

The Racing Blade®

VOLUME XXVII
NUMBER 5



JUNE, 1994

Features:

ASU Convention Report

Plan a Trip to Finland

Speedskating
Hall of Fame

National Short
Track Review

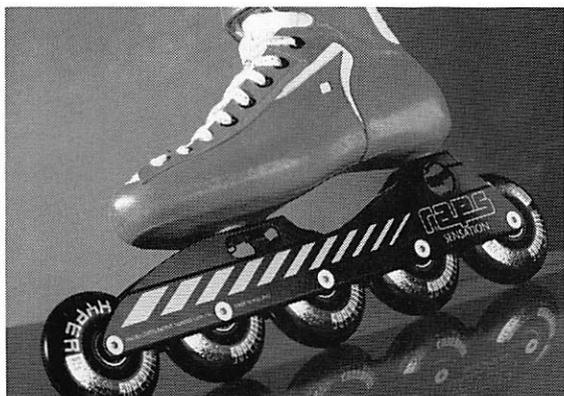
Photos on World,
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and World
Team Meets

Meet Schedule

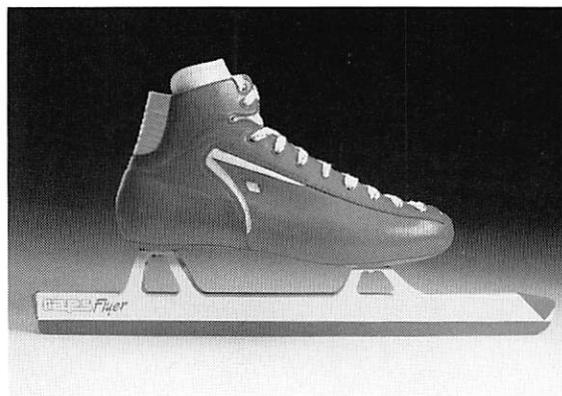
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Feature Articles

- All In The Family..... 3**
By Stephanie VanNess
Meet two of the National Short Track Champions.
- A Successful Convention—By All Counts..... 6**
By Shirley Yates
An informative summary of your convention.
- Observations from the 1994 World Championships.....10**
By Sarah Hill
Top facility, top races and a farewell to some great skaters.
- Do You Love To Skate? Plan a Trip To Finland.....12**
By Dave Phillips
Myths, rumors and facts about distance skating.
- Four Inducted Into Speedskating Hall of Fame.....14**
Meet the newest members.
- Haarlem IJSClub Celebrates Its 125th Year.....17**
By Eugenia Klopsis
- Jon Kazmierski Recipient of 1994 ASU Scholarship.....30**
By Susi Jarrett
Another worthy winner.
- Speedskaters Promote Interest in The Sport.....19**
A report on the success of pioneering in Florida.
- Convention Photo Layout.....30**
- National Short Track Photo Layout and Results.....22**
- World Team Short Track Championship Photos.....26**
- North American Short Track Photos.....27**
- Meet Schedule.....51**

Departments

President's Report29 By Jim Chapin	Coach's Couch37 By Don Kangas
Notes From The National Office34 By Shirley Yates	USISA News48 By Katie Marquard
Comments32 By Tom Porter, VP Operations	Association Articles53
Commissioner's Comments32 By Anthony Arena	Letters44
Overheard in The Heat Box33 By Larry Ralston	



Special Items

Could This Be The Answer?21 By Mark Jastrzembski	Some Things To Look For On Videotape38 Jerry Search
Scholarship Fund Report47 By Susi Jarrett	Are You Removing Your Burr Or Just Moving It?40 By Dave Dickinson
Obituary - Al Hamilton 9	
New Officers and Commissioner28	Settlement Agreement Ziegelmeyer/Mortell 42
Open Letter to Skaters42 By Bob Finkel	Chuck Kazmierski New Advertising Director32

Meet The 1994 National Short Track Champions, Ed and Sarah Lang

All in the Family

by Stephanie Van Ness

Having fun.

In the four-skater Lang household in Arlington, MA, fun is the single most important component of the family's training program. More important, perhaps, than longer relays, additional hill runs and endless low walks in the park. For the Langs, fun is what keeps them involved in the sport.

And the family certainly knows how to make training fun. Their formula: mix it up. This means a little running, some dryland training, laps in the rink, a dash of heavy lifting, even some in-line sprints. In a family of athletes, the specter of burnout is always looming. The Langs give it the bursh-off with one simple question: is speedskating still fun?

The answer: yes.

Success at Nationals

Sixteen-year-old Sarah was recently crowned National Short Track champion for the third consecutive year, her second Nationals victory as a Junior. Sarah is a rising star on the Short-Track horizon, having placed 10th at the 1993 Olympic and World Team Trials, and 13th at the Olympic Trials in 1992. Currently, Sarah is a member of the U.S. Junior National Team.

Despite her win at Nationals, 1994 was not the best year for Sarah, a junior at the Winsor School in Boston. "I couldn't seem to win any local meets this year," she said. "Only a few weeks before Nationals, I was complaining that I wanted the year to end, that I wasn't having much fun. I thought I would look at 1994 as a wash."

"Fortunately, I was able to put everything together at the Nationals," she said. "I think I need to have a little more pressure on me to

perform than I had at the local meets. I need to know that my performance really counts. At Nationals, I had that motivation.

Sarah's father Ed, 51, also skated well when it mattered most, winning his first National title this past February. "This was a good year for me," he said. "I thought this would be my chance to be competitive since I am in a new age category, Grand Masters. I didn't want to miss this opportunity."

And he didn't. Ed squeaked out a two-point victory over Fran Ouelette of Worcester, MA, by winning two distances, and placing second and third in two more.

"It felt great to win, especially at this age," Ed said. "I see all of these younger guys getting into the sport and then watch them get faster and faster. It felt great for me to be competitive."

Getting Started

Ed's victory came in only his first year as a Grand Master. But, his previous avocation — cycling — gave him an edge over the competition, as the two sports have much in common. Ed was a competitive biker racer when he innocently followed some cycling buddies to the rink one day, nearly a decade ago.

"My first day on skates I could hardly even get onto the ice. I certainly couldn't skate," he confessed. In spite of this, he kept returning, eventually bringing his daughters, Sarah and Penelope, now 13.

"Sarah was into figure skating, having started at about six years old. Penelope tried it, but did not have the natural grace, so I thought I'd introduce her to speedskating. To my surprise, Sarah also wanted to come along."



Sarah and Ed Lang

Sarah participated in both figure and speedskating until last year, when she finally hung up her figure skates to make more time for speedskating and school. "I haven't figure skated in a while, but I might try it again soon, just for fun," she said.

Like Sarah, Penelope's interest in speedskating grew. Since then, she has become an accomplished skater, placing third in her division at this year's Nationals. Her brother Edmund, 11, also took to the sport, and skated to his potential at Nationals. Only mom Ilene, a busy executive at Lotus, has yet to join the speedskating fraternity.

Summer Workouts

As the school year winds down, talk at the Lang household has shifted from intervals and lap times to driving tests and SATs. Sarah is currently enjoying a brief and well-deserved rest period in her training cycle. The operative word here is *brief*. Once



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Our Thirteenth Cover

by BOB VEHE

With the temperature in the mid-90s for over a week, along with high humidity resulting in a discomfort index over 100, what could be more appropriate for a cover than an old picture of an outdoor meet with lots of snow providing an absolutely frigid look? I think that this photograph fills the bill. If the heat and humidity are starting to get to you, study this cover and think how nice a little bit of this would be. For those few of you who relish hot and humid weather, I beg your forgiveness.

This photograph goes back to the North American Olympic Championships on January 30, 1965, held in Oconomowoc, Wisconsin. The skater on the left is Floyd Bedbury of Minnesota and the other skater is Larry Mason of Calgary, Alberta, Canada.

Floyd Bedbury, who is still competing, has had a distinguished career in speedskating competing against many of the top skaters in the history of the sport. As an Intermediate in 1955, he tied for first place at the National Outdoor Championship and in 1962, he won the National Championship in the Senior class. His competitiveness placed him on the 1960 Olympic Speedskating Team at Squaw Valley, California, and the 1964 Olympic Team at Innsbruck, Austria. In January of this year, he skated as a Grand Master at the National Long Track Championship at Roseville, MN, and placed second overall. Floyd's love of the sport has kept him competing and coaching speedskating while still participating in many other sports. I think this belies the old bromide that the sport is for young kids only.

HELP!

The ASU needs your help to pay for the publishing and mailing of the new ASU Handbook which will be out this fall. Please urge your clubs, Associations, friends, neighbors, business associates and anyone else who is or could be or should be interested in helping us publish this important book. Send your ads or contributions to Chuck Kazmierski, 2331 Old Pine Trail, Midland, Michigan 48642, (517) 631-3357.



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chemistry assignments and AP exams are out of the way, the summer training program begins.

And like most speed skaters, summer means camp and dryland training.

"I'll be going to some camps this summer and preparing for the Olympic Fest," Sarah said. "But, I enjoy my summer routine in Boston: running, lifting, skating and dryland."

"I actually like dryland training," Sarah confided. "It's a chance to get outside and hang out with a group of people that I like." Her father agrees on this point. "Dryland training is a great opportunity to practice skating technique in a social setting."

"On the ice, a cross-over takes only a split-second, not enough time to perfect proper technique," Ed explained. "But on the ground, you have as much time as you need to really get the feeling for cross-overs. And the skaters have other club members available to assist with technique."

There are drawbacks to dryland training, however, especially in public. "There are some guys who see us practicing low walks and really get a good laugh," Sarah said. "But, we don't mind too much. We all know how funny we look, but it is for a reason."

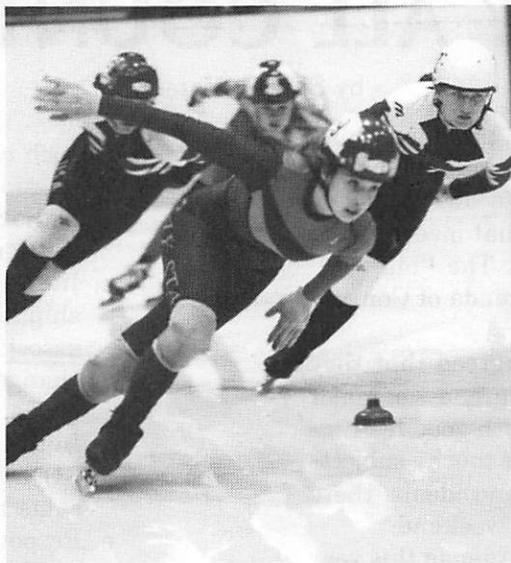
According to Ed, minor embarrassment is a small price to pay for the benefits of such training. "I am convinced that dryland training is a critical element of an effective speedskating program," he said.

From Competitor to Coach

As one of the coaches of the Bay State Speedskating Club (BSSC), Ed should know. The Boston-area club includes skaters of varying abilities, from neophyte to champion. Despite his success at this year's Nationals in Saratoga Springs, NY, Ed said he sees in his future coaching, not competing. "I see that my role is to provide guidance, helping skaters reach their potential."

It is also Ed's role to develop the club's general training regimen. The club's 1994 summer program includes five hours of high-quality ice time and three hours of organized

dryland training per week, plus other activities of the skaters' choosing, such as weight lifting, running, in-line skating or cycling.



Sarah Lang leading the pack

"I am quite interested in the biomechanics involved in the sport and do a lot of analyses before setting up the training program," he said. Ed has developed a flexible program that is appropriate for teaching new skaters basic technique, while also preparing more advanced and national-level skaters for competition.

"My goal is to provide a program that is useful for everyone in the club, and that allows each person to get out precisely what he or she needs," Ed said. "With the help of the other club coaches, I think our program is very successful."

In addition to Ed, the BSSC also counts among its coaches Chris Shelley, a member of the 1992 U.S. Olympic Team; Geert Kinthaert, former member of the Belgian National Team; and Mike Powers, 1991 U.S. National Masters Champion. "All of our coaches strive to help our skaters improve," Ed explained. "Plus, I have a personal goal to help the sport of Short Track speedskating grow. I'm sure that this desire is shared by the other coaches, as well."

A Burst of Interest

These days, there is heightened excitement in the speedskating community, thanks to media coverage

and stellar performances in the 1994 Winter Olympics by many skaters, especially Cathy Turner in Short Track and Dan Jansen and Bonnie Blair in Long Track. The BSSC and Northeast Skating Association, in particular, have been inundated with calls and requests for information about speedskating due in large part to medal-winning performances by BSSC members Karen Cashman and Eric Flaim.

Ed said he hopes this interest will continue. "I am looking forward to dryland training. It's a chance to see who is serious about speedskating. It's also a great opportunity for everyone, from novice to experienced skaters, to improve."

One of those serious skaters will certainly be Sarah, who hopes to land a spot on the Junior World Team in the near future and is looking to make the Olympic Team in either 1998 or 2002.

But, before the Olympics is college. "Although I want to skate competitively, school is really important to me," said Sarah, who is anxiously awaiting her test scores. "I'm thinking of applying to Harvard and Boston College, which means I could continue to train with my own club. But, I'd really like to go to McGill (in Montreal, Quebec). There is a great Canadian speedskating club nearby and I could use some of the French I've been studying for years."

Thanks to a philosophy that stresses enjoyment as the key to success, the Lang family will continue to have fun on ice.

Stephanie van Ness is a member of the Bay State Speedskating Club in Boston. Her article on perceptions of speedskating held by the figure skating community appeared in the February issue of the Racing Blade.



A SUCCESSFUL CONVENTION BY ALL COUNTS

by Shirley Yates

New faces, new ideas, new concerns, provided a provocative mix at the 1994 ASU Convention in Schaumburg, IL. Every site seems to add its own blend of amenities and atmosphere to the annual meeting and the Hyatt Regency was no exception. The "big city" hotel easily lent itself to the ASU's agenda of Convention meetings and activities.

Those polled afterwards generally agreed that they had left the Convention with a new awareness of major problems and possible solutions but with good feelings and an optimistic outlook. Despite some touchy subjects and the usual clashes of personality and ideals, there was a fresh upbeat feeling the whole weekend.

There were only 26 proposals on the Agenda this year—almost half of what we have had in recent years—so there was a more relaxed atmosphere and time to discuss some really crucial issues—instead of just more rule changes.

AT LAST—A NEW RULING ON CITIZENSHIP

The all-important committee meetings to discuss the proposals and get a consensus from those attending the meetings started off on Friday afternoon at the Racing Committee meeting with a highly controversial issue which was appearing on the Agenda for the third time in four years—the citizenship rule. And even this year, after much heated discussion when everyone was permitted to advance their opinions, the proposal was sent again to a sub-committee for final drafting for the Sunday Board of Control voting.

Four amendments to the original proposal were presented by the committee on Sunday and the following amended proposal was approved by a 15-1 vote:

REFERENCE: Racing Rules, Art. VIII, par. 10, pg. 52

PROPOSED: Replace the paragraph with the following:

10. In principle, a skater may compete only as a member of the skating organization of the country of which the skater is a citizen.
 - a. A skater who has resided in the USA for at least one year may compete as a member of the Union if so permitted by the national association, (if any), of the country of which the skater is a citizen.
 - b. A skater may also compete as a member of the Union if the skater has resided in the USA for at least one year and in which the skater (or the skater's parents if the skater is not of age) has applied for citizenship. In

such case, it is not necessary to obtain permission of the national association, (if any), of the country of which the skater has formerly been a citizen.

- c. In the case of a skater who has dual citizenship, the skater shall decide which country association he/she shall skate for and can change only if he/she qualifies under par. b. above.
- d. In the course of the same year (Sept. 1-Aug. 31), a skater may skate for only one and the same national association.
- e. Responsibility for proof of meeting the residency requirement is the obligation of the skater. Verification of the residency is the responsibility of the skater's registering organization.

Five of the remaining Racing Proposals also passed. One of them provided for Clerks to now be added to the list of officials who are "prohibited from officiating any event, providing replacements are available, in which a relative is competing".

EXHIBITION RACES ANOTHER LONG-TIME ISSUE

Another controversial item called for the ASU to approve having exhibition classes or races at the National Marathon Championship. At the Racing Committee meeting this escalated to the point where it had to go to committee to be worked out properly for the Board of Control vote on Sunday. The Racing Rule in question was Art. IX, par. 4, pg. 52

The BOC vote on Sunday was the closest of the day. The BOC did not accept the modification of the committee, but accepted yet another amendment on Sunday from the Illinois BOC Member and finally voted 8-6 to accept the following change:

REPLACE the third sentence of the subject paragraph with:

"Exhibition classes may be skated provided that classes younger than allowed by ASU rules shall not be skated at National and North American Championship meets when held in the U.S." Therefore, the rule now broadens the range of permissible exhibition events at championship meets without including skaters under Midget Class.

A COMPROMISE FOR QUOTAS

In a proposal to change the number of skaters quali-

fyng for National Championships, the sponsoring association called for each association (based on registration figures) "to be entitled to two additional skaters per class for each additional 50 skaters (or portion thereof) after the first 100 skaters".

The rationale presented by the sponsoring body noted that "with the current rules the ratio of skaters to qualify for a National event is higher and more difficult in the larger associations with more than 100 skaters than associations with a smaller number of skaters".

The proposal, as submitted, was not well received but after much discussion, an amendment to simply delete the last sentence of sub. par. d. of the current rule which reads "Four (4) of these skaters must be selected from those skaters who are National Team Members", was easily passed. So now, in addition to an association's quota based on its number of registered skaters, a total of seven additional skaters may be distributed within the 13 classes in whatever way the association may direct. The proposal, as amended, then passed unanimously.

The last two Racing proposals also were easily passed unanimously. One provided for eliminating the association ranking of skaters for National Championship seeding. (No more pink and blue ranking forms!)

A proposed seeding procedure for National Meets was withdrawn in the Board of Control meeting by the sponsoring body. Times submitted by skaters on their entry forms will become the all-important factor for seeding now.

The last approval called for changes to the Short Track clerking procedure. It provides for a clerking procedure for the 3000m heats, if necessary. In addition, for the Juvenile 333m and all 500m races, except Midget, there will be a change requiring another race if there is an insertion depending on the width of the rink. Finally, in the 1000 and 1500m events, for Juniors and up where the semis have an odd number of skaters, the fastest 3rd or 4th will be added to give an even number of skaters.

WE LOSE AN OLD ASSOCIATION

Of the 10 Legislative Proposals, six passed, three failed and one was withdrawn. Of major interest was a proposal calling for the dissolution of the Minnesota Assn. and revising of the Eastern Minnesota territory to the following: all territory in Minnesota, the States of North and South Dakota and Douglas County in Wisconsin, changing the name to "Greater Minnesota Speedskating Assn." The proposal passed unanimously after it was amended to add the bordering Wisconsin counties (with the Wisconsin Assn. approval) of Pierce, St. Croix, Polk and Burnett to the territory with the new association name to be submitted to the Executive Secretary by June 15.

CHIEF JUDGES JOIN THE RANKS OF THE REIMBURSED

A proposal to include Chief Judges among those Chief

Officials (Starters, Referees and Clerks) who shall be reimbursed for their expenses for National and North American Championships, came under heated debate, especially when it was amended to include Judges but limit reimbursement of expenses for all officials to \$250 each.

A second amendment to grant Judges expense reimbursement but place the same qualification requirements on them that the other Chiefs have (ie. work four Championship meets as an assistant before being recommended to the BOC for elevation to Chief) was ruled out of order because it pertains to another section of the rulebook. It was later recommended that this piece of legislation be worked on for next year's Agenda.

An amendment to defer the beginning of expense reimbursement to Chief Judges until '95-96 fiscal year also failed. A roll call vote was finally called for and the original proposal passed by a vote of 8½ to 4½.

BACK TO THE DRAWING BOARD FOR OFFICIALS

An ambitious, idealistic proposal to require that an association have a specific number of Chief Officials and National Assistant Officials to receive a Long Track sanction was defeated. There has been great concern in recent years about the dwindling number of qualified officials, particularly at Long Track Championships which are on a rotation basis and which require more officials because of the size of the track and the weather conditions.

The ASU is ever mindful of the shortage of officials and this year tried a new approach. An Officials Clinic was held at the Convention on Saturday afternoon. Actually three separate clinics were conducted—for Starters, Referees and Clerks. Commissioner of Officials Sam Hicks was the "mastermind" behind this endeavor but he was skillfully assisted by Referees Jim Chapin and Greta Hall, Starter Tony Arena and Clerks Elayne Riley and Kay Klaiber. We are very pleased to report that this innovation was claimed to be a great success. Many of those who attended said this was the way to go on future Officials Clinics.

A NOVICE CHAMPIONSHIP? ASU IS INTERESTED BUT . . .

Also defeated was a proposal to establish a Novice Regional Speedskating Championship. Much time was spent throughout the weekend discussing this proposal. Many questions and concerns were raised but, unfortunately, the proposal's sponsor, although registered at the Convention and seen briefly during the weekend, was not at the committee meeting or the BOC meeting when the item was discussed so the proposal was defeated, but rather reluctantly. Many delegates felt the proposal had merit and Doc Savage agreed to work with various people during the next year to try and work out the details.

TRACKS & DISTANCES SHORT & SWEET

There were only three Tracks and Distances Proposals but as usual, they were of much interest. A proposal to change the 2000m for Junior Girls back to a 3000m in the North American Long Track was passed unanimously but subject to approval by the Canadian Amateur Speed Skating Assn. Interestingly enough, the change from 3000 to 2000 was approved at ASU's 1993 Convention without dissent.

A two-part proposal for North American Long Track and Short Track Championships which specified a.) that for every class, the distances to be skated at the North American must include both the longest and shortest distances skated by that class at the Nationals, and b.) for every age class, the distances skated by the men/boys would be identical to those skated by the women/girls, resulted in the following: Part a. was defeated unanimously. Part b. was approved unanimously.

The third Tracks & Distances item was withdrawn by the sponsoring association. There were no Finance Proposals this year.

1997 MAJOR EVENTS AWARDED

National Short Track Championships—Middle Atlantic Assn. (West Point).

North American Short Track Championships—Minnesota (bid submitted by the former Eastern Minnesota Assn.)

1995, 1996, 1997 National Marathon—Middle Atlantic (at Lake Placid).

ASU Convention—Missouri Assn.

Following the established rotation system for Long Track meets, the Northern New York Assn. will host the National Long Track at Lake Placid in 1997. The North American Long Track will be in Canada.

IT WAS NOT ALL WORK. . .

The Hyatt Regency is located across from Woodfield, one of the largest shopping malls in the country, so it was convenient for conventioners to slip across the road for shopping and dining. Others took advantage of transportation offered to Arlington Race Track, one of the premier race tracks in the country.

But as always, the big event was the banquet on Saturday evening. This year it was held in a tent, the Regency Canopy, and it was an experience. But a pleasant one—it rained hard and we were all cozy under a tent that didn't leak! The food was worthy of a Hyatt and ASU conventioners. Our waiter said everything in the salad was edible so I ate a pansy blossom and it was delightful—tasted like perfume! Chicken Oscar with prawns and dessert of cheesecake with raspberries were equally memorable.

The banquet is a very special occasion because it provides the ASU with an opportunity to recognize those in our organization whose contributions to the sport have set them apart from others.

Lisa Sundstrom, president of the Amateur Skating Assn. of Illinois, served admirably as Mistress of Ceremonies. Many awards were presented but, as always, the induction of new Speedskating Hall of Fame members was the highlight of the evening.

A MOST WORTHY FOUR ARE INDUCTED

Receiving that honor this year were two skaters, Lydia Stephans and Peggy Hartrich Clarke, and two contributors to the sport, Robert R. Vehe and John M. Byrne.

Lydia, currently Director of Programming for ABC Sports, began her skating career in Illinois in 1973 and has a long impressive list of National Championships and successes on eight World Long Track and Short Track Teams, culminating with a berth on the 1984 Olympic Team.

Peggy's equally impressive speedskating career began in the mid-sixties in the St. Louis area. Her list of accomplishments include dozens of regional, National, North American and International titles and records. She earned a spot on the first World Short Track Team that competed in Champaign, IL, in 1976 and came away with four medals.

Long after they retired as competitors, both Lydia and Peggy continued their speedskating activities, coaching and promoting the sport. Lydia's father, Ed and other close family members were on hand to see her receive this highest speedskating honor as were Peggy's husband, Martin, and her three daughters.

In their acceptance speeches, both women thanked their parents, early coaches and others who had helped them in their careers and emphasized how important speedskating was to them in their early years and what a significant role it has played in their lives.

Bob Vehe's contributions to the sport have brought him much respect and many accolades during the 30 years he has been involved in speedskating on the club, association and National level. His accomplishments are vast and varied but he is best known and admired for his expertise in writing, editing and publishing. For the last several years he has been Editor of The Racing Blade and the ASU Official Handbook and has played a vital role in the development of the Hall of Fame and its Endowment Fund.

Bob's acceptance speech set an important tone for the evening as he voiced what many feel about speedskating but do not often have the opportunity to express—the sport owes him nothing but he owes it everything for what it has given him—friends, opportunities for personal growth, purpose, a worthy avocation.

Jach Byrne, involved in the sport for 63 years from competitor to official, coach, club and association administrator, also made his mark on all levels of the sport capping his career with his election to the presidency of the U.S. International Speedskating Assn. and a position on the U.S. Olympic Committee Board of Directors.

Jack spoke of the many memories he holds from his involvement in the sport and especially of those years

when he was carting his children around to the various competitions in the East and Midwest. All but two of his 11 children, many of his 16 grandchildren along with his many friends in ASU and USISA were at the banquet to honor Jack.

Bill Cushman, president of USISA, spoke about Jack and his fond reminiscences of their relationship in the sport. The audience enjoyed hearing about some of the "inside" stories. ASU Past President Roy Helminski also spoke about Bob and Jack and presented Bob with Olympian Jack Shea's jersey from the 1932 Olympics for the Hall of Fame.

The full biographies of the four inductees appear elsewhere in this Racing Blade and will be included in the 1994 Convention Minutes book.

OTHER WORTHY MEMBERS WERE HONORED

Editor Vehe announced that the 1994 Racing Blade Editor's Award was being presented to Mark Jastrzembki of Muskegon, MI, who has been a steady contributor to the magazine since he entered the sport and started the West Michigan Speedskating Club five years ago. A former educator, Mark's combination of insight into the world of children, combined with his love for the sport, has resulted in a series of articles which have benefitted skaters, parents, coaches and administrators. Who can forget such Jastrzembki articles as "A Meet Director's Nightmare," "Secret Skate," "What's Good for the Gander..." and "Losing."

ASU President Bill Cawthra presented the prestigious Presidential Recognition Award to four worthy ASU members who have distinguished themselves on the local and National level. The first well-deserved award went to Attorney Fred Benjamin of Illinois who has given unstintingly of his time and legal expertise to the ASU. The ASU has come to rely on him for many things and he always graciously and enthusiastically comes through for us.

Marty Hill of Northern New York, whose knowledge of speedskating equipment, willingness to help all in need of his expertise, and his generous financial contributions to the sport on all levels, was the next recipient. A point of interest for you old timers out there: Marty worked at one time as an associate of the late speed skate guru, Harold Beam of Binghamton, NY. Marty's wife, Sarah, received the award for him. The 1994 Convention was the first in some years that he had missed.

