

exercising options

Myrna Partrich

Low-impact aerobics is for all exercisers

Dear Myrna: I've often thought of taking low-impact classes a few times a week. Will I get as good a workout?

Why certainly yes! I highly recommend varying your type of workouts to achieve better and safer results.

Many aerobic devotees vary their workouts between high-impact, low-impact, stretch and contour-type classes.

But don't confuse low-impact classes with low-intensity aerobics. As with regular aerobics, there is a range of intensity at which you can work during your low-impact class. You can enhance the intensity by changing your own body language and use your lower body to the maximum.

By increasing the size of the movements and bending at the knee (which intensifies the use of your quads), this will greater challenge your aerobic capacity.

From our experience, most individuals can easily reach their target heart rate range if low-impact routines are properly performed. In any case, for you to work at a lower intensity, a few days per week, is not bad at all.

Even if you are a serious high-impact exerciser, do not overlook low-impact classes. They offer you a change to balance your exercise diet. By alternating your aerobic impact, you will prevent overtraining and minimize your risk of injury. Plus, the added variety works as well as a motivator to keep you working out.

Yes, indeed. Low-impact is for everyone.

(Myrna Partrich, co-owner of The Workout Company, of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48012.)

Free fishing days arrive

HER EYES opened wide and the sweet little grin turned into a full-fledged smile. "A fishy daddy! A fishy!"

It was her first. Daddy's little girl was hooked.

"We were enjoying as barbecue at my brother's house last week when I decided to take my three-year-old daughter, Jenelle, for her first boat ride in our 14-foot flat-bottom fishing boat.

After a couple trips around the bay, which she totally enjoyed, we anchored the boat so dad could take a few casts. (I would have been a sin not to take a cast or two since we were out on the lake, wouldn't I?)

Anyway, it only took about a minute for our first bite. I set the hook and handed the rod to Jenelle. Now obviously, this task was a bit confusing for a 3-year-old (actually she won't be 3 until July). So with mom bracing the rod, Jenelle began cranking the handle, which in itself was confusing for her since clockwise and counter-clockwise are not yet in her vocabulary. We finally got everything (and everyone) working correctly and Jenelle reeled in a big, healthy crappie.



Bill Parker outdoors

MOMENTS LATER, another fish hit and after dad set the hook she hauled in a nice 14-inch largemouth bass.

"Can I touch it," she asked, eagerly reaching out with her little hand. I attempted to show her how to hold a bass by reaching in and grasping the lower lip, but she'd have no part of that. "He'll bite me if I put my finger in his mouth, daddy," she exclaimed. How could I argue with logic like that. She settled for touching the fish's back.

We released the fish, since I really didn't think she was ready for a lesson on cleaning, and headed back to shore.

I don't think I'll ever forget the thrill and excitement that little girl experienced when she reeled in that first fish. Now I have a hard time

getting out the door when I go fishing because she wants to go with me. "I can catch fish, too, dad," she pleads.

IF YOU'VE NEVER gone out fishing, or never taken your kids fishing, this weekend is the best time of the year. On June 10-11, in conjunction with National Fishing Week, the Michigan Department of Natural Resources is offering Free Fishing Days. On these two days, Michigan residents and non-residents can fish the state's waters without a fishing license or a trout/salmon stamp. The DNR will also waive the \$2 car and \$4 car/trailer entry fees at the 44 public access boat launching sites (not State Parks).

Fishing clinics, workshops, tournaments and derbies are being held

over the weekend throughout the state, including some right here close to home.

LakeSide Fishing Shops in Farmington and St. Clair are holding a state-wide walleye and perch tournament (473-2030); Stony Creek Metropark is holding a Begonia Family Fishing Clinic (731-4243); the Oakland County 4-H Club is holding a Take A Kid Fishing Workshop at the Nature Center in Drayton Plains (658-0894); a bass tournament is being held in Rochester Hills (656-4673); the City of Wyandotte is holding a fishing derby (246-4505); there is a walleye tournament in Grosse Ile (676-7157); and there is a fishing derby in Riverview (233-8660).

For a complete state-wide list of Free Fishing Days events contact the DNR at (517) 373-1280 or (517) 373-1214. For an update on fishing conditions and fishing hotspots, call the DNR's fishing hotline at (517) 373-0908.

(Bill Parker is happy to answer questions readers may have regarding the outdoors. Send your questions or comments to: Outdoors, 805 E. Maple, Birmingham 48012.)

outdoors calendar

IMPORTANT DATES AND EVENTS

• June 9-11 — A trout tournament will be held on Round Lake in Charlevoix. Call (616) 547-2101 for details.

• June 10-11 — Free Fishing Days will be offered statewide. Anyone is allowed to fish on Michigan waters without buying a Michigan fishing license. All DNR boat launching sites may be used at no charge.

• June 10-11 — Lakeside's Free Fishing Contest will be held on all Michigan waters. Sponsored by the Lakeside Fishing Shops in Farmington and St. Clair Shores, prizes will be awarded in two age groups, 15-and-younger and 16-and-older, for the biggest perch and walleye. For details, call Lakeside's Farmington store at 473-2030.

