

# Fitness course purchased for city park

By Lisa Simon  
staff writer

Farmington is stepping into the fitness era.

Farmington City Council Monday unanimously voted to purchase an adult fitness course with 10 exercise stations and a senior walking course for Farmington City Park on Shawwassee.

The fitness trails will be part of an overall park plan that is in the making. Hints from developers and consultants were received by the city this week. All hints will be reviewed at a special council session at 5 p.m. Friday.

Wells Fargo, a San Francisco bank, in conjunction with Gamefield, a California fitness equipment company, recently awarded the city a \$12,000 National Fitness Grant to be used toward the courses.

WELLS FARGO BANK works with community hospitals in an effort to promote health and fitness through a matching grant program.

In this case, Boleford Hospital in Farmington Hills is putting up \$7,000 and Wells Fargo \$5,000 toward the two courses, which cost \$7,200 each.

The city of Farmington will pick up the remaining balance, which includes 17 percent of the equipment's cost, as well as crating, freight and handling costs.

City money will be available from the Land and Water Conservation Grant and the 1985-86 general fund for the Shawwassee Park Development project, Farmington City Manager Robert Deadman said.

The senior walking course includes simple equipment for people who aren't prepared for strenuous exercise, according to Bob Schultz, administrative

assistant to the Farmington city manager.

IT FEATURES a bench to sit on and breathe deeply, steps to walk up and down, a station where one stands four feet away and walks back and forth, a knee lift bar, and a heel and toe walking beam. The course is designed for

almost sedentary exercise, Schultz said.

The fitness course is designed for multiple levels of ability, and includes warm-up, cool-down and strength-building exercise stations, he said.

"It's a good gym-type workout," Schultz said. "It's like a jungle gym for adults." Many people will opt to warm up on the course, leave for a jog and

return for a cool-down, Schultz said.

The course also includes signs with information about pulse and heart rates, their proper levels, and when an exercising individual should check these rates.

OPINION IS MIXED over the use of the fitness course will receive, according to Schultz. "If the equipment is well

located, it's used well," Schultz said. "I think the Shawwassee city park is a good location."

The city of Livonia has had a Wells Fargo Gamefield fitness course for three years in the Bicentennial Park on Seven Mile and Wayne roads. "It's used quite a bit," Ron Rucko of Livonia Parks and Recreation said.

## Little Caesars gets school site

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were not far apart."

BUT JACK INCH, finance committee chairman, touted Little Caesars' offer.

"The two things that we looked at were price and terms," Inch said. "And the fact that Little Caesars is an end-user," which means it wouldn't be reselling the land to another developer.

In a presentation last week before the school board finance committee, officials for Little Caesars proposed moving its existing offices from Haggerty Road to the school site.

Little Caesars' proposal would initially include up to an 80,000 square-

foot building to house the pizza corporation offices, Jones said. The preliminary plans call for the construction of a headquarters site in at least three phases with an expected total 200,000 square feet within the next five years.

Illitch also suggested plans to include in the proposed headquarters the offices for his other holdings including the Red Wings hockey team, Wendy's and Chuck E. Cheese restaurants.

Also attractive about Illitch's proposed offer is his stated intention to preserve the existing soccer fields as well as providing for softball fields and jogging trails on the property.

THE SCHOOL board's sale of the land has been of concern to Farming-

ton area residents, particularly soccer enthusiasts, who say its sale will take one of the remaining open spaces in the area large enough for sports facilities. The Farmington Soccer Club has been using the property as its headquarters for the last seven years.

"I think the community wants that because he (Illitch) talks about sports facilities," Superintendent Lewis Schulman said.

Although impressed with the proposed use of the land, school officials stress they can't force Illitch to maintain the existing sports facilities, Inch said.

School board members later will approve a final agreement between the district and Little Caesars, Schulman said. A portion of the sale money must be used to pay off some of the district's bond debt, he added.

## Ordinance arrest made

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Using the Farmington Hills ordinance as a model, other communities have requested information regarding the law or have taken steps toward instituting their own similar ordinances.

The city of Orchard Lake Village this week introduced for adoption an ordinance modeled after the Farmington Hills Party Ordinance.

Orchard Lake's proposed ordinance differs slightly with a party being six or more people, not including residents of the home.

The Farmington Hills ordinance in this case is not quite as specific. An "open party" under the city's ordinance is defined as a social gathering of persons at a residence, other than the owners or those with rights of possession or their immediate family members.

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