

# The Racing Blade®

VOLUME XXX  
NUMBER 4

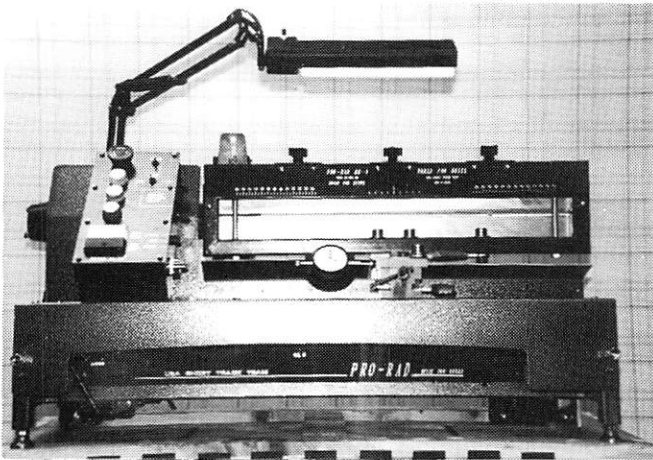


APRIL, 1997

Blue Mesa Reservoir

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

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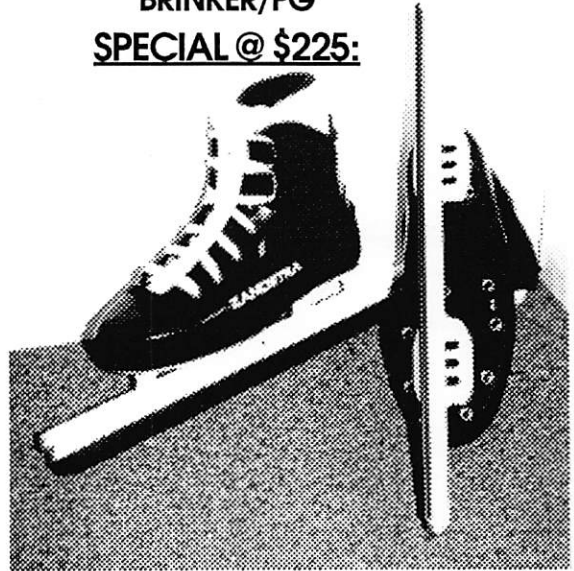
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VOLUME XXX

ISSUE No. 4

APRIL, 1997

# The Racing Blade®

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*Cruising along on five miles of solid ice  
and discovering fascinating ice formations*

## Speedskating on the Blue Mesa Reservoir, Gunnison, Colorado

By Barbara Haas

Just when my husband and I begin to wonder why we live in one of the coldest spots in the nation, Blue Mesa Reservoir starts to freeze over. Around Thanksgiving a piece as big as five to seven football fields forms in the Gunnison River Canyon and is enough to remind us of how much we like to skate. By Christmas, we have the real thing – five or more miles long.

We moved to Gunnison, on the western slope of the Rockies, to ski, but skating is smoother and effortless in comparison, not as restrictive time wise as skiing, and involves much less cumbersome equipment. Since joining ASU last year, we've wanted to tell you a bit about our wild and woolly lake-skating here at 7,700 feet.

Each year our excursions on ice show us something new that turns into a landmark. A duck beneath the ice becomes Duck Cliffs. A deer frozen seemingly in midstroke and half out of the water becomes Deer Point. Plates of table-sized ice exploding from a fracture become Shark Fin Crack.

Our favorite stories include skating on moving plates or on plates covered with water, creating mazes of ovals when it snows, watching a coyote take down a deer, seeing eagle-wing and coyote prints in the snow near rabbit parts, exploring new side canyons, and crossing pressure fractures. Consider the varieties of ice: eyeball, gray, green, shoreline, bubbly, pockmarked, black-board. Chandelier ice sounds like breaking glass as you glide over and off it quickly. Fresh ice covered with feathery hoarfrost treats the eye to thousands of rainbows within the ice crystals. The whale-like sounds of the expanding, dynamic ice are a stark contrast to the monotone white winter environment.

We try to convey our feelings about these experiences in a way that



*Tom Pulaski passing the Dillon Pinnacles*

spurs growth in our "club" membership. But they cannot be contained in pictures or captured in words. Most people just shake their heads in disbelief. So the bonds of our group become stronger in the love of the ice and the sport upon it. It's like sharing those childhood forts – with meeting places and secret passageways, magical pacts, and heartfelt friendship.

Last year my husband's ski and bike shop, The TuneUp, sponsored a clinic held by our friend, Speedskating Hall of Famer and indoor record-holder Jim Campbell. About 35 people turned out. Jim demonstrated many of the techniques that we were missing, but he kept wanting to put up oval markers.

"You're all so undisciplined!" he said. "You need to know where you're going."

But we were too accustomed to the freedom. We had already spent our formative years on expansive ice – going upwind to catch the downwind shoreline, doing loops marked by rock islands and fractures, skating sections of



*Jim Campbell checking skates for Rich Smith*

multi-colored plates, and watching for natural wonders. How could we stay on one oval when there were hundreds to choose from? Jim's suggestion fell



## The Racing Blade®

Is published by the Amateur Speedskating Union of the United States five times per year, and is printed and mailed at Wyandotte, Michigan as third-class mail.

Publisher—Roy Helminski, 2504 Seventeenth Street, Wyandotte, Michigan 48192 (313) 284-1124.

Subscriptions are free of charge to all registered members of the ASU. Subscriptions are \$15.00 per year for non-members in the U.S. Subscriptions to Canada, Central or So. America are \$20.00 per year and \$25.00 per year to Europe, Asia and Australia. All payments in U.S. funds.

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

Letters to the Editor, articles of interest, and features about an Association's officials or skaters should be sent to the Editor, Robert R. Vehe, 404 Hilusi Avenue, Mt. Prospect, Illinois 60056. (847) 253-4191, FAX (847) 253-4195. Unsigned letters and manuscripts cannot be accepted.

Further information about speedskating, becoming a member of the Amateur Speedskating Union, or establishing local organizations can be obtained from the ASU National Office, Shirley A. Yates, Executive Secretary, 1033 Shady Lane, Glen Ellyn, Illinois 60137, Phone (630) 790-3230, FAX (630) 790-3235. The ASU is a non-profit, charitable organization. Donations are tax-deductible.

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<http://web.mit.edu/jeffrey/speedskating/asu.html>

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Requests for advertising information should be addressed to the Advertising Director, Chuck Kazmierski, 2331 Old Pine Trail, Midland, Michigan 48642, (517) 631-3357.

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Advertising space is available at the following rates (per issue) in U.S. funds:

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| Flea Market Ad          |          |
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## Our Twenty-Seventh Cover

By Bob Vehe

If only you could see the cool shades of blue in the original snapshot, you would feel the strength of the ice and the rocks that have been named "Duck Cliffs" by Barbara and Chris Haas of Gunninson, Colorado, who have provided the story on Speedskating on Blue Mesa Reservoir.

Barbara's description of the variegated shapes and colors of the ice along with the sounds of the ice and the tracks of the wildlife paints a joyous winter experience.

With ice forming as early as Thanksgiving and a five mile canyon frozen deep by Christmas, I could turn green with envy, since northern Illinois hasn't had any decent ice in many years.

What a place to have a marathon race instead of grooving a 400 meter track!

Art Director Dick Westlake did some of his usual magic by adding to the photo on the right side to move the skater more to the center and darkening the sky slightly. See if you can find it. Frankly, he had to do something because I had the photo enlarged incorrectly and did not leave enough for the printer to trim.

Thanks, Dick.



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## DEADLINES



ITEMS FOR THE NEXT ISSUE

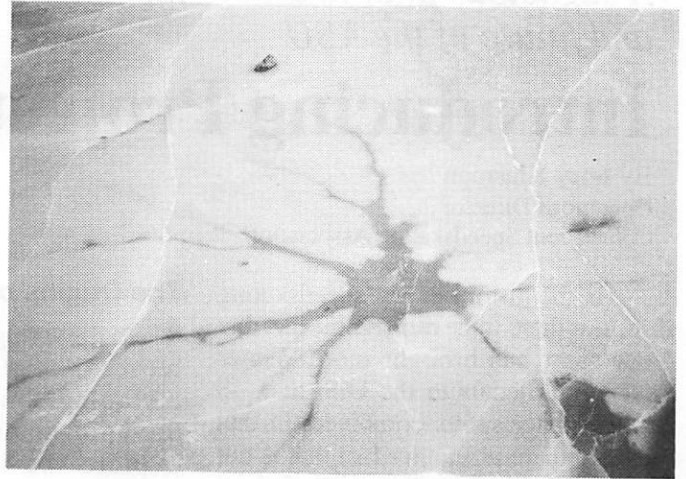
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### *Speedskating on Blue Mesa Reservoir Continued*

on deaf ears. We skate as if each day will be our last. And although we pray for snow – the town's economy depends on it – we hope it falls only at our local ski area, Crested Butte. On some days, after skating for hours in one direction, then back again with countless loops, we can barely walk to the car. After an aspirin, a good night's sleep, and a work schedule juggle, we're back at it. In some years we do resort to shoveling an oval of approximately Olympic proportions when a little snow falls on perfectly smooth black ice. But that's a last-ditch effort to squeeze in a few more days of skating.

Anyone drawn to Gunnison's largest reservoir to experience this winter adventure is invited to bring a lawn chair, hot spiced tea, skates, and a Salamander "Retriever" throw rope. Call the Tune Up at 970/641-0285 for ice conditions since sections of the lake freeze at different times. (This seems to be a year for snow, or I'd be out skating instead of writing.)

Someday we hope to have an official Olympic oval in town. We have the low temperatures, and the city owns a Zamboni. Many cities can't keep their ice, but that's



*eyeball ice surrounded by gray ice.*

rarely a problem for us. The OTC looked at our town at one time as a winter training area... Anyone looking for a nice, cold town to put up an oval?

Hope to see you out "adventure skating" soon. For more information or updates, write:

bahaas@tomichi.ghs.gunnison.k12.co.us

## National Youth Sports Safety Month Focuses on Coaching Education

The National Youth Sports Safety Foundation has announced that coaching education will be the focus of National Youth Sports Safety Month. The annual national health event, which is observed during the month of April, was organized by the National Youth Sports Safety Foundation in 1993 to promote safety in youth sports participation. It is supported by sixty-two national medical and sports organizations.

"A lack of coaching education has been identified by the United States Olympic Committee as a reason why sports injuries occur," stated Michelle Glassman, Executive Director of the National Youth Sports Foundation. "In addition, sports injuries have been identified as the second leading cause of injuries to youth, with more children getting hurt in practices than in competitions. Less than 10% of the two and a half million volunteer coaches in the United States have had any type of coaching education; and less than one-third of the inter-scholastic coaches in the country do not hold a teaching certificate and have no affiliation with the school system. The goal of National Youth Sports Safety Month in 1997 is to create public awareness regarding the need for coaching education and to disseminate information about coaching education programs."

Sports participation has become a major cause of serious injuries among youth. Each year millions of children are seen in hospital emergency rooms because of injuries sustained in sports activities. While there are many reasons why sports injuries occur, many are preventable. Coaching education is a key factor in preventing these injuries.

For more information on sports injury prevention and a copy of the Foundation's new publications, Coaching Education Fact Sheet and Coaching Education Programs Resource Sheet, send \$2.00 for each publication to:

NYSSF, Dept. C  
10 Meredith Circle,  
Needham, MA 02192.

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

*A sagacious plan to assure the growth and future of the ASU*

## Introducing Project 2005

By Jerry Klasman  
Operations Director  
Connecticut Speedskating Association

In the history of US speedskating success there is the remarkable fact that our sport has brought more Winter Olympic medals to the U.S. than all other winter sports combined. In that history there is another fact that is not so remarkable from our point of view: Since Jesse Owens' destruction of the myth of superiority of Nazi Germany's athletes in 1932 and the overall record of 17 medals for all of men's track and field, and despite the US's speedskating sweep of first place gold (plus one second place) in the 500m, 1500m, 5000m and 10,000m at the Winter Olympics that same year (truly a better record than track and field's, considering the number of events involved), track and field has grown to immense proportions here and speedskating has remained about the same.

Those of us with long enough memories know that speedskating in the 1930's drew very large numbers of spectators. In St. Louis where I began to skate, the Silver Skates drew more people and enjoyed greater newspaper attention than track and field, and by a wide margin, despite a small number of (local) participants. Since then, most, if not all, sports have managed to outgrow us, and some, like soccer, have come from total obscurity to become staples in every community.

Our sport needs to grow, not one skater at a time as we have been, but by groups of skaters at a time. Team sports grow by groups and offer the opportunity to participate to many rather than one at a time. Speedskating needs to grow in the same way. The place for that kind of growth is in the schools.

"Our sport needs to grow, not one skater at a time as we have been but by groups of skaters at a time."

### The Origins of Project 2005

In the spring of 1995 conversations between several interested ASU people, including Shirley Yates and Doc Savage, among others, began to explore the idea of establishing speedskating in America's schools. A draft plan was developed and at the 1996 ASU Convention and ad hoc committee that included Jim Chapin, Tom Porter, Shirley Yates, Doc Savage, Myra Vandersall, Larry Clever, Carl Cepuran and Jerry Klasman met to consider it. After a thorough airing of the plan, its potential problems, it was agreed that the project be recognized by the incoming President (Chapin or Porter) as 'a plan for growth of the ASU' and that an effort be made to find interested and qualified ASU members to fill the functions proposed for the project.

From this agreement an advertisement for a Managing Director, "Reaching For The Future," was developed. It ran in the July 1996 issue of the Racing Blade. Subsequently, Larry Clever agreed to become the Acting M. D. through the 1997 Convention when a permanent M. D. will be named.

Since then, comments and reactions have been received from some ASU members and from schools and Recreation departments, including Wausau/Marathon (WI) County Park Department and Roseville MN and Fond du Lac (MN) High Schools.

### The Goal of Project 2005

Project 2005 was created to achieve a single goal: To establish speedskating as a middle/high school varsity letter sport in every state in which there is an ASU Association (and beyond so that

every state will have an ASU Association) by the year 2005. The plan is ambitious to be sure. It is also cautious, proceeding from easily controlled pilot programs to a carefully executed expansion. The Project is designed for ten years and each step along the way has its own timetable.

In these days of shrinking school budgets, introducing a new athletic program will not be a high priority in most school districts although many recognize having needs in this area. However, speedskating has a strong story to tell, not the least part of which is our long history of inclusion of women. The challenge is to bring the cost of program entry down to a manageable level, secure funding from multiple sources, build bridges to school-age populations that are not now systematically recruited and, crucially, to develop support in the community beyond the existing speedskating family.

### Progress to Date

The first step in making 2005 a reality is to assemble the right team and we are making progress in building and effective one. Suppliers of equipment, (skates, safety equipment and uniforms) have been contacted and proposals are being received. Funding plans and sources, multi-leveled to meet as many local requirements as we can anticipate, are being developed. Programs and strategies are being shaped for developing community support from school boards, local government and business, recreation departments, and other sports segments within the community, especially, but not solely, inline skating. Promotion, finance, legal and other functions necessary to an endeavor of this scope are, or will be, filled as they become necessary.



*Project 2005 continued*

## The Need for Project 2005

Our sport, on its own merits, deserves to grow. It is one of only two competitive sports that come to mind (the other being running) in which adults and their children can compete at the same place and time. As noted above, it is the bulwark of U.S. Winter Olympic success. Speedskating presents a challenge that is both physical and mental, requiring enhanced conditioning and technical achievement. On the other hand, there is a welcome place in the sport for all levels of ability and all ages. It is, indeed, an Olympic sport that welcomes the competitive and noncompetitive individual alike.

Whether or not speedskating will grow in strength depends on our ability to recognize the challenges it faces and find the answers to those challenges. The speedskating community is more than simply a bunch of parents and their children; it is a diverse group of talented and accomplished people with all of the tools required to make the sport nationally established and recognized. We can, if we do the job, look forward to a National Scholastic Speedskating Championship (Short and/or Long Track) and real growth of the sport at the college level, scholarships and all. This is, after all, its rightful place in this most sports minded country.

Look for Project 2005 at the Convention, May 16-18 in St. Louis. There will be a presentation there to inform you, answer your questions, seek your input and ask for your active support.

"...there is a welcome place in the sport for all levels of ability and all ages."  
 "Whether or not speedskating will grow... depends on our ability to recognize the challenges... and find the answers..."

### ASU "Silver" Coaching Seminars Not Just for Coaches

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Everyone will learn something new.

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There is a nominal fee of \$50.00/person and a 10 person minimum. You can have a seminar with fewer people. The fee will be higher and discussions less lively.

For complete information and scheduling,  
call or fax Don Kangas, Chairman,  
ASU Coaching Committee

Phone: 517-631-3863 Fax 517-832-2959

#### Editor's Note:

Shawn Monroe, a former National Short Track and North American Long Track Champion, wrote this paper for his Creative Writing class at Rolling Meadows (IL) High School

## Speed Skates

By Shawn Monroe

Cold steel on ice. As the words ring through my head only one thought comes to mind, my Viking Sprint Special speed skates. Here I sit after a grueling practice, cradling my skate much in the same way that a mother would hold a newborn child. I meticulously wipe each excess droplet of water off the elegant, almost medieval, razor sharp sword attached to the bottom of my boot. This partitioning device between man and the slightly subdued state of nature's fiercest element, reaps evidence along every detail of this seventeen inch excaliber, in the form of scratches, nicks, and dents, of many a successful battles fought. Though overworked, under appreciated, and abused in every way imaginable, it's glory still rings clear in a gleaming, almost blinding metallic state. Seeing my reflection in the blade, my mind drifts back, reflecting to all the adversaries we've overcome together, and all the times I've done the best I could, being under appreciated and overlooked as well. At that moment a single water droplet from my eye and the blade fall at the same time, as I turn my eyes to the boot.

The old black with tan lining, kangaroo leather boot. As a mother kangaroo keeps a joey safe inside its pouch, so has my kangaroo kept me safe in its pouch as well. I look upon this old friend as one would look in a mirror after so many a year, and tend to wonder, just what happened to the youth that was once known. Whatever happened to the back that was so stiff and straight, but now needs tape to merely support it from collapsing from exhaustion. My eyes scan every detail, each scratch, each cut, each scrape, and passing along each, a memory returns. The white slash on the outside of the boot from the fall I took at trials two years ago, which knocked me off the team. The huge dent in the back of my skate, evidence of the time I kicked myself in the best 500m race I ever had. Or the blood stain atop the boot, just below the ankle, a reminiscence of the most grueling 5000m race I ever had....

Raising my skate in the air for one final inspection, like an offering to the Gods, it is evident that the skate as well as myself haven't gotten any younger. This does not deter from the beauty of either though, in fact it makes it even more wonderful, for with time grows experience, a sense of who you are, and a respect from others. The only way we've attained any of this is through time, through hours of work, through hard times, through easy times, through times a success and disappointment. Even though the ending wasn't always what we strove for exactly, we found good in everything and every situation, and together lived in the words, "Never give up!"

*The experience of a lifetime for 2000 special adults and children*

## Special Olympics - And Its "Olympic" Event

By Shirley Yates

There is a powerful, well-established and well-funded international sports organization that conducts its own "Olympic" event every four years. We are talking about Special Olympics International, a Washington, D.C. based organization which grew from a summer day camp in Maryland, organized by Eunice Kennedy Shriver in 1963 for mentally disabled people, into a nationwide fitness program for people with mental disabilities that granted awards for their achievements in strength, stamina and coordination.

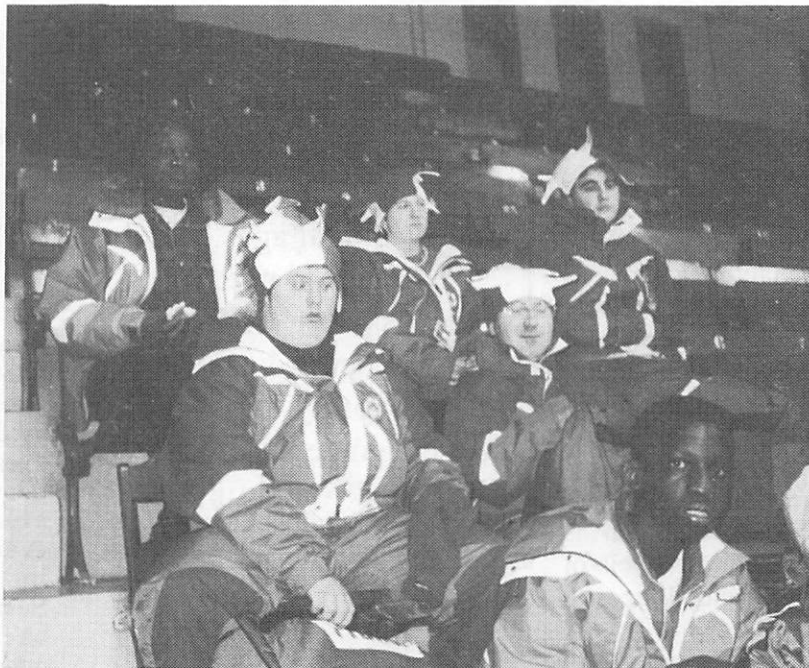
From that came the largest international sports program for adults and children with mental disabilities. In 1968, the first international Special Olympics Games were conducted at Soldier Field in Chicago. Eunice Kennedy Shriver, with the help of the Chicago Parks and Recreation Department, organized and funded the Games entirely through the Joseph P. Kennedy Jr. Foundation.

I had the privilege of being asked to serve as the Chief Judge at the 1997 Special Olympics World Winter Games in Toronto, Canada, Feb. 2-8. If there is any event that more simulates the regular Olympics, I would like to know about it. From the Opening Ceremonies until the Closing Ceremonies, it looked like the Olympics to me. With the regular Olympics, I see both the opening and closing ceremonies on television. This I saw "live". In the Sky Dome yet - yes, the one that dramatically opens to the sky when the weather is right.

Actually, as we have all suspected for a long time, we see more of everything (ceremonies and events) on television than we do live. BUT, as I know from watching a Big Ten football game on television as opposed to seeing it "live", there is no comparison. You have to be there. When I was working as a journalist, the word we used for it was "color". Color exemplifies a wide range of emotions and senses, a certain vividness, vibrancy, richness. You can't get that from watching the cool, very impersonal boob tube.