The next recipients were Bill and Linda Houghton of the Missouri Assn. who were awarded, as President Cawthra said, "long over-due recognition of their contributions to the ASU." For many years Bill (ASU Electronic Committee Chairman) and wife Linda have been traveling throughout the country, toting their electronic timing equipment to regional, National and North American meets whenever they've been needed. And then they've spent all weekend running that equipment.

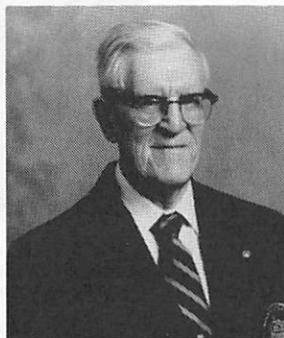
The final recipient was President Cawthra's wife, Sharon—his helpmate through eight years of service on

the ASU Executive board as well as with his position as Training Seminar Director for the ASU. Sharon has also served in various capacities on the association level and last year assumed the position of Training Seminar chairman for the ASU.

Our special thanks to Convention Chairman Lisa Sundstrom who did a masterful job of bringing it all together. She was assisted by Illinois members, Kay Klaiber, Carole Ortiz, Karen Krantz and Becky Sadleir.

ORDER YOUR COPY NOW

For full coverage of the Convention, you may order the 1994 ASU Directory and Convention Minutes from the National Office by Aug. 1. The book also includes all committee reports, member associations and club listings, committee appointments and committee members' addresses, National Officials, the Open Meet Schedule for 1994-1996 and addresses and phone numbers for all those involved in the ASU on the National level. Price of the book is \$10.



ALEXANDER J. HAMILTON

May 3, 1903

May 26, 1994

Al Hamilton had a lifetime involvement with speedskating as a competitor, official, promoter, coach and administrator.

He started skating in 1917 and in 1927 won the Ohio Olympic Trials at 5,000 and 10,000 meters. In 1935, he founded the Edgewater Skating Club where he developed several National Champions. In 1960, he formed the Town & Country Skating Club in Strongsville, Ohio. Once again, he developed championship skaters. During the 1960s, two of his best skaters were the Fish sisters, Debbie and Jenny. One of Al's proudest moments was when Jenny Fish won the silver medal at 500 meters at the 1968 Olympics at Grenoble, France, in a three-way tie with Mary Meyer and Dianne Holum.

Al promoted skating at all levels and was instrumental in the building of two ice rinks in the Cleveland area. He was a charter member of USISA and served on its Board for many years. In May, 1980, Al was elected to the ASU Speedskating Hall of Fame.

He is survived by his wife, Edna, and son, James.

*Top facility, top races and a farewell
to some great skaters*

Observations from the 1994 World Championships

by Sarah Conover Hill

Somehow, going to England has always felt like going home to me, ever since I was 16 years old. Maybe it is just because so much of our culture evolved from the British culture, and we almost speak the same language. Or maybe I really am a reincarnated Celt. But the Worlds this year was enjoyable, relaxing, and a real pleasure.

THE RING WAS GORGEOUS

The competition itself was held in a building called the Leisure Center. It was absolutely one of the most beautiful recreational and sports facilities I have ever seen. There were swimming pools of all types and descriptions, including a huge water slide, and gymnasiums for volleyball, indoor soccer, and classes for everything from Aerobics to Karate. And the rink was gorgeous. Maybe not quite the seating capacity that they could have used, but the facility itself couldn't be outdone. (Of course I did not take a picture of the building, which has glass walkways and looks like a Worlds Fair exhibition building, but maybe someone did.) Once one knew where Guildford and the facility were located, it was really quite easy to get there and Guildford is a lovely town.

ENTHUSIASTIC CROWDS

The competition was well organized and seemed to run smoothly for us noncompetitors. It was a thrill to see British Television covering the event live, and the newspapers carrying color pictures and articles about the meet. The crowds were enthusiastic, and there seemed to be unending numbers of young skaters asking questions and cheering for the home



SAYONARA SHORT TRACK

Tatsuyoshi Ishihara of Japan, Sylvie Daigle, of Canada, Nathalie Lambert of Canada and Kim Ki Hoon of the Republic of Korea got a standing ovation when their retirements were announced.

Sarah Hill Photo

team. Many of them had the Union Jack (British flag) painted on their faces. Nicky Gooch, the current British National Champion, is from Guilford, and had the support of the majority of the crowd. He only made it to one final that I know of, but he is young, and shows great promise. He finished eighth overall. There were no World records broken, and we were all disappointed for the American skaters, but there were also no serious injuries or public tantrums. Racing was exciting as always, but the skaters just seemed a little worn out after the Olympics.

CANADIAN WOMEN CONTINUE THEIR STREAK

The Canadians once again were a force to be reckoned with, and the Canadian Coach, Yves Nadeau, has had an impressive record of successes. Nathalie Lambert and Marc Gagnon once again took the Individual Men's and Women's titles, and the Cana-

dians women's relay team continued their streak of winning every Worlds relay title since the beginning of time (or at least the Worlds). The Men's Relay title has been up in the air for years, though, which is kind of nice because it lets us listen to a different National Anthem than "O Canada" at least once during the awards. This year the Japanese men's relay team pulled it out of the bag, narrowly beating Australia, with Canada in third.

RETIREMENTS ANNOUNCED

At the awards banquet on Saturday night, an all-star cast announced their retirements. Wilf O'Reilly, Tatsuyoshi Ishihara, Nathalie Lambert, Sylvie Daigle and Kim Ki Hoon received an emotional standing ovation from the crowd. There are others who say they are retiring as well, most notably Geert Blanchard from Belgium. Geert has always been one of our favorites, since he speaks about seven languages, and has helped us

communicate with many of the European skaters. His pop star singing career is beginning to take off, plus he is getting very active in inline racing. Nathalie says she will be back in a different capacity, which leads one to assume she may start coaching. Everyone was glad that Ishihara was able to retire with the relay win. This former World champion has been the rock for the Japanese team of very young skaters, and has always been a favorite with the other competitors.

The most exciting thing about this year's Worlds was the obvious progress being made by the newer countries. The most impressive new country skater was Martin Johansson from Sweden, who may very well be a contender next year. Though this is his fifth Worlds, it was certainly his most successful, and he finished ninth overall (our best U.S. finish was 12th for Amy Peterson and 16th for Eric Flaim). Skaters from Bulgaria, Hungary, Norway, South Africa and Mongolia are all improving as they refine their countries' programs and begin developing more skaters. And of course, France, Italy, Belgium and Holland are all becoming stronger. We may still hear "O Canada" a lot, but there are some new tunes the committees might want to be sure to have on hand.

EVERYTHING WAS EXPENSIVE

The only down side of the trip was how expensive everything was. I don't know how the British people can do what they do. Their wages are not that great, yet they are paying considerably more than we are for even the bare essentials of life. If you are depressed over the U.S. economy, go over there for a visit, and you will learn to count your blessings. We decided to stay in a bed and breakfast on a farm rather than the host hotel, which would have cost us \$145.80 per night. By acting like natives, we were able to find great places to eat that were inexpensive, but I was treated to lunch in the skaters hotel one day and it cost \$19.44 for a buffet. There is good food in England if you know what to look for. The hot dog stand at the rink was gross, but there was a restaurant upstairs that served a wonderful omelet. And of course Marty and I avoid fast food places like the plague, so I can't compare Big Macs.

We are looking forward to the Worlds next year in Norway, especially after seeing Hamar on our television. The good news is that CBS is planning to cover it, according to Ken Squier. It will be exciting to see what new countries attend, and who is hot. It is always worth the trip, so save your money, and we will see you in Norway.

HEALTH TIP

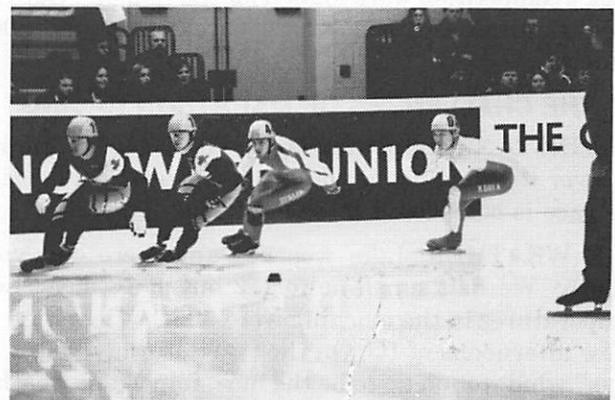
SLEEP SERIOUSLY—Sleep is the best form of recovery, so keep regular sleep habits. Try to go to bed and wake up at the same time every day. And get seven or eight hours of rest a night.



Kim So-Hee, the 13 year old gold medalist at 1000m at the Olympics placed second overall. She is from the Republic of Korea.
Sarah Hill Photo



The Swiss team was not very successful the first time out, but they were the best dressed on and off the ice.
Sarah Hill Photo



It would help if there numbers were on the front too.
Sarah Hill Photo

Myths, rumors and facts about distance skating.

Do you love to skate? Plan a trip to Finland.

by Dave Phillips

You have to love to skate, on natural ice, to really enjoy a two week trip to Finland for a series of seven races from 3 to 200k. This winter nine skaters from the USA were able to make the trip, or a portion of it, for the Finland Ice Marathon in Kuopio and the International Arctic Circle Skating Week in Rovaniemi.

The racing starts in Kuopio, a city of 82,000 people on Lake Kallavesi. The city's "Ice Master" and his crew put out an incredible effort to clear and maintain a 2k and two 12.5k tracks. The 2k and one of the 12.5k tracks were used for midweek races for several thousand school children, bussed in from the surrounding area, and the shorter Saturday races. The other 12.5k track was for speed skates only and was used for the 25k "trial," or practice race, on Thursday and Saturday's 50 and 100k races. The ice maintenance crews plowed, cut, flooded and swept the ice to an almost rink like perfection. . . except for the cracks (the word crevasse would be just a little too strong) which marbled the ice every couple of meters. The cracks can be treacherous and demand continuous concentration. A little day dreaming or weight rolling onto the toe of the skate can quickly lead to a fall, all part of the challenge of marathon skating.

The International Arctic Circle Skating Week in Rovaniemi was on a 25k track on the Ounasjoki River, with 3 and 10k cutoffs for shorter midweek races. There was also 5k loop for races for kids. Here the ice crews worked magic to transform the ice from barely skateable to very nice with just a couple of rough spots. The midweek races included a 3k time trial, a 10k team time trial (2 of 3 person) and two 50k races. The main events were Saturday's 50, 100 and 200k races. Times for the week's competition were totaled for the Lapland Cup (for 100k skaters) and the Arctic Circle Cup (for 200k skaters).

THE CHALLENGES OF MARATHON RACING

THE DISTANCE: Endurance and physical conditioning to cover the distance is the main obstacle, completing the race is considered to be success.

THE WEATHER: Like weather anywhere can vary greatly. We had sunshine for 12 out of 16 days. Low temperatures in the morning were -25C with a high on a few afternoons of 1C. On the two Saturday "big race days" wind wound up to be the most important weather factor as the temperature was not below -6C. In Kuopio for the 100k the wind was fairly strong. In Rovaniemi,

for the 200k race, the wind was howling in the morning and got worse as the day went on. The 25k loop was 12.5k down wind and 12.5k straight into it. We were fortunate not to have wind and extreme cold at the same time during the whole trip.

THE ICE: The ice is a major factor in determining the success of a marathon. Cracks and crusty ice can be treacherous. The top skaters seem to just fly over everything while I hacked my way through the rough spots with many stumbles but only five falls in over 600k of skating. Knee and or elbow pads were worn by probably half of the skaters.

THE LOCATION, CULTURE AND FOOD: Racing in a foreign country is an adventure in itself. With a seven hour time difference, jet lag is the first obstacle to overcome. Food is of course a little different and finding a restaurant with a "favorite" pre-race dinner was quite a bit of fun. The hotels offered a wide selection for breakfast sure to please almost anyone. The longer races had plenty of neutral support for snacks and energy drinks. Language was not usually a problem and occasionally mildly humorous with the Dutch announcer sending the skaters off for the start of the 200k with "Bon voyage, have a nice trip."

THE COMPETITION: The competition was nothing but the best. The skaters helped each other, often waiting for fallen skaters, sharing food, drink and encouragement while still maintaining a competitive spirit. Over two hours after the race leaders had finished, the father and son I had skated most of the 200k with still sprinted against each other with the son taking it by a blade length.

MYTHS AND RUMORS

Before going to Finland I heard many myths and rumors about the races:

— *You have to skate in the dark because there is hardly any day light.*

There were almost eleven hours of daylight. For the 200k in Rovaniemi only the last few skaters to complete the distance finished in the dark.

— *You have to be able to skate a 2:06 1500m or you will be dropped and have to skate the race alone.*

There are skaters of all abilities and it is not difficult (and very important) to find a group of your ability to skate with.

— *The race coarse at Rovaniemi crosses the Arctic Circle.*
That is true.

— *The race coarse at Kuopio has a road across it.*
True, there is a road on the ice to get to an island. This is not a problem as the cars all have studded tires and very little dirt makes it's way to the ice.

— *At the end of a marathon your blades will be so dull you will hardly be able to skate.*

Unless a skater is very unlucky and hits something to wreck an edge there is no problem with blades dulling, even in the 200k.

— *There are first aid and feeding stations every 5k.*
Only at the start/finish (and the turn around at 12.5k in Rovaniemi) are there first aid and feeding stations. There are numerous cars driving along side the race coarse for first aid, television filming etc., which would come to the rescue of a stranded skater.

— *Women are not allowed to skate the 200k race.*
This is not true. There was one woman competitor in the 200k and she had a very respectable time of 7:54:16.

— *There are open water holes on the race coarse.*
The only open water was under a bridge in Rovaniemi about a kilometer from the race coarse.

— *There are polar bears on the race coarse.*
There are no polar bears on the race coarse, they are all busy roaming the streets of Helsinki.

— *You're crazy, you could never skate 200k in one day.*
I have been telling myself that for about two years and now I know that the second part of that statement is not true. And if I am crazy it is nice to know that I am not the only one who just plain loves to skate. . . really far.

Anyone who is interested in marathon skating and would like further information please contact the author and I hope to see you in Finland next year.

David Phillips
P.O. Box 10
Westhampton Beach, NY 11978-0010
(515) 653-1407

53.	Bob Finkel	New Jersey	4:13:27
55.	Thomas Ryan	New York	4:26:10
76.	Raimo Makinen	Finland	7:48:13

100k Women 2/26/94

1.	Neeke Smit	Netherlands	3:34:30
2.	Dominique Larocque	Canada	3:34:33
3.	Carole Moore	New York	4:07:20

ROVANLEMI

50k 3/2/94

1.	Piet Kleine	Netherlands	1:13:48
32.	David Phillips	New York	1:54:19
36.	Thomas Ryan	New York	2:07:00
37.	Carole Moore	New York	2:07:01
44.	Ellen Ryan	New York	2:20:07

50k 3/3/94

1.	Lammert Huitema	Netherlands	1:17:12
20.	David Phillips	New York	1:33:29
27.	Dick Buitenhuis	Canada	1:40:24

50k 3/5/94

1.	Kari Maklin	Finland	1:49:27
4.	Thomas Ryan	New York	2:10:38
5.	Carole Moore	New York	2:12:10
12.	Ellen Ryan	New York	3:33:55

100k 3/5/94

1.	Jeen van den Berg	Netherlands	3:29:31
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(winner of the 1954 Eleven Towns Race)

200k 3/5/94

1.	Yep Kramer	Netherlands	6:12:52
2.	Jan Eise Kromkamp	Netherlands	6:12:52
3.	Bert Verduin	Netherlands	6:12:52
30.	Lenie v.d. Hoorn	Netherlands	7:54:16
33.	David Phillips	New York	8:19:15
42.	Dick Buitenhuis	Canada	9:29:35
69.	R. Haan	Netherlands	11:21:51
70.	Frank Cherry	New York	10:03:44

(169k)

RACE RESULTS

KUOPIO

100k Men 2/26/94

1.	Laurie Paalasmaa	Finland	3:07:10
2.	Jan Kooiman	Netherlands	3:28:13
15.	Paul O'Blencs	Canada	3:28:13
21.	Andrej Zhuikov	Russia	3:34:35
24.	David Phillips	New York	3:35:08
29.	Jim Shearer	Canada	3:35:37
30.	Bruce Pellow	Canada	3:35:54
40.	Paul Marchese	New York	3:56:48
43.	Paul Foley	New Jersey	3:57:28
44.	Remy Chait	New York	3:57:28
48.	Dick Buitenhuis	Canada	4:00:51

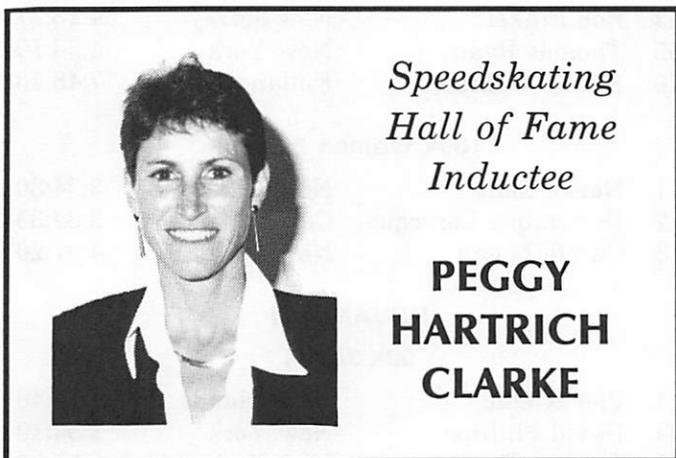
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*Speedskating
Hall of Fame
Inductee*

**PEGGY
HARTRICH
CLARKE**

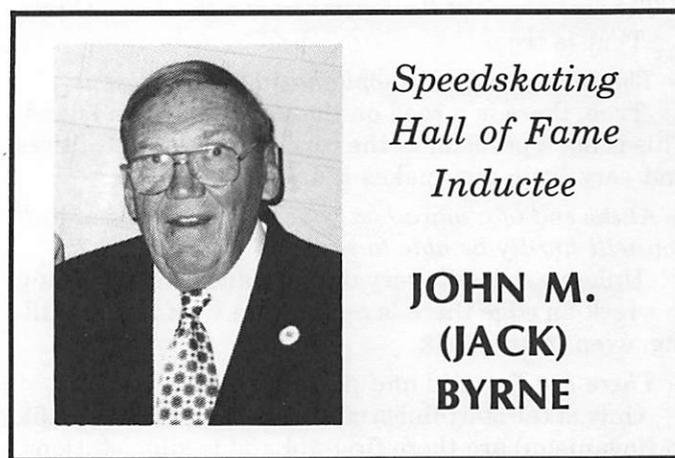
On and off the ice, Peggy set a wonderful example as a competitor. Always unassuming, never pretentious, she was a perfect role model for younger skaters to follow. She personified the word sportsmanship. At any level of competition, including international, she handled her victories and defeats with style and grace. She was always helpful to the younger skaters with tips and advice and inspired them with her own contagious enthusiasm for the sport.

Born April 24, 1955, Peggy began skating at the age of eleven years old. She tells of her mother's interest in finding a winter activity which would help work off a little energy for a very active child. Given the choice between figure skating and speedskating, she opted for speedskating after a single work out with the Clayton Speed Skating Club of Missouri. She was a natural from the start and by the end of her first year she qualified for finals at the National Indoor Championships in Champaign, Illinois. So began her thirteen year competitive career.

Under the direction of her coach, Les Rosenblatt, Peggy won dozens of titles in ASU sanctioned pack style skating meets in local, regional and national competition in age groups ranging from juvenile to senior. She set the Intermediate Women's $\frac{3}{4}$ mile Indoor National record in 1972 and won National titles in 1973 (Intermediate), and 1974 & 1976 as a Senior. Along the way she also set numerous North American records and earned two North American Championship titles in the Senior division during the years 1975 & 1976.

Peggy was a member of many National Teams and took home honors in international events, including 1st place in 1976 in Birmingham, England, 1st place in 1978 Bruegge, Belgium, and 1st place in 1979 in Melbourne, Australia. She also set an international record in the 1000 meter in 1978 while competing in Birmingham, England. Peggy earned a spot on the inaugural World Short Track Team that competed in Champaign, Illinois, in 1976. At this event, she came away with four medals (1st in the 3000 meter relay, 2nd in the 3000 meter, 3rd in the 1500 meter and 3rd in the 500 meter). The next three years brought three more berths on the World Short Track Team for Peggy. In 1977 in Grenoble,

(Continued on page 16)



*Speedskating
Hall of Fame
Inductee*

**JOHN M.
(JACK)
BYRNE**

For 63 years John Byrne has contributed to the sport of speedskating. From competitor to official, from coach to Board Member, John better known as Jack, has left his unique mark on this sport.

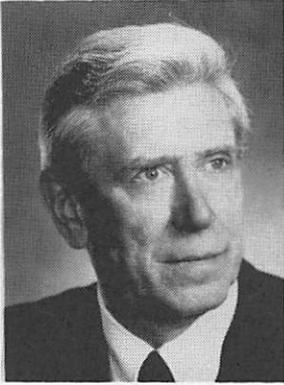
It all started as a young boy of 12 years old in the town of Syracuse, New York. Jack, the oldest of four children began skating at a local park in 1933. He would skate every day with his two brothers and one sister at the nearby lake. Meets were held at the four city parks every Saturday with a big city meet at the end of the season. Jack was hooked!

His competitive days included earning the title of New York State Junior Champion in 1935 and 1936. While attending Holy Cross College in Worcester, Massachusetts, he won the New England Intermediate Boys 220 yd. skating race in Fitchburg, Massachusetts, in front of a newspaper-reported 10,000 people. In 1975 he was still competing, taking part in the Senior Olympics speedskating races at Lake Placid, winning two silver medals.

Off the ice, Jack was a major force behind the reorganization of the Syracuse Speedskating Club, handling the incorporation of the Club in 1966. Jack and his wife, Ann, have eleven children, all of whom competed in speedskating. He was active in coaching and managing the club while also making sure his children attended the meets. He traveled annually to Farwell Field in Detroit and later to the National Championships when his children were old enough to compete. Jack held the office of President of the Northern New York Skating Association in 1974-75 and 1979-80. He was also the chief referee for the Northern New York for eight years. On the National scene, Jack was instrumental in changing the number of races at the National Championships for Special Midgets and Midgets. He lead a proposal at the ASU Convention in the 1960's to increase the number of races for these skaters from the tradition three race to four races. He was also active in securing 4th place medals at the National Championships.

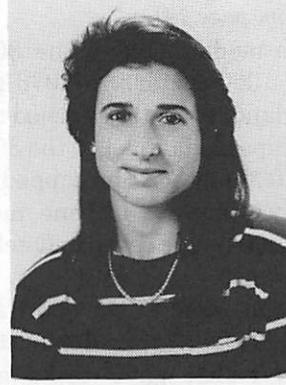
Jack began his long association with the U.S. International Speedskating Association in 1976, when Al Hamilton of Ohio recommended Jack to be elected to the

(Continued on page 16)



*Speedskating
Hall of Fame
Inductee*

**ROBERT R.
VEHE**



*Speedskating
Hall of Fame
Inductee*

**LYDIA
STEPHANS**

Dedicated, ambitious, sincere, wise and caring. These are but a few of the many adjectives that best describe Bob Vehe. His 30 years of devoted service to speedskating has been outstanding and unmatched.

His involvement began in 1964, when his two sons, Robert E. and Richard, were introduced to a winter competitive activity in the Village of Mount Prospect, Illinois. He held various club and State offices and appeared on the National scene as the Board of Control delegate from the Amateur Skating Association of Illinois. He continued in that role for another 12 ASU Conventions from 1970 through 1971, 1973 through 1981, 1983 and 1993, where he developed a reputation among his peers as a level headed individual who other Board members could look to for guidance and wisdom because he never let political considerations over-ride good judgement and common sense.

He became a National official in 1972, serving as judge and announcer and was appointed Co-Chairman of the Handbook Committee, 1979 through 1981 and Editor of the Handbook from 1987 to the present time.

His first efforts at publishing for speedskating were in conjunction with Einar Jonland, when together they produced a large handbook for the Amateur Skating Association of Illinois each year from 1966-1969 and 1972. Much of what is now a part of the ASU Handbook was derived from these books. When the ASAI's title "THE RACING BLADE" was given to the new ASU newsletter, he started a newsletter in Illinois named "The Bell Lap."

As Editor of the ASU Handbook he raised funds every two years, until recently, to pay for most of the cost of printing the ASU Handbook. His writing and promotional skills carried over to the sport of cycling, where he served as Vice President of the Northbrook Cycling Committee and editor of the organizations annual program book.

In 1983, after much prodding by then Executive Secretary, Larry Ralston, he was elected Executive Secretary, to assume office in 1984, upon the retirement of Ralston. Unfortunately, due to family considerations, he had to resign that office and take a three year leave of absence from speedskating. Upon his return in 1987,

(Continued on page 18)

The power of television has shaped Lydia Stephans' life. At the age of twelve, Lydia watched the 1972 Winter Olympics on television. She was inspired by the achievements of Dianne Holum and Anne Henning and she decided she would like to try the sport.

Three years after picking up speedskating, Lydia was the 1976 National Short Track Champion in the Junior Girls division. She also participated in the first World Short Track Championships in 1976, competing in the Novice division and placing 2nd in the 500 meters and the 1000 meters. In 1978, Lydia again won the National Short Track Championships, this time as an Intermediate Girl.

Beginning in 1980 and for the next five years, Lydia earned berths on eight World Teams which included both Long Track and Short Track. She qualified for the World Short Track Team in 1980, placing 3rd on the 3000 meter relay. She again made the World Short Track Team in 1981, winning a silver medal in the 3000 meter relay. In 1982, she qualified for the World Short Track Team and also won the Senior Women's division at the National Short Track Championships. The next year, 1983, saw Lydia expand her list of accomplishments to include membership on the World All-Around Long Track Team and the World Long Track Sprint Team, along with her berth on the World Short Track Team, picking up another World medal, this time a bronze in the 3000 meter relay. She also captured the Senior Women's North American Championship crown. In 1984, Lydia made the Olympic Team, placing 13th in the 100 meter in Sarajevo. She qualified for the World Long Track Sprint Team and World Short Track Team as well that year, earning two bronze medals at the latter event, in the 1500 meter and the 3000 meter relay. In her final season of competition, Lydia participated in the 1985 World University Games, placing 2nd overall. Over the years of her competitive career, Lydia set numerous State and National records. She was a member of the National Team from 1976 to 1984.

Born October 19, 1960, Lydia skated as part of the Northbrook Skating Club of Illinois. She coached the Northbrook Club beginning in 1980 while she still competed herself. After her retirement as a competitor, Lydia con-

(Continued on page 20)

PEGGY HARTRICH CLARKE

(Continued from page 14)

France, Peggy captured two medals (1st in the 3000 meter relay and 2nd in the 1000 meter); in 1976 she traveled to Birmingham, England, where she earned two additional World Championships medals (1st in the 3000 meter relay and 2nd in the 1000 meter). She capped off her distinguished competitive career with one more medal in 1979, a 2nd in the 3000 meter relay in Quebec City, Canada.

