

The Racing Blade

VOLUME XXVI
NUMBER 3

FEBRUARY, 1993



Features:

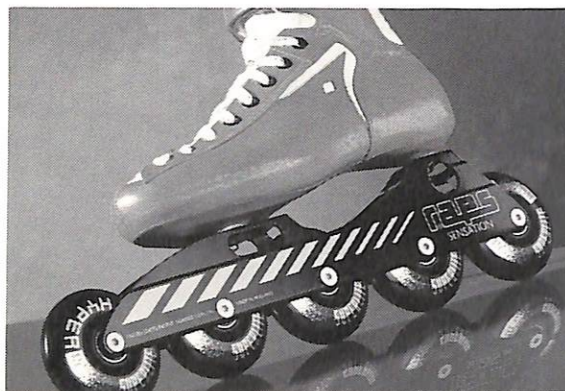
**Duluth National
Marathon
Championship**

**Skater's Stories
About Marathons.**

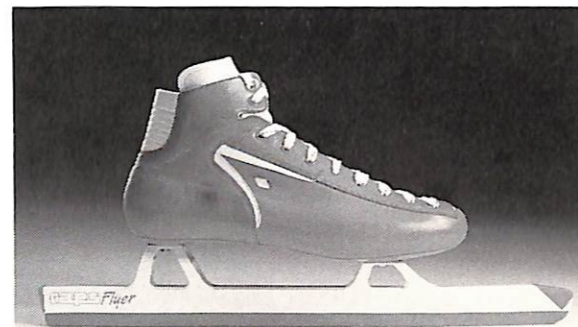
**Finland Ice
Marathon**

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

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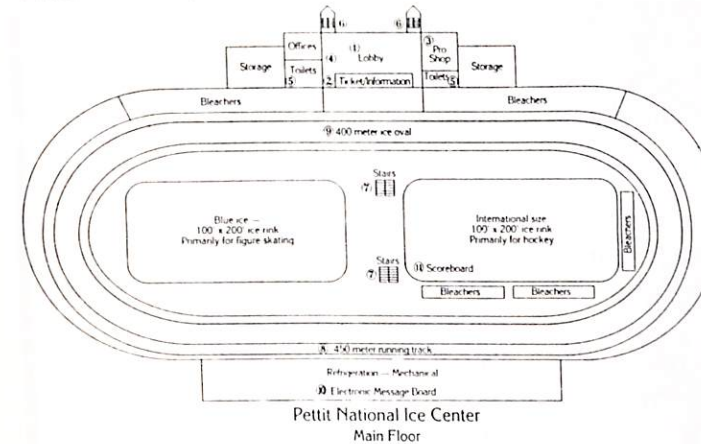
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Pettit National Ice Center Hosts 1993 National Short Track

by JEFF FITZRANDOLPH

Finally....a National Championship in Milwaukee without the prospect of frostbitten fingers and toes! In fact, it will be down right balmy when the beautiful new Pettit National Ice Center plays host to more than 200 of the top Short Track speedskaters in the United States at the 1993 National Short Track Speedskating Championships, March 19-21. Athletes from 15 states will compete....from as far east as New York and as far west as California. This will be the first of many National and International competitions to be held at the Pettit, so plan to be there to help us make history.



The Wisconsin Skating Association will bring the '93 National Short Track to Milwaukee and will strive to make the competition a first class Championship which will determine National Champions in various age divisions ... from the 10 and 11 year old Midget Class to the 50 and over Grand Masters. Jeff FitzRandolph of the Madison Speedskating Club, this year's Meet Director, and his supporting cast are busily preparing for the first Short Track Championship to be held in Wisconsin since 1974.



PETTIT NATIONAL ICE CENTER

Staff Photo

The Pettit Ice Center is a world class facility and this year's competition will be skated on one of two 100' by 200' International sized rinks built in the center of the 400 meter oval. Safety padding will be in full ASU compliance.

Official Headquarters

The Quality Inn West (Holiday Inn-West), at 201 North Mayfair Road, Milwaukee, WI 53226, is the Official Headquarters for this year's meet. Reservations may be made by calling (414) 771-4400. Please indicate that you are with the "National Short Track Speedskaters" when making your reservation and you will qualify for the \$49 special rate. We have rooms with two double beds and inside access to the Holiday Inn set aside for those who sign up by March 6. The rooms are available at the special rate for March 18, 19, 20 and 21.

The Quality Inn West, which will also host the banquet on Saturday evening, is located just five minutes from the Pettit Ice Center via I-94. Mayfair Road, also known as Hwy 100, features an excellent variety of dining establishments from fast food to Italian to formal dining. Plenty of shopping and entertainment opportunities are nearby, including the Milwaukee County Zoo.

Skater Check-In and Practice

Skaters may check in Thursday evening from 7:00 to 9:00 or Friday morning from 10:00 to noon at the Quality Inn West (Holiday Inn-West).

Practice time will be made available to skaters on Thursday evening, March 18 from 6:00 to 8:00. Midgets, Juniors, Masters and Grand Masters will skate the first one-hour session and Juniors, Intermediates and Seniors the second one-hour session.

Racing Program

The National Short Track will be a three day competition with skating scheduled as follows:

Friday, March 19..... 2:00 p.m.- 8:00 p.m.
 Saturday, March 20..... 9:00 a.m.- 6:00 p.m.
 Sunday, March 21..... 9:00 a.m.- 5:00 p.m.

The program will be skated in compliance with the format passed by the Amateur Speedskating Union and includes both individual and relay team competitions. Please remember that relay teams must be submitted with other entries in order to be eligible to compete.

Banquet Plans

The Wisconsin Skating Association will be hosting a banquet for skaters and families on Saturday evening, following the day's competition. The banquet will feature a "Pasta Buffet" at a cost of \$11 per person. The banquet

(Continued on page 11)



THE RACING BLADE

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

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

Staff Photographer
Shirley Yates.

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Flea Market Ad
(20 word maximum) \$ 15.00
Up to Quarter Page \$ 40.00
Half Page \$ 75.00
Full Page \$125.00
Back or Inside Back or
Inside Front Cover \$150.00
Back Issues
of the Racing Blade \$3.00

Our Sixth Cover

by BOB VEHE

I was going to have a Short Track photograph on the cover until I got all of the photographs back that had been taken by our large staff at the Duluth marathon races. Since it would be anachronistic to have an issue full of stories and pictures on outdoor skating with a cover showing indoor skating, it was fortunate that one of the photographs showed some promise as a cover. In any event, an enlargement was made and this photograph was selected.

Dick Westlake, who does the covers and who has been around skating for a long time, thought that the picture was reversed. It appears that way because the snow band is at the right of the skaters instead of the left. I reminded him that the picture was taken at a marathon and the track has many different turns. A reversal could have happened, but it hadn't. Years ago, I had a photograph of Hall of Fame member Anne Henning, when she was a young girl, reversed and it showed her skating clockwise on an indoor track.

Oi ve!

DEADLINES



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

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June 4, 1993



ASSOCIATE EDITORS

DEBBIE DOWER
NORTHERN NEW YORK
237 S. Greenfield Road
Greenfield Center, NY 12833

HAJ SANO
SO. CALIFORNIA ASSOC.
741 Mar Vista
Pasadena, CA 91104
(818) 797-5995

MARY CHAPIN
MISSOURI ASSOC.
6551 Tholozan Ave.
St. Louis, MO 63109
(314) 645-8320

MARY, TED & JULIE NOWAK
NORTHEASTERN ASSOC.
13 Winter Street
Natick, MA 01760

KEN VRAA
EASTERN MN ASSOC.
4360 Andromeda
Eagan, MN 55122

BRAD GOSKOWICZ
WISCONSIN ASSOC.
2655 N 114th Street
Wauwatosa, WI 53226
(414) 476-2290

DENNIS MARQUARD
OHIO ASSOC.
2418 Bassett Road
Westlake, OH 44145
(216) 899-9577

JERRY KLASMAN
MID. ATLANTIC ASSOC.
11 Trout Lane
Weston, CT, 06883
(203) 221-7635

ROBBIE HANNI
MONTANA ASSOC.
1002 W. Broadway
Butte, MT 59701
(406) 782-1452

WILLIAM ANDERSON
MICHIGAN ASSOC.
12546 Lake Shore Drive
Grand Haven, MI 49417
(616) 846-0269

BOB REIFSNYDER
ILLINOIS
1503 Raleigh CT
Arlington Heights, IL 60004
(708) 506-0582

MARY WONG
NO. CALIFORNIA ASSN.
2723 Gamble Ct.
Hayward, CA 94542
(510) 886-0565

Bill returns with another captivating diary of the imaginary and real enemies he has to face in training, planning and participating in the second ASU National Marathon Championship

Marathon II

by BILL McCONOCHIE

My enemies are many. The competition began weeks ago. "Anticipation-excitement" is one of my most subtle competitors for he is disguised as a helper. He can cleverly defeat me, if I am not alert. A few weeks ago he abruptly added a new exercise to my training routine by having me curl twelve pound dumbbells in my hands while squatting repeatedly. Then a few days later, he had me vigorously pole while downhill skiing and before warming up. I felt tough at the time, but paid with tendonitis in my left elbow. Rest, warmth and Ibuprofin enabled me to regain the ground lost to this wily competitor.

My next challenger was "Straight-away Stan". The race course in Duluth will be a 3.1 mile loop around two islands on the St. Louis river, and "surrounded by beautiful scenery", says Stan, trying to distract me. But I am alert to his deception. While such a large loop, with two long straight-aways and only two gentle turns every three miles, will enable me to enjoy the wooded scenery, the important point regarding racing is that the race is mainly a straight-away. I have been training on a 111-meter short track indoors, which is 75% turning. I am terrific at 60 minutes of vigorous turning, but the marathon will require side-to-side pushing and not much crossover stroking. My counter-move included in-line skating outdoors on a 333 meter oval and rocking side to side while in my skating crouch in the living room and watching a videotape of the 11-cities Marathon in Holland. These exercises provided simulated straight-away leg work.

Another subtle enemy is "Guilt". The sources are many. My wife says "Your dripping sweat all over the living room floor" (implied message:

"Stop that ridiculous side-to-side whatever you're doing in front of the TV"). My children say with their silence, "We'll miss you while you're gone, dad...why can't we take a winter vacation too?"



Bill McConochie, President of the Lane Speedskating Club in Eugene, Oregon

My checkbook says "You've got to pay Uncle Sam \$8,500 in taxes on Jan. 15th. You've got \$3,300 in the account. How can you justify skipping work for three days and spend hundreds of dollars on such sporting folly...and at your age...you should know better...shame on you!"

My counters have included a sweaty, flirtatious hug and kiss for my wife, a Christmas ski holiday for the family at our cabin in late December and pleading conversations with my secretary, who reminds me that \$13,000 is due for services rendered our primary client, who happens, by happy coincidence, to be the Federal Government. I do many diagnostic evaluations as a clinical psychologist for the Social Security Administration.

I also have to be constantly alert to stay ahead of a gang of other little challengers. They appear as innocent children tugging at my coat tails, but each of them is a potentially disastrous competitor. Children skating carelessly in front of me at the rink have required my quick dodging or grabbing them up to carry along for a glide-ride before setting them down again with a friendly warning to be more careful.

My alarm clock is electronic. If I am careless when setting it, it will ring at 5 p.m. instead of 5 a.m. and I will miss my flight to Duluth. At 5:25 a.m. the day of my trip, the streets are practically vacant, inviting me to drive carelessly, run a red light, daydream about Duluth and get a traffic ticket or lose tire air hitting a curb at a corner. "Drive slowly, stay alert", I remind myself in defense.

A twinge of pain in my throat at the airport raises a worry about illness. "Am I coming down with a virus that will knock me out by Saturday?" My daughter went to bed early with a fever last night.

I counter by relaxing my throat muscles and pray that I was just choking up because I was having a hard time replying again to my nagging enemy "Fiscal responsibility guilt" who was warning me that the \$13,000 still hadn't come in.

In addition to many competitors, however, I am blessed with many fans and supporters. I received an unexpected Christmas card from Al Harding in New Jersey, against whom I raced in the Lake Placid Marathon last February. He won't be coming to Duluth, but wished me well, if I go. His wife, Darlene, kindly counted my laps in the 25K race.

Many of my fellow skating club members have wished me well, assuring me that I've gotten much faster

(Continued)

over the past 11 months of training and telling me to "break a leg". I've tried to get some of them to train and come with me to this second National Marathon Championships, but none are quite up to it yet and I again fly across country alone.

Even the mailman wished me luck. He has been wearing an insulated hat with earflaps similar to the one on which I've put all my skating pins and which I'll wear to Duluth. We debated which hat was warmer...which leads to another persistent competitor, "Doubt".

"Doubt" is like Aladdin's Genie, taking many powerfully frightening forms from minute to minute, raising question after intimidating question:

Q: Will you be warm enough, skating in 10-below temperatures?

Q: Will you be TOO warm, overdressed and thus too quickly tired by overheating?

Q: Are your skates going to fall apart, the bolts come loose, the laces break, just before, or during the race?

Q: Will you start too fast, failing to pace yourself, and poop out at the end of the race?

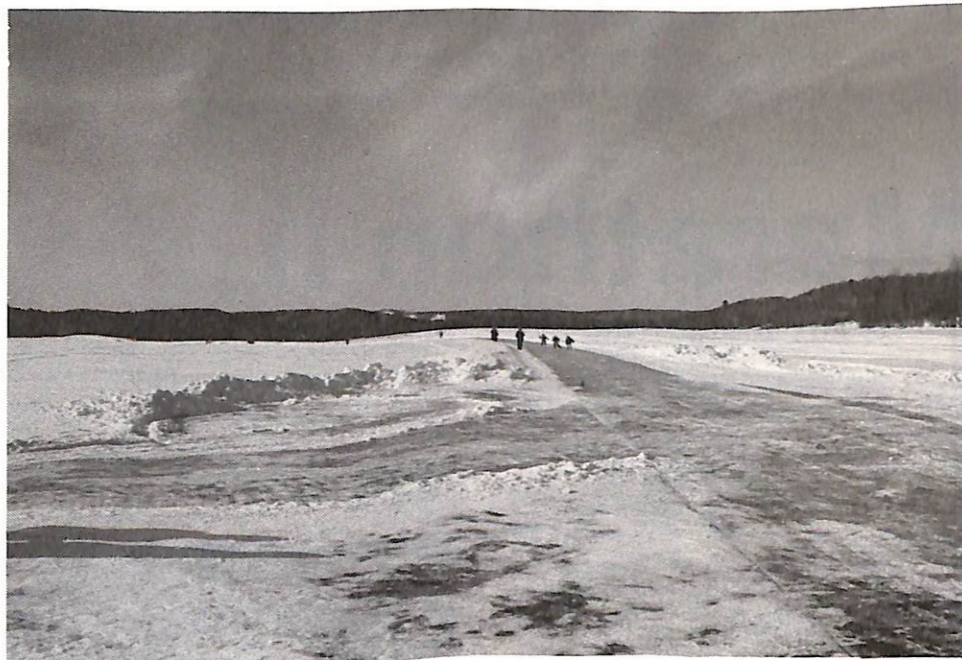
Q: Will there be fifteen new, younger Grand Master class Minnesota and Wisconsin Swedes and Norwegians in this year's race that will blow you away? (I'm 53 now).

Q: Will your plane crash in Denver before you even get to Duluth?

Q: Will you be distracted on race day by irrelevant questions and thoughts that will ruin your concentration during the race, causing costly mistakes in judgment? Such as: "If a U.S. plane crashes on the border between the U.S. and Canada, in which country are the survivors buried?"

Q: When you get to the first turn at island #2, will you remember to turn left instead of right, after a freezing 1.5 mile straight-away that might have numbed your brain as well as your toes?

These many doubts I counter as quickly as I recognize them, using self-reassuring statements and a sense of humor to keep my outlook optimistic



The course disappeared behind an island

Staff Photo

and confident: "I've got extra laces, a wrench, other skaters to follow around the turn at the island. The chances of a plane crash are one in a million. Desi Taylor said on the phone yesterday that she knew of only one Minnesota Grand Master who might enter the race. I placed second overall in last year's marathon championship, beaten only by national record-holder Bob Fischer...I'll do fine." And I recount that old high school football coaching adage: "When the going gets tough, the tough get going."

I've been training steadily, skating three times a week and for 60 minutes or more continuously at a vigorous pace twice a week. I've also lifted weights, bicycled, skied, raked leaves and gotten to bed on time. I neither smoke nor drink and am blessed with low blood pressure, low cholesterol and a wife who's obsessed with feeding our family low-fat, balanced meals.

I'm also fortunate to have grown up in a town in Illinois that had an ASU speedskating club where I learned to love the sport.

When Eugene, OR built a rink three years ago, the "happy child" in me was reawakened and I've been growing younger every month.

Long-distance skating especially mesmerizes me. I love to watch the Olympians rock and glide in the long races, and having trained steadily for

three years, I myself can now skate for an hour or more, non-stop, without undue pain or strain. I don't run out of breath. No tendons or muscles hurt and I've learned tricks for relaxing my lower back every dozen or so strokes to keep it from tiring.

I've learned to skate just below what I call my "exhaustion zone" at a quick pace, which I seem to be able to maintain almost indefinitely. I've even started flirting with the idea of going to the Netherlands the next time they hold the Elfstedentochte (11-cities tour), a 120 mile (192 K) race on the canals. The canals don't freeze every year. The last time was in '86, when 16,000 skaters participated and 14,000 finished. Can you imagine skating 120 miles in one day?

I skate 25 K at about 16 miles per hour. If I ease off to 12 miles per hour, why couldn't I keep skating all day? I'd need 10 hours to cover 120 miles. Two summers ago, my son and I hiked twenty-two miles in 10 hours for a scouting merit badge. I'm confident I could do the Elfstedentochte. The winner does it in 7 hours. I'd be happy with anything under 10. But back to the Second National Marathon Championships. This race is sanctioned by the Amateur Speedskating Union and is organized largely by Bob Fischer and the host association, which, this year, is headed up by folks like Dave and

(Continued)

Desi Taylor of the Duluth Speedskating Club and the University of Minnesota—Duluth Recreational Sports Department.

The Marathon consists of two races, a 25 K (15 miles) on Saturday and a 50 K on Sunday. All age groups skate together, with slower skaters yielding the inner lane to faster ones. Four medals are awarded in each class, and other prizes are provided by sponsors (jackets, gloves, etc.). Each skater must have a lap counter who records the time after each lap to document progress and finishing time. Host clubs provide counters for those without supportive spouses or friends in their entourage.



Here they come at the start of the 25K race.

Staff Photo

Last year I didn't allow time to practice beforehand on the race ice. This year I've scheduled an extra day for this. I spoke to Desi Taylor on the phone earlier this week to get information. She said the ice was virtually perfect, thick black ice uncontaminated by thaws or snow. She said she could help me find a way to the river on Friday if I couldn't find a ride.

My flight from Eugene took off on time, unhampered by winter fog, which was a serious threat last year. The terrain all the way to Denver is blanketed with snow. We're having a very white winter out west this year. In the Denver airport, I pick up a Bismarck, North Dakota, newspaper on an empty seat. It gives temperatures all over the Midwest. The eight degrees above zero in Duluth is today's expected high, about what it was for the 50 K in Lake Placid last February. If I can remember what I wore in February, I'll be O.K. I have Friday, to check out the ice and different layers of

clothing. I've added a shoulder covering to my thick polar fleece chest pad, which I wore between polypropylene shirt layers last winter. It keeps me too warm at the indoor rink but should be close to perfect for Duluth temperatures.

I've also brought a pair of heavy wool Norwegian army pants to wear over my racing tights until just before race time. I expect there may be no warming house at the Duluth river site.

I'll also plan to take off my perspiration dampened shirts right after the race and replace them with dry shirts and sweaters. I have a warmly lined long overcoat to add to my pre- and post-race comfort. I wish I had brought a thermos. A hot drink will be very welcome, I expect.

Glancing out the plane window 30 minutes before Minneapolis, I see the blanket of white has continued uninterrupted all the way from the Cascades in Oregon. It's a genuine winter, all right. Clear Skies and sun suggest good weather. I hope especially for minimal wind on the weekend. Coupled with near zero temperatures, wind can chill a skater to the bone, sapping morale as much as strength. May the god of wind

"...I'll have a several hour layover before my late afternoon flight to Duluth. I'll plan to do some stretching and low walks or rocking while I wait. Sure, I'll look weird, but I'll never see any of the spectators again, so what the heck. Might lead to an interesting conversation about speedskating."

slumber quietly. The pilot just announced eight degrees in Minneapolis. We're descending. I'll have a several-hour layover before my late afternoon flight to Duluth. I'll plan to do some stretching and low walks or rocking while I wait. Sure, I'll look weird, but I'll never see any of my puzzled spectators again, so what the heck. Might also lead to an interesting conversation about speedskating.

Minnesota, the "Land of 10,000 Lakes". In a cold winter like this one, it's a land of 10,000 potential ice skating rinks. As our plane descends, the ovals of lakes are visible in the white countryside. I can make out many trails across them and then notice many ice fishing shacks connected by the trails. Then a blue rectangle, the size of a hockey rink, a spot cleared of snow, then another. This means Minnesotans have had recent opportunity to skate outdoors, perhaps increasing my competition at Duluth. But the cleared lake rinks are only hockey rink size, not a 3.1 mile loop with long straight-aways like we'll have in Duluth.

Then, as we approach the airport, I see a 400 meter track cleared in a sheltered bay of a large lake. Must have taken a sizeable plow. In fact, I think I see one creeping along the track as we pass over.

Closer to the city center, another large cleared area includes in its interior what looks like a hockey rink. Must be a big public park skating area. No wonder Minnesota can create so many good skaters. There are outdoor lake rinks everywhere! I should have had my camera ready.