The Opening Ceremony had its share of celebrities and song and dance acts. Both Sargent and Eunice Shriver were there. She gave the Opening Address. Son Tim Shriver, President and CEO of Special Olympics International, spoke at the Closing Ceremony and Sargent Shriver spoke at the opening of the speedskating events.

There was the Parade of Athletes. The Special Olympics International Flag was carried in accompanied by great fan fare and the Special Olympics Oath was given: "Let me win. But if I cannot win, let me be brave in the attempt."



*Some of the French skaters in many pointed hats with South African skaters.*

Buffy Sainte-Marie and the Red Bull Singers, Aboriginal Pow Wow Dancers representing Ontario's First Nations Communities, performed. There were Irish Step Dancers (always a favorite of mine). Nadia Comeneche was there. The famed Canadian figure skater, Brian Orser, with a troupe, performed on in-line skates. Both the Premier of Ontario and the Deputy Prime Minister of Canada spoke briefly. The Governor General of Canada officially opened the Games.

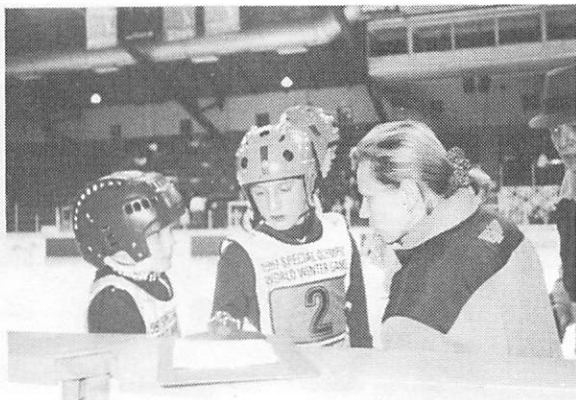
And these "Olympics" has its own unique flame ceremony, Lighting of the Cauldron. It has been a tradition since 1981 that their flame be carried to the games by Law Enforcement officers. From Greece, the flame arrived in Collingwood, sixty miles from Toronto, and eighty officers from around the world, dressed in their native uniforms, carried the flame in the final leg of an International Law Enforcement Torch Run to Toronto and then formed a corridor at the SkyDome for the final runner. It was impressive. Of course, the Canadian Royal Mounted Police, in their red tunics, stood out.

But what did it mean for me to spend a week at a Special Olympics international event, you are all asking? And rightly so! With great trepidation, I took this week off in the middle of the skating season! The ASU survived! And what I experienced was unique, enriching and something that gave me a new perspective on my life.

### *Special Olympics Continued*

Let's start with what sets the Special Olympics World Games apart from the regular Olympics. It had some of the same winter sports. Included were speedskating, floor hockey, figure skating, Alpine skiing, cross country and snow shoeing. It certainly had the same pomp and circumstance, the media attention, the all-important venues, the officials and the athletes. Ah, the athletes. They were special.

Two thousand of them, from 75 countries, were chosen to participate in these games. I am unclear as to how they were qualified in other countries but I understand that in the U.S. they were picked by a lottery. There were eight speed skaters drawn from the U.S. - none from the heavy speedskating states of Wisconsin and Illinois. Both states also have strong Special Olympics groups and an effort is made to include speedskating races for Special Needs skaters in regular speedskating meets. Illinois qualified a floor hockey player for the games and Wisconsin, two for pairs figure skating. That's all these two states had at the Games! So does that mean that qualifying in the U.S. for the Special Olympics World Games has nothing to do with your skill in a particular sport?



*Referee Ursula Jankowska of Poland explains the rules to two of the young Russian skaters as Chief Referee Tim Quinn looks on at the right.*

There were 140 speed skaters from Russia, Kazakhstan, Bosnia, Croatia, Belarus, Hong Kong, China, Japan, Korea, Italy, Poland, Greece, Jordan, Netherlands, France, Germany, Hungary, Austria, Brazil, Jamaica, the Ivory Coast, South Africa and the U.S. and Canada. Speedskating was held at the Varsity Arena on the campus of the University of Toronto in the heart of the city.

Speed skates or hockey skates are permitted or figure skates with the pucks ground off. Only one skater was in figure skates, a Brazilian with both physical and mental disabilities. She tried speed skates in her first race and had so much difficulty a well-meaning referee helped her all around the track. It turns out that's against the rules in Special Olympics. So she was given back her figure skates and permitted to reskate the race. It looked

like she was physically suffering throughout that first race and all the rest of them. But she wasn't - she had a broad smile the whole week, gloried in the applause and cheers and became the darling of the speedskating event. The Brazilians adored her. They had a big, loud, well-organized cheering section with pom poms, flags, signs. I thought they were locals but found out later that they all actually were from Brazil. The Brazilian Special Olympics has put in a bid for the next Winter Games.

About half the skaters were in speed skates, the other half in hockey. But it was all about speed and the hockey skaters held their own. The tall lanky Croatian boys know how to handle hockey skates, often beating out the speed skaters.

All the Chinese, Koreans and Japanese had speed skates and some of their young skaters reminded me of the Orientals we see in World and Olympic Short Track events. Small lithe little girls, serious, skating low. Russia sent several skaters, many of them young girls - the youngest skaters at the Games were eight, the oldest, 62.

Throughout the week we officials heard a variety of stories. The whole Brazilian team arrived in Toronto without skates. In Brazil they are provided for them by the government. No one has their own skates. Not to worry. The Winter Games were well sponsored and someone went out and bought all the Brazilians hockey skates. Some of the skaters, especially Russian, were taken out of orphanages. Some arrived with nothing but a change of underwear. Again, not to worry. They went back with whole new wardrobes. Toronto opened its heart wide.

Many of the teams were well outfitted with uniforms and warm up suits. The teams from the Orient, Western Europe, Africa and the Western Hemisphere were really snappy in their colorful, well-coordinated outfits. The Eastern European countries were at a disadvantage but they made do with what they had - and they did very well.

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**We all had our favorites. Mine were... from the Ivory Coast."**

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Maybe the big standouts were French skaters - red, white and blue (love those colors!) with strange many-pointed hats to match, which were whipped up at the beginning of the week by some seamstress in Toronto. Every team was accompanied by at least one coach and they were well coordinated in dress with their skaters. I thought the French coach, a very small older woman was intriguing in her mannish hat with a cellular phone at her ear much of the time - calling France?

We all had our favorites. Mine were the skaters from the Ivory Coast? I can't even remember what their uniforms were like but what I do remember are their faces - exquisite, finely sculpted, serene features. Beautiful girls, beautiful boys.

### *Special Olympics Continued*

Serene is a key word to describe many of the skaters. Sure there were some for whom the races seemed agitating and crucial. But most were just happy to be competing, many skated entire races with big smiles and the winners always proudly raised their arms to acknowledge the cheers. To win or even place was to be rewarded with great honors. The first two days were spent "divisioning" which is similar to holding time trials to seed skaters. Those were long tough days for everyone.

The last three days were the regular Short Track races as we know them and after each distance the risers and red carpets were brought out onto the ice with great ceremony for that particular awards presentation. And it was a big deal – well-choreographed with celebrities

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"...the most incredible thing about the award ceremony was the media attention."

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who did the honors with the ribboned medals. But the most incredible thing about the awards ceremonies was the media attention. In great numbers they lined up on the red carpet facing the risers. The media obviously did a good job of covering these games because there were daily articles and pictures in the newspapers and coverage on television, and I suspect that went well beyond the borders of Toronto and Canada.

Canada's great Olympic speed skater, Gaeten Boucher, was there, of course, and conducted coaching clinics after the day's races. Gaeten had to leave mid-week but these clinics were continued by various coaches throughout the week and made a big difference for many of the skaters who do not have access to this kind of coaching in their own countries.



*Two of the South African medalists with their coach on the right and Deputy Commissioner Joyce Leggatt.*

When you spend a week with a group of people, five of those days "elbow-to-elbow" in the judges box, you get to know them and become fond of them. My judges were all Canadians, hand-picked by the Deputy Com-

missioner Joyce Leggatt and she made good choices. We started our week-long sojourn together rather tentatively (they pretty much all knew each other but they hadn't a clue about their "boss"). As you might guess, by the end of the week we had bonded well.

They were exceptional judges. We really only had problems with lapping. Some of the skaters wanted to make sure, really sure, that they had finished a race so they skated extra laps, sometimes two or three! Another oddity of this meet, as opposed to what ASU is accustomed to, is that about 90% of the disqualifications during the entire week were caused by "cutting the blocks". Sometimes it was blatant, sometimes I didn't see it but obviously the referees did. The skaters took it in stride.

These are the people who became very special to me: Pat Finlin, Jade Campbell, Kailin Campbell, Ron Favero, Chuck Simmons, Larry Borda, Mary Lou Quinn and our runners Carole-Anne Bowers and Larry Needham. Tim Quinn, the Chief Referee, was the only other U.S. official appointed to the meet. I could not have asked for a more conscientious, efficient group of judges. And they were fun. We had a good time, getting to know each other and doing what we like to do best at a skating meet.



*The Chief Starter Jan Bergman of The Netherlands with Referee Ursula Jankowska of Warsaw, Poland.*

The one thing that stands out in my mind about that week is how much fun we all had. We're used to so much pressure in U.S. speedskating. And maybe Canadian officials are too. But this week was different. Although it was a very important event and we all took our jobs seriously, we were happy and more relaxed and able to enjoy the event. Maybe it's because we were playing hookey from our jobs or because it was so well organized, thanks to the Speedskating Commissioner, Klaas Borst, and his Deputy Joyce Leggatt, so we had nothing to worry about. Or maybe because we were fed so well!

Only one disappointment – Arnie didn't make it. What, you don't know Arnie of the Kennedy Clan? That's Arnold Schwarzenegger. All week the rumors were rampant that he would show. He was even sighted at our hotel. He was using the service elevator to go up and down to avoid the crowds. But he was also booked at three other hotels!

### *Special Olympics Continued*

There was lots of down-time – periods between warm ups (which they had before each new distance) and before and after "flooding" – that's Canadian for resurfacing. On-ice officials kept the spectators happy during these times by leading everyone in the macarena! Speaking of spectators, large groups of school children came in everyday and with their contributions to the macarena, their cheers and their card sections they were a wonderful addition to the whole scene. What a joyous, festive event the whole thing was!

Like the Olympics, the Special Olympics has both Winter and Summer Games held every four years but not in the same year. The next Winter Games will be in the year 2001. It was rumored that those bidding for it, in addition to Brazil, are Lake Placid, Alaska and Norway. One certainty is that a large on-site volunteer

base is needed. An incredible number of volunteers were used for just the speedskating meet - all the way from the dozens of security officers (security was tight at the arena) to the many who were manning the food stations.

There were two other people I must pay tribute to because they undoubtedly contributed to the success of the speedskating event. Our runners were Carole-Anne Bowers of Ontario and Larry Needham of Peoria, IL. All I can say is they must have slept well at night. They, like everyone else, took a week's vacation time from work, to do this! They took turns running (a fair distance) but in between runs they stayed with us and actually seemed eager to go for whatever we needed. And they were such happy, agreeable, pleasant people.

Everyone was and I missed them all after it was over. It was hard getting back to the real world. But maybe my real world will benefit from the experiences of that week.

## INTERMEDIATE SKATES

By Charlie Brown, President

*Missouri Speedskating Association*

As we get new skaters into our clubs and associations, I think the issue of equipment often comes up. As a coach I have a difficult time teaching kids to skate and maintaining their edges when they are skating on their ankles. I want to share with you a solution that we have come up with here in Missouri.

First of all I think the ASU skate program serves a good purpose, it gets beginner skates to those people or kids trying out the sport. But what is the next step? What do you tell the parents of boy or girl who shows some promise but most importantly some enthusiasm after skating a season? In our association, we do not have a pool of small Bont boots and blades. Do you tell them that they need to buy Bont Sharkie or Hustler boots and offset blades for \$350.00 or so? Ideally, that is fine but many parents cannot or will not fork out the funds especially if they cannot afford it or their child is growing like a weed. I know it was a hard decision for me, too!

I have found an affordable solution that offers more support than a 40 year old Planert or a Ving skate and can be offset and can be outfitted with rollers, too! The boot is leather and costs about \$60.00 - \$75.00. Thus if the kid grows, it is the cost of a good pair of shoes or so. The sizing is from 30 (European) to 38. Remember, you can sell a used boot, too!

The boots are Force Boots but are called Blue Dots because they have a two inch blue dot sewn on each side where the ankle bone is. I get them in Holland from a

company called Duecento. The phone number is 31-521-593636 and their fax is 31-521-593427. You can get equipment in two days to three weeks depending on shipment.

As far as blades go, my favorite blade is the Dark Star Perigee that is low, one piece, with a stainless steel blade that holds its edge and will not rust if a 7 year old forgets to wipe them off. Marty Hill at Built for Speed makes an excellent blade and has long ago corrected a cracking problem in the mounts. We have had skaters on these blades for at least two seasons with no problems. I repeat, "There have been no problems in the Perigee Blades we have been using!"

With a Blue Dot (Force) Boot and a Perigee Blade you are looking at \$200-\$225.00/pair. With less expensive Blades, you can get them for \$110-130 depending on freight. But they will not be so low and the length may be more like a long track skate.

Most importantly, our skaters in the second or third year who went to these skates are very competitive. I think these skates are a bridge between Ving and Planert and molded Bont Boot. That is why I call them an intermediate skate. If anyone else has a solution, or would like to know more about these please call or fax me at 314-821-6886.

I hope to see many of you at the ASU Convention in St. Louis in May. As you know, we know how to put on a Meet (St. Louis Silver Skates) AND we know how to put on a Convention! MEET ME (US) IN ST. LOUIS!

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## 15e Elfstedentocht - 4 januari 1997

By Thomas Ryan

"The cross is very important - one of the highest symbols in skating." - this, from one of the most respected speed skating champions in the world, Olympic gold medalist Johann Olav Koss. He was not speaking of the Olympic gold he won with his world record shattering 10,000 meter race, but rather the 15th edition of the Elfstedentocht - a grueling 200 kilometer speed skating marathon that weaves its way on frozen canals through eleven 17th century towns in Holland's northern province of Friesland. Because of its dependence on the canals along the course being frozen solid, it was only the 15th time the event has taken place since it officially came into being in 1909. The last Elfstedentocht took place eleven years ago in 1986.

The race started in an indoor livestock holding pen next to Friesland Hall in Leeuwarden at 5:30 in the morning. After the first group of 300 elite racers were sent off, groups of 1000 skaters were released from the pen at fifteen minute intervals, until all sixteen thousand skaters had joined the tour. Looking much like the running of the bulls in Pamplona, the skaters jogged about 2 kilometers through Leeuwarden to the first canal, where they crowded on benches, quickly laced up their skates and started what would be a very long day. When it was all over, some of the most fit skaters would not have completed the course - in fact only slightly more than half of the starters crossed the finish line by the official midnight deadline. Ice conditions ranged from the best glass-smooth... to the worst - cracks that you may or may not be able to see... cracks that could gobble up your boot, snap your blade, and send even the best skater crashing into the ice.

For the first time, the United States was represented at the

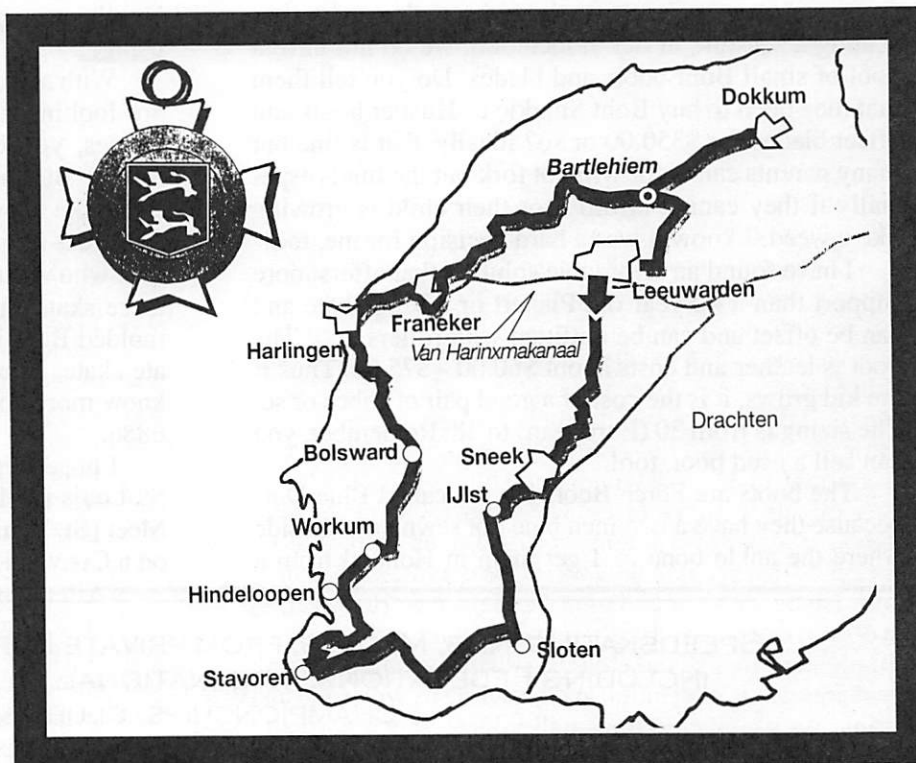
Elfstedentocht by Carole Moore, David Phillips, and Thomas Ryan, experienced marathoners from the Flushing Meadow Speed Skating Club and the Middle Atlantic Skating Association, and Jim Renkert of Alaska. All four completed the marathon well before the deadline, and will receive the prized De Friesche Elfsteden Silver Cross, considered one of the highest honors in skating.

We spent the first three hours of the marathon in almost total darkness. In January, the sun doesn't come up in Holland until 8:45 AM. Except for the few skaters who were carrying flashlights, (next to impossible to follow) and the occasional farm tractor or car pointing headlights on the canal, the majority of the time it was dark. However the first three towns of Sneek, IJlst and Sloten were lit up with a spectacular array of spotlights, Christmas lights and any other type of illumination spectators were able to get their hand on,

including road flares. As the sun rose, we were able to see the vastness of the farm country through which we were skating.

To keep track of all the skaters and prevent "shortcuts" to the finish line, there were eleven known and three secret 'control' stations manned by officials of Vereniging "De Friesche Elfsteden". Each skater was required to check in and get their race card stamped with the name of the town through which they were skating, as well as their time at that point. Failure to stop at even one of the control stations meant automatic disqualification. Even if a skater completed the entire course, there would be no official finish, and no silver cross. There were no exceptions to this rule. One of the top Dutch racers, Piet Kleine, who finished in fifth place with the front pack, inadvertently missed the control station at Hindeloopen. Despite vigorous crowd protest, he was disqualified.

The canals were not continuous throughout the 124 mile course. Because of obstructions which included canal locks, extremely low bridges, (some of us squeezed under the low bridges - sometimes with painful results), missing or weak ice, duck holes and a vehicle ferry, the skaters were required to "Klun" or run out of the



*15e Elfstedentocht - 4 januari 1997 Continued*

canal, still wearing skates, to the next canal with skatable ice. These running surfaces which were generally not longer than 150 feet and were covered with either plywood, rubber mats or carpet remnants. It seemed as if every scrap of carpet in Holland was in service that day.

The wind was at our backs for approximately 100 kilometers - there were stretches where we reached frighteningly high speeds. This was unnerving, because at the same time we had to stay clear of bad ice, or else we could get caught in a crack and come to a crashing halt. When we skated through Stavoren, the wind that had propelled us along the canals became an invisible force against us, making every stroke an effort. From Harlingen at the sea wall (North Sea) through Franeker and on to Bartlehiem, we skated 80 kilometers straight into a frigid North Sea wind.

Food and hot liquids were provided free by people all along the route - pea soup, oranges, bananas, hot chocolate, hot tea, and hot water and sugar. Other food was available at booths and restaurants along the route for a charge. There was more than enough free food and drink available along the route, so we only had to carry Power Bars or Ultragel.

We continued past the frozen farmland on the canals through 300 year-old towns - a classic Dutch landscape - turning windmills and raised drawbridges. It was as if we were skating through 16th and 17th century paintings by Avercamp or van Ruysdael. Everything is still the same - the buildings, the canals, the boats frozen in the ice, and the farms which line the canals outside of the towns. When I later visited the Rijksmuseum in Amsterdam, and saw landscape paintings by the Dutch masters. I realized that we had just skated through those very same landscapes.

We were always greeted by cheering crowds of spectators and local bands which seemed to play continuously. In the middle of nowhere, at bridges, in towns and at intersections the spectators were cheering all the skaters on and wishing us "much success". There were over a half million spectators from all over the country lining the route - quite a carnival atmosphere. They stayed from dawn until well into the night, encouraging the skaters. It was reported that 9 million people in Holland watched Dutch Television's 12 hour coverage of the Elfstedentocht.

We had already skated 130 kilometers, but the next thirty kilometers between Franeker and Bartlehiem were the most difficult part of the tour. The canals run through wide open farm fields - we were completely exposed to a constant 15-20 mph winter wind blowing off the North Sea, directly into our faces. The temperature never went above 19 degrees Fahrenheit, with a wind chill of 4 degrees. At this point in the tour, these conditions began to play havoc with our endurance and psyche. However, as we skated towards Bartlehiem and under the famous Bartlehiem Bridge the crowds gathered along the canal, recharging our motivation and refueling us with food and drink. As we entered the small village which normally has a population of about 40, we were greeted and

cheered by thousands of spectators, including bands, TV and other media people, officials and more food.

We skated on the Dokkumer Ee (canal), the only part of the race with two-way tour traffic. Thankfully, it was also the last eleven kilometers we would have to skate into the wind - or so we were told! There is an old windmill at the center of the pretty town of Dokkum, and it was in front of this windmill that we turned around and began the last 23 kilometers of the marathon. Like most of the eleven cities we visited, Dokkum in particular seemed as if it had become a large stadium, with rows and rows of spectators lining both canals all the way up to the windmill. The crowds and the bands motivated us as we departed for the last leg of the tour.

