

The Racing Blade®

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National Ice Speed Skating News
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The Racing Blade

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

Letters to the Editor, articles of interest, and features about an Association's officials or skaters should be sent to the Editor, Bill Houghton, 2420 Morningside Drive, Lawrence, Kansas 66047-3816. Phone: (785) 865-4328. E-mail: houghton@lawrence.ixks.com. Preferred method of submission is by e-mail. Items sent from a PC can be Word, WordPerfect, text, or embedded in the message. Those sent from a MAC need to be text or embedded in the message. Items mailed to the above address should be in a large plain font, double spaced, one side only on white paper. All photos are welcome. They can be e-mailed as tifs or sent regular mail. Include a self-addressed envelope if you want photos returned. Items can also be faxed to the Editor at (785) 865-4328. This is both a voice and data line so it will be necessary for you to call first to have the fax software brought up.

Further information about speed skating, becoming a member of the Amateur Speedskating Union, or establishing local organizations can be obtained from the ASU National Office, Karen Kostal, 0 S 651 Forest Street, Winfield, Illinois 60190-1541. Phone (630) 784-8662. Fax (630) 784-8667. E-mail: asukostal@aol.com. The ASU is a non-profit charitable organization. Donations are tax-deductible.

Requests for advertising information should be addressed to the Advertising Director, Joe Balbo, 17000 Hilliard Road, Lakewood, Ohio 44107-5427. Phone: (216) 221-1398. E-mail: pakins@buckeyeweb.com.

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|---------------------------|----------|
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| Half Cover | \$110.00 |
| Full Cover | \$200.00 |

Ads are normally black and white, camera ready.

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Editor's Notes

First, an apology--I had planned to put out an Annual Issue similar to those done by my predecessor. Unfortunately when it came time to lay out The Racing Blade I was very busy moving to our new place. It was a "strike while the iron is hot" situation with little notice. Our house still looks more like a storage locker than a home.

By now you have noticed some radical changes. I do not plan to make them permanent. These changes were necessary to be able to publish in a timely fashion.

Help! Help!

I need pictures. These can be anything relating to our sport and the people in it.

You will find a lot of material about our elite skaters in this issue. This is as it should be but there are a lot more skaters that haven't made it to the elite level. I am sure that our readers would also like to have articles about the skaters and parents at the club and association levels. My goal is to achieve a better balance. Only you can make it possible for me to reach my goal. I want every association to designate a correspondent to furnish The Racing Blade with local news. Letters to the Editor are always welcome.

The Racing Blade is one of the biggest single expenses that the ASU has. To help defray the cost of its publication we need advertising. Please contact Joe Balbo, our Advertising Director, if you have something to advertise. More information about advertising is listed elsewhere on this page. If you have an ongoing ad it would be easiest for us if you order it for the year, rather than for each issue.

There will be three more issues this year and I will try to get them out in a timely manner. The revised deadlines are listed below along with the time-sensitive material that they will contain.

Thank you for your help.

Bill Houghton

Deadlines:

February 7, 2001 National Marathon, National Long Track Results, Merger Discussion, Pre National and North American Short Track Championships Information

April 3, 2001 North American Long Track Results, National and North American Short Track Results, Pre Convention Information, Summer Programs

June 5, 2001 Convention Results

NATIONAL LONG TRACK CHAMPIONSHIPS

The 2001 ASU National Long Track Championships will be held on January 27-28, 2001 at the John Rose Oval in Roseville, Minnesota. The meet will not be held in Salt Lake City, Utah due to construction issues. The tentative race times will be Saturday from 9:00am - 1:00pm and Sunday from 9:00am - 5:00pm. Check the meet entry form to verify the time. The Meet Director is Jim Chase, 612-377-5105, email is nordj@pmlink.com

There are no Association quotas this year for competing at the National Championships. However, the suggested qualifying time is 1.25 times the national record for the shortest distance skated for each class. The times and qualifying times are the responsibility of the skaters' home Association.

We are all disappointed that the rink at Salt Lake could not be ready for the Nationals. Many thanks to Garth Linder and his committee for all of their hard work. We will be looking forward to a National Championship being held there in the future. And kudos to the Greater Minnesota Skating Association for so willingly hosting the National Long Tracks this year on short notice. Show your support and plan to attend - it should be a great outdoor meet, which is always fun!

SENIOR MEN! Here is another reason to attend the Nationals in Minnesota this season: **\$600.00**. Thanks to Erik Henriksen who donated pins for an auction with the purpose of raising funds to go to the Senior Men Class Champion at the National Long Track Meet. The auction netted \$600.00 for some talented skater!

NORTH AMERICAN LONG TRACK CHAMPIONSHIPS

February 3-4, 2001 at Winnipeg, Manitoba, Canada

This should be a fun event. ASU is once again chartering a bus to this meet. Anyone can ride the bus, regardless of Association, but it is designed for folks from Illinois, Wisconsin and Minnesota. This will be AT NO COST (yes, that means FREE!!) to skaters and \$80 (round trip!) to non-skaters from Chicago and Milwaukee and \$60 to non-skaters from St. Paul/Minneapolis pick-up. You have to have signed up by January 4th

The bus would leave from the Chicago area on Thursday, Feb 1st in the afternoon, pick up passengers at the Pettit Center in Milwaukee, and then pick up passengers in the St. Paul/Minneapolis area. The return trip would begin Sunday evening with the final drop off at the same Chicago area location Monday evening, Feb. 5th. We planned for a 49-passenger luxury bus with cloth recliner seats and individual reading lights as well as VCR. The trip from Chicago to Winnipeg is estimated to be about 22 hours. Stops will be made to change drivers and for food and rest.

The last time we chartered a bus, the feedback was great. Those using the bus said it was a lot of fun. Of course, once in Winnipeg, the bus is available to drive from the hotel to the ice and to restaurants etc. in the evening. These plans are tentative. They will be finalized once we have an idea of how many reservations we have.

PLAN TO ATTEND THIS FUN MEET AND CHALLENGE OUR NEIGHBORS TO THE NORTH! The FREE, yes FREE, bus ride will allow for rest, relaxation, reading, HOMEWORK, movie watching as well as a chance to mingle with your fellow skaters.

And, for those skaters not able to get to the bus pick-up sites (skaters who live outside of Illinois, Wisconsin, Minnesota), there will be travel awards available. Yes, CASH! The awards need to be applied for. The amount will be decided based on the number of applicants. The amount should be in the range of up to \$200 - \$300 per skater and would be payable upon submission of travel receipts from the selected skaters. Since we are providing a free bus to Illinois, Wisconsin and Minnesota residents, priority will be given during the selection process to skaters living outside these states. However, if special circumstances warrant, skaters from these states may apply.

To apply, send a letter of application to ASU, 0S651 Forest, Winfield, Illinois 60190 stating: Name, Class, Address, Phone, email, Association, and a paragraph stating your skating experience, accomplishments and why you should get this award. You can't win if you don't apply! Call Karen Kostal at (630) 784-8662 or email at asukostal@aol.com with questions or comments.

International Seniors' Speed Skating Games

The International Seniors' Speed Skating Games will be hosted by Quebec, March 2-4, 2001. There will be 150 skaters from nearly a dozen countries.

ASU - U.S. Speedskating Merger

The next Racing Blade will be a 'merger' issue. We invite readers to submit opinions and questions and letters to the editor regarding the proposed merger of the ASU with US Speedskating. The officers of the ASU will each write a brief article and we will invite other 'guest' authors to do the same. Why are we doing this? At the ASU convention this spring there will be a vote on whether to merge with US Speedskating or not.

We want the delegates and Board of Control to be informed and to be able to inform their constituents. We want you, the skater and skater parents, to understand the issues. Items for publication must be submitted to the Editor of the Racing Blade by February 7th.



President's Comments

By Duane Riley

What a year. We have been slow starting this year, but hope to have everything on track soon. I sincerely hope everyone will support us by attending the Nationals and North Americans. They should be excellent events this year.

The National Long Track will be in Roseville, MN and the people in MN know how to put on a first class meet. So put this on your calendar now and plan to attend. We will have a bus going to Winnipeg for the North American Long Track this year. This is a wonderful way to attend a competition, and spend time with the U.S. skaters.

I will be at all the National and North American competitions, and all other events I can attend. Please do not hesitate to talk to me about any questions or concerns you have. Our sport is made up of people who love speed skating and that makes it the great sport it is.

The Racing Blade has been assigned to a new editor and with your support will be just as good as ever. We need articles and skating information. Also, ads would be nice. What better place to advertise anything of interest in skating. If anyone has a suggestion for articles or ads* please contact Bill Houghton, Karen Kostal or me.

We plan to go ahead with our merger plans with U.S. Speedskating, but more than ever we need all the support we can get for ASU. We must stay strong for the development of our sport. The next convention will be a very important one, with a final vote on the merger. Also, start thinking now of any rule changes you may plan to submit. We require these changes early, and once we are into the large competitions it may be too late.

Please plan to attend the convention. Your vote will be counted!

Karen Kostal, our new secretary, is doing a spectacular job with the National Office. She has the office running like a precision clock. She has new catalogs and information for clubs, just contact her for whatever you need.

As we move into the mid-season, remember we all need to pull together to increase the interest in our sport and make it the best sport possible.

Have a great season – **SPEED SKATE.**

*Editor's note: Ads will ultimately go through the Advertising Director, Joe Balbo, before being placed in the Racing Blade so you can go directly to him if you like.

Promotion

By Al Menghi
Vice President
Promotion



How can we grow our sport? Face the facts - we are a small sport and struggle to maintain our current level of participation. Short of a miracle, we will stay that way for the near future. Right now we need to grow skater by skater. Everyone of us must work to promote our sport. While we are doing that, we need to develop some long range plans to promote interest in our sport on a larger scale. With the Olympics right around the corner, we have to do all we can to capitalize on the exposure we will receive. How can we do this?

