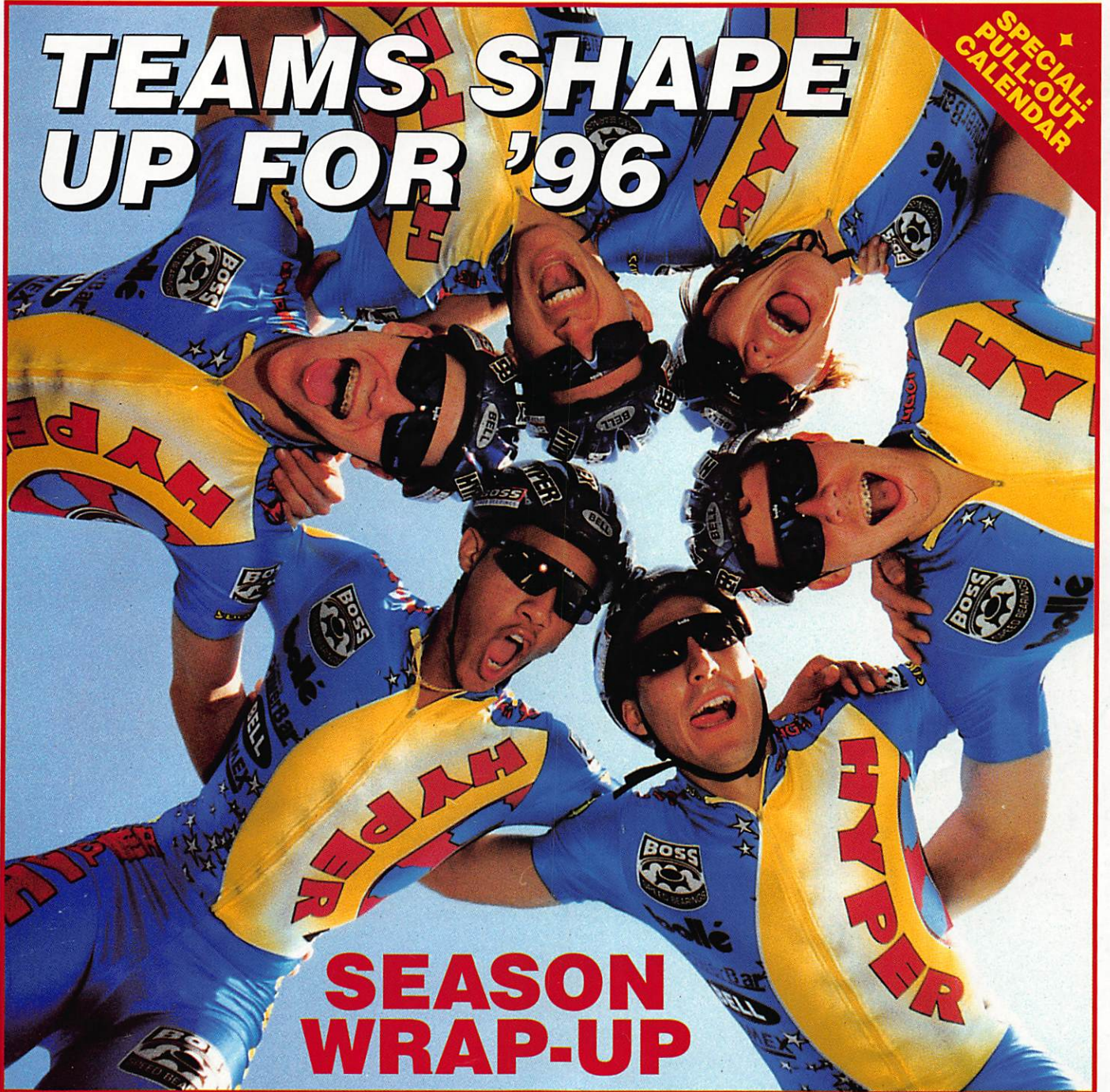


HOLIDAY GIFT GUIDE: SPECIAL TREATS FOR SKATERS

Speed **SKATING** Times

INTERNATIONAL INLINE & ICE SPEED SKATING NEWS

DECEMBER / JANUARY 1996 • US \$3.50



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SEASON WRAP-UP

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0 77470 83067 3

Chad Hedrick

Won the NPC,

Downers

Grove, the U.S.

Nationals, and

a Handful of

Gold Medals at

the Pan Am

Games...



....Could it be the Wheels?



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Thank You Sponsors!



HIGHLIGHTS
OF 1995

Diane Pantel – '95 USAC/RS Masters National Champ NPC rank #6

Adrian Winchell – 1st place R3 Run-Ride-Roll and Set New Record

Kelly Winchell – 1st place R3 Run-Ride-Roll and Set New Record

Tim Small – 2nd '95 USAC/RS Masters Nationals NPC rank #15

Marcia Yager – 2nd USAC/RS Masters Nationals NPC rank #5

Alan Huddleston – 5th NPC Disney World. NPC rank #12

Tara Huddleston – 5th place NPC Detroit. NPC rank #8

Mark Winchell – 1st place age group 10K Beach Blade

Lisa Moyers – 5th place NPC Detroit. NPC rank #20



Happy Holidays!

Besides *Speed Skating Times'* facelift, the sports of inline and ice speed skating are undergoing many changes.

To start the year off right, ice speed skaters will actually earn money on the international circuit for the '95-'96 season. "Cold Hard Cash" on page 34 gets into the pros and cons of turning pro.

The '96 inline speed skating team players are changing as well. Hyper and Ultimate have both added women's pro teams, while Paradise has dropped out of the speed scene. There may be some big changes at Geo/Rollerblade as well. At press time they had re-signed Norm Kirby and KC Boutiette and picked up Michael Cole. Our connection to the Geo/Rollerblade camp has moved as well. Ann Eagen transferred to the west coast branch of Carlson Marketing (the marketing group for Geo). The gal that replaced her in Minneapolis was still getting her feet wet when we spoke. Look for some shuffling on the women's team as well.

Tony Muse, who skated for Hyper in '95 has made the move to the new Rocces/Kryptonics team. His "On Track" column is missing this month, because

Tony was at the '95 World Championships when this issue closed. We look forward to his column returning soon. For complete coverage of the '95 Worlds see page 30.

K2 and other companies are looking into sponsoring race teams for '96. There's even talk of out-of-the-industry sponsors jumping on board. A positive indication of where our sport is headed.

USAC/RS is in the process of revising some policies regarding speed members while IISA is making a concerted effort toward the growth of speed skating.

USISA has added several new coaches and offered National Team skaters many training camps to prepare them for the '96 season.

The Pettit National Ice Center in West Allis, Wisconsin has also made some changes in their speed programs. Their revisions should improve interest in speed skating and foster improved performances from skaters.

The National Points Circuit will be back in '96, better than ever. The NPC Calendar is still open and as soon as it is available, we will let you know. *Speed Skating Times* is now the official magazine of the National Points Circuit.

Even though *Speed Skating Times* has

a new look, we still feature the largest Club Directory, most comprehensive Events Calendar, the latest new products and the best racing coverage. We will strive to keep you, the reader, abreast of every aspect of our sports while we continue to grow with them.

A new feature of *Speed Skating Times* is the Pull-Out Calendar in the center of this magazine. Carefully remove it and hang it on your wall to keep up with races on a monthly basis. For your convenience, the complete Event Calendar is on page 6. Remember to contact event promoters before making plans to attend races. Events as well, sometimes change.

Speed Skating Times would like to extend its deepest thanks to the hundreds of people who have contributed to our publication. This issue celebrates our 7th year and we could not have gotten here without you. As always, *Speed Skating Times* welcomes your questions, comments and skating stories.

We hope you enjoy *Speed Skating Times'* new look and wish you the best of luck in the coming year. May you skate through the holidays!

Lauri Muir

Editor

Speed SKATING Times
INTERNATIONAL INLINE & ICE SPEED SKATING NEWS

2910 NE 11th Ave • Pompano, FL 33064 USA • 954-782-5928 • Fax: 954-782-1044

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ICE

■ AMATEUR SKATING UNION (ASU)

☎ 708-790-3230

LT = Long Track ST = Short Track PNIC=Pettit National Ice Center

■ CONTINUING

Meets, clinic, dryland training, Chicago, IL area. Steve Young, ASIA 708-869-1775

■ TUESDAY

• 7:30-9 pm Sept-Mar, Glen Ellyn, IL 708-790-9696 ext 9

■ THURSDAY

• 7:30-9 pm Glen Ellyn, IL (see Tuesday)

■ DECEMBER 1995

- 2 Winterfest Open ST. Eugene, OR 503-344-9237
- 2 Syracuse Masters ST. Syracuse, NY 315-475-2570
- 2-3 Can-Am Open LT Metric. Calgary, Canada & Lake Placid, NY 518-523-1557 or 403-220-7954
- 3 I-94 Sprints LT pack. PNIC West Allis, WI 414-425-3444 of 708-869-1775
- 9 Ice Odyssey ST. Salt Lake City, UT 801-479-4486
- 9-10 Seaway Open ST. Cleveland, OH 216-734-7580
- 9-10 John Rose Memorial LT pack/metric. Roseville, MN 612-646-7058
- 9-10 Adirondack LT mtr/pack. Lake Placid, NY 518-523-1157
- 9-10 Can-Am Open LT metric. Ste Foy, Quebec 708-790-3230
- 16 Int'l Marathon LT pack. Lake Placid, NY 518-523-1157
- 16 Special Olympic ST. Franklin Park, IL 708-869-1775

■ JANUARY 1996

- 6-7 Eastern States LT pack. Saratoga Sprgs, NY 518-587-7908
- 13 WI & IL State LT pack (closed). Waupaca, WI & Glen Ellyn, IL 715-366-7564 or 708-691-1449 or 708-9696 ext 9
- 13-14 Nat'l Mara Champs LT. Lake Placid, NY 518-523-1157
- 13-14 America Cup I LT metric. Roseville, MN 612-646-7058
- 14 Waupaca Classic LT pack. Waupaca, WI 715-366-7564
- 20-21 Great Lakes LT pack/metric. W Allis, WI 414-425-3444
- 20-21 Eastern Seaboard LT pack Lk Placid, NY 518-523-1157

■ FEBRUARY 1996

- 3 Detroit Open ST, Detroit, MI 313-234-4367
- 10 Land of Lincoln ST, Champaign, L 217-328-2139
- 18 Sears Skate on State Classic, Chicago, IL. 708-790-9696 ext 9
- 24-25 Northbrook Open ST, Northbrook, IL 708-480-9619

■ MARCH 1996

- 9-10 Evanston Northshore Open ST, Evanston, IL 708-869-1775

speed skating times

■ MAJOR U.S. / INTERNATIONAL ICE EVENTS

- Dec 2-3 ST Traveling Team Trial. Marquette, MI
- Dec 2-3 World Ranking ST. Hungary
- Dec 2-3 World Cup LT. Heerenveen, Holland
- Dec 9-10 World Cup LT metric. Hamar, Norway
- Dec 9-10 World Ranking ST. Oslo, Norway
- Dec 16-17 World Ranking ST. Bormio, Italy
- Dec 22-23 US Sprint LT Champs. W. Allis, WI
- Dec 28-29 US Junior ST Champs. W. Allis, WI
- Dec 30-31 US Allround LT Champs. W. Allis, WI
- Jan 6-7, 96 World Cup Sprint LT. Medeo, Kazakhstan
- Jan 6-7 U.S. Jr. Reg. LT Champs. West Allis, WI; Roseville, MN; Lake Placid, NY
- Jan 12-14 World Cup LT. Davos, Switzerland
- Jan 19-21 European LT Champs. Heerenveen, Netherlands
- Jan 27-28 National LT Champs. Roseville, MN
- Jan 27-28 World Jr ST Champs. Courmayeur, Italy
- Jan 27-28 World Cup Allround LT. Balsega di Pine, Italy
- Feb 2-4 World Allround LT Champs. Inzell, Germany
- Feb 3-4 N American SS Champs. Roseville, MN
- Feb 10-11 World Cup, LT Sprint. Innsbruck, Austria
- Feb 10-11 U.S. Junior LT Champ. W. Allis, WI
- Feb 17-18 U.S. ST Champ/Olympic Festival Train Group Trials. Saratoga Springs, NY
- Feb 17-18 World Sprint Champ, LT. Heerenveen, Netherlands
- Feb 23-24 World Cup Sprints LT. Roseville, MN
- Feb 24-25 World Cup Allround, LT. W. Allis, WI
- Feb 29-Mar 1 Jr Ctry Match. Salt Lake City, UT
- Mar 1-3 World Cup, LT. Calgary, Canada
- Mar 1-3 World ST Champs. The Hague, Netherlands
- Mar 8-10 World Jr LT Champ. Calgary, Canada
- Mar 15-17 World Single Distance Champ. Hamar, Norway
- Mar 29-31 World ST Team Championships. Lake Placid NY

■ INTERNATIONAL EVENTS

- Feb 11 Winterman/woman 10K, 20K, 50K. Ottawa, Canada 613-737-6042
- Feb 23-25 Intn'l SS Master Games. Ste-Foy, Quebec. 418-831-3726

■ MARATHONS

- Feb 22-24 100K Marathon. Kuopio, Finland 358-71-182-583

WHEELS

■ DAILY

- Learn to Skate, Saratoga Springs, NY 518-587-3550x456
- Roll The SilverDome, Pontiac, MI 313-646-7655

■ SUNDAYS

- 5:15-7:20 pm Sept-Feb, Cromwell, CT 860-633-3956
- 3pm Adv/Intm, City Rollers, Detroit, MI 313-417-0011
- 8am-10pm. Screaming Wheels short track, all levels. St. Louis Park, MN 612-377-8549.
- Mornings. Rose City Skaters. Time Trial Series/Hill Climbs. Portland area, OR 503-781-5281

■ MONDAYS

- 7pm Beginners, City Rollers, Detroit, MI 313-417-0011
- 5:30-7pm Coached indoor Portland, OR 503-236-5722

■ MONDAYS

- 7 pm Thunderdome. St. Petersburg, FL 813-367-7059

■ TUESDAYS

- 8 pm ICB Night Skates. 617-932-5457
- 6:30p training. Mississauga, CAN 905-827-0939
- 7pm New River Rollers 12 mi w/bar stop. Ft. Lauderdale, FL 954-462-5556
- 5:30pm Rose City 3.8mi/5.7mi at PIR. Portland, OR 503-781-5281 Roccs/Krypto Point Series

■ WEDNESDAY

- 7pm Adv/Intm, City Rollers, Detroit, MI 313-417-0011
- 9:30-11 pm Portland, OR (See Monday)
- 4:30 pm Twilight Race Series. Criterium & Training Races-usac. Sacramento, CA 916-483-6450

■ THURSDAYS

- 7-8:15 pm sessions Norwich, CT 860-439-1619
- 6:30 pm Toronto Inline Skating. (See Tuesday)
- 6-8 pm Mocks Landing Portland OR 503-781-5281
- 7pm New River Rollers. (See Tuesday)
- 7pm Skate the Thunderdome. (See Monday)

■ FRIDAYS

- 5:30pm workout, New Britain, CT, 860-223-0623
- 5:30-7pm Portland, OR (See Monday)
- 8pm San Francisco Nite Skate Ferry Bldg/Embarcadero. Tour city/Skate dancing. San Francisco, CA
- 7pm Beach Blade 12 miles. Delray Bch, FL 407-243-3117

■ SATURDAYS

- 4-7pm 3rd Sat/mo. Velodrome, Hollywood, FL 954-437-2600

■ DECEMBER 1995

- 1-3 Downing/Webster Camp Tampa FL 813-573-9271
- 2-3 Nor-Cal Speed. Modesto, CA, 402-483-8551
- 3 Western Hemisphere 26.6 mi Marathon. Culver City, CA 310-253-6650
- 7-10 4th Classic Open. Sandy, Utah 801-255-6427

■ JANUARY 1996

- 6-7 BSC Inline race. Chicopee, MA. 508-687-2445
- 12-15 Treasure Coast Challenge. Indoor/Road 1/400m Track. Ft. Pierce, FL 407-954-7223
- 28 Winter Skate-#1 5/15K. Deland FL 904-736-0002

■ FEBRUARY 1996

- 11 Winter Skate-#2 5/15K. Deland FL 904-736-0002
- 29-Mar 4 High Rollers J/O. Las Vegas, NV 402-483-8551

■ MARCH 1996

- 10 Winter Skate-#3 5/15K. Deland FL 904-736-0002

■ APRIL 1996

- 27 Rollin'on River 10K. Peoria, IL 309-674-7310

■ MAY 1996

- 18 MI 400 Sprint/10K/5K. Muskegon, MI 616-828-4627
- 19 Rollerfest 96. Nassau Cty. NY. LIRTSA 516-868-2160

SEND NEW & REVISED EVENT INFORMATION TO:
SPEED SKATING TIMES' CALENDAR OF EVENTS
 2910 NE 11 AVE • POMPANO BEACH, FL 33064 USA
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december '95 / january '96

Speed Skating Times would like to thank it's contributing writers for all their hard work in covering our sports. Most of our writers have been with us for many years, and we hope they will continue to bring you, our readers, the best in skating.



Andy Seeley is Editor of *U.S. Roller Skating*, and since June '94 serves as the Sports Information Director for USAC/RS. With a Bachelor's degree in Physical Education,

Andy lives in Lincoln, Nebraska.



Patrick Seltsam has been a regular contributor since '91. He represented the U.S. at the '93 World Sprint Speed Skating Championships, and has placed as high as

2nd in World Cup competition. Still an active skater at 30, he lives in Calgary with his wife, Sandra, and their two cats.



Jacques Thibault, M.Sc., is a former Olympian and is currently program manager and coach at the Olympic Oval at the University of Calgary.



John Banks has been a rocket scientist for 25 years and is employed at the Loral Vought Missile Systems in Texas. He has a Bachelor of Science Degree in Aerospace

Engineering. Mr. Banks took up inline skating in '91 to rehabilitate a knee injury.



Cathy Breitenbucher has spent 2 decades as a journalist, including 10 years as a sports writer for the Milwaukee Sentinel. She covered both the '84 and '88 Olympic Games before

becoming a freelance editor and writer.



Susan Polakoff-Shaw of Polakoff Communications does Media Relations for USISA. Her #1 job is creating press releases and compiling results for events. She formerly did press

relations for U.S. Gymnastics.

Mike Cofrin of Minneapolis wears many hats. Between marketing U.S. Speed Skating, and directing the Roller Dome, he also is the founder and director of the National Points Circuit.



Frank Fedel, CES, BS, was an '88 Olympic trials qualifier in cycling. He competes regularly in triathlons, biathlons and in over 100 inline races, winning 30+.

He also does research and development on products for cycling and inline skating.



Dr. Carl Foster is Director of Cardiac Rehabilitation and Exercise Testing, Milwaukee Heart Institute, and Coordinator Sports Medicine / Sports Science for USISA.



Tim Houk, a self-proclaimed *less-than-elite-speed-skater*, has spent much time visiting abandoned rail corridors which have been converted to multi-purpose activity

trails. His Inline Sojourns give indepth background information about each trail for skaters looking for great places to cruise.

Katie Marquard is Executive Director of USISA. Mrs. Marquard was also a member of the '84 and '88 U.S. Olympic Speed Skating Teams.

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Tough on Retirement

Dear Lauri:

The *Speed Skating Times* is tough on my retirement budget. After reading the September 1 edition, I saw an ad for a new type of wheel. I just had to try it out, the Core wheel, with ABEC 5, TwinCam bearings, one per wheel. That cost me! At a speedskating event in Phelen, California on October 8th, the owner of the company based in Venice, was there and we met, and I told him where I saw his ad...My son, Zem, also is digging deep, after your newspaper came, he thought that he should have Terminator bearings, ABEC 7. Yes, it is costly to read your newspaper, but we look forward to each new edition. I especially appreciate the Calendar of Events.

I have enclosed an article and photos. Without skating, at 62, I think I would be one old, depressed guy...I look forward to every speed skating event with anticipation and joy. I do hope that you get some time off from your hectic schedule to get a little skate time in for your good health ...Best wishes.

Respectfully yours,

John Yewusiak
Bonsall, CA

P.S. I usually get my *Speed Skating Times* at Mike's Bikes, in San Diego. I miss not having it delivered to my home—please find enclosed renewal. Hope to meet you someday, give a call when in San Diego. [See story page 36].

Sport Support

Jeff and Lauri,

Once again thanks for your support of The Wine Country Inline Harvest Challenge which took place in Santa Rosa, California, October 14, 1995 at the Santa Rosa Corporate Center.

Here are the T-shirts for the event, enjoy. Here is a copy of the thank you note to all the sponsors for this event. Jeff Joseph is sending the race results and pictures of the race. Thanks for the prizes and your support of inline skating — one of the fastest growing spectator and participant sports today!

Sincerely,

Michael Nelson, Event Director

RPXpress

Santa Rosa, CA [See story page 58].

speed skating times



John & Zem Yewusiak skate along the Volga in Russia, circa 1992.

New Clubs!

To whom it may concern at
Speed Skating Times

I'm a young man starting a rollerblading [sic] club. We already have about ten members. I was on the Internet and I spotted your address, and I figured my club could subscribe to a couple of rollerblading [sic] magazines.

So if it wouldn't be much of a problem, I would really love it if you would send us an issue to check it over. We will probably subscribe. If you do mind I understand. Thank you for your time.

Chris Coronato
Staten Island, NY

Letter #2 to *Speed Skating Times*,

My name is Chris Coronato. I had written you a week ago about starting a rollerblading [sic] club. I would love to thank you for such a fast delivery of the issue of the magazine. They are great and very much appreciated.

Thank you again.

Chris Coronato
Staten Island, NY

Is it renewal time?

Dear *Speed Skating Times*,

Thank you for the notice. I wouldn't want to miss any issues. An earlier notice would be appreciated even more.

Thanks again!

Walter W. Monast

Troy, NY

Ed: For your convenience, subscription expiration is on your mailing label.

Thanks Downers Grove

Dear Jeff & Lauri:

It was great to have *Speed Skating Times* directly involved with the In-line Skating Criterium Championship at this year's *Chicago Sun-Times* Sports Grand Prix. The magazine's participation certainly added to the prestige of the event in the eyes of both the participants and the media. We look forward to working with *Speed Skating Times* in 1996.

Sincerely,

Hank Zemola, Director

Chicago Special Events Management
Chicago, IL

The Masters Speak

Gentlemen:

Enclosed please find \$25 for your fine paper which I have been receiving. You alerted me to the World Masters at St. Foy, Quebec, which I have entered and hope to win in the 70 year and up class. I would appreciate it if you could give me Gordon Hall's address, who wrote the article in your paper on April 29, 1995. I have been working to get inline skating in the USNSO organization.

On your articles on the Geo track races, that fine fellow John Burton isn't the only 70+ participant—Joe McDonald from Colorado is 74 and though Dick edged me out, I'll be up there next year and give him a better race.

Sincerely,
Joe McDonald
Bailey, CO

Ed: Thanks for correcting the record. Speaking of records, Joe McDonald's ASU record for 880 yards in 1:16.0 on February 13, 1939 still stands! We were glad put you in touch with Gordon Hall as requested.

Speaking of Gordon Hall...

To *Speed Skating Times*,

Here is the copy of the *Guinness Book of Sports Records* about Chuck Tamagni, 71 on inline skates: 104 miles in 10 hours on September 5, 1994.

Now I know what I have to do when I am 71—break his record!

Gordon Hall
Phelan, CA

The Price of Speed

To whom it may concern:

My name is Jose Chimelis and I am interested in your magazine and I would like to know how much they cost. I am a fan of Rollerblading [sic].

Just in case the envelope get's damage here is my address. Oh can you write back to me to let me know. Thank you. Sincerely,

Jose Chimelis
Brooklyn, NY

Ed: Newsstand prices are \$3.50 per single issue. Yearly subscription prices, delivered directly to you, are (in the U.S.): 3rd class, \$15. (8 issues—\$1.82 each); 1st class, \$25. (8 issues—\$3.12 each). Or you can save and go for 2 years 3rd class at \$28. or 2 years 1st class at \$45. Foreign subscriptions are \$40. for 1 year or \$75. for 2 years.

december '95 / january '96 .

Skaters should turn right!

Mike (Bowers), don't do it!

Don't change your Denver NPC race from right turns to left turns. And please don't apologize for having right-hand turns. This is outdoor skating, not indoors. You had complaints about your course? Well Heather Lacayo was right when she said, "We are outdoor skaters, and we should be able to turn right as well as left." Changing your course to all left hand turns assumes that everyone comes from an indoor background. However, there are lots of people racing outdoors that didn't come from indoors; don't penalize them by making your course a big outdoor rink.

Let's look at a similar sport — cycling. Racers that ride on a velodrome also only turn left while they are on the track. However, when they ride in a road race or criterium, they don't expect to only turn left. They *know* that they have to turn in both directions, and they do so by training to do both.

A good race director should choose a course that challenges everyone with both left and right-hand turns. It shouldn't favor indoor skaters by only turning left; besides, it makes for boring racing. Isn't it up to athletes to be prepared for race conditions? Isn't that why skaters show up with a variety of wheels to make sure that they are ready for whatever road conditions are out there?

So Mike, don't change your course. Make it interesting for everyone. Keep the right-hand turns.

Kimberly Ames
Portland, OR

No Sandbagging!

As a recreational speedskater from southern California who attends many races throughout California, I am annoyed by skaters that "sandbag".

Allowing organized speed skating team members (as well as other elite racers) to compete in any public/recreational class hurts the sport of speed skating. These *sandbaggers* strut around in their flashy skinsuits racing in public/recreational classes just to take the prizes and to boost their egos.

Why does everyone lose?

- The recreational skater/racer will not come to the races anymore.
- The people involved with setting up the race will lose money and interest from people not returning.

- The sponsors and skate-related product companies will lose money and interest from future speed skaters and will eventually not sponsor these events.
- The sandbaggers themselves will find themselves racing against only themselves and lose interest.

This may all sound extreme, but I am sure people will agree that this small group of skaters should be more sportsman-like and enter the appropriate classes. That way *everyone* will benefit. Besides, if this group of skaters is as fast as they act, why not enter the elite class?

Sincerely,
Joe Recreational Skater

Whine-ding Down

Dear Lauri, Jeff and the Whiner:

I just wanted to write and tell you how much I like "The Whiner". It's great! Your "Whiner" should be commended for his grasp of the situation in the wide world of racing. Let's hear more whining! I would now like to ask the Whiner several questions.

1st: Why is Frank Fedel always wearing a tie in his photos? 2nd: When you mentioned "Skaters who are down with the One," or something like that at the close of one of your latest columns (it's not in front of me, so I don't know the exact issue), are you being facetious, or what? If not, may I infer that you are down with the One? Also, who is the One, and how can I be down? Is the One the same entity as the one Native Americans have traditionally referred to as the Great Spirit? Finally, do you know if being down with the One involves a prohibition on dancing? I may be crawling out of retirement soon, and I need all the help I can get. Please respond, Mr. Whiner.

Hope to see you guys soon!

Jon Lowden
San Anselmo, CA

Ed: Well Jon, The Whiner is on hiatus for the winter to concentrate on training and hitting the ice. If all goes well The Whiner will be back this Spring.

Questions or Comments?

Please direct correspondence to *Speed Skating Times'* Skater Letters, at 2910 Northeast Eleventh Avenue, Pompano Beach, FL 33064 USA. ∞

speed skating times

ROWING WORKOUTS

Rowing is a great cross-training activity for helping to develop some upper body strength, and lower back strength

— ©1995 Frank J. Fedel, C.E.S., B.S.

This month, we'll cover a few training protocols that you can incorporate into your exercise program. These workouts were designed to work with the rower covered last month - the Concept II Indoor Rower. According to Dr. Charles T. Kuntzleman (author of over 50 books on fitness and health, and National Fitness Consultant for the YMCA), many avid rowers feel that the Concept II "is the closest thing to being on the water." That does not preclude you from doing these workouts with another piece of equipment, but to gain the largest benefits, you should stick to the equipment for which the workouts were designed.

Warm-up

In the sport of rowing it is especially beneficial to warm-up before exercise. Since such a large number and range of muscles are used, warming up those muscles will not only enhance their ability to do work, it will also help prevent muscle injury.

If you have access to a stationary bicycle or treadmill, they both provide a good warm-up. If neither is available, you can walk (in place or in a large circle) for the warm-up period. Your warm-up should consist of 5 minutes of mild intensity exercise to get your muscles warmed up. After warming up adequately, spend a few minutes doing some light stretching of the legs and upper body.

Stretching

Stretching doesn't take time and can speed skating times

help prevent muscle soreness. You can do a few conventional stretches in just 5 minutes:

Hamstrings: Sit flat on the floor with legs stretched out in front of you, reach forward and touch your toes or beyond. **Quadriceps:** Stand upright, grasp one foot at a time behind your back and pull it up and forwards as far

as possible avoiding discomfort.

Upper back: Standing, reach around to your left shoulder with your right hand, and your right shoulder with left hand, and pull your shoulder blades out to the sides to stretch the upper back muscles.

Chest: Sitting, place both hands, with fingers interlaced, behind your head and pull your elbows back; concentrating on feeling the chest muscles stretching. (For stretching instructions, see Flex For Speed Article in SST; 1994 issue)

NOTE: All of the following information is specific to the Concept II Indoor Rower. Older-type pneumatic or hydraulic rowing machines don't provide the same type of resistance pattern as the Concept II. Since many top rowers use the Concept II and are pleased with its performance, it will be the system to which all of these workouts will refer.

Workout #1

Easy, for Time

- * Duration: 20 minutes
- * Intensity: Easy to Somewhat Hard
- * Stroke Rate: 20-35 strokes per minute
- * Workout: Take the first five minutes to get familiar with the tension developed by pulling at various rates. If you are monitoring your power output in watts (on the electronic display), notice that it is not easy to maintain a specific power output. Instead, try to keep your power output within about a 10 watt range. For lighter individuals, this may be as low as 40-50 watts; for heavier individuals, 60-100 watts.

Reason: One of your first workouts using a rowing ergometer should be done

to familiarize yourself with the equipment. Unlike many other forms of exercise, with rowing the amount of work you do is related to the rate at which you perform the activity. By pulling on the handle of the rower faster, you will produce more resistance.

Remember that during this workout, you need to pace yourself to prevent overworking the upper body muscles. As an in-line skater, you will probably have the ability to produce high power output, due to your leg strength. However, you need to consider your upper body and it's unchallenged-during-skating status. Don't work too hard during your first few workouts on the rower; upper body strength will be a natural result of consistently working out with a rower.

Workout #2

Moderate, for Distance

- * Duration: 7-20 minutes
 - * Intensity: Somewhat Hard
 - * Stroke Rate: 20-35 strokes per minute
 - * Workout: 2500m time trial (see below)
- Reason:** After you have spent a few workouts becoming accustomed to the feel of rowing, you can begin to consider increasing the intensity of your rowing sessions. One of the most popular workouts for rowers is to do a timed workout; that is to cover a set distance in as short a time as possible, similar to cycling time-trials, where cyclists compete against the clock and not one another.

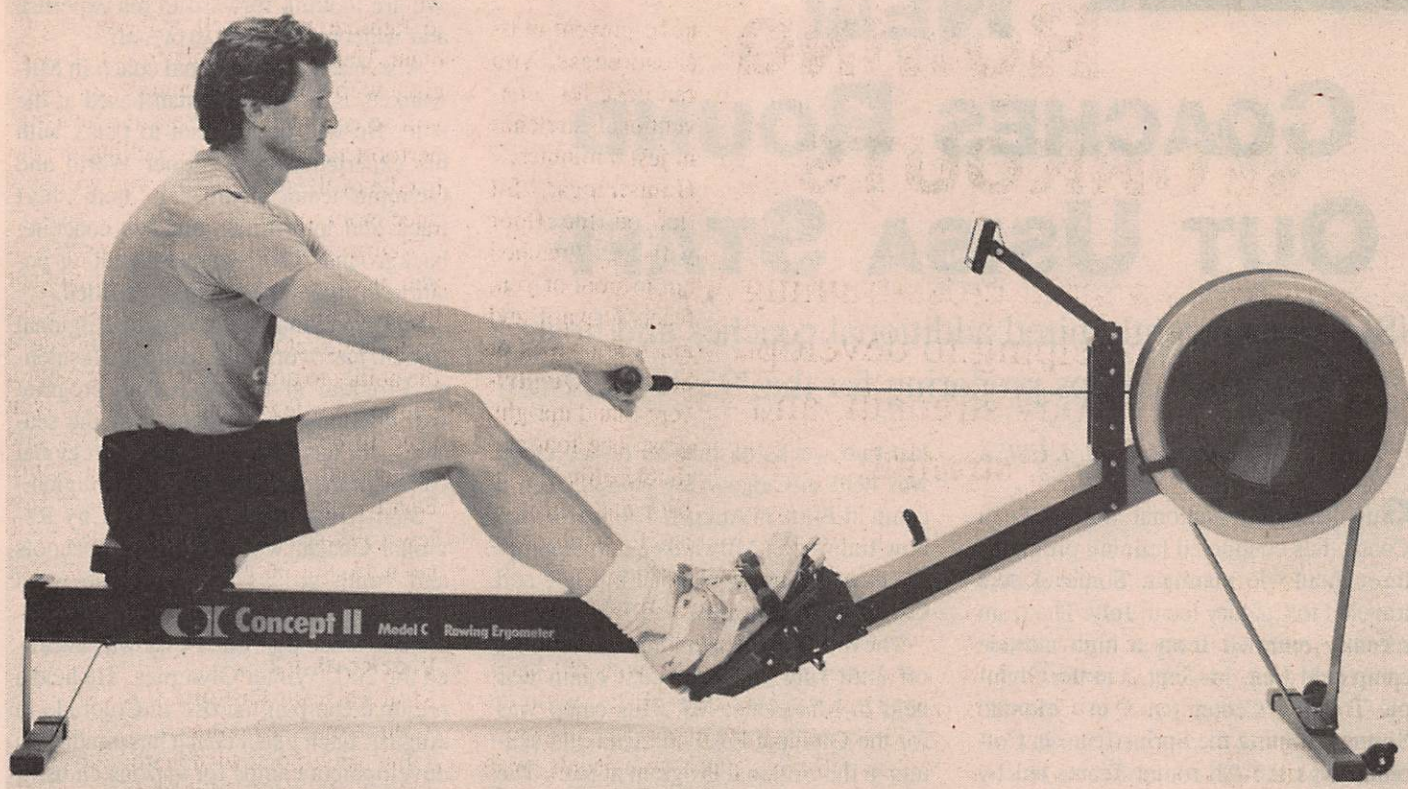
Rowing has an analogous race. The Concept II has a programmable feature that allows you to race for 2500m (standard distance used by rowers), or any distance in meters. You simply set the workout distance goal for 2500m, get in your set position, and go! The display continuously updates you, showing you how many meters you have left.

