

The Racing Blade®

VOLUME XXIX
NUMBER 1

OCTOBER, 1995



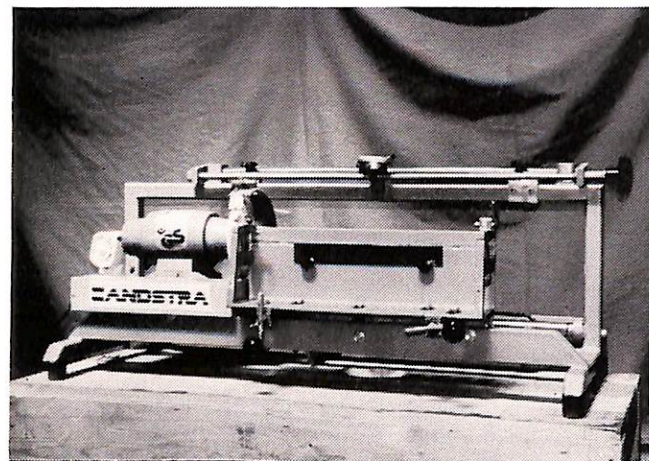
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New Concepts in Off-Ice Training
Friendships Solid as a Block of Ice
What's New in Promotion for the ASU
The Speedskater From St. Petersburg
Lactate Measurement: An Important Tool For Effective Training
Memorial Wall Dedicated to Bonnie

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An exclusive interview with Charles Poliquin, one of the most successful strength coaches for speedskating in the world.

New Concepts in Off-Ice Training

By Kim David Goss

An American speed skaters will recognize the name of Canadian strength coach Charles Poliquin, but the athletes he has trained reads like a Who's Who of the sport: Kevin Scott, Christine Boudrias, Angela Cutrone, Isabelle Charest, Marc Gagnon, Sylvia Gagnon and Natalie Lambert. Last year his Short-Track athletes earned 14 medals in the World Championships. Charles Poliquin is, unquestionably, one of the greatest strength coaches in the world.

Although he calls Calgary home, Coach Poliquin spends most of his time in Europe. He is tri-lingual, has a master's degree in human kinetics from the University of Montreal, and bases many of his training protocols on research conducted in Germany and Norway. His programs are a result of his extensive international contacts, working not only with the finest athletes but also the most respected strength and conditioning scientists. In the following interview, Coach Poliquin discusses many of his revolutionary training methods.

RB: What are the primary differences between training Short-Track and Long-Track skaters?

CP: With Short-Track a quicker start is more important, and because of that these athletes need more maximal strength. They also need to perform more plyometric drills because their stride frequency is greater.

RB: If maximal strength is more important for Short-Track, can I assume your Short-Track skaters are stronger than your Long-Track skaters?

CP: On a pound-for-pound basis, yes. On absolute levels, no, because Long-Track skaters tend to be bigger athletes. Although there are exceptions, the typical Short-Track male champions are about 5-feet-10-inches and 160 pounds, whereas the Long-Track skaters are about six feet tall and usually weigh no less than 185 pounds.

RB: What is the relationship between muscle mass and performance in speedskating?

CP: What we have found is that our results internationally have improved with increased levels of muscle mass, especially in the sprints. The effects of increased muscle mass are most significant on the start. But there's an optimal amount of muscle mass for each event, and if you get too big it hinders your endurance.

RB: How much time do your speed skaters spend in the weight room?

CP: In the strength building phase they work out four

times a week, and during the competitive phase once a week. There are also extra strength workouts during the Christmas period. Each workout usually lasts about one hour, not including warm-up. Basically the philosophy is to get in, warm-up, get the job done, and then make friends.

RB: What are the best training exercises for speed skaters?

CP: For the lower body I emphasize step-ups, split squats, front squats and back squats. For the upper body, what's been shown to correlate best with performance is how much a skater can chin and how much they can incline press.

RB: Do you use resistance training machines or just free weights?

CP: I limit the use of machines to about 25 percent of the load.

RB: You've said that Kevin Scott can back squat, all the way down, 462 pounds. Do you also have any women doing impressive lifts?

CP: Angela Cutrone could incline press 165 pounds weighing 128 pounds — that's pretty impressive. Natalie Lambert could do front split squats with 198 pounds for five reps. I remember this guy who desperately wanted to know when Natalie trained. I asked if he wanted to meet her and he said no — he just didn't want to workout when she did because she intimidated him!

RB: In an article that appeared in the *Skaters Edge* about the Canadian Short-Track program, it said you vary workouts every three weeks. Do all your athletes use this program?

CP: That model applies to probably 80 percent of my athletes.

RB: What is the major difference between your workouts and those designed by other strength coaches?

CP: My workouts tend to have more variation of the major training variables such as sets, reps and tempo.

RB: That article also said that exercises for speed skaters should be split 50-50 between the upper and lower body. Why is that?

CB: Acceleration begins from the upper body, hence the need for upper body maximal strength. Also, skaters are often limited in their lower body exercises by the amount of strength in the upper body to support the load, particularly the scapulae retractors. Skaters from other

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Letters to the Editor, articles of interest, and features about an Association's officials or skaters should be sent to the Editor, Robert R. Vehe, 404 HiLusi 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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Our Nineteenth Cover

by BOB VEHE

The story of the wall is covered elsewhere, but the scenario of obtaining the cover photo is a story of some interest.

The president of the City of Newburgh Lions Club had sent me several very large newspaper articles about the dedication of this wall honoring Bonnie Blair. Various photographs—crowded with people—were in the articles, but, as fascinating as the story was, nothing struck me insofar as a possible cover was involved.

Until I was sent an unoccupied photo of the wall, I never recognized the possibilities. Now, where can I get a vertical picture? Eleanor Blair contacted one of the promoters, but nothing was available. I was given the phone number of the local newspaper, but first I thought I would call the President of the City of Newburgh Lions Club, Gil Piaquadio. Gil is also the Chairman of the Lions Club Hall of Fame Committee and was one of the presenters at the dedication.

I posed the problem and he assured me that he would find something or take some himself. "When do you need them?" He answered his own question. "I know, right away."

To say I was flabbergasted when the Airborne Express rang my doorbell the very next morning and handed me a package of photos would be an understatement. Gil had taken the vertical and horizontal photos, had them developed and sent to me by overnight delivery.

Thanks for the cover photo, the close-up photo of the wall and the Ring's Pond photo, that are shown elsewhere in the article, goes to President Gil Piaquadio of the City of Newburgh Lions Club.

DEADLINES



ITEMS FOR THE NEXT ISSUE
ARE DUE: NOVEMBER 1, 1995

Dec. 29, 1995

March 1, 1996

June 1, 1996



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countries are known to have developed brachialis tendonitis from supporting the bar in back squats.

RB: Which plyometric drills do your speed skaters perform?

CP: I try to make the plyometric drills specific to speedskating. Generally we do a lot of angular work, where you train at the 45-degree push off to imitate the stride component.

RB: What about complex training, the type in which you superset a weight training exercise with a plyometric exercise?

CP: I would like to do more of that — it's a very good system. Unfortunately, the way most weight rooms are set up it's usually not practical. Where my bobsledders train it's possible to do complex training, but if my speed skaters did it in the facility where they train they'd be landing on people doing leg curls and incline presses.

RB: Do you do anything special in regard to flexibility?

CP: Speed skaters have to concentrate on flexibility of the pelvis. Because they skate primarily in one direction, most Short-Trackers have a spine that seems to be oriented towards the curve — they look like a tree that's suffered from long term exposure to heavy winds! If we catch them early we can alleviate a lot of that with stretching.

RB: Do you supplement all your strength workouts with aerobic training?

CP: We do minimal aerobic work during the strength building phase.

RB: Why is that?

CP: For elite athletes it only takes about 6-8 weeks to build the aerobic system, so all that's necessary during the rest of the year is a maintenance program. Of course your lactate threshold can improve, but as far as the VO2 max, it won't.

RB: Are you saying that speed skaters only need to emphasize aerobic training two months out of the year?

CP: That's correct, but remember we're talking about elite athletes.

RB: Do you use slide boards?

CP: No, they are damaging to the knee.

RB: Is insufficient resistance also a problem with slide boards?

CP: Even when there is enough overload it's not in the right force pattern. If you want to improve your skating stride you've got to do it "on ice" with resistive devices. Towing is good for this because the coach can effectively regulate the resistance with the angulation of their blades.

RB: How many athletes are your currently training?

CP: About 120 in a variety of sports, from judo to tennis.

RB: How often do you see your athletes?

CP: I try to see most of my clients every three weeks. If the athlete is familiar with the exercises, once every six weeks will do.

RB: How large is your staff?

CP: I have three strength coaches and one nutritionist who work for me.

RB: How do coaches and athletes who want you to work with them get in touch with you?

CP: They can contact me directly, but I usually only train athletes for a minimum of three years—they've got to commit to three years.

RB: The May 1995 issue of **Muscle Media 2000** contained an article you wrote entitled "The Science of Sets." This was followed by "The Science of Reps" and an article on the bench press. Do you plan on writing any more articles for this publication?

CP: **Muscle Media 2000** has two more articles in press for this series, "The Science of Lifting Speed" and "The Science of Eccentric Training." I hope to continue writing for this publication, and I have plans for two books in the near future and several multi-media projects.

RB: Between writing, traveling and supervising the training programs of your athletes, I guess you manage to stay fairly busy.

CP: You could say that!

Editor's Note: If you would like to contact Charles Poliquin for seminars or training programs, he can be reached at 5036 Bulyea Road N.W., Calgary, Alberta T2L2H6 or FAX (403) 220-0611.

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CONFERENCE IN DECEMBER TO ADDRESS FEMALE ATHLETE AND SPORTS INJURIES

The National Youth Sports Safety Foundation, Inc. (NYSFF) is hosting a conference on December 2, 1995 at the DoubleTree Guest Suites Hotel, Boston, entitled, **The Female Athlete: Sports Injury Concerns.**

The dual track conference will present vital, up-to-date information regarding how to eliminate unnecessary risk of injury and how to assure female athletes optimum benefit from sports. Topics covered include orthopedic issues, psychological and sociological concerns, gynecological issues, conditioning and training, nutritional concerns and eating disorders.

Presenters at the conference include: Lyle J. Micheli, M.D., Director, Division of Sports Medicine, Children's Hospital, Boston; Wayne Westcott, Ph.D., National Strength Training Consultant, IDEA; Avery Fagenbaum, Ed.D., Boston University Sargent College; Nancy Clark, RD, Sports Medicine, Brookline; and Harvey Dulberg, Ph.D., Boston College.

The conference is being held in co-operation with the National Association for Girls and Women in Sport, National Recreation and Park Association, Coalition of Americans to Protect Sports, National Association of Governor's Councils on Physical Fitness and Sports, and the President's Council on Physical Fitness and Sports.

For more information please call Rita Glassman at the National Youth Sports Safety Foundation at 617-449-2499.

* * *

The National Youth Sports Safety Foundation, Inc., formerly the National Youth Sports Foundation For The Prevention Of Athletic Injuries, Inc., is a non-profit, educational research organization working to promote the safety of children and adolescents participating in sports. It serves as an educational resource and clearinghouse for information on safe sports participation for parents, coaches, athletes, health professionals, and program administrators.

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when you don't have time for it.*

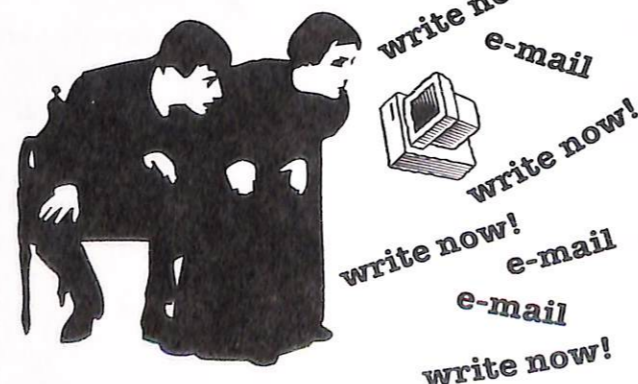
e-mail write now!

Information—we want it fast and we want it now. You got it. Many speed skaters are cruising the information superhighway now and there's a special place on-line to get information about the sport. The Connecticut Speedskating Association (CSA), under the direction of Ann Karrick Glaser, vice president of promotion and publicity, has volunteered to coordinate a list of e-mail addresses and skating information.

To be a part of this exciting method of communication and information resources, this is what you need to do:

- Contact the CSA at CTSPEED@aol.com and say you want to be on the "list"
- Provide your e-mail address
- Your name, or as much as you want to give
- Your state/association/club so we know where you're located
- Your age (optional) and skating class
- Any other information you wish to share

A coordinated list of on-line skaters and their e-mail addresses will be printed in *The Racing Blade* and the list will be sent to those on the list via e-mail. Be sure to pass along the CSA's e-mail address to your inline friends and people you think may be interested in speedskating news. By using the most up-to-date methods of communication, skaters and potential skaters can talk to each other. So, fire up those computers and start e-mailing each other.



WHAT'S NEW IN PROMOTION FOR THE ASU THIS SEASON

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



Another speedskating season looms ahead, and so does the quest for more recognition for our sport, our skaters and coaches. The ASU Publicity and Promotions Committee members have been busy during the summer months devising new and supplemental methods of communicating facts about speedskating.

One of the fastest growing and most pervasive forms of communication is the electronic method of sending and receiving information-e-mail, the Internet, online services and the World Wide Web. While speedskating has a presence in this area, we are attempting to coordinate this method of communication. To this end, check out a few new standing columns for future *Racing Blade* issues.

LISTS, MORE LISTS, AND THE WWW

If you are online, be sure to sign up for the comprehensive e-mail listing detailed in this issue. Generously coordinated by the Connecticut Speedskating Association and committee member Ann Karrick Glaser, this helpful listing will facilitate talking to each other about the sport.

Ann and Jeffrey Harris, secretary of the Northeast Speedskating Association, are designing a special page for the ASU on the World Wide Web. Look for information in a future issue of *The Racing Blade* on our new electronic page and how to take advantage of this exciting method of communication.

Another standing column for our publication is the 1995-96 Club/Association list, which will help us communicate with each other as we travel across the country. This list is a keeper, and fodder for the refrigerator magnet. It is also a handy guide to give potential skaters who are seeking information and contact names.

Also, notice that the poster contest announced in the last issue of *The Racing Blade* has an extended deadline, due to late delivery. You now have until Oct. 31, 1995, to create photo-copy ready art work for inexpensive, easy-to-use posters announcing speedskating events and club practices. The prizes are well worth the effort!

TIPS AND TRICKS

Many dedicated speedskating volunteers have been communicating about the sport for years. What works for you? How do you publicize your club/association events, entice uninitiated to try speedskating, convince businesses and corporations to sponsor your activities.

With your assistance, a new column, "Tips And Tricks," will begin appearing in *The Racing Blade*.

Share your ideas by sending in a description of your special project, giving appropriate credit to the originator, the results and the method of execution. We'll feature your ideas, with appropriate credit, and you'll feel good about offering your creative ideas for general use. Send your tips and tricks to me for publication.

We need your input to accomplish not only the various projects listed above, but also to reach the goal of widespread awareness of speedskating. To assist you better in communicating with us, here are the committee members for the 1995-96 season:

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Talk to us, write to us and help your committee capitalize on the speedskating momentum to increase our base of participation and take advantage of the current sports trends.

Don't Wait 15 Years Or More To Re-unite With Friends

Friendships Solid as Block of Ice, Years Melt Away

By Ann Glaser

On Saturday August 26th the Connecticut Speedskating Association had it's long awaited reunion. Attendees included skaters and families from as early as the 1940s up to and including current members. The event was a pot-luck BBQ picnic held in Easton, CT, at the home of Steve and Pat Glaser, parents of a former and current CSA member and great contributors to the sport in the 1970s. Thirty people turned out for the festivities. In addition to skaters and families, the local newspaper sent a reporter and photographer to cover the story. They plan to run a feature article in the September 14th edition of the Fairfield Minuteman.

Many of the families who had been involved in the 1970-80 period were unaware of the existence of a CSA in the 1940s. John Simmons, former National Champion, and Bill Pastuszek represented the 1940s group. They brought scrap books, newspaper articles, and home movies all serving as a history of the early days of the CSA. Most amazing to the more recent skaters

"You can imagine. . . what it would take to get a crowd of 14,000 in NYC to watch speedskating today."

was the article showing a crowd of over 14,000 spectators, filling Madison Square Garden in New York City, who had traveled to see a LOCAL speedskating competition. You can imagine (or can you?) what it would take to get a crowd of 14,000 in NYC to watch speedskating today.

Simmons and Pastuszek are long time friends and had many entertaining stories to share with the crowd. A special thank you goes to John Simmons for his unsolicited donation to help strengthen the new association.

A large portion of the crowd was from the 1970-80s, many of those from the former Bridgeport Speed

Skating Club, known to some as the "purple-people" due to the club's colors of purple and white. All agreed that the reunion was a great idea. Bill and Mary Sand, responsible for the "second birth" of the CSA, were in attendance, carrying pictures of the other members of their family who could not attend. Donna Barrett Stewart, Shelly Gonsalves Pieger, Judy Rice, Jeannie Simmons Sandone, Pete Bowe, Robin Simmons, Kathy O'Neil and Ann Glaser were among the other "former" CSA members at the party, all with the children, parents, or both, in tow. Current members included Melissa and Darrel Graver, and, Liz and Emily Olson. Several invitees called to express regret that they could not make it,

" . . . many suggested a winter skating party so they could get together again."

and to say they hoped we would have another reunion-type event. Many at the reunion suggested a winter skating party so they could get together again. Ron Gonsalves, in San Francisco, and Gary Glaser, in San Juan, would have won the long-distance award, had either been able to arrange their travel plans to attend. Both hope they can coordinate a trip with the next event.

The 12-foot diameter trampoline was the big-hit with the younger children, while memorabilia and reuniting with friends, not to mention those old speedskating home movies, were a hit with the adults. Glaser, who serves as the CSA VP of Promotion and Publicity, had plenty of information available about modern skating equipment, events and CSA newsletters, of course. The only complaint heard was "why did we wait so long to do this!", to which no one really could respond.

Many expressed an interest in get-

ting together to in-line skate and perhaps returning to the sport of speedskating, some even volunteered to help! So, if there are associations out there wondering if they should have a reunion, take it from the "former" CSA members (and Nike), JUST DO IT!

"No one should wait 15 years or more to reunite with friends with whom they shared almost every winter weekend."

Remember, speedskating friends don't melt down at the end of the season, they just go into hibernation. Get a list of former members from the ASU, do a mailing, call those you know, and plan a party. You may find some re-kindled interest, but more importantly you are sure to have a great time.

After the picnic portion of the reunion, eight people met a Wonderland of Ice in Bridgeport to skate a public session.

Note:

Jeannie Simmons, Robin Simmons and John Simmons are unrelated except for their love of speedskating.