Peggy also found time to give back to the sport she loved. She made herself available for skating demonstrations at various St. Louis rinks, gave talks and demonstrations for school gym classes at the Clayton rink, and was an able spokesperson for speedskating when interviewed by the media. She also promoted the sport by demonstrating at local "Learn to Skate" classes where she could introduce speedskating to the young participants. Peggy began coaching at the Clayton Speed Skating Club during the latter years of her skating career. After her retirement from competition, Peggy coached and served as secretary of the Clayton Club for two years.

Peggy also competed in the sports of diving, field hockey and marathon running. She has the achievement of competing in and completing the Boston Marathon to add to her list of accomplishments.

Peggy received her associates degree in Fine Arts and in Recreational Leadership at St. Louis Community College. Married to Martin Clarke, Peggy is the mother of three girls, 10 year old twins Alicia and Andrea, and 8 year old Christine. She is currently involved in marketing for a franchise of New Orleans Shaved Ice, a company of which she and her husband Marty are part owners.

Peggy obviously had many achievements on the ice. When we go beyond a listing of her records and titles and look at Peggy's characteristics as a competitor and at what she stood for in the sport, we come to what is actually a distinguishing feature of her competitive career. Any sport would benefit from more competitors like Peggy Hartrich Clarke.

JOHN M. (JACK) BYRNE

(Continued from page 14)

USISA Board of Directors. He served the USISA Board until 1989 and is currently an Honorary Board of Director. Jack acted in the position of USISA President from 1980 to 1989. During his tenure as President, USISA received the excess monies from the Los Angeles Olympics. Jack established the Charitable Foundation for USISA. When he left office all of the initial sum was still intact.

Jack has served on various committees for the U.S. Olympic Committee for the last five Olympics. In 1980

in Lake Placid, Jack acted in the capacity of Technical Director to Lake Placid prior to the Olympics and Chairman of Officials during the Games. In 1984, he traveled to Europe with the Olympic Team as team manager for two months, prior to the Olympics in Sarajevo. He acted as team manager for the 1988 Olympic Team in Calgary and served on the USOC Administrative Board during the 1992 Games in Albertville, appointed by USOC President Bill Hybl. From 1988 to present, Jack has represented speedskating on the USOC Board of Directors. In this capacity, he worked closely to get the designation of a USOC Training Site for the Pettit National Ice Center in Milwaukee.

Jack has always been concerned with financial support to the athletes. In his position as USISA President, he budgeted direct funds to athletes based on their competitive results. He carried this support over to his business ventures also. In 1948, Jack's father turned the family business over to his three sons and Jack became the President of Byrne Dairy. To gain support for the Olympic movement, Jack once placed a message on his milk bottles, "Send a \$5 contribution to the U.S. Olympic Committee".

Now semi-retired and living in Florida, Jack has left a legacy in the sport of speedskating. Four of his sixteen grandchildren now speedskate and his daughter, Gretchen is the coach of the Syracuse Club. Jack's presence in speedskating has left an idelible mark on the sport.

LYDIA STEPHANS

(Continued from page 15)

tinued to be involved in the sport. She served as the National Short Track Team coach at the U.S. Olympic Education Center at Northern Michigan University in Marquette, Michigan, for the 1985-86 season. In this position as coach, she traveled to the 1986 World Short Track Championships in Chamonix, France. Lydia was also nominated by her peers to serve on the USISA Board of Directors from 1984 to 1989 and on the USOC Athlete's Advisory Council as an alternate from 1984 to 1988.

Lydia earned a bachelors degree in Elementary Education, with a major in Science and a minor in Art, from the National College of Education in Evanston, Illinois, in 1982. She followed this up with a masters degree in Broadcast Journalism from Northwestern University in 1985, which leads us back to television.

While coaching at Northern Michigan University, Lydia began her career in the broadcasting field as a news producer and writer for WLUC-TV in Marquette, Michigan. From here she moved to the big time. She joined ABC Sports as an Assistant to the Producer in 1986, relocating to New York City at this time. She has continued to climb up the ranks at ABC Sports, moving from Coordinator of Programming in 1989 to Manager

(Continued on page 20)

Haarlem IJSCLUB Celebrates Its 125th Year

By Eugenia Klopsis

The weekend of 15 January 1994 marked the 125th anniversary of the Haarlem IJSCLUB in the Netherlands. One of the events was an "Old-Dutch Nostalgia Evening." Folks came dressed in period costume — usually an eclectic combo of things found at the back of the closet, but also more than enough genuine outfits — and wooden skates. There were bakers on skates, women-to-market on skates, adolescents flirting with each other under the guise of playing ring-and-stick games, on skates. Bicycle-riders on skates. Ice-sweepers on skates, policemen on skates, and to keep it all in perspective: two priests—on skates. Now *that's* "community."

The uniquely Dutch version of pairs'-skating called "Schoonrijden" (or: "beautiful skating") made its appearance in the form of the North-Holland Schoonrijden Club. "Pairs" is not a complete description, however, for often times *eight or more pairs* will link up together and do their "swinging and swaying" as a single unit. The women came in authentic South-Holland costume, complete with little golden antennae jutting from their temples (in spirals or in radar-squares), a symbol of beauty and maturity.

The evening was a great success, ending with a great huge round of fireworks set off from the center of the oval (the grassy field where the sheep would soon graze in the spring.) Youths in their tweed knickers, knee-high socks, and tweed Depression-style caps stood gazing at the fireworks, trying not to look *too* excited under the eyes of their sweethearts in white starched "Flying Nun" caps, long skirts, and petticoats (the tips of a sharp pair of recently-purchased Vikings jutting shamelessly out). The beer and genever flowed liberally alongside of the coffee, tea, and hot cocoa— sometimes *in* the coffee, tea, and hot cocoa — and caraway-seed sausages and apple pie were eaten in abundance.

Luckily, it *didn't* rain (imagine that!).



Okay, where'd the gloves come from?



A picture is worth a thousand words....



"Schoonrijden" involves swinging and swaying. No one ever does a cross-over or a jump, yet groups of up to eight can ride in unison all joined together by holding on to long sticks or staffs.



Why waste time taking your skates off?



It means "Snacks"

Everybody who was there had only one refrain on their lips: This *has* to happen again every year! Every 125 years is certainly not enough.

JON KAZMIERSKI Recipient of 1994 ASU Scholarship

by Susi Jarrett

The winner of the 1994 Scholarship Grant was announced during dinner on Saturday, May 15, 1994, at the Amateur Speedskating Union Convention held in Schaumburg, Illinois. This year's scholarship recipient is Jon Kazmierski.



Jon Kazmierski being awarded
the 1994 ASU Scholarship
T. Klaiber Photo

Jon, whose parents are Charles and Pat Kazmierski of Midland, MI has been attending Pius XI High School in Milwaukee, WI, to further his dream of becoming an Olympic skater. In junior high in Midland, he played varsity football and baseball and was Student Council Secretary his last year there. He was class representative on the Pius XI Student Forum for 1993-94. Last March he was chosen the student in biology to represent Pius XI in M.S.O.E. High School Science Competition. His honors include second place in the Saginaw Valley Patent Law Association Student Inventor contest and a member of the Pius XI National Honor Society, having been on the honor roll through junior and senior high school.

In the area of non-skating activities, Jon did church volunteering, was a Midland Blooms Community Beautification Volunteer, and a member of the Midland Young Life Group for three years.

In speedskating, Jon has been a member of the ASU since 1988. He won the Junior Boys division championship in the Michigan State Short Track and Long Track meets in 1991 and 1992. Other championships, which he won as an Intermediate, include West Michigan Thanksgiving Classic, Chicago/Kemper Silver Skates, the Great Lakes Long Track, and the 1993 National Long Track. Jon was a member of the 1993 Olympic Festival Team, 1994 Junior A Country Match Long Track Team, and the 1993-1994 USISA Category I Long Track team. He is a member of the 1995 Junior National Long Track Team.

After graduation this spring, Jon is planning to attend Marquette University in Milwaukee to obtain a degree in biology. He will continue his training in speedskating with hopes of an Olympic berth in the future.

Congratulations, Jon. Best wishes for your future goals.

ROBERT R. VEHE

(Continued from page 15)

he played a major role in bringing together the Amateur Speedskating Union and the United States International Speedskating Association.

He graduated from Duke University with a B.A. degree in Political Science in 1944, while a member of the U.S. Navy V-12 Program. He served in the South Pacific and after the war enrolled at Northwestern University and obtained a B.S. degree in Mechanical Engineering in 1950. In 1958, he graduated from the four year Industrial Management Institute at Lake Forest College.

Now retired, he was employed as Vice President of Marketing for the Kleinschmidt Division of the SCM Corporation and was a licensed Real Estate Broker.

He has been married to his wife, Ruth, for 45 years and his family includes daughter, Connie, sons, Robert E. and Richard, and five grandchildren.

Currently, he is the Facilities Director for the ASU Speedskating Hall of Fame and continues to work on establishing an up-graded display. In addition, he is the Editor of THE RACING BLADE and the ASU HANDBOOK.

The time and energy spent in legislative matters and his expertise in publishing have gone far beyond the normal call of duty for a volunteer organization. But for all his accomplishments he is best known for his efforts in producing THE RACING BLADE, which has evolved from a two page mimeographed newsletter to the present magazine format.

The Hall of Fame Committee has found him extremely well qualified and most worthy of induction to the Speedskating Hall of Fame.

DEADLINES



ITEMS FOR THE NEXT ISSUE ARE DUE

SEPTEMBER 2, 1994

Nov. 4, 1994

Dec. 30, 1994

March 3, 1995

June 2, 1995

Speedskaters promote interest in the sport

Cocoa Beach FL., The Florida Ice Sports Foundation reports that the recent visit of 1994 Winter Olympic Speedskating Bronze Medalists, Karen Cashman and Amy Peterson, and Champions Brian Arseneau and John Singer, gave a tremendous boost to the sport within Florida. The skaters were here to help promote the 1st Annual Florida Ice Sports Festival.

These elite speed skaters were hosted by the Citizens For Ice Sports in Palm Bay at a special breakfast in their honor and later in the day by the Florida Ice Sports Foundation at a special reception held at the beautiful Cruise Terminal #5 at Port Canaveral.

While in Brevard County they had the opportunity to visit Kennedy Space Center, as well as the Astronaut Hall of Fame and U.S. Space Camp, the Valiant Air Command Warbird Airshow, lunch at Cocoa Beach Pier and catch a magnificent dawn space shuttle launch. They also took some time to visit with the children and young adults at CPC Hospital in Palm Bay.

While in Orlando, they visited Walt Disney World, were guests of Tom Collins at the Campbell Soups Tour of World Figure Skating Champions at the Orlando Arena and were hosted at a reception by the Orlando Area Sports Commission. An on-ice speedskating demonstration held at the Orlando Ice Skating Palace kept everyone holding their breath.

The 1994 Florida Ice Sports Festival was a series of ice related activities occurring in several different locations in Central Florida. It was orchestrated by the Florida Ice Sports Foundation and the organization is ecstatic with the results. "Planning for the 2nd Annual Ice Sports Festival is already underway," stated Ilene Grieshaber, Vice President of the Florida Ice Sports Foundation.

According to Grieshaber, "Speed skating gained greater visibility and support; much more than we had imagined". Along with the skaters was Millard D. "Doc" Savage, Director of Growth and Development for the Amateur Speedskating Union Of the United States (ASU).

While the speedskating Champions were promoting their sport FISF kept "Doc" Savage busy talking about the ASU and its programs with representative from the Orlando Area Sports Commission, Orange Blossom Trail Development Board, Special Olympics and other children's organizations.

Although the Florida Ice Sports Foundation, a non profit corporation, has been working non stop for the past two years to build an Olympic-class ice skating and training facility in Brevard County, the project has really been on the drawing board for approximately four years. Currently, the organization is about 95% there with funding.

The "ice-plex" as it is often referred to, will provide three ice surfaces and two of the three will be 100' x 200' to allow for the development of short track speedskating. Figure skating and ice hockey programs will also be in-

(Continued)



ASU skaters on Florida pioneering tip with their FISF hostess. L-R: Amy Peterson, John Singer, Ilene Grieshaber, FISF VP/Sec., Brian Arseneau, Karen Cashman

High Praise For Our Head "Pioneer"

Ilene Grieshaber, Vice-President/Secretary of the Florida Ice Sports Foundation, Inc., has been working with Doc Savage and Shirley Yates since August of 1992 to insure that speedskating would be included in ice sports in Florida.

Last year Doc Savage was appointed to the FISF Board of Directors to represent the Amateur Speedskating Union and has worked closely with Ilene since then. The trip to Florida in April was the latest in a series of "pioneering" endeavors that Doc, as chairman of the ASU Growth and Development Committee, has undertaken during the last six years to introduce speedskating to new areas and facilitate the development of new clubs.

The following is a letter to the ASU National Office from Ilene praising Doc's efforts in Florida:

Dear Shirley,

"The trip was a huge success from start to finish and the FISF group was able to accomplish what they had set out to do: 1) gain support and visibility for speedskating and 2) complete the 1st Annual Florida Ice Sports Festival."

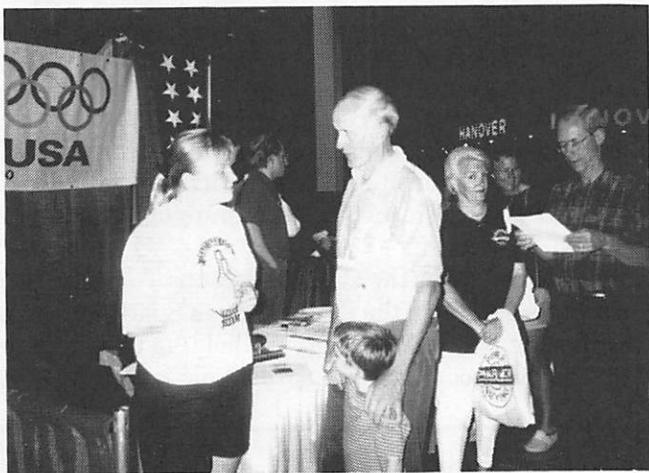
(Continued)

Speedskaters promote interest in the sport

(Continued from page 19)

cluded. The facility will have a multi-purpose arena with 5,000 - 6,000 seats and a dedicated practice arena with 1,500 - 2,000 seats. The third ice surface is to be 65' x 135' with no seating.

Jerry Varney, President of FISF states that the "iceplex will be state-of-the-art and the projected opening is scheduled for early 1995. It's that last 5% of the funding that I'm concerned about, since that's the part where you cross the t's and dot the i's making sure everything is taken care of on both sides, (the investors and FISF)." The Florida Ice Sports Foundation will operate the facility and be responsible for scheduling.



Amy Peterson talks to a father and son about speedskating at a booth that was set up in a Melbourne, FL shopping center. Our skaters also demonstrated the slideboard.

It is an exciting project for Florida skaters as the Florida Ice Sports Foundation plans to heavily promote grass roots programs in all segments of ice sports. Most importantly, the least developed segment, speedskating, will have an opportunity to gain in popularity since inliners who have been waiting for an Olympic-class training center to be built in Florida will finally get a chance to cross over to ice.

This is definitely good news for the ASU and speedskating enthusiasts in Florida!

High Praise for Our Head "Pioneer"

(Continued from page 19)

"The skaters who came to visit, Karen Cashman, Amy Peterson, Brian Arseneau and John Singer, represented their sport as the true champions that they are. I am not sure what people here thought about speedskating before their arrival. I can only say they sure are excited after their departure. We are excited to be able to promote speedskating and our facility will definitely enhance the sport in the Southeast."

"Doc Savage is limitless in his energy, knowledge and enthusiasm for speedskating and it became infectious with everyone he met. There is no doubt in my mind that 'Doc' will be spending some additional time in Florida with us."

"We were able to put together some great people to talk about future programs for children with special needs and to also let Doc and the ASU know how committed the FISF is to building the sport in Florida. Grass roots programs and a planning process are critical to the success of any sport, no matter where it is located. As I have said in the past, we do not intend to re-invent the wheel, we just want to support the best."

"It was a great opportunity to meet and host these wonderful athletes and certainly, we have developed a great admiration for Doc."

"Thank you for your support and we appreciate the opportunity to promote the ASU and its speedskating programs within the State of Florida."

Kindest regards,
Ilene Grieshaber

The ASU extend's a special "thank you" to Ilene for her efforts to promote speedskating in Florida and are most grateful to the FISF for funding the pioneering trip to Florida in April for all five of our representatives. We know they are serious about speedskating and we pledge them our full support.

Doc was equally appreciative and complimentary about the four skaters who accompanied him on the trip.

"I'm pleased with this crew and would take them anywhere. Ilene said she'd have them back for their Grand Opening. Wouldn't that be grand!"

LYDIA STEPHANS (Continued from page 16)

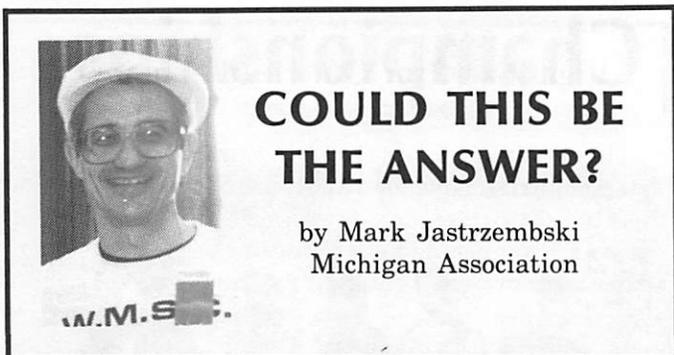
of Programming in 1990 and finally to her current position of Director of Programming in June of 1990.

Lydia currently lives in Manhattan. She is an avid skier in her limited free time and also enjoys playing tennis. She is a member of the Women's Sports Foundation, an organization aimed towards the advancement of women in sports. She also works with Covenant House, an association directed at getting teens off the street.

In her position with ABC Sports, Lydia has been able to maintain contact with speedskating. In 1988, Lydia was the on-air analyst for Short Track at the Calgary

Olympics. She has produced numerous speedskating events over the years, including promotional events involving in-line skating and the top athletes from speedskating, figure skating and hockey. The most recent event Lydia had a hand in, which centered around speedskating, was the 1994 World Cup held at the Pettit National Ice Center. Television introduced Lydia to the sport and it still keeps her involved in speedskating. We in speedskating are grateful for this and for all Lydia has given back to the sport.

Photo courtesy Leslie Wong/ABC-TV



COULD THIS BE THE ANSWER?

by Mark Jastrzembki
Michigan Association

PROBLEM: How do you host a regional meet that is elaborate enough to pull in skaters from surrounding states, while remaining home-like enough so that skaters from your own state will not be intimidated by the increased competition and added cost of a two-day meet? That is the problem which is somewhat unique to Michigan in that we are relatively new on the National meet circuit. We cannot rely on the drawing power that other, older clubs have with their long-established meets to automatically bring in the top tier of nationally competitive skaters. Complicating the problem is the fact that our Thanksgiving weekend meet runs opposite the start of the Long Track season.

Over the last five years we have gone out of our way to gain the respect of out-of-state skaters at our two regional meets, Thanksgiving Classic in Muskegon and the Tri-State Invitational in Grand Rapids. This has been done at the expense of our in-state skaters. With six widely scattered clubs throughout Michigan having 12 one-day in-state and 2 two-day regional meets to pick from last season, most Michiganders chose to skip the two-day regional meets to save the hotel and meal costs. The dynamics of this situation resulted in the in-state skaters staying home in droves and the out-of-state skaters not coming for lack of competition. The net results were record low turnouts in our two regional meets last season.

SOLUTION: Defining the problem was critical toward finding a possible solution. The compromise we have come up with is the "One-Day Super Meet!" Seven and a half hours of ice time with a generous lunch break, great accommodations and nice awards are packed tight into this meet. Those who want, can save a night's hotel accommodations. With extra attention to organization and logistics, we will compact two days of racing into one day. We're young enough to not be afraid of experimenting with this sport. You, the skaters, may vote with your feet. Our Thanksgiving Classic in Muskegon will be changed to this new-concept "Super One-Day Meet", November 26. Our Tri-State Invitational meet will remain a more relaxed two-day affair February 18 & 19 in Grand Rapids. Be a part of this experiment by attending both Michigan regional meets. Write WMSC at: 2179 LAKE AVE., TWIN LAKE, MI 49457 to get on the mailing list for advanced copy entry forms to all 14 Michigan meets in 1994-95.

Midway's Medalists Share Their Olympic Experiences

Amy Peterson, two time Olympic medalist from Maplewood, MN, and Randy Bartz, silver medalist from Roseville, visited Richard Bauer's fourth grade class.

Richard started speedskating at age three with the White Bear Novice Club, then joined Midway when he was four. During the 1988 Olympics, Richard studied the tapes of Dan Jansen and since has dreamed of being on an Olympic team.



Richard Bauer was visited at his school by Olympians Amy Peterson and Randy Bartz

Amy Peterson also started skating at age three and has been a member of the Midway Club for eight years. Amy won a silver medal in the Women's Relay in 1992. In 1994, she won a bronze medal in the Relay and the 500 meter race at the Olympics in Norway.

Randy Bartz first skated for the Roseville Novice Club at age seven and has been a member of Midway for 12 years. Randy would like to give back to the club and help coach the younger skaters in Short Track. Randy won his silver medal in the Men's Relay event in the 1994 Olympics.

Amy and Randy told about their travels and experiences in the Olympics. Richard knows that hard work and determination pay off and would like to follow in their Olympic paths.

Richard has had a very rewarding year as a Pony by winning three Canadian meets in Winnipeg along with the Western Regional Championship in Moosejaw, Saskatchewan. In addition, he won the St. Louis Silver Skates, placed second at Northbrook, fourth at the Wisconsin Gold Cup, and third at the Great Lakes Meets in both Long Track and Short Track. Closer to home, he won the John Rose Open, the 10,000 Lakes, the Duluth Winter Festival and The Star of the North in Alexandria. To finish the season, he placed second at the Spring Sprints in Eugene, Oregon, as a Midget.

Richard is looking forward to his second year of summer camp in Tacoma, WA, this July.

National Short Track Championships

Saratoga Springs, NY • March 18-20, 1994

By Bob Vehe

What can be added to the plaudits made or reported by Dick Senecal in his letter to the Editor or Bob Cooley's comments in the Northern New Yorks Association's report? Not much, but let me try. First of all, the convenience of the hotel right on the main street. Of, course, I remember staying there at the ASU Convention in 1979. It was a first-rate convention and this championship had to be first-rate. After mastering the directions to the rink, the only challenge left was to find the dining hall at Skidmore College in the dark. The blind led the blind and we found it. Two small challenges do not a problem make!

What really makes a good championship is the rink, the parking and most of all the organization and the help. The rink is truly an amazing place and even more so when you find out what it cost. Saratoga Springs has some secret way of saving money that certainly isn't obvious from the amenities. I wouldn't hesitate referring people to see what can be done for a lot less than many other rinks have spent. I still can't figure out how to have a sprinkler system in an unheated arena.

There didn't seem to be a shortage of people willing to help. That is the key, but it isn't worth much unless there is someone in charge who can direct all of this volunteer help. That certainly existed here. Tom Campbell seemed to be everywhere and much of the credit has to go to him and his group who put this all together. There also is a cadre of people who have been to so many of these meets that they just show up, march to their positions and wait for the first shot.

The food was plentiful at the rink and at the excellent banquet held at Skidmore College. The banquet had to be the largest Championship banquet that I have gone to in many, many years. Someone really knows how to promote such an affair.

At last but not least, the weather was wonderful. Being a lover of winter, the clean deep snow was a great joy. For the hometown folks it was a serious case of overkill, but for us it was a thing of beauty.



