

NATIONAL SKATEBOARD REVIEW

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Di Dootson, Editor

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Contents

Contest Reviews

"Skateboard Photography"

Martial arts aid the skateboarder

MIKE WEED, riding hard for HOBIE in the La Costa YMCA race. Photo by Chuck Edwall.

Safety Equipment Has Come A Long Way

By Mike Williams

Skateboarding has come a long way. New and better equipment is finding it's way onto the market to meet the demands of riders the world over. Skaters are going faster and doing more radical moves as new precision gear reaches the streets. The pictures you see in the magazines and films paint a beautiful free-spirited sport on the uprise, but what you don't see are all the abrasions, broken bones, sprains, concussions and agonizing pain that rides along with the sport due to improper safety equipment or none at all.

Concrete is much harder than your body and protecting it is easier and less expensive than doctor and X-ray bills and the subsequent pain from a bad wipe out. Head protection is a must. Hockey helmets seem to be the most suitable for a giant slalom and freestyle. Cooper makes a strong and light model that is well adapted to skateboarding needs. Motorcycle helmets are a must for downhill racing. At speeds over twenty miles per hour it gets hard to see because of your eyes watering, so I use a Hallman facemask with built-in goggles.

Generally when you fall the first thing that gets it is the hands and wrists. Gloves sewn with extra palm padding are being made now and a variety of wrist braces for sprains and support can be very effective. Bowlers have a real nice wrist guard that is available at most pro shops. Athletic supply stores also have a wide variety.

Knees and elbows are extra vulnerable and should always be safeguarded. The most widely used ones are basketball pads which have foam inside material and elastic bands. These are better than nothing and ease the impact but have a tendency to slip off. The most efficient are the

hand plastic knee and shin guards used for moto-X. Hallman makes an excellent model with foam on the inside, hard plastic on the outside with adjustable straps for comfortable fit. These are worn under pants and give maximum protection. Elbows also need strong coverage to displace the impact that foam alone cannot handle. Jofa and Cooper make several designs with high impact materials and are very comfortable.

When getting into downhill racing proper equipment is essential. In the last Signal Hill - Speed record race I saw a variety of one piece leather suits with built in pads. These were custom made especially for skateboarders. The only problem was that it was 103° that day and skaters were roasting in all that leather. Tom Ryan and I had a set of Niglon Moto-X pants with removable hip pads and leather knee coverage with removable plastic knee guard inserts.

If you want to use your board and body to the finest point of perfection just remember that the better your equipment the closer you can come to attaining it. Since the professional skaters set the examples that the amateurs follow it is of utmost importance that the examples set are of the safest caliber. The bad names surrounding today's skateboarding generally involves the bodily danger of the sport and Emergency hospital records can back this up.

It's time that the sport receive the prestige and recognition that it deserves. By removing or reducing the needless accidents the sport will finally take its proper place in today's athletic competition. All that cement is out there waiting for us and we're ready!

Oceanside Freestyle Contest

Oceanside beach goers were pleasantly surprised July 11 by the Parks and Recreation Second Annual Amateur Freestyle contest. The 2,000 spectators got a good view from the cement bleachers at the Pier. Officiated and announced by Pros from the area, the Novice and team affiliated entries performed on a large area. Besides the expected prop tricks, aerials, and fancy footwork there were some real eyecatchers. George Torres jumped over a trash can, onto the stage, and over a sports car - although not at the same time. Jerry Pattison was awarded a perpetual trophie for the "Most Difficult Trick". He performed a beautifully executed one armed hand stand - it was a real crowd pleaser.

This was a well run, well officiated event. Having the Pacific Skateboard Association officiate and oversee the amateur event seemed to work out well. The one drawback appeared to have been in not giving the public enough notice of the contest - a common problem with amateur contests.



BAHNE team performing their routine in formation before full Oceanside audience. Photo by Tim Bee

Results:

GIRLS OPEN CLASS

- | | |
|--------------------|--------|
| 1. Kim Milburn | Age 15 |
| 2. Diane Patterson | Age 14 |
| 3. Lynette Fraas | Age 13 |

AGE GROUP 13-15 YEARS

- | | |
|------------------|--------|
| 1. Jim Akin | Age 12 |
| 2. Kevin Kelly | Age 14 |
| 3. Randy Travers | Age 13 |

OPEN CLASS AGES 16 AND OVER

- | | |
|-------------------|--------|
| 1. Jerry Pattison | Age 17 |
| 2. David Paul | Age 17 |
| 3. Gunner Havago | Age 18 |

MOST DIFFICULT TRICK Jerry Pattison for the one armed hand stand received perpetual trophie

