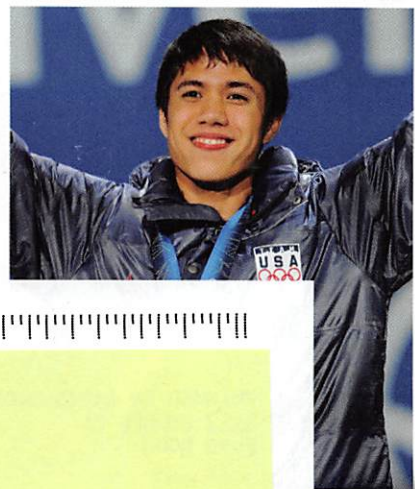




RACING BLADE

The Official Publication of US Speedskating

Victory in Vancouver



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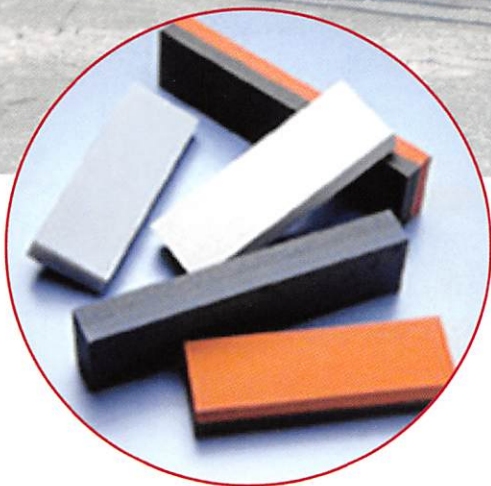
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Photo courtesy of Bella Faccie Sports Media, Thomas Di Nardo © 2010

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Brad Goskowicz,
President, US Speedskating

MESSAGE FROM THE PRESIDENT

85 OLYMPIC MEDALS AND COUNTING

Dear US Speedskating Supporters,

The 2010 Vancouver Olympic Winter Games created a new high-water mark for US Speedskating, as we once again reached double digits in medals. This has been the third consecutive Olympic Winter Games in which we have won 10 or more medals. No other U.S. winter sport has achieved that mark. This brings our Olympic medal count to 85, far ahead of any other U.S. sport, and also ahead of the 80 total medals won by the Netherlands in Speedskating. An equally impressive achievement, US Speedskating had 15 medalists in Vancouver, which reflects both the increased depth and the importance of the team events in our sport, as well as the dedication and hard work of our athletes and coaching staff.

It is also significant that more than half of our medalists were 21 years old or younger and will likely be coming back for another shot in Sochi, Russia in 2014. That certainly bodes well for our sport and the bar will remain high with regards to expectations for our athletes.

It is with those high expectations in mind that our newly elected Board of Directors began planning for the next quadrennial at the Spring Meeting in Richmond, VA. The new Board of Directors is a strong mix of experience as well as fresh ideas and energy.

The first undertaking by the Board was to develop a process to identify and recruit a new executive director to lead US Speedskating into the future. The choice of Mark Greenwald is a reflection of those same traits exhibited by the Board. In Mark we have someone with a rich experience and history in our sport, but who comes to US Speedskating with new energy, fresh eyes and innovative ideas. I believe he will be a good fit, a good partner for the Board and a great leader for our organization. I am looking forward to working closely with Mark over the coming years!

With the start of the 2010/2011 competitive season around the corner, and the beginning of a new quadrennial as we prepare for Sochi, I invite you to share your thoughts and ideas for our organization. Please feel free to contact me at bgoskowicz@usspeedskating.org. I look forward to hearing from you.

Best regards,

Brad Goskowicz
President
US Speedskating



85 OLYMPIC GAMES MEDALS and counting



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Racing Blade

Fall 2010

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Meet Your US Speedskating Staff

The start of the new Olympic quadrennium has brought several new faces to US Speedskating. Collectively, your US Speedskating staff is committed to continuing the organization's Tradition of Excellence as we prepare the athletes for Sochi 2014, while also developing and promoting the sport of speedskating in the U.S. We are here to support you - our members. Please feel free to contact us at anytime.



Mark Greenwald - Executive Director

Greenwald joined US Speedskating in July 2010. A 1988 and 1992 long track Olympian, Greenwald brings a unique combination of sport expertise and management to his new role. As Executive Director, Greenwald oversees all functions and staff within the US Speedskating organization. mgreenwald@usspeedskating.org



Breanna Bissell - Member Services Coordinator

Bissell joined US Speedskating in February 2010. She is responsible for assisting members, associations and clubs with problems, questions or concerns involving their membership with US Speedskating. In addition, Bissell serves as the Administrative Assistant to US Speedskating's Executive Director, working as a liaison to the Board of Directors and is working on new ways to promote and grow the sport from a membership perspective. bbissell@usspeedskating.org



Paul Brabants - Director, Finance and Business Affairs

In his fifth year with US Speedskating, Paul oversees all activities related to the business side of the organization, which includes coordinating the company's technology and human resource needs in addition to directing the financial activities for the organization. pbrabants@usspeedskating.org



Tamara Castellano - Interim Director Marketing and Sponsorship

Castellano joined US Speedskating in September 2010 and is responsible for the solicitation of new sponsors, renewing corporate partnerships, sponsor relations and activation, and the development of new marketing initiatives and revenue sources for the organization. tcastellano@usspeedskating.org



Kevin Christen - MS, ATC-L, Head Athletic Trainer Short Track

Christen joined US Speedskating in June 2010. He works directly with the short track coaches and athletes to maximize the skaters' performance on the ice. kchristen@usspeedskating.org



Jae Su Chun - Short Track National Head Coach

Since taking over as US Speedskating head coach for short track in 2007, Chun challenges the national skaters to train harder, faster and stronger than ever before. Chun coached Team USA to a record six medals at the Vancouver 2010 Olympic Winter Games. jaesuchun@gmail.com



Dr. Nicole Detling Miller - Sport Psychology Consultant

Detling Miller has been with US Speedskating since 2008 and is the Sport Psychology Consultant for both national team long and short track programs. In addition to her role with USS, she is a sport psychology consultant and professor in the Exercise and Sport Science Department at the University of Utah. Working individually with the athletes and coaches, she specializes in mental skills training for performance enhancement. nicole@headstrongconsulting.com



Shane Domer - Strength and Conditioning Specialist

Domer joined US Speedskating in 2007 and is responsible for the development and implementation of innovative training and conditioning programs that maximize the athletes' performance on the ice. sdomer@usspeedskating.org



Tony Goskowicz - Marquette Development Team Coach

Goskowicz joined US Speedskating in 2009 and is based in Marquette, MI where he coaches national and development team athletes who train at the U.S. Olympic Education Center at Northern Michigan University. tgoskowicz@usspeedskating.org



Linda Jager - Interim Communications Director

Jager joined US Speedskating in July 2009 as Short Track Press

Officer for the Vancouver 2010 Olympic Winter Games, and has served as Interim Communications Director since April 2010. She is responsible for internal and external US Speedskating communication activities including athlete outreach, media relations, providing media support to local organizing committees, US Speedskating publications, social media and content management of US Speedskating's website. ljager@usspeedskating.org



Emily Robbins - Office Management Specialist

Robbins joined US Speedskating in November 2008 as Merchandise Coordinator and was recently promoted to Office Management Specialist. In her new role, Robbins is responsible for keeping the US Speedskating office running smoothly, while also managing high performance inventory and athlete apparel, maintaining the online store, and assisting the Director of Finance and Business Affairs. erobbins@usspeedskating.org



Ryan Shimabukuro - Long Track Head Coach

Shimabukuro started coaching at US Speedskating in 1998. During his tenure as coach, Shimabukuro coached Team USA to two medals at the 2010 Vancouver Olympic Winter Games, Joey Cheek to gold and silver medals in the 2006 Olympic Winter Games and Tucker Fredricks to a 500m World Cup titles in 2010 and 2007. He continues training the top level sprinters in the country and looks forward to the next Olympic Games in 2014. rshimabukuro@usspeedskating.org



Tricia Stennes - Marquette Development Team Coach

Stennes joined US Speedskating in 2005 and is based in Marquette, MI where she coaches national and development team athletes who train at the U.S. Olympic Education Center at Northern Michigan University. tstennes@usspeedskating.org



Chris Tidwell - Whip Program Director

Tidwell joined US Speedskating in June 2009. He coaches and trains the inline to ice athletes at the Oval. In addition Tidwell works closely with the short track national team assisting with day to day coaching and athlete support. ctidwell@usspeedskating.org



Chris Weaver - Sport Development and Domestic Event Coordinator

Weaver joined US Speedskating in 2007. Working closely to support local organizing committees and event hosts, he is responsible for coordinating all logistics for US Speedskating's domestic events. Weaver spends the majority of his time on site at US Speedskating's events, as well as one week a month at the US Speedskating office in Utah. cweaver@usspeedskating.org



Fikre Wondafrash - MS, ATC-L, Head Athletic Trainer -Long Track

Fikre has been with US Speedskating since 2004 season and was a member of the U.S. Olympic Team delegation for the 2010 and 2006 Olympic Winter Games. Wondafrash works directly with the long track coaches and athletes to maximize their performance on the ice. fwondafrash@usspeedskating.org



Hallie Wintzer-Facey - MS, ATC-L, Head Athletic Trainer-Allround Team

Wintzer-Facey joined US Speedskating in June 2010 and works closely with the allround, short track and sprint skaters and coaches to maximize their performance on the ice. hfacey@usspeedskating.org



Jun Hyung Yeo - Short Track National Team Assistant Coach

Joined US Speedskating in May 2010. Working closely with Head Coach Jae Su Chun, Hyung Yeo is an integral part of the short track team, coaching the athletes to success on the ice. jyeo@usspeedskating.org

US SPEEDSKATING

ANNOUNCES 2010-2014 BOARD OFFICERS



Brad Goskowicz
President



Tom Frank
Vice President



Katie Traver
Secretary



Jack Mortell
Treasurer

In a well attended Spring Board Meeting in Richmond, VA, **Brad Goskowicz** (Ham Lake, MN) was re-elected unanimously by the US Speedskating Board of Directors to a second term as **President**.

"The opportunities and challenges for US Speedskating have never been greater," Goskowicz stated. "I am looking forward to working with the newly elected Board of Directors as President. I think this group of directors is a nice blend of experience and new ideas and will take the sport to a new level. We are already looking forward to Sochi and a record performance there in 2014."

Tom Frank (Westlake, OH) who has headed US Speedskating's Membership & Program Development Committee since its inception, was elected as **Vice President** and is expected to lead that body again over the next four years. "We are just beginning to hit our stride on our grassroots development," Frank said. "The work we have done over the past two years set us up nicely for some solid results following the massive publicity we received from the Games in Vancouver."

Katie Traver (Fitchburg, WI) was elected to the office of **Secretary**. Ms. Traver is a newly elected Board Member, but has been the US Speedskating liaison to Speed Skating Canada over the past four years. "I hope to continue my work in developing more programs and competitions with Canada, but I am looking forward to sorting out the many opportunities to strengthen our long track programs," said Traver.

Jack Mortell (Evanston, IL) was unanimously elected as **Treasurer**. This is Mr. Mortell's second term as a Board Member and an officer. "As our programs and organization continue to grow, a key Board responsibility is financial oversight and monitoring," Mortell said. "We outgrew our previous methods and I am looking forward to working with staff to ensure better financial transparency and control over the next quadrennial."

The 2010-2014 US Speedskating Board of Directors:

OFFICER:

Brad Goskowicz, President
Tom Frank, Vice President
Katie Traver, Secretary
Jack Mortell, Treasurer

ELITE ATHLETE REPRESENTATIVES:

Ian Baranski (Rock City Falls, NY) - Long Track
Travis Jayner (Midland, MI) - Short Track
Nancy Swider-Peltz, Jr. (Wheaton, IL) - Long Track

COMPETING ATHLETE/INDIVIDUAL MEMBERS:

Fred Benjamin (Chicago, IL)
Andrew Love (Salt Lake City, UT)

RETIRED ELITE COMPETITOR:

Dave Cruikshank (Delafield, WI)

AT-LARGE MEMBERS:

Andrew Blank (Miami, FL)
Craig Wing (Park City, UT)

US Speedskating committee chairs are in the process of being appointed by Mr. Goskowicz. Committee chairs serve a four-year term to evaluate programs and recommend policy in the following areas: Amateur Skating Association Foundation; Coaching; Competition; Hall of Fame; Short Track; Long Track; North American Competition; Marketing; Membership & Program Development; Officials - Short Track; Officials - Long Track; and Sports Medicine/Science. 🐾

MEET MARK GREENWALD US SPEEDSKATING EXECUTIVE DIRECTOR



photo courtesy of Scott Sommerdorf - The Salt Lake Tribune

US SPEEDSKATING NAMES MARK GREENWALD AS EXECUTIVE DIRECTOR

New Leadership to Build Upon Tradition of Excellence

The US Speedskating Board of Directors is pleased to announce the recent appointment of Mark Greenwald as executive director. Greenwald brings over two decades of experience to the organization as a two-time Olympian and an internationally recognized executive in the sport of speedskating.

A native of Park Ridge, IL, Greenwald began his career as a long track speedskater in 1979. Quickly rising through the US Speedskating pipeline, Greenwald joined the U.S. National Team in 1983 in the sport of short track speedskating. He transitioned to long track in 1986, and by 1990 he was the U.S. National Champion in the 5000m and 10000m distances and represented the U.S. in the 1988 and 1992 Olympic Winter Games. Following a successful competitive career, he relocated to Calgary in 1993 and began a successful 16-year tenure moving from coach to an eventual executive position with the Calgary Olympic Oval.

Greenwald completed his undergraduate degree in Kinesiology, and received a MS in Kinesiology/ Motor Learning from the University of Calgary. Known worldwide in the sport as a builder of renowned speedskating programs, he worked to develop areas of involvement that provided University of Calgary students opportunities to explore and learn in the Olympic Oval environment supporting research and practicum opportunities through the Oval Research Group; an initiative he envisioned, as well as serving on the Olympic Oval High Performance Fund Committee, a group that

awarded grants to promising students performing research in high performance sport. Greenwald created the Oval Research Group building a formal context and bridging the relationship between students, coaches and researchers for the advancement of high performance sport research initiatives.

“US Speedskating is pleased to have Mark join us as our executive director,” said US Speedskating President Brad Goskowicz. “His extensive experience as a world class competitor and program director in both long and short track speedskating makes him a great fit as we rebuild our long track program and extend our very successful short track program. Mark will bring a new energy as well as stability to US Speedskating as we move forward toward Sochi in 2014. Mark has the full trust and respect of the US Speedskating Board, evidenced by the unanimous Board resolution to offer him this position.”

