Area runner sets her goals

By DAVE WINES

Peggy Acton's goal of running in the Boston Marathon has been temporarily delayed.
Earlier this year Mrs. Acton qualified for the 28-mile, 385-yard event by winning the Delta College (Saginaw) race for women 28 and over. Her time was a sparkling 3:27.27.
That time met the women's qualifying mark of 3:30. But because of the volumes of applicants the world-famous Marathon attracts, officials were forced to recently lower qualifying times.
Mrs. Acton was an innocent victim.
The 45-year-old Rochester housewife has not, however, abandoned her plans to conquer the hallower of the plans on another qualifying attempt this October plans on another qualifying attempt this October plans on another qualifying attempt this October has been supered by the plans on another qualifying attempt this October has been supered by the plans on another qualifying attempt this October has been supered by the plans on another qualifying attempt this October has a been supered by the plans on another qualifying attempt this October has a been supered by the plans of t

DECIDING TO become a serious jogger was only the first step to a rewarding avocation for Mrs.

the first step to a rewarding avocation for Mrs. Acton.

It began with a class at Oakland University taught by Dr. Fred Stransky, who is an expert in exercise physiology. From there, she began running 10 to 15 miles per week, and eventually became an assistant to Dr. Stransky, as well as teaching her own class in conditioning and running for women.

"It's important to start slowly," she advises potential runners. "If you can walk a mile in 15 minutes and feel comfortable, then you are ready to start jogging slowly."

She adds that flexibility and stretching exercises are important before running "just five minutes to stretch out the muscles.

Her class is composed of women who are mostly over 40, with many looking to lose some pounds before running seriously. Thus, Mrs. Acton stresses diet and nutrition as prerequisites to healthy exercise.

exercise
Jogging has always been a pleasure activity for her. Only in the last year did she begin to race competitively, with the hep of a couple friends—Reith Shert and Dick Bates. She learned to pace her running to make it through a race in decent time.

"I really didn't think I was that competitive," she said. "But, the first time I raced, I noticed a kind of many feeling in my stomach—I was really excited.

"I don't like it as much when preparing for a race. I know I have to run more and the pressure is greater. But, I vest a goal for myself to run in two marathons a year."

Farmington Hills softball standings

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Peggy Acton is trying to find the path which will lead her to the prestigious Boston Marathon. (Staff photos by Mindy Saunders)

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2x10 #2	5.12	6.55	10.58	12,53	14.72	15.72	17.47
2x12 #2	8.53	11.,14	13.82	14.84	18.04	21.74	24.88
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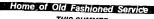


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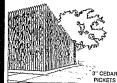
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