

The Racing Blade®



VOLUME XXXIV
NUMBER 4

JULY 2001

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



The Convention
The Merger

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The cover photos are our new Hall of Fame inductees receiving their plaques. Top row left is Pat Maxwell receiving from Moira D'Andrea and Larry Ralston. Top right is Pat Wentland receiving from Tom Healy and Larry Ralston. Bottom left is Donald Kangas receiving from Bill Anderson. Bottom right is Jerry Search receiving from Larry Ralston. Edward Rudolph (shown below) was in poor health and unable to attend.





The Racing Blade

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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, 0S651 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.

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Editor's Notes

As many of you will have noticed by now everybody is receiving their Racing Blade by First Class (Pre-sorted First Class) mail. We have managed to get the printing cost down far enough that the Board of Control felt that we could spend the savings to get the magazine out to the readers in a more timely manner.

It is still up in the air whether we will have a Fall issue or not. The deadlines for the issues to be mailed in the first and second quarters of 2002 are listed below. If the decision is made to publish an issue in the fourth quarter this year, the deadline date will be sent out by e-mail.

Included in this issue are the 2001 National Short Track Championship Medallion presentation photos. These were supposed to be in the previous issue but were received in a damaged condition. There were ink spots on the pictures which would have given a number of the champions and presenters a bad case of "measles."

Correction

In the identification of the National Short Track Champions the name of the Pony Boys Champion, Robert Lawrence, was unintentionally left out. He is in the front row and should have been listed between Jan Zurcher and Kreg Greer.

Deadlines:

January 7, 2002 Pre-Olympics, Pre-Long Track Nationals and North Americans

February 27, 2002 Post-Olympics, Post-Long Track Nationals and North Americans, Pre-Short Track National and North Americas

April 3, 2002 Post-Short Track Nationals and North Americans. Pre-Convention, Summer schedule

June 5, 2002 Convention Results, Plans for next season.

2001 ASU Convention Summary

By Karen Kostal, ASU Executive Secretary

This is a summary of the voting and committee action that took place at the ASU convention the weekend of May 18-20. Contact your Associations' Delegates, Board of Control Rep or me with any questions. Please spread the word to members of your clubs who are not on the ASU news list.

The full minutes of the convention will be sent to each Association Secretary and Board of Control Member via email and they will also be posted on the ASU web page. You may download and print hard copies if desired...Hard copies of the minutes can be obtained from the ASU National Office if you require them.

An ASU Annual Resource Book is available from the National Office for a cost of \$15. This book will contain all of the directory information that has traditionally been published and will include catalog information, tips for equipment purchase and blade sharpening and maintenance, the racing schedule for the year, ASU and USS committees, any new or revised Racing Rules. Many of your Associations ordered copies for clubs at the convention. Check with me or your Association Rep that attended the convention to determine if you need to order your own copy. Most of this information will also be published on the ASU web page. Hopefully, it will be published by mid July.

CONGRATULATIONS TO: It was announced that Carl Cepuran was hired by USS as the Development Coordinator. Carl will be working closely with the USS Development and Coaching Development Committees, the ASU National Office and local Clubs and Associations in order to make available coaching education courses and development camps to our skaters and coaches. As of now, his contact info is (630) 640-4485, fax (630) 790-0237, cepuran@aol.com.

Leigh Barczewski (leighbike@aol.com, (610) 799-4498, 4943 Sugar Pie Drive, Schnecksville, PA 18078-2373) was elected to be the ASU VP of Promotion, Al Menghi will become the VP of Racing and Bob Payne will replace Carl as the VP of Operations.

Don Kangas, Pat Maxwell, Edward Rudolph, Jerry Search and Pat Wentland were inducted into the ASU Hall of Fame. Betsey Porter and Karen Street received President's awards. Kira Fling was awarded a \$3,000 ASU Scholarship. She is the first recipient of the scholarship named the "Howard Gutgesell Memorial Scholarship."

The Racing Blade will now be mailed 1st class to all ASU members with no additional fee.

RESULTS OF PROPOSAL VOTES:

MERGER: The 2 merger documents (Plan of Merger and Revision to USS By-laws for merger) were approved! Now USS members need to vote to approve them and once that is completed (in a few weeks) it will be official. The ASU and USS will merge and become one organization effective March 1, 2002. More (much more) to come on this item!

NEW ASSOCIATION: The Nevada Speed Skating Association was admitted into the ASU.

REGISTRATION: All Committee Chairpersons and all appointees must maintain current registration with the ASU and in their Association - Individuals may send their registration directly to the ASU and are not required to send it through their Association. Individuals still must register with their Association - the ASU registration process is merely being streamlined. More information on this to come.

NATIONAL LONG TRACK CHAMPIONSHIPS: Salt Lake City, Utah long track has been added to the rotation for the sites for the National Long Track Championship.

ASU HALL OF FAME: Saratoga Springs, New York was selected as the new site for the ASU Hall of Fame.

MARATHON CHAMPIONSHIPS: The ASU has approved the beginning of a North American Marathon Championship. Speed Skating Canada will evaluate this proposal at their annual meeting this June as well. Stay tuned. - Records will now be kept for the National and North American Marathon Championships.

RACING PROPOSALS: It was clarified on page 53 of the Handbook that only Juvenile skaters and above can skate in Relay Races. - On page 82 of the Handbook, change the title of the procedure for National Championships - Short Track FROM: "for Masters, Senior, Intermediate, Junior and Juvenile 500 M and Juvenile 333 M" TO: "Master....Senior, Intermediate, Junior and Juvenile races shorter than 1000 M"

Other proposals either were not passed or were returned to Committee for further development and/or research.

MEET LOCATION: Montana was awarded the bid for the National Long Track Championships in 2003 and Northeast was awarded the National Marathon Championships in 2002, and Minnesota was awarded the national Marathon Championships in 2003 Northeast was awarded the North American Marathon Championships in 2003 if passed by Speed Skating Canada. Stay tuned... Missouri was accepted as a site for the Spring annual meeting of US Speedskating in 2003 pending merger approval, and approval of the USS Board.

A thank you to Tom Porter and his group for a job well done organizing a historic ASU convention.

Any questions? Contact me.

Karen Kostal can be contacted at asukostal@aol.com 0S651 Forest Street Winfield, Illinois 60190-1541 (630) 784-8662 fax (630) 784-8667



President's Comments

By Duane Riley

The last ASU convention. Endings bring new beginnings and we all hope that our merger will be just the thing our sport needs. Working together will only help us all. So, I guess we should be happy and looking forward to new challenges and new adventures together. There are many people working to pull everything together and make this the best organization it can be. I can see the cooperation and enthusiasm and I believe we will be a great organization.

Many thanks to everyone who made this a very successful convention. Special thanks to Karen Kostal for an excellent job of organizing and keeping everything flowing as it always has before. To Chuck Moore for presenting and informing us all on any and all issues concerning the merger. Also to the Executive Board for all their help with informing all members about the merger. And everyone who attended the merger for their contribution of time and knowledge.

I know we all appreciate all the Northern New York Association did putting on a fine convention. The Saratoga people have a big job ahead of them with the Hall of Fame, but I'm sure Tom Porter and his crew will do a fine job. We wish them the best of luck.

I hope everyone has a good summer. Enjoy all your vacations and be ready for a new season in the fall.



Vice President - Racing

By Al Menghi

Greetings from your new lame duck vice president of racing. I kind of figured that I would be voting myself out of a job with the merger, but did not expect to move up to VP of Racing to finish my term until the merger is complete. Well, with that, I have some things I'd like to work on in the next year, and am requesting your help.

