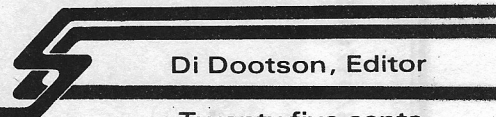


NATIONAL SKATEBOARD REVIEW

PUBLISHED BY SKATEPARK CONSTRUCTORS



Di Dootson, Editor

Twenty five cents

Vol. No.9

January 1977

Carlsbad, Calif.

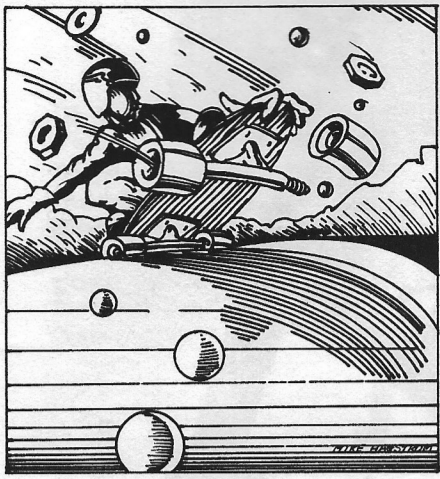
Contents

WHO'S HOT IN YOUR AREA?

Coming Events

Contest results





Who's Hot...

It seems to me there are a lot of skateboarders across the country who are really good but they are not a skateboard star...yet. Some of these people have been the "Focus" for the "Review". Some have gone from the "Focus" to become professionals. If you know of a skater who is a good, safe skateboarder then tell me about him or her. Send a black and white photo (include a stamped, addressed envelope if you would like it returned) and about 75 words about who they are, where do they skate, what about skateboarding are they particularly good at, and some general informations such as age, year in school and goals in skateboarding. Here's a hint about the pictures: a good photographer can really make a person look good. As I get responses I will print them to show readers all over the country who's hot in your town.

TEAM TRYOUTS IN HAYWARD

By Custom Line Skateboards

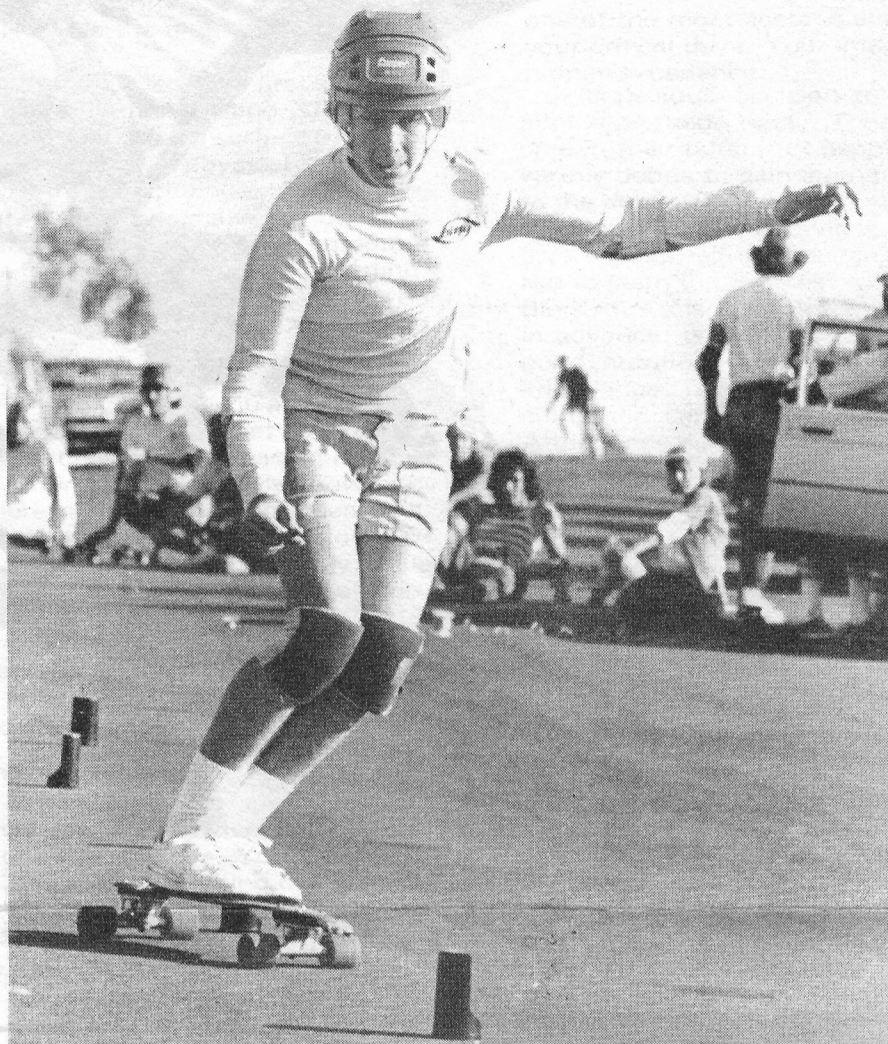
On October 12 and 14 we held our first team tryouts at San Felipe Park (2058 "D" St. Hayward, CA) We attempted to call all of the people who had signed up for the team, but many of you we couldn't reach.

