

exercising options



Myrna Partrich

There's technique to speed walking

Dear Myrna: Can you explain the technique of speed walking — if there is one? I'm new at exercise, and I've been told there is a technique to almost everything you do.

Well, you're not far off. Yes, there is a proper technique to "everything" we do in exercise. It's called "let's be smart and not get injured." Using proper technique certainly can make a difference in what you get out of exercise in general.

A racewalker's technique is actually a slightly modified style of walking fast: The modifications, mostly in the use of hips and arms, help you walk more efficiently.

The International Athletic Federation's definition of racewalking is: Walking is the progression by steps so taken that unbroken contact with the ground is maintained. At each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.

During the period of each step when the foot is on the ground, the leg must be straightened at least for one moment and, in particular, the supporting leg must be straight in the vertical upright position.

Do you find the explanation confusing? I had to read it over twice to get it — no problem.

The main difference between running and racewalking is that in running, there are times when both feet are elevated off the ground.

Now you can't racewalk as fast as you can run — don't even think it. World class racewalkers, however, can cover a mile in less than six minutes and the marathon in less than two hours and 45 minutes. Impressive, isn't it?

Proper technique allows the racewalker to use the entire body to maximum advantage. The stride looks swivelhipped; this is how the walker takes the deeper steps. Your knee's driving force is important as it is fully extended at heel contact in front.

Your arms should remain bent, shortening the pendulum-like swing, allowing a quicker pace. They should act in the opposite rhythm of your hips, helping to balance the body. When walking, arms should cross your body at mid-chest and elbows are in toward the ribs.

If you are new at exercise, you might need a partner to enjoy it with. Partners give each other incentive to keep going. On the other hand, it's also a great time to think. A brisk walk can really air out the brain, as they say.

Myrna Partrich, co-owner of The Workout Company, Inc. of Bloomfield Township and a member of the President's Council on Physical Fitness, is happy to answer questions readers may have regarding exercise. Send letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.



Pat Flanagan proudly displays his record book buck which scored 215% by the Boone & Crockett scoring system.

Irish eyes smile on Flanagan

IRISH EYES must have been smiling down on Pat Flanagan on opening day of the 1991 firearms whitetail deer season. Having missed "the biggest buck I've ever seen," during the 1989 season, Flanagan made amends by dropping a Boone & Crockett Record Book buck just after 8 a.m. on opening day 1991.

"When I was a kid, I was hunting near West Branch with a family friend and we both shot at a 22-pointer," said the Livonia resident. "I know I hit him, but (the friend) said he hit it, too, and he tagged it. That was the only other buck I was sure I shot."

The only buck he shot until opportunity knocked again last year.



outdoors
Bill Parker

leaves. I turned and looked, and there was a doe coming through about 30-yards away and about a seven or eight-point buck 10 yards behind her."

But before he had a chance to shoot, another "bigger buck" came through the woods between Flanagan and the other two deer.

"I'm sure it was the same deer I missed the year before," Flanagan said.

JUST AFTER SUNRISE, Flanagan was sipping a cup of coffee from his blind in Huron County when he heard that all too familiar sound.

"I got out a little late, but had packed my daypack because they say opening day is the best time to be out there and I was planning to spend the entire day in the woods," the retired Chrysler worker said. "I sat down between a couple ash trees and was drinking a cup of coffee when I heard something rustling the

back-doe ratio in the state, the Michigan Department of Natural Resources and the Natural Resource Commission have agreed to reduce the bag limit on whitetail deer for the 1991 season.

Hunters will be allowed four deer instead of five, but only two bucks instead of four. Hunters may decide for themselves if they want to take the two buck limit with a bow and arrow, rifle or shotgun, muzzleloader or any combination of methods. The first archery license is still good

for an antlerless deer and a hunters choice permit may also be obtained so a hunter wishing to practice deer management by shooting doe can still take four deer.

