

The Racing Blade®

VOLUME XXVIII
NUMBER 2

DECEMBER, 1994



Features:

National Long Track

National Short Track

North American Short Track

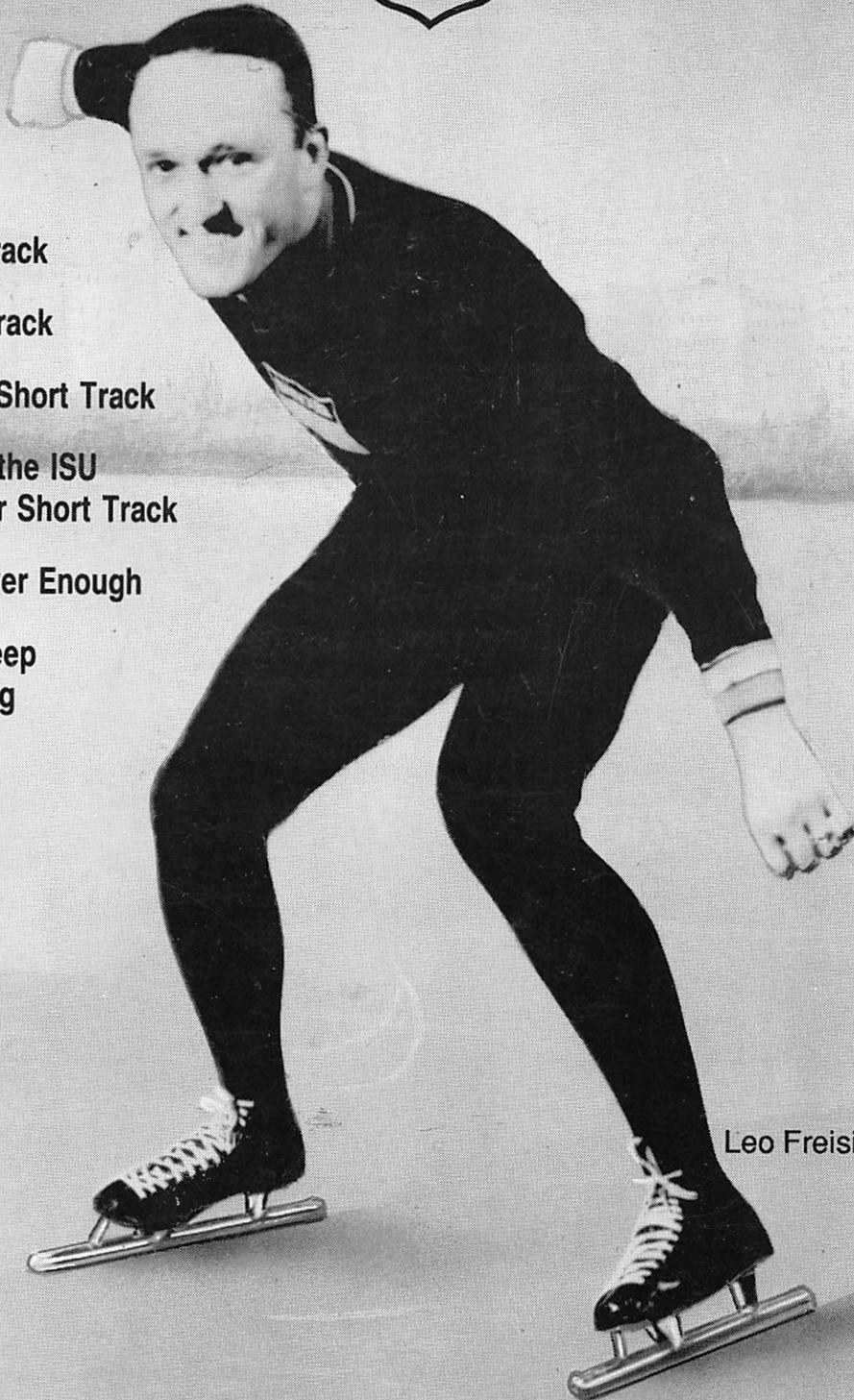
Development of the ISU
Regulations for Short Track

Too Much is Never Enough

Dutch Clean Sweep
in Speedskating

ASU? USISA?

Photo Layouts



Leo Freisinger

NATIONAL SPEEDSKATING NEWS
PUBLISHED BY THE AMATEUR SPEEDSKATING UNION OF THE U. S.

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The Racing Blade®

VOLUME XXVIII

ISSUE No. 2

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*Here's everything you need to know.
If you don't go, you'll be sorry!*

National Long Track Speedskating Championships

**High Altitude Speedskating Oval
Butte, Montana
January 28-29, 1995**

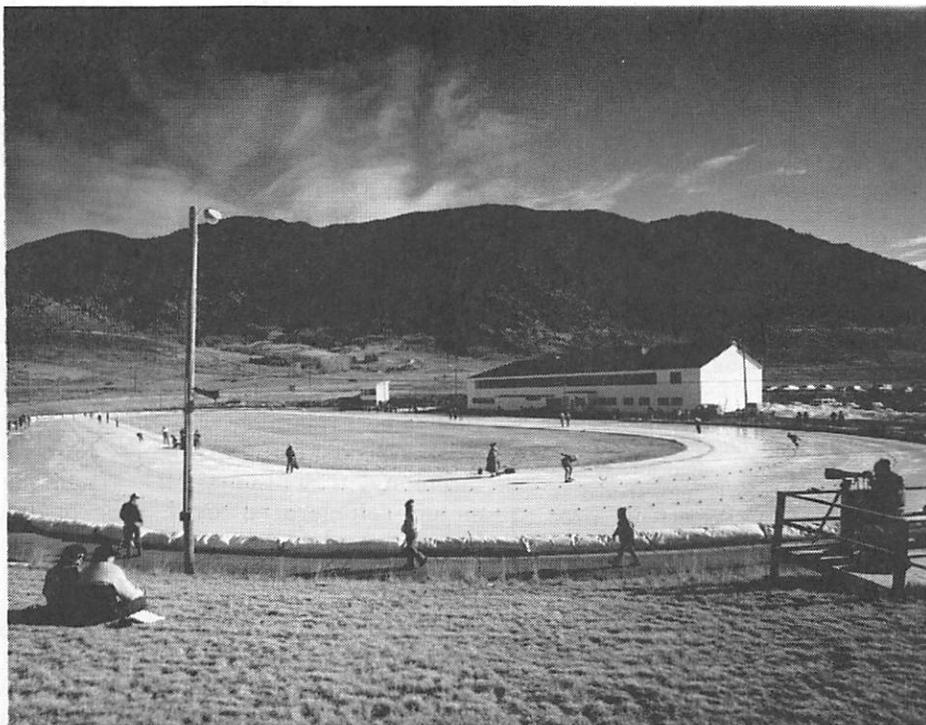
By Cameron Buel

On January 28-29, Butte will host the National Long Track Speedskating Championships at the High Altitude Sports Center. This first-rate facility has been host to the Women's World Championships, the Men's World Cup Final, and several World Cups. Since the rink is over a mile high in elevation, many skaters try to arrive several days before a competition to get acclimated. The ice is generally available all day long for interested skaters.

Butte is served by Delta/Skywest Airlines and Northwest/Horizon Airlines. Hertz, Avis and National Car Rental all have rentals available at the airport for adults over 25 years; however, the host hotel has agreed to shuttle skaters. On the other hand, some skaters may be interested in driving the 500 miles to the North American in Calgary, which is the following weekend.

The Best Western Copper King Inn, which is located at the airport entrance, has been designated the host hotel. The special skater's rate per room will be \$35/night for up to four people. It is a convention center with an indoor swimming pool, sauna, and hot tubs. Quiet rooms away from the pool area, where concerts and parties are held, have been requested. The hotel has agreed to shuttle arriving skaters, parents, and officials to and from the airport and the skating oval. The Copper King Inn will also have an early breakfast available on race days.

Registration will be held on Friday



evening from 6 p.m. to 8 p.m. at the Copper King Inn. This will be followed by the officials meeting from 8 p.m. to 9 p.m. Skaters will also be able to skate any time Friday, with 5 p.m. to 8 p.m. being designated as the official practice time. Races will begin on Saturday and Sunday at 10 a.m. following a 9 a.m. warmup.

The banquet on Saturday evening at the Copper King Inn will be a buffet with baked chicken and pasta dishes. If you haven't been to Butte before, the sweet potato salad is a must. The banquet will run \$8 for adults and \$4 for children. You will be able to sign up on the meet application or at registration. Following the banquet will be music and dancing for the youngsters and a hospitality for adults.

For reservations at the host hotel,

please contact the:

- Copper King Inn: Skater's rate - \$35.00/night (four per room), 4655 Harrison Avenue. Butte, MT 59701, (406) 494-6666 or 1-800-332-8600

Additional lodging can be found at (for rates shown, mention that you want the skater's special rate):

- War Bonnet Inn: \$39.50/night, 2100 Cornell Ave., Butte, MT 59701, (406) 494-7800
- Super 8 Motel: \$33.19/night, 2929 Harrison Ave., Butte, MT 59701, (406)494-6000
- Days Inn: \$38.00/night, 2700 Harrison Ave., Butte MT 59701, (406) 494-7000
- Butte Plaza Inn, \$56.00/night, 2900 Harrison Ave., Butte, MT 59701, (406) 494-7611



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Subscriptions or change of address requests should be directed to ASU National Office at the address shown below.

Letters to the Editor, articles of interest, and features about an Association's officials or skaters should be sent to the Editor, Robert R. Vehe, 404 HiLusi Avenue, Mt. Prospect, Illinois 60056. (708) 253-4191, FAX (708) 253-4195. Unsigned letters and manuscripts cannot be accepted.

Further information about speedskating, becoming a member of the Amateur Speedskating Union, or establishing local organizations can be obtained from the ASU National Office, Shirley A. Yates, Executive Secretary, 1033 Shady Lane, Glen Ellyn, Illinois 60137, Phone (708) 790-3230, FAX (708) 790-3235. The ASU is a non-profit, charitable organization. Donations are tax-deductible.

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Art Director: Richard Westlake

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Flea Market Ad
(20 word maximum) \$ 15.00
Up to Quarter Page \$ 40.00
Half Page \$ 75.00
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Back or Inside Back or
Inside Front Cover \$150.00
Back Issues
of the Racing Blade \$ 3.00

Our Fifteenth Cover

by BOB VEHE

This completes three years of our magazine format and it is encouraging that very few refer to it anymore as a newsletter. Nothing wrong with newsletters, but the name hasn't really fit for many years.

Shortly after taking this job, I attended a seminar in Chicago on newsletters and had the opportunity to have The Racing Blade critiqued by the instructor. I believe it may have been a 16 page issue. The instructor's immediate comment was "This is a newsletter?" Since newsletters are nominally four to eight pages, it didn't really fit the title.

Once again, an ASU Speedskating Hall of Fame member is featured on the cover. Leo Freisinger is one of the legendary skaters from the mid-thirties and early forties. He was a bronze medalist at 500 meters at the Winter Olympics in 1936 Garmisch-Partenkirchen, Germany, and was a member of the 1940 team which never got to compete due to the start of World WarII. His fame grew by winning the National Indoor (Short Track) Championship 1937 and 1938 and the National and North American Outdoor (Long Track) Championship in 1940. On May 18, 1968, Leo Freisinger was inducted into the ASU Speedskating Hall of Fame at a ceremony in St. Louis, MO. When the 400 meter refrigerated oval was opened in Milwaukee, Leo was hired as the first rink manager.

This photo is particularly interesting, since the magic of Dick Westlake is again being shown. The original photo was taken in a room with Leo standing in front of a white sheet. The sheet was not wide enough and a garish flowered wallpaper appeared on each side. Dick went to work and air-brushed all of that out and added a third dimension with a distant shoreline and the faint appearance of some buildings. A talent I can't even contemplate.



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DEADLINES



**ITEMS FOR THE NEXT ISSUE
ARE DUE:**

DECEMBER 30, 1994

March 3, 1995

June 2, 1995

A hassle-free weekend with everything arranged from breakfast to dinner to entertainment. Don't miss it.

National Short Track Speedskating Championships

**L.C. Walker Arena
Muskegon, Michigan
March 17-19, 1995**

By Mark Jastrzembki

The six clubs making up the Michigan Speedskating Association (Alpena, Bay County, Midland, Petoskey, West Michigan and the Wolverines) wish to extend a warm welcome

everything with a touch of class, so we are rolling out the red carpet. If you fly in or drive in, once you reach Muskegon you won't need a vehicle for the rest of the competition. There will be no need to worry about parking or where the rink is or where's a good restaurant or entertainment. We're taking care of everything and we do mean everything! All you have to do is concentrate on your skating.

Michigan. **Reservations for this first class hotel can be made by phoning 1-800-8-GO-LAKE.** Rate is \$65 single/double/triple/quad occupancy plus room tax.

When we say you don't have to worry about anything but skating we mean it. Thursday night practice ice will be from 7 P.M.-9 P.M. divided by class. We will hold a dance/social gathering at the arena annex from 8-11 P.M. with light snacks and some jamming music.

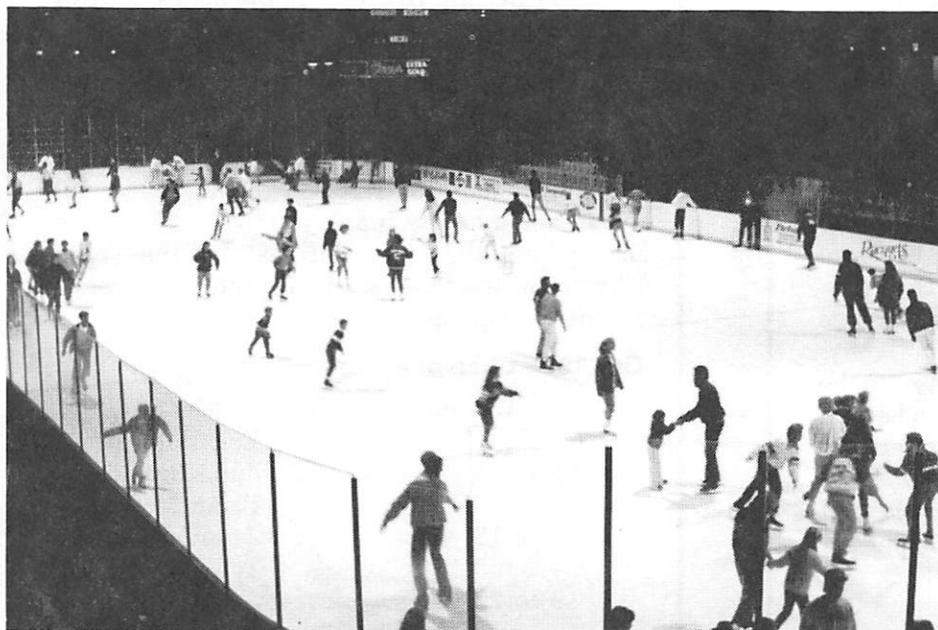
FOOD-FOOD-FOOD

A special breakfast buffet will be served each morning in the hotel's Governor's Room reserved for speedskaters and their guests... great food... no waiting... no hassle serving. **You buy your package of meal tickets for \$30 in advance. This gets you three breakfasts and Friday evening's authentic Old World pasta dinner at Michigan's finest Italian restaurant: Salvatore's On The Lake.** A chartered trolley will shuttle you from the arena/hotel to the restaurant and back to the hotel for rest, a night on the town or back to the arena for a professional hockey game.

ICE TIMES

Your ice times on Friday are 10 A.M.-5:30 P.M. Saturday we skate 8 A.M.-2 P.M. and 4 P.M.-8 P.M. Sunday from 7:30 A.M.-5 P.M.

Unique to this competition will be on-site luncheons. Once again we said we'd make this a no hassle weekend so instead of having you scramble for a place to eat lunch, we'll be bringing a great tasting meal to the arena. There will be continuous serving of lunch during the competition. Check the skating schedule to see when you have time to eat. You stay in the



to skaters, officials, family and guests for the 1995 National Short Track Speedskating Championships, March 17-19. The site of the competition will be the L.C. Walker Arena in Muskegon. This is a 5,000 seat facility with an 85' x 200' surface. Muskegon is a scenic community situated half-way up the west coast along the shores of Lake Michigan. It is located on the interstate highway system and its airport connects to all major cities.

Transportation

The goal of our association is to do

Headquarters Hotel

Your headquarters hotel is the Holiday Inn Muskegon Harbor. This is a new 200 room facility complete with pool, sauna, first class restaurant and lounge. They provide complimentary airport shuttle service. Step outside one hotel door and you are at the arena. The other hotel door leads to a major shopping mall. The front of the hotel faces an elegant theater, several quality restaurants, lounges and an historic park. Take a carriage ride along the magnificent coast of Muskegon Lake and Lake

building and merely walk down the hall to the nicely decorated annex. The emphasis each day will be on nutritious food . . . fruits, veggies, homemade soups and fresh sandwiches. Sorry . . . no junk food!

Saturday evening will be the traditional banquet. This will be held in the elegant hotel ballroom. We feel everything will be reasonably priced.

Your Michigan friends are anxious to showcase both our state and our talented speedskaters. So, please, send us your finest skaters and together we'll put on a great national championship!



To Someone Special

By Shirley Yates

We give our heartfelt thanks to RICH SIMUNJAK of the Illinois Association. Rich secured a new computer for the National Office just in the nick of time—the monitor had already gone (we were using a loaner from Rich) and the rest of it was in the throes of its final days! We were trying to hang on until the annual “cash flow problems” righted themselves and we could go out shopping for a computer.

Rich, who is the expert computer advisor to the National Office, approached his boss and asked him if there might be a computer available to donate to the ASU. Voila! This wonderful “boss” said, “YES”! We now have a three-year-old IBM Personal System/2 and it performs about six times faster than our old one!

We owe a big thanks for this wonderful gift to KEMPER LIFE INSURANCE COMPANIES but we are equally grateful to Rich and Kemper. Please thank Rich when you see him. And you are likely to—his son, Scott, is in the Short Track Program at Northern Michigan University so he and Rich will be turning up at all the major meets that the NMU group will be attending.

Rich has been providing something to the ASU for the last six years that has been very important to the speedskating world—his computer expertise to the ASU National Office. He has donated untold hours to this and for what? He says it's been his contribution to the sport! I respect and appreciate this man's contributions more than I could ever express in words.

National In-Line Track Championships

Editor's Note: Check the names of the ice speedskaters on this list.

One hundred eighteen skaters from across the United States gathered at the John Rose Minnesota OVAL August 19-21 for the first annual National In-Line Track Championships. Many people viewed this weekend of racing as the true meeting of ice and in-line speedskating because it brought together some of the top skaters competing against each other at the premier facility serving both disciplines. Included in the field were 1994 Winter Olympians Eric Flaim and KC Boutiette, along with in-line aces Eddie Metzger, Jennifer Conn, and Derek Downing.

A highlight of the Championships was the crowning of the fastest American skaters. The Wen-Chi Memorial Trophy was awarded by Tom Lai of Twin Cam Bearings to the fastest overall man and woman in the competition. A \$1,000 check was also presented to the two winners. Congratulations to Scott Hiatt and Julie Brandt, 1994 Wen-Chi Memorial Trophy recipients. The OVAL also expresses their appreciation to Tom Lai for his tremendous contribution to this successful event, and a hearty thank you to all the skaters for making the 1994 National In-Line Track Championships the first of many future successful in-line championship events.

Our 1994 Champions are:

7 to 10 years	Jessica Smith Eric Bates
11 to 14 years	Julie Brandt Brian McCue
15 to 18 years	Jennifer Jones Tony Heyer
19 to 29 years	Jennifer Conn KC Boutiette
30 to 39 years	Nancy Markham Dean Kohl
40 to 49 years	Joanne Thompson Cale Carvell
50 to 59 years	Floyd Bedbury
60 to 69 years	Dick Berg
70 years plus	John Burton

Don't dismiss a good idea simply because you don't like the source.

This North American in Ohio and the Nationals in Michigan could be two of the best Short Track meets ever. The organization of each is first class-let's make the skating the same!

1995 North American Short Track Championships

**Brooklyn Recreation Center,
Brooklyn, Ohio**

March 24-26, 1995

by Dennis Marquard, OSA Secretary

After successfully hosting the 1989 National Championships, the Ohio Speedskating Association has waited for another major event to be awarded to us. The time has come, the **1995 North American Short Track Championships** are coming our way, and it is time to come to Cleveland, America's North Coast! Situated on the shores of Lake Erie, with Canada right across the lake, the town offers many exciting attractions along with the promise of a great event.

The Brooklyn Ice Rink

The competition will take place at Brooklyn Recreation Center, the same location where 30 national records were set during the '89 Nationals. The Brooklyn Ice Rink, 7619 Memphis Avenue, is located in the city of Brooklyn, a suburb of Cleveland. The rink, which is 200 ft. x 90 ft., opened in 1975, with a 3.5 million natatorium and swim complex being added in 1990 to form the recreation center. The rink offers locker rooms for the skaters on the lower level with stands for parents and fans on the second level. Concession stands are both in the lobby and by the pool.

The attached natatorium includes weight lifting equipment, exercise bikes, rowing machines, steam room and sauna, indoor/outdoor pool and whirlpool. These amenities will be available for those of you that want a little diversion from the skating action.

Practice Sessions

The important action will be on the ice beginning with a practice session Thursday evening. Details on the exact time for this session will be included on the entry form. A complete **racing schedule** will be outlined in the skaters packet which you will pick-up at check-in. Skaters should be prepared to skate one event to com-

pletion on Friday. The program on Friday will also include relay heats. Relay teams must be submitted with association or provincial entries to be eligible to compete. Check-in will take place at the host hotel on Thursday, March 23 from 7-11 p.m. and Friday, March 24 from 9-10 a.m.

Host Hotel

The Host hotel is located in the heart of downtown Cleveland, which offers many new and exciting attractions. Holiday Inn - Lakeside City Center, 1111 Lakeside Avenue, overlooks Lake Erie and is surrounded by Tower City and the Galleria (two premier shopping complexes with over 70 stores and restaurants each), the Flats (the warehouse district which has recently been renovated to house numerous restaurants and entertainment spots), the newly-completed sporting complex of Jacob's Field and the Gund Arena (which will host an NBA game on Friday, March 24 between Atlanta and the Cleveland Cavaliers and a minor league hockey game involving the Cleveland Lumberjacks on Saturday, March 25) and the soon-to-be-opened Rock and Roll Hall of Fame.

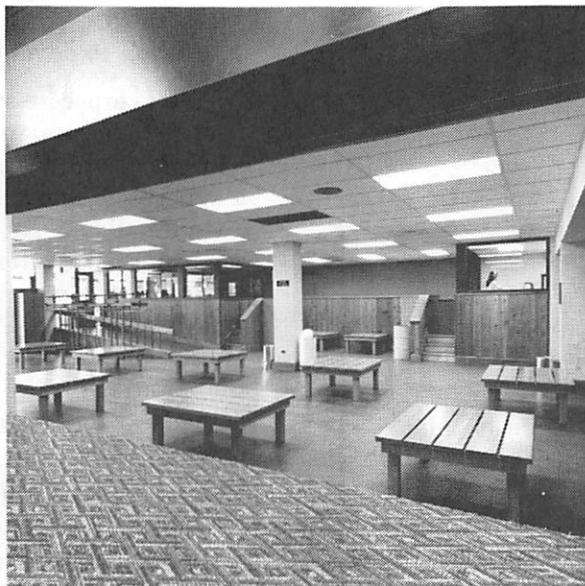
Reservations and Rates

You can make reservations at the hotel by calling 1-800-HOLIDAY or (216) 241-5100. Be sure to ask for the North American Speedskating Meet rate, it will be \$58.00 plus tax for a double or king with sleeper. Rooms will be held until March 10.

The hotel is planning to offer many special services to accommodate your stay, besides the usual amenities such as the indoor pool and sauna with exercise facilities. Transportation will be provided from the airport to the hotel, you should inform them of your flight information when making your room reservations.

Transportation

Transportation to and from the rink (a 20 minute drive) will also be provided, along with transportation



Brooklyn Ice Rink Lobby Area
Biskup, Rowe & Associates Photo

from the rink to the airport following the races on Sunday. Complimentary parking will be available in the hotel's attached parking garage for those of you with your own vehicle. Winner's Restaurant, located in the hotel will set their hours to accommodate the skaters' morning schedule and have breakfast specials to serve the needs of the skaters.

Social Events

Social events surrounding the North Americans are planned at the host hotel to begin Thursday evening, March 23. A reception will be in conjunction with the check-in process from 7-11 p.m. A banquet is scheduled for Saturday, March 25 to begin at 7:30 p.m. Details on the banquet, including cost, will accompany your entry form. Advance reservations will be required, there will be no tickets sold at the door.