The Hayward Recreation Dept. had given us permission to use the park on Tuesday and Thursday afternoons from 3:30 to 5:30 PM. These two afternoons will be out regular practice and tryout days, unless you are notified otherwise.

We are hoping to have one practice sometime on the weekend for those of you who have football, sports, or other activities after school. The Recreation Dept. had promised to let us know when the Park is available on weekends, and we are also looking for another place for those days.

The tryout consists of timed slalom runs and/or scored freestyle. You will be asked to do certain tricks, given a score, and then the total points earned will determine what team placement you will have. If you missed the first tryouts, don't worry. They can be given during any team practice session.

If you are a beginner, please don't be afraid to come out. We'll put you on a beginning team and you'll have lots of help and coaching to learn. We are also still looking for girls. We now have more than eighty people signed up for the team and only six are girls.



SCOTT SWANSON, soon to be interviewed for the NSR, is a familiar racer at La Costa who places high in the field.

LA COSTA RESULTS

November 21 \$5/\$1 Giant Slalom

1. Bob Piercy*	10.717
2. Tommy Ryan*	20.157
3. Bob Skoldberg*	20.170
Other racers:	
Mike Williams*	20.197
Lance Smith	20.784
Steve Sherman	21.064
Curtis Hesselgrave	22.110
Roger Gajewski	22.741
Jeff Alexander	22.894
Mark Vasquez	24.318
Henry Hester	DQ

November 21 \$5/\$1/\$1 Slalom

1. Bob Piercy*	12.131
2. Mike Williams*	12.794
3. Tommy Ryan*	12.804

Other racers:

(no finals)	
Henry Hester*	12.842
Bob Skoldberg*	13.209
Lance Smith	13.218
Steve Sherman	13.416
David Olson	13.869
Marty Schaub	14.228
Scott Swanson	14.512
Jeff Alexander	15.405
Rebecca Williams	17.627
Roger Gajewski	DQ

Masters:

1. Curtis Hesselgrave	15.737
2. Jeff Junkins	16.704
3. Vince Turner	16.995

LA COSTA, CON'T

November 28 \$3/\$1/\$1 Slalom

1. Bobby Piercy*	9.323
2. Mike Williams*	9.649
3. Tommy Ryan*	9.708

Other racers:

(No Finals)	
Bob Skoldberg	10.348
Steve Sherman	10.557
Scott Swanson	11.067
David Paul	11.323
David Dominy	11.871
Roger Gajewski	12.915
Chris Foley	DQ
David Olson	DQ

Masters:

1. Curtis Hesselgrave	11.135
2. Bill Alexander	15.438
3. Tom Padaca	DQ

December 5 \$3/\$1 G.S.

1. Bobby Piercy*	13.819
2. Marty Schaub	14.160
3. Tommy Ryan*	14.196

Other racers:

Dennis Harney	14.311
Steve Sherman	14.348
Steve Baker	14.500
David Olson	14.716
Pat Ferguson	15.061
Carl Eberhart	15.192
Bill Alexander	16.652
Warren DeMartini	17.223
Di Dootson	19.649

December 5 \$3/\$1 Slalom

1. Bobby Piercy*	8.079
2. Tommy Ryan*	8.065
3. Marty Schaub	8.665

Other racers:

Steve Sherman	8.863
David Olson	9.071
Scott Swanson	9.180
Pat Ferguson	9.519
Carl Eberhart	9.669
Warren DeMartini	10.355
Pete Ferguson	11.102

Masters:

1. Tom Padaca	9.572
2. Jeff Junkins	9.895
3. Bill Alexander	11.749

(Ed. Note: (F) means that racer was in the finals. The * means that racer raced as a professional; all other racers remain Amateur.)

