

THURSDAY, FEBRUARY 3, 1994

SPORTS

B

Seybold fit for stairs challenge

FARMINGTON HILLS SPORTS SCENE

S'craft hosts spikers

Defending champion East Kentwood, ranked No. 4 in Class A, and runnerup Livonia Ladywood return Saturday for the 21st annual Schoolcraft College Invitational Girls High School Volleyball Tournament.

Action begins at 8:30 a.m., with the elimination rounds scheduled to go off at 4 p.m. Admission is \$3 for adults and \$2 for students.

The top two teams from each of the following pools will vie for spots in the elimination round:

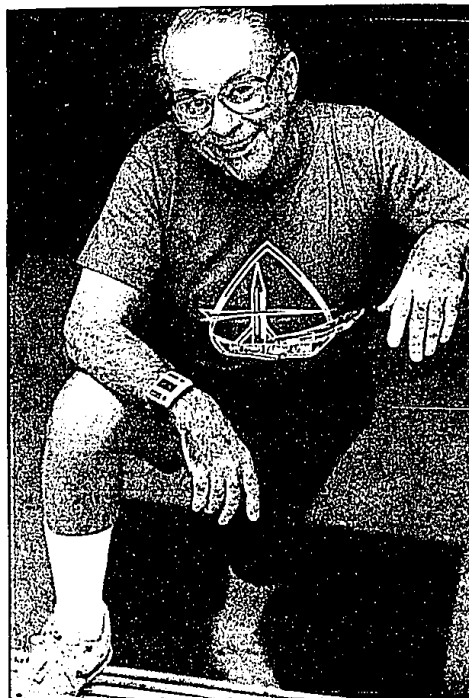
- Pool A (Court No. 1) — Grand Rapids Forest Hills Central, Grosse Ile, L'Anse Creuse North, Birmingham Marian and Walled Lake Central;
- Pool B (Court No. 2) — Livonia Clarenceville, Livonia Franklin, Livonia Stevenson, Monroe St. Mary and Flint Powers;
- Pool C (Court No. 3) — Temperance Bedford (No. 2 in Class A), Farmington, Fenton, Harper Woods Regina and St. Clair Shores South Lakes;
- Pool D (Court No. 4) — Livonia Churchill, Plymouth Canton, East Kentwood, Grand Blanc and Saline;
- Pool E (Court No. 5) — Plymouth Salem, Westland John Glenn, Farmington Hills Mercy, Dearborn Fordson and Jackson County Western;
- Pool F (Court No. 6) — Ladywood, Wayne Memorial, Burton Atherton (No. 4 in Class C), Dearborn and Ypsilanti.

Marlins move into lead

Farmington Hills Mercy took over first place in the Mount Brighton Ski Association standings this week after winning meets Monday and Tuesday.

The Marlins edged Birmingham Seaholm (second overall) by one point Tuesday, 31-32. Mercy junior Niki Gable finished first for the seventh meet with a 59.46 time. Dani Spiewak was seventh (46.03), Allison Vigi ninth (46.34), Kelly McVoy 14th (49.58) and Erika Healy 16th (50.72).

The Marlins scored 36 points Monday in a nine-team giant slalom. Brighton was second (39) and Seaholm third (42). Gable finished in 33.41, Vigi (eighth) 37.12, Jen Werner (13th) 37.75, Spiewak (14th) 38.72 and Healy (16th) 38.81.



Stair climber: Marshall Seybold is ready for the challenge.



By DAN O'MEARA
STAFF WRITER

Marshall Seybold has learned it's never too late to start exercising, and he's enjoying it every step of the way. The 76-year-old Farmington Hills man will be the oldest participant Saturday in the American Heart Association's Sixth Annual Summit Step Up at the Westin Hotel.

Seybold will climb the 72 floors for the third straight year. Two years ago he went all out and did the Miracle Mile, going up eight times and down the elevator seven. "It's the hardest thing I've done outside of a stress test," he said. "I've been doing it for 1,164 steps for the Step Up and 8,822 for the Mile. The 5-foot-9, 155-pound Seybold trains on his basement stairs, wears a heart monitor when he exercises and keeps a log of how many steps he climbs and what his heart rate is for every session.

He even has a coach, Patty Brehler, a former record-setting stair climber and fitness expert whom he met at the Westin a couple years ago.

"I haven't been training as intensely as I was a year ago," he said. "My count (heart rate) is lower, but I'm still doing stairs and light weights three times a week" to maintain conditioning.

"Two years ago, when I finished the Mile and the endorphins were flowing, I felt the best I had in my life. But when I got home, an hour and a half later, it was bedtime."

"You hear of people getting a second wind, but Patty tells me you can get a third and fourth wind with continued exertion, assuming you're in condition and the body will do it."

As with all participants, Seybold competes only against his own time. A stagger start is used, and there is no racing on the stairs, although some passing is inevitable.

"It's really astounding what some of them do," he said. "My only claim to fame is I'm old."

The key is to know your limits, Seybold said. His maximum heart rate is 171 beats per minute, and he slows down or rests when it gets near 165-168. During the climb, there are helpers checking heart rates and offering water every so many floors.

Seybold had a physical exam and took a stress test before his first climb. He did 21 minutes on the treadmill and found his stamina and conditioning was equal to that of someone 47 years old.

"I'm blessed," said Seybold. "They said do the climbs but don't exceed your maximum rate."

