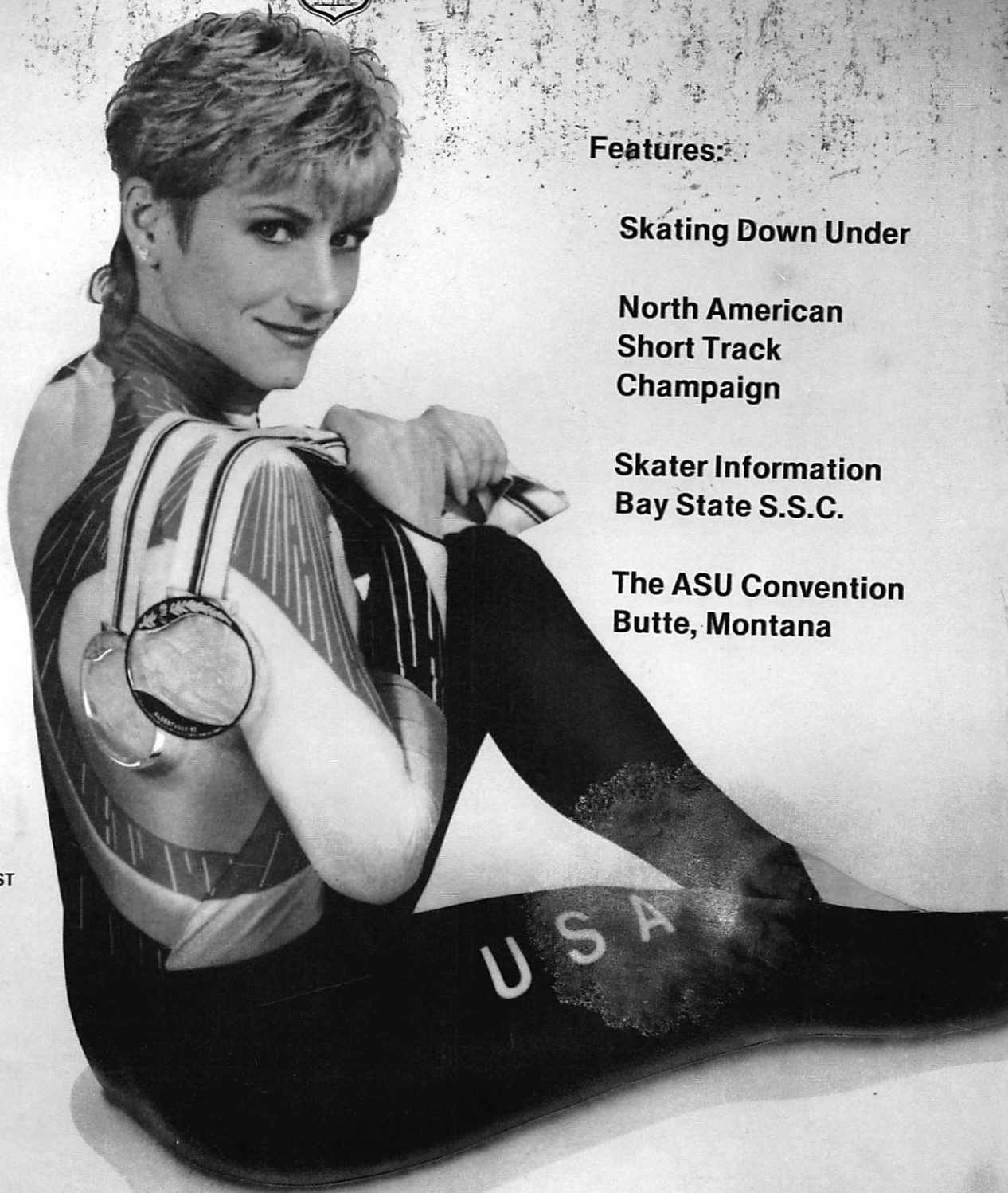


# The Racing Blade

VOLUME XXVI  
NUMBER 2

DECEMBER, 1992



## Features:

Skating Down Under

North American  
Short Track  
Champaign

Skater Information  
Bay State S.S.C.

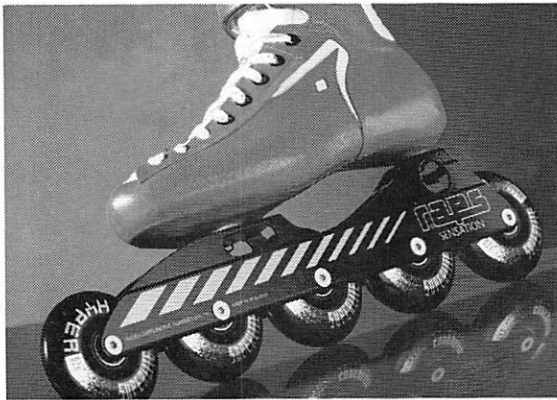
The ASU Convention  
Butte, Montana

**CATHY  
TURNER**

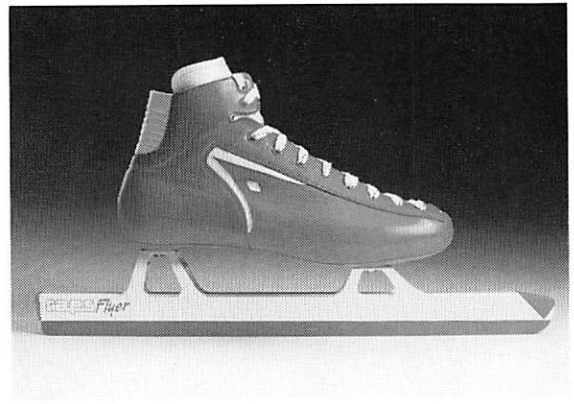
GOLD AND SILVER MEDALIST  
1992 WINTER OLYMPICS

NATIONAL SPEEDSKATING NEWS  
PUBLISHED BY THE AMATEUR SPEEDSKATING UNION OF THE U.S.

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# The Racing Blade

VOLUME XXVI

ISSUE No. 2

DECEMBER, 1992

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by Ed Lang

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*Think, plan and decide. An opportunity not to be missed!*

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by Larry Ralston			



*Don't miss this opportunity*

# ASU's National Convention Butte, Montana

## May 14-16, 1993

by BOB VEHE

How would you enjoy staying at a luxury resort providing all of the amenities that royalty would expect, in a beautiful part of the country and at an unbelievably low rate? This is the opportunity that the Montana Speed Skating Association has arranged for you at the Fairmont Hot Springs Resort in Gregson, Montana, when you attend the 1993 National Convention.

The resort is a short distance off Interstate 90 between Butte, and Anaconda, Montana and there is no need to rent a car since the Montana folks will pick you up at the airport and deliver you to the resort. No need for a car at the resort since everything needed is there.

Here is an opportunity that shouldn't be missed. Enjoy the resort, the area and see your friends and soon-to-be friends and participate in making the ASU an even better organization than it is.

May is a beautiful time of the year so jump on a plane, a train or get your flivver tuned up and cruise out for a not-to-be-forgotten time.

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Double.....	\$54.00 plus tax
Double, 3 People.....	\$62.00 plus tax
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Be sure to tell the reservation desk that you are with the ASU Convention when you reserve your rooms.

Fairmont Hot Springs has the continental breakfast set up for Thursday, Friday, Saturday and Sunday starting at 7:00 a.m. Friday evening there will be a BBQ starting at 6:30 - 8:00 p.m.

There will be at wet bar Saturday from 5:30 p.m. - 6:45 p.m. Closed for dinner and open again from 9:00 p.m. - 11:00 p.m. Dinner will be from 7:00

p.m. - 9:00 p.m. There will be sack lunches with pop for Sunday.

The pool will be open to guest's 24 hours and there will also be golf, tennis, or other activities available.

Please call Lee Michalsky (406) 494-7920, Robbie Hanni (406) 782-1452 for rides from the airport. Please give us your arrival time and the number in your party.

All functions will cost \$50.00 includes continental breakfast, Friday night BBQ, Saturday banquet, Sunday sack lunch. Ticket for Saturday banquet only will cost \$25.00. Board of Control lunch will be Veal Parmigina.



### THE RACING BLADE

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Requests for advertising information should be addressed to the Advertising Director, John W. McGill, 1104 University Avenue, Champaign, Illinois 61821 (217) 352-9058.

Letters to the Editor, articles of interest, and features about an Association's officials or skaters should be sent to the Editor, Robert R. Vehe, 404 HiLusi Ave., Mt. Prospect, Illinois 60056. (708) 253-4191. Unsigned letters and manuscripts cannot be accepted.

Further information about speedskating, becoming a member of the Amateur Speedskating Union, or establishing local organizations can be obtained from the ASU National Office, Shirley A. Yates, Executive Secretary, 1033 Shady Lane, Glen Ellyn, Illinois 60137, Phone (708) 790-3230, FAX (708) 790-3235. The ASU is a non-profit, charitable organization; donations are tax-deductible.

Staff Photographer  
Shirley Yates.

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Half Page . . . . . \$ 75.00  
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Back or Inside Back or  
Inside Front Cover . . . . . \$150.00

Back Issues  
of the Racing Blade . . . . . \$3.00

## Our Fifth Cover

by BOB VEHE

Occasionally something suddenly appears that was not anticipated and it immediately solves a problem. A glance at the cover tells it all. A beautiful subject and a beautiful, useable photograph. The mark of a professional photographer leaps out at the viewer. The pose, the smile, the shadings and the use of Cathy's Olympic medals work together to create a striking effect.

Vice President Bill Anderson has the informative article elsewhere on Cathy which explains why we have the picture. When I learned of Michigan's plan to name a Short Track Medallion after Cathy, I made sure to remind them to obtain a decent photograph of her. Not thinking that the result would be this stunning photograph, but only hoping for a decent snapshot for Bill's article, you can imagine my reaction to this shot. The original, of course, is in color and it is unfortunate that we couldn't use it that way, but then that is another story.

My thanks once again go to Dick Westlake for the necessary work to use this picture.

## DEADLINES



**Items for the next issue  
are due by:**

**January 8, 1993  
March 12, 1993  
June 4, 1993**

## ASSOCIATE EDITORS

The following super folks have been designated by their Association to gather and funnel news to the RACING BLADE. Help them, to help us all, by getting news items, profiles of skaters or officials, and other articles on club activities to them. Our deadline for the next issue is shown in each issue, so get your material to them in time to meet our deadlines. Thanks!



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*Part II in a continuing series of International goodwill skating adventures*

# Skating Down Under

by HAJ SANO

Southern California Speedskating Association

All Photos by Haj Sano

Being between jobs has its advantages. President Bush and Congress in the spring of 1992 decided for the first time in U.S. space exploration history to drastically descope the mission of a fully functioning spacecraft, thereby putting approximately half of the Magellan spacecraft team out of work. After over two years working as part of the Magellan Image Data Processing Team mapping the surface of Venus, I found myself, for the first time in my professional career since graduating from MIT in 1982, looking for a job.

One of the things I did was step up my training program. I also promised myself once I secured a job, I was going to do some traveling. I finally secured a new position after four months of looking, and decided to take up the Bonts on their offer to come visit them in Sydney, Australia.

non-stop segments in the world. United covers it using a 747-400, one of the largest aircraft in existence. Occasionally, when headwinds are fierce, the planes have to stop in Fiji to refuel!



INZE and SARA BONT

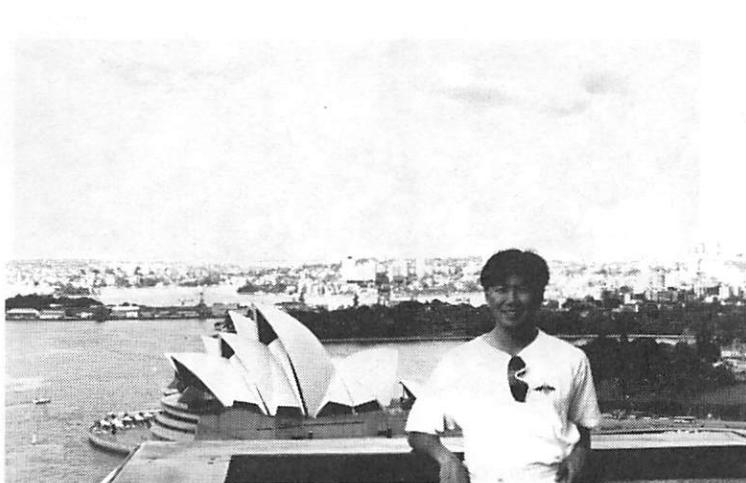
and hence has weather similar to Los Angeles, which is at 35N latitude. (Seattle is at 50N, Chicago 40N, Boston 42N.) Australia, due to its isolation, has a unique ecosystem.

Many of the animals are descendants of those that migrated from South East Asia during the last Ice Age when, with much of the water locked in glaciers and the ocean levels dropped 100-150 meters,

land bridges connected New Guinea, Indonesia, and Malaysia to the Asian continent. The aborigines came about 40,000 years ago and were the first human inhabitants.

Europeans first "discovered" Australia (like they "discovered America") in the early Sixteenth Century, but the continent wasn't explored by Europeans until 1770 when Captain James Cook was ordered by the British Admiralty to search for the Great South Land. Following the American Revolution, Britain needed a new place to send its convicts. It was decided that the New South Wales colony in Southeast Australia would be suitable. Between 1788 and 1790, three fleets sailed into Botany Bay and Sydney Cove, bringing the population to 4000. (Botany Bay is the colony for which Khan's spacecraft in the "Star Trek" episode Space Seed is named. There is Botany Bay paraphernalia strewn about the cargo container in Star Trek II: The Wrath of Khan, but I digress.)

(Continued)



Haj Sano with the Sydney Opera House in the background.

Australia is located a long way from everywhere. When the Aussies travel to Europe, they spend 24 hours in transit, either flying via North America or Asia. I had to prepare myself for the 14½ hour flight from hell! Los Angeles/Sydney is one of the longest

Since it is an International flight, smoking is permitted. In this respect, it is sometimes better to fly through Hawaii, so you can fly smoke free (an Aussie term for non-smoking environment) at least to Honolulu.

Sydney is located at 35S latitude,



Thus was the beginning of the European settlement of Australia. Oz still retains a very rugged frontier atmosphere. The people are not shy about expressing themselves and they maintain a very gregarious, rowdy, and bawdy attitude towards life. It is not a place for those who are faint of spirit.

Australia is roughly the size of the continental United States. Sydney is located approximately where Miami would be. Perth, where the America's Cup race was held, would be roughly the spatial equivalent of Los Angeles.



CIRCULAR QUAY AND THE ROCKS FROM THE SYDNEY HARBOR BRIDGE

The Great Barrier Reef is located comparable to New York City, and Darwin to Minneapolis. Since it is located in the Southern Hemisphere, it gets more tropical as you head north, temperate as you head south. Pineapples and bananas are grown along the north coast, citrus along the central coast, and apples and pears along the south coast.

While it is summer in the Northern Hemisphere in August, it is winter down under. The members of the New South Wales Speed Skating Association were busy preparing for the Australian and New Zealand National Championships upcoming in September. While we in the north have the World Championships at the end of our season, the Aussies, Kiwis, and South Africans have the Worlds at the beginning of theirs!

The New South Wales association has four member clubs: The Flyers, The Pacers, North Sydney, and Blacktown. They practice at the Canterbury Ice Rink located in Canterbury, a

suburb of Sydney. The ice surface was recently widened to 100 feet, and there are plans to lengthen it to 200 feet. At present, my guess is that it is about 170 feet long. (You can ask Inze about the ice caverns under the rink.) They can fit in three tracks, with about 1.5 meters from the apex to the boards—not a lot of room when three groups are out there doing different workouts, with no water on the track! It seemed that whenever I hit the ruts at the apex, there was another group on the rail pacing. I thought for sure I was going

to take some skaters out whenever I started sliding across the ruts. I'm sure they thought, "What the bloody hell is this crazy Yank doing? Doesn't he know how to skate?" The Aussies are a rambunctious, gregarious lot. The skaters are no exception. They showed great exuberance at their workouts, and weakness was often met with derision. I went to a Sunday evening public session at Macquarie Ice Rink—sight of the 1991 World Championships. (By the way, none of the clubs train

there, yet the dots are still visible from the Worlds.) This public session is attended mostly by speedskaters, so the

*"I joined in a ...relay ...pretty exciting with no pads, no safety equipment, no blocks...! Try that in litigation happy America."*



The Flyers Club of the New South Wales Speed Skating Association at the Canterbury Rink.

skate guards don't enforce the speed rules too much. They even have a ten minute speed break in the middle, where they play highly energized rock and roll and everyone is encouraged to go fast. I joined in a ten minute relay

with three of the NSW skaters—pretty exciting with no pads, no safety equipment, no blocks, and plenty of human pylons to dodge! Try that in litigation happy America.

It was at this public session that Michael Harber showed me the backwards arm sling exchange. Michael is a former hockey player turned speedskater, and is one of the top A graders (another Aussie term) in the association. He does some very amazing tricks on his skates. In the backwards arm sling exchange, he pivots backwards at top speed before entering the final corner prior to the exchange. You pull up next to him as if for a normal arm sling exchange. He then grabs your hand and slings you in while he's skating backwards! I had never seen this before, until he came up to me in the middle of the relay at the public session and said, "Have you ever taken a backwards exchange?" "No", I replied. "No worries, it's just like a forward arm sling exchange." I had no idea what he was talking about, so imagine my surprise when I see him pivoting backwards. Somehow, I managed to receive the exchange and skate my lap and a half without incident. (Michael also likes to do high speed circles backwards, dragging both hands and his helmet!) They like to skate 1.5 lap exchanges—quite confus-

ing when you're used to 1 or 2 lap exchanges, and you don't know any of the other faces. Who was it that I was supposed to come in on? What side of the ice?

