

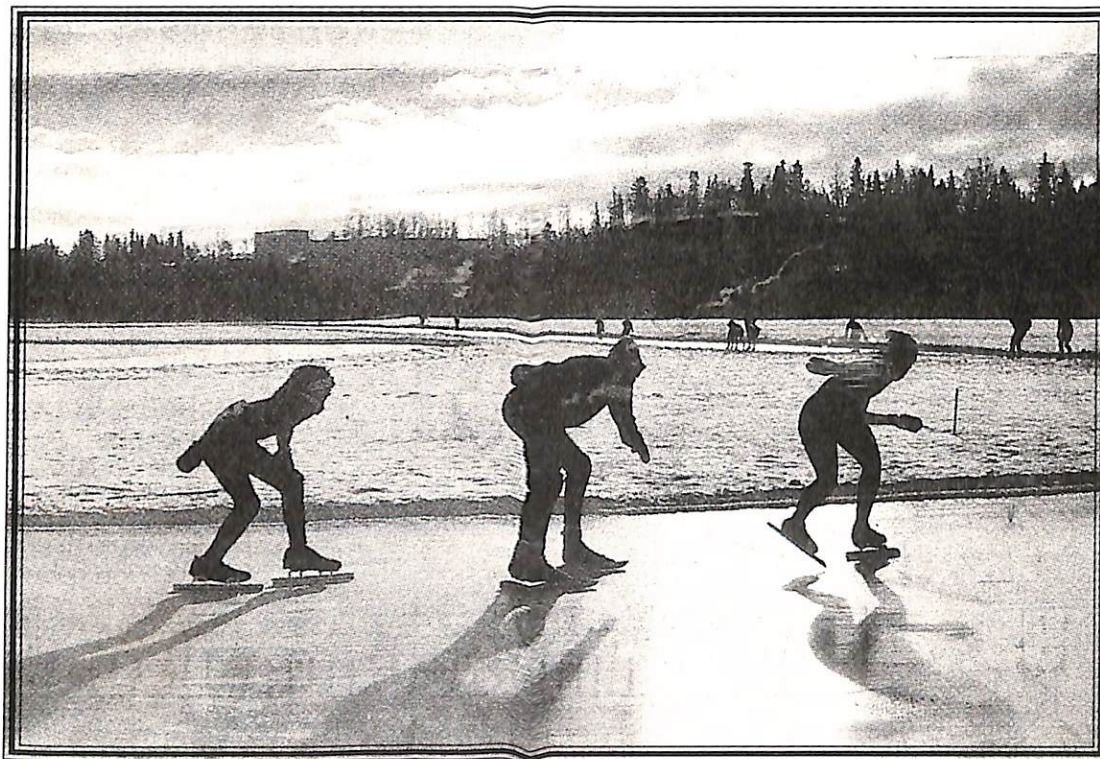
THE RACING BLADE[®]

National Ice Speed Skating News

Volume XXXII, Number 3

March 1999

Westchester Lagoon, Anchorage, Alaska



In This Issue

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ASU National Long Track Championship

ASU National Marathon Championship

Hall of Fame Inductees

Published by the Amateur Speedskating Union of the United States

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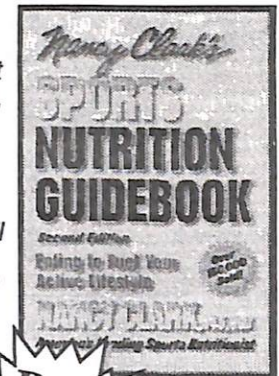
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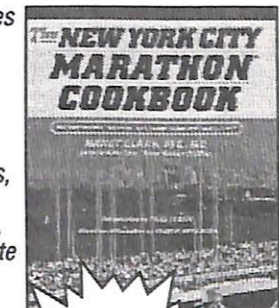
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The Racing Blade®

Volume XXXII, number 3, March 1999

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Donald A. Kangas

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Submissions for Publication

Letters to the editor, articles and items submitted for acceptance should be in a large plain font, double spaced, one side only on white paper.

E-mail is the best, if sent in the body of the message, rather than as an enclosure.

All photos are welcome, B&W or color. Include self addressed stamped envelope if you want them returned.

Send all submissions to the Editor,

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The Cover

The cover picture is a scene from the ASU National Marathon in Anchorage, Alaska. The photographer was Bob Hallinen/Anchorage Daily News. It is reprinted here with their permission. The one kilometer track on Westchester Lagoon was a great place for an outdoor speed skating meet. I enjoyed being there. So, I thought you might also enjoy a glimpse of what speed skating used to be like when it was cold in the lower 48 states.

The Racing Blade's Reporters, Columnists and Correspondents

Bill Anderson, ASU President
Jeff Buchholz, Western New York
Nancy Clark, MS, RD
Chuck Durkin, Montana
Janet Fitzgerald, Middle Atlantic
Amy Fitzpatrick, Alaska
Ginnie Green, Connecticut
Robert Halden, Western New York
Bill Houghton, Handbook Editor
Nora Jennings, CASSA
David Kennedy, ASU Camps
Carole Moore, Chief Referee
Laura Plummer, Missouri
Mary Wong, Northern California
Larry Ralston, Hall of Fame
Shirley Yates, ASU Sec./Treas.
Stan Zompakos, Mid. Atlantic

Deadlines

Next: Monday, April 19, 1999,
for issue number 4, to be published in May 1999. It will feature results from the ASU National and North American Short Track Championships, as well as news and results from Club and Association competitions.

Then: Monday, May 31, 1999,
for issue number 5, to be published in June 1999. It will feature all the news from the ASU Annual Meeting, as well as news from all Clubs and Associations.

The Racing Blade®

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March 1999

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Editorial Comments

by Don Kangas, TRB Editor

Getting The Racing Blade Printed and Mailed

Believe it or not. Putting out The Racing Blade is getting a little faster and easier for your editor. The first issue took me three months to put together. The next one consumed almost two months. Now, it is down to one month. The printer needs a week, after I give them The Racing Blade on a disk, to get a proof ready and print a couple thousand copies for delivery to the Post Office.

Digital printing is a completely automated system that prints and delivers addressed and stamped copies to the Post Office for bulk, first class and foreign mailing. That means everyone's copy of The Racing Blade gets to the starting line at the same time.

This issue should get to the Post Office on or about Monday, March 22. First class gets delivered within two to three days. Mine arrived the next day, because I live in the same town as the printer.

Unfortunately, the Post Office has no time of delivery requirements on the bulk mailed copies. This apparently applies at every transfer point on the route to your mail box. From what I hear that can take up to four weeks.

Some of you will see this issue before the North American meet in Oak Lawn. Others won't see it until after the next deadline of Monday, April 19. I think I can cut the pre-press time to a couple of weeks, but there isn't anything I can do about the Post Office's bulk delivery time.

Because some of you can't possibly make the deadline, I will keep the deadline dates flexible. There is about one week after the published deadline for letting me know you have something for publication. Anything later than that delays getting the disk to the printer.

E-mail, with the copy in the text of the message, and large plain font hard copy are the two best ways for me to receive submissions for The Racing Blade. Sometimes, I cannot convert E-mail enclosures or attachments to my MAC format. Fax copies always have to be retyped. That is time consuming and error prone, not impossible but difficult. I don't mean to be fussy, but there is a time concern for getting the disk to the printer as soon as possible.

What to Print in The Racing Blade

So far people tell me they like what they read in The Racing Blade. I think meet results are not completely reported. Some of this is the problem I have figuring out a standard format for the results. They come to me in many different ways. You can see a couple of different ways in this issue. I will try some other ideas in the next issue. I received a number of meet reports too late for this issue.

Association reports seem to work for a few Associations, but not all. I'm not surprised. Associations are organized in many different ways. If you have something to report send it to me. Don't wait for an Association editor or reporter to send it for you. Anyone can be a reporter, just send me what you have. Let everyone know how you are doing, what's fun for you or what's not so fun.

I was hoping to get more dialogue and exchange of opinions concerning the proposed merger of ASU and US Speedskating. There is still time. Please send your views, opinions and ideas. The committee and others involved are listening. I promise to print all view points as received. I only change spelling and grammar errors. I restrict my opinions to the columns clearly labeled, "Editorial Comments."

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Letters from the Speed Skating Community

Women's Age Classes

To The Editor:

It was with great excitement that I read on page 5 of the September 1998 issue of the Racing Blade that the master age classifications had been changed. I thought that it would indeed allow me to participate in the National meet this year without being totally blown away. It would also allow all over 40 female skaters to be more competitive.

Excitement was replaced by at least equal disappointment when it was brought to my attention that page 14 of the November 1998, 1998-99 annual issue of the Racing Blade reported the age class changes were for men only. My first thought was that this must be an error, as the monthly magazine issue stated no gender distinctions. Unfortunately, I was told this is not an error.

I don't understand how female age classes can be different from male. You may argue that there aren't enough women to support the individual classes. This may currently be true, but you must understand that we grew up during an era when women were not encouraged to be competitive or fit. The only acceptable sport for women was cheer leading. This gender distinction simply promotes that direction of thinking. In the Midwest, and I'm quite sure nationwide, women continue to pay the same as men for ASU and state dues, ice and meet fees. I question whether they are receiving the same benefits.

The ASU should be embarrassed when they realize that a quarter of a century later we pre-Title IX women are still being subjected to the same sexual discrimination.

Yesterday, I received in the mail an application for the Master's International Meet in Milwaukee, which I plan to attend. A big attraction of this meet for me is the multiple age groupings. In this application was a request to petition for a men's 70+ age division. I can only hope that when I reach that age I am still able to skate and do so in the women's 70+ division.

Denise Lachniet, Grant, Michigan

North American Championships

To the Editor:

I have just finished reading your article in the Racing Blade concerning last year's N. American Championships in Butte. I am sending this to you in part to defend our ASU skaters and their families against the criticism from our Canadian competitors and their Coaches, and also to request your assistance in having CASSA send my son his Three North American Championship Record Certificates.

My first experience at North Americans was four years ago in Calgary when my son, Mike Kagen, was a second year Midget. In Calgary, Mike skated with his friend and colleague Justin Mentell from Illinois. Mike, Justin and I quickly discovered during the rather rough, elbowing contact in the races that the Canadians skated a much different style than we polite Americans were accustomed to. Fouls were obvious to all who watched, but no calls or DQs could be expected. The explanation: there were no referees in the corners as the Officials stated they did not have "sufficient help." The Chief Official explained it to me this way. "When my daughter was racing in the States 15 years ago, she was DQ'd for changing lanes in the final straight away, when she was 20 meters ahead, so you should not complain!" OK.

I decided then that as a father of an American skater, I would not return to a North American race unless either it was held in the USA or unless there were a number of US skaters in a category to race as a team in the pack events. The Canadians have just as much blame as we do for the smaller numbers of skaters in speedskating.

My view has always been that speedskating is a family sport handed down from one generation to the next. I skated with Waupaca Coach Fred Gole in the early 60s and later trained with Holum and the Heidens in Madison.

The North American in Butte was a great race event. The people in Butte did an excellent job of organizing it. The reason for the many new race records was not the weather, which included fog and snow on Saturday. It was the great ice preparation of Charley Worley and the use of slap skates.

Don, I do not know how much influence you have on the organizers of the North Americans in Canada, but Mike would appreciate it very much if you could write to them and ask them to send Mike his Certificates of new race records for his efforts at the North Americans held in Calgary in 1997. His records were in the Juvenile Men Category, I believe. Thanks for your hard work and great efforts.

