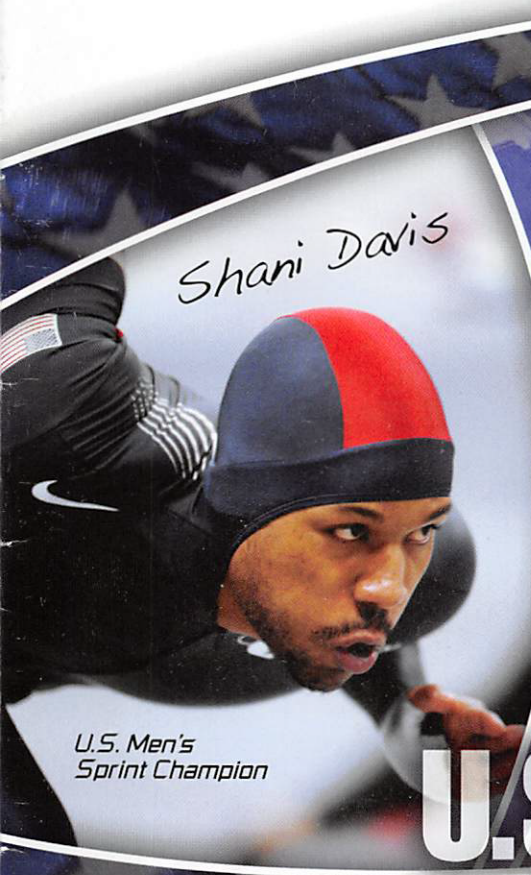


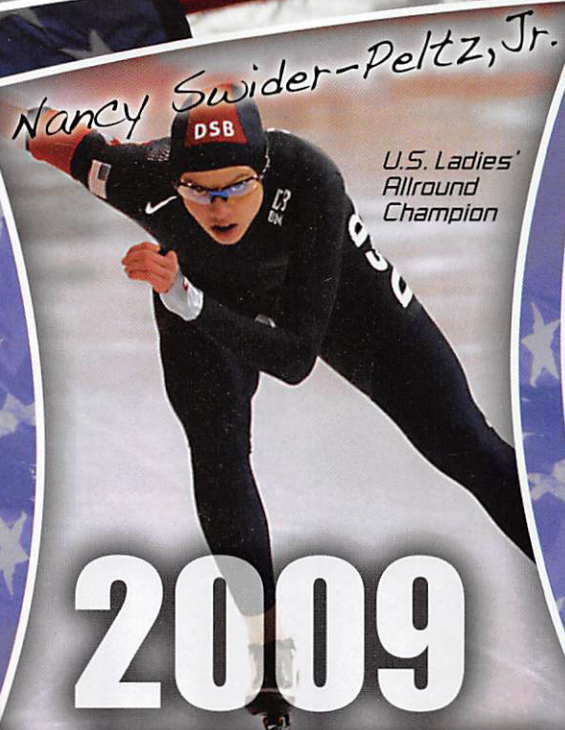


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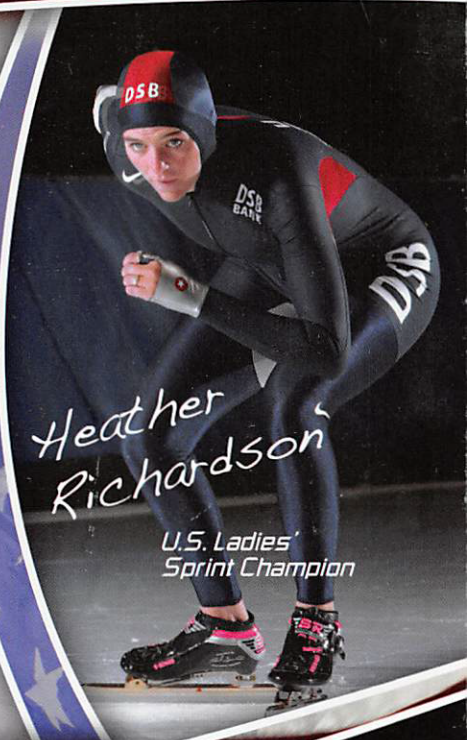
Shani Davis

U.S. Men's Sprint Champion



Nancy Swider-Peltz, Jr.

U.S. Ladies' Allround Champion



Heather Richardson

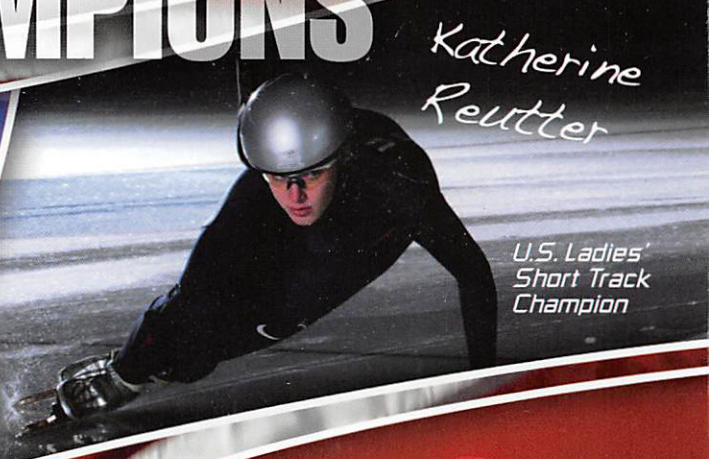
U.S. Ladies' Sprint Champion

2009 U.S. CHAMPIONS



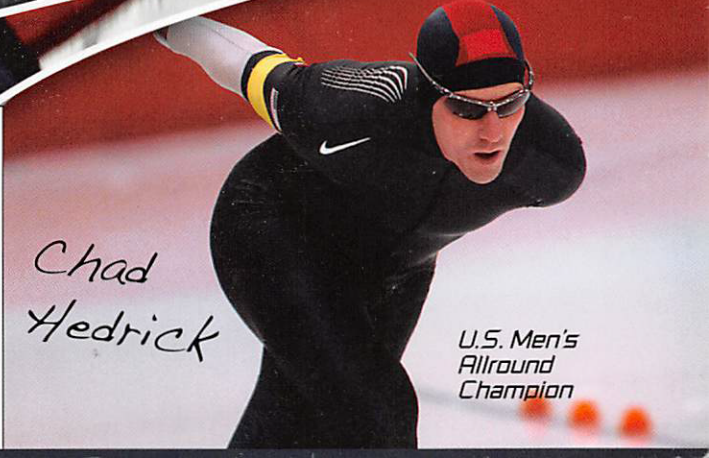
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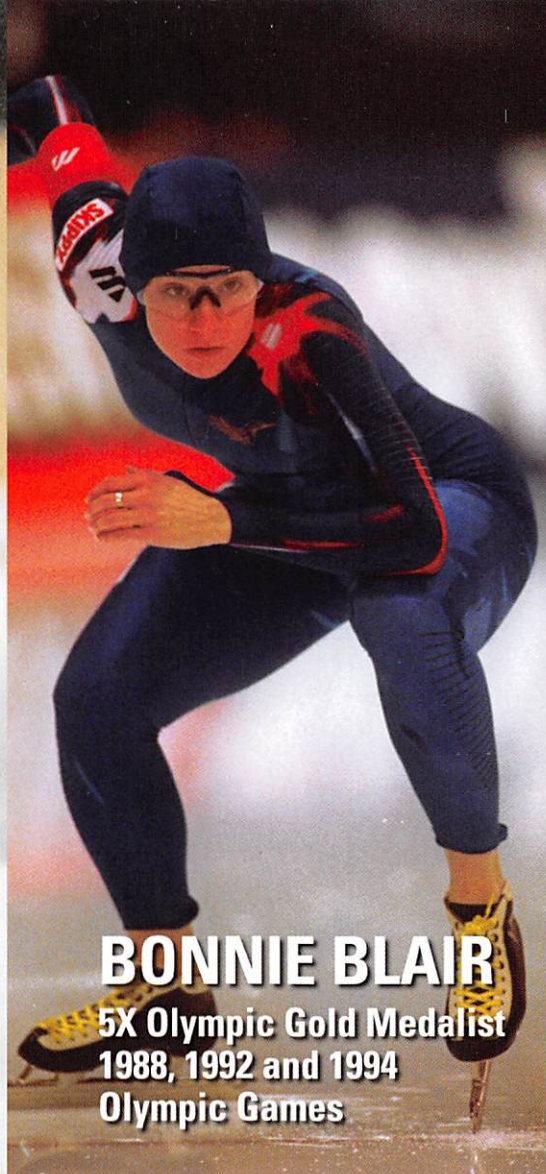


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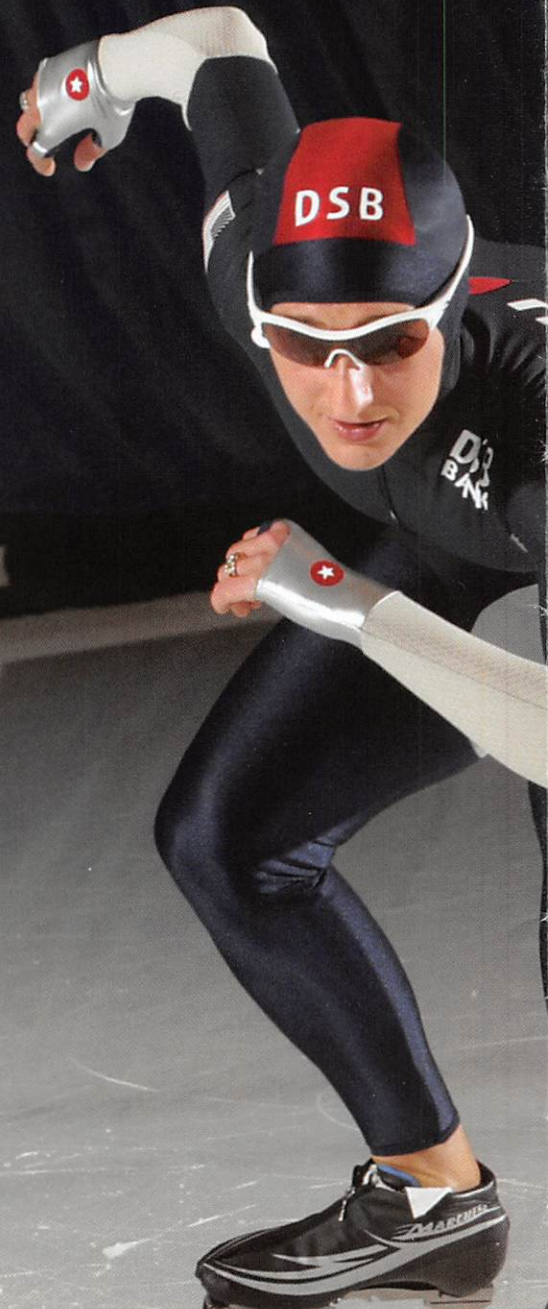


APOLO OHNO

2X Olympic Gold Medalist
2008 Overall Men's World
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US SPEEDSKATING OLYMPIC MEDALISTS WHO WILL BE NEXT?





