



jogging

Dr. Charles R. Young

Study points out runners' ailments

As you would expect, the recent boom in running has brought an increase in running ailments.

To understand the runners' problems and to provide comprehensive therapy, our office set out to evaluate joggers' problems statistically. The purpose is not to discuss the causes of the problems, but to present a brief survey of jogging ailments derived from a random sampling in our office.

THE GROUND RULES and data-collection procedures were as follows:

1. A random sample of 300 joggers from our practice was selected to represent the average jogging population.
2. Those individuals having general medical, post-injury, or other pre-existing physical ailments were eliminated from the study group, leaving a survey of 212 runners.
3. Each participant was questioned as to his or her chief complaint, approximate mileage per week and type of training program, in addition to other personal data.
4. The accumulated information was then fed into a computer.
5. Male joggers made up 164 of the total; 48 were females. Independent joggers — not associated with an organized team — numbered 194. There were 18 affiliate runners.

The surveyed group was subdivided into four mileage categories based upon average weekly totals.

In the zero-to-10-miles-per-week group were 24 runners. Training 11-20 miles per week were 66 joggers; 59 joggers were running in the 21-30-miles-per-week range and 63 were in excess of 30 miles per week.

THE RESULTS of the study were:

1. Pain in the lower leg, particularly in the knee, heel, arch, shin, metatarsal and ankle, is by far the most common complaint among joggers of all ages, both sexes and in all distance ranges.
 2. With few exceptions, only one leg was affected.
 3. Essentially the same problems proportionately affect both sexes.
 4. It appears that with increasing distances or mileage, runners encounter a proportionate increase in the frequency of problems with their body. The more we run, the more opportunity we have to hurt.
 5. The most common complaints (knee, heel, shin and arch pains) appear to occur with similar frequency in all of the mileage ranges. So from a random selection of joggers, certain conclusions can be reached. Obviously, there are interfering variables such as running surface, shoe selection, running style, etc.
- As a preliminary office survey, however, the study does succeed in drawing our attention to the more frequent complaints. Perhaps we will soon be able to focus on the causes and come up with a preventative program.

Groves needs OT to triumph

By M.B. DILLON

"The dogs finally won one," said Birmingham Groves coach Gary Sharpe, saving the Falcons' 60-58 overtime victory — its first of the season — over Bloomfield Hills Andover.

"We felt we were playing in the world championship of Bloomfield and Birmingham."

"We go to 0-4 and we're seriously dogged," Sharpe said. "No doubt that

enthusiasm showed on the floor."

It was a good night for Groves fans — the jayvees beat Andover, 67-61.

The varsity game went into overtime with the score tied up at 32. Groves ran it up to 59-54, but saw that edge chipped to 59-58 when Eric Girdler sank a bucket with 36 on the clock and Robin Peterson connected on an outside shot.

With three seconds left to play, a one-on-one opportunity sent Peterson to the free-throw line. He missed, and

Groves grabbed the rebound.

Falcon Scott Norman drew a foul with two seconds remaining and locked it up at 60-58 with an on-target free throw and his 30th point of the night. Norman was the game's high scorer with 12 field goals and six of eight free throws. He also pulled down 15 rebounds.

Peterson led the Barons with 27 points on 10 field goals and seven of 11 free throws.

THE LOSS MEANT a lot to Andover coach John Maloney.

"It's how I make a living," Maloney said.

"This is a big Bloomfield Hills-Birmingham rivalry. My children go to Groves. This game was the difference between 2-2 and 1-3.

"But I still think we played a good game."

For the first two quarters, the game's momentum belonged to the Barons.

Groves trailed the entire first half. Andover led 17-16 after one quarter and 32-25 after two.

If basketball referees threw flags instead of blowing whistles, Groves' court would have been a mass of yellow. Twenty fouls marred the first half. At the half, Sharpe's squad adjusted to Andover and modified its defense.

That thinking was apparent as both teams' output decreased.

But Andover took a 41-38 lead into the final quarter after Groves flirted with a one-point lead twice in the third quarter.

With the arrival of the fourth quarter, Groves asserted itself, outscoring Andover, 14-11.

And the Falcons put it away in the overtime.

GROVES — ANDOVER
Groves (60) — Mike Green 3, 0-0, 6; B.J. Cameron 2, 0-0, 4; Jeff Miller 2, 0-0, 4; Bill Schertz 1, 4-5, 6; Scott Norman 12, 6-8, 20; Dave Dubensky 4, 0-1, 8; Jordie Herschler 1, 0-2, 2; Totals 55, 10-16, 60.
Andover (58) — Bill Ammons 4, 1-1, 9; Eric Girdler 4, 5-8, 13; Bob Graczyk 2, 2-3, 6; Jim McDonald 1, 0-2, 2; Robin Peterson 10, 7-11, 27; Bob Burnstone 0, 1-1, 1; Jim McCarthy 0, 0-4, 0.
Totals 51, 16-24, 58.
Team Fouls: Andover 17, Groves 20.
Groves 16 12 10 14 6-60
Andover 17 15 9 11 6-58

Sterling Hgts. whips Lahser

A 17-point fourth quarter by Sterling Heights proved to be the difference Tuesday as the Knights lost their fourth in a row.

Lahser trailed only by a point going into the fourth quarter.

Tim Haynes led the Knights with 14 points. Phil Perkins joined him in double figures with 12.

Sterling Heights' Larry Polce led all scorers with 18 points.

