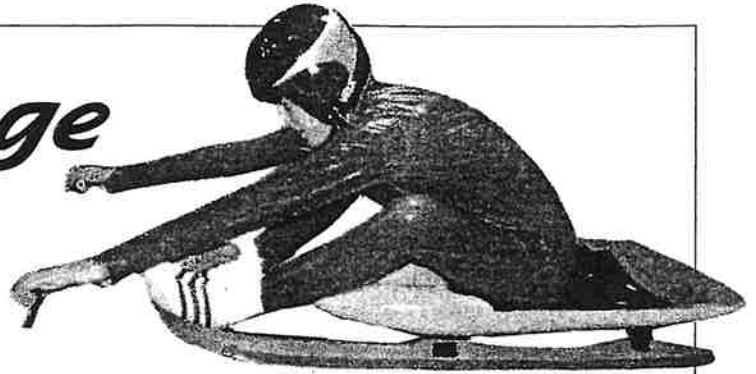


Adirondack Luge Club News



"On the Fast Track..."

Issue 1 Summer 2000

P.O. Box 131, Lake Placid, New York 12946

From the President's Dining Room Table:

As you know, the **Adirondack Luge Club** is strictly a volunteer effort. The founders of our club, **Jon and Gigi Jenkins**, began the club over 20 years ago. We've always had a broad membership base from coast to coast. Our club includes recreational sliders, National and FIL officials, National Team members, non-athlete club volunteers, in addition to serving as a recruitment base for the USLA to select future national team athletes. If any of our new members are interested in becoming National Luge Officials, the course will be offered in *Lake Placid at the Olympic Training Center, Nov. 10-12, 2000*. Information and registration can be obtained from **Beverly Detwiler** at the *USLA office (518) 523-2071 ext.107*.

I mentioned that clubs are the result of volunteer efforts. At the *National Luge Committee Meeting* in June, our Vice President, **Paul Otenti**, was recognized for his volunteerism by the USLA with the *Sam Venezia Volunteer Spirit Award*. I would also like to take this opportunity to thank **Mrs. Gay Rosen** for putting together our inaugural issue of the "**Adirondack Luge Club Newsletter**." We would appreciate input from our members to the newsletter. Luge stories or information that you would like to share would be most welcome. Since our members are so geographically spread apart this is a good way to get to know one another.

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The Role of Clubs in the

USLA

by
Ronald Rossi
Executive Director

I've often been asked about what role the clubs should play in the USLA. The question. Within the framework of the USLA's mission, we look for clubs to help support the sport as well as the membership they cater to. In a perfect world, our clubs, like the USLA, would be all things to all people. But this is not a perfect world, and such an idealistic goal is not feasible or even reasonable. While such a statement is certainly true for the USLA it is even truer for our clubs given the volunteer nature of their make-up.

In practice, each club of the USLA has developed differently depending

upon the membership it serves, and its proximity to either a natural track (**Marquette/Negaunee**), a shortened artificial track (**Muskegon**), a full length artificial track (**Salt Lake City and Lake Placid**) or even no track at all (**Rocky Mountain**). What is consistent is that each club has developed a great volunteer base to help support their programs.

While we will never direct a club as long as they are working towards supporting the mission of the USLA, we do hope the USLA's mission is foremost in each club's mind and understood by all.

It is our Mission, in the Spirit of the Olympic Movement, to provide for the Achievement of Excellence in the sport of Luge, with the highest degree of Sportsmanship and Victory as the standards. We shall recruit, Develop,

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Train and Support Dedicated athletes so they may represent themselves and the United States of America, with Honor, in all Luge competitions.

When a club seeks advice from the USLA we first point them in the direction of the word "*Recruit*." Our efforts in this area are extensive, but broad-based, which, unfortunately, means we miss people. A well-

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President's Message

Continued from page 1

Speaking of getting to know each other, the weekend of July 22 & 23, 18 athletes participated in an **Adirondack Luge Club** Start Clinic at the USLA York Facility. Many athletes were accompanied by their families who either watched the club activities or did the "tourist thing" with the ESPN Outdoor Games that were in town. Our athletes ranged in age from 8 years old to 65 years old. It was a true club clinic where our coaches, **Ashley Hayden** and **Paul Otenti**, met the needs of the first time slider as well as our Master sliders, and also worked on improving

Attention!



