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Pure Gold

**EDDY MATZGER:
TRAINING TIPS**

**ROLLERBLADE:
Let's Roll!!!**

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INLINE SKATING 2006

It's Time to Race!

We are pleased to announce that the WALT DISNEY WORLD® Inline Marathon Weekend, the St. Paul Inline Marathon and the Northshore Inline Marathon have come together to promote inline skating throughout America. Working together, these races are committed to the growth of the sport and are ready to provide you with three opportunities to start a path towards a healthier lifestyle. With half marathon and marathon events throughout the calendar year, we will challenge you to complete the circuit, starting with the WALT DISNEY WORLD® Inline Marathon Weekend in April. The tour moves to Minnesota for the St. Paul Inline Marathon in August, followed by the Northshore Inline Marathon in September. With three major races, surrounded by shorter distance races and kids' events, it is a sport the whole family can take part in. So strap on the skates and join us at one of the races below!

**WALT DISNEY WORLD®
Inline Marathon Weekend**
April 1-2, 2006
www.disneyworldsports.com

If you haven't seen the WALT DISNEY WORLD® Resort on skates, you haven't seen it at all! Experience the exhilaration as you zip through the Disney MGM-Studios and Epcot® on the most unique tour of the WALT DISNEY WORLD® Resort you've ever seen. Escape the cold, bring your family to where it is already Spring. With the added excitement of the Happiest Celebration on Earth™, the WALT DISNEY WORLD® Inline Marathon Weekend is an event that you and your family will remember forever.

And there has never been a better time to get started! With a full slate of events from the Full and Half Marathons to our All-Star Kids' Race, the entire family can enjoy the best Disney has to offer. For more information and to register by the Mar 1 early registration deadline, please visit www.disneyworldsports.com. Group discounts are available as well!

Through the magic of the WALT DISNEY WORLD® Resort, skaters are able to get a taste of the Big Apple on New York Street, skate down Hollywood Blvd and zip past the countries of the World Showcase. Be a part of the most magical Inline Marathon on Earth - you'll never forget your skate through the WALT DISNEY WORLD® Resort. Register today for the WALT DISNEY WORLD® Inline Marathon Weekend!



For more information on these races, visit www.skateamarathon.com

**St. Paul Inline
Marathon**
August 21, 2006
www.stpaulinlinemarathon.com

Come one, come all as we celebrate the 3rd Annual Saint Paul Inline Marathon...where you can skate the famous 26.2 mile marathon or the NEW 10 Mile Tour event.

We invite you to join us for this world class event; it's the marathon for everyone! First-time marathoners share the road with the world's top professionals. Where friends, families and co-workers gather for the camaraderie and self-fulfilling challenge of a new endeavor. Where you revel in an unforgettable swell of emotion and you cross the finish line in beautiful Mears Park.

The graceful curves of the Mississippi River will be your guide as you roll along Warner and Shepard roads in Saint Paul, MN. The course features awesome views of the Saint Paul skyline and the Mississippi River. Your journey comes to an end as you charge up Sibley to the finish line at beautiful Mears Park. So pick your pleasure! Skate the feature event, the 26.2 mile marathon if you are new to the sport and are interested in a shorter distance, the 10 Mile Tour is a non-timed event designed for those not quite ready for the full marathon distance. Be a part of one of America's most popular sports, hottest fitness trends and one of the best inline marathon events on the planet. See what over 3,500 participants found out over the past two years...the Saint Paul Inline Marathon is truly for everyone!



**NorthShore
Inline Marathon**
September 16, 2006
www.northshoreinline.com

Come see why over 4,000 skaters gather each year from 15 countries and 42 states. It's the eleventh running of the world famous North-Shore Inline Marathon. The race course takes skaters down the scenic highway along the beautiful north shore of Lake Superior onto the interstate and finishing on the waterfront in Duluth, Minnesota. Experience for yourself why for the past ten years, this race has been voted one of the premiere in the world.

