

The Racing Blade

VOLUME XXIX
NUMBER 2

DECEMBER, 1995



Features:

Meet Kim Ki-Hoon

Poster Contest Results

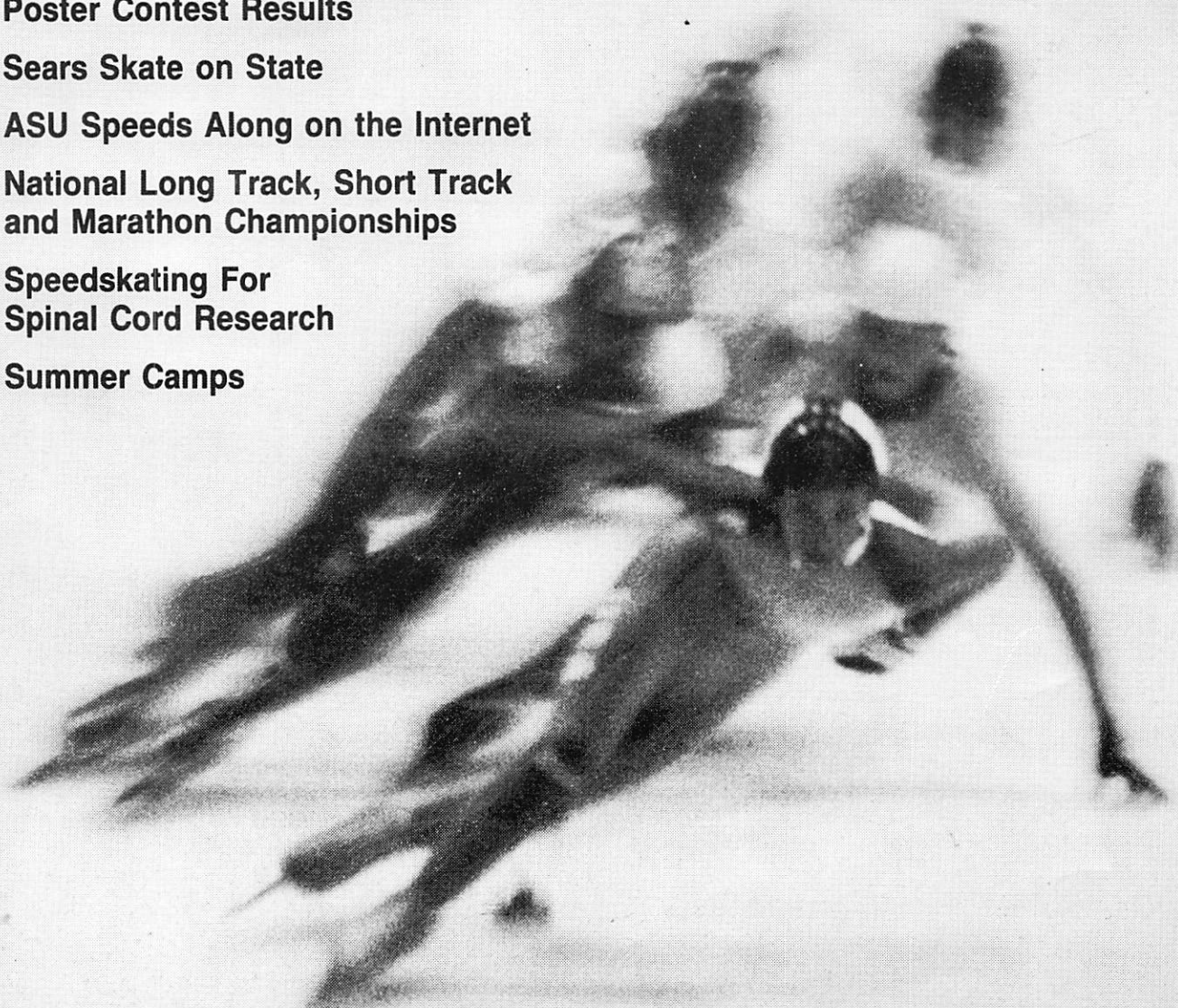
Sears Skate on State

ASU Speeds Along on the Internet

**National Long Track, Short Track
and Marathon Championships**

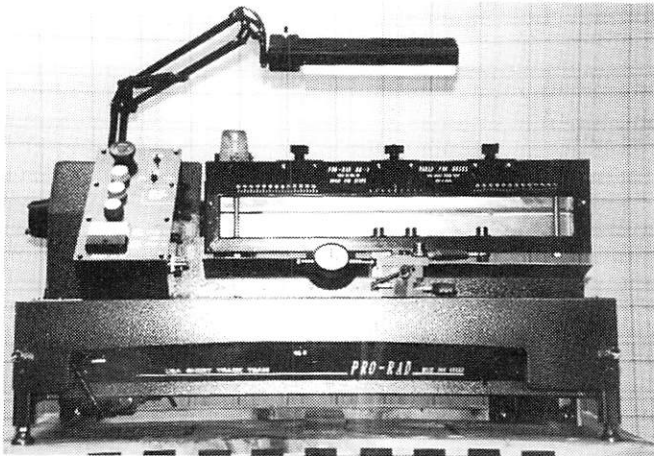
**Speedskating For
Spinal Cord Research**

Summer Camps



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PUBLISHED BY THE AMATEUR SPEEDSKATING UNION OF THE U. S.**

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VOLUME XXIX

ISSUE No. 2

DECEMBER, 1995

Feature Articles

- Meet Kim Ki-Hoon..... 3**
By Grace Chung
A champion in more than skating.
- ASU Long Track Championships..... 6**
By Pete Elliot and Deb Parker
National and North American information.
- Results of ASU Poster Contest..... 8**
By Bruce Guthrie
Results and promotional tips.
- Sears Skate on State.....17**
By Carl Cepuran
First meet ever in the center of a big city.
- ASU Speeds Along The Internet.....22**
By Jeff Harris
All aboard for the electronic world.
- Speedskating for Spinal Cord Research.....18**
By Harlan Kwiatek
A promotional concept where everyone benefits.
- It's Not Too Early To Start Thinking
About Summer Camps.....23**
By David Kennedy
Meet the new Camp Coordinator and read his plans.
- National Marathon Championships.....20**
By John Manailovich
Time and dates data.
- National Short Track Championships.....24**
By Myra Vandersall
All the data to make early plans.
- Howard Gutgesell - A Generous Man.....28**
By Shirley Yates
A true benefactor

Departments

Notes From The National Office31 By Shirley Yates	USISA News41 By Katie Marquard
Overheard in The Heat Box30 By Larry Ralston	The Athlete's Kitchen36 By Nancy Clark
President's Report29 By Jim Chapin	Association Articles51
Coach's Couch34 By Don Kangas	Letters38



Special Items

Don't Just Lie There- Get Up and Skate40 By Jerry Search	1996 Scholarship Application Notice 7
Northbrook Olympians Honored ..25 By Bob Vehe	USOC 1995 Coaching Symposium 27
New Product Ankle Rehab Pump19	Chief Officials Announced for 1996 Events26
ISU Prize Money49	Election Notice-Skater Representative to Board of Control33
Helmets Fact Sheet20	Election Notice—ASU Members to the USISA Board 7
Metros Speedskating Meet39	Shirley Says51

If you have never seen him skate, you cannot appreciate his finesse and acceleration

Meet Kim Ki-Hoon-A Champion In More Than Skating

By Grace Chung

The skaters at the Lake Placid Olympic Training Center and the members of the Middle Atlantic Speedskating Association (MASA) had a wonderful summer this year. How many of us have had the pleasure of hosting the King of Short Track speedskating from Korea? You all know his name. It's Kim Ki-Hoon, the two time Olympic gold medalist from the 1992 Albertville Olympics in France, and then in Hamar, Norway, two years later. You also might have heard by now that he will be going for a third gold medal at the 1998 Olympics in Nagano, Japan.

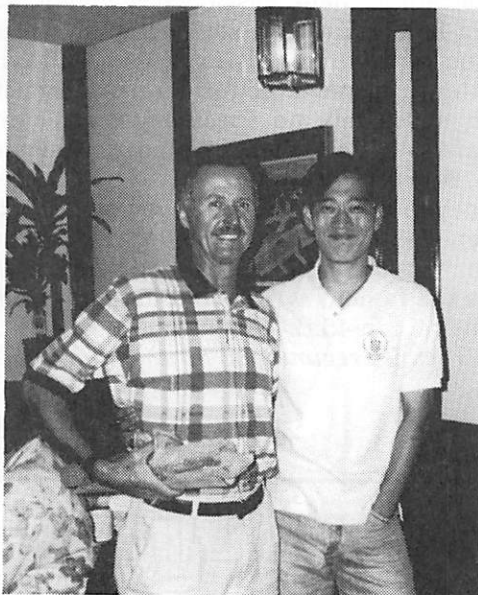
He was in this country, briefly, to brush up on his English in between Olympic Games and, boy, aren't we glad he chose this country instead of another, (Canada for example), because we had a chance to meet and skate with him. He was at RIT (Rochester Institute of Technology) for a few months, and a lot of us were wondering why RIT and not my hometown? I'm sure RIT had a lot of good things to offer, but one could not stop thinking what was he doing there? Kim's response was simple; "They have an ice rink on the campus." I'm thinking there are other campuses which have ice rinks. Oh well, then he mentioned that the brother of the 1994 1000 meter Korean gold medalist, Chun Lee-Kyun, was at the school. So, you see, I don't think his language skills went anywhere because I'm sure he spoke more Korean than English while he was there. I found it very amusing though to hear that when he skated in public sessions, he was often thrown out of the rink by guards because he was going too fast. It was not until this summer, when

I spoke to USISA Coach Pat Wentland, that Pat wanted Kim Ki-Hoon to come and skate at the Olympic Training Center in Lake Placid. When I was visiting Korea last summer, Kim told me he was coming to America but, knowing his serene personality, I wouldn't have thought about inviting him if it were not for Pat's suggestion, however, it required a careful approach, because I didn't know if he would mind sharing his expertise. I called his home in Korea first and spoke with his brother, who

with us. He drove all the way from Rochester to Lake Placid just to skate with us for the weekend. We were all treated to a most fascinating speedskating demonstration. He showed us a few techniques and we were truly amazed with his superb ability to execute such difficult yet delicate maneuvers on ice.

He started speedskating when he was six years old, coached by his father, who, by the way, is not a speedskater but is an athlete in traditional Korean wrestling. I learned from many skaters at the rink, while in Korea, that the senior Kim is the most respected coach there even though he has never even set foot on the ice. I noticed, despite the graceful techniques and powerful strength, Kim is plain, modest, serene, and sublime. Yet he is always enthusiastic to share his knowledge and experience so generously. I guess that's why he was so happy to skate with us at Lake Placid this summer. We all told him to forget about RIT and come and skate with us at Lake Placid! We'll teach you English and you can teach us skating.

When my Association, MASA, heard that Kim was coming to New York City on his way back to Korea, they also wanted to have the opportunity to meet with him. To my delight, Kim agreed to set aside some time for us. Peter Firrerer, the new President of MASA, arranged a nice recognition dinner in honor of Kim. Bill Lanigan, who was inducted into the ASU Speedskating Hall of Fame this year, was the master of ceremonies. We managed to have some video review sessions and a question and answer period in front of a very enthusiastic crowd. We showered him



Master of Ceremonies Bill Lanigan and Guest of Honor Kim Ki-Hoon

is another very accomplished speedskater. Encouraged by this overseas call, I finally called Kim in Rochester and to my pleasant surprise he agreed to come to Lake Placid. In fact, he said that he wished he had gotten a call from me earlier, because then, he would have had more time to skate



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

Art Director: Richard Westlake

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(20 word maximum).....\$ 15.00
Up to Quarter Page.....\$ 40.00
Half Page.....\$ 75.00
Full Page.....\$125.00
Back or Inside Back or
Inside Front Cover.....\$150.00

Back Issues
of the Racing Blade.....\$ 3.00

Our Twentieth Cover

By Bob Vehe

This cover showing Rusty Smith of the Southern California Speedskating Association leading a group of skaters, who are artistically blurred, is from a photograph taken by Greg Wong of the Northern California Speedskating Association at the North American Short Track Championships in Cleveland last Spring. Jerry Search is always looking for a possible cover photo and when he saw this he knew it might work.

He sent me an enlarged colored print and I agreed it was excellent. I knew that, unfortunately, much would be lost in converting to black and white, which our inpecunious status requires, but maybe a sponsor could be found to pay for a four color cover. With the possibility of this long time dream at hand, I checked with the printer for an estimate of the additional cost. The additional cost was prohibitive for an individual to donate, so that balloon quickly burst.

Maybe someday an Association or a group of individuals would be inclined to sponsor a colored cover to commemorate something important to them. Possibly a complete issue could be dedicated to someone or an organization as a fund raising scheme. Having written a number of fund raising articles with absolutely no success in provoking people to action, there is a specific suggestion. Any comments?

Back to reality, whatever you think of the cover, the original colored photo by Greg Wong was outstanding, so keep this in mind.

As the famous writer and mime Publilius Syrus said in 45 B.C.

Pecunia regimen est rerum omnium



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DEADLINES



ITEMS FOR THE NEXT ISSUE
ARE DUE: DECEMBER 29, 1995
March 1, 1996 June 1, 1996

with lots of questions and here are some of the ones he answered.

Q. What is your practice schedule like?

A. Average six hours daily.

Q. How much is ice time every day?

A. Two hours of dryland, two hours of ice and then another two hours of dryland.

Q. No rest?

A. One day a week is a rest day.

Q. What are the contributing factors of the huge success of the Korean speedskating team?

A. We do not stop looking for the best technique and training methods. Short Track speedskating is still a very young sport and we are constantly researching and analyzing to find a better way.

Q. What ice rinks in the world do you favor most?

A. Montreal and all Canadian ice rinks, including Calgary, are good.

Q. It would be nice to have you with us for the 1997 National Championships our Association is sponsoring. Could you come?

A. I will see, but because of the training. . .

Q. Was this your first visit to this country?

A. No, I was here a few times, but this is the first and only time I came not to compete.

Q. What's in the immediate future?

A. Go home and train for the next Olympic Games.

Q. What after the Olympics?

A. Maybe coaching and getting involved with the International Olympic Committee.

Q. How was your visit to this country this time?

A. Very nice and I appreciate what you did for me tonight. I enjoyed meeting all of you. Thank You.

Hmm, after the 1998 Olympics, wouldn't it be nice to have him come back and coach our skater? Well, that's for the future but in the meantime thanks to Pat Wentland's willingness to open the door and receive the gold medalist, we all got to taste the best speedskating and, thanks to Pat's openmindedness to listen to others, we had the chance to broaden our knowledge of this exciting Olympic sport, Short Track speedskating.

It was MASA who bestowed Kim with an enjoyable time and memo-

rable impression of this country and he sincerely appreciated all the attention and applause he received. I know he carried home the love and warmth he felt from us all and I am glad we had a chance to show him our admiration. Remember, we Americans are the ones who gave him the sweet nickname, "Darling of Denver" when he won the 1992 World Championship by winning all 12 races. To this date, he is the only one who has done it.

Thank you, Kim Hi-Koon, for sharing your knowledge so willingly with us and for giving us the opportunity to meet with you. Good luck at the 1998 Olympics.



Bill Lanigan presenting video tapes of the 1992 World Short Track Championships to Kim who had won 12 out of 12 races.



Kim promoting the 1997 National Short Track Championships to be held at West Point.

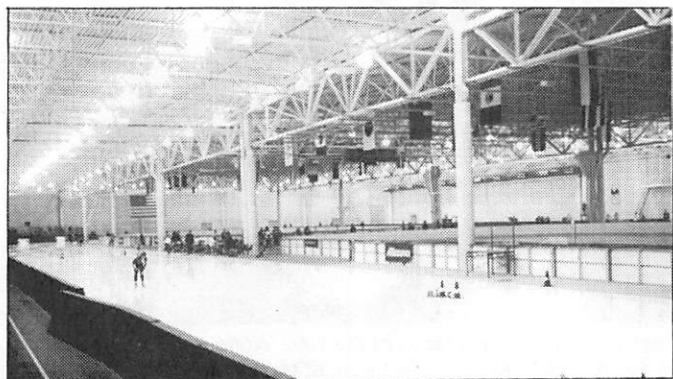


Kim discussing technique with Peter Dykstra

*Nine days of exciting skating in the Midwest at the
National and North American Speedskating Championships*

ASU Long Track Championships

**National Long Track
Championships**
Pettit National Ice Center
Milwaukee, Wisconsin
January 27-28, 1996



CHECK-IN (At Rink)

Friday, January 26, 1996
5:00 PM - 6:30 PM

Saturday, January 27, 1996
7:30 AM - 8:30 AM

SATURDAY, JANUARY 27, 1996

Warm-up: 7:00 AM - 7:45 AM
Races: 8:00 AM - 3:00 PM

SUNDAY, JANUARY 28, 1996:

Warm-up: 8:00 AM - 8:45 AM
Races: 9:00 AM - 3:00 PM

HOST HOTEL:

QUALITY INN (Formerly Holiday Inn West)

Ask for skater rate (\$59.00).
A limited number of rooms will be
held until January 6, 1996.
Phone (414) 771-4400

BANQUET

Saturday, January 27, 1996 6:30 PM
Quality Inn West

For further information, contact:

Meet Director Pete Elliott
(414) 646-8285 or (414) 541-9440
34806 Breezeland Road
Oconomowoc, WI 53066

**North American Long Track
Championships**
The John Rose Oval
Roseville, Minnesota
February 3-4, 1996

By Deb Parker

When you come to the John Rose Oval for the North American Long Track Speedskating Championships this February, you'll be in for a double treat. You'll get all the excitement of being part of this great international athletic event plus a warm (relatively speaking, of course) welcome from your speedskating friends in Minnesota.

The good times will start with your stay at our host hotel. The Holiday Inn St. Paul North is offering a special speedskating room rate of just \$55 per night. It includes choice of two doubles or one king-size bed, a buffet breakfast for two and free local phone calls. This hotel was recently renovated from top to bottom and now boasts newly decorated rooms with upgraded facilities including an indoor pool, fitness center and video arcade.

Conveniently located, the host hotel is just two miles from the Oval with easy access to the Twin Cities freeway system. Skaters and their families will be well-placed for a quick trip to the Oval as well as fast routes to entertainment and shopping opportunities nearby. For example, you'll be an easy 20 minute drive from the famous Mall of America. Call early to make your reservations at (612) 636-4123 or (800) 777-2232. Make sure that you ask for the special speedskating rate.

With a few seasons at our new Oval under our belts, we're more than ready to host a full contingent of speed skaters from across the United States and Canada. Skating will get underway at 9:00 AM both days. There also will be a one hour practice session from 7:30 to 8:30 Friday evening for those who want to skate the travel kinks out of their legs before the racing starts on Saturday morning. A Friday night check-in at the host hotel is being held to help make pre-meet registration quick and convenient for everyone. Saturday morning check-in will be provided as well.

Don't forget those meet extras- a banquet and commemorative shirt sales. Committees are working hard to add these important hospitality elements to help make sure that North Americans '96 gets added to ev-

erybody's list of favorite speedskating memories. The banquet will be held at the host hotel and will feature a multiple entree pasta buffet with salad, garlic toast and beverage for \$12. Details about shirt sales and banquet tickets will be included with the meet registration materials.

As a final note, if you come for the North Americans on Friday, you'll be in town for St. Paul's world famous Winter Carnival. It usually features a variety of indoor and outdoor activities that take place in and around the city. They include ice and snow sculptures, musical performances and, of course, several featured winter sports and the North American Championships will likely be one of them.

With all these good reasons to come to Minnesota in February, we hope to see all eligible skaters here. Detailed information will be mailed to all Association secretaries along with registration materials.

1996 SCHOLARSHIP APPLICATIONS AVAILABLE

The ASU Scholarship committee wishes to thank Howard Gutgesell. His generous donation to the Scholarship Fund increased the foundation funds enough to guarantee money for a grant in 1996.

The 1996 ASU Scholarship applications are ready for distribution to students who will be entering or continuing college in the fall of 1996.

Applicants must fulfill the following Criteria:

Completed at least three (3) years of high school with a minimum of 3.0 grade point average (based on a 4.0 system) during the past two years.

Have been an ASU member for the past four (4) consecutive years.

In the past four (4) consecutive years shall have participated in at least two major ASU meets each year plus either the National or North American Championships.

Community service, educational recognition, educational goals, extra-curricular activities and speedskating competitions will be considered in the screening and selection process.

Enrollment in 2 and 4 year accredited schools beyond high school will qualify.

Applicant must enroll and carry the minimum number of credit hours necessary to be a full-time undergraduate student.

An applicant may be obtained by writing to the National Office of the ASU, 1033 Shady Lane, Glen Ellyn, IL 60137. The applicant and all required information must be submitted no later than February 15, 1996.

ASU TO ELECT MEMBERS TO USISA BOARD

In the spring it will be time again to elect eight individuals from the ASU to the USISA Board Members Committee. The four receiving the most votes will be members of the Board of Directors. The next four will be members of the President's Advisory Board. This committee will be seated at the September 1996 USISA Board Meeting. The term will run through May, 1998.

When considering submitting your name for this position, it should be remembered that these positions belong to the ASU - not to an individual. It is expected you will support ASU goals, not your own or those of USISA.

Members must attend the two major USISA meetings each year - in September and April - at their own expense for transportation, food and lodging. The committee meetings take place on Friday afternoon and evening. The board meeting is all day Saturday and on Sunday until business is completed.

Members must also attend the May ASU Convention each year which convenes Friday morning and runs to about noon on Sunday. Again, transportation, food, lodging and any other expenses are assumed by the individual.

Board members are expected to involve themselves on USISA committees and be active and vocal in support of ASU positions on those committees and at board meetings.

QUALIFICATIONS:

ASU Executive Committee Members, and their spouses are not eligible to run for this committee. Applicants should have a basic working knowledge of ASU and USISA and have some experience at the club and state association level. Applicants should be comfortable speaking before a group of 60-75 people to make or advance a point.

DIRECTIONS:

Send a resume of your qualifications before April 1, 1996, to:

ASU NATIONAL OFFICE
1033 Shady Lane
Glen Ellyn, IL 60137

No applications will be accepted after April 1, 1996. If you wish to give reasons why you want to be a member of the board, limit them to 50 words or less.

A ballot will be sent to each association by May 1, 1996, for its consideration. The ballot must be cast in person at the Convention by the Board of Control member.

Each Board of Control member, including the Skater Representative to the Board of Control, will have one vote for each of the eight positions available.

A primer on what you need to know to get started on promotion

The Results of the First Annual ASU Poster Contest

by Bruce Guthrie, SpdSk8@aol.com

Does Your Club Need More Skaters?

Well, here's a great way to get 'em! The four club posters on the following pages are the winners of our nation-wide poster contest. That's right, they're the pick of the crop, the tops, the best that artists (who are also speed skaters) can produce. The winners agreed when they entered the contest to let any ASU club members change the who, what & where information and photocopy the poster for their own use. (Honest, it's there in the fine print.) You have permission to plagiarize, imitate, copy, reproduce or otherwise steal their artistic talent. Hang dozens at your ice rink! Plaster them all over your town! Pin 'em up on telephone poles, at bus stops, grade-schools, cafes, saloons, health clubs and, best of all, in bike and ski shops! Do it in the dead of night and remember: I didn't tell you to do it.

Go ahead, you may never get such a chance again. Remember during math class when you were so tempted to peek at your neighbor's exam paper, but knew that you couldn't 'cause that'd be cheating? Well, here's your opportunity to copy and know that it's absolutely all right. Don't even bother getting permission from your club's secretary. Just go ahead and do it!

Here's How

Here's how you do it for best results. Slice out the poster of your choice with an exacto knife or other utility knife (get a parent's help with this part if you're a youngster.) Print your club's practice time and contact name and phone number on another piece of paper. You can use a computer and pick any groovy font you like or just scrawl it out by hand. Feel free to replace any or all of the existing words on the poster. Fiddle with it until it comes out the right size and shape to fit around the artwork you are using. You can use the photocopier to reduce or enlarge either your copy or the artwork if that helps make things fit. Now cut out your copy and use a solid glue such as "Post-it-Glue" or some other glue-stick to secure your copy over the existing poster copy. They let you use this glue for free at most copy shops. Make a trial photocopy. Like what you see? If not, use white-out or lighten, darken or reframe the copy on the machine. Choose what color paper you want it to be printed on. White is nice and cheap but fluorescent yellow or orange might have more impact. Now make 25 to 50 copies and go wild!

Based on scientific statistical studies, here is a list of the top places to hang these posters in order to bring in the most new skaters:

1. Your Ice Rink (public session skaters are your best bet for new recruits.)
2. Health Clubs (boring exercise is no match for Short Track!)
3. Bike and Ski Shops or Ice Skate (Hockey/Figure) Shops
4. Local Grade Schools (Get Permission First!)
5. Local Cafes and Sandwich Joints

When you go to hang your posters, bring scotch tape, masking tape, a stapler that opens up flat and a few thumb tacks. Always get permission to hang your posters and leave the surface neater than you found it. You may want to put something like "post until 3/1/96" on your poster so people will know when they can take it down. Public libraries and big shopping malls tend not to work so well. Why? I can only speculate.

Whom Do You Want To Attract?

Speaking of speculating, it makes sense to think for a bit about just whom you want to attract to your speed skating program. There are two main groups of people who tend to be interested in learning to speed skate. The first is kids aged 6 to 13. Younger than that and they're hard to teach, older than that and they get caught up in High School athletics and the social scene. The second group is adults aged 22 through 50. Think about which group you want to focus on attracting to your club and choose your artwork and wording to suit them. For instance, one of the third place winners, "Try Short Track," has been found to appeal much more to kids than to adults. Use this one if you're trying to build a kids' program. On the other hand, the first place winner, "Breakthrough" tends to attract adults. The place where you hang your poster should fit with your chosen target group too. For instance, use "Breakthrough" in health clubs and "Try Short Track" in grade schools. Use anything at the rink.

The Winners

Now, let's talk about the winners. Rich Boles of The Golden Gate Speedskaters (Northern California Association) won first place with "Breakthrough." As I mentioned, this poster scores big with adults. The art is a knockout. Some people are lukewarm about "Go Fast, and Turn Left" and you should feel free to glue in your own headline if you can think of something better. The font Rich used is Arial, about 12 point in case you'd like to match his heading. For his effort Rich gets free ASU membership dues (\$30.00) and a Gold Leaf ASU Coffee Mug. He also enjoys the honor of having won one of the most prestigious art competitions in the country. Rich, make sure you add this to your portfolio and your resume. Congratulations!

