

Lathrup upends Groves

Randy Carey came home with the winning run after the third baseman threw away Andy Bartlett's infield single in the fourth inning in Southfield-Lathrup's 4-3 Class A pre-district baseball victory over Birmingham Groves Friday.

Lathrup will face Bloomfield Hills Andover at noon Saturday in the district at Royal Oak's Memorial Park.

Carey was the batting star against Groves with two hits in three trips to the plate and two runs batted in. Winning pitcher Dan Dikson gave up eight hits, struck out two and walked five.

Memorial Park is located at 13 Mile and Woodward.

Lasner produced three runs in the fourth, one in the fifth and two in the sixth. A Lasner rally in the seventh had men on first and second with no outs, but a timely double play killed the comeback.

Andover third baseman Kevin Mulligan gloved a liner for one out and then threw to first baseman Ron Breugh to compete the twin killing.

Mike Rom was the losing pitcher.

SEAHOLM 3 BROTHER RICE 2

Deric Righter doubled with two away in the top of the seventh inning and Dave Harris came home with the winning run as Birmingham Seaholm downed Birmingham Brother Rice 3-2 in Class A pre-district action.

Seaholm meet a Southeastern Michigan Association foe, Royal Oak Kimball, in district play at 10 a.m. Saturday at Memorial Park in Royal Oak.

Rick Ziegler, Seaholm's top pitcher, went the distance against Rice, allowing five hits, striking out seven and walking two. He also knew what to do with a bat, smacking

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jogging
Dr. Charles R. Young

Ailments plague joggers

Parents often ask, "When should my daughter or son start jogging?" My answer is, "Whenever he or she wants to."

A child shouldn't be pushed into jogging or pressured into the routines of exercise. Mental discipline and emotional and physical sacrifices lead to rapid rejection by the child not mature enough to cope.

We usually begin to see clinical problems in younger joggers between 10 and 12 years old. At the high school level, both the participants and number of clinical cases increase rapidly. The heightened participation probably is due to developed maturity and the advent of competitive school events.

Foot specialists encounter more and more problems among younger runners. Here are some of the most common afflictions.

Heel pain in the younger runner is quite common. It usually involves an irritation — possibly due to impact shock — to the growth center of the developing heel. It most often occurs in boys from eight to 15 years of age.

Treatments include shoe modifications, tapings, physical therapy and a de-

crease in running activities until the condition is under control.

ACHILLES TENDON problems also are common in the young runner. Swelling, redness and pain are oft n signs of achilles tendonitis. If the injury goes untreated, long periods of disability can result.

Achilles tendon problem can be caused by shoe irritations, excessive pronation (inrolling of the foot) and trauma, to mention a few. The management of the condition usually involves conservative care, and its success often depends upon how early the problem was treated.

Shin splints and knee problems secondary to lower limb function are also common. Excessive pronation of the foot and ankle seems to be the primary culprit. The collapsing of the foot produces abnormal rotations of the leg which lead to shin splints and knee problems.

Excessive pronation creates a condition whereby the foot and leg do not absorb shock and stress properly. The result is pain in the lower leg segment and knee.

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