



cross country skiing

Marilyn Fitchett

Let common sense prevail on trails

Part of the lure of cross country skiing is its lack of formality.

The cross country skier's attire hasn't been decided by Madison Avenue. Almost any kind of sensible layered outfit will do.

You don't have to dream about Vail to test your skills; there are plenty of good trails nearby.

But as cross country skiing grows in popularity, it's all the more important for skiers to follow some common-sense rules.

1. Know what you're doing before you get out on the trails. A beginner should try the basic kick and glide of cross country under the eye of an experienced skier in an uncrowded area.

2. Beginners should stick to beginner trails. Don't bite off more than you can chew. The first few times you're out, don't try the five-mile trail. Chances are you'll not only exhaust yourself, you'll also exhaust the patience of the more advanced skiers. If you find yourself in an area of a trail such as a difficult hill that is beyond your ability, remove your skis and walk, keeping to the side of the trail.

3. Skiers coming downhill always have the right of way. When approaching skiers who are coming downhill, step off the trail and allow them to pass. Remember that they might not be in control and might not be able to avoid hitting you unless you move off the trail.

4. Leave adequate distance between you and the next skier. When approaching a downhill, wait until the skier before you makes it all the way down.

5. Follow one-way signs. More often than not, one-way signs are posted on portions of trails where it would be unsafe for skiers in both directions. These one-way areas frequently include stretches of curving hills where skiers might be blind to oncoming traffic.

6. Allow faster skiers to pass by stepping off the trail. Remember to tuck your poles close to your body and away from the passing skier.

7. After you fall, try to smooth out the trail. Don't leave a pile of snow in the middle of the groomed track. It could cause the next skier to lose his or her balance.

8. Keep your dog off the trail. Dogs break through surface of a groomed track, causing uneven piling of snow. Likewise, stay off ski trails unless you are on skis.

9. Have a good time, but not at the expense of safety.

Doubles net tourney slated

The Western Open Indoor Mixed Doubles championship starts March 3 at the Grose Pointe Hunt Club Tennis House.

The four-day tournament, sanctioned by the United States Tennis Association, will bring together 40 doubles teams comprised of nationally ranked junior and world-ranked professional tennis players.

Opening preliminary matches begin at 6 p.m. March 3. Semifinal and final rounds start 11 a.m. March 7.

Headlining the tourney, which includes a \$3,000 total purse, is Susie Mascarin and her partner Aaron Krickstein. Mascarin is ranked 42nd in the world among women's tennis pros, while Krickstein is a national 14 and under junior singles champion.

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Afternoon bowlers need recognition

Okay, the time has come for some of you hot-shot night bowlers to discover people do bowl before 6 p.m. And, furthermore, they are pretty good.

Have you seen the ladies bowl at Southfield's Plum Hollow?

Thursday afternoon, the Galilee B'nai Brith League punched out some pretty fine scores. Take Shirley Zinberg, for instance. Although her average is 160, she rolled games of 225, 202 and 177 for a 604 series.

And, what about Cheryl Fogel? She sports a 150 average, and had a 203 game with a 543 series. Then there is Paula Slovovitz — a 148 average bowler — who scored a 533 which averages out to a 177 game.

Arlene Greenblatt, owner of a 143 average, rolled a 207. Fran Ruskin rolled a 204 game despite her 135 average.

Of course, there are also the night leagues.

Jaunda Maurice had a 630 series in the St. Michael's League, including

games of 204, 231 and 195. It was her first 600 series.

IN THE FRIDAY afternoon Classic League at Farmington Lanes, Mary Lou Schneider rolled a 257 and finished with a 600 series. Cindy Edwards had a 243 for a 618.

In other action, Gloria Mertz rolled a 235 for a 611 series, and Joan Meile scored a 226 for a 618. Cheryl Stepak rolled a 233, but barely missed a 600 as she finished with a 597. Jean Dembeck snuck in with a 604, including a 219 game.

AT ROCHESTER'S North Hill Lanes, Betty Prescott had a 202 game



bowling

Red Poulin

in the Monday Fun League. She averages 138.

And, since most of the kids bowl in the day, let's not forget about them.

In the Juniors and Seniors League, Jeff Todd had a 512 series and Butch McIntyre had a 516.

Paul Goin shot a 224 and finished with a 585 series, while Andy Lettow had a 213 game and a 562 series. Scott Dufoe had a 531 series and Vince Piermonti was 116 pins over average.

In the Guys and Gals League (the real young ones), Scott Penny, who has a 112 average, blasted out a 177 game.

David Tanner has an 82 average, but

rolled a 386 series for a 102 average.

EIGHT-YEAR-OLD Matthew Mullins completed a learn-to-bowl course and bowled 183 pins over his average at Farmington's Bel Aire Lanes. The 70-average bowler rolled games of 156, 126 and 166 for a 398 series.

In Bel Aire's night Classic League, Ed Lubanski and Dave Tarbet each rolled 695 series. Lubanski had games of 237, 181 and 247, while Tarbet rolled games of 244, 239 and 202.

Fred Ringrose and Bill Walker each rolled 695 series. Ringrose's games included 214, 203 and 276. Walker had games of 246, 269 and 189.

SUNDAY NIGHT at West Bloomfield Lanes, Dick Mailloz rolled a 263 and Joe Ashburn added a 258 in the Green Castle League.

On Wednesday night, Chuck Locano had games of 246, 221 and 222 for a 689 series in the Michigan Bell League. In the Stragglers Mixed Thursday night league, Donna Coulter had a high game of 258 enroute to a 612 series.

St. Mary's college cagers gain playoff bid

St. Mary's college basketball team finished with an 18-7 overall record.

The Eagles have already nailed down a second consecutive NAIA postseason playoff bid. The playoffs begin

March 1, and the nationals will be March 3-13 in Kansas City's Kemper Arena.

One of the Eagles' top players includes forward Mark Sulek, who was

named NAIA player of the week last week.

The 6-foot-7 junior had 57 points, 27 rebounds, nine assists and eight steals

in two victories last week. Sulek averages 16.2 points per game and is first in the state with a 13.7 rebound-per-game average.

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Events

The Oakway Symphony

March 7, 3 p.m.

Under the direction of Francesco DiBlasi
will play the first Movement of the Unfinished
Symphony as well as popular selections.

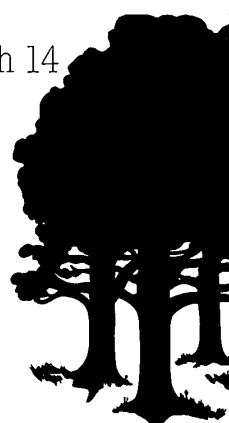
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