I load it at the airport, where I get exercise by walking quite a way through the terminal to my next departure gate. I have 2½ hours to wait, so I eat my sack lunch and get out my sewing kit to patch a sweater and mend a little hole in the front of my Lake Placid Marathon T-shirt. I plan to put it on to identify myself when I wander around the Comfort Inn at Duluth this evening. I hope to meet other skaters and ASU personnel. I think Shirley

(Continued)



Staff Photo

There they go on a long and cold excursion.

Yates (ASU Secretary/Treasurer) said she was coming. Al Harding said Bob Fischer would be there.

I scan the folks waiting in the airport for the Duluth flight. Don't see any that look like speedskaters, fit and warmly dressed with minimum baggage. A grey-haired man pokes by in a wheelchair. Another middle-aged man is betrayed by his pot belly. A potential skater, a young man with boots and a heavy warm overcoat, lacks a warm hat and doesn't show interest in my Lake Placid shirt or my crouch-rocking exercises. Perhaps folks are coming tomorrow, or driving from nearby rather than flying.

The flight to Duluth, on a small 16 seat prop plane takes only 45 minutes. A taxi has me at the motel by 6 p.m. I check at the desk, but Bob Fischer isn't due until tomorrow. Shirley Yates doesn't have a reservation. Perhaps she's staying elsewhere. The motel has a small indoor pool and Jacuzzi, and a restaurant across the street.

I call my wife and kids and then call the Taylors. Dave wants me to participate in a news conference tomorrow. He tells me to meet him in an hour at the race room, near the lobby, downstairs at the motel. He's coming over to stuff race packets.

I join Dave, his wife, Desi, and several other folks. Some of them are from the University of Minnesota at Duluth, which is putting on the meet. We work for a couple of hours organizing race packets, which include T-shirts, banquet tickets and entry numbers to be pinned on one's back. Race entrants include Bob Fischer, Carole Moore, John Diemont and others I have met at Lake Placid or West Coast meets. I'm not sure how many Grand Masters there will be but

I'm told I can find out tomorrow afternoon.

Dave tells me about the ice. They have a scraper which has cut the top inch or more off the surface. They'll make three circuits, for a 16 foot wide track. Dave is worried because there's a half inch curb between the two paths they cut today. It will have to be eliminated to prevent tripping. I volunteer to help work on the ice tomorrow. They also have pumps, the cold river water freezing quickly when pumped onto the ice surface.

Dave hopes we can find some place to skate for a little while tomorrow. He



Staff Photo
Tucking in behind others saves a lot of energy but increases the chance of falling.

plans to do the 25 K, but hasn't trained at all lately for any distance. He's the coach of the Duluth Speedskating Club.

We'll also do the news show. They hope Carole and Bob will be here by then. They are both National Champions. Duluth is having a winter sports festival in which our skating is only a part. Hockey and dog sled races are other events. I help fold T-shirts Thursday evening. They don't say "National Marathon" on them so I'm not sure my club members will want them. I've been given money to buy some.

Dave said he and two of his skaters were planning an exchange trip with some Russian skaters he has invited to

the marathon but he hasn't had good luck communicating with them the past few weeks and isn't sure if they will make it.

On Friday Dave and I drive out to the river at 9:30. We meet others who are helping with the ice. Much needs to be done. Equipment delays have Dave anxious about whether the track will be ready on time. A scraper must make a few more passes. Snow and ice shavings must then be plowed away. Then brushes must clean the ice further. Cracks and uneven edges must then be eliminated with water pumped from beneath the ice.

The U. of M. at Duluth is responsible for doing all this. Dave is resigned to pumping water all night if necessary, sacrificing his own participation in the races if he has to. He says he's been suffering for the past two months from P.M.S., "Pre-Marathon Stress". I listen like a good clinical psychologist should as he talks about his worries, and he's grateful. He's a drug and alcohol counselor at a local high school.

We drive around the three mile race track on the ice. Dave tells me to undo my seat belt. I tell him I doubt we'd last long in water one degree above freezing if we break through. But the ice looks more than 16 inches thick. Plenty strong enough, even for big trucks.

Later, walking on the track, we are pleased to meet the first marathon racers, skating the track to get familiar with it. I'm happy to see John Diemont of the San Francisco club. Others are from Wisconsin and Minnesota.

We leave the ice in the hands of the "icemen" and go to the Winter Festival opening in a bank lobby downtown. The mayor introduces the bank manager, who mentions me as a

(Continued)

visitor from Oregon. Later, I'm briefly interviewed in front of the TV camera for the news.

We head back to the river. I convince Dave to let me buy lunch, which he was going to skip because he was too worried to eat. We both felt better after a burger.

Back at the ice, things are progressing well, so Dave feels comfortable enough to drop me off at the motel, where we run into Bob Fischer, Carole Moore, Dave Phillips and Peter and Janet Fitterer. Janet recorded my lap times in the 50 k in Lake Placid. Peter finished 5th in the Grand Master division, I believe. We all agree to meet at 6:30 to go out to dinner.

I go out with John Diemont and Mark Jeffries to skate on an outdoor oval in a park a few blocks away. When we return I soak in the Jacuzzi then take my skates over to their room for Mark to sharpen. John and Mark are worried about our blades having been dulled by the dirty ice at the park and the hard, rough ice on the river.

Over dinner I enjoy visiting with Bob, Carole, Dave, Jan and Peter. I figure I'll get second tomorrow if I can beat Peter, as only four grand masters are presently registered and one is not in competitive shape. Peter eats prime rib and very rich chocolate cake. I eat lighter. On return to the hotel we stop at a grocery for juice, candy bars, bananas, etc. for tomorrow's pre-and post-race snacks.

I get my skates from Mark, who has sharpened them sharper than they have ever been. I'm most impressed and tell him so. John is guzzling Cito-Max, an energy drink, which he's confident will help him tomorrow. Back in my room, I pin my number on my race jersey.

I was pleased with the warmth and comfort of my outfit when skating this afternoon. The temperature was 13 degrees. Winds are light. At 10:30 p.m., the weatherman predicted sunny, calm, cold weather for tomorrow, with highs about eight above. Should be perfect. I wonder how the pumping is going. At dinner, Bob said that cold river water would freeze too fast and leave a lumpy surface.

I'll meet Mark and John at 10 a.m. to go out for the race at noon.

Today, I was pleasantly surprised to learn from Dave Taylor that he too grew up in Glen Ellyn, Ill., my childhood home town and Shirley Yates' current home. Dave too learned to speed skate on Lake Ellyn and was on the AAA team there. Small world.

"They were unable to flood because the water froze too fast, leaving lumps, so there are dangerous cracks and ridges. We'll just have to watch out."

Saturday I had breakfast with Peter and Jan. Peter says he plans to follow me in the race. I drive out to the ice with Mark and John. We jog a bit and then put on our gear. They've set up a warming tent and heated trailer, so changing isn't too uncomfortable. I skate out on the track for a few minutes of ice warm-up. They were unable to flood because the water froze too fast, leaving lumps, so there are dangerous cracks and ridges. We'll just have to watch out.

At the start, Peter gets ahead of me in the crowd. By the time I realize it, he's two hundred feet ahead. I hope I can catch up as time goes by. After skating alone the first two laps I am joined by a cluster of three other skaters, including Mark, and enjoy drafting for a while. We're gaining steadily on Peter now..

Then I hit a crack and go down. I wrenched my right shoulder and left calf. I get up and get going again. but I never catch up with my drafters or Peter, whom they pass. Peter finishes at 61 minutes. I'm at 63 for third. Bob Fischer is first in our division, skating with the lead pack. Even many skaters in the lead pack fell, hitting cracks. I hope they can put water in them. They're deadly. You can see and avoid them if you skate alone, but not if you draft.

If I'm going to beat Peter tomorrow, I'll have to get in front of him at the start and stay there.

Back at the motel I soak in the Jacuzzi, eat some candy bars and an apple and drink juice.

I took my skates over and Mark kindly sharpened them again. I returned the favor with a lower back mas-

sage, as his back was killing him. I offered to give John \$20 toward his car rental, but he refused, telling me the favor was for writing "such a nice marathon article" for the Blade last Spring. He said his girlfriend, Nancy, a national champion sprint speedskater in 1990, found the article almost inspiring enough to get her into marathon training.

At 5 p.m. we go to the restaurant downtown for the awards banquet ("carbo-feed").

It was at the awards ceremony where I got quite a pleasant surprise. Remember Peter? The fellow who beat me today, keeping me from second place? Since February at Lake Placid, I've thought he was a Grand Master class skater (50 and up). He's 43! I got second place! Again I finish second behind the "great one", Bob Fischer, who was seconds behind the overall winner. Another handsome medal like last year! What a kick! I'll have to call my family and tell them second, not third. I'll shoot for a second tomorrow too.

Dave tells me they're going to try to fill the cracks with water tonight. Hope it works. Peter wants to skate with me tomorrow. Sure would be nice if we could take turns drafting off each other. Got to have the cracks filled for the man behind, who can't see ice defects before he's on them.

At dinner, Bob Vehe said he'd like another article from me for the Blade. I've been working on one since I got on the plane. Bob needs it next week. I promise it by Wednesday morning, via fax.

I go to sleep at 9:30. My shoulder and calf are better already. My bed feels even more comfortable than the first two nights. Think a bit of exercise had something to do with that? It took a while to fall asleep and later I was awake for several hours. Adrenalin, I think. I lay quietly and got a good rest in spite of this. While awake in the night, I realized only three women skated the 25 K today and they were each in different classes, so all got first place medals.

Any woman who wants a national medal for something should start training. Sadly, 13 medals went unclaimed today, simply because only three

women entered. I'll be sure to tell the gals in my club, when I get back to Eugene.

Up at seven, a few stretching exercises and I have a waffle and orange juice for breakfast with John and Mark. Mark's back is worse, he says, but he's still going to give it a go. Peter and Jan are at the restaurant too. We reaffirm our plan to skate the 50 K together.

"It's eight below zero, but clear and not much wind."

We're at the river by 9:15. They haven't been able to fill the cracks because water just runs down into them. We'll just have to watch carefully as we skate. It's below zero, but clear and not much wind. They're having trouble getting the propane heater going in the warming tent because it's so cold. They start a torch and leave it burning in the tent, which makes it a bit warmer for putting on our skates. My left ankle is uncomfortable, so I put some pieces of padding on each side and I'm O.K.

There are only about 15 skaters for the 50 k. We're the hearty ones. By 10:15 we're off. Only Bob Fischer and I are entered in the Grand Master class, so if I just finish the race I'll get second. Don't have to beat anyone. Bob will be flying with the youngsters.

Peter and I are out to enjoy ourselves, which we do. My back holds up well, as we each lead a mile and a half (half a lap) then follow. When following, we can stand upright and skate relaxed.

Our only enemy is the cracks, and they give us a run for our money. I'm the first to fall, hitting a crack hidden by a dusting of snow that fell in the night. I land on both elbows and my chest and feel a sharp focused pain that suggests a cracked rib. Peter stops to help me up and dust me off. This was part of our plan. We'd stick together if one or the other fell. I'm not permanently crippled, so we get going again.

A lap later I go through an air bubble frozen in the ice and am down again. My rib and elbows yell "double-ouch!" Again Peter waits for me. A couple of laps later Peter goes down, with me tripping over him. We're a bit

slower to recover this time, but finally get moving. A lap or two later and he falls again, but is still mobile when he gets up, so we continue.

We were hurting enough to be super careful from then on. The lead skater would holler "crack" or "hole" to warn the follower. The follower skated just off the leader's left shoulder, watching past him for cracks. I believe only one skater made it through the race without falling. Bob Fischer went down hard twice, but luckily for him it was when the pack was coasting, so he was able to catch up again. He finished fifth overall, right with the fastest young skaters. He regretted not having elbow pads, as did I.

Bob is first and I am second in the Grand Master class. John Diemont got another second in the Master class. Mark again failed to place in the senior division and admitted afterwards that a marathon takes more training than he'd thought. On the ride back to the motel, Bob Fischer told us that marathoners need to spend at least three hours per week exercising in the down position (skating, roller blading, slide boarding, etc.).

Dave Taylor decided at the last minute to do the 50 k. He didn't have skate covers, and his big toes were still cold two hours after the race, but he got third in his division and proudly wore his medal. He's wanted a national medal since he was nine years old. Couldn't have gone to a more deserving fellow. He's been working on the marathon arrangements for months.

Asked by Bob if he would be willing to bid for the marathon hosting next year, Dave jokingly told us he'd have to choose between that and his marriage.

But, you know, if you asked me at 5 p.m. that same afternoon if I'll skate another marathon, I couldn't have

I may be crazy, but I would rather die crazy and happy than sane and bored!

given you an unqualified "yes". Left elbow, right shoulder, left upper ribs all shout in unison "You've got to be nuts!" Give me two days to recover and expose me to a hero's welcome back in Eugene...how could I say

"no" if asked by wide-eyed fellow club members who want to follow my example next winter?

I may be crazy, but I'd rather die crazy and happy than sane and bored.

"...the more numerous your enemies, the more magnificent will be your victory." Just completing a marathon is a significant victory..."

The original 26 mile marathon race was run by one man to tell his king their army had been victorious in battle. You can be a marathoner too. You don't have to be faster than others to be a winner. Your enemies and competitors will be many and will begin to haunt and heckle you long before you enter your first formal race.

But the more numerous your enemies, the more magnificent will be your victory. Just completing a marathon is a significant victory, and you'll enjoy an hour or more of skating on your way to the finish line. Having a race to go to will give you a goal to work toward. The ASU National Marathon Championship is a once-a-year goal that will give purpose to 52 weeks of healthy exercise. It will keep you determined and motivated to get up early and get out on that cold ice day after day, and it will warm you as you build to your cruising speed.

The exercise will send you back to your daily chores and routines renewed and invigorated and add many happy years to your life. If you've never done it, consider becoming a marathon speedskater. Your enemies will be many, but so will your rewards.

Discouraged by fate?

Get out and skate!

The riddle? About where you bury the survivors after a plane crash on the U.S. - Canadian border?

Answer: NO WHERE.

You don't bury survivors!

Be a survivor. Skate a marathon!

NOTE:

Bill McConochie is the current President of the Lane Speed Skating Club in Eugene, Oregon. If you have a question about marathon racing, give him a call at 503-686-9934.

Vice President Report

JIM CHAPIN
OPERATIONS



HOW DO WE FILL A SHORT TRACK GAP?

In past articles I have posed various questions to the membership (that's you) and invited your comments. After all, if I don't get feedback I have to wonder if I am alone in my concern on a topic. To date the past response has been underwhelming to say the least. Maybe this time I will get some replies from those of you sharing my concern for a large segment of our membership—the Short Trackers.

In the December RB, Pat Wentland posed a question relative to my concern, how to train locally and help the local program, yet still be able to compete on an elite level and remain sharp for that level of competition without relocating? The Long Track (metric) athlete has had to relocate for as far back as I can remember to have the 400 meter track facility.

Among the listed, supposed advantages of Short Track speedskating is it can be done year round regardless of location, climate or whatever. All you need is an indoor facility of which there are hundreds located across the country as opposed to the three refrigerated rinks for the Long Track skaters.

The Meet Scheduling Committee in the ASU under the direction of Lisa Sundstrom has done an admirable job in organizing a better plan for meets and making serious efforts to try to accommodate newly interested associations in getting on the schedule so they too can host a major Short Track event. It may not be a perfect program even now, but it certainly is much better than it was not long ago. Ken Vraa is now the Meet Scheduling Chairman and he has a good format to work from and possibly improve upon.

In looking at the National Meet Schedule in the ASU Convention Minutes book, it is very noticeable that the Short Track program is divided into two segments, early and late. For the most part October and November are rather well scheduled, then the Short Track program does not resume until mid-February and then runs weekly through the end of March or early April.

Yes, I know most of the Short Track skaters also skate Long Track. With the existing schedule they have two choices, skate Long Track or not compete at all. If you live within a reasonable distance of Lake Placid or Milwaukee this is not a problem. I didn't include the Butte facility, since the Montana Association hasn't shown interest in participating in Short Track since 1981.

The question arises, are there enough interested parents and skaters who would like to have a Short Track season

without the gap to establish a racing schedule without the break? One suggestion could possibly be to have a major regional event scheduled every two weeks from December through mid-February and work it around Christmas and New Years when people are not interested in traveling to skating meets. If there is enough interest from the skaters, we must have the parents' involvement to be sure we have adequate help to run and officiate the meets which may be a way to accommodate the Short Track skater.

This could also reduce the overall expense to a family traveling to so many meets since it may be a shorter trip or with this type format we may be able to lighten the early and late schedule.

Many new skaters start out on an indoor rink. Successful recruiting programs are put into action early in the season. How do you retain the interest of the new kids in the program without competition for two months or more? Sure, you can have club races, but that is like practice. It gets old. Athletes need competition to judge progress and not against the same kids all the time, thus the need for more regional competitions where a more accurate guide of progress can be determined by the clubs, coaches and above all the skaters themselves.

What do you think?

PETTIT NATIONAL ICE CENTER HOSTS 1993 NATIONAL SHORT TRACK

(Continued from page 3)

room will accommodate only 250 persons so please get your banquet reservations in early. Banquet reservations should be made payable to the "WSA" and mailed to Jeff Fitz-Randolph. Tickets for the banquet will not be on sale at the skater's check in. We will not be able to accept reservations for the banquet after Wednesday, March 10. A short program will follow dinner.

Other Information

Transportation will be provided for those skaters and officials who need assistance. Local skating families will shuttle people between the rink and headquarters hotel. More information will be available upon check in.

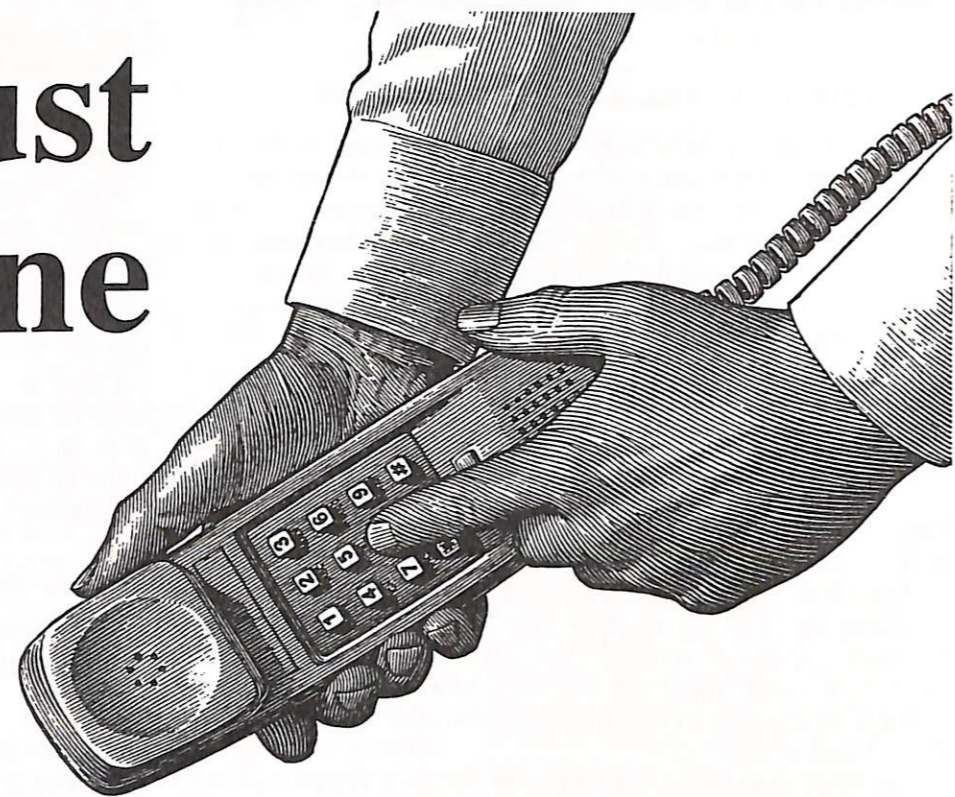
An Officials meeting will be held at the Pettit Ice Center on Friday, March 19 at 1:00 p.m. Officials will also meet with coaches and skaters prior to the start of the competition on Friday.

The Wisconsin Skating Association and the Pettit National Ice Center invite you to be a part of this prestigious history making event. Please plan ahead and make your arrangements now to ensure a memorable experience and join us March 19-21 for the 1993 National Speedskating Short Track Championships.

For more information please contact:

Jeff FitzRandolph
6434 Sunset Drive
Verona, WI 53593
608-845-7335

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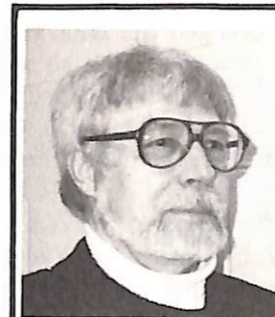


If you're traveling to the North American Short Track Championships in Champaign, Illinois this March ---- **book your tickets with Austin Travel!** As the official travel management company for the ASU, Austin guarantees our members the lowest applicable airfare at time of booking ---- or they'll refund the difference!

Austin Travel will be giving away \$100 gift certificates for skating equipment to any club that accumulates 20 bookings! So remember to use Austin for all your travel needs, and identify which club you're associated with each time you talk to an Austin Agent!

For more information or reservations call:

1-800-229-2182



Coach's Couch

by DONALD A. KANGAS

Last year when I wrote my first column and named it the "Coaches' Couch". I wondered how long it would be needed and how I would do meeting deadlines. Response to the first few columns and the long list of topics I have to write about, tell me there is a need for the column and I am committed to continue writing. I thought that meeting deadlines would be easier since I have retired from the Dow Chemical Company on November 30, 1992. However, I haven't found any additional time yet.

Unfortunately, the name of this column has caused some confusion for either the editor or the printer. It appears correctly in the column header, but one letter is changed in the index, where it is written as, "Coaches Coach." An understandable change that produces another good title for a column to communicate information to speedskating coaches. In fact, it is such a good title that ACEP uses it for their newsletter to coaches.

"Coaches' Couch" is different than ACEP's and it seemed to me has a better connotation for the issues I hoped to discuss in this column. A couch is a place to go for relaxation, reading, napping, contemplation and friendly conversation. I thought this coaches' column should communicate the goals, ideas and thinking of the ASU and USISA Coaching Committees, so that these could be thoughtfully considered and amended as needed to meet a consensus of all coaches thoughts and feelings.