*(Continued)*

I also skated some inline workouts with the skaters. They meet regularly in Centennial Park and Oatley Park for roller workouts. Inlining hasn't caught on yet in Oz. In fact, their first ever inline race is coming up this summer. Alexander Bont forewarned me before taking me skating through the Royal Botanical Gardens and the grounds of the Sydney Opera House, "You'll probably get some funny looks. Most people have never seen inlines before." That was before we got chased off the Opera House grounds. Alexander also introduced me to grass skating in the Gardens. When he said, "Follow me" and ran up three flights of stairs (with his skates on), I should have been immediately suspicious. I played along, and when we got to the top of the stairs, he hurled himself down the grass embankment adjoining the stairs. I watched in amazement as he navigated the bumps, dips, and fallen branches. Mustering up my courage, and following him down, I immediately face planted, strained a few ribs, and broke a pin on my heart rate monitor as it tore off of my wrist. Fool that I was, I continued trying until I got it right. It's quite fun, and a lot like downhill skiing—sit back and slalom around the bumps.

The Bonts showed me all around Sydney - Sydney Harbour Bridge, Sydney Tower, Darling Harbor, Circular Quay (pronounced kee), The Rocks (the original colonial settlement), Bondi Beach, and Cronulla beach to name a few spots. Dave Taylor, President of the NSW Association, took me on one of his delivery runs up the coast almost to the Queensland border. Out in the bush, I saw kangaroos, banana plantations, Paul Hogan's house, etc... With only 18 million people (greater LA has 13 million) and a country the size of our 48 contiguous states, it's hard to maintain a decent roadway infrastructure. As such, most of the interstate roads we traveled were two lane blacktops with dirt shoulders.

If you do any driving out in the bush, you have to have a 'roo guard on your front grill. Without one, when (not if) you hit a kangaroo, you'll almost certainly total your car or truck. Even with a 'roo guard, their

---

*"The 'roos with their huge muscular legs and scrawny arms look a lot like Short Track skaters."*

---

legs are so strong and their claws so sharp they can do considerable damage, ripping out your radiator or brake lines as you're running one over. The 'roos, with their huge muscular legs and scrawny arms, look a bit like Short Track skaters. Though herbivores, they are quite capable of defending themselves and are not to be messed with. They'll grab their aggressor around the neck with their arms, while shredding out the intestines with their hind claws!



Alex Bont and Haj Sano skating down a three-flight-high grass embankment at the Royal Botannical Gardens.

The new Bont boot factory was a sight to behold. The familiar smell of fiberglass resin, present when you unpack your new pair of boots, was everywhere. It was absolutely fascinating to see boots being manufactured. It is quite an art form making these boots, and Inze has a talented team of craftsmen/craftswomen working for him. Inze still personally inspects every pair of boots before they are shipped, and he makes the Microlites himself.

While Inze tends to the manufacturing, Sara minds the business end of things. When calling or FAXing them,

please remember that they are hours ahead of Pacific Time (17 hours during our summer, 19 hours during our winter.) Many people (Americans typically) have called or FAXed in the middle of the night unaware that the rest of the world might be sleeping. If unsure, dial "00", and ask the International operator, "What time is it in Sydney?"

The Aussie cuisine is familiar yet different. The continent not only supports a unique variety of fauna ('roos, koalas, wombats, and other marsupials), but a tremendous variety of flora too. They grow bananas and pineapples in Queensland, citrus along the central coast, and cold weather fruits such as apples and pears in the south. The produce is quite tasty too. The difference in taste and quality

from California to Australia was at least as big as the difference I experienced moving from New England to California ten years ago. They also have a different concept of hamburgers. They start with the standard jumbo patty, bun, lettuce, and tomato. Then they add a fried egg, bacon, sliced beets, and a slice of pineapple! The combination was a handful AND a mouthful, but quite tasty.

Getting around in Sydney is quite easy. The towns are laid out in a hub

(Continued)



and spoke pattern, with train stations in every town within walking distance. The trains can take you all over greater Sydney, and are quite punctual. Public transit is available virtually round the clock.

The President of the NSW Association, Dave Taylor, will be travelling with his wife Beryl and daughters Jody and Clare to England and the U.S. in March/April for a skating vacation. They plan to skate the North American Short Track in Champaign, a local meet in Los Angeles, and any other local meets along the way. If anyone has information regarding pertinent meets and possible host families, please contact me. Skating is such a great community sport, and homestays are a great way to meet other skating families and start great friendships.



Inze Bont working on a pair of Microlytes. Inze makes every pair of Microlytes himself and checks every pair of boots made by others.

My thanks go out to the members of the NSW Association for making my visit to Sydney such a wonderful experience. Special thanks to the Bonts: Inze, Sara, Alexander, and Rebecca, for their friendship and hospitality. After two weeks, they managed to convince me that I speak and listen with a strange accent!

I did conduct an experiment while in Oz. I wanted to confirm what they had taught us in high school physics class,

*(Continued)*



Craftsman John mounting the wood blocks on a pair of Sharkies



Craftsman Nick working on a pair of Sharkies



Craftsman Milton putting the finishing touches on a pair of Carbons

that the Coriolus effect works in reverse in the Southern Hemisphere. After flushing many toilets and draining a few bath tubs and sinks, I can verify that the water does indeed flow down the drain in a clockwise direction. The Aussies thought my interest was mighty peculiar... G'day, and No Worries.

**. . . SUCCESS . . .**

Whatever your mind can conceive and believe, it will achieve. Dream great dreams and make them come true. Do it now. You are unique. In all the history of the world there was never anyone else exactly like you, and in all the infinity to come there will never be another you. Never affirm self-limitations. What you believe yourself to be, you are. To accomplish great things, you must not only act, but also dream; not only plan, but also believe. If you have built castles in the air, your work need not be lost - put foundations under them. Yes you can. Believing is magic. You can always better your best. You don't know what you can do until you try. Nothing will come of nothing. If you don't go out on a limb, you're never going to get the fruit. There is no failure except in no longer trying. Hazy goals produce hazy results. Clearly define your goals. Write them down, make a plan for achieving them, set a deadline, visualize the results and go after them. Just don't look back unless you want to go that way. Defeat may test you; it need not stop you. If at first you don't succeed, try another way. For every obstacle there is a solution. Nothing in the world can take the place of persistence. The greatest mistake is giving up. Wishing will not bring success, but planning, persistence and a burning desire will. There is a gold mine within you from which you can extract all the necessary ingredients. Success is an attitude. Get yours right. It is astonishing how short a time it takes for very wonderful things to happen. Now, show us the colors of your rainbow.

*Written By: Barbara Smallwood and Steve Kilborn  
Provided By: Sam Poulos*

**NOTICE**

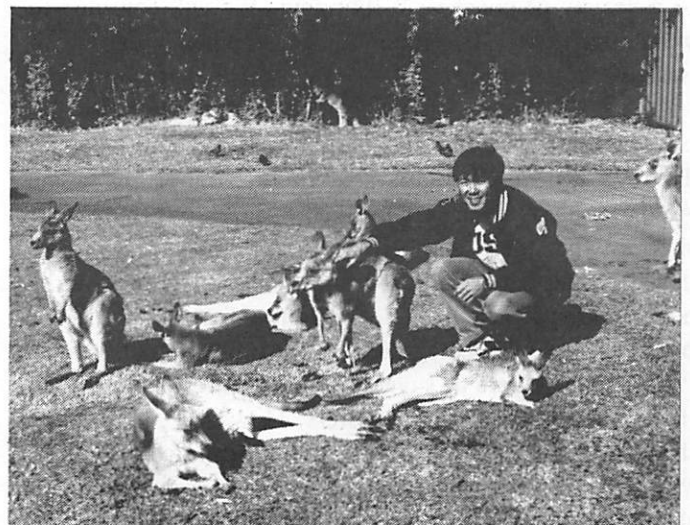
The telephone number shown for the National Office on page 4 of the October, 1992, issue is the Fax number. The correct phone number (708) 790-3230 was dropped in error.



An Australian hamburger consists of a jumbo patty, bun, lettuce, tomato, plus a fried egg, bacon, sliced beets and topped with a slice of pineapple.



Judy Taylor and Clare Taylor. They hope to compete at the 1993 North American Short Track in Champaign and other local meets in the U.S. in the Spring.



G'day and No Worries from Haj Sano at the Australian Reptile Park.



## President's Message

**BILL  
CAWTHRA**



### TENTATIVE CAMP SCHEDULE APPROVED

A tentative camp schedule has been put together for the 1992/93 season. Keep in mind that this schedule is only tentative and more information about specific categories and dates will be published in future issues.

June 26 - July 3.....Marquette, Cat. 2-3  
 July 10-17.....Colo. Springs, Cat. 2-3-4  
 July 23-August 1.....Olympic Fest  
 July 24-31.....Indianapolis, Adult  
 August 7-14.....Lake Placid, Cat. 2-3

The development committee will continue to work through the season to prepare for a summer of exceptional camps.

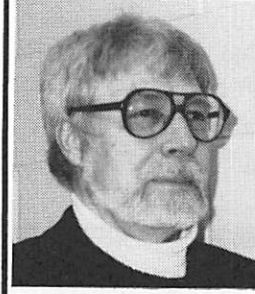
I would like to respond to a letter to the editor in the October Racing Blade. A concern was expressed over the restructuring of the camps. First let me say that last summer was the first year of the new format. We did many things extremely well and some things not so well... change is never easy. However, I continue to be very optimistic and proud of the direction that the new structure is taking us.

The ASU and USISA have entered a new era of cooperation which will bring many positive things to speedskating. The cooperation we have experienced on the camps has opened up, among other things, two key areas: 1. Access to a variety of coaches, 2. Funding. We will continue to work together to strengthen our development program; it is the key to our future.

One of the main concerns stated in the letter was that perhaps the ASU does not care about our adult skaters. This is not true. Our adult skaters "are important". The ASU applauds their involvement, their love of speedskating and their competitive spirit. This is why we developed an adult camp setting. We want to focus on the needs of that group, just like we want to focus on the needs of the skaters in all categories. We certainly do not want to "lock-out" skaters as suggested in the letter. I appreciate the concerns of our adult skaters. However, I encourage them to attend an adult camp before forming an opinion. We have had many wonderful, positive responses from skaters who have participated over the past two summers. Experience the camp, then make a judgment.

## Coach's . . . . . . Couch

by DONALD A. KANGAS



### COACHING CERTIFICATION SEMINARS

We ended up having two coaching certification seminars, instead of just one more in Plymouth, Minnesota, as I promised last time I wrote the Coach's Couch. Another was quickly organized in St. Louis, Missouri, at their request. Both seminars went very well, as they continue to be more and more fun with new information added every time.

Larry Ralston had most of the fun in Plymouth working with 10 coaches from Wisconsin, Duluth and Minneapolis. They were really busy every time I could get away from the USISA meetings that, unfortunately, were scheduled on top of the coaching seminar. They may have been the most dedicated group so far. In Minnesota they are still able to conduct a lot of their skating outside on natural ice. A wonderful winter activity that, I for one, really miss.

The St. Louis seminar came together quickly, thanks to the efforts of Linda O'Hare, who invited Larry and I to St. Louis during a break at the Minneapolis USISA meeting, and Marjorie Amelotti, who assembled the resources and found ice time to organize the seminar. That took some real teamwork and that is a good word to describe the group of 10-plus coaches in St. Louis. They are putting a diverse group of skaters on the ice weekly with cooperation of many coaches, everyone doing their part.

I did have time to introduce the new "Rookie" tape on coaching science fundamentals from ACEP at the Plymouth seminar and again in St. Louis. Larry is reviewing the "Rookie" materials as well as recent revisions of the Level I "Coaching Young Athletes" course, so we can work them into the coaching certification curriculum.

Next year we should be able to include instructions for using the "Rookie" tape and corresponding speedskating materials for instructing coaches and parents in your own club. This is what Larry, Jerry, "Doc" and Tony recommended in 1984, following the first ACEP conducted coaching seminar in Marquette, Michigan. Finally, ACEP is making some materials available so this can be done all over the country.

The year 1992 has been good for ASU coaching. A record number of four seminars was conducted for a record number of 37 coaches. This brings the total number of people who have attended ASU coaching seminars to 170, since the first one in 1984. With the introduction of

(Continued)

the new materials, such as the "Rookie" tape and "Speedskating on Ice", more people are involved in training and we may get the 500 coaches it will take to sustain ASU membership at 5000.

### USISA COACHING COMMITTEE

A Coaching Committee was formed at the USISA meeting to work with the USISA Development Coordinator, Mike Crowe, a new Sports Science and Technology Committee and the ASU/USISA Development Committee that has been organizing regional training camps. The USISA Coaching Committee would also be able to implement directives from the USOC Coaching Development Division and coordinate projects with the ASU Coaching Committee.

Members of the USISA Coaching Committee are Don Kangas, Chairman, Susan Mills, Susan Sandvig and Bill Cawthra. A charter and mission statement are being written. However, an initial goal will be to conduct a Speedskating Coaches Conference. The purpose of a Coaches Conference will be to discuss current sport science and speedskating technical information and to provide a mechanism for communication between all levels of speedskating coaches, club, regional, national and international.

### Comments

by

**TOM PORTER**

*VP - Racing*



The Racing Committees under the VP of Racing are charged with specific duties and are working on those assignments.

Racing Chairman Tom Healy and his committee have a proposal on the Citizenship Rule that must have Board of Control approval by a mail vote.

Tracks and Distance Chairman Brad Goscowicz presented various National Long and Short Track Championship formats to the Executive Committee at our meeting in September. This committee will continue reviewing various formats with the consensus to be presented at the Convention.

A format for the North American Championships was also left open at the Convention. A meeting with CASSA representatives has been scheduled for Dec. 4-6 at World & University Games Trials, St. Paul, MN, to also develop a consensus.

Safety Committee Chairman Fred Cashman has been working with his group on various issues important to all of us.

I look forward to seeing many of you at the meets.

### WHAT'S NEW FROM THE COMMISSIONER'S OFFICE

By **SAM HICKS**  
Evanston, Illinois



Hi,

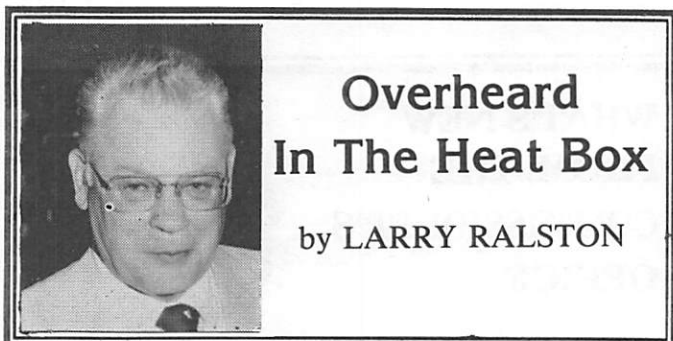
The racing season is underway. The Silver Skates in Chicago had a great turnout plus members of our Elite Team. 153 skaters at the St. Paul meet with two full bus loads of Canadian skaters (45) and our National Elite Team and the Great Lakes Indoor Meet in Milwaukee is expecting about 165 and some members of the National Elite Team. The numbers are up from last year and it looks like a great skating year. It could be that they are gearing up for the upcoming World Trials in Circle Pines, Minnesota, December 4, 5 and 6th.

I will be sending all association presidents a meet form as I did two years ago so that you can record for me the ASU Chief and Assistant Officials working your meets. It's important to send me this information before the end of the racing season so I can provide this information in my report to the Board of Control at the May Convention.

Last year we had a problem with skaters at Short Track Meets not removing their helmet numbers and causing a problem for judges at the finish line because of dual numbers on both the back and helmet. We are starting off the new season the same way. Skaters must remove their numbers from their helmet before the next meet. It would also help if meet directors use helmet numbers that are removeable. The cheaper helmet numbers are not removeable.

As the new skating season gets underway, it's important that associations encourage parents to get involved by officiating. Over the last few years, local and national meets have been delayed because of the difficulty in finding officials to work. We need competent block chasers, ice maintenance people, and judges. Please pitch in and help, we should provide the best for our skaters.

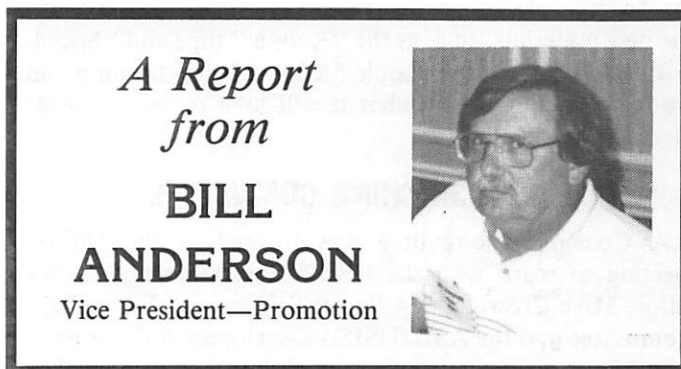
Just a reminder to officials planning to work the upcoming National and North American Meets. You must be a member of the ASU. Good skating and I'll see you at Lake Placid, NY, for the National Long Track meet in January.



