

# The Racing Blade®

VOLUME XXIX  
NUMBER 4



APRIL, 1996

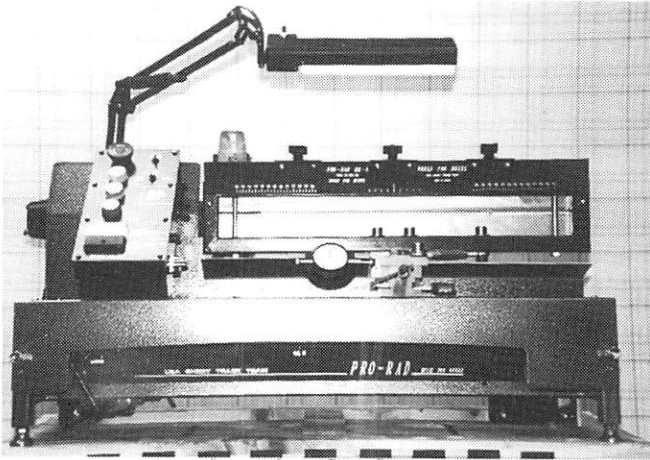
## HEATS AT 20 BELOW

*The North Americans in Minnesota*

Danielle Wotherspoon

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

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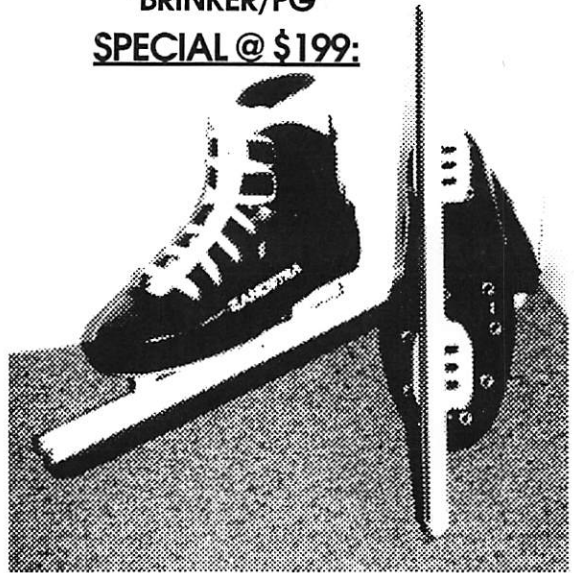
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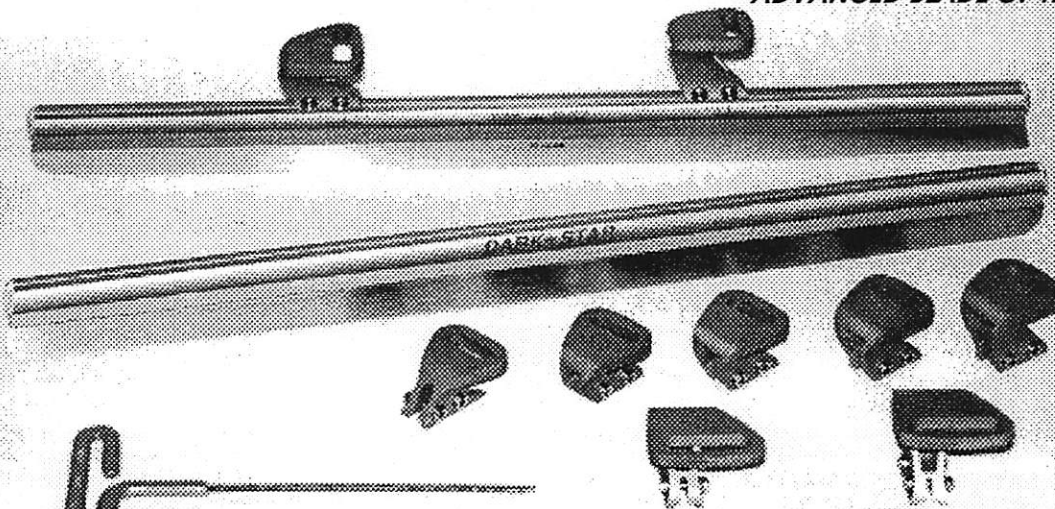
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# The Racing Blade®

VOLUME XXIX

ISSUE No. 4

APRIL, 1996

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*Results and photo layout.*

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*Coach's clinics and camps should be publicized.*

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## *A helping hand from a famous skater*

# National Marathon Has An Unexpected Guest

by John Manailovich

Good weather prevailed at the National Marathon on January 13-14, 1996. However, the trip to Lake Placid on Friday proved to be an adventure for some skaters who braved it through a snow storm on the East coast.

Seventy-five skaters participated in this year's event. Weather conditions on Friday prevented more competitors from skating the Marathon.

Ruth and Chuck Moore braved the trip and did their usual outstanding job as officials. Fred Schweikert, formerly of Garden State Speed Skating in New Jersey and meet director for the last two Marathons in Lake Placid made his way to this year's meet from Virginia. Fred has started the Virginia Speedskating Club. Best of luck to him and thanks for all his help.

John Manailovich the Meet Director from Garden State and Peter Fitterer, noted sidekick of Freddy Schweikert, along with Fred Prilop and Carlos Soto of the Flushing Club helped make this meet a success. Andy and Donna Puttbach and Theresa Olsen also contributed their time to make this meet run successfully. Thanks to my wife, Adele, for all her organizational help.

Dan Gallegos finished first overall in the 50K with the Canadian skater, Paul O'Blenes finishing in second place. Finishing third overall was Beth Bedford who never let the race slow down and lapped the field. Don Gallegos and Paul O'Blenes had chasing to do to make the lap up on Beth. Paul Marchese and Dave Philips finished fourth and fifth overall to complete the Senior Men field.

Joe Franz was the overall winner in the 25K with a Junior skater, Steve Refsland



**The Start of the 25K Marathon Race**



**Participants, Organizers, President and Honored Guest**  
Middle Atlantic President Peter Fitterer, Honored guest, Jack Shea; Former Meet Director, Fred Schweikert; and present Meet Director, John Manailovich

coming in second and Rob Kramer was third overall with a Canadian skater Paul O'Blenes finishing fourth. Fifth overall was Beth Bedford from Hemlock, Michigan who dominated the women's field and gave all competitors a run for their money in the 25K and the 50K races.

An unexpected guest dropped by on Saturday and Sunday to help us hand out awards to the

Marathon winners. This particular guest was John Shea, 500 and 1500 meter gold medalist at the 1932 Winter Olympics. Mr. Shea definitely added a touch of class to this year's marathon. It was a pleasure for all competitors to meet him.

Thanks to all skaters who participated in this year's Marathon. Hope to see everyone at Lake Placid next year.



## The Racing Blade®

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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 Avenue, Mt. Prospect, Illinois 60056. (847) 253-4191, FAX (847) 253-4195. 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.

Art Director: Richard Westlake

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### ADVERTISING SPACE

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Flea Market Ad (20 word maximum).....	\$ 15.00
Up to Quarter Page.....	\$ 40.00
Half Page.....	\$ 75.00
Full Page.....	\$125.00
Back or Inside Back or Inside Front Cover.....	\$150.00

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

## Our Twenty-Second Cover

By Bob Vehe

This cover is the creation of Dick Parker, a member of the Greater Minnesota Speedskating Association.

When I saw Dick at the opening of the North American Long Track Championships and I saw that he had a camera, I asked him if he would take some pictures for The Racing Blade. He generously agreed and went a step further by utilizing his photos to propose three possible covers for this issue of the magazine. He put some of his horizontal photos into his computer, cropped them and enlarged them to see how each would look as a cover. He made dummy covers of three of his shots and any one of them would have made a fine cover.

Dick sent me the colored negatives for use in making the necessary enlargement. I wanted the skate at the extreme left to be fully in the picture so I narrowed the picture slightly, which shortened the height. Dick Westlake then had to add some additional ice at the bottom. For those interested in technical matters, the print is a Panalure print allowing a black and white glossy print to be made from a colored negative without the graininess usually seen. Retouching is easier done on matte prints instead of glossy ones since it matches better.

The line "Heats At 20 Below" is another of Parker's ideas and is apropos considering the weather at the meet.

I used Dick Parker's photos for the North American article and used this photo with a caption commenting on the difficulty of identifying skaters. Later, I found a photocopy from him identifying these skaters. The photo is from a Junior Girls race. The girl in front is the NA Champion Danielle Wotherspoon of Red Deer, Alberta. At the extreme left is Trena Stretch of Innisfall, Alberta. The highest arm extended up to the left belongs to Tami Wilm of New Berlin, Wisconsin. The girl in second place with the striped hat is unidentified. The girl in fifth at the extreme right with her arm up is Leah Lambert of Blaine, Minnesota.

Thanks to Dick Parker for his photographs, his suggestions and his cooperation and, as always, thanks to Dick Westlake for his professionalism and dependable help.



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## DEADLINES

ITEMS FOR THE NEXT ISSUE

ARE DUE: JUNE 1, 1996

# NATIONAL MARATHON RESULTS

### 25K JUNIOR MEN

1. Steve Refsland.....44:20

### 25K JUNIOR WOMEN

1. Jennifer Kirsch.....53:00
2. Kate Higgins.....55:57
3. Kristen Bedford.....57:50
4. Breanna Fellows.....1:06:05

### 25K SENIOR WOMEN

1. Beth Bedford.....44:53
2. Melissa Winger.....1:10:00

### 25K SENIOR MEN

1. Joe Franz.....44:19
2. Rob Kramer.....44:21
- Paul O'Blenes.....44:22  
Canadian
3. David Phillips.....44:52
4. Marco Pelchat.....46:12
5. Jim Cornell.....48:38
6. Joe Zammikiez .....50:00
7. Sal Lirano.....56:23
8. Rex Winger.....59:54

### 25K MASTER MEN

1. Paul Hyams.....45:39
2. John Manailovich.....46:23
3. Bob O'Hara.....47:54
4. Howie Orlando.....51:37

5. Bob Finkel.....53:05
6. Tom Ryan.....54:01
7. Peter Fitterer.....57:16
8. Thomas Clay.....59:39
9. Clifford James.....59:45
10. Bob Olsen.....59:55
11. Leslie Malmgren.....1:10:00

### 25K MASTER WOMEN

1. Carole Moore.....51:38
2. Liz Marchese.....57:49
3. Mary O'Donnell.....1:01:54
4. Sarah Polirer.....1:05:08

### 25K GRAND MASTER MEN

1. Mark Sullivan.....50:01
2. Bill Bauer.....54:02
3. Al Harding.....56:27
4. David Thomashow.....57:09
5. Walter Monast.....1:00:51
6. John Mahoney.....1:01:53
7. Gary Corwin.....1:07:48

### 25K GRAND MASTER WOMEN

1. Gail Ferat.....1:11:58

### 50K Junior Women

1. Jennifer Kirsch.....2:04:05

### 50K SENIOR WOMEN

1. Beth Bedford.....1:35:56

### 50K SENIOR MEN

1. Don Gallegos.....1:35:45
2. Paul Marchese.....1:36:30
3. David Phillips.....1:36:32
4. Joshua Davis.....1:38:25
5. Jim Cornell.....1:46:02
- Paul O'Blenes.....1:35:46  
Canadian

### 50K MASTER WOMEN

1. Carole Moore.....1:40:07

### 50K MASTER MEN

1. Bob O'Hara.....1:39:22
2. John Manailovich.....1:40:12
3. Tom Ryan.....1:46:03
4. Peter Fitterer.....2:01:01
5. Bob Olsen.....2:09:49
6. Cliff James.....2:10:38

### 50K GRAND MASTER

1. Bill Bauer.....1:46:03
2. Mark Sullivan.....1:48:05
3. Al Harding.....1:59:17
4. Walter Monast.....2:26:53
5. John Mahoney.....2:22:22
6. Gary Corwin.....2:40:10

## 1996 ASU Convention / Banquet Registration

Name: \_\_\_\_\_

Association: \_\_\_\_\_

I will be attending:

Only the Banquet on Saturday night enclosed is my check for \$30.00

The Convention / Banquet enclosed is my check for \$60.00

(This is NOT a hotel reservation. Call the hotel phone number shown above in the article.)

### Hall of Fame Notice

In a past issue of The Racing Blade, a request was made for copies of missing photographs of Hall of Fame members.

Lee Doyle of Missouri has found and donated a picture of Henry Kemper and Everett McGowan. Thanks to Lee for her help. We still need photos of a number of members.

### Convention Update

To register for the Convention and/or banquet please complete the registration form, attach your check and mail to:

Rose Kline  
229 Stardust Blvd.  
Circle Pines, MN 55014

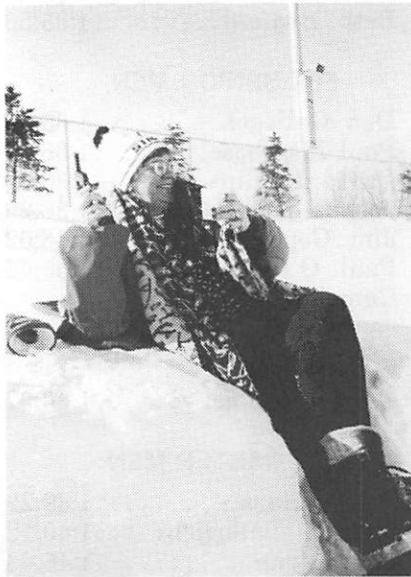
If you have any questions please contact Rose Kline (Chairperson) 612-786-5041 or Joan Peterson 612-774 7391.

Make your reservation now for an exciting weekend in Minnesota!

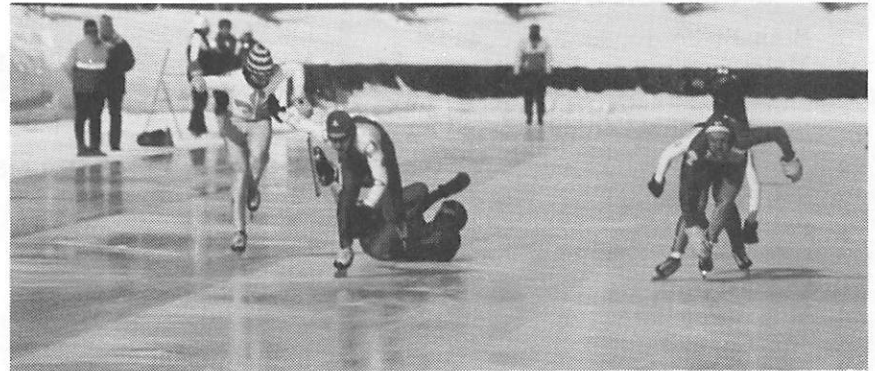
# North American Long Track Championships

John Rose Oval  
Roseville, Minnesota  
February 3-4, 1996

Class	Men	Women
Grand Master	Rich Widmark	
Master	Mike Greenland	Laurie Benson
Senior	Matt Trimble	Cindy Darrow
	Jason Hedstrand	
Intermediate	Alan O'Connor	Sarah Smith
Junior	Tony Smith	Danielle Wotherspoon
Juvenile	Andrew Lahey	Tara Risling
Midget	Beorn Nijenhuis	Bonnie Klint



Rose Kline relaxes in the balmy weather of Minnesota  
Dick Parker Photo



One thing that the John Rose Oval has is ice-lots of it.  
Dick Parker Photo



With masks and neck pieces, it is hard to identify anyone.  
Dick Parker Photo



Kent Toth of Calgary on the left and Tom Westover of Minnesota on the right.  
Dick Parker Photo

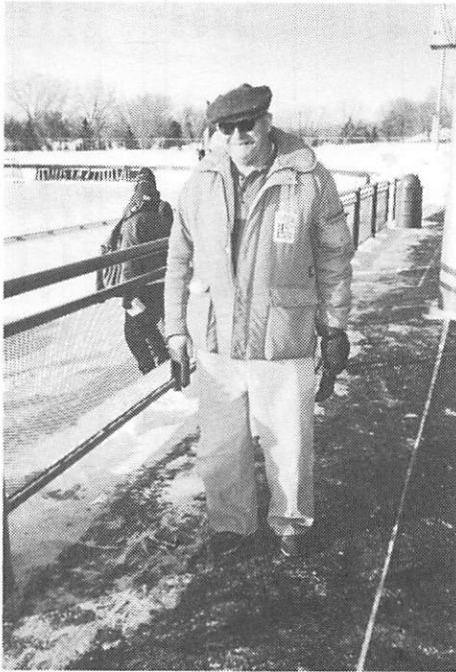


Judges and timers had to stay outside longer than the skaters. The wind chill was 43 below on Saturday morning.  
Dick Parker Photo



They are keeping their eyes on the finish line.  
Dick Parker Photo





Ted Gulczynski stepped out for a breath of fresh and cold air



Northbrook Speedskating Club was first overall with champions, Cindy Darrow, Senior: Rich Widmark, Grand Master: and Bonnie Klint, Midget.



Vern Kappes and Rich Widmark heading for home.  
Randy Briggie Photo



1996 North American Long Track Champions

### Wanted

Technical articles on anything relating to speedskating. Articles on how to select equipment, how to maintain it, how to sharpen skates, how to buy or build a sharpening jig or any other subjects relating to what you need to be a speed skater. This includes uniforms and warm-ups. Do you have a suitcase for carrying your skates and equipment? Tell us about it and how to make it. Articles on ice making or ice maintenance can be very helpful to many. Articles on young beginners, or old-timers and former officials have a lot of appeal for many of our readers. Don't be shy and don't procrastinate. You must have something to say. Let us hear from you.

### TRIBUTES

MEMORIAL - Herbert Painter  
Edward G. and Kay Mercier

MEMORIAL - Bernard (Sonny) Shapiro  
Edna M. and Lawrence R. Ralston

MEMORIAL - Eva Gabel  
Edna M. and Lawrence R. Ralston  
Kathryn F. and Theodore A. Klaiber  
Mary E. and James T. Chapin  
Norman and Marie Anderson

Memorial - Charles Blair  
Norman and Marie Anderson

Memorial - Harvey Moore  
Norman and Marie Anderson

# 1996 North American Long Track Championships

## John Rose Oval, Roseville, Minnesota

### February 3-4, 1996

CLASS	EVENT	RECORD	TIME	Skater		Assn		Skater		Assn	
		OUT TIME									
GRAND MASTER WOMEN	500	1:08.04		NO COMPETITORS							
	800	1:58.74									
	1000	2:27.59									
	1500	3:47.94									
OVERALL STANDINGS											

MASTER WOMEN	500	0:50.83	50:78 r	Laurie Benson	GMSA	Karlene Lorentz	WI		
	800	1:19.86	1:24.88	Laurie Benson	GMSA	Karlene Lorentz	WI		
	1000	1:40.68	1:49.67	Laurie Benson	GMSA	Karlene Lorentz	WI		
	1500	2:34.84	2:44.10	Laurie Benson	GMSA	Karlene Lorentz	WI		
OVERALL STANDINGS									
r = new record									

SENIOR WOMEN	500	0:45.80	0:56.83	Sue Rupert	GMSA	Cindy Darrow	ASAI		
	1000	1:35.47	1:55.94	Cindy Darrow	ASAI	Sue Rupert	GMSA		
	1500	2:30.44	3:09.24	Cindy Darrow	ASAI	Sue Rupert	GMSA		
	3000	5:18.12	6:30.68	Cindy Darrow	ASAI	Sue Rupert	GMSA		
OVERALL STANDINGS									

INTERMEDIATE WOMEN	500	0:44.90	0:51.85	Sarah Smith	ALB	Julia Stretch	ALB	Jennifer Bies	GMSA
	1000	1:36.98	1:52.59	Sarah Smith	ALB	Julia Stretch	ALB	Jennifer Bies	GMSA
	1500	2:28.80	3:00.20	Sarah Smith	ALB	Julia Stretch	ALB	Jennifer Bies	GMSA
	3000	6:11.54	6:30.43	Julia Stretch	ALB	Sarah Smith	ALB	Jennifer Bies	GMSA
OVERALL STANDINGS									

JUNIOR WOMEN	500	0:46.30	0:47.63	Danielle Wotherspoon	ALB	Stacey McKay	ALB	Trena Stretch	ALB	Sarah Parker	GMSA
	1000	1:39.64	1:44.90	Danielle Wotherspoon	ALB	Dominique Pilote	QUE	Stacey McKay	ALB	Trena Stretch	ALB
	1500	2:39.28	2:53.38	Danielle Wotherspoon	ALB	Stacey McKay	ALB	Dominique Pilote	QUE	Trena Stretch	ALB
	3000	**	6:02.42	Dominique Pilote	QUE	Trena Stretch	ALB	Mollie Shearen	GMSA	Marie-Eve Langlois	QUE
OVERALL STANDINGS											
** First time skated outdoors											

JUVENILE GIRLS	400	0:38.45	0:39:00	Tara Risling	ALB	Sarah Elliott	WI	Alisha Mushumanski	MAN	Emily Smith	ALB
	500	0:46.71	0:47:67	Sarah Elliott	WI	Tara Risling	ALB	Alisha Mushumanski	MAN	Emily Smith	ALB
	800	1:19.08	1:27.27	Tara Risling	ALB	Sarah Elliott	WI	Alisha Mushumanski	MAN	Emily Smith	ALB
	1000	1:39.11	2:06.54	Tara Risling	ALB	Sarah Elliott	WI	Carrie Langer	GMSA	Sarah Johnson	GMSA
OVERALL STANDINGS											

MIDGET GIRLS	300	0:29.70	0:30:98	Bonnie Klint	ASAI	Brittany Schussler	GMSA	Heather Deans	ALB	Annick Forgues	ONT
	500	0:49.96	0:50:55	Bonnie Klint	ASAI	Brittany Schussler	GMSA	Katelin McRuvie	SASK	Cherise Wilkins	NNY
	600	1:00.89	1:07.72	Lyndsey Parissenti	ONT	Cherise Wilkins	NNY	Heather Deans	ALB	Katelin McRuvie	SASK
	800	1:25.05	1:30.16	Bonnie Klint	ASAI	Kira Fling	ASAI	Heidi Stangl	GMSA	Cherise Wilkins	NNY
OVERALL STANDINGS											
Cherise Wilkins NNY Lyndsey Parissenti ONT											

# 1996 North American Long Track Championships

John Rose Oval, Roseville, Minnesota  
February 3-4, 1996

CLASS	EVENT	RECORD	TIME	Skater		Assn		Skater		Assn	
		OUT TIME		Skater	Assn	Skater	Assn	Skater	Assn	Skater	Assn
GRAND MASTER MEN	500	0:48.66	1:48.75	James Whiddon	MAN	Rich Widmark	ASAI	Vern Kappes	WI	Eugene Kurney	MAN
	800	1:23.53	1:25.79	Rich Widmark	ASAI	Vern Kappes	WI	James Whiddon	MAN	Eugene Kurney	MAN
	1000	1:45.23	1:44.63 r	Rich Widmark	ASAI	James Whiddon	MAN	Vern Kappes	WI	Eugene Kurney	MAN
	1500	2:48.86	3:07.67	Rich Widmark	ASAI	Vern Kappes	WI	James Whiddon	MAN	Eugene Kurney	MAN
OVERALL STANDINGS				Rich Widmark	ASAI	James Whiddon	MAN	Vern Kappes	WI	Eugene Kurney	MAN

r = new record

MASTER MEN	500	0:45.25	0:45.77	Mike Greenland	GMSA	Rob Darrow	ASAI	Rod Johnston	SASK	Steve Miller	GMSA
	1000	1:32.32	1:35.72	Mike Greenland	GMSA	Rod Johnston	SASK	Rob Darrow	ASAI	Steve Miller	GMSA
	1500	2:19.39	2:36.29	Mike Greenland	GMSA	Rod Johnston	SASK	Rob Darrow	ASAI	Steve Miller	GMSA
	3000	5:04.27	5:28.86	Mike Greenland	GMSA	Rob Darrow	ASAI	Rod Johnston	SASK	Steve Miller	GMSA
OVERALL STANDINGS				Mike Greenland	GMSA	Rob Darrow	ASAI	Rod Johnston	SASK	Steve Miller	GMSA

SENIOR MEN	500	0:40.94	0:43.80	Matt Trimble	GMSA	Jason Hedstrand	GMSA	Jim Park	IA		
	1000	1:24.63	1:43.24	Matt Trimble	GMSA	Jason Hedstrand	GMSA	Jim Park	IA	Andrew Cox	GMSA
	1500	2:09.21	2:35.78	Jason Hedstrand	GMSA	Matt Trimble	GMSA	Jim Park	IA	Andrew Cox	GMSA
	3000	4:32.58	5:01.42	Jason Hedstrand	GMSA	Matt Trimble	GMSA				
OVERALL STANDINGS				Matt Trimble	GMSA	Jason Hedstrand	GMSA	Jim Park	IA	Andrew Cox	GMSA

INTERMEDIATE MEN	500	0:41.90	0:43:41	Alan O'Connor	ALB	Dallas Linley	ONT	Eric Madigan	MAN		
	1000	1:26.64	1:33.48	Alan O'Connor	ALB	Eric Madigan	MAN	Dallas Linley	ONT		
	1500	2:23.35	2:33.31	Alan O'Connor	ALB	Dallas Linley	ONT	Eric Madigan	MAN		
	3000	5:02.80	5:32.96	Alan O'Connor	ALB	Dallas Linley	ONT				
OVERALL STANDINGS				Alan O'Connor	ALB	Dallas Linley	ONT	Eric Madigan	MAN		

JUNIOR MEN	500	0:40.96	0:43.82	Neal Zaluski	SASK	Tony Smith	ALB	Cailean Duggan	ONT	Francois Gagnon	QUE
	1000	1:27.42	1:37.84	Tony Smith	ALB	Cailean Duggan	ONT	Neal Zaluski	SASK	Jean-René Bélanger	QUE
	1500	2:17.80	2:45.41	Tony Smith	ALB	Jean-René Bélanger	QUE	Francois Gagnon	ONT	Cailean Duggan	ONT
	3000	**	5:38.80	Jean-René Bélanger	QUE	Tony Smith	ALB	Cailean Duggan	ONT	Kyle Ortiz	ASAI
OVERALL STANDINGS				Tony Smith	ALB	Jean-René Bélanger	QUE	Cailean Duggan	ONT	Neal Zaluski	SASK

\*\* First time skated outdoors

JUVENILE BOYS	400	0:35.10	0:38:33	Kent Toth	ALB	Andrew Lahey	ONT	Shani Davis	ASAI	Matthew Neville	WI
	500	0:44.44	0:44:98	Andrew Lahey	ONT	Kent Toth	ALB	Shani Davis	ASAI	Brian Jalbert	QUE
	800	1:10.60	1:15.35	Kent Toth	ALB	Andrew Lahey	ONT	Brian Jalbert	QUE	Kenton Puttick	SASK
	1000	1:31.72	1:40.07	Andrew Lahey	ONT	Shani Davis	ASAI	Kent Toth	ALB	Ronald Macky	WI
OVERALL STANDINGS				Andrew Lahey	ONT	Kent Toth	ALB	Shani Davis	ASAI	Brian Jalbert	QUE

MIDGET BOYS	300	0:28.71	0:30:98	Bill Scheels	WI	Beom Nijenhuis	ALB	Andrew Schmunk	ALB	Antoine Magnan	QUE
	500	0:46.55	0:50:12	Beom Nijenhuis	ALB	Bill Scheels	WI	Andrew Schmunk	ALB	Antoine Magnan	QUE
	600	0:57.67	1:02.32	Beom Nijenhuis	ALB	Bill Scheels	WI	Andrew Schmunk	ALB	Darren Olson	GMSA
	800	1:25.80	1:29.07	Beom Nijenhuis	ALB	Bill Scheels	WI	Andrew Schmunk	ALB	Antoine Magnan	QUE
OVERALL STANDINGS				Beom Nijenhuis	ALB	Bill Scheels	WI	Andrew Schmunk	ALB	Antoine Magnan	QUE

# 1996 North American Long Track Championships

John Rose Oval, Roseville, Minnesota  
February 3-4, 1996

## FINAL LIST OF COMPETITORS

MEN			WOMEN		
NO.	SKATER	HOMETOWN	NO.	SKATER	HOMETOWN
<b>GRAND MASTER</b>			<b>MASTER</b>		
4	Eugene Kurmey	Winnipeg, Man.	1	Laurie Benson	Minneapolis, MN
11	Roger Martens	Greenfield, WI	23	Karlene Lorentz	Eau Claire, WI
14	James Whiddon	Winnipeg, Man			
17	Vern Kappes	West Allis, WI	<b>SENIOR</b>		
29	Bill Steffel	Petoskey, MI	19	Sue Rupert	Mendota Hts, MN
38	Rich Widmark	Northbrook, IL	28	Cindy Darrow	St. Charles, IL
61	Bob Moore	Winnipeg, Man	<b>INTERMEDIATE</b>		
<b>MASTER</b>			17	Jennifer Bies	Lino Lakes, MN
1	Mike Greenland	Roseville, MN	53	Sarah Smith	Medicine Hat, Alb
25	Steve Miller	Plymouth, MN	54	Julia Stretch	Innisfail, Alb
27	Rod Johnston	Moose Jaw, Sask	<b>JUNIOR</b>		
39	Rob Darrow	St. Charles, IL	5	Sarah Parker	Roseville, MN
<b>SENIOR</b>			7	Mollie Shearen	St. Paul, MN
18	Jason Hedstrand	Shoreview, MN	10	Leah Lambert	Blaine, MN
20	Andrew Cox	Roseville, MN	31	Valerie Goldstein	Northbrook, IL
30	Jim Park	Toddville, IA	36	Marie-Ève Langlois	Quebec, Que
58	Matt Trimble	Fridley, MN	37	Dominique Pilote	Charlesbourg, Que
<b>INTERMEDIATE</b>			39	Tami Wilm	New Berlin, WI
22	Eric Madigan	Winnipeg, Man.	44	Lonna Ivey	Richmond, Ont
50	Dallas Linley	Sault Ste Marie, Ont	45	Christina Chenard	Orleans, Ont
57	Alan O'Connor	Red Deer, Alb	49	Danielle Wotherspoon	Red Deer, Alb
<b>JUNIOR</b>			50	Shauna Kelahear	Red Deer, Alb
5	Michael Elgar	Winnipeg, Man.	51	Stacey McKay	Red Deer, Alb
9	Eddie Miller	Plymouth, MN	52	Trena Stretch	Innisfail, Alb
15	Tom Venne	Roseville, MN	<b>JUVENILE</b>		
16	William Nelson	Minneapolis, MN	3	Rebekah Bradford	Apple Valley, MN
28	Neal Zaluski	Moose Jaw, Sask	4	Carrie Langer	St. Paul, MN
41	Kyle Ortiz	Northbrook, IL	8	Sarah Johnson	Shoreview, MN
43	Francois Gagnon	Sherbrooke, Que	12	Amy Parker	Roseville, MN
44	Jean-René Bélanger	Fleurimont, Que	15	Alisha Mushumanski	West St. Paul, Man.
48	Callean Duggan	Nepean, Ont	29	Carmen Sims	Champaign, IL
49	Gaspar Aceti	Sault Ste Marie, Ont	30	Diana Krogman	Little Canada, MN
55	Michael Hons	Calgary, Alb	32	Nadine Fournier	Rock Forest, Que
56	Tony Smith	Calgary, Alb	35	Sarah Elliott	Oconomowoc, WI
<b>JUVENILE</b>			38	Tory Depew	Champaign, IL
2	Tom Westover	Fridley, MN	42	Elizabeth Wild	Milton, Ont
3	Joey Carlson	Plymouth, MN	43	Becky Fawcett	Sault Ste Marie, Ont
10	Kenton Puttick	Saskatoon, Sask	47	Tara Risling	Medicine Hat, Alb
36	Matthew Neville	Stoughton, WI	48	Emily Smith	Emily Smith, Alb
37	Shani Davis	Chicago, IL	<b>MIDGET</b>		
45	Ronald Macky	Grafton, WI	2	Brittany Schussler	Winnipeg, Man.
46	Brian Jalbert	Laval, Que	9	Jessica Mueller	Roseville, MN
47	Andrew Lahey	Ottawa, Ont	14	Katellin McRuvie	Saskatoon, Sask
53	Marcin Goszczynski	Calgary, Alb	16	Pam Miller	Plymouth, MN
54	Kent Toth	Calgary, Alb	18	Heidi Stangl	Andover, MN
<b>MIDGET</b>			20	Cherise Wilkins	Camillus, NY
7	Darren Olson	Roseville, MN	22	Elli Ochowicz	Waukesha, WI
8	David Lambert	Blaine, MN	26	Kira Fling	Winnetka, IL
21	Jonny Carlson	Plymouth, MN	27	Bonnie Klint	Glenview, IL
23	Eric Casler	St. Paul, MN	33	Marilou Asselin	Sainte-Foy, Que
26	Daniel Cygnar	Spring Lake Pk, MN	34	Jenny Charest	St. Jérôme, Que
31	Kevin Feezor	Wauwatosa, WI	40	Lyndsey Parissenti	Sault Ste Marie, Ont
34	Bill Scheels	New Berlin, WI	41	Annick Forgues	Orleans, Ont
40	Greg Ortiz	Northbrook, IL	46	Heather Deans	Red Deer, Alb
42	Antoine Magnan	Charlesbourg, Que			
51	Andrew Schmunk	Medicine Hat, Alb			
52	Beorn Nijenhuis	Rocky Mtn House, Alb			
62	Peter Macky	Grafton, WI			

# February's Susquehanna Challenge a Snowy Success

As the first flakes began to fall, we thought, "Oh no, not another snowstorm--and it's on the same weekend as our meet!" But, we underestimated the determination of speed skaters to get to a competition. More than 80 skaters had registered for our first meet in seven years, and 77 hardy souls and their families braved the storm to skate at the Susquehanna Challenge on February 3 & 4 in Harrisburg, Pa.

This meet, a cooperative effort between the Maryland and Western New York Speedskating Associations, was hosted by the Twin Ponds Speedskating Club at the new Twin Ponds Family Ice Skating Complex. The meet's officials--including Bob Halden (WNY), Claude Bauer, David Kennedy and Milo Smith (MD), --wanted skaters to have lots of races, and race they did. Twelve hours of ice time allowed us to hold more than 100 races, including double finals for those with no heats, as well as adult and kids novice races and events for special needs skaters. We also squeezed in adult and kid team relays, and two open 3,000m events.

Bob Halden did a great job on the trophies, sending first through fourth place skaters home with custom-sculpted, etched glass trophies. Other skaters received handsome brass trophies and medallions.

Competitors at the Susquehanna Challenge were treated to free food throughout the event, and working officials enjoyed a catered buffet.

## It's Official

Everyone knows you can't conduct a meet without great officials and volunteers, and we had those! We are extremely grateful to Fred Prilop (NNY) Chief Referee, Gibby Boziecevich (WNY) Chief Starter, Larry Clever (NNY) Chief Judge, and Frank Miller (NNY) Chief Timer. Also thanks to Josh Brumberg, a terrific announcer. And thanks to the families of skaters who volunteered to help with the dozens of tasks necessary to keep to the meet running smoothly.

Chris Connery, Elizabeth Bauer, Joan Clark, and Barbara Mays deserve special recognition for their remarkable job of clerking and recording keeping. They brought along more computers and office automation than you would find in most companies.