Finally! - The wind was at our backs, rocketing us back to Bartlehiem. As we said farewell to Bartlehiem a second time, the canal suddenly turned us straight back into that unrelenting wind as we skated back towards Leeuwarden and the elusive finish line. Unexpected torture! I kept thinking that this was a little joke the tour officials played on us. With 4 kilometers to go, the canal curved towards the finish in Leeuwarden, and the wind was finally at our backs again. As we skated towards Leeuwarden the canal sides became more packed with people, and the cheering grew in intensity. There was one final turn onto the Bonkevaart, and there it was, only 2 kilometers away, the banner over the finish line. The spectator crowd was roaring, so in typical tradition, we sprinted across the finish line of the greatest marathon ever. Carole and David finished together, in 11-1/2 hours. I finished with a small group of Dutch skaters just after dark in 12 hours 18 minutes.

While we were still skating towards Bartlehiem the first time, the elite racers had long crossed the finish line. Henk Angenent, a sprout farmer, won in a spectacular sprint in 6:49:18. The women's race also ended in a sprint, with Klazina Seinstra claiming the victory in 7:49:11. The balance of the elite racers were required to finish the race within 20% of the 1st place times or face disqualification.

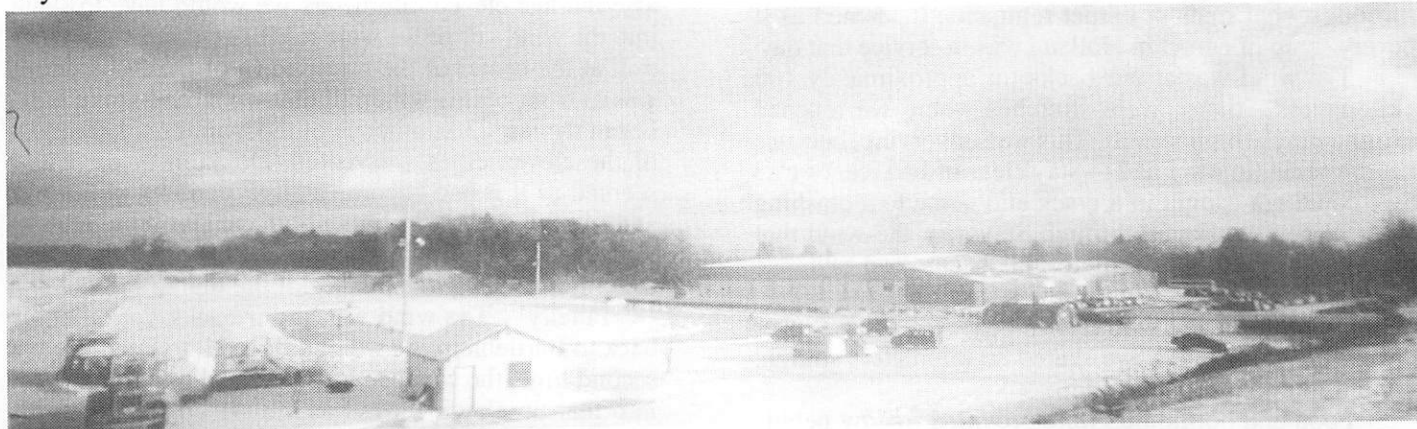
The opportunity to skate in the Elfstedentocht has been a life long dream. As a fledgling skater of 7 years old, I first heard of the race from my father, a speed skater and barrel jumper with the now defunct Paterson Speed Skating Club. He would always tell me about the "great race" in Holland. I knew that one day, I would skate the Elfstedentocht. The experience went well beyond any of our expectations. I have never seen an entire country mobilize in such short notice and support an event such as this to the level that was demonstrated that Saturday in January. The Dutch people should truly be congratulated for their support of ALL of the Elfstedentocht participants. And, to my father, "Thanks, Dad, for the dream!"

After finishing this punishing tour, we rested - but only for a couple of days! Carole and David skated to 100k Three Province Tour. We all skated to 50k Molentocht or the "Windmill" Tour. We also skated on our own in between the tours. Once canal skating is in the blood, you can never get enough!

# 64th Eastern States Outdoor Speedskating Championships

Saratoga Springs, New York – January 11-12, 1997

By Joel Williams



*Ice Complex at Saratoga Springs, New York Two indoor rinks with a natural ice 250 meter track alongside.*

The Saratoga Winter Club hosted the 64th Eastern States Outdoor Speedskating Championships, one of the longest running events in speedskating, on January 11-12, 1997. For the second year in a row the meet was held at the club's new 250 meter oval which is adjacent to Saratoga's two indoor ice rinks. While we dream about a 400 meter artificial ice surface, this natural ice oval is relatively easy to maintain and provides valuable supplemental ice time which benefits both our Long and Short Track skaters. The City of Saratoga Springs and Niagara Mohawk Power Corporation provided lighting this year, and a new 20 x 40 rustic warming hut will be completed in April. Winter Club skater, Jim Cooley, is spearheading the effort as his Eagle Scout project.

The Eastern States has developed into a family-oriented event which gives many new skaters a chance to compete plus get very close to nature. While the elite skaters sometimes are traveling (or prefer the comfort of indoor ice), we get a good turnout of skaters from both ends of the age spectrum. The Eastern States and the Weather Channel go hand-in-hand as anxiety builds about the forecast for cold weather in the weeks before the meet. The oval was bare the Tuesday before, but the long term forecast looked good. By Thursday the city work crews had a good base, but a Thursday night snowfall softened the ice by insulating it, and efforts to remove the snow only worsened the problem. Thankfully, the temperature dropped and the Olympia was able to scrape it clean. The city ran the resurfacer all night to lay down more ice, and by Saturday AM we were ready to go. The scene of glittering ice, fresh snow and music playing over the

PA system made it worth all the effort.

While temperatures remained in the 20s on Saturday, "ice-meister" Gary Talbot postponed racing after the first series due to worsening ice conditions. Any student of natural ice knows that any dark spots absorb the sun and melt the ice from the bottom up even in subfreezing conditions. Thanks to the new lights we were able to resume racing at 6:00 PM and conclude the first day by 9:30. Racing under the lights only added to the traditional "winter carnival" atmosphere. While some people complain about the cold and cracks in the ice, others revel in the adverse conditions including the kerosene fumes from the heaters in the National Guard mess tent which serves as a temporary warming hut. The alternatives include sitting in cars listening to teenage mu-

sic blasting or simply setting up camp in the open like Gretchen Burns and her Syracuse skaters. Regardless of the weather, the veteran skaters have an opportunity to remind us what skating was like in the good old days.

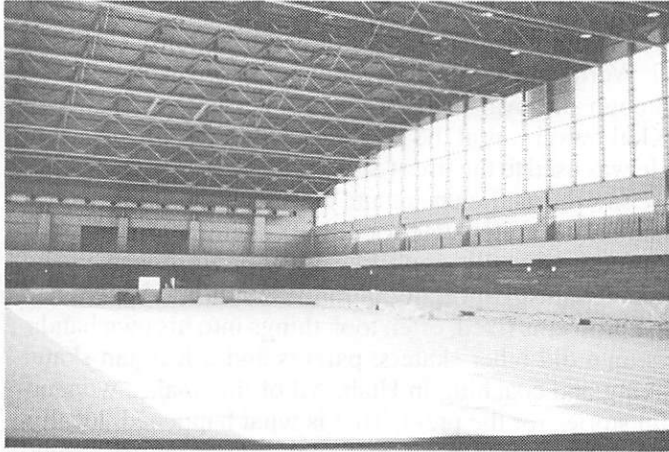
On Sunday, conditions improved with slightly colder temperatures and less sun. The highlight was the 5000 meter Navy Cup Trophy event which Paul Marchese had come to retire by winning a third leg. He was denied the cup by Ian Baranski with support from teammate Chad Richards who won the lap prize. While there is annual debate about whether or not the Eastern States is worth the effort, after it's over the consensus has always been a resounding yes. Looking ahead, maybe we can even have the barrel jumpers from Canada back for the 75th anniversary that was the highlight of the 60th Eastern States four years ago!



*Participants at the 64th Eastern States Outdoor Speedskating Championships*



panded to 7500 for the Games. The dressing rooms are spacious and there is a fine weight room. By contrast, the lounges for the IOC and ISU are small inside rooms with no windows. The rink has two brand new electric Zamboni machines and the ice looked good.



Practice Rink. Nagano, Japan

The adjacent practice rink is large with windows on both sides, so will be a very nice facility for training. It will be a good 45 minutes or so to go to the village.

The 1997 World Speed Skating Championships were very well organized by the Japan Skating Federation, and while no individual World records were set for any races, Gunda Niemann of Germany in winning her sixth title set a new point record for the four races of 165.708. Gunda was second in the 500 and won the three other races fairly easily.

The Championships marked the first use in them of the so-called "slap skates" ("Klop Schaats" in Dutch), in which the heel post is not fastened to the blade, but rides up and down in a small tube on the blade. The skates are liked by those skating the longer distances, but are thought to be a little unstable for the shorter distances. It did not seem to make any difference to Niemann, who was dominant throughout at all distances. Niemann had only been using them for a few weeks after her defeat in the European Championships by Tonny De Jong of The Netherlands, who had used them there also. In Nagano, the best De Jong could do was third overall, behind Niemann and Claudia Pechstein, also of Germany.

The young American ladies acquitted themselves well, with Becky Sundstrom placing 11th overall, while winning an ISU small medal with a third in the 500. She also placed 11th in the 5000. Kirsten Holum placed 16th overall, with a best place of 9th in the 3000. while Moira D'Andrea placed 18th overall, with a best place of 4th in the 500. Neither of the latter two qualified for the final 5000.

In the Men, Ids Postma of The Netherlands repeated his win in the Europeans, with Keiji Shira-hata of Japan a surprise 2nd, followed by Frank Dittrich of Germany, who just earned the bronze

medal by placing 2nd in the 10,000, just edging out K. C. Boutiette by the narrowest of margins of 158.697 to 158.739. K.C. made a valiant effort, but could do no better than 6th in the 10,000. He did, however, win a ISU small medal with a 2nd in the 1500 for his best place. Dave Tamburrino also made the final race and placed 10th overall, with a best placing of 10th in the 10,000. Tim Hoffmann placed 20th, with a best place of 14th in the 500. He did not qualify for the 10,000.

There were 36 entries in the Men and 30 in the Ladies. In looking ahead to the Games, no doubt the competitions themselves will be very well organized in excellent facilities, but the problems of housing and transportation may make the most news, just as was the case in Lake Placid in 1980. Spectators will probably have to stay at a distance and commute by bus and train, involving many hours on the road in both directions. For those not directly involved as competitors or officials, the best place to watch the Games may well be on television at home! We were fortunate to be there in 1997 and see it all.

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Questions can be directed to Head Coach, Bill Weaver or Camp Coordinator, Don Kangas. Registration forms are available from Campm registrar, Mark Jastrzembski.

# Oquirrh Park Oval

By Bob Bills

November 12, 1996 a day that will live in my memory forever. I have worked with the Salt Lake City Olympic effort since 1990 when the first International Olympic Committee member to visit SLC, Prince Albert, called from the airport and said, "Hey, I've got a couple of hours on a layover, want to show me around?" It was quite a shock when Tom Welch, President of the SLOC called me into his office and informed me. "I'm sending you to the Oval. Fix it!" I went down to my car and got teary eyed. Oquirrh Park! Man, I must have really upset Tom somewhere along the way. After my first day of work, I changed my mind. I've never been happier in my life. No more suits! Working with athletes once again. Learning to speed skate. Training every afternoon with the people the oval was built for in the first place- aspiring Olympians! Even with the little time given us this year, we got the place to rock! I must tell you, I learned the Oquirrh Park Olympic Oval needs a bit of explaining however.

The Oquirrh Park Oval was built for two reasons: 1. During the bid process for Games of 1998, a promise was made to the IOC that regardless of the outcome of the vote, SLC was dedicated to the athletes and would build the facilities for skiing jumping, bob & luge and speed skating. 2. The second was to train local Utah athletes and place a Utah jumper, slider and skater on the Olympic team. Here is where the Oquirrh Oval runs into a perception problem. Are the Olympics going to be held here? Well, yes and no! Yes, the games will be held at the Oquirrh Oval however, not in that facility. The Oquirrh facility is a temporary facility built to the bare bones minimum in order to meet the promises to the IOC and to the develop Utah athletes. That is the key point, develop. The oval needs one thing to develop Utah skaters, fast, consistent and dependable ice for training. That we have! However the facility itself is really quite ugly. The oval has a small skate house with no inside locker rooms, restaurant, pro-shop, or even officials tower, electric timing, time display boards, none of amenities that set all other ovals apart as a competition oval. Our time will come when we are the finest oval in the USA. Trust me on this, I have seen the preliminary architectural plans. Oquirrh Park will be the best. However until then, every year the Utah Sports Authority is granting me enough money to add equipment to augment the training of speed skaters and to hold beginning next year, national caliber competitions. It would be a waste of money to spend it lavishly for example, on a hard wired timing system to make our oval equal to all of the other US ovals when we will have the best timing system available installed for 2002. (I have ordered a great portable timing system for next year however and we are bidding on two large races)

Last year the Oval got off to let's say... less than a glorious start. The Oquirrh Park Fitness Center Staff did

the best they could with the limited knowledge and funding they had but, it wasn't enough. Ice was not dependable, nor were the day to day operations. Expecially devastating was not having the funding to fix the obvious problems. The Oquirrh staff was given a turn key facility but didn't understand all of its limitations. The 1998 Jr. World Championships were bid upon and won, even though the oval had not even begun operations. Stan Klotkowski was at the time the USISA Regional Coach. He was used to the finest athletes and tracks in the world. He saw the inefficiencies and the effects the Oquirrh Oval had on his skaters. He tried to fix them. Unfortunately, Americans really don't like Eastern European pushy mannerisms. Especially in the Western US. He wanted the problems fixed, often took things into his own hands, as then did other skaters, parents and a Russian skater living and coaching in Utah. All of this makes wonderful stories for the press. That is what happened, locally, nationally and then internationally. The Oquirrh legend was born.

I have worked hard to resolve that legend. My main staff and I work on the average 12-16 hours a day, six days a week during the season. The skaters have a facility of which they are finally proud. It will become better every year until D-day, demolition day! We are temporary, we will come down the spring of 99. The facility will be Olympic ready one year prior to the 2002 Games.

Concerning the accomplishments for the season. Listed below are the changes made to the oval and the items I feel are of note: I am particularly proud of my staff and what we have accomplished in one year. I promise, next season, with more time in this position and a slight increase in funding from the Sports Authority, the Oquirrh Park Oval will exceed all expectations of numbers including, providing the speed skaters with more ice time and introducing, "Little people with long blades" to the sport of speed skating!

## ICE

The Oval Management Committee provided a budget for 45 days of ice with the consideration of 40 degree average temperatures. The additional 15 days for a total of 60 days of ice time was to be generated by oval revenue. Any additional revenue earned was used to lengthen the season beyond the 60 days. After two months of operation, permission was granted to me by the Oquirrh Park Fitness Center Board to reduce overhead. Staff was cut and operations were streamlined.

## Determining factors of ice time during the 1996-97 season:

- The months of January-February had 21 days 10 degrees above the average temperature.
- 7 of those days were 55 degree plus days. 1 day reached 61 degrees.
- 5 days of rain, 3 of them heavy, were recorded.

### *Oquirrh Park Oval Continued*

- My starting in position as Oval Manager 2 weeks before opening.
- All programs, program staffing and positions were in place before my hiring. I was allowed to hire for only one position. Technical Ice Supervisor.

#### Accomplishments

1. 72 days of programmed ice on the oval for speed skaters.
2. 76 days of programmed ice on the rink for hockey programs.
3. 3 additional days of ice on the rink for speed skaters. After scheduled closing, with the aid of cold weather, ice was maintained for speed skaters training. Only Boris Leiken's team took advantage of the additional ice time.
4. The oval did not close for any one day due to the ice or weather. The Oquirrh Park Speed Skating Oval opened and remained open daily from Dec. 9 to February 23 for a total of 76 consecutive days. Last year in comparison, only 47 total days were operational.
5. Number of Skater Days (attendance) tripled from last year.
6. Revenue tripled from last year.

The hiring of Adam Baker, in position of Technical Ice Supervisor, brought to the Oval the expertise at producing race quality ice in an outdoor facility. He has been lauded by several different groups.

1. The Utah speed skaters have competed this year on the outside ovals of SLC, Roseville, Butte and Lake Placid. They wrote a letter to me stating that the ice of Oquirrh Park has been the fastest of any outside ovals in the country and proved it with the results of the race on Feb. 15-16.
2. 14 Personal Records were set during the Oquirrh Park Oval Sprint Series, Feb. 15-16. The previous P.R.s had been set during competitions in Calgary or Butte this season.
3. Gary Jones Director of SLAHA High School Hockey added. "Of all the rinks in Utah from which SLAHA leases time, Oquirrh Park had the best and most consistent ice, this includes Bountiful and Cottonwood" (both indoor rinks).

#### **PROGRAMS AND MARKETING**

This year we have accomplished the following with the Speed Skating Programs:

1. The Utah Speed Skating Association has applied to the ASU for Association Status.
2. 10 Juniors qualified from the Jr. Regional Championships for the Jr. Championships in Butte this year. Last year, Oquirrh Park had 3 qualified competitors!
3. A twice weekly five week "Learn to Speed Skate" program was established with an average of 10-15 skaters in each session.
4. A weekly, six week series race was organized by the oval. The race focused on the existing skating clubs. Next year the emphasis of the race will be towards the development programs and will be held during the development program time.

5. A local inter-club competition was organized by the oval as a closure for the season. Skaters came from Utah and California.
6. Local TV covered the race results as well as, Channel 4 did a live broadcast for the Sunday Morning News.
7. Channel 5 selected L.B. Cannon as Athlete Scholar of the Month due to his 1st place finish at the Regional Championships and his 3.93 GPA.
8. Media: the Oval hosted, one television commercial for Japanese TV, four national and international photo shoots, four local television spots and 2 magazine journalists

#### **FUTURE PROGRAMS**

1. Granite School District and I have agreed on a program that if the transportation issues are resolved will require all 7th grade students in the district (approx. 12,000) to participate through their PE class in an ongoing 5 week introduction to speed skating program.
2. The Salt Lake Parks and Recreation Department. Kearns Rec. Center will run an inline program through the oval. The goal is to convert each program into a Speed Skating program in the Winter.
3. Fox Hills Elementary has finalized on a program with the Oval to be run by Alien Inline which will be a 5 day course on inline skating April 1-5. The Principle, Mr. Mansell is pushing the program and is helping me develop required speed skating program in the winter.
4. Pat Cunningham has accepted the position of Grass Roots Development Coach for the oval. His responsibilities will be to oversee all Oval development programs and work directly with the program suppliers.
5. I have sent an application to Jim Page at the USOC for Community Olympic Development program money. The requested money is itemized for development program needs. I have asked that the money be granted to the Utah Speed Skating Association rather than to the oval or any of the individual clubs. In this way each of the participating clubs may determine the best use of the money as a group.

#### **BOB BILLS - BIOGRAPHY**

Married: Wife, Jill, Sons, Tannen, 3 Haydn, 1.  
 Masters Degree in Counseling from Brigham Young University  
 Languages: Spanish, Portuguese, French, German  
 Congo, Africa: 2 months living in the rain forest of the Congo. Assisting National Geographic and Wildlife Conservation International on the formation of Endoke, the first National Park of the Congo. 1992  
 Cycling: Coach US Cycling Team, former Jr. & Sr. competitive road racer. Still active mountain bike racer. Organized: 2 US National Championships. 1 World Championship, 3 US JR Team Selection.  
 Skiing: 6th, 1973 Freestyle World Championships, Vail Colorado, 2 Aerial Acrobatics World Records. US Jr. National Nordic Ski Jumping Team. 1972 Olympic Trials. National Gelande Ski Jumping Champion, 3 years. Full Certified Ski Instructor, Snowbird Ski School, 1980-present. Mountaineering Ski Guide, several first descents.  
 Hang Gliding: Certified Instructor, Regional Observer. Competed: World Aerobatics Championships, World Cross Country Championships, 1976  
 Ultra-Endurance Adventure Racing: Designed and set course for the Eco-Challenge, 500 mile course in Southern Utah. Raced the Southern Traverse, 400KM course in New Zealand.  
 Previous Employment: Salt Lake City Olympic Bid/Organizing Committee. International Relations and Marketing.

## The Way It Used To Be

By Larry Ralston

I recently had the pleasure of having lunch at a local eatery in Mt. Prospect, Illinois, with six good friends who I have known since the late 50s and early 60s, when we were all involved with the Amateur Skating Association of Illinois. We managed to spend 2 1/2 hours telling stories, reliving the past and spinning yarns about "The way it used to be." It was an afternoon of real fun and fellowship.

Not until 24 hours later, when I returned home to Michigan, did I realize what that group of seven had contributed to the sport of speedskating, not only in Illinois but on the National level as well. I started to do some mental gymnastics and came up with a figure that was mind boggling. Between the seven of us we had over 260 years of involvement and service. I would like to share some of that history with you by naming the characters in that mini-reunion.

**BOB VEHE**, the man responsible for this get together, had been an involved parent. His sons were outstanding skaters and he worked as an official at every weekend meet as a judge or announcer. He also produced the "Bell Lap", a state newsletter that was sent to all Illinois skaters. Those were the days when Illinois had over 800 registered skaters, but the registration fee was only 5 cents then. Bob went on to serve as the Illinois Board of Control delegate, worked on a number of National committees, Served as the parliamentarian at a number of conventions and is currently the Editor of the ASU Handbook and Editor of The Racing Blade. He was even the ASU Executive/Secretary-elect at one time but had to abandon that position to care for his aged mother. Talk about involvement, his spans 41 years and he's still going strong.

**SAM POULOS**, was a member of the Northbrook club. His daughter, Leah, went on to Olympic fame. Sam also officiated every weekend and sharpened skates between races. He was the perfect example of a devoted parent and always had the time to share information with other parents and skaters who needed some technical advice. Being in the sewing machine business, he generously donated a sewing machine to every fund raising effort. One unique thing I will always remember about Sam was his being the architect of the never to be famous 333 meter track, which just happened to fit inside the Meadowhill Bicycle Track in Northbrook. He tried his best to promote a concept that wasn't destined to catch on. We still talk about what it was like growing up in Chicago, naming people and places; very nostalgic, to say the least. He still enjoys viewing skating competitions and is always available for expert technical advice.

