## X-country skiing spells fun

VALORIE BRUCKER Cross-country skiing is a sport that is still increasing in popularity.

Large downhill resorts have made room for the cross-country skier, with many new groomed trails.

Provincial parks such as Springwater at Midhurst cater especially to the crosscountry skier, with innumerable trails which lead many a nature lover through the wilderness of the park.

Cross-country skiing can be a solitary sport, or a very competitive one depending upon the preference of the skier.

It's excellent exercise, especially for legs and the cardiovascular system and with fairly reasonably priced equipment it makes an affordable sport for most.

Never chose inferior quality skis, and always get a knowledgeable salesperson or friend to assist you in the purchase.

It may even be a good idea to head to the library and pick up several books on the subject.

Here are several hints for the novice: there are four basic types of cross-country ski equipment; racing light touring, touring mountaineering.

The novice recreational skier should stick to a touring or light touring ski as they give the best combination of stability and manoeuvrability for learners.

There are wooden skis, laminated wooden skis, and fibreglass skis that are waxless or waxable.

Wooden skis are tricky. They require a lot of maintenance. Laminated wooden skis are better as they offer better resistance to breakage and warping.

Fibreglass skis are durable; require little maintenance and often are cheaper than wooden skis.

Waxable skis are usually the best for beginners. If properly waxed they give excellent grip and glide.



Kings on move

Gravenhurst Indians netminder clears the puck as a Penetang King forward sweeps in to block the attempt Friday night at

Penetang Arena. Kings had little trouble as they took the contest by a 10-2 count. -Photo by Arnold Burgher

## Marauders sweep match-up in Orillia

**GARY WATSON** 

Last Thursday the three boys basketball Marauders continued their dominance in play, by league sweeping Twin Lakes

squads of Orillia. In the midget game, Midland totally dominated every aspect the game, demolishing Twin Lakes 85-29. Midland was led by Chuck Quesnelle with

12, Steve Kirdeikis and second half points. Bob Dundas had 11. Scott Bales added 10. Midland's offence was balanced as everybody had at least one point. The defence played well also, allowing only nine

In the senior match, Midland had a tougher

time than the midgets only beating Twin Lakes by 27, 79-52. Jim Faragher had the first eight points of the game,

and was hot the rest of the game as he had the

## Monsignor Castex capture crown

The Monsignor Castex Boys Volleyball team capped a successful year of volleyball by capturing their third straight Simcoe County Elementary School Volleyball championship Saturday in Orillia.

Twelve teams from across Simcoe County earned the right to compete in the Simcoe County Championship by either winning or placing second in each of the six area championships.

squad went undefeated Irvine. for the tournament. LeClair and Kipp 12. Edwards. There was

also some fine spot play

by Robert Marchand,

The Monsignor Castex Jeff Hodgins and Chris Castex emerged first

This was due to the in their pool and met strong hitting of David Tottenham in the Forrest and Derek quarter-finals whom Taylor, combined with they defeated 15-12 and the fine setting of Dean 15-3. In the semi-finals Scott, Dennis Desjar- Castex met a very dins, and Stephen strong Warnica squad Bernard and the strong from Barrie and defensive play of Jason defeated them 15-6, 15-

> The final was a rematch of the Area 3

Castex and Bayview Public School. Castex easily won the first game of the final 15-1, thanks to fine serving from Kipp Edwards who served up 12 consecutive points. In the second game Castex defeated Bayview 15-10.

final featuring Msgr.

The Castex team becomes the first team ever to win the Simcoe County Championship three successive years.

game high 20 points. Ken Shearer kept up his steady play adding 13. Brad Price, Kevin Gray and Gary Watson each had eight. Next action for all three teams is against the Crusaders of St. Theresa's on Wednesday.