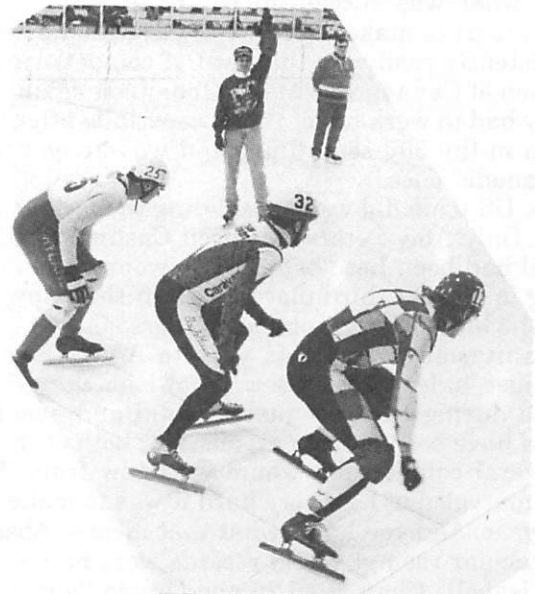
## Repeat Performance

Although the Susquehanna Challenge was an expensive undertaking that required an extraordinary amount of work, the event was successful both financially and in terms of participation. Most importantly, everybody had a great time, whether they were skating or working the meet. Would we do it again? Hmm...how about the same time next year? See you there, and be sure to wear a Nice Hat (you had to be there).

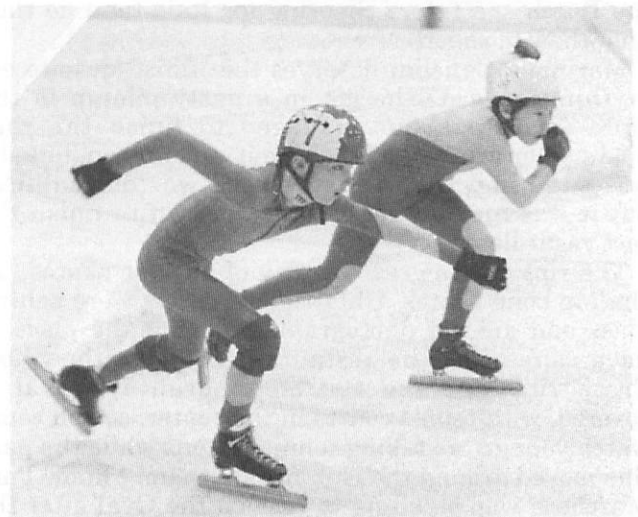
Contributing writers:  
Joan Clark, Beth Moffatt, Claude Bauer  
Photos by Ernie Marsh



Maryland's Alice Choi in the lead



Lloyd Clark, Don Giese and Wade Smith ready to go. The starter is Gibby Boziecevich



Teammates Tony Choi and Zack Goldberg battle for first place

## Skating has taken a quantum leap

# Short Track Is Discovered In The Land of Speed Skates

By Sarah Hill

The Short Track World Championships were held in March in Den Haag, Holland. In 1990, when they were held in Amsterdam, few spectators came to watch, and the media attention was nil. Suddenly, this year we saw a rink full of spectators cheering and singing songs, and international film crews, including ABC. Short Track has been discovered! If you were lucky enough to have watched Wide World of Sports on Saturday, March 9th, you got to see some of the excitement. Short Track was on for half an hour! I think this calls for celebration! Not only is the news still fresh, it was also still the right time of year for the interest.

The skating this year has taken a quantum leap from what was successful before to what a skater needs to do to make a final. Only the Italians seemed consistently ready for the level of competition. Marc Gagnon of Canada was Men's Champion again, but he really had to work to get there, especially after having fallen in the 500 semi-final. And we only got to hear "O,Canada" once.

The US team did well considering the lack of experience. Only Amy Peterson, Karen Cashman and Andy Gabel had been here before. The women managed to bring in a great third place finish in the relay, which was the high point for our team. Personally, I give the humanitarian award this year to Andy Gabel, who managed to leap over the wrist of Kim Dung-Sung of Korea during the 500 quarter final and avoid what would have been a nasty accident for both of them.

Several competitors whom we know from World's past marveled at how very hard it was to make a final this year. And you know what that means. Absolutely spectacular racing! World records were broken in the 500 (Isabelle Charest 45.25 and Orazio Fagone 43.08) and the relays (Italy for both, women 4:21.50 and men 7:04.92). The relay finals were incredible, with all of the Dutch spectators cheering for Italy (and do they know how to cheer!)

Marinella Canclini deserves the "finish despite everything" award. She got in a nasty pile-up in the 1500 semi-final, but managed to finish the race holding her arm. I don't believe it was broken, but she was suffering. Unfortunately, she was disqualified, but it was nice to see her force herself to finish the race regardless.

The rink had a great display of antique skates, including bone skates. Unfortunately they were behind glass and did not photograph well. But the place to have coffee was the restaurant between the Short Track rink and the 400 meter oval. The oval is covered, with tennis courts in the center, so you could watch youngsters taking tennis lessons while the pace line moved around the rink behind them. I know Paul Marchese was planning to race on the Oval after the Short Track competition was completed on Saturday. I never heard how he did against the Dutch.



Susan Sandvig, Joan Peterson and Bonnie Blair. Bonnie worked for ABC doing color. Sarah Hill Photo



Pole skaters wearing traditional costumes perform. The pole was carried to rescue skaters fallen through the ice. Sarah Hill Photo

We met a number of very nice people from all over Europe who had come to skate and watch the World's. Our hotel was about 20 minutes walk from the ice rink, in the middle of a park. It was a youth hostel as well, so you could stay for as little as \$7.50 per night, including breakfast. However, breakfast was limited; if I never see another cheese sandwich again it will be too soon.

The skaters banquet was held at a restaurant built on a pier. The company was great, the food was OK, and the skaters had fun letting off lots of steam. Julie Goskowitz got sung "Happy Birthday" by all of the greats of the Short Track community, and Wilf O'Riley received a bouquet for attending his fifteenth World Championship.

The end of the month will be the World Team Championships in Lake Placid. I hope everyone will make an effort to come and watch, because it really is turning into one of the greatest shows on earth.



The U.S. Women's Relay Team of Amy Peterson, Erin Porter, Julie Goskowitz and Karen Cashman placed third.  
Sarah Hill Photo



Andy Gabel leaning low in front of Li Jiajun of China and eventual champion Marc Gagnon of Canada.  
Sam Hicks Photo



Erin Porter leading Lee-Kyung Chun of the Republic of Korea and Ellen Wiegers of the Netherlands.  
Sam Hicks Photo



J.P. Shilling taking the long way alongside Matthew Jasper of Great Britain, Bryce Holbech of Canada and Orazio Fagone of Italy.  
Sam Hicks Photo



Amy Peterson leading Sachi Ozawa of Japan, Ellen Wiegers of the Netherlands and Lee-Hyung Chun of the Republic of Korea.  
Sam Hicks Photo



Tony Goskowitz with Orazio Fagone of Italy, Leif Arne Spidsberg of Norway and Sergei Mayorov of Russia close by.  
Sam Hicks Photo

*A gold medal winner in speedskating and in life*

# Remembrances of Charles Jewtraw

By John "Jack" Shea

On January 26, 1924, Charles Jewtraw of Lake Placid, New York, wrote his name indelibly into the Olympic record book. On that day, he won the 500 meter speedskating event to become the first American gold medalist at the first Winter Olympic Games. Jewtraw was no fluke as a champion. He had won the U.S. Championship in both 1921 and 1923 and was a renowned sprinter. In 1923, he captained the Lake Placid Speedskating Team in the International Speedskating Championships at St. Johns, New Brunswick, Canada, at which place he and the Lake Placid Team won all five speedskating championships. Such a feat had never happened before and never has happened since. This accomplishment was made a part of Ripley's "Believe It Or Not" series.

I was one of those champions in the 12 year old class and went on to become a double gold medal winner in the Third Winter Olympic Games in 1932 in our home town of Lake Placid.

Charles Jewtraw came from very humble beginnings. His boyhood saw the luxury of owning a pair of top notch speed skates as a dream. As a very young man, Jewtraw's speed became evident as he was faster than many of the older skaters. His father who was then keeper of the speedskating rink on Mirror Lake bought him a pair of fine racing skates. Charlie Jewtraw was off to a great future. He spent all of his idle hours on the rink skating. He was the local idol and its speedskating champion.

Charles Jewtraw's speedskating future was sponsored and assured by a friend, advisor and patron, Jack Moffet. With the consent of Charles' parents, he virtually adopted Jewtraw. He took him into his home, got him

the best of skating equipment and living conditions and after his many victories sent him to boarding school for a year. Jewtraw was to become an Olympic champion a year later.

Charles Jewtraw was coached by Edmund Lamy of Saranac Lake. Lamy was the "Babe

America." From the early activity of the Lake Placid Speedskating Association promoted by Henry Uhlein came the activity of the North Elba Park and Playground District which spread into all activities of Winter Sports after sponsoring the Third Winter Olympics in 1932



The Fabulous Five

James "Bunny" Sheffield, Jack Shea, Charles Jewtraw, Eugene Shea and Carl Parody. The five were put in Ripley's "Believe It Or Not" column.

Ruth" of American speedskating and was a great help to him. Jewtraw was the idol of all of the youth of Lake Placid because of the character he displayed as a clean cut American boy. He was always a good example, always kind and helpful to the youths of the community. You might say that Jewtraw started it all in Lake Placid's march to international acclaim as a winter sports center. In those days it had already become known as the "Switzerland of

After 1924, Jewtraw pursued a business career in sports equipment with the A.G. Spaulding Co. His last speedskating venture was a match race with Clas Thunberg who had won two gold medals at Chamonix at 1500 and 5000 meters.

Charles Jewtraw is a member of the Lake Placid Hall of Fame and the Amateur Speedskating Union's, Speedskating Hall of Fame

*(Continued on following page)*



## ASU Home Page Rated In Top 5 % of Web Sites

By Myra L. Vandersall

The ASU home page has been chosen as one of the top five percent on the Internet by Point Communications, a web site ranking service. According to Todd Whitney, director of network relations for Point Communications, Point is a free service which rates and reviews only the best, sharpest, and funniest home pages on the World Wide Web. Their ratings and reviews have been featured on CNN and in many publications around the world.

A commercial service, the Point was the first to offer a ratings system emphasizing quality, not mass listings. The Point Communications review says "The ASU is the grassroots, non-profit national organization that regulates speedskating throughout the United States, and its Web site features access to a clubs and associations network spanning the country from California to Maine.

"With a directory of competitions that also includes Canada, they promote speedskating as a 'sport for everyone!' Anyone who's never set blades upon those distilled ice Olympic-type courses will learn, too, that conventional indoor rinks are well suited to Short Track speedskating, where packs of four to six athletes attain speeds of up to 35 mph, and negotiate the turns leaning at a 65-degree angle. This hypertext introduction to the sport may prove worthwhile to veterans, as well." The Point Communications review can be accessed at

<http://www.pointcom.com>.

The success of the ASU page is attributed to webmaster Jeff Harris, who has spent the last six months constructing and regularly updating the page, plus researching answers to mountains of inquiries. Also the secretary for the Northeast Speedskating Association and a parent of speedskaters Zoe and Luke Harris, Jeff is himself a Short Track speedskater

"The last six months I've spent focusing on the computer monitor," Jeff maintains, "have helped me to keep my head up during the straight-aways. And, typing from the skating position has improved my arm swing enormously!"

Aiding Jeff in the success of the ASU home page is Jerry Search of the Southern California Association, who has provided stunning speedskating photos and assisted with scanning.

The ASU page provides links to speedskating sites across the United States and throughout the world. You can connect to the home pages of other ASU associations and clubs, check out the wire services for speedskating news, or see what's happening in the Netherlands, Canada, Sweden, Japan, or Australia.

The page offers an up-to-the minute listings of all ASU and USISA sanctioned competitions, including meet announcements and copies of entry forms, plus lots of local information on how to get started in speedskating and whom to contact. Also listed are the latest World Cup and World Single Distance Rankings, provided directly by Tron Espeli, I.S.U. World Cup Coordinator.

While still in its infancy, the page continues to grow and provide a vital, timely method of communication. Growth indicates change, too. As we plan for the future, your input, as members of the ASU, is important. What would you like to see on the page? Are you willing to contribute feature articles, photos, training tips, skater profiles? send your ideas to Jeff at [jeffrey@mit.edu](mailto:jeffrey@mit.edu) or Myra Vandersall at [mvandersal@aol.com](mailto:mvandersal@aol.com), or 731 Yale Ave., University City, MO, 63130, 314-725-1059.

And, check out the ASU Web Page at the following;

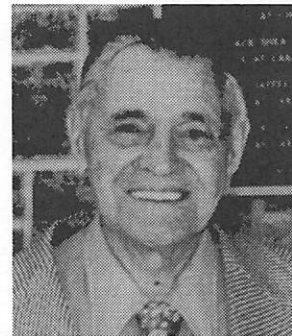
<http://web.mit.edu/jeffrey/speedskating/asu.html>

### CHARLES JEWTRAW

*(Continued from page 14)*

Charles Jewtraw was a true amateur athlete and proud to have had the honor to represent his country as a gold medalist. He formed a group called "Patriots in Sports for Youth" by which he hoped to promote a cadre of young athletes to help in developing youthful athletes according to the ideals of Olympic competition. He felt that this would help to achieve better international relations through friendly athletic competitions such as he had experienced. Unfortunately his efforts were not successful, yet his early efforts have inspired the work of the United States Olympic Committee in establishing its many training centers as we have here in Lake Placid.

Charles Jewtraw was a great champion, was proud of his part in honoring his country and was proud of the part he played in Lake Placid's winter sports history



Charles Jewtraw was born May 5, 1900 at Lake Placid, NY. He died in Hobe Sound, Florida on January 26, 1996, at 95 years of age. He was the Gold medal winner in speedskating at 500 meters in the first Winter Olympics at Chamonix, France, in 1924

*Lots of fun and nary a complaint*

## Saw the Sights and Sites and Skated on State

By Carl Cepuran

Skaters from many different places, backgrounds, ages, and experience levels converged on the Chicago "Loop" to put on a skating display that stood out, even among the landmark-rich State Street views of the city. Both veterans and first time racers echoed the same comments - "this was really fun", "I've never done anything like this before", and "we'd love to do it again next year - I know some friends who would like to do it too!"

This year's Sears Skate on State Classic drew 140 skaters from eight states. In addition to Exhibition Class skaters and Olympians Nate Mills, Brian Arseneau, and Pat Moore, a total of 105 skaters representing 14 different speedskating clubs including Glen Ellyn, IL (28), Northbrook, IL (25), Evanston, IL (19), Park Ridge, IL (7), West Allis, WI (6), Midland, MI (5), Badger, WI (5), Madison, WI (4), Lakewood, OH (2), Gateway, MO (2), Metros, MO (2), Alpena, MI (1), Wolverine, MI (1), and Northwest, IL (1) took to the ice. Rounding out the field were 35 racers who had never competed on ice before. They came by way of inline skating, hockey, and figure skating.

Each age group raced two races around a standard 111.12 meter oval laid out on the 200' by 100' rink. As the first races were being called, the sun climbed into view from beyond the man-made canyon walls of steel, stone, and glass skyscrapers to bring the temperature into the mid-thirties.

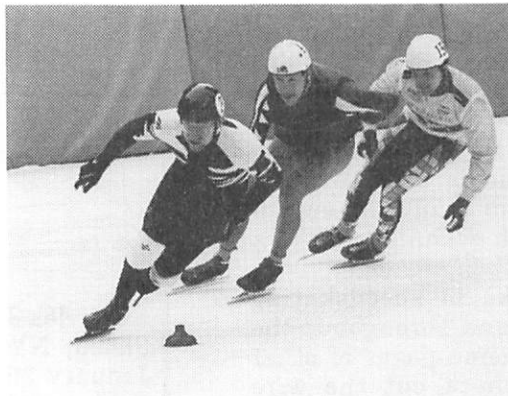
The (ASAI) Amateur Skating Association of Illinois staged this event in conjunction with the City of Chicago and the Mayor's Office of Special Events to draw the attention of non-speedskaters to the sport and to provide a unique and fun event for its experienced skaters. Chicago and speedskating share a rich history, with the oldest



The meet included 35 first time ice racers. Melissa Babb, Emma Baumgartner, Allison Porton and Alice Baumgartner go from the bell.  
Sam Hicks Photo



A beautiful sheet of ice on what was the busiest shopping street in the world

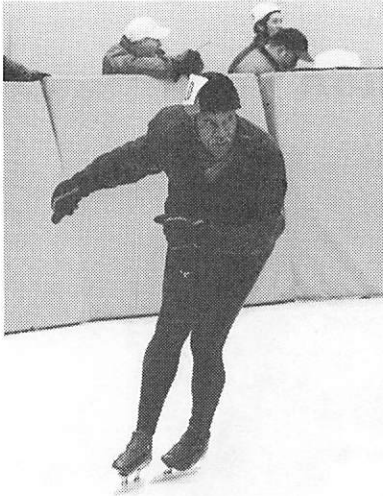


Olympians Brian Arseneau, Nate Mills and Pat Moore waiting to see who will make a move.

Sam Hicks Photo



Carl Cepuran



Sammie Rayford skating towards his 78th birthday  
Sam Hicks Photo



A famous refurbished theater down the street from the ice rink.



Bill Russbrook on hockey skates leading Grant and Brad Lesnik, Adam Bentall, Jay Nicky, Zachary Babb and Neil Korwoski.  
Sam Hicks Photo



Directly across from the rink was the world famous Marshall Field & Co. and it was open in the afternoon.

club having been founded in the city and the Chicago Silver Skates and park district races annually drawing hundreds of novices into the sport going back 65 years and more. Competitor Sabrina Frawley of Midland, MI, summarized the feelings of many in saying, "The scenery and skating among the skyscrapers was awesome." Sister, Samantha added, "...Even the ice sculptures displayed around the rink were neat."

The Olympians also put on an impressive display along with Illinois' Skaters of the Year, Shani Davis and Bonnie Klint. Simmie Rayford of Chicago took home the honors of being the oldest skater, just two weeks shy of his 78th birthday. Russell Block of Park Ridge, IL won't be four until May making him the youngest competitor. "He fell six times in the one lapper, but he kept on going," said his Dad, Peter, "he had an absolute blast doing this!"

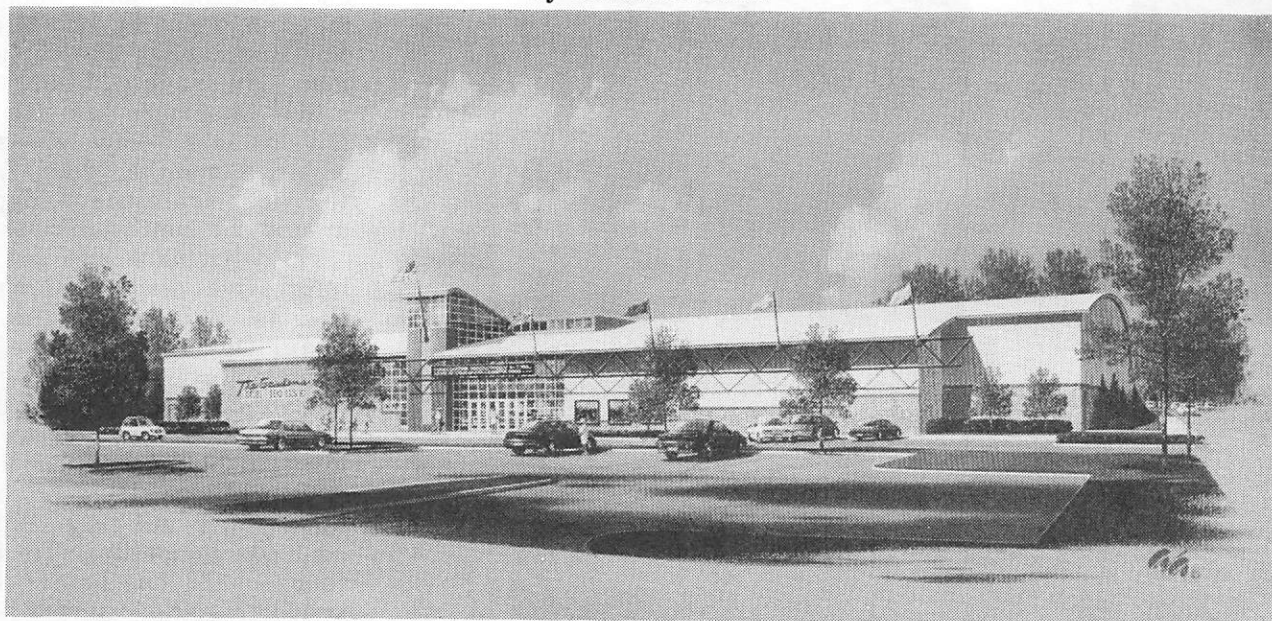
Emma Baumgartner won her age group for girls and said, "I was really happy and proud of myself when I got my medals. I've worn them to school every day since the races.

Marlene Linsalato hasn't raced on ice since 1978 but she has been inlining and racing on inlines since then. "I started to get down on one knee at the start before I realized I had blades on. Then I was okay. I saw quite a few familiar faces out there, especially officials. I'd like to see some more old time speedskaters get back into it. I know a few of them probably have kids like I do and they could bring them out too! I've played many sports, but, skating, both ice and inline, is the one I find myself thinking about the most often now."

"This has been a great day for skating - to see all these first timers and spectators really appreciating how much fun this is," concluded Carl Cepuran, Event Chairman. "

# The Gardens Ice House to Serve as the Flagship Facility For The Maryland Speedskating Association

by Claude J. Bauer



The invitation to the ground breaking for The Gardens Ice House in Laurel, Md. (just outside Washington, D.C.) read, "Please join us as we 'Break the Ice' (and the ground) for...a state-of-the-art sports facility for ice hockey, speedskating, and figure skating."

Not only was the Maryland Speedskating Association invited to the ground breaking, but the rink's owner, local developer Claiborne Carr, pledged his full support for a speedskating program at the new facility. Since the ground breaking, Mr. Carr has asked us to compile a list of equipment the rink needs so they can host regional, national and world class speedskating events. Mr. Carr attended the last two Winter Olympic Games and has two sons working toward the U.S. Olympic Hockey team. Not surprisingly, he has planned an Olympic theme for The Gardens Ice House.

The Gardens Ice House will feature two surfaces, a standard hockey rink, as well as an Olympic size (100' x 200') rink for speedskating and figure skating. We are now evaluating options for in-house electronic timing equipment, and are lean-

ing toward the computerized Finishlynx video timing system from Lynx Systems Developers. This is the same equipment used at the 1996 World Short Track Championships. In addition, we are making sure that all speedskating equipment at the rink, including the safety pads, complies with ISU and ASU regulations. The pro shop's manager has met with us to develop an inventory of equipment and accessories for speedskaters.

We are particularly excited about this facility because of its location. There's a strong population base to draw from for new members, and for major events, the rink is convenient to three airports: National in Washington, D.C., Dulles in Va., and BWI near Baltimore. It is located about 15 minutes from the University of Maryland (which we plan to use as a base for summer camps) and about 25 minutes from the Nation's Capital. Once a small town, Laurel, MD is now a major, upscale suburb of Washington, D.C. with numerous hotels, motels, restaurants and shopping malls.

Ice sports in general are explod-

ing in popularity in the South. In the Washington, D.C./Baltimore region alone, five new neighborhood rinks have either opened or started construction within the last 18 months, and several more have been announced. Local entrepreneurs see ice rinks as the investment opportunity of the nineties. However, Mr. Carr has chosen to set himself apart from the competition by creating a facility capable of hosting national and world-class events for all the major ice sports. Of course, we are delighted that he plans to include Short Track speedskating in the rink's calendar.

The Gardens Ice House is scheduled to open in July 1996. Starting in September 1996, the Maryland Association will be hosting two evening training sessions weekly, in addition to overseeing a weekly public speedskating session. Mr. Carr also plans a three-day grand opening which will include speedskating events.

The Maryland Association is indeed fortunate to be welcomed into this new facility with Mr. Carr's support. Rest assured that in the years to come, we will endeavor to make the most of it.

# International Speed Skating Master Games - 1996

by Ellen and Thomas Ryan

A stellar group of 96 athletes from 30 years old to the 80's representing seven countries participated in the International Speed Skating Master Games 1996 at L'anneau de glace Gaetan-Boucher in St. Foy Quebec, Canada, February 23-25, 1996. In addition to metric competition, there was a 16,000m (40 lap) marathon. The USA was strongly represented at the Master Games by seven female and 20 male skaters representing clubs from coast to coast. USA skaters brought home a total of 21 awards. Pouring rain and warmer than normal temperatures added an unusual dimension to this year's competition.

Despite the weather, the track was smooth and fast and the race organizers produced an outstanding meet. Additionally, the hosts provided skaters with amenities indicative of a world class event.

The championship was highlighted by the world and Canadian record-setting performances of Canadian Olympic Champion Gaetan Boucher. Boucher set a world record in the 500m race with a time of 0:41.17. World records were also set by Kees Verdouw, Willem Visser and Rita Luten of the Netherlands, and Dieter Jander and Constanze Moser of Germany (two world records).

Boucher was joined by other Olympic and World Championship skaters including fellow countrymen Robert and Marcel Tremblay, the twin brothers who participated in the 1988 Calgary Olympic Games; Constanze Moser of Germany, 1989 World Champion and 1991 bronze medal winner in the World Championships, and Polish Olympian Helena Pilejczyk.

The Master Games are attracting an increasing number of skaters each year, having hosted 25 competitors at the premiere event in Frankfurt, Germany in 1991. Competitors are divided into ten-year age groups, starting from ages 30-39. This year's championship was the first to be held in North America, and was organized by Canada to coincide with the Coupe des maitres, their annual Master competition. Next year, the Seniors Speed Skating World Games 1997, as the Master Games will be known, will take place in Berlin-Wilmersdorf, Germany.

Mary Lou DiNicola of Pittsfield, MA took first place overall honors in the Women's 50 and over age group. Joe McDonald of Bailey, CO also won first place overall honors in the 70 and over age group. Suzanne Perles of Los Angeles, CA took third place overall in the women's 40-49 age group.

The USA team also won a number of places in individual races.



## Some of the USA Skaters

Standing: Al Harding, Joe McDonald, Walter Monast, Lloyd Clark, Tom Ryan, Carole Moore, Vern Kappes, Paul Marchese, Mary O'Donnell, Suzanne Perles, Max Bolte, Merrily Gere.  
Kneeling: Dave Moneyppenny, Al Forsyth, Don Gallegos, Mary Lou DiNicola, Dave Manfredi.



## The 40 Lap Marathon

Rain and warm weather added to the challenge of the marathon.



## Ladies Overall Winners

Constanze Moser (Germany) 30-39, Rita Luten (Netherlands) 40-49, and Mary Lou DiNicola (USA) 50 +

Photos by Ellen Ryan

# INTERNATIONAL GAMES - 1996

## RESULTS

### WOMEN

Name	Age Group	Distance	Place	Time
Mary Lou DiNicola	50+	500m	2nd	0:54.13
Suzanne Perles	40-49	1000m	3rd	1:48.98
Mary Lou DiNicola	50+	1000m	3rd	1:53.82
Suzanne Perles	40-49	1500m	2nd	2:40.17
Mary Lou DiNicola	50+	1500m	1st	2:49.77
Suzanne Perles	40-49	3000m	2nd	6:01.40
Mary Lou DiNicola	50+	3000m	1st	6:12.40
Suki Fujioka	30-39	3000m	4th	6:35.86

### MEN

Name	Age Group	Distance	Place	Time
Vern Kappes	60-69	500m	1st	0:48.98
Joe McDonald	70+	500m	1st	0:56.85
Lawrence Goldthwait	70+	500m	2nd	1:03.56
Clarence Desrosiers	70+	500m	3rd	1:05.90
Paul Marchese	30-39	1500m	3rd	2:21.80
Vern Kappes	60-69	1500m	3rd	2:47.13
Joe McDonald	70+	1500m	1st	3:09.87
Clarence Desrosiers	70+	1500m	3rd	3:43.42
Don Gallegos	30-39	3000m	3rd	4:56.49
Joe McDonald	70+	3000m	1st	6:30.82
Clarence Desrosiers	70+	3000m	3rd	7:20.03
Paul Marchese	30-39	5000m	4th	8:04.17
Al Forsyth	40-49	5000m	9th	9:06.61
Vern Kappes	60-69	5000m	4th	9:49.51

## OVERALL PLACING BY AGE USA COMPETITORS

### WOMEN

30-39:	Suki Fujioka, Flushing SSC, NY	4th
	Merrily Gere, Tri-Town, CT	5th
40-49:	Suzanne Perles, Los Angeles, CA	3rd
	Carole Moore, Flushing SSC, NY	5th
	Mary O'Donnell, Green Mountain, VT	7th
	Deborah Hadlock, Flushing SSC, NY	8th
50+:	Mary Lou DiNicola, Pittsfield, MA	1st

### MEN

30-39:	Paul Marchese, Capital District, NY	4th
	Don Gallegos, Green Mountain, VT	7th
	Brian Boudreau, Bay State SSC, MA	8th
	Ed Mantaring, Long Island SSC, NY	12th
	Max Bolte, Flushing SSC, NY	13th
40-49:	Al Forsyth, Tri-Town, CT	7th
	Thomas Ryan, Flushing SSC, NY	15th
	David Manfredi, Green Mountain, VT	17th
	Alan Cook, Bay State SSC, MA	18th
	Dave Money Penny, Tri-Town, CT	21st
50-59:	Al Harding, Garden State SSC, NJ	18th
	Lloyd Clark, Maryland	19th
60-69:	Vern Kappes, West Allis, WI	3rd
	George Walker	8th
	Walter Monast, Syracuse, NY	9th
	Joseph Dauphinas	12th

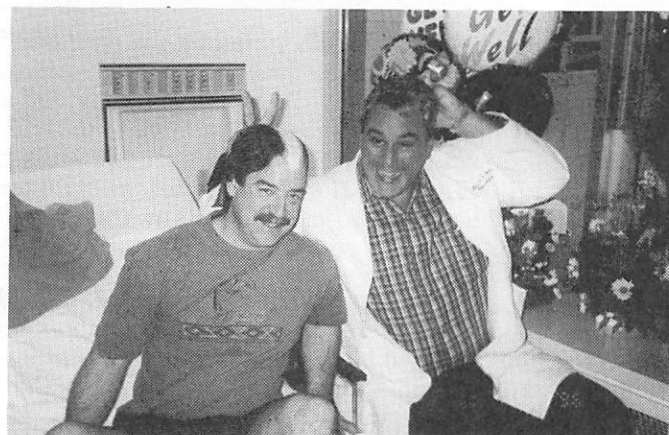
70+:	Joe McDonald, Bailey, CO	1st
	Clarence Desrosiers	2nd
	Lawrence Goldthwait, New Hampshire	3rd
	Joe Flax	4th

More information on the Coupe des maitres and the Seniors Speed Skating World Games 1997 will be announced in future issues of The Racing Blade as it becomes available.

## Rob Blair - An Inspiration To Us All

By Pat Hall

As many of you know, Rob Blair underwent major surgery for a brain tumor in January. His tumor arose about nine years ago and only a portion of it was removable. Though suffering major seizures since, Rob created and coaches the North Texas Speedskating Club (NTSC). No matter what, practice goes on. Lying on the ice during a seizure one time, he still kept coaching and yelled for my son, Eric, to stay down low in the corner. Eric yelled back "How'd you see me? You were facing the opposite direction."



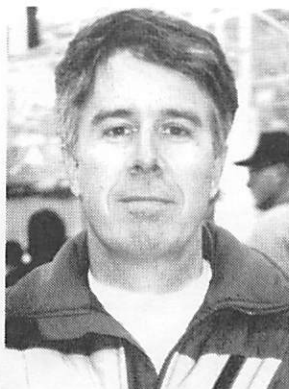
Rob Blair and Dr. Mitchel Berger eight days after the surgery in Seattle at the University of Washington Medical Center

During the recent surgery, doctors were able to remove about half of the tumor. New technology allowed them to identify the exact location of Rob's seizures. Thank the Lord they were in the half of the tumor that was removed. He has been seizure-free for five weeks now. On March 11, he began thirty-one straight days of radiation to further shrink the remaining tumor.

All of us have seen Rob meet this incredible hurdle with the strongest positive attitude imaginable. Two weeks after surgery, he showed up at practice. Even his wife Cindy couldn't keep him home. However, this is a period where he needs to take a time-out from the constant selfless giving to others and concentrate on getting well. That will be very difficult for Rob Blair.

I have been privileged to know Rob both as coach and friend. A role model and positive motivator of kids, he's an answer to every mother's prayers. How fortunate are our lucky children! This inspiration extends to adults and everyone he touches. We love you Rob. Get well soon.

# AROUND THE STATES WITH KIDS ON SKATES



## THE ASU CONVENTION MAYBE YOU SHOULD GO!

BY JERRY SEARCH  
SOUTHERN CALIFORNIA

The annual ASU Convention is held every year in May, on the first weekend after Mother's day. This is where the policies and rules of the Amateur Speedskating Union are created, discussed, and changed. This is done mostly by proposals submitted through the local Associations to the National Office prior to March 1st of each year. There are four proposal categories: Finance, Racing, Legislative, and Tracks & Distances. The proposals for each Convention are mailed to the Association Secretaries and representatives around the first part of April.

*You can make a difference!* If you ever wonder why things are the way they are, and if you ever wonder why they don't do it your way, come to the Convention and find out. You really *can* make a difference! Maybe, to some, the following will sound like bragging, but this is the best way to make my point: As most of you know, I am just a coach from way out in Southern California. Certainly not in the mainstream of things. However, over the past 8 years, I have been personally responsible for 21 changes to the ASU rules, some of them quite substantial, and I have also been a major contributor to many the other changes that have taken place in our sport. There are even two rules in the *ISU* Regulations book that originated with me. And I am just a common person, like yourself. The difference is that *I got involved* with the ASU Convention.

**Anyone can go** to the Convention and be heard. You do *not* need to be a representative of your Association. Even if you are "just a coach" or "just a parent", you can attend *and be heard*. But you can't do anything sitting at home.

**Plan to arrive on Thursday!** If you do decide to go to the Convention, you will have little input unless you can be there *before Friday morning*. Most of the important "committee" meetings where you can be heard are usually held on *Friday*. The final "official" decisions are made on Sunday morning, but at that time discussion is limited to the most important points, and only the official representatives of each Association may speak. If you do not show up until Saturday, you will miss most of the open discussion on the agenda proposals.

**Finance Committee Meeting:** I'd like to make a special note of the Finance Committee meeting. This is a very

important meeting that is usually held on Thursday night. Again, most of the open discussion concerning the *finance* proposals happens at this meeting, and most people, *your official representatives*, usually skip this meeting each year. If you have any feelings and/or opinions concerning any of the finance proposals (like a dues increase), then Thursday night you or your representative(s) *should* be at this meeting!

**Make a request to your Association to be a representative.** There are up to four representatives per association: one "Board of Control" member, and three "Delegates". For detailed responsibilities, etc. of these positions, consult your ASU Handbook. However, simply put, the Board of Control member is the official Association representative to the ASU, and this person is the one who has the final vote on Racing proposals and Tracks and Distance proposals. The Board member may also be asked to help make other decisions of the ASU. The Delegates (of which the Board member may be included if your Association does not have three in attendance) vote on new ASU Officers and the Legislative proposals. And, quite often, many, if not most, associations do not have the total of three delegates separate from the board of Control member.

**Besides all of the decision making duties** at the Convention, there is a lot more that happens. There are committee meetings concerning such things as Growth and Development, Publicity, Coaching, etc. Locations for the National and North American Championships are selected.

**Meet new friends.** At meets, I find myself pretty busy with coaching, videotaping, etc. The Convention is a much better place to meet other people from around the country who are very interested in contributing to our sport.

**OK, so now that you have decided to go:** Here are a few more tips to help you better understand what's going on when you get there. First, unless a subject is on the official agenda, as a proposal, it will not receive any discussion at any of the "proposal" meetings (Finance, Racing, Legislative, and Tracks & Distances). The other meetings, like Coaching, Growth and Development, and Publicity, are somewhat more open for new discussions. These meetings are primarily to report on current events, create ideas, generate energy, etc.