Right now - Let's concentrate on what we can improve on, like the flow of information. Take greater advantage of the internet. Visit U.S. Speedskating's web page (www.usspeedskating.org). Check out the news. Click on the ASU's link. Check out some club web pages. Most importantly, sign up for the e-mail news lists. Don't have a computer? I'll bet your library does. There's a lot of good information right at your fingertips. Stay in touch with what's going on.

Doc Savage has a growth and development scrapbook. It has a lot of information every club can use. Get one. Don't forget that the National Office has several promotional items available. Every club doesn't have to "re-invent the wheel" for themselves. Eliminate unnecessary duplication of effort by taking advantage of the resources available out there.

We should all remember that we are each ambassadors for our sport and should act accordingly. Welcome every new skater; first impressions are very important. We need every skater.

Promotion? Everyone can do more. Hang up some speed skating pictures at work or at school. Put a speed skating bumper sticker on your car (or at least one of those little Viking stickers). Wear clothes with skating logos. Tell your friends to check out your club's stuff on the internet. Speed skating is cool - let everybody know you are a speed skater.

We have a great sport. We are a great bunch of people. Can you think of any sport with better role models for our children? There is no reason why we shouldn't be more popular.

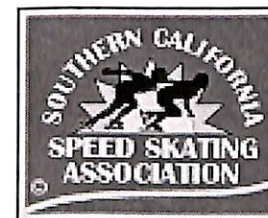
Probably our biggest disadvantage is that speed skating is hard work. Let's turn that around - we are not participants in an obscure sport; we are members of an elite

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Promotion (continued from page 2)
fraternity. Yeah, we could do other sports, but we don't; we speed skate. Let's inform the rest of the country that, if you've got what it takes and you aren't afraid to do a little work, maybe you could join us. Too extreme, or am I onto something? What do you think?
Any ideas? Want to help? We are working on updating several of our publications. Let me know. Al Menghi, 111 Rope Ferry Road, Waterford, CT 06385-2619, (860) 439-1619, ameng@aol.com.



The MASA is hosting a full schedule of ice time for the 00/01 season. Tuesdays and Thursdays, the Flushing Meadow Speedskating Club has workouts at the Flushing Meadow Rink from 8:00-9:30pm. The Garden State club is hosting workouts at the Mennen Arena on Mondays from 8:30-9:45pm. East Coast SSC has ice time at the Brewster Rink on Mondays from 7:45-8:45pm with dry land training starting at 6:30pm. The Yonkers Club is hosting workouts at the Yonkers rink on Wednesdays from 6:45-7:45pm, and at White Plains rink on Thursdays from 8:30-9:45pm. The Newburgh Club has workouts at the Newburgh rink on Tuesdays from 7:15-8:30pm. In addition the Brewster Rink is hosting ice time for speed skating on Wednesday mornings from 10:00am till noon. For more information about these workouts contact the following: (Flushing) Carol Moore (718) 423-0351, (Garden State) Mike Fornino (732) 775-0490, (Newburgh) Chris Hawkins (914) 236-3473, (Yonkers) Bob Smith (914) 769-6039, (East Coast) Hanne Michell (914) 855-506.



By Sue Perles

SPARKS Playoff Game - Go LA!

Young skaters from the Southern California Speed Skating Association and the newly formed HealthSouth Speed Skating Club would like to give a big thank you to the LA Sparks and Nike for treating them all to tickets to an action packed Los Angeles Sparks playoff game. The Sparks took to the court in front of a near capacity crowd to win the second round of the Western Divisional Playoffs of the WNBA.

The Sparks practice at the HealthSouth Training Center in El Segundo, California. HealthSouth is also the practice facility for the Los Angeles Kings and the World Champion Los Angeles Lakers. The HealthSouth Training Center is now the home for our newest speed skating club, HealthSouth Speed Skating Club.

We speed skate at the HealthSouth Training Center every Sunday evening. HealthSouth Training Center is located near to the Los Angeles airport. If you are in Southern California, come join us for a speed skating session. For the latest news and updates, everyone is welcome to visit our website at www.healthsouth.iwarp.com.

Sue Perles
President
HealthSouth Speed Skating Club



By Suzanne Strauss

At the annual meeting of the Pittsfield Parks Speedskating Club, new officers were elected. Marjorie Cohan, past president, handed the gavel over to Ed Basinski, the newly elected president. Arthur Milano was elected as vice-president, and Pat Peaslee agreed to continue as Secretary-Treasurer, while training Anel Lampiasi to take over.

Pittsfield's Club got off to an early start in August with dryland training being led by Bill Eisenmenger. Bill has agreed to coach this year, and has already upgraded our technical understanding and drill sessions. Mark Pierson has taken the lead in coaching our younger skaters, and has them working hard. The Pittsfield Club has added ice time to their schedule by renting time in the Veteran's Memorial Rink in North Adams. Ice time was available on Fridays in December and is available January 5, 10, and March 2 from 8-8:50. Individual session charge is \$7.00 and all speed skaters are welcome.

Juraye Pierson, of Pittsfield Parks, organized a car wash in September, which helped raise funds to purchase some additional rental skates. We have found that making rental speed skates available helps encourage young people to try the sport without the major expense. Plans are underway for the annual Learn-to-Skate program during the Christmas break. This is a great way to interest young children in the sport of speed skating. Other club members have been busy planning the North Adams Speedskating Meet, scheduled for Saturday, February 24, 2001.

The Saratoga Winter Club once again held its weekend speed skating camp in mid-July with overflowing numbers of skaters in attendance. Sixty-two skaters participated this year, some from as far away as Wisconsin, Michigan and

Continued on page 4

Northern New York (continued from page 3)

Pennsylvania. Skaters learned on-ice and dryland techniques from Head Coach Pat Maxwell, along with Olympians Amy Peterson, Erin Porter and Kristen Talbot assisting. Saratoga speed skaters have been training on the ice since early September, with ice sessions three nights per week. New members seem to be joining the club on a weekly basis. Total club membership is now over sixty members, with an average attendance on the ice of twenty-five skaters at the early practice sessions. The Saratoga Winter Club is fortunate not only to have Coach Pat Maxwell head up the ranks of their coaching staff, but also to have the assistance of Tommy Porter and Gary Talbot. The latter two coaches work with the beginning skaters.

Saratoga hosted the America's Cup I competition on November 11-12, 2000, along with the Eastern States Short Track Competition. More than one hundred forty-five skaters from across the U.S. and Canada participated in this competition. This meet was also used to select the World Cup Team, which is currently skating in Japan. Saratoga Winter Club member Amy Peterson was the number one finisher for the weekend, and will continue again on the World Team. Skaters for the University Games were also selected this weekend.

Club Officers for the 2000-2001 skating season include: Sue Strauss, President, Joanne Farrell, Vice-President of Administration, Joe Okoniewski, Vice-President of Racing, Rich Strauss, Secretary and Tom Kopp, Treasurer.

The Syracuse Speed Skating Club had a bit of a late start this season due to an unexpected problem with the rink's compressors. All is well and the club is in full swing and continues to attract skaters. The SSSC will be purchasing additional skates for renting to new skaters. Having the rental equipment makes for an easier start for someone new to the sport. But having a charismatic coach who loves working with young skaters is a huge benefit. Introducing new skaters to the sport of speed skating is what Gretchen Burns really loves. It also helps that Gretchen has many athletic friends with children. Gretchen helps to spread the news and attract new talent. She coaches both the experienced and novice level skaters, adult and youth in combined groups. Her dedication to the sport has only helped the club grow.

In order to keep the skaters interested, the Syracuse club is holding their first annual snowball classic December 21st. It's the first in-house meet. With the lack of short track meets to attend earlier on in the season, this is the perfect way to keep the competitive spirit going. After the races, the club will be holding a pot luck dinner. After the holidays, the club will be preparing for the Syracuse All Points Meet, February 10, 2001.

Las Vegas Speed Skating Club Moves To an incredible New Location

Located 2 blocks off of the famous Las Vegas Strip, The Las Vegas Ice Garden sports two well groomed ice surfaces, allowing the club for the first time to provide a consistent, training program with 2 hours of ice time every Saturday and Sunday. The club continues to gain momentum and new members ranging from a delightful 4 year old, to senior skaters. The skaters are showing rapid improvement over the last fourteen months and are looking forward to the racing season with great anticipation. The club has incorporated and formed a direct membership club for the ASU and has partitioned for non-profit status. If granted it will raise sufficient funds to purchase mats and establish a racing schedule. We can't wait to hold the club's first meet and show off our spectacular city to our fellow skaters. If you come to town look for us at the Ice Garden Saturday or Sunday and bring a friend.

For questions and more information contact Ken Scholl at (702) 870-7134 or E-mail KScholl@aol.com or Ken Miller at (702) 656-0508 or E-mail miskiba999@aol.com.

HOTEL DISCOUNTS NOW AVAILABLE TO ASU MEMBERS

We have entered into an agreement to provide our members with an opportunity to get a 20% discount at Sleep Inns, Comfort Inns, Quality Inns, Clarion Hotels, Rodeway Inns, Econolodge Inns, Mainstay Suites Hotels (see below for logos). Place reservations by calling 1-800-258-2847. The identification number you will need to provide is 00801044. The ASU receives no rebates – this is a program that came to our attention that, hopefully, can benefit you. Reservations do not need to be in connection with a skating event. Actually, you will probably find that often the local rate negotiated for a host hotel will be lower than the discounted rate this program would offer. We felt, though, that this program may benefit you at other times. It's always worth a try! This program is called S.O.S. – significant organization savings.



MEMORIALS

We are sad to announce the death of two speed skating notables.

Charles Leighton, 82, of St Louis Park, Minnesota, Olympic speed skater, died in August. He was the father of Charles Leighton, Jr. and Judith Ramsey. He was the first in Minneapolis to qualify for the Olympics, which would have been held in Finland that year if it were not for World War II. He went on to win the 1-mile Olympic race in New York, which took the place of the Olympic Games because of the war. He skated until age 79, when a neck injury caused him to stop.

