

The Racing Blade

VOLUME XXVIII
NUMBER 5

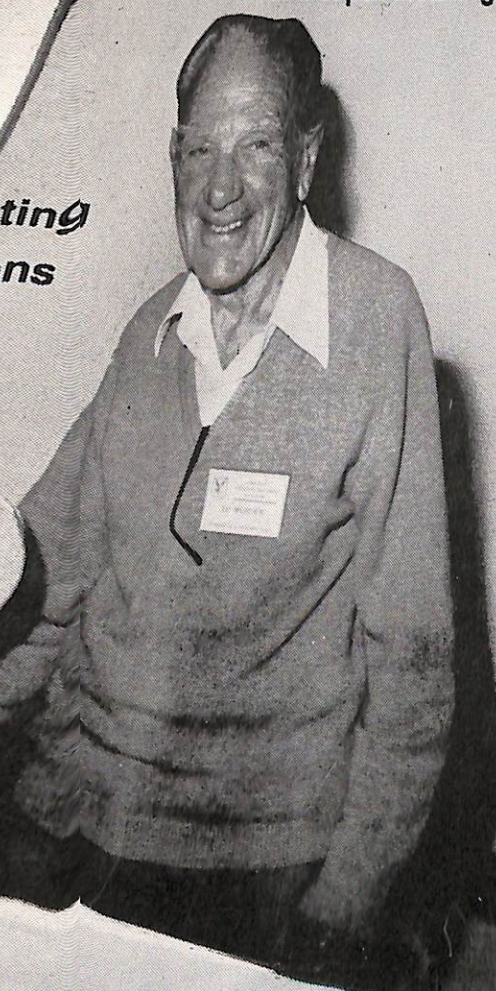
JUNE, 1995



Features:

Convention Reform-Is It Possible?
National Short Track Champions
A Deeper Meaning

ASU Guides Help Promote Speedskating
North American Short Track Champions
Speedskating Hall of Fame Inductees



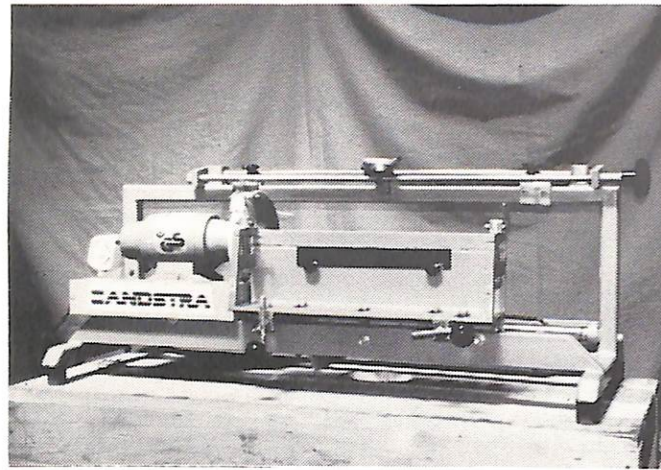
A Man, An Idea, A Statue
Speedskating postage Stamps
Seventy years of Excellence

World Class Racing At Its Best
1995 Convention Photo Layout
Try Network Marketing

Happy Birthday Charles Jewtraw

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

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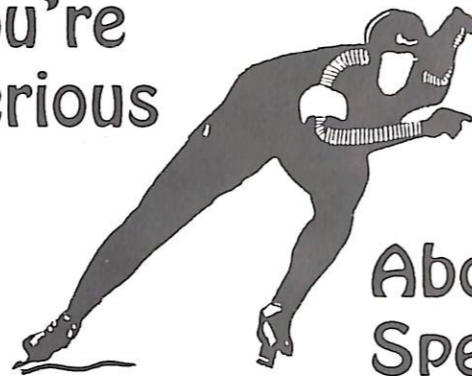
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The Racing Blade®

VOLUME XXVIII

ISSUE No. 5

JUNE, 1995

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New ASU Promotions Guides Help Promote Speedskating

By Myra L. Vandersall
Chairperson, ASU Promotion and Publicity Committee



Is the inverted pyramid in your future? What about some STP mixed with a dose of internal communications pizzaz? If you are in charge of communicating the good news about speedskating, you'll become very familiar with these concepts over the summer months as you plan your publicity campaign.

To help with that task, the ASU has included three new publications to make your job a bit easier. Introduced at the annual convention in May, the new publications include *Getting on Track: How To Promote Your Speedskating Club*; *Marketing 101 — Selling Your Speedskating Club*; and *A Medium for Communicating: Developing A Club Newsletter*. These publications are an outgrowth of the activities of the 1994-95 promotions and publicity committee.

Getting On Track, a companion guide to the long-established *ASU Guidelines For Publicity and Promotion*, helps you speak the language of the news writer so that your news releases are noticed and used in some manner to inform the public of upcoming speedskating events.

The news release is the initial and most important form of basic communication with the media, and crucial to establishing good contact with your sources. According to a survey of newspaper editors, only 26 percent of the news releases received are considered for publication, and of that figure, a mere 13 percent actually make it into print in some form. Reasons for the low usage rate include poorly written copy, missed deadlines, advertising copy disguised as news, incorrectly formatted information and real news buried in seemingly inconsequential material.

Getting On Track will help resolve these problems and assist you in stimulating interested in speedskating, attract more participants to the sport, use your work to help raise funds and attract sponsors and build familiarity for your organization.

Topics covered include the establishment of a timeline of events, which will help you organize your work and decide what events you and your club wish to publicize. Basic to the timeline, or publicity planner, is compilation of a media outlet list, a club list and the cooperation of the publicity chairperson, the club president and the coaching staff.

Other topics covered in the new guide include the mechanics of preparing news release, such as structuring the release in the "inverted pyramid" style and using the who, what, when, where and why technique; how to time the release to get the biggest reaction; how to handle follow-up calls and how to set up interviews and prepare athletes and coaches to talk to media in a

positive manner.

STP AND MARKETING 101

Another new publication is *Marketing 101: Selling Your Speedskating Club*. Written by Bruce Guthrie, a freelance marketing consultant and founder of the Whatcom Speedskating Club, this information helps you work your way through the modern marketing maze and increase your chances of attracting new participants to speedskating.

Marketing 101 details the basics of target marketing: SEGMENT potential skaters into groups; TARGET a specific group for recruitment to your club; and PROMOTE speedskating to fill the needs of your target group. And there is the STP in speedskating.

Bruce points out that different user groups, or in this case, potential skaters, have different needs and different motivations for participating in the sport. The job of your club is to decide what types of skaters to attract to position your programs as the perfect fit for their needs and promote the sport to that position.

Included in this guide are tips on how to seek out skaters at public ice sessions, the pros and cons of each segmented age group, such as children, college age people and senior citizens; and how to develop an advertising message that will attract your defined group.

TALKING TO OURSELVES

The third publication designed to assist you with your communications chores is *A Medium For Communicating: Developing A Club Newsletter*. Written by Larry Clever of the Saratoga Winter Club, this eye appealing publication addresses not only the practical functions of producing a club/association newsletter, but also details the value of utilizing a newsletter mailing list to attract sponsors, keep the media informed on current activities and communicate with prospective members.

Larry also includes on newsletter features, such as skater/coach profiles, recognition of outstanding performances, meet results, ASU news and rule changes that will affect the skaters, membership rosters and financial news.

In the area of readability, he points out that the average reader will read 200 to 300 words per minute with a 70-90% comprehension. The comprehension level drops dramatically as the complexity of the writing increases, hence the necessity of keeping the language and information in your newsletter simple and to the point.

Because the newsletter serves not only to inform current club members, but is also the face to the outside world, if used correctly, he advises that information should be written from a positive perspective.

(Continued on page 28)



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Subscriptions or change of address requests should be directed to ASU National Office at the address shown below.

Letters to the Editor, articles of interest, and features about an Association's officials or skaters should be sent to the Editor, Robert R. Vehe, 404 HiLusi Avenue, Mt. Prospect, Illinois 60056. (708) 253-4191, FAX (708) 253-4195. Unsigned letters and manuscripts cannot be accepted.

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

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Back or Inside Back or Inside Front Cover.....	\$150.00
Back Issues of the Racing Blade.....	\$ 3.00

Our Eighteenth Cover

by BOB VEHE

For originality, this cover has to be placed at the top. To all except a few of us, it appears to be a simple picture of Ed Mercier standing alongside the Eric Oberg sculpture titled Jack Shea. The originality arises from the fact that this "photo" was never taken but was created by our Art Director, Dick Westlake. Bill Houghton was asked by Shirley Yates to be sure to take a picture of Ed Mercier and the statue. Bill complied and took several to be sure of having a good shot. Alas, when Bill developed his photos he had one picture showing the entire sculpture but Ed had his eyes closed. Another photo had Ed's eyes open but part of the head of the sculpture was missing. Now what? When Bill sent his photos to me, he suggested that Dick Westlake may be able to do something.

After checking the photos, Dick felt that something could be done if the prints were made on a heavy paper. Since the photos were almost identical, other than the problems, he said that he could peel a figure and its emulsion off one photo, taper the edges and mount it on the other photo. With some deft air brushing to fix the table, put shadows back in, drop the background and cover any defects, we were home free. Sounds simple? Well, it certainly isn't but Dick came through again. I'm sure that sophisticated computer programs, which we don't have, can do these things, but Dick is our luxury.

I've been trying for years to get a good picture of Ed Mercier and to promote his concept of a national award. Ed is the one who discovered this sculpture and told us about it. When I used it on the cover of the handbook, I failed to mention in the Foreword of the issue of Ed's involvement and it has always bothered me. Finally, I have a good picture of Ed and am pleased to give him a small amount of the credit he deserves.

Without Bill Houghton's usual fine job of providing Convention photos and his promptness in rushing his negatives to me, none of this could have been done..

DEADLINES



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ARE DUE: SEPTEMBER 1, 1995

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To Bring In More Members Try Network Marketing

By Bruce Guthrie
Whatcom Speedskating Club

Big companies are making big money by getting people to sell their products to their friends. Mary Kay, Amway, Jaffra and the TupperWare parties are examples of this trend. Network marketing and multi-level marketing schemes are hot these days for a reason: the power of having vast numbers of salespeople. Even if each salesperson isn't very effective, the odds are good that enough of them will meet with some success. Not only that, but salespeople who know you or who live in your community have a big advantage in trying to sell to you.

One way to use this powerful method to increase your club's membership is to have your coach ask each person to think of his or her best friend who skates who isn't at the ice session. The homework assignment is to ask that person to the next ice session.

INCENTIVE AWARDS

If your skaters need more incentive, offer prizes or a membership drive contest. At the beginning of the season, tell your skaters that the skater who introduces the most people to the sport by bringing friends in the free trial sessions will get free club membership next year! Perhaps the winner could be the skater who brings in the most new, fully paid members. Another way to do it is to give skaters \$10.00 or so off of their club membership price for each new, fully paid member they bring in.

The club secretary or treasurer will have to keep track. Post a thermometer-chart with your membership drive goals on it or post members' names with how many paid members they have brought in to date to foster competition among your skaters.

Make sure you make it easy for your members to sell your club to friends. Pass out stacks of club flyers to all skaters that they can pass on to prospective members. Include the times of your workouts, recommended equipment (a helmet, gloves and any kind of skates) and help make newcomers feel welcome and at ease. Give them advice on how to approach friends who are prospective members.

A CASE STUDY—HOW NETWORK MARKETING WORKED FOR THE WHATCOM SPEEDSKATING CLUB

We just started a new club in the town of Bellingham, WA (pop. 50,000). I'm sure there are many experts out there in club promotion with more experience than we have, but I wanted to share a few things that worked for us to build up our membership.

The most effective thing we did was make 8-½" by 11" photocopied posters with seven little tear-off tabs at the bottom with our club's name and phone number. (PLEASE SEE POSTER CONTEST ENTRY FORM IN THIS ISSUE OF THE RACING BLADE.) We stapled

or taped these everywhere we could, including about 10 at the rink. We printed 300 of these posters and our skating kids hung about a dozen each in places throughout the community. I kept a list of names and phone numbers of everyone who called or expressed interest in skating with us. We called them (about 50 calls per week!) to remind them of the time and place of our up-coming practices. We also made a flyer version, a stack of which we thumb tacked to our bulletin board at the rink.

MICRO RECRUITING

The next most effective technique was going to the public skate sessions and offering free micro-lessons. Skate around slowly with the crowd, working on technique and staying low. Come decked out in lycra tights and wear your LAS helmet and Short Track skates. Occasionally ask someone who has been watching you with puzzled glances if they would like a free, five minute, recreational (not-bent over) skating lesson.

Work on straight-away stroke efficiency (push to the side, weight on the heels, bend the knees, feet close together between strokes) and crossovers (glide a left turn on a left outside edge until this feels comfortable...) At the end of your lesson, many will gladly accept an invitation to come to a free, introductory speedskating session. Hand them a flyer and get names and phone numbers. Assign a club member to each weekly public skate session.

The third most effective skater-producing effort was to get our local newspaper to do a feature story on our summer in-line practice sessions. Small Community Bulletin Board newspaper listings of our club's ice sessions had absolutely no impact, nor did a full-day slide-board demonstration at a local mall where we handed out flyers, displayed skates and ran videos. My conclusion is that either it was too sunny out on that Saturday, too many of the shoppers were Canadians (Canadian shoppers are what keeps Whatcom County's economy alive), or mall-goers are much less likely to be interested in participation sports.

Also, promote local, fun-meets far and wide. Get the hockey skating kids to go head to head with your speed skaters. Put big "Public Race" signs up at the rink with the date, time and cost. Canadian races usually have entry fees of about \$5.00 Canadian. The only way they can do that is by having lot of entrants.

A combination of these techniques, plus a lot of hard work, got the Whatcom Speedskating Club off the ground and onto the ice last year, and we are looking forward to an additional growth season this year.

Never underestimate your influence upon others

A Deeper Meaning

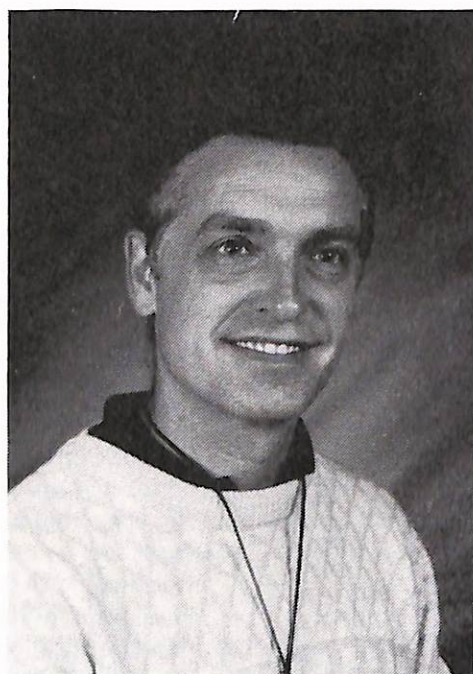
By David Taylor

Let's call her Jenny. Back in the mid 70s, I started the Duluth Speedskating Team and she was one of the local "rink rats" who hung out at the Central Field rink. Parks and Recs cut a deal with me. The rink had been closed for years. It was a rough part of town. If I managed the playground, I could have a speedskating track there. New in town and needing the work and wanting a team, I agreed to the deal. So I flooded the rink, supervised hundreds of inner city kids and got a real education about life. The warming house turned into a drop-in center, with tutoring to help kids who didn't have the environment at home to learn well, counseling an referral services, dances, new games, whatever it seemed the kids needed.

Jenny's dad was a practicing alcoholic. I remember calling the initial intervention unit to report him for abusing Jenny. He hit her hard and threw her down a flight of stairs. Jenny was tough. She came from sturdy stock. A real survivor.

I saw something in Jenny. Despite all the ugliness she had already seen in her 14 short years of life, she hadn't quite built that calloused wall around her heart that I could see in some of the other kids who hung out at Central Field. I couldn't think of any bridge that could reach this kid better than speedskating. I invited her to join the team, found an old pair of Planerts for her to wear and helped her to get started.

Daily, Jenny came out to the rink and practiced and practiced. She learned the basics (sit down, swing your arms right, push out to the side,



etc.) and those other basics too (get right up when you fall down, the race isn't over until you cross the finish line, etc.) Jenny won the state novice championships that year and was really proud. Another significant event touched Jenny's life. Her dad quit drinking and got involved in A.A.

Time passed. I got another job, and then another. Jenny went her own way.

About 10 years later, I happened to cross paths with her dad and of course I asked how Jenny was doing. I wasn't prepared for the answer. Jenny was living down in "The Cities" (Minneapolis/St. Paul) alone with her baby. She had married an alcoholic who abused her terribly until she had no choice but to leave him. She had acquired a degenerative disease which would patiently and cruelly rob

her of her physical abilities. She had no job. I got her phone number and dialed it the minute I got home.

"Hi, Jenny! This is Dave Taylor. How are you doing?" I kicked myself hard for asking such a stupid question. But she told me she was doing fine. She talked with excitement about her baby's development and about her plans for the future. I asked her about her health problem. Jenny said she faces it one day at a time and was really handling it well. I said I was sorry to hear about her marriage problems. She shrugged it off saying she learned some valuable lessons and is better for what she learned. I couldn't believe what I was hearing. I asked her how in the world she could possibly be so upbeat and positive when life had thrown her just about every nasty curve it could pitch.

Her response stunned me. She said, "Dave, about 10 years ago I had this speedskating coach. He taught me that every time I fell down I had to get back up. He said you never quit until you cross the finish line."

I don't remember what I said. Probably nothing that really mattered. But when I hung up, something had happened inside of me. I never looked at our sport quite the same. Thanks, Jenny, for touching my life.

It is a part of the American character to consider nothing as desperate.

A close look at the World Short Track Championship in Gjovik, Norway

World Class Racing At Its Best

Once again, the season has come to an end with a spectacular finish. The racing just keeps getting better and better, and the locations seem to be competing to outdo each other in friendliness and helpfulness.

For those of you who have never been to Norway, go. Yes, I know it is cold, but it was no colder than Lake Placid, and it just made home feel that much warmer (except on April 4th and 9th, when New York State had its obligatory "Winter is not over til we've beaten them to their knees" blizzards.) And if you go to Norway in the summer, we had an authoritative account of how the mosquitos have two engines. The people are the friendliest we have met in our travels, and almost everyone speaks some English. Norwegian is a very familiar language as well; we read the newspapers (great layouts of the skating) and watched the news (reports on the Worlds every night) and could understand what was being said, even if we didn't know the words. It was expensive, as we were warned, but by buying our tickets



Marty Hill discussing the finer points of speedskating with markus Meier of Switzerland at the Gjovik Cavern hall in Norway. Sarah Hill Photo

three months in advance we paid 1/3 the usual price of a round trip fare on Scandinavian Airways. One nice thing about the Speed Skating World Championships, both Long Track and Short Track, is they are held in the

winter, which is the time of year that airlines are discounting fares and looking for travelers. So try to work a speedskating competition in Norway into your vacation travel plans; it is worth it.

The hall where the Short Track World Championships were held this year was the Cavern Hall in Gjovik. It is the one that was cut into a mountain, and it is absolutely fascinating, even if you suffer from clausterphobia as I do. (The only time I panicked was when I had to go into the lower tunnels to find an official. Then I felt as if I were in a cave.) The week before they had held the Handball World Championships in it, and at the end of April they were going to have a concert with Blood, Sweat and Tears (a '60s rock group for those too old or too young to remember). The manager and his secretary were always pleasant and helpful, even when they had been up all night



Frederic Blackburn and Marc Gagnon of Canada, Maurizio Carnino of Italy and Eric Flaim of the USA in the 500m final. Gagnon was first, Blackburn second, Carnino third and Flaim Fourth.

because the compressor had failed two days before the start of competition. The hall is extremely well lit, and decorated with runes (ancient drawings) and a life-size Mammoth at the entrance. The temperature was always comfortable, and once they got the compressor fixed the ice was good enough for six new World records. They even had the banquet in the hall main entrance, which turned out to be charming, and probably the only place in town that could have held all the people. I would happily go back to the venue any time I get a chance.

The racing was excellent. As always, the Koreans, Chinese and Canadians were very strong, but there are some surprises starting to happen. The Germans have improved tremendously, as have the British women, the Hungarians and the Bulgarians. We have become friendly with the Bulgarian coaches, and were thrilled when their relay team made the semi-final for the first time, and their top woman skater finished sixth overall. The top Norwegian skater, Bjorn Egletun, did quite well, which pleased the disappointingly small home crowd; but then everyone who came to watch seemed thrilled by it all.

There were a couple of nasty falls, one where Amy Peterson flipped over a fallen skater and got the wind knocked out of her. Though she was advanced to the semi-final I think she was still hurting, because she did not seem able to muster here usual spark. An Italian girl got spiked in the ribs by a Canadian blade in a pile-up, but luckily seemed to only suffer a surface cut. The interesting thing was that there was little contact between the skaters, and few disqualifications, usually involving a skater who tried a risky pass, fell and took someone else out. Coaches had been informed by the Olympic Committee to clean-up Short Track, and that is what they

seemed to have done. The racing was as exciting as ever, and there were the usual spectacular passes and moves, but I saw far less aggression and anger than in previous years.

The U.S. finishes were disappointing with Amy Peterson 8th overall and Eric Flaim tied for 5th. It looked like Eric was going to win his first distance, 1500 meters, but Korea turned on the afterburners and nipped him at the line. Then in the 3000 he mistook the finish line, because three Koreans had lapped the pack, and when he heard the last lap bell it was for them, not for him. Both U.S. relay teams looked disorganized compared to the polish of the other countries. But we had some new skaters on the teams, and it was nice



Karen Cashman leading Susanne Busch of Germany in a 500m heat. Karen finished first and Susanne second
Sarah Hill Photo

to see some new faces. They will get better with experience.

The six new world records are as follows:

- Womens 500 meter
Kim Yun-Mi, S. Korea45.33
 - Womens 3000 meter
Chun Lee-Kyung, S. Korea .5.02.18
 - Womens 3000 meter Relay
China4.26.68
 - Mens 1500 meter
F. Blackburn, Canada2.19.71
 - Mens 3000
ChaeJi-Hon, S. Korea4.56.29
 - Mens 5000 Relay
Canada 7.09.76
- The World Champions are:

- Women
1. Kyung-Chu LeeKorea
 2. ChunLu WangChina
 3. Kim Yun-MiKorea
 - Womens RelaySouth Korea

- Men
1. Ji-Hoon ChaeKorea
 2. Marc GagnonCanada
 3. Fred BlackburnCanada
 3. Jae-Kun SongKorea
 - Mens RelayCanada

We received the results of the World Team Championships from Holland over the Internet, and although some of the names were the same, there were some interesting results. The U.S. men's team appears to have had a better meet, and came in third overall. Our friends, the

Bulgarian ladies team, came in tied fifth with Russia, with two second place finishes by their top skater. And Bjorn Egletun, the Norwegian, came in second in the 500, but from the look of the times I am sure there is a story there. Hopefully someone who was there will write about it.

We are sorry to miss the National Championships by going to World's, and sorry to miss the World Teams Competition by going to North Americans. We will be glad when ASU, USISA and ISU all start working out scheduling so that we don't always miss either Nationals or North Americans. It is a shame that the skaters who go to World's may never get the chance to be declared a National Champion, even though they are the best. And from what we heard the Western Michigan Speedskating Club put on their usual great meet. For those of you who had not been to a Michigan meet before, you got a chance to see what you have been missing.

Editors Note:
The balance of this article appears on the North American Short Track Championship page.

A reception and banquet honoring past Olympians

Seventy Years of Excellence

By Shirley Yates

The evening was accurately and aptly titled—70 Years of Excellence—the exact number of years from the first United States speedskating medal won in the 1924 Olympics by Charles Jewtraw to the last medals, won by Bonnie Blair and Dan Jansen in the 1994 Olympics.

The evening was an occasion for honoring all United States speedskating medalists and all the other Olympians who have represented the U.S. so admirably during those 70 years. Hosted by the United States International Speedskating Assn., the reception and banquet were held April 28 in Madison, WI.

It was an evening to remember—one that brought Olympians, their family members and many of the most active people in the speed-

skating world together. How best to describe the feelings of everyone during the evening? First, great pride. Then happiness in being together for this extraordinary tribute. All else was forgotten. The business of the moment was honoring our greatest Olympic athletes.

The evening was conceived by Bill and Maribelle Cushman and beautifully choreographed and staged by Maribelle with assistance from Madison's Jeff FitzRandolph. Of course, unless you have a "managing" role in an event, you rarely see what's going on "backstage" and we could have missed something but it



TWO OF THE GREATEST
Jack Shea and Bonnie Blair



U. S. SPEEDSKATING OLYMPIANS

Front row, left to right: Michael Passarella, Cathy Turner, Bostley, Jack Shea, John Coyle, Eric Flaim, Tom Cushman, David Besteman, Brian Wanek. Second row: Randy Bartz, Moira D'Andrea, Christine Scheels, Amy Peterson, Anne Henning, Beth Heiden Reid, Dan Immerfall, Ken Bartholomew, Ken Henry, Nick Thometz, Kim Kostron Nyquist. Third row: Kay Lunda Vande Vrede, Chuck Burke, Don McDermott, Jenny Fish Baker, Mary Meyers Rothstein, Darcie Dohnal, Katie Class Marquard, Karen Cashman, David Cruikshank, Bonnie Blair, Dan Jansen, Andy Gabel, Terry McDermott, Bill Carow, Gene Sandvig

all seemed to go off without a hitch. From beginning to end, nothing seemed to be missed.

First, the cocktail hour with its array of distinguished people and exciting hors d'oeuvres — a happy confusion of eating, drinking, talking, interviewing (lots of local media there), autograph signing and reminiscing. It set the scene for the warm feeling that permeated the whole evening.

When the dividing wall between the cocktail hour room and the banquet was rolled back, the gathering was treated to another fitting sight — a stage of red, white and blue balloons and silver and gold, helium filled star-shaped balloons. The table centerpieces were red, white and blue flowers and wooden speed skate blades which Maribelle designed, after doing research on old-fashioned skate blades, and Bill "carved".

The Master of Ceremonies for the evening was Jim Page, Deputy Executive Director of the United States Olympic Committee, and even he seemed impressed with the evening's

festivities, speedskating's medal predominance in the United States Winter Olympics and the turnout of past Olympians.

A program preceding the dinner included two notable speakers. Louis Stout, chairman of the AAU Sullivan Award Committee, explained the selection process for the James E. Sullivan Award and said the speed skaters who have won it were considered exceptional because of their achievements and moral character.

Eric Heiden was the Sullivan Award recipient in 1980, Bonnie Blair in 1992 and Dan Jansen in 1994. Calling it the "Oscar" of Sports Awards and addressing the skaters he said, "As long as you continue giving back, this country will always be grateful." Accompanying Stout to the

treated to an outstanding video presentation entitled "70 Years of Excellence" which was produced by KTCA-TV of St. Paul, MN, under the direction of Olympian Tom Cushman, who works for the station. It was truly an impressive film showing racing footage of every Olympic speedskating medalist beginning with the first, Charles Jewtraw, all the way through to Blair's final race in 1994 Olympics.

Jewtraw of Lake Placid, NY, won the first Winter Olympic medal, a



A MOST IMPRESSIVE OREO SANDWICH
Chuck Burke, Cathy Turner Bostley and Don McDermott
S. Yates Photo

throughout the evening.

The highlight of the evening was the Chamonix Award of Excellence Ceremony, a presentation of crystal sculptures to all the Olympic medal winners. Each sculpture had the skater's Olympic achievement etched on the award. There have been a total of 52 medals, including 24 Gold, won by 34 skaters. There are 30 living medal winners and of those, 21 were to be honored.

To many in the audience, the most memorable part of the ceremony was the acceptance of the awards by the skaters. From a few words to long elaborate speeches, all the medalists spoke — and it was all extemporaneous and from the heart! The older skaters spoke of what being a speed skater and an Olympian had meant in their lives. They all thanked those who had helped them achieve their Olympic goals, recognizing



ARE WE HAVING FUN?

Beth Heiden Reid, Anne Henning, Kay Lunda Van deVrede and Kim Kostron Nyquist

banquet was David DeCecco, the Public Relations Director for AAU.

The other guest speaker, Steve Rushin, Senior Writer for Sports Illustrated, also spoke about the selection of the Sportswoman and Sportsman of the Year by the magazine's Editor and Editorial Staff. He said achievements and humanitarian efforts in the community are the main considerations for selection.

He said three speed skaters were at the top of the list this year: Bonnie Blair, Dan Jansen and Johann Olav Koss of Norway. Blair and Koss were the winners. Rushin wrote the article on Blair which, appeared in last December's issue of Sports Illustrated that had the cover picture of Blair and Koss.

Following dinner the group was

Gold in the 500m in 1924 in Chamonix, France. Now 95 years old, he has been living in Florida for a number of years. Ill health prevented him from joining the Olympians but he sent best wishes to all. The earliest Olympian who attended the dinner was Lake Placid's Jack Shea, the Gold medalist in the 500m and 1500m in the 1932 Olympics in Lake Placid. Shea was a favorite for media attention



THE GATHERING OF LEGENDS
Bill Carow, Ken Bartholomew and Terry McDermott

ing parents, coaches, the Amateur Speedskating Union, the United States International Speedskating Assn.

Who will ever forget 14-time National Champion and 1948 Olympic Medalist Ken Bartholomew describing what it was like growing up as a speed skater in Minnesota or Mary Meyers Rothstein's story of how it came about that she, Jenny Fish Baker and Dianne Holum ended up with a three-way tie for the Silver Medal in the 500m at the 1968 Olympics in Grenoble, France. Meyers and Fish shared the stage and received their awards together. Holum was not at the dinner.

Experienced, polished speakers like Blair, Jansen, Shea, Anne Henning, Terry McDermott, Eric Flaim and Cathy Turner Bostley had no difficulty accepting their awards with all the right words, which they probably have been called upon to give many times. But others, like Darcie Dohnal, Karen Cashman, Amy Peterson, Donald McDermott, Ken Henry and Dan Immerfall also found the words came easily to convey their feelings in describing what their speedskating

careers and the evening meant to them.

It was a thrill to see Medalist Beth Heiden Reid and hear her speak of the 1980 Olympics but, as usual, Brother Eric did not show. The award for the phenomenal Heiden, whose feat in the 1980 Games of winning five individual Gold medals in one Olympics has never been duplicated, was accepted by his parents, Jack and Nancy Heiden.

Sharing the stage with Jim Page in the presentations were Bill Cushman, USISA President Jack Byrne, 1984-1989 President, and George Howie, 1972-1984 President.

The evening ended with one last bit of excitement, the spontaneous gathering of the Olympians on stage for a massive picture undertaking. So many celebrities in one spot! What confusion! But it was great fun!