FEATURES

12 NEW PADDING SYSTEM

Hitting the wall at 30mph was like . . . hitting a wall at 30mph. Now things are changing for the better.

14 RANDY DEAN AND THE PETTIT OVAL

A glimpse into one of the country's premier training facilities for speedskaters in the United States.

16 SPEEDSKATING CHAMPIONSHIPS

A roundup of the action and the newly crowned champions of this exciting season

23 A BAKER'S DOZEN

A look at the life of Corey Baker and the Capital Area, MI speedskating club.

26 ATHLETE PROFILE

Jennifer Rodriguez is back and she has her sights set on the 2010 Olympics.

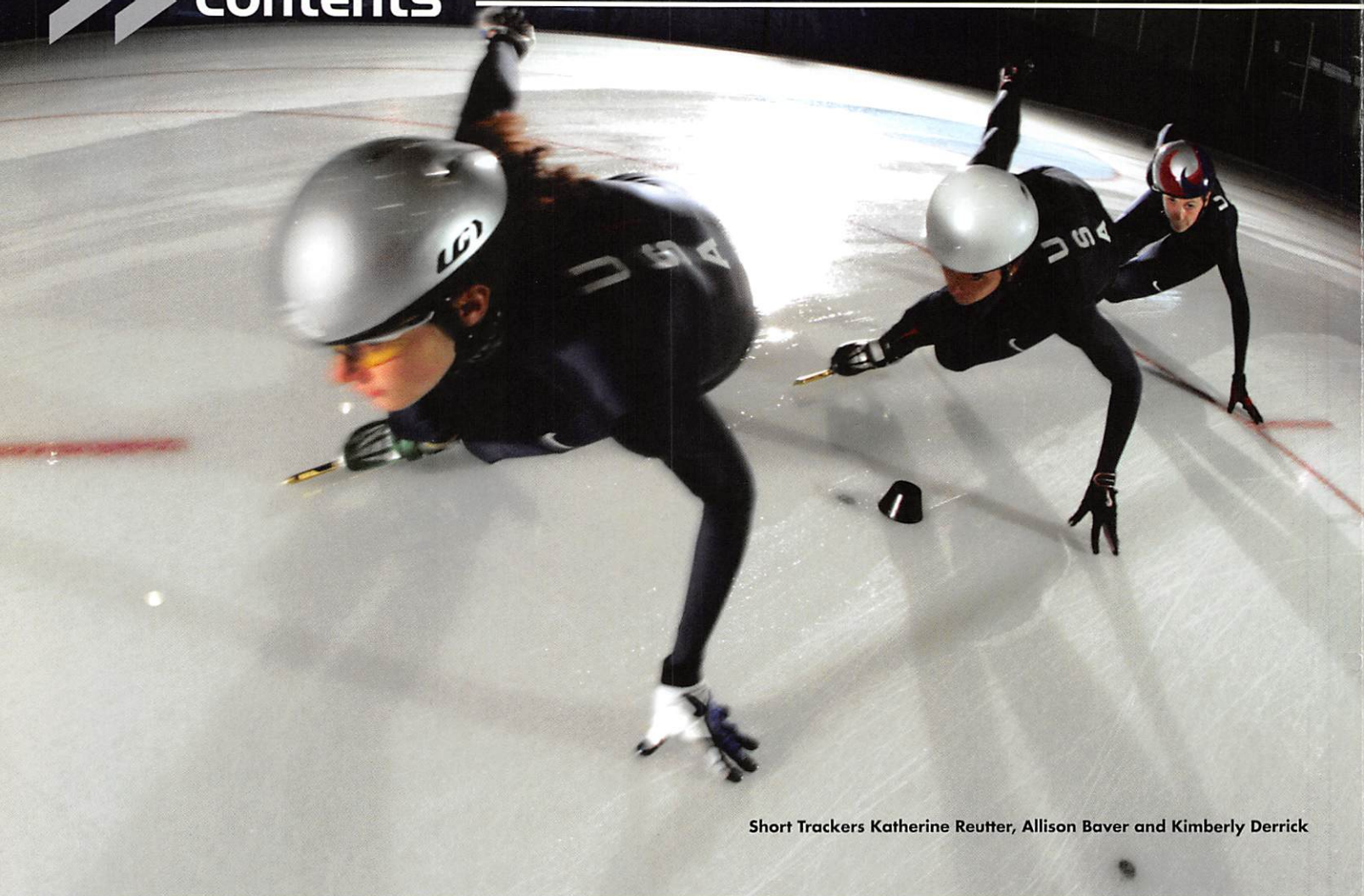


Long Trackers Lauren Cholewinski, Jennifer Rodriguez and Elli Ochowicz

SHORT TRACK
LONG TRACK
NATIONALS
WORLDS
OLYMPICS



contents



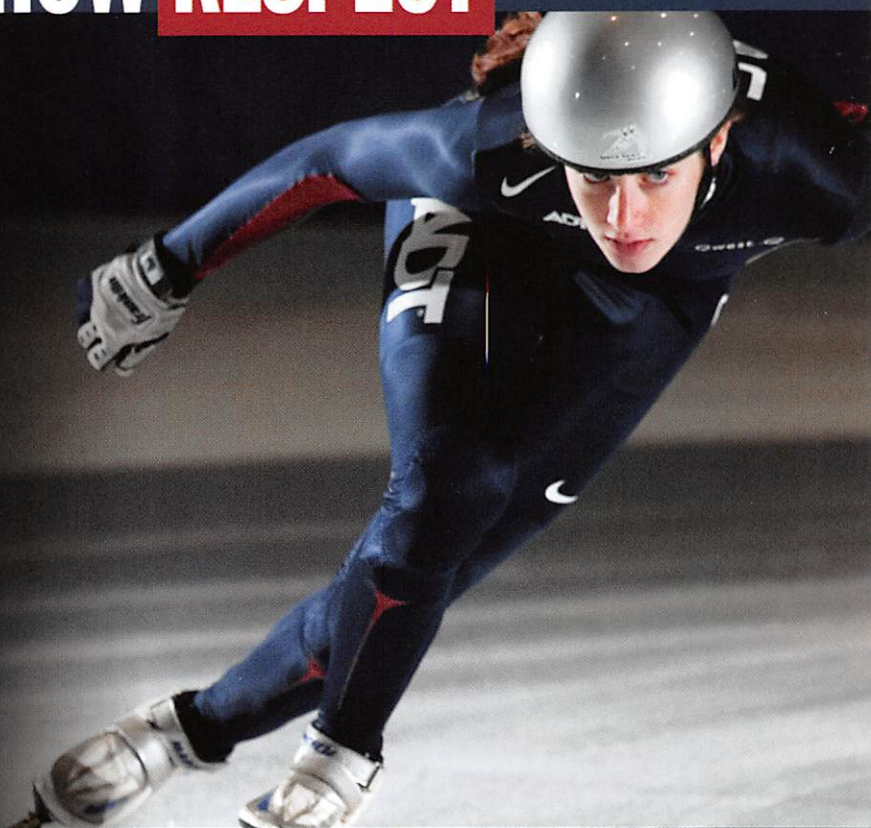
Short Trackers Katherine Reutter, Allison Baver and Kimberly Derrick

- 20 NUTRITION
Healthy meals . . . fast.
- 22 RANEY'S RECIPES
Save room for desert!
- 22 WHIP UPDATE
Commitment and hard work. It's paying off!
- 24 TRAINING
10 ways to skate faster.
- 28 CLUB NEWS
News from our Clubs and Associations
- 31 SCHEDULE OF EVENTS
Find out where the action is.



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Winter 2008 - Spring 2009

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US Speedskating:

US Speedskating
PO Box 18370
Kearns, UT 84118
media@usspeedskating.org
P: (801) 417-5360
F: (801) 417-5361
www.usspeedskating.org

US Speedskating Officers:

Brad Goskowicz, President
Jack Mortell, Vice President
Craig Wing, Secretary
Beth Bedford, Treasurer
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MediaOne of Utah:

MediaOne of Utah
A Newspaper Agency Company
4770 South 5600 West
PO Box 704005
West Valley City, UT 84170
P: (801) 237-2815
F: (801) 237-2519
www.mediaoneutah.com

President:

Brent Low, MediaOne of Utah
brent.low@mediaoneutah.com

VP Business Development:

Jed Call, MediaOne of Utah
jcall@mediaoneutah.com

Photo Credits:

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Editor:

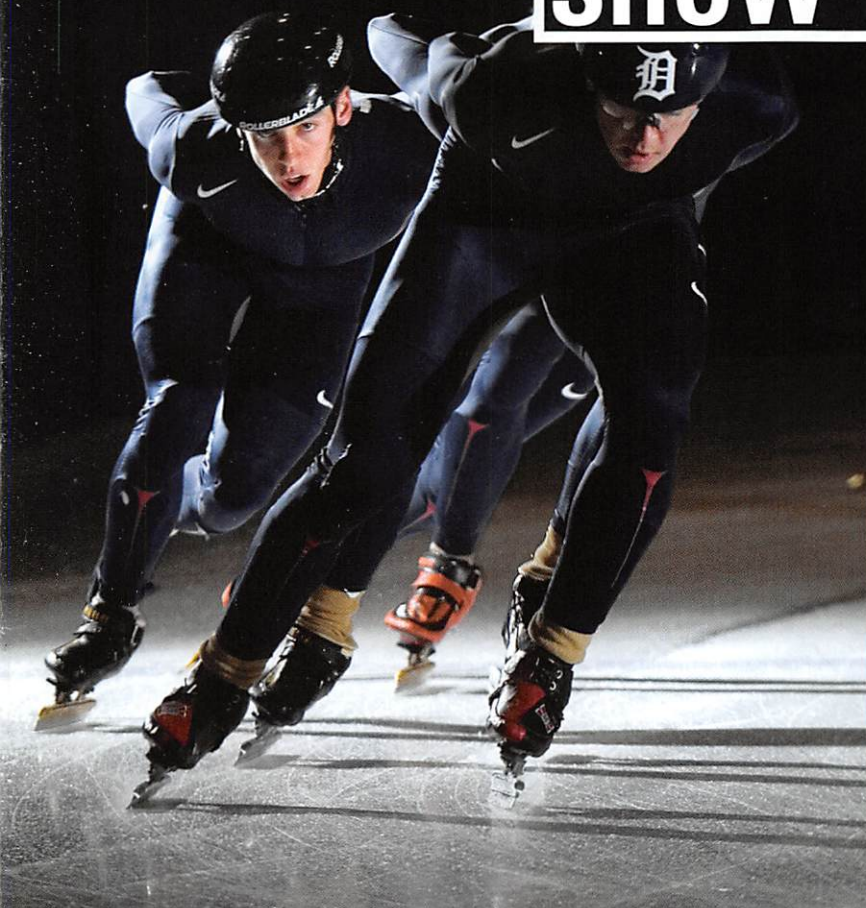
Peri Kinder
pkinder@usspeedskating.org

Publication Layout & Design:

Brian Hugo
bhugo@mediaoneutah.com

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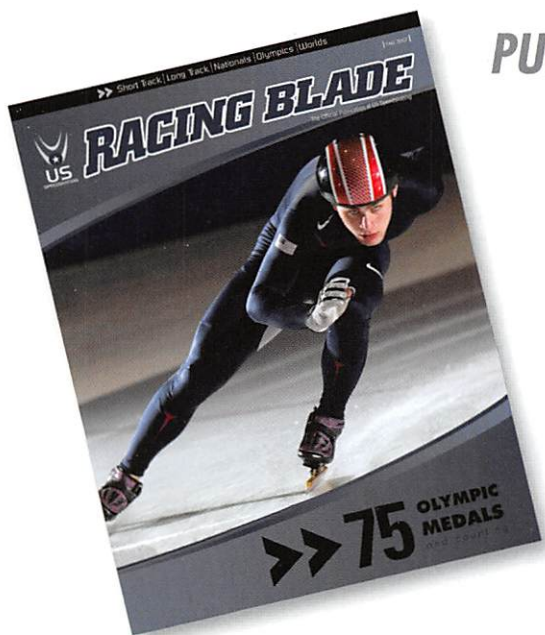
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Ethics and Fair Play

— by Robert T. Crowley, Executive Director, US Speedskating



ROBERT CROWLEY
Executive Director

I do not profess to be an ethics guru. However, I've been around sport all my life and developed some core values as it relates to ethics and fair play.

Every athlete wants a level playing field, an opportunity to compete at the highest degree possible. It's up to the governing organization to provide rules through the creation and enforcement of the Regulations for both Short and Long Track speedskating. The USS Staff, Board of Directors and committees spend hours reviewing and formulating the policies, procedures and language to be used. Every effort is made to be fair to all athletes with openness being of utmost importance.

The 2010 Olympic Selection Procedures have faced scrutiny, not only by USS, but also by a panel of experts from the United States Olympic Committee who are involved with procedures for other sports. Efforts have been made to give athletes equal opportunity to compete and succeed. No athlete should have a competitive advantage due to procedures and rules.

Every sport has judgment calls critical to the outcomes of competition. People outside the speedskating community consider our sport a timed sport but we all know it's not that simple. Olympic sports such as gymnastics, diving and figure skating are judged with scores that are based on specific criteria. In our sport there is a timing component, viewed by the general public as fair and unbiased.

In all sport, officials have the duty to make critical judgments that may affect the outcome of the competition. Officials must call what they see. Most calls are obvious but many are not and a decision must be made. This is where all sports trust their officials to be unbiased. I have every confidence that the baseball umpire and football referee "calls them as he sees them." As passionate fans, we have every right to disagree, however, the official has the authority to make the call.

In speedskating, each official makes fair decisions to the best of their abilities. Officials are bound by fair play and a high ethical standard. Both athletes and spectators may vehemently disagree with an official's call, but we all must trust their judgment. Officials do not take their responsibility lightly and maintain the ethical standards and integrity of sport.

Athletes also have ethical standards. Marion Jones took performance-enhancing drugs to help win Olympic gold medals. She cheated the system and herself. We know that each athlete wants to gain that "edge," that advantage over their opponent, but within the rules of the game. Athletes push the limit to see how much advantage they can gain without crossing the line that leads to penalties or disqualifications.

Coaches must inspire ethical standards in all of their athletes. Coaches must know the rules and set the tone for their athletes. Watching the terrific athletes compete in both the U.S. Short and Long Track Speedskating Championships, there have been some incredible performances. There appears to be great camaraderie among the athletes and a respect for the officials and the job they do. Speedskating is a sport that demonstrates core values and ethical standards. For that, we should all be proud.

I extend my best wishes for personal bests achieved the "right way" for every athlete in 2009. Happy New Year.

75 OLYMPIC MEDALS

and counting...

meet the HEAD COACHES

It takes more than talent and determination to become an Olympic speedskater. Hours of grueling training ensures an athlete's peak performance during national and international events. Good coaches keep athletes working hard—even when they don't feel like working hard. US Speedskating's coaches are the best in the world. No doubt about it!



Ryan SHIMABUKURO, Head Coach National Long Track Sprint Training Program

Ryan Shimabukuro has coached some pretty fast skaters. Joey Cheek, Kip Carpenter, Chris Witty and Tucker Fredricks are just a few of the athletes who have benefited from Ryan's fantastic coaching ability. But not only is Ryan an awesome sprint coach, he's also a judge for national wakeboard competitions. The native Hawaiian used to compete at wakeboard/wakesurfing events himself until an accident sidelined his career. So in his free time, you can find him sitting on a boat, eating snacks, enjoying a cold drink and judging wakeboard competitions around the country. He also loves to hang out with his wife Hideko and their kids Taylor and Faith.



Bart VELDKAMP, Head Coach National Long Track Allround Training Program

Bart Veldkamp is a rock-star in The Netherlands. In a country that reveres speedskating athletes as heroes, Bart achieved legendary status by winning medals at three Olympic events, including a gold medal for the Mens 10,000m event during the Albertville Games in 1992. Bart brings his expertise to the USS Allround Training Program, working with the team to make them stronger, faster and focused. If he ever has spare time, Bart enjoys biking, skiing, reading and playing PlayStation.



Jae Su CHUN, Head Coach National Short Track Training Program

Jae Su Chun is a challenging, passionate, committed and organized coach. He expects the best from his skaters—every single time. Originally from South Korea, Jae Su moved to Salt Lake City with his wife and two sons. When he's not traveling the world with the Short Track World Cup teams, Jae Su likes to surf the Web, listen to music and spend time with his family. His hard work with the World Cup Teams paid off big time in March 2008 when Team USA won the Men's World Short Track Team Championships. Jae Su is busy preparing his team for the 2010 Winter Olympics in Vancouver.



Derek PARRA, Inline Transition Director

Derek Parra is a gold-medal Olympian who heads up the Wheels on Ice Program (WhIP), identifying and recruiting top U.S. inline skaters who might be interested in giving speedskating a try. Although Derek's an easy-going guy, he becomes very passionate and focused when working on specific goals. He relaxes by playing golf, snowboarding, reading and spending time with his family—especially his 7-year-old daughter, Mia. Derek has a great sense of humor and adds a spark of fun to US Speedskating.



Shane DOMER, Strength and Conditioning Specialist

Shane Domer is one smart guy. As the USS Strength and Conditioning Specialist, Shane works with the athletes from the National Training Programs as well as the WhIP team, making them lean, mean, skating machines. And when he's not implementing strength/conditioning programs, he's READING about strength/conditioning programs. And when he's not READING about strength/conditioning programs, there's a good chance he's spending time with his wife Karen or their two spoiled dogs, Riley and Brody. Shane loves mountain biking, snowboarding and staying organized. He's coached athletes at every level from collegiate to professional to Olympic. We're lucky to have him training our team for Vancouver!

Five coaches, 65 speedskaters. They are dedicated professionals who work hard every day to help athletes achieve their dreams. Thank you coaches!

New Pads Make a

Big Impact



Something new has been added to the Utah Olympic Oval, training grounds for the US Speedskating National Training Programs. A state-of-the-art pad system was installed at the Oval last fall, just before the ISU World Cup event. The pads have had a huge impact on the US Speedskating National Short Track program by preventing huge impacts. The result—safer short track speedskating on the “Fastest Ice on Earth.”

When US Speedskating made the decision to relocate its programs to the Utah Olympic Oval in Utah two seasons ago, one of the attractions was the willingness of the facility’s management to consider installing the padding system. That became a reality in September, and when the season’s first short track World Cup event was held at the Oval in October, competitors from all countries praised the system.

“We wanted the Oval to have the best training environment for the athletes,” said Marc Norman, Oval Operations Director. “We were willing to look at installing the system because we knew it made sense. It was just a matter of determining the best way to construct that system and of course finance it.”

Through the collaborative efforts of US Speedskating, the Utah Athletic Foundation and the United States Olympic Committee, the \$200,000 padding system was in place prior to the October World Cup races. During the competition, several skaters lost control and fell, but rather than hitting a hard hockey sideboard with an inferior padding system, they slid into soft, thick pads that cushioned their impact and absorbed a lot of the energy. The result was that no athlete suffered any injury due to hitting the side pads. During a World Cup event at the Oval last March, before the padding system was in place, six skaters were taken to local hospitals with injuries.

“We knew how important such a padding system was, because of many injuries such as broken bones or concussions that speedskaters have suffered in the past,” said Guy Thibault, US Speedskating High Performance Director. “When a skater is coming into a corner at speeds up to 35 miles per hour, if they fall and hit a solid board like on a hockey rink, they are going to be injured. We have been fortunate because we now have the finest padding system of any speedskating track in the world.”

Thibault’s brother Jacque has managed the speedskating facility in Calgary, Canada, which installed a padding system a few years ago. From that initial system, officials have learned how to improve the pads in terms of thickness and mobility. For instance, at the Utah Oval, the 42-inch thick pads can move as far as four feet once a skater hits them, softening that impact

and absorbing most of the energy. Vancouver’s future Olympic facility installed a padding system in early 2008, but the Utah system is even more efficient, and maximizes safety.

