

Area distance runners on club roster

Motor City Striders: Keep on truck'n (running)

By RON HINGST

Long distance running lacks the glamour of most athletic events. It takes dedication, stamina, little equipment and desire. Long distance running is a proven method to keep the human body in shape.

The runners themselves are different than the usual athlete. "Runners tend to be a different breed," said Ed Kosloff, president of the Motor City Striders.

Kosloff, a Huntington Woods resident, is leading the club in its 15th year. An estimated 125 members belong to the group including 24 residents of the Observer-Eccentric Oakland County area.

IT'S REALLY the only sport a person can benefit by growing old," Kosloff said. "You always compete against persons within your own age class."

Wayne State University track coach Frank McBride initially organized the

club in 1960 under the name "Michigan Roadrunners." Running interest faded in the early-sixties when group was reborn in '68 under the current name.

This season the Amateur Athletic Union (AAU) affiliated Striders have scheduled 22 races ranging from two miles to 36 miles in distance. The average age of the members is late twenties, but all age groups are represented from the early teens right through 70.

"The club is basically together to promote long distance running in Michigan," Kosloff said.

RUDY RUPPE, a Birmingham resident and former runner who at 53 has chosen to promote long distance events in the area felt the idea of running was a sign of the times.

"People are more conscious about physical fitness," he said, "we are realizing that we should take care of our bodies."

Ruppe, who is planning a local

event for June 21, added that running offers adults an opportunity to compete with other adults.

According to Kosloff, the average Strider runs anywhere from 15 miles per week to two miles, three or four days a week.

"Personally, I've found much success with three to five miles per day," the 32-year-old Kosloff said. "We have some people who run 5,000 miles annually."

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The Strider president, who is also a doctor of medicine, explained some of the medical benefits of running.

"THERE HAS been a big boom in running for your health," Kosloff said. "It's the best way to keep in shape and it's cheap. Running is the type of sport that has individual recuperating from a heart attack."

Strider members pay a \$5 registration fee which entitles them to a team

shirt and copies of the results of each race. Many of the races are held at Belle Isle and the group plans to send three teams of five persons to the grand-daddy of long distance running — the Boston Marathon.

In addition, Kosloff said, we are trying to promote speed walking (one foot must be in contact with the ground at all times). While the effort has been minimal to this point, Strider Bill Walker recently set the North

American record for 50 miles by stepping around the distance in eight hours, 37 minutes and 57.5 seconds.

Kosloff invited any persons interested in joining the club to call him at 544-9009.

"THERE IS really no strategy involved, and you will not be made to look bad like striking out in a baseball game," he said.

After all, a runner's life begins at 40.

Top seeds hold Crane net hopes

There is enough tennis talent at Cranbrook that the Cranes will field two varsity teams in Class A scheduled this season for the third consecutive year.

"We were the first Birmingham area school to win a state tennis title," said Cranbrook tennis coach Don Brown. "I get very excited about the enthusiasm of the kids. Many people might think some of our players get financial aid to attend schools here but they don't. Our players just plain work hard."

Brown watched his squad open their season with a 5-2 win over Edsel Ford last week. On paper, the Cranes can list some of the state's finest tennis records.

OVER THE LAST three years, Brown's teams have turned in 49 wins against three losses in the Interstate Preparatory League and a remarkable 41-1 mark against Michigan schools. Last year, the Cranes were runner-up in the state finals after taking the state title in 72 and 73 for Class B Schools.

Among Cranbrook's accomplishments last year was an upset win over Ann Arbor Pioneer which had recorded 58 consecutive victories.

Brown lost three members of the Junior Davis team in Jim Parsons and Skip Victor who graduated and Josh Lerner who moved.

This year's squad includes 12 returning lettermen.

When Brown refers to the star of his team he does so in the plural sense. The Cranes are led by 1972 state singles champion Jack Kaspers and Jeff Esterbrook, currently rated in the top 30 in the nation.

Freshmen Scott King and Mike Stone are competing for the three and four singles positions behind Kaspers and Esterbrook.

IN THE CRANES doubles lineup, Brown again is blessed with an abundance of talent and listed six members for the No. 1 doubles. They included Tom Lynn, Howdy Perkins, Steve Holmes, Bill Tashman, Mark Kuryla, Chip Lindquist and Jon Victor.

Brown picked Ann Arbor Pioneer and East Grand Rapids as contenders for the state title and he offered some kind words for Birmingham Seaholm. "The Maples will be a strong contender, they have a lot of team depth."

Jackets host 34 teams

Detroit Country Day School's all-weather track will be the scene of the Eleventh Annual Invitational Track Meet on Saturday, April 19. Some 34 high school track teams will be represented. Running events will begin at 9:00 a.m. and the Finals will start at 1:00 p.m.

The program consists of eight individual track and four individual events and three team relays. Sponsored by the Michigan High School Athletic Association, the annual meet is expected to attract 800 athletes from Michigan and Wisconsin.

ACCORDING TO Country Day track coach George Browne, it provides an early indication of which Class-C and D schools are going to be strongest during the season.

Country Day participants include

Men, women vie in mixed tennis tourney

The Michigan Open Indoor Mixed Doubles Championship will be held April 26 and 27 at the Grange Point Hunt Club.

The second annual event is open to both amateur and professional players and \$1,000 prize will be offered. There will be a draw of 16 teams with the champions earning \$500 and runners-up \$250.

Defending champion Mark Conti will team up with 15 year old Debbie Macarini.

Tickets are available at the Hunt Club or through local tennis club professionals.

senior David Merritt and Mike Young. Other top contenders include trackman from Detroit, St. Martin De Porre, defending Michigan Class C Champion, and Milwaukee University School defending Wisconsin Class C Champion.

Also competing are track squads from Dearborn's Sacred Heart High School, Detroit's Service High School, Grosse Pointe's University Liggett, Harper Woods, Lutheran East and Redford's St. Agatha.


Mercy men hold dinner

St. Joseph Mercy Hospital, Pontiac, will hold a Men of Mercy Sports Night Dinner on Tuesday, April 15, at the Forest Lake Country Club in Bloomfield Hills.

Honorary chairman for the event is General Motors president E.M. Estes. Estes was chosen by Sister Frances administrator of the hospital, in recognition of his leadership in leading up the hospital's successful fund drive ten years ago. The more than \$2,500,000 in funds raised were used to build the modern facility on Woodward Avenue which serves families from throughout Oakland County.

The Men of Mercy event is a \$125 per plate dinner, the proceeds of which will go towards the establishment of a fund to broaden the scope of the Ambulatory Care Services at the hospital.

"All of us have great concerns about the cost of hospital care today," Estes said, "and St. Joseph Mercy Hospital shares that concern and is looking for ways to shorten hospital stays." "One of the solutions will be to expand outpatient care services," he concluded.



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