

# The Racing Blade®

VOLUME XXXIV  
NUMBER 3



APRIL 2001

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



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The photo on the cover is from the National Short Track Championships and was taken by Jerry Search.

Left to right Shivank Garg, Jeff Swider-Peltz, Brent Aussprung, Andrew Choi





# The Racing Blade

Published by the Amateur Speedskating Union of the United States five times a year, and is printed and mailed at St. Louis, Missouri as third-class mail.

Publisher--Bruce Houghton, 1310 Kael Drive, Florissant, Missouri 63033-1805, Phone: (314) 837-6193.

Subscriptions are free of charge to all registered members of the ASU. Subscriptions are \$15.00 per year for non-members in the U.S. Subscriptions to Canada, Central or South America are \$20.00 per year and \$25.00 per year to Europe, Asia, and Australia. All payments in U.S. funds.

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

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

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

Requests for advertising information should be addressed to the Advertising Director, Joe Balbo, 17000 Hilliard Road, Lakewood, Ohio 44107-5427. Phone: (216) 226-4252. E-mail: pakins@buckeyeweb.com.

Advertising space is available at the following rates (per issue) in U.S. funds:

Up to Quarter Page .....	\$ 50.00
Half Page .....	\$ 85.00
Full Page .....	\$150.00
Up to Quarter Cover .....	\$ 60.00
Half Cover .....	\$110.00
Full Cover .....	\$200.00

Ads are normally black and white, camera ready.

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## Editor's Notes

The last issue we had some time-sensitive information that didn't even get to the First Class subscribers before the deadline. We know how to get around the problem that delayed the mailing now and I fully expect that this issue will be out to the First Class subscribers before the Convention hotel deadline.

I thank all of you that submitted articles and pictures. It makes for a better publication. Unfortunately, a lot of the material came in after the deadline which makes it difficult to get the information out in a timely fashion. The target time for mailing of issues that have time-sensitive material is two weeks after the deadline and one week of that is at the printer's.

I hope that I got the right names in the captions of the pictures. Some of them were educated guesses. Don't hesitate to let me know if I got any wrong or you have additional identification for a picture. I want to have them correct in case I have to identify people again in the future. Pictures that arrive with full identification are greatly appreciated, as they save a great deal of time in getting to press and into your mailbox.

Please note the address changes found on page 4.

Bill Houghton

## Deadline:

**June 5, 2001** Convention Results, Plans for next season.

## Important Notice

**The deadline for reserving a room for the Convention at the Convention Rate is April 27th. First Class subscribers please notify your Bulk Mail colleagues.**

## NASTC STARS SHINE AT THE S.H.O.W.\*

(Speed skating Hub Of Wisconsin)

By Mike Affholter

Greenheck Field House S.H.O.W.ed why it's the star of Wisconsin short track speed skating as the literally "star-studded" facility successfully hosted what many claimed to be the best North American Short Track Championships (NASTC) ever. The ice was very fast, the skaters were FANTastic (unofficially setting 33 new NASTC records including the fastest 500m in NASTC history by J.P. Kepka at 43.274), the relays were extremely exciting, the Canadians left the event asking for a repeat engagement, the officials did an outstanding job, the rink staff was phenomenally supportive, and even the "Cheese Bowl Challenge" was a cliffhanger which came down to the final toss of the cheese ball before Team Canada edged Team USA 27 to 25.

Away from the rink the community support was very visible with welcoming signs on local businesses and schools. The local media did a sensational job of promoting and covering the races with several radio programs and ticket giveaways leading up to the event, daily TV coverage, and sports section front page color photographs and headline articles for 4 days, with additional black and white photos and daily results of the races inside. The local public access station also taped the entire meet and if anyone wants tapes of any particular races they are available through Bernie Delonay, c/o Channel 10, Wausau City Hall, 407 Grant St., Wausau, WI 54403 at a rate of \$40 for 15 minutes.

The host hotel, Holiday Inn, was wonderful, especially their "Dazzling Dinner Buffet" banquet which was exquisitely arranged by Chris Hovda at a subsidized rate of \$10 per person for the well over 300 in attendance. Transportation between sites was free, frequent and flexible to our needs and schedule adjustments. Even using the Ramada, which was several miles away, as a back-up hotel, was not a problem as the shuttle buses were superbly coordinated by Dan Newville. Hospitality, enthusiastically arranged at both the hotel and the rink by Robin Hancock was an event highlight. And, the huge number of friendly local volunteers (a Wausau tradition!) was adeptly coordinated by Volunteer Supervisor, John Zwifelhofer.

The all-points racing format was very popular with the vast majority in attendance, and even with the extra races we were still able to award all age classes their medals from the first 3 distances at the Saturday night banquet. The banquet also featured well over 150 door prizes including some incredible gifts donated by major sponsors and vendors like Bont, Pennington, RAMskate, Young Originals, and Eastbay. Banquet and meet registrar, Tammy Hoyord, assisted by her husband, Matt Hoyord, (who handled advertising, and put together the meet program), also worked closely with the multi-

talented Susan Cook, the Canadian Competitor's Steward, who provided and ran the computer program for the all-points format.

The versatility of Greenheck Field House also proved valuable to Activities Chairperson, Lamont Thao, as he was able to keep our young skaters busy between races in the gym, or with arcade games, or in the TV room. Some of the older skaters preferred the Physical Training room for warm-ups, and Andrea Saeger, the massage therapist, refreshed many of our officials and organizing committee members, headed by Steve Leahy, during the lunch break.

The one big disappointment of the weekend was when our highly successful Fundraising Chairperson, Dan Fiorenza, who also doubles as a Master Men 30 - 39 competitor, broke his leg when he crashed into the boards during a race. He is recovering well, though, and preparing to take over as the next president of the Central Wisconsin Speed Skating Club (CWSSC).

Despite the accident the people and businesses of Central Wisconsin were very favorably impressed with the first international speed skating event ever held in Wausau, and we look forward to hosting additional major events in the future. Jerry Worden, the banquet keynote speaker from Eastbay, was also immensely impressed with the rousing ovation he heard when he proclaimed, "Wausau would be a great site for the Speedskating Hall of Fame!" Whatever brings you back we're always happy to say, "Welcome Home" to Wausau, to all of you.

See page 18 for results and page 13 for photos.

## Useless Racing Blade Trivia

The Racing Blade has been published for over forty years, one volume per year. But we are only up to Volume 34. How did this happen? We got up to Volume 11 at which point we changed Editors. The type face on the cover made the 11 look like II and the new Editor labeled his first volume as III.





## President's Comments

By Duane Riley

Another skating year complete, wound up with three great competitions. The National Long Track in Roseville, Minnesota was a big success. They introduced a noon luncheon instead of an evening banquet and it was well received. Bay City, Michigan hosted the National Short Track, with all the usual excitement and a raffle for a truck. Last, but not least, was the North American Short Track in Wausau, Wisconsin was attended by an equal number of Canadians and Americans who enjoyed the great hospitality of Wausau.

We had many new records from each competition. This is just another tribute to the good ice and great organization. Merger meetings were also held at each competition to try to answer some of the questions members had. These meetings were also well attended and hopefully helpful to everyone.

Many thanks to the Associations who hosted these competitions and to the Officials that worked them. All were very well done confirming the fact that ASU knows how to hold the best of competitions.

As we look to the new skating year, I know we will all pull together to keep our competitions for our skaters the very best possible. I hope to see you all at the convention in Albany. As always, this will be a very important convention, your attendance will only make it better.

See you in May.

### Address Change

Al Menghi has moved (back) to:  
130 Butlertown Road  
Waterford, Connecticut 06385-4042

### Address Alert

Do not look in the Directory of the Convention Minutes for the Editor's address. It is out-of-date there. The correct address is:

2420 Morningside Drive  
Lawrence, Kansas 66047-3816

## Notes from the National Office

By Karen Kostal

Thanks to Al Izykowski and Mike Affholter and their Associations and Committees for hosting these events. Skaters and observers had a great time at both. Which was more fun - the magician at the nationals Banquet or the 1st ever North American Cheese Bowl Challenge? (Which, by the way, the Canadians won - we'll get them next time.) It was evident that all involved had spent a lot of time and effort planning, fundraising and putting on two great events. I am thinking of submitting a proposal at this convention requiring Meet Directors to provide an on-site masseuse! Mike, what a fabulous idea!

### TRAVEL AWARDS PRESENTED AT THE NORTH AMERICAN SHORT TRACK BANQUET

The following skaters applied for and qualified for travel awards to the North American Short Track Meet. This was made possible through a grant from US Speedskating for the purpose of encouraging attendance at these fine competitions. These skaters joined Brent Aussprung, who won a travel award for the North American Long Track Meet, as recipients:

Ryan Harasyn, Eric Cepuran, Chris Weaver, Adam Duncan, Elaine Golz, Kyle Ortiz, Nick Favorite, Tracy Northup, Abigail Hammer, Katy Kepka, Kira Fling, J.P. Kepka, Nicholas Frank, Marin Austin, Bonnie Klint and Allison Baver. Congratulations! Be on the lookout for the same type of travel awards that, hopefully, will be available next year.

### New Speed Skater

Cathy Turner Bostley had a baby girl January 8th, 2001, 7lbs.10oz. Her name is Bayli Nicole Bostley.

### Memorial

Lowell Luedke passed away April 3, 2001 at age 70 of a heart attack. "Doc" had been a loyal metric timing judge for many years. Most of his 9 children were speed skaters. He is survived by wife Rita, and children Karl, Kent, Kara, Kyle, Kate, Keli, Kris, and Kori. Son Kurt passed away a few years ago.



By Suzanne Strauss

Skaters from four of Northern New York Clubs flew to Bay City, Michigan to compete at the Amateur Speedskating Union National Short Track Championships, March 16-18, 2001. The following clubs were represented at this national competition - Capital District, Pittsfield, Saratoga Winter and Syracuse. Northern New York was proud to boast of two National Champions. Skaters Howard Ganong of the Capital District Speedskating Club brought home the gold medallion in the Master 70+ Men's Category, while Penelope Lang of the Saratoga Winter Club (formerly from Bay State) won the gold in the Senior Women's Category. Northern New York put together both a men's and women's relay team to compete in the 3,000-meter relay races. Kristen Brophy, Meghan Everett, Brigid Farrell and Maureen Hangac (all of the Saratoga Winter Club) skated on the NNY Womens Relay Team, and beat out the California Team to take the gold medal for that event. Daniel Brome, Paul Marchese and Alex Strauss of the Saratoga Winter Club, along with Syracuse's Adam Duncan won the silver medal in the men's relay race.

### AMATEUR SKATING ASSOCIATION OF ILLINOIS



By John Bleck

It has been a proud year for Illinois Skaters. On behalf of ASAI we congratulate all the skaters, parents, and volunteers that have dedicated their time and energy to speed skating this season. Now we head into summer, also known to some as three months of bad outdoor ice. We had many highlights this year, I think we all can remember a few. The season has seen many skaters rise to the top. Many age classes in Illinois have seen the best skaters in years. At several meets, people would pay particular attention to the Midget Girls, Midget Boys, Pony Boys, Juvenile Boys, and the always popular and growing numbers of Tiny Tots and Pee Wees, just to mention a few. Special awards should be given to these skaters who put on a great show and don't forget to smile and congratulate their competition. I would like to make a special thank you to National and World team members who chose to skate our local meets, even though they might have invitations elsewhere or had to make special arrangements to be with us in Illinois. It was a touching gesture as all the young skaters look up to you as well and you being with us although not as challenging as skating against the worlds best makes our meets that much better and gives us inspiration for the future. Continued on page 27

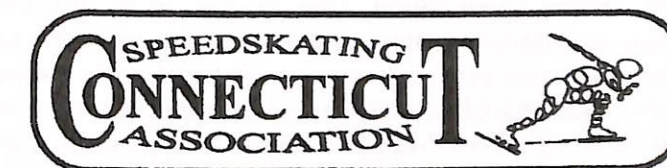
## Maryland and Eastern Pennsylvania Association

By David Kennedy

MEPSA would like to say how proud we are of Kreg Greer of Bel Air, Maryland, the 2001 ASU National Short Track Champion for Juveniles, and of the other MEPSA skaters who competed in the Nationals and North Americans: Patrick Choi, Simon Cho, Andrew Pak, Ben Barczewski, Kyle Carr, Allison Baver and Shaun Walb. We also would like to congratulate our Southern neighbor, Robert Lawrence of North Carolina, who won the Pony division at the Nationals. Robert and the other Carolina skaters have joined us regularly for our meets.

Speaking of meets, we would like to thank the Western New York Association and the Pittsburgh club for all the work they did in seeing that the Susquehanna Challenge was a success again this year. We look forward to joining them in Pittsburgh for next year's short track Nationals. Look for the Susquehanna Challenge to be on the schedule again next year, probably in March, along with the National Capital Open at the end of December.

The National Capital Club has drop-in ice this summer from 6 to 8 am on Saturdays. The cost is \$15. Anyone visiting the DC area over the summer should feel free to join us, but you might want to check with us at [mdspeedskating@hotmail.com](mailto:mdspeedskating@hotmail.com) first to make sure the schedule hasn't changed.



By Al Forsyth

The Connecticut Speedskating Association hosted its annual "Long Track Development Camp" over the holiday break at the 1980 Olympic Oval. Over 40 participants attended this year from all over the US and Canada. Coaching was conducted by Ingrid Liepa (1994, 1998 Canadian Olympic Team), Neil Mansfield (Baystate), and Al Forsyth and David Moneyppenny from Connecticut. Guest presentations were made by Eric Flaim and Paul Marchese.

This was the seventh time that the camp was presented and it gets better with time. Highlights included two sessions on the ice with one additional presentation in the evening. There was digital video analysis of each skater by Ingrid and there were a total of two time trial days.

Rooming and meals were at Lysek's Hillcrest Inn and ice passes were provided for everyone attending the camp.