With the 1995 National Short Track Championships being held in Muskegon, Michigan, one week before the North Americans many of you will be "in the neighborhood". We invite you to stick around for the week, enjoy the area and participate in one of the most prestigious events of the ASU. It should be a memorable experience!

For further information on the 1995 North American Short Track Championships contact:

Joe Balbo, Meet Director
17000 Hilliard
Lakewood, OH 44107
(216) 221-1398 Day
(216) 226-4252 Evening/Fax.

We've Moved!!

The Ontario Speed Skating Association Has A New Home

The Ontario Speed Skating Association along with the entire Ontario Sports and Recreation Centre (formerly the Ontario Sports Centre) moved to its new premises on November 1, 1994. Below is information about our new home.

Address: 1185 Eglinton Avenue East
New York, Ontario M3C 3C6
(Southeast corner of Eglinton
Avenue East and Don Mills
Road)

Telephone: (416) 426-7010 (24 hour
answering machine)

FAX: (416) 426-7385 (24 hour FAX
line)

Remember: to address all correspondence
to the "Ontario Speed Skating
Association". **DO NOT USE AB-
BREVIATED LETTERS** (i.e. OSSA).

We would like to thank everyone for their patience and understanding during the major move and settling in period.

Florida Ice Sports Foundation News

By Ilene A. Grieshaber

The Florida Ice Sports Foundation hosted an ASU Clinic in Orlando, Florida on the weekend of September 16, 17 & 18, 1994. The clinic was EXCELLENT with attendees coming from Tampa, Clearwater, Cocoa Beach, Deland, South Florida and other cities. Doc Savage was the seminar leader and brought with him two of our favorite speed skaters, Brian Arseneau and John Singer. With the Orlando Speedskating Club just off the ground it was a great opportunity to learn from the best and develop some good training techniques right from the start.

Doc's limitless energy makes everyone realize you had better be in good shape to keep up with him. As well, Doc is a storehouse of knowledge when it comes to getting you organized as an ASU club. He educates you about programs, growth and development. Doc's efforts were fruitful. . . Tampa looks like the next best place in Florida to develop an ASU speedskating club.

FISF's corporate supporter, HealthSouth, provided an in-depth discussion on sports injuries, blood borne pathogens and heat versus ice for treatment. They did a superb job and the attendees had lots of questions.

On-ice, Brian Arseneau and John Singer provided some quality pointers to Florida in-liners crossing over as well as the more serious Florida skaters wanting to be at Nationals. Believe it! John Morrissey, President of the Orlando Speedskating Club, is in training to be there and there are others from the "Sunshine State" doing the same. Florida speedskaters are a determined bunch!

Participating in the on-ice portion were three Special Olympics' coaches with two of them putting on speedskates for the first time. This group wants to see speedskating as part of their Florida programs and were getting first hand information. FISF recognized their commitment and their "true grit" at a dinner we hosted for our guests.

Off-ice, Doc, John and Brian gave new meaning to crosstraining. They were great! Since Florida is truly "pioneer" country for ice speedskating, Doc's clinic was timely. FISF President, Jerry Varney and I are in agreement that we have become part of "DOC'S TEAM" in Florida. However, we also decided that Doc Savage, Brian Arseneau and John Singer are the ASU's "secret weapon" . . .

On behalf of the Florida Ice Sports Foundation I would like to extend our thanks and appreciation to the ASU for allowing FISF to host a clinic in Orlando, Florida. It was a job well done!

How Short Track got started

Development of the ISU Regulations for Short Track

By John Hurdis

Former Chairman of the ISU Short Track Technical Committee

MARNIX KOOLHAAS of the Netherlands and a member of the World Speed Skating Statisticians Association (WSSSA) when researching early Short Track competitions found that many of the earlier races on indoor arenas that were staged in Paris and Bruxelles were professional in nature and with many of the amateur speed skaters of those days (1896 and 1897) taking part.

Skaters like Jaap Eden (Netherlands), Axel Paulsen (Norway) the Underborg brothers from Germany plus skaters from Scotland, Russia, Bohemia, France and Belgium. In many cases these events were a rehearsal or training for the outdoor competitions of that day.

Canada declared a National Short Track (then indoor) championship in 1903 with Fred Robson of Toronto being declared the champion and the U.S.A. followed in 1906 with Morris Wood of New York City being declared the champion. In 1921 Gladys Robinson of Toronto won the Ladies division in the International (North America) championships, so regulations of some kind existed then to guide skaters and officials on the proper conduct. These regulations (circa early 1900's) are now stored away in someones archives, unobtainable and perhaps lost to antiquity!

Although Canada and the U.S.A. had published rules for Short Track competitions as early as 1903 and France since 1908, it was not until the mid 20's that Australia started Short Track racing and they would have had rules? The year 1936 saw Great Britain publishing rules for Short Track (although it is known that races on indoor arenas had been held earlier than that year).

Japan came into the sphere of Short Track in 1953 and Belgium started Short Track on an official basis in 1968 but that country had raced against Great Britain as early as 1950. The countries mentioned here are the fore-runners of those taking part today.

E.J.G. (Ernie) Matthews of Great Britain and Jean Heckly of France started talking about Short Track at the International Skating Union (I.S.U.) level in 1965 but it was not until 1969 that the I.S.U. published Regulations for Short Track. In reviewing these 1969 Regulations they seem to have been reproduced verbatim from the rules published by the National Skating Association of Great Brittain.

Rene Marleau, President of the Canadian Amateur Speed Skating Association (CASSA) wrote to the I.S.U. in 1971 requesting the staging of a World Indoor Speed Skating Championship thus expressing a growing interest for the introduction of this discipline into the sphere of control of the Union but nothing evolved from this inquiry!

In 1973 at the 35th Congress of the I.S.U. held in Copenhagen, Short Track was heavily discussed among the delegates with John Hurdis, President, and Jean Grenier, Vice-President, of the Canadian Amateur Speed Skating Association (CASSA) heading most of the promoting. A Committee was named within the I.S.U. to study this discipline to see whether it should come under control of the Union.

The Short Track Technical Committee named at the I.S.U. 36th. Congress held in Munich in 1975 discussed how a World championship could be organized and also what Regulations could be changed but it was not until 1977 that the I.S.U. received proposals to change the Regulations that were originally published in 1969.

William L. Markland of the U.S.A. planned the First World Short Track Competition at Champaign, Illinois in 1976, and Serge Bocquet of France was instrumental in staging the Second World Short Track Competition at Grenoble in 1977. Both competitions were held on a 125m. oval track and complied with the I.S.U. Regulations published in 1969.

John Hurdis of Canada (an eventual member and later Chairman of the I.S.U.'s Short Track Technical Committee) together with valuable assistance from William L. Markland (now the longest serving member of the I.S.U.'s Short Track Technical Committee!) under the direction of Lars-Olof Eklund of Sweden and the Chairman, gathered and collated existing Regulations for Short Track and new proposals into a number of mailing pieces which were circulated to Australia, Belgium, Canada, France, Great Britain, Italy, Netherlands, Japan and the U.S.A. (these were the countries active in the discipline then) as well as Norway, Sweden and the I.S.U. Council members for their comments, suggestions and changes.

Over a period of a number of months, these mailing pieces were corrected and submitted to the I.S.U. as one

proposal for consideration at the next Congress in Paris in 1977. All the countries mentioned above had received a copy of the final submission prior to this Congress. Many letters were exchanged between Matthews and Hurdis over the use of wording. A couple of examples: "meet" and "timers" which did not fit the Queen's English but had common usage in North American English. Never the less, this was clarified by the Oxford and Webster dictionaries and the wording was introduced into the proposals to change the Short Track Regulations. This new proposal was accepted unanimously at the 37th. I.S.U. Congress.

Some concern had been expressed within the Technical Committee over the two oval tracks that had been used at the competitions for Short Track at Champaign and Grenoble. The 125m. track, was ruled out almost immediately as the shortage of world-wide arenas with these ice dimensions adequate to accomodate the 125m. oval track was obvious. Next from Great Britain came the 110m. oval, but because it required a greater number of start and finish lines to be inscribed into the ice surface this too was ruled out. CASSA had fought for a long time against these oval tracks in favor of the "Double-Radius" track for safety reasons.

The 111.12m. track design was proposed for future World Short Track Championships and at the Technical Committee meeting. John Hurdis produced a copy of a diagram of the proposed oval track showing measurements and number of laps required for the various distances. This track had been developed by Dr. John Vail of Canada in 1969 and measured 111.12m. (It should be noted that Dr. Vail was not a strong advocate of Short Track racing!) This diagram was shown to Ottavio Cinquanta of Italy, and all the other members of the Technical Committee and it was received enthusiastically. It was this track design that appears in the I.S.U. Regulations and is still used all over the world today.

While "Indoor" was introduced (from 1985-1988) as a definition of the discipline and Championship titles, as larger indoor arenas for "Long Track" offering a 400m. ice surface became available, "Short Track" was accepted as finally identifying the discipline.

With the acceptance by the International Olympic Committee, Short Track was admitted into the Olympic Winter Games in 1992 and the Regulations of the I.S.U. have reflected this by incorporating Regulations for the discipline for admittance to the Games. Regulations were also developed for the World Short Track Team Championships in the same year and a little later came the World Junior Short Track Championships.

While not in the Regulations at that time, but reproduced in the Memorandum for Championship Organizers, was the "seeding" system used at the World Short Track Championships. The system was developed by William L. Markland of the U.S.A. and used for the first time at the World Short Track Championships at Meudon la Foret, France, when Markland and Hurdis acted as the Competitors Stewards, it was a success and

the system was explained to the I.S.U. Member countries or their representatives at numerous future Championships and Seminars. The "Markland system" has been used ever since with only minor modifications particularly to meet the demands of the computer age and speed in preparing and finalizing the documentation of the championships.

Written in the Summer, 1991
Revised in the Fall, 1994

BALANCE OF ASU COMMITTEES

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Bill Anderson, MI; Joyce Leggatt, ONT; Tom Overend, ONT; Leon Wilmot, CO; Shirley Yates, IL (Sec.)

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HALL OF FAME ENDOWMENT FUND

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The President is an Ex-Officio member of all committees except the Hall of Fame and Nominating Committees.

Opinion and prognostication on the coming season

Dutch Clean Sweep in Speedskating?

Koss, Jansen, Zhelezovsky, Qiaobo Ye Will Be Missed

The Hague. (ISU-press) Not just the Dutch expect the Dutch to be in command of this season's speed skating competitions for men. Triple Olympic and reigning World champion, Johan Olav Koss, has retired from his international career. It's a susceptible loss for the sport.

Now it seems that only skaters from Frisia, the northern province of the Netherlands, will be the favourites aiming at the allround titles. European champion Rintje Ritsma, his predecessor Falko Zandstra, and promising talent Ids Postma could well achieve a Dutch clean sweep.

In Hamar Olympic Hall, the one and only Vikingskipet, Norwegian hero Koss dominated the XVII Olympic Winter Games. He won the 1,500, 5,000 and 10,000 metres, setting remarkable World records in every race. But after the well-deserved celebrations the giant from Oslo is now focussing on his medical future.

His main contenders in allround speedskating, Ritsma and Zandstra, regret his decision to retire. Because there will be no opportunity for a possible revenge anymore. The new Dutch national coach, Wopke de Vegt, who formerly trained the sprinters, already warned not to underestimate the "best of the rest".

At the first World Cup meeting of the new season in Berlin on November 26-27, the question will be answered if there are any new skaters to fight the Dutch. Koss's friend, Kjell Storelid, will at best be a rival only on the longer distances. The stayer from the small island of Stord does not like the sprint. In the Norwegian squad, coach SvenHovar Sletten faces a difficult challenge; the era of the successful duumvirate Hans-Trygve Kristiansen and Johann Olav Koss is history.

The European Championships, on

the first weekend in January 1995 (6-8), are expected to be a matter for a happy few from Frisia, where the indoor Thialf rink of Heerenveen is situated too. The World Championships for men will once again be held on an outdoor track. Remembering the gales, rain and snow in Gothenburg's Ruddalen last March, the—hopefully—sunny region of Baselga di Pine in the Italian Alps, will be the venue on February 11-12. The World Championships for ladies will be staged at Savalen on March 4-5, in one of the colder regions of Norway.

There will not be many changes at the top rankings of the ladies' competitions. The rivalry between Germany's Gunda Niemann and Austrian-Hungarian Emese Hunyady awaits continuation. Niemann, who will have to do without her long-term coach Gabi Fuss, would like to make her tears from the Olympics forgotten. The only tears Hunyady has shown so far in her skating career came from smiling.

Siberian Svetlana Bazhanova, winner of the 3,000m Olympic gold medal, and Berlin's Claudia Pechstein, the surprise champion over 5,000m at the Olympics, are dangerous out-siders in the Netherlands, the new ladies' coach Ab Krook, who formerly coached the men, is looking for progress in the skills of Annamarie Thomas.

The World sprint medals will be awarded at the former track of West Allis, now an indoor ice rink called the Pettit National Ice Center in



BONNIE BLAIR

Photo by Brian K. Johnson
Champaign-Urbana Nes Gazette

Milwaukee, Wisconsin, on February 18-19. The event in the United States will miss Dan Jansen, who has become a personal friend of the Clintons since his unforgettable Olympic victory over 1,000 metres. The all-American hero will be in Milwaukee, but only as a TV commentator.

The Russian duo, Alexander Golubev and Sergey Klevchenya, first and second on the 500 metres in Hamar, are the favourites in sprint. Igor Zhelezovsky, the bear from Belarus, has also retired. The same decision was made by Qiaobo Ye, the girl from Harbin in China. In the ladies' sprint, American Bonnie Blair &, naturally her bunch will be the skaters to beat.



Too Much Is Never Enough

by Myra L. Vandersall
Chairperson
ASU Promotions
and Publicity Committee

Like the Rolling Stones, I believe in excess. Too much positive public awareness of speedskating is never enough. As this year's chairperson of the ASU Promotions and Publicity Committee, our charge is to help local clubs and associations help others appreciate excess.

Speedskating is a sport for life, and to many of us, a way of life. The uninitiated deserve the opportunity to join us. Committee member Mark Jastrzembski (Michigan) sees our function as educating clubs as to the simple basics of publicity and promotion, rather than devising some elaborate new campaign.

There are speedskating success stories in the area of public relations and marketing, many of which have been shared in past issues of *The Racing Blade*. As a group, we will pull those successes, and add a few new ideas of our own, into one, easy-to-use guide, "How To Market Your Speedskating Club," available for all clubs and associations through the ASU.

Mark has suggested including sample news releases (Committee members Larry Clever, Saratoga Springs, and Lorraine Garbe, Wisconsin, agree, but add, "Just spell all the names right, please." which is an important point), a generic final meet result form, information on banner marketing and placement and how to tap local club resources. We'll also include samples of posters that can be copied in quantity and used as individual postcards for personal contact.

In an easy-to-read format, we'll offer media relations and funding cycle hints, plus samples of sponsorship letters that can be used to garner financing.

This project is a work in progress. While we progress this year, here are some suggestions to enhance your local public awareness of speedskating.

- Buy and use *The Associated Press Stylebook and Libel Manual*. This publication is the universal standard of style. Pay particular attention to the sport section and the correct form for submitting information.
- Many public relations resources are already in place. The best tools we have are the ASU pamphlet, *Speedskating — A Sport For Life* and the video, *It's White Hot*. These recruitment tools are glossy, well done, and emanate success. Order your copies now from the ASU office and use them to recruit skaters, money and attention. Also order a copy of the free ASU catalog to familiarize yourself with the many resources available.

- Also available is the ASU Guide For Publicity and Promotion. It's free and full of useful information. Every club/association should have a copy and use it.
- Set up a timeline. Like good food, media relations and financial development take time, energy and persistence. Committee Member Becky Prather (Illinois) says that promotion takes tenacity and a lot of hours. Summer should be a very busy time for your media person. That's when all the plans and campaigns are developed and you're ready to go in the fall in an organized manner.
- Type all news releases-never submit anything handwritten. Use the standard news release form and research deadlines. Send your release — faxing is preferable, but mailing works too — at least two weeks before you want it published. Unless, of course, you are working on a really big meet story, like the Nationals or North Americans. That's when the timeline approach is used. It's OK to call the sports editor to make sure the release arrived, and make voice contact, but NEVER call on deadline. And, don't demand that the release be used. Setting up an adversarial relationship will result in a long string of very bad hair days.
- Investigate outlets other than sports, and plan to highlight a specific part of your program. Feature departments, for instance, may be interested. Maybe the features editor will go for a fashion layout with speed skaters modeling sports clothing. In other words, find a hook and use it.
- Wallpaper the rink where you skate with speedskating posters and club logos. Have brochures available to hand out at public sessions. Work with your local rink/parks and recreation department. They may help with public relations needs and aligning a club with an established entity breeds success.

As a final thought for now, I see promotion as a support for development (\$) and recruitment. If the three legs of that triangle are strong, the only outcome is success.

The local clubs, associations and skaters — their programs and actions — are vitally important on a national basis. For instance, the lack of Senior and Intermediate skaters at regional meets is killing coverage for these meets. The media wants power, speed and color. These skaters can provide that. News outlet will cover a cute novice skater as a sidebar, but they will cover Senior/Intermediates regularly if they showed up in full force on a regular basis. And, coverage means legitimacy which means money and more skaters.

Be a part of the success story. Fire up those computers and typewriters and crank out those news releases. Then send copies to me along with other promotional items you may want included in the new marketing guide. Tell me what doesn't work too. We can learn as much from our errors as our successes. Mail your stuff to me at 731

Yale Ave., University City, MO, 63130, or call me at 314-725-1059.

*(Myra Vandersall is a freelance writer and editor and vice president of communications for the Missouri Speedskating Association. She is the former public relations director for the Missouri-Illinois Regional Red Cross Blood Program and worked as a reporter for several daily newspapers in Northwest, Ohio. Her very favorite book is **The Deluxe Transitive Vampire . . . The Ultimate Handbook of Grammar for the Innocent, the Eager, and the Doomed** and her favorite country song is **Big Ugly Wheels.**)*

WRITE ON WITH THE RIGHT STUFF

by MYRA L. VANDERSALL

Show your best side! Enter the new ASU Poster Contest! The brainchild of Bruce Guthrie of Bellingham, WA, the contest will be coordinated by the Promotions and Publicity Committee under Bruce's guidance.

While the contest is in the developmental stages, store up your ideas for submission. We're looking for poster ideas that can be photocopied for individual club use to increase visibility of speedskating just about anywhere you can place promotional material. There will be two categories-finished art (professional level) and conceptual design (amateur level). The winning entries will be included in the "How To Market Your Speedskating Club" guide and made available for general club usage throughout the country.

Look for complete details, specific entry rules and deadlines in subsequent issues of **The Racing Blade**.

Would you run that by me again!

Income-tax season is almost upon us, and to put you in the right frame of mind, the following is an example of clear expository writing from the IRS taken from Sec. 5099(a) of the federal tax code (page 5,337 yipes!) It deals with the definition of a private foundation, and if you figure it out and are still sane — good luck.

It reads: "For purposes of paragraph (3), an organization described in paragraph (2) shall be deemed to include an organization described in section 501(c)(4), (5), or (6) which would be described in paragraph (2) if it were an organization described in section 501(c)(3)."

ASU? USISA?

by
BOB VEHE
Editor

Why are there two speedskating organizations? What does each do? When were they created? These are a few of the questions that many people in skating ponder. To help answer these questions, let's review the history of these organizations.

ASU HISTORY

The Amateur Skating Union of the United States (ASU) was formed in 1927 to control speedskating in the United States. It replaced the International Skating Union of America that had controlled skating in Canada and the United States through regional organizations consisting of the Eastern Skating Association, the Western Skating Association, the New England Skating Association, the Amateur Skating Association of Canada and the Western Skating Association of Canada. When Canada withdrew in 1927, the organization was dissolved and the ASU was formed in the United States. The ASU's antecedents go back to the American Skating Congress in 1868, but as a separate organization, it dates from 1928 making it 61 years old.

PACK STYLE SKATING

The ASU controls all pack style speedskating in the United States that is not involved in international competition or preparation for such competition. An obvious exception to this is the fact that the Canadian Speed Skating Association (CASSA) and the ASU have an "Articles of Alliance" that provides for championship indoor and outdoor races to be held in alternate years by each country and are titled "North American Championships".

ORGANIZATION OF ASU

The ASU consists of sixteen (16) state or area associations that have an equal voice in the affairs of the organization. An annual ASU Convention is held the first weekend after Mother's Day in May to bring together the delegates from each association to conduct the business of the ASU. The associations elect officers, establish policies and promulgate rules for the administration of the ASU and procedures for the running of skating meets.

Committee meetings at the convention are open to everyone, whether a member or not, and discussions are encouraged. The recommendations of the committee go to the Board of Control, where the member representatives discuss and vote on each proposal in a public forum.



Anne Henning was gold medalist at 500 meters and placed third in the 1000 meter race at Sapporo, Japan, in 1972

The ASU, through its associations and their members clubs, promotes the sport of speedskating by teaching people of all ages to skate and compete in pack style races on both indoor and outdoor rinks. As these skaters proceed through the various age classifications, their skills develop, adding to the enjoyment of the sport. A very few may have the talent for international competition. If their talent is on 400 meter tracks, they will have to concentrate their efforts at Milwaukee, Wisconsin, Butte, Montana; Lake Placid, New York; Roseville, Minnesota, or other locales on outdoor ice.

Skaters who prefer the indoor pack style skating can stay with the ASU indoor events and participate in the annual Short Track Trials, where a national team of indoor skaters is selected by USISA for the possibility of future international competition. The skaters who aren't selected for the USISA program can stay with the ASU programs and compete for the rest of their lives.

The ASU has a Master's Class for those over 40 years of age and the Illinois Association has a Golden Master's Class for those over 60 years of age. Some skaters over 70 years of age are presently competing in this class. Not everyone can be a champion or international competitor, but everyone can enjoy the sport and participate for as long as they care.

ASU's CHARTER

In summary, the ASU is an organization that introduces the sport of speedskating to beginners, teaches them how to skate and provides competition in pack style skating both indoors and outdoors for the rest of their lives. In addition, the ASU provides the opportunity for a small handful of skaters with the time and talent to move into the USISA sponsored programs aimed towards international competition.

USISA'S CHARTER

"USISA" is the acronym for the "United States International Speedskating Association." The important letter in the acronym is the letter "I" which stands for the word "International". This organization is chartered to prepare speedskaters for international competition which is mainly, but not exclusively, defined as the Olympics and the Pan American Games by the USOC. It is geared to handle accomplished skaters, developed by pack style skating in the ASU, by providing facilities and coaching to assist them in the international style of skating against the clock on a 400 meter track and, in recent years, to prepare an indoor short track team for international competition.

Prior to the creation of USISA in 1966, international competition, including the Olympics, was handled by a committee under the ASU. The success, or lack thereof, of that system is evident by reviewing the medals won in the Winter Olympics since its inception in 1924. The few medals that were won were all in the 500 meter event. This is excluding the Winter Olympics at Lake Placid in 1932, which was a pack style contest. This restricted success in only one event tells a story of inadequate training facilities and programs. Any success that the United States had was due to the raw talent of the athlete and not to scientific conditioning and coaching — techniques that were developed in Europe.



Terry McDermott winning the 500 meter Gold Medal at the Winter Olympics in 1964 at Innsbruck

The exciting victory of Terry McDermott at 500 meters in the games at Innsbruck in 1964 focused national attention on the sport and got more people interested in improving the U.S. teams. The most obvious need was a refrigerated 400 meter track on which to train.

THE FIRST 400m OVAL

Philip Krumm, who had been involved for many years in skating as a member and officer of the Illinois Association, together with George Howie of Oconomowoc, Wisconsin, promoted the construction of the Olympic Rink in Milwaukee, Wisconsin. The bill, providing for

the construction of the rink, was passed by the Wisconsin Legislature and signed into law on Sept. 1, 1965.

CREATION OF USISA

With a track about to become a reality, a group of ASU members formed the USISA to foster Olympic style skating and to represent the United States at the International Skating Union. Amid considerable controversy, the ASU voted to allow USISA to be the sole representative on an international level and its sole membership was to be the ASU. In essence, the USISA was to be a permanent replacement for the ASU Committee that previously had handled international competition. The ASU could continue to devote its energies to pack style skating.

Philip Krumm was elected president of USISA and served for seven years before moving up to president of the USOC. George Howie succeeded him and served from 1972 to 1984. Jack Byrne of the Northern New York Association served from 1984 to September of 1989 when William Cushman took over the leadership as president.

With all this added interest in the sport, it was obvious that the U.S. skaters had to prepare more thoroughly than had been done in the past. The skaters were now training in Europe, prior to the opening of ice in Milwaukee, and training tips along with complete programs were being acquired. The success of the programs, when utilized by a superior athlete, was evident when Diane Holum won a 3rd place medal at the 1968 Winter Games in Grenoble, France, in the 1000 meter race. This was the first medal ever won by a U.S. skater at a distance other than the 500 meters since the inception of the games in 1924 — other than the pack style Olympics at Lake Placid in 1932.