National Short Track Champions
Saratoga Springs, NY
March 18-20, 1994

Front Row: Grand Master Women, Mary Lou DiNicola; Master Women, Jody Whitsell; Senior Women, Jan LaPato; Intermediate Women, Kelly O'Hare; Junior Girls, Sarah Lang; Juvenile Girls, Sarah Shapiro; Midget Girls, Sarah Elliott. Back Row: Midget Boys, Ron Biuondo; Juvenile Boys, Shawn Monroe; Junior Boys, Tony Goskowicz; Intermediate Men, Scott Koons; Senior Men, Brian Arseneau; Master Men, Bob Scherl; Grand Master Men, Ed Lang. John Needham Photo



This is what is known as a good start
John Needham Photo



Tony Goskowicz leading Tom O'Hare
and David Needham
John Needham Photo



Straining For the Finish Line
John Needham Photo



All the Skaters Lined Up by Associations Providing a Most Impressive Showing.
Staff Photo



A Large Lobby Area is One of the Fine Features of the Rink
John Needham Photo



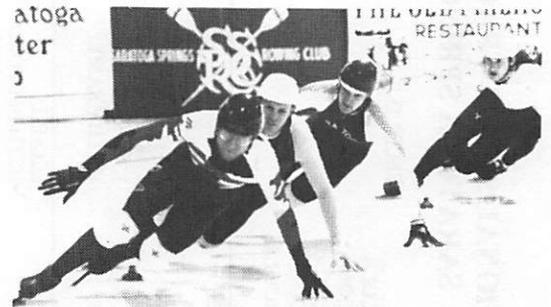
Bill Gorham, Master of Ceremonies at the banquet and an announcer who adds a lot to a meet.
John Needham Photo



Wilma Boomstra, Sam Hicks and Assistant Referee Karen Keith in National ST lunchroom.
Staff Photo



The Assistant Referees Ken Altuchoff & Bill Lanigan
Staff Photo



Brian Arseneau leading the pack in a two point stance.
John Needham Photo



Who Said the Sport was for the Youngsters?
John Needham Photo



The Cohen Family Aaron, Lynn and Steve Cohen. Aaron attends Skidmore College giving him the opportunity to skate in Saratoga Springs.
John Needham Photo

1994 NATIONAL SHORT TRACK CHAMPIONSHIP - FINAL RESULTS
SARATOGA SPRINGS, NY - MARCH 18 - 20, 1994

GRAND MASTER WOMEN	FIRST	SECOND	THIRD	FOURTH	FIFTH
500	MARY LOU DINICOLA				
777	MARY LOU DINICOLA				
1000	MARY LOU DINICOLA				
1500	MARY LOU DINICOLA				
<u>OVERALL</u>	MARY LOU DINICOLA				
MASTER WOMEN	FIRST	SECOND	THIRD	FOURTH	FIFTH
500	JODY WHITSELL	CAROLE MOORE	KATHY SAME	LIZ MARCHESE	--
1000	JODY WHITSELL	KATHY SAME	CAROLE MOORE	LIZ MARCHESE	SUZANNE KONDRAS
1500	KATHY SAME	CAROLE MOORE	LIZ MARCHESE	SUZANNA KONDRAS	--
3000	JODY WHITSELL	KATHY SAME	CAROLE MOORE	SUZANNE KKONDRA	LIZ MARCHESE
<u>OVERALL</u>	JODY WHITSELL	KATHY SAME	CAROLE MOORE	LIZ MARCHESE	SUZANNE KONDRAS
SENIOR WOMEN	FIRST	SECOND	THIRD	FOURTH	FIFTH
500	JANE LAPATO	BETH BEDFORD	CARI DABROWSKI	BRANDY VALENCIA	JUDY WENTLAND
1000	JANE LAPATO	BETH BEDFORD	CARI DABROWSKI	JUDY WENTLAND	BRANDY VALENCIA
1500	JANE LAPATO	BETH BEDFORD	CARI DABROWSKI	JUDY WENTLAND	--
3000	JANE LAPATO	BETH BEDFORD	CARI DABROWSKI	JUDY WENTLAND	--
<u>OVERALL</u>	JANE LAPATO	BETH BEDFORD	CARI DABROWSKI	JUDY WENTLAND	BRANDY VALENCIA
INTERMEDIATE WOMEN	FIRST	SECOND	THIRD	FOURTH	FIFTH
500	KELLY O'HARE	JESSICA RILEY	KELLY HENNEBERRY	--	--
1000	KELLY O'HARE	JESSICA RILEY	KELLY HENNEBERRY	--	--
1500	KELLY O'HARE	JESSICA RILEY	KELLY HENNEBERRY	--	--
3000	JELLY O'HARE	KELLY HENNEBERRY	--	--	--
<u>OVERALL</u>	KELLY O'HARE	JESSICA RILEY (t)	KELLY HENNEBERRY(t)		
JUNIOR GIRLS	FIRST	SECOND	THIRD	FOURTH	FIFTH
500	ERIN GLEASON	SARAH LANG	KELLY ANDERSON	TRACY NORTHUP	ERIN PORTER
1000	ERIN PORTER	TRACY NORTHUP	JAMIE GRUNDSTROM	SARAH LANG	ERIN GLEASON
1500	SARAH LANG	KELLY ANDERSON	JAMIE GRUNDSTROM	ERIN GLEASON	ERIN PORTER
3000	KELLY ANDERSON	SARAH LANG	ERIN GLEASON	ERIN PORTER	JAMIE GRUNDSTROM
<u>OVERALL</u>	SARAH LANG	KELLY ANDERSON	ERIN GLEASON	ERIN PORTER	JAMIE GRUNDSTROM
JUVENILE GIRLS	FIRST	SECOND	THIRD	FOURTH	FIFTH
333	SARAH SHAPIRO	PENELOPE LANG	MICHELLE HILL	AMY GOLOWNIA	BECKY FITZGERALD
500	BECKY FITZGERALD	CATHERINE RANEY	PENELOPE LANG	SARAH SHAPIRO	--
777	SARAH SHAPIRO	KATIE KRALL	MICHELLE HILL	AMY GOLOWNIA	PENELOPE LANG
1000	MICHELLE HILL	AMY GOLOWNIA	SARAH SHAPIRO	KATIE KRALL	CATHERINE RANEY
<u>OVERALL</u>	SARAH SHAPIRO	MICHELLE HILL	BECKY FITZGERALD	AMY GOLOWNIA	KATIE KRALL
MIDGET GIRLS	FIRST	SECOND	THIRD	FOURTH	FIFTH
333	SARAH ELLIOTT	KATY KEPKA	BRIGID FARRELL	MAUREEN HANGAC	STACY CLEVER
500	SARAH ELLIOTT	KATY KEPKA	BRIGID FARRELL	STACY CLEVER	--
611	SARAH ELLIOTT	KATY KEPKA	ZOE HARRIS	MAUREEN HANGAC	--
777	SARAH ELLIOTT	KATY KEPKA	BRIGID FARRELL	STACY CLEVER	MAUREEN HANGAC
<u>OVERALL</u>	SARAH ELLIOTT	KATY KEPLA	BRIGID FARRELL	STACY CLEVER	MAUREEN HANGAC
WOMENS RELAY	NORTHERN NEW YORK	NORTHEASTERN	MIDDLE ATLANTIC	--	

1994 NATIONAL SHORT TRACK CHAMPIONSHIP - FINAL RESULTS
SARATOGA SPRINGS, NY - MARCH 18 - 20, 1994

GRAND MASTER MEN	FIRST	SECOND	THIRD	FOURTH	FIFTH
500	ED LANG	AL HARDING	FRAN OUELLETTE	DICK RING	HOWARD GANONG
777	ED LANG	AL HARDING	FRAN OUELLETTE	DICK RING	HOWARD GANONG
1000	AL HARDING	FRAN OUELLETTE	ED LANG	HOWARD GANONG	JAMES CAMPBELL
1500	FRAN OUELLETTE	ED LANG	AL HARDING	JAMES CAMPBELL	HOWARD GANONG
OVERALL	ED LANG	AL HARDING	FRAN OUELLETTE	DICK RING	JAMES CAMPBELL
MASTER MEN	FIRST	SECOND	THIRD	FOURTH	FIFTH
500	BOB SCHERL	PETER ASKIN	BILL WEAVER	BOB FINKEL	CHRIS HAWKINS
1000	PETER ASKIN	JOHN DIEMONT	BOB SCHERL	CHRIS HAWKINS	ED LUBAN
1500	CHRIS HAWKINS	BOB SCHERL	PETER ASKIN	BOB FINKEL	--
3000	JOHN DIEMONT	CHRIS HAWKINS	BOB SCHERL	ED LUBAN	BILL WEAVER
OVERALL	BOB SCHERL	PETER ASKIN	CHRIS HAWKINS	JOHN DIEMONT	BOB FINKEL
SENIOR MEN	FIRST	SECOND	THIRD	FOURTH	FIFTH
500	BRIAN ARSENEAU	TODD PORTER	MARC PERCHAT	JEFF BENJAMIN	--
1000	BRIAN ARSENEAU	TODD PORTER	JEFF BENJAMIN	TIM QUINN	MARC PELCHAT
1500	BRIAN ARSENEAU	TODD PORTER	MARC PELCHAT	TIM QUINN	JOE ROHRAFF
3000	BRIAN ARSENEAU	TODD PORTER	JEFF BENJAMIN	JOE ROHRAFF	J.P. SHILLING
OVERALL	BRIAN ARSENEAU	TODD PORTER	JEFF BENJAMIN	MARC PELCHAT	TIM QUINN
INTERMEDIATE MEN	FIRST	SECOND	THIRD	FOURTH	FIFTH
500	BRAD CAMPBELL	SCOTT KOONS	MATT KOOREMAN	JEB GORHAM	MIKE GALLANT
1000	JEB GORHAM	SCOTT KOONS	MIKE GALLANT	BRAD CAMPBELL	SCOTT SIMUNJAK
1500	JEB GORHAM	SCOTT KOONS	BRAD CAMPBELL	MATT KOOREMAN	--
3000	SCOTT KOONS	BRAD CAMPBELL	MIKE GALLANT	MATT KOOREMAN	SCOTT SIMUNJAK
OVERALL	SCOTT KOONS	BRAD CAMPBELL (†)	JEB GORHAM (†)	MIKE GALLANT	MATT KOOREMAN
JUNIOR BOYS	FIRST	SECOND	THIRD	FOURTH	FIFTH
500	TONY GOSKOWICZ	TOM O'HARE	DAVID NEEDHAM	SETH DAVIDOWITZ	--
1000	TONY GOSKOWICZ	TOM O'HARE	DAVID NEEDHAM	TRAVIS HARTMAN	MIKE KOOREMAN
1500	TONY GOSKOWICZ	TOM O'HARE	DAVID NEEDHAM	STEPHEN REFSLAND	TRAVIS HARTMAN
3000	TONY GOSKOWICZ	TOM O'HARE	STEPHEN REFSLAND	SETH DAVIDOWITZ	DAVID NEEDHAM
OVERALL	TONY GOSKOWICZ	TOM O'HARE	DAVID NEEDHAM	STEPHEN REFSLAND	SETH DAVIDOWITZ
JUVENILE BOYS	FIRST	SECOND	THIRD	FOURTH	FIFTH
333	SHAWN MONROE	CHAD RICHARDS	IAN BARANSKI	JAMES COOLEY	ANDY BOSWORTH
500	SHAWN MONROE	DAN WEINSTEIN	CHAD RICHARDS	--	--
777	SHAWN MONROE	DAN WEINSTEIN	MATT SELBY	IAN BARANSKI	--
1000	CHAD RICHARDS	IAN BARANSKI	JAMES COOLEY	DAN WEINSTEIN	PETER NORTHUP
OVERALL	SHAWN MONROE	CHAD RICHARDS	DAN WEINSTEIN	IAN BARANSKI	JAMES COOLEY
MIDGET BOYS	FIRST	SECOND	THIRD	FOURTH	FIFTH
333	RON BIONDO	APOLO OHNO	MATT JONES	RON MACKY	SCOTT POLASKI
500	JOHN PAUL KEPKA	RON BIONDO	APOLO OHNO	ADAM RIEDY	RON MACKY
611	SCOTT POLASKI	ADAM RIEDY	RON MACKY	RON BIONDO	APOLO OHNO
777	RON MACKY	RON BIONDO	MATT JONES	SCOTT POLASKI	JOHN PAUL KEPKA
OVERALL	RON BIONDO	RON MACKY	SCOTT POLASKI	JOHN PAUL KEPKA	APOLO OHNO
MENS RELAY	NORTHERN NEW YORK	NORTHEASTERN	MICHIGAN	--	

World Team Short Track Championships

Cambridge, Ontario • March 20, 1994

U.S.A.Teams

Men

Andy Gabel
Eric Flaim
Randy Bartz
John Coyle
Charles King

Women

Amy Peterson
Nikki Ziegelmeyer
Karen Cashman
Julie Goskowicz
Carrie Johnson

Results

Men

1. Korea
2. Canada
3. Italy
4. U.S.A.
5. Japan
6. Norway
7. Great Britain

Women

- Canada
- Korea
- Italy
- U.S.A.
- Netherlands
- Japan



Carrie Johnson & Julie Goskowicz are all smiles at the World Team Championships banquet in Cambridge.



Nikki Ziegelmeyer, Karen Cashman and Coach Jeroen Otter relax at the World Team Championship Banquet.



Andy Gabel leads Italy & Korea in the Men's 5000 relay.



Olympic Medalist, Amy Peterson, autographs posters at the World Team Championships.

North American Short Track Championships

St. Jerome, Quebec • April 1-3, 1994

Photos by Brad Goskowitz



Scott Koons and Therese Lease thinking about next year's North American Short Track on home ice in Ohio.



Coach Wilma Boomstra examines a North American Medal.



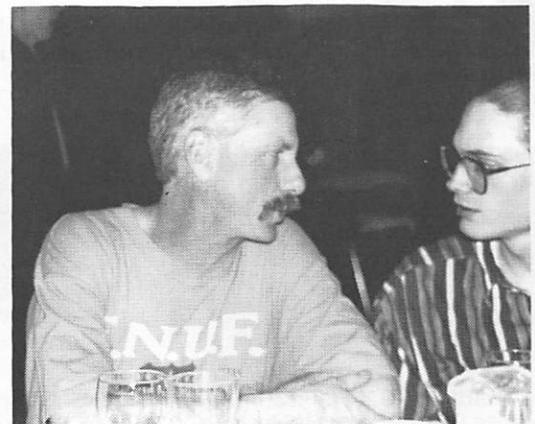
ASU Vice President Tom Porter has the first dance with Joyce Leggatt of CASSA.



Tony Goskowitz, carrying the US Flag during opening ceremonies in Quebec.



Howard Shapiro, Ron Monroe & Pete Elliott relaxing.



Bob Finkel & Joe Rohraft discussing the day's races.

ASU ELECTS NEW OFFICERS AND COMMISSIONER



JAMES T. CHAPIN
655 Tholozan Ave.,
St. Louis, MO 63109
314/645-8320



THOMAS M. PORTER
236 Caroline St.,
Saratoga Sprgs, NY 12866
518/584-5398



SHIRLEY YATES
1033 Shady Lane
Glen Ellyn, IL 60137
708/790-3230



FRED BENJAMIN
2665 Greenwood
Highland Park, IL 60035
708/641-5944



LINDA O'HARE
5416 Medalton Way
St. Louis, MO 63128
314/487-2391



JEFF FITZRANDOLPH
6434 Sunset Dr.,
Verona, WI 53953
608/845-7335



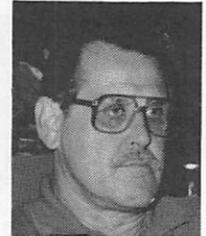
BRAD GOSKOWICZ
4995 S. Guerin Pass
New Berlin, WI 53151
414/425-3444



LISA SUNDRSTROM
721 Duane St.,
Glen Ellyn, IL 60137
708/858-4358



SARAH HILL
316 E. Seneca Turnpike
Syracuse, NY 13205
315/492-6620



KEN ALTUCHOFF
3090 Bevy Place
Bronx, NY 10465
212/823-3554

As anticipated, the Vice Presidents who have served the ASU the last two years agreed to move up on the Executive Committee for the next two-year term.

The ASU Convention delegates installed Jim Chapin of the Missouri Assn., who has served on the Executive Committee for six years, as President, and elected Tom Porter of the Northern New York Assn. to the position of Vice President of Operations and Bill Anderson of the Michigan Assn. as Vice President of Racing.

The sole nominee for Vice President of Promotion was David Krall of Colorado Springs and he was warmly welcomed by the ASU. A relative newcomer to the sport, Dave became involved with speedskating in 1989 when his daughter, Katie, discovered the sport. Since then he and Katie have been traveling to various regional and National meets and Dave has become very active on the association level, being elected this year to the positions of President and Board of Control.

He is an attorney, specializing in Real Estate Commercial Law. Active in many community projects, in recent years he has been involved in a drive to raise money to build a new ice arena in Colorado Springs to replace the old Broadmoor. Sixteen million dollars have been raised thus far. Dave's wife Christy, was just elected to the Board of Directors of the U.S. Figure Skating Assn. and is also on the board of the Professional Guild of America.

The fifth officer, Shirley Yates, was reelected by the Board of Control for the eleventh time to the two positions of Executive Secretary and Treasurer. The Board also reappointed Bob Vehe as Editor of The Racing Blade and Roy Helminski as Publisher.

Dr. Anthony Arena of Wisconsin, a past ASU President and long-time National Chief Starter, was appointed the new Commissioner of Officials. Sanders Hicks, who had served as Commissioner of Officials since 1988, announced at the end of the 1993-94 season that he was retiring.

Eight ASU members were also elected to USISA Board positions. Serving for the next two years as members of the USISA Board will be Fred Benjamin (of Illinois), Jeff FitzRandolph and Brad Goskowitz (Wisconsin) and Timothy Quinn (Ohio). Serving on the Presidents Advisory Board will be Ken Altuchoff (Middle Atlantic), Sarah Hill (Northern New York), Linda O'Hare (Missouri) and Lisa Sundstrom (Illinois).



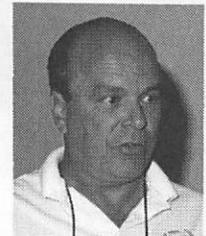
WILLIAM ANDERSON
12546 Lake Shore Dr.
Grand Haven, MI 49417
616/846-0269



DAVID KRALL
3 Heather Dr.
Colorado Sprgs., CO 80906
719/473-2091



ANTHONY ARENA
3045 S. Beverly Dr.,
New Berlin, WI 53146
414/549-1630



TIM QUINN
3043 Forest Lake Dr.,
Westlake, OH 44145
216/835-9343

PRESIDENT'S REPORT

JIM CHAPIN



At the ASU annual Convention held in Schaumburg, IL in May I was elected President of the ASU. I can't give you any guarantees of what will be accomplished. However, I can assure you it will be a very busy time and many people across the country are going to be working for a bigger and better organization. I will be in contact with many people in all parts of the country over the summer. Summertime will be busy-time!

I feel I am very fortunate to have the four officers with me on the Executive Committee who have a variety of talents and expertise to call upon. VP of Operations, **Tom Porter** from Northern New York; VP of Racing **Bill Anderson** from Michigan; and our new member, VP of Promotion from Colorado **Dave Krall**, along with our Executive Secretary **Shirley Yates** from Illinois, will be busy people. We collectively request your help in keeping the lines of communication open. We will try to answer your questions promptly and we likewise request prompt response on your part when we contact you.

In my remarks to those attending the convention, I covered many items to be worked on. New members, equipment sources, a list of what the ASU does for its members, the role of the Executive Committee, USISA-ASU positions and problems, communications, officials membership and the need for everyone to work together to make the ASU have a successful future. This is not rhetoric, it is a challenge to all of you to make things happen.

On June 23-25, I will be attending the CASSA Annual General Meeting in Red Deer, Alberta. The first week in July, St. Louis is hosting the 1994 Olympic Festival which I am active with in the organizing efforts. Nothing planned for August yet. In September the ASU-CASSA meetings are held in Chicago. October starts the fall season and away we go!

In between these activities I will be contacting every club in the country with some proven ideas which I hope they will put into action to increase membership. I have someone looking into a low cost skate for beginner skaters. I have made a contact for a possible grant for skates. We can recruit all the bodies there are to get but unless we have a low cost skate for them to start out on we are dead in the water.

We have a new Commissioner of Officials, **Dr. Tony Arena** from Wisconsin. Tony is not a "rookie" in this

area. I'm sure he will carry on the tradition which has been established in the last seventeen years! Can it really be that long we have had the Commissioner's position? My thanks to **Sam Hicks** for the quality job he performed the past seven years. We have not heard the last of Mr. Hicks, however.

Larry Ralston has done an outstanding job with the medal sales promotion. Several major sponsors were signed up this past year. You are all on Larry's list of potential donors.

The ASU elected eight members to the USISA Board. Those re-elected were **Ken Altuchoff** from Middle Atlantic; **Fred Benjamin** from Illinois; **Jeff FitzRandolph** from Wisconsin; **Linda O'Hare** from Missouri and **Tim Quinn** from Ohio. Elected to their first full term were **Brad Goscowicz** of Wisconsin and **Lisa Sundstrom** from Illinois. The novice of the group is **Sarah Hill** from Northern New York. I think we have some real talent there and I am sure they will look out for the ASU interests quite well.

It was nice seeing **Bob Halden** back at the convention. This was the first time in several years Western New York has been represented at the convention.

Do the little things sometimes aggravate you? They do me! For example the Maryland Association again was not represented at the convention. The Iowa Association had **Roger Greenland** and **Randy Hartwig** register for the convention. They missed many of the meetings. Most importantly, they missed the entire Sunday morning Board of Control Meeting where EVERYTHING is voted on that had been discussed for two full days. At 8:55 a.m. they were in the room, the meeting started at 9:45 a.m.—they were gone. Is this a clue why Iowa had TWO registered skaters in 1994?

In the past six years in my VP positions I have written several articles for The Racing Blade. I have purposefully tried to stay away from generic articles and present some thought provoking columns. At times I really got some people's attention! The more hard hitting the article, the more comments I got about it. I have asked all three VP's to try to do the same thing this year. We have to light some fires to get things moving in OUR sport!

A couple of requests from everyone reading this article. First, if by chance you are not a member of the ASU, take care of this matter this Fall. At the same time sign up your spouse. Next, if your club has skaters who don't belong to the ASU, get that taken care of this Fall too. We have asked some very important questions of our insurance carrier about liability and coverage to members when non-members are involved in any type of accident. The response will be published in a subsequent Racing Blade. An ASU membership costs less than an evening out, a deluxe pizza or a CD. I think we are worth at least that much!

My ice-time survey printed in the April issue of The Racing Blade should show that all Associations responded.

ASU ANNUAL CONVENTION

Hyatt Regency Woodfield Hotel • Schaumburg, Illinois • May 13-15, 1994



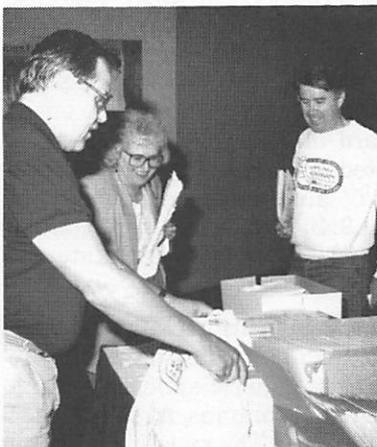
Lisa Sundstrom, President of the ASA and leader of a small group who ran, by all reports, a wonderful convention.
T. Klaiber Photo



The important thing is to listen closely.
T. Klaiber Photo



Newly inducted Speedskating Hall of Fame member Jack Byrne with fellow member Dick Somalski.
T. Klaiber Photo



Ken Altuchoff, Shirley Yates and Jerry Search seem pleased by something.
Bill Houghton Photo



Ed Sadlier and Chuck Burke possibly comparing beards.
Bill Houghton Photo



Sharon Cawthra shows her Presidential Recognition Award for help over the years and her work as Training Seminar Director.
Bill Houghton Photo



The Illinois Contingent Mark Prather, Ron Kostro and Becky Prather
Bill Houghton Photo



Gretchen Burns and Evie Gabel
Bill Houghton Photo



Outgoing President Bill Cawthra being presented a plaque recognizing his service to the ASU by incoming President Jim Chapin.
T. Klaiber Photo



The Ohio Connection
Joe Balbo, Mary Lou Quinn and
Tim Quinn Sr. enjoying the festivities.
Bill Houghton Photo



Shirley Yates and Kay Klaiber ponder a problem which Sam
Hicks beholds what may be some of the best food ever.
Bill Houghton Photo



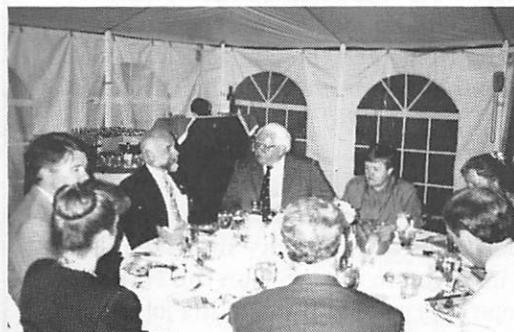
Dottie Benjamin, Racing Board Chairman Tom Healy, and
Anita Healy.
Bill Houghton Photo



Fred and Dottie Benjamin show his
Presidential Recognition Award presented by the ASU for
having given unstintingly of his time and his legal acumen.
T. Klaiber Photo



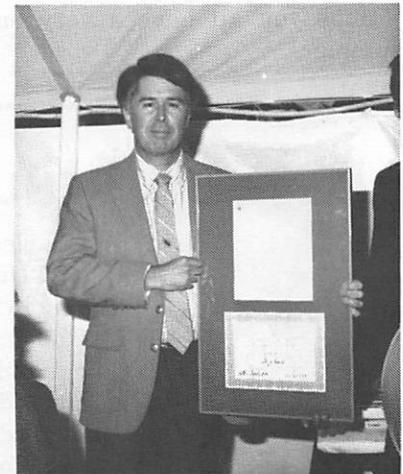
Joan Peterson and Speedskating Hall of Fame
inductee, Lydia Stephans.
T. Klaiber Photo



Linda O'Hare, Jerry Search, Fred
Schweikert, Tom Jarrett and Susi Jarrett
are identifiable.
T. Klaiber Photo



Peggy Hartrich Clarke
commenting on what skating
did for her and her induction
into the Speedskating
Hall of Fame.
T. Klaiber Photo



Jerry Search proudly displaying his
Recognition Award and a personal
letter from President Bill Cawthra.
Bill Houghton Photo

Comments

by

TOM PORTER

VP - Operations



The excitement of the convention has subsided, Jim Chapin is our new President and Bill Cawthra, steps down. Bill went from 3rd VP to President, a six year commitment. Enjoyed working with you, Bill, and look forward to seeing you at the meets.

Getting together brings out our strengths and weaknesses. One strength is the dedicated members you see at each convention. They give their time, talents and money to help our sport. We are very thankful to have such faithful supporters. This was also emphasized again as Bob Vehe and Jack Byrne were inducted into the Hall of Fame. These two individuals, have contributed greatly to the sport. Thanks for all you have done and continue to do.

Moving on to a weakness. Skaters who are not being registered. Our numbers have decreased, however, there are a large number of skaters participating in programs but not registered. They have classed themselves as "Novices" but do not pay the ten dollar novice registration fee. We need to get these skaters registered. They will receive the Racing Blade which will further enhance their interest. Let's increase our numbers this coming season by registering everyone.

Tom O'Hare of the ASU Insurance Committee, is checking into an easy to understand explanation of our insurance policy. Such guidelines will help us structure ASU activities within our insurance limits.

Hope you all have a very enjoyable and relaxing summer.

COMMISSIONER'S COMMENTS

by

Anthony Arena



Not one, but two tough acts to follow, but I know that I can count on the two past commissioners for help, if needed.

As your new ASU Commissioner of Officials, I know that there are still things that need to be done. It is still necessary to maintain the quality of officials as we have in the past.

Presently there is a shortage of officials in some categories, most notably referees. It is very important to encourage parents of new skaters to get involved in officiating. We need this new young blood to be able to step in and take over and be able to do a quality job.

I will be polling all of the Chief Referees over the summer to get their input on some ideas that I have in an attempt to recruit new referees. There is now a position of Chief Judge, whose expenses will be paid for National Meets only when in the USA. This should help to serve as an incentive to recruit new people to this position.

Finally, I believe that the ASU has to find ways to speed up meets and to shorten the length of programs. If this can be done, it will greatly help in the recruiting of officials. It is very difficult to get people to commit to officiate for six to seven hours for two to three days. This could also apply to regional open meets.

Just to let everyone know, I will be available by phone for questions or other concerns on Monday, Wednesday or Thursday evenings from 8:00 p.m. to 9:30 p.m. CDT. My phone number is (414) 549-1630.



CHUCK KAZMIERSKI ASU ADVERTISING DIRECTOR

Charles Kazmierski of the Michigan Speedskating Assn. has been named the new Advertising Director for the Amateur Speedskating Union. He will be responsible for the advertising in various ASU publications, primarily The Racing Blade and the Official Handbook.

Chuck, who works for the Dow Chemical Co. in Midland, has been an active official at local and association meets and serves as a National Chief Judge.

He and his wife, Pat, Live in Midland and have a daughter and two sons. The oldest Jon, just graduated from high school in Milwaukee where he has been living and training for speedskating during the last two years. He just recently was awarded the annual ASU Scholarship and plans to continue his education at Marquette University in Milwaukee.

In applying for this position, Chuck said he is anxious to become more involved in the ASU on the National level. The ASU welcomes Chuck as our new Advertising Director. We hope everyone will make his job easier this summer by contacting him to become a patron or advertiser in the 1994-95 Handbook.

Chuck Kazmierski, 2331 Old Pine Trail, Midland, Michigan 48642, 517/631-3357



Overheard In The Heat Box

by LARRY RALSTON

What a pleasure to see Past President Roy Helminski at the 1994 ASU Convention, as two of his long time friends, Bob Vehe and Jack Byrne, were inducted into the ASU Hall of Fame.

1988 Olympian, Leslie Bader, and her husband/coach, Paul, are the proud parents of twins, one boy and one girl. Leslie is also a certified Coaching Curriculum Instructor.

Former Olympian ('88 & '92) Jeff Klaiber is a recent graduate of Marquette University with a Masters Degree in Clinical Psychology.

Coaching Education Chairman, Don Kangas, forgot his skates at the recent Syracuse, NY, seminar, but that oversight had some positive side effects as the two principal performers in the Don and Larry show (Kangas & Ralston), got a personal escorted tour of the "Built for Speed Co.," from Company President, Marty Hill. Don got his skates in time for the on ice session.



