

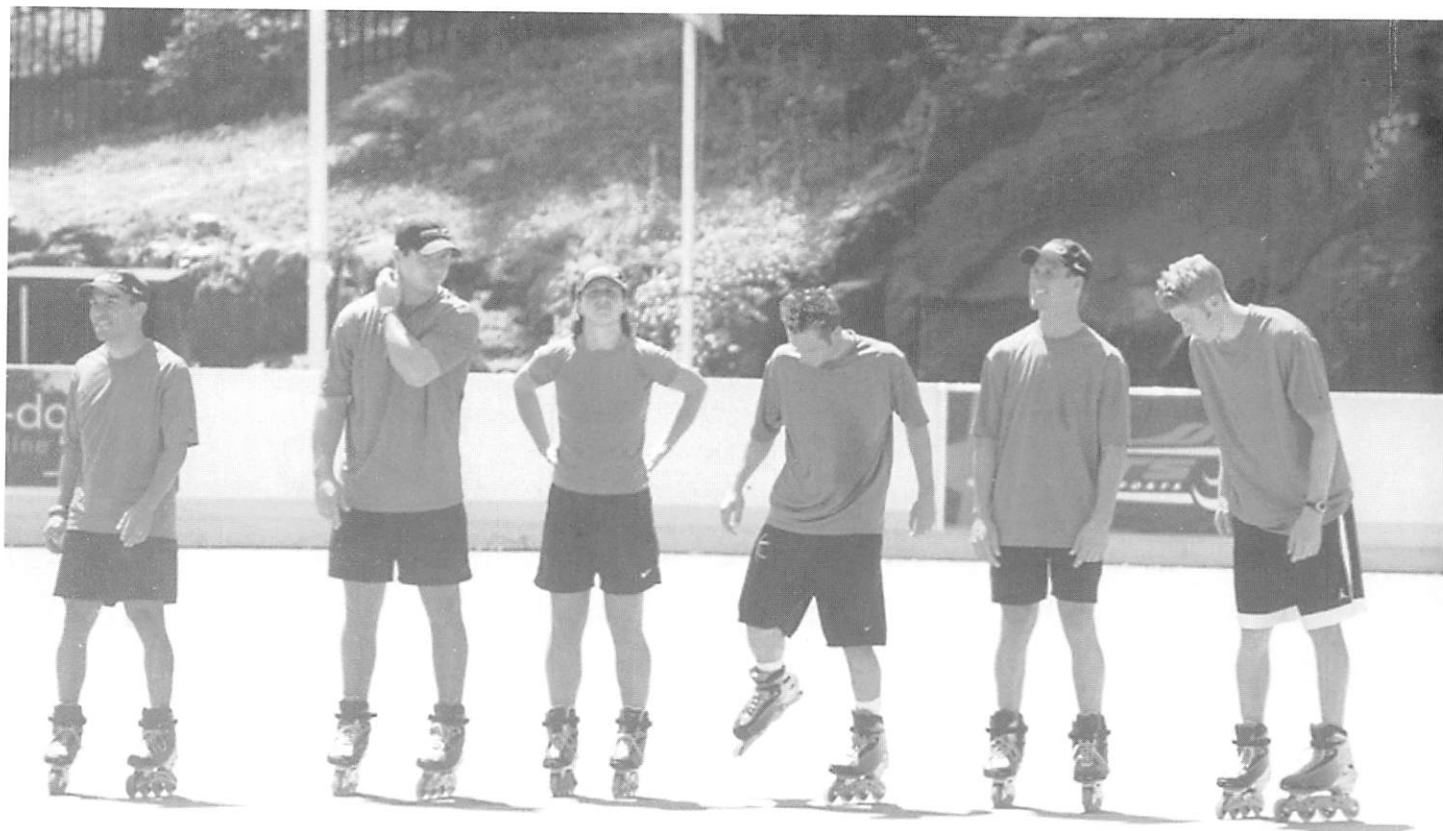
The Racing Blade®

VOLUME XXXVI
NUMBER 1



OCTOBER 2002

NATIONAL SPEED SKATING NEWS
PUBLISHED BY UNITED STATES SPEEDSKATING



Fall Meeting, Directory Information

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Cover picture: Instructors at the Clinic in Central Park in August, led by Olympic Medalists, Derek Parra (on left), Rusty Smith (fourth from left), and Joey Cheek (on right). Photo by Robert Hanna.



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Editor's Notes

First an apology, particularly to Al Izykowski, for the tardiness of the publication. Again, The Racing Blade is going out too late for some information that he gave me. It looked like a relatively easy deadline to meet. We did not anticipate a rather painful but not life-threatening medical emergency. Linda is back out of the hospital and recovering nicely. The mailing could possibly be delayed a bit after it is printed depending upon the speed of the Postal Service in dealing with the change of organization from Amateur Speedskating Union to U.S. Speedskating.

The engineers, physicists, and mathematicians in the organization will find Stan Zompakos's article on page 21 quite interesting.

Deadlines:

January 3, 2003 National Long Track information, North American Long Track information.

February 24, 2003 National Long Track results, North American Long Track results, National Short Track information, North American Short Track information, Spring Board Meeting information.

May 5, 2003 Spring Board Meeting reports, Summer activities and Camps.

2002 Fall Board Meeting Summary

By Katie Marquard

(Complete Minutes will be published at a later date)

The Fall Board Meeting was held September 27-29, 2002 at the Milwaukee Hilton.

Comments from Andy Gabel, President.

- U.S. Speedskating is at a new beginning with a merged organization, we need to look at new ways to do things
- He thanked the committee chairs and members for all their work, they are the backbone of the organization. There are 62 different committee members not counting Board Members.
- We will be working on a strategic plan. A meeting is set for mid-October
- All of USS's sponsors have renewed thanks to the work by Mike Cofrin.
- We are working on a revised Athlete Agreement and Code of Conduct, hoping to make it simpler and more condensed.
- Karen Kostal has resigned her position as Member Services Coordinator, effective November 1st. Thanks to her for all her work, she played a vital role during the transition period of the merger. She will be missed.
- Athletes have been newly elected to various positions (due to Amy Peterson being hired as a USS employee, she can no longer serve in these positions). Kristen Talbot was elected to the USS Board of Directors and Chris Witty was elected as the USOC Athlete Advisory Council alternate. Congratulations to these athletes.

American Cup Prize Money and North American Travel Awards are approved for the 2002-2003 budget—funding has become available due to the Elite Athletes taking a slight reduction in their USS monthly stipends.

George Garner, the new Hall of Fame Facility Director in Saratoga Springs, New York reported that things are going well in getting this project off the ground. Anyone with artifacts that are appropriate for the HoF Museum should send them to George, who is always looking for more items.

By-Law Amendments – all By-Law amendments passed with the exception of #4 Removal of a Director (tabled), #8 Eligibility of Skaters to Participate in USS Programs – would require all skaters that are part of a USS training program to join a recognized speed skating club (referred back to the Development Committee), and #9 Disciplinary Action and Grievance Procedures (tabled). All of these By-Law amendments can be found on the U.S. Speedskating web site and Meeting Proposals.

Development Committee Action – there were 2 proposals the Development Committee handled:

1. All Associations be eliminated and clubs and members be allowed to register directly with USS only. This was NOT PASSED.
2. Redraw the boundaries of the Western New York territory which makes the Pittsburgh Club a club of direct members. This was PASSED.

A task force was formed (made up of Club and Association Representatives and chaired by Spiro Giotis) to examine the association and club system and to make recommendations about this aspect of the organizational structure. It will look at what works and how to make it better.

Competition Committee Action – all 27 proposals passed. These proposals were mostly housekeeping items with the exception of:

- At the National Short Track Championships, for junior and older age groups, the longest distance will be skated as a super final only (no heats) with the top 6 (1500m) or 8 (3000m) point scorers qualifying to skate this last event.
- At the National (may be used at North American) Short Track Championships, final points will be as follows: 1st–34 points; 2nd–21; 3rd–13; 4th–8; 5th–5; 6th–3; 7th–2; 8th–1. Only skaters that qualify for the final will be awarded points, i.e. if no disqualification, if four skaters are in the final, only four skaters will be awarded points; if a skater gets advanced to the final and five skaters are in the final, all five skaters would receive points if no disqualifications.

Continued on page 4

Fall Meeting Summary continued from page 3
Bids Awarded—sites for numerous 2003-2004 U.S. Speedskating events were awarded. See the article on the U.S. Speedskating web site for the complete list.

Coaching Committee Action

- Beginning in the 2004-2005 season, only USS Level 1 or higher certified coaches will be allowed in the coaching box or backstretch at Nationals U.S. Championships.
- Congratulations to 2002 Coaches of the Year: Gretchen Burns, Development; Michael Crowe, National.

Officials' Committee Action—approved Certification Level (5) for officials.

Long Track Committee Action—approved revisions of the Fall/winter World Cup Qualifying procedures and the Long Track Championships and Team Trials Regulations. Also approved a coaching policy for international events.

Short Track Committee Action—the following proposals were approved:

- Qualification time standards for 2003-04 Junior and Senior Category 1
- 2002-2003 World Cup Qualifying Procedures
- The number of skaters on the 2003 World Championships and World Team will be 4 men and 4 ladies.

Combining of the National Short Track Championships and the U.S. Short Track Championships into one 4 day competition in 2004—format to be determined was approved. No races will be cut from a class.

The 2003 Spring Board Meeting was approved for April 25-27, 2003 in Southern California.

U.S. Speedskating Announces Coaching Hires For 2002-2003 Season

WESTLAKE, Ohio, August 5, 2002—U.S. Speedskating has announced its coaching hires for the 2002-2003 season. The organization has filled nine coaching positions including national coaches for the long and short track speed skating teams, long track and short track program directors, and four regional coaching positions.

Tom Cushman and Ryan Shimabukuro will assume long track national coach duties.

This past season, Cushman coached Olympic medal winners Chris Witty (gold medal, 1000-meters) and Jennifer Rodriguez (bronze medal, 1000- and 1500-meters). In addition to serving as a coach on the Olympic team staff, Cushman served as U.S. Speedskating's Western Regional Coach. Cushman held this position for the past two seasons. Before handling the Western Regional coaching duties,

Cushman was U.S. Speedskating's Northern Regional coach (1998-2000).

As a skater, Cushman was a member of the 1988 Olympic team, World Cup and World Sprint Teams (1987-88), and a member of the U.S. National Team (1981-88).

Shimabukuro has been the U.S. Speedskating's Midwestern Regional coach for the past four seasons (1998-2002) and has handled the junior national long track coaching duties as well.

Shimabukuro became a member of the junior national long track team in 1991, the senior national sprint team in 1995, and was Category Status I from 1996-1998.

Both Cushman and Shimabukuro will be based in Salt Lake City.

After serving as assistant national short track coach for the past three seasons, Stephen Gough will move into the head coach position. Last season, Gough coached the junior short track national team and was based at Northern Michigan University.

Before joining U.S. Speedskating, Gough served as a short track speed skating coach at the National Short Track Centre in Montreal (1998-99), a technical and administrative assistant for the Canadian Amateur Speed Skating Association (1998), and a speed skating coach at the Fredericton (New Brunswick) Speed Skating Club (1987-90).

Gough was a member of the Canadian Short Track Speed Skating Team (1992-98) and the 1994 Canadian Olympic Team. Gough will be based in Colorado Springs, Colo.

Michael Crowe and Jack Mortell will serve as the long and short track program directors, respectively.

Crowe spent the past three seasons as the U.S. Sprint Coach. He was a member of the 2002 Olympic long track coaching staff whose skaters earned eight medals—tying the record set in 1980.

