

## Hills police host annual run for MD

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The Farmington Hills Police Department is hosting the 13th annual 10K Run and 5K Run/Walk for Muscular Dystrophy on June 8. The Run is open to both law enforcement personnel and the public, with all the proceeds over costs donated to the Muscular Dystrophy Association.

Last year's event was a success, due to the business community, said Assistant Police Chief Martin Bledsoe, and the department is again seeking

their support. Over the last 12 years, donations to MDA have amounted to more than \$48,000.

"This is one of the premier runs in the community," said Bledsoe. He said the run also allows the public and police to mix in a relaxed setting.

Helping to cure MD "is something everybody can put their hearts into," he said.

The department will honor the businesses that donate by listing their names on the runners' T-shirts and registration desk banner.

Since space is limited, organizers face a May 17 deadline

for screen printing of the shirts.

Checks may be made payable to the "Farmington Hills Police 10K Run" and mailed to the department's attention at 31655 Eleven Mile Road, Farmington Hills, 48336.

He said the run starts at the Oakland Community College Orchard Ridge Campus and heads south through subdivisions.

Runners wishing to participate can stop by the police station to pick up an application or they can e-mail mwayman@ci.farmington-hills.mi.us.

The cost to participate in the walk/run is \$20.

## Commission adds new awards for seniors

The Farmington Area Commission on Aging will be presenting two new Awards along with the "2002 Diamond Award" during the Annual Senior Division Volunteer Luncheon to be held on April 16, at the Costick Activities Center, 28600 Eleven Mile Road, Farmington Hills, 48336.

The Gold Award will be presented to an active community volunteer, age 60 or older, in the Farmington/Farmington Hills Area. The Senior Division Award will be presented to an active volunteer in the Farmington/Farmington Hills Senior Division Programs who is age 60 or over.

For the past 10 years, The Farmington Area Commission on Aging has recognized residents aged 75 and older who remain active in community service with the annual "Diamond Award". Due to the tremendous efforts of so many senior adults in the community, the awards were expanded this year to reflect their contributions and the community's appreciation for their efforts.

To nominate a senior for the "Diamond Award", "Gold Award" or the "Senior Division Award", write a statement with the person's name, age, phone number and a short description of the nominee's community service.

Mail nominations to: Farmington Area Commission on Aging, 33312 Grand River Avenue, Farmington, MI, 48336 or fax them to: (248) 473-1800. All nominations must be received by the Commission before March 17, 2002.

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## Martian Marathon lands on Earth

Over 1,000 runners and walkers are expected for the 2nd annual Martian Marathon (26.2 earth miles) and the new Martian Half Marathon (13.1 miles) at 8 a.m., March 23.

All proceeds from the event go to the Leukemia and Lymphoma Society.

The natural beauty and rolling hills of Edward Hines Parkway will be the setting for this out and back marathon run.

The course follows 10 miles of parkland through the communities of Northville, Plymouth, Livonia and Westland.

Many runners will be using this race as a tune-up for the Boston Marathon, which takes place three weeks later.

The start and finish will be at Northville Run-

ning Fit, on the northwest corner of Haggerty and Six Mile Road.

Why a Martian marathon? March takes its name from the Latin Mars. On March 31, the gravitational pull on the earth is at its low point for the year.

This should allow for longer strides with less effort.

Entry fee for the marathon is \$40 with pre-registration, \$50 the day of the race.

The training run entry fee is \$10 with early registration, \$12 the day of the run.

For donation information to the Leukemia Society, call Tami Duquette at: 800-456-5413

Enter the marathon online at: www.martian-marathon.com, via e-mail: Randy@runningfit.com, or by calling 248-347-4568.

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