The Safety Committee now reports to me. It has kind of floundered over the last couple of years and does not even have a chairman. I am very concerned with safety and the sport of speed skating. Aside from not wanting to see anybody get hurt, I think that any overall perception that our sport is dangerous, either by rink managers or parents of

potential skaters, will be a serious hindrance to the growth of our sport. There are a couple of important issues I'd like your input on. Please read the following and send your comments and suggestions to me at ameng@aol.com, or 130 Butlertown Road, Waterford CT 06385-4042.

Mats - This question is asked all the time by new clubs, "How many mats do we need?". The fail-safe answer is to refer questions to page 103 of the Handbook, which shows the required mat coverage for ASU national competitions. Is this the appropriate amount for a new club? Ideally, yes, but not financially realistic nor practical for most situations. Common sense says the amount of safety padding required for rink walls depends on the speed and ability of the skaters, and the type of workout being performed. Common sense is good, but in many cases not good enough because of the three l's so prevalent in today's society - liability, lawyers, and litigation. We have to be careful. I think we should come up with some guidelines. What are your ideas on this? Obviously, with any guidelines we have to be careful with liability. Do we give some discretion to the coaches based on the type of workout? But then that would be dumping all the responsibility on them and I'm not sure that is fair. What do you think?

Helmets - This is another issue with no easy answer. First a couple of facts. US Speedskating follows the ISU, which requires the American Society for Testing and Materials (ASTM) Specification F 1849 ice speed skating helmet. The ASU recommends the ASTM ice speed skating helmet but does not require it. The ASTM ice speed skating helmet is causing several issues, including cost and fit. First, it only comes in one size so it doesn't fit everyone properly. This is the manufacturer's choice and not because of the limits of the specification. It doesn't take a scientist to figure out that a poorly fitting helmet is not effective. Houston, we have a problem.

Before I go on, let me give some more facts. There are ASTM helmet standards for several types of helmets. (I have copies of most of the specifications if any of you are interested.) The primary test for each helmet, in layman's terms, is to place a sensor on a test skull, put the helmet on it and give it a good whack and make sure the sensor does not read too high. Each type of helmet is whacked by different type objects, shaped based on the sport involved, and traveling at different controlled speeds also based on the sport involved. The things that whack which have various shapes, including flat, shaped like a curb, a hemispherical shaped one, a triangular one, and even an equestrian one which is shaped like a horse hoof (for equestrian helmets of course). The ASTM ice speed skating helmet is tested very similarly to a bicycle helmet, with an additional whack, at a lower velocity than the others, with

Continued on page 5

Menghi, continued from page 4

a skate blade shaped object. The ASTM roller skating helmet specification, which includes speed in-line skating, basically says to use a bicycle helmet. The ASTM skateboarding and trick roller skating helmet, which has been suggested by some as an alternative for us, does not get such hard whacks as the ice speed skating or bicycle helmets in its tests. In general, I think I am accurate by stating that helmets with soft foam padding cannot withstand as hard a whack on the sensor as a hard foam helmet. OK, now that I've confused the issue with facts, what are your ideas? Can we try to persuade the manufacturers to make more sizes of the ASTM helmet? Is the size issue overstated? Are the rules OK the way they are? About the cost issue, I'd like to add my 2 cents. It would be nice to have an inexpensive helmet, but most of the time in life you get what you pay for. Bell Helmets used to have an ad for their motorcycle helmets, and I remember it going something like this, "If you have a \$10 head, then get a \$10 helmet".

Well, hopefully I've kicked the hornet's nest, so to speak, and we'll get some discussion and hopefully consensus on the important issues that I have raised. I look forward to hearing your ideas.

Vice President - Promotion

By Leigh Barczewski

As the new Third Vice President of the ASU I wanted to introduce myself to the membership. My name is Leigh Barczewski. I was a competitive speed skater for almost 15 years. I began skating in 1966 and competed in my last meet in 1981, although I began racing again last season in the masters class. During my skating career I won two national championships. In 1973 I won the Intermediate Men's National Indoor Championship and in 1974 I won the Senior Men's National Outdoor Championship. I was also an alternate on the 1977 World Sprint Championship Team. During this time frame I was also a fairly good bicycle racer, having won four consecutive National Sprint Championships. I was also a member of the 1976 Olympic Team and 1979 Pan American Games Team and in 1978 won a Silver Medal in the World Cycling Championships. Upon retiring from my athletic career I spent nearly 15 years doing sports and special event marketing. I am currently a Financial Advisor for Morgan Stanley in Allentown, PA. I plan on using my experience in skating, cycling, sports marketing and financial services to help make speed skating a more recognized sport in the United States.

I am very excited by what is going on in skating right now. With the Winter Olympics back in the U.S. and the merger, we have a lot of things to look forward to in the next year.

I am also very excited about being responsible for the Speed Skating Hall of Fame committee. During the ASU convention Tom Porter of Saratoga Springs, NY gave a wonderful presentation for moving the Hall of Fame from Newburg, NY to Saratoga Springs, NY. To make Tom's presentation even more impressive, he and local congressman Bobby D'Andrea were able to obtain initial financing of \$30,000 for the move to Saratoga Springs. Upon completion of his presentation it was voted to move the Hall of Fame to Saratoga Springs.

What makes this move so exciting is that over the next couple of years the Speed Skating Hall of Fame will go from a backroom storage area to an active, well-displayed, well-maintained, true hall of fame. Plans are for the Hall of Fame memorabilia to be openly displayed in a way that best honors the wonderful past of speed skating in the U.S. Because many thousands of tourists go through Saratoga Springs each year it is hoped the Hall of Fame will attract its share of these tourists. Once the new Hall of Fame is up and running, I invite all of you to come and learn more about the past of our sport.

If anyone has any questions or comments about the Hall of Fame or anything related to speed skating I can be reached at:

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Meet the U.S. Speedskating Board



Front row, l to r Bill Cushman, Fred Benjamin, Brad Goskowicz, Andy Gabel, Jeff FitzRandolph. Back row, Ed Lang, Tom O'Hare, Casey FitzRandolph, Craig Wing, Bonnie Blair, Amy Peterson, Lisa Sundstrom. Missing, Terry McDermott, Leah Poulos Mueller.

By Bill Houghton

As we are merging with U.S. Speedskating an introduction of their Board is in order. This board is an interim board, chosen after U.S. Speedskating changed their By-Laws. It will serve until the merger is complete. This board consists of the Past President, the Athletes Council of four elite athletes chosen by the elite athletes, three retired Olympians elected by the retired Olympians, two members at-large elected by ASU/U.S. Speeding membership, three ASU representatives appointed (elected) by the ASU, and two board members selected from outside the sport. We will have another election at that time but we can expect to see many of the same faces after the election. Thumbnail sketches of the board members are:

Fred Benjamin, President, has been an ASU representative to U.S. Speedskating since 1993.

Bonnie Blair was elected as a member of the Athletes Council—Long Track representative.

Bill Cushman, Past President, long time board member, ASU Hall of Fame member.

Casey FitzRandolph was elected as a member of the Athletes Council—Long Track representative.

Jeff FitzRandolph, Secretary, has been an ASU representative to U.S. Speedskating since 1993.

Andy Gabel, Vice President, elected to the Board as a Retired Olympian.

Brad Goskowicz, Treasurer, has been an ASU representative to U.S. Speedskating since 1994.

Ed Lang was elected to the Board as an at-large member.

