



Steering Committee

The people listed below guide club activities.

- Brenda Nagel
- Dewi Spence
- Gene Cook
- Jim Dolan
- Lenny Willcox
- Roger Kurtz

Newsletter

- ◇ Candice Richard
- ◇ Gene Cook

Webmaster

- ◇ Rob Dallison

9th Annual GES Donates \$11,000 to PAL



Thanks to the more than 300 skaters who attended the Great EsSkate, a core organizing team, a cadre of volunteers and several sponsors the 9th Annual Great EsSkate was a success. On Friday, March 6th Great EsSkate organizers will donate \$10,000 to the Miami Beach Police Athletic League at the beginning of 1st Friday skate. Within the next couple of weeks an addition \$1,000 will be donated to the Miami –Dade PAL

Candice Richard, the volunteer coordinator for the Great EsSkate wrote the following thank you letter to all of the volunteers and supporters of the Great EsSkate. Because it sums up all of the events that weekend so well it is re-produced here.

“It takes people who, months in advance, plan and coordinate and schedule and meet and ask for money and get permits and drive-bike-skate routes and then do it again. It takes people who sign up, show up, do an amazing job in chaotic surroundings and quietly disappear when their stint is over. And it takes others who don’t plan and meet ahead of time, don’t sign up and show up, but just quietly do what needs to be done: do a good deed, lend a hand, see a need and say yes.

This is to all of you: the village of GES volunteers. As the volunteer coordinator this year, I actually signed some of you up, met you, worked with you, even thanked you personally. But I didn’t meet or thank or even *know* about

(Continued on Page 3)

Walk, Run or Blade

[AIDS Walk Miami](#) will be held Sunday, April 19, 2009. The course is 3.1 miles (5K) starting and ending outside the Miami Beach Convention Center. Beach Blader Nicky Butler, has organized a team called SkWalkers (some of the members will skate, other will walk) for the event. The regularly scheduled Beach Blader Sunday skate will take place in Miami Beach in support of the event. A longer skate through mid-Miami Beach will follow. You can register online and support the SkWalkers Team by going to the following link.

<https://www.kintera.org/faf/teams/registerTeam.asp?ievent=276703&lis=1&kntae276703=DFBBA9DA1E66466F9D559E6664124A09&teamAction=join> Each team member pledges to raise \$50.00. However if you choose not to join the team you can still help, by making a contribution to help other team members reach their goal. The Walk begins promptly at 9am.



New Daylight Hours Helps PW Tuesday Skate For All

Daylight savings time starts Sunday March 8. The longer daylight hours mean skaters uneasy about night skating will have additional daylight hours to brush up their skating skills. One of the things many members said they needed were practice skate venues better suited to their abilities. So Pheasant Walk Practice and Demo skates on the 2nd and 4th Tuesday of every month are practice sessions with 3 levels of skate routes. Level one for entry level skaters is a 1.3 mile loop with an area to practice stops and turns. Level two is a 2.5 mile loop for skaters with stopping and turning skills but (continued on page 3)

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March 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1 John Stretch Trail Head Lake Okeechobee 10:30 am Lake Harbor, FL	2 Deer Creek Muddy Waters Deerfield Beach 7:00 PM Level B Host Roger	3	4 Pompano Air Park 7:00 PM Host Gene Level B	5	6 1st Friday Skate meet @ Fritz's Skate & Bike shop we leave at 7:00 pm	7 Set clocks ahead 1 hour at bedtime 
8 Royal Palm Boca Raton 9:30 AM Citi Bank Lot Host: Gene	9	10 Pheasant Walk Practice Skate 7 pm Host: Gene	11 Pompano Air Park 7:00 PM Host Gene Level B	12	13	14
15 Pompano Air Park 9:00 am Skate 10 am Braking Clinic Host Gene	16 Deer Creek Muddy Waters Deerfield Beach 7:00 PM Level B Host Roger	17 Saint Patrick's Day,	18 Pompano Air Park 7:00 PM Host Gene Level B 8:30 Committee Meeting	19	20 1st Day Of Spring 	21
22 Skate Clinic 9:30 AM Birch State Park	23	24 Pheasant Walk Practice Skate 7 pm Host: Gene	25 Pompano Air Park 7:00 PM Host Gene Level B	26	27	28
29 Parkland / Coral Springs Starbucks parking lot 6051 Coral Ridge Dr. 33076	30 Deer Creek Muddy Waters Deerfield Beach 7:00 PM Level B Host Roger	31				

