Heel pain is by no means a rare ailment among the jogging population. And as a clinical condition, it is often perplexing and frustrating to manage. On one hand, the athlete may be determined to continue the very activity which is causing the pain. On the other hand, the sports medicine doctor attempts to treat the condition while maintaining the athlete on a training program that excludes running. Often times, these factors become locked in direct conflict, and a temporary withdrawal from training is necessary.

In evaluating a running patient with theel pain, a thorough history and clinical examination is of the utmost importance. X-ray studies, gait evaluation and a biomechanicl assessment are essential in properly evaluating the problem.

OCCASIONALLY, laboratory work, photographic studies and muscle testing are used to classify the condition. Most heal aliments fit what I call "runners heal syndrome."

The condition usually has a sudden or acute onset. Often times, however, it occurs without the patient's recollection of any specific injury. The heal is neither swollen nor discolored, although pressure from deep palpation can

produce pain.
In many cases, the heel condition will become bothersome during the run or shortly afterwards. The pain is usually described as a severe throbbing in the heel area.

the heel area.

The condition does not affect any one age segment or sex in particular. But it does seem to be more common in two basic groups of runners—new joggers who are beginning an unguided, unsupervised and often unwise program— and runners who have recently increased training distances or times in preparation for a marathon.

times in preparation for a marathon.

THE COMMON denominator in the various types of painful heel conditions seems to be excessive impact or compression upon ground contact. It is still unclear why one heel can dissipate the shock better than another, but our greatest success to date has been in dealing with this shock absorption deficit.

The individual new to jogging is particularly vulnerable to stress problems since the entire program and method are often makeshit. This could account in part for the high number of disillusioned, hipty-ridden, early dropouts from the lasting joys of running.

The marathon runners who suddenly increase their training distances often encounter "oversus syndromes" by doing too much too fast. Naturally, the heal, from continued ground impact, is a foat plain for problems.

Pain may be partially eliminated from the heel by inserting light-weight, shock-absorbing materials into the shoe.

Very few running shoes contain adequate heel padding and supporting the shoe with absorbant material can often give quick relief from this complex problem.

Charles R. Young, D.P.M. writes jogging column for the Ob-server & Eccentric Newspapers. Dr. Young, an expert in podi-atric medicine and foot surgery, is the current team podiatrist to the Detroit Express soccer club.

# Eagle harriers shine

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Three harriers from Michigan Inde-endent Athletic Conference champion pendent Athletic Conference champion Southfield Christian placed within three seconds of each other at the Class C state meet Saturday.

Todd Vestevich placed 21st, closely followed by Greg Brown in 22nd place.

Teammate Scott Outland grabbed the 25th spot.

In the MIAC league meet, Outland, Brown and John Walsh made all-conference with third, fourth and seventh-place finishes respectively.

The Eagles wound up the dual meet season with an 8-7 record.

## sport shorts

CURLING

The Detroit Curling Club, with headquarters in a new clubhouse in West Bloomfield at Walnut Lake and Drake roads, is opening its doors to new mem-

and Drake roads, is opening its doors to new mem-bers.

An ancient sport played on ice, curling requires skill, strategy and teamwork to achieve proficien-cy. It's a game for the young and old, male and female who wish to fill cold winter days with a some form of recreation.

For more information, call chairman Jim Oliver at 353-6459.

### LAWYERS HIT THE COURTS

Several local lawyers won trophies in the recent four-day Annual State Bar Tennis Tournament at the Metropolitan Racquet club in Detroit. Birmingham's Robert Dahm and James Elsman of Bloomfield Hills defeated Dan Richards of Royal Oak and Fred Miller of Pontiac, 2-5, 6-2, 7-5 in a match that ended in near-darkness. Southfield's Mark Landau defeated James Elsman, 6-9, 6-3 in singles competition while Jack Koblin defeated Seth Barsky, both Southfield residents, in a 'B' singles match, 6-5, 6-4.

### RAIDER ROADRUNNERS

The Oakland Community College women's cross country team was nipped by Southwestern Michigan College, 22-23, in a dual meet Oct. 21. Chrissy Rage clocked a 19-45, good for fourth place overall and first place among the Raider har-

riers.
Southwestern's winning time was 19:03.
Raider Cindy Poly finished fifth (20:09) and was followed by teammate Lisa Shingledecker in the sixth spot (20:2).
Sarah Anne Montgomery took eighth place for the Raiders (21:10) and teammate Linda Palazolla finished in 21:36, good for tenth place.

# Netters delight

Platform tennis, unlike a lot of other outdoor racquet sports, is just heating up.

Before the advent of indoor tennis, it was a sport played by tennis buffs during the winter to keep in shape.

keep in shape.

It has progressed to a year-round sport, but it is still most spoular after the frost's been on the pumpkin a while.

The tennis complex at Waterford Oaks County Park includes four platform tennis courts which are open to the public from 8 a.m. to 11 pm., seven days a week through the winter. Players must have their own equipment.

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