Racing Blade sat down with Greenwald as he shared his reflections on joining US Speedskating in July.

RB: What are you looking forward to most as you start your position with US Speedskating?

MG: As many current and former skaters would agree, speedskating is a great sport. So I'm fortunate to be involved in a role where I hope to make a difference in many areas. I'm not only an employee, I'm a member of US Speedskating too, and have been for a good part of my life. My hope is to help grow this sport and showcase to many what it has to offer.

continued on next page



WELCOME MARK

RB: What do you see as US Speedskating's strengths as the organizations begins a new quadrennial?

MG: There seems to be a great deal of young and upcoming talent in both Short Track and Long Track at the moment. There is also a very dedicated and experienced coaching staff in place in most of the disciplines. US speedskaters have an uncanny ability to beat the odds, and often win more Olympic Medals than many observers from other countries might think we should. I think if one of your goals is to win an Olympic medal, and you have a bit of talent and desire, this is a good sport in which to do it. Overall however, I see US Speedskating and its athletes as having achieved a "Tradition of Excellence" and I think that is a very impressive thing. So many great performances and skaters have come from the U.S. and achieved on the world stage. It is great to be part of that.

RB: What are some of US Speedskating's biggest challenges?

MG: I'm not sure these have changed that much over the years. Membership numbers and finances remain challenges we do not seem to have been able to overcome. I define progress as having a different set of challenges at different points in time, as there will always be something that needs attention. I suppose using that definition, we have not progressed as much as we could in certain areas. If it were easy to do however, likely someone would have done it. I feel we need to be open to critically looking at what aspects of our sport appeal to potential participants, and capitalize on those. I also think we need to be willing to change, even some aspects of the sport we consider "traditional" in order to survive in a world with so many options and ways to spend one's time.

RB: With your unique background as both a long and short track athlete, combined with your sport management and Olympic experience, what are some ways you feel you can make an immediate impact on USS?

MG: Well, I think I have a reputation to be able to bring people together. Our challenges will not be overcome by one individual, and I've never worked that way in the past. In my experience, both in sport and in work, the most successful individuals and endeavors often have strong teams behind them. Sometimes they are not readily apparent, but if you look a little closer, you'll usually see that. Think about champions we've had in our own sport, Dan Jansen, Nick Thometz, and Bonnie Blair were a close team, even though Bonnie did not compete against the men (well, at least most of the time, or when she wasn't racing me for practice). This would be true of the very successful 2002 U.S. Team as well. Multiple Olympic Champion Johann Olav Koss from Norway will always speak of the importance of his teammates to his success, and in short track, you may stand alone on the podium, but it's difficult to say that your team did not help at least a little to your achievements. Bringing people together to work toward promoting our sport and achieving our goals is something I hope I can bring. At the Calgary Olympic Oval where I worked for many years, there is a famous Robert Tait McKenzie bronze called, "Brother's of the Wind". It depicts a number of classic speedskaters skating together in a pack, their unity and timing of movement is notable. I think as skaters we all have "Brother's of the Wind" and it's with this type of unity that we can surmount great challenges.

RB: How can our organization recruit - and retain - more athletes to the sport of speedskating?

MG: I have many ideas in this area. I think we need to become better at truly marketing our strengths. Speedskating is a low impact sport, and participation happens in a cool and controlled environment. It can meet the fitness needs of those with chronic joint injuries to remain active. It never gets too warm, and usually never too cold in an ice arena, so it's comfortable to workout. And for a country facing an epidemic of childhood obesity and inactivity, it's a great way to get off the couch and away from the computer and TV. That's basically how I began - mom kicking me off the Atari. But I also think we too need to be willing to look at how we do things. Most families have kids that participate in multiple sports on the weekends, so shorter racing periods and fun meets may be the way to go over 10 hours of day racing on a full weekend or heavy duty training regimes. Flexibility and less commitment seems to be what many participants are looking for, so why not give it to them. There can still be a few big weekend competitions for the hard core skater. We need to be a sport that is inclusive of people rather than exclusive.

RB: What are your thoughts on how US Speedskating can continue to engage our fans, sponsors and supporters as we begin a new chapter in our organization?

MG: I think certain aspects of our sport have that "X" factor as do many of the aggressive type sports such as skateboarding and BMX. I think we can appeal to this type of young person, and still not give up the great values our sport espouses. Dedication, commitment, work ethic, can go hand in hand with a "skater" identity and still remain the cool thing to do. I think it's how you package it. Maybe in younger ages, we should look at doing away with skin suits for kids, and go with something that covers and protects the legs and arms, along with boarder shorts and long sleeve tees. Air resistance is not as much a factor at these ages as is just having fun, and I think we need to embrace that. Getting serious too quickly is too much for some youth, and it should be as cool to simply enjoy skating in itself as it is to win Olympic medals. 🐾

MEMBERSHIP NOTES

2010/2011 Membership Year Changes to a Fixed Year Period

What exactly does this mean? At the 2010 Spring Board meeting, the US Speedskating Board of Directors passed the proposal to change the membership year. The membership year now runs from July 1 - June 30. Because of this change, all memberships that were current expired on June 30, 2010, unless renewed before that date.

When renewing the membership, the new fees will be prorated based on the month of the original purchase. For example, if the original competing athlete membership was purchased in February of 2009, the renewal fee will be \$31.25. The

membership will then be current until June 30, 2011.

Previously, all memberships were on a rolling year which meant that memberships expired one year from the date of purchase. Club officials can now keep better track of all club memberships and know exactly when they expire.

If an email notification was not received regarding these changes, please contact USS Membership Coordinator Breanna Bissell at bbissell@usspeedskating.org to update your email address so that future notifications may be received. 🐾

WELCOME BMW GROUP

AN INNOVATIVE NEW PARTNERSHIP FOR US SPEEDSKATING

The United States Olympic Committee (USOC) and BMW Group announced that BMW will be the Official Mobility Partner of the USOC from now through 2016. BMW Group will also be the Official Mobility Partner of US Speedskating and three additional National Governing Bodies (NGBs): USA Bobsled & Skeleton, USA Swimming and USA Track & Field.

This multi-million dollar agreement, announced on July 26th, goes beyond financial support to also provide the USOC with fundraising opportunities and the four individual NGBs with BMW Group technical expertise. BMW Group will use its experts, deep technology base and facilities to help the Olympic and Paralympic Teams improve their training and performance. An example of this has been the company's work with BMW ORACLE Racing to improve its performance. BMW Group's expertise in light weight construction and aerodynamics helped the BMW Oracle Racing Team design a technically advanced yacht that won the America's Cup sailing competition this year.

"US Speedskating is honored to be selected by the BMW Group for this innovative partnership. The BMW brand represents a long-standing tradition of excellence, speed and superior performance, three tenets in which US Speedskating is closely aligned as the most decorated Olympic winter sport in U.S. history," said US Speedskating President Brad Goskowicz.

"With a record 85 Olympic medals, and historic achievements by legendary skaters Eric Heiden, Bonnie Blair and Apolo Anton Ohno, we look forward to collaborating with BMW's high performance technology and engineering specialists to enhance the training opportunities and competitive results for our new generation of athletes as we look to build upon a tradition of excellence at the 2014 Sochi Olympic Winter Games and beyond," added US Speedskating Executive Director Mark Greenwald.

"BMW is a premier, powerful brand that is recognized for competitive excellence and dynamic performance, just like our U.S. Olympic and Paralympic Teams," said USOC Chief Executive Officer Scott Blackmun. "Joining together these two performance-driven organizations will provide a tremendous asset to America's top athletes while providing the unique value of investing in the U.S. Olympic and Paralympic Teams. We thank BMW Group for providing this tremendous funding for our athletes and, through future activation, keeping the Olympic spirit burning bright."

BMW Group (including BMW, MINI and BMW Motorrad) will be the Official Mobility Partner of the four NGBs, the USOC, as well as the 2012, 2014 and 2016 U.S. Olympic and Paralympic Teams, and the 2011 and 2015 U.S. Pan American and Parapan American Teams. BMW Group will develop exclusive programs to support Team USA and will have a presence at the three Olympic Training Centers. These facilities welcome America's top athletes to live and train among the nation's best, including bobsled and skeleton sliders, speedskaters, swimmers, and track & field standouts.

BMW Group will have a presence at the major events of the four NGBs, which kicked off with the USA Swimming

National Championships in August, in Irvine, Calif. BMW Group's sponsorship of USA Bobsled & Skeleton, US Speedskating, USA Swimming and USA Track & Field will include support for coaching and training programs, as well as increasing awareness of the NGBs and their athletes.

"Sponsors are critical to the success of Team USA," Ohno said. "What's truly unique about BMW is their willingness to go beyond financial assistance and make available their engineers and technology experts to work with Team USA athletes and try to enhance their training programs."

BMW has a long standing commitment – globally and in the U.S. – to performance-driven sports. Within Motorsports, BMW of North America is currently campaigning the M3 GT2 in the American Le Mans Series. BMW of North America is also the title sponsor of the BMW Championship, the third tournament in the PGA TOUR Playoffs for the FedEx Cup. The BMW ORACLE Racing Team recently won the America's Cup, bringing the trophy back to American soil for the first time in more than a decade.

BMW Group also has a long standing commitment to the Olympic Movement. BMW played an active role in the 1972 Olympic Games in Munich, the home of BMW Group. In 1996, BMW Group was a sponsor of the Atlanta Olympic Games and U.S. Olympic Team. Now with two years to go until the London Olympic Games, BMW UK is proud to be the Automotive Partner and a Sustainability Partner of London 2012.

BMW Group's partnership with the USOC is one more example of the company's commitment to America. BMW Group entered the U.S. market in 1968 and since then has been a solid contributor to America's economic, social, and sustainable advancement. Today, the U.S. is BMW Group's second home with a growing footprint. BMW Group has manufacturing, engineering, design and technology centers which employ 7,000 people and has built more than 1.5 million vehicles in the U.S. to date. Direct and indirect employment accounts for 50,000 jobs in the States. Its Spartanburg, SC, manufacturing facility is the largest new vehicle exporter to non-NAFTA countries, contributing to America's positive trade balance.



Apolo Anton Ohno at BMW's New York City dealership for the partnership announcement on July 26.

Photo courtesy of BMW Group.

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JOY IS 34 YEARS IN THE MAKING.

Joy has a heritage. It is deeply rooted in a respect for what's come before and a determination to carry that legacy into the future. This is Joy's time-honored family tradition — to continue improving even when it seems there's nothing left to improve. Case in point, the new BMW 3 Series Coupe. Its unparalleled performance proves its prowess with an all-new six-cylinder TwinPower Turbo engine designed to be more fuel-efficient and cleaner running without sacrificing any power. At the same time, its sleekly designed exterior redefines desire, ensuring that the Joy of driving is experienced for generations to come. The story of Joy continues at bmwusa.com/3SeriesCoupe.

JOY IS THE NEW BMW 3 SERIES COUPE.

BMW EfficientDynamics 
Less emissions. More driving pleasure.

2010 OLYMPIC HIGHLIGHTS

by Mike Kooreman and Linda Jager

MEDALS, HISTORIC PERFORMANCES AND STRONG

Team USA's Long Track squad was comprised of a promising group of first-time and returning Olympians poised for several medal winning performances.

The first event for the Long Track Olympians, the Men's 5000m, was held on the opening day of competition at the Richmond Olympic Oval. U.S. athletes competing in the event were Chad Hedrick (Spring, TX), Shani Davis (Chicago, IL), and Trevor Marsicano (Ballston Spa, NY). Marsicano was considered a medal contender going into the event based on his bronze medal performance at the World Championships last season, but over the last few years, the event has been dominated by Holland's Sven Kramer. Kramer won by over two full seconds while Hedrick finished 11th, Davis 12th, and Marsicano 14th.

The U.S. women debuted with the 3000m event. The U.S. has not won a medal in this event since Beth Heiden won bronze in 1980. Nancy Swider-Peltz Jr. (Wheaton, IL) had a career-best race, finishing in 9th. Jilleanne Rookard (Woodhaven, MI) was 12th and Catherine Raney-Norman (Elm Grove, WI) was 17th.

"Taking ninth has been a great accomplishment," said Swider-Peltz Jr. "All that hard work paid off. It was the best race of my life."

Following the opening distance events, competition moved onto the sprints. Due to some unique technical difficulties - both of the ice resurfacing machines broke down during the competition - the top competitors had a two-and-a-half hour race delay. Due to this unique challenge, the event saw a lot of mistakes from normally very consistent skaters. Tucker Fredricks (Janesville, WI), one of the most consistent 500m skaters in the world, made a few mistakes and ended up in 12th place. Nick Pearson (West Allis, WI) ended up in 26th, and newcomer Mitch Whitmore (Waukesha, WI) was 37th. Davis pulled out of the event due to a potential injury.

Ice resurfacing issues solved, the women's 500m event followed. Rising star Heather Richardson (High Point, NC) placed 6th narrowly missing her first Olympic medal. Also skating for Team USA were Elli

Ochowicz (Palo Alto, CA) 17th, four-time Olympian Jennifer Rodriguez (Miami, FL) 21st, and Lauren Cholewinski (York, SC) 30th.

Next up was the Men's 1000m. Competing in the event were Davis, Hedrick, Pearson, Marsicano. The Americans had a strong contingency including two medal favorites, Davis and Marsicano, and serious threats with Hedrick and Pearson who have traditionally performed well at the Olympics. Going into the 1000m Davis was the overall World Cup Leader, World Record holder, and returning Olympic gold medalist. True to form, Davis skated an incredible race winning the gold medal posting a track record time.

The 1000m marked the first time that anyone has ever repeated Olympic gold medals in the 1000m. Hedrick skated the best 1000m of his career to win the bronze medal. Pearson finished 7th and Marsicano skated to a 10th place finish. Four Americans in the top 10 was a huge accomplishment for Team USA, and a display of dominance in the event.

There were medal hopes in Rodriguez and Richardson in the women's 1000m. Coming off two successful World Cup seasons, Rodriguez saw inconsistencies in her skating and struggles in her life off the ice. During the summer of 2009, Rodriguez lost her mother to a long fought with cancer. Her mother was her number one supporter and the loss of her life really took its toll on Rodriguez. She went on to skate a great race but ended up in 7th place, missing a medal by only three tenths of a second. It was a performance her mother would have been proud of.

