

Champ trains for hills



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has competed in three marathons, concurred.
"It was a hard marathon," Ed said. "It was hilly and some of the roads were pretty rocky."

IN LAST YEAR'S West Bloomfield marathon at Belle Isle in Detroit, John took fourth and Ed was seventh. Neither professed to be in top shape for the race.

This year was different. The pair of brothers had been training daily and were in such good shape they competed in a 10,000-meter run at Lawrence Institute of Technology on Saturday, the day before the marathon.

Most runners would have been resting the day before a race, but the Grabowskis finished the 6.2-mile LIT run tied for first. Their time was 30:50.

"That helped us in a way," John said. "It was a good warm-up for us."

John praised this year's West Bloomfield marathon, claiming he liked the course "better than Boston" and that it was the "best organized race I've been in."

ANOTHER GRABOWSKI also raced on Sunday. Gerard, 19, was 25th in the open division.

Of the 220 runners that started the race, 174 finished. The weather, with temperatures in the 60s, the skies clear and a slight wind, was perfect.

Awards for the marathon, which was co-sponsored by the West Bloomfield Parks and Recreation department and Vic Tanny's International, were presented in seven categories, five for men and two for women.

Other winners for the men were, in the juniors division (18 and under), Robert Wilson of Warren (2:14:02); in the sub-masters (30-39), Mike Taylor of Hazel Park (2:41:31); in the masters (40-49), Norm Roof of Mansfield, Ohio (2:38:49); and in the veterans (50 and over), Archie Attarian of Grand Blanc (2:58:25).

The women's winners were Diana Chalk of Fraser in the women's open (29 and under) in 4:16:15 and Theresa Chandler of Trenton in the women's sub-masters (30-39) in 4:56:31.

The winner of the West Bloomfield marathon was John Grabowski, who finished better than four minutes ahead of his closest competitor.

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to be the guest of Botsford General Hospital at a series of seminar-discussions sponsored by the hospital as another reflection of our continuing community education projects. The sessions will be lead by Botsford staff physicians; and of course, there is no charge to anyone who wishes to avail themselves of this opportunity to learn more about the "dos and don'ts" of good health care. Check the schedule below to see which topics interest you. Then, call us at 475-7600, extension 431, or 475-1639 to make reservations to attend the program(s) of your choice. All sessions will be held in the classrooms of the Botsford Professional Building (immediately to the West and adjacent to the hospital proper).

Day, Date, Time and Location	Topic	Physician Instructor
Mon., 4-28-80 7 p.m. Room 203	Male Sterilization (Vasectomy)	G. Swiacki, D.O.
Mon., 5-5-80 7 p.m. Room 203	Breast Self Examination and Operative Procedures for Breast Tumors	L. Spagnuolo, D.O. Chairman, Department of Surgery
Mon., 5-12-80 7 p.m. Room 201	Bed Wetting	J. Lanesky, D.O.
Mon., 5-19-80 7 p.m. Room 203	What You Should Know About Tumors	M. Lodish, D.O.
Mon., 6-2-80 7 p.m. Room 203	Emergency Medicine	R. Lagerfeld, D.O. Chairman, Department of Emergency Medicine
Mon., 6-9-80 7 p.m. Room 201	Problems of the Senior Citizen	E. Blumberg, D.O.

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