

The Racing Blade

The Official Publication of U.S. Speedskating



Jennifer Rodriguez
World Sprint Champion!

George Howie Award

Behind The Scenes

Coaches of the Year



February 2005
Volume XXXVII Number 3

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From The President



Although the skating season is not yet complete, the accomplishments of many of the athletes have been nothing short of phenomenal. In long track, medals have been won in World Championships and World Cups by Casey Fitzrandolph, Tucker Fredricks, Joey Cheek, Kip Carpenter, Chad Hedrick and Jennifer Rodriguez, to name a few.

And our short track speedskaters such as Allison Bayer, Apolo Anton Ohno and Hyo-Jung Kim also medalled at the World Cups.

The U.S. experienced tremendous success in December at the World Sprint Championships when Jennifer Rodriguez became the first American to win the overall title since 1996. Joey Cheek finished third overall.

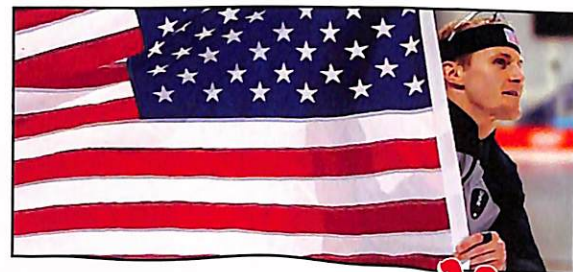
As of the writing of this letter, the World Allround Championships, Single Distance World Championships and the Junior World Championships in long track; the World Championships in short track have yet to be completed. I am sure we can expect the continuation of these fantastic results at these remaining events.

At the 2002 Olympic Winter Games, eight U.S. Speedskating athletes won 11 medals. Had U.S. Speedskating been a country on its own, we would have finished in eighth place in the overall medal count. It is clear that going into the 2006 Olympic Games in Torino, the athletes are poised to accomplish even more greatness. Please join me in congratulating these athletes on their outstanding accomplishments to date this season.

2005 promises to not only be a successful season on the ice, but an innovative year for U.S. Speedskating off the ice as well. The organization has incorporated new technologies to offer our members faster and easier access to the services U.S. Speedskating has to offer. The new online registration gives skaters the option to not only save money but to register for events from their laptops. The High Altitude housing in Milwaukee has made U.S. Speedskating pioneers in adopting cutting edge technology to help our athletes have the benefits of high-altitude while training at sea level. Finally, the US Junior Long Track Championships and the National Long Track Championships were run in combination with each other with great success. These are just a few examples of the advancements of our organization this past year.

Please join me in thanking all the people around the country, and around the world, who help to make this a great sport.

Andy Gabel
President



THE BOARD

featuring Casey FitzRandolph

YOU LIST CHOCOLATE CHIP COOKIE DOUGH IS YOUR ALL-TIME FAVORITE FOOD. DON'T YOU WORRY ABOUT SALMONELLA FROM THE RAW EGGS IN THE DOUGH?
www.usspeedskating.org/rosters/FitzRandolph.html

I probably should. Well, in fact I do. Or at least think about it. I think about it every time I eat it, but I justify satisfying my craving by coming to the conclusion that if I were going to get salmonella from cookie dough I should have gotten it a long time ago. Lord knows I've given myself enough opportunities. Raw chicken is another ball game. I got salmonella from bad chicken in Switzerland almost ten years ago and I still carry that paranoia!

IN A RACE IN ANY DISTANCE BETWEEN YOU AND A BIG CAT FEATURED ON YOUR WEB SITE WWW.CASEYFITZ.COM ... WHO WOULD WIN?

I'm not worthy. I wish I could say I was, but the cheetah is one competitor I wouldn't mind losing to. (Aren't animals amazing? They are so far superior to us humans in so many ways.) 60 miles per hour, hitting top end in three seconds. Give me a break!

DO YOU EVER FEEL THAT THERE ARE JUST TOO MANY WISCONSINITES IN SPEEDSKATING?

No way. I wouldn't have started speedskating if it weren't for Eric Heiden. I probably would have quit along the way if it weren't for DJ and Bonnie (she's 1/2 Wisconsinite), and I wouldn't have had the successes I have if it weren't for a long list of teammates and coaches from Wisconsin. Why do you think the Dutch are so good? Competition breeds success. It's amazing US speedskaters have had the success we have over the years. Imagine how good we'd be if we could get more kids into the sport!

WHAT ARE YOUR GOALS AS A BOARD MEMBER? DO YOU THINK IT WILL SPICE UP YOUR RESUME IN THE FUTURE?

Yeah, I'm on the board as a resume-booster. Yeah right! A college degree probably wouldn't hurt the resume. Some first hand work experience wouldn't hurt either. If it was about building my resume I probably should be spending my time doing some other things first. (Now you have me thinking!)

Seriously, I serve on the board for two reasons: one, because I feel I can make (and have made) positive changes for the athletes; and two, because the athletes fortunately feel the same. It's been an interesting experience, seeing things through the eyes of the athletes, and understanding how and why the board works the way it does too. Life often isn't as black and white as it seems.

WHAT ARE YOUR PLANS OUTSIDE OF 2006?

First, there's 2005. I need to continue climbing back to where I was in February of 2002. After the next 12 months, when the 2006 Olympics are over I'm going into permanent retirement. Ok, maybe not. I'd really like to pursue a career in the outdoors industry... more specifically hunting and fishing. I live for the times I get to spend outdoors with nature, and if I were able to make a career out of it I'd consider myself the luckiest man alive. If I could write a script, I'd go from being the fastest man in the world on ice to being a prominent figure in conservation and sporting circles in America. As much as I'd enjoy hosting a hunting and fishing tv show, at the end of my road I want to be able to say I made a difference in our wild places...in a good way.

The George Howie Memorial Award 2004

By Jerry Steele

The George Howie Memorial Award Committee is pleased to announce two recipients of this Award, Lou Eliasberg and Gene Sandvig.