During the 1998-99 season, Crowe developed the Altius program, a high-altitude program that was designed to assist athletes in reaching their potential at the 2002 Olympic Winter Games.

Crowe's coaching career at the national and international level began in 1985 as a National Team Coach. Under his guidance, from 1985 to 1991, the National Team won 63 medals and set three world records. During this time, Crowe was an Olympic coach in 1984 and the head Olympic coach in 1988. He held the junior national coaching position from 1991-1998. In 1998, the junior world team captured eight medals at the Junior World Championships.

Away from the ice, Crowe has become a well-respected contributor to the sports medicine field. He has published

Continued on page 5

Coaching Hires continued from page 4

articles about training for medical journals and is a contributor to the U.S. Speedskating Sports Medicine and Science Committee.

As a skater, Crowe was a member of the National team for three years (1973-75).

Mortell will oversee the short track program after spending last year as the short track team leader and program coordinator. The short track team earned three medals at the 2002 Olympic Winter Games (one each gold, silver, and bronze).

He was the 1992 Olympic head coach for short track and the 1994 Olympic team leader for short track. Mortell coached Cathy Turner to a gold medal at the 1992 Olympics—the first gold medal for the U.S. in short track Olympic competition. As team leader in 1994, Mortell saw a short track team capture four medals, including Turner's second gold medal.

Mortell conceptualized the U.S. Speedskating's Gold Council and spearheaded the Salt Lake City 2002 hours of community services project.

As a short track skater, Mortell was a member of five world teams. At the 1976 World Championships, Mortell finished fourth overall as he captured bronze medals in the 1500- and 3000-meters. He also was a member of the gold medal 5000-meter relay team.

Amy Peterson, Marion Wohlrab, Mike Witty, and Eric Flaim will fill the four U.S. Speedskating regional coaching positions.

Peterson, a three-time Olympic medalist and nine-time U.S. Short Track Champion, will take over the Northern Regional Coaching post. She retired from competition after the conclusion of this past season. Amy is a five-time Olympian (1988, 1992, 1994, 1998, and 2002), and was the United States flag bearer at the Opening Ceremonies of the 2002 Olympic Winter Games. Peterson will be based in Minneapolis.

Wohlrab, like Peterson a 2002 Olympian, will take over the Western Regional coaching position. As a long track speed skater, Wohlrab was a member of the German National Team (1996-2002) and German Speed Skating National Team (1989-1993). Wohlrab will reside in Salt Lake City.

Mike Witty will hold the Midwest Regional coaching duties. His duties will also include handling some junior national team responsibilities. As a skater, Mike was a member of the national team (1990-94) and the Junior World Team (1992-1993). Witty was the U.S. Junior Long Track Champion in 1992 and Amateur Speedskating Union Senior Division Champion in 2001. He will work from Milwaukee.

Handling the Eastern Regional coaching duties will be two-time Olympic medalist, Eric Flaim. He is the only skater ever to medal in both long and short track at the Olympics. In 1988,

Flaim captured a silver medal in the 1500-meters. As a short track speed skater, Eric was part of the 5000-meter relay team that captured a silver medal in 1994. He is a four-time Olympian (1988, 1992, 1994, and 1998). In 1988, Flaim was the World Allround Speed Skating champion—the last American to capture the title.

He was U.S. Speedskating short track program director (1998-2000) and has also handled television commentator duties for various speed skating events, including short track speed skating at the 2002 Olympic Winter Games.

Flaim resides in Rutland, VT.

Mike Crowe Selected National Coach of the Year

WESTLAKE, Ohio, July 31, 2002—U.S. Speedskating has announced Michael Crowe as its 2002 Coach of the Year.

Crowe, who served as U. S. Speedskating's National Sprint Coach last season, guided his athletes to numerous achievements during the 2001-2002 season.

At the Salt Lake Games, Kip Carpenter (500-meters) and Joey Cheek (1000-meters) each earned bronze medals. Crowe's six Olympians (Carpenter, Cheek, Elli Ochowicz, Nick Pearson, Amy Sannes, and Becky Sundstrom) earned personal bests in 10 of 14 races. The men (Carpenter, Cheek, and Pearson) finished sixth or better in all seven of their races. In the men's 1000-meters, Crowe's men placed three skaters in the top six.

In January at the World Sprint Championships, Crowe coached three athletes to top-10 overall finishes. Joey Cheek (7th), Kip Carpenter (8th), and Amy Sannes (9th) all placed in the top 10.

Crowe has been involved in the sport for over thirty years. During this time, he has enjoyed success as an athlete and a coach. As a skater, Crowe was a member of the National team for three years (1973-75).

Crowe's coaching career at the national and international level began in 1985 as a National Team Coach. Under his guidance, from 1985 to 1991, the National team won 63 medals and set three world records. During this time, Crowe was an Olympic coach in 1984 and the head Olympic coach in 1988. He held the junior national coaching position from 1991-1998. In 1998, the junior world team captured eight medals at the Junior World Championships.

Crowe became the National Sprint coach in 1999 after developing the Altius program, a high-altitude program designed to assist athletes in reaching their potential for the 2002 Salt Lake Games.

At the local level, Crowe has served as a coach, director, and president of the Montana Amateur Speed Skating Association.

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Mike Crowe continued from page 5

Away from the ice, Crowe has become a well-respected contributor to the sports medicine field. He has published articles about training for medical journals and is a contributor to the U.S. Speedskating Sports Medicine and Science Committee.

In 1998, he was selected as U.S. Speedskating's Coach of the Year. Five years earlier, The Amateur Speedskating Union tabbed him with the President's Award. In addition to these honors, Crowe was named a winner of the Blue Cross/Blue Shield "Feel the Glory of Gold" award for devotion to Olympic competition.

Crowe has moved to the role of Long Track Program Director for U.S. Speedskating for the 2002-03 season.

Gretchen Burns Named Development Coach of the Year

WESTLAKE, Ohio, July 31, 2002—U.S. Speedskating has announced that Gretchen Burns has been named the organization's Development Coach of the Year.

Burns has been the speed skating coach at the Syracuse (N.Y.) Speedskating Club since 1991. During her tenure, Burns has developed many skaters who have enjoyed success at the national level. In addition to coaching athletes, Burns has run various speed skating meets in the Syracuse area.

Since starting her coaching career, Burns has had 12 skaters, including three National Champions, earn over 30 medals at the Short Track Nationals. Burns success has been impressive considering the size of her club. The Syracuse Speedskating Club averages 40 to 50 skaters (adults and children) per season.

In addition, three of Burns's skaters—Adam Duncan, Maureen Hangac, and Cherise Wilkins—have earned Category I status. At the 2002 Special Olympics, club member Mary Dorsch captured a silver medal.

Burns's dedication to the sport is also found on the organizational side. Burns has been the President of the Northern New York Speedskating Association twice (1994 and 2001). She has also been instrumental in the organization of various meets. In 2002, Burns ran three meets: the Syracuse All-Points Meet, and in Lake Placid, the Eastern Seaboard Long Track Meet and Eastern Seaboard Short Track Meet.

The Syracuse All-Points Meet attracts skaters from all over the country. Burns's Eastern Seaboard Meets were developed to increase interest in speed skating and a sense of history in sport by skating in Lake Placid.

Burns, the daughter of former U.S. Speedskating President Jack Byrne, was inducted into the Syracuse (N.Y.) Sports Hall of Fame in 1994.

Parra Named to President's Council on Physical Fitness and Sports

By Nick Paulenich

Derek Parra (San Bernardino, Calif.) was recently named to the President's Council on Physical Fitness and Sports. Parra captured a gold and silver medal at the 2002 Olympic Winter Games. Parra earned a gold medal in the 1500-meters with a World Record time of 1 minute 43.95 seconds. His silver medal came in the 5000-meters.

Parra along with 19 others will serve a two-year term on the Council.

Football legend Lynn Swann (Sewickley, Pa.) chairs the group. Dr. Dot Richardson, two-time Olympic gold medalist in softball and an orthopedic surgeon, was named vice chairman of the council.

Others named to the council with Olympic ties were Lloyd Ward (Colorado Springs, Colo.), USOC CEO; Marion Jones (Keller, Texas), who made history at the 2000 Olympic Games when she became the first female track and field athlete to win five medals at a single Olympic Games; Danny Gable (Iowa City, Iowa), an Olympic gold medalist in wrestling at the 1972 Olympic Games and now Assistant to the Director of Athletics at the University of Iowa, where he was head wrestling coach for 21 years; Charles Moore (Washington, D.C.), gold medalist in the 400m hurdles and a silver medalist in the 4x400m relay at the 1952 Olympic Games and currently chair of the USOC 2012 Bid City Site Evaluation Task Force and Executive Director of the Committee to Encourage Corporate Philanthropy; and Pamela Danberg (Cooper City, Fla.), a silver medalist in swimming at the 1988 Paralympic Games, Chief of Mission for the U.S. Delegation at the 2002 Paralympic Winter Games and President of the Dwarf Athletic Association of America.

Additional new council members include Denise Austin (Alexandria, Va.), Dr. James N. Baird (Columbus, Ohio), John P. Burke (Waterloo, Wis.), Paul R. Carrozza (Austin, Texas), Katherine S. Cosgrove (Overland Park, Kan.), Amanda C. Cromwell (Decatur, Ga.), Jamie A. Davidson (Dallas, Texas), Nomar Garciaparra (Boston, Mass.), Ivette M. Lirio (Miami, Fla.), Nancy Lopez (Albany, Ga.), Dr. Teddy L. Mitchell (Dallas, Texas), and Emmitt Smith (Irving, Texas).

Council members recently joined President Bush at the White House, where he announced his "Healthier US" initiative to motivate Americans to increase their personal fitness. "Never since the founding of the council in 1956 has there been a greater need for America's leaders to stress physical activity and fitness," said Tommy G. Thompson, Secretary of the U.S. Department of Health and Human Services. "The President and I will look to the advice of this council to help all Americans learn more about making healthful physical activity a part of our daily lives."

