



University of Utah ski star Jan Bjorkheim is studying physical therapy as his career.



Bjorkheim is serious about his conditioning, constantly studies to improve his knowledge.

the tracks he has made are strictly his own.

Jan's brother Dag was an All-American for Utah.

But Jan has become the first Ute four-time All-American since Athletic Director Arnie Ferrin achieved the honor in the mid 1940's.

Jan finished second to teammate Svein Arne Olsen in this season's NCAA Cross-Country at Steamboat Springs, Colo., to help the Utes to second place in the nation. And the second-place finish is the best Utah NCAA skiing finish since 1965 when the Utes were also second.

#### Continue Competition

Although Jan's NCAA eligibility has run out, he plans to continue racing while he finishes his final year in his physical therapy major.

"I've always been interested in what's going on in my body because I train so much," Jan said. "And my family has always been athletic. My father is still racing and he is 60 years old. He gets some new skis and he is just like a child with a new toy, he is so excited."

Bjorkheim has a 3.7 grade-point average and has been accepted for training with the U.S. Ski Team's doctor in Lake Tahoe, Calif.

#### Every Sunday

Training is a way of life for Jan. When he is at home in Skien, Norway, he runs for three or four hours along forest trails maintained especially for runners.

Every Sunday you see a lot of

there. And I think it's more impressive to see people building up," he said.

"Everything is so easy in the country. There is drive-in bank, drive-in food and a lot more cars than there are in Norway. And the people here are very friendly," Jan said.

The 24-year-old Norwegian works hard to stay in top shape. "I feel guilty if I don't train. It is just like brushing your teeth; if you don't do it you feel bad."

While Bjorkheim is an exceptional athlete, he credits Ute coach Pat Miller with the success of the program.

"Pat Miller and all the coaches have done a really good job. Some coaches are really military. A coach can help you, but you have to get it (athletic success) out of your head. And I haven't met any coaches, at least in this country, that are doing as good a job," he concluded.

Bjorkheim plans to compete for one or two more years, depending on his school and work schedules and he has not ruled out coaching as a part of his future.

"I've been coaching in Norway a little bit, but now I think I can still do more with my own body," he said about his decision to continue racing.

Comparing athletics in Norway with the American style athletics, Bjorkheim believes there is more emphasis on participation in Norway but much more emphasis on winning in America.

With his movie-star good looks and soft-spoken manner, it is hard to believe there is anything but winning in Bjorkheim's future.

## Citizens Cup Cross-Country

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# Ogden Skier Tops Field

Special to The Tribune

PARK CITY — Ogden's Jock Glidden skied 16 kilometers in 83 minutes 58 seconds here Saturday to win the expert men's class, and pad his lead for the Wasatch Citizens Racing Cup.

Dee Christensen won the 12 kilometer women's race in 69.22. Veteran ski jumper Frank Bird skied four kilometers in 24.36 to edge season points leader Rune Wallin who finished with a time of 24.44.

Bob Irvine continued to lead the men's class four with a time of 67.58 for 12 kilometers. He narrowly edged Mary Melville who finished with 68.08. Herald Aune won the 12 kilometer class-three race with 62.36 and Clay Epstien was the winner in the 8 kilometer class two test.

David VanLuyen skied 4 four kilometers in 30.03 to edge Craig Irvine (30.32) in the men's class one.

Ellen Gibson narrowly edged Carol Morgan for the 8 kilometer race win in the women's class three (48.41 to 48.44) while Iona Grandison skied the same distance in 53.43 to win the women's class four event.

Citizen's Cup competition concludes

Saturday at the Brighton Ski Touring Center. But the season is not over yet.

A "Nordic Fools Day" is planned for April 1, at Brighton. The "low key" event will possibly feature a figure-eight contest (weather permitting), a dual slalom race, a tandem skiing event (where two skiers ski on the same pair of skis), a ski pole throw and a jumping event.

## Motor Rider Hurt In Marathon Race

MEXICALI, Baja California (AP) — Defending champion Jeff Kaplan, of Woodland Hills, Calif., suffered a broken collarbone Saturday when he flew over the handlebars of his motorcycle in the first leg of the Mexicali 250.

The 20-year-old Kaplan, who was favored to win the annual off-road race through rugged desert, was relieved by his partner Rick Finger, 21, of San Diego at the second checkpoint along the route. Kaplan, who was the 1978 points champion in the 250cc motorcycle division, was hospitalized.