

QUEBEC - KANDAHAR

By A. L. Gravel

WHEN we turned up a day ahead at St. Jovite, the trail on Tremblant looked very formidable, rough with deep ruts, and paved with a heavy crust of nearly solid ice. Sixty competitors assembled for the race, the largest entry on record. On the trial spin everyone saved himself carefully for a more honored and public demise on the morrow. An overnight storm of sleet and snow changed conditions entirely, however, and joy dwelt in the hearts of the skiers when they awoke to find the country covered with ski-ing material of the very finest. The run down in the race, for me especially, was one of those nearly perfect descents any skier likes to enjoy even when only a memory. A long swift rush down through a glimmering white world, minutes full of tense and breathless moments and swaying swings, mishaps with those terrible wasted seconds thankfully few, and arrival at the finish drunk indeed with speed and centrifugal force.

To make the wrecks infrequent and minimize the damage, one must of course give some thought to the methods in ski-ing which are accepted as the best, in order to adapt them to his own style, though the basic principles cannot be departed from with success. The principal task of a downhill runner is to stay ahead of his own skis, for the first phase of most mishaps is a sit. An icy dip or a sudden bump both have the same effect, which is combatted by always carrying the weight forward almost past the stability point. (Forward falls are relatively infrequent, although they are the worst kind.) The weight must be kept on the toes for still another reason. Only thus can the body be carried not only on the thigh muscles which control springing in the knee action, but also supported on the muscles of the calf, through tension in the ankles. Those who have experienced the extreme fatigue which accumulates in the knees through the course of a long downhill run realize how important is any minimizing factor. And of course the proper and easiest way to swing is "tails light."

To ride in this stance, and keep the heel practically in contact with the ski, where it belongs, and also prevent forward pitching, a so-called "heel pull" ski binding is desirable, if not necessary. Clumsy exterior springs are not required to provide this down tension on the heel, however. The simplest rig is made up of ordinary screwdown toe irons with toe strap, auxiliary straps over the insteps, and around the heel strap passed through a mortise cut in the ski slightly back of the toe pieces. This is a well proved hitch, and has been used by jumpers for quite a while. As straps are inelastic, and stretch even if put up very tight, it is an improvement to use the coiled spring and lever type of heel strap; the original and still best make being known as the Bildstein.

The best advance measures and the most careful plan won't guarantee a no-fall run on Montagne Skieur Tremblant, and in fact no guarantee has yet

been issued. It is better to go fast and take a chance here and there. The best way of taking a fall is to have a good early training on a jumping hill, but the main thing is to keep the skis glued together, go limp at hips and knees, and endeavour to end up with both feet under, and ready for a quick start. The writer of course believes (and not that laying one egg is anything to crow about), that a few years enjoyably spent falling down mountains as a half exhausted cross-country runner does makes the ordinary downhill, work seem a little easier.

COMBINED DOWNHILL AND SLALOM RACE		Points
1	A. L. Gravel, Montreal	100.00
2	W. Ball, Red Birds	96.00
3	W. Thompson, Red Birds	93.70
4	J. Blair, Red Birds	91.50
5	M. Putman, Toronto	89.50
6	R. Ball, Montreal	89.40
7	K. Evensen, Viking	89.00
8	K. Baadsvick, Viking	87.00
9	R. Johannsen, Val Morin	84.00
10	O. Nymark, St. Sauveur	83.20
11	Jim Houghton, McGill	80.90
12	Jack Houghton, Red Birds	80.50
13	P. Gillespie, Red Birds	78.60
14	J. Legare, St. Jovite	78.50
15	H. Marcou, Red Birds	76.30
16	G. Russell, Montreal	75.80
17	J. Baldwin, Montreal	75.70
18	B. Carnall, Toronto	73.80
19	W. Legare, St. Jovite	69.80

DOWNHILL RACE		Minutes
1	A. L. Gravel, Montreal	5.31.0
2	W. Ball, Red Birds	5.54.2
3	W. Thompson, Red Birds	6.04.0
4	M. Putman, Toronto	6.10.9
5	R. Ball, Montreal	6.29.0
6	J. Blair, Red Birds	6.29.0
7	K. Baadsvik, Vikings	6.36.0
8	K. Evensen, Vikings	6.49.0
9	J. Legare, St. Jovite	6.52.0
10	O. Nymark, St. Sauveur	7.12.0
11	P. Gillespie, Red Birds	7.14.2
12	R. Johannsen, Val Morin	7.14.4
13	G. Russell, Montreal	7.15.0
14	W. Legare, St. Jovite	7.24.1
15	N. Monahan, Lake Placid	7.24.0
16	H. Marcou, Red Birds	7.28.0
17	J. Baldwin, Montreal	7.37.0
18	B. Carnall, Toronto	7.47.0
19	Jim Houghton, McGill	7.49.0
20	Jack Houghton, Red Birds	7.55.0

SLALOM RACE		Time (Two Runs) Seconds
1	K. Evensen, Vikings	128.4
2	J. Blair, Red Birds	129.1
3	Jack Houghton, Red Birds	130.6
4	Jim Houghton, McGill	132.3
5	W. Ball, Red Birds	134.2
6	R. Johannsen, Val Morin	135.4
7	A. Gravel, Montreal	136.2
8	W. Thompson, Red Birds	136.3
9	R. Ball, Montreal	137.1
10	O. Nymark, St. Sauveur	138.6
11	K. Baadsvick, Vikings	143.4
12	M. Putman, Toronto	150.4
13	P. Gillespie, Red Birds	162.3
14	J. Baldwin, Montreal	164.4
15	H. Marcou, Red Birds	168.3
16	B. Carnall, Toronto	170.5
17	G. Russell, Montreal	181.4
18	J. Legare, St. Jovite	183.4
19	W. Legare, St. Jovite	226.5