## East Coast Speedskating Club

by Hanne Michell

In 1998 a few people decided to go out on a limb, and start a new speed skating club at the Brewster Ice Arena in Brewster, NY. It was scary. We had to sign a contract with the rink for close to \$6000 of ice time for the season. But we were confident that we had a solid program, and a dedicated and inspiring coach, which we hoped would attract enough people. That first year we just barely scraped by, with the help of a donation from a member of the club, a grant from an overseas software company, and the effort of many individual members who contributed their time. The second year we were well "in the black", and this year the club has reached its magical number of over 30 paid members and skaters.

On March 10 the club decided to run a speed skating camp at the Ice Time Rink in Newburgh, NY. It was an overwhelming success with skaters ages 7 to 70 from Pennsylvania, Maryland, Connecticut, New York, New Hampshire, Massachusetts and Vermont attending. The camp was divided into two separate groups with each group having their own separate ice, and off-ice workouts. Both groups were filled to capacity. Each of the two groups was divided into five sub-groups according to skating abilities, with a coach for each of the sub-groups.

Vincent Gagliano, who is the head coach for the club was also the head coach for this camp, assisted by the club's assistant coach Bill Eisenmenger. There was no shortage of volunteer coaches either. Joel Boyd who is the coach for the Binghamton club was a big help with the first group, and he participated in the second group as a skater. Carole Moore from the Flushing Club, and Mario DeBartolo helped with two of the groups. Fred Prilop, also from Flushing, came fully armed with stopwatch, blocks, and lap counter, besides leading one of the groups. Al Forsyth from the Connecticut Association and Tony Marchese were each in charge of one group. In addition, Al led one of the dry land sessions. Sue Hassdenteufel kept meticulous records of the time trials and races. Bud Eichorn, president of the club and an aspiring coach also led one of the on-ice groups, in addition to making sure that there were enough peanut butter and jelly sandwiches and oranges to feed the masses. Let's not forget Sarah Eichorn and her friend Katie, both freshmen at Kennedy Catholic High School in Somers, NY, who applied their math skills recording and averaging the times from the different races, so that the younger skaters could get their proper medals.

This camp was inspired by the need for training in the technical, on-ice aspect of speed skating. There were also dry land training sessions preceding each of the on-ice programs. At the on-ice session, each of the sub-groups moved from workout station to workout station. At each station a

particular component was taught, and eventually all the components (the entire stroke and movement) were put together. Races and time trials were a part of the camp, and medals were awarded to the children. Everyone also received a certificate of participation.

One aspect of this camp was particularly unique. The entire camp was videotaped by the club's photographer and web master, Tom Ward and his son Danny. In addition, each skater was videotaped individually, and a video analysis took place with each skater and the head coach after the ice session. It is not very difficult to come up with an idea for a camp such as the one described above. But to make it a reality, well that's a whole different story. This camp would not have been successful without the support and commitment of all the dedicated people mentioned in this article. The club is planning to run another camp in September or October 2001. If you are interested, check the club's website at [www.eastcoast.speedskaters.com](http://www.eastcoast.speedskaters.com), email us at [eastcoast@speedskaters.com](mailto:eastcoast@speedskaters.com), or call (845) 855-5061.



Club photos by Tom Ward

## The World Single Distance Speed Skating Championships

Comments by George Wallace

I did go to the World Championships in Salt Lake City three weeks ago, and with more than sixty years having passed since I had any contact with any ASU activities, the experience was a terrific surprise. Everything was flawlessly handled, and I was very pleased to meet and spend some time with Ard Shenk, Johann-Olav Koss and Eric Heiden.

My principle reasons for attending the event were:

1. To be able to visit with Jack Shea with whom I talk by phone every year or so but have not seen for more than sixty years.
2. To see if the ASU's support of speed skating AND speed skaters today are really as good (and as different from what I remembered) as Jack said it is.
3. To see what speed skaters' styles are like today and compare them with what I had developed on my own in California and tested in Europe some sixty years ago, and
4. To see if there might be any suggestion I could make that some of today's speed skaters might be interested in trying.

I arrived at the downtown Hilton, where some of the American speed skaters and officials were staying, at 2:00 PM Friday afternoon, but didn't know how to proceed from there - until I saw someone with a ski cap bearing the Olympic Rings, and I introduced myself. "I'm George Wallace and - - - ." "And I'm Jack Shea," was the immediate reply. A GREAT beginning! And almost the next person I saw was Dorothy Franey (Langkop), friend and member of the 1936 Olympic Team, and lively, involved and knowledgeable as ever. And from there on out, EVERYTHING about the way in which this event was handled was flawless and a joy to behold.

In speed skating, except for what the Klap skate had done to reduce thrusting with the toe of the blade into the ice at the end of each stroke, and the requirements that the consistently faster ice on the new indoor ovals present, there was not much change from skaters' earlier styles as I remembered them, I believe that some of the things that I had developed in creating my own style, isolated as I was in California, might merit some interest. More about this farther on.

As for the speed skating itself, that was stunning. There were five new world records in the ten distances skated, and of the 136 men and women in the 500, 1000, and 1500 meter races, the-times-per-lap of 115 were within one second of the times of the winners in each event. In the longer distances, (3000m, 5000m and 10000m) the odds were a little bit greater. Here the lap times for 31 out of 75 starters were within one second of those of the winners. The obvious conclusion had to be that skates, skating conditions and the skaters styles were pushing the envelope about as far as it could go. But memories of my own successes in Europe in 1937/38 and 1939/40 with a different style from that of the Europeans prompts me to believe all records might be lowered still farther, with a little bit of "tweaking" of some skaters styles as performed today, or possibly with a major modification. A brief resume of the individual distances and general performances follows.

### WORLD SINGLE DISTANCE SPEED SKATING CHAMPIONSHIPS

Salt Lake City, Utah f March 6-11, 2001

Ladies Races.

500 meters (1-1/4 laps)

World Record 0:37.29

Catriona Lemay Doan (Canada)

In the first of two races, Catriona Lemay Doan came within 0.03 seconds of breaking the world record that she set in the Calgary Olympic Oval last January (0:37.40), and in the second race, she set a new record at 0.37.29.

Competition in this event was very keen with, Monique Garbrecht-Enfeldt, (GER), Svetlana Zhurova (RUS), and Sabine Voelker (GER) only 0:00.48, 0:00.52 and 0:00.62 seconds slower than Doan's combined time for the two races (0:74.72).

1000 meters (2-1/2 laps)

World Record 1:14.13

Monique Garbrecht Enfield (Germany)

Monique Garbrecht Enfield (GER) set a new world record with Sabine Voelker (GER) only 1/100th second behind her, and Catriona LeMay Doan (CAN), Chris Witty (USA) and Anni Friesinger only 0.36, 0.45, and 0.61 seconds behind that. The gap time per lap between the first and last of this group was less than 1/4 second -- about four feet, if they had been skating together!

1500 meters (3-3/4 laps)

WR + 0.20s 1:54.58

Anni Friesinger (Germany)

Anni Friesinger beat the world record (1:54.38) that she had set in the Calgary Olympic Oval just one week earlier, and Maki Tabata's (JAP) time was only 0.18 seconds slower. Six other skaters all finished within 1.45 seconds of Friesinger - for an



average gap between the first and last of slightly less than 2/5 seconds per lap, Chris Witty's time as 1:56.05. Less than two seconds behind in virtually a one-mile race!

3000 meters (7-1/2 laps) WR + 1.07s 4:00.34

Gunda Nieman Stirnemann (Germany)

Stiernemann's time was just 1.07 seconds over the world record set by Claudia Pechstein (Germany) in the Calgary Olympic Oval one week before, and it was followed by those of Annie Friesinger (GER), Claudia Pechstein (GER), and Cindy Klassen (CAN) just 1.64, 1.79 and 2.07 seconds later. The average gap between the first and last skaters in this group was just an eyelash more than 1/4 of a second (four feet) per lap,

5000 meters (12-1/2 laps) World Record 6:52.44

Gunda Niemann-Stirnemann (Germany)

Followed by Claudia Pechstein (GER), Maki Tabata (JAP), and Renate Groenewald (NED), 5.67, 13.05, and 14.09 seconds after that. Catherine Raney (USA) the only American entry came in 34.21 seconds after that.

Men's Races:

500 meters (1-1/4 laps) World Record 0:34.32

Hiroyasu Shimizu (Japan)

This was an amazingly close contest, with eighteen of the twenty two starters in the first race having times within one second of Shimizu's time in that race, and fifteen of the same field being within his record-breaking performance in the second race. Jeremy Wotherspoon was right behind Shimizu, with a combined time of only 0.32 seconds slower for the two events.

1000 meters (2-1/2 laps) World Record 1:08.28

Jeremy Wotherspoon (USA)

Shimizu Hiroyasu was disqualified (what a disappointment!) and Jeremy Wotherspoon won this one, both setting a new world record, and with 17 of a field of 23 skaters with times less than two seconds slower. This is less than 4/5ths of a second per lap between first and eighteenth place who had finished 2 seconds later, a difference of 4/5ths of a second per lap, between the first and the last. And of the American men skaters, Casey FitzRandolph (USA) and Joey Cheek (USA) were 0.82s and 1.04s (less than 1/2 second per lap) behind the record. Competition can't get any keener than this.

1500 meters (3.75 laps) WR + 0.14s 1:46.10

Andre Sondral (Norway)

With 18 out of 22 finishing less than 3 seconds later than Sondral, this is the same great majority finishing within 4/5ths of a second per lap. Of the American skaters, Derek Parra was only 0.10 seconds behind Sondral, KC Boutiette was 1.10 seconds behind him, and Joey Cheek was 1.65 seconds behind him.

5000 meters (12.5 laps) WR + 0.86s 6:19.58

Bob DeJong (Netherlands)

Eighteen of 24 starters finished within 10 seconds of DeJong, or 4/5 seconds per lap. Of the American skaters, KC Boutiette, was 12 seconds behind DeJong, and Derek Parra was 16 second behind DeJong, a difference of about 1/2 second per lap.

10000 meters (25 laps) WR + 9.09s 13:12.49

Carl Verheijen (Netherlands)

Within 8 seconds of the winning time, those of five other skaters followed. This is an average of difference between first and eighth place of 2/3 of a second per lap.

Note: Contrary to what one would normally expect, this was but most exciting was the 10,000-meter race. Here Bob DeJong led Carl Verheijen (both of the Netherlands) by a gradually increasing lead, up to 5.40 seconds with four laps to go, then by 1.49 seconds with one lap to go - and Verheijen caught him and beat him to the finish line by 1.32 seconds - 9.09 seconds than the world record set by another Dutchman, Gianni Romme in Holland last November.

Comments:

Derek Parra's time averaged 1.3 seconds slower per lap - not bad for #2 in the 1500 meter, but symptomatic, along with being the only American entree in contrast with the traditionally strong team showings from the Netherlands, Norway and Germany, of room for possible improvement in American styles of skating these long distance races.

As far as skating styles were concerned, there were some changes due to the Klap skate tending to diminish skaters' tendencies to force the toes of the blades into the ice at the end of each stroke, and there was better technique in skating the curves, out

of necessity, I suspect, because of the new-found speed and glide on the ice which the new indoor ovals provide.

I also saw some skaters swinging both arms in most of the 1500 meter races, and one arm in most of the 3000 meter races - partially, I suspect, because the new ice doesn't drain so much energy and the skaters can use these faster techniques and still have enough strength and energy left to keep the pace right up to the finish.

However, I also noticed how consistent many skaters times are when they compete in the new Olympic Ovals, and how much difference skating each lap only one second faster would make. Meanwhile skates and skating conditions have probably have been improved so that there is very little difference between them, and high placement in world class competitions will be depending upon the skaters' performances alone - but I do believe that there is room for improvement there -- and the style which I developed in California and polished in Europe may have some things that might help American skaters gain that precious one second (or more) mentioned above. I realize that this statement may seem precocious to some, but as the saying goes, "Been there, done that.", albeit sixty-odd years ago and some may not remember\*

\* From the Oslo Aftenposten, Nov. 7, 1939:

"We would remind you of George Wallace's story-like debut in Oslo two years ago. Wallace came to Norway quite unprepared for racing, but with systematic training on our speed skating ovals, in competing with our best skaters, he was able to sharpen his technique and his body and skating style so that at the end of the winter, he beat even our best skaters."

"There was some snarl about his license that time ... In the International races in Oslo, February 19/20, he ran alone, outside the competition ... The end result fourth place after Charles Mathiesen, Leo Freisinger and Ivar Ballangrud. But Wallace gains as the season progresses simply because although his technique was not perfected, his talent was so great and outstanding."

"In races in Drammen on February 22nd in official competitions, his license was now in order. His times were 43.8 on 500 meter, after first place Leo Freisinger with 43.6, and we can recall Wallace ran the 5000 meter paired with Ivar Ballangrud who, at the beginning of the last inner curve crossed in front of the American who, in spite of that came in only 3/10 of a second after our great skating master."

Now, having brought myself up to date with this recent attendance at the World Single Distance Speed Skating Championships in Salt Lake City, and seen the support that skaters are getting, I will be making some specific suggestions for consideration by anyone interested, in my next article.

George Wallace was a member of the 1940 US Olympic Speed Skating Team which was chosen but never got to compete because of World War II.

See page 28 for complete results of the competition.



## Bill Dyer Honored by Speed Skating Canada

Bill Dyer was inducted into Speed Skating Canada's Hall of Fame last summer. He was their representative to the ASU Convention for many years.

Bill is show here with John Caver (left), President of Speed Skating Canada



## Seniors' Speed Skating Games

By Mary O'Donnell

For many master skaters the highlight of the long track season is the annual International Seniors' Speed Skating Games. This year the event was held in lovely Quebec City, Canada organized by Les Patineurs Maitres de Quebec and La Federation de Patinage de Vitesse du Quebec. Over 135 skaters from 10 countries participated in the three day competition. And to add to the spectacular skating, there was a weekend of marathon skating the weekend before also hosted by Quebec.

