

At 75

Retiree swims on wave of glory

While most carpenters retire to the easy life, Carl Thornburg has a slightly tougher regimen in mind — competitive swimming as a member of the United States Masters Association.

The masters is a worldwide organization of swimming stars of yesterday, male and female greats of the sport. Each team around the world is made up of former stars, those who never reached stardom status and some recycled athletes from other sports.

Members are divided into age groups which span five years. Rarely attracting media attention, the swimmers compete for their health, enjoyment and friendly competition.

Thornburg began competitive swimming in his youth, continued it through two terms in the U.S. Army and swam occasionally during World War II. As a hobby, he coached a swim team and later coached a springboard diving team to a state championship at the YMCA.

"Swimming just always seems to follow me around," Thornburg said.

Also following him around in a canvas bag are about 250 awards he has amassed over the years. An avowed goal of most master swimmers is to be rated in the top 10 in their age group.

In Thornburg's bag is an unusual plaque shaped like the United States. It was awarded to Thornburg by the masters association for achieving the top 10 fastest times for the past few years in both the U.S. and international competition.

Thornburg also has two certificates awarded to him by the Florida Masters Association. One is for being one of the top five record holders in the 25-yard event and the other for being one of the top five record holders in the 50-meter event.

IN 1985 THORNBURG journeyed to Toronto where he says he "swam on a wave of glory" in the World Masters Games. He won two first-place awards in the 200 meter butterfly and the 400 meter individual medley, two of the most difficult events in any swim meet.

He also won two second place awards, one fourth place, one fifth place and one sixth place award, achieving a place in the top 10 fast-

est times in the world in all the seven events he swam.

Thornburg recalls that when he swam in competition as a kid, there was no such thing as the butterfly stroke. Now the individual medley, which includes all four modern strokes, is his favorite event.

"At the World Master Games, I had never swum in competition in a long course, 50 meter pools or against an elite group of world class swimmers of that caliber from all five continents of the earth," he said. "I was scared and nervous, and never in my wildest dreams did I think I would do so well."

He was awarded seven unusually beautiful medals which the presenter said "seek to distinguish an elegant tribute to the world's finest athletes in adult age group swimming."

Thornburg says, "It was a great honor to be a part of the games. I shall always cherish the memory of Toronto and its hospitable people."

He gives credit for "much of my success and certainly my top physical condition to my master coach, Joe Biondi, at the Clearwater, Fla. YMCA. His modern training methods and improved stroke techniques combined to make daily workouts a challenge. The team's playful cooing and joyful kibitzing with the coach makes it fun even as we log 3,000 yards-plus each swim session," he said.

"I'M SO GLAD to have reached my 75th birthday, July 31. Now I'm at the bottom of my age group of 75-79. Imagine a sport where the participants yearn to get older. That's the spirit of a master swimmer. The oldest category is 90 plus. I don't know if I'll make it that far, but as long as I can, I plan on swimming," he said.

Dividing his aquatic activities between the Florida Y for the winter season and the Farmington Hills Y for the summer months, Thornburg said, "I like the Christian atmosphere at the YMCA. I swim to glorify God in my body and spirit. I thank God daily for giving me the talent and physical stamina to maintain my health in this manner."

This past summer Thornburg trained hard for several 50-meter

swim meets. At the National Senior Olympics in St. Louis, Mo., he won three medals. At the Southern Regional Masters Swimming Championship in St. Petersburg, Fla., which started on his 75th birthday, Thornburg took eight firsts, two seconds and one third place, plus the high-point trophy for his age group.

Then at the U.S. Masters National Championship in Houston, Texas, at the Woodlands, he won one gold, two silver and two bronze medals and a National Champion patch for his jacket.

