

WARMING UP FOR THE WINTER OLYMPICS



Pierre Harvey: the first Canadian to win a cross-country skiing race in international competition.

It was in Sweden that Harvey displayed the speed and style that earned him four wins in Canadian titles the previous season. In the 30-km freestyle technique race — a competition filled with world champions and Olympic medalists — Harvey exploded out of the blocks and kept up the pace to complete the rolling course in an hour and 17 minutes — a time just under 2 minutes faster than his nearest competitor, Soviet silver medalist Alexey Prokuratorov. The margin of victory was scarcely believable. In a 30-km race, a lead of 20 seconds is considered decisive.

Skating to the Saddledome: Brian Orser

Two former world champions were expected to dominate the male figure skating competition last March in Cincinnati, Ohio. But the winner who beat out American Brian Boitano and Soviet Alexandr Fadeev was a 25-year-old Canadian, Brian Orser. After three consecutive second-place finishes from 1984 to 1986, Orser became the first Canadian to capture the men's title since 1963.

Orser's vibrant, flawless performance, including six triple jumps and an unprecedented two triple axels, vaulted him past both his major rivals. His win was a

credit to his skating, to the choreography that sent him dancing over the ice, and to hours of gruelling preparation with Canadian sports psychologist Peter Jensen.

The search for the champion's edge included a simulation of the entire competition in Toronto's Maple Leaf Gardens, two weeks before the real world championships. The simulation included judges, a television crew, and a "reporter" whose job was to try to disrupt the competitor's concentration just before he stepped onto the ice.

Cynthia Coull and Mark Rowsom

Cynthia Coull and Mark Rowsom have built up a solid list of achievements since they began skating together in 1982. They entered the World's Pair Figure Skating Championships for the second time in 1984, and came in seventh. Last season, at the World Championships in Geneva, they

carried off the bronze medals and became Canada's national champions.

The couple work out on the ice for four hours daily, and put in another 90 minutes each day off-ice. In between, both attend university full time: 21-year-old Coull studies human kinetics, while 27-year-old Rowsom is a music student.

In the past year, Coull and Rowsom have changed their skating style and their selection of music. Their skating now presents a more refined image that is favoured by the judges. Their music is more classical, demanding extensive training to achieve depth of expression and perfect synchronization.

At the Cincinnati world championships in March they came in sixth — a disappointment, but not a deterrent for the Olympics next winter.

Canada's national champions: Cynthia Coull and Mark Rowsom.



Calgary is gearing up for the XV Olympic Winter Games, scheduled for February 13 to 18, 1988. Canada's top athletic contenders include cross-country skier Pierre Harvey, and skaters Brian Orser and the team of Cynthia Coull and Mark Rowsom. Olympic cross-country events will be held at the Canmore Nordic Centre, 55 minutes west of Calgary, near Banff, Alberta. Figure skating competitions will be under the world's largest cable-suspended roof, in the Olympic Saddledome.

On the Trails to Canmore: Pierre Harvey

Cross-country skiing competitions are gaining attention in Canada, in large part because of 29-year-old Pierre Harvey of Quebec. In March, Harvey became the first Canadian to win a cross-country race in international competition, and the first to win any medal at a men's cross-country event.