

# The Racing Blade®

Volume XXXIII, Number 3

March, 2000



## **In This Issue**

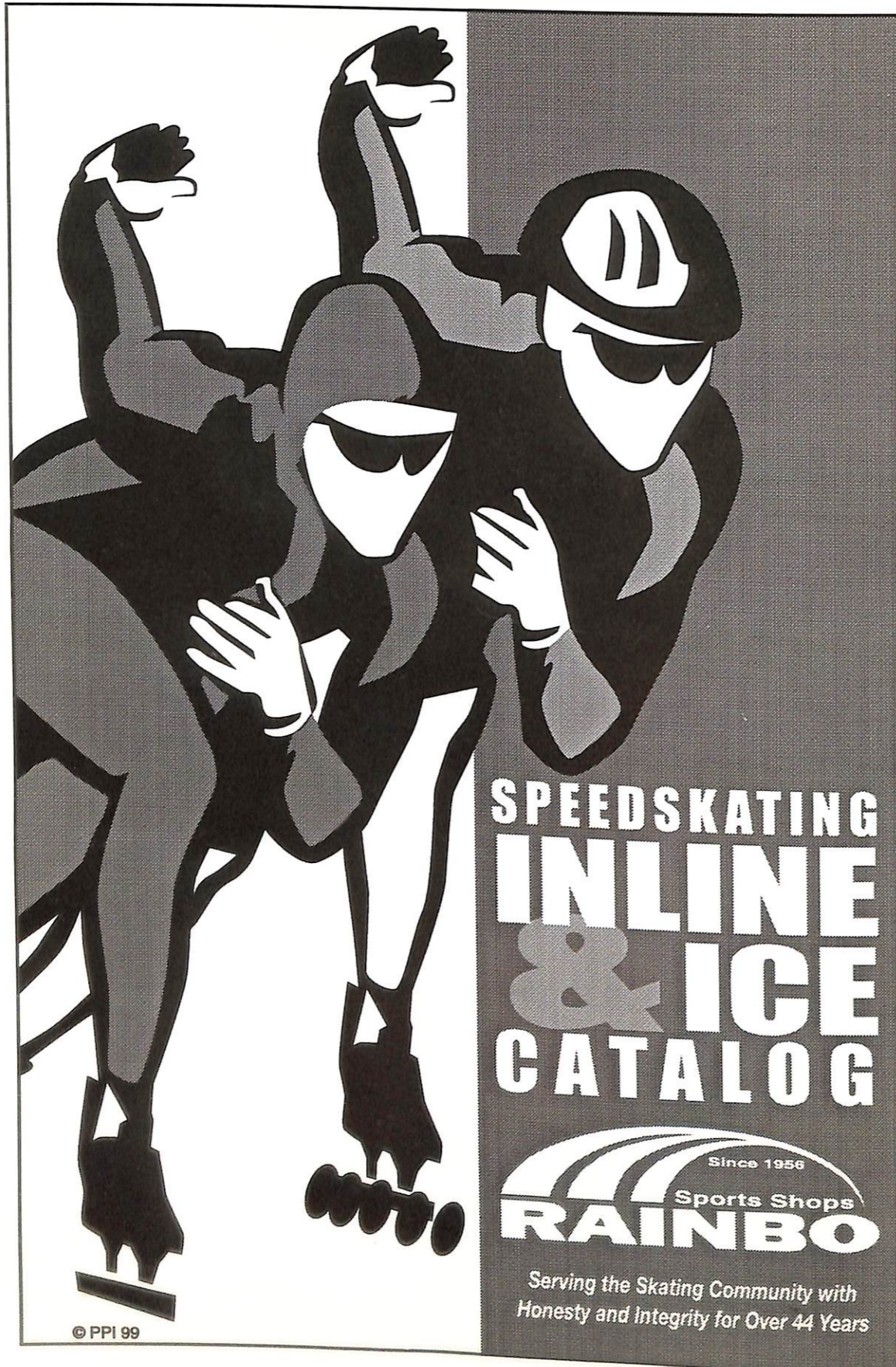
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# The Racing Blade®

Volume XXXIII, Number 3, March 2000

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## The Cover

Karen Lietz took this photo of Derreck Parra skating a 1500 meter race at the ISU World Championships in the Petit National Ice Center on February 6, this year. This was the first time the World Championships were skated outside of Europe. You can read more about Karen Lietz on Page 24.

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## Deadlines

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Number 4, May 2000  
April 10, 2000

Number 5, July 2000  
June 5, 2000

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DATE: **March 14, 2000**  
TO: **ASU Members**  
FROM: **ASU Executive Board and ASU/USS Representatives**

### U. S. Speedskating Board of Directors Election

There is an election taking place in April to select the new Board of Directors for U. S. Speedskating (USS). All members of the ASU (as of Feb. 1, 2000), age 18 or over will be able to vote. We want to help you understand what you can vote for and why you should vote.

#### A Little History

For the last 10 years, if you registered with the ASU you also became a member of USS. That is coming to an end. The United States Olympic Committee has required USS to revise its by-laws, form an independent membership, and institute a more democratic election process. When the current ASU membership year ends on Aug. 31, 2000, if you want to be a member of USS as well as ASU, you will be required to pay a separate \$50 dues in addition to the ASU dues. For this first USS election only, all current ASU members (18 or over) will have a vote without having to pay two sets of dues. If you aren't a member of ASU and want to vote, you can join USS right now for \$50 (by March 31) and vote in this election.

#### Why Should You Vote?

U. S. Speedskating is the recognized National Governing Body (NGB) of speedskating in the U. S. by the U. S. Olympic Committee (USOC). Any skater who wishes to compete in international and Olympic events will eventually be involved in USS competitions and programs. Most of these skaters come up through the ASU club system. Most of the volunteer workers come from the ASU clubs. The ASU is recognized as the grassroots organization for speedskating in the U. S., but the fiscal and program decisions that control the upper levels of the sport are made by USS. We have separate Boards and unless a merger takes place, these Boards must work together to keep speedskating going and growing.

#### What Are You Voting For?

The new USS Board of 15 will be elected by membership categories. The categories and their directors are as follows:

Elite Athletes	4
Retired Elite Athletes	3
Affiliated Sports Organizations. (ASU)	3
Competing Athletes and Individual Members (Other Membership Categories)	2
Current USS President	1
At-Large, Public Sector	2

The ASU, as an organization, will hold 3 Board positions of the 15. These people were elected two years ago for four year terms and will continue in their positions.

The General Membership (known in the USS by-laws as Other Membership Categories) — that is you, folks — will hold an additional 2. This is what you will be voting for.

In fact, this is what you could be running for if you are interested. All you need to do is submit your name and your category (Competing Athlete or Individual Member) to the USS office by April 7, 2000. You must also be 18 or older.

#### Your Voice is Needed

The merger of ASU and USS has not happened. Issues regarding representation, finances, and grassroots support are still under discussion and need to be resolved. We are working on it. But meanwhile, these positions on the new USS Board of Directors are your voice in the governance of speed skating's official National Governing Body.

#### Exercise your right — vote when the ballot arrives in April.

If you are confused by all of this information, call one of us. For a detailed explanation of the election procedures and a copy of the USS by-laws, consult the USS website: [www.usspeedskating.org](http://www.usspeedskating.org)

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# ASU President's Report

by Bill Anderson

I do not know about everyone else, but I am looking forward to the upcoming ASU convention in Southern California. Although the weather here in west Michigan is getting warmer and even sunny on occasion, the thought of a few days in sunny warm southern California really appeals to me. I am hoping that Jerry Search will bring over some of the strawberries he has growing in his back yard (hopefully the sun has not been too intense or that was unable to water frequently enough). For those of you that are attending, you may want to think about a few extra days vacationing if you have any time available after the usual heavy travel of the skating season.

We will as always have a lot to talk about at the convention. Some highlights will include a well-attended North American Short Track meet in Regina, Saskatchewan. While I do not have the actual numbers at the time of my writing this, we will have around thirty skaters thanks to a lot of hard work by Ruth Moore and the North American committee. You probably have realized the North American short track preceded the Nationals and moreover was a considerable distance for any US skaters. A lot of communicating at meets and letters via snail and e-mail about a special promotion concerning a grant, made travel more affordable and made the decision easier for our skaters to gain experience in international competition. In addition to the subsidy for travel, additional awards will be made to the top three US athletes in the midget through junior category. An elite US athlete makes this latter award possible due to a generous donation of previously earned awards. This award is anonymous.

The National Short Track also has all the attributes of a great meet. Excellent publicity and a real commitment from the east coast clubs and associations to attend.

Other items of interest at the convention will include an official's clinic and a lot of discussion about growth and development.

Guess you all are wondering why we are not having a joint meeting with US Speedskating. Me too, since I thought that was what we talked about at the end of the last convention. The best explanation why we are not having a joint meeting is because a near consensus of the ASU officers and ASU representatives to US Speedskating thought that it was not a good thing to do. The best I can do in interpreting their hesitancy was concern in not having anything in writing to evaluate as a proposal.

So we will hopefully discuss and debate the merits of merging during the legislative committee meeting (Chuck Moore will be given extra time). Chuck has devoted many hours to the issues and I fully expect that the legislative meeting will be very informative. I expect that we will end up where we have on most issues. We will leave the convention better informed but nothing resolved. Why? Because the majority of people, who are in position of influence in the ASU, really do not want to change.

I thought we made a lot of progress at the last ASU convention and sincerely hope for a continuation of the move to one organization. Until we all get in one room I doubt that any serious progress can be made. Perhaps after 2002 is the current feeling of many people. In the interim let's move forward by qualifying more officials, recruiting new members and really enjoying this convention!

Of additional significance, this will be Shirley Yates last convention as Secretary/Treasurer of the ASU. Please join me in wishing her and her husband Jim the best as they retire to Michigan.

See you in Southern California!

# ASU Annual Meeting, Convention 2000 Ten Reasons to Come to Southern California

## and Everything You Need to Know.

By Jerry Search, SCSSA

1. It is the first ASU Convention of the new millennium!
2. It is Shirley's last Convention as Executive Secretary/Treasurer.
3. Someone famous might be inducted into the ASU Hall of Fame!
4. It is being held in Sunny Southern California!
5. It is not being held in Wisconsin again!
6. There will not be any tornadoes, like in recent years, although we are trying hard to get an earthquake scheduled for the Banquet.
7. The Atrium Hotel is: A very nice hotel at a very affordable price (\$75. per night). Directly across the street from the Orange County Airport (free shuttle) About 20 minutes from Disneyland! About 15 minutes from the ping mall complex (for Joyce).
8. The Atrium has agreed to the same rate of \$75.00 per night for anyone arriving a few days early or leaving a few days late, for those who want to make a vacation of the trip. They are very excited to have us!
9. I have been to the past 11 ASU Conventions. The Atrium Hotel is just about the nicest I have stayed at! See pictures of it on the ASU Website, [www.speedskating.org](http://www.speedskating.org).
10. Leave: Overcoats; Ice Scrapers (whatever those are); and Long Underwear! Bring: Sunscreen, Swimsuits, Surfboards, Boogie Boards, and Kids!

### Have a say! Get Motivated! Visit Friends! Motivate others!

What is the ASU Convention? It's the Annual Meeting of representatives from each Speed Skating Association in the country meet and decide on new rule changes that affect us all. Sounds boring, right? Well, guess what? The ASU Convention is much more than that! Each year brings something new. There are special presentations about new ideas to help develop our sport on the local and National level; there are sometimes clinics conducted for either coaches or officials; there are sometimes guest speakers, whether a Special Guest or an inductee into the ASU Hall of Fame during Saturday night's Banquet.

The Convention is much more than boring meetings to decide new rules. I have attended the past 11 ASU Conventions. I have come away from each one with new ideas, and new energy to help keep our sport growing.

**YOU HAVE A VOTE!** Well, actually, that's not quite right. How about **YOU HAVE A VOICE!** You really do!! There are open committee meetings for each subject, before the final meeting on Sunday to decide the fate of each of the proposals. At the Sunday meeting, only the official representatives have any say, only they can speak openly. However, during each of the Friday and/or Saturday Committee meetings, any ASU member who has registered for the Convention can speak their mind on any of the subjects on the floor. You might even be able to persuade the Representatives to change their mind on a particular subject. It happens!!

### The Details

The 2000 ASU Convention is at the Atrium Hotel, located at the Orange County Airport in Irvine, California, May 18th - 21st, 2000 (the weekend after Mother's Day).

For reservations, call 1-800-854-3012, or 1-949-833-2770. Mention the ASU, Amateur Speedskating Union or SCSSA to insure you are reserving under the Convention Group Rate of \$75.00 per night. Reservations must be made by April 28th, 2000 or you may miss the group rate. We have 40 rooms blocked out. The Hotel has guaranteed the \$75.00 rate for those who wish to come in a few days early or stay a few days late.

TIP: Our hotel expert Lisa Ahlke highly recommends requesting a room overlooking the Pool Area for a very nice view!

Lastly, very important: Do NOT fly into Los Angeles! The hotel is located at the Orange County Airport, which is over an hour from LAX. Please fly into the Orange County Airport, AKA: John Wayne Airport, airline code SNA. For more information, contact Jerry Search, SCSSA [jerrys@ix.netcom.com](mailto:jerrys@ix.netcom.com) 562-424-5293

**Come help us improve our great sport!!**

# MEET The 2000 Hall of Fame Inductees

No  
Photograph  
Available

**TOM PLANT:** World Sprint Team member as a Junior and Senior competitor. Won the Gold medal at 500 meters and Bronze medal at 1000 meters; finishing 3rd overall in the 1980 World Sprint Championship in West Allis. Silver medalist at 500 meters in Herenveen, Holland, 1980; and a member of the 1980 U.S. Olympic Team. Served as coach or team leader for the U.S. World Short Track team in 1982, 1983, 1984, 1985. Married and the father of 3 children, Tom is self employed. He coaches soccer and hockey at the recreational level.

