# exercising options Myrna Partrich

# Injured running addict needs other activities

Dear Myrna: I've been a dedicated runner for around three years. I Dear myrms: a ve ocen a acticated ranner for around three years. I run almost every day, I'm also on a serious soccer team that plays three times per week. Two weeks ago, I injured my ankle and was forced to stop running and playing soccer for at least a month. I've been having a terrible time mentally. It's almost like I'm addicted to running. I am irritable with my wife and children and am altogether.

As an aerobic nut myslef, I can well understand what you are going

As an acrobic nut myslef, I can well understand what you are going through.

Athletes, as a group, are a lot more confident, stable, and self-assured than the average person on the street. They are generally less bostile, tense and anxious.

When an athlete gets injured, he/she goes through depression and anxiety — the degree seems to depend on how balanced a life the athlete lived prior to the injury.

Too many athletes place all their energy into one basket. Sometimes we overemphasize our physical side. I'm sure you always have received recognition for your physical side. I'm sure you always have received recognition for your physical side. I'm sure you always have received recognition for your physical side. I'm sure you always have received recognition for your physical side. I'm sure you always have received recognition for your physical side. I'm sure you always have received recognition for your physical prowess and the taking away of this physical dimension is bothersome to you. Take away an athlete's daily dose of exercise and you get an irritable, anxious and depressed person.

Here are some methods to combat your stress:

Gain a sense of self-control over the injury. Know as much as possible about the injury and the rehabilitation process.

Gain a sense of self-control over the injury. Know as much as possible about the injury and the rehabilitation process.

Why not cross train? This is an excellent time to train in another activity. As a runner, this may be a time to either swim or row, This not only allows the continuance of cardio fitness, but also allows variety to your workout and develops endurance in other important muscle groups.

The other important possibility is to work on other fitness como-

variety to your workout and develope endurance in other important muscle groups.

The other important possibility is to work on other fitness components like strength and flexibility. We always keep putting off that strength training we need to correct those muscle imbalances which inevitably occur when running. You could also spend time maintaining flexibility in those overused joints.

Now, have I given you enough to do?

Almost every computitive runner who has been slowed by injury feels the forced layoff is a blessing in disguise. The layoff brought a new freshness and hunger for the sport. As far as your addiction to activity — yes, you are addicted. These pala killing 'happy hormones' are as powerfully addictive as morphine.

You must realize that you are vulnerable to self-doubt and irrational thinking during this period. There will be questions raised as to whether you'll be able to ever run again.

Don't worry.

(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, 805 E. Maple, Birming-horn M. 48012

# sports shorts

### PIANO PUMP-OFF

Peter Niesen's Eye-Of-The-Tiger Fitness Center will conduct a benefit weight-lifting contest on Thursday, July 27, to assist the Farmington-Farmington Hills Community Center in the purchase of a concert plano.

The competition will take place between 8 and 10 p.m. and will have four categories: males under 18, females under 18, males 18 and older, females 18 and older, females 18 and older, females 18 and older, females under Niesen's 23311 Orehard Lake Read, or call 478-8393.

### GOLF CHAMPION

Roxanne Blackmer of Farmington Hills shot an 84 for first place in the champlonship flight of the Kensing-ton Women's Golf Championships on Monday, July 17.

ton Women's Golf Champlonships on Monday, July 17. Champlonships on Monday, July 31, are dealer on Monday, July 31, are dealer Sunday, July 23, and enties for the Junior Tournament on Friday, Aug. 4, are due Friday, July 28. In the Women's Metropolitan Golf Association, Ealaine Taylor of Farmington Hills tied Wilda Newbold (Royal Oak) for best fow-net score in the third Hight at Tyrone Hills on Wednesday, July 12. After figuring in handicaps, both shot 71.

The first practice for all Farming-ton High School incoming freshmen and returning swim team members will be 10 a.m. Tuesday, Aug. 15, in the high school pool. Freshmen are

asked to call coach Ross Bandy at 474-5867 prior to the first practice.

The Michigan Women's Publinx Golf Association will have its Fifth Annual State Publinx Golf Tourna-

Annual State Publinx Golf Tourna-ment on Aug. 19, at the Huron Golf Club, the new 18-hole course at East-ern Michigan University. The tournament is open to all am-ateur women golfers. The medal play tournament will be flighted by verifiable USGA handleaps. There will be one medalist in the 49-andunder age group and one in the ov 50. For information call 477-2522.

