

The Racing Blade®

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NUMBER 2



FEBRUARY 2001

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



National Marathon, National Long Track, Hall of Fame
ASU-U.S. Speedskating Merger, National Short Track
North American Short Track

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*A portion of the proceeds benefits the Ohio Speed Skating Association

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The photo on the cover is the National Long Track champions and was taken by Steve Trynoski.

Front row: Sugar Todd, Robert Lawrence

Middle row: Bonnie Klint, Ashlee Barnett, Tippy Jordan, Anna Ringsred, Jordan Hinke, Thomas Westover, Darren Olson, Mike Blumel

Back Row: Suzy Osum, Greg Oly, Howard Ganong, Vern Kappes, Paul Marchese, Michael Witty, John Diemont, Mary O'Donnell

Missing: Leah Lambert



The Racing Blade

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

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

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

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

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Half Cover	\$110.00
Full Cover	\$200.00

Ads are normally black and white, camera ready.

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Editor's Notes

I was in a state of panic until a couple days before the deadline fearing that I wasn't going to have very much material for this issue either. The all of a sudden e-mails came flying in. Lois Lane, aka Karen Kostal, showered me with merger discussion articles and some other material also.

I have also received news items from more associations this time. And as you have noticed by now we have pictures this time.

We can always use more advertising revenue so if you have something skating related to advertise, please contact our Advertising Director Joe Balbo.

For those who contributed this time: Thank you and keep up the good work. We would like to hear from the other associations next time, also.

Thank you for your help.

Bill Houghton

Correction

The telephone number for Joe Balbo that was published in the last issue was an old one that he hasn't had for several years.

The correct one is
(216) 226-4252

Deadlines:

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

June 5, 2001 Convention Results

Handbook and Racing Blade Mailing

As you may have noticed the mailings this year have been bar-coded. This saves the ASU in mailing costs and hopefully speeds the publications to the reader. To accomplish this the mailing list is fed into a U.S. Postal Service program. It analyzes each address, looks up the ZIP Code and prints the address in the USPS preferred format. So your address may look different than you expect. While waiting on the printer, time was spent researching addresses that were not on the Postal Service's database. Out of over 1500 addresses we have gotten the number that do not bar-code properly down under 30. A number of the problems were probably due to the Registrar not being able to decipher people's handwriting. The Registrar has incorporated several changes into the mailing list.

2001 NATIONAL SHORT TRACK SPEED SKATING CHAMPIONSHIPS

MARCH 16 - 18

BAY CITY, MICHIGAN

HOST HOTEL INFORMATION:

Bay Valley Resort
2470 Old Bridge Road
Bay City, MI 48706
1-888-241-4653

Bay Valley Resort is conveniently located between MBS International Airport and the Bay County Civic Arena on I-75, exit 160. Free shuttle service to and from airport, restaurant, lounge, pool, spa, tennis, golf. Call 1-888-241-4653 for reservations and shuttle arrangements. Mention SPEED SKATING NATIONAL CHAMPIONSHIP for \$89.00 rate up to 4 people. Roll away beds only \$10.00 extra. Bay Valley Resort is sponsoring this meet by making a cash rebate toward the cost of ice time for each room booked...enjoy the best accommodations in Bay City while helping fund your National Championships at the same time. Book your accommodations at Bay Valley Resort today. Rooms held until 03-01-01.

FOR INFORMATION

Meet director: Al Izykowski phone: (517)686-4905
fax: (517)671-2437 e-mail: alizymail@aol.com

PRELIMINARY SCHEDULE

Thursday, March 15

Check-in: Bay Valley Resort 6-11 p.m.
Helmet covers issued - \$10 deposit
Refunded upon return
Open Practice: Bay County Civic Arena 7-9 p.m.

Friday, March 16

Check-in: Bay County Civic Arena 8-10 a.m.
Warm-ups: 8:30-10:30, schedule TBA
Officials meeting: Bay County Civic Arena 9:30 a.m.
Coaches meeting: Bay County Civic Arena 10:15 a.m.
Racing begins: 11 a.m.
Adult hospitality room: Bay Valley Resort 8-11 p.m.

Saturday, March 17

Locker rooms open: 6 a.m.
Warm-ups: 7-8 a.m., schedule TBA
Racing begins: 8:30 a.m.
Busses depart Bay Valley Resort for banquet: 6:00-6:15 p.m.
Banquet: Hereford & Hops 7-9 p.m. (see page 30)

Sunday, March 18

Locker rooms open: 6 a.m.
Warm-ups: 7-8 a.m., schedule TBA
Racing begins: 8:30 a.m.
Jeep Raffle: 12 noon (see page 32)
Awards: immediately following last race.

The deadline for booking rooms is March 1st and signing up for the Banquet is March 5th. First Class subscribers, please pass this information on to your Bulk Mail colleagues.

2001 NORTH AMERICAN SHORT TRACK SPEED SKATING CHAMPIONSHIPS

It's S.H.O.W.TIME for the NASTC*!

(*Speed Skating Hub Of Wisconsin = Wausau)

The Wisconsin Speedskating Association and the Central Wisconsin Speed Skating Club are proud to present "A Race Among the Stars" which will "S.H.O.W.case" many of speed skating's brightest stars when the **North American Short Track Championships** (NASTC) appear for the first time in Central Wisconsin's "heavenly" Greenheck Field House on March 23-25, 2001. Stars of the past, present, and future will be on display for all "stargazers" (spectators) to view, and no telescope will be needed.

Located at D.C. Everest High School in the new Village of Weston (adjacent to Wausau, Schofield and Rothschild), the 4 year old Greenheck Field House is an all-star facility in its own right with an Olympic-sized ice rink with seating for 1200, a soccer field-sized gym which can be subdivided into 3 full-sized basketball courts, 2 handball courts, a huge weight room and training area, up to 7 locker rooms, a computer room, 3 "skybox" rooms overlooking the rink, a terrific concession stand and several class or meeting rooms all of which have been set aside for our exclusive use by Greenheck's "starstruck" supportive staff directed by Terry Brand. In just 3 years about 75% of Wisconsin's State Short Track meet records have been set at this magnificent facility.

The NASTC is also featuring a "galaxy" of local supporting sponsors who are excited to see an event of this magnitude enlighten our corner of the cosmos. Their "supporting roles" will be highlighted as "credits" on the "Community All-Star Wall of Fame" at Greenheck. One major player, the Holiday Inn, is especially eager to see the stars come out. As the host hotel in the heart of the Cedar Creek shopping "universe", they offer many amenities fit for the stars. One of their primary performances will be a delectable "Dazzling Dinner Buffet" (their best!) on Saturday for which tickets are being offered at a subsidized rate of \$10 and at which "formal cheesewear" is acceptable.

Fun and games are also projected to be a part of this "2001 Skate Odyssey" through Central Wisconsin. From arcade and video games to gym activities and movies, to a Hall of Fame contest and a unique "Cheese Bowl Challenge" there will be plenty of entertainment opportunities during those seeming "light-years" between races. Each skater can also add their unique perspective to the S.H.O.W. by filling out the "Star Chart" (info sheet for the announcer and meet organizers which can be found on our website www.wausauspeedskating.org) and sending a non-returnable 2"x3" personal photo with that form which will both assist our star announcer, Tripp Frolichstein, and help us to literally "brighten the skies" inside Greenheck Field House. So, until the stars trek to Wausau we hope you'll all "live long and prosper" (especially at speed skating!).



President's Comments

By Duane Riley

I would like to ask all the ASU members to support the merger with U.S. Speedskating. For the good of our sport we need to be one organization, to work together to improve our sport.

Some of the best people in our organizations, ASU and U.S. Speedskaing have worked very hard to prepare a merger document that will be the best for both of us. We had to have give and take on both sides, and we have done this. I realize this merger document does not cover every detail, but we will continue to work together to improve the new organization.

Please read the articles in this issue that have been written by some of the people who have been involved with the writing of this merger. Hopefully they will help everyone understand how the merger will work.

We hope to see you all at the town meetings at the Nationals and North Americans, where we can discuss this merger and answer questions.

Handbook Corrections

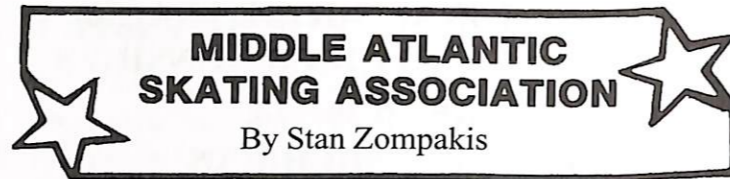
The definition of Connecticut's territory has been getting corrected piecemeal. It will be totally correct in the next Handbook.

The territory of the Connecticut Speedskating Association is the State of Connecticut. The Middle Atlantic Skating Association no longer has the Connecticut counties of Fairfield, Litchfield, and New Haven.

In the typesetting process the following sub-paragraph was dropped out. We have Jim Chapin to thank for catching this error.

At the bottom of page 51 there should be an additional sub-paragraph which reads as follows:

- f. When a skater has fallen, and refuses or is unable to get up and continue the race, thereby endangering him or herself or other skaters by remaining on the track, the referee may stop the race and order an immediate restart.



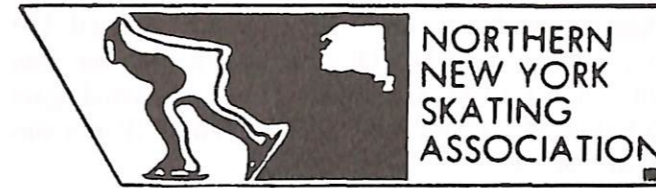
At the most recent meeting of the MASA, it was decided that we will not be holding the New York State Speed Skating Championships this season. This decision was made because we were unable to get a commitment for the ice time from the Newburgh rink, where the meet has been held in recent years. In addition, we did not have the minimum number of volunteers from the association in order to ensure that we would be able to run an efficient and safe meet.

The East Coast Speedskating Club set up a natural ice 400 meter oval on White Pond, a 250 acre fishing lake in upper Putnam County, NY. The early cold snap enabled workouts on the pond to begin on December 9th, and to continue through Christmas week. After that, there was too much snow accumulation for the track to be maintained.

The MASA had a good turnout for the National Marathon Championship. Congratulations to Bill Stone, Vinnie Gagliano, Bill Bauer, John Manailovich, Frank Cherry, Garry Corwin, Carol Moore, Hanne Michell, and John Mahoney for their excellent performances in these races. Shortly after the meet, Carol Moore left for Austria for some more marathon racing.

Frank Cherry and Bill Stone contributed excellent articles to the Empire Skate Club's newsletter. Empire Skate Club is a New York City based inline skating club, with an excellent speed skating team. Hopefully Frank and Bill's efforts will result in some new skaters from the club working out at local ice sessions. In the past, a good number of skaters from Empire have become excellent ice speed skaters, and have contributed their ability to our workouts and meets.