His son stated of his father that, "(Speed skating) helped shape his character and work ethic. He was a man of dedication and hard work and continued to follow speed skating after his competing days had ended. The friends he made while skating turned out to be lifelong friends. He often told stories of skating trips taken during the depression when he would have enough money for train fare and a hotel but wouldn't have enough money to eat".

It is with gratitude we thank the Leighton family and friends for the donations made to the ASU to help promote the sport and provide assistance to deserving young athletes.

Robert G. Petersen, of West Bend, Wisconsin, who died in October at age 86, on the day of the closing ceremonies of the recent Summer Olympics, participated himself in the 1936 Winter Olympics at Garmisch-Partenkirchen, Germany.

His son-in-law, Ken Allen said, "...he was the most remarkable man I ever knew...always worrying about others... At the 1936 Olympics, Hitler had stacked the deck against the Americans. Peterson lost 14 pounds during the events partly because the skaters had to trudge down the mountainside on foot to get to the skating rink. That didn't diminish the spirit of the skaters who were part of that group of athletes at the Games who decided to not dip the American flag when they passed Hitler."

It is with gratitude we thank the Petersen family and friends for the donations made to the ASU to help promote the sport and provide assistance to deserving young athletes.

The 2002 Winter National Senior Games

LAKE PLACID, N.Y. (October 17, 2000) - The National Senior Games Association (NSGA) has announced that Lake Placid, N.Y. will host the 2002 Winter National Senior Games - The Senior Olympics January 4 through 11, 2002. The 2002 Winter National Senior Games will bring together an estimated 2,000 senior athletes from all 50 states, the District of Columbia and Canada to compete in seven different winter sports.

With over 2,000 senior athletes anticipated to participate, the 2002 Winter National Senior Games will be on a par with the 1998 Olympic Winter Games in Nagano, Japan and the upcoming 2002 Olympic Winter Games in Salt Lake City, Utah. In 2000, male and female senior athletes ranging in ages from 50 to 99 and beyond competed in alpine skiing (slalom, giant slalom), cross country skiing (classic, free technique, 5K, 10K, 15K, 20K, 30K), curling, ice hockey (men's teams) and snowshoeing (100M, 200M, 1K, 5K). In 2002, speed skating and figure skating (singles, dance) will be added to the lineup.

This is the second consecutive Winter National Senior Games held in Lake Placid. In February 2000, Lake Placid, which hosted the 1932 and 1980 Winter Olympics, welcomed senior athletes from 21 states.

"We are very excited to once again bring the Winter National Senior Games and our dedicated senior athletes to Lake Placid," said David F. Hull, Jr., NSGA President and CEO. "Our inaugural event in 2000 was a tremendous success.

We will capitalize on that success in an effort to build momentum and athlete participation as we head into 2002. We are devoted to promoting healthy lifestyles for seniors through education, fitness and sports. Lake Placid will once again be a perfect venue to help advance our mission and movement."

The Winter National Senior Games will be held at former Winter Olympic venues in the Lake Placid region. Alpine skiing will take place at Whiteface Mountain, while cross country skiing and snowshoeing will be held at the Mt. Van Hoevenberg Cross Country Ski Center. Curling, figure skating, ice hockey and speed skating will take place on three of the four ice rinks at the massive Olympic Center.

"The state of New York and the Olympic authority are very excited to partner with the National Senior Games Association for this return engagement," said New York Governor George E. Pataki. "Lake Placid is about the Olympic legacy. Its place in the world includes athletes in training and competition in all age groups. The NSGA should be commended for its mission of promoting a healthy lifestyle, and we're happy they've chosen Lake Placid to carry that message to the world."

For more information keep an eye on their website www.nationalseniorgames.org or contact Karen Kostal at the ASU National Office.

SKATES AND WEIGHTS

After fifty years of being in "The Iron Game", as a weightlifting and powerlifting competitor, official and coach, I thought I had heard the last of the "weights are bad for you" discussion. Apparently I was wrong. In the March issue of the *Racing Blade*, self titled Expert coach (pending); Ann Marie Shrader puts forth once more the statement that skates and weights don't mix. What study or research does she use to back up her claim? None! This is just her opinion. There are no studies, scientific or otherwise to back her up. Quite the contrary, all studies and research prove again and again, that the stronger athlete is a better athlete.

The history of how weightlifting got a bad rap is an interesting one. Two of the most admired men for their physiques years ago were Eugene Sandow and Charles Atlas. Both had developed their bodies using heavy weights. In order to earn a living, they sold mail order training courses. There were few gyms and fewer places that sold weights. They claimed their bodies were developed with strand pulling and calisthenics, (Sandow), and dynamic tension, one muscle used against the other, (Atlas). They said that the use of weights was muscle binding or made you muscle bound. Athletes were told that the use of weights made you slow and inflexible, and your sport would suffer. If the coach found out you were training with weights you might be thrown off the team. It was so crazy that athletes were told you could do only ten pushups.

If you did eleven or twelve you would become "muscle bound". When I was in physical education school, in the 1950's this philosophy still existed. Athletes around the world knew better, however, and trained in secret to improve their performances. Some such as Lou Gehrig, Bob Feller, Jackie Jensen, Gil McDougald (baseball), Al Wiggins (swimming), Randy Turpin, John L. Sullivan (boxing), Henry Wittenberg (wrestling), Frank Stranahan (golf), John Thomas, Valery Brumel, (high jump), Bob Richards and Don Bragg, (pole vault), Alan Ameche, (football), and Bob Mathias (decathlon), were brave and told the truth... weights made them stronger and thus better at what they did.

How weight lifting became legitimate is also an interesting story. In the late 1930's Dr. Peter Karpovich, the chairman of the physical education department, at Springfield College decided to do a study, and publish a paper on the subject of why weightlifting was bad for you. He had heard the same old story and wanted to prove that training with weights made you "muscle bound", and would hinder your athletic performance. Bob Hoffman, owner of the York Barbell Company, and the force behind American weightlifting was asked to supply a few lifters to be tested. Hoffman responded to the challenge and brought to Springfield Mass., John Grimick, and John Davis. Grimick was a member of the 1936 Olympic Weightlifting team, and the current (1940) Mr. America. He was 5'9" and weighed 210 lbs. He was heavily muscled, and had 18" arms. He also could do full splits both to the side, and the front. While standing on an 18" box, he could touch the floor with his palms, with his knees locked. Davis was a former body builder who had become the world champion weightlifter at 181 lbs., when he was 17 years old. He was the current heavyweight lifting champion. (1940). Davis was a fabulous all around athlete, and could do a standing broad jump of over 10 feet. When Karpovich saw these two monsters, he knew that he was right. Weightlifting will make you muscle bound. At the end of a week of studies and tests, however, he was singing a different tune. These two lifters were flexible, and quick. Their vertical, lateral and horizontal jumping was better than anything he had ever seen. When Karpovich published his book it was titled "Weight training for Athletics". He had become a convert, and for the rest of his life he preached the value of training with weights, for sports activities. Since then every study has confirmed what weightlifters always knew, if you want to be good at what you do in sports, you better be strong.

What is strength? Strength is power, impetus, force. In physics, force is an influence tending to change the motion or stress in a stationary body. The formula for force is mass times acceleration.

Lean muscle mass is achieved by using heavy weights. Look at the athletes of today, as compared to the ones of yesterday. There're more muscular, bigger, stronger, and perform better than their predecessors. They jump higher, hit the ball farther, and yes skate faster. Look at the bodies of Eric Heiden, Johan Olaf Koss, Bonnie Blair. Then look at the bodies of Irving Jaffee, Edward Schroeder, and Leo Freisinger. Look at the times the modern skaters have over the older skaters.

Of course, expert coach pending, Shrader does not say not to train with weights, only during the skating season, and taper off before. Since the skating season is 6 months long, and a taper off period would be about a month, this would leave the athlete five months to get strong, and 7 months to get weak. Nobody makes progress that way. Athletes the world over, in all sports, train with "iron pills" year round. If you're the average speed skater, how much ice time do you get? If you're lucky you skate two or three times a week. Common sense tells you that you need more than ice time and dry land training to progress. Three sessions of proper weight training a week will improve your skating.

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Skates and Weights (continued from page 6)

Expert coach (pending) Shrader, has obviously not done her homework. The National teams, both short and long track, spend time in the weight room year round. College and professional teams have strength coaches that closely monitor the athlete's performances. The workouts may vary from season to season, but everyone trains year round. Dan Gable, Americas, greatest wrestler, even trained between matches at the 1972 Olympics. He took first place by the way with no points scored against him.

In conclusion, if you want to improve your skating, or anything else in sports, remember, $F=M \times A$, and lift those weights.

Bill Stone

The author is a former physical education teacher, currently a dentist. He was the Eastern Collegiate middle heavyweight weightlifting champion, Jr. Metropolitan and Eastern Masters champion. He is a registered official with US Weightlifting. He has been speed skating for 7 years. He and his son train weightlifters, speed skaters, and wrestlers, in their home gym.

THE ATHLETE'S KITCHEN

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Y2K Sports Nutrition News from ACSM

At this year's annual meeting of the American College of Sports Medicine (May, 2000), over 4,000 health professionals gathered to learn the latest exercise and sports medicine research. The following are highlights of some of the latest sports nutrition news.

PERFORMANCE ENHANCEMENT

Some athletes dilute their sports drink, thinking a weaker solution will empty from the stomach faster than does the full-strength beverage. (Not true.) A study with athletes who drank diluted (half-strength) Gatorade during 85 minutes of moderate cycling followed by a time trial indicates no benefits with either gastric emptying or performance. In fact, the times for the 3-mile time trial tended to be slightly faster with the full-strength beverage: 7:59 minutes for standard Gatorade, 8:13 min. for diluted Gatorade, and 8:25 min. for water.

Athletes who exercise for 3 hours or longer commonly hold off from consuming carbohydrates until the second half of the event. A study that compared performance in cyclists riding for 3 hours followed by a 20 km time trial suggests those who delayed eating hindered their performance (about 1 minutes slower) as compared to those who consumed carbs up-front. Fuel early for best results!