FROM MEMBER SERVICES

By Karen Kostal

I hope everyone is off to a great start this season! It seems like no one took the summer months off - club activity was high after the end of last season. So many of you extended ice time and added camps and clinics and open houses to foster club growth. Many more than ever attended skater camps and coaching clinics. We have 24 new clubs since last year at this time and we have several clubs who had ceased to exist that are now back to life. We also have some new clubs and rinks on the brink of starting up. Of course, I believe every existing club has experienced a surge of new interest and hopefully members. I would suggest each club or Association send an email to Lisa Sundstrom, Development Committee Chair and briefly provide some feedback on activity since the Olympics and the beginning of our Try Speedskating Campaign. Her email is clsundstrom@juno.com I would like to focus on some information to help answer some common questions: **Insurance** - Please see the insurance explanation elsewhere in this issue. The short story is: **ONLY MEMBERS OF U.S. SPEEDSKATING ARE COVERED BY OUR INSURANCE POLICY - SO JOIN!!!** There is liability coverage and supplemental accident/medical. As long as you are a member, (whether skater, coach, official, volunteer) you are covered. **Membership** - registration and renewals are handled by the National Office in Ohio. The registrar's email is ussregistrar@usspeedskating.org. Renewal notices have been sent. If you haven't received one, contact the registrar. If you are a new member or have new members from your club, you can download the registration form from the U.S.S. website at www.usspeedskating.org All new members must also complete the drug testing form so it is on file should/when/if it applies. If you are a coach or official, be sure to designate yourself as such. You renew for \$25 less and it is important to be able to maintain an accurate database. **Mat Grant** - I still get inquiries regarding possible grant money for mats. This program was not funded. Questions or inquiries can be forwarded to Lisa Sundstrom. **Loaner Skate Program** - Susan Sandvig Shobe at sshobe@stcloudstate.edu coordinates this program. USS has sets of skates to loan (limited supply) which also include a sharpening jig and the loan is at no charge to your club for 2 years. During this time, you can use them to help new skaters begin. We encourage clubs to charge a nominal fee for rental so that you can help build your club's funds. At the end of 2 years, or sooner if your club is no longer in need, the skates are returned to U.S.S. so that other clubs may benefit. **Communication** - Each member of U.S. Speedskating will be mailed a copy of the **Racing Blade** (our magazine for information not considered of an urgent/time related nature) - probably 3 issues would be published each season. Each member will also be mailed the **Ice Chips** (our newsletter with official information and with more time dependent material) - this is published as needed and is always available on line as well. Each member will receive the new **Handbook** (issue 2002-2003 - published every 2 years) as soon as it is published. By each member, we mean we mail one per address. The most current up-to-date information can be had immediately by signing up to receive the **emailed news group messages** I have been sending out. This provides very current announcements on a very timely basis with an eye to judicious use to avoid overuse (what I mean is, I know if you get too many or they are too long, you will not read them! Admit it!! I don't blame you!) If you are not signed up, go to the Member Services section of the website and look for the **NATIONAL EMAIL NEWSLIST** box, click on it, and you will be guided through steps to sign up - no cost to you and no junk mail or spam send out via this group. This is a very important link..be sure all members of your club are signed on. If someone does not use email, please be sure someone passes information within your club. There are almost 600 members of the newlist. The other excellent resources are our **websites**. **We have 3 websites right now and they are all interlinked.** You need only remember one address as you can click from one to the other. The addresses are: www.usspeedskating.org www.speedskating.org www.tryspeedskating.com. The first two are designed primarily for those in the sport but not exclusively by any means. Tryspeedskating is designed for someone surfing the net looking for info on ice speed skating (It's here I get most of the referrals I send your way). All of the websites are chock full of info and are updated often. Become familiar with them...become very familiar with them. As time goes on, they will only improve. **The website is your main source for the most up-to-date Meet Schedule, Skater Camp Schedule and Coaching Clinic Schedule.** **Referrals of possible new skaters** - When someone contacts us through Tryspeedskating, the 800 number or through emailing me, I do several things: send them an information packet and send the appropriate Association (sometimes club) the contact info. **It is very important you contact the person** or, if you received it as Association Secretary or President, refer this to the proper club. **This is a source of new skaters.** If the person calls me or emails a particularly unique message, I often get involved in telephone contacts or email exchanges. But the people are always referred to the local level. As many of you have heard, this will be my final column since I am leaving U.S. Speedskating's employ as Member Services Coordinator effective November 1st. As of this writing, I am not sure of who will handle what, but I know it will be ironed out soon and you will be notified as soon as the information is available. It has been my pleasure to get to know all of you and work with all of you not only the past 2 1/2 years, but the years prior to that while my kids skated and I volunteered at the club and Association level. It is time for me to move on - I will now have time to improve my own skating skills (look out Coach Jerry Steele)! Happy Skating...

Development News

By Lisa Sundstrom

Many thanks and it was good to see everyone who attended the September USS meetings in Milwaukee. Time can be pretty limited, but I feel like I spoke with most of you, if only for a moment. Making personal contact is important if only to reinforce the fact that USS Board members are there to serve the organization by identifying and meeting its needs. We need to know who the individuals are so that the communication lines are free flowing and multidirectional.

As the Development Committee chair, it was wonderful to witness the active and thoughtful participation of committee members, non-committee members, Regional coaches and development staff in the discussions and workshops. I know I'll be stretched just to keep up with all of the new ideas and projects that are a result of these and future meetings.

A quick summary of the action items that Development dealt with:

Proposals: There were two proposals to amend the Operating Procedures of the Development Committee that were submitted for consideration. These are available to read in their entirety on the Board Meeting Information page on the USS website.

The first requested that all associations be eliminated and that clubs and members be allowed to register directly with USS. After a lengthy discussion, this proposal was unanimously defeated. However, as a result of the comments regarding the function and value of associations, a task force was formed, chaired by Spiro Giotis, to examine the association and club system and to make recommendations about this aspect of the organizational structure.

The second proposal was a request from the Pittsburgh Club to be removed from the Western New York territory and to be allowed to register as a club of direct members. This proposal was unanimously approved both in committee and by the USS Board. The accompanying commentary was that the Pittsburgh area and Pennsylvania should continue to encourage the formation of new clubs and work toward applying for Association membership.

Subcommittees: Five subcommittee chairs and their members were approved by the full committee. Each subcommittee met and developed a set of goals and tasks to guide their work through the season. The subcommittees - titled Finance/Budget, Crossover, Programs, Membership Growth, and Facilities -- address specific areas of development that were identified as our main responsibilities. If the need arises, we will add further work groups in the future.

As you will learn from Karen Kostal's Member Services Coordinator report, Karen is leaving USS as of November 1.

Karen has been an integral part of the growth of USS, especially in the last year. Her outstanding ability to guide new members and new clubs along the sometimes tricky path of getting started in speed skating has been a tremendous asset to the sport. We'll be challenged as an organization to keep up with the service standard Karen has established. Our best wishes to her in her future activities.

I'll close with an open invitation to all of you to contact me (clsundstrom@juno.com) or Carl Cepuran (cepuran@aol.com) with any questions regarding USS development.

Greater Minnesota News

By Mary O'Donnell

The National Speed Skating Marathon will take place Jan. 18 & 19, 2003 in Minneapolis, MN. Location will be Lake of the Isles with the alternate site being the John Rose Oval. Distances will be 25km and 50 km. The event will be hosted by the Greater Minnesota Speedskating Association.

Information about the marathon, accommodations, registration form etc. will be posted on the GMSA web page. Address is <http://gmsa.wrandco.com>

Other news...The 12th International Senior Speed Skating Games will be held in Alkmaar, Netherlands. This is a masters only competition and is skated Olympic style. All information can be found on web site www.issc.nl. Dates are March 17-19, 2003. For questions about the above two events contact Mary O'Donnell at rossx062@tc.umn.edu

News from Missouri

By Joe Gier

Greetings from Missouri. Many of our skaters had a busy summer season, mixing in skate camps and dryland training with the usual baseball and swimming activities. The Missouri Skating Association hosted two camps in August. One, a US Speedskating development camp, was coached by Susan Ellis. Susan was marvelous with the kids, and her step-by-step explanations drew rave reviews from the camp participants. While an oppressive heat wave wilted all outdoor activity with temperatures near 100, the skaters gladly worked out in the cool confines of Kirkwood rink.

A second camp, this one geared towards novice skaters and those new to the sport, took place the same weekend. Many of the campers were on hockey or outdated speed skates, but that didn't dampen their enthusiasm. It is amazing the progress that these neophytes can make when they are motivated to learn and have coaching. Several of the new skaters are now members of local clubs... I encourage other associations to offer similar programs to develop a base of new participants. See you at the rink!

WHAT TO DO WITH ALL THESE NEW SKATERS? WE HAVE THE ANSWER

By Mary Wong

Here in Northern California, after the deluge of mail we got via a local on-line bulletin board and the "tryspeedskating" site, we got our act together and hosted a Speed Skating Boot Camp. It didn't start out as a truly organized program, but we realized we have a lot of strengths in our club. We have quite a few (not quite certified) level one coaches and we skate year-round, every weekend. We have a Saturday session in Oakland, and a Sunday session in San Jose. So, for the 40 or so brand new skaters that started showing up regularly, we realized we had to put together a really official looking program, or they would show up once or twice and decide our sport is too goofy for them, Apolo or no Apolo! We made sure we had one "head" coach and two novice coaches working together at each session. We worked really hard to coordinate the activities each week so that :

1. we taught a logical progression of skills
2. we didn't chase away our regular skaters (but many disappear in the spring, anyway)
3. we paid attention to all of the new skaters and made sure they felt welcome

We had a lot of loaner skates stashed away, and decided to have a sharpening party at the rink right after the Olympics. Lots of us dug through the closets and garages at home and came up with enough parts to assemble about 30 pairs of loaners. We used some club funds to purchase a couple more pair directly from Bont. A couple of us club veterans took the responsibility of carting the skates between the Oakland and San Jose sessions, and also of checking on the blade and boot quality now and then. When some of the new skaters started showing up faithfully (and I mean faithfully!) we decided to let them borrow the skates they generally used. This did two things:

1. we didn't have to haul those pairs of skates back and forth
2. it let them take some responsibility. (Bonus, they got to go to public sessions and spread the word about speed skating and tell others how terrific our club is! (Believe me; we were really careful about who gets to borrow skates. Some of those pairs of skates are actually on private loan from some of our skater families.) We let the newcomers choose which group they want to skate with at each session. Everyone can figure out after a couple of laps which group is the correct group. We started calling it Boot Camp when Greg Wong announced a race date set for the end of April. This gave us all a target to shoot for, and kept the sessions fresh! So, in the logical progression of "what to teach" we had to get the skaters used to the idea of trying to go fast on the track, how to pass, and what would constitute a DQ. We also had a lot of fun teaching starts, and doing time trials. We remembered that Dianne Holum was using something like stickers to record her skaters' lap times and stick them on their helmets. We printed up a bunch of small address labels with little color

pictures of Olympic skaters on them. Our skaters did one-lap time trials, their time was written on the sticker, and the stickers went on their helmet. Any skater, novice to advanced took part. So, they got cool stickers and we organized our racing groups. An activity like this also gets the parents involved in timing, recording times and handing out stickers! It also helped us learn the names of our new skaters. We had a tremendous showing at our novice race, and those who participated can't wait for the next one. At this writing, in mid-May, we have retained about 25 of the 50 or so new skaters who came out in the weeks immediately following the Olympics. About 10 of these have already started to purchase their own equipment, and others are planning to. Yet more are telling their friends about speed skating! The best thing that happened to our club was that our demographic changed. We now have a lot of teen and early 20's skaters. They are the ones who went on-line and found us! Our goal is to help all of our skaters get to whatever level they are shooting for. Most of our "veteran" skaters are doing their training off the ice and waiting for the post-Olympic crowds to die down at the rink, but, I hate to tell them, the attendance at our sessions has doubled, and it looks like it's going to stay that way.

News from Northern New York

By Suzanne Strauss

New rinks and lots of new skaters are the news from Northern New York!! The Syracuse Speedskating Club welcomes the completion of a brand new, Olympic size short track rink on the grounds of Syracuse University. The Club looks forward to "showing off" this beautiful new facility in January 2003 when they host the Finals of the American Cup Series.

The Capital District Speedskating Club is also fortunate to reap the benefits of a new ice rink in Clifton Park, New York. Their club now holds practices at this new facility on Monday evenings and Saturday afternoons.

The Saratoga Winter Club said good-bye to many of their "elite" lady skaters this year, but are not lacking for members. More than 30 young beginner skaters attend practices in the club now, and keep Coaches Tommy Porter and Nancy Kubler very busy!! Olympian Erin Porter has moved West to Salt Lake City, Utah where she is now training in Long Track; while Olympian Amy Peterson who trained with the Saratoga Club for the past five years has now returned home to Minnesota where she has accepted a coaching position with U.S. Speedskating. Best wishes to both!

The Saratoga Winter Club hosted a weekend summer speed skating camp in July 2002, and were "flooded" with skaters ranging in age from 8 to 68! More than 70 skaters attended this camp, coached by Patrick Maxwell, and a great weekend was spent on and off Saratoga's ice.

