

# *Adirondack Luge Club*

## *February "Luge Flash"*



This is a supplement to the *Adirondack Luge Club Newsletter*

February 2001

P.O. Box 131, Lake Placid, N.Y. 12946

### A Message from our President - Carolee Heller

A midseason "Luge Flash" to notify you of our annual meeting. If you have any topics you would like discussed at the meeting, please email me. The minutes will be published in the spring edition of our newsletter.

Our web-site is up and running again. Thanks to the *Otenti* family.

There has been a great deal of member dissatisfaction with the lack of club sliding this season. Your frustration is shared by club and the USLA. We used to have 40-60 days of club sliding per season when we had a luge only track. Those days might not return because we share a track with bobsled, skeleton, and tourist rides. *ORDA* allots the time, so if you want to see changes let *ORDA* know. Plans for a more productive season next year should begin as soon as this season ends. Use snail mail and write to: Tom Colby, Olympic Sports Complex Manager, Olympic Center, Lake Placid, New York 12946. Individual letters will have more impact and stress the economics of bringing your families, hotels, restaurants, shopping, etc. Our members contribute a great deal to the economy of the region.

**RAFFLES, RAFFLES, RAFFLES. SELL, SELL, SELL. Only \$256 so far. HELP! HELP! HELP!**

Please email me once again to confirm if you want to slide March 14th, 15th, 16th. - [adklugeclub@juno.com](mailto:adklugeclub@juno.com)

*See you on the 24th - Carolee*

### SLUMP BUSTER

Sooner or later *every* athlete falls into a slump. These bad streaks can last a long time and it would be nice to find a way out of it. Well, this article will point the way for you, *so listen up!*

You should know that all athletes have the occasional bad season. It's how you interpret it that counts. In my last column, I talked about how patience was a key factor to making a good run. If you interpret a weak start as disaster you start to press which leads to tension and even accidents. Patience after a mistake is crucial.

This goes for your reaction to your entire season as well! As an athlete progresses up the ranks, the competition gets tougher and tougher. It is inevitable that you are going to have some disappointments along the way. It is important not to get down on yourself when this happens. It is common for great athletes to be perfectionists. This means they get very angry with themselves when they lose. The problems then get worse for them. Rather than accepting a defeat or a bad season as unimportant, some athletes get angry, start to make strategic changes, press far too much, and before you know it they are lost. They become tense, reckless lugers who start to have accidents. *There is your formula for a slump.* When they start down this track they usually wind up with no confidence and even think about quitting the sport they love so much.

My advice to the athlete that feels angry at their performance is to *relax*, go to a coach who has the time to listen and start to talk about it. Get some encouragement for yourself. Above all, you do not have to make any changes. You often don't need to change equipment or strategy. Get back to thinking highly of yourself. Think about all of your great achievements in the past. Get in touch with your confidence. Make a promise to relax during your runs again. The key to analyzing a bad run or a bad season is to never get down on yourself. Start to focus on what you are doing that is right. Hang around people that pump you up. A slump happens when you start to actually believe that you are doing things wrong. An occasional bad run happens to the best of them. Commit to a more positive view. Learn to forgive and learn to forget! If you do so you find that your "bad season" was nothing but a figment of your imagination. **Dr. Tom Ferraro**

*We were very privileged to have Dr. Tom Ferraro address our athletes in our recent winter newsletter, and we are proud to have him return for this newsflash. With the seeding races, the World Cup Races and the Empire State Games on the horizon, Dr. Ferraro hopes he can help all athletes achieve their individual goals. As mentioned in our last newsletter, Dr. Ferraro has been a consultant to professional athletes in the field of golf, figure skating, baseball, hockey, boxing and tennis. He has his own radio show each week on WGBB called "Athletes on the Couch," and he is a popular guest on sports radio and television shows. For workshops, consultations or answers to any questions, call Dr. Tom Ferraro at (516) 248-7189.*

*Dear Members,*  
*You are cordially invited to be at the*  
**ANNUAL MEETING TO BE HELD AT THE OLYMPIC TRAINING CENTER,  
 SATURDAY, FEBRUARY 24TH At 7:00 P.M.  
 ELECTIONS TO BE HELD FOR OFFICERS**

**More Sliding, More Sliding, and  
 More Sliding....please....**

That was the consensus when a questionnaire was recently mailed to some members who were club sliding at Mt. Van Hoevenberg over the Holidays. Here were some of the comments made by some members:

**Mark Christensen**, age 14 who has been sliding for 2 years and comes from Holliston, Massachusetts, stated: "I lugged for three days. It was fun. You get lots of speed. **Duncan and Dusty** were good coaches. I learned how to go through the straightaway without hitting the walls. It also helped on Thursday, December 27th, when we were sliding in the morning and afternoon. I think that helped me improve. It was a great experience!"

