



Cross country skiing

By JOHN PEAKER
Herald Columnist

THE LIGHT YEARS

The Latest in Ultra Light Skis
Fischer began the trend to light with their Air Composite Core R.C.S. skis that weighed in at a paltry 1000 grams per pair. Now Kneissl has developed a light ski of their own - the 1000 VM Ultra Skis. These Ultras have a core of cellulose honeycomb covered with carbon fibre laminates on top and bottom.

Karhu has come up with a most innovative approach. Knowing that most of the very serious racers have three or even more pairs of skis to cover different snow conditions, this industry leader is marketing a package deal consisting of four different pairs of skis. Each pair is designed for different snow conditions, temperatures and track conditions. Their names and uses are as follows.

Green Matrix Skis

These skis weighing a mere 1000 grams per pair are designed with an elongated pocket and hard, smooth base to work best in cold, powder snows.

Blue Matrix Skis

Blue Matrix skis are designed for older snow conditions. They have a black P-Tex Electra base which reduces icing at temperatures around the freezing point. The Blue Matrix skis weigh in at 1200 grams per pair.

Red Matrix Skis

Red Matrix Skis also weighing 1200 grams per pair are for use on old coarsely grained snow when it's cold or wet. They have a slightly stiffer camber and a micro-grooved base for added speed in sticky snow. The polyethylene sidewalls supposedly add durability.

Yellow Matrix Skis

Last, but not the least come the Yellow Matrix Skis. They have a multigrade waxless base for those warm days when you can't decide what wax to use.

There are also two other wax-less newcomers on the racing scene - the Peltonen Zeta Ski and the Fischer "Zero Grade". The Peltonen model has a machine abraded base. The "Zero Grade" by Fischer also abraded at the factory has a double thickness of base material. The double layer means that you can re-abrade the base in the kick area in order to create more "hairs" without worrying about wearing through the base.

And finally, Peltonen has developed a special ski for the "skaters" out there. It is called the Pro-S. Each ski has a rounded top profile so that it can be turned more quickly onto edge to begin skating.

II - BOOTS AND BINDINGS

Take your time in buying boots. Try on several makes and find a pair that feels snug and comfortable. Try on the boots while wearing a single pair of socks as you will be able to get a better "feel" inside the boot. There should be about a quarter of an inch of toe space at the front of the boot. Walk around on them. Stop and pretend you are skiing in them. Do the heels slip?

Make sure that you know what you are buying. For cross-country skiing you want a light touring boot, not heavy, rigid telemark boots. Boots come in high cut (8 inches or more) mid cut (six inches) and low cut (3 or 4 inches) heights. High cut boots are designed for off track, deep snow, or telemark skiing. They are usually made with top grain leather uppers with a polyester or soft leather lining. Many of the high cut boots have full length steel or plastic shanks for torsional stability. Mid cut boots are a reduced version of the high cut with less torsional rigidity. They are also more flexible when it comes to forward motion.

Low cut boots or touring boots have torsionally rigid plastic or polycarbonate soles. The uppers are either all leather or a combination of leather and nylon.

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TOUGH DEFENCE-Centennial players Kelly Cotton (13) and Jeni Arnold (15) try to get the ball away from Stewarttown's Jennifer Halsall (24). The two teams did battle in the first annual Centennial Invitational Girls Basketball tournament played at Centennial on the weekend. Stewarttown won this game 20-19 and went on to take the championship. Centennial won the consolation title. (Herald photo)

Chateau bantams draw first blood

The Chateau Restaurant Minor Bantams "AA" won their first playoff game 4-0 against Brampton in a best of three out of five series.

The locals found it hard to keep their cool as Brampton played a very intimidating style of hockey. Georgetown went into the game short a player as Adam Bennett is sidelined with a knee injury. However, Don Guest proved to be a power to contend with as he assisted on three of the Chateau's four goals. In the first period Brent Presswood set the pace as he received a pass from Greg Onoprijenko and deked the defence to pick the top hand corner of the net as he outmaneuvered the goalie.

Well into the second period Travis Gardiner slammed one home when Guest won the faceoff and threw the puck over to his linemate. As Georgetown kept the pressure on in the last period Steve Lee hammered the third goal in from Guest who worked hard in the corner and came up with the puck. Onoprijenko rounded out the scoring as Guest earned his third assist with four minutes left in the game. Curtis Green made it look easy as he stopped a number of dangerous shots that came his way.

