

Now We're Rolling

NorthShore Inline Marathon

Chuck Carlberg, Race Director for the NorthShore Inline Marathon (NSIM), gave me the following to share with club members:

If you sign-up for the 2005 marathon at this year's expo you will receive a \$5 discount plus a money back guarantee through March 31. This way, if you change your mind later on, you can cancel and still get your money back. You now have no reason not to sign-up early.

The NSIM needs volunteers! Please help recruit volun-

teers. The NSIM will donate \$500 to a volunteer group to be "course supervisors". This group will need to provide 25 adults from approximately 6:00 a.m. until noon. This crew will help close the roads, watch for traffic and keep cars off the course during the race. The group will need to designate a group leader/contact person. Each volunteer gets a cool NSIM volunteer t-shirt. Contact Chuck at 723-1503 if interested.

Please read the information in the race packet. There is lots of important stuff to

know ahead of time. Please start in the wave you are assigned to. This is primarily a safety issue. We need to group like ability skaters together. Race officials will know if you start out of your wave. If you are a top finisher in a category but did not start in your assigned wave, you will be disqualified.

If you have a 5 year pin coming it will be in your race packet. Contact the information booth if there is a problem. The 10 year pin for next year is being
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Northern Inline
Skaters:
Duluth/Superior

September
2004

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St. Paul Inline Marathon

The inaugural St. Paul Inline Marathon (SPIM) was a great success! The weather was terrific and a field of +1,700 skaters makes this race the best attended inaugural inline speed skating event in U.S history.

Minnesota Governor Tim Pawlenty skated this event and even found time to attend the Friday Skate Expo. It was a big occasion for us when the Governor stopped by our booth. Governor Pawlenty skated the marathon in a very respectable 1:43:55!

The club had 16 female and 26 male finishers for an astounding total of 42 finishers. Mary Jo O'Hara was the top club female finisher with a time of 1:31:09.77. Rick Abrahamson was the top club male finisher with a time of 1:20:12.03. Congratulations Mary Jo and Rick! Additional club participants, in no particular order, were; Lynne Webber, Maren Hagen, Gerry Vangen, Paula Siewert, Kris Schweizer, Barb Parks, Jill Lakhan,



Terry King with
Minnesota
Governor
Tim Pawlenty

Janet Kopp, Maureen Hulke, Kandi Hanson, Pam Graves, Ellen Buckho, Jeanne Block, Sharon Barrows, Laurie Ash, Richard Fliehr, Jim Hagen, Curtis Tesch, Terry King, Keith Svir, Rich Ward, Bruce Sandberg, Jake Peters, David Koch, Dick Schantz-Hanson, Michael Given, Bill Fuhrmann, Mark Baron, Rob Whiteford,

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2004 NIS Cup

The St. Paul Inline Marathon (SPIM) was the 4th in a series of 5 races making up the NIS Cup. The point standings after SPIM, leading into the NorthShore Inline Marathon, follow:

Female:

Rosalind Hauff, 49
Lynne Webber, 43
Maren Hagen, 40
Mary Jo O'Hara, 13
Leah Baron, 11
Tied at 10 points each; Gerry Vangen, Paula Siewert, Kris Schweizer, Barb Parks, Jill Lakhan, Janet Kopp, Maureen Hulke, Kandi Hanson, Pam Graves, Richelle Caya, Ellen Buckho, Jeanne Block, Sharon Barrows and Laurie Ash

Commentary: Roz missed SPIM due to a broken collar bone and with just one race left it's not certain if Roz's doctor

will release her in time to skate the NorthShore. If Roz skates it's going to be a tight finish between Roz, Lynne and Maren with Mary Jo in the spoiler role being in a position to take finish points away from Roz, Lynne and/or Maren.

Male:

Rick Abrahamson, 82
Richard Fliehr, 74
Jim Hagen, 71
Curtis Tesch, 70
Terry King, 70
Keith Svir, 56
Rich Ward, 45
David Koch, 45
Bruce Sandberg, 35
Doug Kelley, 27
Dan Mettner, 26
Jake Peters, 25
Keith Johnson, 25
Mark Baron, 23
Dick Schantz-Hanson, 20

Michael Given, 20
Bill Fuhrmann, 20
Tied at 10 each; Rob Whiteford, Jim White, Wally Vietmeier, Al Svir, Erik Riese, Jim Paczynski, Mike Oliver, Scott Myren, Tom McEvoy, Nate Hanson, Bob Cragin, Aaron Cragin, Steve Borough and Jim Booth

Commentary: With just one race left, Rick just has to finish to win the men's division NIS Cup. If he fails to finish then it will be a tight race between Richard and Jim.

I can now announce that the top female and male open category NIS participant will win a \$100 Bont gift certificate. These awards will be handed out at the Bont Sunday Morning Fun Skate which starts at 10:00 a.m. Sunday morning.



SPIM Finishers, L-R, Tom McEvoy, Richard Fliehr, Gerry Vangen, Kris Schweizer, Jim Paczynski, Jill Lakhan, Bob Cragin, Pam Graves, Bill Fuhrmann

Dedicated to promoting safe and enjoyable inline skating in the Northland

NSIM Course Report

The NorthShore Inline Marathon course is one of the best courses that you will have the opportunity to skate on. It is scenic, relatively flat, straight and smooth. However, there are a few areas that you need to be aware of.

