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STREET FINAL

SPORTS

Giants turn to rolfing for relief of pain

Last season, the San Francisco Giants were plagued by injuries. This spring, several of the Giants have turned to rolfing in hopes of relieving their aching bodies.

Owen Marcus, a certified advanced rolfing in Scottsdale, will be keeping an especially close eye on the Giants' health this season.

He's the individual who used his fingers, fists, elbows and sides of his arms to work the muscle tissue of Giants such as pitchers Mike LaCoss, Joe Price, Allee Hammaker, Mike Krukow and Kelly Downs, outfielder Donell Nixon, catcher Terry Kennedy,

first baseman Will Clark and second baseman Robby Thompson. Club president Al Rosen and manager Roger Craig also have been clients, Marcus said.

"It's like we are sculpting a new body," Marcus said. "We are peeling off layers of tension."

The idea behind rolfing is to apply pressure through a slow manipulation of the soft tissue. That releases the accumulated stress and trauma from years of overuse and injuries.

"We manipulate unlike anyone else," said Marcus, who learned about rolfing 13 years ago in Boulder, Colo.

"It's a little more intense than physical therapy or massages."

Marcus' association with the Giants began when pitcher Craig Swan, who played at Arizona State University and in the major leagues, told then-Giants outfielder Joel Youngblood about rolfing, Marcus said. Youngblood and teammates LaCoss and Jeffrey Leonard visited Marcus last spring.

Now more have visited this spring (a session costs \$100).

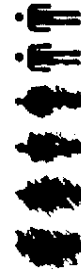
All concerned will watch the results. "If they do well, I do well," he said. "I'd rather prevent a problem than have to fix it."

— Jon Masson

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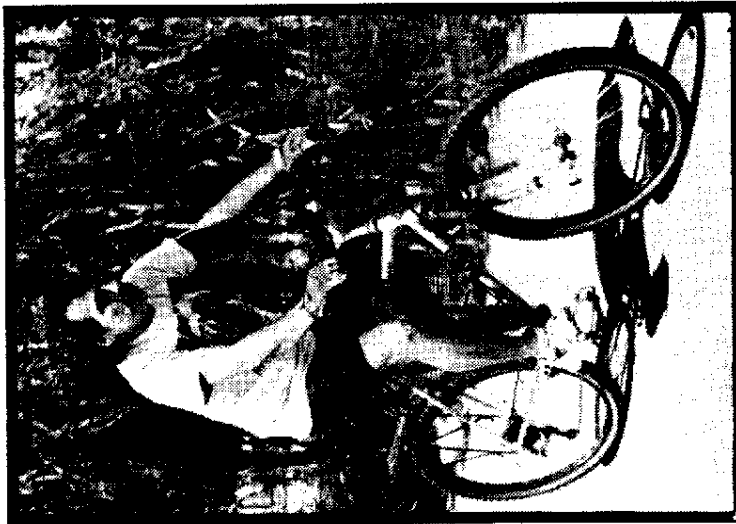
He Runs Big

By **Stephanie Benford**

Steve Papp varies his running program with a little cycling.

Photo by Mark Zernick

Steve Papp has discovered the fountain of youth. In his feet. If Ponce De Leon's search for the fountain



proved fruitless, that has not been the case for Papp, a Tempe traffic court judge who looks 15 years younger than his 50 years. Running has not only helped his rheumatoid arthritis, but has apparently stalled the aging process in the five-foot six-inch, 148-pound grandfather.

"I started running 15 years ago because I had arthritis in my knees, hands, back and ankles," Papp says. "The doctor told me that exercise was the best thing as long as I didn't have swelling." Once he started a regular routine, the health problems cleared up and he was afraid to stop, for fear they would return. His regimen mushroomed and he became an ultra-distance runner.

Ultrarunning (50 miles or more) is a sport only popular with a few dozen Valley residents. Papp and his wife, Roseanne, both fit into that category.

"When I started running, I did about 50 miles a week for about 10 years, but then I started racing so much that I now do only one long run a month," he says.