## Overheard In The Heat Box

by LARRY RALSTON

- The Michigan sponsors of the Short Track Medallion for Grand Master Women have named it "The Cathy Turner Award" commemorating her victory in the 1992 Olympics.
- The Mēdallion/Medal Committee is offering certain class medal sponsorship by event. The first person to take advantage of that program was Flushing, NY, native, Carole Moore. She has purchased the Long Track 3000 Meter Medals, for Master Women to commemorate the Flushing Speedskating Club.
- Short Track Speedskating got another boost recently with the addition of Junior events in World Championships and the addition of two more distances at the Olympic level. These new programs begin in 1994.
- The 1994 Goodwill Games will be held in St. Petersburg, Russia, and will include Short Track Speedskating for the first time.
- The 1996 Olympic Organizing Committee announced recently that "In Line Skating", would be included as a demonstration event at the 1996 Games in Atlanta.
- The joint ASU/USISA Coaching Committee announced that the Coaching Seminars will have a new format beginning in 1993. The curriculum will be condensed and cover more material in the same two-day time frame.
- Elli Ochowicz, daughter of former Olympic and World Champion, Sheila Young Ochowicz, competed as a Pony Girl at the recent Silver Skates competition in Glen Ellyn, IL. Mom, Sheila, has been seen coaching a group of novice skaters in West Allis. Let's hope the winning ability rubs off on all her new students.
- That ever present speedskating booster, Sam Poulos, is recovering from recent minor surgery to correct a posterior problem. Sam was never too much of a sitter but he was seen with an inflatable donut in case he got the urge.
- What happened to the Convention issue of the Racing Blade in the Northeastern area? The U.S. Postal Service has messed up again. Seems that none of the members of Northeastern received one. The Postal service has no way to trace the whereabouts of the lost issues. I'll volunteer a clue: a mail carrier didn't want to handle them so they got dumped somewhere between Wyandotte, MI and Boston, MA.



## A Report from

**BILL  
ANDERSON**  
Vice President—Promotion

A number of positive things are happening in the speedskating promotion area:

### VIDEO

With the persistence of Sarah Hill and the "slick" writing of Mark Jastrzembki, the ASU has come up with an eight-minute promotional video tape to help "sell" our sport. The video will be available for preview at your regional meets. To order a copy, please contact Mark Jastrzembki (616/828-4627). You will need to sign a release stating that you **will not use this tape for broadcast purposes**. This video, in conjunction with the brochure "Speedskating-A Sport For Life" (developed last year by Sarah and Pam Garofola) completes the promotional material. Let's use them together to recruit!

### AUSTIN TRAVEL

We are close to finalizing an ASU promotional agreement with Austin Travel which will earn credits at the club level towards free skating related merchandise. The club may use the credits any way they wish. However, the intent of the credits is for novice development (possibly purchase of new Short Track skates). Details of this agreement will be announced in the next Racing Blade.

### ASU CREDIT CARD

As of the Racing Blade deadline, we were awaiting final approval of an ASU "Affinity" credit card from a major credit card issuer. Use of this card by ASU members and parents will earn revenue for ASU and help keep dues down. Again, watch for further details in the next Racing Blade issue.

In addition to the "new" activities above, there is a set of CASSA coaching manuals available for each club which includes:

- ▶ "Learn to Skate" Instructor's Guide
- ▶ Coaching Certification Guide-Level 1
- ▶ Canada's Badge Program

If your **club** would like a set of these manuals, please contact Doc Savage. One set is available free to each club.

The ASU officers and committee members are working hard to expand and promote this great sport. Your ideas, suggestions and support are appreciated. Write or phone us with your suggestions or to offer your help.



## Fanfare For The (Un)Common Sport

by SARAH CONOVER HILL



I am thrilled to announce a major breakthrough in the job of promoting speedskating! Bill Anderson and Mark Jastrzembski have produced a video entitled "Short Track Speedskating - It's White Hot!", for use as a general introduction to speedskating and the ASU. A special thanks goes to John Leban of Leban Productions, the Blue Care Network Community Foundation,

*"...Mark's vision  
...and Bill's diplomacy  
...brought the whole project together."*

and ABC and CBS Sports. John Leban supplied the technical know-how and Blue Care Network supplied ever-necessary funding, while ABC and CBS very kindly supplied footage for promotional, non-broadcast use only. But it was Mark's vision and groundwork, and Bill's diplomacy which brought the whole project together. Thank you, everyone!

The plan is to distribute one free copy of the tape to every club, with additional copies available at a nominal fee. Mark has written a very comprehensive guide on how to use the video, including advice on what to target with each group it is presented to. Remember, if you present it to a group from which you are hoping to get new members (such as a school or scout troop), be sure you have made provision to accommodate first-timers at a specific session, including loaner skates, helmets and gloves. This tape should make it easier for even the most self-conscious skater to become a promoter extraordinaire. Just set it up, run it, and answer questions at the end. As Mark says, you will be the most knowledgeable speedskater there, which is a confidence builder in itself.


*"I have no doubts  
that growth is imminent..."*

Another note of interest, the ASU is sending me to a grant-writing seminar in Detroit with the purpose of learning the ways and wherefores of obtaining government and private grants. You can be sure that I will be looking for application at the local level as well as the national level, and may possibly be able to put together a booklet for clubs applying for local grants. I have no doubts that growth is imminent for all clubs and areas, because the interest is there. The thrills of Mall Walking and Nintendo are wearing thin, and people of all ages and backgrounds

are becoming more interested in healthier lifestyles. I personally believe that there is no healthier sport than speedskating, both for the mind and body. (And it may surprise you to know I have and still participate in other sports.)

And in keeping with my tradition of stirring up controversy, I want to encourage all clubs to adopt a new helmet rule - if you are on the ice you wear a helmet, including coaches, ice cleaners, judges, block chasers and beginners. I have been at two meets where serious accidents occurred to officials without helmets, and several

*(Continued)*



### Short Track Speedskating

### ...THE VIDEO

by MARK JASTRZEMBSKI

I hope your club has taken advantage of the eight-minute promotional video tape ("Short Track Speedskating-It's White Hot!") that the Amateur Speedskating Union is distributing to all clubs. I may be biased since our club produced the tape, but I can't think of anything more potentially significant for the long term future growth of our sport than this video tape...it is just that powerful a recruiting tool. The tape, along with the separate, wonderful, color brochure written for the ASU by Sarah Hill, gives our organization a potent one-two promotional combination of television and print media that, if properly utilized, can dramatically increase the exposure of our sport. That should translate into a lot more skaters!

We now have the capability of reaching tens of thousands of school age children who we previously were not able to contact. These two communications tools will help to open huge new markets of potential skaters. The accompanying use-guide for the video encourages you to become missionaries to help spread the gospel of Short Track. The guide explains how easy it is for even the most shy speaker to get our speedskating message into the classrooms, service clubs and corporate board rooms. For this tool to be effective, it should be in use at least once a week, as there are hundreds of classrooms full of youngsters who have no idea what speedskating is all about. This is a dynamite tape that is exciting enough to capture the imagination of a child, interesting enough to challenge the athletic instincts of young adults and inspirational enough to encourage corporate support. We do this all in a very tight eight-minute time frame.

This is your club's recruiting and money making tape. Put it to work in your club by first writing your school principals, service clubs and potential corporate sponsors to ask for a few minutes of their time to make a presentation on behalf of the Amateur Speedskating Union. Read over the use-guide for hints on making a forceful presentation and roll the tape!

others where officials standing in the middle of the rink just lost their balance and fell. At Syracuse we had a skater in his fifties who was so excited about his new skates he went out on the ice without his helmet, fell over backwards on his first lap and has never skated again. We cannot afford to lose even one more skater to the vanity of not wearing a helmet! This includes officials; we need you too much to risk the chance of losing you! Please, for all our sakes, wear a helmet!

Finally, a special thank you to Susan Tawrel for donating Wally Hanson's skate collection to the ASU. I know from my work on the brochure that finding archival material on

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*"...a special thank you  
to Susan Tawrel..."*

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speedskating is even harder than finding speedskaters, and there are people like myself who are fascinated by the history and evolution of the sport. Maybe someday someone will get inspired and write a first class, comprehensive book on the history of speedskating. Nothing is impossible.

## Notes from . . .

### The National Office

by  
SHIRLEY YATES



Recently an ASU member complained to me about the contents of The Racing Blade, may not have called it a "rag" or "trash" but, to a sensitive ex-newspaper woman, his tirade seemed to be leading up to name-calling of that ilk.

His biggest criticism seemed to be that we do not offer the articles that he and skaters want to see such as skating and coaching techniques and the whole gamut of "how to" subjects - how to skate, how to buy skates, how to sharpen skates, how to train, how to become World Class, how to keep your "head on straight"...

I dare say every publication in this country, no matter how polished, how venerable, comes under criticism at one time or another, as does every organization, every practice, every policy of any worth. It's human nature to find fault. It is our right, as members of a democratic nation, to criticize and most of us who are involved in positions vulnerable to judgment try to develop a thick skin and remind ourselves, while we work hard to do the best we can for everyone, that you can't ever please everyone.

As The Racing Blade grew and improved during the last five years under the editorship of Bob Vehe, we (especially the National Office) began getting more and more comments and some criticisms of its contents. Many readers were full of praise but there were occasional disgruntled critics and "do-gooders" who knew what was wrong with The Racing Blade and how we could fix it. There is one basic truth I remembered then—people only pay attention to something worthy of their attention. At least we had reached the status of critical worth!

One of the first "critics" called because he was thoroughly disgusted with the level (or lack of) proof-reading. That has always been a problem. Much of the copy is in deplorable condition when we receive it - syntax, spelling, punctuation - but I think we do a good job of editing and proofreading before sending the copy to the printer. We have no control over it after that. We never see it again until the finished product is delivered to us as it is to you.

So when you see misspelled words, apparently a well-meaning typesetter or proofreader has changed the spelling! I could give you many examples but two should suffice to prove my point: in a recent issue, in one of my articles, the word "affect" was changed to "effect". I certainly know the difference between the two words and when to use them. In the last issue (September), my article on the in-line meet in Muskegon had the word "fluorescent". Someone at the printer's changed it to "flourescent"! When I see these things I just want to scream, "Don't do me any favors!"

Our editor has never felt that he needed to or we should respond to criticism. I have reluctantly respected that. But the recent conversation perhaps pushed me to this point. I think it is time to spell out a few Racing Blade fundamentals:

1. The Racing Blade is the official publication of the Amateur Speedskating Union. It began as a newsletter and has evolved into a news magazine.
2. As such, it has the responsibility of reporting and announcing certain news items. Beyond that it is filled with items from our membership.
3. The key word is "membership". It is your publication. You determine what appears in it.
4. Therefore, you are the contributors to it. Anything you feel is newsworthy for The Racing Blade or that you wish to share, is accepted. We only reject items that may be slanderous, libelous, excessively crude or obscene or do not bear the name of the contributor. You also have the right to complain and criticize us in The Racing Blade and air your opinions on any other "sacred cows" in our organization.
5. The Racing Blade is not a "how to" magazine but "how to" articles are welcomed as well as articles on what is happening in Short Track and Long Track (from National coaches) and coaching and skating techniques (from our many skilled ASU coaches).
6. We have a volunteer staff of 1½ (according to the Editor who considers the very part-time photogra-

(Continued)

pher/roving reporter/proofreader to be a half) which also has other commitments in the ASU. You must be familiar with the role of an Editor. This one goes far beyond that job description but even so:

7. The Editor must rely on the ASU members to provide the materials for The Racing Blade. He edits what you send him, sometimes rewriting extensively because it's necessary; writes articles and editorials occasionally on subjects of great importance of which our membership lacks the background but must be informed about; works to line up the cover picture and get the necessary art work done; writes and lays out the content and mast head pages; sizes the pictures and writes the captions, writes the headlines and organizes the various sections for the printer.

8. We have a whole staff of "stringers", those Associate Editors listed in each issue. It's their job to keep us informed about what is happening "out there". Some are very conscientious, others rarely contribute. What we would like from them is not only "association news" they think will be of interest to others but separate articles on a full range of subjects. We know it's difficult for everyone to develop a "nose for news" but we keep hoping.

9. Contrary to what our critics may think, we have begged people, with little success, for articles on what we feel our readers would enjoy. My recent complainer said people have a "mindset" about The Racing Blade and don't think we will accept the type of articles they would like to submit. If they are saying that, it's a real "cop out".

So please don't tell me you're not getting the kind of articles you want in The Racing Blade because we aren't "approaching people properly" for them or wouldn't accept the articles if they were submitted. TRY US! It's YOUR publication. What have YOU done for it lately?

### NEW SEASON PACKS SOME SURPRISES

The first big open meet of the new season, the Chicago Silver Skates in Glen Ellyn, drew a big exciting roster of skaters but the highlight was the debut on the National Scene of the North Texas Speedskating Club. Coaches ROB BLAIR and SCOTT GUY led a caravan (of two vans) with 12 skaters and assorted other members and they put on a great first appearance for us. We can expect to see much more of this group!

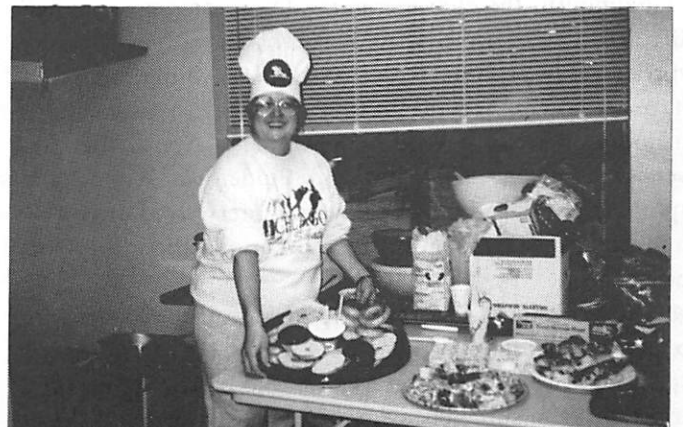
But what was even more exciting for me (I knew the Texas pack was coming) was the unexpected appearance of our first skater from the new Greater Pittsburgh Unified Club! Senior skater EDWARD (Ted) ALTSHULER has only been on speedskates since last March but did a credible job in his first meet. Ted is a Masters student in Mechanical Engineering at Carnegie Mellon University and since discovering speedskating last year, has tackled the sport with great fervor. His coach, former Ohioan BOB HALDEN, said he first "picked up a lot" at public sessions before the club was able to secure its own ice time. He trained hard all summer and went to the ASU Adult Camp, a move which obviously paid off. When he got the 1992-93 schedule he planned his year, choosing eight meets



Pittsburgh skater Edward (Ted) Altshuler

to attend including the Silver Skates, the Thanksgiving Classic in Muskegon, the Seaway meet in Ohio and the National Long Track. He's going to give Long Track a try too.

Since some boundary shifts three years ago, Pittsburgh has been within the territory of our Western New York Assn. and under the leadership of Bob Halden. Halden reports that they have now lost their regular ice time because the rink manager, thinking they weren't serious about using it on a long-term basis, sold it out from under them. Although ice time dedicated to speedskating is always a key to developing a speedskating club, the Pittsburgh group is still managing to build its numbers. Bob said they have a nice little tight group of speedskaters who skate the public session every Saturday morning. Several of their new members are Special Need Skaters whose parents are willing to support Bob in the administrative/managerial side of the sport which is the key to maintaining a club once you've established it.



Chief Chef Gert Jowiak

(Continued)



### GLEN ELLYN'S PREMIER CHEF!

It's always a pleasure to work at a Glen Ellyn meet because you know there are special delights awaiting you at lunch time! The club's Chief Chef GERT JOZWIAK lays out a buffet of mouth-watering dishes. It's like eating a seven-course well-balanced meal. We know Gert has help from many other cooks but this trained dietician plans a marvelous menu with lots of everything for everyone! You start with homemade soup or chili and progress through a variety of vegetables and salads, enormous sandwiches you put together yourself, fruit, desserts and drinks.

Gert's chili is becoming famous. One of the special ingredients is beer! Last year she also had it on the menu and saved me a bowl because she knew I was going to be late getting to lunch. Someone came up and told her I had decided I didn't want any chili so could they have my chili. Naturally the trusting soul accepted that and gave my chili away. Can you believe someone would stoop so low to get a bowl of chili? Gert's chili, yes!

This year the Glen Ellyn Club rewarded their Chef for her devotion to our culinary needs. They presented her with a Chef's hat adorned with a club patch. Was she pleased? Appropriately garbed, she served a royal feast and beamed the rest of the day! Gert, share some of your recipes with us. Get your other Glen Ellyn cooks together, and send your recipes to SARAH HILL for our ASU cookbook!

### SOON YOU'LL FIND US EVERYWHERE!

I think we're finally going to do it in Maine, folks! Meet the new Maine State Speedskating Club. Efforts to organize in that somewhat "out of the way" state have been on-again, off-again since at least 1970. Everytime someone called me from there showing an interest in getting things started I would send them all our pertinent publications, alert Doc Savage and refer them to the Northeastern Assn. in whose territory Maine lies. Nothing ever happened until this year when the association secretary BILL NORTHUP picked up on one of those referrals. We're happy to report that there has now been some nice interaction between the new group and the Bay State Club.

Masterminding the Maine operation is CAROLE FINKS of Falmouth, the club secretary. The treasurer is CHRIS BECKSVOORT of New Gloucester. The group is rather spread out (we can relate to that in speedskating!) and they have actually booked ice in four rinks at various locations including the North Yarmouth Academy Arena, the University of Maine, Portland and Biddeford. A Portland sports editor called me one day and interviewed me for 40 minutes! Wouldn't you say they're serious about the sport now!

One last little Maine item. Carole has made contact with one of our Alaskan members, GARY WHITELEY, who is spending a year or two in Maine. (Sabbatical, temporary transfer?) I'm sure he's delighted. He's a Marathon skater and has been looking forward to competing "down here"

for a long time. I'm expecting to see him at the National Marathon Championship in Duluth.

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The ASU promotional booth at the IISA In-line Championships in Dallas in October was very successful, according to ROB BLAIR. He said interest in ice speedskating was generated from Nebraska, Iowa, Delaware, Arkansas and throughout Texas. At least he expects to build up his club as a result.

The National Office received several calls the following week from those who had gotten our brochure and wanted more info on speedskating. One followed up with an order and this note:

"Hello from the Land of Oz. Enclosed is a check for the video, Basic Speedskating Drills, and T-shirt. Thank you so much for sending them to me. Hope to get on some ice soon but for now wheels will have to do. MAX BREWER, Wichita, Kansas." (He had ordered one of our ASU/USISA shirts. He also joined the ASU - that makes two members in Kansas now! Wichita has no ice rinks!)