Steve Kagen

An Opinion and a Story

To the Editor

It all started years ago when I was a 10 year old hockey player. I was called, "rink rat" often at the time. I was first exposed to speed skating through seeing practices on a safety track in Evanston, IL, where Sam Hicks was coaching at the time. On the ice were Jack Mortel, Howard Clausung and the Klaiber brothers and sisters to name a few. Seeing them buzz around the ice, at speeds of which I had only seen hockey pucks travel was cool, they looked like stock cars in the pack, I said to myself, "I had to try it," after all, it looked easy, and natural. Within weeks I was skating practices regularly and was thrilled by the action and smoothness of the "big guys" group.

The meets back then, unlike today, were 2 days, without exception. Brian Arsenau, Andy Gabel and Mike Ralston to name a few, always put on a show. There were always heats, semis and finals for all groups, especially, juniors, intermediates, and relatively few seniors or masters. At that time, the idea of a meet being run without heats, in 4 to 6 hours, was unheard of, not to mention impossible

So what wrong with meets of today? Answer: Not enough skaters for heats. It's only by the sheer tenacity of skater parents that we assemble nearly weekly for most to run Finals. Many are spending half days in the car. Where is every body? Over the years, power club's member numbers have been decreasing. Why? Well, since the time that camps were created, many skaters, that are worth watching, have moved out of town, where they can't showcase their homespun talent and attract more skaters.

The average age of the skater, being harvested from the ASU to U. S. Speedskating training facilities has been decreasing in the recent years. When all of the better skaters have been hidden from the eyes of local communities, there is no talent to draw skaters. Let's face it, while the tiny tots and ponies are the future of the sport, they do not comprise an alluring population of competitive skaters. To sell the sport, sell the pivot, but you got to have skaters that can use it. To achieve better odds of world class success, do like the Europeans, create a deep pool of talent and let the cream rise to the top.

Oh yeah, I almost forgot! What's going on here? The Great Lakes meet was listed as an ASU, WSA meet. Was the Masters class less than encouraged to show up in the name of saving time? It seems there is some oversight in judgment to make an ASU, WSA meet, if you not going to let those who help to comprise roughly 30 % of the ASU membership (skaters over 19) compete. Surely our races don't take that long to run, plus the meet was finished early. Removing skaters older than 20 from the sport and pulling high school age talent from hometowns is the opposite of what should be done. Leave juveniles and juniors at home to increase interest in the sport. This will create a deeper talent pool. Pull together the college age and older to fuel elite training. Showcase the best of the ASU, instead of hiding them. Another suggestion, make more meets on Olympic size rinks for safety. It will make it easier for ASU skaters to achieve higher speeds. Lastly, make this sport worth peoples time and money. This sport is great fun and exciting so, "make with the show."

Caldwell McMullen, Madison, Wisconsin

Time for a silliness break, in the midst of planning for Nationals. TOP 10 REASONS TO WASH YOUR SKINSUIT!

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9. Vultures circle it when you aren't wearing it.
8. Those cracking sounds you hear aren't coming from your joints.
7. Right Guard wants you as a tester.
6. It has been declared a "Super Fund" toxic clean-up site.
5. Third world countries are asking if they can store their garbage in it.
4. During races, other skaters have added incentive to try to pass you.
3. When you fall in a puddle, you leave "ring-around-the-rink."
2. It creates more drag than your street clothes.
1. You find THIS LIST in your skate bag.

Runners-up: Good but not top 10

1. You have to file an environmental impact report before you can move it.
2. You never to have to look IN your skate bag to see if it's in there.
3. You always have plenty of room on the bench in the heat box.

Mary Wong, Hayward, California.

ASU National Long Track Championships

Highlights from the National Long Track

Bill Anderson

The skaters were out in force to set records. The near perfect weather conditions combined with an outstanding job of ice maintenance, lead by Charlie Worley, provided all the assistance the skaters needed to set 19 new national records.

As always there were some minor complaints. On Saturday the sun was very bright and Mike Crowe considered buying sunglasses for the coaches on the back-stretch.

All classes were represented including the Master's classes now expanded to 4 classes in 10 year increments. The younger classes were well represented and as usual provided a lot of excitement. Overall here is the attendance tally:

Class	Women	Men
Masters 60+		6
Masters 50-59	1	2
Masters 40-49	1	3
Masters 30-39	2	5
Senior	5	5
Junior	3	7
Juvenile	8	7
Midget	9	15
Pony	9	11
Totals	38	61

The pony through Senior classes registered 19 new national long track records. Joey Cheek set five new records in the Senior Men class. Eric Casler set new Juvenile records in the 500 and 1000. Joseph Parrella set new records in the 500 and 800 meter distances in the Midget class. Eddie Alvarez set five Pony records after traveling all the way from Miami. For the ladies all the record breaking occurred in the Pony class. Tippy Jordan set record times in the 200, 300, 400 and 500 meter events and Kjirsten Bauer set a record in the 600.

The times set in the expanded masters category will not be "records" until after next year's nationals however many of the posted times did beat existing masters and grand masters times.

The entire Montana Association is congratulated for hosting a wonderful event. All aspects of the meet went off well with all officials knowing and executing their jobs in a smooth and professional manner. I have a strong appreciation for our sport. I left Butte with an improved version of what speedskating is about. If you have not been to an outdoor long track meet in a while go find one and enjoy the low key less stress filled nature of the meet.

Record Setting Weekend Chuck Durkin, Meet Director

The 1999 National Long Track Championships were held in almost perfect weather conditions, clear skies and temperatures in the 30's. The 104 skaters from 8 states rewrote the record book with 29 new records and 32 established times in the Master Classes.

The following records were broken resulting in 19 new national record times.

Pony Boys: 500M; Eddy Alvarez, 0:57.39 Heat, 0:54.15 Final. 400M; Jordan Hinke, 0:47.97 Heat #1, Eddy Alvarez, 0:44.26 Heat #2, & 0:44.01 Final. 200M; Edward Collin-Chase, 0:24.49 Heat #1, Eddy Alvarez, 0:23.81 heat #2. 300M; Eddy Alvarez, 0:33.57. 600M; Edward Collin-Chase, 1:09.93 Heat #1, Sean Casler, 1:07.26 Heat #2, and Eddy Alvarez, 1:04.85 Final.

Pony Girls: 500M; Tippy Jordan, 0:52.99. 400M; Kjirsten Bauer & Tippy Jordan tied, 0:43.50 Semi; Tippy Jordan, 0:42.04 Final. 300M; Tippy Jordan, 0:32.03. 200M; Tippy Jordan, 0:22.67 Semi & 0:21.93 Final. 600M; Tippy Jordan, 1:04.05 Semi, & Kjirsten Bauer, 1:02.47 Final.

Midget Boys: Joseph Parrella, 500M, 0:46.87 & 800M, 1:17.65.

Juvenile Boys: Eric Casler, 500M, 0:41.84, & 1000M, 1:23.55.

Senior Men: Joey Cheek, 500M, 0:38.09; 800M, 1:00.30; 1000M, 1:15.01; 1500M, 1:58.08; & 3000M, 4:15.80.

Masters Men 30-39: Paul Marchese, 500M, 0:39.90 & 800M, 1:15.43. Pat Quinn, 1000M, 1:39.96; 1500M, 2:29.02; & 3000M, 4:48.52.

Masters Women 30-39: Liz Marchese, 500M, 0:50.12; & 1500M, 2:49.92. Beth Lockhart, 800M, 1:23.98; 1000M, 1:46.11; & 3000M, 5:34.10.

Masters Men 40-49: Greg Oly, 800M, 1:12.04; 1000M, 1:28.81; 1500M, 2:13.72; & 3000M, 4:41.08. Boris Lieken, 500M, 0:40.76.

Masters Women 40-49: Marian Furst, 500M, 0:50.66; 800M, 1:20.38; 1000M, 1:42.38; 1500M, 2:39.36; & 3000M, :34.10.

Masters Men 50-59: Chris Hawkins, 500M, 1:00.49; 800M, 1:42.06; 1000M, 2:08.52; & 1500, 3:24.42.

Masters Women 50-59: Joanna Walters, 500M, 1:00.49; 800M, 1:42.06; 1000M, 2:08.52; & 1500M, 3:24.42.

Masters + 60 Men: Vern Kappes, 500M, 0:48.33; 1000M, 1:43.85; & 1500M, 2:33.57.

Richard Widmark, 800M, 1:24.13.

ASU National Long Track Champions

Class

Master, 60 and over
Master, 50-59
Master, 40-49
Master, 30-39
Senior
Junior
Juvenile
Midget
Pony

Women

Joanna Walters
Marian Furst
Beth Lockhart
Alice Hagen
Leah Dyrud
Jorie Grundstrom
Gretchen Stengel
Tippy Jordan

Men

Vern Kappes
Chris Hawkins
Greg Oly
Pat Quinn
Joey Cheek
Tom Westover
Eric Casler
Joseph Parrella
Eddy Alvarez