NATIONAL SKATEBOARD REVIEW — published by Skate Park Constructions, edited by Diana Dootson — welcomes photos, articles, contest (of any size) coverage, reader ads, commercial ads, and general comments from its readers. It is my hope the **Review** will reflect skateboarding by skateboarders. To be your voice I need to hear from you. Write to P.O. Box 542, Carlsbad, Ca, 92008

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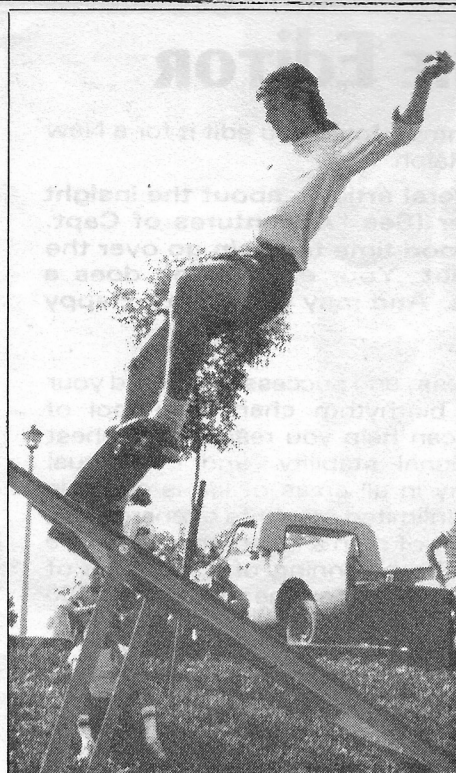
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LISA BIANCHI - Number one in Northern California amateur women's freestyle.



PACO PRIETO one of the best amateur all around skaters.

NORTHERN CALIFORNIA CONTEST

By D.J. Takayama

On Saturday, December 4, a skateboard contest was held at Tierra Linda Elementary School in San Carlos. A lot of good skateboard teams showed up and the competition was good. Due to many small problems, such as the PA system blowing up and a slippery slalom course, everything didn't go as planned. I'd like to thank

all the contestants and spectators that showed up and my apologies to Alan Marquez who hurt himself on the slalom course. Special thanks to John Wilson (California Pro) and Don Bostick who drove their teams over 150 miles to come to the contest, Bryan Lee for the use of his electric timing system, and to all the volunteers who helped out.

FREESTYLE RESULTS:

Boys 10 and under:
1. Alan Marquez
2. Bill Maile

11-13:
1. Tadd Hatch
2. Lebaran Loy
3. Bruce Dwelling
4. Jimmy Thornburg

14-15:
1. Steve Akagaki
2. Todd Russo
3. Jay Lehman
4. Gary Cross

16-17:
1. Paco Prieto
2. Jeff Sands
3. Jeff Will
4. Dan Ewell

18 and over:
1. Don Bostick
2. Tim Marting
3. David Fisher
4. Bryan Lee

Girls 13 and under:
1. Adine Bagby
2. Jackie Yee

Girls 14 and over:
1. Lisa Bianchi
2. Kim Cespedes

SLALOM RESULTS

Boys 11-13:
1. Tom Merrick
2. Lebaran Loy
3. Tadd Hatch
4. Bruce Dwelly

14-15:
1. Anthony Fisher
2. Charlie Eckart
3. Kevin Sarich
4. Paco Hermann

16-17:
1. Paco Prieto
2. Jeff Sands
3. Karl Bercheid
4. Douglas Jones

18 and over:
1. David Fisher
2. Raddy Buck
3. Bryan Lee
4. Don Bostick

Girls 13 and under:
1. Adine Bagby
2. Jackie Yee

Girls 14 and over:
1. Terry Brown
2. Kim Cespedes
3. Lisa Bianchi
4. Julie Cheng

November 27

1. Matt George
2. Jack Smith
3. Bobby Sennet
4. Jim Mailey
5. Robert Wynn
6. Payton Hough
7. David Arend
8. Billy Burmeister
9. Jeff Crowe
10. Paul Dunn
11. Gary Luna
12. Joey Simpson
13. Curt Lowgren