\* \* \*

We have only one member in Tennessee, KRIS HAACK, but she's a real "winner". Remember the HAACK FAMILY from Wisconsin? Mother DIANN was president and secretary of the association for a number of years. They moved to Lewisburg, TN, during the 1989-90 season when Father ROGER was transferred to work on the new Saturn. KRIS continued to carry her membership and for a couple years occasionally came North to compete. But the amazing thing is that she picked up on the Business Card Blitz the way we wish everyone had! She solicited business people in Tennessee for their business cards! The last one came in late July with this note from Kris:

"Hi! Sorry this is late. Here's another contribution to the BCB. He didn't give me a business card so it doesn't really matter that it's late. Hope everything is going fine up there. It's 98 degrees here! Hope to see you soon."

The check was from the Marshall County Radio Corp. in Lewisburg. The drawing for the last BCB was in May but as Kris said, it probably didn't matter anyway because she never got a card! Some kind soul just wanted to help us out or maybe he was up against a "super saleswoman"! Kris, how would you like a job as Fund Raising Chairman?

\* \* \*

Some people may succeed because of destiny, but most succeed because of determination.

Guest Editorial**CITIUS - ALTIUS - FORTIUS****The Olympic Motto  
Swifter - Higher - Stronger**

by SAM POULOS  
Mid-America S.C.

The traditional separation of seasons—Short Track, Long Track, Short Track, I believe, is about to be revised—but it will have to be started at the international level.

To say that we should stay with the old “December-January” Long Track Season is a little like the ostrich with its head in the sand. The Europeans begin Long Track competitions in early November which continue solidly through the third week in March. In fact, the ice rink in Calgary, Canada, also has a Long Track meet scheduled for March 19-21, 1993.

Now, with the Pettit National Ice Center (PNIC), the FIRST enclosed 400 meter ice rink in the United States, the opportunity to better develop our skaters and “The Sport” is here! The PNIC lends much flexibility to scheduling with Butte, Lake Placid, Minnesota, and possibly Salt Lake City. I am sure there will be much thought given to covering one or more of these facilities in the future.

No longer will our skaters have to travel to Europe to get early ice. Part of the purpose of building the PNIC was to alleviate long periods of overseas travel for ice training in preparation for World Cup, World Championships, and Olympic competitions. U.S. speedskaters have always been the ones sacrificing the most in order to be world class level competitors - from the days of Johnny Werket (when they took the boat across the ocean to compete) until now when our skaters are training in Europe - many using their own funds to get early ice. The PNIC was built in part to alleviate some of that burden.

**Short Track enthusiast or Long Track enthusiast -you cannot exist in a vacuum!**

Until all the various enthusiasts pool their energies, fight to develop each “leg”, the Short Track versus Long Track mentality will continue to sap most of the energy and widen the gap in “The Sport”.

Many people do not recognize the fact that there are two different types of speedskating. In my opinion, Long Track and Short Track each should be viewed two ways—Pack style and Olympic style. Pack style, in all but the very short distance, involves strategy, cunning, out-maneuvering your four or five opponents in order to win, without regard to being the fastest. Or, on the negative side, getting interfered with or knocked down and out of contention without any recourse.

I like the concept advocated by Jack Mortell, the U.S. Short Track coach, of the pursuit races to determine the faster skaters in Short Track for the Olympic Short Track Events. The skaters go from the gun—no pacing, no strategy, just SPEED. In my opinion, this is closer to the Olympic motto of SWIFTER, HIGHER, STRONGER. Olympic style Long Track is run in this fashion - speed—from the gun. The fastest times get the medals.

Many say that pack style is more exciting—fine—but it is not a true test of speed—unhindered. Why do thousands of fans get so excited at Olympic style meets? Try to get into the rink in Heerenveen, Holland, without advance tickets during a major meet. These fans understand that particular type of speedskating.

If you limit the access to the PNIC to the same “traditional schedule” of the past, you are essentially whittling away at the main resource - the skaters. Why force the choice of Short Track or Long Track prematurely? Making a skater choose Short Track over Long Track would be like telling him/her to only skate the turns. You deprive him/her of the opportunity to learn basic as well as refined skills necessary to “The Sport”.

Pack style should remain an exciting part of speedskating but as a separate leg of the whole. A true advocate of “The Sport” realizes the strengths of each leg and how they complement the development of the other.

**For Example:**

The A.S.U. provided the foundation for all age level development - both Long Track and Short Track. Long Track, however, provided the ultimate goal of Olympic style (before 1992) in order for “The Sport” to

1. Be recognized internationally
2. Gain USOC funding
3. Perpetuate the sport
4. Continue the development of skaters
5. Assist in the recognition of Short Track as a separate World and Olympic sport.

Without Long Track, none of this would have been possible.

We therefore should maximize the use of the PNIC by

1. Establishing development programs for beginner speedskaters by being “blind” to Short Track or Long Track, as we should be to gender or race.
2. Encouraging participation in both disciplines until the individual skater makes a decision as to which one to concentrate on (if he/she ever does).
3. Working together as a unit for the benefit of “The Sport”.

I see speedskating as a whole unit being supported by four legs: Pack style Short Track and Long Track, and Olympic style Short Track and Long Track. Weaken or knock out just one leg and the whole unit will suffer.



### THE 4 O'CLOCK MUNCHIES

"Four o'clock is my trouble time ... I'm starved and eat anything and everything in sight."

"I'm so *good* at breakfast and lunch, but I'm so *bad* in the afternoon ... M&M's are my downfall."

"I try hard not to snack at work, but when I get home I immediately open the refrigerator and eat right from the shelves!"

Most sportsactive people think there's something bad about 1) getting hungry in the afternoon and 2) resolving that hunger by eating a snack. Somehow snacking breaks the self-imposed Eleventh Commandment "Thou shalt not snack." Snacking seems sinful, wrong and guilt-inducing. Yet the same folks who try so hard to refrain from snacking at 4:00 in the afternoon inevitably betray their vows and succumb an hour later.

If you repeatedly try to deny the 4 o'clock munchies, my advice is: Don't even *try* to deny your hunger. Simply acknowledge it and enjoy a snack. Why "hold off" from eating at 4:00 (when you are only slightly hungry) to confront a ravenous hunger later on? You are going to eat the calories sooner or later, so you might as well eat them sooner, when your body first requests food, rather than deny this normal physiological function.

Hunger is not bad nor wrong. You can *expect* to get hungry every 4 to 5 hours. For example, if you eat lunch at noon, you'll likely be hungry by 4:00 and should respond appropriately by eating something. If you postpone eating until you can't stand the hunger any more, you'll inevitably *over-eat* "the wrong foods" ... and that's where snacking gets the bad rap. The problem is not snacking, but *getting too hungry*. When you get too hungry, you may crave sweets (or fats), and lack the presence of mind needed to make wise food choices. The solution to craving sweets is not banning M&Ms but rather *eating more breakfast and lunch* to prevent hunger.

Snacking is important even if you want to lose weight. A *planned* afternoon snack (100-200 calories) will prevent extreme hunger and reduce the risk of blowing your diet. (Even dieters should *never* feel ravenous.) Denial of snacks can lead to frenzied overeating and the sabotaging thoughts "I'd better pack in these snacks now because this is my last chance to treat myself before I get back on my diet." You'd have been better off simply giving yourself permission to eat a "diet portion" of your desired snack. And remember, there is, indeed, a diet portion of *any* food - even M&Ms.

**Recommended snacks.** If you eat wholesome meals and want to snack on, let's say, a chocolate chip cookie, keep in mind that this treat can appropriately fit into an overall well balanced diet. You need not eat a *perfect* diet to have a good diet. However, if you eat snacks *instead of* appropriate meals, you should limit your snacks to nourishing choices: bagels, yogurt, banana, raw carrots, etc.. Try to abide by the following dietary guidelines:

\* 10% of your calories can appropriately come from refined sugar (~200-300+ calories sugar/day)

\* 25% of your calories can appropriately come from fat (~50-85 grams fat/day)

\* you need to restrict salt *only* if you have high blood pressure; active people generally have low blood pressure.

Hence, you can enjoy moderate portions of controversial snacks, such as peanut butter nabs (high fat), oatmeal raisin cookies (high sugar and fat) and pretzels (high sodium), without feeling guilty.

**Sports Snacks:** The best sports snacks are rich in carbohydrates: preferably starches (bagels, english muffins, cold cereal (by the handful right out of the box or in a bowl with milk), hot cereal, pretzels, lowfat crackers, leftover pasta, noodle soups, microwaved potato) and natural sugars (juice, fruit). Refined sugars (jelly beans, licorice, soda pop, hard candies) will also fuel the muscles but they lack the "spark plugs" you need to enhance your sports performance. Lowfat snacks are also OK in moderation: granola bars, muffins, thick-crust pizza. Just be sure your overall diet adequately fuels your muscles with carbs, not simply fills your tummy with fat.

**Outrageous snacks:** If it's an ice cream sundae or insanity, I recommend that you satisfy your hankering for even belt-busting snacks *by indulging at lunchtime*. By spending your lunchtime calories on the treat, you may not even blow your calorie budget for the day, and you'll certainly have energy for exercising that afternoon. You also won't destroy your health with an occasional junk food lunch, as long as your overall diet tends to be wholesome.

**Vending machine snacks:** Vending machine cuisine offers tough choices. Tucked between the lack-luster choices, you may be able to find pretzels, peanuts, juice, yogurt, and even an apple. The good part is the snacks are limited in size (i.e., only two cookies instead of the whole bagful) and generally provide 200-400 calories which is what I recommend for athletes. When trying to decide between fatty or sugary choices (i.e., chips or chocolate), remember that sugar will at least fuel your muscles; fat will just clog the arteries. Afterwards, brush your teeth!

**Planned snacks:** Your best bet is to *bring in your own snacks* so that you can avoid the vending machine. Keep a box of zwieback, dry cereal (oat squares, chex), raisins or microwaveable lite popcorn in your desk drawer, or tuck an apple, juice box or breakfast bar into your pocket as you leave for work or school. These preferable choices will be ready and waiting for the 4 o'clock munchies. Eat them in good health, and enjoy your higher energy.



November 17, 1992

Robert Vehe  
The Racing Blade

Dear Robert:

Thank you for the great layout in the recent issue of the Racing Blade. I really appreciate the coverage. I hope in the future ABC Sports will be covering authentic speedskating events in addition to televising speedskaters participating in the made-for-television events.

Best regards,

Lydia Stephans  
Director of Programming  
ABC Sports

July 22, 1992

Dear Shirley,

I recently sent in my check to begin a subscription to The Racing Blade and received two back issues as well. I think the publication is very good and covers all aspects of speedskating. I find it to be quite informative. I would like to know if my subscription can start with the June, 1992, issue so that I can find out the results of the World Short Track Championships. Short Track should become even more popular now that two more events (Men's 500 and Women's 1000) have achieved medal status. Please send the June issue as soon as possible. Thank you for your cooperation.

Kevin O'Brien  
Rockville Centre, NY

August 29, 1992

Mr. Helminski,

Hello! Would you please change the address on my son's subscription. Also enclosed is a check for \$15.00 for a subscription for myself. Haven't seen you in ages, but do hope you're feeling fine and doing well. I enjoy reading The Racing Blade. It is a very excellent publication.

Bev Norman  
Sterling Heights, MI

October 5, 1992

Dear Shirley,

Enclosed is a check for a subscription to The Racing Blade. I enjoyed talking with you on the phone - especially as you are a Northern Michigan person!! A "Yoooper" no less! Thanks again.

Kathy Sullivan Spedding (former Michigan Skater)  
Cincinnati, OH

November 24, 1992

Dear Racing Blade,

The Name Withheld by Request letter of June 25, 1992 tells it all. There is no need to elaborate. It is Ancient History. After Walking four miles each day, swimming over 52 times a year on local and distant island shores, I can put on my 1976 North Star Blades and skate in group three on frisky days, and group four on semi-frisky days with the four groups of Bay State Skaters four times a week pending knee joint pains. This is at the chronological age of 65. Medals and trophies only tarnish, but skating with the great people who frequent our solid crystals each week is both an honor and a joy. There is no ruling body to govern my actions. The wallet is out some \$240 each year, but the spirit and the fun of covering the laps no matter how many is worth any recognition in terms of smiles, a pat on the back, or suggestions for updated skates. It is all worth the toil. Watching others improve from Pee Wee up is a joy that only comes from those who try and behold the expertise of others. Constant movement is great for what ails us in this stressful economic age.

Sincerely yours,  
Ted Novak

July 26, 1992

Amateur Speedskating Union,

Please send me some information about the organization, how I can join and any information about local clubs in the New England area. I am new to speedskating, though I have been a hockey player and cross country skier, and an avid in-line roller skater as of late.

Thank you very much! I got your address from Joel Rappelfeld's book, The Complete Blader.

Jennifer A. Sanborn  
Old Town, ME

September 30, 1992

Dear Mary,

Thank you for keeping in touch and for the work you are doing on behalf of the ASU. I applaud the name change. I favored that 40 years ago when I was involved in administration at the state level. I am enclosing my check for \$25.00 for the Alumni Club.

Clarice Mattson  
Minneapolis, MN

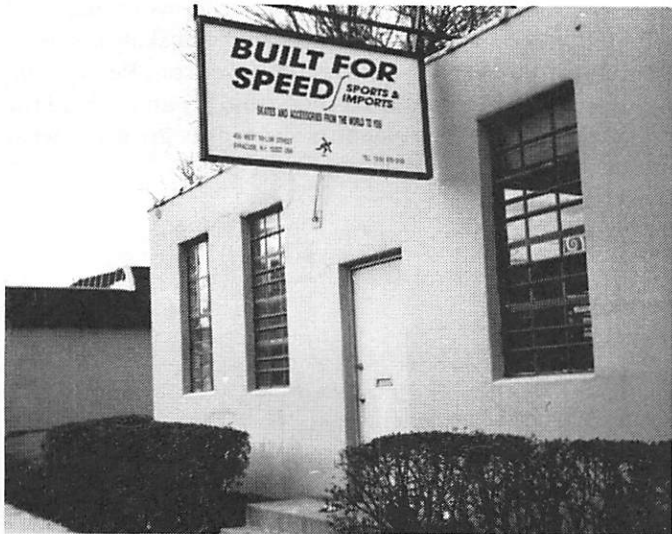
*Editor's Note:*

"Mary" is the formal name of the lady we know as Liz Chapin who conceived the Alumni Club and continues to manage it.

## Introducing The New Built For Speed

by SARAH CONOVER HILL

As of July 1, 1992, Marty Hill doing business as "Built For Speed" became "Built For Speed, Inc." On October 19, five employees were hired and the business was moved from Seneca Turnpike to West Taylor Street, in the Syracuse Economic Development Zone. Major local government financing for the move and subsequent expansion is in the works. Once financing is approved, work continues on expanding the Dark Star line of US made ice and inline speedskating equipment. Hopefully, the long wait for a quality line of U.S. made speedskating products, available when you need them, will be over soon.



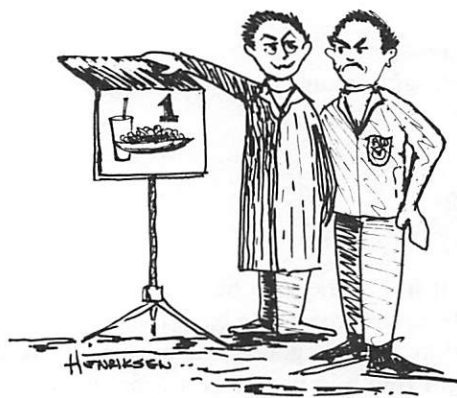
Joining Built For Speed, Inc. is John Dimon, who many of you know from High Peaks Cyclery in Lake Placid. John wanted to be closer to his hometown of Cortland, NY, and have more time to compete, so look out, Senior B's. He is a training fool. John will be answering the phone most times when you call, and is very knowledgeable, very professional, and is quickly learning our routine here inside out. John works regular business hours, and we're finally able to say again that most in stock orders are shipped same or next day.

Mike Hopper, another training fool who has traveled with the Built For Speed Away Team (the big guy with the long pony tail) for several years, is now officially a full-time employee. Also joining the staff is Reesa Blakes, in shipping and receiving; Bill Dewey, who designed the ALS Sharpening 'Jig, and masterminds our machinery; and Judy Brown, who will help make everything flow. Marty will now have more time to let the thousands of ideas in his head out, and you will be less frustrated because the phone will now be answered at regular times! Until a new catalogue is produced and mailed to everyone on the mail-

ing list, you can still call the old number. But please make note of the new address and telephone number:

**BUILT FOR SPEED, INC.**  
400 WEST TAYLOR STREET  
SYRACUSE, NY 13202  
(315) 475-3110

There is a ribbon-cutting ceremony/open house being planned, and all ASU members will be invited as soon as the date is set. If you can make it to the Syracuse area, it should be a great party. If you want to visit any other time, just let John know, and don't expect much furniture. Stay tuned for future announcements!



*Garcia—I said "Bell Lap" not "Taco Bell Lap"*

### National Long Track Lake Placid, New York

January 30-31, 1993

by TOM MILLER

Lake Placid is set for the 1993 National Long Track Championship. If our summer is any indication of what the winter is going to be like, please bring plenty of warm clothing.

Headquarters Hotel is the Ramada Inn, Saranac Ave., Lake Placid, NY (518) 523-2587. Rates as follows:

\$70.00	Single	\$80.00	Triple
\$75.00	Double	\$85.00	Quad.

There is no housing at the OTC this year.

We are hosting a banquet for Saturday night at \$15.00 per person. The menu is as follows:

Baked Ziti	Salad
Sausage, Peppers and onions	Bread and butter
Chicken Parmesan	Dessert

Please make checks payable to the Adirondack Speed Skating Club for the banquet.

