

## ❖ Opinion

*Ask me a question:*

# Why do you like cross-country skiing?



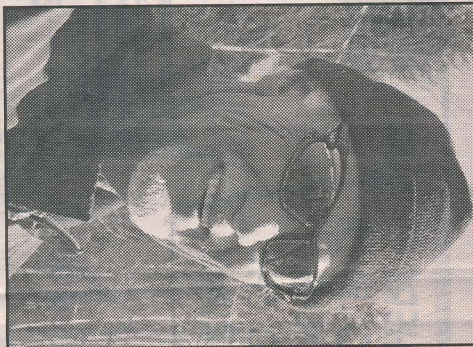
*"It is great - you get a full-body workout and fresh air. What more can you ask for?"*

- Julia Connell



*"I like it - it's quieter than at home."*

- Katie Stewart



*"I think it's great exercise. I also think it's great because you're out in the open and getting lots of fresh air."*

- David Cronje



*"Cross country is a total body exercise, and it gives you lots of fresh air, and it's a social sport."*

- Norm Brown



*"Many reasons, like lots of fresh air, and it gives you a full-body workout."*

- Barry Burgess



*"I don't think there's anything like it. I wish more would come out and take part."*

- Bunny Dempsey