

The Racing Blade®

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MARCH 2003

NATIONAL SPEED SKATING NEWS
PUBLISHED BY UNITED STATES SPEEDSKATING



The National and North American Marathons, The National and North American Long Track Championships, The Physics of Speed Skating, The Spring Meeting

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Cover picture: Bob Tysen, winner of the Dimon Sports New Years Marathon, followed by Paul Marchese. Photo by Steve Csongvay.



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Further information about speed skating, becoming a member of U.S. Speedskating, or establishing local organizations can be obtained from the U.S. Speedskating National Office, P.O. Box 450639 (26404 Center Ridge Rd, Suite B3), Westlake, OH 44145-0611, Phone (440) 899-0128, Fax (440) 899-0109,

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Editor's Notes

There was confusion as to whether the January issue was funded or not, so it was not published. There will be one more issue this season--after the Spring Meeting.

Corrections:

The Racing Blade

In "Why They're Skating So Wide (Part II)" in the October 2002 issue, there is a typo in the statement "Lap time is determined by distance divided by speed, $t=s/d$." The correct statement is "Lap time is determined by distance divided by speed, $t=d/s$." Development of subsequent equations was done off of the correct equation for time.

Speed Skating Handbook

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For those of you that use the Index, ignore the items in italics. Those are items from the previous index that did not have reference in the new *Handbook*. They were supposed to have been deleted when the Index was completed.

Deadline:

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

The 2003 National Marathon

by Mary O'Donnell

The National Marathon 2003 was hosted by the Greater Minnesota Speedskating Association. By the overwhelming opinion of both skaters and volunteers, the event, held the weekend of January 18 and 19, was a huge success. Much of the preparation for this event was the agonizing over which venue to use and how to present the best possible ice for the marathon skaters.

Having seen and participated on both a groomed 400 meter track and a prepared lake surface for marathon skating, I felt it imperative to push for the lake ice. Minneapolis is home to such great city lakes that finding a venue did not seem too far out of reach.

Starting last July I met with the Parks and Recreation Department of Minneapolis. Much to their credit the Parks and Recreation representatives had great enthusiasm from the start to collaborate with the marathon.

I think it is worth noting that the expense involved in hosting the National Marathon on natural ice is greater than in having the event on a 400 meter track, at least in Minnesota. If the marathon skaters want this event to grow and become a well attended annual meet then I think there should be a discussion that addresses methods of sponsorship.

Fortunately for the park keepers involved with the ice preparation, Minneapolis had a cold snap early in the season which held throughout December and January. After many weeks of prep work the 1000 meter track was ready. My biggest thrill came when I saw the diehard marathoners make the journey from both the east and west coasts. The enjoyment of seeing the top marathoners skate here in Minneapolis was worth all the behind-the-scenes annoyances. The weekend weather was cold with temperatures in the single digits. The wind was worse Saturday with gusts to 20 mph.

Many thanks to all the volunteers that worked as scorers, judges, lap counters etc. A special mention to Steve Trynoski, Joe Von Drasek, John Dimon, Dick Berg and Tom Amundson for their extra support above and beyond. Minnesota can proudly say that we provided the marathon community a great event with all kinds of possibilities for the future.

The 2003 National Long Track

By Tina Doavon

The U.S. High Altitude Sports Center in Butte Montana, was the venue for this year's National Long Track Championships on February 1 and 2. In spite of near record high temperatures the week leading up to the event, 29 Nationals records were set over the weekend.

Paul Dyrud, of Greater Minnesota Speedskating Association set records in all five distances skated in the Intermediate Men's division. Sugar Todd, of Wisconsin Skating Association, did the same in the Midget Ladies division. The Master Men 30-39 records were re-written too, with Andrew Love of Middle Atlantic setting the 500 meter record and Brian Boudreau setting the other four. Other record setters were Erica Lanser, Paul Marchese, Joanna Walters and Brian Hansen, each with one, John Diemont and Liza Dennehy with two, and Robert Lawrence and Rebekah Bradford with three.

Races were scheduled to begin at 10:00 AM Saturday, but were delayed for 30 minutes due to heavy snowfall. Snow fell throughout the day, but thanks to Butte's attentive ice crew, the heavy snowfall had minimal effect on the skaters' performances. Sunday morning brought overcast skies, colder temperatures, and much to the relief of all, no snow. Records fell throughout the day on Sunday.

Olympians Joey Cheek and Kip Carpenter treated racers and spectators to a superb performance midway through Saturday's races. The pair went head-to-head in two 500 meter exhibition races. As if the exhibition races were not enough, Cheek and Carpenter, with the assistance of USS Long Track Program Director Mike Crowe, conducted a mini-clinic for any interested skater after Saturday's races.

All in all, meet organizers felt the two day event was a great success, especially considering the adverse weather conditions they were faced with the week preceding Nationals. Temperatures of 50 degrees Fahrenheit, southwest winds, rain, and wet, sticky snow all befell Butte the week prior to the races. Skaters looked doubtful upon arriving to sandpaper-like ice on Thursday afternoon, but went away happy, and very satisfied on Sunday afternoon.

U.S. Skaters Continue to Be Successful in the 2002-03 Campaign

U.S. speed skaters continue to ride the wave of success from the 2002 Olympic Games. The medal haul hasn't stopped during this post-Olympic competition season. Here is a brief recap of the 2002-03 season through mid-February.

Short Track World Cup

Ohno Wins 2002-03 World Cup Title

Apolo Anton Ohno (Seattle, Washington) secured his second career World Cup title on February 16 in Chicoutimi, Quebec, with a bronze medal in the 1000-meters. Ohno, the 2002 Olympic gold and silver medalist, earned 196 points on the season, out of a possible 200, edging out Korea's Hyun-Soo Ahn, who finished second in the standings with 194 points. Ohno won his first World Cup title during the 2000-01 season.

Ohno also teamed with Rusty Smith (Sunset Beach, California), Derek Gray (North Shores, Michigan) and Alex Izykowski (Bay City, Michigan) to win silver in the 5000-meter relay at the World Cup in Salt Lake City, February 7-9. The following weekend, in Chicoutimi, the team of Ohno, Smith, Gray and Misi Toth (St. Louis, Missouri) won the bronze medal in the relay. Caroline Hallisey (Natick, Massachusetts) ended the World Cup season in 11th place in the ladies' final standings.

Speed Skating (Long Track) World Cup

U.S. Skaters Reap Multiple Medals

U.S. long track Olympians claimed numerous medals on the 2002-03 World Cup circuit and other major competitions. Leading the way were Jennifer Rodriguez (Miami, Florida.), Derek Parra (San Bernardino, California), Chris Witty (West Allis, Wisconsin), Joey Cheek (Greensboro, North Carolina) and Nick Pearson (Vernon, Wisconsin).

Rodriguez, the 2002 Olympic bronze medalist in the 1000- and 1500-meters, had earned 10 medals through mid-February, including gold in the 500-meters at the World Allround Championships, and the 1000-meters at the January 10-12 World Cup in Salt Lake. She also won silver and bronze medals in the 1000-meter competition at the World Sprint Championships in Calgary.

Parra, who won gold in the 1500-meters and silver in the 5000-meters at the 2002 Winter Games, started off the season with a bang by winning the allround competition at the November 16-17 World Cup event in Erfurt, Germany. He also won gold in the 1500-meters and silver in the 500-meters at that competition, as well as two bronze medals in the 1500-meters at World Cup events in Norway and the Netherlands.

Witty, the 2002 gold medalist in the 1000-meters, also has five medals to show for her efforts during the 2002-03 season. She won two World Cup silver medals in Nagano, Japan, and

Harbin, China, to go along with three bronze medals – one in China and two more in Salt Lake City.

Cheek, who also excels at the 1000-meter distance, turned in a great performance at the World Sprint Championships in Calgary, January 18-19, winning gold and bronze medals in the 1000-meters. He also earned a bronze at the World Cup in Salt Lake, January 10-12. Cheek is the 2002 Olympic bronze-medalist in the 1000-meters.

Pearson, a 2002 Olympian, earned two medals at the December 7-8 Sprint World Cup in Nagano, Japan, capturing silver and bronze medals in the 1000-meters over the two-day event.

World Junior Short Track Championships

U.S. Men's Relay Wins Silver

The U.S. Men's 2000-meter relay team of J.P. Kepka (St. Louis, Missouri), Derek Gray, and Misi Toth captured the silver medal on January 12 in Budapest, Hungary, during the final day of the World Junior Championships.

Alex Izykowski finished eighth in the men's overall standings, while Maria Garcia (Carson, California) was ninth in the women's standings.

World Junior Speed Skating (Long Track) Championships Fredricks and Stangl Win Medals; Lamb Places Third Overall

Maria Lamb (River Falls, Wisconsin) finished third in the overall standings, while Tucker Fredricks (Janesville, Wisconsin) won the men's 500-meters and Heidi Stangl (Andover, Minnesota) placed second in the ladies' 3000-meters at the World Junior Speed Skating Championships in Kushiro City, Japan, on February 21-23.

Paul Dyrud (Plymouth, Minnesota) placed 20th in the men's final standings.

An Overview of the Physics of Speed Skating

By Sarah Merhar

Many people were first exposed to the excitement of short track speed skating during last year's winter Olympics, partly because of the media's promotion of Apolo Anton Ohno. Compared to the formalities of long-track speed skating, they found short track exciting. Long track is based on form and technique. With short track, it's not always the fastest person who wins the race, but the one who skates smart and stays on their feet. The track is only 111 meters long, with sharp turns, and the laws of physics limit how fast a skater can turn without their skates sliding out from under them. Because four to six people are competing against each other during a race, if one person falls on a turn, they can drag others down too. In this article, I will talk about how ice conditions affect skaters, how they gain speed and momentum, the effect of air resistance, and how to skate the corners. Some portions of this discussion are intended for the novice, others for more advanced skaters.

For speed skating, and especially with short track, the ice has to be just right for maximum speed. Although ice is almost completely frictionless, there is still some friction resulting from the skater's blade sliding over the ice. Friction is unfavorable because it reduces a skater's speed, but it's also necessary because if there wasn't any friction, skaters couldn't propel themselves.

One of the major determinants for the coefficient of friction is the thin liquid film that develops between the solid ice and the skate blade as the blade passes over the ice. This film, called surface melting, acts as a lubricant, minimizing contact between the blade and solid ice. There are two main reasons why surface melting develops. The traditional explanation is pressure melting – the slight decrease in the melting point of ice as pressure on it increases. Unfortunately, this factor by itself has been shown to not explain the essential amount of surface melting. A less obvious factor is frictional heating, the production of heat by rubbing an object against the ice. As there is very little friction on ice, the amount of melting of fresh ice by a sharp blade because of frictional heating is low. Neither factor alone is sufficient, but the two factors work together to create the needed amount of surface melting that permits skating to occur.

