

The Observer & Eccentric publishes the "Recreation Center every Sunday in Sports. To submit results of competition, items for the Rec Roundup or local story tides, call staff writer Chris Mayer at (248) 901-2589, fax him material at (248) 640-314 or write to him at: The Observer & Eccentric Sports Department, 805 E. Maple, Birmingham, MI 48009.

Spring racing season heats up

Cranbrook event Cranbrook event nears 20th running The 102nd annual Boston Marathon, conducted Monday, April 20, attracted 11,499 participants — the second-largest in Boston's history, behind only the 36,708 two years ago for the 100th running and one again the field included Eccentric-area runners. Below is a list local runners as provided by the Boston Attletic Association. The number in parentheses indicates the overall finish followed by finish line, net and halfway-point times.

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. (Look for Race Judicata results in next Sunday's Recreation Center.)

'One event worth attending is the Cranbrook Fun Run '98 oh 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 educa-

Participants have the option of competing in 10- or five-kilo-meter runs, a 1.6-kilometer walk, or a free 200-meter chil-

walk, of a free 200-meter chil-dren'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 chil-

dren'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.
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

BOIL Kent River Bank 25K & 5K
Runs (Grand Rapida): Call (616)
771-1590, 1-800-052-2657 oxt. 1590
or visit www.okriverbankrun.com.
Bagle Run Classic XIV 10K, 5K
& 1 Mile Runs (Maybury State
Park, Northville): Call (734) 4221864.
SUNDAY, MAY 40

Park, Northville): Call (734) 422-1854.
SIINTAY, MAY 10

Zoth annual Berkley 10K &
IMile Runa: Call (248) 544-5099 or
visit www.motoreliystriders.com.
SATURDAY, MAY 10

SATURDAY, MAY 17

Ferndade Foot Frolic 10K & 1

Mile Runs (Ferndale): Call (248
544-9099 or visit www.motorel
tystriders.com.
MONDAY, MAY 25

Zist annual VFW Memorial Day
6K Run/Walk and 1K Kiddie Rut
(Romeo, Mich.): Call 1-800-753
9820.

9820.

SATURDAY, MAY 30

21st Oak Apple Run 10K & Mile (Royal Oak): Call (248) 541
4502.

BOSTON MARATHON

-		Finish	Net	Half
٠	Gary Adomitis, 49, Orion (2,096)	3:12:10	3:10:43	1:33:08
k	Walter Bartles, 29, Troy (1,459)	3:06:06	3:05:27	1:34:22
h	Solomon Cogan, 30, Farmington (6,778)	3:53:15	3:49:34	1:57:32
••	Mark Couzens, 49, Auburn Hills (6,668)	3:51:57	3:49:36	1:46:30
ıl	Thomas DeVos, 47, Clarkston (5,404)	3:39:51	3:37:51	1:45:14
	Todd Frerichs, 29, Clarkston (2,159)	3:12:42	3:12:35	1:29:38
	Cynthia Hamkins, 28, W. Bloomfield (2,867)	3:19:11	3:17:22	1:37:55
ĸ	Stephen Henes, 42, Birmingham (3,206)	3:21:49	3:20:10	1:30:14
3) HO	Mara Isser, 25, West Bloomfield (4,541)	3:32:27	3:30:06	1:43:58
U	Rick Jayroe, 44, Rochester Hills (3,402)	3:23:33	3:22:14	1:41:54
ĸ	Cody Jones, 48, Commerce (6,522)	3:50:24	3:47:32	1:47:36
2-	Michael Light, 50, Auburn Hills (8,125)	4:10:19	4:08:18	1:54:27
٠.	Robert Mauck, 47, Troy (2,993)	3:20:13	3:18:24	1:38:15
	Ronald Michaelson, 55, W. Bloomfield (5.994	3:45:21	3:42:17	1:48:27
å	Brodie Miles, 24, Auburn Hills (352)	2:47:45	2:47:34	1:22:09
	Bernard Oginski, 43, Troy (5,367)	3:39:34	3:37:30	1:44:37
lk	Brian Peacock, 60, Rochester (5,309)	3:39:05	3:36:35	1:47:27
ıĸ	David Peterson, 31, Farmington Hills (120)	2:37:35	2:37:29	1:12:54
	Peter Polidori, 60, Bingham Farms (2,420)	3:15:15	3:13:47	1:34:23
1 8)	Marty Povirk, 49, Franklin (3,137)	3:21:15	3:21:01	1:31:37
ï		3:48:19	3:46:39	1:42:31
	James Rillema, 65, Bloomfield Hills (762)	2:56:54	2:56:42	1:26:01
ay	7 C 1 00 F (0 FOO)	3:26:06	3:26:06	1:33:40
		3:58:12	3:55:02	1:58:43
3-	Susan Tgiros, 33, Walled Lake (7,342)	3:59:21	3:56:04	1:56:03
	Petra Thomas, 33, Farmington Hills (7,345)	3:59:22	3:56:44	1:53:00
2	Rolf Thomas, 33, Formington Hills (4.988)	3:36:29	3:36:15	1:31:10
1-	Garry Watson, 55, Rochester Hills (8,778)	4:23:26	4:21:26	1:54:27

