

exercising options

Myrna Partrich

That second wind gives renewed vigor

Dear Myrna: Many times I've felt a burst of energy when I'm exercising, especially running or speed walking. Sometimes I feel a little tired and ready to stop, then suddenly I get this so-called second wind. Is there such a thing as a second wind?

Interesting question. We've all felt this second wind at times. Even on a day when you are not exercising, sometimes a hard day at work will do it.

How about an enjoyable day such as shopping for clothes or sight-seeing? You get to feel tired around 4 p.m. and then suddenly "a burst of energy."

Most of us would attribute a second wind to mental being rather than physical, although there is a physical reason for a tired feeling than simply a second wind.

In my research I have discovered the answer.

When you feel short of breath during exercise and feel tired enough to give up, your body automatically slows down in order to take in more oxygen it needs. When you run and speed walk, your body requires more oxygen. The harder you work out, the more oxygen you need.

Sometimes, especially on a tired day, the intense exercise makes it difficult for your heart to pump all the oxygen-rich blood your muscles need. This can cause an oxygen deficit (I know what you are thinking, but, don't worry, it only sounds bad).

Your muscles will become tired and feel a little heavy, sometimes feeling muscle cramps. At this point, you will automatically breathe harder trying to take in more oxygen. Now your body will slow itself down, but you cannot feel this because you are still working hard just to help your body catch up.

This happens because you are not exercising as intensely as before, your body requires less oxygen. When you no longer have that oxygen deficit, your muscles will hurt less and feel lighter.

That's when you pick up your pace. You feel a renewed vigor — the second wind. This is the natural way your body will regroup so you can exercise longer.

This also would apply to that enjoyable intense day you might have when during the late afternoon, you find yourself taking a rest even if it is just five minutes.

So I guess there is such a thing as a second wind.

(Myrna Partrich, co-owner of The Workout Company in Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Letters should be sent to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

Bass anglers land big prize

A COUPLE of local bass anglers finished in the top 24 in the Michigan Division of the Operation Bass Red Man Tournament recently and in the process have earned the opportunity to fish for the top prize of a Chevy pickup truck and a Ranger bass boat.

Westland's Marty Wiebelhaus and Rochester's Jim Clauser finished second and fourth, respectively, in the Michigan Division tournament, which consisted of six qualifying tournaments held across the state over the summer. Wiebelhaus and Clauser will compete in the Operation Bass \$50,000 Red Man Regional Classic, Oct. 12-15, on Lake Truman in Clinton, Mo. The overall winner of this regional tournament will take home the truck/boat combo.

In the Operation Bass Tournament, score is kept on a point system determined by the position of finish in each of the six qualifying tournaments. Individual tournament place is determined by the total weight of the bass caught.

Wiebelhaus finished second with 175 points while Don Rank of Indiana won the division with 179. Clauser wrapped up fourth place with 170.

For winning the division, Rank

outdoors
Bill Parker

earned an all-expenses paid trip for two to Hawaii.

"I HAD A real successful season," admitted Wiebelhaus. "In fact, if I would have caught four more ounces of fish in the final tournament, I would have moved up four places in the standings (for that tournament), which would have given me enough overall points to win the division."

The top 24 finishers in the Michigan Division now compete against the top 24 finishers of four other divisions in the Missouri Regional. The top 10 at the Missouri Regional advance to the \$150,000 All-American Tournament, June 30 to July 1989 on the Arkansas River in Little Rock.

Competition is nothing new for either angler. Wiebelhaus has been competing on the professional circuit for the last 13 years while

Clauser is competing in his 12th season.

THE FISHERIES DIVISION of the Michigan Department of Natural Resources recently surveyed stretches of the Clinton River from Crooks Road to Avon Road at Yates Cider Mill. The survey revealed that despite intense heat and drought conditions this summer stocked trout did survive. A diverse assembly of forage species was also found, which further indicates good water quality in this stretch of the river.

Fall run steelhead, which are planted annually at the Yates Cider Mill site, are expected to begin showing up in the area at anytime.

A volunteer run of chinook salmon (up to 25 pounds) has also been developed during the past several years below

the Yates dam. Anglers have also been known to catch an occasional brown trout in the area during September and October.

A \$2,700 REWARD is being offered for information leading to the arrest of the person or persons responsible for shooting a year-old, 70-pound female black bear on Drummond Island.

The bear, which was outfitted with a Department of Natural Resources radio collar, is believed to have been killed one or two days before it was discovered on Aug. 17 near Spring Pond. A mortality signal from the bear's collar alerted officials of the bear's death.

The Wood Smoke Resort and Donno's Lodge have both pledged \$1,000 in reward money while the DNR's Report All Poaching (RAP) Program pledged \$500 and the Drummond Island Sportsman's Club added another \$200 to the fund.

Anyone with information is urged to call the DNR's 24-hour RAP hotline at 1-800-292-7800 or the DNR's Newberry Office at 906-293-5131.