Giant Slalom

- | |
|-----------|
| Pro 17.85 |
| Pro 17.93 |
| Pro 18.25 |
| Am 20.11 |
| Am 20.35 |
| Am 21.56 |
| Am 22.23 |
| Am 22.73 |
| Am 23.06 |
| Am 23.40 |
| Am 25.56 |
| DQ |
| DQ |

November 28

1. Sam George
2. Bobby Sennet
3. Matt George
4. Jack Smith
5. Jim Mailey
6. Gary Luna
7. David Kuden
8. Payton Hough
9. Paul Kaplan
10. David Arend
11. Gary Fluitt
12. Curt Lowgren

Giant Slalom

- | |
|-----------|
| Pro 17.15 |
| Pro 17.80 |
| Pro 17.18 |
| Pro 18.48 |
| Am 19.28 |
| Am 19.76 |
| Am 20.15 |
| Am 20.30 |
| Am 21.10 |
| Am 21.80 |
| Am 25.80 |
| Am DQ |

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December 5 - times shown are the average time of three runs.

- | |
|-----------|
| Pro 18.40 |
| Pro 18.56 |
| Pro 19.23 |
| Am 20.46 |
| Pro 20.66 |
| Pro 21.03 |
| Am 21.60 |
| Am 21.73 |
| Am 22.60 |
| Am 22.83 |
| Am 23.70 |
| Am 23.73 |
| Am 25.00 |

We have had to expand our racing program to both Saturday and Sunday, the people up here like to race so much. We are now awarding points for the position a racer finishes. We have ranking boards in all the local surf and skate shops. - Jack Smith



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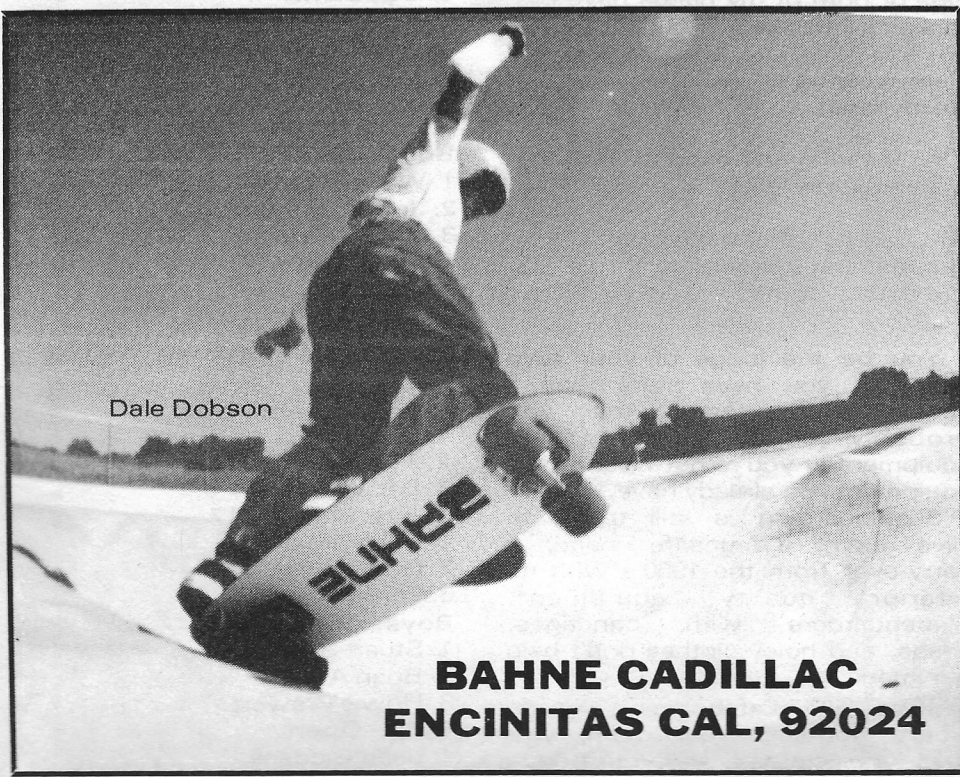
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LETTER TO THE EDITOR

Di, here is a short explanation of Biorhythms. Could you edit it for a New Year's message from Capt. Biorhythm? - Ralph

Ralph, The "Review" has printed several articles about the insight that Biorhythms give a skateboarder (See "Adventures of Capt. Biorhythm", Dec. 18). It might be a good time to again go over the basics of what Biorhythms are about. Your explanation does a good job of that so I will print it as is. And may you have a Happy New Year! Ed.