Olympian Allison Baver knows first hand the value of such a system. While training a few years ago in Colorado Springs, she slipped and hit the sideboards. “I thought I was paralyzed at first,” she recalls. “I couldn’t move. The wind was knocked out of me, and as I was laying there, I was thinking that my career could be over, and who knows what else I might not be able to do because of the injury.”

She said hitting the boards at full speed is similar to falling from a four-story building. Now, “the Utah Oval is without a doubt the best facility in the world. Having this padding system helps add to our confidence, and that allows us to train better and harder.”

Thibault said statistics from those tracks with a padding system (Kearns, Calgary, Vancouver, Torino, Italy and Korea) have shown the number of concussions has fallen from a high of 70 a few seasons ago to just two.

The commitment to the padding system was multi-faceted. Officials at the Utah Olympic Oval had to sacrifice one of the facilities two ice sheets, eliminating its popular indoor soccer program. One of those sheets is now completely dedicated to training and racing for short track.

“We wanted to do it right, and our system has accomplished that,” Norman said. “It shows the commitment that we have for training our athletes and hosting world class short track speedskating events at the Oval.”

ABOVE: Although many skaters fell during the Samsung ISU World Cup Short Track event held at the Utah Olympic Oval in October 2008, no one was severely injured thanks to the new padding system.

BELOW: Paul Stanley from Great Britain hits the boards during a World Cup event held at the Utah Olympic Oval before the new pad system was installed (left); South Korean skater Sun Yu Jin is hurt after sliding into the boards in the pre-pad system Utah Olympic Oval.



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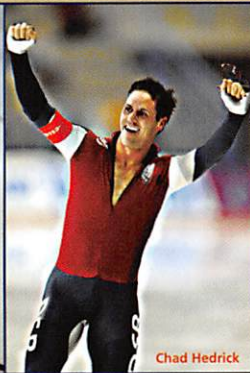
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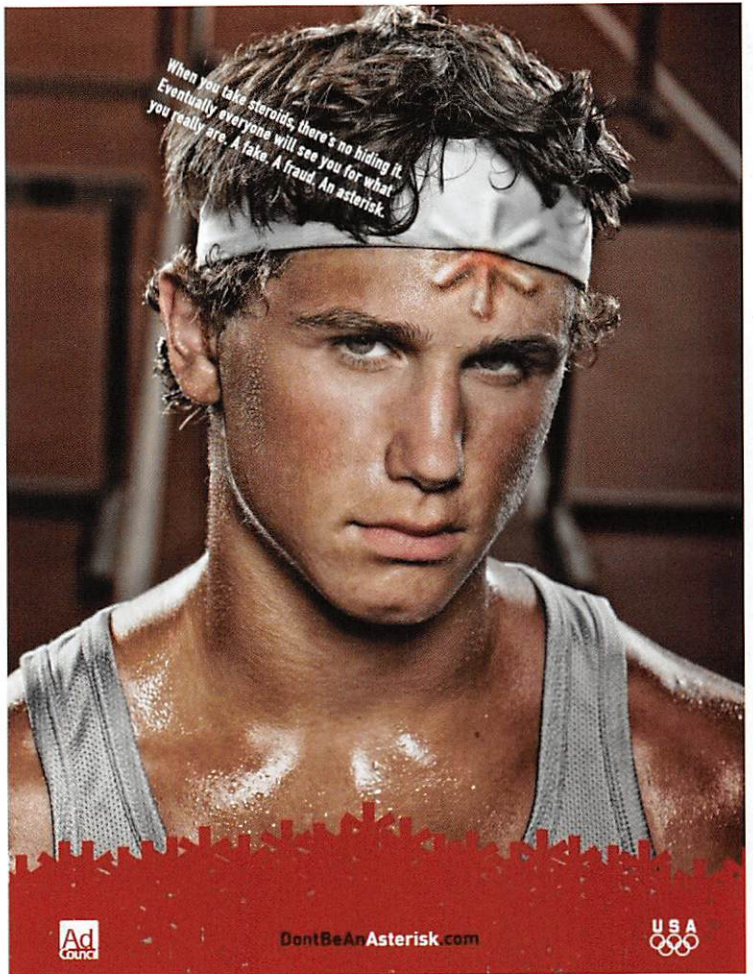


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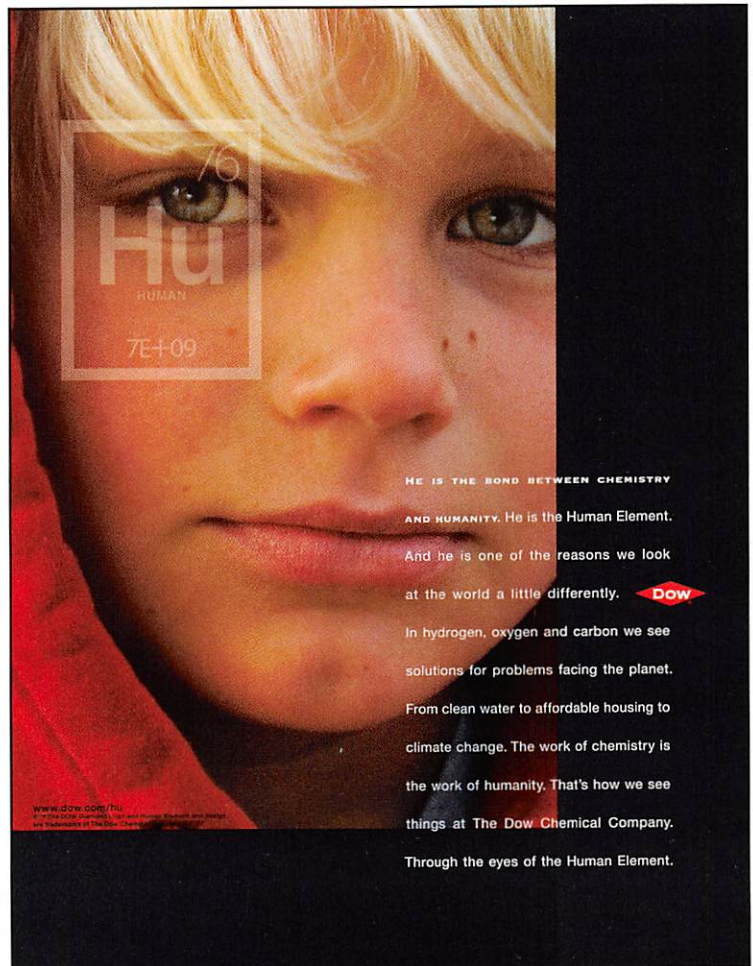



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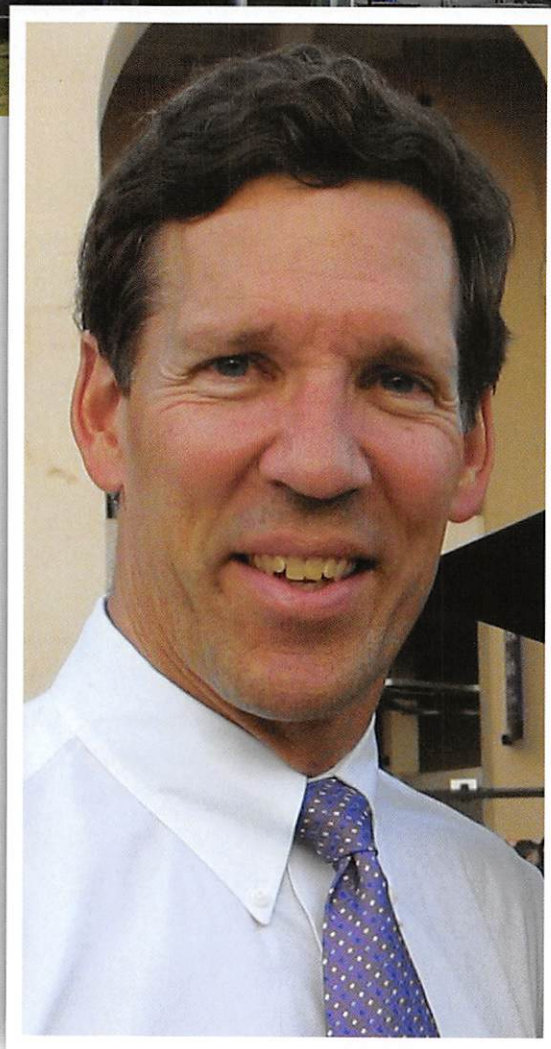
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Randy Dean, executive director of the Pettit National Ice Center in Milwaukee, Wisconsin.

Randy Dean: A new vision for the

Pettit Oval

Randy Dean has come full circle in his career—from competing in the 1976 Summer Olympic Games to overseeing one of the country's premier training facilities for speedskaters in the United States.

Dean was a member of the Olympic Handball team, and while handball may seem a world away from the ice rink, Dean says his Olympic background prepared him for his new role as executive director of the Pettit National Ice Center in Milwaukee, Wisconsin.

"I have a special appreciation for what athletes and coaches go through preparing for the Games—the dedication and sacrifice that are needed to compete on this level," Dean says.

In addition to being an Olympian, Dean was a quarterback for Northwestern University, the New York Giants and the Green Bay Packers. For the past 10 years, he served as director of athletics and development for the University School of Milwaukee.

Now Dean oversees a vital training site for U.S. Speedskaters: the Pettit sits at sea level, and the 2010 Winter Olympic Games will be hosted in sea-level

Don't miss THIS >>>

Vancouver. In fact, the 2014 Winter Olympic Games in Sochi, Russia, will also be held at sea-level facilities.

Dean took the helm of the Pettit (one of only two covered long track ovals in the United States) in October 2008. He says his role is to “make sure the ice and the conditions are ideal for training and competitions.”

In December, the Pettit played host to the U.S. Long Track Speedskating Championships. Dean says it's essential to use the publicity surrounding such events—and the upcoming Olympics—to attract new speedskating enthusiasts. “When we have Olympic trials like this, people are definitely inspired by the athletes,” he says. “This is the perfect time to capture that energy and funnel people into our programs.”

The challenge will be to get new fans out of the stands and onto the ice. In fact, the Pettit opens to the public immediately following the timed trials and championships. “People are able to skate on the same ice that world-class athletes have just performed on,” says Dean. “You don't have that kind of access on a professional football or baseball field, but you do at the oval.”

