

Down Dundas, but lose squeaker to Chinguacousy

North Halton novices split games

Cross country skiing



By JOHN PEAKER
Herald Columnist

A slow, but sure method of ascending a hill is the parallel side step method. Stand sideways to the hill with both skis parallel to one another. Lift the upper ski and plant it parallel approximately 12" above the lower ski (toward the top of the hill). Make sure your weight is on the upper ski with the outside edge digging into the snow. Now bring the lower ski up to within 6" of the upper ski with the inside edge digging into the snow. Remember the skis are always parallel to one another. You have now completed one step. Repeat the same process by lifting the upper ski and once again planting it 12" ahead of the lower ski and so on.

As you become more confident and adept with this method the speed at which you ascend a hill will increase significantly. Keep practising and have patience.

VARIATIONS IN THE DIAGONAL STRIDE DOUBLE POLE, SINGLE KICK METHOD

This method differs from the normal poling-kicking action in that both poles are planted in the snow at the precise moment when the "kick" takes place. At the end of the glide the process is repeated once again using the same "kicking" ski over and over again. As your technique becomes more proficient and coordination improves you may wish to alternate the "kicking" ski from time to time.

Double poling only refers to the use of the poles only to provide propulsion. With the skis side by side, the poles are planted a few inches in front of the feet. Downward and backwards pressure is exerted on the poles until the arms are fully extended behind the rest of the body. While the trunk or upper body may sometimes be almost parallel to the skis it is vital to keep the head upright so that you are always looking straight ahead.

As you can imagine, double poling for a prolonged period of time requires tremendous upper body strength. This is achieved only through a rigorous training program. The serious racer, or "elite" cross country skier rely to a great extent on double poling. They tend to wax for glide more than the average tourist and use a very small area of the ski's surface (just under the foot) for "kicking" wax.

When the racer is confronted with a slight upgrade and finds that double poling is ineffective, he may switch to the diagonal stride. As very little kicking wax is used, weighting and unweighting becomes critical. The racer must depend on his, or her superior leg strength and timing to carry him, or her through this stretch of the course.

North Halton Novice "AA" team finished their Tri-County schedule with a 6-2 win over Dundas and an exciting 4-3 loss to their Chinguacousy rivals.

Tuesday in Dundas goalie Steve Bewley made several fine saves before his mates scored

six straight goals to assure the win. David Bouskill had two goals while singles went to Cory Evans, Duane Ertler, Doug Sheppard and Blaine McCauley. McCauley had three assists while Evans and Mark Aldridge had two. Singles went to David

Kotsos, Mike Kotsos and Ertler.

Sunday the team went to Chinguacousy and almost gave the team their first loss of the year. In an exciting contest the locals got fine goaltending from Bewley and Jeff Wherley and great defensive

play from Brent Wilkinson, Jamie Stephenson, Gavin Glaser, Evans and Darcy Boudreau.

Bouskill opened the scoring for Georgetown, converting a rebound from a McCauley shot. The home team tied the score when Sheppard scored in the second

period from Ertler and Matt Lush to restore the North Halton lead. But two quick goals in the second saw the lead change hands before McCauley scored on a

breakaway assisted by Sheppard.

The home team scored midway through the third frame for the lead and withstood a late North Halton rush as the

squad pulled out all the stops in their attempt to score.

Playoffs begin next week with the team determined to make a run at the league title.



Georgetown Track Club Running hints

The Jasper to Banff relay

It's hard to believe it has been a year since our running club headed west to compete in the Jasper to Banff relay. Now, as last year, we are heavily into the organizational segment of this event.

The relay itself is a race of 182 miles broken into 17 sections. Each section is approximately 11 miles long and covers a variety of terrain and weather conditions. All the members of last year's team agreed the beauty of the surroundings made it difficult to keep our minds on the task at hand.

M and M team downs Milton

Shutout goaltending by Brian McIlroy paced Georgetown M and M Pro Sports Bantams to a 4-0 win over Burlington in the final series of Tri-County playoff action.

Dave Harris, Ken Langdon, Frank Katsilleis and Chris Stoddart had the goals for the winners while Langdon had two assists and Harris and Trevor Harkley had singles.