Dianne Holum won 11 medals in World Competition and three Olympic Medals

SUCCESS AT LONGER DISTANCES

Continued utilization of these scientific training programs gave Diane a gold medal at 1500 meters and a silver medal at 3000 meters at the games in Sapporo, Japan in 1972. In the same games, Anne Henning won

the 500 meters and placed third in the 1000 meters. The spell had been broken and the United States became a threat at all distances with the ultimate performance by Eric Heiden at the Lake Placid Games in 1980, where, under the coaching of Dianne Holum, he won gold medals at all five (5) distances.

In 1978, Public Law 9-606, an act titled "The Amateur Sports Act of 1978" was passed by the U.S. Congress "... to promote and coordinate amateur athletic activity in the United States." This act granted exclusive rights pertaining "... to the participation of the United States in the Olympic Games and in the Pan American Games..." to the United States Olympic Association. In addition, it grants the USOC authority "... to recognize as a national governing body an amateur sports organization..." that applies for such and is qualified. The USISA did this and is the recognized body for speedskating under this act. **Notice that all of this relates to international competition.**

This entire act was a political effort to put forth a stronger international presence in Olympic and Pan American Games by the United States while guaranteeing that the athletes participating in the games and preparing for them would be treated fairly and without discrimination. Procedures were established for arbitrating disputes and the U.S. Olympic Committee was given all the rights and responsibilities for making the system work.

USISA'S GOVERNANCE

The USISA is governed by a Board of Directors of 20 persons maximum and a President's Advisory Board of 20 persons maximum. Each board member has one vote and the President's Advisory Board has a total of five votes or a maximum of one vote each if less than five members are present. The Board of Directors and the President's Advisory Board are elected by sitting board members from a slate prepared by a nominating committee. USISA has an annual meeting between April 15 and October 15 as decided by the president. A quadrennial meeting is held after the Winter Olympics to elect the Board of Directors and the President's Advisory Board members. Their terms run for four years.

In summary, the USISA is a group authorized by the United States Olympic Committee to select and train teams for international competition. It is not involved in recreational speedskating.

Editors Note:

The original article was published in the April, 1988, issue of The Racing Blade. Since many new people have become involved in the sport, it was felt that an up-dated version of the article may help people understand the structure of speedskating in the United States.

*Don't let a little dispute injure
a great friendship.*

NATIONAL MARATHON

**Lake Placid, New York
January 7-8, 1995**

NOTICE THE DATE CHANGE

Please make a note that the date of the 1995 National Speedskating Marathon in Lake Placid has been changed from January 14th and 15th to Saturday, January 7th and Sunday, January 8th. This late change, which was recommended by the O.R.D.A., was necessitated by conflicting schedules at the oval with the Junior Regional Metric Long Track Championship. We sincerely apologize for any inconvenience this may cause in your travel or racing plans.

Venerable Marathoner, Bob Fischer Hangs Up His Skates

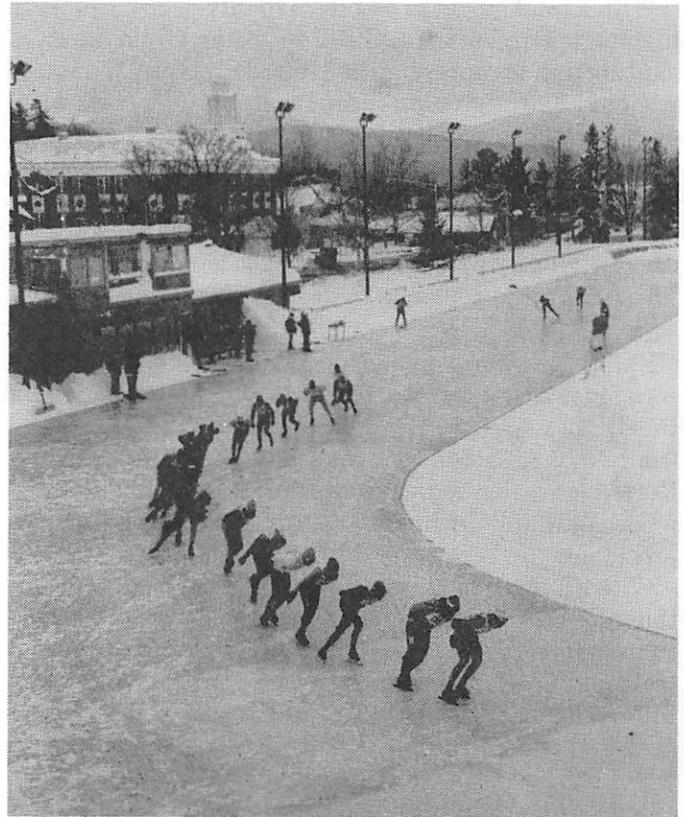
Speedskaters and speedskating enthusiasts across the country were stunned recently by the announcement that the grandfather of modern-day marathoning (wait, he's not that old!) Bob Fischer was retiring his skates. (It was either retire, or build another trophy room onto his house, so he decided to let some fresh blood into the fray.) All kidding aside, this great racer, consummate professional, speedskating mentor to many of us (and Sports Illustrated's most-handsome "Face in the Crowd") will be sorely missed in the New York/New Jersey area. However, alert skaters will recognize the new opportunity to place higher in the standings with Bob now observing from the bleachers!

Come to Beautiful Lake Placid And Show Your Stuff!

With Bob Fischer in the grandstands, his prowess on the Olympic Oval begs to be replaced! So why not make plans now to compete in this 5th National Marathon on the same ice where Eric Heiden made Olympic and speedskating history? There couldn't be a better venue for the marathon than beautiful Lake Placid, holy ground to speedskaters, winter sports enthusiasts, and lovers of nature's wonders. In addition to racing the marathon, you can tour the Olympic Training Center, ski the challenging Whiteface Mountain, visit the impressive Olympic ski jump, or just marvel at the majesty of the high peaks of the Adirondacks.

It's all there waiting for you... at the National Marathon, Lake Placid, NY, January 7th and 8th, 1995. See you there!

Fred W. Schweikert, Garden State Speedskating Club
90 Pleasant Hill Road, Flanders, NJ 07836
(201) 584-3110



SKATER REPRESENTATIVE TO ASU BOARD OF CONTROL TO INTERMEDIATE AND OLDER SKATERS

If you are interested in the decision making process and would like to put your talents to work as the skaters' representative, the Nominating Committee would like you to submit your name to the ASU Secretary by January 15, 1995.

The term of office is from September 1, 1995, through August 31, 1996.

Qualifications can be found on page 33, Article XIII of your 1992-1993 ASU Handbook. Take the chance and submit your name **NOW!!** If you have any questions, please do not hesitate to contact me or any member of the Nominating Committee.

Dennis Marquard, Chairman
2418 Bassett Road
Westlake, OH 44145-2909
(216) 899-9577

Other Committee Members:

Don Anderson, Pete Elliott, Ed Wentland

Editors Note:

For those who have followed the building of the John Rose Oval in Roseville, Minnesota, and particularly those who attended the National Long Track Championships last winter, the big question was, "What the heck is Bandy?" Here is a succinct description of the sport that was published in the John Rose Oval Newsletter.

The World Comes to the Oval

For the first time in the 40-year history of the World Bandy Championships, the World Cup of bandy will be held off the European continent. The City of Roseville and the OVAL are excited to be hosting the week-long, nine-team tournament. Teams representing the top players, from the U.S.A., Canada, Sweden, Finland, Norway, Holland, Hungary, Russia and Kazakhtan, will compete in the championship event of the fastest game on ice! "The best Bandy teams in the world will be coming to the OVAL," says Chris Middlebrook, President of the American Bandy Association, "these players are so good, I know all spectators will be amazed at their talent." Play begins on Sunday, January 29, with games continuing throughout the following week. The title game is scheduled for Sunday, February 5.

A Bandy Primer — Bandy is played on an ice surface the size of a soccer field with 11 players (10 skaters and a goalie.) Unlike hockey, bandy is played with a solid orange ball the size of a tennis ball. Skaters use a stick resembling the shape of a field hockey stick.

However, goalkeepers do not use a stick. Within a defined penalty area around the goal, the goal-keeper may use their skates or any part of the body to play the ball.

"The best Bandy teams in the world will be coming to the OVAL,"

After catching it, the goalkeeper may carry it, but must release it back into play within five seconds. At no time anywhere in the area of play can the goalkeeper be challenged by opposing players unless he/she has a ball or is impeding an opponent. Goals are much larger than hockey goals, but smaller than soccer goals. In general, bandy rules are most similar to soccer.

Bandy is played in up to two 45 minute running-time halves. There is a 10 minute halftime when teams change ends.

Players may play the ball with their stick, kick the ball and control it with their body as long as both skates are on the ice. Players may physically challenge an opponent who has the ball, or is challenging for it. But they may not kick, trip, grasp or interfere with an opponent

- strike, lift, or slash their stick. Bandy is definitely a game of skating, stick handling and speed!

For youngsters and adults, bandy programs are available at the OVAL. Also, spectators can watch weekly adult bandy league action at the OVAL beginning December 5. Call 484-0269 for details.

Chief Official Announced For 1995 Events

ASU President Jim Chapin has announced his Chief Official appointments for the 1995 National and North American Championships. The positions included in these appointments are Referee, Starter, Clerk and Judge. The ASU sends these four qualified Chief Officials to the major meets at no cost to the host associations.

Alternates from the ranks of the Chief Officials are also named for the four positions in the event the designated Chief Official is unable to follow through on the assignment.

Chief Officials are considered for appointment based on a rotations system (to give everyone a fair share of appointments), their proximity to a meet (to save on expenses) and their indication that they would be available to accept the Chief Assignment. But they must first pass the Officials test given each fall by the Commissioner of Officials who develops and sends out the test.

National Assistant Officials (as listed in the ASU Annual Minutes/Directory) in the Referee, Starter and Clerk categories also must take the test and indicate whether or not they plan to attend these Championship meets. The Commissioner of Officials forwards to the Chief Officials the list of National Assistant Referees, Starters and Clerks who have indicated they will be available to work and the Chiefs choose their assistants based on this response.

Many Chief Officials work as Assistant Officials at the major events to fill out the required number of officials for each meet. Assistant National Officials are utilized in all areas whenever possible to give them the necessary experience to eventually move up to Chief status.

The other important positions such as Chief Timer, Lap Counter, Scorers, Announcer, block chasers and ice maintenance personnel are appointed by the host associations. The Chief Judge, who is required to have 15 working judges (plus eight additional for substitutions) must rely on being provided qualified judges by the host association. It is sometimes difficult to find the required number because to be eligible to work a National or North American Championship, all officials must be "members in good standing of their associations and the ASU" which means dues-paying members.

Referees, Starters and Clerks are recommended for elevation to Chief status following acceptable performances as assistants at four or more National or North

American (in this country) Championship meets. To this point, Chief Judges have received that position based on the recommendation of their associations. Qualifications are presently being formulated to qualify them on a similar basis for their elevation to Chief.

Following are the ASU officials you will be seeing in the key positions of responsibility at the five major events in 1995:

NATIONAL MARATHON
Lake Placid, New York, January 7-8

Chief Referee.....Ruth Moore

NATIONAL LONG TRACK
Butte, Montana, January 28-29

Chief Referee: Jim Chapin	Alternate: Joan Peterson
Chief Starter: Tony Arena	Alternate: Ted Klaiber
Chief Clerk: Elayne Riley	Alternate: Kay Klaiber
Chief Judge: Shirley Yates	Alternate: Andrea Salvati

NORTH AMERICAN LONG TRACK
Calgary, Alberta, February 4-5

Referee: Bill Markland	Alternate: Duane Riley
Starter: Rose Kline	Alternate: Sam Hicks

NATIONAL SHORT TRACK
Muskegon, Michigan, March 17-19

Chief Referee: Ed Jacquin	Alternate: Greta Hall
Chief Starter: Ted Klaiber	Alternate: Andres Gabel
Chief Clerk: Kay Klaiber	Alternate: Ted Gulczynski
Chief Judge: C. Kazmierski	Alternate: Dorothy Coyle

NORTH AMERICAN SHORT TRACK
Cleveland, Ohio, March 24-26

Chief Referee: Tim Quinn	Alternate: Paul Mueller
Chief Starter: Mike Murphy	Alternate: Fred Benjamin
Chief Clerk: Jim Marquard	Alternate: Brad Goskowicz
Chief Judge: Don Lease	Alternate: Tom Porter

President Chapin said he appointed himself as Referee for the Nationals in Butte, Arena as the Starter and Yates as the Chief Judge for economic reasons. The three, who are qualified experienced National Chief Officials, would be attending the meet anyway in their respective positions as President, Commissioner and Executive Secretary (for which they have budgets to attend the three major events in this country) so ASU will save the expenses for three additional people at the National Long Track. The Montana Association has no Chief Officials of its own at this point so all must be "imported."

**PRESIDENT'S
REPORT**



JIM CHAPIN

GOOD NEWS—ASU registrations are coming in very well to date. The new Registration Form has helped and after the first year should be a time saver for the Office Staff. Doesn't that sound impressive—"Staff." Shirley is it and could really use some clerical help.

MORE GOOD NEWS—The first order for beginner skates, 33 pair, was placed October 15. It is hoped that by the time you read this at least one more order will have been sent in.

BAD NEWS—Due to a decision by the officers of USISA we have to reduce the number of ASU appointees to their standing committees. Their officers decreed standing committees will have a maximum of five members, including the chairman, the exception being Development. Our appointed members are Ken Altuchoff (MASA), Budget Committee, Jeff FitzRandolph (WD), Nominating Committee; Lisa Sundstrom (ASAI), Long Track Committee and Fred Benjamin (ASAI), Short Track Committee. USISA appointed Bill Cawthra and Linda O'Hare to the Development Committee. I am on record opposing the committee size reduction. Talented and knowledgeable individuals from both organizations have been left out. Is this progress?

GOOD STUFF—Our new Commissioner, Tony Arena, sent out a good and thought provoking exam. I had several questions for him due to the fact the answer to some questions was in two parts of the Handbook. Good job Tony, you made us read the book again!

SERIOUS STUFF—In the ASU Convention Minutes book we have a list of every Association's Officials. These names are sent in annually by the Association Secretaries to the National Office.

There are 362 names on the Officials List. Some individuals are listed up to four times in different areas of work. Since you can only work one area at a time I use the 362 number as a base.

We have 49 Chief Officials; Referee, Starter, Clerk and Judge. We have 38 Assistant Referees, 34 Assistant Starters, 48 Assistant Clerks, 27 Lap Counters, 115 Timers and 136 Judges.

All Chief Officials are **required** to be members of the ASU. The other 313 individuals are **requested** to be ASU members. The annual fee for an Official is \$20.00. If both household members are officials the total fee annually is \$40. See how it paid to take math in school!

Presently we have many, too many, officials who are not members of the ASU.

If every Official on the list were an ASU member this would bring in \$7,240 annually. We could put that to good use in many areas. A base inventory of beginner skates for new kids coming into the sport. This would enable us to have skates ordered and shipped in a week or less. There are many other examples to use, but this is a prime one.

With the total annual expense most families have in skating, another \$20 or \$40 probably would not show up in the third decimal as far as your percentage of expenses involved. Your membership is vitally needed and requested. I'm sure if you contacted your Association Secretary today the paperwork would be completed very fast. Do it, we need your support!

I hope you all have a good Holiday season and an even better Skating Season!

How Are We
Doing?

**BILL
ANDERSON**

Vice President—Promotion



Bob Vehe wrote his biannual wake up call the last issue and, quite frankly I didn't have to call him to ascertain his target — it was in fact - ME. Two years ago I charged into the ASU, full of fresh ideas, national sponsors, \$\$\$\$. After all anyone with any basic realization of how great our sport is must want to help us. . . So much for national health care.

Although we have not yet followed through in delivering all that was planned, a lot has been accomplished. In spite of great ideas, we are after all very small, less than 2,000 members, barely enough to qualify for an affinity credit card program (which I still think is great, because it lets others know what is important to us).

Having attended ASU conventions since 1989, I've noted one thing we are always out of — MONEY and every few years we anxiously debate over increasing dues. We do have a plan. . . if we can increase members, our problems will solve themselves. . . grow the sport. . . more members, more attendance at meets, more fun (and no increases in dues). We have a plan. . . how are we doing?

Comments

by

TOM PORTER

VP - Operations



Bob Vehe's article in the last Racing Blade was the clarion call for some fund raising activity.

We need corporate sponsors. I'm asking everyone to contact the **New Fund Raising Chairpersons TED and KAY KLAIBER**, with the name of any company that may be a potential donor. **KEN ALTUCHOFF** had chaired the Fund Raising Committee because no one else would do it. Ken, as well as other members of the committee, will remain on the committee. Ted and Kay have many years of experience raising money for speed-skating and I look forward to working with them. Let's give this committee our full support.

Donations needn't always be cash. The ASU National Office should have its own space. Shirley should be able to reclaim her home someday. Anyone knowing a bank or company willing to donate space in the National Office area, please let us know.

Legislative Chairman, Chuck Moore and his committee have been very busy. They have been cleaning up items from the convention plus tackling some new items. The request by the skaters in Connecticut to form an association, a novice definition, and others have kept Chuck pondering over the Constitution and By-Laws.

Note: Ted and Kay Klaibers
NEW phone number is (708) 729-2436.

GROUP	MEMBERS				
	91/92	92/93	93/94	94/95	96/97
ASA Illinois	260	216	174		
Colorado	69	46	47		
E. Minnesota	101	123	142		
Iowa	6	1	2		
Maryland	80	48	49		
Michigan	180	180	155		
Mid-Atlantic	149	154	148		
Minnesota	56	91	72		
Missouri	118	120	107		
Montana	71	40	36		
Northeastern	102	120	96		
N. California	—	21	26		
N. New York	171	165	144		
Ohio	69	58	57		
S. California	128	63	46		
W. New York	24	25	19		
Wisconsin	130	131	215		
Direct	90	94	103		
Special Needs	17	23	12		
TOTAL	1,821	1,719	1,650	2,500	3,600
PLAN			2,000		
Over (Under) Plan			(350)		(Continued)

As you can see we need to continue our efforts to recruit. The ASU board is continuing to work on the plan items to increase membership. As Jim Chapin indicated in one of the most positive articles to appear in recent *Racing Blade* history, our skate procurement program (skates for beginners at \$72) is in place and available — use it! Our subsidy (to the first two finishers, midgets through seniors) to the North American Meet has already been implemented with great success.

At our fall meeting we revisited our goals and I will summarize them here with progress (where applicable):

GOALS	PROGRESS
1. Double membership by 1997 TARGET: 3,600 registered skaters	Behind plan.
2. Maintain present membership dues through 1996/97. (\$30 skater; \$10 new & special needs skaters & \$20 official)	On hold.
3. Obtain funding for:	
A. 1994: Novice development for qualifying clubs.	New affordable skate program implemented.
B. 1994: Electronic timing equipment upgrade.	Delayed to 1997.
C. 1996: Subsidize travel to North American meets hosted by the US & Canada (\$250 limit per skater)	1994: Implemented for travel to Canada.
4. Establish a non-residential ASU business office by the end of 1996.	
5. Support <i>The Racing Blade</i> by increasing ad revenues and circulation.	
6. Expand pioneering, coaching & officials programs by 1997 to achieve:	
A. 10 new clubs	75 in 1992 - 86 current
B. Double certified coaches	139 "silver" level coaches in 1993.
C. Double assistant referees	
D. 50% increase of national referees	12 in 1992 - 12 current.
E. Double national clerks.	8 in 1992 - 9 current.
7. Publish summer camp schedule by December of the prior year (implement for 1994 summer camp).	Getting better.
8. Secure media coverage for the nationals along with a national sponsor (1995).	Delayed - Any ideas?

9. Move toward shortening the duration of the nationals by establishing qualifying events, initially for Masters and Grand Masters or by establishing separate national events. Contingent on more members.

For Information on recruiting, coaching, etc.:

1. Call Doc Savage (414-258-5427) for information on novice development.
2. Call Don Kangas (517-631-3863) for information on coaching development.
3. Call Mark Jastrzembki (616-828-4627) to order "Its White Hot," an 8-minute promotional video.
4. Read *The Racing Blade* to see what others are doing!



Overheard In The Heat Box

by LARRY RALSTON

New Silver level Coaching Seminar Instructor Marjorie Amelotti received rave reviews for her performance in conducting her first seminar in St. Louis, MO. One of her students, Diana Scheuer, of Eureka, MO, has scored the highest test score, to date: 100 out of a possible 104 points.

Another new hot bed of speedskating is developing in Wausau, Wisconsin. Thirteen new coaches were certified at a Silver level Seminar in early November, and the group is very enthusiastic about the overall program.

Coming Soon! A new Jerry Search Instructional Video, featuring on-ice drills and starring Pat Maxwell and members of the Saratoga Winter Club.

Speedskating was well represented at the 1994 Coaching Symposium, sponsored by the U.S. Olympic Committee with 9 coaches and coaching educators in attendance at the Colorado Springs site. Over the three day program there were a number of non-scheduled meetings with other coaches to discuss mutual problems. New USISA Program director, Nick Thometz, has some bright ideas for the future. Stay tuned.

The "Saratoga Winter Club Newsletter", is quite an impressive publication that keeps members informed and up to date on current Association and Club

events. This type of communication is indicative of a well developed organization that utilizes its members' talents and the "glue" that holds things together.

At the Fall USISA meeting some uninformed individuals questioned the "need" of the ASU, "now that USISA has its own Development Committee". How soon we forget that we need each other, singularly and collectively, if we are to enjoy continued success. Speedskating, like any other amateur sport, needs all the help it can get.

Former National Long Track Senior Womens Champion, Betsy Davis, is now a full time coach with the U.S. Cycling Federation. Betsy tied for her first title in 1978 and was sole champion in 1985.

If you think the following isn't dedication — think again! Jay Glad of Utah attended the Coach's Seminar in Marquette, Michigan, last August and rode a bus or a series of busses - to Marquette and back to Utah. Bus service isn't very direct anymore and Marquette is somewhat off the main lines, and Jay says he saw a lot of the country coming and going.

A group of high level U.S. Postal Service Executives converged on Western Michigan University in Kalamazoo, Michigan, recently to learn the latest technology in printing with water base inks. Western Michigan University has the latest in state of the art printing technology and graphic arts and the Postal service anticipates printing billions of new stamps with the soon to be announced 10% increase in Postal rates (Feb. '95). The new increase will be used to "improve service". Will it also be used to sponsor more collegiate football?

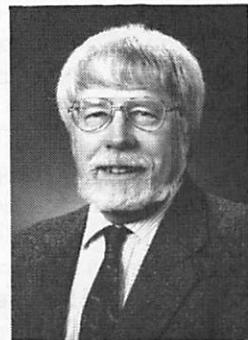
And finally: After reading the above, consider this: (Honest folks, it is a true story.) Recently some 400 Postal service employees had their paychecks lost in the U.S. Mail. A spokesman announced that "He was truly sorry for the delay but it could have been avoided if the employees had signed up for direct deposit."

CLUBS! About one third of the ice rinks in this country are members of the Ice Skating Institute of American (ISIA). Contact the ISIA rink managers in your town and see if you can get some of their skaters hooked on ice racing. It is part of ISIA's yearly Nationals (or Internationals) when figure skaters and some speed skaters race for awards.

The Outreach Program

Coach's Couch

by DONALD A. KANGAS



There is a Better Way

Thor Ole Rimejorde, Director, Norwegian National Elite Sports Center, described the Norwegian Plan for training Olympic athletes as the feature presentation at the annual United States Olympic Committee's Coaching Symposium. His talk was sub-titled with the question, "What can we learn?" To my surprise and delight he described the program they started in 1985, on the basis of the same principles Larry Ralston introduced to US speedskating in 1984. What was the difference and indeed, what can we learn?

The Norwegian program consists of a system of national ethical and certification standards for coaches. The program philosophy is to keep the entire focus on the athlete, as Thor said, "The athlete must be in the center." The overall goal is for the athlete to mature as a whole person with appropriate attention to all three essential elements of life: mind, body and soul. A whole person keeps a balance between school, athletics and family as needed to fulfill their unique capabilities. Over focus on one element can end in burnout - less than optimum performance. However, an appropriate balance results in more effective performance in all elements. An amazing result that is beginning to receive more attention by academicians, as well as sport scientists.

The Norwegian Plan is also a description of the principles that Rainer Martens recognized in his research of successful coaching programs. The American Coaching Effectiveness Program, ACEP, started by Rainer Martens in 1981, is based on these same principles. ACEP is the coaching certification program used by Larry Ralston at the first speedskating coaching seminar in 1984.