**JOHN FRED GOHL** (deceased): A former speedskater and teacher, retiring from the Chicago Public School system in 1959. He organized, coached and managed the Swift Skating Club (1938), Peirce Skating Club (1939-59) and the Waupaca Skating Club (1960). Also founded the Boys Country Club in Waupaca to give City Boys a taste of the Country life. His efforts guided many youngsters to championship status. He had the ability to recognize talent and developed many athletes and administrators who have gone on to distinguish themselves in the annals of speedskating history. He was a direct link to the past, present and future of the sport and his dedication and enthusiasm for seeing people succeed and become productive members of society is unsurpassed.



**MILLARD (DOC) SAVAGE:** A tireless worker for the sport for 27 years. He was a prime mover in establishing new speedskating programs in new areas of the United States, focusing on grass roots development. As Vice President of the Wisconsin Assn. he solicited the help of other members and originated the "Booklet for New Skaters And Families". A recipient of the ASU Publicity Award and the ASU Presidents Award, he designed the pin for the 1978 North American Long Track competition. Developed the Wisconsin Officials Training Program and served as the Director of the Wisconsin Family Camps in 1980-81. As Chairman of the ASU Membership, Growth and Development Committee he initiated the Coaching Forum at annual conventions and is a strong supporter of Special Olympic Programs and State Games competition.



**SHIRLEY ANN YATES:** Executive Secretary/Treasurer of the Amateur Speedskating Union for 16 years (1984-2000), the longest tenure of anyone in that office. Also a National and International Meet Director and Chief Judge. Was instrumental in establishing the Short Track program at Northern Michigan University as the U.S. Olympic Education Center. Worked closely with the Canadian Amateur Speedskating Association in preserving and enhancing the North American Championships. She has been the connecting link between administrations that enabled the ASU to make smooth transitions while coping with the many new challenges and has served the Union ably and well during her terms in office.





# Notes from the National Office

By Shirley Yates

## Preparing for the Transition

There are two more issues to be published before I step down as Executive Secretary / Treasurer but already the creative juices for The Racing Blade are drying up, I fear. With only a few weeks left until the Convention, sciously, I don't want to think about it!

This is a good time to introduce my successor. For all of those who are wondering and have asked me, the Secretary-Elect Karen Kostal, has spent some time with me this year, but actually very little - she has a job and I have a job so fitting time into our busy schedules has been difficult. But I think the time we have spent together has been very productive. She has been able to study my office setup, which is important for her, because she needs to set up the same amount of space in her home and figure out where to put everything! The ASU has used two rooms of my house plus a corner of the basement (for supplies). None of what she saw seemed to frighten her!

I have also written a seven-page job description for her and have been sending her copies of various mailings spondence, Convention and National and North American procedures, financial records, etc.) is on the computer. The ASU did not have a computer until four years after I took the Secretary's job.

Many of you have expressed some anxiety about how things will be handled after I leave the job. Karen has been involved with Illinois speedskating for many years. She has a good background in business, marketing and computers. But most importantly, she is a bright, energetic, resourceful woman who will grow in the job, just as I did. She is starting out with some advantages that I did not have. But I also now have 16 years of knowledge of the job, much of which I cannot teach her. It is a hands-on process. She will learn on the job, as I did, and I will always be only a phone call or e-mail away from her. Basically, at least at first, the only thing that will be different when you call the National Office is that there will be a different voice at the another end! Be kind to her! She has a lot to learn and she will need your help.



## Long Track Season Wrap Up

We were elated to see the number of skaters at the North American Long Track in Lake Placid. Canada had the majority; there were 77 U. S. skaters, which, in retrospect, was probably pretty good considering some unfortunate circumstances and conflicts which prevailed. The weather was perfect: very cold at night but sunny and clear during the day with no wind. The officials who had to stand outside all day actually basked in the sun! The banquet was outstanding and we were happy to see so many U. S. skaters in attendance.

The following weekend we had equally good weather for the National Long Track in Roseville, MN. Who would have thought we could be so lucky two weeks in a row!

## New Clubs Send Skaters to Nationals

We have reported on the new clubs that were being formed in 1999 and that we can look forward to including in the ASU in 2000. Now we are happy to announce that some of these clubs have indicated that they will

be sending skaters to the National Short Track in Aston, Pennsylvania. Our newest club, the South East Ice Speed Skating Club (SEISSC) of North Carolina, has been developing skaters for some time and they think they are ready to send at least two to the Nationals. They just officially named their club and appointed the following key officers: President Vicky Franks, 3007 Moss Creek Dr., Johnson City, TN 37604, phone 423-283-4581, and Secretary Dennis Longdon, 2815 Bustlehead Ct., Charlotte, NC 28262, phone 704-510-9780 or email: dlongdon@carolina.rr.com. They have also named Lynn Lawrence of Charlotte as Vice President. The Franks family moved to Tennessee from Duluth, MN, and discovered that the Charlotte area was the closest speed skating center to their southeast part of Tennessee. Daughter Alexis was strictly a Long Track skater until now. She skated in her first Short Track meet, the Susquehanna Challenge, in Harrisburg, PA the first weekend of March.

The Las Vegas Club also is sending at least one skater to the Nationals and we were delighted to get a request from the Alaska Speedskating Club for four National Short Track entry forms. Sugar Todd, a Pony from our club in Omaha, will also be skating in her first National Short Track.

Of course, Eddie Alvarez from Miami, FL, will be skating in the National Short Track as he did in the National Long Track (won every race) and the North American Long Track. This year there may be another Pony representing the Miami club at the Nationals, Melanie Bradley. Our Pony Classes should be full at the Nationals and to think, three years ago we didn't even have Pony Classes at the Nationals!

We know there will be many other skaters competing in the Nationals for the first time but I am only aware of the Direct Members because they have to apply to the National Office for their entry forms.

## Have You Made Your Convention Plans?

We hope you are considering attending the ASU's 2000 Convention in Southern California. It is so important to have new faces there every year, to see the work and responsibility of the national organization gradually being passed to new people.

You will be welcomed with open arms and will enjoy the weekend! If you can take a little bit of extra time to sightsee, so much the better. It's an exciting area for it.

This is a particularly important Convention. For one thing, we will be electing new officers. We also have scheduled two events that should appeal to many of you.

On Friday afternoon we will be conducting an open forum on Promotion/Publicity/Growth & Development. What could be more important to the sport and our organization? We need your input. If you can't be there to give it, please pass on your ideas to the representatives from your association who will be attending.

On Saturday afternoon, from 3:30-5:30, we will be conducting an official's clinic. Everyone is welcome to attend - experienced officials, new officials, and those who would like to see what officiating is all about. The last one we held at a Convention was in Boston in 1995. It was quite successful and many people were grateful for the opportunity to not only learn about officiating but to air some of the officiating issues that had been bugging them. We would urge people from the Northern California and Utah associations to attend this clinic as well as those from Southern California. We have scheduled it for late Saturday afternoon so those who are interested in only the clinic, could also stay on for the banquet. The full agenda for the Convention will be mailed out about April 15. It will include all the proposals for rule changes submitted by the associations.

## Secretary of the Season

Our choice for Secretary of the 1999-2000 Year is John Manailovich of the Middle Atlantic Association. John was elected to the position in 1996 and has proven to be a very responsible secretary. National Registrar Rich Simunjak feels the same way as I. As a matter of fact, he pointed out that John sends his association's membership forms in as he receives them. He does not hold on to them which is exactly what I always urged secretaries to do. John is also a Masters skater and has been Meet Director for the National Marathon. Thanks, John, for a job well done! Please stay with us for awhile!

# Overheard In The Heat Box

by Larry Ralston

## Senior Olympics Ignore Speedskating

A new event will take place in Lake Placid, NY, home of the 1932 and 1980 Winter Olympic Games. Lake Placid was chosen as the site in keeping with the Olympic tradition and the inaugural "Senior Olympics," promoted by the National Senior Games Association, will be held from Feb. 28 through Mar. 3, 2000; but guess what sport will be missing?

While competition will include 6 sports; alpine and cross country skiing, curling, figure skating, snow shoeing and ice hockey; no speedskating events are planned.

Headquartered in Baton Rouge, LA, the National Senior Games Association is one of the leading not for profit organizations promoting healthy life-styles for adults aged 50 years and over. It is a community based member of the U. S. Olympic Committee and serves as one of the USOC official arms to the Senior population. The event expects to draw hundreds of participants.

While the sport of speedskating has a huge registration of Senior members it is ironic that they have been omitted from the competition. Calls and/or letters protesting this oversight might be in order by contacting the U. S. Olympic Committee in Colorado Springs, CO 80909 (719-578-4575)

## U. S. Disenfranchises ASU

Have you heard the latest on the proposed ASU/USS merger? As of Sept. 1, 2000; U. S. Speedskating will no longer recognize an ASU registration and all competitors and members MUST register directly with US Speedskating. They will also accept "Organizational Membership." All this was done with the approval of the US Olympic Committee and appears to be the final blow in totally disenfranchising the Amateur Speedskating Union.

## Mike Affholter Visits Speedskating Hall of Fame

A visit to the Speedskating Hall of Fame in Newburgh NY left Facilities Director, Mike Affholter, very unimpressed. The facility falls far short of what a Hall of Fame should be but that Ice Rink does have a display featuring Joe Donaghue and Bonnie Blair and not much else as other material is stored away awaiting a future site.

## Catching up on Earlier Overheard Items

The Downtown Chicago "Skate on State" ice rink is going the way of the dinosaur as a multi million dollar deal is signed with Lord and Taylor to develop a retail store on the site.

The Speedskating world was saddened to learn of the sudden death of Rachel Owen, killed by a hit and run motorist in St. Louis on July 11, 1999 Rachel was a student at St. Louis University and helped conduct local Speedskating meets in St. Louis with her Father, Russ Owen, a National Chief Clerk.

The Third edition of "Speedskating on Ice" is about to go to press and will feature some new copy and a new size, so it may be carried and referred to easily. The book has been an excellent primer for aspiring skaters for over 20 years.

Hall of Famer, Dick Somalski, and his wife spent a huge part of the summer cruising the Scandinavian countries and Holland.

It's a boy, for Alaskan Speed skater and promoter, Amy Fitzpatrick and her husband. Quinlan Gerald was born July 4, 1999 and Mom says he will be a Marathon skater or a race organizer since she carried him all through the 1999 Marathon races in Anchorage. Parents and son are all doing fine.

Dateline: Colorado Springs, CO, December 2, 1999: USA Hockey has announced the appointment of Eric Heiden as Physician for the U. S. National Junior Hockey team.

Strange but True: An employee ran up a \$120 thousand telephone bill at her place of employment by calling various Psychic hot lines. She was employed as a Psychiatric Counselor.

Make it simple, stupid! To those who want to post the Ten Commandments in schools as a behavioral guide, there is a much better idea. Post the Golden Rule, "Do Unto Others As You Would Have Others Do Unto You." This could be posted in Schools and all Public Buildings without risking a Constitutional crisis or raising complaints.

# Marathon National Championships

at Lake Placid, NY on January 29-30, 2000

By Tracy Lea

Having survived last year's championships in Anchorage, Alaska, I am an experienced speed skating competitor, ready for this year's 25km and 50km races in Lake Placid. My friend and mentor Carole Moore has once again prepared me with comforting comments like, "Remember, we will be going 66 laps, that means 132 turns."

That was just the first day, I had already done the math: RACE DAY #1: 25km (66 laps/ turns) + RACE DAY #2: 50km(132 laps/ turns) = 75 km (198 laps/ turns) in one weekend!

With numbers that large, I am able to interest my husband and two sons into joining me in participating in this community affair sponsored by the MASA, ASU and coordinated by John Manailovich and Carole Moore. The four of us load into our oversized FUJI Cycling T.E.A.M. van and drive the nine hours north. Any possible pre-race jitters are relieved by listening to 6 hours of the unedited version of The Sorcerer, by Harry Potter, but I know that there will be no magic wand to help me fly around the 400 meter Lake Placid oval despite the charm of Eric Heiden's fame.

Arriving just in time for registration and one-hour of practice, I strategically decide to forego the practice. It is too cold and I have just so many laps in my inexperienced legs after all. Why waste them prior to the main event?

The organizers pass out numbers, "goody" bags provided by Brian Delaney of High Peaks, sell custom designed Marchese long sleeve T-shirts, and hockey tickets for Saturday night. Old friends and competitors check in while swapping training and injury stories. The excuses are readied if needed.

We settle into "Camp Moore," Carole's shore-side Lake Placid condo, along with half of the eight-person contingent from Alaska, organizers of last year's event. Their only concern this year is getting to sleep on East Coast time. Carole and John have the event worries this year. Skates are sharpened and the thermometer dismissed. It is -20° F but we all agree that Saturday will be warmer.

And it is! We greet race morning #1 with chilly temperatures guaranteed to rise into the high teens but with no wind and lots of sun. During breakfast the race is starting to become very real for me. It is time to start strategizing.

First of all I know, that as one of the slower skaters, I will be politely but firmly delegated to the outside of the oval in order to allow the speedsters to zoom around the inner most (and shortest) path. I have seen lots of cycling track races so it is clear to me that I will go further than 25 kilometers if I stay in the outermost lane.

