

BREAKAWAY

1D

Wednesday, August 5, 1998

RECREATION & FITNESS

GOLFER'S SCORECARD: Forest Hills Golf Course

By Rob Hernandez
Wisconsin State Journal

LA CROSSE — While members of La Crosse Country Club enjoy their wonderful, new links-style course Arthur Hills designed in nearby Onalaska, the general public gets to enjoy the layout that had served the club since 1901. After answering to The Bluffs Country Club for three years, the public facility this year became Forest Hills Golf Course. The name has changed, but the layout is as solid as ever.

The front nine is reminiscent of the back nine at The Springs in Spring Green the way it hugs out-of-bounds on every hole. The back nine is short (2,862 yards), but keeps golfers' attention with small, target greens. The fairway grass was thin in spots for a course that was once home to a country club. As a whole, however, the layout is one of the better public courses western Wisconsin has to offer.

Grading the course

Strongest holes: Front nine — Nos. 5 and 6 (329 and 291 yards, respectively). Back-to-back par-4s that originate on elevated tees. No. 5 narrows near the green; the green on 6 is guarded by a pond left. Back nine — No. 13 (347 yards). The second-longest par-4 on the back, it plays like the longest because it runs uphill to an elevated green you don't want to miss short.

Weakest holes: Front nine — No. 4 (100 yards, par 3). If you don't walk away with a par, keep walking. Back nine — Nos. 17 and 18 (310 and 315 yards). Unless one of the three trains that rolled through the course during our round comes roaring along the tracks 15 yards left of the fairway, there is little distraction for golfers finishing their rounds.

Fun holes: Front nine — No. 7 (188 yards, par 3). An unforgettable par-3 that runs from an elevated tee to a green with even more elevation. I still couldn't see the surface of the green when I missed it short, but managed to get up-and-down for my par. Back nine — No. 16 (143 yards). A less stressful par-3 than the monster on the front, this hole demands a delicate short iron from an elevated tee to a sloping green below.

Local knowledge: A can of Off was as critical this day as a straight driver, especially on the front nine, where the holes were nestled along the woods. . . . The tee shot off No. 1 and the approach shot into No. 9 green cross the train tracks. . . . A tavern is strategically located across the street from No. 16 green for those who can't wait until the 19th hole. . . . The back nine is set at the foot of the picturesque Grandad Bluff.

Course vitals

Address: 600 Losey Blvd. N., La Crosse, Wis. 54601. Located at the junction of Highway 16, Losey Boulevard and La Crosse Street east of the UW-La Crosse campus.

Year opened: 1901.

Professional: John Rozanas.

Phone: (608) 779-GOLF (4653).

Yardage: Blue tees — 6,061 yards. White tees — 5,811 yards. Red tees — 5,375 yards.

Par: 71 (18 holes).

Greens fees

Weekdays: \$11 for nine holes; \$20 for 18. **Weekends:** \$12 for nine; \$22 for 18. (Resident rates available.)

Amenities: Practice green, driving range, pro shop, motor carts, restaurant, swimming pool.

Softspikes policy: Required.

WHAT'S NEW: UV swimwear



UV protective swimwear is available for anyone who spends a lot of time at the pool or beach. Among the companies making the suits for children and adults is Stingray Bay, Scottsdale, Ariz. Children's suits are \$32 to \$40 for up to

size 14 and adult suits are about \$60. The fabric blocks most of the sun's harmful rays wet or dry, according to the company. The suits are designed to reach just above the knee and down to the forearm for extra sun protection that you don't get with regular swimsuits. For information, call (800) 969-4786 or check the Web site — www.stingraybay.com.

— Ryan Pagelow



Just add water, a tow rope and your imagination for an idea of how Stephanie Morey plans to start prone on her kneeboard, then pull herself onto her knees as the boat accelerates. Once she's strapped in and on the lake, Morey, below, is ready to experiment by shifting her weight, which makes the board veer quickly to the side.

Little boards, BIG SPLASH



State Journal photos/SARAH B. TEWS

By Stephanie Morey
Wisconsin State Journal

Sparkling, fanlike sprays. Green algae face-plants. Velocity-crazed tube rides, sweet sunburns and stinging wipeouts.

This is the stuff blissful summer afternoons are made of, as countless speedboats criss-cross Madison lakes with water skiers and tube riders in tow.

At least, that's what it looks like from land. Despite the allure and opportunity, lake recreation has remained, for me, a spectator sport. But this summer I finally joined the ranks of those delighting in the splendor of the splash. With kneeboard under my arm, I plunged into the wave-surfing craze.