For more directions go to www.beachbladers.com) our favorite skate locations include:

Deer Creek: I-95 to Hillsboro West exit in Deerfield Beach. Continue west 1.4 miles and just after Century Blvd turn right into the Shops of Hillsboro Blvd Shopping Center. Park at the west end

Pheasant Walk: I-95 to Yamato west. Turn N on Military, cross Clint Moore and continue north to the 2nd light, turn right on Pheasant Way. Follow Pheasant Way to end (1 mile) turn left at stop sign onto Spring Tree . Follow Spring Tree to 17341 (left) and park.

Pompano Air Park: I-95 to Copans. Go east to Federal, then south. Turn west on NE 10th St. Park in the golf course parking lot.

1st-Friday Skate: Meet at Fritz's Skate & Bike Shop at 726 Lincoln Road, Miami Beach.

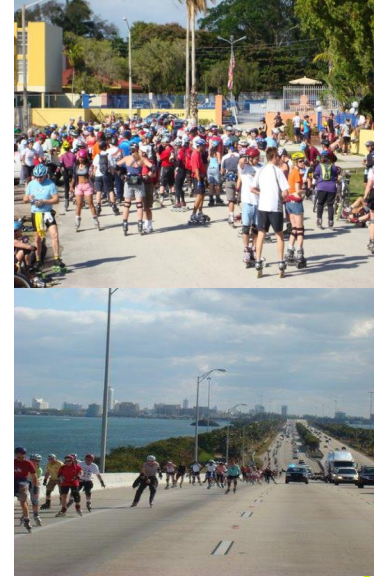
Lake Trail in Palm Beach: I-95 to Okeechobee. Go east to Flagler Drive. Turn north and cross the 2nd bridge (Royal Poinciana) over the Intracoastal. Turn left at Bradley St., go 1 block and park on Sunset St.

Delray Beach Skate: I-95 to Atlantic Exit in Delray. Go east to NE 1st Ave and turn north. Go 1 block and park in the public area

Hugh Taylor Birch State Park I-95 to Sunrise Exit East , cross the Intracoastal Bridge and turn left after 1st stop light into the park.

Parkland/Coral Springs: from the Sawgrass Expressway 869 take the Coral Ridge exit north (towards Heron Bay) Make a right turn after 1/4 mile into the Starbucks parking lot at 6051 Coral Ridge Drive, Coral Springs, 33076 (954-752-0213)

9th Annual Great EsSkate Photo Highlights



Remember Daylight Savings Time Starts on March 8, so set clocks ahead one hour

Tuesday Night Practice Skate Appeals To All Levels

Continued from page 1) haven't developed the speed, endurance or interest to keep up a 12 mph pace for 5 miles. Level 3 is a 4.7 loop for skaters that are able keep up a 12 mph average pace for at least 5 miles in addition to mastering stopping and turning

skills. The skate takes the place of the Monday night skates in Pheasant Walk. The new planned practice skate allows everyone to start and finish about the same time as shorter loops are overlaid on the larger loop.

Members are invited to relax and socialize poolside at the skate. Please feel free to bring refreshments to share after the skate. Rollerblade demo skates will also be available to try during the skate at no charge. For more information contact genecook@bellsouth.net

Squiggly Weekend March 13-15

The 4th annual Squiggly Classic Inline Marathon will start 7:00 P M March 13, 2009 at Flatwoods Wilderness Park in Tampa, FL It's a funny name but a serious event. This year's event will include: a 1/2 marathon in addition to the full marathon on Sunday, a social skate in the dark Friday night (start 7



pm) and time trials Saturday. Skate events are part of the traditional Squiggly festival, a multi-sport event including bicycle races, adventure races, mountain biking and more. Racers may skate a full or half marathon (inline or quad skates only). Marathon race categories will be Elite, Elite Master (age 35+), and Open. Awards will be given to the fastest 3 skaters of each gender in Elite and Elite Master, and in 10-year groups of Open skaters (0-9, 10-19,

20-29, etc.). Prizes will be given to fastest skaters in various categories on various laps; details will be announced before and/or during the race. Optional time trials (7 miles) will be March 14 starting at 11:00 AM. For individual racers, this will be an opportunity to test yourself. For more details: <http://www.squigglyclassic.org/>. Event registration will be via active.com or on site throughout the weekend (cash only if registering on site).