Richardson skated a great race, finishing in 9th, Ochowicz finished 26th and Olympic newcomer Rebekah Bradford (Apple Valley, MN) finished 28th.

In the men's 1500m, Team USA had three medal contenders: Davis, Hedrick and Marsicano. The other U.S. athlete competing was newcomer Brian Hansen (Glenview, IL) who demolished the Junior World Record in the 1500m earlier in the season. Davis skated a great race posting a



RACING MARK LONG TRACK EVENTS IN VANCOUVER

time faster than he had skated to win the World Championships last season, but it wasn't quite enough to hold off Mark Tuitert (NED). Davis won a silver medal matching his performance in the 2006 Torino Olympics. Hedrick didn't quite execute his race strategy, and his pace slipped on the last lap and he ended up in 6th place. Marsicano finished 15th, and Hansen skated a great race to finish 18th.

The women's 1500m held high hopes for Richardson and Rodriguez. They both had an inconsistent day and ended up in 16th and 18th, respectively. The other Americans in the event were Rookard finishing 24th, and Raney-Norman finishing 31st.

The final individual distances at the Games were the Men's 10,000m and the Women's 5000m. While Team USA had no medal contenders in these events, there were strong performances. Olympic rookie Jonathan Kuck (Champaign, IL) finished 8th, and Ryan Bedford (Midland, MI) finished 12th.

The 5000m is Rookard's specialty event, but like Rodriguez, she has also faced personal tragedy outside of sport this season. Rookard lost her father years ago, and then her mother to a battle with cancer shortly before the Games. Rookard fought hard and skated races that would have made her parents proud. Her 5000m was an absolutely incredible race to watch, skating consistent laps and battling hard through the last few laps to earn an 8th place finish.

Maria Lamb (River Falls, WI) also skated the 5000m, but unfortunately had to compete with subpar preparation due to an injury that she suffered shortly before the Games. Despite her injury, she still managed to pull off a 15th place finish.

The final events of the Games were the Men and Ladies' Team Pursuits. For Team USA, the men's team consisted of Hedrick, Kuck, and Marsicano in the first round with Hansen on reserve. The women's team included Rodriguez, Rookard, and Swider-Peltz Jr. with Raney-Norman on reserve.

In the first round, the men were matched up with Japan and easily advanced to the next round. The U.S. women were ranked 8th going into the Games and faced Canada, the No. 1 ranked team in the world who had just set the Team Pursuit World Record one month before the Games. The women rose to the challenge and skated a perfect race and, on the last lap, overtook the World Record holders to move on to the next round, guaranteeing themselves a place in a medal round.

In the next round, the men faced Holland. Holland had the World Record in the event and they were the gold medal favorites. With an amazing performance, the men (Hansen, Hedrick and Kuck) crossed the finish line before the Dutch team. Holland was devastated, but our men were elated and moved on to the gold medal round facing Team Canada.

In the second round, the women faced Germany in the semi-final. The U.S. ladies skated a great race but fell off of the pace in the last lap and advanced to the bronze medal race.

In the men's gold medal round against Canada, Team USA fielded Hansen, Hedrick and Kuck. It was a heated battle and both teams were neck and neck, but the Canadian men won the close race and Team USA won the silver medal. The medal also marked the fifth career medal for Hedrick, tying him with Eric Heiden for the most won by a men's U.S. long track speedskater. It was Hedrick's final race of his Olympic career.

"It was sort of bittersweet. I was reflecting on everything as I was out there after the race," said Hedrick. "Just sitting on the bench and soaking up the atmosphere, but it has definitely been a great ride. It has taught me a lot about drive and motivation and dedication."

In the women's bronze medal round Team USA faced Poland. Raney-Norman joined Rodriguez and Rookard in the final race, but the change wasn't quite enough to overcome the performance of the Polish team. Team USA finished fourth.

With an impressive four medals won in Vancouver, Team USA's Long Track athletes look forward to an even stronger showing in Sochi in 2014. 🏇



Photos courtesy of Bella Faccie Sports Media, Thomas Di Nardo © 2010

SHORT TRACK OLYMPIANS SHINE IN VANCOUVER

The short track Olympians arrived in Vancouver poised to make history. Comprised of Olympic veterans and newcomers, the team competed in eight distances over five evenings throughout the Games, February 13-26, 2010. The team had a record medal haul for short track - six total, two silver and four bronze.

The U.S. was the only country that medaled in both relays which resulted in all 10 short track Olympians returning home with Olympic medals. Individually, Apolo Anton Ohno (Seattle, WA) brought home a silver (1500m) and bronze (1000m), Katherine Reutter (Champaign, IL) a silver (1000m), and J.R. Celski (Federal Way, WA) a bronze (1500m).

Ohno tied four-time Olympic speedskater Bonnie Blair as the most decorated U.S. Winter Olympian when he captured the silver medal in the 1500m to increase his Olympic medal total to six. Ohno returned days later to break that record with his seventh Olympic medal, a bronze in the 1000m making him the most decorated U.S. Winter Olympian in history. Ohno added to that with his eighth medal as a member of the bronze medal 5000m Relay Team on the final night of Team USA competition.

The Ladies 1000m featured a strong performance by Olympic rookie Reutter, starting off with a win in her heat

with an Olympic record time. She also won her quarterfinal and semifinal and raced to win a silver medal in the final.

"I didn't know if I'd won," said Reutter following the race. "I looked at my coach and said, 'what position was I?' He held up the number two, and that's when I said, 'Really?' And then every emotion I've ever had, all the work I've put into this, came out. I started screaming. At that moment, I've never been more proud to be an American, to be from the United States of America, to finally have my flag. And I couldn't wait to see it raised."

In the semifinal of the Ladies 3000m Relay, the U.S. squad (Kimberly Derrick (Memphis, TN), Alyson Dudek (Hales Corners, WI), Lana Gehring (Glenview, IL) and Reutter) finished second to qualify for the A Final. In the A Final, the team (Alison Baver (Sinking Springs, PA), Dudek, Gehring and Reutter) struggled and finished fourth, however the Korean team was disqualified which moved Team USA from fourth to a bronze medal, winning the first women's Olympic short track medal since 1992.

"This is like a dream," said three-time Olympian Baver. "To be at the Olympics is one thing. To come out with a medal, not very many people have the opportunity to do that. I'm very proud to bring home the bronze to the U.S."



The Mens 1500m had Ohno and first-time Olympian Celski both advancing through the heats and semifinals to an exciting A Final. This distance marked Celski's return to international competition, just five months after a devastating leg injury at the Olympic Trials. Both athletes skated strong in a great tactical race. While it looked like they would finish fourth (Ohno) and fifth (Celski), two of the Korean skaters tangled and fell at the last turn and Ohno and Celski crossed the line winning silver and bronze, respectively. This was the first time the U.S. had two male medalists in the same Olympic race.


"I can't describe the emotions that went through my head these last five months," said Celski after winning his bronze medal. "I stayed confident in myself and never had any doubts in myself."

In the Mens 1000m, Ohno skated another strong series and was in great position in the A Final. In the last few laps of the race he got tangled up and dropped back to fifth, but made a huge outside pass in the last turn to capture the bronze, his historic seventh medal, making him the most decorated U.S. Winter Olympian in history.

"It means a lot to me, especially in a sport like this," said three-time Olympian Ohno following his historic win. "There are not many athletes that come

to back-to-back Olympic Games and medal. Very, very few. For me to do it in three Games. I'm very happy. I'm very blessed."

The Mens 5000m Relay semifinal saw the defending World Champions (Ohno, Simon Cho (Laurel, MD), Celski and Travis Jayner (Midland, MI) skate a solid race to advance to the A Final. In the A Final, the squad (Ohno, Celski, Jayner and Jordan Malone (Denton, TX)) faced off against a crowded field of five teams on the ice. Team USA passed China in the last turn of the 45 lap race to finish in third behind Canada and Korea, with less than 28 hundredths of a second separating the top three teams.

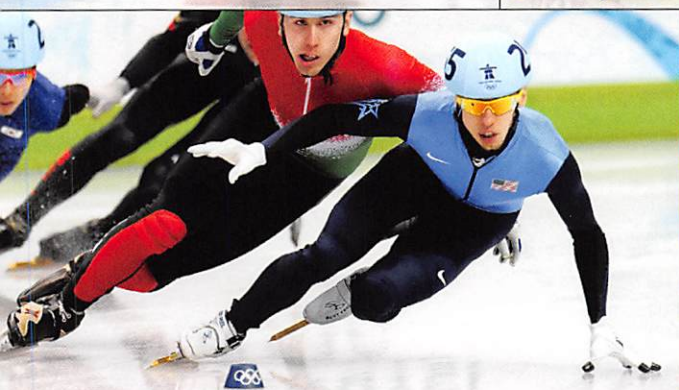
The success of the short track team in Vancouver will serve to inspire a new generation of speedskating athletes. "A lot of our guys -- I was one of them -- started the sport because we saw some kind of inspiration from something that sparked us watching the Olympic Games on TV," said Ohno. "That's when I first learned about short track and the beauty of the sport and what it's all about. Then the journey began on buying my first pair of skates and learning how to skate. So hopefully, back home in the Northwest, or anywhere in the United States, others can seek some kind of inspiration from what we've done and what we stood for as Olympians." 





2010 OLYMPIC HIGHLIGHTS

Photo courtesy of Bella Faccie Sports Media, Thomas Di Nardo © 2010





➤➤ AFTER THE GAMES

TEAM USA ATHLETE HIGHLIGHTS

TEAM USA ATHLETES SHARE THEIR OLYMPIC EXPERIENCE WITH FANS AND SUPPORTERS ACROSS THE COUNTRY

Following their success at the the Vancouver 2010 Olympic Winter Games, Team USA's Olympians embarked on a whirlwind cross-country tour that included visits with schools and clubs, community celebrations and parades, volunteering with community programs like Habitat for Humanity and Special Olympics, first pitches at their

hometown MLB games, and the time-honored traditional Team USA visit to the White House.

Here, the athletes share photos from their post-Olympic travels. Thanks to each of our Olympians who continue to inspire a new generation of skaters and increase the awareness of our sport. We are proud of you!



photo by Jillian Chilson



Interested in requesting an athlete visit in your community? Please contact Linda Jager at ljager@usspeedskating.org



OLYMPIANS ANNOUNCE RETIREMENT

by Adia Waldburger, photos by Thomas Di Nardo and Bob Plumb

Chad Hedrick A Career as Big as Texas



I'm able to tackle life in a new arena."

Olympic champion Chad Hedrick leaves speedskating as one of the sport's giants.

Inline skating champion turned Olympic speedskater and American favorite Chad Hedrick leaves speedskating as one of the giants of the sport.

In his first Olympic Games in Torino in 2006, Hedrick dazzled the crowds by walking away with a medal of every color, including gold in the 5000 meters. In Vancouver this past winter, he added to his collection with a bronze medal in the 1500-meter race. But Hedrick is far more than his impressive collection of medals. In fact, these days, it's his devotion to family that defines him.

After the last race of his career in Vancouver, Hedrick made the decision to hang up his skates for good. Thirty-two years after strapping on his first pair of skates at age one, Hedrick says that he is ready for new things. He moved himself, his wife, Lynsey, and their daughter, Hadley, back to his hometown of Houston, TX, made a connection at a charity event to get himself a job at a top firm in the oil industry and is enjoying the next chapter of his life.

"I'm able to tackle life in a new arena," Hedrick said. "I'm burnt out on skating. It was what I did. It wasn't who I am."

It's been an adjustment, though, he says. Making the move from non-stop training to a desk job is a big one.

"Training is so intense. Now I don't have anything to prove. It's hard to get stimulated," Hedrick said. "But I feel like a 100 pound bag of sand has been lifted off my back. I don't have to prove myself every day."

And he loves being back at home with family and friends. The Hedricks are also excited to welcome daughter No. 2 this coming January.

Hedrick admits that he did not meet all of his goals in his final Olympics after falling short of a repeat gold, but he said he received something even better – the satisfaction of knowing his own wife and daughter were there supporting him.

"I won a gold medal in my first event in the Olympics, [but in Vancouver], the highlight was realizing I was at the Olympics and my wife and daughter were there," he said. "I realized how lucky and blessed I was to have my family there with me. I came up short of winning a gold medal, but I was still happy."

He also had a number of close friends and relatives make the trip to the Games, as well as numerous supporters watching him on television all over America.

continued on next page



Nick Pearson

From Ice to Fire

“It was unbelievable when the Americans walked out.”

Nick Pearson is hard pressed to remember a time in his life when he wasn't on the ice.

The Milwaukee native Nick Pearson laced up his first pair of speed skates at the tender age of five and has been skating ever since. So it was a little bittersweet when he competed in the final race of his career in the 1000 meters at the 2010 Olympic Winter Games in Vancouver.

Pearson took seventh in the race, just tenths of a second away from a podium finish, but he couldn't be too disappointed the way his long speedskating career ended. It was his second Olympics, his first being on American soil at the 2002 Olympics Games in Salt Lake City. There he raced to a pair of sixth-place finishes in the 1000- and 1500-meter races.

These days Pearson is living in Park City with his wife, fellow Olympic speedskater Ann Driscoll, and taking steps towards a future that is the exact opposite of what he's been doing this far. He just finished EMT training and hopes to soon start a career in firefighting, something Pearson says he always wanted to do. Beyond that, he hopes to start a family and continue the mountain lifestyle that Park City affords.

But as a man whose entire life was shaped by the sport, he will never leave his memories too far behind. He can still vividly remember the feeling of walking into his first Olympic Games in Salt Lake City – a memory he will cherish forever.

“It was unbelievable when the Americans walked out,” he said.



The Long Reign of Rodriguez

Jen Rodriguez

*I love skating
with all
my heart.*

Few can claim competing in four Olympic Games, but for Jennifer Rodriguez the feat seems almost effortless.

good when the season ended. She competed in the two World Cups after the Olympics before making the final decision.

"I'm 34 and there's a lot of things I need to take care in life and I need to get moving on," she said.

Rodriguez retired once before in 2006 after the Torino Games, feeling over trained and burnt out, but returned to the sport two years later. This time she is excited for what's next in her life. That's not to say she won't miss the ice though. She admits that she misses skating every day and would love to compete in Sochi in four years, but feels that it's time to accomplish other goals in life.

"I love skating with all my heart," she said. "I would love to still be skating, but sometimes you have to make choices. There is my family, it's hard. You leave your family when you quit skating. She hopes that someday she might take her new endeavors back to sport, using her physical therapy training to benefit skating. "I would love to do something... see where the opportunities lie," Rodriguez said. "It's getting school done so I can work on it."