Women's Results

1999 National Long Track Speedskating Championships
January 30-31, 1999 Butte, Montana

Class	Time	Event	Skater	Assn	Skater	Assn	Skater	Assn	Skater	Assn
MASTER WOMEN 50 TO 59										
	1:00.49*	500M	Joanna Walters	NE						
	1:42.06*	800M	Joanna Walters	NE						
	2:08.52*	1000M	Joanna Walters	NE						
	3:24.42*	1500M	Joanna Walters	NE						
Overall Standing			Joanna Walters							
MASTER WOMEN 40 TO 49										
	0:50.66*	500M	Marian Furst	COL						
	1:20.38*	800M	Marian Furst	COL						
	1:42.38*	1000M	Marian Furst	COL						
	2:39.36*	1500M	Marian Furst	COL						
	5:47.49*	3000M	Marian Furst	COL						
Overall Standing			Marian Furst							
MASTER WOMEN 30 TO 39										
	0:50.12*	500M	Liz Marchese	NNY	Beth Lockhart	USSA				
	1:23.98*	800M	Beth Lockhart	USSA						
	1:46.11*	1000M	Beth Lockhart	USSA						
	2:49.92*	1500M	Liz Marchese	NNY	Beth Lockhart	USSA				
	5:34.10*	3000M	Beth Lockhart	USSA	Liz Marchese	NNY				
Overall Standing			Beth Lockhart		Liz Marchese					
SENIOR WOMEN										
	0:48.93	500M	Alice Hagen	WSA	Kristine Holzer	MASSA	Rochelle Comissiong	ASU	Rachel Webster	MASSA
	1:18.19	800M	Alice Hagen	WSA	Kristine Holzer	MASSA	Rochelle Comissiong	ASU	Rachel Webster	MASSA
	1:43.47	1000M	Kristine Holzer	MASSA	Alice Hagen	WSA	Rachel Webster	MASSA	Rochelle Comissiong	ASU
	2:56.60	1500M	Kristine Holzer	MASSA	Rachel Webster	MASSA	Alice Hagen	WSA	Rochelle Comissiong	ASU
	6:35.40	3000M	Rachel Webster	MASSA	Alice Hagen	WSA	Rochelle Comissiong	ASU	Kristine Holzer	MASSA
Overall Standing			Alice Hagen		Kristine Holzer		Rachel Webster		Rochelle Comissiong	
JUNIOR WOMEN										
	0:31.61	300M	Leah Dyrud	GMSA	Pamela Miller	GMSA				
	0:48.79	500M	Leah Dyrud	GMSA	Ashley Hesleph	USSA	Pamela Miller	GMSA		
	1:17.92	800M	Leah Dyrud	GMSA	Pamela Miller	GMSA				
	01:41.1	1000M	Leah Dyrud	GMSA	Pamela Miller	GMSA	Ashley Hesleph	USSA		
	2:40.47	1500M	Leah Dyrud	GMSA	Pamela Miller	GMSA				
Overall Standing			Leah Dyrud		Pamela Miller		Ashley Hesleph			
JUVENILE GIRLS										
	0:29.52	300M	Jorie Grundstrom	GMSA	Ashlie Brown	USSA	Katrina Wittenberger	WSA	Cherise Wilkins	NNY
	0:46.39	500M	Jorie Grundstrom	GMSA	Ashlie Brown	USSA	Anna Ringsred	GMSA	Katrina Wittenberger	NNY
	0:56.09	800M	Jorie Grundstrom	GMSA	Anna Ringsred	GMSA	Katrina Wittenberger	WSA	Amber Davies	MASSA
	1:15.44	1000M	Jorie Grundstrom	GMSA	Ashlie Brown	USSA	Katrina Wittenberger	WSA	Leah Priestaf	ASU
	1:36.61	1500M	Ashlie Brown	USSA	Jorie Grundstrom	GMSA	Anna Ringsred	GMSA	Katrina Wittenberger	WSA
Overall Standing			Jorie Grundstrom		Ashlie Brown		Katrina Wittenberger		Anna Ringsred	
MIDGET GIRLS										
	0:31.73	300M	Gretchen Stengl	GMSA	Erica Lanser	WSA	Lareesa Marshall	USSA	Elizabeth Kitzrow	WSA
	0:41.09	400M	Gretchen Stengl	GMSA	Erica Lanser	WSA	Elizabeth Kitzrow	WSA	Caitlin Goskovicz	GMSA
	0:51.16	500M	Gretchen Stengl	GMSA	Erica Lanser	WSA	Katrina Wood	GMSA	April Medley	WSA
	1:01.32	600M	Erica Lanser	WSA	Gretchen Stengl	GMSA	Elizabeth Kitzrow	WSA	Caitlin Goskovicz	GMSA
	1:25.92	800M	Erica Lanser	WSA	Gretchen Stengl	GMSA	Katrina Wood	GMSA	April Medley	WSA
Overall Standing			Gretchen Stengl		Erica Lanser		Elizabeth Kitzrow		Katrina Wood	
PONY GIRLS										
	0:21.93	200M	Tippy Jordan	GMSA	Laura Johnson	ASAI	Kjirsten Bauer	GMSA	Anne Bruckner	GMSA
	0:32.03	300M	Tippy Jordan	GMSA	Laura Johnson	ASAI	Kjirsten Bauer	GMSA	Anne Bruckner	GMSA
	0:42.04	400M	Tippy Jordan	GMSA	Kjirsten Bauer	GMSA	Laura Johnson	ASAI	Lisa Hambly	GMSA
	0:52.99	500M	Tippy Jordan	GMSA	Kjirsten Bauer	GMSA	Laura Johnson	ASAI	Lisa Hambly	GMSA
	1:02.47	800M	Kjirsten Bauer	GMSA	Tippy Jordan	GMSA	Laura Johnson	ASAI	Lisa Hambly	GMSA
Overall Standing			Tippy Jordan		Kjirsten Bauer		Laura Johnson		Lisa Hambly	

* First Time Skated
Bold = Record in Final

Men's Results

1999 National Long Track Speedskating Championships
January 30-31, 1999 Butte, Montana

Class	Time	Event	Skater	Assn	Skater	Assn	Skater	Assn	Skater	Assn
MASTER + 60 MEN										
	0:48.33*	500M	Vern Kappes	WSA	Floyd Bedbury	GMSA	Richard Widmark	ASAI	Tony Marchese	NNY
	1:24.13*	800M	Richard Widmark	ASAI	Floyd Bedbury	GMSA	John Sorce	WSA	Joseph McDonald	COL
	1:43.85*	1000M	Vern Kappes	WSA	Richard Widmark	ASAI	Floyd Bedbury	GMSA	Tony Marchese	NNY
	2:33.57*	1500M	Vern Kappes	WSA	Richard Widmark	ASAI	Floyd Bedbury	GMSA	Tony Marchese	NNY
Overall Standing			Vern Kappes		Richard Widmark		Floyd Bedbury		Tony Marchese	
MASTER MEN 50 TO 59										
	1:00.49*	500M	Chris Hawkins	MASA	Pat Cunningham	USSA				
	1:42.06*	800M	Chris Hawkins	MASA	Pat Cunningham	USSA				
	2:08.52*	1000M	Chris Hawkins	MASA	Pat Cunningham	USSA				
	3:24.42*	1500M	Chris Hawkins	MASA	Pat Cunningham	USSA				
Overall Standing			Chris Hawkins		Pat Cunningham					
MASTER MEN 40 TO 49										
	0:40.76*	500M	Boris Leiken	USSA	Greg Oly	GMSA	Steven Miller	GMSA		
	1:12.04*	800M	Greg Oly	GMSA	Steven Miller	GMSA				
	1:28.81*	1000M	Greg Oly	GMSA	Boris Leiken	USSA	Steven Miller	GMSA		
	2:13.72*	1500M	Greg Oly	GMSA	Boris Leiken	USSA	Steven Miller	GMSA		
	4:41.08*	3000M	Greg Oly	GMSA	Steven Miller	GMSA				
Overall Standing			Greg Oly		Steven Miller		Boris Leiken			
MASTER MEN 30 TO 39										
	0:39.90*	500M	Paul Marchese	NNY	Pat Quinn	ASU	Cameron Beul	MASSA	Howard Clausung	ASAI
	1:15.43*	800M	Paul Marchese	NNY	Howard Clausung	ASAI	Cameron Beul	MASSA	Kyle Bridges	USSA
	1:39.96*	1000M	Pat Quinn	ASU	Cameron Beul	MASSA	Howard Clausung	ASAI	Kyle Bridges	USSA
	2:29.02*	1500M	Pat Quinn	ASU	Cameron Beul	MASSA	Paul Marchese	NNY	Howard Clausung	ASAI
	4:48.52*	3000M	Pat Quinn	ASU	Paul Marchese	NNY	Cameron Beul	MASSA	Howard Clausung	ASAI
Overall Standing			Pat Quinn		Paul Marchese		Cameron Beul		Howard Clausung	
SENIOR MEN										
	0:38.09	500M	Joey Cheek	ASU	Paul Olsen	GMSA	Danny Fredrick	USSA	Don Foley	MASSA
	1:00.30	800M	Joey Cheek	ASU	Danny Fredrick	USSA	Don Foley	MASSA	Aaron Crowell	GMSA
	1:15.01	1000M	Joey Cheek	ASU	Paul Olsen	GMSA	Danny Fredrick	USSA	Don Foley	MASSA
	1:58.08	1500M	Joey Cheek	ASU	Danny Fredrick	USSA	Paul Olsen	GMSA	Don Foley	MASSA
	4:15.80	3000M	Joey Cheek	ASU	Paul Olsen	GMSA	Danny Fredrick	USSA	Don Foley	MASSA
Overall Standing			Joey Cheek		Danny Fredrick		Paul Olsen		Don Foley	
JUNIOR MEN										
	0:27.21	300M	Tom Westover	GMSA	Nathan Brunner	WSA	Danny Trynoski	GMSA	Michael Crowe	MASSA
	0:42.66	500M	Tom Westover	GMSA	Michael Crowe	MASSA	Danny Trynoski	GMSA	Nathan Brunner	WSA
	1:08.11	800M	Tom Westover	GMSA	Danny Trynoski	GMSA	Michael Crowe	MASSA	Nick Moss	USSA
	01:23.8	1000M	Tom Westover	GMSA	Danny Trynoski	GMSA	Nathan Brunner	WSA	Michael Crowe	MASSA
	2:11.28	1500M	Tom Westover	GMSA	Danny Trynoski	GMSA	Nathan Brunner	WSA	Michael Crowe	MASSA
Overall Standing			Tom Westover		Danny Trynoski		Nathan Brunner/Michael Crowe			
JUVENILE BOYS										
	0:27.05	300M	Eric Casler	GMSA	Darren Olsen	GMSA	Tim Venne	GMSA	Eric Cepuran	ASAI
	0:41.84	500M	Eric Casler	GMSA	Tyler Cox	USSA	Darren Olsen	GMSA	Rick Martin	WSA
	0:50.73	600M	Eric Casler	GMSA	Darren Olsen	GMSA	Tyler Cox	USSA	Tim Venne	GMSA
	1:12.65	800M	Tyler Cox	USSA	Eric Casler	GMSA	Tim Venne	GMSA	Rick Martin	WSA
	1:23.55	1000M	Eric Casler	GMSA	Tyler Cox	USSA	Darren Olsen	GMSA	Tim Venne	GMSA
Overall Standing			Eric Casler		Tyler Cox		Darren Olsen		Tim Venne	
MIDGET BOYS										
	0:29.94	300M	Parker Vance	USSA	Joseph Parrella	GMSA	Thomas Anderson	ASAI	Mike Blumel	GMSA
	0:39.66	400M	Jeremy Cox	USSA	Mike Blumel	GMSA	Parker Vance	USSA	Scott Hempel	WSA
	0:46.87	500M	Joseph Parrella	GMSA	Mike Blumel	GMSA	Jeremy Cox	USSA	Thomas Anderson	ASAI
	0:58.07	600M	Joseph Parrella	GMSA	Parker Vance	USSA	Jeremy Cox	USSA	Mike Blumel	GMSA
	1:17.65	800M	Joseph Parrella	GMSA	Parker Vance	USSA	Jeremy Cox	USSA	Mike Blumel	GMSA
Overall Standing			Joseph Parrella		Parker Vance		Jeremy Cox		Mike Blumel	
PONY BOYS										
	0:24.65	200M	Sean Casler	GMSA	Edward Collin-Chase	GMSA	Jordan Hinke	WSA	Matthew Ho	ASAI
	0:33.37	300M	Eddy Alvarez	ASU	Edward Collin-Chase	GMSA	Sean Casler	GMSA	Jordan Hinke	WSA
	0:44.01	400M	Eddy Alvarez	ASU	Sean Casler	GMSA	Jordan Hinke	WSA	Edward Collin-Chase	GMSA
	0:54.15	500M	Eddy Alvarez	ASU	Sean Casler	GMSA	Edward Collin-Chase	GMSA	Jordan Hinke	WSA
	1:04.85	600M	Eddy Alvarez	ASU	Sean Casler	GMSA	Edward Collin-Chase	GMSA	Jordan Hinke	WSA
Overall Standing			Eddy Alvarez		Sean Casler		Edward Collin-Chase		Jordan Hinke	

* First Time Skated
Bold = Record in Final

Reprints of The Racing Blade, TRB, are Available

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1033 Shady Lane
Glen Ellyn, IL 6017-4822

North American Long Track Sault Ste. Marie, Ontario, Canada February 6 and 7, 1999

Carole Moore, Nora Jennings and Don Kangas

The North American Long Track Championships in Sault Ste. Marie was a great success. Thanks to many dedicated people committed to grass roots development.

Thanks also to Young Originals, their specially designed North American skin suit arrived in time to be displayed at the banquet. The skaters loved it.

Two busses and one van brought skaters in from Minnesota, Wisconsin, Illinois and Michigan. For the first time in a long time, there were almost as many American skaters at a North American Meet as Canadian skaters. According to the scoring sheets there were 73 American skaters and 74 Canadian Skaters. That is an excellent showing after suffering much criticism for the lack of participation of American Skaters in the North American Competitions. Now it is important to continue this level of American skater participation. The next test is on March 26, 27 and 28 at the North American Short track Championships in Oak Lawn, Illinois.