Race for the Cure draws record field

al Susan G. Komen Breast Can-cer Foundation Race for the Cure proved to be a huge suc-

cess.

The event, held Saturday, April 25 at the Detroit Zoo, attracted 21,650 total entrants, 933 of which were breast cancer survivors. Both of those num-

bers were single-event records.
"It was nearly perfect weather

"It was nearly perfect weather for the third consecutive year," Motor City Striders President Ed Kozloff said. "And everything went very well considering the turnout." Below are results of the fivekilometer run. The top 60 female finishers – plus additional Eccentric-area competitors among the top 500 – and top 100 male finishers are listed.

100 male finishers are listed	L.
Women's 5K results	
1. Laurel Park, 35, (Ann Arbor)	17:04
2. Kathy Rink, 31, (Bloom, Hills)	17:26
3. Jodi Buck, 29, (Northville)	18:04
4. Senna Larson, 28, (Jackson)	18:17
5. Elizabeth Kraft, 26, (Bloom. Hills)	16:25
6. Ann Remmers, 36, (Ann Arbor)	18:30
7. Robin Serrie-Hallop, 42, (A. Arbor)	18.37
8. Mary Colhurn, 20, (Commerce)	18:45
9. Nancy Grayson, 48, (Northville)	19:10
10. Cynthia Barnett, 35, (Saline)	19:15
11. Jennifer Pitzgerald, 14, (Ster. Hts	
11. Jennier Pittgeraid, 14, tater, 114	19:33
12. Lisa Hesse, 35, (Ann Arbor)	19:41
13. Anne Bork, 28, (Saline)	
14. Susan Brown, 34, (South Lyon)	19:49
15. Laura Murphy, 34, (Rochester)	19:55
16. Michelle Kinkela, 15, (Ster. Kts)	20:17
17. Cindy Hamkins, 28, (W. Bloom.)	20:25
18. Mary Franklin, 35, (Pontiac)	20.26
19. Katie Terry, 15, (Starling Heights	20.28
20. Fran Everin, 29, (Ferndale)	20:31
21. Molina Staley, 33, (Ann Arbor)	20:33
22. Janet Jacobe-Walt, 40, (Bov. Hills	120:34
23. Jenny Hampton, 16, (Novi)	20:35
24. Michelle Connor, 15, (Ster. Hts.)	20:37
25. Laura Sophies, 41, (Pleas. Ridge)	20:40
26. Brenda Grumm, 28, (Farm. Hills)	20:42
27. Julie Cummings, 27, (Utica)	20,43
28. Amy Brown, 25, (Lake Orion)	20:46
29. Kathey Hoffman, 34, (Northville)	20.50
30. Rinine Ward, 31, (W. Bloomfield)	20.52
21. Jacqueline McVittle, 24, (Windon	
32. Jama Kettman, 29, (Sterling Hts.	20.58
83. Laura Johnson, 38, (Troy)	21:11
34. Michelle Cline, 27, (Detroit)	21:23
	21:25
86. Stacey Hernandes (Warren)	21:27
36. Tracey Riser, 26, (Warren)	21:29
87. Sara Pakisian, 14, (Troy)	
38. Michelle Groechel (Dearborn)	21:30
39. Donna Swanson, 46, (Northville)	
40. Patricia Ball, 43, (Ann Arbor)	21:34
41. Susan Szczesny, 48, (Southfield)	21.30
42. Katie Richards, 25, (Chicago, III.	21:43
43. Hope Calati, 25, (Royal Oak)	21:48
44. Cynthia Wotilo, 40.(Cadillar)	21:52
45. Donna Olson, 48, (Bloom, Hills)	21:50

