

# Roller blading can be beneficial

## EXERCISING OPTIONS



MYRNA PARTRICH

Tell me about roller blading. Is it good exercise? Recently, I roller bladed about 40 miles in New York. I really felt my legs working. Do you recommend it? I also run quite a bit.

If you are looking for a fun supplement to your running, yes, roller blading is a good answer. Done

properly with a lot of enthusiasm, roller blading will provide an upper and lower body workout.

It is a good cross training option because it provides the same muscular and cardiovascular benefits as running, without the impact on your body. This reduces your risk of overuse injuries, such as stress fractures and tendinitis.

To get the proper training benefits from roller blading, you must reach the same level of perceived exertion (heart rate) you get when running. At first, you want to monitor this carefully to ensure you are getting a good workout.

Try level ground skating so that you don't coast and lose the higher heart rate you achieve when climbing hills. An even pace will work the best to give you a steady aerobic benefit.

Most roller blading injuries result from falling rather than overuse. You must wear elbow and knee pads along with a helmet. Make sure your boots fit well. Your feet should have plenty of room when you are standing.

Your boots should also be sturdy enough to provide adequate support on your ankles. The deep bending of your legs provide the aerobic work-

out you are looking for.

Cross training, roller blading and running will help keep you injury free and provide a good mental variety for you. Have a good time!

(Myrna Partrich, co-owner of The Workout Company in Bloomfield Hills and an appointee to the President's Council on Physical Fitness and to the Governor's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your questions to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.)

# Bowlers line up for gold medal events

## 10-PIN ALLEY



AL HARRISON

After watching all those televised Olympics, I have an idea where we bowlers could improve and create some new sports.

Perhaps we could come up with several interesting events based on what goes on in bowling centers.

To mention one — kicking the ball return. I already know several potential gold medal winners. This would be based on how hard they could kick it without knocking it off its structure.

Or how about — multiple balls carried at one time?

The bowlers that can tote four 16-pounders on their shoulders could easily add a few more.

Another sport — body English.

There has never been an organized competition in this event, but here should be. It would be judged just like they do for gymnastics. Everyone should start practicing

right away, developing a style that will be sure to bring home the gold.

Pencil mashing — a natural for bowlers.

Who else on earth can destroy so many pencils so quickly?

For bowlers habitually late — shoe changing — the venue should be the parking lot.

If anyone has any more ideas, let me know, I'll add them to this list.

Leave it to Larry Sisson to come up with a clever innovation.

He is the West Bloomfield Lanes proprietor (on Orchard Lake Road) who has implemented the Flexi-Bowling League.

What's different is that it allows a bowler to compete at any time, at his or her own convenience. Whether it's morning, noon or evening, it doesn't matter, as long as there are lanes available.

The league was a success last year with 20 teams (one bowler per squad).

But now it's been expanded to two per team, any combination, male or female.

This idea solves the puzzle for people who would like to join a league, but cannot commit at any definite time. They can go Monday night one week, or Friday morning the next, whatever fits.

Just a reminder to anyone who missed it, the "Good Ol' Days" promotion is here again.

It means bargain rates on bowling and food at many local centers, according to Bowling Centers Association director Scott Bennett.

"It's an excellent opportunity for league bowlers to get in some practice before the season begins, while for newcomers and families, it gives them an enjoyable experience at bargain prices," Bennett said.

In addition to the above mentioned promotion, each BCA center will give away a new ball. And from those winners, one grand prize (trip for two to Hawaii) will be awarded. Check with your bowling center for more information. Prices may vary.

The BCA of Michigan recently held its 46th annual state convention at Shanty Creek Resort in Bellaire.

A fantasy auction was held with over \$20,000 raised for the benefit of the Michigan D.A.R.E. program and the B.C.A. Youth Scholarship Fund. Each program received half of the money. Prizes were donated by local businesses throughout the area.

Nunzio Marino of Livonia fired a 300 game in the Monday Trio League at Country Lanes in Farmington Hills. It occurred on the final game of the final night of the season, helping his team win the league championship.

## HONOR ROLL

Thunderbird Lanes (Troy): Thursday Mixed Trio — Dave Clapper, 256/683; Wendy Tolin, 603.

Grassroots Lanes (Farmington Hills): Wednesday Classic Trio — Sam Green, 279.

Bel Aire Lanes (Farmington Hills): Men's Summer Trio — Joe Parks, 276; Glenn Lutrow, 279; Chris Waters, 259; Vern Flowers, 243.

Un-Mixed Mixers — Andy Resin, 257/716.

Thunderbird Lanes (Troy): Thursday Mixed Trio — Dave Clapper, 256/683; Wendy Tolin, 603.

## OUTDOORS CALENDAR

### UPCOMING EVENTS

#### ARCHERY SHOOT

The Western Wayne County Conservation Association will hold a 3D shoot Sunday on its walk-through range in Plymouth Twp., 453-9843. A similar shoot will be held Aug. 23.

Royal Oak Archers will hold a 3D shoot beginning at 8 a.m. Sunday on its walk-through range in Lake Orion, 693-9799 or 693-1369.

Detroit Archers will hold a broadhead shoot on its walk-through range in West Bloomfield, 624-8140.

Detroit Archers will hold a Bow Hunter's Jamboree (42 3D targets) beginning at 9 a.m. Saturday and Sunday, Sept. 12-13, 624-8140. Call the Detroit Archers 24-hour hotline for upcoming events, 661-2550.

#### DEADLINES

December elk hunt applications must be postmarked by Sept. 15.

Antlerless deer permit applications must be postmarked by Sept. 24.

#### FIREARM SAFETY CLASSES

Michigan Hunter Education Clinic (Safe Hunter Certification Course) will be held Saturday and Sunday, Sept. 12-13, at the Michigan State Fairgrounds, 827-3203.

Safe Hunter Certification Course will be offered Saturday and Sunday, Sept. 26-27 at the Wayne County Sportsman's Club in Romulus, 532-0285.

#### FISHING CLUB MEETINGS

The family-oriented Four Sea-

sons Fishing Club meets 7:30 p.m. the first Wednesday of each month at the Maplewood Center in Garden City. New members are welcome, 477-3816.

Romeo B.A.S.S. Busters meet 7 p.m. the first Tuesday of each month at the Romeo Community Youth and Civic Center. New members are welcome, 286-0469.

#### FISHING EVENTS

Fishing contests will be held through Sept. 7 on Crooked Lake at Independence Oaks County Park, 625-0877, and on Buhl Lake at Addison Oaks County Park, 693-3432.

Lake Huron Sportfishing Super Boat Tournament will be held Saturday and Sunday in Oscoda, (517) 739-7322.

Tri State Bass Tournament will be held Saturday in Muskegon, (617) 238-5228.

A fishing tournament will be held Sunday in Pinckney, 231-9105.

Pro Am Bass Fishing Tournament will be held Sunday at Fisherman's Landing in Muskegon, (616) 726-6100.

#### HUNTING CLINICS/SHOWS

Wood's N-Water News Outdoor Weekend, featuring seminars, speakers, exhibitors, entertainment and more, will be held Sept. 11-13 at the Eastern Michigan Fairgrounds in Imlay City, 724-0254 or (517) 323-0868.

NRA Whitetail Deer Hunting Clinics begin at 9 a.m. Saturday, Sept. 19, and Saturday, Oct. 17, at the Western Wayne County Conservation Association in Plymouth Twp., 453-9843.

#### BOATING EVENTS

Jack Leverage sailing classes are forming. All classes are held on Lake St. Clair, 886-7887.

## ANDERSEN WINDOWS

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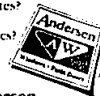


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