All information the DNR receives will be kept confidential.

outdoors calendar

IMPORTANT EVENTS AND DATES

- Oct. 6 — Fall turkey season opens in limited areas of Zone I.
- Oct. 10 — Pheasant season opens in Zone I.
- Oct. 11 — Duck season opens in Zone III.
- Oct. 15 — Resident fox season opens in Zone I.
- Oct. 17 — Sighting in Days begins at the Western Wayne County Conservation Association in Plymouth Twp. The fee is \$5 and the ranges are open 10 a.m. to 4 p.m. daily through Nov. 14. Call 453-9843 for details.
- Oct. 20 — Pheasant season opens in Zone III.
- Oct. 25 — Mink season opens in Zone I.
- Oct. 27 — A dinner party and

glin at the Western Wayne County Conservation Association in Plymouth Twp. The fee is \$5 and the ranges are open 10 a.m. to 4 p.m. daily through Nov. 14. Call 453-9843 for details.

Oct. 20 — Pheasant season opens in Zone III.

Oct. 25 — Mink season opens in Zone I.

Oct. 27 — A dinner party and

auction, sponsored by the Huron Valley Chapter of the National Wild Turkey Federation, will be held at the Warren Valley Country Club in Dearborn Heights. Eighty-four percent of the proceeds from this fundraising event will remain in the state. For more information, call Hugh Marx at 477-0253.

OAKLAND COUNTY PARKS

• Fall Color Bus Tour, a tour of

north Oakland County, including stops at a cider mill, a petting farm, a pumpkin patch and a dairy farm, will be offered Oct. 8, beginning at 10 a.m. For details, call 625-6473.

• Tuning Your Tot Into Fall, a nature program for pre-school children including songs, stories, simple crafts and an outdoor hike, will be offered at 10 a.m. Oct. 11, at Independence Oaks. Cost is \$2.

Bowling tapes available

SELF-IMPROVEMENT video tapes are available for almost any subject matter, and of course, there are several video tapes on the market pertaining to bowling.

These tapes can generally be found in the rental shops, which seem to be everywhere. If you have a VCR it is possible that you could improve your game through modern electronics.

All of the bowling tapes are instructional, some directed toward beginners, some oriented to better bowlers, and others more general and useful to anyone who bowls.

Some of the video tapes available include "Let's Bowl" with Dick Weber, "Going for 300" and "Bowl to Win" with Earl Anthony, "High Tech Bowling" with Carmen Salvino, "Maximum Bowling" with Marshall Holman and "Bowling with Nelson Burton Jr."

There are others, and they all can be helpful in developing good technique and understanding the game better. I have reviewed the Earl Anthony tape, "Going for 300," and found some very helpful tips, particularly on targeting. This is a little older material, and although Anthony is considered perhaps the all-time greatest bowler, some of the newer material may be of more value. During the course of the season, I will review some of the available rental

10-pin alley
Al Harrison

tapes and evaluate them for our readers.

Ron Byrd, bowling instructor at Classic Lanes in Rochester Hills participated recently in a world record for pinfall by a five-man team over a 24-hour period. With six bowlers rotating in five spots the group totaled over 78,000 pins during the allotted time span. They are now awaiting recognition by the Guinness Book of World Records. Ron and his brother, Tom, operate the Pro Shop at Classic Lanes.

A triplicate score earns an award from ABC, and last Friday night Henry Helitz bowled 168-168-168 in the Greenfield Mixed League at Country Lanes in Farmington Hills.

In the Friday night Budweiser Classics at Plum Hollow Lanes in Southfield, Bill Robak was high man with a 770 series on games of 277-243-250. Ed Rosdot came in with a 750 series with a 275 game, Ron

Moore shot 279 and Jim Strange a 276, giving him his third consecutive 700 series in this league.

The proprietor of Thunderbird Lanes in Troy is Chuck Walby. This is the same Chuck Walby who hosted the "Beat the Champ" show on television many years ago. He produced the points while Don Rank of Indiana won the division with 179. Clauser wrapped up fourth place with 170.

Mother's advice for a bowler's sore thumb: make a hole in a raw potato to fit your thumb, put the sore thumb inside the potato overnight and it will be much better the next morning. This advice from Mrs. Ostro.

(Al Harrison, a Southfield resident for 20 years, serves as league secretary for Inter-Lodge Bowling League. Harrison requests that area information dealing with area bowling establishments be sent to the Eccentric Sports Department at 1225 Bowers, Birmingham 48012, or called in at 354-5957.)



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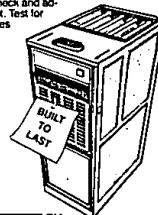
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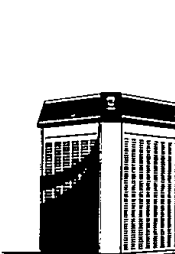
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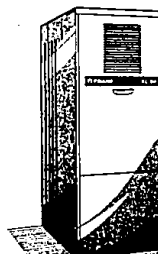
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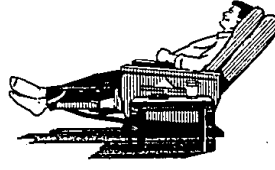
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