

## YMCA

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and fifth in the 50 free (34.59).

Other 10-and-under finishers included Mike Tetrick, who was third in the 100 fly (1:31.76), Brook Heelner, 10th in the 50 breast (48.89) and 13th in the 100 breast (1:49.55); and Ali Lum, 12th in the 100 back (1:27.95) and fourth in the 50 back (40.82).

In the 11-12 age division, Katya Bachrouche placed second in the 200 IM (2:38.74), second in the 200 free (2:19.92), third in the 100 free (1:05.14), fourth in the 400 free (4:53.71), fourth in the 50 back (35.07) and fourth in the 100 back (1:14.60).

Bachrouche was awarded a trophy for a third-place tie in the 11-12 girls overall high-point category.

Ashley Cohagen finished in 12th place in the 100 back (1:19.91) in the girls 11-12 division.

In the 13-14 division, several swimmers placed in several events during the evening finals after qualifying for their events during morning preliminaries.

Jando Valtierra placed eighth in the 50 free (27.85), 12th in the 200 free (2:17.92), seventh in the 100 free (1:00.41), 12th in the 200 breast (3:01.96) and fifth in the 100 breast (1:23.52).

Brad Smith placed fourth in the 200 breast (2:47.95), fifth in the 100 free (1:01.57), 12th in the 100 breast (1:20.21) and fourth in the 200 IM (2:36.23).

Caryn Switaj placed eighth in the 100 free (1:03.31), 12th in the 200 fly (2:44.55), 12th in the 100 fly (1:12.55) and 13th in the 50 free (29.42).

Drew Warnick placed 11th in the 1,500 free (19:10.91) and fourth in the 400 IM (5:41.80).

Doug Troy was 11th in the 200 breast (2:59.22), 13th in the 1,500 free (19:41.01) and fifth in the 400 free (5:01.01).

Chrissy Fleck finished fifth in the 400 IM (5:50.11) and 200 fly (2:49.24). David Stiel placed 12th in the 1,500 free (19:40.74), and Ayumi Ueda was fourth in the 200 back (2:41.60).

In the senior age division, Katie Stiel placed 13th in the 200 back (2:43.89), 13th in the 400 IM (6:39.50) and sixth in the 1,500 free (19:52.47).

Top-15 relay included: Girls 10 and under 200 freestyle (Ali Lum, Kelsey Campbell, Hannah Heelner, Jenna Bachrouche), fourth, 2:28.22.

Boys 13-14 800 freestyle (Drew Warnick, Brad Smith, David Stiel, Jando Valtierra), fourth, 9:12.07.

Boys 13-14 400 freestyle relay (Drew Warnick, David Stiel, Brad Smith, Jando Valtierra) fourth, 4:12.00.

Girls 13-14 400 freestyle (Katie Stiel, Ayumi Ueda, Chrissy Fleck, Caryn Switaj), sixth, 4:24.58.

Boys 13-14 400 medley (David Stiel, Brad Smith, Jando Valtierra, Doug Troy), seventh, 4:54.09.

Girls 10-and-under 200 medley (Ali Lum, Kelsey Campbell, Hannah Heelner, Jenna Bachrouche), eighth, 2:51.43.

Girls 13-14 400 medley (Ayumi Ueda, Lauren Greer, Chrissy Fleck, Caryn Switaj), eighth, 4:58.02.

## CYCLISTS

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All USCF rules apply and a USCF license is required (for an additional \$5). The race also includes mandatory wearing of helmets. Headphones are not allowed and there is no drafting (except with a team member). Computerized timing will be used.

Prizes of \$20 (first place), \$15 (second) and \$10 (third) will be awarded in the Senior/Masters men's and women's classes. Juniors will receive medals.

Many of the Team EQ members will be either competing or working during the time trial.

The group meets for a 25-mile training ride each Wednesday at Ford Field in

Dearborn.

"It's a training ride, and out-and-back configuration," Chumpoux said. "Everybody is usually out for themselves. We

go down Outer Drive, down Southfield past the Ford Buildings and through Rouge Park. We hit a few traffic lights, but it's a smooth route."

## Arthritis Today

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## OSTEOPOROSIS OR OSTEOPORITIS

The terms osteoporosis and osteoporitis are confusing. Don't worry, they mean the same thing.

Osteoporosis means that the bone being described is porous, and is weak bone. Technically,

the term describes bone that has insufficient calcium living the network of protein that is the scaffolding for bone. A related term is osteoporitis, which means bone that has less than the best amount of calcium in it. At times, your doctor can make a guess if your bones are osteoporotic or osteoporitic by looking at an x-ray that includes bone such as in the leg, arm or back. These interpretations are often faulty because of the x-ray voltage used or the angle of the x-ray beam.

The best way to determine if your bones are lacking calcium is by a measure of bone density.

This test is designed to concentrate only on the bone itself, and compare the findings with standards agreed upon by the medical community.

Osteoarthritis refers to changes in a joint such as the wrist, shoulder, knee and ankle. When your doctor uses this term he is talking about a joint's wearing out as a result of loss of cartilage. The change is comparable to a worn road. Osteoarthritis is most easily diagnosed by x-ray. For the knee and ankle, weight-bearing films are excellent ways of bringing out the presence of osteoarthritis.

Osteoporotic joints can also be osteoporotic or osteoporitic, a combination that is common for the hip. Therefore, you need to listen carefully when your doctor discusses your arthritis joint.

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