

The Racing Blade®

VOLUME XXXVI
NUMBER 2



JULY 2003

NATIONAL SPEED SKATING NEWS
PUBLISHED BY UNITED STATES SPEEDSKATING



The Spring Meeting

Speed Skating Mats

Often imitated but NEVER duplicated

Super Summer Sale

Club model - \$189.95	1-5	\$189.95 each
One piece foam - 8" medium density	6-10	\$179.95 each
72" L x 42" H x 8" W	11-20	\$169.95 each
Lifetime warranty on any manufacturing defects.	21-35	\$159.95 each
	36-50	\$149.95 each

*Freight deals — Call for exact delivered prices.

The mats are constructed of 18 oz. vinyl coated nylon and include the following:

- ⟨ Four heavy duty independent handles
- ⟨ Heavy duty zipper for easy foam removal
- ⟨ High quality foam (medium density 1445 — former ASU standard)
- ⟨ Velcro stitched vertically to the front of the mats to fasten them together on the ice, standing to meet or exceed ISU standards.
- ⟨ Clear vinyl stitched to the front of the mats to create a 26" W x 67" L window for advertising
- ⟨ Choice of red, white, royal blue, gray, green, black or yellow (color swatches are available upon request)
- ⟨ Tie down flap across top with eyelets and eight air vents
- ⟨ Repairs made to any make and size with 2 day turnaround

*Each mat comes with a 1 square foot patch for future repairs (heatgun needed, not included).

For more information, contact Joe Balbo at Fitness Serve, where we are celebrating our 8th year of speedskate mat production, — voice 216-251-5111, fax 216-251-3825

Email jbalbo@fitnessserve.com — Visit us at www.fitnessserve.com for more information. Just click on "speedskate mats".

*Get the bag only (no foam) for \$149.95 (8" x 42" x 72")

ISU Standard model also available- \$319.95 — 84" L x 42" H x 8" W
Two piece foam — 5" medium density and 3" closed cell foam

If you would like any other size besides the standard, please call for pricing.

* Proceeds benefit Lakewood Speedskating Club

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Cover picture: Senior Ladies at the National Short Track Championships: Kristen Biondo leading Cherise Wilkins and Jade Wheeler, with Lizza McGregor and Tina Koenig on the outside. Photo by Jerry Search.

Spring Board Meeting continued from page 3

- The number of Senior Category 1 skaters qualifying at the U.S. National Short Track Championships – Senior division increased to 8 men and 8 ladies, with the top man and top lady in the Senior and Intermediate divisions of the North Americans also qualifying, subject to meeting a time standard.
- Currently approved for qualification to Junior Category 1 are the top 4 men and 4 ladies from the U.S. Junior Championships, with the top 2 men and top 2 ladies in the Intermediate (ISU Junior age skaters), Junior and Juvenile divisions of the U.S. National Short Track Championships also qualifying, subject to meeting a time standard (*will be revised in the Fall*).
- The 2003 World Team will be the World Cup Team for World Cups 1 and 2. Criteria for determining the World Cup Team for World Cups 3-6 will be determined in the near future.
- 2004 World Team members must attend pre-World training camp.

Long Track Committee Action – substantial items:

- 2003/04 Training Teams and Category 1 Junior/Senior were approved – notifications will be going out in the near future.
- Time standards to qualify for U.S. Junior Championships have been changed to enable more junior skaters to enter the Championships.
- Pre-qualification for World Cup and World Championship Teams is now top 10 (for World Championships) and top 14 (for World Cup) finishes in world competitions.
- Language in procedures re-worked to make them more user friendly and understandable (hopefully!).
- Regulations for all U.S. Long Track Championships and Time Trials separated from specific team selection criteria.
- Qualification for Winter World Cup Team based heavily on Fall World Cup standings as opposed to previous season's results.
- Qualifications for Junior/Senior Category 1 remain the same as last season.

Bids Awarded:

Submitted to ISU

2004/2005	
World Cup Short Track	Las Vegas, Nevada
World Cup Speed Skating	Utah Athletic Foundation – Salt Lake City
2006	
World Sprint Speed Skating Championships	Utah Athletic Foundation – Salt Lake City
World Short Track Championships	Major U.S. city to be determined

U.S. Speedskating Events

Long Track

2004-2005	
U.S. Single Distance (Fall WC Trials)	No Bid Received
U.S. Long Track Championships	PNIC
U.S. Junior Championships	Butte
National Long Track	Wasatch
American Cups	Butte Roseville Milwaukee

Short Track

2003-2004	
American Cups	Saratoga (Nov) Syracuse (Jan) Final West Allis /PNIC (March)

2004-2005	
U.S. National Short Track	PNIC
North American Short Track	No Bid Received
U.S. Junior Short Track	No Bid Received
American Cups	Ohio (Mar or Jan depending on Coaches Recommendation)

Marathon

2005 North American Marathon	Montshire
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Spring Board Meeting continued from page 4

Officials' Committee Action

- Plan to post list of officials on USS web site, along with those assigned to certain competitions.
- Need for new officials great – need to promote people from your area to get on list so have officials there when hosting meets.
- Officials will be required to take a test this year for certain levels.
- Officials added to ISU list: Ron Gall, International starter; Bob Selby and Garth Linder submitted for ISU Championships starters list.
- Resignations from ISU list: Lon Bundy (Championship starter), Linda O'Hare (International Competitor Steward) and Mike Richards (International Starter), thanks for your years of service as an official in the sport of speed skating.

Miscellaneous Items

- Format of the 2004 U.S. National Short Track Championships explained – many benefits due to this combined competition, more information will be included in the full Board meeting minutes.
- New Code of Conduct approved – shorter and easier to read.
- New Athlete's Agreement almost complete – should be approved by the Board in the near future.
- 2003 Fall Board Meeting approved for September 19-21, 2003 in Minnesota.
- 2004 Spring Board Meeting approved for April in Saratoga Springs, New York.

Complete Minutes to be published at a later date.

Masters' Update for the 2004 National Short Track Speed Skating Championships in Cleveland, OH

By the Masters' Committee

The 2004 National Short Track Speed Skating Championships program is proving to be an exciting new event. For the first time, these age-graded championships will be combined with the US World Team Trials!

