

UNC doctor trains for marathon



COURTESY OF DR. CHARLES VAN DER HORST
Dr. Charles van der Horst, a professor in the UNC School of Medicine who specializes in HIV/AIDS research, will participate in the Boston Marathon.

Will run in April Boston Marathon

BY CHRISTIAN WISSEH
STAFF WRITER

Being a competitive swimmer most of his life, Dr. Charles van der Horst never thought about running in a marathon.

"I would run but not that distance," he said. "I normally do relays."

But since January, van der Horst, a professor in UNC's School of Medicine, has been training for the world's oldest annual marathon, the Boston Marathon.

Before van der Horst, 56, could participate in the April 21 Boston Marathon, he had to meet a qualifying time of 3 hours and 45 minutes.

He began training for the October Bizz Johnson Trail Marathon during the summer. The marathon takes place in the Sierra Nevada mountains.

"It was beautiful," he said. "But it was below freezing when the marathon started."

The weather proved not to be an obstacle, as van der Horst finished first in the 55 to 59 age group and 31st overall with a time of 3 hours, 26 minutes and 44 seconds in his first marathon.

"I was shocked about how well I did in the marathon," he said. "It went a lot easier than I thought."

Van der Horst said his training sessions are between one and three hours.

"For my scheduled training I run with a group on Wednesday evenings and Sunday mornings," van der Horst said. "And I'm running 20 miles on (Saturdays)."

Claudio Battaglini, professor

in UNC's Department of Exercise and Sport Science, has trained marathon runners for many years and said he thinks van der Horst is training correctly.

"Marathon training varies from person to person," he said. "Someone who is in good physical condition and has experience should be doing a rigorous training regimen."

Battaglini said four or five training sessions a week is recommended. Workouts should include short runs and cross training during the week and a long run on the weekend.

Van der Horst, who specializes in HIV/AIDS treatment and research, is recognized as one of America's best in the field. He has worked at UNC for more than 20 years.

"The increased exposure of what's happening in Africa is one of the best things that have happened to HIV," he said. "It has allowed African countries to focus on the issues that surround the disease, such as the retaining of capable physicians."

School of Public Health graduate student Lillian Brown said she met van der Horst in 2005 in Malawi through a UNC program and was inspired by his work ethic.

"I noticed that he was enthusiastic and passionate about what he does," said Brown, who has gone running and swimming with van der Horst. "Everything he does he does fully."

His dedication is not limited to HIV treatment and research. While in Malawi, van der Horst continued to work out.

"He makes exercising a priority wherever he is in the world," Brown said.

Contact the University Editor at udesk@unc.edu.

School board discusses redistricting plan, approves 2008-09 annual budget

The Chapel Hill-Carrboro City School Board met Thursday to discuss a potential redistricting plan and the upcoming budget.

SCHOOL REDISTRICTING

A proposed redistricting plan could force the board to decide between overcrowding or a lack of diversity.

The plan, introduced at the board's Thursday meeting, would target Culbreth Middle School's overcrowding by cutting the percentage of students with the free or reduced-price lunch plan.

The free or reduced lunch plan is used as an indicator of the demographic landscape of a school.

Currently, 22 percent of Culbreth Middle School is on the plan. Under the redistricting plan, that number would be reduced to between 14 and 15 percent.

Other components of the proposed redistricting plan include reassigning various areas in order to fill under-crowded schools and moving the dual language program from Culbreth Middle School to McDougle Middle School.

Many board members Thursday expressed their dissatisfaction with the changes that the proposed plan would cause.

"The numbers of free and reduced lunches are just too far apart," Chairwoman Pam Hemminger said.

Superintendent Neil Pedersen acknowledged the disparity the plan would make but also said Culbreth Middle School is more over crowded than the district would prefer.

"There are trade-offs," he said. Pedersen said 695 students enrolled at the middle school last fall, about 50 more students than the district had projected.

He said that should these trends continue, Culbreth Middle School could be 12 percent over capacity next year.

In comparison, McDougle Middle School, Phillips Middle School and Smith Middle School are all expected to be under capacity, Pedersen said.

He added that if the board was dissatisfied with the current plan, another one could be created, though it might not be easy.

"There aren't going to be any clean solutions," Pedersen said. "We might have to look at satellites."

Board member Jean Hamilton requested that additional information be provided on different solutions before the board makes its decision.

"I think the extra information about Culbreth's ability to accommodate these extra students would help us better understand the trade-off," she said.

The board decided to continue discussion of the proposed redistricting plan at its next meeting.

2008-09 BUDGET

The board also unanimously approved the 2008-09 budget. Next year's budget asks for \$6.8 million more than last year.

In order to get this money, the board plans to ask the Orange County Commissioners to raise the district tax by 7.06 cents per \$100 property valuation.

— Compiled by Elisabeth Arriero

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Carolina Sports Menu

TUESDAY

BASEBALL vs. Davidson 6pm
SOFTBALL vs. Elon 6pm

WEDNESDAY

SOFTBALL vs. Longwood 4 & 6pm
BASEBALL vs. Gardner-Webb 6pm
W. LACROSSE vs. Va. Tech 7pm

FRIDAY

BASEBALL vs. NC State 7pm

SATURDAY

ROWING - Carolina Cup 8am
SOFTBALL vs. Ga. Tech 1 & 3pm
BASEBALL vs. NC State 6pm

SUNDAY

SOFTBALL vs. Ga. Tech 1pm
BASEBALL vs. NC State 1:30pm

Vendor Food Show:
Come sample the latest
in products for the
Ram's Head Market and
Mainstreet. In both dining
halls Thursday, March 27.

carolina
DINING SERVICES

FREE
Student
Transportation



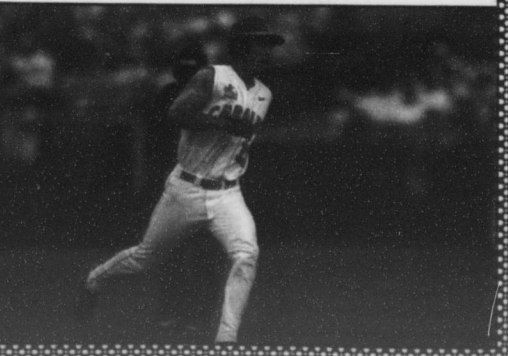
Carolina
Baseball
vs.
NC State

Friday, March 28th - First pitch 7pm
Saturday, March 29th - First pitch 6pm

FREE Student Transportation provided
to and from the game.

Departs from the Smith Center front parking lot
at 6pm on Friday and 5pm on Saturday and
returns after the conclusion of each game.

If you are interested in reserving your place,
please send an email to
carolina.baseball@gmail.com including your
name, PID number and the date of the game(s)
you would like to attend.



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www.unc.edu/cuab

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One ticket per UNC Student One
Card, two One Cards per person

General Public tickets \$20,
March 31 if available

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(919) 843-3333

Due to University Policy, camping
out for tickets is not allowed.



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Carolina Timbuk2
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Wednesday, March 26
9am-2pm

Look for volunteers across campus
passing out fun giveaways & visit the
Y2H table in the Pit from 12-2pm

Yield 2 Heels is a pedestrian safety awareness campaign
coordinated by UNC Highway Safety Research Center,
UNC Dept. of Public Safety and Alpha Phi Omega