



Cross country skiing

By JOHN PEAKER
Herald Columnist

Keeping heat within very important

Clothing for Cross Country Skiing
It is important to control the loss of body heat if you are on the trail for a prolonged period of time. Failure to do so could result in hypothermia (the body's inability to maintain an adequate temperature). One is insulated not by clothing, but by the air trapped within it. Therefore, the layer of clothing next to the skin should be of a loose weave to allow a layer of air to surround the body. Fishnet style underclothing, or underwear woven to give a waffle pattern are both good. Secondary layers of clothing (shirts and sweaters) must retain body heat while absorbing body moisture and transmitting it to the outside to evaporate. Since the weather may change continuously while you are skiing, you will have to control your body temperature by adding, or removing clothing. Wear types of clothing which can be put on or removed while on the trail. You will need a wind-proof outer layer of clothing when it is windy, or when you are skiing quickly on long downhill. You should also carry spare socks and inner gloves to change during the day. Wool socks are desirable, particularly if your feet perspire a great deal. Synthetic materials lose their insulating qualities when wet.

Snow suits or snowmobile outfits are far too warm and are not suitable wear for adults. They may be fine, however, for young children who move very slowly during the learning stage. Since most heat loss occurs via the head, wear a toque.

Other Rations
In addition to clothing you must provide your body with enough liquids and energy foods. Carry both with you. It should be noted that alcoholic beverages cause the body to lose heat. Water is still the best liquid to take along, with raisins, nuts or a granola bar.

A "fanny" pack is ideal for carrying extra clothing and rations.

The aforementioned necessities are a safeguard when skiing on a wilderness trail, or long distances. If you are skiing at a resort with a 5 kilometer or 10 kilometer loop leading back to the Chalet, it is really not necessary to carry everything with you. However, it is wise to have extra clothing in your car or at the Chalet just in case.

EQUIPMENT

Skis - To Wax or not to Wax
Many people have asked me "should I buy no wax skis or regular skis that require waxing?" My answer to that is "yes" and "no". Let me qualify my answer. For very young children, aged 6-10 years, waxless skis, or those with "fish scales" are ideal to start. They require no waxing, thus saving adults the time consuming task of wax application. The youngsters can put on the skis any time and are assured that there will be no slipping back on the snow. Young skiers do not have the patience or time to worry about such details as waxing. They want to ski instantly without any hassles. Waxless skis give them this benefit.

Club nets pair of victories

Optimist Club Minor "AA" Pee-wees enjoyed victories at both ends of the spectrum this weekend.

The team won an offensive minded 8-5 decision against Orangeville, then was on the winning side of a 1-0 decision against Chinguacousy.

Against Orangeville, three quick goals with two minutes left proved to be the deciding factor for the locals. Adam Hills had two goals inside of 16 seconds that gave Georgetown a two-goal advantage. Sean Guistini scored the final goal with a little over a

Rep hockey

minute left to play in the contest.

Brad Doby, Duane Lewis, Jason Smith and Steve Brown had the other goals while assists went to Smith with three, Brown, Hills had two each while singles went to Brooker, Dave Lawrence, and Guistini. Goalie Dusky Lane also had an assist.

John Jickling's goal in the third period proved to be the only marker Georgetown would need

against Chinguacousy. It was an unassisted marker. Goaltender John Katsilieris recorded the shutout for the winners.

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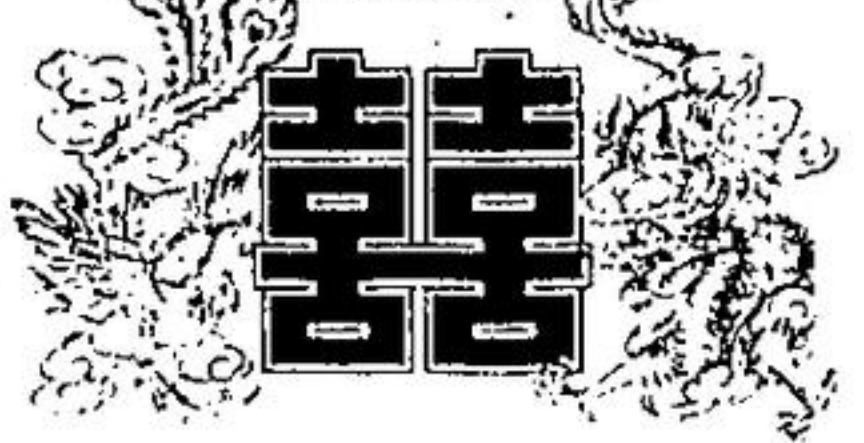
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