

The Inside Edge - Speedskating

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Link to GESS from:
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Speed Skating has produced more Olympic U.S. medals (75) than any other sport!

When we think of skating on frozen rivers it tends to conjure up images of Hans Brinker or the Silver Skates by Mary Mapes Dodge. Or, for some, the significant accomplishments of Eric Heiden (WI) or Bonnie Blair (IL), or maybe the speed and excitement of Apolo Ohno at the 2002 Olympic games.

However like most practical "sports", speedskating finds its archeological roots far back in time; in this case, with the Vikings who used crude animal bone skates to cross frozen rivers while hunting. Metal runners appeared in Holland around 1400 and began a form of canal transportation for the Dutch. The first all iron skates were from Scotland in 1572...and a sport is born.

Long track speedskating is conducted on a 400 meter oval, while short track is raced on a 111.12 meter oval track marked out on a 60 x 30 meter ice surface. At Center Ice® of DuPage the International surface is 60 x 30 meters or approximately 196.85 x 98.43 feet.

Racing counter-clockwise, with skaters attaining speeds of over 30 miles per hour, pads placed around the end board radiuses help protect the competitor from injuries when falling. The track is defined on the inside by blocks placed on pre-determined survey lines.

500m	4.5 laps
1000m	9.0 laps
1500m	13.5 laps
3000m	27.0 laps
5000m	45.0 laps



**CENTER ICE
SPEED SKATING**

At CID the "Intro to Speed Skating" class provides an initial experience to this sport.

The Chicago surrounding area has always been a hub of American speedskating. Depicting the speed skate in its logo, considering the Glen Ellyn Speed Skating team, Center Ice® of DuPage built the first 60 x 30 meter indoor ice surface in Illinois and has been home to GESS since 1990.

Glen Ellyn Speed Skating Club

The Glen Ellyn Speed Skating Club is one of the oldest and most respected speedskating organizations in the nation. Founded in 1937, the GESS has a proud tradition of introducing skaters from ages 4 to 74+ to the sport of speedskating.

GESS is a member of the ASAI "Amateur Skating Association of Illinois" and US Speedskating, with certified Level 1 and 2 coaches. The coaching staff works well with all levels of skill, from individuals first

learning speedskating, to those more advanced. Practices are geared to develop skaters for short track with the intent of meeting their peak performance/skills for future short track meets.

In-line skaters, hockey players, and cross-trainers from cycling, running, soccer, baseball, basketball, tennis and other sports are encouraged to try ice speedskating with GESS as it will benefit athletes when playing their other sports.

GESS has produced Hall of Fame Members, National and North American Champions, National Team, World Team, and 4 Olympic Team members.



Whether your goal is fun and fitness, or pursuing Olympic Gold, GESS and CISS is the place to begin speedskating!

Short Track Speedskating

Until recently, most of us have been exposed to Long Track speedskating through Olympic television coverage. Long track is skated on a 400 meter oval with two competitors on the ice racing against the clock, not each other. Races cover 500 to 10,000 meters. Pack style long track is skated in Canada and the United States, with up to six or eight skaters on the ice and adds the techniques and strategy prevalent in short track speedskating.

In 1992 Short Track entered the Olympics and the excitement of pack skating on a small surface captured the television audience. But it was 2002 that brought Short Track speedskating world-wide recognition.



Short track speedskating utilizes qualifying heats and races in packs, rather than against the clock as in long track events.

Without the hindrances of weather, the current speedskater is typically introduced to indoor short track at their local arena. The closest indoor long track is in Milwaukee, WI at the Pettit Center. So today's skater "grows up" with the pack style terms of drafting, burning out your opponents, charging the block, and compressing the pack. With speeds almost as fast as long track, more skaters on the ice, and with the cornering radius much sharper, the aerodynamic strategy of conserving energy and avoiding falls on passing and positioning become far more significant.

Consistent winning in short track goes to the smartest strategist ... not the fastest of the pack.

The Short Track Skate has higher ankle support and adjustable offset blades to the left (inside turn) to keep the boot from rubbing on the ice when leaning into the turn. Notice the left skate when compared to the right. Also, speed skates are stoned flat and de-burred, in a jig rather than the 3/8" or 1/2" ground hollow familiar to hockey or figure skaters.



Short Track Age Groups < July 1:

Tiny Tots	6 and under
Pee Wees	7 and 8
Ponys	9 and 10
Midgets	11 and 12
Juveniles	13 and 14
Juniors	15 and 16
Intermediates	17 and 18
Seniors	19 through 29
Masters levels:	30+,40+,50+,60+,70+

Glen Ellyn Speed Skating Club

Cooperative Program Benefits:

- The Center Ice® G.E.S.S. format allows you, or your skater, the flexibility to "tryout" speedskating in 12 week sessions ... a season that is convenient for you!
- Taught by the Glen Ellyn Speed Skating coaches, you receive expert coaching from your initial experience.
- Convenient class time prior to GESS team practice allows you to watch the team in action after your class.
- The track and safety padding is set up for your class.
- Minimal initial equipment required: knee pads, shin guards (soccer style), gloves, neck protector, long pants and sleeves, and a helmet (bicycle are ok). The GESS will loan/rent speed skates initially.



If you are interested in participating as a skater, or wish to help provide financial support, please contact us. www.glenellynspeedskating.org

91st Silver Skates 2008

A rich tradition in competition, Silver Skates was originally sponsored by the *Chicago Tribune* from 1917 to 1974 and was considered the preeminent speed skating event in the United States. In the 1920s and 1930s the *Chicago Tribune* Silver Skates experienced up to 60,000 spectators. The Glen Ellyn Speed Skating club's meet, more recently it was sponsored by Kemper and currently, the club itself. Since 1990 the Silver Skates has been held at Center Ice® of DuPage every October.



You can experience the technique, speed, strategy and excitement of the 2008 91st Silver Skates hosted by the Glen Ellyn Speed Skating Club at Center Ice® of DuPage, Saturday, October 25, at 12:40 p.m.

Racing tradition continues on October 25, 08 Experience the excitement!

Two 12 Week Classes 2008 / 2009

Glen Ellyn Speed Skating Team will offer an "Intro to Speedskating" class beginning Sep 25 ~ Dec 18, 08 and Jan 8 ~ Mar 26, 2009. Registration is through the GESS and the class will be taught by the Glen Ellyn Speed Skating Club coaching staff. The class in 07-08 was considered very successful.

Thursdays 6:50 ~ 7:40 p.m.

www.centericeofdupage.com



the Governing Bodies

U.S. Speedskating is the National Governing Body (NGB) for the sport of speed skating. A member of the United States Olympic Committee (USOC) and the International Skating Union (ISU), US Speedskating's mission is: To be the Premier speedskating organization in the world through excellence in Leadership • Development • Performance. Information is available at:

www.usspeedskating.org

The Amateur Skating Association of Illinois (ASAI) is the Illinois Affiliate of the U.S. Speedskating, NGB. Organizations, like the Glen Ellyn Speed Skating club and their skaters are members of the affiliate and the NGB. Team competitions are sanctioned by both organizations.



www.illinoisspeedskating.org