*A winner feels strong
enough to be gentle;
a loser is never gentle—
he is either weak or
pettily tyrannous
by turns.*

* * *

*A winner paces himself;
a loser
as only two speeds:
hysterical and lethargic.*

From speed skater to figure skater

The Speed Skater From St. Petersburg*

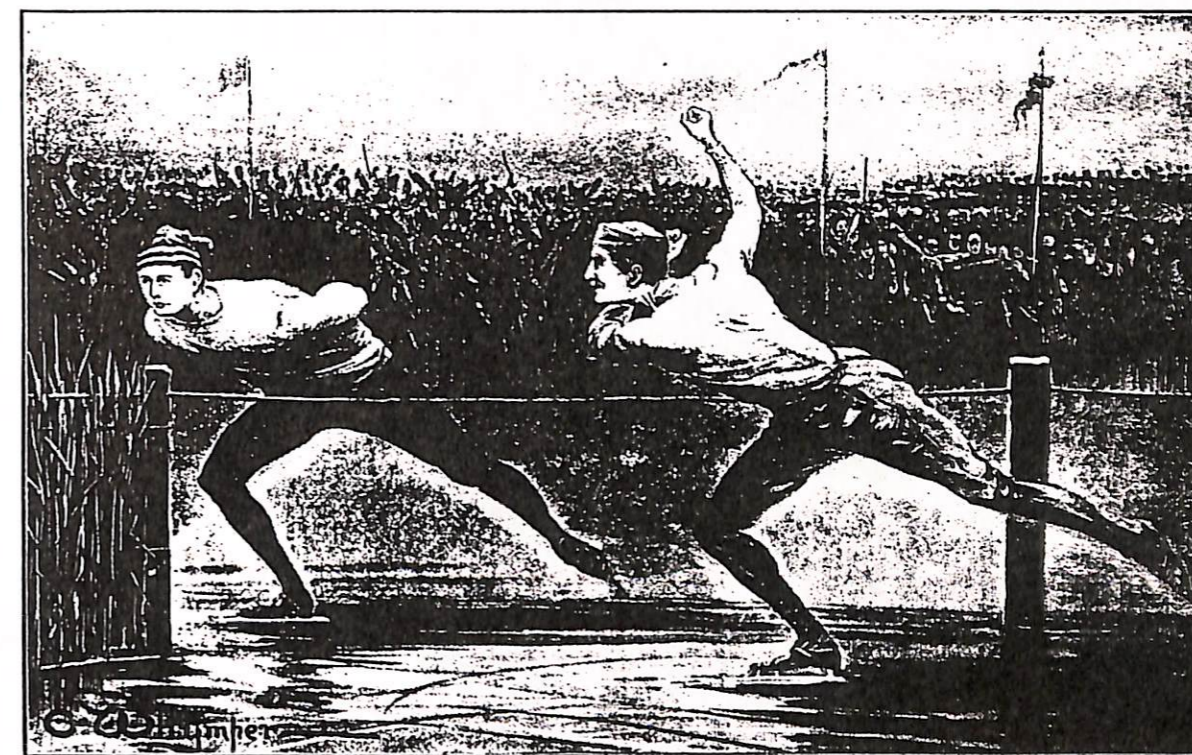
By John Hurdis

We have read a lot about Joseph F. Donoghue of the U.S.A. and the first I.S.U. World Speed Skating Champion in 1891, but few words have been written in North America about Alexander von Panschin, the renowned Russian speed skater from the late 1800s who raced against Donoghue.

Born in St. Petersburg in 1857 with the name Alexander Panshin (the Austrians "Germanized" his name to Panschin and added the "von"), he was 30 years old when he was the Austrian speedskating champion which he held for three years 1887-89. He was 32 years of age when he met and beat the 18 year old Donoghue at the first "World" championship staged in Amsterdam, but no World champion was declared at that time!

At the 1889 championships organized by the Amsterdamsche Ijsclub the races were held over three distances in English miles. There were heats for the 22 competitors and final races from which the four best skaters in each heat competed in "Deciding" races. The title was to be awarded only to a skater who could win over all three distances.

In the ½ miles race, von Panschin was the winner in 1.24.6 followed by Pander of the Netherlands, Charles G. Tebbutt and William Loveday of England. The 1 mile saw again von Panschin winning the race in 2.58.6 followed by Donoghue, Jurrjens of the Netherlands and Louis Tebbutt of England. The 2 mile race was won by Donoghue in 6.24.0, followed by von



Jos. F. Donoghue and Alex. von Panschin
In the Two-Mile International Race at Amsterdam, January 10, 1889
(A Sketch made at the time)

Panschin, Jurrjens and Pander of the Netherlands. All the winning times recorded were accepted as "World Records" and so listed in a 1975 publication by the International Skating Union.

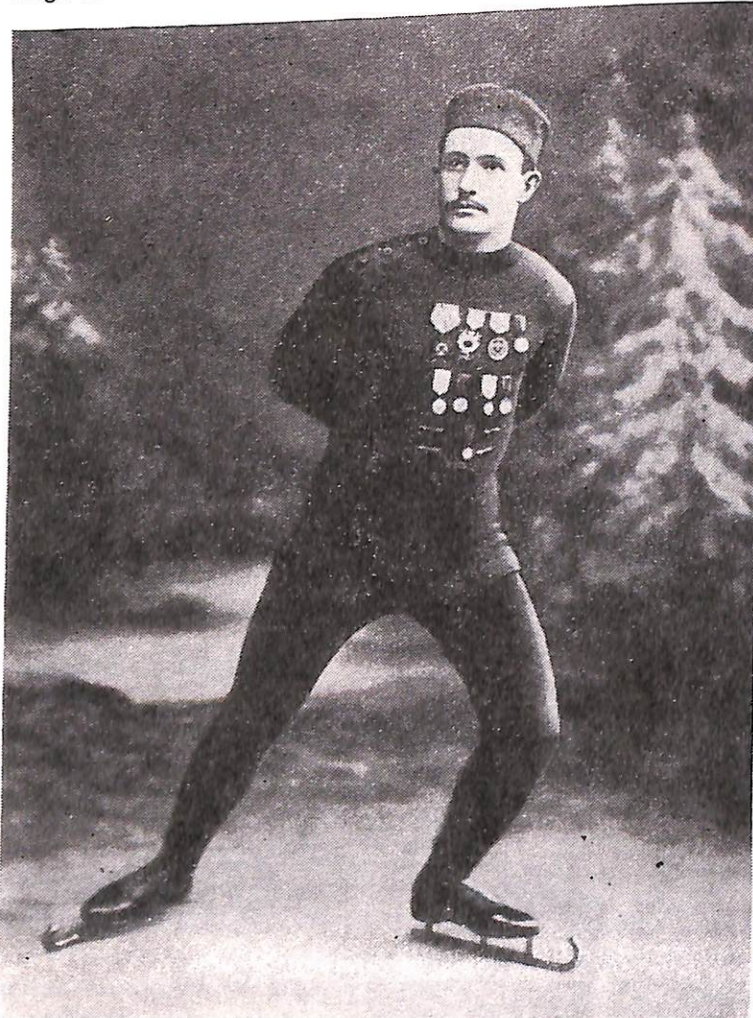
In 1890 another "World" championship was organized jointly by the Amsterdamsche Ijsclub and the Nederlandsche Schaatsenrijdersbond. This time von Panschin only managed to finish 3rd behind Pander of the Netherlands and Norseng of Norway in the ½ mile. Pander recorded a time of 1.22.4. Pander won the 1 mile in 3.06.0 and Norseng won the 2 mile in 6.25.0 and the 5 mile race in 16.48.4 which was listed as World record. In 1891 the I.S.U. officially recognized World titles in speedskating.

Thereafter von Panschin did not compete in anymore "World" Speed Skating championships. He had started speedskating in 1886 and quit the discipline after many years involvement. He is credited with pro-

posing the first. Russian speedskating championship on February 19, 1889 held in Moscow. A skate designed by von Panschin was purchased by the Austrian Association.

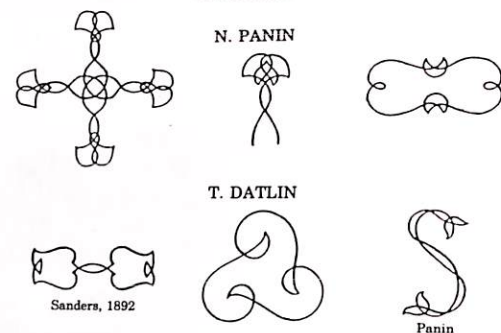
In 1897 through 1900 he appeared in a number of Figure Skating competitions. Alexander von Panschin wrote at least two books on skating, in German, one is deposited in the World Figure Skating Museum in Colorado Springs and the other in the Library of Congress in Washington. He apparently specialized in "Special Figures" which was the discipline that had skaters make intricate patterns in a set space on the ice.

After his death in 1904, at the age of 47, the Russian Association created a memorial trophy in his name for competition in "Special Figures", the first winner was Nicolai Panin. It should be noted that the name "Panin" was a pseudonym of Nicolai Kolomenkin who was a member of Russian society of the day. At that

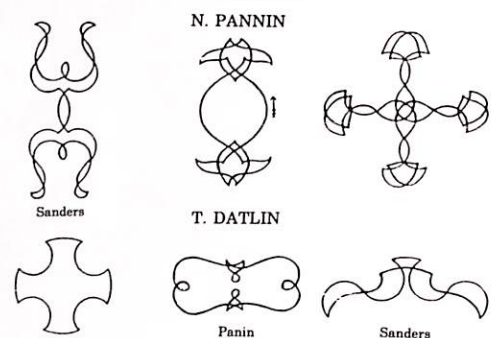


Alexander von Panschin

SPECIAL FIGURES IN COMPETITION FOR THE
A. PANSCHIN PRIZE
February 4, 1906, St. Petersburg Amateur Skating
Association



February 10, 1907, St. Petersburg Amateur Skating
Association



time it was considered undignified to participate in sports! While nothing appears on von Panschin's patterns, we see some of the intricate work required of the 1906 Champion Nicolai Panin of Russia in the illustrations shown below.

We wish to thank Dr. German Panov of Russia, a Sports Sciences specialist and a Council Member of the I.S.U.; Benjamin T. Wright, a former President of the U.S.F.S.A. and the I.S.A. Historian and Harrington "Kit" Crissey Jr., Figure Skating historian, on their help in researching the facts in preparing this article.

*With apologies to the British fiction writer Ken Follett.



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Something for all serious athletes to understand

Lactate Measurement: An Important Tool For Effective Training

By Edmund R. Burke, Ph.D.

Around the world, leading coaches and world-class athletes rely on lactate measurement as a key component of their training programs. Monitoring lactate levels during exercise can be used to develop the most effective individual training programs for athletes.

Routine lactate monitoring can allow the coach or athlete to prescribe specific training intensities that increase training efficiency while eliminating training time spent on unproductive efforts. In addition, lactate measurement data collected from athletes can identify when they're over-trained and can help reduce injury.

Most athletes have experienced lactate, which previously was referred to by many as "lactic acid," through the burning and cramping sensation it causes when it accumulates in the tissues and blood. Lactate is a by-product of anaerobic metabolism within the muscle. It is produced continuously at all levels of exercise. During light to moderate exercise (see Figure 1), blood lactate levels rise only slightly above the resting level (<2.0 mmol/L).

As exercise intensity increases, described in Figure 1 as a percent of maximum volume oxygen consumed (max VO₂), more and more lactate is produced within the muscle. Each athlete has a point where their muscles cannot handle the lactate internally and lactate begins to diffuse from the muscle tissue into the blood. At this point, lactate levels in the blood begin to rise, a point known as

the "lactate threshold" (LT). This is defined as the point at which blood lactate begins to accumulate above the resting levels during exercise of increasing intensity.

This increase, indicated in Figure 1 between light and moderate exercise intensities, represents the shift in muscle metabolism from aerobic to anaerobic energy production. Consequently, this sudden increase in blood

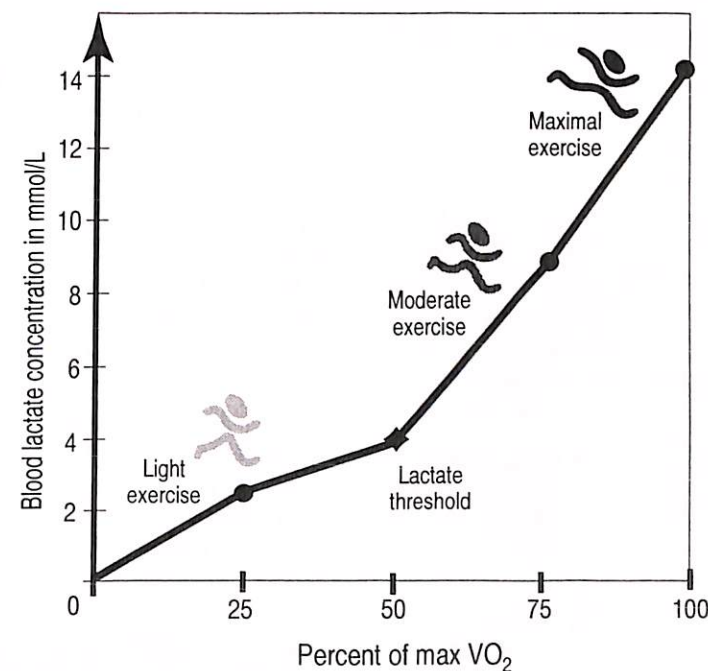


Figure 1

lactate has also been called the "anaerobic threshold" (AT). Many coaches and exercise researchers consider identifying this threshold to be a critical factor in helping train endurance athletes to reach their maximum potential.

Beating "The Burn"

Developing the ability to exercise at a high intensity without accumulating lactate offers competitive advantages because lactate accumulation contributes to fatigue, the well-known "burn" most athletes ex-

perience during training and competition.

Laboratory and field experiments with athletes suggest that proper training can affect the onset of lactate accumulation so that the athletes can work harder and longer before reaching the lactate threshold. This occurs due to physiologic changes which delay the onset of blood lactate accumulation and improvements in the way lactate is removed by various biochemical pathways.

After proper training, the muscles should produce less lactate at any submaximal workload, resulting in lower lactate levels in the blood. These adaptations are due to the development of more efficient neuromuscular events and better distribution of oxygen to tissues. Since training also increases the ability to perform work, such as faster sprints or greater endurance, training also increases the maximum lactate levels an athlete can achieve. Figure 2 demonstrates how training affects the blood lactate accumulation.

Effective training depends, in part, on the ability to measure the athlete's lactate threshold,

which is then used to set training intensities. Precisely identifying an individual athlete's LT poses several challenges, however. In some cases, a clear threshold breakpoint is not always seen. An arbitrary value of 4.0 mmol/L, known as the Onset of Blood Lactate Accumulation (OBLA) point, has been used to generally represent the point at which blood lactate accumulation begins to affect athletic performance.

Laboratory analysis of blood lactate

has, until now, been the only way to identify an athlete's lactate threshold. Coaches and athletes lacking access to a human performance laboratory capable of analyzing blood samples for lactate often had to estimate LT using a heart rate monitor to calculate the athlete's workload.

Test where you train

One exciting new development that brings the benefits of lactate testing to almost any coach or athlete is the recent introduction of an effective, inexpensive lactate analyzer which can be used wherever an athlete is training. The Accusport™ Portable Lactate Analyzer from Boehringer Mannheim Corporation requires only a single drop of blood for the test. Athletes, coaches and sports medicine professionals such as the team physician for the Motorola Cycling Team have successfully used the Accusport analyzer in Europe and elsewhere to train their athletes since 1993.

Widespread use of portable lactate analyzers should help athletes benefit from routine lactate measurement in the same way that Olympic and professional athletes have for years. But putting blood lactate data to effective use requires education and insight into how individual athletes can benefit from this new information.

In general, lactate measurements can help athletes train more effectively in several ways. Many sports scientists believe that an overall optimal level of stress for training in endurance events occurs when the athlete trains at or slightly below their lactate threshold. This sustained intensity stresses both an aerobic and anaerobic systems, providing highly effective training.

This does not mean "easy" training or short, intense intervals above the LT should not be included in the training program. Variety is critical to optimally train all the body's energy systems. But accurate knowledge of the athlete's LT also allows non-LT training to be done at proper intensities for their greatest benefit.

To determine an individual's LT, lactate levels should be measured at different workloads to identify how

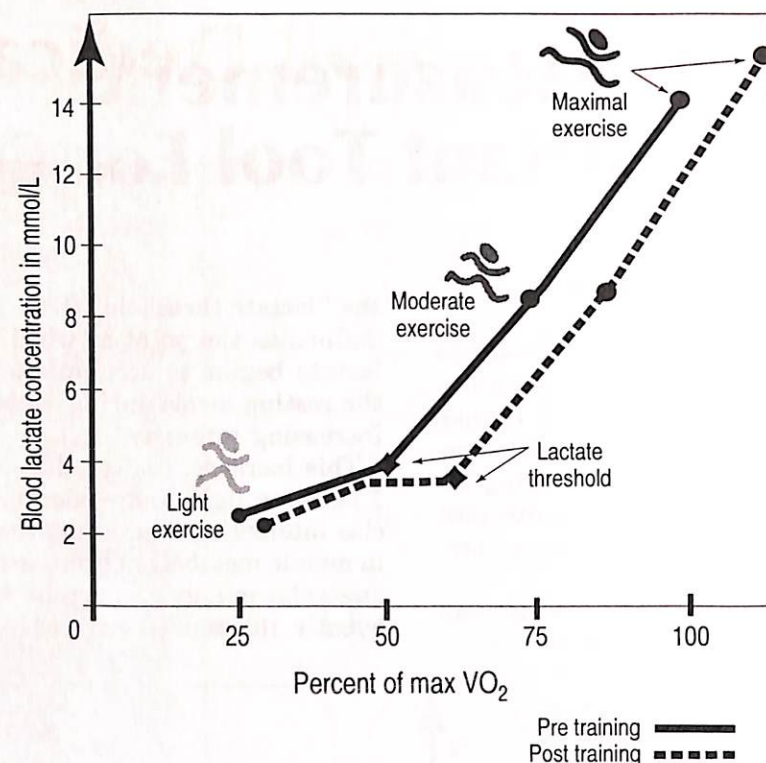


Figure 2

hard the athlete is working when their blood lactate begins to exceed 4.0 mmol/L. Remember, for short (1-5 minutes) maximum efforts, lactate accumulates quite quickly, fatigue sets in rapidly and blood lactate rises to high levels.

Shifting the lactate curve

As shown in Figure 2, proper training should shift the lactate curve to the right. In other words, the athlete accumulates less lactate at a given workload, they can do more work at any level of blood lactate, and at maximum workload they should accumulate and tolerate greater blood lactate levels. If the curve, on the other hand, shifts to the left after training, it may be an indication of overtraining, glycogen depletion in the muscles or an ineffective training program.

The ability to bring lactate testing to athletes at virtually any level of competition is an exciting development similar to the introduction of the wireless heart rate monitor several years ago. Lactate testing does not replace coaching experience and sensitivity to the athlete's individual needs. When used properly,

however, it can be one of the most useful and productive tools available for enhancing the effectiveness of athletic training.

(Edmund R. Burke, Ph.D., is Coordinator of Sports Sciences for the U.S. Cycling Team and an advisor to the U.S. Cycling Federation's Project '96 Olympic development program. He holds a position as associate professor of exercise physiology at the University of Colorado in Colorado Springs and is the author of numerous books and articles on the science of athletic training.)