Jennifer Rodriguez was already a champion in inline and roller skating when she made the transition to speedskating at age 20. From there, the winning continued. Among her many accomplishments are 2004 Overall World Cup Champion and 2005 World Sprint Champion. The crowning jewel of Rodriguez's reign were two bronze medals in the 2002 Olympic Winter Games in the 1,000- and 1,500-meter races.

Rodriguez rocketed herself to the elite level when she took an unexpected fourth place at the Nagano Games—her first. She had only been skating on the ice for a little over a year and never expected to finish like that. That coupled with her parents in the crowd, including her mother, who was battling cancer at the time, made it Rodriguez's best Olympic memory.

These days, Rodriguez is ready to put her time in the classroom. She will begin pursuing a degree in physical therapy this fall at the University of Miami. Rodriguez was not sure if she was hanging up her skates for



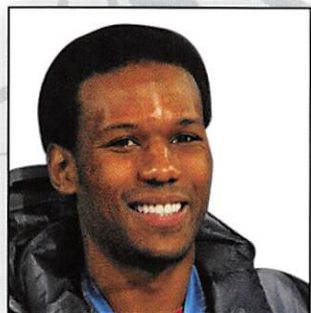


U.S. SPEEDSKATERS WIN 2009-2010 WORLD

ATHLETES END SEASON ON HIGH NOTE SECURING

Congratulations to the following athletes who ended the 2009-2010 competition season with World Championship medals, Overall World Cup titles and Top 10 rankings:

LONG TRACK OVERALL WORLD CUP, WORLD CHAMPIONS



SHANI DAVIS
(Chicago, IL)
**OVERALL WORLD CUP
CHAMPION
1000M, 1500M**



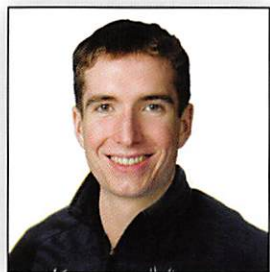
TUCKER FREDRICKS
(Janesville, WI)
**OVERALL WORLD CUP
CHAMPION
500M**



BRIAN HANSEN
(Glenview, IL)
**JUNIOR WORLD CHAMPION
1000M, 1500M
SILVER MEDAL JR. WORLD CHAMPIONSHIPS 5000M
BRONZE MEDAL JR. WORLD CHAMPIONSHIPS 3000M**

LONG TRACK TOP 10 RANKINGS

MEN'S TEAM PURSUIT - 4TH PLACE, LADIES' TEAM PURSUIT - 7TH PLACE



JONATHAN KUCK
(Champaign, IL)
**2ND PLACE
WORLD ALLROUND
CHAMPIONSHIPS**



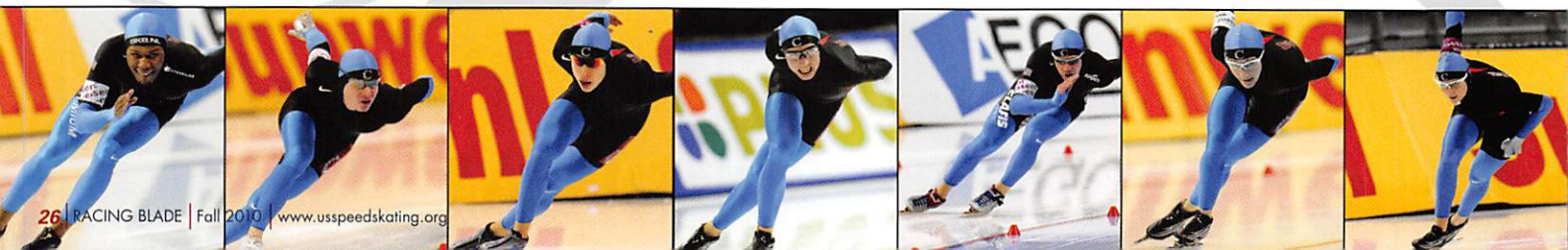
CHAD HEDRICK
(Spring, TX)
5TH PLACE 1500M



JEN RODRIGUEZ
(Miami, FL)
9TH PLACE 1500M



HEATHER RICHARDSON
(High Point, NC)
9TH PLACE 500M, 1000M



CHAMPIONSHIP, OVERALL WORLD CUP TITLES

NUMEROUS TOP RANKINGS

*photos courtesy of Thomas Di Nardo
and Bob Plumb*

SHORT TRACK TOP 10 RANKINGS

LADIES' RELAY - 3RD PLACE
MEN'S RELAY - 4TH PLACE



KATHERINE REUTTER

(Champaign, IL)

2ND PLACE 1000M
3RD PLACE 1500M
3RD PLACE OVERALL



APOLO ANTON OHNO

(Seattle, WA)

3RD PLACE OVERALL
9TH PLACE 500M
2ND PLACE 1000M
5TH PLACE 1500



JEFF SIMON

(Las Vegas, NV)

10TH PLACE OVERALL
6TH PLACE 500M



SIMON CHO

(Laurel, MD)

8TH PLACE 500M



JORDAN MALONE

(Denton, TX)

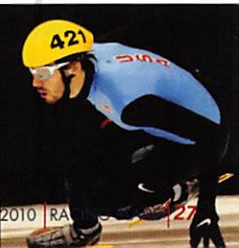
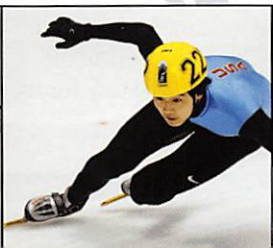
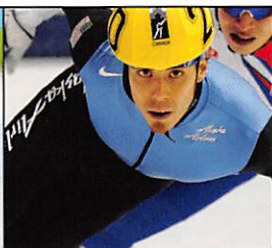
9TH PLACE 1000M



TRAVIS JAYNER

(Midland, MI)

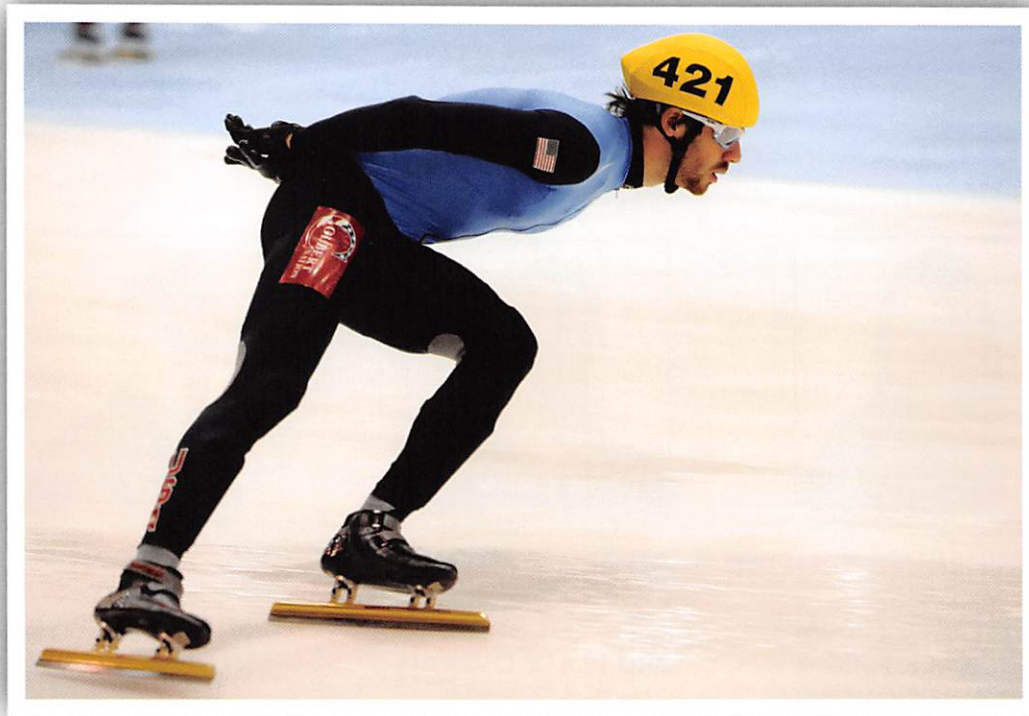
10TH PLACE 1000M
10TH PLACE 1500



➤➤ 2010/2011 SEASON

COMPETITION SEASON FAST APPROACHING

by Chris Weaver, US Speedskating Sport Development & Event Coordinator



Photos courtesy of Bella Faccie Sports Media, Thomas Di Nardo © 2010

Summer is flying by and speedskating season will be here before we know it. US Speedskating has filled the schedule with great meets all season long. Whether you're a Tiny Tot, Master, or somewhere in-between there are plenty of opportunities to skate just about every month from October to March.

We get the ball rolling with American Cup I-Short Track October 2-3 at the Pettit Center in Milwaukee the first weekend in October. This two-day meet will choose the skaters that will represent Team USA at the Fall World Cups in Canada and China (October 22-24 and October 29-31 in Montreal and Quebec City, and December 3-5 in Changchun, China). American Cup I will also be run alongside the Great Lakes Short Track Championships October 2-3 with races for all ages and abilities.

Two weeks later we have the U.S. Single Distance Long Track Championships October 22-24 also at the Pettit Center in Milwaukee. This meet will choose the skaters that will represent Team USA at the Fall Long Track World Cups in Europe and Asia (November 12-14 in Heerenveen, Netherlands, November 19-21 in Berlin, Germany, November 27-28 in Hamar, Norway, December 4-5 in Changchun, China, and December 11-12 in Obihiro, Japan).

In mid-December and early January US Speedskating will hold their premiere events in both short track and long track. First up is short track. From December 16-19, the best short trackers in the nation will be inside the Utah Olympic Oval in Salt Lake City for the

2011 U.S. Short Track Championships. The event will pick the team that will represent Team USA at the Winter World Cups and the World Short Track Championship March 11-13 in Sheffield, England.

Next is the 2011 U.S. Long Track Speedskating Championships January 3-5 in Salt Lake City. Olympic medalists will compete for the title of U.S. Speedskating Champion and a chance to represent their country at the World Allround, Sprint, and Single Distance Championships.

The second weekend in February, we will see the return of the North American Short Track Championships February 4-6. Held over three days in Midland, MI, it will follow a similar format to the highly successful North American Long Track Championships. An elite group containing some of the fastest skaters from the United States and Canada will compete in an American Cup event run as part of the North Americans with age group races for everyone else.

In addition to these elite-level meets, there are local meets just about every weekend all season long all over the country with opportunities for everyone to race. So get out there and participate.

For up-to-the minute competition news and results, please visit usspeedskating.org or follow US Speedskating on Facebook and Twitter.

SCHEDULE OF EVENTS

2010 - 2011 SEASON

2010

DATE	LOCATION	TRACK*	EVENT
Oct. 2-3	Milwaukee, WI	ST	American Cup I-Short Track/ Fall World Cup Qualifier
Oct. 22-25	Montreal, Canada	ST	World Cup #1
Oct. 22-24	Milwaukee, WI	LT	American Cup I - Long Track/Fall World Cup Qualifier
Oct. 29-31	Quebec, Canada	ST	World Cup #2
Nov. 6-7	Cleveland, OH	ST	American Cup II-Short Track
Nov. 12-14	Heerenveen, Netherlands	LT	World Cup #1
Nov. 19-21	Berlin, Germany	LT	World Cup #2
Nov. 27-28	Hamar, Norway	LT	World Cup #3
Dec. 3-5	Changchun, China	ST	World Cup #3
Dec. 4-5	Changchun, China	LT	World Cup #4
Dec. 10-12	Shanghai, China	ST	World Cup #4
Dec. 11-12	Obihiro, Japan	LT	World Cup #5
Dec. 16-19	Salt Lake City, UT	ST	2010 - 2011 U.S. Short Track Championships (World Team qualifier)

2011

DATE	PLACE	TRACK	EVENT
Jan. 3-5	Salt Lake City, UT	LT	2011 U.S. Long Track Championships (World Team qualifier)
Jan. 21-23	Saratoga Springs, NY	ST	2011 U.S. Junior Short Track Championships (Junior World Team qualifier)
Jan. 22-23	Heerenveen, Netherlands	LT	2011 World Sprint Speedskating Championships
Jan. 28-30	Moscow, Russia	LT	World Cup #6
Feb. 4-6	Milwaukee, WI	LT	2011 - North American Long Track Championships (Junior World Team qualifier)
Feb. 11-13	Midland, MI	ST	2011 North American Short Track Championships/American Cup III
Feb. 11-13	Moscow, Russia	ST	World Cup #5
Feb. 18-20	Dresden, Germany	ST	World Cup #6
Feb. 19-20	Salt Lake City, UT	LT	World Cup #7
Feb. 25-27	Seinäjoki, Finland	LT	2011 World Junior Speedskating Championships
Feb. 25-27	Courmayeur, Italy	ST	2011 World Junior Short Track Championships
Feb. 4-6	Salt Lake City, UT	LT	2011 American Cup Final/Long Track/Champions Challenge
Mar. 4-6	Heerenveen, Netherlands	LT	LT World Cup Final
Mar. 10-13	Inzell, Germany	LT	2011 World Single Distances Championships
Mar. 11-13	Sheffield, England	ST	2011 World Short Track Championships
Mar. 11-13	Wausau, WI	ST	2011 American Cup Final/Short Track/National Age Group Short Track Championships
Mar. 19-20	Warsaw, Poland	ST	2011 World Short Track Team Championships

For additional event information please visit:
<https://webpoint.usspeedskating.org/wp/events/listmeets.asp>



➤➤ SKATERS TO WATCH

CONGRATULATIONS CATEGORY

LONG TRACK SENIOR MEN

Brent Aussprung
Ryan Bedford
Mike Blumel
Clay Cholewinski
Shani Davis
Paul Dyrud
Tucker Fredricks
Brian Hansen
Chad Hedrick*
Jonathan Kuck
Joey Lindsey
Trevor Marsicano
Patrick Meek
Nick Pearson*
Matthew Plummer
Justin Stelly
Mitch Whitmore
Parker Vance
Harry Vogel

LONG TRACK JUNIOR MEN

Andrew Astalos
Colton Barrett
Mac Blumel
Erik Ducker
Blake Felber
Andrew Hodor
Robert Lawrence
Alex Mark
Matthew Rittenhouse
Conor Slivocka
Charles Stangl
Nathan Tonkinson
Luke Tweddale

LONG TRACK SENIOR LADIES

Rebekah Bradford
Lauren Cholewinski
Kelly Gunther
Ericka Hawke
Carla Langenthal
Maria Lamb
Netanya Mintz
Elli Ochowicz
Catherine Raney Norman
Heather Richardson
Anna Ringsred
Jilleanne Rookard
Jennifer Rodriguez*
Nancy Swider-Peltz Jr.

