



Mr Norton Stone says, "Look Sharp!"

Bulletin

From the

Northern California Speedskating Association

Training: Holiday Ice Times for Speedskaters Only

**Wednesday, December 27th at Fashion Island beginning at 10:00pm

**Saturdays at the Oakland Ice Center beginning at the usual time of 7:30am

**Friday, December 29th at Berkeley beginning at 10:45pm (*this session is for hyperactive skaters only*).

**No ice time on Sunday, December 31st at Fashion Island.

Racing: The Gold Rush Challenge!

Sunday, December 31st Check-In at 4:00pm

Berkeley Iceland

Please return the attached registration form today

Speedskating

Around The Bay: The Sultan of Speed Reports

Bay Area Ice Scene

by Ronald Gonsalves

The Bay Area now has a few more options for practicing ice speed skating. Inline skaters, bicyclists, even a national team rower have taken advantage of the number of rinks that are opening up available practice sessions. Quite a few of the athletes are recognizing the importance of cross training that speed skating offers. In addition, they understand the great opportunity that the local clubs have offered in the way of quality coaching and seasonal payment plans. For those of us who take the sport a little too seriously, the available ice time is almost overwhelming... Almost!

Interested in sorting out which sessions to attend?

Try Saturday morning at 7:30 am at the Oakland Ice Center for coaching and introductory lessons. The session features various coaches that stress technical skating ability and light racing. There is dry land training before the session. The fee for a single session is \$10 or a season pass for \$125.

On Sunday morning at 10:00 am in San Mateo at the Fashion Island Mall the sessions feature racing and conditioning drills for beginner to national level skater. Coaching and introductory lessons are offered to all skaters. The fee for a single session is \$10 or four sessions for \$30.

Wednesday evenings, 9:30 pm at Fashion Island are for high speed racing, tactics, technique and conditioning for intermediate to national level skaters. \$10 per session or four sessions for \$30.

This year's Turkey Sprint held at Berkeley Ice Center was fairly well attended. John Diemont won the Open Men's division and Heather Thompson was the victor in the Open Women's division. Great performances were put on by Barbara Beth who tied for third in the Open Men's division and Jeff Hsieh (inliner and first year ice convert) who placed second in the B division. Andrew Cooley showed up with hockey skates and full pads to show that it's not the equipment by winning the Group 8. Crowd favorite and the world's oldest teenager "bad boy" Dennis Cummins is a regular at these events.

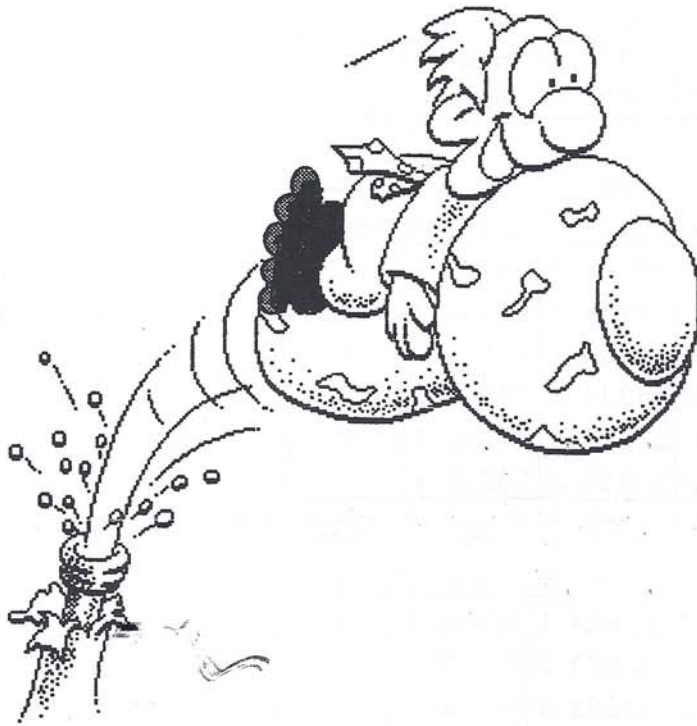
Support Bay Area Speed Skating by attending and racing in the upcoming New Years Eve Race to be held at the Berkeley Ice Center. There is always a category in which each skater can feel competitive. The racing starts December 31st at 4:00 pm so there is plenty of time to have a great time before your big bash.

