

McCoy ahead of his time in exercise game

By Larry O'Connor
staff writer

TO THE KID who catches a beach ball of sand in his face from the local bully. Put away the stamps and take note.

The merchandising and purchasing of exercise equipment has come a long way from the cartoon advertisements which inhabited the back of detective magazines. As the fitness boom advanced, exercise equipment has graduated from the back of magazines to the front windows at stores.

And with the holidays, New Year's resolutions are filled with well-intentioned plans to trim a few inches off the waist line and become a mean, lean fighting machine.

But even future Lou Ferrigno and Hulk Hogan have to exercise caution when starting up an exercise program and purchasing equipment.

"Health awareness is on everyone's mind," said Culver "Mac" McCoy, who owns York Weight Lifting Equipment in Southfield. "People are either exercising or know they should be doing it."

McCoy, who was born and raised in Redford and lives in Farmington, was one of the first to establish an exercise equipment specialty store in the Midwest in 1984. Before, sporting goods and magazines were the main outlets for fitness supplies.

Some of McCoy's customers have included Chrysler president Lee Iacocca, Detroit Tigers Lance Parrish and Lou Whitaker, and boxer Tommy Hearns.

Business has been good recently, but being a pioneer had its drawbacks. "I was ahead of my time," McCoy said. "I almost starved to death."

Now it's some of his customers who starve themselves in order to get into shape. The equipment they use includes exercise bicycles, rowing machines, treadmills and weights.

The equipment on the market comes in various sizes, shapes and selling prices. The key is finding the right type of exercise equipment which is of good quality and within a budget.

For every piece of the equipment which falls into that category, there is some on the market which is ill-constructed and, at times, dangerous.

IT'S SUGGESTED a person should check any exercise equipment they might be buying for sturdiness while in the store. Never buy anything from a box without first looking at it.

"The biggest factor is if they should have a breakdown is do they have the facilities and desire to repair it," McCoy said.

This is especially important in buying any type of weight equipment.

"It's important to find a good quality bar," suggested Bob Hill, a salesman at York. "Select someone who is reputable and knowledgeable."

There are two types of free weights. One is the standard-type which has a one-inch bar. The Olympic model, which also has a one-inch bar, has a two-inch end support for the weights. The latter is used especially for Olympic-style weightlifting.

Prices for free weights range from \$70 for a 110-pound starter set to \$250 for a 400-pound set.

Benchies, which come in various styles, can cost anywhere from \$110 to \$300. There are several types suited for different exercises for abdominal, leg work, butterflys, along with back machines.

MULTI-STATIONED weight machines are becoming extremely popular. They can cost more than \$4,000 in price, but include stations for bench press, butterfly, lat pull down, leg curls and hip flexes.

Dr. Warren Schildberg, a Garden City physician, is an advocate of multi-stationed weight machines.

Johnson leads OU cage win

After 16 minutes of playing time, Oakland University's mens basketball team had a two-point lead to show for its efforts Saturday at Illinois Institute of Technology.

Johnny Johnson changed all that.

The freshman guard from Detroit Southwestern ignited OU on a 15-7 streak to close out the first half, taking the Pioneers from a narrow 24-22 lead to a 41-31 halftime bulge. No further incentive was needed; IIT got no closer than seven the remainder of the game as OU pulled away to a 79-60 triumph.

The victory evened the Pioneers' record at 3-3. IIT fell to 3-7.

Johnson came off the bench to notch six points and seven assists in the first half, including the Pioneers' final two baskets prior to the intermission that boosted them to a 10-point advantage. Johnson finished with 12 points and nine assists.

THERE WAS plenty of support. Seven Pioneers scored eight points or better, led by Pete Schilli's six-of-seven floor shooting and 15 points. Schilli, a sophomore, also topped OU in rebounding with nine.

Chris Howze contributed 11 points and six assists. Walt Dixon chipped in with 10 points and five rebounds. Randy Strunk scored nine points, and Scott Blittinger and Rob Alvin each finished with eight points.

OU commanded the boards, outrebounding IIT 38-23. Gary Musser paced IIT with 16 points and seven rebounds.

The Pioneers host Northeastern Illinois Friday and Orchard Lake St. Mary's Saturday at the Lepley Sports Center. Both games begin at 8 p.m.

sport shorts

● FARMINGTON YMCA

WINS SWIM MEET
Last Saturday, the Farmington-area YMCA host and defeated Northwestern YMCA 450-351 in a mixed-age swim meet.

Double wins were scored for Farmington in 8-under girls, 8-under boys, 9-10 girls and 11-12 girls.

Key relay performances were furnished by Mary Farrugia, MacKenzie Reese, Sarah Hess, Michelle Loton, David Sepanski, Charlie Jacobs, Mike Ples, Mark Romanelli, Paige Peterman, Zoe Flaher, Christy Jacobs, Gabriella Gurdio, Leela Kilari, Becca Tripp, Beth Plesz and Sheri Kilari.

Other winning swims were recorded by Jennifer Tripp, Krista Ferrill, Julie Sommers, Shannon Wirtz.

Individually, John Cowan, Jason McCain, Mark Barsten and Rusty Caplin took honors.

"You want to do a combination of things," Schildberg said. "The ability exercises first and then (lift) 50 percent of your body weight in all areas."

Schildberg suggests, especially to younger persons, avoid doing too much too soon when it comes to weightlifting, taking on a small workload and increasing it over time. As for that matter, use caution when starting all forms of exercise.

"You have to think of exercise as a medicine," he said. "You don't take 75 aspirin."

TO FULFILL the need of both aerobic and anaerobic exercise, Schildberg recommends an exercise bike to go along with the weightlifting regimen. Exercise bikes, which can range anywhere from \$169 for the "old style" model with a spoked wheel to \$3,000 for electronic-powered machines,

can be used to increase the heart rate.

A person can set a maximum target heart rate by subtracting their age from 220. For beginners, it's suggested 70 percent of that figure should be used for the initial training rate.

Resistance, according to Hill, is a key factor in selecting a bike.

"The smoother the operation, the more aerobic it becomes," said Hill.

Rowers and treadmills also offer ample opportunity for conditioning. Rowers, which cost between \$230 to \$350, are popular because of price, size and the type of strenuous exercise offered.

It's important to check the quality of the materials of a rower. Some machines have arms made of thin metal which can snap, according to Hill.

Treadmills, which range from \$300 to \$5,000,

come in two styles, manual and motorized. They're popular in the winter because it allows a person to walk or run indoors, avoiding the elements.

MANUAL TREADMILLS are built on an incline so a person can build endurance. Motorized treadmills can gauge speed and pace.

Other innovations, such as safer metal clamps for weights, are being developed to meet the demands of a more sophisticated market.

McCoy, summing up what's available on the market, said, "There's equipment to pacify the mind for the time being, or there's equipment to get the job done."

The kid with the sand in his face can rest a little easier.

"Health awareness is on everyone's mind. People are either exercising or know they should be doing it."
— Mac McCoy
York Weight Lifting Equipment

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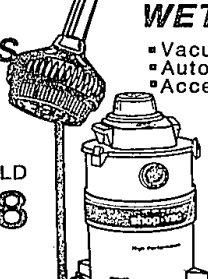


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