48. Ellen Nits, 57, (Milford)

48 Catherine Paklaian, 46, (Troy)	22:17
(8. Catherine Paklaian, 46, (Troy) (9. Kathy Clark, 36, (W. Bloomfield)	22:18
50. Mary Jo Desprez, 34, (Ann Arbor)	22:19
51. Tracey Cohen, 26, (Farm. Hills)	22:20
52. Carol Rice, 44, (Royal Oak)	22:22
53. Carrie Wilson, 28, (SC Shores)	22:25
SA CHITTE WILDON, 20, 13C Shorter	
54. Kimberly Fedison, 26, (Ortonville)	22:30
65. Danielle Choate, 24, (Detroit)	22:30
56. Rence Moncion, 16, (Washington)	
57. Karen Balousek, 35, (Royal Oak)	22:34
58. Julie Kurkowski, 30, (Warren)	22:35
59. Kindsay Blau, 22, (W. Bloomfield)	22:36
60. Vickie Putnam, 49, (Dearborn) 64. Martha Ritchie, 45, (Farm. Hills)	24:07
64. Martha Ritchie, 45, (Farm. Hills)	22:41
66 Lyone Carey, 32. (Birmingham)	22:44
70, Bonnie Karns, 33, (Roch. Hills)	22:48
75. Kristin Misner, 24, (Roch. Hills)	22:50
79, Yvonne Miller, 28, (Farm. Hills)	23:01
85. Jill Murany, 25, (Southfield)	23:17
86. Lori Goetz, 27, (Birmingham)	23:18
87. Brooks Rossi, 20, (Roch. Hills)	23:19
90, Laure Brass, 26, (Farm, Hills)	23:26
	23:53
100. L. Thomas-Brooks, 35, (Birm.)	23:54
102. Kelly Wright, 26, (Parm. Hills)	23:58
105. Laura Larivee, 15, (Troy)	
107. Dana Larivee, 15, (Troy)	23:57
116. Nancy Broadbridge, 44, (Birm.)	24:12
116. Shelley Irwin, 37, (Rochester)	24:14
122. Donna Donnelly, 38, (Bl. Hills)	24:21
128. Jane Henderson, 34, (Roth. Hill	1)24:26
132. Joan Pilareki (Roch. Hills)	24:29
133. Carol Coons, 44, (Troy)	24:30
141. Amalia Stefanou, 18, (Troy)	24:36
143. Deborah Mossholder,33,(Bl Hill	s) 24:38
149. Indira Misra, 30, (Hirminglum)	24.42
151. Christine Fernandez, 39, (Troy)	24:43
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	24:47
154. Jamie Williams, 27, (Southfield)	24:47
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317. Jec	nifer G	umma.	20. (W	Bloom)26:56
331. La	urio Ha	ms. 36.	Bing	Farms	27:08
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342 Ch	ristine l	DeGraz	a. 32. (Roch.)	27:20
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448. A	my Bro	rn, 26,	(Lake	nuou)	
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445, Alecia Kruse, 38, (Roch. Hills)	21,09
446. Amy Brown, 25, (Lake Orion)	28:00
462. Linley Reichelt, 17, (Bloom. Hills	28:03
458, Vicki Babink, 45, (Roch. Hills)	28:05
460. Melody Karpowitsch, 39, (Troy)	28:06
462. Susan Schiamersdorf, 27, (Birm.)	25:08
464. Maria Fenech, 34, (Farm. Hills)	28:09
471. Stephanie Reel, 25, (Birm.)	25:16
478. Marty Stein, 48, (Pranklin)	28:22
484. Angela Lawrie, 29, (Southfield)	28:25
485. C. Dannenberger, 24, (Wa. Lake)	
491. Deborah Dettore, 41, (Birm.)	28:33
Men's 5K results	
1, Richard Stark, 32, (Ann Arbor)	14:59
2. Scott Collins, 26, (New Baltimore)	15:01
	15:45
4. Will Browder, 26, (Brighton)	15:46
5. Rodney Moore, 21, (Cantan)	15:02
6. Kevin Schultz, 19 (Clawson)	15:03
7. Paul Rice, 25. (Eastpointe)	16:04
8. Gary Schultz, 19, (Clawson)	16:08
9. Rick Brauer, 35, (Northville)	16:14
10, Jason Bandlow, 22, (Dearborn)	15:17
11. Brett Sanborn, 31, (Roch. Hills)	16:28
12. Peter Hallop, 51, (Ann Arbor)	16:40
13. John Nemens, 26, (Detroit)	15:45
14. Stuart Daniels, 26, (Ann Arbor)	18:59
15. David Thomson, 21, (Detroit)	17:19
18. Pat Deighan, 31. (Berkley)	17:24
17. Jerome Meredith, 42, (Ann Arbor	
18. Todd Scott, 34, (Royal Oak)	17:37
19. Franklin Carmons, 34, (Troy)	17:44
20. Michael Webster, 38, (Northville)	
21. Mark Kossak, 40, (GP Woods)	17:50
22. Steve Clayton, 34. (Ann Arbor)	17:53
23. Rick Straub, 43, (Northville)	17:56
24. Larry Parker, 49, (Eastpointe)	18:01
25. Ralph Shelly, 34, (Oak Park)	18:02
26, Erik Boehm, 19, (Ster. Heights)	18:03
27. Scott Grudeien, 39, (South Lyon)	18 97
28. Brad Seng, 28, (Royal Oak)	18:15
29. Neal Moore (Dearborn)	18:16

