weeks. Two weeks ago I had the proud experience of meeting up with my nephew, David Worth, a Chicago Marathon runner, who challenged both mind and body by running this grueling race. Worth, a 1989 graduate of Bloomfield Hills Andover High School, is a 20-year-old junior at the University of Michigan, majoring in political science. He has always had a tremendous amount of perseverance, which has enabled him to reach out and challenge himself in many architicity.

many activities.

Recently, I had a chance to sit down and discuss marathon running with him. Following is a brief excerpt from the question and answer

What attracted you to become a runner? Are you as committed to

What attracted you to become a runner? Are you as committed to any other sports?

"I decided to run a marathon about three years ago. My cousin had just completed the Boston Marathon and I liked this girl on the track team. It seemed like an exciting challenge. I only told a few friends about this goal. They said, 'Yeah, sure, whatever you say,' At that time, I was about 15 pounds heavier, smoked eigarettes, and couldn't run a mile. My exercise eame in an occasional game of tennis or basketball."

run a mile. My exercise came in an occasional game of tennis or basketball."

Did you feel well-trained and ready for this marathon?

"When the race day finally arrived, I had mixed emotions about my preparation. I had been running around 50 miles a week for the past couple of months. My long runs included a 20-miler and a pair of 18s. Most books, however, recommended higher weekly mileage and a few more long runs. I spent long hours thinking about the marathon and running. The time commitment was enormous."

While running, the thought of quitting never entered my mind. I couldn't imagine actually finishing the race. Yet, I couldn't imagine actually finishing the race. Yet, I couldn't imagine quitting either. I had worked too long and hard to give up. It would have taken a lot more than leg cramps for me to quit."

What was your time? Did you anticipate such a strong finish the first time out?

"I finished in 3-600. Breaking four hours seemed like a realistic goal. My primary goal, however, was only to finish the race. I expect che second half of the race to go much slower and my pace to fall dramatically. Surprisingly, my pace in the second half increased. I attribute the increase to the excitement of the race and sugar in the Your thoughts running the last three miles?

Gatoraid."

Your thoughts running the last three miles?

"The last three miles seemed as long as the previous 23. My legs ached, but I knew I would finish. I couldn't help imagining the finish



exercising options Myrna

line and how great It would feel to get there. It's funny. . the marathon's organizers probably figured this last stretch on Lakeshore Drive would provide a scenic conclusion. I only remember looking down at the pavement or at other runners in a hypnotic state. We must have looked like a bunch of zombles."

Would you rus list marathon or any other marathon again? "Crossing the finish line was incredibly exhilarating. All that work had paid off. I had accomplished something that once scened imposible. It is an awesome and addicting feeling. I recommend it highly, lin fact, I will run in another marathon next fall:" Any words of wisdom?

"I am living proof that nearly anyone can run a marathon. My legs are short and my frame is wide. I have never been mistaken for a long distance runner. At the finish line, there were people of all shapes and stress. Time, dedication and a strong pair of knees are the only requirements."

I hope this interview will encourage others to participate in all types of marathens. If you like to run and are willing to train, there is no need to feel intimidated. You would be surprised by the various types of runners — young and old, serious and light-hearted. My family and I certainly found this marathon a spectacular experience. This was our third family marathon, My son, Rots, has run the Boston Marathon on two occasions. The tips David received from my daughter, Andrea, and her friend, Joel Brown, a triathlete, were Invaluable.

variuatio.

If more young people would challenge themselves both physically and mentally like David, we would improve the quality of our youth in this country. Of course, you all know my main mission.

(Myrna Partrich, co-owner of The Workout Company Inc. and a member of the President's Council of Physical Fitness, is happy to anseer any questions readers may have. Please send your letters to. Sports Department, 805 E. Maple, Birmingham

outdoor calendar

IMPORTANT DATES

• Through Nov. 14 — Sighting-In Days will be held at the Western Wayne County Conservation Association in Plymouth Township. The range will be open to the public 10 a.m. to 4:30 p.m. dilly. There is a \$5 fee. Hand guns may

daily. There is a \$5 fee. Hand guns may be sighted-in.

a Through Nov. 10 — The 25th Detroit of Through Nov. 10 — The 25th Detroit Camper and RV Show will be held at Cobo Center in Detroit. Show hours are 2-5 pm. Monday through Friday, noon to 9 pm. Sutrday and noon to 6 pm. Sunday. Admission is \$4 soully willed helidren 12 and under accompanied by an adult will be admitted free. Tuesday is Senior Citien's Day and seniors will be admitted for \$1.

ren's Day and A...... for \$4. • Nov. 10 — White Tailed Deer: What PATHFINDER

WARREN

MILLER'S

NOV 10 7 30 PM MICHIGAN THEATER ANN ARBOR NOV 15 & 16 ROYAL OAK 730 PM

MUSIC THEATER TICKET MARTER

MILLIN

Every Hunter Should Know, a nature program with naturalist Randy Baker about the behavior and biology of the white tailed deer, begins at 2 p.m. at the Seven Ponds Nature Center in Dryden. Call 796-2000 for more information

• Nov. 11 — Quail season ends state-

wife.