Ice temperature is the most variable factor in a skater's potential performance. If it's too cold, the lack of surface melting will increase the coefficient of friction. Too warm, and your skate will sink into the ice, also increasing friction and decreasing the effectiveness of your glide. The literature reports that the ideal subsurface ice temperature is -5°C with a surface temperature of -3° to -1°C .

Indoor rinks are preferred to outdoor rinks because you can train year-round and you can regulate ice conditions better. Physics and chemistry are used to optimize indoor ice

conditions. Mineral impurities in the water used to make ice, such as sodium, weakens the hydrogen bonds, weakening the ice. Ice made from demineralized water is harder, has a lower coefficient of friction, reduces the required thickness of the ice, and has a higher freezing point. Air bubbles in the ice lower the freezing point of water and decrease the ice density and hardness. These bubbles can come from air dissolved in the water, but their primary source is frost that forms on the surface of the ice and is then buried as new layers of ice are laid down. This is why rink operators use hot water (about 70°C) when making ice. The higher temperature drives out much of the dissolved gas, as well as melting the surface frost before it can be trapped. The hot water still freezes rapidly, as evaporation helps it quickly cool off. The relative humidity of the rink is also a factor, with 55-60% being ideal. Higher humidity favors frost production, which increases the coefficient of friction. Lower humidity air steals moisture from the liquid film on the ice, also increasing friction.

Olympic speed skaters can achieve speeds up to 35 mph. Strong leg muscles are needed to reach such speeds, but skaters also need strong back and abdominal muscles to keep their bodies in an aerodynamically efficient position while their legs generate force to move forwards. Studies have shown that a skater with a 12 second short track lap time (a velocity of 9.25 m/sec or about 20 mph) generates 182 watts of power, of which 126 watts is lost to air friction, and 56 watts to ice friction. Increase that speed to a competitive 8.88 second lap time (a velocity of 12.5 m/sec or 28 mph) and the power needed becomes 388 watts (one half horsepower!) of which 312 watts is lost to air friction, and 75 watts to ice friction. Even though these power requirements seem high, the ability to glide makes skating extremely efficient, compared to running. In fact, skating is about as efficient as bicycling, and a skater has about the same air resistance as a bicyclist.

There are two kinds of air resistance that affect the skater, surface drag and pressure drag. Surface drag occurs as the flow of air around the body becomes turbulent, and has a greater impact at higher speeds, following the relationship

$$\text{Resistance} = \text{velocity}^2$$

Skaters that can sustain velocities of 25-35 mph wear skin suits to create a streamlined body surface that will impede airflow as little as possible, lowering surface drag. Pressure drag occurs as a region of low air pressure is created behind the skater. If pressure is lower behind the skater than in front of them, a net force backwards is created on the skater. The more turbulent the air flow, the smaller the air pressure differential that is created, reducing pressure drag. For skaters traveling at speeds of 13-16 mph, wearing a woolen suit is better, because its rough surface disrupts the airflow, making it turbulent and reducing the pressure drag on the skater. Profile drag (the overall air drag from all factors) increases proportionally with frontal area, and exponentially

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Speed Skating Physics Continued from page 5
with speed. Skaters reduce frontal area by keeping their arms behind their backs and keeping their bodies low.

In short track, skaters can use pressure drag to their advantage as well. A skater can closely follow another skater, minimizing the amount of drag they experience. This is called drafting. If four or five skaters do this, only the first feels the full effect of air resistance, allowing the others to travel at the same speed while doing less work. Strategically, this can allow them to save energy until the last lap, when they can break out and pass the tired leader.

Speed skaters use skates with low cut boots and long blades. The boots are cut low to permit ankle movement, unlike figure skaters who require more ankle support for jumps and spins. Having long blades minimizes ice friction, allows the skater to bend forward while keeping their center of gravity over their skates, and permits a more efficient stroke with a longer glide. One method of optimizing the skating stroke relies on a "non-equilibrium falling" technique to augment muscle power. Simply put, a skater slowly leans inwards during the glide, and then quickly brings their free skate under their body before they fall. This technique is said to reduce edge friction, thus improving glide.

Besides the pack-style races for individuals, short track skating also has relay events. In these, there are usually four teams of four people each, with each team member doing two laps at a time, to a total of either 27 or 45 laps overall. Unlike a running relay where you hand off a baton, the exchange in speed skating is done with a "push," to give the new skater a starting burst of speed. To prepare for this maneuver, the incoming skater shadows the active skater, so that they can quickly jump in and take over if they fall. For the actual exchange, the incoming skater moves from the inside of the track to being in front of the active skater and traveling at about the same speed. They then crouch down with knees bent, and are pushed from behind by the outgoing skater, accelerating the new skater to full speed, and slowing the outgoing skater down significantly. In other words, this is an imperfect elastic collision.

All of the highest speeds achieved in speed skating have been accomplished in long track. This is simply because skaters lose a lot of momentum trying to skate tight corners. Their body wants to continue in a straight line, and a force is needed to change their direction away from that path. The turning force is produced by the skater's push-off stroke, and a balancing force - centrifugal force - is felt as an outward pull, trying to keep them on a straight path. The equation for centrifugal force is

$$\text{centrifugal force} = \text{mass} \frac{\text{speed}^2}{\text{radius}}$$

where (for US measures) force is measured in pounds, speed in feet per second, radius in feet (27.88 feet assumed minimum radius for short track) and mass in pounds divided by 32. Between their own weight and this centrifugal force, a skater that weighs 150 lbs going 20 mph feels like they weigh 208 lbs going around a turn. To compensate, the skaters lean into turns, balancing against centrifugal force, and using traction (the force of their blade edge against the ice) to keep from slipping sideways. A skater needs to apply more push-off force in the turns to counter centrifugal force, and if they continue to apply this force as they exit the turn, they will increase their speed.

Traditional cornering technique dictated staying close to the inner edge of the track on turns, to minimize the total distance skated. As seen in the 2002 Olympics, long track skaters have begun to use a new technique, entering and leaving the turns wider, but still close to the apex block so they are skating a greater overall distance but also a wider turn radius. To skate a wider radius, you have to start your corner sooner, and exit later.

If centrifugal force is the limiting factor, skating a wider radius allows for higher skating speeds, more than making up for the added distance. This new technique, while it seems to be favorable in long track, may not always help in short track. If you skate wide in a race, it might mean that you lose your spot in line because even though you're going faster, you create an opening for the person drafting you. Still, there are situations where this technique can be useful, such as a time trial, or if you're the last person in the pack, where it might help you keep up.

Over the centuries, innovations that have been introduced in skating have taken advantage of fundamental physics to improve athletes' performance. The long track Klapskate hinges the blade off the boot to increase the effective length of the skater's power stroke and improves muscle utilization. The skin suit, which has been around for a while, is now being made out of "shark skin" material to be even more aerodynamic. Even something as fundamental as the path you skate around the track is being reconsidered, in the light of basic physical and mathematical analysis. Consideration of many small factors such as ice conditions, air resistance, centrifugal force, and conservation of momentum, play a part in how fast people can skate.

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President's Column

by Andy Gabel

I would like to start out by saying that it is an honor and a privilege to be President of this great organization. This sport has given so much to so many over the years, and has produced not only great champions, but benefited from great people who devote countless time and energy to helping others, into making their corner of the world a better place.

Many changes have occurred in the past year, most notably, the merger of US Speedskating and the ASU into one organization. As with any undertaking of this magnitude, it will take time and effort to fully appreciate the benefits and potential of this action. As we approach the completion of the first year of the merged organization, I think it's safe to say the merger has been a complete success. We have only just begun to realize the endless possibilities that lie ahead as we move forward and continue to grow and prosper as one organization.

One theme for US Speedskating that you will hear often from me is the need for a corporate governance structure that allows for the organization to conduct business in a professional and optimal way. This is the main growing pain that all volunteer organizations go through as they grow and develop. Sport brings a special aspect that traditional business does not contend with, but also adds an exciting element that makes it both challenging and rewarding. Over the long term, US Speedskating will need to continue to develop into this type of structure in order to succeed at our main goal, which is to be the best speed skating organization in the world.

I would like to congratulate the athletes for their incredible performances at the 2002 Olympic Winter Games in Salt Lake City. Of the 34 medals won by US athletes, speed skaters won 11 medals, more than any single federation of any sport at the Olympics in the world! What an amazing accomplishment these great athletes obtained. I would also like to congratulate the coaches and administrators for their hard work and dedication to these athletes and the organization, for without them, the athletes would not have the support needed to compete at the highest level in the world.

Looking forward, US Speedskating is well positioned for unprecedented growth and development of the sport as both short track and long track have reached new heights of awareness and popularity in the country. We witnessed more speed skating events on network television this skating season alone than ever before. This type of popularity will

lead to more skaters enjoying our sport, more families participating in clubs and associations, and more people thinking of speed skating not just every four years at the Olympics, but as a great sport which everyone in the family can enjoy.

Finally, I would like to thank the Board of Directors, Committee Chairs, Committee Members, and all the volunteers across the country for their time and dedication to the sport. You help make all this possible with your contributions every day.

I look forward to seeing you at the 2003 Spring Board meeting.



Vice President's Column

By Brad Goskowicz

I have been following with great interest the progress and performance of all our athletes this season. It is gratifying to see that there appears to be little fall-off in the performance of our more established athletes, and a striking improvement in some of our younger or newer athletes. Congrats to all of you and your coaches!

Development and recruiting is also on the increase, thanks to the Olympic spotlight and the efforts of many folks in our clubs, associations, development committee and USS Staff.

It also just struck me that we are already less than three years away from the 2006 Olympics in Turin! Incredible how time flies and it is daunting to consider how much we have to do between now and then.

It is now a full year since the merger, and as a result USS has more responsibilities, needs, programs and by the way, opportunities than ever before. Various programs, well-trained staff, public visibility, and Olympic success have all improved over the last several years. Increasing membership and raising money in a slow economy will be major challenges as we go forward.

If we want to remain on top, if we want to achieve our goals, we have to look for ways to continuously improve. This is particularly true for the way we direct the organization. Just as our athletes and coaches have had to adapt and change their techniques, equipment and training to meet their goals, so will we.

