

FITNESS AND SPEED Skating TIMES

INLINE · ICE · FITNESS · SPEED

The Great Es-Skate



Inline Trails

**Golden Aussie
Steve Bradbury**

2002 Olympic Games

EARLY SUMMER 2002

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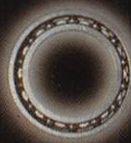
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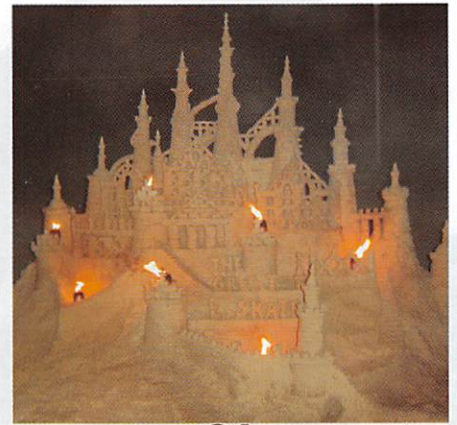
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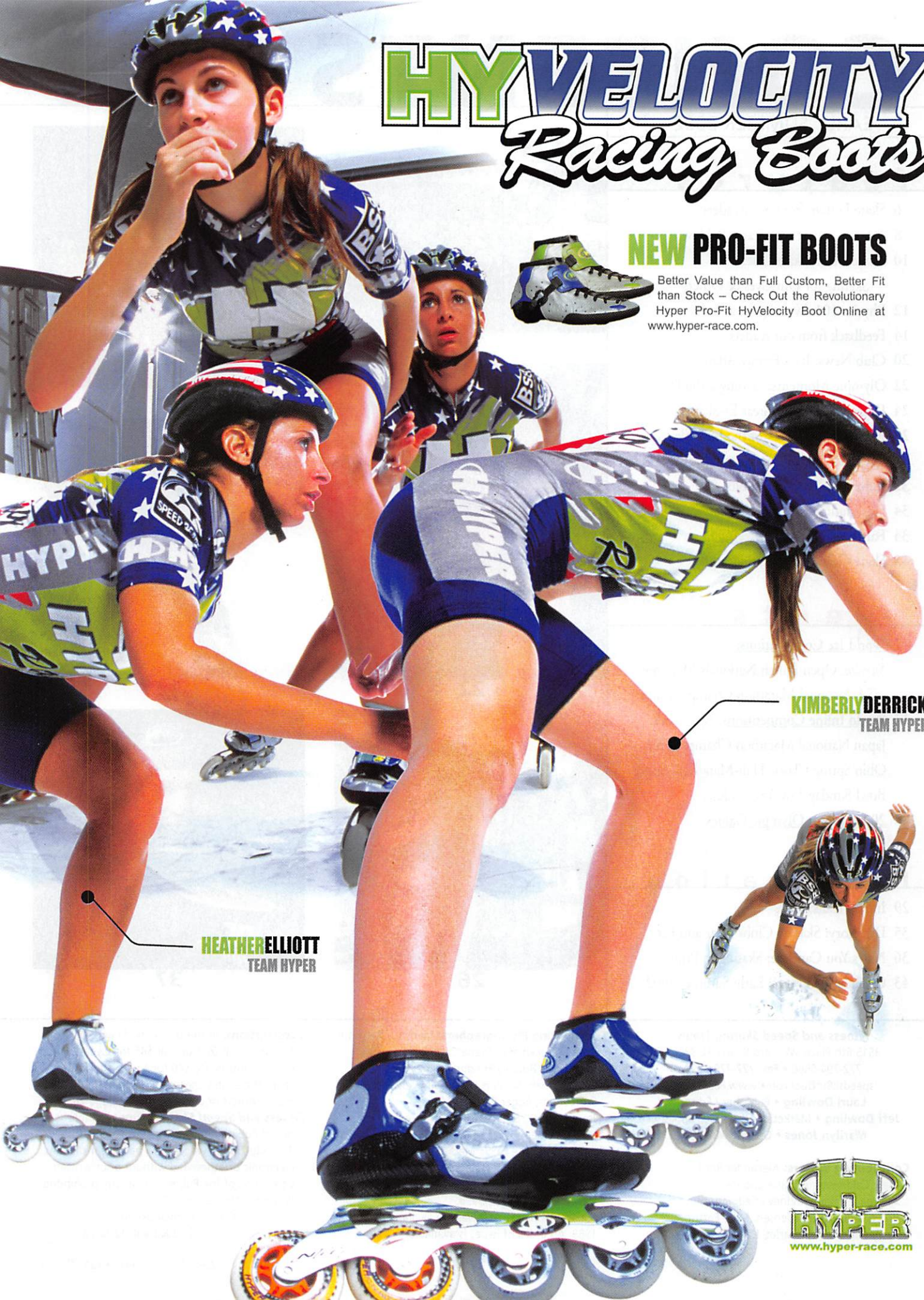
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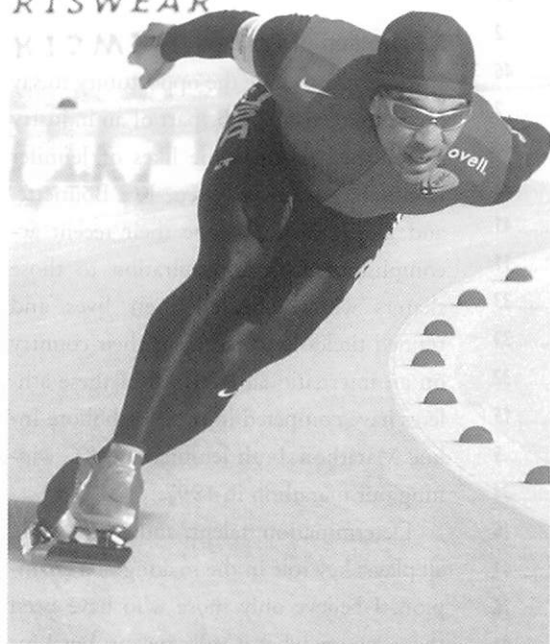
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Olympic double Medallist Derek Parra-USA ©Bergsma

Cover Photo: Great Es-Skate, Miami ©Mark Day

On the move, just Not Too FaSST

Early in 2002, *Fitness and Speed Skating Times* moved their offices. Jeff and I also moved our home 100 miles north to Vero Beach, Florida.

Despite proper planning and scheduling, it was the move from (well you know where). If something could go wrong, it did. The phone company switched our phones over 10 days before they should have, leaving us without a phone or fax. We switched from cable modem to DSL and couldn't work the kinks out for days. The week after we moved, our new area code changed, or so they said. Some areas of the country still cannot reach us by dialing our new area code 772. If you are one of the unlucky ones, try 561 (which may work!?).

Needless to say, no matter how hard we tried, we could not get our Olympic issue ready. In this edition of FaSST you will find our coverage of the Olympic Games (page 37) and our prelude to summer skating (page 17).

We were glued to NBC's coverage of the 2002 Winter Olympic Games and feel they did a great job. Team USA did us proud. All the skaters from around the world were outstanding. Karin Verhoef, our European Editor, gave us an international slant to the Olympics, something we in the U.S. don't get to experience. Ice speed skating was a huge hit here, both long and short track. Derek Parra, Apolo Ohno and Casey FitzRandolph are household names. Some of the U.S. skaters have already signed contracts worth over one million dollars!

On the cover is an extremely successful event held for the second time in Miami Beach. The Great Es-Skate drew 700 skaters from all corners for a weekend of fun in the sun. You can read more about this exciting event on page 24.

We hope you thoroughly enjoy this issue and that it was worth the wait.

Happy skating!

Lauri Dowling -Editor



Jeff & Lauri Dowling founded Speed Skating Times (now FaSST) in 1989 promoting a marriage between inline and ice skating. FaSST

organized the 1st-ever Professional USA/RS inline race, 1991; and the 1st-ever Inline-to-Ice transitional camp, 1994; has sponsored the Tour-USA/RS Masters National Criterium Championship since 1993; and from 1991 to 1997 sponsored the 1st Masters Men & Women's national team. FaSST also created the 1st Professional National Inline Ranking System, 1994. *Fitness and Speed Skating Times* promotes an open forum for skaters to voice their opinions and ideas about the sport in its pages and welcomes your views and comments, photos and stories.

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Hurricane Harry

In reference to the feedback section on page 26 (Vo. 12 #2) by Richie Reynolds. I agree that you should do an interview and story on Harry Vogel. You have done Chad Bird and Chad Hedrick, now its time for Harry. He is a great skater who goes for the gusto at every race. With a little more time on the track, I think he could be as good as Chad has been. What do you say folks? Regards,

John Lefler, Midland MI

A Marathon of Praise

I would like to take the opportunity to say how proud we are to be part of an industry that helped produce the likes of Jennifer Rodriguez, Cindy Klassen, KC Boutiette, and Derek Parra. I hope their recent accomplishments lend inspiration to those skaters who dedicated their lives and trained tirelessly to represent their country on an international level. All of these athletes have competed in the NorthShore Inline Marathon, both Jennifer and KC winning our marathon in 1997.

Determination, talent, and a little luck, all play a key role in the making of a champion. I believe only those who have been there can say what it truly means, but I for one would like to say "good job" to these fine skaters and tell them we appreciate their effort, and wish them the best of luck in the future. Sincerely,

*Elizabeth Simonson, Board Chair
NorthShore Inline Marathon*

International Audience

I received my first issue and I'm pleased to read all this news from the state who created the inline roller. Thank you again all of you for what you do for us, the European skaters without an European magazine.

Thierry Feutrier, Herfølge, Denmark

A Packet of FaSST

On behalf of the organizing committee I would like to thank you for providing copies of Fitness and Speed Skating Times for the competitor's packet for the Nation-

al Short Track Speedskating Championships. I think our skaters will enjoy the timeliness of the articles and I hope that many of them will choose to subscribe to your excellent magazine. Sincerely,

Bob Halden, Meet Director

Hanging Skate Rack?



We did some remodeling in our kitchen, and as soon as our contractor installed the pot hanger, Uwe immediately hung his CamelBaks, reservoirs, sunglasses, etc. on the rack. Our contractor stood there speechless looking as if he was going to cry. He asked if this was our intention for the rack. We responded simultaneously, "Of course!" And if you visit our home today, you're welcome to borrow any of these items, off the rack, in order to go skating, cycling. Doesn't everyone's pot hanger look like this?

*Donna (cyclist) & Uwe (skater) Brockmann
Stone Mountain, GA*

The Gift that Keeps on Giving

This is a gift to my stepson. I gave him my first pair of 5-wheel skates (Roces) and he got hooked so bad last year that he skated in several races. He is joining Team Rainbo this year so we will be on the same team. Please start his subscription. I know he will get a lot from your magazine. Thanks

Dale Brauer, Team Rainbo, Tinley Park, IL

Dreaming of Gold

I'm 16 and I was wondering if it's too late to learn how to speed skate. I really want to compete in the Olympics when I get older. I am a little out of shape, not much. My father, who is totally uninspiring says it's too late because he thinks I can't do it since I

haven't been rollerblading. After a much heated argument, it's motivated me even more to skate. I've had experience with rollerblading (I'm pretty good) but when it comes to ice, I can't even stand up. So is it too late or what?

whizzbees7777@hotmail.com

Ed: Look in the FaSST Directory for clubs in your area, and get started. If you have the motivation and are willing to put effort and self-discipline into your dream, you'll go alot farther. Read Steve Bradbury's inspiring story on page 22 on his way to Olympic Gold.

Optimal Coaching

I am currently in the U.S. I used to be a skater and coach for speed skating and roller hockey. I am planning to get my cousin here for some training and for taking part in some inline competitions. She'll be here around summer. She has taken part in Asians last year where she got a silver medal. Her age is 15. So I would like to know if you can help me find any good skating camps or competitions so that she gets to compete with top level players. Thanks, *Shreedhan Nikam, Rochester, NY*
Ed: Every issue of FaSST has a calendar which includes clinics, tours and races worldwide. Check the directory for local clubs and contact USARS for premiere coaching.

Promoting Asia

I am Mohammed, inline speed skater from India. I was in the USA from 1995-2000, participating in many major events. I also attended the Banked Track clinic in Colorado Springs. I am the only Indian who passed the judges and coaches exams from USARS, having a SC2 credential in speed skating. I'm trying to promote inline speed skating in India, and visited the 2001 National Championships in Vishakhapatnam in January. Both my brothers live in New York and I was a member of both Long Island and Empire Speed Teams. I am happy that everyone is trying to involve our sport in the 2008 Beijing Olympics and that you are behind the effort.

My dream to promote this sport throughout Asia and the Middle East has finally been started. I would like to have contact info for Mr. El Kharafi, President of the Kuwait Federation of Roller Skating, recently nominated as an Executive Board Advisory member of FIRS. Thanking you, *Mohammed Arif Ansari, Surat Ping, India*
Ed: Kuwait Inline Skating Club via email inlineskatingkuwait@hotmail.com or fax them at 965-5638198.

A Winning Sign



What a great Olympics! I was fortunate to attend part of the Games and got to see the Men's 5000 and 10K races. The 5000 kicked off with KC Boutiette surprising everyone in the second pair by setting an Olympic record.

Later, during Derek's last few laps of the 5000, when it became apparent that he would break that world record, the atmosphere in the building was electric and being there was simply amazing. (Derek hung on for silver, eclipsed by Jochem Uytendhaage 3 pairs later while KC ended up 4th). I made this sign when I attended the 10K in honor of all the former inline Olympic long track medalists: the "medals" are wheels painted gold, silver, and bronze. One of the many orange-clad Dutch fans took my picture, and even Team Parra (Derek's family) told me they thought it was a great sign!

Jim Haack, San Francisco, CA

Bitten by the Short Track Bug

I live in North Miami and I would like to learn how to short track speed skate on ice. I already know how to skate inline speed. I just need to practice more and I was wondering where the closest place would be for me to learn? *PlatinumNails1@aol.com*
Ed: Contact South Florida Speed Skating at 305-858-8283. Good luck!

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Q: I am a 35 year old male, and have been involved in some form of sports for most of my life. For a very long time I have been fascinated with the sport of speed skating. Can you give some advice on how to get started and what good books might be out there that can give me solid advice on training?

A: I am unsure whether you are talking about ice or inline speedskating, but I suppose my advice would be somewhat the same. If you are interested in inline speed, call your national sport organization (USA Roller Sports in the United States, Roller Sports Canada in the great white North). They can refer you to a club nearby, and point you in the right direction.

Next, decide on your level of commitment and how much you want to invest in equipment. Try to focus on your long-term goals so that you don't have to upgrade in a month or two. If you are really serious, I suggest you get yourself a good pair of boots right away. Talk to manufacturers, find a reputable shop with knowledgeable staff and get your gear. Learn as much as you can about training, find a few local events, and off you go. May I suggest "Speed on Skates", by Barry Publow (me), or if you want general training information there are many good books which discuss basic elements of endurance sport. Check out www.hkusa.com.

Q: When is the anaerobic alactic system relied upon in a skating race?

A: The anaerobic alactic system is the most powerful but short-lived of the body's three (3) energy systems. Like the anaerobic lactic system, the chemical reactions take place without the need for oxygen. However, because this energy pathway uses phosphate-bound molecules instead of glycogen for fuel, lactic acid is NOT produced. This channel, also known as the ATP (adenosine triphosphate) - CP (creatine phosphate) system, runs out of fuel

and cuts out after roughly 6-8 seconds of all-out effort.

The ATP-CP system is unquestionably important for the first 6-8 seconds of a standing start sprint. It may also come into play during an intense breakaway or the final sprint down the home stretch. But since it has a very limited capacity, its contribution towards success in prolonged events is questionable. The system needs plenty of oxygen and low intensity exercise or rest to recharge fully. This means that other than the start, this energy channel does not contribute much towards overall energy production. The anaerobic lactic system (the one which breaks down glycogen without oxygen to produce lactic acid) is the energy pathway which is far more important to the speedskater (except for perhaps short sprints such as the 300m).

Q: I started skate-racing recently and am 35 years old. I would like to know about the age required for skate racing competitions.

A: There is no official age limit in this sport. Most competitions divide competitors up based on age or ability. Outdoor events are typically mass start where everyone starts together and results are done by age / division. In some larger races there will be a separate competition for novice, advanced, pro, etc.

Q: I'm 39, weigh 225 pounds and stand 5' 11" (178 cm). Can you tell me how many calories I could expect to burn in a 45 minute skate? I keep about a 6

minute per mile pace

A: To roughly calculate caloric expenditure you need 3 pieces of info:

- 1) Your body weight in kilograms
- 2) The duration of the exercise
- 3) The rate of energy expenditure (expressed as MET's).

A MET or metabolic equivalent, is a way of expressing the rate of energy expenditure from a given physical activity. 1 MET is defined as the energy expenditure for sitting quietly, which for the average adult is approximately 1 kilocalorie per kilogram of body weight per hour burned. In other words, 1 MET is equal to 1 calorie burned per kilogram of body weight per hour. So if you weigh 60 kilograms, your energy expenditure for sitting quietly is around 60 calories, meaning you burn 60 calories per hour just from sitting quietly.

To determine the number of calories you are expending from an activity, multiply your body weight (in kilograms) by the MET value and the duration of the activity (in hours-take the number of minutes you exercise and divide by 60).

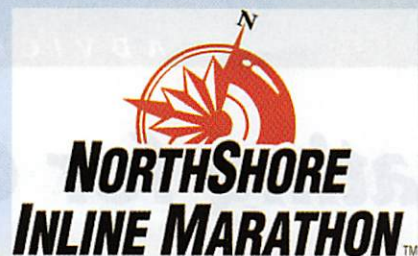
Example: 225 pounds = 102 kilograms (1 kg = 2.2 lbs); 6 minutes per mile = 10 mph, which is roughly equivalent to a MET level of 6 (MET charts can be found on the web). If you skate 45 minutes you will have expended the following calories:

$$6 \text{ (METS)} \times 102 \text{ (Kg)} \times 45/60 \text{ (time)} = 459 \text{ calories}$$

Keep in mind that this is a fairly crude measure. There are a host of other factors, such as age, body composition, fitness level and other individual variables, that can impact the calculation.

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Skating for Ourselves & Others

A Skate Club Joins the Cancer Battle

By "Skate Doc" Jon Scarlet, DPM, Co-President of the Inline Club of Boston

I suspect the prime reason most of us skate is for the exhilaration of the sport. We in the Inline Club of Boston (ICB) are no exception. We too love to skate. The ICB also has a tradition of participating in programs, which benefit the community. During the years when Tom Keane and John Zarba headed the ICB, our club participated in such events as walks for Breast Cancer, the Leukemia Society, Easter Seals, a regional center for the blind, and AIDS. The club has also worked with the Massachusetts Medical Society to produce a booklet on skating safety. Now, Sue Mix our other Co-President, Kevin Donohoe, our VP, the Board and I still consider community involvement an important part of ICB programs.

This is the story of how the ICB functions as an integral part of a major regional event, which, this year raised nearly five million dollars for cancer research and patient care. Boston's The Dana Farber Cancer Institute is one of the world's premier cancer research and treatment facilities. The DFCI is affiliated with Harvard Medical School and Massachusetts General Hospital as well as other area medical institutions. Dana Farber, as it's often called, teamed up with the Boston Athletic Association, (producers of the Boston Marathon) to organize a major fundraiser for the Institute. The Boston Marathon Jimmy Fund Walk is held in September.

In 2001 nearly 9,000 people pledged money for the DFCI while walking the actual 26-mile course of the Boston Marathon. The Walk passes through the eleven cities and towns on exactly the same course as does the Marathon. Many of the



©DAVID UHRENHOLDT

people on the Organizing Committee of the Boston Marathon also participate on the Organizing Committee of the Walk. My wife, Bette, and I are two of them.

For the past three years the ICB has been a special part of the Boston Marathon Jimmy Fund Walk. We skate the course with the walkers. We function in what has become known as the SOS – Support on Skates. Our role is to offer encouragement and basic first aid supplies to the walkers. Additionally we provide communication to summon help via radio if needed.

To underscore our commitment to the cause, all skaters on the SOS team pledge the same funds as the walkers. While the minimum pledge in 2001 was \$100 per participant, our team of 30 skaters raised over \$10,000.

Planning Our Participation

The ICB effort is organized by three of us in the club. Lori Fitz, John Zarba and me. Recently John assumed virtually all the responsibility for organizing the team logistics, designing our special t-shirts and other graphics. In those rare moments when John is not skating he tends to his growing young family and works in commercial art.

John requires that all SOS skaters meet well before the event to review the plan of

the day so everyone understands that we are there to assist the walkers and not just skate the course on our own. He further suggests that our skates use 4-wheel recreational skates since we skate for about 8 hours at a very slow pace.

My function is to serve as liaison between ICB and the Boston Marathon Jimmy Fund Walk organization. I have the additional responsibility of Podiatry Coordinator for the event. In that role I place podiatrists along the 26-mile course. I check on them as I skate by doing my SOS duties.

Those of us who organize the SOS Team meet with the Boston Marathon Jimmy Fund Walk planning group 2-3 times in the several months leading up to event day. At first event planners were against the idea of people skating the Walk. We were fortunate that Dave Mc Gillivray, Walk Technical Director and Boston Marathon Race Director had enough faith in the ICB to allow us to participate that first year. With his help we were able to convince the other decision makers that we could add fun for walkers as well as provide additional eyes and ears for safety. After our 2nd year in the Walk the only negative comment we received came from Walk Director Emily Swymer, who said many walkers complained that they hadn't seen the SOS skaters often enough during the day.

How We Function on Event Day

As anyone who has ever skated distances probably knows, it's difficult thing to do it slowly. Since our prime goal is to provide support for walkers we organize our 30 SOS skaters into six teams. We try our best

to space out our teams and have each team pace a segment of the walkers. Even skating slowly we, of course, move faster than walkers. We wait at aid stations to slow our overall pace and constantly coordinate our position relative to other SOS Teams via cell phone. Each team has a designated captain. Every captain has a Nextel radio provided by the system for that day. These phones function as both cell phones and two-way radios. Forty-five Nextel phones are deployed throughout the course that day. Using these radios SOS Teams can call any other specific team, all our teams at once, another group (such as a ham radio operator to arrange for logistical support, ambulance, taxi, etc), or any other specific phone (or person) in the system.

Any person who walks 26 miles to raise money for cancer research usually has serious reasons to do so. Since our mission is assist these people in what may be a difficult time for them, we issue each skater a very special piece of equipment – a kazoo. As we skate along with the walkers we applaud, whistle, shout encouragement, and play what might be called “tunes” on our “musical instruments”. The event organizers and we have come realize that such ebullience is needed and appreciated by the walkers. We also sometimes help direct the walkers through difficult intersections.



Above: Jon and Bette Scarlet next to the Specially Configured Skater Support Vehicle. Far Left: One of the SOS Teams leaving the midpoint lunch area with walkers.

There are aid stations every few miles. At these stations can be found sanitary facilities, snacks, hydrating fluids, basic first aid and podiatric care. Sandwiches are served at the halfway point and hot food is provided at the finish. My wife Bette drives the distinctive ICB Skater Support Vehicle, which paces one of the skate teams. This “special” vehicle is actually her car plastered with magnetic signs designed by John Zarba and made by the Walk system. The car carries our shoes, our extra clothes and various skate supplies. It’s quite a free feeling to skate for 8 hours, covering 26 miles, without carrying a stitch of water, food,

clothes or equipment.

