



# bowling

## Red Poulin

### Teamwork: the key to success

Teamwork. That's what it's called when three, four or five people pull together to make a game high scoring.

Out at North Hills Lanes in Rochester, the National Bank of Rochester five-man team of the Bill Fox-North Hill Classic League, put together a 1,112 series.

Hal Marsh led the team with a 258, and Gary LaClair supported him with a 234. Mike Bennett added a 222, and Ed Marsh and Red Lapanowski each chipped in with a 199.

National Bank of Rochester finished with a 3,086 series, including an individual series of 657 by Bennett (245 high game).

Another team from that league — T.T.&T. Plumbing — rang up a good score as southpaw Steve Goding led the way with a 256 team-high game. As a team, T.T.&T. had a 1,091 high game and 3,058 high series.

Other high scores were posted by Ed Gibbs who had a 214, 237 and 255 for a 706 series. Bill Alexandrou had a 251. High series included Hank Hillebrant's 681 and Bill Johns' and Dave Taube's 664.

In the Friday Nighters League, led by Gary LaClair's 710 series, including games of 245 and 265, Engineering Heat rolled to team games of 1,091 and 1,046 for a 3,023 series. Don Evans helped out with a 571 series (249 high game), and Dave Kahler had a 624 (consistent scores of 200, 201 and 223).

Other scores include Norm Zea with a 661 series (235 high game), and Duane Kolaski with a 676 series (275 high game). Rick Davis rolled games of 208, 222 and 223 for a 653 series.

At Troy's Gold Crown Lanes, the four-person team of S&J's were a full 219 pins over its team average of 490 in the Saturday Youth League.

Steve Olson, 12 years old, had a 171 and Jeff Lockwood added a 198. Scott Molitor had a 160 and John Brunning, with a 180, rolled a 709 actual series. Lockwood also had a 247 game Saturday which is 115 pins over his average.

Some of the 'older folks' in the adult leagues rolled some good games, also.

Paul Goings, for instance, had a 685 series including games of 235 and 244. Gene Tercha rolled a 257, while Dick Preston combined games of 203, 228 and 202 for a 633 series.

In the learn-to-bowl classes, Darcy Scott, who sports a 136 average, rolled a 235. And, in the women's league, Barb Toth rolled a 210 and Pat Woodward rolled a 212 game.

At Farmington's Country Lanes, the Westside Plumbers League was really tearing up the lanes. Chuck Thompson put games of 268, 245 and 217 together for a sizzling 730 series. Larry Virzi had two steady 221 games, then leaped to a 279 game for a 721 series. Bob Duman had a 256 high game enroute to a 687 series.

Frank Darabos started out slow with a 198, but recovered quickly to register scores of 266 and 212 for a 676 series at Farmington's Drakeshire Lanes. Annie Henry had his first 600 series in three years with a 695, including a 215 high game.

Out at Southfield's Plum Hollow Lanes, Iva Voight rolled a 210 in the Lathrup Village Ladies League. The Bright Spotters were highlighting the lanes with Dell Thomas' 199 game and Charlie Zucal's 531 series, including games of 187 and 183.

And, at Farmington Lanes, John Antalik had a 656 series and Jan Vandewill rolled a 501.

### Half-marathon ready

More than 700 runners have pre-registered for the West Bloomfield Half-Marathon, which will be held Sunday, April 4, over the roads and subdivision streets of the township.

The run, cosponsored by the West Bloomfield Parks and Recreation Department and Henry Ford Hospital-West Bloomfield Center, covers 13.1 miles.

Starting time is 12:30 p.m. The race begins and ends at West Bloomfield High School on Orchard Lake Road.

The course is a challenging one with the runner getting a variety of settings. Wooded subdivision streets, a golf course and a lake.

With the famous Boston Marathon scheduled for April 4, the local half-marathon offers "an excellent opportunity to tune up for Boston," said race director Craig Monahan.

Dr. Bruce Relyea of West Bloomfield's Internal Medicine staff and director of Henry Ford Hospital's Cardiac Rehabilitation Program, has been selected as this year's honorary race director.

Relyea considers "helping keep the race safe" one of the duties of the race director.

Some of the safety measures provided for the race include a West Bloomfield emergency medical service vehicle along the route and two-way radio communication between the vehicle and the air stations.

Last year, the race attracted more than 700 runners despite miserable weather. Defending champion Mark Messer of East Lansing has not entered the 1992 race, according to parks and recreation department officials.

# There are alternatives to jogging

Although this column pertains specifically to the sport of jogging, it should be emphasized that there are other available alternatives to the activity which are excellent for body conditioning and rehabilitation.

I have given the matter a good deal of thought and I cannot think of any sport which, when done along with jogging, is either detrimental or harmful.

In short, jogging is only a supportive aid to other sports, and, vice versa.

There are, however, certain activities which are excellent alternatives to jogging which we should examine a bit closer.



### jogging

## Dr. Charles R. Young

Bicycle riding of either the outdoor variety or the indoor stationary unit can be quite helpful as a conditioning or rehabilitative mechanism. Obviously, certain speeds must be attained and maintained for maximal conditioning purposes, but the activity of cycling can be extremely beneficial, particularly to the lower extremity musculature.

FROM A rehabilitation standpoint, cycling can be an excellent modality since the primary influence of weight bearing is essentially removed, and, therefore, the presence of excessive stress and strain on the lower extremity is essentially gone. The activity, when performed correctly, is by no means easy and can cause rapid fatigue in the novice enthusiast.

Swimming has always been one of my favorite suggested substitute activities for jogging. Perhaps no other activity, when performed correctly and diligently, can be more ideally beneficial to the body as a sport. The basic problem with utilizing swimming as a prime activity involvement are twofold:

First, one must have access to a swimming facility practically on a daily basis. For many, this may involve membership in a somewhat expensive club, but, at least, it does require travel usually from apart from one's own home.

The second problem is the skill level that should be possessed prior to gaining particular benefits from the activity.

In other words, one must be able to swim at a certain level before the actual conditioning capacities can be reached.

However, after all is said and done, if these two basic criteria are met, one can certainly look upon swimming as an excellent body conditioning and rehabilitative activity. What's more, basic overall body benefits derived from jogging can be reached through swimming.

Aquatic running is actually more of a rehabilitative program used by those individuals who have sustained injury. The patient is advised to actually run or jog in the water with the water providing a natural resistance to lower extremity motion.

THIS PROVIDES an excellent method of treating patients who have been in casts or bandaged for several weeks who are unable to (as of yet) return to the actual sport. Water running can certainly be a monotonous and extremely fatiguing activity, but it is usually considered as a rather short-term type of treatment and strengthening program.

Race walking is an interesting activity and one which, in the past few years, has grown in popularity. Race walkers are those individuals seen on high school running tracks — usually on weekends — with an awkward and "funny" type of gait.

In actuality, race walking is a fascinating, invigorating, and highly skilled activity requiring total coordination of upper and lower body movements. This sport is particularly good for those individuals having knee problems, since the incidence of knee complaints in race walking is practically negligible due to the hyperextended position of the knee upon foot contact with the ground.

Race walking is becoming a much more popular sport. In the near future, believe that local races and special events for race walkers will become more frequent.

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