## Triathlon training is no picnic

Canton's Robbi Woolard has been working hard to prepare herself for what is considered to be the most greeling aports event known — the fromman Triathlon.

The strenuous World Champlonship event, which takes place in Rona, Hawill, Oct. 6; is the most prestigious triathlon anywhere. It consists of a 2.4-mile ocean awin, followed immediateamino anywaere. It consists of a 2.4-mile ocean awim, followed immediately by a 112-mile bike race, and finishes with a 26.2-mile marathen. But Woodlard believes she'll be ready when it comes time for her to face her stiffest

housewife and mother of two said. "I'm thrilled that I'll be able to do it in Hawaii. It's such a great race. They've really built it up over the past couple of

ally built it up over the past couple of years.

"I bope to do better than just finish I'd like to place in my age group. But my main goal is to finish. There are a lot of tremendous athletes out there."

OF THE 8,000 athletes that applied for the Ironman, only 1,250 were ac-cepted. Woollard was one of 300 that won their spot in an open lottery. The other 950 carned their berths by plac-ing well in local, regional and national triathlons.

For the past three years, Woolard

people In sports

has been competing in triathlons in Michigan, Indiana, Illinois and most re-cently Texas, so she knows what it will take to get herself ready for the big

one.
"I started training hard last Fall," "I started training hard last Fall," she sald. "I decided to make a full com-mitment. Now, I feel like I'm getting down to the wire. It takes at least a year to build up a good base." Woolard trains four bours a day, six days a week. Her weekly conditioning

program incures are to eight hours of swimming. 200 miles of cycling and at least 50 miles of running. Because the competition is made up of three separate events (with one im-mediately following the other), abe has to concentrate on all three if she is to do well.

"SWIMMING AND RUNNING are my strengths," she said. "Swimming has always been easy for me, and I've always logged and run in local races. Cycling is the sport I've had to pick up. It's been my weak point." A lot of intablet's weakness is swimming. It's encouraging to come out of the water good, but then it's depressing when I get passed on the

bike. I usually come back strong in the running to pass the same people that passed me.

The physical abuse these athletes take is tough enough, but they also take a mental beating, according to Woo-

"The mental aspects of competing can be even more difficult," she said. "If you lose your concentration, you're in trouble. You have to focus on finish-

"YOU THINK ABOUT the race as if ich segment is a race in itself," she

Competing in triathlons can get ex-pensive with equipment and traveiling costs, and Woolard is in need of a spon-

sor.

"I can't imagine the pain of not fin-ishing after all the time and money I've invested," she said.

She'll leave for Hawall two weeks before the competition starts to get ac-customed to the intense heat.

The women's record was set last year by 22-year-old Sylviane Puntous of Montreal, who completed the race in 0:43:35. Woolard said a realistic goal for her would be to finish in from 13 to

## Plymouth triathlete opts for San Diego sunshine

Margo Kaziak is one serious athlete.

The 21-year-old Plymouth resident will compete in the Ironman Trialition World Championship on Oct. 6 in Kinan, Hawaii.

To prepare herself for the streamous event, she has moved her training headquarters to San Diego, Callf. Now that's serious.

The Ironman is not only the most prestigious, but also the most difficult trialition in the world. It

but also the most difficult triathlon in the world. It consists of a 2.4-mile ocean swim, a 112-mile bleyele race and a 26.2-mile marathon — with one event immediately following the other.

KAZIAK IS ONE of 1,250 athletes (out of 8,000 applicants) that were chosen to participate. After getting turned away last year, she gut lucky this year when she was picked in an open lotters.

was picked in an open lot-tery.

It's just fantastic, 'she said. 'All I want is a chance — I can't wait. It's an endurance event. You have to prepare yourself both physically and mentally.'

Karlak left for San Dicego last Fall, knowing that it would take her a good year to properly condition herself for the Irooman.

her weekly routine in-cludes 250 miles cycling, 50 miles running and at least eight hours swim-

COLLEGIATE STARTING LINE-

First base: Mike MacDonald, voria Adray. Second base: Pete Rose, Livo-

Second base: Per Bloss, Livo-nia Adray.
Third base: Bob Foust, Wel-ter's Appliane.
Shortstop: Carl Novic, Redford: Linit Gassars.
Outhakt: Leo Lanigar, Micha-pan Hational Bark; Stree Frai-leck, Walar's Applianos; John Derbad, Novia Adray.
Catcher: Dale Vaquera, Micha-gan Hational Bark; Stree Michael Mich

Aorey. Ing pticher; Deve Rodif-vonte Adrey.

bese: Ron Peterson. Harlonel Benk. I bese: John Bolen. rden City. Trian bases Don Dombey.

A Adrey, Protect Rendy Baringer, iontstope nile Adrey. Storiers Johan Judge, Livonia eldere John Stotelade, a Appäoneer Chit Revierd on Herional Berlic Ceel Fording Little Consum. and Jeff Earnett, Wolfor's

"THE TRAINING has been tough," said Kariak, a veteran of triathons in Illinois, indiana and Mexico. "It's really hard work. If you're not tough eneugh, you're not going to make it. The Iroman will make you or break you."

will make you or break you."

Though she wan't much of an ahliete in her earlier years, the Plymouth Can long grad always has liked sports, She finally got involved after realizing she was out of shape, and began running road races and marathons in the Detroit area.

San Diego is a good place to train, because it

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SUBSTANDARD

has a climate much the same as Hawali, accord-ing to Kaziak, and allows her to work on the ocean

her to work on the session.

"It's perfect weather year-round," she said.
"And there are a lot of inils that are great for running and cycling."

Kazilak's strengths are running and swimming, like many triathletes, her weakness is cycling.

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doesn't want to burn her-self out prematurely.
"I'm getting excited," she said. "It's not that far away, and my training is right on schedule. I can't push it too much because I don't want to risk an in-jury.

jury.

"I have to train well, but I also have to make sure I don't overtrain. This is the big daddy of them all."

"CYCLING Is the most difficult for me. It's the part of the race you real played to focus on. Once you get off the bike, the transition can killyou.

"You have to make guits — you have to have gui

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(20 dearns)
Champlenship final: Howard Frischman (West-land) Grabe: Morras (Dashorn) deleated: IBM Hopping (Horthylie)-Amy Mesugs (Nov), 6-4, 6-7, 5-2.

Bernfinats: Frischman-Monva det, Diane Gliroy (Livoria)-Rick Hatuker (Farmington), 6-2, 6-1; Hopping-Masop det, Ken Bloom (Southheid)-Sardy Navarra (Dryden), 6-4, 6-7, 6-2. Consolation final: Bit Ray (Farmington)-Janet Ray (Farmington) det, 6-66 Morey (Likonia)-Lise Parquiet (Urchal), 7-6, 6-5.



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