

# The Racing Blade®

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NUMBER 3



MAY 2002

NATIONAL SPEED SKATING NEWS  
PUBLISHED BY UNITED STATES SPEEDSKATING



National Marathon, National Short Track  
Election Results, Spring Board Meeting

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Cover picture: Bonnie Blair Cruikshank gives her acceptance speech as the first inductee to the Speed Skating Hall of Fame since its move to Saratoga Springs, New York



# The Racing Blade

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Subscriptions or change of address requests should be directed to the U.S. Speedskating Member Services 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 .jpps or sent regular mail. Include a self-addressed envelope if you want photos returned. Text 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 U.S. Speedskating, or establishing local organizations can be obtained from the Member Services Office, Karen Kostal, 0S651 Forest Street, Winfield, Illinois 60190-1541. Phone (630) 784-8662. Fax (630) 784-8667. E-mail: asukostal@aol.com. U.S. Speedskating is a non-profit charitable organization. Donations are tax-deductible.

Requests for advertising information should be also be addressed to Karen Kostal at the Member Services Office.

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## Editor's Notes

The case of the missing U.S. Speedskating logo has been solved. I got in a hurry and tried a shortcut. The file that I sent to the printer looked OK, but the printer's software didn't pick up the logos. We will be watching very carefully to see that the logo prints out properly this time. No, I am not resisting the change to the merged organization. I have felt for years that an appropriately executed merger was what speed skating needed. I feel that Fred Benjamin and those who helped make the merger happen have done an excellent job. I do feel that development committee personnel who are responsible for the recruitment and development of the talent pool which provides us with elite skaters need to have a stronger voice in the organization.

### Noteworthy:

Not only did Bob Halden put on a good National Short Track Championships but he also made sure that I had what I needed. 1) A preliminary article, 2) a report of the event, and 3) the results in the appropriate form for publication in The Racing Blade. (Sam Hicks and Jerry Search were there to do the photography). All this makes my job easier.

There is an interesting article written by Jamie Hess about the National Marathon. The primary proofreader, my wife Linda, who runs a very tight ship on the proofreading, did not find anything that needed to be corrected. This is a rare occurrence.

**Viruses:** Since I seem to be a virus magnet, I feel that it is appropriate to repeat the warning. For those readers that don't have virus software, don't open e-mail unless you know the sender. Even that is not fool-proof. I have received infected messages from reputable members of the speed skating community. These, I am sure, have been viruses that send out infected mail using the e-mail address book of the recipient. Make sure that any mail you send me has a title that I can connect with speed skating. I will not open mail that has an unrelated title, e.g. "Garden of Eden."

### Deadlines:

**October 7, 2002** Fall Meeting Reports, Directory information, early season information.

**January 3, 2003** National Long Track information, North American Long Track information.

**February 24, 2003** National Long Track results, North American Long Track results, National Short Track information, North American Short Track information, Spring Board Meeting information.

**May 5, 2003** Spring Board Meeting Reports, Summer Activities and Camps.

## National Short Track Championships

By Robert Halden

The 2002 National Short Track Speed Skating Championships are now in the record books. The meet was held March 22, 23, and 24 at the Island Sports Center in Pittsburgh, Pennsylvania. One hundred and seventy-seven skaters vied for the Championships in 11 age divisions from Pony (9 and under) to Masters 70+. This was the first Nationals competition to be held following the merger of the Amateur Speedskating Union and U.S. Speedskating. Five members of the current Olympic team including Erin Porter, Amy Peterson, Mary Griglak, Ron Biondo, and Dan Weinstein were in attendance. Ron Biondo and Mary Griglak entered the meet and raced in their respective divisions. Dan Weinstein competed on the Northeast Association relay team.

Good ice conditions resulted in thirteen skaters establishing (unofficially) 26 new records. Olympian Ron Biondo (OH) set new records in the Senior Men's division at 500 and 3000 meters. Records were also set by Al Harding (MASA) in the Master 60-69 division, Robert Ahlke (SCSSA), Rob Darrow (ASAI), and Tom Cole (MI) in the Master 40 - 49 division, Marty Medina (WNY) and Beth Bedford (MI) in the Master 30-39 division, Kira Fling (ASAI) in the Intermediate class, Alice Kim (SCSSA) in the Juvenile class, Eduardo Alvarez (Direct-FL), Michael Kim (MEPSA), Kelly Block (ASAI), and Abigail Hammer (MASA) in the Midget class, and Simon Cho (MEPSA) in the Pony class. Mary Lou DiNicola (NNY) also established four best times in the Master 60-69 Ladies division.

The 2002 Short Track National Champions are:

Class	Ladies	Men
Pony	Mary Grace, ASAI	Simon Cho, MEPSA
Midget	Kelly Block, ASAI	Eduardo Alvarez, Direct-FL
Juvenile	Marin Austin, ASAI	Alex Johnson, WI
Junior	Jade Wheeler, SCSSA	Zack Goldberg, MEPSA
Intermediate	Kira Fling, ASAI	Richard Bauer, GMSA
Senior	Penelope Lang, NNY	Ron Biondo, OH
Master 30-39	Beth Bedford, MI	Marty Medina, WNY
Master 40-49	Michel Conroy, MI	Tom Cole, MI
Master 50-59	Carole Moore, MASA	Stephen Gunther, MEPSA
Master 60-69	Mary Lou DiNicola, NNY	Al Harding, MASA
Master 70+		Howard Ganong, NNY

Finals results are on page 22. Complete results are available on the U.S. Speedskating website ([www.usspeedskating.org](http://www.usspeedskating.org)). Photos of the Class champions are on page 14.

## National Marathon Speed Skating Championships at Lake Morey, Vermont, January 19-21, 2002

By Jamie Hess, Secretary, Northeast Speedskating Association

For the second year in a row, the Montshire Speedskating Club played host to 100 competitors plus friends and family members on spectacular Lake Morey in the Green Mountains of Vermont. This year's National Marathon Championships featured races of 5K, 10K, 25K, 50K and 100K, all on a 1000-meter groomed marathon track laid out in the middle of the two-mile-long lake.

Marathon speed skating attracts athletes from a wide range of backgrounds. As we saw in Salt Lake City, short track and long track are a magnet for inline skaters such as Apolo Anton Ohno, Jennifer Rodriguez and Derek Parra. This winter, the National Marathon also enticed inliners to unbolt their five-wheel frames and replace them with ice blades.

The chance to skate outdoors in the fresh air on 100% natural ice attracted cyclists and cross-country skiers as well. For skiers in particular, clip-on speed skate blades called "Nordic Skates" are giving marathon skating a new appeal. Nordic Skates are Swedish long blades attached to an aluminum platform with a cross-country ski binding on top. So they go on and off just like skis. The free-heel action is just like clapskates. Ski boots are warm and comfortable with plenty of ankle support. And they're convenient. Clip on the blades and you're at the starting line in seconds, while competitors are

Continued on page 4

**National Marathon** continued from page 3

struggling with laces and boot covers, freezing fingers and toes. This year 25 skaters raced on Nordic Skates, including Peter Christopher, who won the 100K event.

Marathon headquarters was the Hulbert Outdoor Center, a beautiful yet inexpensive lakefront resort consisting of a renovated antique farmhouse lodge surrounded by modern cabins. Many skaters spent the entire weekend at Hulbert, eating three meals a day in the lodge, watching skating videos in the evening, sleeping in the cabins, and walking to the skating track as well as to ski and snowshoe trails. Others preferred more deluxe accommodations and enjoyed the panoramic mountain views from the Lake Morey Inn at the south end of the lake.

Six days before the first race, Montshire club volunteers laid out and measured the track and began preparing the surface. It was a team effort. Jere Linehan plowed snow off the track with his ATV. Tom Steketeer swept it clear with our BCS sweeper. Dan Snipes and Andy Dahlstrom drilled holes through the ice, pumped water out of the lake and sprayed the track with a firehose to fill in the holes and cracks. Finally, Damian Renzello resurfaced the ice with hot water, using his tractor-pulled "Bambini".

Saturday morning the track was ready. Saturday's 5K, 10K and 25K races went off under sunny skies with no wind and temperatures in the low 20s. Many first-time skaters opted for the 5K or 10K, while experienced skaters saved their energy for the 25K, the most popular race of the weekend. A large crowd of volunteer lap counters clustered around the finish line, joined by reporters from The New York Times and Vermont Sports Today, while Montshire club members Eric Flaim and Jeff Tolbert recorded the event on video. (If you'd like a copy of the video or the New York Times story, see below.)

At the 25K finish, five skaters crossed the line less than one second apart. The top three were Rob Kramer from Boston, Peter Christopher of East Randolph, Vermont, and Bob Tysen from Kingston, Ontario, all with times of 48:16. Mark Kandola from Santa Barbara, California, and Andy Dahlstrom from Vershire, Vermont took fourth and fifth places with a time of 48:17.

Saturday night featured a well-attended Marathon Banquet in the Hulbert lodge. After dinner, Michigan skater Jim Daniska picked up his guitar and entertained us with his "Marathon Skater's Lament". ASU President Duane Riley and Executive Secretary Karen Kostal handed out the awards. And we had a raffle drawing with so many prizes that everyone went home a winner.

For Sunday's 50K we had perfect weather again, with smoother and faster ice than on Saturday. Saturday's five leaders skated in a pack again and finished with identical times of 1:38:53. But the 50K finishing order was slightly different: Rob Kramer, Andy Dahlstrom, Mark Kandola, Bob Tysen and Peter Christopher.

This year we expanded the National Marathon to three days by adding a 100K race on Monday, Martin Luther King Day. It was a history-making event, the longest ice marathon ever organized in the USA. Overall winner was Vermonter Peter Christopher in 3:50:01. Andrew Love from Ithaca, New York placed second in 3:57:02, while Willem Langenberg of Edmonton, Alberta was third in 3:57:05.

Elsewhere in North America, marathons took place at Lac Beauport, Quebec on January 26-27, and in Lake Placid, New York on February 23-24. Marathons were also held in Calgary and Edmonton, Alberta. Due to the rising popularity of marathon skating, the prospects look good to launch a North American Marathon Championship in 2003. The concept was approved at the Amateur Speedskating Union's convention last May, and it's scheduled for a vote at Speed Skating Canada's Annual General Meeting in June.

Already, many of us are asking: How soon could we add a marathon skating event to the Winter Olympics?

The North American Marathon Skating Association website at [www.webskater.org](http://www.webskater.org) has a wealth of information on marathon skating, including complete National Marathon results.

Some of Eric Flaim's marathon video footage can be seen in U.S. Speedskating's new recruitment video entitled, "Do You Love Skating? Try Speedskating!"

A professionally produced video disc of the 2002 National Marathon is now available. This video can be played on DVD players and on any PC or Macintosh computer with a CD-ROM drive. To order the disc, please send \$20 to Montshire Speedskating Club, PO Box 89, Norwich, VT 05055. For credit card orders please call Nordic Skater at (802) 649-3939.

For a free copy of the New York Times article about the National Marathon, please contact the Montshire Club or Nordic Skater.

## The Year of the Volunteer

By Katie Marquard

The United Nations proclaimed 2001 as "The Year of the Volunteer". Since the Olympic Movement is the largest volunteer enterprise in the world, the USOC celebrated the International Year of the Volunteer by recognizing outstanding volunteers in sport. They requested that speed skating provide them with a list of our noteworthy volunteers. The criteria that needed to be met by the nominees were: 1) should be long-serving volunteers from all social strata and from throughout the country; 2) should represent a number of different volunteer experiences and must have volunteered on a number of levels.