The Flushing Meadow Speedskating Club has had 4 newspaper articles published about it this season. There have also been two video taping sessions done at club workouts. This exposure has resulted in improved attendance at the clubs sessions, and has stabilized the clubs financial situation for the time bein'...



by Suzanne Strauss

The Capital District Speedskating Club has been meeting at the new B.I.G. Arena in Delmar, New York, which opened in September 2000. We are meeting every Monday night at 8:00 p.m. with coach Paul Marchese. The biggest problem is numbers and the ability to pay for ice time. Some of the new skaters are already showing potential. Paul Hognestad, a 12 year old skater, recently won the Novice Division in Walpole, Massachusetts.

The Saratoga Winter Club once again hosted the annual Eastern States Long Track meet on January 7, 2001. The meet was scheduled for both Saturday and Sunday, with the first day of racing being cancelled due to warm weather and soft ice. Approximately fifty skaters from across the Northeast gathered to compete in this outdoor long track competition. The majority of skaters filled the Master Men's Division and Pony's and Pee Wee's. All skaters went away having fun and meeting new skating friends.

Maryland and Eastern Pennsylvania

By David Kennedy

Hi from the Maryland and Eastern Pennsylvania Association (at least until we change the name again). We are all slowly recovering from having held the Short Track Nationals. Thanks to all who competed and helped. We had a fun, one-day meet in Laurel, MD, near DC, the Saturday before New Years, which we plan to do again. Everyone mark your calendars. Also, everyone is invited to the Susquehanna challenge in March, to get ready for the short track Nationals in Michigan, which I know will be great.

In case anyone is wondering about the Olympic signature quilt, we now have all the signatures. The quilt will be finished and finally raffled off at the Bay City Nationals. Tickets are still available. The Association wants to congratulate our members JP Shilling and Chris Callis, who both made the World Allround team and are now competing in Europe, and Steve Gunther, who finished second in the 25K Marathon in New Hampshire.

Association Reports continued on page 19

BE ON THE LOOKOUT FOR A SPECIAL '98 JETTA.....

Received in the national Office was this request:

Do you know where I can get one of those old blue-on-white "Feel Great, Speedskate" bumper stickers with the single long-track skater image on it? I've got one with the three short track skaters but I like the other one better.

I just traded in my old '86 VW Jetta (190K miles...) and got a '98 Jetta. It needs to be festooned with speed skating stickers so I can promote our cool, little sport at red lights. I've got a Viking sticker, but I've reserved a place of honor for "Feel great..."

We had ONE of these older bumper stickers left in the National Office and happily sent it to Bruce Guthrie, President, Coach and Co-Founder of the Whatcom Speed Skating Club in Bellingham Washington. Here is the rest of the story:

My old, dark-red, '86 Jetta with over 190K miles had the following stickers: "Feel Great Speedskate!", "Viking" (The one with the blue-suited speed skater on it) "Bont", "K2... Ice ... In-Line", "Eddy Matzger Speed Skating Workshops", "Alberta Speedskating Association" and "I Vote Libertarian." I try to find speed skating logos with pictures of speed skaters in them, otherwise no one will know what they are for. Miller boots has such a logo, as does Verducci. I'm looking for their stickers. Sadly, Bont's logo lacks a skater's image.

My new (used) blue, '98 Jetta with 43K miles will soon have most of the above stickers. I owe you a great debt of thanks for sending me another copy of the most important one, "Feel Great Speedskate!"

Other sports get more than their share of media coverage without anyone even trying. Our sport requires constant promotion by its own members. My club has been around for six years and it is still a rare new acquaintance who even knows there is a speed skating club in our town. Every contact counts. Every mention of speed skating to every friend or business associate counts. Don't hide your light under a bushel! Don't keep this cool, little treasure of a sport a secret from your friends!

Tell them about it every chance you get! Put a speed skating bumper sticker on your new Lexus or BMW! The continued existence of your favorite, weeknight fun-workout depends on your telling all of the members of your social circles about your cool, little sport. Go tell it on the mountain!

Bruce Guthrie
Whatcom Speed Skating Club
President, Coach (Level 2), Co-Founder
3111 West Alpine Drive
Bellingham, WA 98226-4277
(360) 647-5372 SpdSk8@aol.com

National Long Track Championships

Roseville, Minnesota, January 27-28, 2001

By Steve Trynoski

The 2001 National Long Track Championships were held at the John Rose Oval in Roseville for the second consecutive year, following the disappointing news from Salt Lake City. Originally scheduled to be held at the new Olympic Oval in Salt Lake, these championships were instead held outdoors once again in the grand tradition of this speed skating meet. Ice conditions were generally very good, with cold temperatures, sunny skies, and increasing winds on Saturday, changing to cloudy skies and warmer temperatures on Sunday. New (unofficial) national long track outdoor records were set on both days. The meet was very well attended, with 127 registered skaters in total. The new 2001 champions in their respective categories are listed below:

Pony Women	Sugar Todd	Pony Men	Robert Lawrence
Midget Women	Tippy Jordan	Midget Men	Jordan Hinke
Juvenile Women	Ashlee Barnett	Juvenile Men	Mike Blumel
Junior Women	Anna Ringsred	Junior Men	Darren Olson
Intermediate Women	Bonnie Klint	Intermediate Men	Tom Westover
Senior Women	Leah Lambert	Senior Men	Mike Witty
Master 30-39 Women	Suzy Osum	Master 30-39 Men	Paul Marchese
Master 40-49 Women	Mary O'Donnell	Master 4049 Men	Greg Oly
		Master 50-59 Men	John Diemont
		Master 60-69 Men	Vern Kappes
		Master 70+ Men	Howard Ganong

Because of declining attendance in the previous year, a new banquet format was tried this year, with great success. The National Long Track Championships Banquet was held immediately after racing on Saturday. The luncheon banquet consisted of an all-you-can-eat pizza buffet, and the five dollar ticket included a chance to win one of many donated door prizes. This event was extremely well attended, with many positive comments from attendees who liked the idea of having their evening free.

Following the banquet, an ASU/US Speedskating Town Meeting was held to address the many questions and concerns regarding the upcoming merger of the two organizations. The town meeting was well-attended and very interactive, and will be covered separately. Additional information will be available on the ASU website.

See page 10 for National Long Track photos. See page 26 for results.

Tips for successful Meet

Mike Fornino called with a suggestion that has been used successfully at several meets: If the rink has a hockey clock, work with them to be able to display the race /event number being run or being called to the heat box.....It is an additional way to be able to get skaters into the heat box in a more timely, efficient way.

Madison Speed Skating Club Skater to Compete in World Special Olympics Winter Games

Ann Hellmuth started speed skating last year, and she has already earned a berth at the World Winter Games in Anchorage, Alaska this March.

"I like doing this because it's something new. It's fast and it's hard work," Ann says. Ann spends three or four nights a week skating. After only a few months in the sport last year, Ann began in October her five-month training sprint to the World Games. Her coach Tom Riley says she is doing very well. She puts all the effort in and she has cut her one-lap time almost in half in the last year.

Ann fits skating into a full schedule. She works as a full time teacher's assistant at Creative Learning a state-sponsored child-care center. On Saturdays she bowls with her Special Olympics teammates, then plays volleyball at night. Ann also plays softball, basketball and swims.

Ann works out on the days she cannot practice by doing a series of crunches, stretches and knee bends. All this hard work should help her to bring a metal home to Madison.

We all at the Madison Club wish Ann the best of luck at the World Special Olympics.



By Mark Jastrzembki

Dateline: Lake Morey, Vermont, January 13-14

This just into our newsroom.....

The 2001 National Marathon Championships (otherwise known as the Bedford National Marathon Championships), are history. Not much new news to report other than the fact that our pal "Flyin' Ryan" Bedford gets to join his mom and sister in the winner's circles this year for both the 25K and 50K national championship! Can you believe it that mom, son and daughter each won both the 25K and 50K? (Of course you can!) For Kristen, this is like her second time and for mom it is like her 5th or 6th time in a row. The kids won in the JUNIOR division and Beth in the MASTER 30-39. They represent the Midland Club. Joining them from Michigan and the Wolverine Club was our other great pal Carla (Cookie Gal) Langenthal winning the SENIOR lady division in both the 25 and 50K.

ON BEHALF OF THE ENTIRE MICHIGAN SPEEDSKATING ASSOCIATION, I WOULD LIKE TO THANK AND SALUTE THESE TALENTED SKATERS THAT REPRESENTED MICHIGAN SO WELL. FANTASTIC!

Hall of Fame Inductees - 2001

SKATERS:

PATRICK V. MAXWELL: North American Short Track Champion, 1971, National Short Track co-champion, 1983. He placed 5th overall at the 1st World Short Track Speed Skating Championships in 1976. Far surpassing his record as a competitor is his enviable record as a Coach of Short Track skaters. Pat has coached the Saratoga Winter Club since 1976 and is noted for his innovative approach to teaching and development. He was active as National Team Coach 1983-1998 and has conducted developmental camps and over 100 training seminars since his retirement from competition. He has produced a video on Short Track training and technique. Pat was coach of the 1992 Olympic Short Track Team. He is currently employed as Director of Social Services, Saratoga County, NY.

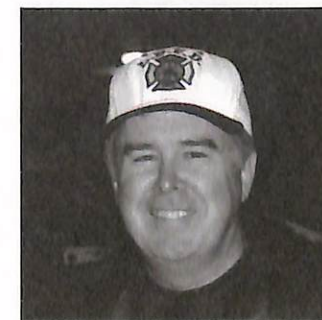
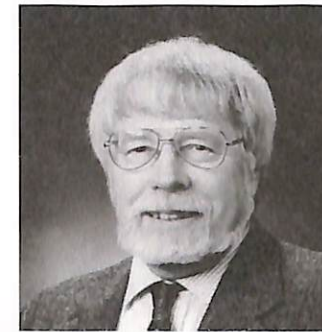
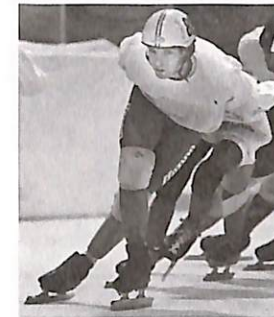
PATRICK WENTLAND: Three times National Short Track Champion and two time North American Short Track Champion, (Senior class) 1988-1993. World Team Member 1987, 1992; set a number of records and finished 4th at World Short Track Championships in Denver, CO, 1992. Eastern Regional Coach for Short Track, 1993; appointed Assistant Coach in 1997, Head Coach in 1998. Team Leader, 1998 Olympic Team. A member of the International Coaching Committee since 1999. Currently operates elite school for Short Track Speed Skating in Colorado Springs, CO and owner of Wentland Enterprises; a pharmacy in Breckenridge, CO.