To those sliders who travel with the USLA each year - You are away from home. The teachers have been next to impossible with first not giving you any work, and then "piling it on" at the last minute. How will you get it all done - and on time? How will you study, and obtain good marks on your Regents and/or other Exams? Perhaps the teachers have been absolutely wonderful, supportive and yet you still, as a student, have to do the necessary homework, pass all exams and do well in school..... You are dedicated to the sport of luge, and apply yourself the whole season to the sport, and yet you know you must also do well in school

This is for you! For those

Adirondack Luge Club members who are conscientious and not only accomplish all school work when faced with insurmountable odds, and who also fare well in their year-end exams, please let us know. We are also proud of you, and if you succeeded in your exams and obtained over a C+ in all subjects, please let us know (by mailing us a copy of your last report card), and we will print your name in the next newsletter as an **Adirondack Luge Club** Exemplary student!

Important Web-sites and other Info!



<http://www.USALuge.org> - USLA Web-site
www.slc2002.org/ - Salt Lake City 2002 Olympics site
<http://www.torino2006.it/> - Torino 2006 Olympic site.
www.parkcityinfo.com - Chamber of Commerce Convention and Visitor's Bureau - Park City
www.lakeplacid.com - Lake Placid Visitor's Bureau & Tel. # is (518) 523-2445

the skills of our national team athletes. We had friendly start competitions. Our "Master" division which really meant anyone over 14 years old, actually had a true master slider, **Bob Long**, coming in third with **A.J. Rosen** taking second and **Mike Curci** coming in first place. The "Junior" (8-13 years old) division had **John Daly** in first place, **T.S. Connor** in second place and **Mark Schmidt** in third place. Everyone seemed to have a great time and went away with prizes, a club t-shirt, and enough exercises to do off ice to make sure that they are in top physical form when the sliding season begins.

"The Role of Clubs" by Mr. Ronald Rossi

Continued from page 1

organized club can go a lot further than we can on a more local basis towards recruiting new athletes into the sport.

The second word we point them to is "competitions." Competitions are clearly a cornerstone of our sport, but in order to run good competitions we need great officials. In some respects, the officials have as tough a job as the athletes. They work for free, often in very intolerable conditions; all for the satisfaction that comes with seeing our athletes excel internationally. The USLA tried its best to support these volunteers but knows it can't do it alone. A club, with a focus on volunteer/official support, goes a long way towards making the officials feel appreciated in the jobs they do.

The club structure is often the first point of contact for an athlete interested in getting involved in the sport. It bridges the gap from recreation to National Team, when an athlete often needs a "home", or a sense of community, before making the jump to the elite level. The clubs have played and will continue to play an increasingly vital role in the success of the USLA!

The club sliding schedule comes from the USLA and should be available to us by November. If it is distributed earlier, I will, of course, send it to you immediately. Remember you must be a member of the USLA and have a current USLA Waiver, USLA Code of Conduct, and USLA Physical Form on file for the July 1, 2000 - June 30, 2001 luge year at the USLA office if you intend to SLIDE this season. These forms can be submitted directly to the USLA.

See you ".....on the fast track."
Carolee Heller

The ADK Luge Club has Birthday Wishes for:

August:

Chris Young
Dr. J.P. Saleeby
Brian Fraczklewicz
Tyler (T.S.) Connor
Caitlin Rumlill
Bob Long
Ted Minda

September:

Mark Schmidt
Joseph Mortensen
Peter Trellin

November:

Anastasia Young
Erin Hamlin

December:

Cassandra Vogel
Jason Roberto
Mark Christensen
Robert Roberson



WOW

or

WATCH OUT for OUR WEB-SITE!

Due to the hard work of **KRISTEN** and **EMILY Otenti**, we will soon be having our very own web-site. Rumor has it - it will look and be great!