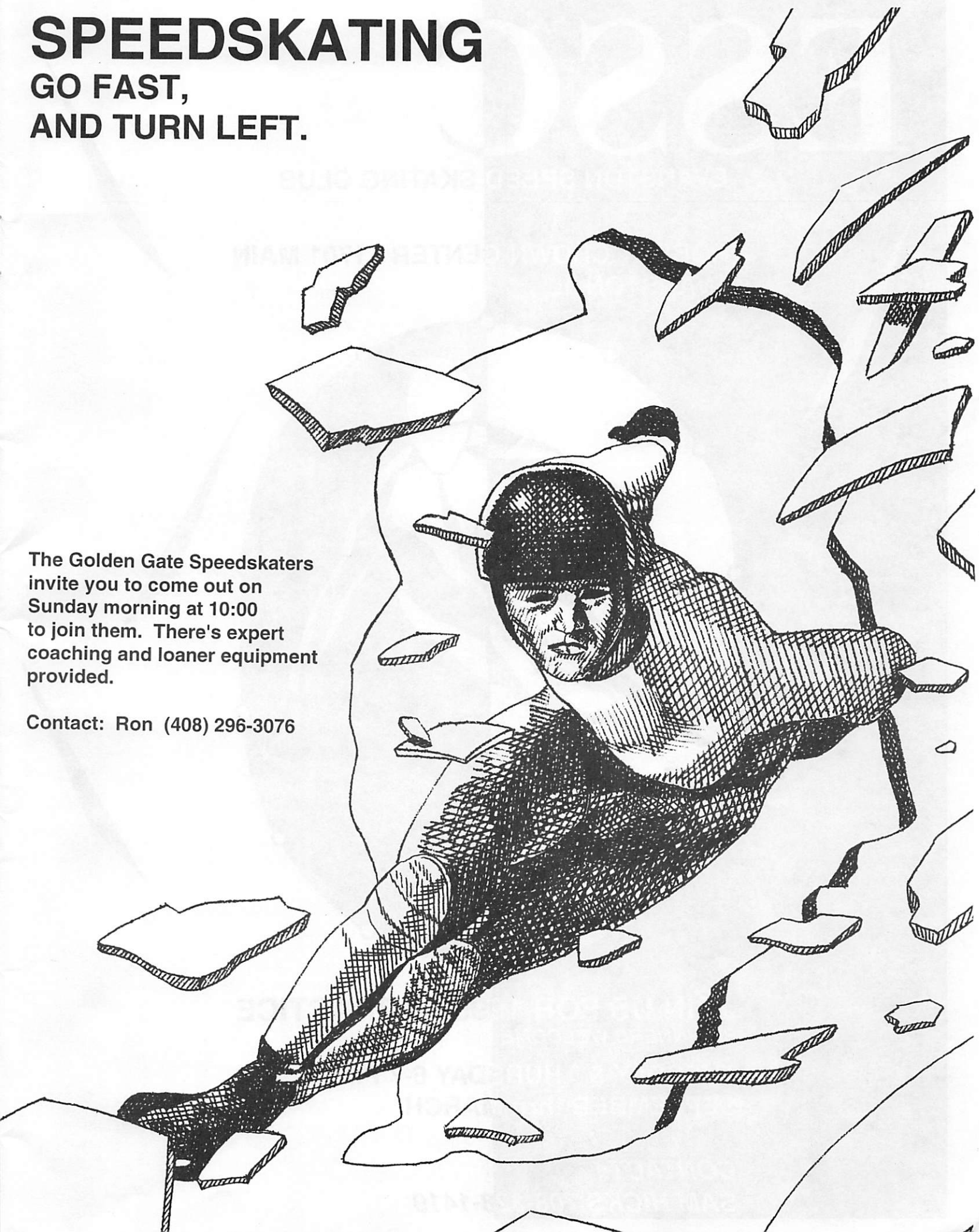
(Continued on page 19)

SPEEDSKATING

GO FAST,
AND TURN LEFT.

The Golden Gate Speedskaters
invite you to come out on
Sunday morning at 10:00
to join them. There's expert
coaching and loaner equipment
provided.

Contact: Ron (408) 296-3076



ESSC

EVANSTON SPEED SKATING CLUB

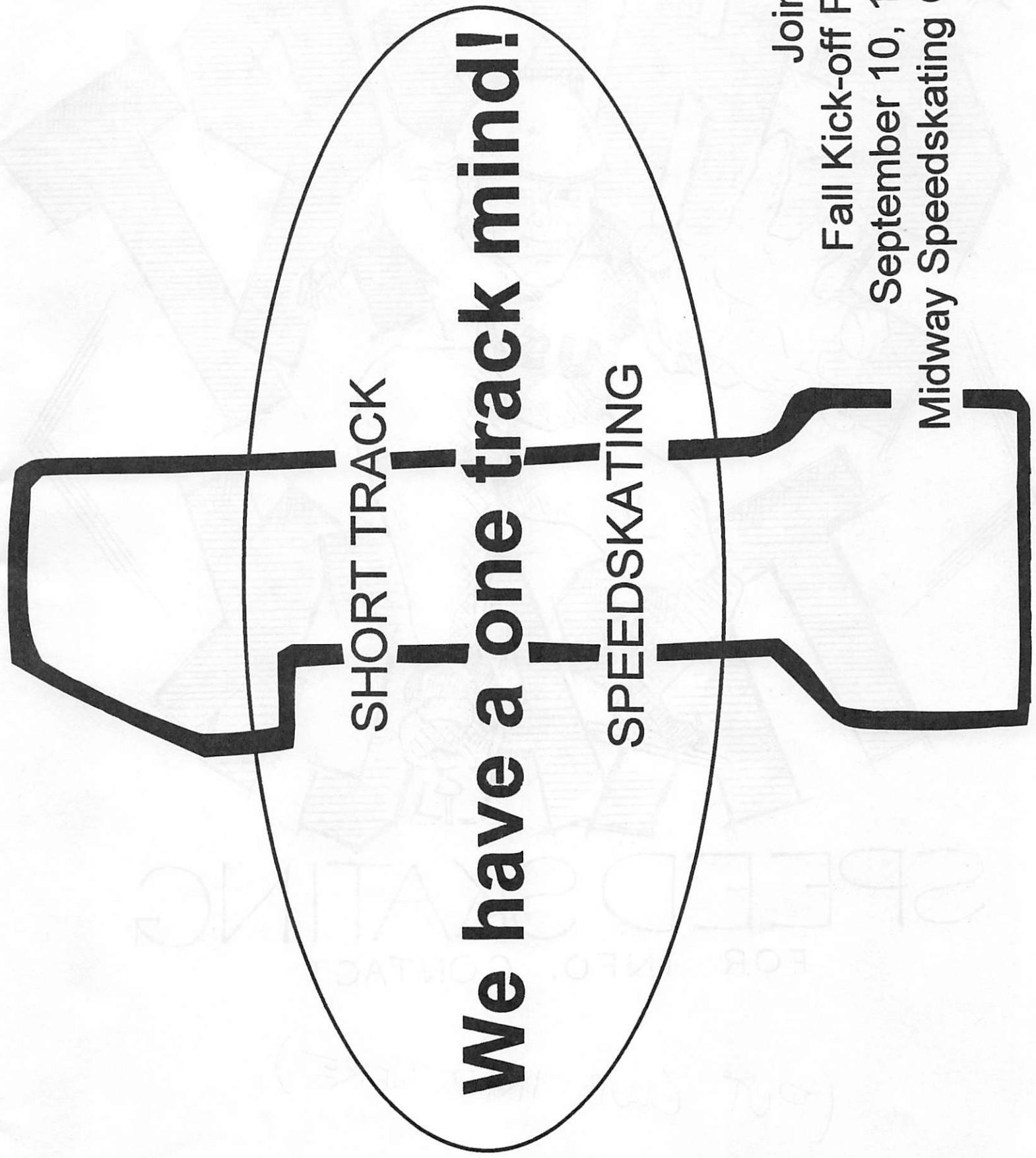
ROBERT CROWN CENTER - 1701 MAIN
EVANSTON, IL



JOIN US FOR 1995-96 PRACTICE
BEGINNERS WELCOME

TUESDAY & THURSDAY 6-7 PM.
SEPTEMBER thru MARCH

CONTACT:
SAM HICKS 708-328-1419



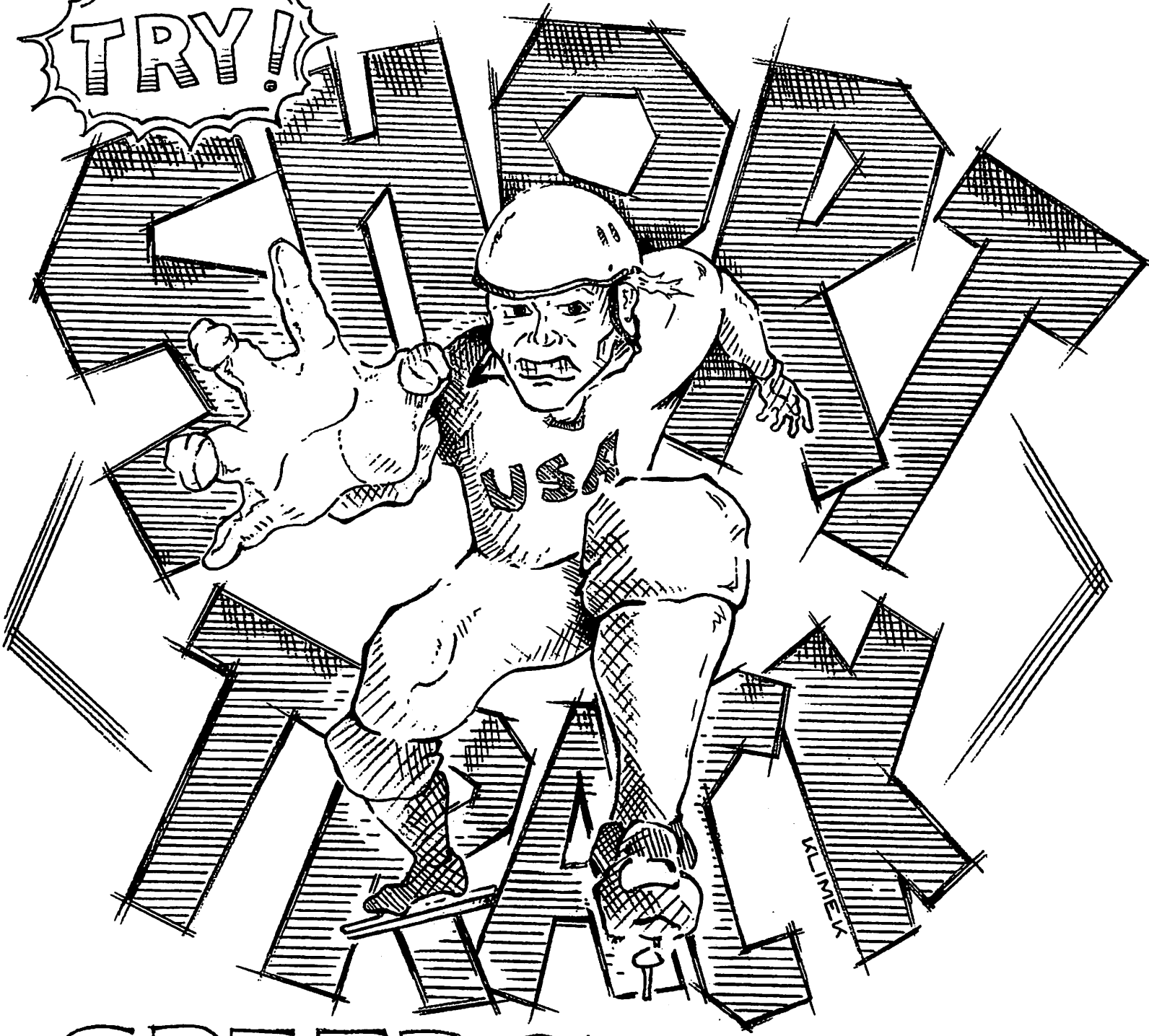
We have a one track mind!

SHORT TRACK

SPEEDSKATING

**Join us!
Fall Kick-off Party
September 10, 1995
Midway Speedskating Club**

TRY!



SPEED SKATING

FOR INFO. CONTACT

(PUT CLUB INFO. HERE)



All Short Track Speedskaters
are Cordially Invited to Attend the:

Susquehanna Challenge

held February 3rd and 4th, 1996

Harrisburg, Pennsylvania

(At the new Twin Ponds Skating Complex)

- Beautiful trophies and awards, 1st through 4th place!
- All ASU divisions will compete -- from Pee Wee to Grand Master!
- Senior A&B, Master A&B and Adult Novice races!
- Special needs too!

The Maryland and Western N.Y. associations are working together to bring you the most exciting *Short Track* event of the season, held at Twin Ponds, one of the finest new ice facilities on the East Coast. Hotel is within walking distance of the rink, and many good restaurants are located nearby. Register today with your association secretary! Call (412) 744-0037, or (301) 662-2040.

Hosted by the Twin Ponds Speedskating Club

Note: This meet was not listed on the last ASU schedule, but will be held on the dates shown. Register early!



tips & tricks

(**Tips And Tricks** is a periodic column devoted to sharing ideas that work in the speedskating world and can help ASU clubs and associations increase membership and become more visible in their regions.)

❖ **The Purpose**

To increase membership for the West Michigan Speedskating Club.

❖ **The Method**

The West Michigan Speedskating Club decided to target in-line skaters as the primary source of increasing membership, with a secondary effort for the general public, emphasizing inner-city recruiting.

❖ **The Tools**

In addition to a supply of 1500 brightly colored flyers, the WMSC developed standard size business cards printed on bright card stock. The cards say "You Have Potential!" and "Feel Great...Speedskate" and list the speedskating ice times with a telephone number for more information.

Shari Hoek, growth and development novice coordinator, says that "We are most fortunate to have summer ice in Grand Rapids. Doug and I skated nearly every day this summer and were able to distribute business cards and many flyers to recreational ice skaters. We also posted flyers on bike trails and other in-liner haunts. To compliment this effort, club members distributed the business cards while they were in-lining and we placed flyers in all skate, bike, ski and hockey shops, plus sporting goods stores and the YMCA and the YWCA."

"Two newspaper articles about the Kooreman kids really helped too," Shari reports. "This was by far the most effective recruitment tool. The phone really lit up after these articles appeared."

At the introductory instruction session, coaches Bill Weaver and Pete Kooreman made a short presentation with props and videos, stressing the fun aspect of speedskating. In the lobby, the club showed the 1995 U.S. Nationals tape, which mesmerized hoards of 8 to 10-year-old hockey players, some of whom stayed for the event. The club also provided loaner skates for the event.

❖ **The Results**

Shari reports that the combination business card/flyer/newspaper coverage/personal contact approach netted the WMSC 53 new skaters at the introductory event, with 10 no-shows, some of whom came to later practice sessions and continue to participate. Of the initial 53 skaters, eight are new, active member skaters who skate two times per week or more. "From our drive efforts, we have 18 new members who skate at least once per week. We continue to receive interest from others recruited and expect a total of 20-25 new members this season," Shari added.

❖ **The Cost**

The attractive business cards cost the club \$40.00 for 2000 pieces. The business cards will be an ongoing, visible recruitment feature. For the introductory instruction session, the club spent \$180.00, including ice rental.

❖ **Final Notes**

Shari says that "getting new recruits to try speedskating is hard work, but we found that selling the sport to in-liners was harder than we anticipated. Even the elite skater can get discouraged quickly. Two important points are to make sure each new skater gets immediate coaching attention and to make every effort to get the new people up to a moderate pace line speed. They feel part of the group and have immediate success."

(To submit your **Tips and Tricks**, send your information detailing the project, the method, the outcome, the cost and any other cool information to: Myra Vandersall, Chairperson, ASU Promotions and Publicity Committee, 731 Yale Ave., University City, MO, 63130; or call 314-725-1059; or e-mail vandersal@aol.com)



**YOU HAVE POTENTIAL!
AND WE NEED YOU TO
SPEEDSKATE**
WITH THE WEST MICHIGAN SPEEDSKATING CLUB
For information call
Mark Shari

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in the center of downtown Chicago*

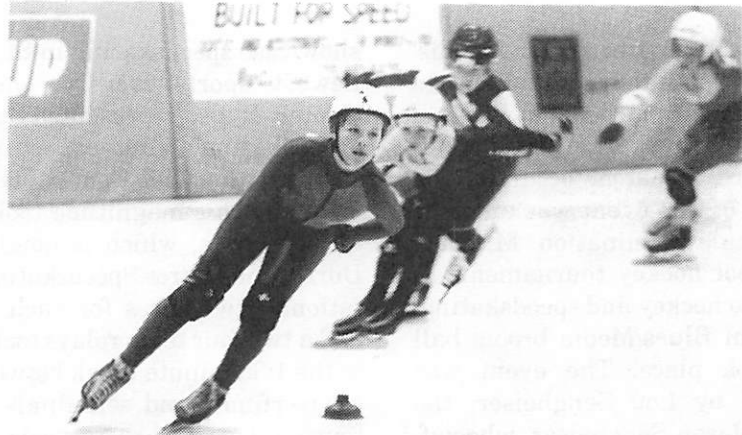
Sears Skate on State Classic

By Carl Cepuran

Mark your calendars now so you don't miss an opportunity to skate among the skyscrapers of the Chicago Loop! February 18th is the date the Mayor's Office of Special Events and the ASAI have set up for the Sears Skate on State Classic. The event will be skated on a 200' by 100' rink set-up with a 111.12 meter track outdoors in the heart of the steel, stone, and glass canyon created by the architectural wonders of the Loop. The rink is located right on State Street across from the Marshall Fields store. Just to the west is Daley Plaza and the famed Picasso sculpture.

This outdoor Short Track event will consist of short, sprint distances. In addition to providing a unique venue and a fun event for our regular registered ASU skaters, there will be an open division for skaters new to the sport, so they can give it a try. So, bring a friend who has never raced or tried speedskating! There will be handouts of goodie bags, lots of awards and fun to go around. Registration forms will go out to all clubs and associations in December. Make sure to get them in early to reserve a place. There will be no late entries or walk-up registration the day of the event.

More information regarding special hotel accommodations and special parking arrangements will be sent with the registration forms. This event is being included as part of the City of Chicago's Winterbreak Festival. It is a wonderful opportunity to show the public what a great sport speedskating is. So, whether your goal is some great shopping, a gold medal, an art and architectural tour, or just a day of fun and skating, come out and join us on February 18, 1996! For information call Carl Cepuran at 708-790-9696 ext.9.



Matt Daly of Evanston (IL) leading Andrew Wolf of the Badger (WI) club, Steve Letourneau of Madison, WI, and Tyler Blevins of Champaign-Urbana (IL) at the Silver Skates. All four skaters look forward to skating at the inaugural Sears Skate on State meet in downtown Chicago.

Photo by Sam Hicks



Matt Plummer of the Metros (MO) club and Eric Cepuran of Glen Ellyn, (IL) fighting for position at the 78th Chicago Silver Skates on Oct. 28.

Photo by Sam Hicks



Gordon Ward of the Gateway (MO) club, Shani Davis, the Illinois Male Skater of the Year from Evanston and Matt Neville of Madison (WI) showing good form for early in the season.

Photo by Sam Hicks

A great way to promote speedskating

Speedskating For Spinal Cord Research

By Harlan Kwiatek

On Sunday, October 8 at St. Louis' Kiel Center, the first annual Metros Speedskating Invitational at Pucks of Power, an ice skating benefit for spinal cord research, occurred. The showcase of this event was an eight team, single elimination Missouri high school hockey tournament. In addition to hockey and speedskating, an Alumni Blues/Media broom ball game took place. The event was organized by Lou Sengheiser, the father of Jason Sengheiser, who suffered a severe spinal cord injury. Jason was a star hockey player for Vianney High School's club hockey team.

Over 6500 people attended this day long event and \$20,000 was raised for St. John Mercy Medical Center's spinal cord research program. The event was so successful that the organization of next year's event has begun and speedskating has been invited back.

Lou would like to see this event in every National Hockey League city and has the support of the St. Louis Blues behind him. Metros President Harlan Kwiatek is a former high school and college hockey player, who heard about the tournament and got in touch with Lou, who refereed his high school hockey games. At that time, Lou did not have plans for the mandatory rest time between the three rounds of this tournament. Speedskating during this time was a perfect fit and Harlan took on the task to organize it. Participating organizations, schools and skaters were asked to help sell tickets and Metros sold over \$500 worth of tickets and located two sponsors for the event (Roho, Inc. and MedRehab Inc.). Speedskating clubs in Chicago, Boston, Los Angeles and other NHL cities need to get involved if future events include your hockey teams.

The day was a great chance to

show-case speedskating in St. Louis' newest sports facility, the Kiel Center. It also represented St. Louis speedskating's first opportunity to skate at the Kiel Center. The past events of this magnitude took place at the Arena, which is now closed. During the Metros Speedskating Invitational, two races for each skater and a two four team relays took place in the 1:30 minute break between the quarterfinals and semifinals of the tournament. The racing was videod

ed three from St. Louis (Metros, Gateway and Clayton Speedskating Clubs) along with the Champaign-Urbana Speed Skating Club, which had four skaters in the event. Included in the roster of skaters were 1995 North American Master Men Champion Bob Scherl and 1995 National and North American Midget Boys Champion J. P. Kepka. Also, skating for the first time in many years in a Short Track event were Jim Chapin Jr., a three time Olympian and Peggy



Metros and other club skaters at the Webster Ice Rink on Sunday, September 17 take time out from their preparations for the Metros Speedskating Invitational for a team photo.

Front row, (L-R): Colin Lamming, Tori Van Der Heide, Patrick Tanner, Sean Dobberstein, Matt Plummer, Christine Clarke, Elise Tanner, Adam Rasmus, Katie Calfee. Middle Row: Harlan Kwiatek, Peggy Clarke, Anne Parker, Derek Loudermilk, Aaron Barchek, Misi Toth, Michael Youngstrom, Miranda Giuffrida, Matt Kramp, Jamaica Duane, Aaron Jacobs. Back Row: Gary Tobin, Bob Jones, John Lamming, Heather Dudley, Jim Chapin, Jim Haack, Laura Plummer, Dan Carroll, Gordon Ward, David Jay, Paul Dobberstein, Bob Scherl, Julia Scherl, Tom Reichard.

by K & K Video Productions and displayed on the Kiel Center's scoreboard and T.V. monitors throughout the building. K & K also plans to broadcast the event on local origin cable in the St. Louis area. Local newspapers and radio sports shows publicized the event and local news stations did reports on the event.

Four clubs participated in the speedskating races. The clubs includ-

Hartrich-Clarke, a member of the ASU Hall of Fame. Three-time Olympian Dan Carroll also participated in this event as the Coach of the Metros. Dressing in the locker rooms and skating on the ice where the Blues play was a thrill to all of the skaters and their parents.

Members of the Missouri Speedskating Association and its clubs volunteered to help tune this event,

including Jim Chapin Sr., ASU President, who refereed the event along with Metros' Dave Ellersick. Gateway's Don Pavlacic did a superb job of announcing. Ribbons were awarded to the top six skaters in each race, by class and to all four teams in each relay race. Speedskating is not immune from spinal cord injuries. Monique Veltzeboer, a member of the Netherland's Short Track World Team, suffered a spinal cord injury while speedskating. If you are interested in making contributions to spinal cord research or this event, please send it to Pucks of Power, P.O. Box 411194, Creve Couer, Missouri 63141. All contributions are tax deductible. If you are interested in obtaining a copy of the speedskating races, send your name, address, and \$22.00 (includes shipping and handling) to:

K & K VIDEO PRODUCTIONS
1507 McCausland Avenue
St. Louis, MO 63117

Be sure to specify in your request that you want a copy of the Metros Speedskating Invitational.

POSTER CONTEST

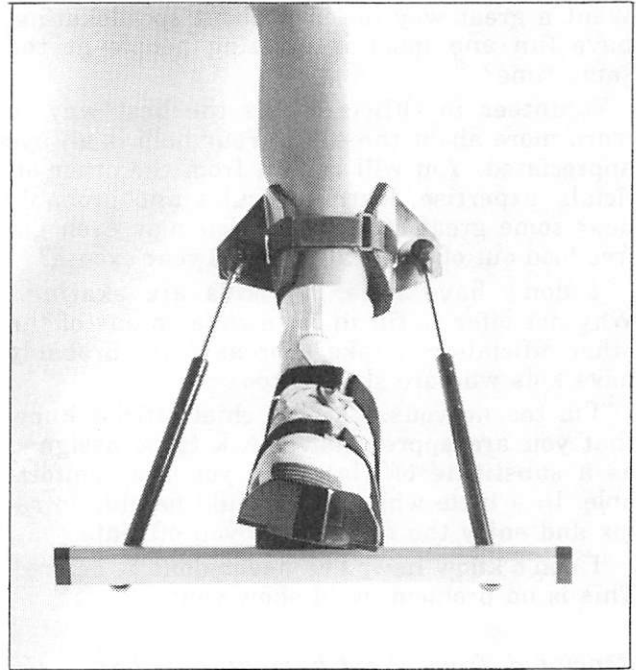
(Continued from page 8)

Second place goes to Wally Drake of the Evanston (Illinois) Speed Skating Club for "ESSC". This one is simple, clear, direct and eye-catching. It also has slightly more general appeal among the ages. The down side is that it'll be a bit tricky to put in your own words. To make it easy, I suggest just cutting off the top and bottom quarters of Wally's poster and putting in your own copy on a white background at the bottom and top. (I think I'll hear from the artist about that one...) Wally will be stylin' on Chicago's streets wearing his new ASU Rock N' Roll jacket.

Third place is a tie between Carrie Langer of the Midway Club in Minnesota and Bill Klimek of the Saratoga Winter Club in upstate New York. Carrie's "One Track Mind" is simple and clear and has quite a catchy slogan. Kids might not get it, but the elegant graphic design content of this entry makes it a good one to copy. Bill's entry "Try Short Track" was a bit controversial among the judges. Some were concerned that the skater might look too aggressive. Others thought that the comic-book superhero style would make it a sure hit among kids. And is that a Short Track skater or an old-fashioned football player? Who cares as long as the kids dig it, and it seems they do. Bill's artistic skill is quite impressive. Carrie and Bill will both receive non-autographed copies of the video tape "ASU On Ice-Training With Pat Maxwell." Copies of this really cool tape are also available for sale. Give Shirley Yates a call and tell her Bruce sent you.

Other notable entries were received from Jason Coombs of Bellingham, WA, Gerry Lentino of the Evanston (Illinois) Speed Skating Club and Cheryl Nelson of the Paramount club in California. Unfortunately, we just can't print all of the great entries we received. Get your pencils sharpened for next year's contest; the competition is sure to be tough!

New Product



OrthoDynamics presents the latest innovation in ankle strenghtening and rehabilitation-THE ANKLE REHAB PUMP. This device is designed to strengthen and rehabilitate those motions which are most commonly affected by ankle injuries - inversion and eversion (side to side).

The ANKLE REHAB PUMP uses hydraulic cylinders, which provide accomodative resistance, like the common home rowing machine. People who have weak ankles are unable to generate much force and, therefore, will compress the cylinders slowly. As exercise progresses, the person generates greater force, and compresses the cylinders at a greater speed. Increased speed requires increased force, and that means increased strength. The ANKLE REHAB PUMP allows strengthening through a full range of motion.

