

High-top shoes better?

EXERCISING OPTIONS



MYRNA PARTRICH

Dear Myrna: I do aerobics regularly, love sports, and run about 10 miles a week. I am a male, about 10 to 15 pounds overweight. Sometimes my ankles bother me. I worry because I am 44 years old and need to exercise the rest of my life. Is there a difference between shoes, whether I wear high tops or tie them right? Any shoe suggestions for me? I am afraid of spraining my ankles.

This is a very common question that has been asked around the sports world for decades without any satisfactory answers. Some coaches suggest that high top shoes will keep your ankles from rolling over and getting sprained. One of the most common sports injuries accounting for 10 to 25 percent of all athletic injuries are sprained ankles.

Although it certainly sounds plausible that tightly laced high-top shoes would help prevent ankle sprains, recent research doesn't support this claim. A recent study of the University of California Intramural basketball team shows some interesting results.

During a two-month period, 622 players were divided into three groups and monitored. One group was provided with new high tops, another with new lows, the third high tops with inflatable air bladders for additional ankle support. The athletes just wore their shoes for their activity.

After a two-month period, the basketball players were evaluated. There was no significant difference among the three groups in injury rate. The protection factor

wearing high tops was found to be non-existent. The unfortunate bottom line concludes that there is no strong relationship between the type of athletic shoes you wear and your likelihood of suffering an ankle sprain.

Yes, wearing high tops might be a myth, but I feel more secure when I teach class. In them, I think my instructors would agree. However, I do think it is important to wear a well-constructed shoe. The choices of shoes out there, I agree, are overwhelming. That is when you have to put a little care into your choice of shoes.

A few tips include: visiting your shoe department at the end of the day when your feet are a little tired; fitting the shoes to your larger foot; wearing socks you would normally wear to workout; and making sure you have a thumb width between your foot and the end of the shoe.

When I find a model shoe that works for me, I stay with it for while. After finding that comfortable shoe, go back and buy a few more if possible.

One last tip — do not wear running shoes to do aerobic activity in a class. In class aerobics we do lateral movements that need a shoe with a more rounded edge. Running shoes have a sharp edge which will limit your freedom of lateral movement and cause ankle stress.

How old are your shoes? A worn shoe will also not give your ankle support.

Myrna Partrich is 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. Send your questions to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham, 48009.

SPORTS SHORTS

Items for the Sports Roundup should be submitted by 5 p.m. Tuesday (for Thursday edition) and 5 p.m. Friday (for the Monday edition).

MERCY VICTORY

Farmington Hills Mercy won a triangular golf meet Monday, scoring 234 to finish ahead of Dearborn (240) and Birmingham Marian (255).

Mercy's Karen Porter shot 51 to share medalist honors with Marian's Molly Syron. Amy Schukins (63), Sommer Woods (61) and Sara Horgan (64) rounded out the team scoring for the unbeaten Marian.

SOCCER PLAYERS

The Livonia Hawks, an under-15½ boys soccer team coached by Tom Faro and Jack McNair, is in need of players for the spring 1994 season. For information call Faro at 471-3447.

COED SOFTBALL

Men and women interested in playing in a Farmington singles coed softball league are invited to join.

The cost is \$45 per player. Games will be played Sunday nights beginning May 1 for a 10-week period. Checks can be sent to P.S.P., 30739 Shawwassee, Apt. 28, Farmington, MI 48336. Call 478-9181 for information.

COACHES WANTED

Mercy High School is looking for a variety girls cheerleading coach and an assistant varsity basketball coach. For information call Nancy Malinowski, Mercy athletic director, at 476-2836.

SUMMER SPORTS

Cricketbox Sports of Farmington Hills is accepting new teams for summer volleyball and softball leagues. There are leagues for men, women and over-35. Call Mike Callahan at 474-6175.

OUTDOORS CALENDAR

CLASSES/SHOWS

LORAN NAVIGATION
A five-week class on Loran/GPS navigation begins Monday at Bloomfield Hills Andover, U.S. Coast Guard Captain Jon Kipko will present a class, 433-0885. A similar class begins Wednesday in Troy, 879-7582.

BOAT SHOW

The second annual Hands On Boat Show, offering buyers an opportunity to test drive products on the water, will be held June 17-19 at the Pontiac Lake Recreation Area, 539-0108.

SHOTGUN CLASS

The Wayne County Sportmen's Club will offer a series of classes on pistol safety and marksmanship beginning on Monday, May 9, 632-0225.

ARCHERY

3-D LEAGUE

A 10-week 3-D league begins Thursday, April 28, at Royal Oak Archers, 693-1369.

FISHING CLUB MEETINGS

FOUR SEASONS
The Four Seasons Fishing Club meets 7:30 p.m. the first Wednesday of each month at the Maplewood Center in Garden City, 477-3816.

MICHIGAN FLY FISHING

The Michigan Fly Fishing Club meets at 7 p.m. the first and third Wednesdays of each month at Livonia Clarenceville Junior High School, 420-2233.

METRO-WEST STEELHEADERS

Metro-West Steelheaders, a non-profit club dedicated to educating the public on improving, preserving and promoting anadromous sport fishing, meets at 7:30 p.m. on the first Tuesday of each month at Garden City High School, 420-2965.

SEASONS

WILD TURKEY
April 25-May 29, by special license in designated areas throughout the state.

DIP NETS

Through May 31 in non-trout waters in the Lower Peninsula.

SMELT

Through May 31 south of M-72.

TROUT

Opens April 30 on trout streams and designated trout lakes.

METROPARKS

METROPARK REQUIREMENTS
Most Metropark programs are free, while some require a nominal fee. Advanced registration and a motor vehicle permit are required for all programs, 1-800-47-PARKS.

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