CONTRIBUTORS:

DONALD KANGAS: He has been active on the National scene since 1979, as a dedicated servant of the sport. Don was President and Coach of the Midland Speedskating Club, 1979-1997, Chairman of the ASU Coaching Committee, 1990-1996, Delegate and Board of Control Member from Michigan, 1985-present, and Editor of the Racing Blade, 1998-2000. He developed much of the educational material used in ASU Coaching seminars. Wherever there was a need or void in a vital National program, Don volunteered to fill the gap. When he didn't know about a topic, he asked questions and attended related seminars and coaching courses, to get the right answers. Don has been active in the Boy Scouts of America and an outstanding contributor for 21 years. Don is a retired Chemist for Dow Chemical Co. residing in Midland, MI.

EDWARD RUDOLPH: A former speed skater in the Chicagoland area in the 1930's, that realized the value of the sport as a vital link in human development. He founded the Northbrook Skating Club in 1953, and was a pioneer in coaching development and training methods for Metric Style skating. World and Olympic Team Coach, 1961-1962-1972. Ed traveled to World Championships in Europe and Asia, at his own expense, (prior to formation of the United States International Skating Association.), when there were no funds available to send competitors to World championship events. As a Commissioner of the Northbrook Park District he was directly responsible for development of Meadowhill Park, a skating and cycling facility that developed numerous World and Olympic Team Members (later renamed the "Ed Rudolph Meadowhill Park"). Ed retired in 1975 and still resides in Northbrook, IL.

JERRY SEARCH: He has been a prolific writer for the Racing Blade for 16 years, a contributor of photo layouts and video recordings on skating technique and training methods and has worked as Assistant Coach and chaperone at Training Camps and seminars since 1984. Jerry has been the Board of Control member for Southern California and member of various ASU Committees. He was a prime contributor to the ASU Handbook with material on Eligibility, and Code of Conduct for athletes. He has developed the ASU website into an excellent communications tool and continues to make it even better. Jerry has been active as an officer and coach of Ice Club DeMorra. Presently employed as Fire Prevention Code Enforcement Inspector, Long Beach, CA Fire Department.



The Races



The Junior Boys



Paul Marchese and Matt Trimble lead the Master 30-39 Men's class



Mike Witty and Jason Hedstrand are ahead in the Senior Men's class



The Intermediate Women--Heidi Stangl followed by Bonnie Klint, Diana Krogman, and Pam Miller



The Midget Girls led by Tippy Jordan

All Photos are by Steve Trynoski

The ASU - U.S. Speedskating Merger

Introduction by Karen Kostal

This issue of The Racing Blade focuses on the proposed merger between ASU (Amateur Speedskating Union of the United States) and USS (United States Speedskating - the NGB, National Governing Body, of Speed Skating for the United States under USOC, the United States Olympic Committee).

The ASU plan is to inform our membership of the issues so that the Delegates and the Board of Control can come to the ASU convention this spring in Albany, New York, informed and aware of their constituents' opinions. All ASU members are welcome to attend this convention. In addition to the working sessions there will be a wonderful banquet evening which includes the induction of the new ASU Hall of Fame members.

It is planned to have both the Delegates and the Board of Control vote to approve or disprove the merger at this convention. If approved, the effective date of the merger would be March of 2002.

At previous conventions, authority was given to the Merger Implementation Committee to continue their work in drawing up two documents - Revisions to USS By-Laws for Merger (Revision 5b 1/19/01 is the current working copy) and Agreement and Plan of Merger for the merger of U.S. Speedskating and the Amateur Speedskating Union of the United States.

Both of these documents have been distributed to all Board of Control members and to each ASU club. You may request a copy of these documents by contacting me.

Town meetings have been/will be held at the National Long Track, National Short Track and North American Short Track Championship meets for the purpose of gathering input and answering questions. The two documents mentioned above are available at the town meetings.

It is not impossible to change items in these two documents prior to the merger vote; however, keep in mind that one can always come up with new ideas for change. It is the ASU Executive Board's recommendation that only serious major suggestions for change be entertained at this point in order to keep the process moving.

We hope this issue proves to be informative. PLEASE CALL/MAIL/EMAIL ANY OF YOUR COMMENTS, CONCERNS, QUESTIONS TO ME AT THE ASU NATIONAL OFFICE. I WILL BE SURE THEY ARE ANSWERED/ADDRESSED BY THE APPROPRIATE PERSON/ORGANIZATION.

Below are comments by various people that have been involved with the ASU-U.S. Speedskating issues. The list is alphabetical by contributor name, not in order of importance. They all have important things to say. The editor will give a little historical information and hit some of the highlights in a paragraph at the end.

James T. Chapin, Past President of the ASU, ASU Board of Control Member from Missouri, Former U.S. Speedskating Board Member, Member of the Merger Implementation Committee

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Many qualified and dedicated skating people from both the ASU and U.S. Speedskating have devoted countless hours of work in attempting to set in place the building blocks to join the two organizations into one united skating Governing Body for ALL speed skating in the United States. In any merger whether it is a business or sports organization there are winners and losers.

Merging duplicate functions into one area saves time, work and in many cases - money. About three years ago I made up a block chart of the Committees of both organizations that showed several duplicated or similar areas. Some of this has been incorporated into the plan to merge.

My concern is not what a block on a piece of paper shows or what Committee people talk about as to who does what. I am genuinely concerned that to date I know of NO specific discussions as to EXACTLY what the function of the former-ASU programs will be in a single entity. This MUST be clarified in DETAIL in ADVANCE or the ASU is signing a blank check!

As examples: Will the present National and North American meets continue? Will the regional meets (Development Competitions) we have had for decades continue to exist? For International level competitions we know the ISU Rules

will be used. For regional meets with age groups from 5 to 70 the ISU book won't work. [Editor's note: We need better definition for the officials and competitors at the lower levels. If we are to continue Long Track (pack style) and Marathon Competition we need rules for them. These are not international events so they are not covered in the ISU Rule Book.] Will we have one CO (Central Office) that will handle the skating activity of nearly 1,500 skaters as opposed to the USS office dealing with 10% of that number?

Financial Matters: How will funding for the various programs be done? Presently USS is heavily dependent on USOC for most of their income. Also USS owes their own Foundation a LOT of money with no real feasible way of repaying it without curtailing programs in place. Long Track programs are funded twice the rate of the Short Track Programs. In looking at the results (Medals) this seems to be way out of balance. The administrative costs of USS are nearly 40% of the budget. This can only increase with the 900% increase in skaters to deal with.

The limitation of a single page to comment on the proposed merger is somewhat restrictive since there are so many areas to review and make decisions on. In the meetings I have attended to date I have not felt a sincere desire to resolve problems on an equal basis. Too much emphasis has been placed on the Elite Athletes' needs. We are aware the top skaters should have some perks since they have earned them. The reality is that more attention HAS to be given to the 90% who are not the Elite Skaters. Where do you think the future elite skaters will come from? It has to be from the bottom to the top. This takes time, planning and a realistic acknowledgment that development is the only answer to having Elite Skaters who will be going for World and Olympic Medals. This is what USOC wants first and foremost. Right now I don't see that plan in place or being discussed on ANY broad basis in advance of a merger.

There are major items to resolve before ASU closes shop and becomes a merged partner with U.S. Speedskating. In fairness to all the ASU members there is a lot to resolve before any merger document is signed. If this is not done when the lights go out it is going to be very dark.

Erik Henriksen, Retired International Competitor

Here are a few of my concerns regarding the proposed merger.

1. Make no mistake... This merger is requested by U.S. Speedskating for the purpose of becoming compliant with the directives of the United States Olympic Committee on at least two major requirements the USOC expects from its National Governing Bodies--of which US Speedskating serves for speed skating to the USOC.
 - A. Democratic election process for all officers and Board of Control members. Had the USOC not finally involved itself in U.S. Speedskating's blatantly skewed system of self-perpetuation, the system of nomination and election would still remain an internal process that discourages all but the most cooperative outsiders from gaining any power or responsibility. Until the USOC investigated U.S. Speedskating, there was no move by U.S. Speedskating to explore and adopt a policy of open elections.
 - B. Development. This means taking a casual recreational skater into novice and later Class A speed skating competition. The entire burden of this crucial process has rested solely on the shoulders of the Amateur Speedskating Union of the United States.
2. So the second reason for the merger is for U.S. Speedskating to absorb the infrastructure for development that has been entirely the province of the ASU. A merger would instantly bring U.S. Speedskating into compliance. If there is no agreement to merge, then U.S. Speedskating will be required to staff and fund a national grass roots development program.

So it becomes quite clear that this merger is critical to U.S. Speedskating, and knowing this, it becomes even more clear that the ASU is in the proverbial driver's seat to dictate terms of any merger.

Erik Henriksen opposes the merger for the following Reasons:

1. The new election process, while improved, is still quite flawed. Once nominations are made from the different categories, an open election should ensue. I was not permitted to vote for my choices in categories other than my own--retired Olympic/elite athlete. There is no excuse for not clearing this up immediately. We are certainly small enough an outfit to see to total enfranchisement across the board.
2. For some member categories in U.S. Speedskating there is a \$25 voting fee--"poll tax" in place for the right to vote. As a country we went through this in the era of Reconstruction after the Civil War. We don't need to revisit this concept in a speed skating organization no matter who is in charge.

3. Any election should have independent accounting to tabulate results and to inform the body of elections and nominations. In the first election under the new system the votes were tabulated by the U.S. Speedskating's National office. ANY and all circumstances that allow for the potential of a conflict in accounting of elections should be avoided. While these votes may have been counted independently, the votes themselves were first sent to U.S. Speedskating's national office.
4. Nepotism and potential for conflict of interest. At NO time and in NO case should any more than one member of a family serve on the Board of Directors, regardless of category or circumstance. At NO time and in NO case should a parent serve as a member if a family member is actively competing. This will remove all conditions for conflicts of interest and keep the organization's hands clean. At present there are conflicts.
5. Where does the money go?

This is a key area of confusion, lack of knowledge--and dissent. Historically, the U.S. Speedskating budget as printed in Ice Chips provides more questions than it does answers for members interested in where the money originates and how it is dispensed.

The items this budget fails to tell us include: Who is salaried and at what rate of compensation. Whose trips and lodgings are compensated, and to what extent that compensation is.

A less than stellar record of stewardship to skating

I am opposed to this merger for the above reasons and for the overall poor track record that U.S. Speedskating has exhibited over the last 20 years. I have watched painfully at the decline of the numbers of skaters at all levels of our sport. Time and time again I have met newcomers who have met resistance and humiliation when they have called the US Speedskating National Office for information on competing, coaching, funding etc.

The infusion of inline skaters has been a blessing to our survival, and these skaters have performed with honor and distinction at the national and international level--However, these competitors' first experiences with the organization were so terrible that only their tunnel-visioned desire kept their morale to train, compete and excel in our sport.