Continued on page 10

Northern New York continued from page 9

John Dimon of Dimon Sports heads up the Adirondack Speedskating Club in Lake Placid now. Plans are being made for a short track competition scheduled for this winter, as well as a Long Track Marathon race.

Eric Flaim has been hired by U.S. Speedskating as the Eastern Region Coach. Eric has started the season off to a great start by coordinating three weekend short track camps at the OTC in Lake Placid during September and October 2002. Joanne Hallisey coached the first of these weekend events. Thanks for starting our skaters off on "the right foot" this year!

2002-2003 PNIC METRIC TIME TRIALS SKATER INFORMATION

- All skaters must complete PNIC metric time trials information packet in order to skate.
- All skaters must sign up and pay for time trials before 5:00 p.m. on Friday. Time trial sign up book will be located at the PNIC front desk. Skaters should sign up during the day and no later than 7:00 p.m. on Monday through Thursday.
- Skaters are asked to complete uniform changing in locker rooms, cross training room, any other location provided or at the least use the public restrooms on the lower level. At no time should a skater change into his/her uniform in the view of the general public.
- Skaters are asked to leave benches up against metal railings. Benches are moved back from the ice for safety in the event of a skater falling.
- Warm up will begin at 7:00 a.m. Skaters must leave the ice at 7:25 a.m. for ice resurface. National Anthem will be played at 7:45 a.m. Skaters may go on ice after National Anthem.
- Skaters are asked to stay off ice until the completion of the National Anthem. During the National Anthem skaters are expected to stand and direct their attention to the USA flag located on the east wall of the arena.
- Skaters will be off the ice during all resurfaces.
- Skaters using the warm up lane must be skating. Pace lines in warm up lane restricted to no more than three (3) skaters. Skaters not using the warm up lane for warm up/cool down will be asked to leave the ice by a referee.
- Additional skaters (world team members, national team members) may be allowed on the ice if conditions warrant and they have first requested access from the chief referee.
- Skaters are asked to assist with removal of track markers at the end of the time trials. **THE ICE WILL REMAIN CLOSED UNTIL ALL EQUIPMENT AND TRACK MARKERS ARE REMOVED.** Skaters not heeding this safety requirement will be asked to leave the ice.
- The Chief Referee will release the ice to the PNIC staff for pack session participants after races are completed and all equipment is removed from the ice.
- Coaches will wear PNIC credential while on ice at all times.
- Coaching is to be conducted from the coaching box and not at the center ice area.
- In cases of disruptive behavior the Chief Referee may ask any skater, coach, parent or spectator to leave the arena area.
- The inner rink area is for the use of skaters, officials and accredited coaches during time trials. Parents, visitors and spectators should use bleacher areas on the outside of the track. Only a parent while assisting a young skater to change into his/her skates may be allowed at center ice, but will not be able to remain there.
- Coaches are asked to provide guidance to skaters on rules of conduct during time trials.

Wasatch Speed Skating Association - Utah

By Janelle Christofferson

Hello from the Wasatch Speed Skating Association (WSSA) located in the heart of Utah.

During the off-season, the WSSA held monthly events to keep athletes active and in-touch with each other. Bicycling next to the Great Salt Lake and hiking in the High Uinta Mountains were fun events for all to enjoy.

Now that the 2002-2003 season is about to begin, we would like to share our race schedule with everyone. Please notice November 9th and 10th are ST and LT races in the same weekend. Each race in this series accrues points with an overall champion crowned at the end of the season.

Long Track

October 30

November 10

January 18

February 19

March 14 – LT Championship

March 15 – Grand Finale

Short Track

November 9

December 7

January ?

March 1 – ST Championship

Race results for the Desert Classic which was held on September 7th at the Utah Olympic Oval:

Juvenile Girls

1st Sara Nielson

2nd Tannor Hart

Junior Girls

1st Ashley Erickson

Intermediate Women

1st Becky Hoecherl

Master Women 30-39

1st Aiea Adrignola

Junior Boys

1st Jaymie Bean

2nd Vincent Nielson

Senior Men

1st Trevor Ford

Master Men 30-39

1st Bruce Rowley

2nd Michael Drews

3rd Rodney Kopish

4th Tim Peck

Novice Girls

1st Andrea Woodcox

1st Jerica Tandiman

2nd Heather Woodcox

Pony Boys

1st Landon Hart

Midget Boys

1st Kenny Haeffele

Juvenile Boys

1st Isaac Hinckley

2nd Corey Woodcox

Master Men 50-59

1st Fred Hirsh

Novice Boys

1st Mitchell Anderson

2nd Adam Callister

3rd Caden Handley

3rd Michael Rigby

The WSSA is working with the Utah Olympic Oval on other events throughout the season.

World Cup Qualifier – Long Track

U.S. Championship – Long Track

Sprint World Cup – Long Track

Regional Qualifier – Long Track

World Cup – Short Track

October 25-28

December 27-31

January 11-12

January 25-26

February 7-9

If you are in the area, come on in and join the fun on the “fastest ice on earth”.

See page 13 for more Association Reports

Letters to the Editor

Dear US Speedskating,

Hi! I am writing from the Niagara Frontier (short track) Speedskating Club in Buffalo, New York. I got started speed skating about three years ago, although speed skating has been a lifelong dream for me. Since then, I have improved tremendously and I continue to love this sport!

I have enclosed a list of speed skater excuses that I wrote for publication in *The Racing Blade**. Although I made up some of them, I have heard most of these being used on a day-to-day basis!

I am also writing for some fundraising advice. I agree with the need to recruit more skaters; however the local Buffalo club's main concern now is its shortage of crash mats. Since the club is of a limited financial means, we are 10 or local business sponsors willing to purchase safety mats for us in exchange for use of the advertising panels on them.

My inquiry is how do I best do this? I am planning to send letters to the potential sponsors this summer**, but I'd like to hear from you what has worked for other clubs across the country. Do you have any brochures about the mats that I could send businesses along with my letter?

If you would respond to me about this, I will greatly appreciate it. Thank you for your time!

Sincerely,
Shana Sessler

* See page 18

** This letter came in too late for the preceding issue. If you can help out I am sure that Western New York would appreciate it.

Dear Skating Friends,

So much for my first impression of the newly merged ASU/ USS conglomerate! The March 2002 *Racing Blade* devoted one full page to a truly innovative idea to help new clubs obtain protective safety padding on the installment plan.

Our newly organized club in Kalamazoo, Michigan (Twin Star Speedskating Club) had high hopes of receiving the much needed padding. After submitting the application and receiving zero information on its status I finally learned it was D.O.A. (Dead On Arrival) as the new super organization apparently had to make budget cuts already.

This is not the way to encourage new clubs to get started.

Mark Jastrzembki
West Michigan Speedskating Club

Dear Members,

As you are all aware, there has been an unprecedented interest expressed nationwide in starting up new skating clubs, thanks to the great success of our short and long track teams at the 2002 Salt Lake Games. However, many of these clubs do not have the requisite equipment to get started.

As a way to help out these clubs, this is an initial call to all USS member associations and clubs to inventory their equipment and identify those items that could be excessed and made available to these new clubs, and, for newly-formed clubs in need of equipment, put together a wish list. Although there are folks in inline skating that might have equipment to sell or donate, this first call will be restricted to ice skating equipment only.

These items could include, but are not limited to: complete skate sets, individual boots and blades, blade covers, soakers, jigs, stones and other tools, helmets, neck guards and other protective gear, markers, rink pads, lap counters, and clocks. Donations certainly would be very appreciated as many of these clubs may not be able to pay for everything they need; a Letter of Thanks will be provided to those who donate over \$250 worth of equipment.

Whether you are seeking or providing equipment, please forward all pertinent information (such as descriptions, number of pieces, size and length, if applicable, and prices) to me, Teresa Wilson at twilso1@acm.org. Also, please include a point of contact, email address or mailing address, and telephone number. This information will be compiled and posted on the USS Website, which will allow members to contact each other and make arrangements for delivery. More details will follow.

Thank you very much in advance on behalf of the new clubs!

Teresa "Terry" Wilson
Chesapeake Speedskating Association

WHAT INSURANCE MEANS TO YOU

1. Who is covered?

Only U.S. Speedskating members. Clubs that belong to Associations and Associations are also covered. Direct clubs per se are not covered, however, remember that all of the individual members (if U.S. Speedskating members as above) are covered and this is what is important.

2. What is the coverage?

You have two types of coverage: Liability - a total of \$5 Million coverage for legal liability for each occurrence. Accident/Medical- \$500,000 excess medical coverage with a \$500 deductible (this kicks in as supplemental to any policy you have on your own) - contact the national Office for forms to file a claim

3. When are you covered?

At all speed skating events including meets, practices, on ice, off ice, award banquets, etc.

4. What to do if your rink wants proof of insurance?

Just let the national Office know and they arrange for the agent to send it out to the rink. Once this is done, the agent will do this every year thereafter. There is no need to request again if you have done so in the past. Not sure? Give the National Office a call. There is no charge to send proof of insurance.

5. What if your rink wants to be additional insured?

Don't offer this...it will cost you \$50. Very few rinks/facilities require this. If they do, contact the National Office to request it.

Northeast Skating Association

By Eric Flaim

The Northeast Skating Association has been busy trying to develop and grow more clubs and skaters in our area. This takes time, effort, support and much enthusiasm but we are seeing results. At our meeting in May the election produced the following officers for the next one-year term.

President:	Eric Flaim e_flaim2@yahoo.com
Secretary/Treasurer:	Jim Powers nsa-st@attbi.com
Vice President/Membership:	Peter Thompson pthomp@metrocast.net
Vice President/Coaching:	Geert Kinthaert gkinthaert@aol.com
Vice President/Development:	Jamie Hess jamie@nordicskater.com

The Regional Training Group:

The program that U.S. Speedskating has created to allow Regional skaters from clubs in a Region to train at a higher level together was a tremendous success. Joanne Hallisey

of Baystate, head coach and overall coordinator of the program put together a great environment to build success with our up and coming skaters. These skaters include: Matt Hickson, Nate Belcher, Jonathan Belcher, Alex Frankel, Alex Cook, Abby Hammer, Shivank Garg, Brendan Rafferty, Nate Bolton, Katrina Hancock and Don Longuiel. They were allotted one hour additional ice each week, were given presentations by a nutrition consultant, a strength and conditioning coach, and were provided with funds to attend camps throughout the season. Some of these skaters are without a doubt going to be showing huge gains in the coming season. Rob Belcher organized and had Baystate hosting two successful summer camps.

Montshire Club: North American Marathon

Jamie Hess, Hillary Linehan, Dan Snipes and Peter Thompson have all put in a tremendous amount of work to build their club in only 2 years time. Last year there was short Track practice on two separate ice sheets at Kimball Union and Laconia. Peter has set his sights on the first ever race in Laconia on December 1st; he has no idea what he is getting into. Jamie introduced several people to the joys of natural ice and led tours throughout North America and Europe. After the experience of hosting the National Marathon Championships much was learned and our sights are set on making the North American Championships a huge success. This will be the first ever North American Marathon Championships, January 25 & 26 on Lake Morey in Vermont.

The Great Atlantic Club:

We are excited to announce the founding of a new club. Out of Portland Maine, Jennifer Wickman founded this new club and we hope to give her the support necessary to make it a success. She has started the season off with eight ice sessions on Saturday evenings through December.