This column, in any case, is just one of our ways to communicate information and introduce new concepts. The more effective and interactive communication occurs at conferences and seminars. Your committees are busy setting the schedule for this years certification seminars and a new coaching conference. This new coaching conference is exciting for me because it is intended to bring the latest speedskating science information to both USISA and ASU coaches.

Unfortunately, we do not have arrangements completed for any of this year's seminars or the Coaching Conference. Everything should be completed and available before the next deadline, USISA meeting and the ASU Convention. We will make direct contact with interested coaches as soon as details are completed. If you don't hear

from us and need information, call me at 517-631-3863.

This is going to be an exciting year for coaching development. The US Olympic Committee is beginning to actively support coaching education under the direction of Tom Crawford. Cooperation between USISA and ASU has started, admittedly rocky at first, and will get better as we work together on more and more projects.



Overheard In The Heat Box

by LARRY RALSTON

- The holiday time of year brings cards and greetings from speedskating friends all over the United States. Many send cards with skating scenes and my collection of those will fill an album. Some notes included comments from the following:
- Mary Smith returned from a Florida vacation to over two feet of snow in her backyard. She keeps very busy as Secretary of her bowling league and Secretary of the local AARP chapter. In her spare time she is learning to play the organ.
- Pat and Carl Peaslee vacationed in Martinique and sported a lovely tan while shoveling the two feet of snow that hit Massachusetts.
- Former ASU Secretary, Ed Schmitzer, has permanently moved to Florida. Drop him a line at 201 Plantation Club Dr., Unit 916, Melbourne, FL 32940.
- Former ASU President, Herb Knudten, and his wife Gerry, send greetings from Vero Beach, Florida. Both are doing well and Herb continues his rehabilitation therapy in a positive frame of mind. Send your letters to P.O. Box 2706, Vero Beach, FL 32961-2706.
- Former ASU Records Chairman, Bob Grant, and his wife, Betty (former ASAI Illinois Secretary) send their greetings to many skating friends. Both are retired and Bob spends quite a few hours whittling bird figures from scrap wood.
- Latest ASU member to join the growing list of retired persons is Coaching Committee Chairman Don Kangas. Don had a long and illustrious career with Dow Chemical Corp. as a chemist specializing in latex products that are used in business and industry.

(Continued)

Notes from . . .

The
National Officeby
SHIRLEY YATES

The 1993 Illinois State Outdoor Championships were moved from Illinois to Wisconsin and held indoors (at the Pettit Ice Center)! What a sad commentary on our sport.

Of course, the culprit was Mother Nature. But she had some accomplices - like the Glen Ellyn Village Board that this year decided there must be a depth of eight inches of ice on Lake Ellyn before they will allow anyone to set foot on the ice. It used to be six and we had accepted that. Eight tells some of us the Park District doesn't want to be bothered anymore with the "nuisance" or "hard" work of clearing and grooming ice.

The old timers in the Village remember when there were hundreds of skaters on the lake every weekend. Never mind the speed skaters—they will always find ice somewhere. But what of the townspeople and the kids—ice skating is a thing of the past for them now. The Lake Ellyn Boat house (warming house) was a terrific, healthy, safe hangout for the kids from December through February. Now they hang out on street corners. The Saturday morning novice program of races on the Lake for 45 years regularly drew 150 skaters and more.



LAKE ELLYN WARMING HOUSE (Boat House)

The State Championship meet on Lake Ellyn is a 56-year-old tradition—or at least it would have been if it had been held in Glen Ellyn this year. Yes, it had become increasingly difficult to hold it, as scheduled, on the lake in recent years. Once it was moved to the 400-meter refrigerated track in Milwaukee - what a disgrace to move the Illinois State Outdoors Championships to another

state, we thought. BUT the meet WAS held outdoors.

In 1991 Glen Ellyn drained and dredged the lake and promised to have it filled again by October, 1991, so we could hold the meet in January, 1992. They finally filled it in June of 1992. But we were sort of lucky - there was ice on the Lombard Lagoon (next suburb over) and the meet was moved there.

Now Mother Nature conspires—she sends us the really cold temperatures or rain at the wrong times of the year and sometimes fills our lake with snow when we need the cold temperatures instead. We have lost our Currier and Ives setting for one of the finest outdoor meets of the year. And it's easier to move it somewhere else than relentlessly nag an unsympathetic park district. It certainly removes the stress of worrying about the weather conditions right down to the night before the meet.

Illinois used to have 8-10 outdoor meets a season, in recent years perhaps one or two. But it's not just Illinois that is suffering. I get similar woes from all over the Northern and Eastern associations.

A pox on you, Mother Nature! Send us the next Ice Age! But lighten up on it and send it earlier so we can get back to what used to be normal for our sport. Spread it around a little! Don't dump it all on Alaska and Saskatchewan where it oftens gets too cold to skate outdoors! (Continued)

OVERHEARD IN THE HEAT BOX

(Continued from page 13)

- Keeping things in the family, brother George, is quite active in the Illinois chapter of Special Olympics, officiating and conducting coaching seminars for speedskating. The State competition will be held in Galena, IL
- Not exactly anything new, just more of the same old stuff: The printing of the 1992-93 ASU Handbook will be delayed due to some SNAFU, but Editor, Bob Vehe, promises it will be ready for the entire 1993-94 season.
- Complaints and Confusion. Seems that events are being classified only as Long Track or Short Track, and some of those Long Track events are conducted Metric Style rather than Pack Style. Sponsors might want to be a bit more explicit if they want to attract the best talent.
- A high level Coaching meeting was held in January to devise new curricula for various coaching levels. Chairman Don Kangas intends to spend a great deal of time in getting material ready for presentation at the respective USISA and ASU meetings in April and May. Coaching programs are a positive step for both organizations.
- And finally, we wish Bonnie Blair the very best in her selection as a candidate for the 1992 Sullivan Award, as the nations finest amateur athlete. The award will be announced March 8, 1993.

Notes From The National Office

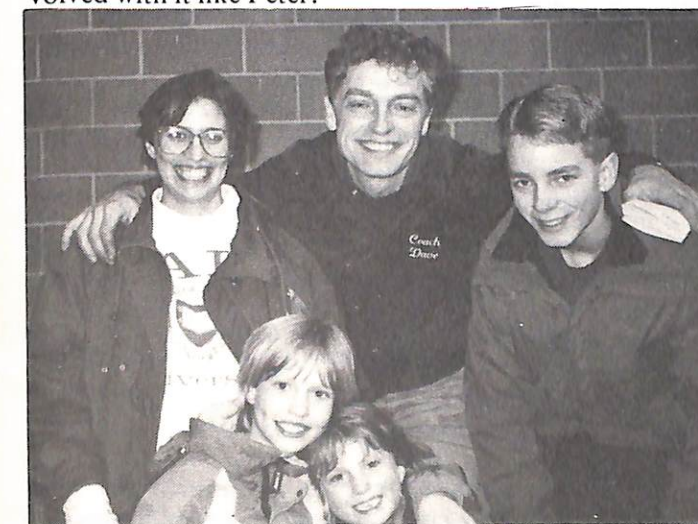
THE ULTIMATE CHALLENGE

In the meantime, there is one small hope. The National Marathon Championship will endure outdoors. Anyone who skated on that 2000m track on the St. Louis River in Duluth could never conceive of moving it indoors to a 400-meter track. It would totally lose the incredible significance, excitement and flavor of this oldest way of competing on speed skates.

Skating it indoors would be like undertaking a Skate-A-Thon! It would be so BORING! Can you imagine how it would be for the skaters going around and around for 120+ laps on an indoor oval?

True, it was held on a 400-meter track (at Lake Placid) in 1992 but part of the enormous challenge was still there—battling the elements and conditions while exerting the most your body can give to this sport. Temperatures hovered around zero in Duluth BUT it was a very dry cold, there was no wind and the sun was shining. It was easy to warm up in your various layers. Thirty-five degrees in Chicago in January feels a lot colder - it's damp and bitter!

It's always fun meeting people I have talked to frequently on the phone, feel I know well, but have never actually met. That's the way it was in Duluth. Both PETER FITTERER of the Middle Atlantic Assn. and MARK JEFRIES, registrar for the Southern California Assn., came up and introduced themselves. Peter, who is serving this year as president of the Garden State Club, and I reminisced about the first time we talked in 1989. As with many, I was his first contact with the sport. It's always gratifying to know that I was the first one to "turn someone on" to the sport or guide them to the right local group—especially someone who has become so nicely involved with it like Peter.

TAYLOR FAMILY
Desi, Dave, Jason, Gabrielle, Tobi Anna

A special thanks to DAVE TAYLOR; his wife, DESI; son, JASON, and the rest of the DULUTH CLUB for their hospitality and a job well done! It's a job that was not easy to do but their efforts were appreciated by all.

WILL FORT COLLINS RISE AGAIN?

LAURA ZIMMERMAN called me the other day and, doing some fast relating, I said, "Oh, I know you. You're married to ANDREW ZIMMERMAN who moved from Pittsburgh to Fort Collins!" Andrew was the first Pittsburgh-registered skater some years ago and had tried to get a club started there. His efforts bogged down (I think because of lack of ice-time), BOB HALDEN of Ohio moved onto the scene, took up the challenge with more success, and last year told me Andrew had moved to Fort Collins.

Anyway, Laura said there were plans afoot to build another rink in Fort Collins and what would it take to convince the Powers-That-Be to make it a refrigerated 400-meter track! (The frequency of such questions—and even stranger ones - has taught me to accept them with the proper respect and in the right spirit!) She wanted facts and figures so I referred her to some possible "experts" but one of the things she was concerned about was would people really use it since there is a perfectly beautiful 400-meter oval in Butte and another one on the boards for Salt Lake City. Quoting several famous people, I said, "If you build it, they will come"!

But I told her she should try first to resurrect the Fort Collins Speedskating Club, maybe contact former Glen Ellyn Club member EARLE LAYTON who retired there from Illinois some years ago and had tried to get a club going. With good management, any club and association should be able to expand its membership significantly with a 400-meter track in its backyard. Laura said it wouldn't cost much to maintain the ice because, at their altitude, they have lots of cold weather. Lucky!

THEY WILL COME TO UTAH TOO!

JAY GLAD of the Northern Utah Speedskating Club informs me that the plans are moving forward once again for the SLC-area 400-meter oval. Completion is expected in 1995. He said the rink will be built so that it can eventually be covered. Jay's club skaters surpassed his expectations at the Utah Winter Games in January. He has nothing but praise for their club coach, BORIS LEONIDOVICH LEIKIN, who came here from Russia two years ago. Jay said Boris, a former Soviet National Team member, is still a very good skater. We first had speedskaters in the Utah Winter Games four years ago. It was a humble beginning. It's come a long way and I predict a strong future for speedskating in the SLC area. Jay has entered the 1993 National Long Track - is that the first time we will have a Utahian in a National Championship?

HE'S GOT A SPOT RESERVED!

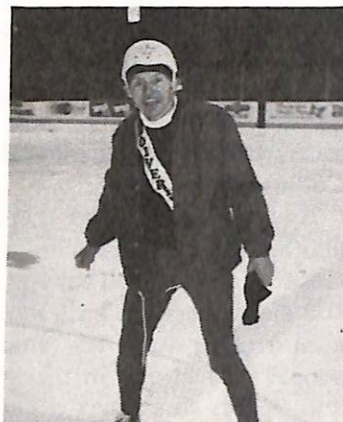
I love phone calls like this one! NANCY ANN WARD of Tampa, FL, daughter of EDWARD (EDDIE) WARD, called to talk about her Dad and it was delightful! I told her, yes, I knew her Dad - ever since we established a

(Continued)

Notes From The National Office

Masters Class I have been seeing him at various regional meets in the Midwest and most recently at the 1991 Thanksgiving Classic in Muskegon where he had no trouble taking the Grand Masters Championship.

A member of the Michigan Assn. Wolverine Club, Eddie is a fine competitor and epitomizes the kind of skater the ASU hoped would be drawn back into competing on the National level by the establishment of the Masters and Grand Masters Classes. What most people do not know is that in the 1960s Eddie had an unfortunate skating accident which broke his ankle in three places. The doctors said he would never skate again. He was back in five years.



EDDIE WARD

Staff Photo

What prompted Nancy's call to me was that she had been talking to her Father and was informed by him that he was taking care of some financial matters before going to "Speedskating Heaven". Now mind you, he's nowhere near taking off for that speed skater paradise. He sounds like a man who just likes to have everything in order. He's still feeling terrific and expects to be competing for a long time.

Nancy said, "Dad is 74, looks 54 and acts like 24!" Of course, we all know that's because of his involvement in speedskating. If you stick with it a lifetime, it can provide a total health package for you!

OUR SECRETARY OF THE MONTH AWARD GOES TO...

PATRICIA PEASLEE of the Northern New York Assn.! Pat is another veteran who has handled the job for a number of years, follows the instructions for submitting registrations (probably has them imprinted on her mind by now), sends them in as she gets them (with a detailed list of what she's sending), is very conscientious about noting on the registration card if the member's address is new (circles it), if the skater was formerly a member of the ASU and wonder of all wonders - submits registrations every year for all Olympians and other Lifetime members! And the NNY Assn. has many! That way we can keep track of their addresses and other changes in their status.

Pat is also very quick to inform us of those sad occasions—deaths, serious illness and injuries of the old timers who have been so important to the ASU. Pat rarely makes a mistake but she made one recently which I am going to discuss—certainly not to embarrass Pat because she does a fine job but because it provides a good opportunity to

point out something everyone should know.

The first-year reduced-rate membership is a one-time-only deal. You can't join for a couple years, drop out and come back a year or two later and expect to start at the "beginning" with a first-year membership rate again. In Pat's case a youngster had first joined in the 1988-89 season, had dropped out and came back this year as a New Novice again. How do I know all this? Because, dear members, I now have all memberships beginning with the 1988-89 season in the computer. And each skater's registration has the initial year of membership.

It's certainly easy for a Secretary to lose track of skaters over the years although more and more of them are now keeping computer records. I don't know how this boy slipped by Pat because I've always marveled at how careful she is to mark at the top of a registration something like, "Was a member at one time".

But, obviously, if mistakes were made often on first-year memberships, I would be swamped trying to follow up on them. So it is vital that all associations keep good membership records and that all secretaries refer to them before registering skaters each year.

A BIG THANK YOU TO ALL ASSOCIATIONS for their tremendous effort in submitting their registrations earlier this year. By early January I estimated there were only another 300 or so registrations still to come in which is a big improvement over past years. I knew you could do it!

ALSO A GRATEFUL THANK YOU TO ALL ASSOCIATIONS FOR SO PROMPTLY PAYING THEIR ANNUAL DUES. That kept us afloat during the summer and early fall and has eliminated the need to pester people throughout the year for those important fees.



Staff Photo

PAT PEASLEE

NOTICE

USISA will host an informal
BANQUET
Saturday, April 24, 1993
in Wyandotte, Michigan

Qualifying Bites: 6:30 - 7:30 • Dinner: 7:30
Cost: \$10.00 Person • Maximum: 50 Persons
Please reply by April 10, 1993 to:

ROY C. HELMINSKI
2504 - 17th • Wyandotte, Michigan 48192
Phone (313) 284-1124

SportsMedicine

THE ATHLETE'S KITCHEN
by Nancy Clark, MS, RD

NUTRITIONAL ALTERNATIVES TO PILLS AND POTIONS

As he heaved his gym bag filled with an impressive pharmacy of vitamins, amino acids, muscle-building powders, carbohydrate drinks and other bottles filled with promises of enhanced athletic performance, Jim skeptically asked "Do you think these can help me be a better rugby player? I've been taking them because I'm tired all the time and lack energy during workouts." Jim was spending more than \$70 a month on an impressive assortment of ergogenic aids but, to date, had noticed no differences. Would the benefits ever come???

Because no amount of supplementation can compensate for poor eating habits, I first quizzed Jim about his daily diet before delving into the role of the supplements. Jim sheepishly reported he tended to skip breakfast, eat fast food lunches and more-often-than-not dial 1-800-PIZZA or CHI-NESE for dinner. Mind you, not all of these are inherently poor sports foods, but Jim certainly managed to make the highest fat choices!

After evaluating his daily diet, I concluded that Jim's complaints of chronic fatigue related primarily to inadequate carbohydrates; his lack of vim and vigor stemmed from skipping breakfast and lunch. Jim needed to enforce the following food rules that would help him win with good nutrition rather than lose money with questionable hocus.

Rule #1. Eat carbohydrate-based meals. Only carbohydrates fuel the muscles. Jim tended to choose fatty foods (i.e., sausage pizza with double cheese; egg rolls) that filled his stomach but left his muscles unfueled. To try to compensate for the high fat foods, he bought expensive carbo-powders that have no nutritional value. I suggested that he simply choose thick crust pizza with extra veggies & single cheese and drink lots of juices to both quench his thirst and boost his carb intake. These choices would also partially compensate for the lack of fresh fruits and vegetables in his diet and be a natural source of nutrients, preferable to his vitamin-paks.

Rule #2. Lift weights to build muscles. Weight lifting + adequate protein + extra carbs = bulk. Due to work conflicts, Jim lifted weights only sporadically hence he lacked his desired strength and bulk. Jim needed to commit to a regular exercise schedule. He also needed to eat less protein (the protein supplements were excessive) but more carbohydrates to fuel his muscles so he'd have the energy to train harder. He wishfully took arginine, ornithine, growth hormone stimulant and chromium picolinate. Professionally recognized scientific studies have yet to prove these supplements enhance performance.

Rule #3. Choose carbohydrates for energy, not vitamin pills. Jim had thought that vitamins could boost his energy level. Wrong. Vitamins are just spark plugs; they help convert carbohydrates into energy. Carbs are the gas that provide energy. Jim needed to fuel himself with bagels, bran cereal, bananas, dried fruits, juices, spaghetti with tomato sauce and potatoes—not simply pop pills and potions.

Based on these three fundamental rules, I taught Jim how to make dietary improvements that would help him feel better, have more energy, be stronger, play better and save money. Food does work and is far safer than hocus. No magic potions have been found to date that will replace hard exercise and good nutrition. But here is some of what is known:

Chromium: supposedly enhances the action of insulin, which thereby enhances muscle growth. It will not contribute to steroid-like increases. Athletes need adequate dietary chromium because they may excrete more chromium than non-athletes. A safe and adequate chromium intake is 50-200 ug/day; the safety of long-term supplementation with chromium picolinate is questionable. Good food sources include mushrooms (on pizza), wine (instead of beer), apples, raisins, chicken, and foods that are not highly processed. (Int'l J Sp Nutr 2:111, 1992)

Gamma Oryzanol: supposedly increases testosterone, a hormone that builds muscle. But the compound (extracted from rice bran, corn and barley oils) is poorly absorbed from the gut and gets left unused. There is no scientific evidence suggesting gamma-oryzanol has any ergogenic effects. (Int'l J Sports Nutr 1:170, 1991)

Inosine: supposedly enhances energy production. Inosine is needed to make ATP, the immediate source of energy for the muscles. This is true, inside the muscle cells. But does inosine taken in pill form get to the cells? One study showed that inosine actually hurt aerobic performance. (Med Sci Sports Exerc 22:4, 1990)

Medium-chain Triglycerides: supposedly MCT oil increases energy and endurance, but it gets burned immediately by the liver before it even has a chance to get to the muscles. (J Amer Diet Assoc, Oct 92)

Arginine, ornithine, lysine: These amino acids can stimulate the release of growth hormone, which theoretically might result in muscular development. Training itself stimulates growth hormone release, with endurance training stimulating more GH than weight training. (This raises the question: If growth hormone "works", why don't endurance athletes have bulkier muscles???) No reliable studies to date have shown that supplemental amino acids result in greater anabolic (muscle-building) effects than does training alone. (Phys Sportsmedicine, Jan 1990)

Vitamin E - Current research suggests many benefits from vitamin E: reduced risk of heart disease, cancer, cataracts and for athletes, possibly less muscular damage. Jim could certainly continue his supplements of 200 IUE as money well spent on health, if not performance.

Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, teaches athletes how to choose a winning sports diet. Her popular Sports Nutrition Guidebook offers additional advice. Send \$16.50 to NESF, PO Box 252, Boston 02113.

SHORT TRACK'S NEW GOODWILL AMBASSADOR



by SARAH CONOVER HILL

Marty and I had the good fortune to hear about Cathy Turner's Ice Capades show being in Albany in time to go see it. It is truly spectacular. The brief clip that CBS showed of Cathy singing during the Olympic coverage did nothing to prepare us for the incredible show business talent this young lady is. She is showcased in the show, entitled "Made in America", and one of the made in America items they present is Short Track Speedskating. Cathy does a demonstration of Short Track, and says she has many parents coming up to her after the shows inquiring about the sport. I have asked Shirley to be sure that Cathy has an ample supply of the brochures to give out at the shows.

However, it might be even better if your club could set up an information table at the Ice Capades performances, and have someone available each night to talk to people. How do you go about this, when you don't even know where she will be? Following is a list of the rest of the performances of "Made in America", with locations and telephone numbers. It's up to you to make use of it if you can, or at least go and see the show. It is a little expensive, but if you get a group together (like a skating club group maybe?) they do offer group rates. And Cathy can see into the audience while she is performing, so you might even want to make a banner or two. There are lots of performances that appeal to little kids, and the clown had Marty exclaiming "How does he do that?!?"