"We lowered the limit from four to two bucks primarily to get some of the better hunters who are capable of taking three or four bucks to help us manage the herd by shooting a doe or two," said George Burgoyne, assistant chief of the DNR's wildlife division. "The Department and the Commission decided to improve the rule of a two buck limit but let hunters decide how they want to take the deer."

job." My next two shots were just instinctive, I guess," Flanagan said. "I've done a lot of duck hunting and I guess it helped."

The non-typical 24-point buck was officially scored for the Boone & Crockett Record Book recently and scored an impressive 215%. The rack has has a 17 1/2 inch inside spread, 56 1/2 inches of abnormal points and a main beam that stretches 24 1/2 inches. It is the biggest non-typical buck taken in Michigan last year and the sixth biggest non-typical ever taken in the state.

● BAG LIMIT REDUCED

In an effort to better balance the buck-doe ratio in the state, the Michigan Department of Natural Resources and the Natural Resource Commission have agreed to reduce the bag limit on whitetail deer for the 1991 season.

Hunters will be allowed four deer instead of five, but only two bucks instead of four. Hunters may decide for themselves if they want to take the two buck limit with a bow and arrow, rifle or shotgun, muzzleloader or any combination of methods. The first archery license is still good

for an antlerless deer and a hunters choice permit may also be obtained so a hunter wishing to practice deer management by shooting doe can still take four deer.

"We lowered the limit from four to two bucks primarily to get some of the better hunters who are capable of taking three or four bucks to help us manage the herd by shooting a doe or two," said George Burgoyne, assistant chief of the DNR's wildlife division. "The Department and the Commission decided to improve the rule of a two buck limit but let hunters decide how they want to take the deer."

● BASS BLASTOFF RESULTS

Larry Aubrey of Union Lake and Lou Bertie of Keego Harbor topped the 25-boat field in Saturday's Bass Blastoff on Cass Lake. Aubrey and Bertie took first place by landing three fish with a total weight of 7-pounds, 4-ounces. Bertie also won biggest fish honors for a 5-pound, 3-ounce lunger.

Second place went to Dallas Maybee of Grand Blanc and Dennis Maybee of Flint for seven fish that weighed 7-pounds, 1-ounce.

The Westland duo of Rob Kochan and Mike Lahn placed third with four fish that topped the scale at 5-pounds, 8-ounces.

The 6th annual event was sponsored by Walled Lake Community Education and the Metro Bass Anglers.

Fifty four bass were caught and 51 were released back into the lake. Winners received a plaque and a gift certificate from Dick's Bait and Tackle in Union Lake.

(Anglers are urged to report their success. Questions and comments are also encouraged. Send information to: Bill Parker, c/o Outdoors, 805 E. Maple, Birmingham, MI 48009.)

outdoors calendar

- IMPORTANT DATES AND EVENTS**
- June 21 — Bass season opens on the Detroit and St. Clair rivers and Lake St. Clair.
 - June 22 — The Michigan Canoe Event, featuring canoe races on canoeing, kayaking, hiking and backpacking, begins at 9 a.m. at the Hanson Hills Recreation Area. Call (517) 316-1900 for more information.
 - June 23 — 34th annual meeting of the Michigan United Conservation Clubs begins at 7:30 p.m. at the Kalamazoo Center.
 - June 24 — Selling lessons offered through the Recreation Community Services Division of the Bloomfield Hills Schools, will take place on Walnut Lake and at the West Hills Middle School. Call 432-0845 for more information.
 - June 27 — Lake Huron Sportfishing Kids Fishing Contest will take place in Onondaga. Call (517) 738-2449 for more information.
 - June 28 — Pub Taps Tournament will take place at Victorian Memorial Park in Bay City. Call (517) 644-2113 for more information.
 - June 29 — The Southeast Chapter of the Hoop Mountain ESB Foundation, a non-profit organization, will hold a big game banquet and dinner at the Grand Manor at Fairlane in Dearborn. Tickets are \$75 per couple and \$50 single. Call Jack Hamilton at 591-0522 or 287-9912 for more information.
 - June 30 — Motor City Charity Bass Classic Tournament will take place on Lake St. Clair. Call 819-0151 for more information.
 - July 10 — National Sporting Clays Association State Championships will take place at the Hunter's Ridge Hunt Club in Oxford. Call 424-1807 for more information.
 - June 30 — Michigan Division of the Operation Bass Boat Race will have a bass tournament on Saginaw Bay. Call (505) 643-0111 or (502) 342-8110 for more information.
 - July 2 — Fisheries Tournament will take place in Alpena. Call 794-5851 for more information.
 - July 4 — Kids Fishing Day will be held in Harraville. Call (517) 724-5197 for more information.
 - July 4-7 — Harraville Lake Trout Festival will be held in Harraville. Call (517) 724-4414 for more information.
 - Ladies Fishing Derby will be held in Harraville. Call (517) 724-5197 for more information.
 - July 12-14 — 1991 Midwest Open Field Target Championship Match (air gun) will take place at the Western Wayne County Conservation Association. The field is limited to the first