This workout is done to assess your ability to row for 2500m. One of the nicest aspects of doing this workout on a regularly is that you can monitor your progress. If it takes you 13:22 to do 2500m this week, perhaps next week you'll be able to do it in under 13:00.

Workout #3

Hard, Intervals for Power

- * Duration: 18-20 minutes
 - * Intensity: Fairly Light to Very Hard
- december '95 / january '96



The Concept II Indoor Rower is acclaimed for being "the closest thing to being on the water."

* Stroke Rate: 20-40 strokes per minute

* Workout: On/Off intervals:

On = Rowing at a pace that you consider Hard to Very Hard

Off = Rowing at a pace Fairly Light to Somewhat Hard

Reason: The ability to generate power is critical to many sports, including in-line skating. When all other factors are equal, a skater who can produce the most power will be faster. Since upper body development is not a trademark of in-line skaters and since upper body strength and power can benefit your skating, it makes sense that you consider working on your ability to produce power.

Interval training is one proven method for performing large amounts of work. You can do significantly more work by doing interval training than by constant training. Intervals on the rower develop your upper body and your legs. Like any interval training, fatigue is a possible side-effect. Time spent during the easy rowing workout is critical: it takes about 2 minutes to replace all of the energy stores depleted from short duration, high-intensity exercise. Depending on level of fitness and upper body strength, you can select one of a number of options for your interval training:

Easy 20 seconds hard rowing/2 minutes easy rowing/repeat

Moderate 20 seconds hard/1-1/2 minutes easy/repeat

Harder 1 minute hard/3 minutes easy/repeat

Advanced 1 minute hard/2 minutes easy/repeat

Cool-Down

Taking 5 minutes at the end of each workout (especially the high intensity) will help minimize problems related to inadequate cool-down. One very simple method of cooling down is to walk for 5 minutes at a pace that you could main-

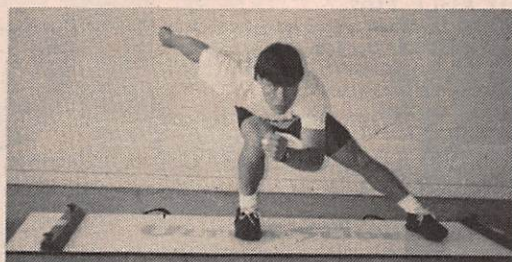
tain while talking to someone, without needing to catch your breath.

Rowing has benefits that are unique; the flexibility, strength and power gains you can acquire from rowing once or twice per week cannot be derived from any other sport. You can get involved with rowing at a beginner level, intermediate level, or, if you really want a challenge, you can see how you rate against others in your age group and weight classification.

Who knows, if you really get involved with rowing, you may improve your strength enough to break your P.R. in your next 10K in-line race. ∞

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NEW COACHES ROUND OUT USISA STAFF

USISA has recently hired additional coaches and hosted numerous camps preparing for the '95-'96 season.

By Katie Marquard, USISA

Guy Thibault, National Sprint Team Coach, has conducted training programs throughout the summer. Some skaters traveled to Calgary ice in July. The team recently returned from a high altitude camp held Aug. 14-Sept. 3 at the Olympic Training Center (OTC) in Colorado Springs. Joining the Sprint Team in Colorado was the All-round Team, led by coach Gerard Kemkers. In addition, Kemkers also conducted a training camp in Marquette, MI, from June 27-July 7. The Senior National Team is now training at their base in Milwaukee preparing to depart for Europe and the fall World Cup circuit starting in November.

The Junior Long Track Team also attended camps this summer. Mike Crowe began the year with a testing camp in Milwaukee May 19-21, then a training camp in Roseville in June. During the

last two weeks of July an on-ice camp was held in Calgary for juniors, then a camp in Butte in August. The juniors are now training in Milwaukee with competitions and training planned in Butte and Calgary for November and December.

The Short Track team had the summer off until July when the first camp was held in Marquette, MI. This camp was for the Olympic Festival Team and skaters in the National Program at NMU. The Olympic Festival Team then traveled to Denver for the Olympic Festival. The final short track summer training camp was held at Lake Placid OTC. They are now in Marquette preparing for two early season international competitions in Montreal & Lake Placid - the first ever World Short Track Ranking events.

John Monroe has been hired as an assistant coach to help Jeroen Otter with the Short Track Program. Monroe comes to the U.S. Speedskating from Canada

with extensive experience in coaching. We are looking forward to his expertise and welcome him to USISA staff.

Also hired, as a regional coach in Milwaukee, is Dave Besteman based at the PNIC. He will be an asset to USISA with his experience as a former World and Olympic team member in both short track and long track, and his coaching background. The regional coaching position in Roseville is yet to be filled.

Pat Wentland, Lake Placid Regional Coach, has overseen a summer Residency Program at the OTC. This program will continue for the length of the season. He has also conducted regional camps at the OTC and within his region.

Stan Klotkowski, Salt Lake City Regional Coach, works with area schools and youth groups to spread the word about speed skating. Enthusiasm has increased since Salt Lake City was awarded the 2002 Winter Olympics. He held a regional camp at the OTC in Colorado in August. Each USISA coach has conducted development camps for various clubs.

As the season begins, we are locking forward to hosting two World Cups, a World Ranking meet in Short Track, the World Short Track Team Championships and numerous USISA trials to choose our international teams.

Olympic Speedskating Oval Opens for Inline Skating

KEARNS, UT-Sept. 1, 1995-The 400m Olympic speed skating oval at Oquirrh

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SKATE 1ST, THEN POWER TRAIN

I recently had the opportunity to visit Germany to give lectures at the German Congress of Sports Medicine in Saarbrucken and at the Free University of Berlin. I found some interesting revelations.

by Dr Carl Foster

All right, it was a paid vacation—but a good paid vacation. Two of my hosts, Dr. Axel Urhausen of the Institut für Sports und Leistungsmedizin at the Universität des Saarlandes and Dr. Ralph Beneke of Dept. of Sports Medicine at the Free University of Berlin, have done significant research with German speed-skaters over the years. Dr. Beneke, in particular, has done important work demonstrating that the blood lactate concentration at the maximal lactate steady state is significantly higher during speed skating (between 4.0 and 6.5 mmol/l) compared to the 2.4 to 4.0 mmol/l which is common with running and cycling.

The highlight of the trip, however, was a chance to visit the 400m Oval in (former East) Berlin and to visit with some of the people involved with the former DDR skating team. The rink is not particularly attractive. It was built by a Checkoslovakia company that ordinarily built warehouses. It looks like a warehouse. With some better lighting and a little dressing up (flags, banners, pictures), it could compare not too unfavorably with the Pettit National Ice Center in Milwaukee. There is a 300m oval inside the 400m oval, and a single patch of ice in the center for other skating. Unfortunately, the water in Berlin is really hard, and they don't have much of a deionizing system so the ice is far worse than Calgary, or even Pettit. To be fair, the larger campus on which the Oval is situated has rinks devoted to both hockey and figure skating, as well as both outdoor and enclosed 400m track and field arenas, a curving roadway about a

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mile in length designed for roller skating, a flat 200m roller oval, both indoor and outdoor pools, about six soccer fields, not to mention support facilities and dorms. Talk about "build it and they will come," these guys invented the term. Of course, they broke the country with their sports budget, but that's another story. Their labs are roomier than mine, but not really very different except that the entire function of their labs is to

the Oval has rinks devoted to both hockey and figure skating, outdoor and enclosed 400m track and field arenas, a curving 1 mile roadway for roller skating, a flat 200m roller oval, indoor & outdoor pools, 6 soccer fields, support facilities and dorms

support elite sports. In mine, sports physiology is a hobby in the afternoon after the patients have gone home. Even ignoring the potential role of systematic drug use in the former DDR, there were a lot of good skaters produced by the DDR. Their penchant for building really nice facilities aside, what else did they know besides how to use the pharmacy?

First, they were able to systematically recruit young athletes from throughout the DDR. The strategy for choosing potential skaters seemed to be based mostly on anthropometry (body shape and

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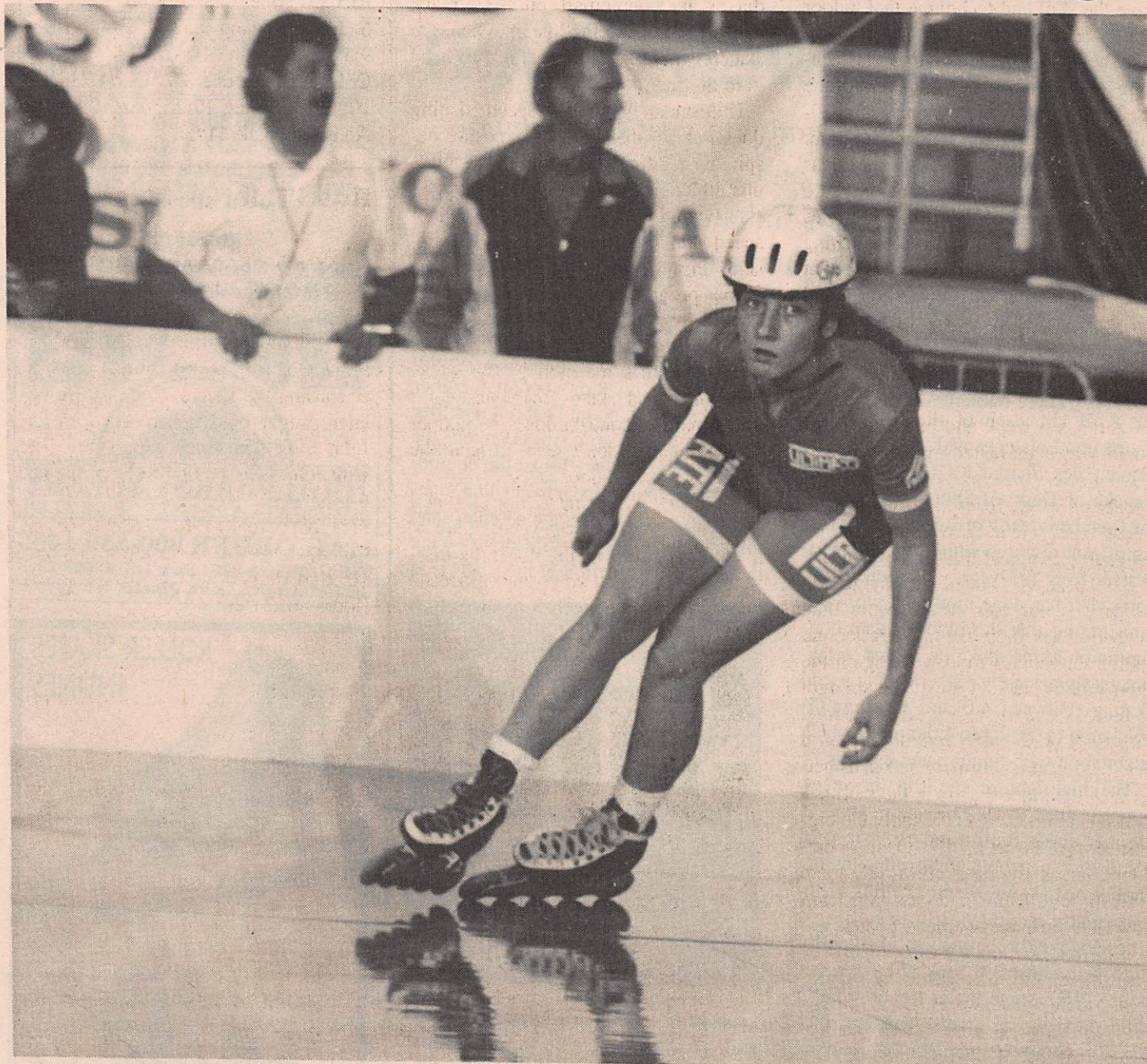
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speed skating times

WHEN THE WEATHER GETS BAD... GET INDOORS



Gypsy Lucas powers through the corner indoors which promotes great technique outdoors.

©Mark Taulbee

As the weather gets nasty, in-line speed skaters won't be able to train outdoors. Does that mean they get time off? Not if they want to be better speed skaters

ly allow skaters to continue their training, but according to elite-level in-line speed skaters and coaches, it will make them better skaters in the process.

"You work a lot more on technique indoors," said '94 Team USA member Gypsy Lucas recently. "With outdoor racing getting so big, you need to be able to cross over both ways. Indoors, you really have to learn how to turn and that
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By Andy Seeley
USAC/RS Sports Information Director

When Jack Frost puts snow and ice on your favorite outdoor skating areas, the answer is simple ... get indoors! Finding an indoor rink to practice in will not on-

speed skating times

helps you when you get outdoors. Outdoors you skate in a straight line for 15 minutes sometimes. Indoors, we work more on circle drills and balance drills. Every skater who only skates outdoors and not indoors, you can tell. They don't have the skill and technique that indoor skaters have."

In fact, many speed skaters and coaches in the U.S. attribute a large part of the USA's success in international competition to the USAC/RS indoor program. "That's a big part of our success," Lucas said. "Other countries are beginning to learn to do some of our drills for circles and crossing and stuff. They're catching up. But we've already been doing that stuff and been at that level. You could see it at Worlds in '94 on the track. We crossed better than other countries. Probably in the cornering, our indoor abilities really came through. If you practice three times a week and one time is indoors, you'll get better - guaranteed."

Jan Porter, USAC/RS coach and Team Leader of Speed Team USA, agrees with Lucas' assessment: "I'm sure the indoor program has an awful lot to do with (the U.S.'s success). One of the things that happens is our kids corner better than anybody. Plus, their feet move faster and I think that comes from working on the short indoor track. A lot of the strength of the USA comes from skating indoors. You can't skate solely indoors or you'd get killed. But it definitely makes us better than the other skaters in the world."

"I think cornering is probably the biggest benefit," Porter added. "On most outdoor courses, the turns are a little more gradual. By skating indoors, you learn how to turn sharper corners. Skaters coming from the indoor program can then run through the more gradual outdoor turns, while other skaters will be forced to coast through even those gradual turns. That makes a big difference."

While indoor work will make a better skater in the long run, it is unfortunate that most skaters prefer to skate outside.

"I really like outdoor better," Lucas said. "It just holds your interest better, the scenery changes and you don't get bored as quickly. We really try to keep kids interested, trying to make it fun. We'll play games and do drills that are fun. That seems to keep the kids interested. Once you reach the elite level, you just have that motivation of wanting to get better. For me, I just have to re-

member that I've got to have the indoor skating if I want to go fast outdoors."

One factor that might make indoor practices more enticing is the indoor racing circuit. If indoor speed skating received the same attention from the media as its counterpart on the streets, banked tracks and the like, maybe more skaters would be more inclined to head in to the rink.

Unfortunately, indoor speed skating does not get that kind of exposure despite its exciting action and the spectacular athleticism shown by its skaters.

"I would really like to see indoor speed skating get to that level of exposure," Porter said. "That would help the indoor program even more. I just don't know why it hasn't. I think it is going to take somebody getting behind the indoor program with some money. The wheel companies and skate companies don't mind making contributions to outdoor races. But they don't seem to have the same interest in indoor races."

While indoor racing is not as glamorous and does not receive the kind of attention outdoor racing does, the message is still clear. If you want to succeed outside ... learn the technique inside! ∞

Roger's Run 5K

By Kimberly Ann Spence

EL SEGUNDO, CA—October 22, 1995...5K O/A: Keith Kurland 8:59; 2. Rene Herrera 9:23; 3. Nat Holt 9:26; 4. Richard Pope 9:28; 5. Mark Roth 9:29; 6. Jaime Lozano 9:52; 7. Bob Mirabal 9:54; 8. Esteban Abenoza 9:56; 9. Frank Colon, Jr. 10:01; 10. Chris Hudson 10:57; 11. Greg Rodriguez 10:58; 12. Andy McShane 11:00. ∞

Road Runner Classic 5K

By Kimberly Ann Spence

RANCHO SANTA MARGARITA, CA—November 4, 1995...The start of the 5K inline race on the hilly course was crammed with 83 skaters until Frank Colon Jr. pulled out on a solo flyer causing the field to thin out. He was later caught by Esteban Abenoza and John Ellis. The three gapped the field with John Ellis pulling away at the end for the win.

5K O/A: John Ellis 9:56; 2. Frank Colon, Jr 10:04; 3. Esteban Abenoza 10:04; 4. Jerry Kauppila 10:57; 5. Greg Rodriguez 11:20. ∞

Speed ...



SPEED LINK TO THE WORLD

When the mainstream media falls in love with a story, the results are seldom pretty.

By Pat Seltsam

As esoteric as the sports we cover are, and as off-the-wall we try to be, we simply can't resist the urge to join the mainstream media and do an article about the exploding world of electronic communication, and how it's going to change our world forever. However, no effort will be spared in an attempt to not use silly, and horribly overused terms like *Information Superhighway*, *Infobahn* and any instance of the prefix *Cyber-*.

Enter *The Internet*. If you own the right computer, a modem, and still have enough cash left over to pay a provider of Internet service, you can explore new ways to do all sorts of stuff. Check the weather, stocks, and TV listings (in only twice the time it takes to look in the newspaper); or correspond with friends and people you've never met before.

There are volumes written about the Internet but nothing yet on what it has to do with speed skating. So here goes.

There are three basic parts of the Internet; E-mail, Usenet and the World Wide Web. E-mail is the easiest to use, and the least frivolous. You get yourself an address and mail reader software and you send messages back and forth, ad infinitum...all without the added cost of a long distance phone call. You can subscribe to mailing lists where any member can send in a message about a certain subject, and it gets distributed to all the people subscribed. And yes, there is a mailing list about speed skating.

The speed skating list is based at the University of Koln in Germany, yet most of the subscribers are in the US. Discussion ranges from Rintje Ritsma's contract troubles with KNSB (Dutch federation), to whether masters should skate or speed skating times

hang 'em up and officiate. There have been translations of Dutch media coverage, and results of Japanese short track meets. There is limited discussion of in-line racing, but the list is mostly focused on the on-ice genre of the sport.

With @125 subscribers, the list seldom generates more than five messages a day (some lists generate 100+!), and message-free days occur regularly. Outside the list, there is private correspondence. E-mail is just like *snail mail*, (or *hard mail*) you get what you give. If you don't write anyone, no one writes you.

Beyond e-mail, there is an enormous collection of messages in *newsgroups* or USENET. This massive amalgamation features 10,000+ groups covering topics from Beverly Hills 90210 to rocket science. Using software called *Newsreader* you can acquire articles, photographs, sound clips and short videos. There's not much for speed skating...there is a group called *rec.sport.skating.racing*, but it receives little traffic. Most on-line speed skating fans stick to the mailing list. There is more in-line racing content on *rec.sport.skating.racing*, however, than there is in the mailing list. You may find racing related postings in *rec.sport.skating.in-line.*, a fairly well used group covering all in-line topics, but features more aggressive skating than anything else.

Unlike mailing lists, newsgroups receive and contain messages from anyone with an e-mail account, so there tends to be trash on the USENET groups, trash with subject lines like "READ THIS AND GET RICH QUICK" and "I'M HOT, CALL ME, 1-900..." and the replies denouncing commercialism on the Internet, or at least this type of junk e-mail known commonly as *Spam* after the widely maligned luncheon meat. (I don't get it...be-

ing one who enjoys Spam [the meat, not the messages]).

Fortunately, the other difference between newsgroups and mailing lists is that no one gets a USENET posting unless they seek it out and choose to retrieve it. Spam and Anti-Spam rarely occur in the obscure sports related groups, I guess we're just not a desirable market for the racketeers and rip-off artists.

Finally, probably the most sophisticated branch of the Internet, is the World Wide Web, *www*. Here you use another piece of software, called a *Web Browser* to find and view sites, known as *pages*. It takes more sophistication, knowledge and hardware to set up a web site, so the trash quotient is lower than on USENET, but there is commercial activity of a more acceptable nature. If e-mail is like the telephone, and USENET like radio, then the Web would be television except production costs are MUCH lower.

Web sites are generally maintained by educational institutions, businesses, governments, etc. You'll find pages operated by individuals, but usually they are part of another entity (college student). You can't really run a web site from a home computer — it requires industrial strength hardware, and a 24 hour Internet connection.

What you'll find first on the Web are pages with *links* you can mouse-click on to get to other pages. Eventually you will find a site with information you want. When you do...mark it, if you ever want to get back. There are directories and searchers to help you get around. By searching for *speed skating*, it's easy to find material. Some people write *speed-skating*, and others *speed skating*, be sure to check both.

There is ample speed skating information on the *www*. The ASU has a page (USISA does not), so does the Northeastern Assoc. The Swiss speed skating team is the first National Team to have a Web page. You'll find an excellent site maintained by Calgary's Olympic Oval, and a site from the John Rose rink in Minnesota (nothing for the Pettit Center yet). The '98 Winter Olympic Site doesn't really get into speed skating. Same goes for the Salt Lake City 2002 site, except a photograph of the Oquirrh Park speed skating oval. Complete '94 Olympic re-

sults are on the Lillehammer web site.

In line skating and racing are also well represented, so well, in fact that I can't even begin to list pages here. The search I did returned in-line sites from Manhattan to Singapore, and everywhere in between. The best thing to do for in-line coverage is find a search engine, and enter *in-line skating* (remember that there are those who spell it without the dash).

So what does all this mean to speed skating? The Internet's not going to lower anyone's personal record in the 500, so why should we care? *Narrowcasting* that's why. Letting people who are interested in an unusual or bizarre subject get high-quality information about that subject on demand. The only limit to how much speed skating information is available in the Internet, is how much the speed skating world puts there.

The possibilities for speed skating narrow casting are endless as technology advances and the people reached by the Internet grows exponentially. How about real time coverage of competitions connecting electronic timing equipment into a web page, and post race interactive interviews with athletes. Even better (but the technology's not quite there...yet) real time sound and video coverage. Not so technologically far away could be a comprehensive statistics database: personal records, national records for age/gender categories, national/international rankings updated as results pour in.

Beyond narrowcasting, there are more down to earth Internet uses that will help us right away. Getting e-mail into the offices of USISA, USAC/RS, USOC and ISU will be a real plus, if for no better reason than to save staff from jumping up to answer the phone every two minutes. No one will argue against improved communication with/within our National and International Governing Bodies. Coaches can report on athlete performances from abroad, information can be made available to fans and the media. Geographically separated board and committee members can correspond easily.

Long distance coach-athlete relationships may never be ideal, but the Internet can make them easier. As we start to realize the dream of Long Track rinks open in major cities across North America, we need to face the communications challenge posed by the fact that everyone doesn't HAVE to go to Milwaukee — electronic networks will help speed skat-

december '95 / january '96

ing face that challenge.

We can even serve our fans, once we realize they are out there, and they make themselves known. The biggest contributor to the speed skating mailing list is a guy from Philly who never skated in his life and he's not the only one of the electronic speed skating community who doesn't skate. Technology lets us educate and communicate directly to those who have an interest, without pandering to the will of the masses, that's narrowcasting in a nutshell, and speed skating is tailor made for it. Enjoy the new world...It looks like it is here to stay.

HOW TO DO IT:

MAILING LIST - e-mail a message to <Majorjorjor@uni-koeln.de> (don't include the <> marks). Don't put anything in the SUBJECT line, and type "Sub Skate 'your name'." That should do it...next thing you know you'll be inundated with intelligent, insightful information, spiced with rapier wit, from speed skating experts around the world. Plus, you too will become an international authority...

USENET newsgroups - Use your newsreader software to check out *rec.sport.skating.racing*, and *rec.sport.skating.in-*

line groups. Additional related information may be found in *rec.sport.olympics*, but most traffic on that group relates to tickets and accommodation for the Atlanta Games.

WORLD WIDE WEB - The Web uses codes called URLs to identify and locate sites. Now, we could share all the speed skating related sites here, but then you lose out on all the fun of finding them yourself. Instead, use this short list of sites as a starting point, you'll find ample linkage to other key sites from this page, though; Northeastern Association <http://web.mit.edu/jeffrey/speedskating>

The truth is, it's pretty futile to try to cover the Internet, especially the www, in a magazine. Between the deadline and the publication date new and better sites emerge. The best way to understand the Internet is to use the Internet. Go wild... While you're at it, try these URL's:

ASU

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

Meet Schedule

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

Swiss Nat'l Team

<http://www.telemedia.ch/sev>

....And, coming soon - a *Speed Skating Times* website — this will be good ... ∞

is all that really matters.

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1995 CORE

NEAL MARSHALL & RINTJE RITSMA

By Jacques Thibault, Program Manager, Olympic Oval, Calgary

In my experiences as an athlete, coach, and as program manager of the Olympic Oval, I've met and watched many champions. For the past two months I've had the pleasure to observe Canada's Neal Marshall ('94-95 1500m World Cup Champ and 3000m World Record holder) and Holland's Rintje Ritsma ('95 World and European Champion) while they trained here at the Oval.

During their stay I was able to discuss with them the upcoming season and their incredible careers. It was clear that after just a few minutes, they both represent the highest level, not only of athletes, but also of examples to follow for the future speed skating champions.

The following is a condensed transcript of our conversation.

JT: Did you ever dream of becoming a World Champion?

RR: Not really dream, but every young guy is thinking about it and for me everything is coming very slowly. Every year is going a little bit better and then the moment is right there. Of course you think that it could be possible to be a World Champ. I think everyone has that.

NM: Yes, I did. I dreamt of lots of things, being in the Olympics, Olympic Champion, being a World Cup Champ. I think everyone dreams of all those things.

JT: So how do you become a World Champion?

RR: I think discipline. You have to be talented—and to have discipline in doing a lot of training and technique of course.

NM: I don't know! I just kept trying, just kept trying hard. I almost quit after the '92 Olympics and after '94 and I decided to keep going because in the end I didn't think I'd reached my best potential so I kept going, and both times I did, I proved to myself that I hadn't reached my potential and I still feel I can be better even now.

JT: Do you feel that you train harder now than you used to because you are successful, or is it smarter training?

RR: I look every year for new training stuff. This year I have a new team to give me more inspiration to train again for the next three years to the next Olympic Games. Before I started my own team, I skated for 5 years with the Dutch Skating Union. It was okay, but it was not absolutely high level. To start skating and attain high levels, it was okay to skate with the Dutch Union, but now I want more and there is not more; so you have to find on your own what you have to do then. If forming your own team is the best there is to do, then that's what you have to do. But you then have to do everything alone and that for most of the skaters is very difficult to do.

NM: I think it's a bit of both of those, I train smarter and I think I'm physically more mature and mentally more mature so I can put more into it and not feel burnt out and push my body harder.

JT: Do you feel like it is important to have a team around you to be able to perform good?

RR: I have not a team. I am the only skater; I have a physiotherapist and a trainer, and that's the team. All this new stuff has given me a lot of inspiration to train harder now.

NM: You can do it on your own, but it also depends on the individual too. For some people it really helps a lot to have some sort of a support group who are doing the same. That's one thing we have more of lately in the all-round.

JT: Do you ever get tired of doing all the laps and skating around and around?

RR: Yes, that's why you have to find new things. Of course it's very hard to always skate the same laps. This is the third time in Calgary and that also gives you inspiration to skate on a track where you've never been. It's nice to train here. The ice is very good here. The last five years I always went to Inzell, Germany. The weather was very bad, a lot of rain, too warm to skate.

NM: I've learned how not to get dizzy! Sometimes, yeah. I try to make just little training goals, day to day training things. If you're doing the same training session as you did last week, you'll try to do it a little faster, a little better or we have testing in the lab and you try to get just a little better score all the time. Just little things like that.

JT: Do you think covered Ovals around the world have helped speedskating?

RR: Yes, of course. Last year we trained also in Inzell it was necessary with the World Championships. The conditions were changing all the time, you don't have that with a covered oval. It is the best there is.

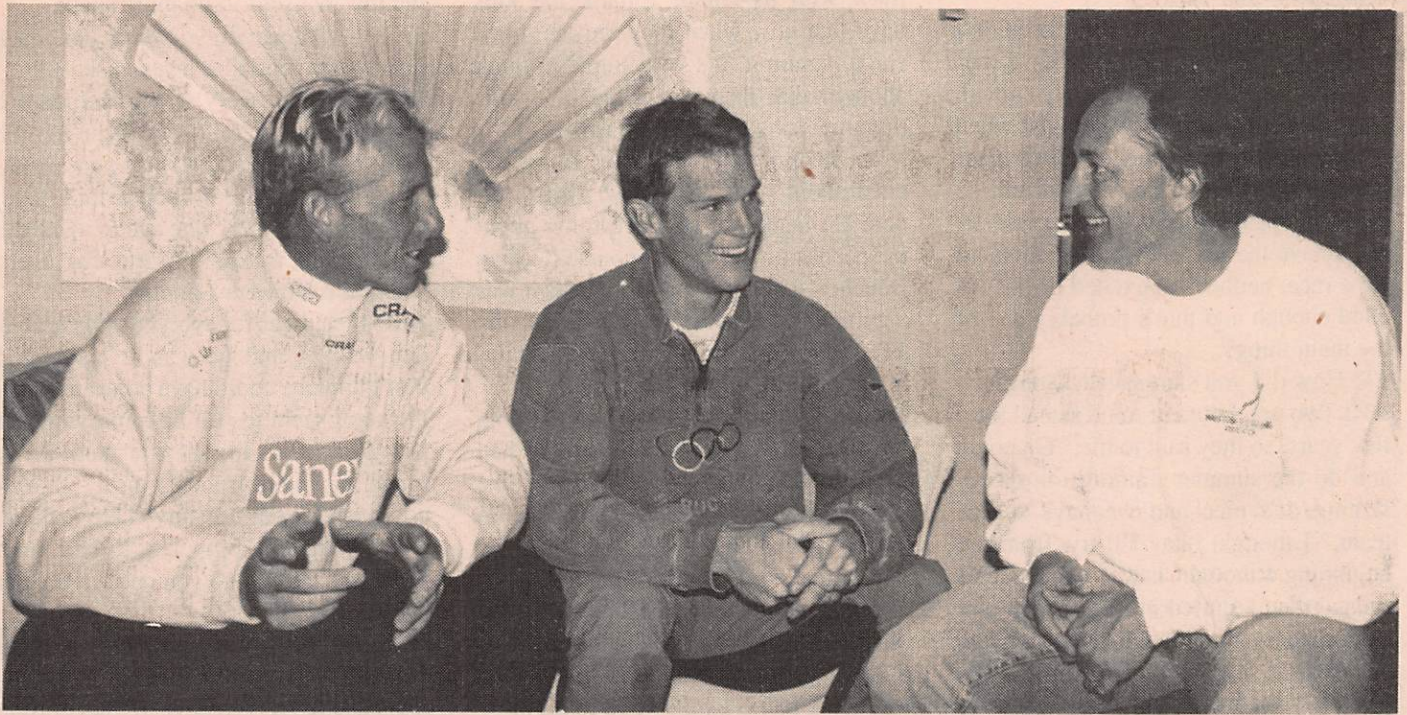
NM: Yes, it does for sure. I think the main way it helps is that you can train any time and you're not interrupted by the weather. Not only just being able to do your training program, but you can do it consistently and always compare your times from training. You know if your times are slow one day, it may be because you're tired, so you can take it a little easier. Or, if you have a really fast time you know it's because you were fast. If you train outdoors, it changes all the time. Sometimes you can't train.

JT: What other sports can help you become a better speedskater?

RR: For me, surfing. I do a lot of surfing in the summer, but it is different than skating. For me that is the thing that is okay. I go to Hawaii, after Hawaii I go two weeks to Aruba to surfing competitions over there. That gives me inspiration for the winter.

NM: I think on the physical side for conditioning; cycling. That's a good one, but I don't know if you're competing at the top level if there's really time to compete at cycling. For sure doing cycling is good. Balance sports, any balance sports, I think are probably good.

JT: And what about inline?



L-R: Rintje Ritsma and Neal Marshall talk with Jacques Thibault during their training visit at Calgary's Olympic Oval.

RR: Yeah, we do a lot in the summer. I have 4-wheel inline skates with me for fun to do out of the ice rink, but normally we train on 5-wheel inlines. I think in the summer it's the best training there is for speedskating. The skates are a little bit heavier so when you skate slowly on inlines the technique is a little bit the same. When you skate very fast on them, then it's totally different.