International decline

We are all witness to a disappointing loss of international standing in our sport. Never has there been more money for more coaches, and yet the results of our skaters continue to depress-- rather than impress. I certainly don't want to reward this downward trend for which U.S. Speedskating is responsible--with the all-important duty and function of developing new skaters. For these reasons and many others, I would rather see the ASU pursue the decertification of U.S. Speedskating and pursue its own course of securing the certification by the USOC to be Speedskating's National Governing Body.

Don Kangas, ASU Board of Control Member from Michigan

What will happen to Speed Skating Associations?

The imminent merger of ASU and USS raises this interesting question. What will happen to ASU Associations when ASU and USS merge into one organization? My immediate response is that associations will continue providing local and regional meets for new and developing speed skaters as they always have.

That is their reason for being in the first place. Speed skating associations existed long before they became the Amateur Speedskating Union of the United States (ASU). Those original associations conducted speed skating meets in their geographical region. Then when the need for a uniform set of racing rules and standards for officiating became apparent, they joined together as the ASU, a union of independent Associations, with a governing board made up of one representative from each Association. The ASU was, as the name implied, a cooperative union of independent associations. Each association has a constitution and many are registered in their states as not for profit corporations. So, whatever the ASU decides to do about merging with USS, each Association will continue to exist.

But more than that, I believe the merger will be good for speed skating associations and the sport of speed skating. Immediately, associations have a critical responsibility in the merged organization. The new Board of Directors will oversee policy and budget, while eight operating committees will be responsible for conducting business.

One of those committees is responsible for development. It will be composed of representatives from each ASU Association. This Development Committee will conduct the so-called grass roots programs of speed skating; national age championships, local and regional meets, and recruiting new speed skaters and speed skating clubs. That sounds to me a

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lot like the present ASU, and those associations focused on recruiting new speed skaters and providing local and regional competitions for new and developing speed skaters should flourish.

Eventually, with financial support, guidance from a unified national organization, and working together as the Development Committee, association representatives can expand their view to find ways to introduce speed skating programs into every ice arena in the country. When this happens the sport of speed skating will grow dramatically.

Al Menghi, Vice President of Promotion

Well, here we are pondering the most important vote in the history of the ASU, to merge into US Speedskating. I think we should definitely merge, but do have concerns. Here are my thoughts.

Practically Speaking

Our sport is too small to have two national governing bodies. One sport with less than 2000 members - two national governing bodies. From a practical and efficiency standpoint, it just doesn't make any sense. Think about it.

The Dinosaurs are Extinct

Both organizations had their share of dinosaurs, but most of them are gone now. There was a lot of animosity between the organizations. It was "us" versus "them". The ASU thought U.S. Speedskating was run by a closed and secretive society with all decisions made behind closed doors. U.S. Speedskating thought that the ASU was run by a bunch of out-of-touch bureaucrats. To a certain extent, both sides were right about the other. But guess what? Most of the dinosaurs are gone. Now "Them" is "Us". I went to the U.S. Speedskating meeting last fall and saw many of the same faces from the ASU conventions. We are one group of people from one sport, and therefore should be one organization as well.

But on the other hand ...

Regional Representation

I am concerned about the loss of regional voting representation with the merged organization. The new organization would have board members which are elected, but not regionally. Currently each association has a vote in the ASU. With the new organization, the ASU associations would only be part of a committee and not the governing entity of the organization. There will be no guaranteed regional representation on the board. The possibility exists that the Midwest, with most of the members (and therefore votes) could "take over" the sport. Is this likely? Probably not, but there is nothing in the new constitution and by-laws to prevent it, either. This is the only part of the merger that scares me.

The Masters

Will the new organization be supporting the masters? After all, they don't win medals. There are no guarantees here, just promises that the masters will not be discarded. But if push comes to shove? Something to think about.

In Summary - The Big Picture

The ASU does a good job of handling things on the local club level. However, the ASU is also a bunch of volunteers and we have a hard time doing the "big picture" things required to grow the sport on a national level. We spend too much of our effort on keeping our own clubs going. U.S. Speedskating has the resources, funding and paid staff to do the big picture things, but not the network of volunteers on the local level to make it all happen. A merged organization can do both.

In summary, this is a difficult decision but I think we must merge for our sport to have any chance of growing. I really do, and I think the timing is right to do so now.

Charles Moore, Board of Control Member from Northeast, ASU Legislative Committee Chairman, Member of the ASU-U.S. Speedskating Merger Implementation Committee

Since we last met in May, a lot has transpired on the merger front. The Merger Implementation Committee met at the USS meeting in June and again at the USS meeting in September. Since the Merger By-laws were approved in principal by ASU in May, a number of events have transpired that have moved the merger ahead.

To effect the merger, a set of By-laws of the merged organization and a merger agreement (Plan of Merger) has to be approved by both merging organizations. The approval has to be by both Boards of Directors and the membership of both organizations. Once this is complete, the legal documents can be filed.

Since the merged organization By-laws have to be in compliance with the USOC requirements, we started with the USS compliance By-laws and modified them to incorporate the ASU activities. The merger By-laws and the Plan that were

drawn up were discussed at the Implementation Committee meetings, modified, and submitted to the USS Board of directors. They were unanimously approved by the USS Board at the September meeting.

It was suggested that the ASU have an independent legal review of the documents. Dave Kennedy performed this chore and found no "fatal flaws" or "deal breakers". He did come up with a number of observations and suggestions which were incorporated and have been approved by the USS Board. The USS-approved merger By-Laws are being submitted to the ASU for approval. It was decided to hold off submitting the documents to the ASU until USS had completed their deliberations so we would have a solid approved document to work with, not one that was changing as we are looking at it.

The merger documents must be approved as written or we have to start the approval cycle over again. There is a fairly tight schedule proposed to get this done in time for the 2002 USS elections. In brief, the target is to have the ASU review, discuss and approve the two documents over the winter with a final vote taken at the 2001 Convention. The Contract could then be signed at the spring meetings of both organizations. Mr. Steve Smith, the lawyer who is working with us, would then file the proper paperwork with the two states involved. The merger would be effective March 1, 2002 which is a critical date to enable the ASU members to be eligible to vote for 5 members of the USS Board of Directors in the April 2002 USS election. If we miss that date, there is not another election for 4 years.

The mood at USS has changed. They are now pro the merger and seem to want to get it done. At the Merger Implementation and USS Board meeting, several compromises were worked out to the benefit of the ASU interests. After the USS Board's unanimous approval, there were a lot of positive comments and conversation about the merger.

Some history of the documents is in order. The USS merger By-laws presented to the ASU at the Irvine Convention contained many changes to the USS By-laws that were merger related and even more that were related to cleaning up the USS By-laws. Since the June USS meeting, USS President Benjamin requested that we separate the changes into two documents; one addressing USS changes and one relating to the merger. Both were approved at the September USS meeting. They have been reworked over the fall/winter to incorporate many comments including Dave Kennedy's. The merger By-laws include all of the changes to the USS By-Laws that have occurred since the ASU Convention. The result is that the Merger By-laws that you will see contain far fewer changes and only items that relate to the merger.

In the new USS organization, the Board of Directors is a high level Board that decides policy, budget and other overview matters. The operation of the organization is based in the Standing Committees. These committees are very important as that is where the action will be. These committees are Long Track Committee, Short Track Committee, Development Committee, Competition Committee, Officials Committee, North American Committee, Hall of Fame Committee, and the Budget and Finance Committee.

To briefly describe the committee duties: The Long and Short Track Committees are the elite Olympic level operating committees. The Development Committee is the committee that does all of the grass roots work, development programs, including the Nationals and other domestic meets. The Competition Committee handles the rules, records, site selection and similar considerations. The rest are self explanatory.

The highlights of the agreements are as follows:

- The Associations comprise the Development Committee (one representative per Association) plus 20% non-elite athletes. This committee will basically conduct the grass roots programs and do the jobs that the ASU currently does.
 - The Associations will have a 20% representation on the Competitions Committee, which will also have 20% non-elite athlete representatives and the rest selected by a selection committee subject to approval by the Board.
 - Participating Athletes (non-elite skaters) will have representation on all committees that are not restricted to the elite athletes. These skaters are basically the ASU athletes.
1. The number of standing committees was reduced to 8.
 2. The Hall of Fame and the North American Committees remain as standing committees.
 3. The general membership will elect 5 members of the 15 member USS Board of Directors.
 4. If the merger stays on the proposed schedule, all ASU members as of March 1, 2002 will automatically become USS members and will be eligible to vote in the April 2002 Board election.
 5. The Board of Directors will be a policy, budget, and big issues Board. Operation will be in the committees.

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The items listed are the highlights and show some of the compromises that were made that were positive to the ASU interests. This is not saying that your committee didn't give some too. The Board election by category remains and the elite athlete double eligibility are two that come to mind.

The sum total of all of this is that the ASU activities will continue under the Development Committee, which is composed of the Associations. Certain activities that the ASU conducts did not rate the status of a standing committee. However, you will see them listed as activities that the Board of Directors are required to ensure get done. This means non-standing committees will be appointed to get the work done.

As this approval process moves along, there remains lots of work to do. We have addressed the top level of the organization; now we have to address the next level down. This process will be to work out the details of how the organization will be filled out. For example, how do we effectively combine the publications, where is the National Office and how is it structured, how do we combine the web pages or do we just link them, what happens to the current ASU Rule Book, etc., etc.

Personally, I recommend that we accept the documents. Please feel free to contact any of the Merger Implementation Committee members for discussion or explanation.

Lisa Sundstrom, ASU Meet Scheduling Committee Chairman, U.S. Speedskating Board Member, U.S. Speedskating Development Committee Chairman.

When the Presidents' Commission began the current merger discussions in the fall of 1997, one of the first topics discussed was a mission statement for our vision of a new, merged organization. Here is what we composed and adopted.

Mission Statement

To create an organization that provides:

1. a clear path from beginner to Olympian, including fair access to facilities, coaching, competitions and funding;
2. an open sport that promotes the participation of all levels and ages of skater; and,
3. sustained competitive excellence, with the ultimate goal of winning world championship and Olympic medals.

To the nine of us, this statement was a blending of the two mission statements of U.S. Speedskating and the ASU and included the key elements of our vision.

We've traveled a long way since those early discussions. We now have a set of bylaws to govern this proposed merged organization. These bylaws have been developed slowly and carefully, with tremendous thought and not a little pain. Both organizations have had to compromise in order to reach a consensus. Many people with good minds and sharp eyes have tried to structure the bylaws to reflect their vision and ensure that the reality meets that vision.

* Are these bylaws perfect? Absolutely not. Do they foresee every situation and circumstance? Of course not, despite everyone's efforts.