Adirondack Luge Club

Officers

Phone (518) 523- 1536
E-Mail-ADKLugeClub@Juno.com
President - Carolee Heller
Vice President - Paul Otenti
Treasurer - Philip Heller
Secretary - Tracy Heller

THANK YOU U.S.L.A. for both helping us and allowing us to use your facilities for our Start Clinic 2000. Thank you Ashley Hayden - you were great! Carolee Heller -President



**Paul Otenti - ADK V.P
has been busy!**

For those members who have not yet heard, **Paul** who is from Franklin, Massachusetts, was recently named by the USLA as being a recipient of the prestigious **Sam Venezia Volunteer Spirit Award**. It was the first time in history that this award was given to two people. **Vicki Hanson** (from Ishpeming, Michigan) being the other. **Paul**, who was introduced to luge in 1996 while he was vacationing in Lake Placid, has become one of the USLA's most active volunteers. **Paul** may be a full-time firefighter in his community, but he has also become a Level One USLA Coach and has participated in the USLA Coaches' Summit while also serving as an Assistant Coach during screening camps in both Lake Placid and Marquette, Michigan. In addition to coaching, **Paul** has also become a National and International Level Official, competed in the Master's National Luge Championships and was instrumental in bringing the Bell Atlantic Junior Luge Series to Ashland, Massachusetts for the first time last summer.

The following is an article that **Paul** wrote after he visited Marquette, Michigan this past January.....

NATURBAHN
by
Vicki Hanson

Hello Luge friends! I have been asked to write a short report for your newsletter about *Natural Track (Naturbahn) Luge*. In Marquette, Michigan, approximately 10 years ago a dedicated group of volunteers and lugers got together. They built a hill in Marquette and later in Negaunee, Michigan. This hill is 810 meters long with 29 curves. It is the only FIL sanctioned Natural Track Hill in North America. Our sport is somewhat different than Olympic



NATURBAHN NEWS

by
Paul Otenti

I had the opportunity to spend two weeks in January in Marquette, Michigan with Naturbahn Coach, **Cheslav Shumilov**, and assist him in conducting a screening camp with fifteen 10-12 year old athletes. This was my first experience with natural track luge and it's an experience that I won't forget. Natural track luge or *Naturbahn* is practiced on ice tracks with flat turns that have wooden walls to prevent you from flying off into the next county. To steer, sliders are in a reclining position and use a combination of their hands, feet and reins. They also lean their body to assist in the steer. Braking is necessary in this discipline in order to get through some of the curves. To brake, the slider sits up, plants his spiked shoes on the ice and pulls the rein that is attached to the kufens, to his chest.

The *Lucy Hill Track*, the only one of its kind in the U.S. is in Negaunee, Michigan, about a 20 minute drive from Marquette. The track has 29 curves, each named for a nearby iron ore mining location (the Marquette area is known for its' mining of iron

style Luge. It is an open Natural Ice Track (built by volunteers in the wee hours of the morning on **really** cold nights). As Paul mentioned, the Lucy Hill Track has an average decline of 11% with the steepest area of decline at 23.8%. It has a vertical drop of 88 meters, and is lighted with 36, 1000 watt halogen lights for night sliding . Our program has athletes from as young as three years old. Our athletes train all year round either on "wheeled" sleds with a ramp or on the ice and snow. The coaches **Cheslav Shumilov** and **Yuliya Subbotina** are great with the athletes. We are very proud to have them.

Continued on Page 6

ore). The track's average decline is 11% with the steepest decline at 23.8%. The track is 810 meters long, has a vertical drop of 88 meters and is lighted with 36, 1000 watt halogen lamps for night-time sliding.

The young athletes were at the track each day and sometimes twice a day. They were taught the mechanics of steering and braking. Then they were started from the bottom of the last hill. Traffic cones are placed on the track for the athletes to steer around and practice braking. Once the athletes can handle the speed from this location, they are moved up to the second gate, about midway up the hill. There they perform the same steering and braking maneuvers. Then Coach **Cheslav Shumilov** demonstrated a hip-check maneuver, and had the athletes practice it. This maneuver is used for steering and to get yourself out of trouble, meaning to keep yourself off the boards. As the athletes got more confident and demonstrated control of their sleds, they were

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MIND OVER MATTER
by **Dusty Grant**
Development Coach

We participate in a sport where we spend only a small portion of time on a sled. Thus, I believe, it is helpful to consider our sport during off-ice activities.

It's extremely important for an athlete to be able to control his or her emotions. Whether it means calming oneself down during road-rage conditions on the highway or getting psyched up to walk or bike up a steep hill. **A person's attitude is reflected in their ability to deal with the problem at hand.** Most importantly, an athlete needs to be *aggressive*. You must go after every goal with 100% effort, especially training! At the same time, always keep confidence and patience at your side. **Dusty**

The Adirondack Luge Club -

Member Profile

J.P. Saleeby
(Savannah, Georgia)

How did I get interested in Luge?