NM: Yeah, we do inline. I think that's important, but I think it's very important that if you're doing inline skating for speedskating, that is if speedskating is your main priority, you have to make sure you do the inline skating as you would speedskate and doing so is not the fastest way to inline skate. You can sort of find your own technique to inline skate and go faster, but if you want to do it for the benefits of speedskating you have to really concentrate and inline skate with the same technique you would for speedskating. Otherwise you get really bad habits and I think it could hurt you on the ice. For inline skating I think it's faster with a shorter stride and you don't really carve the skate as much as you do for speedskating. I don't think the leg angle is always quite as low and you don't take as much time for weight transfer and it's those exact things that hurt skating that make you go faster in inline skating.

JT: Do you think short track helps in becoming a long track champion?

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RR: I don't know much about short track speedskating.

NM: I think yes, it helped me with corners not straightaways because you don't even take four strides per lap in short track, but the corners help and probably even more so sprinters. The Canadian sprinters who have done short track are amongst the best in the corners. I think it helps them a great deal with the corners.

JT: With the World Single Distance Championships this year are there any changes for you in the way you prepare?

RR: No I always train for all-round and when I have to make a choice, then I can only train with a little bit of endurance and train only for the 1500m. Because I also skate European or World Championships, then I have to train all-round.

NM: I don't think so. I'm going to do everything the same, really. We've always tried to improve each distance as much as we can without hurting any other distance and to me the World Single Distance Championships is going to be just like the World Cup final just a little more important in each distance.

JT: What is your strongest point as a speedskater?

RR: I am strong, I think! I learned a lot of technique in the last 4 years which made me a better speedskater, but I learned it very late.

NM: My strongest point I think maybe consistency. I always try to give 100% if I'm doing a race. I did that last year and

think that's what helped me win the 1500m World Cup and just consistency.

JT: What would be one piece of advice you have for developing skaters?

RR: Don't start too early with strong training. In the beginning do it only for fun, for a hobby and when you're 15 or 16 years old and you're talented, then it's time, but you can wait for it.

NM: Well, to have fun for sure, because if they're not having fun, they're not going to last very long in the first place. And try hard, but don't get discouraged if it doesn't always go the way you want it at first. Just keep trying!

JT: Do you think anyone can be a World Champion if they want it bad enough?

RR: I don't think so. You have to be talented, you have to be strong. You have to be disciplined, and not all the skaters have that.

NM: I'm going to say yes—to a point. I think there's physical limitations to everyone and that's an important factor. You have to have a good base there, but I think the person who wins isn't always the one with the biggest legs or the best cardiovascular, I think it's the person with the biggest heart who wins. I think that can make up for a lot.

JT: In preparing for an important race, do you have any special things you do?

RR: Oh no. If you skate enough you have your own preparation; and I think if you have that, you don't have to switch to another preparation. You have

speed skating times

it and that's it.

NM: I'm sure I do although I couldn't pinpoint them now. I have the same routine for 6 or 7 years. I was lucky enough to work with a sport psychologist when I was skating in British Columbia, Peter was great! He was really good and so now I think an important thing is I always have the same level of excitement for a race, neither too excited or not excited enough and that's probably one of the main things.

JT: How did you start speedskating?

RR: Two neighbors of mine skated for a few years, so they said to me, "Oh come and do the summer training for speedskating. It's nice and we have a nice team." I thought okay I'll try, from the beginning I thought it was very nice to do and then I started in the summer and continued skating in the winter. When you hear it, it sounds very stupid when you start skating in the summer but in the winter it gives me more fun and that's why I'm still skating now!

NM: My mom threw me and my three brothers into it! We didn't know any better! I think I was eight. There was a club starting up and my mom is Dutch so she wanted to get involved so she put us in it. My dad was against it at first. He said, "Okay, you can go in it, but we're not going to any competitions." And then, a year later he was coaching and he was taking us to all the competitions!

JT: Any hobbies?

RR: Surfing, all water sports, scuba diving. Last year I bought a boat for competitions. It's 8 meters and all the stuff on it is for competitions. It goes unbelievably fast, It's really nice to sail on it.

NM: Motorcycles, I own a motorcycle and that's my hobby, riding it and I just finished restoring it. I bought it as a wreck and fixed it up. I do some drumming with some other former skaters!

JT: Any special goals for this season?

RR: Last year I was World and European Champion, so I want to do the same.

NM: I haven't really set any specific goals, I just want to equal what I did last year in the 1500 and I'd like to improve on my 8th overall placing at the World Championships a little higher. I'd like to get the 1500m World Record. I have to go about 70cm farther in the same time.

JT: Are there any athletes that were an inspiration for you?

RR: When I was young I watched some Dutch skaters. When they skated on the speed skating times

track with us—Ohhh! I think the kids have that now when they see me, but I can't explain it. It's very stupid to think about it—that there are some little kids thinking, 'ohhh, there's Ritzsma.'

NM: Yeah, the first guy that got me excited about speedskating was Eric Heiden. He made me start dreaming about in speedskating. And, of course, Gaétan Boucher—when he won his medals it was a good boost because he was Canadian.

JT: What would a typical week of training be for you during the summer?

RR: Breakfast: 8am. 10am I go training, mostly running in the morning. When the weather is warm, then I go on a bike for a long ride. 12pm eat again. Then in nice weather I go to the beach, the whole day to rest a bit and I do training in the evening, about 7pm. I usually do running, power training. I do power training 2-3 times a week, inlining 4-5 times a week, the rest is cycling and running.

NM: First of all, the hours we put in the summer are more than we do in the winter. More volume, maybe a little intensity. A typical week would be probably training six of those days, probably four or five of them we would be doing a cycle, most of them long, probably one or two high intensity cycling sessions, weights once or twice, imitations of some kind once or twice as well.

JT: During the fall, what kind of training do you do?

RR: A lot of endurance to start to pick up technique and a little bit of interval training and after Christmas, spring training, and of course competition. In the beginning it only starts with technique training. That's important at the beginning of the season.

NM: In the fall we get on the ice more which replaces some of the long cycling. Weight sessions become less frequent in

the fall. We start to do more skating.

JT: At what age do you think you reach your full potential as a speed skater?

RR: If you are very young and reach a high level, you don't stay at the top too long. Developing slowly 'til you are 23, 24, you can be at the top a long time, maybe until 27, 28. The age to make the best results is 26, 27. But for every skater it's different I think.

NM: It changes for everybody. Eric Heiden was 21 and he was at his best. I don't think he could have done anymore. For me I seem to still be improving and I'm 26 now, so for speed skaters it can range anywhere from 20 up to 30. You could reach your best anywhere in there.

JT: For training purposes, to become a World Champion do you need to train at an indoor oval?

RR: No. It's good sometimes to train outside. There are still some competitions outside so you have to train outside a little, but for speed it's only tracks that are at a high altitude that are good.

NM: I don't think it means you can't be World Champion, no. You could still be World Champion if you skated at an outdoor oval, but it is a bit of an advantage.

JT: If you're going to race in the 1500m against each other—what do you think?

RR: Of course I beat him! I know Neal is a very fast skater last year in the 1500m and the Record Champion in the 300m. I'm waiting for this year to see what he's doing and we will see then.

NM: It wouldn't be any different than if I was racing anybody else. Once I'm in the race, I'm not really thinking too much about the other person except if it's the last 100m and we're still really close, then it becomes a race against the other guy, but I think the preparation would be the same for anybody.

JT: Good luck and thank you. ∞

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By CATHY BREITENBUCHER

MILWAUKEE, WI—October 17, 1995... Without Blair in the house, the press (this reporter included) was forced into matching new names with unfamiliar faces in an attempt to find some interesting stories.

All-around Coach Gerard Kemkers begged the media to give more attention to the speed skating team; it remains to be seen whether that plea will help or hurt coverage of the sport.

Seven skaters find themselves on the 24-member national team list for the first time. Proving that the abundance of rookies is hard to get used to, PNIC Executive Director Spiro Giotis (himself a newcomer) inadvertently introduced Program Director Nick Thometz as the team's coach. In fact, Canadian Guy Thibault has taken over as sprint coach.

Still, there was an air of optimism as the team held its coming-out party. For starters, the territorial squabbles of the past have been set aside and Milwaukee truly has taken its place as skaters' home base. Starting this season, skaters wishing to maintain the status and benefits of national team membership must train year-round in Milwaukee.

"Our goal is to make the environment as close to professional as possible so the skaters can dedicate themselves to their sport," Kemkers explained.

Could there ever have been any doubt where Chris Witty would choose to train? She grew up in West Allis just an easy bike ride from the rink and had her most memorable moment in skating on the PNIC ice last year, picking up a silver medal in the first day's 1000m at the World Sprints. Now, she says, she knows what it will take to climb the podium for the overall awards.

"My biggest goal is to improve my start," said Witty, whose 7th-place finish overall was one spot higher than Blair's debut World Sprints meet at the same age. "Look at my openers last year, and you know I should have been in the top 10 a lot more often, based on my laps."

Thibault's other troops run the gamut from 19-year-old Becky Sundstrom, last december '95 / january '96

THE U.S. LOOKING STRONG IN 1996

The post-Bonnie Blair era was greeted with some awkward silences as a small group of reporters met with US speed skaters at the team's Pettit Center media day.



U.S. Speedskating Program Director, Nick Thometz with Becky & Shana Sundstrom (both members of the U.S. National Sprint Team) at the '95 Oval Finale in Calgary, Canada. ©Susie Bruce

year's World Junior Champion, to 30-year-old Chantal Dunn (formerly Bailey). The story line of interest on Dunn is her decision to train all summer and fall through her pregnancy.

"I love skating," said Dunn, the recipient of a pile of gifts from a baby shower her teammates gave in mid-October. "I'm not ready to quit, unless it interferes with my baby."

Sundstrom is joined on the sprint team by her sisters, Tama, and Shana. Shana is skating long-track for just the second season, but she comes to the squad with Olympic experience. She was a relay alternate in short-track at the 1994 Lillehammer Games. Kim Strzykalski rounds out the women's sprint team.

Becky Sundstrom might as easily

have decided to skate as an all-rounder. She finished 3rd in the two longest events (1500 and 3000m) at the World Juniors, becoming the first U.S. winner of the women's crown in about 15 years.

"In the long run, I think my best distances will be the 1000 and 1500," she said. "I did better than I expected last year at 3000, but I also did that in the 500. I'm not sure what I am. I did break the world junior record in the 1500, so maybe that's an indication."

Thibault's men's team averages 18 months younger than the women he's coaching. But he's not looking at the skaters' chronological age, but instead at their experience in the world arena.

"For the top ones, like Chris, Casey FitzRandolph and Cory Carpenter, we speed skating times

hope to have some medals this year at the World Cups and World Championships as well," he explained. "For the younger ones, (the goal) is to improve their times and get them to the next level to get to the (Olympic) Games in '98."

FitzRandolph is the defending national champ, and Carpenter's season was highlighted by a 10th-place overall finish at the World Juniors. The remaining men on the sprint roster are Brendan Eppert, Ryan Shimabukuro, Heath Haster and Kevin Curtis. They'll battle for just one spot in the World Sprints, the result of the U.S. failing to place a man in the top 20 in the '95 meet.

Witty's performance, combined with Blair's overall title, however, brings the Americans back to a full quota of three women for the World Sprints.

With four skaters under the age of 20 training with him, Kemkers is excited about the all-arounders' potential for improvement. His skaters will have special incentive to perform well—the first-ever World Cup in the U.S. for distance skaters, set for Feb. 24-25 in Milwaukee.

"That's huge," said Moira D'Andrea, who set personal best times in all five dis-

tances last March on the fast ice of Calgary. "In February, we should be at our peak. Some of us will feel the pressure of being there, but that's what you want."

D'Andrea broke American records that had stood since the 1988 Olympics, Blair's mark in the 1500 and Jan Goldman's in the 3000, as the season ended. In mid-summer, though, she contracted Hepatitis A and thus was easing into the training program. With the World Championships Feb. 2-4, D'Andrea might have a better shot at an international medal at the inaugural World Single Distance Championships March 15-17.

D'Andrea's fellow national all-around champ, Dave Tamburrino, established himself as a medal threat in 1996 by placing 5th last season in the Worlds—the best by an American in six years. Equally encouraging, KC Boutiette, in only his second year of ice skating, finished 15th, a leap of nine spots from 1994. "We hope they continue to improve," said Kemkers.

Christine Scheels, just 18 years old, followed up her '94 Olympic season with a bronze-medal finish in the World Juniors last year. But she relinquishes

her distinction as the youngest national team member to 15-year-old Kirstin Holum, whose strengths are the 3000 and 5000 meters.

Tim Hoffmann adds some depth to the men's team. He was on track for an overall medal at the World Juniors until a fall at the finish of the 1500. "I knew the time I was on, and I knew I'd get a medal," he said. "I saw the finish line, and I forgot to skate."

Completing the women's roster are Cory Goelz, Amy Sohnle and Valerie Hopkins. Kemkers' other men are Arlen Spicer, a firefighter on his first national team; Jeff Benjamin; and Matt Kooreman.

Thometz continues to add components to his comprehensive national program. Dave Besteman was hired as Midwest Regional Coach (based at the PNIC), and the planned addition of a coach in Roseville, Minn., in December would complete the four-member regional staff.

"We have a bunch of good, young, talented skaters," said Thometz. "We're hoping for '98 to have some people there and hopefully we'll keep our junior skaters around until 2002 because we'll need that experience." ∞

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TRACK CHAMPIONSHIPS

Tony Goskowicz and Kip Carpenter set new U.S. records.



Karen Cashman, Julie Goskowicz and Whitney McGill in the 500m final. ©Sam Hicks

By Brad Goskowicz

MILWAUKEE, WI—November 11-12, 1995...Tony Goskowicz shattered the U.S. record in the 3000m. The 18-year-old skater completed the distance in a time of 4:56.35, beating the old record by 5 seconds. Kip Carpenter, also set a new U.S. Junior record in the 1000m event, skating the event in 1:32.51. Carpenter won the B Final in his first competition since a major injury last year.

Elite Men O/A pts: Tony Goskowicz 97; 2. JP Shilling 76; 3. Kip Carpenter 74; 4. Scott Koons 73. **3000m:** Goskowicz 4:56.35; 2. Shilling; 3. Tom O'Hare; 4. Koons. **1500m:** O'Hare 2:20.26; 2. Goskowicz; 3 Carpenter; 4. Todd Porter. **1000m:** Goskowicz 1:32.45; 2. O'Hare; 3. Shilling; 4. Porter. **500m:** Goskowicz 44.91; 2. Carpenter/Koons; 4. Shilling.

Elite Women O/A pts: Whitney McGill 91; 2. Therese Lease 82; 3. Julie Goskowicz 72; 4. Hillary Mills 70. **3000m:** Lease 5:26.83; 2 McGill; 3. Karen Cashman; 4. Goskowicz. **1500m:** Amy Peterson 2:35.39; 2. McGill; 3. Lease; 4. Goskowicz. **1000m:** Cashman 1:41.45; 2. McGill; 3. Goskowicz; 4. Lease. **500m:** McGill 48.12; 2. Peterson; 3. Cashman; 4. Goskowicz. *U.S. record ∞

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CONFESSION TIME

Lauri Muir sent me a note advising me to 'fess up, so here goes. Hi, I'm John and I'm a workaholic.

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email john-banks@acd.org

Well, actually I'm not a workaholic (sorry Lauri, I'm still in the denial stage). In fact I'm just about as far from a workaholic as you can get. But unfortunately, I'm not independently wealthy, so it's kinda important to keep the bosses at least semi-happy. In my case, when the corporate office, that knows nothing about how to conduct a flight test program, decides that an 18-month flight test program needs to be accomplished in 6 months, you can give the definite appearance of being a workaholic, or quit.

By the way, there is a reason that I'm not independently wealthy. God did it! He knows what a lazy, shiftless, play all the time, do only what I want to do kind of person I'd be. So I guess I'm stuck, at least for now. Fun, which includes skating, has to get wedged in between making the bills. As a result, it is doubly important that skating remain on the fun side of my activities.

Life must be fun.

Most of you reading these articles are probably very serious about your quest for speed and personal performance. And that is as it should be. But let me give you my personal view on one very significant point. The moment speedskating ceases to be *fun*, is the exact time you can mark on your calendar as when you stopped speedskating. And about three months later, you can mark down that date as the time you stopped skating altogether. This rule of thumb only applies to those of us (the majority) who don't get paid to speedskate. People will do really dumb things to their psyche speed skating times

and body just to make the bills (I know, boy do I know).

I guess maybe I'd better define fun. Fun in this sense means enjoyment that does not necessarily include laughing. Rather, it's an experience that brings a sense of well-being and peace, or maybe just a comfortably pleasant calmness, to our lives. If your skating is not doing this, you are in danger of becoming a has-been.

Fun requires balance.

Have you ever known a manic/depressive? A manic/depressive spends his life in a violent circle of higher highs and lower lows than anybody deserves to experience. More than once I have met a M/D when they were on one of their high states and thought, "Wow, what a

Words of Wisdom

From a translation of the Tao Te Ching by Gia-Fu Feng and Jane English, poem (for lack of a better term) #29:

*Do you think you can take over the universe and improve it?
I do not think it can be done.*

*The universe is sacred.
You cannot improve it.
If you try to change it, you will ruin it.
If you try to hold it, you will lose it.
So sometimes things are ahead and sometimes they are behind.
Sometimes breathing is hard,
sometimes it comes easily.
Sometimes there is strength and sometimes weaknesses.
Sometimes one is up and sometimes down.*

*Therefore the sage avoids extremes,
excesses and complacency.*

Lao Tzo
600 B.C.

fun person to be around." But strike up a friendship with a M/D, and soon you'll also be trying help them out of the pit of despair. It's a rollercoaster ride that is absolutely *no* fun. M/D's are very unhappy, unhealthy people, even when laughing the loudest. Tragically some people can make themselves M/D through the very same competitive sports they used to put fun into their lives.

Of course, what I gave you was a trick question. That's because in reality we are all manic/depressives. The only one thing that differentiates us *normal* people from M/D's is the magnitude and frequency of our mood swings. If we could totally eliminate mood swings from our lives, we would achieve a *balanced* lifestyle.

I don't know whether you have noticed or not, but a balanced life was one of the main points of Lao Tzu's writings. By the way, I'm not pushing Lao Tzu as *the answer*. I just happen to have his book and enjoy his way of putting things. There have been many people over the centuries that have said exactly the same things that Lao Tzu expresses, up to and including the recent *don't worry, be happy*.

The simplest way I can express to smooth out the mood swings in your life is to "relax, things will sort themselves out". My grandpa told me this, but I was young and it took me a long time to figure out what he meant.

Are you on a training plateau?—relax, you will get off it. Are you skating poorly right now?—relax, you will get better again. Are you on top of the competition and worried about falling off?—relax, that would be the most natural things to have happen. Besides, the more relaxed you stay, the longer you are going to stay on top. And in any event, getting there should be much more fun than being there. When you get there, it's all over—what do you do next?

Just keep plodding along—the tortoise did win, you know.

Keeping up the fun factor.

Once balance is accomplished,
december '95 / january '96

we've solved *half* of the problem of remaining as happy as possible. But, we still need to work on bringing our balanced level up to as high a *fun-factor* as possible. This is where us speedskaters need to make some choices. Contrary to popular belief, life is *not* always a competition, we just always tend to try to make it that way. Since the holiday season is upon us, here are a few suggestions to put some fun back into your skating venue. Get your skating buddies together and:

- Skate in a holiday parade.

- Organized a skate tour of the better Christmas light displays in your area.
- Have a skate scavenger hunt.
- Have a skate "Toys for Tots" race, tour, or rally—entry fee to be one toy for a needy child.
- Go to one of the all-night New Year's skate sessions at a local skate rink.

As a skating community, it is most imperative that you drag, coerce, blackmail, kidnap, or whatever those *over the edge* skating buddies of yours to a few *fun* events too. Sooner or later, you will discover that your friends are just as, or

even more, important than any trophy in the world, so be as good to them as you can. Someday they might need to return the favor.

So much for this time.

I guess you've noticed by now that our circles of life are not all physical movement. The mental/psychological aspect is every bit as important; and when out of balance, may even degrade superior physical ability. So let the peace and joy of this holiday season express itself in your skating. ∞

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Attention – Race Directors

The application period for National Championships ends January 15, 1996.

By Mike Cofrin

The International Inline Skating Association Sport and Competition Council's Speed Committee urges qualified race

directors and event promoters to act fast to secure rights to host an IISA National Championship. The reason for an early application deadline is explained by Steve Novak, Co-Chair of the IISA/SCC:

"It is imperative that the National Championship events are coordinated with the National Points Circuit to provide more opportunities for athletes, promoters and sponsors—as well as to encourage favorable publicity in the media."

Categories for Championships

- *Sprint* Official distances 100m, 300m, 500m, 1500m
- *Middle Distance* Official distance 10K
- *Long Distance* Official distance 50K
- *Marathon* Official distance 42K
- *Ultra Distance* Official distance 100K
- *Ultra-Marathon*
Official distance 200K plus
- *Criterion* Time plus laps event on a 1-mile or shorter circuit
Typical times 20 to 30 minutes
- *Track* Usually a 400m oval—two sprint distances and two middle distances

"An IISA National Championship is an opportunity for anyone to climb on to the victory podium while the NPC helps to manage the national calendar," states Bob Gollwitzer, Co-Chair of IISA/SCC. It should be noted that the NPC provides a gage of consistency throughout the season while a National Championship identifies America's Best on Championship Day for an official distance. Combined, the two entities provide an exciting and winning combination to the 1996 inline racing season!

Mike Cofrin of the NPC agrees. "The NPC offers a series of premier gran prix-style skating events that recognize and reward season-long performance and results." National ranking will be continually updated in every issue of *Speed Skating Times*. The NPC now plans on a series consisting of between seven and 13 events. Currently the NPC is in the process of identifying the national calendar, securing a national title sponsor and developing a partnership with national TV.

For IISA National Championships, qualified promoters should contact the IISA/SCC by sending a self-addressed, manila envelope with \$3.00 postage to P.O. Box 15482, Atlanta, GA 30333.

For NPC events, contact Mike Cofrin at 612-767-4277.

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SAN DIEGO HEAVEN

inline sojourn

San Diego is a skater's paradise. Harbor Drive, Balboa Park, Mission Bay, Coronado, Imperial Beach, just pick any place—and skate! If you can't find a place to skate in this southern California city, you are definitely not looking.

by Tim Houk

Since we are still skating Rails-to-Trails (all-purpose trails constructed on abandoned rail corridors), there is one in the San Diego area that should not be missed by speedskaters. The Silver Strand Bikeway is nine miles of practically flat and straight asphalt running between Coronado and Imperial Beach. The bikeway is part of a state park framed by the two cities, San Diego Bay and the Pacific Ocean. Some stretches of the Silver Strand Peninsula are only a few hundred feet wide and in places you could get real wet if you strayed a few feet off the skating surface. The long straight trail is perfect for skaters, like me, who need room to practice form and technique with no interruptions.

When you do want to see the sights, you will encounter spectacular ocean and bay scenery and beautiful surroundings. The State Park Beach, Imperial Beach, Coronado Cays, Glorietta Bay Park, Fiddler's Cove Marina, the U.S. Naval Amphibious Base are just a few of the sights besides the beautiful Pacific.

The Silver Strand State Park was developed along the railroad originally constructed in 1887 by the builders of the historic Hotel del Coronado to transport guests to the hotel from San Diego. Now a modern highway bridge provides easy access to the Coronado peninsula.

The perfect skating surface and great weather (sunny and high 70's) can be misleading if you do not remember one thing—the wind! I have skated most of the Left Coast “strands” with one predictable result, the prevailing north-to-south winds off the ocean are tough to navigate. Skating south, with the wind, is fantastic—you skate real fast with little effort. The Silver Strand was no exception. I got on at the bus stop in front of the Chart House at Avenida del Sol (finished undressing and laced the boots—the Hotel “del” doesn't appreciate skinsuits
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Fast and smooth road conditions on the 9-mile Silver Strand Bikeway.

and skates in the lobby) and the six and one-half miles to the Imperial Beach city limits was only 22+ minutes away. I was really stoked—a long 10K in 22:19 and my heart monitor hadn't started to beep a warning! The great skating, and passing guy on a road bike (with more words on his jersey than I have in my will), resulted in a temporary loss of intelligence and I forgot about the wind. The return trip to Coronado, into a 20mph headwind, took over 40 minutes.

My excursion on the Silver Strand ended, unfortunately, without skating the last few miles in Imperial Beach. After crossing the south end of San Diego Bay on the original railroad causeway (a few feet of the old steel rails are still in place), the trail ends in a residential area, without further trail markers. Skating east and south from the last marked

point could not locate the continuation of the trail. If anyone knows the way, let me know because I will skate this again.

In southern California, don't pass up The Silver Strand Bikeway in Coronado, another Great Place to Skate! ∞

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speed skating times

HOLIDAY "GIFT IDEAS"

Well, it's that time of year again; time for the difficult task of finding interesting, useful gifts for those you care for.

©1995, Frank J. Fedel, C.E.S., B.S.

You could go to the malls, like everyone else, and spend hours looking for something that might just be the thing for that special someone. Or you could ask the age-old, "What do you want for Christmas?", knowing you'll get, "Oh, I don't know; anything is fine, really." Or, you could read this article and get some really exciting, practical gift ideas.

Generic Sport Gifts

No matter what sport the special someone in your life is involved with, here is one unusual gift that keeps on reminding them that you care: a sports quilt. Sports Quilts is a small business in Virginia that has been making quality quilts from t-shirts for years. A sports quilt not only provides a lifetime gift, it also helps clear up all those t-shirts from races, tournaments, expeditions, etc. Based on your needs and budget (and the number of t-shirts you'd like to get rid of), you can get quilts ranging from a 46"x57"



speed skating times

Mini-Single, 20 shirts for \$112, to a 92"x92" Deluxe King, 64 t-shirts for \$300. This is one of those gift ideas that is meaningful - it reminds them that you care about them.

If your favorite exerciser travels to his or her

sports events, a practical gift idea is the SitSleeper™. The SitSleeper is an inflatable pillow which allows one to rest while traveling.

Simply inflate the heavy duty vinyl pillow, sit it on your lap, and lean forward onto the pillow to rest. No more trying unsuccessfully to sleep sitting up on a cramped airline seat; take the SitSleeper with you and be rested and refreshed for your competition.

Cold weather is no problem



You can help make exercising in colder weather much more comfortable for your gift-recipient if you give them properly designed, warm clothing as a gift. Performance has a new cool-to-cold weather system that is amazingly effective. The combination of the Performance Aspen™ Glove, and their Super Berber Vest make a comfortable combination for outdoor exercise. Plus Performance's own-brand sportswear gets you practical clothing at reasonable prices.

What better gift for a cold-weather exerciser than equipment for the most exciting new winter sport?



Not snowboarding - that's fun for the younger, more daring crowd; a safer, just as exciting and much less expensive alternative is Sled Dogs™ snow skates. Sled Dogs have been rising in popularity since they were introduced; over 300 snow areas welcome snow skating to their slopes and even the major ski resorts are welcoming Sled Doggers. Sled Dogs incorporate a comfortable, supportive yet lightweight boot with a specially designed replaceable base shaped similar to the bottom of a snow ski (extending only the length of the boot). Although they were originally designed for downhill use, they are also fun to use on flat terrain. Sled Dogs' '96 model snow skates include metal edges on their base, to provide enhanced performance and greater ski area access. Price \$199-\$279.

What about next summer?

Many in-line skaters outgrow the performance ability of their entry level skates and want to upgrade them. Instead of purchasing a new pair of skates, you have another option: Kryptonics now offers their CPU (Circular Propulsion Upgrade) Kit.



For under \$50, you can get an upgrade including 16 ABEC-3 bearings - enough for a pair of 4-wheel in-line skates; a Kryptonics Rip Kit Axle System (16 bolts, 8 aluminum spacers, 2 long bolts and a hex wrench); a KrypTool (one step bearing remover tool); and four Kryptonics Stickers; all packaged in a slick, reusable, reinforced plastic utility case!

The kit is easy to install, and comes with directions for step-by-step installation. Get 'em now; this is a limited offer!

But then again, not everyone has in-line skates; if you are considering getting someone started in the sport this holiday season, look no further than K2. This company has redesigned, re-engineered skates for the 1996 season, including a line designed specifically for women! One very popular model is the K2 Extreme Workout™.



The Workout allows you to change from a 4-wheel to a 5-wheel configuration on the same frame! Now that's versatility; getting the Workout is like getting 2 pair of skates for the price of 1. The mid-height cuff of the boot allows for greater range of motion at the ankle without the annoying cuff pinch that accompanies many higher-cuff boots during longer skating excursions. Another major benefit is K2's inclusion of the extra-big 77.5mm Cross Fit wheels, ABEC-3 bearings and aluminum spacers. For the \$350, this skate is very versatile.

Indoor Exercise Options

If your exerciser doesn't like to do his or her exercise outdoors, a treadmill may just be the answer. There are many to choose from, but you might want to consider Hebb Industries' Trimline 1100, which Consumer Guide rated as the *best bargain on the market*. At a price of under \$800 the Trimline 1100 provides a 1.5-hp continuous duty motor capable of 0-7mph speeds, durable 16"x49" belt, and a display that shows time, speed and distance. The Trimline 2200 was rated a december '95 / january '96



Best Buy by *Consumers Digest* magazine, and packs even more punch: a 1.8 hp motor capable of 0-10 mph, elevation to 15% (Power assisted), a Goodyear Softtrak deck (absorbs impact during walking/jogging), larger 17"x49" belt, and digital readouts of time, speed, distance, elevation and calories. You will not find a more dependable, comfortable, quiet machine at under \$1,000.

Have you considered what your exerciser will do to keep from getting injured while training? If you want them to follow in the footsteps of Pete Sampras, Monica Seles, and Alberto Tomba, you can get them the new book from Aaron Mattes (known nationally as the pioneer of the Active Isolated Stretching system). This book covers stretching to prevent injury, improve performance and relieve muscle soreness/stiffness.



The 120-page compendium, *Active Isolated Stretching*, \$30, takes the reader through the philosophy of stretching, as well as providing tips on common mistakes made by inexperienced practitioners. Full-color photos clearly depict

proper technique for stretching literally everything from the hands to the toes.

Alright, enough of the practical gifts - how about your own Olympic swimming pool. Or, better yet, an "endless-length" pool that fits into a space only 8' wide by 15' long. Endless Pools™ offers a counter-current swimming machine, for use in greenhouses, homes, garages, basements - anywhere. For about \$15,000 including installation, you can swim in place against a motor/propellor driven current that is adjustable to any speed or level - beginner to pro (ask Ken Glah, World Champion Triathlete - he owns one!). Considering the average price of a car, and the fact that you can't improve your health or fitness by using an auto, that pricetag doesn't seem bad! And just think, at least you won't have to worry about your pool starting on cold winter mornings!

Be Unique

Other, less wrappable options include:

A 1-month personal trainer certificate
Coupons for sports massage.

Voucher for entry to race/competition.

A sports magazine subscription.

You are not only showing someone that you care enough to remember them during the holiday season, you are also contributing to their health and well-being. Now that you've read this article, maybe you should highlight the items you like and leave this magazine open, lying in a conspicuously obvious place. Who knows who might see it?

Happy Holidays!

Contacts:

Sports Quilts

Anne Tiffany at (703) 338-2835

SitSleeper™

Brex, Inc. at (515) 277-2107

Performance Warm-weather Exercise Clothing / Performance Bicycle at (800) PBS-BIKE

Sled Dogs™ Snow Skates

Sled Dogs Co. at 1-800-SKATE-ON

Kryptonics' CPU In-line Upgrade Kit

Kryptonics at (800) 766-9146

K2 Extreme Workout™ Skates

K2 Corp. at (206) 463-3631

Trimline 1100, 2200 Treadmills

Hebb Industries, Inc. at (903) 534-3832

Active Isolated Stretching (AIS) Book

Aaron Mattes at (941) 924-0462

Personal Counter-Current Pool

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speed skating times

By Andy Seeley

USAC/RS Sports Information Director

'95 World Speed Roller Skating Championships

PERTH, AUSTRALIA-Nov. 6-12, 1995 Team USA mined more of the precious metal than any other U.S. World Team before it. The U.S. came away with 23 gold medals. That total betters the '94 mark of 18, the previous best, by five.

"The skaters we had this year were just tremendous in the effort they put forth," Team USA Coach Doug Ingles said days after the World Championships. "It was a real inspiration for me to watch them go out there and do their thing. This was the winningest U.S. team in the history of the World Championships."

Rough Start

With such burners as Tony Muse, Julie Brandt and Keith Turner on the team, the casual observer probably would assume the U.S. got off to a strong start on its way to such a great amount of gold.

Not exactly...For the first time in recent memory, Team USA did not pick up a single medal in the 300-meter time trial on the track. Keith Turner and Cheryl Ezzell got close, finishing 4th. Brandt and Muse were 6th and 9th.

What happened in the 300? Ingles repeated the question back to the interviewer. I wish I could give you a great answer for that. I just can't. We were all shocked. It was a big concern. We got shut out. The big question after that was "What's going to happen now?"

Hedrick, Ezzell answer

While some members of the U.S. contingent may have been pondering Ingles' question, 2nd-year World teamers Ezzell and Chad Hedrick went and answered it. In doing so, they quickly erased the bad memories of the 300 and set the tone for the rest of the World Championships.