LONG TRACK JUNIOR LADIES

Petra Acker
Dannielle Barrett
Hannah Curwin
Hayley DeHaan
Rebekah Dyrud
Mary Grace
Briana Kramer
Jaclyn Rowe
Jerica Tandiman
Sugar Todd
Susan Vehe

** announced retirement following 2009-2010 season*

IN 2010-2011

TO THE 2010-2011

1 ATHLETES

SHORT TRACK SENIOR MEN

Kyle Carr
Simon Cho
J.R. Celski
Chris Creveling
Jonathan Garcia
Travis Jayner
J.P. Kepka
Levi Kirkpatrick
Apolo Anton Ohno
Jordan Malone

SHORT TRACK SENIOR LADIES

Alison Baver
Kimberly Derrick
Alyson Dudek
Lana Gehring
Mary Grace
Vicky Labourdette
Katherine Reutter
Emily Scott
Kirsten Todd
Cherise Wilkins

SHORT TRACK JUNIOR MEN

Andrew Astalos
Michael Burdekin
Daniel Fiorenza
Claude Gilbert
Cole Krueger
John-Henry Krueger
Robert Lawrence
James Rodowsky
Julian Wood

SHORT TRACK JUNIOR LADIES

Petra Acker
Sarah Burg
Alexis Burkholder
Sarah Chen
Alaina Fiorenza
Morgan Izykowski
Kendal Pumphrey
Katherine Ralston
Rachel Skrocki
Rachel Stewart



US SPEEDSKATING EMBRACES SOCIAL MEDIA TO CONNECT WITH MEMBERSHIP AND FANS

LOG ON AND CATCH UP WITH THE LATEST NEWS ABOUT US SPEEDSKATING

Earlier this year, US Speedskating launched a social media campaign to further engage members and fans and build upon the increased public awareness generated from the 2010 Vancouver Olympic Winter Games and the sponsorship of the Colbert Nation.

Thanks to a partnership with the HatlingFlint Group - a Minnesota-based communications agency - US Speedskating has been using social media to share stories, publicize events, and promote the sport and the athletes.

In just six months, US Speedskating has attracted a combined audience of 9,500 fans to its variety of social media channels including Facebook (facebook.com/USSpeedskating), Twitter (twitter.com/USSpeedskating), YouTube (youtube.com/user/USSpeedskating) and Up to Speed (www.usspeedskating.org/uptospeed) US Speedskating's community page.

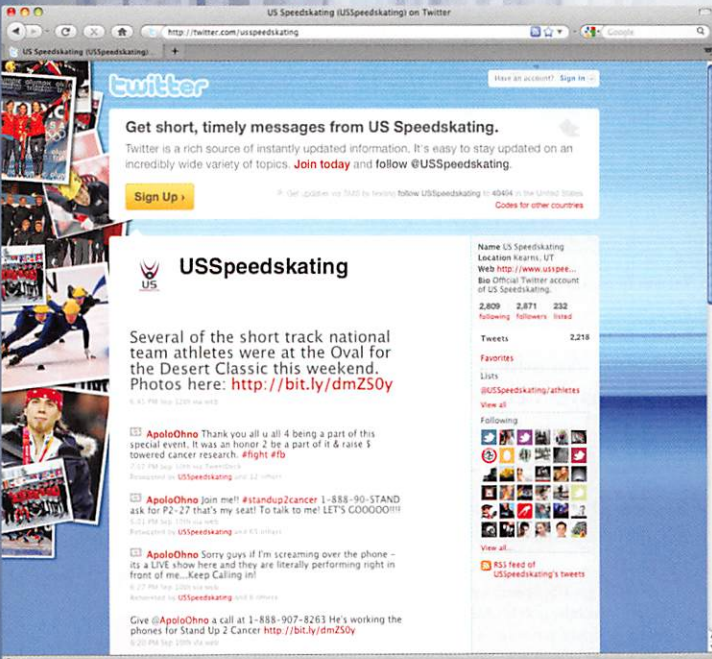
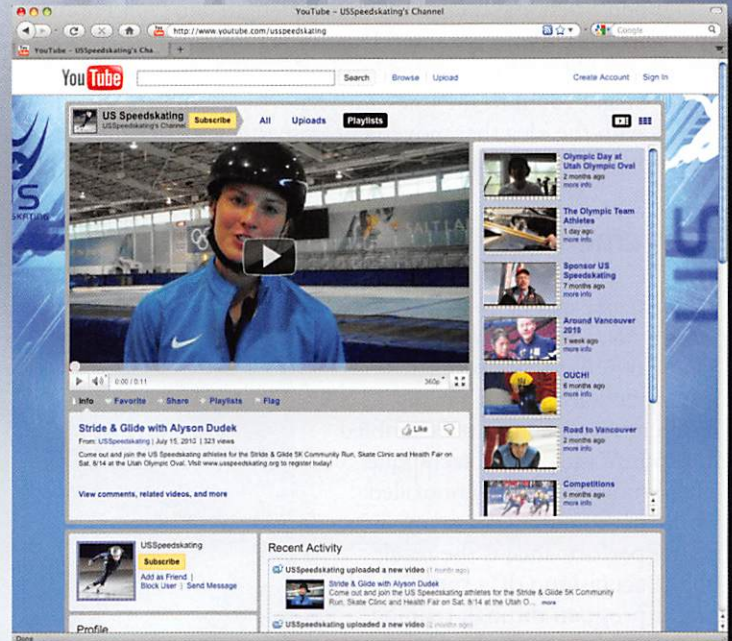
US Speedskating members and fans can keep up with the organization year-round as updates on athletes and programs are posted almost daily. Visitors can also get an off-the-ice view of the athletes through a series of fun video interviews on the USS YouTube channel.

Coming this season, Facebook, Twitter and Up-to-Speed will also be your source for breaking news on competition results and highlights. Plus, members can look forward to more access to US Speedskating news with easy access to our online publications Racing Blade and Ice Chips. And coming soon, watch your inbox for a new USS e-newsletter highlighting activities at the main office and programs around the country.

Not yet an online fan or follower of US Speedskating? Click on the links below to get connected. It's fast, and it's free. We look forward to staying in touch! 🐾



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GET THE LATEST US SPEEDSKATING NEWS AND EVENT UPDATES!

»» OFF THE ICE

AN INSIDE LOOK AT ATHLETE TRAINING

Shane Domer, US Speedskating Strength and Conditioning Specialist

FOUNDATIONS IN MOVEMENT

When I first assumed the role of Strength and Conditioning Specialist for US Speedskating, I was asked the same question repeatedly: “How do you intend to transfer the strength gained in the weight room to the ice?” My response to this question begins with the idea that movement primarily governs athletic performance.

Movement

The essence of athletic performance can be found in movement. In other words, sport can be described as a problem-solving activity in which many different movements are assembled to produce the desired technique. These movements are controlled by the neuromuscular system, whose performance is the result of the acquisition of a specific motor program through training. Improvement in sport is not through an increase in strength or power alone, but through the improvement of the body’s ability to execute a specific motor program more efficiently, with more force, greater rate of force development, etc.

Motor Programs

Motor programs are representative of a sequence of general movements that have been programmed, via the central nervous system, unique to the desired task. For example, during speedskating a motor program is developed that allows one to skate day after day without having to relearn the mechanics of this movement. A complex and specific motor program, like that of speedskating, is built upon the foundation of many different general motor programs.

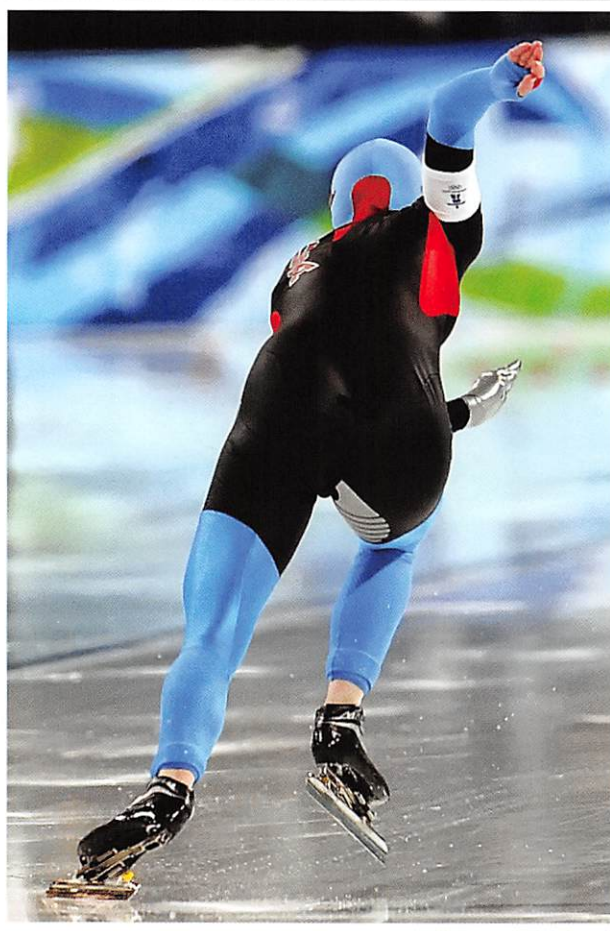
General motor programs can be looked upon as a base of a pyramid, in that all specific motor programs derive their desired movement from a foundation of general motor programs. For this reason, it is extremely important that athletes wishing to improve their athletic performance begin by devoting a significant amount of time towards the perfection of general motor programs.

General Motor Programs as a Means for Improving Neuromuscular Efficiency

All activities performed outside of the specific sport technique are classified as general in nature. With that being said, all movements performed as a means of enhancing strength and power are classified as general motor programs.

These motor programs are used to improve neuromuscular efficiency (force, rate of force development, etc.) and will eventually become the building blocks for the specific motor program (speedskating). As a result, it is important that we emphasize the same movement characteristics in the weight room as we desire to see on the ice. For example, if we want our athletes to learn to initiate force through their hip musculature while speedskating, we must also make it a priority to emphasize the same initiation of force while performing exercises like the squat & lunge. If this train of thought is followed, the athlete will become accustomed to initiating ground based force through the hip musculature, resulting in a transfer of the strength that he or she has gained in the weight room. A lack of attention to technique in the squat and lunge may result in a less than optimal quadriceps-initiated motor program for ground-based force development and a transfer of strength to the ice that will actually hinder speedskating performance.

The way our athletes move will ultimately lead to success within their sport. It is important that we don’t get too caught up in numbers, in turn neglecting foundational movement. An athlete must develop optimal motor programs before we have them “overload” these movements. It is only then that we can begin to build strength that will be transferable.



Photos courtesy of Bella Faccie Sports Media, Thomas Di Nardo © 2010

Shane DOMER, US Speedskating Strength and Conditioning Specialist

Shane Domer currently serves as the Strength and Conditioning Specialist for US Speedskating. He received his BS at Kennesaw State University and his MEd at the University of Georgia. Domer has previously served as a Strength and Conditioning Coach for the NSCA World Headquarters, the University of Georgia, The Optimal Athlete Inc., and the American Bushido Karate Association.



»» VOLUNTEERS

VOLUNTEERS ARE THE HEART OF US SPEEDSKATING

Chris Weaver, US Speedskating Sports Development & Event Coordinator

GET INVOLVED

Volunteers make speedskating happen. It's the parents, coaches, officials, and supporters who donate their time and talent to give and drive the sport. If it wasn't our volunteers we would not win Olympic Medals, have learn-to-skate classes, or anything else that goes on in-between.

Every step of the way there is someone helping out who has something else they could be doing. Which is why it so important that we don't take it for granted. And, why it is so important that we all pitch in at meets, with our clubs, and with our associations. It's understandable that people want to show up, sit in the bleachers, and watch, but it is also important to remember that without a few key volunteers there would be nothing to watch.

There are many ways to get involved, and it can take you as far as you want to go in the sport. Officials are always needed at competitions of all levels, and after years of volunteering some of our officials have worked at the Olympics, World Cups, and World Championships.

- **Clubs** can always use another coach, and some of our best club coaches go on to coach at the elite level and watch their skaters compete at the highest levels.
- **Meets** always need organizing, and not just local meets. The biggest meets in the world all depend on volunteers.
- **Clubs and Associations** always need leaders, and these leaders become leaders in the sport.
- **US Speedskating** always needs committee members, and these committee members shape the direction of speedskating in the United States.

So get involved. It's as simple as showing some interest and offering a little bit of your time. For more information, please visit usspeedskating.org to find out more on how you can join us. 🏇

Chris WEAVER

Sport Development and Domestic Event Coordinator

Chris Weaver coordinates all of the details for US Speedskating domestic events. From where the signs go up to making sure the awards arrive at the venue, he is the point person for the creation and success of US Speedskating's domestic events.



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US SPEEDSKATING HONORS

The 2010 US Speedskating Board of Directors Spring Meeting and Hall of Fame Dinner provided an opportunity to recognize and honor a group of outstanding individuals for their contributions to the sport of speedskating, as well as highlight some of the sport's emerging young leaders.

At the US Speedskating Hall of Fame Dinner on May 1, 2010 in Richmond, VA, longtime contributor **Duane Riley** (Sun Prairie, WI) and classical era skater **Mario Trafeli** (Bloomfield Hills, MI) were inducted into the US Speedskating Hall of Fame. Olympic speedskating legend **Bonnie Blair Cruikshank**, who serves as US Speedskating's Hall of Fame Committee Chairperson, honored Riley and Trafeli for their outstanding accomplishments and contributions to the sport of speedskating.

"What a great night to celebrate Duane and Mario's induction into our Hall of Fame. Mario had great stories of the past to share with us, and the years that Duane has been involved is wonderful as it was all volunteer," said Blair Cruikshank.