Prior to medical school I was always glued to the TV watching the winter Olympic games. Of special interest, were the sports of Luge and the Biathlon. When I was studying anatomy at medical school (spending many hours in a window-less room) our only distraction was some TV piped into the anatomy lab, and so in the early 1980's we watched US hockey team games, luge and bobsled while we dissected our cadavers. A classmate and I made a pact that when we graduated we would participate in doubles luge. Well in 1998 we made plans to attend the ADK Luge Club camp at Lake Placid. I bought my tickets and packed my bags. My friend however, chickened out at the last minute. So there I was up in Lake Placid, the only participant hailing from south of the Mason-Dixon Line, a true fish out of water. One thing was for sure, I did turn heads when people found out I was from Georgia. Their most common question was "Does it even snow in Georgia? Well, not in

Savannah but I was so inspired by this sport that upon returning south I spent the "off-season" in training.

Why was I so inspired? We had the best coach for that group. **Adam Heidt** inspired us all to give it our best shot, beginners and seasoned sliders alike. For me this was the first time on a sled, and the first time sliding on my back on ice. I had competed in collegiate swimming in undergrad and felt this would be a piece of cake. Not the case, I sure do have a lot of respect for the strength, concentration and skill needed to move that sled down the track. I have not yet completed a full run (missed last season because my wife and I had our first baby), but I am making plans for getting on the ice this season. I also wanted to best my start physical testing than I had done in '98, so I got involved in an intense training program with a personal trainer to develop upper body strength and lose some body fat. I look forward to participating in the start clinic this July. **J.P.**

(Editor's Note: J.P. has practiced Emergency Room Medicine for the past nine years, but his real interest is in prevention.. Longevity medicine is a relatively new subspecialty of medicine and focuses on prevention

and extending the quality of life of his patients. J.P.'s particular interest is getting the young involved, and educated about prevention and on some programs suitable for them. J.P. feels that young athletes will certainly benefit from some of the program's short-term effects of athletic enhancement as well as long term effects of reducing the degenerative diseases and injuries common to elite athletes).

Further note: *Did J.P. beat his previous start time? J.P. felt that by training prior to the Start Clinic improved his overall strength assessment, and that his starts were improved. However, his starts were better in the morning than in the afternoon when fatigue was setting in!*

J.P. also felt that Ashley added to the knowledge imparted by Adam Heidt at the earlier clinic. Ashley was both fantastic and personable with her fund of knowledge and advice just adding to an already great program)

Member Profile

Chris Young
(Merrick, Long Island)

8 year old Chris Young (who will be 9 on August 21st), is our youngest member and one of the most enthusiastic! Chris loves the sport of luge and everyone who was present at the July Start Clinic would agree that Chris showed great determination, stamina and enthusiasm for the sport. Chris's favorite snack is apples, attends the Birch School in Merrick, Long Island, and in addition to luge loves ice hockey. He eats the apples to keep healthy!

Word to Coaches: Be on the look-out for this intrepid slider!

ADK Luge Club Newsletter -

Editor : **Gay Elizabeth Rosen**

Please submit articles, queries,

advertisements to:

259 Paine Avenue, New Rochelle,
New York 10804.

(914) 632-1105 and email is

MRosen23@aol.com.

Officially Speaking

by

Gigi and Jon Jenkins

(Gigi and Jon Jenkins ran the ADK Luge Club for practically 20 years, helping train 7 Olympians, and basically in the early days ran the club out of a deli basement! Both Gigi and Jon are now officials, still following the sport, and still hoping for that Gold Medal for the U.S.A. We are honored to have the two people who through their love of the sport of luge, became so instrumental in those early days, and who will be joining us for each newsletter sharing

some humor, timely pieces of information and simply good advice!

Next time you are in Lake Placid, why don't you pop in and say "hello" to Jon & Gigi at their "Christmas Shop" on Main Street).

GIGI

Hi!

As a way of introduction, I'd like to say that I began in the sport of luge in 1976 as an athlete, earning my way to the National Team. I was a forerunner in the 1980 Olympics here in Lake Placid. I then began coaching and became an International official



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Staying Centered

in 1982. I've worked as a team manager a few times and have assisted in teaching officials' courses for many years. I am very proud to say that I've been selected to be the **Assistant Race Director for the Salt Lake City Olympic Games in 2002.** I tell you all this, not so much to pat myself on the back (though it does feel good), but to tell you I've been there.....done that!