There have been many glowing reports about the meet in Sault Ste. Marie. This is not a surprise. Michigan skaters have enjoyed the hospitality of Art Jennings and the people of Sault Ste. Marie for many years. They regularly attend Michigan meets in Petoskey and Alpena. Unfortunately, Art suffered a heart attack just before the meet and then a stroke in the hospital. We sincerely hope Art has a speedy and complete recovery. People like Art Jennings, an effective coach and organizer, are great assets to the sport of speed skating.

It was impressive to see the Art Jennings clan go into action. Three generations of volunteers worked at every available position. All of them deserve a great deal of credit and admiration.

1999 North American Champions

Class	Women	Men
PeeWee	Morgan Izykowski, MI	William Brousseau, MI
Bantam	Kjirsten Bauer, MN	Sean Gasler, MN
Midget	Danielle DuBois, MB	Pascal Franche, ON
Juvenile	Shannon Rempel, MB	Darren Olson, MN
Junior	Jessica Rickaby, ON	Adam Laurence, ON
Intermediate	Ani Bedrossian, ON	Gaspar Aceti, ON
Senior	Catherine McLean, ON	Joey Cheek, WI
Master A	-----	Sam Renshaw, MI
Master B	Amy Fuelleman, WI	Mike Greenland, CO
Master C	Jane Robidoux, MI	Richard Widmark, IL
Grand Master	-----	Ron Scholefield, MI

ASU National Marathon Championships

A Marathon Miracle

Amy Fitzpatrick

It was a National Speedskating Marathon race organizer's dream come true! The weather warmed up, volunteers turned out with energy and enthusiasm and legions of cheering spectators came and stayed. The Mayor welcomed one and all and the Midnight Sons Chorus the national anthem to start the 1999 National marathon Championships in beautiful Anchorage, Alaska. The Marathons were skated on a one kilometer natural ice track laid out on Westchester Lagoon. What an incredible site, surrounded by forest and snow covered mountains.

Great warmth was generated by the community of Alaskans that relaxed visiting skaters and helped them enjoy the 25 k and 50 k marathon events. So anyone who wanted could have fun skating, 5 k and 10 k races were added. The skaters shined, the crowd cheered, as the announcers called the events.

Newspaper coverage was amazing. There was front page coverage complete with pictures and articles. The Alaska Speedskating Club and the ASU National Marathon received excellent exposure.

We couldn't have done it without the support of the ASU. Joan Peterson was chief referee, Shirley Yates judged, "Doc" Savage put in a couple of long days filling cracks and Don Kangas counted laps.

The Alaska Speedskating Club gives special thanks to the skaters, who came across the country and left everything on the ice. Best of all, several competitors new to speed skating finished the races. Speed skating has claimed a number of new lifelong participants.

The Municipality of Anchorage totally supported the Marathon. They made sure we had the tools to create a successful Championship.

Good Skating

Excerpted from an article in the Anchorage Daily News

The rejuvenated Alaska Speedskating Club favorably debuted on the national scene by hosting the National Speedskating Marathon Championships.

Skaters with local connections placed high in both the 25 k and 50 k events. Service High graduate, Danny Frederick, who now lives and trains in Salt Lake City, easily captured two first place spots. Promising Eagle River teen, Greg Morris, placed third overall in each of the two races and won the Junior class Championship.

Close on their heels in the 50 k competition was fourth place finisher, Tim Kelly, a Canadian expatriate living in Anchorage.

The championships couldn't have been held in Anchorage without the hardwork of the Alaska Speedskating Club, led by president Amy Fitzpatrick. The club was resurrected several years ago when the Alaska winter games were hosted in Chugiak.

Coach Ferd Shaffer of the Northern California Speed Skating Association was impressed by the local show of support. "This is the biggest crowd I've ever seen for a marathon," he said following the 50 k race. His words were echoed by Victor Frederick, who said, "The number of spectators helped stir everyone around the track."

The nationals are gone, but thanks to the club's efforts three dedicated sheets of ice are now available for local speed skaters. The three ovals draw the curious. Some of have jumped into speed skating with an enthusiasm typical of local athletes. That enthusiasm is just what's needed to build more local support for a sport that is a natural for the North.

1999 National Marathon Championship

25k Results

Class	Place	Name, Home	Time
Junior Men	1	Greg Morris, Eagle River, Alaska	0:50:28
	2	Aaron Showalter, Eagle River, Alaska	1:03:35
	3	Max Ruehle, Anchorage, Alaska	1:06:43
	4	Jonathan Walton, Anchorage, Alaska	1:07:42
	5	Andrew Kerosky, Anchorage, Alaska	1:13:07
Junior Women	1	Kristin Bedford, Midland, Michigan	0:52:54
	2	Kristen Arnett, Eagle River, Alaska	1:06:15
	3	Kaylen Kelly, Anchorage, Alaska	1:13:20
Senior Men	1	Danny Frederick, Kerns, Utah	0:45:47
	2	Shad Barnett, Anchorage Alaska	1:00:26
	3	Frank Hauser, Anchorage, Alaska	1:18:30
Senior Women	1	Beth Bedford, Midland, Michigan	0:49:02
Master Men 30-39	1	Kevin Johnson, Sterling, Michigan	0:52:54
	2	Mike Fitzpatrick, Anchorage, Alaska	0:53:00
	3	Jim Renkert, Anchorage, Alaska	0:53:08
	4	Peter Haeussler, Chugiak, Alaska	1:04:12
	5	John Pearce, Anchorage, Alaska	1:04:20
Master Women 30-39	1	Beth Lockhart, Calgary, Alberta	0:52:56
Master Men 40-49	1	Robert Payne, Cupertino, California	1:08:22
	2	Chris Bowden, Eagle River, Alaska	1:08:24
Master Women 40-49	1	Carol Moore, Flushing, New York	0:52:55
	2	Denise Lachniet, Grant, Michigan	1:04:00
	3	Wendy Arnett, Eagle River, Alaska	1:08:50
	4	Tracy Lea, Queen, Maryland	1:14:54
	5	Patricia Rosenbaum, Anchorage, Alaska	1:16:49
Master Men 50-59	1	Ferd Shaffer, Milpitas, Caliifornia	1:02:14
	2	Bob Lohr, Anchorage, Alaska	1:02:50
Master Women 50-59	1	Mary Vinella, Redwood, California	1:25:55
Master Men 60 +	1	Jim Johnson, Macomb, Michigan	1:38:35

50k Results

Class	Place	Name, Home	Time
Junior Men	1	Greg Morris, Eagle River, Alaska	1:41:18
	2	Aaron Showalter, Eagle River, Alaska	2:09:00
	3	Riley Bowden, Eagle River, Alaska	2:34:23
Junior Women	1	Kristin Bedford, Midland, Michigan	2:02:47
Senior Men	1	Danny Frederick, Kerns, Utah	1:37:34
Senior Women	1	Beth Bedford, Midland, Michigan	1:40:37
	2	Tracy Lea, Queen Anne, Maryland	2:22:50
	3	Mike Fitzpatrick, Anchorage, Alaska	1:53:39
	4	Kevin Johnson, Sterling Hgts, Michigan	2:02:48
Master Men 30-39	1	Ron Larson, Anchorage, Alaska	2:06:51
	2	Sean Gunther, Anchorage, Alaska	2:37:01
	3	Beth Lockhart, Calgary, Alberta	1:58:47
Master Women 30-39	1	Jean Stage, Anchorage, Alaska	2:38:28
	2	Patricia Rosenbaum, Anchorage, Alaska	2:56:21
	3	Tim Kelly, Anchorage, Alaska	1:49:03
Master Men 40-49	1	Robert Payne, Cupertino, California	2:27:52
	2	Carol Moore, Flushing, New York	1:51:03
Master Women 40-49	1	Wendy Arnett, Eagle River, Alaska	2:15:20
	2	Denise Lachniet, Grant, Michigan	2:17:33
	3	Bob Lohr, Anchorage, Alaska	2:06:40
Master Men 50-59	1	Ferd Shaffer, Milpitas, Caliifornia	2:09:37
	2		

Association and Club News

Connecticut Ginnie Green

Our ice times for the Connecticut Speedskating Association at Champions Skating Center in Cromwell, CT, phone 860-632-0323, are as follows:

7:30-8:50 PM, Beginning Wednesday, March 31, and every Wednesday thereafter, all through the summer.

5:00-7:00 PM, Beginning Sunday, April 4, and every Sunday thereafter, except Memorial Day weekend:

Please direct any questions to Ginnie Green at 860-346-4308 or cvgreene@snet.net.

Middle Atlantic Skating Association Stan Zompakos

Jennifer Kirsch was chosen to join the National Team for the World Cup competition in Japan and China during November and December. Her performance during those meets earned her 'Athlete of the Month' honors at the USOTC, where she is living and training.

Membership in the MASA was down this year in spite of the addition of a new club in Brewster, NY, and an abundance of ice time for workouts in all regions of the metropolitan area. Poor attendance at the New York State Short Track Speedskating Championships, due to a scheduling conflict with a US Speedskating America's Cup meet, has highlighted the serious weaknesses of the current procedure of having two short track schedules one for U. S. Speedskating, and another for the ASU.

Bonnie Blair won four National Short Track Championships and two National Long Track Championships prior to winning the 1986 World Short Track Speedskating Championship with three gold medals and a silver. These impressive beginnings lay the groundwork for her heroics in three Olympic Games, which everyone in America is familiar with. The modern view that only U. S. Speedskating events are significant, is undermining the ability of the associations and clubs of the ASU to continue their programs, which have produced so many of the fine athletes US Speedskating enjoys.

Beginning next season, the name of the New York State meet will be changed to the Robert Finkel Memorial Speedskating Championship. At the time of this writing, the MASA also mourns the loss of Juan Williams of the Flushing Meadow Speedskating Club.

Flushing Meadow Speedskating Club

Janet Fitzgerald

The Flushing Meadow Speedskating Club would like to thank Empire Speed, New York City's inline speedskating club, for publicizing the workouts at the Flushing Meadow rink in their newsletter. The FMSSC maintained three sessions a week once again during the 1998/99 season. Two sessions a week were coached by Red Reyes, and one by Derek Bennett. Both of these coaches are also coaches for Empire Speed.

Derek Bennett also has done the club a great service by creating a web page, which provides information on club activities. Attendance was inconsistent this season, and financial losses were once again sustained by the club. Stan Zompakos continued to keep members informed via club mailings, and by producing a newsletter for the entire Middle Atlantic Skating Association.

Stan's contributions to both ice and inline skating literature, which began with his assistance in the creation of the first book ever published on inline skating at the beginning of this decade, is closing the decade on a high note with the publication of his technical article on the 500 meter event in the Norwegian Sports Federations magazine, Skoytesport. This magazine is distributed to all of the competitive speed skaters in Norway. In addition Stan provided research material for articles published in both Norway and the Netherlands.

Next season the FMSSC is considering dropping the 10 mile Turkey Trot, held around the Thanksgiving Holidays, due to poor attendance.

Missouri Skating Association

Laura Plummer

We would like to offer our congratulations to all skaters that earned Olympic Training Center privileges, but especially our own members Heather Corey, Brendan Eppert, Miranda Guiffrida, Andy Himeles, Katy Kepka, JP Kepka, Mary Ann Layden-Cirks, Ashley Lewis, Tommy O'Hare, Misi Toth and Gordon Ward. JP and Katy Kepka have been in residence training with Junior Elite Coach Sue Ellis this season.

There are two distinctions that will earn you a lifetime status in the MSA. Being inducted into the ASU Hall of Fame and if you are an Olympian. Our Lifetime Members are: Olympians Dan Carroll, Jim Chapin, Jr., Peggy Crowe, Brendan Eppert, Tommy O'Hare, Dave Pavlacic, Sonny Ruprecht and Nikki Ziegelmeier. ASU Hall of Famers are Jim Chapin, Sr. and Peggy Hartrich Clarke.