Training on an empty stomach is an out-dated and performance-limiting practice. The best way to improve performance is to consume carbs both before and during

exercise. Cyclists performed best when they drank a high carb beverage 30 minutes before and/or a sports drink during 2 hours of moderately hard exercise followed by a time trial. If you personally can't tolerate carbohydrates before exercise, at least consume them during exercise.

Double workouts are a common part of an athlete's training program. A study of 10 high school swimmers training twice per day showed reduced performance in their second workout. This raises the question: If performance improves most when an athlete works harder or longer, are double workouts (with reduced performance) worth the effort? Would more sleep in the morning be a better performance booster?

A survey reports high school athletes believe more players on the opposing teams take performance enhancers than do their own teammates. Such beliefs likely influence supplement use...

A survey of 31 freshmen college football players indicates 50% incorrectly believed 1) protein supplements were necessary for growth and development, 2) protein was the primary source of fuel for muscles, and 3) vitamin and mineral supplements increased their energy levels. Wrong, wrong, wrong! Nutrition education could save these athletes considerable sums of money!

CREATINE

Creatine continues to be scrutinized by exercise scientists and athletes alike. No wonder—it's a popular ergogenic aid! Questions arise: Does creatine cause adverse physiological effects, such as stressing the kidneys? No. A 56-day study (10 gms creatine/day) on kidney function in 18 active, healthy young men and women showed no indication of kidney problems.

Does creatine cause muscle cramping? One study looking at 6 days of creatine loading (about 20 grams creatine/day) indicates the athletes reported no problems with muscle cramping. Another study showed no significant difference in cramping between a placebo and a creatine group (5 days of creatine-loading plus 5 grams creatine/day for 11 weeks). The creatine group did report slightly more cramps (37% vs placebo 22%), but this was not statistically significant. Three individuals cramped frequently with the creatine, suggesting great individual variability.

CALORIE AND WEIGHT MANAGEMENT

Daily activity plays a significant role in burning calories and influencing body fatness. A study looking at the effect of physical activity on obesity in 218 women (ages 35-45) who wore an accelerometer (measures body movement) indicates the more active women had 16% less body fat than those who were less active. Inactive women were 3.6 times more likely to be obese compared to active women. This means: Keep moving; every step counts!

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The Athlete's Kitchen (continued from page 7)

Some exercise machines offer reasonable estimates for calorie expenditure. For example, during 30 minutes of exercise on an elliptical trainer (10 mins x level 6, 8 & 10 of 20 levels), the subjects burned 245 calories and the machine estimated 250 calories. Close enough!

Some athletes drink caffeinated fluids, believing the caffeine enhances fat-burning. A study confirms this is true, but continues to say that during a 40-minute step aerobics session, the subjects burned no additional calories with caffeine, thus did not create a bigger calorie deficit. Too bad burning fat differs from losing body fat!

If you wonder how many calories you expend during exercise, here's a sampling of some popular activities—

Kickboxing: 6.5- 8 calories/minute (based on 128-lb women)

Martial arts aerobic work: 9-10.5 cal/min (based on 175-lb men)

Taebo: 7-10 cal/min (based on 145-lb exercisers)

Elite soccer players: 850-1,200 calories in an official soccer match. (Expenditure varies according to position played.)

BODY FAT

Active people often want to know the best way to measure body fat. In particular, they wonder if the new, relatively inexpensive Tanita scale (a type of bioelectrical impedance analyzer) offers valid information. A study with 48 healthy men and women (average age, 33 years) indicates the scale underestimated body fat. The group averaged 25.5% fat with the Tanita scale, as compared to 28% with DEXA (a highly reliable research method to measure body fatness). The biggest discrepancies were seen at the extremes, in the subjects who were either very lean or obese.

Discrepancies commonly occur among the different ways to measure body fat. A study with 44 college students shows average body fatness ranged from 24.5% fat with calipers and RJL bio-electrical impedance to 19% fat with Tanita, and 17.5% with Omron (a handheld bio-electrical impedance unit). The discrepancies were larger for women than men. Comparing RJL with Omron, the women had a 10% difference; the men, a 4.5% difference. The best use of any method of measuring body fat is to compare changes in repeated measurements taken over the course of the year.

Nancy Clark, MS, RD is Director of Nutrition Services at Boston-area's SportsMedicine Brookline. Her best-selling book, Nancy Clark's Sports Nutrition Guidebook, Second Edition, is available by sending \$20 to Sports Nutrition Materials, 830 Boylston St. #205, Brookline MA 02465 or via www.nancyclarkrd.com.

Garcia and Davis Claim U.S. Junior Short Track Titles

BAY CITY, Mich., Dec. 17, 2000 - Maria Garcia (Carson, Calif.) and Shani Davis (Chicago) both maintained their leads in the men's and women's standings, respectively, to clinch overall championships at the U.S. Junior Short Track Championships.

Garcia picked up gold medals in the 1000-meters and 1500-meter superfinal to give her 3876 total points for the weekend. The championship qualifies Garcia for her first trip to the World Junior Short Track Championships, which will take place Jan. 6-7, 2001 in Warsaw, Poland.

"I'm really excited about going to the Junior Worlds," Garcia said. "I want to have fun and skate my personal best (while at the event)."

Davis added a pair of silver medals to yesterday's wins in the 1500-meters and 1000-meter time trial en route to 2378.5 points and the men's overall title.

"I want to do well at Junior Worlds," said Davis, who qualified for his second career Junior World team. "Last year I placed 11th, I am looking forward to doing even better this year."

The U.S. Junior Short Track team will travel to Poland will be comprised of the top three women and men finishers at this weekend's event.

Brigid Farrell (Saratoga Springs, N.Y.), who finished second overall in the women's competition this weekend, will join Garcia and make her third appearance at the World Junior Short Track Championships. Third-place finisher Kira Fling (Winnetka, Ill.) will make her first appearance at the World Junior Short Track Championships.

A pair of Clevelanders will round out the men's team. Ron Biondo (Broadview Heights, Ohio), a former World Cup team member, finished second place in the men's competition after taking a one-year hiatus from the sport. Third-place finisher Adam Riedy (Lakewood, Ohio), who won a bronze medal in the 1000-meters in World Cup action two weeks ago in Nobeyama, Japan, will be on the Junior World team for a second straight year.

Continued on inside back cover

International Speed Skating Results

(Long Track)

Parra Leads Way on Opening Day of Season Opening Long Track World Cup

BERLIN, Nov. 18, 2000-Derek Parra (Greenfield, Wis.) was the top finisher on the opening day of the season opening long track speed skating World Cup competition in Berlin. Parra placed seventh overall in the men's 1500-meter competition with a time of 1 minute 50.47 seconds. Rintje Ritsma of the Netherlands won the event with a time of 1:48.61.

After the race, Parra offered this assessment of his race stating, "This race was a good start of the season. It was a good race, but we saw there was room for improvement, so I am looking forward to the rest of the season."

"Derek had a good race, but was chasing after his opponent a little too much, causing him to fatigue early in the race," said U.S. National Allround Coach Bart Schouten. "Nonetheless, Derek had his highest finish in a World Cup race ever, and with fine-tuning in training that is still planned for, I expect him to do very well in the rest of the season."

KC Boutiette (Tacoma, Wash.) finished 15th in the men's 1500-meters (1:51.18). Boutiette said, "It was a solid race."

U.S. Speedskating Western Regional Coach Tom Cushman was impressed with Boutiette's performance, stating, "After a tough season last year, he is definitely on his way back. Another 1/2 second and he would have been top 10."

Schouten echoed Cushman's assessment, stating, "It is good to see KC is on the way up, he will move his way up the rankings through the season."

Chris Callis (Sudlersville, Md.) and Lucas Mills (Washington, D.C.) placed 31st (1:53.34) and 50th (1:55.76) respectively.

"Chris Callis held his own at his first ever World Cup and had a good race, with room for improvement," said Schouten. "He can be a factor in the future when his experience and maturity (he is 21) are at a higher level."

In the ladies' 3000-meter competition, Jennifer Rodriguez (Miami) was 17th with a time of 4 minutes 19.49 seconds. Germany's Gunda Niemann (4:03.73) won the event.

Catherine Raney (Elm Grove, Wis.) was the top American finisher in the ladies' 3000-meters Division B competition, placing 10th (4:26.78). Sarah Elliott (Oconomowoc, Wis.) was 14th with a time of 4:29.48.

The two-day event concludes tomorrow with the men's 5000-meters and ladies' 1500-meters.

Saturday's Results

Ladies' 3000-meters Division A

1, Gunda Niemann, Germany, 4:03.73. 2, Anni Friesinger, Germany, 4:08.45. 3, Renate Groenewold, Netherlands, 4:09.32. *Americans: 17, Jennifer Rodriguez, Miami, 4:19.49.*

Ladies' 3000-meters Division B

1, Marja Vis, Netherlands, 4:14.63. 2, Nicole Slot, Canada, 4:21.89. 3, Anna Savelyeva, Russia, 4:22.52. *Americans: 10, Catherine Raney, Elm Grove, Wis., 4:26.78. 14, Sarah Elliott, Oconomowoc, Wis., 4:29.48.*

Men's 1500-meters Division A

1, Rintje Ritsma, Netherlands, 1:48.61. 2, Hiroyuki Noake, Japan, 1:49.01. 3, Alexandr Kibalko, Russia, 1:49.18. *Americans: 7, Derek Parra, Greenfield, Wis., 1:50.47. 15, KC Boutiette, Tacoma, Wash., 1:51.18. 31, Chris Callis, Sudlersville, Md., 1:53.34. 50, Lucas Mills, Washington, D.C., 1:55.76.*

Parra Enjoys Second Day of Solid Skating at Berlin World Cup

BERLIN, Nov. 19, 2000-A day after placing seventh in the men's 1500-meters, Derek Parra (Greenfield, Wis.) turned in another solid day of skating. Parra, skating in the men's 5000-meters Division B event, placed third with a time of 6 minutes 38.22 seconds.

