

## Sports

Dan O'Meara editor/953-2139 night line 953-2104

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(P.1C)

## Marlins lose despite help from Churchill

By Steve Kowalski  
staff writer

After taking a 1-0 halftime lead Friday, the Livonia Churchill girls soccer team scored another goal early in the second half.

Into its own net.

"I'll tell you what, that actually made us play harder again," said Churchill coach Nick O'Shea, who watched his players recover and score two quick goals en route to a 3-2 non-league win over host Farmington Hills Mercy.

For the record, Churchill defender Danielle Phibes accidentally headed a corner kick by Mercy's Kathryn Dudley into the Chargers' net for the 1-1 tie. Churchill responded, however, with goals by Almee Cousino and Kristy Thurston — and was able to feel a little better about itself heading into this week's Western Lakes Activities Association post-season playoffs.

The win was Churchill's sixth straight and improved the Chargers' record to 9-2-1 overall. Churchill won three games last week, including a 2-0 victory Monday over Plymouth Salem, the Class A's No. 1-ranked team at the time.

O'Shea seemed relieved to get the non-league game out of the way.

"YOU'RE NEVER pleased, because things can go wrong at any time," O'Shea said of his team's No. 2 ranking in Overland. "We've got weaknesses, but we're on course for where we want to be. I thought this was a well-played game by both teams. It's tough to play a non-league game because the (WLA) season means so much to us."

"We've got Northville next and the (WLA) championship game, and Mercy just had a big (3-2) win over

## SOCCER

(Birmingham) Marian Thurnaday. This game lacked a little emotion. It gained momentum in the second half, but initially...

Mercy, which fell to 12-2-2 overall, could end up meeting the Chargers again in the Class A district. Mercy coach Deepak Shivraman looks forward to another chance since he played without starting midfielder Flannery Campbell (sick) and Courtney Lyons (ankle). Also, Dudley, Colleen O'Connor and forward Dana Lehmkuhl played with nagging leg injuries.

Senior Renee Larabell suffered the loss in net.

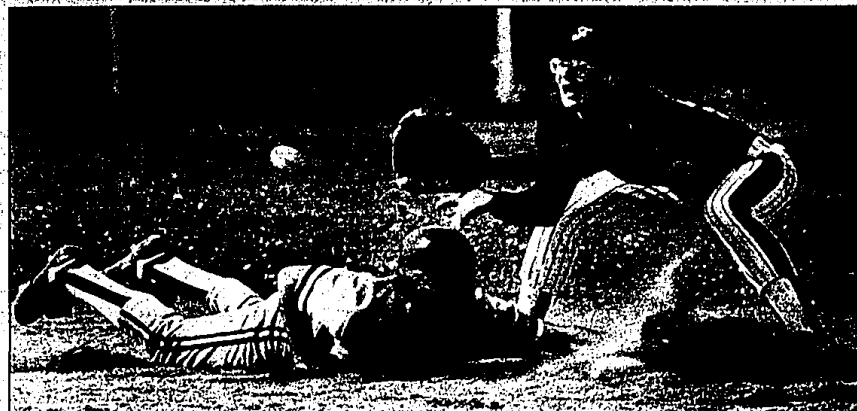
"This was the seniors' last game on our home field so we wanted this game," Shivraman said. "Some of them started as freshmen and are finishing up, and I wanted the best results for them. I think the whole game was frustrating. We didn't play up to our potential."

"Churchill is very strong, very quick and very well coached. We're a lot alike. It's the kind of team that I think if we looked in the mirror we'd see."

DUDLEY, WHO scored both Mercy goals and has 14 for the year, was robbed of a goal midway through the first half on a play by Churchill defender Stephanie Speen.

After catching up to a long pass, Dudley slid the ball past Churchill goalkeeper Moea Cervi, but Speen kicked it away before it crossed the goal line.

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Joe Sharpe of Walled Lake Central dives back to second base before the throw reaches Farmington shortstop Dan Plumley.

Central defeated the Falcons 4-0 in the Lakes Division contest.

## North upsets co-leader Salem

North Farmington achieved its biggest win of the baseball season Thursday, when the visiting Raiders upset No. 4-ranked Plymouth Salem 5-3.

Mark Temple pitched a complete game, and North rallied with three runs in the bottom of the seventh inning to erase a 3-2 deficit.

The Raiders are 5-3 in the Lakes Division of the Western Lakes Activities Association and 8-6 overall. Salem is 6-2 and 13-3.

The Rocks made three errors and all were costly, according to coach John Gravin. North's seven-inning runs were unearned.