If you have any questions write to Tom Miller at P.O. Box 4, Lake Placid, NY, 12946, or phone between 9:00 p.m.-10:30 p.m. EST at (518) 523-1157.

*Everything needed to make your plans early!*

# 1993 North American Short Track Championships

**Champaign, Illinois  
March 26-28, 1993**

by JOHN MCGILL, Meet Director

The grand balconies of the U of I Ice Arena will no doubt be teeming with spectators as after an 18 year absence a major championship returns to Champaign, Illinois, the birth place of international short track competition. The Amateur Skating Association of Illinois, your host, promises to make this a memorable event for the qualifying competitors, officials, family and spectators.

The championship will be held at the University of Illinois Ice Arena, 406 E. Armory, (at 4th St.) Champaign, in the heart of the U of I campus. The oversized ice surface (115 x 200) with large balconies flanking each straightaway provide ideal conditions for competing and observing pack style skating. The U of I Armory with its indoor running track and large infield provide an excellent warm-up area just across the street from the Ice Arena.

The University Inn, 302 E. John St., Champaign, a 21 story hotel complex, located 4 blocks (1/3 mile) from the rink (no hills!) will serve as our host hotel. The Inn has an unusually large variety of room configurations from singles to bi-level suites. The basic rates are \$59.00 double and \$52.00 single. Reservations can be made by calling (217) 384-2100 or by sending in a reservation card. In either case, mention the "speedskating rate". There is an ample block of rooms reserved. They will be held until February 25, 1993. Please plan ahead.

## Transportation

Champaign is easily accessible by the interstate highway system and is serviced by major airlines at the University



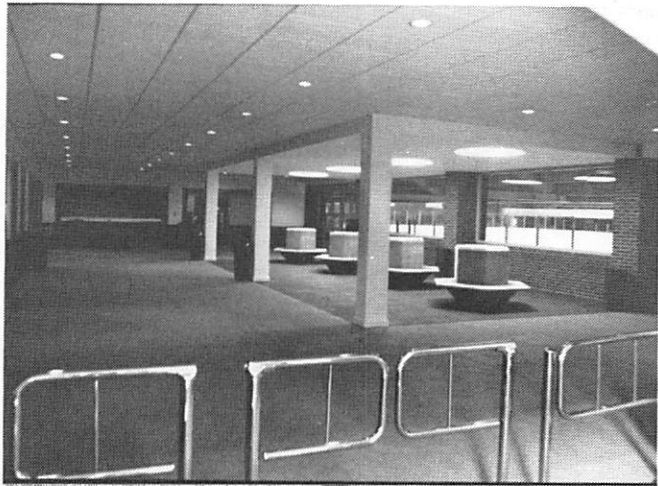
U of I  
ICE RINK

of Illinois Willard Airport. ASU members are encouraged to use Austin Travel for your flight arrangements. A map of the Champaign-Urbana area will accompany your entry form. We have also made arrangements for a charter bus to transport skaters from Chicago's O'Hare International Airport to Champaign on Thursday, March 25th with a return trip to O'Hare on Sunday, March 28th. The bus trip from O'Hare to Champaign is approximately 3 hours and provides an economical alternative to flying from O'Hare to Champaign and back. The details of the bus trip are as follows: A bus will meet incoming passengers at Chicago's O'Hare International Airport on Thursday evening March 25th. Arrange for your incoming flight to arrive at O'Hare no later than 7:00 p.m. Once all the incoming passengers have been located the bus will make the 3 hour trip to Champaign arriving at

the host hotel at approximately 10:00 p.m. Following the completion of the competition on Sunday, March 28th, the bus will leave Champaign for the return trip to O'Hare. Travelers should not schedule a departing flight from O'Hare prior to 8:00 p.m. The round trip cost is \$35.00 per person. Those interested in using the charter bus service should send a copy of their flight itinerary and a check payable to the Amateur Skating Association of Illinois to John E. McGill, 1104 W. University Ave., Champaign, IL 61821 prior to February 1, 1993. If we do not have 30 paid riders by February 1st the charter will be cancelled. You will receive a full refund of your \$35.00 fee but will be forced to make other travel arrangements. The bus has a capacity of 46 riders. There will be prorata rebate of a portion of the fare if the number of riders exceeds 35.

*(Continued)*





SNACK BAR  
AT THE REAR

### Check In

Skater check-in will be in the hotel lobby Thursday, March 25th from 6:00 to 9:00 p.m. and Friday, March 26th from 9:00 to 11:00 a.m.

### Racing Program

A complete schedule of events will be in the skaters registration package. The tentative competition schedule is as follows: Friday, warm-up and racing from 1:00 to 6:00 p.m. Saturday, warm-up and racing from 8:00 a.m. to 6:00 p.m. Sunday, warm-up and racing 8:00 a.m. to approximately 4:00 p.m. All classes will skate one event to completion Friday. In addition, the Friday program will include relay heats. Relay teams must be submitted with association or provincial entries to be eligible to compete.

### Practice Times

Practice ice will be available on Wednesday, March 24th from 4:00 to 5:00 p.m., and Thursday, March 25th from 6:00 to 8:00 p.m.

### Rink Transportation

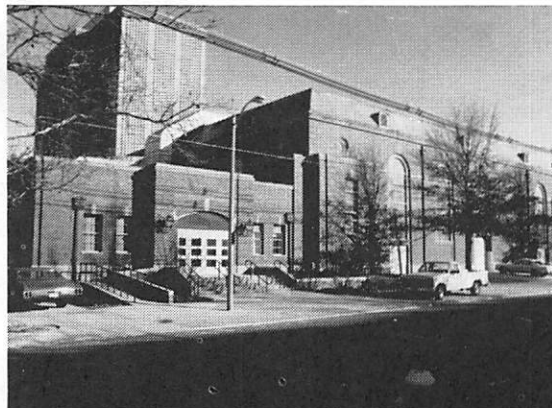
The host hotel is only 4 blocks from the rink. We will **not** provide shuttles from the hotel to the ice arena. If you are staying at another hotel, transportation to the rink is your responsibility. If there are any special situations, please notify me of the details and we will attempt to make special arrangements.

### Banquet & Hospitality

We will have a banquet Saturday evening at which time awards will be presented for the events that are completed on Friday and Saturday. Details

on the Banquet including cost, menu and reservations will accompany your entry form. Due to banquet room availability we will require advance reservations. **You will not be able to buy a ticket at the door.** A Hospitality Room will be open to serve you both Friday and Saturday evening.

**Attention U.S. skaters competing in both the National Short Track and the North American Short Track: Since many competitors will be traveling to the Midwest to**



For further information contact:

John McGill, Meet Director  
1104 W. University Ave.  
Champaign, IL 61821  
(217) 352-9058 (H)  
(217) 356-7263 (Ofc.)  
(217) 356-8105 (Fax)

OLD OUTSIDE  
AND NEW INSIDE.

## World Winter University Games Short Track Speedskating Team 1993 Zakopane, Poland

### LADIES

AMY PETERSON  
SHANA SUNDSTROM  
DARCIE DOHNAL  
KAREN CASHMAN  
TRICIA STENNES

### MEN

JOHN COYLE  
RANDY BARTZ  
ERIC FLAIM  
CHARLES KING  
KEITH KING

Team Leader  
PAUL K. MUELLER  
Head Coach  
JEROEN OTTER  
Official  
STAN KLOTKOWSKI



*The incoming and outgoing presidents of the Missouri Skating Association return the support they received as skaters.*

## Lucky is Missouri

By Myra L. Van Camp Vandersall

A desire to provide children with positive speedskating experiences and return the support they received as skaters marks the cornerstone philosophy of the incoming and outgoing presidents of the Missouri Skating Association (MSA).

Marjorie Amelotti, a member of the Metros Speedskating Club in St. Louis, has been elected to fill the unexpired term of Russ Owen as president of the MSA. Russ cited increased professional and family commitments in his resignation.

Marjorie has been on speedskates since high school, but took early retirement following a broken ankle during a meet in 1976. A registered nurse, she became active again in the sport by providing medical support and first aid at meets, then began coaching four years ago. In 1990, she started competing again, this time in the Master Women's division.

In her non-skating life, Marjorie is a neo natal sales specialist with Mead Johnson Nutritional, a division of Bristol Myers Squibb, and will be featured in the 1993 company calendar as an employee who is active in sports. The calendar photos were



MARJORIE AMELOTTI, PRESIDENT  
MISSOURI SKATING ASSOCIATION

taken at the National Short Track Championships in March. The calendar will be distributed to 6000 employees nationwide.

Because her professional and recreational lives revolve around children, Marjorie says that the skating goals for young children should, "First, be fun. In speedskating, we also hope to develop lifelong skills that can help in the areas of goal setting, self discipline, and self confidence. If young skaters show a desire to compete, we should also meet their competitive needs in a positive manner."

Marge is an avid cyclist and has chaired several committees for the Children's Miracle Network Telethon, an organization that raises money for the St. Louis Children's Hospital and Cardinal Glennon Hospital for Children. She is a member of the St. Louis Association of Neo Natal Nurses and the Nurses Association of the American College of OB-GYN.

Russ, too, cites the development of children as a reason for donating many years to speedskating.

"I've so many fond memories of all the people I've met in this sport, the unselfish support and encouragement that I received as a skater, and the assistance during my teen years in setting goals, seeing progress and encouraging self esteem. I just wanted to give some of that back," he said.

Russ began skating in 1964 and competed in the Intermediate and Senior Men's divisions, then returned to skating as a coach in Clayton, MO., in 1976. He has served on the MSA board for many years, was Meet Director for the St. Louis Silver Skates numerous times, and participated as an official in World, North American and National meets.

**If you want information:**

On advertising including rates, preparation, billing, closing dates, etc.

Contact:

**ROY HELMINSKI**

2504 Seventeenth Street  
Wyandotte, Michigan 48192  
(313) 284-1124

**RACING  
BLADE**

To submit articles photographs, letters to the editor, closing dates, etc. or to suggest ideas for future issues:

Contact:

**BOB VEHE**

404 HiLusi Avenue  
Mt. Prospect, Illinois 60056  
(708) 253-4191

# Kemper Chicago Silver

## A SOUTHERN "THANKS, YA'ALL"

DR. LARRY LUCAS

On October 24-25 an historic "first" occurred in North American speedskating. The North Texas Speedskating Club loaded two vans with speedskaters and made the 18 hour trip to Glen Ellyn for the Kemper Chicago Silver Skates contest. We have been told that it was the first time that any club south of St. Louis, Missouri had ventured north to compete. It was the consensus of our team that it was well worth the trip!

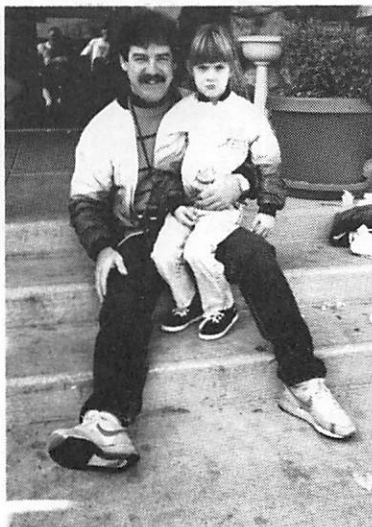
With the exception of coach Rob Blair and Master Men division skater Dennis Stanford, no one knew what to expect as it was their first competition on ice. Everyone was nervous, but the meet directors, officials, coaches and other skaters were tremendously helpful and encouraging. Most of our team comes from a background of USAC inline skating, outdoor inline skating, friends of Rob Blair and Scott Guy, and a few who became interested after the Olympic games. Although many of them have competed well on inline skates, ice was an untested area until the Silver Skates race. Most of our skaters started ice practice with Rob Blair, with the able assistance of Scott Guy, in March of this year and practice an hour a week on a 100 meter ice rink.

What are our impressions following our first meet? Our skaters liked the high level of competition, even though some of our experienced USAC skaters said they felt like they were "starting over again." Our team gained an impetus to work harder to do better in future meets. They especially liked seeing world class skaters at a local contest—it is an incentive to up-and-

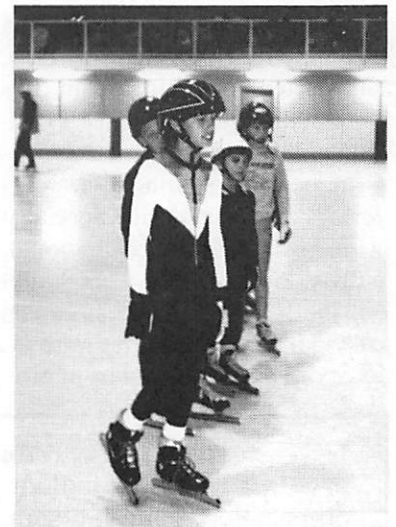


TEXAS SKATERS AT THE KEMPER SILVER SKATES  
IN GLEN ELLYN, ILLINOIS

Front row: Kirk Davis, David Lucas, Jordon Malone, Brittany Blair, Ben Lucas. Back row: Chad Powell, Jennifer Browning, Coach Scott Guy, Brad Lang, Denny Stafford, Coach Rob Blair, Doug Moore.

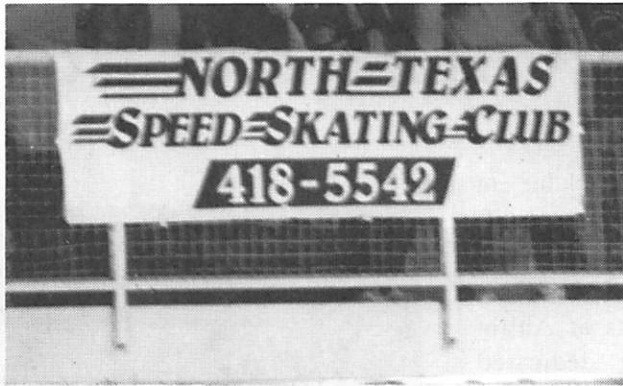


Rob Blair, a Texan by way of Champaign, and a prime mover in speedskating in the Lone Star State, with his daughter, Brittany.



David Lucas of the North Texas Speed Skating Club awaits the start

# Skates Says "Welcome"



THEY BROUGHT THEIR OWN FLAG

coming skaters. We were impressed by the fact that the other clubs cheered us on during the competition. Other team members gave much appreciated helpful pointers and tips to our skaters. It is nice to discover people who are willing to give out "trade secrets" to the competition for the sake of enhancing competition! They certainly dispelled the myth of the "cold" North. A hearty "thank you" is due to those who made our first competition so enjoyable, and to the ASU for their encouragement.

We also learned that our kids from the south can be competitive, earning several placements. All our skaters returned home encouraged by the reception given us and determined to cut their lap times and increase their passing skills. Our immediate goal is to obtain more ice time (very expensive in Texas), pads for our practices, and hopefully area sponsors so our team can make as many trips back to the North as possible!



THEY MADE THINGS MOVE-ON THE ICE  
Tim Quinn, Bob Engling, Greta Hall  
and Don Baker



#### SKATERS NOTICE!

The number is positioned in the middle of the back, there is no long hair obscuring the number, and, most importantly, there are four pins securing the number. Notice that the pins are on an angle.



*Help the ASU, your club and yourself.*

## OTTMAR NAMED AUSTIN'S DIRECTOR OF SPORTS SALES

David Ottmar's experience in the sports arena is extensive. As an undergraduate student at Stanford University, he was a quarterback and punter on the 1972 and 1973 football teams, earning *The Most Inspirational Senior Football Award* in 1973. In addition, he was drafted by the Los Angeles Rams and selected to play in the 1974 College All-Star Game. After earning a Masters Degree in Education at Stanford, he went on to coach major college football teams including Stanford and Northwestern, working on the staffs of Bill Walsh, Paul Wiggin and Dennis Green.

Immediately prior to joining Austin Travel, Mr. Ottmar was the Manager of Sports Marketing for Gatorade (Quaker Oats Company). While at Gatorade, Mr. Ottmar worked with the professional teams in the NFL, NBA, MLB and NHL. In addition, he developed business relationships with many major colleges, National Governing Bodies and high profile sporting events.

Dave Ottmar met with the ASU Executive Board last September and is preparing a new agreement which should provide even more benefits to the ASU and to all who use Austin's top-flight services.

Austin Travel has been the ASU's official travel management company since December, 1990. Their expertise and industry clout allow them to negotiate special air, hotel, and car rental rates on your behalf. The price you pay for airfare is the lowest applic-

able rate available at time of booking, or difference will be refunded to you GUARANTEED.

The agents at Austin Travel are dedicated solely to Sports Travel. Their knowledge of the special needs of the sports traveler comes from experience and continuous on-the-job training.

*"Make sure you tell her you are with the "ASU".*

Austin Travel has a 24-hour emergency hotline service and is available 365 days of the year. To make reservations, call (800) 486-1154 and talk to Lisa. Make sure you tell her you are with the ASU. Beside the advantages you receive by our association with Austin Travel, each time you use this company for your travel needs, 2% of all revenues paid for directly will be returned to the ASU. This also includes any non-skating travel by you, your family, or friends. The income received from this program will be a welcome addition to our treasury.

If you are a current member of a mileage program, your miles are still credited to your personal account. Each flight you book with Austin



DAVID OTTMAR  
DIRECTOR OF SPORTS SALES  
AUSTIN TRAVEL

Travel gives you free flight insurance worth \$100,000.00.

The following is a special note to meet directors or those responsible for setting up housing and transportation for your competitions. Austin Travel will book accommodations and establish special headquarter rates for your event. The best thing to do if you are planning an event is to call Austin Travel at (800) 468-1154 and utilize all their free help first.

# Skater Information Bay State Speedskating Club

by ED LANG

Following is the current version of information I prepared for our club to hand out at skating sessions.

This effort grew out of my concern for safety when mixed groups were on the track. We needed clear guidelines for new skaters (and a few older skaters too). Once safety issues were addressed, other information was added.

Our club is quite informal, and almost everyone skates. I tried to explain group structure, skill development and workouts.