Georgetown will play the next two games in Brampton and should there be a fourth game it will be at the Alcott Arena Feb. 8 at 2:30.

Stewarttown wins basketball event

Stewarttown Public School took home top honors this weekend in the first annual Centennial Girls Invitational Basketball tournament

played Friday and Saturday at Centennial Middle School.

The tournament consisted of eight teams in two divisions. Stewarttown and Mountclairre of Oakville topped their respective groups and qualified for the final. In the championship the Stewarttown team emerged victorious 20-18. Sheri Nairn had six points for the winners.

In the consolation final Centennial defeated Holy Cross 24-19 as Jenifer Arnold had six points for the Chargers. Debbie Mitchell had six points also for Holy Cross.

In division play, Centennial and Stewarttown opened tournament play Friday with Stewarttown winning 20-19. Sheri Cave and Stacey Sproule had six points each for the winners while Melinda Poyntz had seven points for Centennial.

Nicki DeBrou had 10 points as Centennial rebounded for a win in their second game. This time the Chargers defeated W.I. Dick 26-18. Stewarttown also remained unbeaten with a 31-14 win over W.I. Dick in its second game. Nairn led the way with 10 points for the winners.

DeBrou had 12 points as Centennial defeated Sam Sherratt 24-19. Stewarttown won its game over Sherratt too, but no score was available.

Holy Cross won its first division contest, defeating Brookville 19-7 as Sara Cook had eight points. In its second game Holy Cross dropped a 28-18 decision to Mountclairre as Marianne Longo had 10 points. In their final division game Holy Cross defeated Brookdale 26-15 as Debbie Mitchell had 10 points.



IT'S MY BALL-Stewarttown's Jennifer Halsall (24) and Centennial's Nicki DeBrou (20) battle for possession of the ball on this play. The two teams took part in the first annual Centennial Girls Invitational Basketball Tournament held at Centennial on the weekend. Stewarttown won this game and went on to take the tournament title. Centennial won the consolation final. (Herald photo by Dan Ralph)

Hanman crew takes big step to qualification

The Hanman Electric "AA" major peewees hosted Burlington Tuesday at Memorial Arena in Game One of a best of three series, being the first round in an attempt to qualify for OMHA playoffs.

Although Burlington counted first the locals put away two markers late in the first frame to have a 2-1 edge completing the first period. Dale McNiven and Jim English tallied from Wes McCauley and Craig Cooper.

Burlington tied the game on a power play effort. Wes McCauley notched goal No. three with a sizzling shot from

just inside the point and half a minute later Wade Serjeantson put the locals ahead by two beating the goalie on the open side on a pass over from Andy Pearce, timed perfectly.

Burlington scored their last goal having a two man advantage over the locals. Chad Bailey made it 6-3 with some zigzag skating in from the blue line to beat the blue and gold netminder. In an attempt to capitalize on an extra man attacker Burlington pulled their goalie but to no avail as Craig Cooper and Wes McCauley finalized the scoring each with an empty net goal to guarantee the victory 7-3 for

Georgetown. Burlington hosted Game Two at Skyway Arena Friday and even with home ice advantage they were in a "do or die situation". The Hanman squad took no heed of the pressure and put forth an aggressive all out team effort.

Wes McCauley's shot from the blue line lit up the scoreboard for Georgetown. Chad Bailey assisted. Two minutes later a persistent Wade Serjeantson scored from McCauley after a series of pokes to put the puck over the goalie's stick. Dave Watts capitalized on a set up by Trent Cull, to put home a "slider" between the goalie's legs. With 51 seconds left in the first frame Wes McCauley labelled a perfect pass to Andy Pearce who tallied with a slapshot from the top of the circle on the short side to end the stanza 4-0 in favor of Georgetown. A fast scoreless second period provided great entertainment for attending fans.

Burlington scored their first goal on a power play early in the third frame but their rally was two periods late in coming. McCauley scored his second marker of the match with a wrist shot to the open side on a perfectly timed pass from Bill MacDonald from Chad Bailey which had set up a 2 on 1 break for Georgetown. Burlington counted again for a 5-2 score. Chad Bailey's pass to Pearce, who had just stepped out of the penalty box, allowed him to go in alone and slide home the rubber under the goalie's armpit for a final Georgetown count of 6. Burlington's last goal came with 11 seconds left on the clock to ensure the victory for the locals 6-3.

Chris Cambouris handled the duties in net during this fast paced game. In all 48 penalty minutes were assessed but the Hanman crew never stopped skating.

