

Tammo Party Mark August 4 on your calendar !! We have all benefited from Tammo's skating tips and encouragement. Those of us who have been attending his workouts regularly, at first Bonnie, and more recently the Cooneys, Wongs, Phillips, Paul, Jaime and Sally, improved technique and been able to make better use of our time on the ice. This is the last chance to experience true Tammotization. Tammo promises to make this worth your while. The workout is a must for anyone going to the going-away party. If you have a special excuse, please call Sally or Mary.

The place we've arranged to use for the party has kitchen facilities and a couple of barbecues. There is a pool there, but use of it isn't part of the room use arrangement. Sally says we will probably be OK swimming as long as we are discreet.

If you will be bringing a dish that needs refrigeration, make arrangements with Sally to keep it cool during the workout. Her number is 415-572-0258.

The workout starts at 10 a.m. sharp at Angell Field near the stadium at Stanford. If you are late, please join us anyway. The party starts at 12:00. Some of us won't have a chance to go home to change after; deodorant supplied on demand.

Uniforms The plan was to take money and measurements at the party Aug. 4, but Young Originals hasn't confirmed the price or color availability. We are considering one-piece long-sleeved uniforms, royal blue on the bottom, an orange-red diagonal stripe and possibly a gold or yellow upper part. Neon colors were deemed too faddish. Emotions ran strong over the use of black or white, and, hey, those aren't colors anyway. Maybe Young Originals has some wild animal prints they will let us use. We can also check prices on bib-style tights.

Jan at the Sports Festival Jan was on the winning relay team at the Olympic Festival in Minneapolis in early July. His team included Jeff Benjamin and Heath Haster. Those of you who attended the Nationals will remember Benjamin as the kid most likely to be mistaken for Jan.

Thanks to the pad people The pad project went a lot faster than we anticipated. As soon as the money was available, the order was placed and the pads were delivered within a couple of days to the Wongs garage! Greg didn't want them sitting around, although Scott and Karen thought their new \$1,000 playground was outstanding. We called the skaters closest to us and using Price Club tarps and good old duct tape, practiced gift wrapping. These pads are of the best available foam, ILD numbers available on demand. They are 3.5 by 6 feet by 6 inches. Yes, they weigh more. Of course, they still don't help anyone choosing to avoid them altogether. Ask Paul how it feels to mash face-first into the wall. Videos available.

A new feature is the hot pink straps with the velcro, designed to fasten each pad to the wall or the neighbor pad. Lucky for us our livelihood doesn't depend on embroidery. Paul learned how to thread a needle. Check out Terri's needlepoint skills. She must have had a blister on her thumb for a week. But they are holding. Our fear was that the first time out, the tarps would give way, and we would all be standing there with dangling straps in our hands. When moving the pads, try not to use the straps as handles and they will last longer. Thanks also to Sally, Tim, Jim and Jaime.

Ferd's Training Schedule While Tammo was off touring the bathrooms of the Southwest, Ferd took over the Saturday morning workout. Each coach has his own style, and just when we were feeling pretty confident, Ferd made all sorts of new muscles hurt. Want to see him smile? Tell him how sore you are the day after a workout with him. Ferd is using the program Diane Holum used at the camp in Champaign.

On-ice we have been doing the drills he has had the kids doing all along. The "games" are designed to make us improve turning and pushing skills and relax. Near the end of the last few sessions, Greg Wong has been videotaping individuals. This valuable training aid will make a believer out of you. You will see your problem spots right there in living color, in slow motion if you wish.

On the following page you will find a one-month training log. Ferd "Haldeman" Shaffer managed to "find" the missing page from Diane Holum's training log and copied the format. Check out some of her entries! I don't see anything about grocery shopping or laundry.

This time of year your training schedule should consist of endurance and strength work five to six times a week, allowing one day for rest. You should plan on two days of running and drills for endurance. They total 30 min. running and 30 min. down-time of some sort, alternating between running and drills any way you like. During the run, maintain a pulse rate at about 80% maximum. Gabe can explain pulse rate. You are trying to improve your overall condition, and your ability to stay low for longer periods. Stretch before and after.