Terry McDermott, long time board member, elected as a Retired Olympian. He is also chairman of the U.S. Speedskating Foundation and an ASU Hall of Fame member.

Leah Poulos Mueller, elected to the Board as a Retired Olympian. Former Executive Director of U.S. Speedskating and an ASU Hall of Fame member.

Tom O'Hare was elected as a member of the Athletes Council—Short Track representative.

Amy Peterson was elected as a member of the Athletes Council—Short Track representative.

Lisa Sundstrom has been an ASU representative since 1994.

Craig Wing, outside director, Executive Director of TOSH—The Orthopaedic Specialty Hospital—that supplies all of the physical trainers for the Long Track teams in Salt Lake City.



By Liz Causgrove

After months of preparation, and lots of hard work by Tom Porter, Northern New York Skating Association hosted the 73rd annual ASU Convention in Albany, New York on May 18 - 20, 2001. Delegates started arriving as early as Thursday morning, which gave them the opportunity to tour the beautiful Capital District region. On Thursday evening guests were served refreshments and hors d'oeuvre's in a hospitality suite which was made possible by the efforts of Larry Clever. Thanks Larry.

Friday evening was filled with fun and surprises. Almost all sixty ASU convention delegates made the bus tour of Saratoga Springs. The tour was followed by a wonderful reception and dinner held at the Saratoga Springs City Center. Friday's gala event was the effort of many people. Besides Assemblyman Bobby D'Andrea and Tom Porter, a special thanks to Debbie Harper, a staff member of Bobby's, for an enjoyable evening. Assemblyman D'Andrea was very enthusiastic when addressing the delegates at the dinner with hopes of securing the future home of the National Speedskating Hall of Fame in Saratoga Springs, NY. His hopes as well as the hopes of others became a reality at this year's Convention, Sunday, when it was unanimously approved. Thanks again to Tom Porter for everything.

The Hall of Fame banquet was held Saturday night at the Holiday Inn Turf in Albany. The banquet, held to honor the Speedskating Hall of Fame inductees, Don Kangas, Jerry Search, Pat Wentland, Edward Rudolph and Pat Maxwell, drew 180 people! Each inductee gave a touching, informative and inspiring speech. Congratulations to all of the new members! We were honored to have so many Olympians attend the banquet. Olympians present were Richard Wurster, Katie Marquard, Eric Flaim, Amy Peterson, Andy Gable, Kristen Talbot, Moira D'Andrea and Erin Porter. Past Hall of Fame members attending were Larry Ralston, Paul Mueller, Doc Savage, Shirley Yates, Pat Peaslee, Richard Wurster, Jim Chapin, Mary Smith and Chuck Moore.

Thanks from the Northern New York Skating Association to everyone for coming and making this year's Convention a success.

NEVADA SPEED SKATING ASSOCIATION TURNS UP THE HEAT.

By Ken Scholl

The Nevada Speed Skating Association is high on being accepted into the Amateurs Speedskating Union, our enthusiasm is as high as our Las Vegas temperature, which hit a hundred and seven degrees today. Of course we're keeping cool on the ice. Although, our ice time has been restricted to early-morning hours due to the high cost of energy we are skating on Saturday and Sunday mornings. For those of you that might visit Las Vegas over the summer please make arrangements to join us at the Las Vegas Ice Garden on one of their two beautiful rinks. The Ice Garden is located close to the Las Vegas Strip at 3896 Swenson Street just north of the Flamingo.

We have located a set of pads for our rink, which should be delivered late August or early September, at which time we anticipate hosting a clinic and bidding for a meet. Bob Nelson has been extraordinarily helpful in getting our program off the ground. Bob made numerous trips to Las Vegas from Southern California and worked diligently in setting up our training program and accompanying our skaters to meet's over the last season.

Although new, our club has been fortunate to attract crossover skaters from in-line and we look forward to seeing them as viable competitors in the upcoming racing season.

The members and board directors of the Nevada Speed Skating Association wish to thank Karen and the members of the Amateur Speedskating Union for accepting us into your ranks. We look forward to making you proud.

Merger News

The membership of U. S. Speedskating voted 105 to 4 to approve the merger with the ASU. This is the last group that needed to approve the merger, so it can now take place, as scheduled, on March 1, 2002.

At the Convention
The Committee Meetings

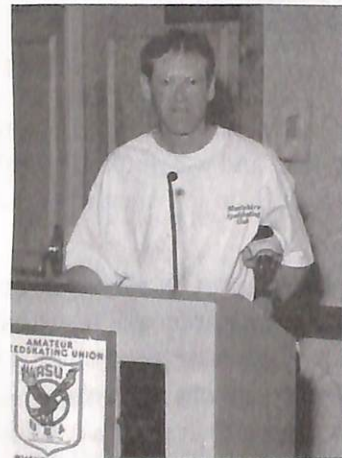


1 to r Bob Fenn, April Hill, Carole Moore, Laura Verdino
 Chuck Durkin, Hence Bollinger, Larry Ralston, Leigh
 Barczewski, and Bob Halden



1 to r Madeline Lease, Elayne Riley, Fred Benjamin, Carlos
 Soto, Tony Marchese, and Vinnie Gagliano

**North American
 Marathon**



Jamie Hess makes his
 presentation.



1 to r Lisa Sunstrom, Joan Peterson,
 Beth Bedford, Laura Verdino, Hence Bolinger,
 and Chuck Durkin.

The Trip to Saratoga Springs



Bobby D'Andrea (uncle of Moira)
 makes his pitch for moving the Hall of
 Fame to Saratoga Springs.

The Presidential Awards

Presented by ASU President Duane Riley



Karen Street of Illinois



Betsey Porter of Northern New York

The Banquet



Heidi Prom accepts the Hall of Fame plaque for her
 grandfather, Edward Rudolph, from Larry Ralston.



A couple of outstanding skaters from the recent past
 talk things over. Left to right Eric Flaim and Mike
 Kangas



1 to r Karen Kostal, Bob Payne, Chuck and Penny
 Durkin



The Marcheses, Tony, Paul, and Liz



ASU President Duane Riley visits with Ed and Joan
 Wentland of Northeast.



Part of the Ohio contingent. Left to right Joe Balbo, Katie
 and Dennis Marquard.

Carl Cepuran named the Development Coordinator for U.S. Speedskating

Cepuran's responsibilities will include leading the development planning of the organization, creating and implementing programs designed to recruit and retain participants, assisting local clubs and associations, assisting with marketing the image of the sport, improving and maintaining current development programs, and implementing the Coaching Education Program at all levels.

"I am thrilled to have this opportunity at this point in time. Our sport has always had a lot to offer - from opportunities to build character, increase physical fitness, and have fun for kids and adults alike to the pursuit of dreams in world and Olympic competition," said Cepuran. "Now, rink facilities, park and recreation districts, schools, and community groups are increasingly looking for programs that promote fitness, fun, and competition. Plus, you have the Winter Olympics here in the U.S. this year, a new oval facility (Utah Olympic Oval in Kearns, UT) that promises to be the fastest in the world, the continuing spread of ice rinks into the sunbelt, and the unification through merger of the two major national speed skating organizations, the Amateur Speedskating Union (ASU) and U.S. Speedskating, slated for 2002. Our challenge is to capitalize on these developments."

Before joining U.S. Speedskating, Cepuran held multiple roles within the sport of speed skating. He has been a member of the U.S. Speedskating Development Committee (2000 to 2001), ASU North American Committee (1999 to present), ASU Communications Committee (1998 to present), and ASU Promotion and Publicity Committee (1999 to 2000), and the ASU Vice President of Operations (2000 to 2001), and has organized speed skating competitions, including the 1999 North American Short Track Championships and the 1999 Chicago Silver Skates/American Cup I competition.

