

Jogging craze continues — in sunshine or snow

By MICHAEL MATUSZEWSKI

Tramp, tramp, tramp... gasp... Even though the temperature may slide to near the zero-degree mark, you're still likely to see an occasional solitary figure plodding through the early-morning streets. "Winter's chill may have forced some to enclose tracks and others may have temporarily abandoned their Nikes and Adidas for cross-country skis. The popularity of long-distance running, what used to be called jogging, continues to rise, making it one of America's favorite pastimes. Long-distance running, marathon-ing, for some, got off to a bad start.

History's first marathon, a Greek by the name of Pheidippides, dropped dead running from Marathon to Athens while bringing news of the Greek win over the Persians in 490 B.C.

He discovered what happens when glycogen, the chemical which the body uses for energy, suddenly gives out at the 18-mile mark.

While the 18-mile barrier may be a tough one to break, more and more people are running farther and farther. Occasional runners and joggers are usually satisfied with trekking no more than five miles a week.

Serious runners, however, consider 25 miles a week a minimum. Some log between 100 and 200 miles weekly.

According to Runner's World, the Bible of the conscientious runner, "If you run because you want to lose weight or you don't want to die of a heart attack, you are a jogger. But if you run because you like to listen to the birds, think about a vacation trip or just to see how fast or how far you can go, then you are a runner."

Jerry Franchina, an Oakland County runner, echoed the magazine's sentiments. "Between school and work I get tense," he said. "I run to de-stress, to think about the future, to work out problems, to clear my mind. It's better than sleep," he said.

"Some people are alcoholics—I run," he concluded.

Another runner said, "I wasn't fit. About two years ago I began running to stay in shape for skiing and tennis. "But running became an end in itself. Last summer I played tennis only once. Even so, it didn't occur to me until now that running was my sport."

Wayne State University cross country coach Don Simms, said, "I go for the enjoyment—you know the wind in your face."

Performance or perseverance: habit or relaxation—running is fast overtaking tennis as the most popular athletic pastime in urban and suburban areas.

According to research conducted by

the Gallup Organization, which will be published in full in the October 1978 Gallup Report, the runner tends to be a young, single, college-educated male who lives in the Northeast or Far West and fall into the upper-income brackets.

That description, however, is deceiving because the running craze has swept up people from all backgrounds. The field for the 1977 Boston Marathon, for example, included 129 women.

The number of legitimate marathons and "mini-marathons"—six- and 13-mile runs—as well as the number of legitimate participants has ballooned in recent years.

An estimated 25,000 people entered more than 200 full-size marathons over the past year. Only 15 years ago there were only six in the country; 10 years ago there were less than 25.

This year's Boston Marathon drew 2,500 runners. Approximately 5,000 trekked the 26.2 miles across the Big Apple's five boroughs in the 1977 New York City Marathon.

And one of the most popular of the "mini-marathon" races is San Francisco's 7.6-mile "Bay to Breakers" race. It reportedly drew so many runners—12,000—that the crowd at the starting was two miles deep.

3 area bowlers stage marathon

By SIGMA METIVIER

After 25 hours of continuous bowling, three Southfield residents decided to call it quits in their marathon bowl-a-thon at the Ark West Bowling Lanes in Southfield.

The bowl-a-thon was supposed to last for 30 hours, but ended when Steve Corlin, 18, Lou August, 19 and Darrell Silber, 18, grew too tired to continue. Corlin also injured a thumb.

The bowling started at 11 a.m. Wednesday with all proceeds earmarked for the Organization for Rehabilitation through Training (ORT). The goal for the bowlers was \$1,000 which they hoped to collect through donations of bowlers at the alley and through pledges received.

Bowling along with the three were ORT chapter kids who had received five pledges or more from a penny on up. Each child was allowed to bowl three games. Pledges were paid for every pin bowled.

ORT is an international organization that operates in 22 countries on five continents. The program aims to rehab lives through vocational education. It offers training for more than 70 modern skills, which vary according to the needs of a particular area's economy.

THE MARATHON was the second for Corlin and August who held a bowl-a-thon at the alley last year for Easter Seals.

Corlin said that last year he was working and coaching with August at the Ark West Lanes when they asked if they could do a bowl-a-thon.

"We weren't really serious, but we went ahead and did it, getting pledges and donations that we sent to Easter Seals," Corlin said.

The bowling alley supplied equipment, free drinks, food and the lanes along with a \$50 donation for the marathoners.

The only problems faced by the three during the 150 games were sore thumbs and hot feet.

"My feet just get hot, so I put foot powder in the shoes," Corlin said.

Silber and Corlin agreed that eating wasn't important during the bowling, but that the pop was a necessity.

In order to stay awake through the night Wednesday, the bowlers brought a stereo into the alley and had friends drop by all night to keep them awake. They were allowed to sit down for five minutes every hour, but could not leave the bowling alley.

All three are graduates of Southfield High School. Corlin and Silber at end Oakland Community College, while August came in from the U of M campus to bowl with his friends.



Ron Corlin: "We weren't really serious, but we went ahead and did it."



Darrell Silber was spilling pins for charity last week at the Ark West Bowling Lanes. (Staff photos by Gary Friedman)

Area runner overcomes injuries

When Pat Davey was a senior at Birmingham Brother Rice High School in 1974, he was hailed as a superstar among local track and cross country athletes.

Since then, he has continued his success on the collegiate level at the University of Tennessee, although he has sometimes been hampered by injuries.

Davey is recovering from shin splints and an inflamed hip pocket, which sidelined him for most of the past cross country season.