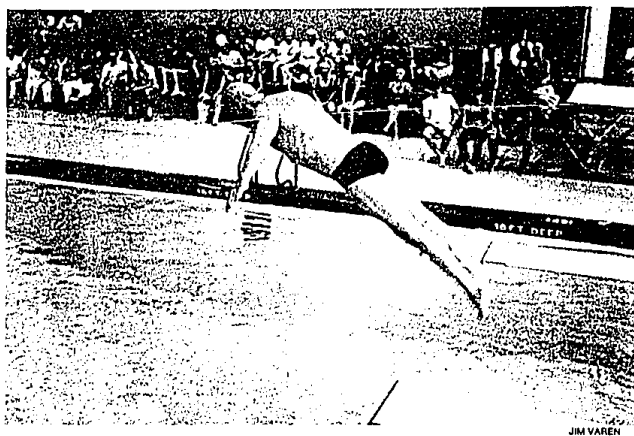
WHILE THORNBURG rests on his laurels as a world class swimmer, his wife, Jeannette, said, "He just keeps doing his thing." She teases her husband about his "early to bed, early to rise" and diet routines, and jokingly complains that his training schedule and the time required to travel to and from swim meets interfere with their social life.

"There is no better exercise than swimming," he responds. "I cannot praise its fitness benefits enough. Water offers a natural resistance that helps tone and strengthen the muscles of the entire body, adding grace and fluidity to your movements and allowing muscles, joints and ligaments to move freely. Swimming fights off the ravages of aging and makes you feel better."

He said the excitement of a swimming meet really stirs up body juices. "When I take my place on the starting block for a race, I'm always nervous, but once I make my racing dive, the nervousness is gone. Then I do that for which I've spent hours of training. As I glide through that cool, clear water, it's the greatest thrill of my life."

He said winning is secondary and that the big satisfaction comes from "knowing your limitations and being confident you are in good enough condition to compete with the best. Competitive swimming motivates us to stay physically fit. It requires a lot of dedication and hard work to remain at the top."

Together,
we can
change things.



Carl Thornburg takes one of his winning dives in the Oakland Community College pool during Michigan Senior Olympics.



THE **WORKOUT CO**
S.W. cor. of Telegraph at Maple 855-1033
presents

SPECIALTY CLASSES



Prenatal + Easy Does It with Lynn Greenberg Obron, P.T. — safe way to stay in shape during pregnancy and for those regular exercisers requiring special musculoskeletal care. \$7 Walk-in, 5 Classes for \$25 or 10 Classes for \$50, Tues. at 12:30 p.m. & 12:00 noon on Saturday.



Feelin' Good Children's Class with Susan Rosenthal, National Feelin' Good Specialist — an educational activity exercise class for children. In 6-Week Sessions starting January 10, Sundays 12:30-1:15 p.m., ages 5-7 & 1:15-2:00 p.m., ages 8-11. \$4.00 Walk-in, \$20 per Session.

Basic Self Defense with Dave Sabbagh — learn how to protect yourself in dangerous situations, \$25.00 per 5-Week Session, starting January 16 and February 20, Saturdays at 1:30 p.m.

• Voted Detroit's Best — Monthly Detroit Magazine • Home of the Workout Poster •
• Studio with Largest Variety of Classes • Winner of All Aerobic Contests •

Quakertown cites 10

Continued from Page 1

ica and Me" essay contest and VFW essay contest. He is a National English Merit Award winner.

He also holds awards for algebra and geometry, and attended the Ford Research Program and the Youth Leadership Conference.

His goal is to become a corporate lawyer.

RACHIEL FOX is treasurer for her senior class, business manager of the Yearbook, and vice president of finance for the economics class at Temple Christian.

Her goal is to be in a management position in a large company.

MAVIN IS listed in "Who's Who

Among High School Students," a member of Society of Distinguished American High School Students and has won various academic awards. He was a two time first place winner in the Young Authors competition and a three time winner of the Presidential Fitness Award.

He has won the Varsity Soccer Coach's award and the "Outstanding School Service Award."

He has been class president for four years and a student council representative for seven years.

