Cross-country skiing interest keeps growing

The Observer Eccentric

The West Bloomfield Ovic Center site which is adjacent to Green School will be a good place for beginners learn sking according to Mrs. Goodman It has adequate parking and se says, a warming shack to being constructed at the far end of the property. She estimates the total area to be greater than nine acres.

For more information on the skiing lessons contact the West Bloomfield Parks and Recreation Office at 625-279 or 626-0209, or Mrs. Goodman at the X-C Ski School, 18610 San Diego Lathrup Village 48078



Ski instructor Jim Holcomb (left) gives a lesson at Kensington Métropark



Taking an occasional spill is part of the fun of cross-country skiing. (Photos by Blain Rorai)

Some equipment tips for first-time skiers

Skis: Cross-country skis are thinner. lighter and more flexible in the tails and tips than downhill skis. They also have a high camber under the fool so when a person a full weight is on the ski, a larger area of the ski is grip-ping the snow which results in greater

ping the snow which results in general speed.

Skis are either made of wood or synthetics. Plastic skis are very feather in the tails and tips and have the added feature of flattening tips which are less likely to break. Some skis also have a fish-cale track on the undertide so that, when going downhill, the ski siddes smoothly and, when going upbill, any backward motion downhill will run against the grain of the scales resulting in a gripping action to prevent sliding downhill.

The length of cross-country skis

tion to prevent storing downlit.

The length of cross-country skis should be to the wrist of an upstretched arm when the person is wearing ski boots. The skis should be a bit longer if the person is heavier than average for their height.

Bindings: There are three pegs on each aki for three holes in the ski boots and with cross country akis, there is a left and right binding. A heel plate is used for better grip between the boot and the ski to give the skier better control. Unlike the down-hill sport, akiers are not locked into

Mrs. Goodman does not recommend cable bindings on cross-country skis for two reasons. One, it adds greater weight to the ski and the foot which is

Poles: Bamboo poles are perhaps the best buy. They are reasonably priced compared to the metal ones and they provide more spring which is needed to help the saker propeil him-self forward. The poles should have a start tip to provide a better grip in the Michigan snow. The writs strap should be tight to help keep the pole close to your hand at all times. For the ideal length, the pole should fit tightly under the armput when the skier is standing.

ster is standing.

Boots: In cross-country sking, the boot should be flexible from front to back, but it should be brilevible from a standard because the standard because a pale protecting in the front. Mrs. Goodman claims a boot is not worth its cost if it does not have this plate because it is more likely to come out of the binding. Room in the toe of the boot should be about an thumb's width because the foot sides to the front of the boot in the motion of sking. If there is no room, there will be too much pressure on the toes.

Clething: Two pair of socks are sug-greated. The inner sock should be light and absorbert. The outer sock should be wool for warmth Mrs. Goodman says over-the-inner socks are best be-cause they keep the knee joint warm and they leave no exposed skin, espe-cially when wearing krickers. The overall rule in dreasing for cross-country skiling is dress in layers of light cloth because the work of ski-ing will increase body heat. If a per-

A rucksack or fanny pack also is important. Skiers should carry with them trail maps when available, spare clothing for the coldest weather, a took kit, a blankst and compass. High energy food snacks also are important on any extended skit tour. Such foods include raissins, nuts and orannes.



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