In addition, Masters' races will now be more compact and held during the first two days of this now four-day event - Feb. 26th – 29th. Races for Masters will be held during the Thursday and Friday morning sessions. Those trying out for the Open Senior Class for the World's Team trials will skate on Thursday afternoon. The heats for the age-graded Nationals classes will held on Friday and Saturday afternoon, with all the finals for both events being held on Friday and Saturday night and Sunday afternoon. Warm ups will be held on Wed., Feb. 25th. Awards for the Masters will be presented, perhaps later on Friday, but details are still to be confirmed.

The main advantage for Masters is that we will now be freed up to both race and enjoy or support our club skaters. In addition, USS will be initiating a new Officials Mentoring Program, so they will be looking for Masters interested in volunteering to be trained through this new effort.

Lastly, USS is hoping to recruit willing Masters to serve as "Speed Skating Ambassadors," who would be able to share their knowledge of the sport for those who may be first time spectators, etc.

So mark your calendars now to come be an important part of this new and innovative combination event - as racers, spectators and supporters.

News from Missouri

By Joe Gier

Greetings from the Show-Me State! The calendar may say that it is the skating off season, but there is still plenty happening. First off, Missouri Skating Association has three new board member: Kay Gentges, Doug Rowland, and Rich Esswein. We are very appreciative of the men and women who volunteer time for the sake of speed skating here in Missouri. Thank you one and all.

Chesterfield, Missouri will be the site of a US Speedskating Development Camp June 6th through 8th. Regional Coach Amy Peterson will be leading this camp. See the US Speedskating web site for more information or contact Ken Soble, soble@earthlink.net. Space is limited for this camp, so if interested, do not delay. Hope to see you at the rink this summer!

News from Southern California

By Jade Wheeler

The skating season has ended and another summer has found its way to Southern California. The sun has brought many smiles to our skaters' faces. We've got plenty to look forward to: swimming, surfing, bonfires, beach workouts, and, of course, cooling off at the skating rink. But that's not the only reason our skaters are smiling. It's not hard to see why when we're looking forward to summer fun in the sun and remembering a wonderful skating season passed.

Our great season really got started at Junior trials when four out of the eight short track junior world team members headed home to California. Maria Garcia, who got first, Lezleigh Jaworski, who got third, and Alice Kim, who got fourth, headed off to Hungary to represent our country in the Junior Worlds. Right there with them was our most recent Southern Californian, Misi Toth, who placed fourth.

Once they got back, they had just enough time to tell us their wonderful, if not hilarious stories, of their time in Hungary before they were off to the U.S. Trails. Eight of our skaters (Rusty Smith, Tony Hwang, Daniel Park, Misi Toth, Maria Garcia, Lezleigh Jaworski, Jade Wheeler, and Alice Kim) headed to Bay City, Michigan to compete against the rest of the country. As hoped, we made a good showing there, also. Daniel was able to pull off fifth in the second group while Alice was able to grab eleventh. Amazing, considering they are only fifteen and fourteen, respectively. Tony skated great and was placed tenth overall. Lezleigh took seventh with Jade behind her in eighth. Rusty and Maria, who both ended up in second with amazing skating, and Misi, who took fourth, all qualified for the world team. Southern California was once again ecstatic for their friends who skated so well.

When we all got home, minus the new world team members, we got to bask in the Southern California weather shortly before going to Nationals. Twenty-one members of the SCSSA went to Milwaukee, Wisconsin in March, ranging from Pony to Master 50. Austin Pumphrey (fifth Pony Boys, at his first Nationals), Jonathan Sermenon (eighth Midget Boys), Anna Kim (fifth Midget Girls), Walter Rusk (fourth Juvenile Boys), Matt Rivera (eighth Juvenile Boys), Kyle Uyehara (Juvenile Boys), Katy Bachwansky (Juvenile girls), Aran Kim (Juvenile girls), Lindsey Powers (Juvenile girls), Daniel Park (fifth Junior Men), Alice Kim (Junior Ladies National Champion), Jade Wheeler (third Intermediate Ladies), Bonnie Klint (sixth Senior Ladies), Lezleigh Jaworski (second Senior Ladies), Nikki Berrios (Senior Ladies), Tony Hwang (eighth Senior Men), Ryan Cox (fourth Senior Men, at his very first Nationals, after only skating short track for two months), Mark Chrysler (second Master Men 40), Mark Jeffries (sixth Master Men 40), Robert Ahlke (fifth Master Men 40), and Pat Knox (third Master Men 50) all showed up and skated their best.

Alas, not all went well. We took many falls at that meet. So many in one corner, in fact, that it earned the nickname "the anti-California corner". Even I (yes, me too) took a spill in that corner. We also had a horrible crash, at a different corner, involving Katy Bachwansky, who was rushed to a hospital (she is fine and back on the ice) and Aran Kim, who had some dislocated ribs (also fine now and on the ice). Also, we got a fall to remember by Tony Hwang who decided to go airborne in the completion of a turn. I'm sure it was rather painful but received a 10.0 from the judges.

To finish off the exciting weekend were the relays. Our men's team, which consisted of Tony Hwang, Ryan Cox, Daniel Park, and Walter Rusk, got off to a great start when they finished first in their heat. Unfortunately, they were unable to compete in the final due to airline reservations. However, our women's team, which consisted of Jade Wheeler, Lezleigh Jaworski, Alice Kim, and Bonnie Klint, were able to make it to their final, where they placed first and took the Championship for Southern California.

So ended another wonderful season for Southern California. I'm sure while we're all sitting around our beach bonfire, we'll be thinking about the great times we had and waiting for another season to begin. Until then, you can probably find us playing in the sun and Pacific Ocean.

Middle Atlantic Skating Association

by Stanley Zompakos

In the Greater New York area, the 02/03 season featured the revival of both the Metro Race Series and the Bob Finkel New York State Speed Skating Championships. The Metro Race Series is a local race series, involving race nights held during the regular workout time periods at the Brewster, Yonkers, and Flushing Meadow rinks. By the final night of racing at Flushing Meadow, the field of competitive skaters had grown to more than 50 skaters! Next season the MASA plans to add race nights at the Newburgh and Mennen rinks.