These are the medal winners who attended the event:

Jenny Fish Baker
Randy Bartz
Cathy Turner Bostley
John Coyle
Eric Flaim

Anne Henning
Dan Immerfall
Donald McDermott
Amy Peterson
Mary Meyers Rothstein
Nikki Ziegelmeier
Ken Bartholomew
Bonnie Blair
Karen Cashman
Darcie Dohnal
Andy Gabel
Ken Henry
Dan Jansen
Terry McDermott
Beth Heiden Reid
Jack Shea

The other Olympians in attendance were:

Dave Besteman
Dave Cruikshank
Moirra D'Andrea
Kim Kostron Nyquist
Gene Sandvig
Nick Thometz
Brian Wanek
Bill Carow
Tom Cushman
Katie Class Marquard
Mike Passarella
Christine Scheels
Kan Lunda VandeVrede

National In-Line Racing Association

The National In-Line Racing Association (NIRA) announces the nation's first in-line racing program mirroring the Winter Olympic's newest and most exciting sport—Short Track Ice Speedskating.

Program Overview: The NIRA Short Track program is designed for roller skating centers, parks and recreation centers or any smooth surface such as a large parking lot. Skaters would train and compete on a 100 or 111 meter oval track. The oval would be marked as currently practiced in Short Track ice speedskating. This allows for safer corners and wider passing lanes for more exciting races. The line for starting and finishing is at the center of straightaway. The time clock begins at the firing of the starting gun. Photo finish cameras will be used for world record consideration and to determine correct finish positions as shown by the skate.

Classifications: Racing classification ages and distances are defined for individual and relay events. All divisions will have a common distance of 500 meters. This allows each division the opportunity to compare its time to other divisions. The relay track provides that all relay team members will return to the relay box in the center of the infield after each skater's laps are completed.

Time and Place: The National In-Line Short Track Championship are scheduled over the Labor Day weekend in the center of the United States. The inaugural championships will be an open event without state or regional qualifications required.

Awards: Individual distance awards will be made as well as cash prizes and scholarship given to the overall individual champions. Sponsorships will determine contestant's prizes.

Organization: Each club will have one vote in the political make-up of the NIRA. A National Convention will be held following the National In-Line Championships to determine rule changes for the following season.

Information: For additional information contact NIRA at 4708 East 4th Place, Tulsa, OK 74112 (918) 834-5346.

Our first Olympic champion and a role model for all youth who helped put Lake Placid on the map

Happy Birthday Charles Jewtraw

By Bob Vehe

The first great United States Olympic Speedskating Champion, Charles Jewtraw, was 95 years old on May 5, 1995. David Whitehead of Boynton Beach, Florida who lives 44 miles south of Charles Jewtraw drops into the Pine Grove Manor as often as possible to visit Charles. David reports that Mrs. Jewtraw passed away in December, 1994 but Charles, though frail, is still alert and would be pleased to hear from all. Send your cards to Charles Jewtraw, Pine Grove Manor, 9555 S.E. Federal Highway, Hobe Sound, Florida 33455.

Charles grew up in Lake Placid where his father was in charge of the ice rink on Mirror Lake. His outstanding talents became evident very early and the great speed skater Edmund Lamy of Saranac Lake, New York, took him under his wing and coached him to prominence. Jack Shea, the double gold medalist at the 1932 Winter Games in Lake Placid had this to say in his article in the Lake Placid News in 1991:

"Charles Jewtraw was a great champion. In his day, he was the idol of all youth in Lake Placid because of the character he displayed as a clean-cut American boy. He was always a good example, always kind and helpful to the youth of the community."

For those few who may not realize the significance of Jewtraw's performance the following paragraphs are reprinted from the December, 1991 issue of The Racing Blade.

SPEEDSKATING IN THE OLYMPICS 1924-1992

Chamonix, France, in 1924 was the site of the first official Winter Olympic Games. Since speedskating was immensely popular in Russia and all the Northern European countries and was the national sport in Holland, it immediately was one of the major features of the games. Norway and Finland dominated the World competition at that time and Clas Thunberg of Finland and Ivar Ballangrud of Norway, who were the stars during this period, became recognized as two of the greatest skaters of all time.

The first games had a carry over from World competition that decreed that a champion was selected by overall performance. Prior to 1928, a champion in World Championships had to win 3 of the 4 events to be declared the overall champion. The distances were 500, 1500, 5000, and 10,000 meters. If 3 were not won, there would be no champion. This stringent rule of winning three races had been dropped, but the overall rule is still



David Whitehead and Charles Jewtraw alongside a reproduction of Jewtraw's 1924 Olympic gold medal. The original medal is in the Smithsonian Institute in Washington.



CHARLES JEWTRAW

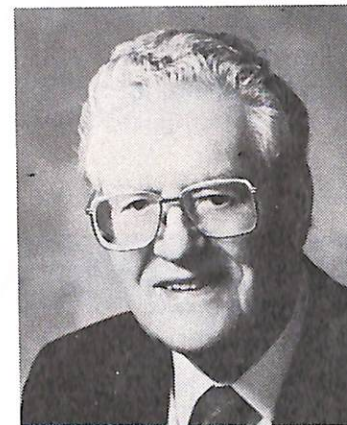
used. This overall requirement was only used once in Olympic competition and it was only an additional feature at the Chamonix Games since individual championships were recognized. Clas Thunberg of Finland won the 1500, 5000, came in 2nd in the 10,000 and tied for 3rd in the 500. This gave him the overall championship and meant that he had won 2 golds, one silver and one bronze. This was the greatest accomplishment by any man in speedskating for many years.

With the dominance shown by the Northern Europeans, one can imagine the excitement generated when the young man from Lake Placid, Charles Jewtraw, decisively won the 500 meter event by two-tenths of a second over Oskar Olsen of Norway. Valentine Bialis of New York placed 6th at 5000 meters.



THE FABULOUS FIVE

James "Bunny" Sheffield, Jack Shea, Charlie Jewtraw, Eugene Shea and Carl Parody pose after winning the United States Speedskating Championship. The five were put in Ripley's Believe It Or Not in recognition of the Lake Placid sweep.



Herbert J. Knudten

October 12, 1905 - April 24, 1995

Herbert J. Knudten died in his Florida home after a long illness. He was born in Chicago, Illinois and was raised in the Humboldt Park area where his father was a minister at a Lutheran Church. He graduated from Tuley High School and the University of Chicago, receiving a Bachelor of Philosophy degree in 1928. Upon graduation, he worked for the company that produced a securities manual known as the Blue Book for the Chicago Stock Exchange that eventually became the Midwest Stock Exchange. During the war, he worked for the U.S. Government as a Senior Supervising Liquidator in the Office of Alien Property Custodian and later for the Chicago Ordinance District as an administrative officer. After career changes, Herb moved to Cedar Rapids, Iowa in 1946 and became President of the Universal Engineering Corporation. Pettibone Corporation of Chicago purchased the company in 1948 and retained Herb as President of Universal and made him a Vice President of Pettibone. In 1964, he was named President of another subsidiary, Hammermills, Inc. In 1971 he was elected a Director of the Pettibone company.

Being raised in the Humboldt Park area of Chicago, it was inevitable that he would be exposed to speedskating since a lagoon in the park was the site of a many a championship meet. From his beginnings in the playgrounds and parks of Chicago to his competing on a national level throughout the Midwest and the East Coast, Herb Knudten was known by all.

His devotion to the sport gave him the opportunity to carve three avocations out of one sport. First of all was his career as a champion speed skater. As this was nearing the end, Herb moved over into officiating where he worked as patrol judge, referee, or any other position needing some help. This was a way to give something back to the sport that meant so much to him and kept him in touch with the many friends that he had made. After years of officiating, he moved into the administrative side of the sport and served in the many offices leading to being a President of the Western Skating Association, the Illinois Skating Association, the Iowa Association and finally, the Amateur Speedskating Union of the United States. In addition to these positions, he was a charter member of USISA when it was formed in 1966 and served on its board for many years. Herb's many contributions to the sport were recognized and in May, 1982 he was inducted into the Speedskating Hall of Fame of the ASU. In 1974, he had been inducted as a character member of the Iowa Skating Association Hall of Fame.

Herb's unceasing devotion to the sport, his fairness and his generosity will not be forgotten.

Herb is survived by his wife, Germaine, his son, Herbert J. Knudten Jr., his daughter, Cherrill Cizewski, and his brother, Carl Knudten.

Speedskaters outnumber movie and rock stars on postage stamps

Speedskating Postage Stamps

By Al Menghi

Did you know that there are over 150 postage stamps from over 50 different countries with speed skaters on them?

I made this discovery accidentally. It started innocently enough, but like almost everything else I do, got completely out of control in no time. I found an old box of stamps that my grandmother had given me and, motivated by dollar signs, wanted to find what they were worth.

At my local library I found a copy of Scott Catalog, an enormous publication that catalogs (with pictures) nearly every stamp ever printed in the world. Facing the devastating reality that my newly found fortune was not to be (my stamps were not worth much), I did find something interesting. In the Scott Catalog I saw a whole bunch of stamps with speed skaters on them. Many were from countries I had never heard of, like Togo or the Maldives Islands. Most of the stamps commemorate the Winter Olympics. Some of them had pictures of our skaters on them and looked nice (some of them were pretty lame too). Here is where things got out of control. Thinking this might make a good story, I borrowed the entire Scott Catalog from the library.

Later, armed with a list of Scott Catalog numbers, I looked in the yellow pages for the nearest stamp store. I ended up at Miller's Stamp Shop in Norwich, Connecticut, where I was able to find some of the stamps.

They told me they were philatelists, which made me nervous until I found out it is actually the technical term for "stamp collector". They also told me about topical collecting. Many people collect stamps from around the world by topic or theme. Trains, butterflies, and birds are some popular topics. There is an organization called The American Topical Association, Inc. that sells lists of stamps by topic to its members. Their address is P.O. Box 630, Johnstown, PA 15907. They don't have a listing for just speed skaters, but they do have one for skating - no ice hockey, which you could go through.

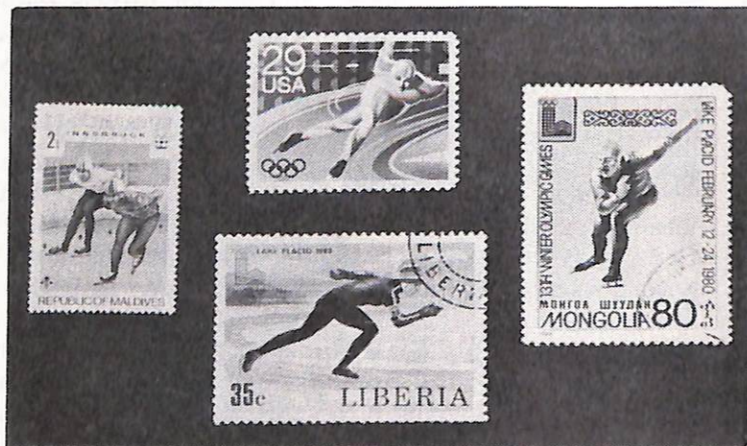
Stamp collecting is a great geography lesson and can be an inexpensive hobby. Most of the speedskating stamps cost less than fifty cents each (used).

A catch is that you sometimes have to buy them in their Olympic set, usually about five or six stamps. Also, it can take quite a lot of work to find many of them, like going to different stores, stamp shows, or through mail order, but to many the search is half the fun.

If any of you are interested in this and want to take over where I left off, let me know. The information I collected will save you a lot of work. (See Associate Editors list in the front of the magazine for the address.)

Editor's Note:

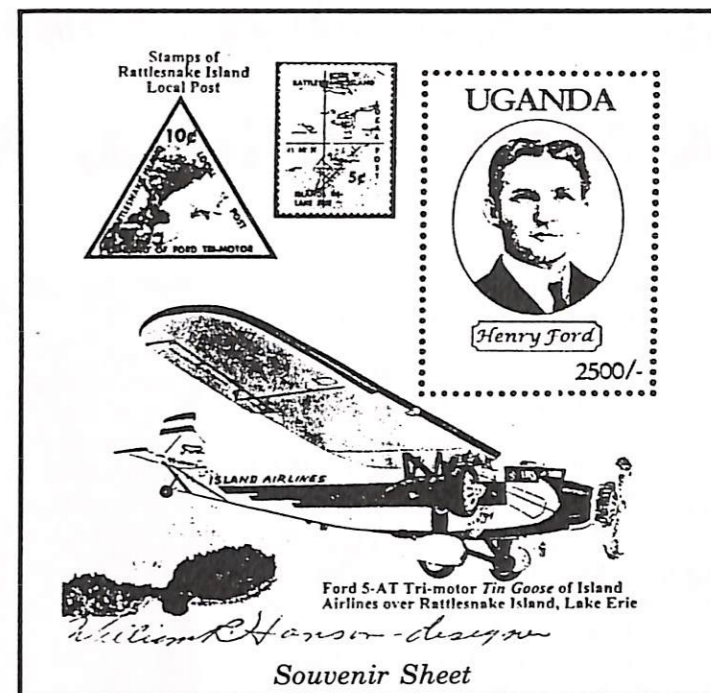
Al Menghi's interesting article reminded me of some information I had received over a year ago concerning Uganda postage stamps that were released in January, 1994 honoring Henry Ford and Carl Benz of Germany.



In honoring Henry Ford, four stamps and a souvenir sheet were designed. The individual stamps show Henry Ford and his 1903 Model T; Jack Shea, 1932 Olympic double gold medalist speed skater with a Model T Ford truck modified with skis on the front and a track drive on the rear that made it easier to get to Whiteface Mountain; Lee Iacocca and the 1962 Mustang; and Jim Clark who won the 1965 Indianapolis race driving a Lotus with a Ford V8 engine mounted in the rear.



At the Adirondack Stamp Club's Annual Spring Show in March, 1994 a Post Office Sub Station and Pictorial Cancel were provided in honor of 1932 Olympic Champion Jack Shea.



MORE NATIONAL AWARDS MADE AVAILABLE

Chairman of the National Medallion and Medal Program, Larry Ralston, recently announced that action taken at the 1995 National Convention will enable more sponsors to participate in the program.

Effective immediately, all North American Long Track and Short Track Medallions are available for sponsorship at a cost of \$1,000.00 each; Medals for the National Marathon Championships are available at a cost of \$450.00 per set of 4. Costs of these sponsorships may be spread out over a period of years at no additional cost and are a gift in perpetuity. Sponsors own rights to the awards forever.

Before the 1995 Convention ended, the North American Senior Men and Senior Women Short Track Medallions were sold leaving 26 more available. A promise to purchase a set of Marathon Medals was received from two prominent ASU Members. Persons interested in sponsoring any of these awards are invited to contact Larry Ralston, 46948 West Dr. Dr. Decatur, MI 49045 or call him at 616-423-8810.

An overwhelming response to sponsorship of the National Medallion and Medal Program prompted the Chairman and ASU Officers to make this extension of the program possible.

1996 NORTH AMERICAN SHORT TRACK SPEEDSKATING CHAMPIONSHIPS

ROBERT A. WADE
President, Red Deer Central Lions Club
Co-Chairman, Short Track 96 Committee

On behalf of the Red Deer Central Lions Speed Skating Club I would like to inform the ASU that we will be hosting the 1996 North American Speedskating Championship in Red Deer, Alberta, Canada.

The dates for this competition will be April 5, 6, 7, 1996. At this time it is our intention to hold this competition at the Centrum, which is the same facility that recently held the World Junior Hockey Championships.

We are hoping to attract skaters from outside of North America such as the Pacific Rim countries and from Europe as well. As well as the above mentioned competition, we are hosting the Canadian Short Track Championships the weekend before which will mean there will be a strong field of skaters in attendance for the following competition.

We have already handed out info packages at the recent Junior World Short Track Championships held in Calgary. It was at this competition that I met Mr. Bill Markland, the ISU rep, and he informed me that I should send this letter to the ASU so that you were aware that there may be some European or Pacific Rim Skaters attending our competition.

The title tells it all and it could strike a chord

A Man, An Idea, A Statue

By Bob Vehe

Ed Mercier of Stowe, Vermont, a founding member of the Green Mountain Speedskating Club, is a man with a long memory, a knack for long range planning and boundless enthusiasm.

Speedskating impressed him from the first time he saw it as a 19 year old in 1926 in New York City. Concentrating on it for the next six years got him ready to enter the tryouts for the 1932 Olympic team. He missed his goal, but it didn't diminish his interest in the sport. The Great Depression of the 1930s created a detour, when keeping employed and carving out a career to support his family had to take priority. After 52 years had passed and Ed was living in Stowe, he stopped at the local rink one day and that wonderful feeling swept over him again.

Back on the ice, Ed wondered why speedskating didn't have more recognition. His engineer's mind went to work and he analyzed why so many other sports have so much recognition. Tennis, hockey, golf, swimming and others all have national awards and one of the biggest is collegiate football with its Heisman Trophy donated by the Downtown Athletic Club of New York. The trophy is named after a famous college coach and is given to the year's outstanding college football player.

The publicity generated by sportswriters commenting on who should or would be given the award stirs up a frenzy of interest nationwide. Ed thought that this is what speedskating needs—an award to be given to the outstanding speed skater. The award must be a worthy piece of bronze art and not a plaque or a certificate.

In the winter of 1992, an art exhibit named "Sports in Art" opened at the Helen Day Art Center in Stowe and in it was the statue shown on the table at this past convention. The statue is titled "Jack Shea" after the double gold medal winner at the 1932 Games. It is a granite statue sculpted by Vermont artist Eric Oberg. I was pleased to obtain permission to use it



Ed Mercier—a man with an idea
Bill Houghton Photo

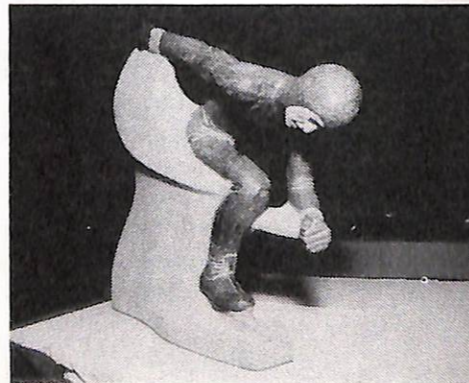
on the cover of the 1992 ASU Handbook. After seeing the statue, my goal was for a personal piece of art cast in bronze. Ed's goal was for a fitting trophy for the top speed skater. A bronze copy of the existing statue, however, would be too big for most homes or as an award.

Prior to the convention, Ed mentioned that the artist was sculpting a smaller version to be cast in bronze. Ed decided to bring the original piece to the convention to see if any interest could be developed. There still are two schools of thought. One is to have it exclusively for use as an award and the other is to have it available to all as a wonderful work of art that epitomizes a sport we all love. Why not both?

Ed's goal of a national award given by the ASU could be of great benefit to the sport. Do you know of some company, do you know of some group, do you know of some club, do you know of some city, do you know of anyone who thinks enough of the sport, the athletes and the organization to establish such a program?

Ed is 87 years old and has been hooked on speedskating for 68 years. His enthusiasm doesn't diminish by a few setbacks. Can you match this? Not in years, but in everlasting, upbeat fervor and confidence that rationality will always overcome negative thoughts. Let's be optimistic and dedicated to giving this the best try that can be made. Don't be retiring,

don't be negative. This can work. Let's make it work!



Granite statue titled Jack Shea
by Vermont artist Eric Oberg
John Needham Photo

CONVENTION "REFORM" — IS IT POSSIBLE

By Shirley Yates

It was Convention business, as usual. Or was it? Two distinct impressions of the 1995 Convention have emerged since that meeting in May. Actually, people began voicing some very definite opinions before they left the Convention.

The reason why their impressions are worth commenting on is that they represent changes in the Convention that many ASU Conventioneers have been advocating for years. There was renewed hope that we may finally be waking up to what our Convention should really be offering our members, that perhaps by the next century we can actually be concentrating on something other than rule changes at our annual meeting.

First, although there were no fewer proposals on the Agenda this year than in the past, the committee meetings to discuss them and the voting sessions on Sunday to decide their fate, moved along much faster than in previous years. Why? Are we finally beginning to see the silliness of the majority of these proposals and not giving them "their due" as a result?

Was the fact that of the 16 associations represented, nine of the Board of Control members were new (four new to the Convention scene) a factor. Perhaps they were just not up to "nit picking" yet. Will they be back with their skills as "pickers of nits" honed? Our esteemed Legislative Chairman Chuck Moore provided a bit of levity for us when he referred to these celebrated carpers and critics of our rules.

The two committee chairmen (Moore and Racing Chairman Brad Goskowitz) who had all but two of the 45 proposals, also contributed to the refreshing pace of the meetings this year as they moved everything along in an efficient, by-the-book (Roberts Rules of Order) fashion. The other two proposals were Finance. There were no Tracks & Distances proposals, leading people to suggest that we may finally be satisfied with the race distances we have.

A SATISFYING SATURDAY

The second revealing impression that came out of the 1995 Convention was the awareness that yes, workshops and clinics are important; of interest to everyone and can be worked into our schedule. On Saturday three such offerings, Coaching with Don Kangas, Growth & Development with Doc Savage and a Media Clinic, were well presented and well received. The Media Clinic, conducted by the new Promotion/Publicity Chairman Myra Vandersall, a media professional, was enthusiastically received and not allotted nearly as much time as it should have had.

The Officials Clinics were also held for the second year, with an addition this year to a Judges Clinic. After an hour and a half, when they finally had to break up, the consensus was that not enough time had been allotted for them either.

Suggestions have been made for other new, much needed, clinics for future Conventions. Time is a factor. What to do? We know the answer. We must begin to weigh our proposals for future Conventions very carefully and ask ourselves, are they really more important than having our members gain valuable knowledge with special programs and clinics, such as in the areas of promotion and fund raising, that may lead to increased growth and development? Open forums to exchange ideas could be an exciting addition to the Convention.

There were a total of 16 delegate votes, one for each association present. Voting on the Legislative proposals is done by the delegates. Of the 22 Legislative items on the Agenda, 11 were rejected, seven passed, one was withdrawn and three were sent back to committee for study and reworking to be brought back to the 1996 Convention.

DELEGATES APPROVE BIG CHANGE

The proposal of most importance, which will have the greatest immediate effect on our membership, was one listed as a Finance Proposal but which had to be acted upon by the delegates during the Legislative session as it requires changes to our By-Laws.

The ASU's membership year was changed from Sept. 1 - Aug. 31 to June 1 - May 31. This had been proposed some years ago as a solution to our serious summer cash flow problems and was rejected. The new rationale this year was the problem of skaters needing to be registered earlier to attend summer camps and participate in early fall meets and time trials. Association secretaries will now be able to get a jump on the mad scramble of early fall registrations by starting it in June.

The new membership ruling took effect at the 1995 Convention as do all rules enacted at the Convention (unless otherwise specified). However, since there is an overlap of three months this year, all members will carry their 1994-95 membership until Sept. 1.

The same system used last year, whereby the National Office sends out all renewal registration forms in one packet to the association secretaries, will be followed again this year. The form has been revised somewhat and by the time this Racing Blade is received registration forms will have been mailed to all associations and Direct Members. In the future these forms can be mailed to everyone in May.

NOVICE CHAMPIONSHIPS GO DOWN IN DEFEAT

The Legislative item to establish Novice Regional Championship competitions with an ASU designation of novice was rejected unanimously. First proposed at the '94 Convention with no one present from its sponsoring association of Iowa to plead its case, it was discussed at great length by delegates and deemed worthy of being sent back to the Legislative Committee for study. Much work was done by the committee and Doc

Savage, his Growth & Development Committee and the Novice Coordinators, to first determine the definition of a novice and then determine the feasibility of having Novice Regional Championships.

The Legislative Committee which submitted this year's proposal on the subject reported that committee members were of the opinion that "the novice championship is a local association activity" and further that "this is an entry level activity, it belongs under the auspices of Doc Savage and his committee."

Savage then reported the consensus of his committee members and association coordinators that there is no need for novice regional championships, that novice meets should be held and emphasized on the association level and novices be encouraged to move up to "non-novice" levels of competition.

Also opposed unanimously by the delegates was a proposal to establish an ASU/CASSA Standing Committee to "negotiate common terms for the conduct of the North American Championship". It was pointed out that a North American Committee with two ASU members and two CASSA members was established by then President Bill Cawthra at the 1993 Convention with the purpose of enhancing the NA Championship and making it more of an International meet to increase numbers and what was needed was simply to give that committee broader responsibilities to handle all concerns of NA competitions.

Another item entitled "Broaden Scheduling Window for Nationals and NA meets" met with little opposition. In broad terms this item was aimed at a less-restrictive scheduling of National and North American Championships to accommodate ISU (International Skating Union) scheduling to enable our World Class skaters to attend ASU's Championships meets. This was passed unanimously after an amendment to strike the clause that ASU and CASSA would declare their meet dates three years in advance was struck. No speedskating organization except the ASU has a policy of expecting dates to be declared firm three years in advance.

NATIONAL REGISTRATION GETS ANOTHER LOOK

A controversial proposal calling for a National Registration process was defeated after several association representatives spoke against it at the committee meeting. It required that the ASU National Office bill all members directly and forward all membership cards directly to each individual, collect association dues and provide associations with membership lists.

However, a similar proposal calling for the National Office to handle all registrations directly (but not the collection of association dues) was sent back to committee for further study, reworking and resubmittal at next year's Convention. A primary ASU By-Law requires that everyone living within the territory of an association must register with the ASU through the association.

A proposal to complete the "Adoption of Chief Judges as Expensed Officials", was the result of a mandate to the Legislative Committee at last year's Convention

after Chief Judges were added to the expense-paid officials list.

The committee's proposal to handle the qualifying of Chief Judges in the same way the other National Assistant Officials are qualified was questioned, however, when it was pointed out that the job required of National Assistant Judges bears no resemblance to that of National Chief Judge. That led to an amendment proposing the creation of a National Assistant Chief Judge who would work as an assistant to the Chief Judge at four meets before being qualified for recommendation and the proposal passed.

RACING PRESENTS FEW CHANGES

Racing Proposals are voted upon by the 20 ASU Board of Control Members. This year there were 19 present: one from each of 16 associations, the Skater Representative, USISA representative, and Past Presidents who have one vote split among all of them present at the Convention — this year there were two.

Of the 18 Racing proposals on the Agenda, five passed, eight failed, three were sent back to committee for further study and two were withdrawn by the sponsoring body before being voted upon.

The Masters Classes have often been a topic at the ASU's Convention. This year a proposal to allow skaters to move up to the Masters or Grand Masters Classes on their birthday rather than wait until July 1 was rejected unanimously.

However, a proposal to change the Masters Age classifications to 10-year increments from age 30-60 brought out a lively discussion on the Masters Classes, how to increase the numbers and how to establish a separate Masters National Championship. Finally it was unanimously agreed to send the item back to the Racing Committee to report back to the Convention next year with a "full package for separate championships and classes".

A proposal to "adopt ISU Regulations for Short Track Speedskating where applicable into the ASU Racing Rules" was referred to a joint ASU/USISA Committee. Another to maintain National Marathon Records was defeated when it was pointed out that there are four classes (both men and women) all skating together in a Marathon, there are difficulties with getting proper times, and different-sized tracks can be used for Marathons which are not officially surveyed.

A proposal which has appeared on the Agenda in the past finally met with success this year. As a result managers or owners of ice rinks will now be classed as eligible skaters and may compete in ASU sanctioned championships.

In the closest vote of the day, a proposal to recommend that preference be given to 30x60m rinks in consideration of any bids to host National or North American Short Track competitions went down in defeat 10 1/2-7.

NUMBERS — HERE WE GO AGAIN!

The subject of skaters numbers, becoming almost as perennial on the Agenda as the "starting rule" once was,

1995 resulted in further changes to the rule. One was to move all references about numbers to one new section in Art. IV of the Racing Rules. Long Track numbers will now have to be of a tear-resistant material and worn at or above the waistline, below the shoulder area. The original proposal was amended to require that Short Track numbers be issued in pairs, one for each side of the helmet, and the proposal then passed unanimously. Two more Racing proposals elicited some debate in the Racing Committee meeting but both were defeated on Sunday. One would have called for a race to be declared completed in a Short Track event when the first five skaters have crossed the finish line. The other called for a minimum of four skaters registered to compete for the class to be skated at a National Championship meet. Even when the number was amended to three, it was looked upon no more favorably, going down in defeat 14 1/2-4 1/2.

Another controversial proposal which was defeated would have made it mandatory for a Chief Judge (or his designee) in the case of "disagreement" among the judges, to "determine the order of finish by viewing the image-type timing and/or dedicated finish line video". As the rule stands now, the Chief Judge is the "sole judge of the necessity of reviewing the video tape of the finish".

The final Racing proposal which called for defining the term "novice skater" was unanimously opposed, the consensus being that there are many ways to define a novice and this is best left to the decision of individual associations.

1998 MAJOR EVENTS AWARDED
National Short Track Championships—Northern New York Assn. (Saratoga Springs), National Marathon—Wisconsin Assn. (Milwaukee), ASU Convention—Wisconsin Assn.
Following the established rotation system for Long Track meets, the Greater Minnesota Assn. will host the National Long Track Championships in Roseville and the Montana Assn. will be host for the North American Long Track.

BANQUET HIGHLIGHTS
As always, the Saturday evening banquet was a dress-up affair for the normally casual speedskating Conventioneers and an occasion to recognize a select few for their achievements and contributions to our sport. Ed Wentland, long-time ASU member, first of the Illinois Assn. and in recent years of the Northeast Assn., was the Master of Ceremonies.

The ASU's greatest honor each year goes to inductees into its Speedskating Hall of Fame. Each year Conventioneers can be assured that worthy ASU members will be inducted and this year was no exception. The ASU has two categories of members in its Hall of Fame — Contributor to the Sport and Skater.

The 1995 Contributor to the Sport inductee was Patricia A. Peaslee, a long-time member who had her first taste of the sport at the Pittsfield, MA, Winter Car-

nival in 1957. Since then she has been involved in all facets of speedskating on the club and association level, serving as an officer of the speedskating on the club and association level, serving as an officer of the Pittsfield Parks Speed Skating Club and as president and secretary of the Northern New York Assn. Finally, Patricia has also served her association and the ASU on the National level as official, committee chairman and Board of Control Member.

The Skater inductee, William T. Lanigan, is another ASU member eminently qualified to be inducted into its Hall of Fame. Bill's skating career spans more than three decades and includes almost every title and honor imaginable. He was the winner of 17 National and North American/U.S. Open titles in Short Track and Long Track. He went virtually undefeated in Short Track competition for 15 years and set 40 National and North American/U.S. Open records. He competed on several World Teams and in the 1968 and 1973 Olympic Games. In addition to his skating achievements, Bill has served in such diversified roles as coach, official and meet director.

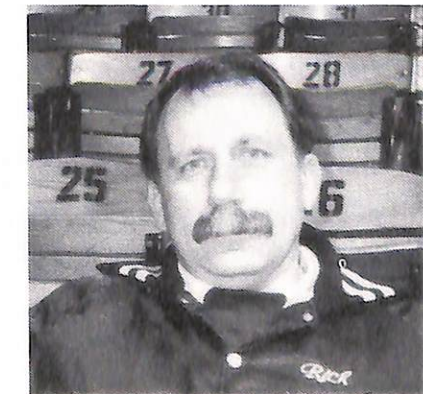
The full biographies of the inductees appear elsewhere in this Racing Blade.

