

## Cross country skiing

By JOHN PEAKER  
Herald Columnist

Choosing the right system for you. The system you choose is entirely dependent upon the type of skiing that you are interested in pursuing in the immediate future. If you are just a beginner, I certainly would not recommend the racing models. They are strictly for the experienced, well seasoned skier. You have to learn to walk before you can run.

I would suggest that if your interest lies with in-track skiing you should go with a "middle of the road" touring system. In other words, skis that will function properly in machine groomed, set tracks as well as, for off-track skiing. Then, after a couple of seasons of experience you can perhaps look at obtaining a light touring system or even a racing model system. Every individual's progress is different and is a direct result of several factors such as natural athletic ability, determination, and time available for practice.

If possible, talk to other skiers and ask them for their opinions on their own equipment. Check out the cross-country ski stores in your area and find one whose sales people are experienced skiers. When I was just starting out I was fortunate to find such a retailer in Toronto. The name of the store is The Racing Stripe and I will be forever grateful for their knowledgeable advice and guidance. Several of their sales people are active racers, who, through the trial and error method, have gained immense knowledge of the sport. As this outlet specializes in cross-country equipment, its personnel are in direct contact with all the major manufacturers who provide in-store demonstrations of their respective products.

**My Personal Selections**  
Although it is difficult for most skiers to have the opportunity to test equipment before spending their hard earned dollars some manufacturers are now "selling" the cross-country skier through on-slope demos. At these demonstrations, companies such as Karhu allow you to use their boots, bindings and skis at no charge. This is indeed a step in the right direction and I am sure that this practice will become the "norm" as the ski wars heat up in the 1980s. Let's hope so anyway. It is also an advantage to belong to a ski club as you can test out the other skier's equipment.

Rather than go into great detail about my own likes and dislikes, let me try to describe my own criteria in evaluating the various systems. As racing and touring are two different "beasts", I had to remain objective, although my greater interest lies in racing. In other words, I had to put everything into its proper perspective. For all intents and purposes, it is necessary to use not one, but two sets of criteria for evaluation purposes. One for performance (in-track, light systems, used for racing) and one for touring (out of track).

Personally, for me a performance system must include boots that fit well. Performance boots must feel light. Next comes the boot to binding connection. Is it tight enough? Does it have enough torsional rigidity on the turns and during downhill? Next, I check out the forward flexibility of the boot during the diagonal stride and the double pole single kick movements. Ideally, it is best to ski some distance on a system. By so doing, I am able to feel how the boots break over the tops of my toes and whether I will have metatarsal (the fine bones between the ankle and the toes) pains caused from a lack of support by the boots' soles.

As far as touring boots are concerned, fit is equally as important. Lightness, naturally, is not a critical factor. After all you are buying a higher cut boot and it is bound to be a little heavier than a low cut. However, you certainly don't want to feel that you are walking around with two cement blocks attached to your feet.

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# Kemp aiming for consistent effort

By DAN RALPH  
Herald Sports Editor

**NORTH BAY:** Although he will be skating against the top junior men competitors in Canada, Darren Kemp's goal for this weekend's Canadian Figure Skating Championship remains the same as it was for both the Sectional and Divisional meets held prior. That is to do the three events consistently and let the chips fall where they may.

The Georgetown native left for North Bay Sunday night, and will begin competing tomorrow. In the meantime Kemp has been adjusting to the city, and practising.

"The competition will be very difficult," Kemp said from North Bay Tuesday morning. "The next class is Senior Men's and you've got all the up and coming skaters here."

This is Kemp's second trip to the national event. Two years ago he placed fourth in the novice men's class, but admits the junior circuit is much tougher. Kemp said there is some



DARREN KEMP KEVIN PARKER

pressure involved in competing at such a high level, but also said he isn't feeling the effects.

"It makes it a little more intense but this is what you've been training for all year and you can't let it get to you," he said.

Kemp has had a successful year up to this point. He has taken top spot in both the Sectional and Divisional competitions this season, and said '85-'86 has likely been his best year.

"I was pleased with my short and long programs at Divisionals but my figures weren't what I wanted them to

be," he said. "I want to nail my figures here more so to prove it to myself."

Kemp introduced a new movement to his program at the Divisional meet held last month in Whitby. Kemp successfully landed a triple flip, the first time he's done so at a competition. Kemp said he's looking at using the flip in North Bay this weekend.