In previous years, "tar snakes" caused problems for some at the start of the course. A tar snake is created when a crack in the asphalt is repaired. The crack is ground out to make it wider and deeper and then the crack is filled with tar. The tar seals the crack plus provides an expansion

joint. The tar snakes two years ago were new so the tar filler was very soft and sticky. The tar snakes have had two years to cure so now the tar filler is "rubbery" but not sticky. They can still cause a problem for skaters if you allow all 4 or 5 of your wheels to ride on top of the tar filler. You can cross the tar snakes at most any angle but never allow all of your wheels to ride on top of the tar filler.

Tar snakes can run across the roadway, in the direction of travel or at angles. The higher concentration of tar snakes run from the start and end at about mile 5.3. There will be tar snakes, to some degree, along the entire course. The tar snakes are in both lanes.

5.9 miles into the race you cross the Knife River Bridge. This bridge has two expansion joints. Several years ago Bob Cragin of Cragin Machine Shop designed and built metal "caps"

to cover these expansion joints and provide a smooth crossing. The caps are a great addition but a bit of caution is still

Perhaps the best part of the course runs from the RR Underpass at mile 6.7 to the Lester River Bridge at mile



19.7. London Road starts just after the Lester River Bridge. London Road is perhaps the roughest section on the course. It runs from mile 19.7 to mile 23.1 where the freeway starts. London Road has its fair share of cracks, bumps and man-hole covers.

At mile 23.1 you hop on I-35. I-35 is "grooved" to help improve traction for automobile traffic. The grooves aren't a problem other than it will cause

in order.

There is some "good news" for this year's race. New asphalt has been installed in the area before and after the Knife River bridge. At about 5.1 miles into the race new asphalt starts. This is about 8/10ths of a mile before the Knife River bridge. The new asphalt ends about 6.8 miles into the race, just past the railroad overpass. See the photos in this section.

your skates to vibrate.

From I-35 to the finish line the roadway is typical highway and city street construction quality.



Safety Reminder - When Skating, Always Wear Your Helmet, Wrist Protection and Other Protective Equipment!

SPIM—Continued

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Jim White, Wally Vietmeier, Al Svir, Erik Riese, Jim Paczynski, Mike Oliver, Scott Myren, Tom McEvoy, Nate Hanson, Bob Cragin, Aaron Cragin, Steve Borough and Jim Booth. Congratulations to All!



Rob Whiteford



Club Member Debbie Rice & Club Sponsor Glenn Koshi (Bont)



Your Complete Inline Skate Shop for Skates, Bearings, Custom Insoles, Maintenance and Repair



Northern Inline Skaters & the Ski Hut Proudly Sponsor:

THE TUESDAY NIGHT SKATE

Begins April 27th @ 6:00 p.m.

Munger Trail Head in West Duluth

This weekly skate is weather permitting, please call the Ski Hut @ 218.724.8525 for current details.



Northern Inline Skaters Receive a 10% discount on in-store skate and skate related items



E-mail

There is a tremendous amount of club communication that takes place using e-mail. If you don't have e-mail yet but have been thinking about it, maybe this is the reason you need to take the plunge. Also, if you do have e-mail but have not yet shared your e-mail address with us, please do so.

Club Information Privacy

We maintain a club roster showing name, address, phone number and e-mail address, if applicable. We share this roster and information with club members and sponsors only. If you don't want us to display your phone number, address or e-mail address, we can leave that off the published roster. Please contact me if you don't wish to have some of your personal information displayed to club members and sponsors. The club does not authorize in any way the use of club member information by a non-member or a non-sponsor business. If you have been solicited by a non-member or a non-sponsor business please let me know right away.

Northern Inline Skaters Club Records

Male	Hr	Min	Sec	Yr	Event	Female	Hr	Min	Sec	Yr
Rick Abrahamson		14	30.4	2003	Grand Old Day 8k	Lynne Webber		16	06	2004
Keith Svir		36	24.4	2003	Brainerd 1/2 Marathon	Mary Jo O'Hara		40	43.2	2003
Rick Abrahamson		41	23.3	2004	Big Granite 1/2 Marathon	Jayme Schriker		46	48.0	2001
Terry Holm	1	14	28.6	2003	Big Granite Marathon	Mary Jo O'Hara	1	25	38.0	2003
Rick Abrahamson		17	59	2003	Roll for the Roses 10k	Mary Jo O'Hara		19	40	2003
Gerry Kimmel	1	22	47.4	2003	Long Beach Marathon	Rosalind Hauff	2	00	03	2003
Andrey Zhuikov	1	20	04	2003	Thunder Bay Marathon	Mary Jo O'Hara	1	31	43	2003
Keith Svir	5	9	25	2002	Athens to Atlanta 86 Mile					
Roger Olson	1	40	59	2003	Cactus Classic					
Jim White	2	33	42	2002	Athens to Atlanta 38 Mile	Jodie Snidarich	2	51	56	2000
Andrey Zhuikov		50	24.1	2002	Ring Around Saturn Criterium					
Terry Holm		36	32.5	2003	Hoyt Lakes 1/2 Marathon	Mary Jo O'Hara		38	58.0	2003
Curtis Tesch		41	01.3	2004	Great River Roll 1/2 Marathon	Mary Jo O'Hara		41	03.3	2004
Rick Abrahamson	1	20	12.0 3	2004	St. Paul Inline Marathon	Mary Jo O'Hara	1	31	9.77	2004
Andrey Zhuikov	1	6	23	1998	NorthShore Inline Marathon	Mary Jo O'Hara	1	23	12.0	2003
Ron Rice		57	15	2004	Disney 1/2 Marathon	Tammy Svir	1	6	45	2003
Keith Svir	1	25	2	2003	Disney Marathon	Debbie Rice	1	30	06	2004