The prestigious President's Award was presented by President Jim Chapin to four people in recognition of their dedication and contributions to the sport of speedskating at the local, state and National level.

Those receiving the awards were:

Bob Finkel, colorful, amiable Middle Atlantic Assn. competitor who has found time to also serve his club and association in many capacities, including that of association president twice, and for the last several years has made it his business to communicate with skaters at meets throughout the country, as he has served them on the ASU Board of Control and the Skater Representative; and

Ken Altuchoff, another long-time Middle Atlantic Assn. member who has distinguished himself at the local and association level as officer and coach, also has served the ASU well as coach at Growth and Development pioneering seminars, as Finance Chairman and ASU's representative on the USISA Budget and Finance Committee, and as a member of the ASU USISA Board Members Committee;



RICH SIMUNJAK

Rich Simunjak of Illinois, a willing and capable worker at the association and club level but whose contribution of time and talent to the ASU and the National Office can never be adequately enumerated or fully appreciated. From the day the ASU received its first computer in 1988 he has served as the ASU computer expert, helping the Secretary set up everything, from registrations to bookkeeping, on the computer. In 1994 he negotiated with his employer, Kemper Insurance, to donate a desperately needed new computer to the ASU; and

Joyce Leggatt, Vice President of External Affairs for the Canadian Amateur Speed Skating Assn., who has served as that body's representatives to the ASU for several years, attending North American meets and Executive Meetings in this country and our annual Convention. She also is one of the Canadian members on the North American Committee which is dedicated to strengthening the North American competitions.

RACING BLADE CONTRIBUTOR HONORED

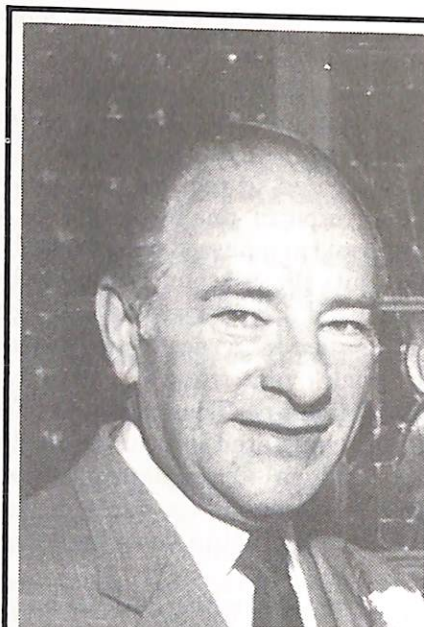
Editor Bob Vehe presented the 1995 Racing Blade Editor's Award to John Needham of the Northeast Association for his consistent donation of skating photographs for use in The Racing Blade. Vehe explained that getting good quality photographs for publication has always been difficult, particularly action shots, and Needham has been a great help in easing this problem.

Individual Recognition Certificates also were presented by President Chapin to ASU associations to take back to more than 130 individuals who distinguished themselves on the local and association level during the past year. Several were presented to Doc Savage to distribute to various clubs and individuals who excelled in their Growth & Development efforts during the last year.

A big thank you to Convention Chairman Chuck Moore and his crew of Northeast Assn. members including Ruth Moore, Linda and John Needham, Fred Cashman and Milton Weinstein for their efforts in hosting our 67th annual Convention at the elegant Tara Hotel and Resort in Danvers, MA. Moore scored a big hit with everyone by arranging to have a special hospitality room available for the Conventioneers the whole weekend. It was truly an all-purpose room but mainly everyone enjoyed the many informal get togethers held there —and the snacks, provided by Linda!

ASAI Category 5 Camp

Illinois will hold a one day category 5 Camp open to all on Saturday, September 9, 1995 at the Robert Crown Center Ice Rink in Evanston, Illinois. Details and registration forms can be obtained by calling President Steve Young at (708) 869-1775 or VP Dan Fling by (708) 441-7039



**John R.
Grzeskowiak**

Age 62

John R. "Grassy" Grzeskowiak passed away on April 17 after an extended illness.

John was involved in speedskating for much of his life. He was a long time coach of the Alpena Speedskating team and was a past officer and active supporter of the Michigan Speedskating Association. He served as the Michigan Association's Vice President of Racing in 1976-1977, President of the Association during 1977-1979 and Treasurer from 1983 through 1990. As a young man, he was a competitor for the Wyandotte Speedskating Club.

John helped the Michigan Association through the difficult period of low registrations, loss of clubs and lack of participation between 1980 to 1990. He served as a role model and mentor to those new to the sport. He was an example of perseverance by doing the right thing and helping all. The Michigan Speedskating Association is much better off because John "Grassy" was there to help.

He was a retired teacher from the Alpena Public Schools. At times, he served as Haynes Township Supervisor, Haynes Township Assessor and was a Building Inspector for Haynes and Harrisville townships.

He is survived by his wife, Betty, his daughters Jackie Marx and Colleen Grzeskowiak and three brothers Reginald, Ralph and Raymond and two sisters. Mary Ann and Anne Marie Stevens.

*Love can achieve
unexpected majesty
in the soil of misfortune.*



*Speedskating
Hall of Fame
Inductee*

**PATRICIA A.
PEASLEE**

John Needham Photo

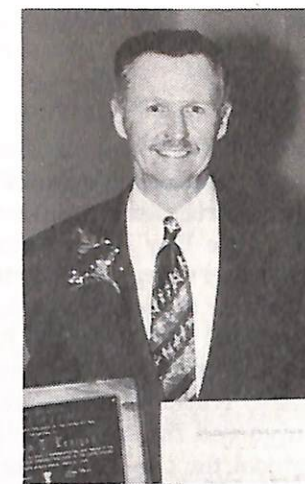
Little did Patricia A. Peaslee know in 1957 when she first helped give out medals at the Pittsfield Winter Carnival that a lifetime of involvement in the sport of speedskating would follow. The Pittsfield Winter Sports Committee in which Pat has been a volunteer since that first year until the present, sanctioned the speed skating events as part of their carnival program. Eventually she moved from giving out medals to assisting in scoring and registration at these meets. Pat was hooked.

Born June 17, 1935 Pat graduated from Pittsfield High School in 1953. She attended Berkshire Community College and the University of Massachusetts where she took business courses. On October 15, 1955 Pat married Carl Peaslee and together they became involved with the Pittsfield Winter Sports Committee. Pat was elected Treasurer in 1976 and still serves in that capacity. She also served as chairman for the Berkshire Hills Outdoor Championships, through this Winter Sports Committee, from 1973 until 1991 when the event was cut from the program. For their many years of faithful and devoted service to this organization, the 40th Annual Pittsfield Winter Carnival was dedicated to Pat and her husband.

Pat continued her regional activities in the sport as an organizer for the speed skating event in the first Winter Special Olympics in Massachusetts and served as a volunteer in this event for several years. She and her husband, Carl, helped to organize the speed skating events for the Winter Bay State Games in Massachusetts and then served as Directors until the event was discontinued as a result of financial cutbacks. Pat also served as Treasurer of the Pittsfield Parks Speed Skating Club from 1961 through 1964 and as Secretary/Treasurer from 1964 through 1967, and from 1968 to the present time. Her activities in the sport continued to expand when Pat was elected President of the Northern New York Association in 1984. She filled this position for two years. She was then elected as Secretary for Northern New York from 1965 to 1966, 1967 to 1968, 1978 to 1980 and from 1988 to the present time.

Jointly, Pat and Carl were honored by the North

(Continued on page 22)



*Speedskating
Hall of Fame
Inductee*

**WILLIAM T.
LANIGAN**

John Needham Photo

From accomplished skater to coach to official to meet director, William T. Lanigan has done it all in the sport of speedskating. His record of achievement on the ice has left an indelible mark on the world of skating, along with his many off-ice contributions.

Born August 6, 1947 in New York, Bill learned to skate on a lake near his home. He was assisted and encouraged by the late National Referee, Bill Cooney, and former Olympic cyclist and speedskater, Arnold Uhrlass. At his first National competition, as a Junior, he won one race and set his first National record. He was on his way!

Bill was the winner of 17 National and North American/U.S. Open titles in Short Track and Long Track. During this run of success from 1964 through 1979, he set or established over 40 National and North American/U.S. Open records. He was the only skater to have won five titles in one year. These championships in 1965 included the four titles of Nationals and North American/U.S. Open in both Short Track and Long Track, along with the North American Invitational in Lake Placid. In the years 1965, 1969, 1973 and 1979, Bill won every sanctioned race he entered, including the famous New York Turkey Trot and the National Championships. He went virtually undefeated in Short Track competition for 15 years.

In 1966, he carried this success in pack style over the metric style speedskating. That year he won every Long Track, Short Track and Metric Style competition in which he competed. These events included the championships of U.S. Open Long Track in Lake Placid, New York, National Short Track in St. Louis, Missouri and U.S. Open Metric Style in Flint, Michigan. He was the inaugural U.S. International Speedskating Association National Champion. Over the next eight (8) years. Bill was a member of every National, Can-Am, World and Olympic Team; a total of 17. In 1966, he traveled to Goteburg, Sweden as a member of the World Team and achieved the best showing by a U.S. skater. In the 1968 Winter Olympics in Grenoble, France, Bill competed in

(Continued on page 22)

PATRICIA A. PEASLEE*(Continued from page 21)*

American Festival Committee in Lake Placid for their many years of devotion to the sport of speed skating. Pat and Carl were recognized by the Northeastern Skating Association for their services at the Bay State Indoor Championships. In 1986 they received recognition by the Town of North Elba (Lake Placid) for dedicated service.

Besides her many local and regional activities, Pat has been involved on the national and international level of the sport. She has been an ASU National Judge since 1970 and also been heavily involved in scoring many events. Pat assisted with protocol for the 1978 World Sprint Championships and for the 1980 Winter Olympic Games, both held in Lake Placid. She has served as a scorer of many National and North American Championships held in the East. In 1988, she served as Chief Scorer for the National Indoor Championships in Morristown, New Jersey. For the 1989 World Speed Skating Championships for Ladies in Lake Placid, Pat was Co-Chief of Protocol.

Besides her work at numerous events as an official, Pat is involved on the Committee and Board level of the ASU. She attended her first Convention, in Buffalo, in 1970 and again in 1971. In 1977 she came back once more and hasn't been able to stay away since. She co-chaired the Convention in Albany in 1985. Pat was appointed Board of Control for Northern New York Skating Association in 1990 and served in this position until 1994. She served on the Hall of Fame Committee from 1976 to 1988, as chairman of this committee from 1983 through 1985. Pat currently serves on the Finance and Audit Committee. She has previously been a member of the Promotion and Growth Committee. For several years Pat has been the recipient of the ASU Certificate of Appreciation presented at the annual Convention. In 1985, the Amateur Speedskating Union recognized Pat for dedication and contribution to the sport of speed skating at the local, state and national level.

Pat is also active in other civic organizations. From 1973 to the present, she has served as Secretary-Treasurer of the Thomas Island Association. Pat served on the Parish Council of Notre Dame Church from 1980 through 1983 and the Parish's Bingo Committee from 1978 to the present.

Pat worked as the Principal Clerk and Stenographer for the City of Pittsfield's Department of Parks and Recreation for twenty years, taking early retirement in 1985. Currently Pat works part time in an educational resource store for teachers and parents called "My Teacher's Closet".

Pat has been involved in the sport of speed skating for the past 37 years of her life. She, along with her husband, Carl, have given countless hours to the sport on all levels. We honor Pat tonight as a valued contributor to the sport.

WILLIAM T. LANIGAN*(Continued from page 21)*

the 1500, 5000, and 10,000 meters, placing 24th, 24th and 21st place respectfully. In the two longer distances, Bill's finishes were the best by any American. Again in 1969, Bill qualified for the World Championships in Deventer, Holland where he once more was the highest U.S. finisher. In 1970, he competed in both the World Championships in Oslo, Norway and the first World Sprint Championships in Milwaukee, Wisconsin. He achieved the best performance by a U.S. skater in both competitions. He competed in the 1971 World Championships in Goteburg, Sweden and in the 1500 meters at the 1972 Olympic Games in Sapporo, Japan where he placed 25th. His highest achievement came in 1973, when he captured a gold medal in the 500 meters and placed 4th in the 1500 meters at the World Championships in Deventer, Holland. He also finished 10th in the 1000 meters at the World Sprint Championship in Oslo, Norway during the same year. With his ability to be focused on a goal, he was able to obtain these accomplishments with little or no Long Track training due to the lack of facilities. In 1974, Bill was the unofficial World Short Track Champion with a victory in Ste. Foy, Quebec when 6 countries took part in an international event.

These unmatched achievements in Long Track (both Metric and Pack Style) and Short Track came while Bill was attending college as full time student or employed on a full time basis. According to the May, 1968 New York Times, Bill was awarded the only known College Varsity letter for Speedskating. He also made the Dean's list at Manhattan College while earning a Bachelor of Science degree. He was awarded a plaque for "Outstanding Contributions to the College" from Manhattan College. Bill went on to earn a Master of Science, Physiology degree from Columbia University. Bill was one of the first 50 Americans certified by the American College of Sports Medicine as a "Preventive and Rehabilitative Exercise Specialist". He is a published author, having written articles concerning the effects of exercise on various groups. He is currently the President of Striclan, Ltd. a manufacturer of health and fitness products.

Following his competitive skating career, Bill continued to be involved in the sport. He initiated and conducted the first national caliber on an off ice training camps on the East coast at West Point, Saratoga Springs and Lake Placid. He coached the Middle Atlantic Speedskating Association as well as as coaching and chaperoning National Training camps. Bill also took Eric Heiden to the 1977 World Championships where Eric won his first World title.

On the Officials side of skating, Bill became involved as a USISA Board Member and member of the Program Development Committee from 1976 to 1984. He officiated at several World Championships and the 1980

Winter Olympic Games in Lake Placid, New York. In 1988, he was the meet director of the successful National Short Track Championships in Morristown, New Jersey.

Bill is married to Christine Lind Lanigan, herself a winner of National and North American titles several times. They currently reside in Larchmont, New York and can be seen at various skating events throughout the season. Besides being a former state champion and

SHIRLEY SAYS...

- We have a new membership year! It now runs from June 1 - May 31. If you were registered during the 1994-95 season, your membership is still good to Aug. 31 but don't wait—re-register now! Membership renewal applications were sent to all associations in June.
- Secretaries, don't hold registrations. Send them in as fast as you can. Almost all skaters now have birth certificates on record so there should no longer be any cause for delay. For new skaters, you can always send the birth certificates later. To compete in early fall meets and trials, skaters must be registered.
- The ASU Secretary will work with association secretaries this year to round up any birth certificates that are still missing for skaters registered in the past.
- The ASU New Skater membership fee of \$10 is only for skaters (who plan to compete at any level) who have never been registered with the ASU before. ASU annual dues for all non-competitors, recreational skaters, coaches and officials are \$20 beginning with the first year. Dues for Special Need Skaters are always \$10.
- Only those people who do not live within the territory of an ASU association may register directly with the ASU National Office. All others must go through their association.
- If you are an association member and have not received an application to renew your membership by September, you should contact your association secretary. This goes for everyone - skaters, officials, coaches, non-competitors. If you're involved, you should remember to register.
- The new membership applications have a place to check if you want to receive The Racing Blade by 1st Class Mail. Remember that could take weeks off the mailing time of your Blade.
- If you move anytime during the year and do not send the National Office your Change of Address immediately, you will not receive the next Racing Blade nor any others until you do. It is mailed by Bulk Rate and will not be forwarded.

nationally ranked cyclist, Bill keeps active through tennis, jogging and in-line skating.

Bill's contributions to the sport of speedskating both on and off the ice make him a most worthy candidate for the Hall of Fame. His unique style of skating the old safety track was often imitated but never duplicated. As a model for the figure on the National and North American Championship medallions, his style will live on.

The following are fees required by the ASU for the 1995-96 skating season:

New skater, first year	\$10.00
All competing skaters, beyond first year	30.00
Officials	20.00
Non-competitors/Recreational skaters	20.00
Special Need skaters	10.00

The ASU Official Handbook and Racing Blade are provided free for all registered members, For non-members the following is in effect:

Handbook	5.00
Racing Blade Subscription - U.S.	15.00
Canada, Central & So. America	20.00
Europe, Asia, Australia (U.S. Funds)	25.00
First Class Racing Blade for U.S. an additional	10.00
Limited number of Back Issues available	each 3.00

Open Meet Surcharge (paid by meet host) - per skater25
Annual association dues	300.00
National/North American Championship Meet sanction	500.00

WARNING TO ALL SKATERS!

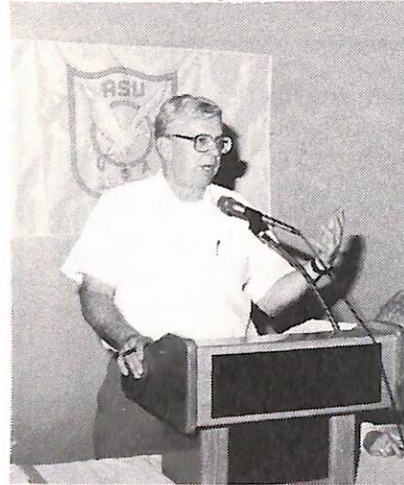
Beginning this fall, you must carry your membership card with you to all skating meets to show that you are a current member of the ASU. You will be asked to show your card at check-in at meets. The rule in this country is that you must be a member to be eligible to skate in any competition. If you cannot show that you are a current member, you may be asked to leave the meet.

When you join the Amateur Speedskating Union, you automatically become a member of the United States International Speedskating Assn. (USISA) which allows you to skate in the various trials and competitions conducted by that organization.

Membership applications for the 1995-96 season have been sent to all associations. Skaters should register as soon as possible to be eligible to skate in early fall meets and trials.

1995 ASU National Convention

TARA Hotel and Resort
Danvers, Massachusetts
May 19-21, 1995



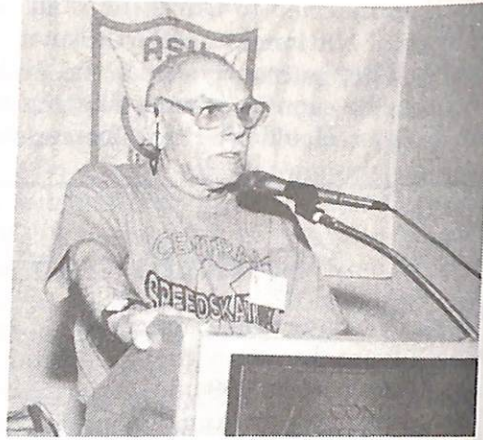
Chuck Moore of the Northeast Association, an indomitable foe of kakistocracy and promoter of hueristic analysis, who as Chairman of the Legislative Committee knows how to move things along.

Bill Houghton Photo



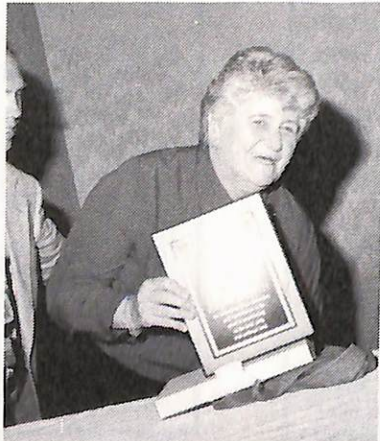
Chairperson Myra Vandersall of the Promotion & Publicity Committee presenting the Dunkin Donut Award to President Jim Chapin

Bill Houghton Photo



Doc Savage of Wisconsin conducting the Growth & Development session

John Needham Photo



Joyce Leggatt, Vice President of External Affairs for the Canadian Amateur Speed Skating Association, holding her President's Award, responds to something funny

Bill Houghton Photo



Ken Altuchoff of Middle Atlantic holding his President's Award

Bill Houghton Photo



Jerry Steele of Wisconsin and Mary Wong of Northern California awaiting their seafood dinner

Bill Houghton Photo



Dave Krall, 3rd VP from Colorado; Joyce Leggatt, CASSA VP; Bill Anderson, 2nd VP from Michigan; and Tom Porter, 1st VP from Northern New York, enjoy a laugh

John Needham Photo



Joel Williams of Northern New York, Fred Cashman of Northeast, National Short Track Grand Master Champion Ed Lang of Northeast and Larry Clever of Northern New York await the start of the banquet

Bill Houghton Photo



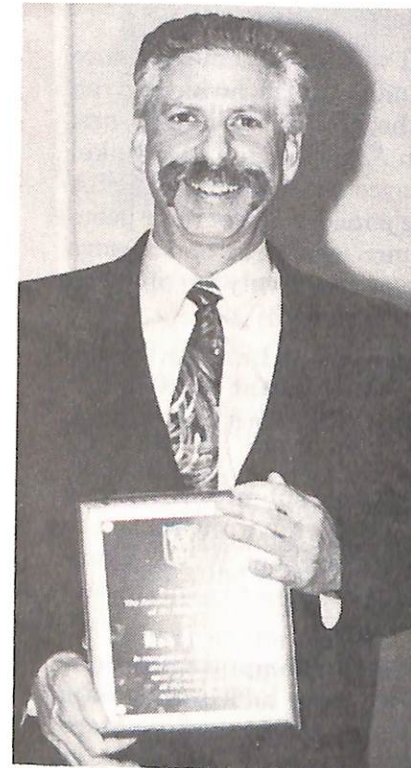
Jerry Klasman of Connecticut, Laura Verdino of Middle Atlantic, Mary Smith of Northern New York, Milton Weinstein, President of the Northeast Association and ASU 1st VP Tom Porter of Northern New York ponder some important words

Bill Houghton Photo



Doc Savage of Wisconsin, David Kennedy of Maryland and Bob Halden of the Western New York Association appear to be having a good time

Bill Houghton Photo



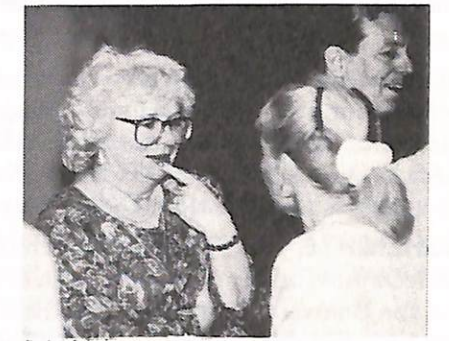
Bob Finkel of Middle Atlantic holding his President's Award

John Needham Photo



Bob Vehe presenting The Racing Blade Award to John Needham of the Northeast Association for his unselfish and constant contributions of photographs

Bill Houghton Photo



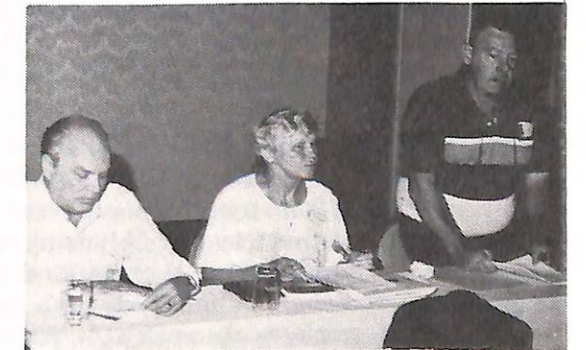
Executive Secretary/Treasurer Shirley Yates ponders a question from Ilene Greishaber of the Florida Ice Sports Foundation

John Needham Photo



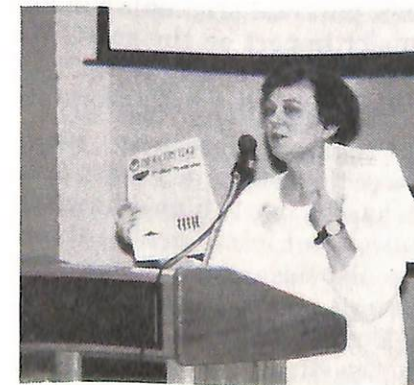
Jerry Klasman, Al Menghi and Dave Moneypeny are three of the people who make the Connecticut Association work

Bill Houghton Photo



Three Chief Referees in a Row Tim Quinn of Ohio, Joan Peterson of Minnesota and Duane Riley of Wisconsin.

Bill Houghton Photo



Myra Vandersall of Missouri conducting her well-received session on the media

John Needham Photo



Master of Ceremonies Ed Wentland and President Jim Chapin

John Needham Photo



This Looks Like a Starter's Caucus Chuck Moore, Fred Benjamin, Bill Anderson, and Ted Klaiber. What possibly could be that serious about starting?

Bill Houghton Photo

PRESIDENT'S REPORT

JIM CHAPIN



CONGRATULATIONS—To the Northeast Association and the many members who put on an excellent ASU Convention in Danvers, MA in May. Those of you attending know what a great job they did; those of you who stayed home really missed a very good meeting.

WELCOME—to the eight new Board of Control Representatives for this year. Fred Benjamin, ILL; Jerry Klasman, CT; Dave Kennedy, MD; Laura Verdino, MASA; Diane Palmer, MT; Mary Wong, No CA; Larry Clever, NNY; Joe Balbo, OH and Brad Goskowicz, WI.

HIGHLIGHTS—many committee chairmen did excellent work in moving proposals through committee discussion and the Board of Control session. Brad Goskowicz in Racing, Lisa Sundstrom in Meet Scheduling, Ken Altuchoff in Finance and Chuck Moore in Legislative.

COMMITTEE PRESENTATIONS—Doc Savage in Growth and Development, Don Kangas and Larry Ralston in Coaching all had excellent sessions. All were entirely too short and I hope by next year we can remedy this. More later on this year.

SOMETHING NEW, the MEDIA CLINIC—Presented by Myra Vandersall was an excellent opportunity for our members to hear from a professional writer the how to and why you do it this way for publicizing speedskating. I have been fortunate to see the results of Myra's work in St. Louis and she can help your area just as well IF you will work, work, work, work at it! An excellent program, but entirely too short in time. This has to be expanded.

CLUB FUND RAISER—John Woods with Entertainment Inc. gave a presentation on a profitable, painless Fund Raiser for Clubs in most major metropolitan areas of the country. I contacted this organization early in the spring. I have used this book for several years and it is an entertainment bargain for sure. Every Club in the ASU will be receiving a mailing on this program very shortly. As new mailing addresses for the 1995-96 clubs come in they will be added to those of this past year. This can be used in most larger metropolitan areas of the country. I counted 20 states we are in and about 60 clubs that can use this program. More details in your mail box.

CONCERNS—Only one bid for the National Short Track

and Convention for 1998. Usually this is a very heated contest. Northern New York hosts the Short Track and Wisconsin the Convention. Why the decline in interest? Any thoughts, let me know.

EXCITING NEWS—Many individuals who missed the opportunity to sponsor a National Medallion now have a second chance by sponsoring a North American Medallion! Long Track and Short Track, men and women in all classes. Also, new added and announced, sets of Medals for the Marathon Championship. A few remaining National individual distances also remain. Check with Larry Ralston for details. The interest generated from the Medallion Fund helps to defray the cost of the ASU Medals and Medallions. If these two new programs are sold out in a short time it will not be long before the entire cost of medals and medallions can be assumed by the growth of the fund. Your sponsorship is lifetime and tax deductible!

PRESIDENTIAL AWARDS—It was an extreme pleasure to present this award to four individuals who have given of their time and talents to the ASU for several years. Rich Simunjak of Illinois; Ken Altuchoff and Bob Finkel from Middle Atlantic and Joyce Leggatt, the CASSA Representative to our meeting joined many of their peers at the Banquet. Nineteen former award recipients were there and eighteen more are still actively involved in our sport. This Award is truly earned!

HALL OF FAMERS—Welcome to Bill Lanigan in the Skater category and Pat Peaslee in the contributor category. What a fantastic resume for both individuals. Read this section in this issue.

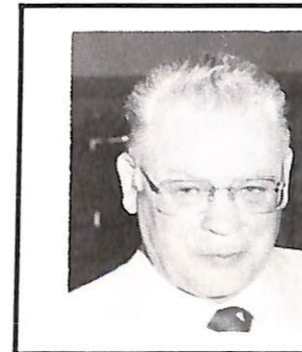
QUESTION—The Iowa Association submitted six proposals for the Convention but did not have any representative there to lead the discussion on them. WHY? Every other Association in the ASU was there to explain and discuss their proposals.

CONVENTION CONCLUSION—The Committee sessions were the best presentations we have had in my years attending our conventions. The proposal sessions were smooth and well planned with minimal discussion or time given to items of little or no interest to those attending. My wish for 1996 - Expanded information sessions, detailed workshop sessions, minimal proposals submitted unless they have a major impact on the sport. We have spent enough time dotting "i's" and crossing "t's." We certainly have more important things to work on!

BEGINNER SKATES—The beginner skate program provided over 100 pairs of skates the first year. We are looking at a new model which has a slightly higher boot and a little better blade balance front and rear. In all probability we will deal on a club basis more this year than last for shipping convenience and better distribution. Much more later on this. However, the key point again is ORDER EARLY! This was stressed last August and by the time many people woke up and wanted their skates yesterday, it was late in the season. I believe this is called planning!

CORRECTION—Last issue I noted the West Allis Club did not support the National meet in Butte. Brad Goskowicz called me and reminded me two club members won national titles. I noted they were both registered from Illinois. Technically they were from the West Allis Club so I was wrong.

THE GREAT AMERICAN TRADITION—No, not apple pie and motherhood, rather the corporate buy-out of today's business mentality. I recently joined many of my fellow countrymen in this prestigious area of our business history. It is something new and it will take a little while to get adjusted into a new position where I can still maintain my activity in skating. That is a priority in my life.



Overheard In The Heat Box

by LARRY RALSTON

Guy Thibault, of Canada, has been named the National Sprint Coach by USISA.

The speedskating world was saddened by the death of Hall of Famer and Past President Herb Knudten on April 24. We extend our condolences to the entire Knudten family.

Rules in the National Hockey League provide for two Zamboni machines to clean the ice at all games so more time is available between periods for promotional events. At the New York Rangers home opener at the Nassau County Coliseum, one of the machines crashed into the boards. No one was injured and the game proceeded on time but the advertising on the Zamboni was for Volvo automobiles with the slogan, "Drive Safely."

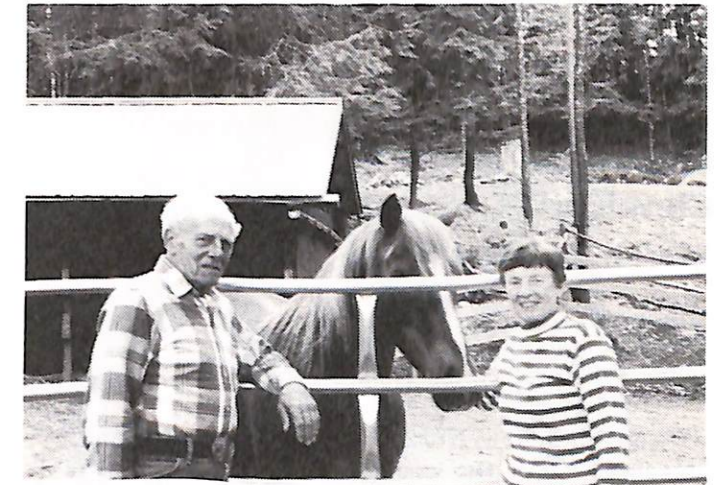
Former National Speedskating champion and Professional Baseball player, Lee Mazilli, has been named Commissioner of the Class B Northeast Baseball League.