*Those who expect
to reap the glory
of winning
must undergo the
fatigue of training
for it.*

An exciting honor

Memorial Wall Dedicated to Bonnie

By Bob Vehe

Bonnie Blair's transonic traveling seems to be becoming closer to proving that there is such a phenomenon as perpetual motion. From flying with the U.S. Air Force's Thunderbirds, to golf tournaments, ribbon cuttings, motivational talks, receiving awards, giving awards, a truly change-of-pace award came to her on May 25, 1995 with the dedication of a memorial wall in her honor in the city of her birth, Cornwall, New York.

With the world-wide acclaim and praise showered upon Bonnie, the Town of Cornwall felt doubly proud and wanted to do something to let everyone know that it had been Bonnie's birthplace. Interested people got together, raised funds and had a handsome wall designed and erected in the park near Ring's Pond. It is a fitting location since this is where the Blairs learned to skate.

The Blair family had lived in Cornwall for 10 or 12 years and Bonnie's sister, Susie, was born there. The family then moved to Champaign, Illinois, for a number of years before moving back to Cornwall for a two year stay. It was during that period that Bonnie was born at the Cornwall Hospital while father, Charles (Chili), and the rest of the family were at a skating meet. Three months after Bonnie's birth, the family again moved to Champaign.

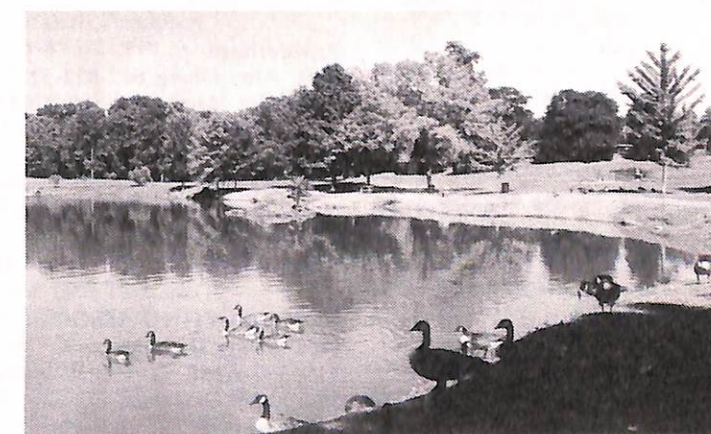
The Blairs had kept in touch with friends in Cornwall and visited as often as possible. Bonnie made her first visit to Cornwall in 1982 and hadn't returned until this past May at the dedication of the wall in her honor.



Bonnie is holding a gold bar while standing beside a pile of them. Each bar is worth \$184,000. Bonnie and her mother were taken on a tour of the U.S. Mint at West Point.



Dedicated May 25, 1995
Gil Piaquadio Photo



Ring's Pond, Cornwall, New York
The pond where many of the Blairs learned to skate.
The wall can be seen close to the tree at the extreme right.
Gil Piaquadio Photo



A set of Olympic coins in a handsome walnut case was presented to Bonnie by the U.S. Mint.

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Shirley Yates • Executive Secretary/Treasurer • 1033 Shady Lane • Glen Ellyn • IL • 60137 • Ph. 708-790-3230

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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 October 31, 1995. (NEW DEADLINE) The winners will be announced and published in the next issue of *The Racing Blade*.

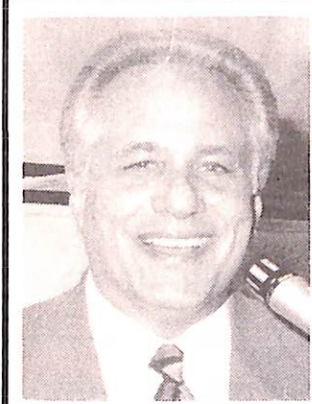
Rule 4 No more than one poster may be submitted by each individual. Individuals submitting poster entries must be a member of the ASU.

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 _____



What's Happening?
by
Fred Benjamin
Chairman
USISA Board Members
Committee

In accordance with ASU By-Laws, an attendance report of elected ASU/USISA Board Members follows:

USISA Board Meeting	9/94	4/95	5/95 ASU Convention
KEN ALTUCHOFF	P	P	P
FRED BENJAMIN	P	P	P
JEFF FITZRANDOLPH	P	P	A
BRAD GOSKOWICZ	P	A	P
LISA SUNDSTROM	P	P	P
SARAH HILL	P	P	A
LINDA O'HARE	P	P	P
TIM QUINN	P	P	P

All absences were known in advance by me and, in my opinion, were for appropriate reasons.

Further, by way of report, ASU representatives have been appointed to and are active on the following committees:

- Long Track.....Lisa Sundstrom
- Development.....Linda O'Hare
- Short Track.....Fred Benjamin
- Budget.....Ken Altuchoff
- Uniforms.....Brad Goskowicz
- Executive.....Fred Benjamin

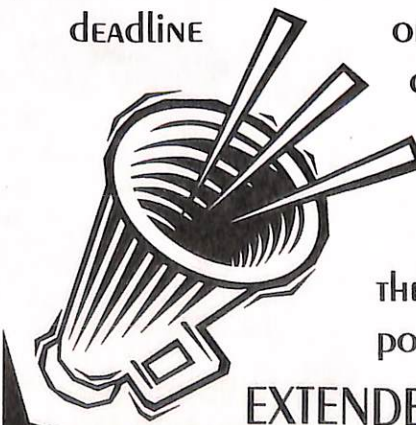
As a member of the Short Track Committee, I have been requested by ASU members to try to determine the location of the Residency Program for the National Team much earlier for this coming season for obvious reasons. I am attempting to do that.

As a member of the Executive Committee, I can report that offers have gone out to appoint two part-time Regional Coaches for Milwaukee and Roseville, as well as a full-time assistant Short Track Coach for NMU. Dave Besteman is the Milwaukee Regional Coach. John Monroe from Canada is the Short Track Assistant. The Roseville Coach as of this writing is still in negotiation.

Additionally, a stipend of money was voted to be paid by USISA to Long Track National Team Members, who are following the stated program. This is \$400.00 per month World Team, \$300.00 per month National Team, \$200.00 per month others. I believe it is a total of 12 men and 12 women. There was enough money to help these athletes through December 31, 1995. The money came from a grant from the Olympic Committee. This will help give some parity to Long Trackers with Short Trackers who get room, board, and tuition paid at NMU.

Most other matters relate to money. Grants and sponsorships—how can we get them? Budgets—how can we reduce them?

If any ASU members have questions or concerns within the committee areas listed above, we invite you to contact us.



YOU'VE STILL GOT TIME!!!
BECAUSE OF THE LATE DELIVERY OF *THE RACING BLADE*, WE'VE EXTENDED THE DEADLINE ON THE ASU POSTER DESIGN CONTEST. SO, GET OUT THOSE CRAYONS AND START EXPRESSING YOUR CREATIVE OPINIONS ABOUT SPEEDSKATING. THE RULES, ENTRY FORM AND LOCATION TO SEND YOU POSTERS, SUITABLE FOR PHOTO COPYING, ARE ELSEWHERE IN THIS ISSUE. LET'S MAKE THIS THE BEST ASU CONTEST YET, AND CONTINUE TO ATTRACT POTENTIAL SKATERS AND FAMILIES TO OUR SPORT.

EXTENDED DEADLINE: OCTOBER 31, 1995

Bonnie Blair Golf Classic

By Bob Vehe

The sixth annual Bonnie Blair Golf Classic was held on September 25, 1995, at the Indian Creek Golf Course in Carrollton, Texas.

The tournament was organized initially by Rob Blair, the family and friends to raise funds to help pay for Bonnie's training expenses for the Olympics. The tournament now benefits the American Brain Tumor Association. Bonnie has a particular interest in supporting this Association, since her brother, Rob, has an inoperable brain tumor.

The tournament was open to all and has attracted numerous amateur and professional athletes from around the country. The day of golf was preceded the night before by a dinner and a silent auction.

Bonnie has been playing more golf than she may have anticipated when she retired from speedskating. In July, she played a round at The Broadmoor in Colorado Springs to preview the course prior to the U.S. Women's Open.

In June, she played in the Greater Hartford Golf Tournament in Cromwell, Connecticut. The accompanying photos by Jay Benton were provided by Al Menghi of the Connecticut Speedskating Association.

Bonnie looks as if she should consider becoming serious about the sport.



The omnipresent request for an autograph. It's tiresome, but worth it.
Photo by Jay Benton



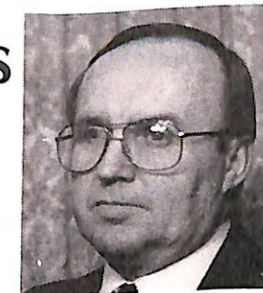
Looks like a great follow-through
Photo by Jay Benton



Bonnie has her eye on the ball after a nice shot out of the sand trap
Photo by Jay Benton

PRESIDENT'S REPORT

JIM CHAPIN



CONGRATULATIONS — To Shirley Yates on her annual Directory and Minutes of the Annual Meeting. For those of you who receive or buy this sport and lets you know right away what happened at the last Convention. If you don't have a copy, you are missing out on a lot of skating info.

POST CONVENTION COMMENT — In the Minutes Book are listed the individuals registered for the convention. As previously noted the Northeast Association did a great job in planning and preparing. However ONLY six, count 'em, (S-I-X) of their members were listed as Registered. Fred Cashman, Ed Lang, Ruth and Chuck Moore, Linda Needham and Milt Weinstein. NE had 64 registered skaters last season, where were some of their parents? Some of that available help would have made it much easier on those who worked so hard to provide us with a great weekend! Guess which Association had the MOST registrations for the Convention?

ASU/USISA RULES COMMITTEE — Brad Goskowicz, Racing Committee Chairman, is heading up this post-Convention project. The object to develop a proposal from ASU and ISU Short Track Racing Rules to standardize terminology and the rules themselves to reduce confusion for our skaters as they get into higher levels of competition. This will be done in planned phases leading to the 1996 convention. The initial group from ASU and USISA helping Brad are Greta Hall, Tom Healy, Pat Maxwell, Jack Mortel and Chuck Moore. In phase two a second group will be added and collectively they will develop the proposal for the Convention. From this year's Convention Officials Clinic, the Starters, led by Chuck Moore, have already presented an EXCELLENT plan with which I feel everyone will be very satisfied.

NATIONAL REGISTRATION — Another item to define and fine tune for the 1996 meeting is a proposal regarding an ASU National Registration. Don Anderson, from Greater Minnesota, has accepted

the Chairman position. He has background and history along with computer skills and based on working with Don in the past he does communicate. He will have a lot of contact work to make in preparing this proposal. Joining Don on this Committee are Sarah Hill, NNY; Peggy Goskowicz, WI; Liz Chapin, MO; Don Kangas, MI; and Shirley Yates, ASU.

REMINDER — North American Medallion sponsorships are available. Contact Larry Ralston at 616-423-8810. This is a great way to provide a lasting contribution to the sport of speedskating!

CONGRATS — To our two new Chief Officials. Karen Street, Referee (IL) and Lon Bundy, Starter (MT). Also to Wisconsin for the LONG list of Assistant Officials sent in this year, 77 positions.

REGRETS — Six Chief Officials (now former chiefs) did not take the Officials Exam last year.

THANKS — to Doc Savage for doing a lot of contact work at various college locations across the country finding out who has dorm space and ice time available for summer camps. There will be some important Camp News coming out as the details get worked out, hopefully in the next issue of the Racing Blade. It is my intention to get as many areas of the country and as many individuals involved in running the camps as possible. The bottom line being if you are not willing to help develop your own area talent then we are in deep trouble!

— to Lisa Sundstrom for getting a revised Meet Schedule into the Convention Minutes. There were a few changes on dates based on some ISU changes which were not available at the Convention. I think this is the first time we have ever had a comprehensive ASU-USISA-ISU schedule listed.

ODDS AND ENDS — The proposed International Masters Speed Skating event in Colorado for April 1996 has been canceled. Gaetan Rochette in Quebec is planning an International Masters Speed Skating Games event for 1996. If your club has not been contacted yet let me know. Your clubs will have been notified about the Beginner Skate Program available again this year prior to your receiving this issue. I hope we can double the number of skates provided in this season. Every Club in the country has been contacted by Entertainment, Inc. regarding a fund raising project suitable for many clubs. I hope you take advantage of this opportunity. It is a win-win situation for your club since you don't have any up-front money involved!

**Revisions to the 1994-1995 ASU Handbook
Passed at the 1995 ASU Convention**

Legislative Changes

1. Article I, Para. 3, pg 17.
Add the following:
 - He shall select only the Chief Referee for the National Marathon Championships.
2. Article II, Para.11, pg.18.
Replace with new para.
 - 11. Annually appoint qualified persons to the National Officials Lists of Chief Referees, Assistant Referees, Chief Starters, Assistant Starters, Chief Clerks of Course, Assistant Clerks of Course and Chief Judges.
3. Article V, Para.2&3,pg.25
Replace with new paras.
 - 2. The Executive Secretary shall mail or telephone to each member of the Board of Control a clear statement of the question to be voted upon with a request that votes thereon be mailed to telephoned to the Executive Secretary before the expiration of 30 days after which the voting shall be declared closed. An information copy of the question shall be mailed to each Association Secretary.
 - 3. A vote taken by mail or telephone shall have the same effect as if taken at a meeting and the Executive Secretary shall make a complete record of the votes cast and, within five days of the close of the voting period, mail to the Board of Control member and Secretary of each member Association the results of the vote.
4. Article VI,Para.1,Sub-para. f, pg. 26. Delete last sentence and replace.
 - Lodging and transportation expenses for the required meets shall be the same as for Chief Officials. Additionally, either lodging or transportation expenses, whichever is greater, shall be allowed for the annual meeting.
5. Article VII, Para.4,pg.26
Replace existing para.4, add new para.5 and renumber para. 6-16.
 - 4. National Short Track Meets shall not be sanctioned for a date prior to the second week in February nor later than April 15 of the same year and shall not last more than three days.
 - 5. North American Short Track Meets shall be sanctioned each year for a date agreed upon by ASU and CASSA, The meet shall not last more than three days.
6. Article IX, Para.1, Sub-para.b and Para 7, Sub-para.c, pg.28. Delete "Non-Skater" and replace with "Non-Competitor."
7. Article IX, Para.2, pg.28
Replace old para.
 - 2. Each Association shall register all its individual members on the official ASU registration form.
8. Article IX, para.4, pg. 28. Add "(including Exhibition)" after "Teams."

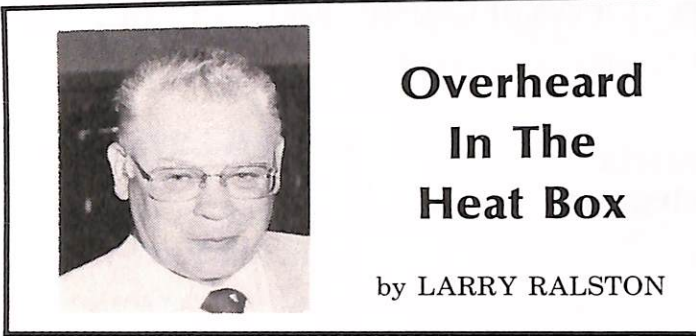
9. Article XII, Para.2, pg.34. Delete "and" before "Clerks of Course" and add "and Chief Judges" after "Clerks of Course"

**Finance Proposals
Approved By Delegates**

10. Article VIII, Para.4, pg.51.
Change "March 1" to "Jan 1" and "Sept.1" to "June 1"
Replace second line from end as follows:
 - All registrations shall be granted on a yearly basis through ASU registrations from June 1 of current year, through May 31 of following year.
11. Article VIII, Para.8, pg.52. Change "Sept.1" to "June 1"
12. Article XIII, Para.3, pg.35. Change "Sep[t.1" to "June 1" and "Aug.1" to "May 31"

Racing Rules

13. Article XIV, Para.3, pg.35
Add additional sentence.
 - If a revision of the Racing Rules necessitates a revision of the Protocol, no additional authorization is necessary for the Protocol revision.
14. Article III,Para.3,Sub-para.a, pg.59. Delete "or rink."
15. Article IV, Para.3, Sub-sub-para.b(6) pg.46. Delete "b(6) and renumber balance.
16. Article IV,Para.2,Sub-para b & c, pg.44. Delete Sub-para b & c and re-letter balance.
17. Article IV, Para.6, Sub-para b(3), pg.47. Delete second sentence.
18. Article IV,pg.49. Add new Sub-para.10
 10. Numbers
 - a. Competitors shall obtain and wear the specified number assigned for the meet. Short Track numbers shall be issued in pairs.
 - b. For National and North American Short Track meets it shall be in accordance with the Official Protocol requirement.
 - c. Numbers shall be worn as issued, no folding or bending.
 - d. Numbers shall be black on a white background with at least 1/2 inch white background around the number.
 - e. At Long Track meets the number shall be worn on the lower back at or above the waistline and below the shoulder area.
 - f. At Long Track meets the number shall be a Tyvek material or other tear resistant material.



RACING BLADE Publisher Roy Helminski tells this reporter that it takes "208 licks," to send out 52, 1st class subscriptions. Rather than run the postage thru the "new and speedier" postage meters, he manually applies four stamps to each issue.

Former President and Hall of Famer Dave Roche had his second eye surgery for cataract removal and is recuperating at the Roche Ranch. Not being able to bend over or strain himself for two weeks made chores around the Ranch a bit difficult.

While Northern Michigan University has extended the contract of President William Vandament, the State of Michigan has announced a special license plate as a fund raising tool for the University. The "U.S. OLYMPIC EDUCATION CENTER" commemorative plate will raise funds to continue the joint effort of sports and education for Olympic athletes. The program is expected to raise \$250,000.00 per year and is the first of its kind in the State. The U.S. Short Track Program will be one of the major beneficiaries.

Gerry Knudten writes that she is very active in bringing an indoor ice facility to Cedar Rapids, Iowa. Recent articles in the Cedar Rapids Gazette indicate the mood of the populace is more favorable to building such a facility.

The Ralston summer was highlighted by a visit from Hall of Famer Mary Smith. She traveled from Massachusetts via Amtrak and was treated to the sights and scenes of Southwest Michigan for six days.

Bonnie Blair was the keynote speaker at the U.S. Olympic Committee Coaching Symposium in Colorado Springs, on September 7. Watch for news on Coaching Standards to be released soon.

The scheduled coaching seminar in Cleveland, Ohio, had to be cancelled because of lack of participants. Six potential coaching candidates from the Pittsburgh, PA, area were planning to attend but only one candidate from Ohio. Coaching seminars need a minimum of 10 participants to be successful and provide the needed interaction between participants. Coordinator Don Kangas hopes to be able to offer the seminar someplace else in the Eastern region of the U.S. to serve the needs of the Pittsburgh people.