AGE GROUP 7 AND UNDER

- | | |
|---------------------|-------|
| 1. Ty Keith | Age 5 |
| 2. Andrew Henderson | Age 7 |
| 3. Jason Danier | Age 7 |
| 4. Danny Sloan | Age 6 |
| 5. Kelly Marks | Age 6 |

AGE GROUP 8-12 YEARS

- | | |
|-------------------|--------|
| 1. Randy Godinet | Age 12 |
| 2. Louas Kreslie | Age 12 |
| 3. Tony Mosoqueda | Age 12 |
| 4. Jody Pattison | Age 10 |
| 5. Tod Adam | Age 12 |

AGE GROUP 13-15 YEARS

- | | |
|-------------------|--------|
| 1. Mike Cantu | Age 15 |
| 2. Gary Payea | Age 13 |
| 3. Richie Roberts | Age 14 |
| 4. Dan Yarbrough | Age 14 |
| 5. Garret Chick | Age 15 |

AGE GROUP 16 AND OVER

- | | |
|-------------------------------------|--------|
| 1. Jim Weldon | Age 16 |
| 2. Benny Gavin | Age 16 |
| 3. Bob Hull | Age 17 |
| 4. Tim Hampton | Age 20 |
| 5. Paul Counts & (TIE) Lee Guerrera | Age 18 |