The venue includes an industry expo. See all of the latest technology when you come to pick up your race packet on Friday and bring the kids. There is a kids sprints which is free to all children as well as a ramp demonstration by some of the leading pros in the business. The event will also feature a free Eddy Matzger racing clinic. Friday evening will also include a spaghetti feed and a great police escorted fun skate through Duluth. Saturday's festivities include the full marathon, a half marathon, a corporate challenge, and an online university challenge. Saturday evening, the fun continues with the awards ceremony, a cool rib fest dinner and live entertainment on the waterfront. The weekend caps off with another fun skate through canal park on Sunday morning. All in all, a great skating experience for the whole family. Register today at www.northshoreinline.com.



Eddy Matzger: Training Tips

If you can skate down the block, then you can also skate down the next block, and the one after that too, until before you know it you've skated a whole marathon. Granted, a marathon is a long way -- 26.2 miles to be exact -- but it's not like it's all the way from here to Timbuktu. With a little preparation, any skater can finish a marathon and still be the life of the post-race party.

Personal goals are never fulfilled overnight, so it's a good idea to allow yourself a solid chunk of time to get ready for the big event. Three months is ideal. That way you'll have plenty of time to build a base, gradually increase your training intensity, fine tune your workouts for more speed, compete in some "warm-up" events, and even fit in a taper before the big day. Along the way, you'll be happy to find that there will be no stress on the knees, no long distance loneliness, no walls to hit. Whether you have three weeks or three months, your finished marathon will be an honest reflection of your process of preparation. So get out there and shine it on!

Remember why? You skate in the first place because it's so much fun, so don't get locked into a routine that turns exercising into a chore. Mix it up. For example, vary your skate routes by hitting the hills one day and the flats the next. Or, if there's only one loop at your disposal, skate it a different way every time -- forwards, backwards, while doing intervals, and so on. So blurred is the distinction between work and play on skates that you can always get a workout without realizing it. Hockey, dancing, rollersoccer, and even social skates are examples of training disguised as fun. Stay motivated by keeping the combinations endless. Want to get serious? Elite athletes divide up their marathon preparation into distinct periods of training to maximize their strength, speed, and endurance over time. In order to keep your fitness curve rising, you need to periodize. Periodization requires establishing a training schedule that include base work in the beginning, increasing duration and intensity in the middle section, and speedwork and tapering towards the end.

If your mission is to hammer in the elite ranks and the marathon is still six months away, why not try to double periodize? You'll have to go through the whole training cycle twice, increasing both intensity and duration gradually throughout. Done right, it will be impossible not to feel the huge training effect of such solid preparation.

Where to begin? You'll need to pour a good foundation before you start increasing the intensity of your workouts. Longer sessions of low intensity skating in the first month will build your aerobic base and get your muscles, tendons, and ligaments ready for the rigors of hammering when you enter the latter phases of marathon preparation. Known as LSD in the popular lexicon, long slow distance allows you to cruise along comfortably and still derive enormous cardiovascular benefits. Within a few weeks you'll notice a real difference. You'll be going faster with the same perceived level of exertion as before. Regular cruising starts costing far less than it used to. During this early buildup phase, give your long-distance skating muscles a rest sometimes by biking, swimming, or even playing with your favorite frisbee dog. Varying your training in this way will keep you always rabid with skating desire.

How to get the most out of training? Any kind of cross training will cause you to post fitness and strength gains, but to prime your body for inline skating, nothing beats specificity. Specificity means coming as close as you can to the specific muscle movement that is used in the sport in which you wish to excel. It also means doing what most closely mimics the type and degree of exercise stress you undergo in competition. For example, slide-boarding and cross-country skate skiing serve as great training tools for inline skating because they imitate many of the same muscular movements and intensity levels. Nevertheless, nothing compares to actually skating.

