

Looking at scheduled skiing events



Cross country skiing

By JOHN PEAKER
Herald Columnist

You have completed your first tour and season and your appetite has been whetted for the more competitive side of cross country skiing. Let's look at the various types of events that are scheduled.

EVENTS

Today there are many events scheduled for cross country enthusiasts with a wide range of age categories.

Some competitive tours such as the Kawartha Ski Tour and Race held at Apsley, Ontario, offer special incentives for each and every skier. The choice of distances ranges from

10 kilometers to the demanding 75 kilometer test. At the Kawartha Tour, medals are available to all skiers in different age categories who meet a certain time standard. One can achieve a bronze medal one year and progress through the silver and gold stages to the "Award of Excellence". In this category you are really competing against the clock. There are also additional awards to aim for, such as medals for the top three finishers in each age category etc. For further information write to: The Kawartha Nordic Ski Club, Box 1371, Peterborough, Ontario, K9J 7H6.

The Gattineau 55 in the Ottawa Hull area offers medals for those who finish no longer than 50 per cent above the times posted for the five fastest skiers in their age class. This race is part of the World Loppet circuit and gives every skier a chance to participate alongside some of the world's greatest skiers. The mailing address for the Gattineau 55 is P.O. Box 69, Station "A", Ottawa, Ontario, K1N 8V3.

There are many other events open to all skiers, such as the famous Canadian Ski Marathon that runs from Lachute, Quebec to Ottawa - a distance of 160 kilometers over two days. The ultimate award is the attainment of the prestigious gold Courneur de Bois award. For all details on the Marathon write to: P.O. Box 315, Station "A", Ottawa, Ontario, K1N 8V3.

For further information on numerous other

tours, time trials and races, contact your local ski club, or the Canadian Ski Association in Ottawa. Their address is: 333 River Road, Ottawa, Ontario, K1L 8B9.

REVIEW YOUR EQUIPMENT

It is to your advantage to invest in a good pair of racing skis if you already haven't done so. "Racing" skis are lighter, narrower and faster than regular "touring" skis. I have a pair of 50 mm skis that are very satisfactory for any event that I care to enter. Also, I would suggest that you invest in racing bindings and boots.

In my opinion it is not a good decision to have the wider bindings from your touring skis mounted on racing skis. I discovered the hard way that the wider bindings tend to brush against the sides of machine groomed tracks, causing friction and thereby retarding the gliding capability.

PREPARATION AND PLANNING FOR LONG DISTANCE MARATHONS

Most skiers have neither the time nor the funds to enter more than several events during the season, particularly those involving out of town travel and accommodation.

I recommend that you determine the event, or events of your choice as early in the season as possible.

McGilloway paces ReMax to victory

Dave McGilloway had five goals as Acton ReMax thumped Nick Martina Motors 11-4 in

Georgetown Non Contact Hockey League round-robin league championship play.

Todd McIntyre had two goals for the winners while singles went to Dave Southerland, Scott Malcolm, Doug Anderson and Chris Rowsell. Brian King, Tim Fleming, Rob Hagen and Paul Wilkinson had singles.

In other games O'Tooles beat Halton Hills Rad 9-1. Sean McMahon and Bill Kirby had two goals each for the winners while Al Reed, Gary Walsh, Len Day, Bob Landry and Brian Farrell had singles. Graham Smart replaced for the Rad team

League action continues Sunday as Northstar Cleaners takes on ReMax, Halton Hills Rad versus Exchange House and O'Tooles takes on Nick Martina Motors.

Sunny Acres takes series

Sunny Acres major midget moved past Oakville last week in the opening round of Tri-County playoff action.

It was a quick three-game series in which Oakville seemed unprepared and Georgetown held the mental edge. After an opening 5-4 win the locals went on to post 7-2 and 8

-0 wins. Scoring in the series was shared in a good team effort with Mike

Tetzl picking up seven points, Dave Bertrand and Tim Wilson five, Brian Arthur and Jon Hammer four, Lance Reid, Chris Marling and Brian Doherty all had three points, Chris Hodgins, Heath Lockhurst and Craig Chantler all had two points while singles went to Mark Pries and Rich Chiovitti.

John Lantz and Joe Balson shared goaltending duties with Lantz netting the shutout.