Even though he ran three races for Tennessee, Davey received a red shirt. Davey is a senior this year, but being awarded a red shirt will allow him another full year of cross country and track competition.

"Right now, all I want to do is keep healthy so I don't have to sit on the sidelines anymore," Davey said. "Since I've been red-shirted, I haven't been competing as much as I should. If I start feeling bad, I can ease off

because I don't have to score for the team."

Davey said his next competition will be a cross country race on Jan. 28 in Atlanta, Ga. If he does well in Atlanta, Davey will have a chance to compete at the international cross country championships in Scotland.

Prior to his injury last fall, Davey had success in a national Amateur Athletic Union (AAU) 10,000-meter cross country race in Houston, Tex. He placed seventh.

THE MEET drew the best distance runners in the United States, including more than a dozen Olympic distance runners. In the starting field of 360 were about 60 of the top college and AAU runners.

Davey finished with a time of 30:59. British Olympic hopeful Nick Rose was with a 30:14.2.

In his first start in world competition, Davey had sliced one minute

and 16 seconds off the old course record. AAU officials had predicted that nobody would negotiate the hilly course in less than 32 minutes.

Davey also won the Furman, Atlanta and Tennessee Invitational cross country meets last fall.

"Pat has matured a great deal," said his father, Chuck. "He is working hard and he is stronger than he has ever been. He has looked better every time he has raced in recent months."

"I think he is still well short of his potential. Distance running requires strength and endurance, not quickness. Distance runners are likely to hit their peak in their middle or late 20s."

In his senior year at Brother Rice, Davey won every cross country honor in sight, setting records in the Catholic league, the state Class A and national AAU meets. In track, he was undefeated in the two-mile run during the 1974 season, setting the state Class A record of 9:00.4.

AT THE UNIVERSITY of Tennessee, Davey became the first freshman to win the Southeastern Conference cross country meet, repeating as a sophomore. He established records of 13:24 for three miles as a freshman, and 27:49 for six miles as a sophomore. He ran a record 20:00 in the six-mile race in the Penn Relays. This was a world record for a runner of his age.

Davey said the big difference between high school and collegiate running is the training.

"The program is a lot more intense," he said. "The mileage showed a big increase. In high school, my best week would be about 100 miles. Now, in the off season, we train 120 miles per week."

Pat's father is a former professional boxer, who also runs to keep in shape. Chuck Davey has participated 10 marathons, including four Boston Marathons.

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insure fluid replacement. In addition, says Serfass, attempts to lose weight rapidly through deprivation or fluid restriction should be discouraged.

Pre-game meals should be eaten approximately three hours before competition to allow for proper digestion and absorption. Excessive fat, protein and gas-forming foods should be avoided. Adequate fluid intake should be encouraged to prevent dehydration, says Serfass.

Boys' swimming listings planned

Listings of outstanding swimming and diving performances by high school boys in the area, compiled by coach Dale Rahn of Troy Athens High School, will appear every week in the Observer & Eccentric sports sections.

Coaches with times to report should call Rahn at Athens (524-1200, school; 524-1898, pool) any weekday between 7:30 a.m. and 2:30 p.m.

Nutrition myths hurt some athletes

In the highly competitive atmosphere of sports, there is such a preoccupation with winning, prestige and social and peer approval that the sports competitor becomes a prime recipient of nutritional misinformation, said Robert C. Serfass, Ph.D., Division of Physical Education at the University of Minnesota.

Athletes searching for the "competitive edge" often do not get enough to eat, nor do they select the proper balance of foods conducive to the demands of their sport, stated Serfass in an issue of Contemporary Nutrition. Attention to proper nutrition is important to athletes because deficiencies in calories, nutrients and/or water can lower performance, he says.

Serfass explains that caloric requirements of the athlete vary depending on body size, age, type of competition and level of training. The athlete should adjust the diet based on the energy requirements of the sport. If done in a nutritionally balanced way, requirements for nutrients will automatically be adjusted.

CALORIC BALANCE is especially important for athletes during the off-season and in post-competitive years,

says Serfass. Many athletes develop weight problems at these times as they fail to realize that when competition and training stop, dietary intake must be lowered for adaptation to decreased energy demands.

Carbohydrate is the most efficient fuel for energy production at high levels of oxygen consumption and is used almost exclusively in work above 75 percent of maximum work capacity. Fat is also a major source of energy during exercise and contributes as much as 70 percent of the energy demand during prolonged exercise.

According to Serfass, the hardest nutrition myth to dispel is the belief that substantial supplements of protein are necessary for meeting the energy and restructuring demands of heavy exercise. Protein, he said, is not a primary fuel source for muscular energy.

Protein needs can be met by eating enough food to meet the athlete's energy demands or by slight modification of the selection of food in the diet. Excess protein intake can deprive the athlete of more efficient fuel and can

induce dehydration, loss of appetite and diarrhea.

Serfass says there is no conclusive evidence that the intake of vitamins beyond an adequate diet will enhance performance. But minerals which are most often by heavy exercise include sodium, potassium and iron.

SODIUM and POTASSIUM needs can usually be met by using more salt on food or by eating potassium-rich foods, such as oranges and bananas. According to Serfass, the practice of ingesting salt tablets is frequently abused and must be combined with adequate fluid intake. In addition, iron deficiency is common in athletic women, particularly during menstruation.

Athletes must also understand the role of dehydration caused by exercise in hot, humid environments. Serfass says that large water losses are common in athletes who train or compete in the heat.

Potential dehydration can be monitored by careful attention to daily measures of body weight. Quenching thirst is not an adequate mechanism to