For those enthusiasts of endurance and natural ice skating the marathon on Lac Beauport was splendid. The two day event included 25 km and 100 km marathons. The weather was indeed more cooperative on Saturday with the sun shining and the wind tolerable. But a whole different story on Sunday when there blew in a blizzard that restricted the race to the brave at heart. In fact the race officials ended up shortening the race to 75 km due to very poor conditions. U.S.A. can be very proud as the top finishers for both races represented our country well.

During the week between the marathon and the Seniors' games activities centered around welcoming the skaters from all over Europe and the U.S. The organizing committee had everything accounted for and then some. All the details were covered including pick-up shuttle service from the airport to the host hotel, daily bus shuttle to the oval for training, providing a guided 3 hours tour for visiting skaters and their families. For evening entertainment there was a hospitality room set-up for the skaters to mingle and socialize.

The actual races began on Friday with the Ladies' 500 m, and as usual great skating was to follow. Since this is an international event the skating was metric style but even the die hard pack style Americans were having a great time. My particular favorite group are the skaters from Holland. Truly they represent their country well and to think they seem to only get better with age! The U.S. did very well considering the dynamic competition. The U.S. should be very proud of all the master skaters who participated.

The weekend was brought to a wonderful finish with the customary closing banquet. The skaters from Quebec are the gold standard when it comes to ceremony and much due recognitions. Practically everyone comes home with a prize! The organizing committee awarded the top skaters in each age category a beautiful piece of Inuit art, representing a piece of Canadian culture. Hats off to the committee especially Gaetan Rochette and Pierre Gagne for all their tremendous efforts for such a successful games!

Next year, Hamar and the Viking ship!



Proud Master Skaters

Photo by Richard DiNicola

## National Short Track Championships Photos



Photo by Sam Hicks

The Champions. From left to right Bob Fischer, Gary Westendorf, Beth Bedford, Alex Izykowski, Penelope Lang, Tippy Jordan, Kimon Papahadjopoulos, Maria Garcia, Sugar Todd, Kira Fling, Jan Zurcher, Kreg Greer, Jordan Hinke, Mark Chrysler, Paul Dyrud. Missing are Chris Weaver, J.P. Kepka, and Alice Kim.



Photo by Jerry Search

Midget Boys

Denny Hufford leads Andrew Choi and Matthew Schneider

Senior Women

Penelope Lang leads an unidentified Maryland and Eastern Pennsylvania skater and Sara Bell

Photo by Jerry Search



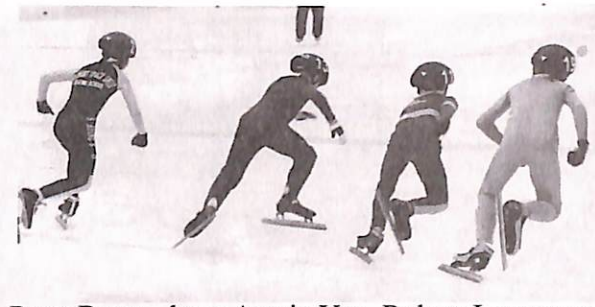
Continued on page 12



National Short Track photos, continued from page 11



Senior Men Chris Weaver follow by Adam Duncan, Kyle Ortiz and others



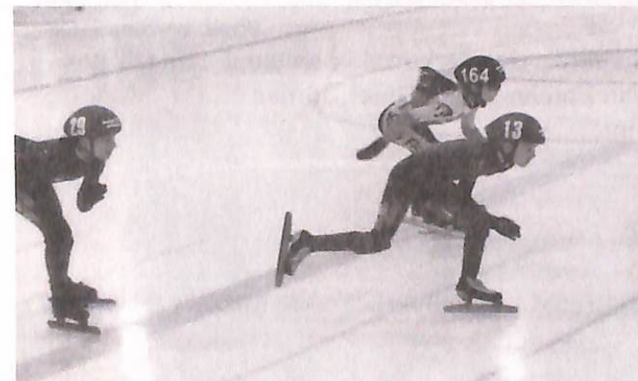
Pony Boys 1 to r Austin Yun, Robert Lawrence, Jonathan Sermeno, Brad Soble



Intermediate Boys Richard Bauer leads Ian Hawkins and Marcus Merrill



Master 30-39 Women 1 to r Kim Schad-Szczepinski, Beth Bedford, Kate Stewart, Cindy Darrow, Mindy Miller



Pony Girls Morgan Izykowsky leads Melanie Bradley and Meagan Chartier



Intermediate Women 1 to r Bonnie Klint, Maureen Hangac, Kira Fling, Mary Griglak



Hey! Wait for me!

All photos by Jerry Search

## The North American Short Track Champions



Mr. and Mrs. Bruce Bauer present the Ruth Wiltfang Memorial Medallion to Midget Girl Caroline Truchon



Duane Riley presents the medallion to Midget Boy Jordan Hinke



Joyce Leggatt presents the medallion to Juvenile Girl Olivia Page-Dube



The Bruce Bauer Family presents the Dick Vraa Memorial Medallion to Juvenile Boy Alex Boisvert-Lacroix



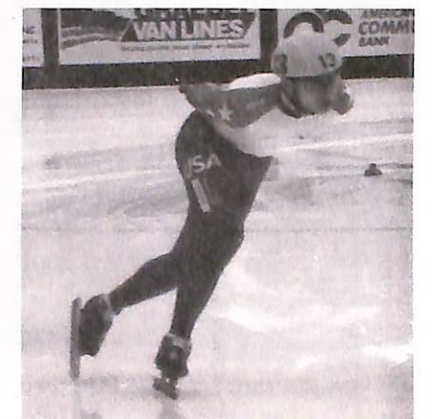
Duane Riley presents the Goskowicz Family Medallion to Junior Girl Emilie Nadeau-Benoit



The Bruce Bauer Family presents the Charles Nicholas Bauer Memorial Medallion to Junior Richard Shoebridge



Joyce Leggatt presents the medallion to Intermediate Woman Kira Fling



Intermediate Men Champion J.P. Kepka

All Photos by Ellie Hussong

Continued on page 14





Joyce Leggatt presents the Moore Family Medallion to Senior Woman Tracy Northup



Duane Riley presents the Richard Search Memorial Medallion to Senior Man Chris Weaver



Joyce Leggatt presents the medallion to Master 30-39 Woman Cindy Darrow



Duane Riley presents the Medallion to Master 30-39 Man Jean-Francois Gougoux



Joyce Leggatt presents the medallion to Master 40-49 Woman Jan Zurcher



Duane Riley presents the medallion to Master 40-49 Man Rob Darrow



Joyce Leggatt presents the medallion to Master 50-59 Man John Diemont



Duane Riley presents the medallion to Master 60-69 Man Frank Lask

All Photos by Ellie Husong

## North American Races



Midget Boys 1 to r Steven Poole, Scott Birse, Mitchell Whitmore



Junior Boys 1 to r Remi Beaulieu, Nicholas Frank, Andrew Taylor, David Didiodato

North American photos by Ellie Husong

## Masters International Races



Master Men 40-49 3000 Meter Final - Bruce Conner leads



Master Men 30-39 5000 Meter Final - Paul Marchese leads



Master Men 30-39 3000 Meter at the start



Master Men 60+ 5000 Meter Final - John Sorce leads

All Masters International Photos by Karen Lietz



## National Short Track Championships Results

Distance	Time	1st Place	2nd Place	3rd Place	4th Place
<b>Pony Girls</b>					
222 M	0:25.92	Sugar Todd	Mary Grace	Meagan Chartier	Morgan Izykowski
333 M	0:38.02	Sugar Todd	Lana Gehring	Kara Cannizarro	Mary Grace
444 M	0:50.55	Sugar Todd	Lana Gehring	Anna Kim	Meagan Chartier
500 M	0:56.74	Sugar Todd	Mary Grace	Meagan Chartier	Lana Gehring
Overall		Sugar Todd	Lana Gehring	Meagan Chartier	Meagan Chartier
<b>Midget Girls</b>					
333 M	0:34.35	Tippy Jordan	Marin Austin	Aran Kim	Abigail Hammer
500 M	0:51.64	Tippy Jordan	Laura Johnson	Abigail Hammer	Aran Kim
611 M	1:03.84	Erica Hawke	Tippy Jordan	Laura Johnson	Kjirsten Bauer
777 M	1:21.76	Erica Hawke	Kelly Block	Laura Johnson	Abigail Hammer
Overall		Tippy Jordan	Erica Hawke	Laura Johnson	Abigail Hammer
<b>Juvenile Girls</b>					
333 M	0:35.44	Amber Affholter	Alice Kim	Elise Tanner	Nancy Swider-Peltz
500 M	0:50.24	Alice Kim	Nancy Swider-Peltz	Sophie Milan	Amber Affholter
777 M	1:20.03	Nancy Swider-Peltz	Carly Wilson	Alice Kim	Sophie Milan
1000 M	1:46.43	Sophie Milan	Alice Kim	Nancy Swider-Peltz	Amber Affholter
Overall		Alice Kim	Nancy Swider-Peltz	Sophie Milan	Amber Affholter
<b>Junior Girls</b>					
500 M	0:48.12	Maria Garcia	Lezleigh Jaworski	Jade Wheeler	Kristen Bedford
1000 M	1:40.40	Maria Garcia	Lezleigh Jaworski	Jade Wheeler	Kristen Bedford
1500 M	2:38.62	Maria Garcia	Lezleigh Jaworski	Kristen Bedford	Jade Wheeler
3000 M	5:32.09	Lezleigh Jaworski	Kristen Bedford	Jade Wheeler	Kristen Biondo
Overall		Maria Garcia	Lezleigh Jaworski	Kristen Bedford	Jade Wheeler
<b>Intermediate Women</b>					
500 M	0:48.88	Kira Fling	Mary Griglak	Bonnie Klint	Maureen Hangac
1000 M	1:43.43	Kira Fling	Bonnie Klint	Mary Griglak	Elyse Sklar
1500 M	2:39.87	Kira Fling	Bonnie Klint	Mary Griglak	Maureen Hangac
3000 M	6:24.96	Bonnie Klint	Kira Fling	Mary Griglak	Maureen Hangac
Overall		Kira Fling	Bonnie Klint	Mary Griglak	Maureen Hangac
<b>Senior Women</b>					
500 M	0:48.84	Brigid Farrell	Allison Baver	Katy Kepka	Kristen Brophy
1000 M	1:41.51	Penelope Lang	Allison Baver	Sara Bell	Meghan Everett
1500 M	2:37.31	Penelope Lang	Allison Baver	Sara Bell	Meghan Everett
3000 M	5:34.25	Penelope Lang	Allison Baver	Brigid Farrell	Meghan Everett
Overall		Penelope Lang	Allison Baver	Brigid Farrell	Sara Bell
<b>Master Women 30-39</b>					
500 M	1:02.71	Beth Bedford	Cindy Darrow	Kim Schad-Szczepinski	Cindy Darrow
1000 M	1:50.97	Beth Bedford	Kate Stewart	Kim Schad-Szczepinski	Cindy Darrow
1500 M	2:51.21	Beth Bedford	Kate Stewart	Kim Schad-Szczepinski	Cindy Darrow
3000 M	5:43.89	Beth Bedford	Kate Stewart	Kim Schad-Szczepinski	Cindy Darrow
Overall		Beth Bedford	Kate Stewart	Cindy Darrow	Kim Schad-Szczepinski
<b>Master Women 40-49</b>					
500 M	1:02.34	Denise Lachniet	Arnie Keim-Reilly	Jan Zurcher	
1000 M	2:04.16	Jan Zurcher	Denise Lachniet	Arnie Keim-Reilly	
1500 M	3:10.16	Jan Zurcher	Denise Lachniet	Arnie Keim-Reilly	
3000 M	6:29.38	Jan Zurcher	Arnie Keim-Reilly	Denise Lachniet	
Overall		Jan Zurcher	Denise Lachniet	Arnie Keim-Reilly	

<b>Master Women 50-59</b>					
500 M	0:55.08	Carole Moore			
777 M	1:27.31	Carole Moore			
1000 M	1:56.66	Carole Moore			
1500 M	2:55.67	Carole Moore			
Overall		Carole Moore			
<b>Master Women 70+</b>					
500 M	1:36.37	Mary Vinella			
777 M	2:32.56	Mary Vinella			
1000 M	3:17.63	Mary Vinella			
1500 M	4:50.37	Mary Vinella			
Overall		Mary Vinella			
<b>Pony Boys</b>					
222 M	0:25.16	Austin Yun	Jonathan Sermeno	Robert Lawrence	Brian Hansen
333 M	0:36.37	Robert Lawrence	Austin Yun	Brad Soble	Brian Hansen
444 M	0:49.14	Robert Lawrence	Simon Cho	Brad Soble	Austin Yun
500 M	0:55.13	Robert Lawrence	Jonathon Sermeno	Christopher Medard	Austin Yun
Overall		Robert Lawrence	Austin Yun	Jonathan Sermeno	Brad Soble
<b>Midget Boys</b>					
333 M	0:34.03	Jordan Hinke	Eddie Alvarez	Andrew Choi	Brent Aussprung
500 M	0:51.44	Eddie Alvarez	Barry Winslow	Andrew Choi	Jeff Swider-Peltz
611 M	1:03.24	Jordan Hinke	Barry Winslow	Zach Affholter	Eddie Alvarez
777 M	1:19.99	Jordan Hinke	Barry Winslow	Andrew Choi	Brent Aussprung
Overall		Jordan Hinke	Eddie Alvarez	Barry Winslow	Andrew Choi
<b>Juvenile Boys</b>					
333 M	0:36.00	Carl Buehler	Joey Thao	Arron Kopp	Kreg Greer
500 M	0:47.41	Kreg Greer	Daniel Park	Cassel Lessinger	Ryan Bedford
777 M	1:16.18	Kreg Greer	Daniel Holloway	Cassel Lessinger	Ryan Bedford
1000 M	1:39.36	Kreg Greer	Daniel Holloway	Carl Buehler	Cassel Lessinger
Overall		Kreg Greer	Carl Buehler	Daniel Holloway	Cassel Lessinger
<b>Junior Boys</b>					
500 M	0:49.51	Paul Dyrud	Matthew Bueche	Alex Peskor	Claudio Przepiora
1000 M	1:38.86	Paul Dyrud	Nicholas Frank	Alexander Strauss	Jacob Peery
1500 M	2:51.69	Paul Dyrud	Jesse Church	Alexander Strauss	Jacob Peery
3000 M	5:21.89	Paul Dyrud	Nicholas Frank	Alexander Strauss	Jacob Peery
Overall		Paul Dyrud	Nicholas Frank	Alexander Strauss	Matthew Bueche
<b>Intermediate Men</b>					
500 M	0:44.04	J. P. Kepka	Alex Izykowski	Richard Bauer	Daniel Brome
1000 M	1:37.07	Alex Izykowski	J. P. Kepka	Richard Bauer	Daniel Brome
1500 M	2:31.45	J. P. Kepka	Alex Izykowski	Daniel Brome	Richard Bauer
3000 M	5:18.33	Alex Izykowski	J. P. Kepka	Sean McGuire	Richard Bauer
Overall		Alex Izykowski	J. P. Kepka	Richard Bauer	Daniel Brome
<b>Senior Men</b>					
500 M	0:45.57	Adam Duncan	Ryan Harasyn	Joseph Rohraff	Kyle Ortiz
1000 M	1:37.55	Chris Weaver	Kyle Ortiz	Joseph Rohraff	Nicholas Favorite
1500 M	2:34.10	Chris Weaver	Kyle Ortiz	Adam Duncan	Joseph Rohraff
3000 M	5:21.04	Chris Weaver	Kyle Ortiz	Joseph Rohraff	Adam Duncan
Overall		Chris Weaver	Kyle Ortiz	Adam Duncan	Joseph Rohraff