This skate is like no other we do. Our emotions go from smiles to tears. At one point we see enthusiastic waves from appreciative walkers. At another we see posters of children with cancer. As in other skate clubs any event in which members skate together strengthens the club and personal friendships. Those of us who skate the Boston Marathon Jimmy Fund Walk add a unique feeling of purpose in knowing that we skate for ourselves and others.

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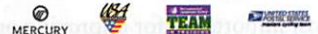
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Analyzing Your Stride: Power vs. Cadence

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Power output during speedskating is a direct result of how hard you push (power per stride) multiplied by stride frequency (how many times you push, or apply power, during one minute of skating). Stride frequency is also referred to as either cadence or tempo.

Some skaters have a high cadence but don't push very hard each time, while others have a slow tempo but a big, powerful push.

Speedskating is sport where power output is applied during only one portion of a continual movement cycle. That is, pushes are interspersed with a glide/recovery phase. On ice or with classic inline technique, this glide phase is static, and the majority of energy used to sustain the glide is largely wasted, i.e. it does not contribute directly to forward propulsion.

The double-push (inline) technique increases overall efficiency by utilizing this energy in a productive manner. Additional speed-generating force is produced during the normal glide phase by making the supporting glide leg "active"; but that's another story. (FaSST has published many good double-push articles if you want to know more about the double-push technique.) Regardless of whether you skate ice or inline, classic or double-push, the fact remains that all or most of the energy used for generating forward motion takes place during the push. For this reason, the push and the efficiency of the stride are of utmost importance for improving one's speed

and economy of motion.

There are many facets to analyzing the overall efficiency of a skater. Rather than touch briefly upon them, my intent is to focus primarily on the issues surrounding stride frequency. That is, what is better, a fast or slow cadence, and why?



A Slow cadence is synonymous with strength

Have you ever noticed how skaters with a slow cadence tend to be stronger and / or more muscular, while more leanly-muscled athletes often employ a faster stride frequency? This is no accident. Many, if not most, of these athletes did not selectively and consciously choose their preferred stride frequency. Rather, they likely migrated towards adopting a cadence which suited their physiology and / or their strengths.

Consider an example where two athletes are skating side-by-side at 30 kph (about 18 mph). Skater A has a cadence of 60 strides per minute while Skater B has a cadence of 75. If you recall the Power = Force x Cadence formula, you will realize that to

maintain the same absolute power output (speed), skater A has to push significantly harder each stride than Skater B. Skater B, however, pushed more often, but did not have to generate as much force per stride.

Because Skater A has to generate more force per stride, he must rely more heavily

on strength. For this reason, big, strong skaters who may not possess a high aerobic capacity often prefer a slow cadence. After all, in order to excel an athlete needs to recognize their strengths and weaknesses. Weakness should be trained, and strengths should be exploited! But even so, there are good reasons why a slow-tempo skater should work on elevating cadence.

A High cadence is synonymous with mechanical efficiency

In spite of the fact that heavily-muscled skaters may be capable of producing high levels of muscular force each stride, there are good reasons why they should ease off their push and elevate their cadence to achieve the same speed/power. A slower cadence tends to overburden the muscles, causing premature fatigue. A faster cadence, however, places a higher level of stress on respiration and aerobic metabolism. Overall, a higher stride frequency has three major advantages:

1) *Aerobic Capacity is More "Enduring" than Strength* We know from the study of endurance sports that muscular efficiency and the ability to effectively utilize

Continued on page 42

Pronation...The secret of long track skating?

I am a Level 2 US Speed skating instructor in Salt Lake City teaching new long track "Parra" / "Rodriguez" wanna-be's. Besides having fun teaching guys to speed skate I am also learning the reach that your magazine has. Many guys are coming to learn to speed skate and tell me that "Pronation" is the required foot position to lock the inner edge of the skate's blade from which the push is generated. So I have to tie them to a post and have them stroked until that thought gets out of their heads (just kidding). But seriously, the record has to be set straight. Pronation has never and never will be a part of proper technique. If you think about it pronation breaks the straight line with which a powerful push is achieved.

I read the article over and over to understand the problem with this observation (besides that it is done once the observer is impaired by beer consumption) of skating technique. First, the gliding phase is only done as long as the "nose / knee / toe" are in alignment. I like to add the "belly button" to this famous term of proper alignment since most people have their "center of gravity" very near the belly button. Once the "gliding" position is "broken", it stops being the support leg, a skater should not be placing any weight on that leg, if that happens, pronation is the result. Proper technique requires the skater to rotate the hip from the "gliding" position forwards and following the biomechanics of the human body, the hip will find its way in a circular motion breaking the "glide" position (think of the hula-hoop). To make it simple, the end of that circular hip motion will end at the point where the hip-bone / knee / toe are aligned. The moment that a skater breaks the "glide" position the inner edge will be in contact with the ice. Believe me, it does not take a lot of movement to get the inner edge. Due to the placing of the inner edge in the ice the skate will begin to move towards the inside, by the rocking shape of the skate. This inwards movement

of the skate should parallel the sideways fall of the skater, in order to provide an opposing force and stable platform from which the extension of the leg will launch the skater into a gold medal race. As to all the Dutch skaters caught pronating in 1998, the mystical place of the perfect technique race has never been achieved. How boring if that was the case! Johann Olav Koss, in the 1994 Olympics, set the 10K World Record of 13:30.55 which was not broken until the clap-skate. In the journals of technical gurus, this is as near a perfect skating race as any human has ever done (I have not seen Jochem's race in SLC 12:58 or Romme's 13:03 in Heerenveen, but I will have the tapes soon to study). Koss can be seen pronating only at the later stages of the race, when he is as tired as any human being has ever been. This shows only that the more tired a skater is, the harder it is to keep proper technique, not that proper technique is skating with pronation or other misalignments. Actually, the fact that all the Dutch world records from the 1998 Nagano Olympics did not live to see but a few months tells me that there was lots of room for improving those times (by perfecting technique!). *Eric Rijk Kraan*

Coaching a Concept

As both an avid follower of your magazine, as well as an admirer of the integrity set forth by your staff, in regards to the overall growth in the sport of speed skating, I am hopeful that this article will reach publication, and give appropriate acclamation to two of Florida's finest and most accomplished coaches, Robert and Gloria Manning.

Robert Manning, speed skating coach of the Super Wheels Roller Skating Club in Miami, has been both a monumental and unprecedented pioneer in the growth and expansion of speed skating in Florida. Bob, former inline speed coach of 2002 Olympian Jennifer Rodriguez, as well as current coach of inline and short track national champion, Eduardo Alvarez, has been an Olympic-caliber speed skating coach for both roller and ice speed skating for over 40 years. In his career, Bob has developed and trained a number of skaters who have reached competitions on an international plane. He has attended innumerable competitions, clinics, seminars and developmental camps, which have only strengthened the passion he has always had for the sport. Bob, through his world-renowned

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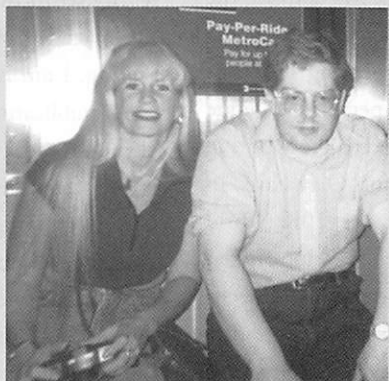
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“A Freed Spirit”

I was skating at Birch State Park in Fort Lauderdale one morning when summer vacation was over and the winter residents had not arrived yet. I virtually had the whole park to myself when something amazing happened. As I was skating under a thick canopy of trees a beautiful Osprey swooped down to my shoulder level and flew alongside me keeping pace with me for awhile. He



©TED TRAVERS

*In memory of
Denis Lavelle
WTC 9/11/2001*

picked up speed and landed on a branch up ahead where he seemed to be waiting for me. When I reached him he came down again and for a second time flew alongside me. It was incredible to share the road with such a beautiful creature. I had never experienced anything like this. Maybe he never

saw a person on speed skates before but he really seemed to enjoy “racing” with me. As he pulled ahead he again landed on a tree branch, and when I reached him I looked up at him and he looked down at me and he watched me skate away. I had seen Osprey soaring high in the sky before but never flying under the canopy. As I kept skating something

came over me. You see, I just lost my brother Denis in the World Trade Center attack. My brother knew my love for nature and for speed skating and I somehow felt this was his way of letting me know that he is alright and to keep on skating.

Kathy Palacio, Miami, FL

technical knowledge of speed skating, has unceasingly focused on the importance of technique, and nothing else. As a retired speed skater, I have trained in many places including the Pettit National Ice Center and the Olympic Oval in Calgary. And, many times, I have unfortunately witnessed the absolute disgrace and ignorance of too

many coaches. I've seen elite-level certified coaches train skaters to the point of physical insanity, with complete disregard to their level of technical performance. This methodology of training is not only a hindrance to many potential speed skaters, but also a slow death to the very concept of developmental speed skating. Bob realized

this at a time when roller speed skating was very fresh and not very technical. Through time, his technical philosophy has provided skaters with a thorough and meticulous understanding of the importance of technique before speed and speed before endurance. Endurance will always come. However, technique needs to be fundamentally understood and emphasized until speed may be reached at a comfortable level. Currently, Bob continues to coach his growing team, including a number of South Americans, who have made the move to Miami in order to receive instruction from Bob, which will undoubtedly further their growth and success in the sport.

Gloria Manning, artistic director of the Super Wheels Skating School, is not only Bob's wife (they met at a rollerrink over 40 years ago), however, is also the president of the southern region of USARS, and former artistic coach to world champion art skater, Jennifer Rodriguez, as well as many other national and international artistic skaters. Gloria, through her relentless pursuit in making roller skating a candidate for the summer Olympics, has paved the way for a much-needed expansion of roller skating in Florida. Unfortunately, there have only been a handful of roller skaters that have had the opportunity of giving credit to this sport, which has given us Olympians such as Derek Parra (a former roller skater who has given a great deal of credit to the sport), Apolo Anton Ohno, KC Boutiette, Jondon Trevena and Jennifer Rodriguez. Sadly, only a few these skaters wish to give credit to the sport that gave them the gift of the Olympics. However, Gloria feels that at least a little exposure is better than none at all. And because of this, she will continue to be at the forefront of bringing the wonderful and awe-inspiring sport of roller skating to a larger audience. In the meantime she continues to teach one potential Olympian at a time.

To Bob and Gloria, I wish to thank you for your guidance and coaching perfection. Sincerely,
James McCrink, Miami, FL

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Short Track's Shani Davis

Shani Davis is the first black American to make the 2002 U.S. Short Track Olympic Speed Skating Team. Shani is from Chicago, a member of the Evanston Speedskating Club. He has made 6 Junior World Teams (3 short track and 3 long track). Shani also earned a bye for his 3rd Junior Worlds. He is the only speed skater to be on both long and short track Junior World Teams for 3 years in a row. He always finishes in the top 10. He is currently the American record holder in the 1000 for short track. Shani is a very talented 19-year-old who is deserving as an Olympian. He has a bright future in speed skating.

As a black Olympian he has struggled in a white sport. This young man needs help from the community to get the needed exposure and sponsorship he deserves to further his career in the sport of speed skating.

Nate Mills, U.S. Olympian commented "In addition to his accomplishments, Shani is among the few Olympians who actually practices Olympism: fair play, respect for all, no discrimination of any kind. He is a world-class athlete who is also world class. His accomplishments and his spirit challenge those around him to check themselves when it comes to practicing Olympism. He is a credit to the Olympic Movement." For more info on Shani visit usspeedskating.org/rosters/Davis.html lbfcu.org@olytrials02/img_4561.jpeg socialspeedskating.org/copyright.htm

April Hill, West Allis, WI

Olympic Behavior

How often have you been witness to behavior of an athlete that is what you consider, less than professional? They react to a ref's call, race outcome, penalty, spectator, or something else affecting them. I think we have all seen athletes behave poorly. It is unfortunately becoming commonplace. Even though bad behavior is, in my humble opinion, not acceptable, in some cases it is understandable.

The heat of competition pushes the lev-



Shani Davis leads at the World Team Championships. ©Saunders Hicks

els of adrenaline and emotions to excess. It makes it very hard to maintain composure and refrain from saying or doing something stupid. With this in mind, I feel compelled to comment on the behavior of the entire long and short track U.S. Olympic team during the Olympic Games.

I was lucky to attend some team qualifying and Olympic speed skating events. Like most, I faithfully watched the Olympic speed skating coverage and media interviews. In fact I was at the event when Apolo won his gold medal. I've been involved with competition and officiating for over

30 years and been witness to a lot of athletes behaving badly. However, in the face of difficult situations the level of professionalism that our team displayed during the 2002 Olympic Games was exceptional.

Whether winning a medal; finishing with the rest, or even being involved in a disqualification, the skaters did themselves and the U.S.A. proud. Without exception, the team handled themselves with dignity, honesty, and maturity. My congratulation and sincere thanks for the success and outstanding performances of all of the U.S.A.

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Ask The Expert

Q: How was Apollo Anton Ohno named and what does his name mean? I have always loved the name Apollo and this is the first time I know someone named Apollo. *Chris Jose*

A: Ohno was not named for Apollo, the Greek god of sunlight and prophecy. His unique first name was given to him by his father, who combined the Greek words "Ap," meaning "lead," and "lo," meaning "away from." The "o" connects it and the name Apolo means "to lead away from."

*Nick Paulenich, Public Relations Director
U.S. Speedskating, Utah Olympic Oval*

speed skating team (long and short), during the Salt Lake 2002 Olympic Games. The team won big, and I'm not just talking about medal count!

Fred Hirsch, Centerville, Utah

Inline to Ice Transition

What do Derek Parra, Jenny Rodriguez, KC Boutiette, Joey Cheek, Jondon Trevena and Apolo Anton Ohno have in common? I know, that is so easy! They are all members of our fantastic Olympic speed skating team and they all got their start on inline skates. Two sports working together; inline and ice—neither one better than the other—both complementing each other. If there were ever any doubts as to how well you might do on ice or how well you would be accepted into the ice community, I trust the Olympic Games put that to rest.

We hope that maybe you were as impressed and as inspired as us "ice people" were by the performances of all the athletes from no matter what background they came. This is your invitation. Like most ice associations in the U.S. the Michigan Speedskating Assoc. has many affiliate clubs. If you just love to skate you are halfway there. Most clubs have blades to loan out and outstanding coaches that will teach you to make the transition from in-

line to ice. Yes, you can do both sports as most ice speedskaters put the wheels on in the summer to stay in shape. No we don't expect you to make it to the Olympics (although we could help). We have highly competitive skaters and we have recreational skaters. Everyone is welcome. Many associations offer a year-round program of ice, dry-land workouts, bike and inline. You pick from our smorgasbord of sports.

Our national website is full of information at www.tryspeedskating.com or visit the West Michigan Speedskating Club website: www.wmsc.com. If you still have Olympic fever give ice a try ice.

Mad Mark Jastrzembki, Twin Lake, MI

Baffled by Bearings

It's been my observation that speed, hockey and figure skaters have completely different takes on bearings. You can give a speed skater a brand new pair of skates and the first thing he'll do is take apart the wheels and bearings. They are absolutely maniacal about the bearings and the rest of their equipment. I've actually removed allen wrenches from the box and given them to the parents when they first buy skates so the kids won't wreck them by taking them apart.

Roller hockey players, however, just need a roll of duct tape to fix anything. If a wheel wears out, no problem. They just move a middle wheel to the end and skate with 3 wheels.

Figure skaters are totally clueless when it comes to the equipment. The differences in wheels and bearings, maintenance of skates — is all foreign to them. They just want to put them on and skate. I've been to Nationals and, on more than one occasion, have seen a dance skater's skate fall apart in the midst of an event. I've never seen that happen to a speed skater, but maybe I just missed the opportunity.

I actually made copies of your recent bearing article for our figure skaters.

*Mary Ann Gazzola, The Skate Factory
Ghent, NY*

ICE

Sweden

Open Dutch Nationals Marathon

By Karin Verhoef

Mora – Feb 9...

René Ruitenbergh won the natural ice race: “I needed it, I think I’ve never been happier with a win,” said Ruitenbergh, who did the 100K in 2:46:32. On the finish line, he was 18 seconds faster than Hans vandeWetering, 2nd, and Cédric Michaud-FRA, 3rd.

Linda Verdouw was fastest in the women’s 60K in 1:59:07, beating Sandra deRonde, 2nd, and Daniële Bekkering, 3rd. Verdouw: “I could attack successfully because Gretha and Jenita Smit were at the Olympics. If they had been here, it would have been a lot harder.”

On the 330 track, many skaters tried to attack. Among them Michaud, de Vries and Heidemman. Henk Angenien was alert at all times. The prize ceremony included a traditional ride in a horse-sleigh.

USA

2002 National Marathon Champs

By Jamison Hess

Lake Morey, VT – Jan 19-21...

Congratulations to all who skated and a big thanks to the volunteers who helped make this year’s event more successful. Unofficial results for the 5, 10, 25, 50 and 100 are at www.valley.net/~ice/marathon/results.html.

More Short Track, Long Track and Inline event results are available at www.FaSST.com



US Cup Finale Pro Ladies on the tight track. ©Amy Hannah

INLINE

Japan

All Japan Nat’l Marathon Champs

By Kenji Takai

Watarase – Jan 6...

Full results: www.shimuraclub.tripod.co.jp

Men 42K Shinki Yamamoto-CHIBA RC 1:21:56.53; 2 Hideaki Kita-
RB JPN; 3 Daisuke Kazamaki-CRC; 4 Naoya Okumura-RB; 5 Taichi
Maruyama-CRC. **Wom 21K** Nachi Shinozuka-CRC 47:30.65; 2

USA

Ohio Spring Classic Half-marathon

By Sean Bratton

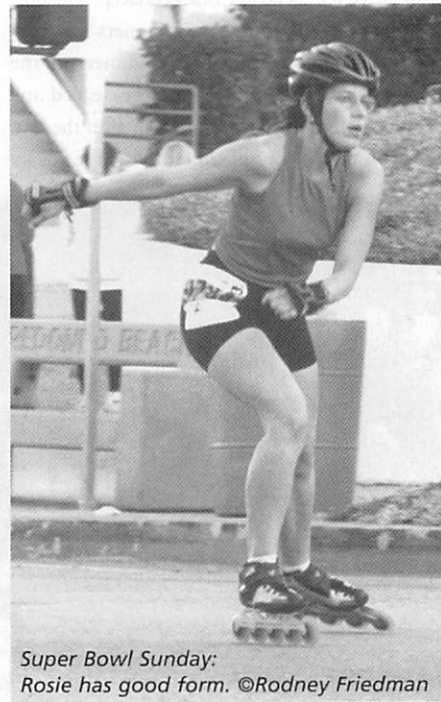
Mount Sterling, OH – Mar 24...

A perfect early spring day with not too much wind. The scenic course starts at the state park lodge and works its way



Northbrook meet with Chris Manavel leading.

©Sanders Hicks



Super Bowl Sunday: Rosie has good form. ©Rodney Friedman

through the part eventually winding up on one of the roads bordering the park. It was encouraging to see so many skaters show up for an outdoor event this early in the season.

OA Tom Ashton 43:4; 2 Mike Sherman; 3 Jefree Porter; 4 Miguel Jordan; 5 Marian Stanko; 6 Jim Mather; 7 Ted Janollari; 8 Jane Boback; 9 Chris Conn; 10 Sean Bratton.

Super Bowl Sunday 10K

Redondo Beach, CA – Feb 2...

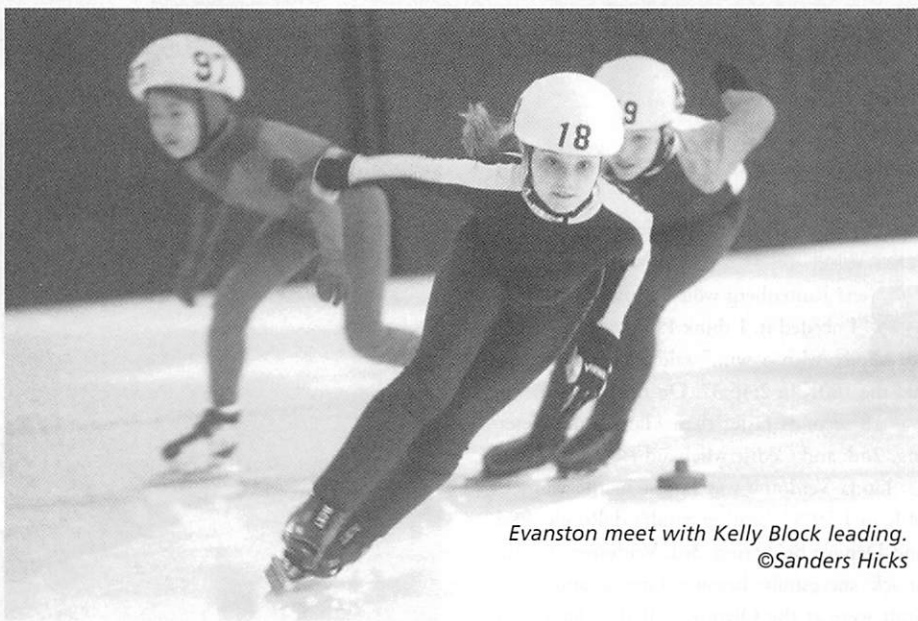
By Rodney Friedman

You could not have asked for better weather. Warm, dry, sunny and no headwind. A scenic oceanside course of excellent pavement and undulating terrain. Short and sweet, no need to conserve your energy. The start line was the who's who of skinsuit-clad So. California skate clubs, San Diego Street Elite, Los Rapidos, Long Beach and many others. All skill levels were present, even a hearing-impaired first-time racer on speed skates as I later learned. Looking good and good of form made her an excellent photo op. Upon chasing her down at race conclusion I discovered her hearing impairment. Rosie, and her team train in Venice Beach with coach Tim Biancalana of Bont skates.

Amongst the top racers there must have been much jockeying for position. But not enough to hold back the solo leader. Sonics' Scott Wolf looked like an Olympian being paraded to the finish by a fully lit police motorcycle escort. It was a long 300 seconds between him and the rest of the pack.

The awards ceremony were in the Asahi beach beer garden, hosted by Audrey Winthrop. Thanks to the contributions of super tasty Graber Olives, Explorer, Transpack and Speed Lube prizes could be offered to the top 3 finishers male & female, 6 age brackets deep. The dollar bill count off to the cash winners was very entertaining. Like watching a winner on the *Price Is Right*. San Diego Street Elite cleaned up!!

If you are thinking of next year, after the race you will have plenty of time to visit the wacky



Evanston meet with Kelly Block leading.
©Sanders Hicks

world of Venice Beach or many of the other smooth beachside paths. Yet to be approved for 2003 is my Personal Challenge to all skaters for the lowest combined time of skating & running.

Los Angeles Inline Race

By Audrey Winthrop

Los Angeles, CA – Mar 10...

