

# Cross country ski sites

WITH THE DAWNING of the 1987 cross country ski season upon us, I felt it was time for a close-up look at some of the available cross country trails within a few minutes drive of the Observer & Eccentric coverage area.

Through information provided by the Huron-Clinton Metropolitan Authority, the Oakland County Parks and Recreation Department and the Travel and Tourist Association of Southeast Michigan, the following is a list of those area parks which will offer cross country skiing throughout the 1987 season.

### HURON-CLINTON METROPARKS

Groomed trails and ski equipment rental will be available for public use at eight of the Metroparks. Rental rates will be based on half-day rental (four hours). A complete set of equipment costs \$8.50. Skis or boots only — \$4.50. Poles only — \$1.50.

A \$2 insurance fee will also be charged, but \$1 will be refunded upon return of equipment in satisfactory condition.

Ski maps and brochures will be available at most of the parks.

A vehicle entry permit is required for entrance and parking. Annual rates are \$10 (\$5 for senior citizens), while a daily permit costs \$2.

It's suggested that skiers contact the park for the latest snow and trail conditions prior to planning a trip. For information on any of the Metroparks, phone 1-800-24-PARKS (toll free).

- #### METRO BEACH
- Trails: 4.5 miles of relatively flat groomed trails.
  - Facilities: Coin-operated lockers, heated restrooms.
  - Food: Food service on weekends.
  - Location: Near Mt. Clemens, phone 463-4551.
- #### STONY CREEK
- Trails: 15 miles of groomed trails covering hilly terrain. Suitable for beginners, intermediate and advanced skiers.
  - Facilities: Coin-operated lockers, heated restrooms and lounge.
  - Food: Vending machines during the week, snack bar during the weekends.
  - Lessons: Available for \$5 per person.
  - Location: Near Rochester-Utica, phone 701-4242.
- #### INDIAN SPRINGS
- Trails: 8 miles of groomed trails over varied terrain.
  - Location: Near Huron-Clinton, phone 658-1651 ext. 482.
  - Rental: Equipment rental available on weekends only.
- #### KENSINGTON
- Trails: 15 miles of groomed trails over hilly, wooded terrain. For beginners, intermediate and advanced skiers. Limited night skiing on golf course trails.
  - Facilities: Coin-operated lockers, heated restrooms.
  - Food: Food service is available.
  - Lessons: Available on weekends only with advanced registration.
  - Rental: Special rates for groups.
  - Location: Near Milford, phone 685-1651.



## Bill Parker

### OAKLAND COUNTY PARKS

#### GLEN OAKS GOLF COURSE

- Trails: Groomed and marked trails open 9 a.m. to 5 p.m. Saturday and Sunday.
- Facilities: Equipment rental and snack bar.
- Rental: Equipment available at \$6 for two hours. Each additional hour is \$2. Identification and a \$10 deposit also required. Group rates available.
- Lessons: Pre-registration required through Farmington Hills Parks and Recreation, 474-2115.
- Location: Between Orchard Lake and Middlebelt on 13 Mile Road in Farmington Hills, 481-6356.
- Special Events: Senior Ski Clinic — 10 a.m. and 1 p.m. Tuesday, Jan. 6, 474-2115. Ski Clinic for Blind Skiers — 9 a.m. and 11 a.m. Saturday, Jan. 10, 474-5115. Ski Clinic for Blind Skiers — 11 a.m. Saturday, Jan. 24 and Feb. 7, 858-4944.

#### RED OAKS GOLF COURSE

- Trails: Marked trails are available daily 9 a.m. to dusk. No facilities, equipment rental or lessons.
- Location: John R. Just north of 12 Mile in Madison Heights, 658-2294.
- Special Events: Cross country ski race training sessions offered by the Wolverine Sports Club — 8-9 p.m. Tuesdays and Thursdays and 9-11 a.m. Saturdays. Call Mike Warden at 647-0050 for more information.

#### SPRINGFIELD OAKS GOLF COURSE

- Trails: Groomed and marked trails available 9 a.m. to 3 p.m. Monday-Friday and 9 a.m. to 5 p.m. Saturday and Sunday.
- Facilities: Pit toilets available on course. No lessons or rentals available.
- Location: Eight miles west of Dole Highway on Andersonville Road in Davidsburg, 625-8133.
- Special Events: Springfield Oaks Challenge cross-country ski race, 10 a.m. Saturday, Jan. 10, 658-4944.