Thor explained that only 9 of the 45 Norwegian sport organizations accepted the program when introduced in 1985. Because this was a big change for the sports organizations, the National Sports Center started with a long term plan and long term goals. They anticipated a need for patience before results would be apparent. All Norwegian sport organizations now participate, as the programs effectiveness is now clear.

Koss's results were spectacular and the team spirit shown by the Norwegian speed skaters was refreshing. Our superstars came through. Indeed, Dan's medal was a tremendous personal triumph and Bonnie continued

to personally out-perform the rest of the world. However, the other skaters on our long track team were invisible. Even in short track, where skaters must work together for the relay, team spirit was not always evident.

Many things have happened in speedskating since 1984 when Larry recognized the same principles as the Norwegians introduced in 1985. Some sports are farther along than speedskating in having coaching development programs in place that focus on total development of the athlete. However, we are far from the total program that the Norwegians have developed and are operating successfully. Why?

What Norway started in 1985 was the same in philosophy but quite different in direction than what Larry and some other sports started at about the same time.

The Norwegian National Elite Sports Center is equivalent to our United States Olympic Committee, USOC. Their direction was from the top down, with complete financial and administrative support to the goals of the program. Ours was from the bottom up, a few individuals struggling to get their message heard. It is amazing that we have made this much progress..

In 1991 our USOC took a step similar to what the Norwegians did in 1985. They established a Division for Coaching Development. This was the start of the plan to improve the development of American athletes so as to have a continuous stream of world class competitors. To reach this goal all Olympic sport's National Governing Bodies, NGBs, will have to employ the principles of the Norwegian model. Other changes in USOC operating procedures are also happening to move NGBs towards this goal.

We are probably at about the same point as the Norwegians were in 1988. This is a time of great changes, to stop doing as we always have and think of a better way. The USOC no longer just serves at the whim of the individual NGBs, but has decided to lead the way.

The Norwegians have shown that happy motivated people will achieve great athletic performances by working together as teams, with direction, resources and moral support from our organizations. This focus on total development of an athlete produces, not just a few superstars, but a continuous stream of world level record setting competitors supporting each other as a team. Of course, it's not hard to figure out that people capable of setting world records are also going to win many Olympic Medals.

*Someone will always be looking at you
as an example of how to behave.
Don't let him down.*

Notes from . . .

The National Office

by SHIRLEY YATES



Progress means change. In the ASU big changes usually affect our members. The last two years major changes have concerned registrations.

Last year we felt it was necessary to require that birth certificates be submitted with each skater's registration. To describe what that was like will provide me the opportunity to use one of my greatest alliterations—what ensued was confusion, concern, criticism and chaos—in various degrees from various sources.

As you all know by now, this year's change was in the actual registration form—or Application for Membership, as we are now calling it. And glory be! The new form has caused few problems—certainly not much of the above four "Cs"! We warned everyone it would take us at least one year to work out all the "bugs" in this new system. Some minor changes will be made on the actual form and in the future it will be in my computer, the labeling system will be dispensed with and the pertinent information will be printed directly onto the form.

We have had numerous suggestions for how to improve the new form and some good constructive criticism. All of this will be considered and changes on the form should reflect the expert advice of those who have the most experience with registering skaters—the association secretaries.

We had hoped the new form would be of help to the association secretaries, certainly in assuring that the previous year's members received notice of renewal. And it seems to have helped in most cases. We have secretaries who just "go with the flow" and are able to handle anything new that's thrown at them. Others are having a struggle but then some struggled with the old system.

HAVING PROBLEMS? CONSULT THE PROS!

Perhaps some are finding it easier to adapt to the new system because of the way their associations are organized for registering members. Others should consider making changes in their systems. And for advice on how to change, I would like to recommend two associations and their secretaries who have handled the new system beautifully.

My SECRETARY OF THE MONTH title goes to PEGGY GOSKOWICZ, the very efficient, pleasant,

accommodating but firm "follow-the-rules" secretary from our largest association, Wisconsin, which in itself attests to the capabilities of this woman—bigger the association, the harder the job. What amazes me is that this is only Peggy's second year as secretary and from Day 1 she has handled everything with a straight-forward non-complaining attitude. Yes, she may have a good support group behind her but that's as it should be in every association and maybe you should examine the support your association provides this important position.

MARY (LIZ) CHAPIN of the Missouri Assn. also must have a good system which you should look at because her registrations came in during the fall like Peggy's—fast, accurate and on a regular basis—they both fed me packets of registrations almost weekly over a period of six to eight weeks. Liz is no newcomer to the secretary's job, having done it for a number of years, then giving it up to assume the chairmanship of the ASU Membership Committee and her "brainchild," the Alumni Club.

Liz and husband, ASU PRESIDENT JIM CHAPIN, have been movers and doers in Missouri speedskating for many years but their skating activities were somewhat curtailed in December. Son, JOE, was married December 10 and son, KEVIN, announced in mid-November he was being married on New Years Eve. On top of that Liz took her turn at hostessing a big family brunch and decided it would be fun to take a part-time job! And all this while juggling Christmas cards and shopping!

THE BIRTH CERTIFICATE TRAUMA IS STILL WITH US

The birth certificate requirement still has not been fulfilled by all those competing skaters who registered for the 1993-94 season. Eventually I will send each association a list of those currently registered who do not have birth certificates filed in the National Office. It's a one-time requirement, not difficult to comply with, particularly since we only require copies.

We don't care where you were born since the new ruling at the 1994 Convention only requires that you have been a resident of this country for at least a year to skate in a National Championship. But there are certain things we want proof of (for instance birth dates—you'd be surprised how many wrong birth dates we have been given in the past and how many times the date of registration has been given instead of the birthdate!)

IOWA IS HANGING IN THERE . . .

FRED BUCHANAN of the Iowa Assn. called following my comments in the last Racing Blade about the fact that they had been saying for years that they have no indoor ice and all of a sudden we are getting calls from all kinds of existing indoor rinks in Iowa and about new ones being built. I hope I was gentle in my Iowa bashing because Fred was very nice in calling me to task. As usual, there had been a miscommunication!

First of all, when we look at an association that controls speedskating in an entire state, we assume that the association is operating (or trying to) throughout the

state. Speedskating in Iowa has been centered in Cedar Rapids and they do not have an indoor Short Track rink—or an indoor 400-meter track which is what the Iowa Assn. meant when they said they did not have an indoor rink.

In the past, Mother Nature was good to Iowa. They had lots of cold weather so speedskating was strictly an outdoor sport—as it was in many areas. Then the devastating (meaning warm) winter conditions of the 1980's hit and Cedar Rapids no longer could count on the ideal ice conditions of the past. Then probably the City Fathers decreed that resources and man power should go elsewhere. Fred said they went from 16 outdoor maintained rinks to one! This has to be one of the most shocking developments that any association has ever experienced!

So in view of all this, we must give the Iowa Assn. credit for continuing to maintain its association status despite great odds. It cannot have been easy to pay the annual association dues when there was no ice in its "center of operation" for skating practice and meets and, thereby no way to sign up skaters.

But there is hope! This year Iowa was the second association to send in registration forms—not many but more than the last few years—and there are ASU people who are anxious to help the association build once more—noteworthy among them is CHARLIE BROWN of the Missouri Assn. who is a native of Iowa and has provided the National Office with research he did on rinks in Iowa. The Iowa Assn. is very centrally located with a wonderful history of speedskating and the ASU does not want to lose this association so we will all be working with the Iowa people to prevent that.

THERE'S GREAT HOPE FOR IOWA'S IDEA

The Iowa Assn. members should know that the Growth & Development Committee under DOC SAVAGE and the Legislative Committee headed by CHUCK MOORE are currently working together to come up with a definition of a Novice Skater. When that has been done, Doc will begin working on developing a Regional Novice Speedskating Championship which was proposed by the Iowa Assn. at the 1994 Convention.

It was not the first time Iowa had proposed this concept but it was the first time it met with some serious consideration. But it was the general consensus that defining the word "Novice" must be the first step.

THE PERENNIAL PROBLEM

The second biggest problem we have had over the years (since this became primarily an indoor sport) has been securing and paying for ice time. Most clubs are now paying between \$150 and \$250 an hour. But even if a club has the members and can afford it, there is often a more insidious problem and it truly can be called "discrimination." Most ice time goes to hockey first, figure skating second, public skating third and speedskating fourth—if there's any ice left by then.

Then it is difficult for clubs to get decent ice time—meaning at a time of day when young skaters can use that time. School-age children cannot be expected to practice at 5:00 a.m. or 11:00 p.m. There have been instances of ice being offered to clubs for practice on weekends at the height of our season when children want to go to competitions to use the skills they've been learning at practice—during the week if they had it.

I have sensed a feeling in some areas that hockey actually feels threatened by speedskating. After the 1994 Olympics, maybe it's understandable. Who got the best press following the greatest success? But the fact remains that there are big numbers in hockey and therefore big money—and money talks! At one rink the hockey league offered to pay twice as much for the ice time that was "owned" by the speedskating club! Fortunately, the skating club which has a very long, stable tradition in the community, has been the premier sport at the rink since it opened and the rink manager understands the importance of having speedskating there, so he turned down the offer.

Coming off an incredibly successful Olympics, it would seem impossible that speedskating would still be considered a poor "step sister" in some area but the facts speak for themselves. Maybe it was a little naive for us to think things would be better. But maybe our clubs had the right to expect that and that is why there seem to be more complaints and incidents of injustice than there have been in the past—the frustration is causing more clubs to report their problems.

The young Lane Speedskating Club in Eugene, OR, has had great success in building a solid foundation but this year is one of those clubs that has encountered some resistance to speedskating. The club secretary, Barbara Kull, reports: ". . . we are down and out about the way our club is being treated here at the rink. It is difficult to keep my chin up about our state of affairs. We only have one hour a week to speedskate. We are doing what we can under the circumstances. It seems that the attitude in so many areas of life is difficult to deal with these days—it doesn't do much good to whine about such things—but our morale is down as a group. We just have a few die-hard skaters fighting the battles and we are war weary! It is sad when our form of recreation develops into a source of stress!"

If any of you have advice for our "war weary" out there, please let us know. All I can say is, don't give up, keep after rink management, find ways to show the benefits of the sport and the worthiness of your group and investigate moving your practices to another area rink, if you are fortunate to have other rinks in the area. But above all, get your "foot in the door" of any new rinks being built anywhere in your state! The National Office is always happy to supply informational and promotional materials to new or proposed rinks.

Oh yes, what has been our first biggest problem? Finding a good, new, inexpensive skate for newcomers to the sport—but I think we have that solved now with the

introduction of President Chapin's Ving skate project—see references to it elsewhere in this issue.

SHORT ITEMS OF GREAT IMPORT

There are other ways of "recruiting" new little skaters into the sport but this is always a great way—**LESLIE GREENSLET PERRY**, Middle Atlantic Assn. secretary, delivered an 8 lb. 4 oz. boy on October 23! **GRAHAM HAYDEN PERRY** is doing very well and Mother Leslie is dividing her time between the new skater and registering the old ones!

Why can we not get **CLUBS/ASSOCIATIONS/MEET DIRECTORS** to put the ASU National Office on their mailing list so I will get entry forms to their meets? This is really crucial. I **CANNOT** even give out information, let alone entry forms, to meets unless you have sent me the forms. If you have a two-day meet anywhere in the country, **YOU** should be sending an entry form to each of the clubs listed in the ASU Convention Minutes/Directory, particularly to clubs that are not in associations. Direct Members have no other way to find out about meets.

It is not up to you to decide who, from where, may come to your meet. You may be surprised! There have been a lot of complaints about the numbers being down at meets. There are several reasons and one of them is that many people do not get the information about the meets or sometimes too late—there are people who fly to meets or have to make other kinds of transportation plans. Another problem is that entry forms have been sent to club presidents or secretaries who have not distributed them. For shame!

And speaking of direct-member clubs, please welcome our newest: **OQUIRRH PARK SPEEDSKATING CLUB**, located in the western Salt Lake Valley in Kearns, Utah. Add these club officers to your list: President, **THOMAS G. NOONAN**, 5260 W. Woodgrove Circle, West Valley, UT 84120, 801/964-6252 and Secretary, **TINA BROWN**, 5265 W. 5150 So., Kearns, UT 84118, 801/968-5374.

The new president reports: "There are approximately 30 current club members, ages 6 through 21. Some parents are actively involved (approximately 10). We are really excited about the club. Working with **STAN KLOTKOWSKI** has been a tremendous experience for our community. Each week, new people come out to see what we are all about, and the children are thrilled. It will be a pleasure working with this group and Stan."

And now the last, but certainly not the least, item: please correct the addresses and phone numbers for the **HOUGHTON FAMILY**. They all moved this last year but their listings were not corrected in the 1994 Convention Minutes/Directory. Correct them as follows:

Bill & Linda Houghton, 707 ½ Connecticut St.
Lawrence, KS 66044-2729, 913/865-4328

Bruce Houghton, 305 St. Eugene Lane
Florissant, MO 63033, 314/837-6193

The following is a new phone number for Ted and Kay Klaiber: 708/729-2436.

The Montreal Short Track Challenge

October 28-29, 1994

Photos by Brad Goskowicz



Egelton of Norway, Tony Goskowicz of the USA, and World Champions Marc Gagnon of Canada at the start of the 1000 meters



The United States Men's Team of Tony Goskowicz, John Coyle and Andy Gabel huddle before the Relay Event



John Coyle moves to the lead as the skaters behind him collide



USISA Coach Jeroen Otter



Karen Cashman stretching during warm-up



The United States Women's Team took the bronze medal in the team competition. On the victor's podium are Erin Gleason, Amy Peterson, Julie Goskowicz, Whitney McGill and Karen Cashman.



Andy Gabel, John Coyle and Mark Pelchat preparing for competition

Letters

Dear Bob,

On the cover of your great issue of The Racing Blade is a wonderful picture of Joseph Donoghue, the 1891 World Champion. In my collection of wooden platform skates, I had two or three pairs of Joseph Donoghue skates as made by the Union Hardware Co. of (I believe) Worcester, MA.

I had them in two lengths, maybe 12 to 14 inches and 14 to 16 inches. Based on how and where they were used, they were called touring skates.

As you will recall, I also had a pair of the first aluminum platform skates that I got from the gentleman we saw at the Silver Skates one year at Humboldt Park. He had used the skates many times on tour races in Holland.

Best regards,
Bob Grant

* * *

Dear Doc,

I wanted to thank you and your staff, John (Singer) and Brian (Arseneau) for doing such a great job with the clinic in Orlando in September. I have been involved in many other clinics in the past but this one was the best! I haven't had that much fun skating in fifteen years. My club and I hope to see you all down here again soon and if there's anything we can do to help you come down, please ask. Thank you all again for a great skating experience.

Sincerely,
Coach Charlies Lantz
Casselberry, FL

P.S. My legs still hurt!

* * *

Dear Ms. Yates,

Thank you for the nice sympathy note and your kind words.

Many thanks to the Amateur Speedskating Union of the United States for the beautiful memorial write up about my husband, Vic Etienne. It was such a wonderful surprise and my family and I feel highly honored. I have had copies made and plan to frame the one that you sent me.

Sincerely,
Loretta Etienne

(Note: Mr. Etienne died in 1993 and the memorial written by Anderson of the (then) Eastern Minnesota Assn. was presented at the 1994 Convention. He also gave the ASU Secretary a beautiful copy with address label to send to Mrs. Etienne)

Dear Bob,

Having just received the October 1994 issue of the Racing Blade, it was imperative that I write to you concerning your "Fourteenth Cover"!

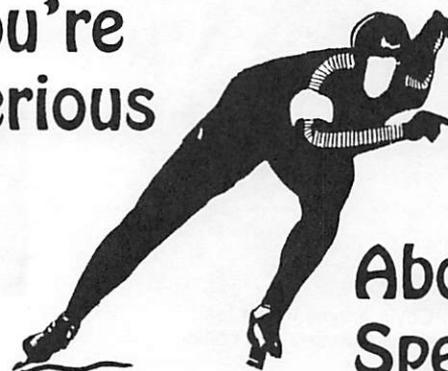
What a great picture it is of Joseph F. Donoghue! It is a classic. I wish I could have had it for the ISU History. It is one of the most interesting pictures that I have seen from that era, and you are to be congratulated for putting it on the cover and then making the correlation of it with Mr. Marty Hill's article.

Most interesting, of course, about the photo is the skates and how they were fastened to the shoes. Donoghue obviously did not have at that time a pair of skates of the model invented by Axel Paulsen, the early "tube" type... Just what is holding the blade is not clear. It might even be wood.

All the best for future issues of The Racing Blade, which I am looking forward to continuing to receive.

Kindest regards,
Benjamin T. Wright
Chairman, USFSA Hall of Fame
Museum Committee

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THE ATHLETE'S KITCHEN by Nancy Clark, MS, RD

HOLIDAY GIFTS

Nothing is more loving than something from the oven -- especially for hungry athletes. What better gift than great food to give your family and friends who love to exercise and eat, but don't cook. The following recipes are taken from *The New York City Marathon Cookbook* (Rutledge Hill Press, 1994), my latest book written as part of the New York City Marathon's 25th anniversary celebration. The cookbook, which also includes sports nutrition advice, is filled with blue-ribbon recipes including breads & muffins, soups, stews & chilis, pasta dinners & meatless meals, and delicious desserts--a few decadent reward foods as well as low-fat, high-carbohydrate recovery treats. The following are four of my favorites.

Bran Muffins with Molasses and Dates



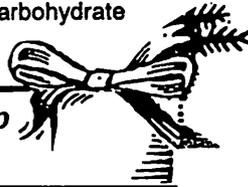
Who would guess that these muffins are fat-free! Moist and sweet, light and delicious--a good gift for even dieters.

1/2 cup chopped dates	3/4 cup unprocessed bran
1 cup boiling water	1/2 tsp salt
1 egg (or 2 egg whites)	1 tsp baking soda
1/3 cup molasses	1 cup flour, whole-wheat or white
1 cup yogurt or buttermilk	Optional: 1/2 tsp cinnamon

1. Soak chopped dates in boiling water.
2. Meanwhile, in a large bowl mix egg, molasses, yogurt, bran, and salt. Drain the dates; add them to the batter.
3. Stir in baking soda, (cinnamon); then flour just until blended.
4. Fill 9 non-stick muffin cups 2/3 full; bake at 350° for 18 to 20 minutes.

One muffin: 150 calories; 1 gram fat, 85% carbohydrate

Pasta and White Bean Soup with Sun-dried Tomatoes



This soup is delicious--worth the trip to the store to buy sun-dried tomatoes! Add more pasta and beans for a hearty supper.

1 Tbsp oil, olive or canola	5 c broth, chicken or vegetable
1 large onion, diced	2/3 c dry pasta shells or bowties
1 medium carrot, diced	1/3 c sun-dried tomatoes, diced
1/4-1/2 tsp red pepper flakes	Salt and pepper to taste
1 12-oz can cannellini beans	Optional: 1 clove garlic

1. In a large pot heat the oil and saute' the onion, carrot, red pepper flakes (and minced garlic); cover, cook for 10 minutes.
2. Add the drained beans and broth; bring to a boil, then add the pasta and sun-dried tomatoes. Simmer 10 minutes or until the pasta is done. Season with salt and pepper to taste.

One bowl (1/4 recipe): 225 calories, 4 grams fat, 70% carb

Oatmeal Yeast Bread



Marathon champion Joan Samuelson thrives on this bread. Perhaps it's a magic food that can help even ordinary mortals become Olympians?... Give it a try!

1 cup rolled oats	2 cups boiling water
1 tsp oil, preferably canola	1 package yeast
3 Tbsp molasses	1/2 cup lukewarm water
1/4 cup sugar	2 tsp. sugar
1 Tbsp salt	5 cups flour, preferably half white and half whole-wheat

1. In a large bowl combine oats, oil, molasses, sugar and salt.
2. Pour 2 cups boiling water on top, mix together and let cool.
3. Soften yeast in 1/2 cup lukewarm water with 2 tsp sugar.
4. To the oat mixture, add the yeast, then gradually the flour.
5. On a floured board, knead for 10 minutes until smooth and elastic. Shape into two loaves; place in oiled pan; cover and let rise until almost double. Bake at 350° for about 45 minutes.

One slice (1/16 loaf): 90 calories, trace fat; 85% carbohydrate

Lowfat Brownies



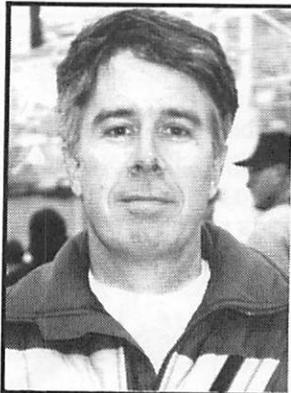
Not to be confused with the Decadent Brownies (recipe in *The NYC Marathon Cookbook*), this tasty low-fat version is a favorite of Natalie Updegrave Partridge, women's winner of the 1985 Marine Corps Marathon. She often adds 1/2 cup each of chocolate chips and chopped walnuts for a festive taste.

1 cup applesauce	1/2 cup plain yogurt
1 egg (or 2 egg whites)	1/2 cup cocoa powder
1/4 cup canola oil	1 tsp salt
3/4 cup brown sugar	1/2 tsp baking soda
2 tsp vanilla	1 1/2 cups flour

1. In a large bowl combine the applesauce, egg, oil, brown sugar, vanilla and yogurt. Mix well.
 2. Blend in the cocoa, salt, and baking soda; then gently stir in the flour. Do not over-stir or else the brownies will be tough.
 3. Pour into 9" x 9" baking pan treated with cooking spray. Bake at 350° for 25 to 30 minutes. Cool in the pan; cut into 16 pieces.
- One brownie: 140 calories, 4 grams fat, 65% carb

Nancy Clark, MS, RD, counsels clients privately at her Boston-area SportsMedicine Brookline office. She hopes you will enjoy dining pleasure and peace with food in 1995. For a copy of her new book *The New York City Marathon Cookbook* (\$23) or her popular *Sports Nutrition Guidebook* (\$18), send a check to *Sports Nutrition Services*, 830 Boylston Street, Brookline MA 02167.

AROUND THE STATES WITH KIDS ON SKATES



HOW FAST CAN YOU REALLY SKATE?

by JERRY SEARCH
SOUTHERN CALIFORNIA

For many years I have heard various estimates of the actual speed (MPH) that speed skaters skate, from 20 to 40 MPH. Now, with the advent of computers, and with very gracious help from Greg Wong of the Northern California Association, here is a table that you can use to find the actual speed for various speed skaters, especially yourself!

Before you use the table, please keep in mind two very important points. First, especially in Short Track speed skating, the skaters rarely skate the actual measured distance on the track, usually skating wider, and therefore farther than the 111.12 meters per lap. This is because it is actually a little faster to skate a little wider turn. The current 500 Meter World Short Track Record, 43.08 seconds, was skated by the Italian skater Vuillermin "rail to rail", so to speak (and with one arm on his back!). His actual World Record distance was probably closer to 510 meters, maybe more.

A second, and more important fact is that these are AVERAGE times over the entire distance. This is why I have chosen the shortest distances, these would be most representative of the highest true speed. The stop-and-go tactics of pack-style skating also influence times.

If you have the opportunity to have "flying 1-laps" timed, then this would be your fastest true speed (although you could probably skate a little faster in a straight-away sprint of maybe 100 meters).

I have an Accusplit stopwatch that computes miles per hour, along with the elapsed time, for 500's, 333's, and single laps, and the kids really enjoy knowing that they were skating maybe 20 + miles per hour during workouts!

KEEPING TRACK OF YOUR BEST TIMES or Personal Records (PR's): This is probably the only true way to gauge your improvement. If you just go out and race, the place you came in is not really a good indicator of how you are improving. For instance, if you are usually right with some other skaters, and then at one particular meet, they beat you, did you skate poorly? What if that race was a Personal Record for you? What if it was a "PR" by several seconds? What if you get beat by someone you always beat?

If you got a PR in that race, then that was the best you could do (assuming that you didn't make other mistakes during the race). By keeping track of your race times, at least in the shorter distances, you will have a much better idea of how you skated, and how you are improving.

Don't get me wrong, it's fun to win, and it's good to try to beat someone. But you still need a good guide to chart your improvements. Who you beat (or who beats you) just doesn't provide that information. The whole point of our sport (besides having fun) is gradually getting faster, as well as becoming a better skater.

USING THE CHART: Notice the chart is actually three columns, side by side. First, find your fastest time for one of the 3 distances listed. Obviously, the flying 1-lap and the 333 columns are for the 111.12 meter short track. The 500 column is good for both long and short track. Then read the actual (average) speed, in Miles Per Hour, next to the time.