Who says the race can't be won by a wheel? Ryan Cox-HYPER came off the back of the pack to beat out Chris Adams-SKEELERS by a long hawk of the line. What a dash for the finish! Heather Elliot-HYPER and Amiee Printzen-HYPER were taking turns going out on flyers, Theresa Cliff sporting her new green Verducci colors. There were many pro racers and 56 advanced skaters who, were as anxious to finish as fast as possible also. It was a picture-perfect California day with sunny blue skies, the roar of the occasional plane over head, as we were next to the runway for LAX, and headwinds. This race was in conjunction with a bike race. We had a 10 am start which was a good thing as the winds really pick up in the afternoon. The course is on a perfect 4-mile loop

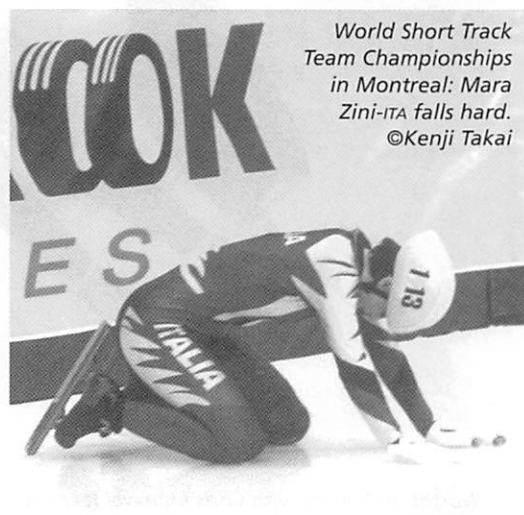
of mostly up hills and some headwinds. There was no escaping them. The finish was a slight down hill, with a long sprint for the line. The event included a BBQ! The famished skaters munched on tasty chicken from Dinah's Chicken and Subway Sandwiches, along with Red Bull, delivered by college kids on Rollerblades, in life size coolers the shape of Red Bull cans.

With the long stretches of wide pavement, we had plenty of room to stretch our legs out, without fear of hitting the bike lane or road debris. What made this course so nice was the long circle we skated in, making it easy to see the packs as they went by. I recalled how friendly my fellow skaters are, giving each other encouragement and friendly hellos as we went by. Even as we passed the start finish line, I could hear people calling out my name. Being in advanced, with the race in a circle I also had a chance to see the pro packs whiz by me. In a blink of an eye, they were gone!

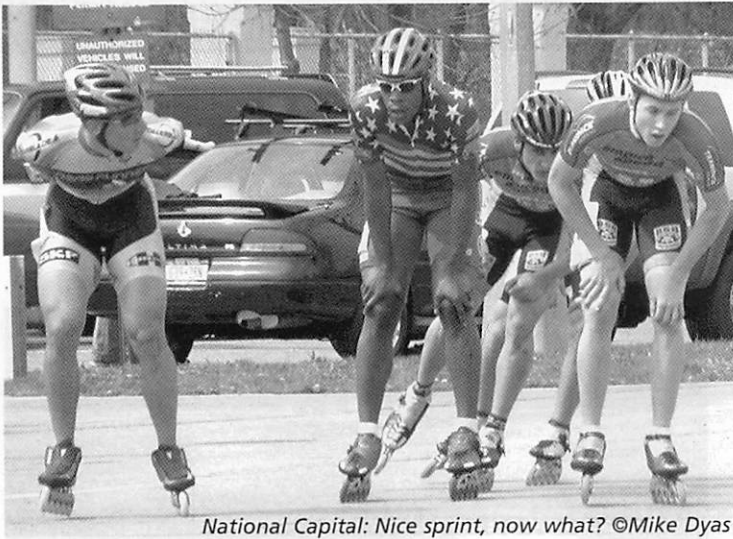
Have to give a big thanks to Tim who skated with me, giving advice on how to breathe properly. Did you know if you vary your



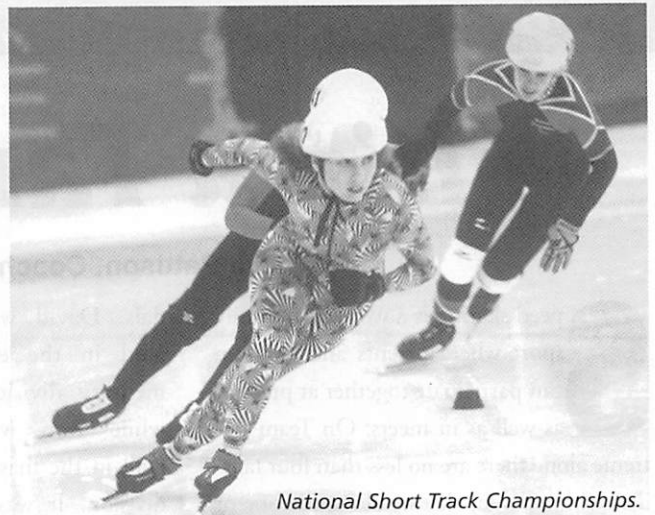
Empire skate Series #1 Start. ©Kenji Takai



World Short Track Team Championships in Montreal: Mara Zini-ITA falls hard.
©Kenji Takai



National Capital: Nice sprint, now what? ©Mike Dyas



National Short Track Championships. ©Sanders Hicks

breaths or inhale deeply then exhale through your mouth that you can actually pick up the pace of your skating? Sometimes racing is not about going as fast as you can but giving attention to younger of skaters. Due to a knee injury I was in the way back of the pack, noticed a young boy skating with tears were falling down his face. I asked what was wrong, he sadly replied my foot, my foot! He must have a hot spot on his foot but he was still skating; what a trooper! I sped up to catch up with a cyclist on the side of the road asked him to get help, which he did and I was back on the course for the final lap. There was a bit of a pile up in the short shoot as the pros quickly filed in. A big thanks to Peggy Girgenti and to our sponsors who gave lots of stuff away, not all of it was given out due to the small turnout of local skaters. But that's Okay, Ernie (Get In Line) will have lots of prizes ready for his next local race! Why is it that the skaters complain when there are no local races, yet when there is a local race there is only a small turnout? Hey local skaters, the road was closed, we were there, where were you? Thanks to the sponsors for the prizes: Transpack (bags), Bont (bearings/skinsuit); Mogema (gift certificate); Verducci (frames); Tiodize (skate lube/t-shirts/oil/easy up tent); Rollerblade (race event shirts); Graber Olives; Starbucks (bulk coffee); Outback (gift certificates); Pace (huge 2 wheel skates); Dinah's chicken, Subway, Donut Shop, Pyro, Vitalert Vitamins, Trader Joe's, Ralph's supermarkets, Albertson's, Roebucks smoothies (gift certificates); Red Bull, Ernst and Julio Gallo, FaSST for their support of this sport, as well as others. The excitement did not end with the skate race; there was also a sprint between the fastest skater vs biker, which was won by the biker with a lot of crowd enthusiasm. The biker taking home a nice trophy. Special thanks to Steve Abenoza who worked tirelessly behind the scenes. It takes hundreds of hours from many to make an event run smoothly. §



San Bernadino Home Town Parade for Olympian Derek Parra ©Jerry Rennick



LA Skate Race, Advanced start. ©Roger Olsen

It's a Family Affair

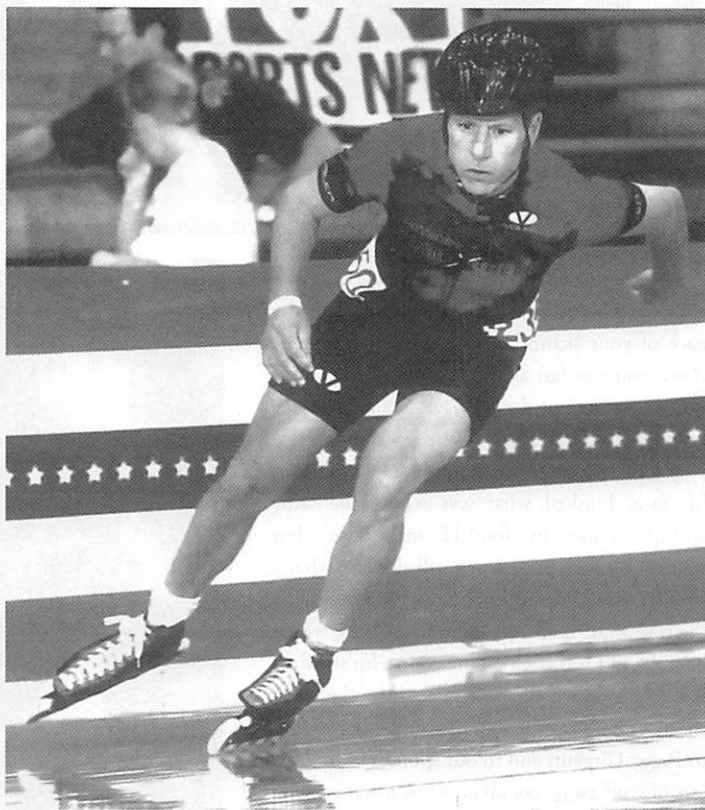
By Mike Pattison, Coach, Pattison's West Team Extreme

Speed skating is a wonderful family sport where parents and children can participate together at practice as well as in meets. On Team Extreme alone there are no less than four families with a parent skating alongside one or more of their children. Across the country, there are countless families involved in the sport. At Pattison's West, there is one family that not only skates together, they win at the national level.

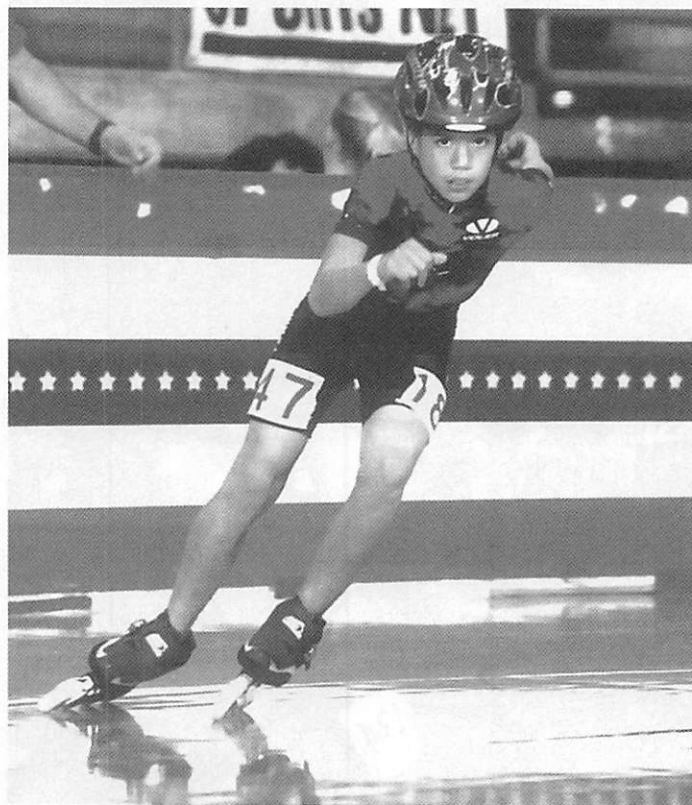
The Celski family of Federal Way, WA started skating in October 1994 when Bob Celski and his 3 sons, Chris, David and J.R. joined Pattison's Team Extreme. As with most skaters, they started in Junior Olympic. By the end of their 2nd year, all four placed at the JO Regional Championships in Portland, OR and went on to compete for the first time at the national level in Lincoln, NE in August 1996.

At that meet they brought home 3 me-

dals. David won gold in the elementary division, while Bob won gold in the master division. It was a proud moment for the family having a father / son national champion tandem after just two years in the sport. David also won gold as a member of the elite elementary 4-boy relay team that broke a national record. J.R., just 6 years old, placed 6th in the primary division at this, his first



Above: Bob Celski, Below: JR Celski. ©Mark Taulbee Proshots



exposure at the national level.

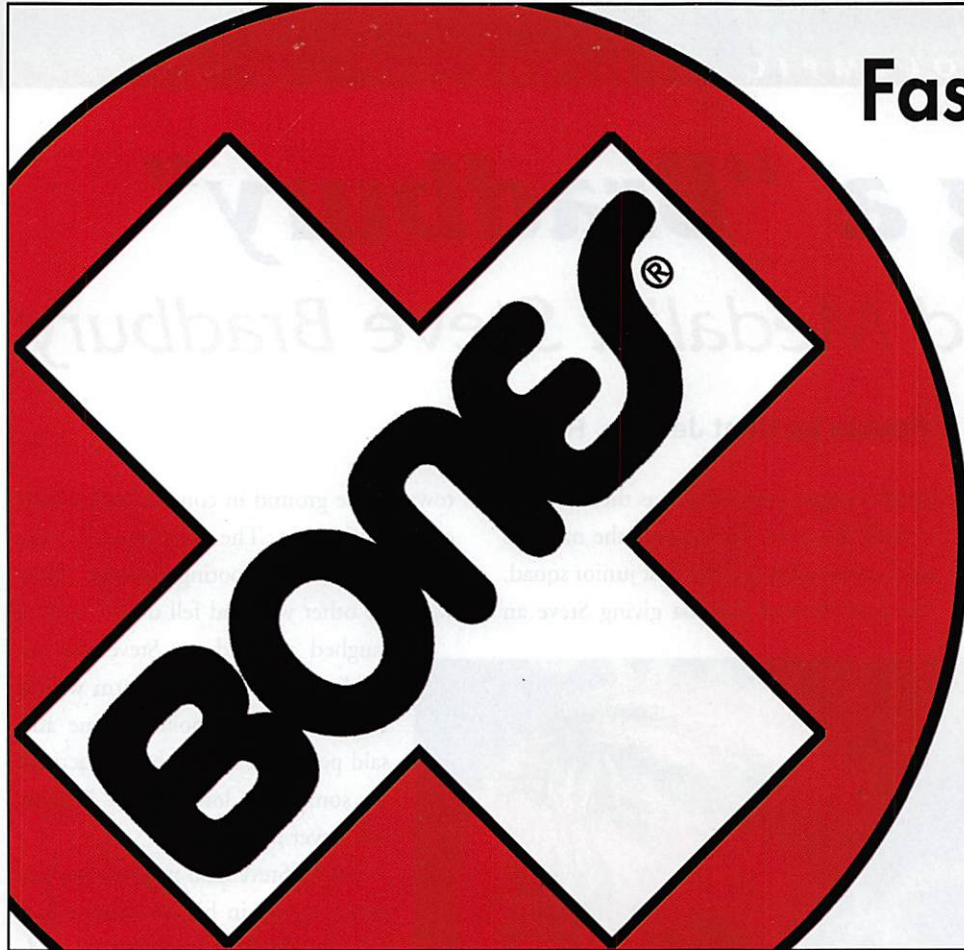
The next year the boys met with mixed success while Bob took time off. Chris and David went to Nationals as a 2-man relay team, but didn't advance. J.R. managed 5th overall in the elite primary division. David brought home the only medal in the family, a silver in the 4-mixed relay.

1998 was a good year for the two younger Celski skaters at Nationals.

J.R. won his first gold in elite primary setting a national record in the 400. This was the longest of 3 distances for the primary skaters and J.R. emerged from this meet being recognized for his endurance in long races. At the age of 8, J.R. could skate 3000m races in practice at the same pace as older skaters.

David earned two medals at the meet. Gold in the 4-man sophomore relay, setting a national record. His 4-mixed relay team won bronze. Now in high school, the oldest son, Chris, had given up the sport. Making the boys' victories even more special was the attendance of their grandparents Chuck and Betty Lewis. This total family involvement continues to this day as both sides of the family attend local meets en masse, including Grandma Penny Sabado and many aunts, uncles and cousins.

For nationals in 1999, the family won



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more medals. In their respective divisions, David and J.R. both earned 4th, just missing medal placements. Bob competed for the first time since 1996 in elite masters, but did not medal. However, both David and J.R. won medals in relay events. David won a silver in the elite sophomore 2-man. J.R. earned silver as anchor in the elite juvenile 4-person relay. Bob skated in elite master 2-man relay finishing just out of medal. Unfortunately, this was David's last year to compete in inline skating as he moved on to high school sports.

At the 2000 Nationals, J.R. represented the family alone earning silver in elite juvenile behind his good friend Eddie Alvarez. J.R. also earned a bronze in the elementary 2-boy relay. This marked the 5th consecutive year that the family had brought home hardware from national-level competition.

The Celskis returned for the 2000-2001 season as a family, with both Bob and J.R. skating for Team Extreme. Bob (now 45) competed as a first-year elite veteran, while J.R. (11) skated as a first-year elite elementary skater. To qualify for Nationals, both placed first at Regionals in their divisions in

Portland. This was J.R.'s 7th consecutive gold in his division at the regional championships. J.R. also earned 3 golds and one silver in relay events.

At nationals in 2001, J.R. won gold in his division for the 2nd time in his young career. He won by virtue of his strength in his long-distance event, a 700, where he finished ahead of competitors from around the country, narrowly missed setting another national record. The way the points were spread out with J.R. and his competitors, there was only one sequence of events that would allow him to win gold going into that long-distance final race. Events unfolded perfectly, and J.R. used his years of experience, strength and smooth form to eke out the win. In the race, J.R. edged out Alvarez who finished 2nd overall, a role-reversal from the previous year.

Bob's divisional race final was scheduled immediately after J.R.'s. Watching J.R. win the 700 and knowing that his son also won the national championship was quite an inspiration, setting the stage for Bob's final race. In it, he needed to defeat one skater from California to win gold. As with J.R.,

Bob races best in the longest distance. The last race was the 1000. It went down to the wire, and Bob edged out his competition, breaking the national record by over a second. What a thrill it was for Bob to win the gold, within 5 minutes of his son doing the same. It was the 2nd time in Bob's skating career that he was able to win gold with one of his sons at the same national meet.

The father / son tandem intends to attempt defending their championships in the 2002 season. Both are working hard. This may be Bob's last year in competition. However, with a son as talented as J.R., he will be involved in his son's career as an inspiration and mentor.

As for mom, Sue, often asked if she will ever skate, politely declines pointing out that her role is to film the events for the team and to be the cheerleader. Her filming has provided great benefit and has been the subject of hours of study in the Celski home. J.R.'s brothers, Chris and David continue to support and encourage him in his skating career, hoping some day to be watching their youngest brother compete on television somewhere in the world! \$

Doing a “Bradbury”

Olympic Gold Medalist Steve Bradbury

Article & Photos by Clint Jensen, RBC, Australia

Already in Australia, they speak of “doing a Bradbury.” Steve Bradbury is the Aussie who took gold in the 1000 shorttrack Olympic final. And “doing a Bradbury” is firmly entrenched in the Aussie vernacular as meaning to come from behind – against all odds – to win the impossible race. As the first Australian ever to win a winter gold, Bradbury is also entrenched in the Olympic history books. But who would have thought it would occur under such extraordinary circumstances.

Bradbury was expecting a medal, just not for him. Bradbury and business partner, Clint Jensen (me), run RBC Sport which produces custom made boots for the world’s top skaters like Apolo Ohno. RBC (Revolutionary Boot Co.) sponsored Ohno on AR1 boots for his Olympic campaign. Bradbury fully expected that Ohno would be the first to cross the line on a pair of RBC boots. But the golden day was Bradbury’s. And Salt Lake City 2002 was the golden reward for Steve Bradbury that every aspiring athlete dreams about.

Born October 14, 1973 to Australian speedskating parents Rhonda and John Bradbury (former Australian speedskating champion), Steve had his first skating experience on a Sydney ice rink at 3. As soon as his feet hit the ice “he was like a little rocket not caring about falling over” said Mom. He attended regular training sessions with his mother and father. His younger brother Warren proved to be large influence on becoming a better skater. Even at an early age

Steve’s competitive streak was there.

In 1986 at 13, Steve made the national team as part of Australia’s first junior squad. The team toured Canada giving Steve an



inner energy. If he hadn’t been so wrapped up in speed skating, we may have lost him to skate boarding where his talent was reflected on the pages of boarding magazines.

“When Steve was 13 we were at home and Mum and Dad were next door. Steve picked up his skateboard and told me to watch him jump off the carport and land on his board. I said he was crazy but I didn’t want to miss it. He climbed to the top then in one fast action held the skateboard in front of him and dropped from the edge of the carport. My eyes widened as he fell

towards the ground in control with a look of determination. The skateboard hit the ground, instantly shooting forward. Steve went the other way and fell on his back. I laughed no end, as Steve got up holding a badly bruised arm with a big smile. Steve looked at me and said perhaps I should have practiced on something lower first.” Warren will never forget it.

By 15 Steve held nearly every national record in his divisions. Then disaster. While training, he was riding down a hill and misjudged his speed hitting a wall at the base head on. Not wearing a helmet he suffered a fractured skull, broken collarbone and was in a coma for 3 days.

Steve returned at 16 and made the national team for the ‘91 World Championships in Sydney. He skated on the gold-medal 5000-relay team. This was Australia’s first World Championship relay gold.

In ‘93 he placed 8th overall at the World Championships in China. ‘94 saw Steve and the 5000 relay team win Australia’s first Winter Olympic medal. Steve finished 8th in the 500. Expected to medal in other distances, short track as usual, was unpredictable. Steve was taken out in his favorite, the 1000. Nevertheless he left those games with a bronze medal and the determination to medal individually in ‘98, in Nagano.

‘94 was a rollercoaster. After winning bronze, the World Cup in Montreal, Canada was his lowest point. Steve was involved in a crash that nearly took his life. A blade penetrated his right thigh puncturing right

though the leg. The blade missed the femur but severed the femoral vein and cut his quad muscles in half. Before he hit the barrier padding he was already losing blood with his heart pumping over 180 bpm. Steve lost 3.8 litres of his 6 litres of blood on the ice. Miracles saved his life:

- The Canadian team doctor jumped the wall and put his hand "inside" Steve's leg, pinching the vein to stem the bleeding.
- The ambulance was at the end where he crashed and were ready with plasma.
- Montreal's hospital was minutes away.
- As Steve entered the hospital the doctors were preparing for an operation. They took Steve directly leaving the other patient until Steve was stable.
- After surgery, doctors stopped the bleeding and left his wound open for 3 days for Canada's best muscle surgeon to operate.
- 2 weeks later Steve limped out of the hospital with 111 stitches and the determination to get back onto the ice.

Any regular person would have quit. He returned to the team less than a year later. In '96 Steve placed in the top 10 overall.

'97 was a challenge with equipment. He was relentless on boots, literally breaking them in half. Clint Jensen had experience in the manufacturing of orthotics and witnessed the manufacturing of boots many times. Steve tried the first pair of Clint's boots that resembled more of a brick than a boot. Steve tested and worked with Clint to make boots, improving every pair but they were not ready for the Olympics, yet.

To top off broken boots, Nagano was his most unsatisfactory performance in many years. The Aussie relay team was in the top 8 for the 3rd Olympics in a row. Clint didn't make the team so focused on making boots. In '98 Steve and Clint formed RBC.

Steve kept training from '98-'02 but this was filled with ups and downs. Starting to age, he could not train as hard, became sick more often. He contracted glandular

fever, which put training on hold for nearly 2 months. Discouraged but not defeated, Steve turned his hand to helping Clint.

RBC spent years developing a buckle that strengthens a weak boot to make it feel like a new boot again – the *Steven Bradbury Ankle Booster*. They discovered that this external device offers support to the ankle so well on all types of boots – figure to inline – that they patented the invention. Clint: "The Ankle Booster took us by surprise. We just didn't expect it work so well. It literally brings boots back to life. We just



wanted to invent something that would make skating more accessible and affordable. We're very proud of our invention."

In early 2000 Steve returned from the World Championships in England, finishing 22nd. This was not what he wanted for his Salt Lake finale. Steve rested several months, returned to training in June 2000 and felt refreshed. He trained full time to make his final Olympic run.

