

City Hall hoist

Employees of Farmington Hills' Building and As-sessing Departments vacated their offices Friday, making way for workers to hoist the City Hall roof with 12-ton jacks, steel pipes and a crane. That enabled engineers to examine the sagging beams

and joists to see which ones could be reused in the roof's reconstruction. Action was delayed until Friday because officials disagreed on whether the roof should be rebuilt or repaired.

Hair care taught here

Little is known about the kinds of hair styles worn before 3,000 BC, but archaeologists have found hairpins and combs that prove even prehistoric people were concerned with how they looked.

Little is known about the kinds of health styles word before 3,000 BC, but archaeologists have found hairpins and combs. The combs will work with students, giving individual institution on how to keep hair looking its best between salon appointments, and the combs with students giving individual institution on how to keep hair looking its best between salon appointments.

the Cutting Room in Brighton, will present a three-session class called on hair care from 7-9 p.m. on Tuesdays

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its best between Salon appointment, choosing proper equipment and methods for styling, and use of hair products.

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Local couple persevere in 140 mile triathlon

The long and often lovely months of rigorous physical training finally paid off for Randy and Kathy Step of Livonia. The tanned, happy couple arrived home last weekend to the congratulations of family and friends.

The Steps, both 25, were coming back from Hawaii and the Ironman World Triation, an even billed "as the most grueling test of human endurance."

most grueling, test of human endurgraduates of Redford Union High
School, the Steps finished the event —
which included a 2.4-mile ocean swim,
a 112- mile bicycle race and a 28.2mile marathon — all all in sequence and
all in one day.
Kathy placed 18th among some 56
women and 257th overall with an unofficial time of 13 hours, 26 minutes and
33 seconds. This was only the third
year that women have been included in
the competition.
Randy completed the course in
1257.32 (unofficial time). The Steps
were among a dozen competitors from
flichigan who took part.
Scott Tirley of San Diego wen the
event in a time of 9 hours, 19 minutes
and 41 seconds.

and 41 seconds.

THE TRIATHLON, which took place
Feb. 6 on Kallua-Kona (the Island of
Hawaii), attracted nearly 600 partle
pants from 41 states and six countries.
Contestants ranged in age to some of
Stand came from a waring of background finished.
But the Steps, one of 10 married couples in the race, didn't just survive the
triathlon. They are mighty proud of the
times they posted.

"We didn't want to just finish — we
wanted to finish well. I predicted my
time would be 14:30. Kathy predicted
hers at about 15 hours. We were
trilled," said Randy, who works as a
funeral director in the family business,
Charles R. Step Funeral Home in Redford Township.

Kathy is a registered nurse and

ford Township.

Kathy is a registered nurse and works for the Visiting Nurse Association. She posted her betting Nurse (224) in the swimming competition which didn't surprise from the way a member of the properties of the properties of the Nurse Association of the Properties of the William High School. The high course, however, presented Kathy with the toughest challenge of the day. It took her? hours and 47 minutes to complete the course. She ran the marathon in 4 hours and 15 minutes.

Randy's individual event times were:

hours and 15 minutes.
Randy's individual event times were: swimming, 1:37; bicycling, 7 hours; and running, 3:47.

THE STEPS are very athletic. They're avid marathon runners and race every other weekend durant and account of the state of

the toughest challenge for the young cruple.

They rode more than 100 miles a week on a bicycle track they rigged up in the kitchen of their Ramblewood Drive home. They never ran less than 50 miles a week — even in sub-zero temperatures. They swam one mile each day.

They originally planned to enter the world triathlon in 1983 but in October these changed their plants.

They originally planned to enter use world trialfuln in 1938 but in October they changed their plans.

"I knew we could do well and I didn't think we could keep up the training pace until next year. In October we called and made reservations, got our applications and just quit doing everything else (except for our jobs) and trained," explained Kathy.

trained," explained Kathy.

THEY ARRIVED in Hawaii Feb. 1.
In the days preceding the event, the pair trained by repeating the routine they would experience on race day. That included eating and drinking.the same foods (peanut butter and jelly sandwiches, Gatorade, raisins, banansa and oranges) that they would on race day.

At 4:30 a.m. Feb. 6, Kathy and Bandy Step headed for the starting line. Rardy had pancakes for breakfast but Kathy waited until the bicycle race to eat. —I couldn't eat, I was too nervous. It's really something to look around and see some 500 perfects perimens of men and then there was me," she said laughing. Even Randy agreed that the sight of all those athletes and their fine-tuned physiques was a little intimidating.

"Merathon runners are usually tall

fine-tuned physiques was a little intum-dating, "Marathon runners are usually tall and lean. Swimmers have chests that are huge and bikers have thighs the size of tires," said Randy, who is 5 feet, 8 incaes tall and weige 134 peunds. Ka-hy is 5 feet, 6 inches tall and weighs 120 pounds. The ocean swim was the toughest part of the course for Randy.

"OCEAN SWIMMING is very different than pool or lake swimming. It was very rough water for first ¼ mile and there are so many people. It's a fright-ening experience and I kept thinking all

the sait water I swallowed would come back to haunt me with cramps in the like race; said Ranky.

The contestants entered the coean at the Kallus and the coean at the Kallus and the said the s

thy.

The Steps said they came across the finish line (Randy at 8:30; Kathy at 9 p.m.) feeling "a little too good."

"WE WERE a little too good."

"WE WERE a little conservative but then wed never done this before," said Randy. "It was unexplored territory," interjected Kathy.

The fifth world triathion marked the last time the race would be held in February. The event has been changed to Ctober.

"That way people from the East and Midwest will have a better chance to train," explained Randy.
The Steps are planning to participate in the sixth world triathlon but hope to find a sponsor or sponsors for the next trip. This year's trip cest the young couple \$3.000. The pair agree the triathlon but the young couple \$3.000. The was great attletic experience and there and meet trip. The step is the step of the step

"Everyone connected with the race was very supportive," added Kathy. Before the race, the contestants were treated to a special dinner. After the race an awards banquet was held.

Before returning home, the couple took some time to relax and tour the islands. But they soon got tired of the carelife.

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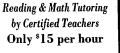
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