



The Athletic Attic offers footwear suitable for every sport

DTH/Charlotte Cannon

In sports, always put your best shoe forward

By KATHY WILSON
Staff Writer

Choosing the right athletic shoes today can be a complicated and expensive chore. Through extensive research and experimentation, doctors and sport specialists have concluded that athletes may avoid serious injuries by wearing footwear specially designed for individual sports.

Dr. Matthew Troxler, a podiatrist at the Carrboro-Chapel Hill Foot Clinic, said it is necessary to have a different athletic shoe for each sport in which an athlete participates. "It's very important to pick a shoe that's compatible to your sport,"

Troxler said. Each sport uses different foot movements that require shoes with varying areas of support. For example, runners need shoes designed to accommodate heel to toe motions, while tennis shoes support lateral movements. Aerobics, which involve up and down motions, require an entirely different shoe.

Injury to the feet and ankles may not be completely avoided by wearing proper footwear, but many injuries may be less severe if athletes wear shoes designed for their sports, Troxler said.

Troxler said the most common injuries to runners are shin splints,

bursitis and stress fractures. Ankle sprains are common in tennis, as well as in basketball. For aerobics, inflammatory problems can be a hazard because the impact on the feet is much greater than in any other sport. Specialized footwear may help minimize these common injuries.

Overextensions, torn ligaments and broken bones are three types of ankle injuries which plague athletes and could be prevented, Troxler said.

Michelle Stolzenberg, manager of the Athletic Attic in University Mall, agreed on the need for special shoes for each sport.

She stressed that shock absorbency, which varies greatly from shoe to shoe, is an important factor to look for when buying sports shoes.

Troxler said athletes shouldn't buy inexpensive shoes.

Marc Davis, a trainer for the UNC men's basketball team, strongly recommends hightop shoes for basketball players.

He said that technology has made them more comfortable, and they help prevent common ankle injuries.

Nike has developed an athletic shoe that is suitable for several different sports. The Nike Cross Trainer and the Air Trainer were designed for athletes who like to play a little bit of all sports. Nike advertises that both shoes have lateral, up and down and forward motion support. The difference between the two shoes is that the Air Trainer has an air mid-sole that increases the shock absorbency value.

Davis said he thought the specialty shoe market was saturated, and the multi-purpose shoe was good for the weekend athlete.

Sports

Deep Wolfpack drop women to .500, 72-63

By STEPHEN GILES
Staff Writer

RALEIGH, N.C. — In a classic matchup of two teams struggling to keep their heads above water, the North Carolina women's basketball team, with a 6-5 overall record and an ACC record of 0-1, invaded the hostile confines of Reynolds Coliseum Tuesday night to take on the N.C. State women, themselves saddled with a 5-7 overall mark and an 0-3 record in the ACC.

The Wolfpack started slowly but came on strong at the ends of both halves to post a 72-63 win, giving State its first conference victory of the season and left North Carolina winless in the ACC and dropping the Tar Heels to a .500 record overall.

North Carolina was without the services of freshman point guard Tanya Lamb, who was recently declared academically ineligible, according to UNC coach Sylvia Hatchell.

At the onset it appeared that North Carolina might break it open early. The Tar Heel women cruised to a 12-4 advantage with 15:04 remaining in the half behind balanced scoring from the likes of Tia Poindexter, Chrissy Watts, Marsha Matthews and Kathy Wilson, each of whom managed at least one basket.

Watts finished with a game-high 21 points, Wilson had 15 points and grabbed 15 rebounds. Poindexter had 13 points and eight boards.

The Wolfpack was led by Krista Kilburn's 21 points.

N.C. State coach Kay Yow then

proceeded to pull each of her five starters and the reserves pulled State to within two points at 20-18 with 9:23 left in the half. From there, Yow regularly substituted in groups of five, and the resulting 14-point run over the weary Tar Heels made the score 34-23, Wolfpack, with 4:37 remaining.

"State really used good strategy with their platooning," Hatchell said. "One group would play the zone against us and the other, man-to-man. We knew what we were in for when the groups came in but we still couldn't execute successfully."

State then proceeded into the half with a 40-29 lead.

"We really gave a tremendous effort in the first half," Yow said. "We made the decision to go with the platoon system only yesterday and it really increased our intensity. I thought we did a really good job considering we had only one day to work on it."

With 12:17 left in the second half, North Carolina crept to within 49-43 on Watts' 16-foot jumper. State then allowed UNC back into the game by starting a period of downtown shooting, never working the ball inside.

North Carolina took advantage of numerous opportunities and drew within 55-53 on a Watts jumper with 8:52 remaining. After an easy basket by Kellie Kennedy cut the lead to 57-55, Yow was forced to use a time out with 6:40 left.

The Wolfpack lead remained within five until freshman guard Nicole Lehmann nailed the crushing blow, a three-pointer with 2:43 left to make the score 67-61. State then outscored the winded Tar Heels down the final stretch 5-2 to make the final margin 72-63.

"I thought the girls did well in coming back like they did in the second half," Hatchell said. "We really worked hard, but we came up a bit short. That three-pointer the girl from State (Lehmann) hit really hurt us."

UNC appeared heavily undermanned and clearly seemed to run out of gas at the end of the second half, but Hatchell disagreed. "We just couldn't hit the shots down the stretch we had to make," Hatchell said. "I really don't think we ran out of gas."

Scoreboard

Women's Basketball

N.C. State 72, UNC 63
N.C. State — Kilburn 7, Smith 5, Smith 1-7, 2-2, 4, Hilde 1-5, 0-0, 2, Lindsay 4-6, 3-4, 11, Bertrand 1-5, 0-2, Lehmann 2-6, 0-5, Robuck 3-9, 5-11, Phillips 2-10, 0-0, 5, Manning 6-8, 1-2, 13, Hughes 0-1, 0-0, 0, Totals 27, 70, 16, 23, 72
UNC — Wilson 8-14, 3-5, 15, Matthews 3-12, 3-6, 9, Poindexter 5-9, 3-8, 13, Watts 8-14, 5-8, 21, Yopp 0-1, 0-0, 0, Coker 0-2, 1-2, 1, Karmally 1-1, 2-5, 4, Oden 0-0, 0-0, 0, Totals 23, 53, 17, 30, 63

Halfway Score: N.C. State 40-29, Three-point goals — N.C. State 2-12 (Lehmann 1-5, Phillips 1-5, Lindsay 0-2), UNC 0-4 (Matthews 0-2, Watts 0-2), Turnovers — UNC 27, N.C. State 14, Rebounds — UNC 46 (Wilson 15), N.C. State 38 (Manning 9, Asstads — UNC 16 (Matthews, Yopp 4), N.C. State 20 (Bertrand, Robuck 6)

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