The vision of adapting more defined processes into our organizational oversight and governance has been well defined by Andy over the past months and in this issue. We can no longer afford to do budgets in isolation, make policy without strategy, or define tactics far from the arena. We

Continued on page 8

Vice President continued from page 7

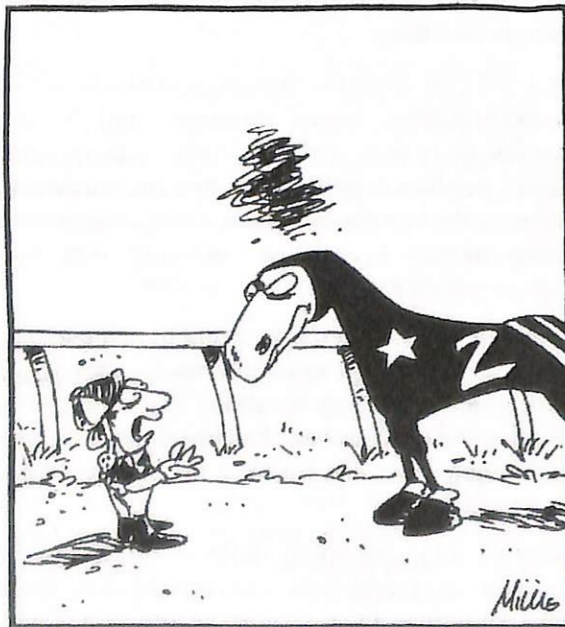
cannot squander our precious resources by trying to fund everything, diluting our efforts on the "many good" projects and programs. Instead we have to develop clear goals and strategies, determine the tactics and programs that will achieve them, prioritize and resource these "vital few" and then we must focus on their execution.

Easy to say, difficult to transition to, of course, but I think we are on our way. You need to look no further than our athletes for inspiration. Isn't this the very process that they pursue?

Andy has already initiated a strategic planning process that will define our goals through 2006. This Strategic Plan is being developed and refined by various leaders throughout all areas of the organization. The next critical step will be to identify and prioritize the various programs, ideas, processes and personnel, the "vital few" that we will resource and execute to achieve our goals.

Here is where you come in. Andy and I both appreciate the expertise, support and input we continuously receive from our members. We have an excellent working Board of Directors at USS and you will find them very willing to listen and discuss issues. You are probably already in contact throughout the year with our various coaches and staff members. They are great resources and always looking for new ideas. Better yet, come on out to the Spring Meeting in Anaheim in April and be part of the process. You will be welcome. Finally, if you have a question or comment for me, regarding this letter or anything else, the easiest way is to email me at brad.goskowicz@thoratec.com. Hope to see you in April!

LET IT RIDE



"It's the same kind of suit the Olympic speed skaters wear... What? Quit looking at me like that."



By Al Forsyth

Our report is in honor and respect for Al Menghi, who this year has been battling cancer. He is in the fifth stage of eight chemotherapy treatments. Al refused to step down from any of his positions with Connecticut Speedskating and continued to go to work, and support his family. In short, this is an amazing person who we feel honored to be associated with. He has given countless amounts of time and energy to speed skating both in Connecticut as well as nationally.

The Connecticut Speedskating Association feels honored to have again successfully offered, organized, and operated, the long track development camp in Lake Placid, with over 70 participants between the holiday break of December 26th to January 1st. There were two skating sessions offered per day, the famous stretching sessions with Neil Mansfield, evening presentations galore, video analysis, and two time trials as well. Thanks go out to head coach Eric Flaim, for his direction, great workouts and expertise with all aspects of skating, Dan Weinstein, for his exceptional coaching, Neil Mansfield, for his coaching and ability to stretch everyone into positions they never imagined, and Connecticut coaches Dave Money Penny and Al Forsyth. All of the skaters benefitted from the experience. And the weather cooperated this year as well.

We have two active clubs and members have been skating in both long and short track disciplines. The Yale/New Haven sessions, or Connecticut Comet club, has been going strong and the new Danbury club has exceeded all expectations. We hope to conclude the year with two race sessions - one at each venue. Please feel free to check up on what we are doing in Connecticut at CTSpeedskating.org



The last two months of last year saw a lot of racing take place in Northeast Ohio. The successful All Points Meet in November in Lakewood and the US Junior Championships/Ohio Invitational in December in Cleveland Heights could not have happened without all of you skaters and the wonderful volunteers who stepped forward to help. Several Olympians were present in Cleveland Heights and recognized on the ice on Sunday afternoon. Many thanks, as well, to the out of state volunteers for lending their talents towards the success of the meets.

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Ohio continued from page 8

As we look ahead to 2004 and the US Short Track National Championships on February 26-29 of that year, we are excited about being able to host this event at the Cleveland Heights Community Center Ice Rink. This meet is the first meet to combine the old ASU National Short Track Championships with the USS Short Track Championships and will bring the best of the sport to Northeastern Ohio for a weekend of fast racing. In addition to racing on Thursday through Sunday days, there may even be racing on Friday and Saturday evenings! Volunteer help will again be needed for this event, especially ice maintenance and track steward personnel. Also, anyone wishing to place an ad in the official program, e-mail us and we will send you the information as it becomes available. So mark your calendars for February 26-29, 2004!

The Ohio Speedskating Association has seen an increase in skaters since the Winter Olympics last year. In addition to the Brooklyn, Elyria and Lakewood clubs, Cleveland Heights officially became an OSA member last October and the Chiller Speedskating Club in Columbus just has to complete the paperwork. That will make five clubs in the State of Ohio, with the possibility of another club in the Cincinnati-Dayton area as interest continues to form in that location.

This year, the Ohio State Meet will be dedicated to the memory of Bob Reppenhagen who passed away last year after a short illness. Bob was President of the Elyria Speedskating Club of which he was a founding member. Born in Cleveland, Ohio, Bob and his cousin Tim Quinn, Sr. used to skate on the natural ice provided to them at Brookside Park by shoveling the snow off as youngsters. As a young Marine, Bob always sought out an ice rink to skate on wherever he was stationed. While serving in the Pacific area, he organized a club at a rink near his post. In the past, Bob held the offices of Vice-President and President of the Ohio Speedskating Association. Before he passed away, Bob was promoted within the speed skating world to National Chief Referee status. Bob leaves behind his wife Marie, two children, several grandchildren and other family members.

Feel free to visit us on our website--www.OhioSpeedskating.com--to keep up with what is happening in Ohio.

Good Skating---

Tom Frank-President (President@OhioSpeedskating.com)

News from the Chesapeake Speed Skating Association

By Dave Kennedy

Greetings from the land of deep snow! We are just about done digging out after a two-foot storm last week. Thankfully, the snow held off long enough to allow us to hold the first annual Old Dominion Invitational short track meet in Dale City, Virginia, just south of DC. The meet was a success. With almost 60 skaters from North Carolina, Virginia, Maryland and Pennsylvania, and only five hours of ice time, we had to really hustle, but we managed to fit in six races for everybody. Many thanks to all the volunteers who helped put on the meet. We are looking forward to having another great time March 8th at the Gardens Ice House in Laurel for the 3rd annual National Capital Open. We have a lot more ice time for this meet, so we plan on running relays and 3000's. We might also let the volunteers have a few minutes for coffee and hot chocolate. We hope many of you will join us.

See page 11 for another Association Report

Obituaries

Ruth Vehe

We regret to announce the passing of Ruth Vehe, on December 7, 2002, after a brief illness.

Ruth was the widow of the late Robert Vehe, former editor of the Racing Blade and a member of the Hall of Fame. We extend our condolences to the surviving children; Connie, Robert and Dr. Richard Vehe. Services were private.

Roy C. Helminski 1918 - 2002

Our sport lost a devoted member, tireless worker and dear friend; with the passing of Roy Helminski, in Wyandotte Michigan on July 21, 2002; at the age of 84, after a brief bout with cancer.

He had held a number of strategic positions within the Amateur Speedskating Union and was a lifelong resident of Wyandotte. He began as a competitor in the early 30's and retired from competition in 1948, after a term in the U.S. Navy. He later coached the Wyandotte Club, but the speed skating community recognized his organizational skills and excellence as a leader and promoter. Your first meeting with him always left an indelible impression and the more you worked with him the more you appreciated his tenacious qualities.

He was a former Secretary of the Michigan Skating Association, Vice President and President of the ASU (1978-80), A National Referee, retiring in 1974 due to a knee problem; and Publisher of the Racing blade from 1980 to 1998. He enjoyed playing host to foreign dignitaries in the hospitality room at the 1980 Winter Olympic Games, in Lake Placid, NY, and was able to renew many old acquaintances when he served as Team Leader for the 1981 U.S. Short Track

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Team at the World Championships in France. He was elected to the Hall Of Fame in 1983.

Aside from all his official duties within the sport, he will always be remembered for being a skillful manipulator who had a special talent for finding the right people to do the specific jobs that would serve to improve the sport. He headed a Michigan committee that provided the seed money for starting a National Skate-A-Thon program in 1975 and was very concerned that the National Medallion and Medal program would suffer from continued escalating costs, so in 1980, he established an endowment fund that promoted individual sponsorships of those awards. That fund has grown in value and has been able to fund that program ever since.

Always outspoken and never at a loss for words, he raised a few eyebrows in 1966, when he made a motion from the floor to raise the National dues from 5¢ to \$1.00. That motion took everyone by surprise and the proposal passed. When Northern Michigan University was applying for status as an Olympic Training Site he dispatched a professional educator there to teach them all about speed skating. The eventual outcome of that visit now serves as the U.S. Olympic Education Center and home of the U.S. Short Track Program, where students can combine a college education with speed skating under the tutelage of a professional coach. During his Presidency the first nationwide seminar for Novice development was conducted at Northern Michigan University, and from there the Novice Development Camps evolved. Newcomers were introduced to the sport and membership swelled.

Roy was employed as a fireman in the City of Wyandotte, rising to the rank of Captain before retirement in 1980. In his spare time he represented a sporting goods firm, selling athletic equipment to high schools, universities and recreational agencies. He touched the lives of many and left a legacy to the sport that will be difficult to surpass. We are thankful he chose to share his life with us and his presence will be sorely missed.

Contributions in his memory may be made to the Amateur Speedskating Foundation, 46948 West Drive, Decatur, MI 49045-8807.

SPEEDSKATING FOUNDATION VACANCIES

Please be advised that 2 vacancies exist on the Board of Directors of the Amateur Speedskating Union Foundation. One vacancy is for a term of 1 year, to fill an unexpired term, and the other vacancy is for a full 5 year term. Elections to fill these vacancies will be held at the Spring meeting of U.S. Speedskating in Southern California.

Duties of Board members include overseeing programs that promote the sport of speed skating through financial support

in the areas of Scholarship, Medallions/Medals, and the National Speedskating Museum and Hall of Fame.

Interested applicants must submit a letter indicating their interest in either the 1 year term or the 5 year term. Please indicate any prior experience that would enable you to make viable decisions within the scope and operation of the intent and purpose of the Foundation. These are voluntary positions.

Applications must be received by March 15, 2003. Send all applications to: Amateur Speedskating Union Foundation, c/o Lawrence Ralston, Secretary 46948 West Drive Decatur, MI 49045-8807

The George Howie Memorial Award

By Jerry Steele - Chairperson

The George Howie Memorial Award Committee is pleased to announce two new recipients of this Award, Warren Kellerman and Lee Kellerman.

The Award is given for their "Contribution To The Sport Of Speed Skating."

Awards will be presented at the U.S. Speedskating Board Meeting April 25, 26, 27, 2003 in California.

The George Howie Memorial Award Committee sends Congratulations to Warren and Lee for many years of support and hard work.