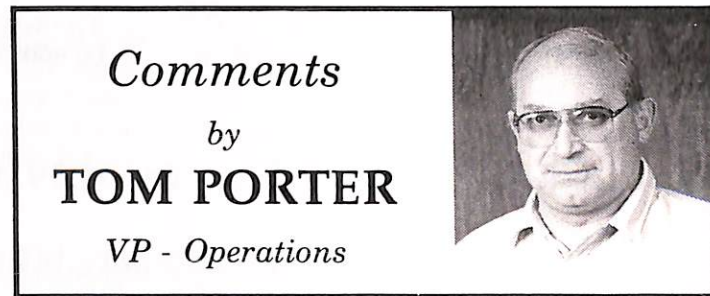
BUSINESS AS USUAL: U.S. Postmaster Marvin Runyon recently addressed the National Association of U.S. Postmasters on "Reforming the U.S. Postal Service." Meanwhile, the Postal service announced an agreement to sponsor the recently re-located College Football Hall of Fame, in South Bend, Indiana. Under the agreement the Postal Service will contribute \$450,000.00 to the facility over 3 years. Could someone please explain the link between mail and collegiate football?

Latest to join the North American Medallion Sponsors is Jerry Search of Southern California. Jerry sponsored the Senior Men Short Track Award.

Congratulations to Bonnie Blair for her induction into the Legends of Sports at a dinner at the Waldorf Astoria in New York on September 19, 1995.

Bonnie has been a busy lady. On August 4, she flew out of Chicago with the U.S. Air Force's demonstration team, the Thunderbirds. Flying in an F-16 does things to you that a 747 doesn't do.

The Athens to Atlanta Road Skating Marathon covering 85 miles was held on October 8, 1995. Not something for the faint-of-heart.



After a year reviewing the ASU insurance policy, I feel I can safely state what the policy is meant to insure. The policy covers, "The Amateur Speedskating Union of the United States, its Associations, Clubs, Officers and Coaches for a liability situation involving a nonparticipant, i.e. spectator, activity of the named insured. Additional riders to this policy may be obtained by paying the rider fee for naming other insured parties, i.e. a municipality that owns the facility where an event is held. This policy would not cover a coach or named insured should a skater be injured due to the coaches or named insured negligence. I wish to thank the committee of legal advisors that helped me, as well as, an independent insurance agent.

Since the membership may wish to explore a policy with other coverages, Tom O'Hare and I have initiated that investigation.

The NSA did a great job hosting this years convention. After discussing Fund Raising for the ASU with a National Fund Raising Counseling Firm, they advise the following:

Review your membership for contacts at corporations. The people who know us best and what we do will be our best source of revenue. We need to target these contacts and aggressively work to obtain their financial support.

That's the Plan, let's work at it!

- g. Numbers worn on the back shall have a minimum height of 5 inches and a maximum height of 7 inches.
 - h. Helmet numbers shall have a minimum height of 3 inches and a maximum height of 4 1/2 inches.
 - i. Any helmet number previously on the competitor's helmet shall be totally covered prior to the number issued for the National or North American Short Track Championships being applied.
 - e. A skater may compete in only one competitor class at a meet.
19. Article VII, Para.1, pg.51. Add Sub-para e.
 20. Article II, Sub-para. 1d, pg.37. Add "National Assistant Chief Judge" after "Chief Judge."
 21. Article III, Para.6, pg.40. Renumber Sub-paras. (b to j) as (c to k) and add new Sub-para. b.
 - b. The National Assistant Chief Judge shall perform duties as assigned by the Chief Judge.
 22. Article III, Para.6, Sub-para. i, pg.41. Delete the last sentence starting with "The camera shall be ..."

ANOTHER SPEEDSKATING STAMP

St. Vincent

Bonnie Blair Olympic Champion



The only woman to win consecutive Gold Medals in the Winter Olympics 500 speed skating event.



Olympic Achievements

1988 Gold—500 Meters, Calgary, Canada 1992 Gold—1000 Meters, Albertville, France
1992 Gold—500 Meters, Albertville, France 1988 Bronze—1000 Meters, Calgary, Canada

Coach's Couch

by DONALD A. KANGAS



I have told you about my many retirements. These were just some of the many transitions in my lifetime. Transitions, from one phase to another, mark the continuous change that is life. Some transitions are celebrated by ritual, graduation and marriage for example. Others are only recognized in hindsight. Speedskating clubs have lives of continuous change marked by transitions. Let me tell you some of the history of the Midland Speed Skating Club and the transitions I have experienced in the club.

Nineteen years ago, when my two youngest sons joined the Midland Speed Skating Club, the coach, Julius Blasy, who had founded the club and been coaching it for 22 years, left the club. His replacement was a pleasant fellow, who was a former speed skater himself and both his son and daughter were outstanding speed skaters. So I assumed he would be an outstanding coach and this was a normal transition to which everyone had agreed. Later I found out that Julius lost a power struggle between two feuding families. He left the club unwillingly.

Our middle son, Michael quickly became a favorite of the older skaters and their families. He showed potential as a speed skater from the first strokes he took on speed skates. It was a different story for our youngest son, Bill. He was good but a year and a half younger so he couldn't quite keep up. Skating wasn't as much fun for him.

Those first years with the club were exciting. The Midland Civic Arena with two Indoor Rinks was brand new. There were very good skaters in the club. Membership was stable at more than 30 skaters. The Midland Club hosted the 1981 North American Short Track Championships. More than 200 skaters were in town, including Coach Jack Walters with his Canadian National team and World Champion Gaetan Boucher.

However, the club was losing membership. The loss became obvious after the North American Meet. The outstanding skaters retired and new skaters did not appear to replace them. Club membership dwindled. As Michael became more involved in meets and travel, my commitment increased and I was soon president of the club.

It wasn't difficult to become president. The few burnt out parents remaining were more than eager to relin-

quish all responsibilities and disappear. The club was in disarray. Practices were disorganized. New people stayed for only a few weeks. There was little instruction and no direction.

Julius agreed to come back and coach, when I asked him. I had finally figured out, that he knew more about speedskating technique, physical conditioning and coaching principles than anyone else in Midland. The pleasant fellow, who had replaced Julius, confirmed my conclusion, so I fired him and put Julius back on the ice. The pleasant fellow was glad to leave a position in which he had never felt comfortable.

This re-ignited the feud that got Julius fired in the first place. However, the protagonists had retired from skating. Those who remained couldn't even remember what started the feud. The final volley was a nasty phone call, from an otherwise well-mannered mother, explaining, in amazingly profane language, where I could go for expelling her son from club practices. His behavior had become increasingly obnoxious, to the point of running other skaters off the ice.

I recall those years of helping Julius, as he coached the Midland Speed Skating Club, fondly. That was a good time for me, not easy but good. I learned a lot, certainly about speedskating technique and how to teach it, but much more about the responsibility of leadership. Julius was a unique individual. His talent for community leadership was at once far sighted and practical. As Mayor and councilman of Midland he inspired projects and ram rodded them to completion that had lasting benefit for the community, such as city parks, the Midland Civic Arena with two ice surfaces as well as programs in these facilities for young people in school sports, Little League and, of course, speedskating.

Unfortunately, he died suddenly with an aggressive form of cancer that struck quickly in 1984. I took over as coach of the club and as I told you in another story, it wasn't easy.

Club membership continued to dwindle. There was a lot of remaining tension within the club. Feuding and fighting does that. The Club managed to host the ASU National Short Track in 1985. However, that expended the energies of the few remaining members. The downward spiral of decreasing membership accelerated.

There seemed to be many plausible reasons for the decline of interest in speedskating. The Michigan Association was also losing both membership and clubs. Other sports, such as soccer and tennis, were becoming popular. More opportunities for girls to participate in all sports were opening up. Now I realize, we were becoming a Short Track indoor arena club without access to outdoor natural ice.

However, there was a pattern, similar to what happened in the Midland Club at the beginning of this story, that occurred in every disbanded club in Michigan. The downward spiral always started with the dismissal of an experienced coach by an irate family that dominated the club. Then, after a few years the dominating family leaves the club and speedskating. Lacking leadership

(Continued on page 51)

SportsMedicine

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

A FEW WORDS ABOUT BEAN CURDS

Soybean curd, also known as tofu, is far down the list of foods that conjures up fond memories for most people. Pancakes, lasagna, ice cream — now there are a few favorites. But tofu??? The most common response is "No-fu! That stuff is for folks who thrive on nuts and berries. I'm a meat'n potatoes kind of person, if you know what I mean. . . ." Clearly, soybean curd has yet to hit the Top Twenty Favorite Foods in America, although it is very popular in China, India, and other Asian countries.

A steady flow of research suggests that tofu and other soy foods (soymilk, soy flour, soy nuts, and "garden burgers" to name just a few) can contribute to optimal health. If we could mainstream these foods in the American diet, we would likely reduce our risk of heart disease, breast cancer, prostate cancer, and for women at the time of menopause, perhaps the severity of symptoms such as hot flashes.

Soy foods may be particularly important if you have high cholesterol (greater than 220 mg/dl) and a family history of heart disease. A study in the *New England Journal of Medicine* (August, 1995) shows that 2 to 3 servings per day of soy protein can significantly lower total cholesterol by 9%, the LDL cholesterol by 10%, and triglycerides by 13%. Sounds like a promising alternative to cholesterol-lowering drugs!

The reason soy works to lower cholesterol likely relates to substances in the soybean called isoflavones and phytoestrogens. These soy compounds protect not only against heart disease, but also estrogen-related cancers such as breast and prostate. The soy estrogen also affects the menstrual cycle. Women who regularly eat soy foods tend to have cycles 2 to 5 days longer than the standard 28 days, thereby reducing their exposure to estrogen and perhaps explaining soy's protective effects upon breast cancer.

Because soy is remarkably health-protective, we could all benefit from including more of this foreign food into our wellness programs. But if you are like most athletes, you are probably clueless about where you can find it, and how you can easily add it to your diet. Here are a few answers to commonly asked questions.

What is the stuff? Tofu is a soft food made by curdling the milk-like liquid from soybeans with a coagulant, often calcium sulfate. (This coagulant makes tofu an excellent source of calcium for non-milk drinkers; 4 oz. (¼ cake) calcium-processed tofu has about 120 milligrams of calcium — the amount in 3 oz. of skim milk. Be sure to read the food label — not all brands are calcium-rich!) The curds are then pressed into a solid block and packed in water.

Where do you find it? Soybean curd is found in the fresh produce area of the grocery store in small tubs or boxes. You'll generally find three main varieties of plain or herbed tofu:

- Silken is best for blending into dips (in place of sour cream), and adding to milk shakes and banana smoothies.
- Soft is commonly used in Oriental soups, or mashing with lite mayonnaise for "eggless salad."
- Firm is best for stir-frying with spices or grilling—or in any dish where you want the tofu to keep its shape.

What does it taste like? Not much—that's why you want to add it to spicy foods, such as chili, hot and sour soup and curries. Tofu is noted more for its texture (custard-like) than its taste. Tofu simply absorbs the flavor from the surrounding foods (such as salad dressing), and goes particularly well with strong spices such as curry, hot peppers, tumeric, garlic and others that are commonly used in Asian cuisine.

Why is tofu so great for athletes? Tofu is quick and easy to prepare—you don't even have to cook it! In today's world of hastily prepared meals, tofu is handy for active people who do survival cooking, eat little or no red meat, chicken, or fish and need to boost their protein intake. Soy protein is excellent compared to other plant proteins (lentils, beans, nuts) and its protein quality is very similar to that of meat, milk or eggs. By simply crumbling a half-cake of herbed tofu on top of a salad, or stuffing tofu mashed with curry powder and chutney into a pita, you can boost not only your intake of protein, but also calcium, B-vitamins, iron, zinc and other nutrients that invest in a top quality sports diet. You can also add tofu to any recipe that uses ground beef or ground turkey (lasagna, Sloppy Joes, tacos), using less or no meat (to save money, boost protein, and reduce saturated fat).

Tofu is handy for athletes who don't buy or cook meat, fish, or chicken. Some of these athletes claim to be "vegetarians", but many are actually "non-meat eaters" who simply survive on bagels, bananas and pasta. Although these high carbohydrate foods provide a fine foundation for a sports diet, they lack protein. Eventually this protein deficiency can catch up with these athletes and they may suffer from colds, flu, and injuries that are slow to heal. The addition of tofu can help to easily correct the imbalance.

How much is enough? The cholesterol-lowering studies demonstrated improvement with 30+ grams soy protein per day. You can get about 10 grams of soy protein in 4 ounces (¼ cake) of tofu, 8 ounces of soy milk (on cereal, in pancakes, puddings, shakes), or half (1.5 ounces) of a gardenburger. Because any soy is better than none, simply try to increase your intake from nothing to something—preferably a serving a day, if not more.

If your last encounter with soy was 20 years or so ago when you tried and an unacceptable soyburger, note that today's food industry provides far better soy products. You might want to try some. Who knows, maybe even you will learn to like a food that can make you healthier?

Sports nutritionist Nancy Clark, MS, RD counsels athletes individually at her SportsMedicine Brookline office in the Boston area. For her Sports Nutrition Guidebook (\$18) and New York City Marathon Cookbook (includes 5 chapters of nutrition tips specifically for endurance athletes; \$23), send a check to Sports Nutrition Materials, 830 Boylston St., Brookline MA 02167.

U.S. Olympic Festival

Denver, Coliseum
Denver, Colorado
July 22-23, 1995



TWO SPEEDY LADIES
Bonnie Blair, Anne Henning and Paul Mueller. Anne is the first female U.S. skater to win a gold medal at 500m in the Olympics. Bonnie did it three more times.
Photo by John Needham



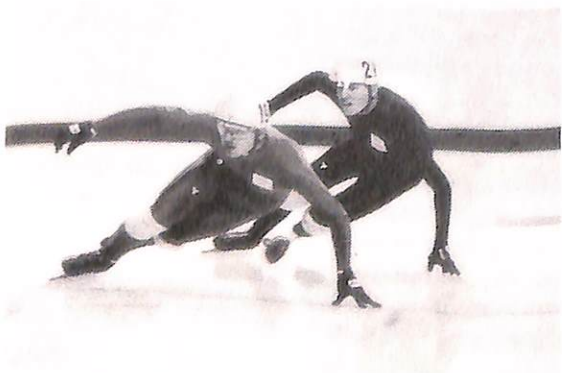
Julie Goskowicz on the winners podium
Photo by John Needham



ONE DOWN-FOUR UP
Sarah Elliott leading at the turn followed by Michelle Hill, Jessica Riley and Therese Lease
Photo by Sam Hicks



Erin Gleason, winner at 500m
applauds as Erin Porter is announced
as the winner of second place
Photo by John Needham



Tony Goskowicz taking a sharp turn
with Tom O'Hare a short step away
Photo by Sam Hicks



Tom O'Hare, Tony Goskowicz and Mike Kooreman celebrate
their medal positions at 3000m
Photo by John Needham

FINAL RESULTS

MEN

Event - 500m		
Place	Name	Time
1	Tony Goskowicz	44.43
2	Scott Koons	44.83
3	Rusty Smith	45.84
4	Mike Kooreman	45.92

Event - 1000m		
1	Tom O'Hare	1:35.74
2	Tony Goskowicz	1:35.95
3	Rusty Smith	1:36.33
4	Jeb Gorham	1:40.41

Event - 1500m		
1	Tony Goskowicz	2:26.20
2	Jeb Gorham	2:28.03
3	Rusty Smith	2:28.10
4	David Needham	2:32.35

Event - 3000m		
1	Tony Goskowicz	5:04.36
2	Tom O'Hare	5:05.66
3	Mike Kooreman	5:07.08
4	Rusty Smith	5:08.45

Event - 5000m Relay		
1	East Team	7:35.68
2	South Team	7:38.23
3	West Team	7:50.51
4	North Team	7:53.47

East Team:
Goskowicz, Ahlgren, Campbell, Lucas

South Team:
Gorham, Simunjack, Vraa, Refsland

West Team:
Koons, Kooreman, Baranski, Davidowitz

North Team:
O'Hare, Smith, Olson, Cohen
Alternates: (East) David Needham,
(West) Chad Richards

WOMEN

Event - 500m		
1	Erin Gleason	47.92
2	Erin Porter	48.04
3	Julie Goskowicz	48.42
4	Kelly Cawthra	49.42

Event - 1000m		
1	Julie Goskowicz	1:38.13
2	Erin Gleason	1:38.91
3	Erin Porter	1:39.50
4	Sarah Lang	1:39.58

Event 1500m		
1	Julie Goskowicz	2:39.86
2	Erin Porter	2:40.15
3	Sarah Lang	2:40.16
4	Sarah Elliott	2:42.11

Event - 3000m		
1	Erin Porter	5:34.16
2	Sarah Lang	5:34.59
3	Julie Goskowicz	5:35.48
4	Sarah Elliott	5:44.82

Event - 3000m Relay		
1	South Team	4:44.10
2	East Team	4:47.11
3	West Team	4:47.26
4	North Team	4:52.81

South Team:
Goskowicz, Porter, Northup, Cawthra

East Team:
McGill, Anderson, Elliott, Golownia

West Team:
Gleason, Johnson, Raney, O'Hare

North Team:
Lang, Lease, Grundtrom, Hill
Alternates: (East) Caroline Hallisey,
(West) Jessica Riley



Mary Polaski with a worried glance.
Mary was the speedskating coordinator
for the Olympic Festival
Photo by Sam Hicks



David Needham is either gasping for air
or starting to say something
Photo by John Needham



HERE'S HOW YOU DO IT
Coach Pat Wentland explains the strategy to Ben Lucas,
Steve Refsland, Tony Goskowicz and Brad Campbell
Photo by John Needham



THE MEN'S RELAY CHAMPIONS
Photo by John Needham



Erin Gleason, Julie Goskowicz and Erin Porter
after their 1000m victory
Photo by John Needham



Tony Goskowicz, Tom O'Hare and Rusty Smith with their 1000m medals
Photo by John Needham



Kelly Cawthra, Sarah Elliott and Julie Goskowicz
form a smooth pace line.
Photo by Sam Hicks

Notes from . . .

The
National Office

by SHIRLEY YATES



Where did the summer go? After devastating the country with really excessive heat or unseasonable cold, humidity, hurricanes, floods, drought and tornadoes, it left us suddenly early in September. Thank goodness! Shall we ever see the likes of the 1995 summer heat! More than 600 people died of heat-related causes in Chicago! I am looking forward to winter. May it be a true winter with cold temperatures.

I left Chicago, shortly after the 104-106 degree temperatures hit the area, for my paradise on the Keweenaw Peninsula of Northern Michigan where I go for my summer R&R. We had the most perfect weather ever—temperatures not above the mid-eighties, no humidity, hot sun, only one day of rain in five weeks (occasionally rained during the night). Unfortunately people from the “big cities” are beginning to discover the peninsula. After this summer people are looking for cooler temperatures.

We who own a little piece of this paradise worry about too many people discovering it. The problem is that once they do, they keep coming back and want more and more of that “paradise”. Fortunately, large tracts of this 75-mile long peninsula are owned by environmentally-concerned corporations. Land is becoming very dear. The No. 1 industry is tourism but it definitely is out of the “main stream” of American life which has held the numbers down for 100 years or so!

FIRST THINGS FIRST

All renewal registration forms were mailed to associations from the National Office in June. What? You say you hadn't received yours by mid-September! Tsk, tsk! They were sent to association secretaries in alphabetical order by clubs with instructions to distribute them as soon as possible. In September registrations did start coming in from the following associations: Northeast, Northern New York, Connecticut, Missouri, Northern California and Middle Atlantic.

But there were clubs and individuals who started calling me about mid-August to find out where their membership renewal forms were. This is an association problem and a serious one. The membership year was

changed at the 1995 Convention to June 1-May31 for several reasons. A primary one was so we could get skaters registered during the summer so they could attend summer camps and be eligible to attend early fall trials and meets.