Now, what I would really like to address is my pet peeve with young athletes. **You**, and **you alone** are responsible for your sled, your spikes, your weight vest, etc. **Not** your father, **not** your mother, **not** your friend and certainly **not** your coach! Before race day, you should ask any one of those people to help you check your equipment. Using a proper gauge, if your spikes are found to be too long, you make sure they are filed down and then re-check with a gauge. Weigh your sled, if it's too heavy, ask one of those people I mentioned to help you to trim off some weight and then you make sure it's weighed again. (Don't forget, snow and water from the track can add weight; leave room). On the race day, the first thing you should do when you arrive at the track is to dress and check your body and additional weight (use the slip that was given to you at weigh-in). If you are over, fix it then, before the race. Then you should relax and prepare for your run.

I always feel very bad disqualifying an athlete because of a crash where a piece of equipment is lost on the track. I feel just as bad if an athlete loses his sled before the finish and I have to tell him he's disqualified. But, I have very little sympathy for the guy who has a long spike, or an overweight sled or weight vest. The excuse is always the same (1) "my father didn't have time to fix it." (2) "I told my coach to check it." (3) "No-one told me to do it..." or (4) - same things in different

words. It's okay to ask for help before the race, but no matter what your age, your size or your ice experience, **YOU** are ultimately the person responsible for all of those things. So, take charge of your luge career, you will gain the respect of all the other people involved in the sport and you will avoid what I think of as **DUMB D.Q.'s.**

Good luck and have fun, *you are in for the adventure of a lifetime. Gigi*

Officially Speaking - Jon Jenkins

"Since I'm an old f**t among the International Judges, I've got more junk in my head than a barber at a school for hyper-active children."

First with a quiz with an ample reward:

- (1) *Who was the first man to slide the old track?*
- (2) *Who was the first man from the men's start?*
- (3) *What apparel was Ty Duncos wearing driving his most famous run?*
- (4) *Who was the youngest athlete on the old track?*

If anyone can answer all 4 questions I'll pucker-up to their posterior in the front window of the E.M.S. Store at noon on the Fourth of July!

In the following columns, I'll bring you up on the history of luge in the U.S. whether you want it or not. I will leave you with one juicy one - a legend of luge by me - **Bullet Bob Hughs**, the only person other than I who could quote chapter and verse, the foibles of old because he lived them. We're sorry he went to greener pastures of work but while he was with us, he himself shaped the future of U.S. Luge. "**Come back Bullet - we hardly knew ye!**"

Send answers to the quiz to:

Haus Jenkins
(Housing for Lugers and Serious Thinkers).
64 Main Street
Lake Placid, New York 12946

P.S. "Luge Housing" is my unabashed plea for people to stay at our house for their sojourn.

P.P.S. Shut up and slide! **Jon.**



Did you have a great season? Was there an article written about you and your luge accomplishments in the local newspaper? We are *family*, and we are *proud* of you too! Send us a copy of your article, and we will try our best to publish same in the next newsletter.

Development Team Night at the O.T.C.

What happened on August 13th? It was a full moon. Well, yes it was actually - but it was also the first **ADK Luge Club** Development Team Night at the O.T.C. Four fearless teams faced off in a daring blue suited relay race that involved balloons and shaving cream! The event involved group strategy, cooperation and realizing that we can all look a little silly sometimes and yet have so much fun. The athletes made their own ice-cream sundaes, and all hugged **Paul Otenti** in appreciation for the event - while they were still covered in shaving cream! **Carolee** brought the ice-cream, **Emily Otenti** video-taped highlights for our upcoming web-site, and **Betsey Otenti** (who chaperoned a Development Team Camp earlier in the summer) was on-hand to help as was yours truly. **Carolee** gave out club stickers, and spoke about the club as did **Paul** and myself. Truly a group effort and one we hope to have again next year.

A decorative graphic for "Lugeman Videos" featuring a stylized luge sled at the top and a film strip border. The text inside reads:

Did you say VIDEO?
LUGEMAN VIDEOS
Proudly presents his homemade version of the July 22nd/23rd Start Clinic 2000. Videos are now available for \$10 plus \$2.50 to cover cost of tax and shipping. Please send (checks only) made payable to **ADK Luge Club** tp: 259 Paine Avenue, New Rochelle, N.Y. 10804. Att: Gay

Naturbahn News

by
Paul Otenti
Continued from page 3

moved to to the top of the last hill. Now they had increased speed and a real turn to negotiate. This sliding area encompassed Turn 29 "Wheeling" and the long down hill straight.

