

**■ BACKTRACK** Michael Vick (right) threw two touchdown passes and ran for 116 yards to lead the Atlanta Falcons to a 27-7 victory over the Detroit Lions yesterday on Thanksgiving in the U.S. **SOURCE:** REUTERS



**■ RON DAVIE** reached for 88 yards, including a 55-yard burst in overtime to set up the game-winning field goal as Denver edged Dallas 24-21 yesterday in Telex. **SOURCE:** Metro Vancouver News Services

**■ DICK POUND**, chairman of the World Anti-Doping Agency, said yesterday he believes as many as one-third of athletes are taking some form of performance-enhancing drug. **SOURCE:** GFL Sports Online

## Lions' Johnson honoured

At last night's Canadian Football Hall of Fame awards banquet in Vancouver, B.C., Lions defensive end Brent Johnson was named the 2005 outstanding Canadian, CBC Sports Online reports. Johnson, a native of Kingston, Ont., led the CFL in sacks last season and forced two fumbles in 16 games this season.

Toronto Argonauts quarterback Damon Allen was named the league's most outstanding player for the first time in his 21-year career. Johnson was named the 2005 5,000-yard passing mark for the first time in 2005 (5,082). The CFL's career passing leader also tossed 33 touchdown passes against 15 interceptions in leading Toronto to an 11-7 record and first playoff berth since 1987, the first time since 1987. Calgary Stampeders linebacker John Grace was named the outstanding defensive player. Grace made 76 defensive tackles, eight special team tackles, eight quarterback sacks, two in-

Todd Bertuzzi set up goals by Wade Brookbank and Markus Nashid in leading the Canucks to a 3-2 win over the San Jose Sharks last night at GM Place. Nashid scored for Vancouver, while Marcel Goc and Patrick Marleau lit the lamp for the Sharks. In Nashville, Steve Sullivan scored a goal and added an assist, as the Predators held on to beat the Los Angeles Kings 2-1. Mark Ziliaksky had three assists and Adam Hall put in the eventual game-winner for Nashville, which has won six of its last seven games. Goaltender Tomas Vokoun stopped 35 of the 38 shots.

In Atlanta, Jarin Jarvinen scored the eventual game-winning goal and added an assist to lead the New York Rangers past the Thrashers, 4-3, at Philips Arena. Jason Ward and Petr Patera and an assist for New York, which has won four straight. Goaltender Kevin Weekes made 16 saves in net before leaving the game early in the third period with an ankle injury. His replacement, Meriam Hossa, stopped all six shots he faced.

Meriam Hossa had a goal and an assist for the Thrashers, who have dropped three games in a row. Scott Mellanby debbed out two assists, while Steve Shields and Mikhail Markov made scoring 27 saves in the loss. "We should worry about

## Canucks harpoon Sharks



San Jose Sharks Evgeni Nabokov (left) stops Vancouver Canucks Todd Bertuzzi on a break away during NHL play in Vancouver yesterday.

our record more than our Bobby Hrdik. We should worry about the same thing with scoring goals on 13 shots, but it was

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tempt, it there are a few things you need to get right to make your day out on the snow perfect.

Snowboarding is tough to learn. There is no doubt that your rear foot foot lifts up and the opposite way. Press your front foot down and the opposite way. This way you will be carving down the hill instead of sliding like a human grooming machine. Boots and bindings are the gear they will transfer those movements you make with your feet to your board. Choose a boot that is form fitting and comfortable and that boot properly. A good binding system that fits your foot properly. A good binding system that fits your foot properly. A good binding system that fits your foot properly.

There are a few things in this world that are hard to do in deep fresh powder, however before you even attempt to turn. If this were the

The incredible Coastal Mountains surround me as I prepare to drop into some untracked bowl. My heart races and my adrenaline is pumped. I have a bruised ego among other things. However if you keep at it, you will be amazed at how quickly it

Lessons and a good instructor who can teach you will make all the difference long way over the years and make proper decisions on what type of board, boots and bindings you need. This is the feeling of snowboarding in deep fresh powder, however before you even attempt to turn. If this were the

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<b>LASTNIGHT'S RESULTS</b> NHL Montreal 3, Boston 2 San Jose 2, Vancouver 1 Nashville 2, Phoenix 1	<b>TODAY'S GAMES</b> Philadelphia at Boston Chicago at New York St. Louis at Minnesota Detroit at Anaheim Colorado at Dallas New Jersey at Tampa Bay Phoenix at Los Angeles Minnesota at St. Louis Phoenix at Calgary NHL CANUCKS GAME SAT. NOV. 26 Vancouver at Phoenix	<b>NBA</b> Boston 90, Charlotte 85 Dallas 90, Phoenix 85 Detroit 90, Orlando 85 Houston 90, Memphis 85 Los Angeles 90, Miami 85 New York 90, Philadelphia 85 Portland 90, Sacramento 85 San Antonio 90, Utah 85 Toronto 90, Washington 85 Vancouver 90, Phoenix 85	<b>LASTNIGHT'S RESULTS</b> NHL Montreal 3, Boston 2 San Jose 2, Vancouver 1 Nashville 2, Phoenix 1
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**■ HOT SPOTS:** Check out the following great sites: [www.snowboard.com](http://www.snowboard.com), [www.snowboard.com](http://www.snowboard.com), [www.snowboard.com](http://www.snowboard.com).



Elizabeth Kovks boards down Blackcomb Glacier on Blackcomb Mountain in Whistler, B.C.

## Gear Guide

**Description:** Burton Feelgood ES Board  
Dragonfly™ Core, Stainless Steel Edges, and Sintered WFO Base help make the Feelgood ES™ a super-responsive, lightweight, all-around snowboard. The board's specific shape and lively ride make it the right choice for woman riders everywhere.  
**Price Range:** \$799-\$959  
**Where to find it:** WestBeach 1766 West 4th Ave., Vancouver; Impulse Sports 1087 Robson St., Vancouver.

**Description:** Oakley Wisdom Goggles  
100% eye protection against UVA, UVB, UVC and harmful blue light; superior clarity; impact-resistant lens; dual lens design with F3 Soles anti-fog treatment are just some of the things that make this the oddest goggle on the market!  
**Price range:** \$210-000  
**Where to find it:** Simon's Bike Shop 668 Robson St., Vancouver; North Shore Board & Ski 1025 Lonsdale Ave., North Vancouver.

**Description:** FZOW Salomon Boot  
Integrated active tongue, easy in-glide patch and stretch back in-glide patch; a woman's unique lower leg and foot properly. Self 2 foam provides a dynamic fit that follows your foot shape and a fleece box boot delivers extra insulation and warmth.  
**Price range:** \$379  
**Where to find it:** Foot Chek 4700 Kingsway, Burnaby; Pacific Bander 1793 West 4th Ave., Vancouver.

**Description:** Fox Pipe Bomb Glove  
Slide your digits into this warm, padded, and reinforced, reinforced, reinforced protective snowboard glove. The neoprene cuff provides closure with elastic, makes for a dynamic fit.  
**Price range:** \$81-\$90  
**Where to find it:** On Top Bike Shop 3960 West 4th Ave., Vancouver; North Vancouver: GA Checkpoint Yamaha 3034 St. John's St., Port Moody.

## Snowboarding 101

Expect a bruised ego when you learn, but it's fun

By DAVE NOROVA  
for Metro Vancouver

The incredible Coastal Mountains surround me as I prepare to drop into some untracked bowl. My heart races and my adrenaline is pumped. I have a bruised ego among other things. However if you keep at it, you will be amazed at how quickly it

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