

The Racing Blade®

VOLUME XXVIII
NUMBER 1

OCTOBER, 1994



Features:

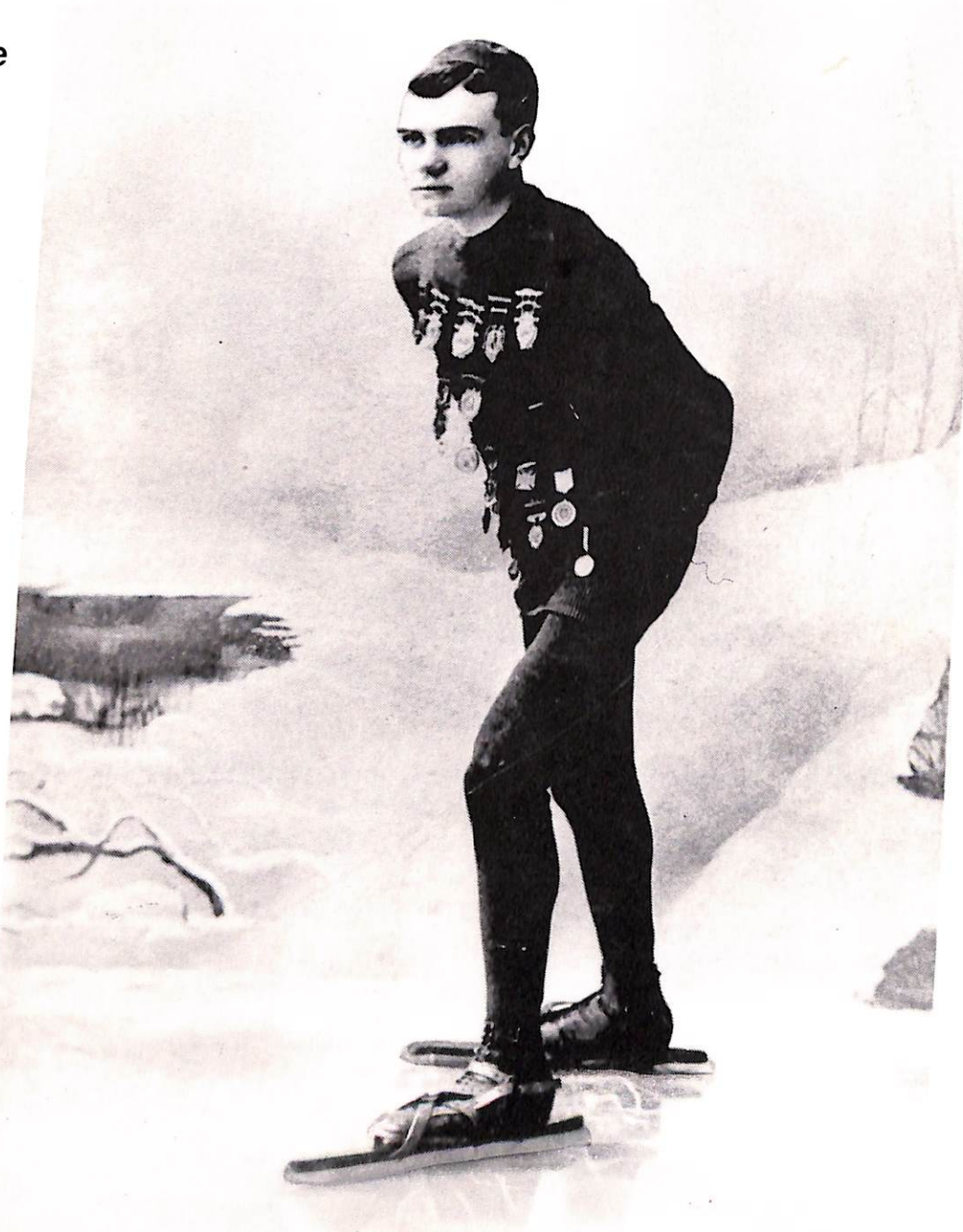
The Skate
Makers
Bible

A Picture
Quiz

Photo
Layouts
on Camps
and
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ASU
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New
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Agency



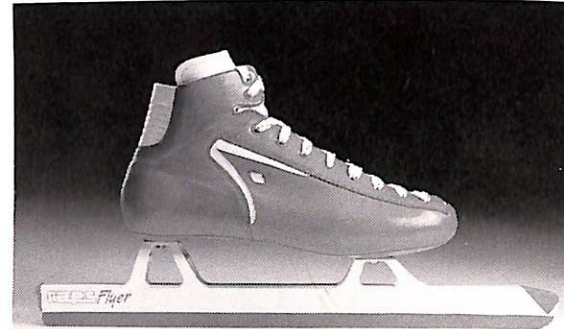
Joseph F. Donoghue

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

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ISSUE No. 1

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The Skate Maker's Bible

by MARTY HILL

If you haven't been watching closely for the last thirty years or so, you may not yet realize that skate design is a very volatile science. Things change faster than you can watch them go by. Skating technology is a bit like the dictionary, it changes continually. The dictionary is seen by some people to be the "bible" of language, but it's actually just a list of words and definitions that are currently in use. I personally find this a bit troubling. I want someone to be able to settle disagreements about spellings and meanings with **absolute authority** (as long as they agree with me). But the fact is that, as common people like you and I change the words, spellings, and definitions we use, dictionaries simply chronicle the changes we make in the language. You and I make the language, **we** decide what is correct, not the dictionary publishers. The truth is, **no one** is out there making the rules! The king is wearing no clothes, and we're on our own.

As a skater designer, I think that people too often think that we follow "rules" of what is correct. That's true, I have my rules, and there are traditional rules that are somewhat different than mine, and everyone else has theirs. There's three ways of doing anything - the right way, the wrong way, and **my** way. A lot of people I talk to are looking for answers, on the way things **should be**. The point of this whole article is that there's no eternal should be in skate design, no more than in language. To make the point, in this article, we illustrate one of the issues that always confounds us when we need the eternal, "technically correct" answer.

Questioning oft quoted wisdom runs the risk of confusing what have always been thought to be simple, easily understood standards. Sorry, I seem to have a way of doing that.

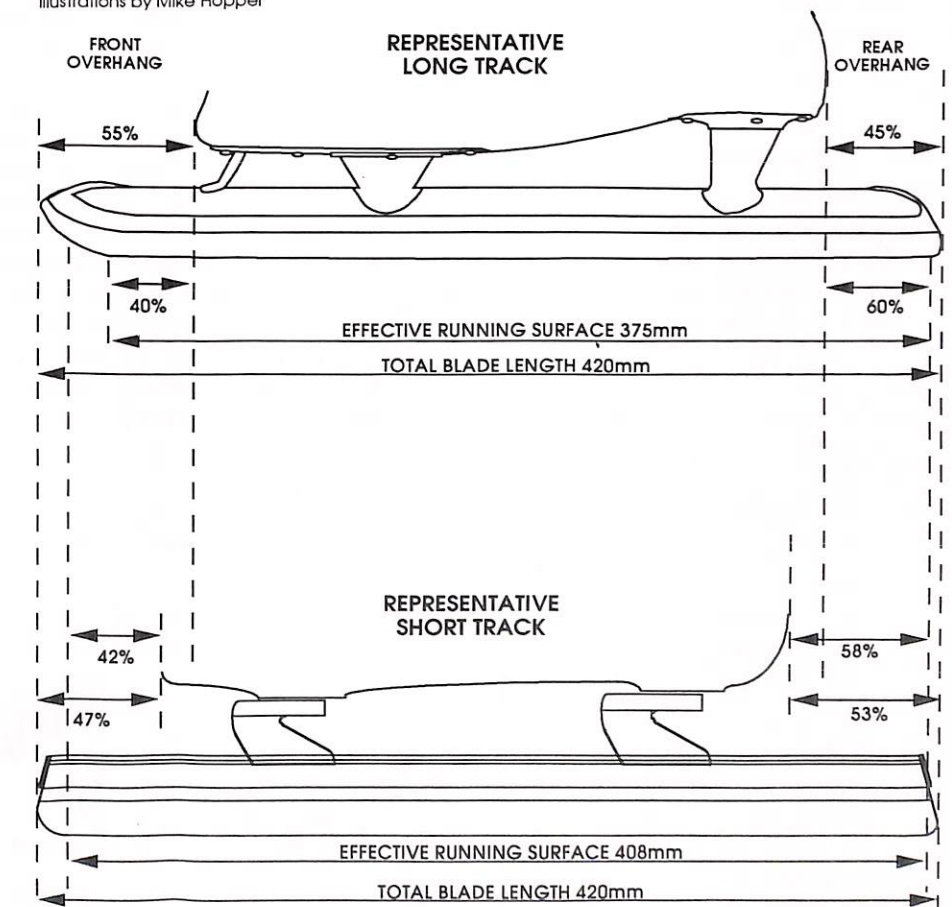
When the question asked is "How long should the toe of my blade be in relation to the rear?," the most common answer goes like this - "On a Long Track skate, the toe length (I refer to this as "front overhang") should be in a 60/40 relationship to the rear (the toe is longer)." It goes on to say "On a Short Track skate, it's the opposite; the ratio is then 40/60 (the rear is longer). When you get to



doing many, many actual measurements on many, many actual skates over the years, it's obvious that common practice doesn't support this popular generalization.

The diagrams were developed from real life models; they are not my theoretical ideals. And, just because they're appearing in print here, that

Illustrations by Mike Hopper



analyzing things a little more closely, though, you get some big surprises. The 60/40 standard is sound in general concept, but as a skate designer, I can't rely on generalizations; everything needs a spec. After

doesn't mean that if your skates are a little different, there's something wrong. The Long Track skate is a very well known European brand, very representative of the genre. Traditional Long Track skates are



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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.

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Our Fourteenth Cover

by BOB VEHE

Since the inception of the magazine format, only a few recognizable individual skaters have appeared on the cover. The first one was Kit Klein who was World Champion in 1936 and National Outdoor Champion in 1933, 1934 and 1935. Kit's cover was in June, 1992.

The next individual cover was Cathy Turner who had won the gold medal at 500 meters in Short Track speedskating at the Albertville Winter Olympics in 1992, along with a silver medal in the 3000 meter relay. Her cover appearance was in December, 1992.

Bonnie Blair was on the April, 1993, issue having won the 500 meter and 1000 meter events at the Albertville Games along with most everything in sight. Her accomplishments would fill pages.

The fourth cover was Dan Jansen on what is shown incorrectly as March, 1994. It should have been the April issue. After his outstanding career and his record win at 1000 meters at Lillehammer, Dan had the attention of the world.

Our fifth individual cover is of a skater who needs to take a back seat to no one. Joseph F. Donoghue was World Champion in 1891 by winning gold medals at ½ mile, 1 mile, 2 mile and 5 mile at the competition in Amsterdam. In addition, he set a World Record in the 2 mile event. Donoghue was one of the first two skaters to be inducted into the ASU Speedskating Hall of Fame in 1960. Do you think that his skates conform to the standards discussed in Marty Hill's article in this issue? It really doesn't matter since you can't get better than gold.

DEADLINES



**ITEMS FOR THE NEXT ISSUE
ARE DUE:**

NOVEMBER 4, 1994

Dec. 30, 1994 March 3, 1995

June 2, 1995



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the fixed blade type, with no adjustments, and don't vary much from brand to brand on overhang. Short Track skates with bolt-on blades vary considerably, so the diagram is not of any particular boot/blade setup; It's simply typical of setups that are in common use. If you do some measurements on your own Short Track skates, you may get considerably different ratios than those shown. This is because the front to back placement of the mounts in the boots varies from brand to brand, and even varies from size to size in the same brand of boot. Someday, there may be some standardization on this, but I doubt it. All boot manufacturers think that what they do is right, and none pay much attention to what others do in that regard. Such is life.

The drawings are not in perfect scale, either, and the measurements are rounded slightly for easier comparison. The percentage figures, though, are quite representative of what's commonly seen on a sampling of skates in common use. Referring to the drawings, consider the following:

1) Note the 55/55 overhang ratio on the Long Track skate; close to the 60/40 standard. Long Track measurements were taken from a size 40 skate, and the ratio on other size boots may not be exactly the same. More importantly, note that you get the 55/45 ratio when you measure all the way to the extreme tips of the blade. If your measurements are based on the running surface of the blade (which **excludes** the rounded tips), the ratio is 40/60; the ratio that's **supposed** to apply to Short Track skates!

2) Tip to tip length of the two blades is the same, but note the significant difference in the length of the effective running surfaces. Since the rear tips of Long Track or Short Track blades are rounded similarly, most of the difference in effective running surface is due to the difference in the shape of the front tip; the Long Track blade has a more gentle, ski tip type shape, which shortens the running surface considerably and shortens the effective front overhang by about half. This is why you get a 40/60 ratio on the Long Track skate when

measuring to the end of the running surface instead of to the tip.

"Short Track skates vary greatly in this regard. . ."

3) The Short Track boot is shifted forward in comparison to the Long Track boot, so when you measure F/R overhang all the way to the tip, you get 47/53, as opposed to the 55/45 of the Long Track skate. Again, Short Track skates vary greatly in this regard, but something around this 47/53 ratio is quite common. The most interesting comparison is to compare the overhang ratios of the two skates, when measuring overhang from the running surface. There, you get 40/60 for Long Track, and 42/58 for Short Track. In this example (remember, other skates may vary), the overhang ratios of the two skates are very similar, but the toe on the Short Track skate is actually a little longer than on the Long Track skate!

So what's going on? From one angle, it appears that everything we always thought we knew was wrong! I don't really think so. The 60/40 Long Track standard, and 40/60 Short Track, are valid in concept, but it should be understood that they are not directly comparable, because of the difference in tip shapes. I'd say the interesting questions are the following (And I don't necessarily have the answers):

"... it digs in with an embarrassing crunch at the end of every stroke. . ."

1) On the most fundamental question, why are the two tip shapes so different in the first place? Should it be this way? The more squared off Short Track style tip is bad news for toe pushers; it digs in with an embarrassing crunch at the end of every stroke, slowing you down, and letting your friends know just how bad your technique is. I think we've all had ice chips thrown in our faces by these people. Long Track in general, don't get along all that well with squared

off tip. Is this because they have more tendency to push with their toes? If they do, is this a good thing? If it is, then why isn't it a good thing to do in short track? Isn't the number one instruction from all experienced coaches to "GET OFF YOUR TOES!?" Again, I have my own ideas, but they aren't necessarily answers. If one of our readers has the answers, fire up your computer and please get it in the next issue of this publication.

"... measuring to the actual running surface is not usually considered."

2) When overhang ratios are discussed (admittedly, this is fairly rare, most people don't seem all that concerned about it), it's generally assumed that measurements are taken to the tips of the blade; measuring to the actual running surface is not usually considered. My drawings show that this gives very different results. Is this significant?

I caution anyone interested in these types of questions to consider the fundamental premise that no design parameter is cast in stone (which is the **only** reason **anyone** makes adjustable skate blades; they'd be cheaper, and more profitable if they didn't have to be adjustable). There is no bible of skate design, and virtually no "rule" is unbreakable. In fact, **all** of the commonly quoted "rules" of the way things **should** be are broken frequently in the real world, and, most importantly, skaters are going faster all the time. One of the more outstanding examples of a recently broken rule concerns the thinking on how long a Short Track blade **should** be. Ten years ago, when I first started selling Laberge Short Track skates the most popular length blade (by far) for adult men was 405mm (a small shade under 16"), and 390mm (15 3/8") for women. In the past two or three years, those averages have increased by at least a full inch, and much more in some cases. In the '94 Olympics, I'd say that on average, the Short Track

"In the '94 Olympics, I'd say that on average, the Short Track skaters were using longer blades than the Long Track skaters!"

skaters were using longer blades than the Long Track skaters! Eighteen inch and longer blades in Short Track were not uncommon. This doesn't necessarily mean it's the best thing to do, but, it is being done. This would have been unthinkable as little as five years ago. Personally, I think the ultra long blade idea may soon reverse itself a bit, but then again, I could be wrong. Something's changed, that's for sure. Were we wrong before, or are we on an errant path right now with the "longer is better" idea? Until Laberge skates started smoking the top level meets in the early '80's, and most people were using the legendary Planert skates, Short Track blades were even shorter, by an inch or so. In Planert days, 16" was on a long side. Laberge also popularized the idea of having more rear overhang on a Short Track skate. Since then, it's become the

"rule." Laberge has now joined the "legendary" ranks, along with Planert and a few others, and both very deservedly so. Both represented the most forward thinking design concepts of their day. Yet, in the relatively short span of 15 years, all of their "rules" have been broken.

