

And they want you Club off and running in style

By Tom Henderson
staff writer

If you're new to running and looking for some races, companionship, maybe even to join a club, the Oakland Runners Club is just what you're looking for.

The club, currently 175 strong and looking for a membership of about 500 by the end of this upcoming season, has recently become affiliated with Oakland University and has greatly expanded its scope.

"Track clubs like the Ann Arbor Track Club cater to the high quality athletes," explained Dave Kanners, president of the Oakland Runners. "What we want to do is just the opposite. We're seeking beginners and intermediate runners; we're not structured for the elite athlete."

"We don't sponsor athletes. We're just trying to find people who are looking to learn, who want to get a lot out of it. We've got social activities every two or three weeks, plus our regular Saturday morning runs and a few big races."

THE BIG RACES he talks about are the April Fool's 5-Mile Race on April 10th; a 10-kilometer race July 2 as part of a week-long festival in downtown Pontiac; the 1,500-runner Country Music Run on July 30; a 10-miler August 13 in Bloomfield Township to benefit the Muscular Dystrophy Association, co-sponsored by the area 7-Eleven stores and the Total Runner stores of Southfield and Grosse Pointe; and the fifth annual Run for the Birds in November.

In addition, the club is sponsoring a series of clinics, a weekend outing to Cleveland in May for the Revco Marathon, a family picnic in the summer, a white-water rafting excursion, an early winter ski trip to Canada, and monthly get-togethers at local restaurants.

"We're looking for people who want more than just a T-shirt," said Kanners, who was between jobs at his Rochester auto repair firm at M-59 and Crooks. Kanners, who has been running four years, has run a marathon best of two hours, 40 minutes, which he managed

last year at the brutally hot and sunny Detroit Free Press International Marathon.

Kanners is hoping his club's tie-in with Oakland University will increase membership, which costs \$12 a year. Every Saturday at 9 a.m., the club conducts group training runs from the Epley Sports Center on campus. It's informal — go as long as you want as fast as you want on a picturesque route that includes the grounds of historic Meadowbrook Hall.

Kanners has set up 12 measured courses that start and finish at the Epley Center. They range from 2.5 miles to 20 miles.

THE EPLEY CENTER locker rooms, outdoor track, gymnasium and showers are available for free to club members at all times. In addition, for a small fee, running club members can have access to the swimming pool, racquetball courts and weight room.

Included for the \$12 entry fee will be a monthly newsletter, discounts at run-

ning stores like Total Runner and Running Gear (Waterford), and free admission to meet workshops.

"An interesting thing we're doing is branching out beyond running," added Kanners. "Most of our members also bike and there's a lot of interest in triathlons."

Triathlons are events combining three sports — usually bicycling, running and swimming. The best triathlete in the state and the best in the world in the over 40 rankings is Charlie Blanchard, who owns Total Runner and who will be conducting some club seminars.

For serious runners — those who disdain the word "jogger" or any of its forms — there will also be complete and complex physicals, videotaping sessions, track workouts and marathon preparation.

For information on joining the club or any of its races or seminars, write: Oakland Runners Club, P.O. Box 731, Rochester 48083. Or phone Dave Kanners at 852-5160 during normal business hours.

Huron relays: Yep, Joe is a Davey, too

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time of year you want to peak, anyway.

"Overall, I was emphatic about the way our kids ran. We're young. We had a freshman (Tony Allen) run a 24.2 split on our 800-meter relay. I'm excited. We're going to just have to get people mature. We'll be competitive in the Catholic League. In the state? That's another thing."

Rice also picked up points in the 3,200-meter relay, with an eighth-place time of 8:24.5. Detroit Henry Ford set a new meet record in the event, with a track scorching 8:05.3.

SOUTHFIELD, meanwhile, showed it is ready for a fine outdoor season as the Blue Jays finished a strong ninth overall in a meet that was dominated by Detroit teams. Flint Northern and Lansing Everett may have taken the top two spots, but Cass Tech, Henry Ford, Pershing, Central and Cooley took the next five places. Dearborn was eighth.

The Jays showed consistency, tak-

ing a third, fifth, sixth and seventh. Their shuttle relay team won its heat in 30.5, but finished third overall to Lansing Everett's 30.0. The 800-meter relay squad turned in a 1:35, good for fifth; Glen Williams was sixth in the 55-meter high hurdles in 7.2; and Terrance Robinson was seventh in the 55-meter dash with a 8.7.

Rochester also impressed, thanks to Robert Hesse, who finished third in the long jump and in the 55-meter dash, and Brian Faltel, who was fourth in the pole vault.

Groves had a pair of sixth, with Rob Alvin going 6-1 in the high jump, which was won in a meet record height of 7-0 by Everett's sensational Scott Reed, who also tied the meet record while winning the long jump. Steve Hiltchcock grabbed the other sixth with a pole vault of 11-6.

Pete Brown threw the put nearly 52 feet for Farmington's sixth.

Birmingham Seaholm, North Farmington, Rochester Adams, Southfield-Lathrup and Troy Athens entered but failed to win any points.



STEPHEN CANTRELL/staff photographer

Oakland Runners Club members (left to right) Dwaine Botkins, Dave Kanners, Larry Hegedorn and Doug Fortin jog on one of the courses available at Oakland University.

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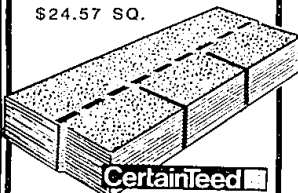
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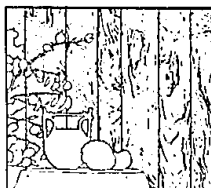
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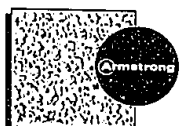
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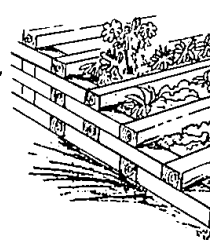
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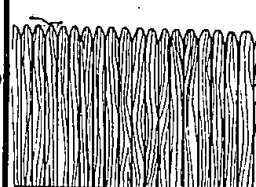
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