

Well, the first race of the season is over and it was a big success! It looks like we get a "A" for the biggest meet we've ever done. We drew over 50 competitors from up and down the West Coast. The meet was attended by several National Class skaters, as well as a World Class Skater. Thanks to everyone who helped, raced and encouraged. Special thanks to Chris Buja and Paul Albert, they were the skating equivalent of the "magic elves" that made sure that everything went smoothly.

The 1st place award for "Most Creative Use of the Wong's Coffee Pot" competition this month goes to Sharon Cawthra of Fullerton, California for her artist rendition of "how to dribble coffee on her foot". A close 2nd was awarded to Sherri Farmer of Portland for an outstanding performance of "flood the counter with coffee". It's this unbiased observer's opinion that if Sherri had managed to fill up the silverware drawer with coffee, she would have been a hands down winner. Better luck next time Sherry, train harder!

The winner's spirit thrives in the Cawthra household. The first place winner of the most unique speed skating exercise goes to Bill Cawthra for his "how many speedskaters does it take to push a Vanagon to the gas station" workout. Experts consider this to be a slight variation over the innovative "Zamboni Push" created at GGSS labs several years ago.

The speed session for Sunday, November 4th has been moved to Saturday November 3rd from 5:15pm to 6:30pm. The remaining 45 minutes will be spent giving a free beginning speed skating class to anyone who is interested. Speed skates will be provided as long as our loaner supply holds out. Everyone is welcome to remain and help with the class. Bring your friends, neighbors and any other anthropoids. THIS IS A GOOD CHANCE FOR US TO ATTRACT NEW MEMBERS! This is the same crowd that saw us race on October 20th.

The Turkey Sprints will be held on November 18, from 5:15 to 7:15. This will be another open meet. Here's your chance to improve those times from the last race. Fee's and distances to be announced at a later date.

VHS copies of the race will be available for \$10. Make checks out to GGSS. Call Greg to order. Add \$2.00 for shipping.

Oops, we goofed, the price of the camp up in Oregon next June is \$200, not \$250. For more information call Bill Cawthra (714) 447-3276, or Mary Wong (415) 886-0565.

Jan Diemont, our own skating machine is currently in Holland training with the Dutch National team. For all of you who've seen him skate before, just think of this, HE'S ONLY GETTING FASTER!

One issue was brought up over the tie breaking rule during skating competition. The currently rule is that, "the tie breaker will go to the highest place finisher of the last race". After going through the ASU handbook, it has been decided that, in the case of a points tie at the end of a meet, that place will have co-winners and the next place will be eliminated.

How do you train for speed skating? This is a question asked of many of our skaters. Everyone has their own favorite exercises. Everyone's schedules change throughout the year. Every month we'll find out what some of the other skaters are doing for training. Here's a couple to start with.  
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Name: Ferd Shaffer  
Age: 43  
Occupation: Software Test Engineer

Workouts:

4 times a week at lunch time.  
1/2 mile jog, 100 situps, 40 push ups, 30 leg lifts, 1 1/2 mile jog  
3 X 1 1/2 minute skating imitations, arm circles, 3 X 1 1/2 minute wall sits, 2 sets of 45 second downtimes.

Monday and Thursday skate 1-1 1/2 hours, 2 X 7 minute downtimes  
Thursdays 20 mile bike ride.  
Saturday dry skating and skating on Saturday evening.  
Sunday 30 mile cycling, speed session

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Name: Greg Wong  
Age: 34  
Occupation: Software Engineer

Workouts: (vary due to weather, time available, emphasis for week)

Monday: 2 mile warmup jog, 10 minutes downtime, 10-20 sets of stair runs.

Tuesdays: 1 mile warmup jog, 4-8 miles of rollerblading or low walks depending on conditions.

Wednesday: Running speedwork, pyramids or 15-15's depending on emphasis for the week.

Thursday: 1 mile warmup, hill low walks, 14 minutes easy, 4 X 2-3 minutes medium hard.

Friday: 5-8 mile hill run, 1 hour bike.

Saturday: Dry skating 1 1/2 hours, skating on Saturday evening.

Sunday: 20-30 mile easy bike ride, speed session.