There is a little bit of irony involving Kemp and North Bay. Kemp said he skated in his first ever competition in North Bay six years ago.

"We're still adapting ourselves to the arenas, but I guess North Bay has been good to me," he said.

With this competition being of national calibre, there will be a lot more media exposure and other activities to take one's mind off the task at hand. Kemp has made sure he doesn't forget why he's in North Bay this weekend.

"We're there to do a job," he said. "If my mind isn't on it then my room-mate will knock me back into it or my coach will settle me down," Kemp said. "This is the whole year of training here."

"I'm going to go for the podium (medals), but I don't want to look too far ahead. I'm taking this as the last step and then we'll see what happens after," Kemp said.

Kemp won't be the only Halton Hills competitor in North Bay this weekend. Campbellville's Kevin Parker will be competing in the Senior men's category against reigning champ Brian Orser. Like Kemp, Parker has won the senior class at both the Sectional and Divisional meets held this year. However, The Herald couldn't contact Parker in North Bay.

The competition begins Thursday and runs until Sunday evening.

## Sabres go down fighting in playoff loss to Caledon

**ACTON:** A valiant comeback effort by Acton Sabres fell short Friday as Caledon Flyers netted a 9-6 Mid-Ontario Junior "C" playoff win to eliminate Acton in the best-of-seven series 4-0.

Caledon led 6-0 after 24 minutes of play, but from then on the Sabres dominated play and outscored their rivals 6-3. However, the early deficit was too much for the hometown Sabres to overcome. Tuesday night in Caledon Acton dropped a 13-5 decision in the series' third game.

Caledon led 4-0 after one period, mainly due to their power play. The Flyers cashed in three times with the man advantage.

"Their power play killed us all year and again tonight," Sabres' coach Steve Marshall commented after the game.

Acton didn't get on the scoreboard until the 14:27 mark of the second period when Robin Bourbonnais lit the goal light. In the next eight minutes the Sabres cut the Caledon lead to 6-4 as Mike Yalowica, Ken MacDonald and Jason Rogers all scored. The Flyers went into the second period intermission with but a two-goal advantage.

Caledon went up 7-4 at the 1:14 mark of the final frame, but Bourbonnais' second goal of the game again cut the deficit to two. Again the Flyers scored, but Brian Canary's power play tally made it 8-6 for Caledon with about nine minutes left to play.

With the score still 8-6 Caledon, Marshall lifted goaltender Tom Hill in favor of the extra attacker with 1:35 left to play. Three seconds later Marshall called for the measurement of Caledon play Steve Whitmore's stick. When the official returned, Whitmore was penalized for playing with an illegal stick, and Acton had a two-man advantage the rest of the period.

However, the Sabres couldn't notch the tying tally, and with 12 seconds left Caledon scored its ninth goal in the empty net.

Looking back, Marshall said losing the first game of the series after having 3-0 and 6-3 leads were what cost Acton a chance in the playoff set.

"When we were totally outplaying them for all but four minutes I think it took the guys' hearts away," Marshall said. "But it was nice to see the guys show a lot of heart (tonight). All we could do was get it (score) within two."

Goaltender Hill played a good game for Acton. In the first period alone he made several fine saves to keep the score from being more. Marshall said both goalies Hill and Mike Ormsby did well this season.

"Both goalies played well despite their youth," Marshall said. "Tom is 17 and Mike is 16 and they both stood up well."

This season was the first for Acton in the Mid-Ontario loop. Marshall said he was surprised at the level of play present in it.