For most associations, it's not going to be any different than any other year. They're going to trickle in until the end of the year. Skaters will be barred from trials and competitions or they will be frantically calling the National Office all Fall to try to get registered. With the system we have, folks if they live within the territory of an association they MUST register through that association. I am hopeful that next year will bring much earlier results when people get used to the new membership year and having the printed renewal forms so convenient to just simply mail out to everyone.

There were two proposals on the Convention agenda this year to institute National Registration. The first was defeated 15-1 and the second was sent to a committee to be studied and reported on at next year's Convention. The thinking behind the proposals is that if the associations cannot handle registrations, Big Brother will have to take over. Strange. For 60 years associations did a perfectly acceptable job of registering skaters. Perhaps in the early years, a lot of skaters weren't registered. We certainly weren't as organized as we are now. There wasn't even a National Office. Clubs and associations did all the work.

NEW CLUBS EVERYWHERE!

Most people equate success with power and amassing money. DOC SAVAGE and I think success is adding speedskating clubs - and ultimately associations. Where do we start? North, South, East and West - we've done it everywhere during the last year.

We bow first to the East. In the East the Northern New York Assn. added the SPEED SKATERS OF TROY with STEVE SEGORE (518/786-8236) as the main contact. The Maryland Assn. is on a roll. After adding a new club at Frederick, MD. earlier in the season, they added the TWINPOND CLUB based in Harrisburg, PA, in the spring. Contact is MILO SMITH - 717/728-7436.

This was an important one because it followed one of Doc Savage's comprehensive weekend administrative/coaching seminars and it is doubtful anything would have happened if he and his “team” had not gone in to give them first-hand instruction about on and off-ice training and establishing and maintaining a club. For years calls have come in from people wanting to get involved in speedskating from a wide area there, which includes Philadelphia, but we never could find anyone who would commit to establish a club. Milo Smith is an in-line coach. (Will Doc and I work towards a Pennsylvania Assn.? You better believe it!)

In Ohio we added the ELYRIA CLUB. The contact is BOB REPPENHAGEN - 216/327-0671. Did Wisconsin sneak a new club in on you? Last year at the end of the season, in time for inclusion in the 1994 Minutes/Directory book, the association officially submitted the CHIP-

PEWA VALLEY CLUB but who's aware that it exists? Exactly! That's why we report these things. I really think the best contact for that club is one of the “founders,” DAVE FEIA - 715/835-6485.

THIS NEW ILLINOIS CLUB COULD MAKE IT

I had a lot of contact last year with DR. JERRY CARTER who was struggling to establish a new club in PEORIA, IL. The Illinois association at one time had clubs and skaters throughout the state but they gradually dwindled away as speedskating became concentrated in Peoria for decades. There have been speed skaters skating in public sessions but never got reorganized. Dr. Carter was the man to do it. Unfortunately the only ice time they were able to get last year was on Saturday which means on meet weekends they had to give up their practice time to compete.

However, now we have BECKY PRATHER, president of the CHAMPAIGN CLUB, who has taken it upon herself (bless her!) to offer the Peoria skaters a chance to use their club's ice time at the University of Illinois rink during the week. And, smart girl, she is requiring that those using the ice are members of the ASAI and, of course, the ASU.

An interesting aside on the Champaign Club: the ice they are offering to the new Peoria Club is from 5:30-6:30 PM Tuesdays. The other practice the club has every week is from 6:20-7:20 AM on Thursdays. That's 6:20-7:20 in the morning! I asked Becky how they could get kids to a practice that early. She said all the kids come and it's actually a better practice than the Thursday evening one. They have a lot of young kids at their practices and they find that the kids are fresher early in the morning, more alert. They haven't had all day to fret about the evening practice. She said her daughter, STEPHANIE, takes her school clothes to practice with her and changes at the rink. Why did they start doing this insane thing back in 1988? Low rates - they only pay \$70 an hour for that early morning ice.

AT LAST - ALASKA GETS IT TOGETHER!

Our most exciting “break through” was finally establishing an “official” speedskating club in Alaska. We had been trying to do that since 1984. There have been speed skaters in Alaska for many years but there was no official organization. We have had contact and occasional registered skaters but nothing beyond that. Now, they have followed the ASU requirements and officially registered a club. It is the ANCHORAGE - EAGLE RIVER SPEEDSKATING CLUB with the primary contact being President CHRISTINE KLEIN (907/278-4427).

Early in March, 1996, Anchorage will host the Arctic Winter Games. This is their version of the Winter Olympics. Typical winter sports are included plus some sports apropos to Alaska like dog mushing and snowshowing. Short Track speedskating will be included for the first time in 1996. In addition to athletes from Alaska, there

will be team delegations from the Northwest Territories, Yukon, Alberta, Russia and Greenland.

Doc and I were invited to come up for eight days, all expenses paid, to conduct the coaching/administrative seminar plus officiate at the speedskating events. Because in March it is almost impossible for me to get away from the National Office for eight days, Doc asked TIM QUINN of Ohio to accompany him. Tim has great knowledge of the ASU, its club and association organization, is a coach and a National Chief Official.

There are two places on Earth I have a great need to visit in my lifetime — Australia and Alaska. I am shooting my chance to visit Alaska by turning down this trip but you see, I have a job. Many people have said to me over the years, “But, of course, you go to the Winter Olympics.” Wrong! Ironically, as long as I have a job in speedskating. I can't go to the Winter Olympics! Not a complaint, mind you - just an observation.

“HOW THE WEST WAS WON”

Or more precisely — how the West is being won in speedskating. Doc and I always knew it would be through the establishment of clubs—and from there to associations. And it is starting to happen in a big way.

My favorite new club name is NEXT GENERATION, WASHINGTON. (If you're a Next Gen Trekkie, talk to me!) YUKI OHNO, father of the phenomenal APOLO ANTON OHNO who burst upon the speedskating scene two years ago, established the new Seattle area club in late spring and registrations have been coming in regularly from the club. Expect to see several of them at the National Short Track in St. Louis. Best contact is Yuki Ohno at 206/728-9190.

Traveling South from there we have big things to report for the NORTHERN CALIFORNIA ASSN. In the spring the association added the SILICON VALLEY SHORT CIRCUITS (that's a pretty clever name too). Contact is BOB DUVALIER PAYNE, 408/773-1854. In late summer another club popped up — the OAKLAND ICE CENTER SPEED SKATERS with the primary contact being the Secretary, CORNELIA BAGG (510/741-7823). She has already ordered nine important promotional items from the National Office — many in big quantities. She related some of their plans for promoting the sport in their area. They are exciting. I'm hoping they will report on them in the December issue of The Racing Blade. We salute the Northern California Assn. It's only three years old and already they have four clubs!

PAT CUNNINGHAM, member of the Montana Assn. and part-time resident of IDAHO, is now establishing a club in Sun Valley, Idaho and, knowing Pat, this club will be everything you could imagine in a Winter Paradise like Sun Valley.

Not too far from there (in Western miles) we have the State of Utah. JAY GLAD established the North Utah Club several years ago. It has been steadily growing, registering more and more skaters every year, par-

ticipating in the Utah Winter Games, holding its own little meets and sending skaters to the Nationals. Two other clubs were established last year, OQUIRRH PARK and WASETCH, but the whole Salt Lake City speed-skating "scene" has had some significant "growing pains". Lots of problems to iron out before people can settle down to the serious business of organizing clubs and an association.

We refer you to an item elsewhere in this Racing Blade about a new club in Missoula, Montana, called the "BLAZIN BLADES". It's exciting because Doc has been working with the group there since 1993 and we have followed their progress since they first started their drive to build an indoor ice facility.

SHORT ITEMS OF GREAT IMPORT

—Doc Savage has received some more old medals and trophies from LINDA O'HARE and SAM POULOS in answer to his Racing Blade request. These are used in new areas for novice programs. The skaters love them! Recycling gives you a good feeling too.

—There's a new in-line book by Albert Fried-Cassorla called "IN-LINE SKATING". It's the ultimate how-to guide and features "tips, tricks and inside moves for all levels and ages". It's \$16.95 and maybe you can find out how to get by calling Prima Publishing at 916/632-4400 or faxing at 916/632-4405.

—In proofreading The Racing Blade, it is becoming more and more apparent that very few people know how to use the pronouns "its" and "it's". We get many errors in spelling and punctuation. Editors and proofreaders come to expect that but it amazes me personally that, regardless of how many years of schooling you've had, many of you are failing miserably on this one thing. "Its" is used to show possession, belonging or pertaining to it. ie. "The club will have its last meet of the season. . ." "It's" is a contraction of "it" and "is". ie. "It's scheduled for. . .". Before you write "it's" try this little test: Could you say, "The club will have it is last meet of the season". Of course not, so you know you can't use the apostrophe in "its" there. Well, I got that off my chest!

LATE-BREAKING NEWS

—We extend our sincere condolences to our OLYMPIAN ERIC FLAIM whose father, Enrico J. Flaim, died Sept. 6, at the age of 53 after a brief illness. Mr. Flaim, who was born in Bolzano, Italy, was founder and president of R & F Microtool Co. in Pembroke, MA. Many of us know what the loss of a parent means and we sympathize with Eric who had to experience this at such a young age.

—We have just received some more sad news from the East. SVEN SELBERG, 51, of the Middle Atlantic Assn. who was with the Swedish Embassy, also passed away suddenly in September. Our deepest sympathy is extended to daughter, speed skater MONICA, wife JANE, son STEFEN and all other members of the Sellberg family.

—Ah the power of the press! My item in the summer Rac-

ing Blade about FRED SCHWEIKERT's disappearance from the Middle Atlantic Assn. into the wilds of Virginia following marriage and job change, did the trick. MURRAY SHERMAN helped by calling me and sending Fred the RB item. Then Fred called and we had a good reunion on the phone. Fred misses everyone but is certainly not out of the speedskating picture. He is very serious about starting the club in Virginia (I'm sending him samples of promotional materials and a catalog) and will be helping his best friend, PETER FITTERER of Middle Atlantic, on the 1996 National Marathon Championships.

When a winner makes a mistake, he says,
"I was wrong";
when a loser makes a mistake, he says,
"It wasn't my fault."

INTERNATIONAL VETERANS SPEEDSKATING WORLD GAMES 1996

The fifth edition of the Veterans World Games is being held in North America for the first time. The races will be held at the Gaetan-Boucher rink in Ste. Foy, Quebec which is close to Quebec City.

The racing categories are 30-39, 40-49, 50-59, 60-69, and 70 and over.

The distances will be 500, 1000, 1500 and 3000 for the women and 500, 1500, 3000 and 5000 for the men. Entries for the 3000 for women and 5000 for the men will be selected based upon cumulative points after three distances.

Schedule:

February 21 (Wednesday PM) Pairs Drawing
February 22 (Thursday PM) Official opening
Cocktail
February 23 (Friday) First day of competition
February 24 (Saturday) Day 2
February 25 (Sunday) Day 3 Mass Start
Marathon (informal)
Closing Banquet

Registration is due by January 1, 1996, but only the first 100 skaters will be officially registered.

Forms for further information can be obtained from:
Gaetan Rochette
172, de Normandie
Bernieres, Quebec
Canada G7A 1V7
Phone (418) 831-3726
Fax (418) 651-1977

AROUND THE STATES WITH KIDS ON SKATES



DO YOU COUGH AFTER A WORKOUT OR RACE?

By JERRY SEARCH
SOUTHERN CALIFORNIA

Many skaters have a nagging cough, especially after training or racing. Exercise, and the heavy breathing it causes, the cold, dry air of outdoor rinks, and even the damp, mold and Zamboni exhaust laden air of indoor rinks, irritate the bronchial tubes, which connect your throat to your lungs. And you begin coughing. Or even wheezing.

The **BAD** news: You *may* have asthma. In its simplest form, asthma shows itself in a person by a nagging cough, sometimes deep, and usually right after hard exercise. Asthma is simply the name we give to the condition when your bronchial tubes get easily irritated, and you cough (and/or wheeze).

But it's only a cough, you say. True, but this cough can often lead to an irritated throat which will then help you to get sick with a nasty cold or worse. The next stage of asthma is the wheezing, which we have all heard about. Maybe you have not even heard the wheezing. Usually, it can only be heard by a trained person (doctor, etc.) using a stethoscope. But it is often there, along with the cough.

Even adults can have asthma, *even though they never had it before*. There is a syndrome called just that, "adult-onset asthma". The bad air of many metropolitan areas (like here in Southern California) is a big reason that adults come down with this condition. This very thing happened to me when I began training (for speed skating) as an adult.

The **GOOD** news: This simple form of asthma is *easily* treated. Your doctor can make the diagnosis, and prescribe an inhaler that you use either before your workout or race, or after, to help stop the coughing. **Important:** Do *not* use an over the counter inhaler, unless that is what your doctor tells you to do, and do *not* use an inhaler more often than he says to. This can be very dangerous!

The inhalers your doctor would prescribe are normally called "*corticosteroids*". These are *not* the same thing as, and not to be at all confused with, *anabolic* steroids that we hear so much bad stuff about. Generally, *corticosteroids* are banned by the United States Olympic Committee (USOC), *however*, not those taken with an inhaler prescribed by your

doctor, as you would for asthma. According to the January 1995 U.S.O.C. "Guide to Banned Substances", page 14, "The use of corticosteroids is banned **except for...inhalation therapy (asthma...)**".

In any case, you must notify your coach if you are using an inhaler for asthma. For further information, call the USOC Drug Hotline: 1-800-233-0393. And while we are on the subject, this phone number is one that you should keep with you. You can call it to check up on any medicine that you may be taking. And ask for your own copy of the 15 page "Guide to Banned Substances". If you take any medication at all, especially over-the-counter cold medicine, there is a fair chance that you are taking one of the "banned substances" hidden in that medicine. The "Guide" lists all of these, and there are alternative medicines that will do you just as good.

FLU SHOTS: Now is the time to get yours! Flu shots are usually prescribed for "high risk" groups, like young children, people with respiratory problems, and the elderly. Well, if you are training hard, and plan to do any traveling, you are now in a high risk group. Why?

Training hard puts a lot of stress on the body. That is why we need to have a lot of *rest* when we are training. But stress is also the devil's workshop for illnesses. While training does make people more healthy, *hard* training can stress the body to the point where athletes may be more likely than others to catch a virus if exposed to one.

And now that you have stressed your body, and made it more susceptible to cold and *flu germs*, you are going to travel, and be in close proximity to many, many people who could be carrying these bad guys. Even the fact that it is wintertime means that you will be indoors more, and closer to other people than during the summer. That is the reason why winter is known as the flu season.

While a flu shot will not guarantee that you won't get sick, it will *greatly increase your chances of staying healthy*. And look at it this way: Why spend all of the time, energy, and money training as hard as you have, just to get the flu right before (or during) your big meet of the year? This did happen to World Team member Wendy Goelz during the 1986 North American Short Track. She spent the entire meet in the stands, under a blanket, sick!

Talk to your doctor about a flu shot. If you had one before, you have to get one again (every Fall). There are different strains of flu each year, and therefore a new flu shot is needed each year. And while you are at it, if you are someone that seems to have a lot of colds and bronchitis, get the *pneumonia vaccination*. This is a *one-time* shot (in the other arm!), so you don't need another one next year.

Now your chances of getting sick, at least with the flu, are much lower, and you can feel a little bit safer and relaxed traveling and competing this season! J.S.

Letters

Dear Racing Blade,

This letter is long overdue. I would like to thank Jane and Lloyd Pettit and the Pettit National Ice Center for all the positive contributions they have made to the sport of speedskating.

1. The amount of Long Track ice time that is available from September through April each year is incredible. There are six hours of ice time every day, Monday and Friday, and four hours on Saturday and Sunday. In November when racing begins, the weekend training time is eliminated. However, the Pettit Center still has 30 hours of training time available during the week! This allows skaters to attend full time school or work and still train at a world class level.
2. The ice is always there; rain, snow, sleet, warm, cold, or whatever. Training or racing never has to be altered, changed, or eliminated due to bad weather. This allows skaters and coaches the opportunity to plan out the perfect season.
3. Young and old can stay out on the ice for the entire session without having to worry about frost bite or frozen feet. This is also true for officials during competition.
4. Parents can sit in the stands and enjoy watching their youngsters skate. They can read the newspaper, socialize, do their paperwork, and still see their children having fun on the ice.
5. The elite world class skaters can stay at home to train. They do not have to travel to Calgary or Inzell to train in the fall. This is not only good for them, but for the development of the sport as well. It is an awesome sight for the young aspiring skaters to be able to watch and even skate with the best in the U.S. and world.
6. The junior level of Long Track speedskating has risen dramatically since the opening of the Pettit Center. Last season the U.S. Junior Team won more medals (10) and had more skaters in the top ten (4) than any other country in the Junior World Championships. The U.S. has not dominated the sport at that level since the 1970's. Our top Juniors trained exclusively at the Pettit Center.
7. The Pettit Center has attracted World Cup and World Championship events every year since it opened. How wonderful for the entire community of speedskating to see the best in the world compete on a regular basis. And how wonderful for our sport to get the publicity and media attention it needs during these events.

8. The Pettit Center allows for a completely fair selection process for our World Championship and Olympic Teams.
9. The Pettit Center allows Short Track skaters to cross train on Long Track in the afternoons. Long Track skaters can cross train on Short Track ice during the summer months. In addition, it is even possible to do both Long Track and Short Track in the same day. What a great way to develop the total speed skater!!
10. The Pettit Center is even a super way to beat the summer heat and still manage to dryland train in a quality manner. When the weather soared above 100 degrees, we were allowed to run and dryskate indoors at 60 degrees on the Pettit Center running track. It can also be used during rain and stormy conditions. There are no excuses in Milwaukee for getting in year-round skating training.
11. And lastly, the three ice sports can all be training in the Pettit Center at the same time.

I would personally like to thank Jane and Lloyd Pettit and the staff of the Pettit National Ice Center for all of the above. The sport of Speed Skating is very, very lucky.

Sincerely,
Dianne Holum



Dear Bob,

The article written by David Taylor in the June Racing Blade brought tears, and reminded me of why I care so much about speedskating, even though I did not get introduced to the sport until eight years ago (has it really been that long?).

Speedskating is like life.
You get out of it what you put into it.
Sometimes, no matter what you do or how good you are, luck determines whether you win or lose.
If you fall, pick yourself up and get back into the race. Sometimes luck will make you win or place anyway, but it won't happen if you just give up.

Thanks, Dave, for reminding us all how much we can touch lives, even when we think all we're doing is teaching someone how to skate.

Sincerely,
Sarah Hill



The Final Camp Hike to Marcy Dam
Photo by Al Forsyth



Dry-land Female Bobsledding
Penelope Lang, Meghan Everett,
Brigid Farrell
Photo by Al Forsyth

Dear Shirley,

Hi! I wanted to send you some photos from the camp in Lake Placid in July. It was an excellent camp despite a few disciplinary problems that you may have heard about but all-in-all I found it one of the best ever. Pat and Lynn Wentland are excellent!!