* Are these bylaws immutable? Will we have to live with them as they are forever? No. The ability to amend and change is part of the structure and change will be necessary. After all, we've spent nearly 70 years tweaking the ASU bylaws.

* Are these bylaws and all they represent an excellent starting point for a new, merged organization? A resounding **yes**.

* Will this merged organization help us achieve growth in a sport that is slowing dying and will it offer more opportunity to those who currently love and participate in speed skating? Yes, I strongly believe it will.

Within the proposed bylaws, the ASU has preserved the elements that are essential to the non-elite level of the sport. The associations, clubs, competitions and rules that the ASU is built upon will still exist and function. The Nationals and North Americans, the Hall of Fame, the records -- the everyday pieces that make up the whole of speed skating in the U.S. are still there along side the elite level programs.

We've spent far too many years working in two separate, overlapping, but often conflicting groups trying to achieve the same goals -- more skaters, more enjoyment, more medals. We've spent nearly four years trying to grub out the details and define a structure that will allow a merged organization to achieve these same goals.

It's sink or swim time, leap of faith time, do it or forget about it time. Will speed skating continue as a viable sport in the U.S. if we do not merge? Probably, but each year we are getting smaller.

Remember that bylaws are a constantly evolving document designed to reflect the changing needs of an organization. What will matter the most in the future is the people, the individuals who work within this merged organization. From

directors to committee members to staff to club coaches and association officers -- and let's not forget the skaters -- these people are the ones who will determine and execute the policies and programs that guide the rest of us in making the vision become the reality.

And I guess, out of all of this rhetoric, the bottom line is that I have faith in the people who love speed skating to do what is right for the sport.

Editor's Comments.

As evidenced by the comments above, there is still considerable distrust of U.S. Speedskating by a lot of ASU members. There have been very definite reasons for this distrust. The U.S. Speedskating Board had two levels of membership, plus an Executive Committee selected from the Board members. The structure of the U.S. Speedskating Board has changed drastically in the last two years to a much smaller board with all Board members having equal voting rights. Previously, the Board could vote on matters, then the Executive Committee would make the actual decisions, which were often contrary to the Board's wishes. The Executive Committee has been abolished and the Board membership as it stands now is much more sympathetic to the needs of the ASU.

This means that as we attempt to merge we are much more able to negotiate than we have been in the past. This does not mean that we should go blindly into the merger and expect the best. Jim Chapin mentions several areas where we need to have a better level of definition before we sign off on the merger. It is obvious that Erik Henriksen has had some bitter experiences at the hands of U.S. Speedskating. As an elite athlete he can speak very well for skaters who competed internationally under the aegis of U.S. Speedskating. We do not want any of our skaters (elite, mid-level, or beginner) to feel the need to write this way about the speed skating governing body. He has some important comments that need to be considered in this merger. One thing that Erik mentions is having U.S. Speedskating decertified and having the ASU take over as the National Governing Body. As nice as this sounds to the ASU membership it is really not feasible. Even if it were, the ASU is not prepared to take over the responsibilities of International Competition--we need some of their expertise. This was the problem that spawned USISA (former name of U.S. Speedskating) many years ago. There was nobody was taking care of International Competition, just local and national.

The other contributors are more upbeat about the merger. But even so, except for Don Kangas, they state reservations. Don Kangas' and Lisa Sundstrom's contributions are good vision statements--more needs to be codified before the papers are signed. Lisa indicates that we are not yet where we want to be but feels we should proceed with the merger. Al Menghi mentions such things as regional representation and the Master classes which have been dear to the heart of the ASU. Chuck Moore mentions our communications (publications and our web page) items that still need to be solved.

In summary, for a sport the size of ours we should only have one governing body. A lot of work has been done, but to get there we must not sign a blank check.

Notes from the First Town Meeting to Discuss the Proposed ASU -- USS Merger

Held Saturday, January 27, 2001

At the National Long Track Championships

Roseville, Minnesota

Held in the Banquet Room immediately following the Banquet

At the front of the room was the panel of 'presenters':

Duane Riley, ASU President

Carl Cepuran, ASU Vice President

Bob Payne, ASU Vice President (he sat in the back of the room)

Fred Benjamin, USS President

Bill Cushman, USS Board of Directors member and immediate Past President of USS

Karen Kostal, ASU Secretary, acting Moderator

Attending the town meeting were approximately 20 people. The following is a summary of what was said. Only the respondent was identified by name.

Fred Benjamin presented a summary of the process up until this point.

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The proposed by-laws have been in the works for years. Dave Kennedy, an attorney, has reviewed them and the Plan of Merger from an ASU perspective. The USS Board has approved these two documents. Here is who needs to approve these two documents:

USS Board of Directors – done
ASU Board of Control
ASU Membership through their Delegates
USS Membership

Both Presidents need to sign and the documents need to be filed. The goal is to complete the merger by March 1, 2002. This would ensure that ASU members now, would have a vote in the next USS elections occurring after that date.

Everyone in the sport now would be represented on the new Board of the merged organization according to this plan.

Questions from the audience:

1. Associations will be involved, but what about clubs if the Association is weak?

F. Benjamin: These documents are a work in process. The new organization would see what works or not – the documents could be changed to reflect that in the new organization. The Development Committee and the Competition Committee would both represent the 'ASU' athlete. The Associations would have representation on both committees. Just like the ASU today, there is no separate club representation in the ASU.

2. Is there a mechanism for qualifying new Associations or maintaining a current Association?

F. Benjamin: Not sure about this, but definitely the existing Associations of today would be on the Development Committee. As far as new associations, well, as I said these documents are a 'work in progress' – they can be changed after the merger

3. Will Associations continue to have control in their area?

F. Benjamin: Yes, they would control what they control now. They wouldn't control the Olympic Teams, they would maintain control over what they control now...

4. The recent USS election used a good system for the different categories, but nominations should come from each category and votes should come from the entire membership – this is a flaw with the Board election process as I see it. We don't need an 'electoral college'; we are small enough for everyone to vote. Also, to avoid a conflict of interest, a parent of a current elite competitor should not sit on the Board. I disagree with what amounts to the \$25 'poll tax'.

F. Benjamin: This is the system that was agreed to after two years of trying to resolve this – the USOC facilitator helped arrive at this. Perhaps this needs to be changed in the future. The place to effect a discussion or change of this nature would be to propose a by-law change of the new organization. Also, 30 days prior to a USS meeting, an agenda item can be submitted. I would encourage you or others to attend the USS meetings and submit items for the agenda for discussion within the appropriate committee.

Per the USOC there is a requirement for 20% elite athletes to be on certain committees – this is a given. But now, each and every committee has 20% athlete representation.

5. I believe the \$250 fee for filing a grievance is too high. And in Europe, the loser ends up paying the costs in the end.

F. Benjamin: To initially handle a grievance (conference call, arbitrators, lawyers, parents etc.) could cost \$2000. Canada charges \$500. The \$250 fee, it is hoped, would cause someone to think twice before filing a frivolous grievance. With regard to the loser paying all costs, again, this is something you are welcome to bring up as an agenda item for a vote.

6. The past President should not automatically be on the Board – this person should be voted on.

F. Benjamin: We are all on the same side, not opposing sides. Also, this gives continuity. There is a lot that the USS President is involved with on a day-to-day basis – this continuity is important.

7. There is low participation in National Meets and the ASU membership is down. ASU is a hardworking organization; my success is based on development through ASU. I don't think the merger will fix this.

F. Benjamin: Membership has been down for the last 5 years. USOC sees development as starting from the 8-year-old through the Olympic athlete. Everyone knows this. We don't want those athletes in between to get lost and the Development Committee (ASU) will do this. We are hoping membership will increase. We have a paid position working on development in this country. USS is also interested in developing Inline teams to help crossover to ice speed skating.

8. What is the financial picture for USS after 2002? Is USS sponsorship dependent? What happens if sponsors are lost after 2002?

F. Benjamin: The biggest sponsor USS has is the USOC - \$400,00-\$500,000 per year plus a share in joint marketed products. Then there are the corporate sponsors like NIKE and Ameritech. We are beginning to plan post 2002 now. A point to think about is USS can get dollars now that ASU can't get.

9. What exactly is a definition of development? USS has a definition of development that means taking the top 24 athletes and shipping them off...

F. Benjamin: Per USOC it is everyone who is not in speed skating now – it is not making good speed skaters better. USS's idea of development is to create new speed skaters.

10. This document(s) is the best I have seen so far. Let's forget the past and see this as a new organization with the best of both.

11. Why didn't we merge years ago?

F. Benjamin: It should have been done years ago – this has been an ongoing process for years.

As a reminder, Fred reiterated that in April there will be a USS meeting in Salt Lake City. Come to it with your ideas - have them put onto the agenda within 30 days before the meeting.

Bill Cushman added: We have one product – skaters. The local level needs to do the local level activities..we need one organization to avoid conflicts. We are not leaving little kids behind – this is the basis.

Fred Benjamin: The bottom line is to develop Olympians – this is the goal – but let's not get rid of what we have now.

12. There is no time or money for non-elite skaters, so, will there be a serious push to develop more and solid club skaters, because that's not happening now from USS?

F. Benjamin: You are right – these issues need to be resolved..you are on the Development Committee and you need to be sure this is addressed on that committee

13. The problem with USS is with the top down – there are examples – the USS leaders need to give us a positive sign because they are not doing anything for us now – Pat Maxwell and ASU are the only help our club has. And good things come from ASU with all of the competitions with the kids' interest in mind.

F. Benjamin: These are not merger issues. Things can't change overnight. You need to get people together to vote to effect a change.

14. Who is on the Coaching committee and how do they get on it?

The ASU appointed two members and USS chose the rest.

15. This seems fine, except what worries me is there is no mention of fun in the merger documents. This aspect is important for kids.

F. Benjamin: You are right but USOC would frown on USS saying our mission is to have fun. Fun is the role of the Development Committee. John Monroe has talked a lot about this issue

16. Why do we need to merge? Would it be best for all of us or is it to take the USS out of jeopardy with USOC because of the USS Board that would simply elect itself?

F. Benjamin: The election process has been resolved and changed. USOC is fine with that now. There is no requirement from USOC to merge but there is to have development. If there is no merger, then USS will be looking to attract grass roots skaters – we will be competing for skaters.

Duane Riley concluded the session by stating: We can be all one group now – we should stop fighting each other for the betterment of the sport.

Carl reminded everyone to take this information and spread the word. Talk to your Board of Control Member. Each BOC member was sent a packet and each club will be sent one as well.

AMATEUR SKATING ASSOCIATION OF ILLINOIS



By John Bleck

In my opinion the Illinois racers are improving greatly not only in numbers and participation, but in their high-end speed. New faces in the U.S. Junior competitions are placing in the top 10; two are Junior World Team members. Several new record times by Illinois racers at both long track and short track meets. Many things have contributed to this factor. Competition among the Illinois skaters at practices and at races has made each racer want to go faster than the other. Additional ice time is also now available. We have also been pleased with the sportsmanship, as we have witnessed racers congratulating each other after a tough race. We have seen an increase in the numbers of Pony and Midget racers, so many that we have had to make multiple finals for meets.