The device is safe because it is non-weight bearing. It's also simple to use, small and light weight (less than 3 pounds). Comes complete with instructional video. For further information and price contact OrthoDynamics, 350 Northern Blvd., Albany, NY 12204, Phone 800-436-7122.

Change of Telephone Number

Effective January 20, 1996, the area code for Editor Bob Vehe will be changed from 708 to 847. This joy is provided at no cost by the local telephone company and applies to the entire North and Northwest suburban area of Chicago. The basic seven digit numbers remain the same as shown in the masthead on page 4 of every issue of The Racing Blade.

WHY NOT OFFICIATE?

Attention parents and newcomers to the sport! Want a great way to learn about speedskating, have fun and meet interesting people at the same time?

Volunteer to Officiate! It's the best way to learn more about the sport. Your help is always appreciated. You will benefit from the other officials' expertise, learn the rules and probably hear some great stories too. You may even get free food out of the deal. What is your excuse?

"I don't have time, my kids are skating." Why not offer to fill in for awhile so one of the other officials can take a break (they probably have kids who are skating too).

"I'm too nervous. Let the chief official know that you are apprehensive. Ask to be assigned as a substitute official until you are comfortable. In a little while, you should be able to relax and enjoy the races while you officiate.

"I don't know how, I've never done it before." This is no problem, we'll show you!

Reprinted from the Champaign/Urbana, IL, Speedskating Club Newsletter

HELMETS FACT SHEET

The National Youth Sports Safety Foundation, Inc., (NYSSF) has published a fact sheet entitled, HELMETS, which provides answers to the following questions. Why should helmets be worn? For which sports are helmets recommended? Can you wear the same helmet for all sports? Does the fit, age and condition of the helmet affect protection? Also included is information on standards for helmets, who is responsible for checking the fit and condition of the helmets, and how can you tell if a helmet fits properly. The information has been compiled from journal articles, national medical organizations, books, newsletters and experts in the field. The publication has been written especially for parents, health professionals, program administrators and coaches to serve as a guideline on current recommendations. Copies of the publication are available from the Foundation for \$2.00 each. Write NYSSF, Dept. H, 10 Meredith Circle, Needham, MA 02192.

The National Youth Sports Safety Foundation, Inc., formerly the National Youth Sports Foundation For The Prevention of Athletic Injuries, Inc., is a non-profit, educational research organization working to promote the safety of children and adolescents participating in sports. It serves as an educational resource and clearinghouse for information on safe sports participation for parents, athletes, health professionals and program administrators.

National Marathon Championships

Lake Placid, New York
January 13-14, 1996



The Sheffield Olympic Oval at Lake Placid

Attention all skaters

Speed skaters are needed to compete in the Sixth Annual National Marathon Championships to be held again in Lake Placid.

What could be a better place to skate than Lake Placid with the beautiful high peaks of the Adirondacks as a background for the speedskating oval.

All levels of skaters are welcomed. From the highly competitive to the individuals skating for a personal best time.

Registration will open at 8:30 AM on Saturday, January 13 for the 25K race and at 8:00 AM for the 50K on Sunday, January 14. The 25 K starts at 10:00 AM on Saturday and the 50 K starts at 9:00 AM on Sunday.

Every skater is obligated to have a responsible person recording their elapsed time upon completion of each lap (One scorer per skater). Scorers will not be provided by the event organizer.

Come on out to the National Marathon in Lake Placid on January 13-14, 1996.

Send all entries to:

John Manailovich
100 Fernwood Avenue
Sussex, New Jersey 07461
Phone (201) 875-9679

*A Winner says,
"There ought to be a better way
to do it;"*

*A loser says,
"That's the way
it's always been done here."*

LAKE PLACID, NEW YORK JANUARY 13-14, 1996

NATIONAL MARATHON



CHAMPIONSHIP



INTERNATIONAL MARATHON

Open to all amateur skaters registered with the ASU (bring your card) Sanctioned by Amateur Speedskating Union of the United States and the Middle Atlantic Skating Association. Hosted by Garden State Speedskating Club.

Lodging and Rates Information will be available from the Lake Placid, NY Visitors Bureau 1(800) 44PLACID.

There is open practice time on the Oval from 9:00-11:00AM and 4:00-6:00PM on Friday.

The 25K starts at 10:00 on Saturday, January 13, 1996. The 50K starts at 9:00AM on Sunday, January 14, 1996. A meeting for officials and skaters will be held 15 minutes before the start of each day's races..

Every skater is obligated to have a responsible person recording their elapsed time upon completion of each lap. (One scorer per skater) All arrangements for scorers should be made prior to the event. SCORERS WILL NOT BE PROVIDED BY THE EVENT ORGANIZERS. Awards will be presented after verification of a properly completed scoring sheet, Scoring sheets will be given out at registration.

National Championship medals will be awarded for the first four skaters in each division for both the 25K and 50K races..

The adult fee is \$15 for the first race and \$25 for both races. The Junior skaters(18 and under as of the previous July 1) fee is \$10 for the first race and \$15 for both races. A late fee of \$10 is payable for entries mailed after January 1, 1996. Make checks payable to Garden State Speedskaters Club .If you have any questions contact JOHN MANAILOVICH, 100 Fernwood Rd., Sussex, N.J. 07461 at 201-875-9579. Forward with application to John Manallovich..(above address)

OFFICIAL ENTRY NATIONAL MARATHON CHAMPIONSHIP

The Committee reserves the right to refuse any entry. No entry will be accepted unless made on this form or a copy of this form. The skater who signs below, and his/her parents or guardians(who must sign if skater is under 18 years of age), are aware of the hazards of outdoor speedskating and assume all risks incident to this outdoor competition. The undersigned, in consideration of acceptance of this entry, for his or their representatives, executors, heirs and administrators does hereby waive, relinquish and release any and all rights or claims for damages or inquiries, loss of wages, or services, or for reimbursement for medical or dental expenses which I or we may have or hereafter be entitled to as a result of participation in the meet or during the practice periods for same. The competitor further certifies that he/she does not utilize or condone the use of drugs, stimulants, or artificial aids to sports performance.. This waiver and release extends to and is for the benefit of the Amateur Speedskating Union of the United States, the Olympic Regional Development Authority, the Middle Atlantic Skating Association, the Garden State Speedskating Club, High Peaks Cyclery, their guests, agents, employees, and representatives, and Lake Placid, NY.

CIRCLE EVENTS ENTERED

25K 50K

CIRCLE CLASS:

NAME _____ ASU# _____ SEX _____
ADDRESS _____
TELEPHONE(____) _____ - _____ BIRTHDATE _____
SKATING ASS'N _____ CLUB _____
SCORER _____
NAME AND ADDRESS OF PARENT/GUARDIAN IF UNDER 18 YEARS OLD _____
JUNIOR (18 AND UNDER) SKATER SIGNATURE _____ DATE _____
PARENT/GUARDIAN SIGNATURE _____ DATE _____

All aboard for the 21st century. If your don't get on, you'll be left behind.

ASU Speeds Along On The Internet

By Jeff Harris
Northeast Speedskating Association Secretary
and ASU "WebMaster"

The ASU now has a presence on the World Wide Web (WWW), the fastest growing part of the global network of computers known as the Internet. If you have an Internet connection and WWW-browsing software (such as Mosaic or NetScape), then open with the following:

<http://web.mit.edu/jeffrey/speedskating/asu.html> .
You'll see a complete, up-to-date list of skating associations and clubs, officers, phone numbers and electronic mail contacts (as well as a great picture of Amy Peterson by Jerry Search of SCSSA). Notes from our Executive Secretary Shirley Yates, an introduction to speedskating by Myra Vandersall, Chairman of the ASU Promotions and Publicity Committee, and a listing of ASU officers.

The idea behind the WWW is that you can visit different "pages" by following the "links" (as they're called) that connect one page to another. By following the links on ASU's Web page, you'll connect to our Northeast Speedskating Association's directory of speedskating competitions throughout the world, including all ASU and USISA sponsored meets. This directory of speedskating meets shows the full schedule of Short Track and Long Track events; up-to-date changes in dates, times, and locations; and important notices about changes in safety requirements, clerking and other racing rules. By following the links on this page, you can view and print entry forms, which are posted regularly.

But those aren't the only links you can follow. You can read the Bay State Blitz (the newsletter of the Bay State Speedskating Club) or Connecticut Connections (the newsletter of the Connecticut Speedskating Association). You can see biographical features on some of our upcoming skaters, or articles by our members and coaches on training, blade bending and drug testing. You can connect to the Calgary Oval and the Northern California Speedskating Association, or see what's up at Speed Skate Nova Scotia or the John Rose Oval in Minnesota.

As the Internet rapidly expands, I expect more Associations and clubs to establish their presence on the Internet. Already, dozens (if not hundreds) of speedskaters exchange information (and pointed opinions) via electronic mail on a regular basis. In fact, Ann Glaser of the Connecticut Speedskating Association (CTSpeed@aol.com) has begun to assemble a master directory of on-line speedskaters. Just let her know, if you want to be listed.

If you have some great ideas, or would like me to post a notice of your meet on the Net, or just want to find out more, be sure to let me (jeffrey@mit.edu) or Myra Vandersall (mvandersal@aol.com) know. As the electronic starters say...Skaters on-line...Ready...

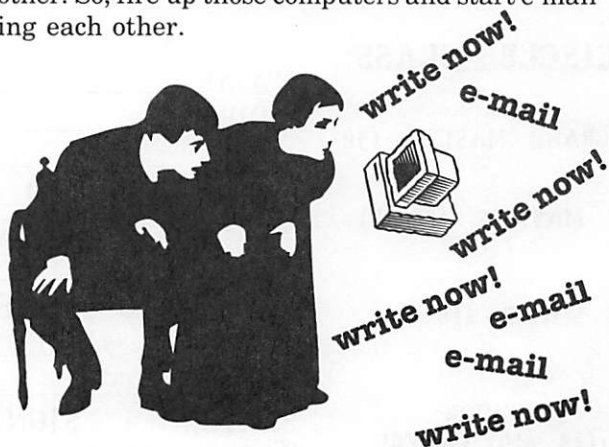
e-mail write now!

Information—we want it fast and we want it now. You got it. Many speed skaters are cruising the information superhighway now and there's a special place on-line to get information about the sport. The Connecticut Speedskating Association (CSA), under the direction of Ann Karrick Glaser, vice president of promotion and publicity, has volunteered to coordinate a list of e-mail addresses and skating information.

To be a part of this exciting method of communication and information resources, this is what you need to do:

- Provide your e-mail address
- Your name, or as much as you want to give
- Your state/association/club so we know where you're located.
- Your age (optional) and skating class
- Any other information you wish to share

A coordinated list of on-line skaters and their e-mail addresses will be printed in *The Racing Blade* and the list will be sent to those on the list via e-mail. Be sure to pass along the CSA's e-mail address to your inline friends and people you think may be interested in speedskating news. By using the most up-to-date methods of communication, skaters and potential skaters can talk to each other. So, fire up those computers and start e-mailing each other.



IT IS NOT TOO EARLY TO START THINKING ABOUT SUMMER CAMP!

By David Kennedy, Camp Coordinator

There is nothing like a good speedskating summer camp to prepare you for the racing season. Sure, technically, maybe it's a little late to do anything about **this** season, but don't let the distractions of racing keep you from planning ahead for the summer of 1996. Here's what we have in the works:

Just like last summer, in conjunction with USISA, ASU will conduct high-level week-long training camps at each of the three Olympic Training Centers. These camps are open to a limited number of very accomplished skaters aged 12-25, upon recommendation of Club and Association coaches. The tentative dates for the camps are: Marquette—June 22-29; Colorado Springs—July 20-27; and Lake Placid—August 10-17. As usual USISA coaches will provide expert instruction at these camps.

Back on the schedule next summer, we will also have three ASU Regional Camps. These week-long camps will feature substantial ice time and off-ice training just like the camps at the OTC's, but they will be open to all ASU skaters, young or old, who can benefit from such an intensive camp. The three locations for which planning is presently underway, and their tentative dates are: St. Louis, Missouri—July 13-20; Frederick, Maryland—July 28-August 2; and Eugene, Oregon—August 4-9. ASU will provide top-level coaching for all three camps.

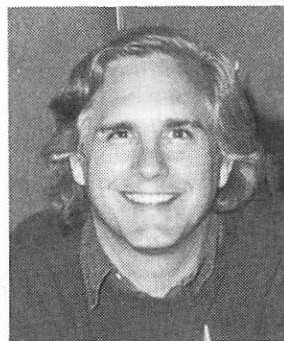
Each of these regional camps promises a great experience. At the Midwest regional camp in St. Louis, campers will stay on the campus of Missouri Baptist College, and skate on the Olympic-size rink at the modern U.S. National Ice Center in Chesterfield. The Eastern regional camp would be the focus of a great speedskating family vacation because of its location. Frederick is a picturesque small city located in the foothills of the Allegheny Mountains, about an hour's drive west of our nation's capital, Washington, D.C. Campers will stay in the air-conditioned dorms and train in the athletic facilities of beautiful Hood College and will skate nearby at the new Frederick Sport and Ice Arena. The Western regional camp at Eugene, Oregon, will be centered at the University of Oregon. Campers will enjoy the facilities of the University as well as the natural beauty of the Pacific Northwest.

Historically, ASU camps have been a great bargain. This coming summer will be no different. At the USISA camps, skaters will pay \$230 for room and board at the OTC's and for administrative expenses. Skaters who qualify at National Trials can have the room and board fee waived. The Regional Camps will cost a bit more, because of the expense of ice time. Still, we expect to be able to offer all these camps for around \$300. Pretty good for a week of skating, training and fun.

For beginning skaters, and for those who can't take a week off, many Associations and Clubs will of course

be offering weekend skating seminars throughout the summer, as in the past. These seminars often feature USISA coaches and teach the basics of skating and dry-land training technique. If your Club or Association wants to host such a weekend seminar, the ASU can help you get started.

More information about the USISA/ASU Camps and the ASU Regional Camps will be coming soon, both in **The Racing Blade** and through your Associations. In the meantime, please write me to let me know if you would be interested in any of the camps. Include your age, skating experience and ability and the camp in which you are interested. Then I will be sure to send you an application when they are ready. Also, I would like to hear from Club and Association coaches who would be interested in serving as assistant coaches/chaperones at any of these camps. My address is 301 W. Pennsylvania Avenue, Towson, Md. 21204. See you next summer!



**DAVID
KENNEDY**
ASU Camp
Coordinator

David Kennedy, the ASU's new Summer Camp Coordinator, is a relatively recent convert to our sport from ice hockey. David and his two sons started skating with the Baltimore Silverblades after his older son Ben saw the 1992 Winter Olympic speedskating competition on television. Unfortunately, after a promising, but short speedskating career, David's younger son Julian switched to ice hockey! David, who is in his second term as President of the Silverblades, got involved in ASU affairs last spring when he attended the Convention in Danvers, Mass., as the Maryland Association Board of Control Member, which he enjoyed very much. His involvement with ASU summer camps dates to 1994, when Ben attended the USISA camp at Lake Placid. Ben returned to Lake Placid this past summer, and this time David went along as camp chaperone. David has also helped organize a coaching seminar and a weekend skating clinic for the Maryland Association, and is presently working with many others on the Susquehanna Challenge, a new meet being held February 3-4, 1996, in Harrisburg, PA., co-sponsored by the Maryland and Western New York Association. David, his wife Judith, and their two boys live in Glyndon, outside Baltimore.

The Power And The Glory 1996 National Short Track Speedskating Championships Set for St. Louis

Get ready, get set and go to St. Louis, Missouri for the 1996 National Short Track Speedskating Championships. Save the weekend of March 15-17, 1996, for this spectacular event, the highlight of the short track speedskating season.

Competitors from midjets through grand masters will once again skate the fast ice at the Kennedy Recreation Complex, 6050 Wells Road, in St. Louis County, Missouri. The Championships are sanctioned by the Amateur Speedskating Union of the United States and hosted by the Missouri Speedskating Association (MSA).

DETAILS, DETAILS

Here's all the information you need to make your weekend a success.

Check In: Hotel lobby Thursday, March 14
4-10 p.m.

Practice Ice: At the rink, Friday, noon-2 p.m.
Thursday, March 14, 6-8 p.m.

Warm Ups: Friday, March 15, 1:45-2:30 p.m.
Saturday; Sunday, March 16
and 17, 8-8:45 a.m.

Racing: Friday, March 15, 3-8 p.m.
Saturday, March 16, 9 a.m.-5 p.m.
Sunday, March 17, 9 a.m. to
approximately 4 p.m.
Finals, 1 p.m.

Officials Meeting: Friday, 1:30-2 p.m.

Coaches meeting: Friday, 2:15-2:45 p.m.

HOME AWAY FROM HOME

The Holiday Inn South County Center, 6921 S. Lindbergh Blvd., St. Louis, MO, 63125 is the host hotel. Rates are \$56.00 plus tax for single-quad occupancy. For reservations, call 1-800-HOLIDAY or 314-892-3600 or FAX 314-392-2091.

Reservations must be made by Friday, March 1, 1996. Mention the speedskating rate.

GETTING TO KNOW YOU

The MSA will sponsor an informal hospital-ity room at the host hotel from 8-10 p.m. following the practice ice at the Kennedy Recreation Complex. Complimentary pizza and other snacks and drinks will be served.

GETTING AROUND

Transportation from the airport will be provided by Missouri Speedskating Association members **ONLY WITH ADVANCE NOTICE OF FLIGHT TIMES AND ARRIVAL.** Airport transportation must be arranged no later than Sunday, March 10, 1996. A contact phone number will be listed in the information sent out with the entry forms.

A FEAST FOR CHAMPIONS

The Missouri Speedskating Association will host a gala

banquet on Saturday, March 16 at the host hotel. An informal cash bar begins at 6 p.m. followed by a buffet dinner at 7 p.m. Selections include tossed seasonal green salad and two additional salads; vegetable tray and dips, two freshly prepared side vegetables, pasta con broccoli, rice and potatoes, round of beef, fried chicken, ham, coffee and tea, rolls and butter and assorted gourmet desserts.

The cost of the banquet is \$14.00. Once again, the MSA is underwriting part of the banquet cost to make the event more affordable. Reservations for the banquet must be made in advance. The deadline for banquet reservations is Tuesday, March 12, 1996. No banquet reservations will be taken at the door. Again, information for returning banquet reservations and checks will be provided with entry forms.

ARENA TICKETS

Competitors will be given a skater's pass in their check-in packet, and two complimentary tickets for parents. Skaters must have this pass to get into the rink. Working officials and coaches will also receive a rink pass. Everyone else entering the rink complex must have a ticket. Tickets are \$3.00 per day.

GOING HOME

The competition and awards ceremony will end around 4 p.m. on Sunday, March 17. If you are flying, make your departure arrangements for after 6:30 p.m. The airport is 45 minutes from the rink and is very crowded on Sunday afternoon. At this time, security measures are VERY tight at the airport. Vans of any kind and utility vehicles are not

allowed in short term parking or in the passenger departure drop off area. These types of vehicles must be parked in intermediate parking lots.

Airport shuttle transportation is provided from the lot to the terminal.

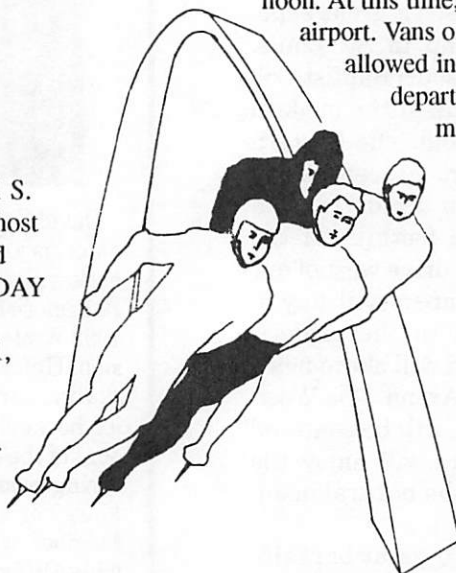
PICTURE THIS

Your experiences at the National Championships will be long remembered and captured on video tape. The MSA, in a partnership with K&K Video Productions, will offer two professionally produced tapes. An 18-minute highlights tape will be available, as well as an extensive two-hour production. Order blanks with all the details will be available at the competition in March.

For more information on the Championships, contact:

Jim Chapin, Meet Director
6551 Tholozan Ave.
St. Louis, MO 63109
Telephone 314-645-8320
FAX 314-645-0754

Myra Vandersall
Assistant Meet Director
731 Yale Ave.
University City, MO 63130
314-725-1059
mvandersal@aol.com



See you in St. Louis!

Northbrook Olympians Honored

By Bob Vehe

At the suggestion and urging of Richard Widmark, the Northbrook Speedskating Club and the Northbrook Park District co-hosted a banquet honoring all of the Northbrook Club Olympians. The dinner was held on Friday, September 29, 1995, the first day of USISA's Fall Meeting being held at the Hyatt/Deerfield in Deerfield, Illinois.

The club and the Park District worked diligently to locate all of the past Olympians. Several were not found until a few days before the dinner and it was too late for them to make travel arrangements. As can be seen in some of the photos, attractive plaques were presented to the Olympians indicating their membership in Northbrook's Sports Hall of Fame. Northbrook is proud to have developed seventeen Olympians who were inducted into their Sports Hall of Fame along with Coach Edward J. Rudolph.

Coach Tom Healy of the Northbrook Club capably handled the MC duties and reviewed the history of the club and the accomplishments of the many Olympians.



SOME OF THE EIGHTEEN

Front row: Lydia Stephans, Sally Blatchford Dye, Edward J. Rudolph, Anne Henning. Middle row: Nathaniel Mills, Gregory Lyman, Eddie Rudolph, Chuck Burke. Back row: Brian Arseneau, Andy Gabel, Neil Blatchford.



Anne Henning makes a point



Lydia Stephans is proud of her plaque



MEMORIES ARE WONDERFUL

Dianne Holum, Tom Healy, Anne Henning, Richard Widmark



Nathaniel Mills will not forget the evening



Richard Widmark He got the idea.



Dianne Holum is remembered by her hometown

Chief Officials Announced For 1996 Events

ASU President Jim Chapin has announced his Chief Official appointments for the 1996 National and North American Championships. The positions included in these appointments are Chief Referee, Chief Starter, Chief Clerk and Chief Judge. The ASU sends these four qualified Chief officials to the major meets at no cost to the host associations.

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

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

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

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

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

Assistant Referees, Starters and Clerks and Judges are recommended for elevation to Chief status following acceptable performances as assistants at four or more National or North American (in this country) Championship meets.

Following are the ASU officials you will be seeing in the key positions of responsibility at the five major events in 1996.

NATIONAL MARATHON
Lake Placid, New York, January 13-14, 1996
Chief Referee: Ruth Moore

NATIONAL LONG TRACK
Milwaukee, Wisconsin, January 27-28, 1996

Chief Referee: Paul Mueller	Alternate: Ernie Kretschmann
Chief Starter: Stan Strzykalski	Alternate: Jeff FitzRandolph
Chief Clerk: Ted Gulzynski	Alternate: Elayne Riley
Chief Judge: Jerry Steele	Alternate: Shrley Yates

NORTH AMERICAN LONG TRACK
Roseville, Minnesota, February 3-4, 1996

Chief Referee: Joan Peterson	Alternate: Duane Riley
Chief Starter: Rose Kline	Alternate: Sam Hicks
Chief Clerk: Don Anderson	Alternate: Elayne Riley
Chief Judge: Tom Porter	Alterante: Shirley Yates

NATIONAL SHORT TRACK

St. Louis, Missouri, March 15-17, 1996

Chief Referee: Karen Street	Alternate: Ed Jacquin
Chief Starter: Don Pavlacic	Alterante: Andres Gabel
Chief Clerk: Russ Owen	Alternate: Greg Boyer
Chief Judge: Shirley Yates	Alternate: Don Lease

North American Short Track

Red Deer, Alberta, April 5-7, 1996

Referee: Bill Markland	Alternate: Duane Riley
Starter: Tony Arena	Alternate: Ted Klaiber

PADS *by Steve*
*Is your club ready to upgrade
your safety padding or are you
just starting to pad your ice rink
for safety?*

I'm the guy who has made the majority of the safety pads used in the country for most ASU club events. I'm no longer affiliated with the former supplier, however since I did all the work before I wanted to let you know you can still get the same high quality safety pad in the future as many of you have in the past. So far I have made nearly 500 pads for ASU Clubs.

When you're ready to make the move to the highest quality safety pad available give me a call at **(314) 351-0212**. Leave your number if I'm not in and I'll return your call.
Steve Chapin, Pad Maker - Since 1986
5450 Gravois, St. Louis, MO 63116

USOC

1995 COACHING SYMPOSIUM

The 1995 United States Olympic Committee (USOC) Coaching Symposium, held September 7-9 at the Olympic Training Center, Colorado Springs, CO, provided coaches with an overview of the USOC's new national standards which covered three key areas: ethics, safety and knowledge competencies.

Code of Ethics. A newly approved Coaching Ethics Code was distributed to participants. The code is intended to provide standards of professional conduct that can be applied by the USOC and its member organizations that choose to adopt them. The code provides a set of values for coaches, as well as general principles and decision rules to cover most situations they may encounter.

Safety Program. The USOC has chosen the American Red Cross to develop and deliver a safety program for coaches. No target date has been set for the program, however, it was mentioned that the 1996 Olympics in Atlanta might be a possibility. The standard Red Cross first aid certification program requires recertification every three years and an annual recertification for CPR.

Knowledge Competencies. The competencies will be sport specific and will include: goal setting, nutrition, practice procedures, fitness testing, and sports psychology. There will be competencies for different levels of coaching.

Three strategies outlined for the development of the programs include:

- *Provide national coaching information centers
- *Provide current in-depth materials
- *Provide accessible materials

The USOC plans to develop coaching audio tapes, and Internet linkup with a USOC Bulletin Board and distance learning programs, a CD ROM with biomechanical information, regional conferences, coaching log

books which may be submitted for analysis, and outreach programs in all states for grass roots coaches.

The USOC has determined the coaching athletes receive in the first five years of development is just as important as the coaching they receive in the last five years of their athletic experience.

Notice Notice Notice

By Bob Vehe

To all Associate Editors and anyone submitting articles to The Racing Blade.

In an effort to expedite the production of The Racing Blade, I am converting your submitted articles into typeset copy for the printer, as much as possible. I am doing this by scanning your copy into my computer and then processing it, as needed, into usable copy. The problem arises in that I cannot successfully work off most copy sent to me by fax and I am not in a position to retype the articles.

I realize that many of you are faxing me articles not only because of the convenience, but because you had not realized the deadline for the next issue and it wasn't brought to mind until you received the previous issue. All of the deadlines are in each issue of the magazine and in the same location, so please mark your calendar and mail me your typed articles to be received prior to the deadline.

If you want, you can send a diskette for a Macintosh computer utilizing Word or Pagemaker software. Out of desperation, I may have to buy a modem, but until I join the revolution, please use the mail or specialized delivery services.

If we can get this going, we should be able to speed up each issue and notwithstanding the Postal Service, get it to you before the next deadline has passed.