Apparently, tagging behind racing speedboats through frothing waves has become too mundane for adrenalin-hungry water skiers. More movement,

more variety, more room to express creative and break-neck tendencies — X-treme hysteria has swept the far-reaching environs of water sports. Spins of 360 degrees, front-to-back twists and high-flying aerials are now tricks of even the family trade.

"Kneeboarding is a great way to introduce kids to waveboarding," said Craig Richardson of Rich's Water Sports Marine, 411 N. Fair Oaks Ave. "A slower boat speed and added buoyancy lends more control to the rider."

Kneeboarding is akin to surfing or boogieboarding. Shaped like a shorter, fatter surfboard, the kneeboard is only 3 feet long and sports a padded "seat" and a pointed nose. Instead of mounting the board in a surfer's striding stance, riders soar over waves on their knees.

Madison lakes lack the power and thrust of the California curl, so local waveboarders latch onto the

Please see **SPLASH**, Page 4D

X-ERCISE FILES: Ben O'Neill



Ben O'Neill entered the final round of diving in the boys' age 15-to-18 springboard competition in third place at last week's All City Dive Meet. He finished strong and won the competition.

Age: 15.
City: Madison.
Occupation: Student, Madison Memorial High.

Family: Parents, Joan Lerman and Ken O'Neill, brother, Aaron O'Neill, 18.

Sports: Diving for Ridgewood; gymnastics for Madtown Twisters.
Competitions: All City Dive Meet, July 27 and 28.

Training: I have to dive from, like 8:30 to 9:30. I dove, and then

I'd go to summer school from 10 until 12; then I went to the gym from 12 until 3, every day except for Friday. All of our dual (team diving) meets are on Friday.

Proudest accomplishment: My first year of diving was my best year of diving. I was 8, I think. In my first year I won all-city; it was just out of nowhere for me. It was just, like, the funnest year.

Most challenging part: Probably having to be consistent week in, week out. Since the beginning of this year, I've done pretty much the same dive. In gymnastics, it's such a huge sport; there's so many good kids. It's really competitive.

Reason you picked these sports: Gymnastics went great. I started when I was 2 at my preschool. I started team when I was 8, and I've been on (the Madtown Twisters) team since then. Diving is a way to relax, to have fun.

What do you appreciate about diving competitions? A lot of times you lose your reason to practice; you're just practicing just because. Getting judged, you get to see how you're doing and where you're at, and you can figure out where you want to be at.

How does gymnastics differ? There's so much practicing in gymnastics. You have six events in gymnastics; it's so much harder than diving. That's where my motivation for diving comes from; how easily it came to me. I shouldn't be throwing something away that comes that easily.

Plans: I'd like to do gymnastics in college. I've been putting so much time into it that I'd like to get something out of it. I don't think I'll dive in college.

Call Matt Mullins at 252-6182 if you, or someone you know, would make a good X-exercise Files profile.

HELP WANTED

Madison School-Community Recreation is collecting used soccer balls, shoes and shin guards to be distributed to poor youth.

If you have equipment to drop off, bring it to MSCR, 3802 Regent St., between 7:45 a.m. and 5 p.m. Aug. 17 to 21. Donations also will be accepted at two UW men's soccer games at 7 p.m. Aug. 26 and 2 p.m. Aug. 28 (each donation earns one free admittance).

Pick-up times for youth or their coaches will be Aug. 24 to 28 at MSCR. Call 266-6255 for information.

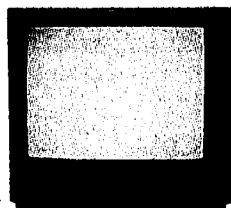
COMING THURSDAY

Rhythm profiles Callen Harty, a Madison playwright who continues to do things his way.



ON TV

Reba, Clint, Wynonna, Brooks, Dunn and other country music stars who have instant one-name recognizability hit the stage on "Country Fest 98" at 8 p.m. on WISC (Ch. 3).



HEY, RONALD!

Q. When was Ronald McDonald introduced? **A.** The hamburger-loving clown first appeared in local ads produced in 1963 by Washington, D.C., McDonald's franchise owners John Gibson and Oscar Goldstein, according to "Forbes Greatest Business Stories of All Time." This first Ronald was future "Today" show weatherman Willard Scott, who was used only in those local ads. Ronald made his national debut at the 1966 Macy's Thanksgiving Day parade.