In September Steve was skating a recovery session, when a freak accident made the 27-year-old rethink his last Olympic quest. A skater fell in front of him at a slow speed and as Steve tried to step over the skater his boot caught and he hit the barrier head-first fracturing his neck. At the hospital he was told that his T3 vertebrae was fractured

and the disc was partially damaged. The doctor told Steve that his career was over. But he didn't give up. He found a doctor that helped him recover. He opted for a device called a "halo" that was screwed to his skull and strapped to his body, making him look like a modern day Frankenstein. But it meant 1 month to recover. Steve was warned that if he hit the barrier again he would not walk away a second time.

He skated the 3 World Cups, skipped the World Championships to train which proved to be the wrong move. He got sick,

his training was erratic and began to lose focus. Steve had a rest mid-season 2001 trying to find why he was not on track. At the Olympic qualifier, he found his form gaining individual spots for the Australian team for the Olympics. Returning home his speed dropped off and his endurance suffered. One week before the Olympic team trials Steve felt that he might not even make the team. But he ranked #1 winning 2 of the 3 distances. He was still not on form, but now knew he just had to finish what he had started over a decade before.

Steve entered the Olympics with all the past memories driving him to give the performance of his life. And he did. Olympic gold after nearly 2 decades and more set backs than any mortal should face.

Some say he is lucky. But I say, he's deserving, "Steve gave his heart, youth and almost his life for his golden dream to come true. Sure, it wouldn't have happened if he hadn't had been the last man standing. But winning gold took a lot more than just luck. I believe we make our own luck. And Steve made his. He's also been a huge inspiration to everyone who stares defeat in the face and wonders whether they can go on."

RBC boots and accessories including the *Steven Bradbury Ankle Booster* can be found at www.rbc sport.com ∞

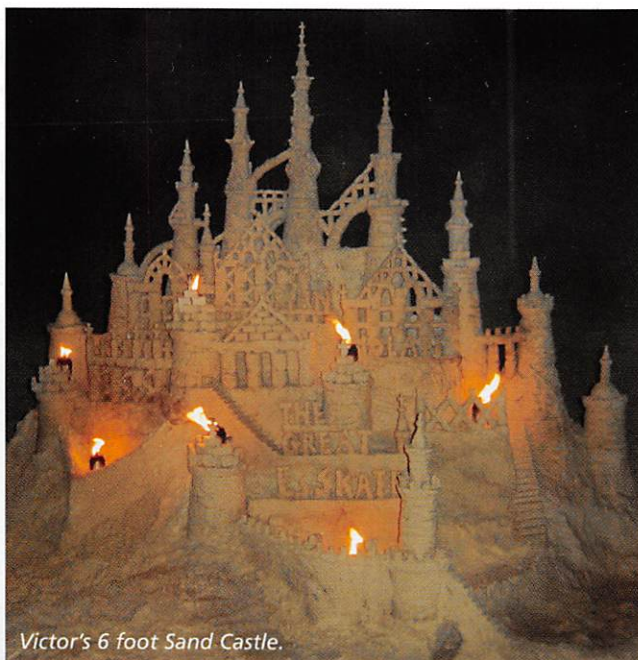
The Great Es-Skate

By Andrea Franklin, Miami, Florida Photos by Scott Jones

All things Great start out as an idea, a thought, a dream. The dream of the Great Es-Skate originated in the head of Larry Kaplan (affectionately called "The Sheriff"). With Beverly Hurff and Rick Short at the 2000 Philadelphia Freedom Skate, the Great EsSkate was born. The dream was to host the Philly Landskaters and other clubs, so they could get a break from the cold and enjoy the beautiful city of Miami. The purpose was to donate any profits to a local charity. We were expecting maybe 100 skaters. To our amazement, 300 participated.

Our charity was Spinal Muscular Atrophy. SMA is a debilitating disease that paralyzes the muscles in the spinal column. It's the leading cause of death for children under 2. Ryan, the son of a Miami Beach officer, has SMA. Most children with SMA don't live past 3. Ryan is 4.

Since the charity hit close to home, the response was overwhelming from the Miami Beach Police, and the City of Miami Beach. They bent over backwards to help. Last year, organizers presented SMA with a check for over \$5,000. For \$55, skaters got 5 separate group skates, a Friday night buffet, a Saturday picnic



Victor's 6 foot Sand Castle.

and beach party, private party at Level (South Beaches hottest night club), and more.

By Friday afternoon, the lobby of the Seville Hotel (in the heart of Miami Beach) was bustling. We anticipated more skaters than last year and were thrilled with the nearly 700 who arrived. Sponsors manned booths; late registrants lined up for a designer Herbert Hoffer-print T-shirt, and a bag overflowing with goodies.

The first skate was at 6:30 pm. By 5:30 the front of the hotel saw nearly 700 road-thirsty skaters. After a personal welcome from Mayor Dermer of Miami Beach, the South Beach Friday Skate launched. 11 Miami Beach cruisers and 4 motorcycle units escorted us. Sirens sounded and lights flashed as they safely led the group through the streets of South Beach.

The route went past historic Fontainebleau Hotel, and through the streets of Miami Beach's art deco district. By 8:30 pm, we were back at the hotel where we were treated to a buffet of salad, baked chicken and pasta ...poolside no less. Local castle builder, Victor, erected a 6-foot sandcastle right before our eyes.

A few drops of rain fell, but it was not enough to dampen anyone's spirits. The crowd kept dancing to the beats of DJ Lance O'Brien while waiting for the first of 2 raffles. \$15,000 in prizes were up for grabs: Zephyr Inline Skate Tours, Style Venture Tours, Eddie Matzger Clinics, Explore Wheels, IISA Instructor Certification Courses, a Romero Brito print, Limo rides, dinners at local restaurants, and grand prize of 2 round-trip tickets to London on Virgin Atlantic Airlines. After the raffle it was time for the downtown Urban Skate.

Fortunately, the clouds cleared and we started by crossing the Venetian Causeway where skaters could stretch and get a good workout. On the causeway you can view the most beautiful lights of downtown Miami. Miami Beach National Skate Patrollers who knew all the dangerous intersections safely led us across 2 drawbridges where metal holes, just big enough to catch skate wheels, could have caught an unsuspecting skater by surprise. Safety was the #1 concern. Unfortunately, there were numerous reports of one problem skater who insisted on skating recklessly throughout the



Saturday, around the fountain.

weekend. This “skater” disregarded the drawbridge signal preventing the attendant from opening the bridge, and held up the whole group. I guess there has to be one in every crowd.

The skate took us on the winding streets of downtown then to the huge circular-banked fountain at Bayside. It could not have been more perfect as the remake of the James Cann movie, “Rollerball” was released that night. When it came time to return, the group headed back to the beach. We made it back; group intact, only losing 3 skaters. You may say that’s not a good thing but, if you know Sam Weaver you’d realize it is not unusual. Smiles were on our faces as Sam & co. hopped into a convertible full of female onlookers and took off.

Saturday morning was the MoJo skate. We departed at 9:30am with our entourage of Miami Beach Police cruisers. We were to go through 3 municipalities and pick up Miami and Key Biscayne patrols. Three miles out we approached the first drawbridge which was in the up position. I called to the attendant asking her what was wrong. “Es brokeng,” she replied with a heavy accent. *Now what?* After a few phone calls, we were on our way over the beautiful McArthur Causeway skating past the port of Miami, lined with it’s huge fleet of cruise ships. Thanks to Larry, who thought of everything, we avoided a major crisis.

Finally skating in downtown Miami, headed for our tropical island picnic on Key Biscayne we passed the American Airlines Arena, and a huge marquee sign that flashed “Welcome Great Es-skaters.” The threat of rain lingered as we approached the Key. A phone call to Donna Mama, 4 miles away at the park let us know it was pouring there! We headed for shelter under the Rickenbacker Causeway Bridge 1/2 mile away. On our way an airplane pulling a sign again said “Welcome Great Es-skaters.” The plane was donated by Life O2 our water supplier who graciously provided water for the whole weekend.

During our 1-hour huddle under the bridge skaters learned new dance steps from Kathy McSparrin. Tunes were provided throughout the event by the Style Ventures van which was also the lead vehicle. “The Sheriff” arranged to have a school bus pick up skaters that did not want to continue on the wet pavement. The school bus took them directly to the picnic, where the rain



Sunday, among the Palm trees.

had finally stopped.

The rest of us started the steep climb up the only hill in Miami, the Rickenbacker Causeway. From here on in it was a swift straight skate to the picnic area where we were treated to a delicious BBQ and beach party. It was organized by, the one and only Donnamama and Dixie Catering. Sponsors Nike/Bauer, Rollerblade, Salomon, K2 and Peter Glen Sports lined the entry to the picnic. There were skate dance demos by the Detroit team (led by Vivian Dawson), contests, an iguana tour, and the final raffle. We even had time to immortalize our “Great” experience with a group photo. After all the festivities the weary but adrenaline-pumped skaters were bussed back to the hotel to get ready for another party!

Damir set up a party at a hot dance clubs on SoBe (South Beach) with free admission and drinks from 10 to midnight. Skaters danced the night away, until 5am, to the sounds of world famous trance DJ George Acosta. Would we really be able to get up and skate in the morning?

Yes. 10 am sharp, skates on, helmets on, only 2 more skates to go. The Sunday morning skate was more of a scenic and relaxing sightseeing tour that ended at an art festival in North Miami Beach. It was just a serene Sunday Stroll through local North Beach neighborhoods.

The weather cleared up, so some of the late

night partygoers chose to relax poolside and soak up some Florida sunshine.

The final, and in my opinion, the best skate of the weekend had enough skate patrol volunteers to keep the skate going with out a lot of stopping. We skated through the heart of So Be, past the Bass Museum, Jackie Gleason Theater and Lincoln Rd Mall then headed out to the causeway for a tour of the exclusive Star Island and Hibiscus Island. Superstar Gloria Estefan graciously opened up the gates to her mansion, and allowed her daughter Emily to come out and wave to the skaters. Thanks again to Donnamama (Emily’s skating instructor). We then stopped on Hibiscus Island for a water break and a choice to either do a 6-mile loop out the causeway and back or relax and wait for the group to return. Most chose to skate. The pace was set by the lead van as the skaters stretched out on the flat smooth pavement.

On the way back we picked up the others, without stopping, and headed to South Point for the final water break. There were 3 miles left to one of the greatest skating events of the year.

The success of this year’s event was phenomenal. Over \$15,000 was raised for the families of SMA. It’s amazing what can be accomplished by a dream. Thank you to all of the organizers and sponsors. Remember, “Dreams come at no expense unless you’ve dreamt your life away.” §

History of the Race Skate

By Alexander Bont

Bont started making inline speed frames for our short track ice boots in the mid-80's. The first frames we used were made by Dennis Pennington (Pennington Blades) which had 4 extremely hard square green wheels that were 60-65mm in diameter.

The first big advance in the sport came with the release of the Kryptonics 72mm inline racing wheel in the early 1990s. The 4-wheel Dark Star frame was the first to use these wheels and it worked very well. It had one wheel front and back with a large gap to the two center wheels.

I remember training with the best quad roller skaters in Australia and being able to keep up with them in sprints even though I was just a very young kid. They soon realized that inlines were the way of the future and adopted them asap.

In 1993 Mogema came out with a 5-wheel 80mm setup to fit on a Bont short track boot. This combination was the benchmark that all inline skates are now based on. Our Hustler boot with the yellow base was worn by anyone who was anyone. In 1993 we had about 95% of the inline speed boot market. At that time we could not make enough skates and we had to move factories 3 times in 2 years. Our production went from 1000 pairs per year to 12,000 pairs from 1992-1994. There were inline speed skates coming out of Holland, but because they were based on long track ice boots, they had nowhere near the support needed for inline racing.

Hyper then brought out an 82mm wheel that was all the rage for a while but the skaters who could keep up on 5 x 80mm would always beat 5x82mm combo in the sprint at the end of the race. Hence everyone went back to the 5x 80s. Since the Hyper Bankrobber, wheels have been slow to advance. Many skaters still prefer

the original Bankrobber to anything on the market today. The Bankrobber was a definite advance in wheels not only on the banked track, but the road too. There were many brands of wheels on the market at that time, Hyper, Square, Straight, Ultimate, Labeda, Kryptonics, but not many manufacturers. This year, Explore is gaining in market share and Labeda is said to be coming out with a new wheel.

Bearings had hardly changed from the Bones Swiss that we originally used until 2 years ago with the introduction of the Mini bearing, and late last year the Bont Samurai 14-ball bearing.

Boots have been getting lighter and stronger with new construction techniques and we switched from Kevlar to Carbon fiber in the mid 1990s. They have also been getting cheaper. In 2002 you will see boots get even lighter with a new technology coming onto the market.

Inline frames have changed quite a bit even before clap frames were introduced.

The boot mounting holes became wider, then the cross braces were rounded for extra strength. The next big issue was weight and manufacturers began stripping all the unnecessary weight from the frames getting them down to 200 grams. In the late 1990s Raps patented the double void extrusion. This extrusion covered most of the frames on the market at the time. Companies wishing to sell a double void extrusion in the U.S. or Holland would pay royalties to Raps which was fair enough because they had the patent. This saw many manufacturers trying to sidestep the patent by bringing out single void frames and ideas like Mogemas dual box frame. In 2002, manufacturers will push the envelope retaining the frames strength yet dipping below the 200 gram per fixed frame mark.

2002 will be another exciting year for inline race equipment fueled by a huge European race circuit and teams looking for that fraction of a second advantage that can give their team victory. §



Olympic Torch Relay

By Diana Blade Mom Coonce

January 13, 2002 in Tucson Arizona, Ed "Fast Eddie" Wachter, an IISA certified inline skating instructor and Arizona's own champion speed skater, carried the Olympic Torch in Tucson. The experience, even for those of us just watching, was almost beyond words. Emotions ran high when Ed jogged by carrying the

Keeping it Fresh

For a lifetime of skating fun

By Rodney Friedman

You see those skates for \$49.95 at your local big box sporting goods store and think "I can do that." You make the purchase and hopefully you also purchased the protective gear package. You get home, strap on the skates and have fun. Or the first few times out your feet hurt and you fall without wearing protective gear, ouch!

You're having fun so you keep on skating. Your mind says this is great I can see this as part of a weekly plan for physical conditioning! Find people better than you to skate with and learn from them. Take a lesson! Unless you are a natural-born skater there is more to technique than you realize. Good technique will make your experience exponentially more pleasurable. It's also a great way to prevent injuries. Take a Matzger workshop and live vicariously through the man, the myth, and the legend.

Olympic Torch and a big smile on his face.

To get to how Ed was selected for such a prestigious honor, you have to go back a year when the nominations were made. The Salt Lake Olympic Committee received 210,000 nominations of which only 11,500 were selected to carry the Olympic Flame. Nine task forces reviewed all 210,000 and made their selections based on an essay written by someone who nominated them. Ed is an individual who embodies the Olympic spirit and is an inspiration in his community. One of Ed's notable accomplishments includes teaching autistic and deaf children to inline skate. Ed was one of 50 torchbearers in Tucson.

The morning of the Olympic relay hundreds of Tucsonans arrived at the train station to see the caldron with the Olympic

Flame arrive in Tucson. It was very impressive. The torchbearers were assigned their route to carry the torch and had several Olympic support crews as well as a parade-sized entourage of official Olympic vehicles and police escorts along the route.

Many of Ed's students, Skate Club members, hockey teammates and several skaters from Phoenix came to watch him carry the Olympic torch and witness Tucson history in the making. Around 35-40 skaters skated along side him cheering him on for his section of the route. The support from the skating community was great!

When Ed was asked what it was like to be the only person in the world to be carrying the Olympic Flame during his turn, he said, "It was the most incredible experience in my life!"

Skating with confidence and good tech-

nique under the influence of headphone music is terrific. Be wise to where you choose to listen. My choice of music is the new dance and ambient style for the 21st century. For a choice taste visit the Metropolis show at kcrw.org.

You have good form, know how to do crossovers, talk and skate well at the same time. It's time to go racing! Why race? It will give you a new focus on advancement and adventure. Reach higher levels of adrenaline rush. A consistent rush like the first big hill you made it down without braking until the bottom. I am 39 and no slouch, yet this 59-year-old skate cat Roger Olson does circles around my race times.

Five's fly and are far more stable than 4's. You glide 50% further with 30% less exertion compared to common 4's. More glide makes your exertion more enjoyable. Five-wheel skates feel funky at first yet are nearly as maneuverable as 4's. Got freaky feet, you may want full custom boots. You don't need 5's to race.

If your feet still hurt and your form does not follow function, it's time to visit Dr. Schol's. Foot beds on low-cost skates are not very supportive. A WalMart price gives you a K-Mart fit. Enough said, go skate! \$

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Bol Park Bike Path Palo Alto 1.25 mi

