



Chris Covatta

to their children. In speedskating, they find a well organized and established family sport. Individual athletes are encouraged to function as part of a team, and many of the brightest stars can be found helping less experienced skaters to advance. Parents find themselves on the ice as well, to exercise, help coach and organize, and because it is fun. Speedskating is also a recognized Special Olympics sport, and Special Olympic races are included in regular meet schedules.

The ASU conducts summer training camps for skaters of all ages in various locations across the country. In winter months, a Junior National and a World team are selected to gain further experience in competition. The Junior National team skates at the Olympic Festival held every summer to give young skaters a taste of the Olympic experience.

The Amateur Speedskating Union is a non-profit national organization run by volunteers whose goal is to develop speed skaters in the United States. The ASU helps clubs by offering information, issuing national publications and developing promotional material to be used on the local and national level. As the regulating body for competition in the United States, the ASU holds a conference annually to ensure the continued viability of the rules.

Worldwide, Short Track speedskating is becoming popular wherever there is an ice rink. Each year sees a new country sending competitors to international competitions. With indoor ice rinks available in places like Saudi Arabia and Israel, speedskating is a Winter Olympic sport accessible to all nations.

## WHAT IS THE FASTEST WAY?

People have always sought efficient ways of doing things, especially in transportation. Speedskating is our fastest means of travel without mechanical aid or gravity. Bone skates marked the birth of skating more than 2000 years ago. Wood and iron were also used, but the first steel blade was produced in Philadelphia in 1850, which marked the beginning of modern skating.



Cy White

Speedskating was the first ice sport to be developed. The first organized club developed in Scotland in the 18th century. The first recorded competition took place in England in 1763. The American Skating Congress held races in America in 1868 and the Amateur Speedskating Union evolved in 1927 as the regulating body for the sport of speedskating in the United States.

Since becoming a Winter Olympic event in 1924 for men, and 1960 for women, more medals have been won by the United States in speedskating than in all other Winter Olympic sports combined. Achievement in Olympic speedskating has made names like Eric and Beth Heiden, Bonnie Blair, Dan Jansen, Eric Flaim and Cathy Turner known to millions of Americans in recent years. They add to a history of fine American athletes, from Charles Jewtraw in 1924 to Terry McDermott in 1964 and 1968.

Many remain active, sharing their love of speedskating and positive attitudes with young skaters who have just begun their journey in the world of speedskating.

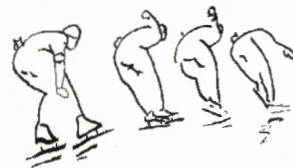
For more information in your area,  
contact:



For information on local clubs, starting a club, becoming a coach, getting involved, call:

**The Amateur Speedskating Union  
of the United States  
National Office  
1033 Shady Lane  
Glen Ellyn, IL 60137  
1-800-634-4766**

Photos by:  
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Chris Covatta for  
Allsport Photography (USA) Inc.  
Sketches by Sara Bont



This brochure was made possible by a grant from the United States International Speedskating Association (USISA).

# SPEEDSKATING!

## A SPORT FOR LIFE



Cy White

AMATEUR SPEEDSKATING UNION  
OF THE  
UNITED STATES



## GO TO THE START

We want you to join us in the speedskating experience! Whether you choose beginning skating, a recreational experience, thrive on the thrill of competition or want a viable cross training alternative, speedskating is a sport for all ages and a sport of lifelong rewards.



Cy White

There are numerous clubs throughout the United States and the potential for many more. Ice rinks are in all 50 states, and help is available from the Amateur Speedskating Union of the United States (ASU) to establish new clubs.

Clubs offer speedskating lessons and often provide loaner skates. Everyone is welcome, from children to adults of all ages. Information on new and used equipment is available through the club or the ASU. Membership in the ASU is required for competition.

Skating attire can be anything from skin-tight lycra suits (called skins) to sweatpants and a sweatshirt. Comfort, free range of movement and warmth are important. Long sleeves, gloves and a helmet are required for safety. Knee and elbow pads are often used.

## FOUR TO EIGHTY-FOUR

Divisions in competition are determined by age and ability, with elite classes for men and women of top ability, regardless of age. Many meets include tiny tot and novice races to give all skaters a chance to compete. Age divisions include Grand Master for skaters 50 years and older, and these races are as hotly contested as the younger age groups.

With the advent of artificial ice, racing split into two basic formats, short track, or pack style, and long track, or metric skating.