**NAT BLATCHFORD**, had all of his children involved in speedskating with the Northbrook club. All were outstanding State and National competitors, Neil and Sally were members of U.S.Olympic teams. Nat has officiated every National Outdoor (Long Track) championship held in Minnesota or Wisconsin since 1960. He established the Carol Blatchford Memorial Scholarship Fund to help deserving female skaters attend college, when his youngest daughter, Carol, died in a tragic automobile accident. We have shared some happy and some sad times together and I am of the opinion that the sport could use at least 100 more Nat Blatchfords in its array of members.

**NORMAN ANDERSON**, took over the reins of the Peirce Skating Club of Chicago, when the club founder, J. Fred Gohl, retired. The Peirce club developed many outstanding skaters and officials. Former U.S. Olympic Committee President Phil Krumm was a product of this organization and many former skaters are still active in the Masters Classes. Norman managed the club until its disbandment in the early 80s, when a changing neighborhood was no longer conducive to skating activities. He also served as an Illinois delegate and National Chief Clerk. As an active member of the North Shore Kiwanis Club, he and the Peirce club presented the annual North Shore Open, an outdoor meet on natural ice, until the late 70s, when natural ice became a thing of the past in the Chicago area. Norman and I have been friends and colleagues for 44 years and have shared many good times together.

**STANTON SCHUMAN**, a prominent Chicago attorney, was drawn into speedskating by his children. He was the President of the Illinois Association in the early 60s and drafted many Constitutional changes that brought that Association into the modern era. He worked with this author in conducting officiating clinics for Illinois officials, in all categories, so they would be the best in the nation. Many went on to National and International prominence. Stan was a Chief Clerk. I remember him vividly. He would wear a carpenters apron, full of heat cards, pencils, programs and rule books. He looked like a shoemaker hard at work. He had a loud and commanding voice, and the kids loved him. Really a sight to behold. Stan also represented the Association in some nuisance and frivolous law suits. He was the one who cut through all the bureaucratic red tape and assisted the Amateur Skating Union obtain their tax exempt status as an educational non-profit organization. All his legal work on behalf of the sport was always done "pro-bono."

**SANDERS (SAM) HICKS**, the retired Chief of the Evanston (IL), Fire Department and coach of the Evanston Speedskating Club. Sam was President of the Illinois Association when we were both named in a frivolous law suit over a \$25.00

trophy. The parent and plaintiff wanted \$10,000.00 from each of us for punitive damages. Stan Schuman took care of that problem and we all enjoy a good laugh when we look back on the incident. Sam is now a National and International Starter. He is also the former Commissioner of Officials and has presented International Starting clinics, sponsored by the International Skating Union. His other hobby is photography and he's an official photographer for The Racing Blade. He was severely chastised for not having his camera along for this meeting, so our readers could see, first hand, what this geriatric group of speedskating enthusiasts looks like.

Then there was the other attendee, **ME**. I'm the youngest of the group but got to know the other six pretty well some 41 years ago because we all shared a common interest. Their encouragement and enthusiasm rubbed off on me and enabled me to serve the sport for six years as Secretary of the Illinois Association, seven years as a National Starter, 12 years as Executive Secretary and Treasurer of the Amateur Skating Union, and my continued involvement as Chairman of two national committees and teacher of Speedskating Coaching Education Courses. I mention this, not to be boastful, but to show what can be accomplished when friends and associates work together to achieve a common goal. These impromptu meetings enable all of us to share our experiences,

give and receive advice, find out what's going on in each others lives and exchange skating stories. It's good therapy. We're all retired from our "real job", except for Stan Schuman. He's ageless and will go on working forever, except when he wants to go canoeing on the Minnesota/Canada Boundary Waters or camping in the desert of Death Valley, California. I realize we're all in the twilight of our skating careers but I would hope there will be many more meetings like this, around the country, where old friends, who once shared something special, can assemble over lunch and talk about "The Way It Used To Be". I eagerly await our next meeting. Maybe we'll find a few more Old Timers to join us.

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**A Great Send-Off  
NATIONAL MARATHON**  
February 8-9, 1997  
Lake Placid, N.Y.

by John Manailovich

After five successful years, the National Marathon is coming to an end at Lake Placid, New York, before moving on to the Pettit National Ice Center in Milwaukee, Wisconsin. Garden State Speed Skating Club of New Jersey, which is part of the MASA, has organized this event for the last five years. The weather this year was outstanding, the oval was fast and a new record was set in the 50k.

Don Gallegos from Richmond, Vermont, won both the 25k and 50k. Don skated the 50k in 1:30:34 which is a record time for that distance on the Lake Placid Oval. Beth Bedford from Michigan won both the 25k and 50k and had a fantastic time of 1:31:20 for the 50k. Jennifer Kirsch, Robert O'Hara, Carol Moore and Bill Bauer were all double winners in their respective class. Chris Grundy, a junior skater from the Garden State Club skated his first marathon taking the gold in the 50k.

I would like to thank everyone who helped at this years National Marathon. Fred Prilop, Gary Corwin, Andy Puttbach, Peter Fitterer and my wife Adele, who did a great job with registration and final results, all made this years event successful. I would also like to thank all the skaters and their respective scorers who participated over the last five years. We could not have done it without you.

Let's get out and support the National Marathon at the Pettit National Ice Center.

Hope to see you there next year.

**NATIONAL MARATHON RESULTS - 25K**

**JUNIOR MEN**

- 1. Chris Needham..... 50:09
- 2. Ryan Bedford..... 56:47
- 3. Chris Grundy..... 1:02:40

**SENIOR MEN**

- 1. Don Gallegos..... 43:17
- 2. Paul Marchese..... 43:51
- 3. Jim Cornell..... 44:05
- 4. Joe Franz..... 45:33
- 5. David Phillips
- 6. Joe Zammikiel
- 7. Andy Puttbach

**MASTER MEN**

- 1. Robert O'Hara..... 45:57
- 2. John Manailovich..... 49:57
- 3. Thomas Ryan..... 54:20
- 4. Bill Prestia..... 55:50

- 5. James Daniska
- 6. David Cohen
- 7. Peter Fitterer
- 8. David Service

**GRAND MASTER MEN**

- 1. Bill Bauer..... 53:25
- 2. Walter Monast..... 56:15
- 3. Jack Mahoney..... 57:43
- 4. Michael Fornino..... 1:11:13

**JUNIOR WOMEN**

- 1. Jennifer Kirsch..... 48:16
- 2. Kristen Bedford..... 56:43
- 3. Allison Green..... 58:30
- 4. Alice Choi..... 58:31
- 5. Cherise Wilkins

**SENIOR WOMEN**

- 1. Beth Bedford..... 44:04
- 2. Marta Schultz..... 56:50

**MASTER WOMEN**

- 1. Carol Moore..... 44:48
- 2. Mary O'Donnell..... 55:59
- 3. Liz Marchese..... 1:00:19
- 4. Debbie Hadlock..... 1:11:51

**GRAND MASTER WOMEN**

- 1. Gail Ferat..... 1:08:55

**RESULTS - 50K**

**JUNIOR MEN**

- 1. Chris Grundy..... 2:15:41

**SENIOR MEN**

- 1. Don Gallegos..... 1:30:34
- 2. Jim Cornell..... 1:34:48
- 3. David Phillips..... 1:39:18
- 4. Joe Zammikiel..... 1:50:49

**MASTER MEN**

- 1. Robert O'Hara..... 1:37:08
- 2. John Manailovich..... 1:39:42
- 3. Thomas Ryan..... 1:51:01
- 4. Michael Hartnett..... 1:58:26
- 5. David Cohen
- 6. Peter Fitterer

**GRAND MASTER MEN**

- 1. Bill Bauer..... 1:42:30
- 2. Walter Monast..... 2:01:29
- 3. Jach Mahoney..... 2:06:28

**JUNIOR WOMEN**

- 1. Jennifer Kirsch..... 1:56:18

**SENIOR WOMEN**

- 1. Beth Bedford..... 1:31:20
- 2. Suki Fujioka..... 1:38:07
- 3. Marta Schultz..... 2:02:37

**MASTER WOMEN**

- 1. Carol Moore..... 1:37:52

## PADDING - the next step

By William Markland  
ISU Short Track Committee

In my last article (Feb. 95) I outlined the activities of the ISU Short Track Committee regarding development and safety of this speedskating discipline. While it does take a little time for accepted activities to circulate Worldwide, the World Ranking LYNXTIMING, and Helmet Standard are now well in place. The Olympic Qualifying Event will receive its first "test" this coming November. Now its time to move on to other areas, specifically safety.

Padding, another area having not been reviewed with any scientific supporting data, was suggested as a project by Jim Haack of the Missouri Skating Association. Jim, a graduate Engineer from the University of Illinois, suggested that a project be worked on by senior students through the Dept. of General Engineering. After a few phone calls, a proposal was prepared for presentation to the International Skating Union. This proposal was submitted to the ISU during the Coaches' Seminar held in Champaign, Illinois last July.

Upon receiving approval to proceed with the project, Prof. James Carnahan advertised for three students to sign up for the ISU Padding Project under the guidance of Prof.'s Mark Strauss and Daniel Metz. Prof. Metz is known Worldwide for his work in the area of automobile padding and protection. The three students that signed up come from very different interests, one working to be a computer engineer, one working to become an Orthopedic Surgeon, and the third aiming to become a Jet Fighter pilot. It is interesting to note that none of the above had ever heard of nor seen Short Track Speedskating. With the team selected, our first meeting took place on January 23, 1996.

I provided the students with ten video tapes of past Championships, and invited them to attend the Land of Lincoln Competition to see the sport first hand, and to examine padding presently being used. The students took videos for additional use during their project. The team had also made arrangements with Bell Sports in Rantoul, Illinois to use their test facilities and equipment to support the project. With only two weeks work on the project at the time of the Land of Lincoln, it was apparent the students were working with a lot of enthusiasm and interest.

On February 13, 1997, the group submitted its first report outlining the efforts made up to this point. The report clearly indicated that the project was off to a great start. Contacts had been made with known safety groups, manufacturers of all types of padding, medical information relating to forces the body can withstand, and skating results to determine speeds of a skater both indoor and outdoor. The report even detailed the high

and low risk areas of the human body. I had to admit to Prof. Carnahan that the group had certainly established a good basis considering that the project was only three weeks in running.

Presently the group is building a large pendulum type apparatus to measure the impact absorbing properties of various padding materials. This apparatus will allow a 20 lb. weight to impact the material at approximately 28 mph. Also in the planning is to use a dummy similar to those used in automobile tests and propel it across the ice in the same manner as a fallen skater. An interesting footnote to the above is all of the safety preparation needed for the students to setup the test site. A large area in one of the Civil Engineering buildings had to be completely walled off to prevent some other student walking into the site. The group is scheduled to make its final presentation on May 14, 1997.

Working with the General Engineering Dept. and this group of students is truly an exciting and rewarding experience. I have complete confidence that the \$6,500 Grant provided by the ISU will result in a much improved safety environment for our skaters, both Long Track and Short Track.

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# 1997 National Long Track Championships

January 25-26, 1997

Lake Placid, New York

By Joel Williams

The National Long Track Championships returned to the Olympic Oval in Lake Placid on January 25-26, 1997 attracting 121 skaters from as far away as Texas, Southern California and Montana. The event was hosted by the Northern New York Speedskating Association with Tom Miller from Adirondack Speedskating acting as meet director. Organizationally, it was a warm up for the 1998 National Short Track Championships which will be held in Saratoga Springs next year. Special attention was paid to producing a high quality program book which will be used to solicit advertisements for the short track nationals. Special thanks go to Dave Townsend from Green Mountain who runs a communications consulting business for providing the layout and production expertise.

Saturday's events got off to a warm start with temperatures in the 40's and rain with standing water on the track. However, the ice held up fairly well thanks to repairs to the refrigeration system made by the Olympic Regional Development Authority over the summer. Despite a series of warm spells this winter, Lake Placid has kept their ice the entire season adding significantly to this venue's credibility after several regional event cancellations in the last two years. With a drop in temperatures in the forecast, officials kept one eye on the ice and the other on the temperature being reported on the marquee outside the '80 Rink.

As temperatures finally dropped into the 30's, the ice conditions improved and five outdoor records fell in quick succession. As I recall, a dry shave just before the finals was recommended by Tom Healy and Pat Maxwell to referee Duane Riley who gave the order which probably did the trick. I haven't talked to anyone who predicted the ice would be fast after all the water that had been on it, but of course there have been some claims of complete understanding of the results in hindsight. Bob Fischer broke his previous Grand Master record in the 800 meter set in Lake Placid in 1993, and Carol Moore broke Diane Holum's record in the 1500 set in Milwaukee in 1990. Erin Porter broke Kathleen Anderson's record in the 800 set in Butte in 1989, and Sarah Williams and Mike Kagan both broke sixteen year old records set in Milwaukee in 1981 by John Malmburg and Moira D'Andrea, respectively. On Sunday, temperatures turned colder with anticipation of even faster conditions. However, colder apparently isn't faster (again, more nods of understanding), and the ice was rippled, probably due to a dull Zamboni blade.

The weekend's activities included an excellent banquet and an enthusiastic response from the skaters at the Saturday night awards ceremony at the host hotel, Howard Johnson's, located at the edge of Lake Placid



Grand Master Man Vince Gagliano  
Presenter Carl Peaslee



Grand Master Woman Mary Lou DiNicola  
Presenter Carl Peaslee



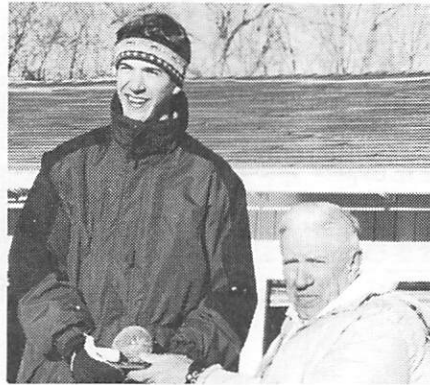
Master Man Greg Oly  
Presenter Shirley Yates

lake. First time visitor's were rewarded with some beautiful views of the Adirondack High Peaks region which only heightened the "Olympic feeling" that Lake Placid provides. Many thanks to all those who participated in and supported this event. See you in Saratoga Springs in 1998.





Master Woman Carole Moore  
Presenter Larry Clever



Intermediate Man Chris Needham  
Presenter Bob Vehe



Juvenile Boy Mike Kagan  
Presenter Larry Clever



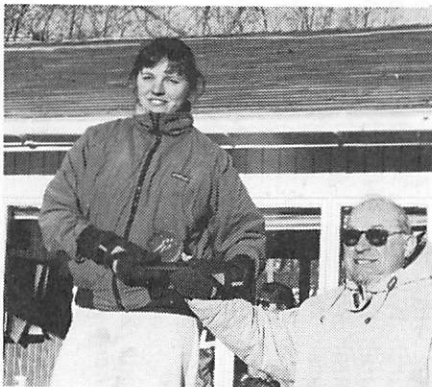
Senior Man Paul Marchese  
Presenter Tom Porter



Intermediate Woman Erin Porter  
Presenter James Gil de Lamadrid



Juvenile Girl Sarah Williams  
Presenter Tony Arena



Senior Woman Cindy Darrow  
Presenter Tom Porter



Junior Man Daniel Weinstein  
Presenter Frank Miller



Midget Boy Eric Casler  
Presenter Bill Cushman

**National Long Track Class Championship Gold Medallions are made possible by grants from the following:**

| Class                   | Medallion                                      |
|-------------------------|--|
| Grand Master Men.....   | Angelo Guillianio Memorial Award               |
| Grand Master Women..... | George O'Connell Memorial Award                |
| Master Men.....         | Yates Family Award                             |
| Master Women.....       | Robert R. Stewart Award                        |
| Senior Men.....         | Eugene Lynch Award                             |
| Senior Women.....       | Mary Novak Sand Award                          |
| Intermediate Men.....   | Lloyd F. Ralston Memorial Award                |
| Intermediate Women..... | Maryland Skating Assn. Award                   |
| Junior Boys.....        | Chapin Family Award                            |
| Junior Girls.....       | L. F. Sandvig Memorial Award                   |
| Juvenile Boys.....      | Bearcat Speedskating Club of Minneapolis Award |
| Juvenile Girls.....     | Howard P. Gutgesell Award                      |
| Midget Boys.....        | Gary Eikaas Award                              |
| Midget Girls.....       | Jess Howe Christopherson Memorial Award        |



Midget Girl Cherise Wilkins  
Presenter Gene Casler

**1997 National Long Track Speedskating Championships**  
 Lake Placid, New York

| Class                    | Event | Time     | Skater                   | Assn | Skater                    | Assn | Skater                 | Assn | Skater                       | Assn |
|--------------------------|-------|----------|--------------------------|------|---------------------------|------|------------------------|------|------------------------------|------|
| Grand Master Women       | 500   | 52.24    | Mary Lou Dinicola        | NNY  |                           |      |                        |      |                              |      |
|                          | 800   | 1:29.97  | Mary Lou Dinicola        | NNY  |                           |      |                        |      |                              |      |
|                          | 1000  | 1:50.72  | Mary Lou Dinicola        | NNY  |                           |      |                        |      |                              |      |
|                          | 1500  | 2:45.58  | Mary Lou Dinicola        | NNY  |                           |      |                        |      |                              |      |
| <b>Overall Standings</b> |       |          | <b>Mary Lou Dinicola</b> |      |                           |      |                        |      |                              |      |
| Master Women             | 500   | 52.06    | Carol Moore              | MASA | Liz Marchese              | NNY  | Karlene Lorentz        | WI   | Mary O'Donnell               | NNY  |
|                          | 800   | 1:30.12  | Carol Moore              | MASA | Liz Marchese              | NNY  | Karlene Lorentz        | WI   | Mary O'Donnell               | NNY  |
|                          | 1000  | 1:50.23  | Carol Moore              | MASA | Liz Marchese              | NNY  | Karlene Lorentz        | WI   | Mary O'Donnell               | NNY  |
|                          | 1500  | 2:43.71* | Carol Moore              | MASA | Liz Marchese              | NNY  | Karlene Lorentz        | WI   | Mary O'Donnell               | NNY  |
|                          | 3000  | 6:12.77  | Carol Moore              | MASA | Liz Marchese              | NNY  | Karlene Lorentz        | WI   | Mary O'Donnell               | NNY  |
| <b>Overall Standings</b> |       |          | <b>Carol Moore</b>       |      | <b>Liz Marchese</b>       |      | <b>Karlene Lorentz</b> |      | <b>Mary O'Donnell</b>        |      |
| Senior Women             | 500   | 46.99    | Cindy Darrow             | ASAI | Suzy Osum                 | GMSA | Marci Francis          | NE   | Nancy Kubler                 | MASA |
|                          | 800   | 1:27.53  | Jessica Riley            | NNY  | Cindy Darrow              | ASAI | Suzy Osum              | GMSA | Marci Francis                | NE   |
|                          | 1000  | 1:41.93  | Cindy Darrow             | ASAI | Jessica Riley             | NNY  | Suzy Osum              | GMSA | Marci Francis                | NE   |
|                          | 1500  | 2:59.09  | Cindy Darrow             | ASAI | Suzy Osum                 | GMSA | Jessica Riley          | NNY  | Marci Francis                | NE   |
|                          | 3000  | 6:13.47  | Jessica Riley            | NNY  | Suzy Osum                 | GMSA | Suzanne Fujioka        | MASA | Cindy Darrow                 | ASAI |
| <b>Overall Standings</b> |       |          | <b>Cindy Darrow</b>      |      | <b>Jessica Riley</b>      |      | <b>Suzy Osum</b>       |      | <b>Marci Francis</b>         |      |
| Intermediate Women       | 500   | 47.82    | Erin Porter              | NNY  | Kristen Brophy            | NNY  | Meghan Everett         | NNY  | Jennifer Kirsch              | MASA |
|                          | 800   | 1:13.40* | Erin Porter              | NNY  | Kristen Brophy            | NNY  | Tami Wilm              | WI   | Meghan Everett               | NNY  |
|                          | 1000  | 1:52.80  | Erin Porter              | NNY  | Kristen Brophy            | NNY  | Meghan Everett         | NNY  | Tami Wilm                    | WI   |
|                          | 1500  | 2:38.60  | Erin Porter              | NNY  | Kristen Brophy            | NNY  | Jennifer Kirsch        | MASA | Tami Wilm                    | WI   |
|                          | 3000  | 5:55.47  | Kristen Brophy           | NNY  | Erin Porter               | NNY  | Tami Wilm              | WI   | Jennifer Kirsch              | MASA |
| <b>Overall Standings</b> |       |          | <b>Erin Porter</b>       |      | <b>Kristen Brophy</b>     |      | <b>Tami Wilm</b>       |      | <b>Meghan Everett</b>        |      |
| Junior Women             | 300   | 28.77    | Sarah Elliott            | WI   | Brigid Farrell            | NNY  | Caroline Hallisey      | NE   | Becky Lang                   | WI   |
|                          | 500   | 46.26    | Sarah Elliott            | WI   | Caroline Hallisey         | NE   | Michelle Hill          | WI   | Brigid Farrell               | NNY  |
|                          | 800   | 1:16.39  | Caroline Hallisey        | NE   | Becky Lang                | WI   | Brigid Farrell         | NNY  | Michelle Hill                | WI   |
|                          | 1000  | 1:33.67  | Sarah Elliott            | WI   | Brigid Farrell            | NNY  | Caroline Hallisey      | NE   | Becky Lang                   | WI   |
|                          | 1500  | 2:37.48  | Sarah Elliott            | WI   | Michelle Hill             | WI   | Becky Lang             | WI   | Caroline Hallisey            | NE   |
| <b>Overall Standings</b> |       |          | <b>Sarah Elliott</b>     |      | <b>Caroline Hallisey</b>  |      | <b>Brigid Farrell</b>  |      | <b>Becky Lang</b>            |      |
| Juvenile Girls           | 300   | 28.77    | Elizabeth Ochowicz       | WI   | Sarah Williams            | NNY  | Bonnie Klint           | ASAI | Heidi Stangl                 | GMSA |
|                          | 500   | 47.21    | Sarah Williams           | NNY  | Elizabeth Ochowicz        | WI   | Bonnie Klint           | ASAI | Heidi Stangl                 | GMSA |
|                          | 600   | 56.26*   | Sarah Williams           | NNY  | Elizabeth Ochowicz        | WI   | Bonnie Klint           | ASAI | Kira Fling                   | ASAI |
|                          | 800   | 1:25.05  | Sarah Williams           | NNY  | Elizabeth Ochowicz        | WI   | Heidi Stangl           | GMSA | Bonnie Klint                 | ASAI |
|                          | 1000  | 1:49.07  | Sarah Williams           | NNY  | Bonnie Klint              | ASAI | Heidi Stangl           | GMSA | Elizabeth Ochowicz           | WI   |
| <b>Overall Standings</b> |       |          | <b>Sarah Williams</b>    |      | <b>Elizabeth Ochowicz</b> |      | <b>Bonnie Klint</b>    |      | <b>Heidi Stangl</b>          |      |
| Midget Girls             | 300   | 31.94    | Jorie Grundstrom         | GMSA | Cherise Wilkins           | NNY  | Katrina Whittenberger  | WI   | Erica Lanser                 | WI   |
|                          | 400   | 42.56    | Cherise Wilkins          | NNY  | Jorie Grundstrom          | GMSA | Kristin Bedford        | MI   | K. Whittenberger             | WI   |
|                          | 500   | 52.1     | Cherise Wilkins          | NNY  | Jorie Grundstrom          | GMSA | Kristin Bedford        | MI   | K Whittenberger              | WI   |
|                          | 600   | 59.63    | Cherise Wilkins          | NNY  | Jorie Grundstrom          | GMSA | Kristin Bedford        | MI   | Amber Davies                 | MT   |
|                          | 800   | 1:29.25  | Jorie Grundstrom         | GMSA | Cherise Wilkins           | NNY  | Amber Davies           | MT   | Kristin Bedford              | MI   |
| <b>Overall Standings</b> |       |          | <b>Cherise Wilkins</b>   |      | <b>Jorie Grundstrom</b>   |      | <b>Kristin Bedford</b> |      | <b>Katrina Whittenberger</b> |      |