Duarte Bike Trail Duarte Buena Vista St. to Vineyard Ave. 1.6 mi

El Dorado Trail (Lake Tahoe) Camino to Placerville 2.5 mi

Electric Avenue Median Park Seal Beach .5 mi

Fairfield Linear Park Fairfield 4 mi

Fillmore Trail Fillmore 2 mi

Garden Grove Blvd. to Bolsa Ave. Westminster 2 mi

Hammond Trail McKinleyville 3 mi

Iron Horse Regional Trail Concord to Dublin Pleasanton 17 mi

Lafayette/Moraga Regional Trail Lafayette to Moraga 7.6 mi

Larkspur Path Corte Madera to Larkspur 1 mi

Mill Valley-Sausalito Path Mill Valley to Sausalito 3.5 mi

Monterey Peninsula Rec Trail Pacific Grove to Seaside 7 mi

Northern Sonoma Bike Path San Francisco Maxwell Farms

Regional Park to Sebastiani Winery 1.5 mi

Ojai Valley Trail Ojai to Ventura 9.5 mi

Pacific Electric Bicycle Trail Santa Ana 2.1 mi

Paradise Memorial Trailway Paradise 5.5 mi

Rose Canyon Bicycle Path San Diego 1.3 mi

Sacramento Northern Bike Trail Sacramento to Rio Linda 8 mi

Sacramento River Trail Redding 9.5 mi

Shepherd Canyon Trail Oakland 3 mi

Sir Francis Drake Bikeway Cross Marin Trail

Samuel P. Taylor State Park to Lagunitas 6 mi

Tiburon Linear Park Tiburon 3.7 mi

Truckee River Bike Trail Tahoe City to Squaw Valley 4 mi

Tustin Branch Trail - Newport Avenue Tustin 1 mi

Watts Towers Crescent Greenway Los Angeles 2 mi

West County Trail Sebastopol Santa Rosa & Granton 6.5 mi

COLORADO

Animas River Trail Durango 3 mi

Blue River Bikeway Breckenridge to Dillon Reservoir 6 mi

Fraser River Trail Fraser to Winter Park 6.3 mi

Frisco-Farmer's Korner Recreation Trail Frisco 2.5 mi

Mineral Belt Trail Leadville 3.5 mi

Rio Grande Trail Woody Creek to Aspen 7.5 mi

Salida Trail System Salida 7 mi

Shooks Run Trail Colorado Springs 1.8 mi

10 Mi Canyon Nat. Recreation Trail Frisco to Vail 24 mi

Uncompahgre River Trail Bikepath Montrose 4.5 mi

Union Pacific Trail Thornton .5 mi

CONNECTICUT

Farmington Canal Greenway Cheshire to Hamden 8 mi

Farmington River Trail Farmington to Collinsville to Stratton

Brook St. Park 7 mi

FLORIDA

Blackwater Heritage State Trail Milton to Whiting 9 mi

Boca Grande Bike Path Gasparilla Island 6.5 mi

Cady Way Trail Winter Park to Orlando 3.6 mi

Clermont Trail Clermont 1.14 mi

Cross Seminole Trail Oviedo 3.7 mi

Depot Avenue Rail-Trail Gainesville 2 mi

Gainesville-Hawthorne Trail Hawthorne to Gainesville 17 mi

Gen James A. Van Fleet State Trail Mabel to Polk City 29.2 mi

Jacksonville - Baldwin Northern Jacksonville to Baldwin 14.5 mi

Lake Minneola Scenic Trail Minneola to Clermont 4 mi

Overseas Heritage Trail Fiesta Key to Craig Key 1 mi

Overseas Heritage Trail Long Key to Conch Key 2.3 mi

Overseas Heritage Trail Lower Matecumbe Key 4.4 mi

Overseas Heritage Trail Marathon Key to Pigeon Key 2.3 mi

Overseas Heritage Trail Missouri Key to Ohio Key .5 mi

Pinellas Trail St. Petersburg to Tarpon Springs 47 mi

South Dade Trail Miami-Dade to Florida City 19.6 mi

Stadium Drive Bikepath Tallahassee 1.5 mi

Tallahassee/St. Marks Trail Tallahassee to Pensacola 18.5 mi

Upper Tampa Bay Trail Citrus Park 3 mi

Waldo Road Trail Gainesville 3 mi

West Orange Trail Apopka to Orange/Lake county 20 mi

Withlacoochee State Trail Citrus Springs to Trilby 46 mi

GEORGIA

Chattahoochee Trail Columbus to Ft. Benning 1 mi

Heritage Park Trail Rome 6 mi

Silver Comet Trail Smyrna to Powder Springs 57 mi

Trolley Trail Atlanta to Decatur 12 mi

HAWAII

Pearl Harbor Bike Path Ewa to Pearl Harbor 10 mi

IDAHO

Bill Chipman Palouse Trail Moscow ID to Pullman 7.45 mi

Greenbelt Trail Lucky Peak Reservoir to Boise 12 mi

Nampa to Stoddard Trail Nampa to Stoddard 1.5 mi

North Idaho Centennial Trail Coeur d'Alene to state line 18 mi

Wood River Trails Ketchum to Bellevue 22 mi

ILLINOIS

Constitution Trail Springfield Bloomington to Normal 13.5 mi

Delyte Morris Trail Edwardsville to Madison 2.6 mi

Fox River Trail Aurora to Crystal Lake 35 mi

Great River Trail Rock Island to Savanna 28 mi

Green Bay Trail Highland Park to Wilmette 9.5 mi

Long Prairie Trail Winnebago to McHenry 14.6 mi

Lost Bridge Trail Rochester to Springfield 5 mi

McHenry County Prairie Trail Kane County to Wisconsin 25 mi

O'Malley's Alley Champaign .5 mi

Palatine Trail Palatine 28 mi

Rock River Recreation Path Rockford to Love's Park 8.5 mi

Sam Vadalabene Great River Road Bike Trail Aiton to Pere

Marquette State Park 21 mi

Tunnel Hill State Trail Harrisburg 2.3 mi

Village Bike Path Northbrook Dundee Rd. to Voltz Rd 1.1 mi

Virgil Gilman Nature Trail Blisswoods to Montgomery 14 mi

INDIANA

Auburn Waterloo Bike Trail Auburn to Waterloo 4 mi

Cardinal Greenway Muncie 10 mi

Cross-Town Trail Griffith to Highland 3.1 mi

East Bank Trail South Bend to Roseland 0.5 mi

Erie Lackawana Trail Hammond to Little Calumet River 4.7 mi

Erie Lackawanna Trail Linear Merrillville to Lake County 10 mi

Monon Trail Indianapolis 7.5 mi

Prairie-Duneland Trail Portage to Chesterton 9 mi

IOWA

Great Western Trail Des Moines to Martensdale 18 mi

Cedar Prairie Trail Cedar Falls 1 mi

Cedar Valley Nature Trail Hiawatha to Evansdale 53 mi

Cedar Valley Nature Trail Waterloo Evansdale to Hiawatha 52 mi

Franklin Grove Heritage Trail Belmond 1.8 mi

Great Lakes Spine Trail NW Sioux City Milford to Spirit Lake 14 mi

Hoover Nature Trail Nichols to Conesville 7 mi

Little River Scenic Pathway SW Des Moines Little River Lake

Road to Decatur County Fairgrounds 1.8 mi

McVay Trail Indianola 1.6 mi

Raccoon River Valley Waukee to Yale-Herndon-Jefferson 33 mi

Sauk Rail Trail Carroll to Lake View 33.2 mi

South Riverside Trail Cedar Falls Junction to Waterloo 50 mi

KANSAS

Prairie Spirit Rail-Trail Ottawa to Welda 33 mi

Whistle Stop Park Elkhart 1.8 mi

KENTUCKY

Cadiz Railroad Trail Cadiz 1.5 mi

River Walk Trail Louisville 6.9 mi

LOUISIANA

Tammany Trace Abita to Slidell 21 mi

MAINE

South Portland Greenbelt S Portland to So Maine Tech 3.5 mi

MARYLAND

Baltimore & Annapolis Trail Glen Burnie to Annapolis 13.3 mi

Bethesda Trolley Trail Bethesda to Rockville 1.3 mi

Cross Island Trail Kent Island 1 mi

Easton Rails-to-Trails Easton 0.9 mi

Number Nine Trolley Line Ellicott City 2 mi

Western Maryland Rail Trail Fort Frederick State Park to Sidling

Hill Wildlife Management Area 10 mi

MASSACHUSETTS

Cape Cod Rail Trail Dennis to South Wellfleet 25 mi

Minuteman Bikeway Arlington to Bedford 10.5 mi

Minuteman Commuter Bikeway Bedford to Arlington 10.5 mi

Northampton Bikeway Northampton to Florence 2.6 mi

Norwottuck Rail-Trail Amherst to Northampton 9 mi

Shining Sea Bikeway Falmouth to Woods Hole 4 mi

Southwest Corridor Park Boston 5 mi

MICHIGAN

Battle Creek Linear Park Battle Creek 17 mi

Baw Beese Trail Osseo to Hillsdale 6 mi

Bay Hampton Rail Trail Bay City to Hampton Township 6 mi

Boardwalk of Grand Haven Grand Haven 2.5 mi

Frank N. Anderson Trail Bay City Park to Tobico Marsh 1.4 mi

Gallup Park Trail Ann Arbor to Parker Mill 4.3 mi

Grand River Edges Grand Rapids .5 mi

Harbor Beach Bike/Pedestrian Path Harbor Beach 1 mi

Hart-Montague Bicycle Trail Park Hart to Montague 22.5 mi

Houghton Waterfront Trail Houghton 4.5 mi

Kent Trails Grand Rapids to Byron Center 15 mi

Kiwanis Trail Adrian to Tecumseh 7 mi

Lakeside Trail Spring Lake 1.8 mi

Lansing River Trail Lansing 6 mi

Little Traverse Wheelway Petoskey 2.3 mi

Mattson Lower Harbor Park Trail Harvey to Marquette 8 mi

Musketawa Trail Mame to Muskegon 26 mi

Pere Marquette Rail-Trail Midland to Clare 22 mi

Rivertrail Park Portland 3.7 mi

South Lyon Rail-Trail South Lyon 3.3 mi

Thornapple Trail-Paul Henry Trail Kentwood Grand Rapids to

Dutton Kentwood 2.5 mi

Traverse Area Recreation Trail Traverse City to Acme 5.6 mi

West Campus Bicycle Path Eastern Michigan University 1 mi

MINNESOTA

Afton to Lakeland Trail Afton to Lakeland 3.4 mi

Beaver Island Trail Tileston Mill Spur St. Cloud 2.5 mi

Big Rivers Regional Trail Mendota Heights to Lillydale	4.2 mi
Burlington Northern Reg Trailway St. Paul to Maplewood	5 mi
Cannon Valley Trail Cannon Falls to Red Wing	19.7 mi
Cedar Lake Trail Minneapolis to St. Louis Park	3.6 mi
Douglas State Trail Rochester to Pine Island	12.5 mi
Willard Munger Trail St. Paul to Pine Point Regional Park	19 mi
Glacial Lakes State Trail Willmar to Hawick	22 mi
Harmony-Preston Valley Trail Fountain to Harmony	18 mi
Heartland State Trail Park Rapids to Cass Lake	51 mi
Lake Wobegon Trail Avon to Sauk Centre	28 mi
Lakewalk Trail Duluth Canal Park to 26 Ave E/London Rd	3.8 mi
Mesabi Trail Grand Rapids to Ely	130 mi
Minnehaha TrailFort Snelling State Park to Minneapolis	5 mi
Minnesota Valley State Trail Minneapolis to Le Sueur	75 mi
Paul Bunyan Trail Brainerd-Baxter to Bemidji-Hackensack	160 mi
Red Jacket Trail Mankato to Rapidan	5.6 mi
Root River State Trail Fountain to Rushford	37.4 mi
Sakatah Singing Hills State Trail Faribault to Mankato	39 mi
Silver Creek Bike Trail Rochester	1.3 mi
St. Anthony Falls Heritage Trail Minneapolis	1.5 mi
Sunrise Prairie Trail North Branch to Forest Lake	17 mi
West Mankato Trail Mankato City	1.5 mi
West River Parkway Saint Paul to Brooklyn Center	4.84 mi
Willard Munger State Trail Alex Laveau Hinckley to Duluth	72 mi

MISSISSIPPI

Catherine Bryan Dill Memorial Parkway West Point	1.2 mi
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MISSOURI

Grant's Trail Billman Spur St. Louis	6.2 mi
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MONTANA

Heights Bike Trail Billings	5 mi
River's Edge Trail Great Falls	13 mi
Southside Trail Missoula	1.5 mi

NEBRASKA

Field Club Trail Omaha	1.5 mi
Hickman Linear Bike Trail Hickman	.8 mi
Keystone Trail Omaha	12 mi
MoPac Trail Lincoln (33rd to 84th)	4 mi
Rock Island Trail Lincoln	5 mi

NEVADA

Gillinas Hiking Trail Las Vegas	1.5 mi
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NEW HAMPSHIRE

Nashua - Worcester Rail Trail Nashua	1.3 mi
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NEW JERSEY

Edgar Felix Memorial Bikeway Manasquan to Allaire Park	3.6 mi
Linwood George K. Francis Linwood to Somers Point	3.8 mi
Monroe Township Bikepath Monroe	4 mi
Ocean City Trail Ocean City	.9 mi
Patriots' Path East Hanover to Washington	12 mi
Somers Point Path Atlantic City Somers Point to Linwood	1 mi
Traction Line Rec Trail Morristown to Danforth Madison	3.6 mi

NEW YORK

Allegheny River Valley Trail Allegany to Olean	5.6 mi
Canalway-Erie Canal Heritage Trail Lockport to Palmyra	85.5 mi
Erie Canal Trail Amsterdam to Schoharie Crossing	7 mi
Harlem Valley RT Millerton-Wassaic-Alander-Copake Falls	15 mi
Lehigh Memory Trail Amherst	.75 mi
Mohawk-Hudson Bikeway Albany to Rotterdam Junction	41 mi
North County Trailway Poughkeepsie Eastview to Hawthorne to 117 in Pleasantville to Baldwin Place	17.8 mi
Orange Heritage Trail Goshen to Mouroe	10.5 mi
Saratoga Springs Path Saratoga Springs	39.6 mi
Uncle Sam Bikeway Troy	3 mi

Verona Beach State Park Trail Verona Beach State Park	8 mi
Warren County Bikeway Lake George to Glens Falls	12.5 mi

NORTH CAROLINA

Libba Cotton Trail Carboro	4 mi
River to the Sea Bikeway Wilmington to Wrightsville Beach	12 mi

NORTH DAKOTA

East Grand Forks Bikeway Grand Forks	4 mi
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OHIO

Blackhand Gorge Bikeway Columbus	4.26 mi
Celina-Coldwater Bikeway Celina to Coldwater	4.6 mi
Cedarville Trail Cedarville to Xenia	8.6 mi
Creekside Trail Cleveland to Osage	3 mi
Cleveland Trail Dayton to Xenia	10.8 mi
Heritage Trail Hilliard	2.5 mi
Hockhocking Adena Bikeway SE Athens to Nelsonville	16.4 mi
Interstate-670 Bikeway Columbus	3 mi
Kokosing Gap Trail Central Mt. Vernon to Danville	14 mi
Little Miami Scenic Trail Springfield to Yellow Springs	9 mi
Little Miami Scenic Trail Xenia to Yellow Springs	14.99 mi
Little Miami State Park Trail Millford to Xenia	50 mi
Metro Parks Bike & Hike Trail Walton Hills to Kent & Stow	27 mi
Nickelplate Trail Louisville	3 mi
North Coast Inland Trail Clyde to Fremont	6.5 mi
No. Coast Inland Trail - Lorain County Elyria to Kipton	14 mi
Oberlin Bike Path Kipton to Elyria	25 mi
Ohio & Erie Canal North Akron to South Akron	7.5 mi
Olentangy-Scioto Bike Path Columbus to Worthington	17 mi
Richland B&O Trail Butler to Mansfield	18.4 mi
Slippery Elm Trail Bowling Green to Baltimore	13 mi
Thomas J. Evans Bike Trail Newark to Johnstown	14.5 mi
University-Parks Bike-Hike Trail Toledo	8.5 mi
Walhonding Canal Roscoe Village to Canal landing	1 mi
Zanesville Riverfront Bikepath Zanesville	2.9 mi

OKLAHOMA

Indian Nations Recreation Trail Stigler Porum to Warner	39 mi
Katy Trail Sand Springs to Tulsa	11 mi
Midland Valley Trail & River Parks Pedestrian Bridge Tulsa	2 mi

OREGON

Banks Vernonia State Trail Banks to Vernonia	21 mi
OC&E Woods Line Trail Bly - Klamath Falls Sprague River	100 mi
Row River Trail Culp Creek to Mosby Creek	14 mi
Springwater Corridor Boring to Portland	16.5 mi

PENNSYLVANIA

Allegheny River - Sandy Creek Trail Franklin to Oil City	15 mi
Armstrong Trail Schenley to Upper Hillville	52.5 mi
Arrowhead Trail Pittsburgh Brush Run to Route 19	3.5 mi
Bath-Allen Trail Jacksonville to Weaversville	5.2 mi
Bristol Spurline Park Bristol	2.5 mi
Capital Area Greenbelt Hershey Dutch (Harrisburg Loop)	20 mi
Eliza Furnace Trail Pittsburgh	2.43 mi
Forks Township Rec Trail Forks to Palmer Townships	7 mi
Lamb's Creek Trail Mansfield to Lamb's Creek Rec Area	3.7 mi
Litz-Warwick Trailway Warwick to Litz Borough	1.4 mi
Lycoming Creek Bikeway Williamsport to Loyalsock	3.3 mi
Oil Creek State Park Trail Petroleum Centre to Titusville	9.7 mi
Samuel Justus Recreation Trail Franklin to Oil City	5.8 mi
Schuylkill River Trail Philadelphia to Valley Forge	22 mi
Stavich Bicycle Trail New Castle to Struthers, OH	12 mi
Warren to North Warren	2 mi

RHODE ISLAND

Coventry Greenway Coventry to West Warwick Boarder	5 mi
East Bay Bicycle Path Bristol to Providence	14.5 mi

SOUTH CAROLINA

Marion Hike and Bike Trail Marion	2.5 mi
North Augusta Greenway North Augusta	5.2 mi
West Ashley Bikeway Charleston	2 mi

SOUTH DAKOTA

Spearfish Recreational Trail Spearfish	2.8 mi
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TENNESSEE

Betsy Ligon Park Trail Erin	2 mi
Cumberland River Bicentennial Ashland City to Sycamore	4 mi

TEXAS

Cargill Long Park Trail Longview	2.2 mi
Lake Mineral Wells Trailway Mineral Wells to Weatherford	20 mi

UTAH

Historic Union Pacific Rail Trail Echo Junction to Park City	28 mi
Provo Jordan River Parkway Trail Provo to Provo Canyon	43 mi

VERMONT

Burlington Waterfront Bikeway Burlington	7.6 mi
Springfield-Greenways RT Springfield VT to Chareleston NH	3 mi

VIRGINIA

Bluemont Junction Trail Bluemont Park to Ballston	1.3 mi
Huckleberry Trail Blacksburg to Christiansburg	6 mi
James River Heritage Trail Lynchburg to Amherst County	8 mi
Park Connector Mt. Trashmore Park to Princess Anne Park	4.9 mi
W&OD Railroad Regional Park Arlington to Purcellville	45 mi
Warrenton Branch Greenway Warrenton to Calverton	1.5 mi

WASHINGTON

Burke-Gilman Trail Seattle to Bothell	18 mi
Chehalis to Raymond Raymond to Southbend	3.5 mi
Chehalis Western Trail Lacey to Vail Seattle-Tacoma	15.5 mi
Woodard Bay Trail Woodard Bay to Martin Way	6 mi
Snoqualmie Centennial Trail Snoqualmie	.5 mi
Duwamish Bikeway Seattle	4.5 mi
Foothills Trail Buckley to Orting	8 mi
Issaquah Trail Issaquah	2 mi
King County Interurban Trail Tuckwila to Pacific	15 mi
Lower Yakima Valley Pathway Grandview to Sunnyside	6.4 mi
Myrtle Edwards Park Trail Seattle	2.5 mi
Port Angeles Waterfront Trail Port Angeles	5 mi
Preston-Snoqualmie Trail Preston to Snoqualmie	6.5 mi
Seattle Waterfront Pathway Seattle	.8 mi
Ship Canal Trail Seattle	2 mi
Spokane River Centennial Trail Washington to Idaho	39 mi
Terminal 91 Bike Path Seattle Elliot Bay Bike Trail	1 mi

WASHINGTON D.C

Capital Crescent Trail Silver Spring MD to Washington DC	12 mi
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WEST VIRGINIA

Greater Wheeling Trail: North to South Wheeling	8.5 mi
The Greater Wheeling Trail Wheeling	4 mi

WISCONSIN


Capital City Trail Madison-Blooming Grove Fitchburg	3.9 mi
Chippewa River Trail Eau Claire to Red Cedar Trail Wausau	20 mi
Glacial Drumlin Park Trail Cottage Grove to Waukesha	51.6 mi
Glacial Drumlin Trail South Cottage Grove to Waukesha	3.5mi
Glacial River Trail Fort Atkinson to Koshkonong	4.4 mi
Oakleaf Trail Milwaukee	96.4 mi
Old Abe Trail Wausau Chippewa Falls to Cornell	19.7 mi
Osage Trail Ashland Superior to Moccasin Mike Road	5 mi
Waukesha Bike Trails Milwaukee to Madison	200 mi

WYOMING

Wyoming Heritage Trail Riverton to Shoshoni	22 mi
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Two events you should not miss!

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of Elgin

SKATE THE "8" 

July 6, The Eight Mile Race

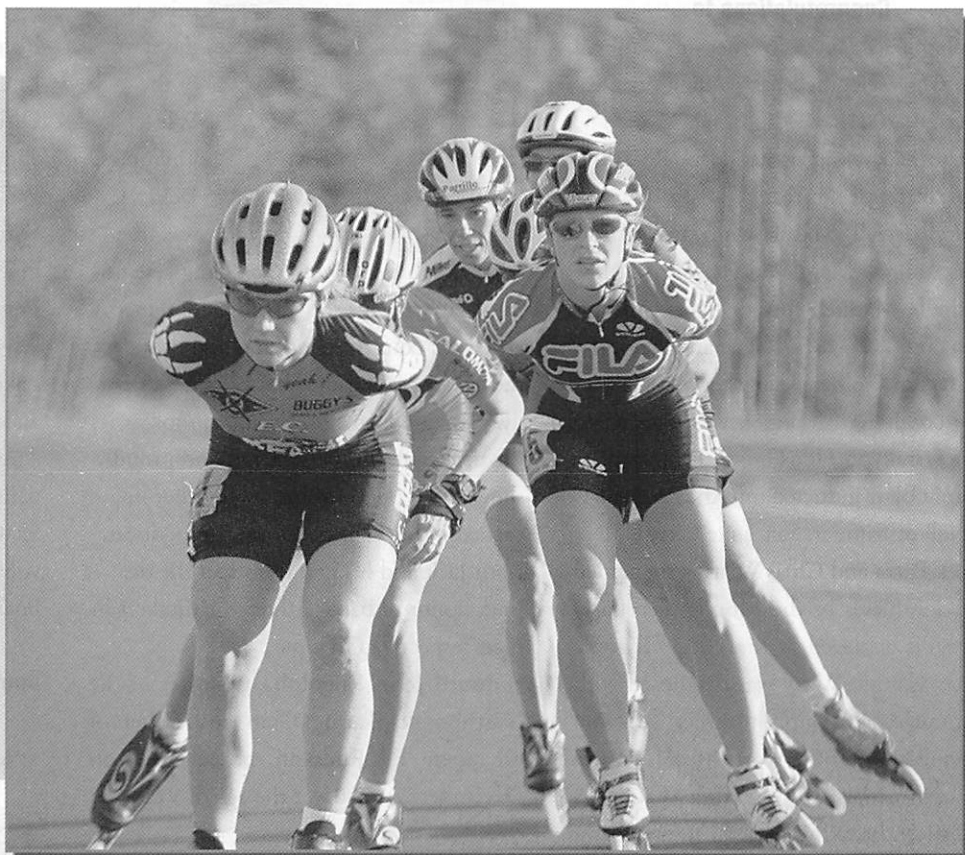
July 7, ELgin 8K

age group awards

www.4bridgesofelgin.com

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Congratulations to

- Stephanie & Terry Werner of National Skate who welcomed baby Adam on December 24, 2001.
- Fourth Lacey, was named USA/RS 2001 Speed Skater of the Year.
- Cheryl (Ezzell) Matula who gave birth to Travis Andrew Matula on February 24th.
- Michelle Manuel, former Dairy Ashford coach and USA/RS National Champion and record holder, daughter of Hall of Fame coach Ken Manuel, was married to Steve Sztraky in Houston on Feb. 23rd.
- Bonnie Blair inducted into the Speedskating Hall of Fame in Salt Lake City, UT.
- Derek Parra and Chris Witty were named USOC Athletes of the Month (February) for results achieved at the 2002 Olympic Winter Games. Witty was diagnosed with mononucleosis a month earlier yet won gold and set a 1000 World Record. Parra won two medals, 1500 gold, a WR and a 5000 silver, breaking the WR temporarily.

Condolences

- Jack Shea, 2-time gold medalist at the '32 Olympic Winter Games. Jack, died from injuries received in a car accident a few days



prior to the start of the Winter Olympics. Jack, 91, was to take part in the Olympic opening ceremony along with his son (Nordic combined and cross-country skier) and grandson, as the first 3 generation-U.S. Olympian family. His grandson, Jim Shea, Jr., took Olympic gold in the skeleton and proudly showed the photo of his grandfather he carried in his helmet during competition. Both Jack and his grandson had the distinct honor of being Athlete Oath takers in their respective Olympics.

•Edward John Rudolph, supporter of the Northbrook Skating Club and father of Olympian Ed Rudolph, passed away on December 24, 2001 at the age of 92.

A Bull in a Bear Market

Derek Parra recently opened the New York Stock Exchange. Parra and Casey FitzRudolph appeared on the Olympian version of *The Weakest Link*.

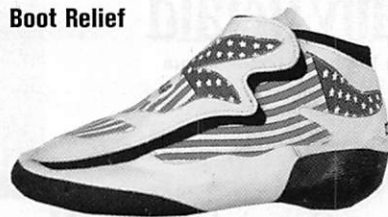
What's Up at Verducci?

Recently joining the staff at Verducci USA LLC are Tom Bonney as Chief Financial Officer and Ames J. Russell as V.P. of Sales and Marketing.

So Long, Farewell

•Kourakuen, the most popular roller rink in Tokyo was closed as of March 31st. *Retirements:* Keiji Shirahta-JPN, a 3-time Olympian '92, '98, '02, finished 4th in Salt Lake, and holds Japanese records for 5K and 10K; Long tracker Roberto Sighel-ITA; Amy Peterson-USA, 3-time Olympic medalist (short track); Rick Short, National Skate Patrol director. Rick plans to stay involved in skating and will continue as a board member for IISA.

Boot Relief



Bont's U.S. Pyrotechnics Flag Edition is a tribute to the fire fighters who lost their lives in the 9/11 tragedy. Bont will donate \$15 for every pair sold to the New York Police and Fire Fighters Widows' and Children's Benefit Fund. www.Bont.com

Internet

- New links on www.FaSST.com
- Gretha Smit-NED, 2002 Olympic silver medalist who crossed over from inline to ice: www.grethasmit.de
 - USA Inline Racing is back online at www.usainlinerracing.net
 - U.S. Speedskating launched a site to educate newcomers: tryspeedskating.com
 - Blake Lambert has a website with 4700 inline skating photos: www.roadskater.net
 - Race Association of Skaters Etc encourages outdoor racing. www.skaterace.com
 - A collection of old photos is posted at www.speedskating.org/old-negs/old-negatives.html Identification assistance is requested by Jerry Search, Curator of Photographs, ASU Hall of Fame Committee jerrys@ix.netcom.com



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Benefits Pima Community College & Tohono O'odham Community College

National Geographic

The National Geographic cable TV channel is putting together a feature on speed skating to air in August. They spent 3 hours filming the Montshire Speedskating Club at Lake Morey, Vermont.

Contributions greatly appreciated

Barry Publow and Valerie Gaston are contemplating travel to Havana to support the Cuban skating community. Their free clinic for Cuban skaters would take place immediately after the Cuba Cup in May. Barry and Val would appreciate any support possible including used wheels and equipment to be donated. They may be reached at www.breakawayskate.com.

Largest Cash Purse

The NorthShore Inline Marathon has announced its 2002 overall cash purse of \$31,341. Of this \$24,216 will be awarded in the World Cup division, with \$7,125 to-

tal awarded in Open Pro, Pro Master and Pro Veteran divisions. "We are thrilled to offer one of the largest cash purses in the industry, said executive director **Chuck Carlberg**. "This should draw virtually every top racer worldwide." Registration can be done online at www.northshoreinline.com or call 218-723-1503 for an application.

FIRS World Championships

SENIOR WORLD CHAMPIONSHIPS

Track: •Men: 300m time trial; 500m sprint; 1000m; 10K point-to-point; 20K elimination; 10K relays (3 athletes).

•Women: 300m time trial; 500m sprint; 1000m; 10K point-to-point; 15K elimination; 10K relay.

Road: •Women: 200m In line; 500m sprint; 5K In line; 15K Relay; 20K Elimination; 42K marathon.

•Men: 200m In line (4 lanes 2m wide); 500m sprint; 5K In line; 20K Relay race (3 athletes); 30K Elimination; 42K marathon.

JUNIOR WORLD CHAMPIONSHIPS

Distances junior men and women

Track: 300m time trial; 500m sprint; 1000m; 10K point-to-point; 15K elimination; 10K Relay (3 athletes).