9th Annual Great EsSkate (continued from page 1)

thank or even *know* about many of you (and all the other yous who aren't even on this email list). All I can do is thank you now, belatedly, and invite your helpful, thoughtful, tireless, friendly selves back to the next Great EsSkate. We couldn't do it without you.

the full length of the line (more than once), you shouted till you were hoarse, you herded skaters, you herded skate patrollers! You worried about food and tents and tables and chairs. You found venues when we were suddenly venueless. When something didn't work out as planned, you punted (and it worked).

You kept things going when everyone around you said *this* year would be different, *this* year no one would come. You wrote press releases and created Web sites and took photos and called the media and designed flyers so that all roads led to the photos and video so the story of this amazing event can be told, viewed, savored.

You shared your expertise—one more time—after six or seven or eight GESS, even though you were burned out and ready to hand it to someone new.

You started our mornings with the calm strength and warm stretching of yoga on the beach. You showed the way to a novice skater, offering a pointer, or a hand, or a class.

You drove a car or a van or a truck so you'd be there if

Without you, who would make sure there was endless water and bananas whenever we needed it? Who would sit at long tables for long hours to greet skaters, answer their questions and get them through registration—then remember their names next time you see them? Who would check wristbands and stuff goodie bags? Who would organize 300 identical T-shirts? Who would open his office so we could get some last-minute copying done?

Who would cheerfully wear silly hats and sell raffle tickets when everyone else was drinking/eating/socializing? Who would eat lunch out of the back of a pickup in order to be ready to work when someone gave the high sign?

You manned the demo skates and gave people a chance to try out the big wheels. You woke up early to register people Saturday morning while everyone else grabbed 40 more winks. You became a truck driver when we needed a truck driver. You skipped a skate so you could lend moral support to those who worked behind the scenes.

You decorated, you DJ'd, you drew dozens to your amazing Deco skate. You skated up front, you skated at the end, you skated Great EsSkate. You captured us in



needed, and needed you were. You emptied vehicles and hauled boxes, then hauled them a few more times, then loaded them in and out of elevators, and then piled them all back into vehicles (and that was just Day One). You made people laugh. You made people T-shirts. You helped clean up. You helped sum up. You offered a perspective that was badly needed. You did what needed to be done, without being asked—even when no one knew it.

How can we thank you? Just know that we know. And that if we dream to try to put together another Great EsSkate, you're the village we want behind us.



Who is That Under That Helmet?

By Candice Richard: Too often we know each other by our skating gear and first names. This is a glimpse of the of Beach Blader living under the helmet.

Meet Joan and John Altwater of Palm Beach Gardens, sparky1400@bellsouth.net.

When did you start to skate?

Joan: In 2000 I couldn't horseback ride any more due to a neck injury. My massage therapist recommended skating. The neighbor kids cobbled together a pair of skates using bearings, wheels and boots they had lying around. They fit **John**; I had to double-sock. One of us would skate and the other would ride the bike.

John: I skated reluctantly. But I figured if I ever wanted to see her, I better skate.

Joan: I was quickly skating 120 miles a week. I liked the challenge—and I wasn't working, so I skated every day. In 2001 I entered the 38-mile portion of Athens to Atlanta, my first race. It was a Team-in-Training race back then, so I had to raise \$2,400. That's a great motivator. I think fund raising is important; that's why we like the Great EsSkate.

John: I couldn't keep up with her. In the Marco Island race, she beat me.

Joan: Now he's better than I am.

How did you discover the Beach Bladers?