Second, it is the official policy of the ASU that they will not get involved with anything that is what is usually referred as "local association (or club) business". Even disputes at the local level will receive no discussion unless they directly involve the ASU, and even then such items will usually need to be in the form of a formal proposal submitted to the national Office prior to March 1st.

**So don't just sit there! Go to the ASU Convention!** Make a difference. Have a voice and let your voice be heard. And meet and make friends with the people who run our great sport. And take a set of nice clothes (dress; coat & tie) for the Banquet on Saturday night!

*Someone who thinks that training camps and coaching clinics should be publicized*

# Better Late Than Never

By Bill Steffel

## Dear Bob,

To some, this may seem a little late, but I hope it's never too late to let the skating world know what's going on and who's doing what.

The 95 summer camp at Marquette, MI was another great adventure in skating. I'm sure all the skaters who attended went away with a treasure chest of information and technical on/off ice experience.

Mark Greenwald came down from Calgary (Alberta, Canada) to coach the group. Mark donated his time and as he put it, "to put something back into the sport". Mark is a former U. S. Olympic team member who started coaching part time in the Long Track program at the oval in Calgary, while working towards his Kinesiology degree. Mark is also a certified level 111 coach

Mark worked hard to get all the information he could to the skaters. He took videos during practice on the ice and showed them in the evenings. The videos were analyzed, so the skaters could see themselves, and where improvement was needed. Joe Rohraff assisted Mark and added a nice touch to the camp. Mark and Joe split up the group on the ice at times so the skaters could benefit with more personal attention. Joe is now training in Marquette with the national team under Jeroen Otter.

My daughter, Patty, attended camp with me to help chaperone the girls. I found it kind of awkward not having a female chaperone the year before.

I don't have a group picture, but I'm submitting the pictures I have. I know the skaters like to see themselves in *The Racing Blade*. I found some pictures I took at the '94 Marquette Coaches Seminar. I lost them when we moved to our new house.



**Summer Camp in Marquette--1995**

Meghan Geletka, Ohio; Becky Lang, Illinois; Sabrina Frawley, Michigan; Hannah Kim, California; Jesse Burton, Michigan (holding Justin Mentell, Illinois); Chris Walker, Michigan

The coaching instructors were Marjorie Amelotti of St. Louis, Mo; Don Kangas of Midland, MI; and Larry Ralston from Decatur, MI.

The student body attended from all over the U.S. and they were: Jon Chambers, Sparta, MI; Jay Glad, Ogden, UT (traveled all the way by bus); Gil Golub, Holyoke, MN; Ferd Shaffer, Milpita CA; and Dave Taylor, Duluth, MN. Larry helped me out with the IDs. The ASU and the skating world are fortunate to have such dedicated people working to promote the sport.

My observations for the most part are that the skaters who have been attending summer camps are now among our top skaters and doing well in competition. You should be thinking about attending a summer camp if you are serious about skating. Coaches know who the serious skaters are and should encourage them to attend camp. Skaters should prepare themselves and be in good physical condition and also be mature enough to be without their parents for a week.

Finally, if you plan to attend camp, you should read the rules and expect to follow them so everyone can have fun.

Sincerely,  
Bill Steffel





**Inline Training Will Work Up An Appetite  
Marquette Training Camp--1995**

Katy Kepka leading Hannah Kim and Kendra Turzinski

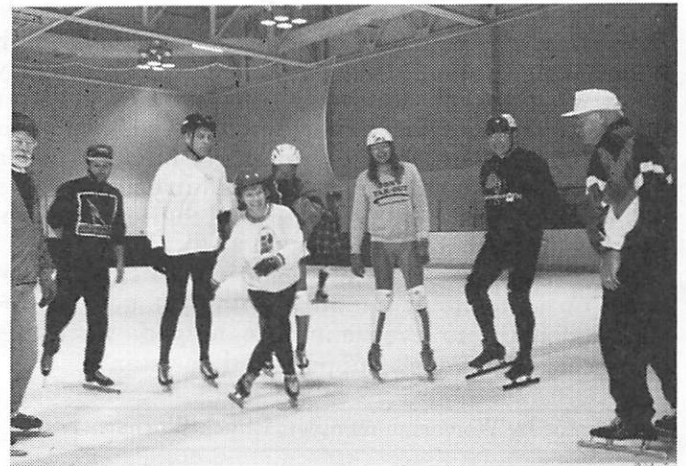
**Coaching Clinic in Marquette, MI--1994**

Amelotti Demonstrates How Not to Perform the Crossover Stroke .Left to right: Don Kangas, Gil Golub, Dave Taylor, Marge Amelotti, Jay Glad, Jon Chambers, Ferd Shaffer and Larry Ralston



**Coaching Clinic in Marquette, MI--1994**

Ferd Shaffer offers a point using Marjorie Amelotti as a model. Left to right: Don Kangas, Gil Golub, Dave Taylor, Jay Glad, Marge Amelotti, Jon Chambers, Ferd Shaffer and Larry Ralston.



**Equipment Exchange**

The Maryland Association has started a free, on-line Equipment Exchange for speedskaters who want to buy, sell, or trade used equipment. This is a great place to advertise those Bonts the kids have outgrown or post a notice that you're looking for a certain piece of equipment. You'll need an Internet-equipped computer to view the Exchange, but you can submit ads by fax. New equipment vendors are welcome to inquire about advertising on the Exchange (all proceeds go to Maryland's safety equipment fund). To reach the Exchange via computer, log on the Web and go to <http://ourworld.compuserve.com/homepages/CBauer>, or click on the Equipment Exchange link in the ASU home page. If you're not on the information superhighway, fax your ads to (301) 662-5598, and they will be posted for you.

**Harris H. Legg  
Born March 18, 1911  
Died February 7, 1996**

Harris H. Legg, 84, of North Hutchinson Island, Florida, died Feb. 7 in Vero Beach after a brief illness. He was born March 18, 1911 in Waterbury, CT, and moved to North Hutchinson Island six years ago from San Rafael, CA.

Mr. Legg was a professional ice skater in Shipstad's and Johnson's Ice Follies for 18 years and was owner of three Legg's Ice Skating Centers in San Francisco for 22 years. He was an honorary lifetime member of the United States International Speedskating Assn. and was inducted into the Ice Skating Hall of Fame of the Ice Skating Institute of America in 1966. He was a member of Holy Cross Catholic Church.

Surviving are his wife of 55 years, Phyllis, a daughter, Bonnie L. Legg, Mill Valley, CA, and a sister, Mildred L. Smith, Jacksonville, FL. Internment was in San Rafael.

## YOU HAD TO BE THERE! Motor City Super Skate I

By Maura Rylander  
Wolverine Sports Club-Speedskating VP

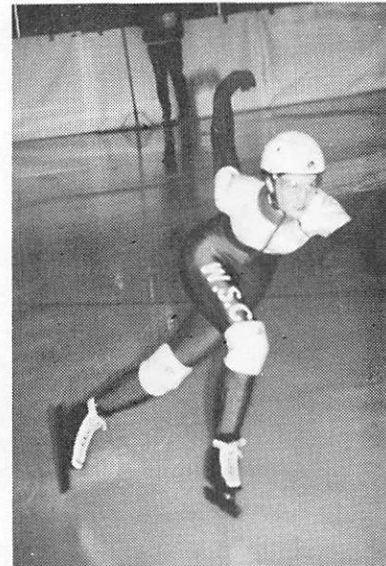
That's for sure! If you weren't one of the 140 skaters or over 300 spectators that weekend, you truly missed some exhilarating Short Track speedskating. Wolverine Sports Club was proud to host the US National Teams as well as top skaters from throughout the Midwest and Canada.

Skaters from age 3 to 75 competed during the weekend of February 3-4 with the Elites capping off each day. Olympians such as John Coyle, Karen Cashman, and Tony Goskowicz provided some top notch competitive skating. What an amazing group!

This was the first major event that Wolverine speedskaters had ever put on and probably the largest meet in a decade (Nationals and North Americans excluded). To say it was a learning experience is putting it mildly. We owe a lot of people thanks for their time and tremendous efforts both before and during that weekend. We definitely know what we can do to make the meet even better for skaters, spectators, and the club next year. Our rink and partner, Detroit Skating Club, learned a lot about speedskating and its requirements for a big meet and is equally up to the challenge of improving from this year.

If you think you had a great time this year, just wait until next! It is only going to get better! Thanks again to everyone who helped; we really appreciate everyone's support and assistance.

Photos by Wolverine member, Chuck Warner.



Wolverine speedskater Merideth Whipple in the Juvenile class.



Hilary Mills and Whitney McGill in the 1000m.

## There's More to World Meets Than Just Skating



United States Junior Short Track Team in  
Chamonix, France;

Trainer Lynn van Ost, Erin Porter, Julie Goskowicz, Coach Jeroen Otter, Rusty Smith, Kip Carpenter, Trainer Karen.



Erin Porter and Julie Goskowicz  
soak up some history at  
Courmayeur, Italy

## Meet Margaret Waite And Her Athletic Design Company

Margaret Waite Athletic Designs first started in 1982 originally named "Z Race Wear". I was designing sports clothing for cyclists, downhill ski racers, tri-athletes, runners, as well as specialty projects for folks like Tom Peterson (owner of Hyper Wheels) who was training to win one of his seven World's roller speedskating championships, for Steve Hegg 1984 Olympic track cycling gold medalist, even for a downhill ski team in Anchorage, Alaska as well as many other notable athletes. I was commissioned to do apparel for cyclists for one of the official 1984 Olympic posters, as well as for commercial work for companies like Medici (bicycle frame manufacturer), and cycling sponsors like Anheuser-Busch for their Olympic Budweiser commercials, just to name a few.

### Cycling Track Manager

Also in 1984, recruited by the Foundation office at Cal State University Dominguez Hills, I became manager of the "7-ELEVEN" Olympic Velodrome located on the campus of Dominguez Hills for the Olympic year. My responsibilities were to promote track cycling activities and races including the "Christian Dior California Coast Classic" after the Olympics games were over, with most of the international Olympic track cycling teams staying to compete. I also scheduled youth development programs, and maintained the physical plant (the velodrome). 1984 was our big Olympics here in California, so I knew this opportunity to be involved in one of the biggest events would only come once in a lifetime for me. My office provided some of the administrative assistance for the LAOOC (Los Angeles Olympic Organizing Committee) while they were moving their operation to the campus. Maintaining my sportswear company during that period was definitely a challenge but fortunately it never suffered the set-backs I had expected, mainly because I never left the cycling industry.

### Company Name Change

Over the next ten years my company underwent a name change from "Z Race Wear" to "Margaret Waite Athletic Designs", a new location and, of course, an expanded product line. My husband, John Waite, a three-time National track cycling champion and my best critic, helps me test out new fabrics from my skinsuits to my wind-block neoprene bibtights, quilted body suits for cold weather training even snakeskin casual shorts. Included in my repertoire of creations are bridal gowns, bridesmaids dresses, period clothing for costume purposes, and one-piece suits for movie industry stunt work.

### Introduction to Speedskaters

In mid 1994, while I was riding my track bike at the Olympic Velodrome, I met Sue Perles. She is one of the hard working and successful coaches for the AAF program at the Iceland skating rink

Paramount, California. We talked about my sports clothes. (I had just delivered a fully padded custom jersey and skinshorts for 10-year-old Jason Maves, multi-national BMX champion). She was interested in the padding-work done on the outfit (the suit was to protect him, not for BMX crashes, but for velodrome crashes). She told me about the speedskaters who trained at the Iceland skating rink, and she invited me to stop by the rink and meet some of the skaters. My exposure to ice speedskating up to that point was limited to what I was able to see while watching the exciting races during the Olympics when Kathy Turner dazzled us when she competed in her medal winning races.

### Specialty Suits

Since that first meeting with the skaters at the Iceland skating rink, I have found a breed of highly competitive athletes with more creative individuality than I've experienced in the past. My suits for Short Track come with built-in kneepads and shin guard pockets. The knee pads are created with a dense foam on the inside of the suit cut to contour the knee, backed with a soft, warm and thick Polartec 300 fleece that rests right against the knee. Light in weight but, tough, thick and protective. Some skaters have me add an extra bit of padding covering the shin area as an extra protection along with the shin guard they already wear inside the suit leg.

### Figure Skating

My work with all these great skaters has really tested and pushed my creative abilities much farther than before, even more than the tri-athletes with their flashy suits. In 1995 I created a Long Track suit for Eric Heiden who appeared in a Cadillac commercial which aired nationwide starting in October of last year. I have also had the opportunity to create figure skating costumes for many of Southern California's most notable, up and coming, young figure skaters. Costumes complete with air-brushed chiffon, Austrian lead crystal beads, sequins, rhinestones and lace.

### Design Creativity

Creativity in design is a huge factor in building skinsuits for the speedskaters, second only to my wanting the fit to be as exact to the athletes measurements as is humanly possible. I use lots of vivid colors and the most luxurious fabrics available. We silk-screen all sorts of designs from stars to splashes, to big black question marks on green suits. I've even done a "nude" suit with a fig leaf.

Cyclists are starting to come to me now with new ideas, and I tell them, if they want a Margaret Waite suit, they had better be creative. Currently I am designing skinsuits for several women cyclists who have been gutsy enough to break away from the trends of the past. We have come up with some gorgeous women's skinsuit designs using the stretch crushed velvets for cooler winter wear, satin Lycra, and yes, even lace for the hot summer months. One skater says even if she doesn't win every race she enters, at least she will be the best dressed.

# Open Dutch Short Track Championships

Sportcentrum Kardinge  
Groningen, The Netherlands  
February 24-25, 1996



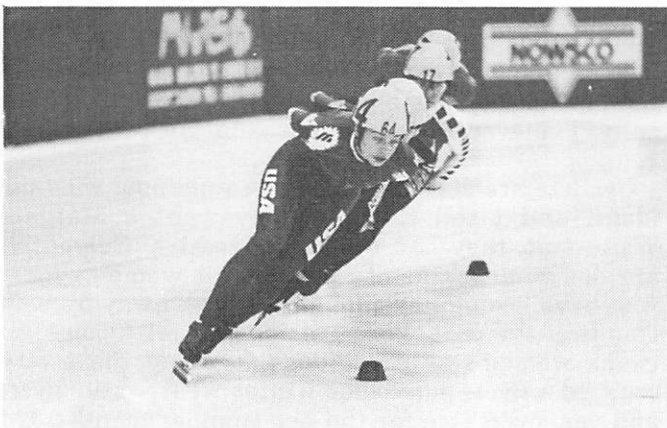
Ladies Champion Julie Goskowicz with eight final points flanked by Erin Porter on the left and Erin Gleason on the right. Porter and Gleason were tied for second with two Russians and a German  
Sam Hicks Photo



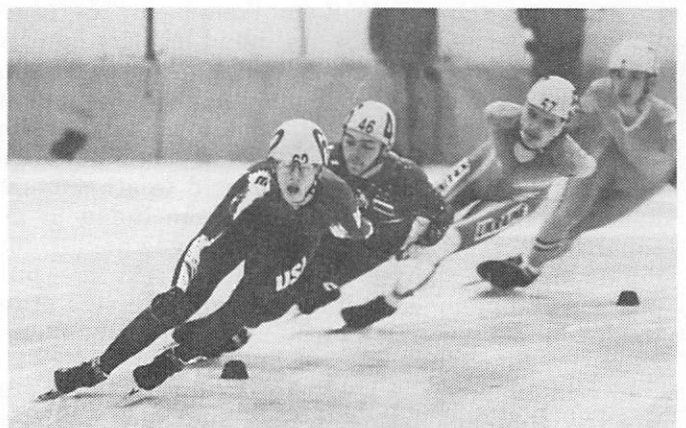
Erin Porter leading Irina Vedernikova of Russia and Erin Gleason  
Sam Hicks Photo



**Relay Champions**  
Mike Kooreman, Andy Gabel,  
Scott Koons and J. C. Shilling  
Sam Hicks Photo



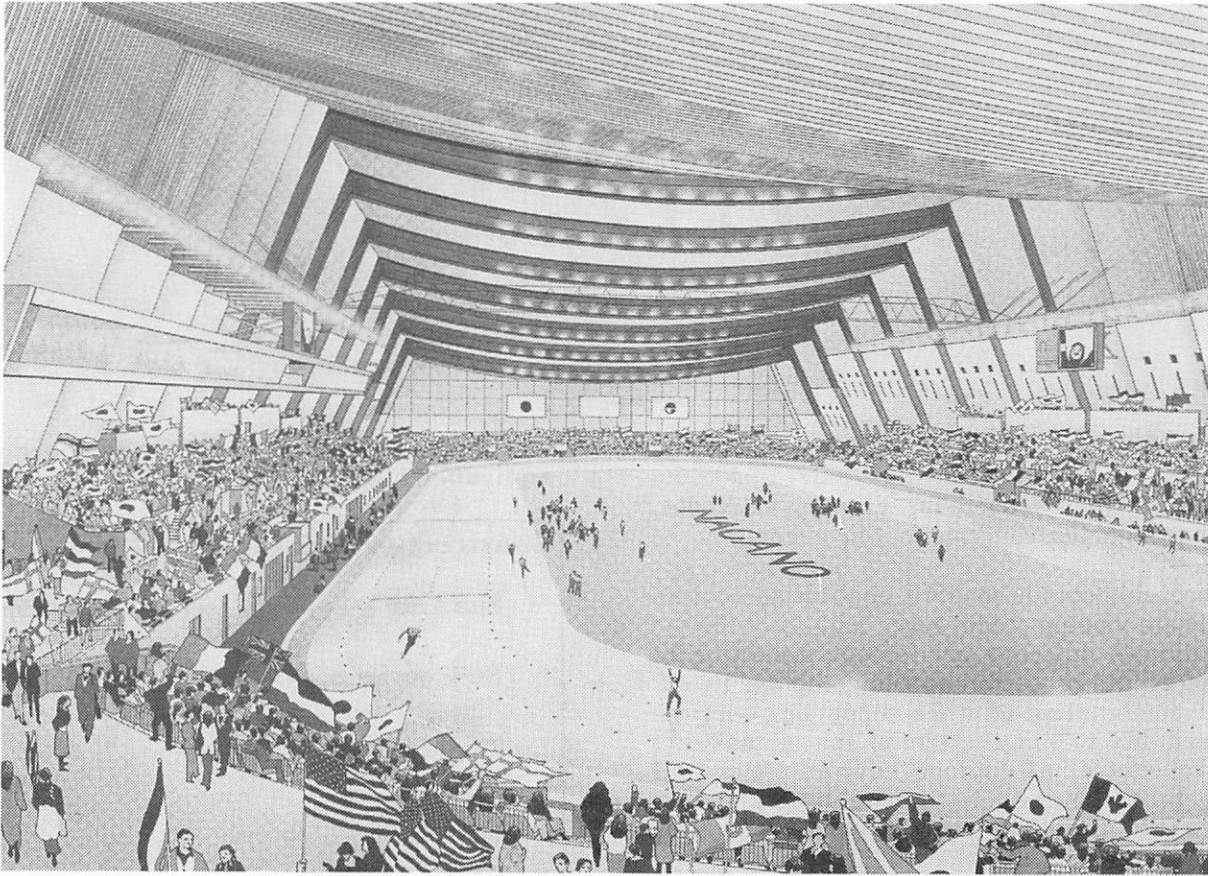
Mike Kooreman, Sergei Kobzyen of Russia, Evgeniy of Ukraine and Stijn Turcksin of Belgium  
Sam Hicks Photo



Erin Gleason in the lead with Stephane Mairesse of France in third.  
Sam Hicks Photo

# NAGANO

## SPEEDSKATING ICE OVAL



By Bob Vehe

### Pursuit of Human Comfort and Easy Maintenance

While waiting for the North American Long Track Championships to start in Roseville on February 3, and with the temperature hovering at -26 degrees and hesitating to go outside too early, I heard John Trowbridge, CASSA Vice President-Officials, talking about the new speedskating oval built in Nagano, Japan, for the 1998 Winter Olympics. The description of the construction techniques sounded interesting and when I saw that he had some brochures on the arena, I asked to borrow them to let our readers read about the beauty and uniqueness of this new facility.

The company that designed and built the structure calls it "The Largest Suspended Timber Roof in the World." This point is something that Northern Michigan University may want to comment on since their indoor football stadium that was built a few years ago claimed the same uniqueness or something very similar.

The brochure has many large artist's renderings that unfortunately cannot be reproduced. Many are too large and some have the folds of the brochure through them. The two pictures used give you an idea of the inside and outside of this unusual building. All of the following text is from the Japanese brochure.

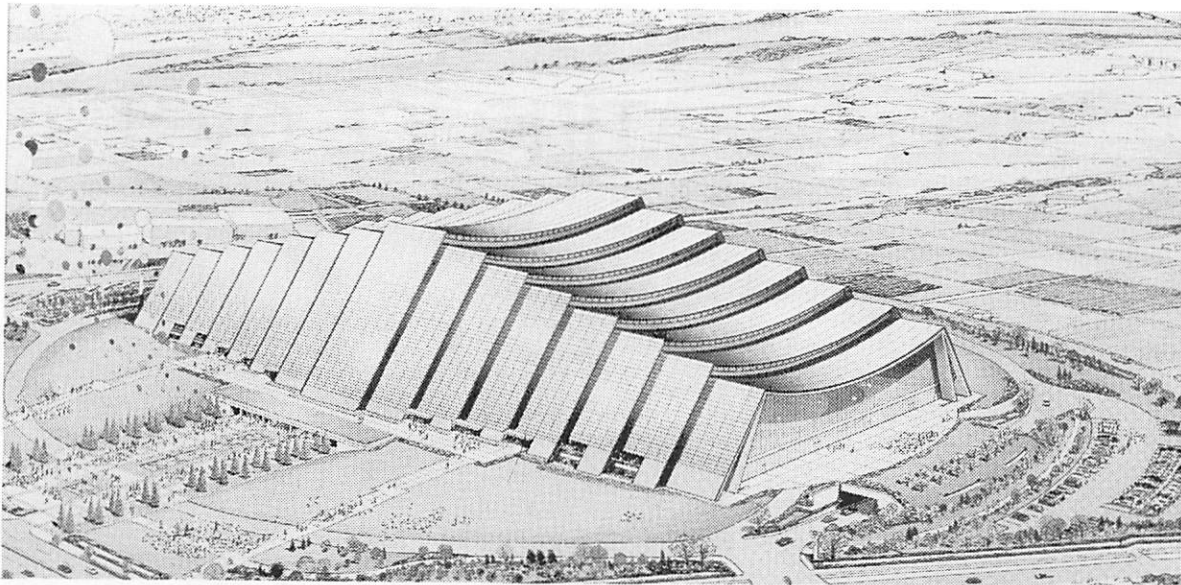
\* By placing the car parks under the arena as much as possible, the external space is left wide open to the local citizens as a public park covered with lush greenery. Rain water is returned to the soil by a storm sewer percolating system.

\* High U-value external wall and roof materials reduce the heating load. A roof paneling system with a combination of glued laminated timber and glass wool board provides heating and noise insulation, sound absorption, and fire prevention.

\* The suspended roof effectively conserves energy by reducing the air volume of the space. A convex ceiling configuration makes it possible to achieve a clearer acoustic environment by diffusing the sound effectively through the whole arena.

\* Evenly distributed ventilation openings and indirect roof lights (shading devices) installed between each roof layer together with large glazed facades on both gable ends of the building provide a clean and comfortable indoor environment.

\* The concourse on the north and south side (corridors in a zigzag configuration) and large openings in both ends of the building are planned for emergency exits, making it possible for the spectators to evacuate safely even if it is snowing.



**Totally Integrated Facility Supporting System**

\* The facility will be used for various activities, such as sports games, concerts, public events and so on.

\* The relocatable stands make it possible to achieve an appropriate volume of the space and highly enhanced on-scene excitement according to the type of events or performances going on. In addition, the combination of other supporting services having flexibility to suit the size of spaces makes it possible to control all indoor environments and stage effects, to shorten setting up times, and to consequently improve the overall facility efficiency.

\* Facing fixed stands are effective for sports games using full field, whilst relocatable stands are having an advantage for enclosed-type events. The system has the flexibility to accommodate various types of events depending on the number of spectators and the kinds of events.

\* Running suspended baton, simple partitioning system and flexible seating arrangement are combined and linked for efficient and effective operation.

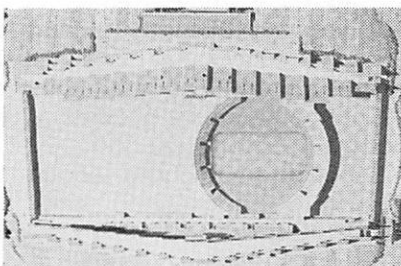
\* Artificial lawn can be stored under the floor level in one roll, making it possible to reduce the time for setting it up and putting it away.

\* Direct access using lorries from the square located in both gable ends, having large size openings and scenery lift to the arena shorten the setting up time.

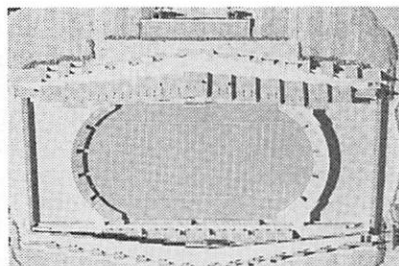
The following data are from the brochure with U.S. equivalents added.

**Construction Outline**

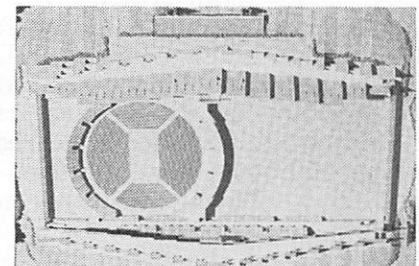
* Site Area-----	111,000m <sup>2</sup> (27 acres)
* Building area-----	31,000m <sup>2</sup> (7.65 acres)
* Total Floor Area-----	73,000m <sup>2</sup> (18 acres)
No. of Floors	4
* Roof Dimensions-----	80m x 216m (262ft. x 708 ft.) (Area-4.25 ac.)
* Building Height-----	43.45 m(142 ft.)
* No. of Spectators-----	10,000-max 20K
* Sports Events-----	400m SS rink, figure skating, hockey, U.S. football, rugby, soccer, tennis(16 courts), track and field



Seating pattern for a small size event  
(ice hockey and figure skating)



Seating pattern for a large size event  
(American football and soccer)



Seating pattern for small size event  
(concert and other performances)

# A New Idea That May Prove Helpful

By Gretchen Burns  
 President Syracuse Speedskating Club

The Syracuse Short Track Championship this year was run as an all points meet. We wanted a meet where skaters could skate up to their ability, and get as much ice time as possible. This made the meet more challenging for the competitors and more exciting for the spectators.

The traditional ASU classes are not used for an all points meet, instead, competitors are ranked by their times. Skaters are first seeded into heats by the times that they submit on their entry blanks (500 M or 300 M for youngsters). All skaters advance from their heats to the primary, secondary or tertiary finals based on their heat times not their finishing positions. Points are awarded for each final according to the level of that final and the skaters finishing position. This allows the skaters to develop their racing strategies which is so essential in making Short Track the exciting sport that it is.

The Syracuse Speed Skating Club's Youth Division has had difficulty retaining teenage skaters who are just beginning the sport. The Board of Directors wanted to address this problem by using the all points format, this would allow skaters who were not competitive in their age group to compete with skaters of their own speed regardless of age. This format stresses skating hard and striving for your best time and still allows everyone to continue on to a final. A traditional meet eliminates many skaters from qualifying for a final, this results in a reduction of their ice time and race experience. This year, all skaters skated 6 races in 6 hours.

In testing this format for the first time we did experience some problems, such as adjusting heats to make them more competitive. Russ Zaczkewycz, who developed the computer program that seeded and grouped the skaters, has already refined the program to handle changes during the event. It is critical to have enough trained timers for a successful all points meet. As a point of reference, a few of the skaters might have won if they were in their regular ASU classes. This format, however, places them into a more competitive group and keeps them skating to their full potential. It has been suggested for the future that we award certificates that show where the skaters finished and their times for the races. We feel this would get the skaters thinking about improving and skating hard for better times in future meets.

It's a great format and we recommend that you try it for your next regional meet. The idea comes to us from the Canadian skaters, who produce an abundance of quality skaters in contrast to an elite few that the Americans always produce. Please call Gretchen Burns with any questions (315) 475-2570.

Primary Finalists	Secondary Finalists	Tertiary Finalists
1st pl = 15 pts	1st pl = 10 pts	1st pl = 5 pts
2nd pl = 14 pts	2nd pl = 9 pts	2nd pl = 4 pts
3rd pl = 13 pts	3rd pl = 8 pts	3rd pl = 3 pts
4th pl = 12 pts	4th pl = 7 pts	4th pl = 2 pts
5th pl = 11 pts	5th pl = 6 pts	5th pl = 1 pts

Awards will be given to 1st, 2nd, 3rd, 4th, 5th place overall in each group based on highest point total.



FRONT Silver on Navy or Silver on Maroon,  
 available in small/petite, medium, large or extra-large,  
 long sleeve only (it's a winter sport!) pre-shrunk cotton

BACK

**W**eren't the Nationals in St. Louis great? Are you coming to West Point in '97? Then tell the world with this great T-shirt.... \$20 includes postage, handling and insurance... Make checks payable to Middle Atlantic Skating Association

Name.....

Address.....

.....

.....

.....

Color: Navy..... Maroon..... Size.....

Send to Dan van Benthuyzen  
 528 Fifth Street  
 East Northport, NY, 11731-2313

**Editor's Note:**

The following letter from Olympian Mark Greenwald was picked off the Internet by Claude Bauer of Maryland

## A Letter Off the Internet On the Dan Jansen story

Although I don't contribute as often as many members of this mailing list (as my studies and work often prevent me), I would like to take a minute to share some thoughts on the recent showing of, "A Brother's Promise: The Dan Jansen story."

As we all know, the road to becoming a champion in any sport comes with many twists and turns and never any guarantees of success. I was fortunate enough to share some of the stellar highs and most depressing moments in Dan's skating career as a teammate. I would like to share a few thoughts on the movie and personal experiences

As far as the movie goes, and as most contributors have made clear thus far, a majority of the general non-speed skating public did not or would not have noticed the Short Track rinks made up to look like Long Track venues and lack of spectators. Most would never know there is no hill next to the "old rink" (in West Allis before the Pettit) from which to spectate and that Nick Thometz is not a short, dark haired pasty faced guy with an Italian accent and constant nosebleeds. In addition, Natalie Grenier is not a cold hearted ice princess but instead a very friendly and caring person who more times than not is wearing a smile. I guess the portrayal of these characters was necessary to build the story line but in any case let's set the record straight.

On a lighter side, my favorite part of the movie was Harry Jansen sharpening skates at the beginning of the movie. Of any part of the movie this probably exemplified what so many skating fathers and mothers are up to each weekend morning of the winter season. Even though the pseudo Harry's sharpening technique could use some work, the painstaking preparation that goes into the sharpening of skates helps allude to the incredible amount of preparation, dedication and time that is spent in all areas of a developing skater. This was probably the closest view the movie offered and as close as many individuals will get to the type of all consuming pursuit ice speed skating can be.

It also illustrated the family aspect of the sport which exists even today. Even the Christian values exemplified by the Jansen family in the movie remind me of a time when regular Catholic mass was held on Sunday of the larger weekend long competitions at the old rink (even though it was apparently presumed most skaters practiced the Christian faith). Skating was traditional, moral and showed true sportsmanship. Like it or hate it the movie did offer the world (or at least North America) a small window from which to look at

our sport and I believe much of that is still true today.

Finally, on the personal side, on the morning Jane passed away, I answered the door when the call came to wake D.J. up and let him know they were calling from the hospital in Milwaukee. Brian Wanek and I had to think for an instant before we dare wake him so early on the morning of his 500m race day. A race we so hoped he would win. But we knew we had to.

Later that 14th day of February, 1988 I saw Dan fall with my own eyes. As a young skater I knew all that was happening, but somehow hoped Dan would find a way to turn that anger and sorry into a rage and a focus that would carry him to victory. For there were only two possibilities that could happen that day. As we know it didn't turn out the way everyone so hoped for. And who could expect it to, we only had hope.

In the Olympic Oval Atrium, where windows open up to the sky and where stained glass artists renditions of skaters focus sunlight from the north and south there are a number of photos immortalizing the competitors of the XV Winter Olympic Games. The first one you will see on the right as you come up the stairs is a portrait of a young, muscled, almost chiseled man in a silver/orange skin. The sun has faded the silver in the skin so that it almost blends with the ice and only the orange block pattern allows a skater to be distinguished. The most striking part of the photo though is the glazed green eyes of the skater making the turn. It looks as though the skater possesses the eyes of a bad Halloween mask. That photo of Dan Jansen will always remind me of the events of those days in his life in 1988. For with all the other triumphs occurring, we all felt for him that day.

It was very odd therefore and uncomfortable then when I saw those eyes once again on the morning of the 500m event in Albertville, France. It was in the U.S. locker room shortly before the 500m. And what could anyone say, but good luck. It was a helpless feeling. Once again Dan's races in Albertville did not happen as anyone had hoped.

I did not skate in Lillihamar and instead watched this contest from home. I looked for the eyes as best I could but the television made it difficult to decide what was happening inside him. I knew it was the last chance for Dan and once again going into the 1000m my thoughts went back to Calgary. Once again I thought only two results are possible. Dan would either stand alone on this day, victorious, above all others, or leave the ice and this Olympics as he had so many before. As we all know, it turned out as almost everyone had hoped for (even his competitors). Finally Dan allowed himself to do what he knew he could. Dan raced himself and won.

Dan never raised his arms much in victory. Usually a small nod of the head would suffice, even when setting world records in Calgary, Davos, etc. When I saw Dan raise his arms in Norway it seemed he could lift the whole world

*(Continued on page 64)*



**Editor's Note:**  
 This information furnished by Speedskating Hall of Fame member Lydia Stephans who is a member of the Women's Sports Foundation's (WSF) Board of Trustees.