• Nov. 11 — Yeasant season ends in Zones II and III.

zones II and III.

**Stone of a statewide.

• Nov. 15 — Firearms deer season begins statewide.

• Nov. 15 — Firearms deer season begins statewide.

• Nov. 17 — Hoyal Oak Archers will hold a 3D shoot beginning at 8 am. on its walk-through range in Lake Ortion. Call 553-1589 or 653-9799 for more information.

Nov. 24 — Primitive Skills, a nature program about how Native Americans

CORRECTION

On Page 52 of the Sears November 6th mailer you may have received, there is an error. We incorrectly illustrated refrigerator #42051 and incorrectly stated that it has ice and water through the door. Also, on Page 44, we incorrectly illustrated the #19365 Kitchenaid dishwasher.

Authorizing Unit - D 732A - Chicago, IL

Be EnergyWise

survived, begins at 2 p.m. at the Seven Ponds Nature Center in Dryden. Call 196-200 for more information

• Nov. 27 -- A live-week course on the basics of shotigan shooting begins at Association in Plymouth Call full Miller at 532-0215 for more information

• Nov. 30 -- Firearm deer season edits at leaving.

• Doe 13 -- Muzzlelosiding deer season begins in Zool. Els season begins in Zool.

• Dee 13 -- Muzzlelosiding deer season begins of the State.

• Dee 13 -- Muzzlelosiding deer season begins in Zool.

• Dee 13 -- Muzzlelosiding deer season begins in Zool.

which participants will learn methods of proparing and preserving bertis, begins at 1 pm. Sturddy at Independence Oaks. The Western Wayne County Control Mills and 1 pm. Saurddy at Independence Oaks to the Western Wayne County Control Mills at 1 pm. Saurddy at Independence Oaks. The Western Wayne County Control Mills at 1 pm. Saurddy at Independence Oaks. The Associated Saurddy of the Western Wayne County Control Mills at 1 pm. Saurddy at Independence Oaks. The Associated Saurddy of the Mills at 1 pm. Saurddy at Independence Oaks. The Mills at 1 pm. Saurddy at Independence Oaks. The Mills at Independence Oaks. Participants will generate the Mills and Farticipants will learn methods of preparing and preserving bertis. It is prepared at 1 pm. Saurddy at

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Driver couldn't pass the buck



Y FRIEND WALT
MARSH lan't known for
telling last tales, but
when he started telling
me about a "monster buck" that was
hit by a car last week in Ortonville!
had a hard lime believing him.
We'd met at local watering hole,
and I wondered it old Walt hadn't
maybe been here a little too long.
Ite said the deer weighed 350
pounds.

oppounds.

Hunters often tell stories about the 200 pound buck hanging in the garage, but when it is actually put on a scale the animal often weighs in the range of 170-180 pounds, which is still an very nice buck. A buck that dresses-out at 200 pounds is a lawge animal. A 250 pounder is a rarity. So Walt's story about a 350-pounder was extremely hard to swallow, even when chased with a lee cold beverage.

Walt, I'm sorry I ever doubted you.

beverage
Walt, I'm sorry I ever doubted
you.
Joe Newmeyer, of Walled Lakebased Commerative Bucks of Michigan
Annershied that the second largest
buck on record in Michigan waltilled in conville. The accident octurned on Sashabaw Road about
two-miles north of the Pine Knob
Music Theater.
"We thought it was a new state
record for weight, but actually it's
the second biggest ever recorded,"
said Newmeyer.
The buck dressed-out at 345
pounds which puts the animal at
close to 450 pounds on the hoof. The
12-point rack had a green score of
140 points, which is big by anyone's
standard. The state record for
weight is 354 pounds and was
recorded in 1919.

• EKL HUNTERS SELECTED

Ten Observer & Eccentric area hunters were among 155 Michigan

residents randomly chosen to participate in the Dec. 10-17 Midgan elk hunt.

The successful applicants were drawn by computer from 38,432 applications.

Hanter's Choice permits, which entitle the holder to harvest either an antered or antierless elk, were received by Mary Fairchild of Farmington Hills, John Grant of Rochester Hills, Donald Hunt of Aburn Hills, John Jacques of West Bloom Hills, John Jacques Hills, John Jacques of West Bloom Hill

• CYCLING CHAMP TURNS FISHING CHAMP

Greg LeMond, a holder of the world cycle championship and three-time winner of the Tour de France, moved into world record status as a fly fisherman according to a release from the National Fresh Water Fishing, Hall of Fame.

The Hall, a non-profit organization based in Hayward, Wis, certified LeMond's fly fishing catch of a four-pound smallmenth basis as a line class world record on a four pound tippet.

(Hunters and anglers are urged to report their success. Questions and comments are also encouraged. Send information to Outdoors. 805 E. Mapie, Birnningham, Mt., 48009 or call Bil Parker Monday evenings at 644-1100, ext. 241.)



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 Mers and representation of their Defect free Host by near Schools and over ⁵⁸ color module, on hom across the courts. Control Michigan Courreins of Laters Michigan Constraint Laters and Michigan Courreins of Machine Moreins and Michigan Area Attained Constraint of December of Michigan Association of December 1 Dece

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