"Today was another surprising day," said Parra. "I was not sure how the back injury I had for three months this summer would affect my performance, but I am doing better than ever. My focus on technique this summer really paid off and I am starting my normal training program again this week, so I am looking forward to the rest of the season."

U.S. National Allround Coach Bart Schouten was also pleased with Parra's progress, stating, "Derek did very well, skating the 10th best time of the day, his best finish ever in the 5000. He skated in Division B because of last year's World

International Speed Skating Results (Continued)

Cup ranking, but he really showed he belongs in the top 10 in the World this weekend. The race was a good one, but again there is room for improvement."

Also skating in the event was KC Boutiette (Tacoma, Wash.). Boutiette placed seventh overall (6:42.56) in the men's 5000-meters Division B competition, a day after placing 15th in the men's 1500-meter Division A race. "I had a good, solid weekend," said Boutiette.

"KC showed a good continuation of progress in today's 5000. His skating is getting better every day and his allround distances are coming back to him," said Schouten.

Jason Hedstrand (Shoreview, Minn.) finished 24th in the competition with a time of 6:55.22. Poland's Jaromir Radke (6:35.22) won the event.

The men's 5000-meter Division A competition was captured by the Netherlands Gianni Romme, who finished with a time 6:25.53.

Jennifer Rodriguez (Miami) was the top finisher for the United States in the ladies' 1500-meter Division A competition. Rodriguez (2:01.52) placed 15th behind winner, Anni Friesinger of Germany (1:57.71). Rodriguez was 17th in the ladies' 3000-meter Division A competition yesterday.

Annie Driscoll (Roseville, Minn.) placed 27th with a time of 2:05.85 while Catherine Raney (Elm Grove, Wis.) recorded a time of 2:06.67 to finish 31st. Sarah Elliott (Oconomowoc, Wis.) was tied for 37th (2:07.50).

World Cup action resumes next Saturday in Heerenveen, Netherlands.

Sunday's Results

Ladies' 1500-meters Division A

1, Anni Friesinger, Germany, 1:57.71. 2, Gunda Niemann, Germany, 1:58.69. 3, Renate Groenewold, Netherlands, 1:59.15. *Americans: 15, Jennifer Rodriguez, Miami, 2:01.52. 27, Annie Driscoll, Roseville, Minn., 2:05.85. 31, Catherine Raney, Elm Grove, Wis., 2:06.67. 37 (tied), Sarah Elliott, Oconomowoc, Wis., 2:07.50.*

Men's 5000-meters Division A

1, Gianni Romme, Netherlands, 6:25.53. 2, Rintje Ritsma, Netherlands, 6:32.29. 3, Carl Verheijen, Netherlands, 6:34.66.

Men's 5000-meters Division B

1, Jaromir Radke, Poland, 6:35.22. 2, Dmitry Shepel, Russia, 6:36.85. 3, Derek Parra, Greenfield, Wis., 6:38.22. *Americans: 7, KC Boutiette, Tacoma, Wash., 6:42.56. 24, Jason Hedstrand, Shoreview, Minn., 6:55.22.*

PARRA RECORDS TOP-TEN FINISH AT HEERENVEEN WORLD CUP

HEERENVEEN, Netherlands, Nov. 25, 2000 - The opening day of the long track speed skating World Cup at Thialf Ice Stadium saw Derek Parra (Greenfield, Wis.) lead the way for the United States.

Parra finished ninth overall in the men's 1500-meters Division A race with a time of 1 minute 49.98 seconds.

Although he placed in the top ten, Parra thought he could have placed higher. "I'm a little frustrated," he said. "I thought I could have been top five today, but I did not skate that well technically. Ninth place is okay, but I can be in there."

Also skating in the men's 1500-meter Division A competition was KC Boutiette (Tacoma, Wash.). Boutiette (1:50.50) placed 14th overall.

The Netherlands' Erben Wennemars (1:47.52) won the event while teammates Rintje Ritsma (1:48.92) and Gianni Romme (1:49.13) placed second and third, respectively.

Jennifer Rodriguez (Miami) placed 12th overall in the ladies 5000-meter Division A race with a time of 7 minutes 20.78 seconds. "Jennifer Rodriguez skated a solid 5000, showing good endurance," said Schouten.

Germany's Gunda Niemann, who turned in a World record time of 6:55.34, won the race.

In the men's 1500-meter Division B competition, Chris Callis (Sudlersville, Md.) placed fifth (1:52.10) while Lucas Mills (Washington, D.C.) was 26th (1:55.01).

International Speed Skating Results (Continued)

"Not too shabby for a new guy (on the World Cup circuit)," said Callis of his finish and the five points he earned as a result of his finish.

"Chris showed in only his second World Cup race that he has potential by scoring World Cup points," said Schouten.

The women saw Catherine Raney (Elm Grove, Wis.) earn fifth in the 5000-meters Division B competition with a time of 7:33.05. Sarah Elliott (Oconomowoc, Wis.) was 21st with a time of 8:02.07.

After the race, Raney was pleased with her effort. "I am psyched," she said. "This was a personal best and the most even laps in the 5k I have ever raced."

After the first day of the event Schouten was encouraged by the results of the team. "The U.S. team had a good day of racing," he said. "We are looking forward to training back home in the States to come out even better in January, February and at the World Single Distance Championships in Salt Lake City in March".

Tomorrow the event concludes with the ladies' 1500-meters and the men's 10,000 meter competitions.

Saturday's Results

Ladies' 5000-meters Division A

1, Gunda Niemann, Germany, 6:55.34 (World Record). 2, Anni Friesinger, Germany, 7:03.34. 3, Maki Tabata, Japan, 7:05.61. *American: 12, Jennifer Rodriguez, Miami, 7:20.78.*

Ladies' 5000-meters Division B

1, Cindy Overland, Canada, 7:20.35. 2, Svetlana Vysokova, Russia, 7:22.08. 3, Claudia Irrgang, Germany, 7:26.30. *Americans: 5, Catherine Raney, Elm Grove, Wis., 7:33.05. 21, Sarah Elliott, Oconomowoc, Wis., 8:02.07.*

Men's 1500-meters Division A

1, Erben Wennemars, Netherlands, 1:47.52. 2, Rintje Ritsma, Netherlands, 1:48.92. 3, Gianni Romme, Netherlands, 1:49.13. *Americans: 9, Derek Parra, Greenfield, Wis., 1:49.98. 14, KC Boutiette, Tacoma, Wash., 1:50.50.*

Men's 1500-meters Division B

1, Petter Andersen, Norway, 1:50.57. 2, Yevgeny Lalenkov, Russia, 1:50.99. 3, Eskil Ervik, Norway, 1:51.40. *Americans: 5, Chris Callis, Sudlersville Md., 1:52.10. 26, Lucas Mills, Washington, D.C., 1:55.01.*

HEERENVEEN, Netherlands, Nov. 26, 2000 - Jennifer Rodriguez (Miami) roared to a second-place finish and an American record in the ladies' 1500-meter competition on Sunday at the long track speed skating World Cup at Thialf Ice Stadium.

Rodriguez earned a silver medal with a time of 1 minute 57.02 seconds. The time eclipsed the two-year old American record in the event held by Chris Witty. Witty, the previous record-holder, skated 1:57.68 in Calgary, March 29, 1998.

Before her record-setting performance, Rodriguez's personal best in the 1500-meters was 1:57.76, set in Calgary on Oct. 23, 1999.

"It was close to a perfect race and it was nice to get a personal best," Rodriguez said of her performance.

"It is great to see Jennifer Rodriguez back up where she belongs," said U.S. Speedskating Western Regional Coach Tom Cushman. "She had a fantastic race and was strong throughout the whole race."

The winner of the ladies' Division A 1500-meters competition was Germany's Anni Friesinger with a time of 1:56.73.

In men's Division A 10,000-meter action, Derek Parra (Greenfield, Wis.) finished 14th overall. Parra's time of 13 minutes 45.63 seconds was a personal best by nearly 10 seconds. Parra's previous best was 13:55.23.

The Netherlands' Gianni Romme won the event with a World-record time of 13:03.40.

"It was another good weekend. I was happy with my performances and my personal best on the 10k," Parra said. "These World Cups were a great start to the season."

Ladies' Division B 1500-meters action saw Annie Driscoll (Roseville, Minn.) post a seventh-place finish with a time of 2:04.97. Teammates Catherine Raney of Elm Grove, Wis. (2:05.87) and Sarah Elliott of Oconomowoc, Wis. (2:06.01) placed 11th and 13th, respectively.

International Speed Skating Results (Continued)

Witty was the highest finisher in the ladies' 500-meters with an eighth-place finish with a time of 39.78. Canada's Catriona LeMay-Doan won the event with a time of 38.80.

FitzRandolph led the way in the men's 500-meters with a time of 36.36 seconds. The event was won by Japan's Hiroyasu Shimizu (35.59).

The next sprint World Cup competition is next weekend Nagano, Japan.