Once the athletes mastered this section of the track, Turns 27 "Chicago" and 28 "New York." The athletes started at Chicago, went straight down hill, applied the brakes, steered through New York and would brake and stop before entering Wheeling. The athletes practiced this for a couple of days, and then they were ready to connect both sections. The athletes practiced the run starting from Chicago and finishing at the finish. On their last day, they raced against each other in guest class, starting from Chicago. Some bumps and bruises were collected by each of the athletes, with some athletes leaving their mark on a board or two. All in all, the young athletes had a good time and did a great job learning *Naturbahn luge*.

I had an opportunity to try my hand at Naturbahn under the tutelage of **Fred Anderson** from the *Marquette Club*. This sport is something else. You are very active on the sled, as opposed to *Kunstabahn*. You lie down flat on the straight, sit-up to brake to enter a turn, lean to the right with your right arm outstretched, left leg pushing on the kufen and pulling your right rein in order to steer around a right-hand curve. You do this all the way down the track, brake, turn left, turn right, brake-turn-brake-turn-lie flat-brake-turn-all the way down the track. Very intense sport. Oh yes, I left my name on a couple of boards also.

My thanks to **Fred Anderson**, and **Doug Swartout**, who coordinated the screening camp and kept the athletes

busy with his Disney trivia and **Coach Cheslav Shumilov** for tutoring me in this discipline of luge. Thanks also to the members of the *Marquette and Negaunee Luge Clubs* for their hospitality over the two weeks. So, if you want to give *Naturbahn* a try contact *Negaunee Luge* and *Marquette Luge Association* at P.O. Box 931, Marquette, Michigan 49855. Phone #(906) 475-Luge, or Doug Swartout at (906) 227-2887. - **Paul**

History of Luge

Information Compiled by
Tracy Heller

The word "luge" comes from the French word for "sled." The sport began in the alpine countries of Europe and is known as "rodel" in German speaking countries.

References to sled racing first appeared in chronicles from *Norway* in 1480 and the *Erz Mountain* area in 1552. The first international luge competition took place in 1883 at the Swiss resort of *Davos*. The race was organized by a group of hotels and 21 countries were represented in the competition. The road from *Wolfgang* to *Klosters* served as the track (4 kilometers or 2.5 miles).

The International Bobsled Federation administered all ice-track sports, including luge, at the turn of the century. The *Federation Internationale de Luge de Course (FIL)* was founded in 1953 as the governing body of luge. Luge was inaugurated as an Olympic sport at the IX Olympic Winter Games in *Innsbruck, Austria* in 1964.

The first members of the U.S. Olympic Luge Team were American soldiers stationed in Europe at the time. The U.S. didn't have a formal program because it was still emerging as a governed and formal sport.

A small number of athletes in the U.S. expressed an interest in luge and began training in the 1932 Olympic

Bobsled Run in Lake Placid, N.Y. American sliders remained relatively unknown for the next few decades due to the lack of formal national organizational support.

The United States Luge Association (USLA) was founded as the national governing body. Its' inception was around the same time as the construction of the first refrigerated luge run in 1979. In addition, a national network of luge clubs and recruiting programs have helped develop the sport in the U.S.

NATURBAN

by
Vicki Hanson
Continued from page 3



We also work together on fund-raising events all year round. Our races through the winter have been sponsored by local business, our raffle has been productive to help offset the cost of hill maintenance and program fees. We also hold car washes, Luge demonstrations with the wheel ramp and open to the public trial sliding on the ice. We also have a training camp through the U.S. Luge Association for the Bell Atlantic Wheel Clinic athletes. We do this in conjunction with the *U.S. Olympic Training Center* in *Marquette*. We host International races also which help our local community and they in turn help us.