The Bob Finkel New York State Speedskating Championships, last held in the 99/00 season, was a renowned open meet for decades, and a favorite of skaters from the Eastern US. After a two-year absence from the US Speedskating race schedule, the meet was held on March 15th, 2003 at the ice arena in Newburgh, NY. The meet, which was held in an "all points" format, was very successful with a field of 93 skaters, and a good turnout of volunteers. In spite of a delay in the start of the racing, due to the number of race day entries, the meet was held efficiently and was finished on schedule. Many thanks to Ruth Moore for insisting on separate locations for skaters entering and exiting the ice. This might not have been implemented without her advice due to the location of the grandstands between the two doorways to the ice. Also many thanks to the meet's sponsors - Jet Blue, and individual donors from the skating community, as well as the MASA's

President Daniel van Benthuysen and Secretary John Manailovich for making this meet a success. The results of the meet can be found on the US Speedskating website by clicking on the 2002-03 Event Info/Schedule/Results link and scrolling down to March 15th, 2003.

The MASA's Skater of the Year award for male skaters went to Bud Eichorn of the Taconic Speedskating club. The Skater of the Year award for female skaters went to Abby Hammer of the Flushing Meadow Speedskating Club. The Most Improved Skater award went to Claude Gilbert of the Yonkers club.

Metro Series: Overall awards at end of season*.

Boys:

1st Claude Gilbert
2nd Andrew Abt
3rd Dillon Lovell

Girls

1st Abby Hammer
2nd Brittany Smith
3rd Tiffany Smith

Adults

1st Paul Lovell
2nd Fred Gilbert
3rd Kjell Negard

*Individual ribbons were awarded on each night of racing.

Remembering Al Tinston

by Fred Prilop

It is with great sadness that I must inform the speed skating community of the passing of Al Tinston. Al was a past president of the Middle Atlantic Speedskating Association, and an ASU official (starter) for many years. His son, Steve, informed me that Al passed away Saturday, May 17th, following surgery for a burst ulcer. Al was retired from the New York Telephone Company, and, for the past 10 years or so, resided in Tuckerton, N.J. Al was approximately 81 years old. He will be greatly missed by all of us, both skaters and officials.

He "taught" me the starter's job when I became an ASU official about 15 years ago. I was amazed that he knew all the tricks that we used to pull on the starting line, like backing up close to the next skater so as to "squeeze" their starting lane and give one a better shot at being first into the first block, or trying to time the starter by being the last guy on the line to get down into the start position (so as to tire the other skaters out from holding their starting stance for so long), or flinching slightly to try to cause somebody else to false start. Yes, he'd had some 27 years race experience up to that point, and had just about seen it all!

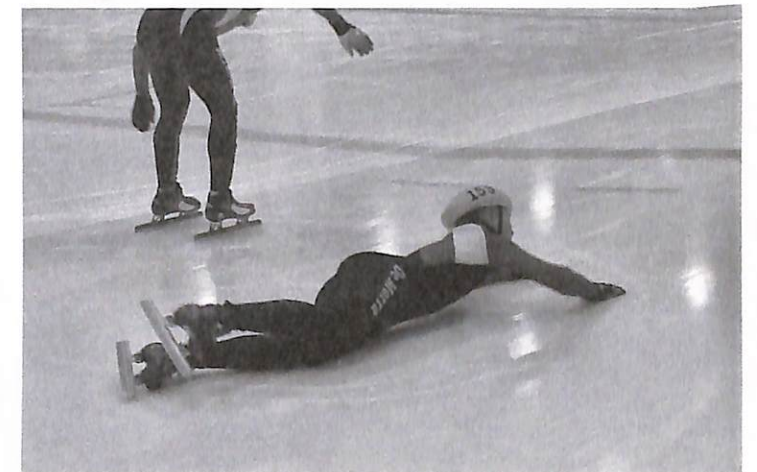
I'll be forever grateful to Al for a gesture he made about 6

years ago. At a MA meeting I'd been talking to him about starting experiences at some meets early that season, and remarked that I had to get a better quality starter pistol since mine had had 4 misfires during the previous meet. He showed up at the next MA meeting, gave me his H&R starter pistol (a really high quality, expensive piece), and told me that he was "officially" retiring and that he was designating me as the chief starter for the MA, and giving me his pistol to continue the job! He wouldn't take any money for it! What a great guy.

When I first went to skate in Europe in 1975, Al arranged the trip and the hotels for us (me, Bob Fisher, and Al). He had been going over there for several years to visit a German friend (also an ISU official starter). Through this contact we got really great accommodations at a great discount, and we got privileged access to the track at Inzell, Germany (at the time, the fastest ice in the world). We were able to do workouts with the German team, Finland team, and Russian team! I will miss Al greatly.

2003 National Short Track Photos

Photos by Jerry Search



Walter Rusk has to try a sliding finish.

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The Hall of Fame Banquet



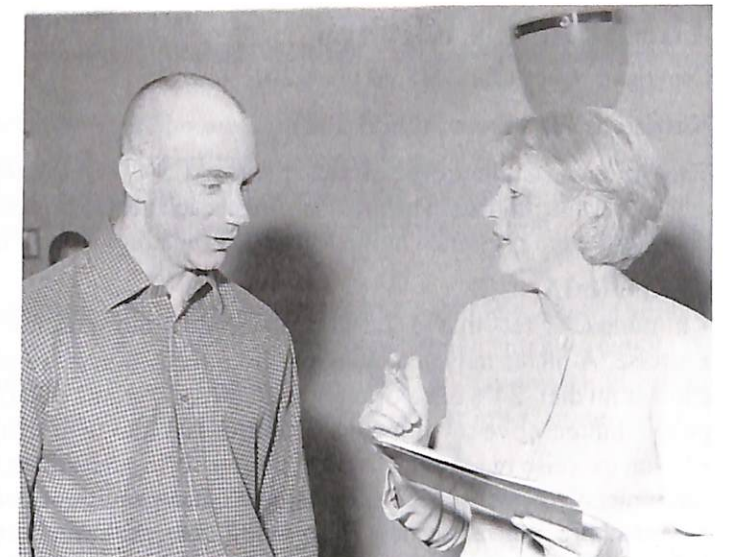
Yasmin Mehta, Bob Payne, Hence Bollinger



