

# ON THE EDGE

NEWSLETTER OF THE GOLDEN GATE SPEED SKATERS

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June 1989

We will probably have another club meet sometime during October to get us geared up for the racing season. Now that the club has gotten its first race under its belt, it should be much easier to have more events like this throughout the year.

Contrary to popular belief, the awards for the GGSS First Anniversary Race were not made of white arkansas stones and the awards for the next race will not be made of 11 inch india stones.

Summer is here and it is time for us to be working on technique and strength. Without these two elements, speed and the maneuverability are hard to maintain. So all you hot shots, take it easy for the next month or so and save all your speed for the racing season.

All successful speed skaters do not limit their training to on-ice work outs. Dry skating (skating imitations), running and cycling are all excellent additions to your skating program. We are now meeting at 4:30 on Sundays before the speed session for some off-ice work. We will be doing some of the exercises that will make YOU a better skater. Ask around, see if anyone you know is going on a workout. The buddy system is a great way to have a training session.

A couple of suggestions for those of you who are just starting out:

- 1) Be consistent, try to exercise 3-5 times a week to start out with.
- 2) Don't overdo it! As you develop strength and endurance, you will be able to exercise more frequently at a higher rate.
- 3) Increase your workouts by about 10% each week. A slow increase will give you a physical level that will help protect your bodies from injuries.
- 4) Stay hungry! This means always finish your workout wanting to do more. You might even want to undertrain a little.

\*\*\*\*\* Loaner skates \*\*\*\*\*

The club's of 'loaner skates' was purchased from a local rink with donations from members interested in attracting novice skaters who didn't already own skates. Additionally, some of the 'good hearts' donated their old skates to help promote our sport. The original concept was that the skates were to be kept in a gear locker at the rink. In an occasional weak moment, a few pair were allowed to 'go home' with novice skaters presuming they would practice at the public sessions. Well, this policy has turned around and bitten us on the face! About half of our stock of skates is in the possession of 'non attending' or 'sometime skaters'. Of course, this isn't fair and shouldn't continue. How can we provide skates for novices when they are rusting away in someone's basement?

If you are one of the above described skaters, please make arrangements to return them to the club. You may use them at club speed sessions, but so may others in your absence.

## ROOTS

By: Gabe Kingsley

It has been generally believed that ice skating, and particularly speed skating, originated in north western Europe. (Scandinavia and Netherlands)

A team of Japanese anthropologists and archaeologists recently presented their findings in a paper at Stanford University, proving that our beloved pastime has its roots in Japan. Yes, friends, northern Hokkaido is the 'cradle of speed skating'.

In addition to evidence of entire villages that were built near lakes to house speed skaters, these scientists brought relics such as hand painted volumes with illustrations of equipment, skaters racing and a glossary of terms relating to the sport. It is believed that skating passed into obscurity with the decline and disappearance of the Samurai. (Sumo wrestling endured simply because it is an indoor sport and doesn't require specialized footwear!)

Much can be learned by reading the skating lore that was discovered. Many names and terms that are woven into the very fabric of Japanese tradition and daily usage have their origins in this archaic Ainu art form.

For example, the original Japanese word for 'speed skate' is zamboni! Can you believe it? And that's just the beginning. See if you don't agree; the evidence seems irrefutable. Here are some more ancient Japanese skating terms and their English translations. What do you think?

Ginsu - Permanently sharpened blades  
 Suzuki (plural) - Blade guards  
 Supra - Bi-metal blades  
 Acura - Blade straightener  
 Toshiba - Front of blade  
 Fuji-yama - Offset  
 Honda - Sharpening jig  
 Celica - Fine stone  
 Kirin - To get stoned  
 Mat-suchida - Outside pass (where you almost hit the mat)  
 Sony - Knee pads  
 Kawa-saki - Skating after drinking  
 Yama-ha (or Yama-ha-ha) Speed skating humor

It is presumed by these academicians that the sport fell into decline and anonymity because it was nearly impossible to do cross overs in a kimono! The obi was originally a 'fall down cushion' for beginners.

From an old manual comes evidence of the development of what we know today as 'metric skating'. They layed out an oval track on a frozen lake (Yokohama) that was measured by 1000 blade lengths. The main difference between this early style and today's metric track is the single skating path of the original, versus two lanes on a modern oval. Skaters started out back-to-back and skated off in opposite directions at the starter's signal. Which ever skater finished, won! The name of this style was (as you might expect) 'kamikaze'. Truth is stranger than fiction!

## \*\*\*\*\* Skate Equipment Suppliers \*\*\*\*\*

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## Jerry Search

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 are excellent, the Marquette on-ice tape is where some of  
 the training exercises used in our sessions come from ....greg)  
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\*\*\*\*\* Classified \*\*\*\*\*

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Videos from the GGSS First Anniversary Race. (VHS only or 8mm only)  
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