Don Kangas explains a technique to three of the Syracuse Seminar participants Photo by Sarah Hill

Nine new coaches were certified recently, after the Coaching Seminar in Syracuse, NY, bringing to 162, the total number of Coaches who have taken the Coaching Education course since 1984.



Larry Ralston emphasizing the importance of position Photo by Sarah Hill

Sarah Hill, of "Built for Speed", caught the attention of New York Governor, Mario Cuomo, recently at a Small business conference in Albany NY. Hill told Cuomo that in order to remain calm she was imagining him naked while she asked some pertinent questions. When Cuomo left the conference he made it a point to stop and visit with Ms. Hill, and told her that "It made him feel young again". Said Hill, "At least it made him remember my name and what I talked about".

In addition to celebrating his Hall of Fame induction, Jack Byrne and some 60-odd family members also celebrated his 75th birthdate at the recent ASU Convention. No candles were placed on the cake for fear of melting it.

The new look you see on the face of ISU Short Track Committee Member, Bill Markland, is due to a new set of dentures. Bob Vehe, Larry Ralston and Tony Arena share the credit for persuading Bill to have the work done.

Latest to join the ever growing list of medal donors is the Klaiber Family, the Riley Family and the Affholter Family. Many thanks to all who are involved in this outstanding program.

Wasn't Abigail Marquard the perfect lady at the recent ASU Convention? Attendees never heard a cry or whimper from her as parents, Katie and Dennis, tended to her every need and never had to miss any important meetings.

Has everyone noticed the new U.S. Postal Service logo, that new eagle that will end up costing over 7 million dollars. And in keeping with huge expenditures that add nothing to productivity, many local Post Offices are holding an "open house," to show you how "efficient" the service is. Back in Chicago the Postal Service had to hire a former Rocket scientist (no kidding) to take the reins of the Chicago office. Keep laughing as the cost of 1st class postage rises 10% next February. Other costs will increase proportionately, making the cost of doing business even higher.

Notes from . . .

The National Office

by SHIRLEY YATES



Wrapping up the season is always tough, especially when it is as exciting and rewarding as this last one. Much has been said about our successes in the Olympic and in other International competitions. All that remains to be done is to highlight the successes of the "domestic" scene.

"Domestic" is the term our representative from Canada, JOYCE LEGGATT, uses. We call it the "grass roots" level. It all means the same - speedskating from the club level through association, regional, National and North American competitions. The speedskating programs in Canada and the U.S. are not so different. We have the same goals and share similar problems. We have learned from each over the years. At one time the U.S. was way ahead of Canada in its Short Track program but we all know who has had the edge in recent years.

The spotlight on speedskating this year was perhaps greater than ever. It remains to be seen if that spotlight has truly illuminated our sport in this country or whether it will turn out to be another Olympic "flash-in-the-pan" phenomenon which will fade for four years and then flash again.

I'm going out on the limb to say, this year was different. I think the ASU was more prepared, had more to offer with a better network of contacts for those responding to the sport, and was more attuned to the gravity of the registration "numbers" business. It was not exactly a "do or die" situation (we've survived for 66 years and know we will go on for at least that many more) but we felt that, if this year didn't make a difference, what would?

THE FAT AND LEAN OF IT

For the record, some associations fell behind, some remained the same and some pushed way ahead. Nothing new there. But there are hopeful signs for this next season. Wisconsin Assn. is adding clubs, Montana is getting indoor rinks (in Missoula, Helena and maybe even Butte) and a Short Track program, Northern New York has announced the addition of a new combination in-line/ice club with another to follow in the fall.

We discovered that, contrary to what we've been led to believe for years, Iowa does have indoor rinks and

they're building more! There are rinks at Waterloo, Mason City, Des Moines and rinks soon to be built at Davenport and Iowa City. And all this time we were told that Iowa's skater registration was totally dependent on outdoor ice, which was almost non-existent during the "greenhouse effect" years. For shame! Let's heed progress - no association can long exist now without a Short Track program. Our researcher on the Iowa indoor rinks was former Iowan CHARLIE BROWN of the Missouri Assn. He says Iowa is a fertile ground and he stands ready to help.

For pure "paradise" excitement, the big news this year was the "blasting off" of the Florida Ice Sports Foundation's soon-to-be-built ice complex, which will include hockey, figure skating and speedskating. Full details on ASU's involvement (almost from the beginning) in this whole project, appear elsewhere in this issue.

We are so close to having that long-dreamed of Northwest Speedskating Assn. JERRY SUHRSTEDT, who has shared that dream with us, has returned to the Tacoma Club from his attempt at becoming a Southern Californian and everything is back on track!

While he was gone BRUCE GUTHRIE, erstwhile of the Illinois and Missouri associations, moved to Bellingham, WA, and has started the Whatcom County Speedskating Club so when the new association is established it will already have two clubs!

Texas is back on track too, with most activity still centered in the Dallas area, but two men in El Paso are now bound and determined to establish a club there - especially since a new rink is agreeable! Long-time ASU member GLEN METUSCHING of Houston recently called for current member information and, upon news of the possible El Paso club, decided he would try to form a club in Houston. You have to remember, though that Texas is a VERY BIG STATE. It's probably easier for skaters there to travel out-of-state for meets than to travel across state! But we keep hoping.

DOC'S NEXT HOT SPOT TARGETED

Our "hot spot" for pioneering this coming year will be the Philadelphia/Harrisburg/Lancaster/Hershey, PA area. We have at least two rinks totally interested in establishing speedskating programs there and the area will probably be the next frontier for DOC SAVAGE to do his "pioneering" magic.

The former Minnesota and Eastern Minnesota associations have merged to form the Greater Minnesota Assn. They have also included the two Dakotas and four Wisconsin counties in their territory. Let's see what they can do with them. Two years ago the Missouri Assn. annexed bordering counties of Kansas and, although we have been referring call-ins from there to the association, so far we have seen nothing of an official nature happening.

It's amazing how many idea people we have in the ASU—those in established associations who are quick to criticize the ASU for not building clubs and increasing numbers, who keep telling us what should be done

in their own "backyards." The ASU is supposed to leave matters within association territories (which do not interfere with our Constitution and by-laws) to associations to handle - much like the relationship of the Federal government with the states. Ideas are a dime a dozen - those to carry them out, a dying breed.

KELLOGG'S CORN FLAKES OUR FAVORITE THIS SUMMER

The 800# on the Kellogg's cereal box is continuing to bring in calls on a fairly regular basis. It has been interesting to follow the progress of the cereal box around the country. My own grocery store in Glen Ellyn has restocked. All geographical areas have been heard from but not all states. The heaviest count has been from the Northeast.

SPEAKING OF THE 800#—If you are an ASU member, skater, parent, official, coach, whatever—in other words, someone who knows about the ASU and speedskating—you should not be using the ASU 800#. You won't reach the National Office which only responds to 800 calls by sending out information packets. If you use the 800#, the ASU pays for that call but all you get is an answering service. Then if you expect to be called back, ASU pays for that call. Play fair—let's keep the line for new people. YOU are not helping to put enough money into the ASU coffers to expect the use of an 800#.

Fortunately, there were three men who didn't use the 800#. Two called from Puerto Rico and South Africa and one faxed from Mexico—all wanting information and publications from the ASU to help them start speedskating clubs in their area. The Puerto Rican has joined the ASU, the other two are going to subscribe to The Racing Blade.

A SPECIAL THANK YOU TO A SPECIAL MAN

Sometimes the job, the people, the problems, the carping, begin to get you down and then something really wonderful happens and your faith is restored in that very human world of speedskating. Such an incident occurred last December. I received a Christmas card from HOWARD GUTGESELL of the Wisconsin Assn. with a check for \$1,000 for the Scholarship Fund. It is, by far, the largest single donation we have ever received for the Fund. I immediately wrote Howard to thank him and requested permission to announce his donation in The Racing Blade. I have never heard from him so, at this point, I am assuming that this announcement is being made with his permission.

Howard is a long-time member and National Chief Clerk of Course of the ASU. He served well for many years on the local, regional and National level. In 1983 he was inducted into the Speedskating Hall of Fame. In 1992 he retired from National clerking and was the first National Chief Official to be named as Official Emeritus. We are grateful to Howard who has contributed so much of his time and talents to speedskating and now has found the ASU Scholarship Fund worthy

of this great contribution.

OUR CONGRATULATIONS AND THANKS ALSO GO TO. . .

JERRY SEARCH of the Southern California Assn. for being the only U.S. speedskating coach to contribute articles to The Racing Blade about speedskating technique and other helpful suggestions for skaters—and he's done it on a regular basis. You may have noticed lately that we have been reprinting articles by Canadian coaches about speedskating technique that have been running in the Ontario Assn. publication, The Skaters Edge.

Why have we done that? Because we receive numerous requests every year for such articles and no U.S. coach except Jerry has ever provided us with that. What is the problem with our coaches? Apathy? Disinterest? Fear of imparting "state secrets"? Inability to write? One final interesting note—Jerry's articles are picked up regularly by The Skaters Edge, a first-rate publication because of the contributions of Canadian coaches, of all levels. No wonder CASSA does so well on the "domestic" scene.

ONE PERSON'S POSITIVE ASSESSMENT OF THE SPORT

There are doom and gloom soothsayers in speedskating like in every sport. Yes, we have small numbers but one thing about speedskating is that we know it is an elite superior sport, and one that has persevered for over 100 years in this country.

It has grown in stature. ASU has had a primary role in its growth from National passion to Olympic star. The ASU is not going away. We have a bright future. You know why I say that? I hear from clubs and associations on a regular basis and almost universally, they report how well they are doing - not necessarily building the great numbers you think we should have but maintaining old clubs and associations and striving to expand within their territories.

The attrition in our sport on an annual basis is terrible—but what is significant is that our clubs and associations are bringing in new members every year. If you want to feel good about our over-all efforts, read the columns by the clubs and associations in The Racing Blade. Most of our members are so active—innovative, energetic, optimistic, happy, having fun! Isn't that what it's all about?

POST CONVENTION COMMENTS

Please read my wrap-up of the 1994 Convention which appears elsewhere in this issue. If you are truly interested in the sport of speedskating and went to the Convention, I'm sure you will agree it was a productive and pleasant way to spend a weekend. If you were new and overwhelmed by the number of proposals on the Agenda (26), know this: it was half of what we have had in recent years and close to one-twentieth of what our International body had on its Agenda this year. The International Skating Union had 425 proposals to con-

sider at its 1994 Congress, held in Boston in June!

One vital, controversial issue was finally put to rest at the 1994 Convention—that of citizenship rule. It had been on the Agenda three times in the last four years and was sent back to committee last year to be resolved once and for all. This rule was not changed for any one person, despite what all those who conducted the letter-writing campaign this last year may think. And in the future, it may benefit “special interest groups” to know that it does not do any good to write me about changes in the rules or to accuse me of “making the rules” and being inflexible.

YOU, if you are an ASU member, make and change the rules that govern our sport. How do you do this? By working THROUGH your associations, advising your delegates and Board of Control members. The role of ASU officers is to see that the rules are enforced.

ALUMNI CLUB LOSES MEMBER

We have sad news to report. Many of you will remember John Storm. He was involved in speedskating for many years and, in recent years, was a member of the Alumni Club. John died May 1 after battling cancer for a long time. He was in his early 60s. In recent years he lived in Apple Valley, CA, and wrote me about trying to continue his speedskating activities on the edge of the Mojave Dessert. He thought in-line skating was a good alternative to ice for him. Our condolences to John's wife, Jane. We wish we could have reported this in an Alumni Column but it is the only piece of news we had about Alumni members. Please send me news—happy news is preferable.

FUN IN THE SUN, ANYONE?

I hope all of you are having a wonderful summer, recovering from the pressures of your work or school year, and getting ready for the pressures and pleasures of the 1994-95 speedskating season.

Don't forget your fall promotional and recruiting drives. In early September you should be targeting schools, park districts and other recreational centers. Remember we have the very popular colored brochure, “A Sport for Life”, which can be ordered in any quantity from the National Office for the cost of postage. We also have the information/instructional booklet, “Speedskating on Ice” and Novice Handbook (for young skaters) which may be purchased for 10 cents each. Your association representative should have brought back a quantity of the 1994 ASU catalogs from the Convention. The catalog lists all of the items available from the National Office.

During August I move the ASU office (sans computer and fax but with supplies) to our place in Northern Michigan so I can get some R&R too. While there I pretty much conduct regular ASU business (without the 10-12 hour days!) so you may contact me there if it's necessary—HCR 01, Box 802, Lake Linden, MI 49945 - 906/296-9117. The Convention Minutes Book & Directory will be mailed from there in mid-August.

In September we'll all come back fired up and rarin' to go. Riiiiight!

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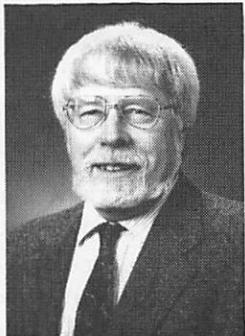
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Coach's Couch

by DONALD A. KANGAS



Everyone ought to know that my primary occupation in the Amateur Speedskating Union is coach of the Midland Speed Skating Club. All other jobs, Committee Chairs, Board of Control Member and writing this column, I do so that there will be an Amateur Speedskating Union, Michigan Speedskating Association and a Midland Speed Skating Club with members to coach. Coaching speed skaters has become what I enjoy the most in life.

I didn't have any idea that I would become a coach that first night my wife, Sarah and I took our two youngest sons to a speedskating practice. I had just retired from a 20-year career as a volunteer in Boy Scouting, in response to Sirkka's persistent urging, to have more time for her and our family. Involvement in another volunteer activity was the last thing I wanted to happen.

However, our middle son, Michael, had a natural talent for speedskating and our youngest son, Bill, was not far behind. Our two boys quickly caught the attention of Julius Blasy, founder and coach of the Midland Speed Skating Club. Speedskating became a large part

of Michael's life, while Bill decided to pursue school sports, much to Julius' dismay, and I became more involved with club responsibilities, much to Sirkka's dismay. First as an officer and then helping on ice with pads and water. Eventually, I began to help new skaters after I had purchased my first pair of speed skates.

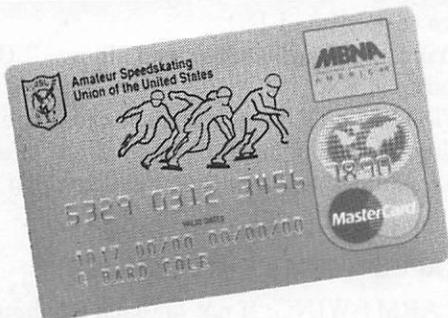
I assisted Julius for five years. This was an inspiring experience for me because Julius Blasy was already a legend in Midland. As Mayor, he had been a powerful force for development of parks and sports facilities, including the Midland Civic Arena with two sheets of ice and swimming pool, which provides a healthy community environment for young people in Midland. In the few years I worked with Julius, I began to appreciate the value of his unique perceptions as I learned a lot about coaching and speedskating.

Then, rather suddenly, Julius was stricken by lung cancer and died in 1984. I remember the first practice after Julius' death as one of the saddest and most terrifying moments in my life. I had not only lost a friend but I now had full responsibility as coach.

Fortunately, enough knowledge had rubbed off so I got by for a few years and the club survived. I began to get some second-hand information from Larry Ralston's first ACEP seminar in 1984 and my confidence grew after attending his second ACEP seminar in 1987. Coaching began to be fun, our skaters had fun, practices became more organized and the club flourished.

That's my story of how I became a speedskating coach and how coaching speed skaters became what I enjoy the most in life.

We have to find a better way to deliver coaching and speedskating knowledge to new coaches. This is the mission of your ASU Coaching Committee.



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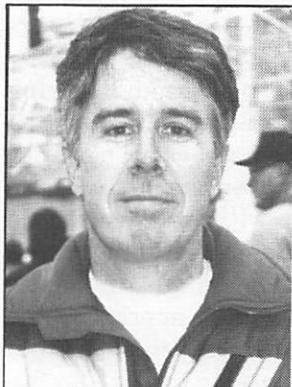
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AROUND THE STATES WITH KIDS ON SKATES



VIDEOTAPE CRITIQUE OF SPEEDSKATERS

by Jerry Search
Southern California
With help from Pat Maxwell

SOME THINGS TO LOOK FOR ON VIDEOTAPE

A special note to coaches: Constructive criticism of any skater will be better received, and more effective, if the skater is first complimented on the things the skater is doing **CORRECTLY** ("Positive Reinforcement") THEN give the skater a few things (not too many) that can be worked on, in a positive way. A good rule of thumb is that, for maximum effect, each critical comment should be **PRECEDED** by three to four positive comments (compliments).

This is certainly not everything to look for (that's why the title says "SOME"), but it should help serve as a guide for coaches and skaters alike to have some idea of what they should be doing on the ice when they are able to watch speedskating videos.

A: STRAIGHT-AWAYS, VIDEOTAPED FROM HEAD-ON

1. **NOSE-KNEE-TOES** in a line ("lined up").
2. **SHOULDERS PARRALLEL** to the ice.
3. **HEAD STRAIGHT** (eyes parallel to ice).
4. Nice (wide) **ANGLE** between support leg and extended leg.
5. At the **ENTRY** into the turn (actually just before) skater should still be looking down the straight-away. Skater should **NOT** look into the turn until beginning the actual turn. The problem actually comes when skater looks into the turn too early, while still in the straightaway.
6. A nice **PAUSE** in the **ARMSWING**, both at the front, and at the rear.
7. **ARM SWING** should not cross the centerline of the body too much. A good reference is that it should be between the center of the chest to even with the opposite breast, but **DEFINITELY** should not be swung clear across the body.
8. **BLADE** should be vertical in back, or with the heel tip out just a little. Many skaters, especially new ones, skate with the heel-tip in (toe out) when the skate is behind them ("regrouping").

B. STRAIGHT-AWAYS, FROM THE SIDE (TAPED FROM CENTER OF ICE)

1. Knee angle should be about 90 degrees.
2. Skate coming through passes the support skate about one half blade length before extending.
3. Blade leaves the ice **ALL AT ONCE**. There is a point just as the blade is leaving the ice where it is about one inch off the ice and **PARALLEL** to it. Hence the drill of leg extentions with the blade lifted one inch.
4. The blade of the skate being recovered is just about **VERTICAL** when the skate is behind the skater. But the skater should always be cautioned here about having a **PAUSE** in the skate (don't glide with your toe on the ice). It's an easy habit to pick up while working on the vertical part.
5. There is a **PAUSE** in the arm swing, in front and in back, but **NOT** in the feet!
6. Nice **ROUNDED** back, like a cat. Important to understand that some skaters cannot round the back. It remains flat. The point is that the shoulders should be relaxed with no tension. This is another reason for doing technique drills with the hands (and arms) in front and not on the back.

C: TURNS, TAPED FROM THE END OF THE ICE (Much of this may be from behind)

1. Body line in line with the support **BLADE**.
2. Hips **NOT** out of line with body.
3. Head level, not tilted in or out (common for skaters to tilt head **IN**).
4. Left arm **LOW** on the back, and elbow **CLOSE** to the body.
5. **RIGHT ARM SWING** should not cross the body, and should not swing out away from the body (skater would then hit other skaters with hand!)

D: TURNS, FROM THE SIDE (TAPED FROM CENTER OF ICE)

1. **LEFT ARM SWING**: If not on back (it should be, most of the time), it must swing from the elbow, not from the shoulder. The elbow stays pretty much right next to the body. This is very important, and often gets neglected in coaching novices. The whole left arm swinging can throw the body out of balance.
2. **RIGHT ARM SWING**: Nice and snappy, some **PAUSE** but not as much as in the straightaway. Elbow should bend some, hand should come up some, but not clear up to the face.
3. **KNEE BEND** 90 degrees.
4. Skate should be pushed **STRAIGHT AWAY FROM THE** center of the turn (radius "dot") or

Continued on page 60)

Are You Removing Your Burr Or Just Moving It?

by Dave Dickinson

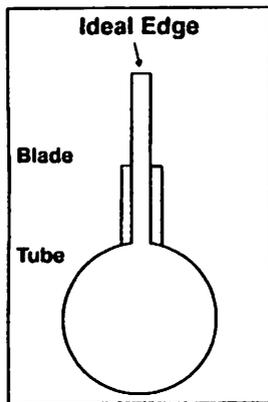


Figure 1

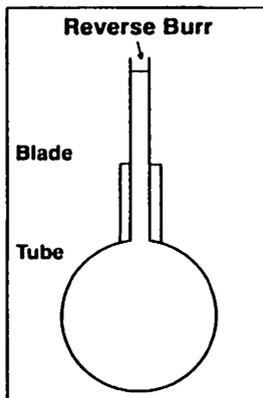


Figure 2

It was certainly refreshing to see the article on SKATE BLADE MAINTENANCE by Michel Van Musschenbroek and STONES by Ian Hennigar in the December issue of SKATERS EDGE. By observations, most skaters should read them at least twice very carefully.

The purpose of this article is to add a little to what was written by Michel and Ian.

First of all, when sharpening (otherwise known as stoning), only the weight of the stone itself should do the sharpening. **NEVER** put any weight on the stone. This is the number one reason why blades are ruined.

Here are at least six things that will happen when you push down on the stone:

1. The blades will be prematurely and unnecessarily worn down.
2. Uneven blade wear causing the rocker to become unequal
3. A larger, more coarse burr which results in a poorer finished edge
4. A rougher finish on the bottom edge
5. Premature and uneven stone wear
6. A boiling mad skater after having to buy new skates and/or blades only after a few years instead of never.

Also as mentioned, 10 to 20 passes at the most is all that is required to get the burr along the entire edge - even using a diamond system that weighs only a few ounces. If you don't, you have waited too long before sharpening or there is a problem with the blade alignment in the jig. As far as setting the skate blades in a jig, I have witnessed some pretty horrible methods.

Incidentally, the number two reason for blades being ruined is poor alignment in the jig but that is another complete topic.

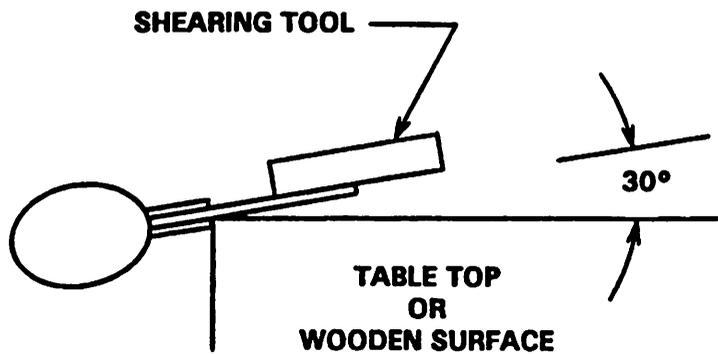
Referring to the drawings of blade edges in Michel's article, the definition of an ideal edge is shown in Figure 1.

Unfortunately, it will never be achieved as long as you keep rubbing a so called deburring stone along the edge of the blades. As shown in Figure 2, the burr ends up in a "reverse position". This is because the deburring stone does not cut or remove the burr but simply rolls it over to the bottom. (You have probably noticed that it also does wonders on the plating!) The same effect can also be accomplished by rubbing a piece of wood on the side of the blades although it would no doubt take longer. To continue, at least two things will occur next. The first is when you walk from the change room to the ice. With every step you take some burrs are being crushed and deformed and probably some are already breaking off due to fatiguing action. The next step is when you are skating. In a short period of time, all the "reverse" burrs will be rolled over back to their original position on the side as shown in the middle drawing. The next thing that happens is the old familiar cry "My blades are dull".

There are quite a few skaters who think they have solved the problem using one or both methods of the following: The first is to run a razor blade along the bottom of the blades thinking that the burr is being cut off. Sorry to disappoint you but what is happening is a good part of the burr is still being rolled over to the bottom and the remainder is being torn off leaving a very jagged edge that will dull quickly. A razor blade does not have the stiffness or the proper cutting edge to remove the burr properly. Aside from what has already been mentioned there is no doubt a safety hazard involved.

The second method involves using a carbide cutting bit and again running it along the bottom edge. In this case, if you are lucky, a few of the burrs will be cut off but unfortunately at the wrong angle! To cut the burr off, you have to tilt the tool at an angle to the side of the blade and this is what you don't want. Because of the hard-

Figure 3. End view



ness of the tool, what is quickly going to happen is the very bottom of the blade is going to become chamfered, you wind up with a blade that is only half sharp and the next time you stone the bottoms it's going to take a lot more than 20 strokes. In addition, if you lay the tool flat on the side of the blades, any burrs will not be cut but torn off plus a good part of them will be rolled over to the bottom in the reverse-burr position.

At this point don't give up. You are almost there. The carbide tool is on the right track. Just the method is wrong. The burr can be completely removed, not by trying to cut it off but SHEARING it off just as a pair of scissors has a shearing action. There is nothing magical about shearing off the burr. It's just following a standard metal working procedure.

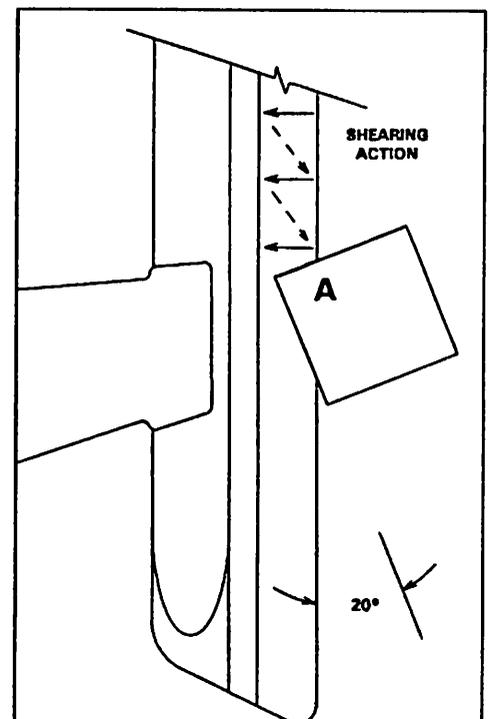
Actually, any hardened piece of steel with a smooth, 90° edge will do the job nicely however a carbide tool will last almost forever. The tool that I recommend to our club members is a large 1" X 1" X 1/4" carbide bit (approximately \$30 Canadian). It has plenty of edge length for shearing but most important is easy to hold. I caution you on using the small router bits that are available. Unless you are very skilled with your hands and know what you are doing, I guarantee that frustration will quickly set in and the next time the bit is used will be in a router. What is much more important to remember is the longer the individual shearing stroke, the better the result. Compare this to cutting paper. What gives a smoother

edge? A few cuts with large scissors or many cuts with a small pair?

