

## IN BRIEF



## ROSEY, BUT NOT QUITE ENOUGH

Justin Rose just missed becoming the fourth man to card a 59 on the PGA Tour when he shot a 12-under-par 60 in the opening round of the Funai Classic Thursday. Rose finished his round at Walt Disney World Resort's Palm Golf Club with 2 birdies and no bogeys. He made par 4 on the 18th hole, where a 14-foot putt would have given him a share of the record. Rose has a four-stroke lead.

Bloomberg



## A ROUGH RIDE, INDEED

Brian Grest was happier than most Roughriders fans when his team clinched a spot ahead of the Eskimos in the CFL standings after 29 years of trying. That's because the Saskatchewan math teacher had calculated the odds against such domination to be 536,870,912 to one. "They are pretty phenomenal numbers," said Grest. Indeed. The odds of winning the Lotto 6-49 jackpot are about one in 14 million.

CanWest News Service

## Workout packs a punch



IAN WALKER  
VANCOUVER SUN  
ADRENALIN

No need to pull any punches here. Kirsty Exner kicked my ass. And get this, she didn't even lay a glove on me. Then again, she didn't have to. The two-time silver medallist on the IFSA World Extreme Skiing Tour let her cardio-box-core class inflict all of the damage.

Fifty minutes of power lunges and squats, explosive plyometric training and high-intensity interval boxing left me drenched in sweat, with a cramp in my left side, prone on the gym's hardwood floor gasping for air. I surely would have quit well before the final bell if not for the fact the class was made up of mostly women.

Now, you may wonder how a big mountain skier came to be connected to boxing. Me too. It's part of the reason I agreed to get in the ring.

"I got into boxing and kickboxing while I was training for the world championships last year and just loved the intensity, power and focus it provided," said Exner, 30, a licensed fitness instructor based out of Contenders Training Studio.

"I added it into my fall dry-land training program and I found it to be incredibly excellent cross-training for skiing. The intensity of the workouts, the cardio-blasting and power-training in both upper and low-



IAN SMITH/VANCOUVER SUN

Thinking outside the box: extreme skier and workout leader Kirsty Exner leads a class.

er body was amazing, as were the results."

Exner's self-described "claim to fame" is a second-place finish at the 2000 World Extreme Ski Championships in Alaska. Extreme skiing is performed on long, steep slopes — typically from 45 to 60-plus degrees — in dangerous terrain. One slip and you can score it a TKO for the mountain, as Exner learned first hand at a Tour final in Tignes, France in 2001.

While dropping into a line she lost an edge on some ice and tumbled head over skis, all the way down the 1,500-foot descent.

"It was a total yard sale — my skis and poles were littered over the mountain," says the Rossland native. The injury kept her off skis for almost two years. "Still, I got away pretty lucky, all things considered. I only ended up blowing out my

knee. It could have been a lot worse."

As for me, I couldn't have felt worse midway through the class. But it makes sense. Cardio-boxing has become a heavyweight in the fitness world. Sports scientists agree it's one of the best forms of exercise because it conditions the entire body, boosting your cardiovascular system and endurance levels.

While a traditional boxing class focuses on effective fighting skills, Exner's cardio-box class covers basic moves like jabs and hooks, but emphasizes the workout, not the knockout.

"What I like is the way Kirsty really makes you focus on doing everything slow and to concentrate on the body mechanics," said Carla Sulentic, one of about 20 people attending Tuesday's class.

Exner will start a six-week "Get Fit For Skiing" class on

Nov. 14, which will combine ski-specific exercises with cardio-kickboxing, plyometrics, strength and core training, and balance and stability moves. The class includes three optional two-hour, on-snow sessions.

"I really like the core workout it provides," said Dawn Stentzel, a skier and snowboarder. "It's also a great leg workout. Usually, my legs are killing after getting on the snow for the first time. I'm sure after taking her class it won't be so bad."

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## GET FIT FOR SKIING

Nov. 14-Dec. 21

Contenders Training Studio

1055 Dunsuir, Bentall 4

Deadline: Nov. 10

For more info e-mail Exner at

info@kirstyexner.com

BY GORDON BRUCE  
VANCOUVER SUN

## SALT WATER

**VANCOUVER ISLAND** — Island Out-fitters reports salmon fishing is fair to slow off Sooke, with some winter springs in the eight-pound range being caught near the trailer park by the Bluffs. The fish there are close to the bottom and deep. Anchovy is still the most popular bait, using Rhys Davis or Oki gold chrome or purple-haze teaser heads. In Becher Bay, fishing has been fair for coho, chum and small winter springs. Anglers are getting the fish out from the Bedford Islands in 200 to 600 feet of water. Most of the fish are fairly deep, around 80 to 140 feet on the downrigger, and they were hitting



## FISH TIPS

lures more than bait. The "hot" lures have been spoons in Cop Car, Watermelon or Army Truck colour patterns. Pedder Bay has been quiet, mostly due to lack of anglers. Most of the winter springs are coming from the Race Passage and Whirl Bay areas and they have not been too choosy. Fish close to the bottom, and use anchovy or small herring in glow

teaser heads, Army Truck or Purple Haze plastics and Glow coloured spoons. The Victoria waterfront has been slow for small winter springs. If the weather is nice and currents not too strong, Constance Bank is probably your best bet. Otherwise, try Finlayson Point in 150 to 200 feet of water. Anchovy is the bait of choice and the Chartreuse and Mint Pearl are good teaser head colours to use.

