

# Weight, tread pattern important in shoe selection

A major area of confusion facing most joggers is their shoe-selection process. The decision-making process is often based upon effective advertising, magazine ratings, or such factors as color and word of mouth.

As a foot specialist involved in sports medicine, I believe that the consumer's knowledge of the available products is essential in the selection process.

The following features are those which I believe comprise a good quality shoe:

The type of rubberized tread pattern should be selected as to fit the particular running needs of the athlete. The runner or "snow tire" is suggested

for outdoor running and a flattened, smooth type of tread surface is recommended for indoor running and activities.

• The weight of the shoe is an important consideration, particularly in marathons. Although an individual determination, the assessment can readily be made through a comparative examination of other available shoes.

• The durability of the outer sole, to a large extent, determines the life of the shoe. The black carbon rubber soles, common in waffle patterns, is a long-lasting material as opposed to its counterpart — the crepe and/or gum rubbers. A white polyethylene sole is



jogging  
**Dr. Charles R. Young**

available in certain shoe lines and is very durable as well as a shock absorptive.

• Ventilation is another important quality. I usually suggest the nylon or mesh uppers for warm-weather jogging and the suede and leather type for

motion and weight bearing to occur.

• A shoe with ample toe room is another essential necessity. During the running gait cycle, there occurs excessive sliding and compression of the digits within the shoe. There must be adequate room to compensate for these motions.

• The topic of heel flare is an interesting issue since there is confusion as to how much is actually good. A flaring out of the shoe at the heel has a sound principle in that a wider base of support provides additional foot and ankle stability. But too excessive of a flare can interrupt the gait cycle itself.

• Most of the running shoes today have a padded tongue extension up to the back of the heel. The purpose is to provide added grip and conformity of the foot in the shoe, and it serves to protect the Achilles tendon. I suggest you select the softer, well-padded and flexible type as to lessen the possibility of irritation.

• An adequate type of insole padding is essential in reducing the pressure and friction upon the bottom of the foot. Commercial and professional insoles are available for dealing with these factors. Adequate padding in both the heel and the ball of the foot is essential for foot comfort in the runner.

## Rochester man grabs 5th at Stoney Creek

Phil Shoensee of Center Line was the big winner in the 11th annual Stoney Creek Metropark Distance Run held earlier this month.

Shoensee won the five-mile open division with a time of 25 minutes, 41 seconds. Brian Harris of Royal Oak was second at 25:59, while Brian Blough of Rochester was fifth with a time of 26:28.

In the one-mile run for people ages 1-10, Tony Ray of Warren won with a time of 5:44. Jeff Harris of Royal Oak was third with a time of 6:11.

The Division II (ages 11-20) winner was Jeff Olin of Highland, who chartered the 2 1/2-course in 11:55. Doug Schepke of Harper Woods was second at 12:03.

Pontiac's Tony Alessi was first in Division III (2 1/2-mile course for ages 21-30) with a time of 12:28. Gregory Dale of Westland was second (12:43), followed by Craig Manning of St. Clair Shores (13:14). Paul DeRenzo of Garden City (14:28) and Randy Hall of Utica (14:38).

In Division IV (2 1/2 miles for ages 30 and up), Robert Morrow of Sterling Heights won with a time of 12:47. Dwaine L. Bookins of Rochester was second at 12:48, followed by Rochester's Joe Washburn (12:49), Southfield's Dave Blivenrecht (13:56) and Clawson's Don Wold (14:10).

And in Division V (2 1/2-mile course for women of all ages), Rochester's Jill Washburn won with a time of 12:47. Teri Steffler from Auburn Heights was second at 12:45, followed by Marla Mitchell (Detroit), Michelle Smith (Warren) and Sherrie Johnson (East Detroit).

The youngest competitors were Jeffrey Kenwell of Utica and Jennifer Olson of Ferndale — both 4 years old. Sam Dahish, 53, of Sterling Heights, was the oldest entrant.

### STARS IN THEIR FIELD

The first annual Michigan High School Softball Coaches Association all-star softball game was held over the weekend at Raney Field in East Lansing.

The all-state players (published two months ago by the Observer & Eccentric) from all four classes — A, B, C and D — participated in the all-day event.

The class C-D game included seniors from the Class C and D listings who were grouped together to form two teams — an East and a West team. The West Team, coached by Jimmy Hess of Ann Arbor Gabriel Richard, won 5-4.

The class A-B game was also won by the West Team, 8-7.

The winning pitcher was Colleen McGovern, the all-state hurler from Birmingham Groves High School. She also beat out an infield hit.

Jana Baringer of West Bloomfield, also a member of the winning squad, had one hit in two trips to the plate. For the East Team, Angela Vos from Troy Athens scored a run.

The West Team was coached by Charlie Waller from Class B state champion Chelsea. He was assisted by Steve Crane from Birmingham Groves.

Vince Caruso from class A state champion Royal Oak Kimball coached the East Team, and was assisted by Ron Pank from Warren Coustou.

"It was really a nice day out there," said Crane, whose Birmingham Golden Eagles girls' fast-pitch team will play this weekend in a regional tournament at Detroit's Jayne Field. "I've never seen so much talent on the same field in all my life. It was a lot of fun."

### SENIOR OLYMPICS

Oakland Community College's Orchard Ridge Campus will be the site of the third annual Senior Olympics on Sept. 11-12.

The seniors will participate in such sports as volleyball, shuffleboard, walking, cycling, swimming, checkers and chess. This year's new games include tennis, racquetball and a one-mile run.

The Senior Olympics, sponsored by the Xerox employees and the Michigan Recreation and Parks Association, is free to all participants. It includes lunch, a souvenir T-shirt, a bag of useful items and information useful to all seniors. There will also be gold, silver and bronze medals awarded in each event.

Some 1,500 seniors from across Michigan are expected to participate.

If you are 60 or older and interested in the Senior Olympics, contact committee members at 354-9362.

### NEW AT THE MIKE

Charlie Sanders, a former tight end for the Detroit Lions, will be in the broadcast booth for all Detroit Lions professional football games this season.

Sanders joins play-by-play announcer Bob Reynolds and Frank Beckmann. Sanders' job will be to provide pre-game, halftime and post-game analysis.

Sanders, a perennial all-pro during his playing days, will debut this weekend as the Lions host the Cleveland Browns Saturday at the Pontiac Silverdome.

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