**Will Kavanagh**, also 14, has been sliding for 4 years and comes from Newton, Massachusetts, mentioned: "While it was a long way to travel to slide - it was worth it just to try out the new track."

**Jason Roberto**, from Londonderry, New Hampshire, will be attending a training camp in March has been travelling everywhere for the sport. He first became interested with the laser luge sled, then attended a wheels clinic, and was selected to go Marquette, Michigan for a training camp, and after another try-out this past summer will be attending a training camp in Lake Placid in March. What were his comments? "I thought the sliding was good, and the tips that our coach, **Duncan**, gave were very helpful. Also, having extra start practice helped me improve my starts."

**Ted Elmendorf**, 45, who has been sliding for 2 years first became interested in luge through his boys who were involved in the Friday Night Program, along with many others from his neighborhood in - guess where - Lake Placid. One ride was all it took, and Ted was hooked! Ted's experience? "I met some nice folks, I learned a lot, rode a great track and had a blast in general. The hill is super, fun and challenging. The coach geared the program to the ability of the slider. - If I can help you at the track, please call!"

**Peter Trelin** who hails from New York is 52, and has been sliding for 2 years. commented "Unfortunately, I first started sliding the year the old track was torn down."

*I first started watching the Winter Olympics on T.V., visited Lake Placid on a long weekend with my late wife, who encouraged me to pursue my dream of trying luge. **Duncan and Dusty** did an excellent job with us at the track, and needless to say now that we have a track, the program is getting better. **Paul Otenti** does an excellent job as Vice President, and the coaches were very understanding of the needs of recreational sliders. **Duncan** coached me on proper start positioning - after I crashed big time the first time down, and after that I did much better. **Dusty** was very instrumental in showing me the proper size sled to use, which made the experience much more comfortable. I found the track to be greatly improved over the old one. I had my doubts about continuing to slide based on past experience but this trip convinced me to stay. Track and coaching were "A+."*

**All of the sliders would have liked more sliding time, and realized that while the training sleds were adequate, we also need better equipment.....**

**On that Note.....**

Did you know that if each member just purchased **5 raffle tickets**, not only would you have the chance of winning either a great weekend at the **Mirror Lake Inn**, or a **club jacket** or a **year's free membership**, but you would also be helping the club purchase much needed equipment. So many members live far away from Lake Placid, and feel they cannot contribute - but here is your chance to - **SUPPORT YOUR CLUB!**

**CONGRATULATIONS TO ALL!**  
**Members Race Updates:**  
**World Cup III - La Plagne, France**  
**- Dec. 8-10th**

Men's Singles

Adam Heidt - 18th

Women's Singles

Ashley Hayden - 26th

**World Cup II - Konigssee - Dec. 9-10th**

Men's Singles Jr. I

Matt Mortensen - 18th

Women's Singles Jr. I

Vika Gatker - 3rd

**World Cup III - Oberhof, Germany**  
**December 15-16**

Men's Singles Jr. I

Matt Mortensen - 9th

**Two-Track European**  
**Championships**

**Konigssee, Germany Dec. 29th**  
**Winterberg, Germany Jan. 5th**

Men's Singles

Adam Heidt - 10th

**World Cup IV - Igles, Austria - Jan. 12-14th, 2001**

Men's Singles

Adam Heidt - 9th

Ashley Hayden - 8th

**World Cup V - Altenberg, Germany**

**Jan. 13-14th**

Women's Jr. I

Vika Gatker - 6th

**2001 Jr. World Championships**  
**Lillehammer - Jan. 26th - 28th**

Women's Singles

Ashley Hayden - 4th

**World Cup VI - Nagano, Japan**

Men's Singles

Adam Heidt - 7th

Women's Singles

Ashley Hayden - 11th

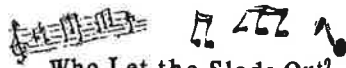
**U.S. MASTERS NATIONAL**  
**CHAMPIONSHIPS**

**MASTER'S WEEK**  
**REPORT**  
 by  
**KRASH KUFEN**

The Master's week of racing was held from January 24 through January 28, 2001. There was a large turnout with 24 entries for the men's race, 3 entries for the women's race,

*Continued on next page.....*



  
**Who Let the Sleds Out?**  
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and three entries for the doubles competition. It was the largest field in master's competition in the history of the race. The **Adirondack Luge Club** was well represented with 8 competitors. There was a large contingent from the *Wasatch Luge Club of Salt Lake City* and several entrants from the *Muskeegan Luge Club*. There were several past National Team members competing. The most notable was three-time Olympian, **Duncan Kennedy**.

