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<b>BIRMINGHAM</b> Redeemer Lutheran Church M/F 9:30 A.M. 4/8	<b>SOUTHFIELD</b> Lathrup City Hall T/Th 8:15 P.M. 4/9 T/Th 7:30 P.M. 4/9
<b>BLOOMFIELD HILLS</b> East Hills Middle School M/W 9:15 A.M. 4/15 F 8:15 A.M. 3rd day M/W 7:00 P.M. 4/15	<b>FARMINGTON-FARMINGTON HILLS</b> Mercy Center M/W 9:30 A.M. 4/8 M/W 8:00 P.M. 4/8
<b>Way Elementary</b> T/Th 4:00 P.M. 4/10	<b>TROY</b> Holy Trinity Orthodox M/Th 9:30 A.M. 4/15
<b>Lone Pine Elementary</b> T/Th 4:00 P.M. 4/16 T/Th 8:15 P.M. 4/16	
<b>Bloomfield Hills Middle School</b> T/Th 9:00 A.M. 4/16	

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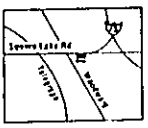
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# Group takes strides to appease runners

By Chris McCosky  
staff writer

You've been running for a while now. Nothing special, just on your own after work — just trying to keep in shape. You started out with a casual mile jaunt through the subdivision. It was a grueling at first, but now you're feeling pretty strong after three, four, even five miles on a good day.

You feel real good about your conditioning, but something is missing. You're getting bored running alone through the streets. You don't want to quit running, but you need a change, some new incentive.

You need competition and companionship.

Dr. Edward Kozloff and 1,300 people ranging in age from 6 to 76 know exactly what you're going through. And they have a remedy.

It's called the Motor City Striders. It's the largest running club in the state and among the largest in the Midwest. It's been around for 27 years. Kozloff has been with the club since 1963, its president since 1975.

"Running alone can sometimes get stale," Kozloff said. "When you get with others, it's much more stimulating."

KOZLOFF, in conjunction with the Striders, has set up a schedule of runs throughout the summer aimed at stimulating the state's ever-increasing running populace.

"We get all levels of runners," Kozloff said. "I would say about 20 percent of our club is women, the youngest member is 6 years old and the oldest is 76."

"Unlike basketball or baseball, there are really no losers (in running). We kind of operate on two levels. On one level you want to finish the race in first place, but most people know they don't have a chance. So the other level is competing within yourself. You can finish last two races in a row, but see improvements in your times and feel a terrific sense of accomplishment."

The Motor City Striders run a race every other week through the summer. It costs \$10 per year to become a member of the Striders. Membership includes discount tickets on race entry fees, a newsletter and several other helpful items. You do not have to be a member of the Striders to run in any of the Striders' races.

HERE IS a partial listing of the 1985 Motor City Striders running schedule. This list is also a cross-section of most of the better runs offered in the tri-county area:

#### APRIL

- MCS 15K. Race begins 10 a.m. Sunday, April 14, at Belle Isle in Detroit.
- Blue Cross 1 Mile, 5,000-meter and 10,000 meter runs: Begins 9 a.m. Saturday, April 27, through Detroit.

#### MAY

- Fairlane Charley's 10,000-meter Run. Begins 10 a.m. Sunday, May 5, in Dearborn.
- Elias Brothers 10,000-meter Run. Be-

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## National Cancer Awareness Month happens everyday at the American Cancer Detection Center

As seen on Channel 7 News, PM Magazine and PBS Late Night America

By presidential proclamation, April is National Cancer Awareness Month.

The idea is to build Americans' personal awareness and knowledge about our country's #2 killer.

We think it's a great idea. An idea we put into practice everyday.

But the fact remains—Cancer is a terrifying disease and justifiably so; 1 out of 4 Americans will develop cancer in their lifetime and 500,000 Americans will die of cancer this year alone.

The mere numbers alone are terrifying, but they don't have to be as bad as they are now.

The most important fact to remember about cancer is that cancer is the most curable of all chronic diseases—if it is detected early!

That's why the American Cancer Society recommends

a yearly cancer related examination for everyone over forty, before the symptoms appear.

And that's also why we've designed medical facilities dedicated exclusively to early cancer detection—with every cancer screening test all under one roof: The American Cancer Detection Centers.

Remember, the best way to fight cancer is to find it—and find it early.

Get into the habit of having a cancer detection exam at least once a year. It simply makes good health sense for everyone. Call for more information or an appointment.

American Cancer Detection Centers  
Forest Park Complex  
31410 Northwestern Hwy - Suite A  
Farmington Hills, MI 48018  
Phone (313) 851-2800



### American Cancer Detection Centers

To Fight It, We Must Find It

313-851-2800