

Speakers delight good crowd

Standing room only! Running clinic offers key tips

By Tom Henderson
staff writer

It was half an hour before the start of the running clinic Thursday night in the lobby of the Henry Ford Hospital West Bloomfield Center, and the hospital's public relations official was nervous. "What happens if more than 200 people show up?" she asked. "That's all the chairs we have."

"If they're going to run a half-marathon Sunday, they can stand for a while tonight," answered Charles Blanchard, Blanchard is a marathon runner and triathlete who owns the Total Runner stores in Southfield and Grosse Pointe.

STAND, THEY DID. A standing-room-only crowd, most of which ran in yesterday's 13.1-mile race, showed up to hear two speakers, Steve Ketyan and Rose Snyder, and one emcee, Blanchard, pass out tips on nutrition, selecting footwear and avoiding injuries.

(The crowd at home may get the tips, too. The program was filmed by Group W for use by the hospital and possible use of the audience even had sign waivers authorizing the showing of their faces on TV.)

In addition to passing out tips, Blanchard served as moderator, jokester and cheerleader for the sport of running.

"Is running a fad?" he asked early on. "Those here who think running is a fad, raise your hands."

None was raised. "Running's a lifestyle," Blanchard continued. "They (typical) doubted it 10 years ago. They doubted it five years ago, (but) when you see 1,000 people lined up Sunday to run 13.1 miles, that's not a fad."

KETYEAN SPOKE first, followed by Snyder, followed by questions and answers. The tips and advice came too late to be of much use for the half-marathon — who was looking for shoes, then, or how to set up a three-month program? — but the running season is just beginning.

Ketyan, the program director of the Henry Ford cardiac rehabilitation program, spoke on ergonomic aids, those things that claim to aid or actually do aid athletic performance.

Of no value whatsoever, said Ketyan, are amphetamines, caffeine and steroids; of little help are oxygen (surprise, you football players), vitamins (referred to as vitaminology by Ketyan), and blood doping.

The two things of value in aiding performance are eating gobs of carbohydrates in the three days preceding the event and drinking water during it. A little sugar would be nice during the race, too, except that everything on the market that has sugar has way too much of it, including the nearly legend-

ary Gatorade.

Many runners seek candy during a race or drink deflated cola, but both are also no-no. Both have too much sugar, and too much sugar interferes with the entering of water into the cooling system.

ROSE SNYDER, an athletic trainer for the Henry Ford Hospital Center for Athletic Medicine, whose clients include the Detroit Lions and Tigers, gave advice on selecting running shoes and on advanced training techniques.

Among her training principles were:

- At least one day of rest a week.
- Only three days of hard running a week.

• Stretch five minutes before running and five after, especially after.

• Don't increase your weekly running time by more than 30 minutes every two weeks.

• Don't begin speed work until you can run comfortably for an hour.

• Don't spend more than 10 percent of your weekly time on speed work.

If you are aiming for a particular race, Snyder said your weekly mileage should be at least double the race distance. Once a week, you should take a practice run of at least 75 percent of the race distance.

If you are new to running, you should train at least three months for your first race.

Activities abound in Farmington

Do you have a child who's always complaining he can't find anything to do? If so, Farmington Hills Parks and Recreation probably has a program for him or her.

And if it's you who can't find anything to keep you busy, that's no problem, either; the city has something just for you, too.

Farmington Hills is offering a series of leisure activities classes for kids as young as 3 and adults as old as 103. All classes begin Wednesday, April 20, and run through May 25 at Forest Elementary School, 34545 Old Timber Road.

Class fees are \$10 a person for the youth activities and \$14 for adults. Registrations will be taken on a first-come, first-served basis. Pre-registration is advised, but entries will be taken through the first day of class if the class hasn't been filled.

Register at the parks and recreation department, 31555 11 Mile.

For further information, call the rec office Monday-Friday at 474-6115.

YOUTH ACTIVITIES: preschool tumbling, ages 3-5; mime, clowning

and drama, grades 3-5; tumbling and exercise, grades K-2; beginning drama, grades 6-8; aerobics, grades 3-5; open gym, grades 4-5; modern dance, ages 13-19.

TEEN AND ADULT ACTIVITIES: gymnastics, ballet, and photography.

IN ADDITION, the city is offering swimming lessons at North Farmington High, 32900 W. 14 Mile. Classes are for youths and for adults and are designed for anyone from beginners to advanced swimmers.

