

# On The Edge



August/September 1998

## IN THIS ISSUE:

ice session information	1
MEETING/party notice	2
directions to meeting/party	2
CORE money due	1
ASU/NCSA Registration	3/4
training	5
US names new coaches	5
8/22 race results	6

Congratulations to all skaters who raced at the exhibition race at Oakland Ice Center on 8/22. See results, back of this issue. NCSA's new club, the Sierra Speed Team of Roseville, had solid representation. Glen Bowman has done a great job in getting them ready to race! Congratulations also to Kimon in directing his first race, and in preparing the new Oakland skaters for racing.

The announcer was Ron Heemskirk practicing to be the voice of the '99 Nationals. When the sound system glitches are fixed, we'll be able to better appreciate his commentary. Thanks anyway, Ron.

Thank you to all who came out to help officiate. Preparation and training of our officials this year will be critical to hosting a successful Nationals!

## YOUNG SKATERS

Parents, please go over this with your children. We have just a few kids who need to be reminded to listen to the coaches. Safety is the most important thing while on the ice, even more important than how you skate.

Speed skaters can move very fast. Please remind your young skaters that if they don't follow the coach's directions, they may be asked to leave the ice.

Also, parents must not drop skaters off at the door of the rink. If a parent has to leave, they must check in with the coach and make sure someone is there who will be able to seek medical help if their child is injured.

San Jose sessions require updated waivers and medical information.

## Update E-mail address

Please remember to update your e-mail address for race results, time changes, and quick notices. Please see Dino, Bob or Mary on the ice, or e-mail your correct e-mail address to: gregw@sbei.com, or Dino: cdsprynet.com or Bob at Robert.Payne@GSC.GTE.Com

## OAKLAND - BERKELEY CORE PAYMENTS DUE

Attention Oakland/Berkeley CORE members, your first monthly payment is due now. The Berkeley sessions started Tuesday, Aug. 25. Rental payments are made to the rinks a month in advance. Individuals pay \$75, families pay \$113.

For those of you who are new to the CORE member concept, here is a quick overview. Two years ago, about 20 of us who skate regularly at the Berkeley and Oakland sessions agreed to make regular monthly payments to CORE, regardless of how many times we skated each month. We made this commitment for a year. This steady income allowed us to make Oakland and Berkeley ice rental payments without wondering if there would be enough in the bank later.

Non-CORE skaters still pay a flat fee of \$10/adult and \$5/kid per session. The more CORE members, the cheaper the monthly fee, and it is even less for families. This is a one year commitment.

If you wish to be a CORE member this year, please talk to Nancy Hsieh, (or whoever is collecting skating fees) at the Berkeley and Oakland sessions.

## CLIP AND SAVE !!! Ice training session times:

**SATURDAY - 5:15 to 6:50 p.m. \$10 - pay CORE**  
**Oakland Ice Center - 17th and San Pablo**

**SUNDAY - 11:30 a.m. to 1:00 p.m. \$9 pay at the door**  
**San Jose Ice Centre - 10th and Alma St.**

**SUNDAY - 7:45 to 9:45 p.m. \$15 - pay Sierra Speed**  
**Team Skatetown Arena - 1009 Orlando Ave., Roseville**

**TUESDAY - 9:30 to 11:00 p.m. \$10 - pay CORE**  
**Berkeley Iceland - Ward and Milvia St.**

ON THE EDGE was imagined, composed, written, edited, pondered, cursed, copied, folded, stamped and mailed by the Wongs for Northern California speedskaters. Crumpling and shredding provided free by the U.S. Post Office.

Write to: 2723 Gamble Ct., Hayward, CA 94542, or call 510-886-0565. e-mail: sgw@ix.netcom.com

NCSA is a tax exempt, non-profit corporation, recognized and loved by the state of California and the IRS.



## NCSA meeting, pot luck, pool party Sept. 13

Come to the first NCSA meeting of the year. We know we aren't famous for holding many association meetings. We communicate most often on the ice or through e-mail. But, with the associations' many projects, especially ASU Nationals, it is important to get together to talk about progress we have made and areas we need help in.