Ezzell and Hedrick picked up the 1st of 12 combined gold medals (six apiece) in their respective points races. In the women's 5000m points race, Ezzell and teammate Vicci King dominated the entire race. When the point totals finally shook out, Ezzell took the gold by just one point, 24-23, King winning the silver medal. Hedrick out-dueled Colom-speed skating times



Italians Ippolitto & Belloni raise their flag in a victory salute. ©Bob Justice

"GOLD RUSH DOWN UNDER"

The 1800s saw a number of gold rushes in Australia. Today, Australia is still the third-leading producer of gold in the world. However, that ranking may have slipped a little bit as of late.

bian Jorge Botero for 1st-place, while teammate Derek Downing finished a very respectable 4th in his first-ever international race.

Ezzell ran her 3rd race of the day and took her 2nd consecutive gold medal later in the 1st day of competition, winning the 3000m. Downing then turned around and won his 1st World Championship in the 5000m. After a rough start, disaster had been averted.

DQ Day

After the initial shock of the 300m, the women continued to roll on day two. But the men's squad faced more adversity.

While Theresa Cliff defended her World Title in the 10,000m elimination and Julie Brandt won her 1st-ever World Championship gold medal in the 500m, the U.S. men were getting declassified

and disqualified. The first indication that Nov. 7 might not be the U.S. men's day came in the 500m semifinals. Muse crossed the line in 1st place in his semifinal heat, but was later declassified for grabbing, keeping him out of the final.

Both Hedrick and Downing made it to the final in the 20,000m elimination later that day. However, both were disqualified. Hedrick's disqualification came late in the race as he was taking control of it.

Turner did manage to make it out of his semi-final in the 500m. But he couldn't avoid the referees' and chief arbiter's disqualification slips in the final. All four U.S.'s men were denied opportunities at medals due to d.q.'s in one day.

"Some countries got warnings," Hedrick said. "But every time we did something wrong, we were just right out of the race. Some of the d.q.'s were really

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uncalled for.”

Ingles said he wasn't completely surprised by the disqualifications after discussions with Chief Arbiter Ilva Fantini, who served in the same capacity at the Pan Am and the Pacific Ocean Games earlier this year. According to Ingles, Mrs. Fantini is much harder on the U.S. team than others. In fact, some of the disqualifications came directly from her rather than from referees on the track.

“She told me in Colombia (at the Pacific Ocean Games) that we had a strong team and that some of our strategies and tactics were questionable,” Ingles said. “But these are the same tactics everyone uses. I think she is over-critical of us. Our strength worked against us. It really seemed to be a double standard. We just needed to keep our nose clean and focus on skating faster. That led to lots fewer disqualifications.”

Hedrick, Ezzell answer again

The disappointment of the men being completely shut out loomed as the final day of track competition dawned – it was clear Team USA would need to regain its composure. Just as they had after the problems in the 300m, Hedrick and Ezzell stepped up the plate.

Ezzell kept the women's momentum rolling as she and Cliff went 1-2 in the 1500m and she gave teammate and boyfriend Hedrick some motivation. Hedrick went out and took the 1500m despite Downing's disqualification. Those victories gave the U.S. momentum heading into the final track events—the relays.

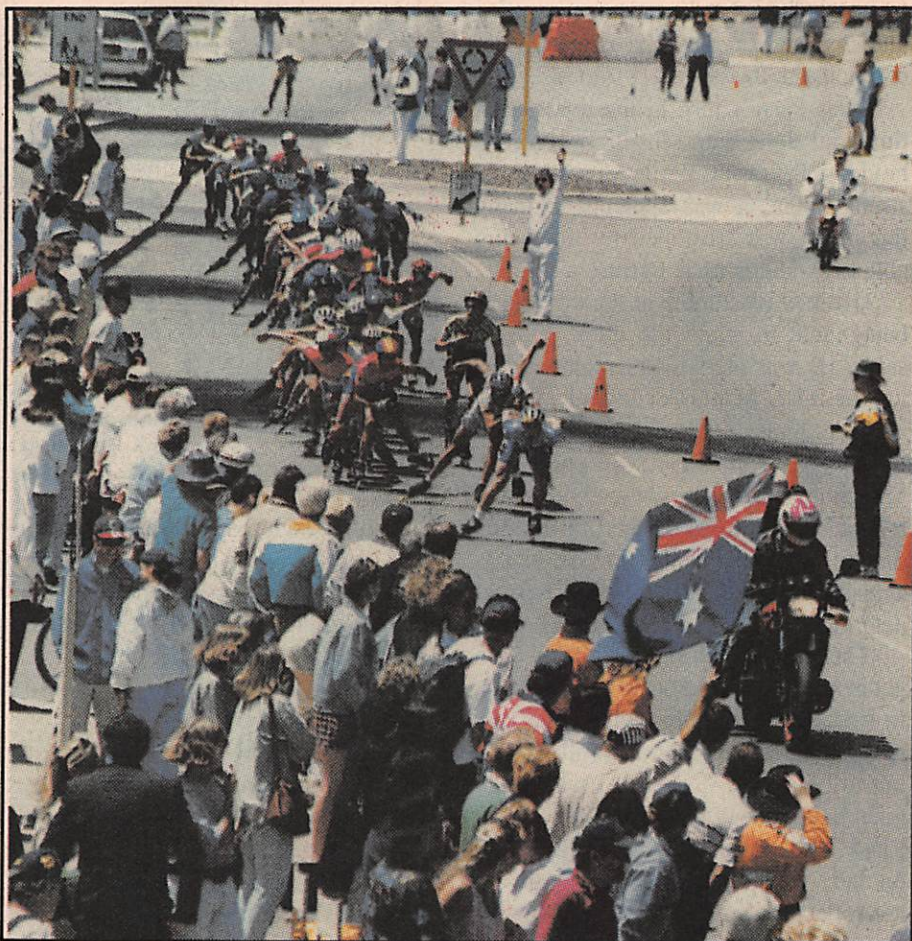
In the women's 5000m relay, Ezzell, Cliff and King powered their way to a gold medal, winning by half a lap over the Colombians.

The men must have been inspired by that finish. Muse, Downing and Hedrick got a great start in the men's 10,000m relay and didn't let up until crossing the finish line with an astounding 1-1/2-lap advantage on the Italians, a distant 2nd.

“That was an amazing performance,” Ingles said. “We almost lapped the field twice. Those guys skated probably the best relay I've ever seen.”

Scary Parra

The end of the track events meant the end of competition for Turner and Downing, who only qualified for the track portion of Worlds. It also meant Derek Parra and Scott Hiatt, who were forced
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Literally thousands of spectators jammed the streets of Fremantle to catch a glimpse of the marathon races. ©Bob Justice / Hyper Wheels



Jorge Botero of Columbia raced the Americans seven times – and lost seven times. But he did earn respect with 6 silvers and 1 Bronze. ©Bob Justice

to watch the meet begin knowing they had to wait for the road events, were chomping at the bit to get started.

It was Parra's turn in the road 300m time trial along with Muse, world record holder in the event. While Muse skated a strong 300m, it was apparent to many that Parra was frustrated by not being able to skate the track events.

"Derek was foaming at the mouth not being able to skate the track," Ingles said. "He was there every moment during the track, helping everybody. He really kept himself in it. But when it came time to skate the road, you could tell. You could see it as he got ready to skate, taking his warmups off before the 300 that he was in some kind of zone. I was actually afraid of him, with the look of determination he had on his face."

"The best way to deal with that is to get involved with the other skaters," Parra said. "I was helping with times and splits and just cheering them all on, trying to be part of the team. I was pretty quiet before the 300. During the warmup I had (a helmet/sunglasses combination) on and I just kept them on. The glasses are reflective, so all you could see was my mouth. There was no facial expression and a jaw of stone. I was just really focused. At that point, I really wanted to do well and prove I was fast enough that I could have skated the track."

He did just that, turning in a time of



Ladies 300M Track winners L-R: Nora Vega-ARG, Valentina Belloni-ITA, Desly Hill-AUS. ©Bob Justice / Hyper

25.220, which edged Carlos Penagos-COL and Muse, 2nd and 3rd, respectively.

"It was like someone shot him out of a cannon," Ingles said. "The way he attacked that 300 was incredible."

Long-time coming

As the 2nd day of road competition began, Hiatt would get a chance to release some of the frustration that built up while he waited for the track events to conclude. He also got another chance at a World Championship gold medal.

Hiatt made the World Team in '93, but came home from Rome with no gold medal to show for it. He did not make the team in '94 and prior to '93, had worked many years for a Team USA spot. So, when he got another chance this year

in the 5000m, he made the most of it.

Hiatt's strategy was to be in the lead around the final turn, go hard through the turn, and put distance between himself and the field. It didn't work that way. Botero-COLOMBIA, grabbed the lead before the corner and led coming out of the final turn. But when Botero went a little wide on the turn, Hiatt saw his chance and didn't disappoint.

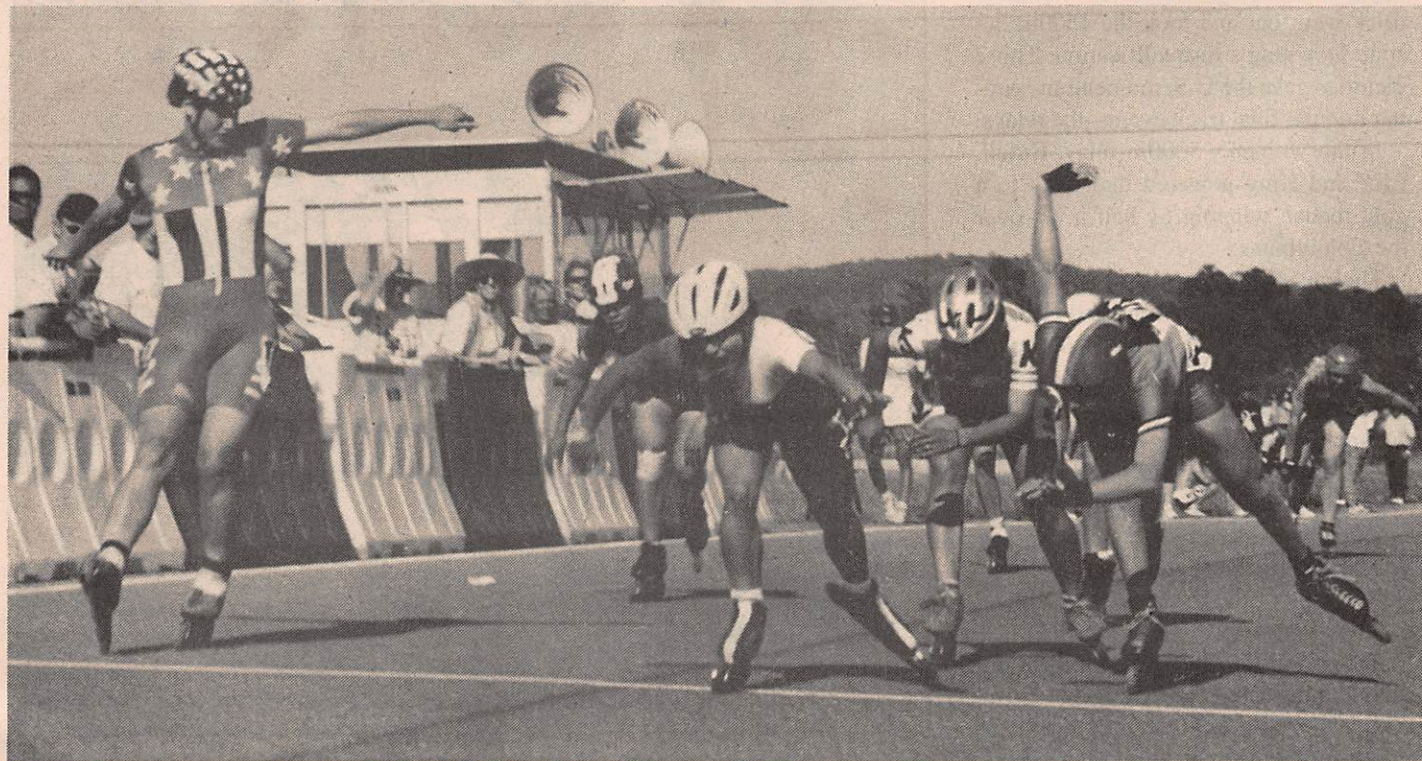
"What can I say about Scotty Hiatt?" Ingles asked. "It was great to see him win that race and he won it all on his own. It came down to him and Botero and when it came time to do win, he had to do it. It was a great race. Scotty has waited so long for that gold medal, it was just great to see."

Finish Up Strong

Team USA ended the World Championships on a pretty positive note, finishing with a flurry. Americans won four of the last six races and took medals in five of those six. Once again, it was Ezzell and Hedrick leading the way.

While the U.S. women couldn't get anything going in the 1500, Parra jump-started Team USA, winning the distance. From there, it was Ezzell and Hedrick.

Ezzell won the 10,000m elimination and Hedrick the 20,000m elimination. Ezzell then came back to take a silver in the 21K Half Marathon, while Hedrick cruised to his 6th gold medal in the 42K



Maria Carvach-CHI and Italy's Antonella Mauri hawk Theresa Cliff-USA for points in the 5000m final. ©Bob Justice-Hyper
speed skating times.



Rough Stuff: This year skaters used a new tactic, the "pull relay" to get by the competition. ©Bob Justice / Hyper

Marathon, putting the wraps on one of the most successful U.S. efforts ever at a World Speed Skating Championships.

In the end, Hedrick and Ezzell had won or shared the individual overall titles on both the track and the road. Something both said they would never forget.

"My dream has always been to win an overall on either," Ezzell said. "To come home with both, I am just ecstatic. I can't believe I did it so quickly and so did Chad. I am really excited for him too."

"My goal was the track overall," Hedrick said. "But I can't be unhappy with both. It was really neat that Cheryl accomplished it at the same time. My Dad (Paul, who coaches both Chad and Cheryl) is really proud of both of us."

Track Results

Men Team Standing: France 306 pts.; 2. Australia 296; 3. Colombia 281. **300m TT:** Ippolito Sanfratello-ITA 27.748; 2. Alessio Gagioli-ITA 27.789; 3. Anthony Dodd-AUS 27.84 **500:** Sanfratello 47.46; 2. Julian Fernandez-COL; 3. Juan Gutierrez-ARG. **1500:** Chad Hedrick-USA 2:40.721; 2. Jorge Botero-COL; 3. Brad Ling-AUS. **5000:** Derek Downing-USA 9:06.9; 2. Botero; 3. Marco Giannini-ITA. **10000 Pts:** Hedrick 17:36.3; 2. Botero; 3. Christopher Luxton-AUS. **20000 Elim:** Luxton 35:47.6; 2. Jose Bustamanti-COL; 3. Danilo Vidal-ARG. **10000 Relay:** USA (Muse/Downing/Hedrick) 15:52.237; 2. Italy; 3. Spain. **Ind O/A:** Hedrick; 2. Sanfratello; 3. Botero.

Women Team Standing: USA 321 pts; 2. Italy 285; 3. Australia 242. **300m TT:**

Valentina Belloni-ITA 30.444; 2. Nora Vega-ARG 30.447; 3. Desly Hill-AUS 30.522. **500:** Julie Brandt-USA 50.15; 2. Cheryl Ezzell-USA; 3. Chen Ya-Wen-CTP; **1500:** Ezzell 2:42.344; 2. Theresa Cliff-USA; 3. Elisabetta Giorgini-ITA; **3000:** Cliff 5:26.1; 2. Ezzell; 3. Simona Vesprini-ITA. **5000 Pts:** Ezzell 9:04.21; 2. Vicci King-USA; 3. Antonella Mauri-ITA. **10000 Elim:** Cliff 18:42.2; 2. Debra Beveridge-AUS; 3. Marcela Carvacho-CHI. **5000 Relay:** USA (Ezzell/King/Cliff) 8:27.328; 2. Colombia; 3. Australia. **Ind O/A:** Ezzell; 2. Cliff; 3. Belloni.

Road Results

Men Team Standing: USA 661 pts; 2. Australia 627; 3. Italy 581. **300m TT:** Derek Parra-USA 25.220; 2. Carlos Penagos-COL 25.256; 3. Tony Muse-USA 25.326 **500:** Sanfratello 43.800; 2. Bray-



Juan Gutierrez-col was fast in the 500m sprint, but not fast enough to take the world championship jersey from Ippo (L) of Italy. ©Bob Justice

den Jones-AUS; 3. Anthony Dodd-AUS. **1500:** Parra, 2:30.09; 2. Sanfratello; 3. Botero. **5000m:** Scott Hiatt-USA 8:28.96; 2. Botero; 3. Giannini. **10000:** Hedrick 16:22.0; 2. Botero, 3. Guillermo Trinaroni-ARG **20000 Elim:** Hedrick 33:57.92; 2. Botero; 3. Giannini. **42K Mara:** Hedrick 1:09:59.20; 2. Armando Capannolo-ITA; 3. Alain Mere-FRA. **Ind O/A:** Hedrick; 2. Botero; 3. Parra.

Women Team Standing: Italy 450 pts; 2. USA 427; 3. Australia 377. **300m TT:** Desly Hill 27.892; 2. Vega 27.931; 3. Belloni 28.068. **500:** Belloni 47.62; 2. Brandt; 3. Ezzell. **1500:** Sandrine Plu-FRA 3:06.180; 2. Eva Richardson-ARG; 3. Vesprini. **3000:** Ezzell; 2. Plu; 3. Vesprini. **5000 Pts:** Cliff 8:46.030; 2. Marcela Carvace; 3. Plu. **10000 Elim:** Ezzell 17:58.300; 2. Plu; 3. Mauri. **21K 1/2-Mara:** Hilde Goovaerts-BEL 39.15.80; 2. Ezzell; 3. Tina Busica-ITA. **Ind O/A:** Ezzell; 2. Plu; 3. Belloni. ∞

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Gold Hard Cash

By CATHY BREITENBUCHER

Ice Speed Skating International Events Turn Pro

PRIZE MONEY TO BE AWARDED THIS SEASON:

The Council of the International Skating Union, ISU, has, at its meeting in Zurich, September 22-24, 1995, decided that prize money will be awarded for 1) the final classification of the Speed Skating World Cup and 2) all the ISU Championships, held during the season 1995/96, for the following positions in U.S. dollars:

World Cup				Place (for each distance)			
Men's 500, 1000, 1500, 5000/10,000m				Women's 500, 1000, 1500, 3000/5000m			
1. \$15,000	2. \$10,000	3. \$5,000	4. \$4,000	5. \$3,500	6. \$3,000	7. \$2,500	8. \$2,000
9. \$1,500	10. \$1,500	11. \$1,000	12. \$1,000	Total of men's/women's categories: \$400,000.			

Individual Categories

Men's and Women's awarded in each World Speed Skating Championships:							
1. \$25,000	2. \$15,000	3. \$10,000	4. \$8,000	5. \$6,000	6. \$5,000	7. \$4,000	8. \$3,000
9. \$2,500	10. \$2,000	11. \$1,500	12. \$1,000	Total of men's/women's categories: \$166,000.			

World Sprint Speed Skating Championships:

1. \$15,000	2. \$10,000	3. \$5,000	4. \$4,000	5. \$3,500	6. \$3,000	7. \$2,500	8. \$2,000
9. \$1,500	10. \$1,500	11. \$1,000	12. \$1,000	Total of men's/women's categories: \$100,000.			

World Single Distance Championships:

				each distance			
1. \$6,000	2. \$4,000	3. \$2,000	4. \$1,500	5. \$1,200	6. \$1,000	7. \$800	8. \$600
9. \$500	10. \$500	Total of men's/women's categories: \$181,000.					

European Speed Skating Championships:

1. \$10,000	2. \$5,000	3. \$3,000	4. \$2,500	5. \$2,000	6. \$1,500	7. \$1,200	8. \$1,000
9. \$800	10. \$700	11. \$600	12. \$500	Total of men's/women's categories: \$57,600.			

World Junior Speed Skating Championships:

1. \$3,000	2. \$2,000	3. \$1,500	4. \$1,000	5. \$900	6. \$800	7. \$700	8. \$600
9. \$500	10. \$400	11. \$300	12. \$300	13. \$200	14. \$200	15. \$200	16. \$200
Total of men's/women's categories: \$25,600.							

World Short Track Speed Skating Championships:

1. \$8,000	2. \$4,000	3. \$2,000	4. \$1,000	5. \$800	6. \$700	7. \$600	8. \$500
Relay for each team:				1. \$5,000	2. \$3,000	3. \$2,000	4. \$1,000
Total of men's/women's plus relay categories \$57,200.							

World Short Track Speed Skating Team Championships:

1. \$8,000	2. \$4,000	3. \$2,000	Total for men's/women's categories: \$28,000.				
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World Junior Short Track Speed Skating Championships:

1. \$1,500	2. \$1,200	3. \$1,000	4. \$800	5. \$700	6. \$600	7. \$500	8. \$400
Total of men's/women's categories: \$13,400.							

TOTAL OF ALL PRIZES: \$1,028,800

Prize payment notes

World Speed Skating Championships: The prize money replaces the gold coins. The prize money must be paid to the skater by the respective ISU members. The ISU will make the money available to the organizing ISU members for distribution to the ISU members of the awarded positions immediately after the event. The ISU member of skaters awarded prize money may retain a maximum of 10%.

World Cup: The ISU will transfer the money to the respective ISU member.

All prizes: Gross amounts are paid and all costs and taxes related to the amount transferred to the ISU. Members are under the control, responsibility and charges of the members/skaters. The ISU member shall confirm in writing, on a special ISU form, that the money has been made available for the skaters concerned. The form shall be signed by the President, the General Secretary, the skaters concerned and must be returned at the latest two months after the last event of the World Cup has been held, to the ISU Secretariat in Davos, Switzerland.

They aren't the kind of prize purses tossed around at golf and tennis tournaments, but speed skating became unquestionably a professional sport in September when the International Skating Union announced more than \$1 million in cash awards for 1995-1996.

"Wow! It's pretty wild, huh?" was the reaction of Nick Thometz, program director for U.S. Speedskating.

The blockbuster communique from the ISU headquarters calls for the distribution of cash prizes from \$25,000 for the men's and women's all-around world gold medalists down to \$200 for 16th-place finishers in the world junior championships. All figures are in US dollars.

The exact total for speed skating this season is \$1,028,800.

Television revenues from figure skating are driving the change. ABC recently bought the US broadcast rights to a total of 11 ISU-controlled championships a year. Worldwide, the ISU will take in \$88 million in TV and sponsorship money over the next four years, according to Claire Ferguson, the sole US representative on the 11-member ISU Council.

"It's a lot of money, and quite a bit more than ever before," said Ferguson, the immediate past president of the US Figure Skating Assoc. "It comes out to over \$20 million a year. It would be a stab in the dark, but I'd say it was 2-1/2 or 3 million dollars a year before. It was felt we should share it with the athletes."

If the program had been in place last year, American skaters—and not just Bonnie Blair—would have walked away with thousands of dollars in prize money. That's because the payouts go so deep: 16 spots in the world juniors, 12 places at each distance in the World Cup final rankings, 12 places in the world all-around and sprint championships, eight places for individuals and four in relays at the short-track worlds, eight places in the world junior short-track championships and three in the world short-track team championships. The world single-distance championships, new to the ISU calendar this season, will pay out 10 deep in each event.

"It's nice it's that way," said Gene Sandvig, who sits on the ISU's technical committee. "We seem to be recognizing

you can't just take care of the top people."

For years, the ISU awarded Swiss franc gold coins at its championships, but their value was far less than the new cash plan and fluctuated with the gold market. For instance, last year's gold medalist at the world short-track championships got coins with a face value of 500 Swiss francs (about \$570); this year's winner gets 8,000 American dollars.

"I don't know how many people went and exchanged them (for cash)," said Katie Marquard, executive director of US Speedskating. "I know I got gold coins and I still have them in the package."

Thometz and others, while welcoming the influx of prize money, say athletes will continue to be motivated primarily by the desire to improve, not by the almighty dollar.

"It has to come from the heart, that desire to skate," said Thometz. "I'd hope that our skaters would know that, unless you're Bonnie or Dan Jansen when you can live off your accomplishments, the money is a bonus."

KC Boutiette added, "It's going to help people like myself and Dave Tamburrino to reach for higher goals, because it's in reach. If it's only money you're shooting for, you're doing it for all the wrong reasons. But it is nice to have money because that's the way the world operates."

If Tamburrino can match his 5th place of last season at the world all-around championships, he'll win \$6,000. Boutiette finished 16th at the 1995 worlds and will need to move up four spots to finish in the money.

"The most important thing is it helps skaters to be self-sufficient so they can train and not be dependent on everyone around them," said Ferguson, whose mother was a recreational speed skater. "It gives them the independence and the desire to get to that top level. Hopefully it will encourage even better athletes."

But will the prize money attract in-liners to the frozen ovals? Boutiette and his coach, Gerard Kemkers, are skeptical.

"If the money were at the national level, I think it would attract more in-liners," said Boutiette. "Realistically, how many in-liners can come in and skate in a World Cup right away?"

Boutiette said he's heard that certain in-liners are coming to Milwaukee this season to try the ice. But then, he's heard that before. "I don't know if they don't want to make the commitment or that december '95 / january '96

they see the transition to ice is so hard," he said. "I guess I made it look too easy."

Kemkers agrees. "There won't be a big bump of people, but if it's one or two, great," he said. "We need new speed skaters, more and more. They're welcome."

As might be expected, figure skating does even better than speed skating in the ISU prize structure. That sport will pay its athletes nearly \$1.7 million in prize money for the world, European and world junior championships. Top prizes are \$50,000 for the men's and women's singles champions. And the cash goes 24 spots deep in all three.

And also in September, the ISU announced the creation of a 5-event grand prix-style figure skating series that will award another \$1.95 million in prize money. This series also is significant in that it is the Fox network's first broadcast contract with the ISU.

Figure skating, of course, has seen increasing amounts of money flowing its way. The lines between amateurism and professionalism were blurred at the '94 Olympics by the inclusion of skaters who previously had accepted prize money. Now, the sport uses the terms *eligible* and *ineligible* to describe its athletes.

"The Olympic movement, at the top at least with Juan Antonio Samaranch, has made it loud and clear that the best athletes should be participating," said Ferguson. "So we'd better be prepared to send our best athletes."

While speed skating officials are happy to see some cash earmarked for their athletes, they aren't completely satisfied. The prize structure clearly favors Europeans over the North American and Asian skaters—witness the significantly higher purses for the all-around championships vs. the sprints, and the inclusion of the European championships in the package.

"I'd like to see the ISU get more involved in the running of World Cups," said Thometz. "Athletes are always scrambling for their transportation, how do I get from Oslo to Hamar, or how do I get from Davos to the World Cup next week in Innsbruck?" Thometz said the Americans will spend over \$17,000 on air fare to get to the fall World Cup meets alone. The US will skip a sprint World Cup in Medeo in early January because it would cost about \$3,000 per person to fly there. "How can you justify that for four races? The Canadians and Japanese are skipping it too." ∞



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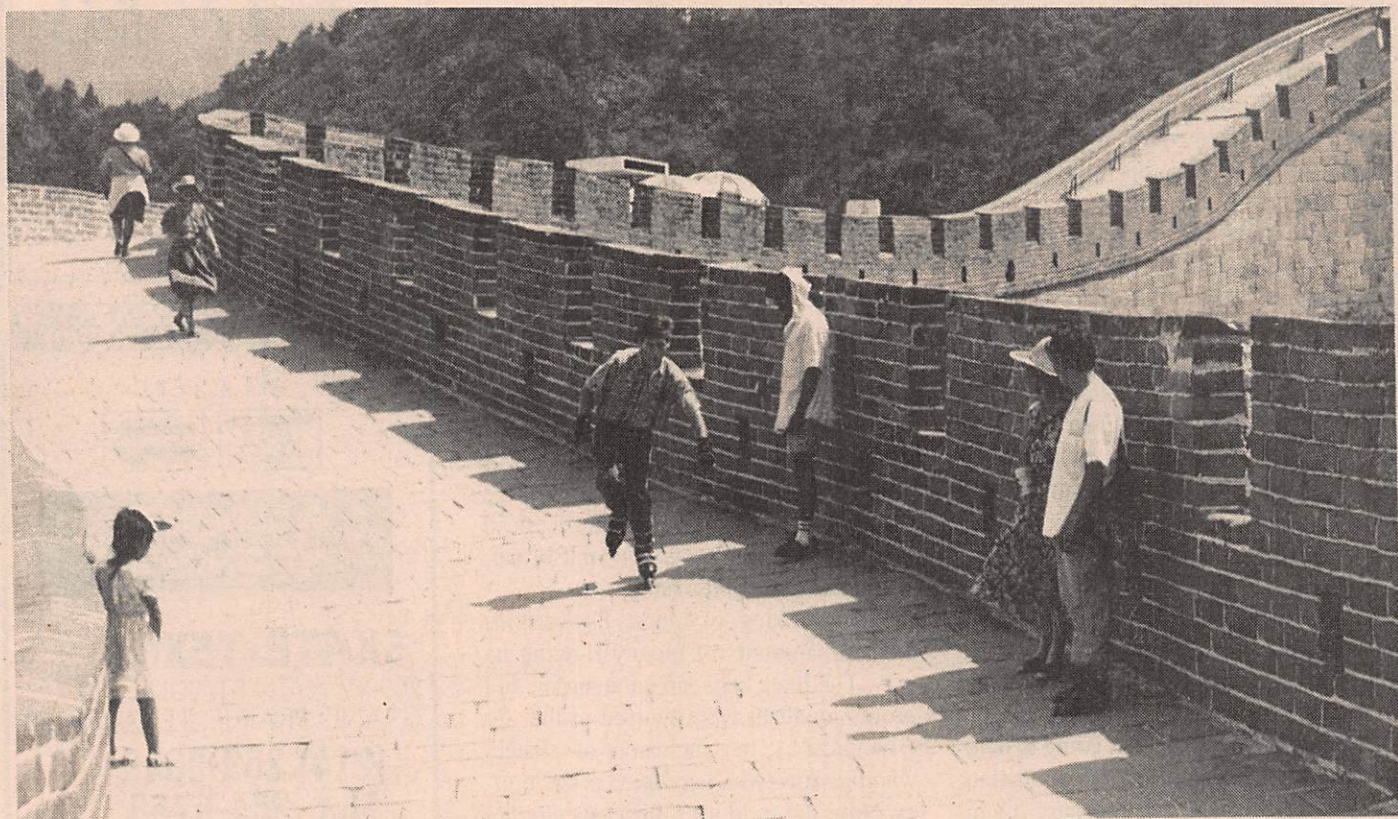
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speed skating times

62-year-old beats Eddy Matzger



Zem had a hot climb up, jumped over gutters, walked up steps to next level, but skated the Great Wall in July, 1992.

Sorry Eddy, you were at least three years too slow in the big event in China, and not the first American to skate the Great Wall...

By John Yewusiak

For too many years, I have suffered the indignity of viewing the rear-end of elite skaters, like Eddy Matzger, streaking past me on the way to another first place.

I am proud to say, however, I did beat Eddy once. In July of '92, my son Zem (now 18), and I (now 62), streaked and jumped over the gutters of The Great Wall of China, scaring the ghosts of Genghis Kahn's invaders. From that high, we rolled around an exotic lake, called Westlake in Hangzhou, China, and skated Suchow. I whole-heartedly agree with Eddy that touring on skates is *the* way to meet curious, friendly natives and see the fascinating sights of a country, when ever there is some pavement.

I really practice this form of leisure. When the USSR was in its last days, Zem and I skated along rivertown embankments along the Volga River, and speed skated along the Moskva River near speed skating times

Moscow. Whenever we stopped to rest, we were surrounded by curious and very friendly Russians. I felt bad that deserving young and old Russians didn't have skate shops or sporting equipment we enjoy in the U.S. I lent one Russian man a pair of inlines, because his sad eyes told me he might die if he didn't try out our skates. Soon he had a grin, from ear to ear, as he skated along the Moskya River with us, a Russian memory of friendship never to be forgotten.