"I feel well-prepared to meet this challenge with a history that goes back over 30 years in speed skating, over 20 years in coaching," Cepuran said. "I've gotten to know the people and the needs on the grassroots side of the sport. I look forward to devoting full-time attention to using this knowledge to advance the sport in the U.S."

Cepuran graduated in 1983 from Northwestern University with a Bachelor of Arts degree in economics. He earned his Master of Management degree from Northwestern in 1994. Cepuran has worked in marketing, sales, strategic planning, and management capacities in both the non-profit and commercial sectors.

Cepuran and his wife, Marilyn, reside in Glen Ellyn, Ill. with their three children.

Global Club Competition

The initiatives by clubs are vital for the continuation of the sport. Each Olympic athlete once joined the sport at the local club. In order to promote the existence and importance of local clubs and their initiatives it is of paramount importance to make their position in the sport clear. That is why the ISU is holding a world-wide competition in which clubs are the players. The competition will reinforce the motivation of clubs and will be the kick-off for a series of regional international competitions. The initial competition will be held in Mannheim, Germany, November 16 to 18, 2001

Participation:

Every club affiliated to an ISU member is eligible to participate. In principle there are no numerical and/or geographical limits.

Entries:

Entries can be made in the following categories: Ladies individual, Ladies Junior A, Ladies Junior B, Ladies Junior C, Men individual, Men Junior A, Men Junior B, Men Junior C

Track Condition and Rink Dimensions:

Mannheim Ice Stadion has 2 artificially refrigerated, indoor surfaces of 60 x 30 meters. Both rinks will be used for the competition.

In conjunction with this, there will be an ISU-Short Track Speed Skating Development Seminar.

The report of the seminar will include the experiences of clubs world wide and will be made available to new clubs. This will greatly contribute to the development of the basis of the sport. It will be held in Mannheim, Germany on November 15 to 18, 2001

Seminar Program:

- Start of a new club
- Every day business of a club
- Reinforcement of an existing club
- Organization of training
- Organization of competitions
- Equipment

This course will only be open to Administrators and Office Holders of clubs affiliated to ISU Members.

Carl Cepuran can be reached at:
629 Hillside Avenue
Glen Ellyn, Illinois 60137-5035
(630) 790-0930, fax (630) 790-0237
e-mail: cepuran@aol.com

BAY CITY MICHIGAN PAYS TRIBUTE TO LOCAL BUSINESSMAN, SPEED SKATING PROMOTER

By Larry Ralston

The City of Bay City, Michigan payed tribute to long time businessman and speed skating promoter, Richard Somalski, when they dedicated a bronze and granite plaque, attesting to his involvement, at the new Bay City Civic Arena, site of the 2001 National Short Track Speed Skating Championships.

It was a fitting tribute to Somalski, who was one of the prime movers in getting the facility built and for his tireless efforts in fund raising and convincing the local government of the need for such a facility.

The new arena is used for trade shows and other athletic activity when it's not being used for skating.

Somalski has been an active businessman in the area for many years as owner and manager of Bay Landscaping Services. He also was the former Treasurer of the United States International Skating Association, now U.S. Speedskating. His attachment to speed skating goes back some 55 years as a competitor and later as coach of Olympic Gold medalist, Terry McDermott.

For his years of dedicated service to the sport, Somalski was elected to the Speedskating Hall of Fame in 1991. His many friends join in celebrating this latest tribute attesting to his accomplishments and dedication to the sport of speed skating.



Richard Somalski with the plaque.

WHAT DOES "MERGER MADNESS" MEAN FOR MASTERS?

By Carole Moore

Change is in the air, and now it's on the books. So what does the merger of ASU and USS mean for Masters?

In a nutshell, it means we don't have to panic, but we do have to stay involved. We have to voice our interests now and elect US Speedskating Board members who understand and represent those interests next March.

As we Masters know, we have traditionally played a vital role in important grass roots efforts such as the management of local clubs and the development of new skaters. (We've also grown the interest in and racing activity for Masters skaters significantly over the past several years.) All the age-graded racing programs will continue under the USS Development Committee, so it's crucial that we remain very involved in this area and with the USS Development Committee. Now is the time to begin planning just how we will work with the Development Committee members to make our needs known. FYI, Lisa Sundstrom at: clsundstrom@juno.com is currently heading this committee if you have any questions about it.

In the March 2002 elections, all registered ASU members, 18 and over, can vote for 5 Board members. It's therefore very important to encourage all speed skaters and involved supporters of speed skating to make sure they register (or update their registration) for the ASU so they will be eligible to vote!

If we all stay involved, vote for those who represent our interests, and work together for the "greater good" of speed skating, our two merging organizations can advance our sport, attract and develop new skaters as well as continue to enhance Masters skating.

So let's keep the communication going to help make sure the potential becomes reality!

Carole Moore can be reached at (718) ICE-0351.

George A. Wallace

George A. Wallace, a contributor to the Racing Blade, recently passed away. George attended the World Single Distance meet in Salt Lake and, before he passed way, compiled what he hoped would be some tips for young skaters of today based on what he saw at those competitions. Those comments will be published in the next issue of the Racing Blade. Here is some information on a very interesting man, with one of his last articles following.

Some biographical information

George and Inger made their first home in San Francisco, where he was the president of US Pipe & Manufacturing, having somewhere along the road actually learned to be an engineer. They moved to Burlingame with their first 2 daughters and stayed there until 1951 when they moved their now 6 children to Morgan Hill, in the country. George commuted to San Francisco for a number of years and finally gave in to what would be his second favorite occupation: photography. He studied photography with Ansel Adams and Minor White in San Francisco. After that he taught photography for a number of years and began to invent his Wallace Photo Products. Two of his inventions will continue on: the Wallace ExpoDisc, used as you would an incident light meter, and the aperture guide, based on Ansel Adams' zone system. He was fortunate enough to get his hands on a computer years ago and spent the last part of his life communicating with photographers all over the world through his web sites, www.expodisc.com, and www.wallaceway.com. The latter was used exclusively to help teach others to take pictures. He pursued his photography as he did skating, with optimism and enthusiasm to the end! His was a very good life indeed.

One of George Wallace's Final Articles - A bit of interesting history

George A. Wallace - Olympic Skating Team 1940

I was raised in San Francisco, not famous for its ice rinks or skaters. We had no outdoor ice to practice on and speed skaters were not even allowed to wear speed skates in the small indoor rinks. So, at 13, without a trainer or coach, I would go down to Iceland skating rink on Steiner and Sutter Streets and practice alone before they opened. I graduated from high school at 15 and went to Drew's College and then Heald's Business College to kill time before going to a 4 year college. However, I spent most of my time over the hill in San Francisco where the manager of Winterland in the Fillmore district gave me a key and let me practice skating. The conditions weren't the best, one lightbulb, so it was very dark, and 1/4 inch of water on the ice because the refrigerator coils hadn't had enough time to completely freeze the ice yet. I could practice from 7-9 am, as long as I didn't leave any marks on the ice, then go to the Olympic Club and hike the hills there and then start my day.

By the time I was 18, I had won the California Championship (on natural outdoor ice in Yosemite) and the following year I went to Dartmouth College in New Hampshire because they had natural ice and a speed skating team and Jack Shea had gone there. I had an academic scholarship, but that suffered greatly as I pursued speed skating. Then I went on to Minneapolis where they had outdoor ice, cold and wind, great prep for the races in Europe, and the competition was much keener. I did very well there and the following year I went to Norway to learn European style speed skating.