The photos I'm sending are group shots on our way to Marcy Dam on our hike the last full day. Some had a great difficulty lifting their legs. The three girls doing their "female bobsledding" routine were really pretty funny. It's still fortunate that they're skaters though. It's Penelope Lang, Meghan Everett, and Brigid (they

call her Bridde or Britte, as in Brighty) Farrel as the bobs. The guys waiting to check out are Sean Haley and Kyle Ortiz.

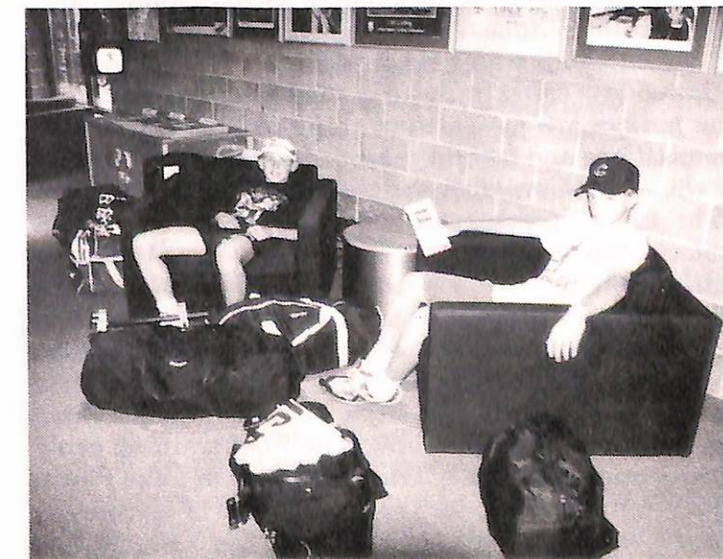
Every one of the kids were really nice. It may come down to some changes on our part to address some of the issues regarding staying at the OTC but everything has been documented. Ed Lang gave Bill Cawthra the full report and I would like to do a follow-up!

Anyway, I hope you can use these and thanks for all of your support out here as always.

Yours truly,
Al Forsyth



Wow! Look at These Muscles
Penelope Lang, Meghan Everett, Brigid Farrell
Photo by Al Forsyth



Training Camps Really Wear You Out
Sean Haley, Kyle Ortiz
Photo by Al Forsyth



United States International Speedskating Association News

USISA NATIONAL OFFICE NEWS

by KATIE MARQUARD



The skating season is upon us and USISA has been busy this summer preparing for it. Additional coaches have recently been hired and numerous camps have been held throughout the country.

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

The Junior Long Track Team has also been busy with camps this summer. Mike Crowe began the year with a testing camp in Milwaukee on the weekend of May 19-21. From this point, he followed with a training camp in Roseville in June. During the last two weeks of July an on-ice camp was held in Calgary for the juniors, followed by a camp in Butte in the beginning of August. The juniors are now also training in Milwaukee with competitions and training planned in Butte and Calgary for the end of November and the beginning of December.

The Short Track team has also been busy. These athletes had the beginning of the summer on their own until July when the first camp was held in Marquette, Michigan. This camp was for the Olympic Festival Team as well as those skaters participating in the National Program at NMU. The Olympic Festival Team then traveled to Denver for the Olympic Festival competition (see story results elsewhere). The final training camp of the summer for Short Track was held in Lake Placid OTC. This camp was for the same group of athletes as the previous camp with the skaters in the National Program staying for an extra week. The group is now based in Marquette, preparing for two early season inter-

national competitions in Montreal and Lake Placid. These meets will be the first ever World Ranking events for Short Track. An assistant coach has recently been hired to help Jeroen Otter with the Short Track Program. John Monroe, from Canada, comes to the U.S. Speedskating with extensive experience in coaching. We are looking forward to his expertise and welcome him to USISA staff.

Also recently hired, as a regional coach in the Milwaukee area, is Dave Besteman. Dave will be based at the Pettit National Ice Center. He should be an asset to USISA with his experience as a former World and Olympic team member in both short track and long track, as well as his coaching background. The regional coaching position based in Roseville, Minnesota has not been filled at the time of this writing.

The other two regional coaches have also had a full summer. Pat Wentland, based in Lake Placid, has overseen a Residency Program at the OTC through the summer. This program will continue for the length of the season. He has also been conducting regional camps at the OTC and within his region. Stan Klotkowski, based in Salt Lake City, continues to work with the area schools and youth groups to spread the word about speedskating. There is a tremendous amount of interest in the sport in this area, Stan has his hands full. The enthusiasm has also increased since Salt Lake City was awarded the 2002 Winter Olympics. The speedskating oval opened for in-line skating on September 1 and will open for speedskating, as well as hockey, figure skating and public skating on the international size center ice sheet, on November 24. The grand opening is scheduled for December 9 (see story elsewhere). Stan held a regional camp at the OTC in Colorado in August, and Pat and Stan also each coached an ASU camp over the summer. Each USISA coach has conducted development camps for various clubs or associations that have requested them. This program continues to be a big success.

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

Best of luck to all skaters for a successful season.

FESTIVAL NOTES

- Three competitors earned medals in all five male and/or female events, including: Tony Goskowicz, Julie Goskowicz, Erin Porter.
- Erin Porter earned a medal in every event; entering the '95 Festival she had not won a medal in two previous Festival appearances. Included in her '95 performance is a new Festival record as a member of the South 3,000 meter relay team.



United States International Speedskating Association News

-Tony & Julie Goskowicz earned a total of 10 medals in this Festival; seven gold, one silver, two bronze. They combined to set seven USOF records in individual and relay events.

-The Goskowicz tandem has combined for 24 total medals in three Festivals. The breakdown: 17 gold, three silver, four bronze. They currently hold seven of 10 possible USOF records. The pair won their respective 1500 meter races in the '95 Festival.

-Tony Goskowicz set a USOF record in all five short-track events during the '95 Festival.

-Tony Goskowicz has won 11 gold, two silver medals, a total of 13. He had won seven consecutive gold medals before finishing second in the 1000 meters and earning a silver.

-Tom O'Hare won the 1000 meter race, his first gold medal in his third Festival appearance. O'Hare finished second behind Goskowicz' Festival record in the 1000 meter preliminaries. O'Hare stumbled entering the final lap of the prelims after he had passed Goskowicz. He came back to win the final in the 1000 meters and also his first gold medal.

-Rusty Smith, at age 15, was the youngest male speed skater and earned three bronze medals.

-Erin Gleason won her first individual medal while setting a Festival record in winning the 500 meters. She earned a silver in the 1000 meters race and a bronze (second straight Festival) in the 3000 meter relay.

-First-time medal winners (individual or relay): Mike Kooreman, Erin Porter, Sarah Lang.

-First-time individual event medal winners: Scott Koons, Erin Gleason.

OLYMPIC SPEEDSKATING OVAL OPENS FOR IN-LINE SKATING 9/1

The 400-meter Olympic speedskating oval at Oquirrh Park in Kearns, Utah, will open to the public Friday, September 1, 1995, at 2:00 p.m. for in-line skating. The new facility was built by the Utah Sports Authority with \$4.1 million of sales tax revenue and is located at 5624 South 4800 West (Cougar Lane).

The speedskating oval will be open weekdays 2:00 p.m. to 9:00 p.m. and weekends 9:00 a.m. to 9:00 p.m. September 1 through October 15, 1995, conditions permitting. In-skaters will have to bring their own equipment or rent in-line skates off-site as no rental program is available at the oval this season.

The new oval will open for speedskating on ice, and hockey, figure skating, and public skating on the international size center ice sheet located inside the uncovered oval on November 24, 1995, conditions permitting. A grand opening celebration is planned for Satur-

day, December 9, 1995, featuring an appearance by Olympic gold medalist speed skaters and representatives of the International Olympic Committee, U.S. Olympic Committee, the Salt Lake Olympic Organizing Committee, Utah Sports Authority, Governor Michael Leavitt, and other government officials.

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

1996 SCHOLARSHIP APPLICATIONS AVAILABLE

The ASU Scholarship committee wishes to thank Howard Gutgesell. His generous donation to the Scholarship Fund increased the foundation funds enough to guarantee money for a grant in 1996.

The 1996 ASU Scholarship applications are ready for distribution to students who will be entering or continuing college in the fall of 1996.

Applicants must fulfill the following Criteria:

Completed at least three (3) years of high school with a minimum of 3.0 grade point average (based on a 4.0 system) during the past two years.

Have been an ASU member for the past four (4) consecutive years.

In the past four (4) consecutive years shall have participated in at least two major ASU meets each year plus either the National or North American Championships.

Community service, educational recognition, educational goals, extra-curricular activities and speedskating competitions will be considered in the screening and selection process.

Enrollment in 2 and 4 year accredited schools beyond high school will qualify.

Applicant must enroll and carry the minimum number of credit hours necessary to be a full-time undergraduate student.

An application may be obtained by writing to the National Office of the ASU, 1033 Shady Lane, Glen Ellyn, IL 60137. The applicant and all required information must be submitted no later than February 15, 1996.



United States International Speedskating Association News

SHORT TRACK SELECTION PROCEDURES 1995-96 USISA TRIALS

The following procedures pertain to all 1995-96 Short Track Trials unless specifically noted. ALSO see rules under each competition at the end of these general procedures.

Entry Standard:

Athletes must submit time trial standard form with entry for 1995-96 U.S. Short Track Championships and the Travel Team Trials in order to participate. The 1000m standard that must be met is: Men - 1:40.00, Ladies - 1:48.50. This standard must be met through one of the following: ①. previous World Trials, ②. any subsequent Short Track sanctioned competition that had a 1000 meter time trial or mass start, ③. observed 1000 meter time trials on 111.12 meter track that was witnessed by at least 2 USISA or ASU board members and timed by at least 2 ISU or ASU timers.

Seeding for All Trials, except Olympic Festival Training Group Trials

Seeding for the 9 Lap Time Trial Pursuit:

Pairs for the 9 Lap Time Trial Pursuit will be made up by the Competitors Steward. The top 16 skaters from the Time Trial will advance to compete in the rest of the competition. **NOTE:** Reskates in the time trial will be allowed solely based upon the discretion of the referee and appeals for a reskate must be made to the referee by the skater involved at the completion of the race and prior to the skater leaving the ice.

Seeding for 1500m Pack Style Heats:

Heat A	Heat B	Heat C
#1 from 9 Lap TT	#2 from 9 Lap TT	#3 from 9 Lap TT
#6	#5	#4
#7	#8	#9
#12	#11	#10
#13	#14	#15
		#16

The top 2 skaters from each heat advance to the final.

After the 1500m Final, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 500m Pack Style Heats:

Ranking after 1500m. Final:

HEAT A	HEAT B	HEAT C	HEAT D
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13

The top 2 skaters from each heat advance to the semi-finals.

After the 500m Heats, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Points Awarded:

Pack style finals and time trials score final points as follows: 1st - 5 Points; 2nd - 3 Points; 3rd - 2 Points; 4th - 1 Point. Performance points for pack style preliminary races awarded as follows: 1st - 5 Points; 2nd - 3 Points; 3rd - 2 Points; 4th - 1 Point. Final Points have predominance over performance points for final team selection. *All Trials will be run under ISU Rules unless otherwise noted.*

Seeding for the 500m Pack Style Semi-Finals:

SEMI A	SEMI B
#1 after 500m Heats	#2 after 500m Heats
#4	#3
#5	#6
#8	#7
#9 (if needed)	#10 (if needed)

The top 2 skaters from each Semi advance to the Final.

After the 500m Final, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Heats:

Ranking after 500m Final:

HEAT A	HEAT B	HEAT C	HEAT D
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13

The top 2 skaters from each heat advance to the Semi-Finals.

After the 1000m Heats, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Semi-Finals:

SEMI A	SEMI B
#1 after 1000m Heats	#2 after 1000m Heats
#4	#3
#5	#6
#8	#7
#9 (if needed)	#10 (if needed)

The top 2 skaters from each Semi-Final advance to the Final.



United States International Speedskating Association News

After the 1000m Final, the top 8 final point scorers and tied for 8th position on final points, are eligible to skate in the 3000m Final (in the case of the U.S. Junior Short Track Championships, after the 1000m Final, the top 6 final point scorers and tied for 6th position on final points, are eligible to skate in the 1500m Final).

After the last 3000m (1500m) Final, the Final Classification of skaters will be based **first** upon total final points (including Time Trial final points), **secondly** by skaters who completed a final(s) but scored 0 final points, **then** ranked by performance points. Ties will be broken based upon the guidelines under the Tie Breaking section.

Tie Breaking Procedures - All Trials

Points will be awarded for ties according to ISU Rules.

FINAL CLASSIFICATION:

Ties in Final Points will be broken first by Performance Points, second by the times of the 9 Lap Time Trial. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

Ranking of skaters who have completed pack style finals but not scored any Final Points shall be done in the following fashion:

All skaters who have completed finals but not scored any Final Points shall be considered tied. That tie shall be broken first by Performance Points, secondly by the times from the 9 Lap Time Trial Pursuit. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

Skaters with only Performance Points and no completed Final, will be ranked by total Performance Points. Ties will be broken by the times from the 9 Lap Time Trial Pursuit. If still tied, additional 9 lap Time Trial Pursuits will be skated until the tie is broken.

FOR SEEDING:

Ties in the 9 Lap Time Trial will be broken for seeding as follows:

The names of the skaters that are tied will be placed in a hat and the Chief Referee will draw them out one at a time. The 1st skater drawn will have predominance for seeding. The remaining skaters that are tied for the same position will be drawn in the same fashion and be seeded in descending order.

USISA TRAVELING TEAM TRIALS

DECEMBER 2-3, 1995

MARQUETTE, MICHIGAN

Number of starting positions to be selected at the USISA Traveling Team Trials:

USISA will select 5 ladies and 5 men based upon the final classification of the Traveling Team Trials. The top 5 ladies and top 5 men will be eligible for travel to international competitions prior to the 1996 U.S. Short Track Championships and to participate in all USISA funded short track functions, **provided they follow the complete USISA Short Track Program.**

Sequence of Events to be skated at the Traveling Team Trials:

Day 1: 9 lap pursuit time trial-Ladies and Men; Ladies/Men 1500m Heats; Ladies/Men 1500m Final; Ladies/Men 500m Heats; Ladies/Men 500m Semi-Finals.
Day 2: Ladies/Men 500m Final; Ladies/Men 1000m Heats; Ladies/Men 1000m Semi-Finals; Ladies/Men 1000m Final; Ladies/Men 3000m Final (Top 8 Final point scorers-Ladies/Men).



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1996 U.S. JUNIOR SHORT TRACK CHAMPIONSHIPS DECEMBER 28-29, 1995 MILWAUKEE, WISCONSIN

Distances to be skated at the 1996 World Junior Short Track Championships:

500m, 1000m, 1500m and 1500m for top 6 final point scorers Ladies and Men.

Number of starting positions for World Junior Short Track Championships:

USISA will send a maximum of 2 Ladies and 2 Men based upon the final classification of the U.S. Junior Short Track Championships.

1996 U.S. SHORT TRACK CHAMPIONSHIPS MARCH 4-5, 1996

SARATOGA SPRINGS, NEW YORK

Distances to be skated at the 1996 World Short Track Championships:

500m, 1000m, 1500m and 3000m for top 8 final point scorers Ladies and Men

Number of starting positions at the 1996 World Short Track Championships:

USISA will send a maximum of 5 Ladies and 5 Men based upon the final classification of the U.S. Short Track Championships. The top 2 Ladies and the top 3 Men will skate the individual events. The remaining 3 Ladies and 2 Men will be eligible to skate the relay. All 5 Ladies and 5 Men are eligible to skate in the World Teams qualifying meet and subsequent World Teams meet.

NOTE: The USISA Short Track Head Coach determines which of the top 5 skaters will participate in the relay at the World Championships and at all World Team qualifying and World Team events.

Sequence of Events to be skated at the 1996 U.S. Short Track Championships:

1996 OLYMPIC FESTIVAL TRAINING GROUP TRIALS MARCH 4-5, 1996

SARATOGA SPRINGS, NEW YORK

Skaters must be 19 years of age or younger on the day of the Trials to be able to compete in the Trials.

Sequence of Events to be skated at the 1996 Olympic Festival Training Group Trials:

Day 1: 9 lap pursuit time trial-Ladies and Men, (U.S. Short Track Championships are conducted at the same competition - time trial for all competitors with top 16 men and top 16 ladies moving into the U.S. Short Track Championships, remaining Olympic Festival age competitors up to top 24 men and top 24 ladies move into the Olympic Festival Training Group Trials; if an Olympic Festival age skater is in the top 16 of the time trial and moves into the U.S. Short Track Championships this skater(s) will have a bye onto the Olympic Festival Training Group); Ladies/Men 1500m Heats; Ladies/Men 1500m Semi-Finals; Ladies/Men 1500m Final; Ladies/Men 500m Heats; Ladies/Men 500m Quarter-Finals.

Sequence of Events to be skated at the 1996 U.S. Junior Short Track Championships:

Day 1: 9 lap pursuit time trial-Ladies and Men; Ladies/Men 1500m Heats; Ladies/Men 1500m Final; Ladies/Men 500m Heats; Ladies/Men 500m Semi-Finals.

Day 2: Ladies/Men 500m Final; Ladies/Men 1000m Heats; Ladies/Men 1000m Semi-Finals; Ladies/Men 1000m Final; Ladies/Men 1500m Final (Top 6 Final point scorers-Ladies/Men).

Day 1: 9 lap pursuit time trial-Ladies and Men (Olympic Festival Training Group Trials are conducted at the same competition - time trial for all competitors with top 16 men and top 16 ladies moving into the U.S. Short Track Championships, remaining Olympic Festival age competitors up to top 24 men and top 24 ladies move into the Olympic Festival Training Group Trials; if an Olympic Festival age skater is in the top 16 of the time trial and moves into U.S. Short Track Championships this skater(s) will have a bye onto the Olympic Festival Training Group); Ladies/Men 1500m Heats; Ladies/Men 1500m Final; Ladies/Men 500m Heats; Ladies/Men 500m Semi-Finals.

Day 2: Ladies/Men 500m Final; Ladies/Men 1000m Heats; Ladies/Men 1000m Semi-Finals; Ladies/Men 1000m Final; Ladies/Men 3000m Final (Top 8 Final point scorers-Ladies/Men).

1996 OLYMPIC FESTIVAL TRAINING GROUP TRIALS MARCH 4-5, 1996

Day 2: Ladies/Men 500m Semi-Finals; Ladies/Men 500m Final; Ladies/Men 1000m Heats; Ladies/Men 1000m Quarter-Finals; Ladies/Men 1000m Semi-Finals; Ladies/Men 1000m Final; Ladies/Men 3000m Final (Top 8 Final point scorers-Ladies/Men).

NOTE: ANY SKATER THAT PLACES IN THE TOP 16 IN THE TIME TRIAL FOR THE U.S. SHORT TRACK CHAMPIONSHIPS WILL GET A BYE TO THE OLYMPIC FESTIVAL TRAINING GROUP AND RANK AHEAD OF COMPETITORS IN THE OLYMPIC FESTIVAL TRAINING GROUP TRIALS FOR FINAL CLASSIFICATION ON THIS TRAINING GROUP.



