

jogging

Dr. Charles R. Young

Proper care of nails is essential for runners

An often ignored yet common affliction of our jogging population is dystrophic nails.

Whether a short-distance sprinter, or a marathon runner, the nails are frequently the first area where one detects discolorations, opacity, infection, or more alterations in shape, thickness or curvature.

It is essential that one recognize the more common varieties of nail problems encountered, as well as the most probable causes. Some problems require no care or mere home attention, others should receive prompt professional treatment.

Just as periodic oral hygiene is essential for proper care of the teeth, so too is the same true for the feet. The nails should be properly trimmed, rough edges reduced and excess debris beneath the nail plate cleared free of its border. A thickened nail plate should be properly reduced so as to eliminate excessive pressure from the shoe.

DURING RUNNING clinics, group lectures and discussions with patients, I suggest the following:

- Nail hygiene, when performed at home, should be done following bathing, or after a soak cleansing of the feet. In addition to cleaning the skin and nails, the areas to be worked on will be much softer allowing a more adequate procedure to be done.
- Use the proper instruments. Only clean, commercial nail clippers should be used. No sharp instrument should ever be inserted under the nail plate. A proper filing device should be used to smooth and round the edges according to the fleshy end, or contour of the toe itself.
- Professional podiatric care should be sought by persons suffering from decreased circulation, poor eyesight, diabetes and other metabolic diseases and by those with excessively deformed nails, or complicated nail structures. This point is an absolute must and is essential in reducing subsequent complications. How often one should trim his or her nails is, of course, an individual consideration. Long or thick nails, however, are definite invitations to a wide assortment of clinical problems.

PERHAPS ONE of the most frequently encountered nail conditions among runners is that of the opaque or discolored toenail plate. Usually, in the earlier stages, the nail turns bluish black, either totally or in spots.

This is due to bleeding, or hemorrhaging, beneath the nail plate resulting from excessive pressure from the top or the end of the shoe.

As the condition develops and the jogging continues, the nail plate takes on a white or grayish opaque appearance. Eventually, if the cause of the problem is not remedied, loss of the nail will result.

Properly fitted shoes with ample toe room and protective tape and padding for the toes are the basic home-care measures.

IN SOME CASES, when exposed to continual shoe pressure as in the event of an ill-fitting shoe, the nail will become infected. Pain, redness and a discharge from the nail area will frequently accompany this condition. This type of nail should receive prompt professional attention.

A final nail type to be considered is the ingrown, or curved-in border, commonly referred to in our office as the "pits" of jogging. Such a problem can sideline the most avid runner and lead occasionally to rather involved complications.

The origin of this problem is usually that of improper trimming or traumatic injury to the nail plate itself. In some cases, the athlete has a variation in the curvature of the nail plate which has been present from birth.

Rice triumphs

Birmingham Brother Rice repeated as both varsity and reserve champion at the All-Oakland County Cross Country Championships held Saturday at the Highland Lakes Campus of Oakland Community College.

In fact, Saturday was a good day for repeat champions. Milford won the girls' championship for the second consecutive year, Bloomfield Hills Cranbrook's Tim Cannon repeated as the boys' individual champion (15:53.1), and Sue Paquette of Hazel Park repeated as the girls' individual champion (12:22.9).

Tim Sullivan led Rice with a third-place clocking of 16:18. Joe Davey was seventh (16:31.4). Chris Dorcey was 14th (16:47.9). Mike Schafer was 27th (17:08.2), and Dave Kowal was 36th (17:20.5).

Local schools did well in all the competitions. Birmingham Groves was third (1:56), Birmingham Seaholm was sixth (2:04), Bloomfield Hills Lahser was seventh (2:04), West Bloomfield was ninth (3:14) and Cranbrook was 10th (3:26) in the boys' competition.

Seaholm finished in front of Lahser because its sixth runner finished in front of Lahser's sixth runner.

Rochester led area teams in the girls' competition, finishing second with 99 points. Lisa Fransson led the Falcons with a time of 19:13.2 for third place. Lahser was fifth (19:2), Seaholm was seventh (2:07) and Rochester Adams was eighth (3:02).

Rice's John MacManus led the Warriors in the reserve competition with a first-place finish (17:34.4). Rice won the event with 20 points, missing a perfect score only through the lack of a second-place finish. Groves was sixth (17:0), Rochester was seventh (19:2), Seaholm was ninth (2:06) and Cranbrook was 10th (2:14).