The Hall of Fame

By Jerry Steele

The Speedskating Hall of Fame Committee is pleased to announce the election of the following to the Speedskating Hall of Fame:

Skater Category: Cathy Turner, Brian Arseneau, Andy Gabel, Eric Flaim

Contributor Category: Lorraine Garbe, Dr. Anthony Arena

Formal induction ceremonies will be conducted at the banquet in Los Angeles, California, Saturday April 26, 2003, at approximately 6:00 p.m. (Place to be determined.)

The Speedskating Hall of Fame Committee sends congratulations to Cathy, Brian, Andy, Eric, Lorraine and Tony on achieving this most prestigious honor.

The Speedskating Hall of Fame Committee: Jerry Steele --- Chairperson, Shirley Yates, Carole Moore, Robert Halden, Jerry Search

News from Wisconsin

By Jeff Brand

Regional Training Groups -Long Track and Short Track

Jeff Brand and Tom Riley completed the 2nd season of the Long Track Regional Training Program (RTG). With a grant from U.S. Speedskating, Tom and Jeff held 14 long track practice sessions on Mondays beginning November 4, 2002 and ending February 4, 2003. Each practice was held at the Pettit National Ice Center with typically 12-13 skaters at each practice. The RTG long track program will be expanded to accommodate 24 skaters for the 2003/2004 season, with the program geared towards advanced and intermediate skaters. Tom Riley is conducting the short track RTG program in Madison. There are typically 12-15 skaters in attendance. A formal report on the Long Track program was submitted to U.S. Speedskating and is available on request from Jeff Brand (please e-mail jbrand2@wi.rr.com for copy)

Organizing Committee for National and North American Short Track Meet

An organizing committee has been formed to plan and conduct the U.S. National Short Track and North American Short Track Meets. The Nationals are March 21-23rd and the North Americans are from March 28-30th and will be held at the Pettit National Ice Center. Bob Neville is Meet Director of each meet. Assisting Mr. Neville are Jerry Steele, Jeff Brand, Duane Riley, Elayne Riley, Paul Mueller, Jim Gulczynski, Rob Dudek, Katie Traver, Ernie Kretschmann, Spiro A. Giotis, Laura Mroz, and Tonya Green.

WSA Skater Highlights: 1) U.S. Junior Long Track Nationals: Jordan Hinke, Al Johnson, Ericka Hawke, and Erica Lanser earned category 1 status with U.S. Speedskating. These skaters are from the West Allis Speed Skating Club. 2) U.S. Nationals: Five National Champions from Wisconsin. They are: Midget Ladies Sugar Todd (Madison SSC); Juvenile Ladies Ericka Hawke (West Allis SSC), Junior Ladies Erica Lanser (West Allis SSC), Juvenile Men Jordan Hinke (West Allis SSC), and Master Men(60-69) Vern Kappes (Badger SSC). Sugar Todd set five national records. 3) North American: Midget Ladies Sugar Todd was North American Champ and set 4 North American records. 4) Skater Participation was significantly above the 01/02 season. The average participation has been about 150 skaters, with the low being 130 skaters for the Gold Cup and the high being over 170 skaters for the Great Lakes meet.

02/03 Long Track Results of WSA skaters

Gold Cup Classic, Pettit National Ice Center, Milwaukee, WI, November 24, 2002.

Ladies: Tiny Tot: 2. Angelikha Gerard (Madison SSC); Special Needs: 1. Wendy Osse (West Allis SSC), 2. Jessica Zarcione (West Allis SSC); Pee Wee: 1. Shelby Comeau (West Allis SSC), 2. Heather Traver (Madison SSC); Pony: 1. Carolyn Dudek (West Allis SSC); Pony B: 1. Sarah Traver (Madison SSC), 2. Isabella Griffay (Badger SSC), 3. Virginia Wightman (West Allis SSC); Midget: 2. Sugar Todd, 3. Alyson Dudek, 4. Katie Brezovar (Waupaca SSC); Midget B: 1. Joelle Wightman, 4. Therese Nosacek (Badger SSC); Juvenile: 1. Ericka Hawke; Junior: 1. Becky George (West Allis SSC), 2. Katelyn Barylak (West Allis SSC), 3. Elizabeth Kitzrow (Central), 4. Kristin Desotell (Badger SSC); Senior: 2. Crystal Bullion (Badger SSC); Master: 2. Heather Wickstrom (Badger SSC)
Men: Tiny Tot: 2. Grant Cruikshank (West Allis SSC), 4. Matt Maierle (Badger SSC); Pee Wee: 1. Lucas Grefsheim (West Allis SSC); Pee Wee B: 3. Dominic Nosacek (Badger SSC); Special Needs: 1. Aaron Romant (West Allis SSC), 2. Jim Paszkiewicz (West Allis SSC), 3. John Wiegand (West Allis SSC), 4. Joshua Merrick (West Allis SSC); Pony: 3. David Glickstein, 4. Christopher Slivocka (Madison SSC); Pony B: 1. Nick Tuscany (West Allis SSC), 2. Ian Stark (Madison SSC); Midget: 4. Jacob Glickstein (West Allis SSC); Juvenile: 2. A.J. Griffay (Badger SSC), 4. Jon Nosacek (Badger SSC); Open 12+: 3. Greg Teeter (Badger SSC); Junior: 1. Al Johnson (West Allis SSC); Master 30-39: 1. Doug Burson (Central), 3. Dave Gemeinhardt (Badger SSC); Master 40-49: 1. Olu Sijuwade (Badger SSC), 3. Jim Ruzicka (Badger SSC); Master 50-59: 2. Ken Huss (West Allis SSC), Master 60+: 1. John Sorce (Badger SSC), 2. Vern Kappes (Badger SSC).

John Rose Open, John Rose Minnesota Oval, Roseville, Minnesota December 7-8, 2002. **Ladies:** Tiny Tot B: 2. Gerard; Pony: 3. Carolyn Dudek; Midget: 1. Todd, 2. Alyson Dudek, 3. Paige Brehm, 4. Brezovar; Junior: 1. Erica Lanser, 2. George, 3. Kitzrow, 4. Kristin Desotell; Master: 2. Wickstrom.

Men: Pee Wee: 2. Lucas Grefsheim; Pony: 2. David Glickstein; Midget: 4. Jacob Glickstein; Juvenile: 1. Brent Aussprung (Madison SSC); Master: 3. Jim Hundt (Waupaca SSC).

Holiday Classic, Pettit National Ice Center, Milwaukee, WI, December 15, 2003.

Ladies: Tiny Tot B: 2. Gerard; Special Needs: 1. Osse, 2. Zarcione; Pee Wee: 1. Comeau, 2. Heather Traver, 4. Kayla Riley (Madison SSC); Pony: 2. Carolyn Dudek, 3. Alaina Fiorenza (Central); Pony B: 1. Wightman, 2. Sarah Traver, 3. Isabella Griffay; Midget: 1. Todd, 2. Alyson Dudek, 5. Brezovar; Midget B: 2. Nosacek, 3. Wightman; Junior: 1. Lanser, 2. George, 3. Kitzrow, 4. Kristin Desotell; Master: 2. Wickstrom.
Men: Tiny Tot B: 2. Maierle; Pee Wee: 2. Lucas Grefsheim; Pee Wee B: 1. Nosacek; Special Needs: 1. Romant, 2. Paszkiewicz, 3. Wiegand, 4. Merrick; Pony: 3. Christopher Slivocka; Pony B: 1. Scott Schleunes (Manitowoc), 2. Tuscany, 3. Stark; Midget: 3. Jacob Glickstein; Juvenile: 1. A.J. Griffay, 2. Joshua Thao (West Allis SSC), 3. Tyler Sierakowski (Central); Juvenile B: 1. Jessie Kamsler (Badger SSC); Open 14+: 2. Teeter (Badger SSC); Junior: 1. Johnson; Master B: 1. Gemeinhardt; Master 40+: 1. Steven Desotell, 2. Burson.

Great Lakes Long Track Championships, Pettit National Ice Center, Milwaukee, WI, January 11-12, 2003.

Ladies: Tiny Tot B: 2. Gerard; Special Needs: 1. Osse, 2. Zarcione; Pee Wee: 2. Comeau, 3. Heather Traver, 4. Riley; Pony: 3. Carolyn Dudek; Pony B: 1. Isabella Griffay, 4. Wightman; Midget: 1. Todd, 3. Alyson Dudek, 4. Brezovar; Midget B: 1. Sophie Rizzo, 2. Wightman; Juvenile: 1. Hawke; Junior: 1. George, 2. Kristin Desotell; Master: 2. Tracy Ovard.

Men: Tiny Tot B: 1. Overman; Pee Wee: 2. Grefsheim; Pee Wee B: 2. Sierakowski (Central); Special Needs: 1. Romant, 2. Paszkiewicz, 3. Wiegand, 4. Merrick; Pony: 3. David Glickstein, 4. Eric Quooff; Pony B: 1. Tuscany, 4. Stark; Juvenile: 1. Jordan Hinke, 2. Aussprung; Juvenile B: 4. Alex Rizzo; Junior: 1. Johnson; Senior: 2. Nathan Brunner (West Allis SSC); Master 40-49: 2. Steven Desotell; Master 50+: 3. Huss.

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U.S. Junior National Championships; Pettit National Ice Center, Milwaukee, WI January 18-19, 2003.

Ladies: 1. Neo-Senior: Becky Lang; Junior A: 1. Elli Ochowicz; Junior C: 1. Lanser, 2. Hawke.

Men: Neo-Senior: 2. Ronald Macky; Junior A: 1. Tucker Fredericks; Junior B: 2. Tyler Goff; Junior C: 1. Hinke, 2. Johnson.

Out of Competition: Ladies: Junior A: 1. Natanya Mintz, 2. Leah Priestaf; Junior C: 2. Barylak.

Men: Junior A: 1. Peter Macky; Junior C: 2. Teeter.

America's Cup 2, John Rose Oval, Roseville, MN, January 25-25, 2003.

Ladies: Allround: 5. Priestaff, 6. Mintz; Sprint: 2. April Medley.

Men: Short Allround: 1. Matt Passarella (Badger SSC), 6. Adam Janacek; Sprint: 1. Goff, 2. Ronald Macky, 5. Brunner, 6. Sijuwade.

U.S. Long Track National Championships, Butte, MT, February 1-2, 2003.

Ladies: Midget: 1. Todd, 2. Alyson Dudek, 3. Taylor Grefsheim; Juvenile: 1. Hawke, Junior; 1. Lanser, 3. Kitzrow.

Men: Juvenile: 1. Hinke; Master (60-69): 1. Kappes, 2. Sorce.

North American Long Track Championships, Calgary Olympic Oval, Calgary, AB, February 7-9, 2003.

Ladies: Midget: 1. Todd, 2. Alyson Dudek; Junior: 4. Lanser, 13. Kristin Desotell, 14. George.

