

Brutal race conditions make for slower times

The 14th Annual Roadrunner Classic in Northville turned out to be a survival of the fittest contest July 26.

With early evening temperatures hovering near 90 degrees, coupled with the 90 percent-plus humidity, made the eight-kilometer race very difficult for the 732 participants.

The race, one of the metro area's most popular, also drew 152 for the 5K walk and 100 for the Classic Junior Series and one-mile fun run.

Due to the brutal conditions, times were significantly off from last year.

Novi's Paul Aufdemberg repeated as overall champion, pocketing \$400 for his efforts. The 32-year-old finished in 25 minutes, 16 seconds, running a 5:05 pace per mile.

Keith Stopen, 31, of Farmington Hills was second in 26:24, while Rich Stark, 31, of Ann Arbor, took third in 25:57.

But he ran nearly a minute slower than his time of 24:14 in the 8K Trenton Treadmill (last June).

Aufdemberg, who has won the Roadrunner three times now, ran 24:28 last year in Northville.

The course was changed slightly with the women and men separated at different starts.

"I thought it was slightly easier than a couple of the Northville courses I've run in the past, but overall it was pretty nice because the runners got to go back through the starting area more than once," Aufdemberg said. "After the race I was pretty hot. I poured a lot of water over my head, but after about 15 minutes I felt pretty decent."

Aufdemberg ran 2:26 in the Grandma's Marathon in June in Duluth, Minn. He is gearing up for this fall's Detroit Free Press/Mazda International Marathon where he led the field for nearly 18 miles.

"I've been putting in a lot of miles and I'm gearing up for the longer races in the fall," said the former Hillsdale College runner. "Once I work more speed

mileage into my training, I'll be better prepared for the fall races."

Aufdemberg will run a 12K Sunday in Pontiac and then take on the 10-mile Bobby Crim Aug. 23 in Flint.

In Northville, the women's overall winner for the fourth consecutive year was Laurel Park, 34, of Ann Arbor, who covered the 8K in 29:21, averaging 5:55 per mile. Park, who also won \$400, was 30th overall.

Northville's Jodi Buck, 28, was second in 20:18; and Seana Larson of Jackson, 27, was third in 30:35.

The men's masters winner was 41-year-old Tim Emmott of Redford, who clocked a 27:27, averaging 5:32 per mile only a week after running the tony three-day, 282-mile Great Lakes Toyota Relay in northern Michigan.

(Emmott was part of the victorious 10-member Roadkill squad.) Jim O'Neill, 59, of Holland was second in 27:32, while Pete Buchler, 40, took third in 27:56.

The women's master winner was Laurel Chihak, 41, of North Muskegon, who clocked a 32:45. Ginny Papper, 60, of Farmington Hills, and Denise Kutchnik, 41, of Royal Oak, finished second and third respectively in 37:32 and 41:18.

Male and female masters winners each received \$200.

Total prize money was \$3,550. Among the age group winners:

Male 1-14: Aaron Compton (Ann Arbor), 32:37; 15-18: Steven Crane (Taylor), 28:21; 19-24: Kory Kramer (Highland), 26:58; 25-29: Brad Kirk (Portage), 26:02; 30-34: Guy Murray (Farmington Hills), 26:48; 35-39: Gerard Donakowski (Rochester), 27:09; 40-44: Dennis Kurits (San Jose, Calif.), 28:51; 45-49: Gary Wolfram (Hillsdale), 28:50; 50-54: Alan Giova (Bloomfield Hills), 32:39; 55-59: Michael Sutton (Farmington Hills), 37:19; 60-64: Larry Mishler (Plymouth), 39:50; 70-79: Jim Forshee (Ann Arbor), 35:31.

Female 1-14: Kristyn Kern (Commerce), 41:18; 15-18: Kelly McNeelance (Livonia), 35:08; 19-24: Bridget MacKinnon (Livonia), 32:05; 25-29: Patricia Bagley (Livonia), 32:38; 30-34: Michelle Kitzo (Kettering), 33:40; 35-39: Cindy Keeler (Lake Worth, Fla.), 30:52; 40-44: Diane Himebaugh (Canton), 41:23; 45-49: Triuba Smith (Northville), 41:58; 50-54: Nancy Johnson (Walled

Lake), 43:35; 55-59: Eileen Farrell (Wyandotte), 48:17; 60-64: Dee Crowe (Bellefonte), 55:48; 65-69: Delores Donahue (Northville), 1:15:05.

Bagley 2nd in 'Frisco'

Call her the "Frisco Kid" after Livonian Pat Bagley finished second overall among women in the San Francisco Marathon on July 13.

The former Stevenson High and Eastern Michigan University runner finished 3 hours, 4 minutes and 42 seconds, just two minutes behind the winner.

Nearly 6,000 runners competed in the event.

Bagley, who spent the past two years as a graduate assistant at the University of Detroit Mercy (coaching track and cross country), was elated with her performance considering she was on vacation visiting sister Carol.