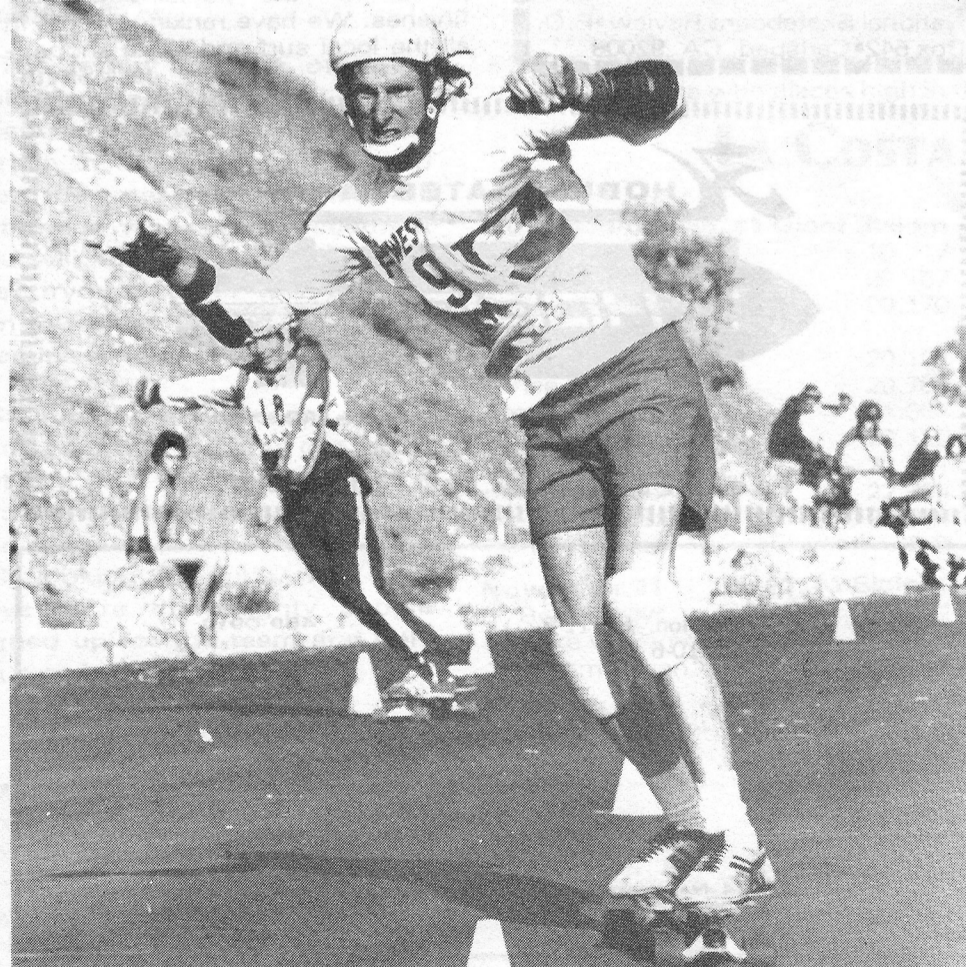
Dear Friend,

Welcome to the path of health, happiness, and success. I applaud your open-mindedness and courage. Your biorhythm chart is a tool of tremendous value. If used correctly, it can help you reach the highest levels of physical performance, emotional stability, and intellectual achievement. Total balance and harmony in all areas of life is possible through the intelligent application of the unlimited amounts of energy and individual human resources that are a part of man's inheritance as a true child of God. Biorhythm awareness is the beginning of a new age of enlightenment and human development. NOW is the time to tune into 100 per cent of your incredible potentials.