Becky Sundstrom, Joey Cheek, Amy Peterson



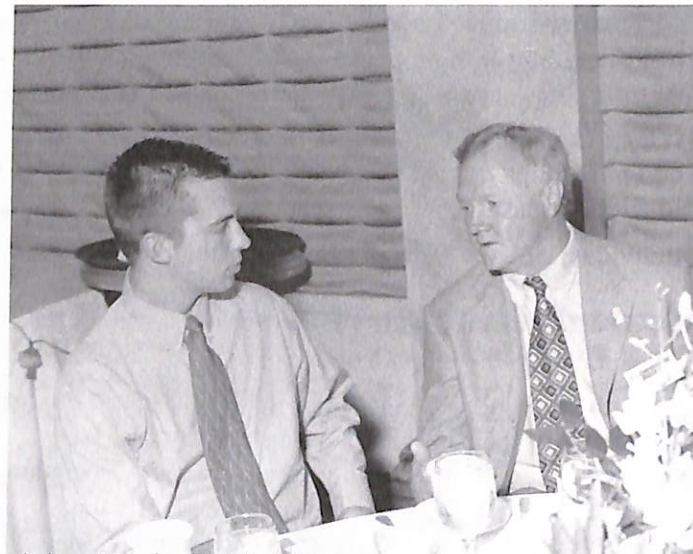
Jerry Search, Lisa and Robert Ahlke



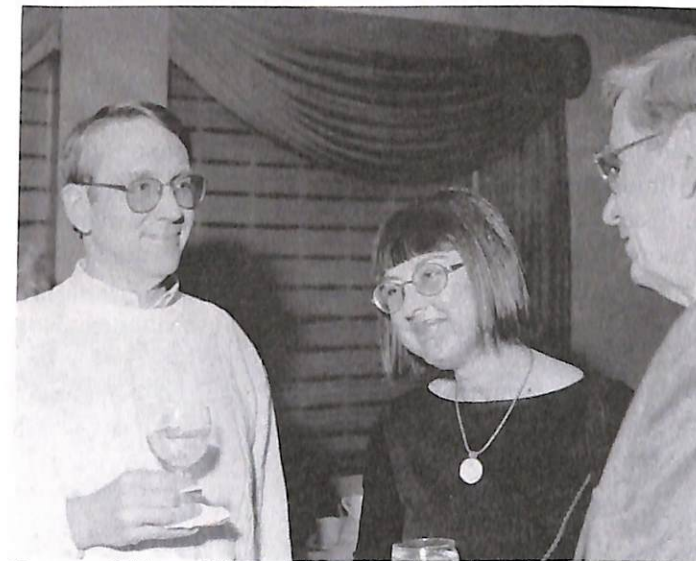
Tom Cushman, Carol Bongers



Brian Westover, Steve Trynoski



Adam Kocinski, Neil Cox



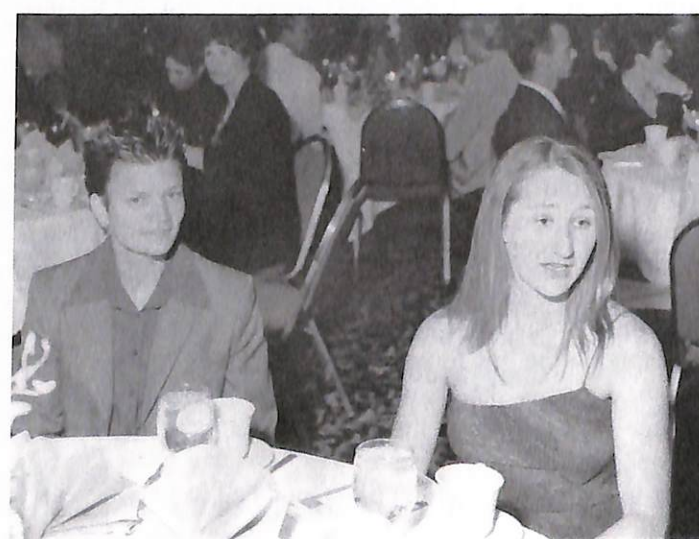
Dan and Nora Fling, Tony Goskowicz, Sr.



Dr. Andy Arena, Duane Riley



Tony Arena, Duane Riley, Fred Benjamin



Marion Wohlrab, Jennifer Rodriguez



Li Yan, Ryan Shimabukuro



Brian Westover, Tom, Betsey, and Tom Porter

Photos by Bill Houghton

The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD June 2003

Nutrition News from ACSM 2003

The American College of Sports Medicine (ACSM) is the nation's largest group of exercise scientists, sports medicine doctors and sports nutritionists. The members meet each year to present their research. Below are some tidbits of nutrition and exercise news that were presented at the May 2003 meeting in San Francisco.

PERFORMANCE

- Intramuscular fat--that is, fat that is stored within muscles--can provide up to 25% of the energy used during endurance exercise. Athletes may need two days to replenish intra-muscular fat if they eat a high fat (40%) diet and even longer with a lower fat diet (24% of calories; at least 60 to 80 grams of fat). Endurance athletes can and should appropriately include nuts, peanut butter, olive oil and other healthful fats into their daily meals. Fat-free diets are not conducive to optimal fueling.
- If you exercise twice a day, your morning coffee can still enhance your afternoon effort. Cyclists (who were accustomed to drinking coffee) consumed the equivalent of two mugs of coffee before a morning ride to exhaustion. When they took more caffeine before the afternoon exercise test, they performed similarly to when they only had the morning dose. Morning brew is enough!
- If you are tempted to buy oxygenated water, think again. It does not supersaturate the blood with oxygen (and thereby enhance performance). Yet, you do want to drink enough fluids on a daily basis--unlike a college hockey team, of which 14 of the 16 players starting the practice dehydrated. During the 90 minute practice, not one player drank enough to match fluid losses. Be sure to know your sweat rates and replace fluid accordingly!

HYDRATION

For years, athletes have been told to drink as much water as they can tolerate. That's no longer the case. Endurance athletes--who exercise for more than four hours and overhydrate with fluids that contain little or no sodium--can experience hyponatremia (low blood sodium; associated with malaise and confusion at least, and death at worst). A survey of marathon runners who experienced hyponatremia indicates they: 1) drank more fluid during the marathon and 2) had saltier sweat, compared to others who maintain normal sodium levels.