The meeting will be after skating on September 13, Sunday after Labor Day weekend, in Hayward. Directions are below.

Our agenda will include such weighty items as:

- setting the race schedule
- race committee
- the proper way to light briquettes
- hot tub etiquette
- training of race officials
- progress on fund raising
- Scholastic Speedskating program
- ASU/NCSA registration
- publication of hot tub photos
- meat-to-carbon conversion
- club race points / club competitions

## Directions to NCSA meeting, party

*Ziele Creek*, Hayward, in the hills behind Cal State Univ., Hayward  
Wongs - 510-886-0565

From south bay or peninsula: Hwy 92 east/San Mateo Bridge, or 880 to Hayward, exit 92 east, onto Jackson St. Turn right on Soto Rd., left at Orchard, cross Mission Blvd. at the next light and now street name changes to Carlos Bee Blvd. Go up the steep hill, straight at next light, and street name changes to Hayward Blvd. Sweep around behind the Cal State campus. Turn right at Civic, veer left, street name changes to Dobbel. Stay on Dobbel. After about 1/2 mile, turn right at *Ziele Creek* Lane, to bottom of hill. Clubhouse on right side. Do not block any drive-ways when you park.

From east bay or SF: 880 south to Hayward, follow directions as above from 92 east/ Jackson St.

Or: From east bay taking 580 south: do not take Castro Valley exit or 237 exit from the 580 freeway. Continue straight south to Hayward/ Foothill Blvd. as if going to Hwy 92. Follow Foothill Blvd. Left lane is good. Stay to left at intersection with Mission Blvd. and go left onto Mission. Turn left at Carlos Bee Blvd. and follow directions as above from Carlos Bee.

680 south to 580 into Castro Valley: You are just asking for problems aren't you? I don't know the names of all those streets! Some are brand new. Call me when you get close, or go to San Jose and follow above directions.

Check out the ASU website: [speedskating.org](http://speedskating.org) for lots of information about skating and other clubs around the country. Another cool site is [socialspeedskating.org](http://socialspeedskating.org)



## Register Now For ASU, NCSA

Registration materials for NCSA and ASU have been mailed to most skaters in our area. If you have not received it, do not despair! Use the registration forms included in this newsletter. Thanks to Eileen Smith for volunteering to handle this very important project and coordinate registrations with the national office. **This is the first year we are asking all skaters to be members of NCSA and ASU. Skaters who plan to race must join.**

The Amateur Speedskating Union is the governing body for speedskating in the United States. (US Speedskating works with the ASU and controls skating at the Olympic and World level.) So, you may ask, "What does NCSA do?" NCSA is the governing body of speedskating in Northern California. We are affiliated with the ASU. NCSA is a corporate entity with tax-exempt, charitable status.

NCSA's official job is "to promote the sport of speedskating in Northern California." Funds donated to promote speedskating are collected through and distributed by the NCSA. Money can be earmarked by a donor specifically for use by one club. **For instance, Roseville is raising funds to purchase pads. If you saw the caliber of their skaters at the Oakland race, you know they have some fast skaters and safety padding is essential! Donors may specify that their money go to the Sierra Speed Club in Roseville.**

The NCSA does not receive funds from the ASU. The NCSA does pay a fee of \$300 each year to ASU. Also, the NCSA pays a sanction fee of \$500 to host Nationals. The ASU may be able to grant \$2,000 to NCSA for Nationals.

The ASU does not solicit funds for speedskating clubs in the US. The ASU and the NCSA also do not receive funds from the Olympic Committee. US Speedskating receives Olympic funds for their training programs and to support athletes who have qualified for those programs.

Skaters who have already registered will receive membership cards and ASU handbooks. You will also receive the Racing Blade, the national magazine of the ASU. Also, please note, the Racing Blade is looking for articles about clubs throughout the US. Club news is a neat way for skaters across the country to stay in touch. If you want to write an article for either the Racing Blade or for our On The Edge, please contact Mary Wong as soon as possible.



