

Top bowlers 30 to 40 years old

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bowl and explaining the bowls differ in size and weight, which is why most lawn bowlers own their own sets of bowls, Mr. Zazzara allowed me to roll a few bowls, putting the clubhouse at considerable risk.

The bowls—think of a five-pin bowling ball that has been somewhat squashed—are weighted on one side to allow them to curl as they roll toward the target, in this case a small white ball called the jack. The object of the game is to place more of your team's bowls closer to the jack than your opponents.

Following Mr. Zazzara's directions, my first bowl rolled in a strangely satisfying arc and came to rest about four feet from the jack.

My second attempt was better; the bowl nudged up against the jack. More laudatory comments from the sidelines. On the third try, I launched the bowl with the weight (or bias) on the wrong side and the missile rolled off the carpet and rumbled loudly across a sheet of steel set in the floor in the far corner of the building. Laughter from the sidelines.

Overall, however, most of my attempts came to rest within five feet of the jack. I doubt it was because of any innate ability on my part. Mr. Zazzara showed me where to aim the bowls.

He talked excitedly about the game's strategy.

"There's a lot more strategy than in curling," he said. "In curling, the house (the target) stays still. In bowling, the jack moves around. You always plan

about three balls ahead."

Although lawn bowling is usually thought of as a game for seniors, Mr. Zazzara adamantly rejects the theory.

"Most of the better bowlers in Canada today are between 30 and 40 or even younger," he said.

For anyone wanting to try their hand at indoor bowling, the Newmarket club offers memberships of \$35 for residents and \$45 for non-residents. Mr. Zazzara and other club members provide coaching and playing times are available during the day and evening. For more information, call Mr. Zazzara at 416-787-4517.

Been There, Done That is a regular feature following the exploits of staff as they try to keep up with experts in a wide variety of sports and recreational activities.

Wrong running shoe can cause injury

From page 18.

"So we call it a motion control."

Reebok makes use of a transition bridge, a hard plastic piece, to correct the running motion. The more severe a person's pronation, the larger the transition bridge. Fila uses a TPU post, or a Thermal Plastic Unit, to aid the process.

Shoe manufacturers also make use of dual density rubber to help with pronation.

Normal pronators turn in a little and shoe companies have less correction for this type of runner.

Five per cent of runners are supinators who have a tendency to role their feet out when they run. Shoe manufacturers use

moderate rear foot control to help correct this.

Mr. Sullivan said the last or curve of the shoe is different for each runner. The straight shape is used in shoes for overpronators, semi-curved for normal pronators and curved for supinators.

The shoe you wear should match your running style.

Rick Choy, who operates a running club out of the GoodLife Fitness Club in Richmond Hill, said runners should only wear shoes designed for their gait.

"I've seen so many people that come out with incorrect shoes," he said. "If you're in the correct shoe, you're going to train longer."

It's not just for comfort that a

runner should wear shoes for their running style. The wrong shoes can cause injuries. One woman Mr. Choy analysed will never recover from her injuries.

"She already has knee problems," he said. "She has runner's knee."

People should only run in running shoes, not cross-trainers, tennis shoes or basketball shoes, Mr. Choy said.

"Nobody (should) go out there and run in cross-trainers. Cross-trainers are designed for lateral motion."

Mr. Choy said running shoes are not for daily use.

"I don't recommend people walk around in their running shoes," he said. "It wears out the cushioning more."

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