

On the Edge August 1992

Newsletter of the
Northern California
Speedskating Association

Well, it's time for speed skating in our area to move forward. As many of you may know, we've broken away from the Southern California Speed Skating Association and have formed the Northern California Speedskating Association. This allows us to be self-governing and makes it easier to concentrate on local issues.

In order for us to do this, we need to organize our talents and efforts so we can better utilize the resources of our highly talented members.

VOTE!! Slate of Club and Association Officers

In order to ratify this slate, we need at least 10 association members voting to approve these officers. Please respond by September 1, 1992 to Greg Wong by phone: (510) 886-0565, or by mail: 2723 Gamble Ct., Hayward, CA 94542. Please submit your application for membership, and your membership fees to be eligible to vote.

GGSS Steering Committee

Jim Minami
Greg Wong
Pat Sehl
Paul Albert
Ferd Shaffer
Sheryl Chapman

(write in, or volunteer)

- APPROVE
 DISAPPROVE

NCSA Officers

President Mary Wong
Vice President/ Membership
 Bonnie Crater
Secretary/ Treasurer
 Carlene Loveday
ASU Board of Control
Representative
 Bonnie Crater

- APPROVE
 DISAPPROVE

ACEP Coaching Camp

Don Kangas, Chairman ASU Coaching Committee will be conducting a camp in the Bay Area August 21, 22 and 23. This program is beneficial for anyone, not just those who coach speed skaters. A great opportunity at a very low fee (\$40), that will give you new insight about instructing people to do anything. Learn how get your kid to clean up the bedroom and like it!

Info: Don Kangas, 5112 Nurmi Drive,
Midland, Michigan 48640-2437
(517) 631-3863
or, Mary Wong, 510-886-0565

Upcoming Events

• August Golf Challenge

To be held on Saturday, August 29 at the Redwood City Malibu Grand Prix after the speed session. Non-negotiable prizes awarded for the best score. (or the most adept cheating)

- Coming up in September, No host drink hour including BBQ at an exclusive residence in Los Altos. (Do they know we're going to be there?) Watch for next newsletter for details.
- First race of the season, Pacific Northwest Open, Eugene, Oregon. October 25, 1992. for more information call : Steve Lader (203) 343-3249

• Fall Field Trip

A group of NCSA'ers will be heading off for a weekend of camping before the season starts. It hasn't yet been decided whether we will explore the low-walking opportunities of the Mist Trail in Yosemite, or head to the Mother Lode for The "Rid the River of pesky iron pyrite, and do squats at the same time" competition. Date of the trip is to be decided. Please contact Greg Wong (510) 886-0565 for more information.

Remember: "you can eat your fill of all the food you bring yourself".

Redwood City Speed Sessions

August 8 3:00 warm-up,
August 15 dry-land, stretching,
August 22 led by Jim Minami.
August 29 Ice time at 4:00p.m.

Please note: Ferd will be polling skaters regarding setting up off-ice training days and times. Ferd can be reached at: 408-263-0561.

Mark Anolik -

The cyclist/speed skater who was run down on his bicycle by a hit and run driver on Skyline Blvd. in July continues to make a strong recovery. It was "iffy" in the early days following the incident, since Mark lost his spleen and was comatose due to the trauma of the crash. Sheryl Chapman (who has very close ties to Mark) has visited him daily at Stanford Hospital since the incident, and reports him having progressed from emerging from a coma to having moonlight picnics with her on the lawn outside the hospital. Sheryl says that Mark busies himself thinking up smart alec answers to the visual and responsiveness tests he is being given, so she is certain things will get better quickly. He is beginning physical therapy, and by the time you read this, will have been discharged from the hospital. Mark will have a tough period of healing his two badly broken legs and other complications, but as an athlete with lots of competitive spirit and drive, we know he will be back in condition in record time. Sheryl is looking forward to spending time with Mark without nurses and interns poking, jabbing and hovering nearby... The driver, who was apprehended due, in large part to the efforts of Mark's dad and law enforcement agencies, is being held, pending trial. His passengers have all given statements to the police. More as we get the news. **Hey Mark, there's a place waiting for you in the pace line.**

Video Picks of the Month

*** Elite Training Camp with Diane Holum and Guy Daignault

This is a very entertaining video. The reviewer was able to view a preliminary copy of this very entertaining video with a bloopers section. The "bloopers" segment at the beginning is worth the purchase price. Definitely worthy of "America's Funniest Videos". See Willy O'Reilly do a cross-over to the right in the final lap of a race, hear the outrageous French Canadian accent of Guy Daignault, the ice workouts of Diane Holum (Eric and Beth Heiden's coach and Silver & Bronze Olympic Medalist). A must for your skating video library.