Road: 200m In line (4 lanes 2m wide); 500m sprint; 5K In line; 15K Relay (3 athletes); 20K Elimination; 42K marathon.

The 2002 World Speed Skating Championships will be only on track (junior and senior) in Ostende, Belgium August 22-26 (2003 will be on road only). Ranking will be based on the results of all races, except the marathon. Relay points will be awarded to the team. World Champion jerseys are for senior category skaters only.



2002 100K Pharaonic Race, Egypt

will take place in Cairo City on November 1st.

Find full information and details at: www.egyptianmarathon.com

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Why Skate

By Marc Calderwood

Will you become the Tiger Woods in the sport you choose? You know the answer, so what is the impetus, the provocative motivation for the next "thing" you become involved in? Entering a sport, we buy new equipment, take lessons and re-engineer our body biomechanics hoping for a marriage that will fulfill our wildest desires. Sadly and too soon we are gaping, open-mouthed and heart racing at another new sport.

With 62 sports listed by the National Sporting Goods Assoc., most fall into this easily divorced, dimensionally challenged category. They simply don't fulfill our inner yearning for adventure, fitness, challenge and constant change. Inline skating offers participants a true multi-dimensional opportunity. With fractal-like qualities the numerous divisions of inline can be viewed as reduced-scale replicas of the whole.

Confusing? Suppose you look at tennis. You can play singles, doubles or work against a backboard. Like tennis, most sports can be played at increasingly higher levels of intensity but they never cross the line to become other than that singular "thing".

Skating has many lives and loves: inline basketball, slalom, marathon, nude skating (in San Francisco), speed, wind-sail and freestyle, extreme, aggressive, trail, urban, hockey and if that's not enough just pack up your gear for travel and even the most boring business trip becomes an adventure.

Because skating is unique in its ability to transport the participant to a new adventure, a new challenge, a new dimension and all from its singular point of origin. Put on your skates, do something no one else has done and maybe it'll catch on creating another dimension for skaters to explore. *§ Marc has won a copy of Salomon's Destination Speed Video. Send in your story or photo describing the "Best reason to skate" for your chance to win. Hurry, there are only two left!*

What's Your RealAge?

Helpful tips to reduce your physical age

©Reprinted with permission of RealAge, Inc.

Cool It. Are you icing your sprains and strains too long? Giving your body tissue a chance to recover from cold therapy is an important part of the treatment process. A recent study revealed that deep tissues become cooler after an icepack is removed. For best results, ice an injured area for no more than 10 to 15 minutes every two hours during the first two to three days after sustaining the injury.

RealAge Benefit: Actively patrolling your health can make your RealAge as much as 12 years younger.

Go the Distance. If you're having trouble upping the intensity of your daily walks or jogs, focus on the finish line. In one study of older adults, researchers found that the study participants were more likely to walk close to peak capacity when they were told to walk a certain distance, rather than told to walk for a specific duration of time. Knowing that you can stop once you reach your destination may be just the motiva-

tion you need to pick up the pace.

RealAge Benefit: Exercising regularly can make your RealAge as much as 9 years younger.

How Slow can you Go? Are you speeding through your weight-lifting routine? If so, you may be cheating your muscles. For a really good strength-building workout, you'll need to slow down your repetition speed. Quick repetitions allow your muscles to rely partly on momentum to lift a load. If you're short on time, cut the number of sets that you do instead of racing through a weight-training circuit.

RealAge Benefit: Strength training can make your RealAge 1 year younger.

To calculate your accurate RealAge, and receive personalized recommendations on how you can make your RealAge younger, please visit www.RealAge.com ©1997-2001 RealAge, Inc. The content of this electronic transmission and any portion thereof, is protected by US copyright laws. Real Age, RealAge, Age Reduction, and What's Your Real Age? are trademarks and service marks of RealAge, Inc. RealAge shall not be liable for any errors or delays in the content, or for any actions taken in reliance thereon.

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Saturday, June 15

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Skating in Print

By Bruce Guthrie, Certified Coach, Bellingham, WA

Bonnie Blair, Golden Streak by Cathy Breitenbucher. (\$8.50. ISBN 0-8225-9665-2, ©1994)

"The Achievers" series, Lerner Publishing, MN. A short, inspirational biography of Bonnie, aimed at kids. Great photos.

The Complete Handbook of Speed Skating by Dianne Holm, foreword by Eric Heiden. ©1984. HPC 518-523-3764.

This is the classic book on speed skating training and technique from an Olympic gold medalist and coach of Eric Heiden.

Eric Heiden, Winner in Gold by Nathan Aaseng. (ISBN 0-8225-0481-2, ©1980).

"The Achievers" series, Lerner Publishing, MN. An inspirational biography of Eric Heiden, aimed at kids and culminating in a race-by-race story of his five gold medals

at the Lake Placid Olympics in 1980.

Far Out the Long Canal by Meindert DeJong. (ISBN 0-88815-861-1, ©1964).

Paideia Premier. A kid's book about kids going on long distance skating adventures in the Netherlands.

Fitness and Speed Skating Times magazine. JLK Publishing, Vero, FL 32968, 772-794-0500, speedsk8in@aol.com, www.fasst.com.

If you are an ice speed skater or an inline fitness or speed skater, you should subscribe to this magazine! It has articles on speed skating technique and training as well as race results and the best events schedule.

Also contains great international event coverage.

Frozen in Time, The Great Moments at the Winter Olympics by Bud Greenspan, preface by Bonnie Blair. (\$24.95 ISBN 1-57544-027-X, ©1997)

General Publishing Group. Inspiring and exciting long track ice speed skating stories featuring speed skaters Eric Heiden, Colin Coates, Lydia Skoblikova, Karin Kania, Irving Jaffe, Christa Rothenburger, Gaetan Boucher, Johann Olav Koss, Bonnie Blair, Yvonne van Gennip,

Jack Shea, Tomas Gustafsen, and Dan Jansen as well as many other inspiring stories of Olympians in other winter sports.

Full Circle by Dan Jansen with Jack Mc Callum. (\$28.95 ISBN 0-679-43801-7, 1994, 215 pgs).

Villard Books, NY. An autobiography of Dan Jansen that tells the story of his skating career and his winning an Olympic gold medal in spite of the death of his sister.

Very interesting sports psychology.

Hans Brinker or the Silver Skates by Mary Mapes Dodge. (Paperback & hardcover). A kid's book set in the Netherlands about a poor religious family that endures many hardships and a boy who loves to skate fast.

It was written by an American with the goal of teaching kids what it was like to grow up in and live in the Netherlands.

Speed Skating. A True Book by Larry Dane Brimmer. (\$26.00, ISBN 0-516-20451-3, ©1997)

Children's Press/Grolier Publishing. A kid's book that describes short and long track ice speed skating. It has great photos and history through Dan Jansen.

Speed on Skates by Barry Publow. (\$21.95, ISBN 0-88011-721-4, ©1998).

Human Kinetics, 800-747-4457 www.humankinetics.com. Billed as "a complete technique, training and racing guide for in-line and ice skaters" it is authoritative on outdoor inline speed skating and is pretty useful for ice skaters and indoor inline skaters.

This book is a great technical manual to own if you are serious about speed skating.

Speed Skating Handbook 2000, 2001 Bill Houghton, Editor. ASU of the USA 630-784-8662.

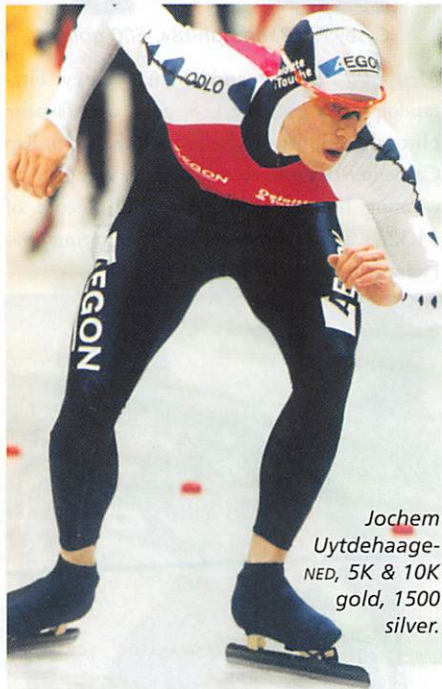
Contents: ASU Officers, Officials, ASU Constitution, ASU By-Laws, Racing Rules, Meet Running Logistics, Track Layout Diagrams and Instructions, Speed Skating Records by age class, Domestic and International Records, Hall of Fame, Speed Skating History.

Excitement throughout the 2002 Winter Olympics

By Karin Verhoef, European Editor

February 2002 - LONG TRACK

Most skaters from outside the U.S. and Canada needed time to adapt to the elevation (3000 feet), the thin dry air, the fast ice and the technique in the turns. "On this ice, the skater reaches his top speed easier. He has to be used to that speed and adapt his technique. I saw that many teams outside the U.S. and Canada had trouble with that in the beginning," said Bart Schouten, the Dutch coach of the US team.



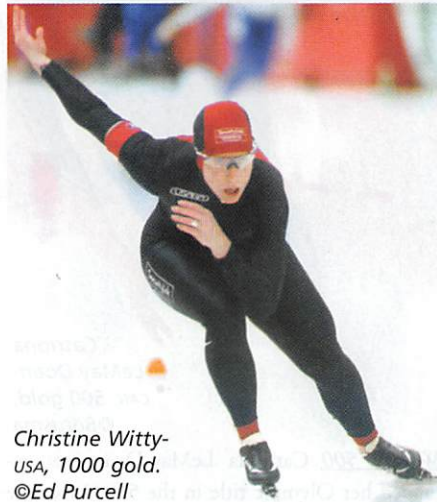
Jochem Uytendhaage-NED, 5K & 10K gold, 1500 silver.

©JIM HAAK



prising 'unknown' skater finished 5th just after Keiji Shirahata-JPN. Bart Veldkamp-BGM the '92 gold medallist was disappointed, yet he skated a personal best by 1 second for 9th. Derek Parra-USA skated 13:33.44 (13th).

Dramatic was the failure of Bob de Jong - NED, former 5K and 10K champ and a medal candidate. As in the 5K, De Jong wasn't able to keep the pace. He finished 15th and was very sad and emotional. "I don't understand. The training went well. It can't be anything physical. This really hurts. I think I have worked 7 years for this event, and I have nothing now."



Christine Witty-USA, 1000 gold.
©Ed Purcell

Women 1000 Chris Witty-USA was called 'a medical miracle' after her gold in the 1000, World Record 1:13.83. Witty and silver medallist Sabine Völker-GER (1:13.96) were the only women to break 1:14. Jenny Rodriguez-

USA welcomed her first Olympic medal (bronze) with tears in her eyes.

Rodriguez had trouble in the first turn, but kept up with pair Anni Friesinger-GER, who finished a disappointing 5th. American and German girls had been dominating the 1000 all season. Happy winner Witty came a long way. She won silver and bronze in the '98 Olympics, but since has had to deal with illness and other troubles. The gold was a crown on her career.

Marianne Timmer-NED lost her '98 Olympic title, coming in 4th. Her time 1:14.45 was a personal best and a Dutch National Record. Catriona LeMay-Doan-CAN, who had captured gold in the 500, finished 9th. Monique Garbrecht-GER, current 1000 World Champ, missed a medal. Andrea Nuyt-NED opened faster than the World Record, but lost in the last lap for 8th. Cindy Klassen-CAN skated a PB.



Derek Parra-USA, 1500 gold, 5000 silver.
©Bergsma

Men 1500 In '96, Derek Parra-USA decided to quit inline racing and start ice speed skating.

Men's 10K Great champions, magic times: Jochem Uytendhaage-NED wasn't rattled by the competition. The gold medallist of the 10K was the first (and only) in history to break the 13 minute mark: 12:58.92, a new World Record. Uytendhaage was the most successful Olympic skater with 2 golds (5K, 10K) 1 silver (1500).

Gianni Romme-NED won silver and was very happy to be 'back' after a lot of set backs. At first he thought that his time of 13:10.03 wouldn't be good for a medal.

Lasse Sætre-NOR gave Norway another bronze with 13:16.92. Jens Boden-GER, the sur-

His goal was to win 1 or more Olympic medals in 2002. He did it! His domination in the 1500 (gold, World Record 1:43.95) impressed all.

"This is so great, so amazing," Parra said. "I have been training and sacrificing so much in the past years. Can you believe this? Getting the gold in my home country after all this time." Parra was in tears when the medal was handed and the U.S. national anthem was played. In the beginning he had trouble adapting. His Dutch coach, Bart Schouten, helped him to improve his technical skills. Parra often had to be separated from his family.

Adne Sondral-NOR, former gold medallist, took bronze. Sondral and pair Joey Cheek-USA started explosively to attack Parra's time, but they blew themselves out in the last lap. Cheek came in a very impressive 4th.

Nick Pearson-USA finished 6th in a PB. He had trouble in the last lap. Pearson, 22, finished between two Dutch specialists: Ids Postma (5th) and Jan Bos (7th), who also skated PBs. Former World Record holder, Kyu-Hyuk Lee-KOR, ended 8th. Rintje Ritsma-NED set a PB for 9th. Ritsma, 31, multiple World Allround champ, has won 2 silver and 3 bronze Olympic medals, but never gold. He's still holding out for one.



Gerard van Velde-NED, 1000 gold.
©Bergsma

Men 1000 The gold medal of Gerard vanVelde-NED in the 1000 was like 'the Dan Jansen story': an unexpected victory in the very last distance, after lots of near misses and disappointments. VanVelde, 30, skated his 3th Olympics and several times missed a medal by 2/100s. He quit skating in '98 because he couldn't adapt to clapskates. He tried marathon skating, but wasn't able to keep up with the long distance skaters. In '99, Rintje Ritsma asked him to join his team as a sprint partner. VanVelde finally adapted to the clapskate. He returned on top world level, but when it came to it, every time he just missed a medal. VanVelde tried to relax and get his head straight for the 1000, but never expected to win

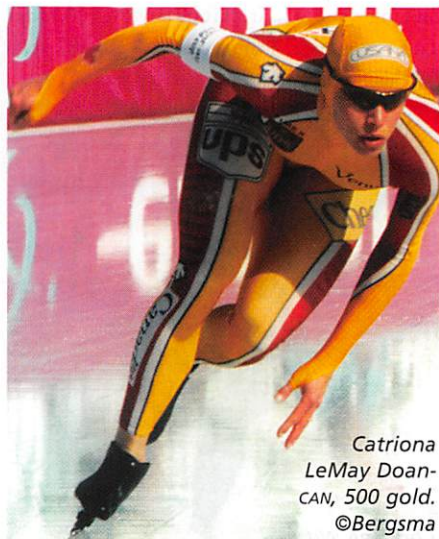
it in a World Record (1:07.18). Jan Bos-NED grabbed silver. Joey Cheek-USA took bronze, set a U.S. National Record and proved he is a serious contender on the powerhouse Team USA.

The 4 U.S. skaters finished top 7. The Canadian favorites failed again. Jeremy Wotherspoon, former World Record holder, had the fastest opener, but lost a lot of time when he almost crashed. Mike Ireland had 2 mistakes in the last turn due to fatigue after a quick start. Another medal favorite, Adne Söndral-NOR, was injured. Still, Söndral won the 1500 bronze medal. He has now retired.

Adne Sondral-NOR, 1500 bronze.
©Bergsma



Ids Postma-NED was defending his Olympic title, but a lot has changed in 4 years. Postma is an allrounder and the 1000 is a sprint race with specialists. Postma skated a PB 1:09.15. Since the 1000 was first skated in Olympic competition, 3 times a U.S. skater won: Peter Mueller 1976, Eric Heiden 1980 and Dan Jansen 1994.

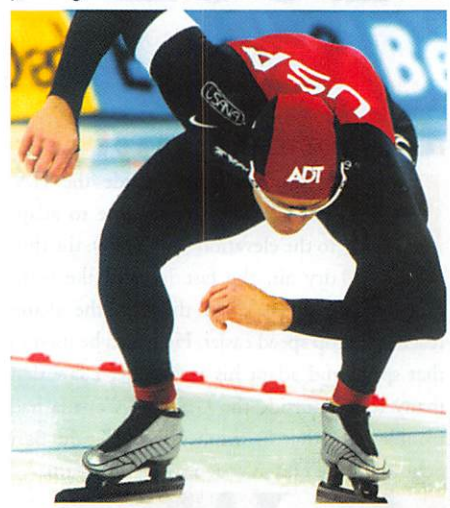


Catriona LeMay Doan-CAN, 500 gold.
©Bergsma

Women 500 Catriona LeMay-Doan-CAN extended her Olympic title in the 500. Monique Garbrecht-GER, silver, came close. In the first 500, LeMay was only 4/100 second faster than Garbrecht. Third on that first day was Andrea Nuyt-NED, and she was never closer to a medal. The expectations for Nuyt were high, since she

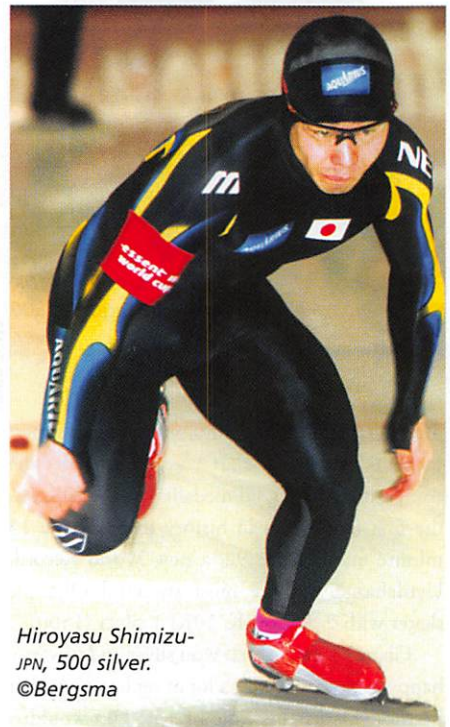
had finished 2nd in the Worlds Sprints shortly after Doan. But the pressure was too much; she messed up in the 2nd 500 by losing control in the last outside turn. This made the door open for Sabine Völker-GER, who took bronze.

Doan, 31, still holds the World Record (37.22). On Day 2, Doan beat pair Garbrecht. Garbrecht was happy with silver. She is in her mid-30s and looks back on a long career. Ten years ago in Albertville she won 1000m bronze.



Casey FitzRandolph-USA, 500 gold.

Men 500 Victory and drama. Casey Fitzrandolph-USA gave the U.S. gold, over favorite Hiroyasu Shimizu-JPN, who took the silver. Kip Carpenter-USA made the U.S. party complete by winning bronze. Shimizu's World Record of 34.32, was not broken. The fastest time was Fitzrandolph's 34.42 in the first 500.



Hiroyasu Shimizu-JPN, 500 silver.
©Bergsma

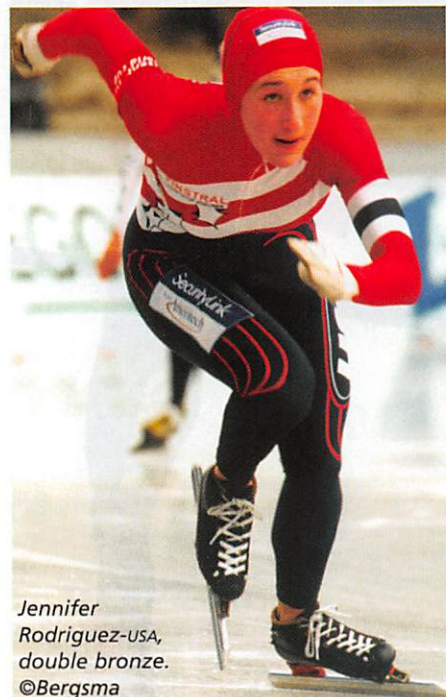
Another favorite, Jeremy Wotherspoon-CAN, crashed after 4 steps and gave up, his chances were gone. He revenged his loss by winning the

second 500, but had no final ranking. The 500 is skated twice, to give every skater the advantage of the last outside turn. The result is the sum of both. Pair Jan Bos lost his concentration after Wotherspoon's crash. Bos made up on the second day, equalling Dutch National Record of vanVelde: 34.72, but his final rank was 9th. Then there was the remarkable stunt of Marc Pelchat-USA, who crashed after 80m, got back up, made a pirouette, continued his race and finished 37.59. "I probably had skated the best opener ever in 9.3 seconds," said Pelchat, disappointed. Pelchat, 34, had quit speed skating, but decided to give his career one more try to get an Olympic medal. It was not to happen.

Gerard vanVelde-NED again missed a medal by just 2/100 second for 4th. VanVelde couldn't blame himself, because he had two PBs (34.72 and 34.77). "It seems to be the story of my life," said vanVelde, disappointed.

Another drama for Grunde Njös-NOR, who crashed for the 3rd time in the Olympic Games. In '98, Njös dragged pair Erben Wennemars-NED in his fall, which hurt Wennemars so bad that he was out for the rest of the event. This time, Njös only hurt himself but he was done.

Women 1500 Anni Friesinger-GER finally took her long-expected Olympic title in the 1500, the distance in which she had not been beaten all season. She won in a World Record 1:54.02. It was Friesinger's only gold these Games. Friesinger had a good pair, Aki Tonoike-JPN, who started fast and dragged Friesinger with her. Sabine Völker-GER won silver in 1:54.97, her 3rd medal these Games.

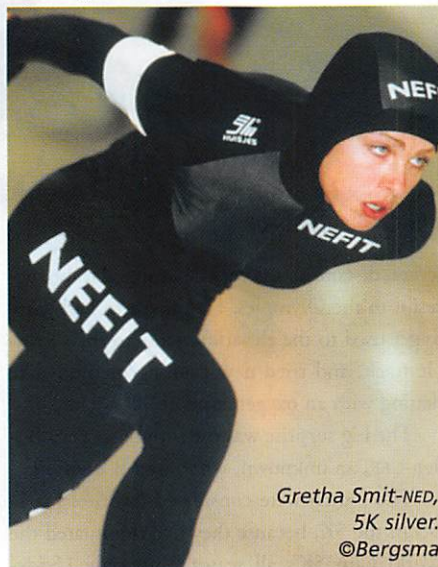


Jennifer Rodriguez-USA, double bronze. ©Bergsma

Jenny Rodriguez-USA earned her 2nd bronze medal with 1:55.32. Chris Witty-USA, finished

5th. Amy Sannes-USA did well with 8th, Becky Sundstrom-USA came in 13th.

For the Dutch, the 1500 was not successful. Marianne Timmer, defending her '98 title, had a promising start, but blew herself out so badly that she was barely able to finish (21st). Renate Groenewold, crashed after 300m. Tonny deJong-NED skated a PB for 7th. Annamarie Thomas did an unsuccessful experiment with the rounding of her skates.



Gretha Smit-NED, 5K silver. ©Bergsma

Women 5K Claudia Pechstein-GER is the 5000 queen. For the 3rd time, Pechstein won Olympic 5000 gold in a World Record (6:46.91). Thrilling was the silver of Gretha Smit-NED, who broke the World Record of Gunda Niemann in the 1st pair (6:49.22). Another surprise was the bronze of Clara Hughes-CAN (6:53.53). Smit practically came 'out of the blue', she was totally unknown in international speed skating.

