

Total runner plans fitness retreat

Runners of all levels, beginners to marathoners, can indulge in their sport amidst an idyllic resort setting, be personally coached by nationally known experts, feast on healthy meals, and enjoy various recreational activities at the Total Running Camp, Sunday, July 31, to Friday, Aug. 5.

In the Total Running Camp, running enthusiasts can train hard, learn the latest theories and techniques in running and exercise, while they enjoy the friendship of other runners. Experienced runners can sharpen their training under the watchful eye of expert coaches. For some, it's a chance to prepare for a marathon, or even a triathlon.

Special attention is given to beginning runners by helping them avoid mistakes as they embark on what many will view as a major change in their lifestyle. All-around preparation for vigorous training, including diet, stretching and planned workouts is emphasized for everyone.

This is a runner's definition of paradise: with unlimited running in beautiful open spaces, personal instruction by

some of the sport's best, and all the food you can eat," said camp director Charlie Blanchard, an athlete and owner of Total Runner, specialty stores for runners.

THE CAMP's staff is highlighted by coach Billy Squires, who coaches distance champions like Dick Beardsley, Greg Meyer and marathon king Bill Rodgers. Squires is applying his training expertise through the U.S.A. Olympic Development Committee, helping elite distance athletes toward the 1984 Olympics.

Dr. Steven Glickman of Troy, sports medicine specialist, will help runners deal with injury problems. Nutrition expert Dr. Lawrence Power of Southfield will provide information on sports nutrition and promote eating habits which enhance the fitness that campers achieve.

One feature of the camp is the personalized analysis of running technique. "We videotape each runner from all angles," Squires said, "and then help them work on correcting flaws. We can also help the runner avoid injuries and

over-fatigue by improving efficiency." Instruction at Total Running Camp also includes weight training for endurance sports; supervised group runs every day; mental and motivation techniques; and seminars on injury prevention and playing.

After a demanding day of training and playing, runners can get a relaxing massage.

Three licensed massage professionals are available to soothe tired bodies and help relieve tight aching muscles. Evenings feature movies, fireside rap sessions and, on Friday, a "talent show." Draft beer and a jukebox are just minutes away for those with energy to spare.

THIS YEAR, Total Running Camp is offering something new: triathlon training, which combines swimming, bicycling and running in one event.

Created by Charlie Blanchard, who is currently the world's top-rated over-40 triathlete, the program teaches bicycle racing, equipment maintenance, open-water swimming, and other triathlon skills. Blanchard was the master's champion in the Ironman Triathlon, held last October in Hawaii, and has taken Michigan honors in the past two Ironman races.

Amid 585 acres set in the farm country just west of Brighton, there's golf, tennis, volleyball, baseball, hiking, horseback riding — even video games for a rainy day.

Camp participants will stay in cabins, each with fully equipped kitchen and private bath. Breakfast and dinner are served daily to the camp group. A special runner's menu has been prepared that is high in complex carbohydrates.

The camp fee is \$195 per person, which includes all lectures, seminars, videotaping, coaching and night events. Lodging and food is an additional \$90 per person based on six-per-cabin occupancy. Couples' accommodations and rates are available.

This is the fourth year for Total Running Camp.

Deadline for registration is Saturday, July 23. For more information, or to register, call or write Total Running Camp, 29207 Northwestern Highway, Southfield 48034; phone 354-2247.

Clark-Loftus

A June wedding is being planned by Leslie Marie Clark and Kenneth D. Loftus. The couple's engagement was announced recently by her parents, Mr. and Mrs. Allen Clark of Farmington Hills. He is the son of Mr. and Mrs. Donald Loftus of Livonia.

The bride-elect graduated from Oakland Community College in 1975 and is employed as a legal secretary. Her fiancé graduated from Henry Ford Community College in 1978 and is employed as a designer for a construction firm. Both are attending Livonia Institute of Technology's evening engineering program.



Babcock-Minielly

A June wedding at Our Lady of Sorrows Church, Farmington Hills, will unite in marriage Kathleen Marie Babcock and Thomas A. Minielly.

The couple's engagement was announced recently by her parents, Mr. and Mrs. Frederick H. Babcock of Farmington Hills. He is the son of Mr. and Mrs. William T. Minielly of Loveland Avenue, Livonia.

The bride-elect is a graduate of Our Lady of Mercy High School and attended Oakland Community College. She is a customer support representative for a computer company.