I lobby with the faster skaters, "don't you think that us slower skaters should be given a different number of laps (i.e. less) so we will never be in your way?" This sounded good to many but impractical to those who had to manage the program. And, because I was unable to locate a resident surveyor in time to re-measure the outer lanes, I settled in to the inevitable 66 laps the long way around.

I pressed on in my attempts to alleviate some potential future suffering by petitioning the rink manager to turn on a radio station so I can at least listen to some mind numbing music as my back seizes up. But I lose this one too. No one is able to hear the official's words of warning with the music blaring. The race begins and we are off and so is the music.

The lead pack starring the Canadian, Paul O'Blene and defending senior woman's champion from Michigan, Beth Bedford, master wizard, Carole Moore, 99 Junior Champion, Gregg Morris, his teammate, Tim Kelly and a dozen or so others barrel around the oval like they are starting what for me would be an all out sprint. I know that I am in trouble when I get lapped within two laps. Occasionally, I catch on to a pack and struggle and thrash, trying hard to drive with my knee if on for a few meters.

The race is a success for me as soon as I see my husband drop out. I have beaten one person! My teenage son sits on me for a lap or two, resting, then panics and digs deep, to do what is becoming far too enjoyable for him and too frequent for me, dropping mom.

The lead group finishes in a fast bunch sprint with Paul O'Blene winning the race. The U. S. title going to Joe Franz from Up State New York in 43:58 minutes. Beth Bedford retains her woman's title over second place Carla Langerthol. The Alaskans take home two golds, Tim Kelly wins the 40-49 class and Gregg Morris the Junior title. Kristin Bedford is the clear winner over second place Kirsten Arnett in the junior woman's event.

Watching the leaders sprint to the finish is inspiring and depressing as I still have some 30 laps to go. This not the television coverage, but real time participation for me. My lap counter lost track long before but I have diligently kept track of how many times I have been lapped by one woman.



I wave good-bye to my family. They have changed and are headed back to the condo. My son, waiving to me from our van, cheerfully reminds me that everyone else is finished. There is no doubt that I have wrapped up the "lantern rouge" prize, the prestigious last place award. Unceremoniously, I count off my remaining laps and hobble indoors.

The day's events culminate with an oversold banquet at Mr. Mikes. Awards and door prizes, compliments of Dimon Sports, Piper Originals, Carole Moore and other donors, are distributed throughout the evening. Most can finish.

Completing the 25 km race is one thing, 132 laps is quite another. I have played back my computerized heart monitor and the print out tells all, my heart rate soars to over 170 with every attempted cross over and hovers at 150 whenever I am coasting. It is going to be a long day.

Race morning #2 arrives all too soon. Loaded with 800 milligrams of ibuprofen, I stumble into the kitchen and look outside. In all of my fretting the evening before I had forgotten to check the weather forecast. Lake Placid is receiving its first snowstorm of the year. It is not too cold but a 25-mile per hour head wind on the homestretch will make for a long afternoon.

Race volunteers (a.k.a. those who are too smart to race) scurry about getting in their own workouts by shoveling snow off the fast lane. Not only am I relegated to the longer, outside lane, but I will also have to plow through snow!

Goggles on, skates covered with neoprene, windbreakers zipped and we're off! Even the leader start off a little slower this time and there is some fresh blood leading the pack. Paul Marchese, having cheered his wife, Liz Marchese, on to her title in the 40-40 class is now on the track hoping for matching a his and hers Piper Original Winners' Vests.

I decide not to think about the number of laps I am off the group. Luckily (?) a fellow I am skating with tells me that he has been clicking off every time the lead pack passes him so he knows exactly how many laps to add on to the laps to go being shown the leaders. My lap counter again has lost me due to low visibility caused by the snowstorm.

I decide to take responsibility and choose my mark, Wendy Arnott from Alaska, who is churning out the laps on her way to winning the 40-49 women's division. And so it goes that every time she passes me I know to add another lap to go and another lap to go and another. Today I am not as alone, however. Even the speedsters find the wind and snow arduous as we all struggle to clear our lenses, and keep racing.

Unlike Harry Potter, I am unable to make my skates fly to catch up to the "Hogwart Express" (i.e. the lead pack), but I did have a good feed pile ready, coke, power gels, GU, jogmate, smartfuel, cliff bars, and brownies. I wasn't taking any chances. A good sampling of the various sports bars and gels together with junk food was sure to be a winning combination! My only mistake is not factoring in that my 16 year old would drop out, eat my brownies, drink my coke and feed what was left to some cute 16 year old racing the junior girls event. Feeding Mom was simply not a priority. Luckily, I guess I do know my family after all, I have a back up stash of power gels in my kneepads and stumble on.

Paul Marchese does indeed claim first place honors over second place finisher Mark Kondola from Boston. Greg Morris wins the junior title and places third overall. Beth and her daughter, Kristen claim their own matching winners vests, while Carole Moore adds another gold medal to her trophy case. The groups keep finishing, the snow keeps falling and most of the rest of us keep going.

The adventure of crashing through the drifts becomes more of a challenge than the crossovers. But the diehards, myself included, kept plowing through. Techniques like standing and coasting in the tail wind, eliminating crossovers on the turns, and avoiding ever being in the front of a pack, are deployed. Finally it is down to Danny Sippes from Montpelier, Vermont and myself. We talk about his furniture business, my middle school years in the North Country, our novice standing in the sport, anything to keep our mind off what we are doing.

Racers who have finished, take pity on us and cool down by our side add to the story telling, swapping stories of bike races, kids, even food, any topic is fair game, anything to keep going.

Being the magnanimous one, I bravely announce that I will lead the last eight laps or so. I fantasize that I am strong but reality strikes as I again watch the family van being loaded and warming up, my loyal husband and sons tapping their watches while I count down, "two to go," "one to go," and today the "lantern rouge" belongs to Danny Sippes. I have not come in last and I know exactly who to call the next time I am in need of custom furniture!

And of course, I am already marking off my 2001 calendar for next year's marathon championship. Another adventure not to be missed!

## National Marathon January 15-16, 2000 Lake Placid, NY

### 25k Results

#### Junior Men

- 1) Greg Morris 44:07
- 2) Ryan Bedford 48:00
- 3) Bobby Lea 59:15
- 4) Andy Kelly 1:01:59

#### Junior Women

- 1) Kristen Bedford 48:10
- 2) Kirsten Arnett 1:02:09

#### Senior Men

- 1) Nate Kokinda 44:01
- 2) Marty Medina 48:05
- 3) Arland Macasieb 59:08

#### Senior Women

- 1) Beth Bedford 44:07
- 2) Carla Langenthal 44:08

#### 30-39 Master Women

- 1) Kate Stewart 52:38
- 2) Anne Diekema 1:08:02

#### 30-39 Master Men

- 1) Joe Franz 43:58
- 2) Rob Kramer 44:00
- 3) Don Gallegos 44:03
- 4) Jim Cornell 44:09
- 5) Mark Kondola
- 6) Ed Daly
- 7) Max Ivenitsky
- 8) Michael Fitzpatrick
- 9) James Haack

#### 40-49 Master Women

- 1) Liz Marchese 50:25
- 2) Sue Hassdenteufel 1:02:17
- 3) Wendy Arnett 1:03:16
- 4) Tracy Lea 1:20:00

#### 40-49 Master Men

- 1) Timothy Kelly 44:01
- 2) Jamie Hess 50:26
- 3) Arthur Noland 52:00
- 4) Clifford James 55:20
- 5) Michael Hartnett
- 6) John Silker
- 7) Bill Eisenmenger
- 8) Dan Green
- 9) John Dimon
- 10) Peter Fitterer

#### 50-59 Master Women

- 1) Carole Moore 44:01

#### 50-59 Master Men

- 1) Chris Hawkins 44:20
- 2) John Manailovich 48:51
- 3) Bill Bauer 51:14
- 4) Vincent Gagliano 52:02
- 5) Vince Morris
- 6) Pete Von Zwehl
- 7) James Daniska
- 8) Fred Eder
- 9) Mark Sullivan
- 10) Fred Prilop
- 11) Fred Schweikert
- 12) Bill Hammer

#### 60-69 Master Men

- 1) John Mahoney 1:02:16
- 2) Michael Fornino 1:09:16

### 50K Results

#### Junior Men

- 1) Greg Morris 1:36:40

#### Junior Women

- 1) Kristen Bedford 1:53:56
- 2) Kirsten Arnett 2:26:57

#### Senior Women

- 1) Beth Bedford 1:41:27
- 2) Carla Langenthal 1:47:51

#### 30-39 Master Men

- 1) Paul Marchese 1:36:14
- 2) Mark Kondola 1:37:58
- 3) Don Gallegos 1:38:12
- 4) Rob Kramer 1:38:27
- 5) Jim Cornell
- 6) Joe Pollock
- 7) Michael Fitzpatrick

#### 40-49 Master Women

- 1) Wendy Arnett 2:27:50
- 2) Tracy Lea 2:35:30

#### 40-49 Master Men

- 1) Jamie Hess 1:54:41
- 2) Michael Harnett 2:04:55
- 3) John Silker 2:11:17
- 4) Arthur Noland 2:13:40
- 5) Timothy Kelly
- 6) Daniel Snipes

#### 50-59 Master Women

- 1) Carole Moore 1:50:59

#### 50-59 Master Men

- 1) Bill Bauer 1:53:53
- 2) John Manailovich 1:53:54
- 3) Vince Morris 2:02:36
- 4) Fred Eder 2:11:18
- 5) James Daniska

#### 60-69 Master Men

- 1) Tony Marchese 2:25:37

## Canadian Guest Skaters

### 25K Results

#### Junior Women

- Lynne Wolfson 47:30

#### 30-39 Master Men

- Paul O'Blenes 43:58

#### 30-39 Master Women

- Suzanne Dionne 48:56

### 50K Results

#### Junior Women

- Lynne Wolfson 1:56:04

#### 30-39 Master Men

- Paul O'Blenes 1:35:58

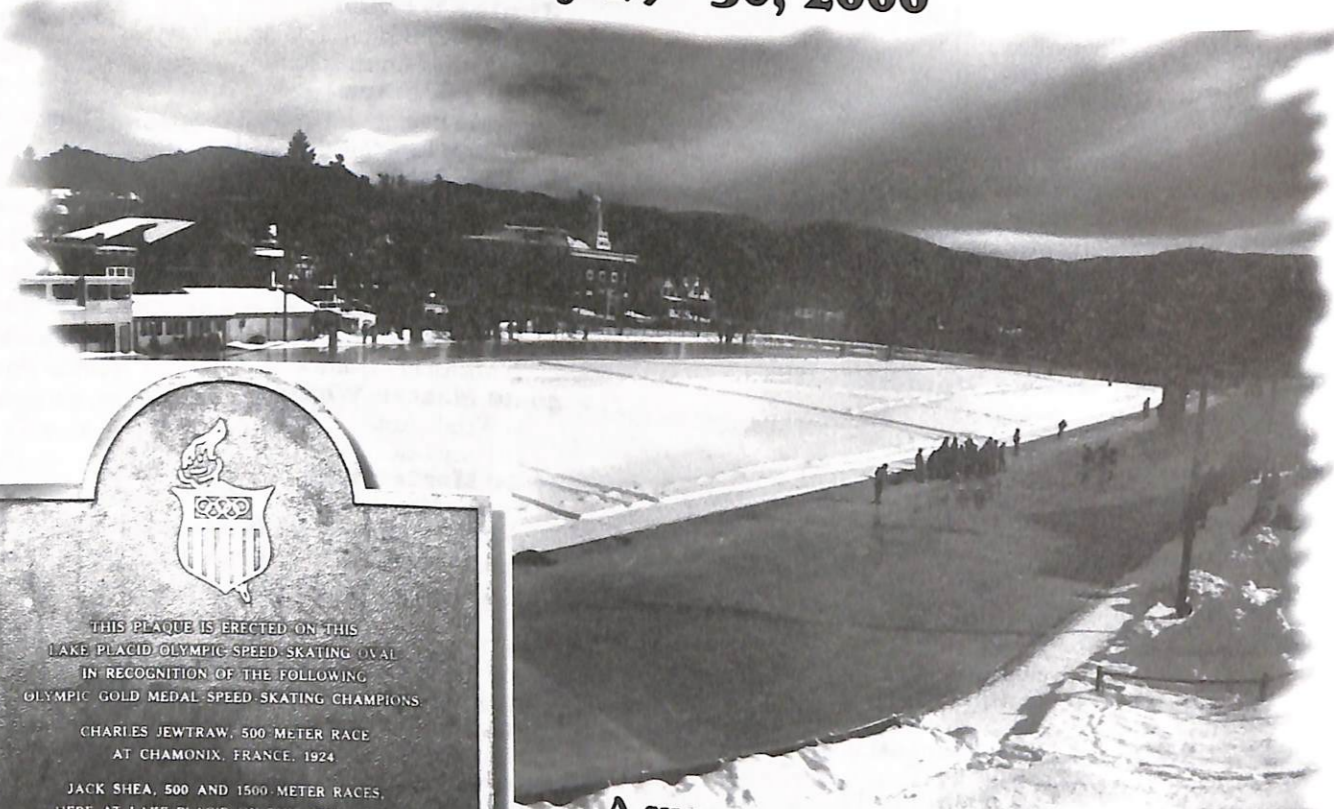
#### 50-59 Master Men

- John Matuszek 1:55:26

Canadian guest skaters were not eligible for National medals.