Email the Northern California Speed Skating Association at
cdoval@aol.com

Or Visit the Northern California Speed Skating Association's Web Site at

<http://www-cs-students.stanford.edu/~friedman/ncsa.html>

Ronald Gonsalves is a national level speedskater, racing coach and cofounder of the Oakland Ice Center Speedskating Club



**Professor Wompus applies Boyle's Law as alternative to rolling start.
His conclusions: "Next time I wear a helmet."**

Race Results

**1995 Turkey Sprints
November 25, 1995
Berkeley, California**

Racing Group 1	Overall	Helmet	1500		1000		500		Total
	Place	Number	Time	Pt	Time	Pt	Time	Pt	Points
John Diemont	1	90	2:49.11	1	1:49.60	1	52:05	1	15
Ron Gonsalves	2	121	2:49.88	2	1:52.61	3	52.58	2	8
Barbara Beth	3-tie	59	2:51.13	3	1:58.04	5	53.14	3	4
Greg Wong	3-tie	34	2:52.11	4	1:50.57	2	54.27	5	4
Robert Ahlke	5-tie	61	3:06.96	6	1:59.02	6	53.75	4	1
Lex Doval	5-tie	60	2:59.68	5	1:57.31	4	57.29	6	1

Racing Group 2A	Overall	Helmet	1500		1000		500		Total
	Place	Number	Time	Pt	Time	Pt	Time	Pt	Points
John Meyer	1	6	2:52.04	1	1:49.50	2	54.19	2	11
Jeff Hsieh	2	93	2:52.45	dq	1:48.98	1	53.86	1	10
Frank DeSimone	3	35	3:02.16	2	1:52.67	3	55.87	4	6
Kimon Papahajopolo	4	30	2:51.74	dq	1:58.87	4	54.99	3	3
Niya Farmer	5	45	3:05.27	3	2:05.57	5	56.36	5	2

Racing Group 2B

Racing Group 2B	Overall	Helmet	1500		1000		500		Total
	Place	Number	Time	PI	Time	PI	Time	PI	Points
Jim Minami	1	50	3:04.00	1	2:00.11	1	57.45	1	15
Ron Heemskerk	2-tie	42	3:04.76	3	2:02.44	3	58.44	3	6
Charlie Doval	2-tie	20	3:04.36	2	2:00.54	2	1:04.79	5	6
David Kervinen	4	63	3:06.94	4	2:03.15	4	58.08	2	5
Gordon Riley	5	74	3:19.48	5	2:09.07	5	58.86	4	1

Racing Group 3

Racing Group 3	Overall	Helmet	1500		1000		500		Total
	Place	Number	Time	PI	Time	PI	Time	PI	Points
Mark Schecter	1	26	3:02.78	1	2:01.96	2	58.16	1	13
Kevin Meyer	2	23	3:03.25	2	2:01.56	1	1:00.23	2	11
Eddy Brandt	3	65	3:27.01	5	2:09.24	3	1:01.76	3	4
Dennis Cummings	4-tie	82	3:21.98	3	2:12.18	5	1:05.49	6	2
Rich Boles	4-tie	13	3:23.85	4	2:10.09	4	1:02.62	5	2
Glen Bowman	6	94	3:40.59	6	2:33.25	6	1:02.24	4	1

Racing Group 4

Racing Group 4	Overall	Helmet	1500		1000		500		Total
	Place	Number	Time	PI	Time	PI	Time	PI	Points
Heather Thompson	1	10	3:10.97	3	2:06.64	1	1:00.86	2	10
Mary Wong	2	24	3:09.25	1	2:08.73	3	1:02.09	3	9
Nicole Albert	3	67	3:28.08	4	2:15.96	4	1:00.48	1	7
Nancy Weber	4	66	3:10.27	2	2:08.37	2	1:03.35	5	6
Erin Holloway	5	96	3:37.11	5	2:18.12	5	1:02.80	4	1

Racing Group 5

Racing Group 5	Overall	Helmet	1000		500		333		Total
	Place	Number	Time	Pt	Time	Pt	Time	Pt	Points
Lex Diemont	1	3	2:31.36	1	1:11.21	1	48.49	1	15
Kelly McCown	2	4	2:34.63	2	1:14.48	2	49.36	2	9

Racing Group 6

Racing Group 6	Overall	Helmet	777		500		333		Total
	Place	Number	Time	PI	Time	PI	Time	PI	Points
Cindy Hsieh	1	92	1:36.12	1	1:00.99	1	40.11	1	15
Jimmy Sayasane	2	18	1:40.76	2	1:02.34	2	41.86	2	9
Brandon Welty	3	72	1:45.94	3	1:05.14	3	44.83	3	6

Racing Group 7

Racing Group 7	Overall	Helmet	777		500		333		Total
	Place	Number	Time	PI	Time	PI	Time	PI	Points
Daniel Holloway	1	98	1:40.94	1	1:05.97	1	44.05	1	15
Sara Sayasane	2	19	1:51.29	2	1:07.24	2	44.47	2	9