#### WHITE LAKE OAKS GOLF COURSE

- Trails: Groomed and marked trails open daily from dawn to dusk.
- Facilities: Pit toilets available on the course, clubhouse open on weekends.
- Rental: Full line of equipment available on weekends and by special arrangement only. Costs \$8 for four hours. Identification is required and special group rates are available.
- Lessons: Three one-hour sessions beginning at 8:30 a.m. on Jan. 17, 24, 31 and Feb. 7 and 14. Cost is \$5 per lesson. \$12 if equipment rental is required.
- Location: Williams Lake Road south of I-69 in Pontiac, 698-2700.
- Special Events: Senior Citizen Ski Clinic 10 a.m. and 1 p.m. Wednesday, Jan. 14.

#### ADDISON OAKS

- Trails: 13 miles of groomed, marked trails. Open seven days, 9 a.m. to dusk. Two miles of night trails for night skiing on Friday and Saturday evenings.

By Bill Parker

Bob Probert of the Detroit Red Wings recently has had to deal with an enormous amount of negative media attention due to charges of driving while under the influence of alcohol.

Former New Jersey Nets basketball star, Michael Ray Richardson, lost his future in professional basketball — along with millions of dollars — because of his recurring battles with drug abuse.

More recently, Oklahoma Sooner linebacker Brian Bosworth was suspended from participating in this week's Orange Bowl due to positive drug test results leading officials to believe he used steroids.

More tragically, former Maryland star and first-round draft pick of the world champion Boston Celtics, Len Bias, lost his life to a cocaine overdose.

Despite these highly publicized cases of athletes clashing with substance abuse, hundreds, if not thousands of youths across the country will experiment with drugs and alcohol in the new year.

IN AN ATTEMPT to fight back, Southfield High School Athletic Director Fred Goldberg, along with help from (former Detroit Pistons coach) Dennis Butcher of Converse Shoes, is sponsoring a free clinic — Say No To Drugs, Say Yes To Basketball — Friday at Southfield High School.

Local sports celebrities Bill Laimbeer and Rick Mahorn of the Pistons, Jack Morris of the Detroit Tigers, University of Detroit basketball coach Don Sicko and some of his players, and Central Michigan University basketball coach Charlie Coles were on hand at the clinic to speak with participants on the dangers of drug and alcohol abuse.

"I wanted the kids and their parents to hear from people who have had success in athletics," Goldberg said. "I think this will have an effect on kids. I remember when I was a kid, whenever I heard some big sports figure say something I took those words for gold. I would hope these guys have an affect on some of these kids they speak to."

LAIMBEER TOOK a strong stand against drug abuse as he pointed to the tragedy of Bias.

"If drugs can do that to an athlete

# Drug free Pros tell kids to stay straight

in tip-top shape, think of what they can do to you," he said.

The Pistons center went on to point out that even if you don't die from drugs or alcohol, the label of being a user also can have devastating effects.

"Once you're labeled a drug user or a player with a bad attitude because of drugs or alcohol use, the label sticks with you. It's a title that's hard to shake even after you stop. When schools start looking for a recruit they're going to look right over you. They don't need someone like that in their program."

Another detriment that goes along with substance abuse is the fact that the individual's views of reality are often altered, as Jack Morris pointed out.

"I personally feel it's very important to keep myself clean. One of the biggest things I remember anyone saying about drugs was something Bill Russell once said. It was after his career had ended, one of his sons asked him if he ever tried any drugs. When he said he hadn't his son asked why. Russell said it was because I wanted to experience my career and my life for what it was worth and I didn't want anything else affecting me. That really stands with me," Morris said. "I feel the same way. I don't want anything foreign substance in my body that may control my destiny."

Morris pointed out that drug abuse also includes tobacco — cigarettes and chewing tobacco.

"I'd see professional athletes chewing tobacco and they think, 'Why not? If they can do it, why can't

"But it's also dangerous," he said. "I saw a film during the pre-season on the effects of chewing tobacco. It was horrible. It causes cancer of the mouth and gums. . . It's all dangerous to your health. I feel everything should be cleaned up. Not just drugs and alcohol."

"It's (drugs, alcohol, tobacco) all available if you want it. You'll be exposed to it and there will be a lot of peer pressure put on you to try it. But you'll have to make the choice. And a choice you will have to make, he said.

COLES AGREED, stressing the fact that no one forces an individual to start taking drugs. It's your choice, and a choice you will have to make, he said.

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## Rocks host mat tourney

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year I think we have as good a chance as anybody of finishing in the top three. But I don't think we'll win it. Our chances depend on if every body's healthy and if we're ready to go. If we're ready I think we have a shot at getting in there."

Preliminary rounds of competi-

tion begin at 10:30 a.m. Saturday. Consolation matches are scheduled to begin at 5 p.m. followed by the championship matches at 6:30 p.m.

Admission is \$1 for students and \$2 for adults for any one of the three sessions. An all-day ticket, which entitles the bearer to entry to all three sessions, will be sold for \$2 for students and \$3.50 for adults.

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