... if no one will buy it, it won't do the skaters any good"

At our company, design parameters are almost always a compromise between three primary considerations: 1) What we think is right. 2) What other respected experts in the field think is right. And 3) What we think will sell. No matter how "right" anything is, if no one will buy it, it won't do the skaters any good, and it kills our balance sheet. This may be shocking revelation to make, because I know that people like to depend on us to make sure that the equipment we sell them is "the best." People ask so often for "the best" rocker on their blades, we actually installed a "better button" on our computer controlled rocker machine. It doesn't actually do anything but fire up the pre-loaded program, but it makes us feel

good. If "the best" had any clear definition, that's certainly what we, and everyone else in the field would be doing, but there is no such definition, except from people who are always right. I guess we're just unfortunate that none of them work here. You may hear very strong opinions expressed by our company, or by others in the field, but believe me, chances are good that whatever we, or anyone else says today, it's likely to be different a few years (or months) from now.

"Skates... are in constant evolution."

Skates, along with most everything else we use, are in constant evolution. It's impossible to keep up with, and nothing should ever be considered perfect. If this upsets your sense of stability, sorry, but it's the real world. If there's no other reason though, you should take heart in the fact that skaters are, in fact, going faster all the time, and I see no reason to think that the trend will ever reverse itself. The most important part of the equation, still is the SKATER, which is YOU. Keep up the good work.

THIS IS A GOOD PACKAGE DEAL

The North American Long Track Championships will be held in Canada in 1995 — at the famed first North American enclosed 400-meter oval in Calgary, Alberta. Everything worked out to the benefit of our skaters this season as it did in 1991. The National Long Track Championships will be held the weekend before (Jan. 28-29) in Butte, MT.

So if you can afford the time off from school and jobs, you may combine both Championships in the one trip. You can easily drive from Butte to Calgary. In 1991 Butte provided our skaters ice time at the beginning of the week for practice and Calgary at the end of the week and the Butte club arranged for car-pooling to Calgary in the middle of the week.

AND REMEMBER THIS ADDED INCENTIVE. ASU has again requested funds from USISA to subsidize expenses for the North American in Canada for those skaters who place first or second (going down as far as fourth place to fill the quota) in our Nationals — this year it's the Long Track Championships.

We tried this for the first time this year for the North American Championships in Quebec and 17 of the 20 skaters eligible for the subsidy did go to the meet. We felt this was a very good initial showing—maybe we'll have all 20 at Calgary!

If you have not skated at the Calgary Oval, you should. It's an experience! For further information about the meets or the subsidy, contact:

Shirley Yates at the ASU National Office - 708/790-3230.

Answer the question before reading the article

What Is Wrong With These Pictures?

by DAVE TAYLOR

So you don't know what it is, but it just isn't right. Right? Even if you can't figure out exactly what is wrong with these pictures, I bet they still rub you wrong. Kind of like combing your hair with the left hand if you're right handed or switching which foot you slide in first when you put on your racing skins.

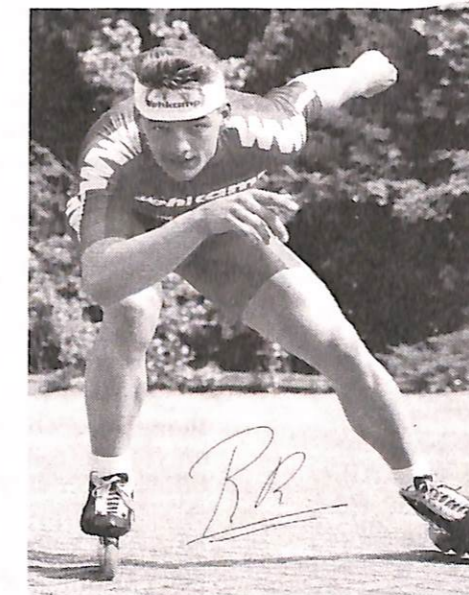
The answer is in the arm swing. Sorry folks. Speedskaters just don't do it like that.



The Trophy in Photo #1 is from the North American Championships in Winnipeg (the second coldest city on earth next to Duluth). The photo shows the skater recovering with the left leg while swinging the opposite arm forward over the glide leg. Not good form. Maybe the Canadians knew a U.S.A. skater would win it, so they did this intentionally. Rumor is that the trophy manufacturer is still laughing.

The real scream is the Speed-

skating Trading Card (Photo #2) from Holland. As you probably know, Speedskating in Holland is a national



Wehkamp René Ruitenberg

passion. Since 146,000 Hollanders Skate, you have to be one of the best of the best to get your picture on a card. Every Dutch kid has a fistfull. So here's a guy who could probably beat the pants off most of us on the ice. His mistake was to pose for a still photo and (like our Canadian Trophy maker friend) managed to goof up the arms.

Dutch people like to exclaim "Hup! Hup!" a lot. (Roughly translated, I think it means "Say, Mynheer Voost, is that a tulip in your nostril?") Can you picture the grief poor old Rene got the day those cards hit the street? Ludwig and Lambert doubled up in hysterics, rolling on the cobble-stone street by a windmill (or canal or whatever it is they have in Holland),

tears running down their aching cheeks yelling, "Hey, Ruitenberg! Puh! Puh! (Hup! Hup! Backwards.)"

It's kind of like if Kirby Puckett, the great Minnesota Twins right handed outfielder, were to pose for a Topps Baseball Card Photo with his glove on his throwing hand. "Now", he asks himself, "why all of a sudden does my baseball glove not fit? My thumb is so cramped and my pinkie is floating around in my mit." Flash!

SUDDENLY IT'S HISTORY Probably Poor Rene Is Still In Seclusion.

Ludwig: Hi, Frau Ruitenberg, can Rene come out and play?

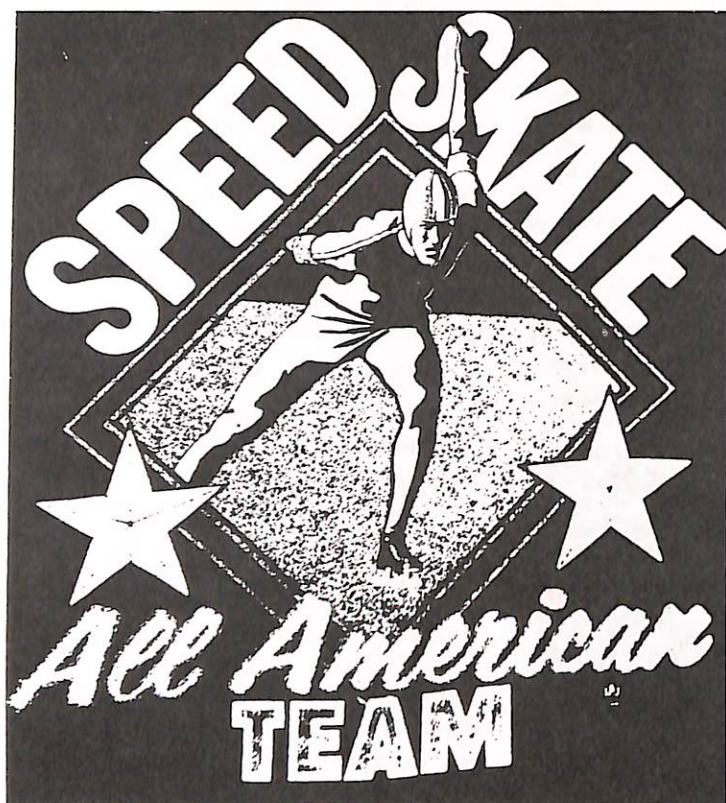
Frau Ruitenberg: No, Boys. He's still in his room hitting himself on the head saying, "Stupid! Stupid! Stupid! Stupid!"

Now, being a fair guy and really not wanting to judge these people unfairly, I decided to give them the benefit of the doubt and assume that maybe swinging the right arm forward while stroking out with my left foot is a new improved way to skate. Kind of a secret Dutch weapon. So I put it to the test.

My kids pried their blank stares away from the **Family Matters** rerun on the tube, eyeing me a bit peculiarly as I swaggered around our house swinging my right hand forward as I stepped forward with my right foot... then left with left. Just dad doing another experiment. They went back to Erkel. Steve's been doing a version of that walk for years.

Well, the real test came at the mall. Left with left, right with right... First conclusion: left with left does not work... put down your **Racing Blade** for 14 seconds and try it. Second Conclusion: As a high school teacher, this type of experiment in public might not have been entirely advisable. My students are everywhere. Especially at the mall. Jennie Crestflosser (Cheerleading Captain) whispers loudly to her friend Kim, "he walks like that and he chaperones

dances?" Meanwhile, my 16 year old is dashing for the exit hoping no one has figured out he's my kid.



We picked up the **Sweat Shirt** (the design from which you see in photo #3) at a shop in an Eau Claire, WI. mall on our seven hour haul south to meet in West Allis. I see in-line skaters do this a lot... resting the right hand on the back and swinging the left. Makes you want to skate backwards.

Anyway, if you figured out what is wrong with all three pictures, you should be critiquing video footage of skaters at the local Olympic Training Camp. If you didn't figure them out, I'd advise exercising extreme care any time you move, on or off of skates.

NEW CONTEST

In place of the Essay Contest that was instituted last year, a new contest has been devised as follows:

MIDGET CLASS THROUGH SENIOR CLASS

Submit to the Editor of The Racing Blade your Top Ten Reasons on **one** of the following topics:

1. Why I like speedskating
or
2. Why I dislike speedskating

The best lists will be published in the next issue of The Racing Blade. Suggestions for future Top Ten topics will be appreciated.

1994 ISU REGULATIONS (Rulebook) NOW AVAILABLE

by JERRY SEARCH

In the past, copies of the International Skating Union (I.S.U.) Regulations book have been pretty hard to locate. The USISA does purchase copies, but only enough for USISA coaches and officials. Since all of the USISA Team Trials, both Long and Short Track, are skated under the I.S.U. Rules, skaters competing in any of the Trials should have one, and certainly every coach with such skaters should not only have one, but understand the I.S.U. rules and how they differ from the A.S.U. rules.

With thanks to Bill Markland, I have contacted the right person at the I.S.U. in Switzerland, and received information on ordering the Regulations, as well as some other interesting information on International speed skating. Payment may be with a personal check, in U.S. dollars, or an international money order. NOTE: American Express money orders satisfy the requirements of an international money order. Also note that the I.S.U. is the International governing body for both figure as well as speed skating (but not hockey), so you may receive information concerning figure skating too.

Mail request to:

Mr. Beat Hasler, General Secretary
International Skating Union
Promenade 73, Postfach CH-7270
Davos Platz, Switzerland

Remember: Overseas postage is double, put TWO stamps on your letter! Prices do not include postage. It will be billed upon shipment.

1. 1994 I.S.U. Regulations.....\$16.00
The I.S.U. "Rulebook".
2. Minutes of Congress 1994
(available December 1994).....\$8.00
The I.S.U. Congress is what we call our
"Convention".
3. I.S.U. Communications.....\$62.00
A 2-year subscription to monthly mailings from the
I.S.U., with such things as official results of inter-
national competitions, World Records, and the
agenda for the I.S.U. Congress.
4. Speed Skating Book 1889-1967.....\$12.00
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pionships for the 75 year period 1889-1967.
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pionships 1978-1992.
9. Skating in the
Olympic Games 1908-1994.....\$31.00
New book, probably including figure skating as
well as speed skating.

REPORT ON THE 1994 CASSA MEETING

by JIM CHAPIN, ASU PRESIDENT

On June 24-25, I had the pleasure of representing the ASU at the CASSA Annual General Meeting (AGM) in Red Deer, Alberta. Nearly everyone arrived Thursday due to some long distance travel and the early start Friday. The Sunday session was the President's breakfast with the Board, so I left early that morning. Red Deer is not the easiest place to fly to from St. Louis. I flew American Airline south to Dallas then north to Calgary.

Thursday evening I sat in on the Competitions Workshop, which is equivalent to our Meet Scheduling Committee. They don't seem to have a problem with the International trial conflicts. They have skaters qualified for major trials and non-qualifiers stay in their provincial and area competitions, both Long Track and Short Track. Their trial events are limited to elite skaters only. If you don't have the time criteria, stay home. All times are verified and documented.

Calgary will host for the 1995 North American Long Track meet. The date is Feb. 4-5, the week after our National Long Track in Butte. The 1996 North American Short Track is in Red Deer, Alberta. The dates are April 5-7. This is three weeks after our US National in St. Louis in '96.

Their agenda is mailed out like ours, with all Provinces giving detailed reports on members, finances, officials and comments. At the meeting the delegates are polled and asked if there are any additions to the reports. If not, they move along. I like this idea to save time. Everyone received the packet at least 3 weeks before the meeting. They can read it and not have to listen to what is in print being read at the meeting.

Robert Bolduc, Technical Coordinator for CASSA, requested Milwaukee send him a full protocol for North American records. This is a responsibility of hosting a North American meet. For some reason I can't understand why we have had problems getting paperwork out of meets after they are finished.

Mark Greenwald is finishing up college studies at the University of Calgary and works as a coach at the Oval there. The oval is independent of CASSA. They have five coaches and a director. Mark and I had two long discussions between meetings and he has some very good objective views having been through ASU at all levels, with USISA programs and for the past two years or so with CASSA/Canada.

In the CASSA packet they have a project called 2002. Bottom line, it is a game plan to keep Canada on top in speed skating on the world level both Long Track and Short Track. It is a very long and comprehensive plan. It seems as though everything they do is long range and always towards larger numbers.

I brought up the clerking problems that U.S. skaters encountered in Quebec. Guy Chenard, from Quebec, and

I had a discussion after meeting about this. He contended since both skaters were not from the same club they were placed this way and it was difficult to make changes. I countered that it would not have happened in the U.S. and I didn't buy his explanation at all. It could have and should have been corrected before the meet ever started. It could have been corrected after the meet had started.

In my remarks at the meeting I flat out stated unless there was a concentrated effort to assure us this would not be the policy in the future it is not something which makes our skaters want to return to their NA meets. I think this hit home. Joyce Leggett also had a comment in her report on this and a reference in their rules to correct it. We shall see. CASSA changed the Long Track Junior Girls 2000 to 3000 to blend with our change.

Discussions were held pertaining to the excessive opening and closing ceremonies of the NA and the endless banquet speeches. They apparently got a lot of bad comments on this. Hopefully they will put time limits on all non-competitive areas.

They also have a problem with skaters relocating and club changing. I pointed out our rule on residency and territory changes. They felt everything they wanted to implement was in our rule, but wanted to try to shorten it.

They also made copies of our Medal brochure for the North American meet and passed them out. Currently the host there pays for the medals. They liked the idea of consistency and the sponsor concept. Shirley had sent a copy on the pamphlet to CASSA and they were appreciative of this.

The Provincial reports also included membership. For the year CASSA had 2,019 skaters. A net increase of only 45 for the year. They have the same money problem ASU and USISA have. They have government funds, but those are being reduced annually.

CASSA conducts workshop sessions which are our Committee meetings equivalent. They hold two sessions concurrently. Even with this they run out of time just like we do even though they had a moderator running the meeting and made a serious attempt to stay on schedule. Try as they did, they ran late. Most Provinces had multiple delegates. They did not seem concerned about those having only one. They had to choose which workshop to attend. If they wanted to attend everything they were encouraged to make sure delegates were there to do so.