# North American Long Track Lake Placid, New York January 29 - 30, 2000

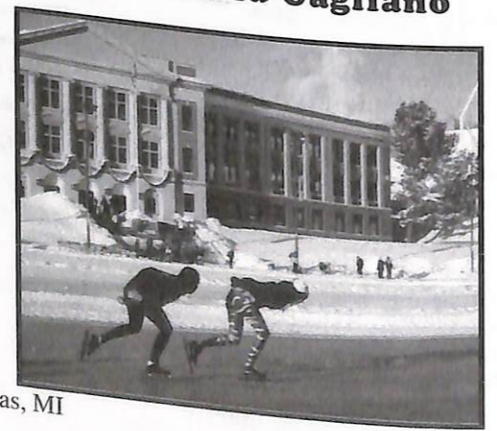
# North American Long Track Results January 29-30, 2000



A sunny weekend in Lake Placid.



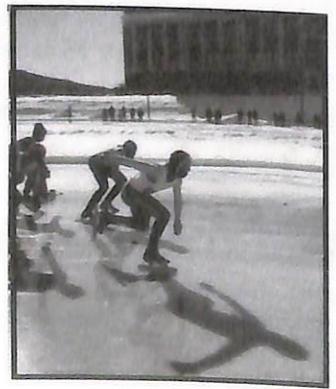
Cepuran and Gagliano



Photos by Don Kangas, MI

Lake Placid's history of hosting International speed skating events.

Photos by John Bleck, ASAI



The Racing Blade

March 2000

### Midget Girls

1	Erica Lanser	WSA	16
2	Tricia Cain	ONT	12
3	Marie-Pier Gervais-Moreau	FPVQ	5
3	Tamara Oudenaarden	AASSA	5
5	Carissa Martin	MSA	2
5	Jessica Gregg	AASSA	2
7	Gabrilie Waddell	AASSA	1
7	Michelle Boutin	FPVQ	1

### Juvenile Girls

1	Danielle Dubois	MSA	20
2	Duffield Kelsey	AASSA	9
3	Megan Murray	MSA	8
4	Katrina Whittenberger	WSA	3
5	Crystal Phillips	AASSA	2
5	Lisa Hyrciw	AASSA	2

### Junior Ladies

1	Heather Deans	AASSA	16
1	Shannon Rempel	MSA	16
3	Lyndsey Parrissenti	ONT	7
4	Lauren Watzel	ONT	3
5	Leah Priestaf	WSA	2

### Intermediate Ladies

1	Terri Downer	MSA	20
2	Megan Wotherspoon	AASSA	9
3	Christie Deans	AASSA	6
4	Ani Bedrossian	ONT	4
5	Anne Hanrahan	ONT	3
6	Lauren Pollack	AASSA	1
6	Ginette Lamoureux	ONT	1

### Senior Lady

1	Carla Langenthal	MI	20
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### Master 30-39 Lady

1	Anne Waddell	AASSA	20
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### Master 40-49 Ladies

1	Liz Marchese	NNY	18
2	Susan Hassdanteufel	MASA	14
3	Hilda Duffield	AASSA	8

### Master 50-59 Ladies

1	Carole Moore	MASA	20
2	Mary Lou DiNicola	NNY	12

### Master 60 - 69 Men

1	Vern Kappes	WSA	15
2	Richard Widmark	ASAI	10
2	Tony Marchese	MASA	10
4	John Sorce	WSA	4
5	Ed Basinski	ONT	3
6	Gary Corwin	NNY	2

### Midget Boys

1	Nicholas Bean	ONT	20
2	Vincent Blouin	FPVQ	8
3	Alexandre Garant	FPVQ	6
3	Lucan Duffield	AASSA	6
5	Eddy Alvarez	ASU	2
5	Keith John Sulzer	AASSA	2

### Juvenile Boys

1	Francois-Oliver Roberge	FPVQ	15
2	Tyler Goff	WSA	10
3	Brock Anderson	ONT	8
4	Richard Shoebridge	ONT	6
5	Rick Martin	WSA	2
6	Pascal Franche	ONT	2
7	Kyle Parrott	MSA	1

### Junior Men

1	Laurent Lemieux	FPVQ	20
2	Adam Laurence	ONT	9
3	Martin Forest	FPVQ	7
4	Jean-Francois Tessler	FPVQ	6
5	Jason Mymryk	MSA	2

### Intermediate Men

1	David Okoniewski	NNY	17
2	Tom Westover	GMSA	11
3	Adam McCabe	ONT	8
4	Alexandre Lauzon	FPVQ	6
5	Brent Mazur	MSA	1
5	Nathan Bruner	WSA	1

### Senior Men

1	David Needham	NSA	20
2	Ron Foster	MI	12
3	Nate Kokinda	NNY	8
4	Sung Han Kim	NSA	4

### Master 30-39 Men

1	Paul Marchese	NNY	20
2	Howard Clausing	ASAI	10
3	Joe Franz	NNY	5
3	Brian Boudreau	NSA	5
5	Jim Cornell	WNY	2
6	John Bleck	ASAI	1
6	Sam Renshaw	MI	1

### Master 40-49 Men

1	Bob Laurence	ONT	20
2	Mike Greenland	Iowa	9
2	Al Forsyth	CONN	9
4	Dan Green	MASA	3
5	Ken Wetzel	ONT	2
6	Dave Moneypenny	CONN	1

### Master 50-59 Men

1	Chris Hawkins	MASA	20
2	Ron Schofield	MI	10
3	Vincent Gagliano	MASA	8
4	David Manfredi	NNY	5
5	Al Harding	MASA	1

### Master 70 + Men

1	Howard Ganong	NNY	20
2	Joe McDonald	NNY	12
3	Joseph Flax	CO	8

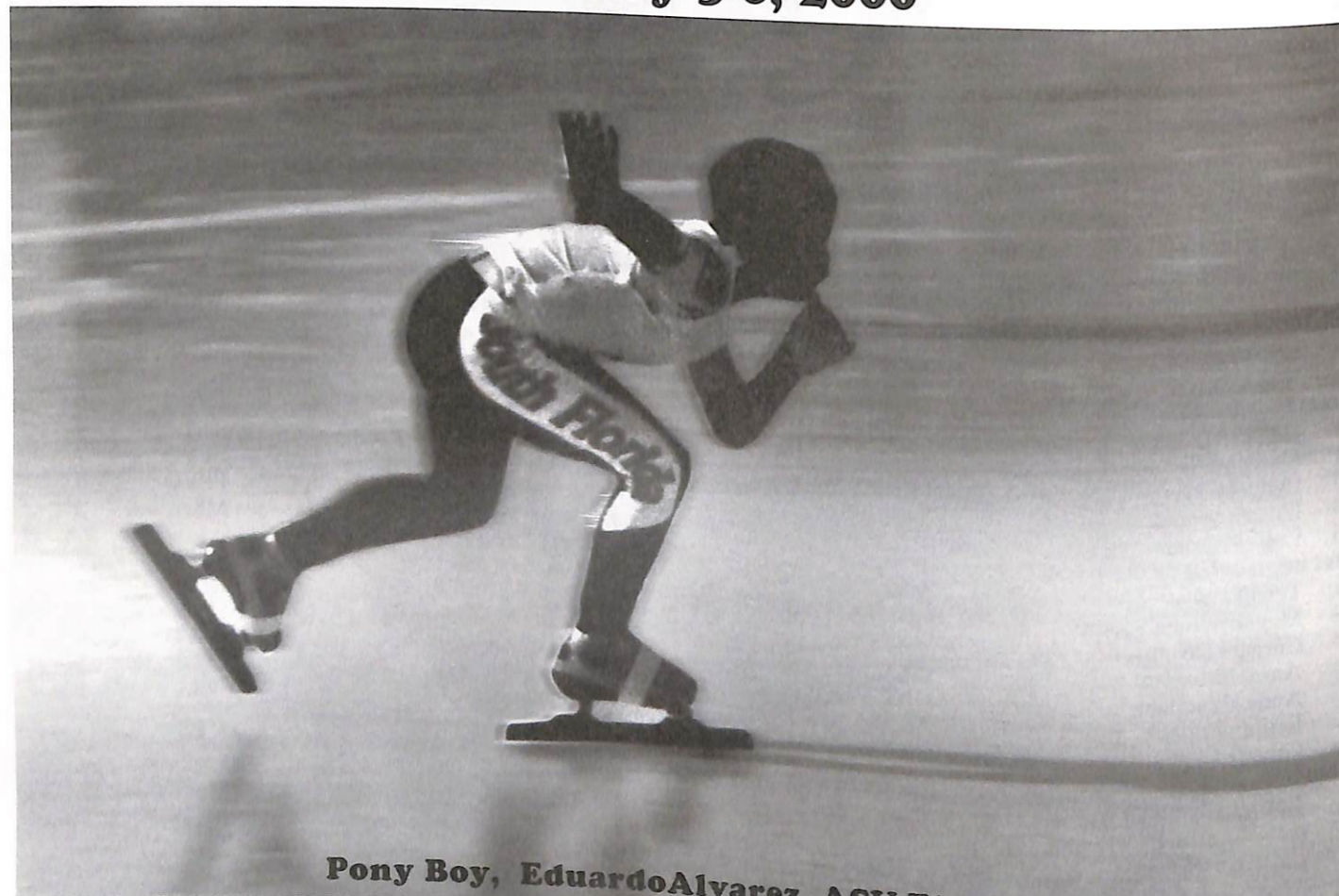
March 2000

The Racing Blade

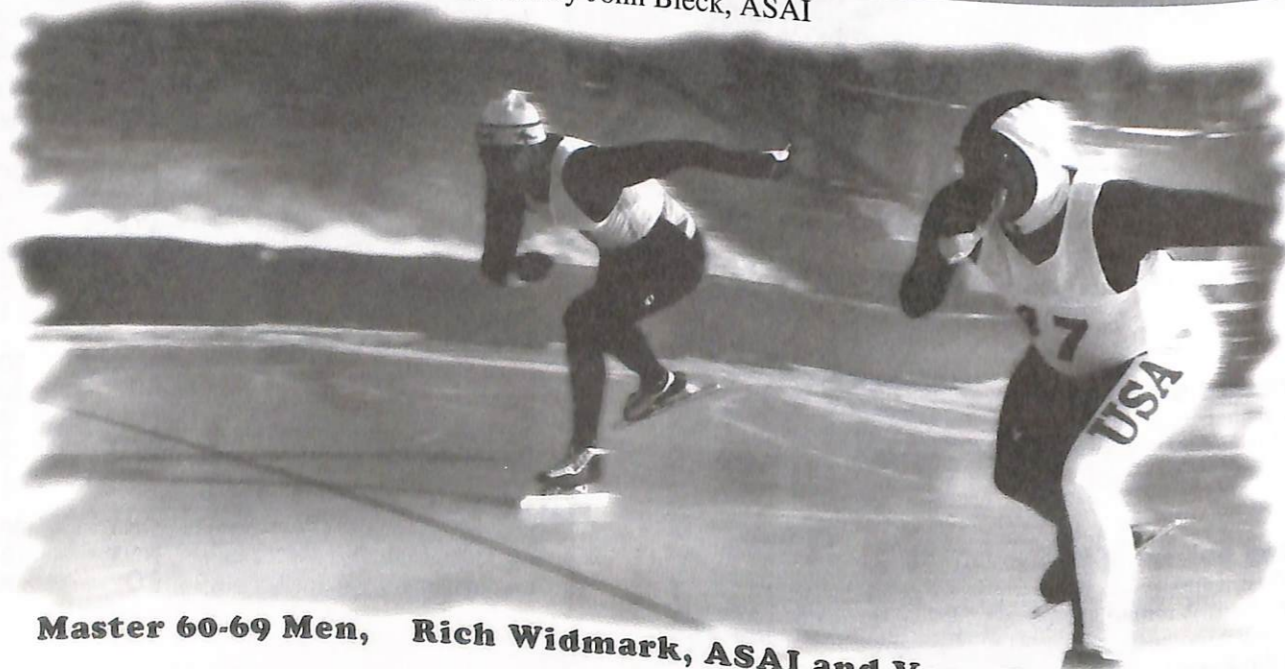
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# National Long Track Roseville, MN February 5-6, 2000