Sunday's Results

Ladies' 500-meters

1, Catriona LeMay-Doan, 38.80 seconds. 2, Eriko Sanmiya, Japan, 39.10. 3, Svetlana Zhurova, Russia, 39.18. Americans, 8, *Chris Witty, West Allis, Wis., 39.78. 18, Amy Sannes, St. Paul, Minn., 40.30. 24 (tied), Becky Sundstrom, Glen Ellyn, Ill., 40.71. 36, Jamie Grundstrom, Maplewood, Minn., 42.58.*

Men's 500-meters

1, Hiroyasu Shimizu, Japan, 35.59. 2, Michael Ireland, 35.73. 3, Jeremy Wotherspoon, Canada, 35.76. Americans: 11 (tied), *Casey FitzRandolph, Verona, Wis., 36.36. 22, Joey Cheek, Greensboro, N.C., 36.94. 23, Kip Carpenter, Brookfield, Wis., 37.00. 29 (tied), Nick Pearson, Vernon, Wis., 37.20.*

Ladies' 1000-meters

1, Sanmiya, 1:18.72. 2, Monique Garbrecht-Enfeldt, Germany, 1:19.11. 3, Witty, 1:19.41. Americans: 9, *Sannes, 1:20.35. 13 (tied), Sundstrom, 1:21.15. 37, Grundstrom, 1:26.01.*

Men's 1000-meters

1, Ireland, 1:11.62. 2, Adne Sondral, Norway, 1:11.71. 3, Wotherspoon, 1:11.80. Americans: 12, *FitzRandolph, 1:12.78. 15, Cheek, 1:13.15. 19, Carpenter, 1:13.39. 21, Pearson, 1:13.91.*

FitzRandolph Skates to Bronze Medal in 1000-meters at Nagano World Cup

NAGANO, Japan, Dec. 16, 2000 - Casey FitzRandolph (Verona, Wis.) led the way for the United States as he stepped onto the podium in the 1000-meters--his first appearance since the inception of the clap skate--and nearly earned another medal in the men's 500-meter competition on the opening-day of the long track World Cup event held at the M-Wave.

FitzRandolph earned a bronze medal in the men's 1000-meters with a time of 1 minute 10.62 seconds finishing behind second-place Toyoki Takeda of Japan (1:10.45). Norway's Adne Sondral (1:10.40) won the event.

"I am skating technically better this week and was really excited to medal in the 1000-meter for the first time since the introduction of the clap skate," said FitzRandolph. "It is a real confidence booster."

The bronze was FitzRandolph's first in the 1000-meters on the World Cup circuit since he won a silver medal on January 12, 1997 in Milwaukee.

The medal assisted FitzRandolph in moving from 11th to sixth in the World Cup 1000-meter standings.

Others Americans skating in the race were Nick Pearson (Vernon, Wis.) and Joey Cheek (Greensboro, N.C.), who finished 18th (1:11.80) and 19th (1:11.97), respectively.

FitzRandolph almost won another bronze in the 500-meter competition, missing a medal by two-hundredths of a second. FitzRandolph skated to a time of 35.83 to place fifth. Canada's Michael Ireland finished in third with a time of 35.81. The race was won by Japan's Hiroyasu Shimizu (35.22).

The women were led by Chris Witty (West Allis, Wis.) fourth-place finish in the ladies' 1000-meters with a time of 1:17.45. Two other Americans placed in the top 15 for the 1000-meters--Amy Sannes (St. Paul) and Becky Sundstrom (Glen Ellyn, Ill.), placing 11th (1:18.72) and 14th (1:19.20), respectively.

Japan's Eriko Sanmiya won the event (1:16.81).

Witty was the women's top finisher in the 500-meters, earning a 13th place finish with a time of 39.48 while Sannes placed 17th (39.88).

International Speed Skating Results (Continued)

In men's Division B action, Americans claimed wins in both events. Cheek was first in the men's 500-meters with a time of 36.41 while teammate Kip Carpenter (Brookfield, Wis.) won the 1000-meters with a time of 1:12.60.

Carpenter's win places all four American men in Division A 1000-meters competition tomorrow.

"These guys are racing better and better all the time adding to the depth of our sprint team," U.S. National Sprint Coach Michael Crowe said. "We now have all four of our guys in Division A in the 1000 for the first time in many years, adding to the strong consistent races of the ladies 1000-meter team."

Sundstrom (39.99) had the top finish in the ladies' Division B competition, placing second in the 500-meter event.

Competition resumes tomorrow with men's and women's 500- and 1000-meter races taking place.

Saturday's Results

Ladies' 500-meters Division A

1, Catriona LeMay-Doan, Canada, 38.61 seconds. 2, Eriko Sanmiya, Japan, 38.88. 3, Aki Tonoike, Japan, 38.89. 3, Monique Garbrecht-Enfeldt, Germany, 38.89. Americans: 13, *Chris Witty, West Allis, Wis., 39.48. 17, Amy Sannes, St. Paul, Minn., 39.88.*

Ladies' 500-meters Division B

1, Chiara Simionato, Italy, 39.92. 2, *Becky Sundstrom, Glen Ellyn, Ill., 39.99.* 3, Christina Zummack, Germany, 40.07. American: 11, *Jamie Grundstrom, Maplewood, Minn., 41.93*

Men's 500-meters Division A

1, Hiroyasu Shimizu, Japan, 35.22. 2, Jeremy Wotherspoon, Canada, 35.67. 3, Michael Ireland, Canada, 35.81. American: 5, *Casey FitzRandolph, Verona, Wis., 35.83.*

Men's 500-meters Division B

1, *Joey Cheek, Greensboro, N.C., 36.41.* 2, Jan Waterstradt, Germany, 36.42. 3, Patrick Bouchard, 36.50. Americans: 4, *Kip Carpenter, Brookfield, Wis., 36.61. 9, Nick Pearson, Vernon, Wis., 36.86.*

Ladies' 1000-meters Division A

1, Sanmiya, 1:16.81. 2, Garbrecht-Enfeldt, 1:17.14. 3, Tonoike, 1:17.25. American: 4, *Witty, 1:17.45. 11, Sannes, 1:18.72. 14, Sundstrom, 1:19.20.*

Ladies' 1000-meters Division B

1, Christine Heins, Netherlands, 1:20.10. 2, Simionato 1:20.41. 3, Zummack, 1:21.26. American: 11, *Grundstrom, 1:24.39.*

Men's 1000-meters Division A

1, Adne Sondral, Norway, 1:10.40. 2, Toyoki Takeda, Japan, 1:10.45. 3, *FitzRandolph, 1:10.62.* Americans: 18, *Pearson, 1:11.80. 19, Cheek, 1:11.97.*

Men's 1000-meters Division B

1, *Carpenter, 1:12.60.* 2, Magnus Enfeldt, Sweden, 1:13.03. 3, Tomasz Swist, 1:13.11.

U.S. Skates to a Pair of Top-10 Finishes on Final Day of Nagano World Cup

NAGANO, JAPAN, Dec. 17, 2000 - On the final day of the long track speed skating World Cup competition, the United States concluded with a pair of top-10 finishes.

Chris Witty (West Allis, Wis.), who earned a gold and bronze medal in the 1000-meters at last weekend's World Cup competition in Seoul, Korea, missed earning a bronze in the ladies' 1000-meters by just five-hundredths of second. Witty's time of 1 minute 17.57 seconds fell just shy of Japan's Eriko Sanmiya's 1:17.52. The event was won by Japan's Aki Tonoike (1:17.07).

Witty's teammates Amy Sannes (St. Paul, Minn.) and Becky Sundstrom (Glen Ellyn, Ill.) placed 13th (1:18.88) and 17th (1:19.34), respectively.

In the men's 1000-meters, Casey FitzRandolph (Verona, Wis.) recorded the other top-10 finish by an American skater in Division A competition for the day. FitzRandolph, who earned a bronze in yesterday's 1000-meters, earned ninth place in today's event with a time of 1:11.22.

International Speed Skating Results (Continued)

Three other American skaters placed in the top 20 of the men's Division A 1000-meters. Nick Pearson (Vernon, Wis.) and Joey Cheek (Greensboro, N.C.), placed 12th (1:11.34) and 15th (1:11.79), respectively while Kip Carpenter (Brookfield, Wis.) finished 19th (1:12.46.).

Norway's Adne Sondral won the event with a time of 1:10.64.

Witty and FitzRandolph were also the top placers in the ladies' and men's 500-meter competitions, respectively.

Witty finished 12th in the ladies 500-meters with a time of 39.49 seconds while Sannes turned in a time of 39.97 to earn an 18th place finish for the day. The event was won by Canada's Catriona LeMay-Doan with a time of 38.68 seconds.

FitzRandolph (36.15) placed 16th in the men's 500-meters while Cheek (36.41) registered a 20th place finish in an event won by Japan's Hiroyasu Shimizu (35.10).

In Division B competition, Sundstrom (40.06) had the top performance of the day for the women earning a first-place finish in ladies' 500-meters while Carpenter turned in the top men's Division B performance with his fourth-place finish in the men's 500-meters with a time of 36.62 seconds.

The two weekends of World Cup competition pleased U.S. National Sprint Coach Michael Crowe. "We had a good trip, a stronger start to the season than last year with three medals, 14 top-10 finishes, and overall standings that are getting us close to having all of our skaters in Division A," Crowe said. "The team is on the move, making steady progress and gaining on the rest of the world. We are still training hard getting ready for the World Sprints and the World Single Distances."

The sprinters will next be in action at the U.S. Sprint Championships in Milwaukee, Jan. 6-7, 2001.

Sunday's Results

Ladies' 500-meters Division A

1, Catriona LeMay-Doan, Canada, 38.68 seconds. 2, Eriko Sanmiya, Japan, 38.77. 3, Sabine Volker, Germany, 38.84. Americans: 12, Chris Witty, West Allis, Wis., 39.49. 18, Amy Sannes, St. Paul, Minn., 39.97.

Ladies' 500-meters Division B

1, Becky Sundstrom, Glen Ellyn, Ill., 40.06. 2, Hong Wang, China, 40.16. 3, Yvonne Leever, Netherlands, 40.21. American: 10, Jamie Grundstrom, Maplewood, Minn., 42.22.

Men's 500-meters Division A

1, Hiroyasu Shimizu, Japan, 35.10. 2, Toyoki Takeda, Japan, 35.35. 3, Jeremy Wotherspoon, Canada, 35.50. Americans: 16, Casey FitzRandolph, Verona, Wis., 36.15. 20, Joey Cheek, Greensboro, N.C., 36.41.

Men's 500-meters Division B

1, Adne Sondral, Norway, 36.16. 2, Dmitry Lobkov, Russia, 36.35. 3, Jan Waterstradt, Germany, 36.50. Americans: 4, Kip Carpenter, Brookfield, Wis., 36.62. 6 (tied), Nick Pearson, Vernon, Wis., 36.96.