Men: Intermediate: 6. Kevin Desotell; Senior: 5. Brunner; Master (40-49): 4. Steven Desotell; Master (60-69): 2. Sorce 3. Kappes.

Masters International, Pettit National Ice Center, Milwaukee, WI, February 15-16 2003.

Ladies: (30-34): 1. Wickstrom, 2. Ovard, 3. Jennifer Davis.

Men: (30-34): 1. Danny Frederick, 2. Ron Dietenberger; (35-39): 1. Burson, 4. Dan Fiorenza; (40-44): 2. Sijuwade; (45-49): 1. Steven Desotell, 6. Hundt; (50-54) 3.

Huss; (55-59): 7. White; (65-69) 1. Sorce, 2. Kappes.

The Athlete's Kitchen

Copyright: Nancy Clark 1/03

Preventing Fatigue During Long Workouts

"I'm at the gym from 5:30 to 7:00 pm and feel exhausted by the end of my workout. What can I do to prevent fatigue?"

"I'm training for a marathon ... I dread the long runs. I'm dragging after 12 miles. Any suggestions for how to boost my energy?"

"I'm whipped by the end of my afterschool soccer practices ..."

Preventing fatigue is the number one concern of active people who exercise for more than an hour. Sound familiar? If so, this article can help you enjoy high energy and enhanced stamina during long, hard exercise sessions. (For shorter exercise sessions, a pre-exercise snack and some water should fuel you well.)

To prevent fatigue during extensive exercise that lasts for more than 60 to 90 minutes, you have two nutrition goals:

1. to prevent dehydration and
2. to prevent your blood sugar from dropping.

The following tips can help you reach those goals.

Sweat and Dehydration

When you exercise hard, you sweat. Sweating is the body's way of dissipating heat and maintaining a constant internal temperature (98.6°F). During hard exercise, your muscles can generate 20 times more heat than when you are at rest. You dissipate this heat by sweating. As the sweat evaporates, it cools the skin. This in turn cools the blood, which cools the inner body. If you did not sweat, you could cook yourself to death. A body temperature higher than 106°F damages the cells. At 107.6°F, cell protein coagulates (like egg whites do when they cook), and the cell dies. This is one serious reason why you shouldn't push yourself beyond your limits in very hot weather.

When you sweat for more than an hour, you lose significant amounts of water from your blood. The remaining blood becomes more concentrated and has, for example, an abnormally high sodium level. This triggers the thirst mechanism and increases your desire to drink. To quench your thirst, you have to replace the water losses and bring the blood back to its normal concentration.

Unfortunately for athletes, this thirst mechanism can be an unreliable signal to drink. Hence, you should plan to drink before you are thirsty. By the time your brain signals thirst, you may have lost one percent of your body weight, the equivalent of 1.5 pounds (24 ounces) of sweat for a 150-pound person. This one-percent loss corresponds with the need for your heart to beat an additional 3 to 5 times per minute. This contributes to early fatigue.

Thirst sensations change with age and older people, even athletes, become less sensitive to thirst. For example, 56-year-old hikers became progressively dehydrated during 10 days of strenuous hill walking. The younger, 24-year-old hikers remained

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adequately hydrated. This means older people, in particular, should carefully monitor their fluid intake. Light colored urine, in significant volume, is a sign of adequate hydration.

Most athletes voluntarily replace less than half of sweat losses; thirst can be blunted by exercise or overridden by the mind. To be safe, always drink enough to quench your thirst, plus a little more. If you know how much you sweat, you can then replace those losses according to a plan. To learn your sweat rate (and fluid targets), weigh yourself naked before and after a workout. For every pound (16 ounces) you lose, you should strive to replace 13 to 16 ounces (80 to 100% of that loss) while exercising. This requires training your gut to handle this volume. Do not drink more water if your stomach is already sloshing; enough is enough!

You might find it helpful to figure out how many gulps of water equate to 16 ounces, and even set an alarm wristwatch to remind you to drink on schedule. You'll also need to plan on having the right quantity of enjoyable fluids readily available. Do not be in such a rush to start your workout that you fail to bring with you the sports drinks and fluids that will enhance your efforts.

Carbohydrates and Blood Sugar

As I've mentioned above, you can significantly increase your stamina by consuming a pre-exercise snack that provides fuel for the first hour of the workout and by drinking adequate fluids during exercise. The third trick to enhancing endurance is to consume carbs after an hour of exercise. Depending on your body size and ability to tolerate fuel while you workout, you'll want to target 100 to 250 calories of carbohydrates per hour of endurance exercise. The larger you are, the more calories you need. For example, if you weigh 180 pounds, you should target about 250 calories per hour, such as 8 ounces of a sports drink every 15 minutes, or a 250-calorie energy bar + water.

During a moderate to hard endurance workout, carbohydrates supply about 50 percent of the energy. As you deplete carbohydrates from muscle glycogen stores, you increasingly rely on the carbs (sugar) in your blood for energy. By consuming carbohydrates such as sports drinks, bananas, or energy bars during exercise, you can both fuel your muscles as well as maintain a normal blood sugar level. Because your brain relies on the sugar in your blood for energy, keeping your brain fed helps you think clearly, concentrate well, and remain focused. So much of performance depends on mental stamina; maintaining a normal blood sugar level is essential to optimize your workouts and boost your stamina.

Your body doesn't care if you ingest solid or liquid carbohydrates—both are equally effective forms of fuel. You just have to learn which sports snacks settle best for your body—gels, gummy bears, dried figs, animal crackers, defizzed cola, whatever.

Despite popular belief, sugar can be a positive snack during exercise and is unlikely to cause you to "crash" (experience hypoglycemia). That's because sugar feedings during exercise result in only small increases in both insulin and blood glucose. Yet, too much sugar or food taken at once can slow the rate at which fluids leave the stomach. Hence, "more" is not always better.

Because consuming 100 to 250 calories /hour of exercise (after the first hour) may be far more than you are used to taking in during exercise, you need to practice fueling while exercising to figure out what foods and fluids settle best. You'll learn through trial and error which snacks help prevent fatigue, boost performance and contribute to enjoyment of your long, hard workouts.

Nancy Clark, MS, RD, nutritionist at SportsMedicine Associates in Brookline MA (617-739-2003), teaches casual and competitive athletes how to win with good nutrition. For her best-selling *Sports Nutrition Guidebook* (\$23) and her *Food Guide for Marathoners: Tips for Everyday Champions* (\$20) send a check to Sports Nutrition Services, 830 Boylston St. #205, Brookline MA 02467 or obtain via www.nancyclarkrd.com.

The National Long Track Champions



John Sorce presenting the George Widmark Memorial Award to Master Men 60-69 Champion Vern Kappes

Paul Marchese presenting the David F. Roche Memorial Award to Master Men 50-59 Champion John Diemont



Shirley and Jim Yates presenting the Yates Family Award to Master Men 40-49 Champion Paul Marchese

Paul Marchese presenting the Angelo Giuliano Memorial Award to Master Men 30-39 Champion Brian Boudreau



Paul Marchese presenting the Eugene Lynch Award to Senior Men Champion Matt Kooreman

Jon Carlson presenting the Joey Carlson Award to Intermediate Men Champion Paul Dyrud



Bob McDonough presenting the Chapin Family Award to Junior Boys Champion Mike Blumel

Diane Bradford presenting the Bearcat Club of Minneapolis Award to Juvenile Boys Champion Jordan Hinke



Joanne Jokela presenting the Gary Eikaas Award to Midget Boys Champion Robert Lawrence

Carl Cepuran presenting the Lloyd F. Ralston Memorial Award to Pony Boys Champion Coho Menk



Mike Crow presenting the George O'Connell Memorial Award to Master Women 50-59 Champion Joanna Walter

Tina Donovan presenting the Gold Medallion to Master 40-49 Champion Liza Dennehy



Chuck Durkin presenting the Mary Novak Sand Award to Senior Women Champion Rebekah Bradford

Paul Mueller presenting the Maryland Speedskating Association Award to Intermediate Women Champion Becky Hoecherl



Mary Crowe presenting the L.F. Sandvig Memorial Award to Junior Girls Champion Erica Lanser

Jordan Hinke presenting the Howard P. Gutgesell Award to Juvenile Girls Champion Ericka Hawke



Brian Westover presenting the Jesse Howe Christopherson Memorial Award to Midget Girls Champion Sugar Todd

Paula Winsor presenting the Bill Cushman Award to Pony Girls Champion Hanna Curwin



All photos by Bob Webster

BIDS DUE FOR U.S. SPEEDSKATING EVENTS & ISU CHAMPIONSHIPS

2003-2006 U.S. Speedskating (USS) events and ISU Championships are now open for bid, with sites being confirmed at the USS Spring Board Meeting to be held April 25-27, 2003 in California. Potential organizers should request an application form from the USS National Office (phone: 440-899-0128; e-mail: kmarquard@usspeedskating.org; fax: 440-899-0109) for submission to USS. This form must be returned to USS by *April 1, 2003*.

Clubs, Associations, rinks, cities and other prospective organizers are invited to bid for the following 2003-2006 speed skating events:

USS BOARD MEETINGS

2003 Fall Board of Directors Meeting (September 2003)

2004 Spring Board of Directors Meeting (April/May 2004)

USS LONG TRACK EVENTS

2003/04 Fall World Cup Qualifier/U.S. Single Distance Championships

2004/05 Fall World Cup Qualifier/U.S. Single Distance Championships

2005 U.S. Long Track Speed Skating Championships (Allround, Sprint, Junior Sprint)

2005 U.S. Junior Speed Skating Championships

2005 National Long Track Championships (possibly rotating basis)

2004/2005 Long Track American Cups (potentially 2-4 events, may be in conjunction with an existing meet)

USS SHORT TRACK EVENTS

2003/2004 Short Track American Cups (potential dates: November 8-9; November 29-30; January 17-18 or 24-25; March)

2005 U.S. Junior Short Track Championships

2005 U.S. National Short Track Championships (combined)

2005 North American Short Track Championships

2004/2005 Short Track American Cups (potentially 2-4 events, may be in conjunction with an existing meet)(Remember, for the Nationals and North Americans - the host keeps all of the entry fees, does not pay a sanction fee and covers the cost of Officials out of the entry fees.)

USS MARATHON EVENTS

2005 National Marathon Championships

2005 North American Marathon Championships

ISU EVENTS

2005 World Junior Short Track Speed Skating Championships — January 7-9, 2005

2006 World Sprint Speed Skating Championships — January 21-22, 2006

2006 World Junior Speed Skating Championships — March 3-5, 2006

2006 World Allround Speed Skating Championships — March 11-12, 2006

2006 World Junior Short Track Speed Skating Championships — January 6-8, 2006

2006 World Short Track Speed Skating Team Championships — March 18-19, 2006 or March 25-26, 2006

2006 World Short Track Speed Skating Championships — March 31-April 2, 2006

2003 U.S. SPEEDSKATING SPRING BOARD MEETING

...NEWLOCATION...NEWLOCATION...NEWLOCATION...

