

Here are the complete Fox Trot run results

Here are the results of the July 30 Farmington Fox Trot Run:

IN THE 5K: Ed Grabowski, Orchard Lake; John McChesney, Farmington; John Middlebrook, Lakewood; Bob Shaver, West Bloomfield; Dick Scholander, Canton; John Murphy, Farmington; Don Miller, Livonia; Ken Washington, Southfield; Mary Dora, Union Lake; Greg Padilla, Livonia; David Hays, Farmington; Tony Hays, Farmington; Edward Hays, Farmington; Brian Lawton, Farmington; Jerry Hoy, Farmington; Roger Cox, Neenah, Wis.; Kevin Donner, Redford; Kirk Armstrong, Farmington Hills.

5K: Bruce Kerr, Farmington Hills; Paul Kirk, West Bloomfield; Pat Brunetta, Novi; Bryan Lawton, Farmington; Joel Sullivan, Farmington Hills; Glen Higgins, Redford; Mike Youngberg, New Boston; Scott James Robinson, West Bloomfield; Mahan Anderson, West Bloomfield; Bob Simon, Milford; Lee Zolander, Union Lake; Jerry Oldford, Farmington Hills; Dea Padilla, Livonia; Harrison Hensley, Farmington Hills; Howard Kirk, Novi; Barrie Armstrong, Farmington Hills; Alan Schiller, Farmington Hills; Bob Robinson, Farmington; Arnie Klemm, Union Lake; Brian Edwards, Livonia.

10K: Ken Goodier, Livonia; Mike Peters, Farmington Hills; Michael Page, Farmington Hills; James Burison, Brighton; Raymond Baginski, Farmington Hills; Robert Zimmerman, Redford; Greg Elliot, Livonia; Matthew Abner, Livonia; John Bliner, West Bloomfield; Don Rober, West Bloomfield; Robert Goevis, Jule Rucka, Livonia; Jim Ingles, Farmington; David Hays, Farmington; Marty Brokman, Beverly Hills; Roger Cox, Union Lake; John Paul Mead, Milford; Craig McDonough, Farmington Hills; Donald Kras, Novi.

15K: Steve Shaver, West Bloomfield; Joe Wilson, Walled Lake; Paul Wilson, Farmington Hills; Bob Deader, Farmington Hills; David Buehler, Farmington Hills; Salvatore Bergano, Farmington Hills; Ram Vardine, Farmington Hills; Dan Kober, Farmington Hills; William Kras, Novi; Jeff Carter, Farmington Hills; John Welch, Farmington Hills; Dave Niles, Farmington Hills; Barb Fry, Novi; Jerry Mulla, Bloomfield Hills; Craig Otto, Livonia.

20K: Mary Elliot, Livonia; Matt Kaufman, Farmington Hills; John Makover, Farmington Hills; Richard H. Farmington Hills; Bob Kall, Walled Lake; Linda Brown, Livonia; Eric Nussel, Livonia; Bob Lamm, Southfield; James Caruso, Union Lake; Linda Marquis, Farmington Hills; John Kimmey, Union Lake; Harold Ross, Union Lake; Frank Seif, Dallas; Christian Endler, West Bloomfield; John James Farmington Hills; Don Workman, Novi; Cecilia Kelly, Farmington; Floyd Heiser, Mt. Clemens.

25K: Steve Shaver, West Bloomfield; Joe Wilson, Walled Lake; Paul Wilson, Farmington Hills; Bob Deader, Farmington Hills; David Buehler, Farmington Hills; Salvatore Bergano, Farmington Hills; Ram Vardine, Farmington Hills; Dan Kober, Farmington Hills; William Kras, Novi; Jeff Carter, Farmington Hills; John Welch, Farmington Hills; Dave Niles, Farmington Hills; Barb Fry, Novi; Jerry Mulla, Bloomfield Hills; Craig Otto, Livonia.



30K: Ken Winkelmatt, Dearborn; Larry Zager, Belleville; Bill Wright, Farmington Hills; Kim Osek, Livonia; Amy Fabrick, Detroit; James Robinson, West Bloomfield; Robert Towner, Oak Park; Beverly White, Farmington; Jim Elmer, Redford; Gary Ulrich, Ulster; Michael Mottola, Novi; Ron Richards, Farmington Hills; Joe Stillman, Farmington Hills; Michael Mottola, Southfield; Sandra Abner, Farmington Hills; Michele LaFord, Farmington; Adrienne White, Milford; Wallace McKenna, Farmington Hills; Anne Anderson, Farmington Hills.

35K: Bruce Kimmey, Union Lake; Margie Camella, Farmington Hills; John Burns III, Farmington Hills; Jim Sion, Farmington Hills; Dave Narvay, Birmingham; Leland Chalk, Farmington; Larry Bask, Farmington; J. O'Brien, Troy; Donald Moeck, Farmington Hills; Joe Yates, Brighton; Karen Shakerl, West Bloomfield; Terry Leland, Farmington Hills; Vivian Kewer, Troy; Becky Kincowalt, Livonia; Laurel Core, Norran, Wis.; John Goldsmith, Southfield; John Oldham, Farmington Hills; Chabot Patel, Farmington Hills.

40K: Sue Ramseyer, Livonia; Margaret Houslin, Farmington Hills; Margie Moss, Farmington Hills; Pat Hejczyk, Novi; Jack Richards, Farmington Hills; Linda Fry, Farmington Hills; Dottie Piesch, Farmington Hills; Kathy Hysak, Livonia; Michael Collins, Farmington Hills; Kathy Anderson, Farmington Hills; Phil Baris, Farmington; Russ O'Call, Vincent, Farmington Hills; Elayne Karmner, Oak Park; Cassander Johnston, Farmington Hills; Tammy Shaw, Livonia; Michele Hochstet, Farmington Hills; Kristine Kostner, Farmington Hills; Sue Ureman, West Bloomfield.

A guide to playing golf

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should shift from back foot to front as you swing through the ball.

- Hitting through the ball — You must keep your head down and eye on the ball, but you also must hit through the ball. One way of developing this ability, Whitener said, is to imagine the ball is five inches thick. That will help you drive through

the ball and shift your weight forward properly.

- Work — This is something the club should do, not you. Trying to "kill" the ball will just result in slices or hooks. An easy, controlled swing is all that's needed.

Woods and irons aren't the only clubs that can be practiced off the golf course, however. Practice putting greens are available at all courses.

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FOR MORE INFORMATION AND UPDATE CALL 274-8500

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- Fred Holdsworth (Tigers)
- Alex Johnson (Phillies)
- Bob Reed (Tigers)
- Greg Bello (White Sox)
- Larry Jaster (Cardinals)
- Ted Sizemore (Dodgers)
- Steve Garvey (Dodgers)
- Dick Bunting (Rangers)
- Barrie Carbo (Red Sox)
- Tim Lincecum (White Sox)
- Mike Eden (Braves)
- Frank Tanana (Rangers)
- Dan Fife (Twins)
- Mel Bahney (Reds)
- Jon Burten (Red Sox)
- Larry Seaver (Indians)
- Jeff Jones (A's)
- Andy Rodriguez (Browns)
- Bob Uehling (Indians)
- Ernie White (Blue Jays)
- Bob Welch (Dodgers)
- Glenn Givver (Orioles)
- Brad Hawens (Twins)
- Brian Bamberger (Cubs)
- Pat Sheridan (KC)
- Gary Taylor (Tigers)