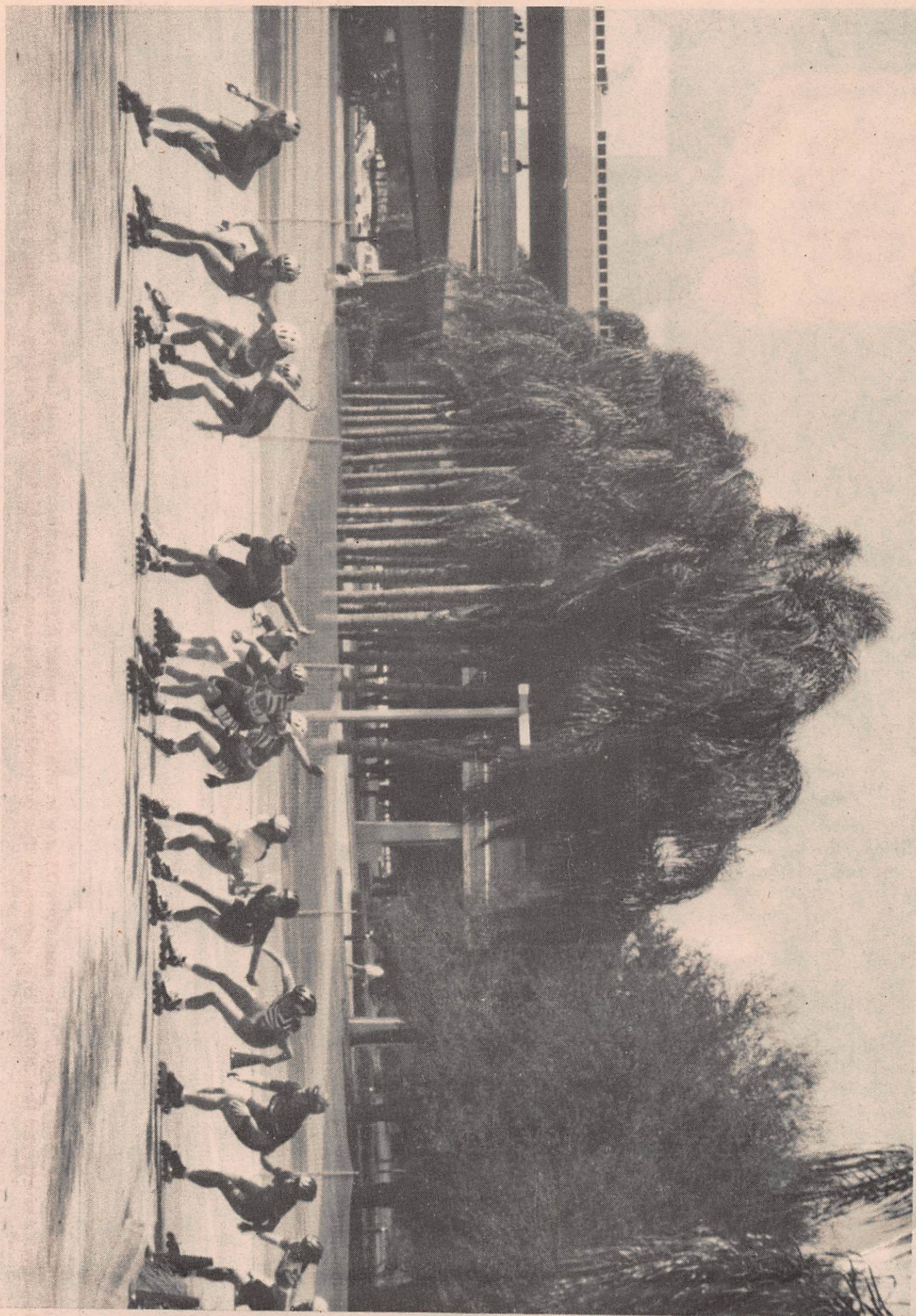
I found skating in Russia so exciting that I made my way to the USSR Sports Committee, in Moscow, to seek permission to skate across Russia, from Finland to the Ukraine. The bureaucrats were startled by such a request, but courteous, and seemed to respect the request. While I filed more paperwork, the USSR broke apart, and its an entirely different situation to figure out now. I have two quests before I'm 70, to skate across Russia, and to take that roll from sea to shining

sea here. I admire skaters who have skated across the U.S. and wonder who was the oldest to accomplish this feat?

In 1993, Zem and I skated towns and cities in New Zealand. We found it to be one beautiful amusement park. We didn't spot any skaters in the small towns, except two young men in Wellington taking flying lessons off steps. In the city of Auckland, we saw about a half dozen skaters, and we thought we saw a Rollerblade van whiz by us. There were very few skate shops there and the ones we visited had a poor inventory.

I've had no problems skating in Russia, China, New Zealand or elsewhere. Yet, at home in Oceanside, California on one uncrowded Monday evening, while rolling along enjoying an ocean sunset, an Officer of the Law pulled me over and gave me a \$119 citation. Angrily, I took it to court, whereby the Honorable Judge, in consideration of having been a good citizen, reduced the fine to \$64. I

PULL OUT CALENDAR



Team Geo/Rollerblade ladies lead Paradise, Speed Skating Times, and In-Line Heaven teams through the corner during the '95 Disney Inline Skate-Out in Orlando, Florida. This was the kick-off event of the then newly-formed National Points Circuit. The NPC had a truly successful year and should bring inline speed skating even higher in '96.

©Jeff Dowling / Speed Skating Times



Tony Goskowicz leads Todd Porter and Tom O'Hare in the 500 meter A Final at the '95 Great Lakes Short Track Championships. Goskowicz shattered the 3000m U.S. record at this competition. For race coverage and full results see page 23. ©Sam Hicks.

November

S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Speed SKATING Times

INTERNATIONAL INLINE & ICE SPEED SKATING NEWS

January

S	M	T	W	T	F	S
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

S	M	T	W	T	F	S			
					Downing/Webster Clinic	1	Winterfest Open Syracuse Masters Can-Am Open Nor-Cal Speed ST Traveling Team Trial World ST Ranking-Hungary World Cup-Holland		
						8	Ice Odyssey Seaway Open John Rose Memorial Adirondack Can-Am Open World Cup-Norway World Ranking-Norway		
1-94 Sprints Western Hemisphere Marathon	3	4	5	6	4th Annual Classic Open	7	9		
	10	11	12	13		14	15	International Marathon Special Olympics-Illinois World Ranking-Italy	
	17	18	19	20	Winter Begins	21	22	23	
	24	25	26	27	US Junior ST Championships	28	29	30	US Allround LT Championships
	31				US Sprint LT Championships				

New Year's Eve

Multi-Day Events are listed on first day of competition only.

DECEMBER 1995

December

S	1	2
M	3	4
T	5	6
W	7	8
T	9	10
F	11	12
S	13	14
	15	16
	17	18
	19	20
	21	22
	23	24
	25	26
	27	28
	29	30

Speed SKATING Times

INTERNATIONAL INLINE & ICE SPEED SKATING NEWS

February

S	1	2	3
M	4	5	6
T	7	8	9
W	10	11	12
T	13	14	15
F	16	17	18
S	19	20	21
	22	23	24
	25	26	27
	28	29	30

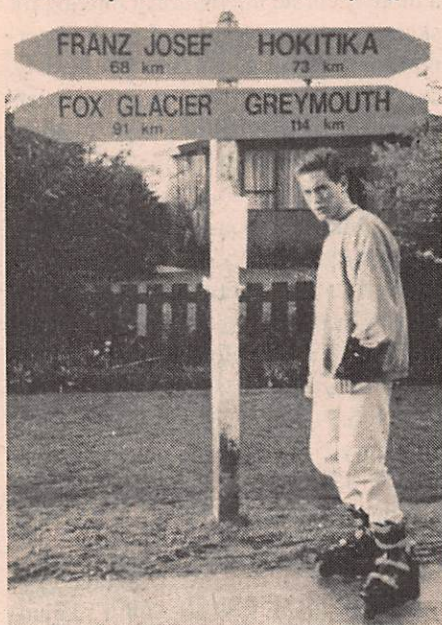
	S	M	T	W	T	F	S
		<i>New Year's Day</i>					
	7	8	9	10	11		6
					World Cup -Switzerland Treasure Coast Challenge		Eastern States LT US Junior Regional Championships World Cup Sprint-Kazakhstan BSC Race
Waupaca Classic	14	<i>Martin Luther King, Jr's Birthday</i>	15	16	17	18	13
						European Long Track Championships	Wisconsin/Illinois State Long Track National Marathon Championships LT America Cup I LT
	21	22	23	24	25	26	20
						National Long Track Championships World Junior Short Track Championships-Italy World Cup Allround-Italy	Great Lakes Eastern Seaboard
Winter Skate #1	28	29	30	31			27

Multi-Day Events are listed on first day of competition only.

JANUARY 1996

say pity the poor soul who would ticket an old retired guy enjoying his second childhood. I took a lifetime to figure out how to have a little joy and happiness on this wonderful earth which has been made chaotic by many stupid, evil and corrupt bureaucrats, without conscience, or any sense of humanity...and these are the people who represent us, and govern us more and more, and make us indentured servants. I don't understand why we let this happen to us?

What I do understand is that when I commenced touring on skates, and got into speed skating, my aging was arrested, no aches, no pains, and lots of gain—in good health. If more citizens in their 40's and 50's would invest in skates, there would be less need for Medicare when they are in their 60's. My Rx for



Zem in New Zealand

good health is to participate regularly in speed skating events. It is so much fun, my mind thinks young and I don't take ill, nor does my body want to die, because I want to be around to read the next edition of *Speed Skating Times'* Events Calendar...when you're bored, you don't last long, after retirement...

That damn *Grim Reaper* is eventually supposed to come and grab us *Old Codgers on Skates* and I suppose I would go easier if the *Grim Reaper* would come on inlines, that is if he's fast enough. This is the Royal Way to go out ...moving like an old comet, passing by beautiful female skaters like Wendy Holbert, and going on into the sunset skating Miramar Lake in San Diego, drafting a Grim Reaper on inlines... ∞

◀ PULL OUT CALENDAR

New Short Track Speed Skating World Records

Source: International Skating Union

Race	Skater-Country	Time	Location	Date
Men				
1500m	Marc Gagnon-CANADA	2:18.61	Guilford	02/07/95
3000m	Marc Velzeboer-NETHERLANDS	5:00.24	The Hague	03/05/95
	Ji-Hoon Chae-REPUBLIC OF KOREA	4:56.29	Gjövik	03/19/95
5000m	Canada-Marc Gagnon, Sylvain	7:09.76	Gjövik	03/19/95
	Relay Gagnon, Frédérik Blackburn, Bryce Holbech			
Junior				
1000m	Patrice LaPointe-CANADA	1:32.71	Bormio	12/03/94
1500m	Seung-Chan Lee-REPUBLIC OF KOREA	2:25.53	Calgary	01/28/95
Women				
500m	Yun-Mi Kim-REPUBLIC OF KOREA	45:53	Gjövik	03/18/95
3000m	So-Hee Kim-REPUBLIC OF KOREA	5:11.76	Jaca	02/24/95
	Lee Kyung Chun, ROK	5:02:18	Gjövik	03/19/95
3000m	China-Wang Chunlu, Zhang	4:24.68	Gjövik	03/19/95
	Relay Yanmei, Yang Yang, [Jinlin] Zhang Dongxiang			
500m	Yun-Mi-Kim-REPUBLIC OF KOREA	46.23	Calgary	01/28/95
1000m	See-Hee Kim-REPUBLIC OF KOREA	1:37.09	Hamar	02/26/94
	Yun-Mi-Kim-REPUBLIC OF KOREA	1:39.45	Calgary	01/29/95

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INTERNATIONAL COMPETITION

from Swiss National Team web page

Calgary Points Race

OLYMPIC OVAL, CALGARY, CAN—November 11, 1995...**Men 500m:** Kevin Scott-CAN 36.82; 2. Michael Ireland-CAN 37.25; 3. Kevin Overland-CAN 37.49; 4. Jeremy Wotherspoon-CAN 37.50; 5. Sylvain Bouchard-CAN 37.70. **1000m:** Scott 1:13.75; 2. Overland 1:14.05; 3. Wotherspoon 1:14.19; 4. Ireland 1:14.32; 5. Bouchard 1:14.69.

Opening Season Race

INZELL, SWITZERLAND—November 11-12, 1995...The 5000m race was won by Keiji Shirahata-JPN, who finished with an excellent time of 6:49.32. Places 2, 5, 7 and 8 were also captured by the Japanese team.

Men 500m: Yoon-Man Kim-ROK 37.16; 2. Alexander Golubev-RUS 37.22; 3. Kyou-Hyuk Lee-ROK 37.26; 4. Yuji Fujimoto-JPN 37.37; 5. Ryuhei Yoshii-JPN 37.58; 6. Yutaro Shinohara-JPN 37.64; 7. Gerard van Velde-NED 37.68; 8. Oleg Kostromitin-UKR 38.00; 9. Andrei Finevich-RUS 38.01; 10. Yoshinori Chiba-JPN 38.07. **1000:** Fujimoto 1:14.73; 2. Kim 1:15.10; 3. Hong-Bo Liu-CHN 1:15.22; 4. Lee 1:15.54; 5. Roland Brunner-AUT 1:15.90; 6. Kazuhiro Ikeda-JPN 1:15.98; 7. Shinohara 1:16.09; 8. Chiba 1:16.13; 9. Jakko Jan Leeuwangh-NED 1:16.14; 10. Sergei Saveliev-RUS 1:16.37. **1500:** Hiroyuki Noake-JPN 1:52.60*; 2. Keiji Shirahata-JPN 1:52.71; 3. Toru Aoyanagi-JPN 1:53.88; 4. Roberto Sighel-ITA 1:54.80; 5. Toshihiko Itokawa-JPN 1:55.75; 6. Alexander Kibalko-RUS 1:56.41; 7. vanVelde 1:56.47; 8. Joo-Hyun Chung-ROK 1:56.91; 9. Kazuhiro Sato-JPN 1:57.03; 10. Vladimir Menaylo-RUS 1:57.08. **5000:** Shirahata 6:49.32; 2. Noake 6:41; 3. Vadim Sajutin-RUS 6:59.47; 4. Andreij Gutovski-RUS 6:59.55; 5. Aoyanagi 6:59.61; 6. Anatoli Krashenin-RUS 7:01.24; 7. Itokawa 7:02.50; 8. Sato 7:05.17; 9. Sighel 7:06.14; 10. Jiri Kahonez-RUS 7:08.85. **Women 500:** Svetlana Zhurova-RUS 40:39; 2. Natalia Bakhina-RUS 41:39; 3. Mee-Young Kang-ROK 41:94; 4. Tatjana Danshina-RUS 42:02; 5. Hee-Joo Chung-ROK 42:21; 6. Alena Koroleva-RUS 42:39; 7. Lesia Belosub-UKR 42:52; 8. Emese Antal-AUT 42:83; 9. En-Bi Bak-ROK 43:62; 10. Nicola Mayr-ITA 43:70. **1000:** Svetlana Bazhanova-RUS 1:22.55; 2. Zhurova 1:23.05; 3. Bakhina 1:23.33; 4. Ludmila Prokashewa-KZK 1:23.38; 5. Kang 1:24.02; 6. Chung 1:24.08; 7. Christine Aaftink-NED 1:24.15; 8. Danshina 1:24.88; 9. Tatjana Trapeznikova-RUS 1:25.18; 10. Ruihong Xue-CHN 1:25.27. **1500:** Sandra Zwolle-NED 2:05.57; 2. Bazhanova 2:06.63; 3. Prokashewa 2:07.33; 4. Mie Shimizu-JPN 2:08.97; 5. Trapeznikova 2:10.07; 6. Elena Belci-ITA 2:10.08; 7. Emese Hunyadi-AUT 2:10.29; 8. En-Bi Bak-ROK 2:10.51; 9. Mihaela Dascalu-ROM 2:10.76; 10. Cerasela Hordobetiu-ROM 2:10.89. **3000:** Bazhanova 4:23.32; 2. Kyung-Nam Lee-ROK 4:28.29; 3. Belci 4:28.89; 4. Trapeznikova 4:29.61; 5. Svetlana Visokova-RUS 4:29.96; 6. Shimizu-JPN 4:30.93; 7. Dascalu 4:31.35; 8. Bak 4:32.30; 9. Young-Hee Ko-ROK 4:32.56; 10. Cerasela Hordobetiu-ROK 4:34.17. **track rec* ∞

U.S. International Challenge Short Track

Katie Marquard & Susan Polakoff Shaw

LAKE PLACID, NY—October 21-22, 1995...Experienced skaters from Canada dominated short track speedskating's first international ranking meet here.

Italian Olympian Marinella Canclini broke the hold of Canada and China by winning the overall women's title. Olympian Fredric Blackburn-CAN, a 3-time medalist at the '95 World Championships, finished 1st among the men.

The Canadian men swept the top three spots while the Canadian women took five of the top 10 finishes. The Chinese women took three top 10 finishes.

'92 Olympian Charles King placed best among the U.S. men in 16th. Julie Goskowitz's 12th place finish was the U.S. women's best. "The national team

didn't perform as they should have," said Jeroen Otter, U.S. short track coach. "Only Charlie and Karen (Cashman) did okay. Julie Goskowitz did extremely well for a 15-year-old. The women's relay did well until Amy Peterson fell with two laps to go. They would have been two seconds under a U.S. record."

More than 90 skaters competed in the inaugural U.S. International Challenge Cup. The meet was designed to provide a more accurate international ranking for skaters and was sanctioned by the International Skating Union. Previously, short track skaters were paired in heats based on their country's own ranking, not how they ranked internationally.

Men Final O/A: Frederick Blackburn-CAN; 2. Marc Gagnon-CAN/Jonathan Gougoux-CAN; 4. Nicky Gooch-GRB; 5. Li Jaijun-CHN; 6. Francois Drolet-CAN/Steven Bradbury-AUS; 8. Derrick Campbell-CAN; 9. Bryce Holbeck-CAN/Stephan Gough-CAN/Diego Cattani-ITA. **3000:** Gooch 5:14.36; 2. Gougoux 5:14.72; 3. Bradbury 5:15.02; 4. Francois Drolet-CAN 5:15.09. **1500:** Blackburn 2:21.559; 2. Gagnon 2:21.61; 3. Gooch 2:21.69; 4. Bradbury 2:22.38. **1000:** Gougoux 1:32.25; 2. Gagnon 1:32.38; 3. Drolet 1:32.57; 4. Blackburn 1:32.67. **500:** Li Jaijun-CHN 44.40; 2. Blackburn 44.45; 3. Gagnon 44.48; 4. Derrick Campbell-CAN 44.48. **Relay:** CAN 4:11.99; 2. CAN-2 4:12.19; 3. UK 4:21.34; 4. AUS 4:34.61 **Women Final O/A:** Marinella Canclini-ITA; 2. Heil Yang-CHN; 3. Wang Lu-CHN; 4. Annie Perreault-CAN; 5. Isabelle Charest-CAN/Christine Boudrias-CAN; 7. Zhang Xiang-CHN; 8. Chantale Sevigny-CAN, Angela Cutrone-CAN; 10. Katia Colturi-ITA **3000:** Yang 5:45.11; 2. Canclini 5:47.29; 3. Perreault 5:49.28; 4. Christine Boudrias-CAN 5:49.40. **1500:** Canclini 2:39.90; 2. Charest 2:40.32; 3. Heil 2:40.37; 4. Lu 2:40.67. **1000:** Canclini 1:37.2; 2. Xiang 1:37.47; 3. Yang 1:37.51; 4. Boudrias 1:38.75. **500:** Lu 47.20; 2. Perreault 47.43; 3. Boudrias 47.54; 4. Charest 47.55 **Relay:** CHI 4:27.60; 2. CAN 4:31.26; 3. US 4:38.13; 4. ITA 4:39.07. ∞

december '95 / january '96

4TH ANNUAL SILVER DERBY



All the winners of the Silver Derby '95. ©Jay Glad

—Dr Jay R. Glad, President
Northern Utah Speedskating Club

OGDEN, UT—November 4, 1995...Two Juvenile boys competitors, Tony Hwang and James Mays, are U.S. World Team members. The Grand Masters had a real hot race, won by Jim Minami, '95 North American Short Track Champion. Patrick Cunningham took 2nd, after coming in 4th at the NAST. Bob Nelson, who was 2nd in the '92 National Short Track Championships, took 3rd.

John Diemont won the Senior Men's

division, clocking a 500m in 50.69.

Men Grand Master O/A: Jim Minami. **500m:** Minami 56.90; 2. Pat Cunningham 1:01.56; 3. Bob Nelson 1:06.10; 4. Jay Glad 1:21.72. **1000:** Minami 1:54.72; 2. Cunningham 2:02.2; 3. Nelson 2:20.02; 3. Glad 2:34.28. **1500:** Minami 3:02.00; 2. Cunningham 3:15.00. **Master O/A:** Robert Payne. **500:** Payne 1:01.69; 2. Ed Parrott 1:08.68. **1000:** Payne 2:07.31; 2. Parrott 2:31.63. **1500:** Payne 3:17.96; 2. Parrott 3:59.32. **Sr O/A:** John Diemont. **500:** 50.69; 2. Bruce Rowley 51.31; 3. Ron Gonsalves 52.81; 4. Uel Archuletta

1:21.00 **1000:** Diemont 1:47.03; 2. Gonsalves 1:48.40; 3. Archuletta 1:50.31; 4. Rowley 2:29.55 **1500:** Diemont 2:43.04; 2. Archuletta 2:46.88; 3. Rowley 2:51.34; 4. G.B. Critter 3:32.31. **Interm:** Trent Citte. **500:** 1:06.12. **777:** 1:46.07. **1500:** 3:44.06. **Jr O/A:** Byron Miller/LB Cannon. **500:** Miller 58.00; 2. Cannon 59.00; 3. Travis Anderson 1:06. **777:** Cannon 1:30.19; 2. Miller 1:30.22. **1000:** Cannon 2:13.06; 2. Miller 2:13.97; 3. Anderson 2:56.0 **Juv O/A:** Tony Hwang **333:** Hwang 35.81; 2. James Mays 1:04.66. **500:** Hwang 52.41; 2. Mays 1:04.19. **1000:** Hwang 1:58.01; 2. Mays 2:13.00; 3. Bryce Miller 2:47.22. **Midget O/A:** Brian Nelson. **333:** Nelson 44.40; 2. Peter Richardson 45.59. **500:** Nelson 1:03.28; 2. Richardson 1:30.28. **777:** Nelson 1:39.59; 2. Richardson 1:58.31. **Pony:** Jacob Cano. **111:** 17.47. **222:** 34.13. **333:** 49.03. **Peewee:** Uel Archuletta. **111:** 25.37. **222:** 1:09.13. **333:** 1:26.28. **Special Olympics:** Brandell Smith. **500:** 1:13.94. **777:** 1:56.94. **1500:** 3:44.06.

Women Sr O/A: Barbara Beth. **500:** Beth 53.68; 2. Lani Nilsson 1:22.0; 3. Jocelyn Archuletta 1:27.56. **1000:** Beth 1:53.03; 2. Nilsson 2:09.00; 3. Archuletta 2:22.46. **1500:** Beth 2:45.37; 2. Nilsson 3:16.75; 3. Archuletta 3:35.41. **Midget O/A:** Cheryl Nelson. **333:** Nelson 41.50; 2. Ashley Brown 46.31. **500:** Nelson 1:03.56; 2. Brown 1:10.12. **777:** Nelson 1:43.75; 2. Brown 2:05.98. **Pee wee:** Brea Lemmon. **111:** 37.22. **222:** 55.06. **333:** 1:31.08. **Miteymite:** Chenelle Archuletta. **111:** 37.69 **222:** 2:04.41. **333:** 1:51.09. ∞

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78TH CHICAGO SILVER SKATES

The next time you see this many people come together from eight states competing this fiercely to lead the pack, it will be for the Republican Presidential primary campaign.

Story and Photos by Carl Cepuran

GLEN ELLYN, IL—October 28, 1995... Over 130 skaters from Texas to New York came to throw their hats into the ring for the 78th Chicago Silver Skates. Sponsored by Illinois Spine and Sports-care Centers, the Glen Ellyn Speedskating Team hosted the event on the 111m short track oval at Center Ice of DuPage.

No one region was able to claim dominance over the field as the champions across the age groups represented many locations.

The meet was barely over when Meet Director, Karen Kostal, was already talking about next year. "It's really exciting to see all these athletes and their friends and family come from so far away wanting to skate here. It's also very exciting to see volunteers and major new sponsors like Illinois Spine and Sports-care Centers come on board. With community support from groups like the Glen Ellyn Fire Dept. that provide medical assistance, volunteer help and continued sponsorship backing, the skater's expectations will always be exceeded."

When asked what her most memorable moment was from this year's event, Kostal reflected, "It's nice to see the local kids do as well as they did. But, I would have to say I won't forget the Golden Masters skaters. We had a 78-year-old here in the 78th year of the Silver Skates, two 77-year-olds, and a 64-year-old. The three older guys let me know they were not happy they had to skate against such a *youngster*. They still had the competitive spirit that the eight and nine-year-olds have! you could see speed skating times

it in their faces even when they came up to claim their awards! They also shared some neat stories about skating from early days. Times change, but the enjoyment these skating events give to skaters remains much the same."

Men Open-A O/A: Kip Carpenter 3000: Carpenter 5:47.13; 2. Jim Nubani; 3. John Camilli; 4. Joe Rohroff. **1500:** Carpenter 2:31.20; 2. Rohroff; 3. Camilli; 4. M Clarks. **1000:** Carpenter 1:36.28; 2. Rohroff; Camilli, Nubani. **500m:** Rohroff 47.0; 2 Carpenter; 3. Nubani; Clarks **Gold Mstr O/A:** Tom Reichard. **1000:** Reichard; 2. Chuck Campbell; 3. Eddie Ward; 4. Robert Nutting. **777:** Reichard 1:37.04; 2. Campbell; 3. Ward; Nutting. **500:** Reichard 1:03.91; 2.Campbell; 3.

Ward; 4. Nutting. **Mstr O/A:** Ed Barbeau **1500:** Barbeau 2:58.12. **1000:** Barbeau 1:53.66. **500:** Barbeau 55.59. **Sr-A O/A:** Rob Darrow **1500:** Darrow 2:51.13; 2. Daniel Boik; 3. Howard Clausing; 4. Steve Young. **1000:** Darrow 1:51.30; 2. Clausing; 3. Boik; 4. Young. **500:** Darrow 53.10; 2. Boik; 3. Young **Sr-B O/A:** Chris Hurchler. **1000:** Hurchler 1:54.56; 2. Nick Olsen; 3. Mark Dring; 4. Dennis Stanford. **777:** Hurchler 1:27.12; 2. Olsen; 3. Stanford; 4. Dring. **500:** Hurchler 53.46; 2. Olsen; 3. Carl Cepuran; 4 Brad Lang. **Jr-A O/A:** Chris Weaver. **1500:** Weaver 2:51.19; 2. Kyle Ortiz; 3. Ryan Hastings. **1000:** Weaver 1:49.47; 2. Ortiz; 3. Hastings. **500:** Weaver 51.73; 2. Ortiz; 3. Hastings. **Juv-A O/A:** Eric Krantz. **1000:** Krantz 1:49.62; 2. Shani Davis; 3. Justin Mentell; 4. Matt Neville. **777:** Krantz 1:24.14; 2. Davis; 3. Gordon Ward; 4. Neville. **500:** Krantz 52.29; 2. Davis; 3. Neville; 4. Mike Kostal. **Open-B O/A:** Matt Kramp. **777:** Jonathon Slaals; 2. Kramp; 3. Eric Hall; 4. Nathan Brunner. **500:** Brunner 1:08.68; 2. Kramp; 3. Hall; 4. Sean McGuife. **333:** Kramp 41.93; 2. Hall; 3. Brunner; 4. Slaals. **Midget-A O/A:** Derek Gray. **611:** Gray 1:07.56; 2. Misi Toth; 3. Greg Ortiz; 4. Tucker Fredericks. **500m:** Gray 54.27; 2. Toth; 3. Fredericks; 4. Ortiz. **333:** Toth 36.87; 2. Gray; 3. Fredericks; 4. Ortiz. **B O/A:** Andrew Wolf. **500:**



Eric Cepuriam pulls an inside pass on Matt Plummer in the Pony Boys A.



Joe Rohroff leads Kip Carpenter in the Elite Men's 500m. Rohroff won, but Carpenter won the 1000, 1500 & 3000.

Matt Daly; 2. Wolf; 3. Steve Letourneau; 4. Tyler Bevins. **444:** Wolf 1:00.56; 2. Daly; 3. Bevins; 4. Letourneau. **333:** Letourneau; 2. Bevins; 3. Jonathon Sauer; 4. Wolf. **Pony-A O/A:** Matt Plummer. **500:** Plymmer; 2. Jacob Boulware; 3. Charlie Brummit; 4. Eric Cepuran. **444:** Cepuran 57.21; 2. Plummer; 3. Boulware; 4. Brummit. **333:** Plummer 46.55; 2. Cepuran; 3. Brummit; 4. Boulware. **B O/A:** Carl Buehler. **444:** Buehler; 2. Seiji Higashi; 3. Chris George; 4. Dave DePew. **333:** Beuhler 47.63; 2. George; 3. Higashi; 4. DePew. **222:** Buehler 33.49; 2. Higashi; 3. DePew; 4. Dan Curtis. **Peewee-B O/A:** Yuval Toren. **333:** Toren; 2. Matt DePew; 3. Tim Dawson. **222:** Toren 41.82; 2. DePew; 3. Dawson. **111:** Toren; 2. DePew; 3. Dawson. **Tiny Tot-B:** Bryce Barbeau. **166:** Barbeau 36.98; 2. Jeff Swider. **111:** Barbeau 20.34; 2. Swider. **55:** Barbeau; 2. Swider. **Women Sr-B O/A:** Jamie Powers **1000:** Nancy Markham 2:05.65; 2. Jamie Powers; 3. Birgitta Kuehn; 4. Rachel Schmidt. **777:** Powers 1:37.97; 2. Markham; 3. Schmidt; 4. Andrea Studzinski. **500:** Powers 1:01.38; 2. Markham; 3. Kuehn; 4. Schmidt. **Jr-A O/A:** Amy Golowina. **1500:** Golowina 3:05.18; 2. Va-

lerie Goldstein; 3. Liz Edwards. **1000:** Golowina 2:02.61; 2. Goldstein; 3. Edwards. **500:** Golowina 55.51; 2. Goldstein; 3. Edwards. **Juv-A O/A:** Cherise Wilkens. **1000:** Wilkens 1:56.57; 2. Carmen Sims; 3. Tory DePew; 4. Rebecca Johnson. **777:** Wilkens 1:28.75; 2. Sims; 3. DePew; 4. Johnson. **500:** DePew 57.60; 2. Wilkens; 3. Erin Lotzer; 4. Johnson. **Open-B O/A:** Meg Poole. **500:** Poole. **444:** Poole **333:** Poole. **Midget-A O/A:** Bonnie Klint. **611:** Klint 1:10.30; 2. Kira Fling; 3. Catherine Torrey; 4. Jorie Grundstrom **500:** Klint 56.78; 2 Fling 3. Torrey; 4. Grundstrom. **333:** Klint 38.28; 2. Fling; 3. Torrey; 4. Grundstrom. **B O/A:** Katy Kostal. **500:** Kostal 1:19.26; 2. Leah Priestaf. **444:** Kostal 1:03.91; 2. Priestaf **333:** Kostal; 2. Priestaf. **Pony-A O/A:** Danielle Jones. **500:** Jones 1:07.01; 2. Kat Whittenberger; 3. Lauren Ward. **444:** Whittenberger 57.89; 2. Jones; 3. Ward. **333:** Jones 45.95; 2. Ward; 3. Whittenberger. **B O/A:** Alicia Merrick. **444:** Merrick. **333:** Merrick. **222:** Merrick **Peewee-A O/A:** Erica Lanser. **333:** Lanser 48.63; 2. Laura Johnson; 3. Erika Hawke. **222:** Lanser 33.26; 2 Hawke; 3 Johnson **111:** Johnson 17.65; 2. Lanser; 3. Hawke. **B O/A:** Rebecca

George. **333:** George 1:03.20; 2. Katelyn Barylak; 3. Kailey Donewald; 3. Allison Studzinski. **222:** Donewald 41.26; 2. George; 3. Barylak; 4. Ellen Plummer. **111:** George 21.57; 2. Barylak; 2. Studzinski; 4. Donewald. **TinyTot-B O/A:** Megan Wolf **166:** Wolf; 2. Rachel Sauer. **111:** Wolf; 2. Sauer. **55:** Wolf; 2. Sauer. **Special Needs-I O/A:** Jeremy Krutina. **500:** Krutina 1:23.53; 2. Wendy Osse; 3. Aaron Romant; 4. Sherry Fritsche. **333:** Krutina 52.58; 2. Romant; 3. Osse; 4. Mark Elbin. **111:** Krutina 18.48; 2. Romant; 3. Osse; 4. Elbin. **Special Needs-II O/A:** Chris Coleman. **333:** Coleman 1:15.50; 2. John Weigand; 3. Charles Sheehy; 4. Jessica Zarconi. **222:** Coleman 46.92; 2. Sheehy; 3. Weigand; 4. Joshua Merrick. **111:** Coleman 25.06; 2. Sheeny; 3. Weigand; 4. Merrick. ∞

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Avoid the winter road blocks and skate



Enjoy the Winter Wonderland at the World-Class Pettit Center. ©Jeff Dowling

Summer sports fans typically view the winter season with the same disgust drivers exhibit toward road construction. We pretend not to understand why it plagues us, and complain virtually every moment until it passes.

By Patty Kuester
Manager, Marketing/Communications
Pettit National Ice Center

We complain, that is, unless we've discovered a good alternate route. In dealing with the weather it's called *celebrating the season* and people who practice this phenomenon are called *skaters*. Here at the Pettit National Ice Center those individuals take the form of hockey players, figure skaters and speed skaters. Rather than allowing our otherwise inhibiting winter season to hamper all livelihood, summer soccer players, baseball fans and cyclists come out in droves to celebrate the sports which provide physical as well as social activity.

speed skating times

Another specific group of summer sports enthusiasts are discovering the unique cross-training features of ice speed skating. Inline skaters across the country are snapping the wheels off and replacing them with blades.

"We [ice speedskaters] use the inlines in the summer; it's only natural that inliners give speed skates a try in the winter," says U.S. Speedskating Allround Team coach Gerard Kemkers.

Although Kemkers and other speed skaters use inlines for technical training during the summer dry-land workouts, inliners typically take to the ice for different reasons.

"Generally, inliners can take two approaches to learning to speed skate,"

says U.S. Speedskating program director Nick Thometz. "Either they can use the ice to practice and stay in shape, or to learn a new sport."