Prior to the Friday social evening, the meeting attendees were taken on a tour of the Centurium, the arena complex in Red Deer. Seats about 5,000 for ice events, 85 x 200 rink. Full stadium with banquet areas and exposition halls which can hold up to 3,000 for

meals. Very modern multipurpose facility. Cost \$21 million and it was paid for in 3 years!

I was one of the Scrutineers for the elections. I observed the ballots and counting, and then verified the count. Ted Houghton, the president, fulfilling the remainder of the resigned president from last year's meeting, was defeated by Henrietta Goplan. She is a very close friend of Joyce Leggett. Thirty nine delegates voted and it was as close as possible. Three of the four positions being contested were won by challengers, not incumbents. So, change is the byword for now.

The closing banquet was a long event. Annual awards, entertainment with a mime performance, and some speeches. Approximately 100 attended the AM meeting, so it is about like ASU Conventions. The North American Short Track record certificates were distributed. I brought home the ASU recipients forms and they have been distributed.

ASU and CASSA attending each others annual meeting will enhance the skating programs and reduce and resolve skating problems that arise in North American competitions. I feel it is important we continue to have representation at the annual AGM.

ARE YOU GETTING THE RACING BLADE?

If you have mysteriously stopped getting the Racing Blade, it's no mystery to us! The most obvious answer is that you did not register or renew your subscription this year. But the much more likely answer is that you have moved! IF YOU MOVE, YOU MUST IMMEDIATELY NOTIFY THE ASU NATIONAL OFFICE.

The Racing Blade WILL NOT BE FORWARDED TO YOU! Why? Because, unless you have paid the extra \$10.00 per year to have The Racing Blade mailed to you 1st Class, it is mailed to you Bulk Rate. And if your address is not correct or you have moved, it WILL NEVER BE DELIVERED TO YOU! Where does it go? It goes into what we call the "dead-letter office" — never to be seen again! IF YOU'VE MOVED, HAVE NOT NOTIFIED US AND ARE NOT GETTING THE RACING BLADE, DON'T COMPLAIN TO US. IT'S YOUR FAULT.

Changes of address should IMMEDIATELY be reported to the ASU National Office, 1033 Shady Lane, Glen Elyn, IL 60137.

Editorial By Bob Vehe

Thank you, Tom Weisel

Do you remember the name, Tom Weisel? If you don't, you can find him listed in the ASU Handbook as having won four National Long Track Championships. He won the Juvenile Championship in 1955, the Junior Championship in 1956 and 1957 and the Intermediate Championship in 1958.

You may ask, "Why should I be interested in Tom Weisel?" I think you should be interested in someone who has been out of the sport for 30 years or more, but still has an interest in the sport and the ASU. What kind of interest does he have? He is interested in helping the sport by helping the people who work to keep it going.

In 1985, Russ Owen in St. Louis saw Tom's name in an article and he was contacted to see if he would buy a safety mat. The check came and a mat with the name **Montgomery Securities** it is still being used in St. Louis. Tom Weisel founded Montgomery Securities and is president and CEO of the company.

In the May issue of Forbes magazine, Tom O'Hare saw an article concerning Tom Weisel and Montgomery Securities which prompted Jim Chapin to write to Tom asking if his company has a grant program, since Jim was looking for money to buy skates for beginners. The answer came with a personal check for \$1000.00. The company did not have a grant program, but the owner was anxious to help with his own money. In his letter to Jim Chapin, Tom Weisel said, "I owe a lot to speedskating and I hope my personal gift of \$1000.00 is some help."

What a wonderful gift! Thank you Tom Weisel, your generosity further convinces me that there are many former skaters, officials, and fans who have not forgotten the joy they had in their youth because of being involved in speedskating. Many would like to help the sport, but something has been missing. What could that be? I think the missing item is that no one is asking, much less hounding people for their help.

Talk About A Failure

In the February, 1990, issue of The Racing Blade, I wrote a long article titled, very unimaginatively, "Fund Raising." On a basis of one to ten, immodestly, the article scored a minus three. There was no reaction. In that article, I commented on the different types of fund raising at the club and association levels and only hinted at what should be done at a national level.

In December of the same year, I tried again with what I thought was a jazzy title, "Income Enhancement is a Euphemism" with a sub-head of "Penury Postponed or 62 years Without a Plan." This article emphasized the need for endowment funds to support ASU publications, the national office and other programs. This wasn't

(Continued on page 12)

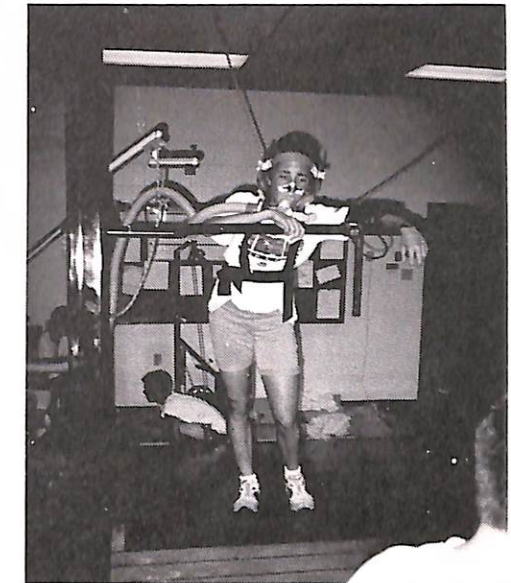
ASU/USISA Speedskating Seminar

Olympic Training Center
Lake Placid, New York

Category 2-3-4
July 16-23, 1994



The 1994 ASU/USISA Training Camp skaters and coaches



Katie Krawl after finishing exercise test with Dr. Kenneth Rundell



A little camp discipline? Actually, Coach Pat Maxwell taking the pulse of Bridey Farrell during running test



Coach Stan Klotkowski gives a few tips to Rusty Smith



Jimmy Cooley airborne during a standing broad jump, part of the endurance, power and sprint testing



Pat Maxwell leads the technique drills



Dr. Kenneth Rundell checks heart rate on Chad Richards during low walking V02 Max test



Running on the track near the Lake Placid Olympic Training Center



Meghan Everett and Jamie Grundstrom doing jump-squats

Head Coach Pat Maxwell
All Photos by Jerry Search

ROBERT R. VEHE

(Continued from page 10)

revolutionary since the Medallion and Medal Fund supports itself as does the Hall of Fame Fund. Why is everyone so indifferent to carrying the endowment philosophy over to these other areas? One reason certainly is that there has been no leadership whatsoever spearheading such a program. A common attitude as mentioned in the December article is "Why worry about fund raising when the ASU has been around for 62 years and somehow things have worked out?" Well, it is now 66 years and nothing new has been done. Now the ASU demeans itself and runs with hat in hand to the USISA to fund this booklet, help the Racing Blade, pay for this or that brochure, fund this trip or pay a stipend for skaters to attend the North American Championships.

This Is A Business Office?

The ASU has a national office in one bedroom of a house where the Executive-Secretary struggles to do a job, that two or three people should be doing, on some worn-out, out-of-date equipment seven days a week with no help at hand or in sight. The money allocated to run our national office is a disgrace. What the ASU needs is an office with decent help and decent equipment. It should look like a business and operate like a business for the simple reason that it is a business! Why don't the members stop treating it as if it were some leisure time activity?

What is being done about it? As far as I know, nothing is being done. A grandiose plan was announced a year ago to solve financial problems by increasing membership. With this plan in place, membership has decreased. Not because of the plan, but because clubs, associations, parents, officials and skaters don't seem to have the faintest idea of the problems facing the ASU. Clubs allow people to skate and even compete without demanding that they become members. Parents may coach, may officiate, may help in other ways, but they are not members of the ASU. No one probably suggested to them or required that they join. "Oh, this is the way we have always done it." Well, the way it always has been done doesn't work anymore.

What is needed are goals and a plan to reach them. We have a goal of increasing membership, but most don't even know of it. We have no goals for fund raising—either amounts or techniques. What techniques could be used? We should not delude ourselves that raffles, skate-a-thons or what-have-you will work for the ASU. Our needs are beyond such programs.

There Must Be A Trust Somewhere

Grants and direct solicitations are the most promising. Charitable Trusts are required to give their money away and the problem becomes one of not only preparing a successful proposal, but locating a trust that can justify their goals as fitting our goals. Most trusts are established with somewhat narrow goals, but there must



Overheard In The Heat Box

by LARRY RALSTON

Former Olympian Jeff Klaiber is now employed by the Milwaukee Public School System as a Psychologist. At the recent International Skating Union Congress held in Boston, Gene Sandvig and Bill Markland were re-elected to their respective Technical Committee's, Gene in Long Track and Bill in Short Track.

Hall of Famer and Past President of USISA, Jack Byrne, has become another critic of the U.S. Postal Service as it took two weeks to get a letter from Sun City, Florida, to Syracuse, New York. Jack says that recent rains have made the golf courses like sponges. Knowing Jack's game, that shouldn't bother him at all.

World Champion and Olympic Medalist, Dan Jansen, recently announced his retirement from competition to spend more time with his family and pursue a career in television broadcasting.

Hall of Famers, Bob Vehe and Bill Markland recently participated in "The Great Beaver Hunt", at the Vehe estate near Minong, Wisconsin. The pesky critters were destroying trees and causing considerable damage on the property so there are now five fewer beavers in that Northwoods area.

It is a small world. While stopping for a short visit at the Soo Locks, in Sault Ste. Marie, Michigan, I was astonished to see CASSA Technical Director Jack Walters and Sault Ste. Marie Speedskating Coach Ian Overman. We shared some good speedskating stories while watching the huge ships navigate the locks.

Latest to join the ever growing list of National Medal sponsors are Mr. & Mrs. Jeff FitzRandolph, who have sponsored the Midget Girls Track 333 meter event.

The ASU/USISA Coaching Certification Program has been embellished with the addition of Marjorie Amelotti of St. Louis, Missouri as a new instructor. Marjorie conducted her first seminar in St. Louis and her second in Marquette, Michigan. She has proven herself to be a bright and energetic leader and 19 new people have been added to the list of certified coaches.

Some old timers were in attendance at the recent ISU meetings in Boston. Past ASU President and Hall of Famer, Leon Wilmot; Past USISA President and Hall of Famer, George Howie; and Former ISU Technical Committee member, John Hurdis, of the Canadian Speedskating Assn.

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be some that would fit our causes. There are books in the library the size of Sears organization that helps the trusts locate people to benefit from the largesse. The ASU had two people attend a seminar on trusts and grants, but somehow the result was to push this down to the association and club level, instead of at the ASU level.

Why Not The ASU?

The simplest method is direct solicitation. Why not do it? Everyone else does. I average three or four requests for money every day. I get requests from medical foundations supporting every imaginable disease, from every school I ever attended, from every welfare organization, from every police organization, from every veterans group, from residential homes for handicapped people and from every old organization and new ones. Many of these are worthwhile, some are questionable, but the donor has a choice. No one gives to all of them at one time, but maybe they all get something over a period of time. Why can't the ASU be a part of this? Are we so special that we can't do this? There is no need to restrict our requests to former skaters. I've never been involved with all the organizations asking me for money, so why should we restrict ourselves to former skaters? This diatribe could go on and on, but let me finish with the final paragraphs from my original articles.

If you agree that the services being offered by the ASU should be continued and improved, come forward with your ideas. Don't bother with ideas that involve the entire skating community, because most will not help. Don't waste time lamenting this, just accept it. Some may be too busy on a club or association level. There are always "doers" and "takers" and sadly, there are more of the latter.

Large sums of money are not going to be raised by raffles or lotteries and they are not going to be raised by pleading with the skating community to share the work. The results needed are going to be attained by a single person or a few who are persistent, creative and equipped to deal on the levels needed. Where are you? Who are you? Won't you please come forward? We need you.

LET'S NOT THINK SMALL—LET'S THINK BIG!

Ex Nihilo, Nihil Fit
(From nothing, nothing comes)

PRESIDENT'S REPORT

JIM CHAPIN



If the first few months of my term are any indication of the activity we are going to have this year, then I can accurately say it is going to be a **very busy year**. I hope you will all join me in getting the agenda accomplished. If everyone puts forth 100% effort we will have an outstanding year in skating.

Since the Convention I've been on a roll. I was somewhat side-tracked with involvement with the Olympic Festival in St. Louis. From what I've heard it went off quite well. Speedskating drew a little over 5,000 spectators in the two days. Not bad for 1:30 PM in the afternoon on a Wednesday and Thursday. My sincere thanks to the **seventy-five volunteers** from all parts of the country who helped make the event a success. Once again your talents made a meet run well. The times on a small track were exceptional. All but two events have new records!

Since the Convention I have contacted many people, either writing, calling or faxing. The list of people includes Shirley Yates (IL), Bill Cawthra (SO CA), Tom Porter (NNY), Bill Anderson (MI), Dave Krall (CO), Sam Hicks (IL), Tony Arena (WI), Joe Balbo (OH), Fred Benjamin (IL), Tom Healy (IL), Susan Jarrett (MO), Bill Markland (IL), Chuck Moore (NE), Tom & Linda O'Hare (MO), Tom Weisel, Jodi Whitsell (MASA), Larry Ralston (MI), Doc Savage (WI), Jim Moody (Ontario), Guy LeClair & Joyce Leggett (CASSA), Bob Vehe (IL), Jeff Fitz Randolph (WI), Jim Marquard (OH), Don Anderson (MN), Jack Byrne, Bill Cushman, a major hotel chain, AAA Corporate Travel, Marty & Sarah Hill (NNY), Ed Renner (MO), Ken Altuchoff (MASA), Jim Campbell (CO), Dick Widmark (IL), Bob Finkel (MASA), Bob Fischer (MASA), Bob Nelson (SO CA), John Dimon, Jerry Klasman (CT), Katie Marquard, Brad Goskowicz (WI), Tim Quinn (OH), Lisa Sundstrom (IL), Al Baker (FL), Rick Bosworth (MO), Joan Clark (MD), Dr. Carl Foster (WI), Chuck Kazmierski (MI), Thomas Moore with Dean Witter, Eighty-six ASU Club Presidents in and out of Associations and Sixteen Association Secretaries.

In June I had the pleasure of attending the annual CASSA Convention in Red Deer, Alberta. Their meeting is similar to ours in many ways and there are a few things I'd like to implement here to save us some time which can be put to better use in our meetings. Had a

chance to have two long discussions with **Mark Greenwald** after the meetings.

In July I finalized a new agreement with **AAA Corporate Travel** to handle ASU travel needs. Take note of the article and advertisement in this issue. In subsequent issues articles will appear detailing some of the added services of AAA. One point to be clarified, the AAA agreement we have for the ASU is **independent** of any other individual State AAA program.

In August, I contacted every Speedskating Club in the country with information on affordable skates for new kids coming into our sport. I think we have a good program started and it should help solve the problem of getting skates on new members. It is a Ving skate and costs the clubs \$72 a pair. I think this is a very good learning skate and will allow kids to try speedskating without the parents having to mortgage the house. Ving Jigs are also available.

On September 9-11, the ASU officers met in Chicago and included at the meeting was a session with the CASSA representatives. This is an annual three day work session which is more time consuming than our convention. Hopefully in the future we will have a large enough membership to avoid these cram sessions and do things in a businesslike manner.

In September I attended the fall meeting of USISA in Minneapolis. As you know from my June RB column the ASU has eight elected representatives to the USISA Board. I am confident they will look out after our interests. They were listed in the June RB.

ASU also appoints individuals to USISA Standing Committees. The appointees are: Budget Committee, **Ken Altuchoff** (MASA) and **Shirley Yates** (IL); Long Track Committee, **Jeff FitzRandolph** (WI) and **Lisa Sundstrom** (IL); Short Track Committee, **Fred Benjamin** (IL); and **Tom Healy** (IL). Nominating Committee, **Jeff FitzRandolph** (WI). Due to the importance of Meet Scheduling to the ASU, I have requested USISA make this committee a Standing Committee so we can have representation.