Speed skating was allowed to nominate just 20 individuals in recognition of their volunteer service to speed skating. It was a very difficult task to narrow the list to only 20 people. We appreciate everyone's volunteer efforts in making our sport so great. Thanks to all!

We are pleased to have such outstanding volunteers in our sport and recognize the following 20 individuals:

### VOLUNTEERS RECOGNIZED

#### TONY ARENA

Involved with the sport since 1968. Past President of the Amateur Speedskating Union (ASU). Past Board member of U.S. Speedskating. Currently ASU Commissioner of Officials. Starter on the International Skating Union Championship list.

#### FRED BENJAMIN

Active volunteer in the sport of speed skating for over 20 years as a parent, official, Board member and Officer at all levels of administration including Club, State, National, and International positions. As an Official for Short Track, volunteered time as a Starter locally, nationally and internationally; taught officials clinics at the national and international level. As the present President of U.S. Speedskating, instrumental in accomplishing the merger between the two organizations that govern speed skating in the United States.

#### JOHN (JACK) BYRNE

Started skating in 1933 at the age of 12 in Syracuse, NY. Skated competitively until 1974. Past President of Northern New York Skating Association. Elected to the Board of U.S. Speedskating in 1976. President of U.S. Speedskating from 1980-1989. Established Charitable Foundation for U.S. Speedskating with money received from the Los Angeles Games, which still provides support for U.S. Speedskating today. Team manager for the 1988 Olympic Games and assistant Team Leader in 1984. On USOC Board from 1988-2000. Volunteer on local, state and regional level for many years.

#### JIM CHAPIN

Lifelong participant in speed skating, both as a skater and official. Founded the Gateway Club in Missouri in 1963. Past President of the Missouri Speedskating Association and the Amateur Speedskating Union. Currently serving on U.S. Speedskating's Short Track Committee. International Skating Union Championship referee, assigned as referee for the 2002 Olympic Winter Games.

#### BILL CUSHMAN

One of the original skaters when the Midway Club in Minnesota was founded in 1946. Competed until 1960 and is still a member of the club, coaching a number of Olympic skaters along the way. Coached from 1962-present. Served on U.S. Speedskating Board from 1972-present. Served as Secretary and Executive Director of U.S. Speedskating from 1976-89. President of U.S. Speedskating from 1989-2000. USOC Board of Directors from 2000 to present; currently Chairman of the Long Track Committee. Team Leader of the U.S. Olympic Long Track Team in 1980, 1984 and 2002. His greatest attributes are his fairness and belief in the sport - trying to give his skaters a good foundation and true love of the sport wherever it may lead them.

#### LORRAINE GARBE

True grassroots volunteer in the sport since 1962, helping with all aspects of the club, including member roster, collecting dues, hotel reservations, etc. Worked on the local, national and international level, assisting with administration of events and obtaining publicity for speed skating. Worked at every Olympic Trials since 1968, as well as weekend competitions - averaging about 18 weekends a year! Numerous awards for service to the sport of speed skating. Member of the Hall of Fame Committee for ten years, during which time she compiled numerous resumes for inductees to the Hall of Fame.

#### BRAD GOSKOWICZ

Has been involved in speed skating for thirty years, twenty as a volunteer. His volunteer work has included service on the local, state, national and international level. He has served as an officer or board member at every level of speed skating, currently serves as treasurer and is on the Executive Committee of U.S. Speedskating. He has officiated at more than 100 competitions, and served as meet director or organizer of more than thirty events. On the International Skating Union competitor stewards list for International Competitions.

#### BILL HOUGHTON

Member of the Southern California Speed Skating Association from 1974-79. Member of the Missouri Skating Association from 1979 to present. Became active at the National level as a competition official in 1979. Served as chairman of the Amateur Speedskating Union (ASU)

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**Volunteers** continued from page 5

Tracks and Distances Committee 1988-92. Responsible for the electronic timing at the National and North American Short Track Championships 1990-97. ASU Handbook Editor 1997 to present. *Racing Blade* news magazine Editor 2000 to present.

#### AL JAKUBOWSKI

Through involvement with Special Olympics, drawn back to the sport he had done during childhood. Volunteer coach for Association Learn to Speed Skate program 1989-present. Official handling electronic timing and protocol. Served on all organizing committees for U.S. Speedskating and International Skating Union events held at the Pettit National Ice Center from 1993 to the present. Chief electronic timer/protocol head for weekend PNIC Time Trials. Responsible for skater registration, pairing information, timing and publishing of results for time trials. Volunteer coach for Wisconsin Special Olympics. Coach at the Special Olympics World Winter Games 1989. International Sport Advisor-Speed Skating-Special Olympics International. Served as Special Olympics International Technical Delegate on organizing committees for the 1993 Special Olympics World Winter Games - Salzburg, Austria; 1997 Special Olympics World Winter Games-Toronto, Canada; and 2001 Special Olympics World Winter Games-Anchorage, Alaska.

#### TED KLAIBER

Began starting locally in Evanston, Illinois in early 70's. Became an ASU National starter in 1974. Worked local, National and North American meets since then. Started working time trials in Milwaukee in late 70's and from there started weekend trials, Olympic trials, World Team trials, World Cup, World Championship and University Games. Past Board member of ASU and U.S. Speedskating, working towards fund raising.

#### TERRY McDERMOTT

Olympic Gold medalist in the 500 meter in 1964 and silver medalist in 1968. On Board of U.S. Speedskating from 1974-present. Vice President of U.S. Speedskating from 1980-1992. Past Chairman of numerous U.S. Speedskating committees, including the Long Track Committee. Current Chairman of U.S. Speedskating's Gold Council, made up of all Olympic Speed Skating Gold Medalists. Olympic Long Track Team Leader in 1992. Involved in fund raising and marketing for U.S. Speedskating.

#### JACK MORTELL

Competitor on numerous World Short Track Teams as part of a long and successful career in the sport. Team Leader/Coach for numerous teams from 1981-present. Past Board member of U.S. Speedskating as well as past Chairman of the Short Track Committee and Program Director for Short Track. Olympic Short Track Team Leader in 1994 and 2002. Olympic Short Track Coach in 1992. U.S.

Speedskating technical advisor for numerous events. Currently Short Track Program Coordinator. Conceptualized and co-developed the U.S. Speedskating Gold Council (made up of past gold medalists in the sport) and the Salt Lake City Gold Rush (2002 hours of community service).

#### TOM PORTER

Volunteering in the sport began when his children put on skates in the mid 1970's. Past President of the Northern New York Speedskating Association and the Amateur Speedskating Union. Judge and lap counter for numerous local, regional and international level competitions. One of a small group that formed the nucleus for the merger of U.S. Speedskating with the ASU after 40 years of separation. Formation of organization that will develop and implement a Speedskating Hall of Fame in Saratoga Springs, NY.

#### LARRY RALSTON

A competitor at age 12 through college years. First experience as a volunteer began in 1957, when he organized the "Stehman Skating Club of Chicago". Hopes he made a difference in the past 44 years in the sport. From 1962-72 was Vice President & Secretary/Treasurer of the Amateur Skating Association of Illinois; 1963-72 was National Official (Starter); 1972-84 was member of U.S. Speedskating Board; 1972-84 was Secretary/Treasurer, Amateur Speedskating Union; in 1979 was a member of the Gold Medal Advisory Board for research on a book of facts prior to the 1980 Olympic Games; 1984-Present was member of the ASU Medallion/Medal Fund - Chairman since 1990; 1991-2001 was member of Hall of Fame Committee, Chairman 1993-2001; 1994-98 was member of ASU Coaching Committee. Currently is Secretary/Treasurer of the Amateur Speedskating Foundation.

#### DUANE RILEY

Skater from 1948 to 1968. Starting refereeing in 1968. Presently a referee at local, national, and international level. Chief Referee or assistant referee at numerous international events, including the 1998 Olympic Games in Nagano, Japan. Served on the Madison Speed Skating Club Board for 25 years. Current President of the Amateur Speedskating Union. Served on the Board for U.S. Speedskating.

#### ELAYNE RILEY

Served on the Board for the Madison Speed Skating Club for 25 years and was secretary to the board for 10 years. Served as President of the Wisconsin Association. Presently serves on several committees and the Board of Control for the Amateur Speedskating Union. Member of the Budget committee for U.S. Speedskating. Began officiating 25 years ago. On the International Skating Union Championship list as a Competitor Steward. Worked at U.S. Championships, World Cups and World

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**Volunteers** continued from page 6

Championships events and will work at the 2002 Winter Olympics.

#### GENE SANDVIG

Known internationally for his dedication to the sport of speed skating for the past 60 years. Participated as a competitor, coach, manager, official, and administrator at the local, national, international, and Olympic levels. Started speed skating at the age of 10, competed for 19 years winning many championships and making several world and Olympic teams ('52, '56, '60). Manager/coach of several US World Teams including manager of the '76 Olympic team. Officiated for the past 25 years at many World Cups, World Championships, and the Olympic Games in Lake Placid ('80) and Sarajevo, Yugoslavia ('84) as an International Skating Union Championship referee. Served as President of the Minnesota Skating Association Board member of U.S. Speedskating for 28 years, serving as chairman of the Program & Development Committee and the Long Track Committee. Served as a delegate to the U.S. Olympic Congress for 18 years. Elected to the ISU Technical Committee for Speed Skating in 1988. Inducted to the Speedskating Hall of Fame in 1970.

#### DICK SOMALSKI

Founded Bay County Speedskating Club in 1947. Past President of Michigan Skating Association. Speed Skating judge at the 1980 Olympics in Lake Placid. Board member of U.S. Speedskating from 1968-2000; treasurer of U.S. Speedskating from 1984-1992. Instrumental in raising funds for the construction of Bay County Civic Ice Arena in 1992.

#### JERRY STEELE

Skated from the age of 9 to age 23. Has volunteering in the sport since 1957 and coached for the past 25 years. On the International Skating Union Referees' list for International Competitions. Former Board member of U.S. Speedskating, board member for Pettit National Ice Center in Milwaukee. Currently member of numerous U.S. Speedskating committees. Current chairman of the Speedskating Hall of Fame Committee.

#### LISA SUNDSTROM

Became involved in speed skating in 1980 as the parent of skaters. Still active as a coach and skater. Past President of Amateur Skating Association of Illinois for three years. Helped compose and maintain the overall competition schedule for 14 years. U.S. Speedskating Board member since 1993, as a representative of the ASU. Involved with the merger of the ASU and USS for the last five years. Currently serving as chairman of two USS committees: Development and Site, Bid and Scheduling.

## North American Short Track Championships

By William Anderson

Campbellton is about as far north as you can travel in New Brunswick. While it did take a day of travel and more than one flight the event quality and hospitality made this a memorable experience for all.

The North American Short Track Championship, held April 5-7, was hosted by the New Brunswick province and seven clubs, none of which were resident in Campbellton. Overcoming that hurdle with extensive emails, the event met all of the criteria of an outstanding event:

- great participation with 170 skaters from three countries
- great skating
- nice banquet, with minimal speeches
- nice opening ceremonies

The pageantry included a presentation of provincial and state flags representing all in attendance as well as the respective flags of the USA, Canada and Great Britain. Also included was the U.S. Speedskating flag. The Royal Canadian Mounted Police were also there in dress red and black.