Lahser, off to its worst start in many years, is now 0-4. The Knights take on Rochester Adams today.

Paul Jokisch — who just a couple of weeks ago was snarling passes for Al Fracassa and the Rice football team — led all scorers with 19 points. Les Daggs had 12.

Brad Silverstein and Al Morris were high for West Bloomfield with six each.

Rice is 4-0 overall. The Warriors play Sterling Heights Stevenson on Friday.

OXFORD 53 CRANBROOK 38

The Cranes should've known they were in trouble Tuesday after being outscored 12-3 in the first quarter.

Cranbrook, to its credit, did not give up after that inauspicious start. The Cranes managed to outscore Oxford in the third quarter, 10-8, and kept close in the second and fourth quarters.

But that first quarter killed them. Tim Hazen and Dennis Leggs led Cranbrook with nine points.

Oxford's Claude Popp led all scorers with 13 points. Teammate Steve Laidlaw had 12.

Cranbrook is 0-4 overall. The Cranes are at Lutheran North on Thursday.

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Detroit Pistons plan clinic for girl cagers

The Detroit Pistons will stage their inaugural girls' basketball clinic beginning at 8 p.m. on Friday, Dec. 19, as a prelude to the Pistons-Indiana Pacers National Basketball Association game at 8:05 p.m.

The clinic begins with a half-hour tour of the Pistons lockerroom and training room and a talk with Pistons trainer Mike Ableson. Next, a 30-minute question-and-answer session with

some Pistons players is scheduled. Members of head coach Scotty Robertson's staff will give a 7-7:30 p.m. talk.

Specially priced tickets, which include the clinic, the Pistons-Pacers game and the Davidson-Oswayo boys' high school preliminary game, are available through the Pistons Group Sales and Special Events Office at the Silverdome, or by calling 338-4667.

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CITY OF FARMINGTON HILLS
SUMMARY OF PROCEEDINGS
CITY COUNCIL MEETING
December 15, 1980

The City Council of the City of Farmington Hills held a special and regular meeting December 15, 1980. Mayor Soronen opened the meeting at 7:30 o'clock P.M. Eastern Standard Time. Members present were Soronen, Burwell, Lange, Opperhauser, Wolf, Alkateeb and Dolan. Others present were City Manager Savage, Acting City Clerk Thomas, City Attorney Donohue.

A necessity for sewer improvement was declared for Glen Orchard and Farmington Hills Subdivisions and acreage in the SW 1/4 of Section 22.

After the cost hearing, Special Assessment Roll No. C144 in the amount of \$550,550 was confirmed for Glen Orchard and Farmington Hills Subdivisions and acreage in the SW 1/4 of Section 22, for sewer improvement.

Council adopted the Site Plan for Cluster Housing and Open Space for parcel 23-9-400-410 in the SE 1/4 of Section 5, 10,402 acres on NW corner of the intersection of Thirteen Mile and Drake Road subject to approval of Cluster Contract and deposit of cash, letter of credit or bond in the amount of \$34,815 for the improvement of the Open Space prior to issuance of building permits.

Consideration of Introduction of proposed zoning map amendment C62-233 parts of lots 60 through 64 of Park Hill Subdivision to rezone from RA-2 to P-1 was postponed until January 19, 1981.

Council introduced C62-234 in the NE 1/4 of Section 34-227-013 and 014 to rezone from RA-3 to SP-3. (Swedish Club).

Zoning amendatory Ordinance C62-235 to rezone from RA-1 to RC-2 in the W 1/4 of Section 21, parcel 21-301-009 on the east side of Drake Road, south of Independence Hills Subdivision was introduced.

Zoning amendatory Ordinance C62-236 to rezone from RA-1 to OS-1 in the SE 1/4 of Section 3 lots 169 through 178, S 1/4 of 179, S 1/4 of 254 through 273 and lots 352 through 359 of Oakland Hills Subdivision was introduced.

Council introduced C62-237 in the NW 1/4 of Section 11 lot 76 of Oakland Hills Orchards Subdivision to rezone from RA-1 to OS-1.

Council denied Introduction of Zoning Amendatory Ordinance C62-238 to rezone lot 117 of Springdale Subdivision, No. 3 from RA-2 to OS-1 in the SW 1/4 of Section 14.

Council enacted zoning map Amendatory Ordinance C62-231 to rezone from RA-1A to OS-3, lots 42 and 43 of Supervisor's Plat of Woodcreek Farms, Section 12.

Approval was given the Cost Sharing Agreement with the State Highway and Transportation Department and the County Road Commission for the reconstruction of the Ten Mile-Grand River Intersection.

Council waived the requirement by City Charter, Section 10.10A Employment of Relatives or prospective marriage of two city employees.

Upon the recommendation of the City Manager the council awarded the contract for uniform rental and cleaning to Central Quality Services in the amount of \$15,198.16 for two years.

Council set January 19, 1981 for the cost hearing for Howard Road Sewer construction S.A.D. C147; Howard Road Water Improvement Special Assessment District C148 and Howard Road Paving Improvement Special Assessment District C149.

City Council Organizational Special Meeting was set for January 5, 1981 at 7:30 P.M. in conjunction with Awards Night.

Council authorized the City Manager to renegotiate the Old Homestead Sewer easement for parcel 17-177-004 in lieu of the storm water drain included in previous easement.

Meeting adjourned.

Respectfully submitted,
GLADYS THOMAS, City Clerk
Approved by: Mayor SORONEN

Published December 18, 1980