"She said if I came out she'd pay for my ticket," said Bagley, who finished 10th in last fall's Free Press Marathon with a time of 3:00:59. "I had only done one 20-miler, that was it. I looked it up as a vacation run." Despite an early morning fog,

"Overall, though, it was a beautiful course. I didn't think I had run 26.2 miles."

Pat Bagley
—marathon runner

conditions proved to be ideal. The temperatures were in the low 50s (with the race finishing in the mid to upper 60s).

The race started on the Golden Gate Bridge and looped through sections of the city and warehouse district before finishing in Golden Gate Park (into Kezar Stadium).

"I'd say the course was tougher overall than Free Press, a lot of rolling hills," said Bagley, who completed her fourth marathon. "Haight Street was a tough climb. Overall, though, it was a beautiful course. I didn't think I had run 26.2 miles. There was a lot to it. The crowd support was excellent."

Bagley, who will coach girls and boys cross country this fall at Berkley High School, plans to run the Free Press again this fall.

It helps if you know the game

BY BARRY JENSEN
STAFF WRITER

Even though it's played by 10-man teams running around on a football field, outdoor men's lacrosse resembles basketball. You will see a lot of fast breaks, picks and screens. Defenders will use man-to-man or zone defenses and a "full-court press."

If this is your first lacrosse game, sit down near the "50-yard line," the line that separates the offensive and defensive halves of the field. It's nice to sit with someone who is familiar with men's lacrosse.

Fifteen yards from each end of the field is an 18-foot-wide circle (the crease) containing a six-foot-square goal, backed by a net. Players score by throwing a baseball-size hard rubber ball past a goalie into the net (rather like in ice hockey). If a shot goes out of bounds, the ball is given to the team that had a player nearest to where the ball went out.

At first, you may have trouble figuring out who has the ball. To find it, listen to the goalie and look where he looks. The goalie is in charge of the defense, and he usually calls out the position of the ball.

LACROSSE

Every player carries a stick with a basket at one end. He uses this stick to pick up, catch, throw and shoot the ball and knock the ball from the ball carrier's stick. (Players wear helmets and pads.)

Each team consists of a goalie, three attackers (who stay on their offensive half of the field), three defensemen (who stay on their defensive half of the field), and three midfielders, who play on both ends of the field (rather like ice hockey players).

You can get a clue what position each man plays by looking at his stick.

■ If the basket on his stick is so big he looks like a fisherman wearing a helmet, he's the goalie.

■ If his stick is six feet long, he's a defenseman.

■ If he carries a "short" stick, he's either an attacker or a midfielder. When the ball moves across the center line, the "midfielders" will follow the ball. The attackers won't.

A player may run into another player (except the goalie in his

crease) so long as either is within five yards of the ball on the ground. Contact must be from the front or side and between the shoulder and the knee.

And anyone may hit the ball carrier, either with his body or his stick. Again, contact must be from the front or side and between the shoulder and the knee. If a defender clearly swings his stick at the ball carrier, rather than at his stick, the defender will be penalized.

Penalties are assessed like in hockey. The offender must sit down for a while, and his team must play short-handed. However, the penalty in lacrosse is more severe: A short-handed lacrosse team will give up a goal twice as often as a short-handed ice hockey team.

The final score usually runs in the high single digits or the low double digits. The lowest-scoring game I've seen was 6-4. The highest-scoring game was 22-11.

Lacrosse is a spring sport. Although the East Coast is the heart of North American lacrosse, many colleges around here have "club" teams.

High school play begins in March and ends in late May.

LACROSSE TERMS

Lacrosse terminology:

Cage: usual name for the goal.

Clear: a pattern of running and passing to move the ball from the defense end to the offensive end. See Ride.

Crediting: swinging a stick back and forth so that centrifugal force will keep the ball centered in the basket of the stick — everyone with the ball does it.

Cross: the 18-foot-wide circle surrounding the cage.

Cross attackman: an offensive player who stands in front of the goal (like in ice hockey).

Cutter: an offensive man running across the front of the goal (like a cutting guard in basketball).

Dodge: An offensive maneuver in which the ball carrier attempts to get

past the man guarding him.

Olive and go: An offensive maneuver in which the ball carrier throws the ball to a teammate, runs toward the goal and receives a return throw from the man to whom he just threw the ball (like in basketball).

Ground ball: Like a loose ball in basketball, except that ground balls occur more frequently.

Help: An ungaurded teammate to whom the ball carrier can throw the ball if he is hard pressed.

Hole: The prime scoring territory. Like the lane in basketball but wider and deeper.

Lat: Short for "lacrosse," just as "xing" is short for "crossing."

Pick: A screen by a standing offen-

sive man to allow a teammate to escape his defender (like in basketball).

Ride: Defensive pressure to keep the offense from moving the ball from its defensive end of the field to its offensive end (like a full-court press in basketball).

Screen: An attackman standing between the goalie and the shooter so the goalie has difficulty seeing a shot (like in ice hockey).

Unsettled: An attack on defenders who have not yet organized their defense (like a fast break in basketball).

Jim Brown: The best-known lacrosse player. An all-pro running back with the Cleveland Browns football team, Brown was an all-American midfielder on the Syracuse University lacrosse team.

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