**Pony Boy, Eduardo Alvarez, ASU Florida**  
Photos by John Bleck, ASAI



**Master 60-69 Men, Rich Widmark, ASAI and Vern Kappes, WSA**

## National Long Track Results

Place	Name	Assoc.	Points	Place	Name	Assoc.	Points
<b>Pony Girls</b>				<b>Pony Boys</b>			
1	Kelly Block	ASAI	20	1	Edwardo Alvarez	ASU	25
2	Cassandra Sarri	GMSA	19	2	Anders Lee	GMSA	13
3	Katie Brezovar	WSA	11	3	Zachary Affholter	WSA	11
<b>Midget Girls</b>				<b>Midget Boys</b>			
1	Catlin Goskowicz	GMSA	17	1	Matthew Demay	GMSA	14
2	Erica Lanser	WSA	14	2	John Sarri	WSA	13
3	Ashlee Barnett	GMSA	13	3	Sean Casler	GMSA	11
4	Laura Johnson	ASAI	6	3	Jordan Hinke	ASAI	11
5	Ericka Hawk	WSA	3	4	Edward Collins-Chase	GMSA	3
6	Kjirsten Bauer	GMSA	1	4	Alex Affholter	GMSA	3
6	Sarah Krueger	GMSA	1	<b>Juvenile Boys</b>			
<b>Juvenile Girls</b>				1	Tyler Goff	WSA	25
1	Maria Lamb	GMSA	25	2	Tim Venne	GMSA	14
2	Katrina Whittenberger	WSA	15	3	Brian Freezor	WSA	9
3	Gretchen Stangl	GMSA	10	4	Eric Cepuran	ASAI	4
4	Nichole Graham	GMSA	4	5	Joeseph Parrella	GMSA	2
5	April Medley	WSA	1	6	Mike Blumel	GMSA	1
<b>Junior Ladies</b>				<b>Junior Men</b>			
1	Heidi Stangle	GMSA	20	1	Joe Carlson	GMSA	22
2	Rebekah Bradord	GMSA	15	2	Mike Kagen	WSA	15
3	Ashlie Brown	Utah	8	3	Tom Westover	GMSA	10
4	Anna Ringsred	GMSA	6	4	Darren Olson	GMSA	5
5	Leah Priestaf	WSA	4	5	Kevin Freezor	WSA	3
6	Pam Miller	GMSA	2	<b>Senior Men</b>			
<b>Senior Ladies</b>				1	Mathew Selby	GMSA	20
1	Alice Hagen	WSA	23	2	Scott Bradford	GMSA	17
2	Leah Lambert	GMSA	17	3	Emil Furcht	GMSA	12
<b>Master 30-39 Ladies</b>				4	George Babicz	ASAI	3
1	Cynthia Darrow	ASAI	25	5	Nathan Brunner	WSA	2
2	Julie Ballif	WSA	15	6	Daniel Wijngaarden	ASAI	1
<b>Master 40-49 Ladies</b>				<b>Master 30-39 Men</b>			
1	Marian Furst	Colorado	25	1	Paul Marchese	NNY	25
2	Mary O'Donnel	GMSA	15	2	Matt Trimble	GMSA	14
3	Susanne Meredith	GMSA	10	3	Howard Clausing	ASAI	11
<b>Master 50-59 Ladies</b>				4	Sam Renshaw	MI	4
1	Carole Moore	MASA	25	5	John Bleck	ASAI	1
2	Joanna Walters	NESA	15	<b>Master 40-49 Men</b>			
<b>Master 60-69 Men</b>				1	Greg Oly	GMSA	25
1	Vern Kappes	WSA	19	2	Rob Darrow	ASAI	13
2	Richard Widmark	ASAI	18	3	Steve Miller	GMSA	8
3	John Sorce	WSA	9	4	Mike Greenland	Iowa	7
4	Bruce Trimble	WSA	7	5	James Gerlach	GMSA	2
5	Gary Lichliter	GMSA	2	<b>Master 50-59 Men</b>			
<b>Master 70+ Men</b>				1	Chris Hawkins	MASA	23
				2	John Diemont	ASU	17
				1	Joe McDonald	CO	25

## Sheila Skates in Alaska

by Amy Fitzpatrick

The Alaska Speedskating Club thanks Sheila Young Ochowicz for conducting skating clinics in Anchorage on January 28-30, 2000. The clinics at our long and short track sites were well attended, despite a downpour of snow on the long track. Sheila taught drills to improve skating technique, speed and starts to skaters of all levels. She was in her element working with our club!

She even brought her set of Olympic medals to share with us. How cool is that!! The skaters who attended the sessions were motivated and inspired by the three-time Olympic medalist.

Our Mayor took a lesson from Sheila at Westchester Lagoon, site of the 1999 National Marathon Championships! We were thrilled and honored to have Sheila in Anchorage. Alaska is well on its way to becoming a speed skater's haven! Thanks to Sheila, we are more knowledgeable and excited about speedskating!



## Pittsburgh Speedskating Club

by Robert Halden

The Pittsburgh Speedskating Club, together with the Harrisburg Lightning Force Club, is excited about hosting the 2000 edition of the Susquehanna Challenge. This is the first meet hosted by these two clubs and we hope that many of the skaters from the members of the Eastern Scheduling group of associations will support our efforts. We are looking forward to reporting the results of the meet in the next issue of the Racing Blade.

Three members of the Pittsburgh Speedskating Club, Bob Halden, Gibby Bozicivich, and Cheryl Maszkiewicz will be in Somerset, PA to officiate at the Pennsylvania Special Olympics Winter Games. Brett Eshenour, the coach of the Harrisburg Lightning Force club will bring a group of athletes from Harrisburg for the competition. This is an annual event for this group of people, and one that gives immense satisfaction.

## Middle Atlantic Skating Association

by Stan Zompakos

Julie Walsh of the Flushing Meadow Speedskating Club published a fine article and photo, about the workouts at the Flushing Meadow Rink, in the New York Times, on Tuesday, January 18, 2000. The article which appeared in the 'Science Times' section gave the MASA and the ASU great publicity. Since the New York Times has National circulation the benefits may be felt by clubs throughout the country. The Flushing Meadow club received dozens of calls. Special thanks to Julie Walsh for this accomplishment, and also to Shirley Yates for handling the flood of calls. In addition to this publicity, there is a great article about the Flushing Meadow Club on the FOX news web site. The web address is:

<http://www.foxnews.com/health/background/fitness/fitnessreport30.sml>

The MASA would like to thank the all of the participants and volunteers who made the 2000 National Marathon Championships a great success. We would especially like to thank John Manailovich for his contributions to the event. Also thank you to Louise Collins for providing the photograph of Clifford James and Josh Davis for the MASA article in the January 2000 issue of The Racing Blade.

## Wasatch Speedskating Association

by Jay R. Glad

The program, "School to Skate", at the Ogden Ice Sheet, and also at the Provo Seven Peaks Ice Arena, has been very successful. This program was sponsored by the Salt Lake Organizing Committee, and was made to teach grade school children in grades 4 through 6 to learn to short track speed skate. Todd Porter and Lester Pardoe, started the program in September of 1999. Lester, a Canadian National long track champion is now running the program with real success. Ogden has as many as 72 children coming to the program. This is every Thursday from 3:30 PM to 4:30 PM. We have found some very promising speed skaters.



Jessica Stoop, Stephanie Jamerson, Veronica O'Brady, Lori Arneson

The Northern Utah Speedskating Club had the good fortune of winning a \$100.00 scholarship from Oshman's Sports, for the advancement of the girls involved in speedskating. We bought three pair of Bont skates and blades for \$200.00 each. We chose three very good skaters from the school program, and bought the skates in their sizes so that they can use them while learning to become skaters. This really encouraged these 11 and 12 year olds. The girls that received the skates were Jessica Stoop, Veronica O'Brady, and Stephanie Jamerson. Another top skater, Lori Arneson, bought her own skates.

Jessica Stoop could be a champion one day. She is really pushing Breea Lemmon, one of our top girl skaters. It could only be a matter of time before she can beat her.

The Northern Utah Speedskating Club also had a race for the school program children, on December 18, and all of the four girls won the race in their division.

Utah also had the Utah Winter Games race at the Ogden Ice Sheet, and another race on December 15 and 16 in Provo. All races were sponsored by the Utah Winter Games. The race at Provo was skated along with the American Cup. They had the American Cup skate their races, and staged the Utah Winter Games races in between it. Bruce Rowley, a local, skated in the American Cup. He belongs to the Slice Club, which is affiliated with the Utah Speedskating Association. He held his own, and did very well. He said that this race was "a whole new ball game."

The Utah Speedskating Association is now called the Wasatch Speedskating Association. The association has a very good coach. This is Lester Pardoe. He will help all skaters, and takes a real interest in each individual. He has taken skaters to Butte, Montana, and Calgary, Canada for skating meets.

I think Utah will eventually help unite skaters for future championships, and Olympic skaters. The Salt Lake Oval is advancing it's construction on time, and will be open by next October.

We also had a World Cup race at the Provo Seven Peaks Rink. We saw top short track skater Apolo Anton Ohno, Rusty Smith, and Julie Goskowicz, and Amy Peterson and others. I have never seen a short track skater go as fast as Apolo did to make up 1/2 lap he had to make up because one of the skaters fell in the relay. He actually made up 1/2 lap with three laps remaining, and came in third.

The Wasatch Speedskating Association had a very nice race at the E Center Ice Arena in Salt Lake City. This was a short track race which was held on February 5. We had about 35 participants in the race. The first three place winners won T-shirts. It was a lot of fun for all. There will be another race held at the E Center on March 4.

The Northern Utah Speedskating Club had a couple of All-stars at the Utah Winter Games banquet. There were also some from some of the Salt Lake City clubs.

## Obituaries

### JERRY KLASMAN

by Shirley Yates



Jerry Klasman, skater, coach, association and club administrator and past ASU Vice-President, died Wednesday, March 1 in a hospice in Oklahoma, Nebraska. He was diagnosed with bone cancer in late summer of 1998 and during the last few months had devoted all his time and energy to fighting the disease. He would have been 72 on April 3.

Jerry's life in speedskating took many turns but he made an impact in the sport, which will be felt for many years. He was born in West Virginia but moved from there at an early age to St. Louis, MO, where he learned to speed skate in his youth. He resurfaced in the late 80s as a Master skater in New York City, where he had been working and living for many years. He then moved to Connecticut and in 1994 started talking to the ASU National Office about resurrecting the Connecticut association, which had died in the early 80s. There were still many Connecticut speed skaters but they were having to register with either the Northeast or Middle Atlantic associations. He almost singlehandedly did all the paper work to get the association going again. He served as the association's Board of Control member

until 1997 when he moved to Omaha to take a coaching job at a new rink there and get a club started. The club has grown and is very active now, sending skaters to regional events and, this year, to the National Short Track. But Jerry was perhaps best known as the creator of National Scholastic Speedskating, Project 2005 (NSS), a program designed to introduce speed skating to middle schools and high schools with the idea of it eventually becoming a letter sport.

In the fall of 1995 Jerry submitted his plan for Project 2005 to the National Office, asking for input. The decision was made to gather together some key people in the ASU, who had indicated a belief in the project, for a brainstorming session at the 1996 Convention in Minnesota. From there the project took off, Jerry started making some good contacts in several locations and was well on his way to seeing his project attain its early goals when he was diagnosed with cancer. He had had cancer 10 years before but fought it successfully and had lived a vigorous healthy life since then. He speed skated, inline skated, coached and ran the Boston Marathon.

In the spring of 1998 he decided to run for Vice President of Promotion for the ASU. No one else had indicated a willingness to assume that position and he thought it might help him to connect with people in his work on NSS. In the fall of 1998 the project severed its direct relationship with ASU and U.S. Speedskating and was incorporated as National Scholastic Speedskating. Those involved in the project have pledged to continue Jerry's work.

A memorial service was held in Omaha March 9 and a fund was set up to help defray hospital and funeral expenses. Memorial donations may be sent to the Jerry Klasman Memorial Fund at Norwest Bank, 111150 Emmet St., Omaha, NE 68164, attention Kara O'Conner. Make sure that "Jerry Klasman Memorial Fund" is written on your check or in an accompanying note.

For those who would like to express condolences to Jerry's close companion, Cathy Fletcher, her address is 406 North 49th, #5, Omaha, NE 68132.

### Barbara Smith

by Jerry Search

A long time member, meet official and Past President of the Southern California Speed Skating Association, Barbara Smith passed away on March 10, 2000. She did so painlessly and in the company of her family.

Barbara was very active in the SCSSA for about 10 years, give or take some. During that time, she served in almost every capacity possible: Parent (her son, Brian, raced in the early 1980's), meet clerk, heat box coordinator, Heat Box clerk at several National Championships, even Novice Coach in the mid 1980's. In 1991, she was honored as an SCSSA Lifetime Member, a none too common event as there are only three others: Ruth L.(Tiny)Prater, Bill Cawthra, and Sue Perles.

A little known fact: Barbara Smith won the 1948 National Outdoor (as Long Track was called back then) as an Intermediate Girl. She once shared with me vivid memories of skating the Nationals on Mirror Lake along-side downtown Lake Placid, long before the Oval was built.

In the early 90's, she left Southern California for the San Francisco area, to be closer to her son, Brian. There she continued her involvement with speed skating with the Northern California Speedskating Association. She even helped clerk the 1999 National Short Track in San Jose. Barbara was always there, ready to help, and probably did more than most anyone else to help speed skating. She will be missed.

A Memorial service was held on March 14 in San Francisco. Barbara is survived by four sons, Mark and Brian (both of whom speed skated), Steve and Bruce, and six grandchildren.

Further information, as well as a photograph of Barbara with Frank Zamboni, can be found on the Southern California Speed Skating Association website, at <http://www.SoCalSpeedSkating.org>.

## Letters from the Speed Skating Community

### A Viewpoint from the Figure Skating Community

To The Editor,

About 18 months ago my 8-year-old son fell in love with speed skating. He had already been skating for four years, as I am a P.S.A. Senior rated Figure Skating Coach. Therefore, when he told me that speedskating was "definitely for him," I was thrilled that he enjoyed something that was a "cousin" sport to my own dear figure skating.

Over the past 18 months, we have met so many gracious and giving people that have a passion for their sport. They have tirelessly answered all of my questions, and in an effort to help me understand, they have helped to find the parallels between speed skating and figure skating when possible. I have read everything that has been sent, lent and given to me about my son's new "love."

However, the more I read the more frustrated I become. I am concerned about the future of speed skating. From all appearances, the cart is being put before the horse over and over again. Therefore, because of my active role in a prospering and closely related sport I offer these suggestions to the speed skating "powers that be."

The sport of speed skating has many major obstacles to overcome, but how to merge the two already existing organizations should not be one of them. How many representatives each faction has on the new board is pointless if speedskating dies first. My recommendation is to dissolve both organizations now, and create a new and better NGB. How about the United States Speedskating Association? The U.S.S.A. has a nice ring to it.