National Sports Academy



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- Fully supervised dormitory facilities with a private bath in each room.
- Each student participates in a full academic schedule.
- Four, seven and nine month programs available. • Financial aid available.

For information, contact: Admissions Office • National Sports Academy at Lake Placid
12 Lake Placid Club Drive • Lake Placid, New York, 12946 • (518) 523-3460

Meet someone who believes in the Scholarship Fund and supports it unstintingly

Howard Gutgesell-A Generous Man

By Shirley Yates

Several special programs in the Amateur Speedskating Union have been supported by the generosity of our members. The Medallion and Medal Fund is a classic example of that. The Hall of Fame Endowment Fund was established with a bequest from the Dr. Thomas Outland estate in memory of his deceased wife, Kit Klein.

But at this point, one man stands out quite alone as our largest benefactor of the Scholarship Fund. He is Howard Gutgesell of the Wisconsin Assn., who has made three sizeable donations to the fund totaling \$3500, the most recent being \$2000 received at the end of the summer.

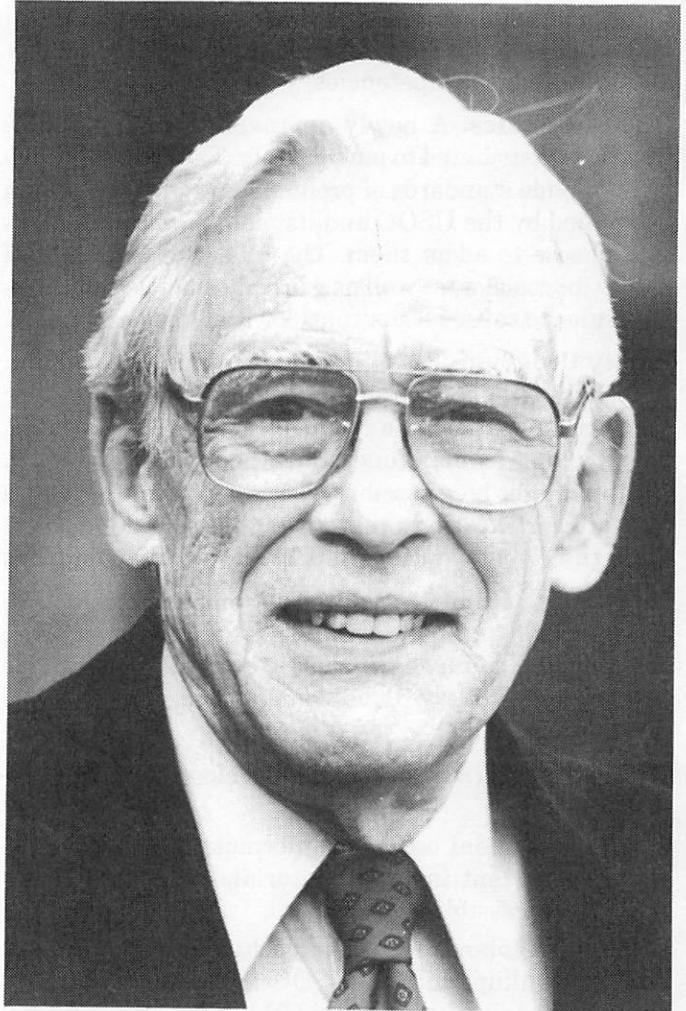
A retired teacher and advisor for the United States Department of Agriculture, Mr. Gutgesell served the sport of speedskating for many years on the local, association and National level. He was appointed a National Chief Clerk of Course of the ASU in 1956, retiring from that position in 1992 and was the first National Chief Official to be named as Official Emeritus.

He also served the United States International Skating Assn. as an outstanding official, working as Chief Timer for metric races, and as Treasurer of the organization. He was also USISA's Board of Control Member to the ASU for a number of years. He was one of the early members and chairman of the ASU Speedskating Hall of Fame Committee and was inducted into it in 1983.

A long-time resident of Brookfield, WI, Gutgesell still lives there although his wife, Myrtle, passed away in 1993. He may no longer be active in speedskating but it is evident that the ASU and its needs are still in his thoughts.

Awarding an ASU scholarship was first proposed by Bruce Douglas of the Michigan Assn. at the 1985 Convention in Albany, NY. It was brought back to the Convention by the Michigan Assn. a year later in a more detailed proposal and the establishing of a Scholarship Fund was approved that year along with the formation of a committee to work out the details of raising funds and awarding the scholarship. At that time the only revenue that was directed to it was the 25-cent surcharge that sponsors of meets are required to send to the ASU for each participant in an open meet.

Susan Jarrett of the Missouri Assn. was appointed chairman of the Scholarship Committee and began a campaign of encouraging members to express their sympathy by donating in memory of friends and family members and to honor loved ones on special occasions such as birthdays and anniversaries. All such contributions are recognized with thank you notes from the National Office and become a permanent record in the ASU Handbook.



HOWARD GUTGESELL

The first scholarship was not awarded until 1992, when enough interest had accrued in the account to make an award of \$500. Scholarships also were awarded in 1993 and 1994 but interest had run out and the goal of a base fund of a minimum of \$10,000 had not been reached by 1994. All of these facts were explained in the June, 1994, Racing Blade with instructions on how to get applications for the 1995-1996 scholarship. However, no applications were requested for the 1995 scholarship.

In the meantime, thanks to the generous contributions of Mr. Gutgesell and memorial donations from our members last year, the Fund now stands at about \$14,000 and the awarding of future scholarships seems assured. Applications for the 1996 scholarship are available from the National Office. The deadline for them to be returned is Feb. 15, 1996.

PRESIDENT'S REPORT

JIM CHAPIN



GET INVOLVED - The ASU is alive and well, in case you didn't notice! The registration numbers for last year were up nicely, thank you, and we hope the roll continues. From early activity, we seem to be having a good numbers coming in for the new year. The more members we can bring into the sport the more the need for people to help organize and run activities for the kids. Don't wait to be asked, jump in and enjoy the fun.

BEGINNER SKATE PROGRAM - The initial order of 55 pair of skates for this year is in and several clubs have already received their orders. i.e. The Montana Club via Tom Matosich; The Anchorage-Eagle River Club in Alaska via Christine Klein; The Jefferson City Club in Missouri via Paul Rudder; and the Central Wisconsin SSC in Wausau via Diane Zeger. I would assume by the time you read this our second order will be supplying kids across the country.

CAMP CHAIRMAN - I sent a letter to several individuals regarding the need to develop a camp program via local areas with weekend mini-camps to introduce new skaters to the camp concept in addition to Association sponsored week long camps to supplement our three major summer camps at the OTC sites in Lake Placid, Marquette and Colorado Springs. I took a long shot and even requested someone to chair this very important area of ASU development, hoping someone out there would step forward. Much to my surprise and delight David Kennedy from Maryland called and said he was very interested. Ann Glaser contacted Tom Porter in Saratoga and showed interest. David is going to chair the Camp Program and Ann will coordinate the Lake Placid OTC camp. In David's initial mailing, he has some great ideas and I really feel we have a great opportunity to again get more kids involved in a camp program at the grass-roots level and eventually it will grow into a major program in many areas of the country. I'm sure we will be reading more about this soon. If you want to get on the band wagon contact David at 410-833-5923.

OFFICIALS EXAM - Commissioner Tony Arena's annual correspondence made for some interesting reading and some real digging to get some answers. I hope the return rate went up and we did not drop anyone this year. Annually many

individuals names are placed on the list and then they don't send in the exam. If you took the time to read the handbook you should have passed.

OFFICIALS AND MEMBERSHIP - The major meets are coming up in the next few weeks in Milwaukee, Roseville and St. Louis. These events require a lot of help to be successful in many ways. As a reminder, to work as an ASU recognized official at these events, the officials must be ASU members to have the privilege to work the meet. Our athletes work and train for these events and they expect and are entitled to quality competent help to judge their performance in whatever official capacity your are in. We require our skaters to be ASU members and they are entitled to have ASU Officials as members working the meet for them. I don't understand why some people feel because they are giving their time to work the meet is enough and they don't have to be ASU members. I have news for you! There is no one who is indispensable to the point we can't get along without you if you are not a member of this organization.

OFFICERS FALL MEETING - The annual fall meeting of the ASU Officers was held in Chicago in September. VP's Tom Porter (NNY), Bill Anderson (MI) and Dave Krall (CO) along with Shirley Yates and I covered a wide range of topics as we normally do in setting up the season activities. Don Kangas (MI) met with us on Friday morning session and reviewed some coaching matters he is working on. On Saturday afternoon Joyce Leggatt from CASSA met with us. Also, Bill Markland (IL), Chairman of the North American Committee, along with Tim Quinn (OH), Yates and Anderson (Committee Members) held an in depth discussion on advancing the North American meet. It's was a long working weekend and we covered many items.

PRESIDENTS TERM - At the conclusion of the fall meeting I informed the Executive Committee that I am giving consideration to seeking another term as ASU President at the May Convention in Minnesota. I wanted the current Vice Presidents to be aware of this directly from me and not as a passing part of a conversation elsewhere.

Several factors have prompted this consideration. You may remember my job situation changed in June with a buy-out. In mid-January '96 I am taking an early retirement and work only on a limited basis up to my allowable SS income. After mid-January there are too many conflicts in my existing work schedule to be active the way I want to be in skating. In short, work got in the way of skating interests. With the early retirement I will have more time to devote to skating activities.

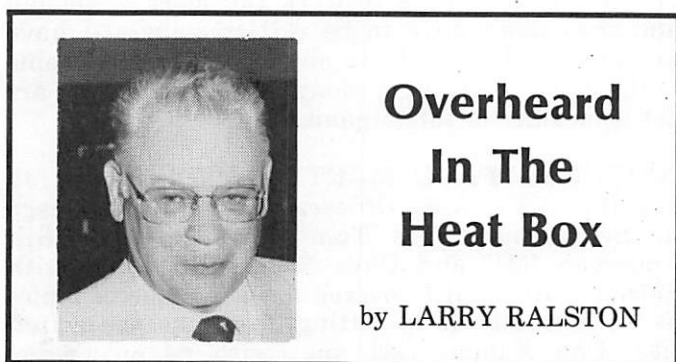
The ASU Presidency is not an ego trip for me and I believe those of you who know me well will agree. I still have an intense interest in our sport. I want to see projects and programs solidified and improved upon. With the background and experience I have, I

feel I can still contribute to skating and don't want to second guess myself later on if I do run for another term. I have a good understanding of USISA and the activities within our two skating organizations, which I feel is a plus for the ASU.

Between now and Convention time I will be talking with many people in the ASU before I make a final decision on being a candidate in May. I don't take the position lightly and I feel I have worked hard to make our sport better. I also know I have not endeared myself to everyone at all times and have taken issue with many topics which we may or may not have agreed upon. I've never claimed to be a diplomat and I try to avoid skating politics as best I can. Results are still the bottom line.



Mr. and Mrs. Jeff Klaiber



Overheard In The Heat Box

by LARRY RALSTON



Bottom row: Larry Ralston, Fred Benjamin, Andy Gabel.
Back row: Sam Hicks, Ted Klaiber (father of the groom), Tom Healy.

Send get well wishes to The Racing Blade Publisher Roy Helminski who has had surgery to replace his left knee.

Former National Chief Clerk Norm Anderson is recuperating from ankle surgery to correct an old injury.

Tim Quinn, President of Telt Construction Co., is now flying his own airplane to various job sites around the country. He was one of several executives highlighted in a recent issue of FORBES magazine

Coach Susan Sandvig on a trip to Africa to see how the rest of the world lives. One thing certain: it's not as cold as Minneapolis.

USISA Coaching Coordinator Nick Thometz has presented a comprehensive plan for coaching education at 5 different levels. The program sounds interesting and exciting and is long overdue. I am anxious to learn how it will be implemented in order to assure long term results.

The reunion of all Northbrook Speedskating Olympians was a huge success. Master of Ceremonies Tom Healy announced that everyone was located except Mark Huck and Beverly Buhr. The event drew many former skaters, coaches and officials and was held in conjunction with the USISA Fall meeting in Deerfield, Illinois.

Newest contributors to the National and North American Medallion and Medal Fund include the Bearcat Speedskating Club of Minneapolis and the Gskowicz family of Wisconsin.

Congratulations to Jeff and Sue Klaiber, who were united in marriage Sept. 22, 1995. The guest list looked like the Who's Who of speedskating as many former Olympians, current skaters and officials were in attendance. The couple will reside in Milwaukee, WI.

Jeanne Omelenchuk, the Speedskating Hall of Fame member and former Olympian may be at the end of her political after having challenged the City Clerk in Warren, Michigan, and losing by 20,000 votes in the recent election.

The October 1995 issue of The Racing Blade contained an article by Don Kangas, under the "Coaches Couch" heading, that is "must" reading. It tells of the problems encountered in keeping clubs together and why they seem to fall apart. I can tell you from experience that the story is true and factual. It also makes a case for coaches attending a coaching seminar to learn how to deal with all the problems that parents and do-gooders can create.

Former National Chief Clerk, Patti Smith Ryan, didn't win her fifth Women's Allied Golf Title but she did play in the final foursome at the Stockbridge Course in Berkshire Hills, MA.

And finally, all the best of holiday wishes to our many friends and subscribers. May 1996 be filled with joy and happiness and all your speedskating dreams come true.

Notes from . . .

**The
National Office**

by SHIRLEY YATES



Remember the item in my October column about registrations? I did go on and on about registrations, didn't I? Was I upset? Was I worried? Was I nagging? Sort of... but in retrospect I guess I was too anxious to get started and had hoped that the earlier membership year would result in spreading the renewals out over an earlier, longer period of time.

Well, that was mid-September when I had 129 registrations in and I was getting panicky. By mid-November I was overwhelmed! I had processed close to 1500 members. So maybe the new membership year did make a difference. With the renewal forms going out in June, everything was in place for associations to at least get started earlier. The emphasis on early registration for early fall meets and trials helped too.

In many areas skaters are not even being permitted to set foot on the ice until they are currently registered with the ASU, which automatically makes them members of USISA as well. And, of course, a firm rule is that skaters may not compete on any level unless they are currently registered. I thank all those who are working hard to see that this rule is followed.

KUDOS TO THE NEW KIDS

My faith is renewed in the registration system on the club and association level. We have several new association secretaries and they all have done a commendable job. We expect that from the seasoned old-timers but it's encouraging when the new ones can jump in and follow my three pages of instructions on handling registrations.

These new secretaries deserve special recognition: PAULA NABBIE, Middle Atlantic; PRISCILLA WARD, Missouri; JEFFREY HARRIS, Northeast, and CHARLES DOVAL, Northern California.

I would like to add AL MENGHI of the Connecticut Assn. to that list because, although he actually started in December, 1994, when Connecticut became an association, this is his first full year as a secretary and he is doing a super job, as is Jeffrey Harris. Both have been so careful to comply with all the instructions, which I always feel may be a little mind-boggling for new secretaries.

Many associations now are keeping computer records of their new and renewed members which is proving to be of great help to them. And the ASU's new system which provides print outs of each association's computer "run" of membership cards (giving name, registration number and club) is a good means of cross checking for the secretaries.

One more little comment on registrations. A membership form requires (so spelled out) the signature of the member applying plus the signature of the parent or guardian if that member is under 18 years of age. Too often I am seeing forms with only the signature of the parent.

All children entering speedskating (even those as young as three years old) should be able to sign their name. Children should become aware at a young age that their signature is one of the most important things that they own and can provide when asked.

Actually, I love to see the children's signatures. Most of the time their handwriting is much clearer than many adult signatures. I single out KAYLA WHITTENBERGER of the Wisconsin Assn. I loved that six-year-old's signature. It was like a work of art, painstakingly executed.

When did we get this hang up on scrawly unreadable signatures? Some look like Palmer Method drills (that's another story!) People have told me they perfected this to prevent forgeries. Well, okay. But perfect one that is readable and send us that one.

WWW, HERE WE ARE!

Jeffrey Harris has already made a significant contribution to the ASU. He has designed a page for the ASU on Internet which is accessed via the World Wide Web. Jeff says the world-wide speedskating community already has a substantial presence on the Internet. I have recently begun getting calls from people who have read about us on the Internet and they are so excited! There's no doubt that this will help bring in new members.

Coordinating the whole effort to provide the ASU with the latest electronic methods of communication is MYRA VANDERSALL, our Promotion Publicity Chairman. Assisting Myra and Jeff has been ANN KERRICK GLASER of the Connecticut Assn.

THAT DREADED "VM" WORD

While Myra, Jeff and Ann are speeding along on today's superhighways of communication, I'm almost reluctant to announce the latest little paltry "communication" device in the ASU National Office but I feel I must. We now have Voice Mail or as ASAI member BOB JONES calls it on his message at work, "that dreaded Voice Mail".

Ours is really quite simple. You don't have to punch a lot of buttons. As a matter of fact, many of you will probably welcome it. All it does differently than what we had before is connect you instantly with the "message center" if the ASU line is busy.

If the line is not busy I will, of course, pick up the phone. If I don't answer it, after three rings you get the Voice Mail. That will only happen when I am out and around (usually late afternoon) doing ASU business at the Post Office, bank, printer etc. Oh, yes, twice a year I go to the dentist!

The National Office is open from 9 a.m. to 6 p.m. CST, Monday through Friday. That means that I probably will not answer the phone in the evening or on weekends. (It's amazing how much more work you can get done when you don't have to keep answering the phone!) I no longer have the capability of "screening" calls in the evening and on weekends as I did before because I can't hear who's on the other end with Voice Mail. However, I frequently call for my messages so if it's important for you to reach me, leave a message and I'll get back to you soon.

October was a free trial month for our Voice Mail. Most people have indicated they like it because if the ASU line is busy, they don't have to keep trying until it's not. They know I'll get back to them as soon as possible. I'm waiting now for the phone bill to come in to see if this is financially feasible for us. If our phone charges go way up because of my having to return many more long distance calls, we will have to reassess it.

WHAT'S HOT IN THE NATIONAL OFFICE?

We have a hot new promotional item, available now from the National Office. It's a new bumper sticker which should appeal to the younger set - and to all those young at heart! **FAST. IT'S A BLAST! SPEED SKATE.** Ann Glaser of the Connecticut Assn. was the author of that catchy cleverness. Actually she polled a group of youngsters she coaches and came up with it after a brainstorming session with them. Our Promotion/Publicity Director Myra Vandersall put it into play.

We also have reprinted the old stand-by which seems to be everyone's favorite **FEEL GREAT. SPEED SKATE!** Both have been jazzed up with a new design. Gone is the old single metric skater. Welcome a pack of Short Track skaters! If you'd like something a little "racier" we still have some **SPEED SKATERS ARE A RACY BUNCH!** Bumper stickers are \$1.00 each for quantities under 10, 75 cents each for any amount over that.

The bumper stickers as well as many other items are listed in the 1995 catalogue and if you don't have a catalogue, you can order one free from the National Office. We have ASU/USISA T-shirts, pins, patches, decals, iron-ons, posters and our "Rock & Roll" jacket, plus many other items - some free! We also have an excellent tape, Pat Maxwell's two-hour On-Ice Training video.

WHAT'S NOT IN THE NATIONAL OFFICE?

You cannot order Canadian items listed in the catalogue from the ASU. Use the order form in our catalogue or call CASSA at 613/748-5669 - and push 1 if you want to conduct your business in English

(the other choice is French, of course) and 2 for Karen Miller.

The very fine promotional video, "It's White Hot", that features footage of CATHY TURNER'S Gold Medal performance in the 1992 Olympics, is available from MARK JASTRZEMBSKI at 616/828-4627.

DOC SAVAGE has the inventory of ASU Instructional Badges. You really should consider them when you're planning your programs for all those exciting young novices this year. Doc Savage says sales are soaring in the badge business. Call him at 414/258-5427 for further information and to place an order.

My sources tell me that, unfortunately, DIANNE HOLUM'S acclaimed book, "The Complete Handbook of Speed Skating" is out of print (again) so don't bother contacting Enslow Publishers. At the Chicago Silver Skates CLAYTON ABRAMS of Special Equipment Co. had a little (very little) stack of them on his display table. For all I know, he may have sold them all that day but you can call him at 800/266-9285.

INJURIES IN OUR WORLD

Many of you are aware of the many injuries we have had so far this season. They range from broken ribs (DON STEWART in Lake Placid) to the serious that will keep skaters off the ice for a long time, and in one case, perhaps forever. RUSTY SMITH of Southern California, top Junior and another Lake Placid OTC resident, broke his leg this fall, and RYAN ASHBY of the Lane Speedskating Club in Eugene, OR, received 12 stitches in his face following an accident. Our sources inform us that you can "hardly see a scar". Further proof that, the younger you are, the faster you heal.

The worst accident occurred in Missouri when BOB SCHERL tangled with another skater during sprint workouts. A tendon and nerve were severed just below the knee on Bob's left leg. In several hours of surgery later that evening, the nerve was reattached. He now has a condition called "drop foot" which those in the medical field will understand. The nerve has to regenerate which Bob's coach, HARLAN KWIATEK, says will occur at a half to an inch a month. This is heartbreaking for one of the top young Masters in the country. Prognosis is two years to possible complete recovery.

I have asked Harlan to write about this for the February Racing Blade because first, it is fascinating to hear about the medical procedures that were used-all we can say is, isn't it wonderful how far medical science has advanced-and secondly, the circumstances of the accident need to be studied.

We know that, in sports, records are there to be broken. This is progress. There is never any going back. In speedskating speeds continue to astonish us all. How do they do it, we ask? It is due to many factors - better equipment, better ice, better training, better coaching methods, better psychological and physiological health.

But there seems to be an increasing incidence of accidents at practices. Only by studying them can we hope to provide better measures for the future. Vice President BILL ANDERSON, who also serves as Safety Committee chairman, has indicated he would like to start keeping statistics on accidents and injuries. This would be a good first step towards rectifying problems and providing more safety measures for our speed skaters.

WE SALUTE YOU, LESLIE!

This is an accident that did not occur on the ice but it did happen to one of our skaters. LESLIE MOORE of the Middle Atlantic Assn., one of our most colorful and exciting members and a favorite of mine, was almost killed during the summer in a devastating automobile accident. She sustained the following: broken leg, broken wrist, broken arm, broken jaw and every bone in her face broken. She was in a coma for three days and in the hospital for three months. She went into therapy, started getting around in a wheelchair and in October started on crutches.

She faces two more surgeries - there have been many. She was moved back to her family's home (her home came later) where her mother, LESLIE SR., and sister, CAROLE MOORE (many time National and North American champion you all know) who is a nurse, could look after her. I talked to Leslie a couple times in the fall. Her voice is still pretty bad (somewhere along the way they had to do a tracheotomy) but her spirits are high. I al-

ways said Leslie was a high-spirited girl! She reported that the doctors said she never would have made it if she had not been in such good shape from speedskating!

PLEASE, PLEASE EDITOR'S PLEAS:

1. Do not submit hand written copy.
2. Do not use all capital letters.
3. Do not use a script or other unusual font
4. If you use a dot matrix printer, please ask Santa Claus for a new printer or at least a new ribbon.
5. Do not use colored paper.
6. If you want photos returned, please put your name and address on a sticker on each photo.
7. If you want photo credits — mark the photo on a sticker.

SKATER REPRESENTATIVE TO ASU BOARD OF CONTROL

TO INTERMEDIATE AND OLDER SKATERS

If you are interested in the decision making process and would like to put your talents to work as the skaters' representative, the Nominating Committee would like you to submit your name to the ASU Secretary by January 15, 1996. The term of office is from June 1, 1996 through May 31, 1997. Qualifications can be found on page 34, Article XIII of your 1994-1995 ASU Handbook. Take the chance and submit your name **NOW!!** If you have any questions, please do not hesitate to contact me or any member of the Nominating Committee.

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

Other Committee Members:

Don Anderson

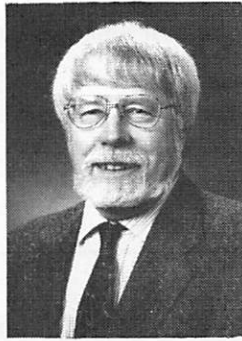
Fred Buchanan

Ann Cooley

Pete Elliott

Coach's Couch

by DONALD A. KANGAS



Who are the Coaches of ASU Clubs?

When I started in speedskating, I discovered that coaches were not held in high esteem. They were arbitrarily released and replaced, called animals in the coaching box and otherwise not considered worthy of respect.

My own experience was contrary to this view. I had the utmost respect for Julius Blasy, the first speedskating coach for two of my sons. I could see the positive influence he had on my own sons as well as many other athletes he coached in Midland. It seemed to me that the role of a coach was important to athletes.

The first support for the idea that good coaching was important for athletes appeared with the American Coaching Education Program that Larry Ralston introduced to speedskating coaches in 1984. USISA supported coaching education by subsidizing another ACEP Coaching Seminar in 1987 and then continuing that support on an annual basis since 1989. Additional support came in 1990 when the USOC established a Division for Coaching Development. In 1992 the ASU convention chartered the ASU Coaching Committee and in 1993 approved "Silver" level coaching certification requirements. Many sport organizations recognize and support the importance of coaching to success in athletic competition and on the lives of athletes. Unfortunately, this hasn't changed the actual practice of working with coaches.

For example, neither the ASU, its Associations nor any of clubs requires certification for coaches. In fact, I'm not sure if they even know the answer to the question, "Who are the coaches of ASU Clubs?"

Each year Shirley Yates compiles a list of ASU club coaches from information supplied by Association secretaries. I have a copy of the official ASU list of club coaches. Unfortunately, it is not a list of the people who are on the ice with ASU skaters. The names reported, with some notable exceptions, are the same every year. The ASU and its Association's secretaries do not know, or perhaps they don't care, who coaches their clubs.

I understand how this can be, because clubs do not have a formal process for appointing coaches or checking their qualifications. Volunteers do the job on a part time basis. Many are parents, who volun-

teer because someone must help. As a result, sometimes even from day to day, it is difficult to say who is coaching.

As Chairman of the ASU Coaching Committee I maintain three lists:

1. Everyone who has attended an ASU coaching seminar since 1984.

2. Everyone who has passed the "Silver" level test.

3. Everyone certified as an ASU "Silver" Level coach, either by coaching three years after passing the test or by sending verification of coaching experience prior to 1993. These lists are a little better than Shirley's official list. However, they don't tell us who is on the ice coaching in all the ASU Clubs.

Who are the Coaches of ASU Clubs? It is an important question for the ASU Coaching Committee. We need to know the answer. With 1500 registered, plus possibly another 1000 unregistered, skaters, there should be 500 people working with skaters on the ice. (One coach for five skaters is an ideal ratio.) If there are not that many, we need to qualify more. If there are that many, we want to know what you need to maintain and improve your coaching skills.

Our goal on the ASU Coaching Committee is to qualify enough coaches with an understanding of the fundamental principles of speedskating and coaching sciences to help everyone who expresses an interest in speedskating. We can't even get started if we don't know who you are and where you are.