The "Women in Sports" series that aired on ABC was the brainstorm of Former Olympian and Hall of Famer, Lydia Stephans. Lydia is vice president of programming for ABC. The series included "A Passion to Play," "The Lives of Katarina and Nadia," "The African-American Experience," "Women of Adventure" and "Mothers of Strength and Spirit."

The 1995 ASU Convention in Danvers, MA was a delight to attend. Ruth and Charles Moore, Linda Needham and Fred Cashman did an outstanding job in coordinating the activities and hospitality.

One of the 1995 Convention highlights was the presentation on Publicity and Promotion by Missouri

delegate Myra Vandersall. Speedskating will be happy to have her around for the next 50 years.



Dave and Betty Roche with "Daisy"

A recent visit to Stoney Creek, NY found former President and Hall of Famer, Dave Roche, busy at work on the Roche Ranch. Dave and his wife, Betty, are still active in the daily ranch duties but they do them much more slowly. They send greetings to all their skating friends and hope more will drive in for a visit. The latest project at the ranch is repairing a defective septic system.

The National Medallion/Medal Program is opening sponsorship for all North American Medallions and National Marathon Medals. The National Chairman invites inquiry as to availability as three Medallions were sold before the Convention ended. (See article elsewhere in this publication.)

Of course, no Heat Box article would be complete without the usual Postal Service story. This one is a honey... and true. Racing Blade Editor, Bob Vehe, received a package from the U.S. Postal Service containing a mutilated envelope full of speedskating results from a recent competition in Italy, and a letter of apology from the postmaster for the condition of the envelope. (Our processing equipment, etc.) While the apology was appreciated, the original envelope was dated November 1994 and finally delivered in April 1995. The Pony Express was faster and more reliable.

ORDER YOUR COPY NOW

For full coverage of the Convention, you may order the 1995 ASU Directory and Convention Minutes from the National Office. The book also includes all committee reports, member associations and club listings, committee appointments and committee members' addresses, National Officials, the Open Meet Schedule of all ASU and USISA competitions for 1995-1997 and addresses and phone numbers for all those involved in the ASU on the National level. Price of the book is \$10.

1995 North American Short Track Championship

Brooklyn Ice Rink
Cleveland, Ohio
March 24-26, 1995

Editor's Note:
This is a continuation of an article by Sarah Hill titled, *World Class Racing At Its Best* appearing elsewhere in this issue.

We did make it to North American Championships in Cleveland, Ohio, the weekend after World's. Again, it was wonderfully well organized, and a thrill to watch all of the young champions of tomorrow. Probably for the first time in recorded history the championships were pretty evenly divided between the United States and Canada, and the races were spectacular. The younger skaters did not seem to care if they had to pass three wide on a turn, and just went for it. All of the competitions seemed pretty evenly matched, with one or two particular standouts who were just a joy to watch. Jonathan Guilmette, a junior skater from Quebec, was awesome with his relaxed style and command of his races. Whatever it is that they do in Quebec to teach technique, it works. And Cherise Wilkins, who skated as a Midget all year even though she is really a Pony, repeated her National Championship with the North American win, and proved that it is better to be challenged in your races than sit back and take easy wins. She had some tough competition from some excellent Canadian skaters, but her experience going to tougher meets all through the season paid off. With a little technique training under her belt she could match the Quebecois.

The banquet was the most fun of any in years, though a little rowdy. The Ontario skaters were not shy about cheering for their teammates, which started a cheering match between all of the skaters. It was great to see the camaraderie and good clean fun. Honors were passed out to not only the skaters, but the organizers, particularly Joe Balbo, who richly deserved it. I don't know if he'll ever organize another meet like it, but we will be lucky if he does.

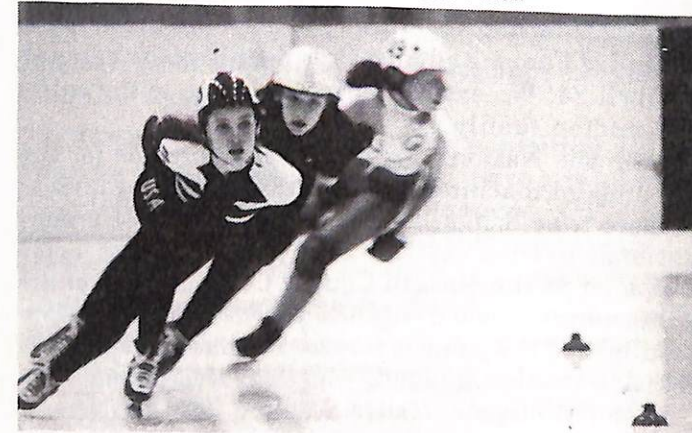
So the season is over. But it was a glorious season, and one which I hope is repeated next year (with maybe a little better cooperation from the weather). I expect to see many new faces at the next Olympics, and I hope the countries who are just getting into speedskating were encouraged by the progress the other new countries have made. I know the ISU and all of the competing countries are paying strict attention to development, so there may be some real surprises by 1998. I just hope that the sport starts generating some of the public enthusiasm it so richly deserves.



1995 North American Short Track Champions
Sarah Hill Photo



Julie Goskowicz, Erin Porter and Sarah Shapiro lead the field in the 1500 Final.



Sarah Elliott of Wisconsin leading a Juvenile Girls race with Marie-Eve Bernier of Canada in third watching where she had been.
Sarah Hill Photo



The skaters cheered and snake danced through much of the award ceremony and their enthusiasm was infectious.
Sarah Hill Photo



For the want of a protocol—the omission of identification of Intermediate Men.
Sarah Hill Photo

There was one unfortunate incident at the North American Championships which bears mention. A Quebec skater was disqualified for contact during a crucial race, which lost him the championship. There were boos greeting the decision, and one of the coaches got angry and made some unfortunate remarks.

As I mentioned, nothing even remotely like this incident took place at the World Championships this year, specifically because we have been told to clean up our act in Short Track. I guess the word has not gotten down to the local level. But we do have rules about sportsmanship, rules which coaches should be just as subject to as skaters. From my vantage point, I felt the referee made the correct call. I have tapes from previous World Championships and Olympics where intentional and disruptive contact are obvious. It is time to hold our ground, and make sure that we can always say to the people who don't know the sport "No, it is nothing like Roller Derby."



Juvenile skaters Claudie Leroux and Marie-Eve Bernier of Canada, Katy Kepka of Missouri and Emily Smith of Canada.
Sarah Hill Photo



Tony Goskowicz, Ontario's Jonathon Cavar and Brad Campbell in the 1500 semi.

FOR SALE

Size 38 LaBerge Boots \$200

14" Inline Frames & Wheels (4) . . \$125

LAS Helmet - SM - Red
(Needs repair) \$ 15

LAS Helmet - SM - Blk
(Needs repair) \$ 15

Knickmeyer Jig \$150

42cm (16½") Zandstra
Blades (Bent & Rocked) \$150

42cm (16½") Zandstra
Blade (Worn Down)
(Bent & Rocked) \$100

Various Racing Suits/Bibs/Boot Covers
Sizes and Prices Vary
Black w/Bib • Red/Whit • Blue/Yellow
Hot Pink w/Bib & Boot Covers

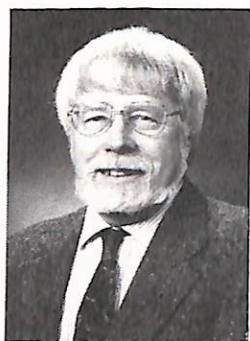
JOHN MCGILL
(217) 356-7263 (Days)
(217) 352-9058 (Evenings)

**NORTH AMERICAN SHORT TRACK CHAMPIONSHIPS
CLEVELAND, OHIO**

CLASS	EVENT	TIME	SKATER	ASSN	SKATER	ASSN	SKATER	ASSN
GRAND MASTER MEN	500	56.280	JIM MINAMI	NOCAL	HOWARD GANONG	NNY	WALTER MONAST	NNY
	777	1:29.880	JIM MINAMI	NOCAL	HOWARD GANONG	NNY	WALTER MONAST	NNY
	1000	1:53.980	JIM MINAMI	NOCAL	HOWARD GANONG	NNY	WALTER MONAST	NNY
	1500	2:52.980	JIM MINAMI	NOCAL	HOWARD GANONG	NNY	WALTER MONAST	NNY
OVERALL STANDINGS JIM MINAMI								
MASTER MEN	500	47.660	BOB SCHERL	MO	KENNETH MASTRIANNA	SOCAL	BILL WEAVER	MI
	777	1:16.900	KENNETH MASTRIANNA	SOCAL	BARTH LEVY	WI	RICK BARBER	NNY
	1000	1:44.010	BOB SCHERL	MO	KENNETH MASTRIANNA	SOCAL	BILL WEAVER	MI
	1500	2:45.130	WADE SMITH	WNY	BOB SCHERL	MO	RICK BARBER	NNY
OVERALL STANDINGS BOB SCHERL								
SENIOR MEN	500	45.440	JOE ROHRAFF	MI	DAN BLUNDERFIELD	MANTBA	CHAD POWELL	DIRECT
	777	1:12.240	DANY LEMAY	FPVQ	CHAD POWELL	DIRECT	JOE ROHRAFF	MI
	1000	1:37.310	JOE ROHRAFF	MI	JOE DEANTONIS	NE	JOHN CAMILLI	MI
	1500	2:31.950	DANY LEMAY	FPVQ	CHAD POWELL	DIRECT	JOE ROHRAFF	MI
OVERALL STANDINGS JOE ROHRAFF								
INTERMEDIATE MEN	500	44.690	MATHIEU TURCOTTE	FPVQ	TONY GOSKOWICZ	WI	SCOTT KOONS	OSA
	777	1:09.020	ERIC BEDARD	FPVQ	TONY GOSKOWICZ	WI	JEB GORHAM	NNY
	1000	1:34.010	TONY GOSKOWICZ	WI	MATHIEU TURCOTTE	FPVQ	MATHIEU LEBRUN	FPVQ
	1500	2:29.920	ERIC BEDARD	FPVQ	TONY GOSKOWICZ	WI	MATHIEU LEBRUN	FPVQ
OVERALL STANDINGS TONY GOSKOWICZ								
JUNIOR BOYS	500	44.700	JONATHAN GUILMETTE	FPVQ	JEAN-FRANCOIS MONETTE	FPVQ	MATHIEU COTE	FPVQ
	777	1:13.060	JONATHAN GUILMETTE	FPVQ	JEREMIE GOUGOUX	FPVQ	MATHIEU COTE	FPVQ
	1000	1:36.940	JONATHAN GUILMETTE	FPVQ	JEREMIE GOUGOUX	FPVQ	MATHIEU COTE	FPVQ
	1500	2:33.610	JONATHAN GUILMETTE	FPVQ	JEAN-FRANCOIS MONETTE	FPVQ	MATHIEU COTE	FPVQ
OVERALL STANDINGS JONATHAN GUILMETTE								
JUVENILE BOYS	333	31.930	FRANCOIS-LOUIS TREMBLAY	FPVQ	JEAN-SIMON LAROUCHE	FPVQ	PHILIPPE MAROIS	FPVQ
	500	47.080	FRANCOIS-LOUIS TREMBLAY	FPVQ	JEAN-SIMON LAROUCHE	FPVQ	DANIEL WEINSTEIN	FPVQ
	777	1:14.840	FRANCOIS-LOUIS TREMBLAY	FPVQ	DANIEL WEINSTEIN	NE	ADAM RIEDY	OSA
	1000	1:39.780	PHILIPPE MAROIS	FPVQ	DANIEL WEINSTEIN	NE	ADAM RIEDY	OSA
OVERALL STANDINGS FRANCOIS-LOUIS TREMBLAY								
MIDGET BOYS	333	34.520	JOHN PAUL KEPKA	MO	OLIVIER LEROUX	FPVQ	SHANI DAVIS	ASAI
	500	52.360	JOHN PAUL KEPKA	MO	SHANI DAVIS	ASAI	MISI TOH	MO
	666	1:09.700	OLIVIER LEROUX	FPVQ	JOHN PAUL KEPKA	MO	MISI TOH	MO
	777	1:21.460	OLIVIER LEROUX	FPVQ	JOHN PAUL KEPKA	MO	OLIVIER JEAN	FPVQ
OVERALL STANDINGS JOHN PAUL KEPKA								
GRAND MASTER WOMEN	500							
	777							
	1000							
	1500							
OVERALL STANDINGS								
MASTER WOMEN	500	55.220	KATHY HUNT	ONT	LIZ MARCHESE	NNY	KATHY SAME	NNY
	777	1:27.380	KATHY SAME	NNY	LIZ MARCHESE	NNY	MARY WONG	NOCAL
	1000	1:50.820	KATHY HUNT	ONT	KATHY SAME	NNY	LIZ MARCHESE	NOCAL
	1500	2:51.210	KATHY HUNT	ONT	KATHY SAME	NNY	LIZ MARCHESE	NOCAL
OVERALL STANDINGS KATHY HUNT								
SENIOR WOMEN	500	47.890	SYLVIA PRYZEK	FPVQ	KIT JAROSZ	ONT	JANE LAPATO	NNY
	777	1:18.640	SYLVIA PRYZEK	FPVQ	KIT JAROSZ	ONT	JANE LAPATO	NNY
	1000	1:40.230	SYLVIA PRYZEK	FPVQ	KIT JAROSZ	ONT	MARY ANNE LAYDEN CIRKS	MO
	1500	2:34.320	SYLVIA PRYZEK	FPVQ	KIT JAROSZ	ONT	MARY ANNE LAYDEN CIRKS	MO
OVERALL STANDINGS SYLVIA PRYZEK								
INTERMEDIATE WOMEN	500	48.450	CATHERINE DUSSAULT	FPVQ	CAROL-ANNE CHENARD	ONT	MELANIE GAGNON	FPVQ
	777	1:18.120	CATHERINE DUSSAULT	FPVQ	CAROL-ANNE CHENARD	ONT	MARIE-CLAUDE DUSSAULT	FPVQ
	1000	1:41.180	CATHERINE DUSSAULT	FPVQ	CAROL-ANNE CHENARD	ONT	THERESE LEASE	OSA
	1500	2:36.680	CATHERINE DUSSAULT	FPVQ	CAROL-ANNE CHENARD	ONT	THERESE LEASE	OSA
OVERALL STANDINGS CATHERINE DUSSAULT								
JUNIOR GIRLS	500	47.710	ERIN PORTER	NNY	JULIE GOSKOWICZ	WI	KARINE ALLARD	FPVQ
	777	1:16.890	ERIN PORTER	NNY	KARINE ALLARD	FPVQ	JOSIE SIMSON	ONT
	1000	1:38.850	JULIE GOSKOWICZ	WI	ERIN PORTER	NNY	KARINE ALLARD	FPVQ
	1500	2:36.570	JULIE GOSKOWICZ	WI	SARAH SHAPIRO	WI	JOSIE SIMSON	ONT
OVERALL STANDINGS JULIE GOSKOWICZ								
JUVENILE GIRLS	333	33.870	CLAUDIE LEROUX	FPVQ	MARIE-JOSEE CLOUTIER	FPVQ	TIFFANY HUGHES	ONT
	500	49.440	SARAH ELLIOTT	WI	MARIE-JOSEE CLOUTIER	FPVQ	MARIE-EVE BERNIER	FPVQ
	777	1:19.740	SARAH ELLIOTT	WI	MARIE-EVE BERNIER	FPVQ	TIFFANY HUGHES	ONT
	1000	1:44.890	SARAH ELLIOTT	WI	MICHELLE HILL	ASAI	MARIE-JOSEE CLOUTIER	FPVQ
OVERALL STANDINGS SARAH ELLIOTT								
MIDGET GIRLS	333	36.250	CHERISE WILKINS	NNY	CHERISE WILKINS	NNY	RAPHAELE LEMIEUX	FPVQ
	500	53.960	CHERISE WILKINS	NNY	VERONIQUE BOUCHER	FPVQ	TERRI DOWNER	ASAI
	666	1:12.290	VERONIQUE BOUCHER	FPVQ	VERONIQUE BOUCHER	NNY	RAPHAELE LEMIEUX	FPVQ
	777	1:26.080	CHERISE WILKINS	FPVQ	VERONIQUE BOUCHER	FPVQ	RAPHAELE LEMIEUX	NNY
OVERALL STANDINGS CHERISE WILKINS								
GRAND MASTER WOMEN	500							
	777							
	1000							
	1500							
OVERALL STANDINGS								
MASTER WOMEN	500							
	777							
	1000							
	1500							
OVERALL STANDINGS								
SENIOR WOMEN	500							
	777							
	1000							
	1500							
OVERALL STANDINGS								
INTERMEDIATE WOMEN	500							
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JUNIOR GIRLS	500							
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JUVENILE GIRLS	333							
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GRAND MASTER WOMEN	500							
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SENIOR WOMEN	500							
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INTERMEDIATE WOMEN	500							
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OVERALL STANDINGS								
JUNIOR GIRLS	500							
	777							
	1000							
	1500							
OVERALL STANDINGS								
JUVENILE GIRLS	333							
	500							
	666							
	777							
OVERALL STANDINGS								

Coach's Couch

by DONALD A. KANGAS



MOVING ON

ASU coaching education is on a roll, moving onward and upward. Support was evident at every meeting I attended in the last month.

MOVING ON WITH USISA

At the USISA Development Committee meeting, in Madison on April 28, Nick Thometz announced the continuation of a USISA coaching committee previously proposed by Michael Crowe. This group of USISA coaches and I will be discussing the direction of coaching education prior to the Coaching Education Conference in St. Louis on June 9.

My aim at these meetings of the USISA coaching committee will be to define the objectives and a job description for the USISA regional coach. Also to agree on the competencies needed for a "Gold" level ASU coach to communicate effectively with a USISA regional coach.

Nick Thometz, since assuming the duties of the new position of USISA Program Director, has been able to get USISA coaches together several times to coordinate their programs. The fact that USISA coaches talk and work together is a major new direction for speedskating. Our history is for coaches to be competitive with each other. Chicanery, guile and doing it all alone was the way it used to be for coaches.

The USOC has concluded, after examination of Olympic Medal performance of all countries, that the historical way of one coach working alone is no longer effective. Coordination of good coaching at all levels of development is essential to conduct a cost effective skater development program for a broad base of athletes throughout the country.

Nick understands the concept that a continuous stream of elite athletes competing at an international level assures Olympic success, because he was on the USOC's Coaching Development Committee, as an athlete representative, when the idea was developed. As USISA Program Director, he has a chance to put this philosophical proposal into action.

Unfortunately we have had to wait until now to get started. Michael Crowe proposed a similar idea some years ago. However, he was never empowered to implement his dream. As it says in Ecclesiastes 3:1,

For everything there is a season,
and a time for every matter under heaven.

MOVING ON WITH ASU

From the USISA Development Committee meeting on Friday morning, I went straight to a "Silver" level seminar in Milwaukee on Friday evening. It was a great seminar. Very well organized by Mary Jane Brummitt and well attended by an enthusiastic group of currently active coaches.

We were able to develop a connection with the Special Olympics Program. A General Session presented by Ross Hoblitzell added a useful and interesting facet to our "Silver" seminars, without overloading the already full agenda.

Three weeks after the USISA meeting and the Wisconsin seminar the ASU held their annual meeting in Danvers, Massachusetts. The ASU Coaching Committee report, which was warmly received, will be published in the 1995 Annual Meeting Minutes.

The 1995 Speedskating Coaching Education Conference was announced at the Annual Meeting and in the Coaches' Communique'. The agenda arranged by Nick Thometz and the USISA coaches is excellent and initial response to the announcements has been enthusiastic.

An important goal of the ASU Coaching Committee, the identification of requirements for certification as a "Gold" level coach, will be discussed with USISA coaches prior to the Coaching Education Conference. After additional discussion with some ASU club coaches a list of proposed requirements for "Gold" level coaching certification will be presented at the 1996 ASU Annual Meeting in Minneapolis.

An immediate ASU Coaching Committee goal to certify five new instructors, so that all requests for the "Silver" seminar can be fulfilled, will also be discussed at the Coaching Education Conference. We will propose the date, site and list of possible participants.

The Wolverine Club in Detroit recently requested an official's training session. When I proposed a format for a one day seminar, which is similar to that used for educating coaches, it was enthusiastically received by other clubs in Michigan. The date, August 20, and site, Midland, Michigan, were selected and about 20 people have committed to attend. Tony Arena, ASU Commissioner of Officials, has agreed to observe and participate in this trial seminar and the evaluation of its effectiveness.

We have a system for training coaches throughout the country. The next challenge is to train officials, so that speedskating competitions are fairly uniformly conducted throughout the country.

MOVING ON WITH DON

All these goals and enthusiastic response to coaching education programs have increased my work load, just ask my wife. It is time for me to retire again. Retiring has become a way of life for me.

WHY NOT OFFICIATE

By Al Menghi

Attention parents and newcomers to the sport:

Want a great way to learn about speedskating, have fun, and meet interesting people at the same time?

Volunteer to Officiate! It's the best way to learn more about the sport.

Your help is always appreciated. You will benefit from the other officials' expertise, learn the rules, and probably hear some great stories too. You may even get free food out of the deal!

What is your excuse?

"I don't have time - my kids are skating".

Why not offer to fill in for a while so one of the other officials can take a break. (They probably have kids that are skating, too.)

"I'm too nervous"

Let the chief official know that you are apprehensive. Ask to be assigned as a substitute official until you are comfortable. In a little while, you should be able to relax and enjoy the races while you officiate.

"I don't know how - I've never done it before"

This is no problem - We'll show you!

NEW ASU PROMOTION GUIDES

(Continued from page 3)

LOOKING AHEAD

By ordering and using these new publications, you can help intensify your local speedskating presence. And, please send off for an ASU catalog, filled with lots of great stuff that will also help promote speedskating on a local level. All materials are available from Shirley Yates ASU National Office, 1033 Shady Lane, Glen Ellyn, IL, 60137. Or, you may call Shirley at 1-708-790-3230.

The research, development and publication of these guides completes the promotion and publicity committee's work for the 1994-95 season. What would you like to see happen next in this area? Please contact me with your ideas, or if you'd like to help out on a special project. My address is 731 Yale Ave., University City, MO 63130; telephone 314-725-1059 or on-line at mvanersal@aol.com.

CORRECTION



ISU President
Octavio Cinquanta at the
World Sprint Championships
in Milwaukee.
Sam Hicks Photo



Beat Hasler
General Secretary of the ISU,
was incorrectly identified in
the last issue as ISU
President Octavio Cinquanta
Sam Hicks Photo

National Short Track Speedskating Championships

L.C. Walker Arena Muskegon, Michigan March 17-19, 1995

What was it like?

By Bob Vehe

If great speedskating is what you are looking for, there is no place better than at the National Short Track Championships.

This year the people in the Midwest were lucky to have it right here in the middle of the country, more or less, in Muskegon, Michigan. What a wonderful set-up! With a first rate hotel right across the street from a truly professional arena in which to hold the meet, I can't think of a better arrangement other than the National Indoors that was held in Mt. Prospect many many years ago. At that meet too, you could drive up, park your car, check in the hotel, walk across the street to a spacious rink and have your choice of restaurants nearby without having to get into your car until the meet was over days later.

It really is a pleasure to have the meet in an arena with plenty of space, plenty of bathrooms and a sound system that works for people over 25 years of age. Insofar as the judges and timers are concerned, the joy of not being jammed in between a wall and the boards is something to be not forgotten. If you wanted to stretch your legs, you didn't have to crawl over people for freedom and the top of the arena provided a great space to take laps.

The ice must have been good since many records were set. Seeing skaters from other parts of the country is always exciting. You tend to establish a baseline of ability based upon the skaters that you see all year in your area and then at the Nationals the out-of-towners show up. Wow! Where did that kid come from? The talent level was outstanding and we saw it all. I don't have the figures, but this was the largest National Championship in many years. There is a reason for Michigan to be proud.

Maybe there were a few problems, but what meet doesn't have some? Let's not dwell on the negative. I think it was wonderful to have the meet in a new location, with extraordinary facilities and a creative outlook. The skaters must have liked it from the way they skated and what else matters?



1995 NATIONAL SHORT TRACK CHAMPIONS

L. C. Walker Arena, Muskegon, Michigan
March 17-19, 1995

Front row: Carole Moore, Master Women; J.P. Kepka, Midget Boys; Cherise Wilkins, Midget Girls. Second row: Elaine Standler, Grand Master Women; Julie Goskowicz, Junior Girls; Rusty Smith, Co-Champion Junior Boys; Sarah Elliott, Juvenile Girls. Back row: Tony Goskowicz, Intermediate Men; Ken Mastrianna, Master Men; Ed Lang, Grand Master Men; Chad Powell, Senior Men; Chad Richards, Co-Champion Junior Boys; Daniel Weinstein, Juvenile Boys; Kelly Anderson, Intermediate Women; Debra Cohen, Senior Women.



Michigan President Bill Weaver presents the Grand Master Women Medallion, the Cathy Turner Award, to Elaine Standler.



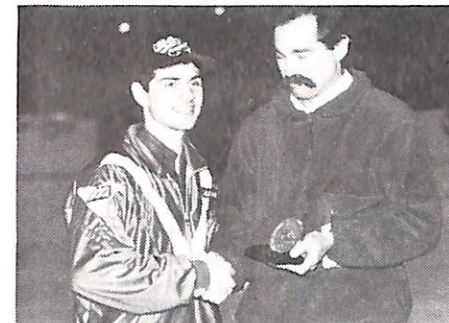
Bob Finkel presents the Master Men Championship Medallion, the Ohio Skating Association Award, to Ken Mastrianna.



Don Lease presents the Grand Master Men Championship Medallion, the Amos Ottley Memorial Award, to Ed Lang.



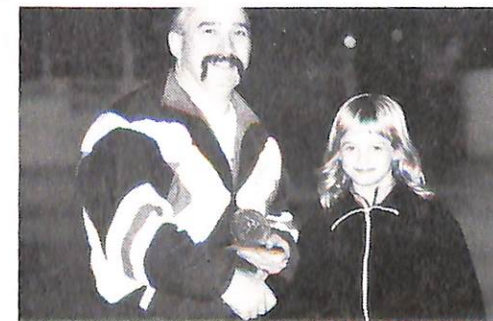
Master Women Champion Carole Moore presented her medallion by Carol Jackson. The award is the VFW Auxiliary #2164, Wheaton, IL and Carol Jackson Award.



Tony Goskowicz being congratulated by Bill Gorham for winning the James C. (Bunny) Intermediate Mens Class.



ASU President Jim Chapin presents the Junior Boys Championship Medallion, the Dr. Ray Novak Award, to Chad Richards and Rusty Smith.



Mark Affholter presents the Robert L. Kellerman Memorial Medallion to Midget Girl Champion Cherise Wilkins. Cherise is actually a Pony class competitor and is the first Syracuse, NY skater to win a National championship since her coach, Gretchen Burns.



Karen Street presents Debra Cohen her Senior Women Champions medallion, the Herbert Knudten Award.



Bob Vehe congratulates Kelly Anderson for winning The Blair Family Award for the Intermediate Women Class.



Mary Chapin presents the Mr. and Mrs. Tom Jarrett Medallion to Juvenile Boys Champion Daniel Weinstein.



ASU VP Tom Porter presents the Dave and Betty Roche Award to Midget Boys Champions J.P. Kepka.



Senior Men Champions Chad Powell his Carlstrom Family Award Medallion by Shirley Yates.



Mike Kepka presents the Junior Girls Championship Medallion, the Crowe Family Award, to Julie Goskowicz.



Carole Moore presents the Joseph A. and Barbara Sulic Award to Juvenile Girl Champion Sarah Elliott.

