



jogging

Dr. Charles R. Young

# Jogging capability based on the runner's foot type

Just as body structure varies from person to person, so does basic foot type and functional capacity.

Jogging performance is determined by foot type.

Some joggers' physical limitations can be overcome, but without professional care, the performance of such runners usually is hampered.

Here's a closer look at some of the common limiting physical factors. There are three basic foot types. The high-arched foot resembles two pillars of weight supporting an overlying curved beam. This type of foot rarely is flexible. Because of its rigidity, it's a poor shock absorber.

When exposed to distance running, the high-arched foot often breaks down and develops ailments like heel pain, knee problems and Achilles tendonitis.

A SECOND FOOT TYPE is the low-arched or flat foot, and there are two variations.

A structural flat foot is one in which bony relationships determine the lowered pitch of the arch. In other words, regardless of an individual's foot motions, foot structure is still flat or of a low-arch type.

The positional flat foot is normally a medium-arch type which excessively pronates or rolls in at the

arch. Although the final appearance is that of a flat foot, two simple tests can distinguish the difference. First, X-rays reveal medium-arch position, according to bone structure.

Second, when the individual sits down and assumes a non-weight-bearing position, the apparent flat foot changes to a medium-arch type.

Our last foot type is the medium-arched foot. This foot has an arch height which is neither too high or too low.

The medium-arched foot allows maximum weight distribution and dissipation of stress and pressure.

However, we now know that the

functional performance of the foot and ankle through the gait cycle determine overall results.

WHICH TYPE of foot structure requires which type of treatment? The most important point to keep in mind is that we do not treat foot types but foot conditions.

Being able to assign a label to a foot structure is convenient, but as a foot specialist, I am more concerned with how that particular foot type functions in the gait cycle.

It's possible to predict the need for treatment. The high-arched foot type is a poor shock absorber.

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-B. Braley

**CITY OF FARMINGTON HILLS**  
NOTICE  
HEARING ON PROPOSED USE OF  
FEDERAL REVENUE SHARING FUNDS  
The City of Farmington Hills will hold a public hearing at City Hall, 31555 Eleven Mile Road, Farmington Hills, Michigan, Wednesday, April 22, 1981, at 7:30 P.M. for the purpose of obtaining written and oral comment from the public on the proposed uses of Federal Revenue Sharing Funds in the upcoming budget for Fiscal Year 1981-82.  
All interested citizens' groups, senior citizens and senior citizen organizations are encouraged to attend the hearing. Persons attending the hearing shall have the right to provide written and oral comments and suggestions regarding possible uses of Federal Revenue Sharing Funds. Contact the City Clerk at 474-4114 to be placed on the agenda.  
Following is important planning information for the Proposed Use Hearing:  
Amount of unappropriated Federal Revenue Sharing Funds in the local trust fund \$ 76,300  
Amount of Federal Revenue Sharing Funds expected to be received during the upcoming fiscal year 243,700  
\$320,000  
FLOYD A. CAIRNS, City Clerk  
Publish April 9, 1981

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## REGISTRATION NOTICE

FOR  
**SPECIAL STATEWIDE ELECTION**  
TUESDAY, MAY 19, 1981

To the Qualified Electors of All Precincts  
FARMINGTON, COUNTY OF OAKLAND  
STATE OF MICHIGAN

Notice is hereby given that in conformity with the "Michigan Election Law", I, the undersigned Clerk, will upon any day, except Sunday and a legal holiday, the day of any regular or special election or primary election, receive for registration the names of any legal voter in said Township, City or Village not already registered who may APPLY TO ME PERSONALLY for such registration.

TO VOTE ON THE FOLLOWING PROPOSITION:

PROPOSAL A  
PROPOSAL TO REDUCE PROPERTY TAXES, REDUCE CITY INCOME TAXES, LIMIT GROWTH OF PROPERTY TAX REVENUES, RETURN ADDITIONAL SALES TAX TO LOCAL GOVERNMENTS AND SCHOOLS AND GIVE STATE LOTTERY PROFITS TO SCHOOL AID FUND.

- The proposed amendment would:
1. Reduce by 50% homestead property taxes used for operating schools and local governments. Reduction limited to \$1,400.00 in 1981 and changed yearly as home value changes.
  2. Reduce by 50% local individual income taxes on first \$40,000 of taxable income.
  3. Make state return to local governments all funds lost by above reductions.
  4. Limit yearly property tax revenue growth to 6% by property type unless released by local voters.
  5. Raise sales tax from 4% to 5.5%. Rate must be returned to local governments and schools.
  6. Let farms and forests be assessed at use value.
  7. Give state lottery profits to school aid fund.

SHOULD THIS AMENDMENT BE ADOPTED?

ALSO ANY ADDITIONAL AMENDMENTS OR PROPOSITIONS THAT MAY BE SUBMITTED

NOTICE IS HEREBY GIVEN THAT I WILL BE AT MY OFFICE  
**April 20, 1981 - - Last Day**  
From 8 o'clock a.m. until 8 o'clock p.m.  
The 30th day preceding said Election  
As provided by Section 478, Act No. 116, Public Acts of 1934 As Amended.

For the purposes of REVIEWING (the REGISTRATION and REGISTERING such of the qualified electors in said TOWNSHIP, CITY or VILLAGE as SHALL PROPERLY apply therefor.  
The names of no person but an ACTUAL RESIDENT of the precinct at the time of registration and entitled under the Constitution, if remaining such residents, to vote at the next election, shall be entered in the registration book.

NEDRA VIANE, City Clerk  
Publish: April 9, 1981

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