Remember too that specificity also has application to different intensities, not just movements. For racing a marathon, you need not only strength and endurance to maintain a good steady pace, but also acceleration and speed for surging and sprinting. As marathon day draws near, your training schedule should become more and more specific to the real thing. A typical weekly workout will train each of the three specific intensity zones but on different days. On race day you will cross in and out of all the zones, but during your training you should endeavor to keep them separate and distinct. By stressing your body at different intensities and giving yourself plenty of rest in between, you will maximize your potential for rapid improvement.

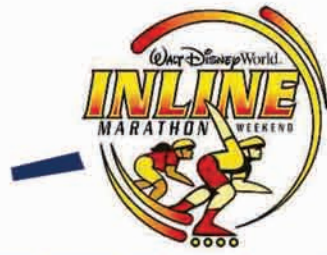
How hard to go? The fitter you get, the more fun it is to hammer. Your body needs to get to know the three intensity levels at which will most benefit your training: long slow distance, anaerobic threshold training, and high intensity work. When you learn to mix the three zones together in the proper amounts, you'll continue to raise your average speed, increase your to speed, and nudge up the fun factor.

Zone 1: Long Slow Distance, or zone 1, contains a range of very slow to medium paced workouts. This corresponds to approximately 55-75% of your maximum heart rate. If you can talk comfortably while training in this zone, then you're in there. Heap the LSD workouts onto your plate five to six days a week during the first month. Your appetite for endorphins will steadily increase as your fitness improves. By the end of the first phase, the hour-long training snacks from the beginning will have progressed into two and three hour engagements.

Zone 2: Anaerobic threshold (AT) training is the main focus of your second phase. Your legs and lungs start burning when you have entered this zone, because your circulatory system is unable to evacuate lactic acid as fast as you produce it. AT workouts consist of one to two hour-long sessions carried out at an intensity where your talking and breathing become labored. Going out on a training skate while drafting behind a swift bicycle is a good example of AT training. At 75-90% of your maximum heart rate, these rolls are serious fun. Even though these workouts can be spiked with a little pain, you'll be begging for a refill every few days.

Zone 3: Once you've turned up the heat with some prolonged AT training, get ready to jump into the fire. High intensity, or max training sessions, are very short in duration, but done at 100% of your maximum heart rate. These intervals are heavily taxing, which is why they shouldn't be introduced until at least halfway

(Story Continued On Page 8, Eddy)



JOIN US ACROSS AMERICA!

Visit www.skateamarathon.com for information on all three races. Check out the chatroom at www.skateamarathon.com for the latest news from the world of Inline Marathons.



ROLLERBLADE
FUN > FITNESS > FREEDOM



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FUN > FITNESS > FREEDOM

7 Tips to Get You Rollin'

Practice, practice, practice. How do you think pros and advanced recreational skaters make in-line skating look so easy? They obviously have lots of experience. However, they all had to get started somewhere. In-line skating, like any sport, has basic elements that need to be learned. Once you've purchased a pair of in-line skates, it's important that you take the time to learn how to operate them properly and safely, so that you can enjoy the benefits of the sport. Here are a few tips to help you get started doing just that...

1. Practice Practice

A few important skating skills on grass or carpet to get used to the feel of your in-line skates before you step onto the pavement: Walk around with both toes pointed slightly outward -- that is how you'll push off once you're rolling on the pavement. Practice balancing on one foot at a time. The better your balance becomes, the easier stopping and striding will be for you. Make sure to clear your wheels and frame of any debris that may get caught before heading to the pavement.)

2. Take a lesson

The best way to start in-line skating is to take a lesson with an instructor. Many shops that carry in-line skates offer instructional clinics, or a friend who skates may be able to teach you. Several community or adult educational centers and local retailers also offer lessons. You may even want to purchase instructional materials such as a book or video to introduce you to the sport.