Dave Besteman offered a Level One coaching course in 1998 in St. Louis. Twenty participants took the course and achieved their Step One Certification to the Level One Coaching Certification.

Our season is underway in St. Louis with our four clubs; Gateway, Metros, Clayton and Jefferson City. Two local meets remain in our season. President's Day is always our date for the Missouri State Championships and the following weekend will be the St. Louis Silver Skates.

Two St. Louis speedskaters earned the status of National Champion this past year. ASU Hall of Famer Peggy Hartrich Clarke is the reigning Master Women champion and Matt Plummer in the new Pony class. Other National results recently made available in the Racing Blade are Ashley Lewis, 4th, Juvenile Girls; JP Kepka, 2nd, Juvenile Boys; Misi Toth, 3rd, Juvenile Boys.

New to our program this year are multiple session Introduction to Speedskating courses offered through the St. Louis Parks and Recreation and in conjunction with the Missouri Skating Association. In addition, we continued to offer our MSA members the opportunity to participate in our Badge program. Five local competitions keep our member skaters busy throughout the year. For those that don't travel out of town to compete, we offer a novice racing program. The season is topped off by the "Chapin Racing Series" which awards a trophy to the skaters with the most points earned in the five local competitions.

The MSA can be reached via E-mail at ruthplumm@msn.com; Fax 314-576-6439 or phone 314-5761323 attention Laura Plummer 13017 Mason Estates Court, Town & Country, MO 63141.

Western New York

Greater Pittsburgh Speedskating Club

Bob Halden

Saturday afternoon practices continue to be well attended. Even though travel to our new home at the Airport Ice Arena is longer for most people than to our previous home, we have maintained our membership and continue to grow in the lower age divisions.

A few of our older skaters have been taking advantage of a drop-in speedskating session at the new 30x60 meter surface at the Island Ice Center. This session is held twice a month on Tuesday evenings between 10:30 and 11:30 pm. This relationship may grow into a larger speed skating presence at the only Olympic size surface in the area. The club has received inquiries from two other ice rinks interested in bringing speed skating to their facilities. It is still early, but we are encouraging these rinks to try to start local clubs. The first inquiry came immediately following an article on the club which appeared in the health section of the Pittsburgh Post-Gazette.

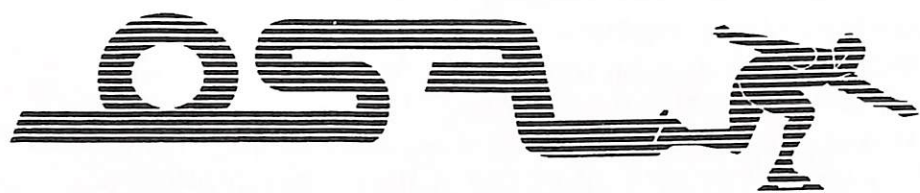
Several of our skaters participated in the Tri-State Invitational in December in Cleveland. We did not win any championship trophies, but, for the most part, the skaters were satisfied with their performances. Next on the agenda is the Susquehanna Challenge which should see a large group of skaters from Pittsburgh. We are looking forward to seeing many of you there.

Niagara Frontier

Jeff Buchholtz,

I have a few results from our skaters that competed in the Syracuse Short Track Championships held on February 6th, but first I'd like to let you know that our club again was involved this year with the annual Buffalo Winterfest. This is the 5th year for the event, and it gets a little better every year. This year the city set up a web page that I assume will stay up for awhile, it is at <http://www.bflowinterfest.org>

Back to results from Syracuse, Niagara Frontier finished in 6th place overall out of 23 clubs entered. Our newest recruits to the club are the Pulley Family, and this was their first real competition. The kids have only been speedskating for a couple years, and they seem to love it! Daniel Pulley managed a 9th place finish, while his sister Kate came home with a 6th. Other brother Benjamin got a 12th place, and sister Emily scored an 11th place finish. I was personally quite impressed by the results. Other club members who placed were Howard Orlando, who finished in 10th and 326th place, and Michael Magnuson, who scored a 2nd and 33rd finish.



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The world's fastest skaters are setting world records using the Maple Clap System. The system features a CNC machined frame of aircraft grade alloy, a 7000 series alloy runner tube and a high carbon, fast acting spring with rubber bumpers for silent action. Rear stop has a built in chip breaker and the runner is cryogenically treated Bi-metal in a 1.1 mm thickness. Both the heat treatment and the geometry of the blade have proven in testing to be state of the art. This system can be ordered to fit any marathon boot size. The maple boots feature marathon style mounting system with a standard 6.5 inch spacing. Maple boots are hand made in the USA by Simmons Racing. These boots have much more support than traditional boots, are very light, comfortable and heat moldable. Clap skates from Maple are now in stock. Call or write for more information.

Maple short track blades are currently in use by several of the fastest short trackers in history. They are radically different than traditional blades, allowing unprecedented bend consistency and stiffness. They are also made with a 7000 series alloy tube and a Cryogenically heat treated Bi-metal runner 1.1 mm. thick. They are available in normal and +3mm higher cups.

Pennington's new Katana blades have recently set a new national short track record. They feature a modified cup area and cup allowing very uniform bending for extremely fine tuning. They are available in powder metalized Bi-metal, K190 isomatrix High Speed Steel, or FX3 high profile PM Bi-metal. The Excalibur 11 features a higher grade alloy and the same blade options as the Katana. The Excalibur is the world's most successful short track blade. When you try a pair you will feel why.

Arkansas stones are the finest natural stones in the world. My friends from Europe can't get enough of them. We have available 12" stones and burr stones in hard grade and in surgical black. These stones give you an edge that will glide and hold up better than anything else we have tried.

New: LAS Mistral Ice Helmets are in. They meet new ISO requirement for Short track racing. Verducci Frames standard and XR in 12.8". China Bones bearings (Economical Swiss copy). Force ABEC5 bearings and Kopp Racing Wheels. Winners of 1997 Athens to Atlanta. All products are sourced for serious skaters by skaters. We will help you get a good start and have a good time. Call for price sheet.

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ASU President's Report

ASU and US Speedskating Merger

What's Next ?

Bill Anderson

Over the course of the last several weeks I have received many comments on the proposal to merge the ASU with US Speedskating. I am very pleased that the progress report was sent out and that people have taken the opportunity to comment. There were many reasons, which lead to the presidents' commission being formed in 1996, to investigate the "possibility" of merging. Since I have been an ASU member it has been suggested by many people expressing the idea that it makes sense and should happen but no one actively pursued it until 1996 when we were commissioned to "study it." Several people have also commented that it is a bad idea, because you can't trust "those people." The comments were made not only by a handful of ASU members but also from a handful of USISA members. Believe it or not, a handful of people actually badmouthed both organizations depending on the audience! Funny thing is that we all are the same people with the same interest in this great sport but when convenient like to shop for the side closest to our own belief at that particular moment.

How do you develop a winning pool of talent to take on the world and win? The greater the pool the more likely the chances to achieving success, just take a look at basketball, baseball, football or that other football game, soccer. We have lacked a central focus of direction in our sport for some time. We speak grassroots US Speedskating speaks medals. We continue to shrink and US Speedskating had one medalist in the last Olympics. Is there a correlation? US Speedskating has developed the America's Cup to foster competition for those not yet ready to travel in the big game overseas. The ASU has eliminated the Intermediate class due to lack of interest. I helped officiate the US Championship this weekend in Minneapolis and there were not enough Junior Skaters to fill out the ladies class. Another subject of conversation was the fact that there were openings for short trackers on the long track team to compete. All this goes to prove is that we are hurting our sport from the inside. We are our own worst enemies. We are spending far too much time establishing rules and objections to further our own self interests rather than the sport of speedskating. Wake up and let's work together.

Do me a favor, the next time someone says something in a negative context ask them what they mean and identify what is needed. Then seriously read and give consideration to merging the two organizations without fear of giving up what is important. Isn't it the skater? Or am I missing something?

Please plan on coming to the ASU Convention in the spring. We need to define what our core values are, what is important. If we can do that, we can make them a prerequisite to merging. The alternative is to do nothing and unfortunately that is a choice.

Note: The section that follows is two draft proposals to be submitted to the ASU convention. This is what your Board of Control is being asked to vote on. Tell them what you think and what you want. Master Skaters and US Speedskating Skaters, your thoughts and concerns are very important, share your thoughts and bring them to the convention.

Two Proposals

Merge Amateur Speedskating Union and US Speedskating

Reference: ASU Constitution, Article IX, 1998-99 ASU Handbook, pp 16-17.

Proposed: Approve an intent to merge the Amateur Speedskating Union with US Speedskating in the Spring of 2000 or sooner subject to resolution of major concerns identified at this convention. This will have to be agreed to by two thirds of the Board of Control.

This will require approval of the following two issues:

1. Identification of major issues to be addressed in the Constitution and by-laws of the proposed Speedskating Organization to secure an affirmative vote to merge.
2. Approval of an intent to merge in the Spring of 2000 subject to satisfactory resolution of the issues so identified.

Rational: For the past two years substantial efforts have been made to discuss the feasibility of merging the two speedskating organizations. Over the course of the past two years the Presidents commission has met and completed a draft report to the membership. This report was sent out to the respective boards and published in the newsletters of both organizations. We feel it is in the best interests of our sport to become one organization but also feel that it is time to move beyond the study phase. It is the feeling of the Commission that the Boards of both organizations meet and identify the necessary conditions of a merged organization. We have given our progress report but now is the time for specific requirements to be identified.

From an ASU viewpoint we have been included in meetings with the USOC and its Credentials Committee and have received strong encouragement. At the present time the NGB of Speedskating is not in compliance with the Amateur Sports Act on two major fronts, elections are closed and there is no grass roots development.

U. S. Speedskating has been directed to get into compliance and the best way to do that is to merge with the ASU. There is a good reason for the ASU to do this and that is in the area of grass roots funding and improved cooperation in running domestic competitions, officials and coaching development.

Both organizations have a lot to gain by merging but both have a lot to lose by not doing so. If we choose not to merge or not take the time to identify what are the necessary conditions of merging, US Speedskating must alter their by laws to become compliant and begin a grass roots program. I would like to see us work together on a common solution.

Let us do our part and move forward.

Establish an Amateur Speedskating Foundation

Reference: ASU By-Laws; Article III par 7, j, k, p; ASU Handbook, pp 24-25

Proposed: Approve formation of a new entity named the Amateur Speedskating Foundation. This Foundation will have responsibility for the Hall of Fame, Medal and Medallion, and Scholarship Committees and the assets of the related funds.

Approval is requested to form a public foundation, named the Amateur Speedskating Foundation.

Rational: General parameters of the new organization will be as follows:

1. The foundation will be directed by five trustees elected by the members of the National Speedskating Organization responsible for registering members. Trustees will serve for a four year term.
2. Directors of the ASU foundation may not be officers or directors of the National Speedskating Organization.
3. Nominations for up to 10 trustees shall be obtained in this meeting and voted on by the board of control. Subsequent elections will be included with the mailing of registration dues to the members of the National Speedskating Organization. Results of the election will be tabulated by the registrar.
4. By laws will need to be drafted as well as filing necessary documents pertaining to tax exempt status as a public foundation.
5. The trustees elected will be charged with the responsibility of following through on the completion of by laws and filings.
6. Current committee members will continue to handle their respective duties.

The establishment of a Foundation was approved at a prior convention but has not been accomplished. If the funds of these activities are to be protected the foundation should be formally established. The trustees will be authorized to bill the ASU up to \$2,500 for professional assistance in establishing the foundation.

A Letter to Bill Anderson and Bill Cushman

February 17, 1999

Gentleman,

I am responding to your letter of 21 December 1999 regarding your proposal to merge ASU/US Speedskating.