**Master Men 30-39**

500 M	0:48.15	Paul Marchese	Kimon Papahadjopoulos	Paul Provencher	Sam Renshaw
1000 M	1:40.41	Kimon Papahadjopoulos	Sam Renshaw	Jamal Nubani	Bruce Kohen
1500 M	2:36.36	Kimon Papahadjopoulos	Sam Renshaw	Paul Marchese	Tom Cole
3000 M	5:20.82	Sam Renshaw	Paul Marchese	Tom Cole	Rob Darrow
Overall		Kimon Papahadjopoulos	Sam Renshaw	Paul Marchese	Tom Cole

**Master Men 40-49**

500 M	0:49.68	Mark Chrysler	John Diemont	Daniel Ott	Bradford Kuzik
1000 M	1:41.36	Mark Chrysler	Daniel Ott	John Diemont	Bradford Kuzik
1500 M	2:44.69	Mark Chrysler	John Diemont	Daniel Ott	Timothy Kelly
3000 M	5:42.25	Daniel Ott	Timothy Kelly	John Diemont	Bradford Kuzik
Overall		Mark Chrysler	Daniel Ott	John Diemont	Timothy Kelly

**Master Men 50-59**

500 M	0:52.40	Gary Westendorf	Peter Wells	Ron Scholefield	Jim Minami
777 M	1:21.28	Gary Westendorf	Ron Scholefield	Pat Knox	Peter Wells
1000 M	1:46.45	Gary Westendorf	Peter Wells	Jim Minami	Pat Knox
1500 M	2:42.16	Gary Westendorf	Peter Wells	Ron Scholefield	Pat Knox
Overall		Gary Westendorf	Peter Wells	Ron Scholefield	Pat Knox

**Master Men 60-69**

500 M	0:58.13	Bob Fischer	Frank Lask	Ed Basinski	Francis Whelan
777 M	1:29.82	Bob Fischer	Ed Basinski	Francis Whelan	Frank Lask
1000 M	1:56.36	Bob Fischer	Frank Lask	Ed Basinski	Francis Whelan
1500 M	2:55.34	Bob Fischer	Frank Lask	Ed Basinski	Francis Whelan
Overall		Bob Fischer	Frank Lask	Ed Basinski	Francis Whelan

**Master Men 70+**

500 M	0:59.64	Howard Ganong			
777 M	1:34.04	Howard Ganong			
1000 M	2:00.04	Howard Ganong			
1500 M	3:11.91	Howard Ganong			
Overall		Howard Ganong			

**North American Short Track Championships Results (A Finals Only)**

Distance	Time	1st Place	2nd Place	3rd Place	4th Place
<b>Midget Girls</b>					
333 M	0:34.70	Ericka Hawke	Caroline Truchon	Tori Fache	Valerie Lambert
500 M	0:51.57	Caroline Truchon	Ericka Hawke	Austin Marin	Gabrielle Waddell
666 M	1:08.21	Caroline Truchon	Tori Fache	Valerie Lambert	Gabrielle Waddell
777 M	1:21.76	Ericka Hawke	Caroline Truchon	Austin Marin	Tori Fache
Overall		Caroline Truchon	Ericka Hawke	Tori Fache	Marin Austin
<b>Juvenile Girls</b>					
333 M	0:33.63	Kalina Roberge	Catherine Fontaine	Danielle Dubois	
500 M	0:49.84	Olivia Page-Dube	Catherine Fontaine	Pascale Lemieux	Kalina Roberge
777 M	1:17.48	Danielle Dubois	Pascale Lemieux	Olivia Page-Dube	Kalina Roberge
1000 M	1:43.31	Pascale Lemieux	Olivia Page-Dube	Catherine Fontaine	Kalina Roberge
Overall		Pascale Lemieux	Olivia Page-Dube	Catherine Fontaine	Kalina Roberge
<b>Junior Girls</b>					
500 M	0:47.94	Valerie Gauthier	Emilie Nadeau-Benoit	Marie-Michelle Fradette	Erin Copeland
777 M	1:15.85	Emilie Nadeau-Benoit	Marie-Michelle Fradette	Valerie Gauthier	Erin Copeland
1000 M	1:43.51	Emilie Nadeau-Benoit	Marie-Eve Gaudreau	Marie-Michelle Fradette	Sonia Mayer
1500 M	2:32.54	Erin Copeland	Sonia Mayer	Emilie Nadeau-Benoit	Marie-Michelle Fradette
Overall		Emilie Nadeau-Benoit	Marie-Michelle Fradette	Erin Copeland	Valerie Gauthier

**Intermediate Women**

500 M	0:49.36	Kira Fling	Bonnie Klint	Lauren Pollock	Christine Renna
1000 M	1:50.04	Kira Fling	Bonnie Klint	Christine Renna	Lauren Pollock
1500 M	2:49.06	Kira Fling	Bonnie Klint	Christine Renna	Lauren Pollock
3000 M	5:44.79	Kira Fling	Bonnie Klint	Christine Renna	Lauren Pollock
Overall		Kira Fling	Bonnie Klint	Christine Renna	Lauren Pollock

**Senior Women**

500 M	0:48.45	Tracy Northup	Katy Kepka	Allison Baver	Carla Langenthal
1000 M	1:48.10	Tracy Northup	Allison Baver	Katy Kepka	Carla Langenthal
1500 M	2:40.60	Tracy Northup	Allison Baver	Katy Kepka	Carla Langenthal
3000 M	5:30.41	Tracy Northup	Allison Baver	Katy Kepka	Carla Langenthal
Overall		Tracy Northup	Allison Baver	Katy Kepka	Carla Langenthal

**Master Women 30-39**

500 M	0:56.17	Cindy Darrow			
777 M	1:29.32	Cindy Darrow			
1000 M	1:58.54	Cindy Darrow			
1500 M	3:06.72	Cindy Darrow			
Overall		Cindy Darrow			

**Master Women 40-49**

500 M	0:59.45	Jan Zurcher			
777 M	1:33.19	Jan Zurcher			
1000 M	1:59.14	Jan Zurcher			
1500 M	3:08.25	Jan Zurcher			
Overall		Jan Zurcher			

**Midget Boys**

333 M	0:33.59	Jordan Hinke	Marc-Antoine Martin	Philippe Riopel	Jasmin Lavoie
500 M	0:50.27	Jordan Hinke	Philippe Riopel	Marc-Antoine Martin	Barry Winslow
666 M	1:06.35	Philippe Riopel	Jordan Hinke	Jasmin Lavoie	Louis Mazerolle
777 M	1:19.52	Jordan Hinke	Philippe Riopel	Jasmin Lavoie	Marc-Antoine Martin
Overall		Jordan Hinke	Philippe Riopel	Marc-Antoine Martin	Jasmin Lavoie

**Juvenile Boys**

333 M	0:32.24	Alex Boisvert-Lacroix	Pascal Franche	Aaron Sadlier	M.-A. Gagnon-Demarvare
500 M	0:47.95	Pascal Franche	Maxime Lessard-Beaupre	Alexandre Garant	Nicolas Bean
777 M	1:15.57	Alex Boisvert-Lacroix	Maxime Lessard-Beaupre	Aaron Sadlier	Thomas Anderson
1000 M	1:40.53	Aaron Sadlier	Alex Boisvert-Lacroix	Alexandre Garant	Maxime Lessard-Beaupre
Overall		Alex Boisvert-Lacroix	Aaron Sadlier	Pascal Franche	Maxime Lessard-Beaupre

**Junior Boys**

500 M	0:44.88	Sylvain Godcher	Francis Laliberte	Greg Johnson	
777 M	1:11.53	Richard Shoebridge	David Didiodata	Francis Laliberte	
1000 M	1:32.63	Richard Shoebridge	Remi Beaulieu	Francis Laliberte	Sylvain Godcher
1500 M	2:34.62	Richard Shoebridge	Sylvain Godchar	Brock Anderson	Andrew Taylor
Overall		Richard Shoebridge	Sylvain Godchar	Francis Laliberte	Brock Anderson

**Intermediate Men**

500 M	0:43.27	J. P. Kepka	S. Lessard-Beaupre	Stephan Ho	Richard Bauer
1000 M	1:34.35	J. P. Kepka	Stephan Ho	Michael Teat	Jamie McCooye
1500 M	2:25.66	J. P. Kepka	Stephan Ho	Jamie McCooye	
3000 M	5:16.27	Stephan Ho	Jamie McCooye	Sean McGuire	J. P. Kepka
Overall		J. P. Kepka	Stephan Ho	Jamie McCooye	S. Lessard-Beaupre

**Senior Men**

500 M	0:45.72	Adam Duncan	Chris Weaver	Jeremy Borda	Kyle Ortiz
1000 M	1:37.28	Chris Weaver	Adam Duncan	Kyle Ortiz	Nicholas Favorite
1500 M	2:33.09	Chris Weaver	Adam Duncan	Nicholas Favorite	Jeremy Borda
3000 M	5:51.97	Chris Weaver	Kyle Ortiz	Adam Duncan	Nicholas Favorite
Overall		Chris Weaver	Adam Duncan	Kyle Ortiz	Nicholas Favorite



**Master Men 30-39**

500 M	0:48.15	Jamal Nubani	Bruce Kohen	Kimon Papahadjopoulos	
777 M	1:15.00	Jean-Francois Gougoux	Kimon Papahadjopoulos	Jamal Nubani	Bruce Kohen
1000 M	1:37.46	Jean-Francois Gougoux	Sam Renshaw	Kimon Papahadjopoulos	Tom Cole
1500 M	2:36.36	Jean-Francois Gougoux	Kimon Papahadjopoulos	Tom Cole	Jamal Nubani
Overall		Jean-Francois Gougoux	Kimon Papahadjopoulos	Jamal Nubani	Bruce Kohen

**Master Men 40-49**

500 M	0:52.00	Rob Darrow
777 M	1:18.49	Rob Darrow
1000 M	1:45.57	Rob Darrow
1500 M	2:42.72	Rob Darrow
Overall		Rob Darrow

**Master Men 50-59**

500 M	0:49.55	John Diemont	Gary Link	Jim Minami	Russell Owen
777 M	1:20.39	John Diemont	Gary Link	Jim Minami	Russell Owen
1000 M	1:44.12	John Diemont	Gary Link	Jim Minami	Russell Owen
1500 M	2:42.01	John Diemont	Jim Minami	Gary Link	Russell Owen
Overall		John Diemont	Gary Link	Jim Minami	Russell Owen

**Master Men 60-69**

500 M	1:00.17	Frank Lask	Francis Whelan	John Sorce
777 M	1:33.25	Frank Lask	Francis Whelan	
1000 M	2:00.65	Frank Lask	John Sorce	Francis Whelan
1500 M	3:07.08	Frank Lask	Francis Whelan	
Overall		Frank Lask	Francis Whelan	John Sorce

**Exhibition Classes****Pony Girls**

222 M	0:26.01	Sugar Todd	Alyson Dudek	Mary Grace	Katrina Hancock
333 M	0:38.09	Sugar Todd	Mary Grace	Katrina Hancock	Alyson Dudek
444 M	0:50.37	Sugar Todd	Mary Grace	Katrina Hancock	Alyson Dudek
500 M	0:58.65	Mary Grace	Katie Brezovar	Alyson Dudek	Katrina Hancock
Overall		Sugar Todd	Mary Grace	Alyson Dudek	Katrina Hancock

**Pony Boys**

222 M	0:25.42	Simon Cho	Brad Soble	Andrew Chin	Christopher Medard
333 M	0:37.92	Brad Soble	Andrew Chin	Nicolas Vukmir	Christopher Medard
444 M	0:49.74	Brad Soble	Simon Cho	Andrew Chin	Nicolas Vukmir
500 M	0:57.24	Andrew Chin	Brad Soble	Nicolas Vukmir	Christopher Medard
Overall		Brad Soble	Andrew Chin	Simon Cho	Nicolas Vukmir