Twenty-eight skaters represented the United States, and all gave strong performances (there had to be a lot of Personal Bests), including a sweep of the Intermediate Women class.

The meet was in an all points format run under ISU rules. Time was an initial concern, given the 170 skaters participating. The meet ran efficiently and, while the first day was long, the second day moved along quickly and we had an early completion followed by a nice banquet.

The North American Committee is pushing for future events to be located in more accessible venues. The ideal is one plane flight away. The alternative here was help from Joyce Leggett, our Canadian North American Committee member. I and other attendees used Cambridge Travel, which, due to local knowledge, was able to set up the best flight schedule.

The last travel news involves the trip from the rink to the airport, where Tim Quinn and I were chauffeured by an off-duty RCMP officer. We were making excellent time when we were chased down by an RCMP cruiser. We did get a bye and still made our plane.

The North American is a great event. Next year the Long Track is in Calgary and the Short Track is in Milwaukee. Plan on it!

## Member Services Coordinator's Report

By Karen Kostal

Hi, I hope everyone who attended this weekend's U.S. Speedskating meeting found it interesting and enjoyed themselves. Congratulations to Bonnie Blair-Cruikshank, the newest member of the Speed Skating Hall of Fame. The next meeting is scheduled for September and will be held in Milwaukee. The date will be announced later.

Prior to the Spring Meeting, the elite athletes elected Joey Cheek, Amy Peterson, Casey FitzRandolph, and Jennifer Rodriguez to the Board of Directors. Bonnie Blair-Cruikshank, Andy Gabel, and Dan Jansen were elected by the retired elite athletes and the general membership elected Leigh Barczewski, Jeff, FitzRandolph, Brad Goskowitz, Jerry Search, and Lisa Sundstrom. Fred Benjamin is on the Board as its immediate past president. From outside of speed skating we have Neil Cox and Craig Wing.

Board Officers were elected and they are: President - Andy Gabel, Vice President - Brad Goskowitz, Treasurer - Craig Wing, Secretary - Brian Wanek (not a board member).

Here is a synopsis of some of the changes. The official and complete minutes will be published by the National Office in Ohio in the Ice Chips. I will notify you via email when these are sent/available. They can be accessed from the website [www.usspeedskating.org](http://www.usspeedskating.org) when published.

The current American Cup Short Track format will continue to be used for the 2002-2003 season. We are still looking for 2 American Cup hosts and if anyone is interested, contact Katie Marquard at (440) 899-0128. The hosts of the U.S. National and Marathon Championships and the North American Championships shall pay no sanction fees to USS and shall process and retain all entry fees. No stipend will be paid to the host organization.

The entry fee for the U.S. National Championships and the North American Championships shall be \$35, with \$10 from each entry designated to cover the expenses of the appointed officials. Any excess shall be retained by the host, any deficit shall be paid by USS. All bids and sites approved as presented with the exception of the 2003 World Cup Short Track on Feb. 7. The Meet Schedule is on page 27.

All lifetime members have voting rights (this would include Olympians, all Hall of Fame Members, Past ASU Presidents as well as any others who currently hold a lifetime membership) - they will not pay for yearly membership renewal.

Please click onto this link to view all of the current camps scheduled for this summer [U.S. Speedskating Camps](#).

This list will be updated often. Please continue to check to see current offerings. I will try to email you each time the site is updated. Here are two camps that are not yet listed on the website:

**MSA Summer Speed Skating Camp**, Midland, Michigan, Midland Civic Arena and Northwood University, Sunday through Thursday, July 21-July 25.

**For:** All speed skaters age 10 and older who want to improve their physical ability and technique for skating fast on ice. Dorm housing and meals at Northwood University. There is also a choice of being a day camper for those that are willing to commute each day.

**Details:** This is a rigorous skating program with specific daily dryland workouts on the Northwood University campus athletic fields and the Midland railtrails. There will be 2 hours of ice a day from 3:30-5:30 PM Monday through Thursday in the Midland Civic Arena. All meals will be provided for both day campers and dorm campers. Housing is provided for dorm campers. All activities will be well chaperoned!

**Check-In and Check-Out:** Check-in will be Sunday, July 21, 2-5 p.m. Check-out will be Thursday, July 25, from 6-8 p.m.

**Coaches:** Bill Weaver--West Michigan Speedskating Club, Beth Bedford--Midland Speedskating Club, Kathy Burton--Alpena Speedskating Club.

**Cost:** \$210--Dorm campers, \$420--Maximum for family. \$110--Day campers (Day campers may eat on campus)

**Registration:** Mark Jastrzembski, 2179 Lake Avenue, Twin Lake, Michigan 49457-9464, (231) 828-4627 [MadMarkJ@aol.com](mailto:MadMarkJ@aol.com).

**Questions:** Don Kangas--Camp Coordinator, 5112 Nurmi Drive, Midland, Michigan 48640-3217, (517) 631-3863, [donk@tm.net](mailto:donk@tm.net).

**Eric Flaim /Bay State Speedskating Club** Short Track Speed Skating Session August 9, 10 & 11, Iorio Arena, Walpole, Massachusetts, Eric Flaim, Olympic Silver Medallist in both Short Track and Long Track Speed Skating will be the head coach for a spirited 3 day session hosted by the Bay State Speedskating Club. The sessions will be geared to the beginning/intermediate skater as well as the advanced skater. Each group will receive a total of 4 hours on-ice time. The sessions also include outdoor dryland training, weight room instruction and open classroom instruction. Skaters will be grouped by ability - INCLUDES GROUP and INDIVIDUAL COACHING Short track speed skates required. Gloves, hard shell helmets are also required. Wear long sleeved shirts and gloves. Kneepads are recommended. Please arrive early for stretching and warm-up. Each Session will start promptly. Register early to get a spot, **50 persons MAX.** If you're

looking to move up to the next level in terms of speed and form, come join Eric and the Bay State Speedskating Club. Ice and Dryland Schedule (times are subject to change) Friday August 9th.

**Schedule:** Friday, August 9th: Registration 5:30 to 6:30 (Please have your registration ready). Beginner/Intermediate Ice 7:00 to 8:30 p.m., Intermediate/Advanced Ice 8:30 to 10:00 p.m. Saturday, August 10th: Beginning/Intermediate Ice 8:00 to 9:30 a.m., Intermediate/Advanced Ice 9:30 to 11:00 a.m. All Groups; Dryland, Weight training and Instruction 1:00 to 4:00 p.m. Cookout: 6:00 p.m. Sunday, August 11th: Beginner/Intermediate Ice 8:00 to 9:00 a.m., Intermediate/Advanced Ice 9:00 to 10:00 a.m.

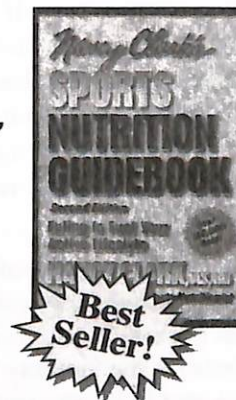
**Location:** The Iorio Arena at Walpole will be home base for the sessions. All on-ice sessions will be held on the Olympic size surface at the Iorio facility. This is a first rate facility that will provide all the room you need. Fees: \$80.00 per person (\$10.00 discount for each additional family member).

**Applications:** Applications will be accepted starting May 1st. Northeast Speedskating Association - Bay State Speedskating Club. Please mail the completed Waiver and Release form to: Rob Belcher, PO Box 213, Walpole, MA 02071-0213 OR email Dan Ott at [danweb@ma.ultranet.com](mailto:danweb@ma.ultranet.com). The form is available on the Member Services Coordinator's website.

## FOOD HELP

If you want to buy only one book about nutrition for exercise, this is the one!

- Tips for daily eating
- Strategies for losing weight
- Sample pre-exercise meals
- Answers to food questions.



ALSO AVAILABLE

- **Audiocassette:** Dieting Tips for Active People

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617-795-1875 [www.nancyclarkrd.com](http://www.nancyclarkrd.com)

## Southern California Speed Skating Association

By Jade Wheeler

Southern California: sun, surf and, of course, some of the best upcoming speed skaters in the U.S. For the small, but powerful group of speed skaters in the Southern California Speed Skating Association, the summer consists of staying cool in the rink and sweating it up at beach workouts. Not that we don't get our fair share of fun in the sun. Our weekly Friday night beach bonfire parties are quite an occasion, but there's nothing like going to the ice rink on 90 degrees and up days.

Besides our summertime fun, we have great fun during the skating season and we're making quite a name for ourselves, with Olympic Bronze medallist Rusty Smith claiming us as his home. Our congratulations are endless for our hometown hero. And with an impressive list of skaters that went to Nationals (Robert Ahlke, Keturah Bachwansky, Andrew Choi, Mark Chrysler, Lezleigh Jaworski, Alice Kim, Aran Kim, Anna Kim, Pat Knox, Dennis Kwon, Daniel Park, Jonathan Sermen, Kyle Uyehara, Jade Wheeler, and Austin Yun), we were able to claim another National Champion, Jade Wheeler for Junior Girls, rounding up our total of national champions to thirty. Robert Ahlke broke a national record for Master Men 40-49 in the 500M with a 48.96, while Alice Kim, a juvenile girl, broke the 777M record with a 1:17.77 and the 1000M record with a 1:44.18 in a heat, only to break her own record later with a 1:42.57.

The great job our young skaters did at this year's national championships may be due to the fact that we're no strangers to skating for a crowd. Southern California, and more importantly, one of our rinks, HealthSouth, being the home to the LA Kings, we didn't hesitate on an offer to do exhibition races at halftime at their games. Skating for a packed house at the Staple Center may not be the easiest of things to do, but how many people actually get that opportunity? Our skaters love it almost as much as the audience does.

The SCSSA skaters know how to have fun with the Kings, but they also know when it's time to get down to some serious racing. Every year we have State Championships but this year was different. We were part of the California State Winter Games for the first time. Our young skaters got to be in the opening ceremony and they even got a t-shirt to show off. And when it was all over, everyone went home with a medal. Summer is quickly sneaking up on us again and we can't wait. Look for information about our summer skating camp. After all, who wouldn't want to come to California and train on the beach, play in the Pacific and get great coaching tips?

More Association Reports on page 12

## Why They're Skating So Wide

by Stanley Zompakos

Watching a video of Bonnie Blair skate the inner lane during her 1000 meter gold medal performance in the 1994 Olympics, I am struck by how much our sport has changed in just a few short years. The video shows her coming out of the turn on the inner lane, preparing to make the transition to the outer lane. She couldn't be skating a tighter track. She exits the turn so close to the blocks marking the inner lane that she practically steps inside the blocks on her first stride in the straightaway. She then makes a gradual transition to the outer lane. By contrast, in the 2002 Olympics successful sprinters were practically going through the blocks marking the outside lane while exiting their inner turn, whether setting up for the transition to the outer lane or not.

Bonnie Blair's technique is backed up by classic speed skating literature. In her superb 1984 classic, *The Complete Handbook of Speed Skating*, Dianne Holum describes how in a sprint race a skater should set up the inner turn a little wide, and then, from one third of the way through the turn, till the exit of the turn, skate as close to the blocks as possible. However the analogies she used in this chapter might leave the reader with a little confusion as to why this technique was successful at that time. Her description of a figure skater doing spins with arms extended, then speeding up when they are drawn in - her emphasis on staying as close to the blocks as possible - her slingshot analogy - and her statement that it is possible for a skater to gain speed in the turns, might leave the reader with the impression that by applying this technique, the skater is getting something for nothing.