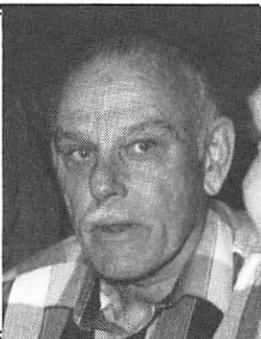
Two approximate World Records are marked and in bold: 36.0, Dan Jansen's World Record for long track (actually 35.76), and 43.0, the World Record for short track. Keep in mind that several World Level short track skaters have skated flying laps under 9.0 seconds, possibly as low as 8.5!!

Flying 1-Lap Time	Miles Per Hour	500 Meter Time	Miles Per Hour	333 Meter Time	Miles Per Hour
8.0	31.0	34.0	32.7	34.0	22.0
8.5	29.3	35.0	31.9	35.0	21.3
9.0	27.6	*36.0*	31.1	36.0	20.7
9.5	26.2	37.0	29.8	37.0	20.1
10.0	24.9	38.0	29.4	38.0	19.6
10.5	23.7	39.0	28.7	39.0	19.1
11.0	22.6	40.0	28.0	40.0	18.6
11.5	21.6	41.0	27.3	41.0	18.2
12.0	20.7	42.0	26.6	42.0	17.7
12.5	19.9	*43.0*	26.0	43.0	17.3
13.0	19.1	44.0	25.4	44.0	16.9
13.5	18.4	45.0	24.9	45.0	16.6
14.0	17.6	46.0	24.3	46.0	16.2
14.5	17.1	47.0	23.8	47.0	15.9
15.0	16.6	48.0	23.3	48.0	15.5
15.5	16.0	49.0	22.8	49.0	15.2
16.0	15.5	50.0	22.4	50.0	14.9
16.5	15.0	51.0	21.9	51.0	14.6
17.0	14.6	52.0	21.5	52.0	14.3
17.5	14.2	53.0	21.1	53.0	14.1
18.0	13.8	54.0	20.7	54.0	13.8
18.5	13.4	55.0	20.3	55.0	13.5
19.0	13.1	56.0	19.9	56.0	13.3
19.5	12.6	57.0	19.7	57.0	13.1
20.0	12.4	58.0	19.3	58.0	12.8
		59.0	19.0	59.0	12.5
		1:00.0	18.6	1:00.0	12.3
		1:01.0	18.3		
		1:02.0	18.0		
		1:03.0	17.8		
		1:04.0	17.5		
		1:05.0	17.2		

AROUND THE STATES WITH KIDS ON SKATES

MEMBERSHIP Growth & Novice Committee Report

By "DOC" SAVAGE
Wauwatosa, Wisconsin



WANTED

We need active clubs to give their young novice skaters something for "Show and Tell" at school.

The ASU Badge Program is perfect for "Show and Tell." The top Badge is a half moon with a speedskater on it. There is a set of coaching instructions which go

along with Badges #1 - #6 which can easily be adapted for use by novice skaters in "Show and Tell."

You can turn your young skaters into "salesmen" for the sport while providing them with a new and different "Show and Tell" project. But first you should introduce this ASU instructional badge program to your club because it is a proven way to teach new young skaters and excite them about the sport.

The big half-moon badge and the first six smaller badges (each represents another step successfully completed by the skater) are \$4.25 for the set. Badges #7 - #10 (for more advanced skating accomplishments) are 50 cents each.

For more information on the ASU Badge Program contact:

DOC SAVAGE
2614 N. 115th Street
Wauwatosa, Wisconsin 53226
414/258-5427

To order, send checks made payable to the ASU to Doc.

Rink Wisdom and Courtesy

We thank the Northeast Skating Association for the following very important rules to guide you throughout your speedskating days. It is especially important for new skaters to know that these are good rules to live by but whether you have been skating six months or 60 years, read them and remember them!

Personal Safety

1. Make sure skates are laced and tied tightly (never use skatehooks on speedskates).
2. Be sure laces don't hang on ice or have large loops to catch recovering skate.
3. Remove costume jewelry, pins etc. and earrings - especially loop style.
4. Avoid baggy bottom or cuffed pants to avoid trips.
5. Wear long sleeves and pants and wear gloves or mittens to prevent ice burns.
6. Test blade edge sharpness, stay on mats, don't step on cement or steel floors.
7. Remove safeguards (scabbards) before stepping on ice.
8. Safety helmets are advised at practice and full hard shell helmets are required at indoor meets.

Procedural Safety

9. Always circulate in counter clockwise rotation.
10. Exercise special care entering ice, enter when safe with a counter clockwise slant.
11. Never make sudden stops or quick lateral movements endangering pursuing skaters.
12. Don't skate in track-blocking groups or hold hands.

13. Always leave a skater's width between yourself and the boards or fellow skater.
14. NO pushing or shoving or horseplay or skating backwards!
15. Never sit on boards or ice. Exposed blades are DANGEROUS!
16. Never throw equipment, especially skates, to fellow skaters.
17. Remove any foreign matter from ice quickly and replace cups and fallen mats.
18. Avoid falling over or stepping on fallen skaters.
19. If you should fall, get your head and neck off the ice surface immediately! Keep fingers and hands in close to your body, turn facing counter clockwise and get up quickly.
20. Avoid falling backwards.
21. Don't cut across inner ice surface at high speeds following a workout as elders, novices and young children will occupy this area - rather, decelerate on the track or deep into corners.
22. Always enter a pack from the rear and accelerate to catch. Don't attempt to pack up in close formation until you are able to pace stride with the pack in complete control.

Wise Personal Tips

23. Drink 8-16 oz. of water a half hour before practice.
24. Stretch out before sessions.
25. Warm up 5 minutes on ice prior to intense workouts.
26. Be alert, anticipate your course ½ lap in advance.

EATING ISN'T CHEATING

How often do you or your friends talk about food as if confessing nutritional sins:

"I felt so guilty after I ate pancakes for breakfast that I exercised an extra two hours..."

"I'm a good dieter at breakfast and lunch, but I'm so bad at night when I eat everything in sight..."

"I tried not to eat until dinner, but I got so hungry that I cheated and ate a cookie..."

Day in and day out, I hear active people talk about food as if it is a forbidden substance. I repeatedly remind them they are *supposed* to eat: food is fuel, an investment in health, and one of life's pleasures--even for dieters. But too many weight-conscious athletes see food as the fattening enemy.

Speaking at the American Dietetic Association's 1994 annual meeting in Orlando, Karen Kratina RD, eating disorders specialist, addressed the topic of *Eating isn't Cheating*. She described America's current eating trends (or is that *dieting* trends) as a source of nutritional conflict in many people's lives. The scenario for an athlete who wants to lose a few pounds commonly goes like this: 1) I feel fat. I'll go on a diet and restrict my food. 2) I'm ravenously hungry but I can't eat because eating is cheating. 3) My hunger is getting out of control. I'm eating everything in sight. 4) I'm so bad and lack willpower. I'll get back on my diet tomorrow and be even stricter...

The vicious circle goes around and around, as the dieter goes on and off diets, feeling more and more hopeless about his or her ability to lose weight. Dieters generally end up with no long-term weight loss. Many even gain weight. They feel like total failures, unable to "eat just one cookie", unreliable and unable to trust themselves around food. If you are such a dieter, think again. Perhaps you aren't "bad". Perhaps your *diet* is the problem.

Despite the advertisements and messages of the \$37 billion dollar diet industry, *diets do not work*. Research documents that ninety-five percent of people who lose weight on a diet end up regaining it. Diets are actually the *source* of many weight problems. The denial and deprivation associated with restricting and regulating food sets the stage for an abnormal physical and psychological situation. Instead of eating like a child (that is, children eat when they are hungry and stop when they are full), you now try to confound your natural instincts: You do not eat when you are hungry, and then do not stop when you are full.

Eating is just a physiological function. Kratina suggests that eating should be as natural as urinating and breathing. If you have a full bladder and want to urinate at 10 a.m., do you force yourself to wait until noon? No. But if you are hungry and want to eat at 10 a.m., do you make yourself wait to eat until lunchtime? Probably yes, because you have learned that food is fattening, hunger is a sign of weakness, and eating is a sin.

So what can you do if you want to lose a few pounds? First of all, you want to eat healthfully and appropriately, having slightly smaller portions of your standard meals. Trust that appropriate eating will contribute to a proper weight. Secondly, you want to be sure you are setting an attainable *and* maintainable weight goal. If you have only five pounds to lose, don't bother to lose eight pounds so you'll "have the extra three pounds to play with."

To determine what is an appropriate weight for your body, take a look at your genetic relatives. As the saying goes, the apple doesn't fall too far from the tree. If you are already leaner than your family members but are striving to be even leaner, think again--the struggle may not be worth the effort. For example, one runner's goal was pencil-thin thighs. But her pear-shaped relatives all had well-rounded thighs. She finally recognizes that she was happier accepting herself as she was and loving her body for its better points (strong muscles that helped her be a great athlete, a pretty smile, beautiful hair) than belittling herself for having a little cellulite.

As America ages, so do millions of dieters who are spending their lifetime losing and regaining the same weight over and over again. Some claim they finally have stopped dieting. They now are just eating non-fat foods and exercising religiously. This weight-loss driven program--The Diet of the 90's--overlooks a basic issue: What's wrong with you the way you are?

Most likely, your desire for thinness has more to do with your self-esteem and how you feel about yourself, and less to do with your health, particularly if you have acceptable blood cholesterol and blood pressure and are physically fit. According to Nancy King, RD, nutrition therapist from California and speaker at the American Dietetic Association's convention, the best health goal is to stop feeling stressed about your weight. The scale should become a non-issue. Throw away that meaningless piece of metal if it has too much control over your happiness. You are the same lovable, wonderful, capable person regardless of what weight the scale says!

Both King and Kratina emphasize the importance of being at peace with food, of loving yourself for who you are, and for recognizing that the media has created a warped image of what people actually look like. Even lean athletes perceive themselves as being fat compared to models who tend to be 23% underweight but are portrayed as "normal". Wouldn't you rather accept the diversity of human bodies and live in harmony with food than struggle against it? Eating is not cheating.

Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline, is author of *Nancy Clark's Sports Nutrition Guidebook* (\$18) and *The New York City Marathon Cookbook* (\$23)-- both of which have chapters on weight control. For your copies, ask at your local bookstore or send a check to Sports Nutrition Materials, 830 Boylston St., Brookline MA 02167.

Great Lakes Short Track Championships

Pettit National Ice Center • Milwaukee, Wisconsin • November 12-13, 1994

Staff Photos



Here's The Pre-Start Line, Girls!
Starter Stan Strzykalski instructing girls at the start



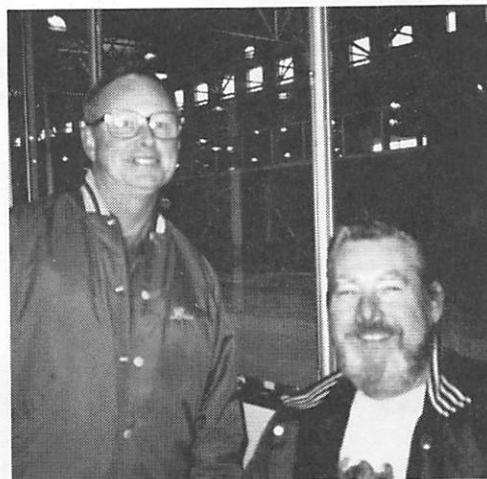
Senior Elite Men "A" get ready for the start of the 3000



The "A" Team at the starting line: Amy Peterson, Julie Goskowitz, Karen Cashman, Whitney McGill



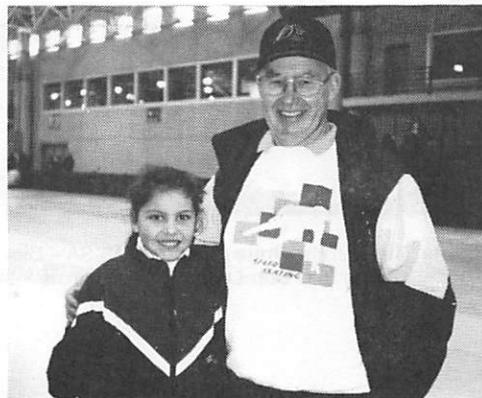
Long Track metric skater Tim Hoffmann chased blocks in hockey skates after the time trials!



Referees Bruce Bauer and Duane Riley take a rest.



Clerks Madeline Lease and Elayne Riley



Lindsey Tarissenti and Art Jennings of Sault Ste. Marie, Canada

USISA's Fall Board Meeting

Ramada Hotel and Conference Center • St. Paul, Minnesota

September 24-25, 1994

Staff Photos



The ASU elected members of the USISA's Boards caucus before USISA's Fall Meeting starts. Left to right: Tony Arena (in back), Jeff FitzRandolph, Brad Goskowicz, Ken Altuchoff and Chairman Fred Benjamin.



Linda O'Hare, Sarah Hill and Lisa Sundstrom listen intently at the ASU caucus.



The Three Jolly White Giants of USISA—Dick Somalski, Jack Byrne and Bob Lunda enjoy their new sweatshirts



Paul Mix and David Howick of the Oquirrh Park Fitness Center came to the meeting and gave a report on the new 400 meter oval being built at Oquirrh Park in Salt Lake City, Utah

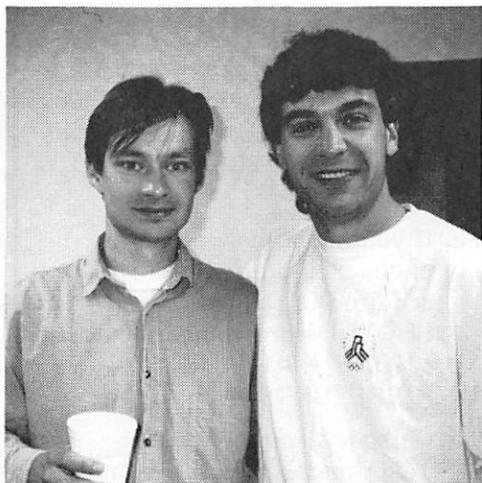
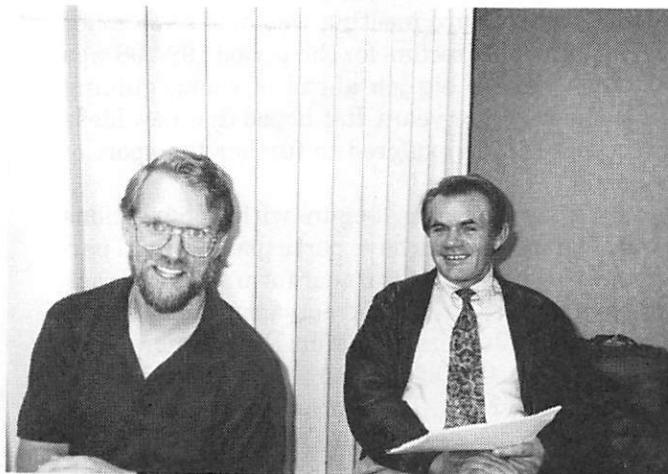


WILMA BOOMSTRA (on the left) is the assistant National Short Track coach. A native of Leeuwarden, Holland, Boomstra spent the 1993-94 season coaching pre-elite skaters in Marquette, Michigan. A competitive skater for 10 years, Boomstra has coached both Short and Long Track in Holland. She will work from Marquette, Michigan.

PAT WENTLAND (on the right) is the Development Coach based in Lake Placid. A U.S. National Team member from 1984 to 1992, Wentland was head coach of the Bay State Speedskating Club in Massachusetts from 1986 to 1992. He is a two-time North American Long Track Champion as well as a two-time National Short Track Champion. He will work from the Olympic Training Center.

Veteran National Coach **MIKE CROWE** (on the left) of Butte, Montana, is Junior National Team Coach. Crowe has been the Junior National Team Coach since 1991. He also has served as U.S. Speedskating Development Coordinator. He has authored many articles on sports science and medicine.

STAN KLOTKOWSKI (on the right) is the Development Coach at the new Salt Lake City oval. He earned his degrees in Poland from the Academy of Physical Education in 1977. He coached the Polish National and Olympic Team. Since 1992, Klotkowski had been based in Lake Placid as U.S. Development Coach.

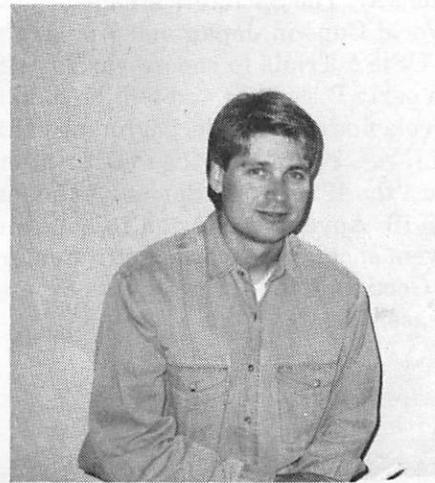


1994 Olympic Short Track coach **JEROEN OTTER** (on the left) will be the 1994-95 National Short Track coach. Otter is a Dutch Olympic and World Champion gold medalist. He will be based in Marquette, Michigan, at Northern Michigan University.

ANDY GABEL (on the right) has been a member of the U.S.A. Short Track Teams since 1987, and was a silver medalist as a member of the relay team at the 1994 Olympics.



Olympic medalist and former world record holder **GERARD KEMKERS** is the All-Around coach for the Senior National Long Track team. Kemkers had been a member of the Dutch National team since he was 17 and won a bronze medal in the 5000 at the 1988 Olympics. he will work from Milwaukee.



1994 Olympic coach **NICK THOMETZ** is Program Director and will supervise the Olympic Development and Athlete and Coaches programs. In addition to his duties as Program Director, Thometz is the senior National Team Sprint Coach for 1994-95. He is a three time Olympian.



United States International Speedskating Association News

USISA NATIONAL OFFICE NEWS

by KATIE MARQUARD

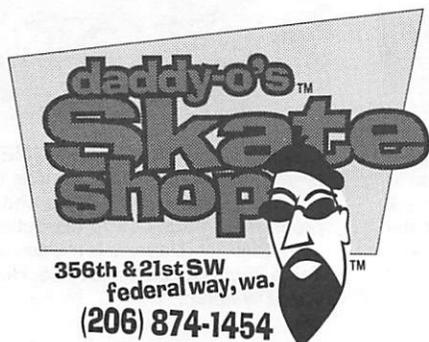


The USISA Fall Board meeting was held September 24-25. The Board of Directors for the period 1994-98 was elected. They have a big job ahead of them, guiding USISA for the next four years. It is hoped that new ideas and directions will be explored to further the sport of speedskating.

The 1994-95 season has begun with competitions underway. Our elite teams have participated or will participate in various meets in the near future. Short Track skaters have divided their time between international meets in Calgary (Juniors) and Montreal (Seniors), and ASU meets such as Chicago Silver Skates and the Great Lakes Short Track Meet. The World Cup in Long Track begins November 26-27 with an event in Berlin, Germany, for the All-round skaters. From there they will go to Heerenveen, the Netherlands, and the men All-rounders will finish their Fall World Cups in Bergen, Norway. The Sprinters are headed over to Asia for two World Cups in Japan and Korea.

USISA Trials to choose various USISA teams begin in early December and will be held on seven different weekends through the beginning of March. In the midst of these, USISA and the Pettit National Ice Center will host the 1995 World Sprint Championship on February 18-19. Anyone interested in obtaining tickets for this event should contact the Pettit Center at (414) 266-0100.

Good luck to all the skaters for a successful 1994-95 season!



PETTIT NATIONAL ICE CENTER

MILWAUKEE, WISCONSIN

Time Trials 94-95

Starting

Weekend: October 22nd, the first day for trials. Sunday October 23rd and Saturday October 29th, there will be no Time Trials. The trials will run every weekend from here on out. They will be canceled when the numbers get to low.

Time: 8:00-10:00 a.m. (Open)
10:00-12:00 (Category 1 and National Team Members.)

Cost: \$4.00 per person (ASU or USISA)
\$10.00 per person (NON-ASU Members)
NO REFUNDS

Qualifications: . . (Times needed to skate longer distances than 500m)
Senior Men—45 sec., Junior Men 49
Senior Women—48 sec., Junior Women 52
(Jr. I.S.U. 19 & Under)

Registration

Times: (Pay in full at skate rental)
Monday — Thursday 2:00-7:00 pm
Friday 2:00-5:00 pm

Registration by

Phone: If you don't show after the phone registration you will be required to pay for the NO-SHOW, before you can skate.
PHONE # (414) 266-0120
NO REFUNDS!!!

Note: Category 1 and National Team members are the only people that can use the warm-up lane for a workout, from 10:00-12:00. This will be monitored by the P.N.I.C. staff and volunteers.

If you have any questions please give me a call at 266-0134 ask for Dave Dodge.



United States International Speedskating Association News

1994-98

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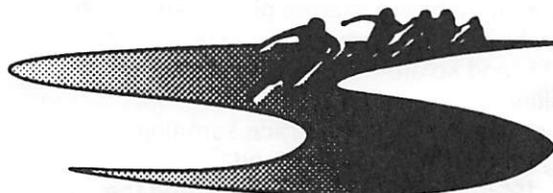
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LONG TRACK SELECTION PROCEDURES

1994-95 Winter World Cup Selection

- A. The 1994-95 Winter World Cup Team will consist of the 1995 Senior World Championships Team Members. Travel and participation in the World Cup Final will be limited to those meeting the ISU qualifying standards.
- B. USISA may enter additional skaters to fill our World Cup entry quota. Recommendations will be made by the National Team Coaches to the Program Director and Chairman of the Long Track Committee based on the results of the 1995 Long Track Sprint and All-around National Championships. These additional skaters, if any, will bear their own expenses to participate in the World Cups. USISA reserves the right not to fill the maximum quotas.

	<u>1994-95 World Cup Entry Quotas</u>			
	500m	1000m	1500m	3000/5000m
Ladies:	4	4	4	3
Men:	5	3	2	2

1995 World Championships Teams Selection Criteria

- A. Ladies World Sprint Championships Team: 2 start positions.
1. The 2 start positions will be filled by the 2 ladies having the best 4 race samalog (2 x 500m and 2 x 1000m) from the 1995 Long Track National Sprint Championships in Milwaukee, WI (December 31, 1994 and January 1, 1995) provided they have skated the ISU qualifying times of 44.00 sec. (500m) and 1:28.00 (1000m) in the 1995 National Sprint Championships or in a meet with electronic timing and a published protocol during the 1994-95 season.
 2. No alternate will be selected.
- B. Men's World Sprint Championships Team: 3 start positions.
1. The 3 start positions will be filled by the 3 men having the best 4 race samalog (2 x 500m and 2 x 1000m) from the 1995 Long Track National Sprint Championships in Milwaukee, WI (December 31, 1994 and January 1, 1995) provided they have skated the ISU qualifying times of 39.50 sec. (500m) and 1:19.50 (1000m) in the 1995 National Sprint Championships or in a meet with electronic timing and a published protocol during the 1994-95 season.
 2. No alternate will be selected.
- C. Ladies World Championships Team: 3 start positions.
1. The 3 start positions will be filled by the 3 ladies having the best 3 race samalog (500m, 1500m, and 3000m) from the 1995 Long Track National All-around Championships in Milwaukee, WI (January 7-8, 1995) provided they have skated the ISU qualifying time of 4:45.00 (3000m) in the 1995 National All-around Championships or in a meet with electronic timing and a published protocol during the 1994-95 season. Skaters must compete in and complete the 5000m to qualify for the Team.
 2. No alternate will be selected.
- IMPORTANT:** New ISU rule pertaining to qualification of the fourth (final) distance at the World Championships for Ladies. The twelve (12) best competitors by points after three events (500m, 1500m, 3000m) qualify for the 5000m. These, however, must include the six (6) best competitors over the respective long distance by time. If there are skaters placed among the 6 best in the longest of the three distances (3000m) who are not among the above mentioned 12 best, they shall replace numbers 12, 11, and so on.
- D. Men's World Championships Team: 2 start positions.
1. The 2 start positions will be filled by the 2 men having the best 3 race samalog (500m, 1500m, and 5000m) from the 1995 Long Track National All-around Championships in Milwaukee, WI (January 7-8, 1995) provided they have skated the ISU qualifying time of 7:25.00 (5000m) in the 1995 National All-around Championships or in a meet with electronic timing and a published protocol during the 1994-95 season. Skaters must compete in and complete the 10,000m to qualify for the Team.
 2. No alternate will be selected.

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IMPORTANT: New ISU rule pertaining to qualification of the fourth (final) distance at the World Championships for Men. The twelve (12) best competitors by points after three events (500m, 1500m, 5000m) qualify for the 10,000m. These, however, must include the six (6) best competitors over the respective long distance (by time). If there are skaters placed among the 6 best in the longest of the three distances (5000m) who are not among the above mentioned 12 best, they shall replace numbers 12, 11, and so on.