The shearing tool is gently pinched between the bottom of the thumb and the side of the index finger. The hand is then rested, thumb nail straight up, on the surface that the skate blade will be placed. As the steps are being followed hold the tool in a position that feels comfortable and allows good control while shearing. Referring to the drawings, here are the steps to shear off the burr:

1. With a skate on its side, place the blade on the edge of a wooden table with the side to be sheared face up. The blade should be approximately 30° from the wood table, however, this will vary from person to person. This is necessary to accommodate the height of the shearing tool in the hand. See Figure 3.
2. Where do we start from? Well, if you refer to Figure 4, notice, the bottom edge of the blade and the side of the shearing tool form an arrow. Place the tool at the end of the blade where the arrow points to and shear in the opposite direction. I find that shearing towards yourself is the easiest.
3. Place the tool on the blade edge so that the actual line of the shearing edge is 10-20° to the line of the blade bottom. The corner of the tool that is over the blade is then tilted up from its flat position a few degrees (see Figure 4).
4. When shearing, approximately the middle half of the shearing tool edge is used. You can try using the entire edge

Figure 4. Side view



SHEARING ACTION

1. Place one side of a blade on the edge of a table and tilt the blade upwards approx. 30°.
2. Lay the tool flat on the side of the blade with shearing edge approx. 20° to the blade bottom.
3. Tilt corner "A" of the tool a few degrees upwards.
4. Proceed with the shearing action.

but I can almost guarantee you after slipping off a few times, using only the middle section will look good. Anyhow, starting with 1/4 of the shearing edge on the blade flat and approximately 3/4 over the edge of the blade, the tool is pushed straight downwards towards the tube in a light but smooth motion. After the down stroke the tool is drawn out at an angle such that the next downstroke will shear another section, however make sure the shearing action overlaps a bit. Try and keep just the weight of the tool on the blade as you draw it out as this will give you much better control of the action by continuously "feeling the action". The entire shearing action is easiest when the hand remains in the one location and the blade is slowly pushed along the edge of the table - in this example away from you. The pressure on the shearing edge should be light with the emphasis on the section of the shearing edge that is starting to shear. If you are not sure that the burr is being completely sheared tilt the tool another degree.

5. When first learning this method, check the tool angles, especially the one corner

A is tilted up, about every tenth shearing stroke. If corner A is too high, this will cause the shearing edge to bite in rather than shear and a nicked blade may result. Also keep checking that you are pushing the tool straight downwards rather than at an angle.

6. If done properly you should not have to repeat the action and the blade may now be turned over and steps (1) to (4) repeated.

Once all four sides are sheared, that's it. Once you get the knack of the shearing action, it should take you no more than two or three minutes to completely remove the burr. Many skaters in our club report that they can actually hear or feel when the proper shearing action is taking place. You now have the ideal sharp blade. No more burr to roll over to the side again resulting in the blades staying sharper longer. Incidentally, referring to what was written earlier, those of you who claim their blades are dull, 99 times out of 100 all that is required is the burr that has been rolled to the side to be sheared off.

Does this method damage skate blades? If done properly, no. So far, after four years of shearing both my short track and long

track skates, I have not found any evidence of blade damage and so far non of the other skaters in the club have mentioned any damage. However, if done incorrectly, damage may result. Failure to move the tool straight downwards will create a cutting action and, depending on the angle, the blades may actually be nicked. This action is mostly due to the natural tendency for the wrist to rotate rather than push straight down. Also, if some of the angles specified are out of the so called "tolerance window" the burr may wind up being shaved off and a chamfered edge will result. I strongly recommend that if you wish to try shearing the burr, make sure you understand exactly the mechanics involved before attempting it or ask someone that does. ▲

Dave Dickinson is a Master member of the Ottawa Pacers Speedskating Club. His hobbies include designing and fabricating tools and jigs. He has access to very powerful microscopes that he has used to see the effects of different burr removal processes. The shearing method has clearly been the most successful.

Reprinted from the Ontario Speedskating Association's publication, SKATERS EDGE, with permission of the author, Dave Dickinson, and the Editor, Barbara Morrow. The article appeared in the March, 1994 Issue.

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**TO: ALL SKATERS, MEMBERS, and
FRIENDS OF THE ASU**

**FROM: BOB FINKEL, NATIONAL SKATER'S
REPRESENTATIVE FOR ASU 1994-1995**

Dear **CONCERNED ASU** People,

Firstly, I would like to thank you for having me as the National Skater's Representative of the ASU. Please feel free to contact me at anytime to discuss items of interest. I want to be kept aware of anything that may be troubling you. I am involved with the politics of the ASU (ie. I am on the Board of Control) and feel that your concerns will be heard by fellow Board Members who may be able to incorporate appropriate changes, whenever possible. BUT, "YOU" have to talk to me, you know, **KEEP ME POSTED!** and that does not only include problems. I want to know about helpful ideas to better all of us.

I attended the 1994 Annual Convention in Chicago this May. The skaters had numerous wants that were expressed in the form of written proposals (due before the end of February - submit NOW for consideration). Even though I receive only one vote on the Board of Control, the skater's desires were definitely heard and understood by many attending the Convention. Some of the positive results were more lenient guidelines to compete in the National Championships; equity for Women racers in reference to the distances skated (the same as the men) at the North American Championships, and the possibility of having exhibition races at the Nationals and North Americans (for more detail, I refer you to the 1994 Minutes of Annual Meeting publication, which can be obtained from your local association or the ASU Secretary, Shirley Yates).

In reference to the possibility of having exhibition races at the Nationals and the North Americans, I would like to point out that we can now have (time permitting) a mass start, all classes included, long distance 10 or 20 Kilometer race at the end of the competition. This would give our skaters the opportunity to compete against other class skaters and also give the skater a chance to experience competing in a longer distance race. Hopefully, since the event does not take very long to complete (about 20 minutes for a 10K), it can be planned for and incorporated into the finale of the racing program.

LET ME HEAR FROM YOU, BYE FOR NOW.

BOB FINKEL
144 Phelps Ave.
Englewood, N.J. 07631
201-567-3715

SETTLEMENT AGREEMENT

This Settlement Agreement ("Agreement") is made this 17th day of April, 1994, by and between Nicole Ziegelmeyer ("Nikki"), United States International Skating Association ("USISA") and Jack Mortell ("Mortell");

WITNESSETH:

WHEREAS, USISA filed a Notice ("Notice") with Nikki that a recommendation was made by the Short Track Program Coordinator (Mortell) that Nikki be:

(1) declared ineligible and removed from U.S. Short Track teams for remaining 1994 international competitions including the 1994 Goodwill Games scheduled to be held in July, and (2) suspended from the 1994 National team and National Team competition/training activities until the day before the beginning of the Short Track trials to select National/World Teams for the 1995 competitive season (expected to be held in early December, 1994);

WHEREAS, Nikki filed a Grievance and Demand for Hearing against the recommendation contained in the Notice;

WHEREAS, Nikki filed a separate Grievance and Demand for Hearing against Mortell seeking his complete removal from all positions of trust and responsibility with USISA and from any contact with or control over its athletes;

WHEREAS, a hearing on these Grievances was commenced in Skokie, Illinois, on April 16, 1994 and was continued on April 17, 1994; and

WHEREAS, the parties have agreed to settle both Grievances without completing the hearings upon the terms and conditions hereinafter detailed.

1. Mortell has resigned his position as Short Track Program Coordinator and the Short Track Committee has accepted that resignation.

2. Mortell voluntarily agrees not to seek or accept reinstatement to that position or to accept employment with USISA as Team Leader or coach or in any capacity where he has direct authority or control over any USISA athletes from the date above-written until September 1, 1995.

3. USISA agrees that it will withdraw its Notice against Nikki and will no longer seek to find her ineligible or to suspend her based upon any of the infractions alleged therein; that there are no other charges or infractions currently pending or being considered; and that any future charges or infractions which may be brought or alleged against Nikki will be subject to all of the provisions of USISA's By-Laws, including the

provisions of Article VII concerning notice and the right to a hearing when applicable.

4. USISA further agrees that it will not employ or retain Mortell in any capacity as detailed in paragraph 2 herein from the date above-written until September 1, 1995. USISA understands that this is not a commitment to retain or not to retain Mortell in any capacity at any time after September, 1995, but rather a period in which it is guaranteed that Mortell will not be so retained.

5. Nikki agrees to voluntarily accept a reprimand issued by USISA under Paragraph 2.00 of the USISA By Laws, Discipline, Sanctions and Penalties, which is reproduced herein as follows:

2.00 Warning and Reprimand

2.01 USISA may provide informal or formal notice of conduct or actions that are violations. The continuation of such conduct or actions may result in further disciplinary action.

2.02 USISA may issue reprimands, usually for minor misconduct, with suggestions for corrective action and a notice that the continuation of such conduct or actions will not be tolerated and may result in further disciplinary action.

The Warning and Reprimand is issued for Nikki's failure to attend the training camp in Milwaukee commencing March 7, 1994. This warning will expire December 1, 1994. Nikki agrees that any infractions of the Code of Conduct or the USISA Short Track National Team Training Program from this date forward will be subject to the rules in that she will be entitled to receive notice thereof in writing with the right to file a Grievance and Demand for hearing.

6. All parties agree that this Agreement finally settles all matters referred to herein and that no party admits liability or responsibility or guilt to any of the charges made in any of the documents involved herein or shall characterize this Agreement as an admission by any party as admitting guilt, liability, or responsibility, and that this Agreement is voluntarily made by all parties as an amicable resolution to the disputes. This Agreement is not merely a recitation of the terms and conditions stated herein but is a binding contract.

7. All parties hereby agree to release all other parties from any liability known or unknown and waive their right to submit any of the matters to Arbitration and further waive any right they may have to file a lawsuit addressing any of the issues involved in the documents herein.

8. This Agreement shall be binding on USISA, all members of its Board of Directors, its Executive Committee, if any, all committees, including the Short Track Committee, and on the Office of its Executive Director, on Mortell, and on Nikki.

9. This Agreement shall be governed under the laws of the State of Missouri.

10. All parties agree and acknowledge that there are no agreements or conditions other than those stated herein.

USISA

By:

CHRIS MILLS
Its Secretary and
Legal Advisor

JACK MORTELL

NICOLE ZIEGELMEYER

This Settlement Agreement does not prohibit Mr. Mortell from continuing to serve as a member of the USISA Board of Directors, President's Advisory Board or the Short Track Committee; nor does it prohibit him from continuing his activities as a club coach including coaching individual athletes at USISA-sanctioned team trials or competitions.

I have been advised that Nicole Ziegelmeier has voluntarily retired from membership on the Short Track National Team and will not be competing during the 1994-95 season.

*Christopher A. Mills
USISA Legal Advisor*

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LETTERS

Dear Robert Vehe:

Two articles in the February RACING BLADE spurred me to write. One article was by Sarah Hill and the other by Jim Campbell. They dealt with Masters skating, and that is what I am concerned with now.

Would you please forward this input to those involved.

1. Age grouping. If you are concerned with keeping older people involved in skating competitions, you need age groups short enough to keep each individual reasonably competitive. Therefore, five year age groups are far more desirable than 10 year groups. If you do not keep them within reasonable ages, they will drop out for a few years and they are probably lost forever. This is especially important when reaching perhaps 50 years and older.

The Senior Olympics in outdoor speedskating had competitors in age groups 90-95 and younger in every class. Why drop them out? These "old fogies" are people with real skating interests, and chances are they have children and grandchildren who are closely nourished into speedskaters. In the Netherlands I have seen excellent technique demonstrated by an 85 year old skater with blades attached to wooden shoes. Why are we so indifferent to these old creatures?

2. Incentives for skaters. Skaters have many reasons for staying with the sport, but the incentives for the young and for the Masters may be quite different. Many youngsters have goals based on winning—local competitions, regional championships, and ultimately Olympic medals. Consequently they must set realistic goals and be reasonably successful. For Masters, the time comes when your PR can no longer be achieved and winning becomes less important and other factors dominate. Older people are more concerned with physical well-being, conditioning, and more perfect technique, as well as psychological maturity. Certainly the tens of thousands of competitors who enter a major running marathon do not expect or even aim at winning in the usual sense. They are meeting individual challenges. The preparation for a marathon involves some sort of a health motive, such as weight control, diet, peaking, etc. Speedskating has similar challenges in addition to the added importance of critical technique.

My personal involvement with speedskating has suggested a few related ideas. Now 80 years old, I have been skating since I learned to walk. It was hockey first, then racing from high school age on. In college we had a team

that competed with other college teams and occasional-ly in a few outside meets. For 37 years after that I did not skate until I was in my sixties when the Senior Olympics was started. For 16 years I took part in that program along with one European trip to compete in four countries. Since the Senior Olympic program in skating ceased, I have been competing in the Master's Cup in St. Foy, Quebec, which is an exceptionally well organized and run program.

Since retirement at age 67, I have kept my own 250m. track on a nearby lake, clearing snow with a two wheel snow blower and flooding it with a small pump. Unfortunately I skate alone most of the time and I am remote from the Lake Placid oval. Obviously I enjoy skating and training. And of course, I keep in shape the rest of the year by bike riding, rowing, etc. It is a hobby that usually takes an hour a day and is worth every minute of that time. This program keeps me energetic and active. Even with little more than one competition a year I have made many close friends, U.S. and foreign. Clearly, winning is not much of a motivation to Masters.

3. Officials. One other item, that of getting officials. A college not far away has a fine winter and spring track program which comprises perhaps 10 competitions a year. More than 100 officials, many of whom are certified track officials, run the meets. Most of the officials are alumni of other institutions, and some were track enthusiasts in the remote past. The program is entirely voluntary—we get there at our expense, are paid nothing, but may be fed coffee and donuts or even a sandwich. Our reward is working with young people and helping out a bit. Finding and training officials need not be expensive or difficult.

Best wishes to those of you trying to find ways to expand the Master's program and help skating grow.

Sincerely,
Lawrence Goldthwait
New London, NH

We may not have much control over the length of our life but there's a lot we can do about its depth and width !

Robert R. Vehe
Editor, The Racing Blade

Dear Mr. Vehe,

This letter is in response to the article by Jim Chapin in the February 1994 Racing Blade. I agree with several of the points Jim made, particularly those having to do with the problems in terms of attracting and retaining new skaters. My perspective on this issue comes from being a neophyte marathon skater myself, the parent of two youth skaters (who seemingly would rather play soccer or baseball, dive or do karate than skate seriously), and as the coordinator of sports medicine/sports science for the U.S. speedskating team. In the interest of full disclosure, I also serve on the Presidents Advisory Board of USISA.

Given my role in the speedskating community, I have obvious interest in the fate of our elite skaters. I take pride in the successes of Dan, Bonnie, Cathy, Amy, and our Short Track relay medalists. Perhaps, contrary to Jim, I also think that their success is the best possible thing that can happen to the ASU. The public exposure of the athletic talents and winning personalities of these athletes will do much to attract new members into the speedskating community, something the ASU and its member clubs don't do particularly well. At the same time I fully agree with Jim that USISA can't do the grass roots development work necessary to turn athletically promising kids into reasonably accomplished skaters.

I also feel somewhat responsible for the performance of our all-around and long distance skaters. With apologies to Eric and Beth Heiden, Mike Woods, Eric Flaim, Dave Silk and Brian Smith, we really aren't routinely competitive at distances greater than 1500m. Shouldn't there be something an exercise physiologist could do about improving endurance performance? Believe me, I've tried and will continue to try. However, after considerable thought about the matter, it has occurred to me that the ASU could actually do more to fix this problem than I or, certainly, USISA, can possibly do. Even better, the fix is free, something important in view of the continuing budget problems of the ASU and (contrary to Jim's implication) even USISA.

One of the fundamental realities of sports is that not all athletes are the same. The characteristics that athletes bring to the sport go a long way to defining their likelihood of success. One very important characteristic is the type of muscle one has. Some people are born with more fast twitch muscle fibers, they tend to be very successful in sprint events. Some are born with more slow twitch muscle fibers, they tend to do better in longer events. Training can do a lot toward developing speed or endurance, but it can't change fundamental characteristics. The competitive format of almost all of youth races gives a natural advantage to skaters with lots of fast twitch fibers. Regardless of the distance, regardless of whether the race is on a big oval or short track; the fundamental competitive strategy is: skate easily, drop

the non-competitive skaters, then sprint like mad for the win. Who wins week after week? It doesn't take a Ph.D. to figure out that we are selecting for fast twitch animals. We do a pretty good job of it. Those kids grow up with names like Blair, Jansen and Gabel, and even Chapin.

What happens to the kid who, although a good skater, isn't quite so good a sprinter; the kid who gets to every final only to finish 6th week after week after week. Does this kid stay in skating? Or does soccer, or cross country, or cycling appeal more because he/she has a chance to win? To use an international analogy, what happens to the young Geir Karlstaad? My bet is that had young Geir been raised in Minnesota rather than Norway, he never would have persisted in skating to be a world record holder or Olympic champion. We would have run him off. The competitive format of our development program would have selected a skater destined to finish 33rd at the Olympics, simply because they were a better sprinter than young Geir.

My friends in the skating clubs tell me that the one thing that cannot be done is to add events to skating meets, events that might be more compatible with endurance oriented skaters. Given this practical constraint, I would still encourage the ASU to carefully consider the competitive format of youth races. Two things that might be considered are the institution of pursuit and points races. Even if they aren't too long (much more than 1500m), the fundamental competitive strategy of pursuit races is different than in pack style races; different characteristics will be selected for. Additionally, the quantitative nature of performance in pursuit races will allow the skater to see progress, sometimes as important as winning. Alternatively, longer pack style events where points are awarded for leading as well as for winning can change the competitive strategy and offer the possibility of winning to the young Geirs of the world.

The result for the ASU and its member clubs? Retention of skaters who might ordinarily be discouraged and leave after two years of finishing 6th. Alternatively, skaters who might be intimidated by the pack style racing format, but would be comfortable in a semi-metric style approach, might be attracted to and/or stay in the sport. Most importantly, we keep a larger number of skaters; good for ASU, good for the sport, even (sorry, Jim) good for USISA.
Sincerely,

Carl Foster, Ph.D.
*Director, Cardiac Rehabilitation and Exercise Testing
Coordinator, Sports Medicine/Sports Science, US Speed
Skating Team*

Have A
GOOOD Day
Day

The Racing Blade,

Hats off to the Saratoga Winter Club!

Congratulations are inadequate!

Everything about the National Short Track Championships was pluperfect: the sign-in, the reception at Rascals, the rink, facilities and ice, the Saturday night banquet, the Sunday ceremonies.

But the personal touch was the thing: Bill Gorham's announcing and MCing; people lamenting Bob Fischer's absence and hoping his father was recovering; the 17 associations from across the nation cheering on their competitors no matter from what club; the friendly, anonymous, behind-the-scenes people, some of whom even Meet Director Tom Campbell couldn't name, making peanut butter and jelly sandwiches, chasing blocks, even Pony Ashley Heilmann's carrying containers of scabbards and sneakers from entrance to exit. They all made it happen.

Where else would a meet director come in the dressing room asking: "Has anyone seen Dick Senecal? in order to return as trivial an item as an errant water bottle to a relatively insignificant latecomer to speedskating? Sometime during the meet he simply but sincerely thanked me for coming to Saratoga.

Such class may help explain how the area produces such names as Talbot, Maxwell, Wager, Campbell, Tamburrino, Porter, et al. It's more than those bottles of Saratoga water!

It was great seeing Jason Talbot on the mend (even though he had to return his nauseous little brother home from the banquet), meeting Jim Campbell from Colorado for the first time, and greeting Bob Nelson all the way from California. The competition was great (how many records fell?), the camaraderie greater (how many renewed acquaintances, how many new friendships?), making for one superlative meet (can next year's top it?).

All the best to Saratoga!

Dick Senecal

Syracuse Speed Skating Club

Dear Racing Blade

A whirlwind of activity is the only way to describe a recent promotional trip to Florida. Doc Savage with the help of John Singer, Amy Peterson, Karen Cashman and myself traveled to Florida for five days packed full of receptions, promotions and touring. The main purpose of the trip was to promote the sport of speedskating in relation to the soon-to-be-built ice arena in Brevard County. When it comes to enthusiasm for ice skating no one can top our hosts, the members of the Florida Ice Sports Foundation. Their hard work and perseverance will result in the construction of a beautiful multiple surface ice arena in an area unaccustomed to ice sports.

The Florida Ice Sports Foundation was a wonderful host, its members pitched in to make sure we all had a good time. With so much to see in so little time there was never a moment to waste. Between engagements

we were able to squeeze in trips to an air show, a figure skating show, Disney World, and to Kennedy Space Center attractions, including the launch of a space shuttle. Luck was on our side when it came to the shuttle launch, most people have to go to many planned launches before one actually gets off the ground. We met many jealous Floridians who still haven't seen one after many visits to the Cape.

Brevard County will be a great place for speedskating, and when the arena is up and running I hope to return and do a little skating myself. In the future, after construction of the new rink, I think Florida could start making bids for National and International speedskating competitions. What a great concept—speedskating in paradise. If this does happen, I will give them my support knowing the F.I.S.F. is behind the bids.

Sincerely,
Brian Arseneau

To The Editor:

In every issue of The Racing Blade, I read how there should be ten times as many speedskaters as the ASU has now. I agree! Personally, I think most clubs do not know how to go about attracting new members. In this "traditional" sport I think we need to try new things to adapt to changing lifestyles and trends.

Would you like to double the size of your club or association? Are there any other speed skaters in your city? Are you sure? Did you know that in a lot of cities there are speed skaters doing about the same thing our skaters do in roller rinks? In talking about speedskating to a person looking on at the St. Louis Silver Skates, I discovered a world that I thought existed but was unaware of. The world of roller speed skaters has evolved from quad wheels to inline wheels. Bont Boots, or custom boots with inline rollers, are used on a 100 meter track that very closely approximates the techniques that we use. The club I observed had quite a few members doing 48 second 500 meters, and get this - with a pack of nine racers — without pads! Did you know that two time Olympic Medalist (and Gateway Club member) Nikki Ziegelmeyer started out as a roller skater?

Do you think that K.C. Boutiette would have made the Olympic team (Long Track) if there were not any similarities? After only two months of skating on ice, he made the Olympic Team. Does he have unique athletic abilities? I don't really think so. (He has to be a tremendous athlete.) I just think here is something that is so close to this sport of (ice) speedskating we cannot recognize it.

For clubs that cannot get enough ice, or cannot get summer ice, I think this is a must! Find out about it! There are clubs and competitors in the South and the Southwest (where coincidentally, we are not strong) that we should latch onto in some form. I implore the National leadership to investigate this and try some type alliance or partnership!

What a way to cross train, or to do something that is different enough to be a change of pace but does the same thing. Investigate it! You will probably have to call a few rinks to find them, but do it! I imagine you will be able to find rink time a lot easier than ice time.

In our club, Gateway, we had to close membership last year. Did your club? How did we do it? We sent flyers for a learn to skate program to area schools. Did you read what the Madison, Wisconsin, club did this last year? They tried something different! They had an all Madison Meet and welcomed any one with any type of skates. They got 20 new members! That is exactly what every club and association needs to do. Be innovative! In three short years, we have really solidified the finances of our club and are able to buy more ice time since cost per member is less. You do have to have coaches or people to teach the new members.

I don't agree with the people who say the Masters and Grand Masters are keeping the sport alive. In my experience they are only there for themselves, not building the sport. I welcome anyone to change my mind!

Do you realize that Tiny Tots and the classes up to Pony only take about 1/4 of the ice that an advanced skater takes? But, they pay the same fee. You will always have attrition from the younger classes, that's why we have to build them up. Did you play basketball or baseball as a kid? Very few kids went to play in high school or college, but that does not say they do not have a love of the game. We need to do the same for this generation of kids. . . make it fun! Show them how wonderful this sport is. Then we have a good "crop" of kids to build this sport on!

Have you ever seen someone you have never seen before observing a meet or practice? Did you talk to them? Did you introduce yourself and offer to answer any questions? We need to tell everyone we can about this best kept "secret"! Do you have any friends? Of course you do! Have you told them and their kids about speedskating? Have you invited them out to either try it out, or observe? Do you know families who don't want their kids playing hockey because it is violent? Why not try speedskating!

Maybe we should have kids start out roller speedskating (on inline skates that almost all kids have) and teach technique on the roller rink, then graduate to ice. Maybe we should try something different.

Sincerely,

Charlie Brown
Gateway Speedskating Club

HEALTH TIP

LAUGH A LOT—Studies show children laugh 400 times a day on the average, compared with adults' 15 laughs. Humor actually relaxes the body and relieves stress. Listen to comedians on tape, read a funny book, laugh rather than curse at traffic.

Scholarship Fund

by Susi Jarrett

The Scholarship Committee wishes to thank those ASU Members and friends for their support of the Scholarship Fund by their donations submitted with ASU registrations. Special thanks to the No. New York, Maryland, Ohio, Montana and Minnesota Associations.

Four years ago, when the Scholarship Fund was started, the goal of a base fund upon which to build was a minimum of \$10,000. The scholarship awards were to be determined on the amount of interest accrued on the base fund. The principal was not to be used for awards. Now the base fund is only, \$9,700.00 so the grant for 1994 could not go over \$500.00.

The monies have been placed with the Vanguard Group which gives a higher yield than a 12 month Certificate of Deposit. However, the donations over the past two years have declined. In 1991 the gifts totaled \$225, in 1992 \$1,901, in 1993 \$1295 thanks to a generous donation by Howard Gutgesell. But as of May, 1994, only \$145 has been received. Your help is needed!!!

We wish to remind everyone of the procedure to support the Scholarship Fund and to honor a family member or loved one at special times—birthdays, anniversaries, weddings, births, Mother's Day, Father's Day, personal accomplishments, and as expressions of sympathy. The Tribute Envelope is available for use to express your recognition, appreciation, or sympathy in a very personal and lasting manner with a donation to the Scholarship Fund.

The opportunity to boost the Scholarship Fund can arise at any time so keep several Tribute Envelopes on hand to help our skaters achieve their educational goals. The Tribute Envelopes are available from the ASU National Office. We need everyone's help to be able to continue this great program.

A donation to the Scholarship Fund is the perfect gift ... one size fits all.

TRIBUTES:

IN HONOR

Greg and Louise Boyer
Marriage
Missouri Speedskating
Assn.

DONATION

Donald J. Kuban
Howard Gutgesell

MEMORIAL

Eleanor Helminski
Mary T. Smith
Carl & Pat Peaslee
Susan & Tom Jarrett
Charles & Greta Hall

MEMORIAL

Gordon (Bud) Quinn
Timothy Quinn

MEMORIAL

Ernie Dorow,
Past Director, West Allis
West Milwaukee Rec. Dept.
Brad Goskowicz

Applications for the 1995-1996 scholarship will be available from the ASU office after July 1, 1994.



United States International Speedskating Association News

USISA NATIONAL OFFICE NEWS

by KATIE MARQUARD



As we look ahead to next season and the next four years, the United States International Speedskating Association has decided it is the perfect time to initiate a new direction for the organization. The impetus for this decision was the development of a High Performance Plan, required of each sport by the USOC. Through this process of formulating a Plan for the USISA, some important conclusions were reached. It was decided that the USISA needed a Program Director to head a system of development from club to elite skater. This person will be responsible for coordinating programs for athletes and coaches at all levels of skating. This system will include development coaches who will assist club coaches in their regions with programs and training methods.

The USISA currently has two development coaching positions in place. One of these positions is based in Salt Lake City, at the new Oval to be completed in December of 1994. Stan Klotkowski, previously based in Lake Placid, has been hired to fill this opening. He will assume his responsibilities in Salt Lake sometime in early September. We are now in the process of hiring for the development coaching position that Stan is vacating in Lake Placid. The long term goal is to have four development coaches across the country.

Another development project is the USISA Coaching Request Program. This program offered clubs and/or associations the opportunity to request a USISA coach to come to your area to conduct a weekend seminar for your skaters and coaches. We received 10 requests that we are able to facilitate through this program. It is a great chance for local groups to take advantage of some top coaching and the program has grown substantially in the two years we have been doing it on a formal basis.