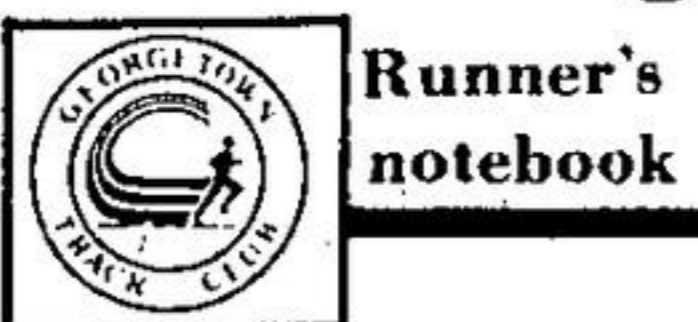
The dance held by this team Jan. 25 to raise funds for their April trip to Nova Scotia was a fun-filled success. Thanks to all for your support.

New phrases, new equipment

Sport of running sure has changed

As hard as it is to admit, our sport is changing. It doesn't seem like too many years ago you could enter a 10 km fun run and see half the participants wearing cut-off jeans and a t-shirt without a logo in front. But that was back in the days when "runners" were called "joggers" and a pair of shoes cost \$19.95. Not only were they the only piece of equipment you had to get but they lasted until your toes came through the end.

No one had heard of "runner's knee", plantar fasciitis, or ballistic



Runner's notebook

stretching. Yes, running was very simple then, but running was also in its infancy.

While recently perusing one of the many running magazines runners subscribe to one had to realize the sport was passing the

athletes by. No longer can one survive with \$19.95 shoes and green socks. There were several essential pieces of equipment one had to purchase. The first article to have caught many an eye was a t-shirt inscribed with "I live to run". This shirt was \$8.50 and came with its very own bumper sticker with the same inscription.

Then there was the ad for "Digi-Jog". This handy item, which clips to your jogging suit, totals the mileage run in miles and tenths up to 100, supposing you ever wanted to run 100 miles. It was only \$17.95 and even had a digital readout.

This created a problem. Some runners don't have a jogging suit to clip it to. After scanning the ads once more there was a fancy Gortex suit worth \$149.95. It will keep you warm in the coldest weather. However, what do you do in the summer?

Next, a new pair of shoes was in order. How about the Adidas microspacer for \$99.95, or the New Balance 1300 for \$85.95? Of course these are in U.S. dollars so multiply them by 1.42 to get the Canadian equivalent. Other necessary items

of interest were the roadmate baton - a flash light and dog repellent all in one for \$34.95 plus \$6.50 postage and handling. Then there was the baby jogger. A stroller that you push while you run. It wasn't clear whether the \$175 price tag included the baby.

There were monogrammed towels, rowing machines, running calendars, special belts to carry radios, runners' wallets, watches, posters, books, mugs, bags, pins, lights, ID dog tags and even shorts. With all this money to be spent and choices to be made, looking for the green socks looks good.

RUNNING SHORTS

Canadian Dave Edge was beaten out over the last 300 yards to place second in last week's Houston Marathon. Although not a major race, the showing was an excellent one.

The Georgetown Track Club is again making plans for the Jasper to Banff relay. This will be the third

Major atoms rally to deadlock playoff

With their backs against the wall and down one game in a three game series Georgetown Firefighters-McNally Construction major atom "AA" hosted Stoney Creek at the Memorial Arena Saturday night. Both teams came out flying and were so evenly matched not only in skating and passing but kept the crowd on the edge of their seats with a seesaw score.

Georgetown put the first marker on the scoreboard when Greg Dobbin and Tim Presswood set up Ken Kozziwka. Stoney Creek then put in two goals to move ahead but not for long. Greg Dobbin notched his first of two goals of the evening from defenceman Brent Wasylenko to tie it up once again. Stoney Creek then went ahead again only to have the lead broken by Brent Wasylenko and Dobbin assisted by Ryan Pells, Shaun Curry and Chris Barrow.

The 4-4 tie at the end of regulation time forced a 10 minute overtime period in which goalie Marc St. Pierre frustrated Stoney Creek's big guns with save after save and allowed Georgetown's forwards and defence-

men to move in and register two beautiful goals for a 6-4 victory.

Shaun Curry and Ken Kozziwka scored with assists going to Jake Mashinter, Tim Presswood, Greg Dobbin and Jeff Pettigrew. Game Three is played back in Stoney Creek Sunday, Feb. 2.

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