The Committee is also pleased to posthumously place the names of Phil Krumm and Lamar Ottsen on the George Howie Memorial Award Plaque.

Louis Eliasberg Jr.

Louis was the original organizer of the Maryland Speedskating Association and was an ASU Board member for 22 years. He is credited for introducing electronic timing to the speedskating as well as providing it, at his own expense, to all National and North American Championships for over 18 years. Lou also timed all metric competitions during the same period. Another contribution Lou made to Speedskating was pioneering the use of safety apparel for short track racing. Lou was the original trustee and manager of the Medallion and Medal Fund. Elected to the Speedskating Hall of Fame in 1990.

Gene Sandvig

Gene has been involved in Speedskating since he started skating, over 60 years ago and is credited with getting many family members involved. After qualifying for three Olympic Teams, Gene retired and was recruited as a referee. He was Chief Referee for the Nationals held at Como for 17 years, and refereed State and North American events as well. A forever-dedicated aficionado of Speedskating, Gene's dedication to referee is evident in the fact that he refereed during the era when there were few assistants. Gene was an ISU Referee for 25 years, traveling to Milwaukee 6-7 times a season from 1967-1992 for time trials and qualifying competitions. A referee at the 1980 and 1984 Olympic Games, Gene also refereed for 12 World competitions and was manager of the 1976 Olympic Team. He was also an ISU Technical Committee representative for 16 years. Gene has served on various committees over the years: Long Track, Program and Development, Officials, Bid Proposals for World Competition. Gene was one of three candidates who were involved in USISA when there was no money and they had to raise funds to send athletes to the Worlds and Olympics.

Philip O. Krumm

Phil developed early roots as a speedskater in Chicago where he not only skated but was President of the Peirce Skating Club. He later became Secretary/Treasurer of the Amateur Skating Union and was manager of the 1964 Olympic Team. Phil is admired for his relentless efforts in promoting the achievements of American speedskaters in the Olympic Games. Phil formed the original United States International Skating Association, which was able to secure funding for World and Olympic skaters from the USA. He served on the competition committee of the International Skating Union and is championed for having convinced them to conduct annual World Sprint Championships. Phil was later elected to the Presidency of the U.S. Olympic Committee. Most notably, Phil is credited for convincing Wisconsin's Gov. Knowles to build an artificial 400-meter rink to enable U.S. skaters to excel in the sport. Phil was elected to the Speedskating Hall of Fame in 1973.

Lamar Ottsen

Lamar enjoyed an early career as an outstanding indoor speedskater from St. Louis, MO, that started him on a path to National excellence. In addition to his talent as an athlete, Lamar was an outstanding Referee and a World and Olympic Coach in 1952. He was the original chairman of the ASI Olympic Committee, which conducted Metric style events and selected the Olympic Teams. Lamar was an original member of the Board of Directors of the USISA and was elected to the Speedskating Hall of Fame in 1970.

The Athlete's Kitchen

Sports Nutrition News from the American Dietetic Association

WHAT'S THE BEST FOOD PLAN FOR EATING TO WIN?
WHAT FRUITS ARE BEST FOR HEALTH?
ANY TIPS FOR MANAGING RUNNER'S DIARRHEA?
IS IRON DEFICIENCY ANEMIA THE REASON YOU FEEL SO TIRED?

These are just a few of the sports nutrition concerns addressed at the American Dietetic Association's annual convention (Anaheim CA, October 2-5, 2004). Below are some highlights that might be of interest to active people.

DAILY FUELING

Many athletes exercise as a means to enjoy guilt-free eating. But the faster, stronger athletes eat to enjoy better performance. That is, they view food as fuel, not just as fun. According to sports dietitian Bob Seebohar MS, RD, CSCS of Denver, the purpose of your daily eating should be to support your training program (eat to train, not train to eat) and not simply be the reward at the end of your busy day. You know, the "I-deserve-to-eat-cookies-because-I-survived-the-day" scenario. Seebohar believes too many athletes eat backwards. Instead of fueling appropriately before and during their workouts, they overeat afterwards. They train on fumes, and consequently fail to perform at their best. Seebohar encourages athletes to view the daily exercise sessions as important times to train the intestinal tract. By learning during training which foods and fluids taste best during exercise, settle well and enhance performance (as opposed to cause intestinal problems), you'll be able to perform well on the day of the event without fear of running out of energy or suffering from undesired pit stops and stomach cramps.

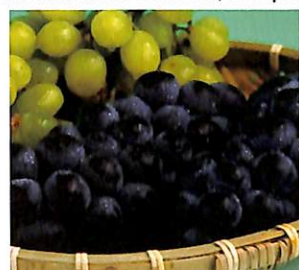
DIARRHEA

Bowel movements are rarely a topic of conversation among athletes, but the topic is certainly worthy of conversation! Numerous athletes eat and then run-to-the-bathroom –if not the bushes! If you are among the many athletes plagued by pit stops during exercise, you might want to experiment with this advice from sports dietitian Leslie Bonci RD of the University of Pittsburgh Medical Center. Buy a package of Certo or Sure-Jell in the cooking ingredients section of the supermarket. (Certo and Sure-Jell are pectins, used to thicken jelly and jam.) In the half-hour before you run (or exercise in a way that triggers the trots), drink a cocktail of one tablespoon of Certo mixed in 1/4 cup of water + 1 teaspoon of lemon juice (to cut the sweetness; bottle lemon juice is quick and easy). Experiment with this cocktail during training—to be sure it doesn't backfire during an important competitive event.

POWERFUL FRUITS

No matter how many times you've been told to "eat your fruit," the chances are you are among the majority of athletes who fails to consume the recommended 3 or more servings each day. Big mistake, according to James Joseph, PhD from the USDA Human Nutrition Research Center at Tufts University in Boston. Joseph researches the impact of blue-purple fruits on the brain. Blue-purple fruits, such as blueberries, purple grape juice and Concord grapes are especially rich in health protective compounds that enhance communication within the nervous system. His rat research indicates powerful improvements in brain activity patterns that reverse the deleterious effects of aging.