Her fiancé graduated from Stevenson High School and Western Michigan University and is a certified public accountant with the Livonia firm of Larkin and Associates.



Young musicians win awards for excellence

Martha Scheer, Dar Ross and Lara Sinos took the first place prizes in Farmington Musicals' 15th annual "Award of Musical Excellence" competition this spring.

Joseph Curran, Vegin Mohiadi, and Robert Houchins captured the first-place spots in the Sirey-McCallum Piano competition, winning scholarships from the fund the musicale began this year in memory of two past members.

All told, the club, which is a member of National Federation of Music Clubs, awarded \$1,200 this year to further the study of young musicians.

Scheer, a French horn player, took the top prize in the category for 11th and 12th graders with her performance of "Concerto for Horn" by Strauss. She

was followed by Sandra Lawrence, another French horn player and Phil Ross, also saxophonist. In that category, honorable mention was given to soprano Carolyn Hempel.

Ross performed Haydn's "Concerto No. 2 in D Major" on the French horn to take the first-place award for competitors in 9th and 10th grades. Flutist LeAnn Marie Stevens came in second and trombonist Scott Orwig came in third.

In the competition for 7th and 8th graders, violinist Sipols was followed by Jana Bolila and Daniel Woytowich. Honorable mentions went to Flutist Sepeyia, Larry Wik, Lissi Greiner and Nicholas Nagrant.

AMONG THE pianists, Currie captured the first-place award for his rendition of Beethoven's "Sonata 8 in C Minor" for those in 11th and 12th grades. Mohiadi competed in the 9th- and 10th-grade division and Houchins in the 7th- and 8th-grade divisions.

Honorable mentions for pianists went to Ann Houchins, Rajesh Mangrulkar, Lynn Brown and Mary Beth Rodofski.

Among the music scholarship winners in the Farmington area this spring are Heather McKinnon and Laurie McKinnon. The sisters took their scholarships from the Michigan Federation of Music Clubs earlier this spring for music competition in the juvenile

and junior divisions of the competition.

It is the first time in the history of the competition that sisters have won two first-place awards. The girls are residents of Farmington Hills and study with Charlene Slabey, a member of Farmington Musicals who was named Artist-in-Residence by Farmington Area Arts Commission in 1981.

The scholarship winners were given their checks and certificates from Lois Swanson, president of the musicale, and Fern Barber, the musicale's scholarship chairman.

The club raises money for the scholarships through its rummage sales, fashion shows and concerts given throughout the year.

Fromm-Duncan

Ruth Duncan of Farmington Hills and Jack D. Fromm of Huntington Woods were married in Marietta, Ga. Friends and relatives attended the reception given by the bride's mother, Mrs. Clara Frank of Farmington, her

sister and nephew, Mrs. Mary Sullivan and Jim Sullivan of Southfield.

After a trip to Florida, the couple will make their home in Marietta where the groom is employed with Guaranteed Construction Co.

Screaming Eagle vets meet to reminisce

Southern Michigan veterans of World War II's 101st Airborne Division will gather for a luncheon and afternoon of reminiscing in the Finnish Cultural Center at 35200 Eight Mile Road on Monday, June 6, the 39th anniversary of D-Day.

Among those attending the get-together from the Farmington area are Al Farrow and Elmore Goodhue. Veterans are coming from as far as Muskegon, Grand Rapids and Lansing.

The division's parachute and glider troops were known as the Screaming Eagles.

They will be retelling their experiences of the greatest invasion ever devised, for Normandy, their successful part of the "Bridge Too Far" operation in Holland, and the story of the "Hole in the Donut" when they held off hordes of Nazi soldiers at Bastogne for a week before reinforcements broke through to them with Gen. George Patton.

They will be reminiscing about their gutsy, little general, A.C. McAuliffe, whose one-word response of "Nuts" to

the German ultimatum to surrender at Bastogne will be long remembered.

101st historian George Koskimaki will have a large display of World War II pictures of airborne operations. Veterans have been urged to bring mementoes.

Men who have been long out of touch

with former buddies can get further information by calling Koskimaki at 839-8991.

Yesteryear on display

"60 Year's of Fashion" (1850-1910) will be on display in Plymouth Historical Museum through Sunday, July 3. More than dresses will be exhibited.

The Plymouth Historical Museum, located at 155 S. Main Street in Plymouth, is open to the public 1-4 p.m. Thursday, Saturday and Sunday.

Admission is \$1 for adults, 50 cents for youth and 25 cents for children.

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