**Masters International Results**

Distance	First Place	Second Place	Third Place	Fourth Place
<b>Women 30-34</b>				
100m	0:12.85	Judit Baumgartner	Pat Steffel	Jennifer Davis
300m	0:33.17	Judit Baumgartner	Pat Steffel	Jennifer Davis
500m	0:49.87	Judit Baumgartner	Pat Steffel	Jennifer Davis
800m		Judit Baumgartner	Pat Steffel	Jennifer Davis
1500m		Judit Baumgartner	Pat Steffel	Jennifer Davis
3000m		Judit Baumgartner	Pat Steffel	Jennifer Davis
5000m		Judit Baumgartner	Jennifer Davis	Jennifer Davis
Overall		Judit Baumgartner	Pat Steffel	Jennifer Davis
<b>Women 35-39</b>				
100m	0:12.32	Suzy Osum		
300m	0:32.29	Suzy Osum	Rita Silver	
500m	0:47.32	Suzy Osum		
800m	1:16.63	Suzy Osum		
1500m	2:32.23	Suzy Osum	Rita Silver	
3000m	5:19.52	Suzy Osum	Rita Silver	
5000m	9:05.41	Suzy Osum		
Overall		Suzy Osum	Rita Silver	
<b>Women 40-44</b>				
100m	0:13.19	Amy Fuelleman	Sue Hassdenteufel	Kathy Zapotocki
300m		Amy Fuelleman	Sue Hassdenteufel	Jane Kenyon
500m		Amy Fuelleman	Sue Hassdenteufel	Kathy Zapotocki
800m		Amy Fuelleman	Sue Hassdenteufel	Jane Kenyon
1500m		Amy Fuelleman	Sue Hassdenteufel	Jane Kenyon
3000m		Amy Fuelleman	Sue Hassdenteufel	Kathy Zapotocki
5000m		Amy Fuelleman	Kathy Zapotocki	Jane Kenyon
Overall		Amy Fuelleman	Sue Hassdenteufel	Kathy Zapotocki
<b>Women 45-49</b>				
100m	0:14.34	Jan Zurcher	Denise Lachniet	Mary O'Donnell
300m		Denise Lachniet	Mary O'Donnell	Suzie Labelle
500m		Jan Zurcher	Mary O'Donnell	Jan Zurcher
800m		Denise Lachniet	Mary O'Donnell	Jan Zurcher
1500m		Denise Lachniet	Mary O'Donnell	Jan Zurcher
3000m		Denise Lachniet	Mary O'Donnell	Jan Zurcher
5000m		Denise Lachniet	Jan Zurcher	Mary O'Donnell
Overall		Denise Lachniet	Jan Zurcher	Mary O'Donnell
<b>Women 55-59</b>				
300m		Hanne Michell		
500m		Hanne Michell		
800m		Hanne Michell		
1500m		Hanne Michell		
3000m		Hanne Michell		
Overall		Hanne Michell		
<b>Women 70-74</b>				
3000m		Mary Vinella		
Overall		Mary Vinella		

**Maryland and Eastern Pennsylvania Skater Successful at Special Olympic World Winter Games**

By Cathy Fair

Jeanette Fair, a member of the Lightning Force Speed Skating Club, training under Coach Brett Eshenour, went to the Special Olympic World Winter Games in Anchorage Alaska on March 4-11. She earned a silver medal in the 1000 meter race, and bronze medals in the 555 meter and 777 meter races. Jeanette has been skating for about 8 years with the Special Olympics and with the for about 4 years. Jeanette's older brother Jeremy is also a good skater and he hopes one day he will get to go to the World Games. Brett Eshenour does a great job with the children. They really like him.





<b>Men 30-34</b>				
100m	0:11.06	Brian Boudreau	Devin Winton	John Bleck
300m		Brian Boudreau	John Bleck	Ronald Dietenberger
500m		Brian Boudreau	John Bleck	Ronald Dietenberger
800m		Brian Boudreau	John Bleck	Ronald Dietenberger
1500m		Brian Boudreau	Eric Young	John Bleck
3000m		Brian Boudreau	John Bleck	Ronald Dietenberger
5000m		Brian Boudreau	Eric Young	Eric Young
Overall		Brian Boudreau	John Bleck	Ronald Dietenberger

<b>Men 35-39</b>				
100m	0:10.86	Paul Marchese	Howard Clausing	John Koppi
300m	0:26.72	Paul Marchese	Matt Trimble	Howard Clausing
500m	0:40.62	Paul Marchese	Matt Trimble	Tom Cole
800m	1:07.14	Paul Marchese	Matt Trimble	Howard Clausing
1500m	2:22.20	Paul Marchese	Howard Clausing	Howard Clausing
3000m	4:31.62	Paul Marchese	Tom Cole	Howard Clausing
5000m	7:59.84	Paul Marchese	John Koppi	Tom Cole
Overall		Paul Marchese	Matt Trimble	Howard Clausing

<b>Men 40-44</b>				
100m	0:11.34	Bruce Conner	Chuck Osum	Ed Russell
300m		Bruce Conner	Olu Sijuwade	Ed Russell
500m		Olu Sijuwade	Chuck Osum	Ed Russell
800m		Bruce Conner	Chuck Osum	Ed Russell
1500m	2:29.40	Bruce Conner	Chuck Osum	Dave Mann
3000m		Chuck Osum	Bruce Conner	Dave Mann
5000m		Chuck Osum	Bruce Conner	Ed Russell
Overall		Bruce Conner	Chuck Osum	Ed Russell

<b>Men 45-49</b>				
100m	0:11.41	Steve Desotell	Paul Van Putten	Steve Miller
300m	0:31.10	Greg Oly	Steve Desotell	Al Forsyth
500m	0:41.98	Greg Oly	Steve Desotell	Dale Evans
800m	1:07.08	Greg Oly	Steve Desotell	Steve Miller
1500m	2:17.28	Greg Oly	Steve Desotell	Al Forsyth
3000m	4:46.61	Greg Oly	Steve Desotell	Dale Evans
5000m		Greg Oly	Steve Desotell	Dale Evans
Overall		Greg Oly	Steve Desotell	Al Forsyth

<b>Men 50-54</b>				
100m	0:11.70	John Diemont	Dave Montgomery	Harry Dingle
300m	0:38.50	John Diemont	Dave Montgomery	Harry Dingle
500m	0:42.49	John Diemont	Dave Montgomery	Harry Dingle
800m	1:13.81	John Diemont	Vince Gagliano	Harry Dingle
1500m	2:24.05	John Diemont	Dave Montgomery	Harry Dingle
3000m		John Diemont	Dave Montgomery	Harry Dingle
5000m	9:15.18	John Diemont	Dave Montgomery	Harry Dingle
Overall		John Diemont	Dave Montgomery	Harry Dingle

<b>Men 55-59</b>				
100m	0:11.85	Steve Gunther	Ron Scholefield	Kevin Graf
300m		Steve Gunther	Ron Scholefield	Kevin Graf
500m		(results not available)		
800m		(results not available)		
1500m	2:43.70	Ron Scholefield	Steve Gunther	Bill Steffel
3000m		Ron Scholefield	Steve Gunther	Bill Steffel
5000m		(results not available)		
Overall		Ron Scholefield	Steve Gunther	Bill Steffel

Eric Young  
Erik Sales  
Devin Winton  
Devin Winton  
Ronald Dietenberger

Ronald Dietenberger  
Eric Young

John Koppi  
Howard Clausing  
Tom Cole  
Tom Cole  
Howard Clausing  
Howard Clausing  
Tom Cole

Ed Russell  
Ed Russell  
Ed Russell  
Ed Russell  
Dave Mann  
Dave Mann  
Ed Russell  
Ed Russell

Steve Miller  
Al Forsyth  
Al Forsyth  
Dale Evans  
Dale Evans  
Al Forsyth  
Al Forsyth  
Dale Evans

Harry Dingle  
Harry Dingle  
Harry Dingle  
Harry Dingle  
Harry Dingle  
Harry Dingle  
Harry Dingle  
Harry Dingle

Kevin Graf  
Kevin Graf

Bill Steffel  
Bill Steffel

Bill Steffel

<b>Men 60-64</b>		
100m	0:12.74	Rich Widmark
300m		Tony Marchese
500m		Bob Fischer
800m	1:19.30	Bob Fischer
1500m	2:38.05	Bob Fischer
3000m	5:41.64	Bob Fischer
5000m		Bob Fischer
Overall		Bob Fischer

Bruce Trimble  
Rich Widmark  
Tony Marchese  
Rich Widmark  
Rich Widmark  
Rich Widmark  
Rich Widmark

Bob Fischer  
Bruce Trimble  
Bruce Trimble  
Tony Marchese  
Tony Marchese  
Bruce Trimble  
Tony Marchese

Tony Marchese  
Bob Fischer  
  
Bruce Trimble  
Bruce Trimble  
Tony Marchese  
Tony Marchese  
Bruce Trimble

<b>Men 65-69</b>		
100m	0:12.68	John Sorce
300m	0:31.69	Vern Kappes
500m	0:48.13	Vern Kappes
800m		John Sorce
1500m	2:42.85	Vern Kappes
3000m		Vern Kappes
5000m	9:50.86	Vern Kappes
Overall		Vern Kappes

Vern Kappes  
John Sorce  
John Sorce  
Vern Kappes  
John Sorce  
John Sorce  
John Sorce  
John Sorce

Lauren Books  
Igor Skylar  
Igor Skylar  
Igor Skylar  
Igor Skylar  
Lauren Books  
Lauren Books  
Lauren Books  
Igor Skylar

Igor Skylar  
Lauren Books  
Lauren Books  
Lauren Books  
Lauren Books  
Lauren Books  
Igor Skylar

<b>Men 70-74</b>		
100m	0:13.40	Howard Ganong
300m	0:33.57	Howard Ganong
500m	0:53.24	Howard Ganong
800m	1:30.92	Howard Ganong
1500m	3:19.42	Howard Ganong
3000m		Howard Ganong
5000m		Howard Ganong
Overall		Howard Ganong

Loschel Pierringer  
Loschel Pierringer  
Loschel Pierringer  
Loschel Pierringer  
Loschel Pierringer  
Loschel Pierringer

<b>Men 75-79</b>		
300m		Joe McDonald
500m		Joe McDonald
800m		Joe McDonald
1500m		Joe McDonald
3000m		Joe McDonald

Loschel Pierringer

**Important Notice**  
**The deadline for reserving a room for the Convention at the Convention Rate is April 27th. First Class subscribers please notify your Bulk Mail colleagues.**

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## Letters

### Master's Support

Since the addition of the Master Classes to the ASU National and North American racing format several years ago we have now expanded this group to ten separate divisions. With the recent addition of the Pony Class we now have 22 separate age divisions. The Master group comprises 45% of this total.

As each Master group came aboard we all heard how much this group needed the continued separation of ages to be competitive. How many skaters would participate if only they had a smaller age range within the group. A fifteen-year spread (35-50) as we had previously was too large a range and the ability level did not make it competitive. The Masters comprise a third of the ASU Membership and would support the National and North American meets in large numbers.

It wasn't hard to get a new group added since the majority of the ASU Board of Control is in the Master age category. The "Divided We Fall United We Conquer" saying was never more appropriate. All of this get-my-separate-class-rhetoric just doesn't fly based on the numbers in our two premier short track events.

All these additions required a new format of racing in the short track championships. Each Class added required more ice time. Our previous two day Championship now requires three days.

The Masters classes have given such great "support" in numbers we had to combine three classes into one at the National to have 3 skaters in the group. Two divisions had a zero entry. I just don't get the idea there is a large range of interest. Maybe in certain regions of the country some of the Master groups have the numbers. The obvious fact is they are NOT going to travel very far to support the major championship meets.

There has been some discussion about having a separate Masters Championship. Based on the numbers I think this is an outstanding idea. It could be held in three hours on a Saturday afternoon and the rest of the ASU could resume the two day meet with a much more attractive format than watching the ice dry in a 1500 or 3000 Master's "race". I would endorse a separate event in a blink of the eye. It's no wonder many people in US Speedskating can't get enthused about the Master classes.

A chart is enclosed showing the "support" the Master classes gave to the 2001 National and North American Short Track. Of the twenty Master entries in the North American only three were not USA skaters so it is obvious the Master interest is lacking elsewhere also. The entry numbers tell the story.

National			North American		
Men	Age	Women	Men	Age	Women
1	70+	1	0	70+	0
5	60-69	0	3	60-69	0
8	50-59	1	6	50-59	0
8	40-49	3	1	40-49	1
13	30-39	8	8	30-39	1
34	Total	10	18	Total	2
Total Entry 197			Total Entry 153		
Master Entry 44			Master Entry 20		
Percentage 22%			Percentage 13%		

Combined Entry 350

Master Entry 64

Percentage 18%

James T. Chapin

Editor's Note: Both groups would probably like this format better, but there are some issues that Mr. Chapin did not cover. The primary one is cost. It will go up considerably with no increase in revenue. This is due to the necessity of paying the expenses of four more chief officials and the electronic timing. The combined cost to the associations will increase as the setup and breakdown time is duplicated. A second issue is scheduling the meet. We already have a full calendar each year without fitting an additional National or North American Championship. Also the scheduling of the races becomes more difficult. If for example only the Master 30-39 age class has more than 5 skaters and it has 13 skaters, then it will have heats, semis and finals. This will necessitate a lot of dead time which adds to the cost. This scheduling problem goes away when the two groups are combined as they are in the current format.

### An open letter to ASU/USS

I am in favor of a merger between ASU/USS. However, I oppose the format and manner in which it has been presented. Two years ago the ASU approved of three proposals to be considered by the Merger Implementation Committee. Unfortunately the proposal submitted by Illinois did not have a voice on the committee. It was the only proposal that would have saved the ASU as well as USS under an umbrella NGB, similar to what USA Cycling has done.

I did not appreciate the scare tactic method USS used to coerce the ASU to agree to a take-over, after revising their by laws to conform to the USOC mandate. With a threat of creating their own development program, the lawyers and wordsmiths convinced the USOC they did not need the ASU. The fact of the matter is USS has zero experience in 'true' grass roots development. It is unfortunate many USS members seem to have forgotten their own ASU roots.

A USS development program would only further deplete the ASU classes. Just as they have been primarily responsible for

Continued from page  
the decline of ASU seniors, intermediates, juniors and juveniles, their program would now cut into the midget and pony classes.

The ASU & USS need each other. USS needs the ASU 'true' grass roots program and the ASU needs more funding from USS for the 'true' grass roots program. This is similar to R & D funding by the same corporations that sponsor the USOC.