SHERATON ANAHEIM HOTEL

900 South Disneyland Drive
Anaheim, CA 92802

April 25-27, 2003

- ❖ \$85+tax single/double. Check-in 3:00 PM, check-out 12:00 Noon.
- ❖ Phone: (714) 778-1700. Must ask for U.S. Speedskating rate.
- ❖ Reservations must be made BEFORE APRIL 1, 2003 to receive rate.
- ❖ Super Shuttle from John Wayne Airport (20 min.) \$10 per person one way, must call for reservations 1-800-258-3826. LAX (1 hr. 15 min.) \$14 per person one way no reservations required, Super Shuttle services on site.
- ❖ Committee Meetings: Fri., April 25 8:00 - 11:30 AM, 2:00 — 6:00 PM
- ❖ Board of Directors Meeting: Sat., April 26 9:00 AM Sun., April 27 if necessary
- ❖ A Short Track Officials Seminar will be held in conjunction with this Board Meeting. Details will be forthcoming.

The National Marathon



Photo by Steve Trynoski

National Marathon Results

Minneapolis, Minnesota

January 18 & 19, 2003

25 Kilometers

Time Competitor

Master 60+ Men

1:04:51 Bruce Trimble, Menomonie, WI

1:13:35 Pat McNamara, Plymouth, MN

Master 50-59 Men

0:53:21 Bud Eichorn, Somers, NY

0:53:46 Ed Burns, Vestal, NY

0:57:36 James Daniska, St. Clair Shores, MI

1:13:00 Steve Young, Skokie, IL

Master 40-49 Men

0:48:19 Bob Tysen, Saranac Lake, NY

0:54:32 Daniel Snipes, Plainfield, VT

0:56:10 John Koppi, Mound, MN

1:13:04 Joe Von Drasek, St. Paul, MN

1:14:38 Howard Morris, St. Paul, MN

1:21:38 Kurt Goetzke, Plymouth, MN

Master 30-39 Men

0:48:17 Robert Kramer, Boston, MA

0:48:18 Mark Kandola, Santa Barbara, CA

0:48:19 Andy Dahlstrom, Seattle, WA

0:52:06 Bruce Anderson, Minneapolis, MN

0:58:24 Hugo Bruggeman, Minneapolis, MN

Senior Men

0:48:14 Jason Hedstrand, Shoreview, MN

0:50:15 Aaron Marchand, Citrus Heights, CA

1:21:25 Gabriel Hayes, Sacramento, CA

1:21:45 Romano Nickerson, Sacramento, CA

Junior Men

0:50:15 Ryan Bedford, Midland, MI

Master 50-59 Women

0:56:54 Carole Moore, Flushing, NY

Master 40-49 Women

0:50:21 Beth Bedford, Midland, MI

0:59:18 Kathy Zapotocki, Zionsville, PA

1:03:45 Carolyn Cone, Minneapolis, MN

1:09:23 Kristen Corr, Prior Lake, MN

Master 30-39 Women

1:06:38 Kaari Cox, Hamel, MN

1:18:04 Jane Kenyon, New York, NY

1:28:09 Hence Bollinger, Bethlehem, PA

Senior Women

0:52:05 Carla Langenthal, Ann Arbor, MI

Junior Women

1:01:05 Kristin Bedford, Midland, MI

50 Kilometers

Time Competitor

Master 50-59 Men

1:37:49 Bud Eichorn, Somers, NY

1:38:53 Ed Burns, Vestal, NY

1:51:14 James Daniska, St. Clair Shores, MI

Master 40-49 Men

1:32:54 Matt Trimble, Shoreview, MN

1:32:57 Bob Tysen, Saranac Lake, NY

1:35:42 John Koppi, Mound, MN

1:35:44 Eric Wardenaar, Golden Valley, MN

1:42:15 Daniel Snipes, Plainfield, VT

2:33:49 Kurt Goetzke, Plymouth, MN

Master 30-39 Men

1:32:53 Robert Kramer, Boston, MA

1:32:53 Andy Dahlstrom, Seattle, WA

1:32:53 Mark Kandola, Santa Barbara, CA

1:37:51 Bruce Anderson, Minneapolis, MN

2:26:08 Ge Joosten, New Hope, MN

Senior Men

1:42:03 Aaron Marchand, Citrus Heights, CA

2:27:03 Gabriel Hayes, Sacramento, CA

2:28:37 Romano Nickerson, Sacramento, CA

Junior Men

1:32:53 Ryan Bedford, Midland, MI

Master 50-59 Women

1:46:40 Carole Moore, Flushing, NY

Master 40-49 Women

1:34:16 Beth Bedford, Midland, MI

1:51:18 Kathie Zapotocki, Zionsville, PA

2:06:02 Carolyn Cone, Minneapolis, MN

Master 30-39 Women

2:15:42 Kaari Cox, Hamel, MN

2:19:49 Jane Kenyon, New York, NY

2:44:03 Hence Bollinger, Bethlehem, PA

Senior Women

1:36:32 Carla Langenthal, Ann Arbor, MI

Junior Women

2:41:02 Kristin Bedford, Midland, MI

North American Marathon Results

Lake Morey, Vermont

January 25 & 26, 2003

25 Kilometers

Time Competitor

Master Men 60+

0:54:16 Pierre Gagné

0:57:59 Dick Ring

1:07:45 Ed Basinski

1:09:49 Frank Cherry

1:29:22 Rich Caffrey

Master Men 50-59

0:52:06 Bud Eichorn

0:52:06 Willem Langenberger

0:52:37 Ed Burns

0:54:05 Vincent Gagliano

0:55:23 Vince Morris

0:56:47 Art Noland

0:57:37 Yves Garneau

0:59:00 Bernard Doth

0:59:09 Keith Woodward

1:03:08 Gaétan Rochette

1:11:13 Arthur Milano

1:17:52 Don Phillips

1:18:06 Fred Eder

1:31:05 Tom Ward

Master Men 40-49

0:49:22 Bob Tysen

0:52:07 Tom Keane

0:52:09 Dan Snipes

0:53:15 Jake Maarse

0:55:23 Jamie Hess

1:00:30 Yves Durand

1:05:41 Robert Benner

1:07:15 Ted Capron

1:13:46 Pete Thompson

1:14:16 Serge Plamondon

1:15:48 Matt Vincenti

1:16:44 Scot MacKeil

Master Men 30-39

0:49:59 Mark Kandola

0:50:04 Rob Kramer

0:59:15 David Muller (T)

0:59:15 Karl Franz (T)

1:14:12 Wessel Kok

1:20:34 Nick Pavey

Senior Men

0:49:46 Dan Weinstein

1:00:19 Noah Freeman

50 Kilometers

Time Competitor

Master Men 60+

1:55:23 Pierre Gagné

2:00:08 Jim Shearer

2:13:24 Dick Ring

2:27:52 Frank Cherry

Master Men 50-59

1:52:35 Bud Eichorn

1:52:36 Ed Burns

1:53:59 Willem Langenberg

1:55:06 Yves Garneau

2:03:19 Vince Morris

2:09:15 Vincent Gagliano

2:13:20 Art Noland

2:20:02 Bernard Doth

Master Men 40-49

1:46:53 Bob Tysen

1:50:03 Dan Snipes

1:50:05 Joe Holland

1:51:43 Tom Keane

1:56:14 Jake Maarse

2:00:52 Jamie Hess

2:03:15 Yves Durand

2:07:29 Edwin de Bruijn

2:22:00 Pete Thompson

2:23:26 Marc Lessard

Master Men 30-39

1:46:52 Mark Kandola

1:46:53 Rob Kramer

2:28:50 Mike Ballou

2:36:26 Wessel Kok

Senior Men

2:05:43 Tom Temple

25 Kilometers

Time Competitor

Master Women 60+

0:55:23 Mary Lou DiNicola

Master Women 50-59

0:54:16 Carole Moore

1:26:47 Kathy Jones

Master Women 40-49

0:52:09 Suzanne Dionne

0:58:24 Kathie Zapotocki

1:12:30 Pat Driscoll

Master Women 30-39

1:16:20 Chris Wilson

Senior Women

1:19:09 Jane Kenyon

1:39:55 Gerri Moriarty

1:44:10 Tracy Lea

50 Kilometers

Master Women 50-59

1:57:35 Carole Moore

2:54:54 Kathy Jones

Master Women 40-49

1:55:04 Suzanne Dionne

2:08:15 Kathie Zapotocki

Senior Women

2:36:00 Jane Kenyon

2:40:04 Tracy Lea

National Long Track Results

Butte, Montana

February 1 & 2, 2003

Distance	Time	1st Place	2nd Place	3rd Place	4th Place
Master Men 60-69					
500 M	0:49.28	Tony Marchese	Vern Kappes	John Sorce	
800 M	1:35.15	Vern Kappes	Tony Marchese	John Sorce	
1000 M	1:51.02	John Sorce	Tony Marchese	Vern Kappes	
1500 M	3:07.55	Vern Kappes	Tony Marchese	John Sorce	
3000 M	6:03.68	Vern Kappes	John Sorce	Tony Marchese	
Overall		Vern Kappes	Tony Marchese	John Sorce	
Master Men 50-59					
500 M	0:41.73	John Diemont	Steve Miller		
800 M	1:12.09	John Diemont	Steve Miller		
1000 M	1:25.37	John Diemont	Steve Miller		
1500 M	2:24.74	John Diemont	Steve Miller		
3000 M	5:09.46	John Diemont	Steve Miller		
Overall		John Diemont	Steve Miller		
Master Men 40-49					
500 M	0:41.66	Mark Chrysler	Paul Marchese	Greg Axtman	
800 M	1:10.68	Paul Marchese	Mark Chrysler	Greg Axtman	
1000 M	1:23.35	Paul Marchese	Mark Chrysler	Greg Axtman	
1500 M	2:21.79	Paul Marchese	Mark Chrysler	Greg Axtman	
3000 M	5:05.69	Paul Marchese	Mark Chrysler	Greg Axtman	
Overall		Paul Marchese	Mark Chrysler	Greg Axtman	
Master Men 30-39					
500 M	0:39.55	Andrew Love	Brian Boudreau	Don Foley	Bruce Guthrie
800 M	1:04.57	Brian Boudreau	Andrew Love	Don Foley	Bruce Guthrie
1000 M	1:18.29	Brian Boudreau	Andrew Love	Don Foley	Michael Drews
1500 M	2:06.77	Brian Boudreau	Andrew Love	Don Foley	Bruce Guthrie
3000 M	4:38.45	Brian Boudreau	Andrew Love	Don Foley	Michael Drews
Overall		Brian Boudreau	Andrew Love	Don Foley	Bruce Guthrie
Senior Men					
500 M	0:39.41	Matthew Kooreman	Scott Bradford		
800 M	1:03.87	Matthew Kooreman	Scott Bradford		
1000 M	1:20.20	Matthew Kooreman	Scott Bradford		
1500 M	2:21.58	Matthew Kooreman	Scott Bradford		
3000 M	4:26.24	Matthew Kooreman	Scott Bradford		
Overall		Matthew Kooreman	Scott Bradford		
Intermediate Men					
500 M	0:40.32	Paul Dyrud	Nate DeFranco	Jon Carlson	
800 M	1:05.42	Paul Dyrud	Nate DeFranco	Jon Carlson	
1000 M	1:19.82	Paul Dyrud	Nate DeFranco	Jon Carlson	
1500 M	2:06.86	Paul Dyrud	Nate DeFranco	Jon Carlson	
3000 M	4:27.58	Paul Dyrud	Nate DeFranco	Jon Carlson	
Overall		Paul Dyrud	Nate DeFranco	Jon Carlson	
Junior Boys					
500 M	0:40.25	Mike Blumel	Joe Parrella	Vance Parker	Daniel Beck
800 M	1:09.54	Mike Blumel	Vance Parker	Daniel Beck	Matthew Hickson
1000 M	1:24.59	Mike Blumel	Vance Parker	Daniel Beck	Joe Parrella
1500 M	2:27.54	Mike Blumel	Daniel Beck	Joe Parrella	Vance Parker
3000 M	4:43.74	Mike Blumel	Vance Parker	Matthew Hickson	Daniel Beck
Overall		Mike Blumel	Vance Parker	Daniel Beck	Joe Parrella