- Hyponatremia occurs more often in women than in men. This might be because women are more diligent than men about drinking water or it might be related to menstrual cycle hormones.
- Football players with a history of severe muscle cramping during two-a-day summer practices drank less fluid than cramp-free players. They became more dehydrated and experienced more muscle cramps. They also had higher sweat rates and simultaneously higher sodium losses. Consuming sports drinks is a convenient way to boost sodium intake. Pretzels and broth work, too.

The bottom line: If you do extensive exercise in the heat, you should know your sweat rate as determined by weighing yourself naked before and after one hour of hard exercise with no fluid intake (1 lb weight loss = 16 ounces sweat) You can then replace fluids appropriately, preferably with sodium-containing fluids and foods that replace sodium sweat losses. If your stomach is sloshing, stop drinking.

BODY IMAGE

- When 700 young adults (average age, 24 years) were asked how they perceived themselves on the spectrum from very underweight to very overweight, the women were more likely to see themselves as more overweight than their actual weight; the men saw themselves as being more underweight. High school and collegiate runners hold similar perceptions. When questioned, the women reported wanting to be lighter than their current weight. The male runners, in comparison, wanted to be a little larger.
- The male desire to be bigger is based on perception, not the actual preferences of women. A survey of about 200 collegiate men and women indicates 1) men believe the male figure most attractive to women is more muscular than the figure the women actually chose; 2) women prefer men with standard muscle, not hulks!
- Weight lifting is associated with not just improved strength but also improved perception of self-esteem, sports competence, coordination and health.

WOMEN

Rat studies suggest the loss of regular menstrual periods that commonly occurs in active females may be related to inadequate calories, not excessive exercise. Rats that did lots of exercise but ate enough calories to support the exercise program maintained regular reproductive cycles. Rat studies also suggest the bone loss associated with amenorrhea (loss of menses)

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Athlete's Kitchen continued from page 10

is likely related to reduced muscle mass as opposed to hormone imbalances. Women need to eat enough to support exercise, muscles and menses.

- If you are a female athlete who has stopped having menstrual periods, be aware that many members of the medical community lack knowledge about the health problems associated with amenorrhea. A survey suggest only 53% of family doctors recognized all three parts of the female athlete triad (amenorrhea, eating disorders, stress fractures)--as did 36% of pediatricians and 17% of gynecologists. If you are told it's normal for athletic women to stop menstruating, find another MD!

MUSCLE

Consuming inadequate calories and protein reduces the body's ability to build muscles. Hence, dieting athletes should be sure to have a strong protein intake (at least 0.5 gm/lb). Yet, if you are severely undereating (such as an athlete "making weight"), choosing a protein-rich diet will not protect your muscles. Soldiers who did exhaustive military operations while eating inadequate calories lost the same amount of muscle regardless if they ate a high (0.5 gm/lb) protein or lower protein diet.

SUPPLEMENTS

Should you take vitamins C and E to decrease the inflammatory response associated with muscle damage caused by exercise? No. A study with healthy athletes who did muscle-damaging exercise suggests 400 mg. C and 800 mg. E generated no protective benefits. Ultramarathoners who took 1,000 mg. C and 400 mg. E also experienced no benefits in terms of severity of muscle damage and recovery rates. Eating wisely works.

Nancy Clark, MS, RD offers personalized nutrition consultations at SportsMedicine Associates in Brookline MA (617-739-2003). Her best-selling *Sports Nutrition Guidebook* (\$23) and *Food Guide for Marathoners: Tips for Everyday Champions* (\$20) are available via www.nancyclarkrd.com or by sending a check to Sports Nutrition Services, 830 Boylston Street #205, Brookline MA 02467.

"Helping active people win with good nutrition."

National Short Track Photos continued from page 7



Junior Ladies Nancy Swider-Pelz, Sophia Milan, Carly Wilson, and Alice Kim followed by Katie Black



Relay: Ryan Cox pushes Tony Hwang

Photos by Jerry Search

Continued on page 16

2003 Speedskating Hall of Fame Inductees

Congratulations to the following individuals who have been elected to the Speedskating Hall of Fame. Their outstanding accomplishments and contributions to the sport are in the grandest traditions of speed skating and earned them places of honor in the Hall of Fame.

Competitors



Brian Arseneau Brian won the National Short Track Championship six times in the Senior Class. Along the way, he established numerous National records at each of the distances contested: 500 meters (4 records), 777 meters (2 records), 1000 meters (3 records), 1500 meters (4 records), and 3000 meters (3 records). Brian also set North American records at 777 meters, 1000 meters, and 1500 meters. Brian was a member of the 1988 Olympic team; eight time World Team member (1986-1993); and three time World University Team member (1985, 1989, 1991). Brian competed in five Olympic Festivals between 1981 and 1991, winning a total of 8 medals. Brian served as the USISA Board of Control athlete representative between 1988 and 1992. He was instrumental in establishing the U.S. Olympic Training Center in Marquette, Michigan in 1988.



Eric Flaim A four time Olympian (1988, 1992, 1994, 1998) and holder of two silver medals (1500 meter Long Track, 1988; 5000 meter Short Track relay, 1994), Eric is the first American to medal in two different winter Olympic sports. Eric established World records at 1500 meters in Long Track (unofficial, 1988 Olympics) and 1500 meters Short Track (1993 World, Beijing, China). Between 1983 and 1995 Eric won numerous Long Track and Short Track championships, including the USISA Championships (Long Track 1988, 1989, 1990, 1992, Short Track 1994, 1995), World All-Around Championship (1998), 1500 meters overall World Cup Championship (1992) and was consistently near the top year after year. Eric retired after the 1995 season to return and qualify as a member of the 1988 Olympic Team, where he was selected flag bearer for Opening Ceremonies. Eric has been the President of the Northeast Speedskating Association since 2000 and served as the U.S. Speedskating Short Track Program Director between 1998 and 2000. He established the Eric Flaim Foundation in 1998 to foster the development of programs to enrich children's lives through sport. Eric is currently the U.S. Speedskating Eastern Regional Coach.