In the last inning, the Raiders rallied with a single by Temple — the only ball hit out of the infield — a fielder's choice, two walks, two errors and a wild pitch. North's only RBI came on a bases-loaded walk earlier in the game.

"We'll take the win," North coach Irv Horwitz said. "It was our to win or lose." Gravin said, adding the Rocks threw away a double-play ball in the last inning.

Temple went the distance on the mound,

## baseball

scattering seven hits. He struck out eight and didn't walk a batter.

Scott Rodgers was the losing pitcher, working 1½ innings late in the game in relief of Chris Thomas and Jeff Bellale.

Mike Jelle and Temple had two hits apiece for North, and Salem's Scott Niemiec, Rodgers and Bellale hit safely on two occasions each. Scott Bright hit a solo homer in the sixth inning to give the Rocks a 3-2 lead.

The Raiders stayed on a roll Friday by beating Livonia Churchill 8-4. The Chargers are 5-8.

Mike Powers pitched four innings and earned the win. Chris White pitched three innings of one-hit relief and struck out four.

Andrew Margulick was 3-for-4 for North, had one RBI and scored two runs. Powers helped his

cause with two hits and two RBI.

The Raiders will play the winner of the Holly-Milford Lakeland qualifying game in the pre-district round on Thursday, May 23, at the opposing team's field.

FARMINGTON HILLS Harrison blanked visiting Livonia Franklin 6-0 Thursday and improved its Western Division record in the WLA to 4-4.

Andrew Smith pitched a complete game for the Hawks, who are 9-6 overall. He gave up five hits, struck out two and walked two.

Gary Devine and Daryl Ferguson had two hits apiece for Harrison, and Smith helped his cause with a two-run double. Devine also scored two runs.

Steve McCool was the losing pitcher, working all six innings for the Patriots, 2-6 and 8-8. He allowed 10 hits and five walks.

Three pitchers limited Farmington to three hits Thursday, and Walled Lake Central beat the host Falcons 4-0 in the Lakes Division. Joe Sharpe had an RBI double.

## Gaul's victories pace Farmington

Shelli Gaul achieved a personal best in the high jump and also won the 100-meter hurdles Thursday to pace Farmington in its girls dual-meet victory over host Westland John Glenn.

It was an impressive win for the Falcons, 2-2 in the Lakes Division of the Western Lakes Activities Association and 4-2 overall, since the Rockets have a competitive team that boasts an overall record of 7-2.

Gaul jumped 5'1 to win the high jump and ran the high hurdles in 15.8. Farmington swept the field events with Deanna Curcio winning the shot put (31-4½), Kerri Owczarszak the discus (99-3½) and Sue Gibson the long jump (14-3).

Liz Queeneville won the 400 dash in 1:04.9 and was the leadoff runner on the 3,200 relay, combining efforts with Jodi Van Ord, Carrie Walter and Sarah Urevig to post an 11:25.3 time.

Kay Rodgers was a double winner for the Falcons, running the 100 and 200 dashes in 15.0 and 27.7. Farmington winners included Allison Davis in the 1,600 run (5:32.8).

Glenn's Amy Finley won the intermediate hurdles (50.0), Dana Nowicki the 800 run (2:33.8) and Jennifer Caplis the 3,200 run (13:29.1).

HARRISON DIPPED to 2-2 in the Western Division of the WLA following a 75-55 loss Thursday to host Walled Lake Western.

The Hawks won two relay individual events. Becky Karbowaki was first in the shot put (29-7), Denice Pini the discus (89-10) and Jill Murany the 1,600 run (5:13.2).

Harrison's Heather Conley, Susan Glowacki, Jana Pidakalny and Kristi Cornwell comprised the winning 800 relay team (1:54), and Melanie Rankola, Kim Burkhardt, Becky Peans and Jessica Johnson captured the 1,600 relay

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Shelli Gaul of Farmington High won the high hurdles and the high jump with a personal best Thursday.

BILL BRESELER/staff photographer

## Marlins capture division honors

Farmington Hills Mercy won its first Catholic League Central Division softball title in six years Friday with a double-header sweep of Livonia Ladywood at Bicentennial Park.

Pitcher Maureen Paulin earned the win in both games, stretching her personal record to 13-4. The Marlins are 17-6 overall and 8-4 in the Central Division.

Paulin threw a six-hitter and struck out seven in Game 1 as the Marlins prevailed 6-4. Mercy trailed 3-2 after four innings but scored three runs in the fifth to lead for good.

Paulin also was effective at the plate, going 2-for-3 with three RBI and two runs scored.