NATIONAL SPEEDSKATING CHAMPIONSHIPS — 1995 SHORT TRACK

Muskegon, Michigan — March 17-19, 1995

FIFTH

FOURTH

THIRD

SECOND

FIRST

GRAND MASTER WOMEN

500 ELAINE STANDLER
777 ELAINE STANDLER
1000 ELAINE STANDLER
1500 ELAINE STANDLER
OVERALL ELAINE STANDLER

MASTER WOMEN

500 CAROLE MOORE KATHY SAME M. K. VAN LENTE --
1000 CAROLE MOORE SARAH FITZPATRICK KATHY SAME JAMIE POWERS RUTH OLIN
1500 SARAH FITZPATRICK CAROLE MOORE KATHY SAME SUZANNE PERLES --
3000 SARAH FITZPATRICK CAROLE MOORE KATHY SAME KATHY SAME JAMIE POWERS --
OVERALL CAROLE MOORE SARAH FITZPATRICK KATHY SAME JAMIE POWERS (t) M. K. VAN LENTE

SENIOR WOMEN

500 DEBRA COHEN JANE LAPATO M.A. LAYDEN CIRKS CINDY DARROW --
1000 DEBRA COHEN JANE LAPATO M.A. LAYDEN CIRKS BARBARA BETH CINDY DARROW
1500 DEBRA COHEN JANE LAPATO M.A. LAYDEN CIRKS BARBARA BETH KATE STEWART
OVERALL DEBRA COHEN JANE LAPATO M.A. LAYDEN CIRKS BARBARA BETH CINDY DARROW

INTERMEDIATE WOMEN

500 KELLY ANDERSON TRACY NORTUP THERESE LEASE KELLY CAWTHRA CHRIS WALKER
1000 KELLY ANDERSON THERESE LEASE KELLY CAWTHRA SARAH LANG --
1500 SARAH LANG KELLY ANDERSON TRACY NORTUP THERESE LEASE KELLY CAWTHRA
3000 KELLY ANDERSON SARAH LANG KELLY CAWTHRA THERESE LEASE BREANNA FELLOWS
OVERALL KELLY ANDERSON SARAH LANG THERESE LEASE TRACY NORTUP (t) KELLY CAWTHRA

JUNIOR GIRLS

500 JULIE GOSKOWICZ ERIN PORTER SARAH SHAPIRO KRISTEN BROPHY JAMIE GRUNDSTROM
1000 JULIE GOSKOWICZ SARAH SHAPIRO JAMIE GRUNDSTROM KRISTEN BROPHY MEGHAN EVERETTE
1500 JULIE GOSKOWICZ ERIN PORTER SARAH SHAPIRO JAMIE GRUNDSTROM KRISTEN BROPHY
3000 JULIE GOSKOWICZ ERIN PORTER SARAH SHAPIRO JAMIE GRUNDSTROM KRISTEN BROPHY
OVERALL JULIE GOSKOWICZ ERIN PORTER (t) SARAH SHAPIRO (t) JAMIE GRUNDSTROM

JUVENILE GIRLS

333 MICHELLE HILL SARAH ELLIOTT PENELOPE LANG KATY KEPKA BRIGID FARRELL
500 SARAH ELLIOTT PENELOPE LANG MICHELLE HILL BRIGID FARRELL KATY KEPKA
777 SARAH ELLIOTT MICHELLE HILL PENELOPE LANG ALICE CHOI KATY KEPKA
1000 SARAH ELLIOTT MICHELLE HILL PENELOPE LANG HANNAH KIM ALICE CHOI
OVERALL SARAH ELLIOTT MICHELLE HILL PENELOPE LANG KATY KEPKA (t) ALICE CHOI (t) BRIGID FARRELL (t)

MIDGET GIRLS

333 CHERISE WILKINS KRISTEN HILL KIRA FLING MAUREEN HANGAC --
500 CHERISE WILKINS KIRA FLING TORY DEPEW KRISTEN HILL MAUREEN HANGAC
611 CHERISE WILKINS STACY CLEVER KIRA FLING SARAH WILLIAMS MAUREEN HANGAC
777 MAUREEN HANGAC SARAH WILLIAMS CARMEN SIMS TORY DEPEW MAUREEN HANGAC
OVERALL CHERISE WILKINS KIRA FLING MAUREEN HANGAC SARAH WILLIAMS (t) KRISTEN HILL (t)

WOMEN'S RELAY

WISCONSIN NORTHERN NEW YORK ILLINOIS

GRAND MASTER MEN

500 ED LANG AL HARDING JIM MINAMI THIRD FIFTH
777 ED LANG AL HARDING JIM MINAMI RON SCHOLEFIELD MEL LARAMIE
1000 ED LANG JIM MINAMI AL HARDING MEL LARAMIE RON SCHOLEFIELD
1500 ED LANG JIM MINAMI AL HARDING GERALD RYCHEL HOWARD GANONG
OVERALL ED LANG JIM MINAMI (t) AL HARDING (t) HOWARD GANONG (t4) GERALD RYCHEL (t4) MEL LARAMIE (t4) RON SCHOLEFIELD (T4)

MASTER MEN

500 KEN MASTRIANNA BARTH LEVY BILL WEAVER JOHN DIEMONT BOB FINKEL
1000 KEN MASTRIANNA JOHN DIEMONT MARK CHRYSLER WADE SMITH RICK BARBER
1500 KEN MASTRIANNA CHRIS HAWKINS WADE SMITH BILL WEAVER PETER WELLS
3000 CHRIS HAWKINS KEN MASTRIANNA JOHN DIEMONT JOHN DIEMONT WADE SMITH
OVERALL KEN MASTRIANNA CHRIS HAWKINS JOHN DIEMONT JOHN DIEMONT BARTH LEVY (t) WADE SMITH (t)

SENIOR MEN

500 MARC PELCHAT CHAD POWELL MARTIN MEDINA JOHN CAMILLI --
1000 CHAD POWELL MARTIN MEDINA MARC PELCHAT JOE DE ANTONIS JOE ROHRAFF
1500 CHAD POWELL JOE ROHRAFF JOE DE ANTONIS MARC NORMAN --
3000 CHAD POWELL JOE ROHRAFF MARTIN MEDINA MARC PELCHAT MARC NORMAN
OVERALL CHAD POWELL MARC PELCHAT MARTIN MEDINA MARTIN MEDINA JOE ROHRAFF JOE DE ANTONIS

INTERMEDIATE

500 TONY GOSKOWICZ TOM O'HARE JEB GORHAM SCOTT SIMUNJAK --
1000 TONY GOSKOWICZ JEB GORHAM SCOTT KOONS TOM O'HARE TONY STRZYKALSKI
1500 JEB GORHAM BRAD CAMPBELL SCOTT SIMUNJAK TOM O'HARE TOM O'HARE
3000 TONY GOSKOWICZ SCOTT KOONS LEIF AHLGREN STEPHEN REFSLAND
OVERALL TONY GOSKOWICZ JEB GORHAM SCOTT KOONS SCOTT KOONS TOM O'HARE BRAD CAMPBELL (t) SCOTT SIMUNJAK (t)

JUNIOR BOYS

500 CHAD RICHARDS RUSTY SMITH IAN BARANSKI MATT SELBY LUCAS MILL
1000 CHAD RICHARDS RUSTY SMITH IAN BARANSKI TRAVIS HARTMAN --
1500 MIKE KOOREMAN RUSTY SMITH LUCAS MILLS CHAD RICHARDS IAN BARANSKI
3000 RUSTY SMITH CHAD RICHARDS IAN BARANSKI LUCAS MILLS CHRIS WEAVER
OVERALL CHAD RICHARDS (t) RUSTY SMITH (t) IAN BARANSKI MIKE KOOREMAN LUCAS MILLS

JUVENILE BOYS

333 DANIEL WEINSTEIN RON BIONDO KYLE ORTIZ MICHAEL CLEVER --
500 APOLO OHNO DANIEL WEINSTEIN ADAM RIEDY ERIC WHITING JAMES COOLEY
777 DANIEL WEINSTEIN ADAM RIEDY RON BIONDO JAMES COOLEY APOLO OHNO
1000 DANIEL WEINSTEIN APOLO OHNO JAMES COOLEY ADAM RIEDY RON MACKY
OVERALL DANIEL WEINSTEIN APOLO OHNO ADAM RIEDY RON BIONDO JAMES COOLEY

MIDGET BOYS

333 J.P. KEPKA TOMMY TOKARCZYK DEREK GRAY MISI TOTH RICHARD BAUER
500 J.P. KEPKA DEREK GRAY TOMMY TOKARCZYK TUCKER FREDRICKS RICHARD BAUER
611 J.P. KEPKA MISI TOTH TOMMY TOKARCZYK RICHARD BAUER ROMAN MILAN
777 J.P. KEPKA SHANI DAVIS MISI TOTH RICHARD BAUER DEREK GRAY
OVERALL J.P. KEPKA TOMMY TOKARCZYK MISI TOTH DEREK GRAY SHANI DAVIS

WISCONSIN MICHIGAN NORTHEASTERN

NORTHERN NEW YORK

WISCONSIN

MICHIGAN

NORTHEASTERN

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

CHRONIC FATIGUE

Question: What gets stale besides bread?

Answer: Athletes and active people who exercise hard every day but plan too little rest into their weekly training schedule. Rest days are very important part of an exercise program but their value is often underestimated. Tired muscles require time to 1) heal the tiny injuries that occur during training, and 2) refuel depleted glycogen stores. Athletes who train relentlessly set the stage for injuries, chronic glycogen depletion, and chronic fatigue.

If you are among the many active people who have imbalances between training and recovery, and pound your body in the name of marathon training, weight reduction or getting in shape, you may relate to some of the following signs of staleness. Take heed if any two of these are present for you: unusually poor performances in training and competition; failure to improve despite a good training program; loss of appetite and weight—the "I'm too tired to eat" syndrome; insomnia or restless sleep and feeling that you are "always tired;" irritability and anxiety accompanied by depression.

If you know that rest is important but just don't heed the advice, here are some tips to help your rest—in peace.

Concern: "I'm afraid to take a rest day. I worry that I'll eat just as much and get fat from all the excess calories. . . ."

Answer: When you take a rest day from exercise, you will probably be just as hungry and want to eat just as much food, even though you are expending fewer calories. Here's why. Instead of burning the carbohydrates you eat for muscle fuel, your body finally has the chance to store them as glycogen in the depleted muscles. For each 1 ounce of stored carbohydrate, you store 3 ounces of water—and the scale jumps up 2 to 4 pounds. This jump may frighten you into believing you are "getting fat" just because you took a day off from exercise. Not the case!

Water-weight differs from fat-weight. Throw away the scale and pay attention to how much better you feel during your workouts. You'll have more energy and perform better after a rest day. Athletic improvement comes with *quality* workouts—not just quantity.

Concern: "I always feel so guilty when I skip a day of training. . . I'd rather drag myself through the motions of exercise than sit home fretting that I'm getting lazy."

Answer: Compulsive exercisers relentlessly push themselves to the limit and deny themselves permission to take rest days, but dedicated athletes look forward to a day off as an integral part of their training program. If you are a compulsive exerciser, you may have the following personality traits that interfere with your training program. You—

- like to be "in control." Regular exercise gives you a sense of control over your day's chaotic schedule.
- are a perfectionist. You demand of yourself the "perfect" training program (read that *no days off*).
- are compulsive in other areas of your life. Are you also a food-aholic or work-aholic?

These personality traits are common to athletes who grew up in families that abused addictive substances such as alcohol. Now exercise-addicted, these athletes exercise 7 days a week, twice per day, and even train while injured.

Concern: How much rest is enough before a competition? . . . I'm afraid of getting out of shape if I take one day off.

Answer: Rest will enhance, not hurt, your performance! You won't lose fitness, but rather will be able to perform better with better-fueled muscles. Here's what some studies show about the benefits of reducing exercise—

- Runners who reduced training volume by 70% from 50 miles in 6 days/week to 15 miles in 5 days/week x 3 weeks (including -3 miles of high intensity intervals) maintained fitness and ran 9% longer in an exercise test.
- Cyclists who intensely trained for 6 weeks then tapered their exercise for up to 2 weeks improved by about 9%.
- Triathletes who reduced their training for 10 to 13 days before a 3.1 mile race finished 12 to 16% faster than when they raced without rest. This translates into knocking minutes off their training for 10 to 13 days before 3.1 mile race finished 12 to 16% faster than when they raced without rest. This translates into knocking minutes off their racing time.
- Marathon runners (training 45 to 50 miles per week) who tapered for only 1 week showed the best improvement when they ran only 6 miles during the taper week and included some speed workouts (500-meter intervals) as compared to a taper with no running or about 20 miles per week of slow running.

If you are severely overtrained, you may need weeks, if not months, to recover. One study with swimmers showed that a 2½ week taper was inadequate to recover from the staleness acquired during a 6 month season.

Concern: I've been training harder, but my times are getting slower. . . Is my junk food diet catching up with me?

Answer: Probably. Muscles need carbohydrates immediately after exercise, not "sorry, no time to eat right." One simple solution is to drink extra juices for quick and easy carbs that quench thirst as well as supply needed fuel. Target 50 grams of carbohydrates (200 calories) every 2 hours after exhaustive—Ideally, a total of 600 grams carbs per 24 hours for a very active 150lb. athlete. This means carbs at every meal, not high-fat "junk food."

Nancy Clark, MS, RD offers private nutrition consultations at Boston-area's SportsMedicine Brookline. Her books provide additional information: *Nancy Clark's Sports Nutrition Guidebook* (\$18) and *The New York City Marathon Cookbook* (\$23). Send check to Sports Nutrition Materials, 830 Boylston Street, Brookline, MA 02167.

Notes from . . .

The National Office

by SHIRLEY YATES



It's mid-summer. We're past spring fever and into summer doldrums, not far from the dog days of August. We're into fun in the sun, languid days of vacation, aimless meandering through a summer of no school, laid-back work days and lazy concerns for tomorrow.

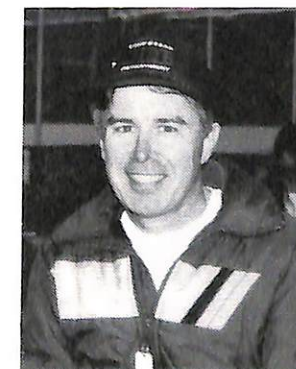
Wait, that's everyone else in the country - not the speedskating world! There are many of us who, along about June, shift into high gear. Two months after the season ends, speed skaters are concentrating on training programs and summer camps. Club administrators are busy planning their recruiting and skating programs for the fall and associations are involved in all kinds of changes and plans as they prepare for the coming season.

Every sport has its season. But no one realizes the amount of work that goes on "behind the scenes" during the off-season. If you're a parent with no job assigned to you by the club, you'll show up in the fall and not even notice that everything is in place, ready for the new season. If you're an official, you'll report for that first meet ready to work, not giving a thought to who spent the time and effort to make that meet possible. If you're a spectator, you'll be there to see the finished production, not even knowing who developed the final "product" or how they did it!

The message here is: if you're not involved "backstage", volunteer. Don't wait to be asked to help. There are as many people shy and reluctant to ask for help as there are people willing to offer that help.



PAT MAXWELL



JERRY SEARCH

IT'S A WINNER!

The on-ice training tape done by PAT MAXWELL and JERRY SEARCH has, in conservative terms, been a "best seller"! Orders for this \$20 tape have come in from all over the country, from skaters, parents, clubs, coaches and new members. We just hope Jerry Search can keep up with the production!

Accolades have come in from many people but we especially like this one because it just proves that you're never to old to learn and improve:

"I enjoyed the Pat Maxwell training tape. It was very informative. It helped me very much. I will be looking forward to Tape #2." That is from SIMMIE RAYFORD, 77-year-old skater from the Evanston Club in Illinois.

MASTERS, THIS IS FOR YOU!

Gaetan Rochette of Bernieres, Quebec, Canada, is the Race Director for the World Veteran Masters World Games 1996, and is inviting all of you to join competitors from around the world for this event in Ste-Foy, Quebec, Feb. 23-25, 1996. Mr. Rochette has been provided with a list of all our associations and clubs and promises to send all pertinent information to them but if you do not get that information, you may contact him at 23-24-25 Fevrier Anneau DeGlace, Gaetan Boucher, Sainte-Foy, Quebec, Canada, or call 418/831-3726.



JIM
CAMPBELL

And that's not all, Masters Skaters and Hall of Famer JIM CAMPBELL is busy laying the groundwork for a Master International Short Track meet in Colorado Springs in February. Full details will be available in the fall but, if you're a Masters or Grand Masters skater, you should contact Jim now and lend your support. Let him know you're behind him 100% in his endeavor. This is a tremendous undertaking which will need the efforts of all the U.S. Masters skaters. You are pushing for 10-year classes and separate championships. You are going to have to begin showing you have the strength to warrant these. You can contact Jim at 1104 Skyway Blvd., Colorado Springs 80906-1750 - 719/632-2007.

SHORT TRACK? IT'S EVERYWHERE!

JACK BYRNE sent me a clipping from a Florida newspaper that began like this: "The area short track scene draws national interest this weekend as three major events open the season". The sport? Sports car racing, of course. I mentioned in my column some years ago that I knew there had been short track in sports car racing for a number of years but asked if anyone knew of

that term in any other sport. Jack wrote back he thought there might be in swimming but it turned out it wasn't exactly "short track." No mistaking it in sports car racing, however. And now, of course, it's a big part on in-line racing. (See article and short track in-line racing elsewhere in this Racing Blade.)

MARYLAND IN THE NEWS BIG TIME!

From an association that had virtually no contact with the "outside world" just a few years ago, we received this letter from the secretary JOAN CLARK at seasons end:

"This does it for registrations for this season. Looks like a record year to me! We've made great strides this year - 26 skaters competing at regional meets, two entries for the Olympic Festival Team Trials, one on the World Team, two new clubs. Our Maryland State Championships (open only to Maryland Assn.) drew 40 skaters with good representation from each club. . . And we're working very hard to schedule an open meet for next season. As of today, three of us plan on attending the Convention. We have definitely moved away from the "Ma and Pa" era with a large working core of committed folks. I hope their kids stay interested!"

Joan sent a copy of a letter that she received from the father of a Special Olympian who skated in thier Maryland State Championships. It is "must" reading for everyone - especially those involved in Special Olympics - but it is such a wonderful comentary on our sport. Please read it! It's in the Letters section.

Joan also had written this letter to Doc Savage:
"Many thanks for sending the badges out to me so quickly. The children were delighted with them. I have mounted the requirements for each badge and the speed stars on a display board so the children know what they have to work for. I have also made "certificates" for those who have passed each badge. The "certificate" also lists the skills accomplished (sometimes Mom and Dad don't really appreciate what they have to do)."

Joan, of course, is talking about the ASU's Instructional Badge Program and I'm sure Joan would readily admit that it is one of the reasons her association has been so successful in developing new young skaters in recent years. It is a proven program for developing youngsters and all clubs should be utilizing it. For more information, call Doc Savage at 414/258-5427.



FRED SCHWEIKERT

FRED, FORGIVE ME — I CAN'T RESIST!

This is a good story. For all of you who got to know FRED SCHWEIKERT at our Conventions when he served as the Board of Control Member from the Middle Atlantic Assn., this is for you. Great guy! Absolutely sold on speedskating. A moving force in the Garden State Club in New Jersey, skater coach, Marathon meet director and a great professional Chef! Here are excerpts from a letter got from Fred around Christmas time.

"Some news about me. I'm moving to Virginia. I'm in love!! Again. This is my childhood sweetheart. Long story, I'll see you in Boston, tell you all about it. So tell Doc I'm in need of help soon down there so I can still do this madness! I don't think I'll move till after the first of the year. I have the Marathon to do. Love is one thing, speedskating another!! I will keep you posted and let you know about my Virginia stuff. Is there a club there? I'll be in Yorktown near Williamsburg (20 min.) and Richmond is close also. If no club, there will be one. See you on the ice!"

Well, this was rather personal stuff! But I never heard back from Fred. He never came to the Convention in Boston and I worried about him. Well, here's the kicker.

In late spring I got a call from a mother who said she had gotten the ASU number off a flyer in a Richmond rink and wanted to get her child into a local speedskating club. Mystified (not putting two and two together yet) I told her we didn't have a club there and I couldn't imagine how the flyer had gotten there. I asked her if, by chance, there was a local number and contact on the flyer and she said, "Oh, yes, a Fred Somebody-Or-Other but I took your number down instead".

I told her to go back and get Fred's number and call him. But still no word from Fred. What are you doing, Fred? Does anyone in New Jersey have a phone number or address for him? The Maryland Assn. is ready to roll on helping him establish a club there if we can only find him!

IT'S A BOY

How nifty of DENNIS and KATIE MARQUARD to come up with a boy the second time around! They added Nicholas Philip to their growing family of speed skaters at 8:55 PM on Monday, May 22. Vital statistics: 8 lbs., 3 oz. and 21" long. Mom and baby are doing fine—also Dad and Sister Abby.

If you want to do the following:

1. Change mailing address.
2. Inquire about non-delivery.
3. Subscribe.

Contact:
SHIRLEY YATES
at the National Office
1033 Shady Lane
Glen Ellyn, Illinois 60137
(708) 790-3230



EMOTIONAL INJURIES IN YOUTH SPORTS

By Harvey Dulber, Ph.D.

Note: Reprinted with permission of the National Youth Sports Safety Foundation, Inc. The article appeared in their publication titled SIDE LINES, Volume 4, No. 2.

Approximately 25 million children between the ages of 6 and 18 participate in athletics. While most parents introduce their children to sports as a way to have fun, develop physical skills and meet new friends, more and more young boys and girls are walking away from ice hockey, figure skating, tennis, football and baseball among others, having not achieved any of the above stated goals. In fact, roughly 35% of these children drop out of sports each year, sometimes carrying the emotional scars with them for the rest of their lives. In some programs, the drop out rate can reach as high as 70% in any given year.

One of the biggest problems in organized youth sports is that the children simply don't get enough opportunity to play. Being a bench warmer labels one as "loser" and the child has no way of improving if he or she doesn't get in the game. Whereas a child might get his hands on the football 50 times in a pick-up game, he or she may only have their number called twice in a Pop Warner game. How can a child develop the skills or even develop confidence when sitting on the bench? Statistics show that most Little League baseball players average only 1½ at-bats a game, which amounts to about 25 chances to hit during the entire season. In youth basketball, a child with ordinary talent may go a whole game without getting a shot at the basket.

A little boy, now a grown man, remembers the fear, depression and loneliness of striking out time after time in baseball and then being "exiled" to right field where the coaches pray no balls will be hit. The fear of making an error and being yelled at by his coaches remains vivid in the athlete's mind even today. Many young athletes, now adults, remember embarrassing themselves in front of their family and friends by dropping the ball that eventually comes their way.

Still other youngsters never get off the bench because the coach will only play his

or her favorite players. These children never get to feel like part of the game and will leave sports feeling hurt, neglected and rejected. Successful sports programs give everyone the opportunity to learn, grow, develop and be challenged. Playing team sports does not mean sitting on the bench in a nice clean uniform. The children who don't get to play sometimes become the targets of their peers. They get teased for not being good enough to play which again leaves a bad taste in their mouths for sports.

Errors are a normal and necessary part of learning. Watch a baby learning to walk and see how many falls the child has before becoming competent. Who hasn't fallen off the balance beam, missed the key free throw or dropped the ball in the end zone? Parents and coaches must be sensitive to the developing athlete's feelings. Telling a child that he or she messed up and lost the game does not promote one's confidence or self-esteem. Listening to a child's concerns and verbally reinforcing a good play can help a child with his or her self esteem. People can be cruel to a person who makes a mistake, but we as coaches, parents and sports professionals must be empathic at these times. Rather than dwelling on the mistake, use it to teach the child what they can do differently the next time. Taking the time to teach the proper technique will go a long way in the development of the emotional well being as well as skill level of the child athlete.

Another major problem with youth sports involves cutting. Youngsters who want to play and do not demonstrate sufficient skills are not permitted to play. Often children are cut and not told who or even told what they need to improve to make the team. A list goes up on the gym office door and their name isn't on it. This very clearly tells a child that he or she isn't good enough nor as important as the children who weren't cut. Many children struggle to separate their worth as a person from this athletic rejection. Talented but late-maturing youngsters are pushed aside and subsequently turn away from sports, believing that they have no ability.

In many cases, the opposite holds true. The chubby kid at age ten may become the incredible hunk at sixteen. However, having been ridiculed previously, the teenager now avoids team sports at all costs. Basketball superstar Michael Jordan was cut from his junior high team. Ice hockey hall of famer Phil Esposito was cut from a hockey team as a youngster as was former football running back O. J. Simpson. Had these men quit as kids, we would have been deprived of the chance to watch three great athletes bring many exciting moments to our lives.

The win-at-all costs attitude some parents demonstrate has been particularly detrimental to youth sports. Playing only the best athletes has not only put more pressure on these kids, but it has excluded other children from feeling that they belong. For many children, their sense of worth and identity is unfortunately tied in to their performance. Therefore, if they swim fast, score a lot of points or get the big hit, they're seen as worthwhile. If on the other hand, they run slow, let in the winning goal or drop the ball, they feel worthless. It is important to value children as individuals for who they are and not for their performances.

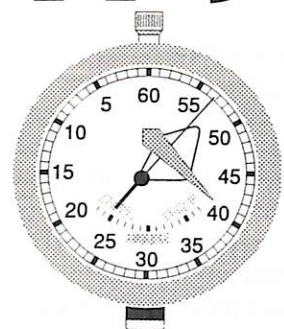
A parent should not push a child to practice constantly. Resentment will be quick to develop, a number of children become frustrated and quit. Not every child who picks up a baseball will become a super ballplayer.

Sometimes youngsters are pushed into sports to fulfill a parent's wish to become a star athlete. Having failed in their younger days, they see their son or daughter as the opportunity to achieve where they did not. The parent will relive the chances he or she had and see themselves in their child. The pressure can be very harmful to the child. The pressure can be very harmful to the child who may not like sports or have the ability to live out mom or dad's fantasy. The resulting conflict has seriously impacted more than one parent-child relationship.

In the United States, less than 20% of all coaches have had any formal training in coaching. In fact, we are the only major country in the sporting world with no

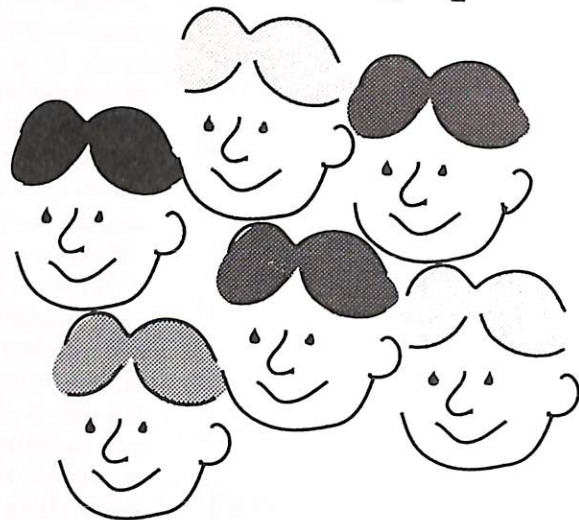
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IT'S

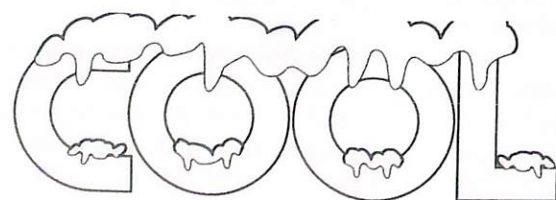


TIME

FOR THE ASU POSTER CONTEST!



**SUBMIT
YOUR
POSTER
IDEAS!
WIN PRIZES!**



**SHARE YOUR ARTISTIC
TALENTS. DESIGN A
GREAT SPEEDSKATING
POSTER**

TO GET ON TRACK!

**PUT YOUR BEST
SPEEDSKATING
POSTER IDEAS ON
PAPER AND SEND
THEM TO THE ASU.
PRIZES GALORE!
WIN A FREE ASU
MEMBERSHIP,
ROCK 'N ROCK
JACKET,
TRAINING VIDEO!**

**HURRY, HURRY, HURRY!
THIS OFFER WON'T LAST
LONG. DEADLINE FOR POSTER
ENTRIES IS SEPTEMBER 1, 1995.**

ASU POSTER CONTEST ENTRY FORM

Get credit for your or your club members' creative ideas, artistic ability and desktop publishing skills. Win free '95/'96 ASU dues! (A \$30.00 value, not available in stores.) The ASU is running a contest to determine the best club promotional poster.

You know those little, photocopied posters that you've put together to hang in bike shops, schools and at the rink? Just about every club has them, and they are a very effective tool for bringing in new members. Well, isn't it about time your creative unsung heroes get some recognition for their work?

The ASU has assembled a distinguished panel of internationally recognized experts (aged 5 through 80) who have agreed to judge the entries based on the posters' estimated ability to get new people to try Short Track speedskating and to eventually generate more paid club members. The three best posters will be chosen and reprinted in *The Racing Blade*, giving the poster designer and his or her club instant, nation-wide fame! The first place winner will receive a free one-year membership to the ASU, worth \$30.00 and a gold leaf ASU coffee mug. The second place winner receives an ASU Rock 'N Roll jacket and the third place winner gets a copy of the video tape, "ASU On Ice-Training With Pat Maxwell."

What's the catch, you ask? By entering the contest, you agree to let any other ASU club photocopy any or all parts or your work to help them make their own posters for next year. Think of it this way: the winners' artwork will adorn the ice rinks and bus stops of dozens of U.S. cities! What better way to have your art and creative ad copy support our great sport of speedskating?

HERE ARE THE OFFICIAL CONTEST RULES:

- Rule 1** Posters must be reproduced single-sided, on 8-1/2 by 11 inch (or smaller) paper on a photocopier with black toner or reproduced in such a way as to cost no more than ten cents per copy. Posters may be reproduced on any color paper but you must also send in a copy on white paper so that the entry may be reproduced in *The Racing Blade* if it's a winner. The entrant grants permission for the ASU to reformat concepts into camera ready art, if necessary.
- Rule 2** All entrants implicitly grant permission for the ASU or any ASU club to copy, lift, plagiarize, paraphrase or use, with or without attribution, in whole or in part, any portion of the poster or design, excluding club logos. Permission is granted to publish the poster in *The Racing Blade*.
- Rule 3** All entries must be received by September 1, 1995. The winners will be announced and published in the October issue of *The Racing Blade*.
- Rule 4** No more than one poster may be submitted by each individual. Individuals submitting poster entries must be a member of the ASU.
- Rule 5** Employees of the ASU/USA, USISA, and NASA are not restricted from entering. All entries become the property of the ASU and will only be returned if you get down on your knees and beg and you enclose a self-addressed, stamped envelope. Judges' decisions are final. The contest will become void if fewer than five entries are received.

Suggestions: It's a good idea to include the following information in your poster: a phone number and contact name, what sport you are promoting (hint: you go fast and turn left), the time(s) and place(s) of your session(s) and some reason why a person might actually want to show up and try it. Some people recommend tear-off tabs at the bottom, some think this looks ugly. What do you think will be most effective for generating new members?

Send in your entry today! Mail to: **ASU Poster Contest**
c/o Bruce Guthrie
3111 West Alpine Drive
Bellingham, WA, 98226, (360) 647-5372

NAME _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE NUMBER _____ CLUB _____ ASSOCIATION _____

NAME OF POSTER _____

Letters

Dear Bob,

I want to briefly reiterate some of the comments which appeared in the last issue of The Racing Blade regarding the anonymous article written about the Pettit Center - "Wisconsin Olympic Rink was old and rundown, yet very homey." "The Pettit Center has a cold and unwelcoming atmosphere." "My fondest memories were skating early in the evening while the snow gently fell on us." "The Pettit Center is nice, but it's not the same. Skating in-doors just doesn't do it for us."

No more accurate words can be spoken than these. How true and yet how sad it is that this really summarizes the Pettit Center - the apparent financial woes are another concern and will not be mentioned in this letter. To reflect on the old place does bring back the fondest of memories - both as a competitor and as a person who has gained the friendship of many, many people throughout the sport. The Pettit Center is nice, but truly it is not the same. And sadly, our sport is not the same either.

I have been involved in Speed Skating since 1962. It has been a selfish dream of mine to somehow get my children involved in what I believe to be the "Best" sport in the world. However, I have come to realize this past season that the likelihood of my kids ever racing in the sport I love are slim - the sport simply doesn't want new people. It's clear.

It was Saturday, early last November. An attempt was made to introduce my son to the sport. We drove to the Pettit Center with the hopes of taking a few laps around the rink during what used to be an open practice session. We arrived at approximately 10:30 AM but as it turned out, time trials were still going on. I began to think maybe we had chosen the wrong day but decided to stick around and watch a few races before making the 55 mile trip back home.

Well, we waited. We waited some more. We still waited. Finally at around 11:15 the pairings started for the 1500 meter time trials. Some 3 or 4 pairs later it was over. The time trials were done for the day. We saw only 8 skaters race in nearly 1-1/2 hours. Do I have problem with that? You bet!!

Well, how about tomorrow I asked. Sorry, same thing tomorrow is scheduled I was told. Yes, more of the same wasted time and money for a few select pairing of skaters. But what about the weekend practice session I asked. What session? What you see is what you get, I was told.

Not quite. What "we" see is what you will get - less and less skaters attracted to a sport which has produced some of the finest athletes the world has ever known.

There is no practice time on the weekends!! Let me say that again - **THERE IS NO OPEN PRACTICE TIME ON THE WEEKENDS!!!**

Many of us who have been involved in Speed Skating know what I'm talking about. This situation is crazy, ill thought out and this approaching season will see more of the same - no weekend practice session.

Yes, I could drive to the Pettit Center during the week. Yes, I could spend three hours driving for 20 minutes of skating for my son and myself. Obviously that is not practical since I don't live a stones throw from the rink. So what are my choices?? None that I can see. My son will find another sport to compete in.

Whoever wrote the article I referred to in the beginning, thank you. Your comments were accurate, well spoken and actually say more, perhaps, than you intended.

Brink Back the Old Rink.