What the USS is trying to do is going back nearly forty years and making the ASU whole again, but calling it something else. Whatever the outcome, I will support skating's best interests.

Sincerely,

Richard Widmark  
2 Court of Tyronwood  
Northbrook, 111. 60062  
847-480-9097

Dear Racing Blade,

I understand from a conversation with Duane Riley during the North Americans that U.S. Speedskating has been developing a computer program to assist running competitions for the past several years. Reportedly, they have spent \$500,000 on the project and hope to have a reliable program in place for the 2002 Olympics. Given that, I have the following questions regarding the computer programs that are used for local and national ASU meets:

1. Do coaches know what computer program is being used for different competitions?
2. How many different programs are there to choose from? How do they differ? Who is responsible for selecting a specific computer program for a competition?
3. Who developed these programs and have they been tested? What are the tests and what are the results of the tests? Is there anything written down with regard to validity of these programs?
4. Is the specific program being used named in the protocol or can the steward select the program for the competition? Can a steward change computer programs during the competition? Is there a process established for doing this?
5. What is the process for heat selection (is it random or based on seeded times)? What is the process for starting line position selection (is it random or based on times)? What is the process of a random pick? How has the system been tested for randomness?
6. Can these processes (heat selection and starting picks) be monitored on public access screen? If not, why not?
7. Are these computer programs in line with our by-laws? Do we have enough people that are familiar with these

program(s) and are not related to skaters to run a national competition? If not, what steps need to be taken?

8. What is the process for initiating a back up plan should the program fail? Who determines if the program is failing? Is this a decision for the Steward or the Chief Judge? Are coaches informed? Can the same format that was established before the races be maintained should the computers fail?

In response to the US Speedskating definition of development to mean simply increasing the numbers of speed skaters (from your February issue). I believe they also have a responsibility to share knowledge and resources especially technology, people and ice time.

Sincerely,

Suzanne Grace  
Parent of Developing Skaters  
smbcg923@aol.com

Response to Erik Henriksen's letter re the merger published in the last issue of the Racing Blade

From Fred Benjamin  
President of US Speedskating

US Speedskating has already become compliant with the USOC Constitution and By-Laws in that the Board of Directors is elected by open vote to all members and no longer reelects itself. Additionally, US Speedskating has a development system in place. Both of these actions have nothing to do with a merger.

Response to Merger Opposition

1. The purpose of different voting categories is one that is used by most other NGBs. It ensures the USOC required 20% athletes on the Board and ensures some prior Olympians a deserved spot. We need their experience, guidance and love of the sport, as well as their presence for sponsors and fund raising. If one voted in categories other than their own, there would not be a true representation of each constituency, namely: Competing Athlete (4), Retired Olympian out of skating ten years or more (3), general membership (5). Also, if voting in other categories one fits into was allowed, you, Erik, may have three votes; whereas, someone else would only have one vote.

2. All Olympians have a free, full voting, lifetime membership. All other lifetime members, prepaid or other, get all membership benefits except right to vote unless they pay the fee, presently \$50, except \$25 for Board, Officers, Committee Members and US Speedskating Officials.

3. I agree, whereas in the last election the votes went to US Speedskating offices, remained unopened, and later were counted by an independent organization, they should not be sent to US Speedskating offices so that everyone feels comfortable. Continued on page 27



## THE ATHLETE'S KITCHEN

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### Alcohol and Athletes: When drinking becomes a problem

"I used to have a drinking problem. Now I'm addicted to running. I think I've traded one addiction for another..."

"I often wonder if my husband plays rugby for an excuse to drink beer..."

"I don't see myself as an alcoholic, but I sometimes notice my drinking is interfering with my life..."

In our society, athletics and alcohol goes hand in hand. Observe rugby players, tailgaters at football games, champions getting showered with champagne. Athletics and alcohol also mesh together in another way—many recovering alcoholics turn to exercise to relieve stress, invest in their health, and (sometimes) even trade drinking for an exercise addiction. The purpose of this article is to look at some of the problems associated with alcohol and athletes, and offer some solutions.

The first question is: How much alcohol is too much? The answer varies. What's too much alcohol for one person may be OK for another. In general, large, muscular athletes can handle more alcohol without untoward consequences than can smaller people. Women are more susceptible than men to the effects of alcohol. People who drink regularly can handle more alcohol than can non-drinkers.

Experts say it's not only how much you drink, but the extent to which it interferes with your life that determines whether you have a problem with alcohol. So in addition to counting drinks, try answering these questions honestly:

- Are you ever mad at yourself, knowing that alcohol keeps you from being who you really are?
- Are you tired of regretting your actions?
- If alcohol is not available, do you make it available?
- Do you change your plans so that you can have a drink?

There's unlikely one cause for all alcohol problems. But we do know drinking problems tend to run in families. In a survey of 222 people who overcame alcohol problems, 80% reported heavy drinking in their immediate and extended families. Does this mean alcoholism is genetic? Or do kids learn to cope with life the way their parents did—by drinking?

An estimated 14 million Americans (more than 7% of adults) have serious problems with alcohol, but only about 10% of these seek help for their drinking problems. If you are a heavy drinker—or know one, you may not even have a clue where to go for advice.

Thanks to Anne Fletcher's new book *Sober for Good: New Solutions for Drinking Problems-Advice from Those Who Have Succeeded* (Houghton Mifflin, 2001), problem drinkers and their families now have a resource with words of wisdom from 222 people who have resolved their drinking problems. The people are from all walks of lives, ages, and levels of alcohol intakes. *Sober for Good* examines their recovery stories and offers possible solutions for people (including athletes) who

- 1) wonder if they have a drinking problem,
- 2) if so, are ready to take action, or
- 3) want to help their friends and family members who have a drinking problem.

*Sober for Good* highlights many approaches to recovery and notes that AA is not the only way for an alcoholic to achieve sobriety. Although a survey found that more than 90% of 450 representative treatment programs are based on AA's 12-step approach, only 44% of the "masters" in *Sober for Good* stopped drinking with AA's support. The other 56% resolved their drinking problems non-conventionally.

To turn the tide, they weighed the pleasures of alcohol against the pain and problems it caused and concluded drinking just wasn't worth the price—often a loving relationship and a successful career. One third of the masters tried at least three times to give up alcohol before they were finally successful. Their words of wisdom: "Don't give up."

Keys to success included building a life with no room for alcohol. For many, this involved exercise. Not only does exercise help manage stress and elevate endorphins for a "natural high," but it is also healthful and can be a new source of gratification. Along with exercise comes eating healthfully. And as you can imagine, when you feel good about yourself and life, alcohol has less power.

### Advice for family and friends

For every problem drinker, there are about five other people who suffer as a result. If you are one of the sufferers, what can you say to your husband or loved one who drinks too much? What doesn't work is nagging, humiliation, and trying to

Continued on page 27

### The Athlete's Kitchen Continued from page 26

control your loved one's drinking by, let's say, dumping alcohol down the drain. Ultimately, the person has to want to quit for himself, but your actions can help them move in the right direction.

- The worst thing you can do is do nothing. Rather, address the drinking problem directly and let them know you are aware of the problem. As one master commented "I thought I had everyone fooled..."
- Don't make it easy for the problem drinker to keep drinking. (For example, don't "call in sick" for them.)
- Don't stop loving them. Make it clear the problem is the drinking, not the drinker; they are a good person with a bad problem, not a bad person.
- Don't nag, criticize, preach, or complain. Say what you feel: "I'm worried about you." Be loving but firm, and understand they may need a number of tries before they get and stay sober.
- Remind them: "Life can be ordinary or it can be great."

### Resources

The following resources may be helpful for those who want to stop drinking, as well as for their loved ones:

[www.smartrecovery.org](http://www.smartrecovery.org)  
[www.AddictionAlternatives.com](http://www.AddictionAlternatives.com)  
[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)  
[www.womenforsobriety.org](http://www.womenforsobriety.org)  
[www.secularsobriety.org](http://www.secularsobriety.org)  
[www.unhooked.com](http://www.unhooked.com)  
[www.moderation.org](http://www.moderation.org) Moderation Management (for those who want to cut back on drinking before they experience serious consequences)

### Fred Benjamin Continued from page 25

4. No one can disagree this is an issue. The current By-law, passed 7 to 6, does not allow members of a family by blood or marriage to be on the board at the same time unless the skater athlete was elected by the Athlete Council. Their open right to be on the Board is dictated by the USOC. They get elected first. The argument for other family members of those first elected athletes being on the Board is that they are being elected by voters who already know their relative has been elected and, therefore, have the choice to make an informed decision.

5. One can readily find where the money goes. Every Board meeting contains budget and treasurer reports with general categories as well as the detail behind it. Every dollar coming in and going out is accounted for specifically. One can determine employees' salaries and anyone's trips and lodging from these records that are distributed to anyone who wants to see.

No one can win a decertification of US Speedskating at this time since US Speedskating is in full compliance with USOC

regulations. They have told us this. They are the ones who would have to decertify. This is not an option.

If the merger does not take place, US Speedskating will recruit and develop skaters from existing pools, as well as new areas. It is, however, better for speed skating in the United States to have one dedicated, well-funded organization governing the sport in our country. One organization will raise a child from pond to podium. This is what is recommended by the USOC.

### ASAI Continued from page 5

A few significant improvements have been made in Illinois Speed Skating. Many of the meet directors have or are changing formats to an all points format. When we skate all points, everyone improves, it takes some skill to run and more ice time, but there are formulas for figuring out the time, and most importantly the skaters really improve, because we all know that practicing speed skating and actual racing are almost two different sports. A few of the parents have put together a Wednesday night practice for elite skaters, we are looking to possibly expand this program, because the results are overwhelmingly positive. At least three special Novice meets were run during the year. These are not only a great stepping stone for new talent, they are also very fun to be part of. The meets were partially funded from either private funds or from other sources other than the meet itself, which opened the event to more Novice skaters. It is a necessary investment for the future of Illinois Speed Skating. In my club alone, Evanston, these Novice meets were the convincing event to get skaters to make the leap into bigger meets. I would also like to say that cooperation between the clubs and ASAI was very successful as we are beginning to see ourselves more as team Illinois. It has been helpful to share information and the volunteer spirit among the clubs.

We welcome a new club to ASAI and the ASU this year, Franklin Park. They already have a growing base of new skaters and are hosting the Kickoff Classic next October.

This summer we are looking to host another Level One clinic, hosted by ASAI, with assistance by a Level One U.S. Speedskating Coach. The tentative date to be set for sometime in early August. Last years coaching/skaters clinic proved very helpful to those who attended. We also encourage Illinois speed skaters to look into attending several camps being held this summer in Wausau, California, Boston, or Marquette. Sam Poulos will also be running a dryland practice on Wednesday nights and Sunday mornings in the Northbrook area, if there is enough interest. Let's get out there this summer and train hard by bike riding, roller blading, dryland training, running, or just staying active.



## World Single Distance Championships

KEARNS, Utah, March 9, 2001-**Derek Parra (San Bernardino, Calif.)** picked a great day to make history. On the first day of the World Single Distance Speed Skating Championships and opening of the Utah Olympic Oval, Parra won his first international medal and became the first U.S. male skater to medal at the World Single Distance Speed Skating Championships since its inception in 1996. Parra earned the silver in the men's 1500-meters with an American record of 1:46.20. American **KC Boutiette (Tacoma, Wash.)** briefly held the American record after skating a time of 1:47.30. Boutiette finished tenth in the competition. "Words can't explain it for me right now," Parra stated at a post-race press conference. "I've been pretty consistent all year in the top 10, usually between fifth and eighth. To come out today with this time is just incredible. Dreamlike. I felt good the whole race. I had a decent opener and went with it. I felt in control the whole race, which is something I have not felt all year. I felt solid. I can't describe how good it feels to be on the podium. Finally...after all of these years." Parra was joined on the podium by gold medalist Adne Sondral of Norway, who skated a 1:46.10 while third-place was the Netherlands' Erben Wennemars. In the women's 500-meters, **Chris Witty (West Allis, Wis.)** broke her American record twice, while **Amy Sannes (St. Paul, Minn.)** and **Becky Sundstrom (Glen Ellyn, Ill.)** both posted personal best times. Witty broke her week-old record with a time of 38.45 in her opening race. In her second 500, Witty posted a 38.36. Witty's cumulative time of 1:16.81 gave her 12th-place. Sannes picked up a pair of 38.77s to finish the 15th with a time 1:17.54. Sundstrom skated a 39.04 in her first heat en route to a two-race total of 1:17.98. The total was good enough for 19th-place. Canada's Catriona Le May Doan set the record for the event with a time of 37.29 en route to earning a gold medal with a total time of 1:14.72. In the ladies' 3000-meters, **Jennifer Rodriguez (Miami)** was the top American with a time of 4:06.63 seconds. **Catherine Raney (Elm Grove, Wis.)** picked up 20th place with a time of 4:16.03 while **Annie Driscoll (St. Paul, Minn.)** recorded a time of 4:19.64 to place 22nd. The German trio of Gunda Niemann-Stirnemann, Anni Friesinger, and Claudia Pechstein dominated the podium. The trio finished first, second, and third, respectively.

**Friday's Results Women's 500-meters-1,** Catriona Le May Doan, Canada, 1:14.72 (37.43/37.29, World Record). 2, Monique Garbrecht-Enfeldt, Germany, 1:15.20 (37.71/37.49). 3, Svetlana Zhurova, Russia, 1:15.24 (37.69/37.55). 4, Sabine Voelker, Germany, 1:15.34 (37.72/37.62). 5, Andrea Nuyt, Netherlands, 1:16.35 (38.37/37.98). 6, Yukari Watanabe, Japan, 1:16.52 (38.39/38.13). United States: 12, Chris Witty, West Allis, Wis., 1:16.81 (38.45/38.36, American Record). 15, Amy Sannes, St. Paul, Minn., 1:17.54 (38.77/38.77). 19, Becky Sundstrom, Glen Ellyn, Ill., 1:17.98 (39.04/38.94).