I sent a notice to USISA President **Bill Cushman** informing him I would not be on the Short Track Committee. There are a couple of reasons for this, but the number one fact is I don't want to dilute my time from my ASU "job." I feel this is a full time assignment and I want to devote my time and efforts to the ASU with minimal diversions.

The plea for more officials in the ASU has been heard. There are 150 ASU officials who have to take the exam this year. This will keep our new Commissioner, **Tony Arena**, busy. Nice problem to have! I hope every Association gets them all signed up with the ASU and of course registers the Timers, Judges and Lap Counters too, even though they don't have to take the officials exam. TOTAL membership is really needed!

In the last two issues of the RB members have written Letters to the Editor wherein parts of their comments were in response to points I had brought up in my previous columns — Great! This shows people are

(1) reading the RB (2) getting involved in commenting, pro or con, to what I have stated. I hope the cards and letters keep coming to the editor for ANY reason.

I have joined the FAX Technology Age. My unit is computer based and I have to be working in a window's based program to receive a fax. I do a lot of data work in DOS database too, so if you send me a fax and it won't go through, wait five minutes and try me again. I get a warning screen on an incoming fax and I can close out my DOS program and get into Windows and receive the message.

My FAX number is 1-314-645-0754.

Coach's Couch

by DONALD A. KANGAS



COACHING MYTHS

Some myths about the role of a coach become ingrained in our thinking, so that we forget they have no basis in present day reality, I will discuss two of them. One is participation in a sport is qualification to coach the sport. The other that only elite athletes need trained professional coaches.

Participation in a Sport is Qualification for Coaching the Sport.

This myth is the basic premise used by almost all sports administrators when searching for a new coach. School Districts advertise coaching positions with previous playing experience as the only requirement. Speedskating clubs seek out former skaters when looking for a new coach and lament the fact that some refuse their offers of volunteer opportunities.

The assumption is that athletes know everything about their sport because they were good at it. Indeed, this may be true. However, coaching requires specific skills and personality that athletes do not necessarily acquire in a training program. Let me list a few.

A coach is a teacher. A primary requirement for coaching effectively is to use proper teaching methods. Personality characteristics of patience, empathy and enthusiasm supplement good teaching techniques. Both teaching and coaching require specific study and practice to become proficient and not everyone has personality qualities to do both effectively.

A coach is responsible. Athlete's health and safety are a coach's responsibility. Practice sessions conducted in an orderly manner that satisfy all legal responsibilities and diverse needs of an ASU speedskating club re-

quire careful planning and skills to manage time, risk to people.

A coach is a role model. There is no question but that athletes look to a coach for guidance in matters such as ethics and sportsmanship. It is not unusual for adolescent athletes to seek a definition of adult behavior from someone other than their parents, as all adolescents know all parents are old fashioned and without any understanding of their problems. If you coach you are a role model. You do not have a choice. It is part of the job.

Former speed skaters can become effective coaches if they love speedskating and are willing to study and develop the skills needed to fulfill coaching responsibilities. Others without competitive experience, can also become effective coaches, for the same reasons, love of speedskating and willingness to acquire coaching skills.

Choosing a speedskating coach does not start by requiring speedskating experience but by examining the person's personality traits, educational and experience for appropriate skills to combine with love of speedskating.

Only Elite Athletes Need Trained Professional Coaches

The basis for this myth is that those elite athletes, at the frontier of world record performance, need technical guidance in their quest for perfection. Also, it is a fact that, unfortunately, an athlete's performance determines a coach's value, rather than effectiveness as a coach.

The reality for speedskating is that athletes selected for the current junior development program have bad technique habits and sometimes physical imbalance from overuse of improper technique and lack of training variety. This means that entry level speed skaters need trained coaches, whom are sensitive to their needs as athletes, with a whole life including speedskating, rather than a life that only allows speedskating. Then athletes will enter advanced development programs with appropriate skills and a desire to excel at speedskating based on the fun of feeling good about themselves and their capability of improving their performance.

This is a particularly dangerous myth for a sport such as speedskating that no longer has a broad base of participation. Just a few years ago ASU skater registration was less than a thousand. Registrations have increased to a couple thousand and have not changed for the last 3 years. The only way to increase the number of speed skater registrations is to increase the number of trained coaches for entry level speed skaters.

More trained coaches at the entry and club levels will increase both the number and quality of athletes available for advanced development programs. Then the technical expertise of elite level coaches can focus, with all available technology gadgets at the Olympic Training Centers, on shattering world records with well-prepared and motivated athletes.

Notes from . . .

The National Office

by SHIRLEY YATES



The speedskating world did have its usual summer-time activities this year, didn't it? I spent five weeks in Northern Michigan, did my regular ASU work there but felt strangely out of touch with speedskating there.

Three people I was not out of touch with during the summer were BECKY PRATHER and RICH SIMUNJAK (ASAI) and KEN ALTUCHOFF (Middle Atlantic). Their help was crucial in the development and distribution of the new ASU registration form. DEANNA PRATHER of ASAI also helped in the initial stages.

Because of the various bureaucratic entanglements of a democratic organization, the form took the entire summer to pass through its various stages but it has arrived in all of our members' hands by this time. It is a radical departure from our old membership form and incorporates a new procedure that is designed to ensure that all previously registered members are contacted each year for renewal.

We know there will be lots of "bugs" to work out of this system as there is in all new systems but by next year we feel it will be a viable way of preventing past members from "falling through the cracks" from one year to the next and should help the association secretaries to handle their biggest job during the year. Computer Man Simunjak has already told me how it will be improved for next year and he's right on target.

A BOOST FOR LEVEL FIVE?

In its grant request from USISA this year, ASU is asking for \$2,000 in "Beginner Program" funds to help subsidize association Level 5 camps. The USISA budget will not be approved until its fall meeting late in September but we are hopeful this will be accepted.

USISA worked with ASU originally to establish "Level 5" and it was developed to provide 2-3 day camps on the association level for those not eligible (too young, too old, too new?) for one of the other "Category" camps. It was especially meant to expose young skaters to a camping experience before they are eligible for one of the higher level camps. Michael Crowe wrote the curriculum for the Level 5 camp. It is available from the ASU National Office.

The grant money will serve to subsidize association Level 5 camps but ASU will require that associations charge a fair fee from individuals to cover the expenses,

based on ice costs, room and board costs (if any), coaching expenses (if any). Additional unanticipated expenses not covered may be subsidized by the ASU upon receipt of the report of the camp expenses and proper receipts.

REMEMBER THIS ABOUT THE CAMP SUBSIDIES THEY WILL BE STRICTLY ON A FIRST COME, FIRST SERVED, BASIS

One other stipulation will be that only ASU coaches (certified by the ASU, if possible) can be used for these camps. After all, these are grass roots camps and the ASU is trying to develop coaches for the grass roots level. A new eight-year-old in the sport hardly needs an Olympic coach for his first camping experience! Illinois held an official Level 5 camp last summer. Coached by NANCY SWIDER-PELTZ and DON GIESEL, it was considered very successful. Call the director of that camp, RON KOSTRO (708/833-4948), for details.

LET'S GET SERIOUS

About 150 ASU people receive the annual Convention Minutes/Directory. According to ASU rules, it is sent free only to ASU association secretaries and Board Control members (wonder why ASU officers, RB editors, Advertising Directors, Commissioners, were left off that list — tsk, tsk. Of course, the rule was passed by the Board of Control). All others purchase it for \$10.00. We still have some copies left — if you would like one, send a check for \$10 to the National Office.

The 128-page book includes a great deal of very vital information INCLUDING the ASU's major events for the following three years. This is made possible by the fact that the ASU awards bids to associations for National and North American Championship meets and the Convention THREE YEARS IN ADVANCE. Presumably associations need the time to line up facilities, sponsors etc.

However, this year we had an unusual situation. The Northeastern Assn. which received the bid for the 1995 Convention in 1992 had not lined up its facility in time to announce it at the preceding Convention in Illinois (which has become unwritten, certainly practical, rule — in my 10 years in this job that's been the "bottom line"). So I did push them to name a facility in time to announce it in the 1994 Minutes Book. I got it at the last minute BUT GUESS WHAT? It has already been changed!

So for you Conventioneers who like to make early plans — and in my defense, yes the site for the 1995 Convention in the '94 Minutes book is incorrect — it is now being held at the Sheraton Tara at Danvers, MA. Stay tuned for further developments.

Oh, one other thing. On September 9 The Racing Blade Editor faxed me a copy of a note from the Northeastern Skating Assn. announcing that in the spring they had changed their association's name to the Northeast Speedskating Assn., apologizing for the fact that they had not made that known at the Convention.

I HATE publishing incorrect information in the Con

vention Minutes/Directory. For one thing, it becomes a permanent record and people who receive it consider it their "bible" of ASU information. In the world today, my old-fashioned overly-conscientious nature which tries to be correct in all printed matter, recoils at things like this which you may say ho-hum to — but you're not the one publishing errors.

ANOTHER WINNING NEWSLETTER

I have begun receiving the Saratoga Winter Club newsletter — it's newsy, informative, and I'm impressed. The July issue reported on summer picnics and camps and their "Merchandise Mart". It also included "Recommended Stretching Exercises for Speedskating" by GREG KLAIBER. (Did Saratoga pay for the rights to those or could the ASU print them in The Racing Blade? 1800 skaters could then benefit instead of just 100+.)

Saratoga's "Summer Phone Tree" is an incredible calling system to inform members about important information. The Glen Ellyn Club used to have a similar system years ago and it worked so well. But it was dropped when the association installed a taped recording which never seems to be quite current!

MYRA VANDERSALL has been editing a fine Missouri Assn. newsletter but now is headed for "the big time." She will be serving as Promotion/Publicity chairman for the ASU. Myra has been a free lance writer for 25 years and in addition does editing, word processing and desktop publishing. We admire and respect Myra's abilities and are delighted she has agreed to fill this extremely vital National position.

THOSE ALL IMPORTANT NATIONAL COMMITTEES

For the first time, we are publishing all our National Committees in The Racing Blade. There have been complaints in the past that people have been placed on a committee and have never even been notified of it or had never been contacted by the chairman during the year.

Here is the procedure we use for appointing people to National Committees. First, people are recommended for committees by their associations on a form sent to association secretaries early in the spring. ASU Vice Presidents work with the President to line up committee chairmen. Committee members are usually chosen from those recommended by the associations but if past committee members have worked out well, they may be retained for years.

Two committees appoint their own new members (Scholarship, Hall of Fame) and Short Track and the ASU USISA Board Members Committees are also handled differently. All committee chairmen and members must be finalized by July to be included in the ASU annual Convention Minutes/Directory.

There is no excuse for a chairman not even communicating with the committee members during the year but it has happened so now at least, with this issue, you will know if you were appointed to a committee and

maybe you can make a difference in an otherwise inactive or slow-moving committee.

ODDS AND ENDS

MARY WONG, Northern California Assn. President and Secretary, sent me this important item and I must pass it on to you because it so typifies our "older" skater-members. Mary reported that NCA members BONNIE CRATER and CHRIS BUJA added a new little speed skater to the ranks in the spring.

"Bonnie and Chris had a 9 lb. 11 oz. boy, CHRISTOPHER SPENCER, on March 7. Bonnie had been out playing roller hockey (in her shoes) with us Saturday, March 5. She was complaining, 'Gee, my pelvic joints are so sore'. She ice skated Sunday AM and went into labor Sunday night. . . Bonnie came back skating on Sunday, March 27".

Bonnie was the Northern California group's representative to the Convention in St. Louis in 1992 when Northern California was accepted as an association and has continued to help nurse the association through its "infancy."

DAVID PHILLIPS of the Middle Atlantic Assn., who wrote the wonderfully descriptive article of marathon skating in Finland which appeared in the June issue, would like it to be known that his area code is NOT 515. It should have read 516/653-1407. He does not want to miss even one of the many calls that will be coming in to him for info on next year's Finland Marathon because of this error!

APOLO ANTON OHNO, is a very determined 12-year-old skater from Seattle, WA. He burst upon the speedskating scene just a year ago and by March felt confident enough to skate in the National Short Track Championships, tying for fourth over-all.

In August he set two National records at the U.S. National In-line Championships in Lincoln, NE, and went from there to Marquette, MI, to his first ASU camp. During the summer he also attended a Long Track "Top Blade" camp at the Calgary Olympic Oval where he was the youngest skater.

THINK ABOUT THIS! Do you have three weeks next summer to spend at a high-altitude speedskating camp in South Africa? You pay your way there and back, everything else will be covered by the speedskating organization in South Africa. For further details, you will have to contact the ASU National Office - 708/790-3230.

GREENSBORO, NC, just passed a million dollar bond to build an ice sports complex. Greensboro was the site of an early Olympic Sports Festival and the locals went wild over speedskating. Ever since then the ASU has been getting calls from people wanting to get involved with speedskating — maybe this will help. Greensboro joins the ranks of many other communities that are building ice rinks. A young man in Charlotte, NC, called in September to say he is determined to establish a

club there. We'll keep you posted.

FURTHER MEMBERSHIP NEWS — Early in September DOC SAVAGE and I discussed the current status of clubs and he came up with this report from the 1993-94 season: 3 clubs lost, 9 new clubs (2 are in-line/ice speedskating clubs), a gain of 6 clubs. But then, in doing a little bit of research I came up with these astonishing figures:

Since Doc and I took our respective ASU jobs in 1984 we have seen the number of ASU clubs increase from 47 to 86. And we feel confident that another 7 can be added during the 1994-95 season. We are hoping for new clubs in Orlando, FL; Idaho; Salt Lake City; Missoula and Big Fork, MT; Hershey, PA and Frederick, MD.

For those of you who have received the 1994 Convention Minutes/Directory, please make these corrections to telephone numbers in the directory at the back of the book. Changes are underlined.

Mike Affholter 715/848-1048
 Ken Altuchoff 718/823-3554
 Mark/Becky Prather 217/328-2139

ANOTHER FUND RAISER FOR CLUBS!

And this will sell itself! Every woman can attest to that!

The ASU Executive Committee has endorsed a TUPPERWARE revenue-sharing program that will benefit the clubs. It's all very simple. Two different fund-raising programs will be offered to the clubs. They will be explained fully by TUPPERWARE. It will require very little actual work on anyone's part — none on the National organization's part but then the ASU will receive no revenue from this — it will all go to the clubs.

There will be no pressure on anyone to participate but if you do, you will certainly benefit—you have nothing to lose and a great deal to win. TUPPERWARE is scheduled to contact every club after its Christmas catalog comes out in late October. Have you seen a TUPPERWARE catalog lately?

LETTERS

Dear Shirley,

Thank you very much for mailing so promptly the speedskating information to me. Last week was Girl Scout Day Camp for our community and over 150 girls attended. My unit of 16 girls represented Bonnie Blair as we studied women in history all week, earning two badges. My unit presented a skit about Bonnie and we used the skating material too. To my surprise many girls do skate — Rockford has a facility. Again, thank you for the support!

Diane Wells, Girl Scout Leader
 Dekalb, Illinois

* * *

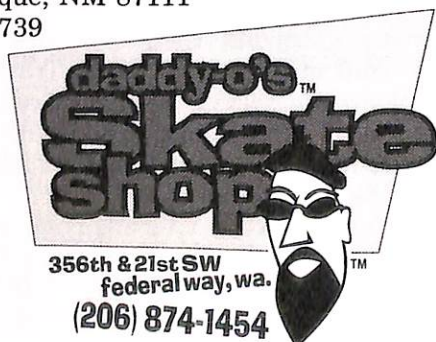
Dear Ms. Yates,

Enclosed please find a check for renewal of my subscription to The Racing Blade. I would like you to know how much I enjoy the Blade. Having grown up in Haarlem, Holland, I always enjoy reading about what is going on there in the skating world, over there as well in North America. The article in the most recent edition about the Haarlem Skating Club was especially enjoyable. Even though I did not belong, I followed their activities and skated frequently on the various rinks (flooded tennis courts) around town and, of course, on the canals and lakes (once I did a 50K Wind Mill Trip in low-quarter shoes on strap-on skates!). It has only been in the last 10 years or so that I have focused more on skating. It was during my short stay in Los Angeles in 1952 and 1993 that I learned about the ASU and the magazine.

