

Winter jogging is a joy

During the months of January and February, many Michigan residents participate in the sport of winter hibernation as the temperature outside continuously drops.

Joggers, however, shouldn't participate in this sport of staying indoors. If they are seasoned runners, they can continue their cardiovascular workout outside, regardless of the temperature, as long as they dress appropriately for the weather.

There's a group of runners in north Oakland County who are continuing their jogging throughout the winter. They meet at least three times a week in the mornings at Rochester Municipal Park, putting five miles under their belts each time.

Last year many in the informal group couldn't run a mile. These stoic people are mostly women between the ages of 40 and 57.

"It's beautiful running outside in the winter," said Peggy Acton, one of the organizers of the running group. "If you enjoy running, you won't quit because of the winter. It's a lot easier for many people to run in the winter as long as they can get their footing. And if you dress properly, you don't get cold."

Joseph Arends, MD, a jogger who recently participated and completed the 26-mile, 385 yard marathon on Belle Isle in Detroit, said the most important thing about jogging outside is covering all exposed skin.

"JOGGERS SHOULD wear multiple layers of light clothing to form air pockets. All they need on their legs are long underwear and a pair of jogging pants. They need to warm the air before they breathe in by covering their faces with ski masks, surgical masks or scarves," Arends said.

A ski mask is the best choice because it covers one's nose, according to Arends, whose Troy medical practice is limited to the prevention of heart disease.

All joggers need to wear on their feet in the winter are a pair of socks and jogging shoes.

Arends knows this from experience. During the January 1978 blizzard when the wind chill factor was 35 degrees below zero, Arends was outside jogging.

"I have friends who live in Alaska who run when the temperature outside is 80 degrees below zero. Scientists don't know what the absolute extremes are for running outside. But as long as you're properly clothed, you can run outside all winter."

Arends, however, suggested new joggers start their exercise programs inside.

"We don't want to create a distasteful experience for new joggers by suggesting they start running outside. They should start indoors and wait for good weather before going outside," Arends said.



Winter frustration

Skating, while it can be fun for most persons, is sometimes frustrating for beginners, even when a friend tries to help. Take the case of Kevin Riley, who checks out his skates on the Shiawassee skating pond with the aid of Laura Zawicki. But when he gets on his own he slips and slides. Keep the faith, Kevin. Gordy Howe was at the same stage at one time during his life and look what happened to him. (Photos by Karl Wellman)

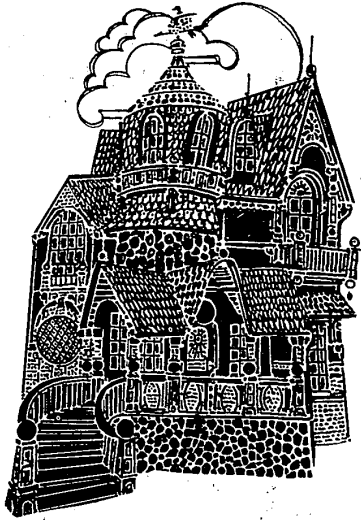
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