Bill Cushman was honored with the **George Howie Award** for his outstanding contributions to the speedskating community. The award was presented by Hall

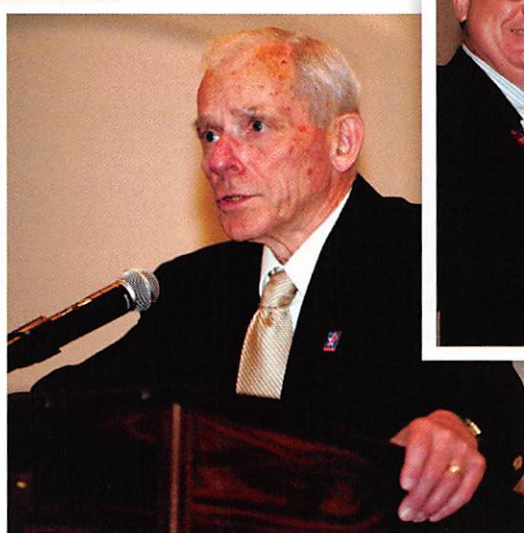
of Fame committee member **Larry Ralston** and honored Cushman for over seven decades of participation as an athlete, coach and referee. Currently head coach of the Midway Speedskating Club (Roseville, MN), Cushman has also served as coach and manager of several U.S. World Speedskating teams and was manager of the 1980, 1984, and 2002 U.S. Olympic Speedskating Teams. Cushman served as US Speedskating President from 1989-2000 and US Speedskating Board member from 1972-2002. Cushman was inducted into the US Speedskating Hall of Fame in 1996.

US Speedskating Board President **Brad Goskowicz** presented three-time Olympian **Apolo Anton Ohno** (Seattle, WA) with the **2010 Eric Heiden Skater of the Year Award** for his historic accomplishments during the 2009-2010 season. Winning three medals at the 2010 Vancouver Olympic Winter Games, bringing his career total to eight Olympic medals, Ohno became the most decorated Winter Olympian in U.S. history.

"I am honored and humbled to receive this prestigious award," said Ohno. "Speedskating for me has never been about breaking any records or being considered in the same class as some of the greatest in the sport. I always set out to perform to the best of my abilities and become a champion



Speedskating Hall of Fame Chairperson and six-time Olympic medalist **Bonnie Blair Cruikshank**
Photo by Jillian Chilson



Bill Cushman was honored with the George Howie Award for his outstanding contributions to the speedskating community
Photo by Jillian Chilson



US Speedskating President Brad Goskowicz (l) honored **Randy Dean** (r), Executive Director of the Pettit National Ice Center in Milwaukee, WI, with the 2010 President's Award.
Photo by Jillian Chilson

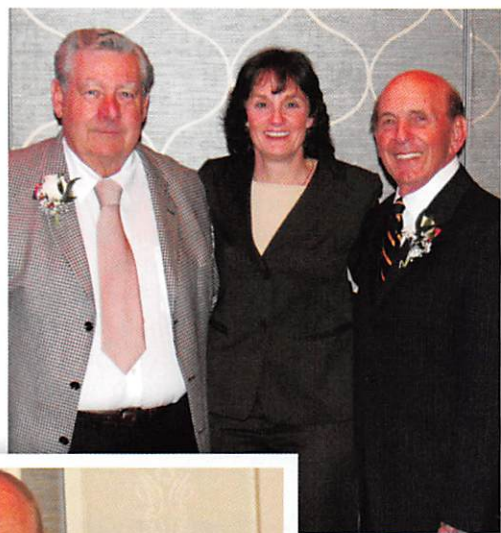
LEGENDS & CONTRIBUTORS

even when I do not cross the line first.”

“Apolo has become the face of speedskating over the past years, he has carried himself with grace and determination and it is appropriate that he win the Heiden Award after becoming the most decorated U.S. Winter Olympian ever at the Vancouver Games,” added Goskowicz.

Goskowicz also honored **Randy Dean**, Executive Director of the Pettit National Ice Center in Milwaukee, WI, and **Jeff Kleinschmidt**, Director of the United States Olympic Education Center in Marquette, MI, with the **2010 President's Award**. The President's Award honors individuals for their exemplary support of US Speedskating and its athletes.

“Jeff Kleinschmidt and Randy Dean are prime examples of the types of partners that US Speedskating is so fortunate to have,” said Goskowicz. “Jeff has worked with us for nearly thirty years and virtually every U.S. Short Track Olympian has come through the Marquette program in that time. Randy Dean, on the other hand, has in a short time, transformed the Pettit National Ice Center in to the center of speedskating excellence it was meant to be.”



Hall of Fame Chair Bonnie Blair Cruikshank celebrates with 2010 Hall of Fame honorees **Duane Riley** (l) and **Mario Trafeli** (r).

photos courtesy of US Speedskating



Jeff Kleinschmidt, Director of the United States Olympic Education Center in Marquette, MI, receives the 2010 President's Award at the 2010 Spring Board Meeting.

photos courtesy of US Speedskating

2010 AMATEUR SPEEDSKATING UNION FOUNDATION ANNOUNCES SCHOLARSHIP RECIPIENTS

The Amateur Speedskating Union (ASU) Foundation Board and Scholarship Committee is pleased to announce the recipients of the 2010 ASU Foundation Scholarships. This year six student athletes have been selected to receive a scholarship to be used toward their college education. Congratulations to the following 2010 ASU scholarship recipients:

- **Paul Dyrud** - Wauwatosa, WI (Midway Speedskating Club) attending University of Minnesota. Paul was the 2010 recipient of the Gutgesell Scholarship.
- **Julie Gehring** - Williamsville, NY (Buffalo Speedskating Club) attending Robert Morris University - Boston
- **Benjamin Gertner** - Framingham, MA (Bay State Speedskating Club) attending Tufts University
- **David Gerter** - Framingham, MA (Bay State Speedskating Club) attending Tufts University
- **Erica Lanser** - Elm Grove, WI (West Allis Speedskating Club) attending Marquette University - Milwaukee. Erica was the 2010 recipient of the Blatchford Scholarship.
- **William Mullarkey** - Bay Village, OH (Ice Club DeMorra) attending Otis College of Art and Design - Los Angeles

The ASU Foundation Scholarships are awarded annually to US Speedskating members in recognition of those individuals who best exemplify the qualities of sport and academics. The Scholarship Committee is comprised of five voting members from across the country. The female athlete receiving the highest ranking is awarded the Blatchford Scholarship in honor of the late Carol Blatchford, an aspiring young speedskater who tragically died in an automobile accident in the late 1960's. The male athlete receiving the highest ranking is awarded the Gutgesell Scholarship in honor of the late Howard Gutgesell, a loyal contributor to the ASU Foundation.

Congratulations to all of the 2010 ASU Foundation Scholarship winners. US Speedskating members are encouraged to support the ASU Foundation through tax deductible donations that will perpetuate this worthwhile program for many years.

Scholarship donations may be mailed to:
Amateur Speedskating Union Foundation
c/o Elayne Riley, Treasurer
2877 Bailey Road
Sun Prairie, WI 53590

US SPEEDSKATING

SPEEDSKATING HALL OF FAME SETTLES IN TO NEW

Shirley Yates

After years of living in boxes, the Speedskating Hall of Fame photos are at last being displayed. Last October the “Wall of Fame” was unveiled in the Hall of Fame Room at the Pettit National Ice Center in Milwaukee. On display are the photos of 148 members of the speedskating world who have made their mark in the sport since 1890, either as skaters or contributors.

Hall of Famer Fred Benjamin summed up the feelings of all who viewed the wall as it was introduced the weekend of the Olympic Long Track Trials. “I thought it was very nice to finally have the Wall of Fame of Hall of Fame inductees out in the open to be seen in an important skating venue which attracts both skaters and tourists from many countries as well as our own. The Hall location really never made any sense as it was located in other places in the past. It now has a perfect home.”

And Bonnie Blair, one of speedskating’s most decorated Olympians, gave her impression of the wall from a skater’s viewpoint: “It was very exciting to see all the Hall of Fame members in one place. The Pettit Center is the perfect place to host the “Hall of Fame Wall” as it is a rink that is centrally located and most skaters get to it every year or every other year I am sure. If you haven’t been up to the Hall of Fame Room at the Pettit be sure to check it out. How strange that the name of the room really took on a whole new meaning when all the photos went up.”

The history of the Hall of Fame is as fascinating as the biographies of its members. The Hall of Fame was created by action of the Amateur Skating Union of the United States (the “mother” of speedskating in this country which merged with U.S. Speedskating in 2002) at its annual convention in Milwaukee in 1959 to give “permanent recognition to outstanding skaters whose exploits far exceed the ordinary and to those contributors to the sport who, through their efforts for many years, helped in running and promoting the sport”.

Joseph P. Monihan, a Charter Member and Past President of the Newburgh, NY, Lions Club, convinced the delegates at the ASU 1960 Convention in Colorado Springs, CO that the HOF should be located in Newburgh because of its reputation as “The Cradle of Speedskating in the United States.” The HOF had two temporary

homes in Newburgh before the Lions Club built a permanent home for it which opened in 1974.

The Lions Club had constructed the HOF building on city property and in 1995, because only a “gentleman’s agreement” bound the city and the Lions Club, the club was required by the city to vacate the property. In 1996, the Lions Club without prior discussion or notification to the ASU set up a “museum,” consisting of some display cases of speedskating artifacts in the Newburgh Ice Rink lobby, hoping to call it the Speedskating Hall of Fame. Members’ photos were boxed and stored in the rink’s unfinished second floor. The ASU objected to this arrangement and, after 30 years of working with the Lions Club to collect, store and display the photos and artifacts of this country’s speedskating history, the ASU made the decision to move the Hall of Fame out of Newburgh.

What followed then was a claim by the Lions Club that it owned all the artifacts and the words “Speedskating Hall of Fame. After four years of wrangling over ownership, the Lions Club, whose new younger members no longer had the sentimental or proprietary interest in the HOF that their predecessors had, finally agreed to release everything to the ASU.

The following year ASU put out bids for a new HOF home and in 2000 the Northern New York Speedskating Assn. submitted a proposal to relocate the HOF to Saratoga Springs, NY. In desperate need of a home to store its hundreds of artifacts and photos and countless other items documenting speedskating’s history, ASU accepted the bid and everything was moved to storage in Saratoga under the supervision of Tom Porter, past ASU president and long-time member of the Saratoga Winter Club.

Tom worked hard to move things forward in Saratoga, enlisting the help of local and state politicians, former World Class skaters and Olympians and other interested parties in the area. Much was accomplished in those first years in Saratoga. By 2004 various fundraisers had been conducted, promotional meetings held, an official logo adopted, a pamphlet produced. Tom was even able to obtain a grant from the state to enable him to hire a part-time Director/Curator who worked with a local curator, Jeanne Williams, to start sorting and cataloging the enormous number of artifacts that had accumulated over the years.



HALL OF FAME

HOME AT MILWAUKEE'S PETTIT NATIONAL ICE CENTER

Jeanne was impressed with what she found. She said the collection is “a very unique and probably almost complete record and history of the sport/art of speedskating wrapped up in approximately 100 boxes.” She said it appears that people have been diligently collecting and saving their histories.

One of Tom's most important achievements was to register the Speedskating Hall of Fame with the State of New York as a separate, independent, not-for-profit organization in September 2001. A Board of Directors was established and the following year, under the direction of and urging by the Director, the Board voted to change the organization's name to the National Speedskating Museum and Hall of Fame.

What started out as a magnificent dream and answer to all the Hall of Fame woes fell apart bit by bit. In the beginning, the plans were so grandiose they even included the construction of a Museum and Hall of Fame building along with a proposed 400-meter outdoor oval near the existing indoor ice facility in Saratoga. Tom struggled for the next four years to get it all to come together but the enormity of the project was overwhelming. He started to lose volunteer help and promises of funding. In the end, all he had left was himself, Jeanne, and a whopping monthly rental bill for the storage of an ever-growing collection of artifacts.

At one point, the Board even considered an offer from The National Sports Museum, an aggregate of sports museums and Halls of Fame to be built at the site of the World Trade Center in New York City. It would have amounted to a shared marketing and promotion of each other's collections. It was slow getting off the ground even though the Federal Government supposedly was going to provide \$93 million for it. Fortunately, our Hall of Fame had other plans because that whole project eventually folded.

In 2006, the Board voted to put the Hall of Fame out for bids once more and this time the Pettit National Ice Center Executive Director Cindy Yomantas made a bid on behalf of the Center. Several months passed while the negotiations were discussed and finalized and in the fall of 2007, in a monumental move of those 100+ boxes, everything from Saratoga arrived in Milwaukee.

It has been a struggle since then to once again bring it all together, to make the right moves, build the enthusiasm and get the volunteer help, start the fund-raising campaigns. Just the logistics of where to display everything in that vast Pettit Center has been a Board constant concern during its many meetings and conference calls. But everyone who has been

involved knows that finally the right home has been found for speedskating's Hall of Fame and Museum

That is a brief synopsis of the 49-year history of the Hall of Fame. The first member of the Hall of Fame was Joseph Donoghue, born in 1871 and inducted in 1960. He was the first American World Champion. Three other skaters and three contributors who were inducted later in the 1960s were all born in the 1800s. The first woman inducted was Kit Klein, born in 1910 and inducted in 1964. She also was a World Champion.

In 2008 this whole project took a giant step forward when a new Executive Director, Randy Dean, was hired to manage the Pettit Center, and a new President, Rob Dudek, was elected to the National Speedskating Museum & Hall of Fame Board. The Board also includes Shirley Yates, vice president; Beth Bedford, treasurer; Sue Schaefer, secretary; and Directors, Tom Porter, Jerry Search, Jerry Steele, Duane Riley and Mike Affholter. Collection Manager/Curator Tamara Johnston, who has been working with the NSM&HF Board since the move to Milwaukee, supervised and helped build the “Wall of Fame” along with Doc Savage, Jerry Steele, Randy Dean and a Pettit Center crew of Rich Jaeger and Mike Wormsbacher.

According to Dudek, “The National Speedskating Museum & Hall of Fame is a reflection of dedicated athletes and tireless contributors, joined together by a sport that has bestowed upon us experiences few people can imagine.”

He added that in order for it to continue its mission, it needs financial assistance. “In addition to ongoing efforts to secure grants and contributions from corporate sponsors, any help from skaters, family members, officials, volunteers, fans and friends of speedskating would be very much appreciated.”

Dudek asked people to please consider making a tax deductible contribution by visiting the organization's website at www.nationalspeedskatingmuseum.org or by mailing contributions to:

Beth Bedford, Treasurer
NSM&HF
12130 Spruce St.
Thornton, CO 80602

Editor's note: Longtime speedskating supporter and volunteer Shirley Yates passed away on April 30, 2010 in Richmond, VA. A key contributor to the the Speedskating Hall of Fame, and a Hall of Fame inductee, Shirley wrote this article for the Racing Blade shortly before her passing. US Speedskating is saddened by the loss of Shirley. To read more about Shirley's legacy, please see page 40. 🐾



Milford D. "Doc" Savage and Jerry Steele, National Speedskating Hall of Fame members have worked tirelessly to sort and categorize boxes of artifacts and documents which will be displayed in the Museum.