I arrived in Oslo in early November, long before the ice and snow, so I bought a touring bicycle and rode it to Aalesund, all rock and gravel roads and mostly up and down hills, and lots of rain then took the train back to Oslo. And still no ice! So it was up on the bicycle again and down the Swedish coast to Malmo across the Baltic by ferry to Stettin and by bicycle to Berlin and then to Cologne. In Cologne there was an outdoor ice arena with artificial ice and large enough for practicing speed skating. A week or so later, Harry Haraldsen, one of the members of Norway's Olympic Team, also arrived and we trained together for about 2 weeks. Then we learned there was ice on the skating track at Frogner in Oslo, so we returned by train. But there was a problem.

The American Skating Union refused to sanction my competing in Europe, and I think it was because they had selected but not yet sent a hand-picked team to go to Norway to compete, and my competing outside of that team might prove to be a little embarrassing. However, and largely due to Harry's favorable reports in writing to the Norwegian sports papers from Cologne, I was given a warm welcome by the Norwegian press and the Norwegian Speed Skating Association decided to let me compete "unattached". To everyone's surprise, including my own, I won both the 5000 meter distance (where I was paired with Ivar Ballangrud) and the combined score for all four distances (500, 1500, 5000 and 10,000 meters), in one of the first big events of the year. This was at Drammen and both Ivar Ballangrud and Charles Mathiesen were among the contestants. Ivar had won gold medals in the 500, 5000 and 10,000 meter events in the 1936 Olympics and 1 silver, and Charles Mathiesen had won the gold medal in the 1500 meter event. I believe Hans Engnestangen and Michael Staksrud were also there. These were the four Norwegian champions.

I did fairly well in all other meets in Norway and Sweden during the rest of the season, all skated as "unattached," but I had to sit on the sidelines at Davos and watch the World Championships while the U.S. Team won only 1 silver medal. I was still trying to get sanction from the American Union and could not compete!

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Wallace, Continued from page 12

In 1939, I entered the U.S. Olympic Trials in Oconomowoc, Wisconsin, and was awarded first in 1500 meters, second in 500 meters and second in 5000 meters. I returned to California to wait for the Olympics.

Not very long after that, WWII broke out and the 1940 Winter Olympics and the World Championships were cancelled. I assumed that was the end of speed skating as far as I was concerned. The war at that time was just between Germany and France, still in the cold war stages. Belgium and Holland were not yet overrun. However, the Winter Games in Europe were still scheduled to go on as planned. At home, the United States Olympic Committee, all winter sports, was debating whether or not to send the Olympic team to Europe for the Winter Games because of the danger due to the war. They voted not to.

Then somewhere around June, I got a telegram from Kolbjorn Anderson, president of the Oslo Skating Club in Norway, inviting me to come to Europe to compete in all of the European Championships with all of my expenses paid. I accepted. I had to get US State Department approval of my application before I could get a passport, since they weren't issuing them because of the war. But I got a special permit and was able to get my visa. The Norwegian Skating Association supported my efforts and arranged for accommodations and travel, etc. and allowed me to compete in any events they controlled.

I was the only American athlete to compete in any of the winter sports in Europe that season. I fell just short of the finish line in the first race in Bislet and then took first place in the other eleven. I now had my eyes set on a world record in the 1000 meter event. I knew that if there would ever be a time when the outdoor ice was good and the times were official, I could break the existing world record. And it all came together in Hamar, the last competition of the season. I had to skate the 10,000 meter race first, and then in the 1000 meter race two hours later. I had the record within my grasp and was within 60 yards of the finish line when, for no reason at all, I fell! And it was over.

The races were covered in the United States, through telegrams sent to my mother in Burlingame. The columnist at the San Francisco Examiner was Curly Grieve, sports editor, and it would be somewhere around February through May of 1940. There is also some mention in a book about speed skating by Harold Putnam. "A pretty good way to tell a speed skater's ability is to close your eyes when he goes past. If it sounds like a buzz saw cutting through ice, he isn't very good. If it's no more than the sound of a razor blade drawn across an ice cube it was the Olympian George Wallace going by."

WWII was now heating up and I knew that all of this unique band of peers would soon be in one branch of their

countries' military services or other, and that they would not be able to keep in the kind of condition necessary to compete so long as the war lasted, and by the time it was over, it would be too late. For all of us it was over.

Looking back, my skating was a tremendously rewarding experience, both in the people I met and got to know, and in learning what I could do. Even the end was good in its way. I went out when I was at my best, and that's the way I think amateur sport should be: for the love of the sport, and for the amateurs that follow. When one has nothing more to contribute, he should step aside and let the next one in line pick up the baton. For me, hanging up my skates was my farewell salute to it all, except for the memories.

Note: The 1952 Winter Olympics in Norway were, I am sure, much more a manifestation of the Norwegian spirit than of the amateur spirit, and in this I speak as an expert. In addition to my speed skating experiences, I have been strongly influenced by nearly sixty years of near-constant contact with a beautiful Norwegian girl, Inger Dahlberg, who came back from Norway with me, and with the strongly pro-Norwegian progeny that followed, close to thirty children, grandchildren and great grandchildren by now and still counting. That was the real prize I brought back from Norway in 1940, that and the memories.

In the Meantime...

While training in Norway, I met my future wife, Inger Dahlberg, a beautiful, spunky girl, unlike the socialites I was used to in San Francisco. She took me on a 25 km ski trip to her skiing lodge, in a snow storm. It took 2 days; we slept in sleeping bags under a tree on the way and were chased by a moose. Not someone you could easily forget! So, when the Nazis occupied Norway while I was competing in Vienna, I knew I had to do something. I went to the American Consul and told them my fiancée was in Norway and I needed their help getting her out. They refused and actually insisted that I leave immediately. I had to get to Italy and send them a telegram assuring them I was on my way. However, before leaving Vienna, I went to Gestapo headquarters and explained my problem and obtained permission to leave and re-enter Germany within 72 hours and that's what I did. I went to Italy, sent the telegram and then returned to Germany by way of Venice to try again to get Inger out of Norway! I will never know what was most responsible for them giving me the requested exit/re-entry permit, whether it was my fairly well publicized speed skating performances in Scandinavia, the thought that it might be good PR at a time when all efforts were being made to delay America's inevitable entrance into the war, or a copy of a letter from Hauptmann Fritz Wiedemann, German Consul General in San Francisco. Quite possibly all three.

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Wallace, continued from page 13

(I had met with Consul Wiedemann several times in the exercise room at the Olympic Club in San Francisco, and when I told him of my hopes of being able to visit friends in Germany after the skating season was over, he gave me a letter to give to the German Consul General in Oslo, stating that he knew me personally and requesting any help that might be given me during my return home.)

Two days later, at 4 in the afternoon, I was standing on the railway platform in Venice, waiting for the 4:30 express that would get me back across the German/Italian border before midnight. 4:30 pm and then 5 pm came and went but no express. I asked the station master about the delay and was told there was no express. That run had been discontinued several days earlier. No one had bothered to change the board. And I had to be across the border by midnight! In desperation, I found a taxi driver who thought we could make it across by midnight at another crossing, still more than 100 miles away. This one was very close to where the Italian, German and Yugoslav borders meet, but we arrived at the lone guardhouse fifteen minutes too late. The lights were still on, and when I entered four of the guards were playing cards, and looked up, sauntered over, stamped my visa and other papers without changing the date and I was alone on a brightly moonlit road with not another building in sight. And ahead and to the right beyond the skyline, an occasional cannon boomed and flashes of light lit the horizon. Germany vs. Yugoslavia.