1995 Junior World Championships Teams Selection Criteria

- A. Men's Junior World Championships Team - 3 start positions.
1. The 3 start positions will be filled by the 3 skaters having the best 4 race samalog (500m, 1500m, 3000m and 5000m) from the 1995 Junior National Long Track Championships.
 2. A junior has not reached the age of 19 by July 1 preceding the competition.
 3. Any Junior age skater qualifying for the 1995 All-around World Championships Team will be placed on the 1995 Junior World Championships Team without having to partake in the 1995 Junior National Long Track Championships. The number of skaters selected from the 1995 Junior National Long Track Championships will be reduced accordingly.
- B. Women's Junior World Championships Team - 3 start positions.
1. The 3 start positions will be filled by the 3 skaters having the best 4 race samalog (500m, 1000m, 1500m and 3000m) from the 1995 Junior National Long Track Championships.
 2. A junior has not reached the age of 19 by July 1 preceding the competition.
 3. Any Junior age skater qualifying for the 1995 All-around World Championships Team will be placed on the 1995 Junior World Championships Team without having to partake in the 1995 Junior National Long Track Championships. The number of skaters selected from the 1995 Junior National Long Track Championships will be reduced accordingly.

1995 Junior and Neo-Senior Country Match Team Selection Criteria

- A. 1995 Junior Country Match Team: 3 men and 3 ladies start positions.
1. The start positions will be filled by the 1995 Junior World Team.
 2. A junior has not reached the age of 19 by July 1 preceding the competition.
- B. 1995 Ladies Neo-Senior Country Match Team: 3 start positions.
1. The 3 start positions will be filled by the top 3 neo-senior finishers, over a 4 race samalog (500m, 1500m, 3000m, 5000m) at the 1995 National Long Track All-around Championships who did not qualify for a 1995 Senior World Championship Team.
 - a. Neo-seniors must finish in the top 8 overall finishers, over a 4 race samalog (500m, 1500m, 3000m, 5000m) at the 1995 National Long Track All-around Championships.
 - b. If 3 neo-seniors do not qualify from the 1995 National Long Track All-Around Championships, Junior age skaters will be selected from the 1995 Junior National Long Track Championships according to their finish over a 4 race samalog (500, 1000m, 1500m, 3000m) until a full team of 3 ladies is filled.
 - c. Junior age skaters can only qualify at the 1995 Junior National Long Track Championships.
 - d. A Neo-senior has reached the age of 19 by July 1 preceding the competition, but has not reached the age of 21 by July 1 preceding the competition.
 - e. A junior has not reached the age of 19 by July 1 preceding the competition.
- C. 1995 Men's Neo-Senior Country Match Team: 3 start positions.
1. The 3 start positions will be filled by the top 3 neo-senior finishers, over a 4 race samalog (500m, 1500m, 5000m, 10,000m) at the 1995 National Long Track All-around Championships who did not qualify for a 1995 Senior World Championship Team.

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- a. Neo-seniors must finish in the top 8 overall finishers, over a 4 race samalog (500m, 1500m, 5000m, 10,000m) at the 1995 National Long Track All-around Championships.
- b. If 3 neo-seniors do not qualify from the 1995 National Long Track All-around Championships, Junior age skaters will be selected from the 1995 Junior Long Track Championships according to their finish over a 4 race samalog (500m, 1500m, 3000m, 5000m) until a full team of 3 men is filled.
- c. Junior age skaters can only qualify at the 1995 Junior National Long Track Championships.
- d. A Neo-senior has reached the age of 19 by July 1 preceding the competition, but has not reached the age of 21 by July 1 preceding the competition.
- e. A junior has not reached the age of 19 by July 1 preceding the competition.

Qualification Standards for the 1995 Sprint and All-around National Long Track Championships

- A. Current Senior Long Track National Team and current Category 1 Long Track skaters are automatically qualified to start.
- B. Additional skaters can qualify for the Sprint Championships by meeting 1 of the following time standards in a meet with a published protocol during the 1994-95 season. The ISU factor of 0.20 sec will be added to hand times. It is the responsibility of the skater to provide documentation that the standard has been met.

	<u>500m</u>	<u>1000m</u>
Ladies:	46.00	1:33.00
Men:	40.00	1.21.00

- C. Additional skaters can qualify for the All-around Championships by meeting 1 of the following time standards in a meet with a published protocol during the 1994-95 season. The ISU factor of 0.20 sec will be added to hand times. It is the responsibility of the skater to provide documentation that the standard has been met.

	<u>1500m</u>	<u>3000m</u>	<u>5000m</u>
Ladies:	2:27.00	5:00.00	
Men:	2:08.00		7:40.00

Qualification Standards for the 1995 Junior National Championships

- A. Current Junior National Team Members are automatically qualified to start.
- B. Additional skaters can qualify as follows:
 1. The top 3 overall finishers (4 race samalog) in each age group (A, B, C) men and ladies from each of the three 1995 Junior Regional Championships, January 14-15, 1995. To clarify, if Junior National Team members participate in their Junior Regional Championships they will not be considered in the overall place finish for qualification to the Junior National Championships.

Western and Northern regions: Roseville, MN

Midwestern and Southern regions: Milwaukee, WI

Eastern region: Lake Placid, NY

A skater's region is defined as the ASU State Association of membership, or the skater's state of legal residence if a direct member of ASU or USISA.

Western Region

Alaska Washington
 Colorado Nevada
 Montana New Mexico
 California Arizona
 Oregon Idaho
 Utah Wyoming

Northern Region

Minnesota
 Iowa
 Nebraska
 North Dakota
 South Dakota

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Midwestern Region

Illinois
 Indiana
 Michigan
 Wisconsin

Southern Region

Missouri	Virginia
Texas	N. Carolina
Florida	S. Carolina
Georgia	Alabama
Kentucky	Mississippi
Tennessee	Louisiana
Arkansas	Kansas
Oklahoma	

Eastern Region

Maryland	Middle Atlantic
North Eastern	Northern New York
Western New York	Ohio
Connecticut	Pennsylvania
Maine	New Hampshire
Vermont	Massachusetts
New Jersey	West Virginia

2. Three more qualifiers, mens and ladies, in each age group (A, B, C) will be named by the Development Selection Committee based on performances at the 1995 Regional Championships (this is necessary due to a lack of parity in the regions). The Development Selection Committee will consist of the USISA Regional Coaches, Junior National Coach and Chairman of the Long Track Committee.
- C. The top 8 skaters over a 3 race samalog in each age group (A, B, C), men and ladies, will skate in the final distance. A skater finishing in the top 4 in the first day's long distance not among the top 8 samalog will replace numbers 8, 7, and so on.
- D. Age group classifications are listed below and will be the age as of July 1 preceding the competition.

A: 17 - 18 years
 B: 15 - 16 years
 C: 14 years and under

Note: The distances to be skated are as follows:

Men-A,B: 500m, 1500m, 3000m, 5000m
 Men-C: 500m, 1000m, 1500m, 3000m
 Ladies A,B & C: 500m, 1000m, 1500m, 3000m

- E. All qualifiers for the 1995 Junior National Long Track Championships will become Category 2 for the 1995-1996 season, unless qualified for Category 1.

1995-96 Senior National Team Selection Criteria

A. The best 12 skaters from Sprint and All-around are invited to be a member of the 1995-96 National Team. The invited skaters must either: 1) return the invitation (agreement to be drawn up by the National Team Coach) to participate in the National Team Program, or 2) withdraw their name from the National Team and not participate in the National Team Program. Nonparticipation in the National Team Program will result in the loss of certain privileges. Vacancies due to nonparticipation will be filled by the next place finishers until all places are filled. A skater who qualifies under both Sprint and All-around must declare which Program they will participate in. The next skater will move up to fill the vacancy.

1. Sprint National Team

- a. Four (4) positions will be filled by the four (4) ladies having the best 4 race samalog (2 x 500m and 2 x 1000m) from the 1995 Long Track National Sprint Championships in Milwaukee on December 31, 1994 and January 1, 1995.
- b. Four (4) positions will be filled by the four (4) men having the best 4 race samalog (2 x 500m and 2 x 1000m) from the 1995 Long Track National Sprint Championships in Milwaukee on December 31, 1994 and January 1, 1995.

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- c. Remaining positions will be chosen by a committee consisting of the National Team Coaches, Program Director and the Chairman of the Long Track Committee. The decision will be based on the recommendation of the National Team Coaches considering the entire season's results.
 - i. The 1995-96 season is the start of the World Single Distances Championships. The National Team selection may include the opportunity for a single distance specialist, who did not qualify for a 1995 World Championships Team, to qualify for the National Team.
- 2. All-around National Team
 - a. Four (4) positions will be filled by the four (4) ladies having the best 4 race samalog (500m, 1500m, 3000m, 5000m) from the 1995 Long Track National All-around Championships in Milwaukee on January 7-8, 1995.
 - b. Four (4) positions will be filled by the four (4) men having the best 4 race samalog (500m, 1500m, 5000m, 10,000m) from the 1995 Long Track National All-around Championships in Milwaukee on January 7-8, 1995.
 - c. Remaining positions will be chosen by a committee consisting of the National Team Coaches, Program Director and the Chairman of the Long Track Committee. The decision will be based on the recommendation of the National Team Coaches considering the entire season's results.
 - i. The 1995-96 season is the start of the World Single Distances Championships. The National Team selection may include the opportunity for a single distance specialist, who did not qualify for a 1995 World Championships Team, to qualify for the National Team.

1995-96 Junior National Team Selection Criteria

- A. The top 4 overall finishers, men and ladies (men: 500m, 1500m, 3000m, 5000m samalog; ladies: 500m, 1000m, 1500m, 3000m samalog), who will be returning Juniors for the 1995-96 season, from the 1995 Junior National Long Track Championships in Roseville will be invited to join the Junior National Team.
 - 1. The invited skaters must either: 1) return the invitation (agreement to be drawn up by the National Team Coach) to participate in the Junior National Team Program, or 2) withdraw their name from the Junior National Team and not participate in the Junior National Team Program. Nonparticipation in the Junior National Team Program will result in the loss of certain privileges.
 - 2. Vacancies due to nonparticipation in the Junior National Program will be filled by the next place finishers until all 4 places, men and ladies, are filled.
 - 3. In addition, two more skaters, men and ladies, may be selected by a committee, consisting of the National Team Coaches, Program Director and Chairman of the Long Track Committee, to train with the Junior National Team. These skaters will receive less funding or no funding. This may be the next two best Juniors from the 1995 Junior National Long Track Championships or one or two Neo-seniors from the 1995 National All-around Long Track Championships.
 - a. A junior has not reached the age of 19 by July 1 preceding the season.
 - b. A Neo-senior has reached the age of 19 by July 1 preceding the season, but has not reached the age of 21 by July 1 preceding the season.

1995-96 Senior Category 1 Selection Criteria

- A. Place in the top 10 overall, Ladies and Men, in 1995 National Long Track Sprint Championships (2 x 500m, 2 x 1000m samalog).
OR
- B. Place in the top 10 overall, Ladies and Men in the 1995 National Long Track All-around Championships (men: 500m, 1500m, 5000m, 10,000m samalog; ladies: 500m, 1500m, 3000m, 5000m, samalog).

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1. A Junior age skater will not be required to skate the final distance (5000m ladies, 10,000m men). If she/he is in the top 10 after 3 distances, she/he will replace number 10, 9 and so on place finishers over 4 distances.
- C. All Category 1 positions will be filled. Vacancies created due to retirement will be filled by the skater(s) occupying the next position(s) in the above categories.

1995-96 Junior Category 1 Selection Criteria

- A. Place in the top 6 of returning Juniors, Ladies and Men at the 1995 Junior National Long Track Championships. The skater must be a Junior for the 1995-96 season.
1. A Junior has not reached the age of 19 by July 1 preceding the season.
- B. Place in the top 3 in their age classification, Ladies and Men at the 1995 Junior National Long Track Championships. The skater must be a Junior for the 1995-96 season.
- A: 17 - 18 years
 - B: 15 - 16 years
 - C: 14 years and under
1. A Junior has not reached the age of 19 by July 1 preceding the season.

1996 USOC Level 1 Grant: 8 Women, 10 Men

- A. The positions will be filled based on the 1995 Sprint and All-around Long Track National Championships. All eligible skaters must sign a letter of intent for the 1995-96 season, by a date to be set later, and compete in the 1996 Sprint or All-around Championships (depending upon which discipline the Grant was earned) in order to receive Level 1 funding.
- B. The 8 Women and 10 Men will be a Theoretical Olympic Team utilizing the 1994 Olympic Team Selection Procedure, modified to reflect the fact that only 2 x 500m, 2 x 1000m and 1 x 1500m, 3000m, 5000m and 10,000m race will be skated.
1. A skater can qualify for the Theoretical Olympic Team 500m only at the 1995 Long Track National Sprint Championships.
 2. The ISU top 32 requirement for men's 5000m and ladies 3000m shall not apply.
 3. The ISU top 16 requirement for the men's 10,000m and ladies 5000m shall not apply.
- C. A skater qualifying for a 1995 Senior World Championships Team who does not qualify for the Theoretical Olympic Team will replace the slowest skater on the Theoretical Team based on the Reduction Sequence in the 1994 Olympic Team Selection Procedures.

SHORT TRACK

SENIOR NATIONAL TEAM

LADIES AND MEN

- Top 20 finish at the World Championships, March 17-19, 1995 in Hamar, Norway.
- Any member of a relay team that makes a final at the World Championships March 17-19, 1995, in Hamar, Norway, that actually competed in that Championships as a member of the relay team, including heat, semi-final or final.
- Team Member that actually skates in the World Team Championships and Team finishes in the top 4 at the World Team Championships.
- There shall be no move-ups to the Senior National Team.

SENIOR CATEGORY I

LADIES AND MEN

- Top 8 skaters at the World Trials, March 4-5, 1995.
- Move-ups shall be allowed down to the 10th place skater in the World Trials, March 4-5, 1995.

JUNIOR CATEGORY I

LADIES AND MEN

- Top 6 at the Junior Trials plus any junior in the top three at the Traveling Team Trials, December 10-11, 1994.
- 2 additional skaters at the Olympic Festival Selection that have not already qualified for Category 1.

USOC LEVEL I

LADIES AND MEN

- Top 5 skaters at the World Trials, March 4-5, 1995.
Amended to include:
- In case of retirements, there shall be move-ups to fill all spots based on the final classification rankings from the World Team Trials, March 4-5, 1995.

**1994-95 TRAVELING TEAM SELECTION TRIALS (SHORT TRACK)
DECEMBER 10-11, 1994
LAKE PLACID, NEW YORK**

Number of starting positions to be selected at the Traveling Team Selection Trials:

USISA will select 5 ladies and 5 men based upon the final classification of the Traveling Team Selection Trials. The top 5 ladies and top 5 men will be eligible for travel to international competitions prior to the 1995 World Team Trials and to participate in all USISA funded short track functions, ***provided they follow the complete USISA Short Track Program.***

Sequence of Events to be skated at the Traveling Team Selection Trials:

Day 1: 9 lap pursuit time trial-Ladies and Men; Ladies/Men 1500m Heats; Ladies/Men 1500m Final; Ladies/Men 500m Heats; Ladies/Men 500m Semi-Finals.

Day 2: Ladies/Men 500m Final; Ladies/Men 1000m Heats; Ladies/Men 1000m Semi-Finals; Ladies/Men 1000m Final; Ladies/Men 3000m Final (Top 8 Final point scorers-Ladies/Men).

Points awarded:

Pack style finals and time trials score final points as follows: 1st - 5 Points; 2nd - 3 Points; 3rd - 2 Points; 4th - 1 Point.

Performance points for pack style preliminary races awarded as follows: 1st - 5 Points; 2nd - 3 Points; 3rd - 2 Points; 4th - 1 Point.

Final Points have predominance over performance points for final team selection.

The Traveling Team Selection Trials will be run under ISU Rules unless otherwise noted.

Seeding for the Traveling Team Selection Trials

Seeding for the 9 Lap Time Trial Pursuit - Dec 10, 1994:

Pairs for the 9 Lap Time Trial Pursuit will be made up by the Competitors Steward. The top 16 skaters from the Time Trial will advance to compete in the rest of the competition.

Seeding for 1500m Pack Style Heats - Dec 10, 1994:

<u>Heat A</u>	<u>Heat B</u>	<u>Heat C</u>
#1 from 9 Lap TT	#2 from 9 LapTT	#3 from 9 Lap TT
#6	#5	#4
#7	#8	#9
#12	#11	#10
#13	#14	#15
		#16

The top 2 skaters from each heat advance to the final.

After the 1500m Final, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 500m Pack Style Heats-Dec 10, 1994:

Ranking after 1500m. Final:

<u>HEAT A</u>	<u>HEAT B</u>	<u>HEAT C</u>	<u>HEAT D</u>
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13

The top 2 skaters from each heat advance to the semi-finals.

After the 500m Heats, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 500m Pack Style Semi-Finals-Dec 10, 1994:

<u>SEMI A</u>	<u>SEMI B</u>
#1 after 500m Heats	#2 after 500m Heats
#4	#3
#5	#6
#8	#7
#9 (if needed)	#10 (if needed)

The top 2 skaters from each Semi advance to the Final.

Page 2 - Traveling Team Trials

After the 500m Final, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Heats-Dec 11, 1994:

Ranking after 500m Final:

<u>HEAT A</u>	<u>HEAT B</u>	<u>HEAT C</u>	<u>HEAT D</u>
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13

The top 2 skaters from each heat advance to the Semi-Finals.

After the 1000m Heats, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Semi-Finals-Dec 11, 1994:

<u>SEMI A</u>	<u>SEMI B</u>
#1 after 1000m Heats	#2 after 1000m Heats
#4	#3
#5	#6
#8	#7
#9 (if needed)	#10 (if needed)

The top 2 skaters from each Semi-Final advance to the Final.

After the 1000m Final, the top 8 final point scorers and tied for 8th position on final points, are eligible to skate in the 3000m Final on December 11, 1994.

After the last 3000m Final, the Final Classification of skaters will be based **first** upon total final points (including Time Trial final points), **secondly** by skaters who completed a final(s) but scored 0 final points, **then** ranked by performance points. Ties will be broken based upon the guidelines under the Tie Breaking section.

Tie Breaking - Traveling Team Trials

Points will be awarded for ties according to ISU Rules.

FINAL CLASSIFICATION:

Ties in Final Points will be broken first by Performance Points, second by the times of the 9 Lap Time Trial, December 10, 1994. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

Ranking of skaters who have completed pack style finals but not scored any Final Points shall be done in the following fashion:

All skaters who have completed finals but not scored any Final Points shall be considered tied.

That tie shall be broken first by Performance Points, secondly by the times from the 9 Lap Time Trial Pursuit, December 10, 1994. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

Skaters with only Performance Points and no completed Final, will be ranked by total Performance Points. Ties will be broken by the times from the 9 Lap Time Trial Pursuit, December 10, 1994. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

FOR SEEDING:

Ties in the 9 Lap Time Trial will be broken for seeding as follows:

The names of the skaters that are tied will be placed in a hat and the Chief Referee will draw them out one at a time. The 1st skater drawn will have predominance for seeding. The remaining skaters that are tied for the same position will be drawn in the same fashion and be seeded in descending order.

Page 3 - Traveling Team Trials

Ties in Final Points will be broken for seeding as follows:

Ties in Final Points will be broken first by Performance Points. Then by the times from the 9 Lap Time Trial Pursuit, December 10, 1994. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Seeding of skaters who have completed Finals but not scored any Final Points:

Skaters will be seeded first by performance points, secondly by the times from the 9 Lap Time Trial Pursuit, December 10, 1994. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Seeding of skaters with only Performance Points and no completed Final will be ranked first by total Performance Points, secondly by the times from the 9 Lap Time Trial Pursuit, December 10, 1994. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Seeding of skaters with no performance points:

Skaters will be ranked by their times from the 9 Lap Time Trial Pursuit, December 10, 1994. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Ties for the last qualifying position in the 9 Lap Time Trial, December 10, 1994:

If two or more skaters are tied for the last qualifying position then additional 9 Lap Time Trial Pursuits will be skated until the tie is broken.

1995 WORLD SHORT TRACK TRIALS**MARCH 4-5, 1995****SARATOGA SPRINGS, NEW YORK****Distances to be skated at the 1995 World Short Track Championships:**

500m, 1000m, 1500m and 3000m for top 8 final point scorers Ladies and Men

Number of starting positions at the 1995 World Short Track Championships:

USISA will send a maximum of 5 Ladies and 5 Men based upon the final classification of the World Short Track Trials. The top 2 Ladies and the top 2 Men will skate the individual events.

The remaining 3 Ladies and 3 Men will be eligible to skate the relay. All 5 Ladies and 5 Men are eligible to skate in the World Teams qualifying meet and subsequent World Teams meet.

NOTE: The USISA Short Track Head Coach determines which of the top 5 skaters will participate in the relay at the World Championships and at all World Teams qualifying and World Team events.**Sequence of Events to be skated at the 1995 World Short Track Trials:****Day 1:** 9 lap pursuit time trial-Ladies and Men (Olympic Festival Trials is conducted at the same competition - time trial for all competitors with top 16 men and top 16 ladies moving into World Team Trials, remaining Olympic Festival age competitors up to top 24 men and top 24 ladies move into Olympic Festival Trials; if an Olympic Festival age skater is in the top 16 of the time trial and moves into World Team Trials this skater(s) will have a bye onto the Olympic Festival Team); Ladies/Men 1500m Heats; Ladies/Men 1500m Final; Ladies/Men 500m Heats; Ladies/Men 500m Semi-Finals.**Day 2:** Ladies/Men 500m Final; Ladies/Men 1000m Heats; Ladies/Men 1000m Semi-Finals; Ladies/Men 1000m Final; Ladies/Men 3000m Final (Top 8 Final point scorers-Ladies/Men).**Points awarded:**

Pack style finals and time trials score final points as follows: 1st - 5 Points; 2nd - 3 Points; 3rd - 2 Points; 4th - 1 Point.

Performance points for pack style preliminary races awarded as follows: 1st - 5 Points; 2nd - 3 Points; 3rd - 2 Points; 4th - 1 Point.

Final Points have predominance over performance points for final team selection.

*The 1995 World Short Track Trials will be run under ISU Rules unless otherwise noted.***Seeding for the 1995 World Short Track Trials****Seeding for the 9 Lap Time Trial Pursuit - March 4, 1995:**

Pairs for the 9 Lap Time Trial Pursuit will be made up by the Competitors Steward. The top 16 skaters from the Time Trial will advance to compete in the rest of the Trials.

Seeding for 1500m Pack Style Heats - March 4, 1995:

<u>Heat A</u>	<u>Heat B</u>	<u>Heat C</u>
#1 from 9 Lap TT	#2 from 9 LapTT	#3 from 9 Lap TT
#6	#5	#4
#7	#8	#9
#12	#11	#10
#13	#14	#15
		#16

The top 2 skaters from each heat advance to the final.

After the 1500m Final, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.**Seeding for the 500m Pack Style Heats-March 4, 1995:**

Ranking after the 1500m Final:

<u>HEAT A</u>	<u>HEAT B</u>	<u>HEAT C</u>	<u>HEAT D</u>
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13

The top 2 skaters from each heat advance to the semi-finals.

After the 500m Heats, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **then**

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ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 500m Pack Style Semi-Finals -March 4, 1995:

<u>SEMI A</u>	<u>SEMI B</u>
#1 after 500m Heats	#2 after 500m Heats
#4	#3
#5	#6
#8	#7
#9 (if needed)	#10 (if needed)

The top 2 skaters from each Semi advance to the Final.

After the 500m Final, skaters shall be ranked first by final points (including time trial final points), secondly by skaters who completed the 1500m or 500m Final but scored 0 final points, then ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Heats -March 5, 1995:

Ranking after the 500m Final:

<u>HEAT A</u>	<u>HEAT B</u>	<u>HEAT C</u>	<u>HEAT D</u>
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13

The top 2 skaters from each heat advance to the Semi-Finals.

After the 1000m Heats, skaters shall be ranked first by final points (including time trial final points), secondly by skaters who completed the 1500m or 500m Final but scored 0 final points, then ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Semi-Finals -March 5, 1995:

<u>SEMI A</u>	<u>SEMI B</u>
#1 after 1000m Heats	#2 after 1000m Heats
#4	#3
#5	#6
#8	#7
#9 (if needed)	#10 (if needed)

The top 2 skaters from each Semi-Final advance to the Final.

After the 1000m Final, the top 8 final point scorers and tied for 8th position on final points, are eligible to skate in the 3000m Final on March 5, 1995.

After the last 3000m Final, the Final Classification of skaters will be based first upon total final points (including Time Trial final points), secondly by skaters who completed a final(s) but scored 0 final points, then ranked by performance points. Ties will be broken based upon the guidelines under the Tie Breaking section.