In his 1999 publication, *Speed On Skates*, Barry Publowl modeled his treatment of centrifugal force in the turns after Dianne Holum's earlier treatment. He again uses the slingshot analogy, but his section on the subject is shorter, so the reason provided for any increase in speed experienced due to the turn stands out. The explanation given is that the skater is applying more force in the turn to counter centrifugal force, and if the skater keeps applying this extra force as the centrifugal force dissipates, the skater will experience an increase in speed. Maybe so, but the skater will experience an increase in speed if he applies more force to his strokes in the straightaway too.

Good turn technique is important, and both books are excellent sources of knowledge of technique and training methods. However, a skater who is successful at exiting the turn very close to the blocks while applying enough force to counter centrifugal force will have an advantage only because he has less distance to cover.

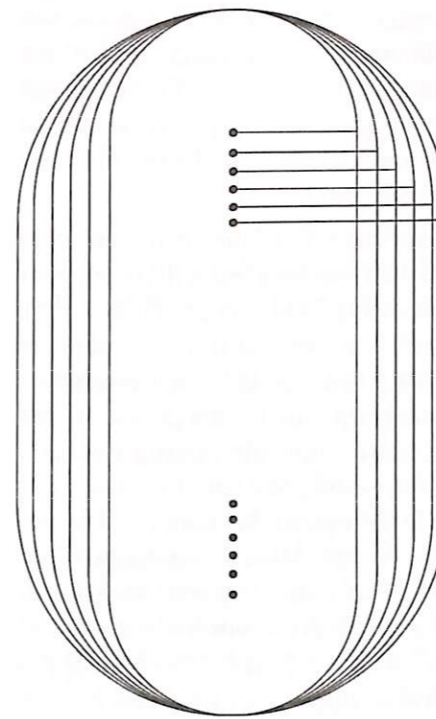
But today's sprinters seem to navigate the inner turns more like NASCAR racers. They skate a circle with a different center than the one used to lay the blocks. They start the turn wide, and exit the turn just as wide. If you watch a NASCAR event on television, you will see the cars navigating the oval in the same manner. If the drivers tried to stay on the pole line they would not be able to maintain the same high speed without losing traction and going out of control. Even though it is a farther distance to navigate the track the way they do, the drivers are able to maintain a greater speed, which more than makes up for the extra distance they are traveling. In December 1996, the late Bob Finkel and I published an article in *The Racing Blade* which explained why this is also true in short track speed skating, and in January 1999 I did a follow up article in *The Racing Blade* on this technique as applied to long track. The long track article was also published in the Norwegian Skating Association's magazine *Skøytesport* in November of 1998.

A NASCAR racer has to take into account the traction his car has in countering centrifugal force. Watching Apolo Anton Ohno pivot to make an inside move on the short track, it is easy to believe that, at least for some skaters, there is no limit to the amount of traction available on the ice. Since traction seems to be unlimited wouldn't it be best to always skate as tight a track as possible? The problem is that the traction of a blade on the ice may be more than adequate, but muscle power is limited. But then wouldn't the best approach be for a skater to hit the weight room and gain enough muscle strength to stay on the blocks? The answer to that is that no skater has ever been able to do it.

The World Record for the 500 meter sprint is more than seven seconds slower on the short track than the World Record for the same distance on the long track. The strongest, fastest, most agile skaters, can get no closer than that to the long track record. What this means is that these skaters are never achieving their top speed on the short track, they are achieving their top centrifugal force. Likewise, on the long track, the 500 meter format was changed in recent years to involve the skating of the distance twice, once starting in each lane. This was done because it was recognized that skating the last inner turn in the 500 meters was a great disadvantage. It was known to be slower because of the sharpness of the turn. So once again, the skaters' top speed was being limited by centrifugal force. Whenever a turn is the limit to the realization of speed, it is the same as saying that centrifugal force is the limiting factor. And whenever centrifugal force is the limiting factor to the realization of speed, it is necessary to investigate the possibility that altering the turn in a manner that increases the radius might be advantageous. That may sound obvious enough, but there are points that must be kept in

mind when applying this technique of altering the radius. The diagram in this article illustrates the general application of this principal on an oval track.

I saw many things being done correctly, and many mistakes during the 2002 Olympics. On the long track I saw skaters that entered and exited the turn wide, but who also made the mistake of being far away from the blocks at the apex of the



turn. The apex of the turn is the one place where the skater needs to be as close to the blocks as possible. In order to achieve this, the wider you enter your turn, the sooner you need to start it. That is because the turn you are skating has a different center which dictates where it begins and ends. A more difficult mistake to spot is when a skater has altered the turn more than their top speed necessitates. If the realization of top speed is not being limited by centrifugal force, then altering the turn just increases the distance to be covered. When a skater is skating slower, the turn may be altered in the same manner, but to a lesser degree. Also, at the longer distances, some skaters seemed to be using an interesting variation of this technique, starting closer to the blocks, and then taking the extra radius needed only during the exit to the turns. This seems like a very intriguing and probably an excellent idea.

While on the long track, the skater can choose the path without regard to other skaters trying to pass. On the short track, the situation is different. While for a fast skater the fastest lap times can be achieved while skating "wall to wall", during a race, an opposing skater can momentarily withstand the greater centrifugal force in order to make an inside move, taking advantage of the wide exit or entry into a turn by the lead skater. Because of this, skaters often choose their path to protect against the inside move. They may exit the turn tighter than they might otherwise. Other times they might exit wide but come back inside before the beginning of the next turn. These techniques, while useful and necessary, present a dilemma. On the one hand, a shorter lap time might be achieved if the skater chose a wider path; on the

other, a competitor might make an inside move before the skater has a chance to achieve that quicker lap.

There are times, however, when a short-track skater may take advantage of the "NASCAR" style of skating the track. When a skater is in last place and is in danger of losing the pack, the skater can actually keep up with and possibly even catch up to skaters who are faster than himself by skating further than they do! It's sounds incredible, but while the pack is skating a tight track due to tactical considerations, a skater chasing the pack can improve his lap times by skating as wide as his top speed dictates. A skater in the lead, with no one challenging him can also apply this technique freely to improve his lap times. One mistake I saw in the Olympics was the Canadian relay team. They won the gold, but were hardly challenged because all of the other teams had stumbled. In spite of this, they always came back inside after exiting the turn wide. This destroyed the setup for the next turn. They could have skated faster lap times, if they had stayed as wide as they exited the turn until the beginning of the next turn.

The ovals drawn in the diagram illustrate the paths of least resistance on an oval track. The inner-most oval represents the poll line, a path about a half a meter from the oval defined by the blocks. Each wider oval is a path that a skater might choose as his speed increases but the maximum centrifugal force has already been hit. At the risk of being redundant, I state here that, in something like NASCAR racing it is obvious that this type of alteration of the turn is necessary. However in speed skating, because the blade grips so well, we make the mistake of thinking that we should hold a tighter turn. However if the sharpness of the turn is the known factor in making skater's times slower (as on the inner turn of long track, and always on the short track) then we are hitting the same limit that an automobile making a sharp turn is hitting. Our top speed is being limited by centrifugal force even if we are not in danger of losing traction.

## The Arctic Winter Games

By Wendy Arnett

From March 16, to March 23, 2002, several members of the Alaska and Fairbanks Speedskating Clubs attended the Arctic Winter Games as part of the Team Alaska contingent. The Arctic Winter Games are held every 2 years and are an Olympic type competition consisting of 17 sports: basketball, hockey, short track speed skating, gymnastics, curling, alpine and cross country skiing, badminton, snowboarding, snowshoeing, table tennis, volleyball, soccer, dog mushing, wrestling, arctic sports and dene games (native games). Over 2000 athletes participated from the following arctic areas (north of the 55th parallel): Greenland, Northwest Territories, Nunavut, Yukon Territory, Nunavik-Quebec, Alaska, Alberta North, Chukotka Autonomous Region and Magadan (Siberian regions). This year the games were held in Nuuk, Greenland and Iqaluit, Nunavut (speed skating was here). Iqaluit, the capital of the Canadian territory of Nunavut, is located on Baffin Island and was originally named Frobisher Bay. Annual temperatures there range from 12 degrees to -40 degrees Celsius (54 degrees to -40 Fahrenheit). Thank goodness we had warm parkas! The games are a mixture of competition and cultural learning as people make friends with others from very varied backgrounds. The following skaters represented Alaska:

Juvenile girls: Katie Black, Ashley Gorski, Ruth Klein

Junior girls: Kirsten Arnett and Sylvia Armitstead

Juvenile boys: Andy Kelly, Max Becker\*, Ben Haeussler, Clay Moody

Junior boys: Joe Fish, Chris Dahl, Liam Ortega\*, Ryan Twitchell\*

Coaches: Tim Kelly and Wendy Arnett

\*Fairbanks club members

Everyone had a great time trading pins, watching competitions and skating with the Canadians (and learning their point system). The distances skated were 500m, 666m, 777m, 1000m and 2000m relay for Juveniles; and, 500m, 777m, 1000m, 1500m and 3000m relay for Juniors. In addition to personal best times by all skaters, we scored the following medals:

Andy Kelly: 777m bronze, 500m silver, 666m silver (tied for record)

Kirsten Arnett: 777m bronze; 1500m bronze

Ryan Twitchell: 500m bronze

Juvenile girls: 2000m relay bronze

Junior boys: 3000m relay silver

Several skaters received Fair Play pins for exhibiting excellent sportsmanship. We all had a memorable time and were sorry to see the games come to an end. But we are all ready to skate!

## Michigan Speed skating Association

The Michigan Speed skating Association finished the year very strong. We have the second largest Association and are planning to start four new clubs in Kalamazoo, Lansing, Mount Pleasant and Marquette in the next few years. We had 100 skaters at one of our meets in February. We had not hit triple digits in a Michigan meet in over 20 years. We have also had over 90 inquiries from the tryspeedskating.com web site. Most of those individuals have been contacted and have come out to try the sport.

Michigan sent 25 skaters to the Short Track Nationals held in Pittsburgh. We placed well overall in each division, with our 3 National Champions being Tom Cole, Michel Conroy and Beth Bedford. In addition, we had five second place finishes and three third place finishes. Our state dominated the 3,000-meters, winning six out of ten races. These individuals were Kreg Greer, Tom Cole, Kristin Bedford, Sara Bell, Beth Bedford and Michel Conroy. The supremacy in the men's 3,000-meter relay continued for the third straight year. Kreg Greer, Mike Kooreman, Chris Weaver and Joe Rohraff skated extremely well, crossing in first place with a time of 4:28.96. Everyone had a great time and we want to thank all of those people who helped put together such a large meet.

Thanks to the unprecedented media coverage of speed skating at the Olympics, this has been one of the most exciting years ever for Michigan speed skating. All six clubs in our state experienced membership growth. The future looks very bright for speed skating in Michigan.

## News from Missouri

By Joe Gier

A busy off-season is shaping up here in Missouri. The Metros club is sponsoring a skate camp featuring Cathy Turner in May. This camp has already filled up with 40 skaters and promises to be an excellent event. Likewise, a U.S. Speedskating development camp is scheduled for St. Louis the weekend of August 3rd and 4th. Interested skaters should contact Terry Gier at (314) 849-5664 or [mospeedsk8@aol.com](mailto:mospeedsk8@aol.com).

Also, a Novice Coaching course will be offered on August 3rd in conjunction with the above-mentioned development camp. This is a new coaching course below the Level I course and is designed for new coaches and parents of skaters. Hope to see you this summer!