## Women's Sports Foundation Grant Programs

<u>PROGRAM</u>	<u>PURPOSE</u>	<u>ELIGIBILITY</u>	<u>AMT/YEAR</u>	<u>APP. AVAILABLE</u>	<u>DEADLINE</u>	<u>GRANT AWARDED</u>
Spalding Team Ball Grant	To provide equipment (basketball, soccer, volleyball or softballs) to girls' sports programs	Any girls' sports organization that demonstrates a need and makes a significant contribution through sports participation in the lives of girls in the community	10 balls (basketball, soccer, volleyball) or 24 softballs	February 1	June 28	August 30
Tampax Grants for Girls Sports	To provide financial support for sports and fitness programs that serve girls ages 9-14.	Any new or existing sports program that serves girls ages 9-14. Funds may not be used for staffing or travel to competitions.	\$35,000 \$500 per grant	Early fall	December 9, 1996	February 3, 1996
Ocean Spray Travel & Training Fund	To provide financial assistance to aspiring female athletes with successful competitive records who have the potential to achieve even higher performance levels and rankings	Assistance is available for coaching, specialized training and equipment and/or travel.	\$100,000	Ongoing	Mar. 15, 1996 Jul. 15, 1996 Nov. 15, 1996	June 15, 1996 Oct. 15, 1996 Feb. 15, 1997
Budget/CAR Leadership Development Grant	To provide financial assistance in the training of women as sport leaders, coaches, officials, and administrators of girls and women in sports	Any sport governing association, school, sports club or organization that offers sports opportunities to girls and women. Individuals may also apply	\$7,000 \$500-\$4000 per grant	Ongoing	June 15 Oct. 15	Aug. 15 Dec. 15
Second Chance Equipment Grant	To provide used equipment to junior high or high school girls sports program	Any junior high or high school girls sports program	Varies	Ongoing	Ongoing	Ongoing
Girls Sports Travel Fund	To provide financial assistance to local community and club girls sports teams that advance to state or national competitions	Any local community or club girls sports teams in your area that advance to state or national competition and need funding to travel	\$5000 up to \$1000 per grant	Ongoing	Ongoing	Ongoing
Ford Motor Company "Jump Start" Fund	To provide financial support to an organization that proposes to develop a sports program for underprivileged girls under 18	Any organization that serves girls under 18	up to \$2500 in any year	Ongoing	Ongoing until funds are expended	Ongoing
Aspire Higher Grants For Girls	To provide financial support to projects or programs that advance the mission of the Foundation but which do not fit within any other Foundation grant programs	Any individual, club, institution, etc. that seeks to promote sports and fitness opportunities for girls and women	\$5,000	Ongoing	Ongoing until funds are expended	Ongoing

<u>PROGRAM</u>	<u>PURPOSE</u>	<u>ELIGIBILITY</u>	<u>AMT/YEAR</u>	<u>APP. AVAILABLE</u>	<u>DEADLINE</u>	<u>GRANT AWARDED</u>
Reebok/WSF Girl's Sports Leadership Summits	To encourage girls to participate in sports and to understand the benefits of sports participation; breakdown many of the myths which create barriers to girls sports; education the female athlete support system	School districts that demonstrate an ability to reach a high number of students, economically disadvantaged students, and a broad geographic representation of recipient school districts	\$5,000	All grants have been distributed	N/A	N/A
Women's Sports Foundation Sporting Chance Award	To provide financial support for the development of a non-traditional, well-structured sports program	Any Girls Incorporated affiliated club. Applications available from Girls Incorporated at 212-689-3700.	\$1500	Apply thru Girls Inc.	February	April
Vishay Maccabiah Games Fund	To provide financial support for a female athlete or team competing in the Maccabiah Games	Any female athlete or team competing in the Maccabiah Games. Applications available from the Maccabiah, 215-561-6900	\$3500	Apply thru Maccabiah Games	December 1996	January 1997
Linda Riddle/SGMA Scholarship	To provide young female athletes of limited financial means the opportunity to continue to pursue their sport in addition to their college studies.	Female high school student who will be entering college in September of 1996 and pursuing a full-time course of study at an accredited two or four year college.	\$1,500	April 1	Dec. 1	March 15
Dorothy Harris Scholarship	To provide financial support to female graduate students in Physical Education, Sport Management, Sport Psychology, or Sport Sociology	Female graduate students who will be pursuing a full-time course of study at an accredited graduate school during 1996	\$1,500	April 1	Dec. 1	March 15
Jackie Joyner Kersee/Ray Ban Minority Internship	To provide women of color an opportunity to get a start in a sports-related career	Women of color who are undergraduate students, college graduates, graduate students or women in career change.	\$10,000	Ongoing	Ongoing until funds are expended	Ongoing
Zina Garrison/Visa Minority Internship	To provide women of color an opportunity to get a start in a sports-related career	Women of color who are undergraduate students, college graduates, graduate students or women in career change.	\$10,000	Ongoing	Ongoing until funds are expended	Ongoing
Quaker Research Grant	To provide financial assistance for research on exercise and nutrition in female sports and fitness.	Any bona fide researcher, whether university affiliated, organizationally affiliated, or independent.	\$5,000	April 1	September 15	December 1
Evian Research Grant	To provide financial assistance for research on rehydration and the sports performance of female athletes.	Any bona fide researcher, whether university affiliated, organizationally affiliated, or independent.	\$5,000	April 1	September 15	December 1

Women's Sports Infoline 1-800-227-3988

## An Editorial

By Bob Vehe

Dear Don,

After having read your Coach's Couch article in the February, 1996, issue of The Racing Blade, I feel obligated to comment on it

First of all, a diversity of opinions concerning the existence or non-existence of problems and their possible solution is a healthy and rewarding situation. Passive concurrence with every idea broached benefits no one except the proponent who has clear sailing with no waves of opposition. Active and constructive questioning of a proposal is the hallmark of an organization that is interested in solving problems fairly and openly.

With this philosophic introduction as a stepping stone, allow me to disagree with a number of points in your article.

Having barely gotten into the article I was displeased by your stating that "...amateur sport organizations are political. The ASU and its Associations are typical examples of politically operated amateur sports organizations." Why use the word "political?" Any time more than two people are associated in any kind of combined effort, politics are involved. For example, partner 1 sides with partner 2 to overrule partner 3. Is this politics? Surely it is, since it is concerned with government. Perhaps I am overly sensitive, but the way you use it appears to be purposely disparaging the ASU and setting the tone for later conclusions.

Is there something wrong with politics? Of course not, but using the word in a perjorative sense is hardly constructive. Maybe you didn't mean it the way I read it. Possible? Yes, but why say it at all except to establish a tone.

Paragraph four is extraordinary in that you determine that due to the size of some Associations and particularly the ASU "...which has only one convention each year (and) do not have the opportunity for finding consensus. In other words, the ASU and its Associations are not effective decision making organizations." This is certainly a bewildering conclusion to me since I have spent many years donating a good deal of every other summer adding the numerous changes into the ASU Handbook. If these changes don't represent a consensus, what are they? Maybe you have a personal agenda that doesn't speed through the ASU as quickly as you would wish?

The bulk of your article seems to be passing plaudits to the USISA, ISU and the USOC and commenting on what seems to me to be the amazing fact that the USOC's "Current thinking... is that the number of young athletes participating in Olympic sports must increase..." What was their thinking prior to this intellectual breakthrough? Pardon me for my sarcasm.

Don, where you really strike a nerve is your final three paragraphs. I am utterly shocked that you could arrive at such grotesque conclusions. Your

statement that " There is no reason to expect current Association members of the ASU to undertake...an expansion on a national scale." What do you think that the ASU has been doing all of these years? Do you think that the publication of The Racing Blade, the ASU Handbook, the promotional brochures, the video tapes and especially the work of Doc Savage who travels the country promoting the sport and encouraging groups to create clubs and associations and Shirley Yates' alertness in sensing the leads for Doc and stimulating initial interest are some sort of meaningless exercises? What about the creation of the Northern California Speedskating Association, the Connecticut Association, the North Texas Club, the Lane club, the Pittsburgh Club, the revitalization of the Western New York Association, the Alaska Club, the Seattle Club and others? Were these additions some sort of divine creation dropped down upon the ASU?

I feel that it is naive to think that placing salaried coaches in various locations who may or may not have the qualifications, personality, desire or interest to expand the sport in any manner, other than narrowly looking for another Bonnie Blair, is serving the sport.

The first two sentences of your last paragraph "The USOC has changed. USISA has changed" represents a dubious conclusion to me, but you use it as a means to pillory the ASU in the final three sentences as follows:

"It is time for the ASU and its Associations to change. Parochial, politically driven decisions that only consider local or personal interests, will not preserve our ancient sport or spread its inherent joy throughout the country. What is needed are new ideas and courage for their implementation."

Well, you suggest changes. What are they? What is so wrong that needs to be changed? Your sentence starting "Parochial..." when taken out of context is a fair statement, but you miss entirely the rationality and reason for the structure of the ASU.

Earlier in your article you mention the need for "...firm and rapid decisions." Let's look at this. For example, a group of skaters get together and start a program of training and competition. Soon, some want changes. The aggressive members make changes and offend those who are more retiring or don't care to argue. If the changes are too drastic, the members who disagree may quit. What's the solution? It's obvious that a structured organization must be started to operate in a fair and democratic manner. Thus, a club is born with a Constitution and By-Laws. The same analogy applies to an Association and the structure protects the interest of all of the member clubs.

Take it to the next step and we have the ASU. The ASU is made up of Associations each of which may have its own priorities. The ASU is the arbiter of these differences. How does it do this? By having an annual convention where representatives come to elect officers and debate, approve or reject items that had been placed upon an agenda a month be-

fore the convention. Each association and its representatives have ample time before the convention to take a position on each proposal. They are free to solicit cooperation from other Associations and to support each other or not. This is politics. Is it bad? Of course not, it is necessary.

There are no surprises at an ASU Convention. The agenda is fixed ahead of time and cannot be changed. Does the structure of the ASU slow the changes that can be made? Absolutely and thank goodness. Is there a method to affect a quick change? Certainly, there is a mail or telephone vote, but these are rarely used. The ASU is designed to assure that changes are made democratically and openly and what more should be done?

Does the ASU have problems? Most assuredly it does, but the problems are people problems and not how it is organized. The problems start at the club



**Theron Sumner "Mike" Walden**  
**Passed Away February 12, 1996**  
**78 Years**

Mike Walden was one of those rare men who will never be forgotten by those who had come in contact with him. His kindness, dedication, firmness, fairness and uncompromising hard work ethic were characteristics that were admired by all. Though he was best known as the owner of the Continental Bicycle Shop, which he started in Detroit in 1937, the founder of the Wolverine Sports Bicycle Club, promoter and builder of the Dorais Velodrome in Detroit, and promoter of the Belle Isle Bicycle Marathon for many years, he was a past president of the Michigan Skating Association and an important name in the success of speedskating in the Midwest. The Wolverine sports teams were always important in any amateur speedskating or cycling event.

Mike was particularly talented at encouraging youngsters to develop their skills at whatever sport they cared about and was uncompromising in helping them. His ability to recognize talent helped him coach numerous young men and women to fame in national, international and Olympic competitions in cycling.

level with people who are eager to help but haven't been told exactly what to do. The local officers are not following up on the volunteers and problems start to appear. Identical situations occur at the Association level with more serious consequences. and again the officers are remiss.. What can be done? Since it is a "people" problem and not a system problem, it's a matter of developing enthusiasm and pride in the job. The fact that we are all volunteers isn't an excuse to be indifferent to our responsibilities. The worst solution, of course is to try to move a local problem off to the next higher organization. Dig in, find the problem and enjoy the pleasure of solving it. Everyone will feel good.

Don, after reading this you may wonder about me but as the man in the beer commercial says--- 'I love you man', I just disagree.

Bob,

I don't have words for how much Mike Walden will be missed by my family and many others he has touched with his expertise in both speedskating and cycling. Mike was always available for teaching and assisting everyone from four year old boys and girls to Masters and Grand Masters to become better at their games. Just look in the record books in speedskating and cycling and you will find many many boys and girls he had a hand in coaching. His knowledge of coaching and his compassion for the sports of speedskating and cycling cannot be duplicated by any other coach in the United States.

Mike was inducted into the Michigan Amateur Sports Hall of Fame and the United States Cycling Hall of Fame. He was a past president of the Michigan Skating Association and the Michigan Cycling Federation.

Mike, was like another father to many and, yes, even to my children. If a kid needed to work out before going to school or at five o'clock in the morning, be it at Chandler Park, Belle Isle, the velodrome in Detroit or a road course near his home in Royal Oak, the riders and iceskaters could count on Mike, he kept his word and was there on time. God be with you Mike, I miss you.

/s/Clair Young

P.S.

Following are a few of the World, Olympian, Pan American, National and State Champions who were helped by Mike Walden: Sheila and Roger Young, Connie Paraskevin Young, James & Susan Young, Tom O'Rourke, Billy Freund, Tom Augustice, Eilene, Carol and Janie Brennan, Kevin and Emy Johnson, Bob and Doris Travani, Pat Neilson, Frankie Andreau, Mike Roland, Sue Novara, Tom Schuler and the list goes on and on. Twenty-five percent of all U.S. Olympic, Worlds, Pan American and National medals were won by former Wolverine Sports Club members that Mike had coached.

# 1996 ASU SUMMER CAMPS

## APPLICATION FORM



The ASU is presenting six week-long residential camps this summer, at locations across the country. Each camp offers a full program of on-ice and dry-land training under ASU and USISA coaches. Please indicate which camp or camps you are interested in, and **return this form, together with a deposit check in the amount of \$100 made out to the ASU by the application deadline of June 1st to the address below.** Complete registration materials will be mailed to you upon your acceptance.



### \*\*\* REGIONAL ASU CAMPS \*\*\*

These camps are open to all ASU or CASSA skaters, ages 9 and up. Children 9 to 11 may participate if a parent is in attendance as a participant or chaperone. Local skaters may participate as day campers at a reduced fee, but registration preference will be given to those registering for the full program. The **camp fee is \$350.**

<u>Camp Location and Date</u>	<u>Preference</u> (1st, 2nd, 3rd choice)	<u>Day Camper ?</u> (Yes/No)
<b>Midwest-St. Louis, MO July 13-20</b>	_____	_____
<b>East-Frederick, MD July 27-Aug 3</b>	_____	_____
<b>West-Eugene, OR Aug 3-10</b>	_____	_____

### \*\*\* ASU/USISA OLYMPIC TRAINING CENTER CAMPS \*\*\*

These camps, located at the three Olympic Training Centers, are open to highly qualified, competitive skaters ages 12-25. Participants must be recommended by their coach as prepared to participate in an intensive, week-long training program. The **camp fee is \$250.**

<u>Camp Location and Date</u>	<u>Preference</u> (1st, 2nd, 3rd choice)	<u>Coach's Recommendation</u>
<b>Marquette, MI June 22-29</b>	_____	I am the applicant's coach. He/she is qualified to participate in this camp.
<b>Colorado Springs, CO July 20-27</b>	_____	
<b>Lake Placid, NY Aug 10-17</b>	_____	
<small>(NOTE: Placid dates may change due to ice time constraints)</small>		_____ Coach's Signature

### APPLICANT INFORMATION

NAME: \_\_\_\_\_ ASU/CASSA # \_\_\_\_\_

ADDRESS: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

\_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

\_\_\_\_\_

**RETURN FORM BY JUNE 1ST TO:**

**David Kennedy-ASU Camp Coordinator**  
**301 W. Pennsylvania Ave.**  
**Towson, MD 21204 (410) 828-7470**  
**Fax: (410) 828-4379**

## PRESIDENT'S REPORT

JIM CHAPIN



**DECISION TIME** - In the December issue of the Racing Blade I let it be known I was considering running for a second term as ASU President. Being the nit picker that I am I made up a list of reasons why I should or should not seek another term. I considered direct and indirect factors from a variety of areas. Believe me, there are some strong points on both sides of the question. I have talked with and written to several people and have gotten a variety of opinions, which I expected - nothing wrong with getting a pulse to see if there is life! The final decision of course is mine, regardless of who else runs for the position.

**LONG TRACK CHAMPIONSHIPS** - 1996, being an even year, means the ASU was host to both North American and National Long Track Championships. What great events, what similarities and yet big differences! The National was at the comfortable, limited view, windless Pettit Center in Milwaukee and 190 skaters entered. This is the largest Long Track entry in many, many years, which does support the theory of a central location being an attraction. Of course, being indoors had to be a plus when you looked outside and saw the flags straight out in the wind as if they were starched! Twelve of our fourteen classes were very competitive and the races were really exciting! Very little strategy for the most part. It was "lets do it" and "catch me if you can!" Since this is our first-ever "indoor" National Long Track, no records were established. All the times become first-time-skated and until the National returns to Milwaukee, we will have to wait and see who gets credit for the "record". However, there were some very good times since most of the events were hot from the gun. Meet Director Pete Elliott and his many experienced Wisconsinites and other ASU helpers along with Chief Referee Paul Mueller and all the officials did a great job for the skaters.

The North American Long Track didn't have the entry we had hoped for at the solid surface, wide open, very cold John Rose Oval in Roseville. Around 120 skaters entered, about equally divided between U.S. and Canada. It was somewhat disappointing that so few of our skaters above the juvenile age entered the meet. "Resting" for the Junior Trials I was told. I think the success of the Korean Short Track team has well documented the

results with "hard work" instead of "rest". The hardy athletes who did skate the North American were greeted to a very "cool" event! Century old record breaking temperatures for those dates, made it a real test of endurance and survival for the skaters. Most of the officials were bundled up like polar bears to keep warm and we all gave the skaters a ton of credit for braving the elements in their skin suits. The small field did allow frequent breaks for the skaters and officials alike. Meet Director Gene Casler did a good planning job for his first venture as a director. He told us at the banquet on Saturday that he really had not wanted the job but couldn't find anyone else willing to take it. I think he has it figured out now because I heard him say after the meet that they are going to start right away planning for the North American Short Track coming to Greater Minnesota in 1997. Surprisingly in spite of the extreme cold a few new records were established.

**STILL HAVING A VERY GOOD YEAR** - The registrations are still coming in to the National Office and it appears we will have another increase in membership this year. This, of course, is good news for the future. I appointed Don Anderson to chair a special committee to evaluate a proposal from the last convention concerning a national registration system. The committee has done its homework well and the initial draft of the proposal seems to be workable without drastic or major surgery to our present system. It is not change for the sake of change, it is a way to simplify the process. The final draft will be in the convention proposals.

**CONVENTION TIME** - In case you don't already know it, the annual convention in May is located literally across the street from the Mall of America in Bloomington, MN. Gentlemen, hide your credit cards and pay off the balance before May 15! Try to be there this year, we anticipate a good meeting with progressive sessions. By then it has to be warmer! Oh yes, I am a candidate for ASU President.

### CAROL BLATCHFORD MEMORIAL COLLEGE SCHOLARSHIP

**Applicant:** The application must be submitted to the ASU National Office, 1033 Shady Lane, Glen Ellyn, IL 60137 and postmarked no later than July 1. Award will be made by September 1. See the February, 1996, issue of The Racing Blade for further information.

**Soviet and European speedskating pins, medals from private Russian collections. Also Olympic pins and memorabilia.**

**Contact: ALEX PANCHENKO, P.O. Box 5069, West Hills, CA 91308, (818) 999-1134.**



## Overheard In The Heat Box

by LARRY RALSTON

The Dutch were hoping to be able to hold the first "Elfstedentocht" in 10 years. That is Dutch for an 11 City tour when the country freezes over enough so that skaters can follow a 125 mile course across canals and waterways. Bad luck once again caused the race to be cancelled. Carole Moore of the Middle Atlantic Association was there and ready to go, but had to settle for skating most of it as an individual. There have been only 14 such events since 1909.

### Success

Congratulations to Chris Witty, who stunned the speedskating world by her victory in the World Sprint Championship. She succeeds Bonnie Blair as the reigning Women's champion. Becky Sundstrom finished 10th and Casey Fitzrandolph finished 9th in the Men's division.

### It's Bound To Happen

The 1996 National Long Track Championships, held in Milwaukee at the Pettit Center, had a new and different look; not necessarily for the better. With on-going hockey games on the 2 inside rinks; some complete with the High School band, and an assortment of walkers and joggers using the running track and trying to dodge the speedskating officials, it's a miracle that anyone knew what was happening or that no one was seriously injured.

### Am I Too Critical?

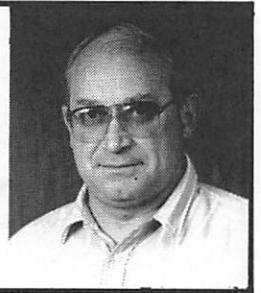
Problems continue with the U.S. Postal Service and they must be on a personal vendetta against me for all the adverse publicity I can give them, but it is well earned. The latest edition of THE RACING BLADE arrived at my house via first class mail but the entire inside of the publication was missing, only the cover was delivered. I complained to the local postmaster, who put a tracer on the magazine remains. After 2 days I was informed that the material could not be found but she did offer a unique suggestion; "Why not contact the magazine and ask them to send you another one?" Later that same month they lost a letter going from Decatur to Saugatuck (MI), a distance of some 95 miles, that contained \$600.00 worth of checks. It never did turn up and the excuse was that it probably got caught in their new efficient sorting machinery. Getting that mess straightened out was a real and very costly adventure. I suppose that I shouldn't complain too much about a "service" that admits to a 87% "on

## Comments

by

## TOM PORTER

VP - Operations



I made my first visit to the 400 meter outdoor ice sheet at Roseville, Minnesota, for THE NORTH AMERICAN LONG TRACK CHAMPIONSHIPS. I was very impressed with the rink as well as the surrounding facilities. It is obvious the Minnesota speedskating people have done a lot for the sport. When I arrived in Roseville, the temperature was minus 36 degrees. As Chief Judge, I was very apprehensive about my chances of obtaining enough people to spend two days outdoors at these temperatures. I had more than enough judges. The races were run with sufficient breaks. It was a pleasant experience and I look forward to returning in May for the convention. Speaking of the convention, I must advise the Delegates and Board of Control Representatives that I plan to be a candidate for President of The Amateur Speedskating Union Of The United States. Since, Jim Chapin has indicated he may wish to continue as President, I likewise, need to advise you of my intentions. Don Kangas, in the last issue of The Racing Blade, said "What is needed are new ideas and the courage for their implementation." Don, I gladly accept that challenge, and plan to provide the leadership.

time delivery rate of 1st class mail". That translates to a 13% failure rate, and they had to publicize that fact in a 1/8 page article in the South Bend Tribune. (Honest, I'm not making this up.) But keep the faith folks, Postmaster Runyon wants to keep the first class postage rate the same (.32), till the turn of the Century (2001), but says it will be difficult unless they can keep costs lower by more efficient handling of mail and eliminating waste. One cost cutting move would be to cease sponsorship of collegiate football and advertising in professional stadiums. The Service posted a \$1.77 Billion (with a B) profit for 1995.

### Medal Report

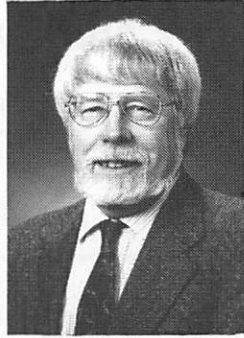
Latest to join the ranks of National Medal donors is National Starter, Dr. Andres Gabel, as a memorial to his late wife, Evie.

### Wedding Announcement

Former coach at Northern Michigan University, Wilma Boomstra, appeared at the recent Short Track meet in Detroit. Wilma is now married, a new mommy and residing in the Grand Rapids, Michigan area.

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

by DONALD A. KANGAS



### Coaching Certification

It is time to consider some changes in the coaching certification procedure the ASU authorized in 1992 and implemented in 1993, because we are not connecting all ASU club coaches and their athletes with elite coaches and furthermore, there are changes in USISA's development program.

We have come a long way with coaching education in the ASU. More than 200 people have attended ASU coaching seminars since the first in 1984. Obviously, there is a hunger for speedskating coaching knowledge.

However, of the more than 200 people, who attended seminars, only 19 have completed all the requirements and applied for certification as "Silver" level coaches. Another group of 13 coaches was grandparented as "Silver" level coaches. Obviously, there is not a rush to be certified as a ASU "Silver" level coach.

Increasing the number of certified coaches is not the primary goal of coaching education. However, certification is a way to identify who is on the ice coaching.

Improving communication between coaches is a primary goal of coaching education. Information to introduce speedskating to athletes and improve the speedskating technique of athletes throughout the country could flow through a network of coaches. To establish a network of club coaches we need to know who you are and what you know.

The response to my first request for coaches' names had some positive result. I heard from 8 of the 81 clubs listed in the last issue of the "Racing Blade". Ten percent is probably a good response to a low key request. I would like to know who is out there coaching skaters, so go ahead send the information to me or give me a call. Eventually, I will track everyone down. With a complete and accurate list, it may be possible to have everyone using the same and newest coaching, training and technique manuals.

In the last few years USISA has introduced several changes and additions in their development program and coaching positions, such as: defined five skater categories from beginners up to internationally competitive skaters; hired regional coaches for Lake Placid, Salt Lake City, Milwaukee and St. Paul; initiated regional qualification competitions

for participation in USISA Team trials; outlined five levels of qualifications for coaching certification, from entry level to international competition coaches.

Each of these changes was intended to improve the development of young speedskating athletes. However, each, caused an upset and concerns to ASU clubs, coaches and skaters. In every case these concerns and misunderstandings would have been alleviated by talking with ASU clubs', club coaches and athletes involved about the intention of the changes and how they were going to be initiated. Unfortunately, the people involved were unknown, until after they were offended and were unable to find satisfactory answers for their questions.

Sometimes the changes were announced to ASU Association Secretaries, which is a normal channel for communication within the ASU. Unfortunately, the Association Secretary was often the only person to receive the information, because communication between clubs and Association Secretaries is notoriously poor.

Why are Speedskating Club coaches so elusive, that their own Association Secretaries don't know who they are?

One reason is that some clubs are not organized enough to designate a club coach. Maybe someone works with a few individual skaters. Someone else may be assigned to take care of new skaters on the ice for the first time. No one person is designated to be in charge as the club coach.

At the other extreme, there are some clubs, that are so large, that they have several designated coaches, each working with his own athletes. These large clubs often do not designate one coach as the Club Coach in charge of the overall program.

Of course, there is also the ingrained attitude, that coaches are expendable, for any arbitrary reason, so there is no need to communicate with them, solicit their opinion or keep them informed.

The importance of the coaches' role in a small or a large club should not be underestimated. Clubs that are thriving and have active programs have someone in teaching, counseling and leadership role, who is the coach. These people should be supported and recognized for their contributions to the health of speedskating clubs and the development of their athletes.

I am convinced that the addition of a licensing procedure, that would require a certain level of competencies for specific tasks, such as representing athletes at competitions, would be a significant recognition of coaching competence.

This could motivate coaches to become certified to verify the competencies required for licensing and enhance the prestige of the coaching and identify coaches for communication in clubs, associations and at competitions.



### EXERCISE for WEIGHT LOSS

If you are among the many people who struggle with having excess body fat, you may be using exercise to help you shed a few pounds. Dieters often initiate a program of "fat burning exercises", believing that jogging, aerobics, walking and other low intensity activities will whittle away their waist and thin their thighs. Some people successfully lose their undesired fat; others don't and wonder why not. Dayle, a busy executive who religiously added aerobics into her hectic daily schedule, complained "I must be doing something wrong. I've been sweating bullets and haven't lost an ounce or an inch." If this complaint sounds familiar, keep reading and learn how to separate fact from fiction regarding exercise for weight loss. Much of the information is adapted from an article in The Journal American Dietetic Assoc. by Chester Zelasko, exercise scientist at Buffalo State College (Dec 1995).

**Q. What are the best fat-burning exercises to help me get rid of my spare tire?**

A. Contrary to popular belief, any type of exercise can contribute to weight reduction. Some people think they should do only low intensity exercises (walking, low impact aerobics, easy biking) that are fueled primarily by fat. (During low intensity exercise, your muscles burn about 50% fat and 50% carbohydrates for fuel. At a somewhat harder pace (75% max heart rate), your muscles burn less fat and more carbs--about 40% fat, 60% carbs.)

One example of a low intensity, fat-burning activity is sleep--but sleep is not known to be a dieters' aid! Clearly, *burning* fat is not the issue when it comes to *losing* body fat. No research has demonstrated that burning fat is better than burning carbohydrate to promote weight reduction.

True, fat-burning exercises are often better for weight reduction programs because people can generally sustain low intensity exercise for a longer period of time than they can a rigorous workout. Hence, they burn more total calories. For example, a 180 pound person might burn about 215 calories when walking slowly for two miles (45 minutes). That's more than s/he'd burn if asked to do a higher intensity running program that s/he could endure for only five or ten minutes. Plus, if you are overweight and underfit, you'll find hard exercise to be no fun; it threatens injuries and results in a high drop-out rate.

**Q. Despite all my training for the Boston Marathon, I'm still fat. What am I doing wrong?**

A. The trick to fat loss is to create *and maintain* a calorie deficit that permanently dwindles body fat stores. You can create that deficit by adding on exercise and/or by subtracting food. If you add on exercise, note that you still have to monitor your food intake. If you replace all the calories you burn, you won't lose any weight. That's what went wrong with Dayle's exercise program--and many other people's, too.

Because your body strives to balance expenditure and intake, the more you exercise, the more you will want to eat. To lose weight, you will have to consciously stop yourself from eating all you desire to eat. The rumor that exercise "kills your appetite" holds true only for a limited amount of time after you exercise when your body temperature is elevated. Your appetite returns in full force within a few hours, at which time you have to ask yourself "Would I rather be leaner? Or would I rather eat more?"

A common mistake among hungry diet-and-exercisers is to eat too many fat-free carbohydrates, thinking that *fat-free = calorie free*. They eliminate most fat from their diets but eat too many fat-free bagels, pretzels, fat-free cookies, frozen yogurts and bags of air-popped popcorn. All these foods have calories that can negate the calorie deficit created by their exercise program. No wonder they don't lose weight!

**Q. How many calories do I burn after I exercise due to an elevated metabolic rate?**

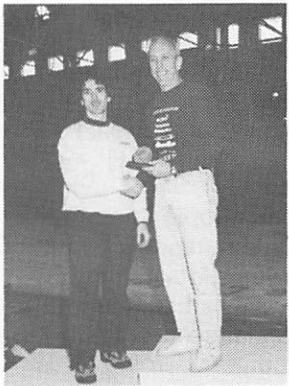
A. Not very many if you are an ordinary exerciser. The rumor that you burn "tons more calories after your exercise" is a gross exaggeration. After light exercise, you burn about 5 to 10 additional calories and after moderate exercise, about 12 to 35 calories--too few to make a significant dent in your body fat stores! If you are doing strenuous exhaustive exercise, you may rid yourself of an additional 180 "afterburn calories". But keep in mind that you have to create a 3,500 calorie deficit to lose a pound of body fat...

**Q. What's the best way to lose weight?** The best way to reduce body fat is to create a calorie deficit. If enjoyable exercise helps contribute to that deficit, fine. But don't count on it. The more you exercise, the more you will feel driven to eat--and there goes the calorie deficit! Your best bet is to add on a little enjoyable exercise and subtract a little food. Weight loss at the rate of 1/2 to two pounds per week is right on target for most people.

Fat-burning exercise has been overexaggerated as a means to lose weight. I recommend you separate exercise and weight reduction. Yes, you should add on exercise as a means to relieve stress, feel good, improve fitness, build muscle, improve athletic performance, and enhance health--but not just to burn calories. The *e* in exercise stands for enjoyment, not excruciating punishment for having excess body fat. By enjoying your exercise program, you'll be likely to maintain it for a lifetime. Have fun, eat wisely & achieve your desired goals!

# National Speedskating C

Pettit National Ice Center  
Milwaukee, Wisconsin  
January 27-28, 1996



Paul Marchese presenting the Angelo Guiliano Memorial Award to Grand Master Man Champion **Al Harding**

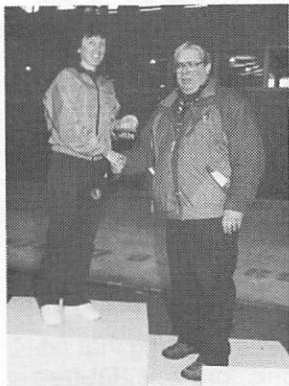


Peg O'Connell presenting the George O'Connell Memorial Award to Grand Master Woman Champion **Joan Clark**

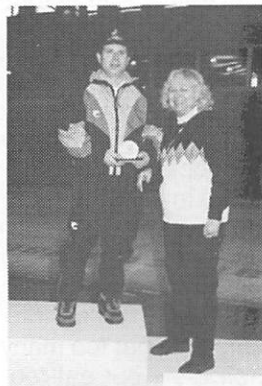


**National Speedskating**  
Long Track  
Pettit National Ice Center  
Milwaukee, Wisconsin  
January 28-29, 1996

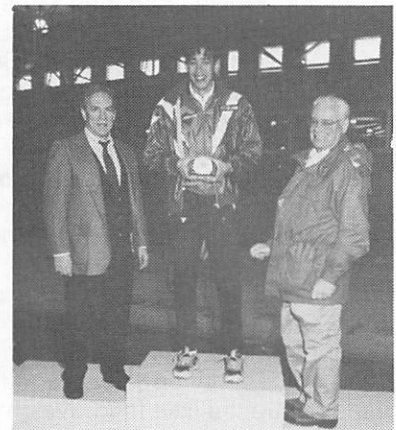
Front Row: Nick Pearson, Carole Moore, Cindy Darrow, Al Harding  
Back Row: Bonnie Klint, William Scheer, Bonnie Whitehill, Barth Levy. (Missing)



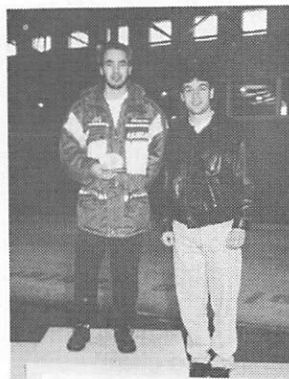
Tony Arena presenting the Robert P. Stewart Award to Master Woman Champion **Carole Moore**



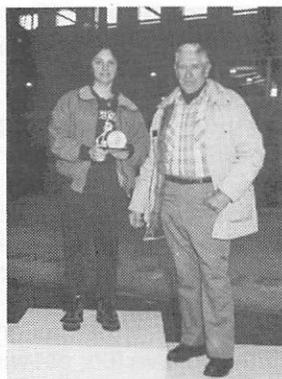
Shirely Yates presenting the Yates Family Award to Master Man Champion **Barth Levy**



George and Larry Ralston presenting the Lloyd R. Ralston Memorial Award to Intermediate Man Champion **Lucas Mills**



Andy Gabel presenting the Eugene Lynch Award to Senior Man Champion **Tim Hoffman**



Bob Vehe presenting the Mary Novak Sand Award to Senior Woman Champion **Cindy Darrow**

All Photos By F

# hampionships

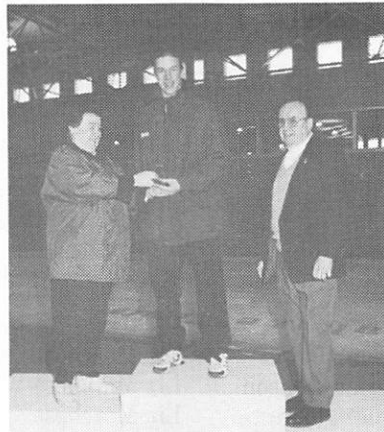


## ng Champions

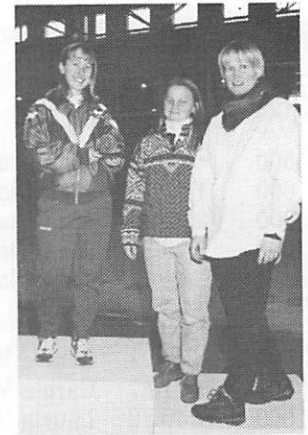
ck  
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, 1996

e, Joan Clark, Tim Hoffman,

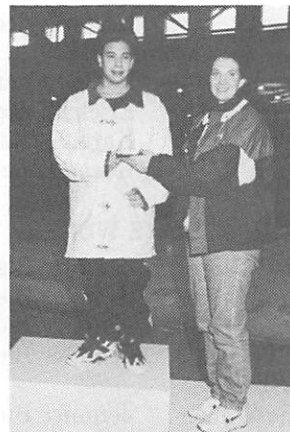
ls, Kirstin Holum, Sarah Elliott,  
y: Apolo-Anton Ohno)



Mary and Jim Chapin presenting the Chapin Family Award to Junior Boy Champion **Nick Pearson**



Amy Peterson and Susan Sandvig presenting the L.F. Sandvig Memorial Award to Junior Girl Champion **Kirstin Holum**



Diane Bradford presenting the Bearcat Speedskating Club Of Minneapolis Award to Juvenile Boy Champion **Apolo-Anton Ohno**



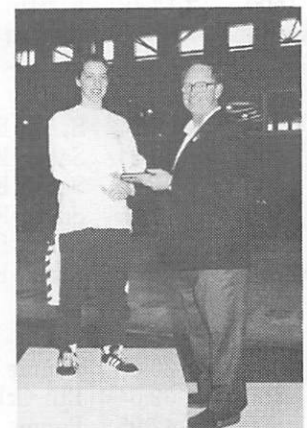
Howard Gutgesell presenting the Howard P. Gutgesell Award to Juvenile Girl Champion **Sarah Elliott**



Lloyd Clark presenting the Maryland Skating Association Award to Intermediate Woman Champion **Bonnie Whitehill**



Karen Olson presenting the Gary Eikaas Award to Midget Boy Champion **William Scheels**



Bruce Bauer presenting the Jesse Howe Christopherson Award to Midget Girl Champion **Bonnie Klint**