So will someone from your club please send to me,

Don Kangas,
ASU Coaching Committee Chairman
5112 Nurmi Drive
Midland, MI 48640,

the name and location of your club, how many skaters on the average are at practice and the names and addresses of all your coaches and all your assistant coaches. Please include everyone working with skaters, even if they don't think of themselves as coaches.

Everyone who is in contact with skaters is important. Good positive coaching is important to skaters and the sport of speedskating. The ASU Coaching Committee needs to know who you are so we can help you become the best coach you can be and gain the respect your position as a speedskating coach deserves.

COACHING SURVEY

The following is an outline of the information we need:

Date _____

Club _____

Location _____

Average Number of Skaters at each practice _____

Club Contact:

Name _____
Street _____
City _____
State _____ Zip _____
Phone _____ (____) _____

Assistant:

Name _____
Street _____
City _____
State _____ Zip _____
Phone _____ (____) _____

Coach:

Name _____
Street _____
City _____
State _____ Zip _____
Phone _____ (____) _____

Assistant:

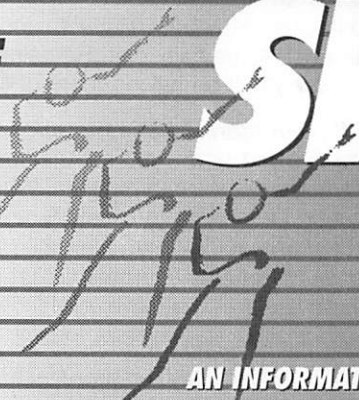
Name _____
Street _____
City _____
State _____ Zip _____
Phone _____ (____) _____



DON'T DO IT!

If you are trying to use the ASU 800#, DON'T. You will not get through to the National Office and your call will not be returned. Nor will your message be given any attention. The 800# is ONLY for new people calling in for information about how to become involved in speedskating, and if you are reading this Racing Blade, you ARE involved in speedskating! THE NUMBER FOR YOU TO USE IS 708/790-3230

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Phone No. ().....

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or FAX #: (416) 426-7385**

RB

SAVE ON A 3-YEAR SUBSCRIPTION

HOLIDAY FOOD & GLUTTONY

"I can easily gain five pounds over the holidays. When I go home, my parents' house is filled with cookies, candy, and lots of special holiday foods. I can't resist the temptation!" . . . "My office at work overflows with special holiday treats. Too many clients bring in decadent goodies. I willingly partake, but I do have a love-hate relationship with December!" . . . "In one week, I'll attend 2 work Christmas parties and 3 family holiday gatherings. . . I can't imagine what these will do to my waistline. . ."

As the holiday season approaches, you, like many many athletes, may be anxious about gaining weight. Of course you want to enjoy the season and partake at every opportunity to eat. After all, holidays come but once a year and who wants to miss a chance to enjoy special traditional foods? But you may also be concerned about the waistline damage that often accompanies abandonment of standard dietary practices.

One approach to handling holiday eating can be found in the abundance of nutrition articles that teach you ways to make low fat cookies and fat-free gravies, serve crustless pie topped with nonfat frozen yogurt, or better yet, completely abstain from special treats. These suggestions are valid, but they discount the warmth of tradition. Do you *really* want to deny yourself of the traditional holiday favorite foods you've enjoyed since childhood? Doubtful.

So let's take a look at holidays from another perspective. What happens if you do jump in and truly over-indulge? What are the consequences of gluttony? Will a few decadent parties sabotage your weight forever? Here are some answers to the questions nutrition-conscious people commonly ask about holiday eating sprees.

Q. When I'm confronted with my favorite holiday foods, I tend to eat out-of-control. Should I not start to eat when I know I'll have trouble stopping!

A. No; even the threat of abstinence can trigger overeating! At holidays, you are doing what I call *last chance eating*. That is, you listen to the nagging voice inside your head that repeatedly whispers "Last chance to eat this treat. . . you'd better chow-down now because soon you'll be back on your standard (boring) diet and won't be allowed to eat any more goodies." Clearly, this type of thinking contributes to over-eating problems.

To stop over-eating at holiday parties, stop denying yourself special foods. If you truly love, let's say, holiday pie, you should eat it not only at the holidays but also frequently throughout the year so it loses its appeal. What's wrong with having a little pie every week? After all, even decadent foods can be balanced into an overall wholesome daily diet. Remember: there is a "diet portion" of any food. You can more easily be content with a diet portion if you know you'll be having more of the near future.

Q. Before holiday parties, I try to eat lightly during the day so I'll have more calories to spend at night. Good idea?

A. NO! if you skimp at breakfast and lunch to save up calories for an evening party, you set the stage to overeat. By arriving at a party *too hungry*, you'll fight an urgent physiological drive to eat and will likely succumb big-time! When people get too hungry, they care less about *what* and *how much* they eat; they simply end up eating and eating to satisfy their overwhelming hunger.

One way to prevent holiday gluttony is to eat an appropriate breakfast and lunch—and even afternoon snack—so you arrive at a party with the ability to enjoy the people more than the food. You'll have the energy you need to eat *diet portions* (one roll, not four; one dessert, not two) and will enjoy freedom from fighting the urge to overeat.

Q. If I overindulge at a party, will I quickly lose the weight that I quickly gain?

A. Yes, because most of the gain is water-weight. When you get on the scale the morning after a gluttonous evening, you may weigh two to four pounds more than usual. . . a sign that you've "carbo-loaded" your muscles. For every one ounce of glycogen, you store about three ounces of water. You'll shed this water-weight when you exercise. (Note: When exercising, you'll feel the benefits of holiday gluttony—well fueled muscle and a great post-party workout. . . assuming no counter-effect from too much alcohol!).

If you are destined to overeat, your best bet is to choose more carbohydrates than fats. You'll preferentially burn the carbs while the excess calories from fat will easily get stored as body fat. But keep in perspective that 1 pound of fat equals 3,500 excess calories above your normal intake. That's the whole cheesecake, not just one slice!

Q. Should I exercise more on Sunday if I overeat at a Saturday party?

A. Yes and no. Extra exercise is a good way to burn off calories as long as you exercise appropriately and don't punish yourself to the point of injury or exhaustion. People tend to gain excess body fat with *repeated* days of overeating, not just one spree. After a spree, you'll simply be less hungry and will naturally tend to eat less—if you listen to our body. (Note: You may feel an initial hunger the next morning, but you can easily satisfy it.)

Nature does a fine job of regulating food intake and body weight in people who generally follow their body's cues and eat when they are hungry and then stop when they are content. One or two aberrations will not create obesity in anyone. But do you enjoy feeling like a stuffed pig? Is gluttony worth it?

START YOUR ENGINES: The ABC's of Sports Nutrition

Always eat breakfast! Be sure to fuel-up so you'll have plenty of energy to exercise and enjoy a high energy day.

Beer is a poor source of carbohydrates; it also has a dehydrating effect. If you are destined to drink beer after exercise, first drink 2-3 glasses of water to quench your thirst and eat some carbohydrates to refuel your muscles.

Carbohydrates are essential to fuel-up and refuel your muscles. Eating carbs within 2 hours before and after you exercise helps you perform better and recover faster. Good choices include juices, bananas, raisins, cereal, pasta.

Dehydration needlessly slows you down, so be sure to drink plenty of fluids before you exercise. Because the kidneys require about 45-90 minutes to process fluids, drink in advance, pee, then tank-up again beforehand.

E is one vitamin that is hard to get through your diet in doses large enough to protect your health. A daily supplement of 200 to 400 IUs may be a wise nutritional investment—and may even enhance recovery from injuries.

Food is *fuel*—not a “fattening enemy” as some weight-conscious athletes might believe. If you obsess about food and weight, call 1-800-366-1655 (American Dietetic Assoc.) for a referral to a local sports nutritionist.

Gatorade and other sports drinks are designed to be used by athletes during exercise that lasts longer than 60 to 90 minutes. Water is fine during ordinary exercise that lasts less than an hour—and is much less expensive!

Hypoglycemia—as characterized by light-headedness, fatigue, and inability to concentrate—is preventable. Be sure to eat enough before you workout, perhaps 200 to 400 calories as tolerated in the hour or two beforehand.

Invest in a microwave oven and a freezer, so you can quickly enjoy dinners with minimal fuss and clean-up.

Junk food can be a legitimate part of your sports diet as long as you eat small amounts. That is, it's OK to enjoy a few cookies after eating a wholesome dinner, but don't try to rationalize eating several cookies instead of dinner.

Keep track of calories (not just grams of fat) if you want to lose weight. You'll reduce body fat only if you create a calorie deficit. Even excess carbohydrates can be fattening when you eat too many jelly beans and bagels!

Lifting weights is the key to building muscles. For energy to lift weights, you need extra carbohydrates plus adequate (but not excessive) protein to support muscular growth. Target 0.5-0.75 grams protein/lb body weight.

Meats such as beef, pork, and lamb can be a good addition to your sports diet—as long as they are lean. Red meats are among the best sources of iron (help prevent anemia) and zinc (aids with muscular growth and healing).

Never eat anything different or unusual before an important competition. You may discover, much to your dismay, that the food or fluid settles poorly and hurts your performance. Always experiment with sport-food *during training*.

Olive oil is a heart-healthy oil to include in a sports diet. Although excess calories from oil and other fats can be fattening, a little bit of fat balances your diet, adds taste and contributes to satiety (pleasant full feeling).

Protein is an important part of a sports diet, needed for muscles and hormones. Female athletes who eat too little protein may stop menstruating. This enhances their risk of stress fractures and other injuries.

Quick energy sources are important during exercises that lasts more than 90 minutes. Target about 200 to 300 calories/hour after the first 90 minutes of exercise. Try sports drinks, diluted juice, sports bars—even gummy bears!

Rest is an important part of a training program; your muscles need time to recover. Plan one or two days off per week. Expect to feel just as hungry; your depleted muscles will be busy refueling by storing carbohydrates.

Sweet cravings are a sign that you've gotten too hungry. Experiment with having a bigger breakfast and lunch, to see if that alleviates the problem—as well invests in higher energy during the day and a better quality sports diet.

Thinner is not always better. If the cost of attaining your desired thinness is too few calories and too little food, be forewarned that injuries will likely take their toll. Good weight goals are to be fit and healthy—not just sleek and slim.

Urine that is pale yellow indicates that you've had enough to drink. Dark, concentrated urine indicates that you need to keep drinking! Don't rely on your thirst to determine if you've had enough fluids—drink extra to be sure.

Vegetarian athletes need to add plant proteins and not just subtract animal foods. Chili with beans, tofu, hummus and peanut butter are just a few suggestions for non-meat eaters who want to eat a balanced vegetarian diet.

Weight is more than a matter of will power; genetics plays a significant role. To determine an appropriate weight for your genetics, compare yourself to your family members. The apple doesn't fall too far from the tree!

Xtra vitamins are best found the “all natural” way: in dark colorful vegetables such as broccoli, spinach, peppers, tomatoes and carrots, or in fresh fruits such as oranges, grapefruit, cantaloupe, strawberries and kiwi. Chow down!

Yes, even *you* can optimally fuel your engines. The trick is: Don't get too hungry. When too hungry, you'll be less likely to care about what you choose and simply grab the handiest food around—but perhaps not the healthiest.

Zippy and zingy—that's how *you'll* feel when you fuel yourself with premium nutrition. Eat well; enjoy your energy!

Letters

Dear Bob,

I just received my copy of the October issue of The Racing Blade, containing Jim Chapin's remarks concerning the 1995 ASU Convention. I believe that these remarks require a response, and I ask that you please publish the attached open letter in the December issue.

Thanks very much.

Sincerely yours,

Milton C. Weinstein
President, Northeast Speedskating Association

Mr. Jim Chapin
President
Amateur Speedskating Union

Dear Jim:

The Northeast Speedskating Association has appreciated your kind words, both in person and on the pages of The Racing Blade, regarding our hosting of the 1995 ASU Convention in Massachusetts. However, it is my duty as president of our association to respond to your President's Report in the October issue, in which you decry the fact that only six of our members registered at the convention.

The sons and daughters of the Bay State have, throughout history, worked behind the scenes to produce outcomes of which the whole nation can be proud. We all know that John Hancock and a mere handful of Bay Staters actually signed the Declaration of Independence, but how many people do you suppose it took to dump all that tea in Boston Harbor?

Where were the parents of our 64 members, you ask? I'm not sure about the parents of our Grand Master members, or even our young adult members who comprise well over half of our membership, but I can tell you about the others. They were working their magic behind the scenes, during the weeks, months, even years preceding the convention. I will not mention names, for fear of leaving people out, of whose contributions I am not aware. But the six registrants are only a fraction of the people who made hotel arrangements, provided refreshments, took photographs, hosted the banquet, posted information on the World-Wide Web, provided transportation from and to the airport in their own vehicles, etc., etc., etc. Having taken so much time from work and their families already, these selfless Bay Staters shunned credit and left the actual proceedings in the capable hands of the ASU Board of Control, and our delegates and alternates.

Let me take this opportunity, Jim, to publicly thank our unsung heroes whose names were not in the registration book but without whose help the convention could not have happened.

We look forward to seeing you in St. Louis at the Short Track Nationals.

Sincerely yours,
Milton C. Weinstein
President, Northeast Speedskating Association



Hi Bob,

In your October issue you published my interview with Charles Poliquin, a strength coach from Canada who trains elite speed skaters. To show you how Coach Poliquin puts his theories into practice, I wanted to share with you a portion of the training logs of Sylvia and Marc Gagnon during a heavy, three week strength cycle.

This workout was performed four times per week, twice with the legs and twice with the upper body. For the legs, the athletes did Front Squats, Seated Leg Curls (with feet turned outward), Twisting Low Cable pull-ins, and the Atlantis Back Extension Machine. For the upper body, they performed Incline Barbell Presses, Sternum Chin-ups, Close-grip EZ Bar Curls (performed on a Scott Bench), seated EZ Bar French Presses, and Atlantis Shrugs.

Reps varied every week, but the sets stayed the same. For the lower body, they did five sets of 6-8 reps on the Front Squat during the first week, 5-7 reps the second week, and 4-6 reps the third week. They rested two minutes between sets. As for the tempo of each rep, they would descend to the bottom position in four seconds and return to the start in one second. They would not pause at the bottom of the lift.

For the upper body, they did four sets of 5-7 reps on the Incline Press during the first week, 4-6 reps the second week, and 3-5 reps the third. They rested two minutes between sets. As for the tempo of each rep, they would lower the weight in three seconds, pause for two seconds with the bar on the chest, and return to the start in one second.

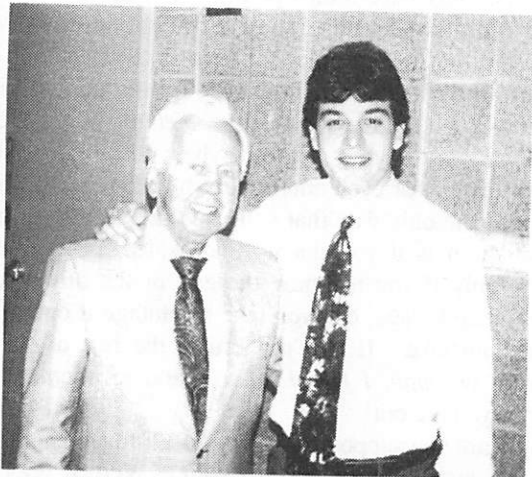
Slightly higher reps were prescribed for isolation exercises like the French Press and Shrugs. For Shrugs, three sets of 11-13 reps were performed the first week, 10-12 reps the second week and 9-11 reps the third.

If any readers are interested, I could write detailed articles on how Coach Poliquin designs weight training programs for his athletes.

Thank You,
Kim Goss

Dear Robert Vehe

While on a business trip to Michigan and Wisconsin, I stopped to take a few pictures of the Pettit Center and as I walked in the door there was my favorite speed skater, Andy Gabel, having his picture taken. I asked him if I could snap one and he replied "Why not both of us together" and I thought it might make news since you seldom see a skater without his skins on. Andy Gabel was chosen for the Olympic Team and was getting ready to leave for the World Ranking Short Track meet in Lake Placid. Andy works for a fund organization twelve hours a week He just finished practice and was on his way to work.



Norbert Kirk and Andy Gabel

This might not interest you but on a business trip to Chicago, I entered the March 23, 1995 open speedskating meet in Evanston, Illinois, and won the first place trophy in the Masters division. As you know I'm in the Grand Masters class and since no one showed up for that class, the officials threw me in with the tough Masters class which only had one entry. This skater beat me easily in the first race, but as luck would have it, his wife called him home and he left. I was forced to race by myself and I must say I got a great hand along with remarks like "You're an inspiration to us all." I am 74 and was still nervous skating against myself and afraid that I might hit a block or have two false starts. This should be a lesson for all skaters to show up since you can't tell what might happen.

I saved the best for the last. The Racing Blade magazine is the best reading of any magazine on any shelf, congratulations.

Yours truly,
Norbert Kirk
Phoenix, AZ

*A Winner says, "Let's find out";
a loser says, "Nobody knows."*

October 23, 1995

Dear Jim,

Thanks for the opportunity to order skates for our developmental skaters. Enclosed is an order for eight pairs of skates and six jigs.

We may send in a second order later as the local Junior High School principal, Margo Bellamy, is working with us to put speedskating back into the sports curriculum at her school. We are presently underway on this and finalizing the placement of a 400m oval at the track there.

Looking forward to talking more on our program and getting more skates soon!

Sincerely,

Christine Klein, President
Anchorage/Eagle River Speedskating Club
Alaska

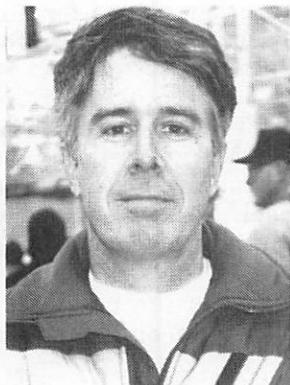
METROS SPEEDSKATING CHAMPIONSHIP

March 2-3, 1996
Kennedy Recreation Complex
St. Louis, Missouri

Metros Speedskating Club of St. Louis invites all ASU speedskaters to participate in the second annual Metros Speedskating Championship, a two-day Short Track speedskating meet, scheduled for March 2-3, 1996, at the Kennedy Recreation Complex in St. Louis, Missouri. The Metros Speedskating Championship is an ASU and Missouri Skating Association sanctioned meet. Awards will be given for each race and to an overall champion in each age division. The host hotel is the Holiday Inn, I-55 South, 4234 Butler Hill Road, which is just minutes from the rink. Rooms at \$63.00 (4 persons per night) have been reserved in the name of the Metros Speedskating Championship for March 1 and 2. Individuals are to make their own reservations by February 16 and identify themselves as being with the meet.

This meet is being held at the same ice rink where the Nationals will take place and this gives you a chance to come to St. Louis for great race preparation just two weeks prior to the Nationals. Elite and novice races will take place on Saturday from 2:00 p.m. to 8:00 p.m. and on Sunday from 8:00 a.m. to 3:00 p.m. Meet registration forms will be provided to clubs in January or can be obtained by contacting Metros Speedskating Club, 589 Highland Ridge Dr., Ballwin, MO, 63011-2471. We look forward to seeing you at the Metros Speedskating Championship! If you have any questions, contact Meet Director Harlan Kwiatek at (314) 721-2909.

AROUND THE STATES WITH KIDS ON SKATES



Don't Just Lie There, GET UP & SKATE!

BY JERRY SEARCH
SOUTHERN CALIFORNIA

Okay, so this is a really important race to you, and everyone's watching, and you've decided to conduct a pad test and just finished crashing into them pretty hard. Now you know the pads work, and you are not hurt—physically, that is. But everyone is watching, and all you can see of the other skaters in your race is their behinds racing away from you, taking with them your chances to do anything worthwhile in this race. Been there? Done that?

Pretty hard not to feel bad inside, and you have a right to. But what you may not realize is that it may not be over yet. The race, that is. Consider this: Many, many times I have seen a skater get up as fast as they could after a fall, skate their brains out and end up getting something out of the race after all.

Like what? Well, consider this: if it's a heat or semi, you don't need to win, all you need is to qualify for the next round. Therefore, you only need to get second or third (usually third, unless you are skating a USISA short track team trials). Later in the race, when the skaters get all spread out, there is a very good chance that you can catch that third place skater! But only if you do get right up and skate as hard as you can.

But what if it's a final? You wanted to win, right? They would all have to fall for you to win now. Hold it! What's this win stuff? That only happens to a few. How about trying for one of those neat medals that they give out for each final (if it's a meet like the Nationals or North Americans). They make a real nice collection, especially if you try to collect as many as you can. And after your crash, you still could get maybe 4th or 3rd (or better), but again, only if you get up and skate your brains out!!

Back to the win thing. Maybe you wanted to win the whole meet, or to finish in the top few overall. Okay, fine. I have seen National, and even World Champions win by one point. If you get up and skate hard, maybe you can get 4th (or better) and maybe on Sunday afternoon, that one point will be worth its weight in gold!! But if you don't try, you may be one point short!

I mentioned the USISA short track team trials. If you haven't skated a USISA short track trials yet, then you may not know it, but at a "trials", you get points in every race.

The points in your heats, semis, etc. are called "performance" points, and points you get in a final are called (ready?)... "final" points. Obviously, the best skaters will be getting the final points, and they are worth more than performance points. But most of the skaters will be skating for performance points, as these are what they use to pick things like the Olympic Festival Training Team, Category 1, etc. Sometimes the bottom few skaters on the 18 member O.F. Team only have 3 or 4 points. And those points were earned in heats and semis. Those kids didn't even skate in a final! Now how much is one point worth to you?

Back to the point of this article: "Getting up and skating hard after a fall, and trying to get something out of the now bad race". Maybe, just maybe, there may be a disqualification, or even another crash (maybe with it's own DQ). But the only way that you can take advantage of this new situation is if you got up and skated as hard as you could! Only if you are near the end of the other skaters, trying to catch them, can you take advantage if one of them makes a mistake. If you just cruise the rest of the race, thinking "Oh man, I fell, I'm out", and let them lap you, then yes, you are out!

So how are you supposed to get yourself together to do this when you just slammed into the pads? Well, it goes all of the way back to your on-ice workouts. Every time you fall, (unless you are really hurt), no matter how pointless it may seem, you have just got to get up and skate, and finish the laps you were supposed to. Every time.

It may seem pointless when you are just skating intervals or something. It isn't pointless! For it to work for you, it has to be automatic, it has to happen without you thinking about it. It has to be a reflex action. I recently videotaped one of the kids I coach during a training race, and he fell in the first lap of a 500. He fell pretty hard, and for just about a full second he sat there on the ice. Then he got up and skated hard for the rest of the race. He didn't pass anybody. He did no better than if he had just "cruised" to the finish.

But your local stuff is how you "train" for National Competition. And that race may help him in the future. It was good training, not only because he did get up and skate, but also because he sat there for 1 second thinking. We could see it on the tape. That 1 second could have cost him several feet at the finish line skating for that one point! It has to come to you automatically, without thinking about it.

Not to get me wrong: falling, getting back up and skating hard and getting more points, or qualifying for the next round, this doesn't happen very often. If you fall, you probably are out! But not always, sometimes you still have a chance, and I've seen it happen. Many times it has worked. It has put skaters on teams, made them Champions, given them a medal to take home, or just made their coaches, friends and parents happy that they tried. It can work for you, but only if you practice it all of the time.

Good luck! JS



United States International Speedskating Association News

USISA NATIONAL OFFICE NEWS

by KATIE MARQUARD



The first international event of the 1995-96 season has been held and USISA, as the host of this competition, has survived with only a few minor bruises to show for our efforts. USISA conducted the inaugural World Ranking meet for Short Track in Lake Placid on October 21 and 22. You can read about the details of this event elsewhere in this issue. Jack Mortell did a great job as the coordinator of this competition, one which grew larger than any of us expected. The meet itself was a success while the U.S. skaters needed a weekend to warm up and actually competed much better the next weekend in Montreal at another World Ranking meet. Our competition was a learning experience which I'm sure USISA, the ISU, and the ISU Short Track Technical Committee took notes on and will make changes in future events of this type.

The Short Track season is in full swing with our first trial event to be held in the beginning of December at the USOEC in Marquette, Michigan. The results of the USISA Traveling Team Trials decide which 5 men and 5 ladies will compete in two additional World Ranking meets held in Europe in December, as well as qualifications for Senior Category 1. At the end of December, the U.S. Junior Short Track Championships will be held in Milwaukee, Wisconsin. In this event, the top two men and two ladies qualify for the 1996 Junior World Championships to be held in Italy at the end of January. The top six men and six ladies also qualify for Junior Category 1. The last of the USISA trials to be held in the 1995-96 season is the U.S. Short Track Championships/Olympic Festival Training Group Trials in Saratoga Springs, New York. These competitions in mid-February will determine the 1996 World Team and the remaining spots on Category 1, as well as the group of skaters who are Olympic Festival age and who will be invited to participate in camps next summer.

On the Long Track side, the World Cup Team departs for Europe at the end of November for approximately three weeks. Here they will participate in two World Cups. They return to

compete in the U.S. Sprint and Allround Speedskating Championships held in Milwaukee over the holidays. The junior Long Track skaters will be involved in two Can-Am meets in Butte and Calgary in late November and early December. The U.S. Junior Speedskating Championships, to determine Junior Category 1, the Junior World Team and the Junior Country Match Team, is set for mid-February in Milwaukee, with the regional qualifying competitions to be held in the beginning of January in Milwaukee, Roseville and Lake Placid.

After our domestics events, we turn our attention to a number of other international events which USISA will host this season. Two World Cups will be held on the same weekend in two different locations. The John Rose Minnesota Oval will host its first international event, a World Cup Sprint scheduled for February 23-24, while the Pettit National Ice Center will play host to a World Cup Allround on February 24-25. From here we head out to Salt Lake City for their first international competition, the Junior Country Match on February 29 and March 1. The finale of the season for USISA will be the 1996 World Short Track Team Championships to be held March 29-31 in Lake Placid.

USISA now has a coaching staff of nine which includes the latest regional coach to be hired, Bart Schauten from the Netherlands, who will begin working in Minnesota in the near future. He joins the other three regional coaches, Dave Besteman (based in Milwaukee), Stan Klotkowski (based in Salt Lake City) and Pat Wentland (based in Lake Placid). Welcome to the team of USISA coaches Bart.

It should prove to be an exciting year of competitions. Good luck to all the skaters!

REQUIREMENTS FOR PARTICIPATION BY NON-CITIZENS IN USISA TEAM TRIALS

If you are not a United States citizen but wish to compete in USISA team trials, you may do so provided certain conditions are met. First, you must have resided in the United States continuously for at least one year. In addition, to compete in all team trials except Olympic Trials, one of the following two conditions must be met:

1. You must have applied for U.S. citizenship (or, if you are a minor, your parents must have applied for U.S. citizenship); or
2. If you (or your parents) have not applied for citizenship, you must submit written permission from the speedskating national governing body of the country of which you (or your parents) are a citizen to compete as a member of a United States team,



United States International Speedskating Association News

and you must submit a signed, written statement (also signed by your parents if you are a minor) that you will diligently pursue U.S. citizenship and will not participate in any future international competition on behalf of any other country unless U.S. citizenship is denied.