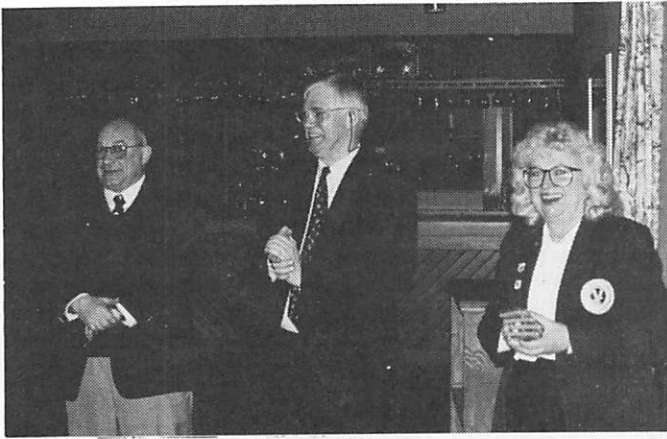
\* = New National Outdoor Record Set in the Final Event

**1997 National Long Track Speedskating Championships**  
**Lake Placid, New York**

| Class                    | Event                    | Time     | Skater                  | Assn                    | Skater              | Assn               | Skater                  | Assn                | Skater                   | Assn                   |
|--------------------------|--------------------------|----------|-------------------------|-------------------------|---------------------|--------------------|-------------------------|---------------------|--------------------------|------------------------|
| Grand Master Men         | 500                      | 47.61    | Vincent Gagliano        | MASA                    | Bob Fischer         | Direct             | Rich Widmark            | ASA                 | Dennis Stanford          | Direct                 |
|                          | 800                      | 1:21.51* | Bob Fischer             | Direct                  | Rich Widmark        | ASA                | Vincent Gagliano        | MASA                | Dennis Stanford          | Direct                 |
|                          | 1000                     | 1:51.33  | Vincent Gagliano        | MASA                    | Rich Widmark        | ASA                | Bob Fischer             | Direct              | Dennis Stanford          | Direct                 |
|                          | 1500                     | 3:01.07  | Vincent Gagliano        | MASA                    | Bob Fischer         | Direct             | Dennis Stanford         | Direct              | Pat Cunningham           | MASA                   |
|                          | <b>Overall Standings</b> |          |                         | <b>Vincent Gagliano</b> |                     | <b>Bob Fischer</b> |                         | <b>Rich Widmark</b> |                          | <b>Dennis Stanford</b> |
| Master Men               | 500                      | 42.53    | Greg Oly                | GMSA                    | Boris Leikin        | Direct             | Mark Chrysler           | SC                  | Chris Hawkins            | MASA                   |
|                          | 800                      | 1:21.48  | Greg Oly                | GMSA                    | Boris Leikin        | Direct             | Mark Chrysler           | SC                  | Chris Hawkins            | MASA                   |
|                          | 1000                     | 1:47.91  | Greg Oly                | GMSA                    | Boris Leikin        | Direct             | Mark Chrysler           | SC                  | Chris Hawkins            | MASA                   |
|                          | 1500                     | 2:42.39  | Greg Oly                | GMSA                    | Boris Leikin        | Direct             | Mark Chrysler           | SC                  | Chris Hawkins            | MASA                   |
|                          | 3000                     | 5:31.07  | Greg Oly                | GMSA                    | Chris Hawkins       | MASA               | Mark Chrysler           | SC                  | Dave Evans               | WI                     |
| <b>Overall Standings</b> |                          |          | <b>Greg Oly</b>         |                         | <b>Boris Leikin</b> |                    | <b>Mark Chrysler</b>    |                     | <b>Chris Hawkins</b>     |                        |
| Senior Men               | 500                      | 42.53    | Paul Marchese           | NNY                     | Cameron Beul        | MT                 | Don Foley               | MT                  | Matt Trimble             | GMSA                   |
|                          | 800                      | 1:11.32  | Cameron Beul            | MT                      | Paul Marchese       | NNY                | Matt Trimble            | GMSA                | Don Foley                | MT                     |
|                          | 1000                     | 1:29.93  | Paul Marchese           | NNY                     | Cameron Beul        | MT                 | Don Foley               | MT                  | Matt Trimble             | GMSA                   |
|                          | 1500                     | 2:44.52  | Paul Marchese           | NNY                     | Cameron Beul        | MT                 | Matt Trimble            | GMSA                | Pete Dykstra             | MASA                   |
|                          | 3000                     | 4:57.11  | Cameron Beul            | MT                      | Paul Marchese       | NNY                | Rob Cramer              | NNY                 | Matt Trimble             | GMSA                   |
| <b>Overall Standings</b> |                          |          | <b>Paul Marchese</b>    |                         | <b>Cameron Beul</b> |                    | <b>Matt Trimble</b>     |                     | <b>Don Foley</b>         |                        |
| Intermediate Men         | 500                      | 42.96    | Chris Needham           | NE                      | Ian Baranski        | NNY                | Chad Richards           | NNY                 | Alan Schiller            | MI                     |
|                          | 800                      | 1:13.41  | Ian Baranski            | NNY                     | Chris Needham       | NE                 | L.B. Cannon             | Direct              | Alan Schiller            | MI                     |
|                          | 1000                     | 1:50.01  | Chris Needham           | NE                      | Ian Baranski        | NNY                | Alan Schiller           | MI                  | Chad Richards            | NNY                    |
|                          | 1500                     | 2:40.22  | Ian Baranski            | NNY                     | Chris Needham       | NE                 | L.B. Cannon             | Direct              | Chad Richards            | NNY                    |
|                          | 3000                     | 5:36.82  | Chris Needham           | NE                      | Ian Baranski        | NNY                | L.B. Cannon             | Direct              | Alan Schiller            | MI                     |
| <b>Overall Standings</b> |                          |          | <b>Chris Needham</b>    |                         | <b>Ian Baranski</b> |                    | <b>L.B. Cannon</b>      |                     | <b>Alan Schiller</b>     |                        |
| Junior Men               | 300                      | 26.04    | Daniel Weinstein        | NE                      | Apolo Ohno          | Direct             | Mathew Passarella       | WI                  | Adam Riedy               | OH                     |
|                          | 500                      | 41.4     | Daniel Weinstein        | NE                      | Apolo Ohno          | Direct             | Adam Riedy              | OH                  | James Cooley             | NNY                    |
|                          | 800                      | 1:14.42  | Apolo Ohno              | Direct                  | Daniel Weinstein    | NE                 | Adam Riedy              | OH                  | Mathew Passarella        | WI                     |
|                          | 1000                     | 1:38.34  | Daniel Weinstein        | NE                      | Apolo Ohno          | Direct             | James Cooley            | NNY                 | Adam Riedy               | OH                     |
|                          | 1500                     | 2:26.30  | Daniel Weinstein        | NE                      | Apolo Ohno          | Direct             | Ron Biondo              | OH                  | Adam Riedy               | OH                     |
| <b>Overall Standings</b> |                          |          | <b>Daniel Weinstein</b> |                         | <b>Apolo Ohno</b>   |                    | <b>Adam Riedy</b>       |                     | <b>Cooley/Passarella</b> |                        |
| Juvenile Boys            | 300                      | 27.14    | Mike Kagan              | WI                      | Shani Davis         | ASA                | Nathaniel Bolton        | NE                  | Brady Thompson           | WI                     |
|                          | 500                      | 43.63    | Mike Kagan              | WI                      | Shani Davis         | ASA                | Nathaniel Bolton        | NE                  | Brady Thompson           | WI                     |
|                          | 600                      | 49.86*   | Mike Kagan              | WI                      | Shani Davis         | ASA                | Brady Thompson          | WI                  | Nathaniel Bolton         | NE                     |
|                          | 800                      | 1:12.58  | Shani Davis             | ASA                     | Mike Kagan          | WI                 | Michael Mentell         | ASA                 | Geoff Cannon             | Direct                 |
|                          | 1000                     | 1:32.29  | Mike Kagan              | WI                      | Shani Davis         | ASA                | Geoff Cannon            | Direct              | Nathaniel Bolton         | NE                     |
| <b>Overall Standings</b> |                          |          | <b>Mike Kagan</b>       |                         | <b>Shani Davis</b>  |                    | <b>Nathaniel Bolton</b> |                     | <b>Brady Thompson</b>    |                        |
| Midget Boys              | 300                      | 31.76    | Darren Olson            | GMSA                    | Kyle Shea           | MT                 | Marcus Smith            | ASA                 | Rick Martin Jr           | WI                     |
|                          | 400                      | 43.43    | Eric Casler             | GMSA                    | Darren Olson        | GMSA               | Rick Martin Jr          | WI                  | Chris Thomas             | NNY                    |
|                          | 500                      | 50.72    | Eric Casler             | GMSA                    | Darren Olson        | GMSA               | Rick Martin Jr          | WI                  | Eric Cepuran             | ASA                    |
|                          | 600                      | 59.94    | Eric Casler             | GMSA                    | Darren Olson        | GMSA               | Marcus Smith            | ASA                 | Rick Martin Jr           | WI                     |
|                          | 800                      | 1:29.23  | Eric Casler             | GMSA                    | Kyle Shea           | MT                 | Darren Olson            | GMSA                | Rick Martin Jr           | WI                     |
| <b>Overall Standings</b> |                          |          | <b>Eric Casler</b>      |                         | <b>Darren Olson</b> |                    | <b>Rick Martin Jr</b>   |                     | <b>Kyle Shea</b>         |                        |

\* = New National Outdoor Record Set in the Final Event

# A Few Pics from the National Long Track



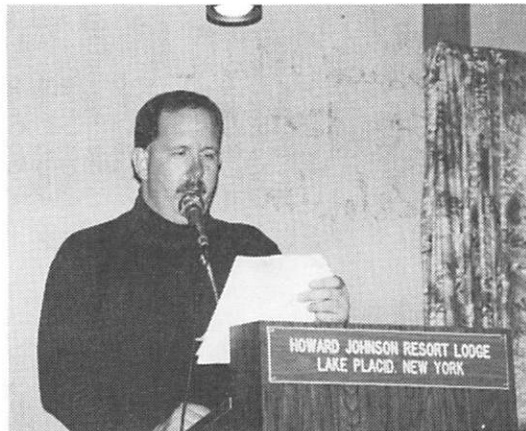
President Tom Porter, VP Larry Clever and Exec. Secy./Treas. Shirley Yates present the medals at the banquet



Grand Master Men wait for the gun.



Michelle Hill of Wisconsin is working hard.



Meet Director Tom Miller. He put it together and made it work



Old-timer Chuck Moore appears to be saying 'Lookee here, I need some ammo.' The gloves appear to be Lou Eliasberg's.



Ann Cooley working the tunnel. Gen Casler (alongside) appears to either be inhaling or getting ready to offer some long distance advice.



Senior Men going into the first turn and keeping and eye on each other.

# How To Make Your Wheels Perform Consistently

By Frank Fedel

Have you ever noticed how your wheels perform differently during different stages of wear? Wouldn't it be great if you could maintain consistent performance by your wheels? That way, you wouldn't have to adjust your skating style based on how worn down your wheels got. Well, if you want to REALLY impact your performance, check out the latest wheel performance gadget: the Wheel Hog Inline Reprofilng System.

First of all, what is reprofilng? It's just a fancy name for taking your wheels (after you've worn them down), and shaping them back to their original profile (while dropping down a few millimeters in diameter). Reprofilng was probably first introduced to in-line skating by Mil-Mar Engineering (manufacturers of Charger in-line frames) in Michigan. They provided a service through mail order that would take your old, worn wheels; put them on a large lathe-type machine; and take off the "edge" (which forms when you skate on your wheels too long without rotating them) Their concept was based on the idea that hidden deep beneath every worn wheel is a smaller, perfectly shaped wheel waiting to get out and grind, slide and roll. Until now, you only had 3 choices for skating with original performance profile wheels:

- 1) Skate carefully and rotate your wheels almost every day (yeah, right!)
- 2) Buy new wheels constantly (sure, I'm rich)  
or
- 3) Send them to Mil-Mar (The company in Michigan that started in-line wheel re-profilng by mail)

With the new Wheel Hog system, there is a new choice - shape your wheels yourself! The process is pretty simple: you put your wheels, one by one onto a spindle connected to a hand drill (you supply the drill). Then,

you turn on the drill; the wheel spins; and you use a specially designed tool that grinds away urethane to re-profile the wheels. It's simple, and it takes about a minute per wheel, once you have the system set up.

One of the biggest benefits to this system is that you can **customize** your wheel profiles. If you like a more aggressive angle on the sides of your wheels, you can get it. If you want to keep the flat profile on the inner wheels and put a radius on your outer wheels, you can do that as well - all without buying a bunch of wheels to see what different profiles are all about. You'll have your own R&D lab right in your own home! By reprofilng your wheels, you only lose about 2 grams of material per wheel (about 2 or 3 mm.), so depending on how much skating and grinding you do, you could make your wheels last 2, 3 or 4 times longer!

Not only will you save money on replacement wheels, you'll also be getting the most out of your wheels, since you will control their shape. The Wheel Hog system is available (basic, pro and shop), you can choose the version that meets your needs (or those of your skate club/team).

## Questions?

For more information on re-profilng using the Wheel Hog System call (800) 515-5596.

## Quick Review:

After using the Wheel Hog System for 15 minutes, I had the hang of it; I turned down 3 sets of wheels in 1/2 hour! The best part was that I was able to control the final profile of my wheels - sort of like having your own Research & Development Team at your disposal: "Hey, make the edges a little sharper, they're too round!"

*Copyright, 1997 Frank J. Fedel*

National Sports Academy



at Lake Placid

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## Overheard in the Heat Box

By Larry Ralston

Latest reports from the World skating scene indicates that USISA speedskaters are doing well in International competition. American skaters captured 11 medals at the World Junior Short Track Championships in Marquette, Michigan; All American skaters placed in the top 20 at the World Sprint meet in Hamar, Norway. That means that the U.S. will gain one more starting position in Men's and Ladies' competition next year. Kirstin Holum and K.C. Boutiette performed really well in the World All Around events, after capturing the U.S. National titles. The future looks bright for 1998 as our current coach's continue to teach and motivate the skaters to top performances.

Latest to join the expanding list of ASU Medal Donors is Dr. William Stone, who has sponsored the "Phil Stone Memorial Award" for the National Marathon Master Men Events at 25 and 50 kilometer distances.

Bonnie Blair Cruikshank made a guest appearance at the speedskating events at Chicago's Skate on State competition, February 16. With the 8 new skating facilities in Chicago and a training program for managers of these facilities, we expect the sport to grow in the Chicagoland area in 1998. Those rinks, located in strategic locations in Chicago Parks, will be in operation from Thanksgiving till March 1.

And the latest with the U.S. Postal Service is their announcement that some 27,000 employee's had received "performance bonus's" in 1996. Doesn't that make you feel good, knowing that service is being improved and the employee's are being well compensated for doing their job? Look for that rate increase next year... It's just about time.

This reporter is off to warmer weather for a few weeks but hopes to see many of you at the 1997 ASU Convention in St. Louis, MO, May 16-18. It's an event you shouldn't miss.

### Dittography and Haplography

*Two words to confuse further  
a confused situation*

## President's Comments

By Tom Porter  
President ASU



A new convention format for Friday is being planned. Most comments have been, "The Friday sessions are not productive. We don't need to listen to reports. Put the reports in the convention booklet and we'll read them as our interest dictates." Some items will remain, such as the President's report, memorials and the bids for meets and the convention and any other necessary agenda items. We are hoping the change will make your presence at the convention more important and be a benefit to our overall objectives of the ASU.

As President, I have heard many good comments of the ASU. "It is serving its intended purpose. Do not change a thing." On the other hand, I have also been told it needs major change. Others say, a little tweaking here or there will do the job. Still others say speedskating should have one organization. Since all I can do is listen to this free advice we have the following result.

After discussion with the Executive Committee we agreed to use any additional time on Friday for an idea session. We will present the format for this session at the convention. The main message for the delegates is: **COME WITH IDEAS FROM YOUR ASSOCIATIONS AS TO WHAT CHANGES THEY'D LIKE DISCUSSED AT THE CONVENTION.** If the delegates decide to pursue any of the suggestions, a committee will be established to present a proposal or report at the 1998 convention.

See you in St. Louis.

### 1997 Summer Camp Update

By Camp Coordinator David Kennedy

The Camp at Northern Michigan University is set for Monday, June 23 through Sunday, June 29.

Note the slight shift of dates!

Colorado Springs is cancelled.

Lake Placid camp is tentatively approved for July 12-19, but may be cancelled.

Application forms for camps will be sent to all club and associations. If you want info directly send a SASE to me at 301 W. Pennsylvania Avenue, Towson, MD 21204.

## COMMISSIONER'S COMMENTS

by  
Anthony Arena



### HELP WANTED:

*Male/Female, no experience needed, will train, age open, usually weekend work, no pay, no benefits, long hours, working conditions; outdoors, can expect wind, cold, snow, and even rain, indoors usually better. Some meals provided. Apply through your Association Secretary...*

If anyone of us saw this ad in our local newspaper help wanted column like the one above, we would cancel our subscription and run the other way. Well folks the ASU is in desperate need of officials. We need people who want to work their way up to become chief officials in all categories. With National and North American meets now spread across the country chief officials are needed in all of these locations. It is quite costly for the ASU to send chief officials to these locations. Besides if a particular site would like to bid for National and North American meets they should at least have the officials in place to work.

The ASU currently has 13 chief referees, 13 chief starters, 8 chief clerks, 7 chief judges, and 9 assistant chief judges. These chiefs are not necessarily spread out evenly throughout the United States. On page 36, Article XII, are the qualifications for persons to be elevated to chief status. It can be seen that some prior experience is necessary. One just doesn't become a chief official on a whim.

Last fall when I sent out the RSVP request as to which officials would be available to work the meets, I kept seeing the same names reappearing to work the Nationals and North Americans. This is telling me that many of our officials can't be bothered to submit their names. Maybe it is time to rethink our removal procedure, but in order to remove people we need replacements now.

### OCHLOPHOBIA

*A condition that cannot  
be blamed upon speedskating*



## Clarice Mattson

February 10, 1912-December 28, 1996

"You can do anything you put your mind to" was a favorite expression of Clarice Mattson, so when her daughter Karen started speed skating she persuaded neighboring parents to form a skating club in that area. She was one of the original founders of the Midway Speed Skating Club in St. Paul in 1946. She served as secretary - treasurer until 1950. All four of Clarice's children skated for Midway. Karen was a 3 time National Champion.

Clarice was instrumental in developing the Eastern Minnesota Skating Association in 1951. She served as secretary for EMSA for 18 years. For many years she was a delegate to the ASU Conventions. Weekends during the skating season were spent at the Lake Como Track. For the duration of the National Outdoor Championships held at Como, Clarice was chief scorer. She was a timer for the 1960 Olympics held in Squaw Valley.

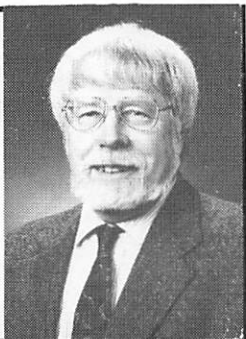
In 1959 when the Hall of Fame Committee was formed, Clarice helped to formulate the standards and procedures. She served on this committee for 22 years, and was chair person from 1979-1981.

Clarice was a recipient of the Sportsman Award in St. Paul, for contributions to the development of speed skating. She was a director of one of St. Paul's recreation centers, from 1951-1962, organizing softball and hockey programs. She also developed a novice speed skating program. She went on to get a master's degree in social work and was a Ramsey County social worker.

Clarice took up long-blade skating at the age of 69, and downhill skiing at the age of 70. Through the years she continued her interest in speed skating, as an alumna member of the ASU.

## Coach's... ...Couch

By Donald A. Kangas



### Successful Coaching #4 Management for Coaches

Coaching is an occupation that is easy to slip into casually, but complicated to do right. Coaching happens whenever someone offers advice or listens to a problem. Don Shula says, "Everyone is a Coach." In this one dimension he is right. However, not many people are willing to accept the title and responsibility that comes with being "The Coach" of a speedskating club.

A few speedskating clubs do have a coach, who is in charge and does the job with designated assistants, supported by a strong club administration. However, many smaller ASU speedskating clubs operate without ever designating a single individual as coach. Even if, they designate someone as the club coach others step in uninvited to help. Everyone is a coach in these clubs.

Depending on the circumstances, there are advantages to either having one coach in charge or operating as a community by consensus. Both arrangements work, if they use the principles of successful coaching. Neither arrangement works, if they ignore the principles of successful coaching.

I described three principles of successful coaching in previous versions of "Coach's Couch."

First, successful coaches have a philosophy that respects everyone, keeping athletes first and winning in perspective, as a result not a goal.