Those approaches seem to work best for most inline skaters and others giving the ice a try. "I think it's a great change of pace from the wheels," says inline skater Pat Quinn of his slide into speed skating. "It's a great way to pick up strength during the winter...and it's warmer indoors than outside!"

Although serious skaters often make the trek to our *mecca* of speed skating here at the PNIC, inliners do not have to leave their jobs and families and make the voyage to Milwaukee just to give the sport a try. Inline skaters who race on the 100-meter track, especially, might prefer to try short track speed skating at their local hockey rink. The short track in speed skating consists of a 110-meter track, and like inlining, skaters race pack-style through the corners and straightaways. Local speed skating clubs in each state would certainly welcome inliners interested in trying out the speed skating phenomenon.

Any article about the transition from inlines to ice would be remiss without mentioning KC Boutiette. He certainly exemplifies the smoothest transition from inlines to speed skates, and will be exciting to watch at the all-round competitions this season.

Anyone who has skated on both types of skates, however, is quick to point out the fact that while the sports have definite similarities, they are simultaneously very different. Just as we Midwestern drivers have learned different techniques in handling our vehicles in the ice and snow, inliners must handle their strokes and weight much differently on the ice. Add the dimension of a thin blade supporting all of your weight (in essence, like handling a car or bike with thin sled blades rather than tires!) and you quickly see the vast differences between the sports—and respect KC all the more.

If you've reached that road block we call *winter* with the same frustration you have through years of inactivity, try the alternate route of speed skating — whether here at the PNIC or at your local rink through an ASU club. If you try it with fun and fitness in mind, you'll be as hooked on the sport as the rest of us... and you might even make a few good friends in the process. ∞

december '95 / january '96



The lead group during the '95 200K Saturday main event. ©Dave Phillips

By Heikki Ala-Louko

Probably everyone has heard of the 11-city race in Holland. The dream of thousands of Dutchmen is to skate this legendary 200K race through the channels. Due to weather conditions the race has been forced to be arranged outside Holland for many years as an alternative 11-city race, first in Norway and Canada, currently in Finland.

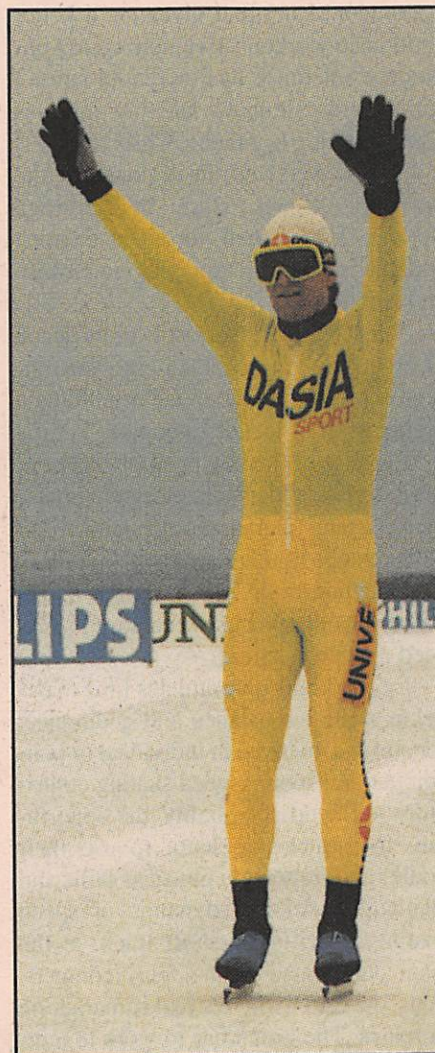
Since '91 skaters from Holland, Sweden, Russia, Germany, Canada, USA and Finland have come to Rovaniemi, Finland at the beginning of March. The city of Rovaniemi—with 35,000 inhabitants—lies on the Arctic Circle, so the conditions usually vary a lot: from sunshine to -20°C or a snow storm.

Expect to see polar bears, igloos, eskimos? Sorry. Instead you'll see reindeer, northern lights, friendly people, modern hotels and a real skating event with a great atmosphere.

Official alternative 11-city race

Rovaniemi Ice Marathon/Arctic Circle Skating Week consists of races from 50 to 200K from Wednesday to Saturday. On Friday there are no races because Saturday hosts the main events.

On Saturday most skaters take part in the traditional Dutch *the one and the only* alternative 11-city race, *Alternative Elfstedentocht*, the hardest 200K race in december '95 / january '96



'95 200K winner, Holland's Fausto de Marreiros. ©Dave Phillips

Wanna skate across the Arctic Circle?

Rovaniemi Ice Marathon—an ultimate experience!

the world. The best marathon skaters in the world battle it out to win this race. So far, winners have always been from Holland: '91-Evert van Bentmen, '92-Henk van Benthem, '93-Arnold Stam, '94-Yep Kramer, and '95-Fausto de Marreiros. In all the '95 Rovaniemi Ice Marathon had over 2,000 skaters, of which more than 1500 were schoolchildren. Skaters outside Finland numbered 150 – of which 90% are from Holland.

Most of the 200K skaters don't fight against each other; rather they fight against themselves. Finishing this race is a dream come true. You may have noticed, that skaters of all levels take part in this event. On Wednesday thousands of school children have their own skating event and on Saturday recreational events from 5K to 25K are arranged.

If you come to Rovaniemi, you will also want to go to Finland's biggest skating event in Kuopio, the weekend before Rovaniemi, February 28-March 3, 1995.

Rovaniemi Ice Marathon/Arctic Circle Skating Week warmly welcomes you to an *arctic skating party* and, don't forget to bring your dancing shoes.

For more information about the Rovaniemi Ice Marathon, please contact Jarmo Puhakka, 011-358-49-769-116, fax 011-358-60-347-351.

For information about the Finland Ice Marathon at Kuopio, contact Risto Antikainen 011-358-71-182-583. ∞

speed skating times

330 Miles and It's Ice Time

Almost every weekend inline skater Chris Ritter makes the 5 hour drive from his home in Nashville, Tennessee to St. Louis, Missouri so he can speed skate as a supplement to his inline training.

By Myra L. Van Camp Vandersall
Chairperson, Promotion & Publicity
Committee—Amateur Skating Union

Chris is counted among the burgeoning number of athletes who see the advantages of cross training on ice as a natural extension of their primary sport. From inliners to cyclists, gymnasts, track enthusiasts and figure skaters, athletes are beginning to understand the basic structure of speed skating training as an important part of their overall athletic life.

For Chris, 23, his training time on the ice is so important that he incorporates the ice sessions into his total workout. A sales representative for Roho, Inc., Chris is originally from Belleville, IL, part of the St. Louis metropolitan area. A regional inline competitor, Chris placed third in the Jr Olympic Division in '93, has placed well in meets in St. Louis, Indianapolis, Bowling Green, and Louisville. He is working toward the upcoming regional qualification meets that lead to a slot in the '96 National competition.

"I've never had a 9-5 job," he says "so I can plan my training schedule around my work. If I have sales calls in MO, I'll do an ice workout with the St. Louis Metropolitan Speedskating Club on Monday night; inline in Belleville at the Fun Spot on Tuesday; get on the ice again on Wednesday; inline Thursday, Friday and Saturday at Spinning Wheels in St. Louis or outdoors in Forest Park; and do an ice workout on Sunday.

"It takes me about 15 minutes to make the mental switch from wheels to blades, but after I get used to the edge and reduced friction, my ice workouts are great."

As an inliner, Chris is a member of the Gateway Speed Team and does much of the off-ice training that speed skaters use for conditioning, including slideboard, running, cycling and dryland, but he believes two factors of on-ice training—technique and endurance—are of speed skating times

the most benefit for him.

"The starts and corners are very important," he says, "to refine my technique and get me in the mental state to carry this over to inlining. While the form is similar, what I learn on the ice is much more controlled and a lot harder. Speed skaters are constantly in the tuck position and the corners are tight. However, this discipline in form makes me more efficient on wheels."

The second aspect of speed skating—endurance, also figures into his training program. "Physically, the ice makes me a stronger skater and gives me a better endurance workout. I've noticed my endurance tolerance has increased since I started cross training and my muscles aren't burning as much," Chris adds.

Patrick Maxwell, head coach of the Saratoga Winter Club in Saratoga Springs, NY, is well versed in practice and theory on the topics of endurance and technique.

A former U.S. National Short Track Team coach, Pat says the biggest advantage of cross training on ice is building a higher level of lactate tolerance.

"Because of the low position and constant turns, athletes begin to increase their lactate tolerance, enhancing their performance in other sports, particularly cycling time trials," he says. Pat points to the learning process necessary to succeed in speed skating.

"Ice workouts give athletes time to develop skills for balance and endurance; for athletes involved in individual or non-competitive sports, speed skating contributes to the artistic quality, the opportunity for athletes to learn to use their bodies and respond to physical skills and challenges. Another dynamic of speed skating, specifically short track, is the team component in the relay competitions," he said. "There's real camaraderie in relays. The group has to work together, set moves up, to advance to the front."

On an individual basis, Pat says the

sport helps an athlete deal with the individual aspect of losing while emphasizing personal best time results. And, he continued, "if a skater falls on the ice, there's no road rash!"

Missouri cyclist

Steve Wilkes agrees with that statement. A recent convert to the ice, Steve rides with the St. Louis Cyclones Racing Team and skates with the St. Louis Metropolitan Club.

"Yeah, it's a lot easier when you fall," he laughs, "and getting on the ice is a fun way to cross train, fill in the gaps during the winter months. Weights can get very monotonous. I find the muscle groups used in cycling and speed skating, lower back and legs, very compatible."

The '95 Missouri State Champion in Cat 4 competition and bronze medalist in the Missouri State Road race, Steve mixes time trials, road races and training criteriums. "Speed skating helps me build up my leg speed through the turns," he says, "and the concentration and focus demanded on ice is good for all sports."

Athletes in other winter sports, such as figure skating, also benefit from speed skating. Ann Karrick Glaser, V.P. of publicity for the Connecticut Speedskating Association, says "I did both figure and speed skating because I love them both. However, speed skating gave me strength and speed, which creates the height and thrill for figure skating. To this day, when I figure skate and skate to my music, people clear out of the way because I skate with much more speed and power than most figure skaters!"

"Speed skating can help with the endurance factor because figure skating programs are extremely tough and require a lot of endurance on their own."

Speed and power play a significant role when judges evaluate a figure skating performance, Ann says, and "if two figure skaters did the exact same routine, most likely the faster skater would get better scores. Fast, powerful skating is viewed as better—more secure, confident and stronger. Also, more height allows for more time in the air, which translates into more revolutions. The general impression of speed and confidence adds style points to the final total."

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And Ann, a competitor in the senior ladies speed skating division, has discovered that figure skating helped her speed skating, as far as better balance and recovery from bumps with other skaters.

"I was once bumped hard enough in a Midget short track race that I did two 360° turns in the corner, but still ended up 4th and that was in a final at the U.S. National Championships!"

All age groups benefit from speed skating, and while younger children, if interested in sports, should sample a variety of sports experiences, Lauren and Gordon Ward of Kirkwood, MO, have chosen short track speed skating as their primary winter sport and skate with the Gateway Speedskating Club.

A fifth grader at Robinson Elementary School in Kirkwood, Lauren, 10, also participates in gymnastics with the Olympia West Gymnastics Club and cross country track at school. She says speed skating helps build up her muscles for the other sports and the warm up exercises she's learned for cross country are almost the same as the ones she's experienced in speed skating.

A Pony A girl competitor, Lauren adds that "I learn how to pace myself in speed skating and cross country, so both sports help each other. And since I do gymnastics too, in addition to speed skating and cross country, I really have to be organized and watch my time."

Her brother Gordon, 13, and an eighth grader at Niper Middle School, is also a competitive speed skater in the Midget A boys division. Like his sister, Gordon samples many sports, including the high jump and cross country.

"Speed skating helps me for high jump. The leg strength is there when I have to convert my running speed into the vertical leaping action to get over the bar. And the endurance routine for speed skating helps me a lot in cross country. I just have a lot more energy and can last longer," he concludes.

The advantages of cross training on ice with a speed skating club will benefit a wide range of athletes in almost any age range, but Gordon knows the real advantage of speed skating.

"Speed skaters are a good bunch of kids to be around and I like going out of town a lot for meets. Speed skating is just plain fun!"

If you would like more information about speed skating and are online check december '95 / january '96

out the Amateur Speedskating Union of the United States' World Wide Web Page. Key in <http://web.mit.edu/jeffrey/speedskating/asu.html> for the latest information on speed skating. The ASU page provides up-to-the-minute information on clubs and association contacts, the meet schedule, electronic mail contacts and links to other speed skating pages. If you would like to be listed on the ASU e-mail list, contact the Connecti-

cut Speedskating Association at CT-Speed@aol.com with your e-mail address and any other information relevant to speedskating. For information on speedskating in the traditional manner, new skaters may contact the ASU at 1-800-634-4766; or contact the national office at 708-790-3230; or write to: Shirley Yates, Executive Secretary, ASU National Office, 1033 Shady Lane, Glen Ellyn, IL 60137. ∞

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MONTREAL, CAN—October 28-29, 1995...Olympic medalist Amy Peterson led the U.S. short track team by winning two medals and finishing 5th overall. Peterson won a bronze medal in the 1000m and placed 4th in the 1500m.

She was also part of the women's 3000m relay team that won the bronze and set a new American record. Peterson was joined by fellow Olympic teammates Karen Cashman, Erin Gleason, and Whitney McGill, skating a 4:31.23.

Canada men's relay team set a world record in 7:12.14. The U.S. men's 5000 B relay team missed establishing a new American mark by .12. Tony Goskowitz, Tom O'Hare, Todd Porter and Scott Koons skated to 3rd place in 7:12.14.

Julie Goskowicz finished 11th overall while Cashman was 13th. '92 Olympian Charles King was the top U.S. male in 9th. Tony Goskowicz was 17th.

Men Final O/A rank: Marc Gagnon-CAN/Frédéric Blackburn-CAN; 3. Bryce Holbech-CAN; 4. Jonathan Gougoux-CAN; 5. Derrick Campbell-CAN; 6. Steven Gough-CAN; 7. Sylvain Gagnon-CAN; 8. Steven Bradbury-AUS; 9. Charles King-USA; 10. Diégo Cattani-ITA; 11. Eric Bédard-CAN; 12. Patrice Lapointe-CAN; 13. Li Jiajun-CHN; 14. Zhang Hongbo-CHN/Dave Versteeg-NED/François Drolet-CAN; 17. Tony Goskowicz-USA; 18. Maurizio Carnino-ITA, Martin Johansson-SWE; 20. Alex Velzeboer-NED.
3000 A: Blackburn 5:17.94; 2. M. Gagnon 5:18.02; 3. Holbech 5:18.21; 4. Gougoux 5:18.35; 5. S. Gagnon 5:18.86; 6. Gough 5:19.00; 7. Campbell 5:19.86.
1500m A: M. Gagnon 2:31.31; 2. Blackburn 2:31.33; 3. Holbech 2:31.99; 4. S. Gagnon 2:33.97; 5. Bradbury 2:42.77. **B:**

DESJARDINS CHALLENGE

World Ranking Short Track

Commentary by Susan Polakoff Shaw / Results by Robert Bolduc

Jonathan Gougoux-CAN 2:20.33; 2. Versteeg 2:21.45; 3. Cattani 2:21.62; 4. King 2:21.94; 5. Tom O'Hare-USA 2:22.20; 6. Carnino 2:21.87. **1000m A:** Blackburn 1:31.58; 2. Gougoux 1:58.53. **B:** Drolet 1:37.31; 2. Matthew Jasper-GBR 1:37.46; 3. Cattani 1:38.37; 4. Holbech 1:39.92.
500 A: M. Gagnon 43.29; 2. Campbell 43.49; 3. Gough 43.62; 4. Holbech 43.82. **B:** Gougoux 44.01; 2. Lapointe 44.05; 3. Bradbury 44.11; 4. Bédard-CAN 44.13; 5. Gjomar Elgatum-NOR 44.22. **Jr 1500m:** Jonathan Guilmette-CAN 2:27.05; 2. Jean Monette-CAN 2:27.33; 3. Claude Romain Farys-FRA 2:28.21; 4. Rusty Smith-USA 2:28.24; 5. Alain Beaulieu-CAN 2:28.42; 6. Mike Kooreman-USA 2:30.88; 7. Ian Bronski-US 2:30.95; 8. Jérémie Gougoux-CAN 2:34.05 **1000A:** Guilmette 1:35.65; 2. Monette 1:33.90; 3. Beaulieu 1:36.81; 4. Kooreman 1:37.69; 5. Bronski 1:40.59. **B:** Smith 1:33.86; 2. Gougoux 1:33.90; 3. Farys 1:35.05; 4. Florent Delagoutte-FRA 1:45.44. **500 A:** Guilmette 44.75; 2. Farys 45.85; 3. Gougoux 46.78; 4. Beaulieu 49.16. **B:** Smith 46.92; 2. Kooreman 47.13; 3. Delagoutte 47.35; 4. Bronski 47.41. **Relay:** CAN-1 7:02.47; 2. CAN-2 7:04.30; 3. US-2 7:12.14; 4. NED 7:20.47. **Jr:** CAN-2 4:30.25; 2. FRA 4:36.02; 3. USA 4:42.12. **Women Final O/A Rank:** Marinella Canclini-ITA; 2. Yang Heil-CHN; 3. Yang Jiling-CHI; 4. Ann Perreault-CAN/Zhang Xiang-CHI; 6. Amy Peterson-USA/Christine Boudrias-CAN; 8. Isabelle Charest-CAN; 9. Wang Chunlu-CHN; 10. Zhang Jing-CHI; 11. Katia Colturi-ITA; 12.

Mara Urbani-ITA/Julie Goskowicz-US 14
 Barbara Baldissera-ITA/Karen Cashman-USA/Chantal Sévigny-CAN; 17. Erin Gleason-USA / Evgenia Radanova-BUL / Sandrine Deaudet-FRA; 20. Angela Cutrone-CAN **3000:** Heil 5:45.62 2. Xiang 5:45.78; 3. Jilin 5:46.04; 4. Boudrias 5:46.24; 5. Canclini 5:51.16; 6. Peterson 5:57.53; 7. Perreault 6:03.24. **1500 A:** Heil 2:35.44; 2. Canclini 2:35.81; 3. Boudrias 2:36.37; 4. Peterson 2:36.44; 5. Charest 2:37.24; 6. Jiling 2:39.33 **B:** Colturi 2:37.80; 2. Cutrone 2:38.73; 3. Sévigny 2:38.83; 4. Perreault 2:40.61; 5. Cashman 2:42.56; 6. Goskowicz 2:59.66 **1000A:** Canclini 1:42.40; 2. Jiling 1:42.59; 3. Peterson 1:43.93; 4. Xiang 2:09.19 **B:** Heil 1:35.53; 2. Colturi 1:36.61; 3. Jing 1:36.86; 4. Perreault 1:37.51; 5. Urbani 1:37.78. **500:** Canclini/Perreault 46.53; 3. Jiling 47.45. **Jr 1500A:** Mélanie Arnaud-FRA 2:45.23; 2. Josie Simson-CAN 2:45.61; 3. Karine Proteau-CAN 2:45.78; 4. Annie Maltais-CAN 2:45.93; 5. Kristen Brophy-USA 2:46.24; 6. Caroline Hallesey-US 2:46.67; 7. Penelope Lang-USA 2:51.05 **1000A:** Simson 1:44.3 2. Arnaud 1:44.30; 3. Proteau 1:45.03; 4. Karine Allard-CAN 1:45.40. **B:** Maltais 1:48.92; 2. Hallesey 1:49.57; 3. Brophy 1:49.61; 4. Lang 1:51.31. **500 A:** Allard 49.09; 2. Maltais 49.14; 3. Simson 49.3; 4. Hallesey 50.09; 5. Proteau 1:15.31. **B:** Arnaud 50.23; 2. Lang 1:20.62. **Relay:** ITA 4:27.20; 2. CAN 1 4:29.50; 3. USA 4:31.23; 4. CAN-2 4:36.34. ∞

*World record ²U.S. record

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Seattle to Portland Bike Classic

Jonathan Seutter-TWINCAM/KRYPTONICS, proved his mettle by becoming the first person to skate the 200 mile Seattle to Portland Bicycle Classic.



Can you believe how much stuff it takes to skate 200 miles? ©Kim Ames

by Moe Lester

The route, occupied by 10,000 cyclists featured many rolling hills and rough pavement. On 5-wheel Roces Paris skates, which can go 20+ mph yet still feel comfortable in an ultramarathon, Seutter covered the first 100 miles in 7h:22, with 45 minutes in breaks.

Seutter left Seattle hours after most of the cyclists, but it didn't take long before he began passing them. Accompanied by partner Kim Ames on bike (for support), he answered the same questions for the next 200 miles: 1) Where did you start? 2) Where are you going? and 3) Are you doing the whole thing on skates?

Just before his break at 50 miles he caught up with and passed the two other skaters in this race. A quick massage by Steve Marsh of Portland Massage Clinic and Jonathan was on his way. He drafted cyclists averaging 22-24 mph. Near the 100 mile mark, he hit a bone rattling stretch of pavement that went on forever. After 9 miles of this, he took another break, the crew thinking he had another 5 miles left. He was actually less than 1/2 mile from the first day's finish, and rolled in well ahead of 1000s of cyclists. Another massage, Kool 'n Fit sprayed on his muscles, and a spaghetti feed left Jonathan ready for the next day's hillier december '95 / january '96

100 miles. Using a 3/32nd Solution lift in his right skate kept him free from back pain. Steve also drove the support vehicle; previous Race Across America (the ultramarathon cycling race) experience made him well suited for the job of organizing all of the stuff necessary for an attempt such as this.

Cyclists like get up at 5am and be on the road by 6 (ugh). Jonathan's crew en-

joyed a leisurely morning, and he got on the road at 9. Seutter quickly passed cyclists again. Fueled by Advanced Nutritionals Liquid Meal, xLR8 Hydrator, and PowerBars, he had no stomach problems for the entire skate. The route climbed quickly. The trickiest part of the day was climbing the bridge over the Columbia River, then jumping the many expansion joints in the rough surface while descending the other side. Flying along the final 30 miles on the flat part of the route, Seutter was on his way to completing the second 100 miles in 8h:15 including breaks. Kryptonics wheels had surprising little wear considering the road surface; using a combo of 7⁴ and 78A optimized comfort and durability.

Seutter used STP as a stepping stone for his goal of skating across the US in less than 30 days, under 'Ultramarathon Record' rules. Jonathan would like to thank his sponsors: Roces, Kryptonics, TwinCam, PowerBar, Bollé, Kool 'n Fit, 3/32nd Solution, Sports Massage Clinic, Portland Chiropractic Group, *Speed Skating Times*, and his crew. ∞



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PEDERSON-KRAG 5K

By Sylvia Young

HUNTINGTON, NY—October 29, 1995 ...The Pederson-Krag Center, one of the largest outpatient non-profit mental health and chemical dependency clinics on Long Island, hosted an all new fundraising beginners and advanced 5K inline and 5K run through the beautiful hills of Huntington.

Don Phillips, President of the Long Island Road and Track Racing Association directed the skating events and was very pleased with the large turnout of Long Island skaters and a nice crowd of curious onlookers lining the course. According to Phillips, "The racing was fast!"

There also was a learn-to-skate clinic. Thanks to delightful weather, volunteers, local dignitaries and officials, and the sponsor: Physical Therapy Services, the Pederson-Krag race day was successfully established and will hopefully develop into an annual event.

Results:

Results by Don Phillips

Male 5K Beg 10-19: David Connelly; 2. David Hyland; 3. Paul-Eric Pizzuto. **30-39:** Scott Yanuck; 2. John Ottaviano; 3. Bob Kujawski. **40-49:** Napoleon Arthurs; 2. Bruce Saunders; 3. Ken Mandel. **50+:** Martin Spar. **Adv O/A:** John Williams 10:32.19. **10-29:** Nicholas Frizzell; 2. John Gallina; 3. Willie Hehr. **20-29:** Williams; 2. Ashraf Masum. **30-39:** John Nucalda; 2. Glenn Corso; 3. Joseph VonCortt. **40-49:** Douglas Fessenden; 2. Michael Miranda. **50+:** Don Phillips; 2. David Moorehead.

Women 5K 10-19: Regina Ippoliti; 2. Lauren Satterlee; 3. Nicole Scimeca. **20-29:** Kathleen Porter; 2. Kristen Sofia; 3. Joanne Mackey. **30-39:** Donna Protter. **40-49:** Carol Undersood; 2. Joan Cerina; 3. Kathy Volz. **50+:** Margret Smith; 2. Valerie Smith; 3. Nancy Tischler. ∞

SKATE THE LOOP

By Gil Clark

LOUISVILLE, KY—September 17, 1995 ...The 2nd annual benefit for the American Diabetes Association was held at the 2.4 mile loop at Louisville's Cherokee Park.

Sponsored by the Louisville and Jefferson County Parks Dept., Wave 3 and Caritas, generous in-store gift certificates were awarded to the top 5 overall winners, trophies for age categories.

Results:

Elite Men 12K O/A: Nick LaVigne 23:33; 2. Brian Laugle 23:34; 3. Bradley Miller 23:34.3; 4. Darryl Brown 23:34.5; 5. Eric Riner 23:34.7; 6. Chris Ritter 23:35; 7. Bandit 23:36; 8. Murray Wilmerding 23:41; 9. Keith Kurland 23:42. **Int 8K O/A:** Karl dockstader 18:22; 2. Doug Weber 19:19; 3. Dale Eads 19:27; 4. Gary McDonald 19:27.9; 5. John Morris 20:16; 6. Michael Roberts 20:36; 7. David Linton 21:26; 8. Chaz Rough 22:03; 9. Larry Vanover 22:24; 10. Russell Sanders 22:26.

Elite Women O/A: Susan Vogt 24:12; 2. Valita Fredland 24:21; 3. Sue Lindberg 29:41; 4. Danaya Wright 29:44; 5. Meg McGarry 31:35; 6. Lauren Deerwester 32:30. **Int O/A:** Lainie Kastor 19:44; 2. Phyllis Guyon-Brown 19:53; 3. Pam King 21:17; 4. Debbie Dunn 21:18; 5. Fran Aronson 21:29; 6. Sheila Donaldson 23:16; 7. Jean Mahood 25:44; 8. Kerry Deckard 27:50; 9. Sheila Spruill 30:23. **Kid 4K O/A:** Brent Owens 9:38; 2. Mark Klapheke 9:51; 3. Joseph Boone 9:54; 4. John McDonald 10:09; 5. Lauren Deerwester 10:56; 6. Jacob Boone 11:08; 7. Daniel Grupper 11:17; 8. Jason Brewer 11:51; 9. Chris Klapheke 12:08; 10. Rachel McDonald 12:49. ∞

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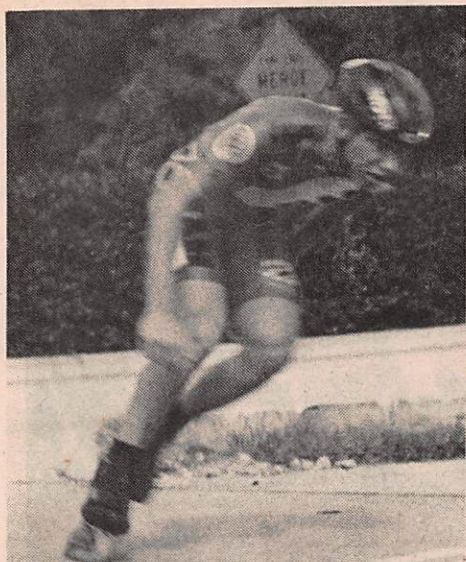
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MOTOR CITY BLADES HOCKEY TEAM



Jonathan Webster all alone.

*Commentary by Jonathan Webster
Results by Dave Andexler*

FORT LAUDERDALE, FL—November 5, 1995...When I arrived in sunny, beautiful Fort Lauderdale, I was ready for a hard race. Geo/Rb was sponsoring the event, sending their team racers, and had invited 5-time Olympic gold medalist Bonnie Blair to hand out the awards.

Nationally-sponsored team racers, regional team racers, and a few independents—a good mix of professional skaters promised a great race.

The course was a 1.5 mile loop, with two nice rolling hills—4 laps for the 10K.

From the start, I knew I would have to break early. Norm Kirby and Mike Cole both GEO/RB were in great shape from training with me and the World Team at the Olympic Training Center. I had to catch them when they weren't looking. Since it's unusual to break from the start, I took advantage of the surprise—and cre-

SKATE AMERICA

South Florida's weather lived up to its promise: bright, sunny and warm—a great day for racing! The March of Dimes Skate America featured a 5K, 10K Elite, 10K Pro Men/Women and a 20K pledge skate.

ated a 100 foot gap on the field.

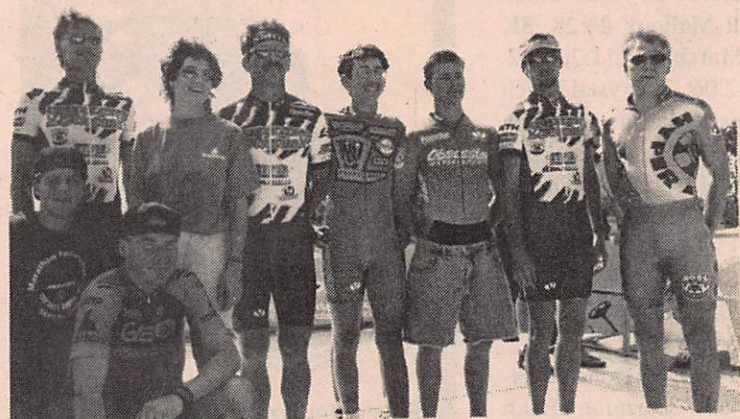
Kirby kept up the pressure and kept the pack moving, but I was really feeling good that day, and was able to maintain my lead for the victory. Norm and Mike placed 2nd and 3rd respectively.

Chatting with gold-medalist Bonnie Blair was an added bonus.

For the first Skate America of the season, I'll have to give it a 7 on a scale of 1 to 10, due to the last minute, 50% reduction of winnings the day before the competition. This can serve as a good example for race promoters. When you put on a race, especially if you offer cash prizes, advertise what you are *going to do* based on what you *have*, not what you *think* you are going to do or to have. You'll have happier skaters who will want to return to your events, and a much better turnout.

Men 10K Pro O/A: Jonathan Webster-HYPER 16:21; 2. Norm Kirby-GEO/RB 16:23; 3. Michael Cole-GEO/RB 16:52; 4. Chad Burdzilaukas-KRYPTONICS 16:52; 5. Jason Bak 16:53; 6. Alan Huddleston-SPEED SKATING TIMES 16:53; 7. Tim Small-SPEED SKATING TIMES 16:53; 8.

Adrian Winchell-SPEED SKATING TIMES 16:55; 9. Jim McCollough 16:58; 10. Mark Winchell-SPEEDSKATING TIMES 16:58. **Non-pro O/A:** James McCullough 18:16; 2. Scott Swaney 18:17; 3. Scott Kloster 18:17. **1-9:** Josh Harris 19:41; 2. Chad Welion 20:49; Bart Venning 23:39. **10-14:** Remy Rodalma 18:21; 2. Brian Porraglia 18:34; 3. Justin Loias 18:36. **15-19:** Wayne Womack 19:11; 2. Terry Eaton 19:40; 3. John Harris 19:41. **20-29:** Leo Pino 19:45; 2. Terry Green 20:04; 3. Chuck Etheridge 20:43. **30-39:** Julio Rodriguez 18:25; 2. Daniel Eassey 18:36. **40-49:** Paul Gagnon 18:20; 2. Al Cuiton 20:03; 3. Bruce Monanaka 20:15. **5K O/A:** Michael Cole 10:16; 2. Norman Kirby 10:16; 3. Nigel Cimi 11:17. **1-9:** Tommy Hernandez 12:00; 2. Goddy Guerra 14:21; 3. Jeffy Harkington 14:26. **10-14:** Michael Donnelly 14:21; 2. Ryan Magill 15.33. **15-19:** Robert Magill 12:19; 2. Marc Scarfone 13:29; 3. Charles Hofung 13:36. **20-29:** Jose Aruila 12:42; 2. Ken Brown 12:45; 3. Chris Gassner 13:17. **30-39:** Alex Capo 12:15; 2. Warren Knllshaw 12:46. **40-49:** Alan Palash 12:33; 2. Steve Mart

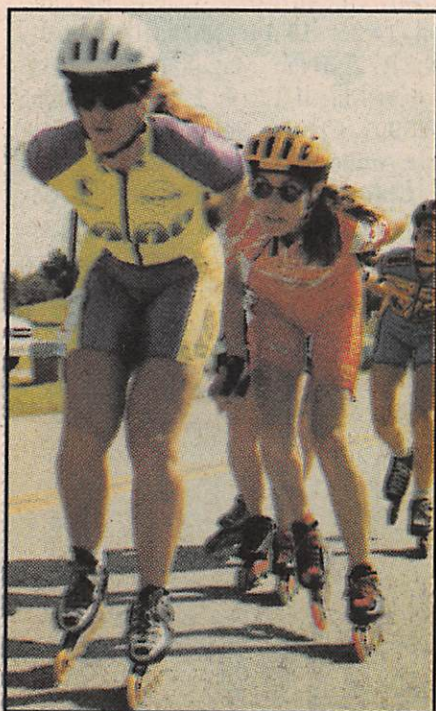


Men L-R: Adrian Winchell, Bonnie Blair, Tim Small, Chad Burdzilaukas, Jason Bak, Alan Huddleston, Jonathan Webster (winner). Kneeling: Michael Cole & Norm Kirby. Women L-R: Tara Huddleston, Meg O'Rirdan, Jean Hoy, Bonnie Blair, Katina Salafatinos & Charlotte Venning (winner). All Photos: ©Jeff Dowling / Speed Skating Times



What do you mean you can't get a sponsor? Hot shot youngsters sport their Team colors - proudly! ©Jeff Dowling / sst

13:59. **50+:** John Chullet 12:12.
Women 10K Pro O/A: Charlotte Venning 19:21; Jean Hoy-INLINE HEAVEN 19:22; 3. Tara Huddleston-SPEED SKAT-



Katina Salafatinos leads Tara Huddleston and Charlotte Venning.
 speed skating times

ING TIMES 19:22; 4. Katina Salafatinos-SKATE 2000 19:23; 5. Megan O'Rirdan 19:28; 6. Kelly Winchell-SPEED SKATING TIMES 22:33. **Non-pro O/A:** Danae Welion 19:51; 2. Michelle Guthrie 19:52; 3. Andrea Franklin 20:01. **1-9:** Janise Marron 23:52. **10-14:** Erica Trousdale 20:42; 2. Candace Cartrell 21:04; 3. Victoria Horchler 23:31. **20-29:** Brande Hannigan 20:07; 2. Karen Maunussen 20:45. **30-39:** Monica Cousins 20:25; 2. Lori Richardson 23:59; 3. Sylvie Walsh 24:56. **40-49:** Lorraine Muniz 20:36; 2. Terrie Bertelsen 21:32; 3. Susan Small 26:45. **50+:** Nicoll Malloux 25:28. **5K O/A:** Sandra Marshall 11:20; 2. Sharmy Eaton 12:06; 3. Crystal Reich 12:35. **1-9:** Melissa Martin 15:27; 2. Michelle Martin 16:05; 3. Jessica Marinelli 17:18. **10-14:** Jessica Gioney 19:24. **20-29:** Kirstin Markey 13:50; 2. Gretchen Gaebet 15:20; 3. Ulnisl Johnson 15:32. **30-39:** Sharon Mart 13:04; 2. Melanie Ross 14:05; 3. April Koenig 17:42. **40-49:** Suzanne Staplls 13:15; 2. Gliana Belmonte 14:44; 3. Donna Weidma 14:58. **50-59:** Lorraine Bach 19:14; 2. Patricia Magnussen 19:15; 3. Lillian Olson 21:00. ∞

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1ST ANNUAL AKITA

This first annual trial event was located in Akita, on the northwestern peninsula on the Sea of Japan, 500 kilometers from Tokyo.

