

# Cross country skiing...



Two brave skiers start out on an afternoon's adventure through the snow-covered golf course. The trip might even include the chance to ski up a few hills, something downhill racers

would never do. Jack McKevey and Paul Calkins (left to right) go out to test their new-found skills at cross-country skiing. (Staff photo by Harry Mauthe)



Ready or not, there they go to conquer another part of the cross-country skiing course. Mrs. Margaret Socali and her daughter Cheryl admitted that it was fun, although they both succeeded in covering themselves with snow.

## makes it easy to go uphill

Farmington sports enthusiasts are discovering that they can skip years of lessons and trips to resorts and still enjoy skiing.

Instead of looking down a slope and bravely shragging off the possibility of a broken leg, skiers are turning on to cross country skiing at the San Marino Golf Course, Halesite and Eleven Mile, Farmington Hills.

"Not only is it close to home, but the sport can be easily learned."

"There's more to learn in downhill skiing," said Faith Malpeli, of Farmington, a San Marino employee.

"Anyone can cross country. If you can walk, you can cross country," she trusted. "It is easy to learn," agreed Dave Justus of the Farmington Area Recreation Commission, which is sponsoring the sport with the golf course.

Beginners can enjoy the sport after learning the basic strides, according to Justus.

"We teach them a diagonal stride, which is a push and glide movement," he said. "It's a basic technique in which they push themselves along using the poles," he continued.

The skier can move across the snowscape, with this technique but persons with the urge to race will find themselves slowed down.

"Cross country isn't as fast as downhill racing," said Ms. Malpeli. "It's more of a pleasure sport."

Novice cross country skiers tend to agree with her assessment of the sport. "It's better than downhill," said Jack McKevey, a Farmington High School sophomore. "There aren't that many people skiing cross country. Downhill's too crowded, too popular."

McKevey revealed another reason for his attraction to the sport. "It's cheaper than downhill. You don't have to pay a towing fee," he said.

IN ADDITION TO GOING EASY on his pocketbook, cross country skiing was relatively mild on McKevey.

"The first time, I fell down quite a few times," he said, amending his first claim of two or three falls when his friends laughed him down.

"I think it's great," he asserted, undaunted.

His friend, dragged him out a second time on the course when the rest of the group caught McKevey's enthusiasm.

"They wanted me to show the sport," McKevey explained.

"I'm coming back a second time," said Paul Galina, a University of Detroit High School sophomore.

Sharing the course with boys were Mar-

garet Socali, of Farmington Hills and her two daughters.

"I like cross country skiing," Mrs. Socali said.

"It doesn't cost as much as downhill skiing," she said, agreeing with the boys.

Her daughters Cheryl and Pat were enthusiastic about their first try at the sport. "I only fell twice," Cheryl admitted.

"Next year, I want a pair of cross country skis for Christmas," she said.

The sport which allows skiers to glide across relatively level ground requires special equipment.

"The boots are smaller. There isn't as stiff and they don't have to support the lower leg," Ms. Malpeli explained.

The poles are longer and the skis are narrower than those for downhill.

"The skis also don't have 'back binding,'" she added.

Winter sports enthusiasts who want to learn how to use those narrow skis they received for Christmas can take lessons at the golf course, under the direction of Justus.

Lessons are \$3 an hour. They are available at 11 a.m. and 1 p.m. during the weekend and at 11 a.m. on weekdays. Reservations are necessary.

Persons without skis can rent them for a half a day at \$4.50. A full day's rental will cost \$8.50.



Dave Justus (left) of the Farmington Area Parks and Recreation Commission, discusses the advantages of some cross-country skiing gear with Faith Malpeli of San Marino Golf Course. (Staff photos by Harry Mauthe)



Margaret Socali of Farmington Hills grins and bears the cold weather to take in some cross-country skiing on a recent afternoon at the San Marino Golf Course. Like many skiers, she discovered that cross country is a less expensive sport than downhill skiing.

All she wants for next Christmas is a pair of cross-country skis, says Cheryl Socali of Farmington Hills. Ms. Socali thought that it was a fairly easy sport to enjoy.



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