## Middle Atlantic Skating Association

by Stanley Zompakos

The MASA would like to congratulate Abigail Hammer on her second place overall finish, and on the National Record she set while winning the 777 meter event at the 2002 Short Track National Championships. Al Harding was awarded the MASA 2002 skater of the year award for his overall win, and three National Records set at the Short Track Nationals. Other outstanding MASA performances at the Nationals were Chul Lee, who finished second overall, and won the 500 meter, and Carol Moore, who won her division. Tony Falk and Alison Soukup were voted the male and female most improved skaters of the 01/02 season.

Daniel van Benthuisen was re-elected president of the MASA for the 02/03 season at the annual meeting on April 2nd. His agenda for the season includes reinstating the popular New York State Short Track Championships in March of 2003. A committee was formed to begin preparation for holding this meet. Other activities will include an attempt to get speed skating reinstated at the Empire State Games. Gary Corwin noted that all of the potential short track rinks in the Lake Placid region are booked for hockey and figure skating during the games, so our best chance will be to try to have a long track meet on the Olympic oval. A committee was also formed to try to update the MASA constitution and bylaws, which were written in 1933, to make them more relevant to the modern era.

## Western New York

By Michael Magnusson

The Niagara Frontier Speed Skating Club of Buffalo, New York has enjoyed a good rebuilding year. The past couple of decades, the club was not a healthy one. In the 1960's, the club had around 200 members and hosted the National Long Track Championship one year. Then, the NHL came to town in the form of the Buffalo Sabres. Speed skating became marginalized. The 70's and 80's saw membership dwindle to double and even single digits. Jerome Goelz kept the club going through the dark years along with the City of Buffalo, which gave us ice time to run a Learn to Speed Skate program. His daughters Wendy and Corey, former members of the National Short Track and Long Track teams respectively, were one motivation. To him, the current club owes a great debt.

In the 90's, club membership showed a gradual increase, mostly from adults interested in a fitness and recreational activity. We now have about two dozen regular skaters with the usual ratio of semi-regulars. With these adults have come young skaters, the future of any club.

While the NFSSC is mostly a recreational club, we do have some youngsters showing an interest in racing. Julie Gehring has shown great promise at races at Syracuse and Lake Placid. And the Sessler family will one day make their mark on the short track.

Much of this success is due to past club president Jeff Buchholtz. This year he passed away after a long illness. While he was not active with the club these past couple of years, his vision and energy will be missed.

## The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD 4/02

### Carbohydrate Confusion

Ever since Dr. Atkins came out with his carbohydrate-bashing high protein diet, active people (who had been happily enjoying bagels, pasta and pretzels as the foundation of their meals) have suddenly started shunning these excellent sources of muscle fuel. Instead, they are eating more egg whites, cottage cheese, soy shakes and protein-based foods. But questions abound about the role of carbohydrates in the sports diet, as well as concerns about insulin and the glycemic effect of foods. The purpose of this article is to address the current state of carbohydrate confusion and provide some clarity for active people who want to eat wisely for good health, high energy, weight control and top performance.

**Q: Are carbs fattening? ... Should I eat less of them?**

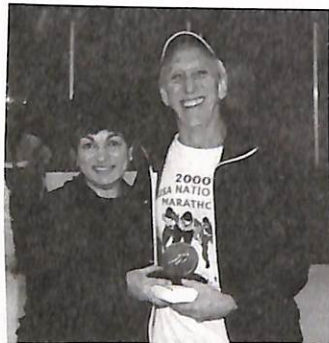
A. Carbohydrates are not inherently fattening. Excess calories are fattening. *Excess calories* of carbohydrates (bread, bagels, pasta) are actually less fattening than are excess calories of fat (butter, mayonnaise, frying oils) because the body has to spend calories to convert excess carbohydrates into body fat. In comparison, the body easily converts excess calories of dietary fat into body fat. This means, if you are destined to be gluttonous but want to suffer the least weight gain, you might want to indulge in (high carb) frozen yogurt instead of (high fat) gourmet ice cream.

**Q. Is there a difference between the carbs from starchy foods (like breads) vs the carbs in fruits and vegetables or in candy?**

A. As far as your muscles are concerned, there is no difference. You can carbo-load on jelly beans, bananas or brown rice; they are biochemically similar. Sugars and starches both offer the same amount of energy (16 calories per teaspoon) and both get stored as glycogen in muscles or used for fuel by the muscles and brain (via the blood sugar). The sugar in jelly beans is a simple compound, one or two molecules linked together. The starch in brown rice is a complex compound, hundreds to thousands of sugar molecules linked together. Sugars can convert into starches



## 2002 National Short Track Champions



Hence Bollinger presents the Juan Williams Memorial Award, sponsored by Middle Atlantic Skating Association, to Master 60-69 Men's champion Al Harding

Carole Moore presents the Amos Ottley Memorial Award, sponsored by Middle Atlantic Skating Association, to Master 50-59 Men's champion Stephen Gunther



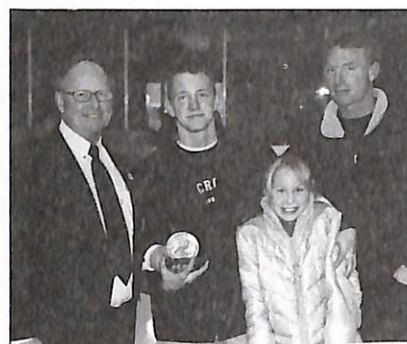
Carole Moore presents the Robert L. Finkel Memorial Award, sponsored by Middle Atlantic Skating Association, to Master 40-49 Men's champion Tom Cole

Fred Benjamin presents the Ohio Skating Association Award, sponsored by the Ohio Skating Association, to Master 30-39 Men's champion Marty Medina



Karen Street presents the Carlstrom Family Award, sponsored by Mr. and Mrs. Lloyd Carlstrom, to Senior Men's champion Ron Biondo

Bruce, Gretchen, and Roger Bauer present the Ruth and Ralph Reed Memorial Award to Intermediate Men's champion Richard Bauer



Karen Street presents the Dr. Ray Novak Award, sponsored by Dr. and Mrs. Milan Novak, to Junior Boys' champion Zack Goldberg

Carole Moore presents the Dave and Betty Roche Award, sponsored by Dave and Betty Roche, to Midget Boys' champion Eduardo Alvarez



Karen Street presents the James C. (Bunny) Sheffield Memorial Award, sponsored by the Lake Placid Sports Conclave, to Pony Boys' champion Simon Cho



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amily Award,  
Junior Girls'



Karen Street and Fred Benjamin present the Blair Family Award, sponsored by Mr. and Mrs. Charles Blair, to Pony Girls' champion Mary Grace



All photos by Sanders Hicks



Hence Boll Award, spo  
Associator  
Al Harding



Carole Moc  
Award, spo  
Association  
Cole



Karen Stree  
sponsored b  
Senior Men



Karen Stree  
sponsored b  
Junior Boys

Karen Street presents the James C. (Bunny)  
Sheffield Memorial Award, sponsored by the Lake  
Placid Sports Conclave, to Pony Boys'  
champion Simon Cho



Hence Bollinger presents the Bollinger  
Friendship Award, sponsored by Andrew and  
Hence Bollinger, to Master 40-59 Women's  
champion Michel Conroy



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



Karen Street presents the Crowe Family Award,  
sponsored by Mrs. Rita Crowe, to Junior Girls'  
champion Jade Wheeler



Karen Street and Fred Benjamin  
present the Robert L. Kellerman  
Memorial Award, sponsored by  
Linda Kellerman, to Midget Girls'  
champion Kelly Block



Fred Benjamin presents the Cathy Turner Award,  
sponsored by the Michigan Speedskating  
Association, to Master 50-59 Women's  
champion Carole Moore



Shirley Yates presents the V.F.W. Auxiliary #2164,  
Wheaton, IL and Carol Jackson Award, sponsored  
by the V.F.W. Auxiliary #2164, Wheaton, IL and  
Carol Jackson, to Master 30-39 Women's champion  
Beth Bedford



Bruce, Richard, Gretchen, and Roger Bauer  
present the Arline Bauer Memorial Award,  
sponsored by the Bauer Family and Friends  
to Intermediate Women's champion Kira Fling



Abby Hammer and Fred Benjamin  
present the Joseph A. and Barbara  
Sulc Award, sponsored by Joseph  
Sulc, to Juvenile Girls' champion  
Marin Austin

Karen Street and Fred Benjamin present  
the Blair Family Award, sponsored by Mr.  
and Mrs. Charles Blair, to Pony Girls'  
champion Mary Grace

All photos by Sanders Hicks

Continental U.S. orders only. Orders shipped outside continental U.S. will be charged actual freight.

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\$30.01 - \$50.00	\$9.25
\$50.01 - \$125.00	\$11.25
\$125.01 - \$200.00	\$13.25
\$201.01 - \$500.00	\$15.25

**Estimated Shipping Chart**

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Please allow 4-6 weeks for delivery

## 2002 National Short Track Race Photos



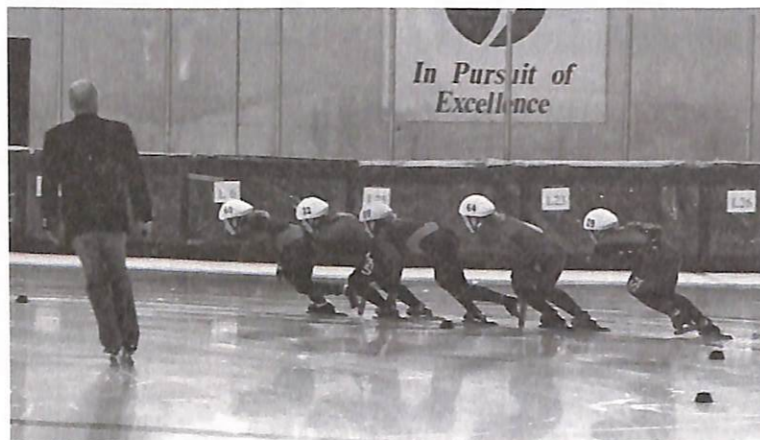
Junior Boys, left to right, Kreg Greer, Paul Dyrud, and Patrick Meek



Pony Girls. Taylor Grefsheim has a moment of panic as Karin Greene almost goes down. Sarah Burg is coming through on the inside.



Pony Boys, front to back, Simon Cho, Christopher Medard, Cole Krueger, Patrick Murray, and Ryan



Referee Tim Quinn watches Junior Girls Kristen Biondo, Jade Wheeler, Tina Koenig, Carly Wilson, and Lezleigh Jaworski go around the turn.