Dick Martin

* * *

To Joan Clark & the Maryland Assn.:

I would like to take a few minutes to thank everyone involved with Saturday's championships at the Northwest Rink for making the event such a wonderful experience for my son Derek Eshenour.

This being his first experience outside of Special Olympics, I was at first a little nervous about how the day would transpire. I couldn't have hoped for anything better! We were just delighted with how friendly, warm and accepting everyone present was, not only with Derek, but also to all newcomers who participated in the meet. The sportsmanship and comradery displayed by all involved was tremendous and is something rarely found in today's world.

We are looking forward to participating in more of the association's activities and Derek is already looking forward to next season's skating activities. I will be encouraging more of my Special Olympics Speed Skaters to get involved with the ASU and the Maryland Association!

Thanks again for a tremendous experience.

Brett, Michelle & Derek Eshenour

* * *

May 10, 1995

Dear Shirley,

I am moving to Holland in a few weeks. I'll be working there as an English teacher (finally completed my Master's!)

My new address is written below. Please feel free to print it in the Racing Blade as a contact address for any skaters who wants to visit Holland. The address is closest to the Haarlem oval, but is also real close to the Amsterdam and Alkmaar ovals (all outdoor ovals).

Eugene Kloppis
Dolfijnstraat 282
1973 ZN Ymuiden
Netherlands

From the USA - Tel. 011-31-(2550)-34979
From within Holland - Tel. (02550) 34979

Robert Vehe, Racing Blade Editor

At the ASU Annual Meeting in Danvers, MA, there was much discussion and laying of blame concerning many problems that arose at the National Short Track in Muskegon, MI. At one point, I was asked, as the Michigan Board of Control Representative, to explain how it was that the Michigan Association had screwed up so badly.

I don't intend to apologize for the Michigan Association or any of its members. In fact, most of the skaters and thier families enjoyed the meet and had a positive experience. We have received many complimentary notes. They were unaware of these administrative problems. However, there are lessons to be learned, whenever there are problems at the National Meet.

So I address this letter to readers of the Racing Blade to say there must be a better way to run National Meets.

Our present system relies heavily on the belief that meet directors will read every word in the meet protocol and be able to satisfy all it's requirements. It is the law. Unfortunately, the meet protocol is a large, difficult to read and understand document. When real life doesn't fit the exact requirements specified in the protocol some judgment of a workable arrangement is necessary.

The question is, if meet directors propose variations from the protocol because of their specific circumstances, should they be punished and compliance be demanded? Wouldn't it be better to find another way, as long as skaters race in a fair competition. After all, there are other ways to run a meet not covered in the protocol.

Someone from the ASU has to be in charge and available to the meet director to negotiate reasonable solutions for all meet arrangements, so that there are not surprises when the meet starts. Some rinks are not sympathetic to the demands of a speedskating meet. For example, this was a known factor with the Walker Arena. It will be a factor again at other arenas not familiar with the demands of a speedskating meet.

There is no reason for surprises at a National Meet. There are no secrets. However, our attitude must change from punishment for non-compliance to lets work with what we have to give skaters a fair competition.
Donald A. Kangas, MSA Board of Control Rep.
phone 517-631-3863

* * *

Dear Roy,

It's been a long time since you were the Chief Referee at the Utica National Indoor meet in the 70's. Glad you are still active.

Phil Jankiewicz
Racing Blade Subscriber
Yorkville, New York

Letter to the Editor,

After reading the President's Report in the last issue of the Racing Blade I have been asked by numerous members throughout the State to reply to Jim Chapin's comments in the portion of his column headed "West Allis, where were you?"

First of all, a few misconceptions need to be corrected:

West Allis had three members present at Butte, including National Champion Tracy Moore, and National Medalists, Michelle Hill and Kristen Hill. Although they are West Allis Club Members, these skaters are (by ASU rules) registered in Illinois. West Allis has a long tradition of taking in skaters from all over the country and these members are important to us. We don't discriminate between adoptees and home-grown and neither should our President.

I also note that West Allis had three skaters, Wisconsin had an additional three skaters which is more than the two skaters sent by the President's home association. Only five associations had more skaters at the Nationals. Why single out Wisconsin, and why a specific club?

Another misconception is that West Allis is Wisconsin. On the contrary, we have four other proud speedskating clubs, each boasting more than 25 skating members! To single out one club denies the importance of the others.

Most disturbing, however, was the invective used by our President. At various points in Mr. Chapin's column are comments that Wisconsin and West Allis have an "imbalance of fairness", and that the "parents, coaches and skaters . . . are spoiled or does too much cheese cause indifference."

Congratulations on insulting over 300 people in one column!

If there is an issue here, I don't think it is unique to Wisconsin. We would be happy to discuss methods and ideas to increase attendance at all meets, including the Nationals. We also think that the President does the ASU a disservice when he personalizes an issue and directs insults at a group of fine people dedicated to the sport.

Brad Goskowicz
Outgoing President Wisconsin Speedskating Association
Incoming President West Allis Speedskating Club.

*Speak not against people
whose burden you have not
weighed yourself.*

Meet Me in St. Louis

I am not quite sure how to start this, so I'll try to write from my heart. Four years ago, five Masters and Grand Masters ladies worked on having a Grand Masters Class in the Nationals. All of us felt that since there was a class for Grand Master Men there should be one for women. In order to have a class for Grand Master Women, we had to raise \$1000.00 for the medallion. After about three months of calling old skating friends, we raised enough money. The next step was to have someone take it to the Convention and have a Grand Masters Class established. Special people from the West Michigan Speed Skating Club helped out with this. Thanks go out to each one of them since it was passed in 1992. Each year since, there has been one Grand Master lady skating alone. After skating this year at the Nationals, by myself in each race, I know how Hilga and Mary Lou felt. After not being able to skate for three years because of a knee injury, when I first started again I wondered what had happened, did I actually know how to skate?

I skate with the West Michigan Speed Skating Club in Grand Rapids on Thursday night at 10 PM and Tuesday afternoon at 5 PM. I work in Lansing, so that meant driving 67 miles one way to practice twice a week. I knew I had to find something closer to work. I searched everywhere to see if I could get on the ice before I started work. Finally, I overheard someone at work say there was a rink 11 miles from work. After checking with the rink manager, he said that I could skate for 1/2 hour from 7-7:30 AM Monday, Wednesday and Thursday. Each morning they would resurface the ice for me and it was as smooth as glass. It is an outdoor refrigerated rink with no cover. Thanks guys!

I have to tell you that Len, my special husband, gave my legs a massage everyday for a month. Needless to say, he was sick of the smelly Oil of Wintergreen. The whole house smelled of it and so did I.

I am not writing this for your to take pity on me. I am just trying to tell you that I worked hard to be able to skate at the Nationals and when I got there I was the only one entered. I was expecting to get my doors blown off, but instead I had to skate by myself in each race. Have you ever done this? I was so worried about holding up all the other skaters and their races that I was a nervous wreck. I skated and all the people were just wonderful. All the fans and skaters that I knew cheered every race and every lap. If I can do this why can't you? I will be glad to offer my help to anyone who needs advice. The 1996 Nationals will be in St. Louis, Missouri. Meet Me In St. Louie, Louie. Let's have the Grand Master Women's Class full in 1996. I am having my right knee replaced in June, but I plan on being in St. Louis with my skates. How about you?

My address is 1959 Brookfield, Hastings, Michigan 49058. Feel free to drop me a line or call anytime after 6 PM. Shirley Yates has my phone number. Thank you.

Sincerely yours in skating,

Elaine Standler

Meet
Simmie
Rayford

by BOB VEHE

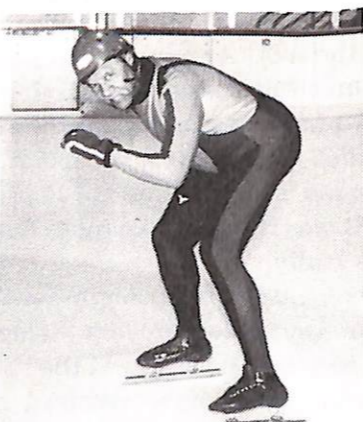


Photo by Johnston

Simmie is proud that he is one of the oldest competitive Short Track speed skaters registered with the ASU, having been born on February 18, 1928.

He started skating in 1952 at a Chicago Park District ice rink on the Southside of Chicago where he still resides. He is a member of the Evanston Speedskating Club and isn't hesitant about saying that he loves the sport and any kind of ice skating. Simmie would like to see many of the old-timers come back to the sport since he feels that everyone should skate as long as they can. Simmie says "There is a place for all, so come on out and give skating a try."

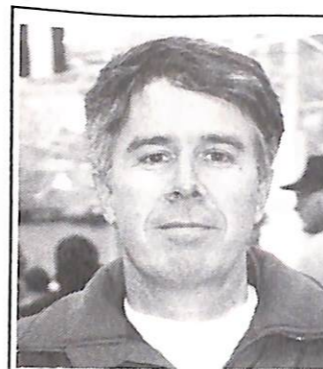
KOKOSING GAP IN-LINE
SKATE CHALLENGE

The Kokosing Gap Trail 3-mile Fun Roll and 9.1-mile In-line Skate Challenge will be held Oct. 7, 1995, in Gambier, Ohio, 50 miles North of Columbus.

Registration will be from 8 AM - 12:30 PM with the Fun Roll starting at 11:30. The Challenge will begin at 1 PM. Both events will be raced down and back on a paved, 10-foot wide bike path, surrounded by trees and farmland, starting and ending from Trail Shelter in Gambier. All age groups will race, beginning with 11 and under through 50 and above.

Awards will be presented and refreshments provided for both events. Sponsors are Pizza Hut, Hyper Wheels, Rollerblade, Boss Bearings, TwinCam, Black Hole Bearings, Y-Not Cycling, Fitness Inline and National City Bank. The event has USAC meet participation permit.

For additional information and to receive a registration form, contact: Debbie Llewellyn, 614 E. High St., Mount Vernon, OH, 43050 - 614/397-1738.

AROUND THE STATES WITH KIDS  ON SKATESBUILD
YOUR OWN
SLIDE
BOARD.
IT'S EASY!

By JERRY SEARCH
SOUTHERN CALIFORNIA

There are special benefits from doing slideboard workouts, even if you have ice all year round. After you have learned to slide correctly, you can work on certain things more efficiently than on the ice or on inline skates. It is much easier to isolate these things and concentrate (and practice) to perfect them. Learning a good armswing is sometimes difficult on the ice, but very easy to isolate and focus on while using a slideboard. So is sitting extra low, getting full extension at the knee, sitting back, aiming your body in a correct direction (not aiming side to side), etc.

Building a slideboard is easier, and much cheaper, than it looks. You can build one for as little as \$30.00. By following the instructions, and building two at once, you can make both of them for a little less.

A slideboard does not have to be giant sized. You only need a two foot wide board, not four. And a 2 foot wide slideboard is much easier to move around and store. If you feel that you want a board shorter than 8 feet long, make your board 8 feet anyway, but screw the bumpers on several inches from the ends. Then when you are ready for full sized board, you can just move the bumpers to the ends.

For slideboard workouts, and details on doing slideboard correctly, please talk to your coach, and/or consult Dianne Holum's book "The Complete Handbook of Speed Skating".

INSTRUCTIONS FOR BUILDING A SLIDEBOARD
(It's MUCH easier than it looks!!)

NEEDED:

1. One 2ft X 8ft X 1/2" or 5/8" Plywood sheet (or 4ft X 8ft)
2. One 2ft X 8ft GLOSSY Formica OR "Bath Board" sheet (OR 4FTx8FT) (Bath board is much cheaper)
3. One 2" X 2" X 4ft straight piece of wood, for bumpers
4. 1 quart of contact cement
5. 2 cheap ("throw-away") 3" paintbrushes
6. 6-8 flat head wood screws, 1-1/2" long, size 10 or 12
7. Lacquer thinner for clean-up
8. Two 2" X 2ft pieces of insolate or other rubber padding
9. Two 2ft X 2ft pieces of "carpet runner".

SPECIAL NOTES:

1. If Formica is used, it *must* be GLOSSY. "Bath Board" (Masonite with a white, glossy finish) may also be used, and it's cheaper! The piece can be a damaged one, such as one with a corner broken off, sometimes sold at a big discount, as long as the damage will not interfere with sliding (small "cosmetic" scratches are okay if not too deep or too many).

2. PLYWOOD must be used. Do NOT use particle board. It will break easily when the slideboard is moved or stored. Plywood can be low grade, but must not have any big holes on one side, especially if you use Formica. The bathboard is more tolerant of holes. If you can build an 4ft by 8ft board, then cut it lengthwise into two separate boards, you can probably sell one for your costs (plus your labor). Most places that sell plywood will cut it for you.

3. The bumpers (2X2's) must be nice and straight, with no knots to weaken them.

4. Contact cement is hard to clean from a brush, it's easier to just throw the brush away. You can keep your brush fresh for a while if needed by wrapping it in a piece of foil.

5. Screw the bumpers in place. No need to glue, and you may need to replace one in the future.

6. The carpet runner is for the bottom, so the slideboard will stay in one place. It can be found at "home supply" places like Home Depot. 2ft X 2ft at each end, on the bottom, more will help (it's cheap). This stuff is a clear plastic sheet, usually sold in rolls or by the foot.

BUILDING THE SLIDEBOARD:

1. Cut plywood and Formica to size. Contact cement them together, using at least *two coats* of contact cement on the plywood. *Make sure that you follow the warning messages on the contact cement label!*

2. Sand the two LONG edges nice and round. A file works well for the Formica edge. Also sand the bottom long edges of the plywood. Be careful here, as the plywood will splinter. Using a router to round the edges works best.

3. Drill board for the wood screws, and also pilot holes in the 2X2 bumpers.

4. Turn the board over and screw the bumpers in place.

5. Contact cement the carpet runner pieces in place. If you have a staple gun, it will work just as well.

6. Sand the bumper edges a little, if needed.

7. Contact cement an insolate pad strip onto each bumper.

8. If you have some good paint or Varathane, it's a good idea to coat the bottom and edges of the plywood, before cementing on the carpet runner. This is just in case the slideboard does get wet, although it may still get ruined.

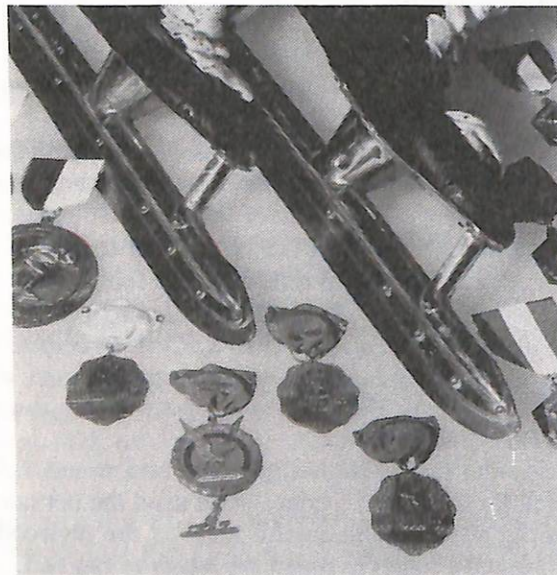
9. Clean the entire top surface of the board with lacquer thinner, and then apply a good coating of Pledge furniture wax, buffing until all of the pledge is polished in and the surface is clean and dry. Then simply re-Pledge and buff dry before each workout. NOTE: Silicone sprays are messy, cause sticky spots, & are hazardous to your breathing! J.S.

AROUND THE STATES WITH KIDS ON SKATES

Around The States With Kids on Skates AND THIS TIME, IT'S IN THE WEST

Doc Savage, as chairman of the ASU Growth & Development Committee, conducts "pioneering seminars" throughout the country each year. He primarily goes, with a coach, into new areas, those outside the territory of an established association, and presents on and off-ice training programs and sessions of administrative instruction on how to establish and maintain a new club.

He has been instrumental during the last 10 years in helping to establish many new ASU clubs and two new associations. Often the expenses for these pioneering endeavors are picked up by the local interest groups.



Here are some of the medals sent to Doc in response to his request for recycling medals and trophies that were used in Idaho. The three similar medals were donated by Art Seaman of Minneapolis who was a member of the 1948 Olympic Speedskating team at St. Moritz, Switzerland. The medals had been won by his brother, Bob Seaman, who was killed in World II.

In the spring Doc answered a call from Sun Valley, ID, to present one of his seminars and he mustered up a group of skaters and administrative people from areas in the West to participate. They came primarily from Idaho and Utah with a big contingent from Butte, Montana, to assist with both on and off-ice training.

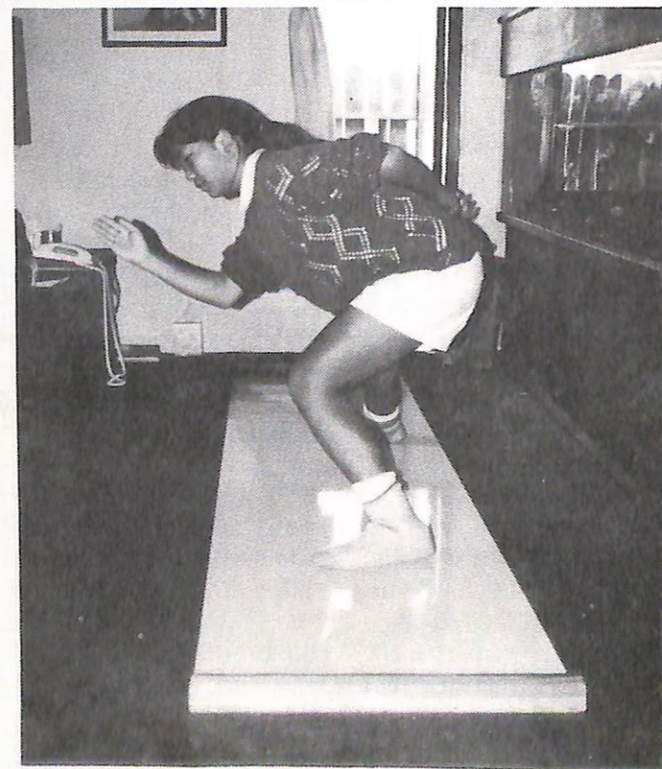
The ASU was especially pleased to have Cathy Turner agree to demonstrate her skills and assist in the training sessions at this seminar. The Idaho seminar was very successful, a much-hoped-for outcome, as there have been numerous requests over the years from Sun Valley to get a speedskating program started there.



Doc Savage and the members of the Idaho Falls Speedskating Club at the orientation session in Sun Valley
Bob Webster Photo

From Sun Valley Doc traveled to Missoula, MT, where he met with a group of administrators, managers, parents and skaters who are eagerly awaiting the opening of Missoula's first indoor ice rink and the formation of a speedskating club. One of the administrators, Terry Kelly, who has been instrumental in promoting the rink project, attended the 1993 ASU Convention and has been in touch with Doc since then about forming the club. It is especially hoped that Short Track speedskating will spread from Missoula to other areas of Montana.

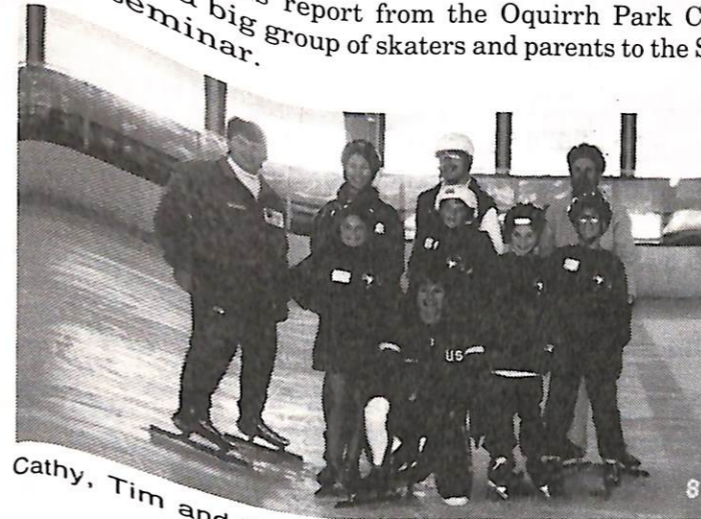
From Missoula to Salt Lake City, Doc then met with members of the new Oquirrh Park Club to try to help



Hannah Kim on the slideboard shows how it is done.
Jerry Search Photo

1995
them resolve some problems they are having in the early stages of their organizations. All in all, Doc felt the Western pioneering trip was well worth the time and effort spent. Doc and the ASU National Office have felt for years that there is great potential for speedskating development in the West and it is imperative to "fill in the gaps" in the vast West.

Following this report from the Oquirrh Park Club which sent a big group of skaters and parents to the Sun Valley seminar.



Cathy, Tim and the Oquirrh Park Club members at Sun Valley

OQUIRRH PARK SPEEDSKATING CLUB

The weekend of April 7-9 was a most memorable one for those of us in the Oquirrh Park Speedskating Club of West Valley, Utah. We attended the Sun Valley speedskating clinic hosted by Pat Cunningham (of Montana), the ASU and the people and businesses of Sun Valley, and what a trip it was!

As soon as the first part of our group arrived, introductions were made. We met Pat, Doc Savage, Chantal Bailey and John Singer. With people like these involved we were sure it would be a very informative trip. We were right. The kids immediately had the opportunity to hit the ice, and what fun they all had! The remainder of the group arrived later in the evening and after checking in at the hotel, enjoyed the hot tub in the true style of the alpine ski resorts — outdoors with the snow falling and the steam rising and the labors of the trip disappearing.

The next day, bright and early, we again met at the rink. We were informed that Pat was running his "usual" half hour late but things went well upon his arrival. Shortly after he arrived, Cathy Turner and her husband Tim showed up at the rink. While waiting for their room to be prepared, Cathy informed the kids on the ice she couldn't wait any longer. What a thrill it was to be skating with Cathy Turner!

While some of the parents attended the seminars by Doc, the kids, about 50 of them all told, enjoyed learning the sport from the best. The information we brought home from the seminars was invaluable to us as a new club still working out our organizational "bugs".

Later that night, as we watched the demonstration

races and skating techniques, it became clear what all this was really about. This is one of the most exciting sports to be involved in, and watching the looks on the faces of all the young people showed us what being involved in the speedskating family really means. As the night concluded with the community races, we left the rink feeling that our decision to come was a right one.

As we prepared to leave Sunday, after a morning of in-line skating through town, we felt much had been accomplished and even more learned. Thanks to Pat, Doc and all who participated in helping us realize this is a "Sport For Life!"

Exhibition of Speedskating at the Sunshine State Games

West Palm Beach, Florida
May 27, 1995

By Ilene Grieshaber, VP/Exec. Director
Florida Ice Sports Foundation

'ICE' Speedskating was exhibited at the Sunshine State Games in West Palm Beach, Florida to a small, but excited group of spectators. Although the numbers were few, the exhibitors, 1994 Olympic Medalist John Coyle and former World Team members, Brian Arseneau and John Singer gave an excellent demonstration. Joining the skaters on ice and participating in some of the demonstration were Perry Friedman visiting from Northern California and Florida's own Harold Davis. from Miami.

We were not without thrills and spills from our participants. However, Doc Savage made sure everything moved smoothly and safely. John Singer outlined the demo for Ilene Grieshaber so she would keep the record straight but as usual, Ilene failed the test of lap counter. Doc really kept the laps straight! It was fun for everyone including the audience who decided Harold Davis was really a Florida speedskater with "true grit". The ASU can be proud of the elite athletes who represent their sport. Brian Arseneau, John Singer and John Coyle are great speedskating ambassadors.

At the conclusion, Sunshine State Games Sports Administrator, Bill Richards, was presented with a stained glass speed skate award in honor of the exhibition. The award was donated by FISF advisory board member, Bob Bieske, a Florida award winning stained glass artist.

Since the exhibition took place during the Sunshine State Games Figure Skating Championships, it was most appropriate to request the assistance of several young figure skaters to present our elite athletes and guest speedskaters with sweatshirts, T-shirts and pins to thank them for coming to Florida to support "their" sport. I must admit we had some shy figure skaters presenting those souvenirs. Doc Savage received his shirt and pin from Kimberly Whorton, a young figure

(Continued on page 63)



United States International Speedskating Association News

USISA NATIONAL OFFICE NEWS

by KATIE MARQUARD



The USISA Spring Meeting was held April 28-30 in Madison, Wisconsin. Many important items that affect the ASU were discussed. In general it was a productive meeting with USISA continuing to move forward with new programs.

USISA currently has two regional coaches in place in Lake Placid and Salt Lake City. The USISA Board voted to hire two additional regional coaches, one in the Milwaukee area and one in the Minneapolis/St. Paul area. These coaches will be responsible for working with club coaches and skaters in their region to develop speedskating in that area. The plan is to have these new regional coaches hired this summer.

The funding for USISA programs comes primarily from the United States Olympic Committee (USOC). The USOC has developed a new system in allocating these funds to each sport. Each sport must develop a High Performance Plan which includes markers that funding will depend upon. If speedskating achieves all five of our markers during the 1995-96 year, we will receive a grant that is made up of a base amount plus a bonus for obtaining all of the markers. The markers we will propose to the USOC include establishing the four regional areas with regional coaches responsible for athletes following the same training system as other USISA coaches and producing a USISA Coaching Manual which outlines USISA's coaching philosophy, ideas, and direction to be taken. This Coaching Manual is part of a three year project which involves establishing a coaching education certification system which will incorporate the current ASU system. The plan is to create a national system of development from the grassroots level to the Olympic level. It is believed that the way to do this is to have all the speedskating coaches around the country, from club coaches to USISA coaches, teaching the same principles and ideas.

The USISA Development Committee is working on bridging the gap between the ASU and USISA through a competition schedule which incorporates the current ASU meet schedule and the schedule of USISA competitions so conflicts can be avoided, if possible. It is hoped that the overall schedule will benefit all skaters in their

development. The calendar of USISA Championships and USISA-hosted ISU Championships for the 1995-96 season is as follows:

- Dec. 16-17, 1995USISA Traveling Team Trials Marquette, MI
- Dec. 22-23, 1995U.S. National Sprint Championships, Milwaukee, WI
- Dec. 28-29, 1995U.S. Junior Short Track Championships, Milwaukee, WI
- Dec. 30-31, 1995U.S. National All-round Championships, Milwaukee, WI
- Jan. 6-7, 1996U.S. Junior Regional Championships, East-Lake Placid, NY West-Roseville, MN Midwest-Milwaukee, WI
- Feb. 10-11, 1996U.S. Junior National Championships, Milwaukee, WI
- Feb. 17-18, 1996U.S. Short Track Championships Olympic Festival Training Group Trials Saratoga Springs, NY
- Mar. 29-31, 1996World Short Track Team Championships, Lake Placid, NY

CANADIAN OLYMPIAN GUY THIBAUT IS NEW U.S. SPRINT COACH

U.S. Speedskating has hired Guy Thibault as sprint coach for the 1995-1996 season.

Thibault, a native of Quebec, Canada replaces Thometz, who last year doubled as U.S. sprint coach and U.S. Program Director. Thibault will handle coaching responsibilities for the sprint team from the Pettit National Ice Center in Milwaukee.

Since 1992, Thibault, 30, has been a coach at the National Speedskating Centre in Quebec. He was a member of the 1992 and 1988 Canadian long track Olympic team and a Canadian National Sprint team member from 1984 to 1992. He was named "Canadian Long Track Skater of the Year" in 1988, 1991 and 1992. During his 23 years of skating, he won several world cup medals and also competed in short track speedskating for nine years.

Thibault holds degrees in physical education, civil engineering and computer engineering from the Univerite Laval.

Thibault is married with two children. They will move to the Milwaukee area this summer.



United States International Speedskating Association News

"70 YEARS OF EXCELLENCE" VIDEO

With the combined efforts of ABC, CBS and NBC Sports, the USOC, Cappy Productions Inc. and Tom Cushman, a wonderful video was created to help celebrate U.S. Speedskating's "70 Years Of Excellence" Tribute. This nostalgic video featuring Speedskating's Olympic medal winners over the past 70 years was viewed by those attending the celebration on April 28, 1995. It is now available to anyone interested in owning a piece of history. The cost of each tape is \$10.00, including postage. Orders will be submitted to the videographer in groups of 25 at one time. If you would like a videotape please make your \$10.00 check payable to USISA and mail to P.O. Box 16157, Rocky River, Ohio 44116. Please allow 2-4 weeks for delivery once the group order has been placed. Note: this tape is for personal use only, it may not be used for promotional purposes.

SPEEDSKATING WINDJOCK™

Anyone interested in purchasing a "Speedskating Windjock™" windsock should contact the USISA National Office. The windsock is approximately 3 feet in length, in the shape of an athlete. The USISA logo will be on one arm sleeve with the Olympic rings on the chest of the figure. The cost is \$25.00 if purchased through USISA (the cost if purchased through the USOC is \$30-\$32). USISA must receive a minimum of \$175.00 in orders to place a group order. Through a USISA/USOC Merchandise Agreement, USISA will receive a small licensing royalty on all orders placed.

THREE-TIME OLYMPIAN ERIC FLAIM RETIRES FROM SPEEDSKATING

Olympic medalist Eric Flaim from Hyde Park, Mass., has retired from speedskating to pursue his college degree and manage his business commitments.

At the 1994 Olympics, Flaim, 28, won a silver medal in the 5,000 meter relay in Short Track. Prior to 1994, Flaim competed in Long Track. He won the silver medal

at 1500 meters at the 1988 Olympics. He is the only winter Olympic athlete to win medals in two different disciplines.

At the 1992 Olympics, Flaim contracted food poisoning the night before his 1500 meter race and was unable to compete. At the 1992 World Championships, he won a silver medal at 500 meters. He was the 1989 World Cup Champion in the 1500 meters. In 1988, he won the World All Around Championship.

In addition to speedskating, Flaim is an accomplished in-line skater. In 1991, he won the National In-Line Championships.

Flaim is a full-time student at Northeastern University in Boston, majoring in communications. He hopes to pursue a career in sports broadcasting. Flaim is owner of Eric Flaim's Motion Sports on Boston's Newbury Street, a sports shop that specializes in in-line skating equipment. He plans to open more stores later this year.

ERIC FLAIM WINS SILVER MEDAL AT WORLD SHORT TRACK CHAMPIONSHIPS IN GJOVIK, NORWAY

Two-time Olympic medalist Eric Flaim won a silver medal in the 1500m at the 1995 World Short Track Speedskating Championships at Gjovik Olympic Hall near Lillehammer, Norway.

Flaim skated a 2:30.52. Korean Chae Ji-Hoon was first in 2:30.47 and teammate Lee Jun-Ho was third in 2:31.11. John Coyle finished 12th.

In the women's 1500, Americans Karen Cashman was 7th and Amy Peterson was 10th. Korea's Chun Lee-Kyung took the gold.

Cashman won her qualifying heat, but like Peterson, missed advancing into the Final, finishing 3rd in the semi-final.

Eric Flaim was tied for 5th overall at the 1995 World Short Track Championships in Gjovik, Norway. Teammate John Coyle was 11th.

This performance gives the U.S. men's team three starting positions at the 1996 World Championships — the most since 1990.