30. Richard Ford, 37, (Hunt. Woods) 18:17	
31. Curley Lumpkin, 17, (Detroit) 18:20	ì
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32. Jeff Cyr, 27, (Grand Blanc) 18:23	ļ
53. Michael Kroli, 88, (Westland) 18:25	1
34. Matthew Hettle, 35, (Royal Oak) 18:27	ı
35. Robin Spaulding, 37, (Livonia) 18:29	l
36. Todd Harris (Dearborn) 18:35	ſ
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38. Phil Menzies, 26, (Warren) 18:36	ı
38, Ben Bush, 38, (Waterford) 18:37	ı
40 Derek DiGlovanni, 26, (Utica) 18:38	ı
41. Michael Bellovich, 40, (GP Parms) 18:39 42. Mark Tomes, 41. (Novi) 18:39	ı
42 Mark Tomes, 41. (Novi) 18:39	ı
43. Mark Kaufman, 30, (Farm. Hills) 18:40	ł
43. Mark Kaufman, 30, (Farm. Hills) 18:40	1
44. Kevin Sherwood, 36, (Royal Call) 18:42	ı
45. F. Chrzanowski, 30, (Westland) 18:40	ı
46. Kevin Smiley, 33, (Walled Lake) 18:47	١
47. Larry Staley, 34, (Ann Arbor) 18:48	ı
48. Anthony Roper, 29, (Detroit) 18:49	1
49 John Rivard, 42 (Dearborn) 18:50	ı
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50, Anthony Lepetrone, 46, (Birm.) 18:51	1
51, Lou Treece (Romeo) 16:52	1
52, Tony Wong, 25 (Ann Arbor) 18:55	١
53. Ronald Buchanan, 39, (Royal Oak) 18:56	ı
54. Jeffrey Hoogerhyde, 27, (Berkley) 18:58	-1
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55. Timothy Hough, 25, (Welled Lake) 19:03	ı
56. John Biafora, 41, (Ster. Heights) 19:07	ı
57. Mark White, 35, (Livenia) 19:08	1
89 Thomas Harrillo 36 (Dearborn) 19:10	ı
59. Kevin Grenier (Dearborn) 19:11	Į
60 Steven Sumner, 37 (Warren) 19:12	
61. Mike Krasko (Dearborn) 19:13	
es Cast Waldaman 12 (Clinton Two i 19:17	
64 Brenden Rachman 12 (Whit, Lake) 19:15	1
65. Daryl Nihern, 35, (GP Park) 19:15	•
66. Erie Demont, 24, (Detroit) 19:20	
67. Mark Zaporski, 40, (Wolver, Lake) 19.23	,
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68. Reed Swanson, 38, (Hunt. Woods) 19:2:	
69. Ray Mylenek, 27, (Royal Oak) 19:2-	
70. Michael Whitworth (Dearborn) 19:2:	5
71. David Steiger, 31, (Birmingham) 19:2	В
71. David Steiger, 31, (Birmingham) 19:2- 72. James Martin, 38, (New Boston) 19:2	8 7
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71. David Steiger, 31, (Birmingham) 19-2: 72. James Martin, 38, (New Boaton) 19-2: 73. Scott Handley, 41, (GP Park) 19-2: 74. Joseph Hickey, 31, (Shelby Twp.) 19-2:	8 8 8
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71. David Steiger, 31, (Birmingham) 19:27. James Martin, 38, (New Boaton) 19:2 73. Scott Handby, 43, (GP Park) 19:2 74. Joseph Hickey, 31, (Sheiby Twp.) 19:2 75. Tom McHugh, 26, (Ann Arbor) 19:2 76. Michael Traum, 37, (Aubrun Hilla) 19:3 7. Dana Jarakh, 32, (Farm. Hilli) 19:3	8 8 8 9 1
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Walk your way to good health and fun times

Question: My friends and I are in our late 20s and early 30s. We have decided to start a "walking group" because with the approaching warm weather, it will be a great way to get into shape for the summer. Can you give us some tips on the best pace, type of shoes, and how to get started.