## FRESH WATER

**MERRITT** — Powderkeg Outdoor Supply reports fall fishing is in full swing. On the Kane Valley lakes, the rainbow and the brook trout are feeding heavy. The hot flies have been Snow Cone Chironomids, Green or Brown Micro Leech, Bead Head Pheasant Tails and Dragon Nymphs.

For the gear fishermen, spinners such as Mepp's and Panther Martins have been good. Troll Sparklers or Perch Flatfish for success. Some anglers have been doing very well with a simple worm and bobber rig right from shore. On Mamit Lake, limits of rainbow trout are coming in for the anglers trolling Sparklers and Apex lures. These trout love Muddler Minnow, Big Leeches, Gompus Dragons and Tied Down Minnow patterns. This lake is fishable from the shore as well. On Tunkwa Lake, the fishing is good for the chironomid fishermen. Snow Cones in Brown, Gold Rib Black and Bloodworm patterns have been good. Micro Leech and Pregnant Shrimp are working well. Trolling with Frog or Perch Flatfish is productive.

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## He wants to get his kicks again

CFL | Slumping Paul McCallum works out the kinks

BY LYNDON LITTLE  
VANCOUVER SUN

Whether it's quarterback Dave Dickenson coming off a concussion or right guard Bobby Singh attempting to brush up on his footwork, this is the time of year when numerous B.C. Lions are striving to get into a groove in time for the playoffs.

You can add Paul McCallum's name to that list.

The veteran kicker isn't coming off an injury. Rather, he's trying to work himself out of a rough patch in his game that — if not straightened out — could potentially prove fatal to the Lions' hopes of a 2006 Grey Cup.

Heading into Saturday's contest against Hamilton, McCallum has clicked on just two of his last six field-goal attempts. Aside from recent troubles, it's been a banner year for the Surrey native. He's connecting on 84.6 per cent of attempts, which puts him virtually even with his best season as a pro.

"The last three games have probably been my worst of the season," McCallum conceded Thursday. "What I've been trying to do this week is to refocus on what I'm doing."

McCallum has watched tapes of his work earlier in the year, and concluded the solution lies in a need to slow things down a notch.

"I have a naturally quick approach to the ball," he explained. "But I feel I've been a bit too quick lately. I've been rushing things. I need to slow down."

When things do go wrong, the

Lions kicker — who sits 11th on the CFL's all-time scoring list — doesn't need to wait long for feedback. It comes to him right from the top — and without delay.

"Wally [head coach Wally Buono] is the first coach I've ever had who really knows something about kicking," McCallum said with a chuckle. "He told me the day I signed here he'd be just two feet behind me every day when I kick. I actually like that. Having Wally there is like having an extra set of eyes."

"I told Paul I'd be dogging him about his kicking," Buono said. "He's really had an outstanding year for us. He's just like any player, though. Sometimes you need to straighten things out. I'm glad his time to correct things is now. I'd hate to have this happen in the Western final."

One factor that has worked against McCallum's consistency the past few weeks has been the arm injury that has hampered quarterback Buck Pierce. Pierce is also the team's holder on placements. When he's not able to perform his duties, Geroy Simon is pressed into service.

"Yeah, it's an adjustment," admitted the Lions kicker. "It does make a difference. Buck and I seem to really work well together."

**GRID BITS:** Buono had a sly grin on his face when the subject of UBC's 67-13 thrashing of SFU Wednesday was brought up. He later revealed that a visit to a UBC practice earlier this year to watch his son Mike prompted him to place T-Bird running back **Chris Ciezki** on the club's exclusive negotiation list. Ciezki set a school record against SFU with five touchdowns while rushing for 328 yards ... Backup Lions running back **Mark Nohra** still holds the T-Bird single-game record of 351 yards rushing. "Had he [Ciezki] played the whole game, he probably would have broken my record," said a grinning Nohra. "My record came in Calgary in 1997. I fell into the end zone on the final play of the game to give us a tie and get us into the playoffs."

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## No Pound of flesh for Ricky

**DOPING** | TORONTO — Ricky Williams, the latest athlete caught in Dick Pound's crosshairs, wasn't interested in what the anti-doping czar had to say about him.

"I have no idea what he said and I'm not going to comment on them because I didn't hear them," Williams said Thursday after the Toronto Argonauts wrapped up practice. "And I don't want to hear them so don't tell me what he said."

The rest of the CFL, on the other

hand, was buzzing after Pound slammed the league Thursday for not having a doping control program. His comments included a veiled shot at Williams, who is playing for the Argos during a year-long drug suspension from the NFL, saying the CFL is "where you spend your jail time." "I don't buy that," said Argos linebacker and player-union rep Mike O'Shea. "Looking around this league, I think Dick Pound might be stretching it."

Canadian Press

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