We welcome **all of you** to come to Michigan to try Natural Track with us. **Paul Otenti** has tried it - and he liked it. It's now *your* turn. You can contact me at Nickibicki@aol.com, or **Fred Anderson, Marquette Luge (906) 226-6006** or **Jessica Schultz** at jeschult@nmu.edu. *Come See Us!!!*

Editor's Note: *Vicki is a dynamo! In just speaking with her, she is so focused on the sport and on advancing the program through fund-raising and other activities that it was truly a pleasure speaking with her. Vicki has two jobs, and has no children involved in the actual sport. She truly deserved the Sam Venezia Volunteer Spirit Award (as did Paul). Thank you for your time Vicki!*



Food for Thought



You have powers you never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do except the limitations in your own mind as to what you cannot do. Don't think you cannot. Think you can.

- Darwin P. Kingsley

The following recipe is great as a pick-me-up, light snack for athletes, or lunch for those who exercise but are watching their weight!

Pasta with Leeks and Artichokes



- 2 tablespoons of oil (divided)
- 4 cups thinly sliced leek (about 4 large
- 1 (14 ounce) can quartered artichoke hearts, rinsed and drained
- 1 teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon of salt
- Dash of black pepper
- 4 cups cooked gemelli or fusilli (about 8 ounces uncooked short twisted spaghetti)
- 1/2 cup chopped fresh parsley

1. Heat 1 tablespoon olive oil in a large nonstick skillet over medium high heat. Add sliced leek, and saute 10 minutes or until tender. Add artichoke hearts, and cook 1 minute.
2. Combine 1 tablespoon oil, lemon rind, lemon juice, salt, and pepper in a small bowl, and stir with a whisk.
3. Combine pasta, leek mixture, lemon juice mixture, and parsley in a large bowl; toss gently to coat, Yield: 4 servings (serving size: 2 cups).

CALORIES 368 (20% from fat); FAT 8.1g (sat. 1.0g, mono 4.0, poly 1.2g); PROTEIN 11.1g; CARB 65g; FIBER 3g; CHOL 0mg; IRON 5.5mg; SODIUM 419mg; CALCIUM 110mg

The **ADK** Lugeman says that this is great for those who luge, who watch someone who luges, or are related to someone who luges (The **ADK** Lugeman says that it's healthier to drink fruit drinks than it is to drink soda..... So, here is a healthy alternative to soda :)



Sparkling Strawberry Lemonade



- 3 Cups quartered strawberries
- 1 cup of cold water
- 1 tablespoon of sugar
- 1 (6 ounce) can frozen lemonade concentrate, undiluted
- 2 cups of sparkling water, chilled

1. Combine the first 3 ingredients in a blender, and process until smooth. Combine strawberry puree and lemonade in a pitcher, and stir until lemonade dissolves. Add sparkling water; pour over ice. Yield: 6 servings (serving size: 1 cup).

CALORIES 82 (3% from fat); FAT 0.3g (sat. 0g, mono 0g, poly 0.2g); PROTEIN 0.5g; CARB 20.8g; FIBER 1.9g; CHOL 0mg; IRON 0.5mg; SODIUM 2mg; CALC 13mg

It's still healthier to drink milk!

Did you know that 1 cup of fat free milk contains the following: (based on a person's average intake of 2000 calories per day) 80 CALORIES, PROTEIN 8G, AND CALCIUM 30% Fat 0%, SODIUM 130mg, CARBS. 1.2g

WANTED

Your help for our upcoming raffle to raise money for equipment. If you have gifts you would like to donate, or if you would like to become involved in helping Carolee put together the raffle, please contact her at (518) 523-1536 or at ADKLugeClub@Juno.com

HELP

Attention all future reporters

This newsletter contains the editor's ideas - However, this is a newsletter about *you* and for *you*, and should be reflective of *your* ideas also.

Please send suggestions, and articles to me prior to the next issue which we hope will be in November, and appropriate credit will be given to those who assist and help.

Thanks -Gay

HEIDI HOLDERIED, CHA
Owner/Manager



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MEMBERSHIP INFORMATION

If you are interested in sliding down the new luge track at Mt. Van Hoevenberg under the guidance of *Olympic Training Coaches* then the **Adirondack Luge Club** is for you! Being a member entitles you to special sliding privileges, opportunities to slide in upcoming races and other exciting events. If you feel that you want to be - *on the Fast Track* - then call Carolee Heller at (518) 523-1536.

Adirondack Luge Club News
c/o 259 Paine Avenue
New Rochelle, New York 10804

On the Fast Track.....

FORWARDING & ADDRESS CORRECTION REQUESTED