3. Protect Yourself

You wouldn't play football without a helmet and padding (ouch!), and you shouldn't in-line skate without wearing a helmet, wrist guards, knee and elbow pads. Wrist guards can prevent the most frequent in-line skating injury: breaking or hyper-extending a wrist. Knee and elbow pads help protect those areas and also help prevent injuries by allowing you to slide forward when landing on the pavement. Many helmets made specifically

for in-line skating have extended coverage on the back because skaters tend to fall backwards, while cyclists tend to fall forward. Wearing full protective gear will greatly decrease the chances that you'll get injured while in-line skating and will give you more confidence.

4. Stopping Made Easy

Master a stopping technique before you head out to where the action is. Rollerblade's Active Brake Technology is the most technically advanced braking method available on the market today. Here are some tips on how to master braking:

Active Brake Technology ABT®: It offers skaters greater speed control and stopping power. ABT allows skaters to brake while keeping all eight wheels on the ground -- skaters no longer have to lift one foot up to stop. The brake is activated by moving the brake skate forward, which applies pressure on the cuff causing the brake pad to lower. It's easy to use and provides you with a greater sense of balance and control.

Heel brake: Bend your knees, hold your arms slightly in front of you, tip the toe of your brake foot upward and apply pressure to the brake until you stop.

5. Balance

Progress to the pavement and practice your balance before you start rolling: Stand with

your feet even and about four-to-six inches apart, arms slightly in front of yourself and knees bent so your shins touch the tongue of your skates. Your weight should be balanced on the balls of your feet. A common mistake beginners make is standing up straight with their knees locked or balancing their weight on their heels.

6. Skate Alert

Avoid hills and declines when you're starting out. You can build up speed on even a slight decline, so you should feel confident in your braking ability before you head for the hills. Find a flat surface that's free of debris or cracks, such as an empty parking lot, tennis court or basketball court. When you're ready to try inclines, start on a gentle grade rather than a steep hill. Also, skating on wet pavement is dangerous and can damage your skates. Remember, if you skate in the streets you are considered a vehicle and must obey traffic laws. Skate on your right; pass on your left. Announce your intentions by saying, "passing on your left" and always yield to pedestrians.

7. Skate Maintenance

Check your owner's manual for information on rotating wheels and care of bearings, or have your skates tuned up at a service center in a local sporting goods store. Remember, skating in water or sand can damage bearings and hurt skate performance. Stick to dry pavement.

why run...

when you can
ROLL!

Inline skating can...

Burn 360 calories in 30 minutes...

Help you reduce the impact shock to your joints that normal running causes...

Target more muscles than most aerobic workouts, especially in the legs. With a high level of activity in the hips, thighs and shins, you'll be sure to see leaner legs in no time...

Provide you with more air as it produces nearly the same increase in aerobic fitness as running!



K2 & Anni Friesinger: Pure Gold

K2 is proud to continue our partnership with speed skate gold medalist Anni Friesinger. Anni is a fully integrated member of the K2 team on several platforms.

Anni became the world's most successful speed skater, winning an Olympic Gold Medal and multiple World Championships on K2 Skates. Now the 27-year-old athlete is kicking into gear her supercharged training program on K2 inline skates. To complement K2's range of high-quality skates, Anni worked with K2 engineers to develop our new T:Nine line of skates to satisfy the style and performance needs of skaters like Anni.

"I was totally excited helping to develop K2's women's skates. K2 has always been a truly inspiring partner, creating high-quality new products for speed skating on ice as well as for my summer training on inline skates" says Friesinger.

Eddy Matzger Training Tips (Continued from page 3)

through the second phase of your training. These workouts are like the hot chillies you might put on your food - they'll enhance the flavor, but don't overdo it! High intensity training may fry your muscles in the anaerobic skillet, but they shouldn't burn you so badly that you'll never come back for more. Find a controlled environment, like a quiet loop or a parking structure, so you can time your efforts without the distractions of cars or traffic lights. 10 to 15 thirty-second long intervals, with one-minute rest between each one, is a huge example of a max training episode.

