

jogging

Check yourself before you run

Just as you check out his various auto fluids prior to a trip, so too should the jogger follow certain precautions before a run. After a while, these clearance procedures will become habit and require no thought in performing.

But at first it is a good idea to establish some sort of a routine in evaluating your feet before a run. Believe me, a few short moments spent in checking them out can be extremely well spent.

Proper nail hygiene prior to jogging is absolutely essential. Excessively long or thickened nail plates are an open invitation to injury and subsequent complications. As opposed to most textbook sources, I recommend that the nail be trimmed so as to cut the edges of the nail too far inward so as to prevent ingrowns and skin infections. It is surprising how frequently patients come to my office who merely failed to trim their nails before a lengthy run. The majority of these problems could well have been prevented if this simple precaution had been followed.

THE FOOT should be checked for chronic pressure areas indicated usually by well-developed diffuse calluses. A thin section of non-medicated adhesive moleskin applied to these areas for the run significantly reduces friction and relieves a good deal of discomfort. If the calluses are punctate or deep with cores in their center, then proper podiatric care should be sought, and these cuts reduced professionally.

There are commercial products available for the self-reduction of this callus following bathing and soaking. These are usually abrasive in nature and relatively safe to use. In no way should a cutting instrument, such as a knife or razor blade, be utilized to reduce the buildup. Although the procedure appears simple enough, the frequency and potential severity of its use will indicate its dangers.

Corns, or lesions on the upper or outer surface of the toes, are often not painful in the jogger and require no specific sort of preparation.

IN THOSE CASES where the lesions are reddened and irritated or just painful, either prior to or during the run, I suggest protecting the site by bandages. A good protective covering available at most podiatric offices is that of tubefoam. When cut to size and fit, the removable, nylon-lined foam-rubber pad will last quite a long time before requiring replacement.

Soft corns are those painful white lesions between the toes. Temporary comfort can be obtained through the use of foam pads, cotton inserts or bandage covers, since any attempt at reducing pressure and friction usually affords relief. It is recommended that these lesions receive professional care so as to prevent subsequent complications.

An additional problem to check for is what we call "hot spots." These are the areas on the feet where friction has produced heat with burning sensations and occasional redness. In actuality, it is usually a precursor to blister formation and should be treated in order to prevent its development.

Lubricating ointments, such as petroleum jelly, are effective in reducing the friction produced. Hot spots are also frequent annoyances to basketball players and racquet enthusiasts.

Powdering the foot is a useful measure. It absorbs perspiration and thereby cools the skin. Some recommend that these lesions receive professional care so as to prevent subsequent complications.

MEDICATED POWDERS are also available to prevent and treat various fungus (athlete's foot) conditions. In those cases where maceration, redness or signs of drainage are present, professional care should be immediately sought.

Whether to use multi-layered socks is an interesting question for joggers. In principle, the extra thickness provides more cushioning and protection from pressure and friction.

In reality, I have been less than satisfied with the results and, in several cases, have encountered problems with its use. It seems common that when purchasing a comfortable running shoe, either no athletic sock is being worn or a single pair is being used. When the second pair is worn — along with the normal foot expansion from running — we often encounter excessive pressure areas and pain.

In addition, the synthetic properties of the multi-layered sock often encourage a sliding effect with associated burning sensations.

An important consideration to keep in mind, regardless of the choice of sock, is that any and all creases or wrinkles in the covering of the foot should be eliminated if possible. This reduces the incidence of blister and callus formation.

Lineman seeks Lions' den

By Brad Emons
staff writer

All Mark Grabowski has been asking for is a shot.

Starting on July 12 at Oakland University, the 6-foot-2, 250-pound defensive lineman will try to impress the Detroit Lions coaching staff.

"They're looking for one or two spots to back somebody up," said the Wayne State University and Westland John Glenn grad. "All I wanted was to get the pads on. Now I have to show 'em that I can hit."

The last Grabowski to make it big in the NFL was Jim, a bruising fullback from the University of Illinois who played for the Green Bay Packers during their triumphs on the 1960s.

This Grabowski, who made the Observer's 1978 All-Area team as a 180-pound lineman, hopes to "stay as long as possible and hopefully be among the last 45."

Grabowski received numerous accolades in high school and decided on Wayne State, an NCAA Division II team.

"I thought I could go to a lot bigger school," said the big tackle, "but I ended up at Wayne."

"My dad said: 'If you're good enough, they'll find you.'"

Warwick, a linebacker and former member of the Minnesota Vikings' famed "Purple People Eaters," talked Grabowski out of going to New England.

Grabowski then signed with Charleston and had a banner year.

"WE HAD a good season," said Grabowski. "We were 15-1 and won the national title."

"Our whole offensive line was drafted. I was the only defensive lineman off our team who signed."

A sports agency in New York contacted the Lions about Grabowski.