Amy Peterson took the spot for the U.S. women in 8th and Karen Cashman was 11th.

In the final day of competition, Flaim also finished 8th in the 3000 meters.

MEN

- 1. Chae Ji-Hoon, ROK 43.98
- 2. Mirko Vuillermin, ITA 44.25
- 3. Maurizio Carnino, ITA 44.40
- 4. Song Jae-Kun, ROK 44.42



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1000

1. Marc Gagnon, CAN 1:35.38
2. Frederic Blackburn, CAN 1:35.42
3. Maurizio Carnino 1:35.57
4. Eric Flaim, Boston, Mass 1:35.71

3000

1. Ji-Hoo 4:56.29 *World Record*
2. Je-Kun 4:58.97
3. Blackburn 5:03.39
4. Gagnon 5:03.68
8. Flaim 5:25.85 (fall)

MENS TEAM WINS THE BRONZE AT 1995 WORLD TEAM CHAMPIONSHIPS

The U.S. Men's Short Track Team won the overall bronze medal at the 1995 World Short Track Speedskating Team Championships in Zoetermeer, the Netherlands.

Teams from more than 10 countries competed in the three day event, March 24-26. Winners of the Championship were Canada (men) and Korea (women). Skaters competed in the 500, 1000, 3000 meters and relay races.

Eric Flaim's time in the 1000 meters, 1:33.22, was the fastest among 24 competitors. Andy Gabel finished 8th in 1:34.64. John Coyle was 24th in 1:47.07.

In the 500, Charles King finished 7th in 44.46, Coyle and Gable tied for 8th in 44.50. In the 3000, Flaim was 2nd in 5:29.37 and J.P. Shilling was 12th in 5:33.05.

— RESULTS — MEN

1. Canada 63 points
2. Republic of Korea 48
3. USA 40
(Eric Flaim, J.P. Shilling, Andy Gabel, Charles King)
4. Italy 26
5. Netherlands 22
6. Great Britian 21

WOMEN

1. Republic of Korea 58 points
2. China 51
3. Canada 41
4. Italy 27
5. Bulgaria 22
6. Russia 22

RESULTS — LONG TRACK Calgary, Canada

Olympic Oval Finale, Mar. 17-19, 1995

SPRINT LADIES

500m #1

1. Bonnie Blair, USA 39.23
2. Susan Auch, CAN 39.24
3. Tomomi Okazaki, JPN 39.61

1000m #1

1. Blair 1:18.65
2. Michelle Morton, CAN 1:21.14
3. Okazaki 1:21.24

500m #2

1. Blair 38.87
2. Wakako Tsuchiya, JPN 39.69
3. Morton 39.86

1000m #2

1. Blair, (Amer. R) 1:18.05
2. Okazaki 1:20.95
3. Morton 1:22.31

SAMALOG

1. Blair 156.450
2. Okozaki 160.395
3. Morton 161.925

SHORT ALL-ROUND LADIES

500m

1. Becky Sundstrom, USA, (Jr. Amer. R) 40.68
2. Maki Tabata, JPN 41.09
3. Mie Shimizu, JPN 41.23
4. Valerie Hopkins, USA 43.44

1500m

1. Tabata 2:02.81
2. Sundstrom, (Jr. WR) 2:05.00
3. Shimizu 2:07.11
4. Hopkins 2:12.66

1000m

1. Tabata 1:20.68
2. Sundstrom 1:21.05
3. Krisy Myers, CAN 1:32.29

3000m

1. Tabata 4:19.64
2. Sundstrom 4:29.69
3. Linda Runyon, USA 4:52.10

SAMALOG

1. Tabata 165.639
2. Sundstrom 167.819 (Jr. WR)



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LONG ALL-ROUND LADIES

500m

1. Moira D'Andrea, USA 40.59
2. Chiharu Nozaki, JPN 41.38
3. Jennifer Lee, CAN 43.93

3000m

1. D'Andrea 4:23.89 (Amer.R)
2. Nozaki 4:29.58
3. Lee 4:53.81

1500m

1. D'Andrea 2:03.43 (Amer. R)
2. Nozaki 2:03.94
3. Lee 2:15.56

5000m

1. D'Andrea 7:40.26
2. Nozaki 7:46.32

SAMALOG

1. D'Andrea 171.740 (Amer. R)
2. Nozaki 174.255

OPEN LADIES

500m (Fri)

1. Catriona Lemay, CAN 40.13
2. Maki Tabata, JPN 40.97
3. Valerie Hopkins, USA 42.96
4. Shana Sundstrom, USA 43.37

1000m (Fri)

1. Hopkins 1:25.91
2. DSQ Sundstrom 1:26.54
3. Lucie Cote, CAN 1:31.92

500m (Sat)

1. Shana Sundstrom 43.45
2. Cote 44.47
3. Danielle Coutts, CAN 44.86

1500m

1. Elena Belci, ITA 2:07.29
2. Sundstrom 2:11.79
3. Doucet 2:13.60

1000m (Sun)

1. D'Andrea 1:20.87
2. Belci 1:23.64
3. Wakako Tsuchiya, JPN 1:24.78
4. S. Sundstrom 1:26.24

SPRINT MEN

500m #1

1. Toshiyuki Kuroiwa, JPN 36.27
2. Casey FitzRandolph 36.53
3. Gerard VanVelde, NED 36.62
6. Brendan Eppert, USA 37.18

14. Kevin Curtis, USA 38.95

1000m #1

1. Kuroiwa 1:12.50
2. VanVelde 1:12.91
3. FitzRandolph 1:13.92
5. Eppert 1:14.42
10. Curtis 1:16.84

500m #2

1. Kuroiwa 36.34
2. VanVelde 36.59
3. FitzRandolph 36.73
5. Eppert 36.84
14. Curtis 38.92

1000m #2

1. VanVelde 1:12.50
2. Kuroiwa 1:12.54
3. Sylvain Bouchard, CAN 1:12.77
4. FitzRandolph 1:13.90
5. Eppert 1:13.93
12. Curtis 1:16.41

SAMALOG

1. Kuroiwa 145.130
2. VanVelde 145.915
3. FitzRandolph 147.170
5. Eppert 148.195
12. Curtis 154.495

LONG ALL-ROUND MEN

500m

1. Mutsuhiro Satoh, JPN 37.66
2. Kevin Marshall, CAN 37.68
3. Toru Aoyanagi 37.77
7. Arlen Spicer, USA 39.07
10. Jason Hedstrand, USA 40.98
11. Pat Quinn, USA 41.06

5000m

1. Aoyanagi 6:46.91
2. Gianni Romme, NED 6:47.98
3. Andrew Nicholson, NZL 6:57.92
9. Spicer 7:02.89
11. Quinn 7:19.40
12. Hedstrand 7:22.05

1500m

1. Aoyanagi 1:52.78
2. Satoh 1:54.67
3. Romme 1:54.79
5. Spicer 1:56.20
9. Hedstrand 2:02.13
11. Quinn 2:04.68



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10000m

1. Romme 14:09.44
2. Aoyanagi 14:11.76
3. Olaf Kotva, GER 14:26.58
6. Spicer 14:52.75
8. Quinn 15:34.54
9. Hedstrand 15:37.18

SAMALOG

1. Aoyanagi 158.642
2. Romme 160.443
3. Satoh 162.705
7. Spicer 164.729
8. Hedstrand 172.754
9. Quinn 173.287

OPEN MEN

500m (Fri.)

1. Takahiro Hamamichi, JPN 36.09
2. Michael Ireland, CAN 36.38
3. Jason Parker, CAN 37.73
4. Pat Seltsam, USA 38.05
21. Mark Jeter, USA 40.12
26. Hedstrand 41.14
28. Quinn 41.54

1000m

1. Spicer 1:16.76
2. Mark Wild, CAN 1:16.78
2. Frank VanDerkleij, NED 1:16.83
11. Matt Trimble, USA 1:19.07
12. Jeter 1:19.21
14. Quinn 1:21.07

3000m (Fri)

1. Sergei Tsybenko, KAZ 3:59.61
2. Mark Knoll, CAN 4:00.52
3. Cedric Kuentz, FRA 4:01.40
10. Brian Smith, USA 4:13.24

500m (Sat.)

1. Hamamachi 36.41
2. Ireland 36.72
3. VanDerkleij 38.47
14. Jeter 39.83
16. Trimble 39.88

1500m (Sat.)

1. Marshall 1:51.34
2. Kuentz 1:55.28
3. Tsybenko 1:55.33
- DSQ Seltsam 2:01.41
13. Jeter 2:01.47
14. Trimble 2:01.50

5000m

1. Tsybenko 6:57.09
2. Kuentz 6:57.15
3. Atsuaki Shinohara, JPN 6:57.82
4. B. Smith 7:13.01
6. Mark Greenwald, USA 7:21.25
10. Erik Feia, USA 7:37.27

1500m (Sun)

1. VanVelde 1:54.94
2. Parker 1:55.48
3. Erik Bouwman, NED 1:56.92
12. Jeter 2:01.77
14. Feia 2:05.65

3000m (Sun)

1. Marshall 3:54.08
- Niels Arnold, NED 4:09.56
3. Gys Buitelaar, NED 4:12.51
7. Trimble 4:19.69
10. Feia 4:23.56
11. Seltsam 4:26.47
12. Jeter 4:27.87

MARYLAND ASSOCIATION'S TOP 10 REASONS TO SPEED SKATE

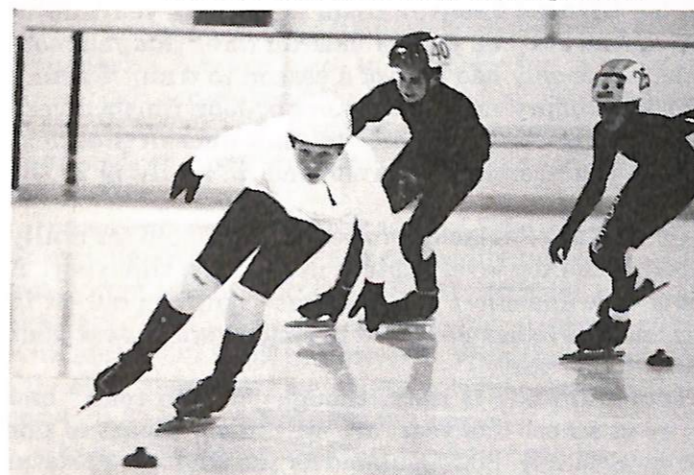
10. None of that pesky media coverage other sports get.
9. You never have to worry about your feet hurting, because you can't feel them.
8. Cheaper than polo or yachting.
7. Keeps kids from getting involved in risky youth activities, like homework.
6. Flattering, tight costume for skaters of all ages, shapes and sizes.
5. If it snows, and no one else shows, you might win for once.
4. Expensive equipment your kids grow out of every year.
3. Where else can you drive 300 miles, spend two days in a hotel and skate for four minutes?
2. No one knows how hard it is, so they think your just clumsy.
1. Only two rules: Go fast, turn left.

As submitted by:
David Kennedy and Claude Bauer

NORTH TEXAS SPEEDSKATING CLUB

By BRAD LANG

The season has once again concluded. Most of us are busy enjoying the warmth of the Texax sun. However, let's go back a few months and tell you about some of our Texas skaters and what they accomplished.



Eric Hall leading at the St. Louis Silver Skates
Sam Hicks Photo

In March, three of our North Texas skaters travelled to St. Louis to participate in the Silver Skates meet (March 4,5). Yuval Toren, Eric Hall and James Fletcher decided it was time to finally 'cut' the ice at a meet. Yuval skated in Novice Pee Wee Boys, Eric competed in Midget Novice and James in Senior B Men. All were a little unsure of what to expect at their first meet. Fortunately, the stand-in coach for the day was Denny Stanford. Denny has an extensive skating background. His expertise and knowledge were invaluable. For new participants it's nice to have someone coaching who has some experience and can offer valuable insight when necessary. Thanks so much, Denny. All of our skaters did a great job. Eric Hall was able to finish in fourth place overall. On March 11-12 Eric won first place at the Evanston Northshore meet in Midget Novice! Great job, Eric!!!

However, the story of this season belongs with Josh Brymer and Chad Powell. These guys have been out burning calories with Pat Wentland at the Olympic Training Center in Lake Placid, N.Y. After all of those hard practice sessions the hard work is paying off in accelerated lap times. Josh was able to make the Junior National Team and competed in Europe at several meets. Super job, Josh!!! and Chad? Well, he's the 1995 National Short Track Champion!!! Considering how long both skaters have been on ice they've done very well. A few months ago I was able to discuss with Chad his thoughts before and during the National Champion-

ships. He offered this insight...

Chad was fairly nervous going into the Nationals. He had to keep telling himself that there was no reason to be nervous. The World Team trials were over (two weeks prior to the Nat's). The preparation for the World Team trials was enormous and staying focused another two weeks was becoming more difficult. Chad's perspective was to go out and have fun — the season was just about over. However, sleep was difficult — this was THE NATIONAL SHORT TRACK CHAMPIONSHIPS, (perhaps, if the beds had been a little softer...) There was a bit of uncertainty in terms of who would be there. He knew at least one skater, Mark Perchat, would be extremely tough in the 500M race... The race shedule would start with the 1500M, then 1000M, followed by the 500M and 3000M events. Tactically, Chad had no idea of what to expect in the 1500M. He kept reminding himself the key to a good race was to stay relaxed — yet focused. In the finals, after the gun, he led for few laps, but was passed shortly thereafter. With two and a half laps to go, Chad moved through the pack from the third position to first. He held that spot to take the win. Surprised?! Yes, but he still had a few more races to go...

In the semis for the 1000M race Chad ran into difficulties. In 2nd place with 3 or 2 laps to go Chad was starting to pick up the tempo. As he came around the apex at maximum effort a block chaser was moving directly in front of him. Chad was approximately 5 feet away when he realized a collision was imminent. There was a bright flash and Chad was airborne. He flipped over the block chaser and landed on his head. The block chaser was laid out, period. Chad's immediate reaction was to check for injuries — hopefully the block chaser would be alright. Next, Chad started to wonder about a re-skate... he was still 'pumped'. Fortunately, he was granted a reskate and won. In the finals he also felt good. Later, however, he would need stitches to close a wound on his knee. He was unaware that a blade had sliced through his knee pad in the collision.

In the final for the 500M race Chad was 3rd off the line after several restarts. He was somewhat nervous, but did not want to tense up or else he might slip. Again, he thought stay relaxed... Power out of the turn into the straightaway... Relax... With 30 feet to go Chad was trying to close a 12 inch gap. As he crossed the finish line he was six inches out of 1st!! The 3000M race was relatively low key (if you can imagine!) Chad still wanted to win though. The pack stayed together for most of the race. When the ice settled Chad was number one overall!

At the awards ceremony Chad finally was letting it all sink in. He had done it. A Texas skater had done it... If only his parents or Pat Wentland could be here. And finally there was a phone call that had to be made. When Rita Powell answered the phone that evening she was about to receive a small shock. After Rita said hello the voice on the other end merely confirmed what had taken place that weekend. "Mom... you are talking to the 1995 National Short Track Champion" Silence... Hello, Mom... are you there? The rest is history. Congratulations Chad, its been a long time coming!!! Until next time. Stay in shape!!!

MISSOURI SKATING ASSOCIATION

By Mary Chapin

Those of us from Missouri who went to Danvers for the ASU Convention (all nine of us) really enjoyed ourselves. The convention was good, the seafood was great and the hospitality of the members of the Northeast Association was impeccable. A good time was had by all.

Our own **Myra Vandersall** presented a Media Seminar to the delegates and attendees on Saturday morning. It was extremely well received and I think Myra has quite a few Associations who want to work with her and benefit from her expertise. All I can say is the ASU's gain is Missouri's loss as Myra has taken on the job of Chairman of the ASU Promotion and Publicity Committee.

Harold and Sonya Samberg are grandparents of a new grandson born to their daughter and son-in-law, Debbie and Allan Costner. Kyle Ethan Costner came into this world on April 7th weighing 7 lb. 1 oz. Mom says he'll be ready to skate in two years tops! Harold is enjoying being a grandpa while recuperating from a broken hip. He should be up and around in a month or so.

We have reports from two of our MSA Clubs regarding their activities.

METROS CLUB: As well as hosting their first Annual Metros Speedskating Meet last November they had notable accomplishments by some of their skaters.

Bob Scheri—Won the Master Men's title in the North American Short Track against a very competitive field.

J.P. Kepka—Placed 5th in the Great Lakes Long Track, 3rd in the National Long Track and 2nd at the Chicago Silver Skates. The rest of the meets he participated in resulted in Championships which were; the ASAI Kickoff Classic, Metros Championship, Gateway Meet, Land of Lincoln, Northbrook Open, Missouri State, St. Louis Crowe Series, National and North American Short Track. J P set 4 National Short Track records in the 333, 500, 611, and 777. He also set Illinois Meet Records in the 333, 500 and 611. Along with his skating he earned his Arrow of Light in the Boy Scouts.

Katy Kepka—Placed 5th in the National Long Track, 4th in the National Short Track, 3rd in the Great Lakes Long Track and Christmas Classic, 2nd in the Chicago Silver Skates. Katy won the Championships at the ASAI Kickoff Classic, Gateway Meet, Land of Lincoln, Northbrook Open, Missouri State and the St. Louis Crowe Series. At the Olympic Festival Trials in her first try Katy placed 11th and will be heading west to Denver in July. Along with speedskating, Katy is an accomplished musician. She plays the clarinet in her school band which competed nationally in Atlanta and placed 4th in a large field.

Mark your Calendar—The Metros Club will be hosting their 2nd Annual Metros Championships on March 2-3, 1996 at the Kennedy Recreation Complex. This event will be held two weeks before the 1996 National Short Track Championships on the same ice sheet the Nationals will be skated. What better tune up could there be?

GATEWAY CLUB—The Gateway Club was very proud of the accomplishments of their skaters this season. Gateway had 70 skating members this season, many of whom were novice.

Steve Refsland gave us all thrills, faring very well in the tough Intermediate age division and gaining a place on the Olympic Festival Team again this year. **John Vandersall** also had some wonderful races this year considering he only had part of a season to train. Coming off a knee injury early in the season, John finished very strong at the Nationals, only to show himself that next year is just around the corner and he really is in the game.

Coach **Dave Pavlacic** is to be congratulated for really pushing the top level skaters in the club this year. A lot of time and effort put into these skaters paid off in the end. (Dave has promised to sing on stage next year at the pizza party.)

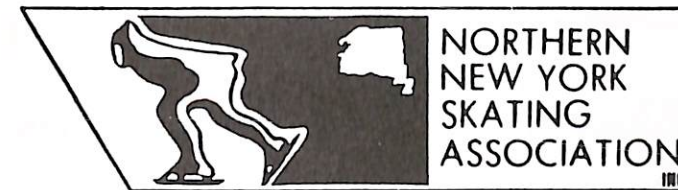
Tom and Kelly O'Hare, though "on the road" and away at school this year, are still much a part of our Gateway family. Both qualified for the Olympic Festival in Denver. Tom was a member of the U.S. Junior World Short Track team and placed 7th overall at the Junior World Championships in Calgary. He finished 9th in the Senior World Short Track Trials and 3rd in the Intermediate class at the National Short Track.

Mary Ann Layden-Cirks, our Master Woman, finished 3rd at both the National and North American Short Track Championships. At the Nationals she won the "gold" in the 3000 meter while placing 3rd in the 500, 1000 and 1500. At the North American, Mary Anne had two 3rd's two 4th's and a 2nd in the 3000.

Gateway had a very profitable spring flower sale and the weekend of June 3rd a huge car wash is planned to help fund summer ice time.

One of the most surprising and improved skaters that Gateway had this year, and I'm sure for years to come, was **Misi Toth**, a first year Midget Boy. Misi placed well in all of the out of town competitions even surprising himself as the season progressed. He won the Championship in the St. Louis Silver Skates and then went on to the National and claimed 3rd place overall. Not really planning to attend the North American meet, he said "why not" and placed 4th overall in a really exciting Midget age group.

Many of the Gateway Novice skaters ventured to the Champaign and Northbrook Open meets this year for a test of the northern skaters and much to their surprise they fit right in! The many club coaches were very proud of what they had accomplished the past couple of years and are looking forward to seeing their skaters at the Nationals in St. Louis in 1996.



By Larry A. Clever

Northern New York, its members and officers extend congratulations to Association Secretary Pat Peaslee, of the Pittsfield Club, on her admission to the ASU Hall of Fame as a Contributor. Recognized at the Annual Convention just concluded, she was joined in celebration by her husband Carl and a very large extended family contingent. A major force in speedskating in Northern New York across the past thirty years, she has set an example for all to follow. Pat, thank you for your time, your energy, and your caring! You've truly made a difference.

We welcome the Speed Skaters of Troy (SST) Club into membership in NNY. Organized under the capable leadership of President Steve Segore, the club is already skating a late Spring-early Summer schedule at the Knickerbocker Rink in Troy, NY. With the strong start this club has made, we expect a bright future for the sport in Troy and Rensselaer County!

The Syracuse Speedskating Club has had an exciting year. Its Short Track meet in February attracted over 140 skaters from the Eastern associations, Ohio and Canada. Nate Heilman, Millie James and Cherise Wilkins skated the time trials for the World Team and the Olympic Festival Team, gaining valuable experience. Kathy Same, Sara Fitzpatrick, Kate Stewart, Chris Thomas, and Cherise Wilkins represented the club at the ASU Short Track Nationals, where Cherise Wilkins won the Midget Girls National Championship (the first National Championship from Syracuse since Coach Gretchen Burns' victory). At the North American Short Track in Cleveland, Kathy Same, Ed Luban and Cherise Wilkins skated very well with Kathy placing second overall in Masters Women and Cherise taking the North American Championship in Midget Girls. The Syracuse club has elected new officers and gotten the new year underway already, with Coach Gretchen Burns starting dryland training that will continue through August. Syracuse has added a Masters Plus Short Track Meet to next year's schedule for December 2.

The Pittsfield Parks Speed Skating Club honored long-time member Alex Goguen at its annual banquet, presenting him a birthday cake in honor of his 75th birthday. Rookie of the Year Award went to Jordan Smith, the Sportsmanship Award to Danny Fonseca, rookie top point winner was Sarah Flynn, female top point was Theresa Sime, and male top point was Danny Fonseca. The club's February Short Track drew over 130 skaters, one of the stronger registrations in recent years for this traditional meet.

The Saratoga Winter Club had a strong year under

the capable leadership of President Tom Campbell. Its skaters continued their growth and achievement, from novice to Masters. The club is especially proud of the stellar performance of David Tamburrino and Maura D'Andrea in National and International metric competition this season, and of ASU Short Track Champions Debra Cohen (Senior Women), Chad Richards (Juvenile Men), Gold Medal Relay Team members Brad Campbell, Jeb Gorham, Ian Baranski and Chad Richards, and Silver Medal Relay Team Jane Lapato, Erin Porter, Kristin Brophy, and Megan Everett. Kudos also to Erin Porter for her dynamic second place overall performance in North American Short Track in Cleveland and to Sarah Williams for her third place overall finish in Long Track in Butte!

The Saratoga Winter Club is fortunate in its support from a dedicated corps of parents and outstanding coaching from Pat Maxwell, Will Hallanan and Casey Wager, enabling it to offer an excellent on-ice and dryland developmental program, strong meets (including the Eastern States Long Track and Short Track Meets and the World Team Trials and Olympic Festivals this year), and a successful Summer Training Camp (to be run again this July). The Saratoga Winter Club will be pleased to welcome the speedskating community to Saratoga to the "fastest ice in the country" in 1966 for the U.S. Speedskating Championships and in 1998 for the August Short Track Championships.

The Green Mountain Club continues to grow in strength, running sessions at rinks in Montpelier, Rutland and Burlington, and working toward ice time in Manchester. Coach Dave Manfredi supports the training at each site, ably assisted by Joe Franz. Incidentally, Dave and Joe have opened Boot & Blade - A Skaters Paradise (802 773-0018) in Rutland, offering ice and road speedskating equipment, an expansion and relocation of Dave's former store. Joe is still active in his own outstanding competitive career, winning the 25K overall and Senior Men A in the 50K at the National Marathon this past season, and Don Gallegos, Rob Kramer, Elizabeth Lynch and Sandy Chicoine have achieved strong standings in competition this year.

The Capital District Speedskating Club regretfully says farewell to its Secretary, Rick Barber, a U.S. Army Major, who has been transferred from the Watervliet Arsenal to Fort Leavenworth, Kansas for an 11 month assignment. Congratulations to Rick who was married on May 6th to the former Christina Tortorici. (Attention Doc: Rick is a guy who a club could be built around in Kansas!) The Capital District skating program continues its strength under the coaching of master skater maker and Club President Paul Marchese, offering instructional, recreational and competitive opportunities in the Albany area. Congratulations to Howard Ganong, Walter Monast and Liz Marchese for their strong showings at the North American Short Track in Cleveland!

Congratulations also to Donald Stewart of the Adirondack Club on winning the National Championship in Junior Boys at the National Long Track Championship

in Butte! A strong contingent of Adirondack skaters traveled cross country by van under the stewardship of Coach Tom Miller, skating first in the Junior Long Track Metric Trials in Roseville, and then competing in Butte.

In April elections, Gary Talbot was re-elected to a third term as President. Gretchen Burns was elevated to First VP and Tom Miller to Second VP, while Bill Farry returned to the officer ranks as Third VP and Larry Clever was elected ASU Board of Control member. Nothern New York champions for 1994-95 were Brad Campbell (Sr. Men A), Erin Porter (Sr. Women A) Marty Haire (Sr. Men B) Sandy Chicoine (Sr. Women B), Rick Barber (Master Men), Howard Ganong (GM Men), Nate Heilman (Interm. Men), Millie James (Jr. Girls), Jimmy Cooley (Juv. Boys) Bridget Farrell (Juv. Girls), Ethan Townsend (Midget Boys), Stacey Clever (Midget Girls), Danny McMahon (Pony Boys), Caitlin Everett (Pony Girls), Paul Valle (Pee Wee Boys), and Virginia Burns (Pee Wee Girls).

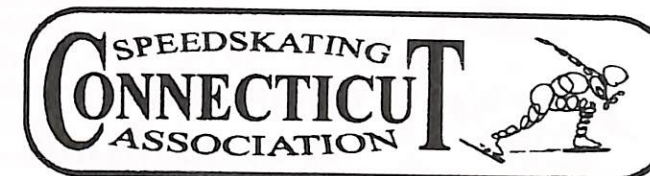
MONTANA AMATEUR SPEEDSKATING ASSOCIATION

By AMY FUELLEMAN

The beautiful oval in Butte, Montana, hosted the National Long Track Championships this year. Skaters commented on the quality of the ice and the spectacular scenery. The Butte rink is one of only three outdoor 400 meter ovals in the country and probably the most under-utilized. What a shame. Several extremely talented skaters have come from Butte or trained here. The center offers high altitude training in lovely montain surroundings. The High Altitude Sports Center is unique and must not be allowed to fade away. We are attempting to invigorate the center to our sport.

The original plans for the High Altitude Sports Center included an indoor ice sheet. Plans to complete the Center are underway. Speed, hockey and figure skaters have joined forces for a fund raising campaign known as Friends of the Rink (FOR). We are in the midst of our drive now and hope to break ground in April of '96. Hopefully the new rink will provide a more consistent revenue stream for day to day operations. The availability of indoor ice may increase the regional competition for our skaters and the popularity of our sport. Wish us luck.

The man who is waiting for something to turn up might start on his shirt sleeves.



By AL MENGHI

The reborn Connecticut Speedskating Association (CSA) had its first annual meeting and banquet. Outgoing president Jerry Klasman reported that the CSA had a successful first year of competition with 11 medals out of 15 entries, and six of those medals came from the novice group. Al Forsyth was elected president for the upcoming year and Dave Moneypenny elected president of the Tri-Town Club.

Five of our skaters traveled to New York City on May 6 to participate in the 10k in-line race. Kate Stewart won her division even though this was her first-ever in-line race. Al Forsyth, Ann Karrick Glaser, Ken Johnson and Edgar Smith participated as well.

VP of Promotion Ann Glaser is busy. She's planning a reunion for members of the original CSA. If you are a formers CSA member (or know the whereabouts of any) and have not been contacted please let us know by calling Ann at (203) 374-8485. Also, Ann is running a Parks and Recreation Department in-line learn to skate clinic this summer. This should bring some new recruits. (CSA members are planning an additional learn to skate program for September with the New Britian Recreation Department.)

Efforts continue to secure ice time at the soon to be constructed rink in Norwich, CT. CSA members made a presentation to the rink authority which included specific details of ice time requests with justification, long range plans, and benefits to the community. The rink, which is scheduled to be completed by November, will fill a void in the Eastern Connecticut/Southern Rhode Island area. The CSA has received sanction and has applied for ice in Norwich for the Eastern Seaboard Short Track Championships to be held on March 23-24. A press release stating that it would be the first speedskating event to be held in the Southeastern CT area was published in the local paper. We're working hard and keeping our fingers crossed because ice contracts won't be awarded until the authority hires a rink manager. While the Eastern Connecticut members were speaking with officials in Norwich, Ann Glaser has been contacting rinks in Southwestern Connecticut to get ice time and start another club. This includes speaking with the bid winning developer of a new two rink complex in Fairfield, CT.

For those of you on-line, the CSA can be reached at CTSPEED@aol.com (Ann Glaser, Promotions), or AMeng@aol.com (Assoc. Secretary) or 73312.2505@compuserve.com (Jerry Klasman, Board of Control). E-mail save us a bunch on our phone and postage bills each month.

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NORTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

by MARY WONG

The Boston area was gorgeous the weekend of the ASU convention. I just wished I had some of my cohorts in town to share the fun with me, but then I may not have met so many nice people. In fact, I had been in town for less than 24 hours when I was stopped by three of Danvers very polite policemen and went for a ride in a squad car. I hope Joe Balbo remembered he promised to write his side of this story and send it in to the RB. See his article for the details. The rest of the weekend I got to see some of the inner workings of the ASU, and met many of the people who help make speedskating happen. And special thanks to Ted Gulczynski, Jerry Steele, Doc Savage and all the other guys at the troublemakers table for making me feel so welcome. And thanks to Bill and Sharon Cawthra for taking this wayward skater along on their sightseeing tour.

There are some interesting developments that will be brought back at the next convention. One has to do with aligning the racing rules of the ASU more closely with the ISU rules. Another is a suggestion that grew out of a proposal to allow more age categories for the Masters. People who have been putting on races protested, "No way! We barely have time for the divisions we have now." Some people I talked to said that the Masters are boring to watch. They said, "The races are for the young skaters. That's where the excitement is." Others said, "We need to attract skaters to the sport. We think the Masters class will grow if they have fair opportunities to race." So, it was suggested that Masters have their own National championships, separate from the "regular" Nationals.

