

Adapting to the climate, for the sake of fitness

BY SAM TRICOMO
STAFF WRITER

An afternoon warm spell last week ironically prompted West Bloomfield's Ryan Robinson to don a pair of skis and head for the trails.

And even with a few hours of 45-degree temperatures making quick work of the little bit of snow left on the ground, Robinson's skiing attempt was not hampered.

His skis are fixed with wheels, enabling him to glide along the asphalt safety paths when there's no snow to be found.

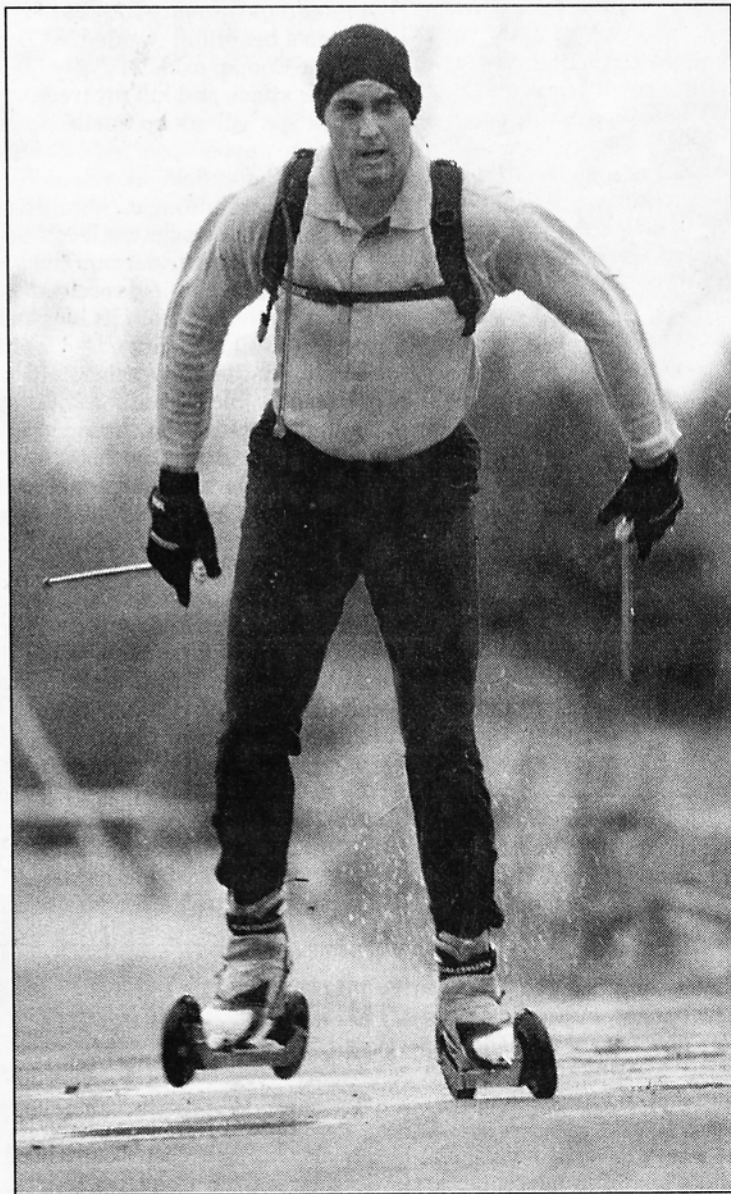
The wheeled skis help him feed his one addiction in life — running.

"I used to be a world ranked runner but after years and years of it your body just doesn't want to cooperate anymore," said Robinson, who is a cross-country running coach at Waterford Mott High School. "I just have to do something active and these (roller skis) are a great way for a 36-year-old guy to stay fit."

Staying fit last week meant a 15-mile trek through the safety path network that runs through West Bloomfield.

Robinson completed his ski trek in 90 minutes and says it would have taken him at least two hours to run that far.

"But the thing is, (running) would have hurt a lot more," he said.



TOM HOFFMEYER | STAFF PHOTOGRAPHER

West Bloomfield resident Ryan Robinson keeps fit on the township's safety paths while wearing special wheeled cross country skis.