Pick two other days a week for intervals and tempo running. Wind sprints and explosive low walks fall in this category. Concentrate on improving your leg speed and power. Plan for about 20 minutes total running time, including the warm-up and short sprints, and an hour of various down-time exercises and hill work. Again, stretch.

Include one day of strength exercises that hit all muscle groups. Longshoremen and carpenters can count their work as exercise. The rest of us should pick 12 or 13 exercises, sit-ups, push-ups, dry-skating in place, leg raises, hop-ups, etc. (Hop-ups are Sara Bont's favorite. Put one foot on a bench, the other on the ground. Use the foot on the bench to propel yourself upwards, then allow yourself to land again in the original starting position. There is no switching of feet during the exercise. Don't use the leg with the foot on the ground to spring partway up. The raised leg does all the work here.) Do each exercise for one minute or at least 45 seconds and rest 30 seconds in between. Do this circuit twice.

For variety, add some cycling. Allow for one and a half to two hours per ride and vary the tempo and the terrain.

When you do finally drag yourself out to the ice, ideally more than once a week, you should feel the improvement.

A little later in the season we will be doing faster training; the work now lays the foundation for more speed later. This information barely scratches the surface in explaining what a training program includes. Some GGSS members have tapes and books you can borrow. Please feel free to ask us.

Jim's Recuperation

Jim Minami went ahead with surgery on his left foot in early July. The discomfort had kept him out of running for two months, so it was time to do something drastic. He figures on being off for about two months total, after surgery. If we are smart, we will perfect the leg extensions and cornering now, so no more 10-minutes of circles, or low-and-slow when he returns. Minami-time is like dog-years to you and me! He has seen the most recent session videos. He knows how we are doing even if he isn't there, and he promises to hobble in to a session to watch, as soon as the Dr. gives him a walking cast.



Tammo seeing America Tammo and his girlfriend, Angelique were to spend a good portion of July seeing the Western USA. Tammo tried to take some amoebas along in his intestines, but they wanted to see the scenery too. Angelique has had more enjoyable times elsewhere. "Honey, Look, The Grand Canyon!" "Uhhhhhhhh." Tammo was afraid he was getting fat, not any more. He is fine now, he says, but with Angelique back in Holland, we have to take his word for it.

ASU/SCSSA Dues Dues time is coming up. Bonny Crater will be sending the letters explaining what is due, and what it pays for. Your subscription to the Racing Blade is included with membership in ASU. This is the official publication of the ASU. Each association submits articles, and officials of the ASU also write to keep the rest of us up to date on ASU news.

This is also a good time to start, or renew your subscription to the Speedskating Times from Florida. They publish race results from all over the country, and timely articles submitted by skaters. They don't duplicate what you read in the Racing Blade. Roller speed skating gets coverage too. Speedskating Times is \$15 for six issues, put out monthly during the skating season.

Say hello to Tai Tai wrote to say there are some speed skaters in San Diego. How does "Coronado Speed Skaters" sound? We don't know whether to expect to see them at races yet, but if you are planning a trip to San Diego anytime, check with her to see when and where they skate. Ask Sally or Mary for the phone number. There is an Ice Capades Chalet at University Town Center in the north part of town.

New jig from So. Cal. \$195, Stable, fast set-up, easy breakdown, folds very flat, carrying case available, . Call Bill Cawthra (714)447-3276 for information. We haven't seen it yet, but word is that it is prettier than the Knickmeyer, and easier to use than the Pennington Titan. Hype? The Stealth Van hasn't been out of the Bay Area since the news broke. We will keep you informed via "Gritty Stone", our spy in the southland.

Lane County Fair In the last newsletter you read that Eugene, OR is looking for more skaters for their demonstration during the county fair. Ferd will be going. Jim Wigney will try to be there too. When the Stealth Team was there Memorial Day, we were treated as gods. The scenery and real estate values are outstanding. Call John Downen (503)747-8531.