**Men's 1500-meters-1,** Adne Sondral, Norway, 1:46.10. 2, Derek Parra, San Bernardino, Calif., 1:46.20 (American Record). 3, Erben Wennemars, Netherlands, 1:46.22. 4, Alexander Kibalko, Russia, 1:46.42. 5, Yusuke Imai, Japan, 1:46.94. 6, Petter Andersen, Norway, 1:46.99. 6, Vadim Sayutin, Russia, 1:46.99. United States: 10, KC Boutiette, Tacoma, Wash., 1:47.30.

**Women's 3000-meters-1,** Gunda Niemann-Stirnemann, Germany, 4:00.34, 2, Anni Friesinger, Germany, 4:01.98. 3, Claudia Pechstein, Germany, 4:02.13. 4, Cindy Klassen, Canada, 4:02.41. 5, Maki Tabata, 4:03.74. 6, Barbara de Loor, Netherlands, 4:04.56. United States: 9, Jennifer Rodriguez, Miami, 4:06.63. 20, Catherine Raney, Elm Grove, Wis., 4:16.03. 22, Annie Driscoll, Roseville, Minn., 4:19.64.

KEARNS, Utah, March 10, 2001-**Casey FitzRandolph (Verona, Wis.)** captured the United States' second medal at the World Single Distance Speed Skating Championships held at the Utah Olympic Oval with a bronze medal in the men's 500-meters. In his first 500-meters of the day, FitzRandolph skated a time of 35.04-good enough for a fifth-place ranking. In FitzRandolph's second 500, he shattered his American record of 34.84 set last weekend in Calgary with a time of 34.72. The time propelled FitzRandolph into third-place in the 500-meter final standings with a two-race total of 1:09.76 seconds. Hiroyasu Shimizu of Japan won the race with a total time of 1:08.96 after breaking the world record time of 34.63 held by Jeremy Wotherspoon of Canada with a time of 34.32 in his second race. Wotherspoon, who set a Canadian record in his second heat with a time of 34.52, finished second overall with a two-race total of 1:09.29. "The fact that is going to be the site of the Olympics next year makes everyday you spend on the ice here that much more important, because you realize you need to get it done in this exact building and on this ice next year," said FitzRandolph at a post-race press conference. "The second race, I knew I could go faster than the first one. It was just a matter of putting it together. So to go out and get off the line quickly and turn in a personal best in this building was a big boost mentally for me leading into next year." Other Americans skating in the race were **Joey Cheek (Greensboro, N.C.)**, who placed eighth with a two-race total of 1:10.26 and **Kip Carpenter (Brookfield, Wis.)** who picked up a 12th-place finish with a total time of 1:10.51. Both skaters earned personal bests in the competition. Cheek skated a 34.98 in his second race while Carpenter turned in a time of 35.16 in his second race. In the ladies' 1000-meters, **Chris Witty (West Allis, Wis.)** finished fourth overall with a time of 1:14.59. Germany's Sabine Voelker broke Witty's world record of 1:14.58 set last weekend with a time of 1:14.14. However, the time was good enough only for second-place as German teammate Monique Garbrecht-Enfeldt edged the time for the record and the win with a time of 1:14.13. "I think I just false started because of nerves," said Witty of her start in the race. "I did a lot of practice starts (with the starter)

this week and he kept giving me false starts. He just made me nervous. So on the second start, I sat back a little more. I think I sat back so much that I messed up the first 20 meters. I didn't think my opener was as fast as it could have been. If I had put it on something, it would be the first 200 meters. I made some mistakes. Women's racing is so competitive these days that if you make one or two mistakes, you're out." **Jennifer Rodriguez (Miami)** placed ninth in the event with a time of 1:15.44 while **Amy Sannes (St. Paul, Minn.)** registered a time of 1:16.40 to place 17th. In the women's 5000-meters, Germany's Gunda Niemann-Stirnemann set a world record en route to earning the gold medal in the event. Niemann-Stirnemann finished with a time of 6 minutes 52.44 seconds. **Catherine Raney (Elm Grove, Wis.)** was the lone American competitor in the race, finishing 14th with a time of 7:26.65. The men's 5000-meters saw a Dutch sweep of the event. Bob de Jong won the event with a time of 6:19.58. Teammates Carl Verheijen (6:22.43) and Gianni Romme (6:25.00), finished second and third respectively. **KC Boutiette (Tacoma, Wash.)** was the top finisher for the Americans with a time of 6:31.93, which landed him eighth-place. **Derek Parra (San Bernardino, Calif.)** earned a 15th-place finish with a time of 6:35.41.

**Saturday's Results Men's 500-meters-1,** Hiroyasu Shimizu, Japan, 1:8.96 (34.64, first race/34.32 second race, World Record). 2, Jeremy Wotherspoon, Canada, 1:09.29 (34.77/34.52). 3, Casey FitzRandolph, Verona, Wis., 1:09.76 (35.04/34.72 (American record). 4, Manabu Horii, Japan, 1:09.82. 5, Kyu-Hyuk Lee, Korea, 1:10.07 (35.23/34.84). 6, Sergey Klevchenya, Russia, 1:10.23 (35.23/35.00). United States: 8, Joey Cheek, Greensboro, N.C., 1:10.26 (35.28/34.98). 12, Kip Carpenter, Brookfield, Wis., 1:10.51 (35.35/35.16).

**Women's 1000-meters-1,** Monique Garbrecht-Enfeldt, Germany, 1:14.13, World Record. 2, Sabine Voelker, 1:14.14. 3, Catriona Le May Doan, Canada, 1:14.50. 4, Chris Witty, West Allis, Wis., 1:14.59. 5, Anni Friesinger, Germany, 1:14.75. 6, Svetlana Zhurova, Russia, 1:15.16. United States: 9, Jennifer Rodriguez, Miami, 1:15.44. 17, Amy Sannes, St. Paul, Minn., 1:16.40.

**Women's 5000-meters-1,** Gunda Niemann-Stirnemann, Germany, 6:52.44, World Record. 2, Claudia Pechstein, Germany, 6:58.11. 3, Maki Tabata, Japan, 7:05.49. 4, Renate Groenewold, Netherlands, 7:06.53. 5, Wieteke Cramer, Netherlands, 7:09.29. 6, Luydmila Prokasheva, Kazakhstan, 7:09.42. United States: 14, Catherine Raney, Elm Grove, Wis., 7:26.65.

**Men's 5000-meters-1,** Bob de Jong, Netherlands, 6:19.58. 2, Carl Verheijen, Netherlands, 6:22.43. 3, Gianni Romme, Netherlands, 6:25.00. 4, Vadim Sayutin, Russia, 6:25.60. 5, Keiji Shirahata, Japan, 6:26.04. 6, Frank Dittrich, Germany, 6:28.34. United States: 8, KC Boutiette, Tacoma, Wash., 6:31.93. 15, Derek Parra, San Bernardino, Calif., 6:35.41. DQ, Jondon Trevena, Fort Collins, Colo.

KEARNS, Utah, March 11, 2001-The final day of competition at the World Single Distance Championships held at the Utah Olympic Oval saw three American skaters record top-10 finishes. **Jennifer Rodriguez (Miami)** was the United States top finisher with a fifth-place finish in the women's 1500-meters. Rodriguez's time of 1 minute 55.73 seconds left her 0.65 seconds behind third-place Cindy Klassen of Canada, who finished with a time of 1:55.08. Germany's Anni Friesinger won the race with a time of 1:54.58. **Chris Witty (West Allis, Wis.)** finished eighth in the competition with a personal best time of 1:56.05. **Amy Sannes (St. Paul, Minn.)** also recorded a personal best finishing 13th with a time of 1:57.36. The United States third top-10 finish of the day was produced by **Casey FitzRandolph (Verona, Wis.)**. FitzRandolph finished ninth in the men's 1000-meters with a time of 1 minute 9.10 seconds. Canada's Jeremy Wotherspoon won the event with a World Record time of 1 minute 8.28 seconds. Americans **Joey Cheek (Greensboro, N.C.)** and **Nick Pearson (Vernon, Wis.)** placed 11th (1:09.26) and 17th (1:09.91), respectively in the race. In the men's 10,000-meters, **Derek Parra (San Bernardino, Calif.)** was the lone American competitor. Parra placed 13th with a career-best time of 13 minutes 45.01 seconds. The Netherlands' Carl Verheijen won the event with a time of 13:12.49.

**Sunday's Results Men's 1000-meters-1,** Jeremy Wotherspoon, Canada, 1:8.28 (World Record). 2, Ådne Søndrål, Norway, 1:08.50. 3, Sergey Klevchenya, Russia, 1:08.59. 4, Kyu-Hyuk Lee, Korea, 1:08.61. 5, Garard van Velde, Netherlands, 1:08.70. 6, Erben Wennemars, Netherlands, 1:08.76. United States: 9, Casey FitzRandolph, Verona, Wis., 1:09.10. 11, Joey Cheek, Greensboro, N.C., 1:09.26. 17, Nick Pearson, Vernon, Wis., 1:09.91

**Women's 1500-meters-1,** Anni Friesinger, Germany, 1:54.58 seconds. 2, Maki Tabata, Japan, 1:54.76. 3, Cindy Klassen, Canada, 1:55.08. 4, Renate Groenewold, Netherlands, 1:55.68. 5, Jennifer Rodriguez, Miami, 1:55.73. 6, Li Song, China, 1:55.79. United States: 8, Chris Witty, West Allis, Wis., 1:56.05. 13, Amy Sannes, St. Paul, Minn., 1:57.36.

**Men's 10,000-meters-1,** Carl Verheijen, Netherlands, 13:12.49 seconds. 2, Bob de Jong, Netherlands, 13:13.81. 3, Vadim Sayutin, Russia, 13:19.09. 4, Frank Dittrich, Germany, 13:19.09. 5, Lasses Satre, Norway, 13:19.33. 6, Keiji Shirahata, Japan, 13:19.92. United States: 12, Derek Parra, San Bernardino, Calif., 13:45.01.



## 2001 ASU CONVENTION

### THE NORTHERN NEW YORK SPEEDSKATING ASSOCIATION WELCOMES YOU TO THE 73<sup>RD</sup> CONVENTION OF THE AMATEUR SPEEDSKATING UNION

**MAY 18 - 20, 2001, at the HOLIDAY INN TURF, ALBANY, N. Y.**

**Host Hotel: The Holiday Inn Turf, 205 Wolf Rd. Albany, N. Y. 12205**  
One mile and a free shuttle ride from Albany Airport

Driving: Exit 4 off I-87 Adirondack Northway

Room Reservation: Call 1-800-Holiday or 1-518-458-7250. Ask for the  
Amateur Speedskating Union Convention rate of \$ 105.

Rate will be good until April 27, 2001.

Wolf Road is known for its many fine restaurants, shops and the Colonie Mall.

Hall of Fame inductees will be honored at a banquet Saturday evening. A great time  
to relax and enjoy the company of skating and non-skating friends past and present.

Please detach the form below and send with \$\$\$ prior to May 9<sup>th</sup>.

Name \_\_\_\_\_ Convention & Banquet \_\_\_\_\_ @\$68 \_\_\_\_\_

Address \_\_\_\_\_ Convention Only \_\_\_\_\_ @\$45 \_\_\_\_\_

City/State \_\_\_\_\_ Banquet Only \_\_\_\_\_ @\$26 \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_ Friday Eve. Bus Tour & Dinner in Saratoga  
Saratoga Springs, NY (No Charge) Enter Number of people attending \_\_\_\_\_

Return form with \$\$\$  
(payable to NNYSYA) to:  
Tom Porter  
236 Caroline St.  
Saratoga Springs, N.Y. 12866

Please indicate if you are:  
\_\_\_\_\_ Board of Control Member  
\_\_\_\_\_ Delegate  
\_\_\_\_\_ Alternate Delegate  
\_\_\_\_\_ Other

## SUMMER CAMP INFORMATION

This is the summer camp information available as of now. You can get application forms from either the contact shown, ASU webpage (in a short time), or the National Office ([asukostal@aol.com](mailto:asukostal@aol.com) or 630-784-8662). This list will be updated and circulated via the ASU Newsgroup as more information becomes available. ASU/USS is planning a camp for Lake Placid and possibly Colorado Springs – no details available yet.

<u>DATE</u>	<u>CAMP</u>	<u>LOCATION</u>	<u>COST</u>	<u>CONTACT</u>
June 26-July 2	ASU/USS Development	Marquette, Michigan	\$100.00	<b>Karen Kostal 630-784-8662</b> <a href="mailto:Asukostal@aol.com">Asukostal@aol.com</a>
NOTE: FINAL COST WILL BE AVAILABLE SOON				
July 9-14 For the Developing Skater	2001 Skate Odyssey	Salt Lake City, Utah	\$250.00	Lester Pardoe 801-968-OVAL <a href="mailto:lester.pardoe@saltlake2002.com">lester.pardoe@saltlake2002.com</a>
NOTE: THE COST OF THE CAMP DOES NOT INCLUDE LODGING, BREAKFAST OR DINNER				
July 13-18	Short Track Coach – Wilma Boomstra	Southern California	\$75 (under 18) \$100(over 18)	Michelle Garcia 310-329-2198 <a href="mailto:mgarcia@sageent.com">mgarcia@sageent.com</a>
NOTE: THE COST OF THE CAMP DOES NOT INCLUDE LODGING OR ALL MEALS				
July 20-July 22	Saratoga Skating Camp	Saratoga Springs, NY	\$80	Rick Strauss 518-893-2097
Pat Maxwell, Head Coach and World Team members and other elite skaters will assist NOTE: FOR SKATERS UNDER AGE 16, ROOM, BOARD AND TRANSPORTATION TO AND FROM VENUE WILL BE PROVIDED BY HOST FAMILIES				
July 28-Aug 1	MSA Summer Camp	Midland, Michigan	\$100-\$200	Don Kangas 517-631-3863 <a href="mailto:Donk@tm.net">Donk@tm.net</a>
NOTE: \$200 INCLUDES ROOM AND BOARD; \$100 3 MEALS NO LODGING (\$400 FAMILY CAP)				
August 10-12	Bay State Club Eric Flaim, Head Coach	Walpole, Massachusetts	\$80	Rob Belcher 508-660-2641 <a href="mailto:Rbelcher@hilco-usa.com">Rbelcher@hilco-usa.com</a>
NOTE: Housing information available in May - \$10 discount for additional family members				
August 24-26	Short Track US Speedskating Coach	Southern California	\$30(under 18) \$50(over 18)	Michelle Garcia 310-329-2198 <a href="mailto:mgarcia@sageent.com">mgarcia@sageent.com</a>
NOTE: THE COST OF THE CAMP DOES NOT INCLUDE LODGING OR ALL MEALS				

### BAYSTATE SPEEDSKATING CLUB SUMMER 2001 LONG TRACK SPEED SKATING CAMP AT THE OLYMPIC OVAL IN CALGARY, CANADA

Baystate Speedskating Club is offering a long track speed skating camp this summer at the Olympic Oval in Calgary, Canada. As many of you know, the Olympic Oval offers world-class indoor skating facilities, coaches and training. We have arranged for dates and housing and in the process of developing a program.

