

June 1988

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There will be no speed session on June 25th. The rink has been reserved by another group for a competition!  
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For those of you who missed the May 29 training picnic, here is a summary of what happened that day.

Lunch was sent over from the Mark Hopkins. The cheeseburgers and tunafish sandwiches were great. After lunch, we all piled into the club bus and went over to Candlestick Park where we did bleacher runs with the 49er's. Julia Child showed up at later and made dinner for us on a small weber kettle. The night was capped off by a cruise around the bay on the Missouri.

For those of you who did attend, what we really mean is that we had a great time. The next training picnic will be at 1pm on July 3rd at Kristen Temple's house.

If you plan on attending, please call Greg or Mary at (415) 886-0565 to RSVP. Maps available, please ask at the speed session or call Greg or Mary. Families are encouraged to attend, there is a playground for the children right next to the track. Plan to bring a dish or something to drink for the potluck after the training session. If you have any interesting speed skating videos, please bring them along. Hopefully we will have the ASU video to watch after the workout.

New Track \*\*\*\*\*

Several weeks ago, a 111.12 meter ISU approved oval track was set up at Belmont so that we could get used to skating on the standard indoor racing track. If you look at the ice where the markers are, you'll notice blue dots to mark the arc of the turn.

Mats \*\*\*\*\*

"Doc" Savage, Growth and Development Chairman of the ASU sent us the following information on safety equipment.

The ASU guidelines state that mats should be polyurethane form 8" to 10" thick, 40" high, 100" long, density 1.4 lbs/cu ft, indent load deflection 4<sup>2</sup> compression, covered with 18 omm vinyl with 3 tiedown tabs across the top.

Other suggestions are old mattresses in plastic bags or inner tubes behind a thin sheet of plywood. Possible sources for old mattresses in good shape are hospitals or nursing homes. Do we have any volunteers willing to scout out any of these places?

ASU Membership \*\*\*\*\*

The Amateur Skating Union is the governing body over skating sports in the United States. Anybody who is interested in competing should become a member of the ASU.

Members receive the ASU newsletter, The Racing Blade, and the ASU official Handbook. Membership for first-year registered skaters is free. The second year membership for skaters 15 years and under is \$10 and all subsequent dues are \$20. Second year dues for skaters over 15 are \$20. Dues for non-skaters and officials are \$10.

Contact the president of the Southern California Assn for more information: Jerry Search, 3584 Falcon Ave. Long Beach, Ca 90807 213/424-5293

Other Speed Sessions \*\*\*\*\*

Paramount ( near Long Beach ) ... Saturdays 5:30 to 7:45 PM  
Pickwick ( Burbank)..... Mondays 5:45 to 7:15 PM

EQUIPMENT \*\*\*\*\*

This is a list of speed skate sources we've compiled so far.

Built for Speed ( Marty Hill ) 316 East Seneca Turnpike  
Syracuse, NY. 13205, (315) 492-6620

Fletcher's Speed Skating Shop 9239 Manchester  
St. Louis, Mo. (314) 961-0520

High Peaks Cyclery 18 Saranac Ave.  
Lake Placid, New York 12946, (518) 523-3764, (used skates)

Inze Bonte ( adjustables ), 84 Washington St, Bexley 2207,  
New South Wales, Australia, 011-612-587-9225

Kim Kostron ( roller blades ) 14025 Chestnut Dr. #H  
Eden Prairie, MN 55344

Murray Sandler Skate & Sport Supply, 60 Concord Ave.  
Belmont, MA. (617) 484-5100

Viking Schaatsen Postbus 242, 1990 AE Weesp, The Netherlands, Europe

Jerry Search ( Speed Skating Videos National Indoors World  
Indoors... etc), 3584 Falcon, Long Beach, Calif. 90807  
(213) 424-5293

"THE SKATE SHOP" (Jesse Halpern), 99 Cutter Mill Rd.  
Great Neck, L.I., New York 11021, (516) HU7-6978

Sportif Importer LTD, 4711 West Lawrence Ave.  
Chicago, Illinois, 60630 (312) 685-0240

Bob Stennes 694 Wheaton St., St. Paul, Mn. 55113 (612) 484-6068

Harold A. Zwicker Inc. 379 North Rd., Bedford MA, (617) 275-0900