Intermediate Women, left to right, Kira Fling, Kristin Bedford, Bonnie Klint, and Miranda Giuffrida



Senior Women, left to right, Penelope Lang, Sara Bell, Kristen Talbot, and Brigid Farrell



Senior Men, front to back, Adam Duncan, Ron Biondo, and Mike Kooreman



Senior Citizens, front to back, Mary Lou DiNicola (Master 60-69), Carole Moore (Master 50-59), and Howard Ganong (Master 70+)



Juvenile Boys, front to back, Andrew Pak, Alex Johnson, Brent Aussprung, and Matthew Hickson



Master 30-39 Women, left to right, Cindy Scharf, Kim Schad-Szczepinski, and Beth Bedford

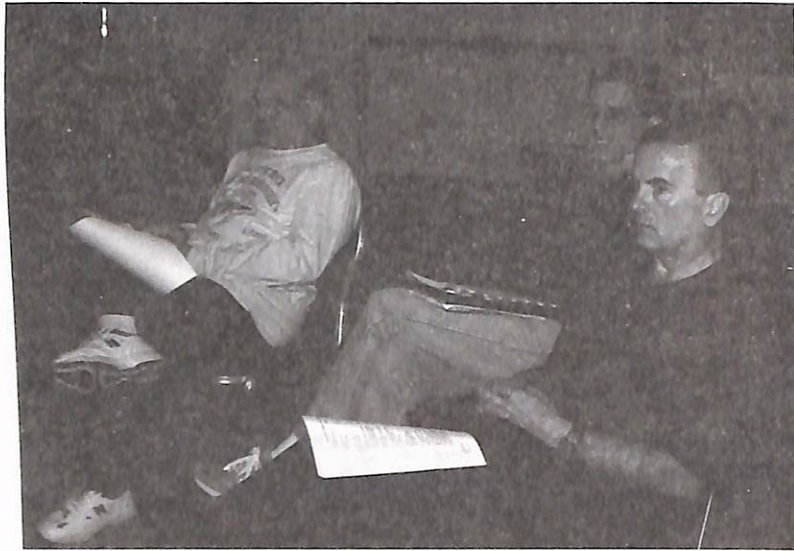


Midget Boys, left to right, Austin Yun, Robert Lawrence, Barry Winslow, Dennis Kwon, and Brad Soble

All photos by Jerry Search

## The Spring Meeting and Gala

### The Meeting



Bob Halden, Joe Balbo, and Dennis Marquard

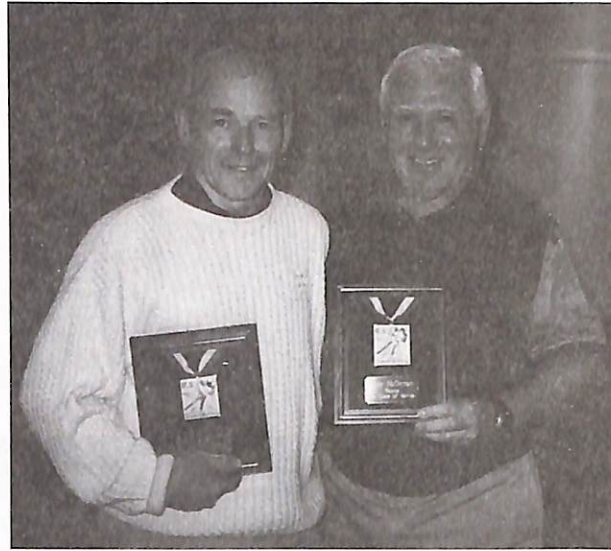


Photo by T. J. Jarrett

Retiring Board Members Bill Cushman and Terry McDermott with plaques commemorating their years of service to U.S. Speedskating

### The Gala



The silent auction



Apolo Anton Ohno and Paul Marchese



Julie, Brad, and Tony Goskowitz



Gerri Arena and Edna Ralston



Olympians, Present, and Past



Mike Crowe and Jack Mortell



Lorraine Garbe, Bob Nelson, and Shirley Yates



Yuki Ohno and Chris Witt



Beth Bedford, Karen Kostal, and Doc Savage

Nancy Clark continued from page 13

and starches can convert into sugars. For example:

- When a banana is green (not ripe), it is starchy. As it gets older, it becomes sweeter; in fruits, the starch converts into sugar.
- When peas are young, they are sweet. As they get older, they get starchier; in vegetables, the sugar converts into starch.

Grain foods (wheat, rice, corn, oats) also store their energy as complex strands of sugar molecules, a starch. The starch breaks down into individual sugar molecules (glucose) during digestion. Hence, your muscles don't care if you eat sugars or starches for fuel because they both digest into the same simple sugar: glucose.

The difference between sugars and starches comes in their nutritional value and impact on your health. Some sugars and starches are healthier than others. For example, the sugar in orange juice is accompanied by vitamin C, folate and potassium. The sugar in orange soda pop is void of vitamins and minerals; that's why it's described as "empty calories." The starch in whole wheat bread is accompanied by fiber and B-vitamins. The starch in white breads has lost many health-protective nutrients during the refining process. White bread provides muscle fuel, but fewer vitamins.

#### **Q. If carbs aren't fattening, why do high protein diets "work"?**

A. High protein diets seemingly "work" because--

1. The dieter loses water weight. Carbs hold water in the muscles. For each ounce of carbohydrate you stored as glycogen, your body simultaneously stores three ounces of water. When you deplete carbs during exercise, your body releases the water and you experience a significant loss of weight that's mostly water, not fat.
2. People eliminate a lot of calories when they eliminate carbohydrates. For example, you might eliminate not only the baked potato (200 calories) but also two pats of butter (100 calories) on top of the potato, and this creates a calorie deficit.
3. Protein tends to be more satiating than is carbohydrate. That is, protein (and fat) linger longer in the stomach than does carbohydrate. Hence, having high protein (and fat) eggs and bacon for breakfast stays with you longer than does a high carb bagel with jam. By curbing hunger, you have fewer urges to eat and can more easily cut calories, until you start to crave carbs and binge eat.

The overwhelming reason why high protein diets do NOT work is dieters fail to stay on them for a long time. They may lose weight, but only to regain it. The trick to losing weight is to learn how to manage the American food supply so you won't regain the weight. Remember: You should never start a food program you do not want to maintain for the rest of your life. Do you really want to never eat breads, potato or crackers ever again????

#### **Q. I've heard white bread is "poison." Do you agree?**

A. White bread offers lackluster nutrition, but it is not "poison" nor a "bad" food. White bread can be balanced into an overall wholesome diet. That is, if you have bran cereal for breakfast and brown rice for dinner, your diet can healthfully accommodate a sandwich made on white pita for lunch.

White bread's reputation for being "poison" is partially because of its high glycemic effect. That is, 200 calories of white bread quickly digests and causes the blood glucose (blood sugar) to elevate higher than would the same amount of a whole grain, fiber-rich bread. High blood glucose triggers the body to secrete insulin to carry the sugar out of the blood. Insulin can stimulate the appetite, as well as fat deposition. If you are physically fit, however, your muscles readily store the sugar as glycogen with the need of much less insulin. Hence, active people can handle high carb foods and have less need to worry about a food's glycemic effect.

#### **Q. Should I choose foods based on their glycemic effect?**

A. As a general trend, yes. Foods with a low glycemic effect tend to be wholesome, fiber-rich fruits, vegetables and whole grains that are health protective and satiating. They can curb the appetite and help with weight management. Yet, the glycemic response to a food varies from person to person, as well as from meal to meal (depending on the combinations of foods eaten). Experiment to learn what food combinations satisfy you and offer lasting energy.

### **The Athlete's Kitchen**

Copyright: Nancy Clark, MS, RD May, 2002

#### **Disordered Eating, Food Obsessions & Compulsive Exercise: There's another way to live!**

"I made myself run 5 extra miles today because I ate a cookie..."

"I try not to eat bagels and crackers. They are my downfall..."

"I spend too much of my time obsessing about food..."

Although the E in eating should stand for enjoyment, many of my clients act as though the E stands for evil. They try to stay away from food, thinking of it as a fattening enemy. While they may not be outright anorexic or bulimic, they certainly eat abnormally: starving themselves by day, stuffing themselves by night, exercising like crazy to burn off calories.

These food-fearers repeatedly choose the same fat-free diet: bran cereal with skim milk and fruit for breakfast, turkey sandwich and pretzels for lunch, apples for snacks, and chicken with a pile of veggies for dinner. No birthday cake, no pizza, no holiday treats. This repetitive menu becomes quite boring and offers little enjoyment when eaten day

Continued on page 21

after day, month after month, year after year. But it feels safe to the dieters; they know they won't get fat by faithfully honoring this rigid food plan.

Not only do these weight-conscious athletes consume a very limited variety of foods, they also claim they consume fewer calories than might be expected given their high level of exercise. They typically report eating about 500 calories less per day than they "deserve." Yet, they fail to lose weight?? a sign they are "hibernating" and conserving energy to protect against this perceived famine. As a result of the chronic hunger that accompanies the skimpy food intake, the dieters end up food obsessed. As one woman acknowledged "I'm embarrassed to admit how much time I spend thinking about food...I think about it all day."

If you are an active person who falls into the disordered eating category, rest assured you are not alone. Rather, you are accompanied by many other compulsive exercisers and eaters. From an outside glance, you may appear to "have your act together" but your hidden insides are haunted by the quest to diet and acquire a perfect physique??the illusive body found abundantly in fashion magazines.

#### **Media's messages.**

Despite the fact that a rare handful of people naturally have bodies like those of magazine models, media portrays the message that you are only beautiful if you are thin. (Make that thin and muscular if you are a man.) Speaking at the annual convention of the Academy of Eating Disorders (Boston, April 2002), Jean Kilbourne (www.jeankilbourne.com) presented her research on the image of women in the media. She pointed out how ads repeatedly offer these damaging messages: women need to be thin to be beautiful; a woman's "outside" assets give her value; women need not be smart, career-oriented or charismatic??just sexually attractive; a woman's main job is to be a sex object. Also, women shouldn't eat if they want to be thin, beautiful, sexually attractive (and brainless due to hunger).

If you take a look at advertisements, you'll notice that women are rarely seen eating; they just look at food. Men, in comparison, are portrayed as having a manly appetite, hence the name, The Man-wich. Think about it: Would The Woman-wich sell? Or Hungry Woman TV Dinners? No way! Lean Cuisine is the desired category.

The result of years of bombardment with these messages is that young girls believe they need to be thin at any cost. The cost: no birthday cake, no chips, no pizza, no breakfast, no lunch. Additional costs: food obsessions; guilt upon eating more than a rice cake; low energy, poor sports performance. Food is considered bad, addictive, or a reward for having survived life's stresses. ("You deserve a break today...") Where are the positive messages that food is life-sustaining, nourishing and essential to our wellness and self-care?

#### **Let's get real.**

So what can we do to help prevent disordered eating and distorted body images? For one, we can redefine health. Is a woman truly healthy (and praiseworthy) if she eats virtually no fat and exercises constantly? According to Jon Robinson, PhD of the Center for Preventive Medicine in Lansing, Michigan and a speaker at the SCAN conference on Eating Disorders (Orlando, April 2002; www.nutrifit.org), fatness is of far less importance than fitness. That is, fat but fit people can be healthy and live long lives.

Contrary to media's messages, the truth is women (and all humans) come in assorted sizes and shapes. No one size is right, good, perfect. Regardless of size, your body deserves to be loved and nourished, not hated and starved, punished with excessive exercise. Take note: the seemingly "dedicated athlete" who exercises religiously and eats "perfectly" may actually be exhausted and unhappy, an obsessive, compulsive exerciser who is trapped in a vicious cycle. Have the courage to point out what you see: "You seem tired; you've lost that sparkle in your eye. Are you OK?"

If you do feel trapped, remember you have the right to choose the kind of life you believe is most worth living. If you are spending too many hours exercising and fretting about what and when to eat and how to purge calories (vomiting? exercising?), know there is a gentler way to live. Perhaps, instead of being on a relentless diet, you could simply learn to love your body for what it is? After all, your beauty comes from the inside out, not from thinner thighs.