### • SOCCER TRYOUTS

● SOCCER TRYOUTS

Players for the Hawks girls soccer teams are neceded in the following age groups: '78-79 under-12 and '75-76 under-15. For information on all Wolves and Hawks age groups call Kathy Coyne at 427-3335.

● Tryouts for the Canton Titans '75 boys team that will compete next spring are slated for 1-4 p.m. Sunday, July 30, at the Canton Recreation Complex. For information call Jerry Parent at 455-513s.

● Tryouts for the '74 Wolves Little Caesars Illitch Division boys soccer team will be held Tuesday, Aug. 2, at 6:30 p.m. at Livonia's Jayece Park. Call coach Kathy Coyne at 427-3335 for more information.

● Players interested in trying out for the '75 Wolves Little Caesars Illitch Division boys soccer team should reach Dan O'Shea at 729-1473 attler 5 p.m. or Kathy Coyne at 427-3336.



# Bowling lanes get facelift

Each season takes its toll on the wood surfaces of bowling lance.
Every ball rolled causes a little more wear and tear, which adds up to either a total resurfacing job every two or three years, or a "Screening and re-coating" in the years between refinishing jobs. Alt this, of course, takes place during the aummer when there is much less bowling going on and the establishment can close for a few days if necessary. There are specialists who send their crews out to perform this critical task, as the lane conditions we love to bowl on depend activity upon the salling of the relinshing companies.

The summertime, almost without exception, means like yo, plaint-up and reconditioning of the lane surfaces at the local bowling center. Some bouses add new equipment and replace wom-our out-dated items, while rome, like Counting smake climinators to filter out clearette most and to softer.

smoke eliminators to filter out cigarette smoke and its odor.

The importance of proper lane conditioning cannot be over-emphasized at any of the centers, and they go to considerable expense to see the job is done right. Total resurfacing is a complex process, usually done every two or three years. The first step is to remove all the old oil and resident with a strong detergent. This is followed by the first sanding steps, which involve using a "Drum" with coarse sanding to take the maple surfaces at the "heads" or first 15 feet or so down to a smooth surface.

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The approaches, the first boards, the heads and the pin deck are constructed of Rock Maple and the rest of the lane is made of pine. At this point, the lanes are inspected for loose boards or fibre inserts at the dots and arrows and replacements are made as necessary. If the lanes are in back ahape, it is necessary to full holes and inject epoxy under high pressure in order to re-seal and firm up the foundation of the wood floath. The centre of the control of



flammable water-based solution used to seal the base. This stays pliable so it can compensate for the changes in temperature and humbidly. The second coat is applied after the first coat has again been screened. The topocal is usually wrethane, very heavy-duty stuff. It sets to an ex-tremely hard finish and this is the critical appli-cation for your shot, as how the topocat is applied can affect the hooking characteristics of your ball.

ball.

A second coat assures the durability to last through the season. The approaches are surfaced with a water based coating which set up hard to give you the proper silde and avoid "sticky" approaches.

proaches.

All this work is performed by a three or four main crew who can do the resurfacing job in three or four days or the screen and coating lin just a few bours. Bowlers might take the lanes for granted, but there is a jot of work and expense involved in getting the bowling conditions just right, and the pay-off is those nice big scores we see throughout the season.

• The Ladies Professional Bowlers Tour will be coming to this area in August with competition taking place at Satellite Bowl in Dearborn. I will have more information in this column regarding the ladies Pro Tour next week.

Prakeshire Lanes in Farmington Hills is the scene of the Wednesday Classic Trio League which boasts some of the highest scoring bovelers among the 40 teams. Last Wednesday, Ed Grace, fr., rolled his first 300 game in his long and illustrious career. In this instance, Ed out-bowled his son Eddle Grace Jr., which is quite a feat itself. Also going strong at Drakeshire is the Monday Youth Classic League in which Jason Tilman abot a 255 last week, along with Dave Girolamo at 254

and Ryan Lovelace, who rolled a 246. A week car-lier, the same league had Eleanor Korzec with a 696 block on games of 713-224-259, John Choul-nard, a 708 on 254-259-195, while southpaw Tami-