John Needham

## "GO FAST-TURN LEFT"

Cheers from the enthusiastic crowds at speedskating meets accentuate the silent efforts of the skaters. The faster the skater, the quieter the blades while attaining speeds up to 35 miles per hour. Fast action, color, comradery and sportsmanship add excitement.



Haj Sano



Cy White

## SHORT TRACK

Most Americans are initiated into speedskating through Short Track, which is one of the newest Winter Olympic sports. This style is skated on a 111-meter track on a standard hockey rink. The availability of indoor rinks has taken away the limitations of weather. Because of sharp turns on the small track, the rink walls are padded to prevent injuries. Short Track skates are reinforced in the ankles to counteract the centrifugal force of the sharp turns, and the blades are offset to provide greater lean.

Races are skated from 500 meters to 3,000 meters for adults, with shorter races for children. Short Track also includes a relay with as many as four teams of four skaters on the ice at one time.



Cy White

## LONG TRACK

Long Track is skated on a 400-meter track, and is the speedskating form most Americans have been exposed to by Olympic coverage. However, U.S. Long Track competitions are also divided into two formats, Olympic style, or metric, and pack skating.

Metric Long Track competitions are skated with two competitors on the ice at a time. The skaters are racing the clock, not each other. Races are run over distances from 500 meters to 10,000 meters.

Pack style Long Track is only skated in the United States and Canada, but adds excitement to a competition, with up to six skaters on the ice, and eight for longer races. In pack style racing, drafting and race strategy are important factors, and the skaters are not confined to lanes.

Pack style distances are similar to metric, with shorter distances for children, and 25 to 100 kilometers for marathon competitions.



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## LEARN TO FLY WITHOUT LEAVING THE GROUND

Speedskating is exploding in popularity with the new spirit of fitness in the United States. It is being discovered as a valuable cross training tool for cyclists, cross country skiers, runners and in-line roller skaters. Many of the top names in these sports are found among the top names of speed skaters in America.

Organized school sports have suffered cut backs, leaving parents the responsibility of finding ways to teach the discipline of sports



## “GO FAST - TURN LEFT”

The cheers from the crowd at speedskating competitions accentuate the silent effort of the skaters. The faster the skater, the quieter the blades while attaining speeds up to 35 mph. Fast action, color, comradery, and sportsmanship add excitement to the spectacle.

### FOUR TO EIGHTY-FOUR

Divisions in competition are determined by age and ability, with elite classes for men and women of top ability regardless of age. Many meets include tiny tot and novice races to give all skaters a chance to compete. Age divisions go up to grand master, for skaters 50 years and older, and these races are as hotly contested as the younger age groups.

With the advent of artificial ice, racing split into two basic formats, short track and long track.



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### SHORT TRACK

Most Americans are initiated to speedskating thru Short Track. It is skated on a 111 meter track, on a standard hockey rink. Because of the small track and sharper turns, the walls of the rink are padded to minimize injuries. Short Track skates are reinforced in the ankles to counteract the centrifugal force of the sharp turns, and the blades are offset to provide greater lean.

Races are skated from 500 meters to 3,000 meters for adults, with shorter races for children. Short track also includes a relay with as many as four teams of four skaters on the ice at one time.

Short track is one of the newest Winter Olympic sports, making its debut in 1992. The use of an indoor hockey rink takes away the limitations of weather.



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### LONG TRACK

Long track is skated on a 400 meter track, and is the speedskating form most Americans have been exposed to by Olympic coverage. However, long track competitions in the United States are also divided into two formats, Olympic-style or metric, and pack skating.

Metric (Olympic-style) Long Track competitions are skated with two competitors on the ice at a time. The skaters are racing the clock, not each other. Races are run over distances from 500 meters to 10,000 meters.

Pack-style Long Track is only skated in the United States and Canada, but adds excitement to a competition, with up to six skaters on the ice, and eight for longer races. In pack-style racing, drafting and race strategy are important factors, and skaters are not confined to lanes.

Pack-style distances are similar to metric, with shorter distances for children, and 25 to 100 kilometers for the marathon competitions. The first Marathon National Championship will be held in 1992.