Secondly, the issue of coaches /teachers must be addressed immediately. In our area of Pittsburgh 22 rinks have been built in the last 5 years within a 75 mile radius of each other. There is more ice available now than ever before. Managers are hungry for new ways to fill dead ice time and new ways to lure customers away from other sports. Yet, most people have never heard of short track speedskating and if they have, there is nobody to coach them. All of the coaches that have taught my son are qualified to do so, but coaching speedskating is not their job, it is their hobby, and when Monday morning rolls around they have to go to work.

I am perplexed that the sport of speedskating has not endeavored to utilize the resources available through the P.S.A. (Professional Skaters Association). The P.S.A. is an organization of skating coaches that derive their incomes from coaching sports that take place on "ICE" with "BLADES!" Although figure skating is their primary focus, coaches now have to adapt to meet the diverse customer needs that rink managements require. Coaches are now being taught to effectively teach the techniques needed by hockey players.

The P.S.A. membership is 4000 strong and these members are the program directors, managers, owners and employees of the same rinks "you" skate in. Interested coaches could quickly be able to learn the theories and techniques necessary to teach speedskating at the beginning levels.

Don't try to re-invent the wheel. As you well know, all U. S. sports are under a U.S.O.C. mandate to develop a coach's education, ranking and rating system. The P.S.A. has set the standard in this area. The United States Gymnastics Federation came to our conference to see our system in action. Why can't the sport of speedskating utilize the P.S.A. or at least learn from what they have done. I cannot speak for the P.S.A. for I haven't the authority to do so, and it is not my intention in any way shape or form to imply that any alliance should be formed between the two. My only point is that many grassroots coaches would jump at the opportunity to further diversify their portfolio by learning about speedskating. In the same breath, it would save speedskating precious time by not having to completely develop a system from scratch. Figure Skating is prospering like never before and there are several reasons for this; good planning and unselfish vision.

Thirdly, the issue of equipment must be explored and FAST! I have had several conversations with two rink managers that have shown great interest in short track speed skating. They understand that people just don't go out and buy equipment for their first experience and that rentals must be available. Unfortunately, the speed skating industry has not addressed aggressively enough the issue of manufacturing affordable rental equipment

and a viable way to maintain it. Imagine how empty the ski slopes would be if you had to buy equipment and then wax it yourself for your first lesson! My learn to skate classes would be empty if rentals were not readily available. Do you go out and buy a horse for your guided tour of the Grand Canyon?

In addition, managers are not fools, and they know that it would be up to their sixteen year old, minimum wage employees to maintain by "hand," the rental speed skates!!! O.K. I'm scared! No manager worth his salt or in his right mind is going to jump into that! Is there no way to mechanically maintain speed skates? Mankind is now capable of cloning sheep and monkeys. Yet we can't provide a rink manager with an affordable and easily maintainable speedskating product! I won't accept that!

I often use the analogy of a garden when I am explaining how to develop a strong skating program. I explain that a nice clean facility with good ice is the soil, but the coaches and equipment are the seeds. The more seeds that are planted the greater the chance that a prize fruit will grow. I believe that the eyes of the speedskating community should be on increasing the seed.

Lastly, I feel that speedskating should take a good close look at how figure skating's NGB, the U.S.F.S.A. has handled the diverse needs of its membership. All of its members are important! Including the adults! The U.S.F.S.A. recognized however that having one nationals was a logistical nightmare for one club to host. The solution that the U.S.F.S.A. came up with has made everyone feel like they have a place in our sport. There is an Adult Nationals, a Non-Qualifying Junior Nationals and then the Nationals that determines our World and International teams at the Novice, Junior and Senior levels. The competitions do not take place during the same week, thus giving coaches the ability to coach all levels. Everyone feels included and important. Other competitions throughout the year have the freedom to determine which categories they are going to include.

In conclusion, if speedskating is to survive and someday thrive, it is necessary for the most basic of issues to be dealt with first. Take the best of the two associations and throw the rest away. Let's get on with it fellas! Let's get the wonderful sport of speedskating off "life support" once and for all!

Heidi W. Krueger, Pennsylvania

### Meet the Skater Behind the Lens — Karen Lietz

To the Editor,

Whether you know it or not, you've all seen Karen Lietz's photos on the cover, and inside the Racing Blade. Karen's eye for sports photography stems from her own racing background. Her competitive activities began with road and track bicycle racing. Eventually, Karen's friends from the Flushing Meadow Skating Club persuaded her to try short track speedskating. Then after just a few practice short track sessions, a trip to the Olympic Oval in Lake Placid converted her to long track and marathon skating. Next, a career move into Exercise Physiology took Karen back to her hometown of Milwaukee, Wisconsin, where she was able to continue her skating training at the Pettit National Ice Center.

Soon after taking third place in the Long Track Nationals in 1996, Karen returned her focus to her long time love of sports photography. Having achieved success in several horse show photo contests, she went on to the "ice glare" and high speed challenges of photographing speedskating. With the help of experts like Cy White and Hall of Famer, Sam Hicks, Karen was well on her way.

We've all seen how even one eye-catching sports photo can speak thousands of megaphoned words. It is with this thought in mind that we want to thank Karen for her interest in speedskating and the time she's spent capturing those special moments on film. We're happy to say that we'll be seeing more of Karen Lietz — both on the ice and behind the lens.

Carole Moore, MASA

### Recruiting New Speed Skaters

To The Editor,

This is in response to your suggestion during our recent phone conversation that we put in writing some thoughts and suggestions that a few skaters have regarding speed skating. I'll try to keep this short and factual as the circumstances allow.

The main focus of these thoughts and suggestions is to explore the possibility of using a group of volunteer older speed skaters to run NOVICE community inline and ice skating races for youngsters 7-13 years old and hoping to interest more youngsters, parents, and the community (MEDIA) in this great sport. Probably the main reason for these races is to furnish additional potential good young athletes for the existing ASU clubs.

It seems reasonable to believe that community wide interest can be generated by eventually organizing these NOVICE ice skating races along the lines of little league baseball, flag football, hockey, and soccer where the communities are the main sponsor and the ASU is the sanctioning body.

Some of the skaters who have been enjoying the benefits from the expert and dedicated people in the ASU during the Masters Race at the Pettit National Ice Center and at the North American and National Championships Races, would like to assist speed skating in some way such as volunteering in the grass roots program.

However, during discussions with older skaters who completed and were active within the ASU during its peak membership years (30's through the 60's) the question arises, what was the cause or causes for the decline in memberships and general lack of interest in speed skating? After talking to responsible and interested individuals, these were the relevant reasons cited for the decline.

- A. Increased costs, labor, equipment and insurance caused decrease in community novice races.
- B. Warmer weather caused increase in cost for outdoor community ice rinks.
- C. Availability of other youth sports, baseball, football, and hockey provide other outlets for young athletes.
- D. Club skaters dominance discourages community sponsorship.
- E. ASU and USISA separated.
- F. Introduced 400 meter track.
- G. End of 6 lap track.
- H. Started metric skating.

Since many of the skaters said their first introduction to speed skating was a novice community ice skating race and further encouragement and help came from a club speed skater, it appears that community ice skating races may have been an important factor in the growth of speed skating.

To follow up on this thought, we next questioned coaches in little league, flag football, soccer, and hockey on how to interest young athletes in our sport of speed skating. We frankly received an ear-full of practical information from sympathetic people. They said that the good young athletes of today are making early commitments to a sport and if you want to keep them you have to furnish a chance for constant action. If speed skating wants top young athletes they have to develop a system to sift through a number of young skaters, as only 1-5% go on to be top athletes in older age groups.

Following the assumption that community races could be important in getting more young athletes to make a commitment to speed skating, the following five steps would furnish the opportunity for competitive minded young athletes (7-12 years old) to make a commitment to our sport, as well as to generate interest by parents, the local media, and schools.

1. Run community NOVICE inline and ice skating races, 7-12 year ages.
2. Involve responsible parents and use volunteers to get started.
3. Work to involve media and schools in this community effort.
4. Shift most of responsibility and costs to community.
5. Organize novice clubs along the lines of little league baseball, hockey and youth football with the ASU as the sanctioning body.

Joe McDonald, Colorado

# What It's Like to Speed Skate as a Beginner

By Ian Herrick, Saratoga Winter Club

It's a cold night and I'm riding to speed skating in my Mom's Subaru. I watch the cars go by. I know it's going to be a long night. Finally we get there. I get out of the car and get my speed skating equipment out of the trunk. I walk into the building, sit down on the bench, and put on my skates. Speed skates have much longer blades than figure skates do. I put on my shin guards, which are just solid plastic with no straps and you stick them under your socks. And I use in line skating knee pads instead of the nice soft ones some people have. I take my neck guard out of my bag and put it on. My neck guard is just fabric with velcro so you don't have to squeeze your head through the hole in the neck guard. Then I get my gloves and put them on. I get my helmet and put it on too. Then I grab my water bottle.

Finally I am ready to skate. I walk onto the waiting place where I watch the Zamboni go around and clean up the ice. The Zamboni finishes. It drives off the ice. Then the big kids put big pads at the edges so that when you fall down, you don't just hit solid wall. The other skaters and I get on the ice (and just so you know, there are two groups, the big kids and the little kids).

I immediately start doing laps. Since the blades are so long (long blades are what makes speed skates so fast), I can't push back with my skates so I have to push to the side. I do long hard strokes instead of fast little strokes. Skates slide; I shoot forward. It's better than being on foot. I go much faster. I do eleven laps. My back hurts badly from leaning over.

I watch the big kids put out the cones. If you are doing laps, you go outside the cones. Little kids do not go at the same time big kids do. Tom, my favorite teacher, motions me to come in from doing laps. I pass Ryan on my way in. (Ryan, Andrew, Kara, Cameron, Noah, Sam, Bradley, and I are little kids.) The big kids started streaming out of the coned area to do twenty fast laps.

Tom calls us around and says we are going to do a bucket race. He hands out the buckets and picks teams. The idea of a bucket race is to push your partner while they are sitting on the bucket to a certain point. Then they push you on the bucket back to where you started. And teams can be any even number. Our teams are of four. I am with Kara and my team mates are Cameron and Ryan.

Kara and I are up first. We are against Sam and Noah. My teacher says, Go. I start pushing Kara. We're ahead. We get to the end right before Sam and Noah do. I turn the bucket around and Kara hops off. I sit down on the bucket, and Kara starts pushing. We get back before they do. I tag Cameron. He starts pushing Ryan. Just then Sam and Noah get back and tag Bradley's hand. My team is still in the lead except Bradley and Andrew beat Cameron and Ryan back. But they're only a little ways ahead. Kara and I soon catch up. We just manage to pass them at the finish line. We win!!!

Tom, the instructor, says to go do laps because the big kids are finished. I start skating around a turn. We always go around the rink to the left. I bend over. I start slipping out of the curve. My left skate slips out of the curve so my right skate has to cross over the left skate in order to follow the curve. My left skate slows and comes around behind my right and then it goes forward. Then the process starts all over again. I'm finished doing the curve. I start going down the straight track pushing outward. I do long strokes. I go around the next curve same as the first. I finish the curve and go back to where I started. My lap is done.

Editor's note: Reed Sutherland, Ian's mother, explained that her nine year old son, who started speed skating last fall, wrote this essay to explain to family and friends what it feels like to speed skate. I'm pleased he decided to share his feelings with us.

# The Steele Family Acrobatic Skaters and Bikers by Jerry Steele

Five brothers speedskating in the same division in the late 1920's to the mid 1930's!!! Was it a first??? I don't know, but it is unusual to have five brothers racing all at the same time, against each other. The five speed skaters were the Steele brothers, Lawrence, Leo, Merle, Ormal and Bernie. I am proud to say they are my four uncles and my dad, Leo.

There are some very unusual and spectacular things which these five brothers accomplished. As a group, they started the Steele Cycle Company in Milwaukee, Wisconsin which manufactured racing bicycles and had the first all welded frame in the U. S. The complete racing bike sold for \$20.00 in the 1930's. They also made 5 or 6 ice bikes. The rear wheel had a metal band with teeth angled on each side riveted on to the wooden rim. The front fork had an old style curved skating blade welded on to the bottom of the fork. When there was a break in the speed skating races, the brothers, along with Del Lamb, would put on exhibition races with their ice bikes. I still have one!

Ormal Steele, who was the most acrobatic athlete, would take his speed skates in his hands and proceed to skate on his hand held speed skates in a hand stand position for a lap or two.



Ormal Steele

I am sure most of you have seen Scott Hamilton and others do a back flip on figure skates. Well, in the 1920's Ormal was doing back flips on speed skates. Probably a first! Bicycle racing, diving, hand to hand balancing and weight lifting were just a few of the many talents which Ormal had in those days. Del Lamb called him the best all around athlete he has ever known. Ormal won state championships in cycling in the junior and senior divisions and many speed skating races.

These are just a few of the accomplishments of the five Steele brothers. I am most proud that they are my family and because of them, I became a speed skater and am still involved in the sport.

Bernie Steele, the youngest of the five brothers was an excellent Speed skater and bike racer, winning many races. He also was a gymnast and did a lot of floor gymnastic routines with his wife.

Merle Steele was a top competitor in both speed skating and cycling. Merle won numerous speed skating championships at both the junior and senior level. He also was a great all-around athlete and today at age 87 he still shoots in the 40's for nine holes of golf. Merle later was Chief Scorer and President of the W.S.A. He also was on the very first Hall of Fame Committee with Gene McGrath and Doc Nowak.