Second, successful coaches' motivation comes from perceiving their athletes' progress in maturation and speedskating capabilities. This keeps coaching fun for them and enhances their athlete's enjoyment of speedskating.

Third, successful coaches are effective teachers and students of speedskating technology, so their athletes learn correct fundamental techniques of speedskating.

The fourth principle of successful coaching is management. Successful coaches are effective managers of their club, risk exposure and their selves. Management tools are needed to pay the bills to keep coaches and skaters on ice.

#### Club Management

Speedskating clubs can provide much of the management support, so a club coach can tend to working with skaters. Successful coaches have the support of responsible club administration. Ice time is expensive and difficult to find. Just finding an open time slot to

schedule practice is a real problem for new clubs. Hockey or figure skating programs, that use many hours of ice time, dominate most arenas. Speed skaters, who only need a few hours, get shut out. Long term commitment from a well-organized business-like club can obtain ice time and, most importantly, sustain the commitment annually.

#### Risk Management

Risk exposure is scary. Some of you may remember the mock trial conducted by Larry Ralston at the Coaching Session of the 1996 ASU Convention. I know this session of our coaching seminars is an eye opener for coaches and parents.

Coaches have nine legal duties:

1. Properly plan the activity.
2. Provide proper instruction.
3. Provide a safe physical environment.
4. Provide adequate and proper equipment.
5. Match you athletes.
6. Evaluate athletes for injury or incapacity.
7. Supervise the activity closely.
8. Warn of inherent risks.
9. Provide appropriate emergency assistance.

This is a long list of duties. However, numbers 1 through 7 are a matter of understanding your job as a coach and being diligent. Coaches and others involved in a speedskating club must be diligent in risk management. Attending an ASU "Silver" Speedskating Coaching Seminar and passing the test is one demonstration of diligence. Putting the knowledge, learned at the seminar, to practice and becoming certified as an ASU "Silver" level coach is another.

Number 8, warn of inherent risk, is a matter of being sure that new skaters and their families understand, that ice is slippery, and have them acknowledge that warning by signing a release form that describes the risks. Many clubs include a release form on a club registration form.

Number 9, provide emergency assistance, doesn't require that everyone be trained in first aid. However, that is a good idea. Most urban areas have rapid response Emergency Medical Services that respond to a 911 call.

Even with all precautions and diligent practices, in today's litigious society, it is important to have liability insurance. Register yourself and your skaters with the ASU to have coverage under the ASU umbrella policy. Some facilities also require that their names appear on the policy. That is possible for a nominal additional charge. You may also want to consider having a personal liability insurance policy.

#### Self Management

Finally, you have to take care of yourself and your time. You, your health and your time are precious. Just as you want your athletes to have a full and varied life, so you must also keep all your interests and responsibilities in balance. Pay attention to your family, or other important people in your life, nutrition, fitness, rest, recreation and time. Our speedskating athletes are worth our best effort. Coaching is fulfilling fun. Coaching is important.



Notes from . . .

## The National Office

By Shirley Yates



Outsiders, those unfortunates not really involved in our sport or just on the fringe, always think when the speedskating season is over, everything comes to a standstill until it starts up again in the fall. Wrong! Not so in the National Office and not so on the "playing field."

(There are some who actually think the sport is dormant for four years and just comes alive in time for the Winter Olympics. But that's another story.)

The first major event after the National and North American Short Track Championships that we have to concern ourselves with is the ASU Convention. An article elsewhere in this issue gives all the pertinent information about the facility and the host's plans for us. The Convention Agendas were mailed April 15 to all association secretaries and Board of Control members, committee chairmen, officers, CASSA representatives and anyone else who has indicated they will be attending the Convention.

As we have stated repeatedly over the years, the Convention is open to everyone. Actually, it's an eye opener! If you're a complainer and wonder why we are the way we are, you'll discover why at the Convention. That's where policies are formulated, racing rules are established and new legislation approved. And guess who does it? Representatives from the associations—like you! So stop your grumbling and come to the Convention. You can make a difference.

### OUR CANADIAN BENEFACTOR

Many of you know Joyce Leggatt who, for some years, has been the official representative to the ASU from the Canadian Amateur Speed Skating Association. She attends the North American Championships and our Convention and reports back to CASSA. She has been a good friend and I think she likes us because she had relay helmet covers made for us and donated them to the ASU this year!

Joyce knew had approved a proposal at last year's Convention to provide helmet covers for our National and North American Short Track Championships and tried to help us find a source for helmet covers in Canada. We could get the covers there at a reasonable cost but not the numbers put on them. We shopped around in this country and Vice President Larry Clever came up with a company in Colorado that served our needs for both

the bibs and the helmet covers.

But Joyce went ahead and had the sixteen relay covers made in Canada for us (they didn't need numbers) and presented them as a gift before the National Short Track. If you were there you couldn't have missed them—four each of bright green, red, yellow and blue. They certainly added a certain pizzaz to the relays. Thank, Joyce. We all appreciate your gift.

### LEAVE IT TO THE NEW GUY!

In my column I often ask questions of you and hope for a response. Rarely do I get it. But that's what I expect. I attribute it to "human nature." Everyone thinks the next fella will will respond. But at least I always hope it will start people thinking. And once in awhile I get lucky!

In the February issue I reported on the decrease of members this year and asked associations to assess the situation: "Why are your numbers falling? When you determine the causes, let us know."

A new member, Walter Paluch of the Syracuse Club in the Northern New York Association, called me one day early in March. He said he was sitting looking at my picture, having just read my column, and thought he might be able to answer my question.

Walter and his son, Steve, joined us early in January, 1997. He said since then he has spent \$3,000 on speedskating. Wow! I asked him what he spent it on. Well, for openers he bought his son \$300 skates and himself \$500 skates. I said usually new member did not spend that kind of money on skates and that we do have an inexpensive entry-level skate that we offer. He said he didn't know about that and he had been advised as to what he should get. He said it was fine because he could afford it but *how many people can or want to?*

We talked about other sports and the fact that some cost less, like in-line skating, because of availability of inexpensive venues, and some cost more like hockey, because that sport faces the same ice costs we do and the athletes face a continual replacement of equipment because of the abuse it gets. Everyone has the same travel costs. The important difference is that those two sports have a very high profile (and consequently many more dues-paying members) and speedskating doesn't, despite its Olympic achievements and importance.

So out of the mouth of a new member: the sport is too expensive. Maybe people are willing to spend the money on other sports but not on speedskating., Why?

### JASTRZEMBSKI DOES IT AGAIN!

There is no doubt about it. Mark Jastrzembski of the West Michigan Speedskating Club is one of our most innovative members. From celebrity auctions to the first ASU in-line meet, Mark has inspired and impressed us with his clever ideas for attracting new skaters and making speedskating fun for everyone.

Mark's latest is the 1997 Michigan 400 Inline Skating Championships and Wheel Chair Races scheduled for May 17 at Muskegon Community College. Included will

be races for Novices (beginning inliners), Class A Inline and Wheel Chair, both Para and Quad.

The entry form is very explicit about the rules: "Starts are pack style. Only one false start allowed. Not grabbing, drifting, charging (crashing into another skater's space) or blocking. . . Abusive language or unsportsman-like conduct will result in disqualification for all remaining events with no refund of entry fees. The winner of each race will be determined by the first wheel across the finish line. . . not body lean!"

We wish Mark the best of luck in his latest endeavor. Wish we could be there. If you would like an entry form or more information about this event, you can contact Mark at 2179 Lake Avenue, Twin Lake, Michigan 49457 616/828-4627.

### U.S. CYCLISTS IN THE FOREFRONT

The February 3, 1997, issue of Velo News had an astonishing article. The lead was "Widespread participation, not elite excellence, is the No. 1 purpose of the U.S. Cycling Federation after its board of trustees approved a dramatic change of direction on January 18 at a conference at the Cheyenne Mountain Conference Center."

Those gathered for this meeting were trustees for USCF, the National Off-Road Bicycle Association and the U.S. Professional Racing Organization and directors for USA Cycling. The "road and track association's reversal of priorities in its statement of purpose was one of the biggest attention-getters" in a weekend marked by nearly eight hours of deliberations by "executive sessions."

USCF's trustee Tracy Lea argued that the "association needs to use its member clubs and racing associations to push cycling at the community level, perhaps shifting the responsibility for elite-level success to USPRO." The question was asked "Where does winning gold medals, elite racing, fit into our association?"

Noting that more than half of the membership is over 30 years old, Lea said "clearly we're not reaching out to the general ridership in America. . . and we're actually going to start losing our racing masters if we don't start taking care of these guys."

Chairman Mike Fraysse countered that international success is "where the money come from," while Kathy Volski argued that grass-roots and elite programs have a symbiotic relationship that might need adjustment in post-Olympic years, but not a flat reversal.

The article stated that, "In the end, the grass-roots faction prevailed, to applause from trustee Chris Grealish, who described the board's action as 'a major occurrence.'

The headline on the article was "USCF TURNS FOCUS TO GRASS ROOTS." Very interesting.

### MEMBER CLOBBERED BY WEST COAST WEATHER

We all know what the West Coast people put up with—fires, floods, earthquakes, smog, to name a few adversities. One of our Oregon members, Patty Quinlan, a registered nurse, moved from Eugene to Coos Bay in the fall to manage a new clinic that handles kidney

dialysis patients. She had lived in Coos Bay only seven weeks when a storm ravaged the area and triggered a wall of mud and debris that oozed down the hill behind her duplex, pushing the structure a foot off its foundation.

"I didn't realize there was a problem until a neighbor banged on my door at 4 a.m. to tell me the duplex was sliding. The duplex had creaked and groaned all night, but I thought it was the wind. I got out with a few pictures and tapes."

She said friends dashed in and out of the duplex later that morning, while it was still sliding, to recover more personal belongings. She learned that day that the girlfriend of a longtime friend had been killed in a mud slide near there the day before.

Patty's first concerns were with the clinic but later in the week she connected with the Red Cross who put her up in a motel for a few weeks until she found another duplex overlooking the bay but she still worries that southern Oregon's rain storms could cause the same problems all over again. She was so impressed with the way Red Cross took care of her she signed up as a volunteer.

---

AND NOW A NOTE FROM A LOVELY LADY: Mary E. Ossanna of Minnesota has been a member of the Alumni Club from its inception. She wrote me early in March in response to the invitation to Alumni Club members to attend the Alumni luncheon at the Pettit Center the weekend of the Masters International Open.

"I got the invitation to the Masters International Open Skating event. I will not attend but I have been a member of ASU since 1949 and still support the activities of the organization whenever I can. I turned 86 this year and aiming for 100! Best wishes to all, Mary E. Ossanna.

Mary is another one of those members who is typical of those who have kept the ASU going for 70 years. In my February column I made a special point of the fact that our organization is celebrating its 70th birthday this year and that not too many organizations can lay claim to that.

Shortly after that issue was printed, I heard a very interesting fact on radio. Only 1 out 100 organizations that were around 50 years ago still exist! So we are even more unique than I thought!

## Editor Wanted

The Racing Blade is looking for a new editor to take over the magazine in the Fall of 1997.

An outstanding opportunity for a volunteer interested in the preparation of this nationally read publication. If you feel that you have the interest, the time, and some experience, contact VP Larry Clever at 12 Benton Drive, Saratoga Springs, NY 12866, phone: home (518) 587-8055, work (518) 456-8671. Contact prior to May 16, 1997.

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## HOW TO GAIN WEIGHT HEALTHFULLY

"I eat seven meals a day but still don't gain weight" complained Jason, a 6' tall, 22 year old beanpole who was clearly frustrated with his inability to put some pounds on his lanky frame. For him, and for many underweight athletes, the struggle to gain weight is a constant frustration, equal to that of overweight people who are trying to lose weight. "I'm always eating. I spend too much time eating. I also spend a ton of money buying food. I wish I could just eat normally and look normal. I hate my spindly legs..."

Jason had tried weight gain drinks galore, with hopes that one would cure his underweight problem. "I've never gained pounds that stayed. I lose every ounce I gain when I stop the overfeeding program. I must be doing something wrong...?"

I quizzed Jason about his genetics, asking what other family members looked like. "My Dad says I look just like he did at this age." Clearly, genetics plays a powerful role in a person's physique. But so does "the fidget factor." That is, Jason constantly fidgeted. Not only was he active with sports, but he was also active when sitting. He constantly squirmed and moved around in his chair—all of which burned off calories. (A dedicated fidgeter can easily burn an additional 700 calories per day, the equivalent of one or two meals.) I suggested that Jason mellow out, and also try some of the following weight gain tips.

**WEIGHT GAIN TIPS:** Theoretically, you have to eat an extra 500 to 1,000 calories per day to gain of one to two pounds per week. But Nature often confounds this mathematical approach. Without question, some people do gain weight more easily than others. For example, in a weight gain study where the subjects were overfed by 1,000 calories per day for 100 days, some people gained only 9 pounds, whereas others gained 29 pounds. Why the big difference? Perhaps some of the subjects fidgeted more than others; perhaps some were genetically predisposed to obesity.

Keeping in mind your genetics and your tendency to fidget, here are five important rules to help you with your quest for bulk.

- 1. Eat consistently.** Every day, have three hearty meals plus one to three additional snacks. Do NOT skip meals! You'll miss out on important calories that you need to accomplish your goals.
- 2. Eat larger than normal portions.** Instead of having one sandwich for lunch, have two. Eat three potatoes at dinner, instead of only two. Have a taller glass of milk, bigger bowl of cereal, larger piece of fruit.
- 3. Select higher calorie foods.** Read food labels to determine which foods have more calories than an equally enjoyable counterpart. For example, cranapple juice has more calories than does orange juice (170 vs. 110 calories/8 ounces); granola has more calories than

Cheerios (700 vs. 100 calories/cup); corn more than green beans (140 vs. 40 calories/cup).

**4. Drink lots of juice and milk.** Beverages are a simple way to increase your caloric intake. Instead of drinking water, quench your thirst with calorie-containing fluids. One high school soccer player gained 13 pounds over the summer by simply adding six glasses of cranapple juice (1,000 calories) to his standard daily diet. A baseball player made a weight gain drink by mixing 1 quart of 2%-milk with 4 packets of Instant Breakfast and ½ cup of powdered milk (1,000 calories total). He mixed it in the blender each morning, drink half at breakfast and the rest before bed.

**5. Do strengthening exercises** (weight lifting, push-ups) to stimulate muscular development so that you bulk-up instead of fatten up. Some underweight people are afraid exercise will result in weight loss rather than weight gain. If that's your case, remember that exercise tends to stimulate the appetite; you'll want to eat more. (Yes, exercise may temporarily "kill" your appetite right after a hard workout, but within a few hours, you'll get hungry.) Exercise also increases thirst, you'll easily be able to drink extra juices.

By following these rules, you should see progress. But honor your genetics. If your father was slim until age 40, then you might follow the same footsteps. Most people do gain weight with age as they become less active, more mellow, and have more time to eat. Granted, this information doesn't help you today, but it offers optimism for your future.

Among very serious athletes who need to gain weight for bulk (football players, hockey players), questions about *creatine* commonly arise. Creatine is a natural compound found primarily in meats. It is needed for immediate energy during short, intense exercise such as weight lifting and sprinting. To date, it is seemingly harmless when taken in the recommended doses but it has yet to pass "the test of time."

Athletes who take creatine commonly gain weight. Is this because they are able to train harder and that stimulates muscular growth? Or are they simply gaining water weight? Research has yet to define the entire process, but we do know that some people gain to their desired weight with creatine, and some don't.

If you are tempted to try creatine, I first recommend you pay attention to the above Weight Gain Tips. That is, you need to consistently eat more calories, drink more juices, and do strength training. No magic pill is going to replace these key steps.

*Nancy Clark, MS, RD offers private nutrition counseling to individuals at Boston area's SportsMedicine Brookline. Her newly revised Nancy Clark's Sports Nutrition Guidebook, 2nd Edition (\$19) has more information on weight gain, as does her NYC Marathon Cookbook (\$23). For your copies, send a check to Sports Nutrition Materials, 830 Boylston Street, Brookline, MA 02167.*

# Letters

Dear Bob,

Have gathered material for another article on Axel Paulsen, the late 1800's Norwegian speed and figure skater, which I shall prepare and send to you shortly.

With the cessation of CASSA's "The Racer" and rumors that Ontario's the "Skater Edge" may soon cease to publish your Union's magazine. "The Racing Blade" is the only English "amateur" magazine devoted to the sport still alive! Sure we have the flashy U.S. based "Speed Skating News" which appears to be heavy on inline skating and the British "Skating News" which leans much to figure skating and arena news, but these cannot be classed as true "amateur" run journals?


Continue the great work Bob, even my wife reads the "Racing Blade" from cover to cover!

Best regards,

John Hurdis

#### EDITORS NOTE:

*John Hurdis is an Honorary Life Member of the ASU and a former President of the Canadian Amateur Speed Skating Association.*




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I would like to thank the following Judges for the excellent job that they did at the Short Track Nationals, at West Point, N.Y. It was fun working with such a fine group of people!

AL HARDING  
 DAVID KENNEDY  
 KEN HARASYN  
 LARRY CLEVER  
 SHIRLEY YATES  
 MILT WEINSTEIN  
 ED RENNER  
 CARL PEASLEE  
 LIZ CHAPIN  
 CHUCK BROME  
 ANN MONAST  
 RUTH GANONG  
 LESLIE MOORE  
 LINDA NEEHAM  
 KEVIN KEITH

DON LEASE: Photo Finish Judge

A special thanks to Assistant Chief Judge Larry Clever for doing all the work lining up the judges and the materials for the Judges . . . also, thanks to John Monroe for the Lynx System . . . it was a great help to me.

Jerry Steele

Chief Judge

National Short Track Championships

Dear Shirley,

Last week I received your Unions' Handbook for 1996-97 compiled by Bob Vehe and his volunteers as an Honorary Life Member of the ASU (circa 1974) for which I thank you.

The Handbook continues to be a wealth of information for all those who are greatly interested in our sport. With the Canadian association ceasing to publish "The Racer" over a year ago and now the recent demise of the Ontario Provincial magazine "The Skaters Edge," both through Federal budget cuts, communications are at an all time low for the membership here in Canada.

I wrote to Bob Vehe a couple of weeks ago and sent him another skater historical article for consideration in the "Racing Blade" and advised him that this journal in my opinion is now the only one considered newsworthy. Although we have the slick "Speed Skating Times" out of Florida which leans heavily towards in-line skating there is nothing else!

Keep up the good work.

Best regards,

John Hurdis

Mississauga, Ontario



# United States International Speedskating Association News

## The New "Clap Skate"

Coming out of competition at the Innsbruck World Cup the American sprinters have recognized the significance of the new "clap skate". Introduced this season, competitors who have worn the skate - most notably the Dutch skaters - have seen a great success in the distance events, as well as the sprint events this weekend.

U.S. National Sprint Coach Guy Thibault spoke of the importance of obtaining the new skates for his team. "The clap skates really seem to work for sprinters," he said. "I really think that we need to get them of us as soon as possible and give them a good try! Hopefully we will have ice next summer and take some time then to get used to them. It is definitely a priority for us."

**Note:** Kirstin Holum (Waukesha, Wis.) set a new junior world record in the 1500-meters at the Junior Country Match event in Calgary, Canada. Holum 16, set a new mark of 2:03.61. The previous record had been 2:03.72.

## HOLUM TAKES GOLD AT WORLD JUNIOR SPEEDSKATING CHAMPIONSHIPS

Kirstin Holum (Waukesha, Wis.) won the gold medal at the World Junior Speedskating Championships in Butte, Mont. Holum was second coming into today's 1000- and 3000- meter competition. She took the overall title with 171.016 total points.

The last World Junior Speedskating Champion from the United States was **Becky Sundstrom (Glen Ellyn, Ill.)** in 1995 at the event held in Selnajöki, Finland.

