

Youth Fitness Olympics

Larkshire, Forest earn titles

Larkshire and Forest playgrounds were the big winners in the eighth-annual Farmington Youth Fitness Meet last week at Farmington Harrison High School.

Larkshire won the team trophy for athletic excellence at the meet, which tests playground skills. One of seven playground teams, Larkshire is directed this summer by Milo Karhu, Leeann Horie and Anne Barber. Flanders playground placed second in the athletic competition.

But the Youth Fitness Meet concerns more important things than just winning athletic events. The teams were vying for the sportsmanship award, given to the playground team which displays the best sportsmanship, conduct and style during the meet.

This year, Forest, directed by Lisa Kulk and Barb Egan, won the sportsmanship award.

"It's always a tough one to pick," said Jeff Farland of the sponsoring Farmington Hills Parks and Recreation Department. "You always have two or three teams really close."

Continuing a tradition begun two years ago, fans at the meet were allowed to cast ballots to help decide the winner of the sportsmanship award. "Their votes weigh heavily in our decision on who wins the award," Farland said.

About 75 youngsters aged 8-15 participated in this year's Youth Fitness Olympics. Each of the Farmington area's seven playgrounds entered a team.

Boys and girls competed in sprints, triple jump, running broad jump, softball throw and chinning. The meet is popular because the events may be practiced on a playground with little or no equipment.

There were four age classifications — Class A, ages 14-15; Class B, 12-13; Class C, 10-11; and Class D, 9 and under.

The winners in Classes A-C will represent the Farmington area in the 25th-annual Metropolitan Detroit Youth Fitness Meet Thursday at Kensington Metropark. The meet is expected to draw 35 Detroit-area communities.

Sportsmanship and conduct are just as important in the metro meet as in the local fitness meet. The Farmington team will be shooting for the John J. Considine award, emblematic of good sportsmanship, conduct and appearance.

"We have an excellent chance of coming home with some trophies," Farland said, "and I think we have a shot at the Considine award, too."

Last year, the Farmington team won three athletic trophies.

FARMINGTON FITNESS OLYMPICS

INDIVIDUAL RESULTS

CHINNING — Boys' Class A: 1. Paul Cook (Wooddale); Class C: 1. Adam Cook (Wooddale); 2. Matt Abbot (Woodcreek); 3. Danny Dressler (Larkshire).

SOFTBALL THROW — Girls' Class A: 1. Kelly Sage (Wooddale); Class B: 1. Jennifer Fisher (Kenbrook); Class D: 1. Tracy Barr (Forest). Boys' Class B: 1. Doug Substant (Flanders); 2. Kevin Sage (Wooddale); 3. Sam Milligan (Larkshire); Class C: 1. Greg Powers (Flanders); 2. Kris Paulson (Longacre); 3. Sam Lowe (Kenbrook); Class D: 1. Matt

Hazard (Wooddale); 2. Mark Eungeson (Larkshire); 3. Tom Krug (Kenbrook).

RUNNING TRIPLE JUMP — Boys' Class B: 1. Kevin Dressler (Larkshire); Class C: 1. Nick Cuda (Larkshire); Class D: 1. Danny Cuda (Larkshire).

STANDING LONG JUMP — Girls' Class A: 1. Teri Feichter (Kenbrook); Class D: 1. Debra Kovsky (Forest); 2. Danny Feichter (Larkshire); 3. Colleen Christopher (Kenbrook). Boys' Class C: 1. Steve Krug (Kenbrook); 2. Ben Gaba (Larkshire); Class D: 1. Derek Lam (Larkshire); 2. Danny Feichter (Kenbrook); 3. Albert Ho (Wooddale).

RUNNING LONG JUMP — Boys' Class A: 1. Scott Robinson (Flanders); Class C: 1. Roger Neidel (Flanders); 2. Gary Hawald (Larkshire); 3. Steve Goldberg (Forest); Class D: 1. Alex Kavach (Larkshire); 2. Eric Neidel (Flanders); 3. John Hoeger (Longacre). Girls' Class C: 1. Cindy Howard (Forest); Class D: 1. Julie Frolich (Forest); 2. Melissa Prodergast (Woodcreek); 3. Kristy Mansmith (Longacre).