Andy Gabel Andy began winning National and North American Long Track and Short Track Championships as a Juvenile in 1979. He was a member of the National Short Track Team from 1979 to 1998, the longest in U.S. Speedskating history in either Long or Short Track. He was also a member of the National Long Track Team from 1981 to 1989. As a member of the World Short Track Team between 1987 and 1998 Andy won over 75 international medals. Andy is a four time Olympic Team member (1988, 1992, 1994, 1998) and holds a silver medal as a member of the 1994 5000 meter Short Track relay team. Andy was elected to the U.S. Speedskating Board of Directors in 1994 as an athlete representative, to the Office of Vice President in 1999 and to President in 2002. He has also served as a member of the ISU Short Track World Cup Management Commission (1998-2002), and is presently the Chairman of the ISU Short Track Technical Committee. Andy was the Director of Figure Skating and Short Track Speed Skating for the 2002 Olympic Winter Games.



Cathy Turner A three time Olympian (1992, 1994, 1998) Cathy won individual gold medals at 500 meters in 1992 and 1994, setting an Olympic record at the distance in 1994. She also earned a silver medal (1992) and a bronze medal (1994) as a member of the 3000 meter Short Track relay team. These accomplishments make Cathy one of only two people to ever win gold medals in consecutive winter Olympic games and the third most decorated winter Olympian. After winning the National Short Track Championship as an Intermediate and medaling in the ISU Championships as a member of the U.S. relay team in 1979 and just missing a spot on the 1980 Olympic team, Cathy retired from the sport. She returned in 1988 and made World Teams in 1989, 1990, and 1991. She retired again following the 1992 and 1994 Olympics to return each time to earn memberships on the 1994 and 1998 Olympic

Continued on page 13

Hall of Fame continued from page 13

teams. Cathy holds a Physical Fitness Expert certification and is the owner of Cathy Turner's Empire Fitness Center. She established the Cathy 4 Kids Foundation sponsoring charity golf tournaments to benefit the foundation and is a coach of the Rochester Speedskating Club. Cathy has a B.S. Degree in computer systems from Northern Michigan University and recently became certified as a PC/Network Technician.

Contributors



Anthony Arena Tony rose from the ranks of local meet officials to become a National Assistant Starter. He was appointed an ASU Chief Starter in 1982 and served in that position at seven National Long Track Championships and at two North American Short Track Championships. Appointed to the ISU Championship list, he was assigned to nine International and World Competitions. Tony served as a Starter for numerous U.S. Long Track and Short Track Championships. An original founder of the Badger Speed Skating Club (1974), Tony served as its President and also as President of the Wisconsin Skating Association. He was elected to serve as the Wisconsin Skating Association representative on the ASU Board of Control. Tony served on or chaired 8 ASU committees before being elected as a Vice President of the ASU in 1985. He served a two year term as President of the ASU (1989-1990), and was among the first ASU members to be elected to serve on the USISA Board of Directors. Tony served as the ASU Commissioner of Officials between 1994 and 2002.



Lorraine Garbe Lorraine began doing volunteer work at the local level for the West Allis Skate Club in 1962 and has not looked back. Her activities included providing support for the athletes (hotel reservations, chaperone), administration (assembling rosters, dues collection) and media contact. Soon she began working at the National level with pair drawing, skater check-in, pre- and post-event publicity. She volunteered at all Long Track Team selection trials from 1968 to 2000 held in West Allis. Lorraine was also the media contact person for National competitions hosted in West Allis. She has worked at skater check-in, starting line assistant, and media contact for international competitions at West Allis between 1970 and 2000. Appointed a National Judge in 1980, she continues to judge at pack style meets. Lorraine served for ten years as a member of the Speedskating Hall of Fame Committee and as a delegate at ASU and USISA (now U.S. Speedskating) conventions between 1972 and the present. She holds numerous Club and National awards as well as community awards for her volunteer services.

2003 ASU Foundation Scholarship Awards

By Donald A. Kangas, Chairman

This year we were delighted to have eight very well qualified candidates submit applications. Unfortunately, the Foundation Scholarship Funds value was only enough for the committee to award six meaningful scholarships of \$1000 each. After tallying the choices of all five committee members, the consensus of all five committee members was to award those scholarships to the following individuals: ASU Foundation Scholarships: Leah Lambert, Minnesota; Erin Porter, New York; Alexander Strauss, New York; Jade Wheeler, California; Carol Blatchford Scholarship: Kristin Bedford, Michigan and the Howard Gutgesell Scholarship: Kevin Desotell, Wisconsin

Another of the annual scholarships has been named the Carol Blatchford Scholarship in memory of a young speed skater who died tragically in an automobile accident at an early age. The scholarship fund established in her memory was combined with the ASU Foundation Scholarship Fund to make it available to all female speed skaters.

One of the annual scholarships has been named in honor of the late Howard Gutgesell. Howard was a regular contributor to the ASU Foundation Scholarship Fund from its inception in 1986. Upon his death Howard also left a generous legacy to the Fund.

The number of \$1,000 Scholarships available each year is determined by the value of the ASU Scholarship fund. The committee awards approximately five percent of the fund value annually so that the fund will continue grow. It will grow even faster by contributions included with annual USS membership renewals and direct contributions from generous supporters of educational opportunities for young speed skaters. Regular contributions will enable the ASU Scholarship Committee to award more scholarships of greater value each year.

A Day of River Skating in the 19th Century

By Stanley Zompakos

My friend Max Dohle was telling me about his new book. It features literature pertaining to skating by such literary greats as Virginia Woolf, John Cheever, Charles Dickens, Leo Tolstoy, Anton Tsjechov, Konstantin Paustovsky, Jerzy Kosinski, Wilhelm Busch, and J. W. von Goethe. His book is in Dutch, so I had to go to the original sources to read some of the stories. Mr. Pickwick falling through the ice in the Dickens story, reminded me of a gem of an article I once came across in an 1886 issue of *The New York Times*. Max wanted a copy of the article, so I went back to the research library and found it. It is an interesting snapshot of skating history, and it is a short article, so before commenting on it I present its text in full.

The New York Times, Saturday, January 16, 1886

TWENTY MILES ON SKATES

AN EXPLORING PARTY'S TRIP DOWN THE HACKENSACK RIVER

The ice in the Hackensack River was thickly flecked with drift snow when, at 2:30 o'clock yesterday afternoon, an exploring party from the National Skating Association leaped upon it from the Little Ferry Bridge some distance below Hackensack. The object of the party was to have a friendly 20-mile contest and at the same time to select a course for the association races. Below the bridge the ice was seven inches thick, and the icemen were laying it off into squares for harvesting. W. B. Curtis, President of the association led the way on a pair of low runners about 14 inches in length. He was followed by C. A. J. Queckberner, the amateur athlete, with a pair of long-reach skates fitted with old-fashioned wooden body and straps which wound about the feet like a plaid scarf about the neck of a newly landed immigrant. Mr. Mahoney, bearing a faint resemblance to one of Peck & Snyder's show cases of skating accessories, made a few fancy figures and started down the river with long, swinging strides. P.J. Donohue had some trouble with his skates, but he finally got under way, with several others who had come out for a spin down the river.