Racing Group 8

Racing Group 8	Overall	Helmet	777		500		333		Total
	Place	Number	Time	PI	Time	PI	Time	PI	Points
Andrew Cooley	1	11	2:25.00	3	1:12.41	1	45.67	1	12
Heather Harris	2	37	1:53.14	1	1:12.68	2	56.84	3	10
Karen Wong	3	25	1:53.73	2	1:13.24	3	46.26	2	8

Memorial Meet - Race Results

Racing Group 1 - Master-A / Senior-A / Junior-A

Place	Skater	Class	1500		500		1000		Meet Points	Class Points
1st	Haj Sano	Sr-A	2:51.80	5	51.97	3	1:50.22	5	13	TBD
2nd	Mark Chrysler	M-A	2:54.32	3	51.78	5	1:52.09	3	11	TBD
3rd	Tony Hwang	Jr-A	3:13.97	DQ	52.29	2	1:52.35	2	4	TBD
4th	Wayne Rutledge	Jr-A	2:55.75	2	56.61	0	1:52.89	1	3	TBD
5th	Robert Ahlke	M-A	3:02.60	1	55.40	1	2:10.78	0	2	TBD

Racing Group 2 - Grand Master-A / Master-B / Senior-B

Place	Skater	Class	1500		500		1000		Meet Points	Class Points
1st	Barbara Beth	Sr-B	3:12.24	1	56.09	5	1:57.79	5	11	--
2nd	Sue Perles	M-B	3:02.27	5	58.33	1	1:59.65	2	8	TBD
3rd	Jim Wilkins	GM-A	3:04.38	3	58.62	0	1:58.03	3	6	TBD
4th	Dean Abramson	Sr-B	3:18.85	0	58.08	2	2:01.18	1	3	TBD
5th	Bob Patterson	GM-A	4:00.80	0	57.83	3	2:15.09	0	3	TBD
6th	Jon Perrenoud	M-B	3:08.68	2	1:01.79	0	2:03.37	0	2	TBD

Racing Group 3 - Master-C / Senior-C

Place	Skater	Class	1500		500		1000		Meet Points	Class Points
1st	Scott Russell	Sr-B	3:11.76	5	59.60	5	2:08.49	5	15	TBD
2nd	Eric Adamo	Sr-C	3:16.09	3	1:04.07	2	2:09.49	2	7	TBD
3rd	Ed Brandt	Sr-C	3:16.30	2	1:17.24	0	2:09.15	3	5	TBD
4th	Rich Boles	Sr-C	3:27.71	1	1:01.95	3	2:12.63	1	5	--
5th	Ron Hawkins	M-C	3:43.31	0	1:08.34	1	2:26.38	0	1	TBD

Racing Group 4 - Junior-B / Junior-C / Juvenile-A

Place	Skater	Class	1000		500		777		Meet Points	Class Points
1st	John Meyer	Jr-B	1:57.50	5	57.75	3	1:54.46	5	13	--
2nd	Jeff Hsieh	Jv-A	1:57.75	3	57.55	5	1:54.74	3	11	--
3rd	James Mays	Jv-A	2:05.73	2	1:08.18	0	2:08.58	2	4	TBD
4th	Brian Adkins	Jr-B	2:13.35	1	1:01.64	2	2:12.75	1	4	TBD
5th	Alysa Nelson	Jr-C	2:20.80	0	1:03.65	1	2:20.60	0	1	TBD
6th	Sean Lowe	Jr-C	2:30.94	0	1:05.96	0	2:37.80	0	0	TBD

Racing Group 5 - Midget-A / Pony-A

Place	Skater	Class	777		500		333		Meet Points	Class Points
1st	Kevin Meyer	Mg-A	1:35.09	5	1:00.62	5	40.42	5	15	--
2nd	Jade Wheeler	P-A	1:38.84	2	1:00.96	3	40.98	3	8	TBD
3rd	Brian Nelson	Mg-A	1:36.34	3	1:02.36	2	41.72	2	7	TBD
4th	Ian Hawkins	Mg-A	1:43.64	1	1:05.51	1	42.32	1	3	TBD
5th	Skylur Jameson	P-A	1:43.81	0	1:15.18	0	43.73	0	0	TBD

Abbreviations: DNF - Did Not Finish DQ - Disqualified TBD - To Be Determined
 GM - Grand Master M - Master S - Senior I - Intermediate Jr - Junior
 Jv - Juvenile Mg - Midget P - Pony PW - Pee Wee TT - Tiny Tot