MYRNA

MYRNA

ARRICH

Answer: A Walking group? What

fun!
Sounds like n great way to get together and get healthy too. Walking is an effective strategy for good health. Did you know that walkers traveling four miles in just one hour are working hard enough to significantly reduce the risk of heart disease?
Getting started is easy. Just remember that you are in no rush.

rush.
Forget all the stopwatches, and start off with a pace just a little faster than a stroll. I would probably begin with just 15 to 30 minutes. It might be best to figure out how long it actually takes to walk a mile on flat ground and then build your timing from there.

tnen build your timing from there.
According to Health Maga-zine, 'It's recommended that your 'training heart rate' is at least 60 percent of the maximum rate your heart can beat per minute. You can figure your maximum heart rate by subtracting your age from 220. And to get the target zone for aero-bic training, multiply that by 0.6.
Here are some other helpful walking tips:

of discipline to make walking a habit, so walking with a friend or in a group is great idea! Another idea would be to schedule your walks as you would an appointment – something you can't cancel.

Eventually you'll begin to enjoy it as time set asside for yourself.

3. What to wear – Just a really great pair of shoes! Well, some clothes would also be appropriate. Seriously though, your walking shoes should have a firm heel and plenty of room for the toes to move around.

I don't advise using running shoes because they're often too high and not firm enough. As for clothes, loose and comfortable is great.

Here are some additional tips:

Proper posture, stride, and arm swing are important when it comes to reducing injuries.

You should remember to stand tall and keep your elad and chin up.

M You should remember to stand tall and keep your head and thin up.

M Keep your elbows bent at a 90-degree angle and swing from the shoulders, side-to-side.

M Keep your stride long and smooth, similar to those of race walkers you may have seen.

Finally, don't forget to stretch, So many people fail to out. This is the cause of injuried to the hamstrings, calves, tendons and quads.

Warming up is so important! The extra time you spend warming up will be worth it when you consider the problems that can arise if you don't.

I hope these hints will help you and your friends on you new adventure in walking.

Summer is almost upon us, so just enjoy and good luck!

(Myrna Partrich is co-owner of The Workaut Co. in Bloomfield Hills. She is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness 1. Set a goal - You should Fitness and the Michigan Fitness try to walk at least three to five from the set of the set of

Hortop inducted into Metro Detroit ASA Hall of Fame

Fame and Honor Awards Ban-quet represented a special time in Al Hortop's life.



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

Hortop, who since 1982 has supervised ASA softball leagues for the Rochester-Avon Recere at 10 m Authority and served as association head and umpire-in-chief for the Rochester-Avon Lumpire Association, was one of five people inducted into the MDASA Hall of Fame. The ceremony was conducted Friday at the Polish Century Club of Detroit. The group featured the 53-year-old Hortop (Meritorious Service), George Lerchen (slowpitch player), Shelly Larned (fast-pitch player), Frank Pilarowski (manager) and Al White (modified player).

"It's a tremendous honor." "It's a tremendous honor." "It's a tremendous honor." "It's a tremendous honor." "Served as a smoior deputy pitch player), Shelly Larned (fast-pitch player), Frank Pilarowski (manager) and Al White (modified player).

"It's a tremendous honor." "Served as ansociation head said the first player of teaching for Rochester Community Schools. He's been teaching at Routhen Middle School since the for the Mon's Mesters 25. for Rochester-Avon Recreation Authority and served as association, was one of five people inducted friot the Rochester-Avon Compire and the Polish Century Club of Detroit. The group featured the 58-year-old Hortop (Meritarious Service), George Lerchen (alwayitch player), Shelly Larned (fast-pitch player), Shelly Larned (fast-pitch player), Trak Pilarowski (manager) and Al White (modified player).

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

"I've worked with a great

feutner mindle School since the fall of 1987.

"I've worked with a great group of people at RARA, and I'm proud to have played a part in developing the ASA in Metro

1982-present.

Served as umpire coordinator for the Men's Masters 35Over Nationals in 1992.

Selected to serve as umpire coordinator for the Girls 16under Junior Olympic Nationals in 1998.