinker was just almost exactly like him because they coached together," says Gaines.

As for the tornado runners, Gaines feels Rinker has been a real inspiration. "He encourages us all," says Gaines. "He's really great and he's not only a coach, but he's a friend too and pays attention to each individual."

"I feel a lot better about running here than I did in high school," say Gaines, "because the atmosphere is better. I like running here in the mountains." "I have

that at home too, but it's a change," she adds.

In the classroom, Gaines is another "All-American." Last semester she made the Dean's List and is still striving for perfection this semester. Although Gaines admits running can be "mentally and physically exhausting," she also says it helps her in life. "Running helps and disciplines me," says Gaines. "It makes you more alert."

Before a race, Gaines says that sometimes the butterflies start fluttering in her stomach. "If it's a really big race, I get nervous," she says. "I always get nervous before a race, but sometimes I get really nervous."

But once the gun goes off Gaines is ready for the race. "I just think about what I have to do and think about the strategy that Coach and I talked about," she says.

Although Gaines is many miles from home, she has a family unit on the track team. "Everytime we have a track workout, everybody yells for everybody else - and that's great," she says. "It also makes you work harder." Gaines also says it makes the team become closer. "The two other girls I run with, Marj and Michelle, we all help each other by running together," Gaines says. "We're all friends."

During her spare time, Gaines enjoys "doing artsy things... not so much drawing," she says. "But just creative stuff."

As for the future, Gaines is undecided on the college for her last two years. She is sure she will stop running competitively, but she will definitely continue running in her leisure time.

Peanut's pix . . .

LA all the way



by Juan Kincaid

As the NBA season comes down to playoff time, the two NBA powers, the Boston Celtics and the L.A. Lakers, are once again expected to go all the way to the finals where they will battle it out for the NBA crown like they did last year.

There two teams are the class of the NBA and people are still asking that same question, "Who is gonna beat L.A. or Boston."

Well I can't think of anyone. With the Atlanta Hawks and Detroit Pistons providing the competition for Boston, the Seattle Supersonics and the Dallas Mavericks keep LA on its toes. But there's one thing that Boston and LA have that no other team in the league have: Larry Bird and Earvin "Magic" Johnson. Bird, the Boston Celtic great, will carry his team to the finals. You may not like him but he tets the job done. And Magic Johnson, with his

fancy passes and last years MVP crown by his side, continues to lead the Lakers in almost every category. We all know that it's going to be Boston and LA in the finals, but who's gonna win? LA of course. Why LA? Well, let me count the ways. One, Magic Johnson, two, James Worthy, three, Kareem Abdul-Jabbar, four, Michael Cooper, and five, Byron Scott - undoubtedly the best five-man rotation in the NBA. Of course, Boston has Bird and Kevin McHale, but this is only two men with a supporting cast. Don't expect any miracles in this year's final.

It's L.A. all the way!

Well this is the way I see it, so for one last time let's say it together; "Put your money on me 'cause I'm your best bet."

P-Nuts Pix

It won't go 7 games

LA wins series 4-2

LA Repeating NBA World Champions