Tie Breaking - World Short Track Trials

Points will be awarded for ties according to ISU Rules.

FINAL CLASSIFICATION:

Ties in Final Points will be broken first by Performance Points, second by the times of the 9 Lap Time Trial, March 4, 1995. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

Ranking of skaters who have completed pack style finals but not scored any Final Points shall be done in the following fashion:

All skaters who have completed finals but not scored any Final Points shall be considered tied. That tie shall be broken first by Performance Points, secondly by the times from the 9 Lap Time Trial Pursuit, March 4, 1995. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

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Skaters with only Performance Points and no completed Final, will be ranked by total Performance Points. Ties will be broken by the times from the 9 Lap Time Trial Pursuit, March 4, 1995. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

FOR SEEDING:

Ties in the 9 Lap Time Trial will be broken for seeding as follows:

The names of the skaters that are tied will be placed in a hat and the Chief Referee will draw them out one at a time. The 1st skater drawn will have predominance for seeding. The remaining skaters that are tied for the same position will be drawn in the same fashion and be seeded in descending order.

Ties in Final Points will be broken for seeding as follows:

Ties in Final Points will be broken first by Performance Points. Then by the times from the 9 Lap Time Trial Pursuit, March 4, 1995. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Seeding of skaters who have completed Finals but not scored any Final Points:

Skaters will be seeded first by performance points, secondly by the times from the 9 Lap Time Trial Pursuit, March 4, 1995. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Seeding of skaters with only Performance Points and no completed Final will be ranked first by total Performance Points, secondly by the times from the 9 Lap Time Trial Pursuit, March 4, 1995. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Seeding of skaters with no performance points:

Skaters will be ranked by their times from the 9 Lap Time Trial Pursuit, March 4, 1995. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Ties for the last qualifying position in the 9 Lap Time Trial, March 4, 1995:

If two or more skaters are tied for the last qualifying position then additional 9 Lap Time Trial Pursuits will be skated until the tie is broken.

**1995 WORLD JUNIOR SHORT TRACK TRIALS
DECEMBER 29-30, 1994
MILWAUKEE, WISCONSIN**

Distances to be skated at the 1995 World Junior Short Track Championships:

500m, 1000m, 1500m and 1500m for top 6 final point scorers Ladies and Men.

Number of starting positions for World Junior Short Track Championships:

USISA will send a maximum of 2 Ladies and 2 Men based upon the final classification of the World Junior Short Track Trials and the final classification of Juniors at the Traveling Team Trials on December 10-11, 1994. Any Junior in the top 3 at the Traveling Team Trials will have a bye to the Junior World Team if he/she is one of the top 2 Juniors at the December 10-11 Trials.

Sequence of Events to be skated at the 1995 World Junior Short Track Trials:

Day 1: 9 lap pursuit time trial-Ladies and Men; Ladies/Men 1500m Heats; Ladies/Men 1500m Final; Ladies/Men 500m Heats; Ladies/Men 500m Semi-Finals.

Day 2: Ladies/Men 500m Final; Ladies/Men 1000m Heats; Ladies/Men 1000m Semi-Finals; Ladies/Men 1000m Final; Ladies/Men 1500m Final (Top 6 Final point scorers-Ladies/Men).

Points awarded:

Pack style finals and time trials score final points as follows: 1st - 5 Points; 2nd - 3 Points; 3rd - 2 Points; 4th - 1 Point.

Performance points for pack style preliminary races awarded as follows: 1st - 5 Points; 2nd - 3 Points; 3rd - 2 Points; 4th - 1 Point.

Final Points have predominance over performance points for final team selection.

The 1995 World Junior Short Track Trials will be run under ISU Rules unless otherwise noted.

Seeding for the 1995 World Junior Short Track Trials

Seeding for the 9 Lap Time Trial Pursuit - Dec 29, 1994:

Pairs for the 9 Lap Time Trial Pursuit will be made up by the Competitors Steward. The top 16 skaters from the Time Trial will advance to compete in the rest of the competition.

Seeding for 1500m Pack Style Heats - Dec 29, 1994:

<u>Heat A</u>	<u>Heat B</u>	<u>Heat C</u>
#1 from 9 Lap TT	#2 from 9 LapTT	#3 from 9 Lap TT
#6	#5	#4
#7	#8	#9
#12	#11	#10
#13	#14	#15
		#16

The top 2 skaters from each heat advance to the final.

After the 1500m Final, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 500m Pack Style Heats - Dec 29, 1994:

Ranking after 1500m Final:

<u>HEAT A</u>	<u>HEAT B</u>	<u>HEAT C</u>	<u>HEAT D</u>
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13

The top 2 skaters from each heat advance to the semi-finals.

After the 500m Heats, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

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Seeding for the 500m Pack Style Semi-Finals - Dec 29, 1994:

<u>SEMI A</u>	<u>SEMI B</u>
#1 after 500m Heats	#2 after 500m Heats
#4	#3
#5	#6
#8	#7
#9 (if needed)	#10 (if needed)

The top 2 skaters from each Semi advance to the Final.

After the 500m Final, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Heats - Dec 30, 1994:

Ranking after 500m Final:

<u>HEAT A</u>	<u>HEAT B</u>	<u>HEAT C</u>	<u>HEAT D</u>
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13

The top 2 skaters from each heat advance to the Semi-Finals.

After the 1000m Heats, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Semi-Finals - Dec 30, 1994:

<u>SEMI A</u>	<u>SEMI B</u>
#1 after 1000m Heats	#2 after 1000m Heats
#4	#3
#5	#6
#8	#7
#9 (if needed)	#10 (if needed)

The top 2 skaters from each Semi-Final advance to the Final.

After the 1000m Final, the top 6 final point scorers and tied for 6th position on final points, are eligible to skate in the 1500m Final on December 30, 1994.

After the last 1500m Final, the Final Classification of skaters will be based **first** upon total final points (including Time Trial final points), **secondly** by skaters who completed a final(s) but scored 0 final points, **then** ranked by performance points. Ties will be broken based upon the guidelines under the Tie Breaking section.

Tie Breaking - World Junior Short Track Trials

Points will be awarded for ties according to ISU Rules.

FINAL CLASSIFICATION:

Ties in Final Points will be broken first by Performance Points, second by the times of the 9 Lap Time Trial, December 29, 1994. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

Ranking of skaters who have completed pack style finals but not scored any Final Points shall be done in the following fashion:

All skaters who have completed finals but not scored any Final Points shall be considered tied. That tie shall be broken first by Performance Points, secondly by the times from the 9 Lap Time Trial Pursuit, December 29, 1994. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

Skaters with only Performance Points and no completed Final, will be ranked by total Performance Points. Ties will be broken by the times from the 9 Lap Time Trial Pursuit,

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December 29, 1994. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

FOR SEEDING:

Ties in the 9 Lap Time Trial will be broken for seeding as follows:

The names of the skaters that are tied will be placed in a hat and the Chief Referee will draw them out one at a time. The 1st skater drawn will have predominance for seeding. The remaining skaters that are tied for the same position will be drawn in the same fashion and be seeded in descending order.

Ties in Final Points will be broken for seeding as follows:

Ties in Final Points will be broken first by Performance Points. Then by the times from the 9 Lap Time Trial Pursuit, December 29, 1994. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Seeding of skaters who have completed Finals but not scored any Final Points:

Skaters will be seeded first by performance points, secondly by the times from the 9 Lap Time Trial Pursuit, December 29, 1994. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Seeding of skaters with only Performance Points and no completed Final will be ranked first by total Performance Points, secondly by the times from the 9 Lap Time Trial Pursuit, December 29, 1994. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Seeding of skaters with no performance points:

Skaters will be ranked by their times from the 9 Lap Time Trial Pursuit, December 29, 1994. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Ties for the last qualifying position in the 9 Lap Time Trial, December 29, 1994:

If two or more skaters are tied for the last qualifying position then additional 9 Lap Time Trial Pursuits will be skated until the tie is broken.

**1995 OLYMPIC FESTIVAL TRIALS
MARCH 4-5, 1995
SARATOGA SPRINGS, NEW YORK**

Skaters must be 19 years of age or younger on the day of the Trials to be able to compete in the Trials. Ladies and men will skate 1000m Time Trials, pursuit style. The first 24 skaters, ladies and men, will advance and compete for the remaining spots on the Olympic Festival Team. There will be Points awarded for the first four skaters in the Time Trials (5-3-2-1 Points). The 24 qualifiers from the Time Trials (ladies and men) will skate the following events: 1500m, 500m, 1000m, 3000m for top 8 and those tied for 8th place Final Point Winners from previous events.

Performance Points will be awarded for all Heats, Quarter and Semi-Finals, and Final Points for all Final Events. Final Points have precedence over the Performance Points. Coaches will decide the final make-up of the Relay Teams.

Ties for the final spot on the Team will be broken by: A. Performance Points; B. Results from the 1000m Time Trials; C. additional 1000m pursuit competition at the end of the Trials.

The NGB will not use any discretionary method to select the Olympic Festival Team.

Any skater reporting to the Olympic Festival injured or ill will be promptly sent home. This is a USISA Board of Directors regulation. Please abide by it. Should any of the selected skaters get hurt, become ill or for any reason is unable to participate, then the NGB will take the next skater in line to the Olympic Festival.

NOTE: ANY SKATER THAT PLACES IN THE TOP 16 IN THE TIME TRIAL FOR THE SENIOR WORLD TEAM TRIALS WILL GET A BYE TO THE OLYMPIC FESTIVAL TEAM AND RANK AHEAD OF COMPETITORS IN THE OLYMPIC FESTIVAL TRIALS FOR FINAL CLASSIFICATION ON THIS TEAM.

Sequence of Events to be skated at the 1995 Olympic Festival Trials:

Day 1: 9 lap pursuit time trial-Ladies and Men, (World Team Trials is conducted at the same competition - time trial for all competitors with top 16 men and top 16 ladies moving into World Team Trials, remaining Olympic Festival age competitors up to top 24 men and top 24 ladies move into Olympic Festival Trials; if an Olympic Festival age skater is in the top 16 of the time trial and moves into World Team Trials this skater(s) will have a bye onto the Olympic Festival Team); Ladies/Men 1500m Heats; Ladies/Men 1500m Semi-Finals; Ladies/Men 1500m Final; Ladies/Men 500m Heats; Ladies/Men 500m Quarter-Finals.

Day 2: Ladies/Men 500m Semi-Finals; Ladies/Men 500m Final; Ladies/Men 1000m Heats; Ladies/Men 1000m Quarter-Finals; Ladies/Men 1000m Semi-Finals; Ladies/Men 1000m Final; Ladies/Men 3000m Final (Top 8 Final point scorers-Ladies/Men).

Points awarded:

Pack style finals and time trials score final points as follows: 1st - 5 Points; 2nd - 3 Points; 3rd - 2 Points; 4th - 1 Point.

Performance points for pack style heats, quarter-finals and semi-finals will be awarded as follows: 1st - 5 Points; 2nd - 3 Points; 3rd - 2 Points; 4th - 1 Point.

Final Points have predominance over performance points for final team selection.

The 1995 Olympic Festival Trials will be run under ISU Rules unless otherwise noted.

Seeding for the 1995 Olympic Festival Trials

Seeding for the 9 Lap Time Trial Pursuit - March 4, 1995:

Pairs for the 9 Lap Time Trial Pursuit will be made up by the Competitors Steward.

Seeding for 1500m Pack Style Heats - March 4, 1995:

Ranking after 9 Lap TT:

Heat A	Heat B	Heat C	Heat D
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13
#17	#18	#19	#20
#24	#23	#22	#21

The top 3 skaters from each heat advance to the semi-final.

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After the 1500m heat, skaters shall be ranked **first** by final points (including time trial final points), **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1500m Pack Style Semi-Finals - March 4, 1995:

<u>Semi-Final A</u>	<u>Semi-Final B</u>
#1 after 1500m Heats	#2 After 1500m Heats
#4	#3
#5	#6
#8	#7
#9	#10
#12	#11
#13 (if needed)	#14 (if needed)

The top 3 skaters from each Semi advance to the Final.

After the 1500m Final, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 500m Pack Style Heats - March 4, 1995:

Ranking after 1500m Final:

<u>Heat A</u>	<u>Heat B</u>	<u>Heat C</u>	<u>Heat D</u>	<u>Heat E</u>	<u>Heat F</u>
#1	#2	#3	#4	#5	#6
#12	#11	#10	#9	#8	#7
#13	#14	#15	#16	#17	#18
#24	#23	#22	#21	#20	#19

The top 2 skaters from each Heat plus the 4 fastest 3rd place skaters advance to the Quarter-Finals.

After the 500m Heats, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 500m Pack Style Quarter-Finals - March 4, 1995:

Ranking after 500m Heats:

<u>¼ Final A</u>	<u>¼ Final B</u>	<u>¼ Final C</u>	<u>¼ Final D</u>
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13
#17(if needed)	#18(if needed)	#19(if needed)	#20(if needed)

The top 2 skaters from each Quarter-Final advance to the Semi-Final.

After the 500m Quarter-Finals, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 500m Pack Style Semi-Finals - March 5, 1995:

Ranking after 500m Quarter-Finals:

<u>Semi-Final A</u>	<u>Semi-Final B</u>
#1	#2
#4	#3
#5	#6
#8	#7
#9 (if needed)	#10 (if needed)

The top 2 skaters from each Semi-Final advance to the 500m Final.

After the 500m Final, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

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Seeding for the 1000m Pack Style Heats - March 5, 1995:

Ranking after 500m Final:

<u>Heat A</u>	<u>Heat B</u>	<u>Heat C</u>	<u>Heat D</u>	<u>Heat E</u>	<u>Heat F</u>
#1	#2	#3	#4	#5	#6
#12	#11	#10	#9	#8	#7
#13	#14	#15	#16	#17	#18
#24	#23	#22	#21	#20	#19

The top 2 skaters from each Heat plus the 4 fastest 3rd place skaters advance to the Quarter-Finals.

After the 1000m Heats, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Quarter-Finals - March 5, 1995:

Ranking after 1000m Heats:

<u>¼ Final A</u>	<u>¼ Final B</u>	<u>¼ Final C</u>	<u>¼ Final D</u>
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13
#17(if needed)	#18(if needed)	#19(if needed)	#20(if needed)

The top 2 skaters from each Quarter-Final advance to the Semi-Finals.

After the 1000m Quarter-Finals, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Semi-Finals - March 5, 1995:

Ranking after 1000m Quarter-Finals:

<u>Semi-Final A</u>	<u>Semi-Final B</u>
#1	#2
#4	#3
#5	#6
#8	#7
#9 (if needed)	#10 (if needed)

The top 2 skaters from each Semi-Final advance to the 1000m Final.

After the 1000m Final, the top 8 final point scorers (including time trial final points) and skaters tied for the 8th position on final points, are eligible to skate the 3000m Final.

After the 3000m Final, the Final Classification of skaters will be based **first** upon total final points (including time trial final points), **secondly** by skaters who completed a Pack style final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section. **Note:** Olympic Festival age competitors that finish in the top 16 in the 9 Lap Time Trial Pursuit and take part in the World Team Trials will be ranked ahead of competitors in the Olympic Festival Trials in Final Classification on this Team.

Tie Breaking - Olympic Festival Trials

Points will be awarded for ties according to ISU Rules.

FINAL CLASSIFICATION:

Ties in Final Points will be broken first by Performance Points, second by the times of the 9 Lap Time Trial, March 4, 1995. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

Ranking of skaters who have completed Pack style finals but not scored any Final Points shall be done in the following fashion:

All skaters who have completed finals but not scored any Final Points shall be considered tied. That tie shall be broken first by Performance Points, secondly by the times from the 9 Lap

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Time Trial Pursuit, March 4, 1995. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

Skaters with only Performance Points and no completed Final, will be ranked by total Performance Points. Ties will be broken by the times from the 9 Lap Time Trial Pursuit, March 4, 1995. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

FOR SEEDING:

Ties in the 9 Lap Time Trial will be broken for seeding as follows:

The names of the skaters that are tied will be placed in a hat and the Chief Referee will draw them out one at a time. The 1st skater drawn will have predominance for seeding. The remaining skaters that are tied for the same position will be drawn in the same fashion and be seeded in descending order.

Ties in Final Points will be broken for seeding as follows:

Ties in Final Points will be broken first by Performance Points. Then by the times from the 9 Lap Time Trial Pursuit, March 4, 1995. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Seeding of skaters who have completed Finals but not scored any Final Points:

Skaters will be seeded first by performance points, secondly by the times from the 9 Lap Time Trial Pursuit, March 4, 1995. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

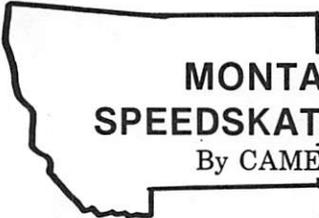
Seeding of skaters with only Performance Points and no completed Final will be ranked first by total Performance Points, secondly by the times from the 9 Lap Time Trial Pursuit, March 4, 1995. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Seeding of skaters with no performance points:

Skaters will be ranked by their times from the 9 Lap Time Trial Pursuit, March 4, 1995. If still tied then the names of the skaters will be drawn by the Chief Referee as described above.

Ties for the last qualifying position in the 9 Lap Time Trial, March 4, 1995:

If two or more skaters are tied for the last qualifying position then additional 9 Lap Time Trial Pursuits will be skated until the tie is broken.



MONTANA AMATEUR SPEEDSKATING ASSOCIATION

By CAMERON BEUL, Coach

Over the Columbus Day weekend, nine skaters and three parents drove 500 miles from Butte to Calgary with club coach Cameron Beul to have a few days of ice time at Calgary's fabulous Olympic Oval. Bob Webster was kind enough to videotape our dryland and on-ice workouts which we watched over pizza and Chinese food in the hotel room. Running, low-walking, and turn-skating uphill next to the bobsled run at Calgary Olympic Park was the highlight of the weekend for the masochists among us. Of course keeping up with Mitch Cunningham who literally runs everywhere was quite the challenge. Ashley Holmes did all the workouts in spite of having injured her ankle in a basketball game the night before we left for Calgary. We were quite entertained watching each other do on-ice drills.

As always, Charlie is hustling to get the High Altitude Center in tip top shape. He worked two days and nights nonstop to make sure that we had ice at the beginning

of November. Some of the skaters helped out by picking weeds on the track while low-walking, and some parents helped out by spraying milk of lime on the track. The High Altitude Center has a unique track in that the refrigeration system is laid in sand instead of concrete. To make the surface white, about 8000 gallons of milk of lime are sprayed on the sand every fall before laying down the ice.

The Butte elementary schools have been flooded with flyers announcing the Learn to Skate Program which cumulates in the school races, a Butte tradition that goes back almost ninety years. A lot of the juvenile and junior skaters, such as Rachel Webster, Deanna Hoffman, Kim Mulcahy, Brandt Matosich, Erin Fuelleman are already giving back to the sport of speed skating by coaching the grade school kids. Olympian Chantal Bailey is also looking forward to helping the kids out. Unfortunately Danny Hanni won't be able to coach or skate this year due to a severe accident that he had this summer which fractured his skull.

We are looking forward to the coaching seminar that will be conducted in Butte on November 18, 19, and 20 by Don Kangas and Larry Ralston. It is hoped that everyone interested in the clinic will have filled their antelope, deer, elk and moose tags, otherwise attendance might be scanty.

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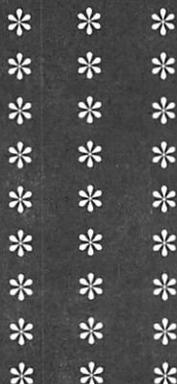
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35	5	L	15"	
36	6	L	15"	
37	6 1/2	L	15"	
38	7- 7 1/2	L	15.5"	
39	8- 8 1/2	L	15.5"	
40	9- 9 1/2	L	15.5"	
41	10-10 1/2	L	15.5"	
42	11	L	17"	
43	11 1/2	L	17"	
44	12	L	17.25"	
45	12 1/2	L	17.9"	
46	13	L	17.9"	
47	13 1/2	L	17.9"	
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NORTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

by MARY WONG

Golden Gate Speed Skaters had their regular training session on October 16 cancelled, so they spent the weekend at Olympic Village near Lake Tahoe. Most of them had never been to the rink at 8,000 feet at the top of Squaw Valley. This 100 x 200 out-door rink was built three years ago and operates fall through spring. It is reached via a stunning ride in an enclosed suspended tram that carries passengers up sheer granite cliffs and over boulders and pinnacles.

The rink is built next to a three story restaurant/ski shop/rental chalet that houses the tram machinery and refrigeration plant. The shelter from the building and a temporary canopy wasn't enough to cut the wind-chill. Our spoiled California skaters were amazed by the force of the wind cutting across the mountaintop, and how hard they had to work to get down one straightaway. The altitude and the crystal-clear views of the Sierras and Lake Tahoe all added up to a breath-taking experience.

We hosted a skating friend from Australia in early October. I don't want to sound like an advertisement, so lets just call her Sara. She was exhibiting goods at various skate trade shows across the US and managed to squeeze in some fun. GGSS'er Rich Boles has recurrent nightmares about a woman with an Aussie accent giving him a month's worth of skating lessons in one evening. She zeroed in on him at a session and worked him relentlessly.

Later Sara said that, of course, if it weren't for the time constraints, she would have been more polite and gotten to know him first, and she hopes he recovers. Here is a sample: "... and when I say feet together, I mean feet together! Did I say stand up?" (and then, holding his shoulders.) "Bend your knees, not your waist." (Then after he got back up...) "OK, your turn to lead."

The October Ice Chips made mention of 1,000 kids in Salt Lake who are interested in speed skating. I'm going to pass this on to my local skate retailer to see if he wants to get in on the market. Also, I hope Mark Jastrzembki of Michigan, and the Madison club write reports on their fundraisers. Each club was selling 600 - \$10 tickets to get in on drawings for \$20 cash prizes, and were to have drawings throughout three months. Sounds intriguing. It looks as if \$6,000 gross can be made, and \$1,800 distributed as prizes. Is this too easy?

A big "thank you" to Ferd Schaffer. He got his Silver Level coaching certification and is doing a great job

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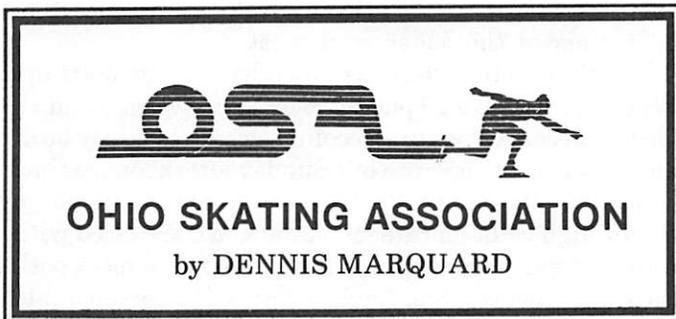
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cracking the whip at our weekly sessions here. He has also encouraged some of his friends and co-workers to take up our sport. He anticipates helping Larry Ralston and Don Kangas with clinics on the west coast.

Greg Wong put together informal "practice" races to supplement the regular ones NCSA had planned. Participants chose the group they would race in and were very honest about it. There were penalties for not smiling. This has been a fun way to introduce the novices to racing even if they say they "aren't ready". It also helped new officials learn the ropes. The A group was penalized once, so far. They had one lap added by the chief referee.



The OSA had the opportunity to have Pat Maxwell come to Cleveland to conduct a weekend camp. Twenty skaters participated in dryland as well as skating. Pat did an excellent job working with a younger group of skaters. Pat also talked with the parents to give them insight on how things are accomplished at other clubs. The OSA would like to thank USISA and specifically, the USISA Development Committee, for this worthwhile program. A special thanks to Pat for taking the time from his busy schedule and family to share his coaching expertise with us.

One thing that came out of this seminar was the fact that the kids do not get enough competition and the cost to travel can be very difficult for some to do on a regular basis. Which led to the idea of a "Long Distance Meet" between the Saratoga Winter Club and the clubs in the OSA. This "meet" will give all skaters a chance to compete against themselves, judging their own improvement, and also against skaters their own age who live in another city. The plan is to have all skaters initially get timed for 1½ minutes with the number of laps being recorded. From here we will put the skaters into groups based on a specific number of laps to be skated for the rest of the program. Once a month, beginning at the end of November, we will time each skater for the number of laps each is designated to skate. The skater's name, birth date and time for that distance will be recorded. The two areas will exchange this information on their skaters. The skaters can then see how they are doing among other skaters and if they are improving their time from month to month. We hope to get more clubs involved in the future if the program goes well this season.