"With the experience I had, that's where they found about me," he said.

Lions' scouts Joe Bushovsky and Tim Rooney interviewed and put Grabowski through a workout at the Silverdome, three days after the club held its annual "Gong Show," a tryout camp for all comers.

Lloyd Carr, now an assistant at Michigan and Grabowski's high school coach at Glenn, gave strong recommendation to the Lions.

"Coach Warwick has a lot of connections," said Grabowski, "but Coach Carr and Lowery did a lot for me, too."

Grabowski has been working out daily at the Silverdome in preparation for the July 12 "voluntary camp." The veteran report July 21.

"I think I'm above average in strength," said Grabowski, a Westland Observer carrier in the fifth grade. "They (the Lions) want me to run more than lift (weights)."

"I have to give them a good 40-yard time."

And pop some pads.

Woodbrooke tumbles

Farmington Hills Woodbrooke Hills Swim Club's Karrie Kranz established a pool record, but her team lost to Beach Wood, 297-278, in a recent Northwest Suburban Swim League contest. The loss put Woodbrooke Hills at 2-1.

Karrie, swimming in the girls' 7-8 age group, logged a time of 19.27 in the 25-meter butterfly for her record.

Woodbrooke Hills had two double winners in the girls' 11-12 group. Liz Worthen won the 50 backstroke and the 50 freestyle, and Cindy Cramer finished first in the 100 individual medley and the 50 backstroke.

In the 13-14 group, Woodbrooke Hills' Scott Shison won the 100 IM and the 50 freestyle, and Jennifer Rowe won the same races for the girls. Keith Lee won the 7-8 25-meter backstroke and the 25 freestyle. Scott Mayotte took the 50 backstroke and the 50 breaststroke.

Woodbrooke Hills' girls' 52-year medley relay (Kathy Pierog, Cramer, Kathy Derderian and Heidi Gasser) finished first as did the girls' 64-year freestyle relay (Marge Cramer, Jill Andries, Colleen Carey and Rowe). Bill Spicer, John Pierog, Chris Leslie and Eric Kemp combined for a boys' 64-year relay which also finished first.

Woodbrooke Hills is coached by Steve Goddard.

IN ANOTHER RECENT NSSL meet, Village Athletic Club of Lathrup Village had two record-breakers in its 320-257 loss to Rochester Heart of the Hills Swim Club.

The record breakers were Mike Vetter, who was timed in 33.7 in the 11-12 50 backstroke and at 29.7 in the 50 freestyle, and Crissy MacMillan, who went 28.8 in the 13-14 freestyle.

Village double winners, in addition to Vetter, included Pam Saunders (33.7 in the 15-17 50 backstroke and 13.1 in the 100 IM) and Nick Radkewich (1:26.45 in the 11-12 IM and 37.67 in the 50 butterfly) and Jennifer Roberts (17.5 in the 7-8 25 freestyle and 22.6 in the 25 butterfly).

Grabowski played four years of football at WSU, three under coach Dick Lowery (now at Hillsdale). In his senior year, Grabowski played but didn't see eye-to-eye with new coach Steve Fickert and his staff.

His best post-season honor was All-Great Lakes Conference — second team.

At WSU, Grabowski played the defensive nose spot and did the long-snapping for punts and kicks.

After finishing at Wayne, Grabowski wrote letters to a number of NFL teams. The New England Patriots asked him to report for a mini-camp as free agent, but he never tried out.

Instead, Grabowski reported to the Charleston (W.Va.) Rockets of the American Football Association (AFA), a semi-pro circuit.

Terry Rusin, a defensive back and ex-teammate of Grabowski at WSU, told Charleston coach Lonnie Warwick about the tackle.

Loyd Carr, now an assistant at Michigan and Grabowski's high school coach at Glenn, gave strong recommendation to the Lions.

"Coach Warwick has a lot of connections," said Grabowski, "but Coach Carr and Lowery did a lot for me, too."

Grabowski has been working out daily at the Silverdome in preparation for the July 12 "voluntary camp." The veteran report July 21.

"I think I'm above average in strength," said Grabowski, a Westland Observer carrier in the fifth grade. "They (the Lions) want me to run more than lift (weights)."

"I have to give them a good 40-yard time."

And pop some pads.

Angel kickers beaten in semis

The Farmington Angels, a women's recreation soccer team, made the semifinal round of the recent Robbie Invitational tournament in Toronto.

The Angels, coached by John Magee, were eliminated by Toronto St. Andrews, 6-0. The Farmington team recorded wins over Bram United (0-0), Prince William of Virginia (3-0) and Sarina (2-1 on penalty kicks), and lost to West Finch (2-1).

The Angels are the defending champions of the seven-team Great Lakes Women's Soccer League. Also participating in the Toronto tournament were two other league teams — the Farmington Pures and The West Bloomfield Avengers. The Angels, the defending champions of the GLWSL, have yet to lose a league game this summer. In two recent outings, the Angels beat Toledo (11-0) and Flint (4-0).