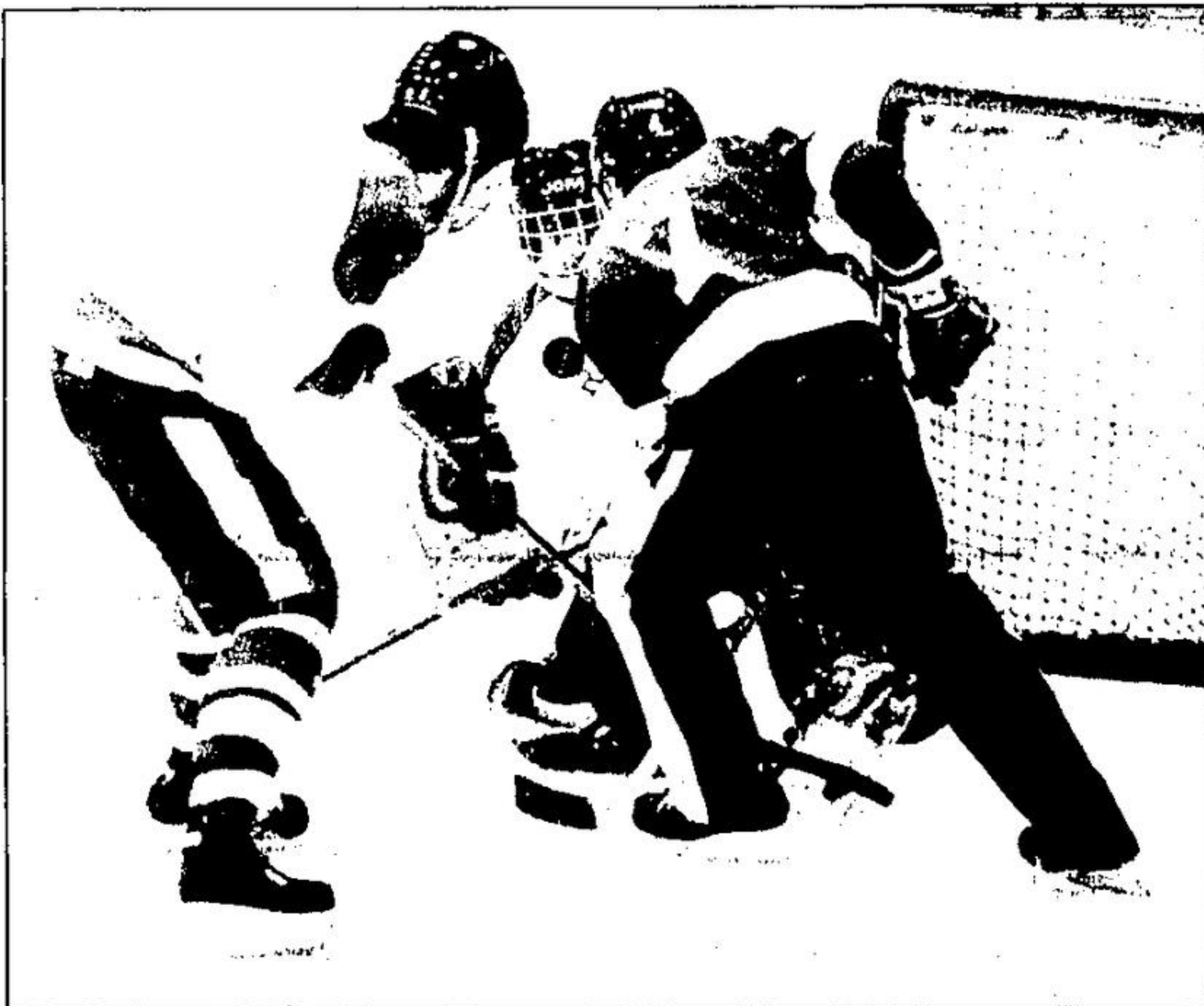
"People laugh, but if any two teams come to play it's just as good as Junior "B" hockey," he said.

Many who donned the Sabres' uniform this year won't be back next season. Acton loses MacDonald, Bob Dann, Pete Litmola, Terry McCue, Bourbonnais, Ken Kavanagh and Yalowica to age requirements. As well,

others will likely catch on with Junior "B" teams next season. Even Marshall remains non-committal as to his plans next year.

"It all depends if they (Sabres' executive) want me back," Marshall said.

**NOTES:** Wally Petrie wasn't in uniform Friday. He was out of town.



**CROWDED IN FRONT:** Rebels' goalie George Kent and defenceman Jim Bick (5) try to contain a Sherwood player here. The Rebels defeated Sherwood 7-6 in their first annual tournament held at the Alcott last week. The Rebels lost in the final by a close 3-2 score to Aldershot (Herald photo by Dan Ralph)

## Success leaves one optimistic for '88 games

# Canadian runners opening our eyes



### Runner's notebook

will peak for the Olympics. A perfect example is Milt Otley. In 1981 Otley was ranked first in the world in the high jump. Of course he didn't compete in Moscow in 1980 and by 1984 was an unfortunate has-been.

In 1964 our secret dreams rested with a couple of runners named Harry Jerome and Bruce Kidd. Jerome won a bronze medal in the 100 metres while Kidd wasn't as fortunate in the longer distances. In 1967 Jerome became the first Canadian to win the 50-yard event at the Star Indoor Games held in Toronto each winter. No Canadian had won it since - that is until last Friday night. Ben Johnson of the York-Optimists covered the distance in 5.27 seconds to win the race and set a new Canadian native record.

