

[Page 94 - On the Road to the Canada Winter \(Part 2\)](#)

ISSUE : [Issue 44](#)

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SPEED SKATERS: (1) Patricia MacDougall; (r) Der? rick Kwindt, Eric MacIntyre, Kenzie MacDonald. rules about touching?) The rules about touching are to the discretion of the ref? eree that's standing there. But most of the time they won't take too much. See, the inside skater, the first one to the block (the turn), always has the right- of way. You can't touch him, you can't cut in front of him or anything--you'll be dis? qualified. Because he has the right of way. Just like a car at an intersection. So if you bump him in any way, and he has to stand up or something. Not even if he has to stand up. If you bump him--you're disquali? fied. No contact what? soever. (The referee) might be lenient once in awhile. But any bumping, pushing, shov? ing, any leaning-- he'll just disqualify you from the race. (You can crowd him?) Oh, you can crowd him. See, you can get right up on his behind if you want, just to let him know you're there. But you can't touch him.

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You can pass. You can pass all you want. As long as you don't touch him. You can pass, as long as it's a clean pass. Coming out of a turn is most of your passing. It's a certain way you have to do it. Okay, what I'll do--I make my de? cision that I'm going to pass him coming in? to this turn. So I'll come in back of him. (There's only 2 turns, each end--call them turn A and turn B.) I'm making my decision I'm going to pass him on turn A, coming into turn B. I come around the turn, I build up a whole lot of speed, then I'll slacken right off on the straightaway. Let him get the turn, and then burst into the turn. And by the time he's coming out of the turn, I have a whole



lot of speed coming right out of the turn. Then when he cuts in, I'll cut by him, and go right into the other turn. (Why isn't he bursting, too?) See, he's just skating. He's bursting. But I'm burst? ing more because--I'm holding off, then all of a sudden I burst--I burst right a- round the turn, whereas he's just going at a steady pace. I burst into the turn. I'm coming right behind him. I've got all this speed, he's only going--I just go right by him, right? (I would think that your speed forces you to go out wider.) Right. So that's why you back off. You back off, come wide, then you have a cut in, and you have a really good tight turn. Whereas he's coming out of the turn at a steady pace, you're real? ly bursting out of the turn, 'cause you have a great turn. You blow right by him. (And when you blow by him, do you blow by on the inside?) Yes. Most of the time. But if he hangs a really tight turn--it's called skating a tight track--you can't pass him on the inside. If you've got e- nough speed, no doubt you'll pass him on Earl MacKinnon's Furniture 6 Duncan Street 849-6547 GLACE BAY Proud to Be a Gold Sponsor of the Canada Winter Games, 1987 BretonToyota A Full Line of TOYOTA Products SALES LEASING SERVICE PARTS "Our people make the difference!" New Location: GRAND LAKE ROAD 539-8930 (94)