Dean describes the Pettit as a “great community resource” with a long history in the community. It was dedicated in 1992 but was built on the site of an outdoor Olympic ice rink dating back to the 1960s. “There is a rich tradition here of speedskating,” he says. Indeed, the last four Olympic Games have showcased speedskaters who either trained or competed at the Pettit.

Despite that tradition, many in Milwaukee are unaware of all that goes on at the oval, from Olympic trials to youth programs and public skating. There is even a running track along the perimeter of the oval.

“Thousands of people drive past the oval every day, and most of them just see a big building,” says Dean. “We need to help the public understand what goes on here. There's really something for everyone.”



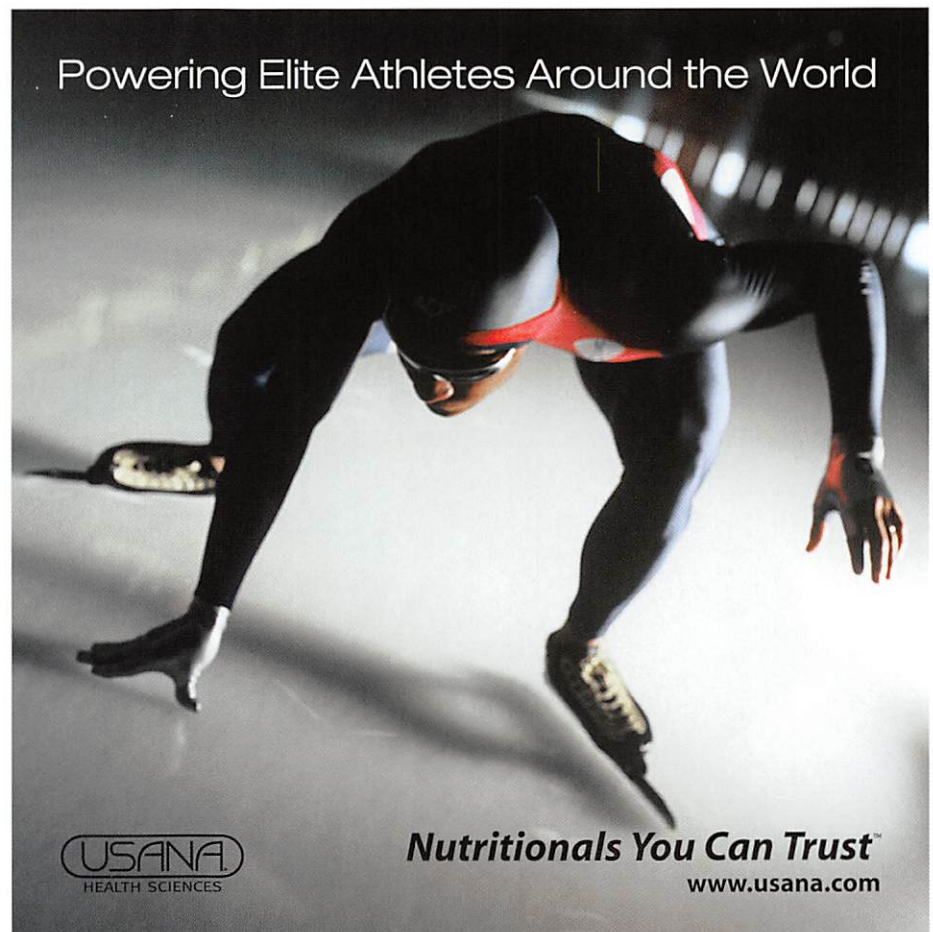
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U.S. Short Track SPEEDSKATING CHAMPIONSHIPS

By Peri Kinder

Falls, upsets and restarts could have changed the outcome, but when the dust finally settled at the 2009 U.S. Short Track Speedskating Championships in St. Louis, Missouri, Apolo Anton Ohno and Katherine Reutter retained their national championship titles.

The Hardee's Iceplex in Chesterfield, Missouri was the location for the event, held just before Christmas, where the country's top short track speedskaters competed in 500m, 1000m, 1500m and 3000m events for both men and women.

Reutter's performance at the Short Track Championships earned her first-place finishes in three of the four events. However, teammate Kimberly Derrick held off Maria Garcia and Olympian Allison Baver to win gold in the Ladies 500m and took the overall lead at the end of the second day of competition.

But Reutter clinched her second consecutive national title after turning in a commanding performance during the final day of competition, winning the Ladies 1000m and 3000m. Earning their place on the US Speedskating's World Team were Reutter, Derrick, Baver, Lana Gehring and Jessica Smith.

"I went into this event wanting to do my best and try to make a team," Smith says. "Going into World Cup Five and Six is exciting for me because it will be my first time racing in short track world cups. Gaining experience on an international level is what I am looking forward to."

Fan-favorite Ohno also won three of four events, but lost the Men's 500m title to Travis Jayner after a crazy race where skaters endured five falls and a restarted race. "I felt that my performances were much more consistent considering I'd been battling some major equipment issues earlier this season," Ohno says. "The last two World Cup competitions in Europe will be exciting as we've some new members to the World Team and I think that we will skate very well!"

The Men's US Speedskating World Team consists of Ohno, J.R. Celski, Jeff Simon, Jordan Malone and Ryan Bedford. The five men and five women will compete at the World Short Track Speedskating Championships in Vienna, Austria in March. Additionally, Jayner and Maria Garcia will compete with the team at World Cup 5 and 6 in February.



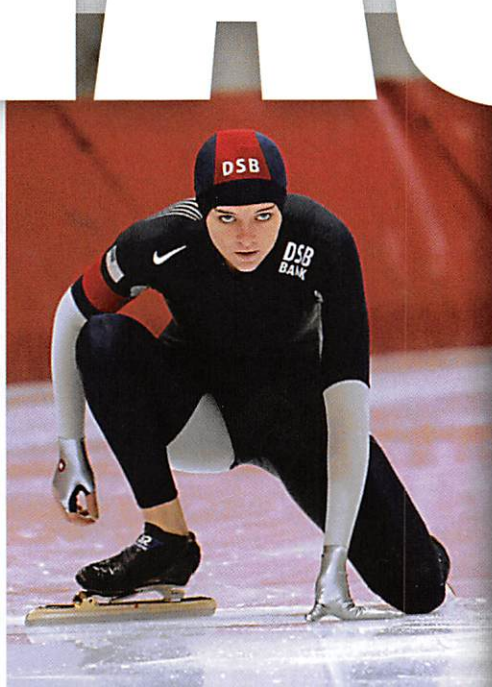
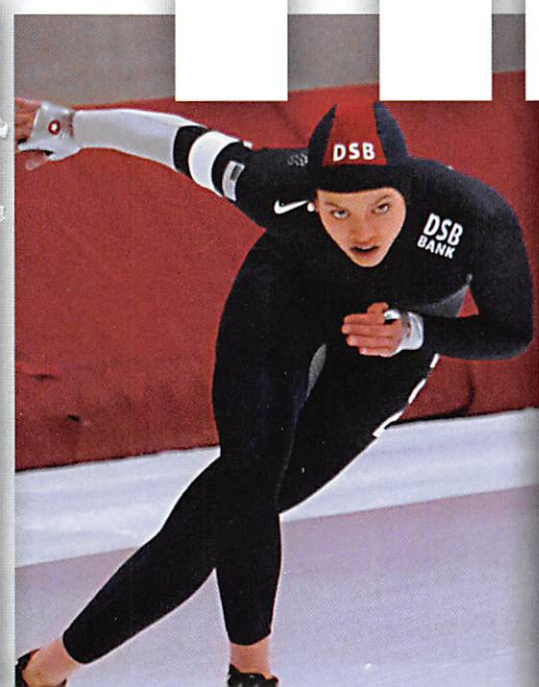
U.S. Long Track SPEEDSKATING CHAMPIONSHIPS

Not to be outdone, long track speedskaters took the ice in Milwaukee, Wisconsin during the last weekend in December for the U.S. Long Track Speedskating Championships. The event proved to be an exciting one as two ladies won national titles for the very first time. Heather Richardson and Nancy Swider-Peltz, Jr. blew through the event with Richardson skating away with first place wins for every Sprint event (followed closely by Olympians Elli Ochowicz and Jennifer Rodriguez) ending up as the new U.S. Ladies Sprint Champion.

Swider-Peltz (daughter of four-time Olympian Nancy Swider-Peltz) topped the podium as the U.S. Ladies Allround Champion followed by Maria Lamb and Anna Ringsred. "Winning my first U.S. national long track title is humbling," Swider-Peltz says. "To be considered a champion alongside so many other skaters who've taken that title before me, like my mom's first one back in 1977, is a huge privilege."

The men's competitions proved to be equally exciting with Chad Hedrick winning the Allround division, earning the U.S. Men's Allround Championship title with Trevor Marsicano and Brian Hansen coming in second and third. Marsicano proved he's a force to be reckoned with as he beat Hedrick by three seconds in an exciting Mens 10,000m event.

For the sprinters, Olympians Shani Davis and Tucker Fredricks battled for first with Davis winning both Mens 1000m events and Fredricks taking both Mens 500m races. When the points were tallied, Davis won the event and the U.S. Mens Sprint Championship title. Fredricks and Nick Pearson earned second and third place finishes. Richardson, Rodriguez, Davis and Fredricks will represent Team USA at the World Sprint Championships in Moscow.



PHOTOS FROM THE SPEEDSKATING CHAMPIONSHIPS



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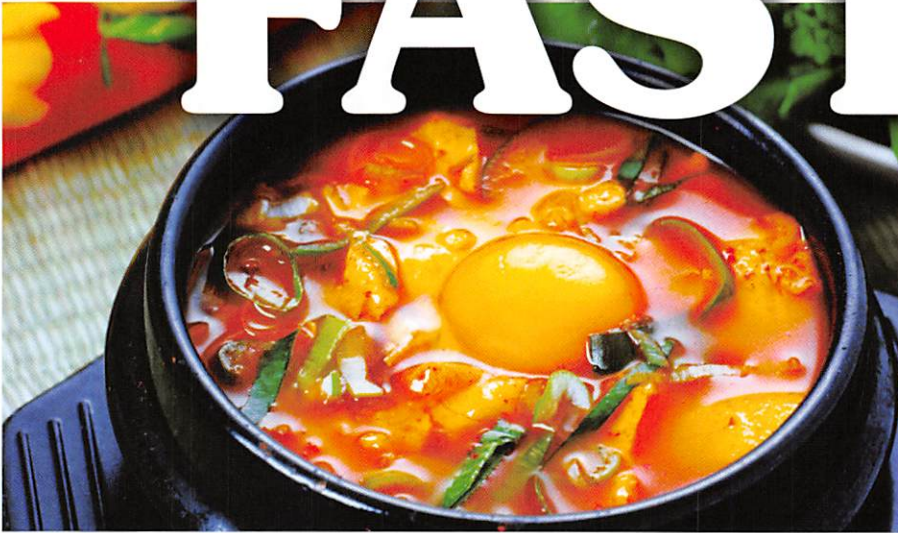
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Healthy meals . . . FAST



It's time to clean out your pantry and renew the way you eat! What if you considered not only what and how much you eat but where your food came from? Who planted the seeds, nurtured them through harsh environmental challenges, harvested and packaged the food? How many miles did it travel to get to your table?