Racing Group 6 - Juvenile-C / Midget-B

Place	Skater	Class	777		500		333		Meet Points	Class Points
1st	Cindy Hsieh	Jv-C	1:43.20	1	1:05.51	3	57.59	5	9	--
2nd	Cheryl Nelson	Mg-B	1:42.32	5	1:06.33	2	58.29	2	9	TBD
3rd	Brandon Welty	Jv-C	1:42.68	3	1:05.19	5	1:01.64	1	9	--
4th	Jimmy Sayasne	Mg-B	1:43.00	2	1:07.02	1	57.96	3	6	--
5th	Skye Wheeler	Jv-C	1:43.56	0	1:05.80	DQ	1:03.23	0	0	TBD
6th	Peter Richardson	Mg-B	1:54.91	0	1:10.84	0	1:15.01	0	0	TBD

Racing Group 7 - Pony-B / Pee Wee-A

Place	Skater	Class	500		333		222		Meet Points	Class Points
1st	Lezleigh Jaworski	P-B	1:07.00	5	44.43	5			10	TBD
2nd	Sara Sayasne	P-B	1:09.57	2	44.68	3			5	--
3rd	Daniel Holloway	P-B	1:08.36	3	46.25	2			5	--
4th	Shaun Jameson	PW-A	1:14.21	1	48.14	1			2	TBD
5th	Jacob Cano	P-B	1:16.06	0	50.26	0			0	TBD

Racing Group 8 - Midget-C

Place	Skater	Class	500		333		222		Meet Points	Class Points
1st	Kevin Boryk	Mg-C	1:15.93	5	58.37	5			10	TBD
2nd	Jennifer Costanzo	Mg-C	1:33.53	3	1:00.23	3			6	TBD
3rd	Brian Mehl	Mg-C	1:45.18	2	1:10.17	2			4	TBD

Racing Group 9 - Pony-C

Place	Skater	Class	500		333		222		Meet Points	Class Points
1st	Randall Costanzo	P-C	1:17.65	5	53.82	5			10	TBD
2nd	Loren Somerville	P-C	1:25.06	3	56.65	3			6	TBD
3rd	David Sloan	P-C	1:34.75	2	59.98	2			4	TBD
4th	Grant Sloan	P-C	1:34.56	DQ	1:00.18	1			1	TBD

Racing Group 10 - Pee Wee-B

Place	Skater	Class	333		222		111		Meet Points	Class Points
1st	Megan Somerville	PW-B	1:13.44	5	49.28	5			10	TBD
2nd	Eric Costanzo	PW-B	1:13.65	3	50.55	3			6	TBD

Abbreviations: DNF - Did Not Finish DQ - Disqualified TBD - To Be Determined
 GM - Grand Master M - Master S - Senior I - Intermediate Jr - Junior
 Jv - Juvenile Mg - Midget P - Pony PW - Pee Wee TT - Tiny Tot

Gold Rush Challenge



December 31, 1995
Berkeley Iceland, 2727 Milvia
Berkeley, California
(between Ward and Derby)
(Olympic Size 100' X 200' Rink)



5:00 to 6:30 pm., Check-in: 4:00 pm.

*Distances skated: Seniors and Masters 1,500m, 500m, 1,000m
and 3,000 time permitting.*

*Juniors, Novices and Midgets 777m . 500m, 333m
Helmets, gloves and long sleeves required*

**\$15 entry fee, pre-registered (with ASU or NCSA membership),
\$10 Skaters 17 years and under (with ASU or NCSA membership)
\$20 non-ASU or non-NCSA members and late registration**

Send entries to: Paul Albert, 1616 Lodi St. San Mateo, Calif. 94401 (415) 345-8905

Entry and Release Form

In consideration of the acceptance of my entry in the above event, I hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against the Golden Gate Speed Skaters, Berkeley Iceland, the Northern California Speedskating Association, the Amateur Skating Union, its Agents, Officers or Members, for any and all injuries suffered by me as a result of my participation in said event. This also releases in advance the promoters and sponsors from and against any and all liability arising out of or connected in any way with my participation in said event.

IN WITNESS WHEREOF, I have hereunto set my hand and seal this day:

Applicant's Signature _____ Parent/Guardian if < 18 years _____ Date _____
Print Name _____ Age _____ Male _____ Female _____ 500m time _____
Association/Club _____
Address _____
(if new only) Street City State Zip
Birth Date ____/____/____ Home phone # (____) _____ alternate phone # (____) _____
For director only: Helmet # _____ Current NCSA or ASU member? _____ PAID- \$ _____