Glen Eden starter programs on during National Ski Week

By GERRY TIMBERS

Herald Sports Editor The success in recent years of Canadian Ken Read, Steve Podborski and Todd Brooker on the slopes of Europe creates an impression that Canada has emerged as a

world leader in akilng. But while nothing breeds success like winning, the impression is a little misleading. Especially at the grass roots level, where a dynasty is truly constructed.

While still at the infant' stage in Canada, though, the sport is rapidly increasing in popularity. According to the Canadian Ski Council, there are 4.5 million skiers in the nation, one million of whom live in Ontario.

Locally, Glen Eden officials expect more than 70,000 skier visits to the Kelso Conservation area hills this winter. That's a 10 per cent increase in business over last season, and the outlook gets even brigh-

ter with the early snowfall, and the possibility of a record number of operating days.

There are, according to Glen Eden aki school director Doug Leeming, a large number of people out there who need just that extra little nudge to finally get out on the hills and trails. That's why the Canadian Ski Council has designated next week (January 21-29) National Ski Week. The promo-

tion is dubbed, "Take Friends, Make Friends"; the idea is to introduce a fast-growing sport to an increasingly fitness-conscious

"National Ski Week gives us an opportunity to get those people out, with reduced rates and special events," Leeming told The Herald. "They just need a little motivation, once you're out and used to skiling for exercise, it becomes part of your life."

Gien Eden. They include two nights of skiing with reduced rates on the lift and on equipment rental. There will be a special day for senior citizens, latenight skiling, a torchlight parade and free video instruction for be-

There are a number of

special events planned

for National Ski Week at

The week kicks off Saturday, January 21,

with a special package for beginners. The deal includes rental equipment, a lift ticket and a lesson, for \$12.

Glen Eden will accommodate the senior crowd the following Wednesday with a twofor one deal; two can ski for the price of a single lift ticket.

The 'Never Ever Ski Package' will be available to novice akiers on Friday, January 27. The

offer includes cut-rate lessons and ski rental. The next night Gien Eden will offer latenight skiling. A lift ticket will cost just \$5, and it will be good 9 p.m. - 1

Finally, Sunday, beginners will be able to benefit from a free video analysis by one of the area's 65 qualified instructors. A camera crew will video tape your run

down one of the 11 shop-

NATIONAL SKI WEEK•JAN. 21-29

ki, make friends, take friends!

es, after which an instructor will critique your

While programs such as National Ski Week do attract new people. Leeming realizes the healthlest way to Increase the Alpine and cross-country population is to present an attractive lessons plan.

The 65 Glen Eden instructors will give out more than 13,000 lessons this year. There are

more than 1,000 youngsters taking lessons at Glen Eden on any given Saturday, as the area continues to work handin-hand with community

recreation depart-

"It's very important for us to have a highlytrained teaching staff, to present an interesting lesson," Leeming said. "Our children's progpopular. We try to make the lessons fun, and appealing. That way we are going to hold on to those new skiers for

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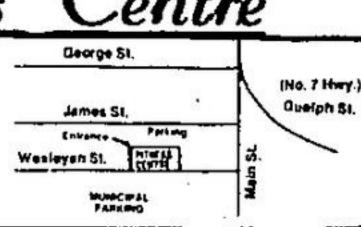


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Gearing up

Use this checklist on pre-season equipment condition before you go:

-Liners are dry and clean. No mildew, cracks in the tongue, foam or flow material leaking into scams.

-Shell soles are clean and not badly worn; original surfaces at toe and beel are undamaged for good binding interface. -Buckles are in place and unbroken.

-No cracks or broken rivets in shell; snow dam still seals too adequately. -Boots still fit closely and comfortably.

BINDINGS -Bindings close smoothly on boots.

-No corrosion evident; toe unit rotates smoothly. -Antifriction pad clean, unscored. -Mounting screws are tight. -Ski brake or safety strap operable and

undamaged. -Ski shop has checked clearances, lubricated and approved bindings for use.

Bottoms flat, not railed or convex.

-Bottom edges sharp, smooth. -No rust on edges no evidence of edge pulling out.

-No deep gouges in base or sidewalls. -Top edges deburred, no evidence of edge pulling

 No evidence of warping or delaminating.
Tip and tail protectors deburred, no evidence of structural damage where they adhere to ski. POLES

-Poles straight, no cracks or deep gouges in mbaffmint til et i vitt em i vid sin in Luttermitter. -Bastets whole, unbroken. -Gripe seated solidly.

-Straps unbroken.

Expert ideas on equipment

Experts say your height, weight, skill level and the kind of skiing you'll be doing should be considered in outfitting yourself with cross

country ski equipment. These experts offer the following guide-

Fitting Skis - With your feet on the floor, raise one arm straight up in the air. Generally, the pair of skis whose tips come closest to hitting the wrist of your upraised arm will be the right size. There are exceptions to the rule, though: If you are particularly light, you will want a slightly shorter ski because you have less weight to be distributed on the ski and if you are heavier than normal for your height, you will want a slightly longer ski to spread your weight over a longer ski surface. Ask your salesperson about the paper test ... a method of determining the skis' stiffness to your body weight ... the important factor to good grip and effortless glide!

Fitting Boots - Like any athletic footwear, a cross-country aki boot's performance depends on good fit. It should fit comfortably like a good walking shoe. It should be snug around the heel so your foot doesn't lift when kicking, and it should have adequate room in the toe so circulation is not Impeded or cut off.

Fitting Poles - With your feet flat on the floor, raise one arm straight out from your body. The poles that come biween the armpit and shoulder are the right length. Cross country poles are longer than those used in downhill skiing because the arm motions are different. Good cross country skiing technique relies somewhat upon propulsion from the arms.

Longer poles are needed to provide this push throughout each full stride.

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