Area bicyclist in midst of King-sized career

By MARTY BUDNER

Biking is a source of recreation for

Biking is a source of recreation for many people.
But, for Nell King, bicycling means much more. It's his livelihood.
The 34-year-old King owns two bicycle shops — in Rochester and Fliot—and still finds time to race competitively. His trim, youthful figure reflects that dedication to a sport considered foreign to most Americans.
"It's (bleycling) is my livelihood . . .

there's no reason to stop biking now," said King, who has been racing for the past 14 years. "It's good exercise, and it keeps you healthy."

This has been a good year for King. In his best performance, he recently won a state championship in senior men's match sprints (bank-track racing).

He also finished second in a team-track race with partner Ken Nowakowski at the Dorals Velodrome (Detroit), and took sixth in a 25-mile

time trial race at Belle Isle. Just two weeks ago King finished ninth overall in the annual Birmingham Bike Chase. King prefers sprint racing to road and criterium racing.

Sprint racing involves competition between two cyclists on a specially prepared bank track. The idea is to outpedal one another — or sprint — across the finish line.

anywhere from 25 to 40 degrees at the corners. The Dorals Velodrome, for instance, has 22-degree banking.
Road racing usually involves long distance races across both hilly and flat land surfaces. Criterium races inte the Birmingham Bike Chase— are normally flat, circular courses.

CRITERIUM races are generally much shorter than road races. "I like sprint races because they are usually a game of cat and mouse, and

it's not necessarily who's the fastest," said King, "There's a lot of strategy involved. It's not just a matter of who can go the fastest, but it's a matter of tactics and skill,"

The main event in sprint racing is the 1,000 meters (1,100 yards). King said a quick time for a 200-meter race (220 yards) is 12 seconds, where the rider usually averages 10 miles per hour.

There is usually averages rue muss per-hour.

"The only rules are that you can't run someone off the track, and you can't run the biker down," said King.
"I've fallen a lot. Sometimes you catch a wheel, or you blow out a tire at 40 miles per hour and land hard on the

miles per hour and land hard on the pavement.
"But, if you're bike is in good snape, you, just get hack up and race," he said.
King said training for sprint and road racing involves different routine.
"For sprint racing you usually have shorter distance rides, and an up-tempo pace," he said. "You normally bike between 20 and 30 miles a day, and you are more involved with strength exercises. It's a good idea to use weights.

"For distance riding you just have to-put on a lot of mileage. An easy day would be 40-50 miles, and a big day would be 80-100 miles. You should go up-tempo for two to three hours."

ALONG WITH the members of his Oakland Riders Bicycle Club, King av-erages between 35-45 miles practice each day. His ritual consists of faithful early-morning workouts through the quiet stillness of Stony Creek Metro-

quiet sillness of Stony Creek Metro-park.

The Riders, which was started five years ago by King and a friend, Len Ziegenmeyer, has separate chapters in Kalamazoo and Rochester. The club has had its share of notoriety this year.

John Boufford, of Rochester, worth state 20-kilometer race in senior men's competition. He was also third in the A008-meter pursuit race.

Grosse Pointer Eric Rodin finished right behind Boufford in the 20-kilome-ter race, and placed eighth in the 1,000 meter time trials. Peter O'Brian of

meter time trials. Peter O'Brian of Livonia finished seventh in the senior

Get away from it all-

without

leaving

home!

Rower turned runner to be honored

Bernard Costello of Bloomfield Hills was once one of the premier rowers in the country. Rowing for the Detroit Boat Club in the 1950s; Costello was double sculls national champion in 1952, 1954, 1955 and 1956. He competed in the double sculls at the 1952 Olym-pics in Helsinki, Finland, and, to-gether with his partner Jim Ga-dier of Seattle, Wash, won the sil-ver medal in the double sculls at the 1955 Olympics in Melbourne, Aus-tralia.

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MON.-FRI. 8-5

NOTICE OF INFORMATIONAL MEETING

OAKLAND COUNTY ROAD COMMISSION

PROPOSED RECONSTRUCTION TO FIVE (5) LANES

ORCHARD LAKE ROAD-GRAND RIVER AVENUE TO 1-696

5/8" 4.76 5.95 7.14 8.33

Costello was an active grower from 1948 until 1960 for the Detotion Boat Club. He will be inducted on Oct. 9 into the Mitchigan Amateur Sports Hall of Patichigan Amateur Sports Hall of Patichigan Amateur Costello started rowing when he was a student at the University of Detroit. He said some of his friends were rowers and they invited him along to a practice. He was interested and water load from these

ed and went on from there.

"It (rowing) is a endurance and strength sport," said Costello. "It trains your heart to have endurance qualities."

qualities.

Costello has fond memories of his

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two Olympics. He calls the Olympic Games "the greatest lift and source of pride an athlete can be involved with."

with."