**For more information in your area, contact:**

**FOR MORE INFORMATION:  
GOLDEN GATE SPEED SKATERS  
MARY AND GREG WONG  
510 - 886-0565  
BONNIE AND CHRIS BUJA  
415 - 854-9609**



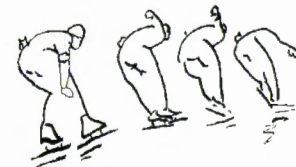
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Pictures provided by:

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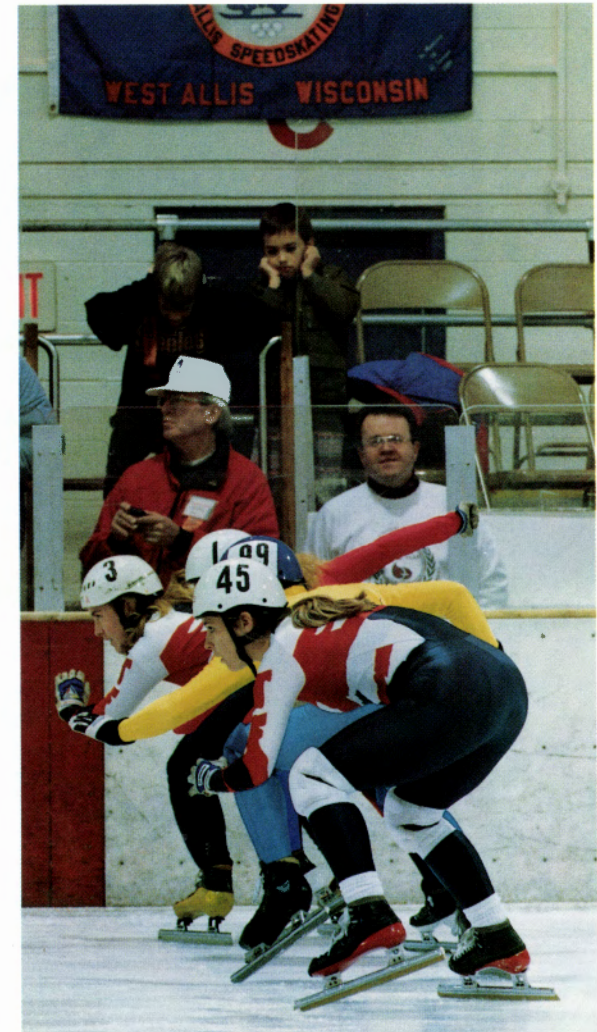
Photographer - Chris Covatta  
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## SPEEDSKATING

### A SPORT FOR LIFE



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**AMATEUR SKATING UNION OF  
THE UNITED STATES**



## LEARN TO FLY WITHOUT LEAVING THE GROUND

Speedskating is exploding in popularity with the new spirit of fitness in the United States. It is being discovered as a valuable cross-training tool for cyclists, cross-country skiers, runners and in-line roller skaters. Many of the top names in these sports can also be found among the top names of speed skaters in America.



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Organized sports in the schools have suffered cutbacks, leaving parents the responsibility of finding ways to teach the discipline of sports to their children. In speedskating, they find a well organized and established family sport. Individual athletes are encouraged to function as part of a team, and many of the brightest stars can be found helping the less experienced skater to advance. Many skaters' parents find themselves on the ice as well, to exercise, help coach and organize, and because it is fun. Speedskating is also a recognized Special Olympics sport, and Special Olympic races are included in regular meet schedules.



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Worldwide, short track (indoor) speedskating is becoming popular wherever there is an ice rink. Each year sees a new country sending competitors to international competitions. With indoor ice rinks available in places like Saudi Arabia and Israel, it is a Winter Olympic sport which is accessible to all nations.

## WHAT IS THE FASTEST WAY THERE?

Mankind has always sought for more efficient ways of doing things, especially in transportation. Speedskating is our fastest means of travel without mechanical aid or gravity. Bone skates marked the birth of skating over 2000 years ago. Wood and iron were also used, but the first steel blade was produced in Philadelphia in 1850, which marked the beginning of modern skating.



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Speedskating was the first ice sport to be developed. The first club was organized in Scotland in the 18th century; the first recorded competition took place in England in 1763. The American Skating Congress first conducted races in America in 1868, and from this beginning the Amateur Skating Union evolved as the regulating body for speedskating in the United States in 1927.

Since becoming a Winter Olympic event in 1924 for men, and 1960 for women, more medals have been won by the United States in speedskating than in all other Winter Olympic sports combined. Achievement in Olympic speedskating has made names like Eric & Beth Heiden, Bonnie Blair, Eric Flaim and Dan Jansen known to millions of Americans in recent years; but they add to a history of fine American athletes, from Charles Jewtraw in 1924 to Terry McDermott in 1964 & 1968. Many of the greats remain active in the sport.

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Clubs often provide loaner skates and lessons. Everyone is welcome, from children to adults of all ages. Joining a club requires a membership fee and ice fees. Information on new and used equipment is available thru the club or the ASU. Membership in the ASU is required for competition.

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