



exercising options
Myrna Partrich

Stationary bikes are helpful for exercise.

Dear Myrna: I'm confused by all the bells and whistles on exercise bikes. Can you help? What's the best use of my money? What are the benefits of the rowing kind? How can I get the best workout? Do I benefit if I don't reach my target heart rate?

Susan McCarty

Don't let all those bells and whistles confuse you. In fact, ignore them.

A stationary bike is a safe, effective way to get in shape. There are many types of bikes on the market today which, of course, adds to the confusion.

You've mentioned a rowing bike. That is a bike using arms in a rotating motion as a pedal along with leg pedals. Be careful not to buy a bike with rotating arms that move automatically with your leg pedals. If, while you pedal, the bars move without you, your upper body will not benefit — neither tone nor add to your aerobic strength. You need tension on your handle bars to benefit properly.

Also, if you have to bend forward in order to work your upper body on a bike, this will put your back into a

very injury-prone position. It is called "forward flexion" — an extremely difficult position for your lumbar spine area.

Hand rowing while biking can contribute your aerobic workout more evenly. It will get to your target heart rate sooner and hold you there longer.

I recommend working at your target heart rate for at least 20 minutes, four times per week. If you have trouble elevating to your target heart rate on a bike, use enough resistance, both upper body and lower. It works!

Truly, you do not need the state-of-the-art bike to benefit sufficiently.

I always recommend a little help if boredom sets in. Try music or television. It will make the time go faster.

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

Clauser eyes bass bonanza

THE BEST BASS fishing in the Midwest is right here in Michigan!

Anglers who fish backwoods ponds and lakes — and only come up with one or two keepers each trip — may find this bait hard to swallow, but according to Rochester's Jim Clauser, Michigan waters offer some of the hottest bass action this side of the Mississippi. And Clauser should know, he's been bass fishing all his life and has been competing in bass tournaments for the past 12 years.

"Michigan has probably the best bass fishing in the Midwest," Clauser said. "We've got St. Clair (river and lake), Saginaw Bay and the Grand River system which are all great for bass; people just don't realize it. If you go fishing down in Ohio or Indiana and get two or three hits a day you're doing real well. They don't have nearly the fishing down there that we have."



outdoors
Bill Parker

state legal limit of five fish. The total weight of his fish was 4 pounds, 8 ounces. For finishing fourth, Clauser took home \$566, hardly enough to cover expenses. The winner landed three bass that tipped the scale at 5 pounds, 9 ounces and earned \$2,390.

"If you do win any money you pretty much break even," Clauser explained. "You have a lot of expenses when you figure your boat, your equipment and travel costs."

24 on Muskegon Lake, Aug. 14 on Lake St. Clair and Sept. 18 on the Hardy Pool on the Muskegon River.

ALTHOUGH LUCK is always associated with the amount of success an angler experiences, Clauser down plays the importance of luck in the Red Man Tournament.

"Luck isn't really that much of a factor, maybe 10 percent of everything," Clauser said. "You always see the same names up there with the leaders."

"The bottom line is that it's man against fish and you have to beat the fish. You don't have to beat the guy in the other boat, you have to beat the fish."

And what does a tournament bass fisherman prefer for bait?

"It depends on a lot of things, but I like to use spinner bait or a jig 'n pig," said Clauser, who makes his own spinner bait and plastic worms.

A couple of other local anglers have experienced some success in the Michigan Division qualifying tournaments. Rochester's Jerry Haddrell placed sixth in the opener, catching four bass that weighed in at 4 pounds, 3 ounces. He earned \$441. Marty Wiebelhaus of Westland placed seventh in the qualifier on Grand River with a catch of five bass weighing 10 pounds, 2 ounces. He earned \$323.

CLAUSER WON the Michigan Division of the Red Man tournament in 1986 and finished fifth in the division last year. Earlier this spring he placed fifth in the Cajun National 100 in Kentucky and walked away with a check for \$1,200.

But Clauser has a bit of inspiration luring him on to a hopeful victory this year in the Michigan Division race.

"When I won in 1986 I received a motor, a jacket and free entry to the tournament in the following year. And that wasn't bad," Clauser explained. "Then they increased the pot. Last year the winner got a free trip to Hawaii."

"I almost won it last year," Clauser continued. "I was in second place going into the last tournament, and I ended up crying. I finished in fifth place."

The remaining qualifiers in the Michigan Division will be held July

CLAUSER PLACED fifth recently in the Michigan Division opener of the Operation Bass Red Man Tournament. The national tournament features 20 divisions each holding six qualifying tournaments. Score is kept on a point system. Winners are determined by the total weight of the fish caught in each qualifying tournament. The top 24 point scorers in each division advance to one of five regional tournaments. The top 10 finishers at each regional advance to the \$150,000 All-American tournament, where the winner stands to get a whopping \$100,000.

In the opening tournament, Clauser was one of four anglers of the 214 participants to catch the

THE SECOND qualifier in the Michigan Division was held last weekend on Grand River at Grand Valley. Despite a poor outing, Clauser remains in contention for a regional berth with four Michigan Division events remaining.

"I didn't (place) real well last week but I think I'm still in the running," said Clauser, who won the Michigan Division in 1986 and finished fifth in the division last year. "I'd like to win the division again. I can't have too many weeks like last week. I had the hits, I just didn't get the fish into the boat."

The third Michigan Division qualifier will be held Sunday in Saginaw and Clauser hopes to be back in the race for the division lead by Monday morning, but the low water levels have him a bit concerned.

"I think I'll do pretty well this weekend, as long as I don't break a

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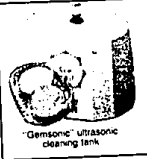
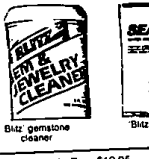
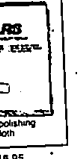
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outdoors calendar

IMPORTANT DATES AND EVENTS

- July 9 — Carp for Kids Contest in Ypsilanti. Call 463-0774 for details.
- July 14-17 — Mariner Festival in East Tawas. Call (517) 362-8643 for details.
- July 15-16 — Gold Coast Salmon Festival in Ludington/Manistee. Call (616) 845-0324 for details.
- July 15-24 — Brown Trout Festival in Alpena. Call (517) 354-4181 for details.
- The Department of Natural Resources is offering youth off-road vehicle (ORV) safety courses throughout the summer. ORV safety certificates are required by all ORV users, 12-15 years old, operating an

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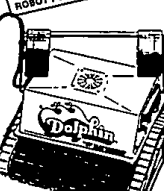
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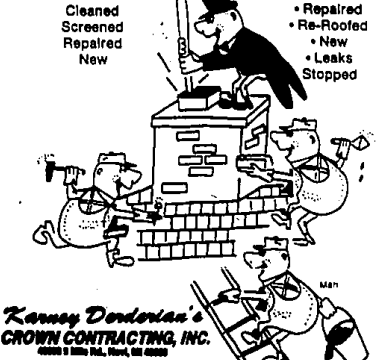
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