Scott Koons is at Northern Michigan University this fall in the Short Track Program. Scott made a tough decision to continue with skating as well as earn a college degree. Scott had some skating skills to hone and his love for skating made the decisions easier for him to attend NMU and work with the National Team Coaches **Jeroen Otter** and **Wilma Boomstra**. Scott has been working hard and hopes to see big improvements soon. Another Ohio skater is out East in the USISA Short Term Residence Program at the Lake Placid Olympic Training Center. **Therese Lease** is training under the direction of the new Development Coach Pat Wentland and attending high school in Lake Placid. Therese has also been working hard and hopes to show that in meets this Fall.

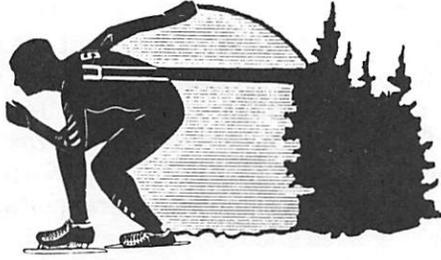
Back on the home front, our club practices have been going well this year, and more skaters are participating with a renewed interest. **Ron Biondo** has been skating very well. He will be a first year Juvenile this year along with **Adam Riedy**. Ron and Adam skate together in practice and push each other along. **Meghan Geltka** has been our leader in the pace line, with her ability to hold steady lap times. Other skaters who have shown improvement are **Graham Geiselman** and **Katie Marquard**. Graham and Katie both participated in Pat's camp and have carried their new-found devotion onto the ice this Fall.

A new member to the OSA is **Roman Milan**. Roman improves every time he steps on the ice. We will keep a close watch on Roman's progress as the skating season proceeds. Our regular core of skaters **Juli Munjal**, **Brittany Rucella** and **Katie Sme** are working hard this Fall on techniques and staying low. So far all have shown significant improvement. Our Pee Wee Girls **Clare Geiselman** and **Kira Heeley** have been skating very well this Fall along with Tot Boy **Alex Uhlik**. Clare, Kira and Alex all attended the seminar and have been improving each week.

The OSA has been working hard on the 1995 North American Championships to be held in March at the Brooklyn Recreation Center, site of the 1989 Nationals. More information on this can be found elsewhere in this issue.



Resting after a run up the mountain are Julie Goskowitz, Whitney McGill, and Erin Gleason.
Brad Goskowitz Photo



Whatcom Speed Skating Club

By Bruce Guthrie

Introducing, the Whatcom Speed Skating Club! Whatcom County is the northwestern-most county in the continental U.S., with Canada to the North and salt water of the Strait of Juan de Fuca to the West. Bellingham, WA, our major city (official motto: " 'rains all the time . . . ") is about 90 miles North of Seattle. With the help of parents such as Joann Ernst and Lynn Cockerham and such famous speedskaters as Pete Wells, Breck Anderson, Larry Trevet, Johannes Janson, myself and our Canadian friend Eric Williamson, we have reserved an hour of ice-time each week at our county's only rink. As of this writing we have had seven ice sessions with attendance of about 25 skaters at each practice.

We have attended three meets already this fall in Vancouver, BC, Aldergrove, BC, and Tacoma, WA. We sent between six and nine skaters to each of these well-run

events! Our junior racers include Jamie (the rocket) Ernst who is rumored to be on the verge of a major skate equipment sponsorship deal. Hypatia Cockerham who regularly kick's the neighborhood kids' asphalt on her block in Fairhaven, and Hans (Brinker) Carlsgaard, noted naturalist. Other future Olympians from Whatcom County include Mark (I saw it on the Olympics) Johnston, Joanna (snowball) Ernst and Adrienne, Albert and Alex of the amazing Ruvalcaba family who live at the rink. Adult competitors include our fastest skater, Pete Wells, myself (our illustrious coach), and a gutsy Lisa Ikola who went head-to-head with the Canadians (as we all know Canadians are born on the ice . . .) on figure skates! Roger (Navy Ships) Barnhouse, in a classy showing of international neighborliness, volunteered to be a timer at the Aldergrove meet.

Our club is struggling, as all clubs must on start-up. We currently have 16 plastic covered mattresses and 16 blocks. Because our rink's cooling system is poorly built and expensive to operate our Sunday afternoon ice-time costs \$165.00 per hour. For this reason we have to charge a very high walk-on rate for skaters. We are faced with a small financial shortfall which we hope to meet with corporate sponsorship, fund raisers and a membership drive. In spite of our rink's high rates, we have not yet persuaded our rink's management to allow us to drill holes for dots into the ice. I am hoping that they will permit this soon.

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MISSOURI SKATING ASSOCIATION

by MARY CHAPIN

The Missouri Speedskating Association is going into the 1994-95 skating season with a new Head Coach. Former Olympian, Dave Pavlacic has accepted the position as our Head Coach. Dave was on the first Olympic Short Track Team in 1988 in Calgary. It was that year's performance which was responsible for Short Track Speedskating becoming a full medal sport in the Olympics. Dave previously was a member of three World Short Track teams representing the U.S.A. Dave has persuaded Jim Chapin, Jr. to be his Assistant Coach. Jim is a three time Olympian. We feel with the two former Olympians in charge we are putting our skaters in very capable hands. Between the two of them, they certainly know how to train for ultimate performances.

We have had quite a few skaters attending our early meets of the season and they have been doing quite well. At the Illinois Kick-Off Classic, both J.P. and Katie Kepka returned with first place in their respective age divisions. Jesse Laenen came in 2nd in the Pony Division.

At the Chicago Silver Skates, Tom O'Hare won the Elite Men's Class. Steve Refsland skating in the Men's Elite Class scored a fourth place in the 3000 Meter event. John Vandersall placed third overall in the Senior Men class. J.P. Kepka finished second in the Midget Boys class and was the Australian Pursuit Race winner open to Juvenile and under ages. Katie Kepka placed second in the Juvenile Girls and Jesse Laenen was the Class Champion in the Pony Boys.

On November 6 the Metros Club in St. Louis sponsored its inaugural Annual Metros Speedskating Championships. The Class Champions are: Tiny Tot Girls - Katherine Ruetler, Champaign-Urbana; Tiny Tot Boys - Matt DePew, Champaign-Urbana; Pee Wee Boys (tie) - David DePew Champaign-Urbana & Sean Dobberstein, Metros; Pony Boys Novice - Jimmy Emmanuel, Metros; Pony Girls Novice - Katie Calfree, Gateway; Midget Boys Novice - Mead Ruesing, Metros; Pony Girls - Stephanie Prather, Champaign-Urbana; Pony Boys - Eric Casler, Midway; Midget Girls - Bonnie Flint, Northbrook; Midget Boys - J.P. Kepka, Metros; Juvenile Girls - Katie Kepka, Metros; Juvenile Boys - Richard Bauer, Midway; Juvenile Boys - Apolo Ohno, Washington; Senior Men - Stephen Refsland, Gateway; Senior B Men - Chris Ritter, Metros; and Master Men - Tom Reichard, Metros

Meet Director Harlan Kwiatck and the entire Metros Club are to be congratulated for a job well done and we hope this becomes an annual event on the ASU Calendar!

The Annual St. Louis Silver Skates, our 69th Annual, is scheduled for March 4-5, 1995. More details will follow. We are up against the Festival Trials in Saratoga, but we will have an outstanding event here in the Midwest and you are all invited to attend. It will probably be heavy on the younger classes and Novice kids however we have some plans we think you are going to like. Club Coaches, start timing your kids now, we will need a verified time for Novices in a 333 Meter and for Class A in a 500 Meter time. There will be a lot of skating for everyone! Mark your calendar NOW!

WHATCOM SPEED SKATING CLUB

(Continued from previous page)

Our county's highly spread-out population is only about 150,000, with a third of that in the City of Bellingham. With this few people and only one (rather expensive) rink I think we have proven that you can start a speedskating club just about anywhere. There were just a few things that we did in order to attract skaters and I thought I would share them with you. The most effective thing we did was make 8½" by 11" photocopied posters (on colored paper) with seven little tear-off tabs at the bottom with our club's name and phone number. We stapled or taped these everywhere we could, including about ten at the rink. We printed three hundred of these posters and our skating kids hung about a dozen each in illegal places throughout the community. I kept a list of names and phone numbers of everyone who called or expressed interest with us. I called them (about 50 calls per week!) to remind them of the time and place of our up-coming practices.

The next most effective technique was going to public skate sessions and offering free micro-lessons. Skate around slowly with the crowd, working on technique and staying low. Occasionally ask someone who has been watching you with puzzled glances if they would like a free recreational (not-bent over) skating lesson. At the end of your lesson, many will gladly accept an invitation to come to a free, introductory speedskating session. Hand them a flyer and get names and phone numbers. The third most effective skater-producing effort was to get our local newspaper to do a feature story on our summer in-line practice sessions. Small "Community Bulletin Board" newspaper listings of our club's ice sessions had absolutely no impact, as did a full-day slide-board demonstration at a local mall where we handed out flyers, displayed skates and ran videos. Either it was too sunny out, too many of the shoppers were Canadians or mall-goers are much less likely to be interested in participation sports.

Our club could not have gotten started without the help of Shirley Yates and Doc Savage. They sure are serving our sport well! Jerry Suhrstedt, Linda Voracek and Roger Mosiman of the Tacoma Speedskating Club helped us a lot too. Thanks also to Jim Chapin for the ASU's \$72.00 skate program! My club eagerly awaits nine pairs!



by BOB COOLEY

The Saratoga Winter Club was back on the ice in full force, skating under the tutelage of head coach, Pat Maxwell, who was joined this year by Will Hallanan and Fred Cole - two great additions to the coaching staff.

The club started a new program this year in conjunction with the Marquards' Lakewood, Ohio, Club. Monthly time trials the last week of each month measure the skaters' progress throughout the year. The hope is to attract several more clubs to the program as the year progresses and sharing statistics each month. There will be no awards, just a focus on the skating and skater improvement.

A new Saratoga Springs Hall of Fame admitted Saratoga Winter Club Olympian John Wurster in 1993. He will be joined this year by ASU Hall of Fame member, Elmer Greenwood, a stalwart of the Saratoga Winter Club for decades. Gail Brophy, former national champion speed skater, will also be inducted and recognized for her outstanding career as an amateur golfer as well.

Among other achievements of members of the Saratoga Winter Club, mention should be made of Kristen Brophy's success off the ice. She competed in the Grand National/World Championship Morgan Horse Show, in October, in Oklahoma City. Kristen's horse, Funquest Agizona, was Grand National Hunter Pleasure Champion. Kristen was third on the World Hunt Seat Senior Championship.

Congratulations also go to Erin Porter, who tied for first place in the Junior Invitational Short Track Championship in Calgary.

The Saratoga Winter Club's members are anxiously anticipating another great winter in which heart-pounding excitement begins with the sound of the starter's gun!

The revised Northern New York 1994-95 schedule is as follows:

- Nov. 5 & 6 - Eastern States Short Track
Saratoga Springs, N.Y.
- Dec. 10 & 11 - Adirondack Metric-Lake Placid, N.Y.
(all ages)
- Jan. 7 & 8 - Eastern States Long Track
Saratoga Springs, N.Y.
- Feb. 11 - Syracuse Short Track Championships
Syracuse, N.Y.
- Feb. 19 - Pittsfield Short Track Championships
North Adams, MA
- Feb. 25 & 26 - Adirondack Short Track - Lake Placid,
N.Y.

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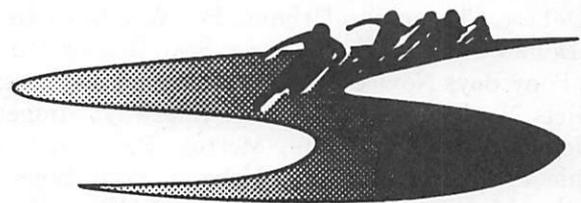
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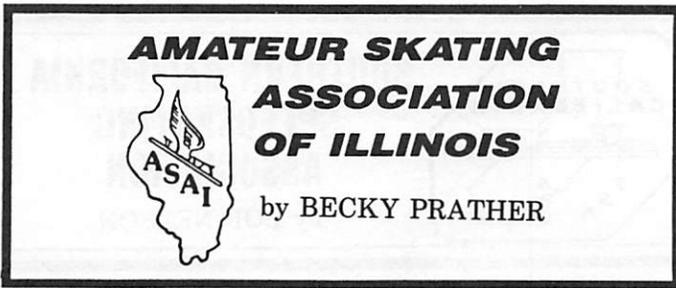
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The ASAI has launched the Short Track season by hosting the Kickoff Classic at Franklin Park. It was nice to see a large number of new skaters and returning skaters come to this meet. We were fortunate to have extra ice time to hold a mini camp, coached by Pat Moore, for the skaters after the meet.

The Glen Ellyn Club hosted the Chicago Silver Skates October 29, 1994. The number of skaters participating in the beginning of the season is encouraging. There were heats in Tiny Tot Girls, Pee Wee Boys, Pony B Boys, Midget A Boys and Midget A Girls. The Midget divisions will have intense competition in the Midwest this season.

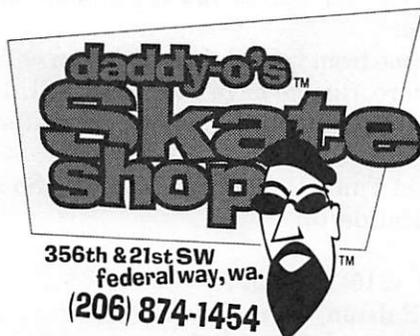
The Long Track season begins here in the Midwest around Thanksgiving. The ASAI is looking forward to hosting the I-94 Sprints at the Pettit Center on December 4, 1994. We have expanded our meet schedule to include two additional open outdoor meets in Northbrook, IL on December 31 and January 8, 1995 weather permitting. Come join us in the elements! As always, we hope for a very cold winter so it is possible to hold our state outdoor meets at Lake Ellyn, Jan. 7, 1995.

Best of luck to all of you in your skating season!
We look forward to seeing you!!

TWO DAY SHORT TRACK MEETS IN ILLINOIS

**Land of Lincoln Open
Short Track Speedskating Meet**

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February 11 & 12, 1995
Host Hotel: Chancellor Hotel
Phone: (217) 352-7891
Rate: \$59 double — \$52 single
Meet Directors: Karen Keith, (217) 351-9057
Deanna Prather, (217) 337-6305



**Northbrook Open
Short Track Speedskating Meet**
Northbrook Sports Complex
Northbrook, IL
February 25 & 26, 1995
Meet Director: Carol Ortiz, (708) 480-9619

**Evanston Northshore
Open Short Track Speedskating Meet**
Crown Ice Center, Evanston, IL
March 11 & 12, 1995
Hotel: Holiday Inn, 1501 Sherman Ave., Evanston
Phone: (708) 591-6400
Rate: \$59 double
Meet Directors: Sanders Hicks (708) 328-1419
Kay Klaiber (708) 729-5512

**You can count on us for two day meets
in the Midwest!**



The World is coming to Wisconsin! On February 18 & 19 the World Sprint Championship will be held at the Pettit National Ice center in Milwaukee. The finest sprinters from around the world will converge here for two days to determine the World Champion. The featured skater for the United States will once again be Bonnie Blair. Bonnie will be defending her title in front of the home folks perhaps for the last time. With the retirement of Dan Jansen it will also be interesting to see which of our US skaters step forward to fill his position. A couple of home town favorites we will be cheering for are Casey FitzRandolph and Cory Carpenter. Tickets will be sold for this event by the Pettit National Ice Center, phone number 414-266-0100. Tickets for the event went on sale as of November 15th, and the event is expected to be a sellout.

The Wisconsin State Short Track Championships were hosted by a resurgent Madison Speedskating Club at the Hartmeyer Ice Arena in Madison on November 5. The competition was fierce and featured a host of new novice skaters. Congratulations to our new State Short Track Champs!

- Master Men Dan Brienzo
- Senior Men John Nelson
- Juvenile Men Ron Macky
- Juvenile Women Kendra Turzinski
- Midget Boys Bill Scheels
- Pony Boys Ben Curtin
- Pony Girls Chelsea Turzinski
- PeeWee Girls Catie Goskowicz

MIDDLE ATLANTIC SKATING ASSOCIATION

by JANE SELLBERG

At the Middle Atlantic Annual meeting a full roster of officials was elected with Bob Finkel, President and Lesley Perry, Secretary. Erin Gleason won the trophy for Skater of the Year and Ben Salomon was declared Most Improved Skater. Ben went from being an in-line skater to Category 1 in one busy year at Lake Placid with Stan Klotkowski. Erin had a wonderfully successful season highlighted by a silver medal in the 500m and a bronze in the 3000m relay at the Olympic Festival. She is now skating with the Junior National Short Track team in Marquette, Michigan, with National Coach Jereon Otter. We wish her all the best luck in placing competitively in the World Team trials in December.

Many of our younger skaters had a very exciting day in May when they met Bonnie Blair, Eric Flaim and K.C. Boutiette at Benetton Headquarters in Manhattan. Twenty-three skaters representing most of our area clubs, participated including Yonkers, White Plains, Long Island, Flushing, Mennen and even our newest club Newburgh. Not only did they have the chance to meet the Olympians, but they also came away with free Rollerblades to help the pre-season training.

A headstart on the season has become a tradition with Saturday ice time at West Point in September. This will be the venue of the Short Track Nationals in 1997 and we are looking forward to an elegant, comfortable and exciting meet. Army-style skating is fun!

New Jersey's Garden State's club bid for the National and International Marathon to be held in Lake Placid in January for the next three years was accepted. They must have a winning formula for the fast growing event. Watch for the application form in the Racing Blade.

On a personal note, congratulations to our secretary Lesley Perry on the birth of a future Olympic hopeful, Graham.



SOUTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

by BOB NELSON

Southern California speedskating season got underway October 15 with the 1994-95 Classification Meet designed to place all newcomers to the sport, and those who do well, into their appropriate class for season competition. Haj Sano was our promoter and conducted a splendid Skate-A-Thon this year bringing in many outside sponsors. The total amount of contributions will be announced at the December 17 Santa Claus Meet. Two new races were added this year. In January, there will be a 5,000 marathon and in February the Pacific Southwest Championship will be sponsored by South Coast Speed Skating Club.

The Annual Memorial Meet saw some established skaters being winners again such as Joe Fresquez, Group A; Anthony Riveria, Group B, Wayne Rutledge, Group D. New champions this year in the remaining groups were Group C, Barbara Beth; Group E, Ernest Holloway; Group F, Brian Nelson; Group G, Jade Wheeler; Group H, Raymond Macias; Group I, Shaun Jameson; Group J, Peter Richardson; Group J-II, Michael Nichols; and J-III, Louis Watson III.

The Thanksgiving Meet in November and The Santa Claus Meet in December will complete the local meets here in California.

Another first this season will be the traveling to the Silver Derby Meet in Utah, November 5 as a group. A total of 9 skaters will attend competing in Divisions from Ponys to Grand Masters. The interest has been high the last seven months with training sessions twice weekly of 35 to 50 kids and we hope it continues through the season. We, like everyone in the country, are having a very competitive battle with hockey, but we are still hanging in there.

ASU HALL OF FAME COMMITTEE NEEDS YOUR HELP!!!

The Hall of Fame Committee needs your help in soliciting candidates for the ASU Hall of Fame. Please take a minute to look at pages 104-105 in your 1992-1993 ASU Handbook. This gives you the guidelines that a potential candidate must have to be nominated for the Hall of Fame.

Now that you have read these qualifications, you must picture someone from your club, association or family who deserves to be elected to the ASU Hall of Fame. If you **still** are not sure, turn to page 86 of your ASU Handbook and page through those who have been elected. **Now** you can see the competitor or non-competitor that we need **YOU** to submit as a candidate by January 1, 1995.

If you have questions, please feel free to contact me or any Hall of Fame Committee Member. So while that name is fresh in your mind take the time and send in that application to:

Dennis Marquard, Chairman

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Other Committee Members: Joan Peterson, Mary Smith, Larry Ralston, Jerry Steele.

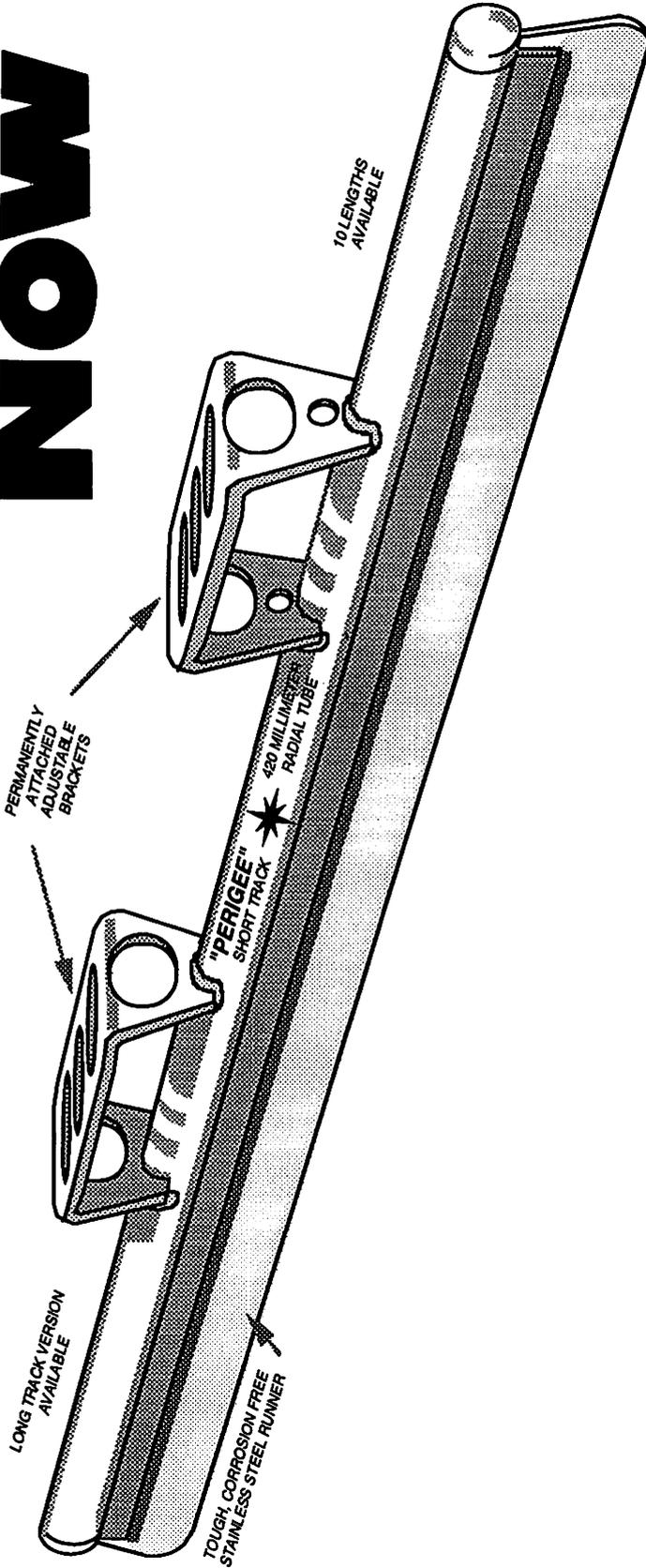
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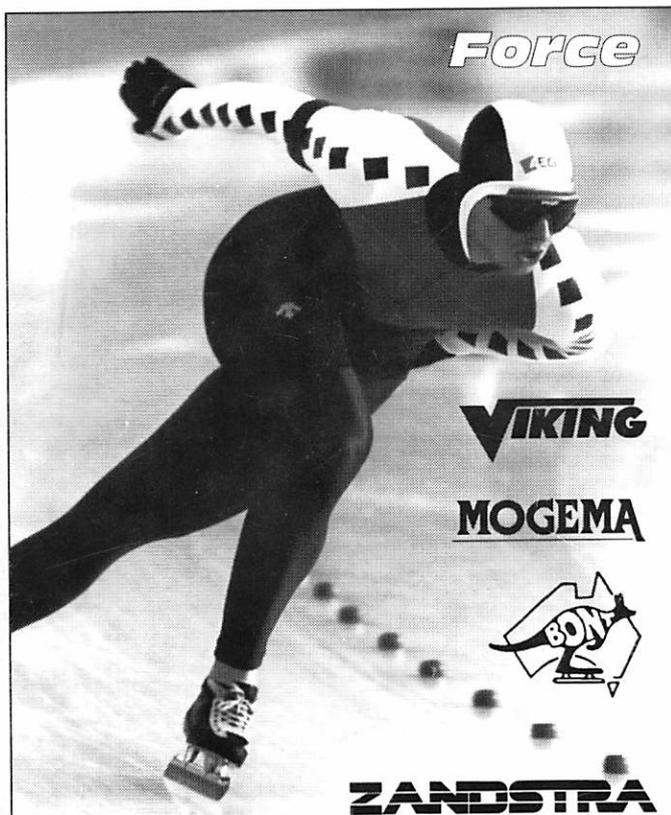


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