An hour later, I came to a darkened inn, beat on the door, and the innkeeper came down, let me in, and showed me to my room. I was no sooner in bed than someone else was beating at the door. Gestapo to check on the suspect trying to sneak into Germany at this remote border crossing. This time, indubitably, the Wiedemann letter saved my neck and 2 days later I was in Berlin, where I immediately checked in at Gestapo headquarters to keep my slate clean and the following day went to the German Military Headquarters to see what they could do, and in this I really lucked out.

I was ultimately sent to some high official, judging from the size of the room (with marble floor and wide view window behind the only desk). But my strongest observation was that he had brown eyes and was from Southern Germany--Munich it turned out to be. And after a bit, I made my pitch. He told me to come back three days later, and he would let me know what might be done. The verdict was that if Inger could first arrange her Swedish, Italian and American visas, the German Military Headquarters in Oslo would give her a *durch-reise* visa, permitting transit through Germany within 24 hours of entry. He also arranged for me to speak with Inger by phone, from his office to her home at Holmenkollen. And I told her what to do, and that I would meet her in Stockholm, and we would get married wherever

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ASU Foundation Off and Running

A report on the progress of the ASU Foundation was given at the Convention by Shirley Yates who has been working with an Illinois attorney for two years to set up the Foundation.

After receiving the fifth draft of the By-Laws just before the Convention and after discussing the latest draft with the other Directors of the Foundation, she said it would appear that the By-Laws, with only a few minor changes, are now complete. The attorney has filed the necessary papers with the Illinois Secretary of State so the Foundation is legally in existence now.

The Directors of the Foundation, who were elected by the delegates at the 1999 Convention in Wisconsin, are Shirley Yates, Larry Ralston, Susan Jarrett, Larry Clever and Chuck Moore. The five met at the Convention in Albany and elected the following officers: Yates, President, and Ralston, Secretary/Treasurer. To be incorporated in the State of Illinois, an organization must submit a President, Secretary, Treasurer and three Directors. An officer may serve in more than one position. Jarrett, Clever and Moore were reported as the three Directors. The Directors also voted to add three more Directors to its Board. They are Bill Anderson, Elayne Riley and Tom Porter.

When the Foundation was first suggested several years ago, it was with the sole purpose of protecting the ASU's Endowment Funds. Yates said that during the early stages of the President's Commission, discussions of the feasibility of a merger brought up the question by Paul George, then Vice-President of USOC, of what the ASU members would most object to with the merger of the two speed skating organizations. Shirley said it would probably be that the ASU, a 70-year-old organization which was the only speed skating organization that most members knew, would cease to exist. The other ASU members on the President's Commission agreed. George then said, well, don't let it happen. Set up an ASU Foundation and put whatever you want to keep of the ASU in the Foundation.

Shirley said that made an impression on her and, because of that, she, as ASU Foundation president, will urge the Directors to consider including some other vital items from the ASU in the Foundation and will push to expand it to include a Development Endowment Fund which would provide grants for various development programs. That, of course, would necessitate fund raising, which she thinks would be feasible and could benefit the grass roots clubs and skaters, and ultimately the entire sport of speed skating.

The Athlete's Kitchen

Copyright May 2001: Nancy Clark, MS, RD

2001 Nutrition and Health News from ACSM

At this year's meeting of the American College of Sports Medicine (ACSM, the nation's leading group of sports medicine professionals), over 5,000 members gathered in Baltimore to learn the latest research regarding health, exercise and sports medicine. The following are some highlights that might be of interest to you.

IMPORTANCE OF EXERCISE

We all know that exercise is health-protective, but just how much does exercise impact health? One study with about 26,000 men indicates those who exercised had lower rates of death from cancer than those who exercised less. This held true even for smokers. If you have friends who smoke, tell them to at least exercise and be fit!

- Exercise can save corporations millions of dollars on medical expenses. In a three-year study of the effectiveness of a corporate wellness challenge, 700 employees earned points for doing regular exercise, reducing cholesterol levels, body fat, and blood pressure plus attending health education programs. The employees got paid \$350 per person for completing the program. Incentive payouts of \$400,000 yielded net savings of \$1.6 million for the three year period (\$762 per participant per year). The program contributed to reduced health care costs, less absenteeism and reduced workers compensation costs. Exercise is less expensive than medicine!

- One "innovative" way to become fit is to get a dog and walk it. But even dog owners need guidelines. A survey of 410 dog owners suggest 58% did not walk their dogs regularly, and only 22% walked their dogs for more than 2 hours per week—not long enough! This lack of exercise has implications for the health of both the dog and the owner. Fido, start begging to go for a walk!

CANCER

The benefits of exercise extend into cancer recovery. Chemotherapy and radiation treatment are known to cause fatigue and reduced physical activity, as well as reduced immune function. In a study with 11 breast cancer patients who did strength training (1-3 sets) and aerobic exercise (15-20 minutes) for three months after radiation treatment, the women showed improved immune function (as measured by recovery of lymphocytes).

- Exercise has psychological benefits as well for cancer patients. In another study of 40 women in recovery from breast cancer, those who walked regularly experienced less body dissatisfaction and physique anxiety; they felt better about their bodies and reported improved health-related quality of life. Integrating physical activity into cancer treatment programs has meaningful implications.

FLUIDS

If you lose 2-3% of your body weight pre-post exercise, you compromise your ability to perform at your best. Yet, many athletes fail to drink enough fluids. In a simulated 10 mile running race, the athletes drank only 30% of what they lost via sweat and became 2% dehydrated. This study underscores the need to adhere to a predetermined fluid schedule. By knowing your sweat rate (as determined by weighing yourself naked before and after exercise), you can then know how much to drink. Theoretically, if you lose 1 pound of sweat per hour of exercise, you should target consuming 1 pound of fluid (16 ounces) per hour during your next exercise bouts. In reality, you may not need/be able to tolerate quite that much because your body has inner water that gets released during exercise—about 3 grams water become available/gram muscle glycogen used during exercise—but at least you'll have a baseline fluid target. By experimenting during training, you can learn how much fluid you can actually tolerate during exercise in different temperatures.

- A survey of almost 250 collegiate athletes at U Mass-Amherst indicates that prior to exercise, 13% of the athletes were considered underhydrated (based on the concentration of their urine). Sixty-nine percent were acceptably hydrated, and only 17% were well hydrated. Men were more likely than women to be underhydrated. The bottom line: Be responsible—consume enough fluids!

- Exercise scientists have validated that an accurate way to tell if you have had enough fluids is to simply monitor the color of your urine. The darker the color, the greater the level of dehydration. In a 30 mile mountain bike race (completed with no fluids other than "tanking up" beforehand), the athletes ended with a very small volume of dark-colored urine that was indicative of 5% dehydration.

- Overhydration also deserves mention. Among "slow athletes" (such as participants in >5-hour fund-raising marathons), medics are noticing more and more disoriented participants with a vacant stare. The problem: overhydration. These slow athletes take the advice "drink often" to the extreme. Hints: 1. Do not add water to a sloshing stomach. 2. Consume sodium-containing sports drinks and foods (as compared to consuming only water).

- As for what's acceptable to drink during exercise, a study with ever-popular Coca Cola validated what athletes have been doing for years. Cyclists traded sports drink for Coke after 1.5-2 hours of hard biking and again during the final 30-minute sprint. They enjoyed a stronger performance than when they had no caffeine. The combination of caffeine + sugary fluid (be it Coke or a sports drink + caffeine) yielded a stronger finish.