Katie Heffernan also was 2-for-3, stole a base, scored a run and knocked in a run. Angela Mastroianni drove in a run with a triple.

Mercy was outlit 8-4 in Game 2 but managed to win 5-1. Paulin struck out seven and walked three in going the distance. The Blasters made six errors.

Kathleen Berrigan was 2-for-4 with a run scored and an RBI. Paulin scored a run and picked up two RBI on a double and a sacrifice.

The Marlins split a double-header Wednesday with state-ranked Livonia Franklin, losing the first game 6-2 and winning the second 12-2 in five innings.

Jenny Mayle pitched a two-hitter for the Patriots in the opener and struck out three. Krista Miller was the loser.

Maureen Paulin and Maura Pheneby had the only hits for Mercy. Franklin had 10 hits, three by Beth Hare and two by Dawn Warner.

Angela Mastroianni was the winning pitcher and a big contributor at the plate in the nightcap for the Marlins. She was 2-for-2, drove in three runs and scored three.

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## Weiland runs record time — in reverse

By Bill Parker  
staff writer

A sub-four mile is the ultimate



Scott Weiland record retro runner

challenge for serious runner, but Southfield's Scott Weiland is thinking in terms of a sub-six mile.

That's not to say Weiland is not up to par with the elite of the running world. Quite the contrary, he's a world record holder. The thing is, Weiland runs backwards, officially called retro running, and a sub-six mile run is a feat no runner has ever accomplished.

Weiland is listed in the 1991 hard-cover Guinness Book of World Records as the record holder for a retro marathon. He set the record Oct. 3, 1982 by running a 6:07.54 in the Detroit Free Press Marathon.

"There have been some rumors of individuals breaking (the retro marathon record), but nothing official," Weiland said. "That's the main reason I did it at the Detroit Free Press marathon. It was a certified course."

NOT OPTING, DOES an individual have the opportunity rub shoulders with, much less compete against, a

world record holder. But that's exactly what participants in the Commit to Get Fit 10K run will be able to do Saturday at the One-on-One Athletic Club in West Bloomfield.

Prior to the start of the 10K, Weiland will be the featured attraction in the "Retro Challenge." Participants will attempt to beat Weiland in a mile run. He'll run retro-style while everyone else runs forward.

"Anyone who can beat Scott in the Retro Mile will receive a special prize," explained Ron Austin, public relations director at One-on-One, and a pioneer in the retro training concept. "The whole purpose is for people to come out and have some fun, talk to Scott and find out about retro running."

The Retro Challenge, like the Commit to Get Fit 10K, is open to the public, but interested runners should come prepared for a challenge. "My (mile) training runs have all been under seven minutes," Weiland said.

## running

THE FOUNDER AND PRESIDENT of Fitness Network, Weiland spends his days developing individual fitness programs for his clients. He combines nutrition, personal fitness training, lifestyle modification and a computerized fitness evaluation to produce individualized programs.

A light end on the Walled Lake Central football team in high school (1971-74), Weiland was introduced to backward running during football practice at Michigan State University in 1978.

"We ran backward 40's in practice and that was my first taste," Weiland explained. "I started running quarter-miles on the high school track after graduation (from college). Once I got to where I could run

a quarter, then I had to run a half."

"It started as a physique conditioning thing. I realized I had a knack for it and started doing it more and more. It turned into a personal goal to set the (retro marathon) record and it's come much further than that. Now it's something to promote fitness and it ties in tremendously with the business."

RESULTS OF SEVERAL research efforts in the late 1980's indicate that retro running can produce positive results for runners.

Retro running is easier on the hamstrings than front running, allowing greater range of motion and aiding in rehabilitation and prevention of hamstring injuries. Because the forefoot lands first in retro running (the heel lands first in front running), there is considerably less shock on the heel. It also reduces stress on the lower back, is easier on

the knees, and speeds up recovery of ankle injuries.

But Weiland admits he has taken "a couple nasty falls." "I missed an open manhole by a couple feet one time," Weiland said. "Another time, I hit a patch of ice and fractured my lower vertebrae. . . Put it this way, my chest hit before my hips and legs."

TO DATE, Weiland has run three retro marathons and close to a dozen 10K's. His marathon times have all been within one minute of each other while he completes the 10K's in just over 50 minutes.

Donald Davis set the current retro mile world record of 6:07.53 at the University of Hawaii in 1978. Weiland hopes to break that mark this fall or early next spring.

"I'm right on track (to the mile record), it's just a matter of timing," Weiland said. "I would like to get as close to six minutes as possible."

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