Harrison outshot the Royals 44-42 and both the Royals Steve Cassar and the Blues Tim McNaughton made a number of outstanding saves.

Andy Broadbent, Glenn Murray and Dale Braiden fired late third period goals Saturday enabling the Royals to tie Tavistock at 6-6.

Hillsburgh who trailed throughout the contest needed the tie to keep their three point cushion over Tavistock in the league standings also received a two goal performance from Paul Fraser and a single from Bob Davey. The Royals, whose record now stands at 12 wins, 10 losses and three ties, close out the regular season this weekend with three games.

On Friday Hillsburgh will be in Harrison to face-off with the Blues. Saturday the Royals return home to tangle with the Arthur Tigers beginning at 7:30 p.m. and then Sunday Hillsburgh travels to New Hamburg for an afternoon battle with the Towers.

## Leslie getting used to life as a Royal

By DAN RALPH  
Herald Sports Editor

**CORNWALL:** The initial shock and surprise having worn off, Glen Leslie is settling in well with his new hockey club.

The Georgetown native was picked up on waivers by Cornwall Royals Jan. 13 after having spent the first part of the Ontario Hockey League season with London Knights. A major reason why Leslie was waived was the return of Jim Sandlak from Vancouver Canucks of the National Hockey League and right-winger Trevor Steinburg from the injured list.

The 19-year-old admitted to being surprised when told of the news. Ironically, he got wind of the move when London hosted the Royals the night before.

"I didn't expect it in London," Leslie said from Cornwall Friday. "At first I wondered what team it was I was going to. I wasn't sure if I'd like it (move) if it was to some place like Sudbury or Sault Ste. Marie. But it's just as far here."

Leslie, who just turned 19, was seeing spot duty with London, and welcomed the Cornwall move if it meant more ice time. With the Knights the burly Leslie (6' about 195 pounds) played against the bigger clubs, but saw limited action when London played fast teams. With Cornwall Leslie is seeing a bit more playing time, but isn't discouraged.

"I'm a rookie and rookies don't get much ice time," he said. "It's not too bad (being a rookie). You've got to remember everybody was one once."

About a week before being picked up by Cornwall, Leslie was moved up to right wing from his defence spot. Leslie plays wing for the Royals and is happy with the move.

"I don't miss playing defence," he said. "Playing defence as a rookie is hard."



GLEN LESLIE

"Now if I get caught I've got the defence behind me. It will take a while for me to learn that (playing wing)," Leslie added.

The move to forward has Leslie hoping to get a few more scoring points. He has three assists in 25 games played, but two of those have come after being put at wing.

Going from a community of over 200,000 people to one of about a quarter the size has made Leslie's adjustment easier he said. Also, fitting in with his new teammates won't be hard for Leslie as a majority of the Royals came to Cornwall via trade or waivers.

Going to Cornwall enhanced Leslie's chances of playing in the OHL's Leyden Division playoffs. The top six qualify, and the Royals are just a point out of fifth behind Toronto while being five points ahead of Ottawa.

Similarly, London is in seventh spot in the Emms Division, trailing Hamilton by two points and Windsor by eight.

"I'm looking forward to the rest of the season. It would be nice to get into the playoffs. Anything can happen, especially for the underdog," he said.

## Rebels drop close one in final

The Georgetown District High School Rebels hockey team made it to the finals of their first annual tournament before being nipped 3-2 by Aldershot.

Georgetown's John Barclay scored the game's first goal in the first period. The Rebels held that advantage until the final period when Aldershot first tied the game then went ahead with about nine minutes to play. Jon Hammer tied the game up at 7:34 but with just over six minutes to play Aldershot scored to make it 3-2 and hung on for the win.

The Rebels qualified for the final with an exciting 7-6 win over Sherwood as Barclay's goal with just over two minutes to play lifted the Rebels to the final berth. Barclay had two goals in the game as did teammate Tom Gross. Dan Lane, Shawn Coffey and Tim Fleming had the other goals.

The Rebels started the tourney off with a 4-1 loss to Aldershot in the first game for both teams. After Aldershot jumped out to a 3-0 lead Gross cut the deficit to two, but that's as close as Georgetown got as the Aldershot squad added another tally late in the final period.

All games were played Wednesday and Thursday at the Alcott Arena.

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