How will you know if biorhythms relate to your life? The first step is to personalize your 23 day physical, 28 day emotional, and 33 day intellectual curves. Spread your chart full length on a hard surface (the floor is a good place). Choose a color which inspires physical thoughts. Connect all P's with a pencil or felt pen of this favorite hue. Highlight the energy flow throughout the entire year. Be sure to make the curve as smooth as possible, tracing even those areas where the computer printed only one letter due to the curves flowing together or intersecting. Now pick an emotional color and follow the same procedure. When you have connected all I's with your intellectual color preference, you are ready to go on to the next step.

Ask yourself the question, "HOW DO I FEEL?" Through self-analysis in the physical, emotional, and intellectual areas, decide if you are high, low or at equilibrium. Try to remember how you felt for the last week. Now look at your chart. Find today's date. Start at that point on each curve and work your way back two weeks. Does your chart accurately show how you felt during that period of time? If there is some correlation, beautiful. You fall some where within the universal averages of energy flow pictured on your graph. Try to figure out exactly what your energy levels were and how they compare with the average. If there is no correlation, send the chart back to us for a full refund.

The benefits of biorhythm awareness depend on your individual sensitivity to what is happening inside. The more in tune you are, the greater the rewards. The purpose of your chart is to help you gain a constant level of personal equilibrium. Your goals and the paths you follow are unique. The straight line, labeled critical on your graph, symbolizes a total focusing of energy. If your life flows along the shortest distance between two points, there is no waste of precious energy and the chances are good you have attained the highest levels of physical health, emotional stability, and intellectual awareness. You are one of the few totally centered individuals on this planet. Nothing can pull you off your base of power. You are in perfect harmony with yourself, others, and the environment. You experience no energy fluctuations. Your potential is unlimited at any time, in any situation. You have arrived at the true state of mankind.



MIKE WILLIAMS - an early advocate to the advantage biorhythm awareness can bring.

Unfortunately, many of us have suffered severe damage along the highways and byways of life. Pollution and disease in all their varied and harmful forms have pulled us off our path to health, happiness, and success. Some individuals continually violate the laws of God and nature to their extreme detriment. If you experience daily fluctuations, your biorhythm chart will be invaluable in helping you regain equilibrium.

The goal of biorhythm awareness is complete equilibrium. Nothing should ever force you to lose control. Whenever you feel high or low, check your graph to pinpoint the imbalance. Once you have established the magnitude, consciously try to bring yourself back to equilibrium. Usually, you can discover the reasons for your instability. The majority of the time a conscious lack of energy is a warning that the body or mind's reserves are critically depleted. CAUTION is advised. Studies of accidents, illnesses, injuries, and deaths by Russell K. Anderson, former president of Russell K. Anderson Associates, Safety Engineers showed a

strong statistical correlation of unfortunate experiences occurring on critical days when momentary equilibrium is achieved. He arrived at the following conclusions:

"...first of all, an individual will show marked changes during critical days; secondly, when an accident occurs on a critical day, and the individual does not know that it was a critical day, he is unable to explain why the accident happened; and thirdly, the individual's physical abilities, mental capacity, and emotional tone all reflect critical days in relatively obvious ways."

Other independent studies of accidents in industry show that 80 per cent of the injuries happen to only 20 per cent of the work force. These individuals are accident prone. If you fall into this category, or are unhealthy or critically ill, "BE PREPARED" should be your constant reality during the 72 hour caution zone when most bumper experiences occur. For those individuals who are fairly centered and experience only minor fluctuations, be ready for the greatest and most enjoyable experiences of your life. On critical days, you know equilibrium will occur. Try to accomplish as much important work and participate in as many enjoyable activities as you can during the 72 hour achievement zone. Equilibrium is one of the most ecstatic and beneficial experiences of life. Don't waste your critical days. Your imagination is the only limitation to the ultimate human experience.

A conscious decision to gain the upper hand over your existence should be made today. Those individuals who use every bit of pertinent data in their pursuit of happiness, health, and success will transcend all earthly bonds to gain eternity. "KNOW THYSELF" has long been the key to the riches of the universe. Asking the question, "HOW DO I FEEL?" is the first step. Self-knowledge, the inevitable outcome will make complete awareness, self-confidence, and self-discipline possible. If you would like to learn the simplest methods of achieving your equilibrium, Captain Biorhythm's Human Potential Development Workshops are \$25, payable in advance. Learn how to fine tune your body and mind through basic good nutrition, body awareness, biorhythm understanding, and self-knowledge. The course is three hours in length and will take place at my computer center Saturday morning at 9 a.m., January 15, 1977. Attendance will be limited. Send your check or money order to:

Captain Biorhythm Workshops
7012 Convoy Court
San Diego, Ca. 92111
714-278-0630

May God Be With You,
Captain Biorhythm

Quiz

By Custom Line Skateboards,
Castro Valley, Calif.