What if you could taste and compare the wild-seed tomatoes grown by the power of the sun with those from a mono-cultured, fossil-fuel powered, pesticide-laden field? Do you think it would change the way you eat?

Healthy cooking and eating does not require all the time in the world. In this article, you will learn to simplify your meals and their ingredients, assemble your staples for pantry and fridge and make your favorite meals with fewer ingredients at no expense of flavor.

To prepare fast, healthy, fresh meals you need some cooking tools but we will leave the microwave out of the word "cooking." You may use your

microwave to heat up a meal but it is absurd to think that a microwave oven comes anywhere near the Art of Cooking.

Look at your pantry and your refrigerator shelves. What you have not used for the past 12 month, throw out. What contains more than seven ingredients and includes things you can't spell, throw out. Whether you spend the money to buy organic instead of conventional is up to you.

More important than organic are foods available from local farmers. Depending on where you live, there may not be fresh food available from your local farmer in the winter. The closer the farm is to where you live, the less time the food remains packaged in cold storage and the less miles it covers, thus, the food tastes better, contains more nutrients and pollutes the planet less.

If you consider organic versus conventional you may want to check the DIRTY DOZEN list based on 100,000 foods tested by the USDA's Environmental Working Group for pesticide residues. The

list is available at www.foodnews.org. Interestingly, some winter staples appear to be the dirtiest from conventional agriculture and these include apples, pears, celery and potatoes. Although not listed, it may be worth it to look into organic or local sources for dairy products, eggs, poultry and red meat.

Healthy Meal Basics

As an athlete, you have different needs than non-athletes. Nevertheless, your meals need to be balanced, particularly in the evenings. It is the evening meal at which you can make up for foods and nutrients you missed during the day. Any elite-level athlete is probably best-off to have monotony when eating breakfast and lunch. These are meals you eat regularly before and after training. These meals need to provide enough energy and nutrients and yet should be easily digestible in order for the body to use the energy and avoid being slowed down by unfamiliar, fiber-rich, or fatty foods.

Simple ideas for breakfasts include cereal (include the 3x3x3 rule which indicates at least 3 grams of fiber and protein and less than 3 grams of fat per serving), low-fat or skim milk and a banana or berries. Adding plain yogurt to cereal and milk will increase the protein content, which could provide more building blocks for the gain of muscle mass. Other breakfast options include smoothies, oatmeal cooked in milk with apples or berries, or whole grain toast with scrambled eggs and orange juice.

Lunch should contain plenty of carbohydrates in the form of

Cooking Essentials

rice, pasta, potatoes, bread, fruit and granola bars with little fat and small amounts of protein. Examples include leftover pasta or rice with chicken, salad, yogurt, granola bars or simple turkey sandwiches with mustard

Most athletes should use recovery foods/fluids immediately after the morning workout in the form of a sports drink and bar, recovery product or smoothie. Lunch foods should then provide a second option for optimal recovery but this meal doesn't need to be large. In fact, a snack about one hour before the afternoon workout can charge the body and prepare the athlete for the next workout.

During hard training, and in preparation for competition, dinner should be built on carbohydrates such as pasta, rice, potatoes or couscous and contain a good amount of high-quality protein in the form of fish, chicken, turkey, lean red meat, tofu/tempeh, or eggs. For vegetables, quick and easy fixes are tomato sauce and salsa, or simply adding spinach leaves to an omelet or pasta meal.

More elaborate, but still quick, is the habit of having a medium-size salad or bowl of vegetable soup as part of dinner, in addition to the dinner meal itself (this is a secret tip from Chris Witty!). Adding vegetables to salad greens, sliced fresh fruit, sprinkles of flavorful cheese, nuts or dried fruit tossed in an olive-oil based dressing will not only deliver missed nutrients but provide building blocks for a healthy immune system and speedy recovery process. Athletes often say they did not know vegetables tasted this "good" when they make their own athlete's salad!

Fast, healthy eating means having good basics on hand at all times. The lists on these pages can help get your kitchen in shape for when you need a fast, healthy meal. ↗

PANTRY ITEMS

- Pasta (dried, white and whole wheat)
- Brown rice
- Lentils (best and quickest are French lentils)
- Quinoa, Couscous
- Potatoes (sweet/regular; fresh)
- Whole-grain bread
- Whole-grain pretzels
- Almonds and cashews
- Raisins, prunes, dates
- Fresh garlic
- Fresh onion
- Tomato sauce with olive oil
- Extra Virgin, Olive oil

FLAVOR ADDITIONS

- Italian herb mix or individual herbs such as oregano, basil, thyme, rosemary (dried)
- Herbs de Provence (French, dried)
- Iodized salt and coarse sea salt
- Pepper
- Chipotle, chili, curry powder
- Honey
- Balsamic Vinegar
- White wine vinegar
- Coarse mustard
- BBQ sauce

In your refrigerator, store things you need within the next 4-7 days. The freezer can store vegetables, meats, fish and leftovers for up to 6 weeks.

FRIDGE BASICS

- Low-fat (1%) milk
- 100 % orange juice
- Low-fat plain yogurt
- Low-fat cottage cheese
- Parmesan cheese (in a block)
- Jarlsberg light cheese (sliced for sandwiches)
- Turkey breast (sliced for sandwiches)
- Chicken breast, ground turkey breast, or grass-fed ground beef
- Eggs
- Spinach
- Vegetables in season
- Salsa
- Fruit in season
- Freezer Basics
- Fish filets (pacific cod, sockeye or wild Alaskan salmon, tilapia; check labels for Marine Stewardship Council)
- Frozen vegetables
- Ice cream or frozen yogurt

COOKING TOOL BASICS:

- Large pasta pot (best with a steamer basket that fits in pot)
- Smaller pot for pasta sauce, small soups, rice or quinoa
- Non-stick or stainless-steel skillet (larger size is better)
- Non-stick baking pan (similar to a brownie pan)
- Small cutting knives (the best ones are from Victorinox)
- Large curved knife (Wüsthof is a good reasonably-priced brand)
- Wooden or plastic cooking ware (Ikea has the best prices)

Raney's Recipes

By Catherine Raney-Norman,
National Long Track Allround Speedskater



This isn't the healthiest recipe, but a little indulgence never hurts! Plus it's got a crowd pleaser effect that'll really impress. It's a great recipe if you need a quick dinner party dessert.

MEXICAN CHOCOLATE MOUSSE WITH BURNT RUM

- 1 18.6-ounce box Mexican chocolate,* chopped
- 1/2 cup whole milk
- 3/4 teaspoon salt
- 3/4 cup white rum
- 2 - 3 teaspoon cinnamon
- 4 cups chilled heavy whipping cream, divided

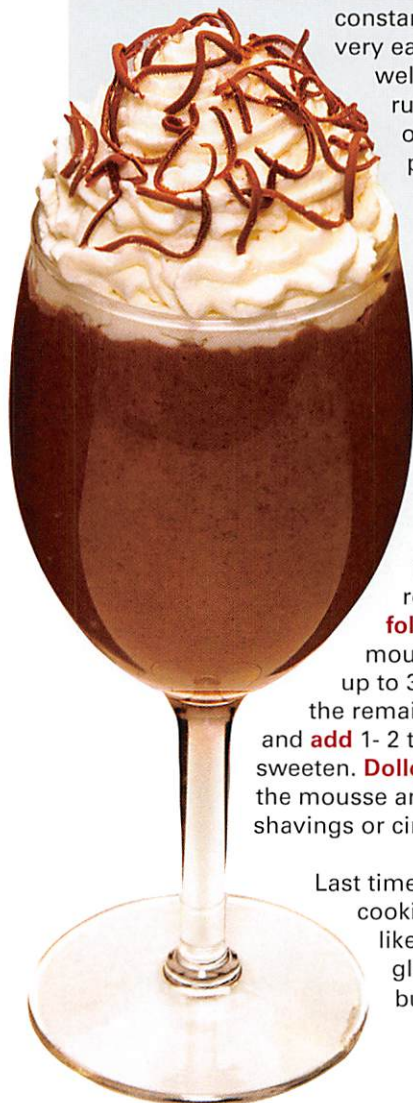
*(Mexican Chocolate can be found at many Latin markets, but if you don't have time to search, buy a high grade Bittersweet Chocolate. Like Ghiradelli. Make sure there is at least 60% Cocoa in it.)

PREPARATION:

Melt the chocolate, milk, cinnamon, and salt together over low heat in a double boiler. **Watch and stir** constantly because chocolate burns very easily. Once it's melted and well-combined, **pour** in the white rum. Now **ignite** the rum to burn off the alcohol. (Ohhh! Crowd pleaser!) I added the rum in small quantities to make sure that my flames were not sky rocketing. Use a kitchen torch, long handled lighter, or kitchen tongs with a match so you don't burn yourself. Gradually **stir** the mixture as the flames subside. **Transfer** to a bowl and let cool.

Pour 3 cups of whipping cream into a bowl and **beat** until soft peaks form. Once the chocolate is **cooled** to room temperature, **gradually fold** in the whipped cream. **Chill** mousse for at least 45 minutes and up to 3 hours before serving. **Beat** the remaining cup of whipping cream and **add** 1-2 tablespoons powdered sugar to sweeten. **Dollop** some whipped cream onto the mousse and **sprinkle** some chocolate shavings or cinnamon on top.

Last time I bought some simple almond cookies or biscotti to serve with it. I like to **serve** the mousse in martini glasses for an extra wow factor, but anything will work.