REMEMBERING SHIRLEY YATES

A LEADER, DEDICATED VOLUNTEER AND FRIEND

US Speedskating lost longtime friend and supporter Shirley Yates on April 30, 2010. Shirley passed away peacefully in Richmond, VA while attending the US Speedskating Board of Directors Spring meeting. Shirley was a dedicated supporter of our sport and athletes.

Yates was born April 15, 1936 in Laurium, MI. In the late 1950s, She worked as a general assignment reporter for the South Bend Tribune, the only female reporter at that time. While working at the South Bend Tribune, she was introduced to Jim Yates through a mutual friend. They were married December 31, 1961 in South Bend. Jim and Shirley chose to raise their family in Glen Ellyn, IL where she first became involved in speedskating.

Yates spent two years as the manager of the Glen Ellyn Speedskating Team and became increasingly more active in the Amateur Speedskating Union (ASU). She served as the executive secretary and treasurer of the ASU from 1984 to 2000. Her involvement progressed and she served as Chief Judge of numerous State, National, and North American Championships. Twice Yates competed in the Master Womans' Class Illinois State Championship on Lake Ellyn. She worked as a speedskating judge as two Special Olympic competitions.



She was instrumental in establishing the Olympic Training Center in Marquette, MI which opened in 1985. In 2002, she had the opportunity to work at the Salt Lake 2002 Olympic Winter Games as a timer for short track speedskating.

Yates facilitated the creation of the National Speedskating Museum and Hall of Fame, located in the Pettit National Ice Center in Milwaukee, WI. On May 21, 2000, Shirley was inducted into the National Speedskating Hall of Fame as a contributor to the sport. She is survived by her husband, Jim; sons Michael and Jonathan; daughters-in-law Beth and Carin; grandchildren Kiefer, Keegan, Coble, Ellery Ann; and sisters Kathleen Werle and Andrea Van Wyck. She also is survived by many extended Finnish relatives and close friends.

We will continue to honor her heritage throughout our entire organization. US Speedskating extends its deepest condolences to

her husband Jim and her family. She will be dearly missed.

The family requests that donations be made in her honor to:

Amateur Speedskating Union Foundation
c/o Elayne Riley, Treasurer
2877 Bailey Road
Sun Prairie, WI 53590

SHARING REMEMBRANCES OF A GREAT FRIEND

Speedskating colleagues share their memories of a great friend...

"I don't know anyone in my 30 years involved in the sport as dedicated to the Sport of Speedskating as was Shirley Yates. Whenever Shirley was involved, one could expect 100 percent of her time and her heart pushing toward whatever was the goal of the moment.

Along with Bob Vehe and myself, she spearheaded the push by the Amateur Skating Union (ASU), which was the development organization of the sport, to get representation on the USISA Board of Directors for the

general membership who felt they should have a voice and a vote on policy, choosing teams, employees and so on of US Speedskating (then USISA). Without her devotion to the cause, we would not have been successful in that endeavor.

She was singularly and personally responsible for getting our foot in the door and the instigation of a program at Northern Michigan University in Marquette, MI, where skaters could go to school and live virtually

for nominal amounts of money and skate and train at the same time. She lived close to there for a good part of each year and spent her time, love of the sport, talent, and expertise in getting this program off the ground. This involved working with members of the Legislature of the State of Michigan to approve this extra funding.

Additionally, while believing so much in the need and ability for skaters to continue their education and be able to keep skating and training at the same time, she had the idea for the ASU Scholarship program which continues today through US Speedskating.

She herself had a degree in journalism from Northwestern University and took on a huge responsibility in editing and making sure Racing Blades always went out four times a year from the ASU.

I have to say that she was personally responsible for securing more new members to the ASU than any other person whether it was direct solicitation from the Glen Ellyn, Illinois area, or phone conversations around the country as Secretary of the ASU where anyone she talked to loved her personality, her knowledge of the sport and the geography of the clubs, and her enthusiasm. It has been told to me by many people that it was her on the other end of the phone and her friendships that kept many of these people involved in the sport as officials and local organizing committees long after their children stopped skating.

I personally, as well as the sport, miss her and her friendship dearly.”

— **Fred I. Benjamin**

Board Member - US Speedskating

“Shirley was a wonderful person, she thought only of others and always was there to help a new skater or new club. The years she was the ASU secretary, she was the first, and most times the only source of information that clubs went to for information on speedskating. She went to every national and North American for probably 30 years. She was a chief judge and a very good one. Shirley was always involved in organizing Nationals and North Americans when she was ASU secretary. Organizers depended on her assistance and she was always there for them. Shirley organized every convention for years and made sure all the clubs and associations received any and all information that she had available. Whenever anyone would call the national office, Shirley always had time to explain and

answer any questions about speedskating. We sure will miss her, even after she retired, she was a fountain of information about speedskating.”

— **Elayne Riley, Treasurer**

Amateur Speedskating Union Foundation

“When Shirley passed away in her sleep at the Spring Meeting last April, I had two main thoughts. First, she died doing what she really loved, Speedskating National Meetings.

My second thought was that so many people do not really know who Shirley was, and how much she did for the sport.

For many years, Shirley was the Executive Secretary of the Amateur Speedskating Union, or ASU. Up until about eight years ago, US Speedskating handled the affairs for skaters training for international competition only. Everything else, clubs, associations, and especially age group competitions such as the Nationals, were handled by the ASU. Shirley was so deeply involved that she was really the face of the ASU. In the days before the Internet and especially e-mails, pretty much everything that happened went through the national office of the ASU, which was inside Shirley’s house. She always had the time to spend on the phone with anyone, and that included me. I learned so much about the sport, especially the administrative end, from Shirley.

I said that Shirley loved meetings. Once a year, we had the ASU Convention. Each of the (then) 17 associations had representatives there, and much work was done on re-working the many rules, especially the Racing Rules for the National Championships. Shirley usually did a great deal of the work involved with putting on the annual convention. One year, at the convention, there was a proposal to start paying Shirley, who had done her great work as a volunteer. When the item came up for a vote, she got irritated and left the room. She did not want to get paid for doing what she loved so much. The proposal passed, and I believe she was able to use the money to upgrade her office equipment.

Amazing lady, Shirley Yates. She was inducted into the Speedskating Hall of Fame in May of 2000. She did a great deal for our great sport, and will be missed by anyone who had the pleasure of knowing her.”

— **Jerry Search, Board Member - National Speedskating Museum and Hall of Fame**



IN MEMORIAM

A TRIBUTE TO US SPEEDSKATING FRIENDS AND SUPPORTERS



Photo courtesy of National Speedskating Museum Hall Of Fame

John Roland Werket

Three-time Olympian
and Olympic Coach

John Werket, born in St. Paul, MN on October 8, 1924 to parents Arthur and Clara Werket, passed away peacefully in his wife's arms on June 4, 2010. He graduated from Roosevelt High School in Minneapolis, MN. After serving his country in World War II with the 101st Airborne – Screaming Eagles (paratroopers) he graduated from Augsburg College in Minneapolis with a Bachelors Degree in 1949.

John met his wife Arnhild (Vesla) Bekkevol in Norway during an international speedskating event in the late 1940's when his colorful sporting career was moving into primetime (for 25 years). After being "Pen Pals" John and Vesla were married on August 17, 1951 in Minnesota. This was their resolve to end a very long distance relationship and the start of their wonderful lives together.

Werket was a three-time U.S. Olympic speedskater, multiple U.S. World Championship Team member, 1500 meter World Record holder in 1949 and two-time U.S. Olympic Coach. His skating career started in Minneapolis with the Powderhorn Skating Club in the 1930's. Werket was an instrumental coach that helped develop local and national skaters into world class competitors. He enjoyed coaching and helping others more than he enjoyed his multiple personal successes in the sport.

Werket also enjoyed tennis, baseball, canoeing (in the wilderness), and fishing. Also known as "Johnny," he was a special athlete, coach, father and husband that left a wonderful trail of history in Minnesota, the United States and around the world.

He retired from Northern States Power (Xcel Energy) in 1983 after 32 years. This gave both him and Vesla more time together in Sun City and Sun City West where they have been residents since the early 1980's.

He is survived by and lovingly remembered by his wife Vesla, sons John (Jacqueline) and Jim (Carol), grandchildren Sarah, Brianna, Neil and Eric (McKinze) as well as great grandson Carter.

In lieu of flowers donations can be made to Diamond Lake Lutheran Church or the Minnesota Youth Olympic Development Program.

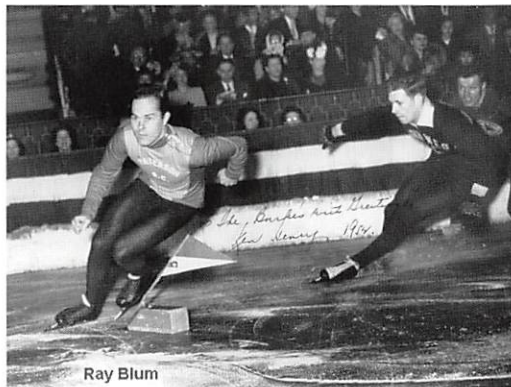


Photo courtesy of National Speedskating Museum Hall Of Fame

Raymond Edward Blum

1948 Olympian and Speedskating Hall of
Fame Member

Raymond Edward Blum, 91, of Little Falls, NJ, died on May 5, 2010.

Born in Nutley, NJ, Blum resided in New England and California for most of his life before returning to New Jersey earlier this year. He was an Electrical Engineer for many aerospace companies including Kearfott Guidance and Navigation Co. and Collman Instrument Co. He was an engineer for the guidance system for the Apollo I moon shot.

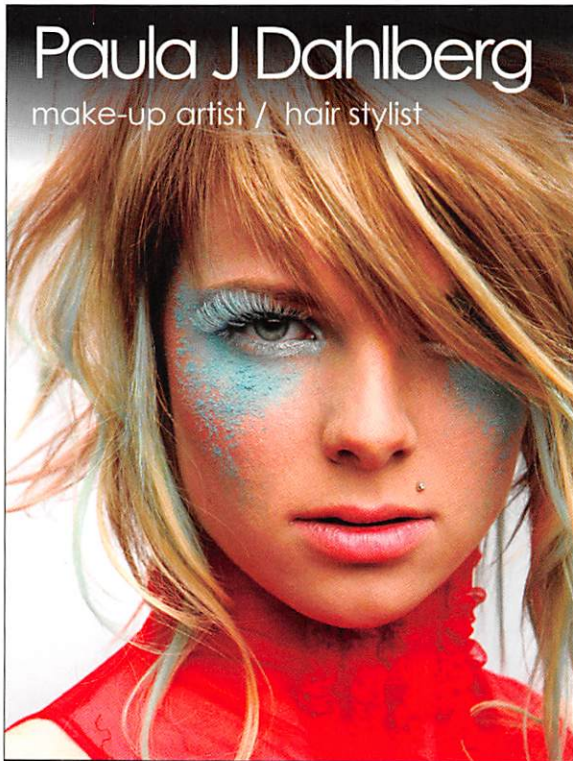
Blum was a U.S. Navy veteran of World War II and a graduate of the Newark College of Engineering. He was an accomplished speedskater and inducted into the Speedskating Hall of Fame and represented the United States in the 1948 Olympic Games in St. Moritz, Switzerland.

He was predeceased by his brother, Joseph Blum. Survivors include: his wife, the former Louise M. Voorhis; his sister, Helen Baller of Sanibel Island, FL. And several nieces and nephews.

In lieu of flowers, please make a contribution to Holy Angels RC Church, Little Falls or Hospice of New Jersey, 400 Broadacres Drive, Bloomfield, NJ 07003.

Paula J Dahlberg

make-up artist / hair stylist



Specializing in television, movie, model and special occasion make up and hair. **Paula** is one of the Preferred stylists for the **US Speedskating Ladies team**. Paula can be contacted at Lunatic Fringe at 801-231-2254. Visit her on her website at www.paulajdahlberg.com or via email at paula@paulajdahlberg.com

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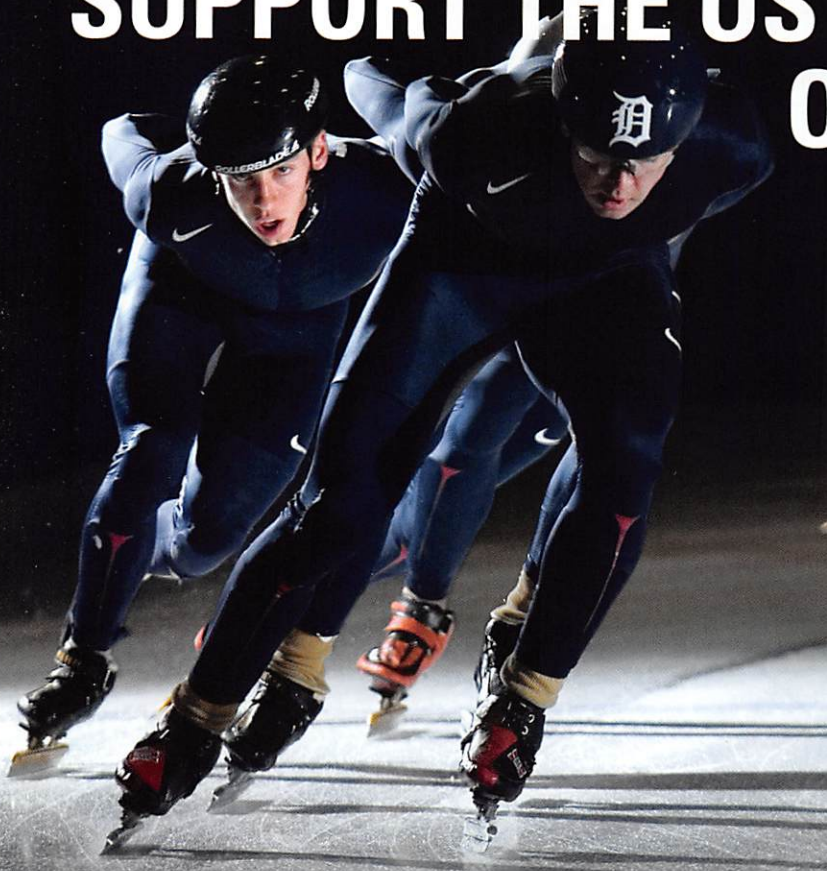


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THANK YOU

Stephen Colbert and Colbert Nation Rally to Support US Speedskating Victory in Vancouver

When Stephen Colbert and fans of his Comedy Central show “The Colbert Report” stepped forward to pledge their support of US Speedskating last November, Colbert’s fans and supporters enthusiastically responded.