We think there is an increased interest in speed skating for several reasons. Short track speed skating is being televised a bit more on ESPN 2, when people see it their first reaction is usually, "Wow, this is intense!" It is hard to flip channels when short track speed skating is on. Many of the new racers are coming over from hockey as well. A common complaint is that the parents and skaters like ice sports, but are discouraged by the violence in hockey. It may not be at the younger levels in hockey, but it seems that, as you look at the upper levels of the sport, it can be a blood sport. Parents and racers either have seen us practice, or have seen several posters with tear tabs we have posted at our rink, or other rinks that do not have speed skating. This is a very important development. The posters with tear tabs show

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pictures of various levels of speed skating, beginners in jeans to advanced. We want them to feel welcome, not intimidated. The tear tab gives them something to use to contact us. The tear tab also contains web site information on the specific clubs or regional information. We highly recommend every club make these posters with tear tabs. For samples and help getting started, e-mail me at: jbleck@suba.com. I am as big a fan for your club as mine, and sincerely hope we grow together. Distribute posters everywhere possible, they are like seeds and you will grow a bigger crop the more places you put them.

Several parents have organized a level one practice, with an ex-Olympic athlete running the practice. This is a private practice on a Wednesday, an off night for most clubs. It is limited to a maximum of 20 skaters. It seems to

NOTES FROM THE NATIONAL OFFICE

By Karen Kostal

Insurance is a benefit of membership in the ASU. Our insurance agent provided the following to help clarify insurance questions often raised. If you have further questions, please contact me. If I cannot answer your questions, our insurance agent is always most willing to answer you directly.

A part of your individual membership registration with the ASU is for insurance coverage. For this coverage to be in effect, the following criteria must be met:

- 1) Each participant must be ASU registered
- 2) The event must be a "sanctioned" ASU event (See item 1 below)
- 3) ASU rules and regulations must be followed

Definition of Participant: A participant will include skaters, coaches, managers, staff members, team workers, referees, officials, scorekeepers, and all other personnel including, but not limited to media personnel permitted to enter any restricted areas which are defined as those areas prohibiting access to general public spectators.

ASU Liability Coverage: ASU liability coverage provides broad legal liability protection for all participants against lawsuits arising out of an accidental bodily injury resulting in a liability claim brought against them while within the scope of their responsibilities on behalf of ASU.

The policy is written on an occurrence basis with a limit of \$2,000,000 per occurrence/\$3,000,000 general aggregate. The major coverages afforded by the policy are:

- 1) All activities necessary or incidental to the conduct of scheduled competitions, practices, exhibitions, post season activities, including fund raising, meeting and awards banquets (all ASU activities).

- 2) Spectator Liability.
- 3) Personal Injury Liability – Legal liability for libel, slander or defamation of character, wrongful eviction, invasion of privacy.
- 4) Participant Legal Liability.
- 5) Host Liquor Liability – Protects against claims arising from serving alcoholic beverages at business functions. Excludes sales of liquor.
- 6) Fire Legal Liability - \$50,000
- 7) Exclusions under the liability coverage are: Nuclear energy, asbestos, pollution, bodily injury to employees, player versus player claims, employment related practices, fireworks, medical payments to participants, abuse, molestation, and assault and battery.

ASU Medical Coverage - This is excess medical expense for all participants. The amount of coverage is \$500,000 with a \$500 deductible.

THIS INSURANCE RECAP IS FOR ILLUSTRATIVE PURPOSES ONLY AND IS NOT A CONTRACT OF INSURANCE. YOU MUST REFER TO THE ACTUAL POLICY LANGUAGE FOR COMPLETE INFORMATION ON POLICY, COVERAGE, LIMITS, AND EXCLUSIONS.

BEQUESTS AND DONATIONS

The late Howard Gutgesell, in keeping with his lifetime of service and support to Speedskating, generously endowed the ASU Scholarship fund with \$50,000. We are so grateful. Please consider following his example, and think to remember the ASU when you are estate planning. What a wonderful legacy to know that you are helping our future. The ASU Scholarship Fund, Medal and Medallion Fund, and Hall of Fame Fund are worthwhile considerations. However, general donations to the ASU are also most appreciated as they are used to benefit skaters directly throughout the season.

HELP???

As always, don't hesitate to contact me if I can be of help. Please leave a message if you get voice mail when you call. There is only 1 voice line in the National Office and, if I am using it, I can't answer your call. I will admit to irregular office hours. I find that it is helpful to be available not only M-F 9:00-5:00 (Central Time) but evenings and weekends as well. I check email often. I am trying to find the best hours that will be responsive to your needs! Have a great season!

COMMUNICATION

Jerry Search and I are trying to develop an all inclusive e-mail list for ASU members. This way, information and

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developments and announcements can get direct to you as quickly and as cheaply as possible. If you have not already signed up for the ASU skate news group, please do so. To those of you who have been receiving my emails, I would welcome any constructive criticism and ideas. Jerry and I are trying to combine our lists to try to avoid needless duplication. I also maintain separate email lists for Board of Control, Executive Board and Association Secretaries. If you have email, be sure you send me your address. Spread the word.

National Marathon Results

25 Kilometer

Men

Junior

Ryan Bedford	0:51:04
Alex Cook	0:52:29

Intermediate

Bobby Lea	1:07:26
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Master 30-39

Paul O'Blenes - CAN	0:45:15
Mark Kandola	0:45:26
Rob Kramer	0:45:27
Don Gallegos	0:45:28
Barry Publow - CAN	0:45:58
Andy Dahlstrom	0:46:57
Joe Franz	0:49:20
Jeff Tolbert	0:58:39
Matt Vincenti	1:00:12
Edward Leibnitz	1:02:34

Master 40-49

Bob Tysen	0:45:28
Jamie Hess	0:50:40
Mario DeBartolo	0:51:27
Dan Snipes	0:57:39
Brian Remillard	0:58:02
Andrew Strauss	0:59:00
Chip Krueger	1:00:10
Peter Doyle	1:00:54
Peter Thompson	1:03:52
Serge Plamendo - CAN	1:11:24

Master 50-59

Vince Morris	0:50:50
Vince Gagliano	0:51:04
Bill Bauer	0:52:37
John Manailovich	0:52:38
Stephen Gunther	0:53:06
Edward Burns	0:53:51

Master 50-59 continued

Fred Eder	0:56:26
Jim Daniska	0:56:28
Bob Lohr	0:57:45
Frank Cherry	0:58:29
Gaetan Rochette - CAN	0:59:36
Harry Dingle	1:07:31
Tom Ward	1:20:25

Master 60-69

Pierre Gagne - CAN	0:51:20
Dick Ring	0:51:27
Dudley Weider	0:58:28
Jack Mahoney	1:05:30
Gary Corwin	1:24:57
Bill Stone	1:27:13

Women

Junior

Kristen Bedford	0:51:04
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Senior

Carla Langenthal	0:47:26
Kathy Zapotocki	1:14:54
Jane Kenyon	
Sylvie Burlot	1:16:00

Master 30-39

Beth Bedford	0:45:39
Anne Diekema	1:00:17
Rita Silver	1:25:05
Diana Stone	1:27:13

Master 40-49

Suzanne Dionne - CAN	0:53:11
Martha Cochran	1:00:54
Sue Hassdenteufel	1:07:28

Master 50-59

Carole Moore	0:51:28
Kathy Jones	1:07:56
Suzanne Ward	1:22:05
Hanne Michell	1:37:46

50 Kilometer

Men

Junior

Ryan Bedford	1:43:02
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Senior

Daniel Weinstein	1:30:43
Peter Christopher	1:44:18

Master 30-39

Mark Kandola	1:31:34
Paul O'Blenes - CAN	1:32:23
Rob Kramer	1:33:17

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Master 30-39 continued from page 23

Don Gallegos	1:33:18
Andy Dahlstrom	1:33:20
Brian Boudreau	1:34:59
Edward Leibnitz	1:59:22

Master 40-49

Bob Tysen	1:39:39
Jamie Hess	1:41:16
Bill Eisenmenger	1:47:03
Michael Hartnett	1:48:00
Dan Snipes	1:49:40
Rob Belcher	1:57:02
Brian Remillard	1:57:03
Elliott Fisher	1:57:10
Andy Strauss	1:59:11
Peter Doyle	2:01:38
Peter Thompson	2:12:17

Master 50-59

Vince Morris	1:41:16
Stephen Gunther	1:41:16
Edward Burns	1:41:17
Bill Bauer	1:43:06
John Manailovich	1:43:48
Vince Gagliano	1:48:35
Bob Lohr	1:54:57
Gaetan Rochette - CAN	1:57:02
Fred Eder	1:59:09
Frank Cherry	1:59:10
Jim Daniska	2:04:42
Harry Dingle	2:08:33
Charlie Coon	2:24:49
Rich Caffrey	2:43:32

Master 60+

Dick Ring	1:45:04
Pierre Gagne - CAN	1:49:54
Dudley Weider	1:55:01
Tony Marchese	1:56:53
John Mahoney	2:22:17

Women

Junior

Kristen Bedford	1:43:02
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Senior

Carla Langenthal	1:41:07
Aimee Rubin	2:39:18

Master 30-39

Beth Bedford	1:35:20
Anne Diekema	1:59:39

Master 40-49

Suzanne Dionne - CAN	1:41:17
Martha Cochran	2:01:38
Kathy Zapotocki	2:22:17
Jane Kenyon	2:22:17

Master 50-59

Carole Moore	1:43:08
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ASU Convention 2001

You can be a participant in history. Convention 2001 (May 19-21) may result in another historical change for speed skating organizations in the United States. Members will decide if the Amateur Speedskating Union of the United States and US Speedskating will join to be one organization. The resulting combination would be the governing body for domestic and international speed skating. It has been 35 years, since 1966, that the two branches have operated independently. We hope whatever the result, speed skating will be re-energized and speed skaters of all ages and ability will be able to improve and enjoy this sport through organized training and competition.

The Northern New York Speedskating Association is happy to welcome the delegates. The Holiday Inn Turf, Wolf Road, Albany, NY will be the host hotel. A hotel shuttle service is available from the airport. If driving, take Exit 4 of I-87 Adirondack Northway. From the north take two lefts at the traffic lights then right at the light onto Wolf Rd. From the south turn right off the exit ramp onto Wolf Rd. In walking distance are many fine restaurants and shops. A hospitality room will be available for your relaxation and enjoyment Thursday evening.