And if the truth be told, who (other than you) really cares what you look like? Do you actually care about how others look? Of all the people in your life who have made an impact on you, did any of them have a "perfect body"? Likely not, but were they still lovely? Yes!

People who fret about food and weight all the time cut themselves off from family, friends and relationships. They deaden their emotions with hunger. That's why people with anorexia can actually lose weight (as compared to most diet failures). They do not eat due to stress, nor do they find enjoyment in eating. They miss out on one of life's pleasures: enjoyable eating.

#### **Finding a lifeline**

If you are among the many weight conscious exercisers who finds yourself more and more confused about how to diet without feeling denied, deprived and obsessed, I encourage you to seek professional nutrition guidance from a registered dietitian (RD) who specializes in sports nutrition. You can find a local RD by using the American Dietetic Association's referral network (800-366-1655; www.eatright.org). Everyone always wins with good nutrition!

# National Short Track Results

## Pittsburgh, Pennsylvania

Distance	Time	1st Place	2nd Place	3rd Place	4th Place
<b>Master Men 70+</b>					
500 M	1:05.23	Howard Ganong			
777 M	1:47.58	Howard Ganong			
1000 M	2:25.56	Howard Ganong			
1500 M	3:31.31	Howard Ganong			
Overall		Howard Ganong			
<b>Master Men 60-69</b>					
500 M	0:55.36	Al Harding	Bob Fischer	Francis Whelan	Ed Basinski
777 M	1:29.78	Al Harding	Bob Fischer	Frank Lask	Ed Basinski
1000 M	2:02.99	Bob Fischer	Al Harding	Frank Lask	Ed Basinski
1500 M	2:57.07	Al Harding	Bob Fischer	Frank Lask	Ed Basinski
Overall		Al Harding	Bob Fischer	Frank Lask	Ed Basinski
<b>Master Men 50-59</b>					
500 M	0:54.49	Stephen Gunther	Glen Walworth	Lawrence Dailey	Patrick Knox
777 M	1:25.02	Lawrence Dailey	Patrick Knox	Glen Walworth	Stephen Gunther
1000 M	1:48.32	Vincent Gagliano	Glen Walworth	Stephen Gunther	Patrick Knox
1500 M	2:50.42	Stephen Gunther	Glen Walworth	Vincent Gagliano	
Overall		Stephen Gunther	Glen Walworth	Vincent Gagliano	Lawrence Dailey
<b>Master Men 40-49</b>					
500 M	0:48.96	Robert Ahlke	Tom Cole	Rob Darrow	Brad Kuzik
1000 M	1:43.96	Robert Ahlke	Tom Cole	Rob Darrow	Daniel Ott
1500 M	2:38.18	Rob Darrow	Tom Cole	Daniel Ott	Brad Kuzik
3000 M	5:29.78	Tom Cole	Brad Kuzik	Daniel Ott	Rob Darrow
Overall		Tom Cole	Robert Ahlke	Rob Darrow	Daniel Ott
<b>Master Men 30-39</b>					
500 M	0:47.84	Marty Medina	Marty Haire	Paul Provencher	Mark Chrysler
1000 M	1:39.76	Marty Haire	Jim Nubani	Mark Chrysler	Paul Provencher
1500 M	2:43.13	Marty Medina	Jim Nubani	Marty Haire	Mark Chrysler
3000 M	6:17.96	Jim Nubani	Marty Medina	Marty Haire	Brian Boudreau
Overall		Marty Medina	Marty Haire	Jim Nubani	Mark Chrysler
<b>Senior Men</b>					
500 M	0:43.60	Ron Biondo	Mike Kooreman	Adam Duncan	Chris Weaver
1000 M	1:39.50	Ron Biondo	Mike Kooreman	Adam Duncan	Chris Weaver
1500 M	2:33.38	Ron Biondo	Mike Kooreman	Chris Weaver	Adam Duncan
3000 M	4:47.03	Ron Biondo	Chris Weaver	Adam Duncan	Mike Kooreman
Overall		Ron Biondo	Mike Kooreman	Adam Duncan	Chris Weaver
<b>Intermediate Men</b>					
500 M	0:47.59	Chul Lee	Richard Bauer	Marcus Merrill	Augustin Pionati
1000 M	1:43.81	Richard Bauer	Chul Lee	Ian O'Leary	Marcus Merrill
1500 M	2:40.52	Richard Bauer	Chul Lee	Marcus Merrill	Ian O'Leary
3000 M	5:27.92	Marcus Merrill	Richard Bauer	Ian O'Leary	Augustin Pionati
Overall		Richard Bauer	Chul Lee	Marcus Merrill	Ian O'Leary
<b>Junior Boys</b>					
500 M	0:45.00	Zack Goldberg	Daniel Park	Thomas Anderson	Patrick Meek
1000 M	1:34.51	Zack Goldberg	Patrick Meek	Thomas Anderson	Daniel Park
1500 M	2:24.63	Kreg Greer	Thomas Anderson	Zack Goldberg	Nicholas Frank
3000 M	5:27.48	Kreg Greer	Patrick Meek	Zack Goldberg	Paul Dyrud
Overall		Zack Goldberg	Kreg Greer	Thomas Anderson	Patrick Meek
<b>Juvenile Boys</b>					
333 M	0:33.95	Alex Johnson	Brent Aussprung	Chris Lee	Jordan Hinke
500 M	0:48.34	Matthew Hickson	Arron Kopp	Chris Lee	Jordan Hinke
777 M	1:19.63	Arron Kopp	Alex Johnson	Chris Lee	Jordan Hinke
1000 M	1:46.28	Alex Johnson	Arron Kopp	Jordan Hinke	Chris Lee
Overall		Alex Johnson	Arron Kopp	Chris Lee	Matthew Hickson

Distance	Time	1st Place	2nd Place	3rd Place	4th Place
<b>Midget Boys</b>					
333 M	0:34.08	Eduardo Alvarez	Barry Winslow	Austin Yun	Mitchel Whitmore
500 M	0:50.20	Michael Kim	Barry Winslow	Andrew Choi	Robert Lawrence
611 M	1:02.33	Eduardo Alvarez	Michael Kim	Austin Yun	Brad Soble
777 M	1:21.45	Eduardo Alvarez	Barry Winslow	Andrew Choi	Austin Yun
Overall		Eduardo Alvarez	Barry Winslow	Michael Kim	Austin Yun
<b>Pony Boys</b>					
222 M	0:24.41	Simon Cho	Jonathan Sermeno	Jordan Fleps	Patrick Choi
333 M	0:34.99	Simon Cho	Patrick Choi	Cole Kruger	Patrick Murray
444 M	0:45.75	Simon Cho	Jonathan Sermeno	Cole Kruger	Jordan Fleps
500 M	0:52.92	Simon Cho	Jordan Fleps	Jonathan Sermeno	Christopher Medard
Overall		Simon Cho	Jonathan Sermeno	Jordan Fleps	Patrick Choi
<b>Master Women 60-69</b>					
500 M	0:56.92	Mary Lou DiNicola			
777 M	1:30.48	Mary Lou DiNicola			
1000 M	1:57.80	Mary Lou DiNicola			
1500 M	2:59.83	Mary Lou DiNicola			
Overall		Mary Lou DiNicola			
<b>Master Women 50-59</b>					
500 M	0:55.47	Carole Moore			
777 M	1:28.59	Carole Moore			
1000 M	1:55.94	Carole Moore			
1500 M	2:59.71	Carole Moore			
Overall		Carole Moore			
<b>Master Women 40-49</b>					
500 M	0:56.63	Michel Conroy	Kathy Burton	Regina Hart	Jan Zurcher
1000 M	1:57.31	Michel Conroy	Kathy Burton	Regina Hart	Jan Zurcher
1500 M	3:04.02	Michel Conroy	Jan Zurcher	Regina Hart	Kathy Burton
3000 M	6:13.74	Michel Conroy	Kathy Burton	Jan Zurcher	Regina Hart
Overall		Michel Conroy	Kathy Burton	Regina Hart	Jan Zurcher
<b>Master Women 30-39</b>					
500 M	0:55.55	Kim Schad-Szczepinski	Kate Stewart	Dace Robs	
1000 M	1:52.39	Beth Bedford	Kate Stewart	Kim Schad-Szczepinski	Dace Robs
1500 M	2:48.11	Beth Bedford	Kate Stewart	Kim Schad-Szczepinski	Dace Robs
3000 M	5:17.14	Beth Bedford	Kate Stewart	Dace Robs	Kim Schad-Szczepinski
Overall		Beth Bedford	Kate Stewart	Kim Schad-Szczepinski	Dace Robs
<b>Senior Women</b>					
500 M	0:48.49	Kristin Talbot	Katy Kepka	Valerie Goldstein	Penelope Lang
1000 M	1:40.38	Penelope Lang	Kristin Talbot	Brigid Farrell	Katy Kepka
1500 M	2:35.20	Penelope Lang	Brigid Farrell	Kristin Talbot	Sara Bell
3000 M	5:36.90	Sara Bell	Penelope Lang	Katy Kepka	Carla Langenthal
Overall		Penelope Lang	Kristin Talbot	Katy Kepka	
<b>Intermediate Women</b>					
500 M	0:48.28	Kira Fling	Cherise Wilkins	Kristin Bedford	Miranda Giuffrida
1000 M	1:40.35	Kira Fling	Kristin Bedford	Bonnie Klint	Cherise Wilkins
1500 M	2:37.67	Bonnie Klint	Kira Fling	Miranda Giuffrida	Cherise Wilkins
3000 M	5:59.56	Kristin Bedford	Bonnie Klint	Miranda Giuffrida	Kira Fling
Overall		Kira Fling	Kristin Bedford	Bonnie Klint	Miranda Giuffrida
<b>Junior Girls</b>					
500 M	0:48.37	Lezleigh Jaworski	Tina Koenig	Carly Wilson	Jade Wheeler
1000 M	1:51.84	Jade Wheeler	Lezleigh Jaworski	Carly Wilson	Sophia Milan
1500 M	2:57.58	Jade Wheeler	Lezleigh Jaworski	Carly Wilson	Tina Koenig
3000 M	6:35.36	Jade Wheeler	Lezleigh Jaworski	Tina Koenig	Kristen Biondo
Overall		Jade Wheeler	Lezleigh Jaworski	Carly Wilson	

Distance	Time	1st Place	2nd Place	3rd Place	4th Place
<b>Juvenile Girls</b>					
333 M	0:34.04	Katherine Reutter	Marin Austin	Ericka Hawke	Laura Johnson
500 M	0:49.78	Austin Marin	Alice Kim	Katherine Reutter	Ericka Hawke
777 M	1:17.77	Alice Kim	Marin Austin	Ericka Hawke	Laura Johnson
1000 M	1:42.57	Alice Kim	Marin Austin	Laura Johnson	Ericka Hawke
Overall		Austin Marin	Alice Kim	Katherine Reutter	Ericka Hawke
<b>Midget Girls</b>					
333 M	0:34.67	Kelly Block	Abigail Hammer	Keturah Bachwansky	Aran Kim
500 M	0:50.97	Kelly Block	Keturah Bachwansky	Aran Kim	Abigail Hammer
611 M	1:02.68	Kelly Block	Keturah Bachwansky	Elaine Golz	Sugar Todd
777 M	1:21.14	Abigail Hammer	Kelly Block	Eiaine Golz	Sugar Todd
Overall		Kelly Block	Abigail Hammer	Keturah Bachwansky	Elaine Golz
<b>Pony Girls</b>					
222 M	0:25.76	Mary Grace	Rachel Golz	Taylor Grefsheim	Karin Greene
333 M	0:37.47	Mary Grace	Rachel Golz	Karin Greene	Sarah Burg
444 M	0:49.81	Mary Grace	Rachel Golz	Sarah Burg	Taylor Grefsheim
500 M	0:56.40	Rachel Golz	Mary Grace	Sarah Burg	Abigail Romano
Overall		Mary Grace	Rachel Golz	Sarah Burg	Karin Greene Taylor Grefsheim

## 2003 NATIONAL LONG TRACK SPEED SKATING CHAMPIONSHIPS

January 26 and 26, 2003  
Butte, Montana

The 2003 National Long Track Championships will be held on Jan. 25-26, 2003 at the High Altitude Sports Center in Butte, Montana. The High Altitude Sports Center is consistently one of the fastest outdoor tracks in the U. S. or Canada. Many National and North American long track records have been set in Butte.