A year ago, Papp was sidelined when back pain and tightness struck. He was out of the race for about a year, but under the care of Owen Marcus, who rolled him.

Rolling is a deep-muscle massage technique. After 19 sessions, Papp no longer had back pain and was able to resume running and walking in September.

"Before rolling, my wife could pick me out of a race because one shoulder was higher than the other," he says.

His walking and running speeds have both increased since his treatments.

Papp plans to continue staying fit the rest of his life. In addition to running, he bicycles three times a week and rows five days a week.

Speed is not important to him—he walks a 13-minute mile and runs a 10-minute mile. Distance is, however, so much so that he refuses to compete in regular 26-mile marathons because he finds the distance uncomfortable.

"Running has always been a priority," he says. "I work my schedule around the runs, because it's my health."

He enjoys running mountain trails and being in the outdoors, away from traffic. Mount Ord is one of his favorite exercise spots.

Usually Papp is up at 5:30 a.m. to row, and then to ride or run.

"I like to do a variety of things to stay fit," he says. He has completed 70 ultramarathons and is looking forward to competing in December in the Texas Sun Mart Ultra.

"I'm going to do a lot of walking in that one," he says.

With 50-mile events, runners are given 12 hours to complete the course, and in 100-mile events, they are given 30 hours.

The Papps are mostly vegetarians and Steve is convinced people could eliminate most of their health problems if they removed meats from their diet.

He says he eats nuts, beans, fruits and vegetables, but admits

EXECUTIVE Fitness

to breaking down and having a Big Mac every once in a while.

"I'm about eight pounds heavier than I want to be, and it really makes a difference when I run," he says.

One of the biggest thrills for Papp was participating in the Western States 100 Miler in California in 1980. He finished in 29.5 hours. His wife finished an 88-mile run and two years ago was Arizona's female ultrarunning champion. Both of the Papps are members of the East Valley Runners.

Although he calls "runners' high" a myth, he does admit that the miles fly by as his feet pound the ground.

"You just have to set your mind to the idea that you're going to be out there longer than you would for a 10K," he says.

Know a busy executive type who maintains a hearty fitness regimen? Write to Editor, Fitness Plus, 3014 N. Hayden Rd #117, Scottsdale, 85251.

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EXECUTIVE Fitness

BY JOE BORTNIAK

Sam Sorensen, a 37-year-old industrial real estate broker in the Phoenix area, thought he knew all about exercise when he was a long-distance runner in college. Long and intense trainings, believed to be beneficial at the time, were common for Sorensen, who thought, "I must be in great shape if I'm enduring all this."

However, an incident toward the end of his college career disillusioned him. It happened during a race when two gray-haired men moving at a good clip passed him. His ego deflated, his workouts ceased - for 13 years. Then, while he was vacationing in Malaysia, a photograph of himself shocked him back on track. "I couldn't believe how really out of shape I was," he recalls. In addition, his lower back had been giving him problems for some time. It was time, Sorensen remembers, to do something for his health. During the next year he took it slow, beginning with a walking program.

LATE BLOOMER ENJOYS SHAPING UP

Next, his diet came under attack. Before, it had consisted of "whatever the local convenience store had to offer," he says. His new diet eliminated white sugar, salt, caffeine and most fats. It wasn't long before he realized the elimination of white sugar was having a major impact on his energy level.

"Before, my energy level would bounce, like at three o'clock I would hit the lows and then I would bounce up," says Sorensen, who also had lost 17 pounds.

To Sorensen, joining a gym was the next step. His workouts went well, but were limited by back problems. "I felt my back was made out of glass," he says.

Sorensen wanted more out of his workouts. A friend suggested rolling might help his back and recommended Owen Marcus and Associates. Sorensen took the advice, got rolled and found the answer to his back problems.

Rolling, Sorensen says, is a technique that manipulates the myofascial tissue through slow deep-muscle massage. This brings the myofascial tissue back to its flexible, resilient, and healthy state. Myofascia is the tissue between the muscles and bone. The

and can have incredible results.