In order to participate in trials to select a U.S. Olympic Team, you must meet one of the above requirements and you must also establish to USISA's satisfaction that you will become a U.S. citizen prior to the start of the next Olympic Winter Games. There is a five-year residency requirement before a non-citizen can apply for citizenship, and it normally takes about a year after the application is submitted before citizenship is granted. Thus, as a practical matter you need to have been a lawful U.S. resident for six years prior to the start of the next Olympic Winter Games in order to meet the qualifications for participation in Olympic Trials.

If you are a minor who will not reach the age of 18 at least one year prior to the next Olympics, one of your parents may apply for citizenship on your behalf but may do this only after he or she has been granted citizenship. In this case you and your parents need to have been a lawful resident of the United States for at least six and one-half years prior to the start of the next Olympic Winter Games in order to meet the qualifications for participation in Olympic Trials.

Possession of a "Green Card" dated at least six years before the start of the next Olympic Winter Games (or six and one-half years in the case of the parent of a minor who will not reach the age of 18 at least one year prior to the next Olympic Winter Games) is conclusive proof that you or your parents have met the applicable residency requirement.

You must demonstrate that you have met the applicable requirements as stated above by the deadline for entries to compete in a particular USISA team trials.

LONG TRACK SELECTION PROCEDURES 1995-96 USISA TRIALS

Qualification Standards for the 1996 Sprint and Allround National Long Track Championships

- A. Current Senior Long Track National Team and current Senior Category 1 Long Track skaters are automatically qualified to start.
- B. Additional skaters can qualify for the Sprint Championships by meeting 1 of the following time standards in a meet with a published protocol during the 1995-96 season. The ISU factor of 0.20 sec will be added to hand times. It is the responsibility of the skater to provide documentation that the standard has been met.

	500m	1000m
Ladies:	46.00	1:33.00
Men:	40.00	1:21.00

- C. Additional skaters can qualify for the Allround Championships by meeting 1 of the following time

standards in a meet with a published protocol during the 1995-96 season. The ISU factor of 0.20 sec will be added to hand times. It is the responsibility of the skater to provide documentation that the standard has been met.

	1500m	3000m	5000m
Ladies:	2:27.00	5:00.00	
Men:	2:08.00		7:40.00

- D. Entries must be submitted 10 days prior to the Championships based on previous resolution passed, contingent on skater making the qualifying time to be submitted no later than 6 PM Central Standard Time on the Monday prior to the competition.

1996-97 National Team Selection Criteria

- A. National Team: up to, but not exceeding 10 skaters from Sprint and 10 skaters from Allround may be selected to be members of the 1996-97 National Team. The selected skaters must either: 1) sign the National Long Track Team Letter of Commitment, drawn up by the Program Director and National Team Coaches, to participate in the National Team Program, or 2) withdraw their name from the National Team and not participate in the National Team Program. Nonparticipation in the National Team Program will result in the loss of certain privileges. Vacancies due to nonparticipation may be filled by the next place finishers. A skater who qualifies under both Sprint and Allround must declare, in consultation with the National Team Coaches, which program they will participate in. The next skater may move up to fill the vacancy.

- National Sprint Team: 6 positions will be filled by the 3 ladies and 3 men having the best 4 race samalog (2x500m and 2x1000m) from the 1996 U.S. Sprint Speedskating Championships. Remaining positions, not to exceed 4, may be filled based on the decision of a committee consisting of

National Team Coaches, Program Director and Chairman of the Long Track Committee. The decision will be based on the recommendation of the National Team Coaches, considering the entire season's results. Consideration will be given to single distance specialists. The remaining 4 positions do not have to be filled.

- National Allround Team: 6 positions will be filled by the 3 ladies having the best 4 race samalog (500m, 1500m, 3000m, 5000m) and the 3 men having the best 4 race samalog (500m, 1500m, 5000m, 10,000m) from the 1996 U.S. Allround Speedskating Championships. Remaining positions, not to exceed 4, may be filled based on the decision of a committee consisting of National Team Coaches, Program Director and Chairman of the Long Track Committee. The decision will be based on the recommendation of the National Team Coaches, considering the entire season's results. Consideration will be given to single distance specialists. The remaining 4 positions do not have to be filled.



United States International Speedskating Association News

1996 World Sprint Championships Team Selection Criteria

- A. Ladies World Sprint Championships Team: 3 start positions.
1. The 3 start positions will be filled by the 3 ladies having the best 4 race samalog (2x500m and 2x1000m) from the 1996 U.S. Sprint Speedskating Championships. These skaters must have skated the ISU qualifying times of 44.00 seconds (500m) and 1:28.00 (1000m) in the 1996 U.S. Sprint Speedskating Championships or in a meet with electronic timing and a published protocol during the 1995-96 season and prior to the close for entries for the 1996 World Sprint Speedskating Championships.
 2. An alternate will be selected.
 - a. Medal Contenders: 1995-96 USOC Operation Gold Recipients will be selected as an alternate if she is sick or injured during the 1996 U.S. Sprint Speedskating Championships. Written medical verification must be provided to the Program Director and Chairman of the Long Track Committee or other designated USISA official prior to the end of competition.
 - i. Operation Gold Recipient(s) will skate-off with the last place qualifier(s) for a start position(s). The skate-off will be held over 4 distances (2x500m and 2x1000m). The skater(s) with the best 4 race samalog will occupy the start position(s). The skate-off date will be set by the National Team Coaches not later than the day after the 1996 U.S. Allround Championships and will not be less than 2 weeks prior to the 1996 World Sprint Championships.
- b. If no alternate is selected by method "a" above, the next place finisher over 4 distances (2x500m and 2x1000m) in the 1996 U.S. Sprint Speedskating Championships will be selected as alternate, but will not travel with the 1996 World Sprint Championships Team. She will travel to the 1996 World Sprint Championships only if one of the 1996 World Sprint Championships Team members cannot compete due to illness or injury.
- B. Men's World Sprint Championships Team: 1 start position.
1. The 1 start position will be filled by the man having the best 4 race samalog (2x500m and 2x1000m) from the 1996 U.S. Sprint Speedskating Championships. This skater must have skated the ISU qualifying times of 39.50 seconds (500m) and 1:19.00 (1000m) in the 1996 U.S. Sprint Speedskating Championships or in a meet with electronic timing and a published protocol during the 1995-96 season and prior to the close of entries for the 1996 World Sprint Speedskating Championships.
 2. The alternate will be the Winter World Cup Team member with the best 4 race samalog (2x500m and 2x1000m) from the U.S. Sprint Speedskating Championships. The alternate will travel to the 1996 World Sprint Speedskating Championships, but will only occupy a start position if one of the World Sprint Team Members cannot compete due to illness or injury. There will be no skate-offs.

1996 World Allround Championships Team Selection Criteria

- A. Ladies World Championships Team: 3 start positions.
1. The 3 start positions will be filled by the 3 ladies having the best 3 race samalog (500m, 1500m, and 3000m) from the 1996 U.S. Allround Speedskating Championships. These skaters must have skated the ISU qualifying time of 4:45.00 (3000m) in the 1996 U.S. Allround Speedskating Championships or in a meet with electronic timing and a published protocol during the 1995-96 season and prior to the close for entries for the 1996 World Speedskating Championships. Skaters must compete in the 5000m to qualify for team.
 2. An alternate will be selected.
 - a. Medal Contenders: 1995-96 USOC Operation Gold Recipients will be selected as an alternate if she is sick or injured during the 1996 U.S. Allround Speedskating Championships. Written medical verification must be provided to the Program Director and Chairman of the Long Track Committee or other designated USISA Official prior to the end of competition.
 - i. Operation Gold Recipient(s) will skate-off with the last place qualifier(s) for a start position(s). The skate off will be held over 3 distances (500m, 1500m, 3000m). The skater(s) with the best 3 race samalog will occupy the start position(s). The skate-off date will be set by the National Team Coaches not later than the day after the 1996 U.S. Allround Championships and will not be less than 2 weeks prior to the 1996 World Speedskating Championships.
- b. If no alternate is selected by method "a" above, the next place finisher over 3 distances (500m, 1500m, 3000m) in the 1996 U.S. Allround Speedskating Championships will be selected as alternate, but will not travel with the 1996 World Allround Championships Team. She will travel to the 1996 World Speedskating Championships only if one of the 1996 World Allround Championships Team members cannot compete due to illness or injury.
- B. Men's World Championships Team: 3 start positions.
1. The 3 start positions will be filled by the 3 men having the best 3 race samalog (500m, 1500m, and 5000m) from the 1996 U.S. Allround Speedskating Championships. These skaters must have skated the ISU qualifying time of 7:25.00 (5000m) in the 1996 U.S. Allround Speedskating Championships or in a meet with electronic timing and a published protocol during the 1995-96 season and prior to the close for entries for the 1996 World Speedskating Championships. Skaters must compete in 10,000m to qualify for the Team.



United States International Speedskating Association News

2. An alternate will be selected.
- a. Medal Contenders: 1995-96 USOC Operation Gold Recipients will be selected as an alternate if he is sick or injured during the 1996 U.S. Allround Speedskating Championships. Written medical verification must be provided to the Program Director and Chairman, of the Long Track Committee or other designated USISA Official prior to the end of competition.
- i. Operation Gold Recipient(s) will skate-off with the last place qualifier(s) for a start position(s). The skate-off will be held over 3 distances (500m, 1500m, 5000m). The skater(s) with the best 3 race samalog will occupy the start position(s). The skate off date will

be set by the National Team Coaches not later than the day after the 1996 U.S. Allround Championships and will not be less than 2 weeks prior to the 1996 World Speed Skating Championships.

b. If no alternate is selected by method "a" above, the next place finisher over 3 distances (500m, 1500m, 5000m) in the 1996 U.S. Allround Speedskating Championships will be selected as alternate, but will not travel with the 1996 World Allround Championships Team. He will travel to the 1996 World Speedskating Championships only if one of the 1996 World Allround Championships Team members cannot compete due to illness or injury.

1996 World Single Distance Championships Team

A. The 1996 World Single Distance Championships Team will consist of skaters who have qualified through results achieved in the World Cup or any ISU Championships during the 1995-96 season. USISA may enter a maximum of 3 qualified skaters in each distance. If USISA has more than 3 skaters qualified to start a particular distance in the 1996 World Single Distance Championships, the first entry or start position will be USISA skater with the most World Cup Points in that distance. The remaining 2 entries or start positions will be selected by a committee consisting of the National Team Coaches, Program Director and Chairman of the Long Track Committee. The selection will be based on the performances, of those qualified, in 1996 World Single Distance Championships qualifier meets.

1500m Ladies and Men:	20
3000m Ladies and 5000m Men:	16
5000m Ladies and 10,000m Men:	12

2. Skaters may qualify by their position in the World Cup classification on the distance (World Cup ranking), or on the basis of times achieved in World Cup Competitions or in ISU Championships (time ranking). For the time ranking, only the best time of a skater will count. The following number of skaters will be qualified for entry:

Race	By World Cup Ranking	By Time Ranking	Total
500m Ladies/Men	16	8	24
1000m Ladies/Men	16	8	24
1500m Ladies/Men	12	8	20
3000m Ladies	10	6	16
5000m Men	10	6	16
5000m Ladies	8	4	12
10,000m Men	8	4	12

- B. Summary of ISU qualifying procedures.
1. The total number of participants in the distance will be limited as follows:
- | | |
|-----------------------|----|
| 500m Ladies and Men | 24 |
| 1000m Ladies and Men: | 24 |

1996-97 Category 1 Selection Criteria

- A. Place in the top 12 overall (2x500m and 2x1000m samalog), Ladies and Men, in the 1996 U.S. Sprint Speedskating Championships.
- OR
- B. Place in the top 12 overall, Ladies (500m, 1500m, 3000m, 5000m samalog) and Men (500m, 1500m, 5000m, 10,000m samalog), in the 1996 U.S. Allround Speedskating Championships.
- C. All Category 1 positions will be filled. Vacancies created due to retirement will be filled by the skater(s) occupying the next position(s) in "A" or "B" above.

1995 Fall World Cup Team Selection Criteria

- A. The 1995 Fall World Cup Team will consist of the following 1995 Senior World Championship Team members, unless she/he cannot compete due to illness or injury:
- B. In addition, remaining positions, not to exceed our World Cup entry quota, may be selected based on the recommendation of the National Team Coaches and Program Director to the Chairman of the Long Track Committee. The recommendation(s) will be based on performance in training and competition. USISA reserves the right to not fill the maximum quotas. Any additional positions will be filled by November 1, 1995.

SPRINT

<u>Ladies</u>	<u>Men</u>
Chris Wittly	Casey FitzRandolph
	Brendan Eppert

ALLROUND

<u>Ladies</u>	<u>Men</u>
Moira D'Andrea	Dave Tamburrino
Chris Scheels	KC Boutiette
Becky Sundstrom	

1995-96 WORLD CUP ENTRY QUOTAS

	500m	1000m	1500m	3000/5000m
Ladies	5	4	4	3
Men	3	3	4	3



United States International Speedskating Association News

1995-96 Winter World Cup Team Selection Criteria

- A. The 1995-96 Winter World Cup Team positions, not to exceed our ISU entry quotas, will be filled in the following priority:
1. 1995 Fall World Cup Team members within 4 places of qualifying for the 1996 Single Distance World Championships.
 2. 1996 Senior World Championships Team members.
 3. Additional skaters, not to exceed our ISU entry quotas, may be selected from the 1996 U.S. Sprint and Allround Championships, based on the National Team Coaches recommendation(s) to the Program Director and Chairman of the Long Track Committee.
- B. Travel to and participation in the World Cup Final will be limited to those meeting the ISU qualifying standards.

1997 USOC Level I Funding Criteria: 10 Men, 8 Women

- A. The positions will be filled based on results of the 1996 U.S. Sprint and Allround Speedskating Championships. All eligible skaters must sign a letter of intent for the 1996-97 season, by a date to be set later, and compete in the 1997 U.S. Sprint or Allround Speedskating Championships (depending upon which discipline the Grant was earned) in order to receive Level I funding.
- B. The 10 Men and 8 Women will be a Theoretic Olympic Team utilizing the 1994 Olympic Team Selection Procedure, modified to reflect the fact that only 2x500m, 2x1000m, 1x1500m, 1x3000m, 1x5000m and 1x10,000m race will be skated.
1. A skater can qualify for the Theoretic Olympic Team 500m only at the 1996 U.S. Sprint Speedskating Championships.
 2. The ISU top 32 requirement for Ladies 3000m and Men's 5000m shall not apply.
 3. The ISU top 16 requirement for the Ladies 5000m and Men's 10,000m shall not apply.
- C. A skater qualifying for a 1996 Senior World Championships Team who does not qualify for the Theoretic Olympic Team will replace the slowest skater on the Theoretic Olympic Team based on the Reduction Sequence in the 1994 Olympic Team Selection Procedures.
- D. If the 10 Men and 8 Women positions are not filled by the Theoretic Olympic Team, additional skater(s) will be selected based on the smallest percentage that the time is behind the 20th place standard from the 1994 Olympic Games.
- E. The Grant will be paid in 3 installments. Eligible skaters must submit a satisfactorily completed reporting form to USISA, by the date stipulated, for approval before an installment will be paid.

JUNIOR LONG TRACK SELECTION PROCEDURES 1995-96 USISA TRIALS

Qualification Standards for the 1996 U.S. Junior Speedskating Championships

- A. Current Junior National Team Members are automatically qualified to start.
- B. Additional skaters may qualify to start as follows.
1. The 3 skaters achieving the best 4 race samalogs in each age group (A,B,C), Ladies and Men, during each of the three 1996 U.S. Junior Regional Speedskating Championships will be qualified to start. Junior National Team Members who choose to compete in their Regional Championships are automatically qualified and will not be considered in the overall place finish used to select U.S. Junior Speedskating Championships qualifiers.
 - a. A skater's region is determined by the ASU State Association of membership, or the state of legal residence if a direct member of ASU or USISA, as follows:
 - Western Region
Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming
 - Northern Region
Iowa, Minnesota, Nebraska, North Dakota, South Dakota
 - Midwestern Region
Illinois, Indiana, Michigan, Wisconsin
 - Southern Region
Alabama, Arkansas, Florida, Georgia, Kansas, Kentucky, Louisiana, Mississippi, Missouri, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia
 - Eastern Region
Connecticut, Delaware, District of Columbia, Maine, Massachusetts, Maryland, Middle Atlantic, New Hampshire, New Jersey, Northeastern, Northern New York, Ohio, Pennsylvania, Vermont, Rhode Island, Western New York, West Virginia
 - b. The 1996 U.S. Junior Regional Speedskating Championships will be conducted January 6-7, 1996, at the following locations:
 - Western Region and Northern Region - Roseville, MN
 - Midwestern Region and Southern Region - Milwaukee, WI
 - Eastern Region - Lake Placid, NY
 2. To compensate for possible lack of parity between regions, 3 additional skaters in each age group, Ladies and Men, will be selected at-large based upon performances at the 1996 U.S. Junior Regional Speedskating Championships by a Development Selection Committee consisting of the USISA Regional Coaches, Junior National Team Coach, Program Director, and Chairman of the Development Committee.
 3. Age classifications and distances skated are as follows. Age group classification is determined by age as of July 1 preceding the season.
 - A: 17-18 years
 - Men: 500m, 1500m, 3000m, 5000m*
 - Ladies: 500m, 1000m, 1500m, 3000m*
 - B: 15-16 years
 - Men: 500m, 1500m, 3000m, 5000m*
 - Ladies: 500m, 1000m, 1500m, 3000m*
 - C: 14 years and under
 - Men: 500m, 1000m, 1500m, 3000m*
 - Ladies: 500m, 1000m, 1500m, 3000m*



United States International Speedskating Association News

*The final distance shall be open to the top 4 finishers in the first day's long race plus the 4 skaters not among the 4 top finishers in the first day's long race who have the next best samalogs

after three distances.

- C. All qualifiers for the 1996 U.S. Junior Speedskating Championships who do not obtain Category 1 status will be given Category 2 status for the 1996-97 season.

1996-97 Junior National Team Selection Criteria

- A. Men's Junior National Team.
1. Invitations to join the Junior National Team will be issued to the 4 skaters returning as juniors for the 1996-97 season achieving the best 4 race samalogs during the 1996 U.S. Junior Speedskating Championships.
 2. Skaters receiving invitations must either accept membership on the Junior National Team by returning a signed agreement to participate in the Junior National Team Program or decline membership on the Junior National Team and participation in the Junior National Team Program. The Junior National Team Participation Agreement shall be drawn up by the Junior National Team Coach and Program Director.
 3. Invitations to join the Junior National Team will be issued to additional skaters in order of finish at the 1996 U.S. Junior Speedskating Championships to fill any vacancies resulting from nonparticipation in the Junior National Team Program until all 4 positions are filled.
- B. Women's Junior National Team.
1. Invitations to join the Junior National Team will be issued to the 4 skaters returning as juniors for the 1996-97 season achieving the best 4 race
 - a. A junior has not reached the age of 19 by July 1 preceding the season.
 - b. A neo-senior has reached the age of 19 but not the age of 21 by July 1 preceding the season.
- C. Training Team Additions.
1. Up to two more men and two more women may be selected to receive invitations to train with the Junior National Team by a committee consisting of the Junior National Team Coach, the Program Director, and the Chairman of the Development Committee.
 2. Additional invitees may be juniors or neo-seniors.
 3. Funding for such additional invites shall be determined by budget constraints but may be less than that provided to Junior National Team members.

1996 Junior World Championships Team Selection Criteria

- A. Men's Junior World Championships Team - 3 start positions.
1. The 3 start positions will be filled by the 3 skaters having the best 4 race samalog (500m, 1500m, 3000m and 5000m) from the 1996 U.S. Junior Speedskating Championships.
 2. A junior has not reached the age of 19 by July 1 preceding the competition.
 3. Any junior age skater qualifying for the 1996 Sprint or Allround World Championships Team will be placed on the 1996 Junior World Championships Team without having to compete in the 1996 U.S. Junior Speedskating Championships. The number of skaters selected from the 1996 U.S. Junior Speedskating Championships will be reduced accordingly.
- B. Women's Junior World Championships Team - 3 start positions.
1. The 3 start positions will be filled by the 3 skaters having the best 4 race samalog (500m, 1000m, 1500m and 3000m) from the 1996 U.S. Junior Speedskating Championships.
 2. A junior has not reached the age of 19 by July 1 preceding the competition.
 3. Any junior age skater qualifying for the 1996 Sprint or Allround World Championships Team will be placed on the 1996 Junior World Championships Team without having to compete in the 1996 U.S. Junior Speedskating Championships. The number of skaters selected from the 1996 U.S. Junior Speedskating Championships will be reduced accordingly.

1996 Junior Country Match Team Selection Criteria

- A. Men's Junior Country Match Team - 4 start positions.
1. The 4 start positions will be filled by the Junior World Championships Team plus the skater achieving the next best 4 race samalog (500m, 1500m, 3000m, and 5000m) during the 1996 U.S. Junior Speedskating Championships.
 2. Any additional open start positions will be similarly filled.
- B. Women's Junior Country Match Team - 4 start positions.
1. The 4 start positions will be filled by the Junior World Championships Team plus the skater achieving the next best 4 race samalog (500m, 1000m, 1500m, and 3000m) during the 1996 U.S. Junior Speedskating Championships.
 2. Any additional open start positions will be similarly filled.



United States International Speedskating Association News

1996-97 Junior/Neo-Senior Category 1 Selection Criteria

- A. Skaters returning as juniors for the 1996-97 season will be given Category 1 status by meeting one of the following criteria. A junior has not reached the age of 19 by July 1 preceding the season.
 - 1. Place in the top 6 of returning juniors, Ladies and Men, at the 1996 U.S. Junior Speedskating Championships.
 - 2. Place in the top 3 of their age classification, Ladies and Men, at the 1996 U.S. Junior Speedskating Championships.
- B. Skaters competing in the 1996 U.S. Junior Speedskating Championships not returning as juniors for the 1996-97 season will be given Neo-Senior Category 1 status by meeting the following criteria. Place in the top 6 of all competitors, Ladies and Men, at the 1996 U.S. Junior Speedskating Championships.
 - a) 17-18 years
 - b) 15-16 years
 - c) 14 years and under

SHORT TRACK SELECTION PROCEDURES 1995-96 USISA TRIALS

Senior National Team 96-97 - Ladies and Men (ST95-10)

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

Senior Category 1 1996-97 - Ladies and Men (ST95-11)

- Top ten (10) skaters based on:
 - 1) top five (5) skaters at the Traveling Team Trials;
 - 2) additional five (5) skaters, that have not already qualified, from the U.S. Short Track Championships.
- Move-ups shall be allowed down to the 12th place skater at the U.S. Short Track Championships.
- Ranking of these skaters will be based first on their finish at the U.S. Short Track Championships and then at their finish at the Traveling Team Trials.

Junior Category 1 1996-97 - Ladies and Men (ST95-12)

- Top six (6) at the U.S. Junior Short Track Championships.
- Two (2) additional skaters at the Olympic Festival Training Group Trials that have not already qualified for Category 1.

USOC Level I - Ladies and Men (ST95-13)

- Top five (5) skaters at the U.S. Short Track Championships.
- In case of retirements, there shall be move-ups to fill all spots based on the final classification.

SHORT TRACK SEASON BEGINS

WITH NEW INTERNATIONAL RANKING MEET IN LAKE PLACID

The U.S. Speedskating season opened October 21-22 in Lake Placid, New York, as 28 members of the U.S. Short Track Team competed with skaters from ten countries in the first World Ranking Meet.

This inaugural meet was the first in a series of short track competitions created to provide a more accurate international ranking for skaters. The meet was sanctioned by the International Skating Union (ISU).

WOMEN'S FINAL RANKING

1. Marinella Canclini, ITA.....13 points
2. (Heli) Yang Yang, CHN..... 9 points
3. Wang Chun Lu, CHN..... 6 points
4. Annie Perreault, CAN..... 5 points
6. (t) Isabelle Charest, CAN and
Christine Doudrals, CAN..... 4 points
7. Zhang Dong Xiang, CHN..... 3 points
8. (t) Chatale Sevigny and

Angela Cutrone, CAN.....zero points
10. Katia Colturi, ITA.....zero points

U.S. FINISHES

12. Julie Goskowicz, New Berlin, Wis.;
14. Karen Cashman, Quincey, Mass.;
16. Amy Peterson, Maplewood, Minn.;
- 21 (t) Erin Porter, Saratoga Springs, N.Y. and Erin Gleason, Jackson, N.J.;
23. Sara Lang, Arlington, Mass.;
26. Whitney McGill, Champaign, Ill.;
27. Hillary Mill, Evanston, Ill.;
- Sara Elliot, Oconomowoc, Wis.;
35. Terease Lease, Rocky River, Ohio.

MEN'S FINAL RANKING

1. Frederic Blackburn, CAN.....9 points
2. (t) Marc Gagnon, CAN and
Jonathan Gougoux, CAN.....8 points
4. Nicky Gooch, GRB.....7 points
5. Li Jialjun, CHN.....5 points



United States International Speedskating Association News

6. (t) Francois Drolet, CAN and Steven Bradbury, AUS.....3 points
8. Derrick Campbell, CAN.....1 point
9. (t) Bryoes Holback, Stephen Gough, CAN and Diego Cattani, ITA....zero points

U.S. FINISHES

16. Charles King, Studio City, Calif.; 21. Tom O'Hare, St. Louis; 22. John Coyle, W. Bloomfield, Mich.; 23. J. P. Shilling, Baltimore and Tony Goskowicz, New Berlin, Wis.; 35. Scott Koons, Cleveland; 42. Scott Simunjak, Elmhurst, Ill.; 45. (t) Andy Gabel, Northbrook, Ill, and Todd Porter, Saratoga Springs, N.Y. and Jeb Gorham, Saratoga Springs, N.Y.

3000 METERS

WOMEN

1. Yang, 5:45.11; 2. Canclini, 5:47.29; 3. Perrault, 5:49.28; 4. Boudrias, 5:49.40; 5. Xiang, 6:35.11; 6. Charest, 6:35.31.

MEN

1. Gooch, 5:14.36; 2. Gougoux, 5:14.72; 3. Bradbury, 5:15.02; 4. Drolet, 5:15.09; 5. Blackburn, 5:17.25.

1000 METERS

WOMEN

1. Canclini, 1:37.32; 2. Xiang, 1:37.47; 3. Yang, 1:37.51; 4. Boudrias, 1:38.75.

MEN

1. Gougoux, 1:32.25; 2. Gagnon, 1:32.38; 3. Drolet, 1:32.57; 4. Blackburn, 1:32.67.

RELAY

WOMEN

1. China, 4:27.60; 2. Canada, 4:31.26; 3. USA, 4:38.13; 4. Italy, 4:39.07.

MEN

1. Canada, 4:11.99; 2. Canada II, 4:12.19; 3. Great Britain, 4:21.34; 4. Australia, 4:34.61.

1500 METERS

WOMEN

1. Canclini, 2:39.90; 2. Charest, 2:40.32; 3. (Hell) Yang Yang, 2:40.37; 4. Lu, 2:40.67; 5. Sevigny, 2:40.87; 6. Cutrone, 2:44.61.