### World Junior Speedskating Championships Butte, Mont.

February 28-March 2, 1997

#### Ladies

##### 500-meters

1. Li Xuesong (CHN) ..... 41.10
2. Mee-Young Kang (ROK) ..... 41.15

3. Joo-Hyun Kim (ROK) ..... 41.99
4. Anna Saveljeva (RUS) ..... 42.45
5. Kanae Kobayashi (JPN) ..... 42.59
10. **Whitney McGill** (Champaign Ill.) ..... 42.87
16. **Kirstin Holum** (Waukesha, Wis.) ..... 43.41
29. **Catherine Raney** (Elm Grove, Wis.) ..... 44.66

##### 1500-meters

1. **Holum** (U.S.A.) ..... 2:06.15
2. Eun-Bi Bak (ROK) ..... 2:10.23
3. Saveljeva ..... 2:10.98
4. Judith Straathof (NED) ..... 2:11.08
5. Kobayashi ..... 2:11.20
15. **Raney** (U.S.A.) ..... 2:13.88
22. **McGill** (U.S.A.) ..... 2:17.96

##### 3000-meters

1. **Holum** (U.S.A.) ..... 4:24.37
2. Bak ..... 4:31.25
3. Kobayashi ..... 4:34.54
4. Eriko Seo (JPN) ..... 4:35.37
5. Nicola Mayr (ITA) ..... 4:35.94

##### Overall Final

1. **Holum** (U.S.A.) ..... 171.016
2. Bak ..... 173.113
3. Kobayashi ..... 173.599
4. Saveljeva ..... 174.210
5. Seo ..... 174.991
19. **McGill** (U.S.A.) ..... 131.446
20. **Raney** (U.S.A.) ..... 132.381

#### Men

##### Overall

1. Jelmer Beulenkamp (NED) ..... 159.709
2. Andre Vreugdenhil (NED) ..... 161.776
3. Gijs Buitelaar (NED) ..... 163.392
4. Jae-Bong Choi (ROK) ..... 162.469
5. Yusuke Imai (JPN) ..... 163.797
8. **Nick Pearson** (Waukesha, Wis.) ..... 164.237
13. **Joey Cheek** (Greensboro, N.C.) ..... 166.572
16. **Lucas Mills** (Milwaukee, Wis.) ..... 185.953

##### 500-meters

1. Imai ..... 37.68
2. Choi ..... 37.90
3. Jin-Wook Chung (ROK) ..... 38.04
4. Vreugdenhil (NED) ..... 38.18
5. Miao Bicao (CHN) ..... 38.22
6. **Pearson** (U.S.A.) ..... 38.55
8. **Cheek** (U.S.A.) ..... 38.68
37. **Mills** (U.S.A.) ..... 1:01.04 (fall)

##### 1500-meters

1. Imai ..... 1:53.74
2. Dmitry Shepel (RUS) ..... 1:56.85
3. Beulenkamp ..... 1:56.87



# United States International Speedskating Association News

## 1500-meters cont.

|                      |         |
|----------------------|---------|
| 4. Choi              | 1:57.82 |
| 5. Vreugdenhil       | 1:58.37 |
| 9. Mills (U.S.A.)    | 1:58.83 |
| 10. Pearson (U.S.A.) | 1:59.31 |
| 13. Cheek (U.S.A.)   | 2:00.13 |

## 3000-meters

|                      |         |
|----------------------|---------|
| 1. Beulenkamp        | 3:59.40 |
| 2. Shepel            | 4:06.73 |
| 3. Vreugdenhil       | 4:08.19 |
| 4. Buitelaar         | 4:08.48 |
| 5. Mills (U.S.A.)    | 4:09.92 |
| 13. Pearson (U.S.A.) | 4:15.62 |
| 18. Cheek (U.S.A.)   | 4:18.52 |

## 5000-meters

|                         |         |
|-------------------------|---------|
| 1. Beulenkamp           | 7:00.23 |
| 2. Buitelaar            | 7:06.29 |
| 3. Vreugdenhil          | 7:08.25 |
| 4. Artem Detishev (RUS) | 7:11.51 |
| 5. Koichi Hirata (JPN)  | 7:14.04 |
| 7. Pearson (U.S.A.)     | 7:14.66 |
| 9. Mills (U.S.A.)       | 7:15.81 |
| 15. Cheek (U.S.A.)      | 7:27.63 |

## World All Around Speedskating Championships Nagano, Japan

February 14-16, 1997

### Men

#### Overall

|   |                              |
|---|------------------------------|
| 1. Ids Postma (NED)                             | 157.906                      |
| 2. Keiji Shirahata (JPN)                        | 158.466                      |
| 3. Frank Dittrich (GER)                         | 158.697                      |
| 4. KC Boutiette (Tacoma, Wash.)                 | 158.739                      |
| 5. Rintje Ritsma (NED)                          | 159.090                      |
| 10. Dave Tamburrino<br>(Saratoga Springs, N.Y.) | 161.454                      |
| 20. Tim Hoffmann (Waukesha, Wis.)               | 120.140<br>(three distances) |

#### 10,000-meters

|                         |          |
|-------------------------|----------|
| 1. Bart Veldkamp (NED)  | 13.41.66 |
| 2. Dittrich             | 13.48.40 |
| 3. Lasse Saetre (NOR)   | 13.54.46 |
| 4. Postma               | 14:07.54 |
| 5. Shirahata            | 14:07.95 |
| 6. Boutiette (U.S.A.)   | 14:08.75 |
| 10. Tamburrino (U.S.A.) | 14:28.27 |

#### 1500-meters (Saturday)

|                       |         |
|-----------------------|---------|
| 1. Postma             | 1:51.78 |
| 2. Boutiette (U.S.A.) | 1:52.53 |

|                         |         |
|-------------------------|---------|
| 3. Jason Parker (CAN)   | 1:52.96 |
| 4. Hiroyuki Noake (JPN) | 1:53.11 |
| 5. Ritsma               | 1:53.12 |
| 12. Tamburrino (U.S.A.) | 1:55.01 |
| 17. Hoffman (U.S.A.)    | 1:55.71 |

#### 500-meters (Friday)

|                           |       |
|---------------------------|-------|
| 1. Kyou-Hyuk Lee (ROK)    | 37.14 |
| 2. Postma                 | 37.36 |
| 3. Shirahata              | 37.59 |
| 4. Noake                  | 37.70 |
| 5. Ermanno Ioriatti (ITA) | 37.74 |
| 7. Boutiette (U.S.A.)     | 37.93 |
| 14. Hoffmann (U.S.A.)     | 38.25 |
| 15. Tamburrino (U.S.A.)   | 38.37 |

#### 5000-meters (Friday)

|                         |         |
|-------------------------|---------|
| 1. Veldkamp             | 6:43.26 |
| 2. Frank Dittrich (GER) | 6:43.74 |
| 3. Shirahata            | 6:47.46 |
| 4. Saetre (NOR)         | 6:47.97 |
| 5. Boutiette (U.S.A.)   | 6:48.62 |
| 12. Tamburrino (U.S.A.) | 6:53.35 |
| 30. Hoffman (U.S.A.)    | 7:13.20 |

### Women

#### Overall

|   |                              |
|---|------------------------------|
| 1. Gunda Niemann (GER)                        | 165.708                      |
| 2. Claudia Pechstein (GER)                    | 168.179                      |
| 3. Tonny de Jong (NED)                        | 168.206                      |
| 4. Anni Friesinger (GER)                      | 168.751                      |
| 5. Annamarie Thomas (NED)                     | 169.605                      |
| 11. Becky Sundstrom (Glen Ellyn, Ill.)        | 173.344                      |
| 16. Kirstin Holum (Waukesha, Wis.)            | 128.009<br>(three distances) |
| 18. Moira D'Andrea<br>(Saratoga Springs N.Y.) | 128.169<br>(three distances) |

#### 5000-meters

|                                |         |
|--------------------------------|---------|
| 1. Niemann                     | 7:10.15 |
| 2. de Jong                     | 7:14.39 |
| 3. Pechstein                   | 7:17.04 |
| 4. Friesinger                  | 7:18.59 |
| 5. Lyudmila Prokashcheva (KZK) | 7:19.22 |
| 11. Sundstrom (U.S.A.)         | 7:41.50 |

#### 1500-meters (Saturday)

|                        |         |
|------------------------|---------|
| 1. Niemann             | 2:00.51 |
| 2. Friesinger          | 2:02.00 |
| 3. Pechstein           | 2:02.52 |
| 4. Thomas              | 2:02.79 |
| 5. de Jong             | 2:03.08 |
| 10. Holum (U.S.A.)     | 2:05.11 |
| 13. Sundstrom (U.S.A.) | 2:05.66 |
| 17. D'Andrea (U.S.A.)  | 2:06.50 |



# United States International Speedskating Association News

## 3000-meters (Saturday)

|                                     |         |
|-------------------------------------|---------|
| 1. Niemann .....                    | 4:10.40 |
| 2. Pechstein .....                  | 4:13.95 |
| 3. de Jong .....                    | 4:15.91 |
| 4. Friesinger .....                 | 4:16.24 |
| 5. Svetlana Bazhanova (RUS) .....   | 4:17.77 |
| 9. <b>Holum</b> (U.S.A.) .....      | 4:19.54 |
| 19. <b>Sundstrom</b> (U.S.A.) ..... | 4:26.61 |
| 21. <b>D'Andrea</b> (U.S.A.) .....  | 4:29.60 |

## 500-meters (Friday)

|   |       |
|---|-------|
| 1. Annamarie Thomas (NED) .....                         | 40.53 |
| 2. Gunda Niemann (GER) .....                            | 40.79 |
| 3. <b>Becky Sundstrom</b> (Glen Ellyn, Ill.) .....      | 40.89 |
| 4. <b>Moira D'Andrea</b> (Saratoga Springs, N.Y.) ..... | 41.07 |
| 5. Chiraru Bozaki (JPN) .....                           | 41.08 |
| 24. <b>Kirstin Holum</b> (Waukesha, Wis.) .....         | 43.05 |

## World Sprint Speedskating Championships Hamar, Norway

February 1-2, 1997

### Women

#### 500-meters - February 1, 1997

|  |       |
|--|-------|
| 1. Franziska Schenk (GER) .....                          | 39.77 |
| 2. Catriona LeMay-Doan (CAN) .....                       | 40.00 |
| 3. Svetlana Zhurova (RUS) .....                          | 40.13 |
| 4. Tomomi Okazaki (JPN) .....                            | 40.20 |
| 5. Anke Baker (GER) .....                                | 40.29 |
| 11. <b>Christine Witty</b> (West Allis, Wis.) .....      | 40.59 |
| 13. <b>Becky Sundstrom</b> (Glen Ellyn, Ill.) .....      | 40.63 |
| 19. <b>Moira D'Andrea</b> (Saratoga Springs, N.Y.) ..... | 41.02 |

#### 500 meters - February 2, 1997

|                                     |       |
|-------------------------------------|-------|
| 1. Schenk .....                     | 39.53 |
| 2. Xue Ruihong (CHN) .....          | 39.72 |
| 3. Sabine Volker (GER) .....        | 39.84 |
| 4. Zhurova .....                    | 40.06 |
| 4. LeMay-Doan .....                 | 40.06 |
| 9. <b>Witty</b> (U.S.A.) .....      | 40.19 |
| 13. <b>Sundstrom</b> (U.S.A.) ..... | 40.65 |
| 20. <b>D'Andrea</b> (U.S.A.) .....  | 41.10 |

#### 1000-meters - February 1, 1997

|                                    |         |
|------------------------------------|---------|
| 1. Schenk .....                    | 1:19.76 |
| 2. Ruihong .....                   | 1:20.23 |
| 3. Shiho Kusunose (JPN) .....      | 1:20.79 |
| 4. <b>Sundstrom</b> (U.S.A.) ..... | 1:20.97 |
| 5. <b>Witty</b> (U.S.A.) .....     | 1:21.02 |
| 8. <b>D'Andrea</b> (U.S.A.) .....  | 1:21.69 |

#### 1000 meters - February 2, 1997

|                                 |         |
|---------------------------------|---------|
| 1. Schenk .....                 | 1:19.82 |
| 2. Annamarie Thomas (NED) ..... | 1:20.19 |

|                                    |         |
|------------------------------------|---------|
| 3. <b>Witty</b> (U.S.A.) .....     | 1:20.41 |
| 4. Volker .....                    | 1:20.49 |
| 5. Ruihong .....                   | 1:21.06 |
| 6. <b>Sundstrom</b> (U.S.A.) ..... | 1:21.10 |
| 17. <b>D'Andrea</b> (U.S.A.) ..... | 1:22.22 |

### Overall

|                                    |         |
|------------------------------------|---------|
| 1. Schenk .....                    | 159.090 |
| 2. Ruihong .....                   | 160.985 |
| 3. <b>Witty</b> (U.S.A.) .....     | 161.495 |
| 4. Kusunose .....                  | 161.650 |
| 5. LeMay-Doan .....                | 161.680 |
| 9. <b>Sundstrom</b> (U.S.A.) ..... | 162.315 |
| 14. <b>D'Andrea</b> (U.S.A.) ..... | 164.075 |

### Men

#### 500-meters - February 1, 1997

|  |         |
|--|---------|
| 1. Sergey Klevchenya (RUS) .....                   | 36.18   |
| 2. Roger Strom (NOR) .....                         | 36.19   |
| 3. Hiroyasu Shimizu (JPN) .....                    | 36.39   |
| 4. Junichi Inoue (JPN) .....                       | 1:14.32 |
| 5. Jaegal Sung-Yeol (ROK) .....                    | 36.63   |
| 7. <b>Casey FitzRandolph</b> (Verona, Wis.) .....  | 36.68   |
| 22. <b>Cory Carpenter</b> (Brookfield, Wis.) ..... | 37.61   |

#### 500-meters - February 2, 1997

|                                       |       |
|---------------------------------------|-------|
| 1. Manabu Horii (JPN) .....           | 36.01 |
| 2. Klevchenya .....                   | 36.04 |
| 3. Shimizu .....                      | 36.26 |
| 4. Strom .....                        | 36.34 |
| 5. <b>FitzRandolph</b> (U.S.A.) ..... | 36.53 |
| 29. <b>Carpenter</b> (U.S.A.) .....   | 37.89 |

#### 1000-meters - February 1, 1997

|                                       |         |
|---------------------------------------|---------|
| 1. Horii .....                        | 1:13.18 |
| 2. Adne Sondral (NOR) .....           | 1:13.45 |
| 3. <b>FitzRandolph</b> (U.S.A.) ..... | 1:13.63 |
| 4. Kevin Overland (CAN) .....         | 1:13.64 |
| 5. Jeremy Wotherspoon (CAN) .....     | 1:13.73 |
| 14. <b>Carpenter</b> (U.S.A.) .....   | 1:14.64 |

#### 1000-meters - February 2, 1997

|                                       |         |
|---------------------------------------|---------|
| 1. Horii .....                        | 1:12.55 |
| 2. <b>FitzRandolph</b> (U.S.A.) ..... | 1:12.97 |
| 3. Sondral .....                      | 1:13.06 |
| 4. Sung-Yeol .....                    | 1:13.57 |
| 5. Overland .....                     | 1:13.68 |
| 16. <b>Carpenter</b> (U.S.A.) .....   | 1:14.81 |

### Overall

|                                       |         |
|---------------------------------------|---------|
| 1. Klevchenya .....                   | 146.215 |
| 2. Strom .....                        | 146.420 |
| 3. <b>FitzRandolph</b> (U.S.A.) ..... | 146.510 |
| 4. Shimizu .....                      | 146.770 |
| 5. Sung-Yeol .....                    | 147.205 |
| 17. <b>Carpenter</b> (U.S.A.) .....   | 150.225 |



# United States International Speedskating Association News

## WORLD TEAM SELECTION MEET RESULTS

Walpole, Mass. - March 7-9, 1997

### LADIES' POINT DISTRIBUTION

| PLC | NO./NAME              | TT RANK | 9 Lap FP | 4 Lap FP | 15H PP | 15F FP | 5H PP | 5S PP | 5F FP | 1KH PP | 1KS PP | 1KF FP | 3KF FP | FIN PTS | PP PTS |
|-----|-----------------------|---------|----------|----------|--------|--------|-------|-------|-------|--------|--------|--------|--------|---------|--------|
| 1   | 11 ERIN PORTER        | 1       | 5        | 5        | 5      | 3      | 5     | 5     | 5     | 5      | 5      | DQ     | 5      | 23      | 25     |
| 2   | 7 JULIE GOSKOWICZ     | 4       | 2        | 1        | 5      | 5      | 5     | 2     |       | 5      | 5      | 3      | 3      | 14      | 22     |
| 3   | 3 CAROLINE HALLISEY   | 2       | 3        | 2        | 5      | 2      | 3     | 1     |       | 5      | 3      | 5      | 2      | 14      | 17     |
| 4   | 5 NICOLE ZIEGELMEYER* | 3       | 1        | 3        | 3      | 1      | 5     | 1     |       | 5      | 3      | 2      |        | 7       | 17     |
| 5   | 1 ERIN GLEASON        | 6       |          |          | 3      | DQ     | 5     | 5     | 3     | 3      | 2      |        |        | 3       | 13     |
| 6   | 21 SARAH LANG         | 7       |          |          | 2      |        | 3     | 3     | 2     | 3      | 2      |        | 1      | 3       | 13     |
| 7   | 9 KELLY ANDERSON      | 8       |          |          | 2      |        | 3     | 3     | 1     | 1      |        |        |        | 1       | 9      |
| 8   | 37 AMY PETERSON*      | 5       |          |          | 3      | 0.1    | 3     | 2     |       | 3      | 1      |        |        | 0       | 12     |
| 9   | 33 KRISTEN BROPHY     | 12      |          |          | 1      |        | 2     |       |       | 3      | 1      |        |        |         | 7      |
| 10  | 53 SARAH ELLIOTT      | 9       |          |          | 2      |        | 2     |       |       | 2      |        |        |        |         | 6      |
| 11  | 51 SARAH WILLIAMS     | 10      |          |          |        |        | 2     |       |       | 2      |        |        |        |         | 4      |
| 12  | 63 MEGHAN EVERETT     | 14      |          |          | 1      |        | 1     |       |       | 2      |        |        |        |         | 4      |
| 13  | 25 ALICE CHOI         | 11      |          |          |        |        | 2     |       |       | 1      |        |        |        |         | 3      |
| 14  | 65 HILARY MILLS*      | 13      |          |          |        |        | 1     |       |       | 2      |        |        |        |         | 3      |
| 15  | 39 THERESE LEASE      | 15      |          |          | 1      |        | 1     |       |       | 1      |        |        |        |         | 3      |
| 16  | 49 BRIGID FARRELL     | 16      |          |          |        |        | 1     |       |       | 1      |        |        |        |         | 2      |

### MEN'S POINT DISTRIBUTION

| PLC | NO./NAME              | TT RANK | 9 Lap FP | 4 Lap FP | 15H PP | 15F FP | 5H PP | 5S PP | 5F FP | 1KH PP | 1KS PP | 1KF FP | 3KF FP | FIN PTS | PP PTS |
|-----|-----------------------|---------|----------|----------|--------|--------|-------|-------|-------|--------|--------|--------|--------|---------|--------|
| 1   | 10 APOLO ANTON OHNO   | 1       | 5        | 1.5      | 5      | 5      | 3     | 3     | 1     | 3      |        |        | 3      | 15.5    | 14     |
| 2   | 88 ANDY GABEL*        | 2       |          | 5        | 1      |        | 5     | 5     | 5     | 5      | 1      |        | 2      | 12      | 17     |
| 3   | 8 RUSTY SMITH         | 3       | 3        |          | 5      |        | 2     |       |       | 5      | 5      | 1      | 5      | 9       | 17     |
| 4   | 34 KIP CARPENTER      | 4       |          | 3        | DQ     |        | 5     | 5     | 3     | 3      | 3      | 3      |        | 9       | 16     |
| 5   | 14 TONY GOSKOWICZ     | 5       | 1        | 1.5      | 5      | 3      | 3     | 3     | 2     | 1      |        |        |        | 7.5     | 12     |
| 6   | 16 DANIEL WEINSTEIN   | 7       |          |          | 3      |        | 5     | 2     |       | 5      | 5      | 5      |        | 5       | 20     |
| 7   | 28 IAN BARANSKI       | 16      |          |          | 3      | 2      | 3     | 1     |       | 3      | 1      |        | 1      | 3       | 11     |
| 8   | 2 TOM O'HARE          | 8       |          |          | 3      |        | 1     |       |       | 3      | 3      | 2      |        | 2       | 10     |
| 9   | 68 J. P. SHILLING*    | 6       | 2        |          | 2      |        | 2     |       |       | 2      | 2      |        |        | 2       | 8      |
| 10  | 38 CHRISTOPHER CALLIS | 15      |          |          | 1      | 1      | 1     |       |       | 1      |        |        |        | 1       | 3      |
| 11  | 80 ERIC FLAIM*        | 11      |          |          |        |        | 5     | 1     |       | 5      | 2      |        |        |         | 13     |
| 12  | 30 MIKE KOOREMAN      | 12      |          |          | 1      |        | 3     | 2     |       | 2      |        |        |        |         | 8      |
| 13  | 26 ADAM RIEDY         | 9       |          |          | 2      |        | DQ    |       |       | 2      |        |        |        |         | 4      |
| 14  | 86 JOE ROHRAFF*       | 13      |          |          |        |        | 2     |       |       | 2      |        |        |        |         | 4      |
| 15  | 54 CHARLES KING*      | 14      |          |          | 2      |        | 1     |       |       | 1      |        |        |        |         | 4      |
| 16  | 98 SCOTT KOONS*       | 10      |          |          |        |        | DQ    | 2     |       | DQ     |        |        |        |         | 2      |



# *ULTIMATE EDGE*

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I thought I'd start this article with a few comments about our fledgling Elyria Club which I coach each Monday night.

We had a very nice Novice Meet January 19 at our Elyria rink and although the numbers were small, we had a good time. We got some good press exposure with a half page photograph on the front page of the Sports Section in the Chronicle Telegraph.

I'm very proud of our skaters and the progress they've made this season. It takes time to build a speed skating club from scratch, but I've done it before in Jefferson City, Missouri in the early 70's and we can do it again. As a matter of fact, we're doing it. For example, we've got the entire Koenig family on the ice - mom and dad, Greg and Mary Jane, and the three youngsters: Tina, Mike and John. My four year old daughter, Natalie, is starting to get the hang of it and will be competing soon if she gets over the sound of Bob's starting pistol! Overall, we've averaged between 12 and 15 skaters on Mondays.

Speed skating is really a family sport that's fun for all of us. Our plan is to do some serious recruiting for new skaters next year. We have a good nucleus now in Elyria with the enthusiasm and desire to make things happen.

Thanks to Mark, Beth, Maggie and Mark Ballenger, Jr. from the Lakewood Club for participating in many of our sessions and helping to raise our sights.

Late breaking news from the Cleveland Plain Dealer... "Westlaker takes four medals in Special Olympics." Mark Barber recently earned four medals for the U.S.A. in speed skating at the Special Olympics World Winter Games in Toronto. Mark took the gold medal in the 500 meter with a time of 57 seconds. He won silver medals in the 1500 meters (3:07 minutes) and the 1000 meters (2:02 minutes). Mark also earned the silver medal in the Unified Speed Skating competition, where two Special Olympics athletes are teamed with two generic athletes. Two thousand athletes from over 80 countries participated in the Special Olympics Winter Games where 150 speed skaters competed. Mark has been training with the Lakewood Club and also attended training camp at the Olympic Training Center in Lake Placid. Congratulations, Mark!

We have even more positive results from some of our outstanding O.S.A. skaters. At the World University games, Scott Koons' relay team earned the bronze medal. Great job, Scott!

At the ASU National Long Track Championships in Lake Placid, January 25-26 in Junior Men, Adam Riedy finished third overall and Ron Biondo placed fifth overall. This was Adam's and Ron's first long track championship competition and their achievements continue to inspire us all. Congratulations guys!

Twenty O.S.A. skaters traveled to Michigan February 15-16 for the American Cup Final and Motor City Super Skate II. Scott Koons placed first in Open Men and Ron Biondo was second in I.S.U. Junior Men. Adam Riedy required stitches in three fingers after being injured in the first race. Therese Lease placed third in Open Ladies.

Bob Heeley was third and Mark Ballenger was fourth in Master Men, and in "B" Pony/Pee Wee Boys, Alex Uhlik was first and Tommy Szelpal placed third. John Koenig was second in "B" Juvenile/Midget Boys. In Pony/Pee Wee Girls, Sophia Milan was first, Kira Heeley second and Caitlin Szczepinski was fourth.

O.S.A. made a good showing in Harrisburg, Pennsylvania for the Eastern Seaboard Short Track meet March 1-2. Joe Balbo, Bill Hansen, Kevin Graf, Dave Leong, Matt Cawley and Brion Hansen made the trip to Harrisburg.