Club members have made many helpful suggestions. One tough issue has been where slower skaters should skate in mixed groups. We used to say "stay wide", but then we had problems with slower skaters crossing the track. One evening we tried a relay with young skaters staying tight — it worked very well.

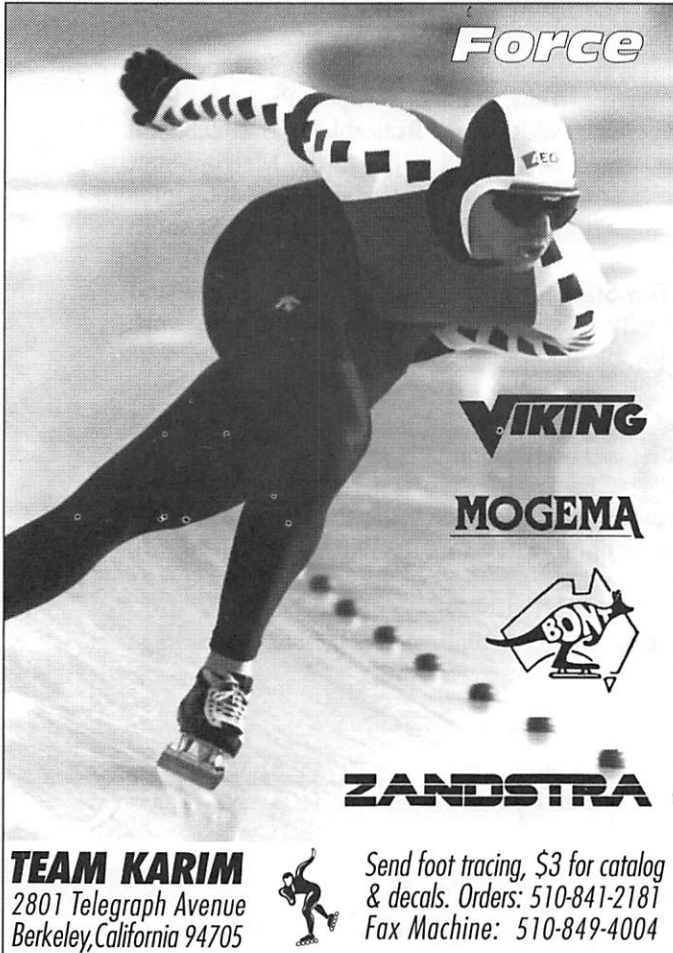
The purpose of the stroke element checklist was to let skaters know there is a lot to learn and practice, but

the details of learning are left to interactions with the other skaters. I would not try to duplicate in a few pages what Dianne Holum has done in her book or the Canadians in their Level II manual.

The program example and many of our drills come from Pat Maxwell's seminars. We also build on the ideas and experiences of Pat Wentland, Chris Shelly, and other skaters. The ASU gets credit for the skating figure.

### Editor's Note:

*This is the best hand-out that I have ever seen in any sport. Information such as this is so difficult to obtain in most amateur sports that many possible participants are discouraged before they start. It would show prospects that the sport is organized, business-like and cares for the safety of the skaters. The members are served and it is an excellent recruiting tool.*



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Bay State Speedskating Club

Skater Information



## Speedskating

### Skating sessions:

**The Skating Club of Boston**  
 Soldiers Field Road  
 Brighton, MA  
 September through May:  
 Saturday 6 to 8 AM  
 Sunday 8:15 to 9:15 PM  
 (Sundays throughout the year)

**Waltham MDC Rink**  
 Totten Pond Road  
 Waltham, MA  
 October through March:  
 Tuesday and Thursday 8 to 9PM

**Navin Rink**  
 Marlboro, MA  
 Many weeks during the season:  
 Wednesday 7PM

Summer off-ice activities include:  
 Tues. Thurs. 6:30pm Prospect Hill,  
 Waltham. Rollerblade Sat. 9:30am,  
 Mon. Wed. 6 pm at the Metropolitan  
 Regional Vocational School 400 meter  
 track behind Wakefield High School.

The Northeastern Skating Association (NSA) and the Bay State Speedskating Club welcome new and experienced skaters. We consider ourselves a community of younger and older skaters who work together to improve our skills and make the process enjoyable and satisfying.

We recognize that some of our group have recreational and some have Olympic goals. We hope that our sessions offer much to any skater who wants to skate fast and turn left.

Ice fees per session are \$10 for adults and \$5 for children 12 years and younger at the evening sessions (or reduced member and seasonal rates). Membership is appreciated (\$45 for NSA and club dues), but non-members are welcome at all sessions.

Non-members are required to sign-in before participating in club activities. We actively encourage child participation, but do not provide child care.

### For more information contact:

John Chadis (617)-965-8227  
 Mike McKenna (617)-861-1555  
 Bill Northup (617)-897-4263

Joanne Hallisey (508)-653-6605  
 Mike Powers (508)-897-4263



# Skater Information:

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## The track:

The track is the outer portion of the ice, marked by cups on the inside edge of the corners. The track is usually reserved for fast skating, with skaters grouped according to speed and experience.

New skaters start in group 4.

It is dangerous to wander onto the track. Use caution entering or leaving the rink.

## Track rules - for safety:

1. **Skate under control.** Slow down if you cannot control your path around a skater being passed. Skate forward, counter-clockwise, with your group. If you fall, keep your skate blades close to the ice.
2. **Be predictable. Do not make quick sideways moves.** Let overtaking skaters know what to expect.
  - Don't cut to the inside or outside of the track, especially in the corners.
  - Look back before entering or leaving the track on the straights, and move gradually.
  - Leave room next to the boards for a skater to pass.
3. **Younger and slower skaters stay tight the whole time (within 2 feet of each cup) when mixed groups are on the track for warmup/down, drills, or relays. Exceptions:**
  - Skaters who cannot hold a tight line at speed should slow down or stay wide.
  - Skaters who drop off the pace in lap exercises should move wide before being lapped.Staying tight or wide the whole time is safe. Moving from one to the other is dangerous.
4. **Do not stand next to the mats in the corners, or along the straight-away boards.** Use caution when entering or leaving the rink. Avoid crossing when other skaters are on the track.
5. **Do not kick the cups.** Give yourself at least 6 inches safety margin. Replace any cup you move.

## Easy skating area, practice area and instruction:

The easy skating area is a 10 to 15 foot wide path inside the track, at least 4 feet in from the cups.

The practice area is the center portion of the rink. Different sections may be set up for beginners, children and various exercises. If you cut through the practice area, stay out of the way of the practice activities.

New skaters may start with instruction from designated coaches on Sunday evenings. We encourage experienced skaters to help new skaters at all sessions. Members of your group can be quite helpful.

## Required equipment:

Helmet, gloves, long sleeves, long pants. Kneepads are highly recommended. Any skates may be worn. Modern indoor speedskates are faster and promote proper technique, but require regular sharpening (by hand, using a jig and stone) and some practice before they feel stable.

## Groups:

For safety and convenience, there are four groups of skaters (plus young children). Group 1 is the fastest and most controlled; group 4 is for new or slower skaters. Skaters who are fast, but lack control, should skate in a slower group, at the speed of that group, and develop more skill and better technique. Group 4 is where skaters learn basic skills and what experienced skaters expect – the normal “line” on the track, where it is safe to pass, ...

Experienced speedskaters are welcome to discuss groups with a coach and choose a group where they can skate safely and not create problems. Major problems are lack of predictability, skating out of control, and becoming an obstacle. Coaches will make group assignments when problems occur.

Groups are sometimes combined for endurance programs. If you know that you will not be able to keep up with the lead pack, choose a place which fits your speed rather than be an obstacle to slightly faster skaters behind. Groups are also combined for warmup, warmdown, and drills.

## Skill development:

Good technique and practiced skills are needed to turn strength and endurance into fast skating.

We learn technique and develop skills by isolating each element of speedskating and designing drills to help perfect the element. For straight-away, transition, and corner strokes there are drills for body position, balance, stroke direction and force. Balance drills may focus on the preparation and lean before the stroke, or recovery and glide after.

Most drills are done at slow speed with strokes directly to the side. Imitate and help each other, and notice how your skating improves as each drill is gradually mastered.

Each drill focuses on one particular element, and often includes motions that are not correct for other elements or the complete skating stroke. Many drills lengthen the time for an element so that it can be better felt and practiced. Balance is learned by reducing lean and stroke power, holding each position. Power is learned by leaning and stroking entirely to the side, maximizing the time that force can be applied. Efficiency is learned by stroking quickly and minimizing side-to-side motion.

## Track-skating workout:

There are different programs for technique, endurance and speed. Technique is emphasized in the summer, endurance in the fall, and speed in the winter. Skill development is always important.

Programs usually consist of a number of sets of repetitions of laps or skating time, with rest between each repetition and a longer rest between sets.

Program example (Groups 1 & 2 1000M training; 3 & 4 interval training; 9 minutes each): 3 sets of

- 3 repetitions of Groups 1, 5 laps at 11.5 sec. alternating with Group 2, 4 laps at 14.
- 3 repetitions of Groups 3 and 4 alternating 1 minute steady pace with good form

Where 1&2 are resting between sets while 3&4 skate, and vice-versa. With children's 3 minutes at the end of each set, or 1.5 minutes at each group switch, total elapsed track time is 45 minutes. 10 minutes warmup/technique at the start and 5 minutes warmdown at the end, fill a 60 minute session.

Group 4 could emphasize technique by having a different focus for each repetition: straight-away strokes on the first, corner strokes on the second, and quick cadence on the third.

## **Straight-away strokes:**

### **Stage 1: balance**

Lean and push to side

Arms swing side to side, toward the new direction of travel (using arms for balance, not power)

Square upper body centered over gliding skate

Balance on each skate, blade vertical

Comfortable, good tempo

### **Stage 2: stroke**

Nose-knee-toe alignment

Weight under instep

Feet come together each stroke

Long glide

Push to the side, and transfer weight to gliding skate at the end of the stroke

After push, skate circles back with leg and foot relaxed. Then knee and foot drive past other skate before touching the ice.

As leg pushes, the same side arm swings forward from straight back to opposite side of face.

### **Stage 3: position**

Low position (knee bend 90 degrees), with hips lower than shoulders

Long stroke

Lean (fall to inside/forward) before push

### **Stage 4: power**

Strong push - feel the force

Strong same-side arm swing in the opposite direction from the push

Square shoulders and hips over gliding skate

Steady upper body

## **Other speedskating skills**

The skating track

- normal, reverse (tight entry), and variations
- number of steps and rhythm become automatic

Passing techniques and strategies

- setup, inside or outside, early or late.

Strategy and training for various race distances

Starts



# Corner crossovers:

---

## Stage 1: left outside edge

Swing right arm across body into turn, with left arm resting on back

Shift weight onto left outside edge (the edge closest to the turn)

Lift right skate over left and set it down as right arm swings back

Comfortable, good tempo

## Stage 2: balance and push

Long glide on left outside edge with right skate off ice.

Left leg stroke pushes to side (left skate does not fly back)

- Feel a push from the left skate rather than just stumbling over it.
- Right skate touches ice after left skate push, not before.

## Stage 3: position and transition into corner

Shoulders parallel to ice ("drop right shoulder")

Shoulders and hips square to direction of travel

- body not twisted around with seat sticking out of turn

Start turn on right stroke, with solid feeling on first left outside edge going into turn.

Whole body falls to the inside of the turn

## Stage 4: lean

Lean up to 60 degrees from vertical (30 degrees off ice)

- balance as though the ice were tilted 60 degrees - like an ice cliff.

Feel the force of twice body weight on each skate

Steady force against blade for full time of each stroke

- constant pressure - like doing 300 lb one-leg presses on alternate legs.
- as much work as wearing a 150 lb pack and climbing a 60 degree hill doing crossovers.

## Notes:

The Complete Handbook of Speedskating, by Dianne Holum, is an excellent source of detail information, especially for long-track.

Good technique requires many years of practice and development. This is a partial checklist of things we learn in drills, practice and games, and by listening and talking with fellow skaters. Skating sessions have as much time for talking (or play for children) as there is for skating.

The social side of skating is a very important part of keeping a skater involved during the many years of development. Older adults, parents, skaters in their 20's and 30's, teenagers and children all have needs, and all contribute in their own way, making the skating experience rich and rewarding.

**Editor's Note:**

*This is a letter that was sent to ASU President Bill Cawthra by Ed Lang of the Northeastern Association. It brings up a number of interesting and bothersome points which many have talked about, but few have put into writing. These are matters that are worth discussing and we invite your comments.*

Dear Bill:

I appreciate the effort the ASU is making to improve the level of U.S. skating performance, and agree that new options and ideas should be tried in the ASU summer camps and other programs.

The purpose of this letter is to encourage discussion of what skater development means, and to suggest some changes for next year's summer camps.

**Community-based year-around development:**

I think of development as a year-around process based on the local community of skaters, with the ASU providing resources to the extent they are available. Our local community covers all ages, and they all are important.

The very young are the future of our sport, but they need parents or interested adults to sharpen and lace skates and direct their activities.

The teenagers are the group from which our fast skaters emerge. They need rides to meets, older skaters to chase, and a range of friends who help maintain interest in the sport. The social side of skating is especially important.

Skaters in their 20's are the fastest and most highly trained in our club. They bring out the best in our teenagers, and the rest of us too.

Older skaters (30+) provide support in many ways. They demonstrate that speedskating is a life-long activity, bring children into the sport, and focus more on helping others.

All ages and levels participate at our skating sessions, and the interests of each has to be balanced and accommodated. I think the same should be true for ASU programs.

**ASU summer training seminars:**

Everything possible should be done to make ASU summer camps accessible.

I don't understand why there are restrictions which:

- Make skaters over 19 years old feel discarded,
- Require flying to distant camps,
- Frustrate coaching talent, and
- Keep skaters from skating with their friends.

Pat Maxwell's 1991 camp demonstrated that different levels of skater can be accommodated at the same camp. Fairly inexperienced, middle aged, good younger, and

national elite skaters were all on the ice.

No one suffered from the presence of other levels, and Pat offered a model for training that applies to local club sessions for the rest of the year.

Summer camps should be available to all skaters, with priority given within each region (driving distance), and reasonable selection criteria applied when space is limited.

**Other ASU programs:**

The other ASU programs for elite and developing skaters should support individual interests and choices as much as possible.

Residence programs are good for some skaters, but not for others with school, work, friend or family commitments.

Some skaters may thrive in a structured environment with stratified groups, while others are self-motivated and like a range of options. Some prefer the development models of other countries or "professional" sports, while others do not.

There is one fact that is true for all sports.

To develop and be competitive at the highest level, an athlete has to spend time doing the sport almost every day. Complementary activities are no substitute.

This fact leads to the single most important thing the ASU could do to improve speedskating performance:

Help set up and support at least one hour of ice each day in each geographic area with a large speedskating community.

**Regional differences:**

My views are based on experiences in my club and region.

Almost everyone skates, and we like having young and old skate together.

With a mixed group, we have more fun doing dryland training in the summer and more hours of ice in the winter.

We have fast skaters setting a standard for performance, showing the importance of technique and skill, and bringing in new training ideas.

We have an informal administrative and coaching structure.

Other clubs and regions have different interests and conditions.

Some regions may prefer strict skater eligibility rules on summer camps, while others may not.

Some regions may prefer a "professional" or Eastern European development model, while others do not. Interested regions could test figure skating or hockey models: rental skates, learn-to-speedskate programs, paid coaches, local teams, .....

But we have something quite precious in our non-professionalism:

*(Continued)*

We have a nurturing environment where skaters have the opportunity to individually grow to a world-class level. That is development in its best sense.

Still there is room for improvement. We all want more competitive world-class skaters. How can we do it in a way that keeps the best of what we already have?

All I ask is that the ASU support each region's interests with a fair share of the resources.

Sincerely,

Ed Lang

## Grand Master Women's Short-Track Medallion Dedicated to Olympian Cathy Turner

by BILL ANDERSON

After several years of work and fundraising by Elaine Standler (special thanks to Mario Trafeli, Tom Augustitus and Billie Freund), the Grand Masters Women's Class was recently recognized as a class by the ASU. As destiny would have it, about that same time, a young American skater by the name of Cathy Turner became the first U.S. Olympic Gold Medal Short Track champion! In honor of the new first U.S. Olympic Short Track gold medal winner, the ASU has named the first medallion of the new Grand Master Women's Class, the **Cathy Turner Medallion**.



CATHY TURNER  
Gold and Silver Medalist 1992 Winter Olympics

Cathy started competing in speedskating at age 6 and had been on "leave" for nearly ten years when she was inspired to return to the sport because of its inclusion as a demonstration sport in the 1988 Olympics, earning her the nickname "Comeback Kid."

The speed and daring of "pack" skating being her specialty, Cathy had achieved the U.S. National and North American Short Track Championships by age 17. Cathy "retired" from speedskating and became a singer and songwriter, returning ten years later in her quest for gold . . . the rest is now short track history.

Today, Cathy combines her talents in singing and skating as a headliner in "Made in America," the 1992-93 version of the Ice Capades with Christopher Bowman. Reviews, according to Nancy Price (Cathy's mom) describe the show as "spectacular"!

The ASU is proud to designate the new Grand Master Women's Class Short Track medallion, *the Cathy Turner Medallion*, in honor of Cathy and her outstanding contributions to and achievements in the sport of speedskating. Congratulations and thanks, Cathy, from the ASU! All the best in your new adventures in the Ice Capades.

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*Details on a weekend  
that should not be missed*

## St. Louis Silver Skates and the Olympic Festival Trials

by MYRA L. VANDERSALL  
Vice President, Public Information  
Missouri Skating Association

St. Louis - the city of Westward expansion, riverboats, the Cardinals and the Arch - has been awarded the 1993 Olympic Festival Short Track Speedskating Trials, which will be held in conjunction with the 67th annual Silver Skates, hosted by the Missouri Skating Association (MSA) on March 5, 6 and 7, 1993. Ed Renner of University City, Missouri, has been named Meet Director.