LOCATION	DATE	ARENA	TELEPHONE #
New York, NY	1/21-1/24/93	Madison Sq Garden	(212)935-8500
E. Rutherford, NJ	1/28-1/31/93	Brendan Bryen Arena	(201) 935-8500
Nassau, NY	2/2-2/7/93	Nassau Coliseum	(516) 794-9303
Washington, DC	2/9-2/15/93	Capitol Center	(301) 350-3400
Roanoke, VA	2/17-2/21/93	Civic Center	(703) 981-2241
New Haven, CT	2/24-2/28/93	Veterans Memorial	(203) 772-4200
Pittsburgh, PA	3/3-3/7/93	Civic Arena	(412) 642-1800
Dayton, OH	3/9-3/14/93	Hara Arena	(513) 278-4776
Auburn Hills, MI	3/16-3/22/93	The Palace	(313) 377-8600
Rosemont, IL	3/23-3/28/93	Rosemont Horizon	(312) 635-5501
Denver, CO	3/31-4/4/93	Denver Coliseum	(303) 640-2637

So take advantage of this chance to reach people you may not normally reach. The crowds are very enthusiastic, and the show is fun. It is worth the effort!


I have heard from a friend of speedskating in Colorado with a great suggestion. The suggestion is to talk to ice rink owners about having ten minutes of racing during regular public sessions, just quick fun stuff

to get the kids interested. Maybe if the rink has an open session from 10 a.m. to noon on Saturdays, have the first ten minutes be organized short races, say by age group or grade, on any type skate. That way parents with young kids who are afraid they will get hurt will probably still be tying up their skates, and the kids that get into it will get there early so that they can take part. You might want to do something like cumulative scores for a month, which would show progress, and give inexpensive prizes at the end of the month. Think about it. For a minimum of time on someone in your club's part, you may spark the interest of our future Olympians. Feel free to vary on the theme, if you have some better ideas.

Speaking of ideas, if you have one that you want run up the flagpole to see if anyone will salute it, or one that has worked well for your club but you haven't heard of other clubs doing, I would be happy to include it in my column. Either call me or write to me and we'll see where it goes.

Also, just a reminder that if your family receives multiple copies of the Racing Blade, Shirley has asked numerous times that you let her know if you only want to receive one. It saves money in printing and postage. But if you are like us, we always have someone that we want to give or send a copy of the Racing Blade to, so our extra copy goes to good use.

Go see Cathy if you get the chance; and good luck for the rest of the season!



Programs Competitions And Scheduling

by WILLIAM MARKLAND

In the closing paragraph of my last article, I remarked on the foundation of development that existed here in the U.S. The comments referred to the structure that existed and our basis for increasing the total participation in speedskating. Now, I would like to cover programs and competitions and their contribution to the development of future world class skaters.

An athlete begins his development the minute he or she laces on the first piece of equipment. When suited up, they begin their first steps into a completely unknown program, expecting to become a "Joe Montana, Micheal Jordan, or maybe a Bonnie Blair." True they have illusions of becoming a success, but they surely don't have a clue where the next steps are going to take them. These next steps fall under the programs that administrators prepare for beginning athletes.

When preparing programs for any sport, including

(Continued)

speedskating, the administrator has to consider the three basic areas of participation that lead to the growth and development of young athletes. These areas are the novice or beginning level, the intermediate or Class A level and the Elite level (development for International competition). When preparing the schedule for the season's competition, the administrator must consider the importance of each area and how each contributes to the athlete and those athletes who follow.

THE BEGINNING LEVEL

Naturally, the novice level is where the athlete gets his first taste of competition. It is designed so that skaters of equal ability can experience the fun of competition on skates, the fun of racing against other kids and the fun of meeting kids from other places. In other words, it is fun to compete on skates. The whole motive behind this program is to introduce the beginning skater to the sport of speedskating and develop an awareness of what the sport is about.

THE INTERMEDIATE LEVEL

Here the athlete is exposed to a taste of the real world. This level is intended to develop the skater into the finished product. It is here that the skater learns the strategies of competing against other skaters, the importance of proper technique and the importance of conditioning. It is here also that the athlete learns, or observes, the height or peak of performance that has to be achieved. It is at this level that the athlete develops the understanding of just how much effort is required to become successful.

THE ELITE LEVEL

Most of us understand this area quite well. It is here that the fine tuning takes place. Here athletes are put through specific training programs designed to prepare them for "World Class" competition. True, some development does take place, but, in fact, the basic mold has already been cast. The basic tools needed by the athlete for ultimate success were implanted with his experiences during the first two levels in the sport. It was during this period of participation that the roots were set and the whole basis for his willingness to work hard for success was formulated.

An important factor when we prepare schedules for our athletes, whether they be for local, state, or national level meets, the schedules must contribute to the improvement of the athlete and our sport. During the first two levels of an athletes development, the schedule of competitions is a very important factor in providing opportunities for improvement.

The second factor that needs to be considered when preparing schedules is participation. Who can participate in the schedule? Does the schedule allow for a good competitive program for the athlete? In other words, does the schedule allow for the desired level of participation that will offer development opportunities? The competitions provide our athletes with their stepping stones to success.

Another factor of programming is participation of National and World Team skaters, both Long Track and Short Track, in domestic meets. Over the years, as soon as



The Short Track Revolution

by MARK JASTRZEMBSKI
ASU Growth & Development
Committee Member

The fact that a revolution has taken place in Europe and Russia is old news to just about everyone. There is a new world order as a result of that upheaval and things will never be the same.

A similar revolution has taken place and continues to take place in ice speedskating, but there is a surprisingly large number of clubs and individual skaters around the nation who refuse to acknowledge it. The invention of the Short Track boot has forever changed the definition of speedskating. The introduction of in-line wheels to that boot has exponentially expanded the pool of skaters to even greater numbers...as well as elevated the quality of skating.

The short track boot has resulted in the "democratization" of the sport of speedskating. No longer does accident of birth (being born in a city near West Allis or Lake Placid or a cold city with outdoor

(Continued)

we select our elite teams, we seem to ship them overseas for development. We now remove them from our schedule. When preparing a schedule, one that will provide an opportunity of improvement to all our skaters, how can we expect to improve on the performance of our skaters if we keep taking the top athletes out of the program? Our programs need to emphasize the development possibilities of the participating athletes. We must realize that the developing skater has to have the opportunity to chase after the developed skater in order to become as good or better than the best we have.

A solution to SCHEDULING comes in three parts:

1. prepare a statewide BEGINNING LEVEL schedule, with divisions based on ability, not age, and schedule only one or two competitions per month;
2. prepare an inter-sectional, or open meet schedule that allows for the best possible participation of our INTERMEDIATE LEVEL skaters, designed to give the best competition within the five classes; and
3. Our ELITE LEVEL skaters should take part in as many open meets as possible, and we should invite top skaters from other countries to take part in our open meets. This type of SCHEDULE will truly allow for the best possible improvement opportunity for our skaters. It is also quite possible that this type of scheduling could just lead to more interest in our sport. In the short run we might lose a trophy or two to a foreign skater, but in the long run we will help ourselves by keeping all our skaters here to help develop the less experienced.

ice) become the most crucial factor in determining whether one will have a chance to develop into a speed skater. To a certain extent, much of the elitism of ice speedskating has been eliminated. Now, in theory at least, huge numbers of kids around any city with an indoor ice arena have the same opportunity to learn how to speedskate.

"...growth in speedskating ranks has been measured at a glacial pace."

In practice however, growth in speedskating ranks has been measured at a glacial pace. Our sport continues to rank just slightly above luge and bobsledding in terms of numbers of athletes. There are more registered beekeepers in the United States than competitive ice speed skaters! We have less than 2000 active speed skaters nationwide. There are in-line meets which attract more skaters than there are registered ice speed skaters in the U.S.!

So, the question is, why hasn't Short Track ice speedskating taken off like in-lining? We give enough lip service to the concept of expanding the pool of skaters. Everyone says we need to bring in new blood...more bikers, runners, in-liners and cross country skiers...recruit, recruit, recruit. Ask the kids if they want to skate in their own division with just one or two skaters or challenge up to a division with more and better skaters and I can just about guarantee they will "skate up."

It is my opinion that as much as the leadership of the ASU has been working to expand the membership, there is a subtle stubbornness at the club level by certain old line rank-and-file to do little to implement any programs that would actually bring in large numbers of new skaters. Are they perhaps afraid of the competition for their own sons and daughters?

I am still relatively new to this sport (four years) so I am sensitive to troubling signals that some let skip new recruits from the in-line ranks and from the inner-city schools. I hear phrases like, "These people are all power and no technique," and "We got to be careful not to expand too fast." Come on, folks. Who are we kidding? Out sport is teetering on the edge of financial disaster. Although a few clubs around the nation have a "problem" with the ice being too crowded with skaters, the vast majority are living right on the edge. One or two families quit and the club folds. I know you don't like to hear any discouraging words, but some of you need a reality check. Look around at how other sports are growing. We have to rapidly and dramatically increase our number of skaters or we are always going to be considered a

"We need a much larger pool of skaters to improve the overall quality of competitions."

minor sport. We have to double and triple the number of ice speed skaters nationwide in the next five years. Growth must come from new clubs in cities without speedskating, and we must also concentrate on fattening up existing clubs. We need a much larger pool of skaters to improve the overall quality of competitions. Skaters are winning their divisions too easily. We are not fielding the best athletes in the U.S. We are crowning national champions in divisions that have only 2 or 3 skaters entered! Our survival in coming years will become increasingly dependent on corporate money and television revenue. They will insist on a more widespread pool of skaters than we are currently offering. Where in-lining, soccer and even "beach volleyball" of all things are getting major network coverage and corporate donations, we will be left with the community cable access channels and the local chiropractic center sponsors.

We do have very good ice speed skaters. I don't mean to take anything away from them. The fact of the matter is that the best speed skaters in the US are not competing. They are hanging out on the street corners of Chicago, Detroit, LA, Philadelphia and Cincinnati. They are on wheels in South Florida, Dallas, Atlanta and New York City. They don't skate because no one has ever asked them to try ice speedskating.

It is time for the membership of the ASU to get in step with the leadership and start vigorously searching for new skaters. Putting up a poster at the rink and maybe running a three day ad at the beginning of the year is not a recruiting program.

The revolution has taken place. Wherever there is an indoor rink, there should be a speedskating club. Wherever there is a club, there should be someone from that club going twice a month into elementary schools making presentations about speedskating.

"...we have to do a better job...of recruiting more skaters."

Sometimes you have to knock people over the head to get their attention. You don't have to forcefully drag kids off the street and throw a pair of speedskates on them, but we have to do a better job than we are doing now of recruiting more skaters. We could double our membership overnight with a "Bring A Friend For Free" program. There are clubs sitting on piles of unused skates, and other clubs in the same state that can't get hold of any used speedskates. This is madness!

The ASU has high quality, printed promotional brochures free of charge that explain the sport and build kid interest. We also have an exciting eight-minute video with instructions on how to recruit new skaters. It is available for only the cost of shipping and handling (\$3) to each club. Write me for your club copy: WMSC, 2179 Lake Ave., Twin Lake, MI 49457.

YONKERS SKATING CLUB

by HANNE MICHELL



There is a serious problem in communication between USISA and individuals who are the backbone, developers and keepers of the flame of speedskating in the US. (Imagine the state of the sport if there were no clubs and the hundreds of people who work to keep it alive and growing!)

Aside from being the Novice Coordinator for the Yonkers Skating Club, I am Vince Gagliano's club secretary and, as such, I have been deeply involved with Vince's efforts to schedule programs at the OTC in Lake Placid. Dealing with USISA and the OTC is enough to try the patience of a saint...a fault no one has yet accused me of.

"Dealing with USISA and the OTC is enough to try the patience of a saint..."

For example, Vince submitted the required paperwork to schedule two programs at the OTC, one in November and one in December. We received the necessary approvals from Katie Marquard.

I was given the names of two people who were supposed to be in charge of ice time at the oval, Danny Allen and Jim Kirk. My first call found them unavailable for several days. When I finally reached Kirk I was told to call Tracey Lamb for approval of ice time. When reached, Tracy had no idea what I was talking about. When we assured him we had Katie Marquard's approval he did some more digging and discovered that we did indeed have the programs scheduled, BUT, he couldn't give us any ice time at that moment. Call back on Wednesday, he said, and talk to Mike Zerrahn.

When I reached Mike he said we could skate in the late afternoon of all three days of the program in November. Concerning December he could not give us time at that moment, but he would fax me a schedule the following Monday. Monday...no fax. I called his office and Mike's secretary assured me she would remind Mike about the promised fax. You guessed it, no fax ever arrived.

Vince and Yonkers worked hard at putting together good programs but we can't determine who to work with or how. Are we to work with Stan Klotkowski or on our own? Two letters and a fax to him concerning the November program never triggered a reply.

In late November the Flushing Club received a memorandum from Mike Crowe regarding request forms for OTC programs for 1993, but

1. the deadline for returning the forms was in three days (!) and
2. why did no one else (i.e., the MA Secretary, the MA Coach...Vince... or the other clubs) receive the memo?

One last point, not directly related to the above but more of the same in spirit. Why do only some people receive "Ice Chips?" Isn't the information in that publication vital to the Association and Club officers in their efforts to build our sport?

The air at the top of any sport is thinned by the focus on National and International matters, it is true. But, the people at that level need to come down from the mountain long enough and often enough to breath the air at the bottom of the pyramid that supports their being at those lofty heights.

There Is Something Wrong

by DAN VAN BENTHUYSEN

It's not hard to imagine what a thrill it is for a young speed skater to be invited to the Olympic Training Center in Lake Placid. A fairly new, large and comprehensive facility, it is state-of-the-art for all of a young athlete's needs. Funded by corporate and private donations to the USOC it's also essentially free to those who stay there.

USISA, whose specific mission is to build championship speedskating athletes and teams, has been trying to reach out to ASU clubs in an attempt to develop more talent in speedskating at an earlier stage. Their current program requires individual clubs to submit applications for specialized week-long or weekend camps at the OTC in Lake Placid where athletes can refine their training and skills under the watchful eyes of USISA coaches working with the local club coach.

Unfortunately, it strikes me that a program such as this works well only if the young speed skater happens to be a part of a well established club with healthy dedication among its coaches and officials. Skaters in predominately recreational (that is to say, non-competitive) clubs or clubs with very small memberships may find it tough to plan and execute the details of a camp to be run at OTC hundreds of miles from where they currently skate. And how does a program like this draw and develop the talent of skaters who are isolated or out in far flung areas where few speed skaters exist?

The problem is not limited to how suitable this approach is to speed skaters across the country. Unfortunately there's also the deeper and more troubling question of how USISA publicizes its opportunities within the larger speedskating community. My experience has been that there is little communication with the rest of us and little thought to improving it.

"Does someone at USISA call you or someone...to tell you of...this opportunity? No, they don't get in touch with me, either."

(Continued)

Profile:

The Many Lives of Murray Sherman

by JERRY KLASMAN

We often say of the people we like, "He's a scholar and a gentleman." Today "gentleman" is better substituted with "gentleperson," and in reference to Murray that is more than just politically correct, it describes the man.

Murray's career in speed-skating spans seventy (count 'em, seventy) years. He skated at the Brooklyn Ice Palace, at the rink above the Madison Square Garden when it was actually at Madison Square, and at the Roseland Ballroom when it was the Gay Blades Rink. In these rinks in the thirties he saw great skaters such as Allan Potts and Irving Jaffe (both members of the ASU Hall of Fame) and began his lifelong love affair with racing.



MURRAY SHERMAN
The Garden State Speed-skating Club January 1993
Photo by Don Christensen

But Murray is also a scholar. Like many young men in the Depression, he had to drop out of college. However, and unlike many then and now, he returned 30 years later to graduate from Columbia and begin a career as a research and reference librarian. At Rutgers he researched and wrote *Amnesty in America*, a complete listing of amnesties granted after America's wars. This work became the prime resource for applications for 100,000 draft resisters in Canada and Europe. His work in this field led to testifying twice before Congressional committees concerning, among other matters, a blanket amnesty for 160,000 draft resisters in the Civil War. These Congressional appearances are documented in the *Congressional Quarterly Weekly*.

Following the passing of his wife in 1980, Murray threw his energies into the Metropolitan Speed Skating Association. After several lean years and a change of name to the Garden State Speed Skating Club, it is today live and well and growing.

Murray's active affiliations include the Columbia University Alumni of Northern NJ, the National Association of Scholars and the United States Commission on Military History.

And if that were not enough.....he still skates five days a week!



MURRAY SHERMAN
on the ice for some conditioning
Photo by Don Christensen

A glance through the OTC schedule shows dozens of groups of athletes coming in and heading out of residency at the OTC in any given month. As plans change and some groups cancel planned periods of residency, new opportunities sometimes come up for the speed skaters at very short notice. Rooms that were to be available for the biathlon team for a certain period are suddenly available next week for the speed skaters, if USISA can fill them.

Does someone at USISA call you or someone in your club to tell them of this late-breaking opportunity? No, they don't get in touch with me either. I have the sense that they get in touch with a handful of people at a few well-established clubs to bring in the usual athletes, most of whom have been there before. And that course of action would be fine except that they claim to be trying to develop younger skaters across a broader spectrum.

It has been my experience that if I or someone in my association finds out about such a short-notice opportunity it is entirely by accident, when one of US has chanced to make a call to someone at USISA. I don't think any attempt is being made to publicize opportunities to the broadest possible audience of speed skaters.

And yet how else will the sport grow? For that matter, how many talented young

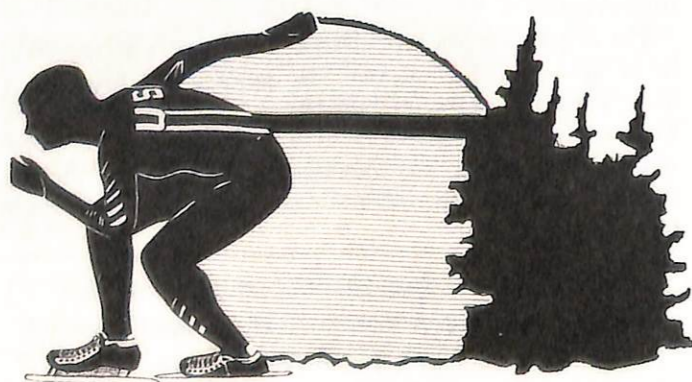
"...USISA's current minimalist approach... seems designed...to keep the sport small..."

skaters is USISA currently overlooking by failing to properly advertise opportunities?

We are a small sport, it is true. But USISA's current minimalist approach to informing us of opportunities seems designed, at the very least, to keep the sport small, and will only result in stifling the development of those who never hear about what is available.

It's a shameful waste of a national resource when kids, clubs and coaches don't even have a shot at finding out about opportunities within the sport.

I think it is incumbent upon USISA to develop an efficient means of communicating with the rest of us in the sport. The fact that speed skaters are relatively small in number ought to make that task relatively simple.



An Afternoon With Cathy Turner

by KELLEY CAWTHRA

The local figure skaters weren't the only group excited about The Ice Capades coming to town. This year would be different, a speed skating hero would be one of the stars. All of the skaters in the Southern California Speed Skating Association were wondering what Cathy Turner would be doing in the show when The Ice Capades came to the Great Western Forum.

A group of us were invited to a performance. It was a great show. If you get a chance to see Cathy perform in the show, I am sure you will enjoy it.

More important than the show was the opportunity to meet Cathy. A group of 20 or so skaters were invited to do a dry land workout with Cathy in the afternoon before the show. We started on the slideboard. She demonstrated proper form and explained one of her personal workouts on the board. Then it was our turn to slide. Everyone got the opportunity to try it. Cathy helped each of us with technique tips. It was interesting finding out things we were doing right and wrong.

After we all had a turn on the slideboard, we put on our inlines. We started off by talking about turns. She explained how our body position should be throughout the turn. She also went over proper arm swings. Next we worked on starts. The starts were lots of fun. She showed us her Olympic start. She then watched our starts and commented on them. Finally, we worked on our straightaways. We watched her and then she watched us. We made a pace line and skated across the huge Forum (home of the Lakers and Kings - the Los Angeles Kings, not the Studio City Kings, Keith and Charles) parking lot. A few of us finished up by being pulled back holding on to the back of a truck. That was especially fun, even for Cathy.

Cathy Turner is a very nice person. Her success has not gone to her head. She was polite and friendly to every skater at the workout. It was a special afternoon, because Cathy is not only a great skater but a great person.



The lucky ones in front of the Great Western Forum with Olympian Cathy Turner



Cathy explaining the proper arm swing to one of the younger participants



With the wheels on, Cathy demonstrated turns and starts.



Reacquaintance with skating on black ice and reveries of childhood

Thoughts from a Marathon

by HANNE MICHELL
Middle Atlantic
Skating Association

As soon as I heard that the National Marathon would be held in Duluth, Minnesota, this year, I decided to enter it. The thought of skating on the St. Louis River was too appealing to pass up. After all, this was just the kind of skating I was used to as a kid growing up in Denmark. In those days artificial rinks were nonexistent and we were solely dependent on Mother Nature to freeze over the lakes and rivers and she was always good to us.

As I was filling out my entry form my thoughts began to wander back to those fun-filled days. We didn't have polypropylene underwear or chemical handwarmers or neoprene boot covers. All that was between us and the cold was, at best, silk and wool. We were too busy having fun and too foolish to recognize how cold we sometimes were.

I remember the feeling of complete freedom and ecstasy when, on a windy day, I would open up my jacket and hold it out as a sail and the wind would just blow me across the lake at a fantastic speed. I remember the eerie, hollow sound of the ice breaking across the lake. It sounded like thunder but we learned not to worry, it was only nature flexing its muscles. When the ice was thick enough, the town would erect some light poles out on the ice so we could skate at night. The workmen would sit in a wood trailer keeping themselves warm from a woodstove and they would sometimes let us in to warm up if we were really cold.

I remember skating for hours and hours and never getting tired. I didn't want to miss a moment of this. After all, the season was only a couple of months at best.

I brought myself back to reality and finished filling out the entry form.

Maybe I was romanticizing about those days? No, I don't think so. They were great times indeed and surely Duluth would have some of the same flavor. Still, 25K and 50K are awfully long races. Should I, shouldn't I?