Joseph is optimistic his rat research will hold true with humans. If so, eating more blueberries and drinking purple grape juice could potentially prevent the onset of symptoms of Parkinson's and Alzheimer's diseases. But rather than wait until he proves this health benefit in humans, Joseph suggests we start now consuming these foods more frequently. For athletes, grape juice is carbohydrate-rich and an excellent recovery food. Frozen blueberries are a tasty topping for breakfast cereal; dried blueberries are available at most whole foods stores – delicious as snacks by the handful!



EXCESS ANTI-OXIDANT VITAMINS

Whereas adequate vitamins are good for your health, the question arises: Are too many vitamins bad for your health? Perhaps yes, at least with the anti-oxidant vitamin E in Ironman triathletes. But unfortunately, many endurance athletes are popping megadoses of E, believing it will counter the stress of hard exercise and enhance recovery. According to David Nieman, PhD, professor at Appalachian State University in North Carolina, high doses of vitamin E actually create a harmful effect. In Nieman's study with 38 Ironman Triathletes who took 800 IU E for 8 weeks before the Hawaii Ironman, the high dose created an inflamma-

tion response. Nieman believes too many anti-oxidants can convert into pro-oxidants. This generates an undesirable imbalance that exerts pro-inflammatory effects, the opposite of what is desired. (This research has been published in Med Sci Sports Exerc, August 2004)

CALORIE NEEDS

Ever wondered how many calories you burn while simply breathing, pumping blood and existing? Many health clubs are now measuring resting metabolic rates using the BodyGem. But how accurate is this measurement? A study by the USDA Human Nutrition Research Centers in MD and CA suggests the results are similar (within 10%) to a very expensive research method using doubly labeled water, the gold standard for determining calorie needs. The BodyGem measurement (done at many health clubs) can be helpful for athletes who believe they gain weight by simply smelling cookies, or who wonder how much is OK to eat to have energy to exercise yet still lose weight.

ANEMIA

Iron deficiency anemia is the most common nutritional deficiency worldwide—and is particularly common among women. A study of 25 female nutrition students at Utah State University indicates 12 of the 25 women—that's almost one half—had serum ferritin concentrations less than 20 ng/ml, indicative of depleted iron stores. Of these women, 10 were outright anemic, a sure way to hurt performance due to needless fatigue. Compared to the women who had normal iron levels, the deficient women were more likely to report heavy bleeding during menstruation (a source of iron loss). They complained about feeling cold and weak, and had pale colored skin. None took an iron-containing vitamin-mineral pill. If your iron losses are high (via heavy menstrual periods) and iron intake is low (because of eating little or no red meat), be sure to get routine blood tests and consume an iron-rich diet (via iron-fortified breakfast cereals).

WALNUTS

With so many doctors prescribing cholesterol-lowering medications, consumers may forget that food is one of the most powerful drugs around. One example is walnuts (as well as other nuts). Forty-two subjects with high cholesterol consumed two ounces (about 400 calories, 30 halves) of walnuts daily for 6 weeks. This "walnut diet" lowered total cholesterol by 5% and the "bad" LDL cholesterol by 9%.

This is just one example of how nutrition can be a fundamental treatment for heart disease, not drugs. While you may not enjoy eating 400 calories of walnuts every day, you can certainly enjoy a portfolio of health protective foods: oatmeal topped with walnuts and blueberries; spinach salads with chopped walnuts and purple grapes; banana bread with nuts. A sports dietitian can help you find ways to enjoy eating for good health. For personalized food advice, go to www.eatright.org and put your zip code into the referral network. Be wise, be healthy, and eat to win.

Nancy Clark, MS RD counsels both casual exercisers and competitive athletes at her successful private practice in Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her best selling *Sports Nutrition Guidebook, Third Edition* (\$23) and her *Food Guide for Marathoners: Tips for Everyday Champions* (\$20) are available via www.nancyclarkrd.com or by sending a check to Sports Nutrition Services, PO Box 650124, W. Newton MA 02465.





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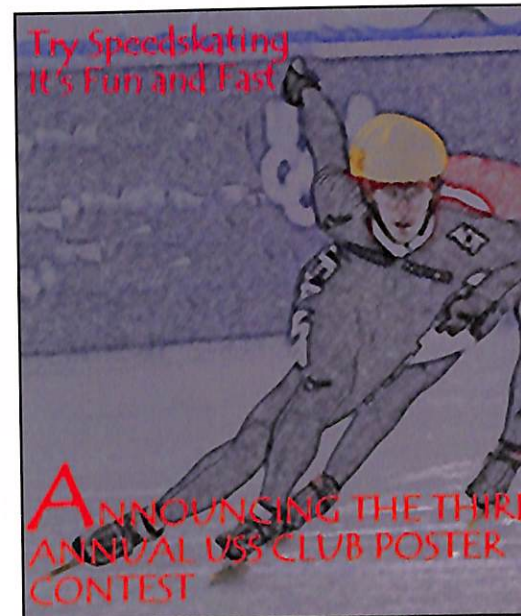


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THE THIRD ANNUAL US Speedskating Club POSTER CONTEST



Win free one-year USS dues (up to a \$50 value that is NOT available in stores!) Win valuable second and third prizes such as a USS t-shirt or a world-class poster! Become world famous by having your name printed in the Racing Blade. Get credit for your club members' desktop publishing skills!

USS is running a contest to determine the best club promotional poster.

You know those little, photocopies posters that you've put together to hang in bike shops, schools and at the rink? Just about every club has them, and they are a very effective tool for bringing in new members. Well, isn't it about time your unsung heroes of art and desktop publishing got some recognition?

USS has assembled a distinguished panel of internationally recognized experts (aged 5 through 80) who have agreed to judge the entries based on the posters' estimated ability to get new people to try Speedskating and to eventually generate more fully paid club members. The best two or three posters will be chosen and reprinted in the Racing Blade, giving the poster designer and his or her club instant, nation-wide fame! The first place winner will also get a free one-year membership to USS. That's worth up to \$50!

