

The club has just added a new coach to our staff. Jaime Quan will now be the novice coach for the club. Jaime is endowed with a great deal of patience and enthusiasm. He's also shown us that he has an aptitude for teaching novice skaters as well as children. Hooray for Jaime!

Not being able to find private ice at a time which is convenient to everyone (midnight on Saturday is not convenient). Club members have dispatched to search out the next best thing, public ice time! The favorite public sessions found so far are:

Monday	Fashion Island	7:30 to 9:30pm - adults only
Tuesday	Belmont	10 am to 12 pm
Wednesday	Berkeley	8 pm to 10:30pm
Thursday	Berkeley	8 pm to 10:30pm
Thursday	Belmont	8 pm to 10 pm (good after 9pm)
Saturday	Belmont	7:30 to 10:30pm

.....VERY IMPORTANT..... PLEASE NOTE.....

The schedule for December is as follows:

Sunday December 2,	speed session
Saturday December 8,	Gold Rush I
Sunday December 23	speed session
Sunday December 30	speed session

please note that the December 16th speed session has been cancelled due to a conflict in scheduling at the rink. This would be a good time to go down to LA to race in the Santa Claus Open.

Turkey Sprints. Thanks to all the helpers and skaters who helped put on the Turkey Sprints. Without you, there would not be GGSS. The "bring a prize and race theme" was a big hit except that SOMEBODY got the Bart Simpson doll that I WANTED. Every race result was compared with the Golden Skate results and all the improvements have been flagged. We counted 34 in all, nice going skaters. For anyone who bought the tape of the Golden Skate, bring your video to Greg and he'll add the Turkey Sprints to it.

Jan Diemont is still training with the Dutch Team. He's having a great time practicing his Dutch while Dutch are practicing their English on him. He's coming back on the 14th of December and will be heading out to Milwaukee on the 17th for the Junior World Trials and the World Sprint Championship Trials.

Next race will be Gold Rush I on December 8, 1990 5:15pm to 7:15pm at Fashion Island. The application is enclosed in the newsletter.

Send advance registration to: Chris Buja (415) 854-9609
350 Sharon Park Dr, Apt B2
Menlo Park, Ca. 94025



Training Diaries of the month

Johan Nowack

Occupation: Business owner

Age: 31

train 6 days a week

150 lb sandbags 300 reps squats

hill and flat low walks

3 times a week - 5 to 10 miles hill running

3 times a week - 10 miles cycling

dry training with club on Saturdays.

1 speed session per week

Gordon Marshall

Aliases: Crash Gordon, Mountain Man, Hillbilly, Francis

Occupation: Product Test Engineer

Age: 27

Since returning from Diane Holum's camp in August, Gordon has found his greatest challenge to be how to work full time, go to school part time and squeeze in 11 workouts per week.

4 times a week he has a 1 to 1 1/2 hour cafeteria style workout from the following entrees.

1) wind trainer (20 mph/30 sec, 30 mph/30 sec, 20 mph/40sec, 30 mph/20 sec) X 5 repetitions.

2) wind trainer (30 mph/60 sec, recover) X 2 sets

3) (1 leg squats 35 lbs X 25 reps per leg) 2 sets

4) squats 45 lbs 275 reps (about 3 minutes)

5) downtime 1:45 min. 35 lbs

6) 20 situps

7) (squats downtime 10 seconds, jump) X 3 minutes

8) (knee to chest bench jump w/ankle wgt 25 times per leg) X 2

9) (knee to chest with rubber band 25 times per leg) X 2

A typical workout might look like the following choices:

1, 3, 6, 8 , 2 , 6, 5, 4, 6

Thursday night public session

Sunday night speed session

after club dry skating session

mountain bike riding hill climb 45 minutes.

Bob Stewart

Alias: Bo Stewart, Aerobic Animal

Occupation: Automotive Training Engineer/Analyst

Age: 42

Just returned from Canadian ice rink tour. Visited with Bob Fenn, Chris Witty, Ryan Shimabukuro in Calgary. Going to Holland to train with Tammo in December.

trains 7 days a week

every other day 1 hour life cycle, 1/2 hour stair master,
12 nautilus machines

1 public session per week on ice

on alternate days 1 mile warmup walk,

3 X 2 minutes 100%, 4 minutes rest

3 X 1 1/2 minutes 100%, 4 minutes rest

3 X 1 minute accelerations, 4 minutes rest

1 mile cooldown walk

Turkey Sprints Results
November 17, 1990

				<u>Race points</u>
Senior B	1500	500	1000	
Gordon Marshall	3:05.3(5)	55.3(5)	1:58.4(3)	13
Greg Wong	3:08.8(3)	56.30(2)*	1:56.6(5)	10
Johan Nowack	3:15.6(2)*	56.27(3)*	2:07.5(2)	7
Senior C	1500	500	1000	
Bonnie Crater	3:31.1(5)	1:01.3(5)	2:09.9(5)	15
Women's D	1500	500	1000	
Scott Park	3:46.8(3)	1:02.3(5)	2:13.1(5)*	13
Mary Wong	3:41.0(5)	1:04.3(3)*	2:13.3(3)*	11
Jaime Quan	4:05.6(2)	1:07.9(2)	2:41.6(2)	6
Master's E	1500	500	1000	
Tom Cooney	3:19.1(3)*	1:01.2(5)	2:09.3(3)*	11
Ferd Shaffer	3:15.4(5)	dnf	2:05.9(5)	10
Craig Welch	3:34.9(2)	1:04.7(3)	2:23.4(2)	7
Garth Alton	3:39.5(1)*	1:10.6(1)	2:25.8(1)*	3
Mario Rulloda	3:42.4*	1:06.0(2)*	2:29.9	2
Midget Boys F	500	222	333	
Scott Wong	1:09.7(5)*	31.7(5)*	48.9(2)	12
Travis Hartman	1:10.8(3)*	33.1(2)*	47.6(5)*	10
Steven Cooney	1:14.6(2)	32.6(3)	48.6(3)	8
Matthew Rulloda	1:19.2(1)*	34.4(1)*	51.1(1)*	3
Midget Girls G	500	222	333	
Leslie Rulloda	1:22.7(5)*	36.9(5)	57.1(5)	15
Nicole Albert	1:34.5(3)	39.1(3)	1:02.2(3)	9
Aisha Brown	1:42.9(2)	42.0(2)*	1:03.6(2)	6
Children H	222	111		
Joshua Rulloda	43.1(5)*	23.8(5)		10
Gregory Wood	47.1(3)*	24.3(3)		6
Lore Shaffer	50.3(2)*	29.7(1)*		3
Imani Brown	59.6*	29.0(2)*		2
Barbara Shaffer	59.2(1)*	30.3*		1
Novice I	1000	500	777	
Joel Vinson	2:22.0(5)*	1:09.7(5)*	1:51.0(5)	15
Rex Brown	2:46.5(3)*	1:23.2(3)	2:07.9(3)*	9

* - indicate improvement from last race