Both competitions, sponsored by the Missouri Skating Association and the St. Louis County Department of Parks and Recreation, will be held at the South County Recreation Complex, 6050 Wells Rd., the site of the 1992 National Short Track Speedskating Championships. Most skaters establish personal best times on this ice surface, where 62 new National records were broken or established last March.

The Olympic Festival Trials begin on Friday, March 5, 1993, with pursuit races held from 3-7 p.m. This is a change from the previously published dates. The MSA has received permission from USISA to begin the event on Friday, which will enable the pursuits to be completed by 7 p.m.

The 16 men and 16 women who make the Festival teams, plus two alternates per team, will skate in the 1993 Olympic Festival in San Antonio, Texas, in July.

Skaters not qualifying in the top 24 time positions will then have the option to skate in the Silver Skates events on Saturday and Sunday. The Friday program will be the pursuit event only.

The St. Louis Silver Skates competition, scheduled for Saturday, March 6 and Sunday, March 7, includes an open novice class through Juvenile, and open Short Track class and most of the ASU regional classes. Details will be sent to Association secretaries and the National ASU office as soon as they are finalized as to the number of events and classes.

The Holiday Inn at South County, 6921 S. Lindbergh Blvd. at I-55, St. Louis, Missouri, 63125, is the host hotel for the meet. Special speedskating rates of \$54.00 per double room are available through February 4, 1993. To make reservations call the motel at (314) 892-3600 or 1-800-264-6616 or FAX (314) 892-2091. Make your plans early to avoid the last minute crunch.

### Medallion/Medal Committee

#### . . . NEWS . . .

Chairman Larry Ralston announced that when Mrs. Peg O'Connell purchased the one remaining Long Track Award, Grand Master Women, in memory of her late husband George, all National Medallions now have been sold.

However, a number of medal sponsorships are still available. At the urging of a number of interested people, medal sponsorship will now be available BY EVENT in certain classes. This type of sponsorship will permit the purchasing of 1st thru 4th place medals for specific races. First to purchase such a sponsorship was Carole Moore of Flushing, NY, who bought the Long Track 3000 Meter Medals for Master Women to commemorate the Flushing Speedskating Club.

Said Ralston, "This new availability should make it easier to sell the remaining medals. It's too bad we can't offer this kind of sponsorship to all classes and events but the nature and past history of the fund will not permit that." The Medallion/Medal program provides an opportunity for a lasting gift or tribute at a nominal cost. All sponsors are honored in perpetuity and are invited to present their awards at National Championship events.

Persons seeking more information on availability, cost and payment plan are invited to contact the program chairman:

**Larry Ralston**  
46948 West Drive  
Decatur, Michigan 49045  
Phone: 616-423-8810

A highlight of the weekend is the gala banquet on Saturday evening at the Holiday Inn. Planned by Liz Chapin, the banquet begins at 6 p.m. with a cash bar, followed by a buffet dinner at 7 p.m. The buffet will feature salads, pasta, a selection of vegetables, carved roast beef, fried chicken and assorted desserts, all for \$5.00 per skater and \$8.00 for non skaters.

Details for the banquet will be included with the entry forms when sent out. It is important to remember the banquet tickets will be sold **only** by advance reservation.

Ed noted that volunteer assistance in officiating is needed from out-of-town attenders for the Festival Trials and Silver Skates. Those willing to assist with the meets can contact Ed at 739 Radcliffe, University City, MO 63130; daytime telephone, (314) 645-2442; FAX (314) 645-0913; evening telephone, (314) 727-2547.



# United States International Speedskating Association News

## USISA NATIONAL OFFICE NEWS

by KATIE MARQUARD



The season is under way and many things are happening at the USISA office. We are busy preparing for World Cups, international meets, Trials to pick the World Teams, and miscellaneous other projects.

The Short Track team just finished a successful early season International camp and competition. This program was made possible through a USOC Peak Grant. It brought together the U.S., French, and Canadian teams for two weekends of races and one week of training. The first weekend of races was held in Montreal, after which all the teams traveled together to Lake Placid for a seven day seminar. The U.S. Team had a good performance against these top foreign teams. Amy Peterson led the Americans, dominating the women's competition the second weekend. The men were led by Brian Arseneau who also looked strong the second weekend. Adding an extra emphasis to the two weekends of racing was the availability of Team '94 incentive awards to any U.S. skater finishing in the top five of any distance that is held in the Olympics (excluding relays).

The Short Track team is now back in Marquette, Michigan, preparing for the World Team Trials to be held December 4-6 in Minnesota.

Meanwhile the Long Track Senior team followed a month of training in Calgary by a trip overseas. At the time of this writing, they are preparing in Inzell, Germany, for the Fall World Cup season. The team is set to return to the States in mid-December. Some of these skaters will be in Milwaukee for the Grand Opening of the Pettit National Ice Center, while other skaters travel to Butte, Montana, to get ready for the National Championships for All-Around (Jan. 2 - 3), Sprint (Jan. 8 - 9), and Juniors (Jan. 16 - 17).

The Long Track Junior team started out the on-ice season with a trip to Calgary and then to Butte. The second half of the Peak Grant is a Long Track Junior International Camp to be held in Lake Placid from November 21 - December 2. The teams from Norway, the Netherlands, and Canada will attend this camp in addition to the Americans. We are looking forward to a successful pro-

gram with the help of Gene Sandvig who coordinated the effort to get these foreign teams involved.

On the officials' side of the USISA, we recently had representatives take part in two International Skating Union courses. A Short Track Referees' and Organizers' Course was held in Bruxelles, Belgium on October 8-11. The U.S. sent Tim Quinn and Denny Allen. Both men thought the course was valuable, particularly Denny Allen who learned important information for Lake Placid in their hosting of the 1993 Pacific Rim Championship.

The ISU also hosted a Long Track Referees' Course which was held in Amersfoort, the Netherlands, on November 5-8. The U.S. was represented by Dan Immerfall, Ernie Kretschmann, and Jerry Kriskovich. Reports are that this seminar was also very worthwhile.

The USISA has recently undergone some changes internally. A new Board of Directors and officers have been elected for the period of 1992-94. The new officers are: President Bill Cushman, Vice President Dan Immerfall, Secretary Chris Mills, and Treasurer Bob Stennes. Maggie Immerfall will be handling the day-to-day operations of the USISA finances. The USISA also has recently contracted Medalist Sports, Inc. to handle media services as well as their duties in marketing. I look forward to working with all of the above people over the next year.

The office of the USISA has relocated within Cleveland. The USISA address remains the same (P.O. Box 16157, Rocky River, OH 44116) but the phone number has been changed to (216) 899-0128, with the fax number of (216) 899-0109.

Good luck to all the skaters this season!

## NOTICE

# USISA Spring Meeting

April 23 - 24 - 25, 1993

Holiday Inn, Taylor, Michigan

Further information and details  
will be printed in "Ice Chips" and  
"The Racing Blade."

## AMATEUR SKATING ASSOCIATION OF ILLINOIS



by BOB REIFSNYDER

### WHERE ARE THE NOVICE SKATERS?

The recently completed "Silver Skates" meet run by the Glen Ellyn Club illustrated just how healthy this sport is on the "A" level. Virtually every Division was fiercely competitive, and the quality of skating was most impressive, particularly for so early in the season. The "Novice" turn out for the meet, however, was very disconcerting. The only division that had heats was the Open Boys; indeed, from Pony on down, there were only 17 skaters from Illinois. Even more discouraging was the fact that just seven of those 17 were first-year skaters and only three did not have

older siblings already in the sport. Keep in mind that Illinois was the largest Association last year, and that we are only six months removed from the Winter Olympics.

### DUES INCREASE FOR A.S.A.I.

Perhaps with a clairvoyant eye toward this predicament, the Association voted to increase dues at its fall meeting. The new revenue collected from Novice families will be earmarked specifically for NEW Novice programs, whereas the increase from returning families will be spent on NEW programs for advanced skaters. Ideas will be placed first before member clubs for their feedback, before being voted on by the Association. For the Novice skaters, this could mean the full funding of a Category 5 Camp or the setting up of a Novice Coach Development program. Older skaters might see Long Track coaching on the A.S.A.I. level, an evening's extra ice next spring, or a more comprehensive dryland and summer ice training program. Hopefully, the extra money spent on Novice programs will help stem the tide mentioned above.

(Continued)

## Thank You . . . . . Mr. Ueberroth

Thank you very much for your commitment to the young skaters of the Southern California Speed Skating Association. Our skaters train and race hard throughout the year. Now, with your kind donation they will have fine new sport bags to use to transport their ice skates!

### Your donation

Your donation of fifty ADIDAS sport bags made wonderful race prizes for our young skaters. The children enjoyed the prizes and will give the sport bags lots of use throughout the skating season.

### Our enthusiastic thank you

During the past year we have been able to make the sport of speedskating available to more than 100 children in the Southern California area. We offer races and teaching programs in local ice arenas. We have worked in conjunction with the Amateur Athletic Foundation, The Salvation Army Children's camps, the DARE program and local community groups. We teach our young skaters about pride, hard work and fun.

Your donation of sport bags was much appreciated by our young skaters. They will be prized and used by those skaters who won the bags, and will inspire all of the other children to work towards similar goals.

Thank you again for your contribution.

Sincerely,

Sue Perles and Sydney Coatsworth,  
Co-Presidents  
Southern California Speed Skating Association.

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## THE SILVER LINING

What the Novice division lacked in numbers, it made up for in the presence of three very talented Pee Wee Girl skaters from Illinois. Katie Kantzavelos of Park Ridge, Danielle Jones of Glen Ellyn and Stephanie Prather of Champaign-Urbana have all skated tremendously in the first two meets, making this division a must-see for the rest of the season.

## ARE THERE OFFICIALS?

The A.S.A.I. tried to find this out at the Kickoff Classic, held a week before the Silver Skates as a Warmup meet. Skaters who provided an official were allowed to skate for free. It was amazing how many people did NOT volunteer, for the revenue collected was more than twice what had been budgeted. However, the Meet Directors had enough officials by the Wednesday before the Competition, with only one cancellation on meet day (quickly replaced by several others.) This made the meet so much smoother that the A.S.A.I. is going to repeat the experiment for all of its meets this season. The idea of providing financial incentives for officials is an issue that may need addressing on every level in the near future.

Also a success was the decision not to accept same day registrations UNLESS they did not affect heat assignments. Of 86 skaters, only two did not preregister, and those two were luckily in divisions that did not have heats. If all Meet Directors INSISTED on preregistration, and refused to let someone skate if the rules were violated, this would NEVER be a problem again. Then, expensive ice time would not be wasted and 150 plus skaters would no longer have to wait until the start of the meet for an accurate schedule!

## NORTH AMERICANS IN CHAMPAIGN

Once again, the A.S.A.I. will be the host for the North American Short Track Championships, just two years after they were staged in Franklin Park. The Meet is scheduled for the University of Illinois Ice Arena from Friday, March 25th to Sunday, March 28th, with practice time available on the previous Wednesday and Thursday. The Host Hotel is the University Inn and Conference Center and arrangements are being worked on for a special Charter Bus from O'Hare to accommodate those coming from afar. Questions about the meet can be directed to John McGill at (217) 352-9058 (evenings, please).



by PAT WENTLAND

As another skating season gets well under way, the Bay State Skating Club has had another hard season of training and all are itching to get on the ice along with newcomers, in-line skaters, cyclists - people and abilities of all kinds.

We are starting the season off with four regular one-hour ice sessions, and an added bonus, two hours every Saturday morning from 6:00 - 8:00 a.m., and it is still not enough. How do the other clubs do it, how do you keep your National team skaters happy, giving them the workout time they need to bring them to World level competition, without making them have to suffer and go elsewhere to live and train. How do you run a development program for beginners to bring them up to a National level, while at the same time not getting them trampled under the feet of your better skaters and our other category, the "Senior Men B, weekend warrior, just out for a fun, relaxing time" group of people.

First of all, we go back to where Speedskating was just a competition sport to do, as it was when I started skating some 20 years ago. The only ones on the ice were the coach, the hard-core skaters and beginners of all ages with dreams of Olympic medals...and my parents yelling over the boards to skate faster. Of course, ice time was hard to pay for. Most clubs just barely scraped by.

Then we got into the 1980s where the parents who had been driving the kids to practice for all these years decided,

"Hey, that looks simple enough," and went out and found themselves a pair of skates, and before long they're taking the sport seriously and join the ranks of the Senior B Class. They tell two friends about it at the office, they tell two friends, then they tell two friends. You know how it goes.

So sooner or later the club is flourishing, ice time is easier to pay for, we have all different ages of all different skill levels. We couldn't ask for anything better, but, at some skating practices we have anywhere from 30 - 50 people on the ice at once. The elite skaters don't get the laps in that they need and the new skaters don't get the proper coaching they need to improve. We could do what other clubs are doing and just gear the practices toward the competing skaters' workouts, but we are actually one big happy family and will lose a lot of members that way. We could gear practices towards beginners with a lot of drill all year long, and send our better skaters off to Northern Michigan or some other place to live and train, and not have any skaters for our young ones to chase. Or we could just keep doing as we have, a little of this and a little of that, just to keep everybody moving. I'm open for all ideas and suggestions.

Please write to:

Patrick Wentland  
26 Alexander Rd.  
Hopkinton, MA 01748

Back to club personnel, we have some people to look out for this year, along with our stars from last year on the National circuit like Sarah Lang, Tracy Northup, Michael Gallant. We have some possible World team members like Gert Kinthaert and Mark Pelchet, not to mention all the little Pee Wees and Ponies who are making their way up the chart. Good luck to all Bay Staters, and remember head up, hip in and swing those arms.



## OHIO SKATING ASSOCIATION

By Dennis Marquard



## MICHIGAN SPEEDSKATING ASSOCIATION

by BILL ANDERSON

Winter has arrived in Cleveland, evident by the cold temperatures and a foot of new snow. The interest in speedskating is high with new skaters starting each week. We have finished our fund raising project of delivering community phone books just in time before the snow hit and it is now time for the season to begin.

The clubs of Lakewood and Brooklyn currently each have one night of ice time per week. These sessions have been productive, with everyone in both clubs working together on the ice. The Mentor Club is back on track with skating every Tuesday night. They have approximately 20 skaters practicing with their club. The Learn to Speedskate classes, with the use of the Badge program, have gone well. Many participants want to know what the next step is and they have expressed interest in joining a club. Lakewood will have two nights of ice at the conclusion of the Learn to Skate classes. We also have a new area which is trying to get a club started. Elyria has ice weekly and hopes to take the step of forming a club soon.

Many of our older skaters are returning to the ice after participating in other sports this fall. Scott Koons just finished a successful season of cross country. After an early season injury set him back, Scott came on strong at the end of the season to run varsity and help his team bid for a spot in the State meet. They missed qualifying for State by one place but have the nucleus of the team back next year.

Chaya Cashin and Kelly Hurd both played varsity on their school soccer team, helping the team to finish in the top eight in the State. They also have a young team and will be back next year.

Some skaters have been participating in skating meets this fall. Therese Lease, Devon Domzalski, Erin Quinn, and Joe Balbo all competed in the Chicago Silver Skates. Joe looked good in capturing the Master Men's class, winning every race.

The OSA is looking forward to hosting two meets this season. The Seaway Open will be held December 13, followed by the Tri-State Invitational on February 13-14. Much work is going into the hosting of these meets to ensure their success. I hope to see some of you there.

Please note, my address has recently changed to:

Reports from all over the state are enthusiastic and every indication points to increased membership. The Detroit branch of the Wolverine Club has reported twenty skaters showing up for practice sessions (Congratulations to Bob Sklar, Bev Norman and Ken Wentland!). West Michigan has added a number of new members crossing over/cross training from our in-line friends. In fact, an ice session earlier in the year had more in-line participants than traditional ice people. Alpena is running a 50/50 Auction for fundraising to purchase new pads for the upcoming season.

At least two of the clubs have inquired about the Michigan Association's "two for one" pad promotion. With extra club money and current interest rates, we're trying to help get the economy going by offering current clubs the opportunity to have one pad paid for by MSA for each two they purchase. Any club interested in participating, please contact Bill Weaver, Jo Ellen Anderson or Tim Vander Haar.

Our State Secretary and Registrar are confronted with a new phenomenon-requests for registrations are coming in before forms have been mailed. I know we weren't late...it's just due to the enthusiasm of camps and an earlier than normal local meet schedule. By the time you read this, we should have already exceeded last year's total of 160 registered skaters.

Thanks again to Elaine Standler for her great fundraising efforts in securing the Grand Masters Women's Short Track Medallion. The Medallion has been named the Cathy Turner Award and, although I was not able to speak directly with Cathy, her mother was excited about the award being named after Cathy. Please look for Cathy in the upcoming Ice Capades!

Several members have inquired about insurance. For the record, the ASU has liability insurance which covers the ASU, its Associations, Clubs, officials and coaches. This is an important benefit in signing up as an ASU member. Notwithstanding insurance, always see that your skaters have helmets, gloves and proper equipment accompanied with good pads properly placed on the rink. The alternative is to dress up like hockey players and wearing the pads does slow them down!

Lastly, but most importantly, don't miss the Tri-State meet which will be held in Cleveland, February 13 and 14. Word is already out that the quality of last year's Grand Rapids edition will be challenged with a new standard of excellence!