Ladies' 1000-meters Division A

1, Aki Tonoike, Japan, 1:17.07. 2, Monique Garbrecht-Enfeldt, Germany, 1:17.24. 3, Sanmiya, 1:17.52. Americans: 4, Witty, 1:17.57. 13, Sannes, 1:18.88. 17, Sundstrom, 1:19.34.

Ladies' 1000-meters Division B

1, Chiara Simionato, Italy, 1:19.73. 2, Wang, 1:20.44. 3, Leever. 1:21.15. American: 11, Grundstrom, 1:24.51.

Men's 1000-meters Division A

1, Sondral, 1:10.64. 2, Shimizu, 1:10.83. 3, Wotherspoon, 1:10.92. Americans: 9, FitzRandolph, 1:11.22. 12, Pearson, 1:11.34. 15, Cheek, 1:11.79. 19, Carpenter, 1:12.46.

Men's 1000-meters Division B

1, Waterstradt, 1:12.53. 2, Patrick Bouchard, 1:12.95. 3, Kuniomi Haneishi, Japan, 1:12.98.

International Short Track Speed Skating Results

Winning Ways Continue for Dominant Ohno; United States' Women Enjoy Strong Day

Nobeyama, Japan, December 1, 2000 - The first day of this weekend's short track speed skating World Cup saw Apolo Anton Ohno (Seattle) continue his dominance on the World Cup circuit with a win in the men's 1500-meter competition.

Ohno, who had won five gold medals in the season's first two World Cups, captured the 1500-meters with a pass of Korean Dong-Sung Kim on the outside with two laps to go. Ohno was able to hold off a hard-charging Marc Gagnon of Canada on the last corner of the race to win his second 1500-meter gold of the season, finishing with a time of 2 minutes 30.853 seconds. Kim finished with the bronze.

"It was a pretty good race and my strategy went pretty much according to plan," said Ohno. "I'm pretty happy with the win because the ice conditions aren't great and I don't feel comfortable on my blades."

U.S. National Short Track Coach Susan Ellis agreed with Ohno. "The ice is not the best but Apolo is much more powerful this year and can he can use that to his advantage in the straight-aways," Ellis said. "Technically he is much better than last year."

Ohno, who is currently the No. 1 ranked male skater in the World, ranks third in the season's 1500-meter standings with 67 points. Gagnon leads the standings with 71 points while Kim retains second-place with 69 points.

Adam Riedy (Lakewood, Ohio) and Dan Weinstein (Brookline, Mass.) were both eliminated in the 1500-meter heats. Riedy was eliminated on a questionable disqualification after falling and then coming back to look as if he had qualified for the semifinals.

"I'm pleased with the way Adam handled his first World Cup race even though he fell," said Ellis.

The women's team enjoyed a strong day as Amy Peterson (Maplewood, Minn.) qualified for the ladies' 1500-meter final. Peterson ended the day with a sixth-place finish overall.

"It was a solid sixth-place finish for Amy," said Ellis. "Not a bad start to build on."

Julie Goskowicz (Maple Grove, Minn.) and Caroline Hallisey (Natick, Mass.), placed seventh and eighth, respectively.

Goskowicz and Hallisey each reached the semifinal before being eliminated.

Korea's Hye-Rim Park, won the race with a time of 2:30.798.

In addition to the trio of American women placing in the top 10 in the 1500-meter competition, the women's relay team of Sarah Lang, Arlington, Mass., Hallisey, Goskowicz, and Peterson qualified for Sunday's 3000-meter relay final.

The relay team placed second in its respective heat with a time of 4 minutes 29.922 seconds behind Korea (4:23.215). The United States will face China, Korea and Canada in search of its first relay medal of the season.

"I am very happy with the women's relay," said Ellis. "Their lap times were very fast and they had very good exchanges."

World Cup action resumes tomorrow with the men's 5000-meter relay and 500-meter competitions.

Ladies' 1500-meters

1, Hye-Rim Park, Korea, 2:30.798. 2, Eun-Kyung Choi, Korea, 2:30.874. 3, Yang Yang (S), China, 2:31.049. 4, Chunlu Wang, China, 2:31.067. 5, Chikage Tanaka, Japan, 2:31.216. 6, Amy Peterson, Maplewood, Minn., 2:31.927. 7, Julie Goskowicz, Maple Grove, Minn., 2:26.060. 8, Caroline Hallisey, Natick, Mass., 2:33.150, eliminated in semifinals.

Men's 1500-meters

1, Apolo Anton Ohno, Seattle, 2:30.853. 2, Marc Gagnon, Canada, 2:30.944. 3, Dong-Sung Kim, Korea, 2:31.063. 4, Satoru Terao, Japan, 2:31.162. 5, Jonathan Guilmette, Canada, 2:31.179. DQ, Seung-Jae, Korea. 23, Dan Weinstein, Brookline, Mass., 2:27.470, eliminated in heats. DQ, Adam Riedy, Lakewood, Ohio, eliminated in heats.

Ladies' 3000-meter semifinals (top two advance to Sunday's final)

Heat 1

1, Korea, 4:23.215. 2, United States (Sarah Lang, Arlington, Mass., Hallisey, Goskowicz, and Peterson), 4:29.922. 3, Bulgaria, 4:36.176.

Heat 2

1, China, 4:22.362. 2, Canada, 4:23.480. 3, Japan, 4:23.606.

International Short Track Speed Skating (Continued)

Peterson Captures Bronze Medal in 500-meters at Nobeyama World Cup

Nobeyama, Japan, Dec. 2, 2000 - Three-time Olympic medalist Amy Peterson (Maplewood, Minn.) highlighted the second day of competition at the short track speed skating World Cup with a bronze medal in the ladies' 500-meters.

Peterson overcame a bump at the start by Korean Hye-Rim Park to hold onto third place but lost ground to Chinese skaters Chunlu Wang and Yang Yang (S). Peterson was able to close the gap late in the race but was not able to pass either skater. Wang won the race with a time of 45.336 seconds, followed by Yang (S) (45.434), and Peterson (45.656).

"Amy was very strong on the starts. She was bumped off the start in the final which cost her a bit, but she skated her fastest lap times of the year to close the gap on them at the end of the race," said U.S. National Short Track Coach Susan Ellis.

"I was excited to make the final again today and it was great to get back on the podium," said Peterson.

It was Peterson's first return to a World Cup podium since the 1998-1999 season.

Peterson was not the only American female skater to turn in a strong day. Caroline Hallisey (Natick, Mass.), who finished eighth in Friday's 1500-meter competition, turned in another top-10 finish with a ninth-place finish in the ladies' 500-meters. Hallisey reached the semifinals of the competition, highlighted by a career best time of 45.826 in the opening heats.

"I skated three solid 500s today, including a personal-best time, so I really have nothing to complain about," said Hallisey.

Julie Goskowicz (Maple Grove, Minn.), who reached the quarterfinals of the event, placed 12th overall.

Unofficially, Peterson currently sits in fifth position overall with two distances remaining, while Hallisey is ninth and Goskowicz is tied for 10th.

On the men's side, Apolo Anton Ohno (Seattle) and Dan Weinstein (Brookline, Mass.) both reached the semifinals of the men's 500-meters.

Ohno, who entered the race having won the season's first two World Cup 500-meter competitions, encountered some misfortune in the men's 500-meter semifinal.

During the start of Ohno's semifinal, he clashed blades with another skater, causing him to lose the edge on his right blade. Ohno finished third in the semifinal, missing the final by .013. Ohno, who remains ranked number one in the men's 500-meter standings, finished fifth overall in the event.

"I think Apolo is pretty disappointed with what happened with his blade today," U.S. Assistant National Short Track Coach Stephen Gough said. "Still, he almost made it to the final only missing by a few hundredths. He knows that this kind of thing happens and I also think he believes that he would have won the final if he had been there. We should see him back on the podium in the 500 next week in China."

Weinstein placed seventh overall in the event while Adam Riedy (Lakewood, Ohio) placed 11th after being eliminated in the quarterfinals.

Canada's Francois-Louis Tremblay with a time of 42.234 won the event.

Ohno is unofficially tied for first after two events, while Weinstein and Riedy sit in 13th and 15th respectively.

In the men's 5000-meter relay semifinals, the team of Rusty Smith (Sunset Beach, Calif.) Riedy, Weinstein, and Ohno placed second with a time of 7:06.534 behind Korea (7:03.846). The finish qualified the team for tomorrow's final, which includes Korea, Canada, and China.

"The guys had a pretty easy relay heat and are really looking forward to tomorrow's final. Korea and Canada have been superior to the other teams so far this season and we want to see how we match up against them," said Gough. "These are the teams that are stand between us and a gold next year in Salt Lake City."

Tomorrow wraps up the three-day competition with men's and women's relay finals and individual competition in the 1000- and 3000-meters taking place.

Saturday's Results

Ladies' 500-meters -1, Chunlu Wang, China, 45.336 seconds. 2, Yang Yang (S), 45.434. 3, Amy Peterson, Maplewood, Minn., 45.656. 4, Hye-Rim Park, Korea, 47.664. Americans: 9, Caroline Hallisey, Natick, Mass., 46.574, eliminated in semifinals. Julie Goskowicz, Maple Grove, Minn., 46.147, eliminated in quarterfinals.

International Short Track Speed Skating Results (Continued)

Men's 500-meters -1, Francois-Louis Tremblay, Canada, 42.234. 2, Satoru Terao, Japan, 42.453. 3, Takafumi Nishitani, Japan, 55.228. DNF, Jonathan Guilmette, Canada. Americans: 5, Apolo Anton Ohno, Seattle, 43.151, eliminated in semifinals. 7, Daniel Weinstein, Brookline, Mass., 42.792, eliminated in semifinals. 11, Adam Riedy, Lakewood, Ohio, 43.240, eliminated in quarterfinals.

Men's 5000-meter relay semifinals (top two teams advance to tomorrow's final)

Heat 1

1, Korea, 7:03.846. 2, United States, 7:06.534. 3, Great Britain, 7:08.918.

