

exercising options

Myrna Partrich

Injury-prone runner may need alternatives

Dear Myrna: I am a frustrated, injured runner. I run with three other women four days per week. I'm the only one who is always getting injured. I don't understand — my friends are all heavier than I am. I've always been more athletic. It's downright embarrassing and humiliating. Why me?

I do sympathize with you. It is downright embarrassing and humiliating. Needless to say, we are not all born with the same bodies and the way you are built can affect your attitude and performance. Why couldn't you have picked three other friends with your same problem? Just kidding!

Women with long, thin bones and little muscle tend to be fast, long-distance runners. Those with denser bones and bigger muscles are often slower on their feet. But thicker-boned frames also may protect the more compact women from stress fractures. (I'm assuming stress fractures are a good part of your problem.)

When it comes down to injuries like leg fractures, dense bones are stronger and less apt to give way. Also, most of us are born with a minute structural flaw that make us more vulnerable to injury. An activity like running can exaggerate the flaw and thus lead to injury.

The sad news is you might have to give up running.

How can you exercise in spite of your injury-prone body? First thing, find a sport or activity that likes your body.

I promise you there are a lot of activities out there.

Avoid impact activity — running, impact aerobics. Try swimming (it's summer), walking, hiking, low-impact aerobics.

Maybe your friends will join you. Tell them they need a change anyway — you must vary your activity.

(Myrna Partrich, co-owner of The Workout Company of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please mail your letters to: Sports Department, 805 E. Maple, Birmingham 48012.)

Who's talking turkey now?



outdoors
Bill Parker

I'M GUILTY. No, I'm innocent. Wait, I plead no contest. Maybe I should plead insanity. I'm confused. I was hunting in the right area. But it turned out to be the wrong area. But it wasn't my fault. I'm innocent.

"Yeah, sure," you say. "Just another low-life poacher."

Well, let me explain.

I was leaving the woods around noon on the second day of the spring wild turkey season after a hard morning in pursuit of a Michigan gobbler. After putting my gun and accessories away, I sat down in the car for a sandwich. As I began eating, a conservation officer pulled up for a routine check. I greeted her with a friendly hello and gladly handed over my back-tag, passbook and turkey permit. I was legal. I had nothing to hide. I'm innocent.

We exchanged small talk. "Any luck?"

"Not yet. I heard a few, but couldn't call them in. Many birds been checked in yet?"

"Yeah. They checked in 10 birds opening day, all over 20 pounds."

THEN SHE dropped the bomb. "Area Y? Is that a leftover hunt?"

"No, I think that's the Barry State Game Area," I replied.

After checking her application guide she reassured me that Area Y definitely was the hunt at the Barry State Game Area. She then asked sternly, "Why are you hunting in the wrong area?"

"The wrong area?" I stammered. "I'm not in the wrong area. This is Area X."

I'm innocent. "It sure is Area X. And your permit is for Area Y."

"What," I exclaimed. "Area Y? Are you sure?"

I checked the permit and she was absolutely right. But here is where I plead my innocence.

IN THE PAST, I had applied for a turkey permit on the buddy-system with my brother John. That way, either we both hunted or neither one of us did.

Well, brother John procrastinated this year and didn't get an application in time. Knowing that I wouldn't travel all the way up north to hunt alone, but having already spent \$13 on an application, I decided to apply for a permit to hunt the Waterloo Recreation Area. I have relatives who live in that area so even though I'd have to hunt alone, at least I'd have company after leaving the woods.

I remember the hunt numbers I applied for by heart; first choice — hunt No. 51, second choice — hunt No. 52, third choice — hunt No. 53. All three of these hunts are scheduled exclusively for Area X — not Area Y.

I'm innocent.

WHEN I RECEIVED the permit I didn't bother to check the area. I knew I only applied for Area X, so naturally, I went to the area I applied for. All I checked was the date the hunt would be held.

Prior to the season I scouted the territory and never gave the permit another thought.

I was back in the woods at 5 a.m. on the second day of the season and had still not given the permit another thought. Not until the CO gave me reason to consider the area.

Now I was looking at the possibility of a \$50 fine and losing my license for the year. Thank goodness I hadn't bagged a bird, then I would have been charged \$1,000 in restitution plus fines. I would have lost the bird and I would have lost my license to hunt for three years. All this grief and an innocent man.

FORTUNATELY, THE OFFICER was realistic. I pointed out that I had parked not 100 yards from the Park Office. Had I been sneaking into the area I certainly wouldn't hunt in

front of the park headquarters. I also explained the entire situation, including my brother's procrastination, my relatives' proximity to the area and the reason I applied only for Area X.

She weighed all the evidence, then, after what seemed like an eternity, turned and gave me a serious look.

"Mr. Parker, I really don't know why, but I'm not going to write you a ticket," said the CO, who, at that moment, I wanted to invite home for dinner. "But you know, you're out of here."

See, I am innocent.