From Jerry Search, (310) 424-5293
1 tape \$10

*** 1992 World Short Track Championships, Denver, CO

Highlights of this video: our own Paul Albert watering the track. See Haj Sano, a frequent visitor to our club, chase blocks during the relays. The Koreans were (are) awesome. Great skating.

From Jerry Search, 2 tapes, \$25

** Batman Returns

(Available at your favorite video rental store)
Check out Catwoman's skinsuits. It's rumored that the Jamacian Speed Skating team has purchased 50 of these suits for their 1995 Olympic Team.

In Search of Ice

Our ice session will continue at Fashion Island this fall and we're also looking for a second session. The search committee is headed by Jim Minami. See any free ice lately? Call Jim.


Coca Cola/US Speedskating

Start saving your proofs of purchase from cases or two or three liter bottles of Coca Cola. USISA and Coke are offering sets of drinking glasses and lapel pins with the USISA and Coca Cola logos. Get order forms from Mary Wong.

Worlds Lap Times

While at the World Short track Championships this year, I wondered what kind of lap times World Class skaters were skating. To do this, I wrote a program that would store lap times to be analyzed later. What is most interesting is that the lap times were not consistent; they got faster as the race progressed! Lap times could vary from 9 seconds to 18 seconds per lap.

Ladies 1000M Semifinal Heat 2

Natalie Lambert	CAN
Marinella Canclini	ITA
 So Hee Kim	ROK
Zhen Chunyang	CHN

lap 01 time	= 00:18.34	(18.34)
lap 02 time	= 00:33.83	(15.49)
lap 03 time	= 00:47.07	(13.24)
lap 04 time	= 00:58.93	(11.86)
lap 05 time	= 01:09.09	(10.16)
lap 06 time	= 01:18.76	(09.67)
lap 07 time	= 01:28.54	(09.78)
lap 08 time	= 01:38.48	(09.94)
lap 09 time	= 01:48.75	(10.27)

(Possible) Schedule of skating equipment care and foot casting instructionals:

How to sharpen skates -

Bring your skates, jig, stones and lubricants and go home with a better understanding of how and when to sharpen, and the sharpest skates you ever skated on!

*Date and time to be determined by
evidence of advance enthusiasm!*

How to cast feet for custom made boots -

An instructional session, including plans for constructing a molding box, a source list for materials, and a descriptive pamphlet with step-by-step instructions.

Date and time to be determined.

Men's 1000M Final

Ji Soo Mo	ROK
Joon Ho Lee	ROK
Ki Hoon Kim	ROK
Mike McMillen	NZL

lap 01 time	= 00:16.21	(16.21)
lap 02 time	= 00:29.55	(13.34)
lap 03 time	= 00:40.43	(10.88)
lap 04 time	= 00:49.44	(09.01)
lap 05 time	= 00:58.34	(08.90)
lap 06 time	= 01:07.34	(09.00)
lap 07 time	= 01:16.85	(09.51)
lap 08 time	= 01:26.07	(09.22)
lap 09 time	= 01:36.34	(10.27)

Equipment for Sale and Trade - For Sale:

Chevron Blades - 16 1/2" with brackets to fit Bont boots (5/16" bolts). Used for 1 season, with a "racing rocker". Good condition. Bi-metal, require diamond stones to sharpen. \$140 Complete. (Originally \$185 plus \$40 for brackets) Gabe Kingsley (415) 626-4143

Viking Specials - size 34, only used for 1 week. \$100, Viking Sprint Specials, excellent condition, size 36, a steal at \$200, Zandstra leather skeeler boots, adjustable aluminium frames size 37, \$100, Nancy Weber (510) 524-5140

Bicycle Roller, Stay-ups, \$70; Size 11 Planert Olympic (childrens) \$25, Skeelers, Ballundgrud Boots, narrow wheels, \$30; Ferd Shaffer (408) 263-0563

Four each, Norton sharpening stones, IM2 double-sided \$25; IM9, orange polishing \$18, contact Mary Wong, or Bill Cawthra, (714) 447-3276

Ads will be accepted for skating equipment and related items for sale and swap. Staff reserves the right to edit copy for substance and length.