METROPARKS

Juniata Naturalist, a program for children ages 10-13 in which participants will learn about the environment, begins at 2 p.m. Saturday, June 29, at Indian Springs. Participants should bring a lunch and dress for the weather.

World of Spiders, a slide program about spiders, begins at 2 p.m. Sunday, June 30, at Indian Springs.

Most Metropark programs are free, but some have a nominal charge. Advance registration and a vehicle entry permit are required. For more information, call 1-800-234-6331.

OAKLAND COUNTY PARKS

Family Her's Rib, a nature program about hiking begins at 10 a.m. Saturday at Independence Oaks.

Old Roses, an adult main class in which participants learn to select and grow roses along with a brief history on roses, begins at 7 p.m. Wednesday, June 26, at Independence Oaks.

The 1991 International Freedom Festival presents
The Second Annual HART BEAT GAMES
sponsored by

June 24-27, 1991

Join the fun on 160 tons of sand in Hart Plaza. Come on down and check-out the action or put together your own corporate team. Team play includes Beach Volleyball, The Tug, and a Rat Race!

For Corporate Team Information, Call 313-259-5400
24-Hour Festival Hotline 313-557-0411

WWJ NEWSRADIO 95
Official Radio Station
Hart Beat Games/International Freedom Festival

We specialize in
Tops & Covers
Boats kept inside

CANVAS CONCEPTS
BOAT TOPS & COVERS
12511 Glenview
Livonia, MI
313-464-9422

Custom Furniture
Your Way

CUSTOM FURNITURE
EXPRESSIONS

920 South Woodward (near Livonia) Birmingham, MI phone: (313) 647-8842 Open Mon.-Fri. 10-6, Thurs. 10-9, Sat. 10-5

DO IT YOURSELF SIDING AND SAVE WORLD

Seamless Gutter

Wolverine

50 YEAR WARRANTY

White and Colors \$39.95 per sq. ft.

ALUMINUM SOFFIT SVP-10 WHITE AND COLORS \$56.95

Custom Trim Available Any Color - Any Shape

#1 COIL STOCK 24' x 50' ft. roll \$43.95

SOLID VINYL REPLACEMENT WINDOWS \$89.95

Wolverine ALUMINUM SIDING D. & 19RW 3 Colors Full Warranty \$49.95

DETOIT: 4542 E. Digital Blvd. Detroit, MI 48212 891-2902

CLIO: 11512 Espinasse Rd. Detroit, MI 48224 687-4730

PONTIAC: 2800 W. 14th St. Pontiac, MI 48305 623-9800

LIVONIA: 7443 N. Digital Blvd. Livonia, MI 48150 478-8984

INSTER: 3098 Woodward Dr. Farmington Hills, MI 48334 728-0400

CASE CITY: 497 Clark Road Farmington Hills, MI 48334 728-2141

WEAHOOPEN: 1100 E. 14th St. Farmington Hills, MI 48334 728-2141

OPENING SOON