In Master Men, Joe Balbo placed first. Great work, Joe! Brion Hansen was third in Pony Boys. Dave Leong fourth in Senior B Men and Bill Hansen placed fourth in Master B Men.

This has been a great winter for speed skating and the O.S.A., and we are looking forward to a great future.



By  
Brad  
Goskowicz



*Wisconsin referees, Paul Mueller and Duane Riley confer before a race. (photo by B. Goskowicz)*

*Wisconsin Speedskating Association Continued*

The Wisconsin State Short Track Championships were held in Stoughton by the Madison Speedskating Club in February and 23 State Short Track records were broken. The 1997 Class A Wisconsin State Short Track Champions are;

- Zack Affholter, Central Wisconsin ..... Pee Wee Boys
- Ericka Hawke, West Allis ..... Pee Wee Girls
- Duane Surdyk, West Allis ..... Pony Boys
- Erica Lanser, West Allis ..... Pony Girls
- Rick Martin, Jr., West Allis ..... Midget Boys
- Leah Prieststaff, West Allis ..... Midget Girls
- Tucker Fredricks, Madison ..... Juvenile Boys
- Laura Hendrickson, Central Wisconsin ..... Juvenile Girls
- Jonathon Staats, Madison ..... Junior Men
- Kendra Turzinski, Waupaca ..... Junior Ladies
- Chris Hurschler, Madison ..... Senior Men
- Erica Treichel, Madison ..... Senior Ladies
- Dave Evans, Madison ..... Master Men
- Amy Fuelleman, Madison ..... Master Ladies

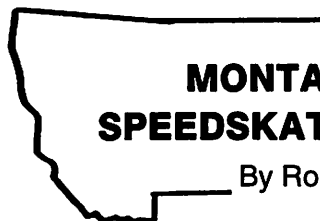
because the temperature got to about 35 below zero. That was too COLD.

MASSA is getting ready for the upcoming North Americans, U.S. Junior Nationals and the Winternationals, and the Junior World Meet. Our ice "Wizard" Charlie will have the best ice again this year for the skaters.

MASSA extends our deepest sympathy to Rick, Deeanna & Ricky Hoffman in the recent loss of their wife, mother and friend, Debbie Hoffman. Debbie was our Clerk of Course, Timer, Judge, Concession worker and a helper where ever needed. Debbie was a hard worker whether she was helping MASSA, US High Altitude or working with Rick in their business. We will miss our friend.

**NORTH TEXAS  
SPEEDSKATING CLUB**

By Brad Lang



**MONTANA AMATEUR  
SPEEDSKATING ASSOCIATION**

By Robbie Hanni

The Learn to Skate program ended with the School/Learn To Skate fun Races. All of the skaters had a great time showing off for their coaches, mom, dad and the rest of the family. Ribbons were given to all of the skaters who participated in the event. This was a great time for all of us. We are hoping to get even more skaters for next year.

The club trip will be to Canada. The skaters are really looking forward to this trip. After putting in a lot of time on the ice and a lot of hard work this trip is the BIG one for all of the skaters. The skaters know they have to work hard to get to go on the club trip which makes it all worth while.

MASSA held its Montana Outdoor Races on January 4-5. Cameron Buel had a great day on Saturday. He broke four club records in the 800 meter (1.05.51), 1000 (1.24.60), 1500 (2.13.71), and 3000 (4.49.60). Great skating Cameron!! The weather for the Western International was a very cold. Saturday was only about 20 below zero. The races had to be called on Sun<sup>d</sup>

Practice has been slow, but steady in Dallas. Every weekend the hard-core skaters come out to the Galleria (Sunday nights) to put in their laps. This has been a tough year for the club. Our numbers have fluctuated and the skaters have not had much ice time. We are also confined to a small ice facility which makes practice frustrating at times. However, our core group continues. As this is being written, several of our skaters are preparing to travel to St. Louis for the annual Silver Skates competition. Good luck to all!

One skater who has had a chance to travel to several meets this year is Denny Stanford. Denny flies the friendly skies for a living with a well known airline in the DFW area. Speedskating is not new to Denny. He raced for several years in the St. Louis area in the mid-sixties. In December, Denny traveled to St. Paul, Minn. to the John Rose Long Track competition and placed third overall in the Masters division. In November, Mr. Stanford raced in the Great Lakes Long Track meet at the Pettit Center. And, if that were not enough, later in the month he participated in the National Long Track Championships in Lake Placid, N.Y. The hard work that Denny had put in this year paid off when he placed fourth overall in the Grand Masters division! Not too bad Denny!

Well, there should be a few more interesting stories after St. Louis, until then... stay in shape!





By Liz Causgrove

It's hard to believe that the 1996-97 speed skating season is coming to an end and the Syracuse Speed Skating Club is already making plans for its end of the year annual banquet. Syracuse was fortunate this year to be located within a four hour drive of Lake Placid and West Point, hosts of the National Long Track Championship and the National Short Track Championship. SSC sent three skaters to the Long Track Nationals. Representing Syracuse were Tara Causgrove, Christopher Thomas and Cherise Wilkins. Cherise Wilkins earned a gold medal in the Midget Girls division and went on to earn a bronze medal at the North Americans in Calgary, Canada. CONGRATULATIONS CHERISE! More skaters will be heading to the U.S. Short Track Championship and the National ST Championship.

In February, Syracuse's All Points Meet went well and had a good skater turn out. With more people and skaters becoming increasingly familiar with this style of meet we hope to get a greater number of skaters each year. The beauty of this type of meet is that each skater is guaranteed a heat and a final for every distance. We had all of the club members, parents and families involved in running this meet which helped to make everything run a little bit smoother.

Our novice ice session, coached by Gretchen Burns, now includes a "learn to skate program" which allows anyone to join. Besides our novice speedskaters, we have quite a few young hockey players who are learning to "power skate". Gretchen puts them through all of the speedskating drills, so that they can learn to skate fast! Of course we have an alternative motive - that is to convert all of the hockey players to speedskaters. This has been an excellent way to help support our club as well as introduce new people to speedskating.

With the end of the season in sight, the Saratoga Winter Club skaters are training hard for the major year end events including the U.S. Short Track Championships in Walpole, MA and the National Short Track Championships at West Point. For the Winter Club's newer skaters, the Short Track season was over too quickly after back to back weekends in Syracuse and Pittsfield. These are both well run competitions which over the years have provided many skaters with their first opportunity to travel for a meet. A contingent of skaters will be heading to Harrisburg, PA for the Eastern Seaboard ST Championships the first weekend in March to get in one more meet and a chance too earn more points in the Eastern Seaboard Challenge series.

The weather gods cooperated, and the Winter Club

was able to successfully host the 64th Eastern States Outdoor Championships at our 250 meter oval the second weekend of January. This meet is unique due to its long history and because it's the only remaining event in the East still held on a natural ice surface. Skating had to be postponed on Saturday after the first series of races, but resumed "under the lights" after sunset. Conditions improved on Sunday. By next season we'll have a warming hut to replace the National Guard mess tent and kerosene heaters.

The club's skaters continue to make the news with successes at national and international events. Erin Porter and Sarah Williams won the National Long Track Championships at Lake Placid in Intermediate Women and Juvenile Girls classes, each breaking a national record in the process. While they were competing, Mary Brophy was on her way to Korea to compete in the World University Games in both the Long and Short Track events. Erin Porter later headed to Bormio, Italy and Leeuwarden, The Netherlands where she took second and first place, respectively, in World competitions on consecutive weekends. At the Short Track World Ranking event in Leewarden, Erin won each of the individual events. Winter Club skaters David Tamburrino and Moira D'Andrea who train in Milwaukee continue to perform well on the national and international Long Track scene and receive regular press coverage in the local paper. Between the press coverage at the national level generated by USISA's Wendy Day and at the local level by Winter Club secretary, Suzanne Strauss, our skaters seem to be getting the public recognition they deserve.

It has been a very active Long Track season for many members of the Green Mountain Speedskating Club. Highlights in December include the Can/Am meet and the High Peaks Marathon.

The World Masters Meet in Berlin, Germany, was attended by Mary O'Donnell and Don Gallegos, representing not only the Green Mountain Speedskating Club but two of the four Americans at the meet. This is a great annual event that speaks well for all Masters skaters from around the world. Next year Italy?

GMSC sent six skaters to the National Long Track Championship in Lake Placid. Guy Rossi representing Master Men and did very well as well as the Seniors Joe Franz and Rob Kramer. Ethan Townsend and Tristin Gosen skated in the younger groups and made all of us very proud.

A special note of congratulations to Don Gallegos for the tremendous win in the 25k and the 50k National Marathon. The time of 1 hour 34 minutes in the 50k is a U.S. record. Congratulations!

The Pittsfield Parks Speed Skating Club continues to grow. In addition to parents becoming members many inline skaters have also become members of the club. It is hoped that these people will rejoin the club next season.

The Pittsfield Short Track Meet was another success this year. The Pittsfield team trophy again went to Saratoga with 169 1/2 points followed by Pittsfield with

*Northern New York Skating Association Continued*

104 1/2 points. Saratoga had 18 skaters and Pittsfield had 11. The Bay State Club followed in third place with 19 skaters and 101 points.

The skaters were excited when the awards were silver plates compared to the medals other sponsors in the East are giving.

Jim "Mouse" Brown is back and skating with the Pittsfield Club. Jim took early retirement and was looking for something to do with his spare time. He is like a kid with his new skates! He has joined Mary Lou DiNicola and is coaching the adult members of the Club. Both Mary Lou and Mouse were coached back in the late 40's and early 50's by Alex Goguen.



## MICHIGAN SPEEDSKATING ASSOCIATION

By John A. Millard



*Beth Bedford*

Congratulations to Michigan's greatest distance skater, Beth Bedford. She won the women's 25km and 50km National Marathon for the third year in a row in Lake Placid! Bedford has beaten all the women three years in a row, and darn near all the men, too. How proud we are in Michigan to have this great three time National Champion. Bedford has a full time job plus she is a mother of three children, and she finds time to help run the Midland SC practices.

Bedford finished the 25k in a time of 44:04 and that was third overall. She finished the 50k in a time of 1:31:20 for second overall. So, now you could say she has won the "triple-double" which is winning the 25k and 50k three years in a row in the women's division. That is pretty impressive because I would be a little intimidated if I

had to race against her in a marathon or any race.

I have had some first hand experience against Beth when she ran me into the ground at the Michigan State Long Track Championships in Petosky. It was suppose to be just a fun 3000m piece-of-cake race I thought. Bedford had only fifteen minutes of rest before doing the open 3000m race. There were about twenty of us (mostly males) that got on the starting line for the final fun race of the day. The gun fired and we were off with the loud roar from our skates hitting the ice. There were six of us that broke from the pack following her early lead. The intensity of the race grew as we skated on. Bedford and two others took off with three laps left on the 250m track. She won by more than a half lap. Beth has only one speed, and that is to give it her hardest the whole race. That's the heart of a real champion!

In other Michigan news, the Wolverine Club from Detroit put on another great Super Skate II/America's Cup meet in February. They run a meet within a meet with regular divisions plus a separate elite division competition. They also threw in something new for Michigan skaters borrowed from our Canadian friends. Every skater was guaranteed a heat and a final. This drove the clerks crazy setting up "B", "C", and "D" finals in each division but the skaters of more modest ability really enjoyed this because they got to do twice the amount of racing. Special thanks to our cool and efficient clerks from Canada and Ohio that helped out our folks to run a great competition.



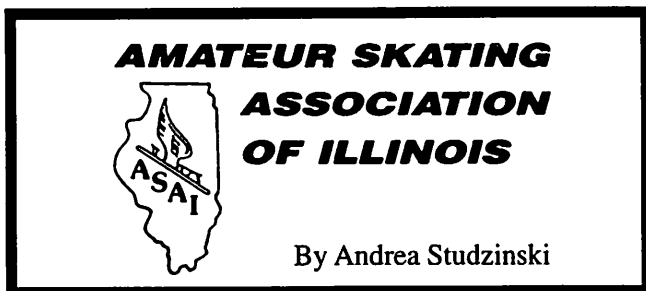
## MISSOURI SPEEDSKATING ASSOCIATION

BY LAURA PLUMMER

Our first meet in Missouri this season was in December in Jefferson City, MO for the second Annual Capital City Speedskating Championships. Paul Rudder of the Jefferson City Speedskating Club has done an excellent job of renewing interest in speedskating in mid-Missouri. Paul would like to send a big thanks to all volunteers who helped to make this meet a success. Skaters have had plenty to keep them busy this season in the St. Louis metropolitan area. Frigid temperatures delayed the Gateway Speedskating Championships two weeks. As a result, our first meet in St. Louis this season was 1997 Metros Speedskating Championship sponsored by Metropolitan Speedskating Club in St. Louis. Held at the U.S. Ice Sports Complex in Chesterfield, a St. Louis suburb, this meet was held at the same time as the United States International Speedskating Association's 1997

### Missouri Speedskating Association Continued

Traveling Team Short Track Speedskating Trials. The traveling teams Short Track trials held on the Olympic size rink and across the lobby Metros held their championship on the hockey rink. Hosting both events, the Metropolitan Speedskating Club, Harlan Kwiatek and other St. Louis volunteers are to be commended on the entire event. The Gateway Speedskating Championships were rescheduled for the Sunday after the traveling team Short Track finals and the Metros meet and this time the weather cooperated! Thanks to Meet Director Priscilla Ward. The Missouri State Speedskating Championships were held on President's Day at the Webster Grove Ice Arena. Meet director Paul Compton put on an excellent meet and in addition, ran the Doyle Series here in St. Louis this year. Paul Dobberstein volunteered to be the meet director this year for the 71st consecutive running of the St. Louis Silver Skates. The MSA is very grateful to their newest "meet directors-in-training" and appreciate all their time and efforts. We have enjoyed a number of very committed volunteers over the years here in St. Louis and appreciate all their energy and expertise. St. Louis skaters have hit the road this year to Glen Ellyn, IL; Milwaukee, WI; Northbrook, IL; Detroit, MI and Champaign, IL and more... won't you join us next year in St. Louis for the 72nd consecutive running of the St. Louis Silver Skates and the Metros Speedskating Championship?



By Andrea Studzinski

The ASAI is winding up a very successful year. Although the State Long Track Meet on Lake Ellyn was cancelled due to lack of cooperation by Mother Nature, a Novice/B Meet in Glen Ellyn, the Land of Lincoln Meet in Champaign and the Northbrook Open Meet were all well attended. Rumor has it the Park Ridge Club has doubled its membership. It's invigorating to see new faces at the meets, in the heat box, in the official's box, and in the stands. Eleven Illinois skaters participated in the National Long Track Meet in Lake Placid. Cindy Darrow defended her Senior A title. Shani Davis took second and Bonnie Klint took third in their Juvenile classes. Rich Widmark placed third in Grandmasters. Marcus Smith took fifth as a Midget in his very young speedskating career.

In addition to all the traditional activities, The City of Chicago again hosted a Meet on the Skate on State Rink. Under the enthusiastic direction on Carl Cepuran, 116 skaters participated in the Winterbreak Classic, 78

of them registered ASU members and the remainder inliners or first timers taking advantage of the opportunity to try this sport. In addition to the races, an exhibition organized by Nancy Swider-Peltz created a tremendous amount of interest and produced significant media coverage. Nancy and celebrity speedskaters Bonnie Blair and Brian Arseneau challenged retired Blackhawks Reggie Kerr and Peter Marsh in a variety of races. Some younger skaters were invited to join the final hockey versus speedskating event to the delight of the crowd. Color commentary by professional sports announcer Tim Wiegel added to the atmosphere. Meet directors looking to generate public interest and overall enthusiasm should consider offering exhibitions of this type. Many thanks are due to everyone who helped put this event together.

Plans for the 1999 North Americans are proceeding. Anyone interested in helping out with this event, now is the time to get on board. Contact your ASAI representative for details. The ASAI is planning to organize summer dryland training along the same lines as last year. Additionally, ice should be available in Evanston for anyone who wants to keep their blades sharp over the summer.



## NORTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

By Mary Wong

I hope everyone was able to catch the Junior World's coverage on ESPN. We got a call from Barbara Smith who was thoughtful enough to pass on the word a couple of hours before it aired. We managed to tape it, and skaters who saw it were thrilled with the coverage. ESPN did give some good air time to the event, but, unfortunately, the accompanying commentary leads to momentary blindness. After listening for a few minutes, I suddenly had the urge to run around the house yelling "Aaaiiiieeeee" until I could find something to rap myself in the forehead with, preferably a sharpening stone, or a leftover fruitcake. (Who can tell the difference, anyway?) (The ones with maraschino cherries are for re-rocking; the ones with dates are for deburring, ed.) So, now we're a little confused about our training emphasis for the upcoming season, what with all the "going over the top!" (of competitors) and "getting really close to those pucks!" Is anyone contacting commentator Peter Caruthers for clarification?

### Northern California Speedskating Continued

As the season closes, I asked the following questions of some of our skaters and there was no hesitation in their answers. Their responses follow:

#### What were you lazy about in training this season?

Just not enough training  
 didn't spend enough time at dry land work-outs  
 not enough...strength base/endurance  
 work/cardiovascular work  
 I spent too much time at work!  
 too much beer/not enough time working to lose  
 this extra weight.  
 I didn't relax enough.  
 I relaxed too much.

#### Name a goal for next season.

Go faster!  
 Do more weight training before the season starts.  
 Be able to spend more time on my conditioning  
 and less time on my form.  
 Skate under a 10-second lap!  
 claim disability, be able to be off work, but still  
 spend a lot of time skating! (This was from the  
 guy who spent too much time working.)  
 Race smarter!

Look for more competitors coming out of Sun Valley, Idaho. I apologize for forgetting the last names of competitors who joined us for our Nor-Cal championship in February: master man Russ and senior woman Lonnie. Their training sessions are a well-kept secret. They get ice five mornings a week, have a good technical coach and a full set of safety pads. As Rob Ahlke of LA found out, if the skiing weather in Sun Valley turns bad, you can always speed skate!

This summer NCSA plans to host week-end training camps targeted at various local skating and cycling groups to give them a chance to try it out, and ultimately to attract some new members.



By Al Menghi

As this is being written, several of our skaters are heading to Harrisburg, PA for the final race in the Eastern Seaboard Championship Series. Those Connecticut speedskating icons Al Forsyth (Master Men A), Dave Money Penny (Master Men B) of the internationally recognized "Dave & Al Speedskating Club", and Bryan Anderson (Senior Men B) can win their respective classes with strong performances this weekend. It's great that we have been able to send several skaters to many of the meets this year.

Our association reached another milestone this year. We were able to send a couple of our young skaters to USISA meets. Jonathan Winter skated at the Junior Regionals at Lake Placid and plans to skate at the Junior Elite Short Track Trials in a couple of weeks. Another of our young skaters, Kate Walston, will skate the trials. Kate is a converted figure skater who has picked up speedskating technique very quickly.

By the time you read this, the season will be over and we'll be looking forward to next season. I note that I certainly will. I'd like to use this column to apologize to the members of my association for being somewhat of an absentee secretary this season. Because of family and work commitments, I haven't been able to attend most of the workouts and meets this year. Although most of the secretary's job is done in the office, there is no substitute to actually being at the workouts and seeing most of the members on a regular basis. Others have had to do some of my job for me this year and I feel badly about it. I hope the situation will be better next year.

### TIME FOR ANOTHER REMINDER!

The ASU 800# is only for first-time callers to the ASU who are requesting information about speedskating and how to get involved. Each call that is made on the 800# to the ASU is charged as a long-distance call to the ASU. We must rely on our members to be honest and respect the limitations of this important ASU recruiting tool. The number for all of YOU to call is 630/790-3230.

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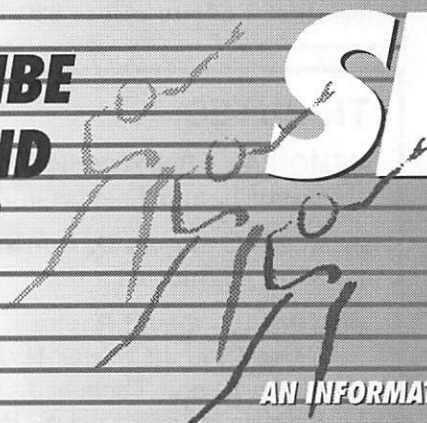
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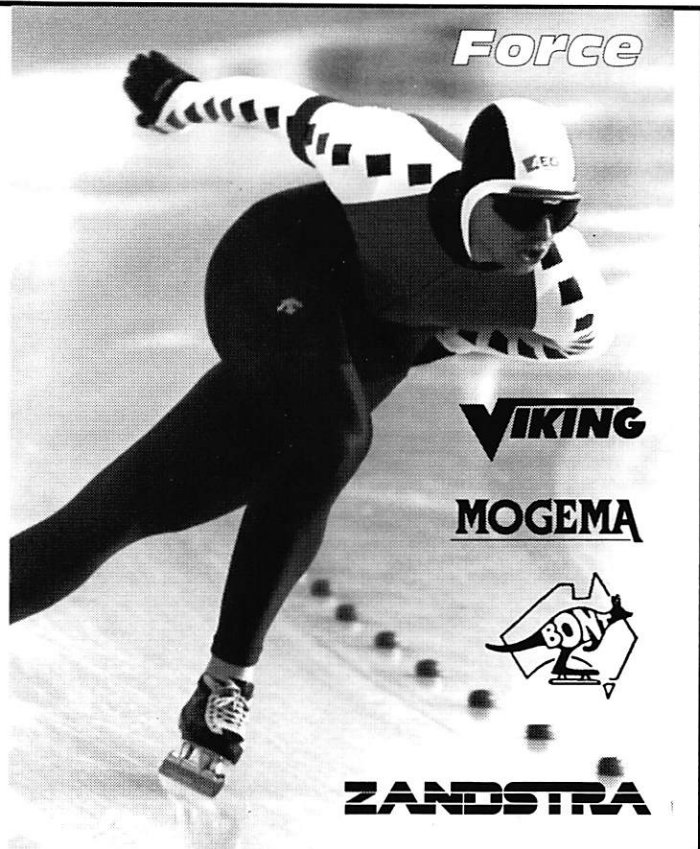
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**The Racing Blade**

APR 18  
19 9 7

— Publisher —

R. C. HELMINSKI

2504 Seventeenth Street  
Wyandotte, Mich. 48192

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