What's the catch, you ask? Well, by entering the contest, you have to agree to let any other USS club shamelessly photocopy any or all parts of your work to help them make their own posters for next year. Think of it this way: the winners' artwork will adorn the

ice-rinks and bus stops of dozens of U.S. cities! What better way to have your art and creative ad copy support our great sport of Speedskating? Those of you who are artists will get to add the prestigious USS Poster Contest Award to your portfolio and resume!

HERE ARE THE OFFICIAL RULES:

Rule 1: Posters must be reproduced single-sided, on 8 1/2 by 11 inch (or smaller) paper for black and white reproduction in such a way as to cost no more than \$0.15 per copy. Posters may be reproduced on any color paper but you must also send in a copy on white paper so that the entry may be reproduced in the Racing Blade if it's a winner. Also include 5 copies on color or white paper for us to distribute to the judges.

Rule 2: All entrants implicitly grant permission for USS or any USS club or club member to copy, lift, plagiarize, paraphrase or use without attribution, in whole or in part, any portion of the poster or design, excluding club logos. Permission is granted to publish the poster and your name in the Racing Blade if you are a winner.

Rule 3: All entries must be received by March 20 or must be post-marked on or before March 17. Entries should include a list of the one or more people who helped put the poster together. Must be a member of a USS.

Rule 4: No more than two posters may be submitted by each individual.

Rule 5: Employees of USS, SSC and NASA are not restricted from entering. All entries become the property of USS and will only be returned if you get down on your knees and beg and you enclose a self-addressed, stamped envelope. Judges' decisions are final. Contest void if we find out it is regulated or taxed.

Rule 6: The is NO rule number six.

Rule 7: No fair using a poster that was submitted to this contest in the prior years.

Suggestions: It's a good idea to include the following information in your poster: a phone number and contact name, what sport you are promoting (hint: you go fast and turn left), the time(s) and place(s) of your session(s) and some reason why a person might actually want to show up and try it. Some people recommend tear-off tabs at the bottom, some think this looks ugly. Flashy artwork attracts attention. What do you think will be most effective for generating new Speedskating club members?

Send in your entry today!

Mail to: USS Poster Contest
c/o Bruce Guthrie
3111 West Alpine Dr.
Bellingham, WA 98226-4277
Email: spdk8@aol.com

COMPETITION (15 MILES RACE) 1849: FIRST US CLUB FORMED IN PENNSYLVANIA 1850: E.W. BUSHNELL (PA) MAKES FIRST ALL-STEEL SKATE 1863:

behind the scenes behind the scenes

There's more to Speedskating and the marketing of the sport and athletes than just superb skating abilities and record producing times. There's a plethora of businesses that concentrate on just making sure Speedskating reaches the general public: agents, coaches, marketing specialists, event managers, webmasters, rink managers, parents, blade makers and many more. In this issue, we will learn of a typical 'day in the life of' three professionals who spend the majority of their time promoting Speedskating.

This new series titled "Behind the Scenes" will be featured in all upcoming Racing Blade magazines and will take a look at the efforts and time dedicated to Speedskating by those other than athletes.

Andy Aldridge (Sports Agent. His clients include Jennifer Rodriguez and KC Boutiette):

7:30 AM - I came into work early today so that I could call SportConfex in Holland to check on the practice suits we ordered. It's taken a few weeks for us to get this done and I'm worried we won't have them in time for when Jen and KC come back to the states.

8:30 AM - Filtering through the 200 new emails I get every night. Reading the news. Drinking lots of coffee.

9:30 AM - Budget meeting. Since this is the first time the company has sponsored a high-level athlete, this is also the first time a marketing/PR budget was needed. It is amazing how expensive it is. On top of what we pay for the sponsorship, we will be paying a lot of money to fly across the country and film promos, shoot photos, etc.

11:00 AM - Website meeting. We are building a flash presentation on the front of our site, to promote Jen and KC. This meeting was to not only go over the design but to work with the MIS department on deployment. It seems that a flash presentation, which ours is for now, won't get picked up by the search engines. We are also working with Legal for approval of the content since we are including product, etc.

12:30 PM - Skin Suits. Jen and KC will be wearing skin suits from the biggest sports company in the world when they come back to the states. I have to figure out how to get heat transfers of our logos onto those suits. Putting in a call to the sports company to try and find out what those suits are made of so that I can get transfers made.

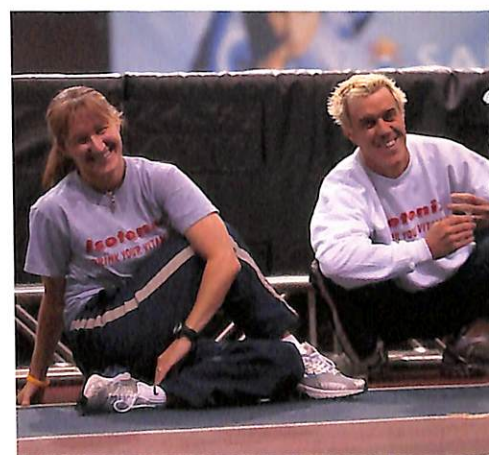
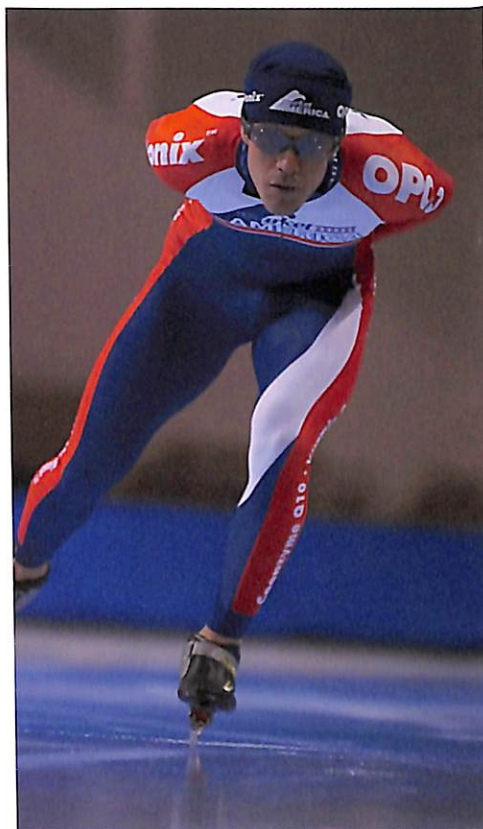
12:45 PM - Heat Transfers - Still. The people at the big sports company don't want to give me any information on the material that comprises the skin suits. All I could get was that they are made out of 8 different types of material and considered "top secret." They referred me to their supplier in L.A. where I should be able to get them made without knowing what the material is.