Smit, 26, preferred inline speed skating and marathon ice skating for the past 10 years. Last season she showed interest in trying the 3K and 5K, advised by her coach, Egbert Post, a former inline and ice speed skater. Smit plans to continue inline competition this summer, after the recovery of knee injury. Smit's time was by far the fastest, until Pechstein beat it in the very last pair. Claudia Pechstein, 30, had already won gold in the 3000. She had silver (Nagano '98) and bronze (Lillehammer '94). In '92 (Albertville) she won bronze in the 5000, which makes a record 7 medals (4 gold, 1 silver, 2 bronze) in 4 Olympic Games. This makes Pechstein the most successful German wintersports woman.

Cindy Klassen-CAN missed the podium 4th ahead of Varvara Barisheva-RUS 5th, Anni Friesinger-GER 6th and Tonny deJong-NED 7th.

Women 3000 Claudia Pechstein-GER, gold-winner, is described as a killer, who seems to hide sometimes but peaks at the right moment. Yet Anni Friesinger-GER was considered the favorite, winning all 3000's (and 1500's and 5000's) this season, Friesinger achieved 4th. It was Pechstein who broke her own World Record and set a new olympic record: 3:57.70.

The silver was a surprise: Renate Groenewold-NED in 3:58.94, 3/100 seconds faster than bronze winner Cindy Klassen-CAN (3:58.97). Considering her results during the season, Groenewold was expected to finish top 6 and maybe get a medal. She raced faster than Pechstein's lap times for a while, but lost some in the end.

Groenewold did not skating the 5000. She wasn't able to participate in the Dutch trials for the 5000 because she was ill, and the selection

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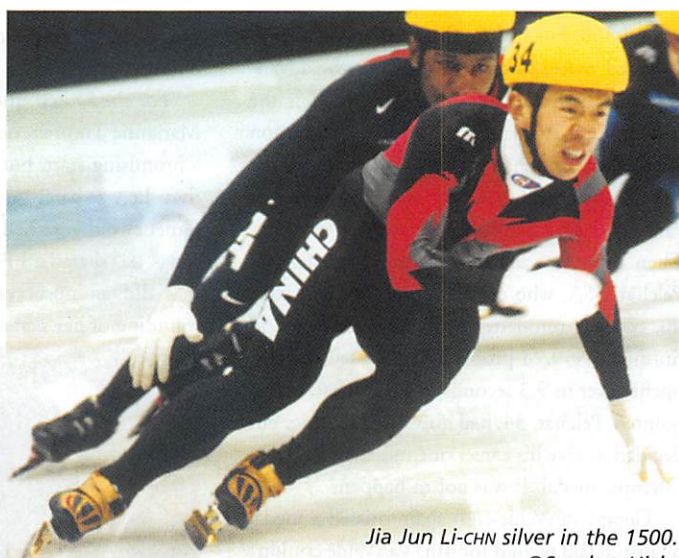
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Apo Ohno-USA, gold & silver medallist. ©Kenji Takai



Jia Jun Li-CHN silver in the 1500. ©Sanders Hicks

committee didn't give her a second chance.

Behind Friesinger, Tonny deJong-NED finished 5th. Maki Tabata-JPN got 6th. Jennifer Rodriguez-USA, also considered a favorite for a medal, was the first U.S. finisher at 7th.

Pechstein was the first woman to break the 4 minute mark in the 3000. In addition, Groenewold, Klassen and Friesinger did it. Those who had hoped for debutante Gretha Smit to medal, were disappointed. She finished 11th in 4:07.41, a PB. Emese Hunyady-AUT was 9th 4:06.55. Hunyady turned 36 shortly after the Games; she competed in the Olympics for the 6th time. Her debut was in '84 in Sarajevo, Yugoslavia, when she was competing for Hungary.

Men 5000 Jochem Uytdehaage-NED, 25, won the 1st gold Olympic medal for the Netherlands in the 5000. He set World and Olympic Records in 6:14.66. The U.S. took silver in Derek Parra, which was quite a surprise. Parra's time of 6:17.98 was a World and Olympic Record, until Uytdehaage beat it in the next to the last pair. Parra, 31, who's favorite distance is the 1500, skated 15 seconds faster than his former PB. Parra, having his roots in roller and inline speed skating, in which he was World Champion in

several distances, was very determined to be successful in the Olympics. He moved to Park City to get used to the elevation, close to the Olympic track, and tried new training methods like skating with an oxygen tank on his back.

The big surprise was the bronze for Jens Bodden-GER, an unknown, who raced B-division.

The Dutch were considered favorites for 1-2-3 in the 5K, because they had dominated the World Cup 5K's all season. But only Uytdehaage, coached by Gerard Kemkers, could resist the pressure. "Yes, I had a medal on my mind, but I didn't dare expect the gold," Uytdehaage said. The other Dutchmen, Verheijen and deJong, collapsed during the race. Verheijen, current world champ 10K, finished 6th in 6:24.71.

DeJong had trouble and finished, very much unlike him, next to last. DeJong: "I don't know what went wrong. I always finished top 8 internationally. I just had no speed." Gianni Romme, former Olympic 5K champ, had not qualified at the Dutch Olympic trials, however he had won three 5K World Cup races this winter.

KC Boutiette-USA got 5th, behind Dimitri Shepel-RUS. Boutiette had to go for 'everything or nothing' on the 5000, because he had missed qualification for his favorite distance, 1500, by 1/100 second at the U.S. trials. Boutiette, in the 2nd pair, started sensationally fast. He skated the first 3 laps in 28.2-28.7, which had never been done, not even by Romme when he skated World and Olympic Records. He paid after the 3K mark. Boutiette's last lap was 33.58 but his final time 6:22.97 was still a new U.S. National Record. To compare: Romme's gold medal time 4 years ago was 6:22.20. Boutiette, who moved to Park City 2 years ago to adapt to the elevation, skates for a Dutch team, TVM, and will go back to marathon skating in Holland next year.

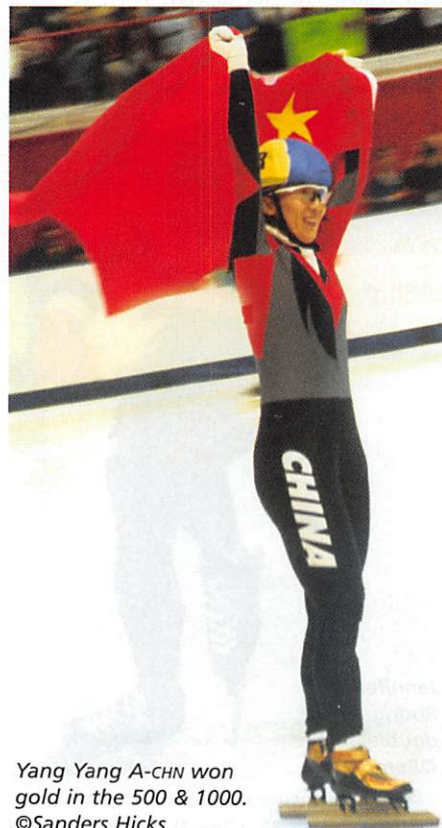
Jondon Trevena-USA tried to copy Boutiette's amazing start by racing the first lap in 28.9, but he didn't last. However, his final time of 6:30.15

was a PB by 3 seconds. Bad luck saw René Taubenrauch-GER crash with 1 to go, hitting one of the turn marks. This excluded him from skating the 10K, because skaters had to rank in the top 16 of the 5K to enter the 10K.

Bart Veldkamp-BGM, who won bronze 4 years ago behind Romme and Ritsma-NED, had a disappointing result with 8th.

SHORT TRACK

LADIES 1500 FINAL Alanna Kraus-CAN led from the start and was eventually reeled in by South Koreans Gi-Hyun Ko and Eun-Kyung Choi for a 1-2 finish. Evgenia Radanova-BUL took bronze in a surprising upset over Yang



Yang Yang A-CHN won gold in the 500 & 1000. ©Sanders Hicks

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Yang A-CHN. Yang Yang S-CHN surprisingly did not medal as she crashed midway through the race. Kraus went down just 3 laps before the finish. In the B final, Marie-Ève Drolet-CAN took the win over Chikage Tanaka-JAP. 1 Gi-Hyun Ko-KOR 2:31.581; 2 Eun-Kyung Choi-KOR; 3 Evgenia Radanova-BUL; 4 Yang Yang A-CHN.

MEN 1000 FINAL This saw the most bazaar conclusion to a major short track event ever. Apolo Ohno-USA controlled most of the race when JiaJun Li-CHN forced a pass on the outside. Li and Ohno connected and Li hit the mats. A moment later Ohno was taken out by Hyun-Soo-KOR who also knocked down Mathieu Turcotte-CAN. This left the door open for Aussie Steve Bradbury to take the gold. *What?*

MEN LONG TRACK WORLD RECORDS

- 500 Hiroyasi Shimizu-JPN 34.32
- 1000 Gerard vaVelde-NED 1:07.18*
- 1500 Derek Parra-USA 1:43.95*
- 5K Jochem Uytdehaage-NED 6:14.:66*
- 10K Jochem Uytdehaage 12:58.92*

WOMEN LONG TRACK WORLD RECORDS

- 500 Catriona LeMay-CAN 37.22
- 1000 Chris Witty-USA 1:13.83*
- 1500 Anni Friesinger-GER 1:54.02*
- 3K Claudia Pechstein-GER 3:57.70*
- 5K Claudia Pechstein-GER 6:46.91*

Country Ranking: Netherlands 3 gold, 5 silver; Germany 3 gold, 3 silver, 2 bronze; USA 3 gold, 1 silver, 4 bronze; and Canada 1 gold, 2 bronze. ***Olympic Records:** Eight ice speed skating World Records were broken with only the 500m men's and women's records left standing. All records were skated in Salt Lake with the exception of the 500m women, Calgary, Dec 9, 2001.

"That's Short Track" Ohno said. Ohno immediately scrambled to get his blade across the line for silver while Turcotte dived for bronze.

- 1 Steve Bradbury-AUS 1:29.109;
- 2 Apolo Ohno-

Marc Gagnon-CAN took bronze. 1 Apolo Anton Ohno-USA 2:18.541; 2 JiaJun Li-CHN; 3 Marc Gagnon-CAN; 4 Fabio Carta-ITA.

LADIES 3K RELAY A world-record 4:12.793, saw Korea's Eun-Kyung Choi, Min-Jim Joo, Min-Kyung Choi and Hye-Won Park win over China and Canada. 1 Korea

- (Choi/Choi/Joo/Park) 4:12.793 WR/OR; 2 China (Sun/Yang/Wang/Yang); 3 Canada (Charest/Goulet-Nador/Kraus/Drolet); 4 Japan (Kamino/Tanaka/Teshigawara/Takata).

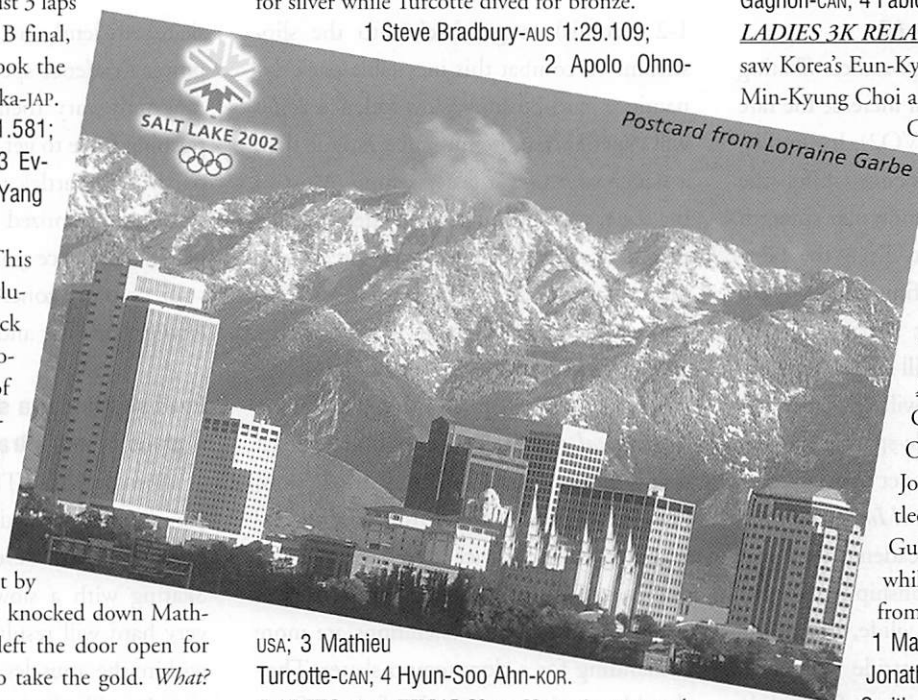
MEN 500 FINAL Marc Gagnon-CAN won gold in an Olympic Record 41.802. Jonathan Guilmette-CAN battled Rusty Smith-USA for 2nd. Guilmette held on for silver while Smith, in spite of leading from the start, finished third.

- 1 Marc Gagnon-CAN 41.802 OR; 2 Jonathan Guilmette-CAN; 3 Rusty Smith-USA; 4 Kai Feng-CHN.

LADIES 1000 FINAL Yang Yang A-CHN won gold while leading most of the race. With 2 laps to go, Gi-Hyun Ko-KOR passed Yang Yang S-CHN but ran out of race to pass Yang Yang A at the line. Ko took silver and Yang S bronze. 1 Yang Yang A-CHN 1:36.391; 2 Gi-Hyun Ko-KOR; 3 Yang Yang S-CHN; 4 Marie-Eve Drolet-CAN.

MEN 5000 RELAY Canada led from the start and never looked back. Despite banging skates with Ye Li-CHN, Marc Gagnon-CAN quickly regained his speed. The Chinese, Italian and U.S. teams suffered from bad exchanges and falls. At the half-way point, with the U.S. in 2nd, Rusty Smith fell over a cone, losing valuable time. The U.S. never made it up. Italy and China rounded out the medal spots. Canada (Gagnon/Tremblay/Guilmette/Turcotte) 6:51.579; 2 Italy (Franceshina/Carta/Camino/Rodigari); 3 China (Guo/Li/Feng/Li); 4 USA (Ohno/Biondo/Weinstein/Smith). \$

Complete results on www.FaSST.com



USA; 3 Mathieu Turcotte-CAN; 4 Hyun-Soo Ahn-KOR.

LADIES 500 FINAL Yang Yang A-CHN took the win over Evgenia Radanova-BUL in a close finish. Her time of 44.187 earned China it's first short track Olympic gold. Chunlu Wang-CHN took the bronze. Rounding out the top five were Isabelle Charest-CAN and Caroline Hallisey-USA. 1 Yang Yang A-CHN 44.187; 2 Evgenia Radanova-BUL; 3 Chunlu Wang-CHN; 4 Isabelle Charest-CAN; 5 Caroline Hallisey-USA.

MEN 1500 FINAL Apolo Anton Ohno-USA finally won gold in yet another controversial finish. Ohno sat in the pack for most of the race while rival Dong-Sung Kim-KOR led. Towards the end of the race, Ohno passed three skaters and set up to pass Kim on the inside of the last turn. Kim apparently cross-tracked Ohno by moving sideways to block Ohno from passing. Ohno threw up his hands as the skaters crossed the line with Kim just ahead. The referees made a quick decision and disqualified Kim giving Ohno the gold. JiaJun Li-CHN took silver and

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Continued from page 12

oxygen are of critical importance. Skating with a higher cadence will increase the rate of oxygen consumption (VO₂). In simplistic terms, a higher cadence shifts the "source" of power from muscular strength to aerobic power output. Even the best-trained athletes have a finite capacity to produce muscular energy. Barring a shortage of fuel, the muscles will fatigue long before the aerobic system will "collapse". A higher cadence is "muscle-sparing" in the sense that fatigue will not set in as rapidly.

2) Better blood flow and Improved Lactic Acid Removal At any cadence there is a somewhat constant relationship in terms of the timing between push, glide, and recovery. If you speed up the stride frequency, you also shorten the duration of the glide phase. Because blood flow through the skating muscles is seriously restricted during glide, lactic acid has little opportunity to perfuse from the muscles into the blood stream. This is typically regarded as the single-greatest limiting factor to a skater's performance. Lactic acid accumulation interferes with muscle contraction, causes premature muscle fatigue, and can even impair neuromuscular coordination at high levels. Higher stride frequency and shorter glide results in improved blood flow and removal of lactic acid because force levels are lower and gliding time is minimized. You'll also have fresher legs for the final sprint if you can limit the onset and/or severity of muscular fatigue.

3) Increased Ability to Respond to Minor Changes in Pace Skating with a higher cadence means that the athlete is applying force more often. The result is that it is easier for the athlete to fine-tune speed, and to respond to unpredictable changes in pace – both subtle and extreme. Consider a situation where a skater is situated midway in a pack of 8 skaters. Perhaps there is a surge at the front and the group begins to string-out as gaps are created between skaters. A skater who is slow to react will lose the draft and have to work hard (even if it's for

1-2 seconds) to get back into the slipstream. To combat this inevitable pack dynamic, a hard-pushing, slow cadence skater will experience more muscular fatigue than a skater who uses a faster tempo. Most of the time, it is the cumulative effect of such repetitive surges in pace that force us to drop off the back. Any alteration in technique which can be made to save energy and improve efficiency throughout the course of the race can and should be done.

Tactical Note If you ever find yourself doing head-to-head battle with a slow, hard, pusher of a skater, throw in a few demanding, fast-cadence accelerations. It's one of the easiest ways to "drop" such a skater because your accelerations are more demanding for a slow tempo skater. They should experience muscular fatigue faster than you, and you can leave them in the dust as soon as they begin to falter!

Implications for training

I can recall my first year training as a serious inline racer. Skating was a young fresh sport in Canada, and I initially mimicked the technique and tempo of the great long distance ice skaters. I was fit and strong, but after my first race I realized I had made an innocent but critical error in training. After the first 3-4K of the race, my legs failed me and I was forced to drop off the group. What killed me was not the speed, but the fact that stride frequency was much faster than I had ever experienced in training. I had spent months training "slow and low", and I simply could not match the fast cadence of the group. As a result I struggled to find the draft and my muscles fatigued very quickly.

Skating using a high cadence should be trained specifically, even if it feels slightly unnatural. We all have our default tempo where we feel most comfortable, but is dangerous to train this way all the time. I have said in many past articles that versatility and adaptability are two of the most useful attributes for any inline racer, novice or pro. This law extends to one's ability to

skate efficiently at both extremes of the power / cadence spectrum. Skaters need to randomly vary their stride frequency and pushing force to get the best results. This is partly why Fartlek training (which is basically a randomized interval session) is so beneficial. Force yourself to skate outside your comfort zones, and get used to following both fast and slow tempo skaters.

Does skating at a slower cadence have a place in one's training?

Absolutely yes! The training stimulus to your body is partly dependant on stride frequency and the severity of pushing force. Skating with a slow tempo and pushing very hard will result in higher force levels within the muscles...so high in fact that muscles will adapt in much the same manner as they might following a hard weight training session.

Free weights and imitations are a decent off-season alternative for improving strength, but skating slow and low with a maximal-force push is by far the most specific and useful way to improve strength in the skating muscles. Such slow cadence sessions are best performed using an interval format because the muscles will fatigue faster, and will need more recovery time before the next repeat. Improving strength in this way will help when you find yourself following a slow tempo skater. Your ability to climb steep hills will also improve substantially.

To each their own - but only to a point!

Some skaters are very successful using a high cadence, while others are just as competitive using a slow tempo and big push. We gravitate towards what feel is best. But at the same time all skaters should make a conscious effort to expand their comfort zones in this area. Adding such versatile workouts to your schedule may not put you on top of the podium, but you just might hang on to the winning break someday because of it. Train hard, but more importantly, train smart! ∞

INLINE

ARGENTINA www.patincarrera.com
AUSTRALIA www.bont.com/racemeet.htm
AUSTRIA www.oersv.or.at/
AUSTRIAN INLINE CUP www.inline-marathon.at/
BELGIUM www.wwww.rollersports.org
CHILE (Spanish) www.speedskating.cl/calendario.htm
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 Mar 1-3, 2003 Intn'l Tour / Half Mar 011-351-292-763184,
SPAIN (in Spanish) www.inlineonline.com
SWEDEN www2.svedskidrott.selsweskiating/
SWITZERLAND 411-786-7200 www.iguana.ch

CANADA
 May 19 Festival de la Sante, Montreal, Quebec
 www.festivaldelasante.com/
 Aug 10-11 Toronto IL Race Weekend, Toronto
 Oct 19 Le Defi De L'ile De Montreal, Que 514-768-1587

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 www.chez.com/rollercourse/calendrier2001.html
 Grand Prix France www.salomonspeed.com

World Events www.rollersports.org
 Jul 22-Aug 5 European Champs, Pibrac-Grenades, Fra
 Aug 22-26 World Sr/Jr Championships, Ostende, Bgm

RWC GRAND PRIX www.roller-worldcup.com
 May 26 Rennes sur Roulettes, Rennes, Fra
 Jun 9 Nice en Roller, Nice, Fra
 Jun 23 Swiss Inline Cup, Zurich, Swi
 Jun 29 Swiss Inline Cup, Engadin/St Moritz, Swi
 Sep 14 Northshore Inline Mar Duluth, MN USA
 Sep 22 Vienna Inline Mar, Vienna, Aut
 Sep 29 Berlin Mar, Berlin, Germany
 Oct 20 Rome Roller Mar, Rome, Ita

RWC INTERNATIONAL CLASS 1
 Jun 1 Swiss Inline Cup, Bern, Swi
 Jun 15 Swiss Inline Cup, Sempachersee, Swi
 Sep 7 Hallum Marathon, Hallum, Ned
 Oct 19 Swiss Inline Cup, Einsiedeln, Swi
 Oct 27 Euro Marathon, Frankfurt, Ger

RWC INTERNATIONAL CLASS 2
 May 18 Swiss Inline Cup, Basel, Swi
 May 26 Austrian IL Cup, Graz, Aut
 May 26 Rhein Ruhr Marathon, Duisburg, Ger
 Jun 5 Steenwijk Marathon, Steenwijk, Ned
 Jun 15 Zaanstad Marathon, Zaanstad, Ned
 Jul 13 Swiss Inline Cup, Lausanne, Swi
 Jul 14 Austrian IL Cup, Villach, Aut
 Jul 20 Swiss Inline Cup, Zug, Swi
 Jul 22-Aug 5 European Champs, Grenades, Fra
 Jul 26-28 IL Chall, Höfingen, Ger
 Aug 15 Austrian IL Cup, Innsbruck, Aut
 Aug 17 Swiss Inline Cup, Biel, Swi
 Aug 22-26 World Championships, Ostende, Bgm
 Aug 31 Alemse Skeeler, Alem, Ned
 Sep 1 Glisse du Lac d'Anney, Anney, Fra
 Sep 8 Intn'l of Bourgogne, Dijon, Fra
 Oct 6 Vendée Marathon, Herbiers, Fra
 Oct 13 Long Beach Marathon, Calif, USA
 Nov 3 Bogota Intnl Mar, Bogota, Col
 Nov 11 RWC Tahiti Nui Marathon, Tahiti

USARS INLINE RACING TOUR www.usarollersports.org
 Jul 6-7 Wendys Intl Fest, Columbus, OH 614-529-4268
 Jul 28 Cornhusker Classic, Lincoln, NE 402-483-7551
 Aug 24-25 Chris Thater, Binghamton NY 607-778-2056
 Sep 8 New York, Orchard Bch www.empire-speed.com
 Sep 14 Northshore Mar, Two Harbors-Duluth, MN