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Name: Bonnie Crater  
Age: 27  
Occupation: Product Manager

Workouts:

Monday: Endurance run 8 X 4 minutes alternate dry skating exercises

Tuesday: Interval 500m, 4 X 2 laps goal pace, 15 X 15's 1 1/2 min rest

Wednesday: weights, circuits

Thursday: tempo's on track 2 X 6 laps, 2 X 5 laps, 2 X 4 laps

Friday: off day

Saturday: club dry training, easy run afterwards

Sunday: club bike ride, speed session

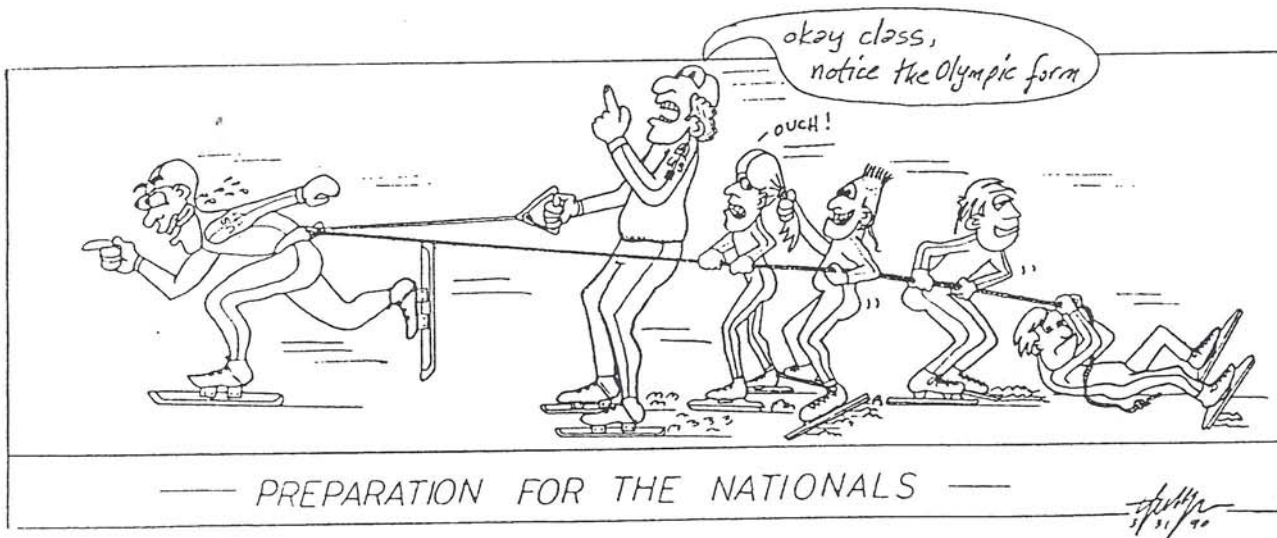


Age: Bo Armswing  
e: 24  
Occupation: Professional Car Jack

Workouts:

7 days a week, 100 squats with a Yugo on back.  
20 miles uphill cycling in both direction on a mountain bike with flat tires.

Goal in Life: To win a Gold Medal at the 1993 Autumn Olympics and have it bronzed.



California Race Dates: 1990-1991 Season  
(compiled 10-20-90)

<u>Race Name</u>	<u>Sponsor</u>	<u>Class</u>	<u>Date</u>
1990 Golden Skate	GGSS	A&B	10/20/90
Turkey Sprints	GGSS	A&B	11/17/90
Thanksgiving Championships	Pickwick	A&B	TBD
<i>World Team Trials &amp; Univ. Games Short Track Trials</i>	ASU	A	12/7-9/90
Gold Rush I	GGSS	A&B	12/08/90
Santa Claus Open	DeMorra	A&B	12/15/90
Southern California Championships	SCSSA	A&B	01/19/91
Gold Rush II	GGSS	A&B	01/26/91
California State Championships	Glacier Falls	A&B	02/02/90
De Morra Sprints	De Morra	A&B	02/16/91
Gold Rush III	GGSS	A&B	02/23/91
Memorial Race	SCSSA	A&B	03/02/91
California Silver Skates	De Morra	A&B	03/16/91
<i>National Short Track Championships</i>	ASU/N.E.S.A.	A	03/22-24/91
<i>North American Short Track Championships</i>	ASU/Illinois	A	03/29-31/91
Disney Sprints	Disney Boosters	A&B	04/06/91
Ross Zucco Memorial	De Morra	A&B	04/07/91

All events sponsored by De Morra, Glacier Falls, Pickwick, SCSSA and the Disney Boosters will be held at Paramount Iceland in Paramount, California. For more information contact:

Sharon Cawthra  
1524 S. Citrus Avenue  
Fullerton, CA 92633  
714-447-3276

All events sponsored by the Golden Gate Speed Skaters will be held at Fashion Island's Ice Capades Chalet in San Mateo, CA. For more information contact:

Chris Buja	OR: Mary & Greg Wong
350 Sharon Park Dr. #B2	2723 Gamble Ct.
Menlo Park, CA 94025	Hayward, CA 95442
415-854-9609	415-886-0565

Golden Skate Results  
October 20, 1990

Senior A

	1500	500	1000	Tot Pt
Charles King	3:00.7(5)	50.7(5)	1:44.3(5)	15
Ken Mastrianni	3:01.6(3)	52.3(1)	1:44.9(3)	7*
Mark Jeter	3:04.3(2)	51.7(3)	1:45.8(2)	7
John Diemont	3:07.1(1)	52.2(2)	dnf	3
Jim Wigney	3:28.0	1:07.5	1:54.39(1)	1

Senior B

	1500	500	1000	
Gordon Marshall	3:03.2(5)	54.0(5)	1:54.3(5)	15
Mike Sweeney	3:03.5(3)	57.3(2)	2:00.8(2)	7
Greg Wong	3:03.7(2)	57.8	1:55.5(3)	5
Haj Sano	3:10.9(1)	57.7(1)	2:00.8(1)	3
Johan Nowack	3:17.2	57.2(3)	2:02.0	3

Senior C

	1500	500	1000	
Bill Eldred	3:08.6(5)	1:00.7(5)	2:04.8(5)	15
Bonnie Crater	3:12.4(3)	1:00.9(2)	2:06.3(2)	7
Kelly Cawthra	3:15.4(2)	1:00.8(3)	2:10.9(1)	6
Rob Herman	3:20.4	n/t	2:05.3(3)	3
Sydney Coatsworth	3:16.2(1)	1:02.3(1)	2:17.5	2
Paul Schiessel	3:34.4	1:09.2	2:19.4	0

Women's D

	1500	500	1000	
Mary Wong	3:33.4(5)	1:09.2(5)	2:18.8(5)	15
Susan Lanza	3:38.7(3)	1:09.3(3)	2:22.4(3)	9
Annette Shaffer	3:38.9(2)	1:11.9(2)	2:23.4(2)	6
Linda Ruttan	3:58.6(1)	1:24.3(1)		2

Master's E

	1500	500	1000	
Bob Stewart	3:54.0(5)	58.8(5)	2:07.1(5)	15
Tom Cooney	4:03.6(3)	1:01.2(3)	2:13.5(3)	8
Garth Alton	4:05.9(2)	1:10.0(1)	2:20.0(2)	5
Mario Rulloda	4:09.4(1)	1:06.6(2)	2:20.9(1)	4

Midget Boys F

	500	222	333	
T.J Havercroft	1:10.8(3)	30.6(5)	46.0(5)	13
Mike Massey	1:09.8(5)	31.3(3)	46.7(3)	10
Steven Cooney	1:13.7(1)	31.2(3)	48.34(1)	5
Scott Wong	1:11.5(2)	34.9	48.31(2)	4
Travis Hartman	1:14.8	34.6(1)	50.8	1
Matthew Rulloda	1:20.8	34.7	55.5	0

Midget Girls G

	611	222	333	
Niya Farmer	1:21.0(5)	29.9(5)	44.9(5)	15
Sara Ericksen	1:27.3(3)	32.6(3)	48.9(3)	9
Karin Cawthra	1:54.0(1)	40.0(2)	1:01.3(2)	5
Leslie Rulloda	1:40.0(2)			2

Golden Skate Results  
October 20, 1990

Children H

	222	111	
Aisha Brown	51.4(3)	22.3 (5)	8
Joshua Rulloda	49.5(5)	24.0 (3)	8*
Lore Shaffer	55.4(2)	26.61(2)	4
Gregory Wood	1:00.2	26.63(1)	1
Barbara Shaffer	1:00.1(1)	30.8	1
Imani Brown	1:01.9	30.5	0

Novice I

	1000	500	777	
Scott Park	2:26.8(3)	1:01.7(5)	2:03.4(1)	9
Matt Drier	2:25.1(5)	1:01.9(3)	dnf	8
Steve Lader	2:59.7	1:05.3(1)	1:42.5(5)	6*
Joel Vinson	2:31.9(2)	1:04.9(2)	1:44.7(2)	6
Richard Arbib	2:35.8(1)	1:13.5	1:43.7(3)	4
Rex Brown	2:54.3	1:16.7	dnf	0
Greg Levien	2:36.0	nt	nt	0
Mike Riddle	dq	1:11.5	nt	0

\* - tie breakers are determined by the highest finish place in the last race.