The George Howie Memorial Award Committee

The George Howie Memorial Award Committee would like anyone involved in speed skating to submit one name of a good candidate for this award. "ANY PERSON could be considered and chosen depending on their CONTRIBUTION TO THE SPORT OF SPEED SKATING"

Please send a name to:

Jerry Steele, Chairperson
15240 Luther Lane
Elm Grove, WI.53122

e-mail: jerrysteele2@msn.com

Skinsuits N Skates

By Robin Fox

A while back my partner and I formed a small website with the simple intention of supporting short track speed skating. With the assistance of my son, and encouragement from fans, our site was soon growing rapidly. My son is a 15 year old with Cerebral Palsy, a child who has seen very little action outside his wheelchair. He made us a deal we could not refuse: he said to us, if you build it "I will WALK. I want to fly like Apolo & Rusty, I want to do what they do".

Skinsuits N Skates is hoping to use the site as an educational tool to teach the fans more about the sport, the history, the technicians, and of course bring them a bit closer to the athletes. Scary thought. However, even scarier, we hope to turn young fans into speed skaters. We hope to keep the sport 365 days a year instead of every 4 years. We want to show the fans the blood, sweat and tears of every aspect of speed skating.

A few weeks into our thought process of how do we get the fans to turn heads, we were landed a most gracious offer to interview Short Track/ Long Track star Shani Davis.

Shani has been extremely kind to us, even calling my son while he was in the hospital recovering from surgery. During the first short months of our feeble existence, interviews, requests, and fans poured in by the dozens. Interviews we have accomplished, that we never thought we could: Apolo Anton Ohno, who inspired the 15 year old child with CP to move out of the seat; Amy Peterson, who has touched our hearts over the years; Caroline Hallisey who has no fear and spoke candidly with us. Some of the technicians we have inquired with were more than happy to share their stories and their products: Paul Marchese was an informative, extremely patient man; Jerry Search, the man of the hour always for us, gave us a life lesson and a historical journey through time. He allows us to use his pictures and always has time to answer the silly questions we pose.

The mayhem never stops. Fans wanted more and more from us, asking us to do some of the craziest things we have ever thought of. Put together a fan expo! They screamed. With big lumps of fear in our throats, we hope we are up to the challenge. While making sure SNS, the site, always stays on top of its game, we continued forward with interviews, and in many private discussions, we prepare the insanity we call "Fandamonium". Carl Cepuran caught wind of our craziness, and was a very welcome member to the fold. He began offering suggestions to try to help us make Fandamonium a blast for all fans, always telling Dyan and me how much he loves our enthusiasm. Still mired in fear, we forge on, finding a new friend in the ISSA, Patrick Wentland. Pat is trying to help Fandamonium present a speed skating demonstration for the fans. Little is concrete, only the date, but we can always change that as well. Fandamonium will

be a traveling expo, going to a different city once a year, bringing speed skating fans together. Although we run on very limited funds (we are told many times "there's no money in speed skating"), we forge on. We believe if we build it, the fans will come.

SNS would like to thank all those at the USS for the encouragement, all those who gave us the time to interview them, and most of all the fans, because without them Speed Skating would never be what it is today. These are the guys and girls who save their money with the hopes of attending the events. They are the ones who put their butts in the seats and they are the ones who add fuel to our fires.

We hope over the duration of SNS that we can inform, educate, and mostly place smiles on the faces of the fans, which is the biggest pay-off for us. Coming soon will be interviews with Andy Gabel, Cathy Turner, and more of the Screaming Elite. We recently decided to include the other side of the track, and are hoping we can bring Long Track into the fold for the promotion of the sport and the enjoyment of the fans.

Thanks for your time.

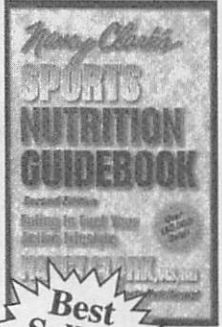
Skinsuitsnskates.com

Robin Fox and Dyan Pursell

FOOD HELP

If you want to buy only one book about nutrition for exercise, this is the one!

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Enclosed is \$ _____ (includes postage)

<p>— <i>Sports Nutrition Guidebook</i>, \$21</p> <p>— <i>Weight Loss Audiocassette</i>, \$11</p> <p>— <i>Brochure on teaching materials</i></p>	<p>Name/Phone _____</p> <p>Address _____</p> <p>_____</p> <p>_____</p> <p>Send check to <i>Sports Nutrition Services</i>, 830 Boylston St., Brookline MA 02467 617-795-1875 www.nancyclarkrd.com</p>
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Marathon Speed Skating

By Jamie Hess

Marathon speed skating attracted a lot of attention last season, especially on natural ice. It was an unusually warm winter, but the lakes still froze and all events went off on schedule, including the National Marathon Championships at Lake Morey, Vermont. The New York Times ran a half-page story about the National Marathon. Video footage of the meet aired on two local TV stations and was incorporated into U.S. Speedskating's new "Try Speedskating" recruitment video. And videographer Jeff Tolbert produced a 4-minute Lake Morey video CD, which is available from the host club, Montshire.

Montshire enjoyed a long season, with outdoor ice from Christmas Eve to early April. On April 7th, a National Geographic video crew spent three hours on Lake Morey filming Montshire skaters doing laps on our 1000-meter track. The resulting show aired in August on the Science Times TV series, and will be re-broadcast later this fall.

This season, the National Marathon is coming to Lake of the Isles in Minneapolis on January 18-19. The following weekend, January 25-26, Montshire hosts the first-ever North American Marathon Championships at Lake Morey. The Lake Placid oval will play host to three marathon race weekends -- one each in December, January and February. And there will be informal marathon races on a 700-meter natural ice track in Brattleboro in southern Vermont.

Canada is also jumping on the marathon concept. In Quebec, natural ice tracks at Lac Beauport and Joliette will host marathons this winter. Quebec has at least a dozen city-maintained tracks of 1000 meters or longer, so there's vast untapped potential for the sport. In Alberta, where marathons have been held for years on the Calgary oval and on a lake in Edmonton, there's a new player on the scene. Dutch marathon champion Evert van Benthem, who recently emigrated to Alberta, is organizing a Canadian Marathon Skating Association, with the goal of sponsoring ultra-marathon races on Sylvan Lake, midway between Calgary and Edmonton. A 200-kilometer race is in the works for 2004.

Though the standard marathon races are 25 and 50 kilometers, the North American Championships will offer a variety of distances, from a 1000-meter sprint to a 100-kilometer ultra-marathon. The Lake Morey Resort is offering skaters a special low rate, a full meal plan, lake view rooms, and walk-to-the-ice convenience. There's cross-country skiing a short walk away, and alpine skiing within a 20-minute drive. See you there!

For National Marathon information, go to gmsa.wrandco.com. For the North American Marathon Championships and other marathons, go to www.webskater.org.

Heads Up, Masters! Mark Your Calendars for Feb. 15-16, 2003 in Milwaukee

By Carole Moore, Flushing Meadow Speed Skating Club

The beautiful indoor Pettit Ice Center will again be hosting their successful Masters International Long Track Races -- this time, on Feb 15 and 16th, 2003. If you haven't yet had the chance to make this event -- now's the time to block out your calendar and get those cheaper airline tickets! It's a Master skater's dream, with 5-year race categories from 30+yrs. to 80+ yrs., and distance events from sprints to 5,000 meters. The ice is fast, and the turnout enthusiastic, with approximately 80 Masters skaters raring to go, making this event quite exciting. The special Masters International medals are quite beautiful as well, and are awarded to the five top point finishers in each class.

It's a perfect weekend to bring a friend to spectate, to lend a helping hand, and have a good time. After a morning of racing you're free to attend the Alumni Lunch, see old friends, and meet new ones -- or you can see this wonderful city on Lake Michigan. See: www.milwaukee.org/main.cfm for more information about the Milwaukee area, including the famous brewery tours and the Harley Davidson factory. Please check out the USS website soon for an entry blank and more information about hotels, etc.

This event is yours for the making, as we Masters have only ourselves to keep our races going with good attendance. So mark it on your calendar and plan to come out for great racing and a good time! .

See you in Milwaukee,
Carole Moore

Skate Loan Program

This is a new program designed to help clubs make that leap. We know that it is so much better for someone new to be able to try speed skating in a pair of speed skates - it increases their chances of coming back for more! Our loaner skates are designed for just that. We have a limited number of sets of Zandstra skates (typically 13 pr to a set) with a sharpening jig and stones and oil that we will loan to a club for a maximum of 2 years. No charge. You can use them up to 2 years. When they are returned, they are available for others. We are serious about helping you grow your club or get a new club started. For further information or for an application form, contact Susan Sandvig Shobe at sshobe@stcloudstate.edu The form should be on the website soon.

The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD 8/02

Value Meals: The High Price of Fast Foods

Someone once joked that building lots of McDonald's and Burger Kings in "enemy territories" would eradicate the need for atomic bombs; the obese population would soon self-destruct. Unfortunately, Americans have become our own worst enemy and obesity has reached epidemic proportions. More than 60% of American adults are, well, super-sized, as are 14% of American teens and 13% of 6- to 11-year olds.

While most of the readers of this column are fit and healthy, you've perhaps noticed your uncle, parent or neighbor become bigger and talk about high blood pressure, heart disease, diabetes and another undesirable health conditions. These diseases of aging not only interfere with longevity but also lead to worrisome medical expenses. This nation cannot afford to be so unhealthy! Obesity is indeed a complex condition associated with over-eating, under-exercising, stress, fatigue and TV-viewing, among other factors. Some say obesity stems from ignorance. Children, in particular, may be unaware of the health dangers of a steady diet of fast foods; most would happily eat chicken nuggets and french fries daily. In New York, a person is suing four fast food chains (KFC, Burger King, McDonald's and Wendy's) for contributing to his obesity, diabetes and heart disease. His complaint: he didn't know how bad these foods were for his health. With luck, good changes will arise from this suit. For example, perhaps we'll eventually see Nutrition Facts printed on fast food wrappers, telling us about a Super Burger's calories, fat and sodium content. Or perhaps a warning label will appear: "Consuming a steady diet with large portions of fatty, high calorie foods can be dangerous to your health."

While the verdict is unclear as to whether the food industry can be held accountable for America's problem with obesity, this suit does raise consciousness about the industry's efforts to overfeed Americans. Between value meals and super-size portions, hungry people can all-too-easily be lured into gluttony while thinking "I only ate one serving...." One Cinnabon, mind you, is more than enough for two people.

While I do believe that all foods (even fast foods, in moderation) can be balanced into a healthful diet, I also recognize the food marketing industry is succeeding at its goal of getting us to consume more and more and more. (For example, have you noticed how Coke, which originally came in an 8-ounce bottle and then in a 12-ounce can, is now prevalent in 20-ounce bottles — enough for at least two people?) Hence, the purpose of this article is to help you grasp the importance of feeding appropriate portion sizes to yourself, your family, and most importantly to the children who have never seen "small" as a menu option.

The High Price of Value Meals At Burger King (and most other fast food restaurants), you can "Size it your way"; that is, you can have a medium, large or king-sized value meal with incremental increases in the fries and soft drink. By ordering the value meal, as opposed to ordering each item separately, you'll save 78¢ per increment (medium to large; large to king-size). And for those 78¢ you can get about 200 to 250 more calories. Calorie for calorie, the medium value meal costs a bit more than the king-size meal (3.5¢/calorie vs 3.2¢/calorie). The king-size Whopper with Cheese value meal offers a total of 1,825 calories from the burger, fries and soft drink. This equates to: 1) a whole large cheese pizza (that would more likely feed the whole family, not one person) or 2) the whole day's worth of calories for the average woman. If you are looking for the whole day's calories in one dose, as well as the whole day's fat intake (if not more), this king-sized value meal is seemingly a bargain. Unfortunately for our health, most people eat two other meals in their day — and the medical bills related to obesity will not come with a bargain price!