Continued on page 18

THE NATIONAL SHORT TRACK CHAMPIONS



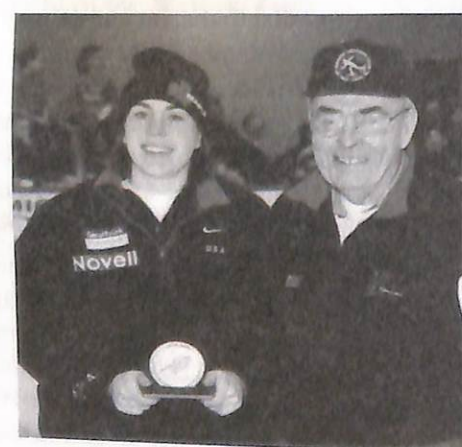
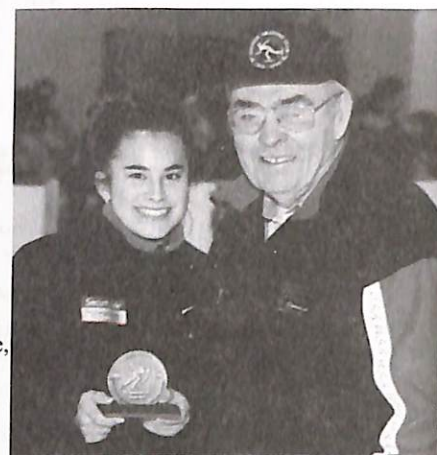
Karen Street presents the Blair Family Award, sponsored by Mr. and Mrs. Charles Blair, to Pony Girls' champion Sugar Todd.

Laurie Weaver presents the Robert L. Kellerman Memorial Award, sponsored by Linda Kellerman, to Midget Girls' champion Tippy Jordan.



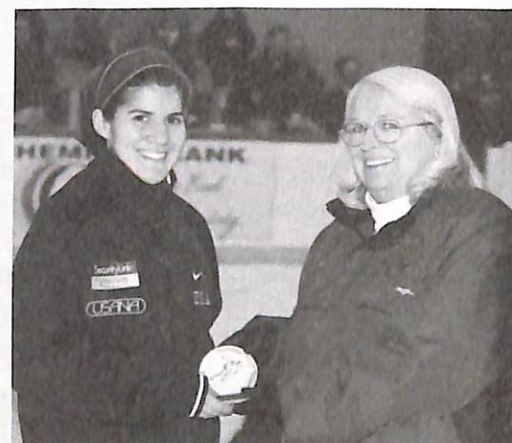
Bill and Abby Hammer present the Joseph A. and Barbara Sulc Award, sponsored by Joseph Sulc, to Juvenile Girls' champion Alice Kim.

Dick Somalski presents the Crowe Family Award, sponsored by Mrs. Rita Crowe, to Junior Girls' champion Maria Garcia.



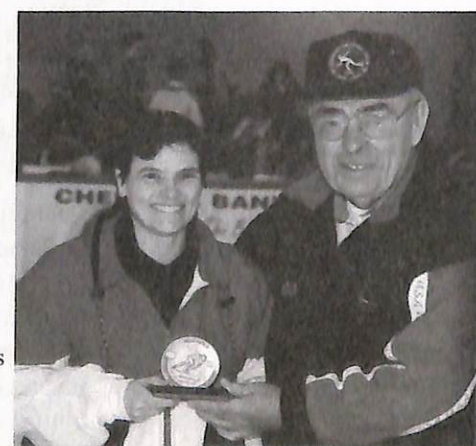
Dick Somalski presents the Intermediate Women's Medallion to Kira Fling.

Shirley Yates presents the Herbert Knudten Award, sponsored by Mr. and Mrs. Herbert Knudten, to Senior Women's champion Penelope Lang.



Carol Jackson presents the VFW #2164, Wheaton, IL and Carol Jackson Award, sponsored by VFW #2164, Wheaton, IL and Carol Jackson, to Master 30-39 Women's champion Beth Bedford.

Dick Somalski presents the Master 40-49 Women's Medallion to Jan Zurcher.



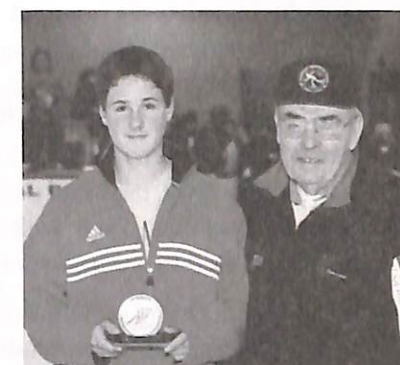
Paul Marchese presents the James "Bunny" Sheffield Award, sponsored by the Lake Placid Sports Conclave, to Pony Boys' Champion Robert Lawrence.

Dick Somalski presents the Dave and Betty Roche Award, sponsored by Dave and Betty Roche, to Midget Boys' champion Jordan Hinke

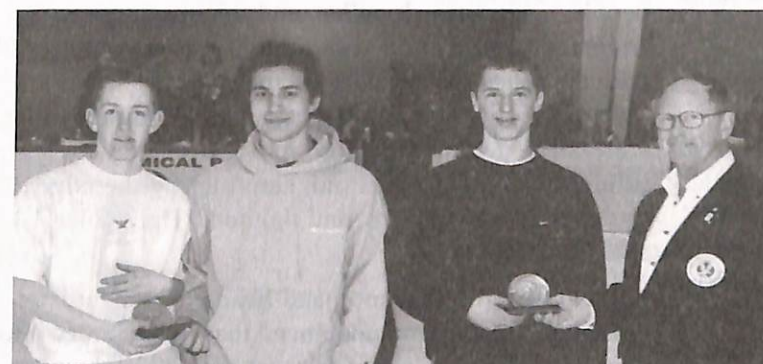


Dick Somalski presents the Mr. and Mrs. Tom Jarrett Award, sponsored by Mr. and Mrs. Tom Jarrett, to Juvenile Boys' champion Greg Greer.

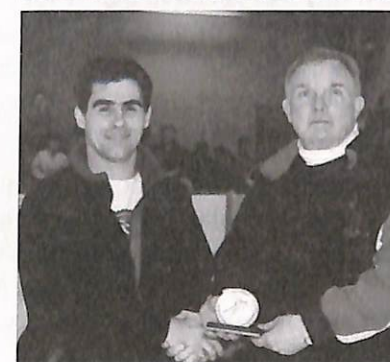
Dick Somalski presents the Dr. Ray Novak Award, sponsored by Dr. and Mrs. Milan Novak, to Junior Boys' champion Paul Dyrud



Richard and Bruce Bauer present the Ruth and Ralph Reed Memorial Award, sponsored by the Bauer and Reed Families, to Intermediate Men's co-champions JP Kepka and Alex Izykowski.

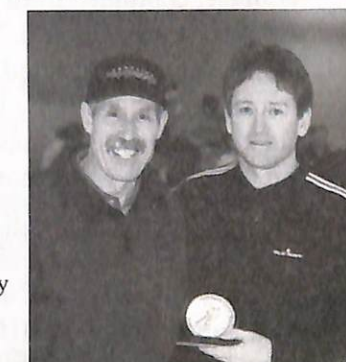


Jim O'Dea presents the Carlstrom Family Award, sponsored by Mr. and Mrs. Lloyd Carlstrom, to Senior Men's champion Chris Weaver



Don Lease presents the Ohio Skating Association Award, sponsored by the Ohio Skating Association, to Master 30-39 Men's champion Kimon Papahadjopolous.