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Seeding for the 1996 Olympic Festival Training Group Trials

Seeding for the 9 Lap Time Trial Pursuit:

Pairs for the 9 Lap Time Trial Pursuit will be made up by the Competitors Steward. **NOTE:** Reskates in the time trial will be allowed solely based upon the discretion of the referee and appeals for a reskate must be made to the referee by the skater involved at the completion of the race and prior to the skater leaving the ice.

Seeding for 1500m Pack Style Heats:

Ranking after 9 Lap TT:

Heat A	Heat B	Heat C	Heat D
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13
#17	#18	#19	#20
#24	#23	#22	#21

The top 3 skaters from each heat advance to the semi-final.

After the 1500m heat, skaters shall be ranked **first** by final points (including time trial final points), **then** ranked by performance points. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1500m Pack Style Semi-Finals:

Semi-Final A	Semi-Final B
#1 after 1500m Heats	#2 After 1500m Heats
#4	#3
#5	#6
#8	#7
#9	#10
#12	#11
#13 (if needed)	#14 (if needed)

The top 3 skaters from each Semi advance to the Final.

After the 1500m Final, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 500m Pack Style Heats:

Ranking after 1500m Final:

Heat A	Heat B	Heat C	Heat D	Heat E	Heat F
#1	#2	#3	#4	#5	#6
#12	#11	#10	#9	#8	#7
#13	#14	#15	#16	#17	#18
#24	#23	#22	#21	#20	#19

The top 2 skaters from each Heat plus the 4 fastest 3rd place skaters advance to the Quarter-Finals.

After the 500m Heats, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 500m Pack Style Quarter-Finals:

Ranking after 500m Heats:

1/4 Final A	1/4 Final B	1/4 Final C	1/4 Final D
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13
#17(if needed)	#18(if needed)	#19(if needed)	#20(if needed)

The top 2 skaters from each Quarter-Final advance to the Semi-Final.

After the 500m Quarter-Finals, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 500m Pack Style Semi-Finals:

Ranking after 500m Quarter-Finals:

Semi-Final A	Semi-Final B
#1	#2
#4	#3
#5	#6
#8	#7
#9 (if needed)	#10 (if needed)

The top 2 skaters from each Semi-Final advance to the 500m Final.

After the 500m Final, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Heats:

Ranking after 500m Final:

Heat A	Heat B	Heat C	Heat D	Heat E	Heat F
#1	#2	#3	#4	#5	#6
#12	#11	#10	#9	#8	#7
#13	#14	#15	#16	#17	#18
#24	#23	#22	#21	#20	#19

The top 2 skaters from each Heat plus the 4 fastest 3rd place skaters advance to the Quarter-Finals.

After the 1000m Heats, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Quarter-Finals:



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Ranking after 1000m Heats:

1/4 Final A	1/4 Final B	1/4 Final C	1/4 Final D
#1	#2	#3	#4
#8	#7	#6	#5
#9	#10	#11	#12
#16	#15	#14	#13

#17(if needed) #18(if needed) #19(if needed) #20(if needed)

The top 2 skaters from each Quarter-Final advance to the Semi-Finals.

After the 1000m Quarter-Finals, skaters shall be ranked **first** by final points (including time trial final points), **secondly** by skaters who completed the 1500m or 500m Final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section.

Seeding for the 1000m Pack Style Semi-Finals:

Ranking after 1000m Quarter-Finals:

Semi-Final A	Semi-Final B
#1	#2
#4	#3
#5	#6
#8	#7

#9 (if needed) #10 (if needed)

The top 2 skaters from each Semi-Final advance to the 1000m Final.

After the 1000m Final, the top 8 final point scorers (including time trial final points) and skaters tied for the 8th position on final

NORTH AMERICAN LONG TRACK CHAMPIONSHIP

The 1996 North American Long Track Championship will be held Feb. 3-4 at the John Rose Memorial Oval in Roseville, MN. The weekend will begin with a practice at the rink from 7-8:30 Friday evening. Check-in will be from 6-10 PM Friday at the host hotel, the newly remodeled Holiday Inn North at 1201 W. County Rd. E, Roseville, two miles north of the oval. There will be a check-in Saturday morning at the rink as well. The racing is scheduled for 8 AM-4 PM on Saturday and 8 AM-3 PM on Sunday. Reservations at the host hotel may be made by calling 612/636-4123. Mention speedskating. The rate is \$55 for two double beds or one king and includes complimentary breakfast for two. A banquet will be held Saturday evening. For further information at this time call Gene Casler at 612/646-7058 or Debra Parker at 612/644-2037. They have indicated a full article with all details will be in the December issue of The Racing Blade.

points, are eligible to skate the 3000m Final.

After the 3000m Final, the Final Classification of skaters will be based **first** upon total final points (including time trial final points), **secondly** by skaters who completed a Pack style final but scored 0 final points, **third** ranked by performance points, **then** ranked by the results of the 9 Lap Time Trial. All ties will be broken based upon the guidelines under the Tie Breaking section. **Note:** Olympic Festival age competitors that finish in the top 16 in the 9 Lap Time Trial Pursuit and take part in the U.S. Short Track Championships will be ranked ahead of competitors in the Olympic Festival Training Group Trials in Final Classification on this Training Group.

WISCONSIN HOSTS NATIONAL LONG TRACK CHAMPIONSHIPS

January 27-28, 1996

Pettit National Ice Center
Milwaukee, Wisconsin

CHECK-IN (At Rink)

Friday, January 26, 1996
5:00 PM - 6:30 PM

Saturday, January 27, 1996
7:30 AM - 8:30 AM

SATURDAY, JANUARY 27, 1996

Warm-up: 7:00 AM - 7:45 AM
Races: 8:00 AM - 3:00 PM

SUNDAY, JANUARY 28, 1996:

Warm-up: 8:00 AM - 8:45 AM
Races: 9:00 AM - 3:00 PM

HOST HOTEL:

QUALITY INN (Formerly Holiday Inn West)

Ask for skater rate (\$59.00).
A limited number of rooms will be held until January 6, 1996.

BANQUET

Saturday, January 27, 1996 6:30 PM
Quality Inn West

For further information, contact:

Meet Director Pete Elliott
(414) 646-8285 or (414) 541-9440
34806 Breezeland Road
Oconomowoc, WI 53066



United States International Speedskating Association News

ATTENTION SKATERS

NO LATE ENTRIES TO BE ACCEPTED

Effective February 15, 1995, the following resolution was approved by the USISA Board of Directors and PAB Members regarding late entries for USISA events:

ST95-02: Entries for all USISA Events must be postmarked or received no later than 10 days prior to the first day of the competition, **NO EXCEPTIONS!!** Entry fees will be refunded upon request for any skater withdrawing from the competition with notification of at least 48 hours prior to the start of competition.

U.S. SPEEDSKATING ANNOUNCES TEAMS, SCHEDULES FOR 1995-96 SEASON

For Release: Aug. 1995

U.S. Speedskating announces its team for the upcoming season. Included on the roster are thirteen Olympians: Chris Witty, Chantal Bailey, Shana Sundstrom, Brendan Eppert, Moira D'Andrea, Christine Scheels, Dave Tamburrino, KC Boutiette, Amy Peterson, Karen Cashman, John Coyle, Andy Gabel, and Charles King. Becky Sundstrom is the 1995 World Junior Champion.

The U.S. will host two World Cup competitions and a World Championships. The Pettit National Ice Center in Milwaukee and the John Rose Oval in Roseville, Minnesota will each host a World Cup while Lake Placid, NY, will host the World Short Track Team Championships in March.

LONG TRACK NATIONAL TEAM

Sprint Team

Women

- Chris Witty, 20.....West Allis, WI
- Becky Sundstrom, 19.....Glen Ellyn, IL
- Chantal Bailey, 30.....Champaign, IL
- Tama Sundstrom, 27.....Glen Ellyn, IL
- Shana Sundstrom, 22.....Glen Ellyn, IL
- Kim Strzykalski, 22.....East Troy, WI

Allround

Women

- Moira D'Andrea, 27.....Saratoga Springs, NY
- Christine Scheels, 18.....New Berlin, WI
- Kirstin Holum, 15.....Waukesha, WI
- Cory Goelz, 23.....Buffalo, NY
- Amy Sohnle, 21.....Wauwatosa, WI
- Valerie Hopkins, 22.....Manchester, MA

Men

- Casey FitzRandolph, 20.....Verona, WI
- Brendan Eppert, 25.....St. Louis, MO
- Cory Carpenter, 18.....Brookfield, WI
- Ryan Shimabukuro, 22.....Waukesha, WI
- Heath Haster, 21.....White Bear Lake, MN
- Kevin Curtis, 24.....Malaga, WA

Men

- Dave Tamburino, 22.....Saratoga Springs, NY
- KC Boutiette, 25.....Tacoma, WA
- Jeff Benjamin, 23.....Highland Park, IL
- Tim Hoffman, 19.....Waukesha, WI
- Arlen Spicer, 27.....Indianapolis, IN
- Matt Kooreman, 19.....Grand Rapids, MI

SHORT TRACK NATIONAL TEAM

Women

- Amy Peterson, 23.....Maplewood, MN
- Karen Cashman, 23.....Quincy, MA

Men

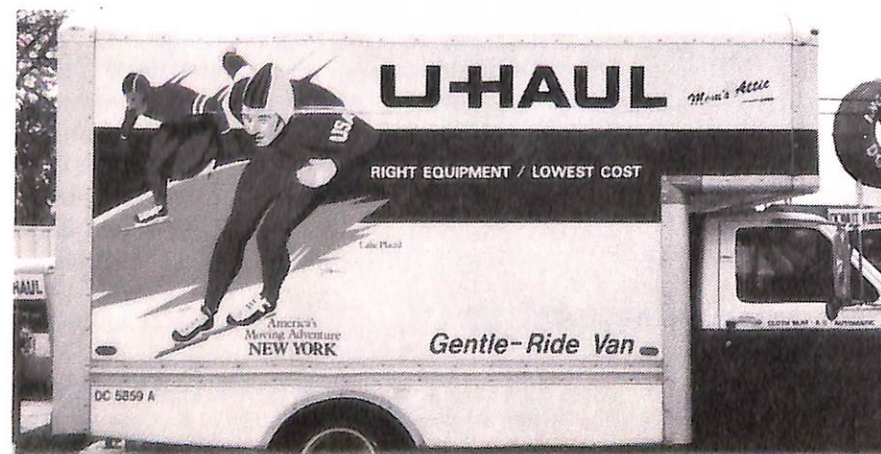
- John Coyle, 26.....W. Bloomfield, MI
- J.P. Shilling, 23.....Baltimore, MD
- Andy Gabel, 30.....Northbrook, IL
- Charles King, 25.....Studio City, CA



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1995 -1996 COMPETITION SCHEDULE

1995		
Oct. 21-22	World Ranking, Short Track.....	Lake Placid, NY
Oct. 28-29	World Ranking, Short Track.....	Montreal, CAN
Nov. 24-26	World Cup, Long Track.....	Berlin, GER
Dec. 2-3	U.S. Speedskating Traveling Team Trials.....	Marquette, MI
Dec. 2-3	World Cup, Long Track.....	Heerenveen, NED
Dec. 9-10	World Cup, Long Track.....	Hamar, NOR
Dec. 9-10	World Ranking, Short Track.....	Oslo, NOR
Dec. 16-17	World Ranking, Short Track.....	Bormio, ITA
Dec. 22-23	U.S. Sprint Long Track Championships.....	Milwaukee
Dec. 28-29	U.S. Junior Short Track Championships.....	Milwaukee
Dec. 30-31	U.S. Allround Long Track Championships.....	Milwaukee
1996		
Jan. 6-7	U.S. Jr. Regional Long Track Championships.....	Mil.,Roseville, Lake Placid
Jan. 6-7	World Cup, Long Track (Sprint Only).....	Medeo, KZK
Jan. 12-14	World Cup, Long Track.....	Davos, SWI
Jan. 19-21	European Long Track Championships.....	Heerenveen, NED
Jan. 27-28	World Junior Short Track Championships.....	Courmayeur,ITA
Jan. 27-28	World Cup, Long Track (Allround Only).....	Baselga, ITA
Feb. 2-4	World Allround Championships, Long Track.....	Inzell, GER
Feb. 10-11	World Cup, Long Track, (Sprint Only).....	Innsbruck, AUT
Feb. 10-11	U.S. Junior Long Track Championships.....	Milwaukee
Feb. 17-18	U.S. Short Track Championships	
	Olympic Festival Training Group Trials.....	Saratoga Springs, NY
Feb. 17-18	World Sprint Championships, Long Track.....	Heerenveen, NED
Feb. 23-24	World Cup, Long Track (Sprint Only).....	Roseville, Minn.
Feb. 24-25	World Cup, Long Track (Allround Only).....	Milwaukee
Feb.29-Mar.1	Junior Country Match.....	Salt Lake City
Mar. 1-3	World Cup, Long Track.....	Calgary, CAN
Mar. 1-3	World Short Track Championships.....	The Hague, NED
Mar. 8-10	World Junior Long Track Championships.....	Calgary, CAN
Mar. 15-17	World Single Distance Championships.....	Hamar, NOR
Mar. 29-31	World Short Track Team Championships.....	Lake Placid, NY



*It took two years
to get one to hold still
long enough to photograph.*

Photo by Jerry Search

ASU COMMITTEES

Editor's Note;

Following are the committee assignments as they appear in the 1995 Directory and Minutes of the Annual Meeting. If your name is listed and you have not heard from your Chairman, contact the person right away. If nothing is being done, find out why. The success of the ASU is dependent upon numerous volunteers working at the many important tasks.

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

NOMINATING

DENNIS MARQUARD (OH), Chairman
Don Anderson, GMN Fred Buchanan, IA
Ann Cooley, NNY Pete Elliott, WI

SCHOLARSHIP

SUSAN JARRETT (MO), Chairman
Bill Cawthra, SCA Bruce Douglas, MI
Elaine Jarrett, WI Don Kangas, MI
Pat Maxwell, NNY Larry Ralston, MI

ASU HANDBOOK - BOB VEHE (IL), Editor

Committees responsible to the Vice President of Racing, Bill Anderson

ELECTRONIC TIMING

BILL HOUGHTON (MO), Chairman
Chuck Durkin, MT Shari Hoek, MI
Bruce Houghton, MO Linda Houghton, MO
Al Jakubowski, WI Rob King, GMN
Lieb Lotterhos, GMN Tom O'Hare, MO
Althea Pearson, WI Mark Prather, IL
Carl Sannes, GMN Chuck Worley, MT

MEET SCHEDULING

LISA SUNDSTROM (ASAI), Chairman
Liz Chapin, MO Larry Clever, NNY
Brad Goskowicz, WI Pat Maxwell, NNY
Diane Palmer, MT Nick Thometz, WI
Milton Weinstein, NE Mary Wong, NCA

RACING

BRAD GOSKOWICZ (WI), Chairman
Bob Finkel, MASA Dan Fling, ASAI
Pat Maxwell, NNY Linda O'Hare, MO
Duane Riley, WI Jerry Search, SCA

RECORDS

SUSAN JARRETT (MO), Chairman
Peggy Goskowicz, WI Bill Houghton, MO
Deanna Prather, IL Jean (Webster)
Barbara Smith, NCA Truyter, MT
Mary Smith, NNY

Committees responsible to the Vice President of Operations, Tom Porter

AUDIT & FINANCE

KEN ALTUCHOFF (MASA), Chairman
Joe Balbo, OH Larry Clever, NNY
Sarah Hill, NNY Kay Klaiber, IL
Ted Klaiber, IL Louise Macky, WI
Tom Matosich, MT Patricia Peaslee, NNY
Becky Prather, IL Mark Prather, IL
William Shephard, IA

FUND RAISING

KAY & TED KLAIBER (IL), Chairmen
Joe Balbo, OH Tom Porter, NNY
Tim Quinn, OH Howard Shapiro, WI
Robert Smiley, IA

INSURANCE

TOM O'HARE, Chairman
Tom Jarrett, MO

LEGISLATIVE

CHARLES MOORE (NE), Chairman
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Jeff FitzRandolph, WI Robert Halden, WNY
Tom Jarrett, MO Jack McMahan, NE
Frank Miller, NNY Larry Serbousek, IA

MEDALLION/MEDAL FUND

LARRY RALSTON (MI), Chairman
Tom O'Hare, MO Jim Marquard, OH
Leon Wilmot, CO Shirley Yates, IL

MEDALLION/MEDAL FUND TRUSTEES

BILL ANDERSON (MI), Chairman
Jim Marquard, OH Chuck Moore, NE
Ed Renner, MO Shirley Yates, IL

SAFETY

BILL ANDERSON (MI), Chairman
 Pat Healey, NNY Stacy Mays, WNY
 Peter Reynolds, IA John Scheels, WI
 Gary Talbot, NNY Milton Weinstein, NE

TRACKS & DISTANCES

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NORTH TEXAS SPEEDSKATING CLUB

By Brad Lang

Greetings once again from Texas! After a few months off, we are back inside on the ice. The air really heats up during the summer months, which makes getting in an outside workout difficult. However, most of us were able to do some cross-training despite the Texas heat! This includes cycling, running, slideboard-basically anything to get the pulse rate up. That being said, there's nothing like actually getting back on the ice and trying to skate 30 laps.

At the moment, our practice times are scheduled through December at the Galleria Ice Rink in North

SHIRLEY SAYS . . .

- Order your promotional materials from the National Office now. They are all listed in the 1995 catalogue and if you don't have a catalogue, you can order one free from the National Office. We have a new supply of the colored brochure which is our hottest promotional item—we average a distribution of about 12,000 a year of them. We also have new supplies of pins, patches and bumper stickers.
- The ASU Instructional Badge program works! It's exciting for new young skaters to be rewarded with a patch as they achieve each step in learning to skate properly. Call Doc Savage (414/258-5427) for further information and to place an order.
- The ASU has a new inventory of the inexpensive Ving entry-level skate that was offered last year. The skate being offered now is a somewhat improved model but is selling for the same low price of \$72.00 a pair. (See ad in this issue for description of skate.) Call Jim Chapin (314/645-8320) to place orders.
- Entry forms for the National Long Track will be mailed about Dec. 15 to all association secretaries. Direct Members should call the National Office for their Entry Forms about that time. Do not delay because we have very strict deadlines for Entry Forms and the restrictions on quotas are different for Direct Members. Note: we have never filled those quotas!
- Entry forms for the North American Long Track in Roseville, MN, will be available about the same time and will be handled the same way as the

Dallas. They've done a nice job in accomodating our club. We've also picked up a few more young skaters — which is great! However, we could sure use a few extra boots or blades. . . . does anyone have any ideas? Let me know what you think. . . .
 In general, the one hour we have each Sunday passes quickly. Our training sessions usually start with a 30 lap warmup. This is followed by slow work — concentrating on good technique. We try to keep the big people separated from the little people for safety reasons. Also, each group gets a good workout without having to worry about skating into the other group. After our slow work we generally focus on problem areas (i.e. our shorter circuits at a faster tempo — usually 10 lappers. Finally, we finish with starts or something fun like sharks and minnows. As you can see one hour doesn't give us much time, but we do the best that we can with that time.

National Long Track. The forms will be mailed directly to the various provinces in Canada.