# 1996 NATIONAL LONG TRACK CHAMPIONSHIP FINAL RESULTS

## GRAND MASTER WOMEN

	Time	First	Second	Third	Fourth	Fifth
500	NT	Joan Clark				
800	1:47.17	Joan Clark				
1000	2:09.18	Joan Clark				
1500	3:29.27	Joan Clark				
Overall		Joan Clark				

## MASTER WOMEN

500	48:29	Laurie Benson	Carole Moore	Liz Marchese	Sue Perles	Amy Fuelleman
800	1:21.87	Carole Moore	Laurien Benson	Liz Marchese	Sue Perles	Autumn Nieminski
1000	1:40.22	Laurie Benson	Carole Moore	Liz Marchese	Sue Perles	Amy Fuelleman
1500	2:50.93	Carole Moore	Laurie Benson	Sue Perles	Liz Marchese	Amy Fuelleman
3000	5:29.30	Carole Moore	Laurie Benson	Sue Perles	Liz Marchese	Amy Fuelleman
Overall		Carole Moore	Laurie Benson	Liz Marchese	Sue Perles	Amy Fuelleman

## SENIOR WOMEN

500	46:336	Cindy Darrow	Sue Rupert	Erika Treichel	A. Peterson-K. Anderson	
800	1:17.996	Cindy Darrow	Aelin Peterson-Sue Rupert		Karen Lietz	Kaari Anderson
1000	1:40.59	Cindy Darrow	Kaari Anderson	Raquel Chapin	Erika Treichel	Karen Lietz
1500	2:35.56	Cindy Darrow	Karen Lietz	Ericka Treichel	Aelin Peterson	Sue Rupert
3000	5:49.85	Cindy Darrow	Sue Rupert	Karen Lietz	Kaari Anderson	Erika Treichel
Overall		Cindy Darrow	Sue Rupert	Karen Lietz	Erika Treichel	Kaari Anderson

## INTERMEDIATE WOMEN

500	45:498	Bonnie Whitehill	Christine Walker	Jennifer Bies		
800	1:22.40	Bonnie Whitehill	Christine Walker	Jennifer Bies		
1000	1:42.128	Bonnie Whitehill	Christine Walker	Jennifer Bies		
1500	2:18.66	Christine Walker	Bonnie Whitehill	Jennifer Bies		
3000	5:33.74	Bonnie Whitehill	Jennifer Bies			
Overall		Bonnie Whitehill	Christine Walker	Jennifer Bies		

## JUNIOR GIRLS

300	29:32	Kirstin Holum	Michelle Hill	Jackie Linell	Sarah Parker	Catherine Raney
500	46:15	Kirstin Holum	Catherine Raney	Michelle Hill	Jackie Linell	Missy Hagstrom
800	1:10.51	Kirstin Holum	Missy Hagstrom	Catherine Raney	Michelle Hill	Hannah Kim
1000	1:28.56	Kirstin Holum	Catherine Raney	Michelle Hill	Hannah Kim	Jackie Linell
1500	2:13.49	Kirstin Holum	Catherine Raney	Michelle Hill	Missy Hagstrom	Jackie Linell
Overall		Kirstin Holum	Catherine Raney	Michelle Hill	Missy Hagstrom	Jackie Linell

## JUVENILE GIRLS

300	29:24	Sarah Elliott	Becky Lang	Tracy Monroe	Katy Kepka	Tory Depew
500	45:84	Sarah Elliott	Becky Lant	Tracy Monroe	Sarah Williams	Katy Kepka
600	55:20	Sarah Elliott	Becky Lang	Katy Kepka	Tracy Monroe	Tory Depew
800	1:13.15	Sarah Elliott	Becky Lang	Tracy Monroe	Sarah Williams	Katy Kepka
1000	1:32.29	Sarah Elliott	Becky Lang	Tracy Monroe	Carmen Sims	Katy Kepka
Overall		Sarah Elliott	Becky Lang	Tracy Monroe	Katy Kepka	Sarah Williams

## MIDGET GIRLS

300	30:07	Bonnie Klint	Elli Ochowicz	Kirstin Hill	Cherise Wilkins	Heidi Stangl
400	39:64	Elli Ochowicz	Bonnie Klint	Heidi Stangl	Kirstin Hill	Cherise Wilkins
500	47:95	Bonnie Klint	Elli Ochowicz	Kirstin Hill	Heidi Stangl	Kira Fling
600	59:76	Bonnie Klint	Elli Ochowicz	Kirstin Hill	Heidi Stangl	Kira Fling
800	1:20.22	Bonnie Klint	Kirstin Hill	Heidi Stangl	Kira Fling	Elli Ochowicz
Overall		Bonnie Klint	Elli Ochowicz	Kirstin Hill	Heidi Stangl	Cherise Wilkins-Kira Fling

# 1996 NATIONAL LONG TRACK CHAMPIONSHIP FINAL RESULTS

## GRAND MASTER MEN

	Time	First	Second	Third	Fourth	Fifth
500	46:22	Al Harding	Vern Kappes	Richard Widmark	Tony Marchese	Dennis Stanford
800	1:18.71	Al Harding	Vern Kappes	Richard Widmark	Tony Marchese	Walter Monast
1000	1:40.41	Al Harding	Vern Kappes	Richard Widmark	Pat Cunningham	Tony Marchese
1500	2:44.17	Vern Kappes	Al Harding	Richard Widmark	Tony Marchese	Ron Brylski
Overall		Al Harding	Vern Kappes	Richard Widmark	Tony Marchese	Pat Cunningham

## MASTER MEN

500	42:36	Barth Levy	Mike Greenland	Joe Koppi	Dave Montgomery	Dave Evans
800	1:12.09	Barth Levy	Mike Greenland	Steve Young	Dave Evans	Chris Hawkins
1000	1:31.15	Barth Levy	Mike Greenland	Joe Koppi	Steve Young	Steve Desotell
1500	2:29.37	Barth Levy	Joe Koppi	Chris Hawkins	Mike Greenland	Dave Evans
3000	4:55.58	Barth Levy	Chris Hawkins	Mike Greenland	Steve Young	Rob Darrow
Overall		Barth Levy	Mike Greenland	Joe Koppi	Chris Hawkins	Steve Young

## SENIOR MEN

500	40:18	Tim Hoffman	Joe Deantonis	Matt Kooreman	Paul Marchese	David Paul
800	1:02.89	Tim Hoffman	David Paul	Cameron Buel	Joe Deantonis	Steve Hickner
1000	1:20.35	Tim Hoffman	David Paul	Paul Marchese	Cameron Buel	Joe Deantonis
1500	2:23.92	Tim Hoffman	David Paul	Matt Kooreman	Cameron Buel	Paul Marchese
3000	4:35.33	Tim Hoffman	Matt Kooreman	Cameron Buel	Jason Hedstrand	David Paul
Overall		Tim Hoffman	David Paul	Matt Kooreman	Cameron Buel	Joe Eantonis

## INTERMEDIATE MEN

500	40:71	David Needham	Lucas Mills	Micheal Gallant	William Cheek	Jim Edwards
800	1:03.90	Lucas Mills	Paul Olson	Michael Gallant	Jim Edwards	David Needham
1000	1:22.77	Lucas Mills	Paul Olson	Jim Edwards	William Cheek	Micheal Gallant
1500	2:17.94	Lucas Mills	Paul Olson	David Needham	Jim Edwards	Micheal Gallant
3000	4:26.91	Paul Olson	William Cheek	David Needham	Matt Langer	Micheal Gallant
Overall		Lucas Mills	Paul Olson	David Needham	William Cheek	Micheal Gallant-Jim Edwards

## JUNIOR BOYS

300	25:91	Nick Pearson	Shawn Monroe	Brandt Matosich	Luke Langer	Dan Weinstein
500	41:07	Nick Pearson	Dan Weinstein	Shawn Monroe-Brandt Matosich		Donald Stewart
800	1:05.55	Nick Pearson	Shawn Monroe	Brandt Matosich	Dan Weinstein	Chris Needham
1000	1:27.74	Nick Pearson	Dan Weinstein	Donald Stewart	Shawn Monroe	Brandt Matosich
1500	2:12.64	Nick Pearson	Dan Weinstein	Donald Stewart	Shawn Monroe	Matt Selby
Overall		Nick Pearson	Dan Weinstein	Shawn Monroe	Brandt Matosich	Donald Stewart

## JUVENILE BOYS

300	27:08	Apolo-Anton Ohno	Andrew Langer	Eric Krantz	Ron Macky	Scott Bradford
500	43:48	Apolo-Anton Ohno	Shani Davis	Andrew Langer	Ron Macky	Eric Krantz
600	51:50	Apolo-Anton Ohno	Andrew Langer	Scott Bradford	Eric Krantz	Shani Davis
800	1:10.29	Apolo-Anton Ohno	Shani Davis	Eric Krantz	Andrew Langer	
1000	1:29.55	Apolo-Anton Ohno	Shani Davis	Andrew Langer	Scott Bradford	Eric Krantz
Overall		Apolo-Anton Ohno	Andrew Langer	Shani Davis	Eric Krantz	Scott Bradford

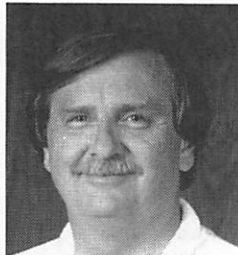
## MIDGET BOYS

300	NT	Nathaniel Bolton	Tucker Fredricks	J. P. Kepka	William Scheels	
400	37:75	Craig Banker	Nathaniel Bolton	William Scheels	Tucker Fredricks	Alexander Lzykowski
500	46:38	Craig Banker	William Scheels	Tucker Fredricks	Nathaniel Bolton	Matt Elliott
600	55:86	Craig Banker-William Scheels	Tucker Fredricks	J. P. Kepka	Misi Toth	
800	1:15.86	William Scheels	Tucker Fredricks	Misi Toth	J. P. Kepka	
Overall		William Scheels	Craig Banker	Tucker Fredricks	Nathaniel Bolton	J. P. Kepka

## How Are We Doing?

**BILL  
ANDERSON**

Vice President—Promotion



## Update of 5-Year Plan

Over three years ago, the ASU Executive Committee established a five-year plan which we've updated each year. We've made some good progress, but would be further along with more members, money and volunteers. Specific goals and a brief status are as follows:

### GOAL

1. Double membership by 1997. TARGET(S): 3,600 registered skaters in 1999, 2,500 in 1995.
2. Maintain present membership dues through 96/97. (\$30 skater; \$10 new and special needs skaters and \$20 official)
3. Obtain funding for:
  - A. 1994: Novice development for qualifying clubs.
  - B. 1994: Electronic timing equipment upgrade.
  - C. 1996: Subsidize travel to North American meets hosted by the US/Canada (\$250 limit per skater).
4. Establish a non-residential ASU business office by the end of 1996.
5. Support **The Racing Blade** by increasing ad revenues and circulation.
6. Expand pioneering, coaching and officials programs by 1997 to achieve:
  - A. 10 new clubs
  - B. Double certified coaches
  - C. Double assistant referees and national clerks
  - D. 50% increase of national referees
  - E. Work with commissioner to implement plans to recruit and develop officials and establish grading system for national assistant officials.
7. Publish summer camp schedule by December of the prior year.
8. Secure media coverage for the nationals along with a national sponsor.
9. Move to shorten the duration of the nationals by establishing qualifying events, initially for Masters/Grand Masters or establishing separate national events.
10. Development of a cooperative meet schedule incorporating ASU and USISA requirements.

### PROGRESS

Improved—2,021 members for 94/95 but behind target of 2,500.

ASU finances improved, however, membership growth is critical.

New, affordable skate program implemented. 77 pairs of skates 94/95, 55 pairs ordered so far, for 95/96.

Delay to 1997, financially a problem.

Implemented for travel to Canada in 1994, 1995 and 1996.

\$800/month (\$10-\$15 sq. ft.) estimate should be put in 1996/97 budget.

This goal was exceeded last year!

See "Coaches Couch" column in this issue.

Greater Minnesota is the only association experiencing growth in assistant referees.

12 in 1992—12 current.

Contingent on more members.

— MEMBERS —

GROUP	91/92	92/93	93/94	94/95	96/97
ASA Illinois.....	260	216	174	204	
Colorado.....	69	46	47	43	
Connecticut.....				37	
Gr. Minnesota.....	157	214	214	179	
Iowa.....	6	1	2	9	
Maryland.....	80	48	49	82	
Michigan.....	180	180	155	204	
Mid-Atlantic.....	149	154	148	181	
Missouri.....	118	120	107	178	
Montana.....	71	40	36	56	
Northeast.....	102	120	96	73	
N. Carolina.....		21	26	46	
N. New York.....	171	165	144	154	
Ohio.....	69	58	57	71	
S. California.....	128	63	46	56	
W. New York.....	24	25	19	25	
Wisconsin.....	130	131	215	253	
Direct.....	90	94	103	156	
Special Needs.....	17	23	12	14	
<b>TOTAL</b> .....	<b>1,821</b>	<b>1,719</b>	<b>1,650</b>	<b>2,021</b>	<b>3,600</b>
<b>PLAN</b> .....			<b>2,000</b>	<b>2,500</b>	
Over (Under) Plan.....			(350)	(479)	

As you can see, we have a strong improvement in registered members in the 94/95 year, however, our target keeps moving up. We've seen some good growth in a number of associations as well as direct member. Growth is making us stronger and continued growth will enhance our success.

# buy these skates

**\$72**  
**what a**  
**deal.**

## Finally. A low cost, entry level speed skate!

Now, clubs, associations and individuals can purchase the Ving 500 without making a huge financial commitment.

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- Appropriate for short or long track. Blades will be sized accordingly. 8-meter rock for short track.
- Ving jigs available for \$15.00
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- Turnaround time from order placement to delivery, approximately five weeks. Orders will be shipped from the supplier



**TO ORDER:** use the order form in this issue, contact your club/association president, or Jim Chapin, President, Amateur Speedskating Union of the United States  
 6551 Tholozan Ave., St. Louis, MO 63109  
 Phone: (314) 645-8320 FAX: (314) 645-0754.

Notes from . . .

## The National Office

by SHIRLEY YATES



I have to stop bad mouthing Mother Nature. She really laid it on us this year. In January I reported on some of the quirky things she was doing to our speedskating schedule. Well, she obviously doesn't take well to criticism or suggestions.

The situation got worse. While the East continued to be inundated with snow, temperatures plummeted in the Midwest. Meet cancelling due to weather conditions became a common occurrence. The last weekend of January set records for being the coldest in Minnesota this century. On the weekend of Feb. 3-4, Winter Carnivals and Winter Games were cancelled all over the Midwest because it was so cold. When people began arriving on Feb. 1 for the North American Long Track Championships in Roseville, the temperature was -30. Temperatures the next day in Tower, MN, north of the Minneapolis/St. Paul area, fell to -60 and it became a tourist hot spot as people rushed there to be able to say later, "I was there when...".

Call us crazy, call us single-minded, call us dedicated. The North American Championships went off as scheduled. Many of the Canadians shrugged off the whole cold scene by saying they were used to 30 to 40 below temperatures. It definitely was not a weekend for wimps. It was the ultimate test for survival of the fittest. I was proud of every person at the meet. No one was cranky or really complained. I give the Minnesota people a lot of credit for their sunny dispositions and for running a smooth program with few problems. It was my favorite meet of the year - cold, crisp, clear, calm, sunny and quiet.

But wait - there's more weather absurdities to relate! After that week of Arctic weather, temperatures started going up... and up. The following weekend we traveled to Champaign for the Land of Lincoln meet and the University of Illinois students were doing their usual Saturday roaming of the streets in short sleeves and shorts! It was hot! But not to worry - the next morning it was 30 degrees and snowing there!

Two weeks later a Minnesota source told me the metric World Cup Sprint meet at that very same refrigerated track in Roseville was postponed for

three hours in the afternoon because it was so warm they were losing the ice - or at least a decent surface. Races resumed late in the day when temperatures dropped. On Feb. 27 I talked to a reliable weather source in St. Louis who reported the temperature the previous day had gone up to 77 but they were expecting 0 temperature that evening.

Pardon me for going on about weather. I find it fascinating, especially since I've been involved with a winter sport for 27 years that has been very dependent on weather conditions. Besides, when I wrote for the newspaper we were often reminded that the two items of most interest to readers and most widely read are obits and stories about weather!

However, I am going to stop bashing Mother Nature and switch the blame for all our weather problems to the "hole in the ozone" like everyone else is doing. One female entity could not possibly be causing all these chaotic conditions!

### VOICE MAIL - IS IT STILL DREADED?

Is the ASU's Voice Mail a pain? Would you rather get a busy signal and call back than be automatically switched over when it's busy to the Voice Mail where you have the option of leaving a message? There are days when the phone is busy continually. If you leave a message, I may not even be able to get back to you for awhile. Messages pile up and then I'm on the phone answering them and, of course, while I'm doing that, more calls are coming in which then means more messages to answer! Am I the only one who's frustrated? I'm counting on your patience. I answer the phone from 9 a.m. to 6 p.m. but I frequently make calls in the evening to answer messages.

### REGISTRATIONS UP AND LOOKING GOOD

As of March 1 we were at 2099 registered members with WISCONSIN leading the pack at 282. That's all competing and non-competing skaters, coaches and officials. Direct Members totalled 278 and that number was almost all competing skaters. Next in line were ILLINOIS (making a nice comeback!) with 216; MISSOURI, 189, and MICHIGAN at 185. Eight associations were over 100.

At the end of the 1994-95 fiscal year, we had a total of 2021. So we definitely are ahead and we still have two months to go and registrations do dribble in until the last day (April 30 when I take the figures for my official end-of-the-year registration report). We put in some painful years of watching the registrations drop each year by maybe just a little but with our numbers, "just a little" can be devastating over a period of time.

What caused the nice growth this year? As always, many things came into play. Certainly our associations played a big role in it. This was the



second year for our pre-printed renewal membership forms to go out from the ASU National Office to the associations for distribution to clubs and individuals. All the individuals had to do was okay the existing ASU information about them on the forms or make corrections about new addresses etc. and return the form to the association. Most association secretaries returned them to the National Office in a very timely manner where they were processed within a week and membership cards were then promptly mailed back to association secretaries.

A big plus also was that most clubs and associations now realize they do not want non-members using their ice time, their coaching, their insurance coverage and taking advantage of their other club and/or association amenities without being members. Makes sense. The Missouri Assn. realized this and almost tripled their membership in the last two years.

### **DIRECT MEMBERS MADE A BIG DIFFERENCE**

The ASU and its "pioneering" program, under the direction of Growth and Development Chairman DOC SAVAGE, made some significant inroads during the year. We added the Anchorage/Eagle River Speedskating Club in Alaska with more than 40 new members. We've had occasional registrations from Alaska over the years but never anything officially organized. The approaching Arctic Winter Games (with Short Track speedskating for the first time) may have been the impetus for the establishment of this club but we feel very strongly that it is now there to stay. The signs are good.

Doc and National Chief Referee and an Ohio Coach TIM QUINN, who were asked to go up to Alaska to put on a three-day administrative/on and off-ice coaching seminar and officiate at the Arctic Winter Games the first week of March, will have much to report in the next issue. This is grass roots at its finest. My first contact with Alaska 12 years ago was with KATHY GLIVA. She's still there and part of the new club. LANCE SMITH, my first "official" club contact last year, has been in touch with me regularly and their secretary, NANCY MORRIS, has done a fine job sending registrations to us.

### **SCRATCH THE OLD, BRING IN THE NEW**

Developments in Utah are hard to predict and keep track of although we do get reports from individuals from time to time. The Oquirrh Park Speedskating Club is gone and we assume the Wasatch Club also no longer exists since we received no registrations from them this last year nor has anyone contacted us from there for almost a year. But we have one new official club in Utah - the Jet Blades. Serving as coach and president is BORIS LEIKIN (801/277-3043) and secretary is

JASPER MORRIS (801/562-1218). And, of course, we still have the North Utah Club established by JAY GLAD four years ago.

The Southern California Assn. also reported the establishment of the San Diego Speed Skating Club this year. We've had inquiries for years from people in San Diego wanting to get involved in speedskating. The contacts there are President RON HETRICK (619/945-2298) and Secretary REGINA COONEY COLEMAN (619/480-2694).

### **A SOLUTION TO AN OLD PROBLEM**

The ASU first took out its General Liability Policy with Scottsdale Insurance Company in February of 1987. Consequently, it has been renewed each year in early February. Since then our insurance agent has provided Certificates of Insurance to those who requested proof of our General Liability coverage, usually ice rinks, schools, municipalities. Those requests have numbered in the hundreds over the years. Once requested, a Certificate is automatically renewed each year unless we are told to discontinue it. Our insurance agent may be sending out as many as 500 of our certificates each year. I know that because when the policy is renewed and the renewal certificates are mailed, I get copies of all of them.

The problem has been with the fact that the policy has become due for renewal each year right in the middle of our skating season, and rinks or other bodies involved with clubs or associations hosting meets in February, may not have the proof they require showing we have renewed our policy. There usually is a period of two weeks or so between the time the renewed policy goes into effect and the certificates are sent and received.

So our insurance agent, understanding this problem, suggested we renew the policy this year for 18 months, putting the next renewal date in July of 1997 (no one has meets in July!) Voila, what a good solution! And the ASU just happened to have enough in the Treasury to cover the extra six months now.

Remember, if you have insurance problems or questions or need to request a Certificate of Insurance for someone, you must call the National Office. The request will be taken care of very promptly and usually I can easily take care of your problem or question. If not, I will refer you to the right person.

### **SCHOLARSHIP FUND DOING NICELY**

A big thank you to all of you who contributed to the Scholarship Fund by way of your membership form. As you all know, there is a place to check if you wish to make a donation to the Scholarship Fund. We are happy to report that all of the Ohio Assn. members again added \$1.00 to their ASU dues for the Fund. Most of our donations come from other sources but all members have that opportunity

to donate when they take out a membership in the ASU. And if they do, it is noted on their membership card. Although we would be happy with just \$1.00 from everyone, we do not often have the kind of response we get from Ohio. But we make up for it from a few rather big "membership form" donors. We do not feel it appropriate to name specific donors (without their permission) but we want you to know that we have had several \$5, \$10, \$20 and \$25 donors this year and a \$50 donation from a doctor in Michigan. You will never regret a donation to a scholarship fund - it is one of the most worthy causes you will encounter in life. It is an investment in the future of our youth.

### A PROTOCOL FOR CONVENTION DELEGATES

The 1996 Convention is approaching fast and we need to think about our involvement with it, what we can contribute and how best we can serve our associations, clubs and individual members. If you have been designated to represent your association as a delegate or Board of Control, that is a big responsibility.

You should go to the Convention armed with the proper tools: an understanding of all the proposals on the Agenda and how the members of your association want those acted upon; a willingness to work with the other delegates to enact legislation for the good of all; enthusiasm for speedskating programs at all levels, and an eagerness to volunteer your time, energy, expertise, to assisting in the governance of the sport.

What you do and say at the Convention can have an impact on the sport during the coming year. Work as a team, present the proper attitudes towards each other. You must realize that in a small sport such as ours being arrogant, demanding, uncooperative, self-concerned and inconsiderate, is counter productive and can have painful repercussions.

Please remember this and carry the proper spirit throughout the year. Consider others. Be nice, be polite, be patient, be helpful. We are a Union, a body established in 1927 to further the cause of speedskating in the United States. We must stop striving to accomplish our own selfish, petty concerns and work for the good of the Union.

### Change of Telephone Number

The area code for Editor Bob Vehe was changed from 708 to 847. This applies to the entire North and Northwest suburban area of Chicago. The area code for the National Office has NOT changed at this time. The basic seven digit numbers remain the same as shown in the masthead on page 4 of every issue of The Racing Blade.

### Election Notice to all Associations

By Dennis Marquard  
Chairman  
Nominating Committee

At our annual meeting in Bloomington, MN on May 17-19, Delegates will again elect the officers of the ASU.

The ASU Constitution states that "the President and (three) Vice-Presidents shall be elected by ballot by a majority of the votes cast by delegates to the annual meeting of the Union, and shall serve for a term of two years, or until their successors are duly elected." (Article X, Section 2).

In addition, the Board of Control elects the Executive Secretary, Treasurer, Commissioner of Officials, Racing Blade Editor, Racing Blade Publisher and Handbook Editor at this annual meeting.

If you know of anyone in your Association who would like to run for any of the above offices or if you or your Association would like to nominate someone, please submit a letter indicating such intention, and the office desired, to one of the following members of the Nominating Committee. If you are not sure what each office duties are or how much of your time is required please contact the Nominating Committee (listed below) or the present ASU officers.

We would like to encourage everyone to stop and think how you can help the ASU. Your commitment will be appreciated by all. Please consider one of the above positions and send your name to me or one of the other committee members.

Dennis Marquard  
2418 Bassett Rd.  
Westlake, OH 44145  
(216)899-9577

Don Anderson  
948W.CountyRd.  
Roseville, MN  
(612) 484-6039

Pete Elliott  
34806 Breezeland Rd.  
Oconomowoc, WI 53066  
(414) 646-8285

Fred Buchanan  
4842 Fruitwood Ln.  
Cedar Rapids, IA  
(319) 396-2985

Ann Cooley  
14 Hemlock Dr.  
Greenfield Center, NY12833  
(518)587-5906

Remember, a nominee doesn't have to attend the annual meeting but hopefully all will. However, we must have the candidate's permission to serve if elected to avoid postelection declinations.

**AVOID LAST MINUTE CONFUSION, SUBMIT  
NOMINATIONS EARLY!**

# Letters

Dear Racing Blade,

There was an item in the last Racing Blade about an injury I sustained in December at practice along with an item encouraging all coaches to be responsible for skater safety at practices. While I agree an athlete's safety is certainly the number one priority for all coaches, I want to make it clear that our coach takes the safety of her skaters very seriously and in no way could have eliminated any more risk from the situation herself. I, on the other hand, as the skater, did not take complete personal responsibility to do all that I could to minimize the risks involved. This is something I feel each skater and parent needs to do before each practice or meet. In my case, a pair of shinguards (\$7.00) would have saved me a bunch of stitches plus the agony of having to sit out of most physical activity for two weeks, followed by two more weeks of only moderate, increasing activity, with another full four weeks before I was back to pre-injury levels. Being sidelined was more agonizing than the actual injury. If you don't think you need certain equipment, reassess your situation periodically. Shinguards weren't that important to me before because I never found myself in close quarters with the pack. I was always pretty far back and never felt the threat.

Don't risk losing all the training you have put in all season, or, even worse, permanent injury. In addition to the required gloves, helmet, long sleeves and pants, make sure you take personal responsibility for having shin guards, knee-pads, eye protection, neck protection, and, possibly even cut resistant gloves. Pay attention the next time your coach has your club practice falling properly. And, use your head out there on the ice - the coach can't see the entire rink at once. If a skater falls or an unsafe situation suddenly develops, use your head, ease up, and get the attention and help of the coach. Just last week I witnessed a good move by a young skater who fell and was headed for another skater who was already down. There wasn't enough time to get turned around to hit backside first, but, he did manage to pull in his blades and catch the first downed skater with only a knee. It still hurt, but everyone was able to keep on practicing.

Safety isn't just the responsibility of the coach. Participants need to take responsibility for their own safety as well as that of others. Wear the right equipment, learn how to fall, listen to the coach, and help the coach wherever you can to make skating safe and fun.

Sincerely,

Carl Cepuran  
Glen Ellyn, IL

January 30, 1996

Dear Speedskating Friends,

I wish to express my gratitude to all those involved in making my participation at this years Lake Placid National Marathon Championship on January 13, an enjoyable experience.

This was my first time skating on the Olympic oval. My speedskating training took place in Grand Rapids, Michigan, working out with the West Michigan Speedskating Club. I would like to thank the club members especially Bill Weaver and Pete Kooreman for their expert instruction as well as Mark Jastrzembki who also lent me my first pair of skates.

My appreciation also goes out to the Garden State Speedskating Club for their organization of the marathon. The people at this event were very friendly and made it a memorable time. Personally I want to thank Pete Fitterer for his words of encouragement, Al Harding for his big smile, and John Manailovich who headed this race.



Jack Shea, Tom Clay, David Whitehead

I also got a chance to meet Mr. Jack Shea the 1932 Olympic Gold Medal winner in the 500M and 1000M. He had plenty of interesting stories to tell. I learned a lot about the sport and history of Lake Placid from his fellow Olympic friend, David Whitehead.

As a podiatrist I would like to extend myself next year to offer any sports medical care before and after the event to those needy participants. I noticed a few skaters who needed pads or bandages for their blisters and other related ailments.

I hope to skate again next year and will try to improve my time.

Sincerely

Thomas J. Clay D.P.M.

January 12, 1996

Dear Shirley,

I read with interest and chagrin your recent column describing Short Track injuries. In particular I was saddened to hear of Bob Scherl's injury as I have competed with him in the Master's class. He is a tremendous skater and competitor who will be missed not only for his exciting skating but also for his friendly and generous personality.

As an orthopaedic surgeon specializing in trauma and sports injuries I have been interested in speedskating injuries since I began the sport four years ago. Currently, we are in the middle of a prospective, injury prevention study of our elite Long Track skaters at the Pettit center. In Long Track, injuries are primarily from overuse or from combinations of high intensity training methods. Now in our second year of data collection, we are getting a handle on why injuries occur in certain individuals and how we may prevent them in the future. Our study has been generously funded by Dr. Freddie Fu, a world famous sports medicine expert at the University of Pittsburgh.

For some time we have wished to expand our injury study to include Short Track. I feel from my own experience as a competitor and on-site physician at Short Track races that the most valuable service would be to catalogue injuries from ALL ASU clubs throughout a single season and correlate injuries with other factors such as type and number of pads, ice and racing conditions, tiredness of the skaters, etc.. In this way we may find some patterns which would allow us to expand current safety guidelines in a detailed, practical manner. I have taken care of major injuries at nearly every race I have attended, including ankle, wrist and cervical spine fractures, lacerations, shoulder separations. In general, the majority of races have no physician present or if there is one, they are often unfamiliar with the acute treatment of traumatic injuries. Pads are sometimes inadequate or too few in number. Backboards, basic emergency medical kits, paramedic backup have frequently not been prearranged. When injuries occur, I am frequently told by race coordinators or rink managers that they thought medical arrangements had been made. My anecdotal overview is that we are not uniformly taking the appropriate safety steps to insure the highest safety levels and the highest levels of care for injured skaters.

I would gladly help the ASU in formulating a safety checklist for race coordinators. I do not believe this will add either work or cost to any event but will provide a practical means of improving safety. Our research group would also like to begin accumulating injury data on Short Track skaters. Perhaps we could send or include a single page data sheet with the Racing Blade which skaters could mail or fax back to me. This information would lead to reevaluation of overall safety guidelines based on an actual data base. In particular it

may be helpful by informing local clubs and coaches and helping them to prioritize limited funds and ice time.

I look forward to your response. With your approval I can submit a data sheet within 2 weeks of notification.

Sincerely,

Wade Smith, M.D.  
Pittsburgh., Pa



January 11, 1996

Dear Shirley,

How are you in all that snow? We have very little. At our meeting for the Arctic Winter Games the other night, there was real concern for the sports of dog-mushing, cross-country skiing, snow shoeing and biathlon. Our temperature today is -20 degrees. Hope it warms up and snows at least 6 inches before the games. Then things will be just perfect.

We have 52 days until the Games, the excitement is building. The Winter Olympics has 1800 athletes, the Arctic Winter Games will have 1500 athletes.

Our tryouts are this weekend. The team has to be picked by February 1. We now have 26 safety mats and Arctic Winter Games to thank for them. The club has been going in leaps and bounds. The mats have been a real shot in the arm.

I've enclosed some price quotes on airfare. Hope to see you up here sometime in the near future.

Kathy Gliva  
Anchorage/Eagle River Speedskating Club  
Alaska



February 14, 1996

Dear Bob,

I have enclosed a list of judges who did an outstanding job at the 1996 National Long Track Speedskating Championships at the P.N.I.C. in Milwaukee, Wisconsin, January 27-28, 1996. I would like to thank them for the reliable support they gave me.