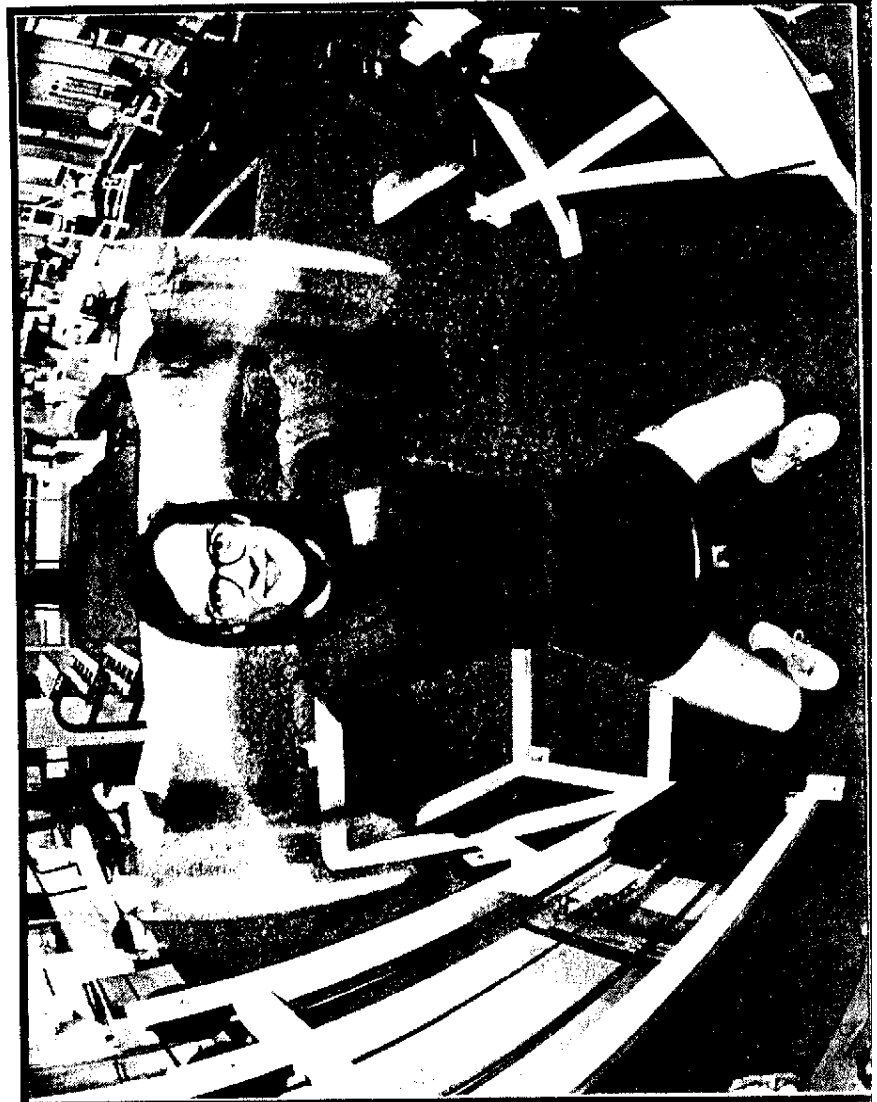
Before being rolled, Sorensen suffered from a condition called "the gunslinger" pose or posture. His arms hung out to their sides. His hands did not cradle his body and his shoulders were rounded. The natural state for the body is erect and relaxed with the shoulders back and the arms wrapping the body.

After the rolling he noticed an enormous amount of improvement in his workouts at a popular downtown gym. "My workouts are more enjoy-

able and my performance has increased with no added effort," he says.

Now, Sorensen's regimen consists of varying types of exercise. He swims twice a week, runs once a week, and lifts weights three times a week. In addition, he uses a stationary bicycle and a stairclimber three times a week.

"The most important thing is to be good to yourself and take the time to enjoy the process," he says.



By Alank Zernick