1:30 PM - Planning Meeting - Since we are working on our budgets and plans for 2005, this meeting was about our overall strategy including the skaters, corporate and one other celebrity product endorsement. We will be flying out to Utah in the first quarter of 2005 so we set a plan for everything we need to accomplish during the week we're there. We also talked about the overall plans for the year which include a pretty intensive PR push for Jen and KC along with normal corporate initiatives.

4:00 PM - Got back to my desk and had a voice mail telling me that the supplier in LA needs a minimum order which we can't meet. Now I have to figure out a way to have these transfers made.

5:00 PM - I had hoped to get out of work at a decent time tonight so that I could make it to the gym. I guess that won't happen tonight since I spent the entire day in meetings.

5:30 PM - I spent the rest of the evening going through the emails I didn't answer during the day. I also went ahead and sent an email to some of the sports reporters I know. I just wanted to go ahead and establish some awareness with them.



Rob Multerer

(Director of Marketing, Pettit National Ice Center. This arena hosts a slew of skating competitions throughout the year):

This diary was written on October 21, 2004, the Thursday before the 2004 Fall World Cup Qualifier/US Single Distance Championships were set to begin at the Pettit National Ice Center. As Director of Marketing, there are many tasks and projects that need to be completed every week, but with a high-level competition like the Qualifier only one day away, the action and the work really picks up. So read below about the unaverage day at a very unaverage facility.

ONE DAY AWAY.....I stroll into the office at about 8:45am and take a look at what this day holds. So the World Cup Qualifier (from here on out, we'll call it WCQ) is only one day away and I think we are close to set, I think. At this point, we are finalizing everything for the meet and later this afternoon we'll have a staff meeting to make sure all of our bases are covered for the weekend. We weren't expecting a huge skater turnout for this one, but we already know there will be some notable names. The US Elite Long Track team has been training here for almost two weeks and many if not all of them are racing. Last Saturday, Joey Cheek set a new Pettit track record in the 1000 meters; it was the first track record set in over 4 years and hopefully that is a sign of good things to come! The Operations staff here at the Pettit has been working really hard to make the ice fast and as great as it can be, so hopefully we see some good times this weekend from the skaters.

WORK UP THE BUZZ.....As I was about to leave for a 10:30am meeting with one of our hotel contacts, my phone rang and I grabbed it quickly before it went to voicemail. On the other end was Gary D'Amato, the Milwaukee Journal Sentinel Olympic beat reporter. Gary wants to write a preview for the WCQ and he needs some more information. Gary wants to put a great preview article in because he won't be able to cover the WCQ this weekend. Usually Gary is at every Elite Team meet we have, but the newspaper is sending him to Green Bay to cover the Packers-Cowboys tilt. I am a little nervous because I know Gary very well and he always does a great job and now we'll be getting "one of the part-time guys" as Gary put it. He tells me not to worry, the new reporter should be great, but "make sure to step him through the meet, it's his first one" Gary tells me as we wrap up the info session. Oh well, the Packers take preference again, that's just how it goes here in Wisconsin....but not in Holland or Sweden I guess. I received an email this morning from a fan in Holland and now I just got one from someone in Sweden. Both want highlights and updates from the WCQ and both mention they are huge Derek Parra fans. Luckily for them we'll be posting results each day of the WCQ, so they can easily check times on our website. Both were very excited to see that and Alexandria, the Dutch fan, tells me to give Derek a hug for her...I ask if a hand shake will do, I don't see a hug...just not yet at least. Uh oh... wasn't I supposed to be somewhere at 10:30am? Gulp.....

AHHHH, THE ATHLETES.....it is about 1:30pm and we are slated to have our WCQ staff meeting at 2:30pm. I was hoping to run out and get a quick lunch, but a little issue comes up so I have to stay here. One thing

I have found in this field is that lunch is an option, not a given. Sometime it has to be skipped in order for work to get done, and today is one of those days. What's for dinner anyways? I walk through the lobby to get a soda (fill up on something!) and some of the Elite Team skaters are walking in for the afternoon training session. I think everyone here at the Pettit really likes when the Elite Team is back here training, they are what we are here working for. It sounds cheesy, but every time they are here we are helping them in their goal of winning 12 medals at Torino. We may be over a year and a half away from the Winter Olympics, but every day is a chance to take one step closer to a medal. We feel we are a helper in those steps. I am able to catch Derek as he walks in and I tell him about the well wishers for overseas. To my surprise he says he knows one of them and she'll get a kick out of it when he emails her later today. Derek was the cover boy for our Fall/Winter Recreational Guide, so I want to make sure he autographs some copies for us. He is amazed how much he "looks like a speed skater" and ask what we did to doctor the picture. But we didn't change anything on the picture, not a thing...it is a great shot so we had to use it, I tell him. He is even more amazed when he hears that we printed 30,000 of these books and all but 1000 have been distributed to people in the Milwaukee area. He shakes his head and says, "Well, with that many people, I guess I am glad to help. I just hope people sign-up or you'll be upset at me." You got it...we'll blame the cover boy!