Continued on page 23

National Long Track Results Continued from page 22

Distance	Time	1st Place	2nd Place	3rd Place	4th Place
Juvenile Boys					
300 M	0:26.93	Jordan Hinke	Yuval Toren	Mitchell Whitmore	Eric Winsor
500 M	0:42.59	Jordan Hinke	Yuval Toren	Mitchell Whitmore	Eric Winsor
600 M	0:55.39	Jordan Hinke	Yuval Toren	Mitchell Whitmore	Eric Winsor
800 M	1:10.84	Jordan Hinke	Yuval Toren	Mitchell Whitmore	Eric Winsor
1000 M	1:34.04	Jordan Hinke	Mitchell Whitmore	Yuval Toren	Eric Winsor
Overall		Jordan Hinke	Yuval Toren	Mitchell Whitmore	Eric Winsor
Midget Boys					
300 M	0:28.41	Robert Lawrence	Brian Hansen	Anders Lee	Colton Barrett
400 M	0:36.22	Robert Lawrence	Brian Hansen	Anders Lee	Colton Barrett
500 M	0:45.80	Robert Lawrence	Anders Lee	Brian Hansen	Colton Barrett
600 M	0:57.17	Brian Hansen	Robert Lawrence	Colton Barrett	Anders Lee
800 M	1:14.96	Brian Hansen	Robert Lawrence	Anders Lee	Colton Barrett
Overall		Robert Lawrence	Brian Hansen	Anders Lee	Colton Barrett
Pony Boys					
200 M	0:26.70	Coho Menk	Caden Handley	Adam Callister	Gunnar Stray-Gundersen
300 M	0:38.67	Sten Stray-Gundersen	Coho Menk	Adam Callister	Caden Handley
400 M	0:50.96	Coho Menk	Sten Stray-Gundersen	Adam Callister	Caden Handley
500 M	1:03.17	Coho Menk	Sten Stray-Gundersen	Adam Callister	Caden Handley
600 M	1:21.91	Sten Stray-Gundersen	Coho Menk	Caden Handley	Gunnar Stray-Gundersen
Overall		Coho Menk	Sten Stray-Gundersen	Caden Handley	Adam Callister
Master Women 50-59					
500 M	0:57.04	Joanna Walters	Joyce Neuman		
800 M	1:31.16	Joanna Walters	Joyce Neuman		
1000 M	1:45.82	Joanna Walters	Joyce Neuman		
1500 M	3:07.69	Joanna Walters	Joyce Neuman		
3000 M	5:36.56	Joanna Walters	Joyce Neuman		
Overall		Joanna Walters	Joyce Neuman		
Master Women 40-49					
500 M	0:49.85	Liza Dennehy	Jan Zurcher	Kathie Zapotocki	
800 M	1:22.88	Liza Dennehy	Jan Zurcher	Kathie Zapotocki	
1000 M	1:49.92	Liza Dennehy	Jan Zurcher	Kathie Zapotocki	
1500 M	2:50.58	Liza Dennehy	Jan Zurcher	Kathie Zapotocki	
3000 M	5:34.14	Liza Dennehy	Jan Zurcher	Kathie Zapotocki	
Overall		Liza Dennehy	Jan Zurcher	Kathie Zapotocki	
Senior Women					
500 M	0:42.66	Rebekah Bradford	Carla Langenthal	Jordan Leigh Olds	
800 M	1:10.60	Rebekah Bradford	Carla Langenthal	Jordan Leigh Olds	
1000 M	1:27.02	Rebekah Bradford	Carla Langenthal	Jordan Leigh Olds	
1500 M	2:28.05	Rebekah Bradford	Carla Langenthal	Jordan Leigh Olds	
3000 M	4:58.06	Rebekah Bradford	Carla Langenthal	Jordan Leigh Olds	
Overall		Rebekah Bradford	Carla Langenthal	Jordan Leigh Olds	
Intermediate Women					
500 M	0:49.44	Becky Hoecherl			
800 M	1:20.70	Becky Hoecherl			
1000 M	1:37.87	Becky Hoecherl			
1500 M	2:51.45	Becky Hoecherl			
3000 M	5:33.76	Becky Hoecherl			
Overall		Becky Hoecherl			

Continued on page 24

National Long Track Results Continued from page 23

Distance	Time	1st Place	2nd Place	3rd Place	4th Place
Junior Girls					
500 M	0:44.06	Erica Lanser	Ashlee Barnett	Elizabeth Kitzrow	Kristin Jokela
800 M	1:13.13	Erica Lanser	Ashlee Barnett	Kristin Jokela	Elizabeth Kitzrow
1000 M	1:34.83	Erica Lanser	Ashlee Barnett	Elizabeth Kitzrow	Kristin Jokela
1500 M	2:34.41	Erica Lanser	Ashlee Barnett	Kristin Jokela	Elizabeth Kitzrow
3000 M	5:00.70	Erica Lanser	Ashlee Barnett	Elizabeth Kitzrow	Kristin Jokela
Juvenile Girls					
300 M	0:28.28	Ericka Hawke	Kelly Block	Mia Mangenello	Anne Bruckner
500 M	0:45.02	Ericka Hawke	Kelly Block	Mia Mangenello	Lisa Hambly
600 M	0:54.93	Ericka Hawke	Mia Mangenello	Kelly Block	Lisa Hambly
800 M	1:13.52	Ericka Hawke	Mia Mangenello	Kelly Block	Lisa Hambly
1000 M	1:33.01	Ericka Hawke	Mia Mangenello	Kelly Block	Sarah Krueger
Overall		Ericka Hawke	Mia Mangenello	Kelly Block	Lisa Hambly
Midget Girls					
300 M	0:29.53	Sugar Todd	Alyson Dudek	Taylor Grefsheim	Susan Vehe
400 M	0:38.13	Sugar Todd	Alyson Dudek	Taylor Grefsheim	Susan Vehe
500 M	0:47.19	Sugar Todd	Alyson Dudek	Rebekah Dyrud	Susan Vehe
600 M	0:58.75	Sugar Todd	Alyson Dudek	Taylor Grefsheim	Susan Vehe
800 M	1:15.94	Sugar Todd	Alyson Dudek	Rebekah Dyrud	Taylor Grefsheim
Overall		Sugar Todd	Alyson Dudek	Taylor Grefsheim	Rebekah Dyrud
Pony Girls					
200 M	0:23.80	Hannah Curwin	Brooke Gall	Sophia Ristau	Maija Rannikko
300 M	0:33.90	Hannah Curwin	Brooke Gall	Sophia Ristau	Maija Rannikko
400 M	0:43.42	Hannah Curwin	Brooke Gall	Sophia Ristau	Maija Rannikko
500 M	0:55.46	Hannah Curwin	Brooke Gall	Sophia Ristau	Maija Rannikko
600 M	1:08.51	Hannah Curwin	Brooke Gall	Sophia Ristau	Maija Rannikko
Overall		Hannah Curwin	Brooke Gall	Sophia Ristau	Maija Rannikko

North American Long Track Results
 Calgary, Alberta, Canada
 February 7 - 9, 2003

Distance	Time	1st Place	2nd Place	3rd Place	4th Place
Master 5 Men (70+)					
500 M	0:50.68	Eugene Kurmey	Roy Whitney		
800 M	1:22.40	Eugene Kurmey	Roy Whitney		
1000 M	1:41.72	Eugene Kurmey	Roy Whitney		
1500 M	2:34.40	Eugene Kurmey	Roy Whitney		
Overall		Eugene Kurmey	Roy Whitney		
Master 4 Men (60-69)					
500 M	0:44.44	Ronald Johnston	John Sorce	Robert Hornridge	Vern Kappes
800 M	1:10.36	Ronald Johnston	John Sorce	Vern Kappes	Robert Hornridge
1000 M	1:32.55	Ronald Johnston	Vern Kappes	John Sorce	Bill Steffel
1500 M	2:22.07	Ronald Johnston	John Sorce	Vern Kappes	Bill Steffel
Overall		Ronald Johnston	John Sorce	Vern Kappes	Robert Hornridge
Master 3 Men (50-59)					
500 M	0:45.43	Ronald Scholefield	Steve Miller	Richard Roberts	Peter Moree
800 M	1:10.95	Peter Moree	Richard Roberts	Steve Miller	
1000 M	1:33.54	Steve Miller	Ronald Scholefield	Peter Moree	Richard Roberts
1500 M	2:30.26	Ronald Scholefield	Peter Moree	Richard Roberts	Steve Miller
Overall		Ronald Scholefield	Steve Miller (T) Peter Moree (T)	Richard Roberts	Richard Roberts