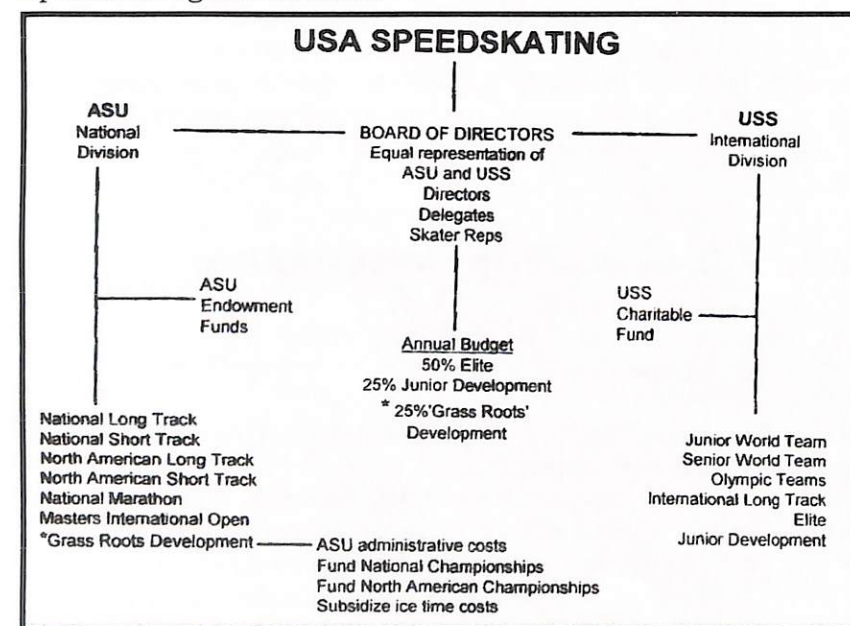
A merger is only as good as the intentions of the people involved. If everyone is acting in the best interests of speedskating, then a merger may be best. In reality it is only academic anyway.

The ASU and US Speedskating are already joined by a common bond to the sport of speedskating. They are already affiliated and share common membership. However, each organization has their own agenda. That is why a group of ASU members, headed by Phil Krumm broke off to form USISA in 1966. I'm sure, their intentions were good and USISA has enjoyed great international success through the years.

US Speedskating and ASU, regardless of a merger are both in the same boat and there is a hole in the bottom. This hole is the drain in the number of skaters. The ASU had a membership of over 3000 skaters in the 60's and there has been a decline to today's membership number of less than 1500. Of these, about one third are Masters, aged 30 +.

It is time that US Speedskating recognizes the true GRASS ROOTS DEVELOPMENT of our sport and be willing to assist in terms of greater financial help and cooperation. It cannot continue to deplete the ranks of the ASU and not be concerned where new skaters are going to come from. Every US Speedskating member, who ever skated, except for a few current in-line skaters, came up through the classes of the ASU.

In terms of US Speedskating funding the ASU GRASS ROOTS DEVELOPMENT, Masters, 30+, would not benefit. Masters should be, and are, contributing to the sport in terms of money, coaching, promoters, fund raising and many other ways. I feel it is important to restore the prestige of the ASU National and North American Championships. Skaters who do not qualify for World Junior and Senior Teams should be encouraged, if not required, to participate in these events. This should require the cooperation of all US Speedskating and coaches.



The main goal of the USOC is to win Olympic Medals. Over the years, speedskating has garnered more medals than any other winter sport. Unfortunately our sport does not have the media clout that figure skating, skiing or hockey has. Nor does it possess the mass participation and product demand. We are always going to be a very minor sport in numbers. Perhaps we need to appeal to the USOC for additional funding to help speedskating. In turn, the ASU does not have the clout that USS has.

Relocating and combing the National Offices of the ASU and US Speedskating in Colorado Springs may be advisable after Shirley Yates retires as the ASU National Secretary/

Treasurer. The majority of sports national governing bodies are located there, making it easier to stay in close contact with the USOC.

Any consideration of a merger should be vote on by a full adult, 16 and over, membership vote and passed by a majority of two thirds. Every one should have the opportunity to participate in a major decision that is going to effect our sport for many years to come.

Attached is a speedskating organization chart, which would include the umbrella of US Speedskating. The ASU and US Speedskating could still operate as they presently do. Virtually nothing would be dissolved or changed except everyone involved would need to work together in the best interest of our great sport of speedskating.

Sincerely,

Rich Widmark

1999 Hall Of Fame Inductees

Larry Ralston, Chairman, ASU Hall of Fame Committee

Four more members will be inducted into the Speedskating Hall Of Fame at the 1999 annual Convention. All are well qualified and very deserving of this prestigious honor for their many years of tireless effort and accomplishment in the sport.

Formal induction will be conducted at the banquet, Saturday, May 22, at 7:00 P.M.

DAN JANSEN: Olympic and World champion and World record holder. A member of 4 Olympic teams and 10 World teams; medaling in every meet in which he competed. Winner of over 40 World Cup victories and 7 World Cup titles. Winner of the Sullivan Award, as the nations top amateur athlete in 1994. He continues his speedskating involvement as benefactor and promoter through "Kids on Ice" program and "Dan Jansen Foundation." He retired in 1994 and is pursuing a career in broadcasting.

ERIK HENRIKSEN: National and North American Champion in 1979, U. S. Sprint Champion in 1982, 83 ~ 86, member of 3 Olympic teams and 9 World Sprint teams. Coach of the Champaign-Urbana Speedskating Club since 1991. He is a volunteer and spokesman for Special Olympic programs and events. He retired in 1994 and is employed as a journalist, sporting goods product manager and a senior staff writer for "Speedskating Times."

SANDERS (SAM) HICKS: Founded the Evanston Speedskating Club in 1967 and recruited skaters from Parks and recreational facilities in the City of Evanston while serving as a Fireman in that City. He rose through the ranks to become Captain, Assistant Chief and Chief; retiring in 1987 after a 37 year career. He began speedskating officiating in 1968, as a Starter, becoming a National Starter in 1974 and an International Starter in 1984. Sam worked numerous National, North American and World meets since 1974 and was a Chief presenter and clinician at Starters clinics in Albertville, France and Prague, Czech Republic. He led the way in developing stringent para-medical procedures for speedskating injuries, served as the ASU Commissioner of Officials from 1987 to 1993 and remains active as a professional photographer at speedskating meets world-wide.

CHARLES MOORE: Outstanding Legislative executive and servant to the sport since 1969. He acted as chairman for various national committee's, assistant editor of the ASU Handbook, Board of Control member for the Northeastern Skating Association since 1969, National Official (Judge, Timer, Starter) since 1967, trustee of the National Medalion and Medal Fund. He led the drive to establish a Learn to Skate program in City and Suburban rinks in the Boston area which in turn led to the resurgence of the Northeastern Association.

A 30 year involvement on the National level as a Legislative leader, he has directed the intricate legislation that has made the ASU a viable organization and gained a reputation as a distinguished leader, that always kept the best interests of the Union foremost.



OVERHEARD IN THE HEAT BOX

By Larry Ralston

A speedskating landmark has bitten the dust ---- literally. The St. Louis Arena, former home of the St. Louis Silver Skates and the St. Louis Blues Hockey team, was imploded on February 27. The building had been vacant since 1995 but old time speed skaters will remember the thrill of being part of the competition that was sponsored by the St. Louis Post-Dispatch. It was one of the few times that amateur athletes could show their talents and respond to the yells and shouts of a packed house. An invitation to participate in the St. Louis Silver Skates was a real honor. The meet continues to be held under the jurisdiction of the St. Louis Parks and Recreation Department at the Kennedy Recreation Complex and recently celebrated 72 consecutive years of competition.

If you have ever seen a T-shirt sporting the logo, "Where the hell is Oconomowoc," or "Yes, there really is an Oconomowoc," you may have been surprised to learn that at one time it was a hub of speedskating activity and was home to Hall of Famers, George Howie and Dr. Mike Woods. The shirts were sold to help support their speedskating club and a number of tourists got to know where Oconomowoc was and that it did, indeed, exist. That didn't seem to phase the home State of Wisconsin as a "computer glitch," inadvertently left off the City and Lake Oconomowoc on some 200,000 tourist maps recently printed for the State of Wisconsin. For your information the City does exist and the 1999 ASU Convention will be held there on May 21-23, at the Olympia Resort and Spa. The City is located just North of Interstate 94, between Milwaukee and Madison; just in case you get your hands on one of those maps.

We were saddened to learn that Art Jennings, a promoter of speedskating in Sault Ste. Marie, Ontario, had suffered a heart attack and stroke after the North American Championships. We send our best wishes for a speedy and complete recovery.

Kudo's and plaudits to Bill Houghton, for a fine job on the ASU Handbook. Already apologizing for errors and omissions in his first attempt at this mammoth undertaking, Bill promises to do better on the next attempt and will use the RACING BLADE to keep the membership aware of those errors. Yours truly thought the effort was outstanding and Bill has nothing to apologize for. One question: When do I get the invoice for my ad? If you haven't received your new 1998-1999 ASU Handbook, let Shirley know so she can check if your name was on the list.

Reports from my collaborators indicate nothing but the highest praise for the effort put forth by the Anchorage, Alaska Speedskating Club in hosting the 1999 National Marathon Championships. The weather cooperated and was probably a lot better than other locations in the lower 48 States.

After a month in the sun and warmth of Florida, it's time to get back to work and get to the bottom of that pile of mail and paperwork that awaits my attention. Hope I can finish it by May 1, so I can concentrate on the forthcoming Convention.

And finally ---- Don't get caught like our President, William J. Clinton, did recently ---- he lost credibility and credit when he tried to make a purchase in a Utah bookstore and found that his charge card had expired.



Notes from the National Office

by Shirley Yates

Congratulations and thank you to all those who organized, officiated and skated in three incredible outdoor meets this year.

Praise of the highest order should go to Chuck Durkin and his Montana crew for the splendid National Long Track Championship in Butte, to Art Jennings in Sault Ste. Marie, Ontario, for an outstanding North American Long Track Championship and to Amy Fitzpatrick for a magnificent National Marathon in Anchorage, Alaska.

We know it takes a club and Association effort to stage a major event but these people took on the responsibility of "leading the pack" to successfully produce events of which ASU and CASSA can be proud.

Shirley's Observations from Three Outdoor Events The North American

Three days before the North American Long Track the Meet Director, Art Jennings, had a heart attack. I learned of it while riding the elevator to my room. A man was reading the local newspaper on the elevator. There was a big headline on the front page, "Meet Director Suffers Major heart Attack on Eve of Championship Event." I knew it was Art and all I could think was: poor Art, he lobbied for years to get the NA Long Track in Sault Ste. Marie and now he can't even be there!

He had worked for two years on the meet, so I knew everything was in place. What I didn't know was that Art's wife and three sons, all heavily involved in their Club, would take over and give us one of the finest Canadian North American Championships we've ever seen.

The Busses worked! One went from Chicago and Milwaukee and another from the Minneapolis area. A 15 passenger van came from West Michigan as well as several cars from closer in Michigan. The Official count of skaters was 74 Canadians and 73 Americans. That's a real turn around for us. Now we expect a good turnout from them for the North American Short Track in Oak Lawn.

How do you feel about a bus for the North American Short Track in Canada in 2000? The bidding cities are Regina, Saskatchewan and Winnipeg, Manitoba. Regina is a bit far but Winnipeg is doable.