To give interested skaters as much notice as possible, here are the details so far-

This much is DEFINITE:

WHERE: Olympic Oval, University of Calgary, Calgary, Canada

WHEN: July 29 - August 12, 2001

HOUSING: Baystate has reserved some dormitory-style housing at the University - 2 minute walk from the Oval and dining hall. Two options currently available - single bedroom in a 4 person suite (shared common-area and bath) at approximately \$US 28/day/person or 2 person shared studio at approximately \$US 20/day/person. Or, skaters can make their own arrangements at a local area hotel/motel. Housing available July 27-Aug 12. Other dormitory options may be available as well. We will keep you posted on fees, options, etc.



FLIGHTS: Skaters arrange on own.

LOCAL TRANSPORTATION: Not needed if staying on University. Cab or Shuttle is available from Calgary International Airport to University at about \$US 10-15/trip.

FOOD: If staying on campus, University dining hall. Approximate cost of meals - \$US 5/meal.

The following is IN PROCESS-

PROGRAM: Please note that we are in the process of putting together a coached program. This much is definite - the oval has two ice sessions available nearly every day. The cost for a 10 day pass (each day = 2 ice sessions plus use of the weight room) is approximately \$CDN 175 (about US\$115).

There will probably be the opportunity for time trials on Saturday, Aug. 5 and a possible ISU sanctioned metric meet, the Summer Classic, tentatively scheduled for Aug. 11-12.

The possible coached program will have a different fee structure from the 10 day pass described above. We will get this information out as soon as it is available.

The possible program looks something like this-

-----  
Week One (Sat. July 28-Aug. 5)  
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Skaters train on own or some informal coaching.

Racing on Sat., Aug. 5 - Metric-style Time Trials  
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Week Two (Aug. 6-Aug. 12)  
-----

Sunday - Friday

+One or two formal coached session/day

+One dryland session/day

+Coaches will consist of Olympic Oval staff, including Chris Shelley, former Baystater and member of the 1992 U.S. Olympic Long Track Speed Skating Team, along with Baystate coaches.

+Lectures (race strategy, technique, equipment, training methods).

Racing on Saturday, Aug. 11, Sunday, Aug. 12 - (Summer Classic Metric Meet)

CONTACT:

If you are interested or have any suggestions, questions or comments, please contact Seth at [syurdin@hotmail.com](mailto:syurdin@hotmail.com) or call 617-620-4044.

Please responds as soon as practical, as space is limited. Please be sure you forward a preferred method of contact (email, snail mail, phone, etc.) along with your interest.

NOTES:

About Calgary: It's a great place to visit in the summer. The weather is pleasant. It is only 1.5 hour drive from the incredibly beautiful and dramatic Canadian Rockies. Finally, the U.S. dollar goes a long way in Canada. For more information about Calgary and the surrounding area, check out [www.discovercalgary.com](http://www.discovercalgary.com).

For more information and pictures of the Olympic Oval visit:

[www.oval.ucalgary.ca](http://www.oval.ucalgary.ca) (official Olympic Oval website)

[sites.netscape.net/chris6121](http://sites.netscape.net/chris6121) (Chris Shelley's site with Oval happenings)

[www.geocities.com/seth1256/longtrack.html](http://www.geocities.com/seth1256/longtrack.html) (this is last years (2000), not this year's (2001) Finale Meet).

[www.geocities.com/seth1256/marathon.html](http://www.geocities.com/seth1256/marathon.html) (for some wide angle pictures of the oval and marathoners)

## CENTRAL WISCONSIN SPEED SKATING CLUB PRESEASON CAMP FEATURING A U.S. SPEEDSKATING COACH AUGUST 16 - 19, 2001

ALL WORKOUTS WILL BE IN OR AROUND THE GREENHECK FIELD HOUSE AT  
D.C. EVEREST HIGH SCHOOL, 6400 ALDERSON ST., SCHOFIELD, WI 54476  
**Site of the 2001 NORTH AMERICAN SHORT TRACK CHAMPIONSHIPS!!!**

Until a specific coach is designated the exact program will not be set.

We do have 7 ice sessions available during the 4 days. Thursday, Friday, and Sat.,  
9:00 - Noon, & 1:00 - 4:00 p.m. Sunday ice will only be 9:00 - Noon.

The ice will be used as the coach sees fit. The number, age and ability of participants  
could also determine how the ice will be used. We plan to finish by noon on Sunday.

**COST:** \$50 for novice or beginning group skater; \$60 for intermediate group skater; \$75 for  
advanced group skater; or a maximum of \$150 per family (or \$20 a day / skater) (Coaches who  
help daily with the camp are free!)

**MAIL FORM & FEE TO:** Matt Hoyord, 2014 Kimberly Rd., Mosinee, WI 54455, or call 715-359-  
0365 to register by phone or for more information.

**EQUIPMENT- Required:** Skates, helmet, neck guard, shin guards, long sleeves & pants, knee  
pads, good athletic shoes, gym clothes, jacket or sweatshirt, in-line skates, wrist guards, elbow  
pads, sunscreen, insect repellent, swimsuit and a water bottle. **Recommended:** Eye protection,  
mouth guard, and bicycle (with lock and helmet).

**LODGING:**

Closest Hotel to Greenheck -On Business 51 at Schofield Ave. (by the Log Cabin Rest.)

Country Inn & Suites 715-359-1881 or 1-800-456-4000

4 hotels in Cedar Creek area at exit 185 off of 1-39/Hwy. 51 (by Denny's & Tony Roma's)

Rodeway Inn 715-355-3030 or 1-800-228-2000

Comfort Inn 715-355-4449 or 1-800-228-5150

Holiday Inn 715-355-1111 or 1-800-465-4329

Stoney Creek Inn 715-355-0743 or 1-800-659-2220

**DIRECTIONS TO GREENHECK FIELD HOUSE:** From 1-39/Hwy. 51 take Hwy. 29 east (toward  
Green Bay - exit 187). Take the first exit, 171 (Schofield & Rothschild, Bus. 51) which loops  
around to Grand Ave. Turn right on Grand Ave. (Bus. 51 North) to Jelinek (watch for the Burger  
King). Turn right on Jelinek. You will pass a football field, some houses, then a baseball field (on  
your right). Just past the baseball field turn right and you will see Greenheck Field House (a  
large gray building) straight ahead of you.



**CENTRAL WISCONSIN SPEED SKATING CLUB PRESEASON CAMP  
AUGUST 16 - 19, 2001**

**REGISTRATION FORM**

Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
Address \_\_\_\_\_ Work Phone \_\_\_\_\_  
City, State, Zip Code \_\_\_\_\_ Birth Date \_\_\_\_\_

\_\_\_\_\_ If under 18 and a parent is not present, name of authorized adult to act in their absence

**RELEASE FORM**

In consideration of accepting this application in the above program, I hereby waive, release and discharge any and all claims for damages I have against the Central Wisconsin Speed Skating Club, Inc., Wisconsin Speedskating Association, Amateur Speedskating Union of the United States, U.S. Speedskating, County of Marathon, Village of Weston, D.C. Everest Area School District, or their assigned personnel involved in the program, or officers and members for any and all liability arising out of or connected in any way with my participation in said program, even though liability arises out of negligence on the part of the persons or entities mentioned above, or for any claim for lost or stolen personal property of any description. It is further understood and agreed that this waiver, release and assumptions of risk is to be binding on my heirs and assigns.

\_\_\_\_\_ Applicant's signature (parent or guardian if under 18) \_\_\_\_\_ Date

**CONSENT FOR MEDICAL TREATMENT (if Under 18)**

I, the parent of, \_\_\_\_\_ (child's name) if I cannot be contacted through reasonable efforts, hereby give permission to the officers of the Central Wisconsin Speed Skating Club to call or drive my child to the physician, dentist, or hospital if a need for emergency treatment exists. An ambulance may be called if necessary. I do hereby authorize the treatment by a licensed medical physician, of my child in the event of a medical emergency which, in the opinion of the attending physician, may endanger his/her life, cause disfigurement, physical impairment, or undue discomfort if delayed.

\_\_\_\_\_ (Parent signature)

\_\_\_\_\_ (Date Signed)

**2001 ASU SUMMER CAMPS  
DEVELOPMENT CAMP APPLICATION FORM  
JUNE 26 - JULY 2 MARQUETTE, MICHIGAN**

**This camp is open to 25 ASU registered skaters aged 12-25 at the time of the start of the camp who are approved by their coach as prepared to participate in and benefit from an intensive, week-long training program. This camp will include daily on and off-ice sessions under the supervision of a US Speedskating coach. There will be only a charge of approximately \$16.00 per day (\$96.00 total) for this camp.**

Please provide all the requested information, sign and have your parent or guardian sign (if under age 18) the release and return the entire form to the address below. Further materials will be mailed to you approximately 1 month before the camp.

**APPLICANT INFORMATION**

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
Male or Female: \_\_\_\_\_ ASU # \_\_\_\_\_ Telephone# \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_ email: \_\_\_\_\_

Coach's Approval (signature): \_\_\_\_\_

Emergency Contacts (Name and Phone) \_\_\_\_\_

Medical Restrictions \_\_\_\_\_

Allergies \_\_\_\_\_ Currently on medication? \_\_\_\_\_

If using medication, please attach written description and instructions

Physician (Name and Phone) \_\_\_\_\_

Insurance Company and Policy # \_\_\_\_\_

Please attach any other special requirements (diets etc)

**WAIVER, RELEASE AND ACCEPTANCE OF RESPONSIBILITY**

Please register me or my minor child as indicated above in the 2001 ASU Development Summer Camp. I understand and acknowledge that speedskating and activities in connection with training for speed skating are inherently dangerous and may result in serious bodily injury including paralysis or death. I knowingly and freely assume those risks. In consideration of your acceptance of this application, I hereby, for myself, and for my heirs, executors, administrators and assigns, waive and release any and all claims for damages against the ASU, Northern Michigan University, the US Olympic Education Center and any of their officers, officials, volunteers, employees, sponsors, agents representatives, successors or assigns, for any injuries that may be sustained as a result of participation in this camp. I acknowledge that I have read this waiver, release and acceptance of responsibility, and I accept its terms freely and voluntarily.

Applicant/Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**(Parent must sign if applicant is under 18)**

Please return by mail or fax to: ASU National Office  
Karen Kostal  
0S651 Forest  
Winfield, Illinois 60190

ASUkostal@aol.com  
630-784-8662  
fax 630-784-8667



**Michigan Summer Speed Skating Camp--2001  
Entry Form**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_) \_\_\_\_\_ E-MAIL \_\_\_\_\_ AGE \_\_\_\_\_

PARENT OR GUARDIAN'S NAME AND PHONE \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_

ROOMMATE REQUEST \_\_\_\_\_

YOUR STATUS: (CHECK)  DAY CAMPER  DORM CAMPER

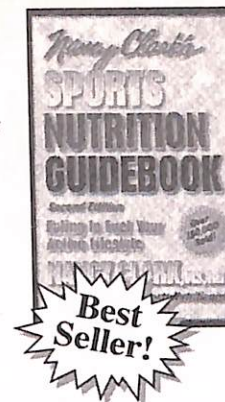
\*NOTE: Everyone is entitled to three meals a day on campus whether you are a day camper or staying in the dorms. This includes assistant coaches and chaperones.

YOUR DOWN PAYMENT OF 50% MUST BE INCLUDED WITH THIS REGISTRATION FORM. EVERYONE MUST INCLUDE THE ATTACHED MEDICAL INFORMATION SHEET SO WE CAN HAVE IT ON FILE IN CASE OF EMERGENCY! MAKE CHECK FOR DOWN PAYMENT TO: MSA ATTACH CHECK TO THIS FORM AND INCLUDE YOUR COMPLETED MEDICAL FORM\*\*Note: If you do not have a medical form it will be sent to you when your entry form is received. MAIL TO THE ABOVE ADDRESS. DEADLINE TO RECEIVE YOUR PAPERWORK IS: JULY 23

QUESTIONS??? MARK JASTRZEMBSKI  
2179 LAKE AVE.  
TWIN LAKE, MI. 49457-9363  
231-828-4627  
[MadMarkJ@aol.com](mailto:MadMarkJ@aol.com)

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<input type="checkbox"/> Sports Nutrition Guidebook, \$21 <input type="checkbox"/> Weight Loss Audiocassette, \$11 <input type="checkbox"/> Brochure on teaching materials	Name/Phone _____ Address _____ _____ _____ Send check to Sports Nutrition Services, 830 Boylston St., Brookline MA 02467 617-795-1875 <a href="http://www.nancyclarkrd.com">www.nancyclarkrd.com</a>
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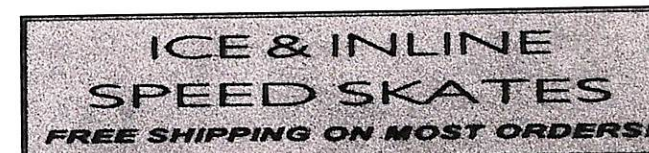
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