I thanked her. Then I thanked her again and got out of there before she changed her mind.

I admit, I was guilty of not paying attention. I should have checked the entire permit when I received it, but instead I assumed something.

Somewhat, there was a foulup in the permit selecting process and I ended up with hunt No. 54. Either I applied for the wrong number (very unlikely because I double-checked my choices) or there was a problem in the selection process at the Department of Natural Resources headquarters in Lansing.

But a lesson was learned here, and one I won't soon forget: Nothing is guaranteed. Everything should be checked and nothing assumed, especially if it could put your neck on the line.

(Bill Parker is happy to answer questions readers have regarding the outdoors. Send questions or comments to: Outdoors, 805 E. Maple, Birmingham 48012.)

outdoors calendar

IMPORTANT DATES AND EVENTS

• June 18-July 4 — Lake Erie Walleye Derby will be held in Monroe. Call 242-3366 for details.

• June 23-25 — Fred Trout's Outdoor Fair will be held in Houghton Lake. Call (517) 337-8142 for details.

• June 30-July 4 — A pickered tournament will be held in Aigonac. Call 794-7120 for details.

• Manitowish National Forest Festival in Manitowish. Call (616) 723-2575 for details.

• July 1-4 — Walleye Derby on Lake Erie. Call 242-3366 for details.

• July 1-9 — Lake Trout Festival in Harrisville. Call (517) 724-5454 for details.

OAKLAND COUNTY PARKS

• Summer camping is open at Addison Oaks (693-2432) and Groveland Oaks (634-9811).

• The annual fishing contest runs through the summer at Addison Oaks. Prizes will be awarded at the end of the year for the biggest fish caught in each division. A Michigan fishing license is required. Call 625-6473 for more information.

• Fathers Day Full Moon Feature, a nature program for dads and kids about the earth's natural satellite, will begin at 9 p.m. Saturday at Independence Oaks.

• Outdoor Market, a nature program about wild edible plants, will be offered at 10 a.m. Saturday at Independence Oaks.

• Forests of the Steamy Rain, a

nature program about the animals of the Tropical Rain Forest, will be offered at 2 p.m. Sunday, June 25, at Independence Oaks.

METROPARKS

• Roscoe's Wienie Roast on the Beach, a hot dog roast with Roscoe the Clown, will be offered at 7 p.m. Friday at Stony Creek.

• Pedaling to the Ponds, a naturalist-led bike tour pointing out the wetlands in the park, will be offered at 10 a.m. Saturday at Indian Springs.

• Hike With Dad, a program in which children can take a hike with their fathers on Father's Day, will be offered at 10 a.m. and 5 p.m. Sunday at Stony Creek.

• Dinosaur Days, a program in which children can learn about dinosaurs through slides, discussion and

fossils, will be offered at 2 p.m. Sunday at Kensington.

• Full Moon Walk, an opportunity to explore the world of nighttime insects, will be held at 8 p.m. Monday at Stony Creek and at 7:30 p.m. at Kensington.

• Evening Nature Cruise, an evening cruise aboard the Island Queen, will be offered at 8 p.m. Tuesday at Kensington.

• The Huron-Clinton 1989-90 Metropark Maps, showing the locations and facilities of the 13 Metroparks plus freeways and roads in the counties of Wayne, Macomb, Oakland, Livingston and Washtenaw, are available. The free maps are available at all Metropark offices or by sending your name, address and \$5.00 postage to: Metropark Map, Department W-15, P.O. Box 2001, Brighton MI 48116-8001.

Saddling up

Bloomfield Open Hunt Club is making preparations for two of the most prestigious horse competitions in the nation — the Lincoln-Mercury Motor City Horse Show, June 14-18, and the Detroit Horse Show, June 20-25.

More than 200 riders and 600 of the world's finest show horses will vie for national and international honors.

During the shows, classes begin at 8 a.m. each day. Evening classes begin at 7:30 p.m. Friday and 7:00 p.m. Saturday. Tickets are \$3 per day, \$5 per night and children under five will be admitted free.

PUBLIC NOTICE ANNUAL BUDGET HEARING OAKLAND COMMUNITY COLLEGE

FISCAL YEAR
JULY 1, 1989 THROUGH JUNE 30, 1990
GEO. A. DEE ADMINISTRATIVE CENTER
2460 OPOWEE ROAD
CONFERENCE ROOM "A"
BLOOMFIELD HILLS, MICHIGAN
7:30 M. THURSDAY
JUNE 22, 1989

Public June 15, 1989

JUNE

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MONTH

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Special 90 day No Cost Financing thru July 4th (\$500 purchases only)

EDS STARS AND SPIKES

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MEN'S VOLLEYBALL USA vs. USSR

The Palace of Auburn Hills
Monday — June 19, 1989
7:30 PM

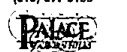
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For Further Information: (313) 377-8600
For Group Sales: (313) 377-0100



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