He almost went to three Olympics

— he tried and failed to make the team in 1960, at age 31. COSTELLO traded in his oars in

COSTELLO traded in his cars in 1980 for a pair of running shoes and has not rowed since then. His activities with rowing have been limited to officiating at local regattas and working with the Friends of Detroit Rowing, the financial arm of the Detroit Boat Club.

He is now a long distance runner; he started jogging after retiring from rowing and has run in the De-troil Marathon and in several Bo-ton Marathons, including the 197 marathon. "When I turned 40," said Costelio, "or eat interested in long distance

"I got interested in long distance running and ran the Boston

running and ran the Boston Marathon."

That year Costello ran the marathon in 3:42 — this year at 50, he ran it in 3:28.

"I'm better trained now than I was at age 40," said Costello. "At that pace, I'll win it at age 75."





CITY OF FARMINGTON HILLS SUMMARY OF PROCEEDINGS CITY COUNCIL MEETING AUGUST 6, 1979

The City Council of the City of Farmington Hills held a special meeting at the City Hall on August 6, 1979. Mayor Pro-Tem Deacen opened the meeting at 7:39 P.M. Council members present were Sorone, Jones, Smith, Dolara, absent (Opperthauser and Alkateeb. Others present were City Manager Savage, City Clerk Cairns and City Altorney.

IN THE CITIES OF FARMINGTON AND FARMINGTON HILLS

WE WANT YOUR OPINIONS

Your Board of Oakland County Road Commissioners Invites Your Comments On The Proposed

RECONSTRUCTION OF ORCHARD LAKE ROAD FROM GRAND RIVER AVENUE TO I-696 IN THE CITIES OF FARMINGTON AND FARMINGTON HILLS

For this purpose, we have scheduled a

PUBLIC MEETING

DATE: Wednesday, August 15, 1979

TIME: 4:00 -8:00 P.M.
PLACE: Farmington Hills City Hall
3155 Eleven Mile Road
Farmington Hills, Michigan

LOCATION MAP

HOW YOU CAN BE INVOLVED

ect objectives, presenting your views, and gain-information. Staff of the Cakland County Road will be available from 4:00 - 8:00 P.M. to comments and to answer questions.

WE ARE LOOKING FORWARD TO HEARING FROM YOU.

BOARD OF COUNTY ROAD COMMISSIONERS

Altorney, Upon recommendation the Council approved the purchase of radio equipment for the Police Department with waiver of sealed bids. For the Police Department with waiver of sealed bids for the Police Department with waiver of bid was approved upon recommendation of Police Council and the The meeting adjourned at 164 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened a study session immediately to following and adjourned at 1645 plan and Council convened as study session immediately to following and adjourned at 1645 plan and council convened as study session immediately to follow the following and the following and the following session and the f

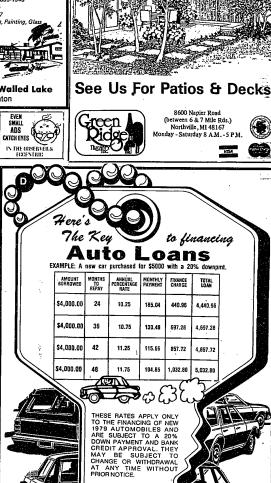
GENCY: Office of Federal Insurance and Hazard Mitigation, FEMA.

AGENCY: Office of Federal Insurance and Bazard Mitigation, FEMA.
ACTION: Proposed Rule.
SUMMARY: Technical information or comments are solicited on the proposed base
(100-year) flood elevations listed below for selected locations in the nation. These
base (100-year) flood elevations are the basis for the flood plain management measures that the commanyly is required to either adopt on these evidence of being
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bazes that the commanyly is required to either adopt the participation to
National Flood Insurance Program (NFIP).
DATES: The period for comment will be insiety [90] days following the second
publication of this proposed rule in a newspaper of local circulation in each community.

National Flood insurance registration of this proposed rule in a newspaper of local circulation in each communication of this proposed rule in a newspaper of local circulation in each communication of this proposed rule in a newspaper of local circulation in each communication of this proposed rule in a newspaper of local circulation in each communication of the recommunication of the re

State	City/ Source Town/ of County Flooding	Location	# Depth in feet above ground • Elevation infeet(NGVD)
Michigan Ave.	Farmington	Upper River Rouge	Grand River
	(City) Oakland County	-50 feet upstream from centerline	
	OHILIN CORNY	Powers Avenue - 200 feet downstream from centerline	*692
		Powers Avenue - 30 feet upstream from centerline	*697
		Parmington Road (ahandoned) - 25 (eet unstream	. 713
	Tambusi Creek	from centerline Smithfield Road - at centerline	1755
		Brittany Hill Road	*787

vallable at the office of the City Clerk, City Hall, 23600 Liberty Street, Farm Maps available as we obtain a mining in Michigan. Ington, Michigan. Send comments to: Honorable Richard Tupper, Mayor, City of Farmington, City Hall, 23600 Liberty Street, Farmington, Michigan 48024.



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