Butte is served by Delta Airlines. Connections to other major airlines are available. Make your travel arrangements early since there are a limited number of seats into Butte on any given day.

Host hotel and rates will be published in the fall issue of *The Racing Blade*.  
Banquet menu and costs will also be available.

Make your plans now the attend the  
2003 National Long Track Championships  
January 25 & 26, 2003

For additional information contact:

Chuck Durkin, Meet Director, 818 W. Mercury St., Butte, MT 59701-1544  
Phone: (406) 723-8005, Email: [durkin@in-tch.com](mailto:durkin@in-tch.com)

# Summer Speed Skating Camp

## Bay City, Michigan - August 4-10, 2002

(Home of 2001 National Championships, 29 National and 1 Junior World Record and potential site for 2003 U.S. Championships)

Coordinated by Joe Rohraff  
and Alan Izykowski

Skaters of Midget division and higher at an intermediate or higher level of ability as well as coaches are encouraged to take part in the best summer camp available. Daily ice will be provided by one of the best ice facilities in the country that takes pride in making great ice. In addition to ice training, extensive instructional and informational seminars, various dryland training, teambuilding strategies and lots of fun will be provided. This camp is not only designed to prepare for the upcoming racing season, but to learn advanced tactics and strategies, techniques, knowledge of equipment and mental and physical preparation to become the champions of tomorrow.

Various elite level instructors will be providing the best quality training camp for the best six days of the summer. For \$275 housing, 3 meals/day, ice and administrative fees and transportation to and from the airport and training sessions are included. **NOTE:** Rate of \$150 if housing and dinner arranged outside of camp.

**Don't miss out this summer and be left behind next season!**

For more information contact Joe Rohraff: [Smoknjoer@aol.com](mailto:Smoknjoer@aol.com) or 734-231-2670  
Or Alan Izykowski: [alizymail@aol.com](mailto:alizymail@aol.com)

(Complete and send bottom portion of entry to address listed below)

Send entries and **fee payable to Bay County Speed Skating Club**. Upon receiving entry a camp package including waiver, confirmation and camp outline will be returned. Camp will be **limited to the first 30 entries received by June 1st:**

Alan Izykowski  
4678 Birchwood Dr.  
Bay City, Michigan 48706

Name: \_\_\_\_\_ Division: \_\_\_\_\_ Age: \_\_\_\_\_  
City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_  
Telephone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

List your personal best times for the distances below:

500m \_\_\_\_\_ 1000m \_\_\_\_\_

T-shirt Size \_\_\_\_\_

## Attention Master Skaters (Age 30+)

### WE WANT YOUR INPUT

The past season was an exciting year for the sport of Speed Skating. It was very gratifying to watch the U.S. skaters win so many medals and achieve their goals. However, in some ways it was disappointing to find so few masters attending National and North American Championships.

At your request, much effort was put in to secure classes. The lack of attendance could put these master classes in jeopardy.

In an effort to meet our needs and expectations for competitions, please complete and return the enclosed questionnaire.

Please return this form to Member Services, 0S651 Forest, Winfield, IL 60190 or fax 630-784-8667 or email your response to usskostal@aol.com

Thank you.

The Masters Committee  
(an informal committee made up of master level skaters only at the spring meeting in Salt Lake)

Please indicate what meet(s) you did or did not attend and a brief reason why you did not attend (club or coaching conflict, unable to take the time to travel, expense etc.)

MEET	Attended	Not Attended	Reason
National Long Track	_____	_____	
National Short Track	_____	_____	
National Marathon	_____	_____	
North American Long Track	_____	_____	
North American Short Track	_____	_____	
Masters International (at the Pettit)	_____	_____	

Additional comments/suggestions you would like to make:

## 2002-2003 MEET SCHEDULE (as of 4/29/02)

DATE	COMPETITION	DISCIPLINE	LOCATION
SEPT 18-21	ISU Short Track Officials Clinic		Ft. Lauderdale, FL
SEPT	US Speedskating Board Meeting		Milwaukee, WI
OCT 9-11	ISU Referee's Course		Gothenburg, Sweden
OCT 12	Herb Knudten Memorial	ST (Exhibition)	Cedar Rapids, IA
OCT 18-20	World Cup Short Track	ST	Chuncheon, Korea
OCT 19	Kickoff Classic	ST	Franklin Park, IL
OCT 24-27	Fall World Cup Qualifier/U.S. Single Distance/ ISU Starter's Course	LT	Salt Lake City, UT
OCT 25-26	Can Am Short Track Circuit	ST	Montreal, Quebec
OCT 25-27	World Cup Short Track	ST	Beijing, China
OCT 26	Chicago Silver Skates	ST (SN)^	Glen Ellyn, IL
OCT 27	Badger Open	ST	Madison, WI
NOV 2-3	Great Lakes Short Track Championships	ST (SN)^	Pettit, Milwaukee, WI
NOV 9	Silver Derby Classic	ST	Ogden, UT
NOV 9-10	World Cup Long Track (1500, 3000/5000)	LT	Hamar, Norway
	Eastern States Short Track Championships	ST	Saratoga Springs, NY
	Central Wisconsin Short Track Open	ST (SN)^	Wausau, WI
NOV 16	Park Ridge Open	ST (SN)^	Park Ridge, IL
NOV 16-17	World Cup Long Track (1500, 3000/5000)	LT	Erfurt, Germany
	Can Am Long Track*	LT	Calgary, AB
NOV 23-24	World Cup Long Track (1500, 5000/10000)	LT	Groningen, Netherlands
	Can Am Short Track Circuit	ST	New Brunswick
	American Cup Long Track*	LT	Butte, MT
NOV 24	WSA Gold Cup	LT (Pack)(SN)^	Pettit, Milwaukee, WI
NOV 29-DEC 1	World Cup Short Track	ST	St. Petersburg, Russia
DEC 1	I-94 Sprints	LT (Pack)(SN)^	Pettit, Milwaukee, WI
DEC 6-8	World Cup Short Track	ST	Bormio, Italy
DEC 7-8	World Cup Long Track (Sprint)	LT	Nagano, Japan
	Eastern Seaboard Long Track	LT (Pack)	Lake Placid, NY
	John Rose Open	LT (Pack)	Roseville, MN
DEC 14-15	World Cup Long Track (Sprint)	LT	Haerbin, China
DEC 15	Holiday Classic	LT (Pack)(SN)^	Pettit, Milwaukee, WI
DEC 21-22	U.S. Junior Short Track Championships	ST	Cleveland, OH
DEC 27-31	U.S. Long Track Speedskating Championships	LT	Salt Lake City, UT
DEC 28	Southpoint Holiday Open	ST (SN)^	Pittsburgh, PA
JAN 4	Franklin Park Special Needs	ST - SN^	Franklin Park, IL
JAN 3-5	World Junior Short Track Championships	ST	Szekesfehervar, Hungary
	Asia/N. America/Oceania Regional Qualifier	LT	Salt Lake City, UT*
JAN 4-5	Eastern States Long Track	LT	Saratoga Springs, NY
JAN 5	IL & WI State Meets (Closed)	LT (Pack) (SN)^	Pettit, Milwaukee, WI
JAN 11-12	World Cup Long Track (Sprint)	LT	Salt Lake City, Utah
	Great Lakes Long Track Championships	LT (Pack)	Pettit, Milwaukee, WI
JAN 16-26	World University Games	ST	Italy
JAN 18	Gohl Waupaca Classic	LT (SN)^	Waupaca, WI
JAN 18-19	World Sprint Championships	LT	Calgary, Canada
	U.S. Junior Long Track Championships	LT	Pettit, Milwaukee, WI
	National Marathon Championships	LT (Pack)	Minnesota
	Rochester Open	ST	Rochester, NY

\* Tentative

^ Special Needs included



2002-2003 MEET SCHEDULE (continued from page )

DATE	COMPETITION	DISCIPLINE	LOCATION
JAN 19	Central Wisconsin Long Track Open	LT (SN)^	Waupaca, WI
JAN 25-26	U.S. National Long Track Championships	LT (Pack)	Butte, MT
JAN 31-FEB 1	Badger State Games (Closed)	ST/LT	Wausau, WI
FEB 1-2	American Cup Long Track	LT	Roseville, MN
FEB 2	Syracuse All-Points Short Track	ST	Syracuse, NY
	Mayor Daley Speedskating Classic	ST (Exhibition)	Chicago, IL
FEB 7-9	World Cup Short Track	ST	Marquette, MI
FEB 8	Wisconsin Special Olympics Short Track	ST - SN	Wausau, WI
FEB 8-9	World Allround Championships	LT	Goteborg, Sweden
	North American Long Track Championships	LT (Pack)	Calgary, AB
	Can Am Short Track	ST	Belleville, ONT
	Eastern Seaboard Short Track	ST	Lake Placid, NY
FEB 14-16	World Cup Short Track	ST	Chicoutimi, Quebec
FEB 15-16	World Cup Long Track (1500, 3000/5000)	LT	Baselga di Pine, Italy
	Junior Country Match	LT	Obihiro, Japan
	Land of Lincoln	ST	Champaign, IL
	Masters International	LT (Pack)	Pettit, Milwaukee, WI
FEB 21-23	World Junior Championship	LT	Kushiro City, Japan
FEB 22-23	Northbrook Open	ST (SN)^	Northbrook, IL
FEB 28-MAR 2	U.S. Short Track Championships	ST	Bay City, MI
MAR 1	Pittsfield Short Track	ST	North Adams, NY
	Wisconsin State Short Track (Closed)	ST (SN)^	Wausau, WI
MAR 1-2	World Cup Long Track (Sprint)	LT	Inzell, Germany
	American Cup Long Track Final	LT	Pettit, Milwaukee, WI
	Susquehanna Challenge	ST (SN)^	Pittsburgh, PA
MAR 7-9	World Cup Long Track (All distances)	LT	Heerenveen, Holland
MAR 8	2003 National Capitol Open	ST (SN)^	Laurel, MD
MAR 8-9	St. Louis Silver Skates	ST	St. Louis, MO
MAR 14-16	World Single Distance Championships	LT	Berlin, Germany
MAR 15-16	World Team Championships	ST	Sofia, Bulgaria
	Evanston Northshore Open	ST (SN)^	Evanston, IL
MAR 21-23	World Short Track Championships	ST	Warsaw, Poland
MAR 21-23	U.S. National Short Track Championships	ST	Pettit, Milwaukee, WI
MAR 28-30	North American Short Track Championships	ST	Pettit, Milwaukee, WI
APR	USS Board Meetings		

\* Tentative

^ Special Needs included

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