## Get Ready to Train

How do skaters design a work-out program? What is the correct way to train for skating and racing? What exercises most benefit skaters right now, and how should they tailor their training to peak for races? How will I know what type of training will benefit me right now?

What kind of skater are you? What do you want to get out of skating?

If you can answer those last two questions, you can design a training program to suit your needs. The first questions can't be answered in the small space here. There are books and publications devoted to training for skating and racing. **Fitness and Speedskating Times** always has articles about training and racing, though not always for the ice racer. See Kimon, Ferd and Ruggie for lots of the latest training information.

For about \$40, you can purchase Dianne Holum's **"The Complete Handbook of Speed Skating"** published in 1984. It is more tailored to the long track skater and includes the 1980 US Olympic Team Training Program. Those of us who are old enough may remember the Lake Placid Olympics, when Dianne's star pupil, Eric Heiden took gold in all distances.

In very general terms, skaters devote much of the late spring and summer to aerobic training, including lots of cycling and inline skating. In late summer and early autumn, more attention is given to specific strength training, particularly in the glutes and quads. On ice, skaters try to exaggerate the motions of skating under controlled speeds, training the muscles to properly execute the motions. Through early race season, November - January, ice training will have lots of long training sets at medium-to-faster speeds. As the season heads toward the peaks of State Championships and Nationals in March, we will pick up the speeds for more and more sprint sets.

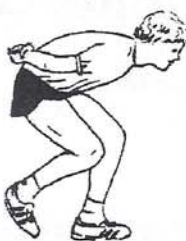
In-lining is the closest exercise to actual ice skating, however, pay careful attention to form, particularly if your skating course has gentle hills. When you skate uphill you may be teaching your legs to push back. That is a no-no on ice.

Skaters are expected to finish the sets at ice sessions. If you find yourself getting dropped, or you can't finish the sets, you may be in the wrong group. (You've been with the wrong crowd before, haven't you?) If you find yourself losing your form because you are always chasing, guess what, you may be with the wrong group.

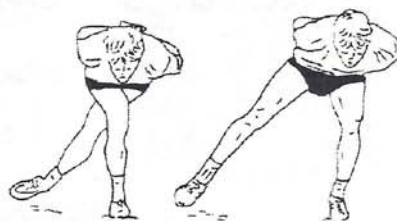
Your worst skating habits will show up on race day. Isn't that great? If you can get someone to videotape you, you may swear off skating altogether. Please don't quit!!

In general, remember to sit low, nose over knees over toes. Push directly to the side and lift your whole blade at the same time (no toe-flicking.) Most of our time is spent in the corners, either getting set up for them, executing, or exiting. That is where the speed is generated. As you turn, press your left hip into the corners, but do not twist your upper body or reach your arms into the corner, and you'll see improvement.

Or, at least, you'll look good on video.

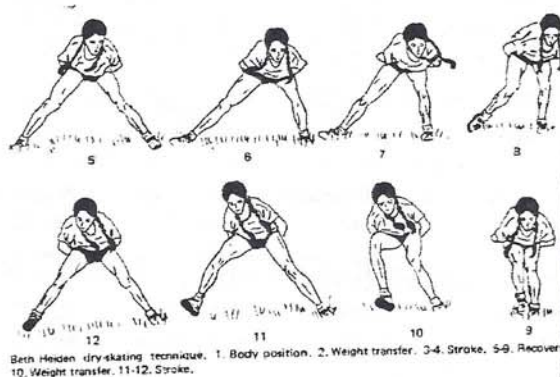


Downtime: walk very slowly in skate position; balance on each leg several seconds.



Turn downtime: walk slowly extending both right and left leg as in the turn.

Sample illustrations from "The Complete Handbook of Speedskating" by Dianne Holum, 1984.



Eric Heiden - dry skating technique. 1. Body position. 2. Weight transfer. 3-4. Stroke. 5-9. Recovery. 10. Weight transfer. 11-12. Stroke.