All in all, that adds up to less than ten minutes of hard work, but if you've done it right, your legs will quiver and feel as if they're setting in cement. Don't forget the importance of preceding your heavy workout with a good 20-minute warm-up, then following it up with an equally sensible 20 minute warm-down.

How to keep tabs on my training? A heart rate monitor is a fine tool for assessing your training, but beware! You may love to hate it. On the one hand, a heart-rate monitor can be your savior, preventing you from going too hard during the first period of your training. But it can also assume the role of slavedriver, forcing you to push harder when you need to get it up closer to your max. In any event, a heart rate monitor will help you find the right intensity whatever the zone. Don't get so dependent on your heart rate monitor that you take it to bed with you. Once you develop a good feel for your own pulse rate and corresponding level of exertion, try putting it away occasionally. You'll learn to listen to your body better.

As a general rule, you should be able to rap with your buds when you are in the base training zone. If your skating conversation starts sounding like a dirty crank call, you'll know you've passed into the anaerobic threshold zone and it's time to concentrate on not losing it. Fleeing a large dog as fast as your skates can carry you -- and too short of breath to scream for help -- it's a sure sign that you've entered the maximum intensity realm. Enough or too much? Workload is a combination of intensity and volume. Dialing up the right mix is a relative thing, since everyone handles the stress of working out and recovering differently. You'll have to tailor your workout to your individual needs. For example, don't make the mistake of struggling to keep up with someone on an easy day even if your partner is on their easy day as well.

Rest is too often forgotten during the serious marathoner's training schedule. Listen. If your body tells you it's tired, don't push it. Too much training and not enough down-time could lead to diminishing returns and burnout, so don't get caught in the old trap of thinking "if a little is good then more is better." Take your training down a notch and soon you'll feel like a kangaroo again. How does it all fit together? In a three-month training scenario, you don't really start cranking it up until after the first full month of building a base. During each successive week thereafter, you'll be eating up more and more miles faster and faster. Higher intensities will start to take center stage in the six-weeks after the first month. During the first two-week period, weeks 5 and 6 of your three month schedule, substitute two days of threshold training in place of the LSD workouts. Meanwhile, keep doing the low intensity work as a "recovery" workout on other days. Experiment with putting a hurt to your body during weeks 7 and 8. Slowly increase the number of high intensity skates from two a week to four a week. Two to three threshold days and one to two sprint/interval days are practicable every other day. This is when a sprint day will seem like a rest compared to your threshold training! In-between days should include very low intensity workouts of relatively short duration. In the last few weeks before you taper, get out the microscope and take little look closer. Try an event or two and see how your body responds. Do you need more speed or more staying power? Adjust your training according to your desire and potential.

When to let off the gas? As you near the end of your marathon preparation, you'll have developed good body sense as well as a full-blooded addiction to working out. Feeling like a greyhound, it's going to be tough to muster the willpower to back off from hard training in the weeks prior to the big event, but if you really want to be at your best when it counts, you'll have to force yourself to taper. You won't suddenly become fat and out of shape from working out less. Quite the contrary. You'll feel the boost. Cutting out the high intensity workouts will allow your legs, body, and mind the time to rebound for the race. Typically, a taper lasts two weeks, although yours might be different. Highly trained athletes need a shorter taper to reach their peak. Those less adapted to stress benefit from longer tapers. What's the moral of the story? If you want the legendary strength and endurance of the elephant along with the speed and acceleration of the cheetah, you'll need to make a conscientious effort to differentiate between the three zones of intensity during the three periods of your training.

Working in the proper zone at the right time will prime your body for a fast marathon time. On race day you'll have the chance to let it all hang out, confident of your preparation. Even if you've only been around the block a few times, you can still make it across the finish and feel good about yourself. Pace yourself according to how much work you've done. That way, your marathon experience will be a continuous high, a true celebration of life!