The day was perfect. The air was still, and the sun shone soft and warm. For the most part the ice was fairly good, but there were occasional Himalayan stretches of bad floe ice that prevented the making of quick time. A mile below Little Ferry Bridge the party passed a fleet of schooners frozen in on the west bank and further down an ice yacht was waiting hopelessly for a breeze. The Yachtsman declined all offers of a tow, and finally took his craft by the end of the bowsprit and dragged her home. A mile above the first Erie bridge Queckberner skated into a rift of open water and went in up to his neck, but he succeeded in clambering out without assistance. He wrung the water out of his coat as he continued on down the river. The railroad bridges were difficult things to cross. At the Greenwood Lake Bridge the skaters were hauled up bodily by the arms from the ice to the rails and then let down on the other side. An Erie bridge lower down was crossed by going hand over hand along the under braces. The party arrived opposite Jersey City at 4:15 o'clock, having made the run in less than two hours. President Curtis skated back to Little Ferry to take the train home.

The best ice was found at Snake Hill, where there is a long, wide stretch as smooth as glass. The ice on the Hudson River above Tarrytown is said to be in excellent condition. An exploring party, consisting of C.A.J. Queckberner and George D. Phillips, will skate from there to Newburg and back to-morrow, starting from the Grand Central Station at 8:45 o'clock in the morning

"Ice harvesting" was at its height in the late 19th century. The ice was chopped into blocks and stored in "ice houses". This was delivered to industry and consumers during the warm months. A good description of this practice can be found in Thoreau's *The Pond in Winter*.

The National Skating Association ran many important championship races in the New York City area during the 1890s. I haven't come across whether or not they were ultimately able to hold their meet in 1886. Articles about skating on rivers were fairly common in American newspapers from the later part of the 19th century. However, the nonchalant discussion of Queckberner's going into the river, and continuing on the skate while ringing out his coat affirms that this was a very hearty group of skaters.

The skaters began this trip just south of Hackensack, NJ and proceeded south past where the Meadowlands Sports Complex is today. Around that area is where they would have run into a lot of difficult railroad bridges. I'm not sure of the nature of the difficulty they had in crossing the railroad bridges. They might have been too low to the ice, or the condition of the ice under them might have presented an obstacle. It is quite possible that obstacle might have been lack of ice, due to the massive steel supports, and one is left to wonder just what the writer meant when he said, "An Erie bridge lower down was crossed by going hand over hand along the under braces."

THE ATHLETE'S KITCHEN

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Roughing-up Your Sports Diet

As a nutritionist, I commonly hear my clients proclaim "I'm trying to eat more salads for roughage..." They know that fiber is health-protective: it promotes regular bowel movements, reduces the risk of heart disease, improves blood sugar control, reduces the risk of adult-onset diabetes, and enhances weight reduction. (Fiber-rich foods take longer to chew and help you feel full.) But little do they know one of the best sources of roughage is not lettuce but bran cereal. Granted, eating lettuce can contribute towards a positive fiber intake, but you'd need to eat six pounds of the stuff to get the recommended 30 grams of fiber! Other foods offer more of a fiber boost. Here's some information on how to roughen-up your diet.

Types of Fiber

You should try to eat a variety of fiber-rich foods on a daily basis because different foods offer different types of fiber with different health benefits. The two main types of fiber are:

- Insoluble fiber. This type of fiber gives plants their structure. It does not dissolve in water. Common sources are wheat bran, vegetables and whole grains. Insoluble fiber absorbs water, increases fecal bulk, and makes the bowels easier to pass.
- Soluble fiber. This type of fiber forms a gel in water. It is in oatmeal, barley and kidney beans (as well as in pectin and guar gums, two fibers often added to foods and listed among the ingredients). Soluble fiber lowers blood cholesterol, particularly in people with elevated cholesterol. Soluble fiber can also help stabilize blood glucose levels, making fiber-rich snacks a wise pre-exercise choice (assuming they settle comfortably). Some sustaining pre-exercise snacks include oatmeal - and oatmeal breads, cookies, muffins - as well as beans and legumes, such as lentil soup, refried beans, hummus, chili and chick peas.

Fiber for Constipation.

Constipation is a concern for many active people. Although the "normal" pattern for bowel movements varies from person to person, infrequent hard, dry stools are a sign of constipation. Being "too busy" to go to the bathroom aggravates the problem; exercise, particularly running, alleviates it. To help "eliminate" constipation problems, gradually increase your intake of high fiber plant foods. Bran cereals are among the foods highest in fiber. A serving of bran cereal such as Fiber-One mixed with granola or Grape-Nuts and topped with berries is an easy way to rapidly boost your fiber intake. Eating some fruit and/or vegetables at all three meals can also do the job.

Fiber increases fecal weight and the number of trips to the bathroom, but it usually does not increase transit time

(normally 2 to 4 days). Transit time varies according to stress, exercise and diet. Your best bet as an active person is to find the right combination of fiber-rich foods that promotes regular bowel movements for your body. (Some athletes have to restrict their fiber intake.) Note: In addition to eating a fiber-rich diet, be sure to drink plenty of fluids throughout the day. Drinking warm liquids in the morning is particularly helpful to stimulate bowel activity because your body naturally wants to defecate about a half hour after consuming a warm beverage. Be sure to schedule time to relax and honor this urge. If necessary, get up earlier so you won't be commuting to work when you should be sitting on the toilet.

Where to find fiber

Fiber is lost through food processing, such as milling whole wheat into white flour; peeling skins from fruits (apples, pears) and vegetables (potatoes, cucumbers); pureeing, straining and juicing. You'll get more fiber by choosing unrefined foods. As little as 5 to 10 grams of fiber can change bowel behavior. The recommended daily intake is 20 to 35 grams. Here's a list of fiber-rich foods to guide your daily food choices.