The youth program begins Saturday, April 23, and runs weekly through June 4. Price is \$13.

The adult program is on Monday evenings, from April 18 to May 23. Price is \$15.

In addition, open swimming at the pool begins April 18 and runs through June 6. Price is 75 cents for children and \$1 for those 18 and older.

Call the recreation number above for information or to register.

The city will sponsor Safety Town

this summer, which is a 20-hour course (two hours a day, five days a week for two weeks) designed for children entering kindergarten next fall. Children 4-6 will be accepted.

Safety Town is at the Shiawassee Recreation Center, 30415 Shiawassee, and is co-sponsored by the Farmington Hills Police Department.

Safety lessons are taught with the

child learning through actual participation, demonstrations and movies.

Sessions begin June 20 and cost \$28 a child, which includes a T-shirt and official certificate.

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• **PLAY BALL.** April 29-May 1 — The fifth annual Spring Training Men's Softball Tournament will be at Drake Park and the Knights of Columbus field. It will be a small tournament, with a maximum of 16 teams, so this may be a chance for your team to lock up some hardware.

Teams may register on a first-come, first-served basis at the Farmington Hills Parks and Recreation Department, 31555 11 Mile Road. Entry fee is \$70 for the double-elimination tournament.

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ADVERTISEMENTS FOR BIDS
FARMINGTON PUBLIC SCHOOL DISTRICT
OAKLAND COUNTY, MICHIGAN

OWNER: Farmington Public Schools
32500 Shiawassee
Farmington, Michigan 48024

PROJECT: Roof Renovation No. 8
Farmington High School
O. E. Dunkel Middle School
Power Middle School
Alameda Elementary
Gill Elementary
Eagle Elementary
Cloverdale Elementary
William Grade Elementary

ARCHITECT: Hoyem-Basso Associates, Inc.
Halls-Hamill Group
One Northfield Plaza - Suite 200
5600 Crooks Road
Troy, Michigan 48068

PROPOSAL TO BE SUBMITTED: General Contract - Roofing

DUE DATE AND PLACE: Proposals will be received at the Board Offices, 32500 Shiawassee, Farmington, Michigan 48024, addressed to: Mr. William Prik, until the following time: 8:00 P.M., Tuesday, May 3, 1983

ISSUE OF DRAWINGS AND SPECIFICATIONS: Drawings and Specifications may be obtained at a Job Meeting at the Farmington High School at 8:30 A.M. on Thursday, April 28, 1983. The high school is located on Shiawassee Road, west of Orchard Lake Road.

DEPOSIT: \$10.00 per set
Deposits will be refunded in full, providing the drawings and specifications, including any addenda, are returned in good condition within fifteen (15) days after the bid opening.

LOCATION OF PLANS: Drawings and specifications will be on file for bidding reference at the Architect's office, Dodge Reports and Builders & Traders.

RIGHTS OF THE OWNER: The Owner reserves the right to reject any and all bids and to waive any information therein.

MRS. JANICE ROLNICK
School Board Secretary

Published April 18 and 19, 1983

PUBLIC NOTICE
ANNUAL BUDGET HEARING
OAKLAND COMMUNITY COLLEGE

FISCAL YEAR
JULY 1, 1983 THROUGH JUNE 30, 1984
GEO. A. BEE ADMINISTRATION CENTER
P.O. BOX 514, 2480 OPDYKE RD.
BLOOMFIELD HILLS, MICHIGAN
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APRIL 21, 1983

Published April 14 and 16, 1983

ADVERTISEMENT FOR BIDS
FARMINGTON PUBLIC SCHOOL DISTRICT
OAKLAND COUNTY, MICHIGAN

OWNER: Farmington Public Schools
32500 Shiawassee
Farmington, Michigan 48024

PROJECT: Paving Renovation
Farmington High School
North Farmington High School
Power Middle School
Dunkel Middle School
Central Office Building
Gill Elementary
Cloverdale Elementary
William Grade Elementary
Shiawassee Elementary
Eagle Elementary
Woodale Elementary
Woodbrook Elementary
Kenbrook Elementary

ARCHITECT: Hoyem-Basso Associates, Inc.
One Northfield Plaza - Suite 200
5600 Crooks Road
Troy, Michigan 48068

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School Board Secretary

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