I have two requests. Please pass my name on to whomever is trying to find out where the old, active skaters (over 50 or 55) are. And second, if there are any other Blade subscribers in New Mexico, I would certainly like to have their names; who knows, maybe we can start a local organization. We have a nice rink that is open all year!

Regards,

Andre (Andy) J. Holten
 13106 Blackstone NE
 Albuquerque, NM 87111
 505/292-2739



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The following committees have been appointed by the President and Vice Presidents who will be responsible for monitoring their activities.

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Alan Jakubowski, WI Liaison to Special Olympics

Southern California Short Track Clinic

All photos by Jerry Search

Paramount Ice Land Rink
Paramount, California
July 2-3-4, 1994
Coached by Pat Maxwell



Pat demonstrating to some of the California skaters



Always a coach with something new, Pat demonstrates touching the ice, with BOTH hands, then skating slowly, to teach the body to stay low



Pat checks blades for Wayne Rutledge



Pat Maxwell leads the Stretching and Technique drills



Pat critiques Heather Dickey on the slideboard during dryland workout.



Pat demonstrating proper body position during training lecture

OLYMPIC FESTIVAL '94 St. Louis, Missouri — July 6-7, 1994

RESULTS

500 Meters - MEN - FINAL

Tony Goskowicz, New Berlin, WI.....	:46.52
Tony Strzykalski, East Troy, WI.....	:52.37
Jeb Gorham, Saratoga Springs, NY.....	:56.58
Michael Gallant, Saugus, MA.....	:56.81

1000 Meters - MEN - FINAL

Tony Goskowicz, New Berlin, WI.....	1:36.73
Tony Strzykalski, East Troy, WI.....	1:38.05
Jeb Gorham, Saratoga Springs, NY.....	1:38.28
Jonathan Kazmierski, Milwaukee, WI.....	1:38.38

1500 Meters - MEN - FINAL

Tony Goskowicz, New Berlin, WI.....	2:36.71
Jeb Gorham, Saratoga Springs, NY.....	2:37.89
David Needham, Belmont, MA.....	2:37.94
Tony Strzykalski, East Troy, WI.....	2:39.61
Kip Carpenter, Brookfield, WI.....	DQ
Tom O'Hare, St. Louis, MO.....	DQ

3000 Meters - MEN - FINAL

Tony Goskowicz, New Berlin, WI.....	5:34.12
Tony Strzykalski, East Troy, WI.....	5:36.28
Jonathon Kazmierski, Milwaukee, WI.....	5:43.35
Jeb Gorham, Saratoga Springs, NY.....	5:44.52
David Needham, Belmont, MA.....	5:44.82

500 Meters - WOMEN - FINAL

Julie Goskowicz, New Berlin, WI.....	:50.72
Erin Gleason, Jackson, NJ.....	:51.04
Sarah Lang, Arlington, MA.....	:52.75
Sarah Shapiro, Wauwatosa, WI.....	DQ

1000 Meters - WOMEN - FINAL

Julie Goskowicz, New Berlin, WI.....	1:45.66
Becky Sundstrom, Glen Ellyn, IL.....	1:45.93
Kirstin Holum, Waukesha, WI.....	1:45.96
Sarah Shapiro, Wauwatosa, WI.....	1:46.25

1500 Meters - WOMEN - FINAL

Becky Sundstrom, Glen Ellyn, IL.....	2:35.56
Kirstin Holum, Waukesha, WI.....	2:35.94
Sarah Shapiro, Wauwatosa, WI.....	2:36.86
Jamie Grundstrom, Maplewood, MN.....	2:53.45
Sarah Lang, Arlington, MA.....	3:02.01
Julie Goskowicz, New Berlin, WI.....	DQ

3000 Meters - WOMEN - FINAL

Kirstin Holum, Waukesha, WI.....	5:28.12
Julie Goskowicz, New Berlin, WI.....	5:29.12
Sarah Shapiro, Wauwatosa, WI.....	5:29.08
Becky Sundstrom, Glen Ellyn, IL.....	5:32.70

Sarah Lang, Arlington, MA.....	NO TIME
Erin Gleason, Jackson, NJ.....	NO TIME
Jamie Grundstrom, Maplewood, MN.....	NO TIME

5000 Meters Relay - MEN - FINAL

NORTH 1—7:55.48

Tony Goskowicz, New Berlin, WI
Matthew Vraa, Eagan, MN
Michael Gallant, Saugus, MA
Lucas Mills, Evanston, IL

WEST 2—7:56.80

Stephan Refsland, Glendale, MO
Scott Simunjak, Elmhurst, IL
Tony Strzykalski, East Troy, WI
Kip Carpenter, Brookfield, WI

SOUTH 3—8:03.75

Brad Campbell, Saratoga Springs, NY
Jeb Gorham, Saratoga Springs, NY
Paul Olson, Roseville, MN
Aaron Cohen, Northbrook, IL

EAST DQ

Jonathan Kazmierski, Milwaukee, WI
Scott Koons, Cleveland, OH
David Needham, Belmont, MA
Matthew Kooreman, Grand Rapids, MI

3000 Meters Relay - WOMEN

NORTH 1—4:55.27

Julie Goskowicz, New Berlin, WI
Sarah Shapiro, Wauwatosa, WI
Bonnie Whitehill, White Bear Lake, MN
Kelly Anderson, Grand Haven, MI

WEST 2 4:56.31

Sarah Lang, Arlington, MA
Sarah Elliott, Oconomowoc, WI
Kirstin Holum, Waukesha, WI
Michelle Hill, Lake Forest, IL

SOUTH 3—4:56.45

Becky Sundstrom, Glen Ellyn, IL
Erin Gleason, Jackson, NJ
Tracy Northup, Newton, MA
Jessica Riley, Saratoga Springs, NY

EAST 4—4:57.54

Erin Porter, Saratoga Springs, NY
Kelly O'Hare, St. Louis, MO
Carrie Johnson, Roseville, MN
Amy Golownia, Kenosha, WI

Olympic Festival

St. Louis, Missouri July 6-7, 1994



Becky Sundstrom and Carrie Johnson enjoying a warm evening in St. Louis.
Brad Goskovicz Photo



Julie Goskovicz and Whitney McGill at the picnic sponsored by the Missouri Skating Association for skaters, parents and officials
Brad Goskovicz Photo



Erin Gleason is obviously having a good time
Brad Goskovicz Photo



Tony and Julie Goskovicz with a record eight gold medals—most ever by siblings at an Olympic Festival
Brad Goskovicz Photo



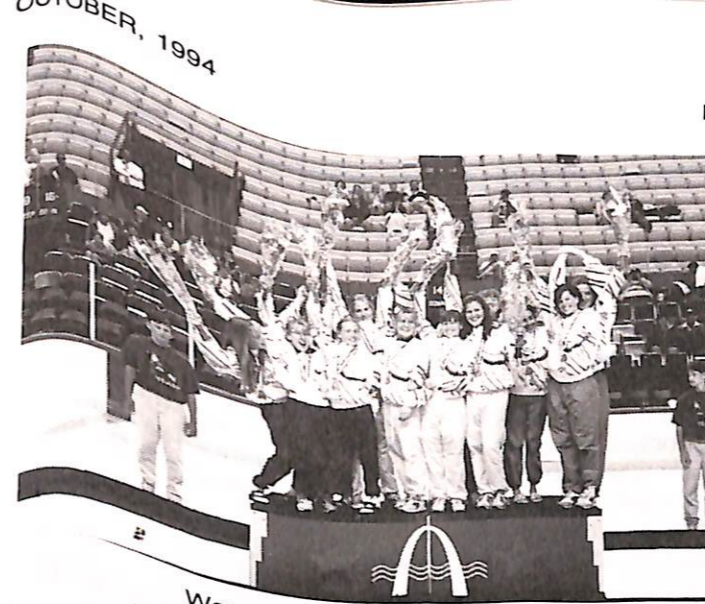
ASU 3rd VP Dave Krall and Mary Polaski
Sam Hicks Photo



Opening Ceremonies at the Olympic Sports Festival
Sam Hicks Photo



Olympic Festival Referees Duane Riley, Jim Chapin and Bill Markland
Sam Hicks Photo



Women's 3000 Meter Relay Medalists
Brad Goskovicz Photo



Men's 5000 Meter Relay Medalists
Brad Goskovicz Photo



Sarah Elliott wears a smile before the 500m semifinal
Brad Goskovicz Photo



Lucas Mills out in front
Sam Hicks Photo



Julie Goskovicz leading the pack
Sam Hicks Photo



Kirsten Holm, Sarah Lang, Julie Goskovicz and Becky Sundstrom early in the race
Sam Hicks Photo

WATER: Back to the basics

Water. Wonderful water. All natural. 100% pure. Low sodium. Fat free. No cholesterol. No calories. Water fits the description for a perfect food! Although water commonly gets overlooked because it is so ordinary, it is an essential nutrient in your sports diet. After all, you can survive without food for weeks, but for only a few days without water.

The following water primer is to refresh your memory about this basic nutrient and to remind you that athletes for generations have successfully quenched their thirsts with this tried-and-true, refreshing beverage.

Why is water so important? Sixty to seventy percent of your body weight is water (about 10 to 12 gallons for the average man). Muscle is 70-75% water; fat only about 10-15%. Two-thirds of water is found inside cells.

Water has important roles in nearly every major function in your body. Water in --

- sweat dissipates body heat. Water helps regulate body temperature by absorbing the heat from your muscles, and dissipating it through sweat. Two pounds of water lost via sweat represents about 500 calories of dissipated heat.
- blood transports carbohydrates, oxygen and fats to your working muscles and carries away waste products such as carbon dioxide and lactic acid. Water accounts for about 90% of blood volume...unless you are dehydrated.
- urine carries waste products out of your body. The darker your urine, the more concentrated the wastes.
- body fluids help lubricate the joints, and cushions organs and tissues.
- saliva and gastric secretions help digest food.

How much water do you need in a day? To stay properly hydrated, you have to consume enough water through food and fluids to replace what you lose through urine, feces, sweat and air expired from your lungs. This amount varies according to how many calories you burn. Although the popular rule of thumb is eight glasses of water per day, this is barely enough for a sweaty athlete. Rather, you need about 1 milliliter (ml) water per calorie expended (under normal environmental conditions). That is, if you are a moderately active woman who burns about 2,000 calories per day, you need about 2,000 mls water = 2 liters = about 2 quarts = 8 cups. Triathletes who burn off 4,000 calories in double workouts need at least 4,000 ml = 4 liters = 4 quarts = 16 cups. With no purposeful exercise, you may lose about 1.5 cups of water per day with simple breathing and another 3+ cups with evaporation of skin surface water (insensible perspiration). During strenuous exercise, you may sweat off 1 quart of water per hour.

Thirst, as defined as a conscious awareness of the desire for water, usually controls water intake. When your body fluids become abnormally concentrated, you feel the urge to drink. But thirst can be blunted by exercise and overridden by your mind. Older people and young children sometimes lack a thirst mechanism sensitive enough to match their fluid needs. They need to take special care to drink enough.

How can you tell if you have had enough water to drink? By monitoring your urine. If you void a clear colored urine every 2-4 hours, your body is in water balance. Some athletes go to the extremes. One exercise leader/receptionist was drinking so much water she had to go to the bathroom every half hour. Her water intake was needlessly extravagant and a waste of time. In comparison, a salesman / runner chose to limit his water intake to only one cup of morning coffee, then drink nothing until the end of his work day. Because he traveled, he never knew when he'd conveniently be able to find a bathroom. He simply eliminated this hassle by abstaining from fluids. Not only was he chronically dehydrated, which hurt his exercise performance, but also he had very dark colored, highly concentrated urine that placed him at high risk for developing kidney stones.

Do you have to drink water per se to satisfy your water requirement? No. Water-containing fluids and foods will do the job. For example, juices are 95% water, an orange 90% water, soups, yogurt and grapes are primarily water. Coffee and tea are 99% water. Because caffeinated beverages have a diuretic effect, they make slightly more urine faster than would an equal amount of plain water. But they do contribute to your water needs.

How can you establish the habit of drinking more water? You'll tend to drink more water if tastes good. That's why some athletes choose water in the form of a sports drink, whereas others seek out bottled water. If you want to boost your water intake but tend to overlook this obvious choice, try these tricks:

- If your tap water has a disagreeable taste, get a water filter. Or buy bottled water which has a consistently pleasant flavor that sometimes lacks in the more than 57 varieties of tap water.
- Keep a water glass at work and take water breaks instead of (or in addition to) coffee breaks.
- Stock your refrigerator with a pitcher of tap water, bottles of spring water or sparkling waters.
- Carry a bottle of water with you to the gym, so that it will be ready and waiting. To keep it cold and refreshing, simply wrap it in a towel or sweatshirt.
- For a summer bike ride, drink from a water bottle that was filled then stored in the freezer compartment of your refrigerator. The water will thaw in the summer heat at about the same rate you drink it.

Whatever your choice, the bottom line is to drink enough! Any fluid is better than none.

Nancy Clark, MS, RD, nutrition coach at Boston-area's SportsMedicine Brookline, teaches athletes how to be successful with food. Her popular *Sports Nutrition Guidebook* (\$18) and audiotape *How to lose weight and have energy to exercise* (\$10.95) are available by sending a check to *Sports Nutrition Materials*, 830 Boylston St, Room 205, Brookline MA 02167.

The uncovering of a mystery

My Summer Vacation

by BOB VEHE

We all know the inestimable Sam Hicks of Illinois, Australia, Albertville, Lillehammer, Lake Placid, Butte, Calgary, and many other points East and West, and, certainly, we know of his propensity for good food as evidenced by his many pictures in *The Racing Blade* over the years declaring-wherever he was - that "This was some of the best food ever!"

Sam seemed to have an innate talent for ferreting out the best food at the best time - be it early or late - and at the most convenient quarters. It epitomized a talent that made many of us green with envy. He truly is a connoisseur. Not merely wanting quantity, but seeking quality above everything else.