The Angels take on Ann Arbor Artemis in a league game at 6 p.m. on July 25, a Sunday, at Livonia's Schoolcraft College. On the following Sunday, Aug. 1, the Angels play the Pures at 6 p.m. at Schoolcraft.

McCabe
funeral home
31950 12 Mile Rd. Farmington Hills, Michigan 48331-1200

RED TIMBERS
Grand River
West of Haggerty
— Novi —
Banquet Facilities
For Any Occasion
Let us help you with the arrangements
478-7154

CUT FOR SCUBA CLINIC
Learn all the skills you need for the really exciting sport. Bring in this ad and we will sign you up for a free lesson of pure enjoyment. No cost or obligation. (Instructors in diving, training, travel, equipment & service.)
4501 N. WOODWARD ROYAL OAK 48072
(2 blocks S. OF 14 MILE RD.) 213-548-0202

INTERSTATE'S TRANSMISSION MAINTENANCE SERVICE.

This service helps prevent transmission problems. Should you already have a problem, we'll diagnose it for you and recommend just what's needed.

\$895 PLUS

- Change transmission fluid
- Adjust bands, if needed
- Clean screen, if needed
- Replace pan gasket
- Complete road test

261-5600
34957 Plymouth Rd.
at Wayne
in Livonia

533-2411
26357 GRAND RIVER
IN REDFORD
BETWEEN
BEECH DAILY &
INKSTER ROAD

\$2.00 DISCOUNT WITH COUPON
WERE NATIONWIDE... SO IS OUR WARRANTY.

SALEM LUMBER CENTER

1 1/2" RED BARN
STURDY CONSTRUCTION
DO IT YOURSELF AND SAVE

- Upper roof truss sections all assembled.
- Choice of staling color
- For cement floors (second floor optional)
- Includes all hardware

ALSO IN STOCK 10x12 \$333.88 PLUS TAX

30650 PLYMOUTH ROAD LIVONIA GA 2-1000

SUMMER CHILDREN'S COMPUTER CAMP
2 week sessions \$50
Classes meet daily for 1 1/2 hours

Computer Classes
Adult Classes

- Word Processing • Accounting
- BASIC • VISI CALC

Classes range from 3-6 weeks and will be held throughout the summer.

Class fees \$25 - \$60
Special classes for teachers
In creative teaching methods.

Computer Connection, Inc.
3847 GRAND RIVER
FARMINGTON HILLS 477-4470

13th ANNUAL BASEBALL CARD SHOW & SPORTS COLLECTORS CONVENTION
JULY 16-18, 1982
PLYMOUTH HILTON INN
5 MILE & NORTHVILLE RD.
PLYMOUTH, MICH.

Autograph appearances by Dave Rozema & Mickey Stanley on Friday, Hal Newhouse & Tiger Hall of Famer Charley Gehringer on Saturday, and ex-Red Wing hockey greats Sid Abel & Bill Gadsby on Sunday.

No additional charge for autographs.

Admission is \$1 for adults, 50¢ for children. Hobby's largest sports collectibles show with over 150 dealers from coast to coast.

Tuffy
BRAKES • MUFFLERS • SHOCKS • FRONT END

WE WARRANTY BOTH PARTS AND SERVICE FOR YOUR MUFFLER

Your best exhaust buy is a phone call away
255-7360 549-4360
(West 8 Mile E. of Lahser) (Woodward N. of 13 Mile)

YOUR NEIGHBORHOOD TUFFY DEALER

14 Mile Rd. Normandy
13 Mile Rd. N
W-E

2 FOR 1

TWO YEARS FOR THE PRICE OF ONE OR TWO MEMBERSHIPS FOR THE PRICE OF ONE

HURRY!
OFFER ENDS SOON

COMING SOON!
NEW DUAL FACILITIES FOR MEN & WOMEN
WORK OUT EVERY DAY
WE'VE GOT IT ALL!!!

- BODY BUILDING • REDUCING AND WEIGHT CONTROL • LATEST PROGRESSIVE RESISTANCE EQUIPMENT • SHOWERS • SAUNA • PRIVATE LOCKERS • INDIVIDUAL GUIDANCE • PROFESSIONAL STAFF. IMPORTANT: WE REPRESENT THE FINEST EXERCISE PROGRAMS WITH THE LATEST EQUIPMENT FACILITIES AT A LOW BUDGET COST. VISIT US AND BE PLEASANTLY SURPRISED

FAMILY FITNESS CENTER
33505 W. EIGHT MILE RD.
JUST W. OF FARMINGTON ROAD
474-8640

Volunteer.

American Red Cross

Together, we can change things.

A Public Service of The Newspaper & The Advertising Council