Nate Blatchford  
Lloyd Carlstrom  
Liz Chapin  
Ruth Ganong  
Lorraine Garbe  
Betty Gulczynski  
Dale Hedstrand  
Louise Macky  
Rosie Miller  
Ann Monast  
Bob Neville  
Mary O'Donnell  
Carol Ortiz

Deb Parker  
Boras Richter  
Dick Strassman  
Karen Strzykalski  
Bob Vehe  
Milt Weinstein  
Pam Wilkins  
Toni Wilm  
Shirley Yates

/s/ Jerry Steele  
Chief Judge,

06-Mar-96

## Skating Related Web Pages

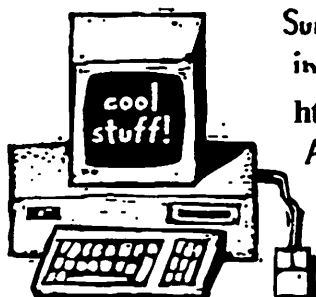
<i>Web Page</i>	<i>Location</i>
1994 Olym/Results-Lilleh.	<a href="http://www.sun.com/OL/OL94-mirror.html">http://www.sun.com/OL/OL94-mirror.html</a>
1998 Olym/Nagano Japan	<a href="http://www.linc.or.jp/Nagano/index.html">http://www.linc.or.jp/Nagano/index.html</a>
2002 Olym/Salt Lake City	<a href="http://www.slc2002.org/olympics">http://www.slc2002.org/olympics</a>
Amsterdam Skating Page	<a href="http://carol.fwi.uva.nl/~ehaas/us.html">http://carol.fwi.uva.nl/~ehaas/us.html</a>
ASU	<a href="http://web.mit.edu/jeffrey/speedskating/asu.html">http://web.mit.edu/jeffrey/speedskating/asu.html</a>
* Australian Speedskating 1	<a href="http://www.cc.adfa.oz.au/CS/jjh/Skate/">http://www.cc.adfa.oz.au/CS/jjh/Skate/</a>
* Australian Speedskating 2	<a href="http://www.adfa.oz.au/~jjh/Skate/">http://www.adfa.oz.au/~jjh/Skate/</a>
* Australian Speedskating 3	<a href="http://www.adfa.oz.au/CS/jjh/Skate/">http://www.adfa.oz.au/CS/jjh/Skate/</a>
* Best Times Database	<a href="http://dutiosd.twi.tudelft.nl/~penninx/Skating/RecordsRB/">http://dutiosd.twi.tudelft.nl/~penninx/Skating/RecordsRB/</a>
* Bont Skates	<a href="http://www.adfa.oz.au/~jjh/Skate/Bont/">http://www.adfa.oz.au/~jjh/Skate/Bont/</a>
Calgary Olympic Oval (CAN)	<a href="http://www.kin.ucalgary.ca/oval/html/index.html">http://www.kin.ucalgary.ca/oval/html/index.html</a>
* Calgary TV Preview Listing	<a href="http://www.cfcn.ca/files/ctvsport.htm">http://www.cfcn.ca/files/ctvsport.htm</a>
* CBC-Canadian Broadcaster	<a href="http://www.cbc.ca/tv/sports/winter.html">http://www.cbc.ca/tv/sports/winter.html</a>
Conn. Speedskating Assn (CSA)	<a href="http://web.mit.edu/jeffrey/speedskating/csa.html">http://web.mit.edu/jeffrey/speedskating/csa.html</a>
* Denis Mouraux, CAN Olympian	<a href="http://www.lancite.net/~denis/speedskating/e_speedskating.html">http://www.lancite.net/~denis/speedskating/e_speedskating.html</a>
Dutch Marathon Results	<a href="http://www.xs4all.nl/~janzwabu">http://www.xs4all.nl/~janzwabu</a>
* ESPN Sportszone COMMENTS	<a href="http://espnet.sportszone.com/members/szcomments.html">http://espnet.sportszone.com/members/szcomments.html</a>
* ESPN Sportszone Info	<a href="http://www.ESPNET.sportszone.com/editors/other/olyfest/olyfest.html">http://www.ESPNET.sportszone.com/editors/other/olyfest/olyfest.html</a>
* ESPN Sportszone Info (alt)	<a href="http://espnet.sportszone.com">http://espnet.sportszone.com</a>
Golden Gate SSkaters	<a href="http://www-cs-students.Stanford.EDU/~friedman/ggss.html">http://www-cs-students.Stanford.EDU/~friedman/ggss.html</a>
* History of Speedskating	<a href="http://garbo.lucas.lu.se/~kosu_treve/special.html">http://garbo.lucas.lu.se/~kosu_treve/special.html</a>
* Idiopathic Thrombocytopenic Purpura (ITP)	<a href="http://members.gnn.com/bakers/itpinfo.htm">http://members.gnn.com/bakers/itpinfo.htm</a>
* Int'l Maillist-Archived Messages	<a href="http://www.rrz.uni-koeln.de/bin2/maillist/skate">http://www.rrz.uni-koeln.de/bin2/maillist/skate</a>
* Int'l Skater List Profiles (as submitted)	<a href="http://www.lancite.net/~denis/speedskating/list.html">http://www.lancite.net/~denis/speedskating/list.html</a>
* Lake Placid Oval Information	<a href="http://www.orda.org/Wint-Atts/o-center.html">http://www.orda.org/Wint-Atts/o-center.html</a>
Mail Index	<a href="http://dutiosd.twi.tudelft.nl/~penninx/skate/maillist.html">http://dutiosd.twi.tudelft.nl/~penninx/skate/maillist.html</a>
New York Road Skaters Assn.	<a href="http://www.nyrsa.org/">http://www.nyrsa.org/</a>
No California Sskating Assn	<a href="http://www-cs-students.stanford.edu/~friedman/nca.html">http://www-cs-students.stanford.edu/~friedman/nca.html</a>

<i>Web Page</i>	<i>Location</i>
Northeast Skating Assn (NSA)	<a href="http://web.mit.edu/jeffrey/speedskating">http://web.mit.edu/jeffrey/speedskating</a>
* Norwegian All Round Results	<a href="http://www.ub.uit.no/ansatte/leif/tsk/nmallres.96">http://www.ub.uit.no/ansatte/leif/tsk/nmallres.96</a>
* Norwegian Skating Assn.	<a href="http://home.sol.no/bjove/nsf/nsfmain.htm">http://home.sol.no/bjove/nsf/nsfmain.htm</a>
* Norwegian Track Records	<a href="http://www.ub.uit.no/ansatte/leif/tsk/banerek">http://www.ub.uit.no/ansatte/leif/tsk/banerek</a>
Nova Scotia Speedskating	<a href="http://highlander.cbnet.ns.ca:80/cbnet/comucntr/sports/skating/ssns2">http://highlander.cbnet.ns.ca:80/cbnet/comucntr/sports/skating/ssns2</a>
Ottawa Pacers Sskating Club	<a href="http://www.magi.com/~pacers">http://www.magi.com/~pacers</a>
* Paul O'Blenes Skating Web Page	<a href="http://nais.ccm.emr.ca/~oblennes/skate">http://nais.ccm.emr.ca/~oblennes/skate</a>
Photos-Speedskating-J. Search	<a href="http://web.mit.edu/jeffrey/speedskating/jerrys.html">http://web.mit.edu/jeffrey/speedskating/jerrys.html</a>
* Photos-Speedskating-M. Green	<a href="http://www.ucalgary.ca/~mwgreenw">http://www.ucalgary.ca/~mwgreenw</a>
* Rankings-Individual Skater/Distance	<a href="http://web.mit.edu/jeffrey/speedskating/isu-wsd.html">http://web.mit.edu/jeffrey/speedskating/isu-wsd.html</a>
Speedskating in General	<a href="http://www.twi.tudelft.nl/local/sports/skating.html">http://www.twi.tudelft.nl/local/sports/skating.html</a>
Swedish Skating Page	<a href="http://www.lysator.liu.se/~dahlen">http://www.lysator.liu.se/~dahlen</a>
Switzerland	<a href="http://www.telemedia.ch/sev">http://www.telemedia.ch/sev</a>
* US Sports Academy	<a href="http://academy@ussa-sport.ussa.edu">http://academy@ussa-sport.ussa.edu</a>
<i>US Sports Academy - note</i>	<i>(1995 Female Amateur Athlete of the Year Awards)</i>
WAR-Wash. Area Rollerskaters	<a href="http://www.idsonline.com/userweb/ford/war.htm">http://www.idsonline.com/userweb/ford/war.htm</a>
* World Cup Rankings	<a href="http://web.mit.edu/jeffrey/speedskating/worldcup.html">http://web.mit.edu/jeffrey/speedskating/worldcup.html</a>
World Short Track Results	<a href="http://www.taiiku.tsukuba.ac.jp/~kawai/index-e.html">http://www.taiiku.tsukuba.ac.jp/~kawai/index-e.html</a>
* World Short Track Results	<a href="http://www.taiiku.tsukuba.ac.jp/~kawai/Skating/skating-e.html">http://www.taiiku.tsukuba.ac.jp/~kawai/Skating/skating-e.html</a>

\* *New addition to the list!*

Maintained by CTSPEED for ASU

# *Come Home To The ASU*



Surfin' the 'net? Come home to the ASU home page! For up to the minute information on speedskating and what's going on in the ASU, enter

<http://web.mit.edu/jeffrey/speedskating/asu.html> Want to sign up for the ASU e-mail list and communicate with all your speedskating friends?

Enter CTSPEED@aol.com to get on the list. Have suggestions, comments, ideas for our new electronic communications system? Contact Jeff Harris at [jeffrey@mit.edu](mailto:jeffrey@mit.edu) or Myra Vandersall at [mvaardersal@aol.com](mailto:mvaardersal@aol.com) We want to hear from you.

## Speedskating Email List

06-Mar-96

<u>Last Name</u>	<u>First Name</u>	<u>Email Address</u>	<u>Location</u>	<u>State</u>	<u>Other Information</u>
		brie731@execpc.com	Milwaukee	WI	Badger Speedskating Club
		Tin B@aol.com		UT	Utah Club
		agriff@kuentos.guam.net	Milwaukee	WI	Badger Speedskating Club
Baldwin	Donald	73363.2755@compuserve.com	Hartford Area	CT	CSA - Tri Town Rink Manager
Baldwin	Donald	ir004317@interramp.com	Hartford Area	CT	CSA - Tri Town Rink Manager
Ballog	Jonathan	71034.1576@compuserve.com	Frederick	MD	Frederick SS Club, 12, Juvenile
Ballog	Dave	71034.1576@compuserve.com	Frederick	MD	Frederick SS Club, VP
Bauer	Elizabeth	71034.1576@compuserve.com	Frederick	MD	Frederick SS Club, secretary, timer, clerk
Bauer	Cameron	71034.1576@compuserve.com	Frederick	MD	Frederick SS Club, 11, Midget
Bauer	Claude J	71034.1576@compuserve.com	Frederick	MD	Frederick SS Club, Maryland SS Assn(President), 43, Master Men
Bauer	Brenda	71034.1576@compuserve.com	Frederick	MD	Frederick SS Club, 7, PeeWee
Beth	Barbara	AFRP51A@prodigy.com	Oakland	CA	Golden Gate Speedskaters, No Calif Assn, Sr. W
Brummitt	Martha	brummitt@execpc.com	Milwaukee	WI	Badger Ss Club, Pee Wee Girls - B
Brummitt	Sam	brummitt@execpc.com	Milwaukee	WI	Badger Ss Club, Midget Boys - A
Brummitt	Charlie	brummitt@execpc.com	Milwaukee	WI	Badger Ss Club, Pony Boys - A
Brummitt	Mary Jane	brummitt@execpc.com	Milwaukee	WI	Badger Ss Club, 39, Club Secty
Carpenter	Gary	CofSNZ@aol.com	Wash DC Area	MD	Editor WAR Chronicles, 48, Master Men-B
Carpenter	Gary	GBCarpenter@eworld.com	Wash DC Area	MD	Maryland Ss Assn, Natl Capitl Ss Club
Chapin	Jim	ASUPREZ@aol.com			ASU president
Clausing	Howard	hclaus@interaccess.com		IL	ASAI, Evanston Club, Sr Men A, 33
Cohn	Ralph	RCohn@gnn.com	Boston Area	MA	Baystate Ss Club
Cooley	Ann	TogaGang4@aol.com	Saratoga Spring	NY	VP & Camp Coord-Saratoga Winter Club, NNY Assn
CSA		CTSPEED@aol.com		CT	Connecticut Speedskating Association (email monitored by Ann Glaser)
de Graaf	Gerrit	Gdegr@aol.com	Easton	CT	Dutch, prefers Long Track, new twin boys
Dewar	David	macinnen@ViaNet.on.ca			Timmins Family YMCA, 44, recreational skater
Ed	Luban	eluba@dreamscape.com	Syracuse	NY	
Franz	Joe A	JoeAFranz@aol.com	S Burlington	VT	Sr M, Competitive Sports Mktg Systems, Hyper/Roces Team
Gavan	John	0003378944@mcimail.com	Colorado Spring	CO	Novice Sskater, Hockey player
Gavan	John	MCI Mail - 337-8944	Colorado Spring	CO	for use by FAX if you don't have email
Gavan	John	JGAVAN@MCIMAIL.COM	Colorado Spring	CO	
Gere	Merrily A.	merrily_a_gere@ccmgate.dbh.com	New Britain	CT	Tri-Town, CSA, Sr W
Glaser	Ann K.	TheRealAnn@aol.com	Southwest	CT	CSA, BD-2/63, Sr W, Mktg- Promo-Consulting
Guthrie	Bruce	SpdSk8@aol.com	Bellingham	WA	Whatcom SS Club, NW SS Assn, 32 (6/6/63), Sr M B
Haire	Marty	isk82fast@aol.com	Saratoga	NY	NNY SS Assn, 33, new to skating
Kirchoff	Kevin	Momuscafe@aol.com	Scarsdale	NY	Yonkers Ss Club
Klasman	Jerry	73312.2505@compuserve.com	Central	CT	CSA, GrandMaster
Koshi	Glenn	tmprdis@ix.netcom.com			"The Blademan" - Team Paradise suppliers

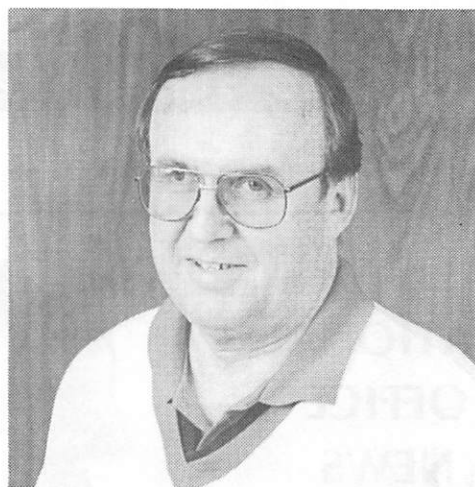
## Speedskating Email List

06-Mar-96

MacInnes	Neil	macinnen@ViaNet.on.ca			friend of David Dewar - owns email address
Markus	Wyatt	Wyatt.Markus@f516.n2613.z1.fidonet.or	Western	NY	W NY Assn, starting new club, 20, "I speed skate like it is an illegal drug!"
McAward	Eniko	MrsMcSkate@aol.com	Long Island	NY	Long Island Speedskating Club, SrW B
McAward	Jim	JimMcSkate@aol.com	Long Island	NY	Long Island Speedskating Club, Secretary and Newsletter Editor, Sr M B
Menghi	Albert	ameng@aol.com	Eastern	CT	CSA
Millard Jr	John	JHM1930@aol.com	West Michigan	MI	Juv Skater
Millard Sr	John	JHM1930@aol.com	West Michigan	MI	Registered Official
Monroe	John	jmonroe@nmu.edu	N. Michigan	MI	Asst Coach-Ss - Northern MI Univ
Moore	Chuck	charles.moore@swec.com	Boston Area	MA	NSA, starter, enthusiast
Nakao	Jim	JimNak@aol.com	Huntington Bch	CA	formerly of Peirce Skating Club of Chicago (60s/70s)
O'Hare	Linda	Lv2spdsk8@aol.com		MO	MSA, Clayton & Gateway Club coach
Olson	Liz	olsons@ix.netcom.com	Central	CT	CSA
Rylander	Maura	Maura.Rylander@jwtdet.sprint.com	Detroit	MI	Wolverine Ss Club
Sano	Hajime	76520.2056@compuserve.com	Pasadena	CA	So Calif Ss Assn(SCSSA), VP Racing, Tech Dir Coaching, Natl Class Sr M
Scanlon	Bill	wscanlon@execpc.com	Madison	WI	President, Madison SSkating Club
Schmunk	Robert B.	webmaster@nyrsa.org	New York City	NY	NYRSA (inline). <a href="http://www.nyrsa.org/">http://www.nyrsa.org/</a>
Search	Jerry	jerrys@ix.netcom.com	Southern	CA	So Calif SS coach
Seltsam	Patrick	pseltsam@canuck.com	Calgary	Alberta	NSA, Sr. Men
Smith	Christie	VikiSecret@aol.com	Pleasantville	NY	MASA, Yonkers Ss Club, Children's Representative
Smith	Bob	SkateCoach@aol.com	Pleasantville	NY	Pres-Yonkers Club, MASA, ASU, skating coach and skater's father
Staats	Jon	74603.2742@compuserve.com	Madison Area	WI	Madison Club/WI Assn
Van Benthuyser	Dan	danvanb@gramercy.ios.com	Long Island	NY	Former Pres MASA, LISSC
Vandersall	Myra	mvandersal@aol.com		MO	ASU Promo & Publ, mother of skater
Verheul (1)	Jim	verheulj@abacus.std.teradyne.com	Southern	CA	Electrical Engineer, Bicycle Racer, 30
Verheul (2)	Jim	verhej@rpi.edu	Upstate	NY	Electrical Engineer, Bicycle Racer, 30
Vraa	Matthew Lee	mvraa@carroll1.cc.edu		WI	Carroll College
Westover	Tom	westo004@gold.tc.umn.edu		MN	Greater MN SS Assn, Shoreview SS Club, Juv Boys-1st yr, Natl Competitor
Westover	Brian	Brian_Westover@msn.com		MN	Greater Minnesota Ss Assn, Shoreview Ss Club
Young Originals		Youngorig@aol.com			skin suit supplier



# RE-ELECT JIM CHAPIN PRESIDENT



## CONVENTION DELEGATES - I WANT YOUR VOTE !

I am seeking re-election as the President of the ASU. I have the Time, Ability, Experience and Interest with a proven track record of getting things done.

Don't settle for anything less.....

### In my two year term as ASU President I have:

Started the Beginner Skate Program to provide affordable skates for new kids in the sport; Reassigned the ASU Camp Program; Initiated the addition of North American Medallions to compliment our National Medallion program; Contracted with AAA Corporate Travel to provide members professional travel services; Initiated the Entertainment Coupon Book as a club fund raiser.

Solidified the Medallion Trust Fund by appointing a new Chairperson and adding four Trustees to the Medal and Medallion Fund; Reassigned the Meet Scheduling Committee with the long term goal of establishing a better schedule between the ASU and USISA; Sent numerous letters to various individuals, agencies and organizations on behalf of the ASU endorsing projects or providing information.

### Long Term Computer Help:

Outside of the National Office registration file, I have the most complete database in the ASU. I assist the Secretary with the Convention Minutes book; maintain the data for the ASU Alumni Association, which to date has netted the ASU over \$10,000 used in the National Office for equipment and supplies; provide labels for ASU mailings to the Board of Control, Association Secretaries and the Commissioner of Officials.

### In Addition:

At my expense I attend both of the USISA's yearly meetings. I have a good working knowledge of USISA, their By-Laws and way of doing things. I don't endorse many things they do or the way they do them, but I'm aware of their activities.

I work with the Chairperson of the ASU Representatives to USISA, striving to make sure we are properly represented and our concerns are heard and answered.

In my ten years as the Commissioner of Officials, working with the various Presidents and Racing Committee Chairpersons, I was able to help clarify and revise our Racing Rules.

I developed, maintain and print the ASU Protocol. This long term project has solidified our Long and Short Track Championships with standardization of events and Guidelines for meet organizers to follow to assure a quality event for our skaters. The meet directors who have used and followed the Protocol have had very successful meets.

In my terms in each of the ASU Vice President positions I was very active at every level. It was important to be active so I could better prepare myself to assume the Presidency of the ASU. This preparation helped me come into the leadership position ready to make things happen and not take up time with a learning experience. My planning has helped the ASU.

### The future we look to:

Membership in the last two years has increased 20%. We must revamp our programs to retain skaters after they pass the Juvenile level. We have to expand our presence to more areas of the country and actively implement speed skating programs in new Ice Arenas. Become more recognizable with the media and develop local and regional exposure. We must establish a National Office location, expand the North American meets to an International event and update our Convention format. My background will be essential to make this succeed.

Let's keep the ASU moving forward with someone who can and does get results with a Proven Track Record over a 20 year span of administrative positions.



# United States International Speedskating Association News

## USISA NATIONAL OFFICE NEWS

by KATIE MARQUARD



Another season is coming to an end with good news to report. The state of U.S. Speedskating seems to be healthy, with continued progress visible. Both on the national and international level, we have been successful this year.

I recently attended the U.S. Short Track Championships/Olympic Festival Training Group Trials, held February 17-18 in Saratoga Springs, New York. The people in Saratoga once again put on a great competition, with fast ice and outstanding races. USISA and the athletes appreciate the extra touch the local Organizing Committee put into hosting this event, right down to certificates for Olympic Festival Training Group qualifiers and plaques for World Team members.

The field was strong in both the U.S. Championships and the Training Group Trials. It shows the U.S. has depth with potential also coming up through the ranks. The two individual starting positions were up for grabs in the women's competition going into the last race. Three of five positions on the men's World Team were also in question going into the final race, seven men had a chance to fill those three spots. We are also in the process of applying for two Junior World Records that were set by Kip Carpenter over the weekend. It was an exciting competition!

The next weekend, February 23-24, I traveled to Roseville, Minnesota, for a World Cup Sprint event. Also happening that same weekend was a World Cup Allround hosted by the Pettit Center and USISA. The first ISU international event ever held in Minnesota had slight weather problems. No, not too cold, too warm in February in Minnesota! It reached a sunny 50 on Saturday, a beautiful day. Unfortunately, it was a little too warm for the ice in mid-afternoon. The races were delayed from 3PM to 6PM and then went off without a hitch. The skaters were all happy with the decision to delay the races. It was good to see a big crowd in Roseville, everyone was excited to finally have an event of this caliber in the area.

The U.S. Sprinters were coming off a great weekend at the World Sprint Championships (February 17-18) in Heerenveen, The Netherlands. Chris

Witty came away with a fantastic performance, earning the title of World Sprint Champion and setting a new track record in the 1000 meters! Becky Sundstrom, who had earned a gold medal in the 500 meter in the World Allround Championships while placing 11th overall, followed that up with a 10th place overall finish at the Sprints. Moira D'Andrea suffered a fall at the Sprints but had placed well at the World Allround Championships, earning a bronze medal in the 500 meter and placing 12th overall.

On the men's side, Casey FitzRandolph earned another spot for the U.S. next season in the Sprints by finishing 9th overall. KC Boutiette lead the all-round men with a 5th place overall finish in the Worlds followed by Dave Tamburrino in 11th. It has been a number of years since the U.S. had four skaters qualify for the fourth race at the Worlds.

The World Short Track Championships just concluded with the Ladies Relay capturing the bronze medal while setting a new American record. It is the first time the Ladies skated under 4:30, establishing the new mark of 4:27.13. The U.S. women have not medaled in the relay at the World Championships since 1983. On the men's side, the team was on world record pace in the semi-final behind the Italians (who eventually won the final) when we went down with 10 laps to go.

Individually, the U.S. skaters competed well, narrowly missing the finals in a number of races. Both men and ladies will have two individual spots for next season by virtue of top 16 finishes overall by the U.S. skaters. The coaches were encouraged by the performances, it was the first World Championships for all but three of the skaters so we expect great things in the future.

To date we are very close to reaching all of our High Performance Markers for USOC funding. USISA has obtained all of the performance markers for the season: (1) Win 3 medals in Long Track Worlds (Senior & Junior combined). (2) Win 4 medals in Short Track Worlds (Senior & Junior combined), (3) Increase U.S. start positions for 1997 Men's World Sprint Championships. We are finishing up the tasks markers (4) Conduct 3 USISA coaches meetings per year from which a draft USISA Coaching Manual will be produced and (5) Establish four regional areas with regional coaches in place. These markers must be accomplished by June 30th to obtain all potential funding from the USOC.

At this writing, we have two World Championships yet to take place, the World Single Distance Championships in Hamar, Norway, and the World Short Track Team Championships in Lake Placid on the last weekend of March. Anyone interested in seeing the best short track skaters in the world compete should plan on attending this event!



# United States International Speedskating Association News

## 1996-97 CATEGORY 1

*(Before Retirements)*

### LONG TRACK

#### SENIORS

##### Ladies

Moira D'Andrea  
Chantal Dunn  
Cory Goetz  
Kirstin Holum  
Valerie Hopkins  
Heather Laufer  
Hilary Mills  
Amy Sannes  
Chris Scheels  
Sarah Shapiro  
Amy Sohnle  
Becky Sundstrom  
Shanna Sundstrom  
Tama Sundstrom  
Chris Witty

##### Men

Jeff Benjamin  
KC Boutiette  
Josh Brymer  
Cory Carpenter  
Brendan Eppert  
Casey FitzRandolph  
Heath Haster  
Tim Hoffman  
Pat Kelly  
Eric Klein  
Matt Kooreman  
Derek Parra  
Dave Paul  
Marc Pelchat  
Brian Smith  
Arlen Spicer  
Dave Tamburrino  
Jondon Trevena  
Matt Vraa

#### JUNIORS

##### Ladies

Ann Driscoll  
Jamie Grundstrom  
Missy Hagstrum  
Michelle Hill  
Kirstin Holum  
Becky Lang  
Jackie Linell  
Catherine Raney  
Sarah Shapiro  
Bonnie Whitehill

##### Men

Joseph Cheek  
James Edwards  
Eric Krantz  
Brandt Matosich  
Lucas Mills  
David Needham  
Nick Pearson  
Matt Selby  
Donald Stewart  
Daniel Weinstein

### SHORT TRACK

#### SENIORS

##### Ladies

Kelly Anderson  
Karen Cashman  
Erin Gleason  
Julie Goskowicz  
Caroline Hallisey  
Sarah Lang  
Whitney McGill  
Hilary Mills  
Amy Peterson  
Erin Porter

##### Men

Kip Carpenter  
John Coyle  
Andy Gabel  
Tony Goskowicz  
Charles King  
Scott Koons  
Mike Kooreman  
Todd Porter  
J. P. Shilling  
Rusty Smith

#### JUNIORS

##### Ladies

Kristen Brophy  
Sarah Elliott

##### Men

Ian Baranski  
Kip Carpenter

Julie Goskowicz  
Katie Krall  
Penelope Lang  
Therese Lease  
Whitney McGill  
Erin Porter

Mike Kooreman  
Tom O'Hare  
Apolo Anton Ohno  
Chad Richards  
Scott Simunjak  
Rusty Smith

### 1996 JUNIOR WORLD TEAM

##### Ladies

Amy Sannes  
Chris Scheels  
Kirstin Holum

##### Men

Cory Carpenter  
Matt Vraa  
Lucas Mills

### 1996 JUNIOR COUNTRY TEAM

##### Ladies

Amy Sannes  
Kirstin Holum  
Sarah Shapiro  
Catherine Raney

##### Men

Matt Vraa  
Lucas Mills  
Paul Olson  
Nick Pearson

### 1996-97 JUNIOR NATIONAL TEAM

*(Pending signing of Junior National Team  
Participation Agreement)*

##### Ladies

Kirstin Holum  
Sarah Shapiro  
Catherine Raney  
Bonnie Whitehill

##### Men

Lucas Mills  
Nick Pearson  
David Needham  
Joseph Cheek

### 1996 WORLD SHORT TRACK TEAM

##### Ladies

Amy Peterson  
Erin Porter  
Julie Goskowicz  
Karen Cashman  
Erin Gleason

##### Men

Tony Goskowicz  
Andy Gabel  
J. P. Shilling  
Scott Koons  
Mike Koorman

### 1996 USISA SPRING

#### BOARD MEETING

#### CROWN STERLING SUITES

275 E. 10th Street, St. Paul, MN 55110

APRIL 20-21, 1996

- \* \$79+tax (includes breakfast) 1/2 persons, check in after 3:00 p.m. Ask for "U.S. Speedskating" rate.
- \* Reservations must be made by April 1, 1996 to receive rate. Phone: 1-800-433-4600 or (612) 224-5400 (direct).
- \* Transportation available to hotel from airport - use courtesy phone at airport.
- \* Committee Meetings: Friday, April 19  
9:00 a.m. - 10:00 p.m.
- \* Board of Directors Meeting: Saturday and  
Sunday, April 20-21, 8:30 a.m.-5:00 p.m.



# United States International Speedskating Association News

## U.S. SPEEDSKATING RESULTS

### LONG TRACK

ROSEVILLE, MN -- American Cup I - Jan. 13-14, 1996

#### Ladies Sprint

**500m:** 1, Chantal Dunn, 43.47. 2, Kim Strzykalski, 43.65. 3, Shana Sundstrom, 44.11.

**1000m:** 1, Dunn, 1:27.02. 2, Sundstrom, 1:28.65. 3, Christine Lemons, 1:34.04.

**500m:** 1, Dunn, 45.42. 2, Sundstrom, 46.23. 3, Lemons, 47.00.

**Overall:** 1, Dunn, 132.400. 2, Sundstrom, 134.665. 3, Lemons, 140.340.

#### Ladies Allround

**500m:** 1, Amy Sohnle, 43.83. 2, Cory Goelz, 43.87. 3, Linda Runyon, 48.04

**3000m:** 1, Goelz, 4:49.81. 2, Sohnle, 4:50.12. 3, Runyon, 5:06.38.

**1500m:** 1, Sohnle, 2:24.53. 2, Goelz, 2:25.26. 3, Runyon, 2:40.54.

**Overall:** 1, Sohnle, 140.359. 2, Goelz, 140.591. 3, Runyon, 152.616.

#### Jr. Ladies A

**500m:** 1, Amy Sannes, 43.54. 2, Chris Scheels, 44.16.

**1500m:** 1, Scheels, 2:13.39. 2, Sannes, 2:14.75.

**1000m:** 1, Scheels, 1:32.37. 2, Sannes, 1:33.29.

**Overall:** 1, Scheels, 134.808. 2, Sannes, 135.101.

#### Jr. Ladies B

**500m:** 1, Ann Driscoll, 44.84. 2, Bonnie Whitehill, 44.86. 3, Sarah Shapiro & Jamie Grundstrom, 45.40.

**1500m:** 1, Whitehill, 2:17.87. 2, Shapiro, 2:18.02. 3, Catherine Raney, 2:20.94.

**1000m:** 1, Whitehill, 1:32.97. 2, Shapiro, 1:35.38. 3, Grundstrom, 1:36.09.

**Overall:** 1, Whitehill, 137.301. 2, Shapiro, 139.096. 3, Driscoll, 140.790.

#### Jr. Ladies C

**500m:** 1, Jackie Linell, 46.58. 2, Mollie Shearen, 50.17. 3, Carrie Langer, 50.21.

**1500m:** 1, Linell, 2:27.10. 2, Heidi Stangl, 2:35.52. 3, Shearen, 2:35.88.

**1000m:** 1, Linell, 1:41.22. 2, Sarah Johnson, 1:48.83. 3, Langer, 1:49.63.

**Overall:** 1, Linell, 146.223. 2, Langer, 157.705. 3, Stangl, 158.560.

#### Men Sprint

**500m:** 1, Eric Klein, 38.91. 2, Heath Haster, 38.93. 3, Tim Hoffmann, 39.60.

**1000m:** 1, Hoffmann, 1:18.96. 2, Ryan Shimabukuro, 1:19.60. 3, Haster, 1:19.90.

**500m:** 1, Klein, 39.83. 2, Haster, 40.12. 3, Kevin Curtis, 41.45.

**Overall:** 1, Klein, 118.705. 2, Haster, 119.000. 3, Hoffmann, 121.260.

#### Men Allround

**500m:** 1, Jondon Trevena, 39.67. 2, Matt Kooreman, 40.00. 3, Joe DeAntonis, 41.06

**5000m:** 1, Trevena, 7:24.13. 2, Kooreman, 7:37.24. 3, Jason Hedstrand, 7:38.42.

**1500m:** 1, Trevena, 2:08.46. 2, Hedstrand, 2:09.82. 3, Pat Quinn, 2:13.54.

**Overall:** 1, Trevena, 126.903. 2, Kooreman, 130.324. 3, Hedstrand, 130.955.

#### Jr. Men A

**500m:** 1, Paul Olson, 41.11. 2, Matt Vraa, 41.13. 3, Ben Salomon, 41.47.

**3000m:** 1, Vraa, 4:19.80. 2, Olson, 4:20.03. 3, Salomon, 4:29.77.

**1500m:** 1, Olson, 2:10.00. 2, Vraa, 2:11.65. 3, Salomon, 2:16.95.

**Overall:** 1, Olson, 127.781. Vraa, 128.313. Salomon, 132.081.

#### Jr. Men B

**500m:** 1, Lucas Mills, 40.85. 2, Joey Cheek, 41.59. 3, Matt Selby, 43.21.

**3000m:** 1, Mills, 4:28.15. 2, Cheek, 4:32.17. 3, Selby, 4:50.55.

**1500m:** 1, Mills, 2:08.66. 2, Cheek, 2:13.36. 3, Selby, 2:20.04.

**Overall:** 1, Mills, 128.427. 2, Cheek, 131.404. 3, Selby, 138.315.

#### Jr. Men C

**500m:** 1, Eric Krantz, 44.15. 2, Dan King, 44.48. 3, Scott Bradford, 44.99.

**1500m:** 1, King, 2:20.71. 2, Krantz, 2:20.75. 3, Bradford, 2:25.36.

**1000m:** 1, Krantz, 1:34.44. 2, King, 1:35.52. 3, Bradford, 1:38.59.

**Overall:** 1, Krantz, 138.286. 2, King, 139.143. 3, Bradford, 142.738.



# United States International Speedskating Association News

## BASELGA DI PINÈ, ITA - World Cup - Jan. 27-28, 1996

### Ladies

**1500m:** 1, Svetlana Fedotkina, RUS; 2:08.20. 2, Gunda Niemann, GER; 2:08.61. 3, Mie Uehara, JPN; 2:08.99. Americans: 13, Becky Sundstrom, 2:10.24. 16, Christine Witty, 2:14.93. Group Two: 1, Tama Sundstrom, 2:13.42. 5, Moira D'Andrea, 2:15.43.

**3000m:** 1, Niemann, GER, 4:17.35. 2, Svetlana Bazanova, RUS; 4:17.92. 3, Elena Belci, ITA; 4:19.85. Americans Group Two: 8, B. Sundstrom, 4:41.28. 10, D'Andrea, 4:42.92. 12, T. Sundstrom, 4:54.87.

### Men

**1500m:** 1, Noake Hiroyuki, JPN; 1:56.22. 2, Neal Marshall, CAN; 1:56.49. 3, KC Boutiette, USA, 1:57.29. Americans Group Two: 1, Dave Tamburrino, 1:57.70. 12, Cory Carpenter, 2:00.27.

**5000m:** 1, Gianni Romme, NED; 6:47.42. 2, Toru Aoyanagi, JPN; 6:51.07. 3, Ritsma, NED; 6:54.53. 4, Boutiette, USA; 6:54.87. Americans Group Two: 6, Tamburrino, 6:58.82. 21, Carpenter, 7:19.56.

## INZELL, GER -- World Championships - February 2-4, 1996

### Ladies

**500m:** 1, Becky Sundstrom, USA; 41.31. 2, Annamarie Thomas, NED; 41.32. 3, Moira D'Andrea, USA; 41.50. American: 14, Tama Sundstrom, 42.53.

**1500m:** 1, Gunda Niemann, GER; 2:06.13. 2, Svetlana Bazhanova, RUS; 2:07.02. 3, Mie Uehara, JPN; 2:07.62. Americans: 8, D'Andrea, 2:09.44. 11, B. Sundstrom, 2:10.79. 14, T. Sundstrom, 2:11.81.

**3000m:** 1, Niemann, GER; 4:22.59. 2, Claudia Pechstein, GER; 4:27.96. 3, Uehara, JPN; 4:28.21. Americans: 16, D'Andrea, 4:40.80. 17, B. Sundstrom, 4:41.09. 19, T. Sundstrom, 4:41.99.

**5000m:** 1, Pechstein, GER; 4:38.02. 2, Niemann, GER; 7:38.34. 3, Uehara, JPN; 7:48.46. Americans: 10, B. Sundstrom, 8:09.92. 12, D'Andrea, 8:22.23.

**Overall Standings:** 1, Niemann, GER; 173.272 points. 2, Pechstein, GER; 175.465. 3, Uehara, JPN; 175.519. Americans: 11, B. Sundstrom; 180.748. 12, D'Andrea; 181.869. 15, T. Sundstrom; 133.464.

### Men

**500m:** 1, Hiroyuki Noake, JPN; 37.10. 2, Ids Postma, 37.59. 3, Rintje Ritsma, NED; 37.73. Americans: 6(T) KC Boutiette, 37.84. 18, David Tamburrino, 38.63. 22, Arlen Spicer, 39.33.

**5000m:** 1, Bart Veldkamp, BEL; 6:51.20. 2, Ritsma, 6:52.34. 3, Postma; 6:54.05. Americans: 7, Boutiette; 6:58.41. 8, Tamburrino; 6:59.77. 32, Spicer; 7:22.49.

**1500m:** 1, Noake, JPN; 1:53.92. 2, Postma, NED; 1:54.32. 3, Ritsma, NED; 1:54.66. Americans: 5, Boutiette, 1:55.19. 11, Tamburrino, 1:57.21. 23, Spicer, 2:00.39.

**10,000m:** 1, Ritsma, NED; 14:22.30. 2, Postma, NED; 14:27.17. 3, Frank Dittrich, GER; 14:30.18. Americans: 6, Boutiette, 14:43.62. 9, Tamburrino, 14:53.25.

**Overall Standings:** 1, Ritsma, NED; 160.299 points. 2, Postma, NED; 160.459. 3, Shirahata, 161.714. Americans: 5, Boutiette; 162.258. 11, Tamburrino; 164.339. 26, Spicer; 123.709.

## INNSBRUCK, AUT - World Cup - February 10-11, 1996

### Ladies

**500m:** 1, Svetlana Zhurova, RUS; 40.82. 2, Romomi Okazaki, JPN; 41.18. 3, Edel Therese Hoiseth, NOR; 41.28. Americans Group Two: 1, Christine Witty, 41.49. 3, Becky Sundstrom, 42.17. 4, Moira D'Andrea, 42.43.

**1000m:** 1, Witty, USA; 1:23.19. 2, Sabine Voelker, GER; 1:23.58. 3, Eriko Sanmiya, JPN; 1:23.82. Americans: 6, B. Sundstrom, 1:24.42. Group Two: 1, D'Andrea; 1:23.72. 3, Tama Sundstrom, 1:25.26.

**500m:** 1, Zhurova, RUS; 40.55. 2, Catriona LeMay, CAN; 40.97. 3, Okazaki, JPN; 41.10. Americans Group Two: 1, Witty, 41.62. 2, B. Sundstrom, 42.07. 10, T. Sundstrom, 43.43.

