

Ski Tracks

by Robert Butler

Moguls. Now there's a ski-word for you. Those bumps on the Flying Mare or Rogers Run? Those are moguls. The Austrians coined the term, only they pronounce it "mooguls".

Moguls or mooguls - however you pronounce it - are a source of agony or ecstasy depending on your point of view. There is a story about a guy who slid the entire length of the Lone Pine at Mount Norquay (1300 vertical) on his stomach. Terrifying. He crashed from mogul to mogul and ended up with a broken jaw. That was in the days of slick nylon ski jackets.

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On the other side of the coin, imagine a steep, snowy pitch with regular, rounded mounds that give easily as your ski tips, ride up, over, and down the other side. One, two, three, of these pass gloriously under you and then jump off a fourth to land softly on the downside of another one. Ahh....

Basically there are three things a skier can do in moguls to switch from agony to ecstasy. The first thing is to look ahead and plan a route that will take advantage of the bumps as much as possible. The second thing is to learn "avalement" or how to combine a folding / unfolding action of the legs with the movement of turning. Third, and most important, is to be aggressive or "actively positive." This week we'll talk about the first idea - using the terrain to your advantage.

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At first, the route you want to take through the bumps should be quiet roundabout. Aim for the top of a bump. Plant your pole as you approach it, and start to turn your feet so that they pivot easily on the top of the mound. Continue to steer the skis with some edging (bend your knees & ankles!) as they pass over the top and down the other side. As you do this, plan where you will turn next. Get your other pole ready. Either traverse or maintain a gliding side-slip until you near the top of another bump. Then repeat. Plant the pole early, start turning the feet as you encounter the bump. Edge and steer with knees and ankles on the down-side. Prepare your new pole. What should emerge is a pattern of turn-traverse-turn with each turn occurring right on top of a bump. NOTE: A key here is to be planning and looking for the next turn right in the middle of the one you're doing at the moment. (After a while this is just like walking and chewing gum at the same time!)

Next week we'll discuss "avalement". See you in the moguls!

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ROBERT BUTLER is Director of Skiing at Horseshoe Valley Resort



Head for the hills

Some young skiers head for the peaks and valleys of Midland Mountain View Ski Resort during the operation's season-opening last Saturday. With a good snowfall yesterday and more to come, the Midland site should be a

busy place over the holidays. The resort opened for daily skiing yesterday, and will host two major area competitions - an open event and a high school championship - in early January.

Canucks get by North Stars 3-2

The PMCL Canucks dumped the league-leading M&A North Stars 3-2 in Penetanguishene Minor Hockey Association Novice House League action Saturday at Penetanguishene Arena.

In exhibition play, the PMHA Summer's Trophies Atoms

dumped the Grew Boat Canadians 10-2 and the Midland Bourgeois Motors hammered the Dock Lunch Leafs 7-1 in a game at Midland Arena.

Ron Dupuis and Jesse Bazinet scored the Grew Boat goals.

Kirk Ruston scored the lone Dock Lunch marker on a breakaway

to post the lone Dock Lunch marker in the Midland game.

Novice House League action will resume Jan. 9 when the Canadians meet the Canucks (11 a.m.) and the Leafs will take on the North Stars (12 noon) at Penetanguishene Arena.

Hoop challenge

The 9th annual Midland Secondary School Alumni Basketball Challenge has been slated for Jan. 30.

In the first of three games in the time-honored event, the MSS Senior Girls team will take on the Female Alumni. In the second matchup, the MSS Grade 13's will tangle with the MSS staff, and in the final game of the evening, the school's Senior Boys' squad will take on the Male Alumni.

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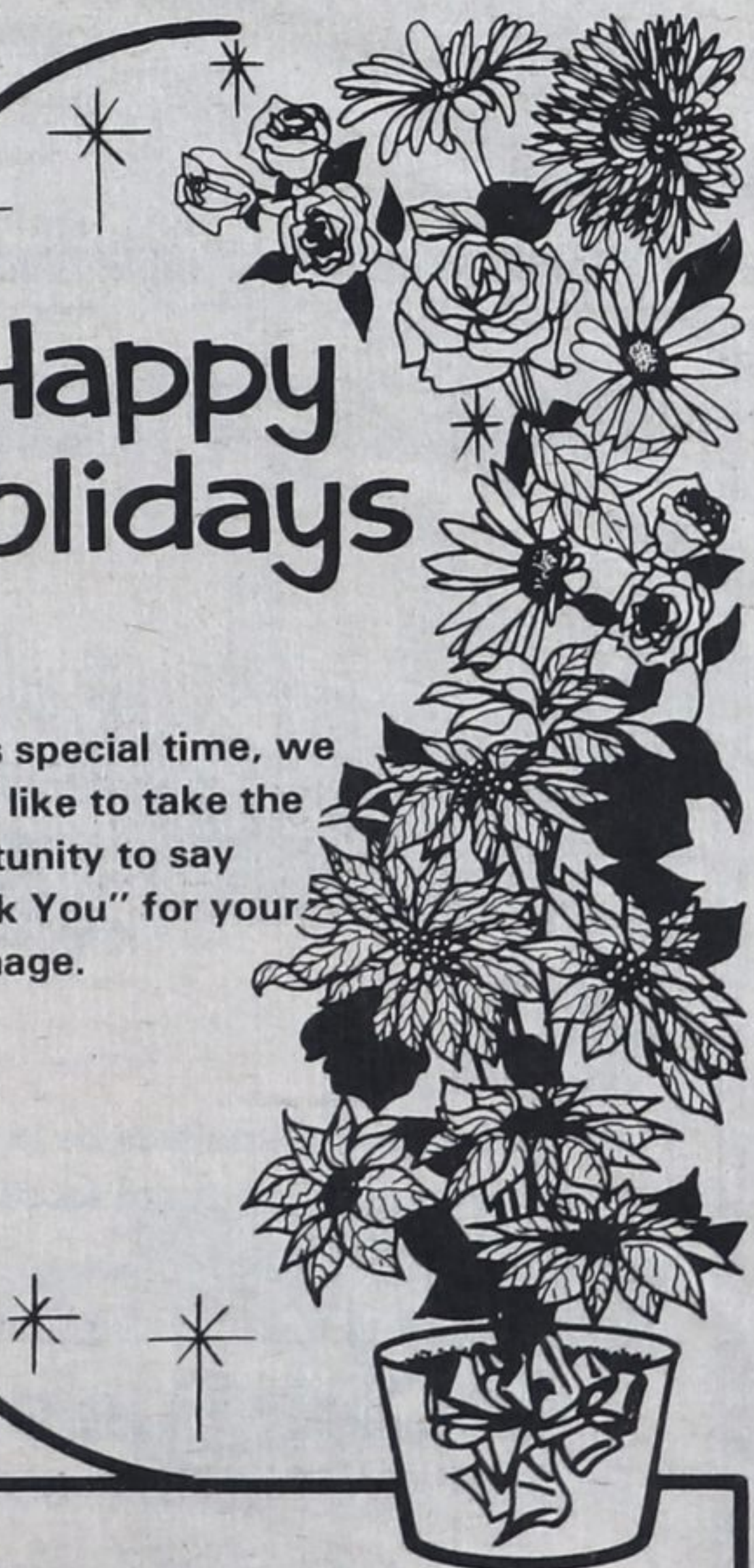
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