

Runners have busy schedule

By Chris McCosky
staff writer

When's the last time you got a real good run for your money?

Well, if you are a runner — whether you run for fun, fitness or for competition — you will have plenty of opportunities to do your thing this spring and summer.

Local parks and recreation departments throughout the Observer & Eccentric area, as well as area business people, have set up a busy schedule of runs and marathons that will appease novice and veteran runners alike.

What follows is a list of some of the runs that will take place in the area. By no means is this list meant to be all-inclusive. It is, though, representative of the major local events.

THE BIGGIES:-

1. The Detroit Free Press Marathon. This is, perhaps, the most popular running event in the state. The date: Friday, Oct. 14. The 26-mile run begins in Windsor, Ont. and winds up on Belle Isle. Fee: \$9.50. Contact the Detroit Free Press for registration information.

2. The Bobby Crim Road Race. Crim's

annual classic tentatively is set for Saturday Aug. 25. The 26-mile course begins and ends in Flint. Call John Gault, 313-659-3037, for registration information and the fee structure.

3. The Emily-Midas Run. Emily Gail, the personable Detroit booster, promises to make her seventh annual, 6.2-mile run "the biggest in the nation." Right now, the run ranks fifth in the nation. Date: Saturday, June 9. Fee: \$8. You can register at any Midas Muffler Shop or call Emily at 963-7044.

LOCAL BIGGIES:

1. The West Bloomfield Half-Marathon. This annual affair promises to draw more than 1,000 distance runners who delight in running 13.1-mile through the testing hills of West Bloomfield. Date: Sunday, April 15. Fee: \$8 before April 8, \$14 after. To register, call West Bloomfield parks and recreation, 334-5660.

2. The Birmingham Lions Club's Run for the Blind. No official date has been set for the Lions' seventh-annual fall classic. The date will either be the last weekend in September or the first in October. More information will be made available through both the Lions Club and through the Michigan Runner magazine.

3. The Farmington Fox Trot. This 8K

and 10K event is held during the city of Farmington's Founders Festival celebration. Both courses are wound through the picturesque Kendallwood subdivision. The event is sponsored by the Farmington YMCA. Date: Saturday, July 28. Fee: \$6 preregistration, \$9 on July 28. For registration information, call Dave Pothoff at the Farmington YMCA, 553-4020.

4. The Southfield 2001 Run. This is the ninth year for this popular 6.2-mile event. Date: Sunday, June 3. Registration forms are available at the Southfield Parks and Recreation office. For more information, call 354-9803.

LOCAL FAVORITES:

1. The Plymouth Distance Classic. This event began last year and drew a surprisingly large field. This year the event will feature 1-mile and 8K runs through the streets of Plymouth. Date: Sunday, Aug. 12. Registration information may be obtained from Mike Spitz, 455-4095.

2. The Canton Country Festival 5-Mile Run. This sixth annual affair runs the roads of Canton. Date: Saturday, June 16. Fee: \$5 preregistration, \$8 after June 14. Call the Canton parks and recreation office, 397-1000, Ext. 212, for registration information.

3. The Farmington Run for Youth. This

1-mile and 6-mile event is sponsored by the Farmington YMCA and will run a course through the Farmington City Park. Date: Saturday, May 19. Fee: \$6 preregistration, \$8 on day of race. Call Dave Pothoff at the YMCA, 553-4020, for more information.

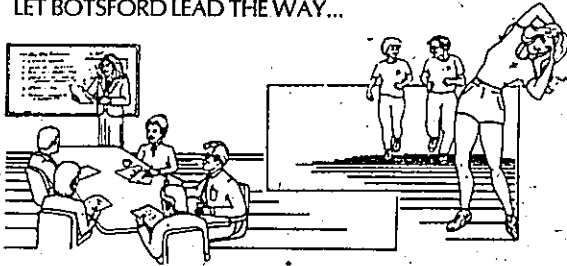
4. The Back To Birmingham Run. This 2-mile and 10K event is sponsored by the Birmingham Chiropractic Clinic and begins at Birmingham Seaholm High School. Date: Sunday, July 15. Fee: \$6. Registration forms can be obtained at the clinic and at Seaholm High School at 642-2872.

5. The Livonia Spring Tune-up. This 1-, 2- and 3-mile event kicks off a summer-long series of runs sponsored by the Livonia YMCA. Date: Saturday, May 5. Fee: \$3. Call 261-2161 for registration information.

6. Livonia Memorial Day Run. This event features runs of 1, 3 and 5 miles. Date: Sunday, May 27. Fees: range from \$4 to \$7. Call 261-2161 for more information.

These are just some of the opportunities for running fun available in the area this summer. Ed Kozloff, who heads up the Motor City Striders, also has a full schedule of runs planned in the Berkley, Royal Oak, Huntington Woods area. For more information, call 544-9679.

PREVENT RISING HEALTH COSTS LET BOTSFORD LEAD THE WAY...



Today more professionals are putting on running shoes and walking to work. Others are doing relaxation exercises during breaks. Health foods are going into vending machines & many people have given up smoking. We at Botsford General Hospital offer health & fitness at all levels. Call us today.

Program Profile

- Fitness for Health-Aerobics
- Stop Smoking Program
- Stress Management
- Diabetes Management
- CPR Heartsaver
- Prenatal Education
- Prenatal/Postnatal Fitness
- Infant & Toddler Car Seat Rental
- Weight Watchers Program
- Blood Pressure Management

Cooperative Program Profile

- Alcoholics Anonymous
- Expectant Adoptive Parents
- Michigan Head Injury Alliance
- A Personal Perspective on Grief

HEALTH PROMOTION CENTER
471-8090

BOTSFORD GENERAL HOSPITAL



METRO SPORTS

OF MICHIGAN SPORTING GOODS

903 S. Woodward
at 10 1/2 Mile • Royal Oak

398-5597

MON.-FRI. 10-5 • SAT. 10-5
Glove Re-Stringing • Equipment Repair
Trophies • Plaques

FREE ADIDAS BAG

WITH ANY SHOE PURCHASE

OF \$25 OR MORE

A \$10.95 Value • While Supplies Last

Nike • Brooks • Adidas

Mizuno • Converse

Softball • Baseball • Running

Soccer

Exp. 4-14-84 W/COUPON

Large Stock of Adidas

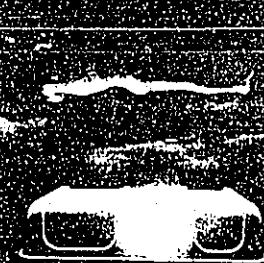
& Nike Running Wear

Shorts • Tops • Pants

1984 HEADQUARTERS
Softball • Baseball
Hockey Equipment
Team Uniforms, Etc. Now in Stock

- Hockey
- Basketball
- Football
- Softball
- Baseball
- Soccer
- Lacrosse
- Ping Pong
- Bowling
- Run
- Skate
- Swim

ESCAPE TO THE SUN



DREAMS DO COME TRUE

EXPERIENCE THE PEACE
AND RELAXATION OF OUR
BRAND NEW
ISOLATION/FLOTATION TANK
"Metro Detroit's" ONLY ONE

5th Anniversary
Sun Tanning
Special
50% OFF
9 SESSIONS
Expires 5/31/84
New Members Only

Where the SUN
always Shines
Vacation Pre-Condition
All-Over Tanning
PLUS "New Facial
Glow Units"

352-1290

ULTRA TAN
24486 West Ten Mile Rd.
(1 block west of Telegraph)