Training runs were held from Tuesday through Saturday and on several days there were two sessions of training. On Saturday evening, a banquet was held at *Northern Exposure*. At the banquet, **John Mowry** was presented with the "King of the Hill/Jim Lamy Award." **John Mowry** is an **Adirondack Luge Club** member and will also be the *Race Director* for the Olympic Race to be held in *Salt Lake City* in 2002. **Gigi Jenkins** will be the *Assistant Director* for the Olympic Race. All the competitors in the Master's race were presented with a participant's award by **Scott Clark**, *President* of the *Wasatch Club*. Special thanks go to **Gigi Jenkins** for arranging the highly successful banquet.

Race day was the coldest morning of the week and the track was in great condition for racing. The following are the race results:



**MEN**

- 1) **Duncan Kennedy** 1:29.858
- 2) **Scott Clark** 1:31.823
- 3) **Doug Bateman** 1:33.250

The highest finish for the **Adk Luge Club** was **Paul Otenti** who finished 6th with a time of 1:34.208.

Other **Adk Luge Club** finishers were:

- 7) **Dave Maddox** 1:34.294
- 8) **John Mowry** 1:34.341
- 11) **Marshall Morrison** 1:36.104
- 12) **Ted Elmendorf** 1:36.187
- 13) **Jeff Test** 1:37.512
- 20) **Bob Long** 1:43.805

22) **Robert Young** 1:53.339

**WOMEN:**

- 1) **Margot Rice** 1:34.570 *Wasatch*
- 2) **Wendy Arnone** 1:38.445 *Wasatch*
- 3) **Peg Essenberg** 2:24.475 *Muskeegan Luge Club*

**DOUBLES**

- 1) **Scott Clark/Carl Roepke** 1:33.247 *Wasatch Luge Club*
- 2) **John Mowry/Dave Maddox** 1:47.843 *Adirondack Luge Club*

**KRASH**

We are honored to have **Krash** - who won the Masters Luge at the *Empire State Winter Games* in 1998, write this article for us. **Krash** had a great time at the *U.S. Masters Race*, and only wished he could have had another chance at the *Empire State Games* later this month.....

**I KNEW THAT!**

In the December newsletter, it was mentioned that if you couldn't make it to Lake Placid to slide, and you had either, gravel, snow and/or ice in your backyard, then perhaps you might be interested in a sled for training. The web-site featured : **Martlen.com** shows different photos of recreational sleds - *Natural Track Sleds*. The sleds are inexpensive, and can be used for training - *AWAY* - from Lake Placid as mentioned in our newsletter. These are *NOT* artificial track racing sleds, nor are they meant for training on the artificial track, but can be used for developing upper body strength, form and for practicing starts whilst close to home. Artificial track sleds normally start at \$600 and up, the sleds mentioned are approximately \$150. The *lugeman* wanted to mention them as training is important to all - on and off season - and these sleds can easily be adapted with wheels for the pavement..... Once again, while we cannot endorse a product without seeing it firsthand, these are definitely worth checking out on the web-site if you are thinking of different ways to train.....

**Coming in our May issue**

Exclusive Interview with the **Australian** Olympic hopeful - **Chris Orth** 'Chris' Australian for Luge!



**Paul** had a great idea to write an update to our members mid-winter, and so here it is! It is not intended to replace our regular newsletter, but rather is an informal way of letting everyone know what is happening - and where (well, that is obvious - Lake Placid, of course). *Editor*



**February Comfort Food!**

Football season may be over, but its' cold outside, and the *luge* season is in full downhill swing - so - what better way to end your day than by having a bowl of nutritious *chile* - here is a lowfat recipe:

**Turkey or Chicken Chile**

- 1 lb of ground chickey or turkey meat
- 2 tablespoons of oil
- 1 large yellow onion
- 3 cloves of garlic, peeled and crushed
- 3 tablespoons hot chili powder, or to taste
- 1 tablespoon of cumin seeds
- 1 tablespoon of worcestshire sauce
- 1 large can of crushed tomatoes
- 1 green sweet bell pepper, seeded and chopped
- 1 lb of kidney beans, soaked and cooked and drained (or a can of kidney beans)
- salt to taste

Brown the meat in the oil, along with the onion, garlic and chili powder. When the meat is brown and the onions clear, drain the fat and add the remaining ingredients, including the beans. Simmer for at least 1 1/2 hours or until all is flavorful and the beans are very tender. This is better the second day.

**Adk Luge Club Newsletter**

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Don't forget Haus Jenkins as a place to stay but for dedicated lugers only! Gigi and Jon Jenkins are owners of the Christmas Shop on Main Street, next door to the Palace Theater. (518) 523-9542

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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 Luge Flash**  
c/o 259 Paine Avenue  
New Rochelle, New York 10804

**On the Fast Track.....**

FORWARDING & ADDRESS CORRECTION REQUESTED