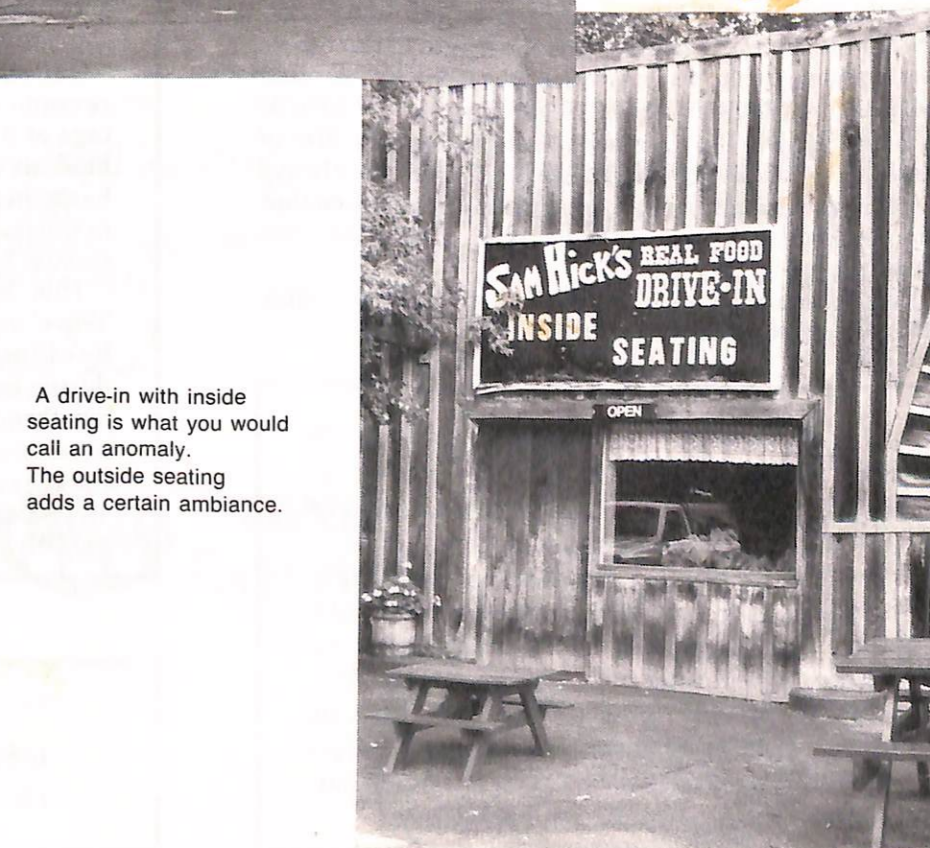
With this perception of his gustatory proclivities, imagine my astonishment when driving through Spooner, Wisconsin, and being confronted by a huge sign announcing "SAM HICK'S — REAL FOOD-DRIVE-IN." Since Spooner is about 375 miles northwest of Chicago, could Sam really have slipped away from his domicile in Evanston, Illinois, to spread his joy of good food into the hinterlands of the northwoods? Would looking into this situation merely mark me as a quidnunc? No, this demanded a serious investigation by more than a single person to uncover what could be lurking behind this.

Who could lend credibility to this investigation? Eureka! Larry and Edna Ralston would arrive in a few days. With their unassailable reputation for fairness and forthrightness, what will be discovered will be beyond dispute. Upon their arrival and being told of this surprising discovery, they were as anxious as I was to get to the bottom of this.

The day of our mission came and we

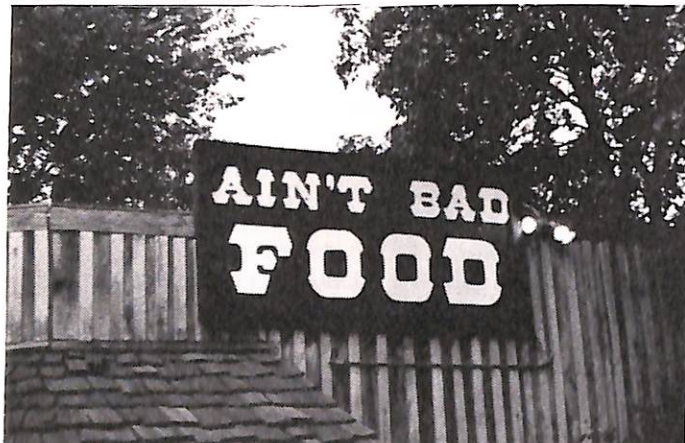


Here it is in all its glory! Bob Vehe and Larry Ralston make sure that you notice the name



A drive-in with inside seating is what you would call an anomaly. The outside seating adds a certain ambience.

armed ourselves with cameras and plenty of film. We wanted no slip-ups since how many times does one go through Spooner? Upon our arrival at the restaurant, we had Edna and Ruth take photographs of us in front of the signs. Proving that this just wasn't an ordinary drive-in was a sign declaring "no hotdogs or hamburgers". Unfortunately, we failed to photograph this most significant sign. Apparently, the denial of hotdogs and hamburgers qualified the reference to "REAL FOOD" in its title.



The grammar ain't so hot. But the food was. The declaration of "no hotdogs or hamburgers" still seems unusual.

Guardedly, after ordering our lunch, Larry asked where Sam Hicks was. The young lady replied with a broad smile on her face that there was no one named Sam Hicks. We assured her that we knew a Sam Hicks, but she still insisted that there was no one associated with this "REAL FOOD" restaurant named Sam Hicks. The next question, of course, was the origin of the name. Her reply was that there were a lot of "hicks" around the area and the name "Sam" seemed to go well with it!

There it was — the mystery was solved by the dint of careful, logical work. Careful, logical work is always necessary when you are not smart enough to notice that the name of the restaurant was "Sam Hick's" and not "Sam Hicks'."

If we had only noticed the location of the apostrophe, the answer would have been obvious.

The name of our organization is AMATEUR SPEEDSKATING UNION OF THE UNITED STATES. Everything now should bear the new name including entry forms to all meets. We are only being permitted to use up existing supplies of materials with the old name on them. As new materials are ordered, they must bear our new name. We know it will be a long time before the old name completely disappears but we hope you will cooperate in our effort to eventually make it only a part of our history!

Travel Agency Selected

The Amateur Speedskating Union of the United States recently selected AAA Travel Agency as the agency of record to serve their travel needs. The designated AAA Travel office to assist us is located in St. Louis, Missouri with a dedicated staff to assist our ASU travelers. They are qualified to handle calls from areas of the United States via their nationwide toll-free 800 number with delivery of tickets by mail, 2 days UPS or Federal Express depending on when the tickets are needed.

AAA Travel Agency is able to guarantee the lowest airfare at the time of ticketing. Their Travel Counselors are instructed to offer the deepest discounted fares applicable at the time of booking. If a ticket has been issued and a fare decrease occurs, AAA Travel will notify the traveler of the lower fare and reissue the ticket at the lower fare. The agents monitor airfares on a daily basis to ensure that their clients are receiving the greatest savings.

AAA Travel will provide access to their nationwide toll-free 800 number which will allow ASU travelers to change their travel arrangements 24 hours a day, 7 days a week. In addition, AAA Travel provides all travelers \$100,000 of air travel accident insurance with every ticket issued. This coverage is over and above the coverage provided by your credit card company.

Our agreement with AAA Travel includes a revenue-sharing program returning a percentage of AAA Travels commission (based on annual air travel volume) to ASU on a quarterly basis. In return, ASU will distribute the rebate to the individual clubs according to the amount booked by each specific club.

This agreement is effective immediately. Travel arrangements with AAA should be made by calling the St. Louis office at 1/800/922-9168 during business hours 8:00 a.m. -5:00 p.m., Monday through Friday. Individuals in the St. Louis area may call direct 314/523-7383. After hours, holidays and weekends you may call 1/800/248-3654 and give them the VIT code of PG5B.

*When traveling,
take two big safety pins so you
can pin the motel drapes shut.*

WHEN YOU REALLY NEED TO GET AWAY CALL AAA!



- Dedicated staff to serve ASU travelers
- Preferred accommodations
- Corporate Hotel/Car Rental Programs
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- Automated Fare Audit
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Life is hectic enough. Let AAA make it easy to plan your next trip. Just call AAA today!

12901 N. Forty Drive
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THE ATHLETE'S KITCHEN by Nancy Clark, MS, RD

EATING DISORDERS: A guide for coaches, parents and friends

The recent death of an Olympic gymnast drives home the sad but true message that athletes die from eating disorders. Be it anorexia or bulimia, these life-threatening conditions are taking their toll on even Olympians. Given that about one-third of female athletes and a smaller number of males struggle with food, bizarre eating habits can seem almost normal among sports-active people. These athletes think (or feel pressured by the athletic community to believe) that by restricting their food to lose weight, they will exercise better, look better and enhance their overall performance. Ironically, restricting food in an attempt to improve performance can actually result in depleted fuel stores, muscle wasting, stress fractures, fainting, weakness, fatigue and eventually, impaired performance. Some athletes may manage to exercise well for a while without an obvious decline in performance. But injuries and lack of energy will eventually catch up with them.

Without a doubt, distinguishing between a dedicated athlete and a compulsive exerciser can be very tricky. After all, both share common traits. For example, is the "triathlete" *carbo-loading* -- or *binge-eating* only to purge by training exhaustively for hours? Is that skinny skater *dieting* to lose weight for a competition -- or *starving* herself due to lack of self-esteem? If you suspect that someone has an eating problem but aren't sure, look for these tell-tale behaviors and physical symptoms associated with anorexia:

- significant weight loss (with no known medical cause)
- loss of menstrual periods for more than three months
- growth of fine body hair (noticeable on the arms and face)
- hyperactivity and compulsive exercise beyond normal training
- intense fear of becoming fat and comments about being fat despite obvious thinness
- complaints of being cold all the time; wearing heavy sweaters even in the middle of summer
- layers of baggy clothing to hide the thinness and provide warmth
- avoidance of eating in public or nervousness at meal times
- compulsiveness and rigidity in all aspects of daily living (working, studying)

In contrast to the obviously skinny athlete with anorexia, the athlete with bulimia may be normal weight, or even a little over-weight. Unusual behaviors and physical symptoms associated with bulimia include:

- extreme concern with body weight, shape and physical appearance
- anxiety that surrounds secretive eating and even petty stealing of food or money to buy food for binges
- disappearance after eating, often to the bathroom to "take a shower"
- the sound of water running in the bathroom after meals to hide the sound of vomiting
- complaints of weakness or fatigue, often due to dehydration and electrolyte loss from vomiting
- bloodshot eyes (from the force of vomiting), swollen glands and puffiness below the cheeks.

Eating disorders arise from a combination of family problems, longstanding emotional issues with family members, and other troubled relationships. Sometimes the anorexia started with an innocent reduction diet that began either before or after a major life event (such as physical maturation, sexual abuse, divorce, death of a loved one) and ended with a passion to control food and weight. The athlete commonly feels inadequate, depressed, lonely and anxious. These feelings, in addition to the beliefs *the thinnest athlete is the best athlete* and *thinness is happiness* can culminate in eating disorders.

If you think that your friend, training partner, child or teammate is struggling with food, address it; don't wait until medical problems prove you right. Behind their seemingly happy facade is a very unhappy person. Remember that food is not the problem, but rather the symptom. Do not talk to the athlete about how thin he or she is or tell her to "just eat normally", but do express your concern about his/her health and lack of happiness.

The best route for helping the athlete get help is to talk about what you see: light-headedness or chronic fatigue, loss of concentration, inability to complete workouts. These health changes are more likely to be the stepping stones for accepting help because the anorexic and bulimic cling to food and exercise for control and stability. After all, s/he takes pride in being perfectly thin and able to endure the rigorous training schedule.

When approached, some athletes burst into tears and want to share the "secret". But more often, they will deny the problem and insist that everything is "perfectly fine". In this case, continue to routinely express your concern. As a parent or coach, you can insist the athlete get a medical check-up from a sports physician or pediatrician skilled in handling eating disorders. As a friend, you can find local resources to handle the problem, such as eating disorder clinics, support groups, or counseling. Some national resources include: American Dietetic Association (800-877-1600; referral to a sports nutritionist in your area); American College of Sports Medicine (317-637-9200; brochure about eating disorders), American Anorexia/Bulimia Association (212-734-1114; referrals, written materials). Most importantly, be patient, and know that in the long run, you can make an important difference in that person's life.

Sports nutritionist Nancy Clark, MS, RD counsels clients privately at Boston-area's SportsMedicine Brookline. *Nancy Clark's Sports Nutrition Guidebook* (\$18) and audiotape *How to lose weight and have energy to exercise* (\$10.95) offer additional tips to resolve food struggles. Send check to Sports Nutrition Materials, 830 Boylston St. #205, Brookline, MA 02167.

Weight training principles

by Yves Nadeau

Head Coach of the Canadian Short Track Team

Weight training has been proven to improve the athletic performances of many athletes. At the provincial and national speed skating levels it is a definite necessity.

Why use weight training? Weight training is used to develop the obvious: strength, power and muscular endurance. Not so obvious are some other benefits such as the prevention of injuries, correction of muscular imbalances and to provide the body with the tools to improve skating technique.

There are a lot of specific words used in describing some of the details of weight training. The English language has many definitions of some words and phrases that must be clearly understood; in many cases they are used incorrectly. For example, power is definitely not the same as strength!

Strength—This word is subdivided into three more specific components as each can be measured by itself. Firstly, absolute strength, is the maximum strength developed during a muscle contraction without taking into consideration body weight. Secondly, relative strength, is the maximum strength developed during a muscle contraction taking into consideration the body weight of the athlete. High relative strength is important in sports where the athlete has to move or propel his body weight. Speed skating requires a high relative strength factor. Finally, maximum strength, is the maximum strength developed during one muscle contraction.

It is important in weight training to perform programs designed to increase all three types of strength.

Power—This is a combination of strength and speed. It is very important to develop absolute strength but attention must be put on developing the speed when combined with strength will create power. The development and improvement of speed skating technique will significantly affect the transfer of the muscular power developed during weight training, thereby improving a skater's performance on the ice.

Muscular endurance—This is the ability of a muscle to produce a force repeatedly for a long period of time. In weight training it is measured by the number of repetitions a skater can do with a given weight over a period of time.

Now we know what we are talking about and what the words mean. The next step is to determine how do we train to develop these elements? There are basically four variations of weight training that will encompass all of the elements we have discussed.

Maximum strength can be developed in two ways. The hypertrophy of body building method and the maximum weight method. The maximum weight method is composed of using low repetitions and medium high to high weight resistance. For example 2 to 4 repetitions using the resistance of 85 to 99% of your maximum one rep. weight for the exercise.

Relative strength is best developed using maximum effort for short durations with long rest periods. The major emphasis of the program outlined in the chart with this article is focused on developing relative strength.

Power is developed with the increase of a skater's strength and the development of the speed of the contraction. Speed is not developed by strength but by improving the time required to trigger the nervous stimulation of the muscle fibres. This is obtained by doing a combination of weight training and plyometrics. Plyometrics (performing exercises using your body weight and gravity as the resistance force) will not increase the number of fast twitch fibres but together with weight training will maximize the development and efficiency of those fibres so that the contractions will occur in less time. If done with weights these workouts would contain 5 to 10 repetitions of 80 to 90% of your maximum one rep. weight for the exercise, up to 5 sets. If using plyometrics, jumps, the workout would contain 5 to 10 repetitions and up to 5 sets.

Muscular endurance is developed using low weights and high repetitions. For example, a workout consisting of exercises using 20 to 40 repetitions of 40 to 60% of your maximum one rep. weight for the exercise and 3 to 6 sets.

The weight training method used by the Canadian Short Track Team members and outlined in the chart in this article was developed with Charles Poliquin. The team has been using the method for the past two seasons. The team trains with free weights on an average of two times per week, for 8 to 10 months, working the entire body. The team works with free weights as the skater must use muscles to balance and stabilize the weight. The skater must use these same muscles to balance while skating. The length of a weight session, including a warm up is sixty to ninety minutes. The method is more successful if done on four different days. In such cases, on one day the skater would train the upper body and on another day the emphasis would be placed on the lower body. In these cases, the sessions are approximately forty minutes.

The program has been designed in three-week cycles as there is evidence that after three weeks of doing the same exercises there is no more progression as the body adapts to the program. To overcome this situation the team members perform a three-week accumulation program, which stresses the body by volume, and follows it by a three-week intensification program, with slightly different exercises which stress the body by increasing the intensity of program. (Poliquin, 1988).

The exercises should be split, 50-50 between the upper and lower body. The first exercises should be the more important ones, while the last ones are the least important. There is a balance between the upper and lower body in the number of exercises. All the exercises for the one half of the body are done before starting the exercises for the remaining half of the body. For example, all lower body exercises, squats, hamstring, abductor and adductor are done prior to moving to the exercises focusing on the upper body such as the bench press, biceps and triceps curls, etc.

Testing has proven that the ratio of strength of the lower body to the upper body must be as balanced as possible to ensure the skater can perform the lower body exercises to their maximum. In other words, the maximum weight that a skater can perform for the back squats is restricted due to the fact that the skater can not carry the bar, not because the skater cannot squat it.

The following chart gives a simple and brief outline of the weight training program that has been discussed

in this article.