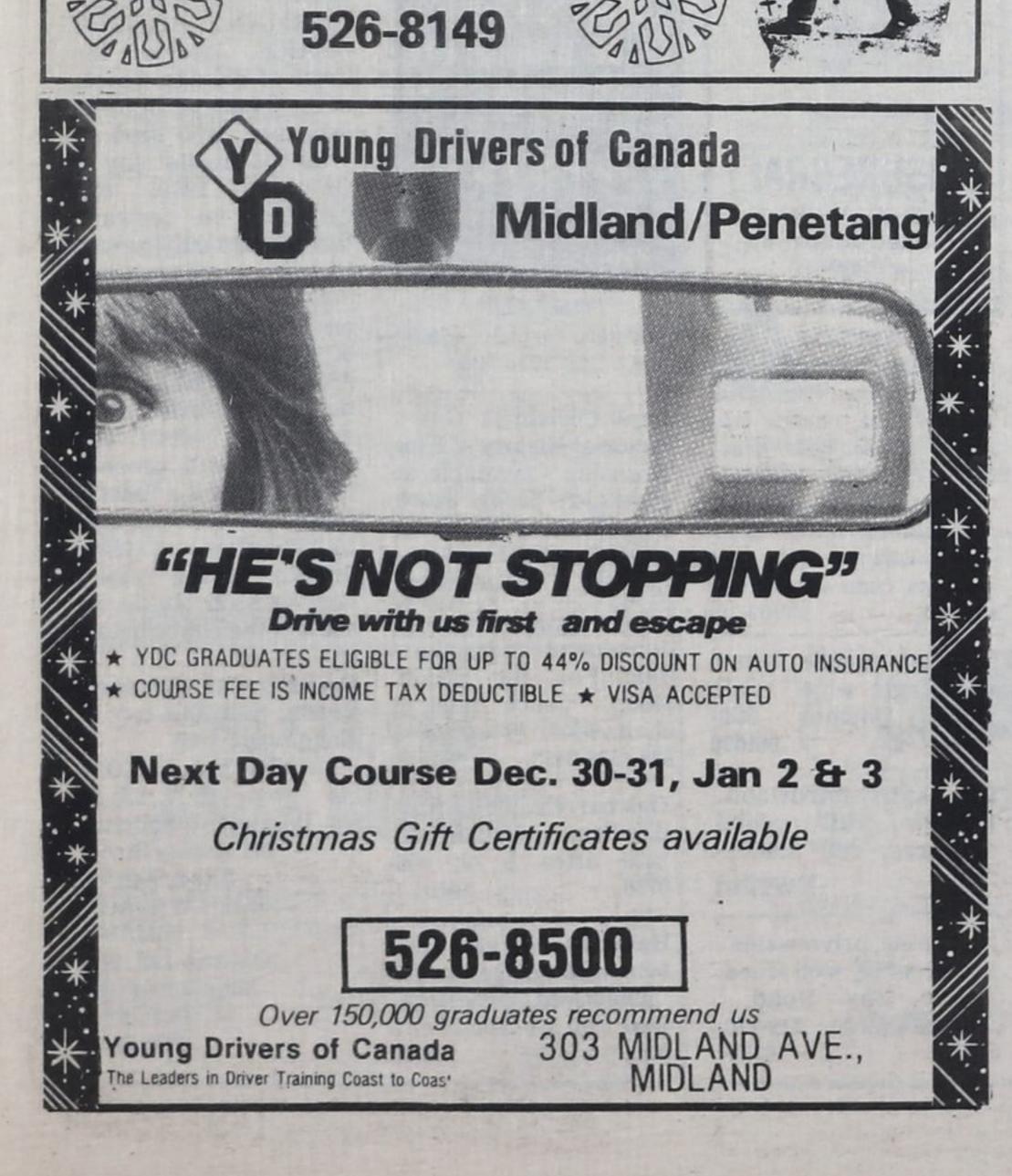


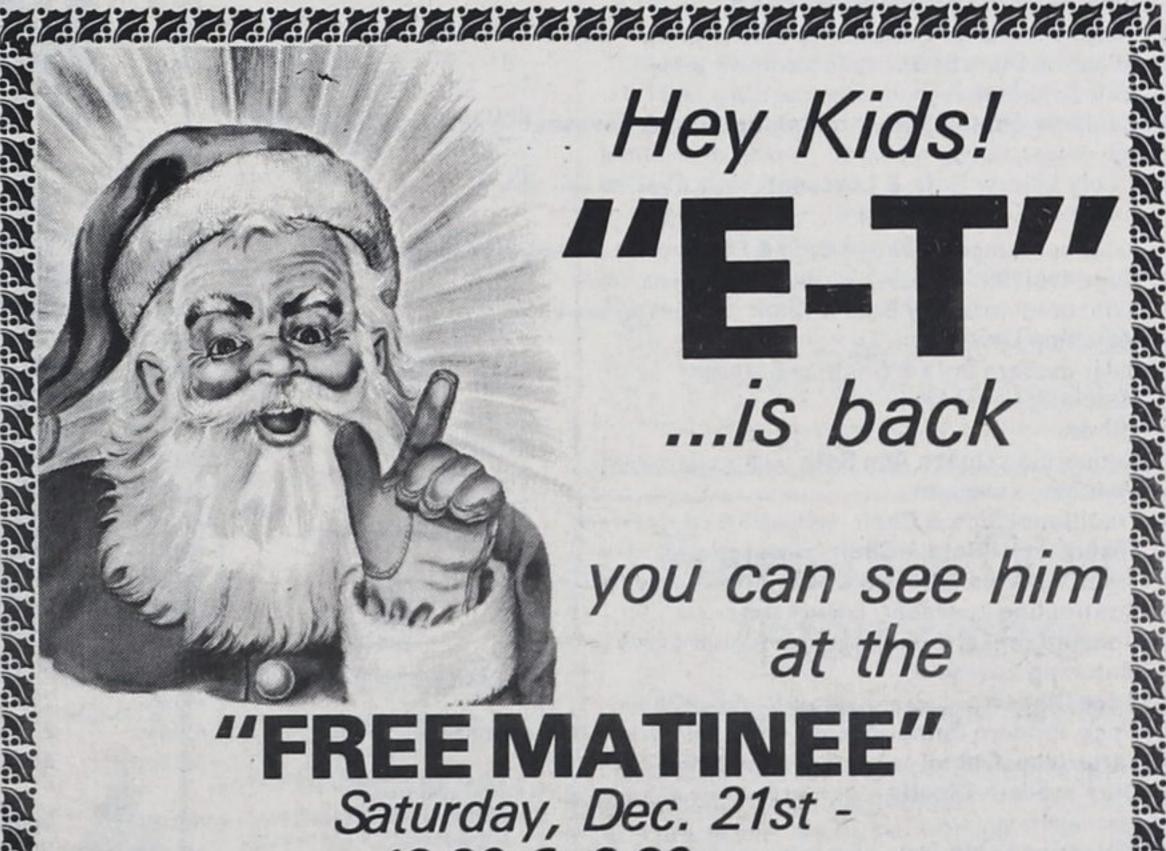
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