As we flew across the country towards Minnesota I began to have second thoughts about having entered this race. Listening to the other skaters discussing strategy and what type of skates would be best to use in this type of race made me feel even more uncertain about my decision. I had no strategy and no idea of how I was going to even finish a 25 kilometer race. I wish I had listened to Vince and done some serious training, but it was too late now. Yet, a part of me was curious and excited about the race. If worse came to worse I could always pretend I had twisted an ankle. How could anyone challenge that? A voice inside me said I was a real chicken if I decided to resort to that.

As we approached Duluth, Vince pointed to the track below that we would be skating on. I looked at it and a feeling of relief came over me. No problem, that looks like a piece of cake. Not nearly as big as I had thought it would be, forgetting that I was thousands of feet up in the air.

We arrived at noontime on Friday and had plenty of time to do a practice run of the 5 kilometer track.

I had forgotten the bumps and waves and cracks and holes that is such a part of lake and river skating. This was

going to be a challenge to say the least. As I moved cautiously across the ice I knew that no records would be set here this weekend.

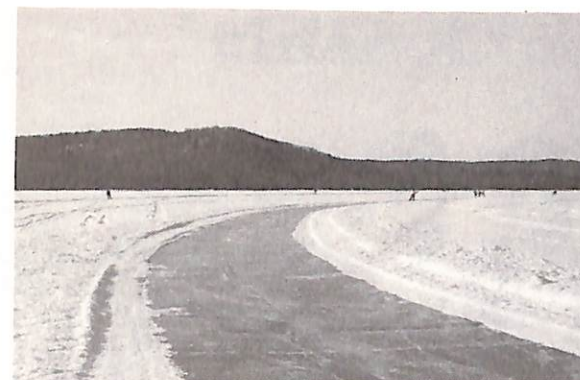
Out here on this river it will be more a matter of survival and finishing the race with all the body parts intact, than a race for speed—at least for some of us. This is real skating. This, to me, is what skating is all about. I am happy that I am here but I must acquaint myself with this forgotten element of childhood days. Forget the long smooth glides on a perfectly groomed and exquisitely "Zamboni'd" artificial track. Forget that perfect stroke and proper body alignment that we are working so hard to master. Time to refocus. Out here, your only concern is where your next skate will land. Each stroke must be carefully negotiated or you could be in big trouble. If you lose your concentration for just a second, it could be devastating because if your skate slips into a crack and gets stuck, while you are skating at a good speed, you could easily break a leg or an ankle

All Staff Photos



Hanne Michell and Vince Gagliano of the Yonkers Club get ready for the start of the 25K Marthon

(Continued)



Easy curves and rugged scenery created an interesting course

or at best tear a ligament. This is not written to discourage anyone from tackling lake and river marathon skating. On the contrary, this is where the real challenge of skating lies. It does, however, point out the vast difference between artificial and natural ice and it does require some attitude adjustment. As I continue my practice run around the track I am careful to place my skate across the cracks rather than parallel to them. It is all coming back to me. I take great delight in remembering how to skate this stuff.

Race day arrives. It is a beautiful clear and sunny day, no wind but very cold. Everyone is excited about this 25K race. The people in Duluth have worked extremely hard and long hours to make this event a huge success. Their graciousness and hospitality were appreciated by everybody. Especially welcomed was the heated tent for booting up. Some of us are huddled around the kerosene stove, boots inverted to get some heat into them while congratulating ourselves for remembering the chemical handwarmers plus extra ones to wrap over the toes of our boots. The usual psyche game is kept to a minimum. Everyone is more concerned about dressing for this frigid race.

We are at the start line. Everyone's face is covered with a mask, a hood and goggles. It's hard to recognize anybody. The gun goes off and the skaters surge forward like a wave. I stay with the pack for about 1000 meters. Bad sign to lose them this early in the race but not surprising. With skaters like Bob Fischer, John Diemont, Carole Moore, Vince and a couple of dozen other top notch skaters,

what else could I expect. More are dropping from the pack. I remember Bob telling me to be sure to skate with other skaters because it is grueling to skate such a long race alone. I catch up to a group of three skaters, we stay together for about another 5K then one of them drops out of the race.

As we are about to put the first 10K behind us we assure each other that we can finish the race and besides, how can we possibly face the humiliation if we don't.

My eyes are fixed at the ice in front of me carefully avoiding the bad spots. My back is killing me, my thighs are burning, shins hurting from not sitting far enough back on my heels. I can't feel my toes. I must be wearing the wrong kind of skates and besides, I have no strategy. I stand up to stretch my back. I'm by myself, what happened to the others, did I pass them or they me? I fell a lump in my throat and tears in my eyes. I must get hold of myself, this is no time for self-pity. I could have trained for this race. Could have, should have, but I didn't, and I am here and I'm going to finish it. My self pity turns into stubbornness. I settle into a rhythm, again focusing on the terrain in front of me. I'm talking to the ice, assuring it that I'm the boss. I attack the ice rhythmically, monotonously and endlessly it seems—right, left, right, left, making sure that my skates come across those cracks perpendicularly. I feel good, I'm in control again. 5K to go. I become aware of someone's skate strokes. Is it my own skates echo-



Everyones' faces are covered with masks, hoods and goggles. It's hard to recognize anyone

ing off the hills or is there someone behind me? I don't dare look back for fear of falling down. I change my stride but I still hear someones quick strokes. I am not alone. There is someone else out here. We skate together cheering each other on. We hear someone behind us. It's Vince. He finished his race and came to offer moral support. My partner is now moving ahead. I gesture to Vince to stay back, but he doesn't see it. I want to catch up to my partner and I also want to beat him across the finish line. Vince asks me, in his typical, subtle Bronxian way, if I'm going to let the guy beat me to the finish line. I tell him to "please be quiet"-----well maybe I didn't say it exactly that way. I pick up my pace and pass the skater. I'm 20 feet from the finish line—I relax—WOW I did it but, alas, one of my skates get caught in a hole—I fall. If only that other skater would have been a gentleman, he would have helped me to my feet and then I could still have beaten him.

Are you asking me if I will be doing this kind of skating in the future? The answer is absolutely, positively YES. This kind of skating is an enormous challenge. It's where I want to be.

"Anyone can become angry—that's easy, but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—that is not easy."

—Aristotle

National Marathon Championship

St. Louis River Duluth, Minnesota January 9-10, 1993

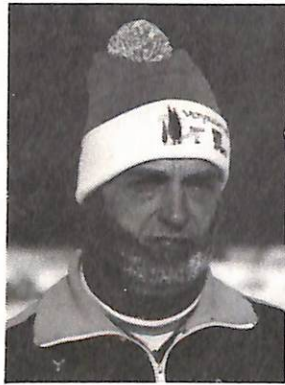
by BOB VEHE

A cloudless sky, a bright sun, a windless day, two feet of black ice, a 3.1 mile gently curving course through scenic northwoods with Herr Fahrenheit's temperature hovering around the zero mark, provided ideal conditions for the second ASU National Marathon Championship.

The Duluth Speedskating Club and the University of Minnesota-Duluth combined their efforts to put on a championship meet that anticipated almost every need of the skaters and spectators. Discounted rates at motels were set at two excellent motels separated by a Perkins Pancake House, which eliminated the need for a car for those who flew into Duluth. The race location was an easy 12 minute drive to the Boy Scout Landing on the St. Louis River, where ample parking and portable toilets were provide. The most convenient parking was on the river close to the warming tent and the starting line. Some of the skaters were probably apprehensive about where they would be able to change their clothes, as I was. Where would I be able to remove my heavy gear prior to my long drive home? In fact, I had tried unsuccessfully, to make arrangements at the motel to have a place to change after Sunday's race and had resigned to changing in my car. What a pleasant surprise to see this large tent with guy ropes held by stakes driven into the black river ice and supplied with benches and two propane heaters that made it perfectly comfortable, so long as you didn't confuse it with Florida. Oranges, bananas and cookies galore, in the shape of various fishes were in constant supply.

The 25K race started at noon on Saturday and the last finisher crossed the line at about 1:20. A "carbo-loading" dinner for everyone was available at an Italian restaurant in downtown Duluth in what, I believe, was a restored brewery. Spaghetti, good rolls and a salad did wonders to re-fuel your body to face another crisp day on Sunday. After dinner the awards presentation was held in an auditorium in the same building. As noted in the caption under the picture on the photo page, this was a most civilized way of handling the program. So many times, the presentations are made in a crowded warming house with everyone anxious to leave and most of the spectators already gone.

(Continued on page 36)



DAVE TAYLOR
Meet Director and
50K medalist



25K CHAMPIONS

Bob Fischer, Grand Master Men; Kevin Johnson, Senior Men; Hanne Michell, Grand Master Women; Dave Montgomery, overall winner and Master Champion; Carole Moore, Master; Lucas Aker, Junior Boys; Lynn Knutson, Senior Women.



Presentations of awards were made in an auditorium in downtown Duluth after a "carbo-loading" dinner on Saturday night. It was a most civilized plan for which the Duluth Club deserves congratulations.



Referee Joan Peterson congratulates Dave Montgomery on winning the 25K race



Joe Koppi of the Powderhorn Club winner of the 50K race giving him first place in the senior men. He placed second in the 25K race in his class

All photos by Staff



A Warm Trailer and a heated tent staked into St. Louis river provided comfortable change areas.



Carole Moore, Master Woman Champion in the 25K race.



Almost the same picture as last year except the icicles are smaller. Bob Fischer, Grand Master Champion in the 25K and 50K events.



Paul Marchese last year's winner and Senior Champion in the 50K race at Lake Placid was out of contention in the 25K at Duluth due to falls.



Referee Joan Peterson getting ready to give last minute instructions. Temperature was about 5 below.



It has to be Hanne Michell "Danish Dynamite"



A Father and Son Team Kevin Johnson, Senior Champion, in the 25K and his father, Jim, just prior to the start of the race.



The races were started by an authentic appearing Voyageur.



Dave Montgomery Winner of the 25K race and Master Men Class Champion

Two Skaters In The Ukraine

by Dr. DEBBIE HADLOCK

Last summer, two members of the Flushing Meadow Speed Skating Club traveled to the Ukraine with the U.S. Masters Cycling Team to compete in the Commonwealth of Independent States (Formerly U.S.S.R.) Master Championships. Dr. Debbie Hadlock and Carole Moore were among the 30-person Masters Team selected to represent the U.S.A.

The racing covered a variety of events over a five-day period including both mass start and timed races. The first day, an individual time trial was held in which Carole won the silver medal and Debbie the bronze. The second day was a road race. Again Carole placed second and Debbie third in their age category. After a day of "rest" (actually a long day of sight seeing in Kiev), Carole and Debbie tackled the obstacle course which is something one does more in mountain bike racing rather than road racing. The Russians called it "Figure Driving", which included a slalom, a teeter totter and a four-inch wide by eight-foot long rail over which one had to negotiate.

Saturday entailed sprints and hill climbs with Carole and Debbie maintaining their second and third places, respectively.

Last but not least, Sunday was the criterium. Carole came home with the gold that day, while Debbie received her fifth bronze. Overall, Carole placed second in the G.S. and Debbie third.

Racing aside, the Ukraine was a unique experience. The races were hosted in the town of White Church (Belaya Tserkov). We were their first western visitors in over 60 years. The town is located 80 kilometers south of Kiev and 200 kilometers south of Chernobyl. It is the site of a rubber factory and a plastics research facility. The terrain was relatively flat with some rolling hills. The citizens of the Ukraine are excited about their recent independence, but times are hard with rations for some food products and gas shortages. They are continuing to work hard to achieve their long-term goals.



KIEV



Carol, Tisha & Debbie after the hill climb
CTS Champ - White Church, 1992



Carole, Tish & Debbie on podium

Newly named permanent administrator of the Sports Training Center at NMU

Meet Jeff Kleinschmidt

Editor's Note:

The following are reprints of articles appearing in *Inside View*, the official newsletter of the Sports Training Center at NMU

After directing the Northern Michigan University Sports Training Centers as its interim Administrator the past year, Jeff Kleinschmidt was recently named the Center's permanent director.

Due to funding problems at the STC, Kleinschmidt's promotion comes at a critical stage for the existence of the Center.

Kleinschmidt, a strong advocate of combining education and athletics, is proud of how the revolutionary U.S. Olympic Education Center has evolved into a developer of students and world class athletes.

The USOEC produced 1992 Albertville Winter Olympic short track speed-skating gold and silver medalist Cathy Turner and the silver medal women's 3,000-meter relay team. The Center also produced Olympic boxer Vernon Forrest, and four of the six member U.S. Olympic badminton team.

And in the process, the Center has graduated over 25 college and high school athletes.

Kleinschmidt is a 1976 graduate of Iron Mountain High School where he played four years of basketball, three years of football and one season of tennis.

He graduated from Northern Michigan University in 1983 with a degree in Physical Education and a 3.61 grade point average. He made the Dean's List every semester.

In 1986, he earned a master's degree—and a 3.66 GPA—from NMU in Physical Education.

He and his wife Cindy, of Kingsford, Mich., have two daughters, Brooke (8) and Kimberly (5), and a son, Justin (11), and reside in Marquette.



JEFF KLEINSCHMIDT

In his first interview since his promotion, Kleinschmidt discussed with Inside View the future of the USOEC and several of his personal goals for the program:

IV: You were born and raised in the Upper Peninsula of Michigan and you earned your degree at NMU, is working in this area a dream situation for you?

Kleinschmidt: This is the opportunity of a lifetime. Living in the U.P. is just a great joy for me and my family. I enjoy skiing in the winter and boating in the summer.

I really enjoy living in the U.P., and I never thought I would have the opportunity to work in sports administration with the U.S. Olympic Committee programs right here. I'm thrilled.

IV: As the new administrator, what are your top priorities for the USOEC?

Kleinschmidt: Obviously, the most important priority is to generate

resources for the U.S. Olympic Education Center. That's the biggest challenge, taking steps to fund the program for future years between various funding sources.

Beyond that there are certainly some things that are a priority for us such as facility development, a coaches education program, and expanding the number of programs we presently have at the USOEC.

IV: How do you describe the funding situation for the USOEC?

Kleinschmidt: I would define the situation as serious mainly because of our deficit. When the state cut our funding, it was a reimbursement for money that was spent in good faith. So instead of having \$600,000 cut for the upcoming fiscal year, we immediately faced a \$600,000 deficit and no funds to operate for the next year either.

When Northern Michigan University decided to honor the state's commitment to the athletes and coaches training here through the Albertville and Barcelona Olympics, the University risked facing a total potential \$1.2 million deficit.

We have received some funds from the state since then to help reduce the deficit, but we still have a deficit at Northern Michigan University that we have to eliminate.

I'm very optimistic for the future because we have received a lot of support this year from corporate Michigan and from the U.S. Olympic Committee.

I'm very hopeful that we will find the funds necessary to continue to develop elite athletes and students for many years to come.

"Obviously the most important priority is to generate resources for the U.S. Olympic Education Center. That's the biggest challenge..."

—Jeff Kleinschmidt

IV: What must you do about the other priorities?

Kleinschmidt: Concerning facilities, we must build a paved roller ski loop for our cross country skiers and biathletes.

(Continued)

We are looking at a cooperative effort between the U.S. National Guard biathlon unit, the Michigan National Guard, Northern Michigan University, and others to build and maintain a paved roller ski loop for training during the spring and summer.

If we can make this happen, we will be the only Olympic facility in the nation to have a paved roller ski loop.

Right now our athletes are using country back roads. The training and safety factor would improve considerably for our nation's elite skiers with this loop.

We must also expand NMU's sheet of ice to an international size facility. Presently, USOEC speedskaters train on an ice rink that is really too small and doesn't meet international standards. Until our facility meets these standards we can't host major national or international competitions.

I also would like to start a coaches education program. We are lagging far behind many European countries in educating our coaches in many aspects including technical, dietary, physiological, psychological, and motivational models of coaching. I believe that NMU could fill this void and develop a comprehensive coaches education program for many sports.

Finally, I want to expand the number of programs we presently have at the USOEC. Presently, we are serving five national governing bodies with two more interested in starting programs in the near future. I would like to see us increase our program offerings to approximately 12 sports that we could serve very well.

IV: What do you personally bring to the Administrator's position?

Kleinschmidt: I bring a lot of experience, which is very important because this is a very difficult program to manage. There is not another program like this any where in the country. We can't just call colleagues and ask what they do in a certain situation because no one has done this before.

I also bring a tremendous amount of knowledge to the Olympic program through my past work at the USOEC. As the Assistant Administrator, I worked extensively with the U.S. Olympic Committee and several na-

tional governing bodies. As Great Lakes State Games Director, I have worked with several state agencies in Michigan, several Michigan corporations and the National Congress of State Games.

I believe my type of management style allows people at the USOEC to do their jobs. We have a great staff here, including administrative and coaching staff, and they don't need someone to tell them how to do their jobs.

IV: What is so unique about the USOEC?

Kleinschmidt: We are unique because we are the only Olympic program located on a university campus. In the past, elite athletes would often have to place their education on hold for many years.

We've had athletes here in our Olympic Bridging Program, which offers the same USOEC opportunities to retired Olympians, who were in their 30s and didn't even know how to write a check. The training and traveling demands are intense for the truly elite athlete.

Athletes live and train at the USOEC year round while also working on their degrees. Everything an athlete needs as far as coaching, training, diet, education, etc., is well supervised. We have produced Olympic champions, world champions, and national champions in many sports while also producing high school and college graduates.

IV: How do you measure success for this program?

Kleinschmidt: We measure success in both personal academic achievements of the athletes and their competition achievements. Sure, we would love for every athlete to win a gold medal in the Olympics, but that's highly unlikely. If they can't win medals, then we want these athletes to leave here with a college degree and with skills that make them marketable in the job market. We want them to leave here saying they have learned a lot about life and are better people because they were a part of the USOEC.

IV: There is a lot of hard work, long hours, and traveling involved in this job. What are the rewards?

Kleinschmidt: I strongly believe in what we're doing. I believe in our mission statement. It is rewarding to see someone like Cathy Turner standing on the Olympic victory stand receiving her Olympic gold medal. It is an incredible feeling knowing that in some small way, we helped her achieve her goal of not only winning a medal but also obtaining her education.

It's not just the obvious things that make me happy. I find it very rewarding seeing young students doing well in high school or college when before coming here they might not have had a chance to go to school, or were considered "at risk" for failure.

We have some athletes here who wouldn't even have finished high school if it wasn't for this program. Some of the athletes are the first in their family to go to college.

Now that's thrilling. That's what this program is about.

The USOEC also had a major impact at the 1992 Winter Olympics by accounting for two of the U.S. Olympic Team's 11 medals.

Speedskater Cathy Turner captured a gold medal in 500-meter competition and a silver medal in the 3,000m relay with USOEC teammates Amy Peterson, Darcie Dohnal, and Nikki Ziegelmeyer.

Of the eight-member U.S. short track speedskating team, seven were USOEC resident skaters including Turner, Peterson, Ziegelmeyer, Dohnal, Tricia Stennes, Andy Gabel, and Charles King.

Of the 253-member U.S. Winter Olympic delegation, 84 trained or competed at the USOEC - including 53 of 189 athletes.

Kuopio, Finland, celebrates ten years of marathon races. February 27, 1993

The Finland Ice Marathon

by KUOPIO TOURIST SERVICE

Marathon skating is increasing in popularity around the world alongside the technically more demanding speed skating. Marathon skating competitions held on natural lake ice have become particularly popular. Here the exciting atmosphere pervades the entire event, unlike skating performances on a 400m track where skating around the bends is a major feature. Thus marathon skating on lake ice tracks is designed for everyone, much like cross-country skiing.

For the Finnish marathon skating, the year 1993 will be the tenth anniversary. The City of Kuopio has international recognition as the Finnish marathon skating town. Here the Finland Ice Marathon has been organized since 1984. An important idea behind the Finland Ice Marathon is that the same sporting event can provide a place for competitive sportsmen and sportswomen as well as keep-fit skaters. This is the fact that actually has kept this event so alive all these 10 years. Through the history of the Finland Ice Marathon there have been events with 1300 to 1500 skaters. The organizers are now doing their best to reach that volume of enthusiastic skaters again in honor of the ten years anniversary.

On Saturday, February 27, 1993, the Finland Ice Marathon has races of 100 Km, 50 km, 25 km and 12.5 km. Except for the 50 km, there are series for men as well as for women. The skating track is 12.5 km long and about 4 metres broad. It has been made by using special equipment. Kuopio has always been known for the excellent skating tracks on the ice of Lake Kallavesi.

Kuopio residents are proud of their skating event. Every year thousands come to watch and perhaps to skate the 12.5 km recreational event.



The official organizers:

Kuopio Skating Club



Finnish Speed Skating Association



Editor's Note:

Following are some paragraphs from the brochure furnished by the Finish Tourist Bureau that may be of interest. Note particularly that Kuopio had 850 competitors last year. They have had as

(Continued)

Skating is fun.

many as 1500 skaters in past years. Marathon racing could and should become a big thing in the United States. Speed and technique are not the most essential element in marathon skating. The challenge to many is finishing.

Kuopio Skating Club extends a welcome to you and your friends to the Finland Ice Marathon's 10 years anniversary competition. Last winter 850 skaters from seven countries participated in this international marathon.

The entry fee covers accident insurance, first-aid services, refreshments, a commemorative medal and sauna with swimming at the indoor swimming pool. The swimming pool is open from 9:30-17.00, entrance up to 16.00. Don't forget to take your competition number with you to obtain free entrance to the swimming pool.

Competitors' protests must be lodged in writing at the latest half an hour after announcing the results, which a protest is aimed to. The protest should be handed over to the competition office and a protest fee of 200 FIM is to be paid. If the protest goes through, this fee will be returned.

Starting and finishing area, tracks
 The starting and finishing area is situated at the end of the Vainolanniemi cape, approx. 1.5 km from the city centre. In a building of the Vainolanniemi sports stadium there are clothechanging and shower rooms for skaters from 8.00 a.m. onwards. Changing skates and the storage of shoes has been organized on the ice close to the starting and finishing area from 9.00 a.m. onwards.
 100 km, 50 km and 25 km competitions will be skated on one 12.5 km long track. On this track the starting and finishing area is divided into two lanes, the right one being the passing lane and the left one being the finishing lane. Please note! If skaters come to the finish in the passing right lane, their arrival at the finish line will not be recorded. As competitors cross the finish line they should raise one hand to give a sign that they have finished.