- Association quotas for the Nationals are based on the number of registered skaters in an association by Dec. 15. Four per class are permitted for the North American Championships. For non-association territories, one per class is permitted per state plus an additional 10 total.
- You must be registered with the ASU in order to compete in any meets in this country. You should always carry your Membership Card to the meet because at check-in you may have to show that you are currently registered.
- There's a few 1995 ASU Directory/Minutes Books left. These books, which some consider to be their primary source of current ASU information, include all ASU associations, clubs and committees; Financial Reports; reports from Committee chairmen; National Chief and Assistant Officials; National and North American Champions and 1995 records; two-year Open Meet Schedule, and a report of all that went on at the 1995 Convention including action taken on the 45 proposals that appeared on the 1995 Convention Agenda. The books are \$10 and may be obtained by contacting the National Office.
- Don't forget to call AAA Travel Agency for all your travel needs - business, pleasure and especially, speedskating! They have a dedicated staff to serve ASU travelers. You may call 800/922-9168 or 314/523-7383. Many ASU members take advantage of this easy way to travel!

NEXT GENERATION, WASHINGTON

By Yuki Ohno

Think of speedskating and the mind immediately conjures up images of athletes in skin-tight outfits, hunched low, arms swinging as they skim their way around a frozen rink. Thanks to Bonnie Blair, Dan Jansen and Eric Heiden, ice speedskating is a household name.

But there's a whole different world out there — a world on wheel In-Line speedskating.

The NEXT GENERATION, WASHINGTON, a brand new ice speedskating club, established in summer '95 — at the peak season of In-Line speedskating. All of our team members belong to In-Line speed clubs. The NEXT GENERATION team includes five Northwest Regional In-Line champions. In all, 11 team members qualified for the 1995 U.S. Indoor In-Line National: Angela Mason, Courtney Woodard, Mary Small, Jenny Neal, Shaun Pattison, Charles Hendrick, Brandin Irons, Todd Roos, James Kuchciak, Apolo Anton Ohno and Sean Hartzler.

Angela Mason won the Mid America In-Line Championship (USAC) in Springfield, MO, this April in her age group, outdoor event. Todd Roos won the outdoor

14K Rollerblade (IISA) in Vancouver B.C. in August in 19 and under division. Shaun Pattison was trained in the Western Province Long Track Camp at the Olympic Oval (Calgary, Canada) July. Apolo Anton Ohno placed 2nd place overall. In the Top Blade camp at the Olympic Oval (Calgary, Canada) July.

With a great help of PUGET SOUND HOCKEY CENTER and its owners and managers, Iron Bernett, Donna and Rob Kaufman, we were able to start pre-season training this summer on the ice, seven hours a week. We had all the drills in slow speed during this summer.

Although the sport of ice speedskating in our state (Washington) is virtually unknown, from the very beginning the NEXT GENERATION team had strong support from local T.V. and local newspapers. The KIRO T.V. aired us twice. We had featured articles in the local newspapers. International paper, the SPEEDSKATING TIMES, featured us in the current issue also.

Many of our team members are involved in other sports beside speedskating. Some of them are into three sports and compete in high caliber levels. While competing in two different sports sounds like a hassle, it is actually a beneficial method of cross training for endurance. I believe with the many orientations specifically tailor-made for in-line skaters and the drills and techniques of ice-speedskating, our team will start to propel its power onto ice soon.



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GREATER MINNESOTA SPEEDSKATING ASSOCIATION

By Ken Vraa

"Go to the Start" It seems as if the season just ended but already the words from the starter are being heard throughout ice arenas as the new season gets underway. Skaters and associations have been preparing themselves for a busy year and GMSA is no exception. Gene Casler has assumed the Presidency of the Association after yours truly completed two terms as President and six years on the Board. Gene is working hard on preparing membership for a big year of local association development meets as well as regional competition. Once again the association will be hosting the now famous John Rose Minnesota Open Long Track Championships. This event attracted over 40 skaters from Canada last season and again promises to be a very competitive meet. The meet has been moved up one week from its traditional weekend to December 9-10. If you're within driving distance, you will want to put this meet on your "Must" list. Of course, the other "must skate" meet is the North American Long Track Championships. Two years ago GMSA hosted the Nationals to rave reviews

and now it's our pleasure to do the North Americans. Plan on being here February 3-4, 1996.

The Oval will also be hosting a number of metric meets, leading off with the U.S. Junior Regional Long Track Championships for the West region on January 6-7. This is to be followed the next weekend by the first of the American Cups series, a new series of metric meets which will travel to Butte and end at the PNIC. But the most exciting meet is the last meet of the season. GMSA will host World Cup (Sprint) on Feb. 23-24. Meet Director Gene Sandvig has been planning and working hard with the local organizing committee to insure that this meet comes off without a problem.

Sadly, I must report that the North Star Speedskating Club has disbanded, the victim of high indoor ice time cost and the inability to find a coach willing to make a long term commitment. The club made a strong effort in an excellent skating community of the Twin Cities but was simply not able to attract enough skaters to keep the club active. Fortunately for the former club's skaters, they will be able to find another club to skate with.

*A winner explains;
a loser explains away.*

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MISSOURI SKATING ASSOCIATION

By Mary F. Chapin

As the season opens we are almost prepared for the National Short Track to be held in St. Louis on March 15-17, 1996. Our host hotel will be the Holiday Inn South County Center. We have a rate of \$56.00 per room, up to 4 in a room. The Saturday night banquet will be a buffet at the hotel. In 1993 we had 373 at the banquet. We are also planning a pizza hospitality party on Thursday evening during registration. This will give everyone a chance to socialize while the skaters and officials are checking in. We will do our best to make sure everyone has a good time.

I'm inserting a column from the MSA Racers Edge, our newsletter published by Beth Laenen. Linda O'Hare wrote this concerning our summer weekend camp here.

"The MSA Summer Camp conducted June 23-25 at Webster Community Center and Ice Rink by Olympic Short Track Coach Jeroen Otter and assistant Elien Rienstra was a roaring success. Forty-five eager participants were put through their paces. Friday evening began with a short introduction by Jeroen and information on the different energy systems that must be trained for skating success.

Saturday morning was a killer morning of suicide and sprint tests followed by a brief rest and explanation of equipment. By Saturday afternoon, all were ready to try some technique drills and relay fun on the ice. A full and tiring day was done, but the satisfaction of a hard day's work completed felt great!

A fun warm-up of soccer and Frisbee started off the Sunday events followed by a demonstration and practice on dry land training drills with cables. After a bite to eat and some rest, Jeroen lectured all on the importance of proper training and race preparation. It was a "back to business" talk that was needed and heeded by everyone. Yes, the basics are important and can mean the difference between winning and last place in a close race! Then back to the ice for some more advanced drills and some relay fun.

The camp ended with our Missouri skaters, coaches and parents feeling that we had just scratched the surface on what we needed to learn from Jeroen, but all felt it was a weekend crammed with good information and well worth the investment in time.

Thanks to all who had a part in the great weekend: Jeroen and Elein for some great coaching; Priscilla Ward and Pam McHardy for organizing the food; Harlan Kwiatck for scheduling the ice sessions; Beth Laenen for the well needed Gatorade and the embroidered shirts for Jeroen and Elein, and all the many others who so willingly lent a hand in assisting Jeroen with the drills. Thanks also to the skaters who worked so diligently; Jeroen was impressed!

Our Missouri skaters fared well in the Olympic Festival in Colorado this summer. Tom O'Hare skating for the North team, set a festival record in the 1000 Meter heat. 1:31.26. He picked up a gold in the 1000 Meter Final and took a silver medal in the 3000 Meter event. Kelly O'Hare, skating for the West team, brought home a bronze in the 300 Meter Relay. Steve Refsland, on the East team, won a silver medal in the 3000 Meter Relay. All three of these skaters have participated 3 times in the OlyFest.

The most pleasant happening of our new season is the news that our Jefferson City Club is hosting a closed meet. This club was inactive for a number of years. However, this past two seasons, Paul Rudder and others have been resurrecting the club and recruiting new members. Now they feel they are on firm enough ground to sponsor a meet and it will be a pre-Christmas meet on December 16. What great news this is.



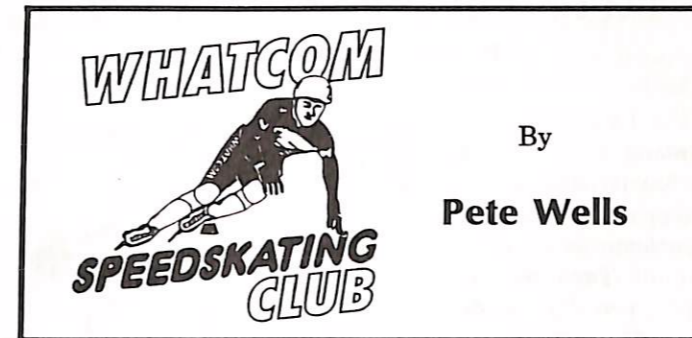
By Al Menghi

This fall, Connecticut speedskaters are going "Prime Time." We will be skating on Sunday nights in Cromwell and Thursday nights in Norwich (when the rink opens in late November). No more 6:00 a.m. Sunday morning sessions! Parents won't have to fight over which one has to get up to take the kids skating. With reasonable hours, we should be able to attract and retain more than just the die-hards.

Our hard work has paid off in Norwich. Making ourselves known and being involved, before construction of the rink was even approved, helped get us the exact ice time we requested. Dave Money Penny's speech at one of the rink committee meetings about how good ice time is critical to the growth and development of a speedskating program really helped our case. Our contract was one of the first ones signed with the new rink authority.

CSA President Al Forsyth attended and worked at an ASU camp in Lake Placid over the summer. He incorporated some of the camp workouts into our summer dryland program, the intensity of which caused some of our older skaters to seriously question the "exercise makes you feel younger" theory.

On Saturday, August 26th, the CSA had a reunion at the home of Steve and Pat Glaser, from the "old" CSA. (Their daughter Ann is our VP of Promotion). Attendees included skaters and families from as early as the 1940's up to and including current members. Everybody had a great time; their only regret was waiting so many years to have a reunion.



By

Pete Wells

WHATCOM SPEEDSKATING CLUB is now entering its second season. Looking back on our first year of activity under the tireless leadership of founder and coach Bruce Guthrie, our accomplishments were many.

We built a club of about 20 full-time members. Our ice sessions benefitted from a few walk-ons per session, which helped us come up with the needed cash, though often it was close.

Club members got right into the competitive spirit last season, making it to eight meets in the Northwest. The Tacoma Club hosted the opening and closing meets of our season, and the rest were held in British Columbia. The Canadians saw a lot of us last season, as we practiced with four different clubs during the weekdays. We even sent an old guy to the Nationals to skate with the Masters, and he made it to two finals and didn't get hurt!




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We are making sure we have a leg up on conditioning this season by getting an early start. WSC members made it down to the Tacoma summer camp in July, which was coached by Marcel LaCroix, Canadian World Team coach, and was assisted by World Team member Bryce Holbeck. In August, more members attended the Canadian camp hosted by the Matsqui Blades. This camp was also coached by Marcel along with Jacques Thibault. What a perfect learning situation with Marcel explaining and Bryce demonstrating correct skating technique. Late summer dry land sessions will cap off our club's preparation for ice practice beginning in early September.

WHATCOM SPEEDSKATERS have many more hurdles to clear this year in order to survive. The biggest will be the closing of our rink this coming April, which will then be converted to warehouse space. Our measures for survival will be discussed in the next issue. Until then, we'll be out there skating hard and turning left and hope you do the same!

*A winner makes commitments;
a loser makes promises.*



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TEAM FLORIDA SPEEDSKATING CLUB

By John Morrissey

Welcome to Florida, and don't forget your skates. This year Team Florida begins our official first season, coached by Chris Beck with back up support by John Morrissey, Al Baker (our only Long Track skater), and Barry Broughton. Most people don't think of winter sports when they think of Florida but we are trying to change their minds. With the attractions in Orlando like Universal Studios (where I work), Disney World and Sea World, Orlando is the vacation destination of the U.S.A. With the help and support of Doc Savage, Shirley Yates, and many others in the ASU we are into our first season on the ice. Most of our skaters are inline cross overs. Between Chris Beck and myself we have about fifty years of competitive roller skating experience.

Thanks to Rock on Ice manager Brad Holland Short Track speedskating in Orlando is off to a great start. We are all looking forward to the National Championships in March. We are pretty well adjusted to the cold temperature in the rink, but I don't know how we will feel about the cold outside in St. Louis. We will all need to buy winter clothes.

So far we have had a few visitors from up north attend our practices and we would like to welcome everyone who visits Florida on vacation to bring their skates, especially if you come down in the summer. You will really appreciate the break from the heat! One benefit we enjoy down here is being able to practice all year on our inlines. This is a strong training advantage. Part of our training schedule includes a 50K pace behind a bike. Right now our only ice practice day is Sunday but with the dry land training, 200 meter track and road work our schedule is pretty demanding. In conclusion we invite all skaters on vacation to stop by and visit us and if we don't see you down here, we'll see you in St. Louis.



SOME MEMBERS OF TEAM FLORIDA

Front center is coach Chris Beck.

Left to right, John Morrissey, Tasha Todd, Marion Brown, Brandi Broughton, Nick Todd, Brande Brannigan, Al Baker, Austin Francis, Jerry Kleiner, Sandy Kleiner and Richelle Owens.

TACOMA SPEEDSKATING CLUB

By Jerry Suhrstedt

The Tacoma Speedskating Club enters its fourth season. We are proud to have KC Boutiette as a member of Tacoma. As you know, KC made the US Olympic Team and skated Lillehammer. After some said that it was a fluke... KC came back to make the US National Team again this year. Great job, KC, from all of us in Tacoma!

We continue to skate out of Sprinker Recreation Center in Tacoma with approximately 25 skaters in our club. Our club puts on two meets each year, one of which is called the Can-Am Open where we had over 100 skaters last year. Because of our proximity to British Columbia, Canada (about 2.5 hour drive) we have access to approximately 20 clubs! We have the ability to skate meets just about every weekend with lots of competitors. Our club also puts on the Northwest Summer



COACH'S . . . COUCH

(Continued from page 24)

and any knowledgeable members, the club disappears. It seemed as though a club was doomed as soon as all leadership was centered on one person or family without cooperative participation by other families.

The Midland Club survived its travails. It took some years to come out of the low membership period. We had to adjust to the loss of natural ice. Most importantly we had to learn how to cooperate.

Speedskating Camp of which this year's was our third. We have had coaches attend like Mark Greenwald, Marcel LaCroix (Canadian Team Coach), Bryce Holbeck (Canadian Team), KC Boutiette, and others.

Our club has three coaches. Roger Mosiman is our novice program coach, Gary Gandee is assistant coach and I am the head coach. Head coach meaning the head guy to get most of the work! (ha, ha) We attend coaching certification courses in Vancouver B.C. and have mustered up a Level 2 coach in our club. Our club has a strong nucleus of parents who jump in and help out and the club thanks them immensely.

Tacoma Speedskating Club also wishes to recognize the accomplishments of Bruce Guthrie and the Whatcom Speedskating Club up in Bellingham. Washington's second speedskating club!

As the coach, after Julius died, I used what I learned from Julius and from the American Coaching Effectiveness Program, that Larry Ralston was just getting started. All of this helped to get practices and the club organized. Most importantly, however, there was always someone who stepped up to help. One person cannot do it alone. As more people got involved I was able to retire as coach.

The ASU and the sport of speedskating depend on strong clubs with effective coaches, supported by active leadership, to introduce new young athletes to speedskating, teach them correct fundamentals and allow them to experience the joy of the speedskating.

The coach of a speedskating club is a key person, because the coach personifies speedskating. However, the coach needs to be supported by people, who love speedskating, working together in the club to resolve the conflicts and surmount the challenges of changing times that inevitably occur.



MICHIGAN SPEEDSKATING ASSOCIATION

By John A. Millard

Greetings from the Michigan Speedskating Association. Some of you may have wondered whatever happened to the old guy, Mark, who used to write this column. He's history. Actually, he felt that it was time to give the younger skaters a voice in *The Racing Blade* so he asked Miss Kasey Wallis (age 13) and myself (age 14) to take on the duties of telling you about all the great things that are going on in Michigan with our six speedskating clubs. Maybe some of the other associations around the country will follow our lead. We hope that we will have something interesting to report in each issue. Kasey wrote in the last issue about what it is like to help run a National Championship... which we did in Muskegon in March.

This is your official invitation to come to another neat meet in Muskegon, November 25. This is a one-day regional meet; the Blue Care Network Thanksgiving Classic. It will be held at the same arena as the Nationals. The Holiday Inn is offering special rates. How does this sound for your Thanksgiving holiday weekend? Eat turkey with the relatives on Thursday, do your early Christmas shopping Friday, then head to Michigan Saturday for a great meet and leave the arena by 3 p.m. for home and rest on Sunday!

If you enjoy our Thanksgiving Classic, make Michigan your regular winter destination for the weekends. Did you know that our state has a meet going on at one of our six club sites almost every week of the skating season? We would love to have you skate with us. Our meets are worth the drive.

P A D S, by Steve

Is your club ready to upgrade your safety padding or are you just starting to pad your ice rink for safety?

I'm the guy who has made the majority of the safety pads used in the country for most ASU club events. I'm no longer affiliated with the former supplier, however since I did all the work before I wanted to let you know you can still get the same high quality safety pad in the future as many of you have in the past. So far I have made nearly 500 pads for ASU Clubs.

When you're ready to make the move to the highest quality safety pad available give me a call at (314) 351-6761. Leave your number if I'm not in and I'll return your call.

Steve Chapin - Pad Maker - since 1986

BLAZIN BLADES NEWS

By Teddy Lewis, Missoula YMCA

The YMCA Blazin Blades are enjoying their second year of success. Seven members placed in the top three of their respective divisions, at the Winternational Speedskating Competition at Butte's High Altitude Sports Center.

This was accomplished in part by regular facilitated cross training at the YMCA, using dry land techniques, as there was no available ice. Skaters were challenged mentally, learning nutrition, basic safety, physical training techniques, skating form, plus skate sharpening, maintenance and guard building.

One story comes to mind from this event. It showed us the true meaning of sportsmanship. Matt Durin, a hockey player from Missoula, participated in his first official speedskating race wearing a pair of hockey skates. He placed fourth, competing against seasoned skaters with speed skates!

One of the Butte fathers, Bob Whorley, after observing our skater, approached Matt to congratulate him and asked what size skate he wore. Bob headed home, only

minutes away, returning with a pair of speed skates just Matt's size and sharp as a razor. After only a half hour practice on his first-ever long blades, Matt won his first race, receiving a blue ribbon in the 500 meter. I don't know who was happier, Matt, Bob or the coach (me)! That's why I love speedskating.

Another YMCA trip transported nine youth to Sun Valley, ID, to participate in a [ASU] skating clinic where our skaters met with Olympic Gold Medalist, Cathy Turner. Cathy spent quality time with each youth encouraging them to dream big and believe in their dreams. She also assured us she would visit Missoula as soon as we had ice to perform a demonstration.

Arnold Schwarzenegger met our youth that weekend and thought they were "fabulous." In my judgment, Arnold's assessment was absolutely correct!

Our professional staff has made a commitment to work in co-operation with Missoula On Ice in promoting and enhancing skating programs for our community. We are both non-profit organizations supporting each other for the benefit of all.

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