By Adlai Karim

OGATA-MURA, JAPAN—October 22, 1995...The large and impressive solar vehicle test track was built on reclaimed marshland. Although apparently well-organized by the Japan Inline Association, and well received by the local media (the local TV station filmed the event), the remote location provided an excellent race venue, but limited the field of skaters. Yet, some 50+ top skaters showed up, some from a distant part of Japan, all clearly eager to compete.

After a formal opening ceremony, including speeches by regional politicians and the race organizer, the events got underway. Because of a relatively small field, skaters were allowed to compete in

any of the events, which focused mainly on speedskating.

The 100m flat course slalom was first, and offered a challenge to sprint around the widely-spaced ski slalom gates. The one-on-one elimination heats narrowed the final to the top placements. The 200m sprint and 400m team-relay event got more and more interesting, leading up to the main event: the 31K marathon held on the bulk of the huge track.

With Eddy Matzger the clear favorite, having dominated the other events, the main field was running the race for 2nd place, allowing Eddy to focus on a sub-hour time-trial. (Eddy became the first American to participate in an official Japanese road skate competition.)

The chase peloton started out with

about a half-dozen guys trading lead-outs, but settled into a more steady group shedding a couple of slower skaters as the race progressed. The series of curves brought out flurries of break-away attempts, but clearly no one was in a position to chase Eddy down or even dominate the pack.

These skaters, although lacking marathon racing experience, made up for it in determination, maintaining positions even after a couple of random crashes. The final chase came at 1K to the finish, when five leaders let loose for the final sprint, none too exhausted to give the long sprint their final effort.

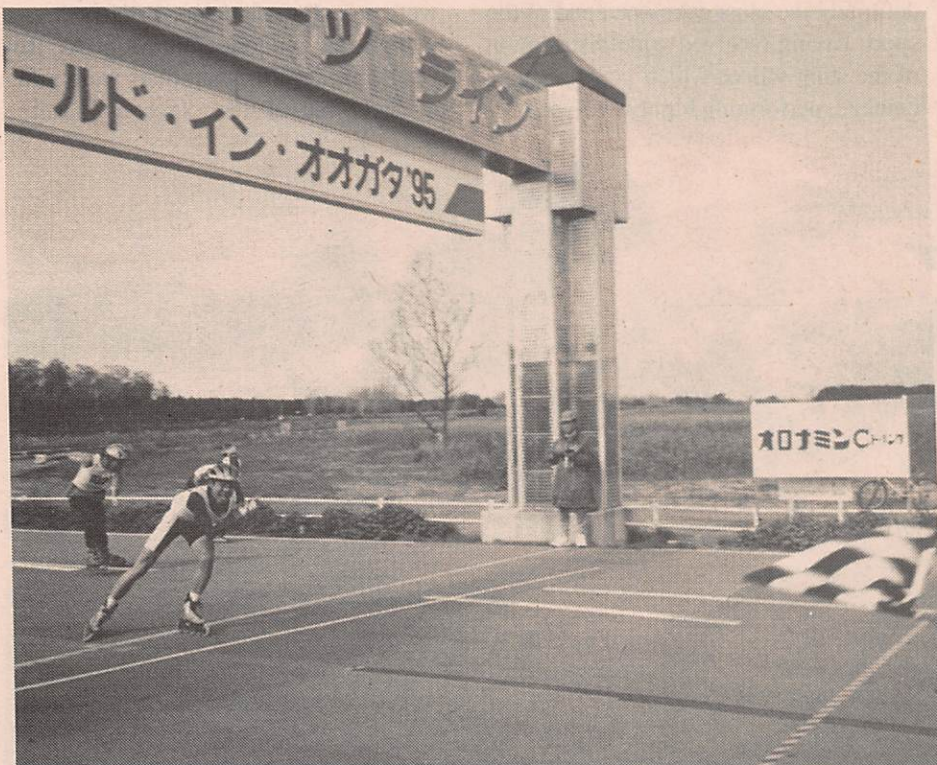
A series of awards presentations followed where impressive gold, silver and bronze medals were presented. Matzger won all 5 men's golds. Siska (Eddy's girlfriend) won 3 women's golds.

After a rest break, one more 2K mini-marathon was held. Although a little tough, especially after lunch, it seemed too much fun to miss out on and everyone put back on their skates for the final loop. The TV station was busy interviewing the contestants and all the participants had positive things to say. It was an enjoyable event, a great course, and everyone seemed to agree that next year's event would be bigger and better, extending to a full 42.195K marathon.

Race Results by Kenji Takai

Men 100m slalom: Eddy Matzger-TWIN-CAM/KRYPTONICS 12.01; 2. Masaki Mori 12.05. **200m sprint:** Matzger 19.83; 2. Katunori Enomoto 20.30. **400m relay:** Team Kasukawa/Matzger, Adlai Karim-TEAM KARIM, Masaki Mori, Ryota Terada 7:17.08. **31K:** Matzger 59:22.34; 2. Masaki Yamashita 1:03.12.66. **2K:** Matzger; 2. Yamashita. **Women 100m slalom:** Keiko Mori; 2. Kanoko Ikeda. **200m sprint:** Kanoko Ikeda 25.57; 2. Siska Philips 26.72. **400m relay:** Mori, Yuki Kosaka, Kanoko Ikeda, Philips 9:29.80. **31K:** Philips 1:15.20.16; 2. Ikeda 1:15.20.56. **2K:** Philips; 2. Ikeda.

For more info about racing in Japan, contact Kenji Takai at 212-369-8854 in New York, or the Japan Inline Skating Association, Nagatani Hill Plaza Rappongi #716, 3-8, Fappongi 7-Chome, Minato-Ku, Tokyo 106, Japan, phone 03-3423-3688, 030-216-3558 (cellular) or 03-3423-5040 fax. ∞



Competitive skaters fighting for 2nd in the 31K marathon. ©Kenji Takai

by Adlai Karim

GIFU, JAPAN—October 15, 1995...The warm autumn weather brought over a thousand skaters of all types, from all over Japan, to this event.

The multi-discipline skate festival was a huge success, both in terms of participation and organization. Through the mayor's office, the city hired a sports promotion company, and used local volunteer marshalls from the school board to set up the extravagant event.

The site recently built along the Nararagawa River next to a modern sports stadium featured food and sport drink concessions, street/stunt area with half-pipe, fun-box and grindrails, six mini-hockey courts (for 3-man team play) and a flat sprint/slalom surface. The nearby highway along the riverbank was closed to traffic for the speed skate qualifiers and the 10K road race.

A festive atmosphere prevailed with a wide range of spectators and participants, some even decked out in Robin Hood and cheerleader costumes. A presentation stage with flags and flowers was set against the steep forested hills as a backdrop. The famous Gifu Castle, perched atop the hills, was visible.

The opening ceremony featured a pop-rock band followed by speeches by local dignitaries. The Mistress of Cere-

2ND ANNUAL GIFU NARARAGAWA CUP

If this year's Gifu Nararagawa Cup Skate Festival is any indication, inline skating is becoming a hot sport in Japan.

monies, a local DJ introduced special guest Angie Walton-san, American stunt skater and aggro magazine publisher. She also served as stunt contest judge.

Through some last minute finagling, Eddy Matzger, passing through Japan on a vacation tour of southeast Asia, was introduced also as a special guest. His friendly attitude, contagious smile and abundance of PowerBars, balloons, stickers and goodies, made him an instant celebrity regardless of whether the local kids had read the latest American skate magazines. Introduced as *Eddy-san, King of Inline* he returned exaggerated bows onstage to the Japanese hosts.

The street/stunt area drew a lot of attention. In Japan, aggressive skating is definitely the most developed end of the sport, having received wide distribution of the stunt videos which young skaters emulate, performing highly evolved rou-

tines featuring half-pipe twists, flips and airs, fun-box tricks and rail slides. Chia-ki Ito and 9-year-old Takeshi Yasutoko were among the most notable.

The hockey tournament was popular too, being played a little different than in the U.S — a miniature version, with 3-man teams, mini-goal and no specific goalie, like school-yard pick-up games.

The slalom was unique, using ski-type poles and spacing but on a flat course; not exactly Central Park-Golden Gate park fare, and not exactly the Mammoth Mountain ski-type gate-bashing event.

The road race was exciting and interesting, drawing diverse participants and reminiscent of 10K racing popular in the U.S. a few years ago. Only a few skaters were actually using speed skates. There were a few modern Bont/Mogema, Rocces Belin, set-ups, but others were using 4-wheel rec skates. Several Japanese



Fifty skaters started the qualifying event hoping to earn a spot in the 10K final. ©Kenji Takai

long track speed skating boots (similar to Viking) were noticed, fitted with old-style training frames (similar to first generation Zandstra frames.)

One guy even had Metroblade retrofitted with a five-wheel frame extension that he interchanged with another stock pair which he used on the stunt ramp.

All skaters were required to wear full protective gear, but helmets were optional and not widely used.

The road race participants skated a 1K qualifier and were required to place to enter the 10K final. The final included several ice skaters – a long track skater, a short track coach and his son, and a bike racer. The top group would probably enter U.S. races as “B” level racers.

The start gun fired on the men’s final 10K which was a 5 lap, 2K out-and-back laps with hairpin turnarounds. Matzger easily made his way to the front. Although billed as a special guest, and not eligible for 1st place, he was the man to beat, or at least chase. Masaki Yamashita, a bicycle racer knew of Matzger from magazines and made a daring attempt to chase him down. But dangling in 2nd place for most of the race between Eddy and the main pack, he must have worn

himself out for the field sprint.

It was a little windy on the embankment highway for the later afternoon final and the downwind direction was headed toward the finish line. The field sprint was fast and furious as a group of about 10 guys sprinted toward the finish, several going down on the required knee and elbow pads as their race inexperience manifested itself. The race ended for those who hadn’t mastered prompt-stopping technique on huge foam pads just past the finish line banner.

The 6K women’s final was at a more casual pace, fielded mostly by rec skaters. Mariko Nakajima was a typical entrant—a college student who uses skating as cross-training for skiing, and wasn’t quite prepared for the rigors of a longer skate race, although she did quite well in the qualifier. She was very impressed with Eddy’s speed and technique. Eddy’s girlfriend, Siska Philips, although a veteran of San Francisco’s Friday-nite skate (12-mile tour of the city) had never entered a race before and had to be coerced to do this one. Too bad, she had paced herself for a 10K (the women’s event was a 6K). The transplanted native of Belgium placed 3rd, having anticipat-

ed two more laps. Taking 1st was Aki Shimizu and 2nd was Reiki Hamashiha.

The awards ceremony at dusk as the winners received wrapped gifts as prizes. Angie and Eddy gave little thank-you speeches through an interpreter.

Overall, everyone seemed to go home happy and anticipating an even bigger event next year. A huge group of race marshalls crossed the site in force, all dressed in the pearlescent white staff jackets, picking up every last cigarette but and tiny piece of paper.

Dressed in wigs and bouncing enthusiastically, a teenage pop band, happy to get a gig, played their original songs. The crowd had almost disappeared as the stunt ramps and hockey courts were broken down. The weary, but happy race promoters looked on.

Race Results by Kenji Takai

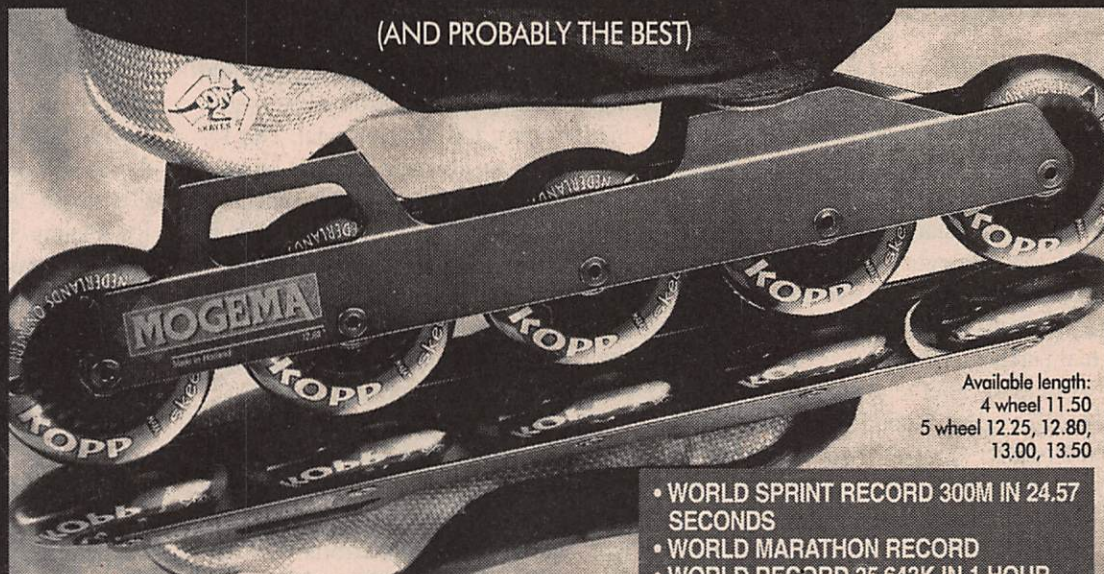
Men 10K: Kenichi Kato 22:06.13; 2. Eichi Aizawa 22:06.68; 3. Ken Takekawa 22:07.30; 4. Masaki Yamashita 22:08.24; 5. Ryota Terada 22:08.80.
Women 6K: Aki Shimizu 16:30.50; 2. Reiko Hamashiha 16:41.16; 3. Siska Philips 16:45.07; 4. Fesuko Sugawara 17:06.54; 5. Keiko Nagase 17:16:87. ∞

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WINE COUNTRY HARVEST CHALLENGE



Elite Women Michelle LaVone, Heather Gunnin, Aimee Sanderson

A beautiful October day provided the backdrop for some of the best inline racing in California this year.

Story & Photo by Jeff Joseph

SANTA ROSA, CA—October 14, 1995 Clear skies, temperatures in the 80's, and a smooth, fast course gave 140 skaters all the ingredients for great racing.

Starting right off with the 9 and under group, these skaters exhibited racing skills and strategies worthy of the best elite skaters. Age groups through 60+ participated, with everyone putting for a great personal efforts.

A field of 30 elite men gave the three Geo/Rb skaters a good run to test their team skills. Geo/Rb swept the event, Norm Kirby took the win, followed by KC Boutiette and Jondon Trevena.

The elite women's race was controlled by Paradise's Heather Gunnin, who led most of the race and controlled the pace with well-timed breakaways. Gunnin's teammate Aimee Sanderson finished 2nd, and Annie Joseph-RPX 3rd.

The day closed with the Team Challenge 10K and 20K events. Teams were comprised of one female and two male speed skating times

skaters. Finishes of all three were added together to arrive at the final score.

The 13 and under 10K race brought out more great efforts from skaters giving their best for the team total. The 14-29 team group also had its share of great efforts. Norm Kirby skated an outstanding 20K, lapping the entire field, only to have it negated by teammate Gunnin's inability to finish. The SI team of Shawn and Stacey Hook and Curtis Belt took the overall team placement in the race, Paradise 2nd and another SI team 3rd.

The organizers wish to thank all participants, sponsors, and volunteers for their continued support to keep these events the best possible for the athletes who put out these great efforts.

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Men O/A Elite: Norman Kirby-GEO/RB; 2. KC Boutiette-GEO/RB; 3. Jondon Trevena-GEO/RB; 4. Curtis Belt-SI; 5. Dane Lewis-PARADISE. **0-9:** Brian Wood-CSU; 2. Daniel Holloway-MIL; 3. Kevan Ruijters-RPX; 4. Ryan Ferris-RPX. **10-13:** Joshua Wood-CSU; 2. Jeff Hsieh-mil; 3. Kevin Meyer-SAC; 4. Lorin Campbell-SUN. **14-19:** Troy Curtis-SKLRs; 2. Jeff Dalton-SI; 3. Darrick Vincent-SUN; 4. Brian Perry-RPX. **20-29:** Donnie Beck-CSU; 2. John Winn-HMR; 3. Bill Bryan-BOISE; 4. Jason Fetters-HMR. **30-39:** Brian Sarrizan; 2. Brendon Casson-SAC; 3. Marlon DeGrandmont-MOD; 4. JJ Hickey-BAIR. **40-49:** Dennis Cummings-BAIR; 2. David Lewis-SAC; 3. Glenn Kirby-BAIR; 4. David Holmgren. **60+:** Bruce Mooney-BAIR; 2. Skip Chase-RPX. **50-59:** Fred Butts-BAIR; 2. Jack Grant; 3. Bill Gullede-RPX; 4. Ed Thunen.

Women O/A Elite: Heather Gunnin-PARADISE; 2. Aimee Sanderson-PARADISE; 3. Annie Joseph-RPX; 4. Michelle Bizeau-SAC; 5. Ingrid Gabrian-SKATE PRO **1-9:** Sara Sayasane-MIL; 2. Gracye Littlejohn-SUN; 3. Wendy Dalton-SB. **10-13:** Tiana Uhl-CSU; 2. Kimi Butler-RPX; 3. Cindy Hsieh-MIL; 4. Amy Ward-RPX. **14-19:** Caitlin Wall-RPX; 2. Silka Chourus-RPX; 3. Jessica Appgar-SAC; 4. Steffanie Fowler-SKLRs. **20-29:** Robyn Courval-RENO; 2. Lori Inocelda-CSU; 3. Jennifer Caetta. **30-39:** Kim Casson-SAC; 2. Janice Flamm-SUN. **40-49:** Karin Koelle-RPX; 2. Donna Shelton-BAIR; 3. Diane Titzer-BAIR; 4. Judith Butts-BAIR.

Team O/A 1-13: Michelle Bizeau/Jeff Hsieh/Kevin Meyer; 2. Devon Linder/Joshua Wood/Tiana Uhl; 3. Claudia Herrera/Brafd Casson/Kimi Butler; 4. Shannon Wall/Pat Band/Kevan Ruijters; 5. Sara Sayasane/Jim Sayasane/Cindy Hsien. **14-29:** SI-Shawn Hood/Stacy Hook/Curtis Belt; 2. PARADISE-Aimee Sanderson/Dane Lewis/Jon Elliot; 3. SI-Joey Dalton/Carter Holland/Michelle LaVone; 4. EAGLE LOAN-Eric Whiting/Danny Compton/Jessica Appgar; 5. NOR-CAL-Troy Atwell/Phillip Mullin/Annie Joseph **30+:** ColinDuncan/Jerry Brown/Karin Koelle; 2. Dennis Cummings/Ingrid Gabrian/David Lewis.

HALLIDAY PARK ASPHALT RODEO

A beautiful day greeted 50 skaters for a technical 1.6 mile loop with plenty of dips and turns.

PHELAN, CA—October 8, 1995...The 3800' elevation made racing more difficult, but the absence of usually strong winds was very pleasant.

Paradise and SI dominated the men's and women's expert events in both the 5K and 10K races. However, this sweep was not without its costs, both to the other racers and the promoters.

There were numerous flagrant violations of racing rules. Unfortunately, since this was a cycling event, the officials were not completely knowledgeable of all the rules. Many rec skaters com-

plained of blocking, pushing and shoving in their events. We had to re-sort the rec 5K and 10K results to remove elite racers so the prizes could go to the deserving public racers.

Everything else went fairly well after the rec results were redone. There were many compliments about the race track. So what does this say about inline skate racing? A suggestion to USAC/RS & IISA: Offer low-cost licenses and categorize by abilities, similar to mountain bike racing, with elite, expert, intermediate and beginner classes. Keep age groups for



Start of expert women 10K

rec classes. It sounds better to spectators and media when there are "experts" racing, instead of "ages 14-19" racing.

We would like to thank everyone who attended, especially rec racers who were patient as we quickly learned the ins and outs of skate racing. We would also like to thank PowerBar, Core Speed Wheels, HeadStrong Helmets and Endura for their sponsorship and support.

Men 6.4mi Exp: Ian Caldwell 19:16; 2. Curtis Belt 19:16.1; 3. Jay Etheridge-PA-

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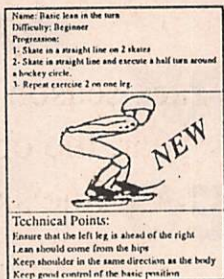
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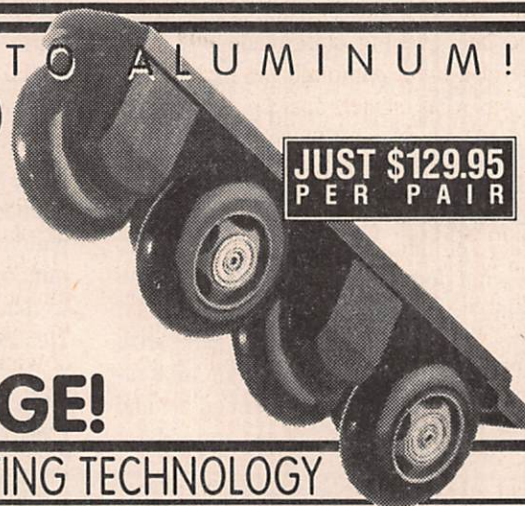
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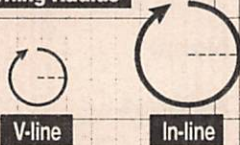
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By Staff Reporter

The National Points Circuit opened a new door for inline speed skating by establishing a professional season and kept the momentum going for eight months. The money wasn't bad either. Sponsors gave, and the events were truly the best on the calendar. Let's recap the year and highlight the stars.

February 1995: The season officially started at Disney World's Inline-Skate Out in Orlando, Florida, the first stop on the NPC. The pro men pitted Derek Parra and Chad Hedrick in a showdown while Florida-area skaters added fireworks. The event had the best skaters in the country attracted by the high cash purse. On the downside, the conditions of the course were pretty bad.

With the World Team off at the Pan Am Games, Las Vegas, Nevada's Desert Shootout was where the rest of the U.S. skaters raced. Derek Downing showed his strengths early setting the pace for others to only follow. This early in the season, his speed indoors and out made heads turn and left everyone wondering if he could maintain or if it was an early peak. Another player, Michael Cole, showed he was on the same plan—winning big and starting early. After this event, most skaters returned home either lost or determined. Now was the time to put out and pay your dues.

Easter Weekend split the country with three events: Fayetteville, North Carolina; NPC #2 in W. Palm Beach, Florida; and Springfield, Missouri. All provided indoor and outdoor events. In NC were Scott Hiatt, Parra, Hedrick, Keith Turner and Downing, who also skated W. Palm. Joining him was Jonathan Webster, KC Boutiette and Cole. Truly great racing by the Muse brothers, Norm Kirby, Tony Heyer and Jondon Trevena. What a weekend! This was when things got heavy setting up for World Team trials and the beginning of the summer season.

May was a big month for the NPC. New York City / Central Park's NPC #3 attracted Parra, Turner, Downing, Hiatt and Eddy Matzger. The Mile-High Classic (NPC #4) in Denver, Colorado had Hedrick, Tony Muse, Kirby, Boutiette, Trevena, Stekete and Jay Ethridge. Both events had lots of local talent keeping the pros looking over their shoulders. Mid-month brought the NPC to Athens, Georgia for the Geo Twilight december '95 / january '96

Season Wrap Up...

Once again another race season has ended.

It seems every year, the opportunities and progress for inline skating moves forward

from mis-use or not enough use. Let's hope USAC/RS can roll up their sleeves and start thinking of the skater because without the skater, you have nothing.

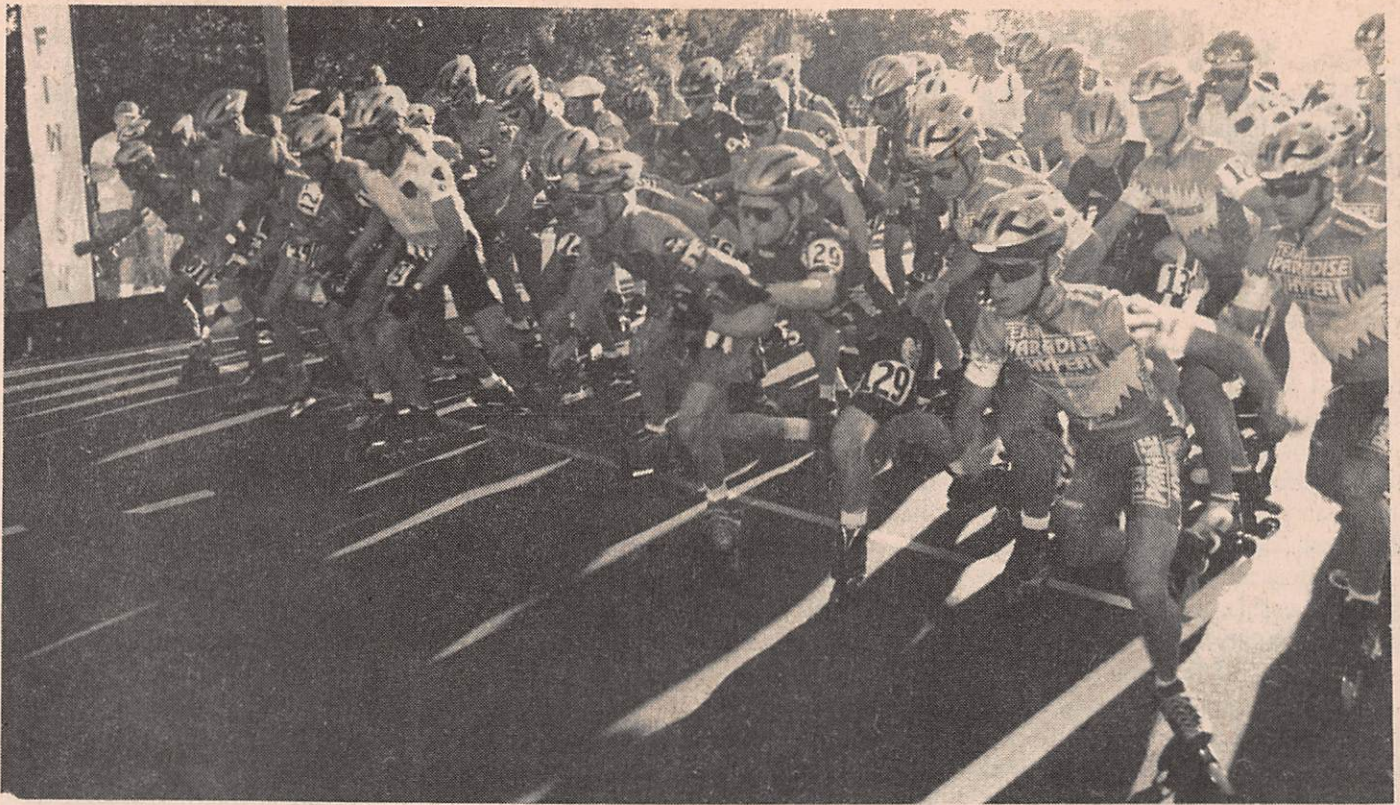
Criterion. In my opinion there was no faster race this year. It attracted every big name on the circuit. Hedrick cruised to victory like a phantom in the night with Parra shadowing his every move. The late evening start made this race one-of-a-kind. Although the prize money was weak, skaters answered the crowd and put on a show worth much more. The month wound down with the U.S. Road & Banked Track Nationals in Colorado Springs, Colorado. The competition was hot. If you didn't have a team, you didn't have a shot. Those who made the team are deserving as well as those who were unselfish enough to show how this sport has evolved from individual to team. Overall concensus: The road portion of this event really sucks and the cement on the track is falling apart. Is that

Nationally, June was a calm month because most skaters attended Indoor Regional meets held in several sections of the country which qualified them for the Indoor National Championships later in the summer. The next NPC stop was the TwinCam Challenge in Biwabik, Minnesota. It offered wide-open roads, hills and high speeds. The 50K event was one that left a lump in your throat. Near the turn-around point came a dreaded 3K downhill. Most of the field had no idea until they were upon it. The speeds were in excess of 50mph. It lasts forever and then you get to turn-around and go back — straight up. The event was first class

Chad Hedrick tearing up the track in Colorado. ©Bob Justice



Chad Hedrick tearing up the track in Colorado. ©Bob Justice



Start of the Men's 30K Road Race, the last stage of the Boise Twilight event. ©Tara Gurry-Peterson

and the field was exceptional.

The Great Skate in East Lansing, Michigan featured strong athletes on an excellent crit-style course through a neighborhood and small business district. The smooth-pavement event had races for everyone, not just pros, and a big stack of prize money. This one will grow.

July started the busy season as most major events occurred in the following 2-1/2 months. The Mid-Atlantic and Geo Track Championships, Skatefest Ashburn, WCHN Roll Off and the Boise Stage Race heated up the month and the NPC.

The Mid-Atlantic in Philadelphia was NPC #7 and had the crowd and skaters. Mastering this course was tricky. Boutiette won as he prepared for his upcoming event in Holland. It was his priority. He won the Dutch event and was the first American to do so.

The following weekend the pack was at the John Rose Oval in Roseville, Minnesota. This facility is unreal—a smooth 400m track with lots of seating and fast racing. Why doesn't USAC/RS consider this venue for road trials? The racing couldn't have been better with Parra and Hedrick dueling every race. This event gave points for each race. Chad had the overall secure until the last-man-out. Hedrick lost points by exiting early which gave Parra points needed for the speed skating times

overall. Hedrick took 2nd and Kirby 3rd.

Mid month brought the Skate Fest in Ashburn, Virginia with its winding loop through a residential area. The pavement was consistent and hard wheels held the fast, smooth course. The event had great talent, lots of spectators and carried NPC points. Top skaters included Parra, Hiatt, Downing, Kirby, Webster, Stekete and Smith. Week three's Sports Fest in Colorado Springs, Colorado drew most of the World Team and the country's premier indoor athletes. The WCHN Roll Off in Bristol, Connecticut countered with a \$1000 payoff and a course riddled with killer hills, hairpin turns, rough and smooth pavement. Jim Weiderhold took top honors here with his strong entourage of East Coast reps.

July closed with the Boise Stage Race. The venue is three stages with the lowest overall time producing the winner. Its prize list was tops and the race could not have run smoother. The second stage is a fast downtown Crit which starts at dusk and ends in nightfall. Charles Nicholas knows how to put on a great event, truly caring for the skater. It produced a top field of players including Paradise, Twin Cam, Kryptonics, Geo/Rb and K2.

August kicked off with USAC/RS Indoor Nationals which showcased the nation's best talent in 100m track racing.

It's fast, and most know the qualifying routine to compete at this granddaddy. Every race here is exciting. The heats, semis and finals ranged from 100m to 3000m – indoor racing at its best. Every year records are shattered. The talent is incredible even though there are no outdoor events. Top skaters at this event, from primary boys to Master men gave the crowd their money's worth. Here's credit where credit is due. SR MEN: Parra, Cole, Hiatt, and Downing; JR: Hedrick; SOPI: Freddy Young and Curtis Belt. These skaters sacrificed a lot to make it happen.