FINAL PREP....the 2:30pm staff meeting came and went and now I am just making sure all of the ends for this meet are tied up. There is a coaches meeting tonight at 5pm, so I want to make sure we have everything we need before that happens. We will have USADA doing some anti-doping testing at this meet, so we need to prepare signs for the room, fluids for the tests and set-up the actual room. Thankfully we have a nice little space right by the Oval that will work perfect, it even has a bathroom, which is very important. Hopefully the USADA people will be happy with what we give them. Last we heard USADA was short on chaperones (the people that watch over the athletes to ensure proper anti-doping techniques) so I need to try to find some fill-in chaperones for 9am on Friday morning. I don't know exactly what these chaperones do, but I do know we need some people, so the search is on. While I am looking for chaperones, I have gotten a few calls from other media people who are interested in covering the WCQ. If things go well, we'll have a few TV cameras show up and shoot some video as well as newspaper reporters each day. Before I leave I am going to be calling media contacts to make sure they are coming and if they have any questions. This is the first "big" meet of the year, so hopefully we start out on the right foot media-wise.

Melinda Alford (Webmistress for derekgray.com):

It started in January of 2003. A friend and mutual acquaintance of Derek Gray, current member of the U.S. National Team, had suggested to me that he should have his own website. I had just started skating myself and was, at the time, interested in trying to create my own website. This seemed like a logical progression to make. As a result, the website was born in July 2003.

The derekgray.com website initially took a lot of time to create. I lacked

Cont. on pg. 11

Cont. on pg. 9

OSLO, FINLAND: FIRST OFFICIAL SPEEDSKATING EVENT 1889: THE NETHERLANDS: FIRST WORLD CHAMPIONSHIPS 1892: INTERNATIONAL SKATING

2005 World Sprint Champion Jennifer Rodriguez



Usually it's only two or three out of four but this weekend was awesome."

Rodriguez started her second day of racing with a personal best in the 500-meters with a finish time of 37.94, barely missing the bronze medal that went to Sayuri Yoshii (JPN) who finished in 37.91. Rodriguez shared her fourth place finish with Sayuri Osuga of Japan.

Rodriguez was able to take home a medal, a gold one, in the 1000-meters with a finish time of 1:14.18. Anzhelika Kotyuga (BLR) took home the silver in 1:14.44, followed by Cindy Klassen (CAN) who won the bronze medal in 1:14.47. Kotyuga also took home the silver medal in the overall ladies' classification. Germany's Sabine Volker finished third overall.

The Sprint Championship title was especially sweet for Rodriguez as she was overcoming a month of fatigue-like symptoms. Not only did she spring back to life over the weekend, she set three new personal best times.

Long after the races ended and the cleaning crew was already at work at the Oval, Rodriguez was still overwhelmed by her victory.

"I still can't believe it," Rodriguez said quietly as she looked at her medal.



Photos by: Jerry Search

Long track speedskater, Jennifer Rodriguez (Miami, Fla.) claimed the women's World Sprint Championship title after four impressive races over the course of the World Championship.

On the first day of competition, Rodriguez set new personal bests in the 500 and 1000-meters. She trimmed two-tenths of a second off her best 500-meters time, finishing in 37.96 seconds. Her finish time wasn't fast enough to put her atop the podium but landed her in fourth place. Sayuri Yoshii (JPN) won the 500-meters in 37.74 followed by Anzhelika Kotyuga (BLR) and Tomomi Okazaki (JPN).

In the 1000-meters on the first day of racing, Rodriguez finished in 1:14.05, .01 better than her previous best. Her finish time got her a silver medal. Chiara Simionato (ITA) won the gold in 1:13.89 and Sabine Volker (GER) took the bronze in 1:14.31.

"Jen's skating today was fantastic," U.S. Speedskating long track national coach Tom Cushman said. "She was strong and fast and I hope tomorrow she will have fun."

And fun she did have.

"This is the most fun I've ever had at a competition," Rodriguez said after taking a victory lap around the Olympic Oval. "I never have four out of four good races.

"I still can't believe it."

behind the scenes

computer/internet experience and, through trial and error, had to learn coding and everything else that goes along with creating a website on my own. Also, in the beginning when everything seemed so crazy, I was lucky enough to have a benefactress and partner who was instrumental in helping to get the project off the ground. Things are much less chaotic now and depending on the time of the year, I can spend as little as an hour a week during the off-season to as much as eight to ten hours a week during peak season. Most of what I do consists of updating Derek's home page, keeping track of his competitions, occasionally monitoring his forum, and posting pictures. The most time-consuming web-site project, by far, is posting pictures. If a fan has sent in a picture of Derek, I have to make sure that the pictures are marked with their name before posting. If I've taken the picture then there's a lot more work involved, including cropping them, cleaning them up and marking them before uploading them to the website. This alone can eat up a bit of time, especially right after a competition. It generally takes me an hour to crop, clean, mark and post anywhere from five to six pictures and since I generally take up to 100 or so pictures at every event I attend, time quickly adds up.

As far as competitions go, if I am unable to attend, I try to e-mail either the meet coordinators and/or local speed skating club to inquire about information and when and where the results will be posted. Most club/event organizers are more than happy to accommodate and either send me information directly or direct me to websites that will have the information I request. I also go online and search for local news websites, online newspapers and any other local sources that I may gather the information, including U.S. Speedskating. Derek is often the one to post his results on his forum when I am unable to attend.

Running the website is something I do in my free time. Along those lines, there are many rewards and perks that go with it. Traveling, by far, is one of the best. I've been to and have seen places I would have never thought I'd end up in and have discovered some favorite cities, like Calgary, along the way. I use my vacation time from my regular 9-5 job to travel to various speed skating events. Most recently, I traveled to Saratoga Springs, New York for the American Cup I. In order to attend as many competitions as I can, I've learned to budget wisely, work three jobs and have taken in a roommate. This all helps me with the costs of my travels and Derek's website.

Perks aside, I feel very privileged to be the webmistress. I've met some great people, like Derek, in the past couple of years. I've also created some wonderful memories of my involvement with this sport, whether it be through my own skating or through the website itself. Derek too has been a very important factor in the creation of his site and I think the site directly benefits from his own personal insight that he shares with all of us. Both he and his family have been supportive with the website from day one and have definitely made it easier for me to continue to enjoy my love for the sport.