Week	1-3	4-6	7-9	10-12	13-15
Repetitions	6-8	4-6	12	2-4	8
No. of sets	4	5	3	6	4
Exercises	6-8	6-8	6-8	6-8	6-8
Rest Interval	3 MIN.	5 MIN.	1 MIN.	5 MIN.	10 MIN.
Intensity %*	78-82	82-88	70	88-95	90-95
Rhythm**	301	404	203	224	104

*Intensity—These numbers are the approximate percentage of the maximum weight the skater can push for the exercise on one repetition. If, during one set, the skater can do the required number of repetitions, the weight should be increased for the next set. The same applies if the skater cannot do the number of target repetitions; the skater should reduce the weight for the next set.

**Rhythm—A rhythm 224 means that the concentric (contraction of the muscle) portion of the exercise is done in two seconds and the eccentric (extension of the muscle) portion is done in four seconds. The two in the middle means there is a two second pause between the contraction and the extension. For example, if the exercise is a bench press with free weights the pause would occur when the bar is at the bottom of the repetition, closest to the chest.

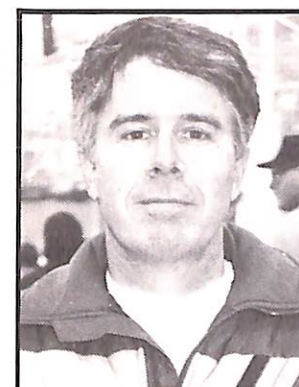
I must repeat that it is important to vary the type of exercises throughout the weight training programs. For example, if you perform a wide grip bench press during one program and you do another bench press in the next program, it should be a variation of the wide grip bench press such as a medium grip or close grip bench press.

A word of caution; all skaters should discuss with their coach as to when they should start weight training. This could be an entire article on its own. The training for starting to use weight training is a complicated process and is based on many factors of each individual athlete such as physical maturity, goals, access to proper equipment, other components in the training program mix, etc.

Weight training is a complicated and important component in designing an overall training program for a provincial or national level skater. This article only made an effort to discuss some of the major issues in the weight training program of the Canadian Short Track Team. Consult your coach to see if you should be considering a weight training program and be sure to follow all safety procedures when using weight training equipment.

Reprinted with permission from the Ontario Speedskating Association's publication *The Skaters Edge*.

AROUND THE STATES WITH KIDS ON SKATES



Kids! Keep A Checklist

by JERRY SEARCH
Southern California

I. Things to take in your skate bag, which you always carry with you on the plane, not checked, in case your luggage gets lost:

- 1. Skates & Guards (and a skate hook, if you use one).
- 2. Helmet.
- 3. Gloves.
- 4. Knee Pads (Required).
- 5. Shin Pads (Required at "Trials").
- 6. Tights.
- 7. Jersey or sweatshirt(s).
- 8. Jig & stones (& de-burr stone).
- 9. Kerosene (JUST enough for the trip, no more!)
- 10. Rags for skate sharpening.
- 11. Rags for blade drying.
- 12. Water bottles (2: 1 for water, 1 for Exceed, etc.)
- 13. Extra skate laces (Or NEW laces in your skates).
- 14. Skate TOOLS:
 - A: Wrench for bracket-to-boot.
 - B: Wrench & Allen Tool for bracket-to-blade small screws.
- 15. Band-aids, Moleskin, and "Ace Bandage," etc.
- 16. Plastic bags for ice (in case you get hurt).
- 17. EXTRAS of the following (In case you crash and get WET):
 - 1. Gloves
 - 2. Tights
 - 3. Jersey or sweatshirt
 - 4. Underwear (T-shirt, underpants, socks, & bra-if you need one)
- 18. Also in your carry on bag: 1 or 2 pair of extra underpants, shirts, socks, and

anything else from the following list that you would not be able to do without if your suitcase was lost for at least 24 hours or longer (IT HAPPENS!). If you wear dress shoes on the plane, you MUST carry a pair of running shoes with you in your skate bag.

YOUR NAME DOES NOT NEED TO BE ON EVERYTHING YOU TAKE, JUST ON THE THINGS THAT YOU WANT TO KEEP!! (Especially your SKATES, GUARDS, GLOVES, HELMET, Waterbottle, and Walkman).

II: IN YOUR SUITCASE:

- 1. Toothbrush, toothpaste, dental floss.
- 2. Sunglasses.
- 3. Underwear; T-shirts; Socks; Levis; Sweat Shirts (3+).
- 4. Chapstick.
- 5. Vitamins.
- 6. Shampoo; Deodorant; Nail Clippers.
- 7. Walkman & tapes; extra batteries.
- 8. Reading stuff.
- 9. Camera & Film.
- 10. Stamps (and addresses) for Post Cards.

ATHLETIC SCHOLARSHIPS

Over 100,000 collegiate athletic scholarships are available each year to male and female high school and junior college student athletes. Contrary to popular belief, students don't have to be all-state to qualify. Much of this money goes unused. A new publication with forms, sample letters and tables of factual information is available for student athletes. It takes them step-by-step through the important process of getting an athletic scholarship and includes college and conference listings.

For more information on how to get a collegiate athletic scholarship, send a #10 self-addressed, stamped envelope to the—

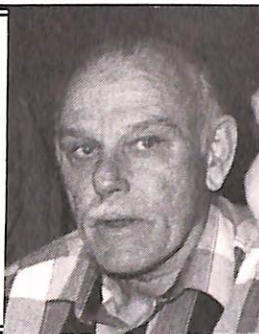
National Sports Foundation
611A Willow Dr.

P.O. Box 940, Oakhurst, NJ 07755.

AROUND THE STATES WITH KIDS ON SKATES

MEMBERSHIP Growth & Novice Committee Report

By "DOC" SAVAGE
Wauwatosa, Wisconsin



SPEEDSKATING COMES TO HARRISBURG

On the weekend of Aug. 26-28 we took our "pioneering" seminar to Harrisburg, PA, where we met 28 eager athletes ready for a full weekend of on/off ice speedskating instruction.

In attendance were in-liners and interested speed skaters and Special Needs skaters. The athletes came from Pittsburgh; Buffalo and Syracuse, NY; North Carolina, Virginia, Maryland and Harrisburg and the surrounding area. Thank you all for attending this seminar and we wish you all the best of speedskating on ice.

The training team of Bob Halden, Ken Altuchoff and Doc Savage were assisted by Carri Grayson and Milo and Kim Smith. A special thanks to you people.

The seminar took place at the Twin Ponds Family Ice Complex in Harrisburg. The General Manager, Steve Baom, and the staff of Twin Ponds took care of our every need.

The rink was opened to the public in October of '93 with plans to add another hockey rink and a studio rink in five years. Well, folks—they're way ahead of schedule. The walls are up and half the roof is in place for the addition. Skating is on the upswing in Pennsylvania. A new rink has also just opened in Lancaster, PA.

Thanks again to all in the Harrisburg area for making our stay enjoyable.

Our next pioneering trip is to Orlando, FL, Sept. 16-18, where a new club is being organized. Accompanying me will be Brian Arseneau and John Singer. As of this writing, more than 30 athletes are signed up for this seminar. More on this in the next Racing Blade.

July Memorandum from Ilene Grieshaber of the Florida Ice Sports Foundation to Shirley Yates regarding the Orlando Seminar:

"... The seminar at the Orlando Ice Skating Palace is moving right along. Speed skaters (in-line and ice) are excited about having this seminar because they have respect for 'Doc' and the ASU and appreciate the opportunity to mingle with other speed skaters like Brian Arseneau and John Singer."

"FISF President Jerry Varney, John Morrissey and I are excited at the prospects of getting a second club in Orlando started. John is a great guy with a champion's desire to do a great job. He is a good first choice for President of the Orlando Speedskating Club and the Florida Speedskating Assn. The formulation of the Florida Speedskating Assn. will actually perpetuate the movement to form speedskating clubs."

Doc and I have had several conversations about which comes first, the chicken or the egg, but I think he understands Florida is a bit different—it almost all has to happen at once. It's that flurry of activity that seems to get people pumped up. Doc actually has quite a fan club here!

Kind regards,
Ilene Grieshaber

ICE SPEEDSKATING Arrives in Central Pennsylvania

by BARBARA WOODSON

Skaters from South Carolina, Maryland, New York, Virginia, and northwestern Pennsylvania gathered in central Pennsylvania the weekend of August 25, 26, 27. An eager and energetic group of 30 met at Twin Ponds Ice Arena in Harrisburg, Friday evening to be initiated into the world of ice speedskating. Doc Savage flew in, armed with the tools of his trade and full of encouragement and knowledge of the sport. Ken Altuchoff and Bob Halden drove in to coach and share their considerable skating expertise. Milo Smith brought his group of top-notch in-line speedskaters interested in cross-training on ice.



On Saturday morning, everyone returned fresh and raring to go. First a good warm-up run, followed by thorough stretching and exercise drills prepared all the participants for the afternoon ice session. It was truly an historic moment when the blades hit the ice for the

first time! Like ducks hitting the water the skaters glided out and quickly built up confidence and speed around the oval track.

Settling down to learn the proper position and technique takes patience and determination, and coaches like Bob and Ken to demonstrate and correct. Working with the whole group Ken and Bob taught us proper positioning, stroking, turns and starts. Both experienced skaters and first-time novices got ample individual instruction.



Although the group dwindled a little after the first strenuous day, the weekend clinic proved to be both beneficial and fun for everyone. There were many who drove a couple of hours or more to be part of the clinic. Many thanks to Bob Halden, who rallied some Pittsburgh area skaters to participate, and Ken Altuchoff from New York for coming to Harrisburg to coach and help launch a speedskating program in Central Pennsylvania. To all of the fine folks who came in from points near and far, thanks for coming. We look forward to skating with you again soon. Stay tuned.

SCHOLARSHIP FUND NEW TRIBUTES

MEMORIAL - Wayne W. Wiitanen

Mary E. and James T. Chapin
Carl E. and Patricia A. Peaslee
Jo Ellen C. and William T. Anderson
Susan L. and Thomas J. Jarrett

MEMORIAL - Eleanor Helminski

Charles and Greta Hall

MEMORIAL - Ernie Dorow, Past Director of the West Allis-West Milwaukee Rec. Dept.

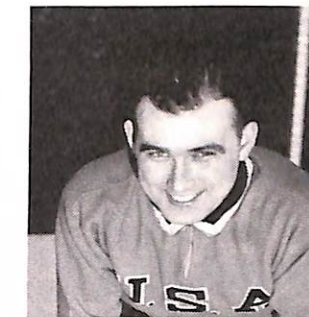
Brad Goskowicz

MEMORIAL - Dan Newmark

Alex Newmark

JOHN O'NEILL FARRELL


Died
June 20, 1994



J. O'Neil Farrell was a member of the 1928 Olympic Speedskating Team and placed third in the 500 meter race at the games at St. Moritz. He was a member of the 1932 team that competed at Lake Placid and in 1936 was the coach of the team at the games at Garmisch-Partenkirchen, Germany.

He died at age 87 in Evergreen Park, Illinois where he had lived for many years.

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United States International Speedskating Association News

USISA NATIONAL OFFICE NEWS

by KATIE MARQUARD



The 1994-95 season is upon us and we are preparing to begin another year on the ice. The USISA has made some major changes in our staff over the summer.

The new position of Program Director has been filled by Nick Thometz. Nick was hired at the end of July. He stepped in at a time when many projects needed to be done. We have worked on a daily basis to handle one item at a time.

A development coach was hired for Lake Placid and the paperwork to get that program underway was finalized. Pat Wentland will begin in this coaching position September 3rd. Meanwhile Stan Klotkowski has moved to Salt Lake City and he reports there is a great amount of excitement in this area for speedskating. He has discussed making the sport part of a school's curriculum with some school principals.

The Short Track Program is up and running at Northern Michigan University after an initial camp in Lake Placid. Jeroen Otter and Wilma Boomstra are enthusiastic about the group of skaters in this Program and have high hopes for future results. Some of these skaters also did very well at The Olympic Festival held in St. Louis this summer (see results and stories printed elsewhere).

In addition to his new position, Nich Thometz will remain in his position as National Sprint Coach this season. Gerard Kemkers has taken over the reigns as All-Around Coach. He has been busy meeting with skaters to determine where everyone is at in their training. Mike Crowe continues as the Junior National Team Coach with a good group of juniors coming up. We are looking forward to all of the coaches working together towards a successful program. These coaches will all be traveling to Colorado Springs for a USOC Coaches Symposium on September 15-17.

The USISA Fall Board Meeting will be held September 24-25 in Minnesota. The 1994-98 Board of Directors will be elected and other important matters will be decided, such as amendments to USISA By-Laws and revisions to the USISA Code of Conduct. The decisions made at this meeting will establish the direction the USISA will take over the next four years.

GOODWILL GAMES PROVIDE MEMORABLE EXPERIENCE FOR SHORT TRACK SKATERS

Short Track speedskaters will never forget their Goodwill Games experience. Competing for the first time in the 1994 Goodwill Games, the officials moved the competition from one venue to another 40 minutes before the scheduled start of the competition. The Russian organizers tried to convert a non-airconditioned building into an ice rink in 90 degree weather. After a three hour delay, another nearby rink was readied for the meet. Andy Gabel and Eric Flaim skated for the men and Amy Peterson and Karen Cashman skated in the women's events.

RESULTS:

Women 500

- 1. Isabelle Charest, CAN;.....49.28
- 2. Nathalie Lambert, CAN;.....49.31
- 3. Marinella Canclini, ITA;.....49.47

Women 1000

- 1. Marinella Canclini, ITA;.....1:55.54
- 2. Yelena Tikhonina, RUS;.....1:55.97
- 3. Isabelle Charost, CAN;.....1:56.14

Men 500

- 1. Maurizio Carnino, ITA;.....45.56
- 2. Sergeu Kobzyev, RUS;.....45.81
- 3. Frederic Blackburn, CAN;.....46.94

Men 1000

- 1. Marc Gagnon, CAN;.....1:38.22
- 2. Frederic Blackburn, CAN;.....1:30.11
- 3. Andy Gabel, USA;.....1:39.60

JANSEN ANNOUNCES RETIREMENT

Olympic gold medalist Dan Jansen has officially announced his retirement from speedskating.

Since his Olympic victory, Jansen has been very active working with major corporations on marketing and motivational programs.

A book entitled, "Full Circle" will soon be released about Jansen's life and plans for a made-for-TV movie are also in the works.

Jansen will work with CBS Sports as a television commentator through the 1998 Winter Olympics. "I hope to be commenting on other sports in addition to speedskating," he said.



United States International Speedskating Association News

U.S. SPEEDSKATING HIRES COACHING STAFF FOR 94-95 SEASON

U.S. Speedskating has restructured its national coaching program and hired the following coaches for the 1994-95 season.

- 1994 Olympic coach Nick Thometz is Program Director and will supervise the Olympic development and Athlete & Coaches programs. From Milwaukee, he will coordinate skating programs with coaches at all levels and implement new national coaching structures involving club, regional and national team coaches. In addition to his duties as program director, Thometz is the senior National Team Sprint Coach for 1994-95. Last season, while serving as Senior National Long Track Coach, Thometz coached Bonnie Blair to two Olympic gold medals, World Cup titles and World records. He is a three time Olympian.
- 1994 Olympic Short Track coach Jeroen Otter will be the 1994-95 National Short Track coach. Otter, a Dutch Olympic and World Champion gold medalist, led the U.S. Short Track team to a record ten medals at the 1994 Olympics. He will be based in Marquette, Michigan, at Northern Michigan University.
- Olympic medalist and former world record holder Gerard Kemkers is the All-around coach for the Senior National Long Track team. Kemkers has been a member of the Dutch National team since he was 17 and won a bronze medal in the 5000 at the 1988 Olympics. He will work from Milwaukee.
- Wilma Boomstra is the assistant National Short Track coach. A native of Leeuwarden, Holland, Boomstra spent the 1993-94 season coaching pre-elite skaters in Marquette, Michigan. A competitive skater for 10 years, Boomstra has coached both Short and Long Track in Holland. She will work from Marquette, Michigan.
- Stan Klotkowski is the Development Coach at the new Salt Lake City oval. He earned his degrees in Poland from the Academy of Physical Education in 1977. He coached the Polish National and Olympic Team and in 1992, was a member of the U.S. Olympic coaching staff. Since 1992, Klotkowski has been based in Lake Placid as U.S. Development Coach.
- Veteran national coach Mike Crowe of Butte, Mont., is Junior National Team Coach. Crowe was a member of the 1988 Olympic coaching staff and has been the Junior National Team Coach since 1991.