COLORADO SPRINGS, Colo. (August 24, 1998)

—U.S. Speedskating - FOR IMMEDIATE RELEASE

## U.S. SPEEDSKATING NAMES FOUR NEW HEAD COACHES

U.S. Speedskating has hired new coaches to lead the long track and short track programs into the 2002 Olympics, announced Executive Director Katie Marquard. Three-time Olympian and 1976 Bronze medalist Dan Immerfall is the new technical coordinator, and will work with both the short track and long track programs. Immerfall was an assistant coach for the 1988 Olympic Speedskating Team.

The short track program has two new additions. Pat Wentland has been promoted from assistant national team coach to short track national coach, and will be based in Colorado Springs, Colo. Wentland was the team leader for the 1998 Olympic Short Track Team, and a U.S. Speedskating National Team Member from 1984-92.

Susan Ellis, former Canadian Short Track National Team member (1981-84) will be the development coach for short track. She will be based at Northern Michigan University.

1988 Olympian Tom Cushman, has been named the northern regional coach, and will be based in Roseville, Minn. Ryan Shimabukuro, the Midwestern regional coach, will be based in Milwaukee, Wis. Shimabukuro was a 1995 Senior National Sprint Team member, and qualified for the Olympic Trials in 1992, 1994, and 1998.

For more information, please contact Public Relations Director Kathleen Flynn at 719-578-4543 or

(FlynnSpeed@aol.com).

-www.usspeedskating.org-

(from the web, article edited for space considerations. -ed.)



# Race Results - Oakland Ice Center - 22 August 1998

Under 14 Years	444 meter	500 meter	777 meter
1) Sara Sayasane	50.01	0:59.68	1:35.78
2) Zack Fuller	57.21	1:06.11	1:43.94
3) Nick Krammer	56.31	1:07.43	1:44.94

Under 11 Years	333 meter	500 meter	666 meter
1) Jenny Thurston	52.82	1:07.05	1:31.64
2) A.J. Taylor	45.76	1:12.14	1:33.29
3) Matt Roberts	49.42	1:12.86	1:36.07

Under 10 Years	222 meter	333 meter	500 meter
1) Jarrod Taylor	33.87	51.17	1:15.20
2) Cecilia Kim	34.26	52.03	1:17.11
3) Dee Garner	36.24	49.41	1:24.97

Under 6 Years	111 meter	222 meter	333 meter
1) Colton Misono	24.99	51.67	1:13.50

Under 50 Seconds	500 meter	1000 meter	1500 meter
1) Jan Diemont	47.48	1:46.25	2:40.82
2) Jeff Hsieh	48.51	1:46.69	2:44.53
3) Kimon Papahadjopoulos	50.15	1:47.97	2:44.29
4) John Diemont	51.88	1:49.15	2:55.50
5) Haj Sano	53.13	1:56.20	dnf

Under 54 Seconds	500 meter	1000 meter	1500 meter
1) Rob Swonger	0:54.50	1:50.69	2:55.97
2) Brandon Brodt	0:54.08	1:51.24	2:56.20
3) Scott Russell	0:57.86	1:50.89	2:56.41
4) Charlie Doval	1:04.17	1:56.77	3:09.21
5) Eric Whiting	1:21.72	1:51.04	ns

Masters	500 meter	777 meter	1000 meter
1) Lex Doval	0:58.43	1:33.50	2:07.40
2) Glen Bowman	1:00.88	1:36.50	2:08.71
3) Larry Larson	1:00.66	1:36.33	2:08.99
4) Nancy Doval	1:02.77	1:38.59	2:08.71

Novice	500 meter	777 meter	1000 meter
1) Nicole Albert	1:00.59	1:37.92	2:16
2) Mike Wong	1:05.32	1:56.79	2:17
3) Lexie Diemont	1:11.91	1:53.71	2:19
4) Justin Browne	1:14.17	ns	2:23

ns - did not start  
dnf - did not finish

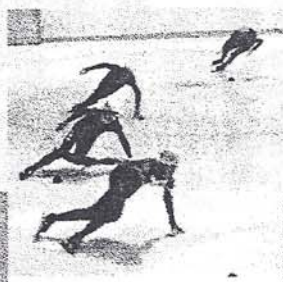
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Northern California Speedskating Association

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