If you are a fast food eater, you have to decide for yourself if a value meal is truly a good deal — and if it is really the best way to spend your calories. After all, almost half of those calories all too often come from fat, cloggage and the stuff that makes heart attacks. For example, Burger King's Whopper with cheese medium value meal provides almost 1,400 calories (equivalent to 3/4 of a pizza that feeds a family of three) and 71 grams of fat (more than you need). A peanut butter and jelly sandwich costs far less and is far more healthful...

The best value at a fast food restaurant is to NOT get the value meal, but rather just get one item. That is, by having just the Whopper with Cheese (no fries or soda, thank you), you can save 590 calories and \$2.10. You'll still be left with 800 calories (that need to be balanced with lowfat choices at other meals). This is more than enough for most hungry people. Even impoverished students, who commonly ponder how to get the most calories for the least amount of money, should skip the fries and soda. The Whopper with cheese costs about 3.6¢ per calorie, as opposed to the soda (5.6¢/calorie) and fries (4.4¢). Now of course, you'll save a few pennies per calorie if you upgrade to king size. But then, do you really want that money to go to waist?

Continued on page 17

The Athlete's Kitchen Continued from page 16

For children, Burger King's "Big Kid Meal" is also a bad deal. For \$4.39, a child can get a double cheeseburger, small fries and a small soda. This comes to just under 1,000 calories--the equivalent of two hefty peanut butter and jelly sandwiches or half a large cheese pizza (food for two kids, not one). I guess that's why it's called the "BIG Kid's Meal"; a steady diet of Big Kid's Meals will make kids big (and fat) ... that's for sure.

Equally worrisome, kids who eat the whole meal because it is just "one portion" will get stuffed. Each time a child overeats, he or she chips away at the body's natural ability to regulate an appropriate intake. The desire for big food grows, as does the waistline.

Perhaps it's time to move back in time to "slow foods"; you know, the homemade meals that nourished the body, fed the soul and were one of life's pleasures?

Calorie information is available at most websites of the larger restaurant chains. For example, you might want to visit: www.aubonpain.com www.bostonmarket.com www.burgerking.com www.dominos.com www.dunkindonuts.com www.kfc.com www.tacobell.com www.mcdonalds.com

Nancy Clark, MS, RD, nutrition counselor at SportsMedicine Associates, one of the largest athletic injury clinics in the Boston area, is author of Nancy Clark's Sports Nutrition Guidebook (\$23) and her Food Guide for Marathoners: Tips for Everyday Champions (\$20), available via www.nancyclarkrd.com or by sending a check to Sports Nutrition Materials, 830 Boylston St., Suite #205, Brookline MA 02467.

East Region Pre-season Camp



Photo by Bill Hammer

Back row: Al Forsythe, Cherise Wilkins, John Bartholomew, Chris Peskor, Jordan Hinke, Alex Fraenkel, Matt Hickson, Rashid Saadke, Aaron Kopp

Front row: Abby Hammer, Nate Belcher, Wenceslas E*, Eric Flaim

Not present for picture: Alex Strauss, Shivank Garg, Anthony Lobello, Ian O'Leary

*Incomplete information received

Speed Skater Excuses 101

Compiled by Shana Sessler, Niagara Frontier Speedskating Club, Buffalo, New York

Sixty-five reasons the aspiring speed skater skated poorly. Use at your discretion!

1. My skates have a dull edge.
2. My legs are stiff.
3. Too many people in my group.
4. Warm-up was too short.
5. The crash mats weren't in the right place.
6. I had a hard workout yesterday.
7. The ice is too hard.
8. The ice is too soft.
9. My laces came untied.
10. I tripped just before the finish line.
11. I didn't get enough sleep last night.
12. My uniform ripped.
13. The ice is too slippery.
14. Blister on my foot.
15. There was a rut in the ice.
16. Too much offset.
17. Not enough offset.
18. I haven't been doing long-distance training recently.
19. Heat box was freezing.
20. Ice was dirty.
21. My blade fell off.
22. Bad hair day.
23. Someone clinked blades with me.
24. I lost a bolt.
25. The rocker radius is too flat.
26. Pace was too slow.
27. Pace was too fast.
28. My feet were cold.
29. Rink has poor lighting.
30. I peaked last week.
31. My ankle support got ruined.
32. My blade is on backwards.
33. I tripped on the lane marker-because it was in the wrong spot.
34. I'm tapering.
35. The stopwatch broke.
36. They never called my race.
37. I hesitated at the start.
38. Everyone slower was disqualified.
39. The referee wasn't watching when they shoved me.
40. Went too hard in the warm-up.
41. My skate guard is the wrong color.
42. I forgot my water bottle.
43. I tripped on a spider.
44. My gloves/uniform got wet.
45. I have a cold.
46. I went biking yesterday.

47. See, I'm really doing a type of working recovery where you skate as slow as possible.
48. Spectators too loud.
49. I was put in the wrong division.
50. They blocked my pass.
51. The Zamboni never smoothed over the ice.
52. I forgot my helmet.
53. My neck guard itches.
54. I injured a muscle.
55. I already exceeded my VO2 Max
56. My skate has a lump inside.
57. I was put in a bad starting position.
58. I forgot the race length.
59. The ref made a face at me.
60. The starter never said to go.
61. It's Friday the 13th.
62. Referee confused me with another competitor.
63. Someone went down in front of me.
64. I didn't know it was a long track competition.
65. I'm really a great skater, but only off the ice!

The U.S. Speedskating Fall Meeting



Carl Cepuran, the Development Coordinator, addresses the Development Committee. Also in the picture are Lisa Sundstrom, the Development Committee Chair, and Doc Savage.

The Development Committee Meeting

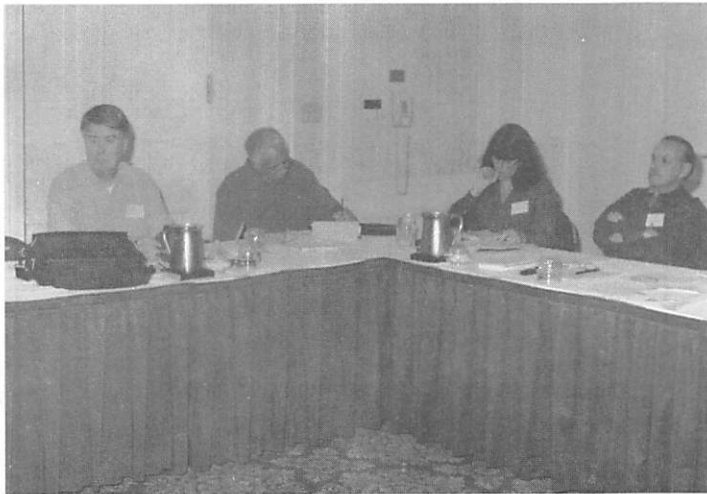


L to r, Don Kangas, Katie Marquard, Laura Verdino, Mike Witte, Bob Payne, Gene Sandvig, Carole Moore, Joe Rohraff, Duane Riley

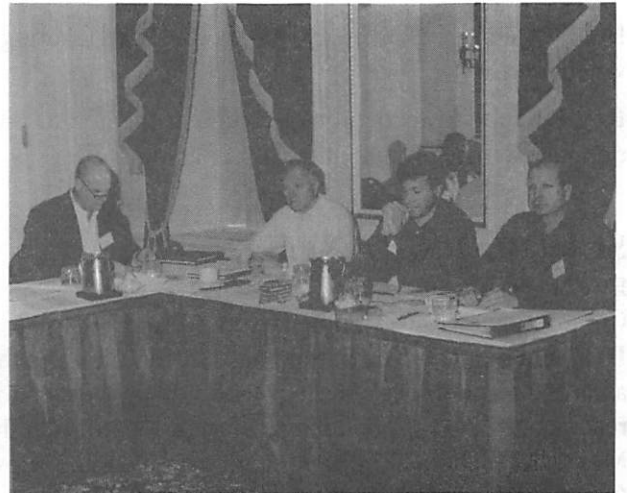


L to r, Joe Gier, Bonnie Blair Cruikshank, Susan Sandvig Shobe, Pat Selsam

The Board of Directors Meeting



L to r, Jerry Search, Fred Benjamin, Lisa Sundstrom, Jeff FitzRandolph



L to r, Craig Wing, Neil Cox, Brian Wanek, Leigh Barczewski

See also page 23

IN MEMORIAM

Robert P. Grant, an enthusiastic and devoted supporter of the sport from St. Charles, Illinois died on July 15, 2001 at the age of 82.

Bob was a former manager of the Glen Ellyn AAA Speed Skating Team, a national Chief Judge, the ASU Nationals Records Chairman and the Board of Control representative for Amateur Skating Association of Illinois from 1966 to 1973. He was a driving force in getting the present "Predominance of Judging Rule" adopted.

Bob is survived by his wife, Bette, 2 children, 5 grandchildren and 4 great grandchildren.

Bob was grateful for the fellowship, focus and discipline skills he and his family derived from the sport.

Robert Reppenhagen died July 20, 2002, at the age of 58 shortly after being diagnosed with cancer.

Bob was born in Cleveland, Ohio, where he developed his love for the sport. He went on to be President and founding member of the Elyria Speedskating Club as well as Vice-President and President of the Ohio Speedskating Association.

Bob was also an active referee and was recently promoted to the status of National Chief Referee.

His wife, Marie, 3 children, 4 stepchildren and 10 grandchildren survive Bob.

Bob was a lifelong devotee to the sport of speed skating who will be missed.

Roy Helminski died July 21, 2002, at the age of 84. An obituary will be printed in the next Racing Blade.

SCHOLARSHIP NEWS!!!

By Karen Kostal

Congratulations to **Bonnie Klint, Mary Griglak and Heidi Stangl**. What do they all have in common? Each was awarded a scholarship to help with college costs. Bonnie received the ASU Scholarship, Mary the Carol Blatchford Memorial Scholarship and Heidi received the Howard Gutgesell Memorial Scholarship. Could you use some money for college? Be sure to apply for these scholarships. The ASU Foundation administers these funds and applications, which are **due by February 15, 2003**, can be accessed on line at <http://www.speedskating.org/scholarship.html> This is the member Services site of the US Speedskating homepage. Check out this site for more info on the scholarships and for information on donating or setting up a scholarship. Best wishes to Bonnie, Mary and Heidi both with their studies and with speed skating!

Hall of Fame

SARATOGA SPRINGS, NY (August 5, 2002) – The National Speedskating Museum and Hall of Fame is proud to introduce George Garner as its first Director and Curator. During the past year board members have worked to secure the museum's collection, achieve status as a not-for-profit institution, register with the New York State Board of Education as an educational organization and begin fundraising efforts. Mr. Garner will now help develop the Museum into a fun and exciting place where visitors nationwide can learn about Speed Skating, its rich history, and some of its best competitors.

Currently the Museum is securing financial and volunteer support to find a permanent home, build interactive exhibitions, and display its vast collection of almost one thousand artifacts, photographs and print documents from the early 20th Century to the present day.

Mr. Garner earned his Master's degree from the Cooperstown Graduate Program in Museum Studies. He has previously worked for the Pennsylvania Anthracite Heritage Museum in Scranton, PA and the Chesapeake Bay Maritime Museum in St. Michael's, MD.

The Museum is actively recruiting financial and volunteer support. To find out how you can help, please contact the Museum at (518) 587-2609.

