

Physical fitness just a walk away

By Brad Emons
staff writer

Howard Jacobson is no "Sunday Stroller."

But the 52-year-old New Yorker guarantees he can get you in shape, regardless of age, by stepping up your pace through walking.

Jacobson, a walking coach to Olympic athletes and consultant to the Metamucil fitness program, was in town last week to promote his booklet: "Keeping Fit Over 50 Years."

"It's a sport and an exercise," Jacobson said. "It's fantastic fitness. You use the upper body much more and it works more muscles and works off the calories, and you have just as high of a heart beat when you're done."

Jacobson calls walking "safer."

"It's a smooth transfer of weight with no threat of injury," he said. "A runner's foot hits the ground with an impact of 1½ to 4 times his weight, while a walker touches down with just 1½ times his weight."

ACCORDING TO Jacobson, a brisk 40-minute walk can burn 300 calories — the same amount used up in 30 minutes of running or swimming.

To supplement his walking program, Jacobson also recommends stepping up the amount and variety of fiber in your diet, while increasing your volume of liquid intake.

The exercise is popular in New York where Jacobson founded the Walkers Club of America. He lists over 1,500 members in New York's four boroughs. As a competitive sport, Jacobson said

East Germany, Russia, Italy and Mexico lead the pack.

"We hope our chapter in New York will be a model chapter for others," he said. "We're at the grass roots — kind of like soccer."

"I'm traveling all over doing clinics," Jacobson still competes as a race-walker. He's the national Masters 30-kilometer champion and has produced at least one Olympic competitor since 1968.

"I'M 6-FEET, 145 pounds — the same weight I was in high school," Jacobson said. "As a competitive sport I like it better. I've always been a fierce competitor. I feel much stronger when I race and it's a personal feeling."

"But I don't urge anyone to race ever. There's a lot of satisfaction that

can be gained without competing."

Jacobson said it's hard to target a particular segment of America which enjoys "healthwalking" the most.

"I would say the people who walk are maybe in the 50 to 50 age bracket," he said. "And I'd say a few more women like it than men."

"I guess men still have to maintain their 'lock image.' This is a sensational exercise for women. They tend to gain weight between their waist and knees and walking is great for that problem."

Jacobson, who appeared last week on WXYZ's Kelly and Company, continues to barnstorm for the next month around the U.S., promoting his exercise.

And there will be no resting on Sunday.

Skier gears for Junior Olympic team

Like many girls her age, 10-year-old Linda Tatala wishes she were older. But not because she wants to wear high heels, or stay up later.

Linda wants to be 12 years old so she can try out for the United States Ski Association central division (CUSSA) Junior Olympics Team. Judging from her performance on the slopes this year, she's got an excellent chance for a berth on that team.

Tatala's race season started in January and included 18 CUSSA meets. She won 15 gold and three silver medals, good for first ranking in state competition for 10-12-year-olds.

That showing garnered Tatala an invitation to Iron Mountain for the Invitational Select Championships March 10-13.

Before the Select invitational, Tatala traveled to Nub's Nob to train and hone her competitive skills in the Nub's Nob Open. There she met her friend Brian Shorter, a leading candidate for selection to the U.S. Olympic team. Shorter counseled Tatala, giving her tips on coming races.

TATALA LISTENED well — she turned in a good performance in the open class and won the girls' 10-12-year-old division by a full eight second margin. Her winning time was four seconds faster

than the first-place boy's time in the same age group.

Watching Tatala at Nub's Nob was Brian Shorter's uncle Bill, who is coach of the Harbor Springs High School ski team. The coach was so impressed with Tatala's ability and sportsmanship that he extended an open invitation to her to train with his team.

Poor weather at Nub's Nob left Tatala with a bad cold which threatened to affect her performance at the Select Championships the following week. At that meet her competition included 15 of the top skiers from Michigan, Ohio, Indiana, Illinois, Wisconsin and Minnesota.

Tatala's times on March 10 and 11 weren't up to her usual par, but she did gain enough points in two days of giant slalom competition to stay in contention with two other top girls.

On March 12 the giant slalom final began. Tatala had regained much of her form, and came away in second place. By the following day she was racing at 100 percent and beat the field for first place, posting the winning time for a four-second margin.

IN THE final point standings Tatala was second with 54, two behind the overall champion.



Howard Jacobson swears by his walking program. The 52-year-old New Yorker has lured the country promoting walking as a sport as well as a good exercise.

Wilcox sets summer camp

Youngsters ages eight through 16 can learn the fundamentals of baseball from a staff of Detroit Tiger players and coaches July 8-14 at the Wayne Ford Civic League in Westland.

Pitcher Milt Wilcox will direct the camp which also includes guest appearances by Sparky Anderson, Lance Parrish, Glenn Wilson, John Wockenfuss, Lynn Jones and Gates Brown. A staff of high school coaches, including Westland John Glenn's Norm Hoenes and Plymouth Canton's Fred Crissey, will also serve as instructors at the camp.

Two sessions will be held: 9 a.m. to noon and

12:30-3:30 p.m. Camp participants will meet five days (Friday-Thursday). The fee is \$139 per person.

"This is the only camp in the country with instruction by major league players during the season," said camp director Jerry Mijal. "All proceeds will go to the Milt Wilcox Foundation to benefit crippled and underprivileged children."

Each participant will receive a camp T-shirt, Tiger baseball cap, color photo taken with the Tigers, an official autographed American League ball and two tickets to a Tiger game.

For more information, contact Mijal at 722-2540

or write: Milt Wilcox
Baseball Camp, 34233
Ford Road, Westland,
48185.

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