

RECREATION CENTER

The Observer & Eccentric publishes the "Recreation Center" every Sunday in Sports. To submit results of competition, items for the Rec Roundup or local story ideas, call staff writer Chris Mayer at (248) 903-2559...

Spring racing season heats up

Cranbrook event nears 20th running

Purchase a new pair of running shoes lately? There will be plenty of opportunities during the next few weeks to break them in.

Yesterday's Race Judicata XIX helped kick off a busy month in Southeastern Michigan - particularly Oakland County - as far as road races are concerned.

One event worth attending is the Cranbrook Fun Run '98 on Saturday, May 16 at the Cranbrook Institute of Science. This is the 20th year for the Fun Run, which promotes wellness and the wonder of science while supporting science education.

Participants have the option of competing in 10- or five-kilometer runs, a 1.6-kilometer walk, or a free 200-meter children's run.

Check-in is scheduled for 8 a.m.-8:45 a.m. the day of the event. Start time is 9 a.m. for the 10K and 5K runs and the walk and 10 a.m. for the children's run.

Cost (not including a t-shirt) is \$10 for the 10K/5K races and \$10 for the 1.6K walk until May 8. After that date add \$5. T-shirts are not guaranteed to late registrants.

For more information, call (248) 645-3230 for additional details. The Cranbrook Institute of Science is located at 1221 N. Woodward, just north of downtown Birmingham.

Here is a list of additional events upcoming this month:

SATURDAY MAY 9
Old Kent River Bank 25K & 5K Runs (Grand Rapids): Call (616) 771-1590...

SUNDAY MAY 10
20th Annual Berkley 10K & 1 Mile Run: Call (248) 544-9099...

SATURDAY MAY 16
Cranbrook Fun Run '98 (Cranbrook Institute of Science): Call (248) 645-3230...

SUNDAY MAY 17
Perdala Fun Run 10K & 1 Mile Runs (Perdala): Call (248) 544-9099...

SATURDAY MAY 23
1st Annual VFW Memorial Day 5K Run/Walk and 1K Kidde Run (Romeo, Mich.): Call 1-800-753-9820...

SATURDAY MAY 30
21st Oak Apple Run 10K & 2 Mile (Royal Oak): Call (248) 641-4602...

Below are results of the five-kilometer run. The top 60 female finishers - plus additional Eccentric-area competitors among the top 500 - and top 100 male finishers are listed.

Table of race results for women's 5K and men's 5K, listing names, times, and locations.

BOSTON MARATHON

The 102nd annual Boston Marathon, conducted Monday, April 20, attracted 11,499 participants - the second-largest in Boston's history...

Table of Boston Marathon results, listing names, times, and locations for men's and women's categories.

Walk your way to good health and fun times

Question: My friends and I are out in the 20s and early 30s. We have decided to start a "walking group" because with the approaching warm weather...

Answer: A walking group? What fun! Sounds like a great way to get together and get healthy too. Walking is an effective strategy for good health.

Forget all the stopwatch, and start off with a pace just a little faster than a stroll. I would probably begin with just 16 to 30 minutes. It might be best to figure out how long it actually takes to walk a mile on flat ground...

According to Health Magazine, it's recommended that your "training heart rate" is at least 60 percent of the maximum rate your heart can beat per minute.

- 1. Set a goal - You should try to walk at least three to five times a week for the best results.
2. Stick to it - It takes a lot

Hortop inducted into Metro Detroit ASA Hall of Fame

The 1998 Metro Detroit Amateur Softball Association Hall of Fame and Honor Awards Banquet represented a special time in Al Hortop's life.

Hortop, who since 1982 has supervised ASA softball leagues for the Rochester-Avon Empire Recreation Authority and served as association head and umpire-in-chief for the Rochester-Avon Empire Recreation Authority...

"It's a tremendous honor," said Hortop, an Imlay City resident in his 32nd year of teaching for Rochester Community Schools. He's been teaching at Rutherford Middle School since the fall of 1987.



Al Hortop