Heat 2

1, Canada, 7:00.861. 2, China, 7:01.068. 3, Japan, 7:01.266. 4, Russia, 7:26.522.

U.S. Short Track Team Hauls in Five Medals on Final Day of Nobeyama World Cup

Nobeyama, Japan, Dec. 3, 2000 - Sunday proved to be a medal haul for the United States short track speed skating team as the squad earned five medals, including three individual and two team, on the final day of this weekend's three-day World Cup competition.

Both the men's and women's relay teams captured bronze medals. The women's team of Amy Peterson (Maplewood, Minn.), Julie Goskowicz (Maple Grove, Minn.), Caroline Hallisey (Natick, Mass.), and Sarah Lang (Arlington, Mass.) finished third in the ladies' 3000-meter relay with a time of 4 minutes 26.414 seconds behind gold medal winner Korea (4:21.461).

"We still have some distance to make up with the women's relay team but we certainly won't complain about the medal," Assistant U.S. Short Track Coach Stephen Gough said. "The women skated their best relays of the season this weekend and the gap is closing."

The men's team of Rusty Smith (Sunset Beach, Calif.), Apolo Anton Ohno (Seattle), Dan Weinstein (Brookline, Mass.), and Adam Riedy (Lakewood, Ohio) fell early in the men's 5000-meter relay during an exchange but were able to catch up briefly before falling off the pace set by Canada, China and Korea. A fall by the Koreans in the closing stages of the race permitted the team to overtake the Koreans and win the bronze.

"We're a little disappointed with the men's relay even though we won our first medal of the season," Gough said. "The guys really wanted to be there at the end and mix it up with the Koreans and Canadians for the first time. The medal will certainly help our ranking, but we are more concerned with competing with the top teams and letting them know we will be a factor in the relay."

On the individual front, Ohno and Riedy led the way. Ohno claimed one silver medal and one gold medal on Sunday, while Riedy, competing in his first World Cup, earned a bronze.

Ohno's gold medal came in the men's 3000-meters. Ohno finished the race with a time of 5:27.268. The gold in the 3000-meters was Ohno's second of the year in the event. Ohno's first victory came at the World Cup competition held in Provo, Utah.

With his weekend efforts, Ohno was able to secure his second overall silver medal of the year. Ohno placed second for the weekend at the in Provo World Cup. In the season's opening World Cup in Calgary, Ohno won the overall gold. Ohno (73 points) currently ranks number one in the season's World Cup standings ahead of this weekend's overall winner Canada's Marc Gagnon (70).

Weinstein and Riedy skated in the 3000-meter final placing sixth and eighth, respectively.

Riedy's debut on the World Cup was a success as he earned a bronze in the 1000-meters. Riedy (1:28.801) was just edged out by gold medal winner Gagnon (1:28.641) and silver medalist Dong-Sung Kim of Korea (1:28.724) in the final. Riedy was in second until the final corner when Kim passed him.

"Adam skated great and really showed that he can skate with the best despite his relative inexperience," U.S. Short Track Coach Susan Ellis said. "His medal really showcases the depth we have on the men's team at the moment."

Also skating in the 1000-meter final was Weinstein, who placed fifth. Ohno, who finished sixth, was eliminated in semifinal action.

International Short Track Speed Skating Results (Continued)

In women's action, Peterson led the way with a fourth-place finish in the 3000-meters. Korea's Hye-Rim Park captured the race.

The women's 1000-meters saw Peterson place sixth while Goskowicz registered an eighth-place finish. Both skaters were eliminated in the semifinals. Hallisey, knocked out in the quarter-finals, placed 11th.

The banner day left the American men with three skaters in the final top eight standings (Ohno, second; Riedy, seventh; Weinstein, eighth). This is the first time this feat has been reached. On the women's side of the ledger, Peterson led the way with a sixth-place finish overall while Goskowicz and Hallisey placed ninth and 11th, respectively.

"We are very happy with our results this weekend. Everyone skated well and the team is learning that winning is contagious," Ellis said. "We are looking forward to more great results next weekend in Chang Chun."

Next weekend World Cup action resumes as the circuit visits Chang Chun, China starting Friday.

Sunday's Results

Ladies' 1000-meters

1, Hye-Rim Park, Korea, 1:33.515. 2, Dandan Sun, China, 1:33.610. 3, Eun-Kyung Choi, Korea, 1:33.617. 4, Chunlu Wang, China, 1:36.453. *Americans: 6, Amy Peterson, Maplewood, Minn., 1:35.474, eliminated in semifinals. 8, Julie Goskowicz, Maple Grove, Minn., 1:35.273, eliminated in semifinals. 11, Caroline Hallisey, Natick, Mass., 1:35.972, eliminated in quarterfinals.*

Men's 1000-meters

1, Marc Gagnon, Canada, 1:28.641. 2, Dong-Sung Kim, Korea, 1:28.724. 3, Adam Riedy, Lakewood, Ohio, 1:28.801. 4, Francois-Louis Tremblay, Canada, 1:29.024. 5, Dan Weinstein, Brookline, Mass., 1:30.438. *American: 6, Apolo Anton Ohno, Seattle, 1:30.124, eliminated in semifinals.*

Ladies' 3000-meters

1, Park, 5:07.038. 2, Choi, 5:07.770. 3, Chikage Tanaka, Japan, 5:08.395. 4, Peterson, 5:18.939. 5, Sun, 5:30.659. 6, Wang, 5:30.785. 7, Yang Yang (S), China, 5:52.970.

Men's 3000-meters

1, Ohno, 5:27.268. 2, Gagnon, 5:27.653. 3, Satoru Terao, Japan, 5:27.723. 4, Kim, 5:27.823. 5, Tremblay, 5:28.330. 6, Weinstein, 5:28.726. 7, Takafumi Nishitani, Japan, 5:28.740. 8, Riedy, 6:04.002.

Ladies' 3000-meter relay

1, Korea, 4:21.461. 2, Canada, 4:26.154. 3, *United States (Sarah Lang, Arlington, Mass., Goskowicz, Hallisey, Peterson), 4:26.414. DQ, China.*

Men's 5000-meter relay

1, China, 7:08.610. 2, Canada, 7:08.721. 3, *United States (Rusty Smith, Sunset Beach, Calif., Ohno, Riedy, Weinstein) 7:45.745. 4, Korea, 7:16.579.*

Ladies' Overall Standings

1, Park, 25 points. 2, Yang (S), 24 points. 3, Tanaka, 23 points. *Americans: 6, Peterson, 20 points. 9, Goskowicz, 17 points. 11, Hallisey, 15 points.*

Men's Overall Standings

1, Gagnon, 25 points. 2, Ohno, 24. 3, Tremblay, 23. *Americans: 7, Riedy, 19. 8, Weinstein, 18.*

U.S. Junior Short Track Championships (continued from page 8)

Riedy, who won the men's 1000-meters, beat out Misi Toth (St. Louis), the winner of the men's 1500-meter super final by 226 points for the team's final spot.

Upon the conclusion of the event, U.S. National Short Track Coach Susan Ellis looked forward to the World Junior Short Track Championships.

"We have some real depth on the team," Ellis said. "All three men have had international experience and success. They are all good racers and we are looking forward to good things from the team."

Sunday's Results:

Ladies' 1000-meters

1, Maria Garcia, Carson, Calif., 1:38.77. 2, Brigid Farrell, Saratoga Springs, N.Y., 1:39.59. 3, Kira Fling, Winnetka, Ill., 1:39.66. 4, Bonnie Klint, 1:39.80. 5, Mary Griglak, 1:42.34.

Ladies' 1500-meter superfinal

1, Garcia, 2:36.66. 2, Farrell, 2:36.99. 3, Katy Kepka, St. Louis, 2:37.05. 4, Fling, 2:37.58. 5, Klint, 2:38.60. 6, Griglak, 2:39.47.

Ladies' Final Overall Standings (top three qualify for World Junior Short Track Championships)

1, Garcia, 3876 points. 2, Farrell, 2717.5. 3, Fling, 1552.5. 4, Griglak, 1031.5. 5, Kepka, 1014.5.

Men's 1000-meters

1, Adam Riedy, Lakewood, Ohio, 1:31.45. 2, J.P. Kepka, St. Louis, 1:31.83. 3, Shani Davis, Chicago, 1:32.02. DQ, Ron Biondo, Broadview Heights, Ohio.

Men's 1500-meter superfinal

1, Misi Toth, St. Louis, 2:17.14. 2, Biondo, 2:17.32. 3, Davis, 2:17.89. 4, Derek Gray, North Shores, Mich., 2:19.40. 5, Kepka, 2:23.34. 6, Riedy, 2:40.49.

Men's Final Overall Standings (top three qualify for World Junior Short Track Championships)

1, Davis, 2378.5 points. 2, Biondo, 2251.5. 3, Riedy, 2234.5. 4, Toth, 2018.5. 5, Kepka, 1336.5.

Top 3 overall (after Sunday's races) go to the Junior World Championships in Opale, Poland just after New Years.

Top 8 overall are Junior Category One (and get to wear the USA skinsuit) (2 more will be selected in March).

Top 10 overall are 1/2 of the Junior Elite Training Team (10 more will be selected in March).

FINAL RESULTS

Ladies:

1. Maria Garcia
2. Brigid Farrell
3. Kira Fling
4. Mary Griglak
5. Katy Kepka
6. Bonnie Klint
7. Stacy Clever
8. Lezleigh Jaworski
9. Maureen Hangac
10. Kristen Bedford
11. Alice Choi
12. Sara Bell
13. Jade Wheeler
14. Miranda Guiffrida
15. Kristen Biondo
16. Sophia Milan

Men:

1. Shani Davis
2. Ron Biondo
3. Adam Reidy
4. Misi Toth
5. J.P. Kepka
6. Derek Gray
7. Alex Izykowski
8. Chul Lee
9. Ryan Harasyn
10. Nate Bolton
11. James Oh
12. Sean McGuire
13. Richard Bauer
Andrew Himeles
15. Wayne Rutledge
16. Adam Duncan