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Why They're Skating So Wide (Part II)

By Stanley Zompakos

The purpose of this article is to provide some analysis into why recent developments in the way the track is skated is a technique to be embraced, not an anomaly to be refined out of skating.

In the last issue of the Racing Blade I described how speed skaters' entries and exits to turns have evolved in recent years. The technique of skating "wall to wall", a mainstay of short track skating for some time now has become a widely used technique on the long track. On the short track, most moderately accomplished skaters can use this technique to some degree even if they are not fast enough to require all the available width of the rink. However, for a skater to obtain an advantage from this technique on the long track, the skater must be quite fast - so fast that the inner lane is considered an obstacle to the realization of top speed.

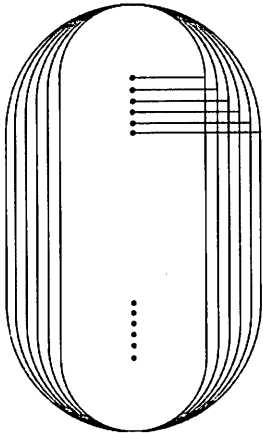


Figure 1

The speed gained by shifting the center of the turn toward the center of the rink, as illustrated in figure 1, can be calculated by using the equation for centrifugal force. The mass, radius and top speed achieved on a turn will yield a value for the centrifugal force that is the maximum the skater can tolerate. By using the same value for centrifugal force (since that is the maximum the skater can handle) and plugging in the new value for the radius of a wider turn, the new top speed can be calculated. By modeling the skater's path in this manner it can be determined, for example, that a 150 pound skater capable of achieving a top speed of more than 20 miles an hour, but finding himself limited to 20 miles per hour on the poll line of the 111 meter track, could achieve a top speed of 22 miles per hour by shifting the center of the turn 6 feet toward the center of the rink. If he still hits the poll line at the apex of the turn, he will reduce his lap time by approximately seven tenths of a second, in spite of increasing the distance of his lap by more than thirteen feet.

What if the skater is on a 100, 200, or 333.33 meter track? What if the skater weighs 140 pounds or 175 pounds? It would be nice to demonstrate that this technique is applicable on oval tracks of any dimensions, regardless of the weight of the skater, whenever the situation arises that the skater's top speed is being limited by centrifugal force.

When we alter our path in this manner, we can achieve a higher speed, but we have also increased the distance of the lap. What we desire to determine is whether the increased speed always wins out over the increased distance. Lap time is determined by distance divided by speed, $t=s/d$. Examining this equation we see that the numerator and denominator are both being made larger. Time will only become less if the denominator, speed, becomes proportionally larger than distance. If we express the increase in terms of percent we can write the equation:

$$\frac{d + dp}{s + sq}$$

where p is the percent increase of the distance divided by 100 and q is the percent increase of the speed divided by 100. In other words a 10 percent increase in distance would be described as $d + .1d$ and an 11 percent increase in speed would be described as $s + .11s$. This would result in the new time being represented as $1.1d$ divided by $1.11s$, or the original lap time multiplied by .99. Since .99 is less than one, the new time would be less than the original time. In more general terms: if $q > p$, then by adding 1 to both sides of the inequality we get $1+q > 1+p$. Since the above equation could be written as:

$$\frac{d(1+p)}{s(1+q)} \text{ or } \frac{d}{s} \times \frac{(1+p)}{(1+q)}$$

we can see that whenever the percent increase of speed is higher than the percent increase of distance we will be multiplying the original time by a number that is less than one, and the new time will be reduced. So if we can model the effect of the altered path in terms of percent increase, we might be able to see if percent increase speed is always higher than percent increase distance, and therefore the lap time reduced.

First let's begin by modeling the increase in distance. If the center of the turn is shifted toward the center of the rink by one unit of length, the circle described by the turn will have a radius that is greater by one unit. The circumference of a circle is 2π times the radius, so an increase in the radius of one unit will be an increase of approximately 6.28 units. However since the center of the new circle describing the turn is one unit closer to the center of the rink, one unit of length is lost from the beginning of each straightaway, and another from the end of each straightaway. Since there are two straightaways, four

Continued on page 22

Continued from page x

units of length are lost and the increase of the lap size is only 2.28 units for every unit added to the radius. Percent increase in distance can be represented as 2.28 divided by the length of one lap of the original oval or:

$$\frac{2.28}{(2\pi r_1) + L}$$

where r_1 represents the radius of the original path and L represents the combined lengths of the original straightaways. Since we are trying to show that the percent increase speed is always higher than the percent increase distance, we need to concern ourselves with the largest instances of the above equation. We will always be dealing with a specific value of r , but L in the above equation, could be quite a few values. We need to concern ourselves with instances where L is very small. Our analysis deals with one unit of radius and at least four units of straightaway, but there is nothing stopping us from using extremely small units of measure. Under conditions where r is very large and L very small the value of L becomes insignificant. The maximum possible percent increase of distance can be represented as:

$$\frac{2.28}{2\pi r_1} \text{ or } \frac{1}{2.75r_1}$$

Centrifugal force is calculated by the mass of the skater times his speed squared divided by the radius:

$$c = \frac{ms^2}{r}$$

Mass (m) is a constant since the skater's mass is not changing. Since we are hitting a maximum centrifugal force, c also becomes a constant. Rearranging the above equation to derive speed from a known centrifugal force, mass and radius we get:

$$s = \sqrt{\frac{cr_1}{m}}$$

The percent increase of speed obtained by increasing the radius by one unit can be represented as the new speed minus the original speed divided by the original speed or:

$$\frac{\sqrt{\frac{c(r_1 + 1)}{m}} - \sqrt{\frac{cr_1}{m}}}{\sqrt{\frac{cr_1}{m}}}$$

The constant centrifugal force divided by the constant mass will yield another constant. Since this constant is in the numerator and the denominator it is equal to 1 and drops out. So we have one important answer, the mass of the skater does not matter. Also, with c and m gone we won't have a problem using whatever unit of measurement we chose when we were analyzing the percent increase in distance. Eliminating the constants we get:

$$\frac{\sqrt{(r_1 + 1)} - \sqrt{r_1}}{\sqrt{r_1}}$$

Our equation for percent increased distance has the radius, not the square root of the radius in the denominator, so let's multiply the previous equation by the square root of the radius over the square root of the radius and arrange it as:

$$\frac{(\sqrt{r_1 + 1} \times \sqrt{r_1}) - r_1}{r_1}$$

We're very close now because we have the radius in the denominator. Examining the function:

$$(\sqrt{r_1 + 1} \times \sqrt{r_1}) - r_1$$

Continued on page 23

Continued from page y

we find that where the original radius is equal to 1, the value is .41 and the function quickly approaches a limit of .5 as the radius is increased to values found in real life. So the minimum percent increased speed can be represented as:

$$\frac{.41}{r_1} \quad \text{or} \quad \frac{1}{2.4r_1}$$

Since:

$$\frac{1}{2.4r_1} > \frac{1}{2.75r_1}$$

Then even the minimum possible percent increase of speed is greater than the maximum possible percent increase in distance. We have already seen that this means that the original time will always be multiplied by a positive number that is less than one, and the new time will always be less. Actually the proportion of increased distance to increased speed is even more in favor of speed than the inequality represented above.

Summary: If a skater's top speed is being limited by centrifugal force, shifting the center of the turn closer to the center of the rink will result in a greater achievable top speed, but also greater distance. The speed gained will always be proportionally greater than the distanced added, and will therefor result in a reduced lap time. This property is true for an object of any mass traveling around any oval provided the following conditions exist. 1. The top speed is being limited by centrifugal force. 2. The center of the turn is shifted toward the center of the oval, but the apex of the turn remains the same. 3. The speed on the new path is increased to the point that the centrifugal force experienced is the same as that experienced on the previous path.

Because of the above considerations, there are many circumstances under which the skater should use as much available width of the rink is needed until his real top speed has been reached.



A trio of old timers talk it over. L to r, Jerry Steele, Larry Ralston, Tom Porter

2002-2003 MEET SCHEDULE

As of 10/9/2002

<u>DATE</u>	<u>COMPETITION</u>	<u>DISCIPLINE</u>	<u>LOCATION</u>
SEPT 6-8	Desert Classic	LT	Salt Lake City, UT
SEPT 18-21	ISU Short Track Officials Clinic		Ft. Lauderdale, FL
SEPT 27-29	US Speedskating Board Meeting		Milwaukee, WI
OCT 9-11	ISU Referee's Course		Gothenburg, Sweden
OCT 12	Herb Knudten Memorial	ST (Exhibition)	Cedar Rapids, IA
OCT 18-20	World Cup Short Track	ST	Chuncheon, Korea
OCT 20	Kickoff Classic	ST	Franklin Park, IL
OCT 25-26	Can Am Short Track Circuit	ST	Montreal, Quebec
OCT 25-27	World Cup Short Track	ST	Beijing, China
OCT 25-28	Fall World Cup Qualifier/U.S. Single Distance/ ISU Starter's Course	LT	Salt Lake City, UT
OCT 26	Chicago Silver Skates	ST (SN)	Glen Ellyn, IL
	Tri-State Open	ST	Richmond, VA
OCT 27	Badger Open	ST	Madison, WI
NOV 2-3	Great Lakes Short Track Championships	ST (SN)	Pettit, Milwaukee, WI
NOV 9	Silver Derby Classic	ST	Ogden, UT
NOV 9-10	World Cup Long Track (1500, 3000/5000)	LT	Hamar, Norway
	Eastern States Short Track Championships	ST	Saratoga Springs, NY
	Central Wisconsin Short Track Open	ST (SN)	Wausau, WI
NOV 16	Park Ridge Open	ST (SN)	Park Ridge, IL
NOV 16-17	World Cup Long Track (Short Allround)	LT	Erfurt, Germany
	American Cup Short Track	ST	Marquette, MI
NOV 23	Bay State	ST	Walpole, MA
	Pettit LTD Series I	LT	Pettit, Milwaukee, WI
NOV 23-24	World Cup Long Track (1500, 5000/10000)	LT	Heerenveen, Netherlands
	Can Am Short Track Circuit	ST	New Brunswick
	American Cup Long Track	LT	Butte, MT
NOV 24	WSA Gold Cup	LT (Pack)(SN)	Pettit, Milwaukee, WI
	Ohio All-Points	ST (SN)	Lakewood, OH
NOV 29-DEC 1	World Cup Short Track	ST	St. Petersburg, Russia
	Can Am Long Track	LT	Calgary, AB
DEC 1	I-94 Sprints	LT (Pack)(SN)	Pettit, Milwaukee, WI
	Montshire Short Track	ST	Laconia, NH
DEC 6-8	World Cup Short Track	ST	Bormio, Italy
DEC 7-8	World Cup Long Track (Sprint)	LT	Nagano, Japan
	Eastern Seaboard Long Track	LT (Pack)	Lake Placid, NY
	John Rose Open	LT (Pack)	Roseville, MN
DEC 14-15	World Cup Long Track (Sprint)	LT	Haerbin, China
DEC 15	Holiday Classic	LT (Pack)(SN)	Pettit, Milwaukee, WI
DEC 21-22	U.S. Junior Short Track Championships/ Ohio Invitational	ST (SN)	Cleveland, OH
DEC 27-31	U.S. Long Track Speedskating Championships	LT	Salt Lake City, UT
DEC 28	Southpointe Holiday Open	ST (SN)	Pittsburgh, PA
JAN 4	Franklin Park Special Needs	ST (SN)	Franklin Park, IL
	Pettit LTD Series II	LT	Pettit, Milwaukee, WI
JAN 4-5	Eastern States Long Track	LT	Saratoga Springs, NY
JAN 5	IL & WI State Meets (Closed)	LT (Pack) (SN)	Pettit, Milwaukee, WI
JAN 10-12	World Junior Short Track Championships	ST	Budapest, Hungary
JAN 11-12	World Cup Long Track (Sprint & 100m)	LT	Salt Lake City, UT
	American Cup Short Track Final	ST	Syracuse, NY
	Great Lakes Long Track Championships	LT (Pack)	Pettit, Milwaukee, WI