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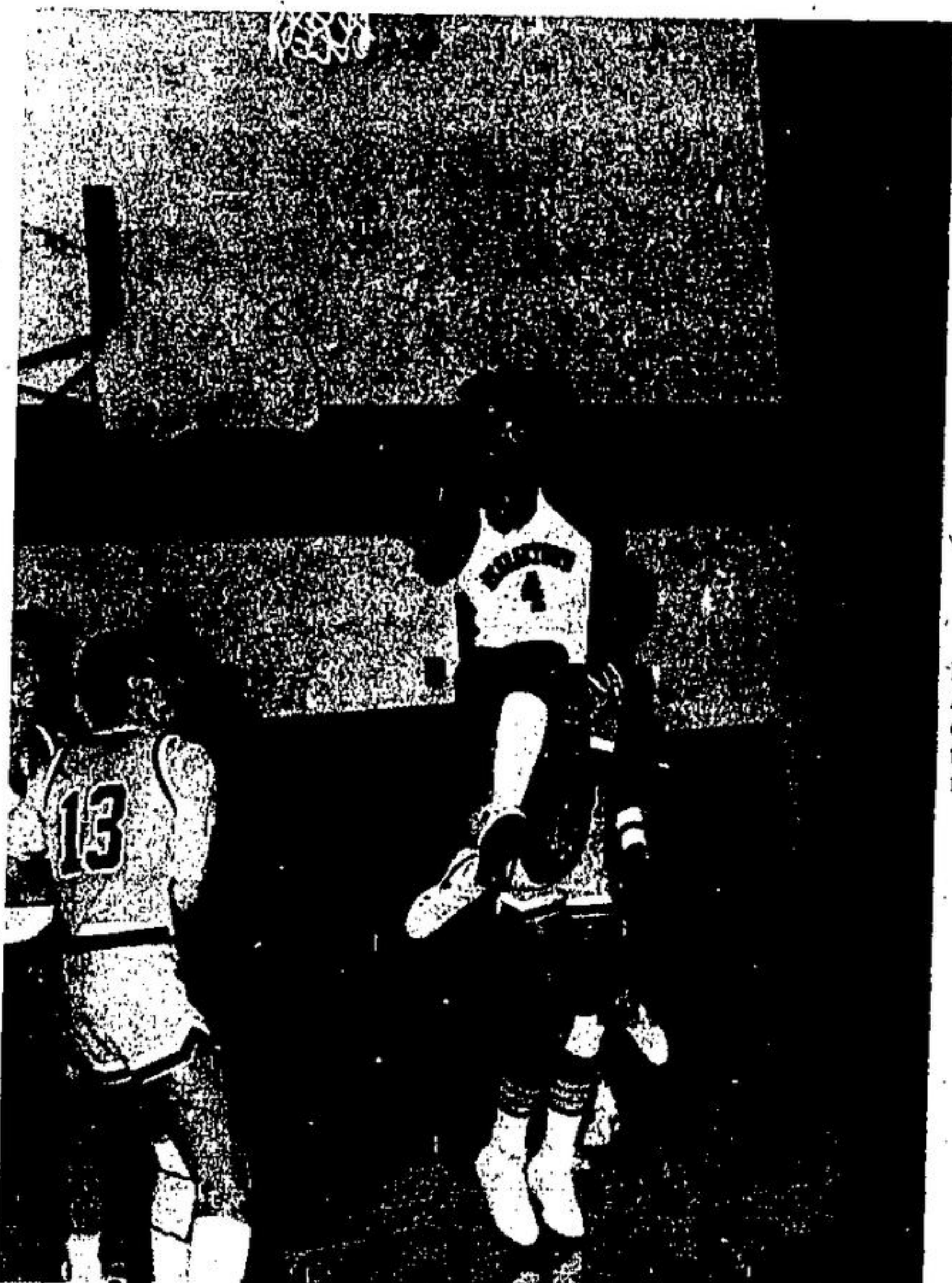


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GOOD YEAR

ATHLETE OF THE MONTH



LOUIS DePAOLI

Georgetown District High School Junior Rebels guard Louis DePaoli has been selected as last month's Herald Athlete of the Month. DePaoli led his team in scoring in each of the three games it played, and the Rebels won all three contests. DePaoli's play has led the Rebels into this month's playoff round.

(Herald photo)

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