His plans for the future are many, headed getting a degree in criminal justice and ultimately working for the Federal Bureau of Investigation or the Department of Treasury in the Alcohol, tobacco and Firearms Division.

PEPSI SPECIALS

P.S.I.
Pharmacy Services, Inc.
Money Orders

0¢
With Coupon
Good thru 1-14-88

PEPSI \$1.99
8 PK. With Coupon
+Tax +Dep.
Good thru 1-14-88

FREE CALENDAR
With Coupon
Good thru 1-14-88

BASELINE DISCOUNT DRUGS 474-2700
33479 8 Mile Rd., Livonia
Mon-Th 9 a.m.-10 p.m. • Fri. & Sat. 9 a.m.-12 p.m. • Sun. 10 a.m.-10 p.m.
Free Prescription Delivery

THE **WORKOUT CO**
S.W. cor. of Telegraph at Maple 855-1033
presents

A NEW YEAR'S SPECIAL
★ Get In Shape For '88 ★

BEGINNERS CLASSES
— 15 CLASSES FOR \$20* —

*Valid through January 31st, 1988 — New People Only — Those who have never exercised with us, or haven't attended a Workout Co. Class for 2 months.
This Special Offer is good for 2 months from date of purchase.

Voted Detroit's Best — Monthly Detroit Magazine • Home of the Workout Poster
Studio with Largest Variety of Classes • Winner of All Aerobic Contests

Spotlight on Savings

Thursday 10 am - 8 pm
Friday 10 am - 5 pm
Saturday 10 am - 5 pm

SALE Up To 75% Off! SALE

Peanuts: 50% off. Fall/winter sale. infants - 14. Dresses, sportswear, sleepwear and much more. 626-5510

Mr. Alan's: The Winter Protection Boot was \$45 now \$19.88. Boscarni dress shoes were \$100 now \$49.88. Cole Haan Camp Aloc. was \$95 now \$69.88. Asorted Ballo's were \$145 now \$69.89. 626-3362

Sundance: Entire winter shoe and coat inventory 50% to 75% off. 737-9059

The Clothes Pin: Final clearance on ladies sportswear 75% off. 626-5555

R. Grumet: Men's European sportswear. Up to 50% off all merchandise in store. 851-8171

I. Irving Feldman Galleries: January showing. Works by Keith Haring, Robert Longo, Joan Miro, Alex Katz, Tom Wesselman, and James Rosenquist. 855-6667

Chantal Gifts: 50% off all silk flowers. 50% to 75% off selected gift items. 855-3118

Lufinos Salon: 8 hair styles, 5 manicures, and 1 makeup artist, all under one roof. Please call for an appointment. 855-6377

Chocolatissimo: Quite a combination: Chocolate and Collectible Dolls. 855-9494

Sacchi: We're making room for cruise and spring handbags, belts, jewelry and accessories. Save 30% to 75% off. 855-0430

Marni: For Fuller Figure Fashions. Store wide winter sale 50% to 75% off. 855-0133

The Male Room: 30% off our entire stock of gals including Seko clocks, leather and eel skin, kaleidoscopes. 855-0438

Benetton: Italian sportswear for men and women. Winter clearance sale up to 50% off. Open Sundays. 737-3737

Hersh's: Men's and Women's sportswear. Up to 75% off fall/winter merchandise. 626-7776

Stage & Co.: "Wishing You A Healthy Happy New Year" 855-6622.

Charterhouse Hair Shop: Hair pieces, styling, manicures, tints, colors, perms, pedicures, shoe shines. 851-4247

Cucina Di Pasta: Special prices on selected pastas, sauces and Italian specialty items. 626-9210

N.Y. Bagel: Bagels — Bagels — Bagels 851-9210

Bagadim: Excellence in fashion. Storewide clearance. Up to 75% off. Includes sweaters, skirts, dresses, etc. 855-5528.

Does not apply to previous purchases

theboardwalk

Orchard Lake Rd., South of Maple • West Bloomfield