The USISA is also sponsoring the second annual Coaching Education Conference which will be held at Augsburg College in Minneapolis June 10-12. Top coaches from around the world are scheduled to be keynote speakers at this seminar. At the time of this writing, the Conference is two weeks away but I am sure it will be another success this year.

With an influx of new ideas for programs aimed at the

next four years, it should be an exciting time of growth in speedskating. I'm looking forward to it!

U.S. SPEEDSKATING NAMES NEW COACHING STAFF FOR 1994-1995 SEASON

U.S. Speedskating has hired two new coaches and has restructured its national coaching program.

Wilma Boomstra, is the assistant National Short Track coach for 1994-1995. A native Leeuwarden, Holland, Boomstra spent the 1993-1994 season coaching junior skaters in Marquette, Michigan, at Northern Michigan University. A competitive skater for 10 years, Boomstra has coached both Short and Long Track skaters at Thialf Olympic Oval in Herenveen, Holland. She worked under Dutch Olympic coach Henk Gemser, coaching skaters from the recreational to world-class level.

1994 Olympic Short Track coach Jeroen Otter will be the 1994-1995 National Short Track coach. Otter, a Dutch Olympic and World Champion gold medalist, led the U.S. Short Track team to a record ten medals at the 1994 Olympics.

Olympic medalist and former world record holder Gerard Kemkers is the new 1994-1995 All-around Coach for the National Long Track team. Kemkers has been a member of the Dutch National team since he was 17 and won a bronze medal in the 5000 meters at the 1988 Olympics. In 1989, he was the World Cup Champion in the 5000 meters and held world record in the all-around event point totals.

Nick Thometz has been named Senior National Team Sprint Coach for the 1994-1995 season. Thometz, coach of five-time Olympic gold medalist Bonnie Blair, is a three-time Olympian, a world record holder and national sprint champion. Last season he served as a senior national Long Track coach as well as a co-head coach for the 1994 Olympic Long Track team.

1994/95 SHORT TRACK NATIONAL TEAM, LEVEL 1 & CATEGORY 1

1994-95 Level 1/National Team

*Cathy Turner	Eric Flaim
Amy Peterson	Andy Gabel
Karen Cashman	John Coyle
*Nikki Ziegelmeier	Tony Goskowicz
Julie Goskowicz	*Randy Bartz

*Retired - skaters eligible to move up are as follows:
Shana Sundstrom
Erin Porter
Charles King



United States International Speedskating Association News

Category 1 Seniors

Same as Level 1 plus the following skaters

Whitney McGill	Tim Quinn
	Marc Pelchat

Category 1 Juniors

Whitney McGill	Tony Goskowicz
Julie Goskowicz	Tony Strzykalski
Kirsten Holum	Tom O'Hare
Sarah Shapiro	Jeb Gorham
Sarah Lang	Kip Carpenter
Erin Gleason	Brad Campbell
Becky Sundstrom	Scott Simunjak
Carrie Johnson	Scott Koons

TEAM SELECTION PROCEDURE FOR THE WORLD WINTER UNIVERSITY GAMES 1995 IN JAKA, SPAIN

The participants in the trials must:

1. Be university students or have graduated within the last year before the games;
2. Be at least 17 years of age and not older than 27 as of January 1st in the year of the event;
3. Bring to the trials a signed and stamped (by the University) World University Games Student Certification form.

In the trials ladies and men will skate 1000 meter time trials, pursuit style. The first 16 ladies and 16 men will advance and compete for the five spots at the World Winter University Games. Final points will be awarded for the time trials, 5-3-2-1 for the top four spots. The top 16 qualifiers from the time trials will skate the following events:

Ladies and Men: 1500 meters, 500 meters, 1000 meters, 3000 meters (point winners only)

Performance points will be awarded for all heats, quarter and semi-final races:

1st Place, 5 points; 2nd Place, 3 points; 3rd Place, 2 points; 4th Place, 1 point

Final points will be awarded for all final races (point distribution same as above).

Final points have precedence over Performance points. The trials will be run by ISU rules (unless otherwise noted). Coaches will decide on the final make-up of the Relay Teams. USISA will not use any discretionary methods to select the Short Track Winter University Team.

Any ties for the fifth place on the Team will be broken by:

A. Performance Points

B. Results from the Time Trials

C. 1000 meter pursuit competition at the end of the trials

USISA will publicize the place and date of the trials in The Racing Blade and USISA's publication, Ice Chips along with bulletins at the most important ice rinks.

Should any of the selected skaters get hurt, become ill or for any reason cannot participate in the World Winter University Games, then the NGB will take the next skater in line to the Games. Illness or injury must be certified by the USOC Medical Staff of the Games.

1994/95 LONG TRACK NATIONAL TEAM, LEVEL 1 & CATEGORY 1

(The following are after retirements)

1994-1995 National Team

Bonnie Blair	David Cruikshank
Moira D'Andrea	Dan Jansen
Becky Sundstrom	Nathaniel Mills
Kristen Talbot	
Chris Witty	

1994-1995 Junior National Team

Kristen Holum	Cory Carpenter
Chris Scheels	Tim Hoffman
Becky Sundstrom	Jon Kazmierski

1995 USOC Level 1

Chantel Bailey	David Cruikshank
Chris Scheels	Brendan Eppert
Chris Witty	Dave Tamburrino
Angela Zuckerman	KC Boutiette
Bonnie Blair	Casey FitzRandolph
Peggy Clasen	Tim Hoffman
Kristen Talbot	Brian Smith
Moira D'Andrea	Cory Carpenter
	Dan Jansen
	Nathaniel Mills

1994-1995 Senior Category 1

Bonnie Blair	Dave Cruikshank
Chantel Bailey	Brendan Eppert
Chris Witty	Casey FitzRandolph
Peggy Clasen	Pat Seltsam
Moira D'Andrea	Dan Jansen
Kristen Talbot	Nathaniel Mills
Chris Scheels	KC Boutiette
Nancy Swider-Peltz	Dave Tamburrino
Cory Goelz	Brian Smith
Kim Strzykalski	Tim Hoffman
Amy Sohnle	Brian Kretschmann
Becky Sundstrom	John Singer



United States International Speedskating Association News

1994-1995 Junior Category 1

Erin Gleason
Kirstin Holum
Amy Sannes
Sarah Shapiro
Bonnie Whitehill

Cory Carpenter
Kip Carpenter
Jason Hedstrand
Jon Kazmierski
Matt Kooreman
Lucas Mills
Tom O'Hare
Nick Pearson
Ben Saloman

FOUR OLYMPIC MEDALISTS NAMED TO GOODWILL GAMES SPEEDSKATING TEAM

U.S. Speedskating's 1994 Olympic medalists Amy Peterson, Karen Cashman, Eric Flaim and Andy Gabel will compete in the Goodwill Games, July 23-August 7 in St. Petersburg, Russia. This will be the first time Short Track speedskating has been contested in the Goodwill Games.

Peterson, (Maplewood, Minn.) and Cashman (Quincy, Mass.) were winners of the bronze medal in the women's relay event at the 1994 Winter Olympics. Peterson collected another bronze medal in the 500 meters and was a member of the 1992 silver medal-winning Olympic relay team.

Flaim, (Boston, Mass.) and Gabel, (Northbrook Ill.) were members of the men's 5000 meter relay team that won the silver medal at the 1994 Winter Olympics. Flaim, a three-time Olympian, is the only Olympian to win medals in two disciplines, Short Track and Long Track speedskating. He won the silver medal in the 1500 meters in long track speedskating at the 1988 Olympics, setting a world record. In 1993, he set a Short Track world record in the 1500 meters.

Gabel, a veteran of three Olympic teams, is the most decorated Short Track male skater in U.S. history. He is the winner of more than 50 International medals and 12 National Championships titles. He won two gold medals at the Pre-Olympic competition in Hamar, Norway and won a bronze in the 500 meters at the 1993 World Championships.

At the Goodwill Games, Gabel and Peterson will compete in the 500 while Flaim and Cashman will skate the 1000 meters. Skaters from Russia, Canada, Italy, France, China, Korea, Sweden, Great Britain and the Netherlands will also compete.

1994/95 USISA EVENTS

Date *Event/Site*
Dec. 10-11..... 1994 Short Track Team Selection
Lake Placid, NY

- Dec. 29-30..... Jr. World Short Track Trials
Pettit/Wisconsin
- Dec. 29-30..... World University Games Trials
Skating Association
- Dec. 31-Jan. 1, 1995..... National Long Track
Sprint Champ., Pettit Ice Center
- Jan. 7-8, 1995..... National Long Track
All-Around Champ., Pettit Ice Center
- Jan. 14-15, 1995..... Jr. Regional Long Track
Champ., Roseville, MN
Lake Placid, NY - Milwaukee, WI
- Jan. 21-21, 1995..... Jr. National Long Track
Champ., J. Rose MN Oval
- Feb. 18-19, 1995..... 1995 World Sprint Champ.
Pettit Ice Center
- March 4-5, 1995..... Olympic Festival Trials
Saratoga Springs, NY
- March 4-5, 1995..... Final World Team Trials

CANADIAN SUMMER CAMPS

- We have received brochures and forms for the following summer camps this summer in Canada
- Top Blade Long Track Camp..... July 4-8, 1994
Calgary, Canada
- Western Provinces Camp..... July 11-15 1994
Calgary, Canada
- Top Blade Short Track Camp.... July, 18-24, 1994
Calgary, Canada

Anyone interested in attending these camps may request information from the USISA National Office, (218) 899-0128.

U.S. OLYMPIC FESTIVAL SPEEDSKATING PERSONNEL

1. Coaches..... Jeroen Otter, Wilma Boomstra
2. Managers..... Linda O'Hare, Ken Vraa
3. Referee..... Jim Chapin
4. Starter..... Ted Klaiber
5. Competitor's Stewart and
Asst. to Commissioner..... Don Anderson
6. Commissioner..... Paul Mueller

Thank you to all those who applied for the positions of coach and manager.

JUNIORS SET AMERICAN RECORDS

Congratulations to three skaters that set six Junior American records at the Olympic Oval Finale in Calgary, Canada on March 25-27, 1994! The records that were set are as follows:

- Chris Witty..... 500m: 40.71; 1000m: 1:20.77 WR
Point Total Sprint: 162.820 WR
- Becky Sundstrom..... 1500m: 2:07.47
- Casey FitzRandolph.... 500m: 37.66; 1000m: 1:15.12

1994 - 1995 ASU MEET SCHEDULE

— 1994 —

Oct. 29-30	Chicago Silver Skates	ST	Glen Ellyn, IL
Nov. 5-6	Metros St. Louis Championship	ST	St. Louis, MO
Nov. 5-6	Eastern States Short Track	ST	Saratoga Springs, NY
Nov. 12-13	Great Lakes Short Track Championships	ST	Pettit National Ice Center (PNIC) West Allis, WI
Nov. 19-20	Eastern Associations Challenge	ST	Williamstown, NY
Nov. 19-20	Park Ridge Open	ST	Park Ridge, IL
Nov. 24	Ten Mile Turkey Trot	ST	Brooklyn, NY
Nov. 26	Thanksgiving Classic	ST	Muskegon, MI
Nov. 27	Gold Cup Championships	LT	PNIC, West Allis, WI
Dec. 3-4	Seaway Open	ST	Cleveland, OH
Dec. 3-4	Adirondack Metric	LT	Lake Placid, NY
Dec. 4	I-94 Sprints	LT	PNIC, West Allis, WI
Dec. 3-4 or 10-11	USISA Short Track Trials	ST	St. Paul, MN
Dec. 11	Christmas Classic	LT	PNIC, West Allis, WI
Dec. 17-18	Adirondack Pack Style Open	LT	Lake Placid, NY
Dec. 17-18	John Rose Memorial	LT	Roseville, MN
Dec. 18	Special Olympic Open	ST	Franklin Park, IL
Dec. 29-30	Jr. World ST/World Univ Trials	ST	PNIC, West Allis, WI

— 1995 —

Dec. 31/Jan. 1	National Metric LT Trials	LT	PNIC, West Allis, WI
Jan. 7	WI State Long Track (Closed)	LT	Madison, WI
Jan. 7	IL State Long Track (Closed)	LT	Glen Ellyn, IL
Jan. 7-8	National Metric LT Trials	LT	PNIC, West Allis, WI
Jan. 7-8	Eastern States Long Track	LT	Saratoga Springs, NY
Jan. 8	Waupaca Classic	LT	Madison, WI
Jan. 14-15	National Marathon Championships	LT	Lake Placid, NY
Jan. 14-15	Great Lakes Long Track	LT	PNIC, West Allis, WI
Jan. 21-22	Eastern Seaboard LT	LT	Lake Placid, NY
Jan. 21-22	Junior World Long Track Trials	LT	Roseville, MN
Jan. 28-29	National Long Track Championships	LT	Butte, MT
Feb. 4-5	North American Long Track Championships	LT	Calgary, Canada
Feb. 11	Syracuse Short Track	ST	Syracuse, NY
Feb. 11-12	Land of Lincoln	ST	Champaign, IL
Feb. 18	Pittsfield Short Track	ST	No. Adams, MA
Feb. 18-19	Tri-State Invitational	ST	Grand Rapids, MI
Feb. 20	5 Mile Carnival	ST	Brooklyn, NY
Feb. 25-26	Lake Placid Short Track	ST	Lake Placid, NY
Feb. 25-26	Northbrook Open	ST	Northbrook, IL
Mar. 4-5	St. Louis Silver Skates	ST	St. Louis, MO
Mar. 4-5	Olympic Festival Trials/World Trials	ST	Saratoga Springs, NY
Mar. 11	New York State Championships	ST	West Point, NY
Mar. 11-12	Evanston Northshore	ST	Evanston, IL
Mar. 17-19	National Short Track Championships	ST	Muskegon, MI
Mar. 24-26	North American Short Track Championships	ST	Cleveland, OH
Apr. 1	Ross Zucco 10,000 Meter Open	ST	Paramount, CA
Apr. 2	Bill Disney Sprints	ST	Paramount, CA
May 19-21	ASU National Convention		Boston, MA

1995 - 1996 ASU MEET SCHEDULE

— 1995 —

Oct. 28-29	Chicago Silver Skates	ST	Glen Ellyn, IL
Nov. 4-5	Eastern States Short Track	ST	Saratoga Springs, NY
Nov. 4-5	Badger Short Track	ST	Madison, WI
Nov. 11-12	Great Lakes Short Track Championships		Pettit National Ice Center (PNIC) West Allis, WI
Nov. 18-19	Eastern Associations Challenge	ST	Williamstown, NY
Nov. 18-19	Park Ridge Open	ST	Park Ridge, IL
Nov. 23	Ten Mile Turkey Trot	ST	Brooklyn, NY
Nov. 25	Thanksgiving Classic	ST	Muskegon, MI
Nov. 25	Gold Cup Championships	LT	PNIC, West Allis, WI
Dec. 2	I-94 Sprints	LT	PNIC, West Allis, WI
Dec. 2-3	Seaway Open	ST	Cleveland, OH
Dec. 2-3	Adirondack Metric	LT	Lake Placid, NY
Dec. 9	Christmas Classic	LT	PNIC, West Allis, WI
Dec. 16-17	Adirondack Pack Style Open	LT	Lake Placid, NY
Dec. 16-17	John Rose Memorial	LT	Roseville, MN

— 1996 —

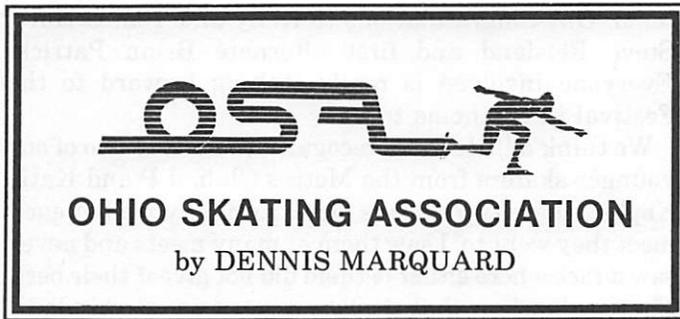
Jan. 6	WI State Long Track (Closed)	LT	Waupaca, WI
Jan. 6	IL State Long Track (Closed)	LT	Glen Ellyn, IL
Jan. 6-7	Eastern States Long Track	LT	Saratoga Springs, NY
Jan. 7	Waupaca Classic	LT	Waupaca, WI
Jan. 13-14	National Marathon Championships	LT	Lake Placid, NY
Jan. 20-21	Great Lakes Long Track	LT	PNIC, West Allis, WI
Jan. 20-21	Eastern Seaboard LT	LT	Lake Placid, NY
Jan. 27-28	National Long Track Championships	LT	PNIC, West Allis, WI
Feb. 3-4	North American Long Track Championships	LT	Roseville, MN
Feb. 10	Syracuse Short Track	ST	Syracuse, NY
Feb. 10-11	Land of Lincoln	ST	Champaign, IL
Feb. 17	Pittsfield Short Track	ST	No. Adams, MA
Feb. 17-18	Tri-State Invitational	ST	Cleveland, OH
Feb. 19	5 Mile Carnival	ST	Brooklyn, NY
Feb. 24-25	Lake Placid Short Track	ST	Lake Placid, NY
Feb. 24-25	Northbrook Open	ST	Northbrook, IL
Mar. 2-3	St. Louis Silver Skates	ST	St. Louis, MO
Mar. 9	New York State Championships	ST	West Point, NY
Mar. 9-10	Evanston Northshore	ST	Evanston, IL
Mar. 15-17	National Short Track Championships	ST	St. Louis, MO
Apr. 5-7 (Tentative)	North American Short Track Championships	ST	Red Dear, Alberta, Canada
May 19-21	ASU National Convention		St. Paul, MN

ATTENTION SKATING CLUBS

My name is Deanna L. Prather from Urbana, Illinois. I would like to open the communications between all clubs of any used speedskating equipment for anyone interested. I would like to compile a free advertising ad sheet of used speedskating and in-lining equipment for anyone wanting to sell, trade or in need of equipment.

Please send advertisements of equipment to: **DEANNA L. PRATHER, 1603 Linden, Urbana, Illinois 61801.**

When writing ad please specify description (brand, size, dollar amount, phone number and address). Please take the time to use this source of free communication to help others in need of equipment. In turn, I feel this will help the growth of our fine sport of speedskating. For a free copy of ad sheets, send a self-addressed stamped envelope to above address.



OSA SKATERS CAPTURE TWO TITLES AT NATIONAL SHORT TRACK CHAMPIONSHIP

Ron Biondo, skating in Midget Boys, won the 333m, was 2nd in the 500m and 777m, and finished 4th in the 611. Ron ended up with 12 pts. to bring home the Midget Boys medallion. **Scott Koons** finished 2nd in the 500m, 1000m, and 1500m, and then skated his heart out in the 3000m to win in a new National Record time of 5:24.40. Scott compiled 14 pts. to take the Intermediate Men's crown. **Tim Quinn**, skating in the Senior Men's division, finished 5th overall with the 4th place finish in the 1500m and 1000m. **Adam Riedy** recouped on Sunday to finish 6th overall in the Midget Boys division, with a 2nd place finish in the 611m and 4th in the 500m. **Joe Balbo** and **Therese Lease** also participated at the Nationals. The OSA was well represented and is proud of the achievements of these skaters.

The trials for the Olympic Festival were held March 12-13 in Circle Pines, MN. **Scott Koons** had a great performance and finished 6th overall. He qualified to compete this summer in St. Louis as part of the Olympic Festival Team. By his performance, Scott also qualified for the Category 1 Short Track Team for the second year in a row. We wish Scott the best of luck at the Festival. **Therese Lease** also competed for a spot on the Festival Team. She narrowly missed a spot on the Team. She will be the first one to go if one of the qualifiers cannot attend due to sickness or injury.

The OSA ended up the season with a Spring Meet for its members. We had a very good turn out and the skaters and parents had a good time. We started the day out with races for all our skaters then we had parent races. Debbie Biondo won the women's division and Chuck Riedy took the men's division. After the races we had lunch and then a family skate. A special thanks to Joanne Uhlik and Greta Geiselman for their help in organizing this event.

Summer work outs start at the end of June, and will include dry-land training and ice time. All those interested should contact Dennis Marquard. We hope to have a good turn out again this year.

The OSA is excited about the scheduling of a speed-skating seminar to be conducted by Pat Maxwell. This seminar was requested through a program sponsored by the USISA. Pat will be traveling to Cleveland September 24 & 25. This weekend will be a great opportunity for our skaters to learn from an outstanding coach.

Our sympathy goes out to the family of Alexander J. Hamilton, who passed away on May 26th. Alex is a member of the ASU Hall of Fame and he helped in ef-

forts that led to the construction of two area rinks. Alex was a former Director of USISA and a member of the U.S. Olympic Speed Skating Committee. His greatest moment was seeing Jenny Fish win a silver medal in the 1968 Winter Olympics in Grenoble, France. Alex had coached Jenny from a very young age. He also coached many skaters to National and North American titles over the years.

SKATING CAN BE FUN!

by MARY (MANE) MAIERLE
Coach, Badger SSC

The once dormant Badger Speed Skating Club of the Milwaukee area is proud to report a very successful first year. Among our accomplishments, we boast of four members who qualified for the Olympic trials for Long Track, one of whom qualified and skated in the 1994 Winter Olympic Games, namely Chris Witty.

At the conclusion of the 1993-1994 season we had 57 members, 37 of whom are new skaters. Adults and children alike are drawn to the Badger Speed Skating Club due to our attitude of "skating can be fun"! (Or is it our Bright Green and Black Sweatshirts?)



Top row: Peter Frank, Andrew Wolf, Nicki Alar-Spradely, Danielle Alar, Jacob Boulwar. Bottom row: Catelynn Frank, Eric Alar-Spradely, Andrea SanFelippo, Joey SanFelippo, Sarah Heltmack, Megan Wolf.

We have a wonderful group of nine and under novice skaters (some of whom are pictured here) and an equally wonderful group of adult novices, all of whom are coached by ex-skating parents who skate for the love of the sport.

The coaches and members of the Badger Club are committed to establishing a club where sportsmanship, companionship, fun and a winning attitude count as the true makings of an athlete.

Members include such lifetime skating folks as Grace Mane, Lowell (Doc) Luedke, Ted Gulzynski and Tony Arena (our President) and such prominent skaters as Becky Sanfelippo (1988 Olympics), Chris Witty (1994 Olympics) and Mike Witty (1993 Jr. World's).

For membership information please call Grace Mane at (414) 671-0563.

MISSOURI SKATING ASSOCIATION

by Mary E. Chapin

Even though the 1993-94 season has come to a close, it did not bring an end to our skating activities. In some ways things became even more hectic.

In March we had our election of Association Officers. For the 1994-95 season our MSA Officers are: President, Vern Jacquin, Executive Vice President, Marjorie Amelotti, Vice President of Communications, Myra Vandersall, Secretary, Liz Chapin, Treasurer, Mike Kepka. Vern is coming in with lots of new ideas to make our Association stronger so we are gearing up for a very busy summer and pre-season schedule.

In May we traveled to Schaumburg, Illinois for the ASU Convention and we from Missouri came home pleased on several fronts. First, Jim Chapin was elected ASU President and joins Henry Kemper, Ted Young, Lamar Ottsen and Ray Zuckerman as former Missourians who have held this post. We are all proud of Jim. Six presidents from one Association ain't to shabby!

Second, our own Peggy Hartrich-Clarke was inducted into the Speedskating Hall of Fame. Peggy, her husband, Martin, and three daughters were there for the induction (as I believe it should be) and we were very proud of her receiving this well deserved honor.

Third, Missouri was awarded the 1997 ASU Convention. We have plans to hold the Convention as we did four years ago at a downtown hotel convenient to the Arch, Union Station, Busch Stadium and now our newly opened gambling boats.

I'd like to call attention to a few of our skaters' stellar performances this past year. Bob Scherl: at the end of a superior year of competition, Bob, with the Metros Club, swept the first place overall National Short Track title in the Masters Men and placed second in the North American.

Kelly O'Hare; with the Gateway Club took the National Short Track title in the Intermediate Girls class setting a new National Record in the 3000 Meter event along the way.

Tom O'Hare; runner up in the Junior Boys National Short Track, after a stellar performance on the Junior Country Team Match Long Track team.

Katie Kepka; also a runner-up in the Midget Girls division.

J.P. Kepka; came away with one gold medal and had a Murphy's Law Week-end outside of the one win. What could happen did, but he will be back and heard from next year.

In the Olympic Festival being held here in St. Louis in July, four of our skaters will be among those on the

team. Our congratulations to Kelly and Tom O'Hare, Steve Refsland and first alternate Brian Patrick. Everyone involved is really looking forward to the Festival in our home town.

We think a little extra recognition is due to two of our younger skaters from the Metros Club, J P and Katie Kepka. These two skaters did exceedingly well at each meet they went to. I saw them at many meets and never saw a race where either of them did not give it their best. The results show that their best was very good indeed.

Katie Kepka, skating as a Midget, won the Kick-Off Classic in Glen Ellyn, the Gateway meet, Missouri State meet, Crowe Race Series in St. Louis, Northbrook Open meet and the St. Louis Silver Skates. In addition, she was runner up in three meets including the National Short Track, third in three meets and fourth in two. A very nice record for an up and coming young lady.

J P Kepka, also skating as a Midget, placed first at the Gateway meet, Land of Lincoln, Missouri State, Crowe Series, Northbrook and the St. Louis Silver Skates. He was second in two meets, third in three meets and fourth in two meets. In the North American Long Track he won a silver medal in the 300 Meter. In the National Long Track he picked up two medals for his effort. Pretty good for a Short Track skater. At the National Short Track, J P won a gold medal in the 500 meter with a new National record time of 53.77. All of us are very proud of these two young skaters' accomplishments.

While we are handing out kudos, it is more than appropriate to congratulate Mark Jeter. We, his skating family, along with his personal family are very proud. On June 12th, the Jeter clan headed west to California to see Mark graduate from Stanford University with a degree in Mechanical Engineering. Mark hopes to go on to Medical School. He needs a few extra credits, so this fall will find Mark at Carroll College in Wisconsin on a scholarship to pick up these credits and then on to Med school. Mark hopes to skate at the Pettit Center this fall so watch for him there.

Late news item: Mark your calendar for a FALL meet in St. Louis. The Metros Club will host the first annual ST. LOUIS METROPOLITAN SPEED SKATING CHAMPIONSHIPS ON NOVEMBER 5-6. AT THE FORUM ICE RINK in Fenton. It will be a fun meet for all. Details to be published later.

HEALTH TIP

BE A PERFORMER—Even when you're down, summon the positive feelings and outward appearance of confidence and an upbeat mood. Between training periods take time to recover with rest, nutritious food and chat with friends or a loved one.