• June 10-11 — Walleye Challenge will be held on Hubbard Lake. Call (517) 736-8111 for details.

• June 18-July 4 — Lake Erie Walleye Derby will be held in Monroe. Call 242-3366 for details.

• June 23-25 — Fred Frost's Outdoor Fair will be held in Houghton Lake. Call (517) 337-8142 for details.

• June 30-July 4 — A pickerel tournament will be held in Algonac. Call 794-7120 for details.

OAKLAND COUNTY PARKS
• Summer camping is open at

Addison Oaks (693-2432) and Groveland Oaks (834-9811).

The annual fishing contest runs through the summer at Addison Oaks. Prizes will be awarded at the end of the year for the biggest fish caught in each division. A Michigan fishing license is required. Call 625-6473 for more information.

• Father's Day Full Moon Feature, a nature program for dads and kids about the earth's natural satellite, will begin at 9 p.m. Saturday, June 17, at Independence Oaks.

• Outdoor Market, a nature program about wild edible plants, will be offered at 10 a.m. Saturday, June 24, at Independence Oaks.

• Forests of the Steamy Rain, a

nature program about the animals of the tropical rain forests, will be offered at 2 p.m. Sunday, June 25, at Independence Oaks.

METROPARKS

• Hike to the Lake, a two-hour hike to enjoy the sights and sounds of spring, will be offered at 1 p.m. Sunday at Stony Creek.

• Summer Insects — The Good, The Bad, and The Ugly, a nature program in which participants will learn to identify some common insects, will be offered at 1 p.m. Sunday at Indian Springs.

• Some Like It Wet, a naturalist

program in which participants will learn to identify creatures clipped from the pond, will begin at 2 p.m. Sunday at Kensington.

• Roscoe's Wienie Roast on the Beach, a hot dog roast with Roscoe the Clown, will be offered at 7 p.m. Friday, June 16, at Stony Creek.

• Pedaling to the Ponds, a naturalist-led bike tour pointing out the wetlands in the park, will be offered at 10 a.m. Saturday, June 17, at Indian Springs.

• Hike With Dad, a program in which children can take a hike with their fathers on Father's Day, will be offered at 10 a.m. and 5 p.m. Sunday, June 18, at Stony Creek.

sports shorts

FUN RUN WINNERS

The annual Beverly Hills Fun Walk/Run held Memorial Day at Beverly School was a resounding success for a number of local residents.

Placers in the four-mile run were: Bob Paklan (Troy), first in the men's 50 plus division with a time of 22:02; Chris Davis (Beverly Hills), second place in the men's 40-49 division, 23:04; Dennis Witt (Beverly Hills), third in the men's 30-39 group, 23:27; Kathie Van Essen (Beverly Hills), fourth in the women's 30-39 group with a time of 24:02; Emily Witt (Beverly Hills), 11th place in the girls' 12 and under division with 33:44; Jeff Link (Beverly Hills), 10th in boys' 12 and under, 32:03; Julie Boesch (West Bloomfield), in the girls' 13-19 group, eighth with a time of 27:54; Scott Sheckel (Beverly Hills), in the boys' 13-19 division, sixth place, 25:54; Sandy Humenny (Beverly Hills), in the women's 20-29, seventh place in 25:55; Andrea Kinnen (Ferndale), fifth in the women's 20-29, 24:34; and Nancy Wind (Beverly Hills), ninth in women's 40-49 division with a time of 28:57.

Proceeds of the Fun Walk/Run benefit Community Services Projects.

MARTIN MAKES GRADE

Richard Martin, a second baseman on the Kenyon College (Ohio) Leyds baseball squad, was recently named to All-North Coast Athletic Conference team. Martin is a graduate of Bloomfield Hills Cranbrook.

As a senior, Martin was selected as Kenyon's most valuable player. He was the team's leading hitter with a .410 average (41 hits, including nine triples, two doubles, two home runs and 11 RBIs) and led the conference with 50 stolen bases. Martin also set Kenyon records for most career stolen bases (74), stolen bases in a game (five) and in a season (30). He also led the team in runs scored with 33.

The Lords finished 13-19 overall, including a fourth-place mark in the NCAA.

HARVARD FIRST

Jon Bernstein, a resident of Birmingham who will graduate from Harvard in 1990, helped the Crimson men's rowing team to victory in the Harvard Sprints Championship May 14 in Cambridge, Mass.

The Crimson finished in first place with a time of 5:58.3, followed by Wisconsin, Pennsylvania, Syracuse, Northeastern and Navy.

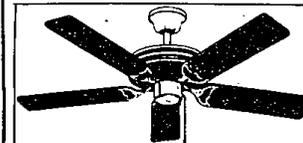
LOCALS EARN SPOTS

The Blue Streaks of the John Carroll University (Ohio) football team will be a much stronger squad this year, if three former local high school stars have any say in the matter.

Ted Rieple (6-6, 190, outside linebacker) of Farmington Hills and graduate of Catholic Central High School, is a returnee from last year's squad.

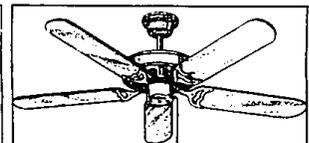
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