***UNITED STATES EAST**

*EMPIRE SPEED, NY www.empire-speed.com
 *NESTEA SERIES www.familyfitnessweekend.com
 *PREMIER 614-431-9134 www.premierraces.com
 May 17-18 Aurora Sports Festival, IL 630-264-8266
 May 17-19 Sk8 Martha's Vinyard, MA 508-696-0456
 May 18-19 May Inv, Hickory, NC 828-328-8824
 May 19 Wharton, NJ www.wheelsinmotionrink.com
 May 19 Nestea Skate Series, St Augustine, FL *Nestea
 May 19 WalkRoll Chicago, IL 312-372-0471 walk.roll@caner.org
 May 25 Collingswood MayFair 10K, Collingswood, PA
 May 25 Mad Cow Adventure, Columbus, OH *Premier
 May 25 Speed at the Park, Cooper City, FL 402-483-7551
 May 25-26 Roswell Inv, GA www.roswellrollerink.com
 May 25-26 Challenge Centuries, Harwell GA 864-675-1183
 May 26-27 Quad Cities Crit, IL 309-788-6311
 May 27 Port Richmond SK, PA 215-425-1110
 May 27 THE GREAT RACE Elkhart, IN 574-296-5862
 www.thegreatrace.net
 May 31-Jun 2 Liberty Weekend, NYC, NY 212-774-1774
 Jun 7-8 Wild Onion Advent, Indianapolis, IN 317-784-3540
 Jun 9 Greenland SkateFest, NH 603-436-6168
 Jun 12-16 Sunshine Games, Palm Beach, FL 866-354-2637
 Jun 14 Gr Lk Reg Champs, Watertown WI 920-206-0555
 Jun 14-17 So Reg Champs, Pensacola, FL 402-483-7551
 Jun 15-16 E Reg, Wharton, NJ www.usarollersports.com
 Jun 21-23 SE Reg Indr Champs, Hickory, NC 402-483-7551
 Jun 22-23 NE Reg Champs, Schenectady, NY 402-483-7551
 Jun 23 Empire Stage 3, Woodbury, LI, NY *Empire
 Jun 28-30 Philly Freedom SK8, PA www.freedomskate.org
 Jul 4 on the 4th, York, ME 207-363-1040
 Jul 4-6 Cobblestone, Buffalo NY info@dutrisports.com
 Jul 6 Four Bridges of Elgin, IL 773-868-3010
 Jul 6-7 IRI Wendys Intl Fest, Columbus, OH 614-529-4268
 Jul 7 RAS Crit, Eau Claire, WI www.ringaroundsaturn.com
 Jul 7 Skate of the Union Race, VA 703-691-2131
 Jul 12-14 Allentown Sports Fest, PA 610-703-2181
 Jul 12-28 Superweek, Milwaukee, WI 262-784-1732
 Jul 13 Speed at Park, Cooper City, FL 402-483-7551
 Jul 13-21 GA Games, Augusta, www.georgiagames.org
 Jul 19 Savannah Skate Fest, GA 843-689-3440
 Jul 27 Run-Walk N Roll SK, Barkers Isl, WI 715-395-7709
 Jul 27 Rock/Roll Sports Fest, Dublin, OH *Premier
 Jul 27-28 Grand Island Wkend, NY www.dutrisports.com/
 Jul 28 IRI Cornhusker Classic, Lincoln, NE 402-483-7551
 Jul 28 Nestea Skate Series, Ft Lauderdale, FL *Nestea
 Aug 4 Empire Stage 4, Woodbury, LI, NY *Empire
 Aug 9 Hills & Thrills, Pittsburgh, PA skatepittsburgh.com
 Aug 10 Speed at Park, Cooper City, FL 402-483-7551
 Aug 18-19 Tour Nat'l Crit Downers Grove, IL 773-868-3010
 Aug 22 Abercrombie Chal, New Albany, OH *Premier
 Aug 24 Galyan's Run & Roll, Columbus OH *Premier
 Aug 24-25 IRI Chris Thater, Binghamton NY 607-778-2056
 Aug 31 Celebrate Westlake, Westlake, OH 440-808-5700
 Aug 31 Speed at Park, Cooper City, FL 402-483-7551
 Sep 2 Mt Carmel Fit Chal, Reynoldsburg, OH *Premier
 Sep 2 US 10K Classic, Atlanta, GA www.us10k.org
 Sep 8 River Run 12-mi, Berea, OH www.hermescleveland.com
 Sep 8 IRI Empire Stage 5, Orchard Bch, Bronx NY *Empire
 Sep 8 Cleveland Clin River Run, OH 216-623-9933
 Sep 13-15 Wild Scallion, Chicago, IL 317-784-3540
 Sep 14 UNCF Skate-a-thon, Chicago IL 773-868-3010
 Sep 14 Run & Roll Rickenbacker, OH *Premier
 Oct 4-6 CycleFest, West Palm Bch, FL 561-968-7726
 Oct 6 Super Sunday, Dublin OH *Premier
 Oct 12 Empire Stage 6, Brooklyn, NY *Empire
 Oct 26 Halloween Spook Out, Alum Creek, OH *Premier

***UNITED STATES WEST**

*SDSE 858-550-0180 www.sk8.org
 May 16 Katy Trail 5K, Tx www.katytraildallas.com
 May 18-19 Milpitas Spd Meet, CA 408-946-1371
 May 19 NW Div Meet Burlington WA 360-755-5001
 May 19 NW Div Speed Meet, WA 402-483-7551
 May 21 Summer Racing Series #1, San Diego, CA *SDSE
 May 24-27 Out Bank Nats, Colorado Spr CO 402-483-7551
 May 25 Loop/Lake 8K Des Moines, IA eppard@mchsi.com
 May 29-31 Road Nats, Colorado Spr, CO 402-483-7551
 Jun 2 EL DORADO CHALLENGE #2 12.25 mi, CA
 562-434-9215, goblair1@hayoo.com
 Jun 2 Grand Old Day! Go, St Paul, MN 651-228-1986
 Jun 4 Summer Rac Ser #2, San Diego, CA *SDSE
 Jun 8 5 Mi for Life Jog-a-Long, Rice Univ, TX 713-680-8088
 Jun 8 Journey for Sight, Topeka, KS 785-633-8321
 Jun 9 GREAT SKATE OF TEXAS 25/5K, Plano, TX
 972-202-1521 www.greatskate.net.

Jun 9 Tucson 5000 USATF St Champ, AZ 520-326-9383
 Jun 15 Dispatch Online Inline 1/2 Mara, Brainerd, MN
 218-829-5527 tjholm@uslink.net
 Jun 16 Roll Wine Ctry, Callistoga-Napa, CA 415-752-1967
 Jun 18 Summer Rac Ser #3, San Diego, CA *SDSE
 Jun 21-23 S Cen Reg Champs, Spring, TX 402-483-7551
 Jun 21-22 NW Reg Champs, Portland, OR 402-483-7551
 Jun 22 Great Longhorn Days, MN www.lesterprairie.com
 Jun 22-23 N Cent Reg Champs, Tulsa, OK 402-483-7551
 Jun 22-23 SW Reg, Victorville, CA 760-241-6813
 Jun 29 Run & Roll for Rose, Roseville, MN 651-415-2100
 Jul 2 Summer Rac Ser #4, San Diego, CA *SDSE
 Jul 4 Tour for Tucson's Children, AZ 520-791-5563
 Jul 7 Summer Meet, Auburn, WA 253-833-4990
 Jul 12-14 Prairie Rose, Bismark, ND www.prairierose.org
 Jul 16 Summer Rac Ser #5, San Diego, CA *SDSE
 Jul 19-21 Big Sky State Games, Billings, MT 406-254-7426
 Jul 21-23 USARS Indoor Nats JO, Lincoln, NE 402-483-7551
 Jul 23-27 USARS Indoor Nat Std, Lincoln, NE 402-483-7551
 Jul 30 Summer Rac Series #6, San Diego, CA *SDSE
 Aug 3-4 SUN 75, Hinkley MN 800-582-5296 www.mssun75.com
 Aug 11 Seattle Skate for MS, Redmond, WA 206-633-2606
 Aug 13 Summer Rac Ser#7, San Diego, CA *SDSE
 Aug 27 Summer Rac Ser#8, San Diego, CA *SDSE
 Sep 14 Seattle to Angel, Wells NV 775-752-3328
 Sep 28 Hesperia SK, CA 760-244-1007
 Sep 29 EL DORADO CHALLENGE #3 12.25 mi, CA
 562-434-9215, goblair1@hayoo.com
 Oct 6 Skate For Cure 5mi, Encino, CA www.skatela.com
 Oct 27 EL DORADO CHALLENGE #4 12.25 mi, CA
 562-434-9215, goblair1@hayoo.com
 Nov 2 Santa's Castle Benefit, Ft Lewis WA 253-967-2604
 Nov 3 Cactus Classic Mar, Tucson, AZ 520-722-4044
 Nov 10 New Times 10K, Phoenix, AZ 602-744-6531
 Nov 30 Holiday Fit, Anthem AZ zippsuperman@yahoo.com

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 Jul 28 Hoyt Lakes 1/2 Mar, MN 218-229-3737
 Sep 14 RWC IRT NORTHSHORE INLINE MARATH, Two
 Harbors-Duluth, MN www.northshoreinline.com
 Sep 21 NY 100K, 212-889-4343 www.skatemarathon.com
 Sep 22 Seattle 100K, WA www.incapa.com/seattle100k
 Oct 6 Athens to Atlanta 86mi, GA 404-634-9032
 Oct 13 RWC Long Beach, Calif, USA 562-728-8829
 Oct 27 Casino Niagara Intnl, Niagara Falls, 905-356-9460
 Nov 3 CACTUS CLASSIC MARATHON Tucson, AZ
 520-722-4044 www.cactus-speedclassic.org
 Feb 1 2003 Desert Mar, Palm Desert, CA

MARATHONS EUROPE & AFRICA

RWC = Roller World Cup www.rollersports.org
 *MGM Germany www.marathon.de +4940-616773
 May 18 Ijsselham Marathon, Ijsselham, Ned
 May 26 RWC Rhein Ruhr Mar, Duisburg, Ger *MGM
 May 26 RWC Rennes sur Roulettes, Rennes, Fra
 May 26 RWC Graz Inline Mar, Graz, Aut
 Jun tba Amstetten IL Mar, Amstetten, Aut
 Jun tba Gastein IL Mar, Gastein, Aut
 Jun tba Glisse du Lac, Anney, Fra
 Jun 5 RWC Klim van Steenwijk, Steenwijk, Ned
 Jun 9 RWC Nice en Roller, Nice, Fra
 Jun 15 RWC Zaanstad Marathon, Zaanstad, Ned
 Jul 14 RWC Austrian IL Cup, Villach, Aut
 Jul 22-Aug 5 European Champs, Grenades, Fra
 Jul tba Torino Roller Mar, Torino, Ita
 Jul tba Faaker See IL Mar, Faaker See, Aut
 Jul tba Wels IL Mara, Wels, Aut
 Jul 10 RWC Steenwijk Marathon, Steenwijk, Ned
 Jul 10 Vikenbuurt Marathon, Vikenbuurt, Ned
 Jul 26-28 RWC Challenge, Höfingen, Ger *MGM
 Aug tba Solskenet, Varberg-Halmstad, Swe
 Aug tba Marathona de Media Nosa, Serpa, Port
 Aug tba Mastre Roller Mar, Mestre/Venice, Ita
 Aug 15 RWC Innsbruck Marathon, Innsbruck, Aut
 Aug 22-26 RWC World Champs, Ostende, Bgm
 Aug 31 Alemse Skeeler, Alem, Ned
 Sep tba World Country Roller Mar, Padova, Ita
 Sep tba Southern Cross Mar, Johannesburg, S Afr
 Sep 1 RWC Glisse du Lac d'Anney, Anney, Fra
 Sep 7 RWC Hallum Marathon, Hallum Ned
 Sep 8 RWC Intn'l of Bourgogne, Dijon, Fra
 Sep 22 RWC Vienna IL Marathon, Vienna, Aut

Sep 29 RWC Berlin Mar, Berlin, Ger *MGM
 Oct 6 RWC Vendée Roller Marathon, Herbiers, Fra
 Oct 20 RWC Rome Roller Marathon, Rome, Ita
 Oct 27 RWC Euro Mar, Frankfurt, Ger *MGM
 Nov 1 Pharaonic 100K, Egypt www.egyptianmarathon.com
 Mar 1-3 2003 Costa Vicentina, Pgl rollerlagos@clix.pt

MARATHONS PACIFIC & ASIA

May 25-26 Jogja Sk8 Tourn, Jogjakarta, Indonesia 011-62274-487011 mataraminlineskate@yahoo.com
 Nov 11 RWC Tahiti Nui Mar, Tahiti FIRS WC

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 Jul 20 Zug Aug 17 Biel
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 Please include event name, distance(s), date(s), location, contact person, phone, fax, email address and web site information.

CLINICS

May 16-20 USA/RS BTC#3, Colorado Spr, CO
 May 18 ICP BladeFitness Train, Cleveland, OH
 Jul 6-7 Etheredge/Ryan Cox wkshop, Denmark
<http://lhjem.get2net.dk/finnlisa/workshop/>
 Jul 13-14 Etheredge/Cox elite/pro wkshop, Dnmrk

IISA INSTRUCTOR CERTIFICATION PROGRAM

www.iisa.org Level 1 or 2 216-371-2977
 Europe: www.inline-skate.com/icp-europe/
 May 17-19 Level 1, Cleveland, OH
 May 17-19 Level 2, Dallas, TX
 May 24-26 Level 1, Singapore
 May 31-Jun 2 Level 2, Singapore
 May/Jun Level 1/2, Hong Kong
 May 31-Jun 2 Level 1, Minneapolis, MN
 May 31-Jun 2 Level 1/Freestyle, Philadelphia, PA
 May 31-Jun 2 Level 1/2, Seattle, WA
 Jun 21-23 Level 1, Boston, MA
 Jun 28-30 Level 1, Syracuse, NY
 Jul 12-14 Master Fit/Rac, Orange County, CA
 Jul 19-21 Level 1, Pittsburgh, PA
 Aug 2-4 Level 1/2, Springfield, MA
 Sep 10-11 Level 1/2/Freestyle Duluth, MN
 Sep 12-15 Intl Instruc Conf, Duluth, MN
 Sep 27-29 Skate to Ski, Lake Tahoe, CA
 Oct 11-13 Level/2, Phoenix, AZ
 Oct 18-20 Level 1/2, Metro area, DC
 Nov 1-3 Level 1/Freestyle, Miami, FL
 Nov 7 ECA Blade Fitness Conf, Miami, FL

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 Jun 21-23 Ottawa, Can Jun 28-30 New York, NY
 Jul 5-7 Chicago, I Jul 12-14 Minneapolis, MN
 Aug 2-4 Vancouver, Can Oct 18-20 Irvine, CA

EVENTS / TOURS

www.skate-a-round.com Many tours available
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 Dutch rec skate listings www.skatebond.nl
 Finnish Inline Tours: FSA +3589-34812573
 May 14-19 Tour of Germany www.inline-tour-germany.de
 Nov 9-17 Florida 400K, Daytona-Ft Laud, 800-332-6386
www.styleventures.com

ICE 2002

ISU=Intern'l Skating Union www.isu.org
 USS=US Speedskating 216-221-6137, 216-899-9577
 ASU=Amateur Skating Union 630-790-3230
 Karen Kostal: U.S. ice camps=630-784-8662
 Bonnie Buehler: Chicago camps buehlerbl@attbi.com
 Karrie Kreutz: Canada camps kkreutz@acs.ucalgary.ca
SUMMER CAMPS
 Jun 23-30 USOEC N Mich Univ, "A" develop
 Jul 21-28 USOTC, Lake Placid, NY "A" develop
 Jul 1-6 COO Top Blade, Calgary, Alberta
 Jul 7-14 USOEC-Marquette, MI, St Jr El
 Jul 8-13 COO Western Provinces, Calgary
 Jul 15-20 UOO Skate Odyssey, Salt Lake City, UT
 Jul 15-20 COO Absolute Speed, Calgary
 Jul 29-Aug 2 COO Masters, Calgary
 Aug 2-4 COO Summer Classic ST Meet, Calgary
 Aug 4-10 BCSSC Bay City, Camp, Bay City, MI
 Aug 9-11 COO Summer Classic LT Meet, Calgary
 Aug 10 ASAI Intro to SS ages 6+, Chicago, IL
 Aug 11 ASAI Novice B ages 8+, Chicago, IL
 Aug 12-14 ASAI Develop A 10+, Chicago, IL
 Aug 15-17 CWSSC Develop, Wausau, WI
 Aug 26-31 COO Absolute Speed Power, Calgary

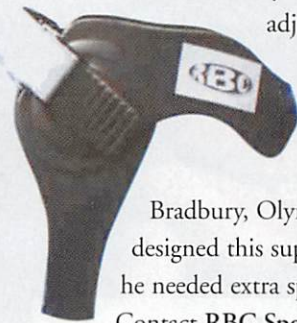
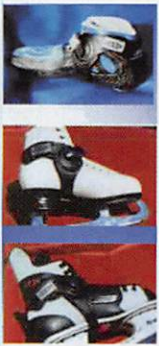
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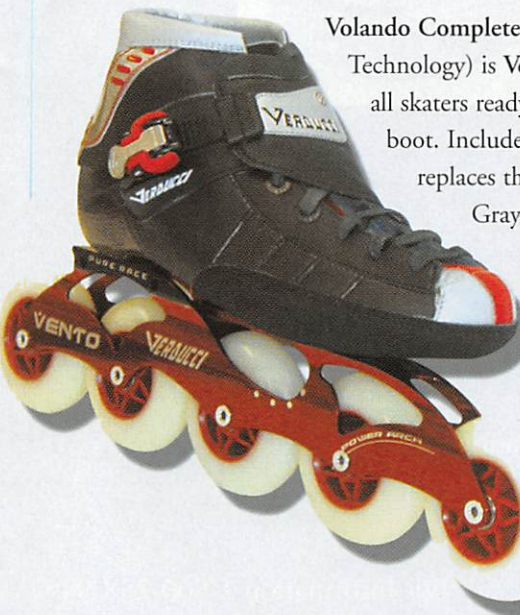
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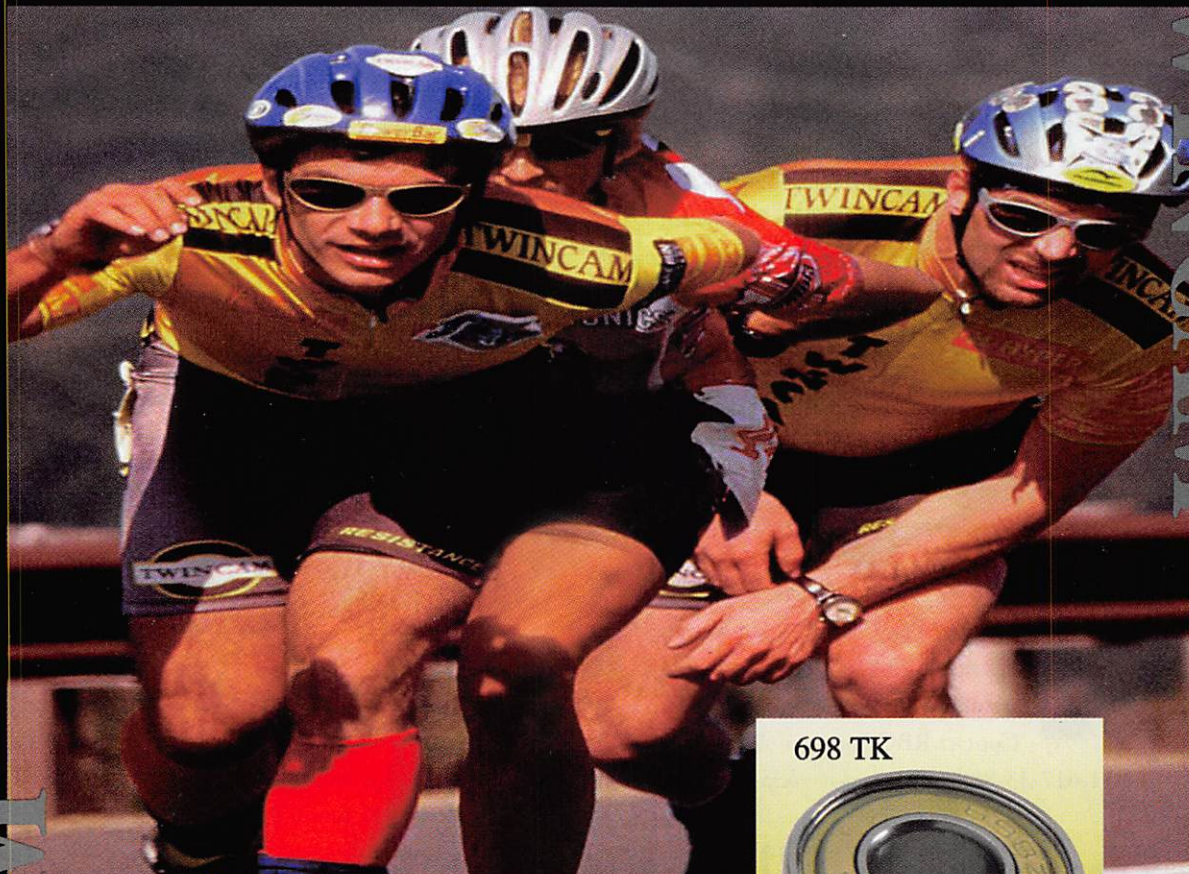
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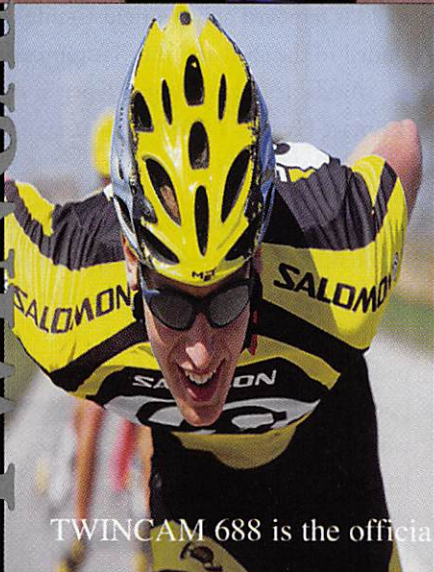
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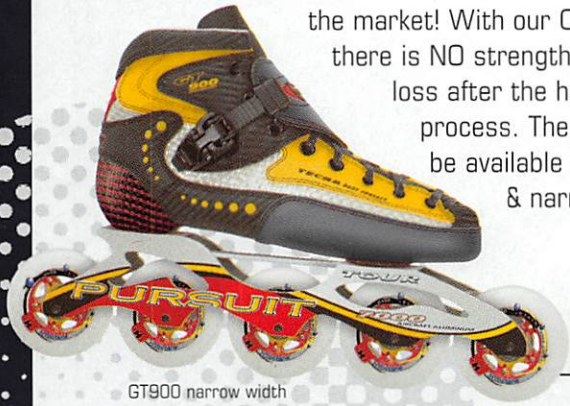
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