**1000m:** 1, Witty, USA; 1:22.49. 2, Voelker; 1:22.98. 3, Sandra Zwolle, NED; 1:23.40. Americans: 7, B. Sundstrom, 1:24.42. Group Two: 5, T. Sundstrom; 1:25.68.



# United States International Speedskating Association News

## Men

**500m:** 1, Hiroyasu Shimizu, JPN; 37.16. 2, Grunde Njos, NOR; 37.25. 3(t), Yasunori Miyabe, JPN & Sergei Klevchenia, RUS; 37.35. Americans: 16, Casey FitzRandolph, 38.42. Group Two: 11, Brendan Eppert, 38.60. 22, Cory Carpenter, 43.12.

**1000m:** 1, Juinichi Inoue, JPN; 1:15.58. 2, Adne Sondral, NOR; 1:15.86. 3(t), Sylvain Bouchard, CAN; & Gerard Van Velde, NED; 1:15.90. Americans: 7, FitzRandolph; 1:16.63. Group Two: 22, Eppert; 1:55.99 (Fall).

**500m:** 1, Manabu Horii, JPN; 37.01. 2, Sergei Klevchenia, RUS; 37.03. 3, Inoue, JPN; 37.08. Americans: 11, FitzRandolph, 37.75. Group Two: 9, Eppert, 38.38.

**1000m:** 1, Inoue, JPN; 1:15.17. 2, Sondral, NOR; 1:15.23. 3, Van Velde, NED; 1:15.48. Americans: 11, FitzRandolph; 1:16.57. Group Two: 15, Eppert; 1:18.15.

MILWAUKEE, WI - U.S. Junior Speedskating Championships - Feb. 10-11, 1996

## Ladies

### 500m

(A): 1, Amy Sannes, 42.94. 2, Christine Scheels, 43.48. 3, Jamie Grundstrom, 44.52.

(B): 1, Ann Driscoll, 44.17. 2, Kirstin Holum, 44.39. 3, Bonnie Whitehill, 44.52.

(C): 1, Michelle Hill, 45.03. 2, Jackie Linell, 46.35. 3, Sarah Williams, 46.94.

### 1500m

(A): 1, Scheels, 2:12.31. 2, Sannes, 2:12.95. 3, Grundstrom, 2:19.09.

(B): 1, Holum, 2:11.25. 2, Shapiro, 2:14.63. 3, Catherine Raney, 2:15.08.

(C): 1, Hill, 2:19.54. 2, Becky Lang, 2:27.42. 3, Williams, 2:28.04

### 1000m

(A): 1, Sannes, 1:25.61. 2, Scheels, 1:26.68. 3, Grundstrom, 1:29.80.

(B): 1, Holum, 1:26.71. 2, Whitehill, 1:28.38. 3, Driscoll, 1:28.67.

(C): 1, Hill, 1:30.83. 2, Linell, 1:34.23. 3, Lang, 1:36.32.

### 3000m

(A): 1, Scheels, 4:38.57. 2, Sannes, 4:41.39. 3, Grundstrom, 4:53.45.

(B): 1, Holum, 4:36.15. 2, Raney, 4:38.91. 3, Shapiro, 4:44.36.

(C): 1, Hill, 4:55.05. 2, Lang, 5:12.68. 3, Caroline Hallisey, 5:18.33.

### Overall Standings

(A): 1, Sannes, 176.959. 2, Scheels, 177.351. 3, Grundstrom, 184.691.

(B): 1, Holum, 177.520. 2, Shapiro, 181.424. 3, Raney, 182.006.

(C): 1, Hill, 186.133. 2, Linell, 196.086. 3, Lang, 196.493.

## Men

### 500m

(A): 1, David Needham, 40.16. 2, Matt Vraa, 40.49. 3, James Edwards, 40.55.

(B): 1, Lucas Mills, 39.76. 2, Nick Pearson, 39.94. 3, Joseph Cheek, 40.12.

(C): 1, Dan Weinstein, 40.93. 2, Brandt Matosich, 41.69. 3, Scott Bradford, 43.27.

### 3000m

(A): 1, Vraa, 4:16.47. 2, Paul Olson, 4:16.80. 3, Ben Salomon, 4:23.24.

(B): 1, Mills, 4:19.61. 2, Cheek, 4:24.35. 3, Pearson, 4:25.26.

(C): 1, Weinstein, 4:26.88. 2, Krantz, 4:51.55. 3, James Cooley, 4:55.93.

### 1500m

(A): 1, Vraa, 2:01.54. 2, Olson, 2:02.73. 3, Needham, 2:03.25.

(B): 1, Mills, 2:03.05. 2, Pearson, 2:03.56. 3, Cheek, 2:05.25.

(C): 1, Weinstein, 2:08.29. 2, Matosich, 2:14.99. 3, Eric Krantz, 2:16.73.

### 5000m

(A): 1, Vraa, 7:27.41. 2, Salomon, 7:35.08. 3, Olson, 7:35.39.

(B): 1, Mills, 7:32.88. 2, Pearson, 7:33.10. 3, Cheek, 7:35.06.

### 1000m

(C): 1, Weinstein, 1:23.08. 2, Matosich, 1:25.68. 3, Bradford, 1:27.98.



# United States International Speedskating Association News

## Overall Standings

(A): 1, Vraa, 168.489. 2, Olson, 170.269. 3, Needham, 170.799.

(B): 1, Mills, 169.332. 2, Pearson, 170.646. 3, Cheek, 171.434.

(C): 1, Weinstein, 169.713. 2, Matosich, 179.302. 3, Krantz, 183.222.

## HEERENVEEN, NED -- World Sprint Championships - Feb. 17-18, 1996

### Ladies

**500m:** 1, Svetlana Zhurova, RUS; 39.85. 2, Catriona Lemay, CAN; 39.88. 3, Susan Auch, CAN; 40.22. Americans: 8, Christine Witty, 40.44. 14, Becky Sundstrom, 40.91. 31, Moira D'Andrea, 54.29 (Fall).

**1000m:** 1, Witty, USA; 1:20.63. 2, Edel Therese Hoiseth, NOR; 1:21.13. 3, Sabine Voelker, GER; 1:21.46. Americans: 10, Sundstrom, 1:22.24. 17, D'Andrea, 1:22.92.

**500m:** 1, Lemay, CAN; 39.96. 2, Tomomi Okazaki, JPN; 40.01. 3, Hoiseth, NOR; 40.10. Americans: 11, Witty, 40.43. 15, Sundstrom, 40.71. 18, D'Andrea, 40.83.

**1000m:** 1, Witty, USA; 1:19.97 (track record). 2, Franziska Schenk, GER; 1:20.30. 3, Shiho Kusunose, JPN; 1:20.40. Americans: 8, Sundstrom, 1:21.62. 15, D'Andrea, 1:22.27.

**Overall Standings:** 1, Witty, 161.170 points. 2, Hoiseth, 161.350. 3, Schenk, 162.270. Americans: 10, Sundstrom, 163.550. 29, D'Andrea, 177.715.

### Men

**500m:** 1, Hiroyasu Shimizu, JPN; 36.26. 2, Sergei Klevchenja, RUS; 36.42. 3, Yasunori Miyabe, JPN; 36.75. American: 11, Casey FitzRandolph, 37.14.

**1000m:** 1, Klevchenja, RUS; 1:13.25. 2, Adne Sondral, NOR; 1:14.01. 3, Manabu Horii, JPN; 1:14.17. American: 12, FitzRandolph, 1:14.74.

**500m:** 1, Hiroyasu Shimizu, JPN; 39.95 (track record). 2, Sergei Klevchenja, RUS; 36.06. 3, Horii, JPN; 36.33. American: 11, Casey FitzRandolph, 36.81.

**1000m:** 1, Klevchenja, RUS; 1:13.10. 2, Shimizu, JPN; 1:13.22. 3, Sung-Yeol Jeagal, ROK; 1:13.38. American: 13, FitzRandolph, 1:14.34.

**Overall Standings:** 1, Klevchenja, 145.655 points. 2, Shimizu, 146.135. 3, Horii, 147.300. American: 9, FitzRandolph, 148.490.

## ROSEVILLE, MN - World Cup Sprint - Feb. 23-24, 1996

### Ladies

**500m:** 1, Tomomi Okazaki, JPN; 40.65. 2, Svetlana Zhurova, RUS; 40.68. 3, Edel Therese Hoiseth, NOR; 40.49. Americans Group Two: 1, Christine Witty, 41.75. 2, Moira D'Andrea, 42.13. 3, Becky Sundstrom, 42.40. 7, Chantal Dunn, 43.48. 9, Kim Strzykalski, 43.78.

**1000m:** 1, Hoiseth, NOR; 1:23.35. 2, Witty, USA; 1:23.44. 3, Franziska Schenk, GER; 1:23.68. Americans: 14, B. Sundstrom, 1:26.12. Group Two: 2, D'Andrea, 1:24.43. 5, Tama Sundstrom, 1:25.20. 7, Dunn, 1:27.34.

**500m:** 1, Okazaki, JPN; 41.14. 2, Oksana Raviolova, RUS; 41.64. 3, Susan Auch, CAN; 41.76. Americans Group Two: 1, Witty, 42.21. 2, D'Andrea, 42.38. 3, B. Sundstrom, 42.48. 9, Dunn, 43.60. 10, Strzykalski, 44.73.

**1000m:** 1, Schenk, GER; 1:22.21. 2, Hoiseth, NOR; 1:22.31. 3, Shiho Kusunose, JPN; 1:22.58. Americans: 4, Witty, USA; 1:22.61. 12, B. Sundstrom, 1:25.04. Group Two: 1, D'Andrea, 1:22.98. 4, T. Sundstrom, 1:24.40. 7, Dunn, 1:26.41.

### Men

**500m:** 1, Manabu Horii, JPN; 37.08. 2, Junichi Inoue, JPN; 37.09. 3, Sergei Klevchenja, RUS; 37.10. Americans: 9, Casey FitzRandolph, 37.72. Group Two: Brendan Eppert, 38.92. 12, Patrick Kelly, 39.00. 14, Cory Carpenter, 39.18. 15, Eric Klein, 39.53.

**1000m:** 1, Sung-Yeol Jeagal, ROK; 1:15.31. 2, Inoue, JPN; 1:15.35. 3, Adne Sondral, NOR; 1:15.64. Americans: 7, FitzRandolph, 1:15.90. Group Two: 5, Carpenter, 1:17.42. 7, Kelly, 1:17.90. 14, Eppert, 1:19.62.

**500m:** 1, Jeagal, ROK; 38.04. 2, Toshiyuki Kuroiwa, JPN; 38.16. 3, Hiroyasu Shimizu, JPN; 38.18. Americans: 10, FitzRandolph; 38.65. Group Two: 2, Kelly, 38.42. 9, Klein 39.23. 12, Heath Haster, 39.53. Eppert, 38.92. 13, Carpenter; 40.51.



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**1000m:** 1, Miyabe, JPN; 1:14.70. 2, Junichi Inoue, JPN; 1:14.73. 3(t), Adne Sondral, NOR; & Roland Brunner, AUT; 1:15.06. Americans: 9, FitzRandolph, 1:15.82. Group Two: 6, Kelly, 1:17.43. 7, Jondon Trevena, 1:17.60. 8, Carpenter, 1:17.66.

**MILWAUKEE, WI - World Cup Allround - Feb. 24-25, 1996**

## Ladies

**1500m:** 1, Mie Shimizu, JPN; 2:03.60. 2, Gunda Niemann, GER; 2:03.99. 3, Annamarie Thomas, NED; 2:04.68. Americans: 9, Tama Sundstrom, 2:05.85. 16, Becky Sundstrom, 2:09.76. Group Two: 2, Moira D'Andrea, 2:05.99. 7, Chantal Dunn, 2:09.36. 11, Chris Scheels, 2:12.33.

**3000m:** 1, Niemann, GER; 4:18.57. 2, Mie Uehara, JPN; 4:21.06. 3, Claudia Pechstein, GER; 4:21.25. Americans Group Two: 4, Kirstin Holum, 4:30.73. 5, Scheels, 4:34.78. 6, Cory Goelz, 4:36.90. 8, Hilary Mills, 4:41.57.

## Men

**1500m:** 1, Hiroyuki Noake, JPN; 1:52.57. 2, Neal Marshall, CAN; 1:52.98. 3, KC Boutiette, USA; 1:52.99. Americans: 14, Dave Tamburrino, 1:56.36. Group Two: 5, Tim Hoffmann, 3:56.15. 6, Arlen Spicer, 1:56.34. 16, Jeff Benjamin, 1:58.72.

**5000m:** 1, Rintje Ritsma, NED; 6:47.86. 2, Keiji Shirahata, JPN; 6:47.99. 3, Gianni Romme, NED; 6:49.71. Americans: 9, Boutiette, 6:52.90. Group Two: 6, Tamburrino, 7:02.07. 10, Spicer, 7:07.38.

## SHORT TRACK

**COURMAYEUR, ITA - World Junior Short Track Championships - Jan. 27-28, 1996**

### Ladies

**1500m:** 1, Ikue Teshigawara, JPN; 2:48.17. 2, Kim Moon-Jung, ROK; 2:48.41. 3, Erin Porter, USA; 2:48.66. 4, Noriko Owari, JPN; 2:50.61. Americans: Julie Goskowicz, eliminated in semi-final.

**500m:** 1, Teshigawara, JPN; 47.72. 2, Josie Simson, CAN; 47.79. 3, Noriko Owari, JPN; 47.91. 4, Mara Zini, ITA; 48.14. Americans: Porter, fall. Goskowicz, eliminated in quarter-final.

**1000m:** 1, Teshigawara, JPN; 1:39.10. 2, Ro-Sa Hong, ROK; 1:39.21. 3, Porter, USA; 1:39.35. 4, Moon-Jung, ROK; 1:39.52. Americans: Goskowicz, eliminated in semi-final.

**1500m:** 1, Porter, USA; 2:39.98. 2, Teshigawara, JPN; 2:40.11. 3, Hong, ROK; 2:40.41. 4, Moon-Jung, ROK; 1:39.52.

**Overall Standings:** 1, Teshigawara, JPN; 18 points. 2, Porter, USA, 9 points. 3 (t), Moon-Jung, ROK & Hong, ROK, 5. American: 10, Julie Goskowicz.

### Men

**1500m:** 1, Sang-Jun Lee, ROK; 2:24.36(WR). 2, Jean-Francois Monette, CAN; 2:24.84. 3, Jonathan Guilmette, CAN; 2:25.37. 4, Naoya Tamura, JPN; 2:26.75. Americans: Kip Carpenter, eliminated in semi-final. Rusty Smith, fall.

**500m:** 1, Monette, CAN; 43.61. 2, Guilmette, CAN; 43.73. 3, Naoya Tamura, JPN; 43.93. 4, Carpenter, USA; 44.30. American: Smith, fall.

**1000m:** 1, Takehiro Kodera, JPN; 1:36.37. 2, Carpenter, USA; 1:36.58. 3, Christian Guamori, ITA; 1:36.91. 4, Balazs Knoch, HUN; 1:38.54. Americans: Smith, eliminated in semi-final.

**1500m:** 1, Lee, ROK; 2:28.53. 2, Tamura, JPN; 2:29.17. 3, Monette, CAN; 2:29.46. 4, Carpenter, USA; 2:32.15.

**Overall Standings:** 1 (t), Monette, CAN & Lee, ROK; 10 points. 3, Tamura, JPN; 6. Americans: 4(t) Carpenter; 5. 15, Smith.

**SARATOGA SPRINGS, NY -U.S. Short Track Championships - Feb. 17-18, 1996**

### Ladies

**9 Lap Time Trial:** 1, Julie Goskowicz, 1:36.50. 2, Amy Peterson, 1:37.32. 3, Erin Porter, 1:37.95. 4, Erin Gleason, 1:39.37.





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**1500m:** 1, Porter, 2:34.51. 2, Peterson, 2:35.15. 3, Karen Cashman, 2:36.77. 4, Goskowicz, 2:53.02.

**1000m:** 1, Porter, 1:40.25. 2, Cashman, 1:40.70. 3, Goskowicz, 1:40.80. 4, Peterson, DQ.

**500m:** 1, Peterson, 46.63. 2, Cashman, 47.12. 3, Goskowicz, 53.41. 4, Porter, 56.22.

**3000m:** 1, Peterson, 6:13.31. 2, Goskowicz, 6:13.52. 3, Porter, 6:13.53. 4, Gleason, 6:14.83.

**Overall Ranking:** 1, Amy Peterson. 2, Erin Porter. 3, Julie Goskowicz. 4, Karen Cashman. 5, Erin Gleason.

## Men

**9 Lap Time Trial:** 1, Tony Goskowicz, 1:29.80. 2, J.P. Shilling, 1:30.81. 3, Scott Koons, 1:31.22. 4, Rusty Smith, 1:31.69.

**1500m:** 1, Goskowicz, 2:21.70. 2, Andy Gabel, 2:21.87. 3, Mike Kooreman, 2:21.99. 4, Shilling, 2:22.04.

**1000m:** 1, Goskowicz, 1:30.47. 2, Kip Carpenter, 1:30.62 (unofficial Junior World Record). 3, Gabel, 1:31.22. 4, Kooreman, 1:31.51.

**500m:** 1, Gabel, 43.55. 2, Goskowicz, 43.63. 3, Porter, 44.42. 4, Coyle, 1:10.39.

**3000m:** 1, Goskowicz, 5:07.32. 2, Shilling, 5:07.53. 3, Koons, 5:07.91. 4, Smith, 5:08.01.

**Overall Ranking:** 1, Tony Goskowicz. 2, Andy Gabel. 3, J.P. Shilling. 4, Scott Koons. 5, Mike Kooreman.

## SARATOGA SPRINGS, NY - Olympic Festival Training Group Trials - Feb. 17-18, 1996

### Olympic Festival Training Group Qualifiers

#### Ladies

1, Erin Porter. 2, Julie Goskowicz. 3, Erin Gleason. 4, Whitney McGill. 5, Kelly Anderson. 6, Sarah Lang. 7, Caroline Hallisey. 8, Therese Lease. 9, Sarah Elliott. 10, Katie Krall. 11, Penelope Lang. 12, Tracy Northup. 13, Kristen Brophy. 14, Kelly O'Hare. 15, Stacy Clever. 16, Meghan Everett. 17, Sarina Hayden. 18, Colleen Hangac.

#### Men

1, Tony Goskowicz. 2, Scott Koons. 3, Mike Kooreman. 4, Kip Carpenter. 5, Rusty Smith. 6, Tom O'Hare. 7, Scott Simunjak. 8, Steve Refsland. 9, Jeb Gorham. 10, David Needham. 11, Ian Baranski. 12, Seth Davidowitz. 13, Chad Richards. 14, Daniel Weinstein. 15, Tony Strzykalski. 16, Christopher Weaver. 17, Apolo Anton Ohno. 18, Christopher Needham.

## GRONINGEN, THE NETHERLANDS -- Open Dutch Championships - Feb. 24-25, 1996

#### Ladies

**1500m:** 1, Anastassia Razina, RUS; 3:01.46. 2, Julie Goskowicz, USA; 3:01.66. 3, Erin Porter, USA; 3:02.14. 4, Anke Jannie Landman, NED; 3:02.18. 5, Amy Peterson, USA; 3:04.15.

**500m:** 1, Marina Pylaeva, RUS; 48.02. 2, Irina Vedemikova, RUS; 48.47. 3, Yvonne Kunze, GER; 48.60. 4, Elena Tikhonina, RUS; 48.74.

**1000m:** 1, Gleason, USA; 1:45.23. 2, Natalia Svertchkova, UKR; 1:45.35. 3, Kunze, GER; 1:45.43. 4, Esmeralda Ossendrijver, NED; 1:45.80.

**3000m:** 1, Goskowicz, USA; 5:32.30. 2, Porter, USA; 5:32.41. 3, Landman, NED; 5:32.67. 4, Kunze, GER; 5:32.91. Americans: 8, Erin Gleason, 5:42.26.

**Relay:** 1, USA, 4:36.88. 2, Russia, 4:39.51. 3, Netherlands "B", 4:52.22.

**Overall Ranking:** 1, Goskowicz. 2(t), Gleason, Kunze, Pylaeva, Porter & Razina. Americans: 12, Peterson. 21, Karen Cashman.

#### Men

**1500m:** 1, Willy O'Reilly, GRB; 2:35.33. 2, Marc Velzeboer, NED; 2:35.49. 3, Martin Johnson, SWE; 2:35.64. 4, Mike Kooreman, USA; 2:37.88.

**500m:** 1, Richard Nizielski, AUS; 44.13. 2, Arian Nachbar, GER; 44.18. 3, Sergei Mayorov, RUS; 44.30. 4, Willy O'Reilly, GRB; 54.58.

**1000m:** 1, Alexei Ivliev, RUS; 1:37.85. 2, Scott Koons, USA; 1:37.99. 3, Sergei Kobzyev, RUS; 1:38.00. 4, Nachbar, GER; 1:46.81.

**3000m:** 1, Velzeboer; 5:13.61. 2, O'Reilly, GRB; 5:14.02. 3, Nachbar, GER; 5:14.93. 4, Kobzyev, RUS; 5:16.94. Americans: 6, Koons; 5:28.14.



## United States International Speedskating Association News

**Relay:** 1, USA; 7:19.20. 2, Netherlands "A", 7:19.25. 3, Australia, 7:23.51. 4, Russia, 7:25.68.  
**Overall Ranking:** 1, O'Reilly. 2, Velzeboer. 3, Nachbar. 4(t), Nizielski & Ivliev. Americans: 6(t)  
 Koons. 10, Kooreman. 17, Andy Gabel. 33, J.P. Shilling. 43, Tony Goskowicz. ♥

### Highlights

- \* Erin Porter of Saratoga Springs won four medals at the World Junior Short Track Championships in Courmayeur, Italy. She placed third in the 1500 and third in the 1000 on the first day and won the 1500 on Sunday. She ranked second overall.
- \* Chris Witty won the World Sprint Championship in Heerenveen by winning both 1000m races while skating a track record in one of them. Bonnie Blair had won the titles in 1989, 1994 and 1995.
- \* KC Boutiette won his first international speedskating medal at a World Cup Meet in Baselga di Pine, Italy, on January 29.
- \* Becky Sundstrom won the 500m event on the first day of the World Allround Championship in Inzell, Germany, and Moira D'Andrea was third.
- \* KC Boutiette place third in the 1500m event at the World Cup Allround in Muilwaukee on February 25.

### LONG TERM RESIDENCE PROGRAM AT LAKE PLACID OTC

The United States International Speedskating Association is now accepting applications for the Residency Program at the Olympic Training Center in Lake Placid, NY.

Applicants for the Long Term Residency Program must be ranked in the top 20 in the senior division or in the top 10 in the junior division. This program will be starting during the month of June, 1996, and go through March 31, 1997. Applicants must be at least 15 years old. The applicants will be reviewed by a USISA Development subcommittee, with input from USISA Development coaches and Program Director. The subcommittee will then choose skaters accepted into the program, subject to USOC approval, based on ranking, potential and age. All athletes approved for these programs must sign the OTC Code of Conduct and Residency Program Letter of Intent.

Anyone interested should contact the USISA National Office, P.O. Box 16157, Rocky River, OH 44116, (216)899-0128, to obtain an application form. Deadline for application is April 1, 1996.

### DAN JANSEN STORY *(Continued from page 30)*

from his arms, above his head. So many time before I had seen Dan's arms drop in despair, downset arms and hunched shoulders, as if to ask what

happened. But not this day. This was Dan's day, and as he hoisted his daughter high above his head his eyes shown through, blue as they ever were.

## SUMMER SPEEDSKATING CAMP

Saratoga Springs, New York

July 19-21, 1996

**HEAD COACH: PAT MAXWELL**

This camp is open to all skaters ages 10 and up with prior skating experience. The schedule will include 5½ hours of ice time at the site of the 1996 U.S. Short Track Championships beginning Friday evening July 19, plus dry land training. The focus of the camp will be on improving skating technique. The camp is sponsored by the Saratoga Winter Club and will cost \$75.00 per skater. Application forms have been mailed to association secretaries. For more information, contact Ann Cooley, (518) 587-5906.



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## Shirley Says...

- The season is over and that means focusing on your off-season speedskating activities. Plan now to attend one of the six camps scheduled for the summer.

ASU/USISA Camp, June 22-29 at the Olympic Education Center, Marquette, MI.

ASU Midwest Regional Camp, July 13-20 - St. Louis, MO.

ASU/USISA Camp, July 20-27 - Olympic Training Center, Colorado Springs, CO.

ASU East Regional Camp, July 27-Aug. 3 - Frederick, MD.

ASU West Regional Camp, Aug. 3-10 - Eugene, OR.

ASU/USISA Camp, Aug. 10-17 - Olympic Training Center, Lake Placid, NY.

The applications for these camps are in this Racing Blade. Don't delay. The camps may fill up fast. If you have any questions, contact the ASU Camp Coordinator David Kennedy at 301 W. Pennsylvania Ave., Towson, MD 21204 410/828-7470.

- Everyone is welcome to attend the ASU Convention scheduled for May 17-19 at the Days Inn in Bloomington, MN. If you have not already made your reservations, you should do so immediately. Call the Days Inn at 612/854-8400 and ask for the ASU Convention rate. Activities will range from workshops and officials clinics to a Saturday evening awards banquet. But emphasis throughout the weekend will be on more than 40 proposals for new legislation and rule changes that have been submitted by our associations. You will be a part of it all. Come and see our democratic process at work!

- Don't forget to call AAA Travel Agency for all your travel needs - business, pleasure and especially, speedskating! They have a dedicated staff to serve ASU travelers. You may call 800/922-9168 or

314/523-7383. Many ASU members take advantage of this easy way to travel!

- Our membership year runs from June 1-May 31. If that seems like an odd span of time considering that our season starts in October and is usually over by the end of March, consider this: if you want to attend an ASU camp during the summer, you must be a member, and if you are planning to participate in early fall trials or other events, you must be a member. We know it takes most of you time to get yourself in gear so we are giving you the summer to fill out a simple form and return it. If we had a membership year starting later, it might mean you would be turned away from summer and early fall activities. Membership renewal forms will go out early in the summer.

- Did you know the Amateur Speedskating Union has had its own credit card since 1993? It's very distinctive - it has a pack of little speed skaters on it. Lots of our members are showing their loyalty and dedication to furthering the sport and the goals of the ASU by signing up for this Gold MasterCard through MBNA America. The ASU receives quarterly royalties from MBNA based on the number of new and renewed accounts and number of retail transactions. I'm happy to report that the revenues have been growing steadily but we could do so much better if more of you would join us. Call the National Office for details on how to do that.

- Watch for a new look in our 1996 ASU Catalogue. A new Middle Atlantic Assn. member, Ernie Marsh, has volunteered to help me revamp the catalogue. We'll be adding and updating - maybe making it more fun to peruse? It will still go to Dennis Marquard in Ohio for printing, be available in quantity at the 1996 Convention for delegates to take back to their clubs and will be distributed widely from the National Office all year.

## SUMMER TRAINING CAMP - NORTHWOOD UNIVERSITY

Midland, Michigan • July 28 - August 3, 1996

Sponsored by the Michigan Speedskating Association  
Arrangements by the Midland Speedskating Club

Open to all speed skaters. The camp program will be adapted to age and ability.

The maximum number of resident skaters that can be accepted is 50.

Camp applications and additional information may be obtained from:

DON KANGAS, Phone (517) 631-3863, 5112 Nurmi Drive, Midland, MI 48640

Camp Fee \$250.00, includes daily ice time at Midland Civic Arena, room and meals at Northwood University.

Completed application and \$100.00 deposit is due on May 15, 1996. Deposit is refundable if canceled by

July 14, 1996. Balance of \$150.00 is due on July 14, 1996.

# ORGANIZATION FORMED TO GUIDE THE SPORT OF OUTDOOR INLINE RACING

The United States Association for Inline Racing™ (USA Inline Racing™) has been formed to provide leadership and management to the outdoor racing segment of inline skating. The mission of USA Inline Racing is: "To foster the growth and development of the sport of outdoor inline racing by producing programs that increase the athlete base, improve the quality of events and increase the quantity of races while providing value to the media and the sponsors of the sport."

USA Inline Racing will work in conjunction with the competition arm of the International Inline Skating Association Sports and Competition Council (USA/SCC) to sanction races, arrange insurance for events, produce USA Inline Racing National Championship events and to produce the National Points Circuit™ (NPC™). USA Inline Racing will build the sport by developing programs for new skaters, adding structure existing competitions and maintaining a ranking system for athletes.

The need for improved management became apparent at a round table discussion in Atlanta at the Super Show in February. *Inline Retailer* magazine, and the IISA/CC hosted the meeting to discuss issues surrounding the sport. The underlying conclusion of the meeting was that the sport of outdoor inline racing will grow with better

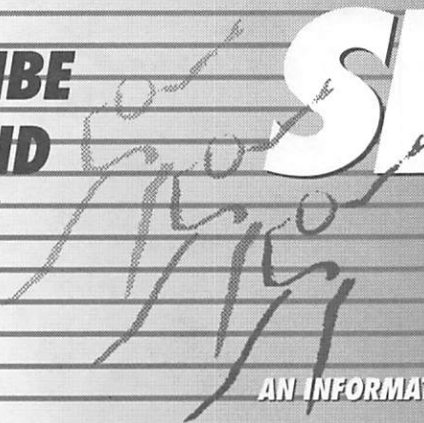
management, leadership and focus. It was also recognized that while overall participation in inline skating is growing, the racing segment has stabilized in recent years. The meeting consisted of athletes, manufacturers, promoters, sports marketing specialists, coaches, retailers and members of the media.

The immediate priorities of USA Inline Racing include the successful production of the National Points Circuit and the selection of the USA Inline Racing National Championship sites for the 1996 season USA Inline Racing and the IISA/SCC will produce revised promoter and competitor guidelines for the NPC and other inline races for 1996. Additionally, the organization will form a Board of Directors and adopt a set of by-laws in the near future.

USA Inline Racing is set up as a tax exempt 501(c)(3) Amateur Sports Organization (ASO). The program is a result of a joint effort between RollerDome Sports Marketing, Inc. and Pro-Fit Productions, Inc. Dan Lind of RollerDome Sports Marketing has been hired as the Director of program.

The National Points Circuit (NPC) will continue for 1996 as the flagship program of USA Inline Racing. The NPC may involve up to 25 races for 1996. Events that meet the base qualifications of the NPC may be allowed to be part of the NPC. The races that provide more prize money, more prestige and national media will receive higher point values.

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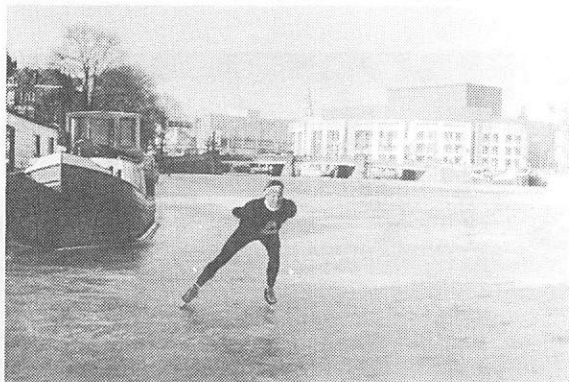
## MISSOURI SKATING ASSOCIATION

by Mary E. Chapin

So far we have had a fun season for us Southerners. We have seen our membership grow for the fourth consecutive year and our skaters have been doing very well. Of course we are excited about the National Short Track Championships being held in our home State.

On April 11, we will have our annual MSA Banquet and Awards Night. We will then have our election of officers for the next season. This will be held at the Kirkwood Recreation Complex where trophies from our Budd & Lee Doyle Series will be awarded. This series has been one of the highlights of our season.

The Class B Novice Winners are: Tiny Tot Girls, Victoria Vanderheide; Tiny Tot Boys, Patrick Tanner; Pee Wee Girls; Andrea Russell; Pee Wee Boys; a tie between Gregory DePew and Alex Tuchel-Beyhl; Pony Girls; Christine Clarke; Pony Boys, Andrew Jarvis; Midget Girls; Ashley Lewis; Midget Boys, Brian Hardnacke; Juvenile Girls, Heather Corey; Juvenile Boys, Craig Goodloe; Junior Girls, Bridget Convery.

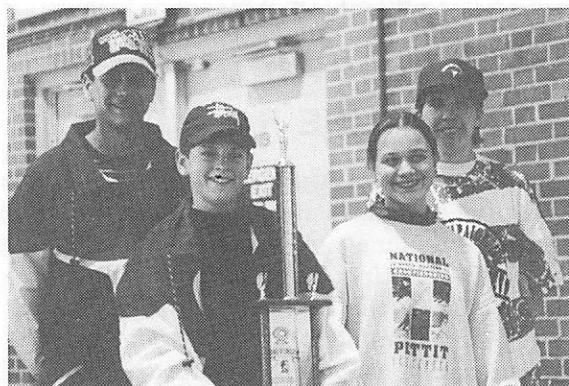


MSA Treasurer Jim Haack skating in Amsterdam on a recent trip abroad.

The Class A Winners are: Pee Wee Girls; Harper Phillips; Pee Wee Boys, Sean Dobberstein; Pony Boys, Ryan Leyland; Midget Girls; Lauren Ward; Midget Boys, J P Kepka; Juvenile Girls, Katie Kepka; Juvenile Boys, Gordon Ward; Senior Women, Heather Dudley; Senior Men, Jim Haack; Master Men, a tie between Harlan Kwiatek and Gary Tobin; Master Women, Peggy Clarke and Grand Master Men, Tom Reichard.

MSA President Charlie Brown, who conducts our Saturday morning ASU Badge Program, has been appointed Skating Merit Badge Counselor for the Boy Scouts of America.

Frank & Honora Eppert and Jim & Liz Chapin became Grandparents again on January 13 with the arrival of Nora Catherine, the new daughter of Kevin & Theresa Chapin. Hopefully with all their skating genes we'll be strapping her into skates in a few years.



Missouri's winning relay team at the Land of Lincoln meet: Gordon Ward, Misi Yoth, Katie Kepka and Mary Ann Layden-Cirks

Our two injured skaters, Bob Scherl and John Vandersall are still on the mend. Bob had additional surgery recently and is in a full leg cast. Nerve tissue transfer was the procedure and we wish Bob a speedy recovery. John is still in therapy and improving.

Kelly O'Hare was the top point scorer in the Ladies Olyfest Training Group Trials in Saratoga Springs. We wonder why it retains the name when the event has been buried. Tom O'Hare and Steve Refsland both made the top 16 cut in the Mens World Team trials and finished 10th and 15th respectively. Some very tough competition.

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**VIKING**

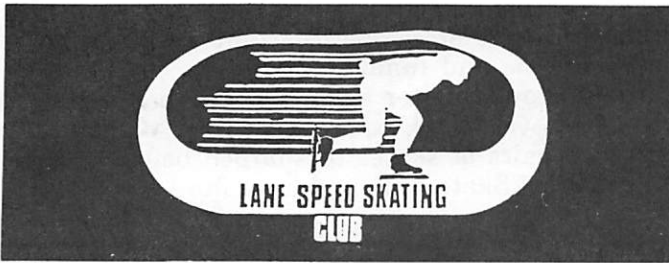
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## Lane Speedskating Club

by Barbara F. Kull, Secretary

Yikes! The deadline nears and I'm fortunate to have noted the need to mail instead of fax the articles for The Racing Blade. My first reaction to the news that faxing wasn't going to be an option had me in a panic. My life is almost always faster than my skating. At least it feels that way. Fortunately for me, I live within a half mile of my work. I can leave the house at 8:00 a.m. and still be there by 8:00 a.m.! (It doesn't hurt to be married to the employer when the plan fails.) My starts each day on the home front are probably similar to many of your daily beginnings. We do everything fast in the mornings. It is almost like a relay race. Instead of a baton, we hand off the lunch sacks.