699 block on games of 213-224-259, John Choulard, a 708 on 245-259-159, while southpaw Tamika Glenn scored a 288 game in a 624 series.
Drakeshire bowlers Eric Tuiley of Livonia and
Eleanor Korzec of Hamtramck were selected to
the first-team all-state YABA which was in the
major seniors division. Drakeshire's Youth Leage
ties in with their student atheitic scholarship fund
in which awards are given out based on points
won in league competition, May and June tournaments, classroom standings, merit awards, and
for youth coaching of other youth bowlers. There
are also points awarded for essays pertaining to
the sport of bowling. Scholarship winners from
recent action included: Novella White of Detroit
in Division 2, 4800, Rich Lowborn of Belleville in
Division 2, and 14-year-old Jeff Mendoza of
Livonia with a \$250 award in Division 1, Overall.
the scholarship fund has given out \$7,500 the first the scholarship fund has given out \$7,500 the first

the scholarship fund has given out \$7,500 the first year. On Monday, Aug. 6, there will be a state certification for youth instructors taking place at Drakshire. This is for any bowlers who wish to teach the youngsters ages 3 and up. For further information, call Drakeshire Lanes at 478-2230.

• At Bel Aire Lanes in Farmington, the Tues-

at Bel Aire Lanes in Farmington, the Tuesday Nike Trio League was led by Ross Frasure with a 244 game and 637 series, Following the league, King of the Hill Eliminations saw Jim McPhall, Ar., beat out Bob Parker for the prize money of \$105.

The Friday Retirees League had a new high series for the ladies as Grace Dismos secred a 512 ke. In the Family Twosome League, Jason Srown set a new high for the lidd with 217 game, which was 52 pins over average. In the Wednesday Unmixed Mixed League, Alvin Left scored a 606 series and 222 game. The Maccabees League saw 178 Smith hit a 615 total with games of 214 and 58 Woodland Lange in Luckston and Section 1980.

# Preps relish all-star roles

Continued from Page 1

were high on all five players' lists, chance in the spotlight. Big-time college football has a way of humbling the best high school player.

But the umbilical cord that connects player with his prep days must be severed. It's time to move ahead, to discover where you fit in and what the world has to offer. The steps can be difficult and paintil, but they must be taken.

Not right now, though There's still time for summer fun — If wearing

## Hawks miss trip to nationals

The Michigan Hawks '74 girls soccer team fell one victory shy of earning a trip to the national championships.

Ohlo South defeated the Hawks 2-1 in the championship game of the under-life regional tournament the weekend of July 7-9 in Omaha, Neb.

The Ohlo ballclub took a 2-0 halftime lead on a corner kick and a near-post shot. The Hawks played an intense second half and held the advantage but managed only one gool on a shot by Kim Phillips.

In earlier games, the Hawks moved through their division with wins over Minnesota 1-0, Jowa 9-0 and Ohlo North 5-0, advancing to the semifinals against Illinois. The Hawks dominated that game 5-0.

Team members are Bridget Bradley, Ragen Coyne, Julie Dugan, Julie Dweyr, Cathy Donkers, Liss Grace, Kristi McGough, Trney Morrell, Kara Nance, Natalie Neaton, Phillips, Kim Popyk, Dana Pososki, Patty Shea, Liss Thomas, Kristen Westvere, Suzanoe White and Shannon Wilkinson. The team is coached by Tom Coyne and managed by Kathy Coyne.

## swimming

KENDALLWOOD SWIM CLUB 266 PLEASANT RIDGE COMM, POOL 281 (Monday, July 17, at Pleasant Ridge)

(Monday, July 17, st Pleasant Ridge)

Kendalbwood records: Lisa Richardson, 0-10 gets, 50 levelsys, 32.78; Richardson, 0-10 gets, 50 breastströke, 4.1.35, 1-10.00 gets, 50 breastströke, 4.1.35, 1-10.00 list and 50 hy; Kerny Denn, 15-17, 100 list and 50 hy; Kerny Denn, 15-17, 100 list and 50 hy; Kerny Done, 15-11, 100 free; Shannon O'Cleen, 11-12, 50 oreast and 100 likt; Lisa Richardson, 15-10 breaststrong to list of his original control of the property of the control of the control

FOREST HILLS SWIM CLUB 320 WOODBROOKE HILLS SWIM CLUB 241 (Monday, July 17, at Woodbrooke)

Woodbrooke records: James Leske tied he club record for the 11-12 boys 50 free-

style with a time of 28.81. Woodbrooks double winners: James Lecke, 13.14. 10.01 Aland 50 free; Evan Fedders, 13.14. 10.01 Aland 50 free; Evan Fedders, 13.14. 10.01 Aland 50 free; Evan Fedders, 13.14. 10.1