Continued on page 25

North American Long Track Results Continued from page 24

Distance	Time	1st Place	2nd Place	3rd Place	4th Place
Master 2 Men (40-49)					
500 M	0:40.33	Bill Hoyne	Blaine Hill	Matt Trimble	Steven Desotell
1000 M	1:19.33	Bill Hoyne	Matt Trimble	Blaine Hill	Steven Desotell
1500 M	2:11.39	Bill Hoyne	Matt Trimble	Blaine Hill	Steven Desotell
3000 M	4:13.78	Bill Hoyne	Blaine Hill	Steven Desotell	Matt Trimble
Overall		Bill Hoyne	Blaine Hill	Matt Trimble	Steven Desotell
Master 1 Men (30-39)					
500 M	0:38.13	Brian Boudreau	Drew Schemmer	Samuel Renshaw	Randy Plett
1000 M	1:15.86	Brian Boudreau	Samuel Renshaw	Randy Plett	Barend Tollenaac
1500 M	1:59.32	Brian Boudreau	Samuel Renshaw	Randy Plett	Barend Tollenaac
3000 M	4:11.83	Brian Boudreau	Samuel Renshaw	Drew Schemmer	Randy Plett
Overall		Brian Boudreau	Samuel Renshaw	Randy Plett	Drew Schemmer
Senior Men					
500 M	0:36.06	James Monson	Sterling Sobczak	Shane Vopicka	Joachim Kuzel
1000 M	1:13.51	Sterling Sobczak	James Monson	Shane Vopicka	David Martel
1500 M	2:21.18	Sterling Sobczak	James Monson	Nathan Brunner	David Martel
3000 M	4:30.79	James Monson	Sterling Sobczak	David Martel	Andre Van Wageningen
Overall		James Monson (T) Sterling Sobczak (T)		Shane Vopicka	David Martel
Intermediate Men					
500 M	0:38.83	James Derr Bruner	Timothy Gladysz	David Schneider	Jason Coke
1000 M	1:30.37	Timothy Gladysz	David Didiodato	Jamie Gregg	Kevin Desotell
1500 M	2:03.80	David Didiodato	David Schneider	Jamie Gregg	Jason Coke
3000 M	4:15.46	David Didiodato	Timothy Gladysz	Jamie Gregg	Jason Coke
Overall		David Didiodato	Timothy Gladysz	Jamie Gregg	James Derr Bruner
Junior Boys					
500 M	0:38.08	Alex Boisvert-Lacroix	Aaron Sadlier	Cullen Taylor	Dylan Barker
1000 M	1:22.61	Matt Lipsett	Alex Boisvert-Lacroix	JonPaul Low	Clovis Auger
1500 M	2:06.61	Cullen Taylor	Clovis Auger	Aaron Sadlier	Peter Martel
3000 M	4:22.32	Matt Lipsett	Cullen Taylor	Aaron Sadlier	Marc-A. Gagnon-Demarbre
Overall		Cullen Taylor	Matt Lipsett	Aaron Sadlier	Alex Boisvert-Lacroix
Juvenile Boys					
300 M	0:25.53	Philippe Riopel	Yuval Toren	Louis Mazerolle	Nathan Bernhard
500 M	0:39.94	Philippe Riopel	Yuval Toren	Karl Goulet	Nathan Bernhard
800 M	1:06.01	Philippe Riopel	Karl Goulet	Louis Mazerolle	Scott Birse
1000 M	1:22.31	Philippe Riopel	Karl Goulet	Louis Mazerolle	Yuval Toren
Overall		Philippe Riopel	Karl Goulet	Yuval Toren	Louis Mazerolle
Midget Boys					
300 M	0:27.45	Robert Lawrence	Anders Lee	Scott Sadlier	Mikael Bilodeau
500 M	0:43.81	Robert Lawrence	Anders Lee	Scott Sadlier	Mikael Bilodeau
600 M	0:52.20	Robert Lawrence	Jean-François Garon	Jackson Hill	Mikael Bilodeau
800 M	1:09.16	Anders Lee	Robert Lawrence	Mikael Bilodeau	Scott Sadlier
Overall		Robert Lawrence	Anders Lee	Scott Sadlier	Mikael Bilodeau
Master 5 Women (70+)					
500 M	1:05.52	Agatha Van Der Starre			
800 M	1:47.93	Agatha Van Der Starre			
1000 M	2:18.80	Agatha Van Der Starre			
1500 M	3:28.54	Agatha Van Der Starre			
Overall		Agatha Van Der Starre			

Continued on page 26

North American Long Track Results Continued from page 25

Distance	Time	1st Place	2nd Place	3rd Place	4th Place
Master 3 Women (50-59)					
500 M	0:52.14	Judy VanHyfte			
800 M	1:23.98	Judy VanHyfte			
1000 M	1:45.41	Judy VanHyfte			
1500 M	2:45.06	Judy VanHyfte			
Overall		Judy VanHyfte			
Master 2 Women (40-49)					
500 M	0:48.81	Jan Zurcher	Barb Proulx	Margaret Elm	
1000 M	1:40.03	Jan Zurcher	Barb Proulx		
1500 M	2:40.36	Jan Zurcher	Margaret Elm	Barb Proulx	
3000 M	5:26.69	Jan Zurcher	Margaret Elm	Barb Proulx	
Overall		Jan Zurcher	Barb Proulx	Margaret Elm	
Master 1 Women (30-39)					
500 M	0:49.06	Patricia Steffel			
1000 M	1:40.13	Patricia Steffel			
1500 M	2:40.44	Patricia Steffel			
3000 M	5:28.29	Patricia Steffel			
Senior Women					
500 M	0:45.10	Elizabeth Offin	Kendra Greenslade	Carla Langenthal	Heather Moffatt
1000 M	1:35.01	Kendra Greenslade	Elizabeth Offin	Carla Langenthal	Heather Moffatt
1500 M	2:20.41	Elizabeth Offin	Kendra Greenslade	Carla Langenthal	Heather Moffatt
3000 M	4:39.59	Kendra Greenslade	Elizabeth Offin	Carla Langenthal	
Overall		Kendra Greenslade (T) Elizabeth Offin (T)		Carla Langenthal	Heather Moffatt
Intermediate Women					
500 M	0:41.97	Kelsey Duffield	Lisa Hryciw	Amy Sutor	Katie Hay
1000 M	1:41.19	Kelsey Duffield	Amy Sutor	Lisa Hryciw	Katie Hay
1500 M	2:25.98	Kelsey Duffield	Amy Sutor	Lisa Hryciw	Katie Hay
3000 M	4:31.20	Amy Sutor	Katie Hay	Kelsey Duffield	Tobey Berriault
Overall		Kelsey Duffield	Amy Sutor	Lisa Hryciw	Katie Hay
Junior Girls					
500 M	0:42.06	Danielle Dubois	Kirsti Lay	Erica Lanser	Emily Hill
1000 M	1:33.25	Danielle Dubois	Tamara Oudenaarden	Jessica Gregg	Erica Lanser
1500 M	2:15.54	Danielle Dubois	Jessica Gregg	Erica Lanser	Emily Hill
3000 M	5:01.81	Danielle Dubois	Kirsti Lay	Jessica Gregg	Erica Lanser
Overall		Danielle Dubois	Jessica Gregg	Kirsti Lay	Erica Lanser
Juvenile Girls					
300 M	0:27.01	Justine L'Heureux	Anastasia Bucsis	Gabrielle Waddell	Nicole Garrido
500 M	0:42.76	Justine L'Heureux	Gabrielle Waddell	Anastasia Bucsis	Nicole Garrido
800 M	1:06.40	Justine L'Heureux	Nicole Garrido	Gabrielle Waddell	Anastasia Bucsis
1000 M	1:28.00	Justine L'Heureux	Nicole Garrido	Tori Fachi	Gillian Richmond
Overall		Justine L'Heureux	Nicole Garrido	Gabrielle Waddell	Anastasia Bucsis
Midget Girls					
300 M	0:28.84	Alyson Dudek	Kaylin Irvine	Sugar Todd	Mary Grace
500 M	0:44.81	Sugar Todd	Alyson Dudek	Ann-Veronique Michaud	Mary Grace
600 M	0:53.14	Sugar Todd	Alyson Dudek	Kaylin Irvine	Mary Grace
800 M	1:09.73	Sugar Todd	Alyson Dudek	Mary Grace	Kaylin Irvine
Overall		Sugar Todd	Alyson Dudek	Kaylin Irvine	Mary Grace

Dear Association Officers and Skaters,

Travel awards will be available, again this year, for skaters who apply and attend the North American Short Track in Milwaukee, Wisconsin, March 28-30, 2003.

USS registered competitors may apply for these awards by submitting their name and a short summary of their speed skating achievements within the past two years. Special note will be taken for those skaters who have scored well in elite level meets, especially the National and North American Championships.

Only skaters in the Midget through the Senior classes will be eligible to receive the travel award. The number of awards to be given is limited and the deadline for applying is **March 15, 2003**. If your skaters are thinking of going to Milwaukee for the N.A. Short Track, have them send applications to U.S. Speedskating, P.O. Box 450639, Westlake, OH 44145-0611, fax: 440-899-0109, as soon as possible.

North American Committee
Bill Anderson, Chair

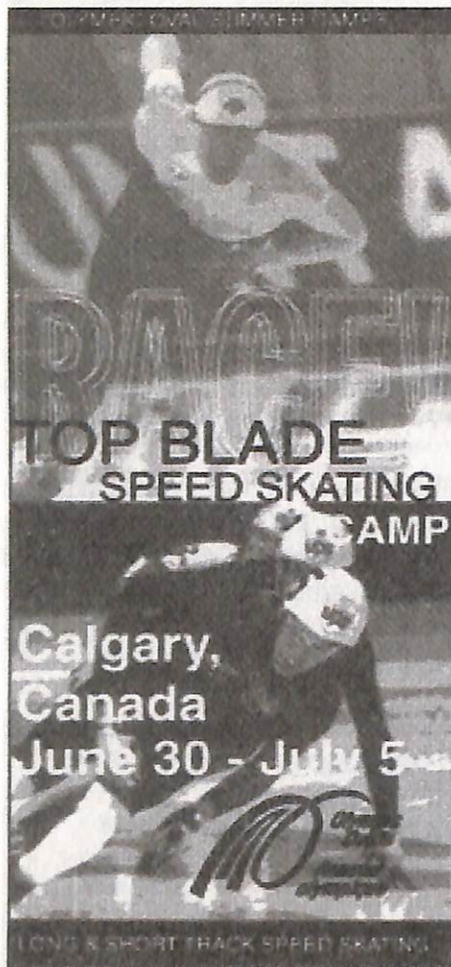
APPLICATION FOR TRAVEL AWARD
NORTH AMERICAN SHORT TRACK
March 28-20, 2003 Milwaukee, Wisconsin

NAME AND CLASS: (USS Registered Skaters)

ADDRESS, TELEPHONE NUMBER AND E-MAIL ADDRESS:

BRIEF SUMMARY OF SPEED SKATING ACHIEVEMENTS:

Send completed form to: U.S. Speedskating, P.O. Box 450639, Westlake, OH 44145; fax: 440-899-0109



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Short Track is open to skaters age 13 & older who meet the following time requirement:
 500m Men 51.00 Ladies 54.00

Exceptions will be made at the coaches discretion upon application.

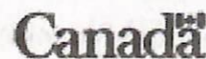
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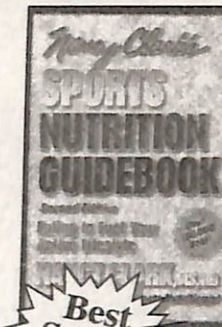
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