Photos by: Jerry Search

New Board Member

The election for the vacant Elite Athlete Representative, created by the resignation of Kristen Talbot, to the 2004-06 U.S. Speedskating Board of Directors has been concluded.

Congratulations to Shani Davis, who was elected to the USS Board. Davis joins fellow elite skaters Jennifer Rodriguez, Casey FitzRandolph and Joey Cheek on the USS Board. He is looking forward to serving the athletes through his position on the Board.

If you would like to contact Davis, you will find his contact information on USS's web site at <http://www.usspeedskating.org/geninfo/board.html>.

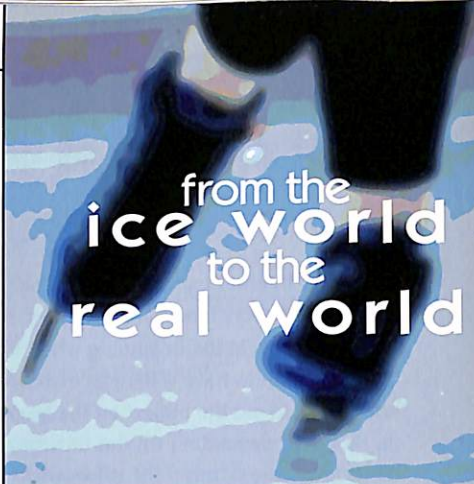
ASU Foundation Scholarships

Now is the time to apply for an ASU Foundation Scholarship. Five scholarships are available to be awarded in April of this year. Applications postmarked on or before March 1st should be sent to the Scholarship Committee Chairman. All skaters, coaches, or other people engaged in the sport of speedskating on ice who are registered with U.S. Speedskating are eligible to apply. The only other requirement is that the school the recipient plans on, or is, attending has a registrar to receive and dispense the scholarship money as directed by the recipient.

Applications and additional information on this great program is available on the U.S. Speedskating website (<http://www.usspeedskating.org/scholarship.html>). For questions or additional information, contact the Scholarship Committee Chairman:

Phil Bedford, Chair
ASU Foundation Scholarship Committee
4301 Cruz Drive
Midland, MI 48642
989-839-0226
pobedford@aol.com

Just fill out the application and submit the necessary paperwork to be considered. If you are a member of U.S. Speedskating and will be attending school next year, be sure to apply!



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HOW TO QUALIFY FOR THE and Other Basic Formulas

World Cup

Most people will tell you that the surefire way to make it to the World Cup is to skate faster than everybody else. Although that axiom holds true in most cases, for the skaters representing the U.S.A., there's a more extensive formula for qualifying for the World Cup.

Let's start with the 2004-2005 short track competitions. The U.S. team consisted of four men and four women for the first three World Cups and five for the last three World Cups. Qualifications were determined in the American Cups for the last four World Cups.

There were six Bosideng ISU World Cup competitions during the 2004-2005 season. Those who qualified for World Cup 1 and 2, according to the Team Selection Criteria are "the top four skaters from the classification after five events (9 lap TT, 4 lap TT, 1500, 500, 1000) at the 2004 National Championships."

If a U.S. skater finishes in the top three overall in any one of the two World Cups, s/he automatically receives a bye for the next two competitions. This was the case this year when Apolo Anton Ohno placed first overall in the World Cup 1 in Harbin, China and second overall in the World Cup 2 in Beijing, China.

The determination of the rest of the skaters on the World Cup 3 and 4 team was based on achievement of overall finish in the American Cup 1.

American Cup 1 was held in Saratoga Springs, N.Y. over the Nov. 13-14 weekend and the top four women and top three men (remember, Ohno already qualified) overall qualified for World Cup 3 and 4.

For World Cup 5 and 6, overall finish at the American Cup II determined who qualified. Of course, if any U.S. skaters finished in the top three in either World Cup 3 or 4, they automatically received a bye. Ohno, Hyo-Jung Kim and Allison Baver received byes.

Although only three skaters will skate in the individual events, four will compete in the relay team. The skater that places third overall in, let's say, the America Cup I will decide if s/he wants to race in the individual event in World Cup 3 or 4 and the fourth place person will skate in the other one.

Hence, the top two skaters will skate in all events in both World Cups whereas the third place skater will skate in the individual events in one of the World Cups and the fourth place skater will compete in the other World Cup. Four will compete in the relay events of the World Cups.

In Long Track, the U.S. has an entry quota of five male and five female skaters in most events for the 2004-2005 World Cup. The only exception is four ladies for the 3000 meters.

To pre-qualify for the 2004-2005 Fall World Cup, a skater would have had to achieve a final ranking in the top 14 in the 2004 World Single Distance Championships or top 14 in the 2003-2004 World Cup.

In this case, no U.S. skater pre-qualified for the 500 meters. However, skaters such as Jennifer Rodriguez earned a spot in the 1000-meters by placing fourth in this event in the 2004 World Single Distance. KC Boutiette's fifth place finish at the 2003-2004 World Cup earned him a spot

on the men's 5000-meter team.

If a skater didn't pre-qualify for the team, s/he can try out during the 2004 Fall World Cup Qualification Competition (WCQ).

If the qualifying time hasn't been met by the conclusion of the WCQ, skaters basically have either one or two weeks to make a certain time on any track.

That was pretty straightforward. But wait... there's more with long track. What's with the Division A and Division B groups at the World Cup?

U.S. Speedskating national coach Tom Cushman best describes how the groups are determined.

"A Group is the top 20 skaters in the race as determined by prior performance. B group is everyone else... might be eight skaters, might be 58 skaters. For each competition, the top two skaters from the previous week's B group get put into A Group and the bottom two skaters from A group move down to B. The groups were created for TV ... so they can show the top 10 men's pairs and the top 10 women's pairs back to back and package into a nice one or two hour show."

Now that the team pursuit event has become an Olympic sport, U.S. Speedskating has a simple formula for deciding which three skaters will skate in the event at the World Cup.