"You can't believe how fast you lose oxygen and water from muscle when you get to an aerobic level. You have to have a strong heart and lungs, and you have to keep shoving in water."

Seybold, who traces his family history back to John Roll — a tobacco

"I got to the 59th floor, and Patty said to reach down and pull it out," Seybold said. "I was puffing like a steam engine. But it's astounding. The thing that surprised me, on the last two floors, you tell your body to go and it goes. It responds."

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CC seeks Observer repeat

By STEVE KOWALSKI
STAFF WRITER

Livonia Stevenson wrestling coach Don Berg came across a photo the other day of him standing next to Redford Catholic Central coach Mike Rodriguez and Westland John Glenn coach Dave Hill.

The photo, taken after last year's Observerland Wrestling Invitational, showed Rodriguez in the middle of the victory stand, flanked by Hill and Berg.

CC was the champion, followed by Glenn in second place and Stevenson in third.

"Coach Rod and coach Hill are formidable coaches and I liked to be in their company," Berg said. "It was a good reminder."

Stevenson returns its strongest team in a decade, so Berg has a good chance of posing in the middle of the victory stand Saturday at Garden City High School.

The Spartans and Observerland Wrestling Invitational, featuring 15 teams, will start at 10 a.m. Admission is \$3.

The Spartans, who are dominated by their sophomore and junior classes, have won the Gar-

WRESTLING

den City and Plymouth Salem Invitational. They took third at the Trenton Invitational, fifth at the CC Invitational and are 5-0 in dual meets.

Juniors Scott Goldman (140), Chris Mullett (145) and Craig Martin (185) return to try and defend their Observerland titles. Martin has been ranked No. 1 in his class throughout most of the season.

"Everyone has seen us and we can't hide it anymore," Berg said. "We've had very good success and we're still very young with no seniors. My assistant coaches, Jim Carlin and Ben Lewis, take as much credit as I may take and all of us together make it a success."

"If I tell my wrestlers to come in at 6 a.m., they're there. It's unbelievable what they're dedicated to. We're going to try to win it but there's some tough competition and anything can happen."

CC brings an 8-7 dual meet record into the Observerland after winning a quad dual at home on Saturday.

CC was only 11 1/4 points behind Stevenson for seventh place at its own meet but Rodriguez said the odds of the Shamrocks defending the Observerland title are slim.

The Shamrocks are led by Bill Lamb, who won the 112-pound division at the CC Invitational, and 152-pounder Liam O'Donohue.

"We're coming in to be competitive and that's about it," Rodriguez said. "We're not at the level we were a year ago. Most definitely Stevenson will be running away with it. They have all the strength and are a pretty tough team this year."

Redford Thurston doesn't stand much of a chance in the team standings, but 125-pounder Lulay Haddad will provide a strong challenge after winning 119 last year.

Garden City is led by 112-pounder Jason Mills, a champion at the Riverview Invitational, and 130-pounder Steve Horvath.

Farmington features a couple of strong contenders, Matt Nicholas at 103 and Mike Prough at 140. Plymouth Canton is led by 103-pounder Dan Gruenwald.

BASKETBALL

Canton forced the Falcons into 11 first-quarter turnovers and capitalized with a lot of layups. The Chiefs sank 11 of 17 shots and led 24-16 after one period.

Farmington made 28 turnovers overall and went out of sync at times. The Falcons didn't shoot poorly (26-of-59 for 44 percent) but didn't get as many easy, uncontested attempts as Canton.

"We knew what they were going to do; we were ready for it," Farmington coach Denny Mikal said. "We knew they were going to press us, and we were going to try and take advantage of it."

"We wanted to be aggressive taking the ball to the basket. We didn't want to walk the ball up the floor. We wanted to attack the basket, but we didn't do a very good job of that. Their quickness took us out of some of the things we wanted to do."

Paupers, who shot poorly in some earlier games, was hot Tuesday, hitting 11 of 19 field goals, which included two three-point shots. He also made six of eight free throws.

Teammate Tadarus Rachal made four threes and scored 18 points. Ron Hunter, finishing numerous fast breaks after taking passes from guards Rachal and Ted Docke (seven points), had 14. Rob Radney filled the same role in the first quarter and added 10 points.

"Matt is putting in extra shooting practice, and I know he has his confidence back," VanWagoner said. "But it was a total team effort. Tadarus and Ted stepped up big, and Rob Radney sparked us early at the offensive and defensive ends."

Scott Menser scored 20 points, including four threes, to lead the Falcons. Steve Juncal posted 17.

See BASKETBALL, 3B

Chiefs charge past Falcons

By DAN O'MEARA
STAFF WRITER

Plymouth Canton showed it can play Farmington's brand of basketball better than the Falcons.

The Chiefs demonstrated their proficiency in the full-court game Tuesday during an 88-67 defeat of visiting Farmington.

Canton took charge early, using a full-court press to set the tempo and gain the first-quarter lead. With Matt Paupers having a good night and scoring a game-high 30 points, the Chiefs kept stoking the fire.

"We feel, if we can get teams into a fast-paced game, we're going to win, and that's what happened tonight," Canton coach Dave VanWagoner said. "We have some guys who can get up and down the floor."

"We knew it would be a high-scoring, exciting game. Tonight the ball bounced our way, but I think we made things happen."

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