



An Age Old Game

Speedskating is our fastest means of travel without mechanical aid or gravity. More than 2000 years ago skate blades made of bones marked the birth of skating. The first steel blade was produced in 1850, and modern skating began.

Speedskating was the first ice sport. In 1763 the first recorded competition took place in England. Skating in the U.S. began in 1868 and the Amateur Speedskating Union was established in 1927.

More medals have been won by the U.S. in speedskating than in all other Winter Olympic sports combined! Achievements in speedskating have been made by (to name just a few):

- ◆ Eric Heiden, Dan Jansen, Eric Flaim, Apolo Anton Ohno, Derek Parra, Joey Cheek, Shani Davis, Chad Hedrick
- ◆ Bonnie Blair, Beth Heiden, Cathy Turner, Chris Witty, Sheila Young

Many remain active and share their love of speedskating and positive attitudes with young skaters who are beginning their journey in the world of speedskating.

Exploding on Ice

Speedskating is *exploding* in popularity with the new spirit of fitness in the United States. Many athletes use speedskating as a cross-training activity. This is a well organized family fun sport! Speedskating is also a Special Olympics sport, and often Special Olympic races are included in regular meet schedules.

- ◆ Summer training is available
- ◆ During the winter, Junior National and World teams are selected to provide further competition



**For more information
on local clubs,
starting a club,
becoming a coach,
or getting involved,
call or e-mail:**

U.S. Speedskating
P.O. Box 450639
Westlake, Ohio 44145
800.634.4766

Email:
tryspeedskating@usspeedskating.org

www.usspeedskating.org

Photos by Jerry Search,
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SPEEDSKATING



GLIDE INTO THE FAST LANE



SKATERS TO THE START

Do you thrive on competition? Are you a thrill seeker, or do you merely enjoy recreational activities? Then speedskating is the sport for you!

HOW TO GET STARTED

- ◆ Visit our web site:
www.usspeedskating.org/clubs.html
- ◆ Contact one of the numerous clubs throughout the U.S.
- ◆ Local clubs offer lessons and often provide loaner skates
- ◆ Join U.S. Speedskating and compete in competitions, receive newsletters and magazines, along with other benefits



SUIT UP

Skating attire can be anything that keeps you warm, but requires:

- Long sleeves
- Gloves
- Neck protection (Short Track only)
- Helmet (Short Track only)
- Knee and elbow pads (optional—Short Track only)



SHORT TRACK

In 1992, Short Track Speedskating became a Winter Olympic Sport

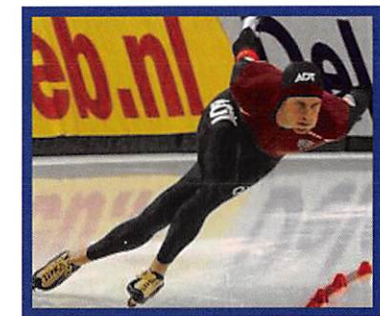
- Skated on an 111-meter track, can be held on a standard hockey rink or an international size 200x100 ft. rink
- Walls are padded to prevent injury
- Races include 500 to 3,000 meters for adults (shorter races for children)
- Relays performed with as many as four teams of skaters on the ice at one time



LONG TRACK

In 1924, Long Track skating became a Winter Olympic Sport for men and in 1960 for women.

- Skated on 400-meter track
- Olympic style (metric)
 - Two skaters are on the ice racing against the clock
 - Races are 500 to 10,000 meters
- Pack style long track only skated in United States and Canada
 - Six to eight skaters on the ice
 - Skaters have race strategies and are not confined to lanes
 - Distances are 25 to 100 kilometers for marathon competitions (shorter distances for children)



U.S. Speedskating is the national governing body for the sport of speedskating. U.S. Speedskating's mission is *to be the premier speedskating organization in the world through excellence in:*

- Leadership
- Development
- Performance