As I share this with you, I can feel my body becoming anxious, nervous, stressed. Some like to call the feeling excitement. I have had similar feelings when I was waiting for the gun to go off at the start of a race. Some things just don't need to be this way. I am realizing this finally. Actually I am grateful that it will be necessary to plan my life better, around some of the deadlines I encounter. This is the push I needed to not procrastinate. Coincidentally it was this time last year, that I was racing to get my article finished before my trip to the Grand Canyon. We leave for Arizona March 6th.... some things never change. Incidentally if you are interested in our Grand Canyon adventures, one of our fellow backpackers has an article with photos on the Internet.

Back to the subject of skating. As you may have heard, Oregon had some major challenges with an over abundance of precipitation in the month of February. The week before the deluge, we had a freeze that created huge problems. It all happened in the wrong order. We could have been skating all over the Willamette Valley. Just a thought.

That brings me to the topic of our former club member Vickie Vanartsdalen. Vickie moved to Oakdale, Mn. this past summer to further her education and be close to ice. She is like my own roving speedskating reporter. I get long informative letters about the climate and condition of the ice in Minnesota and photos! I loved the story about the lake skating and how you can see fish and plant life through the ice as you skate! She related, that in the past, thousands of skaters and spectators would be at the lakes for skating events. The subzero temperatures and the windchills aren't even deterrents for many ice enthusiasts.

I wonder why there isn't the interest of the past in our sport. Could it be that we have far too many options available to us these days? When I think of all the things our family pursues, we barely have time for rest! My husband asked me why I didn't just bring my bed to the ice arena.... I defended myself unsuccessfully. I *am* on the ice Monday, Wednesday, Thursday, Saturday and Sunday. I would like to be there the other days, but *my pesky* occupation interferes. Elmars suggested that I do what he did, retire!

I haven't been in speed skates for all of the time I spend on the ice. I've been experimenting with hockey skill classes and figure skating recently. I have gained a tremendous respect for the challenges of learning blade-to-ice concepts in all three forms of skating. I am also gleaning some insights on coaching styles from my experiences with the many skilled coaches at LCI. Also, one figure skater has expressed a desire to give speedskating a try! I believe that the willingness to "cross" lines" can only be beneficial. The adult public sessions are dominated by figure skaters and we have come to a place of friendly tolerance for each others needs to use and share the ice without irritation. Elmars has however, expressed concerns when I skate in the *other* skates..I won't give up my speedskating!

Unfortunately our March 2 PACIFIC NORTHWEST CHAMPIONSHIPS had to be cancelled because there were not enough skaters registered to participate. We had only 19 skaters registered by our deadline. This was certainly a disappointment for those who were planning to race. We were looking forward to a good turnout and some exciting races, not to mention the spaghetti feed to follow the event.

My mail held some surprises for me. I received a beautiful postcard of the Ice Rink Ritten, in Italy from Ben Strehle! Ben is from Eugene, and is training in Milwaukee. We here, wish him success in his goals and dreams! Ben has been a host to many of us from Eugene who have been to Milwaukee to experience Long Track ice. Our own Patty Quinlan sent me a letter. She is recovering from surgery to a tendon, lets all keep our fingers crossed that she'll be back on the ice with us in the fall, or sooner! We have missed her enthusiasm and presence. A letter from Lon and Glenda Bundy surprised me also. They shared with me some of the history on Brent, which I was thrilled to learn about. As I shared with you in December, Brent was here in September for a weekend training camp. It was an exceptional weekend. We would love to have Brent return. Thanks again Brent!

Speed skaters were in SHAPE magazine, and in SPORTS ILLUSTRATED FOR KIDS. Linda Runyan and Apolo-Anton Ohno were featured in these publications in the December '95 and February '96 issues respectively. I had the pleasure of meeting Linda when I was in Wisconsin last year and Apolo-Anton is from our own Pacific Northwest and has raced with us at LCI!

I hope that you all saw The Dan Jansen Story. I

shed many tears that evening. I find it hard to believe that there are people who don't know who Dan is, as Joyce Leggatt shared in her inside story. I am glad that if they didn't, they may now.

Recently I ran across an advertisement for decorative frames, and there in the frames were photos of figure skaters and speedskaters! They appear to be old photos. I wonder where the speedskating photo was taken. I am enclosing it so that perhaps someone recognizing the scene can tell us.

For the final piece of news, which is very exciting to us in the Lane Speedskating Club, there will be an ASU West Regional Camp in Eugene, Oregon, at Lane County Ice, August 3-10! I've got my calendar marked for this event! We hope to see you here!

If you have never been to Oregon, you may send for a free Oregon Travel Guide by calling 1-800-547-7842. I'm sure that by August we'll have completely dried up from all the torrential rains in February!

Our club counted 17 skaters last weekend! We had some first timers on the ice, which we love to see. Al Menghi said it well. **FIRST IMPRESSIONS COUNT.** Please see Page 6 of the February '96 Racing Blade, lower left corner. People can be easily intimidated by athletes in an elite sport, we only hurt ourselves when we don't extend a friendly welcome to others. They may be our future

skaters and supporters. As I mentioned earlier, there is a lot of competition out there for recreational time and funding.

Holy Crow, I better get going! The life race is on, lots to do yet today, before I get to go play and I've got two pairs of skates to sharpen before our club time today! Skate well, and have fun!

## GREATER MINNESOTA SPEEDSKATING ASSOCIATION

By Ken Vraa

What a season for Minnesota speedskaters. The "Great Gods of Speedskating" were very good to us, while the "Gods of Weather" were fickle. The two big pack style events of the year, the John Rose Minnesota Open suffered through near blizzard conditions.

The North American Long Track Championships set records for cold temperatures. A brave and hardy group competed in two days of bright sunshine and near windless conditions along with temperatures in the minus 20s. Certificates were made and given to each skater recognizing their participation in the coldest North American Championship ever. Fortunately, the other meets of the year met with more traditional Minnesota weather conditions.

The Junior Regional and American Cup I and II were blessed with moderate, even nice conditions. The first ever international competition at the Oval, the World Cup Sprints, went smoothly with almost too nice conditions when the second days events had to be delayed for three hours by 55 degree temperatures and the warm sunshine softening the ice. But what an event. Organizers did an unbelievably good job of meeting the skaters' needs. Many skaters and coaches commented that "this was the best World Cup event of the year." Much of the success of the event has been given to Bob Bierscheid of the Roseville Parks and Recreation Department and his Oval staff.

Congratulations are in order to the Minnesota skaters who placed at the National and North American Championships and to those skaters who made Category 1 at the USISA Trials. Congratulations also to Amy Sannes and Matt Vraa for winning their respective divisions at USISA's Jr. Championships. Both will represent the U.S. along with other skaters at the Jr. Worlds in Calgary.

Rose Kline, Chair of the host committee for this year's ASU Convention reminds everyone to get their plans finalized to attend the convention in Minnesota. Rose will have everything ready.

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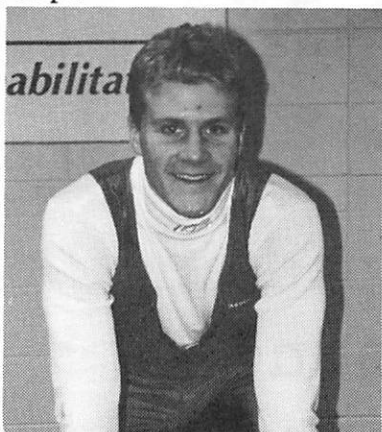


By  
Brad  
Goskowicz

As we enter the home stretch on this speedskating season, we in Wisconsin feel like we have a lot to talk about this season. We have a record registration again this year, primarily among the younger novice skaters. This bodes well for our future. More parents have gotten involved with officiating, and we now have some depth in that area.

We sponsored the National Long Track Championships this year and thanks to Meet Director Pete Elliott and others it was the biggest and best in many years. The Great Lakes Long Track had 180 entries this year, and the Great Lakes Short Track had 170. In addition, Madison, Waupaca and Central Wisconsin Clubs all hosted successful competitions. On the metric scene, we hosted the US Sprint and All around Championships, Country Match Competition and once again the world came to West Allis for the World Cup All Around in February. We were also proud to host the US Junior Championships for both Long Track and Short Track.

As impressive as those accomplishments are, Our Wisconsin skaters accomplished even more. Most impressive, was our World Sprint Champion, Chris Witty! In addition, Kirstin Holum has been ripping up the American records in the distances and will join Olympian Chris Scheels at the Junior Worlds, and World Cups.



Casey FitzRandolph  
U.S. Sprint Champion  
Brad Goskowicz Photo

On the men's side, Casey FitzRandolph successfully defended his U.S. Sprint Title and has established himself in the top ten sprinters in the world. Cory Carpenter is not far behind as he joins the World Cup Circuit this year and competes in the Junior Worlds as US Junior Champion. Arlen Spicer and Jeff Benjamin round off the Wisconsin skaters competing in World Cup Competition.

In Short Track, we have our first ever Short Track US Champion in Tony Goskowicz who will

be joined at the World's with sister Julie Goskowicz who is also the US Junior Champion. Not to be outdone, Kip Carpenter medaled at the Junior World Short Track Championships.

Finally, we are proud of our six National Long Track Champions; Kirstin Holum-Junior Women, Sarah Elliott-Juvenile Girls, Tim Hoffmann-Senior Men, Lucas Mills-Intermediate Men, Nick Pearson-Junior Men and Bill Scheels-Midget Boys.

The season still has five weeks left but we're ready to claim success here in Wisconsin, I hope I didn't miss anyone!

# NSA

Northeast Skating Association

## RACING BLADE REPORT

by Milt Weinstein

The Bay State Short Track Championships in November were a great success, thanks to meet director Sue Rathbone and the army of volunteers who made it happen. Congratulations also to the skaters, who delivered excitement to all present. Especially memorable was the Men's 3000 meter relay, featuring Marty Medina, Dan Weinstein, Chris Needham, and Sean Haley, who showed true grit by taking first place.

The Short Track program of the Bay State Speedskating Club received two significant boosts this season. First, Eric Flaim joined the ranks of club coaches and now directs our Thursday evening skating sessions. We are extremely fortunate to have such a distinguished and committed cadre of coaches. Along with Eric, Geert Kinthaert and Ed Lang coach our experienced Short Track skaters, while Neil Mansfield, Joanne Hallisey, and John Chadis lead our developmental program. And on top of that. Chris Shelley has traveled with our Long Track skaters to Lake Placid and Milwaukee for what turned out to be a very successful season.

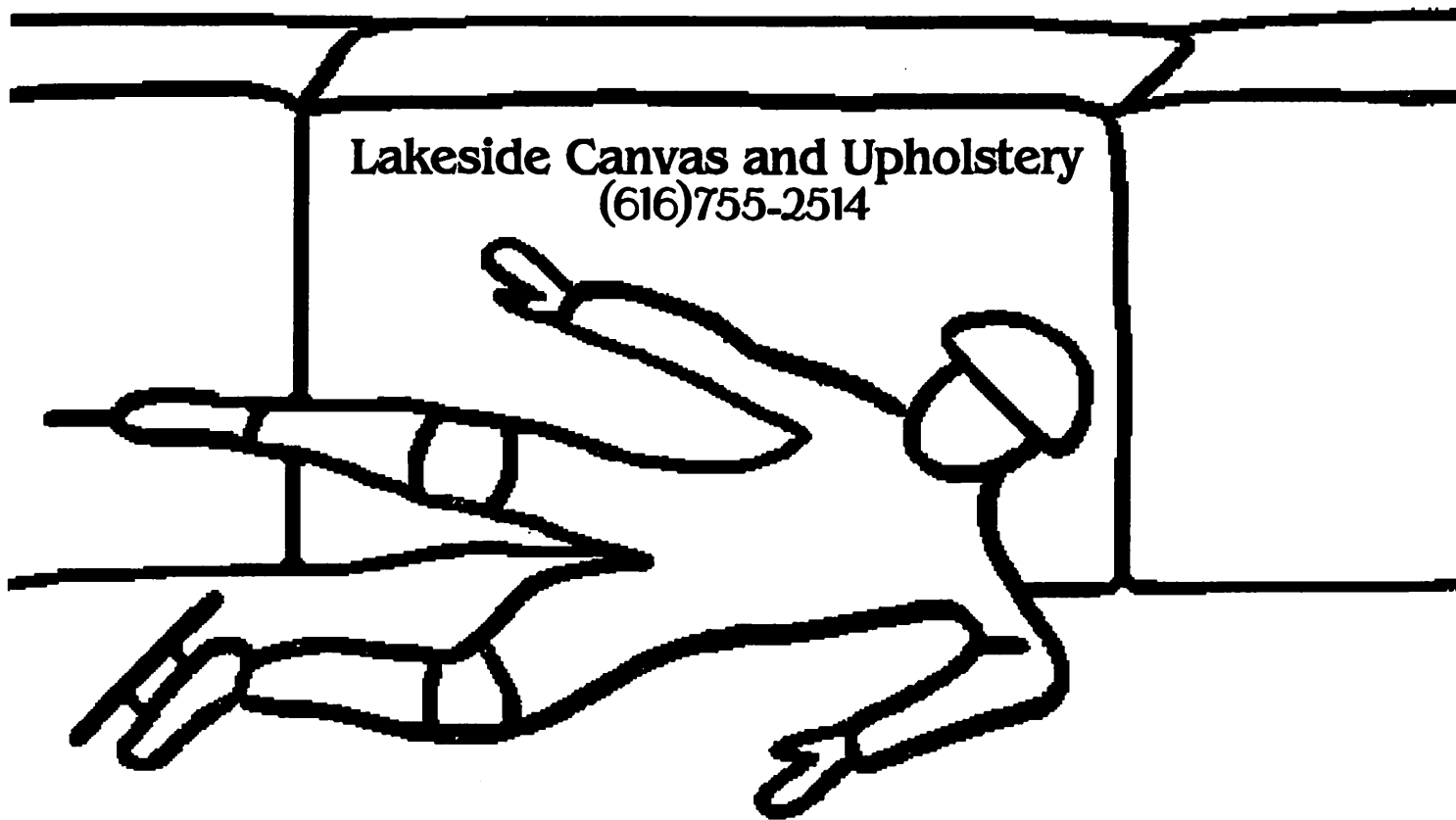
Secondly, we anticipate the opening of a new 100' x 200' rink at the Walpole Ice Arena southwest of Boston in the shadow of Foxborough Stadium. With the opening of this facility, we plan to launch a new Learn-to-Skate program, and to expand our club practice sessions to eight hours a week during peak season.

Our membership has grown remarkably under the administration of Association Secretary Jeff Harris, having passed the 100 mark in February, an increase of 50% from last year. And we anticipate new growth with the move to Walpole and the expansion of ice time.

NSA's World Wide Web site at <http://web.mit.edu/jeffrey/speedskating> has received hundreds of visits, and facilitated communications among skaters worldwide. Why not pay us a virtual visit?

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by Al Menghi

Things are hectic here in the Connecticut Speedskating Association. Our first meet, the Eastern Seaboard Short Track Championships, will be held on March 23. We are a new association and don't have many members with any experience running a meet, so we have to get help from our neighboring associations. Larry Clever of the Northern New York Association and chairman of the Eastern Scheduling Committee has been a tremendous help and we really appreciate his efforts and of course that of everyone else who has offered to help.

We have a couple of celebrities attending, which should help draw some media attention. Olympian Eric Flaim and Connecticut native and Hall of Fame member, Mary Novak Sand, have indicated they will attend, and Connecticut's '88 Olympian, Leslie Corbett Bader, said she will try to make the trip up from Pennsylvania. The meet should be great exposure for our Norwich program. One frustrating observation is that this will be the first big competition at this new rink, but the rink management and local officials have been kind of

nonchalant about the whole thing. We're bringing in a World Champion, a Speedskating Hall of Fame member, national champions, and several Olympic hopefuls to this small town. Let's see the figure skaters or hockey players do that! It is just another example of how obscure our sport is.

I read an article in the newspaper recently about how all types of organizations are losing membership in recent years. It noted as a contributing factors the need for both parents to work in today's economy which leaves little time or money for outside activities. It really hit home. A lot of potentials tell us they just don't have the time or money to commit to speedskating. Ice rates of over \$220 per hour don't help either.

On the bright side, several of our young skaters are really starting to "put it together." The second workout session we have this year really seems to help. One big motivator for them is that both National Championships will be in the East next year. Also, we have been getting more younger skaters lately which is encouraging.

Most clubs are always struggling to attract new members. One thing that worked for our Norwich program is the "bring a friend" suggestion. We told our skaters the grim reality that we were real close to having to sell our ice because we didn't have enough skaters. We requested each one of them to ask a friend to try us out. It worked well, especially with our younger members.

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## OHIO SKATING ASSOCIATION

By Marshall R. Herron

O.S.A. skaters achieved excellent results at the U.S. Short Track Championships/Olympic Training Group Trials in Saratoga Springs.

Scott Koons placed 4th in the U.S. Short Track Championship qualifying him for the World Team. Scott added lots of excitement to the competition by earning points in the first race but not earning the rest of his points until the last race of the event.

Scott will leave for Europe the February 21 to compete in the World Short Track Championships March 1-3 in The Hague, Netherlands. He will be returning to Marquette for one week and then off to Lake Placid for the World Short Track Team Championship to be held March 31.

The entire O.S.A. is pulling for Scott in his upcoming competitions and wish him the best success. Congratulations!

**Therese Lease** placed 11th in the U.S. Short Track Championships qualifying her for Category 1. Great job, Therese!

At the trials, **Ron Biondo** and **Adam Riedy** just missed the Olympic Festival Training Group but skated well.

First time at the trials, second year midgets **Roman Milan** and **Graham Geiselman** did an outstanding job gaining valuable experience that will benefit them greatly in achieving success at upcoming competitions.

Twenty-one O.S.A. skaters competed in Detroit, February 2-3 and 19 of them scored points in the meet. **Therese Lease** finished first in the Elite group for women and **Scott Koons** placed third in the men's Elite group. Alex Uhlik finished first in Tot Boys. Chris Platzer finished first in Midget Boys B Division and **Kira Heeley** was first in Pony Girls.

With 19 skaters earning points, the accomplishments of our skaters is too numerous to mention in this article. Congratulations to all O.S.A. skaters who competed so well in Detroit.

On the same weekend, five skaters traveled to Harrisburg, Pennsylvania. The group was led by **Kevin Graf** placing second overall in Grand Masters and **Joe Balbo** also second overall in Masters. Congratulations, Kevin and Joe!

Former Olympian, **Katie Marquard**, will have the honor of carrying the Olympic Torch through Cleveland on June 9 or 10. Congratulations Katie!

Our membership is way up this year including 30 novice skaters. Our Elyria Club is continuing to progress and coaches **Dennis** and **Katie Marquard** have been conducting an extra thirty

minute technique practice each Tuesday at Winterhurst for these novices.

The Ohio State Indoor Meet will be held at our Elyria rink March 3. The ice will be fast, the skaters will be faster and state records will surely be broken! The O.S.A. is looking forward to hosting the Tri-State meet at Winterhurst in Lakewood, Ohio March 23-24.

## NORTH TEXAS SPEEDSKATING CLUB

By Brad Lang

One of the benefits in working for an airline is the ability to venture away from the hotel during long layovers. I sometimes find myself in a city with an ice rink and a speedskating club. If there's a possibility of being able to skate, I bring my skates. Several months ago this is precisely what happened in Orlando.

The Orlando Speedskating Club is led by John Morrison. After calling ahead, I learned that practice would take place early in the morning -- great! After arriving at the rink, John was one of the first individuals I met. Most of their skaters had been on the ice for only a short time. As we started to practice, I asked John if they had any pads. He looked at me for a second and said they didn't. After a good warm-up (30 laps) we practiced accelerations, pyramids, and some relay exercises. It wore me out.

The enthusiasm of this group was great. Thanks guys for the warm reception! If anyone travels to Orlando, give John a call. I believe they practice at Rock On Ice.

The venerable Dennis Stanford (Denny! Denny!) has been burning up the competition trail lately and doing well. At the Land of Lincoln meet (Champaign, IL.) in February, Denny garnered four second-place finishes, taking a silver overall in the Combined Masters group. Better yet, at the Northbrook (Chicago area) meet, Denny set two new records in the 500 and 777-meter races and pulled away in the 1,000-meter as well. I understand Tom Healy's shouting had a lot to do with the wins. Great job Denny!

Seven skaters from NTSC (Dennis Stanford, Brad Lang, Eric Hall, Lacey Brock, Blake Baker, Cory Stevens, and Yuval Toren) are heading to the St. Louis Metro meet. Three of these skaters are strong inliners who crossed over to ice. They have been on the ice a relatively short time and this is their first ice meet. Results of the meet will be in the next issue as well as the development between the inline and NTSC clubs.

Finally, Chad Powell has been in Marquette, MI, training with the World Team this past season. Despite a broken ankle in October during a practice, and suffering from pneumonia in January, Chad looks forward to defending his win at last year's Nationals for Senior Men. He will be back home with us after North Americans until September. We are so proud of Chad and eagerly look forward to his time with us.

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## AMATEUR SKATING ASSOCIATION OF ILLINOIS



By Birgitta Kuehn

### NORTHERN EXPOSURE

Illinois skaters go North for long track. Proven fact. So how did Illinois' National and North American winner in Senior A Women get her practice times in? Anyone who has met Cindy Darrow will not be surprised - **she winter camped!** Along with her husband, Rob, Cindy spent ten days winter camping outside of Milwaukee during her vacation time from work.. Now there's spirit and dedication. Those qualities that we all recognize in the successful athlete. Her athleticism won her the top spot this year - both at Pettit and at Roseville. Hurrah for Cindy!



**Cindy Darrow**  
Out in front as usual

Why should you be as proud of Cindy as we are here in Illinois? It's because Cindy didn't go about achieving her skating goals in a traditional way. Living in Glen Ellyn as a child Cindy would watch the skaters on Lake Ellyn with mixed emotions. She was captivated by the sport, but due to the death of her father at an early age her family circumstances changed and later she moved to Arkansas. At age twenty-one and from that time on always accompanied by Rob (a skater and now her husband) she had the resources to attach herself with the Glen Ellyn Club. As Cindy's professional life developed she moved away from Glen Ellyn and now is attached to Northbrook.

"I have a hero in skating - Canadian, Eric Beddard and a goal - Skate Faster!", says Cindy. I'm very new to skating and just as new to sporting as a whole, but the first time I met Cindy I was impressed. Her smile is her hallmark. Her quiet persistence; her tenacity; her pure love of the sport along with that million dollar smile. She is not pretentious even though she could be. Humility goes

a long way in good athletes and Cindy soon became my role model. I've noticed at meets that she is a role model to many women skaters.

So what does Cindy do when she's not impressing her fellow skaters? She's impressing her fellow Moto-X and mountain bike competitors with the same quality athleticism that she brings to the ice.

Way to go Cindy! Illinois thinks you're great!

Special thanks and recognition are in order for putting on an outstanding event for speedskaters at the Skate on State Classic. First, the City of Chicago, Mayor's Office of Special Events, headed by Jim Sheahan, with Marty Kane, Sports Development Director, deserve our gratitude for helping to host the event, along with their top-notch staff. Also, Steve Geisler and Steve Young put in many hours of planning and then several more out on the ice as officials to make sure everything went off without a hitch.

Shirley Yates lent invaluable support from the ASU office and in lining up officials, while Lisa Sundstrom lent her wisdom and experience and encouragement throughout the planning process and even came out to be Chief Clerk on her birthday!

Finally, dedicated friend Sherry Krsticevic took time out from her full time job of publicity and fund-raising at the Mental Health Association to help with planning, promotion, and prompting some of the outstanding media coverage we

## PADS *by Steve*

*Is your club ready to upgrade your safety padding or are you just starting to pad your ice rink for safety?*

I'm the guy who has made the majority of the safety pads used in the country for most ASU club events. I'm no longer affiliated with the former supplier, however since I did all the work before I wanted to let you know you can still get the same high quality safety pad in the future as many of you have in the past. So far I have made nearly 500 pads for ASU Clubs.

When you're ready to make the move to the highest quality safety pad available give me a call at **(314) 351-0212**. Leave your number if I'm not in and I'll return your call.

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received from NBC and FOX News in Chicago and the Chicago Tribune. Every meet director should have an assistant from the Mental Health Association, it really helps!

Special thanks to Nate Mills, Brian Arseneau, and Pat Moore for braving the public scrutiny to come out and put on a great show for all of the other skaters and spectators! Many of the first-timers and passers-by were duly impressed with both the skaters and the organization of the meet!



## MICHIGAN SPEEDSKATING ASSOCIATION

By John A. Millard



Beth Bedford  
The Iron Lady

Congratulations to Beth Bedford of the Midland Speedskating Club. She won the women's 25km and 50km National Marathon for the second year in a row at Lake Placid. Beth has beaten all the women and darn near all the men each time in each race! She has a full time job and is the mother of three children. How proud we are in Michigan to have this great two time National Champion.

As for the race itself, in long distance races it has always been the unwritten code that skaters take turns pulling the pack. This has not been the case for those skating the National Marathon. Some of the best male skaters in the United States seem to be content to let the woman skater pull them along for 95% of the race. For two years now, Beth has been very frustrated with the attitudes of most of the male skaters who she has had to drag around lap after lap. It was obvious that the men behind her would not take the lead. When she would slow down to let them go ahead of her to pull, they would slow down, too. Those men know who you are. Come on guys...what we need is more sportsmanship in skaters pulling their fair share in this great race.

In other Michigan news, Maura Rylander and John Camilli did a very good job running the Detroit Motor City Classic meet Feb. 3-4. There were over 120 skaters and an excellent turnout of our Canadian skater friends. Therese Lease took first place in the women's elite division. There was a tie for second between Karen Cashman and Hilary Mills. Whitney McGill took third. Tony Goskowicz won the men's elite division. Our own "Michigan

Mike" Kooreman tied JP Shilling for second. Scott Koons took fourth.

Special thanks must go out to Mr. & Mrs. Lease from Ohio for all their help making our Michigan regional meets run smoother throughout the years. Thanks also to Brad Goskowicz for announcing the elite races. He added a lot to making this a truly super meet

## Maryland Speedskating Association

By Claude J. Bauer

Congratulations to J.P. Shilling of Baltimore's Silver Blades Club who came in third overall at the U.S. Short Track Championships and earned membership on the 1996 U.S. World Short Track Team. Best of luck to the team at The Hague! As most of didn't get to the Netherlands to watch our team, let's get a group of fans to go the World Short Track Team Championships in Lake Placid, March 29-31. How often do you get to see world-class speedskating in your backyard?

Also, congratulations to Baltimore's Joan Clark, the new National Champion, Grand Master Women, Long Track, and Alice Choi for making the Olympic Festival Training Team.

The Maryland Association has another new club, Harford County Speedskating Club, located at the Ice World Rink, in Bel Air, MD. This brings us up to five clubs, with another facility in Laurel, MD coming online next Fall. David Kennedy and Kreg Greer have taken the lead in organizing the Harford County club. The Laurel facility will be the new home of the Maryland Speedskating Association.

We managed to get some television exposure by skating a demonstration at Baltimore's Winter Festival. Local TV was also present at our meet, the Susquehanna Challenge in February, covering the event on four different occasions.

Look for announcements in the mail and *The Racing Blade* about the ASU-sponsored Regional Speedskating Camp in Frederick, MD from July 28 to August 2, 1996. David Kennedy of the Silver Blades, who is ASU's coordinator of regional camps, and Dave Ballog of the Frederick Club have made excellent arrangements for accommodations at Hood College and two hours of ice time daily at the Frederick Sport and Ice Arena. Those who stay at Hood College will have access to the campus gym, pool, and track facilities. All skill levels are welcome.



By Larry A. Clever

Thanks to unusually cold weather, President Joel Williams and Meet Chair Rick Strauss of the Saratoga Winter Club were able to welcome a hardy group of skaters to the 63rd Annual Eastern States Long Track Championships on January 6-7. Held this year on a new 250 meter outdoor oval constructed by the City of Saratoga Springs, the meet attracted some sixty skaters. The new oval is immediately adjacent to the Saratoga Springs Ice Rink, allowing Zamboni resurfacing of the ice. Many thanks to the local NYS Armory which donated the use of a large tent as a warming hut! The usual cast of suspects turned out once again to help support the Eastern States, a deep and rich tradition in Saratoga.

Mother Nature was less kind two weeks later when unseasonably warm temperatures forced the cancellation of the Eastern Seaboard Long Track Championships planned for the outdoor oval in Lake Placid. Rain and high winds eroded the ice base to the point that the meet had to be canceled. Thanks to Tom Miller of the Adirondack Club who worked hard on behalf of the Eastern Scheduling Committee and the skaters in what turned out to be a lost cause this season - one of the very few times in the forty year history of this meet that it could not be held.

The Syracuse Speedskating Club hosted a very successful "all points" Short Track meet on February 10. The meet was the first of its kind in the East, and the 61 skaters had a great time and remarked on how much fun it was. The meet went along ahead of schedule and with the extra pads purchased by the club for the meet there were NO INJURIES.

The Saratoga Winter Club was excited to welcome the speedskating community once again to Saratoga Springs to the "fastest ice in the country" for the U.S. Short Track Speedskating Championships on February 16-18. Julie Goskowitz of New Berlin, WI, set a new Women's Junior Time Trial record and Kip Carpenter of Brookfield, WI, set new Junior U.S. Speedskating and Junior World records in both the 1,000m and the 1,500m, with times of 1:30.62 and 2:21.15 respectively. Selected to the U.S. World Competition Team were Amy Peterson of Maplewood, MN, Erin Porter of Saratoga Springs, NY, Julie Goskowitz of New Berlin, WI, Karen Cashman of Quincy, MA and Erin Gleason of Jackson, NJ, for the women and Tony Goskowitz of New Berlin, WI, Andy Gabel of Pewaukee, WI, J.P. Shilling of Baltimore, MD, Scott Koons of Cleveland, OH and Mike Kooreman of Grand Rapids, MI for the men.

In separate competition, eighteen men and eighteen women were selected to the Olympic Festival

Training Group, including Saratoga Winter Club skaters Jeb Gorham, Ian Baranski, Chad Richards, Erin Porter, Kristin Brophy, Stacy Clever, Meghan Everett, and Colleen Hagnac.

Mary Handley and Eddie Luban brought future speedskater, Adam, as a spectator at the Championships. Five months old Adam (cute as a button!) had little to say about the skating, but intently watched everything that was going on. And, proud poppa Dean Burns

of Syracuse who reminded the world in the last article that "Virginia Burns is up and coming" says that he can go to heaven now that he read his name in the last Racing Blade!

The Pittsfield Parks Speedskating Club hosted 85 skaters at its short track meet on February 24 at the rink in North Adams, MA. Carl Peaslee chaired this meet for the umpteenth time in its 35 year history and it was an excellent day of racing! Carl and ASU Hall of Fame member Pat Peaslee really know how to organize a meet and make it run on schedule, while everyone enjoys themselves. It was great to see Arthur Ruff of the Pittsfield club timing at the event! Northern New York was pleased to recognize the recipients of the Nancy Miller Memorial Most Improved Skater Awards: Chad Richards for Short Track and Donald Stewart for Long Track. The annual Angelo Giuliano Memorial Sportsmanship Award went deservedly to our gracious hosts, Carl and Pat Peaslee.

Congratulations to Pittsfield Parks club skater Mary Lou DiNicola who won first place in class in the International Speed Skating Masters Games held February 24-25 at the Gaetan Boucher Rink in Sainte-Foy, Quebec. The games attracted an international field of skaters, including Northern New Yorkers Mary Lou, Paul Marchese and Walt Monast of the Capital District club, and Dave Manfredi, Don Gallegos and Mary O'Donnell of the Green Mountain club. There were a total of 108 entries skating in classes, starting at age 30 in ten year increments. Scoring was a combination of time and place, and the meet was described by Mary Lou as one of the greatest experiences she ever had in skating. Apologies to any participants not listed and to those listed -- no other results were available at press time. The competition returns to Europe next year.

Seven Northern New York skaters, including Walt Monast of the Capital District club, Tara Causgrove, Adam Duncan and Cherise Wilkins of the Syracuse club, Sarah Williams of the Saratoga club, and Donald Stewart and Carrie Burns of the Adirondack club competed in the National Long Track Championships in Milwaukee, WI. Congratulations to Sarah who finished fifth in Juvenile Girls and to Donald Stewart who tied for third in Junior Mens.

Congratulations also to the three Northern New York skaters, Donald Stewart of the Adirondack club and Sarah Williams and Jimmy Cooley of the Saratoga club, who participated in the Junior World Long Track Trials held in Milwaukee at the Pettit Center in February. All three skated personal bests



in the competition; Donald finished fifth overall in returning Juniors and Sarah finished fourth in Class C Girls, just missing Category One, and Jimmy finished eighth overall in Class C Boys.

Tom Miller again reminds the speedskating community of the exceptional spectator opportunity when the World Short Track Team Championships will be held in the village in the sky, Lake Placid, in March. Contact Tom at 518-523-1157 for more information!



## NORTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

By Mary Wong

NorCal sent ten skaters to St. Louis, five Masters, one Golden Master, one Juvenile, two Seniors and one Midget. Youths Jeff and Cindy Hsieh are inline skaters making their ice Nationals debut. Assistance from their inline coach, Ruggy Holloway, has been invaluable this season. And chasing the inliners around has raised the level of skating for the whole club.

I got mixed feedback on the weight strength training article I wrote for the February issue of The Racing Blade. Hey, how about that? I got feedback! Some people I spoke to were interested in adding strength training as a part of their program. On the flip side, others asked, "Who the heck is Kim Goss? What does he know?" Goss is a strength coach not a skater. He works closely with Charles Poliquin, a strength coach who designs programs for Olympians in various sports, including many skaters on the Canadian Short Track team. Goss did not make up the information he submitted to The Racing Blade. It comes from Poliquin's programs. I verified my information with a Canadian skater who contributes regularly to the skate discussion group on the net. Evaluate it for yourself and use what works for you. The ASU hasn't yet provided comprehensive training information for coaches at club level, so it's important that more information is provided through The Racing Blade.

The Oakland club is making arrangements for an early camp coached by Marcel LaCroix of Canada. Details aren't set, so call Cornelia Bagg at (510) 741-7823 if you want information. NCSA is making plans to expand our racing program, especially for our skaters who aren't able to travel to LA or Eugene. We hope to finally put some dates on the national calendar.

There was an article in the February issue of The Racing Blade about making cold calls to rinks in your area. Let me follow that up with a little bit about how our founding organization, Golden Gate Speedskaters, got started. There has always been a small group of speed skaters in the SF Bay area.

Before 1988, we terrorized local public sessions and, except for a few generous ice guards and sporadic speed sessions, we didn't get much skating time. The few skating gods among us had excelled at Long Track, but those who had raced before the mid-'70s weren't active in the sport any more. We heard stories of the late '60s road trips from California to St. Louis and back again and about training in West Allis in winter.

From at least 1976, when I started skating, through 1988 we were isolated from the ASU. We didn't know we were involved in a real sport until one of us stumbled into a speed session in LA. Suddenly, we found out about organized races, camps, nationals, Short Track skates, clubs, coaching tapes. OK, it wasn't quite as dramatic as New Guineans seeing television for the first time. Now, we try to keep posters up at rinks to let other skaters know about our organization. When no one calls us to ask about skating, I know that our posters have been torn down and need to be replaced. The computer net has been very helpful in spreading the word to areas where we don't have contact. I've responded to messages from people who ask the net: "Hey, are there any speed skaters out there?"

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On page 4 of every issue, there is a notice of the deadlines for submission of material for printing in The Racing Blade. The dates for all upcoming issues for the ASU year are listed. Please mark the dates on your calendar and don't wait for the next issue to remind you to get something in the mail. The deadlines for the remaining issue for Volume XXIX of The Racing Blade is:

June 1, 1996

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