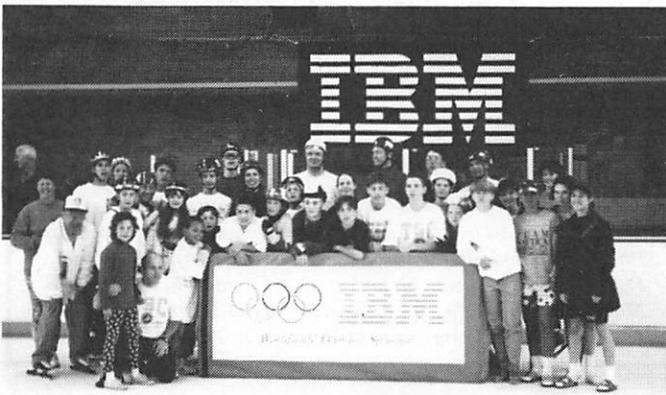


Tacoma Speedskating Club

by JERRY SUHRSTEDT

Until about 10 months ago, Washington state did not have a Short Track speed skating club. Last time I wrote about the Tacoma Speedskating Club, I believe we were begging for safety pads. That was about a year ago and a lot has happened since then. A big thanks to our rink, Sprinker Recreation Center, for helping us get on our feet! We have pads, skates, a coach, a president and even an Olympian! I don't know how we pulled it off but we did. With a lot of help from our friends just south of us in Eugene, Oregon, at Lane Speedskating Club as well. Thanks! One nice thing about having a club in Tacoma is that we are only three hours drive from British Columbia, Canada, where we can enjoy around 20 speedskating clubs and a lot of competition. BC is also host to many coaching clinics and speedskating camps. We would also like to thank our nice friends in BC for welcoming us with open arms.

We started with an average of around eight to ten skaters every practice and we now average between 25 and 30 skaters. KC Boutiette really put the cherry on the cake when he made the U.S. Long Track team. KC put our club on the map! I can't even begin to tell you how much publicity we got from KC. Things seem to come a little easier too. When we hand out our sponsorship package to local businesses . . . they seem to say "yes" more often than before. The club would like to thank KC for growing up in Tacoma and for making the U.S. Team in Lillehammer.



Tacoma Speedskating Club

Another bright spot in our club was young Apolo Ohno. Apolo skated ice for only a couple months before skating the British Columbia provincial championships in Canada. Apolo took first place! Apolo then skated U.S. National Championships and took first in one race and ended up with fourth overall. Great job, Apolo!

Apolo and KC both have one thing in common. They both started speedskating on quad rollerskates, then they converted to inline skates and then of course, to

ice. The old quad rollerskaters seem to kind of take over whenever they get into something and with KC making the U.S. Team. . . watch out. There is talk of many inline skaters heading to the ice including some of their top skaters.

Our current roster of personnel in the club is the following:

- Scott Darling President
- Linda Voracek Sec./Treas.
- Bill Mantzke Equipment Mgr.
- Bob Magyar Equipment Asst. Mgr.
- Debbie Mantzke Administrative Asst.
- Cindy Darling Events Coordinator
- Roger Mosiman Asst. Coach
- Gary Gandee Asst. Coach
- Jerry Suhrstedt Head Coach

We just finished our last meet of the year. The IBM Washington for the Fun of It! We attracted over 30 skaters from California, Oregon and Washington. Next season we will have two meets with our first being the 2nd Annual CAN-AM. We look forward to seeing some of the Midwest and East Coast skaters attend this one as we will have some serious competition going down with fast folks from British Columbia. We currently only skate one day a week but will be expanding to two days per week starting this fall.

Everyone at Tacoma Speedskating Club would like to extend a hearty invitation to skate with us if you're ever in the Great Northwest! We skate every Sunday at 4:00 p.m. at Sprinker Recreation Center in Tacoma.

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The Northeast Speedskating Association brought members together for its annual banquet on May 21. Stephanie van Ness secured the Hillcrest Hotel in Waltham (eight miles west of Boston) for our dining pleasure, and recruited two veteran entertainers, Mike Powers and JoAnne Hallisey, to emcee the event. Linda Needham handled the logistics for what turned out to be a terrific evening. The theme, of course, was the Olympics. Two-time Silver Medalist Eric Flaim and Bronze Medalist Karen Cashman were on hand to celebrate as well as relive the Lillehammer experience by witnessing a reenactment of the torch run and flame lighting (thanks to Caroline Hallisey, and Luke Harris). All present were treated to a fantastic illusion of real fire: thin strips of cellophane taped to the inside of an opaque bowl blown upwards by a miniature fan and illuminated with a flashlight.

As the festivities continued, many NSA members were acknowledged for their accomplishments: The coaches who give their time and expertise throughout the year, the officers who make sure the NSA stays on track, younger skaters who hold such promise and potential, our National Champions and National Team members, and our local Olympians. Special recognition was given to Tom Ross who celebrated his 25th year coaching area speedskaters.

The rest of the evening was dedicated to giving out door prizes and special awards. Al Cook and Clayton Abrahms (owner of Special Equipment Co., "Fulfilling all of your speedskating needs") donated door prizes that ranged from NSA blade-wiping towels to skate guards, skate covers and shin pads. Special awards were given to members chosen by a select committee. Some are long-standing, such as the "Most Improved Skater Award" and "Kamikaze Award". Others are unique to the '93-'94 skating season, like the "Mrs. Doubtfire Award". Below is a partial listing of this year's winners:

- Most Improved Skater (Men) David Needham
- Most Improved Skater (Women) . . . Nancy Kinthaert
- Kamikaze Award (Men) Jeff Harris
- Mrs. Doubtfire Award Dan Weinstein
(Cross-dressing in order to skate a 3000m)
- Wuss Award Chris Needham
(Excuses Galore)

Another One Bites

- The Dust Award (Recently Engaged)
Judy Wentland & Chris Shelly
- I Can't Drive 55 Award Geert Kinthaert
- I Can't Drive 55 Award Marie Salemi
(and sweet-talked my way out of a ticket)
- Kodak Moment Award (unofficial) . . . John Needham

- Cracked Cup Award Dave Needham
(Blade problems)
- USISA Yo Mama Award Sarah Lang
(Category I status and no suit?)

In recent years, NSA officers' duties have overlapped those of BSSC. With the advent of new clubs in Maine, Connecticut and potentially, Central Massachusetts, Boston's North Shore, South Shore and Metro-West, it became apparent that some changes must be made in order to distinguish NSA from area clubs. At a recent NSA meeting it was voted that Jack McMahon head a twelve-member pro-tem Board of Directors with the goal of incorporating the Bay State Speedskating Club and defining its role with respect to the Northeast Speedskating Association. If all goes as planned, BSSC will take responsibility for club-specific items such as securing club ice, enlisting coaches, scheduling practices, planning social events and cultivating new members. NSA will serve more as an administrative body handling skater registrations, publicity, and acting as liaison with the ASU and USISA. General elections for NSA and BSSC leadership will take place this September.

The ever-anticipated dryland training session will take place Tuesdays and Thursdays at the Prospect Hill Ski Area in Waltham, beginning May 24 and lasting throughout the summer. Obligatory activities include runs, jumps, balance drills, low sits, wall sits and interval training. Of course, dryland wouldn't be dryland without sprints, cross-overs and low walks to the "bush" that lies half-way up the mountain (hill). Lactate and pulses will be high, posture will be low, and better skating fitness will be in store for all those who attend.

Ending on a more somber note, long-time member Ted Nowak is in the hospital recovering from an illness. Those who would like to send get-well messages can write to: Ted Nowak, c/o New England Rehabilitation Hospital, Rehabilitation Way, Room 118, Woburn, MA 01801.

Editor's Note:
Julie and Mary Nowak submitted an Association report presuming it to be their last article. However, the article by Phil Rectra had already been received and sent to the printer. Following is the conclusion of their final column. Thanks Mary, Julie and Ted for your dependability and always interesting and informative contributions to *The Racing Blade*.

This is our last regular column for *The Racing Blade*. We've enjoyed writing for it, watching it grow so, and making many friends along the way. Now, though, it's time for new people to add their insights and give their input.

Unfortunately, as we prepared to make this change, we didn't realize that our active ties to skating might be further lessened. Ted Nowak, who loved to gather information for this column and to provide the editor with lots of mail, suffered a major stroke on May 7th. By the time you are reading this, hopefully things will

be much improved; as we write today, he is undergoing rehabilitation and his therapists are optimistic about his recovery progress. His major obstacle right now is mobility, as he currently is paralyzed on his left side; mentally, he is alert, and he maintains his good sense of humor to buoy him through this crises. Those of you who know Ted can write to him at home (13 Winter Street, Matick, MA 01760) where he should be starting July 1.

Thank you to everyone in the world of skating. It's been a pleasure and a lot of fun doing this for so many years! See you near the ice!

WISCONSIN SKATING ASSOCIATION

by Brad Goskowicz

Bragging rights! For the first time in memory, the Wisconsin Speedskating Association has the most members of any association in the Union! Thanks to steady growth in our more established clubs and some additional new clubs we have nearly doubled our size in the past year. With the merging of the two Minnesota Associations next year we know we will have to maintain this growth if we want to keep those "bragging rights".



John McGill presents West Allis Club President Pete Elliott with a special bathrobe made up of borrowed? hotel towels, at the North American Long Track Championships in Milwaukee.

Madeline Lease Photo

Our Annual Spring Meeting and elections were held and the following officers were elected:

- Brad Goskowicz.....President
- Ernie Kretschmann.....1st Vice President
- Marty Jaeger.....2nd Vice President
- Franklin Cumberbatch.....3rd Vice President
- Mary Maierle.....Treasurer
- Peggy Goskowicz.....Secretary
- Jeff FitzRandolph.....ASU Board of Control

We in Wisconsin want to thank all our many friends from around the country that helped us through our many events this past year. Have a great summer and we look forward to seeing you all at the Great Lakes Short Track in November.

AMATEUR SKATING ASSOCIATION OF ILLINOIS



by Bob Vehe

ILLINOIS NAMES SHAWN MONROE "SKATER OF THE YEAR"

Crowning Shawn Monroe's outstanding year of Short Track and Long Track skating, he was named ASAI Skater of the Year at the membership meeting of the Association.

Shawn won the National Short Track Championship at Saratoga Springs on March 18-20, 1994, where he set new records in the 333m and 500m events. Preceding that performance, he had won the National Long Track Championship at the John Rose Oval in Roseville, MN, on January 28-30, 1994, and placed second at the North American Long Track Championship at the Pettit National Ice Center in Milwaukee on February 5-6, 1994.

Shawn who lives in Mt. Prospect, Illinois, attends Holmes Junior High School where he was named "Male Athlete of the Year".

The Amateur Skating Association of Illinois is proud of Shawn's accomplishments.



Shawn Monroe holding his "ASAI Skater of the Year" award



Shawn Monroe being presented the Minneapolis Bearcat Speedskating Medallion by Rose Kline for winning the Juvenile Long Track Championship.



Lane Speedskating Club

by Barbara F. Kull, Secretary

At my last writing, I promised you the results from our "Spring Sprints," held on April 2 of this year. We had 35 competitors! This was the best turn out ever! We were concerned that we might not have the number of skaters we hoped for because of it being Easter weekend. The skaters came from California, Washington, Oregon and Minnesota.

We had **THE BEST MEET** yet! There were so many people to thank for making "SPRING SPRINTS" a tremendous success. We had terrific raffle items, which were generously donated to the club. We had beautiful trophies donated to us by Mr. Bruce Bauer of White Bear Lake, Minnesota. Thank you so much for your unbelievable gift of trophies, Mr. Bauer. We had excellent organization for such a large event. We had **FUN**. Club member John Downen and his wife Patty put untold hours into preparation for the race. Parents and friends of skaters volunteered for numerous jobs. It was great. Participation is the key. The races were followed by an awards banquet, where we consumed great amounts of spaghetti, garlic bread, salad and **CHOCOLATE CAKE**. We visited with old friends and made new friends. We are looking forward to the next opportunity to gather.

In the interim, there is other news to share with you. I have been sitting at this computer for countless hours recently, formulating letters to our County Commissioners. The user groups at Lane County Ice are engaged in a struggle to prevent the Fair Board from following through with plans to convert the ice arena into a multi-use facility for non-ice purposes. As you might appreciate, our already limited ice-time is being threatened by weekend concerts and livestock shows. Many ice supporters are doing all that they can to convince the Fair Board not to proceed with their plans. This is distressing to all ice users in our community. Time will tell, even with facts and figures we can't seem to impress upon the Fair Board the damage, loss of weekend ice time can do to the many well established ice programs at LCI.

This is especially distressing in light of the fact that we as a club have done so well since January of this year. We have the Olympians to thank for much of our growth. The influence of the Olympic speed skaters inspired many new skaters to try our sport. At our last club meeting we had 30+ skaters on our roster. There

is a constant flux, some stay with it, and others fade away. We make every effort to stay in touch with all those who have shown an interest. We have some youngsters in our group who have had great success recruiting friends to get involved with speedskating. Just this past Sunday we had a young hockey player and a figure skater join us!

LCI offers a power skating class on a weekly basis. This intrigued me, so I decided to give it a whirl. I feel my endurance is good, but my burst of energy is not what it could be. I found myself in a mixed group of young figure skaters and youth hockey players. Since this class does a fair amount of skating backwards, I decided to do this in my hockey skates. Having only worn my speed skates in the last 2½ years, I promptly feel on my face the minute I stepped on the ice with hockey skates. I felt like a complete novice on the ice. I had to laugh at myself. It was good for me to remember what it is like to try something new. I can better appreciate what our novice speed skaters are experiencing. I have continued with this class and I am making progress. I feel this is helping me to be an all-around better skater.

In the interim, one thing leads to another. I am taking an Adult Introduction to Hockey Class. The figure skaters are asking me if I will be joining them next. I am having so much fun with all of this activity on the ice. There are two of us from the speedskating club doing the hockey class. Vickie Dalen is doing this as well. Vickie came to us from a background in competitive quad wheel skating. She quickly adapted to blades and ice.

This brings to mind the wonderful article written by Stephanie van Ness in the February issue of The Racing Blade. It is so important to try new sports. I have gained much insight with each new experience. I also feel that by being involved with the other forms of skating, there is potential for creating a link to the people in these groups for the promotion of unified friendship. In the past, because of the issue of limited ice availability during prime hours, there has been animosity between some of the user groups. . . I feel we can work together to promote all forms of skating by appreciating and being sensitive to the goals and needs of every athlete.

Recently LCI told the speed skaters that we no longer will be having rink sponsored drop-in times. Brad Lang of the North Texas Speedskating Club expressed so well the damage loss of ice time can have on a club and the enthusiasm of its members. (The Racing Blade, April 1994) There are many changes in the works at LCI since the new managers have come on the scene. There is much opposition from the user groups in regards to the many changes. The adult hockey groups are also losing their drop-in times. I believe that the intent is to create the maximum profit possible per hour.

We do have some very good news to share. Our safety/ad pads are paid off in full. We, as a club, are no longer in debt. One of our newest adult skaters and his brother each purchased an ad pad. So here we are, no debt,

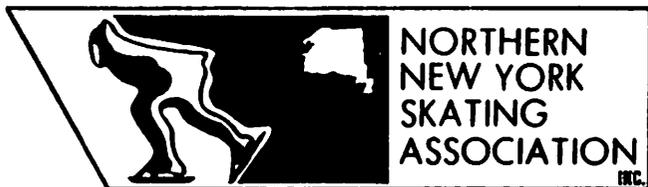
money in the bank, (for the first time ever), a promising membership roster, lots of enthusiastic skaters and our ice time is threatened. We are open to suggestions. I would love to hear from other clubs who have faced similar situations. I'll keep you posted, please wish us luck!

We had a guest skater from Holland join us on the ice for one of our drop-in sessions. Hiskia Martens was in town for a visit and she heard about our speedskating club. It was a pleasure to have her on the ice with us! She is traveling across the United States, perhaps she will show up on your ice before she returns to the Netherlands.

We will continue to buy ice time through the summer this year. We did not do this last year. We have had very good attendance to this date. (end of May). The kids are so much fun to work with. Those of us who took the coaching seminar last year are using all that we learned in those three days with Don Kangas and Larry Ralston!

We are selling club T-shirts again. We had 36 shirts made and we only have 12 left. We went with a new color scheme and they sold quickly.

We won't be doing the County Fair this year as a fund raiser. The new fair management gave the ax to about 40 vendors in an effort to create an all new fair. We didn't bring in enough revenue for them. We had hoped to use the experience we gained last year to fatten our bank account. We will have to think of something else to do as a fund raiser. As I stated in the April issue, we are a resourceful and motivated group. We have come this far, there is no stopping us now!



by BOB COOLEY

It has certainly been an "Olympic" year of activity for Northern New York, foremost of which was hosting the 1994 Short Track Nationals in Saratoga Springs, NY. And, what a Nationals it was. Northern New York is still reveling in the compliments it received. Hats off to meet director, Tom Campbell, and his hard-working committee for a job well done. Everyone enjoyed the Thursday night welcome party, hosted by the Saratoga Winter Club. A superb banquet was held on the Skidmore College campus. An impressive opening ceremonies started off the final day of the meet. If you were unable to make it to the Saratoga in '94, join us in 1995 for the Olympic Festival Trials and World Team selection, at the same rink where numerous National records were broken.

After recovering from the Nationals, the Saratoga Winter Club launched into dry land training with full force. Everyone in the club enjoys having our Olym-

pians, Kristen Talbot and David Tamburrino, at home to train with us. At Saratoga's end-of-year banquet, Dr. Larry Clever was honored for two prosperous and very successful years as club president, after which the new officers for the Winter Club were introduced: Tom Campbell, President; Ann Cooley, Vice President of administration; Gary Talbot, Vice President of racing; Betsey Porter, Secretary; and Karen Valle, Treasurer.

The Pittsfield Parks Speed Skating Club presented awards at its recent banquet. Rookie-of-the-Year was awarded to Kory Sandstedt; Most Points; Kayla Farry and Danny Fonseca; Sportsmanship Award; Ann MacHaffie; Most Determined Skater; Mike Carchedi, and Most Improved; Ben Brown.

Club coach Bill Farry was elected President; Vice President, Mario DeBartolo, and Secretary/Treasurer, Pat Peaslee.

Carl and Pat Peaslee were honored by the club in appreciation for their many years of dedication to speedskating. The couple was presented a lamp made by a former speed skater, Alex Goguen.

The Pittsfield Club must inform skating friends of Arthur Ruff that he is seriously ill. Those wishing to send cards may mail them to his home at 501 Churchill Road, Pittsfield, MA 01201.



SOUTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

SOUTHERN CALIFORNIA SPEEDSKATING ASSOCIATION ANNOUNCES...

CROSS TRAINING CAMP FOR ICE AND INLINE SKATERS BEGINNING AUGUST 1, 1994 thru AUGUST 5th THE SCSSA will hold a CROSS TRAINING CAMP, centered at the ICELAND PARAMOUNT RINK, including 6 hours of ice training, 6 hours of VELODROME cycling and 6 hours of inline training.

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SPECIAL CONSIDERATION FOR THOSE NOT ABLE TO ATTEND ALL THE CROSS TRAINING.

THE GREATER



by Elizabeth Anne Geller

The Greater Pittsburgh Unified Speedskating Club has just ended its second season. We started up in the Fall of 1992, and our first two years have been extremely successful! We are a "unified" team, meaning our membership includes some athletes who are Special Olympians. We have a wide variety of dedicated members, of all ages, who come from all over Pittsburgh and the surrounding areas of Western Pennsylvania.

Last winter, our club met for weekly Saturday ice sessions, and many of us were able to find additional ice time during the week. We all improved dramatically, thanks to our head coach, Bob Halden, and the rest of our coaching staff. We also gained many new members and friends. More and more Pittsburghers are falling in love with Short-Track speedskating! Our season culminated in a big intra-club race. The whole club turned out, and brought many friends and spectators with them. Conspicuously absent was Wade Smith, because his wife was in labor at the time. All of the skaters came home with prizes, and Wade came home with a new daughter, Laela.

In August, we will host our first weekend training camp. It will be two fun-filled days of activities and training sessions. The camp is open to the public. We are hoping to interest some of Pittsburgh's many young hockey players in trying speedskating. In the meantime, our club members are concentrating on in-line skating and various other cross-training activities. Some of us are training on ice throughout the summer, partly to improve our skills, but mostly to escape the hot, sticky Pittsburgh summer weather!

We are all looking forward to next winter. Our club was able to arrange two-hour weekly ice sessions, as opposed to the one hour we had last year. We also have the possibility of even more club ice time. We expect that our club membership will continue its pattern of growth. It seems that once we get people skating, they just don't want to stop!

JERRY SEARCH

(Continued from page 38)

video camera. This applies to BOTH SKATES. The LEFT skate should be pushed slightly forward of the right one as it is pushed out.

5. Good "GLIDE" on the left skate. Actually the glide should be the same for both skates, but new skaters almost always cannot glide very well on the left. Therefore, gliding a little more on the LEFT skate can be exaggerated for them.

Now all you have to do is get someone to videotape you!!

GREATER MINNESOTA SPEEDSKATING ASSOCIATION

by Ken VRAA

No, that is not a mistake you see at the masthead of this column. The former Eastern Minnesota Speedskating Association is no longer! Nor is the Minnesota Speedskating Association. We are now one Association known as the Greater Minnesota Speedskating Association. You would suppose we chose to become one Association because most of the speedskating community could not distinguish between Eastern Minnesota and Minnesota when referring to the speedskating community here. In reality, we felt that one Association would be best for the advancement and promotion of speedskating in the state. With the new John Rose Oval, which is the main facility for both Associations, it was logical that we become one Association and pool our resources of time and talent for our existing members and to make it easier for future skaters to become affiliated with this new Association. The new Association will retain the logo of the old Eastern Minnesota Speedskating Association and carry on the traditions of both Associations of producing skating champions!

The new board for GMSA has begun the task of assimilating the two associations into one. The Plymouth and Powderhorn Clubs have GMSA representation and are active in planning the upcoming year's activities. As a result of having the new John Rose Oval for a full operating year, the new meet calendar will have at least eight pack-style meets and regularly scheduled time trials. GMSA will be hosting the two-day John Rose Minnesota Open to December 17-18 with a large contingent of Canadian skaters committed to returning. John Rose Oval will also be the site of the USISA Junior Nationals in January. This will be another first for the Oval and Association.

Summer training is underway again and the John Rose Oval is ready to roll. An in-line training program has been set up for training and also for competition events every week. If the program meets the expectations that had been created, it will be a great training program.

Have a great summer!

HEALTH TIP

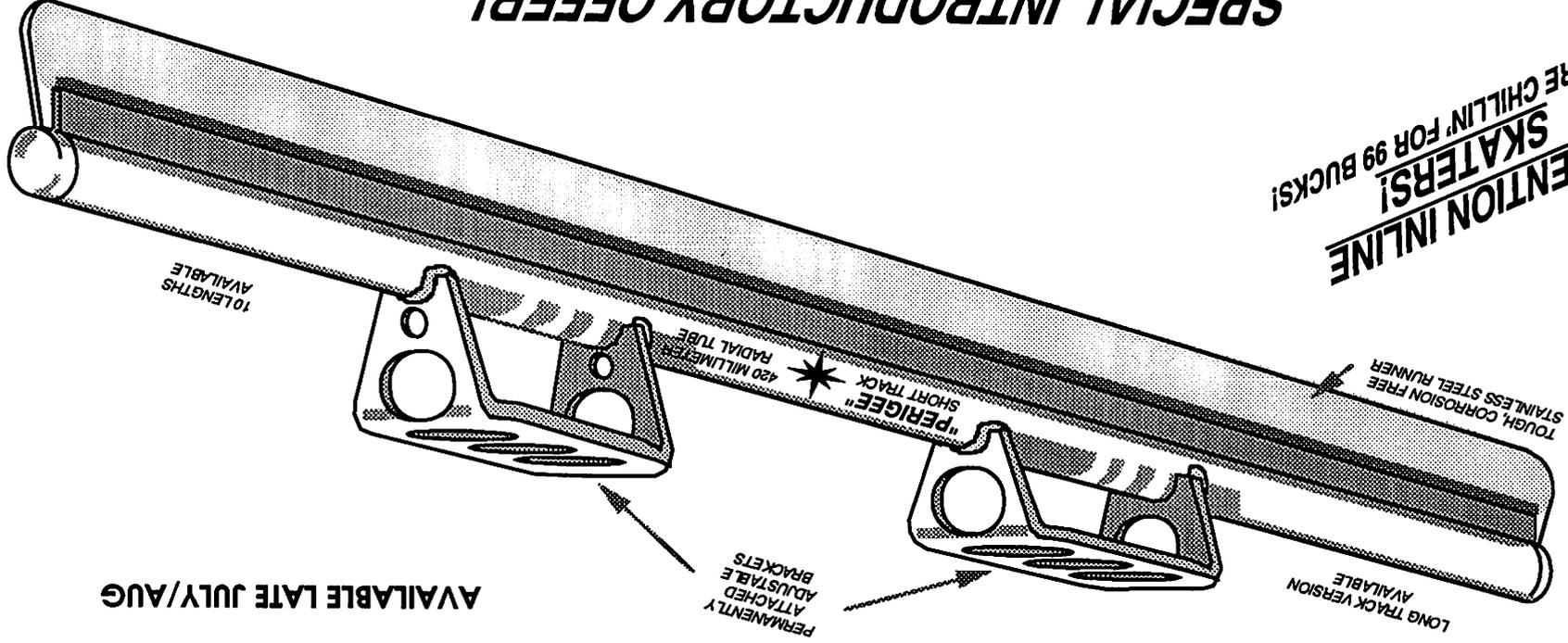
EXAMINE YOUR EATING HABITS—Eat five or six small meals each day rather than three big ones. Complex carbohydrates, such as whole grains, vegetables and fruits can help stabilize your blood sugar and moods.

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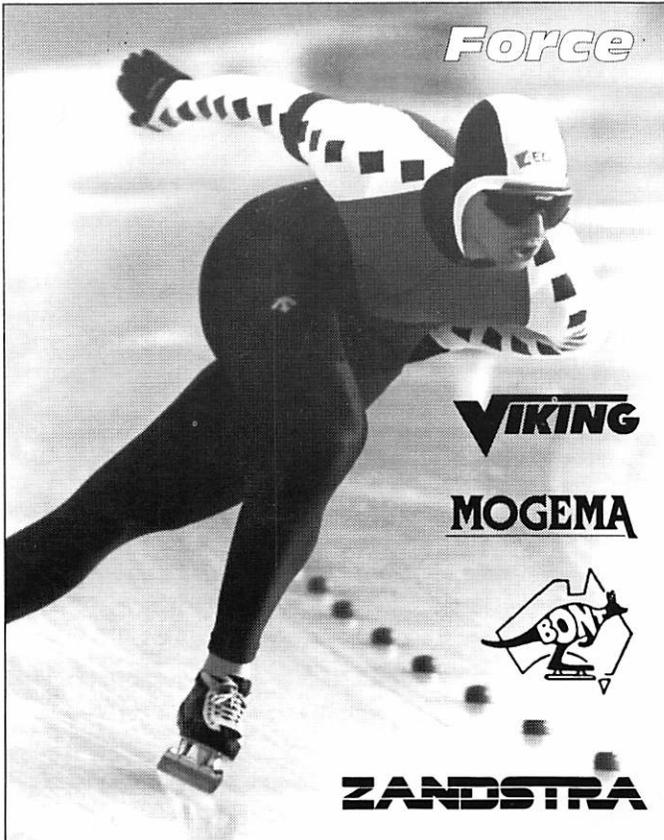


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