In a nutshell, according to the USS qualification process, a position will be awarded to skaters who have qualified to compete in the Fall World Cup 1500 meters and/or 3000 meters for ladies, and 1500 meters and /or 5000 meters for men.

Of course, all of this is in Ice Chips #83 that was published in June 2004. You can also find it on the U.S. Speedskating web site.

Next issue: The formula behind the samalog point system and other point systems.

COACHES of the year!

2004

Amy Peterson
Developmental Coach of the Year 2004
U.S. Speedskating



Amy continues to serve as a role model to her skaters. As a five-time Olympian, she is able to translate her experiences into a coaching dialogue with her skaters in efforts to help them maximize their skating potential. Amy's position in Speedskating is the Northern Regional team coach and Junior National Team coach.

Amy's coaching dedication has helped her skaters achieve their goals. She has coached long track skaters during their climb to secure their spots on the Jr. World National Team. She also has skaters who are on the short track and long track Jr. National Team.

Amy's unrelenting service to the sport is evident in her volunteer spirit at the Learn-to-Skate programs as well as the U.S. Speedskating development programs.

Amy's service to the sport speaks volumes in her work alone. She volunteers to help with many camps and novice programs throughout the region. She helps all skaters at meets, regardless of club or affiliation. She has been instrumental in promoting Speedskating by helping to start beginners' programs throughout the region.

As one of her students said, "Amy is an awesome coach! She makes training fun while still demanding. She works with us as a group and spends equal time with each of us individually. She really cares about each of us and how we are doing personally. She does everything she can to help each of us improve. She skates with us sometimes and she really knows what she's talking about. She's experienced and she can relate to us still."

Jim Cornell
Volunteer Coach of the Year 2004
U.S. Speedskating



Jim took the suggestions from the U.S. Speedskating coaches' meeting quite serious last spring. He implemented a long-range training plan, purchased a rocker machine and a second set of pads for Genesee Valley Ice Rink using a substantial amount of his own money.

Jim is active in coaching all 50 members of the Rochester Speedskating Team. In 2004, he developed the team's first long-range training plan, which runs from May until March. The team fondly refers to it as 'The Plan'. He spent well over 200 hours developing 'The Plan', relying heavily on the book, "Periodization Training for Sports", by Tudor Bumba. Jim also incorporated weight training three times a week, dry land training once a week, and a diet program into 'The Plan'.

Jim developed the team's weekly 'Learn to Speed Skate' program and is there every week. The 2004 season started with 19 skaters in the LTSS. It serves as an entry point for new skaters and an additional practice session for our youth skaters.

Jim's coaching skills and focus on technique are incredible. He is very patient, demonstrates the drills, and makes them look achievable. His reinforcement of our accomplishments creates an environment of self-confidence throughout the team. He maintains the skaters' attention and drive by keeping the practices interesting and challenging.

Jim has been there for all of us, beginner to advanced. His dedication to our training seems limitless. In the last two years RSST has grown by over 30 members, largely due to Jim's coaching/people/Speedskating skills.

Tom Cushman
National Coach of the Year 2004
U.S. Speedskating

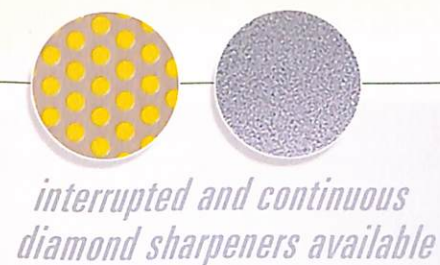


Tom continues his duties as the U.S. Speedskating Long Track National Coach. In 2004 alone, he has coached Jennifer Rodriguez as she embarked on her World Championship victories. He coached the Men's Team Pursuit, which won the first official world record and won all events competed in 2004 with one exception.

Tom's athletes speak for his honors and recognition. He has a World Champion (Rodriguez) he coaches and the majority of his skaters have medalled this year on the international circuit. The fact that the skaters look up to Tom and relish his insight and knowledge of the sport speaks volumes for Tom's honors.

Tom's mannerism lends authority to the skaters during their trying times. He has been a mantle of even-keelness in dealing with all sorts of personalities and allowing his athletes to focus on the overall picture, which is to become better skaters.

According to other national coaches, Tom has a gentle way about him that encourages his athletes to work together, skate harder and aim to be better humans. He constantly lends his knowledge to his skaters to help them prepare for national/international races and deals with the cacophony of egos that may interfere with races. He instills confidence and warmth in his skaters.



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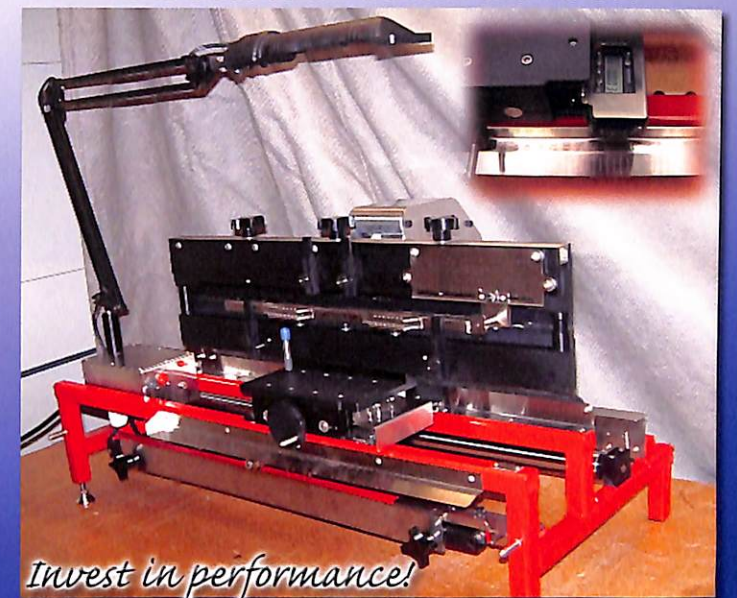
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