Leo Steele (my dad) taught me everything about speed skating and track bicycle racing. He was very good at speed skating but his best was track bicycle racing where he won many State Championships and beat the National Champion in a sprint race. One day when he was practicing on the road, he came up behind a semitruck and stayed with the semi while he was sprinting. The truck driver stopped and told him he was going 62 mph. This was a fixed gear sprint bike with an 81 gear ratio. Leo later became chief judge for many years in the W.S.A.

Lawrence Steele, the eldest of the five brothers was a tremendous distance bicycle rider. He also competed in many speed skating races. In the late 1920's Lawrence and Russ Ridley rode their bikes from Milwaukee to California,



Standing: Bud Johnson & Louis Perron. From left: Clarence Heilmann, Merle Steele, Lawrence Steele, Russ Ridley, Peter Schwartz, Roy Schultz, Leo Steele & Bill Keller.

# Centuries of Speed Skating Progress

## Second Installment

by T. B. Hansen

Edited by Stan Zompakos

In 1939 Europe was thrown into the 20th Century's second great war, soon to become known as World War II. As in WW I, international speed skating championships were suspended for 7 years (unless you count the unofficial championships arranged in Norway in '40 and '46). More countries were involved in the second great war; among them the two leading countries of 1920s and 30s speed skating: Norway and Finland. The latter was at war with the USSR already in 1939, and chose the protection of Nazi Germany. The former was forced to accept German occupation in 1940. Norwegian athletes showed their resistance by denying all participation in sports events. Only a few top level athletes, some speed skaters among them, joined the Nazi sports movement. Together with skaters from Nazi countries, like Austria and Hungary, and the ever neutral Swedes, they fought the odd international "battles." In other occupied countries, like the Netherlands, sports were never controlled by the Nazis, but the level of performance dropped, and without Nazi control there were no chances of participation abroad. One young skating nation was literally wiped out by the war: Latvia became a part of the USSR, and the last speed skating Champion of the 1930s, Alfons Berzins, like so many of his fellow countrymen, was sent to Siberia to die.

Before the war, speed skating reached its highest level so far, forever coming out of Oscar Mathisen's shadow. In 1938 Leo Freisinger broke the 42 seconds limit for 500 meters, immediately followed by Hans Engnestangen, Norway: 41.8. One year later, Engnestangen also got the 1500 m WR: 2:13.8. In the last moment of pre-war skating, Charles Mathiesen, Norway, brought the 10,000 m WR home: 17:01.5. His coach, the legendary Peter Sinnerud, scolded him for not going below 17 minutes. This record, set in Hamar, Norway, proved that lowland rinks could still compete with Davos in the long distances.

Still Davos' days as the No. 1 WR venue weren't over. The Swedes spent most of the wartime winters in Davos. Åke Seyffarth even managed to unofficially improve the 3,000 and 5,000 m WRs. In spite of getting a "false start" through their wartime top level skating, and winning a couple of post-war titles, when the war ended, the Swedes did not manage to improve their records. When speed skating once again reached, and superseded, pre-war levels, a new generation, with no pre-war international experience, made the marks.

This happened in the 1949 European Championships, in Davos. The European Championships were once again a strictly European affair with a "big samalog," after a decade as an "open, small samalog championship" with non-European participation. Sverre Farstad, of Norway, was the new European Champion, after equaling Engnestangen's 41.8 and missing his 2:13.8 by a tenth of a second. He also set the first official samalog WR. Kornel Pajor of Hungary; another skater who profited from wartime skating, improved the 5000 m WR, and became the first man to break the 17 minutes mark in the 10k. His time was soon beaten by Hjalmar "Hjallis" Andersen, of Norway, the man soon to become known as "King Happy" and dominate all round speed skating for the next 3 seasons.

"Hjallis" was an endurance skater, but still enough of an all rounder to win an Olympic 1500 m Championship, and win several 500 meter races in all round meets. However, operating mostly on lowland rinks, his WRs were few. An 8:07 5,000 meter in his hometown, Trondheim, in 1951, and a 16:32.6 10k at Hamar during the "Country match Norway vs. the Rest of World" shortly before the 1952 Oslo Olympics. This record was quite remarkable in a time when sub 17 10Ks were rare, the 16:32 was said to be "unbeatable". It lasted (at least officially) for 8 years.

"Hjallis" 5 k WR was beaten already in 1952, though the new WR wasn't recognized until several years later. It was one of the first records set on the Medeo rink, near Alma Ata in the Soviet Republic of Kazakhstan. The Soviet Union had stayed away from international "bourgeois" skating since the early 1920s, with the Communist attitude of the time, explains why the West refused to believe the Medeo results for so long. Unknown skaters, like Tchaikin, Mamonov and Sergeyev, easily beat the WRs. Even when the Soviets entered the 1953 World Championship and wiped their competitors off the ice, and Shilkov won "the Double" (EC + WC) in 1954, conservative commentators didn't believe the Medeo figures. The ISU always used stricter criteria on Medeo records than those from West European rinks, though they had to accept results from Soviet Championships.

1955 was the big year at the Medeo. It was the year when the Soviet skaters were beaten abroad by Swede Sigvard Ericsson, but got their revenge back home. Skaters like Yevgeny Grishin, Yuri Mikhaylov, Dmitry Sakuenko and Boris Shilkov smashed the WRs. By the end of the season the figures were 40.8, 1:22.8, (the latter one unofficial), 2:09.8, and unbelievably: 7:45.6 by Shilkov, (after Sakuenko broke the 8 minutes limit). Though recognized by the ISU, no one really

believed the 7:45.6 until Shilkov did 7:48.7 in the 1956 Olympics. At high altitude Lake Misurina near Cortina d'Ampezzo, Grishin and Mikhaylov (tie on the 1500) also bettered the short distance WRs: 40.2 and 2:08.6 - thus ending the first Medeo era.

The rink to smash Medeo's superiority, was the new Olympic rink at Squaw Valley, California. While the Medeo had natural ice, made of very pure mountain water and (like in Davos) smoothed by the sun, the new Olympic rink was refrigerated. Like the Medeo it was a high altitude venue; situated even higher than Davos. Unlike the Medeo, it was exposed to wind. But the pre-Olympic trials in 1959 and 1960 showed the rink's potential: 2:06.3 by the Finnish World Champion Järvinen, and unofficial marks of 39.6 (Grishin), 4:29 (Kosichkin) and 7:41 (Johannesen). In the Olympics, Knut Johannesen, of Norway, smashed "Hjallis" 10 k WR, as well as the unofficial record by the one-armed wonder, Vladimir Shilykovsky. Johannesen achieved 15:46.6, another WR to "last forever." Unfortunately, the Squaw Valley rink was closed soon after the Olympics.

The reason Johannesen's WR didn't last for more than 3 years, is known as "The Speed Skating Revolution." After the 1960 Olympics, the Norwegian level of performance dropped. The heroes from Squaw Valley retired, or otherwise "rested on their laurels." The young breed didn't quite reach real top level. The Norwegian Skating Federation decided something had to be done, and in 1962 they hired track & field coach Stein Johnson to bring the skaters up to a "modern level" of performance. The results were amazing. In January 1963 the Norwegian team not only smashed the USSR team at the Bislett country match in Oslo; they also smashed Shilkov's Medeo WR, Johannesen winning in 7:37.8. The once unbeatable Medeo times were suddenly within reach at lowland rinks.

The once unbeatable Medeo times were suddenly within reach at lowland rinks. After winning a comfortable 1-2-3-4 in the Europeans (the 5th Norwegian had the flu and didn't perform well), the Norwegians lost the World Championship to 19 year old Swede Jonny Nilsson. He said that he had used the "Johnson Principles" for a couple of years, so no wonder he finally beat the Norwegians! What's more, on the high altitude rink of Karuizawa, Japan, he also beat Johannesen's WR: 7:34.3 and 15:33.0 - plus a samalog WR. To show that he was no "high altitude phantom," he also set the first official sub 4:30 3000 m WR, in Norway, after the Worlds. The 1963 season also saw the first official sub 40 500 m; 39.5 by Grishin at Medeo. Grishin's 1:22.8, and Järvinen's 2:06.3 survived the "Revolution."

It took a true Master Skater to wipe the 1950s off the record lists. The Netherlands are not consistently climatically fit for skating. During the 1950s the Dutch skaters spent the winters in Norway, often arranging their national meets at Hamar. Modern refrigeration technology brought new possibilities to the "home of speed skating." While the Dutch failed to join the "Revolution" in 1963, the new artificial ice rink in Deventer soon brought results. Kees Verkerk won an Olympic medal in 1964, and Ard Schenk a World Championship medal in 1965. From 1966 to 1972 these two excellent skaters dominated international speed skating. When retiring in 1974, Schenk was considered the greatest speed skater since Oscar Mathisen. At the peak of his career, Schenk held all WRs except the 500 m and sprint samalog. It started in 1966, when Schenk improved the 1500 m WR to 2:05.3. In 1967 he smashed the 1,000 m WR, bringing it up to modern standards with 1:20.6. He also held the 3,000m WR for a while. Verkerk took the 5,000m WR in 1967, starting his rivalry with Fred Anton Maier, Norway, who was the first man below 7:30 (on a lowland rink) in 1965.

Maier's great year was 1968. The Norwegians broke the Dutch dominance. Maier became European, World and Olympic Champion, and he and his teammates took over all the WRs except the 500 and the samalog. It was also a great year for speed skating in general, with a considerable improvement of all WRs from 1500 m and up - less in the short distances. One reason for this might be the introduction of electric timing; generally adding a couple of tenths compared to manual watches. The general level of performance on 500 m still improved considerably. The WRs before and after the 1968 season: 39.5, - 39.2 (Keller, GER) / 1:20.6 - 1:20.5 (Eriksen, NOR) / 2:03.9 - 2:02.5 (Thomassen, NOR) / 4:18.4 - 4:17.5 (Maier, NOR) / 7:26.2 - 7:16.7 (Maier, NOR; Verkerk being the first one below 7:20) / 15:31.8 - 15:16.1 (Guttormsen, NOR - Maier never beating his lowland personal best of 15:20.3).

In 1969 Verkerk improved the 5 and 10 k WRs - his 15:03.6 from the European Championship in Inzell being one of the great moments in speedskating history. A similar moment of magic was the 1,500 m race in Davos, in 1971, with Schenk finishing in 1:58.7, followed 2/10 later by Verkerk. Before that race, the 1,500 m WR was still Verkerk's 2:01.9. Except for a few short distance WRs in Davos, Inzell was the venue for most WRs in the second half of the 1960s and the early 70s. This rink, opened in 1966 in a small Bavarian village, was the first real proof of the superiority of artificial ice. While the ice masters of Davos, Oslo, Hamar and Medeo were able to make fantastic natural ice with the help of clean water and sunshine, the Inzell ice makers could control most factors; ensuring excellent conditions less dependent of the weather. Perhaps climatic and geographical conditions helped. At least "mid altitude" Inzell could compete with the real high altitude rinks, even in the short distances. For longer distances, Inzell was superior.

A decline in the level of Soviet speed skating in the late 60s probably helped Inzell too. When the Medeo was destroyed by a landslide in the early 70s, Inzell was unrivalled as the world's No. 1 WR venue. For a short while at least. Next issue: The Soviet Empire Strikes Back.



# Coaches' Box

## What does Short Track Speed Skating have to do with Stock Car Racing?

by Gary Westendorf, Master Skater

Have you ever wondered what it's like to drive a race car around a track at very high speeds? One way to find out is to try short track speed skating. I have done both. Not the Indianapolis 500, that was just to get your attention, but the principles are the same.

First of all both tracks are oval. Speed skaters race on a 111.12 meter oval with the same turn radius at each end, race cars use 1/4, 1/2, or 1 mile ovals. Race cars and speed skaters both go counterclockwise around the track.

Many car tracks are not symmetrically oval. Some are elliptical or egg shaped. That means speedskating is a little simpler because the 'set up' only has to be adapted to one radius corner. 'Set up' is the term for how you adjust your car or skates to go through the corner fast. On cars the adjustments are with the tires, suspension and aerodynamic components. For speed skaters it's cup angle, cup height, blade offset, blade bend and blade radius, or 'Rock.'

Just as our car racing counterparts do, speed skaters adjust their skates to turn to the left. You may say, 'everybody knows that,' but we had a new skater in our club that had blades with a right hand bend. They came from a supplier that way. Check and recheck your equipment. Don't take anything for granted.

The cups, that hold the blade to the boot, on short track speed skates are L shaped brackets. Most cups are standard height and square, that is a 90 degree angle. The L brackets can be adjusted or modified for angle, offset and height.

L bracket angle adjustment depends on your leg and ankle configuration. For some skaters, myself included, your ankles may be different for your left and right legs, that's my problem as a young boy I was told that I had 'weak ankles' but they're just pronated, so a visit to a sports medicine clinic may be helpful to find out if your ankles are straight. L bracket angle problems can be visualized by standing straight up on your skates. Your leg and blade should both be perpendicular to the ice. In my case the ankle and blade are canted to the left. Adding a few degrees to the bracket gets my blades perpendicular to the ice. Then my push goes directly into the ice.

L bracket offset and height are important because of lean angle in the corner. L brackets have slots in them, so that the entire blade can be adjusted to the left to keep the boot from touching the ice in the corner and lifting the blade. This 'booting out,' is usually followed by an instant trip to the boards.

A word of caution about blade offset. Keep your blade centered until you go so fast that your lean angle causes you to boot out. Then move the blade to the left of center a small amount (about 1/8") at front and rear. I use a simple piece of masking tape behind the brackets and mark them very carefully so I know how much I moved them. More importantly, I begin to learn how adjustments effect the performance of my skates.