WhIP Update

By Derek Parra,
Inline Transition Director



It has been a great second year for the WhIP team. After a successful full season of ice under their belts, the team took a short break and laced up their inline skates once again as we set our sights on the 2008 inline competitions.

At the USA Roller Sports Indoor Speed Skating National Championships in Lincoln, Nebraska, WhIP team members collected multiple placements in both individual events as well as team events. Newcomer Emily Scott picked up the most medals on her way to dominating the world class women's division. And after qualifying for the 2008 Inline Speed Skating World Championships, three team members (Josh Wood, Sebastian Cano and Emily Scott) traveled to Spain for the event in September and capped off their roller season by winning 2 gold medals, 1 silver and 1 bronze.

Future plans for the WhIP program this year include another "Inline to Ice" clinic tentatively scheduled for late February. These "learn-to" clinics are one of the best ways to identify the potential of inline skaters who have the interest and desire to switch over to the ice. Log on to WWW.USSPEEDSKATING.ORG for details.

Currently we are in the middle of the 2008-2009 ice season with Senior Short track Nationals and US Long track Nationals just behind us. WhIP team members in both disciplines have made noticeable improvements since last year and have been doing a good job of slowly "climbing the ladder" at this year's American Cup events. I am optimistic about the rest of the season and look forward to witnessing the results.



Capital Area Speedskating Club coach and founder Corey Baker has one rule every speedskater in his family of 13 must abide by: "If you don't have a 'C' average, you don't skate." Luckily, that hasn't been a problem in the Baker house.

Ever since the Michigan club originated in 2004, seven Baker children have taken to the ice: Jonathan, Skylar, Elijah, Anaïs, Trent, Serendipity and Special Olympics skater Marjorie. At 4, Serendipity recently competed in her first meet, receiving applause and a special escort from her referee dad when she courageously finished a race several laps behind her closest competitor.

Baker's non-traditional family is composed of long-term foster care children, adopted and biological children, and a grandchild, but he says "I don't tell anyone who is who." A passionate coach and speedskating advocate, Baker encourages his children to skate, making it clear speedskating is an optional activity. Choosing to skate with their father, Elijah and Anais have become regulars on the Michigan racing circuit over the last few years. Of the two, Baker says Elijah is the one "who's talked about the Olympics."

Baker fondly recounts the time Elijah caught up with Shani Davis at an American Cup competition in Midland, Michigan.

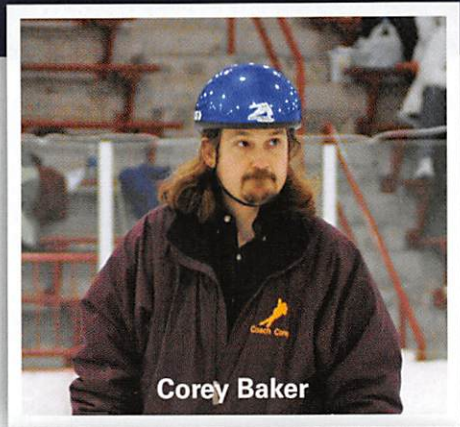
"Elijah looks up to Shani" says Baker, and the weekend the two spent together "made Elijah's year-if not lifetime."

In fact, Elijah was lucky enough to receive one of the posters of Davis that the Olympian distributed to the kids at the end of the meet. "[Elijah] cherished that poster so much he nearly destroyed it" says Baker. He intended to frame it for Elijah but the poster was so tattered, framing was impossible. Baker says, hopefully Elijah can get a new one.

A professional child psychologist, Baker started speedskating after watching former Ohio speedskater Bill Hansen skating laps at 6 a.m. at The Summit, a Michigan rink. With his children involved in hockey and figure skating, Baker approached Hansen, asking questions about the unfamiliar sport. Hansen agreed to teach Baker how to speedskate and soon the two were meeting at 6 a.m. for laps.

The men approached rink managers with an offer to volunteer their time to teach a speedskating class. Initially, Baker laments they were given a quarter-sheet of ice for 25 minutes and ended up doing a lot of safety pin drills, skating back and forth between the circles on the ice. Eventually, the class received a one-third sheet of ice, and over time was allowed access to a half-sheet. Often, Hansen would fax Baker a coaching plan but when Hansen moved back to Ohio, Baker was on his own.

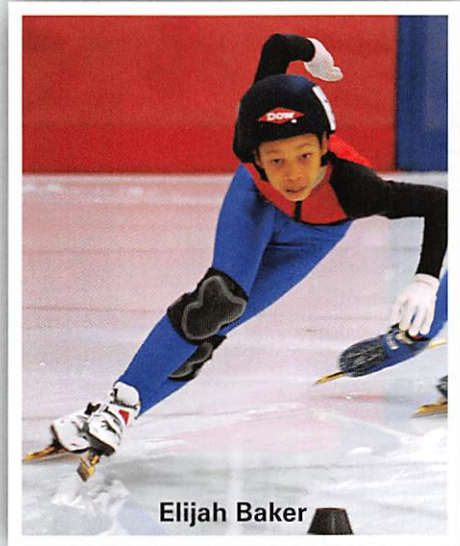
With encouragement from the rink's skating school, Baker became a certified US Speedskating Level 1 coach, a Special Olympics speedskating coach and the official coach of the Capital Area Speedskating Club. With the aid of some motivated families, the 15-20 member club incorporated and was able to afford a full sheet of practice ice on Friday nights. Baker still teaches a class on Saturday mornings during skating school time, but now he's allotted a full sheet of ice. ❄️



Corey Baker



Serendipity Baker



Elijah Baker

Photos by Susan Dyke



usspeedskating.org

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Chris Weaver, Sports Development and Domestic Event Coordinator

10 ways to skate faster

Speedskating is fun! That's why you do it. But it isn't always going to be easy. Many sports are much easier than speedskating, but no sport is more rewarding. When you work hard, you will be rewarded every time you step on the ice if you do it with a smile.

1. Think Technique

In speedskating, technique is everything. No matter how tired, sore or out of breath you are, your technique is what will get you to the finish line first. It

doesn't matter how strong or fit you are, if you don't skate with good technique you will go slow. Skating without good technique is like walking up to the plate in baseball without a bat.

Observe fast skaters and emulate what they do. Skate behind them and mirror their pushes. Watch video, look at photographs, listen to the sound their skates are making--anything to get a sense of what it is that makes them go fast. No element of speedskating technique is too small, no detail should be overlooked.

While a skater should never judge their performance based on other skaters, it's always good to have a rabbit. Someone you can chase. Someone whose technique you can observe and learn from.

2. Get Low

Everything you do in this sport will get easier if you bend your knees more. Balance becomes more natural, alignments fall into place, and of course you go faster! The more you bend your knees, the bigger your push will be and the faster you will go!

3. Skate Under Control

A speedskater should always know where their skates are and where they're going on the ice. This means not only watching where you're going, but also controlling where those blades are at all times. You can steer, carve, push, glide, and fly on those blades, but not without command and confidence in your ability to control them.

4. Think Weight Transfer

The basic idea behind the speedskating push is a simple transfer of weight from one leg to the other. Remember, this can't be achieved if you have your body weight over both legs at the same time. Every last ounce of your weight needs to be over one leg in that moment right before you push, transferring every ounce of oomph onto your other leg.

5. Look Up

Your feet will still be there when practice is over. I promise. There is no need to look at them. Focusing your eyes out ahead of you will not only make you a safer skater, but it will also make you a much more efficient skater and a better racer.

6. Take Pride in Your Skates

Treat your skates like Jeff Gordon treats his racecar. Your skates are your ride to where you want to go in speedskating. They are a speedskater's most valuable possession.

If the fire alarm goes off they are the first thing you grab on your way out the door. Even if you are new to the sport and using rental skates, take good care of them. Make sure you dry them off immediately after practice. Avoid contact with dirt or cement and learn how to sharpen them.

7. Don't be scared to fall

Getting better means continually pushing yourself further--even when you don't feel comfortable. You will never find out what you are capable of if you don't try to go faster than you've ever gone before. That's how you improve, and falling is a big part of it. Get back up and don't stop going after it with everything you've got. Pretty soon you will get more comfortable at the higher speed and you will be pushing the envelope even farther.

8. Warm Up/Cool Down

Regardless of what level speedskater you are, it's always good to warm up before you get on the ice. Ice time is at a premium and you want to be at your best as soon as you step on the ice. Remember, time you spend on the ice at the beginning of practice warming up could have been spent warming up off the ice.


Doing a good cool down is essential and your muscles need to recover in order to get stronger. Go for a jog or spin on a bike and do some stretching for a few minutes after a hard workout to help you recover.

9. Relax

Take a deep breath. Shake out your arms and legs. Smile. These things will help you go faster. Just relax. Tension in your body slows you down. The more relaxed you are, the more your muscles will be able to perform at your highest level and the easier it will be for you to execute good speedskating technique at maximum effort.

10. Don't forget it's a race, and racing is fun!

Even though so much of speedskating involves a focus on technical elements, it's important to remember you're out there to go as fast as you possibly can. Try to improve your times. Every day you go faster than you've gone before is a great day, regardless of how fast other skaters are going.

There is nothing wrong with being competitive. Speedskaters love to race. Embrace it, thrive on it, use it as your motivation, but don't let other skaters influence your perception of you as a speedskater. 

What is your New Year's Resolution?



“Teach my puppy to speed skate.”

JORDAN MALONE
U.S. Short Track World Team Member



“To get in more ski days. My number of ski days is less than half of what it was prior to taking this job.”

BOB CROWLEY
Executive Director US Speedskating



“No more candy for one year!”

DEREK PARRA
Inline Transition Director



“To never underestimate myself.”

TREVOR MARSICANO
U.S. Long Track World Cup Team Member



“To dress half as well as Jimmy Jang does. . .on a daily basis. Some days Jimmy makes me feel like a complete slob.”

SHANE DOMER
Strength and Conditioning Specialist



“To cut back on junk food...and try to stay healthy for one whole season!! I haven't been too successful lately.”

JUSTIN STELLY
National Long Track Training Program Member



“To gain as much weight as possible! I'm already ahead of the curve.”

RYAN SHIMABUKURO
National Long Track Sprint Head Coach



“To have more fun.”

PAUL BRABANTS
Business and Finance Director, US Speedskating



“My resolution is trying to think up a resolution.”

TRAVIS JAYNER
Fall World Cup Short Track Team Member



“To add more trans fats to my diet and stop exercising.”

PERI KINDER
Racing Blade Editor



“To figure out my life.”