MEN

1. Blackburn, 2:21.59; 2. Gagnon, 2:21.61; 3. Gooch, 2:21.69; 4. Bradbury, 2:22.38; 5. Gough, 2:22.68; 6. Hollbeck, 2:24.63.

500 METERS

WOMEN

1. Wang Chun Li, 47.20; 2. Perreault, 47.54; 3. Boudrias, 47.54; 4. Charest, 47.55.

MEN

1. Li Jiajun, 44.40; 2. Blackburn, 44.45; 3. Gagnon, 44.48; 4. Campbell, 44.48.

INTERNATIONAL CHALLENGE CUP

Montreal, Canada, October 28-29, 1995

RESULTS

LADIES

3000m: 1. Yang Yang (Heil), CHN; 2. Zhang Dong Xiang, CHN; 3. Yang Yang (Jiling), CHN; 4. Christine Boudrias, CAN

1000m: 1. Canclini; 2. Yang Yang (Jiling); 3. Amy Peterson, USA; 4. Xiang.

1500m: 1. Yang Yang (Heil), CHN; 2. Canclini; 3. Christine Boudrias, CAN; 4. Peterson.

500m: 1. (t) Canclini and Perreault; 3. Yang Yang (Jiling).

3000m Relay: 1. Italy; 2. Canada; 3. USA (New American Record).

Final Ranking: 1. Canclini, 12 points; 2. Yang Yang (Heil), CHN, 10 points; 3. Yang Yang (Jiling), 7 points. Americans: 5. (t) Peterson and Christine Boudrias, CAN, 3 points; 11. Julie Goskowicz; 13. Karen Cashman; 16. (t) Erin Gleason; 20. Sarah Elliott; 22. Whitney McGill; 24 (t) Sarah Lang and Hillary Mills; 32. Therese Lease; 36. (t) Erin Porter.

MEN

3000m: 1. Nicky Gooch, GRB, 5:14.36; 2. Jonathan Gougoux, CAN, 5:14.72; 3. Steven Bradbury, AUS, 5:15.02; 4. Francois Drolet, CAN, 5:15.09.

1000m: 1. Frederic Blackburn, CAN; 2. Gougoux.

1500m: 1. Marc Gagnon, CAN; 2. Blackburn; 3. Bryce Holbeck, CAN; 4. Sylvain Gagnon, CAN.

500m: 1. M. Gagnon; 2. Derrick Campbell, CAN; 3. Holbeck

5000m Relay: 1. Canada, 7:02.47 *WORLD RECORD*; 2. Canada II; 3. USA (New American Record).

Final Ranking: 1. (t) Blackburn and M. Gagnon, 13 points; 3. Holbeck, 5 points; 4. Gougoux, 4 points; Americans: 9. Charles King; 17. Tony Goskowicz; 24. Tom O'Hare; 30. John Coyle; 31. Todd Porter; 33. J. P. Shilling; 38. Scott Simunjak; 42 (t) Andy Gabel and Jeb Gorham; 53. Scott Koons.

WANTED

The Speedskating Hall of Fame needs photographs of the following members: John S. Johnson, Everett McGowan, Morris Wood, John Nilssen, Harley Davidson, Lorraine Sabbe, Celeste Chlapaty, Harry Noah, and Henry Kemper. Contact Bob Vehe if you have any photos.



United States International Speedskating Association News

Editor's Note:

Following are portions of I.S.U. Communications No. 875 and 876 dealing with speedskating prize money. This glut of money is miniscule compared to what is being given to figure skating. Certainly it is understandable, because figure skating is the basis for the availability of the money, which comes from television, and the payments being made are to forestall the figure skaters from competing in unsanctioned meets (read this as "professional"). What this does for the development of the sport is questionable, but it surely creates an elite class and firmly recognizes that Long Track is the favored son in speedskating.

PRIZE MONEY

The I.S.U. at its meeting in Zurich on September 22-24, 1995, decided that prize money will be awarded for all the I.S.U. Championships during the 1995-96 as follows:

WORLD SPEED SKATING CHAMPIONSHIPS

Place	Ladies/Men		
1. US\$ 25,000	7. US\$ 4,000		
2. US\$ 15,000	8. US\$ 3,000		
3. US\$ 10,000	9. US\$ 2,500		
4. US\$ 8,000	10. US\$ 2,000		
5. US\$ 6,000	11. US\$ 1,500		
6. US\$ 5,000	12. US\$ 1,000	US\$ 83,000	
		<u>US\$ 83,000</u>	
		<u>US\$ 166,000</u>	

WORLD SPRINT SPEED SKATING CHAMPIONSHIPS

Place	Ladies/Men		
1. US\$ 15,000	7. US\$ 2,500		
2. US\$ 10,000	8. US\$ 2,000		
3. US\$ 5,000	9. US\$ 1,500		
4. US\$ 4,000	10. US\$ 1,500		
5. US\$ 3,500	11. US\$ 1,000		
6. US\$ 3,000	12. US\$ 1,000	US\$ 50,000	
		<u>US\$ 50,000</u>	
		<u>US\$ 100,000</u>	

WORLD SINGLE DISTANCE SPEED SKATING CHAMPIONSHIPS

Place	Ladies/Men (For Each Distance)		
1. US\$ 6,000	6. US\$ 1,000		
2. US\$ 4,000	7. US\$ 800		
3. US\$ 2,000	8. US\$ 600		
4. US\$ 1,500	9. US\$ 500		
5. US\$ 1,200	10. US\$ 500	US\$ 90,500	
		<u>US\$ 90,500</u>	
		<u>US\$ 181,000</u>	

EUROPEAN SPEED SKATING CHAMPIONSHIPS

Place	Ladies/Men		
1. US\$ 10,000	7. US\$ 1,200		
2. US\$ 5,000	8. US\$ 1,000		
3. US\$ 3,000	9. US\$ 800		
4. US\$ 2,500	10. US\$ 700		
5. US\$ 2,000	11. US\$ 600		
6. US\$ 1,500	12. US\$ 500	US\$ 28,000	
		<u>US\$ 28,000</u>	
		<u>US\$ 57,600</u>	

WORLD JUNIOR SPEED SKATING CHAMPIONSHIPS

Place	Ladies/Men		
1. US\$ 3,000	9. US\$ 500		
2. US\$ 2,000	10. US\$ 400		
3. US\$ 1,500	11. US\$ 300		
4. US\$ 1,000	12. US\$ 300		
5. US\$ 900	13. US\$ 200		
6. US\$ 800	14. US\$ 200		
7. US\$ 700	15. US\$ 200		
8. US\$ 600	16. US\$ 200	US\$ 12,800	
		<u>US\$ 12,800</u>	
		<u>US\$ 25,600</u>	

WORLD SHORT TRACK SPEED SKATING CHAMPIONSHIPS

Place	Ladies/Men		
1. US\$ 8,000	5. US\$ 800		
2. US\$ 4,000	6. US\$ 700		
3. US\$ 2,000	7. US\$ 600		
4. US\$ 1,000	8. US\$ 500	US\$ 17,600	
		YS\$ 17,600	
Relay (For Each Team)			
1. US\$ 5,000	3. US\$ 2,000		
2. US\$ 3,000	4. US\$ 1,000	US\$ 11,000	
		<u>US\$ 11,000</u>	
		<u>US\$ 57,200</u>	

WORLD SHORT TRACK SPEED SKATING TEAM CHAMPIONSHIPS

Place	Ladies/Men (For Each Team)		
1. US\$ 8,000			
2. US\$ 4,000			
3. US\$ 2,000			
		US\$ 14,000	
		<u>US\$ 14,000</u>	
		<u>US\$ 28,000</u>	



United States International Speedskating Association News

WORLD JUNIOR SHORT TRACK SPEED SKATING CHAMPIONSHIPS

Place	Ladies/Men	
1. US\$ 1,500	5. US\$ 700	
2. US\$ 1,200	6. US\$ 600	
3. US\$ 1,000	7. US\$ 500	
4. US\$ 800	8. US\$ 400	
		US\$ 6,700
		<u>US\$ 6,700</u>
		<u>US\$ 13,400</u>

The prize money replaced the gold coins.

The prize money must be paid to the skater by the respective I.S.U. Members.

The I.S.U. will make the money available to the organizing I.S.U. Members for distribution to the I.S.U. Members of the awarded positions immediately after the event.

The I.S.U. Member of skaters awarded prize money may retain a maximum of 10%.

Gross amounts are paid and all costs and taxes related to the amount transferred to the I.S.U. Members are under the control, responsibility and charges of the Members/Skaters.

The I.S.U. Member shall confirm in writing, on a special I.S.U. form, that the money has been made available for the skaters concerned. The form shall be signed by the President, the General Secretary, the skaters concerned and must be returned at the latest two months after the Championship to the I.S.U. Secretariat in Davos.

SPEED SKATING WORLD CUP

Ladies 500, 1000, 1500 and 3000/5000 meters
Men 500, 1000, 1500 and 5000/10,000 meters

Place	(For Each Distance)	
1. US\$ 15,000	7. US\$ 2,500	
2. US\$ 10,000	8. US\$ 2,000	
3. US\$ 5,000	9. US\$ 1,500	
4. US\$ 4,000	10. US\$ 1,500	
5. US\$ 3,500	11. US\$ 1,000	
6. US\$ 3,000	12. US\$ 1,000	
		US\$ 200,000
		<u>US\$ 200,000</u>
		<u>US\$ 400,000</u>

SPEEDSKATERS HAVE ADDED KICK TO TRAINING ROUTINE

Long Track skaters on the U.S. Speedskating team have added an extra kick to their training program this year.

Since July, skaters have been studying tae kwon do and tai chi at a Milwaukee area martial arts studio. Gerard Kemkers, coach of the allround team suggested the team explore the ancient Eastern arts and U.S. Program Director Nick Thometz agreed.

"I know how important visualization, breathing, balance and discipline are to any athlete," said Thometz. "I knew studying a martial art like tae kwon do would provide us with tools we could use."

Thometz said that Grand Master Jaekyu Lee has opened the doors to his Black Belt Academy in Brookfield, Wis. to the team.

"The whole team, all 24 skaters, started going once a week," said Thometz. "Mr. Lee is a real fan of speedskating and provided each team member with a scholarship. He offers classes all the time and our athletes are taking advantage of it."

Thometz said skaters' flexibility has improved through stretching exercises. Also, skaters have been introduced to the practice of deep, regulated breathing along with a new sense of discipline.

ATTENTION SKATERS:

NO LATE ENTRIES TO BE ACCEPTED

Effective February 15, 1995, the following resolution was approved by the USISA Board of Directors and PAB Members regarding late entries for ISISA events:

ST95-02: Entries for all USISA Events must be postmarked or received no later than 10 days prior to the first day of the competition, **NO EXCEPTIONS!!** Entry fees will be refunded upon request for any skater withdrawing from the competition with notification of at least 48 hours prior to the start of competition.

NOTE: All entry forms are available through your ASU association secretary.

"100 GOLDEN OLYMPIANS"

The "100 Golden Olympians" program developed by Xerox and the USOC to commemorate America's Olympic athletes through the 100 years of the modern Olympic Games announced the selection of 20 more members on December 7, 1995. The balance will be named prior to the Atlanta Games. As of December 7, speedskaters Sheila Young Ochowicz, Dan Jansen and Bonnie Blair have been selected.

MISSOURI SKATING ASSOCIATION

By Mary F. Chapin

The 1995-96 season is beginning and already our Clubs and Association are well into early ice time preparing for the early Short Track meets. It seems each year things begin earlier.

The Metros Club organized an hour of racing held between hockey games at "Pucks of Power", a hockey tournament held at our new Keil Center in

downtown St. Louis, where the NHL Blues play. The tournament was to benefit spinal cord injury research. We had a good turnout of our local skaters at all levels and everyone had fun as well as doing something for someone else. The DePew family from Champaign drove in for the event. Harlan Kwiatek led the organizing effort.

Tom O'Hare, our elite Short Tracker, participated in the International Challenge Cup event in Lake Placid in October as part of the U.S team. We were thrilled to learn that he finished 21st overall, which will gain him an international ranking. Over 50 skaters from five countries were in the meet. The only U.S. skater finishing higher was

Shirley Says...

- Entry forms for the National Short Track will be mailed about Feb. 1 to all association secretaries. Direct Members should call the National Office for their Entry Forms about that time. Do not delay because we have very strict deadlines for Entry Forms and the restrictions on quotas are different for Direct Members. Association quotas for the Nationals will be based on the number of registered skaters in an association by Feb. 1.

- Everyone is expected to know all the Racing Rules when they enter a National or North American Championship event. To paraphrase, "Ignorance of the rules is no excuse". Make sure you read and understand all the rules in the ASU Handbook. If you are a new member and don't have one, they are available by contacting the National Office.

- For those of you in new areas who may be considering entering the National Championships, we recommend that you compete in a big regional meet before the Nationals. You may feel that skating in meets in your area is sufficient but at regional meets you are more likely to meet up with National officials who will watch you closely. Better to learn your lessons there than at the Nationals. Being disqualified for rule infractions can be heartbreaking.

- **SPECIAL ALERT:** If you are an ASU official, you must be a registered member of the ASU to be eligible to work at a National or North American Championship meet. It's the law! The ASU dues are only \$20 and we need you!

- Did you know that anyone can submit items to The Racing Blade? It's your publication. It thrives on your contributions. Yes, it's the "official" speedskating publication in this country and, as such, must print some items that may not be of interest to you but that's true of all publications. The Racing Blade has received its share of accolades during the last few years but we are always trying to improve it. We wel-

come constructive criticism, controversial items, suggestions. All we require is that you sign your name. If you request anonymity in print, we will respect that.

- If you are not receiving your Racing Blade, there could be several reasons: your membership has lapsed; you moved and have not notified the National Office of your new address (remember, The Racing Blade is mailed by Bulk Rate so it is not forwarded unless you have paid the extra \$10 for 1st Class postage) or your address was not legible on your membership form so it was misread and is coming up WRONG on your mailing labels. Don't laugh, it's happening more and more.

- Everyone receives a subscription to The Racing Blade as part of their membership, regardless of the type of membership. However, although the membership forms clearly state that \$10 is required for 1st Class Racing Blade, it is possible that there may be first-year members who did not understand this and thought they had to pay the \$10 for a subscription. If you did, console yourself with this - your bonus is that you will receive your Racing Blade weeks earlier than most non-1st Class subscribers.

- By request of our members several years ago, we started sending only one Racing Blade to an address. If there is more than one person registered in your household and you want more than one copy, please notify the National Office in writing.

- **MARCH 1** is the deadline for getting proposals into the National Office for the 1996 Convention Agenda. Got a beef? Think a rule doesn't work anymore and should be changed? We're democratic. Our members make and change the rules. All you have to do is submit your proposal to your association for approval and it will submit it to the ASU. Then it's voted on by representatives of all the associations at the Convention.

Charles King who finished in 15th position. Good showing for the U.S. skaters in the inaugural event of the season. It was a happy day for the O'Hare and Boyer families.

Our Gateway Club started their workouts by distributing 4,000 fliers in the Kirkwood Schools inviting students to a "Try Speedskating" session. About 40 kids showed up and nine liked it well enough to sign up immediately. Gateway has this program annually and manages to recruit new skaters in this manner. Often the new kids end up bringing a friend back.

During halftime at the St. Louis Rams-Atlanta Falcons NFL Thursday night game on national TV, the Rams invited and honored all past Olympians from the St. Louis Metro area. Twenty six former Olympians going back to 1936 were present to be honored and of those, five were speedskaters. Our speedskating Olympians were Dan Carroll, Jim Chapin Jr, Dave Pavlacic, Nikki Ziegelmeier-Schuman and Brendan Eppert. Only Sonny Ruprecht didn't make it. Those present were on ten Olympic teams! The Olympians plus their spouses and parents were treated to on-field tickets, reserved parking and a buffet under the grandstand. Each Olympian was also sent a video copy of the halftime presentation.

Now "you all" remember you're comin' down south on March 15-17 to the National Short Track Championships meet. We can't guarantee you'll win but we'll sure try to show you a good time!



Northeast Skating Association

RACING BLADE REPORT

by Milt Weinstein

In August the skaters of the Bay State Speedskating Club were most fortunate to have enjoyed two of the most successful training camps in recent memory. The first was a weekend camp led by USISA regional development coach Patrick Wentland. Held on ice at the Skating Club of Boston and on the nearby athletic fields of Harvard University, the camp featured new drills, both on-ice and off-ice, including a number of exercises imported to Lake Placid from Korea by 1000 meter gold medalist Kim Ki-Hoon. Skaters of all ages rose to the challenge, and all were impressed by Patrick's ability to explain the purpose of each drill and to individualize the training for all athletic abilities.

The other camp was the fourth annual Watertown Camp, coached by Geert Kinthaert, Ed Lang, and Olympic silver medalist Eric Flaim. Eric led the workouts on two of the five days, including his famous dryland drills on the banks of the Charles at McMahon's Landing. (No, Attorney Jack did not have to wade into the water this year to retrieve the soccer ball, but the memory lives on.)

The ranks of Bay State have been depleted this year by the departure of many of our rising stars for training programs elsewhere. Sarah Lang is enrolled as a freshman at the University of Calgary and is training with the Canadian Short Track team. Dave Needham and Caroline Hallisey are in Lake Placid in Patrick Wentland's regional development program, and Joe DeAntonis has moved to Milwaukee to have a go at serious Longrack training. The progress of the skaters who have remained in town has been remarkable. Dan Weinstein and Chris Needham are flying with Marty Medina and coach Geert Kinthaert in the lead group at practice. Leading ladies Penelope Lang and Anna Karpovsky continue to impress. Juvenile Sean Haley and Midgets Nathan Bolton and Bobby Lino look awesome as they prepare for their first full seasons in competition, and young veterans Zoe Harris, Alison Cook, Luke Harris, and Alex Cook have all improved markedly. Now that he has mastered the art of falling at high speed, ex-goalie Brian Boudreau is learning technique and will be a factor in the Senior B's this season, as will Nick (just call me Sol) Beldecos.

On a more somber note, Bay Staters expressed their heartfelt condolences to Eric Flaim, whose father Enrico passed away in September. He must have been proud of his son.

Finally, NSA secretary-treasurer Jeff Harris has helped our association and the ASU enter the computer age. NSA's World Wide Web site is <http://web.mit.edu/jeffrey/speedskating>. (Use lowercase letters only.) The NSA site contains a complete, updated directory of all speedskating meets, including national and international events, as well as entry forms for many events. If you want your club's entry form posted, send a copy to Jeff at 52 Hedge Road, Brookline, MA 02146, or email him at jeffrey-mit.edu.



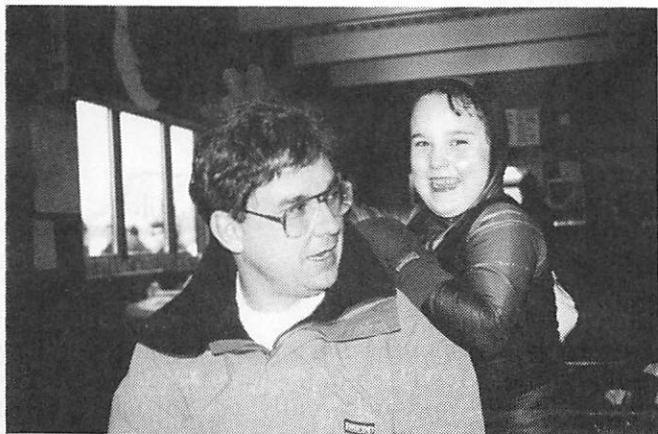
By
Brad
Goskowicz

This year we begin the Fall Season with a new logo for the Wisconsin Speedskating Association. Our thanks to Dan Fredricks of the Madison Speed Skating Club for his work on the design. Here are some of our other highlights:

Early season registrations have been strong this year, so we expect to continue the growth of the past few years to continue.

Thanks to Bill Scanlan and Elayne Riley the Badger Short Track Meet was reintroduced this year with a nice turnout in Madison.

The Great Lakes Short Track Championships welcomed the Elite Short Track Teams from Marquette and Lake Placid once again to the PNIC.



Catie Goskowicz, always somber before her race.

In addition, the WSA sponsored the Holiday Classic and Gold Cup Long Track Championships in November.

Preparations are under way for the Great Lakes Long Track and the National Long Track Championships in January. We are willing to guarantee good skating weather for both meets. We look forward to seeing you all here!



NORTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

By Cornelia Bagg

In midsummer of this year we at NCSA discovered that an outstanding new ice facility would be opening in Oakland in October. We put together a new club to take advantage of this opportunity - in just two months! Wanna know how we did it? Here's our

FORMULA FOR A NEW ICE CLUB

(Read on to see how YOU can get LOTS OF VOLUNTEERS!)

WORK TOGETHER

Because the majority of Oakland Ice Center speedskaters will also skate with our parent club, Golden Gate Speedskaters, we built our program to complement GGSS's program, not duplicate it. GGSS will hold races while OICS will put on the San Francisco area's first camp with a world class coach and recruit new members for both clubs. OICS's Saturday sessions will be physical conditioning sessions, while GGSS's Sunday sessions, will be technique sessions (theirs is the smaller ice surface). Both clubs are putting their loaner skates into an Association pool.

None of the three partners forming the club-Ron Gonsalves. Glenn Bowman nor I had done this before. We figured we'd better listen to what potential members wanted to see in the new club, and to other peoples' ideas on how to do things more effectively. Mary and Greg Wong, founders of the Golden Gate club were especially helpful as were NCSA President Ron Heemskerck and one of the founders of the Silicon Valley Short Circuits Club, Bob Payne.

USE WHAT YOU HAVE

Both clubs needed new skaters, and we wanted to continue the international ambiance that has always characterized GGSS. We decided to go after what we have most of in the San Francisco area - immigrants! We contacted the consulates of all the Northern European countries along with Korea and Japan. (We concentrated on Koreans because Short Track is their national sport.) This takes a lot of time as we soon found that letters didn't work - ya gotta go down and talk to people. We're just now locating the community centers, churches, grocery stores and newspapers of these ethnic groups. I found that the Oakland Korean Community Center had already run a story on the new rink, and wanted to write about us as a follow-on story. They directed me to a whole Korean shopping mall, just two miles from the rink. And the Korean Times in San Francisco was really anxious to run a story, especially after I handed them a photo of Kim Kee Hoon for it.

Meanwhile Ron Gonsalves was tackling the rest of the Korean community in San Francisco - sort of by accident. He took his VCR into a repair shop that just happened to be Korean. When the repairman saw Ron's Short Track World tape stuck in the VCR, he enrolled his three kids in our program.

When beginning a new enterprise, bring the problem-solving and organizational skills you use on your job. Last year I was involved with a really large project that was unusually successful. I analyzed what made it work. Instead of having a few people do all the work, as is the case on most projects, this huge effort was broken down into many small tasks and assigned to many people. It's sort of the "Stone Soup" approach, and we got 25 volunteers from GGSS to build OICS by using it! Ask people to do things for you, but ask them like this:

1) Show them that the task is a small one. People usually assume that you're asking them to do more work than you actually are, unless you explain it to them. ("You mean, all you're asking me to do is to get the address of the Dutch community newspaper? Sure, I can do that!")

2) Tell them why you've chosen to ask them to do the job. Most people are really good at something - figure out what it is and go after that skill! How can they turn you down if you say something like, "Greg, can you coach two sessions? Although you don't coach regularly, you're good at it - and you make a really positive impression on the teens! Here's the season schedule - what dates are conve-

nient for you?" You also recognize past achievements with this approach.

3) Make it easy for them to do their assignments (like asking the coach above what dates are convenient for him?).

4) Recognize your volunteers. We typed up a list of the 25 people with a few words about what each had done or volunteered to do in the future and passed it around at the weekly ice session.

5) Personally thank them and tell them what a great job they've done! The most logical place to do this is just before or after your ice sessions. This creates a really positive atmosphere.

MAKE A POSITIVE ATTITUDE YOUR HALLMARK

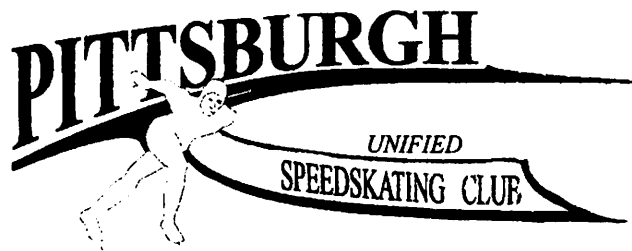
When things weren't going well (like when the new rink told me they required a \$1000 deposit, we had to take 1.5 hours each week when all we could afford was 1.25, and the only ice time available was in the middle of the night.), I remembered the head of our division at my job. I wish you could all see this amazing lady in action! When faced with seemingly impossible tasks, it doesn't even occur to her that it can't be done. She's often heard to say "How can we make this work? How can we get around this problem? What can we do to make this easier?" She rallies people and gets them thinking and working as a team. I think she could negotiate just about anything! We eventually got the rink down to a \$100 deposit, 1.25 hours of ice time and a Saturday morning time (they moved hockey for us.), by doing what this lady did - by making a positive attitude our hallmark.

In any new venture there's going to be some people who give you a bad time. Analyze their motives. Are they afraid you'll siphon members away from their club. Describe to them how you're recruiting new members for both clubs. Have you given them too large a job to do? Reduce the size of the task or get them some help. Do you have a chronic complainer? Ask him to come up with suggestions for resolving the problems he's identified. Are you being blamed for creating discord when it's actually someone else who is doing it? Always be positive and in control, and eventually everyone will figure out who's who. Perhaps someone vocalizes criticism of you because he's jealous of your success. Take it as a compliment. If he's that upset, you must be doing an awfully good job. OK, you get the idea.... always make a positive attitude your hallmark.

Good luck on your next skating enterprise!

*A Winner goes through a problem;
a loser goes around it,
and never gets past it.*

THE GREATER



By Bob Halden

The past few months have been exciting and have brought significant changes to our club. Several club members met informally on Saturday mornings this summer to practice on in-lines. This has resulted in several new memberships. We were also able to arrange for some drop in practices on the ice during the summer which we used to drill on fundamentals. We hosted a mini camp on the weekend of September 9 and 10. USISA provided the services of Mike Crowe to coach the camp. Twenty five skaters took part in the weekend activities and all came away with fresh enthusiasm for the new season. Ice time for the camp was at the Neville Ice Arena which has become the new home for the club. This rink offers a better location for most of our members than our former home, has better ice and, best of all, the management has been eager to have speed skating at their facility.

Two of our members, Steve Radney and Denise Soutanian, both students at Carnegie Mellon University, have been working hard to obtain support for the club. They have prepared and submitted a formal proposal to the university to sponsor memberships for university students which has been accepted.