Of the three meets, I would rate the weather: Butte, cold; Sault Ste. Marie, colder and Anchorage, coldest. However, no one really suffered or complained. The Skaters come out, skate their race and go back into the warming house. I officiated at all three meets and didn't suffer. Well, maybe for a little while at Sault Ste. Marie when the wind came up. I'm sure it wasn't nice for the skaters either. As everyone knows, Shirley is a northern girl, who loves outdoor meets. As she says, "It's the purest form of the sport." That is how it all started 2000 years ago.

Some Skaters of Note

Joey Cheek ---- remember this name. Fresh out of North Carolina four years ago. Joey's parents sent him to Calgary to train for Olympic metric races. In Butte he skated his first pack style meet. He won all five Senior Men's races and broke all five records! A phenomenal skater. Guess what? He loves pack style. He approached me after the Nationals and said, "He had no idea how much fun pack style would be and could he skate in the North American Long Track also?" He repeated his performance at Sault Ste. Marie. He says he would like to get his friends in metric style skating to skate the pack style meets too. Despite the level he has reached in metric, his refreshing enthusiasm for pack, makes one think this unusually nice young man could be the perfect role model and spokesman for grass roots skating.

Catherine McLean, a 23 year old Sault Ste Marie woman, turned in a stunning performance to win the senior Women's Division. For her and the Sault Ste. Marie speed skating community, that was not unusual. What was astonishing is that she also played in five hockey games that weekend. Her boy friend kept a car warming up on side of the rink to whip her off to the next event. I'll bet she helped her team win all five hockey games too!

Danny Fredericks is another skater to watch. Danny is from Anchorage. He has been training in Salt lake City for the last four years. His performance in the National Marathon was spectacular. He makes the 25k and 50k look effortless. He won Both, of course, much to the delight of his adoring home town fans. After the 25k and 50k, the 10,000 meter should be nothing to this young man.

Crucial Convention Coming

The ASU Convention, May 21-23, in Oconomowoc, Wisconsin may be the most important meeting the ASU ever held, because it could determine the future existence of our 72 year old organization. We urge all of you, who really care about this sport, to attend the Convention. At least make your feelings known about the merger to those who will represent you at this meeting.

Each Association is entitled to send one Board of Control Representative, three delegates and three alternate delegates to the convention. That's just the official "delegation." You may also attend the convention as an interested and concerned ASU member. You will have opportunity to voice your views on the many important issues facing the ASU.

ASU Receives a Grant

At the end of 1998 the ASU received a surprising but very welcome donation with the following letter:

We are pleased to inform you that your organization has been approved as a USA Foundation supported organization. Enclosed please find a check in the amount of \$1,000.00, which we are glad to distribute to you on behalf of the Milan V. and Dorothy V. Novak Family Foundation, at the request of Drs. William and Mary Sand. William and Mary Sand are happy to have a foundation that can provide some financial support to your organization. Hopefully, we will be able to provide future support to your worthwhile efforts.

The old timers in our organization (and the not so-old timers) will well remember Dr. Milan and Dorothy Novak, active members of the Illinois Association, members of the ASU Hall of Fame and parents of three speed skaters; Mary, Raymond and John. They founded and edited the early issues of The Racing Blade and set up the Novak trust Fund for novice promotion, which the ASU had access to in the early 1980s.

Mary sand explained, that her parents set up the Novak Family Foundation with the stipulation that each of the three children would have a share of it to be donated each year to the worthy cause of their choice. Thank you Mary and Bill for choosing the ASU.

The ASU officers have discussed the possibility of using the grant to set up an Endowment Fund for Novice Development. I know the senior Novaks would be pleased.

Hall of Fame Member Honored

Kit Klein, Hall of Fame member and World Champion skater, came to our attention recently. When a representative of the USOC called to tell us that she was one of 75 athletes to be honored by General Mills in its commemoration of 75 years of featuring champion athletes on its Wheaties box. They are going to have a contest to pick the top ten champions.

They needed to know first if she was still living. She died several years ago. Then, who was the closest living relative. That wasn't so easy.

Kit was married but did not have children. Her closest relative was her brother, Al Abgott, who died in 1997. I did track down Al Abgott's daughter, Debbie Abgott. She now owns Al Abgott's publishing company, Partners Press, in Buffalo, NY.

Kit Klein was a spectacular skater. She reached her peak in 1936, when she appeared on the Wheaties box. After retiring from competitive speed skating, she developed a skating show and took it on the road. She included her pet poodle on its own skates in the show. The poodles' skates are in the ASU Speedskating Hall of Fame. She left \$10,000.00 to the ASU for the Hall of Fame. That started the ASU Hall of Fame Endowment Fund.

Nomination Requests and a Job Opening

The Nominating Committee Announces

John Camilli is the newly elected Skaters' Representative to the ASU Board of Control. His term will end on May 31, 1999

Nominations for Skaters' Representative

The nomination deadline for Skaters' Representative to the ASU Board of Control for the term beginning June 1, 1999 has been extended to May 15, 1999, because no nominations have been received.

The nominees must meet these three requirements:

1. Junior or older skater, in good standing with their Association and the Union.
2. Actively competed for a minimum of the three previous seasons.
3. Not representing an Association on the ASU Board of Control.

Send your nomination and a brief biography before May 15 to:

Shirley Yates, ASU Executive Secretary
ASU National Office
1033 Shady Lane
Glen Ellyn, IL 60137-4822

Nominations for the Offices of Secretary and Treasurer

After 16 years as the ASU Secretary and Treasurer, Shirley Yates is planning for her retirement. Shirley would like to serve through the 2000 Convention. To provide for a smooth transition, we are requesting candidates to submit their names now so this person(s) may work with Shirley for some time before stepping in fulltime. Shirley has filled both positions of Secretary and Treasurer, however these positions can be filled separately. If you are interested in serving in one or both of these positions, please submit your name to Dennis Marquard before the 1999 Convention in Oconomowoc, WI on May 21-23, 1999.

Send Nominations for ASU Secretary and ASU Treasurer to Nominating Committee Chairman

Dennis Marquard,
2418 Bassett Rd.
Westlake, OH 44145

phone: 440-899-9577
fax: 440-899-0109
E-mail: usskate@ix.netcom.com

ASU Advertising Manager Sought

The ASU is looking for a new Advertising Manager. Tim Affholter is resigning, so he can have more time to spend with additional family responsibilities.

Be among the first to learn about new and exciting developments in the sport of speed skating! Get your finger on the pulse of the speed skating world!

Duties include contacting current and potential advertisers, billings, maintaining records of transactions and writing reports to the ASU. This is a volunteer position for an enthusiastic person who would like to communicate with interesting and fun speed skating enthusiasts from across the country and around the world. The time required may be as little as four or five hours every other month or as much ten hours a week, depending on their level of involvement and enthusiasm.

**Contact: Tim Affholter by E-mail TheRacingBlade@juno.com
or phone 313-386-7210**

He will be happy to show the new Advertising Manager the ropes and train anyone who has no experience but is energetic and excited about this position.

Obituararies

Juan Cruz Williams 12/14/32 - 2/17/99 A Life of Speedskating

by Stan Zompakos



All of his medals would fill several jerseys. Many display cases are required to display all of his trophies. His skating photos fill three albums. He skated before many thousands of spectators at Madison Square Garden in the New York Silver Skates. For five decades he was a force to be reckoned with in the sport of speed skating. Juan was a viable competitor in all competitions from local to National class - short track, long track, marathon and inline. When he was in his 60s he was able to beat experienced skaters who were still in their 20s.

Ninety-nine to go he would call out after his first lap of the track at Flushing Meadow, and Bill Lanigan, Bob Finkel, Peter Askin and more top skaters would get on the pace line, with Juan in front. Others would join in for a few laps and then pull off. Occasionally some others would make a move to pass, but never an inside move. No one ever skated a tighter track than Juan.

Nick named 'Sammy' because of his amazing likeness to Sammy Davis Jr., he was a peaceful man, a friend to every one. No one ever saw him get angry at anyone - it didn't

seem possible. But he was tough too. A body builder, a member of a championship softball team - one of his hobbies was restoring motorcycles. He was a father and a brother too.

Fifty to go he counted off, the 100 lap interval half over. Only a handful of skaters would finish this workout with him. Slowly the laps counted down. Slowly the winter turned to spring. Slowly the years went by. Juan Williams is gone. We will always miss him.

Mary Jonland, Died January 23, 1999

By Larry Ralston

Mary was the widow of former ASU president, Einar Jonland (1972-74) and sister of Hall of Fame member, Chuck Burk. She was also the mother of 1972 Olympic Team member, Gary Jonland.

Mary was a former professional skater, who performed with the Ice Follies and was a featured solo performer at many Chicagoland ice shows prior to her marriage. She is survived by her sons: Brian, Gary, Todd and Eric.

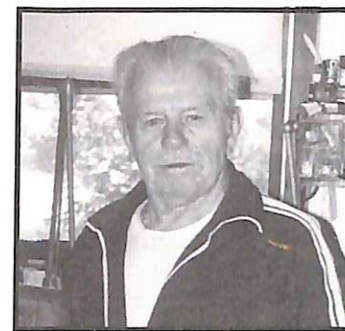
Services were held in Franklin Park, Illinois on January 27, 1999.

Obituararies

Dick Westlake

Died February 7, 1999

by Shirley Yates



Dick Westlake died February 7 of cancer, which he battled for three years. He was a month short of 87 years old.

For the ten years that Bob Vehe was editor of The Racing Blade and the ASU Speed Skating Handbook, Dick was the artist, pro bono, of course. They collaborated on many memorable covers for The Racing Blade and ASU Speed Skating Handbook. Bob Vehe had the utmost respect and admiration for this man's professional artistic expertise.

Dick and Evelyn had seven children and were active in the Mount prospect Club. Dick's involvement in speed Skating went all the way back to 1928 when he skated in the Chicago Silver Skates. He served as an Assistant referee, called a patrol judge back then, and recalled the problems they had with ice back in the old days. They only had outdoor ice then. At a meet once in Garfield Park in Chicago, he said the officials were on an island around which the competitors skated. The officials had to be rescued by row boat when the ice started deteriorating.

Ken Kearney

by Shirley Yates

Word has been received of the death of Ken Kearney, past Executive Secretary of the ASU. Mr. Kearney and his wife had lived in Seminole, FL for many years. They moved to Hampstead, New Hampshire last year. Because, as Evelyn explained in a letter to us, "We moved here in July to be near our daughter as Ken is suffering from Alzheimer's." He is doing pretty well and has flashes of memories long gone. Our sincere condolences to Mrs. Kearney and her family

Reprints of The Racing Blade, TRB, are Available

The Annual Issue, number 1, with simple Racing Rules are only \$1.50 each
Every new skating family should have a copy of the Annual Issue of the TRB

Regular Issues, numbers 2-5 are \$3.00 each

Available from: Shirley Yates, ASU Executive Secretary

1033 Shady Lane
Glen Ellyn, IL 6017-4822

THE ATHLETE'S KITCHEN DINNER IN THE FAST LANE

Copyright: Nancy Clark, MS, RD

"Between soccer, swimming, basketball, and baseball, as well as music lessons, Girl Scouts, and PTA meetings, dinner has all but disappeared from our family. I'm not sure my kids know what a cooked vegetable looks like anymore..."

"When I get home at night, I rarely feel like cooking dinner. I just graze, starting with crackers, ending with frozen yogurt." "I only eat real dinners in a restaurant. I don't cook for myself."

Dinner time has disappeared from the schedules of many active people, including athletes who arrive home too tired to cook, and sports kids who have team practice in the midst of family dinner hour. If this sounds familiar, you may wonder how you can improve the healthfulness of your evening eating, given the craziness of your busy lifestyle. The following tips are designed to help you eat well, even in the midst of chaos.