There may be little leisure time. Late Friday afternoon, the NNYSA and The Saratoga Springs Committee for a Speed Skating Hall of Fame are going to whisk you to Saratoga Springs, NY for a tour of the city. The Saratoga Region has a long and enduring relationship with national speed skaters, their families, speed skating competitions, and speed skating facilities. After the tour, there will be a presentation by the Greater Saratoga Springs Chamber of Commerce. A complimentary dinner in The City Center will be catered by one of Saratoga's leading restaurants.

The highlight of the convention will be induction of the new Hall of Fame members at Saturday evening's banquet. We expect a good turnout so please send your reservation forms* as early as possible, but no later than May 9th.

See you there!

Tom Porter

* Due to space constraints the form will be printed in the next Racing Blade.

Letter to the Editor

Thank you for our first issue of The Racing Blades. Our children are new to the sport this year. We are members of the new Franklin Park Speed Skating Club in Franklin Park IL. Our club has 10 skaters (not bad for a new club). We have 7 class B skaters and 3 class A skaters. The skaters have really improved since our first race. This is due to our excellent coaches, Tom Healy, Anita Healy, and Chuck Burke. Our biggest hurdle our club had was obtaining skates. After many phone call to existing clubs, skate shops in the Chicago area and extensive internet searches we were advised to call Mike Affholter. He came through for us and delivered new Bont Club skates to all our class B skaters! The look on the kid's faces was worth a thousand words as you can see from their first official photo with their new skates. The coaches and the parents of our club are dedicated to seeing this club become a success. This is a great sport with wonderful people. We are always looking for gently used skates in smaller sizes. Anyone interested in donating or selling at a low cost can contact Tammi Dawson @ 847-678-2091.

Thank you,
Tammi (Burke) Dawson

Children in the picture are (1-r) Thomas Bernacki, 5 years, Melissa Dziadoz, 7 years, Christian Dawson, 9 years (grandson of Chuck Burke), Timothy Dawson, 12 years (grandson of Chuck Burke), Steven Weber, 9 years, Christine Weber, 8 years.



News from Alaska

By Vicky Kelly

Yoichi Kawabata from Chitose, Japan, was in Anchorage on business in early 2000, and looked up the Alaska Speedskating Club. Being a skater himself and having a son in the Chitose Skate Club, he thought he would introduce himself to our club. From there the idea formed to get the two clubs together and have a competition on long track and visit our city. Chitose has been Anchorage's sister city for over 30 years and we figured this would be a great way to

expose Anchorage to our sport while strengthening our international relationships. As fall started to break in Anchorage, we were anticipating an exciting event slated for January 2001. Only something was holding a cloud over our excitement, the weather. Anchorage was heading for one of its warmest winters yet.

There was rain and lots of it, then it froze. Ahhhh...a skater's paradise. The whole city was an ice rink. Everywhere you looked, parking lots, neighborhood streets, parks, it was as smooth and shiny as crystal. Then, great goodness, it warms up again. What a roller coaster ride. Were we going to have outdoor ice for our first International Club Championship Races? Amy Fitzpatrick was in constant communication with Yoichi, putting together the finishing touches. Five host families, club members and friends, volunteered to house the 11 children. They were ages 10 to 14, 6 boys and 5 girls. The adults, Yoichi, his daughter Miku, Coach Sato, parent Atsuko Tada stayed in a hotel. Our club rented a 15 passenger van to transport the group to special events we put together for their visit. Having been a school bus driver as one of my extra jobs while being a stay-at-home mom, I offered to drive the van. The most interesting aspect of their visit would be the communication gap. The adults were the only ones who spoke English well enough but they were at the hotel. Amy, always thinking, hands us a Japanese travel guide book. The children had their own set of common phrases they could point to when needed. The first night the hosts stumbled through gestures and some translation to show their guests where they could settle their things. Now, I probably could write pages about the club's experience. We so much enjoyed every minute and by the last evening, we all had become friends. Needless to say, there were hugs and tears during their departure at the airport.

For the competition, our city and so many wonderful businesses lent a hand in putting on a super event. The roller coaster weather cooperated and great fun was had by all. The level of competition was just what our club members needed. When you practice and race against the same people, you tend to get use to the taste. But add a new ingredient to the soup and you enhance the flavor. We were fortunate to have a quality group of skaters come and share their ability with us. They indeed enhanced the flavor and gave our young skaters an experience to remember for a long time. And with that experience, our club has developed a lasting relationship, one that will bring the two clubs together in the years to come. What's up next for the Alaska Speedskating Club? Only the biggest sporting event Alaska has undertaken to date, the 2001 Special Olympic World Winter Games in March.

Our members have jumped in with both feet to help make the speed skating venue one of the best events of the games!

National Long Track Championship Results

January 27-28, 2001

Pony Girls

200 M	0:23.38	Sugar Todd	Katie Brezovar	Allison Dudek	Paige Brehm
300 M	0:33.26	Sugar Todd	Katie Brezovar	Allison Dudek	Rebecca Braak
400 M	0:43.48	Sugar Todd	Katie Brezovar	Allison Dudek	Paige Brehm
500 M	0:54.83	Sugar Todd	Katie Brezovar	Mary Grace	Paige Brehm
600 M	1:07.23	Sugar Todd	Allison Dudek	Paige Brehm	Katie Brezovar
Overall		Sugar Todd	Katie Brezovar	Allison Dudek	Paige Brehm

Midget Girls

300 M	0:30.58	Tippy Jordan	Erica Hawke	Kelly Block	Laura Johnson
400 M	0:40.44	Erica Hawke	Tippy Jordan	Laura Johnson	Kelly Block
500 M	0:49.26	Tippy Jordan	Laura Johnson	Marin Austin	Lisa Hambly
600 M	1:01.55	Laura Johnson	Marin Austin	Tippy Jordan	Lisa Hambly
800 M	1:24.87	Tippy Jordan	Erica Hawke	Lisa Hambly	Laura Johnson
Overall		Tippy Jordan	Laura Johnson	Erica Hawke	Marin Austin

Juvenile Girls

300 M	0:29.89	Ashlee Barnett	Gretchen Stangl	Erica Lanser	Caitlin Goskowicz
500 M	0:47.49	Ashlee Barnett	Gretchen Stangl	Erica Lanser	Rebecca George
600 M	0:59.14	Ashlee Barnett	Erica Lanser	Gretchen Stangl	Rebecca George
800 M	1:19.37	Ashlee Barnett	Gretchen Stangl	Erica Lanser	Caitlin Goskowicz
1000 M	1:41.38	Ashlee Barnett	Erica Lanser	Caitlin Goskowicz	Rebecca George
Overall		Ashlee Barnett	Erica Lanser	Gretchen Stangl	Caitlin Goskowicz

Junior Girls

500 M	0:53.85	Nicole Graham	Anna Ringsred
800 M	1:15.34	Anna Ringsred	Nicole Graham
1000 M	1:46.55	Anna Ringsred	Nicole Graham
1500 M	2:41.66	Anna Ringsred	Nicole Graham
3000 M	5:43.55	Anna Ringsred	Nicole Graham
Overall		Anna Ringsred	Nicole Graham

Intermediate Women

500 M	0:45.42	Bonnie Klint	Heidi Stangl	Diana Krogman	Pam Miller
800 M	1:16.19	Heidi Stangl	Bonnie Klint	Diana Krogman	Pam Miller
1000 M	1:38.38	Bonnie Klint	Diana Krogman	Heidi Stangl	Pam Miller
1500 M	2:38.60	Bonnie Klint	Pam Miller	Diana Krogman	
3000 M	5:27.06	Bonnie Klint	Heidi Stangl	Pam Miller	Diana Krogman
Overall		Bonnie Klint	Heidi Stangl	Diana Krogman	Pam Miller

Senior Women

500 M	0:47.80	Leah Lambert	Carla Langenthal
800 M	1:23.63	Leah Lambert	Carla Langenthal
1000 M	1:43.57	Leah Lambert	Carla Langenthal
1500 M	2:35.89	Leah Lambert	Carla Langenthal
3000 M	5:14.42	Carla Langenthal	
Overall		Leah Lambert	Carla Langenthal

Master Women 30-39

500 M	0:46.62	Cindy Darrow	Suzy Osum
800 M	1:23.44	Suzy Osum	Cindy Darrow
1000 M	1:41.50	Suzy Osum	Cindy Darrow
1500 M	2:35.53	Suzy Osum	Cindy Darrow
3000 M	5:12.99	Suzy Osum	Cindy Darrow
Overall		Suzy Osum	Cindy Darrow

Master Women 40-49

500 M	0:57.96	Mary O'Donnell
800 M	1:32.40	Mary O'Donnell
1000 M	1:58.63	Mary O'Donnell
1500 M	3:08.51	Mary O'Donnell
3000 M	6:20.36	Mary O'Donnell
Overall		Mary O'Donnell

Continued from page 26

Pony Boys

200 M	0:22.31	Robert Lawrence	Anders Lee	Simon Cho	Brian Hansen
300 M	0:32.10	Robert Lawrence	Anders Lee	Brian Hansen	Simon Cho
400 M	0:42.19	Robert Lawrence	Brian Hansen	Andrew Chin	Nathaniel Binversie
500 M	0:52.94	Robert Lawrence	Anders Lee	Brian Hansen	Andrew Chin
600 M	1:05.46	Robert Lawrence	Anders Lee	Brian Hansen	Simon Cho
Overall		Robert Lawrence	Anders Lee	Brian Hansen	Simon Cho

Midget Boys

300 M	0:31.28	Jordan Hinke	Eddie Alvarez	Brent Aussprung	Tyler Sierakowski
400 M	0:40.17	Jordan Hinke	Eddie Alvarez	Brent Aussprung	Ned Collins-Chase
500 M	0:48.33	Jordan Hinke	Eddie Alvarez	Brent Aussprung	Ned Collins-Chase
600 M	1:00.46	Jordan Hinke	Brent Aussprung	Eddie Alvarez	Ned Collins-Chase
800 M	1:20.61	Jordan Hinke	Eddie Alvarez	Ned Collins-Chase	Brent Aussprung
Overall		Jordan Hinke	Eddie Alvarez	Brent Aussprung	Ned Collins-Chase

Juvenile Boys

300 M	0:27.69	Mike Blumel	Joe Parrella	Matt Hotchkiss	Joey Thao
500 M	0:44.83	Mike Blumel	Joe Parrella	Carl Buehler	Matt Hotchkiss
600 M	0:54.53	Joe Parrella	Matt Hotchkiss	Carl Buehler	Mike Blumel
800 M	1:14.52	Mike Blumel	Carl Buehler	Joe Parrella	Matt Hotchkiss
1000 M	1:33.00	Mike Blumel	Carl Buehler	Matt Hotchkiss	Joe Parrella
Overall		Mike Blumel	Joe Parrella	Carl Buehler	Matt Hotchkiss