75-YARD DASH — Boys' Class A: 1. Jeff Thibodeau (Kenbrook).

60-YARD DASH — Boys' Class B: 1. Scott Sabott (Flanders); 2. Steve Mansmith (Longacre); 3. Mark Beecher (Larkshire). Girls' Class B: 1. Kim Crumley (Larkshire); 2. Gerard Meyer (Kenbrook); Class D: 1. Sean Sage (Wooddale); 2. Alan Isaacson (Larkshire); 3. Mike Tenore (Kenbrook). Girls' Class C: 1. Allison Baughn (Wooddale); Class D: 1. Wendy Goldberg (Forest); 2. Gretchen Clappison (Longacre); 3. Michelle Davis (Wooddale).



staff photos by RANDY BORS/Staff photographer

Cindy Howard, a 9-year-old member of the Forest playground team, soars during an event of the Farmington Youth Fitness Meet at Harrison High School last week.



Roger Neidel, 10, competes for the Flanders playground team during the Farmington Youth Fitness Meet.

Festival's Fox Trot planned for Saturday

By Tom Baer
staff writer

Last year a certified public accountant firm called Fox and Co. sponsored the popular Farmington Founders' Festival road race, and the name of the event was changed to the Fox Trot.

"This summer Fox and Co. is no longer in the picture as a sponsor, but the name remains."

Two races, five kilometers (3.1 miles) and 10 kilometers (6.2 miles), are scheduled for Saturday morning in a subdivision near the sponsoring Farmington-area YMCA, 28100 Farmington Road, north of 12 Mile.

"We thought Fox might pick it (the sponsorship) back up next year," said meet director Dave Potthoff of the Farmington-area YMCA, explaining why the races are still called the Fox Trots. "Besides, it's a catchy name."

The races have an earlier start this year. The five-kilometer run begins at 8 a.m., and the 10-kilometer event starts 30 minutes later.

"Hot weather had a lot to do with our decision to start earlier," Potthoff said. "I've been told we've started as late as 10 a.m., and by 10:30 it was scorching hot."

"Also, by starting earlier, the runners will be finished in time to

"We're giving out T-shirts to the first 400 or 500 people to register. After that we'll run out. So I'd advise people who want a shirt to come early."

—Dave Potthoff
race director

watch the Founders' Festival parade downtown."

Runners may register at the YMCA until the morning of the race. Cost is \$8 per runner. Some 200 runners have already registered, according to Potthoff.

"We're giving out T-shirts to the first 400 or 500 people to register," he said. "After that, we'll run out. So I'd advise people who want a shirt to come early."

THERE WILL BE 18 competitive classifications, nine each for men and women. Age groups are: 14-and-under, 20-24, 25-29, 30-39, 40-44, 45-49, 50-59 and 60 and over.

A trophy will be given to the runner with the best time of the race. Plaques will be awarded to the top three finish-

ers in each age group, and every participant will receive a commemorative patch.

The five-kilometer race begins at Tulipwood and Farmington roads. The course winds through the subdivision along the following streets: Kendallwood, Red Clover, Lorix and Wayburn. The finish line will be in the YMCA parking lot.

The course will be repeated for the 10-kilometer run.

Aid stations, staffed by YMCA volunteers, will be set up along the course. Runners may walk through the course before the race if they wish.

"On race day, a pace car will be out front," Potthoff said. "Hopefully, no one will lose their way in the subdivision."

Last year's race drew 579 runners, 225 of whom registered on the day of the race.

Two well-known local runners, Farmington's Jim Brown and West Bloomfield's Ed Grabowski, crossed the finish line together with identical times of 15:23 and shared first-place honors in the five-kilometer race.

In the 10-kilometer race, Ypsilanti's Dave Hinz, running in the 19-29 age group, finished first with a time of 30:38. Kathy Irwin of Lansing was the first woman to cross the finish line. Her time was 19:01, good for 41st place overall.

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