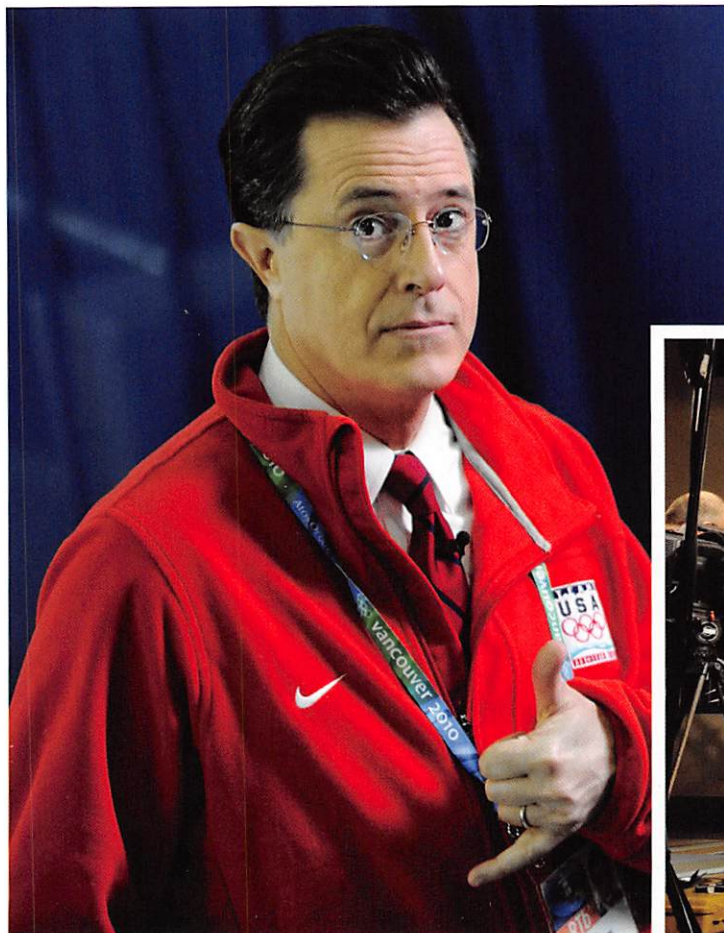
In the first 24 hours alone over \$70,000 dollars had been pledged to support the athletes on the final leg of their Vancouver journey. Within one week, that total grew to \$200,000. By the time the Opening Ceremonies began, the Colbert Nation raised over \$325,000 and set the stage for a successful 10 medal haul from the US Speedskating team.

US Speedskating athletes, staff and coaches send an enthusiastic thank you to Stephen Colbert and the Colbert Nation fans for their generous support. Thanks to each of you for playing an integral role of the success

of the team and for raising awareness of our sport.

Colbert traveled to Vancouver in his official capacity as the team’s “Assistant Sports Psychologist,” and provided winning counsel to Team USA’s Olympians. Here are a few photos from his visit with the team in Vancouver.

Thank you Stephen and the entire Colbert Nation! 🐘



Photos courtesy of Bella Faccie Sports Media, Thomas Di Nardo © 2010

News from US Speedskating Team Training

MARQUETTE, MI



A new training schedule has been implemented and many skaters on both the full year and summer rosters are showing drastic improvements in their skating abilities. The summer residents include Mary Grace, Jonathan Kuck, Katie Welsh, and Kreg Greer. Along with strength and conditioning improvements, technical issues such as equipment care and maintenance is also being focused on. Tony Goskowicz, one of the coaches of the USOEC Speedskating team, has been hard at work tweaking the skaters' blades on a new rocking machine that has been installed in the locker room. Also, many team members have been taking summer courses offered at NMU to increase their performance in the classroom as well as on the ice.

On top of training and taking summer school, many skaters on the team have been busy working to complete the US Speedskating level 1 coaching clinic. These skaters learn what it takes both on and off the ice to coach beginning skaters. Some athletes have found time in their busy schedules to take part in community events that are available to the Marquette public during the summer. Dan Fiorenza and Levi Kirkpatrick, both full time residents of the USOEC program, competed in the Lake Superior Bike Festival and raced in the Category 5 division. Both athletes competed in the road race, criterium race, and circuit race. They faired well against riders who came from every corner of the country to race in the event.

With their minds focused and bodies prepared, the USOEC Short Track Speedskating team is excited and ready to compete in the 2010-2011 skating season.

SALT LAKE CITY, UT

National team training began for long and short track skaters on May 10th at the Utah Olympic Oval. There are currently 11 athletes participating in the long track national training programs, who are joined by another 20 skaters in the short track program.

Following the Olympic year, the focus for both programs is on building a strong training foundation and developing a pipeline of new athletes to join the current skaters the national program.

"My focus for this season is to build the overall total training volume in order to have a bigger pool to draw from for the future seasons to come," explains National Long Track Head Coach Ryan Shimabukuro. He adds that, "the rookies are very eager to make the most of the opportunity to train in the national team program, while the others still needed more recovery time from a very stressful Olympic year. Overall, our biggest strength is a great team atmosphere and cohesion with everyone working well together."

Short Track National Head Coach Jae Sun Chun agrees. "The first year of our four year plan focuses on broad training, while we are still working to stay a top country in this sport. There is also more focus on finding new athletes who have the potential for success in 2014 and 2018. In addition to training for results, we've done a good job involving a larger number of skaters which makes the whole team improve together."

Chun has launched a new internship program open to skaters and coaches from USS clubs. The short track internship program gives skaters and coaches a chance to visit and join the national training program in Salt Lake City and share best training practices.

With summer training in full swing, initial results look positive. "Our last batch of testing results show huge improvement in peak power for each skater, which is one of the markers I'm trying to increase significantly," added Shimabukuro. Chun also reports seeing improvements in the short track skaters' base technique with a significant increase in physical strength and mental focus.

Looking ahead to the 2010-2011 season, both coaches are excited about the promise of the up-and-coming athletes. "I think you'll see some new faces representing us internationally, but we'll also need more time to develop more medal winners," said Shimabukuro.



WHEATON, IL



The past season was an incredibly satisfying season although it was full of our share of obstacles, ups, downs, and uncertainties. Yet, Brian Hansen made a revealing statement days into the Olympic experience in Vancouver, "If it all had to end today, I've already had my experience. It's been great!"

When the season ended, Brian and Nancy Swider-Peltz Jr. responded to requests to speak at schools and local organizations, seeing it as an opportunity to promote the sport in our area, as well as, a learning experience in speaking and communication. They loved it.

The athletes took a good break until mid-April and extended into June for one of them. Brian competed in a kayak triathlon along with Jonathan Kuck this spring, has run a lot of dunes, and added the velodrome to his training repertoire.

Our goal this summer has been two fold - to have fun doing what motivated them and addressing weaknesses. Family functions has been the priority, and it was fun getting together with the Hansen's in Michigan. Instead of training, we digressed to water balloon launching at unexpected boats.

Jeffrey Peltz is back training in the group, after a season of football at Wheaton College.

We will also have an international skater speedskating with us this fall for Sept/Oct., as we had Mats Jensen with us last season (May-Oct.).

All of the group will be in school this year. Brian is at Marquette (Milwaukee), living on campus. Peltz is at Wheaton College, living on campus and commuting to Milwaukee, but skating more short track locally for training. Nancy Jr. is also at Wheaton College, living at home and commuting to Milwaukee four to five times a week.

As a new board member (current elite athlete), Nancy Jr. wants to help as effectively as possible and asks the skaters to communicate with her or Ian and Travis anytime!

We think the future looks very good in this sport. Lets make it happen! 🏇

News from US Speedskating Clubs and Associations

GARDEN STATE SPEEDSKATING CLUB (MORRIS PLAINS, NJ)



The Garden State Speedskating Club (Morris Plains, NJ) existing for over twenty years, has stood the test of time. It has endured the hardships that have been the demise of many clubs. One reason for this longevity was recognizing that survival depended upon the influx and success of younger skaters.

One of those skaters is my son, Alec Zosche. Alec came to the club six years ago seeking to learn the sport. Intimidated by the unknown, he shamed me, his Dad, into learning along with him. He stepped into a men's skating club with one other older kid named Matt. The three of us along with another adult quickly became the new "C" group.

Garden State, at that time, was not what I would call a Learn-to-Skate Club. A club that met once per week for workout lap-type sessions was not the perfect environment to learn for Matt and Alec but the only one around.

With membership low and its survival on the line, the club must have instinctively known its future was dependent upon the success and interest of skaters such as these. Experienced members shared some expertise and we all improved that first year.

Looking back I would say that year was a pivotal one for the club. It was then Garden State started to evolve into a mixed generational club and was able to keep its doors open. Over the years new members would come and go, but

today we are a mixed generational club with something for everyone. It's rare today to see kids doing a sport with people other than their peers. All three of my sons (13, 10 and 8) are now seasoned members. Our members range in age from 8 to almost 80.

I knew it was only a matter of time before I would be continually in the draft of my son but that time came last year. Alec is now starting to skate with the 'A' group and has the encouragement of the "big guys".

- Darren Zosche, Garden State Speedskating President

GLEN ELLYN SPEEDSKATING CLUB (GLEN ELLYN, IL)



The Glen Ellyn Speedskating Club took "Best in Parade" honors in the Village of Glen Ellyn 4th of July Parade with their float. About 30 skaters, coaches, siblings, and parents participated in the parade, many skating alongside the float on their inline skates. The parade theme of "Get Your Patriotic On" which club members turned into a design titled "Get Your Podium On" that featured wood replicas of the Olympic Rings, the club "skate torch" logo, Olympic torches, and 20 hand painted and lettered medals (10 for each side, representing the medals won by US Speedskating in the 2010 Olympics), and a red, white, and blue podium against a backdrop of three USA flags and a USA sign.

The design/build team was led by Gordon Cepuran and Jacky Rowe. The judges were impressed by the patriotic spirit and enthusiasm expressed and the large amount of involvement by kids and young adult members of the club.

ICE CLUB DEMORRA (SOUTHERN CALIFORNIA)



Ice Club DeMorra from Southern California is delighted to report an increased number of skaters on the ice by nearly 500 percent! Excitement generated from the Olympics has infused our new skaters with an unprecedented energy and commitment to the sport. Our elite competitors waived their normal "break" post Nationals, attending club sessions for the sole purpose of assisting new skaters. Thank you especially Chris, Zach, Kyle, Jeff, Joey, Walter, Kaitlyn, and Kendal for donating countless hours to help our explosion of new skaters!

Wilma Boomstra's new "Performance Skills" program enables novice skaters to be tested in progressive levels, receive progress reports, and earn certificates for levels completed. Skaters and parents are further motivated as they see personal speedskating progress charted.

In June, club member J.R. Celski visited with our skaters. Everyone, young and old had a blast with J.R. as he chatted and good naturedly posed for

photos. Furthermore, our club's major sponsor, LA84 Foundation, arranged a "Conversations with Olympians" dinner event at their headquarters in LA. DeMorra Speedskating Club Olympians J.R. and Jordan Malone carried on interviews with humor and thoughtful motivational stories. J.R. expressed his appreciation for coach Wilma and her outstanding coaching, citing her exceptional dedication to her skaters. Over 30 past and present Olympians attended from all sports, including Katherine Reutter, who also graciously posed with her medals and offered encouraging words to many of our new skaters. It was an amazing evening for all in attendance. Everyone felt uplifted and encouraged to follow their life's dreams!

MIDWAY SPEEDSKATING CLUB (ROSEVILLE, MN)

Skaters and parents from Midway Speedskating Club in Roseville, Minnesota participated in the Rosefest Parade on June 21st. They helped promote the sport of speedskating by passing out information cards, stickers and treats to the crowd. Bill Cushman, Head Coach for Midway Speedskating Club and US Speedskating Hall of Fame Member was also honored for his years of commitment to the sport by being chosen as Grand Marshal for the parade. Congratulations Bill!

PARK RIDGE SPEEDSKATING CLUB (PARK RIDGE, IL)



Summer ice for the Park Ridge Speedskating club has helped bring together a wonderful group of people

from nearby clubs. On Tuesday evening a technical skills series is lead by Park Ridge Speedskating Club's own four-time U.S. Olympian Nancy Swider-Peltz Sr., who most recently coached her daughter Nancy Jr. and silver medalist Brian Hansen at the Vancouver 2010 Winter Games.

The two recent Olympians are usually skating with us, a great honor. Coaches from Glen Ellyn/Franklin Park (Carl Cepuran, Mike Papini, Steve Penland) and Northbrook (Chris Stankiewicz) help too. We also have ice time on Saturday mornings and skaters from all the Illinois clubs have come including Evanston and even a drop in from Champaign on occasion. It has been wonderful to practice with, and get to know skaters we'd otherwise only see at meets. The collaboration among all the coaches has been great too.

POTOMAC SPEEDSKATING CLUB (ARLINGTON, VA)



The Potomac Speedskating Club is pleased to announce the appointment of Hyun Jung Lee as the club's new head coach. Coach Lee has over 13 years of coaching experience in Korea and the US and she represented Korea at the 1988 Winter Olympics in Calgary. While on the Korean national team from 1985-1991, she earned a bronze medal in the World Championships 3000m event and several medals at the Asian Games.

"We are very lucky to have so much talent in the Washington, DC

metro area," said Coach Lee. "I enjoy coaching at both ends of the spectrum—from our brand new skaters to our American Cup competitors."

As one PSC parent noted, "Our coaching change has been a huge positive for the Club. I admire the way in which Coach Lee is both rigorous and demanding of her skaters, while at the same time, creating a warm and nurturing environment which inspires skaters to try their hardest. Since April, she has orchestrated a major transformation in our skaters' form and technique, and everyone is skating with more energy and confidence."

This spring and summer, the Potomac Speedskating Club has organized many Learn-to-Speedskate classes, camps and clinics to address the great demand for short track speedskating generated by the Vancouver Winter Olympics. Approximately 40 new skaters have had the opportunity to try speedskating, and PSC has successfully converted a number of figure and hockey skaters to short track speedskating. This fall, the Potomac Speedskating Club has secured optimal training times at three key Maryland rinks: the Wheaton Ice Arena, the Gardens Ice House in Laurel and the Cabin John Ice Rink in Rockville, which will enable Coach Lee to continue to offer beginner to advanced training programs to a wide audience of youth and adult skaters.

Potomac Speedskating Club skaters look forward to a successful season of skating under Coach Lee's direction.

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