

## sport shorts

# 'Run for the Blind' set in Birmingham

It's time to get those legs back in shape.

The fifth annual Birmingham 10,000-meter Run for the Blind will be held Oct. 10 throughout the streets of Birmingham and adjacent areas. There will be a two-mile race for those not interested in the longer run. The race, which starts 10 a.m. from the Varsity Shop on the corner of Merrill and Pierce roads, includes 10 different divisions — five for women and five for men. The divisions are under 20 years, 20-29, 30-39, 40-49 and 50 and over.

There is a \$8 pre-registration fee before Oct. 7, and a \$10 fee for anyone who registers after that date. Registrations will be accepted from 8-9 a.m. on race day.

The race, sponsored by the Birmingham Lions Club, WMJC radio and Crowley's, starts downtown and winds past various residential areas and the Lincoln Hills Golf Course.

An athletic gift will be awarded in both events for first place in all categories over high school age. T-shirts will be given to all entrants, and certificates to all finishers.

An automatic timing device will provide results which will be posted immediately after the race. Entry forms are available at either the Varsity Shop or Crowley's.

## • CHIPPEWA FOOTBALL

There are five players from the Observer & Eccentric Oakland County circulation area in the Central Michigan University 1982 football roster. Those players include first receiver, Jamie Jackson from Troy Athens High School; tight end Don Pietrowski and middle guard Pete Panelli from Birmingham Brother Rice High School; defensive back Guy Bouts of Birmingham Seaholm High School; and linebacker Greg Zunker from Rochester High School.

Jackson is in line as a possible starting receiver for the Chippewas, while Pietrowski is "in the picture" at the tight end position.

Central opens the season at home 1:30 p.m. Saturday against Indiana State.

## • TARTAR FOOTBALL

A pair of Troy-area graduates are members of the 1982 Wayne State University Football team.

Roy Morris, a punter-kicker for Wayne State, is a graduate of Troy High School. Mike Kramer, a 6-foot-3, 190-pound sophomore free safety, is an Athens High School graduate.

Morris, a sophomore, successfully kicked all 12 of his extra-point attempts last year, and was two-for-five in field-goal attempts. He also punted five times for an average of 34.6 yards-per-punt.

Kramer, like Morris, is a former O&E all-star, had one interception and three tackles last year.

Wayne State, which plays in the Great Lakes Intercollegiate Athletic Association (GLIAA), opens its season Saturday at home against Albion College.

• **SNOW KING AND QUEEN**  
A Michigan Snow King and Snow Queen will be chosen from among Michigan skiers to reign over Ski and Winter Fair '82 on Oct. 29-31 at the Detroit Renaissance Center.

The royal couple will be chosen based on skiing ability, service to the skiing community and overall personality and achievement. Prizes range from a ski week to ski clothes and equipment.

Individuals may nominate themselves or someone else by writing to the Metropolitan Detroit Ski Council (MDSC), P.O. Box 695, Dearborn, MI 48121. The nomination letter must include name, mailing address and phone numbers of both the nominator and nominee, and a brief statement explaining why the nominee is outstanding in the above-mentioned areas.

Nominees must be Michigan residents, and at least 18 years of age. Deadline for nominations is Oct. 4. The crowning will be Oct. 11.

## Proper hygiene a must

# Runners: be aware of nail problems

An often ignored yet common problem area for joggers are the toenails.

Whether talking about a short-distance sprinter or a marathon runner, the nails are frequently the first area hit by discolorations, spots, infection, or merely alterations in shape, thickness, or curvature.

It is essential to recognize the more common problems as well as the most probable causes. While some require no care or merely more attention, others should receive prompt professional treatment.

Just as periodic oral hygiene is essential for proper care of the teeth, the feet require good hygienic habits.

The nails should be properly trimmed, roughened edges reduced, and excess debris beneath the nail cleared. A thickened nail should be properly reduced to eliminate excessive pressure from the shoe. During running clinics, group lectures and discussions with patients, I suggest the following:

• **NAIL HYGIENE**, when performed at the home, should be done following bathing or soaking of the feet. In addition to cleansing the skin and nails, this makes those spots much softer, making them much easier to work with.

• **USING THE PROPER INSTRUMENTS** is important. Only clean, commercially purchased nail



## jogging

**Dr. Charles R. Young**

clippers are suggested. No sharp instrument should ever be inserted in the nail. A proper filing device should be used to smooth and round the edges according to the fleshy end, or contour, of the toe itself.

• **PROFESSIONAL PODIATRIC** care should be sought for decreased circulation, poor eyesight, diabetes or other metabolic diseases, and excessively deformed or complicated nail structures. This point is an absolute must and is essential in reducing subsequent complications. How often nails should be trimmed is, of course, an individual consideration. But long or thick nails are a definite invitation to a wide assortment of problems.

PERHAPS ONE of the most frequent nail problems among runners is the opaque or discolored toenail.

Usually, in the earlier stages, the nail turns bluish black, either in spots or totally. This is due to

bleeding or hemorrhaging beneath the nail plate from excessive pressure from the top of the shoe.

Properly fitted shoes with ample toe room and protective tape or padding for the toes are the basic home-care measures. As the condition develops and the jogging continues, the nail takes on a white or grayish opaque appearance. Eventually, if the cause of the problem is not remedied, the nail often is lost.

IN SOME CASES, when exposed to repeated shoe pressure, as with an ill fitted shoe, the nail will become infected.

Pain, redness, and discharge from the toenail area frequently accompany this condition. Without a doubt, this type of nail should receive prompt, professional attention.

A final nail type to be considered is the ingrown or curved-in border, commonly regarded in our office as the "pits" in jogging.

Such a problem can sideline the most avid of runners and occasionally lead to rather involved complications.

The problem usually starts with improper trimming or injury to the nail itself.

In some cases, the runner has a variation in the curvature of the nail plate which has been present from birth. This type of nail often can become quickly ingrown from just the slightest injury.

By finding these particular problems and their possible origins quickly, the jogger in a much better position to prevent their development and subsequent complications.

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