

exercising options

Myrna Partrich

Relax and enjoy the skill of running

Dear Myrna: I've just started running six months ago and I'm really enjoying myself. I'm interested in pursuing this sport. I'm considering winning marathons. I read your column about your son. Is there a specific technique to running? Can a person improve running skills?

Interesting question... the skill of running!
Yes, runners all have individual techniques. But the skill of running can be improved by developing certain techniques and styles that will fit each individual.
To begin, running does not have to look right to onlookers; but it should feel right to you. When you have developed your own style of running, it will flow as a complete unconscious action. The rhythmic flow you should feel will add to the unconscious action taking place. Developing this rhythmic flow to your style means learning to run an "inner beat." By an inner beat, I'm referring to the sound you feel from your body moving on the pavement.
You can improve your rhythm by doing repetitive runs of 100 to 200 yards. Concentrate on running smoothly, being relaxed and keeping everything in step.
My son, Ross (a Boston Marathon participant), ran with a group of runners of the same ability. They all practiced running and staying in step with each other, similar to a marching band. This was a great help to him in the marathon.
Relaxation is important.
Many runners find their technique will become restricted because they are too tight. Here are some relaxation tips while running:

- Keep your mouth slightly open and relax your jaw.
- Try to keep your shoulders down.
- Move your head from side to side and loosen your trapezius muscles.
- Shrug your shoulders and drop them as low as possible.
- Check your hands to make sure your fingers are soft, not tightly gripped. Tense fingers cause your arms to tighten and restrict free-flowing movement.

How are you landing on your feet?
Lightly, I hope.
If you hear yourself making hard slapping noises with your feet, lighten up. Heavy-footed runners usually suffer from skeletal problems. Be aware of your feet, legs and hips.
Running "lightly" is the style of runners who float along the roads, barely making a sound. To practice getting light on your feet, try jumping rope at a double beat (jump twice per rotation). When you first try this, jump only a short time, a minute or so, and gradually increase.
When you run, think about making noise. Focus on this for a while — you'll see a difference.
Another skill to learn is how to breathe properly. Make a determined effort to take slow, deep breaths as rhythmic as possible. Practice breathing out every second, right step. Force the breath out and slowly breathe it in each time. This breathing technique will give you something to think about (and make the time go faster) when running.
Remember these two important factors: keep that rhythmic pace — both stepping and breathing, and be light on your feet, which is a big safety factor.
Relaxation — one of the benefits of exercise in general. Have a good run and let me know your progress.

(Myrna Partrich, co-owner of The Workout Company of Bloomfield Township, is happy to answer and questions readers may have regarding exercise. Please send your signed letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

soccer

(Troy Athens coach Tim Storch will compile the weekly soccer leaders for the Eccentric. Storch also coaches or designs statisticians to call him Sundays between noon and 10 a.m. at 669-6700. Teams from Birmingham, Bloomfield Hills, Rochester, Southfield, Troy and West Bloomfield are eligible.)

PLAYER	G	A	PTS.	TEAM
Ferguson (BM)	28	12	40	Long (BA)
Huck (TA)	20	33	39	Cane (BA)
Gaunt (TR)	16	17	33	Sullivan (RA)
Kopmeyer (BL)	24	5	29	Baker (TA)
Clement (DM)	10	19	29	Gaunt (TA)
Boyle (BM)	11	15	26	DeRoel (TA)

TEAM	G	A	PTS.
Akidas (TR)	14	10	24
Donagan (BA)	18	4	22
Koty (TA)	10	10	20
Brooks (TR)	10	9	19
Neubauer (RA)	7	12	19
DeVey (RO)	13	5	18
Law (RA)	9	9	18
Singel (TA)	14	4	18
Kidus (TR)	4	12	16
Lamb (BM)	9	6	15
Long (BA)	3	11	14
Cane (BA)	6	8	14
Gaunt (TR)	1	11	12
Baker (TA)	3	8	11
Gaunt (TA)	2	10	10
DeRoel (TA)	6	4	10

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Ruzzas takes 'kids' fishing

LARRY RUZZAS enjoys fishing. In fact, he loves it. He loves the sport so much he wanted to spread the wealth, so to speak, and let some of his students at Livonia's Emerson Middle School in on all the fun.