* Tentative

(SN) Special Needs included

2002-2003 MEET SCHEDULE (Cont.) 10/9/02

<u>DATE</u>	<u>COMPETITION</u>	<u>DISCIPLINE</u>	<u>LOCATION</u>
JAN 16-26	World University Games	ST	Italy
JAN 18	Gohl Waupaca Classic	LT (SN)	Waupaca, WI
JAN 18-19	World Sprint Championships	LT	Calgary, Canada
	U.S. Junior Long Track Championships	LT	Pettit, Milwaukee, WI
	National Marathon Championships	LT (Pack)	Minnesota
	Rochester Open	ST	Rochester, NY
JAN 19	Central Wisconsin Long Track Open	LT (SN)	Wausau, WI
JAN 25-26	Oceania/North America Regional Qualifier	LT	Salt Lake City, UT
	North American Marathon Championships	LT (Pack)	Lake Morey, VT
	American Cup Long Track	LT	Roseville, MN
JAN 31-FEB 1	Badger State Games (Closed)	ST/LT	Wausau, WI
FEB 1-2	U.S. National Long Track Championships	LT (Pack)	Butte, MT
FEB 2	Syracuse All-Points Short Track	ST	Syracuse, NY
	St. Louis Metros Open	ST	Webster Grove, MO
	Mayor Daley Speedskating Classic	ST (Exhibition)	Chicago, IL
FEB 7-9	World Cup Short Track	ST	Salt Lake City, UT
FEB 8	Wisconsin Special Olympics Short Track	ST (SN)	Wausau, WI
FEB 8-9	World Allround Championships	LT	Goteborg, Sweden
	North American Long Track Championships	LT (Pack)	Calgary, AB
	Can Am Short Track	ST	Belleville, ONT
	Eastern Seaboard Short Track	ST	Lake Placid, NY
FEB 14-16	World Cup Short Track	ST	Chicoutimi, Quebec
FEB 15	Old Dominion Invitational	ST (SN)	Dale City, VA
FEB 15-16	World Cup Long Track (1500, 3000/5000)	LT	Baselga di Pine, Italy
	Junior Country Match	LT	Obihiro, Japan
	Land of Lincoln	ST	Champaign, IL
	Masters International	LT (Pack)	Pettit, Milwaukee, WI
FEB 21-23	World Junior Championship	LT	Kushiro City, Japan
FEB 22-23	Northbrook Open	ST (SN)	Northbrook, IL
FEB 28-MAR 2	U.S. Short Track Championships	ST	Bay City, MI
MAR 1	Pittsfield Short Track	ST	North Adams, MA
	Wisconsin State Short Track (Closed)	ST (SN)	Wausau, WI
	Peoria Open/Illinois State Short Track	ST (SN)	Peoria, IL
MAR 1-2	World Cup Long Track (Sprint & 100m)	LT	Inzell, Germany
	American Cup Long Track Final	LT	Pettit, Milwaukee, WI
	Susquehanna Challenge	ST (SN)	Pittsburgh, PA
MAR 2	Manitowoc Open	ST	Manitowoc, WI
MAR 7-9	World Cup Long Track (All distances)	LT	Heerenveen, Netherlands
MAR 8	2003 National Capitol Open	ST (SN)	Laurel, MD
	Pettit LTD Series Finale	LT	Pettit, Milwaukee, WI
MAR 8-9	St. Louis Silver Skates	ST	St. Louis, MO
MAR 14-16	World Single Distance Championships	LT	Berlin, Germany
MAR 15	New York State Short Track Championships	ST	Newburgh, NY
MAR 15-16	World Team Championships	ST	Sofia, Bulgaria
	Evanston Northshore Open	ST (SN)	Evanston, IL
MAR 17-19	12th International Seniors SS Games	LT	Alkmaar, Netherlands
MAR 19-23	Calgary Oval Finale	LT	Calgary, Canada
MAR 21-23	World Short Track Championships	ST	Warsaw, Poland
MAR 21-23	U.S. National Short Track Championships	ST	Pettit, Milwaukee, WI
MAR 28-30	North American Short Track Championships	ST	Pettit, Milwaukee, WI
APR 25-27	USS Board Meetings		Los Angeles, CA

* Tentative

(SN) Special Needs included

U.S. SPEEDSKATING ASSOCIATIONS and CLUBS

October 22, 2002

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CLUBS

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CLUBS

Baltimore Silver Blades

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National Capital Short Track (Laurel, MD – Washington D.C. area)

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Team Caravan (Laurel, MD)

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DC Inner City Excitement (DC ICE)

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Wheaton Speedskating Club (Maryland outside of Baltimore)

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East Penn (Allentown, PA)

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Lightning Force (Harrisburg, PA)

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Southern Pennsylvania and Greater Philadelphia Speedskating Club (Ice Works Rink)

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Blue Ridge Speedskating Club (Charlottesville).

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Richmond Speedskating Club (at the Richmond Ice Zone):

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Northern Virginia Speedskating Club (Rink: SkateQuest in Dale City)

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Roanoke Ice Station Rink

Contact: Jeff Morris, Manager 3710 Tom Andrews Rd. NW, Roanoke, VA 24019-3062, (540) 265-1505,
www.theicestation.com

Hampton Roads Speedskating Club . Cheasapeake (Rink: Ice Sports)

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COLORADO SKATING ASSOCIATION

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CLUBS

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International Speed Skating Academy Club

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CLUB

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Twin Star Speedskating Club (Kalamazoo)

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CLUB

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CLUB

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CLUBS

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Berkeley Flyers

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Sierra Speedskating Club

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CLUBS

Adirondack Speed Skate Club

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Pittsfield Parks

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Saratoga Winter Club

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CLUBS

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CLUBS

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Sec: Dennis Smith, 1915 E. Siesta Dr., Sandy, UT 84093-6239, (801) 947-5883, drs911@mcleodusa.net

WESTERN NEW YORK SKATING ASSOCIATION

Secretary: Michael Magnuson, 126 Floss Ave., Buffalo, NY 14215-3910, (716) 895-1508, speedskate@buffalo.com

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Sec: Michael Magnuson, 126 Floss Ave., Buffalo, NY 14215-3910, (716) 895-1508, speedskate@buffalo.com

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Pres: Marty Medina, 1387 Willowdale Dr., Macedon, NY 14502-9178, (315) 986-2810, medina@rochester.rr.com

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Randall.binversie@nfmfn.com

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Badger

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Sec: Betty Gulczynski, 2355 S. 98th St., West Allis, WI 53227-2223, (414) 541-2042

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Manitowoc Pres: Randall Binversie, 1822 Whitewater Dr., Manitowoc, WI 54220-9437, home (920) 682-6481,
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Waupaca

Pres: Lorinda Veleker, 809 S. Main St., Waupaca, WI, 54981-1723, (715) 258-7457, veleker1@pitnet.net
Sec: Linda Hagen, 315 S. State St. Waupaca, WI 54981-1869, (715) 258-3840, hagen@g2a.net

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Alaska Speedskating Club

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Fairbanks Club

Contact: Jeremy Becker, 118 Mountain View Dr., Fairbanks, AK 99712-1833, (907) 458-8580, j.becker@gci.net

ARIZONA

Arizona Speedskating Club Phoenix/Scottsdale

Contacts: Penny Wright, 3361 W. Aire Libre Ave., Phoenix, AZ 85053-2975, sk8right@msn.com
Heather Frackiewicz, 13250 W Port Royale Ln., Surprise AZ 85379-6520, 623-556-1227,
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Tucson

Contact: Jan Moravec, Skating School Director, Gateway Ice Center, 7333 E. Rosewood St., Tucson, AZ 85710-1427,
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South Florida Speedskating Club

Contact: Walter Alvarez, 383 S.W. 25th Rd., Miami, FL 33129-2201, (305) 858-8283, walva79884@aol.com

Orlando/Kissimee Area:

Contact: Renee Hildebrand, 5318 SE 108th St, Belleview, FL 34420-3215, sk8coach777@cs.com

IDAHO

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Ken & Cindy Hart, 7425 Noel Rd, Indianapolis, IN 46278-2302, (317) 870-7777 KenBHart@aol.com

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Wichita Speedskating Club

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Max Brewer, 1011 Jefferson St., Wichita, KS 67203-3536, (316) 264-6338

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Omaha Speedskating Club

Pres: Scott Mullen, 7904 Poppleton Ave., Omaha, NE, 68124-1441, (402) 397-5591
Sec: Kevin Leahy, 13017 Eagle Run Dr., Omaha, NE, 68164-4251, (402) 493-9465, KevinTL@prodigy.net

NORTH CAROLINA

Southeast Ice Speedskating Club

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Contact: Dennis Longdon, ssk8@yahoo.com

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OREGON

PDX Fliers (Portland area)

Contact: Tony Demos, 7880 SW 74th Ave., Portland, OR 97223-9564, (503) 819-3281, Couvron@aol.com

Eugene Area

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PENNSYLVANIA

Greater Pittsburgh Speedskating

Pres: Fran Pionati, 7125 Willard St., Pittsburgh, PA 15208-2925, (412) 244-9661, pionatif@yahoo.com

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TEXAS

North Texas Speedskating Club (Dallas)

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Houston

Contact: Philip Gayle, 11727 Broken Bough Cir., Houston, Texas 77024-5115, (713) 528-2134, keguribap@yahoo.com

WASHINGTON

Puget Sound Speedskating Club (Seattle area)

Pres: Larry Kalapus DC, 20619 42nd Ave. E, Spanaway, WA 98387-6709, (253) 875-4511, ljkalapus@zero.net,

Sec: Joan Harris, 15902 13th Ave Ct E, Tacoma, WA 98445-2322, (253) 531-5639, toby1bird@aol.com

Coach: Jan Zurcher, jan.zurcher@weyerhaeuser.com

Spokane Speed Club

Contact: Sara Stinnett, 7636 W. Terra Cougar Ln., Coeur d'Alene, ID 83814-7878, (208) 664-0343,

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Whatcom Speedskating Club (Bellingham area)

Pres: Bruce Guthrie, 31111 W. Alpine Dr., Bellingham, WA 98226-4277, (360) 647-5372, spdsk8@aol.com

Sec: Peter Wells, (360) 671-2004

Walla Walla Area

Contact: Nate Alden, YWCA Ice Chalet, 213 1st St., Walla Walla, WA 99362-3087, (509) 525-2575

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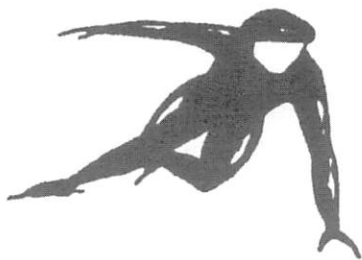
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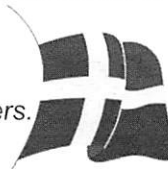


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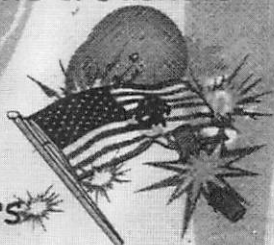


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