He also has served as U.S. Speedskating Development Coordinator and coached several Olympians on the 1994 U.S. team. He has authored many articles on sports science and medicine.

- Pat Wentland is the Development Coach based in Lake Placid. A U.S. National Team member from 1984 to 1992, Wentland was head coach of the Bay State Speedskating Club in Massachusetts from 1986 to 1992, he was president of the Northeastern Skating Association and has worked at various training camps around the U.S. He is two-time North American Long Track Champion as well as a two-time National Short Track Champion. He will work from the Olympic Training Center.

SPEEDSKATING EVENT SCHEDULE ANNOUNCED

U.S. Speedskating has announced its schedule of events for the 1994-95 season. The World Sprint Championships will be at the Pettit National Ice Center in February.

NOVEMBER, 1994

26-27.....World Cup Events (1500 & 3000m) Berlin, GER

DECEMBER, 1994

3-4.....World Cup Events (3000, 1500, 5000m) Heerenveen, NED

3-4.....World Cup Events (500, 1000m) Obihiro, JAP

10-11.....World Cup Events (500, 1000m) Seoul, KOR

10-11..World Cup Events (Men Only - 1500, 5000m) Bergen NOR

10-11....Short Track Team Selection, Lake Placid

29-30.....Jr. World Short Track Trials & World University Games Trials, Milwaukee

31-Jan. 1.....National Long Track Sprint Championships, Milwaukee

JANUARY, 1995

7-8.....National Long Track All-Around Championships, Milwaukee

14-15..U.S. Jr. Regional Long Track Championships Roseville, Minn., Lake Placid, Milwaukee

20-22.....World Cup Events (500, 1000, 1500, 3000, 5000), Davos, SWI

21-22..U.S. Jr. National Long Track Championships Roseville, Minn.

28-29.....World Cup Events (500, 1000, 1500, 3000, 5000), Innsbruck, AUT

The inaugural group for the first camp started at age 6½ and up were, Michael Nichols, Hanna Kim, Alysa Nelson, Ro Jon, Wayne Rutledge, David Chon, Toy Hwang, James Mays, Rusty Smith, Seth Davidowitz, Peter Richardson, Eric Win, Kenny Mastrianna, Travis Hartman and from Berkley, California, Barbara Beth.

The training was intense and time trials for 500 meters on ice, 333 meters on in-lines, and 200 meters were all recorded.

Next year the camp will again be scheduled in August and those interested can contact Bob Nelson for information and mailing list application.

With the winter gone, SCSSA Skaters turned to additional activities to keep their muscles in shape. Rusty Smith, Seth Davidowitz and Hannah Kim attended camp in Lake Placid. Kelly Cawthra went to train in Calgary and Jerry Search provided Pat Maxwell some 50 plus skaters to enjoy three days of Short Track Clinic.

The Classification Meet in October is just around the corner followed by the Memorial Meet, Thanksgiving, Santa Claus and a new meet comes on the horizon (ice) Bill Disney 5000 Marathon in January. After that, the traditional DeMorra Invitation, So. California Championship, Silver Skates, Calif. State Championship and among these traditional meets a new Pacific Southwest Championship is added. After the Nationals in March the traditional California Classic, April 1 and 2 featuring the Bill Disney Sprints and Ross Zucco 10,000 Meter Memorial.

With all these meets someone has to be good and **maybe become** a National Champion. We will wait and see.

Several of our skaters will be going Long Track this year. See you at the starting line.

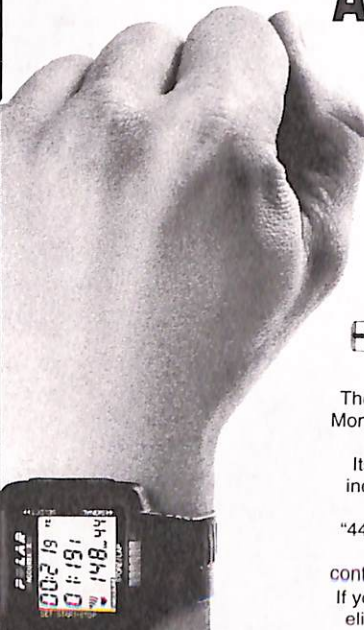
Ray Rutledge has been elected SCSSA President with Susie Hartman, Secretary and Joyce Holt, Treasurer. Bill Cawthra has organized a new South Coast Speed Skating Club and Bob Nelson is the 1994-95 President of the Ice Club DeMorra.


EDITOR'S PLEAS:

1. Do not submit hand written copy.
2. Do not use all capital letters.
3. If you use a dot matrix printer, please ask Santa Claus for a new printer or at least a new ribbon.
4. Do not use colored paper.
5. If you want photos returned, please put your name and address on a sticker on each photo.
6. If you want photo credits—mark the photo on a sticker.


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NORTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

by MARY WONG

Hello skaters, especially those of you who manage to write regularly to the Racing Blade. I admire your ability to come up with something issue after issue. This season is starting off very well for most of us. We have attracted some new skaters who have put in time either in helping with fundraisers or contacting rink managers in the hope of securing ice time.

We got good news from the IRS in August. Our 501(c)(3) status was granted.

We had already gotten non-profit, charitable corporation status with the state. Now we can move forward with some more significant fundraisers. Please note: the ASU does not have a group ruling for associations. The ASU is a 501(c)(3) organization, but association and direct member clubs must get their own status. We did not need a lawyer to do this. I had help from one of our members who had a background in banking/finance. She drew up my first balance sheet according to what the IRS was requesting. I read the booklets carefully and submitted the rest of the forms. We were assigned a very helpful case worker, Terry, who called me a couple of times for clarification of some items. She told me just what I would need to do to prove we are not a "little hobby club," in her words. She explained that the US had gotten criticized because we do not support our athletes the way many other nations do. So, the IRS grants tax-exempt status to organizations who prove they are working to help youth advance to national and perhaps international and Olympic competition. She had me actually name young skaters in our clubs, and tell a little about how long they had been with us, and what their goals are. That was the easy part. The rest was time-consuming. If anyone wants to see our paperwork, just give me a call.

Two things happened this Summer that dovetails with our goals to attract young skaters. First, our head coach, Ferd Schaffer, attended the Level II clinic in Marquette. He really enjoys sharing the many little torture methods he learned. The second thing was the information regarding the VING skates available for novice skaters. We are planning fund raisers just for the purpose of getting club skates, and these sound perfect. One real advantage in using this type of skate for club skates, is that you can see at a glance if they are club owned and less likely to leave the rink in the wrong hands. You may be seeing more NCSA skaters in more competitions this year. Derrick Roberts seems to be making the transition to Long Track permanently. He trained part of this summer in Calgary. When I last spoke to his parents

they were looking into finding housing for him in Canada during the school year.

We have a few more Masters and Grand Masters. It may actually come down to who qualifies for Nationals, not just who can afford to go.

By the way, there has been a lot of talk going around regarding whether "guests" are covered by the ASU insurance policy if they should happen to be hurt at a club practice or race. I would think every club and/or association should check the law in their own jurisdiction. I would bet that any person who is likely to sue, would do so anyway and would name the policy holder. We have decided to require any new skater who comes to one of our races to "try it out," to pay the extra \$10 or \$20 just for the purpose of signing up with the ASU.

We are looking into whether merely having guests at club sessions sign a waiver would be sufficient. This is a problem when we invite people to come out and "try" the sport.

I would like to see this addressed by someone with authority on the subject. I have seen plenty by people who have educated opinions!



MICHIGAN SPEEDSKATING ASSOCIATION

by MARK JASTRZEMBSKI

It's been a pretty busy summer in Michigan as we gear up for the fall ice season. Besides the usual corn roasts, chicken barbecues and community festivals to raise ice fees, there actually was a lot of skating (ice & wheels) going on. Our Wolverine and Midland clubs shared summer ice on the east side of the state. Many of our skaters attended summer camps in Marquette and Lake Placid. We even brought Lake Placid to Michigan thanks to USISA's out-reach program where they send a coach to help run our own developmental camp. A weekend of summer ice combined with some spectacular natural training sites in the Lake Michigan dunes made for an awesome mini-camp in Muskegon conducted by Stan Klotkowski. This is a terrific program for those who can't make it to the summer camps by reason of age or scheduling conflicts.

The fact that Michigan hosts the National Short Track Championships this season has not resulted in any cutbacks in the number of in-state competitions. Once again, our six association clubs have developed an ambitious schedule of no less than ten, one-day meets and two regional competitions; the Thanksgiving Classic November 26, and the Tri-State Invitational in February. Of course, everyone is excited about the Nationals in March. We are running an Association raffle to help defray our anticipated costs of \$13,000 to host the event. The Michigan Super Raffle tickets will be sold at all our early Michigan meets.

MISSOURI SKATING ASSOCIATION

by MARY CHAPIN

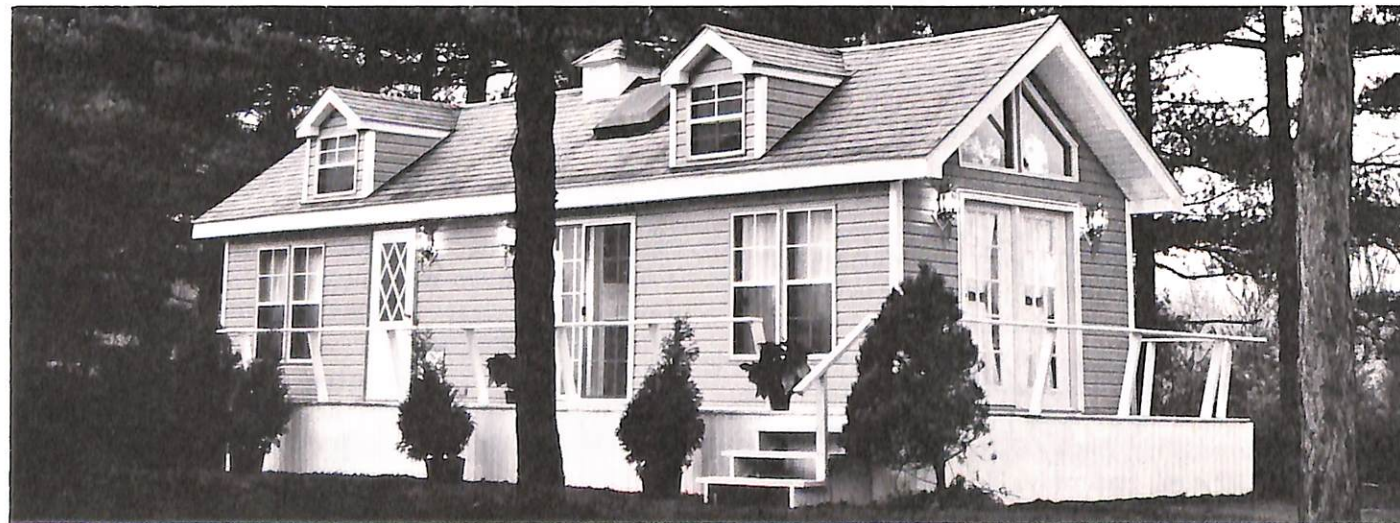
Another season is about to start and for the first time in many years one of our Clubs will be hosting an early season open meet. The Metros Championship Meet, sponsored by the Metros Speedskating Club of St. Louis, will be held November 5-6 at the Forum Ice Arena in Fenton, Missouri, a South County suburb near the Chrysler Plant. Headquarters Hotels are the Drury Inn-Fenton with a rate of \$54.90 per night and the Pear Tree Inn-Fenton with a rate of \$42.50. Both are very close to the rink. A full compliment of races will be held for both A and B skaters and will include races for Special Needs Skaters. We hope many of you will come to the Metros Inaugural Meet. What a great way to start the season. Anyone with any questions can call Harlan Kwiatek at (314) 721-2909. Data sheets and entry forms will be sent to Midwest clubs soon.

The Olympic Festival in St. Louis this summer was a rousing success. Everyone had a good time, skating was great and the performances by our athletes were something to be proud of. The only cloud in our otherwise blue sky was the cut Tom O'Hare sustained which

took him to the hospital and out of competition. However, after a 6 week layoff, he is now back to full training and good as new. There are too many people to thank for all their hard work but without a doubt the "STARS" of our Volunteer Show were Marjorie Amelotti and Myra Vandersall. What a job they did! What one didn't think of the other one did and without either of them coordinating everything we would have been up the creek with no paddle. By the way our Oly Fest was one of the the last sports events to take place in the "Old Barn" on Oakland - The Arena. Three cheers for our own Steve Refsland who took home a bronze medal as a member of the West Team at the Festival.

The MSA will be having our annual Registration Picnic Sunday, September 25th at Shaw Park South Pavilion. We will have registration for the season, equipment sale and exchange and a bar-b-que picnic.

Jim and I want to thank all our friends in speedskating for their calls and concern during our son Steve's recent illness. For those of you who don't know Steve, he is the guy who makes the safety pads at Southtown Auto Trim that many of you have seen up close and often. On July 28th Steve had an eight hour brain surgery session for a tumor in a cluster of nerves behind the right ear. He is a month into his recovery now and things are going well. He probably will lose hearing in the right ear and initially had some facial paralysis which the doctors feel will be returning to normal in time. All things considered we're very lucky.



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GREATER MINNESOTA SPEEDSKATING ASSOCIATION

by Ken VRAA

After a busy summer with off-ice conditioning, everyone in Greater Minnesota Speedskating Association is anxiously anticipating a full season of operation for the John Rose Minnesota Oval. Although the exact date has not yet been set, we hope ice will be available the first week in November. New for the coming season is a timing system for metric time trials. Other good news is that the State Legislature has approved an additional \$500,000 towards expansion of facilities at the Oval. The City of Roseville, operator of the John Rose Oval, has already begun the planning process and it is hoped that the new addition can be completed in time for the 1995-96 season. If you were at the '94 Nationals, you know the extra space is needed for large meets.

Jeroen Otter directed a four-day ice and dry land camp for Association skaters. Jeroen was assisted by now

retired Olympic and National Team member, Randy Bartz. Randy graduated from the University of Minnesota and is looking for his first full-time job but is also contemplating returning to school. Midway Club members are hoping that Randy will continue to assist with the Short Track program. He has certainly demonstrated his ability to skate and coach the sport. Let's hope he continues to be a part of speedskating as a coach.

If you haven't made plans for the John Rose Minnesota Open Speedskating Championships, look for an entry form and turn it in. Last year's event attracted over 140 skaters and with a good contingency from Canada it led to a very competitive and fun meet. If you are interested in testing the Oval for metric use, there will be a metric competition prior to the pack style meet on Saturday and Sunday morning. This will be a limited event but will provide another opportunity for competitive skating.

Deb Parker, GMSA Secretary, has been extremely busy in assuming the duties of the new association. Combining two associations has meant a lot of extra effort on Deb's part, and she's been marvelous in taking on the extra work. Another "hero" in the sport who gets little recognition other than a mention of her name in a column like this!

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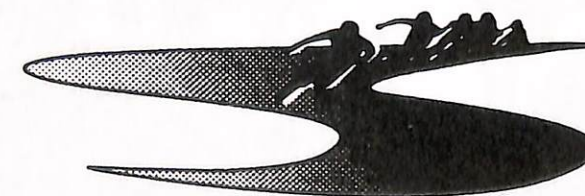
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