Bob Fischer presents the Robert L. Finkel Memorial Award, sponsored by the Middle Atlantic Skating Association, to Master 40-49 Men's champion Mark Chrysler.



Bill Hammer presents the Amos Ottley Memorial Award, sponsored by the Middle Atlantic Skating Association, to Master 50-59 Men's champion Gary Westendorf

Abby Hammer presents the Northern California Speedskating Association Award, sponsored by Robert Payne, to Master 60-69 Men's champion Bob Fischer.



All Photos by Sam Hicks

Clark, Continued from page 15

BODY FAT / WEIGHT

Weight is forever a concern of athletes, and overweight / obesity is a national public health concern. Researchers are particularly interested in the effect of exercise on weight management. Overweight people commonly believe they have to exercise vigorously to achieve weight loss. In a 16 week study with overweight people assigned to one of 3 programs (diet plus: vigorous exercise OR intermittent 10-minute bouts of vigorous exercise OR simply increased activity in their daily lifestyle), the subjects averaged 1 lb. weight loss / week and all experienced similar health benefits (reduced blood pressure, blood lipids). The bottom line: Simple daily activity has a positive impact on weight and health. Not everyone wants to exercise vigorously (nor needs to exercise vigorously). But most of us can park the car further away, take more stairs and fewer elevators, and sweep the kitchen floor with more effort. Small bouts of activity count; they burn calories and improve health.

• Take heed: Doing regular exercise does not always equate to weight loss. In a 16 month study, overweight women who exercised 5 days/week for 45 minutes did not lose weight (but they did improve fitness). The women failed to create the calorie deficit needed to lose body fat. Apparently they were less active during other parts of the day.

Nancy Clark, MS, RD specializes in nutrition for sports and exercise. She counsels both competitive and casual exercisers at SportsMedicine Associates in Brookline MA (617-739-2003). Her popular book, Nancy Clark's Sports Nutrition Guidebook, Second Edition, is available via www.nancyclarkrd.com.

Wallace, continued from page 14

and whenever we could. Then the connection was broken and could not be restored, before I could tell her where in Stockholm. I could only hope she would go to the hotel I had stayed at when competing in Sweden, which she did. But the Swedes would not give me a visa to go to Sweden.

When I went to the Swedish Consulate to obtain a Swedish visa, they refused and I could only hope that after she had managed to obtain all of the required visas, Inger would go to the same small hotel (Hotel Regina) where I had stayed. I was able to call that hotel every day to ask if she had arrived yet, and one day, she had. But there was still a problem. She had been allowed to leave Norway, but with very little money and there was no way I knew of to get any to her quickly. A kindly Swedish lady saw her crying in the lobby of the hotel, heard her story and gave her the money for fare to Berlin. Two days later we met at the main railway station in Berlin, spent a few hours together and then she was off on her way to Bolzano, Italy to wait the ten days which the Gestapo required while they checked to make sure I had not been engaged in any suspicious activities while there and doubtless verifying the authenticity of the

Wiedemann letter. (I had sent some coffee to Norway and Germany to give to friends before I had left San Francisco. But in Germany the friends were along the Rhine and there was no way I was going to get permission to get there. So I was stuck with 100 lbs of coffee in the train station in Berlin and considerable temptation for anyone with strong entrepreneurial tendencies.) The ten days passed and we met in Bolzano, and then tried to book boat passage back to the United States.

The ONLY boat that would be leaving for the United States was the USS Manhattan, and it was already booked to carry more than three times its normal complement of passengers and crew. And we couldn't find anything else. Then, one day I heard over the radio that Germany was clamping down heavily on the amount of money that refugees could take with them when leaving the country and realized that that meant many would not be able to pay for their passage to the United States once they arrived in Italy. I called the booking office again, and we were accepted.

The boat was full, people on every deck, sleeping on deck chairs and on the floor. Everywhere you looked there were people with their bundles and blankets, refugees, all frightened and tensely waiting to see if anyone would be pulled off the boat before it left the harbor. Then as the boat pulled out, I'll never forget this, it was absolutely quiet, we were all watching the shore move slowly away and this little boy, about 8 years old, stood up by the edge of the boat, raised his right arm and shouted, "Heil Hitler"! There was dead silence.

After the ship left Genoa and headed westward towards Gibraltar, the captain announced that Italy's entry into the war was imminent, and if this was declared before the ship cleared Gibraltar, he would have to turn back to Italy and many might be interned. There would be no more ships sailing for America. We lucked out by 24 hours. The day after we cleared Gibraltar, Mussolini made his move.

Anti-climax: At sea, the captain had been too busy, but on June 21, 1940, in Las Vegas, Nevada, guess what? Inger and I took steps to make a tribe of some sixty or more future and somehow related direct descendants all legitimate. And none of this would ever have happened if it had not been for speed skating.

Sanctioned by the Amateur Speedskating Union of the United States
Presented by the Western New York Skating Association
Hosted by the Pittsburgh Speedskating Club
With funding from
National City

2002 National Short Track Speed Skating Championships

ATTENTION ALL SKATERS, FRIENDS,
ASU CLUBS AND ASSOCIATIONS

Mark your Calendars

The Western New York Skating Association

and the

Pittsburgh Speedskating Club
in Partnership with
The Boys & Girls Clubs of Western Pennsylvania

are proud to bring you the

2002 National Short Track Speed Skating Championships

With support from National City Bank of Pennsylvania

When: March 22 through 24, 2002
Where: Island Sports, Pittsburgh, Pennsylvania
Host Hotel: Airport Holiday Inn. Up to 5 people in a room for the same price. Free breakfast and transportation to the rink included in the room price.

For history buffs, the Amateur Speedskating Union is a successor to the American Skating Congress which was first organized in 1868 in Allegheny City, Pennsylvania, otherwise known in Pittsburgh as "North Side".

We invite you to become a part of this Homecoming event
by Reserving space in the Meet Program
or, perhaps, buying a rink pad

It's simple. Just fill out the attached form. For advertising, enclose a camera ready copy of your ad or text. Mail the completed form with a check made out to the Boys & Girls Clubs of Western Pennsylvania to Bob Halden, 140 Carmella Drive, Irwin, PA 15642. Your contribution is tax-deductible.

2002 National Short Track Speed Skating Championships

March 22, 23, and 24, 2002
Pittsburgh, Pennsylvania

Meet Program Reservation Form Pad Order Form

<input type="checkbox"/>	List me as a Patron for this event		\$10
<input type="checkbox"/>	Place my ad in the Meet Program		
<input type="checkbox"/>		1/8 Page	\$15
<input type="checkbox"/>		1/4 Page	\$25
<input type="checkbox"/>		1/2 Page	\$50
<input type="checkbox"/>		Full Page	\$100
<input type="checkbox"/>	I would like to purchase a pad, with advertising		\$500

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Pads are sold for the period 2002 through 2004. At the conclusion of the "Nationals" they will be used at club practices and for local and regional meets held in Pittsburgh.

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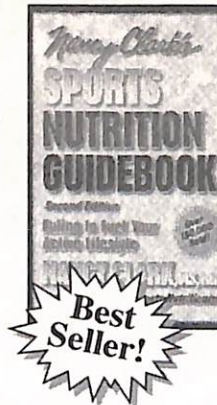
Mail your check, artwork, with a copy of this form to:

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140 Carmella Drive
Irwin, PA 15642

Sanctioned by the Amateur Speedskating Union of the United States
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