Prizes
 Every skater will receive a commemorative medal. The medals will be awarded by the competition office up to 16.00.
 Cups will be awarded to the 10 best in the men's 100 km competition and to the 5 best in all the other competition series.
 Additionally the following incentive prizes will be awarded:
 100 km men
 Winner 1200 FIM
 2nd best 900 FIM
 3rd best 700 FIM
 4th best 500 FIM
 5th best 400 FIM
 6th best 300 FIM
 7th best 250 FIM
 8th best 200 FIM
 9th best 150 FIM
 10th best 100 FIM
 100 km Women
 winner 700 FIM
 2nd best 500 FIM
 3rd best 300 FIM

Organizer: **Kuopio Skating Club**
 Additional information:
Kuopio Tourist Service
Haapaniemenkatu 17,
SF-70110
Kuopio
Telephone: 358-71-182587
Telefax: 358-71-2624004

If you want information on rates, preparation, billing, closing dates, etc.

RACING BLADE

Contact:
ROY HELMINSKI
 2504 Seventeenth Street
 Wyandotte, Michigan 48192
 (313) 284-1124

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

Contact:
BOB VEHE
 404 HiLusi Avenue
 Mt. Prospect, Illinois 60056
 (708) 253-4191



THE ESSENCE OF SPORT

by JIM CAMPBELL

As a winner, I subscribed to the belief that there was certain dignity in losing. Years of losing as a youngster and the understanding that without the competitive efforts of the losers there would be no winners, had shaped that view. But it took an event that occurred at the very end of my competitive speedskating career to bring that conviction into clear focus.

In 1958, at the age of 27, I had decided to retire from competition at the conclusion of the indoor racing season. I would skate the North American and National Championships on successive weekends and call it quits. I won the North American Championship and had visions of capturing the National Championship the following week in Champaign, Il, on the track on which I had won that title in 1953. Ending my career with a major double was an appealing prospect. Fate, however, dealt me a different hand.

The championship competition involved five events, from the quarter mile to the two mile. Between the "young lions" and Jack Disney of California, I was never in the running for the Championship. Ironically, the last event, the two mile, the very last race in which I would compete, was to personally and dramatically define the essence of sport.

With a quarter mile to go, Jack Disney burst away from the field and as I took chase, the crowd responded to the pursuit. With each succeeding stroke I inched closer and even I became excited as the crowd cheered us on. As we came out of the last corner, I was at his shoulder and as we sped across the finish line we were virtually one. But, I knew he had won and I had lost. No matter by how little. As I stood up out of the skating position, I was exhilarated. Not at the defeat, certainly, but at the chase, the competition, the union between winner and loser. I thought, "It doesn't get better than this. There IS a dignity in losing." Especially when you have done your very best. And I had!

Years later, in 1972, Billie Jean King was selected Sportswoman of the Year by Sports Illustrated Magazine. Here's what she had to say about competition: "Winning isn't that big a deal either. The real job comes from the very thing that involves people in the first place—the fun of execution, the fun of playing."

Doesn't that say it all?

Editor's Note:
 Jim Campbell is a member of the ASU Speedskating Hall of Fame.

Growing vs. Stagnating

by MARK JASZTREMBSKI
 West Michigan Speedskating Club

What's the difference between a growing club and a stagnant club?

A growing club encourages its members to bring friends. Stagnant clubs don't like a lot of outsiders chewing up the ice.

Growing clubs are always on the look-out for additional ice time. Stagnant clubs spend a lot of time complaining about how hard it is to fit an hour of skating per week into their busy schedule.

Progressive clubs are always looking for more meets to add to their schedule. Dying clubs find excuses not to send skaters to meets.

Growing clubs always seem to be short of skates. Stagnant clubs have boxes of skates rusting away in basements.

Growing clubs have pace lines with skaters strung out all over the track. Stagnant clubs have a small group of tightly packed veteran skaters.

Forward looking clubs are anxious to hold their own meets. Tired clubs would rather not go through the hassle.

Progressive clubs' non-skating members get involved as judges, timers and officials. Regressive clubs have parents who just drop off the kids and write checks for membership fees.

Living clubs are constantly looking for better ways to do things and are not afraid of changes. Dying clubs like the way they've always done things and are just trying to make it through another season.

There is no doubt in our minds as to what kind of club we have. We're dynamic! We love the speed experience and want to share it with new skaters. We aren't afraid to take chances when opportunities present themselves. We are big thinkers and doers.

Our club is four years old. We have hosted major fundraiser auctions, benefit hockey games, holiday public skating session fundraisers and major competitions in Muskegon and Grand Rapids. Last June we staged ASU's first 400-meter in-line meet. We are now planning a whole day of free ice racing for area kids in late January and are looking forward to hosting the National Short Track Championships in 1995.

We are always coming up with new ideas for promoting and recruiting. We keep thinking big thoughts and doing big things!

1991-92 Season Was Just a Dress Rehearsal

by DAN VAN BENTHUYSEN

Growth and Development? Advertising and Promotion? What's the difference? Well, certainly there are differences but there are also a lot of overlapping areas between the two. As one who is concerned about fostering the expansion of a sport that seems perennially too small, I'd like to see a forum, perhaps here in The Racing Blade, for the exchange of ideas, experiments, promotions, yes - gimmicks if you will, that successfully worked to build the sport with various clubs and associations around the country.

We are at a unique crossroads with our sport. We know that our greatest exposure to the public is in Olympic years. And with the formal introduction of Short Track to the Games and the timely gold medal won by Cathy Turner, we should be on a roll. The influx of in-line skaters seems to bring its own momentum too.

But we must capitalize on all this momentum. Having two Winter Olympics only two years apart gives us the advantage of a double-whammy...but only if we use it wisely. Remember seeing speed skaters in car commercials and candy bar ads? It'll all be back again soon and people will again get curious about trying speedskating. We need to be ready, locally visible and accessible.

"Every time there's a hockey game on TV, it's...an advertisement for THEIR kind of skating"

And don't forget all of that good news for our sport is still going up against other versions of skating. Every time there's a hockey game on TV it's like an advertisement for THEIR kind of skating. But don't despair, fortunately a great number of people are always looking for something new and different to try. Not everyone wants a contact sport like hockey and not everyone wants the aesthetics of figure skating.

The question is how do WE connect with THEM?

The following are random ideas and thoughts on promoting the growth of the sport. They're certainly not all my own or even from my own association or club.

★ Some forms of advertising and promotion seem not to bring new members at all. Jim Chapin, in a special report a few years ago, found a number of clubs that expressed surprise when major newspaper coverage or advertising didn't result in many (or sometimes any) new members. We've seen the same thing in our own association. Three pages including a photo essay in a newspaper with several hundred thousand circulation seemed great but we couldn't identify one new member that resulted from it. Does this

mean it's not worth pursuing? I'd still do it again. Some major media exposure seems to be what I would call "background" exposure. It lets people know you're there even if they don't act on it and inquire about joining this season.

"...the poster in the rink and the flier in the...shop seem to bring the most...response."

★ It seems important to keep the exposure going as much as possible. On all levels, the poster in the rink and the flier in the skate, cycle or in-line shop seem to bring the most immediate and tangible response for us. But someone needs to be pursuing these things all the time. I would argue that having a vice president for publicity and promotion in your club as well as in your association is as crucial as having a president, treasurer, or coach.

Here are some other things I've seen work with some success:

★ Getting all the clubs in our area to agree that newcomers to the sport will skate their first session free.

★ Printing fliers advertising the First Session free. Biggest word on the fliers is "FREE" a word advertisers will tell you is very potent.

★ Set up a table and small display for your speedskating club at the local rink during its busiest PUBLIC session. You'll be reaching your best audience, those who already do some kind of ice skating. Staff it with ONE friendly, outgoing person. If you staff a table with more than one, individuals may be reluctant to approach and ask questions. Put some skates on the table. Long Track and Short. It's amazing how many people have never seen speed skates up close. This is a great ice-breaker (pardon the pun). Let them handle the skates and talk about the differences between speed skates and other kinds of skates. Then slip in a reference to your club's skating sessions and your "skate your first session free" policy.

"off-ice social activities make the club that much more attractive..."

★ Meanwhile, do your best to hang on to the members you already have. Never underestimate the social aspect of club activities: a holiday celebration, a special birthday celebration, a special award for some special service, an annual dinner. All these off-ice social activities make the club that much more attractive to those who might just as soon have drifted away from the sport.

★ T-shirts make people into walking advertisements for the sport. Sarah Hill in a recent article mentioned some clever slogans to put on shirts. My favorite is to put a great looking image of a speed skater on the front and on the back (in big bold letters) "Ask me about Speedskating." Then, in smaller type underneath - "If you can catch me." And people really do ask.

(Continued on page 41)

Letters

Hi Shirley,

I love The Racing Blade with its new look! It really makes our organization look substantial.

A suggestion for the Associate Editor's column... please add our association to the list. Mary Wong is the Association Editor. Thanks!

Bonnie Crater,
Northern California Assn.

Dear Mrs. Chapin,

Enclosed are my Alumni Club dues.

I'm also enclosing a copy of the Lake Placid News for Friday, February 22, 1935. I am very proud to have raced that weekend when electric timing was used for the first time for ice speedskating.

Please note the name of Charles Jewtraw, winner of the 500m for the U.S. in the 1924 Winter Olympics at Chamonix, France. In case you are not aware, I'm told by Jack Shea that his medal is in the Smithsonian. Mr. Jewtraw is in a nursing home in Hobe Sound, Florida, some 40 miles from me and I have visited him several times and have a snap taken with him.

I worked speedskating at the Oval in Calgary in 1988 and would you believe, I met Harris Legg there. In February, 1990, I flew up to my New Jersey home town and then drove up to Lake Placid for the North American Long Track Championships, wrecked my Avis car and in clearing up the details, had to obtain data from the State Trooper between Lake Placid and Saranac and in calling them, spoke with the daughter of George Swayze.

Incidentally, Eddie Schroeder lives just two miles away and we spend time together every so often.

David L. Whitehead
501 S.W. 19th St.
Boynton Beach, FL 33426

(Editor's Note: The 1935 newspaper clipping is a front-page article about the upcoming Adirondack Speedskating Championships. Legg, Swayze and Whitehead were all listed as being entered in the Senior class. Jewtraw had been invited to attend. Shea, 1932 Olympic Champion with two Golds, was the referee. He still lives in Lake Placid. Schroeder was a member of the 1932 and 1936 Olympic teams and the 1940 team which never competed because the Games were cancelled due to WWII. Next to the article was a picture of Ozzie Nelson and Harriet Hilliard (who of course later became Mrs. Ozzie Nelson) who the weekend of the meet were to be crowned King and Queen of Winter by Lowell Thomas at the Lake Placid Ice Carnival.)

To the ASU:

A year ago, I was elected to serve on the USISA Board of Directors as a representative of the ASU. To date, I have not heard from a single person in the ASU with any comments whatsoever concerning USISA. Does this mean that everyone is pleased with everything? I don't think so, but where are you people? I want to help and will do whatever is needed, but I have to hear from you.

Yours Truly,
Tim Quinn Sr.

Dear Bob:

Sorry I missed the deadline for the new Handbook. Use the enclosed donation for whatever you deem advisable.

I'll miss the races this season, but not the cold weather.

Stay well.
Yours truly,
Ed Schmitzer

Dear Fellow Skaters and ASU Members,

On Sunday, October 25, 1992 my son, Nicholas, was helping to groom the ice at the Silver Skates Meet which our club, Glen Ellyn, hosted. Being new and enthusiastic to the sport, he went onto the track prematurely during the Elite Mens competition. He was accidentally struck by a skater completing his lap. I witnessed my son strike the ice and seize. It was a parent's nightmare before my eyes. As I watched my son seizing on the ice, I entertained the horrible thought of possible brain or spinal cord injury. We were very fortunate that, ultimately, however, Nick's only apparent injury was a fractured left clavicle.

This letter is to express my deep gratitude for the immediate attention and concern of all the participants and spectators at the meet, in particular Dr. Gabel, who attended to Nick until paramedics arrived. Also, Don Giesel, our coach, all officials at the meet, and especially the members of the Glen Ellyn Speedskating Club. Their response to the situation and their emotional support in the following days was greatly appreciated and will be remembered always.

Sincerely,
Vincent M. Miceli

National Marathon Championships

25K Race • Duluth, Minnesota

January 9, 1993

MEN'S OVERALL FINISH

Place	Name, City, State	Overall	Time
1.	David Montgomery, St. Paul, MN	1	0:51:31
2.	Kevin Johnson, Indianapolis, IN	2	0:51:33
3.	Bob Fischer, Newark, NJ	3	0:51:34
4.	Joe Koppi, Mound, MN	4	0:51:36
5.	John Koppi, Mound, MN	5	0:52:03
6.	John Diemont, Richmond, CA	7	0:55:12
7.	Vincent Gagliano, Crossriver, NY	8	0:55:32
8.	Mike Greenland, Greenwood, MN	9	0:55:37
9.	Steven Kuross, Duluth, MN	10	0:55:38
10.	Bob Harwell, Indianapolis, IN	11	0:57:02
11.	Paul Marchese, West Coxsackie, NY	12	0:57:08
12.	David Knutson, Minneapolis, MN	13	0:59:37
13.	Mark Jefferies, Costa Mesa, CA	14	0:59:39
14.	Paul Slarks, Minneapolis, MN	15	0:59:59
15.	James Amndson, Minneapolis, MN	15	1:00:28
16.	Peter Fitterer, Roselle, NJ	17	1:02:04
17.	William McConoc, Eugene, OR	18	1:03:36
18.	Lucas Aker, Duluth, MN	19	1:03:36
19.	Marty Hope, Superior, WI	20	1:03:49
20.	David Phillips, West Hampton Be, NY	21	1:05:56
21.	Doug Smith, Burnsville, MN	21	1:10:33
22.	Benjamin Portilla, Duluth, MN	23	1:11:51
23.	Gary Lichliter, Minneapolis, MN	24	1:14:03
24.	Thomas Clay, Grand Rapids, MI	25	1:17:00

25.	Tom Amundson, Minneapolis, MN	27	1:18:02
26.	Roger Martens, Greenfield, WI	28	1:18:52
27.	Jim Johnson, Sterling Hghts, MI	29	1:20:38

CLASS CHAMPIONS 25K

MEN'S OVERALL (27 Total Finishers)

	Name	Overall	Time
1.	David Montgomery	1	0:51:31
2.	Kevin Johnson	2	0:51:33
3.	Bob Fischer	3	0:51:34

MEN (18 and Under) (2 Total Finishers)

1.	Lucas Aker	19	1:03:36
2.	Benjamin Portilla	23	1:11:51

MEN (19 - 34) (9 Total Finishers)

1.	Kevin Johnson	2	0:51:33
2.	Joe Koppi	4	0:51:36
3.	John Koppi	5	0:52:03
4.	Mike Greenland	9	0:55:37

(Continued)

NATIONAL MARATHON CHAMPIONSHIPS BY BOB VEHE

(Continued from page 26)

The 50K race on Sunday drew a smaller group of skaters but these were the hard core competitors. By early afternoon, everyone had finished and it was time to think of the future of marathon skating.

To see the grit and determination of these skaters makes a marathon interesting. It is more than merely competing against another skater. It mostly is competing against yourself—your own psyche and body. It is a constant challenge to fight rationalizing why you should quit. Character comes to the forefront when your body aches and you have dropped off the pack. You are skating alone, skaters are passing you and you wonder why you got into this in the first place. This has always been the challenge of marathoners. Speedskating is a technically demanding sport. It is not as easy as it looks. Even after gaining the technical proficiency needed, there is no guarantee that you can be a successful Success, unfortunately, is measured by winning which makes the marathon such an appealing sport. Certainly winning is important, but not necessarily by beating someone. Winning is by overcoming you own weaknesses. Some may look upon this as

ridiculous, but age will teach you the importance of this.

Dave Taylor along with his wife, Desi, the University of Minnesota-Duluth and the many volunteers deserve all the honors that can be given for the hard work that they put into this championship. Dave is a worrier, which I find to be a required characteristic for taking such a challenge. To be indifferent to the many problems that always arise creates an indifferent attitude among everyone else involved. Nothing ever runs perfectly or even near perfectly on such a large undertaking. Others may not be worriers or even understand the problems, but upon looking back, they will know.

I thought that the meet was exciting and well run and I think that the future of marathon skating is bright. Here is a sport that anyone of any age can join. Technique isn't that important. You don't need a pair of custom molded skates. You don't need a refrigerated track and perish the thought of it being held in a building. This type of skating belongs outside on a large meandering track on a river or a lake with the challenge of the weather, the ice, and most of all, the skater's fortitude.

MEN (35 - 49) (11 Total Finishers)

1.	David Montgomery	1	0:51:31
2.	John Diemont	7	0:55:12
3.	Vincent Gagliano	8	0:55:32
4.	Steven Moore	10	0:55:38

MEN (50 and Over) (5 Total Finishers)

1.	Bob Fischer	3	0:51:34
2.	William A. McConoc	18	1:03:36
3.	Gary Lichliter	24	1:14:03
4.	Roger Martens	28	1:18:52

WOMEN'S OVERALL

1.	Carole Moore, Flushing, NY	6	0:54:31
2.	Lynn Knutson, Minneapolis, MN	26	1:17:28
3.	Hanne Michell, Crossriver, NY	30	1:40:37

WOMEN (19 - 34) (1 Finisher)

1.	Lynn Knutson	26	1:17:28
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WOMEN (35 - 49) (1 Finisher)

1.	Carole Moore	6	0:54:31
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WOMEN (50 and Over) (1 Finisher)

1.	Hanne Michell	30	1:40:37
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MEN'S 50K RACE January 10, 1993

OVERALL FINISH

1.	Joe Koppi, Mound, MN	1:55:09
2.	Dave Montgomery, St. Paul, MN	1:55:10
3.	John Koppi, Mound, MN	1:55:15
4.	David Knutson, Minneapolis, MN	1:55:19
5.	Bob Fischer, Newark, NJ	1:55:21
6.	John Diemont, Richmond, CA	1:55:26

7.	David Phillips, West Hampton Be	1:55:30
8.	David Taylor, Duluth, MN	1:57:15
9.	Carol Moore, Flushing, NY	2:06:44
10.	Bob Harwell, Indianapolis, IN	2:06:45
11.	Mark Jeffries, Costa Mesa, CA	2:07:33
12.	Mike Greenland, Greenwood, MN	2:09:24
13.	Steven Kuross, Duluth, MN	2:09:31
14.	Vincent Gagliano, Crossriver, NY	2:11:15
15.	Michael A. Renier, Plymouth, MN	2:17:12
16.	Peter Fitterer, Roselle, NJ	2:25:18
17.	William A. McConoc, Eugene, OR	2:25:19
18.	Jim Johnson, Sterling Hghts, MI	2:51:58
19.	Kevin Johnson, Indianapolis, IN	2:51:58

50K CLASS CHAMPIONS

MEN'S OVERALL (18 Total Finishers)

1.	Joe Koppi	1	1:55:09
2.	Dave Montgomery	2	1:55:10
3.	John Koppi	3	1:55:15

MEN (19 - 34) (5 Total Finishers)

1.	Joe Koppi	1	1:55:09
2.	John Koppi	3	1:55:15
3.	David Knutson	4	1:55:19
4.	David Phillips	7	1:55:30
5.	Mark Jeffries	11	2:07:33

MEN (35 - 49) (7 Total Finishers)

1.	Dave Montgomery	2	1:55:10
2.	John Diemont	6	1:55:26
3.	David Taylor	8	1:57:15
4.	Bob Harwell	10	2:06:45

MEN (50 and Over) (3 Total Finishers)

1.	Bob Fischer	5	1:55:21
1.	William A. McConoc	17	2:25:19
2.	Jim Johnson	18	2:51:58

WOMEN'S OVERALL

1.	Carol Moore, Flushing, NY	9	2:06:44
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United States International Speedskating Association News

USISA NATIONAL OFFICE NEWS

by KATIE MARQUARD



News from the USISA National Office is filled with competitions and more competitions. Our Trials are followed by travel and international meets.

The Long Track Trials to pick World Team members and Category I skaters are just being completed in Butte, Montana. The All-Around Championships held January 2-3, were filled with surprises, with two new overall champions. Brian Smith, a Junior who set four Junior American records this fall, lead the way in the Men's division while Chantel Bailey, a native of Colorado who trains under Mike Crowe, headed up the Womens division. Rounding out the 1993 World All-Around Team are—Men: Brian Wanek; Women—*Moira D'Andrea, Tama Sundstrom, Angela Zuckerman (alternate) (*declined spot on Team, alternate will compete.)

The Sprinters added some excitement to their Trials, held January 8-9, as well. Bonnie Blair and Dan Jansen both defended their National Sprint titles from a year ago by skating some of the fastest times in the world this season. Chris Witty qualified for the Team as an up-and-coming Junior. The remainder of the Sprint Team should be strong with the following members: Men—Dave Besteman, Dave Cruikshank, Pat Seltsam; Women—Peggy Clasen, Chris Witty. The Junior World Team Trials have yet to be completed at the time of this writing.

On the Short Track side, things have been busy. The World and University Team Trials were held December 4-6, 1993, in Circle Pines, MN. The National Team picked at these trials include: Men—Brian Arseneau, Randy Bartz, John Coyle, Andy Gabel, Charles King; Women—Amy Peterson, Shana Sundstrom, Darcie Dohnal, Karen Cashman, Nikki Ziegelmeyer. This Team will travel to international meets in December, January and February. They will also represent the USA in the Pacific Rim Championships, hosted by USISA, to be held in Lake Placid on January 16-17, 1993. The top three teams from the Pacific Rim will qualify to compete in the World Team Championships in March. The countries competing in this meet are Australia, Canada, Japan, S. Korea, and the USA.