NCSA members aren't alone in their opinions that many of the Masters, if they are made to skate a separate "Nationals," wouldn't be as interested. Many of us, especially if we have to travel quite far, have to choose one big race to go to, and we also like to watch the young skaters. Quite a few of us are parents and coaches to younger skaters. What do you think? The ASU doesn't make decisions in a vacuum. Almost half of the Board of Control members were there for their first time. (One from each of 17 associations, plus one skaters representative, one USISA rep. and half-votes for the two past presidents in attendance.) So you can't say the decisions are made by people who have been there for many years. If you want to know what is going on, keep in touch with your association officers.

In late spring NCSA welcomed LA skaters Rusty Smith, Hanna Kim and Tony Low along with Jerry Search to a "mini" camp. Rusty, Hanna and Tony have

each been in skating for about three years, more or less. They have the agility that comes from concentrating on technique work early in the season. Their PB's are proof that doing this skill work now pays off later. Rusty led the group through an office workout later at a nearby park. We topped off the day with a visit to the Golden Gate Bridge (brrr) Lombard Street, which the kids opted to walk down, and elevator rides at the Hyatt Regency, where the atrium reaches up for 17 floors. (Think "Vertigo".)

On June 3 JC Penney flew Bonnie Blair to the Today's Woman Expo in San Francisco. Those of us who were able to make it to the appearance were treated to her speech about not being afraid to set high goals and take risks. Bonnie talked about her experiences, and how she chose not to quit skating after her first, then second, then third Olympics. She got applause for telling about her decision to try to reach her personal goal of breaking 39 seconds in the 500, and how she went to one more race even after taking the win at Pettit, and skated 38.99. There are so many of you who can say you know Bonnie from Champaign or Milwaukee. I feel like we're the last people on the planet to see her in person. She signed autographs, and then was seen hurrying out of the building. I guess she heard about the elevator rides. Bonnie was her usual gracious self. How lucky we are to have her as a role model for athletes in not just our favorite sport, but any sport.

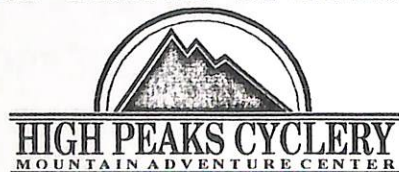
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AMATEUR SKATING ASSOCIATION OF ILLINOIS



By Dick Martin

It's June, it's probably hot as you read this and it's the time of the year not only to reflect on the season just past but to look forward to the approaching 1995-1996 with anticipation and expectations to have fun. Believe it or not, skating is fun. This writer has been competing in speedskating since 1962 so there must be more than just skating in circles that make the sport worthwhile.

As the ASAI continues its 67 year tradition as a founding member of the ASU, let's take a look at some of the successes we've had as an Association and what we can look forward to in the future as we begin to close out the 20th century.

Bonnie Blair (Champaign, IL)—the best there ever was—the best there ever will be. Thank you Bonnie. It was a pleasure to watch you perform and an honor to be associated with one of the greatest athletes the world has produced.

The National Long Track Championships held in

Butte this past year saw 11 skaters representing the ASAI—what happened to our neighbors from the North?? We saw fine performances from all ASAI skaters but particularly from Steve Young in Masters (Steve is our new ASAI president) and Howard Clausen in Senior Men who came out of retirement to place 3rd overall. Howard also skated a personal in the 500 meters at the North American Long Track in Calgary but failed to make it out of his heat. Would you say he's in a tough division?

However, not to be overshadowed by the older skaters in this port was the SUPER results of our two National Champions—Shani Davis in Midget Boys and Tracy Monroe in Midget Girls. Your names are now in the record books kids-nice going!!!

Unfortunately, the ASAI was unable to hold its annual State Outdoor Championships again this year. Temperatures rose all the way into the mid-20s this past January and local park district officials demanded ice at least 1 mile thick to hold the 55th annual meet and sorry to say, the meet was canceled. Funny thing is, this writer was skating outdoor on a local pond on March 1st. Have we seen the last of outdoor skating in Illinois???

Becky Sundstrom deserves a round of applause. Becky, another ASAI skater (Glen Ellyn to be exact) had an outstanding year by winning the Jr. World Championships and placed 12th overall in the Woman's World - could our state be producing another Bonnie?? Congrats to Becky!!

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Pat Moore, another ASAI skater and former World Short Track team member is once again conducting summer training sessions throughout the Chicago area. Pat was an outstanding skater and his knowledge of skating and training techniques are helping the ASAI produce yet another group of future Short Track and Long Track World and Olympic champions. Thanks Pat for your help.

The ASAI will also be holding a Category 5 training camp this summer - look for information from you local clubs if you want to attend. Happy training - see you all next season.

WISCONSIN SPEEDSKATING ASSOCIATION

By Brad Goskowicz

Summer is here and a busy bunch of Wisconsin speedskaters have undertaken a number of summer projects, including two summer training camps. When you include fund-raising activities, publicity and recruiting drives and summer ice, the speedskating season never truly ends anymore.



The Central Wisconsin Speedskating Club hosted the Wisconsin State Long Track Championships this year. Some of the members are shown here with their prized Zamboni.

The big news in Wisconsin this summer is that we have elected, Elayne Riley of the Madison Speedskating Club as the new President. Elayne and her husband, Dwayne, have been familiar faces in speedskating for over 30 years. We wish her well as President of the largest Association.

Our other officers for 1995-96:

- Ernie Kretschmann 1st V.P./Racing
- Marty Jaeger 2nd V.P./Novice
- Franklin Cumberbatch 3rd V.P./Membership
- Pete Elliot Treasurer
- Peggy Goskowicz Secretary

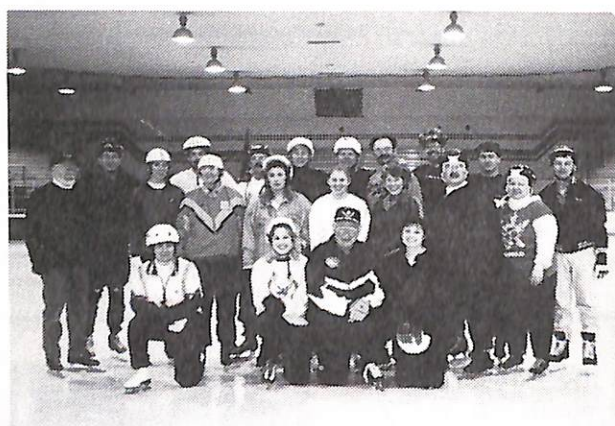
Having just come back from the convention we were all thrilled with the awarding of the ASU National Con

vention to Milwaukee for 1998. We promise to give everyone a warm welcome and our best hospitality!

As we look forward to next season, please put these two items on your calendar! First of all the Badger International Speedskating Championships in Madison will be back next fall and we will again be hosting the National Long Track Championships at the Pettit National Ice Center. See you all there!

MILWAUKEE SEMINAR TRAINS SIXTEEN NEW COACHES

By LARRY RALSTON



1995 MILWAUKEE/WEST ALLIS COACHING SEMINAR
Photo by Lou Mane

Sixteen new coaching candidates attended the April 28-30, seminar in West Allis, Wisconsin. The facilities of the West Allis Recreation Department were excellent and the Wilson Park Arena provided perfect conditions for the group to learn all about the sport sciences and speedskating techniques. Mary Jane Brummitt of the Badger Club did an outstanding job in organizing and coordinating the entire program that drew students from Wisconsin and Illinois.

This was the largest seminar since August of 1987, when 27 students attended the Southgate, Michigan, seminar. The original seminar, conducted at Northern Michigan University in August of 1984, had an attendance of 22 students from all over the United States. Since that original seminar, over 225 coaches have been educated and awarded diplomas. One of the main objectives of the coaching seminars has been to provide a standard curriculum for all beginning speed skaters, so that the same methods and techniques are taught throughout the country.

EXHIBITION OF SPEEDSKATING

(Continued from page 49)

skater who thinks Doc's an okay guy!

As with special events, it was important to capitalize on the opportunity to let the public meet and greet these elite athletes. In doing so John Singer and Brian showed some off-ice training techniques at the huge beautiful Gardens Mall on Friday evening with the help of Planet Ice character, "Big-Foot". It was certainly fun for the kids.

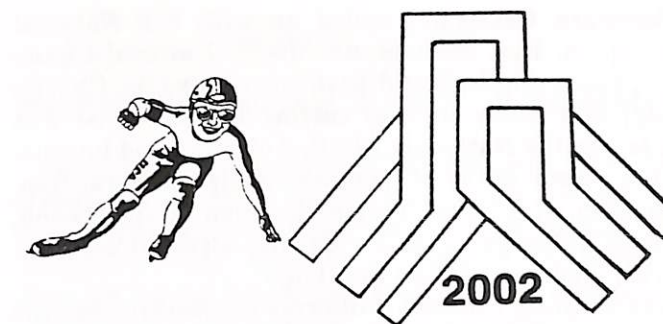
On Saturday prior to the evening exhibition the skaters had a chance to get on ice at Florida's newest ice rink in Palm Beach Gardens, "Planet Ice." It was so new it was not opening until the following week-end.

As in all amateur sports, one can never close an important event, without thanking specific corporations for their support. FISF is fortunate to have HEALTH-SOUTH as a leading corporate partner in their endeavor to educate, enhance, promote and support all segments of ice sports within the state of Florida. Through their support, the visits of Brian Arseneau, John Singer, John Coyle and ASU's Growth and Development Chair Doc Savage were made possible. Thank you HEALTH-SOUTH!! We also thank Planet Ice and The Gardens mall in Palm Beach Gardens and Wooten Ford in Cocoa. Their contributions also enhanced the appearances of the elite skaters in the local community. "Doc's Team" in Florida is growing!

The Florida Ice sports Foundation continues its efforts to garner visibility and support for the sport of ice speedskating within the state of Florida. Now that this sport has been exhibited in the Sunshine State Games we can look to the future for its inclusion in the winter sports segment along with hockey and figure skating.

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3. Do not use a script or other unusual font
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5. Do not use colored paper.
6. If you want photos returned, please put your name and address on a sticker on each photo.
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NORTHERN UTAH SPEEDSKATING CLUB

By Jay Glad, President

The Northern Utah Speedskating Club had its last activity of the season on March 23, which was a Skate-a-thon. We had 12 participants.

In one hour, Byron Miller went 12 miles, Bryce Miller went 11 miles, and Justin Hoaglin went 10 miles.



BREEA LEMMON

What was really amazing was that Breea Lemmon, age 5, skated 43 laps on our 111 meter track.

Breea really idolizes Bonnie Blair, and we call her "Blondie Blair."



SOUTHERN CALIFORNIA SPEEDSKATING ASSOCIATION

by BOB NELSON

As the sun sets over the blue Pacific, we in Southern California look back upon the 1994-95 speedskating season and give a great amount of recognition to those who have done so well this year and thank those responsible for getting them there.

First, if the AAF of Los Angeles were not in place and helping sponsor the SCSSA it would not have happened at all. With ice costing \$235.00 per hour and four hours weekly being used, we could not afford to be competitive locally or on the National scene.

Southern California ended up with one National Champion, Ken Mastrianna, one Co-National Champion, Rusty Smith, World Team member again, Charles King, and many up and coming hopefuls who won medals in the Nationals, North American and International Meets. Many of them like Kelly Cawthra, Hannah Kim, Haj Sano, Travis Hartman, Tony Hwang, Wayne Rutledge, Seth Davidowitz, Alys Nelson, Sue Perles, and Bob Nelson you know.


The recently finished California Classic crowned the youngest victor, youngest finisher and the most impressive skater of the year Rusty Smith, 15, who lapped the other skaters 3 times in the 35th Annual Ross Zucco Memorial.

Other victorious winners in the Ross Zucco Memorial were Ron Gonsalves (5,000 meter), Jim Minmi (1,000 meter), Irene Walker (1,000 meter Grand Master Women), Tony Hwang (777 meter), Bob Payne (1,000 meter Master), Jade Wheeler (1,000 meter), Brian Adkins (1,000 meter), Eric Sides (611 meter), Shaun Jameson (611 meter), Brice Miller (500 meter), Jacob Cano (500 meter), and Lauren Richardson (333 meter).

The second day of competition of the Classic the Bill Disney Sprints tallied up total points earned and the results of the winners were exactly the same as the Ross Zucco with only one new skater added in the class of Group I, where Marissa Winship was victor.

The Classic brought in skaters from Michigan, Utah, Colorado and Northern California.

Many of our skaters will be attending camps this year and So. Calif. also will have a couple of camps, so look for us to be very competitive in St. Louis in March, 1996.



OHIO SKATING ASSOCIATION
by DENNIS MARQUARD

The OSA skaters fared well this year. At the State Short Track Meet in Elyria, fifteen new records were set. Kristen Biondo led the way with four records in Pony Girls, followed by Kelly Walunis with three records in Senior B Women. Adam Riedy and Ron Biondo battled it out in Juvenile Boys with two records each. Katie Marquard in Midget Girls, Roman Milan in Midget Boys and Joe Balbo and Bob Heeley in Master Men each set one new record. Our congratulations go out to these skaters.

Hosting the North American Short Track Championships gave the OSA skaters an extra incentive to make their goals of achieving the qualifying time to skate in the Championship. Special determination by Graham Geiselman, Roman Milan and Katie Marquard showed that a little extra effort can make the difference.

Scott Koons and Therese Lease ended the season on a high note. Scott finished 7th overall at the World Team Trials in Saratoga Springs and qualified for Senior Category 1. Therese finished 9th overall in the same Trials and qualified for Junior Category 1. Both Scott and Therese will be competing in the Olympic Festival this July in Colorado Springs.

The OSA recently held its Spring Picnic, which also served as a "Thank you" to all the North American volunteers. Awards were given at this picnic to recognize a few of the skaters for their improvement. **Rookie of the Year** awards went to Clare Geiselman for the ladies and Sasha Munjal for the men. **The Most Improved** awards went to Therese Lease for the ladies and Roman Milan for the men. The picnic was a big success and all who attended enjoyed hamburgers, hot dogs, and games of baseball and volleyball. The beautiful sunny day was a fitting way to end the season.

The North American Championship was a huge success for the skaters and families attending. The OSA families spent a lot of time and effort to make everyone's stay in Cleveland an enjoyable one. Joe Balbo and crew did an exceptional job and we commend them. (See results and article elsewhere.)

The OSA conducted elections at the Spring Meeting. The following people were elected for two year terms:

- President Joanne Uhlik
- 1st Vice President David Smee
- 2nd Vice President Greta Geiselman
- Treasurer Joe Balbo
- Secretary Dennis Marquard

I am happy to announce the birth of our son, Nicholas Philip Marquard. Nicholas was born on May 22nd. He weighed 8lbs., 3 ozs. Both Katie and Nicholas are doing well.

Have a great summer!



MICHIGAN SPEEDSKATING ASSOCIATION

By Kasey Wallis

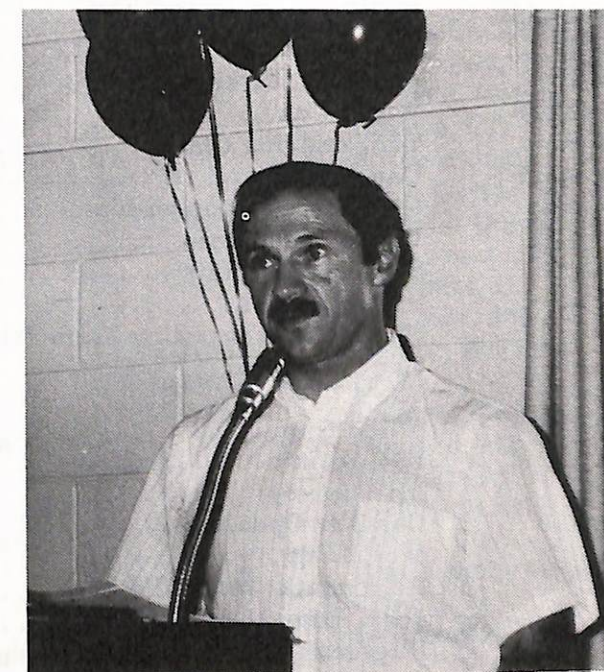
I'm supposed to write about the 1995 National Short Track Speedskating Championships, so here goes!

It all started when Mark Jastrzembki (the founder of the West Michigan Speedskating club) applied to have the Nationals in Muskegon. When Mark found out that we would be holding the Nationals he asked me, 12 year old Kasey Wallis, and 13 year old Johnny Millard to be the meet directors. Johnny and I are both speed skaters and were going to skate in the Nationals. We both decided to accept the directorship and skate too. That's when the real work began.

We started making decisions (and boy did I find out that some grownups can be mean). Some of our responsibilities included locating invocators, formatting and

West Allis Speedskating Club Banquet

More than 150 members and friends of the West Allis Speedskating Club attended this year's Awards and Recognition Banquet. The theme for the banquet was "Friends for Life" and was attended by the Mayor of West Allis John Turck and several other luminaries. Highlights of the banquet were presentation of the Family of the Year Award to Brad and Peggy Goskowicz and the Annual Year-End Stupid Slide Show by Pete Elliott.



Club President Pete Elliott tries to remember his speech.



West Allis Club members wait patiently while Pete Elliott tries to remember his speech.

finalizing the menu and program, fund raising activities, and public relations in general. We were getting some less than complimentary letters and things like that to deal with. We did get to go back to the sponsors and give them their free gifts (We didn't need our parents because Mark was our personal taxi).

I have many good memories of the Nationals. The good sportsmanship, having about 30 National records set on our ice, making new friends and seeing old ones. All in all, the Nationals was pretty great!!!

In leaving, let me give you a piece of advice, running a meet and skating in it too is really tiring!

THE GREATER
PITTSBURGH
UNIFIED
SPEEDSKATING CLUB

By Bob Halden

The Greater Pittsburgh Unified Speedskating Club has recently completed its third full season. In the past year we have concentrated our efforts on building our membership as well as preparation for competition. In addition to our regular club practices, we conducted several learn to speedskate sessions. We have seen great improvement in many of our skaters, particularly Steve Canson, Mercedes Dunford, Augustin Pionati, Jake Bryant and newcomers Ben Scott and Preston Jones. Speed skates are being seen more and more often at the local rinks. Our skaters are also starting to travel more to compete. In only his third year of speed skating competition, Wade Smith finished fifth in the Master Men class at the National Short Track Championship and, one week later improved his standing to third overall at the North American Short Track Championship. Our Special Olympians also performed admirably, taking part in the Seaway Open in Cleveland and the Special Olympic Open in Franklin Park. Once again Joe Mays dominated speedskating at the Pennsylvania State Winter Games. Terri DiNome and Kenny Bradley also medaled in their events at the Winter Games.

In February an article featuring the Greater Pittsburgh Unified Speedskating Club appeared in the Pittsburgh Post-Gazette. As a result of this article, a phone call was received from an Edith Baum, age 83, who had been a member of a Pittsburgh speedskating club that skated and competed at the Duquesne Gardens in the 1930s. She continues to skate recreationally to this day. This is an interesting piece of speedskating history. I wonder if there are any readers of the Racing Blade who may have some knowledge of the earlier club in the Pittsburgh area. If so, please contact the Greater Pittsburgh Unified Speedskating Club.

Life is about timing.

1995-1996 MEET SCHEDULE

Date	Competition	Discipline	Location
OCT 14	Pacific Northwest Open	ST	Eugene, OR
OCT 21-22	International Short Track Competition*	ST	Lake Placid, NY
OCT 28	Chicago Silver Skates	ST (SN)	Glen Ellyn, IL
OCT 28-29	International Short Track Competition*	ST	Montreal, Canada
NOV 4	Fourth Annual Silver Derby	ST (SN)	Ogden, UT
NOV 4-5	Eastern States Short Track	ST	Saratoga Springs, NY
	Badger Short Track	ST	Madison, WI
NOV 11-12	Great Lakes Short Track Championships	ST	PNIC Milwaukee, WI
	Binghamton Short Track	ST	Binghamton, NY
NOV 18	IL & WI State Short Track Championships	ST	Park Ridge & PNIC
NOV 18-19	Bay State Championships	ST	Marlborough, MA
NOV 19	Holiday Classic	LT (Pack)	PNIC
NOV 23	Ten Mile Turkey Trot	ST	Brooklyn, NY
NOV 24-26	World Cup	LT (Metric)	Berlin, Germany
NOV 25	Thanksgiving Classic	ST	Muskegon, MI
NOV 25-26	Can-Am Open	LT (Metric)	Butte, MT
NOV 26	Gold Cup Championships	LT (Pack)	PNIC
DEC 2	Winter Fest Open	ST	Eugene, OR
	Syracuse Masters*	ST	Suracuse, NY
DEC 2-3	Seaway Open	ST	Cleveland, OH
	Short Track Traveling Team Trials*	ST	Marquette, MI
	Can-Am Open	LT (Metric)	Calgary & Lake Placid
	World Cup	LT (Metric)	Heerenveen, Holland
DEC 3	I-94 Sprints	LT (Pack)	PNIC
DEC 9	Ice Odyssey	ST (SN)*	Salt Lake City, UT
DEC 9-10	Can-Am Open	LT (Metric)	Ste. Foy, Quebec
	World Cup	LT (Metric)	Hamar, Norway
	Adirondack Metric/Pack	LT (Metric/Pack)	Lake Placid, NY
	John Rose Memorial	LT (Pack/Metric)	Roseville, MN
DEC 16	International Short Track Competition*	Unknown	
	Lake Placid International Marathon	LT (Pack)	Lake Placid, NY
	Special Olympic Short Track	ST	Franklin, IL
DEC 16-17	International Short Track Competition	ST	Unknown
DEC 22-23	U.S. Sprint Long Track Championships	LT (Metric)	PNIC
DEC 28-29	U.S. Junior Short Track Chamionships	ST	PNIC
DEC 30-31	U.S. Allround Long Track Championships	LT (Metric)	PNIC
JAN 6-7	Eastern States Long Track	LT (Pack)	Saratoga Springs, NY
	World Cup (Sprint)	LT (Metric)	Medeo, Kazakhstan
	U.S. Junior Regional Long Track Champ	LT (Metric)	East-Lake Placid
			West - Roseville
			Midwest - PNIC
JAN 13	WI & IL State Long Track (Closed)	LT (Pack)	Waupaca & Glen Ellyn
JAN 13-14	National Marathon Championships	LT (Pack)	Lake Placid, NY
	World Cup	LT (Metric)	Davos, Switzerland
	American Cup	LT (Metric)	Roseville, MN
JAN 14	Waupaca Classic	LT (Pack)	Waupaca, WI
JAN 20-21	Great Lakes Long Track	LT (Metric/Pack)	PNIC
	Eastern Seaboard Long Track	LT (Pack)	Lake Placid, NY
JAN 27-28	National Track Championships	LT (Pack)	PNIC
	World Junior Short Track Championships	ST	Courmayeur, Italy
	World Cup (Allround)	LT (Metric)	Balsega di Pine, Italy
FEB 2-4	World Allround Championships	LT (Metric)	Inzell, Germany
FEB 3-4	North American Long Track Championships	LT (Pack)	Roseville, MN
FEB 10	Syracuse Short Track	ST	Syracuse, NY

FEB 10-11	Land of Lincoln	ST	Champaign, IL
	U.S. Junior Long Track Championships	LT (Metric)	PNIC
	World Cup (Sprint)	LT (Metric)	Innsbruck, Austria
FEB 18	Skate on State Classic	ST(SN)*	Chicago, IL
FEB 17-18	U.S. Short Track/Olympic Fest. Champ	ST	Saratoga Springs, NY
	Can-Am Country Match/American Cup II	LT (Metric)	Butte, MT
	(A-B-C Juniors and Seniors)		
	World Sprint Championships	LT (Metric)	Heerenveen, Holland
FEB 19	5 Mile Carnival	ST	Brooklyn, NY
FEB 23-25	World Veterans Championships	ST	Ste. Foy, Quebec
FEB 24	Pittsfield Short Track	ST	North Adams, MA
FEB 24-25	Northbrook Open	ST	Northbrook, IL
	World Cup (Sprint)	LT (Metric)	Roseville, MN
FEB 28-MAR 1	Country Match (USA, GER, NED, ?)	LT (Metric)	Salt Lake City, UT
MAR 1-3	World Short Track Championships	ST	The Hague, Holland
	World Cup	LT (Metric)	Calgary, Canada
MAR 2	Pacific Northwest Championships	ST	Eugene, OR
MAR 2-3	Metros Speedskating Championships	ST	St. Louis, MO
	Lake Placid Short Track	ST	Lake Placid, NY
MAR 8-10	World Junior Championships	LT (Metric)	Calgary, Canada
MAR 9	New York State Championships	ST	West Point, NY
MAR 9-10	Evanston Northshore Open	ST	Evanston, IL
MAR 15-17	National Short Track Championships	ST	St. Louis, MO
	World Single Distance Championships	LT (Metric)	Hamar, Norway
MAR 16-17	American Cup III (Final)	LT (Metric)	PNIC
MAR 22-24	Olympic Oval Finale ?	LT (Metric)	Calgary, Canada
MAR 23-24	Eastern Seaboard Short Track Championships	ST	Norwich, CT
MAR 29-31	World Short Track Team Championships	ST	Lake Placid, NY
MAR 30-31	Tri-State Invitational*	ST	Cleveland, OH
APR 5-7	North American Short Track Championships	ST	Red Deer, Alberta, Canada
			Florida
APR 19-21	USISA Spring Meetings*		Bloomington, MN
MAY 17-19	ASU Convention		

SN = Special Needs class included
*Tentative

1996-1997 MEET SCHEDULE

Date	Competition	Discipline	Location
OCT 26	Chicago Silver Skates	ST	Glen Ellyn, IL
NOV 2-3	Gopher Open	ST	Twin Cities, MN
NOV 9-10	Great Lakes Short Track	ST	PNIC, Milwaukee, WI
NOV 16-17	Park Ridge Open	ST	Park Ridge, IL
NOV 23	Thanksgiving Classic	ST	Muskegon, MI
NOV 23-24	World Cup (Allround)	LT (Metric)	Berlin, Germany
	Can-Am Open*	LT (Metric)	Calgary
	Gold Cup	LT (Pack)	PNIC
NOV 24	Seaway Open	ST	Cleveland, OH
NOV 30-DEC 1	World Cup (Allround)	LT (Metric)	Heerenveen, Holland
	Can-Am Open*	LT (Metric)	Butte and Ste. Foy
	I-94 Sprints	LT (Pack)	PNIC
DEC 1	John Rose Memorial	LT (Metric/Pack)	Roseville, MN
DEC 7-8	World Cup (Allround)	LT (Metric)	Hamar, Norway
	World Cup (Sprint)	LT (Metric)	Seoul, Korea
	Can-Am Open*	LT (Metric)	Lake Placid, NY
DEC 14-15	World Cup (Sprint)	LT (Metric)	Nagano, Japan
	Short Track Traveling Team Trials*	ST	Unknown

DEC 15	Holiday Classic.....	LT (Pack)	PNIC
DEC 21-22	U.S. Allround Track Championships.....	LT (Metric)	Unknown
DEC 28-29	U.S. Sprint Long Track Championships.....	LT (Metric)	Unknown
DEC 30-31	U.S. Junior Short Track Championships.....	ST	Unknown
JAN 4-5	World Cup (Sprint).....	LT (Metric)	Calgary, Canada
	U.S. Junior Regional Long Track Championships.....	LT (Metric)	East-Lake Placid
			West-Roseville
			Midwest-PNIC
			Glen Ellyn & Madison
JAN 11	IL & WI State Meets (Closed).....	LT (Pack)	PNIC
JAN 11-12	World Cup (Sprint).....	LT (Metric)	Marquette, MI
	World Junior Short Track Championships.....	ST	Madison
JAN 12	Waupaca Classic.....	LT (Pack)	PNIC
JAN 18-19	Great Lakes Long Track Championships.....	LT (Metric/Pack)	Balsega di Pine, Italy
	World Cup (Allround).....	LT (Metric)	Lake Placid, NY
JAN 25-26	National Long Track Championships.....	LT (Pack)	Davos, Switzerland
	World Cup.....	LT (Metric)	Canada
FEB 1-2	North American Long Track Championships.....	LT (Pack)	Hamar, Norway
	World Sprint Championships.....	LT (Metric)	Roseville, MN
	American Cup I.....	LT (Metric)	Unknown
FEB 8-9	U.S. Junior Long Track Championships**.....	LT (Metric)	Champaign, IL
	Land of Lincoln.....	ST	Nagano, Japan
FEB 14-16	World Allround Championships.....	LT (Metric)	Unknown
FEB 15-16	Tri-State Invitational.....	ST	Unknown
	U.S. Junior Long Track Championships**.....	LT (Metric)	Northbrook, IL
FEB 22-23	Northbrook Open.....	ST	Innsbruck, Austria
	World Cup (Sprint).....	LT (Metric)	Salt Lake City/Calgary
	Country Match (USA, GER, NED, ?).....	LT (Metric)	Salt Lake City
	American Cup II.....	LT (Metric)	Butte, MT
FEB 28-MAR 2	World Junior Championships.....	LT (Metric)	Inzell, Germany
	World Cup.....	LT (Metric)	St. Louis, MO
MAR 1-2	St. Louis Silver Skates.....	ST	Warsaw, Poland
MAR 7-9	World Single Distance Championships.....	LT (Metric)	Evanston, IL
MAR 8-9	Evanston Northshore Open.....	ST	Calgary, Canada
MAR 14-16	Olympic Oval Finale.....	LT (Metric)	Unknown
MAR 15-16	U.S. Short Track Championships*.....	ST	West Point, NY
MAR 21-23	National Short Track Championships.....	ST	PNIC
MAR 22-23	American Cup III (Final).....	LT (Metric)	Greater Minnesota
MAR 28-30	North American Short Track Championships.....	ST	Nagano, Japan
	World Short Track Championships.....	ST	Seoul, Korea
APR 4-6	World Short Track Championships.....	ST	Prince Edward Island
APR 5-7	CASSA National Short Track Championships.....	ST	Unknown
APR 18-20	USISA Spring Meetings*.....		St. Louis, MO
MAY 16-18	ASU Convention.....		

*Tentative **Better date to be determined



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Emotional Injuries in Youth Sports

(Continued from page 41)

national coaching education system. While coaching education programs have been developed, they are not mandatory for youth sports coaches, except in the state of New Jersey. In addition, they lack key components which are vital to a successful educational program.

So, what can we as parents, coaches and sport professionals do? We must work hard to make and keep sports fun. Help children develop individual goals so they can achieve success every time they participate in a sports activity. Give everyone the opportunity to play and be successful. Focus on skill development and decrease the pressure to win. Finally, listen to what the child has to say and show empathy to the young athlete.

Harvey Dulber, Ph.D. is a sports psychologist in private practice in Brookline, MA. Dr. Dulber is listed in the United States Olympic Sports Psychology Registry and is the author of *The Competitive Edge*, a sports psychology newsletter. In addition, Dr. Dulber is a member of the Board of Directors of the National Youth Sports Safety Foundation. Correspondence address: 1330 Beacon Street, Suite 248, Brookline, MA 02146, (617) 232-5200.

Resources are available from the National Youth Sports Safety Foundation on how to evaluate the quality of a sports program, and how to be a supportive parent. For a free publications list write: NYSSF, 10 Meredith Circle, Needham, MA 02192. R.G.