JENNIFER RODRIGUEZ
Olympian and World Sprint Team Member



“Stop letting life get in the way and start accomplishing what I really want to do with my life.”

EMILY ROBBINS
Merchandising Coordinator, US Speedskating

RODRIGUEZ

By Peri Kinder



When Jennifer Rodriguez skated off the ice for the final time at the 2006 Torino Winter Olympic Games, she had no desire to ever get back on the ice again. She was burned out, over-trained and just the thought of skating made her physically sick.

Rodriguez returned to Miami determined to start a career in sports broadcasting but after 18 months with no skating, she was persuaded to participate in a short track speedskating practice. "My first step on the ice, I almost started crying," Rodriguez says. "I realized how much I had missed it."

Her skating career started on roller skates at the age of 4. She eventually went on to compete on the world level, becoming the only female to win World Championship medals in both inline speedskating and

inline figure skating. Her seamless transition to long track speedskating at the age of 20 brought her to the world stage once again when she took fourth place in the Ladies 3000m event at the 1998 Winter Olympics in Nagano, Japan.

"I was really new to the sport and going into the Olympics I just didn't want to embarrass myself or my country," Rodriguez says. "I was a nobody and went all the way to fourth. That race catapulted me to a whole new level."

“I’m really trying not to put pressure on myself. I’m much more balanced. This time around I’m going to enjoy skating and I’m enjoying myself outside of skating, too.”

— Jennifer Rodriguez
Olympic Bronze Medalist

Continuing her speedskating success, Rodriguez competed at the 2002 Winter Olympic Games in Salt Lake City, winning bronze medals in the Ladies 1000m and 1500m. After winning the 2005 World Sprint Championships, Rodriguez was ready for a gold-medal performance at the 2006 Torino Winter Olympic Games—but things didn’t turn out quite the way she expected.

By the time the Games arrived, Rodriguez says her body had shut down. Over-training had left her burned out with little motivation. She was exhausted, overworked and just wanted the experience to be over.

But in the spring of 2008, with the support of friends and family (especially the Alvarez family in Florida), Rodriguez contacted National Sprint Coach Ryan Shimabukuro to see what she needed to do to get back into competitive skating. After relocating to Utah to train at the Utah Olympic Oval, Rodriguez says she’s now skating for the fun of it and not putting so much pressure on herself.

Shimabukuro is excited to have Rodriguez back on the ice. He knows with proper training, diet and rest, she can come back for another Olympic Games.

“It’s almost a blessing in sport to get a second chance,” Shimabukuro says. “She’s not squandering this opportunity. Her emotional side is so tied to how she skates. If she’s skating well, she’s great. If she’s not skating well, it’s like the world has come to an end.”

For now, Rodriguez is enjoying the training experience and recently won a World Cup gold medal in the Ladies 1000m in Nagano, Japan in December 2008.

“I’m really trying not to put pressure on myself. I’m much more balanced,” she says. “This time around I’m going to enjoy skating and I’m enjoying myself outside of skating, too.”



News from our Clubs and Associations

POTOMAC

Thirty skaters from the Potomac Speedskating Club raised more than \$10,000 in the club's first skate-a-thon. Skaters collected pledges from friends, family members and corporate sponsors for each lap they skated in 60 minutes. Proceeds from the fundraiser paid for a full set of ice safety mats from Fitness Serve for the Kettler Capitals Iceplex in Arlington, Virginia, one of three rinks utilized by the Potomac Speedskating Club.

TJ Vongkovit (Potomac, MD), the 2008 U.S. National Pony Boys bronze medalist, was the top fundraiser with \$1,550 in contributions. Eleven-year-old Rohan Sivam (Bethesda, MD) collected \$7 for each lap he skated and raised more than \$800. Four skaters covered 248 laps, including

Juvenile racers Jeong-Su Ha (Baltimore, MD), Tiziano D'Affuso (North Potomac, MD), Midget skater Shaner LeBauer (Potomac, MD) and Pony skater Aaron Heo (Warrington, PA). Pony skater Sophie Mittelstadt (Bethesda, MD) clocked 206 laps as the top female skater and raised more than \$1,522 at the event. SD Skates contributed \$500 to the Potomac Speedskating Club where nearly all of the skaters train and compete in its popular SCUD model. The So family generously donated \$2,500.

The skate-a-thon was followed by an ice rink slumber party for all participants at the Gardens Ice House. The skaters were back on the ice by 7 a.m. the next day to resume training. "It wasn't a race but it was a very hard work-out and

we didn't stop the whole time" said April Shin (Rockville, MD) a top Pony Girls skater. "But the slumber party afterward was fun and I wasn't tired the next day."

SOUTHERN CALIFORNIA

Beautiful beaches, warm sunshine --- and short track speedskating? Absolutely! Southern California has a great speedskating organization and they invite everyone to participate in the Silver Skates Championships in Lakewood, CA on February 28. For more information, visit the DeMorra Speedskating Club website at www.demorra.com or the Southern California Speedskating Association website at www.socalsspeedskating.org.



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PITTSBURGH

In 2009, Robert Morris University, in Pittsburgh Pennsylvania, will launch a groundbreaking program. The RMU Collegiate Racing Team will be the first of its kind in the country. This program was designed to accommodate the rigorous training needs of a competitive short track speedskater who wishes to pursue a traditional college educational track. Designed by program director Heidi Krueger, the co-ed team will be coached by former Korean national team member Kwang-Jae Lee.

“A skater should not have to give up their competitive short track career just because they want to go

to college,” Krueger said. “These athletes put in so much hard work during junior and senior high school, to stop skating when they graduate just because there are so few places for them to both skate and study seems ridiculous to me. We wanted to give skaters another option. We are thrilled that such a fine school as Robert Morris University wants to help short track skaters continue their passion for their sport while facilitating a top notch education.”

The RMU Island Sports Center is a state-of-the-art facility with an Olympic-size ice surface, full weight studio, track and field facilities, indoor Astroturf sport

dome and bistro. Skaters interested in the program can contact Krueger at lovemysk8rboys@verizon.net.

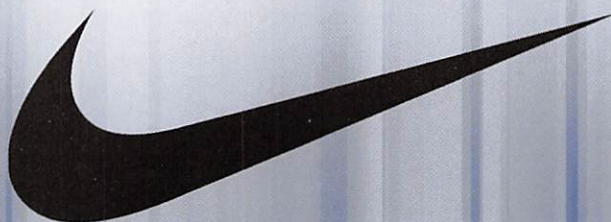
NORTH AMERICAN SHORT TRACK CHAMPIONSHIPS

ASAI and The Mid-America Speedskating Club want to thank the organizers of the North American Short Track Championships for putting on a great event! The races were held in Madison, WI on Dec. 5-7. 🐾



TJ Vongkovit, the top fundraiser of the *Potomac skate-a-thon*, leads the pack through a corner.

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SCHEDULE OF EVENTS

2008 - 2009 SEASON



2008

DATE	PLACE	TRACK*	EVENT
Sept. 27 - 28	Minneapolis, MN	ST	American Cup 1 & World Cup #1,2,3,4 Qualifier
Oct. 17 - 19	Salt Lake City, UT	ST	World Cup #1
Oct. 24 - 26	Vancouver, Canada	ST	World Cup #2
Oct. 25 - 26	Milwaukee, WI	LT	American Cup #1 and Fall World Cup Selection
Nov. 1 - 2	Cleveland, OH	ST	American Cup #2
Nov. 7 - 9	Berlin, Germany	LT	World Cup #1 All Distance
Nov. 14 - 16	Heerenveen, Netherlands	LT	World Cup #2 All Distances
Nov. 14 - 16	Bay City, MI	ST	US Junior Championships
Nov. 20 - 23	Calgary, Canada	LT	Can/Am
Nov. 22 - 23	Moscow, Russia	LT	World Cup #3 Long Distances
Nov. 28 - 30	Beijing, China	ST	World Cup #3
Dec. 5 - 7	Madison, WI	ST	North American Championships
Dec. 5 - 7	Nagano, Japan	ST	World Cup #4
Dec. 6 - 7	Changchun, China	LT	World Cup #4 Sprints
Dec. 13 - 14	Roseville, MN	LT	American Cup #2
Dec. 13 - 14	Nagano, Japan	LT	World Cup #5
Dec. 19 - 21	St. Louis, MO	ST	US Championships (World Cup Qualifier #5 and World Championships Qualifier)
Dec. 27 - 30	Milwaukee, WI	LT	US Championships (World Cup Qualifier)

2009

DATE	PLACE	TRACK*	EVENT
Jan. 9 - 11	Sherbrooke, Canada	ST	World Junior Championships
Jan. 10 - 11	Salt Lake City, UT	LT	Regional Qualifier
Jan. 17 - 18	Moscow, Russia	LT	World Sprint Championships
Jan. 24 - 25	Kolonna, Russia	LT	World Cup 6 (Sprint)
Jan. 24 - 25	Green Bay, WI	ST	American Cup #3
Jan. 24 - 25	Roseville, MN	LT	US Junior Championships
Jan. 30 - Feb. 1	Erfurt, Germany	LT	World Cup #7 All Distances
Jan. 31 - Feb. 1	Milwaukee, WI	LT	National Speedskating Championships
Feb. 6 - 8	Calgary, Canada	LT	North American Championships/American Cup #3
Feb. 6 - 8	Sofia, Bulgaria	ST	World Cup #5
Feb. 7 - 8	Hamar, Norway	LT	World Allround Championships
Feb. 13 - 15	Dresden, Germany	ST	World Cup #6
Feb. 14 - 15	Heerenveen, Netherlands	LT	World Cup #8 Long Distances
Feb. 20 - 22	TBD—Poland	LT	World Junior Championships
Feb. 21 - 22	Bemidji, MN	LT	North American / U.S. National Marathon Championships
Mar. 6 - 7	Salt Lake City, UT	LT	World Cup Final All Distances
Mar. 6 - 8	Vienna, Austria	ST	World Short Track Championships
Mar. 12 - 15	Vancouver, Canada	LT	World Single Distance Championships
Mar. 13 - 15	Midland, MI	ST	National Championships/American Cup Final
Mar. 14 - 15	Heerenveen, Netherlands	ST	World Championships
Mar. 21 - 22	Calgary, Canada	LT	Oval Finale
Mar. 20 - 22	Salt Lake City, UT	LT	American Cup Final/Champions Challenge

* ST = Short Track, LT = Long Track

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