Bill Parker outdoors

Since Ruzzas can't take the entire Emerson student body out fishing by himself he did the next best thing — initiated the Fishin' Buddy Derby. The derby teams one student with one adult — either a parent, grandparent or teacher — for a morning of fishing. This year's derby, the second annual, takes place Friday on Kensington Lake.

"I love fishing and it's a great sport for kids," explained Ruzzas. "I'm one of the student activity directors at Emerson, and I thought it would be great to take the kids fishing."

up from 12 teams last year, and runs from 8 a.m. to noon. The winning team is the team that checks in with the most combined weight of all the fish caught (Bass, of course, are ineligible since bass season doesn't open until Saturday). Prizes will also be awarded to the biggest fish of each species.

All participants receive a prize, ranging from a Zebco rod and reel and a \$100 gift certificate from Hummingbird for first place team to fishing lures, patches and decals for 35th place. Trophies and ribbons will also be awarded.

THE DERBY features 35 teams,

outdoors calendar

- ### IMPORTANT DATES AND EVENTS
- May 28 — Largemouth and smallmouth bass season opens statewide. Minimum size is 12 inches.
 - May 29 — Long-Range Rifle Practice, in which shooters can sight in their guns at 300, 400, 500 and 600-yards, will be offered 1-5 p.m. at the Washtenaw Sportsman Club in Ypsilanti. Long-range practice will be offered through September on the last Sunday of each month. Call 434-6177 for details.
 - June 3-5 — Fourth Annual Walleye Weekend, sponsored by the American Lung Association and Charley's Restaurants Inc., will be held on Lake Huron, Lake St. Clair, Lake Erie and the Detroit and St. Clair rivers. Entry fee is \$10, \$15 after May 28. Grand Prize is a 28-foot Sea Ray 270 Amberjack. For details and to register call the American Lung Association of Southeast Michigan at 559-5100.
 - June 4-3 — Great Lakes Bow Fishing Championships will be held in Casewille. Phone 755-5060 for details.
 - June 11-12 — Free Fishing Days, in which anglers can fish throughout the state without a fishing license or a trout/salmon stamp. METROPARKS
 - Call the Metroparks at 1-900-24-PARKS for an update on weekend activities.

This year, one of the students will team up with special guest Rick Collier, producer, director and host of P.A.S.S. cable program "Fishing Michigan."

KENSINGTON LAKE is stocked full of fish ranging from blue gill, crappie and perch to carp, catfish, pike and walleye.

"There are some nice fish in that lake," Ruzzas said. "There are some northern (pike) in there over 20 pounds. They're (DNR) doing a nice job of stocking it."

Last year the biggest fish taken was a 26-ounce walleye. The winning team caught 62 ounces of fish.

"I like to get parents involved with the school activities," Ruzzas said. "Many parents don't take the time to take their kids fishing. This provides them with an opportunity to take the day off and take a kid fishing."

"Fishing is a great way to relax," Ruzzas continued. "You don't have to be 6-foot-5 and weigh 250 pounds either. Anyone can fish — man, woman, big or small!"

the program will also help teach land and conservation ethics, promote environmental awareness and expose young people to the career opportunities available in the field of natural resources.

The "Day in the Park" program is open to any groups or organizations with primarily minority membership. There is no age restriction.

To register, contact Monica Terrell at (517) 373-1270.

SUSAN E. HENRY, a former employee of the Observer & Eccentric, has been appointed director of the Office of Public Relations of the Department of Natural Resources.

Henry joined the DNR in 1985 as community relations officer. She was promoted to chief of the Communications Section in July of 1986.

Henry served as federal liaison and grant administrator for Wayne County from 1983 to 1985. Prior to that she was a legislative assistant to former state Sen. Kerry Kammer.

She received the Special Conservation Award from the Michigan United Conservation Club in 1981 for her work on conservation and environmental legislation, including the Wellands Protection Act.

MICHIGAN'S ANNUAL State Park motor vehicle permits are now available at all Meijer department stores.

The permits, which cost \$10 and provide entry to all 86 state parks and recreation areas, are also available at state parks and recreation areas and the DNR Information Center, P.O. Box 30028, Lansing 48909 (517) 373-1220. The \$1 senior citizen motor vehicle permit for persons age 65 and older, must still be purchased at a state park.

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