Probably our most ambitious project for this season is to host, together with the Maryland Speedskating Association, a new meet, the SUSQUEHANNA CHALLENGE, on the Short Track schedule. This meet will be held in Harrisburg, Pennsylvania on the weekend of February 3 and 4, 1996. Harrisburg is centrally located within a few hours drive of the Eastern Associations and several Midwestern Associations. We are sure that a lot of skaters will be ready to return to Short Track competition by early February and we are looking forward to a good turn out. Elsewhere in this issue of The Racing Blade you will find more information about the meet. Mark your calendar and plan to attend. Additional details will follow in mailings to all associations. This meet will feature races for adult novice skaters, a Masters "B" class and Special Needs events as an addition to the usual ASU divisions. There will be something for everyone and we hope that a lot of people that do not usually travel to meets will find a reason to do so for this one.



Lane Speedskating Club

by Barbara F. Kull, Secretary

Tonight when I returned from an unsuccessful four days of hunting, I found a message on my recorder from our friend Doc Savage. I wish to thank Doc for the reminders to get in gear with my articles to THE RACING BLADE. I haven't written an article since last spring. I left off enroute to the Grand Canyon backpacking trip. I remind you of this, because I had the best hiking experience ever, because of the skating I was able to do in Milwaukee, the week prior to the hike. My legs were the strongest they have ever been in the eight years I've done the GC hike.

I managed to go from peak conditioning to zero conditioning by the end of the summer. There is a physics principle: an object in motion stays in motion, and object at rest gets fat . . . something like that). Brent Bundy arrived on the scene to inspire our group back into action. We were fortunate to have Brent come to Eugene for the weekend of September 9th to do an *intense* and FUN training camp. It would be a dream come true, for our group if Brent and his bride could relocate to Eugene permanently! We learned so much in those two days! There was one day of dry land training and three hours on the ice the very next day. Following our races last spring, we had an introduction to his coaching talents. Brent has a gift, in his ability to impart information and inspire! I would like to share, that I, being the oldest participant in the clinic, had lingering reminders of all that I learned that weekend, for many, many, days. I would understand why they sell railings for bathrooms. It doesn't pay to take vacations from fitness!

In other news, our fair grounds manager has resigned and returned to California. We are now awaiting the appointment of a new manager. It remains to be seen what other changes are in store for us in regards to the future of ice in Lane County. A semi-pro(?) seed hockey team has come to LCI, the Snow Cats. This also is bringing about changes. Our pads were relocated up a flight of stairs from the former same level, storage unit. Now we get to lift pads up a flight of stairs. I call this *the upper-body workout*. This isn't something we can let our pad meister Fred do for very long without some clever idea to make this an easier task. Again, time will tell what is in store for us next.

Bill McConochie has hung his skates up, hopefully this is only temporary. He resigned from the position of club

president and we haven't seen him much this fall. Bill did involve himself with us, during our most recent races as the race MC. He will be spending more time with his family this year. I believe he is frequently out of town for his work.

We have been operating without a designated club president this year. Everybody has been something at one time or another. There aren't any adults left who haven't held a position. John Downen and his wife Patti have done untold amounts of labor for this club. John has been negotiating with the arena for ice time, arranging the clinic earlier this fall with Brent, coaching the youth, putting the dots in the ice, putting together the Pacific Northwest Open, purchasing the awards. . . THANK YOU JOHN and PAT!!!

Sherry Farmer is another gift to LSSC! Sherry and Nya drive to Eugene from Portland, 2.5 hours one way, every Sunday. Often times, bringing with them new potential for the sport. Sherry had a big part in the arrangements for Brent coming to Eugene. Since we no longer have Steve Lader as a skater, or a club coach, Sherry has taken on the duty, and has done a tremendous job with it. THANK YOU, SHERRY!

Our club membership is down this year. I can't figure out how we are making the ice time. It is told to me that we are caught up . . . this must be like the Bible story with the fish and the loaves of bread. I guess we shouldn't question miracles.

The Pacific Northwest Open, held on Saturday, October 14, 1995, was a success. We had 30 competitors. The majority of skaters were from Washington, California and from Portland, Oregon. We had the fewest number of skaters ever from our own group. Thank you to all who attended! There were many new faces and many familiar faces. Unfortunately, our ice was a disappointment. The rink had a non-functioning hot-water tank. The ice was the worst it has ever been. It was soft. It has since been repaired and I am happy to report that we have the quality ice we are accustomed to.

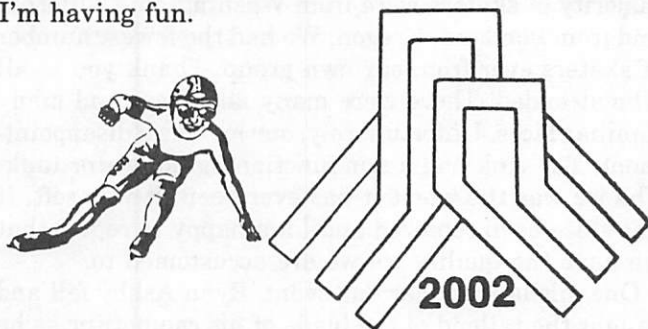
One mishap did mar our event. Ryan Ashby fell and caught the tailend of the blade of his competitor as he went down. It took several minutes for the direct pressure to slow the bleeding long enough for us to establish how badly he was injured. He required 12 stitches to close the gash next to his left nostril above his lip. Ryan returned from the hospital in time to find just a few pieces of pizza remaining, from the post race 10 large pizzas. By the next Sunday, the wound was well healed, with barely a trace of a scar. The only way to prevent that type of injury would have been to wear a full-face hockey helmet.

There are a few of us who are able to attend the adult drop-in ice time on Mondays, Wednesday and Fridays. The figure skaters are getting used to us by now. There are five of us speedskating adults out there at least two times per week. I am thrilled at this opportunity to be on the ice more often. There is one and $\frac{3}{4}$ hour available to us. It is not possible to "speed skate," but there is opportunity to work on technique, getting low, etc. I am

grateful for this, I have a lot of catching up to do.

Just a few more things to share. I am pleased to say that my stepson Colin is enjoying his first year on speedskates. His dad was hoping he'd go for hockey, but . . . Sam Stanley, our treasurer's daughter, is also a new speedskater to our group. Now if we could only get Ron a new pair of skates and get him back on the ice. Elmars is sharing his expertise with a new adult skater, Henry. Henry is new to Eugene, recently he was living on an island in the South Pacific...they don't have ice there. Henry had some in-line experience. We first met Henry at our clinic with Brent. Henry has progressed rapidly in just a short time. We have Dave Schuman to thank for introducing Henry to us.

In my vacation travels this summer, I made it back to my home state of New York. We travelled to the Adirondacks. There we visited Lake Placid for our first time. Colin ran around the 400 meter track and we looked for speedskating memorabilia. My folks live about 15 minutes away from Cathy Turner. I think that is pretty special. That is all that I have for you at this time. I took a break from several obligations this summer. I needed to take care of myself in that way. I feel a renewed enthusiasm now. I think Doc Savage wonders if I fell off the face of the earth. . . I'm still alive and well. Elmars is trying to get a trip organized to go to Salt Lake in February. What is the status on the enclosure progress? We are close enough to drive to Salt Lake, YES. Hello to all, from the *world's slowest speedskater*, but I'm having fun.



NORTHERN UTAH SPEEDSKATING CLUB

By Jay R. Glad



Silver Derby Skaters 1995

The Northern Utah Speedskating Club had a very exciting race on Nov. 4, 1995, at the Ice Sheet in Ogden, UT. It was called the Fourth Annual Silver Derby Speedskating Race.

Several skaters came to the meet from California including Tony Hwang of Downey and James Mays of Compton.

The Grand Masters had a "real hot" race, which was won by Jim Minami of Hayward, CA. He is the 1995 North American Short Track Champion. Patrick Cunningham of Butte, MT, took second and Bob Nelson of Whittier, CA, took third place.

The Senior Women had a terrific skater, Barbara Beth of Oakland, CA. John Diemont of Richmond, CA, won the Senior Men's Division. He did a 500 meter in 50.69 seconds.



Left: Byron Millor, Center: L. B. Cannon, Right: Travis Anderson

We also had two very good Utah skaters in the Junior Division, Byron Miller and L.B. Cannon, who tied for first place. It was a very good and exciting race!

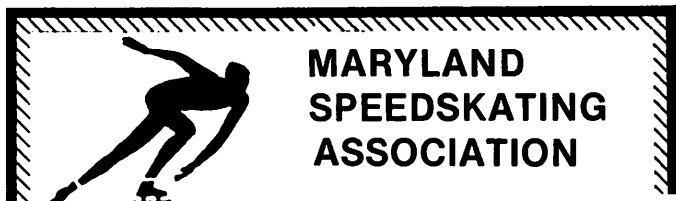
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Joan K. Clark

February 3-4, 1996 the Maryland Speedskating Association and the Western New York Association are combining efforts to put on an open meet at the new Twin Ponds Rink in Harrisburg, PA., "The Susquehanna Challenge". We're working hard to make this meet fun for everyone, with special needs races, team relays, divisions for adult and kids novices, and a full series of events for advanced skaters. This meet, hosted by the Twin Ponds Speedskating Club, does not appear on the schedule of races produced by the ASU, as this is the same weekend as the North American Long-Track Championships. However, the meet was approved and sanctioned by the ASU. Association and club secretaries will be getting more information soon, and entry blanks will follow. We hope you will come skate with us!

Off-season? What off-season? We've had continuous activities that carried us throughout the summer and has pushed its way into the skating season. For many, the skating season didn't end--each club had summer ice in Baltimore MD, Frederick MD, Harrisburg PA, and in Mt. Vernon, VA.

On June 24 and 25, Don Kangas and Marjorie Amelotti conducted an ASU Coaches Seminar in Baltimore. Twelve members of the Association attended this seminar as the first step toward Silver Level coaching certification by ACEP and ASU. Many thanks to Don and Marjorie for taking their time to do this, and thanks ASU for helping to sponsor. All skaters and families were invited to a picnic at Judy and David Kennedy's house.

We had to divide our forces since, on the same weekend as the Coaches Seminar, there was a Sport and Fitness Show at the U.S. Air Arena in Washington, D.C. Chris Connery organized a squad of youngsters and adults to demonstrate speedskating techniques. Although the event was disappointing in terms of audience attendance, MSA performed with gusto! They followed with a swim party, and then joined us at the Kennedy's picnic. And you should see the new exhibition booth donated by Frederick's VP Dave Ballog. Dave Ballog and Claude Bauer made this a professional quality booth with exciting videos, donated artwork, trophies, and speedskating memorabilia to make a colorful, attractive display. This booth also spent six days at the Frederick County Fair in September.

Four kids took part in a week-long speedskating camp at the Lake Placid OTC in July. Attending were Jonathan Ballog, David Carrey-Beaver, Alice Choi, Ben Kennedy and his dad, David Kennedy who was a chaperone/assistant coach.

On August 26-27, Pat Wentland, USISA Coach at the OTC in Lake Placid, worked with approximately 30 skaters from all MSA clubs, including several skaters from New York and Philadelphia. No one looks forward to August in Baltimore, but the weather was unbelievably cool, which even made the dryland training more fun. Pat did a great job, and we all learned a lot, both off and on the ice! Joan and Lloyd Clark hosted a pot-luck dinner and everybody got in the mood for the "real" skating season. Thanks to Pat, Lynn, and USISA for their generous assistance.

We had so much fun at various speedskating camps this summer that the MSA decided to have one of our own next year in Frederick. Plans have been finalized for a 6-day, multi-level camp for all ages, with families encouraged to attend. Dates are July 28 through August 2, 1996. This will be an ASU-sponsored regional camp. Many thanks to Dave Ballog for all the work he's put into this program, and to David Kennedy for carrying on the work. David has volunteered to be Regional Camp Coordinator for the ASU.

At the Eastern States Short Track meet in Saratoga Springs, Maryland entered 27 skaters. This meet is one of the closest for our skaters (only 6 hours) and traditionally is the kick-off for us. Ask us sometime about our sweep of the novice races! All skaters worked hard, and nonskaters volunteered to assist with off-ice activities.

So where did the summer go? Why, planning for the next season and beyond, of course!



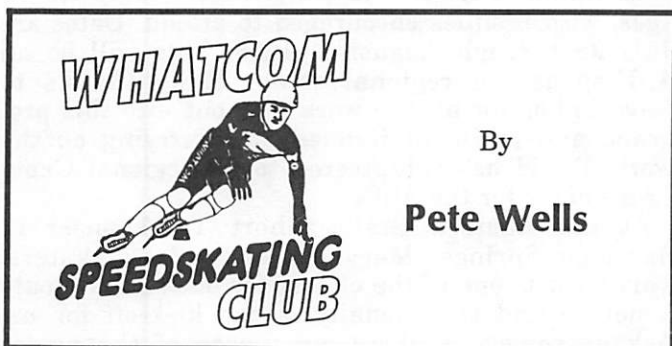
by Al Menghi

Here in Connecticut, we sometimes do things backwards. Last year, we started an Association before we had a club. This year we signed an ice contract at a new rink (in Norwich) with only a handful of skaters committed. This program will start in late November. There are only a few skaters from this corner of the state, which has never had a speedskating program. Out of financial necessity, fundraising and promotion of this program are a top priority. There has been a little panic, but everything is starting to come together nicely. Desperation has spawned creativity, and we have some interesting promotion ideas that seem to be working. We anticipate sharing our experiences in a feature story or two, but right now we don't have time! In fact, this column is being put together hours before the deadline. (Sorry Bob)

Back in the middle of the state, our skaters are getting settled in to their fall routine at the Tri-Town rink. Our switch to evening ice time (from last year's 6:00am) makes it easier for our younger skaters. but unfortunately we lost a couple of

skaters due to the schedule conflicts it created. On the plus side, Ken Johnson, an in-line skater who found us last year, can skate with us this winter. Thirty-six year old Ken is an incredible athlete. not to mention all-around nice guy. He has competed and won some sort of trophy in a sport every year since 1974. He has won awards in basketball, bowling, track, cross-country, road racing, roller and in-line skating, and martial arts. This year he will compete in speedskating for the first time. and most probably will add to his collection.

Coaches Al and Dave are getting our skaters in shape for the upcoming season. Our new skaters are anxiously awaiting their first "go to the start" command. See you at the meets!



As October draws to a close, the Whatcom Speedskating Club has been enjoying a little over a month of ice time, with some new faces beginning to appear. At the last couple of practices, some folks from the local bike racing club have decided to try our sport and are finding it an exciting challenge. These people assimilate technique so well, that their quick learning has really been an ego trip for their coaches. We are currently 10% ahead of membership at this time last year but we could sure stand to see a few more new faces out on the ice soon, as our ice time fees are up a bit this year.

Our club now finds itself part of the future Northwest Association along with the Eugene Club, the Tacoma Club, and the newly formed Next Generation Club, also of Tacoma. We are going to have our first Pacific Northwest Championships this year to be held down in Eugene just before the Nationals.

And speaking of meets, WSC just attended its first meet of the season this past weekend up in Kitsalano, B.C. The meet was a big success for our skaters, with Mark and Tim Johnston, Jamie Ernst, Hypatia Cockerham and Jason Coombs all scoring personal bests. Coach Bruce Guthrie also put in a good showing and always leaves you wondering how fast he could be if he practiced. And Pete Wells skated his first meet as an A skater and found it quite a challenge. This is just the first of four straight weekends of meets with next weekend being down in Tacoma, that followed by the meet hosted by our sister club up in Aldergrove, B. C. and then the last weekend we go way up into the great white north to Prince George, B.C. This is supposed to be the best meet of the year for the B. C.

skaters with a lot of skaters coming in from Calgary and other training centers.

WSC, not hosting a meet of its own at this point, is going to help the Aldergrove club put on its meet. This will also be a nice thank you for the use of their old mats that they were so generous to loan us. Our association with the Aldergrove Club is an important one to us, as this could well be our only ice available to us next year. As I mentioned in the last issue, the arena where we skate is going to close at the end of March. An investors group effort headed by a local concern called Whitewater Engineering is putting together a proposal to build a new facility. They are hoping to have it ready for us by next season but things are looking quite uncertain at this point. Aldergrove skaters will have a new arena by next season and will possibly be increasing to three practices a week instead of just Saturday, which is a practice a lot of us attend already. So if our arena doesn't happen next season, we'll be looking at Aldergrove for our practices.

In the meantime, we are looking ahead to what is already a great season and I hope yours is going well too. Until the next issue, go fast and turn left.



By Larry A. Clever

Northern New York enjoyed one of its finest meetings on October 1, wrapping up a lengthy agenda in record time. Thank you, President Gary Talbot. Among the items considered was the issue of late registrations for meets, a perennial problem in establishing heats and starting racing on schedule. Following a committee report by Joel Williams, it was decided to charge a \$10.00 late entry fee for each late registration effective this season.

Each club has begun its skating season along with some tense moments. The new Speed Skaters of Troy discovered that its home rink had not set aside time for them. On short notice, the club booked time at a rink in Clifton Park, enabling them to continue their program begun only last Spring. Congratulations to President Steve Segor and all of the SST members for such a great start!

The Syracuse Speedskating Club will skate at its Sunnycrest Rink only in November and then will have time there and the Burnet Rink throughout the end of the season. Until this year, the City of Syracuse had provided ice time without charge to the club. Under the leadership of President Gretchen Burns, a fee structure has been developed for skaters to pay for ice time, and the transition is proceeding smoothly. Gretchen is carrying on the fine family tradition of service to the sport, adding to her previous commitment as youth coach for the club and President, along with First Vice President, Racing Committee Chair and Hall of Fame Chair for Northern New York. She

proves the maxim that, if you want something done, you give it to a busy person.

The spirit of the Pittsfield Parks Club is probably no better exemplified than by Arthur E. Ruff, Master Men skater and graduate of an excellent Western Pennsylvania school, Grove City College, where he and I were roommates our freshman year. Arthur is doing great after a serious illness about a year ago, and has had the older members of the club on-the-run doing in-line skating this past summer. He composed and distributed the following to his friends recently:

It is only natural that the Egyptian Deity of Fertility, ISIS, could also be the Goddess of Skating, when one considers that the first letters of "Ice Skating, In-line Skating" form her name. In her honor I have composed the following poem:

Goddess ISIS
 Be so nice as
 To guide my blades
 across the ices.
 'Twould be sweet
 To race 'Elite',
 So spin my wheels
 upon the street.

Arthur E. Ruff

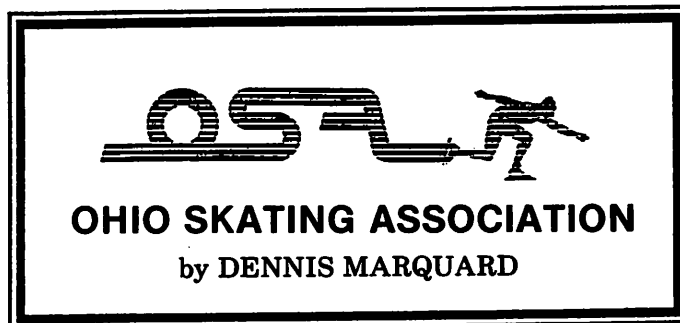
The Miller family of the Adirondack Speedskating Club continues its dedicated support of the sport as this season begins. Frank, Tom, and Mike are not only active in the club, but in the many ASU, USISA and Eastern Scheduling Committee meets held in that beautiful and busy resort. This season began with all three of them working on the USISA International Short Track Competition held October 21-22. Tom coaches the Adirondack Club and has recruited yet another new crop of beginning speedskaters. This is no mean feat in the small village of Lake Placid, which has so many winter sports opportunities for its residents.

The Capitol District Speedskating Club's master skate maker, President and Coach Paul Marchese stayed in training with in-lines this summer and is looking powerful on the ice. The club has a good mix of competitive and recreational skaters.

The Green Mountain Club under the leadership of its new president Beth Ann Lynch is off to a good start. Note that Green Mountain's Joe Franz, the 25K overall and Senior Men A Champion in the 50K at the National Marathon this past season distinguished himself in in-line competitions this summer and will bring that conditioning and power back to the ice.

The Saratoga Winter Club, ably led by President Joel Williams, is primarily skating on "the fastest ice in the country" at the Weibel Avenue Rink, with occasional sessions at the old Excelsior Avenue pole barn facility. With the popularity of all ice sports in the area, the City of Saratoga Springs is close to a decision to close the old facility and build a second rink at Weibel Avenue. Fourteen new skaters have joined the club and Novice Coach Will Hallanan, in his second year on the coaching staff, is providing a great pro-

gram for the newcomers. The Saratoga skaters were in fine form for the Eastern States Short Track Championships held in Saratoga Springs on November 4-5 due to the year round program of Head Coach Pat Maxwell and Coach Casey Wager along with the support of Skating VP Mike Richards. The Saratoga Winter Club looks forward to hosting the U.S. Speedskating Championships in 1996 and the National Short Track Championships in 1998.



The OSA had head coach Jeroen Otter come to Cleveland on September 16-17 through USISA's development camp program. Twenty one skaters and three coaches participated in the program. Jeroen met with the parents on Friday evening and discussed what he hoped to accomplish over the next two days. Dryland started Saturday morning under beautiful, sunny skies. Jeroen had the skaters do some drills that they could carry out on their own in the future to measure their performances and improvement. Lunch at Katie and Denny's house was then followed by more dryland and work with the stretch cord. We had two hours of ice later in the day. Jeroen worked on technique, technique, technique. He felt this was very important and by the Sunday morning ice time he was impressed by how much the skaters had improved. A special thanks to Jeroen and USISA for providing us the opportunity to have this program. Jeroen was also able to go to the Rock-N-Roll Hall of Fame, which opened September 1. Joe and Sheila Balbo accompanied Jeroen to the Hall, as his hosts.

The OSA clubs are in full swing and we are excited about our skaters prospects for this year. Scott Koons and Therese Lease competed in the two World Ranking meets held in Lake Placid and Montreal in late October. Scott, skating on the B Relay Team with Todd Porter, Tom O'Hare and Tony Goskowicz, just missed (by .12) setting a new American record in this event. Congratulations to Scott and the rest of the team.

The OSA is in the process of selling Human-i-Tees T-shirts and World's Finest candy. The skaters who sell the merchandise receive the profit which goes into the skater's training fund account, which can be used for skating expenses. For those who want to participate in the program it can be very rewarding. New this year to the OSA will be a garage sale that is set for early spring. The sale is part of an organized street sale which is guaranteed to bring in big volumes of traffic, we hope it also will be profitable. Joanne Uhlik is the sponsor.

The Elyria Club is off and running thanks to the efforts of Bob Reppenhagen. Bob hopes that he will be able to build on his list of members and show the residents of Elyria that there is an alternative to hockey.

We will once again be participating in the Postal Competition with the Saratoga Winter Club. This competition involved the athletes skating a specified number of laps (4,6 or 8 laps) once a month and comparing times to their previous times or those of skaters in the other club. Each athlete's age and division is noted so skaters can see how they compare to their competitors. It gives the skaters something to look forward to each month while striving for improvement. Larry Clever, from Saratoga Springs, has volunteered to coordinate the program this year. He will be contacting various clubs to see if they are interested in joining in the fun. If there are any other clubs looking for more "meets" where you do not have to travel and are interested in this program please contact me at (216)899-9577 or Larry Clever at (518)587-8055.

Happy holidays to everyone, best of luck at the rink!



MICHIGAN SPEEDSKATING ASSOCIATION

I'll trade you one mint, Wayne Gretzky rookie card for a Samantha Frawley card. How about a Mickey Mantle for a dozen John Camilli cards?

Here is what one of our Michigan Clubs is doing to bring some added interest to this years speedskating season. The Midland Speedskating Club has come up with the idea of speedskating trading cards. The cards feature members of each club with their picture, height, weight division, et cetera on the back. Members trade them and collect them. The club is trying this new idea for members to have some off-ice fun and keep everyone thinking about skating when they aren't practicing. They are great to have at meets and make a super publicity item at school or work. The club had the pictures taken by a sports photographer. Each of the 30 members received ten trading cards and a team picture for a cost of \$23. The prices may vary in your part of the country. This is something your club might look into and we could swap cards across the country.

In other Michigan Association news, we have added another two-day regional meet to the race schedule that some of you hard-core Short Track skaters will want to attend. On February 3 and 4, our Wolverine Sports Club will host a major competition in its new Olympic size arena in Detroit. This will be an international meet since Detroit is on the border of Canada and we hope to attract many of our friends from the North. We are

working with the USOEC in Marquette to bring their team down. We hope to have a special elite division of 16 men and 16 women compete in a trial format. In addition to that division, we are also running the standard series of races for Class A skaters from across the region. More details in the next issue of The Racing Blade.

TRAVEL AGENCY

The Amateur Speedskating Union of the United States in 1994 selected the AAA Travel Agency as its official agency to serve the travel needs of all members and friends.

The AAA Travel office is located in St. Louis, Missouri, and will handle calls from all areas of the United States on its toll-free 800 number. Tickets will be delivered by mail, two day UPS or Federal Express depending on when the tickets are needed.

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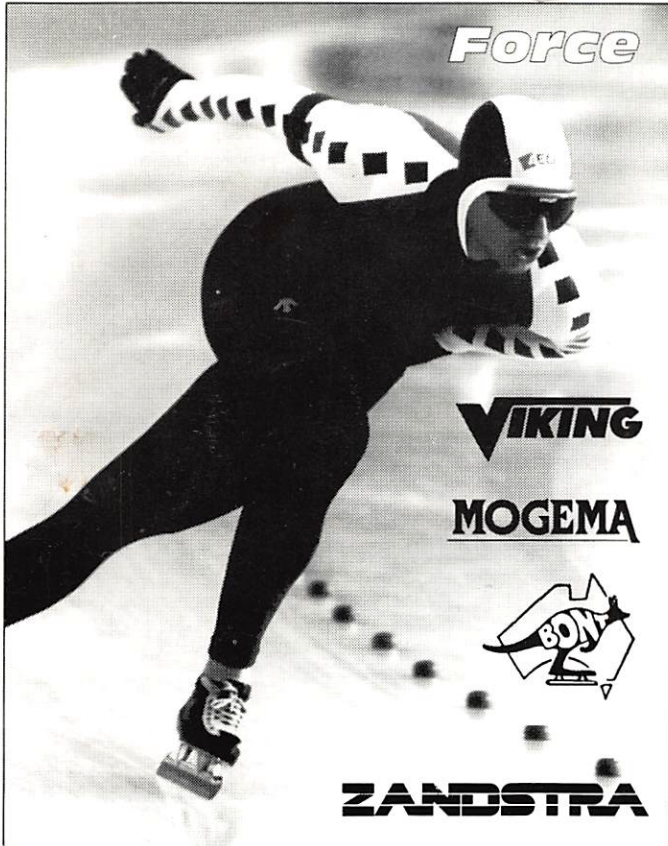
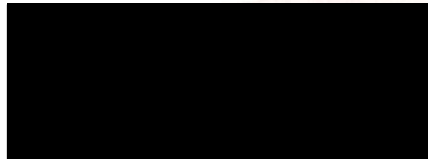
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