Also chosen at the Short Track Trials in Minnesota were additional Category I skaters who are eligible to compete in the second set of Trials to pick the 1993 World Short Track Team. A competition will be held in Lake Placid on March 2-3 to choose this Team. Joining the top five men and women at this competition will be: Men—Eric Flaim, Todd Porter, Tony Goskowicz; Women—Becky Sundstrom, Tricia Stennes, Carrie Johnson. The World Team will be made up of the first five men and women from this second set of Trials.

The World University Games Team, also chosen in Minnesota, is: Men—John Coyle, Randy Bartz, Eric Flaim, Charles King, Keith King; Women—Amy Peterson, Shana Sundstrom, Karen Cashman, Darcie Dohnal, Tricia Stennes. They will compete in Zakopane, Poland in early February.

RIM-PAC TEAM COMPETITION LAKE PLACID, NY January 16, 1993

RESULTS MEN

- 1st Place.....Korea, 52 points
- 2nd Place.....Canada, 45 points
- 3rd Place.....Japan, 39 points
- 4th Place.....USA, 28 points
- 5th Place.....Autralia, 22 points

WOMEN

- 1st Place.....Canada, 60 points
- 2nd Place.....Korea, 39 points
- 3rd Place.....USA, 34 points
- 4th Place.....Japan, 26 points

The top three teams join the top three teams from the European competition plus the host team of Hungary at the World Team Championships in Budapest, Hungary, on March 20, 1993.

WORLD CHAMPIONSHIP TEAMS

MEN	WOMEN
GREAT BRITAIN	RUSSIA
ITALY	ITALY
NETHERLANDS	NETHERLANDS
KOREA	CANADA
CANADA	KOREA
JAPAN	USA
HUNGARY (Host Country)	HUNGARY

SHORT TRACK NEWS

by PAUL MUELLER
Coordinator - Short Track

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

LADIES	MEN
Amy Peterson	John Coyle
Shana Sundstrom	Randy Bartz
Darcie Dohnal	Eric Flaim
Karen Cashman	Charles King
Tricia Stennes	Keith King

Team Leader.....Paul K. Mueller
Head Coach.....Jeroen Otter
Official.....Stan Klotkowski

Support Personnel OLYMPIC FESTIVAL 1993 San Antonio, Texas

Coach.....Jeroen Otter
Coach.....Dennis P. Marquard
Coach.....Paul Marchese
Coach.....John Coyle
Manager.....Don Anderson
Manager.....Linda O'Hare

Manager.....Katie Marquard
Manager.....Ken Vraa
Referee.....Duane Riley
Starter.....Dr. Tony Arena
Timer/Judge.....Robert Lunda
Commissioner.....Paul Mueller

Travel Dates Olympic Festival 1993

July 21, 1993.....Commissioner travels to San Antonio, Paul Mueller
July 22, 1993.....Manager and Coaches travel to San Antonio
Don Anderson, Linda O'Hare, Katie Marquard, Ken Vraa, Jeroen Otter, Dennis Marquard, Paul Marchese, John Coyle
July 23, 1993.....All Skaters, ladies and men travel to San Antonio
July 25, 1993.....All Officials travel to San Antonio
Duane Riley, Tony Arena, Robert Lunda
July 23, 1993.....OPENING CEREMONIES
July 24-25, 1993.....Practice dates for the skaters
July 26-27, 1993.....Competition Dates
July 28, 1993.....Date returning home.



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76SS	\$6.50
76LS	\$7.50
82LS	\$8.50
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70mm	\$4.25
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77mm	\$6.00
80mm	\$6.25
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70mm	\$5.00

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★ I've seen and heard mention of speed skaters who put on exhibitions during breaks in hockey games. Sounds like a great idea. Has anybody had success with this recently? I'd like to see details. Who? When? Where? How?

★ Remember this one for when the Olympics come around next time (not surprisingly another idea from Sarah Hill). We happened to be in Syracuse for a Short Track meet when the womens final for the 500 in Albertville was broadcast. A cable station had been invited to hold a meet during the Olympics, invite the media down to a club workout or TV watching party. Media love to show local knowledgeable "experts" watching the major world event or practicing their own local version of it. It gives newspaper readers or TV viewers the feeling of being with the experts and it makes the distant global sporting event seem somehow accessible to the local couch potato. And it's great exposure for your club.

It was a thrill seeing Cathy Turner win a gold. It was more special watching it in a rink full of fellow speed skaters. And a local cable station made the connection in viewers' minds.

★ This last August, we got relatively cheap ice-time at an indoor rink and conducted a weekend introduction to speedskating. We advertised with fliers in cycle and in-line skate shops. Our program was two hours Friday evening, four hours Saturday and four hours Sunday. Lots of dry-skaters — in August! Think how well this might work if timed to coincide with the Olympic coverage on TV. Say toward the close of the Games or shortly thereafter.

What works for you, your club or association? Share the secrets of your success and help the sport grow. Tell The Racing Blade how you've promoted the growth of the sport in your area. And be sure to include those crucial details that made the difference.

MISSOURI SKATING ASSOCIATION
by MARY E. CHAPIN

This is the year that we "Southerners" feel we are having a season that never really happened. Nearly all of our skaters are "Short Trackers". We haven't had enough cold weather for outdoor ice in at least three years. Of course, some of our warm weather lovers feel that three years is not long enough!

Soooo - we get early ice time (September) to prepare our traveling Short Track skaters for the October and November meets "up-north", enjoy the meets and seeing our friends in the sport, and then come home for December and January to wait (hibernate) for the "second season" which starts in early to mid-February. Then it is bang-bang every weekend until the end of March! I don't know how

many skaters have told me that this year seems like one big waiting game.

Our Gateway Club is so pleased with its new covered ice surface at the Kirkwood Ice Rink. It is a beautiful remodeled facility and now with the metal roof covering the ice surface no workouts are canceled because of inclement weather or too much sunshine softening the ice. The Gateway Club was able to hold ice at least a month earlier this season than usual. A local recruiting program has really paid big rewards for them. A typical workout has nearly 50 little kids under the age of 10. With all those bodies, they are bound to develop some serious talent in a short time. The Gateway Club held its annual Missouri meet on January 10, so all the local clubs got a chance to see and skate in the new facility.

OHIO SKATING ASSOCIATION
By Dennis Marquard

Ohio held the annual Seaway Meet on December 13, 1992. It was a good mixture of veteran skaters and rookies with a total of approximately 50 entries. Besides the Ohio club skaters, entries included skaters from Detroit, Pittsburgh, and Indianapolis. The Novice Pony Boys division held some interesting races with each of the six skaters racing for the first time. After a few disqualifications, the skaters learned quickly how it worked.

The 32nd annual Lakewood Silver Skates will be held January 17. This meet is a combination of kids who are brand new, along with club novice. The club skaters may only skate a certain portion of the meet and they may not compete if they have won this event in the past. Hopefully, this meet will expose additional people to the sport.

The big event this season in Ohio is the Tri-State meet to be held February 13-14, 1993. Joe Balbo has put a lot of work into this event and I am sure it will be a success. An added benefit to competing in this meet is receiving a free T-shirt with early registration. We are looking forward to some exciting races!

The OSA has a total of 17 new skaters this season with the number growing every week. We are looking into obtaining more ice in the future to handle all of our skaters.

With all the new skaters, we need extra help on the ice. A big thank you to Kathy Repenning, Patty Rucella and Laura Schleckman. We couldn't do it without your help!

NOTICE
Proposed changes to the
Constitution, By-Laws and Racing Rules
are due in the National Office by March 1, 1993.

SKATING NEWS FROM THE PACIFIC NORTHWEST

by JERRY SUHRSTEDT

The Pacific Northwest is a virtual hot-bed of speed skaters! There are currently over 2000 in-line speed skaters in the Northwest. Conventional in-line skaters have been here in the Northwest for quite a few years and have laid the groundwork for the growth we are now experiencing.

Couple that with the recent in-line skate and ice Short Track explosion and you have the basis for an awesome breeding ground for Olympic athletes.

Well known in-line greats such as Tom Peterson, Doug Glass and Lin Peterson are all from the Northwest. Awesome skaters such as John Svennsson, KC Boutiette, Sara Marks and Vicci King and Olympian speed skater Nick Thometz all live in the Northwest.

There are currently 13 USAC/RS (U.S. Amateur Confederation of Roller Skating) speed clubs in the Northwest. Last year there were four IISA (International In-Line Skating Assn.) sanctioned races and several USAC/RS sanctioned events. And Short Track ice speedskating is on its way in the Northwest with dozens of skaters joining the ASU last year.

So as you can see, speedskating is very much alive in the Northwest! The only thing lacking was some way of organizing all these speed skaters. Solution? Work towards forming the Northwest Speedskating Assn. to incorporate all of these speed skaters. The first step was to establish the Tacoma Speedskating Club for the Short Track ice speed skaters.

Roger Mosiman of Gig Harbor, WA, who has been instrumental in registering many speed skaters in the area, was elected president of the new club. Jerry Suhrstedt has the position of vice-president. Suhrstedt, in-line skater and national sales manager for Black Hole Bearings, also is heading up the project of forming the Northwest Speedskating Association.

The basic purpose of the association is to further the growth of in-line, quad and ice speedskating in the Northwest through grass root projects, races and promotion. Suhrstedt is working closely with the ASU National Office and Doc Savage in the formation of the club and association. The club will be practicing at the Puget Sound Hockey Center and the Harry Sprinker Recreation Center, both in Tacoma.

In addition, Suhrstedt has assembled a broad base of people to help with the association. Included are Larry Pattison, former in-line speed coach and owner of Pattison's West Skating Center in Federal Way, WA; Doug Glass, current in-line National Criterium Champion and former U.S. World Team member; Lanny Werner, president of National Skate Distributors, and Mark Greenwald, Olympian and ice speedskating coach.

The group will host eight in-line races next summer with two of them being a weekly and monthly series in the Northwest. Efforts are underway to work with the United States Cycling Federation tying in the in-line events with many cycling events.

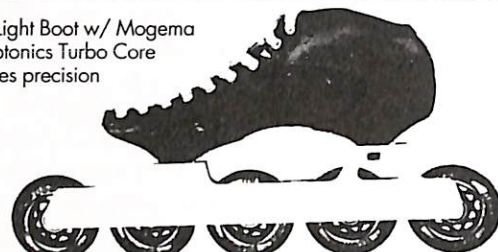
NOTICE TO ASSOCIATION PRESIDENTS AND SECRETARIES

Associations wishing to schedule open meets for the 1993-94 season and wishing to have them placed on the ASU calendar, are requested to submit their meet dates no later than April 1, 1993. Tentative meet dates for the 1994-95 season should also be submitted.

You should send this information to:
Ken Vraa, Meet Scheduling Chairman
4360 Andromeda Way
Eagan, MN 55123

Associations wishing to bid on the 1996 National Short Track Championship or the 1994, 1995 or 1996 National Marathon Championships should obtain the bid forms from Shirley Yates. Those bid forms are to be submitted no later than April 1 to Shirley for presentation at the 1993 Annual Meeting. Bids for hosting the 1996 Annual Meeting are also being accepted.

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SOUTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

by HAJ SANO

Our season is in full swing in Southern California. Our local meets have been well attended, and, thanks to the efforts of Sue Perles, we have had lots of great prizes donated to us, such as bicycle helmets (Bell Helmets), and inline wheels (Hyper Wheels).

Our friends from the NCSA in San Francisco have been faithfully making the 400 mile trip down I-5 to attend all of our meets. We hope to send a strong contingent up for their meets. For those of you who haven't had the pleasure, I-5 is the straightest stretch of highway you'll ever encounter. Whoever designed it apparently didn't believe in putting a few twists in the road to keep you awake. You pass through farms in the San Joaquin Valley, and some lovely smelling cattle pens. Oh, and if you drive slower than 80 mph on this two lane interstate, you'll get blown off the road by sports cars and road trains.

The first few weeks of January have been wet here in Sunny California. Rain has been on the front page and the lead story on the evening news. It looks as if our seven year drought is finally over. All this fuss over a total of 11" of rain this winter! The rain has put a damper on our off ice training, but we've had plenty of on-ice workouts. In addition to our Wednesday and Saturday evening workouts at Paramount Iceland, we have Monday evening ice at Pickwick Ice Arena in Burbank again. They have done a beautiful job refurbishing Pickwick. The ice is now flat, there are no more paint chips falling from the ceiling, and the lumpy boards have been taken out and replaced with new ones. It is certainly a pleasure to be skating there again!

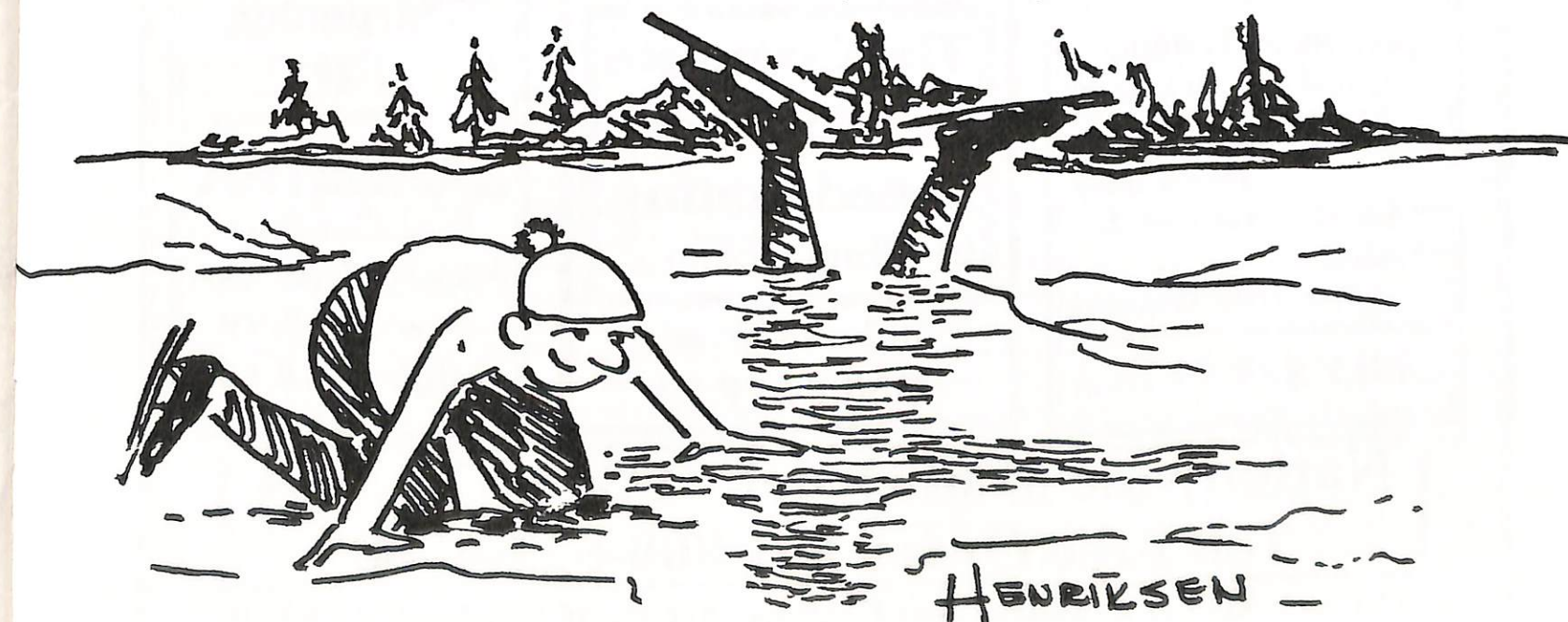
The final tally from our Skate-A-Thon isn't in yet, but with 90% of the precincts reporting, we have raised over \$1500. so far. Ashley Woodman raised \$240 to win the 18 and under category. Leading the adults so far is Lavinia Paun with \$215 and yours truly with \$280.

Three of our skaters participated in the Short Track Team Trials. Charles King placed fifth earning himself a spot on the National Team. Keith King placed ninth to earn a spot on the World University Team. Keith also filmed a commercial for Home Depot which we are looking forward to seeing on TV. Lavinia Paun finished eleventh for the women in her first US National Team Trial. Three of our junior skaters, Kelly Cawthra, Seth Davidowicz, and Amber Holt, recently attended a Long Track camp at Lake Placid. They learned a lot about Long Track skating and how to stay warm.


The California Classic (Ross Zucco Memorial 10K and Bill Disney Sprints) will be held Feb. 27-28, 1993, at Paramount Iceland. The Classic is always a fun meet with lots of out-of-towners showing up. In the recent past, we've had the pleasure of Sara Bont and Eva Fabian (Australia), Bob Finkel and Bob Fischer (Mid Atlantic), Morton Hansen (Norway), and our friends from the NCSA attend, to name a few. Please contact Bob Nelson (301/941-0842) for details.

As part of our sponsorship of young skaters attending summer training camps, they are required to write an article for The Racing Blade. Kelly Cawthra's contribution, titled An Afternoon with Cathy Turner is elsewhere in this issue. Be sure to read it, I think you'll enjoy it.

Is that you Bill? I haven't seen you since last years Nationals.



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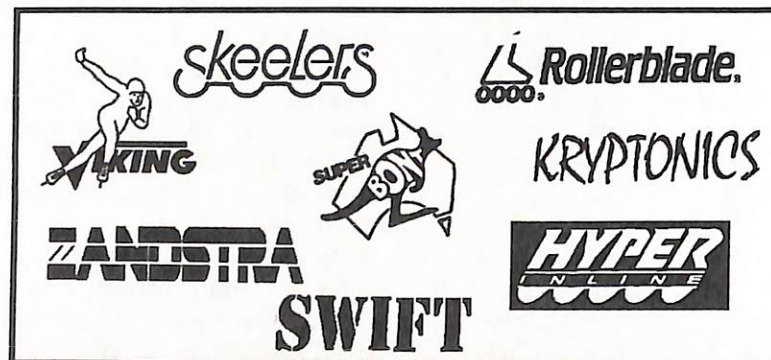
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AMATEUR SKATING ASSOCIATION OF ILLINOIS



by BOB REIFSNYDER

NEW PROGRAMS WITH NEW REVENUE

As mentioned in a previous column, the A.S.A.I. voted for a dues increase this year for all skaters, but with the provision that the revenue be earmarked for funding new programs that might otherwise not be initiated. After polling all member clubs, the Association voted on two. With the money collected from first year skaters, there will be a Category 5 camp sponsored during the summer months, on a weekend, to prepare novice skaters for attending an ASU camp. In addition, an attempt will be made to concurrently sponsor a Novice Coach's Clinic, specifically geared toward interested parents. The thought was that youth programs in virtually every other sport depend on parents for the bulk of the coaching; it may be time for our sport to attempt the same thing. For the elite skaters, the A.S.A.I. will attempt to secure a third night of ice and a coach to supervise the workout, so that Illinois skaters, regardless of club affiliation, can have extra practice for the National and North American meets.

LESSONS TO BE LEARNED

- The A.S.A.I. sponsored a State Indoor Championship and a special meet only for Novice skaters in December. Here are a few personal observations from the experience:
- a. The miniscule number of Novice skaters in Illinois is our biggest problem. If the same is true of every other Association, then it has to be item number one on every Agenda of every meeting that takes place in the next year, whether club, association, or NGB. In an Olympic year which produced so much publicity for Bonnie Blair and so much success for the women in Short Track, there should have been a flock of new skaters.
 - b. No matter whether there are 50 or 150 skaters at a meet, the same number of officials are needed and the same safety precautions apply. With that in mind, the wisdom of staging small meets has to be a matter of debate. (This occurred to me, admittedly, while driving a rental truck through the snow with 26 safety mats in the back.)
 - c. Officials can be bought, but not readily. In two meets this fall, the A.S.A.I. allowed the children of officials to skate for free, in an attempt to get new blood involved in the sport. The experiment was successful in obtaining officials more easily, but almost all those who volunteered were the ones who regularly officiate anyway. Hardly any new families were willing to help. It was still worth the experiment, however, if only to thank those who regularly officiate; without them, there would be no sport.

- d. Every Association needs to take a serious look at traditional race categories. Separating competitors by age makes a lot of sense at a National or North American meet, but at local meets it may be killing the sport. Of course everyone wants to win, but when there is no competition, it becomes a hollow victory. On the other side, (Continued)



MICHIGAN SPEEDSKATING ASSOCIATION

by MARK JASTRZEMBSKI

This is my first column as the editor for our Michigan Association article. Having more heart than brains, I jumped at the opportunity to spread the gospel of our association to The Racing Blade readership. My more seasoned ASU mentor and friend, Bill Anderson, has advanced to V.P. of Promotions and will be reporting in another column in The Racing Blade on issues that are more national in scope. That leaves me with the enviable task of trumpeting the many highlights of our association.

This has been a glorious season of growth for Michigan. Alpena in the north, Detroit in the east and Western Michigan have all substantially increased their membership. Alpena has added skaters via a very aggressive personal appeal by their coaching staff.

The revitalization of our Detroit area club (Metro-Detroit Wolverine) has been most gratifying. Led by Bob Sklar, Ken Wentland and Bev Norman, we can say that Short Track is back in the suburbs of Detroit.

My own West Michigan Speedskating Club has been pursuing in-line skaters. We've "discovered" some outstanding talent from the wheel world to help augment the ranks of our already talented "ice only" people. It is personally satisfying to have these great young cross-over athletes blending in so nicely. Their dedication and strong work ethic has been nothing short of inspirational to the rest of the club. They are pushing our own pure ice people to greater speeds.

All this growth has resulted in a record number of in-state competitions this season (13). Hopefully, Detroit will be hosting its first meet in many years in the coming season.

As more indoor rinks are built, the opportunities for growth are more apparent. With outdoor ice becoming increasingly unpredictable because of environmental pollution, our association goal is to get all the outdoor clubs skating on indoor ice for at least part of the season. Bay County and Alpena have been doing this. A new indoor rink is being built near Petoskey (Michigan's best kept outdoor skating secret) and it hopefully will be utilized by their skaters next year. It is a shame that some of our best skaters in Michigan have to miss out on twelve weeks of skating waiting for outdoor ice. A childhood is too short to wait around for the weather to cooperate!