Joan: Back then I did the Carson's skate in Boca and Deer Creek with Gene, Marshall, Craig, Lenny, Ed and Bizzy. Rodney Green was giving lessons. Gene was very helpful; you could tuck in behind Gene—or Marshall or Craig Rice. They were social skates, but they got to be training skates. And once you get the racing bug, you're hooked.

What is your training schedule?

John: Now we skate five days a week. We skate almost 20 miles per day on weekends: Saturdays at Dyer Park in West Palm Beach and Sundays with Lenny at Birch State Park in Fort Lauderdale. Tuesdays, Wednesday and Thursdays we skate 10–12 miles per day.

Joan: Mondays and Fridays are recovery days. The goal is racing and skill improvement, and Lenny is a good mentor. But a lot of racing is social. We've met great friends all over the country. Skating is an inexpensive form of entertainment that keeps you in shape—we like eating!

John: We've always done active stuff together. We used to golf, fish, scuba dive. Joan played softball.

Joan: If you play together, you stay together.

What's your next race?

Joan: The Squiggy Classic Inline Marathon in Tampa on March 13–15.

What do you do when you're not skating?

John: I'm the vice president of a manufacturing company. We make ignition parts for industrial engines. And I watch the Dolphins.

Joan: He's a season ticket holder! I work for an environmental consulting firm. We're currently working on part of the Everglades restoration. I'm involved in our homeowners' association. Also, I'm founder and president of a five-neighborhood group that gets involved with legislation concerning quality of life and controlled growth.

What would people be surprised to learn about you?

John: That we've been married for 35 years....and we're still talking to one another!



John and Joan Altwater

Renew Now, And This is What You'll Get

It's that time of year again. Your 2009 membership is now due. if you . The annual Beach Blader membership of \$25 has remained the same for more than 19 years, so it's a real value today. Family members will enjoy an even greater savings, a family membership (all skaters sharing the same household) can join for only \$40.

Here's what you get:

12 issues of this newsletter, 3-4 picnics or parties per year, 3 pre-planned skates per week, free NSP membership for qualified members who meet NSP requirements, discount at selected retailers on skate related items and the thrill of skating with other skaters who love the sport.

The current rate will also be extended to former members who let their previous membership lapse and former members of other skate clubs

BOSF Birthdays

Best wishes to our March Babies!

Member Name	Date
Vickie Hilden	2
Sara Stout	12
Lisa Alea	12
Ginny Goldman	13
Andrea Carlone	18
Karen Yealdhall	23
Andrea Polansky	26
Ira Sheier	29

Spring Ahead March 8

BEACH BLADERS OF SOUTH FLORIDA

P.O. Box 2610, Boca Raton, Florida 33427 SKATE LINE 561-989-9508

Our Club is a nonprofit, in-line skating club which promotes the enjoyment of safe recreational skating for all skaters from novice to advanced.

Membership Dues: (Mail application and check for dues to the above address)

Individual: **\$25.00**

Family: **\$40.00**

Please print the following information: Membership Type: New___ or Renewal___

First Name _____ Last Name _____

Address & Apt# _____

City _____

State _____ Zip _____

Home Phone _____ Fax # _____

Work Phone _____ E-Mail Address _____

Occupation _____

Date Of Birth _____

Please tell us a little about your skating experience (are you a new skater, skating for exercise, into racing, etc.).

Do You want your home phone number published in the Club Roster? (Yes___ No___)

Do You want your work phone number published in the Club Roster? (Yes___ No___)

Do You want your E Mail address published in the Club Roster? (Yes___ No___)

Are you interested in helping the club plan and execute its activities? (Yes___ No___)

Suggestions for club activities? We are interested! _____

How did you hear about the BEACH BLADERS? _____

DISCLAIMER: I understand that in-line skating is a dangerous physical activity. I accept this risk while engaging in any and all club activities. I understand that I risk serious injury by collision or falling because of rough pavement, traffic, other skaters, fatigue and the carelessness of pedestrians, drivers and others. Consequently, I agree to hold harmless the Beach Bladers of South Florida and all its officers, directors, members, and agents for any injuries or damages which may arise from club activities. (Parent signature required if applicant is under age 18.)

SIGNATURE _____ Date _____