Tips for non-cooks. If you don't cook but simply graze throughout the evening, you should at least try to eat a variety of foods (as opposed to just one box of crackers).

Target choices from three different food groups. For example, this could be: cereal, milk & banana; bagel, peanut butter & yogurt; crackers, lowfat cheese & apple; sandwich bread, turkey & tomato. These are nicely balanced choices and a fine alternative to a cooked dinner.

One key to healthful evening grazing is to have the right kinds of food around. Clearly, good nutrition starts in the supermarket. Be sure to schedule in food shopping--perhaps every Sunday or Monday evening after you have eaten. Do not shop hungry--too many goodies jump into the carts of hungry food shoppers!

Tips for minimal cooks. While food shopping, take time to explore the frozen food section. You'll likely find some healthful meals. This might include: Swanson's Hungry Man turkey dinner, frozen bean burritos, frozen ravioli, frozen veggies (including the meal starters such as Green Giant's Create-a-Meal). Other nonperishable items include cans of hearty bean soups, tuna, and refried beans, and even packets of instant oatmeal.

Tips for active people who work long hours: One trick to eating better at night is to stop coming home starved. Don't wait until 9 p.m. to have your biggest meal; fortify more by day! Athletes who arrive home ravenously hungry commonly lack interest in cooking--or even in eating healthfully. Rather, they simply eat the first foods they see--chips, cookies, ice cream, and "junk."

Active people tend to get hungry at least every four hours. That is, if you eat breakfast at 8:00 a.m., you'll be ready for lunch at 12:00 noon, and snack (or a second lunch) at 4:00. Honor your hunger rather than try to "hold off" until dinnertime. Why wait to eat when your body wants and needs the energy now?

Fueling adequately by day provides the energy you need to 1) cope with a hectic lifestyle, 2) fuel your exercise program, and 3) control your weight. Plus, fueling by day allows you to arrive home with enough energy to make reasonable food choices. You will be less cranky and less frantic to "stuff some food into your mouth." You will eat less, spare yourself the discomfort of overeating, and simultaneously keep the scale from creeping upwards.

Athletes who are trying to lose weight should be particularly careful to fuel appropriately during the day so they will then be able to "diet" at night. After all, the evening is the best time to cut calories. This contrasts to the standard pattern of dieting at breakfast and lunch, then blowing the diet at night--a vicious cycle that gets dieters nowhere and leaves them feeling out of control. Tips for take-out. Today, you can easily eat well balanced take-home meals. Most quick service restaurants have healthy options. Boston Market has turkey and veggies. Shrimp with vegetables and steamed rice from the Chinese restaurant is a good choice. Roast chicken, salad, and whole grain bread from the grocery store is also convenient. A grilled chicken sandwich, orange juice, and a milk from McDonald's passes inspection, as does a bagel, soup, and juice from Dunkin' Donuts, and veggie pizza from Domino's. Again, the trick to making wise food choices is preventing the hunger that makes the nearby treats more appealing. Tips for health protection. The biggest nutrition problem with missed dinners is a reduced intake of vegetables. To help compensate and boost your intake of these health protectors buy packages of baby carrots and snack on a daily handful. Munch on tomatoes and green peppers, as you might munch on an apple. Serve extra tomato sauce on pasta. Enjoy generous portions of vegetables when you do eat a traditional cooked dinner. A big pile of veggies three days per week helps compensate for the veggie-free days with lackluster meals. Take advantage of frozen vegetables. A freezer well stocked with broccoli, spinach, winter squash, and carrots offers nutrient-dense choices. Frozen veggies are a simple alternative to "fresh" and have more nutrients than the wilted gems you might otherwise pull from your refrigerator.

The bottom line: Be responsible! "No time" is no excuse for a poor sports dinner.

Nancy Clark, MS, RD offers personal nutrition consultations at SportsMedicine Brookline in the Boston area. Her popular Sports Nutrition Guidebook, Second Edition is available at your local bookstore or by sending \$20 to Sports Nutrition Services, 830 Boylston St., Brookline MA 02467. Or visit www.nancyclarkrd.com

Corrections to 1998-99 Speed Skating Handbook

Bill Houghton, Handbook Editor

Constitution:

Page 15,

Article V, paragraph 3: Territory for Northeast Association.

Delete the words: *and the State of Connecticut except Fairfield, Litchfield, and New Haven Counties.*

Add the word *and* before the words State of Maine.

Then the territory of Northeast association should read as follows:

NORTHEAST--State of Massachusetts except Berkshire County, State of Rhode Island, State of New Hampshire, State of Vermont except Western Vermont, easterly to Route 7 to Route 100 to the Canadian border *and* State of Maine.

By-Laws

Page 21,

Article II, Paragraph 17d: Change the capitilized word: *Committee to committees.*

Then paragraph 17d should read as follows:

The ASU President will appoint U. S. Speedskating Board Committee members to the U.S. Speedskating committees in accordance with U. S. Speedskating By-Laws.

Page 22,

Article III, Paragraph 2: Delete the word; *and*, which precedes the word nominating. Insert between nominating and electing these words: *and electing.*

Then the first paragraph of section 2 should read as follows:

2. A standing Hall of Fame Committee consisting of five (5) members elected to staggered five (5) year terms shall be responsible for establishing the criteria for consideration as a nominee for the Hall of Fame and for soliciting, screening, nominating, *and electing* skaters and non-skaters to the Hall of Fame.

Article III, Paragraph 3: introductory paragraph. Add the sentence: *Said election shall be held at the ASU annual Convention immediatly following the Winter Olympics*

Then the introductory paragraph of section 3 should read as follows:

3. A U. S. Speedskating Board Members Committee consisting of eight members will be elected every four years by the Board of Control for membership on the U. S. Speedskating Board of Directors and its President's Advisory Board. Said election shall be held at the ASU Annual Convention immediately following the Winter Olympics.

Page 31,

Article VII, Paragraph 14: insert the word *annually* between the words fixed and by.

Then paragraph 14 should read as follows:

14 The ASU will provide a subsidy to the respective sponsoring Associations of the National, North American, and Marathon Championships. The subsidy may be up to \$2,500 for the National and North American and \$1,000 for the Marathon Championship. The amount shall be fixed annually by the Executive Committee at the fall meeting based on a review of the Union's financial condition. The subsidy shall be a pro rata share of the above maximum amounts. If the event is not held, the subsidy must be returned in full to the Union.

Racing Rules

Page 53

Article V, Paragraph 1: delete the sentence: *One of the skaters shall be a reserve who shall take part only with the consent of the referee.*

Then paragraph 1. Will read as follows: Teams shall consist of one (1) Male and one (1) Female team from each association, of five (5) skaters, four (4) of whom shall take part in the race.

Pages 53 and 54

Article V, Paragraph 2: delete the entire paragraph.

Then renumber subsequent paragraphs.

Page 54

Article V, paragraph 11 delete the entire paragraph.

Page 58 and 59

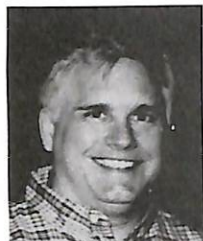
Article IX, Paragraph 3: delete the word *and* before Midget boys and insert the words *and Pony* between the words Midget and boys.

Then then the introductory part of paragraph 3 will read as follows: Selection of skaters to participate in Short Track and Long Track U.S. National Meets shall be by the individual member Associations. There shall be no Association quotas for the National Marathon Championships. Exhibition classes may be skated provided that classes younger than allowed by ASU rules shall not be skated at National and North American meets when held in the U.S. The number of skaters to be entered by each Association in each class: Master 60+ men, Master 50-59, Master 40-49, Master 30-39, Senior men and women, Junior, Juvenile, Midget, and Pony boys and girls shall be determined as follows:

National Short Track Champions

Page 171

1998 Master Men. change Paul Marchese, NNY to John Camilli, MI



1999 ASU SUMMER CAMPS

David Kennedy, ASU Camp Chairman

COMBINED APPLICATION FORM

Again this summer, the ASU is presenting two development camps for young skaters. (Planning for an open camp is still underway. Information will be sent to Clubs and Associations.) Please provide all the requested information, indicate which camp you are applying for on the back, sign or have your parent or guardian sign the release and return the entire form to the address below by April 15th. Complete registration materials will be mailed to you approximately one month before the camp.

APPLICANT INFORMATION:

Name: _____ Birth Date: _____ M/F _____

Address: _____ ASU #: _____

Tel. #: _____

Brief Description of Skating Experience: _____

WAIVER, RELEASE AND ACCEPTANCE OF RESPONSIBILITY

Please register me or my minor child as indicated above in the 1999 ASU Summer Camp program selected on the reverse side. I understand and acknowledge that speed skating and activities in connection with training for speed skating are inherently dangerous and may result in serious bodily injury including paralysis or death. I knowingly and freely assume those risks. In consideration of your acceptance of this application, I hereby, for myself, and for my heirs, executors, administrators and assigns, waive and release any and all claims for damages against the ASU, US Speedskating, USOC, the host facilities and any of their officers, officials, volunteers, employees, sponsors, agents representatives, successors or assigns, for any injuries that may be sustained as a result of participation in this camp. I acknowledge that I have read this waiver, release and acceptance of responsibility, and I accept its terms freely and voluntarily.

Applicant/Parent or Guardian: _____ Date _____

(Parent/Guardian must sign if applicant is under 18)

Please return by mail to :

David Kennedy

ASU Summer Camp Coordinator

107 Central Ave.

Glyndon, MD 21071

Or fax to: (410) 576-6880

DEVELOPMENT CAMPS

These camps, co-sponsored by US Speedskating, are open to 25 ASU and CASSA registered skaters aged 12 (as of date of camp) > 25 who are approved by their coach as prepared to participate in an intensive, week-long training program. These camps include daily on and off-ice training sessions under the supervision of a US Speed-skating coach.

Please note: only the NMU camp is approved as of February 26th. The Lake Placid camp will probably be approved but it is possible it may not be approved or the dates may be changed. Also, please note, ice time may be limited at the NMU camp due to construction of a new arena there. If either camp is oversubscribed as of April 15th, preference will be given to those aged 12-17, then participants will be chosen by lot. Applications received after April 15th will be considered on a first-come, first-served, space-available basis. Note: Fees subject to change; due at start of camp; don't send money now.

Marquette, Michigan USOEC, June 27-July 3 (approved) Fees: \$50

Lake Placid OTC, August 1-8 (still tentative) Fees: \$50 plus OTC room and

board charge of approx \$210 for non-free access skaters.

Coach's Approval _____

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ShortTrack

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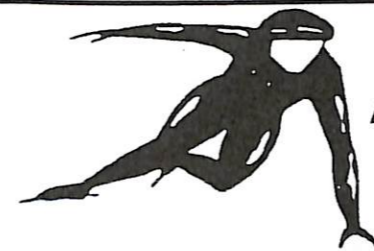


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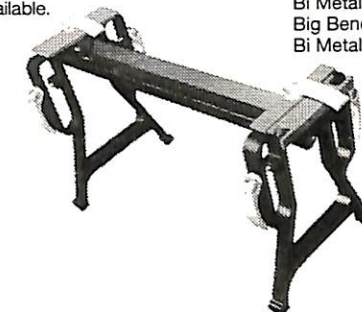
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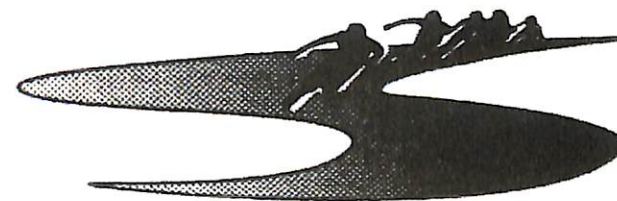
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