In order to gain even more boot to ice clearance some skaters will jack up the boot by putting spacers between the ell brackets and the bottom of the boot, I don't recommend this. If you are that fast, have taller ell brackets custom made at a machine shop. Washers and longer bolts only introduce another flex point and make the skates less predictable at high speed.

The radius of the bottom of the blade, 'Rock' should match the radius of the turn. Generally the larger the radius number (10 m or even 11 m) the flatter the blade, that is closer to being straight. If blades were actually flat on the bottom you couldn't skate let alone turn. The other side of that equation is a low number radius (7m) would be very easy to turn but unstable at high speeds.

The theory of the bent, or more appropriately named curved, blades is to match your lean angle and the bend or grip. Race cars have adjustable suspensions that maximize tire contact with the ice for maximum traction should be just enough to keep the blade in contact with the ice at the apex of the turn. I have seen blades bent

so much that at even moderate lean angles the tips of the blade lift the center off the ice. To make a simple check place your skate on a very flat surface, holding it at maximum lean. Slide a piece of paper under each tip until it is stopped by the contact of the blade to the ice this represents the contact patch while cornering. Now begin slowly to stand the skate upright while adjusting the paper gauges towards the center. For each degree towards vertical the contact patch becomes less. Less contact means less friction on the straight. This is exactly like a racing motorcycle or bicycle during cornering.

I think of the analogy of wide race car tires to the long blades of speed skates. You see it's really not all that much different. The length of the blades is relative to the strength (horse power) and weight of the skater. Race cars only require the widest tire they can use for a given amount of horse power and vehicle weight. Wide tires require a lot of horse power to turn them. Likewise long blades use up a lot of power pushing them. It may look cool to have very long blades as a youngster but you may not have the power to get the most out of them.

The width of blades has to do with the ice itself, narrow blades (1.1mm) are faster on hard ice and wider (1.25mm) are better suited to softer ice. This is like the tire engineer choosing a softer or harder compound tire depending on track surface and temperature; softer tires being better for low grip cool days and smooth tracks, with harder compounds for hot temps and course abrasive tracks.

Remember, everything you do to your setup will have an effect on how you skate and how you feel while skating, confidence is paramount when going fast. You should try to learn what all the various adjustments do and how they interrelate. This is an integrated system and if you change one item it will effect another. Every adjustment you make to your skates is critical, make small adjustments when you are close to what you need. Back when we used to race stock cars during the practice sessions we would make large changes to find out which direction to go in our set up. For example, if you are in doubt as to the effect of offset make a big change then it will be easy to feel the effect of the change. What we are looking for is stability and traction (grip) in the corner and stability and speed on the straight-away. Once you get your set up it may not change much during the season. As you get faster, your lean angles and racing lines may need to be modified to match your new speed. Equipment set up adjustments are always made in practice. This is a good reason to be able to practice some of the time at racing speeds. Never make equipment adjustments while racing at a meet.

### Skates and Weights Don't Mix.

By Ann Marie Shrader, Exercise Physiologist, USCF Expert Coach (pending)

I was introduced to speedskating three years ago by Carole Moore. At first I thought, "Oh, well I'll do it because of friendship." I have since learned that speedskating is about friendship and much more.

I initially wanted to do something different during the "off-season" as my main competitive sports include road and track bicycle racing. I have since become enamored with the challenges that the sport of speedskating offers and the benefits it offers.

Many of the people I skate with don't compete in other sports but do engage in weight training. Having had a love-hate relationship with weight training during the "race-season" I wanted to share some of my experience on the subject of weight training. To summarize in one sentence: weights and skates don't mix. I am not saying that weight or power training isn't useful to speedskating. What I am trying to convey is this- If you are competing in ice-speedskating you should engage in a weight training program that would taper off prior to your competitive season. My experience and educational training in expert bicycle coaching suggests that athletes who benefit most from a weight training program will engage in and complete the weight training program prior to the beginning of the competition season. The power and strength that any athlete would desire to develop takes place and is completed prior to race season.

Just think- Where did those athletes get those legs? Keep in mind, during the season, should your focus be on building and increasing power and strength or is it competing? Most of that "leg" comes from off-season weight and power training. So if you're thinking about being faster, consider this: weight and power train off-season, taper off before the start of season, focus on using that increased strength and power in the sport-specific skills.

# The Athlete's Kitchen

by Nancy Clark, MS, RD

## Shape Up for Spring

"My body must have a metabolic defect—I'm always hungry."

"I don't know if I need to see a nutritionist or a psychologist. I often devour a box of crackers in the blink of an eye. I feel like I'm binge-eating and that scares me."

"I try not to keep cookies in the house, because when they're there, I eat them—too many of them."

For many active people, food is a feared enemy. Runners, skaters, and rowers alike try to stay away from it. They endure hunger all day. When they do succumb to food, their eating tends to be a fast and furious frenzy that's seemingly out-of-control. Some of these clients have a full-blown eating disorder, but the majority are simply hungry. Too hungry.

Being hungry all the time is not a personality quirk. Rather, hunger is the body's request for fuel. Hunger is a very powerful physiological force that creates a strong desire to eat. Unfortunately, in our thin-is-in society, many active people fail to honor this simple request because they fear food as being fattening. The thought of eating elicits a sense of panic: "Oh no, if I eat, I'll get fat."

Not the case. Most athletes eat without getting fat! Food, after all, is fuel. But problems do arise when food is denied and deprived (as happens with a strict reducing diet), when hunger becomes the norm. The result is an abnormal physiological state that is known as starvation.

Starvation has been inflicted upon many people, including third world natives suffering from famines, poverty-stricken people at the end of the month when no food money is left, and victims of the World War II concentration camps. Starvation is also common among athletes who are intent on losing weight. These include wrestlers, light-weight rowers, jockeys and others who participate in sports with weight limits, as well as the athletes who simply believe thinner is better and diet themselves to (supposed) perfection.

The question arises: What's the cost of starvation? What happens to the body and the mind when food is restricted and body weight is abnormally low? In 1950, Ancel Keys and his colleagues at the University of Minnesota studied the physiology of starvation. They carefully monitored 36 young, healthy, psychologically normal men who for 6 months were allowed to eat only half their normal intake (similar to a strict reducing diet or anorectic eating). For 3 months prior to this semi-starvation diet, the researchers carefully studied each man's behaviors, personality, and eating patterns. The men were then observed for three to nine months of refeeding.

As their body weight fell to 25% below baseline, the researchers learned that many of the symptoms that might have been thought to be specific to anorexia or bulimia were actually the result of starvation. The most striking change was a dramatic increase with food preoccupation. The subjects, similar to people with anorexia, pes. They dramatically increased their consumption of coffee and tea, and even collected recid became depressed, had severe mood swings, experienced irritability, anger and anxiety. They became withdrawn, had little sexual interest, and lost their sense of humor. They had cold hands and feet, felt weak and dizzy, and their hair fell out. Their basal metabolic rate (the amount of food needed to exist) dropped by 40% as the body adapted to conserve energy. (Do these changes sound familiar to anyone you know?)

During the study, some of the men were unable to maintain control over food; they would binge eat if the opportunity presented itself. During the refeeding period, many of the men ate continuously—big meals followed by snacking. Several ate until they were uncomfortably full, became nauseous, and then vomited. These abnormal eating behaviors lasted for about 5 months; by 8 months, most of them regained their standard eating behaviors. On average, they initially regained 10% more than their original weight, but then gradually lost that excess and returned close to their baseline weight.

So what can we learn from this starvation study?

1. Preoccupation with food is a sign your body is too hungry. Hunger creates a very strong physiological drive to eat.
2. Binge eating stems from starvation. If you worry about being unable to stop eating once you start, you have likely gotten too hungry.

3. Weight is more than a matter of will power. That is if you lose weight, your body will fight to return to a genetically normal level.
4. Dieters who restrict to the point of semi-starvation are likely to regain the weight they lost—plus more. Hence, if you want to permanently lose weight, you simply need to push yourself away from the dinner table when you are content but not stuffed, when you can say to yourself, "I've had enough to eat. I could have more but I'd rather not because I'd rather be a little leaner."

You might find it helpful to know how many calories you are supposed to eat to maintain or to lose weight. To do this, simply:

Take your weight and multiply it by 10. This gives your resting metabolic rate (RMR, the amount of energy you need to simply exist, pump blood, breathe, etc.). If you weigh 140 pounds, your RMR is about 1,400 calories—the amount you'd burn if you were to run for 14 miles!

Add to your RMR about half that number for activities of daily living. For example, if you weigh 140 lbs. and are moderately active (without your purposeful exercise) you need about 700 calories to come and go. Next, add calories for purposeful exercise. For example, a 140 pound person would need about 1,400 calories (RMR) + 700 (daily activity) + 300 (for 30 minutes of aerobic activity) = 2,400 calories to maintain weight. To lose weight, deduct 20%—to about 1,900. This translates into 600 calories for breakfast/snack, 700 for lunch/snack, and 600 for dinner/snack—and that's the reducing diet!

The next time you get into an eating frenzy and wonder if you are borderline bulimic, calculate your day's intake. You'll likely see a huge discrepancy between what you have eaten and what your body deserves. Recognize hunger's power—and stop getting too hungry!

Nancy Clark, MS, RD is nutrition counselor at Boston-area's Sports Medicine Brookline and author of Nancy Clark's Sports Nutrition Guidebook, 2nd Edition. To order this best-selling book, send \$20 to Sports Nutrition Materials, 830 Boylston, St. #205, Brookline MA 02467 or visit [www.nancyclarkrd.com](http://www.nancyclarkrd.com).

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# The Last Word

## A Plea for Relief

Kind Readers,

As the end of my second year as Editor/Publisher of The Racing Blade (TRB) approaches, I have concluded that I cannot continue.

I knew being TRB editor would be a big job when I volunteered and I didn't know it would grow to include the publisher's job. However, I thought that changes were needed to preserve the integrity and viability of TRB. So, with apprehension, I accepted the challenge. I do not regret that decision. I have come in contact with many wonderful people in these two years and I feel good about what was accomplished. However, I am also dismayed by the present status of TRB. So, more changes are needed and new ideas explored.

The good news is that some changes did happen:

1. TRB is printed and mailed in two weeks from submission to the printer.
2. Articles, letters and photos are submitted in increasing numbers.
3. TRB cost has been reduced from previous years.

The bad news is that there are problems:

1. Advertising revenue has declined.
2. It takes too long to get TRB to the printer.
3. It still takes several weeks for bulk mailed copies to be delivered.

Several people are helping to publish and distribute TRB.

1. Rich Simunjak maintains the mailing list on an electronic file that is E-mailed to the printer. The printer can print, address and deliver TRB to the Post Office for bulk and First Class mailing.
2. Tim Affholter was the publisher for the last TRB issue printed in Wyandotte. That was no small task. He pasted address labels and first class postage on every TRB mailed. He has continued to serve as Advertising Manager for the ASU.
3. Many ASU members and Associate Editors send articles letters and photos for publication in TRB.
4. An excellent proofreader, who returns copy promptly with constructive corrections.

Even with all this help, I find I can no longer edit and publisher of TRB. It just takes me too long to put an issue together and the process creates too much stress and tension in me and our household. I will edit and publish the next two issues of TRB, Volume XXXIII. So, there are a few months for someone to consider the challenge of Editing The Racing Blade.

I think the job of putting together a quality publication would be better accomplished with a team of people. Today's electronic communication could make this teamwork possible. The different jobs I think of are:

1. Publisher: Work with printer to approve job quotes, printer's digital proofs and coordinate distribution with ASU Registrar and printer.
2. Editor: Produce disk and laser proofs for publisher to deliver to printer.
3. Proofreader: Correct editor's laser proofs before sending to Publisher.
4. Advertising Manager: Solicit new advertisers and coordinates ad copy submissions to TRB Editor.
5. Columnists: Produce columns in each issue, such as: Presidents Report, Notes from the National Office, Overheard in the Heat Box, Athletes Kitchen and Coaches Box.
6. Reporters and Photographers: provide copy and photos for specific assigned events.
7. Correspondents: Submit articles, photographs and letters with information or opinions.

I could continue as TRB publisher only, if the Midland Printer is the one of choice for the new editor.

The Racing Blade is an important publication for the distributing speed skating information in the United States and even around the World. Its integrity and value should be preserved and its distribution increased to stimulate interest in the sport we all love, speed skating.

Don K. TRB Editor/Publisher

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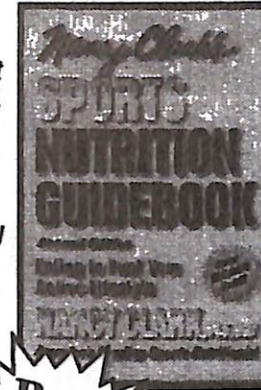
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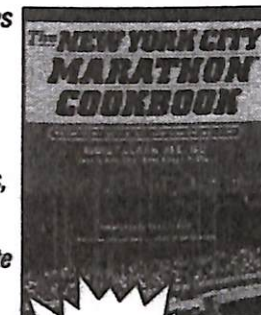
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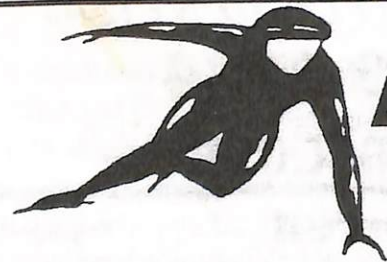
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