MIDDLE ATLANTIC SKATING ASSOCIATION

by JERRY KLASMAN

Notes from the Finish Line

The Long Island Club hosted its second "Just for Kids" meet at the Dix Hills rink on December 6. There were participants from other clubs - many from Yonkers and others from New Jersey, Queens and the Bronx. The meet ran 22 events, the largest class being Pony Boys for which heats were required.

For the second straight year, the Yonkers relay team, made up of Matt Drummond, Brent Foley, Christie Smith and Maryann Nowak, won. LI was represented by a promising team made up of Chris van Benthuyzen, Nick Cunioski, Brian Lee and Andrew Vaccris. Unfortunately, two falls proved to be their undoing.

Other standouts at the LI meet were "LI-anders" Alec Mirschner who skated so well in the 6 & under class that his dad wanted to move him up to a more competitive class, and Greg Trunz who had so much fun on his new skates that he told his dad that it was more fun than Little League.

The power and glory for Yonkers included Kim and Brent Foley, Matt and Julian Lugo, and Jonathon Trippet (who was on speedskates for only the third time.) Good job, all. Coach and Meet Director Fred Prilop wants to thank the LI and Flushing adult skaters who helped make the meet such a success.

Other young MA stars, Jason Benta and Monica Selberg, are now in residence at the Sports Academy in Lake Placid. Jason skated a 43:34 in the 500m and 1:32 in the 1000m in the November meet there, both personal bests. Jason will be going to the World Junior Trials and everyone in the MA wishes him the best!



SEMINAR PARTICIPANTS

Front Row: Christine Terranova, Christie Smith, Christine Benda, Whitney Benta, Adam Sushko. Second Row: Will White, Monica Sellberg, (unidentified), Megan Bulkley, Maria Merante. Third Row: Coach Vince, Hanne Michell, Christopher Smith, Coach Bob Smith.

LAKE PLACID SEMINARS

Coach Vince Gagliano's two Speedskating Seminars at the OTC in Lake Placid were hugely successful. Along with two-hour ice sessions each day, the schedule included dry-land and evening videos. On the last day of Seminar #2, 500m and 1000m time trials were held for those staying at the OTC.

The participants at one or both Seminars were: Christine Benda, Whitney Benta, Megan Bulkley, Dorie Driscoll, Kim and Brent Foley, Maria Merante, Monica Sellberg, Chris Smith, Christie Smith, Adam Sushko, Christine Terranova, Will White and Nancy Wolfson.

(Continued)

ILLINOIS (Continued)

what fun is it to get blown away, when there might be four other skaters in the same meet who are the same speed but in a "different" class. Is it time to let performance on the ice dictate who races against whom?

A SKATER TO WATCH

It is still early in the season and a lot could happen, but as of early January, the "Skater of the Year" in Illinois has been Kyle Ortiz of Northbrook. Competing in his second year as a Midget, he has dominated his class like no other skater. Kyle has always been admired by meet watchers as an exceptionally "gritty" skater who always skated his hardest, whether he was first or last in a heat. That work ethic and tremendous motivation has obviously paid off for him this year. One suspects that it will eventually pay off in a lot of other things besides skating.

THE IN-LINE REVOLUTION CONTINUES

A few Illinois skaters have followed John Camilli's suggestion and have started cross training with the Dundee Flyers, Northern Illinois' only USAC/RS sanctioned indoor speedskating club. The sport is uncannily similar to Short Track speedskating and the level of skating at this club is truly remarkable. In April, all A.S.A.I. members will be invited to participate at a meet in Dundee. Unfortunately, only USAC/RS registered skaters can race indoors, but this meet will also have outdoor races, which are open to anyone.

The ASU has much of interest to observe about indoor USAC/RS speedskating. Members are given a number that is sewed on to their uniforms for an entire season. Local meets are staged monthly and last one day, not two. There are big national meets during the season where skaters can preview their competition. Regional meets are used to qualify skaters for the Nationals. The racing classes are the same ages, but National Competition goes down to age 6. In addition, there are "Junior Olympic" classes for skaters in their first three years of racing, and these classes also have a National Championship (which includes skaters under the age of 6). Skaters are routinely disqualified for violating safety equipment standards. Local clubs train 11 months a year, usually spending 10 hours a week in practice.

CLUB MISCELLANY

Garden State has started a skate rental program with an initial stock of 17 pairs, indoor and outdoor and including Bont, Laberge, Zandstra among others. A strong group of "C" skaters are coached by Ken Altuchoff and there are plans to experiment with a "mentoring" program pairing experienced skaters with "C" skaters for one-on-one coaching. "A" and "B" skaters are ably coached by Pete Dykstra, assisted by Bob Finkel. GS also reports that they will have three members at the International Special Olympics in Austria next March. These Olympians are Robert Delaney (coached by Murray Sherman and Fred Schweikert), Sanita Canady and Tracy Jennings. We'll all be cheering for them.

GS President Pete Fitterer reports two future competitive efforts: a bid for the inclusion of speedskating in the 1994 GARDEN STATE GAMES; and, GS will also co-sponsor a marathon event for novice-to-intermediate skaters at Lake Placid early in 1993 that is expected to be an annual event.

* * * *

NSA RACING BLADE REPORT

Northeastern Skating Association
by MARY NOWAK

It's always amazing to sit back and witness the willingness of NSA members, new and old, to take on the many tasks necessary to promote speedskating in this area. Joanne Hallisey, current president, is constantly asked what NSA is doing that is making its clubs so successful?

We believe that it is the eagerness and willingness of older skaters to allow and to foster newer skaters in assuming responsibilities, whatever they may be, and it's the eagerness and willingness of the newer skaters, once acclimated, to pitch in and offer their expertise and tactical viewpoints. There is very little of the attitude, "We tried that, it didn't work!"

Presently, all of these abilities and positive attitudes are seen in the tackling of some major problems onespecifically isartificial ice time. Probably every club faces this problem, but NSA has been fortunate for the past ten years in that it has been able to expand its ice time from two nights to four and even add a Saturday 6-8 a.m. time for those early birds in the club. Our club utilizes four different rinks, but only one of them is privately owned. This season we are forced with the problem of the state beginning to "privatize" the rinks and we could very well lose our ice as this policy is expanded to include other rinks scattered within the area. We've lost one night from December to March, and we've been bounced from 7 p.m. to 8 p.m. to 9 p.m. in our major MDC rink. Our 82 year-old skater, Tom Ross, once controlled any drastic changes in MDC politics,

Yonkers coach Vince Gagliano announces that requests have been submitted for two new seminars — July 9-11 and August 6-8 — and a week long camp, August 21-29. Interested skaters should get in touch with Vince directly or through their club.

The club's skate program has been strengthened with the acquisition of several dozen pairs of new Planerts, including some adult sizes and Specials.

Yonkers is also excited to announce that its major meet, THE EASTERN STATES ASSOCIATION CHAMPIONSHIPS, inaugurated last year and dropped from this spring's schedule because of conflicts with other meets, has found a new home (and probably a new name) at a fine, neutral, venue — WILLIAMS COLLEGE in Williamstown, MA. The new dates are November 20-21 making it the climax of the Fall season.

WILLIAMS COLLEGE is one of the finest Ivy League schools and Williamstown is a great community. It feels a lot like a small Lake Placid without snow. Meet Director Jerry Klasman promises many surprises and opportunities to enjoy the town.

but there is always the changing of the guard in politics in Massachusetts. Ruth and Chuck Moore were also, at one time, heavy hitters in rink politics in this area.

Since our skaters paid for the ice ahead of time, they're losing out if they don't opt to skate the 9 p.m. sessions and it certainly doesn't allow us to meet the needs of young aspiring children within the area.

To address this problem, officers and other concerned members held a strategy session to determine what to do and various skaters assumed responsibility for checking out possible new rinks and the details and feasibility of acquiring a rink as the state continues to privatize. We are also working with the present rinks to get our ice time restored. Educating non-speedskating folks is one big headache.

With all these complications, the Bay State ran a very successful meet though more participation from other clubs is always desirable. Skaters have continued to train and to compete with intensity. Nationally, Eric Flaim has returned to Short Track and while he didn't make the national team, he can train with them. We have high hopes for him.

Tracy Northup and Sarah Lang skated very well in the same competition and Karen Cashman continues to amaze by her determination, competitiveness and athletic ability to emerge on this year's national team.

Thanks to the organizational efforts of Jodi Kosinski, about 28 NSA members went to the Worcester Centrum on Thanksgiving Eve to see the ICE CAPADES featuring gold medal winner Cathy Turner. Our 28 viewers thought that the lighted blocks on the ice were a great advancement over toilet plunger bottoms. This was 21st Century change. After the performance, Eric Flaim took us all back stage to meet with Cathy. It was a little like 007 James Bond stuff as we were ushered down back corridors and service

(Continued)

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elevators to meet with Cathy in the lower regions of the Worcester Centrum. Eric did a great job, using his silver medal at Calgary to get us through the red tape and security service. Cathy was tired from her singing skating and routine work but she was truly amazed to see us.

She was truly gracious to all, especially receptive and enthusiastic to each of our up-coming younger skaters. Her "go for it" attitude was an inspiration for both young and old. We all wished her well.

We're expanding, at last, in clubs. Joe Janeiro and Jim Walsh are helping to start a club in Maine. Another may follow in Worcester, thanks to our veteran skaters.

On a sad note, we regret to announce the death of Eddie Walters who was a mainstay of the Bay State Club for many years, especially while his children, Joanne and Jackie, were skating. Eddie loved all the kids and was always offering special tips to them as he watched from the stands in his waning years. He was an inspiration to the older skaters as well. We'll surely miss him as he always came to watch our Sunday sessions on foot from his apartment located a few blocks from the Skating Club of Boston. As he grew older, those walks became longer as his eyesight took a turn for the worse. His determination will not be forgotten by many members of the club, young and old.

PAT WENTLAND OFFERS ADDITIONAL COMMENTS ON THE NSA

After a great start up to the season the Northeastern Association and the Bay State Speedskating Club are out with flying colors. Once again the association put on a very successful skating meet this year in Watertown, MA. An exceptional turn out made way for some exciting races in all divisions. We have some very talented skaters coming up the ropes who are now making a name for themselves on the East coast circuit.

Meanwhile, the Bay State Club continues to see major improvements in all our dedicated skaters. Along with the sudden outbreak of in-line skaters who show great drive and determination, if we can just get them to slow down enough to learn a little form and technique, they might be able to push our other long term skaters a little bit.

As we head towards the bulk of the outdoor season we wish every one the best of luck, but "Beware of Bay State."

U.S. OLYMPIC COMMITTEE GIVES CENTER ADDED LIFE

MARQUETTE—Northern Michigan University's U.S. Olympic Educational Center, threatened with closure after the state ended its support a year ago, has been assured of two more years of operation.

Harvey Schiller, executive director of the U.S. Olympic Committee, told the university this month that the committee has approved a \$300,000 grant to help carry the center through the 1994 winter Olympics. The committee already provides \$570,000 of the center's \$1.2 million annual budget.

Since state support ended, the school has raised about \$400,000 from private sources and seeks another \$200,000.

—Detroit News, January 1993



MONTANA AMATEUR SPEEDSKATING ASSOCIATION

by MICHELE ROBINSON

Greetings from Butte, Montana, the richest hill on earth! Our claim to riches is no idle bragging, we had more gold, silver, and bronze olympic medal winners gather in Butte during January than you'll see until February, 1994, in Norway. We were thrilled to see Bonnie Blair, Dan Jansen, Peter Mueller, Dan Immerfall, Ken Henry, and Dianne Holum, all of whom were here in one capacity or another for the World Team selections.



USISA METRIC ALL-AROUND TEAM
USISA Metric All-Around Team January 2-3, 1993
High altitude Sports Center, Butte, Montana
First Row: Brian Wanek 2nd, Brian Smith 1st, Jeff Klaiber 3rd
Back Row: Tama Sundstrom 3rd, Chantel Bailey 1st,
Moira D'Andrea 2nd.

Butte, known for her hospitality, has outdone herself this year, playing host to many young skaters who are in town for the Junior National Championships. Most skaters are housed at St. Johns Olympic Village or in private homes. Parents of these skaters should be prepared to cope with separation anxiety, which can only be treated with several doses of high-altitude training time in Butte! We surely enjoyed having these skaters with us for the weeks they trained here. For many (by securing berths on the various teams) it was worth the effort and hard work at our mile-high facility. We'll eagerly await the results of their continued efforts as they compete all over the world.

The Montana Outdoors Speedskating Championships hosted by MASSA in early January resulted in skater Brandt Matosich setting three new meet records in the 300, 500 and 600 meter races for midget boys. Cameron Buel broke the senior mens record in the 3000 meters. We expect to send at least six skaters to the U.S. National Championships in Lake Placid. Our club season will end on February 6 and 7 with the Winternationals and school races.

(Continued)



Helen Silk holding the plaque she received in November 1992 for her long time volunteer work in the Montana Special Olympics. Presenting the award is Sharon Hanni of the Butte Sheltered Workshop. Photo by Robbi Hanni

Butte's own Dave Silk participated in the sprint trials, making qualifying times the day before trials. Silk is currently in medical school and skated "just for fun".

We look forward to hosting this year's convention, and more details will be in the next issue. We want to add that R.V. parking is available, as well as wonderful accommodations at the Fairmont Resort and Convention Center.

Bill Disney Sprints Ross Zucco Memorial

The CALIFORNIA SPEEDSKATING CLASSIC will be run on February 27-28, 1993, at the Iceland Rink in Paramount, California. The "Classic" includes the fourth BILL DISNEY SPRINTS AND THE 33rd ROSS ZUCCO MEMORIAL.

The "CLASSIC," as it is known in California, has always brought some of the top speedskaters to the western shores including BOB FINKEL, BOB FISCHER, ALEXANDER BONT, SARA BONT, CHARLES AND KEITH KING, KEN MASTRIANNA and many others.

JON DIEMONT, last year's outstanding performer may be challenged this year in the 80 lap ROSS ZUCCO 10,000 meter event.

BILL DISNEY, 1960 Silver Medalist at Squaw Valley, will be present for the awards.

Entry forms can be obtained by contacting BOB NELSON, Meet Director, 11317 La Mirada Blvd., #15 Whittier, California 90604. Phone (310) 941-0842



NORTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

by MARY WONG

Attention, skaters: now we've done it. Sarah Hill is mad at us for not taking the ASU cook book fundraiser seriously. OK, OK, here is my favorite recipe for World Famous Waffles. (Can you say World Famous if Alexander Bont loves them?)

I'll throw in a few more recipes, even my sister-in-law's cheesecake, just to assuage my guilt and carry a little extra burden for those of you who get recipes off the backs of Lean Cuisine boxes.

Many of us think the ASU recipe book is a neat idea but haven't sent in our favorites, so, think about this. Sarah has suggested she may have to call each and every one of us. The next time the phone rings during the dinner hour, it won't be a telemarketer for Greenpeace. It will be Sarah. You'll be sitting there putting butter on your mashed potatoes, screening your calls, and the message she is leaving is running somewhere along the lines of sending Marty out with a heat gun to "customize" the fit of your skates if you don't get to the phone right now. You decide you don't want to have to return the long-distance call to New York, so you sprint to grab the phone before she hangs up. Now picture yourself, phone cradled between chin and shoulder. Your mashed potatoes are getting cold while you're squinting at your raggedy recipe cards, trying to discern whether that really is two cups of mustard, or whether someone set a mixing spoon down on the recipe card last time.

Please use a typewriter when you transcribe your culinary treasures' secrets. Remember your friends who will be eating this stuff.

In the fall Racing Blade I told you about one of our skaters who was badly injured in an auto/bicycle accident. I'm sure you'll be inspired to push your own little aches when you hear this. Mark Anolik is back training regularly. First, he started riding his bike. This was the easiest part, except for the steep 40 yards up the driveway from his house to the road. He did this almost as soon as he could walk again. Another skater reports getting whipped the last time they were out riding together. There will still be a long healing process, especially for nerve damage to the left leg. Mark has started skating to regain some of the strength and balance he lost. The first night it was 10 laps with help, then 10 alone. He said he was just learning the efficiency of using the edges and regrouping when the accident happened and he couldn't wait to get back to the ice for that sensation of gliding. Mark asked if he could race this season. I told him that when he feels ready he is welcome to, but that if he falls we'll probably all feel worse than he.

As of this writing in early January, eight Golden Gate skaters made surprise visits to doctors and hospitals. Ordinarily, this is no big deal, but all these accidents happened almost consecutively. We would show up at sessions wondering who was hurt next. Coach Ferd Shaffer broke his left thumb rolling, needing pins and a cast. Linnea Wickland, from Sam Hicks' old stomping grounds, was practicing starts behind surefooted John Diemont. When (Continued)

WISCONSIN SKATING ASSOCIATION

by BRAD GOSKOWICZ

On time, and on the mark, the Pettit National Ice Center finally opened on New Year's Eve with much fanfare. The first race ever was carried live on television and featured Dan Jansen and Bonnie Blair. Long awaited, the Pettit Center has proved well worth waiting for!



Lining up for the start at the World Short Track Trials are Becky Sundstrom (IL), Amy Peterson (EMN), Julie Goskowicz (WI), Carrie Johnson (EMN) and Sarah Lang (NNY).

By the time this goes to print, many of you will have experienced the PNIC firsthand, either at the Great Lakes Long Track Championships in January or the National Short Track Championships in March. I hope everyone has a great time!

In December the Waupaca Speedskating Club sponsored its second straight State Short Track Championships. The ice was excellent and everyone had a great time. Our 1993 Wisconsin State Short Track Champions are as follows;

- Leonard Coburn.....Peewee Boys
- Chelsea Turzinski.....Peewee Girls
- Bill Scheels.....Pony Boys
- Stephanie Danielson.....Pony Girls
- Ron Macky.....Midget Boys
- Sarah Elliot.....Midget Girls
- Julie Goskowicz.....Juvenile Women
- Kip Carpenter.....Juvenile Men
- Tony Goskowicz.....Junior Men
- David Paul.....Senior Men
- Becky San Felippo.....Senior Women
- Laura Alar.....Master Women
- Brad Goskowicz.....Master Men

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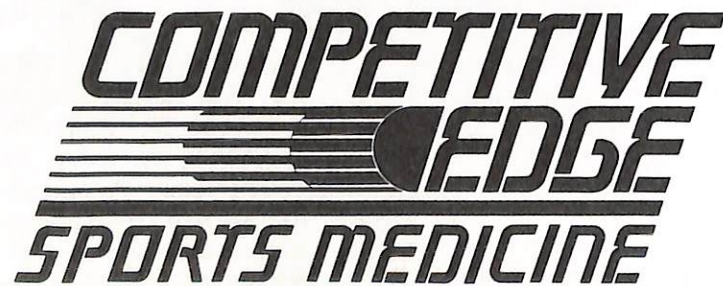
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he tripped and sprawled, she crashed. A trip to the doctor the next day resulted in a cast for the right wrist. Carey Medved, rolling cohort of Eddy Matzger, crashed while rolling in a friend's apartment. The details aren't all in on that one, but she broke her left fibula and needed surgery. The cast came off just before New Year's. Gordon Marshall broke a collarbone snowboarding. He says the shoulder brace has actually improved his form. Rising novice stars Derrick Roberts and Heather Thompson got hurt on out-of-town trips. Derrick broke a thumb while skiing during Christmas holiday. Sorry Mrs. Roberts, that isn't a sprain. And Heather got tangled with another novice who fell racing in L.A., needing stitches under her chin to close up a cut from a blade. Ouch! During a race up here in our genteel lady's division (HA!) Bonnie Crater and Kristen Temple lost in a disagreement with a block and had the cuts and bruises to prove it. And last, but certainly not least, in the next race Sheryl Chapman fell and slid to the wall, just missing the pads. Where she hit there were a couple of protruding screws and she got some very painful "puncture-lacerations" that needed stitching. Here we thought we were so careful about the environment we provide our skaters. Sheryl has been checking the walls at the other rinks she skates at and has literally pulled some bent nails and screws straight out of the wall with her fingers! Meet organizers: Take note! I guess we're expected to pack hammer and screwdrivers along with the gauze and triangle bandages in our skatebags!

**EASTERN MINNESOTA
 SKATING ASSOCIATION**
 by KEN VRAA

Hosting the World and University Short Track Trials was indeed an experience for EMSA. The Association membership learned a great deal from having hosted the event. Perhaps the most important was learning about ourselves and our own membership and their ability to organize and put together a quality event for the skaters. You also get an opportunity to work with, and get to know much better, others from outside the association. I'm referring to people like Jim Chapin, Chief Referee for the Trials. Once you work with people who have a common objective, you get to know, understand and appreciate their dedication to the sport all the more! It was indeed a pleasure for EMSA to have had this opportunity as well.

As for the skating, it was very exciting! The quality of the skating, as demonstrated by the times, was of the highest caliber. Also very encouraging, at least from the casual observers viewpoint, is for the future of short track as represented by the depth of ability in the men's division. The gap in ability between first place and last place was not as obvious as it might have been a few short years ago. For the men, it no longer is four or five skaters battling it out, it's fourteen or fifteen!!

With the World Team Trials behind us, EMSA quickly turned its attention to developing its own agenda for association skaters. With the Minnesota Skating Association, we once again have developed a combined meet schedule. This formula worked well last season, and it was obvious that the same approach to the 92-93 season could work even better! How right we were! By the second meet of the year, a January 2nd event, there were over 90 level A skaters. Not only were the number of skaters pleasing, but the level of competition in each of the age brackets was also an improvement from past years. Perhaps its the anticipation of having a refrigerated oval next year, or a carry over from the success of speedskating in the last Winter Olympics, what ever it is, we hope the level of involvement and competition continues!

On a personal note. Matt, the skating member of this household, has had to under go a knee operation. Rest and Physical therapy were not able to repair the condition, and so the last remaining option. To all those who have offered encouragement and best wishes, we thank you!



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