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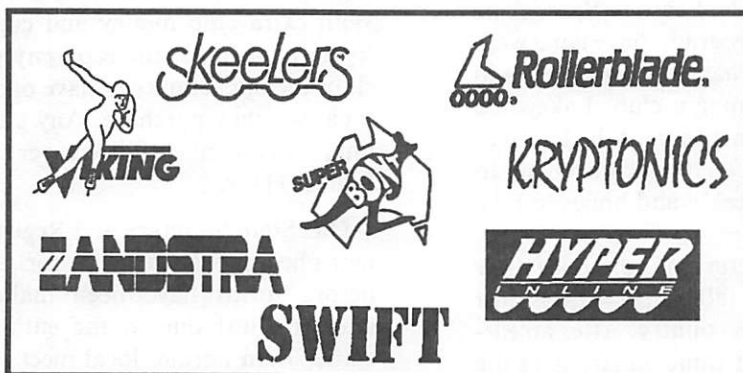
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## SOUTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

by HAJ SANO

Wow, is it deadline time again already? By the time you read this, our inline season will have wrapped up, short track season will be in full swing, and winter will have descended upon us. So far this calendar year, we have survived flood, earthquake, riot, fire and our old favorite, smog. What's next, locusts? I hear killer bees should be here within a few years.

Fall was very busy as we prepared for the upcoming season. We are glad to see some new regular faces at our training sessions, as well as many familiar returning ones. We have a strong group of skaters in the 10-18 age group who we hope will represent us well in the years to come. Kelly Cawthra, Seth Davidowicz, Amber Holt, Jimmy Pritchard, Sheila Rappai, Anthony Rivera and Rusty Smith constitute the core of this up and coming group. They have shown a lot of spirit in training sessions and local meets. Kenny Fritz, another up and coming young skater, just set a new US National velodrome cycling record for Juniors in the 200m.

We ran time trials in October as a pre-season measure of where everyone stood. Everyone who participated was pleased with their results, with most skaters showing a significant improvement over results from one year ago. Not only do the time trials allow our Race Committee to fine tune our race classes, but it provides us with some objective feedback for our off-season training program. In lieu of time trials, we conducted some races for our less experienced and youngest skaters. The evening contributed to our esprit de corps as we all encouraged each other to skate our hardest. The whole experience was positive for everyone involved as we pulled together as a group and supported each others efforts.

Cathy Turner was in town touring with the Ice Capades in late October. The Ice Capades were gracious enough to let Cathy take time out of her busy schedule to lead an off-ice workout in the Great Western (LA) Forum parking lot, complete with a press conference and media coverage. The Ice Capades also donated \$600 worth of tickets so our members could see their show free of charge.

Sue Perles arranged for a major airline to donate ten round trip plane tickets to the Nationals for our skaters in exchange for advertising on our safety pads. Each interested skater is to complete an application, and the airline will choose the ten skaters. Speaking of Nationals, Lavinia Paun is organizing an effort to order snazzy new uniforms for the SCSSA. Look for our black and teal blue skin suits at the Nationals.

We've been fortunate to have a guest from Sweden skating with us. Her name is Gabriella Odehm, and she's here studying for a few months. She skates Long Track

back home, and her coach was afraid Gabriella wouldn't train at all while in LA. He just switched from coaching Long Track to Short Track, so she hopes to surprise him when she gets home with her new found Short Track skills.

We hope to see members of our new sibling up north, the NCSA, on a frequent basis this season. In between visits, we are connected by FAX, electronic mail, and those old low tech standbys, the telephone and the US Mail. I understand that they are training hard, and having fun like only they know how.

Lastly, we are losing a dear friend and long time active member of the SCSSA, Barbara Smith. Barbara is moving to the San Francisco Bay Area to be closer to her family. We will all miss her and her contributions to the SCSSA, and wish her the best of luck!

Again, an open invitation to any skaters headed towards the left coast. Train hard, and have fun!



## MISSOURI SKATING ASSOCIATION

By MARY E. CHAPIN

The summer has gone by all too quickly and Missouri is getting ready for the early fall indoor (Short Track) meets. During the summer our dry training coaches Don Pavlacic, Linda O'Hare, Marjorie Amelotti and Ed Jacquin had a really devoted group of about 20 skaters training three days a week. They are hoping this summer's work will begin to pay off this fall.

John Vandersall, one of our dedicated dry trainers, also competed in many cycling races over the summer. John was a gold medal winner in the Junior Boys class at the Missouri Shoe-Me Games and won numerous other cycling races in the Midwest.

Brendan Eppert left this week with the National Long Track Team heading for Inzell, Germany. Papa Frank tells us things are going really well for Brendan and they expect him back in Milwaukee mid-December before heading to Butte for the overall Trial Competitions.

In September we had our best ever Missouri Skating Association registration picnic. We had over 100 people attend and registered about 75 people with the MSA and ASU. Harold Samberg was in charge of the whole thing and did a great job. John Magner and Linda O'Hare had fun games for kids and everyone had a good time. The weatherman really cooperated!

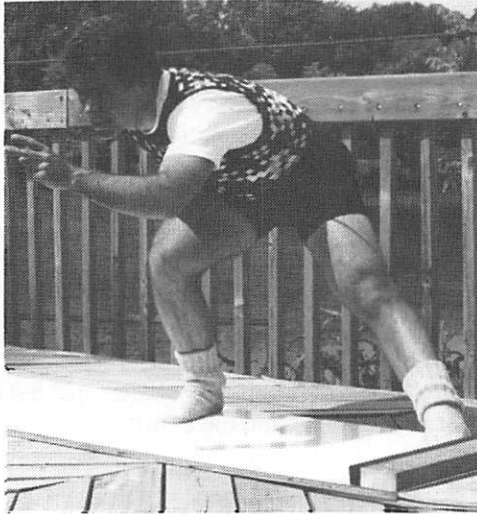
Be sure you read all about the St. Louis Silver Skates and the US Olympic Festival Trials being held in St. Louis in a separate article in the Racing Blade. We hope to see you all here March 5-6-7, 1993, in St. Louis. We'll do our best to show you a good time.



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## LANE SPEEDSKATING CLUB

by SUSAN LANZA

The 1992-93 speedskating season has taken off with a BANG in the Northwest! We started off our season by hosting the Second Annual Pacific Northwest Open the weekend of October 24th. We had a great turnout with some surprise last day registrants that really helped fill out the heats nicely. What a great way to get psyched for the up and coming competitions that we're planning to attend. Could even say we've all "established a baseline" and can really measure our progress now from first to last race.

Our club has come a long way since forming three years ago! The skill level that many of our skaters are at is significantly higher, our numbers are way up, and enthusiasm has only increased. But perhaps the biggest improvement we've made over the years has been in the area of training, coaching, and use of (limited) ice time. Much of this improvement is due to the initiative, dedication, and personal addiction to the sport of speedskating shown by our newly designated coach, Steve Lader. He truly has a grasp on the BIG picture; that is, WHAT we should be doing WHEN in the yearly training Cycle, WHY, and HOW we can best be practicing just that.

Our membership is now divided into four groups by skill level and we feel that we are meeting the needs of all these groups significantly better. As usual, the biggest hindrance to meeting (my) personal goals is the usual one, TIME! Most of us have very busy lives outside of speedskating with jobs, families, school, and home demanding much of our energy. I guess the key here is keeping our goals realistic enough to not get too discouraged given other constraints and yet be challenging enough to keep us excited about speedskating. Some weeks I feel it's truly an accomplishment just to keep the blades sharpened and make it to the Sunday sessions. Somehow I don't think the sponsors for Kelloggs or Pepsi are going to be knocking on my door any time soon offering me a lucrative contract, so I guess I'll have to plug along as best I can for now.

Speaking of plugging along, that's NOT what we learned at our club sponsored psychology lecture prior to our opening race! Noted Sports Psychologist Dr. Scott Pengally, presented a stimulating lecture on the proper mindset needed to reach your goals and WIN races. It sure has changed our "locker room" talk before sessions. We'll let you know at the end of the season how well these techniques have worked for us.

Our season plans include some traveling up to Vancouver, B.C. to race against the tough Canadians. Our kids will have to get used to the twin radius track for that. Ryan Ashby, one of our fastest in the kids group, will be traveling to Milwaukee in November for The Great Lakes Open. Good luck, Ryan! And on the other end of the age spectrum, Bill McConochie, our Grand Masters speedster, will be skating in the Marathon Championships in Duluth, Minn., this January. Go for it, Bill!

So, see you on the ice and happy skating!



by DEBBIE DOWER

Northern New York is off to a busy start but, not without some changes to the schedule. The Green Mt. Short Track meet was postponed from October 31 to sometime in March; The Lake Placid Long Track has been changed from December 19 and 20 to January 23 and 24; the Eastern Seaboard Long Track will be held February 6 and 7; there will also be no Empire State Games and the Lake Placid Short Track will now be a two-day meet instead of one on March 6 and 7.

Congratulations go to Paul Marchese and Liz Hershorne who were married this summer. We wish them a lifetime of happiness.

Pittsfield Parks Speed Skating Club has reported that Alex Goguen is back hunting. He entered a three-day program for paraplegics the end of October in Williamstown, Mass. On the last day at dusk, two deer were in the pasture and while hunting using black powder ammunition he shot and when the smoke cleared there lay a doe!

The club has been on the ice for two weeks with Bill Farry and Mary Lou DiNicola coaching the skaters and Lynn Egan the novice. The club is busy raising money with its candy sale.

The Syracuse Club started skating early this year, one of the public rinks opened early in September and speedskaters have been showing up at lunch time public sessions, doing a moderated pace workout without disturbing the other skaters.

If we could come up with a Great Grandmaster Class the club would be able to convince some of their older skaters to take up racing again. The club continues to grow. They have recruited several more cyclists. The junior development program is also doing well.

The Saratoga Winter Club is off and skating. Pat Maxwell and Casey Wager have the skaters going in the right direction. They have welcomed several new families to the wonderful world of speedskating.

Bill Gorham has everything under control and guarantees that the first meet of the year will be one to

(Continued)

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remember. Everyone is ready to show off the skills they learned this summer on their inline skates.

Many of the older skaters have been regularly attending camps in Lake Placid and are in good shape for the season to come.

Everyone is hoping for a cold winter and good ice for the Eastern States in January. Keep your fingers crossed for good ice!



by MICHELE ROBINSON, 3rd Vice President

Greetings from Butte, Montana

The Montana Amateur Speedskating Association has just completed the most successful "Learn to Skate" program in our illustrious history. We are looking forward to Olympic pages filled with statistics from our 50 plus new skaters. Brent Bundy is our head coach and he and his dedicated volunteers made this annual event FUN! Of course we hope this translates into new memberships to strengthen The Amateur Speedskating Union of the U.S. & M.A.S.S.A., which is the number one goal of President Tom Matosich.

Parents, skaters, board members and others have been working hard making tamales so we can send our skaters to either Saskatoon, Canada, or the Nationals at Lake Placid, N.Y. the last weekend of January. The dedication of the tamale makers is matched only by the determination of our skaters, so it should be a good year for us.

We are excited to be welcoming the nations finest, young skating athletes to the National Speedskating Championships. We'll help run the Jr/Sr All-Around Trials January 2 & 3, the National Sprint Championships for Juniors and Seniors January 8 & 9, and the National Junior Championships January 16 & 17. Local Club sponsored races will be the Montana Outdoor Championship Races January 9 & 10, the Western International January 23 & 24, and the 6th Annual Big Sky International Races February 6 & 7. These races are open to everyone of all ages. Why not combine a family vacation with unique racing opportunities for your children. Butte's hospitality is world renown!

Plans are progressing nicely under the direction of Lee Michalsky for the May 13-16, 1993, Amateur Speedskating Union's National Convention at Fairmont Hot Springs Resort near here. Do plan to attend for the absolute time of your lives. Many wonderful meals and events are planned, and you can even take an extra day or two to expand your adventure if you want.

Our ice is absolutely incomparable this year, thanks to Charlie Worley, known locally as ZAMBONI MAN! His dedication to perfection of the ice is beyond description, but when you see the skaters all flying along, in flawless

form, in synch with the world, you can understand what drives Charlie in his relentless pursuit of high altitude ice perfection.

We certainly hope to see many of you here in Butte during 1993, and we look forward to renewing friendships, and establishing new ones.

## WISCONSIN SKATING ASSOCIATION

by BRAD GOSKOWICZ

We are ready! We are more than ready! Finally the Pettit National Ice Center is scheduled to open on New Year's Eve with a big bash for everyone! Immediately thereafter, speedskating will get things rolling with a competition one day later. The West Allis Speedskating Club will host a belated Christmas Classic on January 2nd, followed by the seventh annual Silver Skates Open on January 9th. Make sure and join us for all of the fun at both of these meets.



Junior World Team Member, Kim Strzykalski, with West Allis novice skaters she coaches at Wilson Park in Milwaukee.

Cy White Photo

The first major event will be the 46th Annual Great Lakes Long Track Championships on January 23 & 24. This meet promises to be bigger than ever with every division including PeeWees having **five** events. In addition, every skater will have the opportunity to skate an open race, including a 5000 meter Open for Intermediates, Seniors and Masters. The meet sponsor, West Allis Savings Bank, along with the West Allis Speedskating Club will host a hospitality for skaters and parents. If you add in those incredible Great Lakes Medals and Trophies along with the strongest Long Track competitors skating indoors, this meet can only be described as "hot".

That's not all, however. The Pettit Center will also be the place for Short Track this year. In March, we will be hosting the National Short Track Championships and a great facility can only add to the excitement as the top skaters vie to be National Champion.

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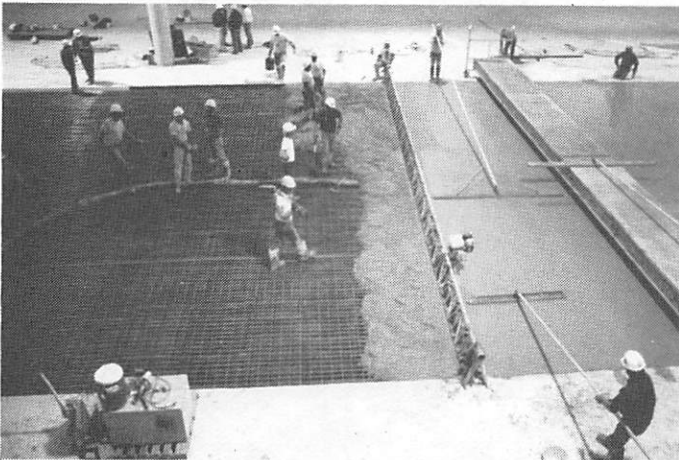
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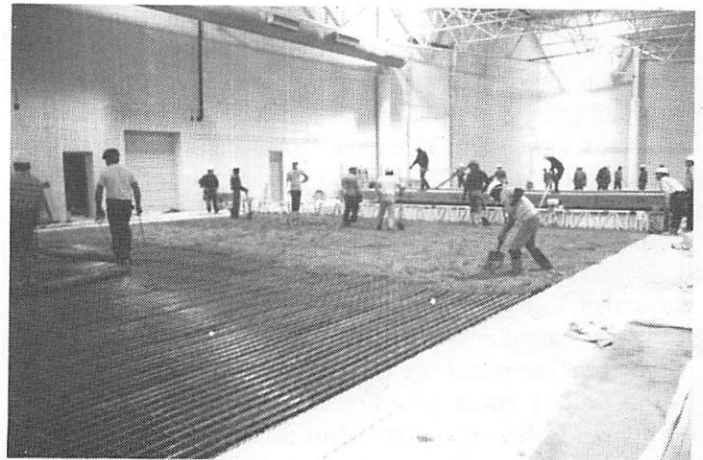
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The entrance was starting to take shape.



The figure in the middle of the turn is machine troweling the surface. This gives an idea of the massiveness of the track.



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If you ever wondered how many pipes were under a track—take a close look!

One of the most demanding jobs in constructing the Pettit National Ice Center in Milwaukee was the pouring of the concrete surface on the 400 meter oval in late October. The surface covers 57,000 square feet and had to be done as a continuous pour. From start to finish, the pour took 13½ hours. After curing for a month, the refrigeration system

was to be turned on and the temperature of the track was to be lowered 5 or 10 degrees per day until 20 degrees was reached. Late reports indicated that everything was going according to schedule and the plans for the New Year's eve opening were all set.

## STATISTICAL OUTLINE

- Building: 200,000 square feet
- Arena: 160,000 square feet
- Hockey rinks: 100 feet by 200 feet. (The Bradley Center rink is 85 feet by 200 feet). One hockey surface will be tinted blue and will be used for figure skating.
- Other features: Hall of Fame room, pro shop, 2-meter wide running track, sports medicine and weight room area, 8 locker/shower areas, skate rental.
- Roof: 38 feet high. The trusses are 28 feet above ground.
- Inside temperature: 68 degrees in lobby, lower level, Hall of Fame room; 55 degrees on main floor.
- 13 million ice cubes would cover the entire ice surface, about two football fields in size. The water used to make ice will be deionized to remove impurities.
- More than 70 miles of refrigeration pipe.
- One propane Zamboni machine and one electric Zamboni will clean the ice. They cost \$75,000 each.



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The safety padding manufactured by our company still has a 100% accident free record, after National Meets, World Time Trials and a World Meet. So we ask you not to put the skaters in risk of injuries due to substitute padding, that will save you a couple of dollars. We obtain this foam from a local manufacturer (not a supplier or jobber) in 7 foot x 3½ foot x 6 inch lengths. We are assured by the manufacturer that the protection with the six inch pad used here is adequate as a thicker pad, and up to date there has been no serious injuries. The less thickness you have the lower the cost and easier to store and transport. In spite of the size they are surprisingly light to handle.

The herculite, a heavy vinyl material with a criss-cross nylon filment throughout to give strength and protection. Herculite can be punctured or slashed by a falling skater hitting the pad, blades first. However, it can be repaired to keep the pad looking new at all times. Herculite will not freeze into water on the rink. It is nearly impervious to absorption. In tests before these pads were made up, the sample pads were placed in water against the wall. The water froze under the pad, but the pad lifted up at the end of the skating session as though it was not even on the ice.

A tab strip is sewn into the top side of the pad with six (6) metal gromets in it to secure the pad behind the boards, and twelve (12) vent holes for air release.