



jogging

Dr. Charles R. Young

## How to avoid injury while you're jogging

During a recent sports medicine seminar at which I had the pleasure of being a guest speaker, a member of the audience asked, "How can one best prevent a running injury?"

After a bit of thought I answered, "don't partake in the activity or in short, don't run!"

The reason for my evasive, negative but serious reply? It stands to reason that with the variables surrounding novice joggers (style, foot gear, running surface, pace, environment), the incidence of injury is very high.

One only has to visit a runners' clinic, a podiatric sports physician or orthopedist — or listen to accounts of fellow runners' ailments — to realize the enormity of these injuries.

I'm not suggesting that you refrain from this healthful activity, but rather that you realize the injuries you could suffer.

I suggest five prevention measures: 1. A general sort of body tuneup or conditioning program to go hand-in-hand with jogging. Weight-control diets sometimes are necessary as well. The jogger must learn to utilize conditioning procedures to develop flexibility range as well as strength in the involved muscle groups.

Through exercising, a jogger soon is able to establish an effective first-line defense against injury.

A judicious training program is an absolute must for a serious jogger. Increasing your distance or pace too fast, too soon, is a sure invitation to injury. Knowing how to run, although it sounds elementary, is an essential aspect of a runner's performance.

This knowledge can be gotten through reading, clinics or supervised runs.

Proper shoe selection is another sound preventive measure. Perhaps no other single factor is responsible for causing more ailments to the jogger than an improper type of shoe. Consumer awareness and an understanding of one's particular needs are important considerations in making the choice.

Confidence in a knowledgeable and sincere athletic-shoe consultant or retailer makes it that much easier.

4. Routine foot hygiene is another concept that everyone knows about yet frequently ignores. The proper care of your nails, skin injuries and blisters lets you keep running, whereas their abuse most assuredly results in disabling injury.

## Win Schoolcraft Invitational

# Redford Union runners sparkle

The fleet feet of Redford Union's girls' cross country team have made them an early favorite for Class A state title honors.

Too early to start talking about state championships? Maybe so, but RU's girls are off to a quick start that may lead to top honors.

Last Saturday, the lady Panthers easily took the Schoolcraft Cross Country Invitational, placing four of their runners in the top seven.

Final scoring showed RU with 27 points, followed by Livonia Ladywood (77), Livonia Churchill (92), Livonia Stevenson (95), Redford Bishop Gorges

(124) and Plymouth Salem (176). In the boys' meet, Wayne Memorial's depth pushed them to the top with 68 points. Westland John Glenn was second (100), Redford Union third (109), Livonia Franklin fourth (123), Northville fifth (155) and North Farmington sixth (165).

"WE RAN OK," RU coach Jim Gibbons understated. "We're at the part of the season where we're trying to get our times down. We ran times where we wanted to be at this point."

Redford Union's Cathy Koski led the strong Panther team by placing first

(19:23) in a girls' event dominated by younger runners. Only two of the top 12 finishers were seniors.

Helping RU to the title were third-place finisher Nancy Adams (20:04), fourth-place Angie Mogileski (20:11) and seventh-place Kami Laird (20:30). Adams is a senior, while Koski, Mogileski and Laird are juniors.

Rounding out the top 10 finishers in the girls' competition, all named to the All-Invitational Team, were Ladywood's Jennifer Rioux (second, 19:39), Colleen Lee (ninth, 20:43) and Lisa Bagdady (10th, 20:51); Charon Mellas of Garden City East (fifth, 20:21); Julie

Recla of Churchill (sixth, 20:23); and Ruth Sample of Salem (20:33). Sample is the only senior, the others are juniors.

WAYNE MEMORIAL's efforts in winning the boys' event were spearheaded by top-10 finishers Chris Strome (third, 16:32) and Keith Kisanowski (ninth, 16:47).

The experience factor in the boys' race was the opposite of the girls: only three of the first 13 finishers were not seniors.

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## REGISTRATION NOTICE

FOR

## CITY OF FARMINGTON GENERAL ELECTION

TUESDAY, NOVEMBER 3, 1981

TO THE QUALIFIED ELECTORS:

CITY OF FARMINGTON, COUNTY OF OAKLAND STATE OF MICHIGAN

NOTICE IS HEREBY GIVEN THAT I WILL BE AT MY OFFICE

MONDAY, OCTOBER 5, 1981

—Last Day

From 8 o'clock a.m., until 8 o'clock p.m.

## The 30th day preceding said Election

As provided by Section 498, Act No. 116, Public Acts of 1954 As Amended.

For the purpose of REVIEWING the REGISTRATION and REGISTERING such of the qualified electors in said TOWNSHIP, CITY or VILLAGE as SHALL PROPERLY apply therefor.

The name of no person but an ACTUAL RESIDENT of the precinct at the time of registration, and entitled under the Constitution, if remaining such resident, to vote at the next election, shall be entered in the registration book.

JOSEPHINE M. BUSHEY, City Clerk

Published September 24 and September 28, 1981

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