OAKLAND COUNTY BOYS' CHAMPIONSHIPS TEAM RESULTS

1. Brother Rice, 87; 2. Milford, 121; 3. Birmingham Groves, 156; 4. Milford-Lakeland, 168; 5. Roy...

OAKLAND COUNTY GIRLS' CHAMPIONSHIPS TEAM RESULTS

1. Milford, 64; 2. Rochester, 92; Royal Oak Kimball, 147; 4. Walled Lake Western, 156; 5. Bloomfield Hills Lahser, 192; 6. Milford-Lakeland, 209; 7. Birmingham Seaholm, 217; 8. Rochester Adams, 302; 9. Holly, 306; 10. Pontiac Central, 382; 11. Walled Lake Central, 423; 12. Detroit Country Day, 443; 13. Royal Oak Borders, 457; 14. Southfield, 465; 15. Berkeley, 486; 16. Waterford Kettering, 501; 17. Pontiac Northern, 502; 18. Birmingham Groves, 511; 19. Clarkston, 545; 20. Southfield-Lathrup, 588; 21. Novi, 621.

TOP 10 BOYS' CHAMPIONSHIPS

1. Tim Cannon (Cranbrook) 15:53.1
2. Matt Shack (Holly) 16:13.9
3. Tim Sullivan (Rice) 16:18
4. Geoff Smith (Groves) 16:18.4
5. Jim Marshall (Pontiac Central) 16:21.6
6. Mark Shaw (W Bloomfield) 16:28.8
7. Joe Davey (Rice) 16:31.4
8. Kris Hughes (Milford-Lakeland) 16:33.4
9. Joe Morris (Milford) 16:35.5
10. Dennis Keane (Berkeley) 16:37.1

TOP 10 GIRLS' CHAMPIONSHIPS

1. Sue Paquette (Hazel Park) 12:22.9
2. Judy Yahn (W.L. Western) 13:43.2
3. Lisa Fransson (Rochester) 19:13.2
4. Beth Gilmore (Milford) 19:15.5
5. Alia Newman (Country Day) 20:01.5
6. Aimee Landry (Rochester) 20:06
7. Anna Bauer (Seaholm) 20:07.7
8. Wendy Taylor (Milford) 20:10.6
9. Miss Baker (Lahser) 20:12.5
10. Lisa Einhauser (Pontiac Catholic) 20:16.8

Prep Bowl tickets on sale

Tickets for the 1980 Knights of Columbus Prep Bowl are now on sale at all Catholic elementary and high schools, the Pontiac Silverdome, all Hudson stores, TVA/Kane in Ferndale, CCI or by writing the Catholic League, 305 Michigan Ave., Detroit 48226.

All tickets are \$3 each.

This year's Prep Bowl will be held Nov. 1 in the Silverdome. The day's action starts at 10 a.m. with a Mass. At 11:30 a.m., the Catholic Youth Organization East team will play the CYO West team.

High school football starts at 2:30 p.m. with a team from the D Division facing a team from an Intersectional II.

For more information, call 237-5950.

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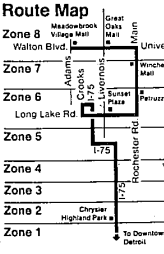
Meadowbrook Village Mall	6:05	6:32	6:59	7:24
Great Oaks Mall	6:12	6:39	7:06	7:31
Livernois & University	6:19	6:46	7:13	7:38
Winchester Mall	6:25	6:52	7:19	7:44
Pennsauken's Rochester & South Blvd.	6:31	6:58	7:25	7:50
Sunset Mall	6:38	7:05	7:32	7:57
Chrysler Bldg. Highland Park	6:45	7:12	7:39	8:04
3775 Service Dr. Lafayette	6:52	7:19	7:46	8:11

842 Outbound p.m.

Detroit Edison	4:02	4:32	4:52	5:12
Gringwood, Larned	4:11	4:41	5:01	5:21
Jefferson, Bush	4:13	4:43	5:03	5:23
Lafayette, 1375 Service Dr.	4:17	4:47	5:07	5:27
Chrysler Bldg. Highland Park	4:32	5:02	5:22	5:42
Sunset Mall	5:09	5:29	5:49	6:09
Long Lake & Livernois	5:15	5:35	5:55	6:15
Pennsauken's Rochester & South Blvd.	5:21	5:41	6:01	6:21
Winchester Mall	5:28	5:48	6:08	6:28
Gringwood, Larned	5:34	5:54	6:14	6:34
Meadowbrook Village Mall	5:41	6:01	6:21	6:41

For more information, call 962-5515 in Detroit, or 1 (800) 462-5161 toll-free.

Route Map



SEMTA

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