



# Bowling Red Poulin Brown's almost perfect — 299

It was a week of "almosts" for area bowlers.

Out at Rochester's North Hill Lanes, Gar Brown almost got a perfect 300 game in the Bill Fox-North Hill Classic League. Belting out the first 11 strikes, Brown left one stubborn pin for a 299. He added a 243 and a 211 for a sensational 753 series.

Butch Trzaska came close to that magic number, firing a 279 en route to a 733 series. Jim Gibbs hit a 714 with a 264 high game, while Rick McCotter rolled a 268 for a 708.

The week before, Mike Bennett was almost perfect with a 280 game (732 series). Bill Wasserberger almost beat Bennett, knocking out a 278 for a 726 series.

Mike Evans came real close to a 700 in the North Hill Friday Nighters. He put games of 228, 219 and 245 together for a 692.

Mick Maddy and Geo Lawrence teamed up to shoot some pretty good games; Maddy started slowly with a 171, but rebounded for games of 276 and 235 for a 682 series.

Although Lawrence wasn't much help the first game, he came back with a 264 and added a 180 for a 538 series.

Ten-year-old Tommy Todd was really hot in the Saturday youth leagues. The 136-average bowler fired off a 246 game, which was a full 110 pins over his average. He finished with a 559 series.

At Southfield's Plum Hollow, Phil Abraham, also in the youth league, was in a groove. He started with a 246, and added a 188 and 169 for a 6-2.

Tonya Marshall, 11 years old, rolled a 210 en route to a 534 series.

Earl Marcy almost hit the magic 300 at Troy's Gold Crown Lanes. He started his second game with a spare, then struck out for a 290.

Roger Ream kept trying, but he just couldn't string enough together. Ream started with a 256, added a 250, then finished with a 214 for a 720 series.

In the step-ladder finals of the Mid-Western Women, it was an exciting finish.

In the first match, Betty Hetzel edged Nancy Mischuk, 180-176. But Hetzel then lost to Becky Day by 11 pins, 170-159.

Day advanced in the journey with a 161-158 squeaker over Carol McLaughlin. But it was top-seeded Lori Raveane who came out on top, sliding by Day, 164-161.

Some of the other good scores during qualifying rounds included June Sullins (269, 224), McLaughlin (246) and Carol Kelly (224, 235, 202).

# What are benefits of jogging?

A subject which is frequently raised by prospective runners concerns the primary benefits of a jogging program.

In short, what changes can the participant expect to gain from the activity?

Although a complete discussion of the actual benefits would be too lengthy for this article, the following is a summarized version of what I consider to be the most common and significant ones.

Perhaps the most important benefit of a judicious jogging program is that of respiratory and cardiovascular improvement.

In essence, the lung capacity, level of oxygen consumption and total oxygen delivery system are made to function more efficiently. The heart increases in size and strength and becomes a more efficient pump.

The overall vascular system functions better allowing improved tissue perfusion by blood and oxygen. Obviously, these body alterations take time and result from long periods of physical training.

I do suggest that an individual not used to physical exercise, who is overweight and/or afflicted with certain systematic diseases, undergo some sort of medical evaluation before jogging.

A SECOND benefit of jogging might be less spectacular but nonetheless noticeable.

The overall muscle tone of the lower extremities is vastly improved, as is the flexibility range of the various muscle groups. Improving flexibility is important in both the prevention of injury and minimizing injury disability time.

It should be emphasized that jogging alone will not significantly change muscular flexibility. Adequate exercising in conjunction with running is necessary to attain this benefit.

Nowadays, we are constantly hearing about, reading about and concerned about weight loss. The overweight individual is forever seeking new and better ways to fight obesity.



## jogging Dr. Charles R. Young

Jogging is not a cure-all.

However, in combination with more adequate food intake, a serious jogging program can and will aid in weight loss. One can readily understand the cumulative effects of long-term jogging if he tabulates the total caloric output vs. the approximate daily dietary input.

After considering the response to normal daily metabolism, it is clear how one can lose weight in an effective manner over a period of time.

WE HAVE ALL heard the comment by our jogging friends of how good they feel, how young and active they seem and how they feel ready to take on the world. This feeling or improved outlook on life is a real one and most definitely a tremendous benefit of jogging.

the emotional and psychological release afforded the jogger.

During the run, many people find a sort of cleansing experience, a time when personal thought and contemplation takes over and replaces fatigue and boredom.

For those persons capable of such an experience, jogging soon becomes a wonderfully beneficial program.

Nothing in the world is more comforting than being able to set aside the problems and tribulations of daily life, and for a few moments, enjoy oneself in a sort of utopian environment. The feeling is good and benefits are priceless.

We have discussed some of the more important benefits of a jogging program. Regardless of one's expectations or reasons, the activity can be most beneficial and only an additional aid toward health improvement.

But, what is more important, in my opinion, is

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