After leaving the auditorium and before heading home there's one more stop. August is Downers Grove month. This race is the priority of the year—a personal for almost every skater who attends. Walt Frazier of RollerDerby and Hank Zemola of Chicago Special Events have got the big one. This stacks the biggest field of talent and takes precedence over any event, anywhere. (Rumor has it that some are going to try and outclass this event. Can you imagine more events providing a huge prize list and the top 150 athletes in the country. Bring it on!) Downers Grove has opened the door for many by its goal-setting characteristics. Everyone is peaked for this event, which makes it a no-excuse race. It couldn't

happen at a better time of the year. Thanks to the NPC for not including this one as a points race. The few championship races should remain that, instead of playing the point game. Being separate entities from the NPC they will add to and provide another branch of growth to the grand plan. Hedrick added another notch by taking this one home, he knew his objective and came to do a job.

After DG, the year seemed to spiral down. Most are tired, want time off, or just wipe the slate clean and begin again. For sponsored athletes, it is different, it like the last big hill to the finish.

September started with the IISA Sprint & Middle Distance Championships in Philadelphia—the highlight of the NPC offering double points. Top players were keying off those threatening their rank. This was a sensational display of team skating for those not satisfied with the year—it was all personal. Hyper and Geo/Rb were once again fighting over another piece of the puzzle to complete the season. The event drew the field, produced two Championship titles and double points. Though Geo/Rb won it, Hedrick did what he had to do and secured the NPC title. In fact, the top five spots were all secured, even though one NPC event was left. The points spoke for themselves and the pressure was off.

The following weeking saw the 100K Ultra-Distance Championship in New York City. The NPC tally proved to be dangerous and took a lot away from this event. Most know this is the second biggest event of the year and it should, like DG, have it's own entity. It carries itself. Jondon Trevena pulled out all the stops and proved to himself it had a purpose. His early break brought no panic to the field, but once he was away, he stayed. The NPC made most take the easy way out and not skate hard in this event. Hedrick had it in the bag. The NPC is the best thing to happen for inline speed skating, and with 10-15 events in '96 these few prestigious championships will add to it by keeping a separation.

Late September again split the country in West Coast / Midwest events. Ceres, California produced an inviting prize list to lure Boutiette, Hedrick, Smith, Downing, Trevena and Paradise's squad. This event could be the next big championship in the U.S. The Midwest brought those hungry for gold—real gold—to the Golden Eagle Roll in Fennimore, Wisconsin december '95 / january '96



Cheryl Ezzell & Norm Kirby wear the yellow jerseys after winning the 5K TT & Hill Climb. Charles Nicholas, race director looks on. ©Tara Gurry-Peterson

consin. A great open road event with killer hills and small town hospitality have made this event a success several years running. Top racers here: Kirby, Hiatt, Mike Heagney and Mark Delanoy.

Finally, officially the year was over. Time off and a chance to re-think and make changes; setting goals for the months ahead. A few events that closed out the year included Athens to Atlanta, the Wine Country Challenge, and Skate America. Rumor has it the season will begin with the Treasure Coast Challenge in Florida which is drawing all the talent. Yes! January.

Top 10 events for 1995

1. RollerDerby Criterium, IL
2. 100K Ultra Distance, NY
3. Boise Stage Race, ID
4. Geo Track Championship, MN
5. Ceres K9 10K, CA
6. IISA Sprint & Middle Distance Championships, PA
7. Athens Twilight Criterium, GA
8. Disney's Inline Skate Out, FL
9. WCHN Roll Off, CN
10. Golden Eagle Roll, WI

Upon conclusion of this article, apologies are in order for not including the many talented female skaters. No disrespect intended, this was just written from the male skater's point of view.

Sponsorship snagging is now in full effect. Many contracts are still unsigned or are in negotiation. Geo/Rb is not the only one paying high stakes for elite women. Hyper and Ultimate are both shelling out big bucks as well as a team out of Chicago with big backing from outside sponsorship. Among the list in high demand: Cheryl Ezzell, Therese

Cliff, Julie Brandt, Heather Laufer, Gypsy Lucas, Heather Lacayo, Peggy Tillingham, Vicci King, and Heather Gunnin. I'm sure by December a lot of changes and surprises are going to make the women's teams and events better than ever. It is an earned privilege. As for the men, it's tough to call. Hedrick, Downing and Webster are sure to take the Hyper Team higher, but Geo/Rb will also heat up the season. It's no surprise Geo/Rb signed Michael Cole. Like Webster, he's talented and eager to race. Expect both to climb their way to the top. Others hot on the sponsorship track: Boutiette, Kirby, Parra, Hiatt, BJ Stekette, the Muse Brothers, Jondon Trevena, Matzger, Brant Jagel, Jason Sepulveda, Chad Smith and many more. By January the teams should be well restructured and ready. More sponsors will have traveling teams and use their athletes to promote and endorse their products.

For those of you who found yourself just a little too late for many of this past year's events, the magazine you're reading is the key to being one step ahead of the game. There will be much more offered in '96. How bad do you want it?∞

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- guaranteed medical injury protection for participants (one out of four American youth are without medical insurance)
- sanctioned competitive events that qualify for or lead to national and world titles
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For more information on how starting a USAC/RS speed skating program can expand opportunities for both you and your skaters, call or write:

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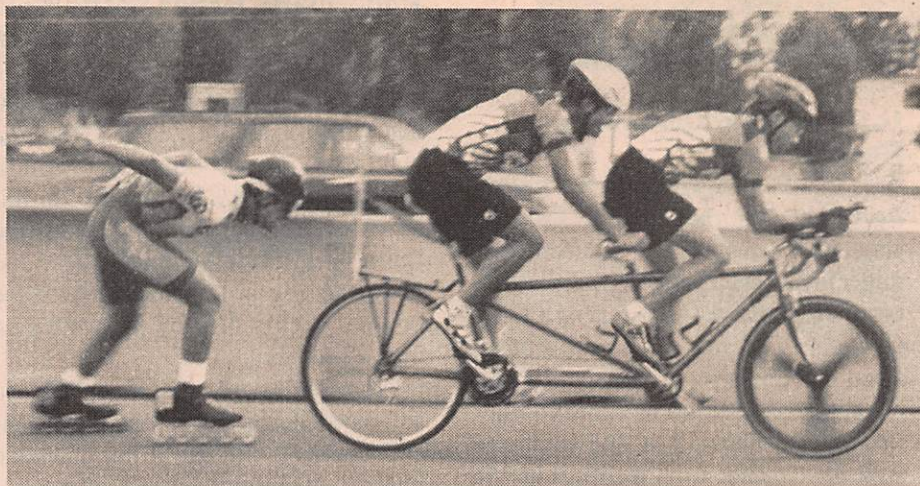
THE CANADIAN FED. OF AMATEUR ROLLER SKATERS: Norm Dawkin, Calgary, Alberta, 403-278-2492.
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From Street Rat to World Record



Nate DiPalma holds what most elite inline skaters dream of: the coveted 10K-paced world record, 13:51

Nate DiPalma while setting his 10K World Record. ©Kim Ames

By Amy Krut

Nate "the Skate" DiPalma has proven that there is much more to achieving a world record than just training. While Eddy Matzger was setting his '93 World 10K-paced Record in 15:44 there was a street rat, couch-potato kid somewhere in Albuquerque, New Mexico, lacing up skates for the first time.

DiPalma has a work ethic and belief in himself that transcends everything. His motto is "Anything is possible, regardless of the odds." He's come a long way since growing up in an impoverished area of Albuquerque. He was never into organized sports until two years ago when he took up skating. He remembers an occasional Friday night trip to the local roller rink to "pick up chicks and dance funky" as well as get in on the "king of the rink" competition. He saw inline skating as the happening sport, and with his high school graduation money put a pair of Racerblades on lay-away! He eventually got them out and quickly became addicted to the sport. He learned a lot of technique from videos and books. He knew within a few weeks that he wanted to dedicate himself to the sport and was bound and determined to set some world records.

DiPalma set his focus on the 10K world record. Albuquerque provided him with the perfect training conditions—dry air, high altitude and the unending support of his mother. DiPalma arrived at the '95 Kryptonics World Record Challenge held at the Portland International Raceway in Oregon on an december '95 / january '96 ,

adrenaline high. He had a feeling that this day would bring him what he wanted, and at 8:32 am on July 13th, Nate became the new 10K-paced world record holder—eclipsing the short-lived record set by Jonathan Seutter at 14:28, which shattered Matzger's '93 record. DiPalma held a mind-boggling speed of 27.5 mph behind two cyclists on a tandem bike, and when they began to get fatigued 200m from the finish, he shot by them at 29mph and held it all the way in. When he saw the time at 13:51, DiPalma was overwhelmed with ecstasy. The time was so fast that it came close to the 10K Solo ice record held by Norwegian skating god Johan Olav Koss, 13:30 set at the '94 Winter Olympics. DiPalma skated in Roller Edge's 80mm/84A Razor Edge II speed wheel. On his choice of wheels, DiPalma says, "Get me a lawn chair; these wheels are too fast!"

He'll be needing lots of lawn chairs in the future to watch other skaters as they try to break a record that is sure to stand for a long time.

DiPalma credits his mother and the 32 corporations that sponsor him with making the record possible. His mother gave him the perseverance and drive to attain his goals and other sponsors helped with the financial end. He shares this record with all of them. "You need the support most when you are fighting your way to the top; not when you have already arrived. These people took risks on me when my dreams were still young, this record is just as much theirs as it is mine," he said.

DiPalma also credits his success with

the training he has had as an ice speed skater. Last year, while attending DePaul University, he caught the ice bug. Coach Bob Fenn influenced Nate to take the big plunge and make the move to the Pettit Center in Milwaukee. There he skates with the likes of David Cruikshank and KC Boutiette. Nate hopes to make the '98 Olympic team and has visions of "Nate the Skate in '98" bumper stickers. Last year, his times were within the top juniors, and he hopes to progress into the senior ranks this season.

In the future you'll probably catch DiPalma setting more inline records; placing well at Nationals; Bungee Jumping at the Extreme Games or low walking up the Sandia National Mountain in Albuquerque. Nate DiPalma is an inspired athlete with a great ability to inspire others. His bright, bold personality and his "anything is possible" attitude are all one needs to excel in life and in the skating world. So, pull up a lawn chair, and enjoy the ride with Nate the Skate. ∞

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U.S. Olympic Committee Resolution

ATLANTA, GA—October 8, 1995...

Background Information: The Membership and Credentials Committee (Committee) has been reviewing the member compliance of the U.S. Amateur Confederation of Roller Skating (USAC/RS) since January 1994. A number of member compliance issues have been identified by the Committee and discussed with the USAC/RS at its meetings and in correspondence. Some of the compliance issues have been remedied by the USAC/RS to the satisfaction of the Committee. However, there are outstanding compliance issues which have not been resolved. These issues are, but not limited to, as follows:

1. The USAC/RS is not responsive to its members since the members are not able to participate by vote or by representation in the governance of the USAC/RS.
2. The USAC/RS does not develop interest and participation throughout the U.S. in its sport by threatening athletes with suspension for participation in non-sanctioned domestic competition.

The Committee has worked with the USAC/RS on these and other compliance issues and has encouraged efforts by the USAC/RS to deal with these matters. Although the USAC/RS has recently responded to the Committee regarding steps being taken by them, the steps are not adequate to bring them into compliance. Therefore, the Committee has determined that it is necessary to proceed with this Resolution and sincerely hopes that it will not be necessary to implement the Resolution.

Specific Action Requested:

BE IT RESOLVED THAT, the USOC Board of Directors determines that the USAC/RS, a Pan American Sport Member of the USOC, is not in compliance with the member requirements of the Amateur Sports Act of 1978 and the USOC Constitution.

BE IT FURTHER RESOLVED, that if the USAC/RS has not satisfied the member requirements to the satisfaction of the Committee by January 15, 1996 the USOC Executive Committee is requested to initiate action pursuant to Chapter VII, Section 2, and Chapter IV, Section 5 of the USOC Bylaws.

speed skating times

Rollerblade Bauer Settle Suit

By Maureen O'Neill

MINNEAPOLIS, MN—October 11, 1995

...The lawsuit filed by Nordica S.p.A. and Rollerblade, Inc., in U.S. Federal District Court in Minnesota against Canstar Sports USA, Inc. and its Canadian parent, Canstar Sports, Inc., for the Bauer brand Force Multiplier Brake and in-line hockey skates with ventilated toe box has been settled by the parties on undisclosed terms.

"The settlement was acceptable to us," says Giovanni Tretti, Nordica General Counsel, "because it maintains the integrity of our proprietary rights."

Kryptonics Signs Muse

By Sandy Biestek

LOUISVILLE, KY—November 9, 1995

...Tony "Big Daddy" Muse is the fastest man in the world. He's won 21 World Championship Gold Medals, four Overall World Titles, 22 Indoor National Titles, 7 Olympic Festival Gold Medals, 3 World Games Golds and 6 Pan American Games Golds. Yet, the 27-year-old, who has been setting speed records and blazing new inline trails for 13 years, says that now, at the peak of his career, he is just getting started.

Today he announced he's switching to Kryptonics wheels, just in time for the conclusion of this week's World Inline Skating Championships in Perth, Australia "Kryptonics has a real commitment to me to help test and develop the best possible wheels and I believe they are going to enhance my career, not interfere with it," he said from his hotel room in Perth as he prepares for the week-long competition. "At this level, everyone has physical ability. It's mental toughness and equipment that's going to make a difference between winning and losing. I chose Kryptonics wheels because at the end of a sprint, when a hundredth of a second separates 1st and 2nd place, I'm going to be the guy in 1st."

"Because inline speed skating is not yet an Olympic sport, we don't get the coverage that ice speed skating gets... I've raced on ice skates a few times and posted times that would put me in the top 10 internationally. That leads to comparisons. I'm not as famous as Dan (Jansen) is, but I look at the glass as half-full, not half-empty," Muse said.

Considering the number of races he's won, the medals he's collected, and the

**Big Daddy
Tony Muse
signs with
Kryptonics
Wheels for
'96 racing
season.**



records he's set, Muse remains modest about his achievements, "I've never considered myself the fastest racer in the world," he said, "I just feel fortunate whenever I win."

Nordica acquires majority interest in Rollerblade, Inc.

By Deborah Autrey

MINNEAPOLIS, MN—November 13, 1995...Rollerblade, Inc. announced today that co-owner Robert O. Naegele, Jr. has sold his interest in the company. As a result, Nordica, the sporting goods company and ski boot market leader, which has owned 50% of Rollerblade since 1991, is now the majority owner of the inline skate company. In addition, G.S. Capital Partners II, LP, an affiliate of Goldman Sachs & Co., has acquired from Nordica a minority interest in Rollerblade, Inc. Financial terms of the transaction were not disclosed.

Naegele purchased Rollerblade in 1985. "During his decade-long tenure as a Rollerblade, Inc. shareholder and Chairman of the Board, he has made countless contributions to the growth of the new sport of inline skating," according to Rollerblade President CEO John Hetterick. "He has played a significant leadership role in making inline skating the fastest growing sport in the world." Naegele, in assessing his business and personal interests, has concluded that the time was right to complete the transition of majority ownership to Nordica.

"It's been incredibly exciting and satisfying to be a part of the growth of the sport and this company over the past 10 years," said Naegele. "Nordica has been a valuable partner and I am confident that they have the technology and resources to keep Rollerblade positioned for sustained growth."

Rollerblade will remain independent, and no changes are planned in its business operations. Its headquarters will remain in Minnetonka, Minnesota.

december '95 / january '96

Changes at Kryptonics

By Sandy Biestek

LOUISVILLE, CO—November 2, 1995 ...Kryptonics President and CEO Neville Vere Nicoll has announced that Dennis Lane has joined Kryptonics as Director of Marketing, taking over from Maile Buker who has resigned to accept a position as product manager in Nike's Hockey Division. Lane comes to Kryptonics by way of Oxygen USA, a division of Atomic Ski USA. In other recent developments, Sonny Vinson will take over as Director of Sales for Kryptonics after a successful term as Sales Manager for Pure Fun Sports.

"We wish Maile well in her new role at Nike and we expect to continue the momentum Maile started in the Kryptonics Sales and Marketing department 17 months ago," said Vere Nicoll. "The addition of Dennis and Sonny to the team is in direct response to the expansion and increased specialization of our business. Both individuals know the inline business on an intimate level and will bring a tremendous knowledge base and creativity to their respective areas."



New Leadership at PNIC

Patty Kuester MILWAUKEE, WI—September 18, 1995 ...Pettit National Ice Center named Spiro Giotis, 39 as its executive Director. Giotis spent 12 years

as the director of a facility in Northbrook, IL developing it into one of the most successful operations in the mid-west in program offerings, participation and revenues. In addition, he has also been a consultant in ice rink management for facilities throughout the U.S. and Canada.

Giotis will oversee the Pettit National Ice Center's business activity and operations. The executive director also serves as the primary liaison to the center's major patron groups.

"Customer service is No. 1 in my rule book," Giotis comments. "I intend to build the inhouse programs here, but it's also important to treat the patron groups fairly—speed skating, figure skating, and december '95 / january '96 .

hockey—novice through Olympic-level. These groups will naturally benefit from the success of our programs, like basic skating lessons, clinics and leagues."

Giotis' interest in skating developed when he was in his 20's. "I think it helps me relate to many folks who have never tried skating or let childhood skating memories slip away," Giotis says of his adult skating interest. "I want them to know and love skating as much as I do."

John Rose Minnesota Oval to host World Cup

By Barclay Kruse

ROSEVILLE, MN...The John Rose Oval has been selected by the International Skating Union to host a World Cup speedskating meet on February 23-24, 1996. The event will feature the best male and female sprint speedskaters in the world competing in 500 and 1000m races on each of the two days.

The oval hosted the National Long Track Speedskating Championship in '94, the '95 Junior National Team Trials, and will host the North American Speedskating Championships, February 3-4.

"This marks our first opportunity to host an international speedskating event," said oval Marketing Manager Reid Katzung. "This is probably our most significant event since the oval opened. It has real international significance."

The Oval opened in December, 1993. It features a 400m refrigerated speedskating oval, with a full refrigerated sheet of ice inside the speedskating surface. The oval offers 110,000 square feet of refrigerated ice, one of the largest outdoor refrigerated ice surfaces in the world.

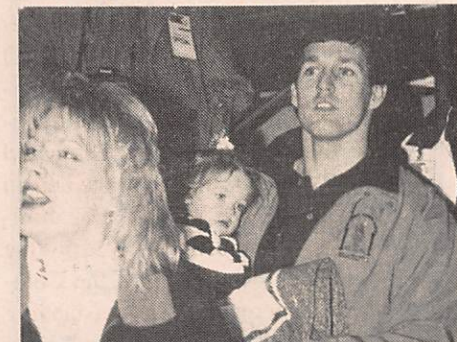
The ISU also announced a change in World Championship format that is expected to guarantee a top field of sprinters for the Roseville World Cup stop. Points earned on the World Cup circuit will qualify skaters for the inaugural World Championship Single Distance, in Hamar, Norway, March 15-17.

"This should be the biggest yet for the World Cup," said Gene Sandvig, of Minneapolis, a member of the ISU Technical Committee for speedskating. "This is the first year for a World Championship contested on the basis of single distances, and all skaters will need to hold their positions in World Cup rankings to qualify for the Worlds. It should be a real incentive to attend all the World Cup races."

The World Cup circuit moves to Cal-

gary the weekend after Roseville. "Calgary has the fastest ice in the world," said Sandvig. "No one will want to miss having a shot at World records and personal bests in Calgary. So the top Europeans should make the North American portion of the World Cup circuit."

The Next Generation



Robin & Dan Jansen with Jane.

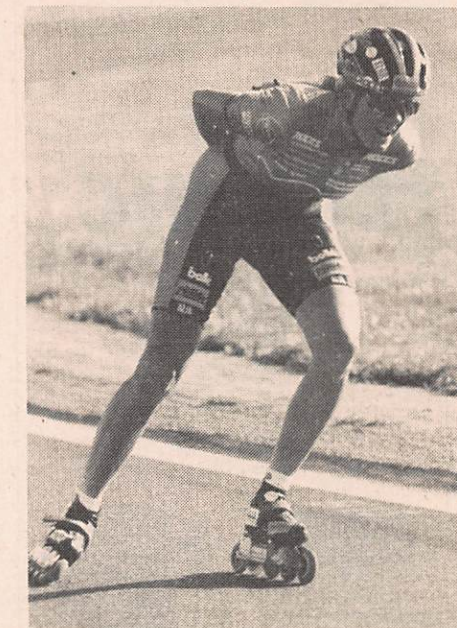
Dan and Robin Jansen recently welcomed a baby girl, their second. Her name is Olivia, and she weighed in at 8 pounds, 11 ounces, said Patty Kuester, a spokeswoman for the PNIC. Their first daughter, Jane, is 2-1/2.

Congratulations Dan, Robin and Jane.

World Record Listings

By Moe Lester

According to the Inline Skating Records Association, ISRA, three American inline skaters are listed in *The 1995 / 1996 Guinness Book for Sports Records*.



Ames, 24-hour Record Holder

Derek Parra is in for his 1500m and 42K marathon records (paced) set last year at Gujan Mestras, France. Parra, and Heather Laufer are also mentioned as speed skating times



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the current road World Champions.

Jonathan Seutter has two listings, the Overall World Records - 6 hours, 91.35 miles and 12 hours, 177.63 miles. Kimberly Ames, pictured on page 157 is the Overall World Record holder for 24 hours, 283.07 miles.

For info on World Record, contact the ISRA at 503-682-6831.

Beginning Skate Program

By Jim Chapin

ST. LOUIS, MO-September 15, 1995...

Last season the ASU initiated a beginner skate program to get new skaters on the ice at a reasonable cost. Nearly 100 pair of skates were purchased by clubs and individuals last season - a clear indication there is an interest and need for a low cost skate to get the kids started.

* Clubs have new kids every year. Parents don't want to lay out a lot of money to see if their kids like speed skating. The ASU program has solved this problem. It is our hope that as many clubs as possible will take advantage of this program especially on a rental basis to give new kids exposure to speed skates.

The ASU is not going into the skate business. We are providing clubs access to low cost skates for new kids to the sport so they can try it and see if they like it. Available this season is a Ving 500 skate. It can be used for long or short track and has an all leather boot with leather counters. The blade plates are riveted to the boot.

Price per pair is \$72 including shipping. A Ving Jig is also available.

We ask clubs not to make a profit on this program. Rent them, sell them, loan them, give them away. Just get new kids to try speed skating! Skates can be rotated to new kids. This is an investment on your part for the future of your club.

For additional details contact Jim Chapin at the Amateur Speedskating Union of the U.S. 314-645-8020.

Roller Divas

SAN FRANCISCO, CA-October 24, 1995...Pro speed skaters Anna Stubbs and Kelly McCown of team KRYPTONICS/TWINCAM/POWERBAR announced the first women's inline/rollerskating club in San Francisco, Roller Divas.

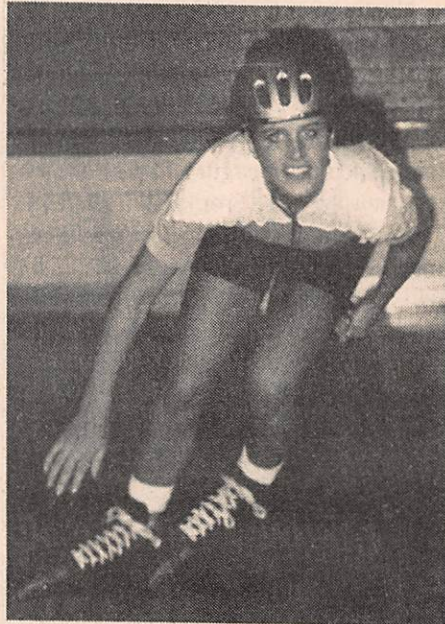
"There's an enormous need for events where women can learn more about training and competition," said Stubbs. "Many women want to compete or im-

prove their skating skills, but don't know how. We hope to provide links between elite and recreational skaters."

McCown and Stubbs explain that the club was born from their frustration as elite racers, at the low numbers of women at their races. However, "Roller Divas isn't just for women who want to race," emphasizes McCown. "We want the club to provide a way for women to meet other skaters at their level and support one another in reaching their own athletic and fitness goals."

For more information call Anna 415-221-4317 or Kelly 415-665-0336. Kelly's email: sk8away@hooked.net.

Women on the Move



Julie Brandt joins Ultimate

Team Ultimate signed Julie Brandt and Vicci King to their '96 national team. They will represent Ultimate at all major outdoor and indoor events around the country. Julie and Vicci are highly respected athletes on and off the track. Julie proved to be a force at the '95 Road & Banked Track National Championships in Colorado Springs, winning the sprint and overall titles, and earned the #1 spot on the national team. She continued her success by winning the indoor national championships and the New York Marathon. Proving her ability to go any distance indoor or outdoor.

Vicci is a national team veteran, capturing gold for the U.S. two consecutive years. She also had a successful season, gaining a spot on the '95 National Team and bringing back gold from the Pan American Games in Argentina.

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speed skating times

Continued from 13

size), although they were not very specific in explaining it. One might suspect that they choose small, muscular athletes with comparatively short legs. At the least they had a bigger pool of athletes to draw from than we do in the U.S. Just think what we would have in the U.S. if football, basketball and baseball didn't exist in the U.S. The number of talented athletes that are drained out of the Olympic system by the money sports is staggering. In the DDR, if you looked like you could be a good skater, skating is what you were assigned to. At least we are getting some continuing crossover between inline and ice speed skaters, so that the pool of athletes is bigger than it was five years ago.

Secondly, the development of their youth skaters focused on the development of general athletic ability and skating skill rather than the development of skating specific strength and power early in their careers. From their perspective, they would rather have an excellent athlete who knows how to skate technically well at age 17 than someone who has been a skating specialist since age 10. They also claimed to be very conservative about serious weight training before age 17. To the degree that physical capacity training was used, the focus was on learning how to do things at speed (run, cycle, calisthenics). This approach is certainly consistent with suggestions that Jerry Search from California has made based on conversations with Canadian coaches Jacques Thibault and Jack Walters...teach kids to skate first, do the power training later.

Lastly, and separate from the situation in the DDR, the club structure for sports is much better developed in Germany than in the U.S. School sports are not a big thing, so if you want to do sports, you join a club. Given this, there are quite a number of professionally trained coaches in whatever sports discipline you take a fancy to. Not that club coaches in the U.S. are bad, but if we face facts, the majority of them are well-intentioned volunteers who don't have much professional training relative to their coaching.

What I learned on my fall vacation was that the Germans do it differently, that whatever else the DDR may have done, they also had a passion for building facilities, and a common sense approach to developing young skaters. ∞
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Park opened to the public for inline skating. The new oval opened for ice speed skating, hockey, figure and public skating on the international-size center ice sheet on November 24th. A grand opening celebration is planned for December 9th featuring an appearance by Olympic gold medalist speed skaters and representatives of the IOC, USOC, the Salt Lake Olympic Organizing Committee, Utah Sports Authority, Governor Michael Leavitt, and other government officials.

The Organizing Committee plans to add \$29 million in improvements to the oval before the 2002 Olympic Winter Games, including covering the oval and adding a second international-size center ice sheet. The Oquirrh Park Fitness Center, site of the oval, has begun construction of \$5.5 million of fitness facilities to be connected to the oval including an Olympic size swimming and diving pool, weight rooms, aerobic studios, basketball courts, outdoor plaza, locker rooms, and administrative offices.

International Veterans Speed Skating World Games 1996

To be held at the Gaetan-Boucher rink in Ste. Foy, Quebec Feb. 23-25, 1996. Racing categories are 30-39, 40-49, 50-59, 60-69, 70+. Distances will be 500, 1000, 1500 and 3000 for women; and 500, 1500, 3000 and 5000 for men.

Register by January 1, 1996 (only the first 100 skaters will be officially registered). For further information contact Gaetan Rochette, 172 de Normandie, Bernieres, Quebec, Canada G7A 1V7, 418-831-3726 or fax 418-651-1977.

Long Track National Team

Sprint Men: Casey FitzRandolph, Brendan Eppert, Cory Carpenter, Ryan Shimabukuro, Heath Haster, Kevin Curtis. *Allround:* Dave Tamburino, KC Boutique, Jeff Benjamin, Tim Hoffman, Arlen Spicer, Matt Kooreman.

Sprint Women: Shana Sundstrom, Chantal Bailey, Tama Sundstrom, Chris Witty, Becky Sundstrom, Kim Strzykalski. *Allround:* Moira D'Andrea, Christine Scheels, Kirstin Holum, Cory Goelz, Amy Sohnle, Valerie Hopkins.

Short Track National Team

Men: John Coyle, J.P. Shilling, Amy Gabel, Charles King. *Women:* Amy Peterson, Karen Cashman. ∞

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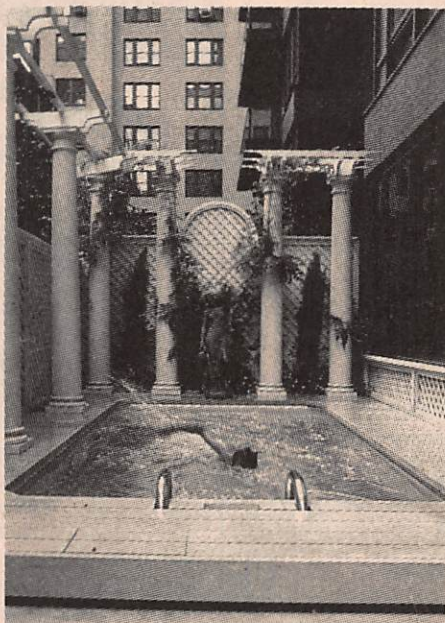


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Speed Skate Lube from Tiodize Co., Inc. is a new and unique lubricant for inline skates, skateboards and roller-skates. Cleans, lubricates *and* prevents rust – all-in-one product. Easy to use, simply spray on bearings, let penetrate, then wipe away any excess; Speed Skate Lube's high-tech formulation allows it to penetrate sealed bearings.

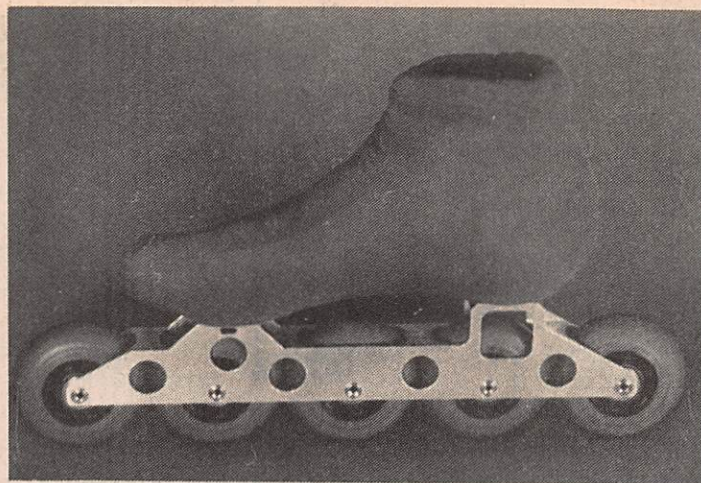
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speed skating times



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Photo by Dave Alexander

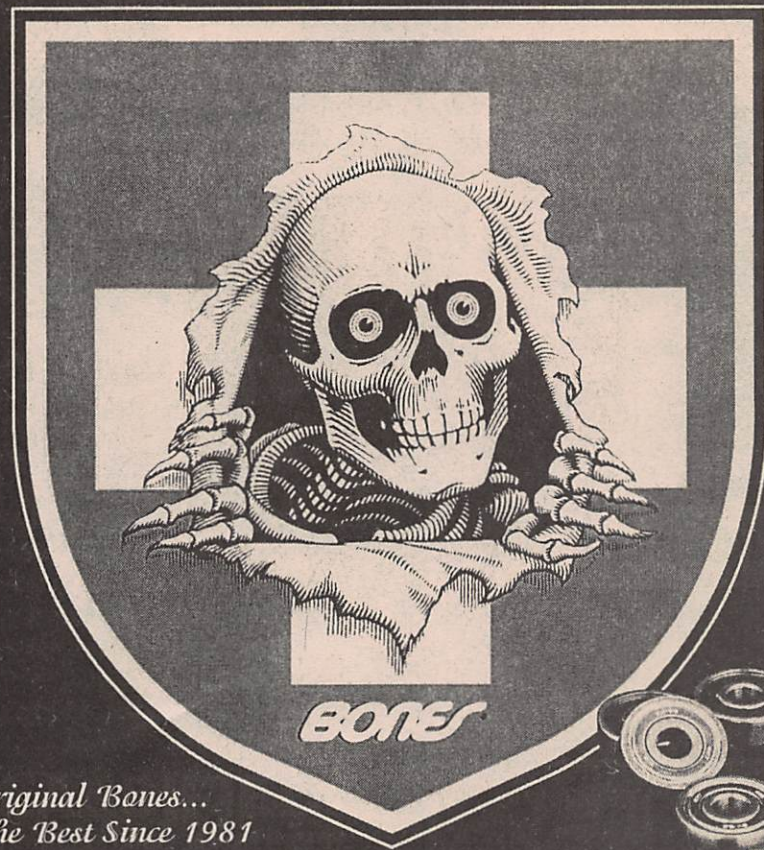
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Scott Hiatt-GEO/ROLLERBLADE of Team USA takes a victory lap after winning the 5000m road championship at the '95 Worlds in Perth, Australia. For race coverage and complete results, see page 30. ©Bob Justice / Hyper Wheels
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