

Marathoners need right training

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- Tolerate Michigan's fickle weather?
- Scare off wary (that's putting it mildly) watchdogs whose property you'll be running past?
- Stomach the scorn of skeptical friends and family members who think runners are possessed individuals in perpetual need of a good meal?
- Live with the guilt complex plaguing runners who must juggle family and social obligations to accommodate their work and training schedules?

FOR YOU undaunted prospective marathoners, here's the good news:

You're on your way to being fit. Get ready to enjoy the physical and mental well-being that comes from having trained muscles (most importantly, an efficient heart). You'll be more energetic and less prone to colds and other afflictions. When you do get sick, your illnesses will be milder than they other-

wise would be.

Your self-image — both your self-concept and what the mirror sees — is going to improve. Helping you slim down and firm up will be your body's craving for healthy foods. Runners are more inclined to grab a glass of juice than a beer, for instance. (It's a fringe benefit that pays off when you're shopping for clothes).

You'll find running is one of the most convenient sports you could pursue. Runners don't need partners (they're great to train with, however), starting times, tracks (they are nice for speed work, though), or money for dues or greens fees. A pair of running shoes, a nylon suit and some open space will suffice.

THE LASTING SENSE of achievement gained from setting and reaching a goal is probably running's biggest payoff. The day you finish your marathon,

you can say "I did it!" knowing you've really accomplished something. It truly is a great thrill.

While training, you can reap satisfaction from the progress you'll see yourself making.

Adhering to a strict training schedule is bound to boost your strength and speed. In races, you'll begin passing people you never dreamed you'd beat. Runners, who do experience slumps, nevertheless often end up with handsome collections of medals and trophies.

Training provides an enjoyable (for the most part) leisure-time activity, and a good way to sightsee while on vacation, or at home. Time alone on the road will afford you the chance to take a time-out during the day — to clear your head, resolve problems and plan.

DO YOURSELF a big favor and invest in a marathoner's guide book, such as "Target 26" by Skip Brown and John

Graham. They offer invaluable advice and tips that can help you reach your goal while avoiding debilitating injury and frustration.

You'll find out you need at least 12 weeks to properly train (that's assuming you have a relatively good base to start with). Mileage and pacing charts will show you how to build up from 30-or-so miles a week to 60 or more. (Overdoing it puts more runners out of commission than anything else).

You'll discover how diet affects your performance, and about the physiological changes your body undergoes while running.

Racing tips will help psyche you up for the big race. Benefit by the experience of others. You can sidestep their painful mistakes and achieve more success than you ever dreamed.

If you and the folks you care about can make the sacrifices, training for a marathon is more than worth it.

Half-marathon gains popularity

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Although preregistration ends tomorrow, late registration will be available up through race day, Pierce said. Late registrants will be required to pay a \$14 entry fee and are not guaranteed a T-shirt or a T-shirt size, she added.

Further information on registering for the race may be obtained by calling the parks and recreation department at 334-5660 or, on race day, by contacting the race committee in the West Bloom-

field High School gym.

For people interested in becoming experienced runners, Ford Hospital also will sponsor a free seminar on "Running for Fitness and Competition" at 7:30 p.m. Thursday, April 12, at Henry Ford Hospital-West Bloomfield Center, 6777 W. Maple Road, west of Drake.

THE SEMINAR will cover such topics as the difference between normal aches and actual sports injuries, the

prevention of athletic-related injuries, shoe selection, the physiology and philosophy of running, the biological benefits of running, how much running is needed to maintain one's current fitness level, proper nutrition before and after running, vitamin and mineral supplementation and water replacement during exercise.

Preregistration is suggested. For more information on the seminar, call the parks and recreation department at

334-5660.

Running, after all, is not without its joys. As the participant in last year's half marathon, who made the earlier statement, wrote as he crossed the finished line:

"The seven-minute miler finishes. Thighs are numb from the wind. Hot long-john tops drenched in sweat begin to freeze along the backbone. Lung labor. Smile forms. Euphoria replaces exhaustion."

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