Junior Boys

500 M	0:43.15	Darron Olson	Tim Venne	Eric Cepuran	Paul Dyrud
800 M	1:14.40	Darron Olson	Paul Dyrud	Eric Cepuran	Tim Venne
1000 M	1:27.88	Darron Olson	Paul Dyrud	Tim Venne	Eric Cepuran
1500 M	2:14.15	Darron Olson	Paul Dyrud	Tim Venne	Nate DeFranco
3000 M	4:54.70	Darron Olson	Paul Dyrud	Eric Cepuran	Tim Venne
Overall		Darron Olson	Paul Dyrud	Tim Venne	Eric Cepuran

Intermediate Men

500 M	0:42.46	Thomas Westover	Greg Morris	Richard Bauer
800 M	1:09.27	Thomas Westover	Greg Morris	Richard Bauer
1000 M	1:26.40	Thomas Westover	Richard Bauer	Greg Morris
1500 M	2:10.67	Thomas Westover	Richard Bauer	Greg Morris
3000 M	4:43.53	Thomas Westover	Greg Morris	Richard Bauer
Overall		Thomas Westover	Greg Morris	Richard Bauer

Senior Men

500 M	0:39.71	Daniel Frederick	Michael Witty	Jason Hedstrand	Scott Bradford
800 M	1:04.89	Michael Witty	Daniel Frederick	Jason Hedstrand	Scott Bradford
1000 M	1:24.27	Michael Witty	Jason Hedstrand	Brady Thompson	Nathan Brunner
1500 M	2:21.69	Michael Witty	Brady Thompson	Jason Hedstrand	Nathan Brunner
3000 M	4:35.94	Daniel Frederick	Jason Hedstrand	Michael Witty	Scott Bradford
Overall		Michael Witty	Daniel Frederick	Jason Hedstrand	Brady Thompson

Master Men 30-39

500 M	0:42.61	Paul Marchese	Matt Trimble	Howard Clausing	John Bleck
800 M	1:14.60	Paul Marchese	Howard Clausing	Matt Trimble	John Bleck
1000 M	1:39.13	Paul Marchese	Matt Trimble	Howard Clausing	John Koppi
1500 M	2:24.65	Paul Marchese	Howard Clausing	Matt Trimble	John Bleck
3000 M	4:54.94	Paul Marchese	Matt Trimble	Howard Clausing	John Koppi
Overall		Paul Marchese	Matt Trimble	Howard Clausing	John Bleck

Master Men 40-49

500 M	0:42.87	Greg Oly	Mark Chrysler	Steven Desotell	Olusegun Sijuwade
800 M	1:14.60	Greg Oly	Mark Chrysler	Steven Desotell	Chuck Osum
1000 M	1:35.80	Greg Oly	Mark Chrysler	Rob Darrow	Chuck Osum
1500 M	2:26.93	Greg Oly	Steven Desotell	Rob Darrow	Chuck Osum
3000 M	5:02.60	Greg Oly	Rob Darrow	Steven Desotell	Mark Chrysler
Overall		Greg Oly	Mark Chrysler	Steven Desotell	Rob Darrow

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Continued from page 27

Master Men 50-59

500 M	0:44.30	John Diemont	Vince Gagliano	Ron Scholefield	Dave Montgomery
800 M	1:14.34	John Diemont	Ron Scholefield	Dave Montgomery	Bill Steffel
1000 M	1:51.50	John Diemont	Ron Scholefield	Dave Montgomery	Vince Gagliano
1500 M	2:53.46	John Diemont	Ron Scholefield	Dave Montgomery	Vince Gagliano
3000 M	5:24.71	John Diemont	Ron Scholefield	Dave Montgomery	Vince Gagliano
Overall		John Diemont	Ron Scholefield	Dave Montgomery	Vince Gagliano

Master Men 60-69

500 M	0:49.41	Richard Widmark	Vern Kappes	Floyd Bedbury	John Sorce
800 M	1:24.85	Vern Kappes	Richard Widmark	Floyd Bedbury	John Sorce
1000 M	1:50.17	Vern Kappes	Richard Widmark	Floyd Bedbury	John Sorce
1500 M	2:50.19	Vern Kappes	Richard Widmark	Floyd Bedbury	John Sorce
3000 M	5:50.34	Vern Kappes	Richard Widmark	Floyd Bedbury	John Sorce
Overall		Vern Kappes	Richard Widmark	Floyd Bedbury	John Sorce

Master Men 70+

500 M	0:50.65	Howard Ganong
800 M		Howard Ganong
1000 M		Howard Ganong
1500 M		Howard Ganong
3000 M		Howard Ganong
Overall		Howard Ganong

The Athlete's Kitchen

Copyright February 2001: Nancy Clark, MS, RD

Protein: Finding the balance

Confusion abounds regarding the right balance of protein in the sports diet. Rugby players, runners, and skaters alike commonly wonder 1) if a high protein diet is less fattening than a carbohydrate-based sports diet, 2) if protein is best for preventing hypoglycemia, 3) if they need extra protein to support the demands of their exercise program, and 4) if protein supplements are the most effective way to build muscles. The following article is designed to clarify some of this protein confusion and help you find the right balance of protein-rich foods in your sports diet.

Q. I want to lose weight so I'll be a lighter, quicker athlete. I've stopped eating starches like potato, pasta, bread, and other fattening carbohydrates. But I wonder: what's the right balance of protein and carbs for weight loss?

A. The current popularity of high protein diets for weight loss stems from protein's ability to curb hunger. That is, an egg-based breakfast takes longer to digest and can be more satisfying than is an equal number of calories from a plain bagel. By being satisfied, you'll be able to eat fewer calories, and thereby create the calorie deficit needed to lose weight.

Despite popular belief, carbohydrates are NOT fattening! Rather, EXCESS CALORIES are fattening—excess calories of carbs, protein, or fat. As an athlete, you actually need a carbohydrate-based sports diet to fuel your muscles, because only carbs get stored in muscles as glycogen. When your muscle glycogen stores become depleted through repeated days of hard training with too few carbohydrates to replenish the losses, you'll become needlessly fatigued.

Rather than eliminate carbohydrates (which are likely among your favorite foods), I recommend you consult with a sports nutritionist who can design a personalized food plan that will help you lose weight, maintain energy for training, and include your favorite meals. To find a local sports nutritionist, go to www.eatright.org and use the referral network of the American Dietetic Association.

Q. I struggle with hypoglycemia, so I've cut back on carbohydrates to avoid "sugar highs and sugar lows." I'm eating protein with each meal but I am afraid to have potato, rice, and bread. I've heard these foods have a high glycemic index and quickly elevate my blood sugars, only to create an excessive amount of insulin that takes too much sugar out of my blood and makes me "crash." What's the right balance of protein to carbohydrates to keep my blood sugar stable?

A. Of the athletes I counsel who complain about hypoglycemia, the vast majority simply underconsume calories at breakfast and lunch. They get light-headed in the afternoon not because of a reaction to carbohydrates, but because they failed to put enough fuel in their bodies and are running on fumes. The solution is not to limit carbs but rather to eat heartier breakfasts and lunches. These meals should include both carbs (for energy) and protein (for satiety)—such as milk with cereal, turkey on bread, and meat sauce with pasta.

Q. I've stopped eating meat, and have chicken or fish about once a week in a restaurant. I eat mostly bagels, salads, pasta, and apples. Will this give me enough protein to support my exercise program?

A. Likely not. Although bagels and pasta do offer a little protein, the protein is low quality and fails to offer all the amino acids needed to build muscles. Hence, you should complement these grains with a protein-rich plant food at each meal, such as peanut butter on a

breakfast bagel, beans on the lunch-time salad, and tofu with pasta at dinner.

I counsel too many athletes who call themselves "vegetarians" but are actually just non-meat eaters who eliminate meat but fail to add in beans, soy, and other plant proteins. Their bagel & pasta diet is deficient in many nutrients that are essential for health and top performance including not only protein (for building, repairing, protecting muscles) but also iron (for preventing anemia), and zinc (for healing and strengthening the immune system). No wonder these athletes complain about chronic fatigue, poor recovery after exercise, colds they can't shake, and overall lack of energy. They also have visible signs of malnutrition: blotchy facial complexion and grayish coloring—both of which disappear once they balance their diet with adequate protein.

Q. I want to bulk up, so I've started eating a protein bar and protein shake at breakfast and lunch (instead of cereal and sandwiches). My mom worries I'm eating too much protein. What's the right balance?

A. To build muscle, you need adequate protein, extra carbohydrates, and, of course, resistance exercise such as lifting weights. Carbs fuel your muscles and give you the energy needed to perform the muscle-building exercise. If you eat too much protein by displacing, let's say, cereal with a protein bar, you'll not only fail to fuel your muscles properly, but will also fail to invest in optimal health. Displacing natural foods with engineered foods (protein supplements) limits your intake of the health-protective nutrients Nature puts in whole foods.

To determine how much protein your muscles actually use, simply estimate your protein needs according to these targets:
Recreational exerciser, adult: 0.5-0.75 gm protein/lb healthy body weight

Competitive athlete, adult: 0.6-0.9

Growing teenage athlete: 0.8-0.9

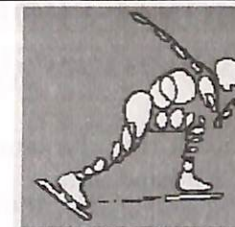
Dieting athlete, low calories: 0.8-0.9

Maximum for all healthy athletes, including body builders: 0.9 gram.

Example: If you weigh 160 pounds and want the maximum acceptable protein intake (0.9 gms pro/lb), you'd need 144 grams of protein—an amount you could easily consume from a day's diet that includes 1 quart skim milk, 1 can tuna, and 8 ounces chicken breast.

I recommend protein supplements only in a few medical situations, such as for malnourished patients with AIDS or cancer, or clients with anorexia who refuse to eat other sources of protein. Few healthy athletes need to spend money on protein supplements; supplements have no magic ingredients. Even vegetarian athletes can get enough protein through plant and dairy foods. Wholesome food works fine!

Nancy Clark, MS, RD counsels both casual exercisers and competitive athletes at Sports Medicine Associates in Brookline, MA. Her popular Nancy Clark's Sports Nutrition Guidebook, 2nd Edition is available by sending \$20 to Sports Nutrition Services, 830 Boylston St. #205, Brookline MA 02467 or via her website, www.nancyclarkrd.com.



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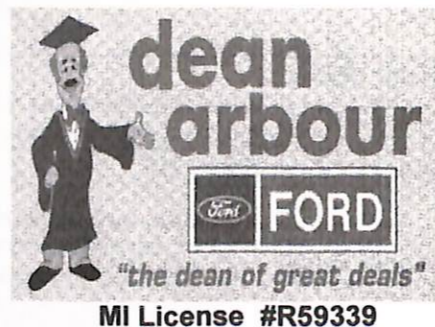
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