BRAN CEREALS are the easiest way to boost fiber intake:

- Fiber-One, 1/2 cup, 14 grams per ounce of cereal
- All-Bran with Extra Fiber, 1/2 cup, 13
- All-Bran, 1/2 cup, 10
- Complete Bran Flakes, 3/4 cup 5
- Grape-Nuts, 1/4 cup, 3
- Oatmeal, 1 packet instant, 3
- Frosted Mini-Wheats, 1/2 c, 3
- Cheerios, 1 cup, 3

BREADS and crackers made from whole grain flours (whole wheat, rye, oats, corn) are high in fiber, as are bran breads and muffins.

- Bran muffin, Dunkin Donuts, 5 grams of fiber
- Triscuits, 8 reduced fat, 4
- Rye-crisp, 2, 3
- Branola Bread, 1 slice, 3
- Honey wheat berry, 1 slice, 3
- Pumpernickel bread, 1 slice, 2
- Whole wheat bread, 1 slice, 2
- White, 1 slice, 0.5

FRESH FRUITS with edible skins are highest in fiber.

- Pear, medium, 4 grams of fiber
- Apple, medium, 4
- Orange, medium, 3
- Banana, medium, 3

BERRIES with seeds are a good source of fiber (grams/100 cal):

- Raspberries (1.75 cup), 14 g.
- Blackberries (1.5 cup), 10
- Strawberries (2 cups), 8
- Blueberries (1.2 cup), 5

Athlete's Kitchen continued from page 15

DRIED FRUITS are another good source of fiber (grams/100 cal)

- Figs, 2, 4 grams of fiber
- Apricots, 12 halves, 4
- Apple, 6 rings, 4
- Prunes, 5, 3
- Dates, 4, 3
- Raisins, seedless (1/4 c), 1

VEGETABLES with edible skins (potato, cucumber) and seeds (tomato, zucchini) are highest in fiber.

- Broccoli, 1 cup; 50 cal, 5 grams
- Potato, 1 lg w/skin; 200 cal, 5
- Green beans, 1 cup; 50 cal, 4
- Peas, 1/2 cup; 60 cal, 4
- Carrots, 1 raw large; 50 cal, 3
- Corn, 1/2 cup; 75 cal, 2
- Pepper, 1 large; 50 cal, 2
- Lettuce, 2 cups, 2

BEANS and LEGUMES, such as lentils and split peas, are excellent sources of fiber as well as protein. Protein-rich animal foods (meat, chicken, fish, eggs and dairy products) lack fiber.

- Refried beans, 1/2 cup, 7 grams
- Baked beans, 1/2 cup, 6
- Hummus, 1/2 cup, 6
- Kidney beans, 1/2 cup, 6

NUTS and SEEDS are good for fiber-rich snacks, as are baked goods with dried fruits and nuts:

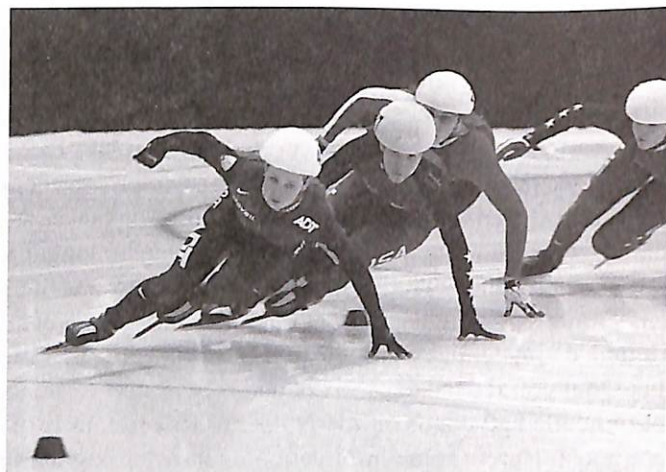
- Almonds, 24; 165 cal, 3
- Sunflower seeds, 1 oz; 160 cal, 3
- Peanut butter, 2 Tbsp; 200 cal, 2
- Sesame seeds, 1 T; 50 cal, 1

LOW FIBER FOODS include foods that are not from plants: meat, fish, chicken, eggs, milk, cheese; sugar, sweets, butter, oil.

Nancy Clark, MS, RD is nutrition counselor at SportsMedicine Associates in the Boston area (617-739-2003) and author of *Nancy Clark's Sports Nutrition Guidebook* (\$23) and her *Food Guide for Marathoners: Tips for Everyday Champions* (\$20). Both are available via www.nancyclarkrd.com or by sending a check to 830 Boylston St. #205, Brookline MA 02467.

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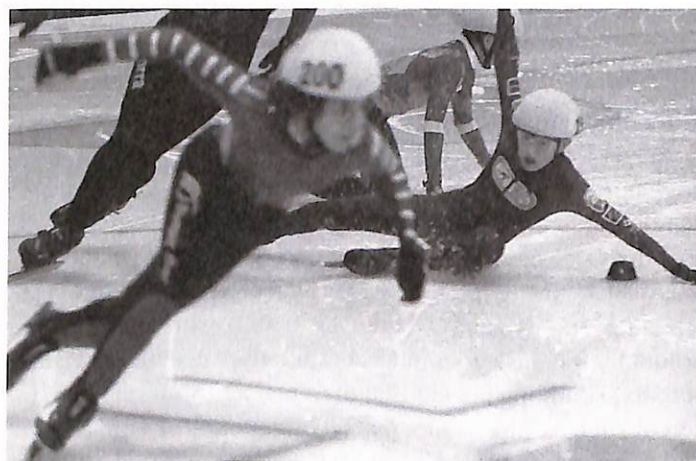
National Short Track Photos continued from page 11



Senior Lady Lezleigh Jaworski leading Penelope Lang, Kira Fling, and Sara Bell



Junior Men take off



Called back! Yuval Toren in the clear ahead of Barry Winslow's first turn fall.

Photos by Jerry Search

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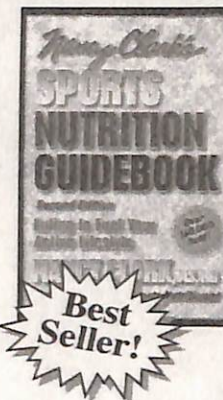
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