To answer, simply write yes or no if the question applies to you and skateboarding.

At least one pair of my pants has a hole in the knee.

At least one pair of my pants has a patch in the knee.

The number of pairs of cut-offs I have is increasing because of holes in the knees.

One of my long sleeve shirts has a hole in the arm.

My mother has gotten upset at least once this month because of holes in my clothes.

I have/had a bruise on a knee or elbow.

I have/had a scrape on my toe or foot.

I have/had a lump or bruise or scrape on my head.

One or both of my hands have looked a little like hamburger.

I am wearing an ACE bandage on my wrist.

I am wearing any bandage due to "you-know-what".

My dad has threatened within the last three weeks to throw out that ---- thing.

You be the judge of your own score. If you have more than a couple "yes" answers then you probably need some safety equipment or you're not wearing the equipment you already have.

Skateboarding is still trying to "live down" it's unsafe image. A carry-over from the 1960's with its inferior quality equipment. Skateboarders with bandages, scabs, and holey clothes don't help our image.

If you like skateboarding...do the sport, yourself, your mom, your dad, your clothes, and your body a favor: wear safety equipment.

TEXAS CONTEST

By Steve Shortridge

Championships were held in Dallas, Texas on Oct. 31, 1976, sponsored by Muscular Dystrophy and Donel Distributors. Russ Howell, World Freestyle Champion, judges all freestyle events.

Results

FREESTYLE

Men: 18 and up

1. Ben Baxter
2. Krok Kuykendal
3. Mark Wheelless

Junior Men: 14-17

1. Bobby Marrow
2. Brian Smith
3. Kenny Carmona

Boys: 10-13

1. Brian Abell
2. Stuart Singer
3. Adam Ziolkowsky

Boys: 9 and under

1. Timothy Clark
2. Jeff Ellis

Girls: Open

1. Vicki Vickers
2. Jean Giddens
3. Tater Sheen

DOWNHILL

Men: 18 and over

1. O.D. Jones
2. Ben Baxter
3. Krok Kuykendal

Junior Men: 14-17

1. Mark Harwell
2. Bobby Marrow
3. Bret Hopkins

Boys: 10-13

1. Wallis Victory
2. Jeff Brownlow
3. Howie Prewett

Girls: Open

1. Jean Giddens
2. Vicki Benedict

SLALOM

Men: 18 and over

1. O.D. Jones
2. T.J. Maroney
3. Eric Walker

Junior Men: 14-17

1. Bobby Marrow
2. Greg Hurst
3. Kenny Karmona

Boys: 10-13

1. Stuart Singer
2. Brian Abell
3. Howie Prewett

Girls: Open

1. Jean Giddens
2. Vicki Vickers

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This is just a note to let you know the "Review" is four pages this month, as it will be in February also, for the very pleasant fact I am going to a wonderful place for a vacation. You can expect eight pages again for the March issue. Have a Happy New Year! Ed.

Coming Events

January 2

Place: Signal Hill, Long Beach, CA
Event: Speed Run for \$1000 and Guinness' Book of World Records
Direction: Jim O'Mahoney, USSA
Information: 213/830-4110

Saturdays

Place: Carlsbad Skatepark
Event: Slalom racing
Direction: Di Dootson
Sponsor: Carlsbad Skatepark
Info: Sign up 10:00 AM, race at 11:00; prizes for Novice, Amateur, cash for Pros; call 714/753-6214

Sundays

Place: Escape Country skatepark
Events: Speed Runs, Catamaran Speed Runs, Slalom head-to-head, Grapevine head-to-head, Catamaran Grapevine, Grapevine single to set the track record
Direction: John Smith
Sponsor: Escape Country Skateboard Racing Assoc.
Info: Call John Smith, 714/586-7964

Weekdays

Place: Carlsbad Skatepark
Event: Predicted Time racing
Direction: Di Dootson
Sponsor: Carlsbad Skatepark
Info: Race against yourself; prizes for closest predicted time; call 714/753-6214



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