Earlier Burlington defeated Georgetown 6-3 there as three goals in the overtime notched the win for the winners. Harris, Alain Thibault and Jason Arnold scored the goals for Georgetown, who overcame an early 3-0 deficit to tie the game. Danny Lane, Harris and Don Cruise had assists.

The race will begin at noon June 15 in Jasper, Alberta but the festivities begin the night before. C.P. Air, one of the major sponsors, puts on a pasta dinner for all the competitors and shows movies of past events to get everyone in the mood. Even after all of this preparation it is hard to believe how far we have to run.

The first five legs develop into an increasing incline until the beginning of the sixth leg. Fortunately last year master runner Bob Danzell ran the sixth leg for us which we affectionately referred to as "suicide six". This is the section of the icefields parkway that rises to the Columbia icefields. This 11-mile leg rises 2,000 feet of the last five miles of the leg. Bob was passing overheated recreational vehicles that had stalled on the incline.

The sixth section then levels off at the icefields and drops 2,000 feet as the seventh begins. It was hard to decide which of these two were harder. The middle section was fairly flat as it proceeded through the North Saskatchewan River Valley. Then at stage 11 the rise begins again. A serious incline of some 1,500 feet met Charlie Upshall last year as he ran for us to the top of Bow Summit. Again the course declined after this second summit and as running conditions improved we were able to watch the sun rise at 4 a.m. on Sunday morning. The day was crisp, clear and beautiful.

As we proceeded to the 17th and last leg, 14-year-old Brendan Cleary took the baton and crossed the finish line bringing us in 36th place out of the 110 teams. We were more than pleased with that result but hope to improve this year.

When we returned after last year's adventure the response was so positive from other team members we decided to enter two teams this year. There are a lot of very good runners in this area and our club membership is rising all the time.

Our problem this year, as it was last year, is money. It will cost each team over \$5,000 to take part. We have decided to hold a 50-50 draw as a fund raiser but we will also need help from corporations in town - big or small.

Why not give us a hand - we won't give you the Run around.



North Halton curling

By JOAN SHAPCOTT
Herald Columnist

The highlight of this week's curling news goes to our ladies tankard team consisting of two squads who won the 1985 Ladies Tankard district playdowns at Acton Feb. 21-22.

The members of this victorious team are Shirley McDermot and Joan Shapcott (skips), Donna Blight and Margaret Simpson (vices), Lois Massey and Alice Frazer (seconds) and Mary Black and Eva Bradley (leads). They defeated Dixie and Chinguacousy to advance to the division playdowns March 5 at the Toronto Cricket Club. Best of luck.

The top winner of three games were George Shapcott (way to go hubble), Rollie Bradley, Paul Barber and Barry Hayward. Second was Alice Frazer, Carroll Evans; Graeme Galr and Gary Brand. Third was Bob Fedosa, Harold Fobert, Mary Kiteley and Frank Lloyd. Finally in fourth spot was Brian Shircliffe, Ken Irwin, Leigh Bradbury and Bill Barton.

A special thanks to Doug Collison and company for all their work to make it a success.

The Business Women concluded their second draw last week and first spot went to Shirley Rae, Jane Burrows, Sandra Lovelace and Marie Stone. Second was Shirley McDermot, Cathy Perego, Lois Massey and Irene McIntosh.

The junior mixed team of Rob Sanford, Rebecca Lovelace, Ken McDermot and Kathryn Frazer was at Chinguacousy for the district playdowns. Their first two games were victories but the team lost their next two on the last rock and were eliminated.

Lastly, our intermediate men's team of Steve McDermot, Wayne Taylor, Follick Lamb and Jim Connolly competed in the district playdowns at Dixie, losing their second and fourth games to put them out.

Eastwood takes gold

Georgetown gymnast Gail Eastwood topped the Central Ontario second qualifying meet held Saturday in Milton.

Eastwood won the gold medal in the Junior B division placing first on the floor routine and uneven bars while finishing second on the vault and balance beam. Eastwood also won the gold in the all-around performance in the first qualifying meet.

Competing in the Tyro B class, Jenifer Arnold was fourth on the balance beam and uneven



GAIL EASTWOOD

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