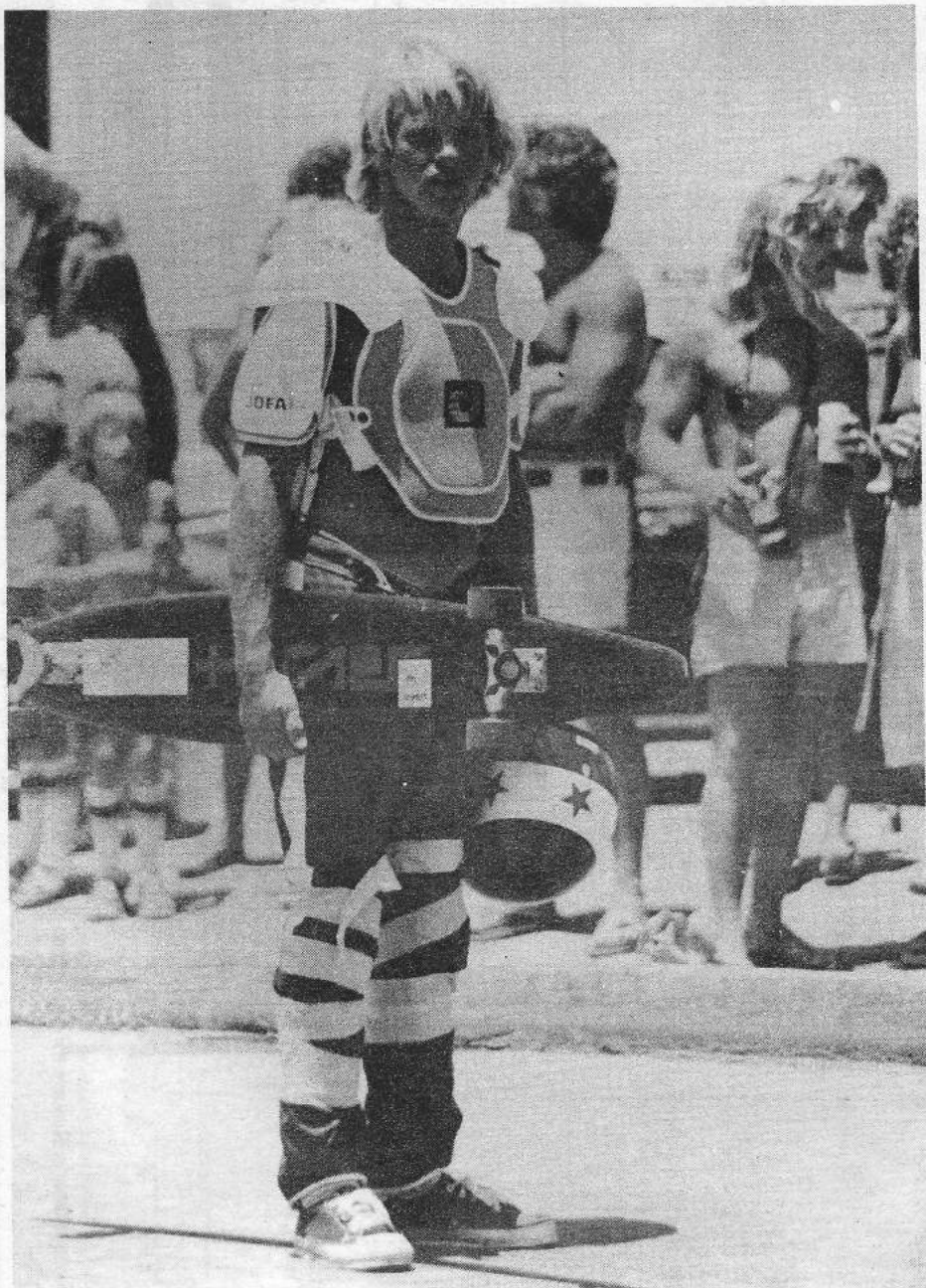
Letter to the Editor

Dear Di,
I sure enjoy reading your newspaper. Hope to see my name in there more often. We enjoyed reading about the Pro/Am. A correction has been brought to my attention that John Hutson did not win the third place in the Cow Palace Pro/Am. Ray Flores won that position and he did it on large stock TUNNEL WHEELS,

their first time in competition. Thanks.
Mike McCreary

Dear Mike,
My apologies to Ray Flores and regrets to John Hutson

I appreciate you bringing this to my attention. Ed.



TOMMY TYAN - Showing good example of proper safety equipment for a speed run: customized Turner board, helmet, shoulder and hip pads, shoes, (gloves not visible in photo). Photo by Steve Matchett.

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Tips On Skateboard Photography

by Lance Smith

Photographing the skaters can be a very exciting and sometimes shaky experience. As skaters and equipment continue to improve, there are some unreal shots to be taken. A few years ago, most of the shots were taken on smooth winding hills showing the casual styles of the now breed of "urethanians". Looking for greather thrills, the skaters took to the challenges - empty swimming pools, school yard banks, drainage ditches, spillways, pipes, and anything else that defies gravity. Capturing that magic moment on film can be a real stoker, rewarding for both photographer and skater.

To start off, equipment can be very important and the quality of it will certainly reflect upon your prints or slides. Cameras of the Nikon, Cannon, Olympus, Pentax family are all excellent and expensive. However, a lesser expensive 35mm will work nicely for film, I choose Kodachrome 25, 64, and Ektachrome. These are color slide films which are easy to use and have really good colors. Be sure to have your slides processed by a company that knows how to process effectively and has a good reputation. It's a waste of time and effort to shoot your film and have it developed by an underate company. Black and white films allow the home processor to develop the film himself and experiment with printing. Kodak Tri-X, Plus-X, and Pan-X are all good, and offer a variety of film speeds - or ASA.

"ASA" means the film's sensitivity to light. Tri-X has an ASA of 400, compared to Pan-X's ASA 32. The general rule is to use faster films, such as Tri-X, for lower light levels and Plus-X & Pan-X for brighter lighting situations. Naturally, there are exceptions to this rule. Magazines like to use the highly contrasting Tri-X for reproduction because tones and contrast are lost in that process.

Exposure settings should be taken from the meter in your camera or a hand held meter. These exposures will vary according to time of day, lens used, and location.

The type of lens to use for your skateboard photography will depend on what you have. I've found that the standard normal lens, the 49mm - 42mm range, can be used very effectively. Wide-angles are great for getting in close and sometimes distorting your subjects for a bizarre effect. The super wide angle of the 17mm and Down Range is really good for that effect. Warren Bolster uses his 17mm quite a bit and you know how good his shots turn out.

Look for an unusual angle to shoot from. Let your pictures show depth and background action. Look for the radical position and try to capture it. Watch your skater and try to calculate where he is going to be at that just right moment. A lot of skaters move very quickly and you have to be quick, anticipate, and maybe shoot an instant before you think you should. Try, if possible, to shoot the guys you know are hot. I'm fortunate enough to know alot of these guys and they will usually work around you trying to pull off their radical maneuvers right in front of you. One dude that is famous for this help is the "maddog" Tony Alva. This guy is radical and loves to blow photographers away.

Another effective technique is to use the sun. W.B. (Warren Bolster) does this alot in his pool shots. The flare that the sun reflects through the elements of the lens can look really nice.

To wrap up: think about your shots, take your time, size up the situation, try not to clutter your photos with unwanted objects, experiment, and use some creativity. The end product should result in something that, hopefully, will be satisfactory to you; and maybe satisfactory to a publication that will reward you for your efforts. Remember also, when skateboarding, an ounce of safety is much better than a pound of road rash.

Coming Events

Every Evening

Place: Boys Club, 675 Balour Dr., Encinitas

Sponsor: Encinitas Branch of San Dieguito Boys Club

Events: Freestyle area available for practice

Cost: no charge

Sept. 4-5

Place: Long Beach Sports Arena, 2 pm to 8 pm

Sponsor: Wolf-Reismiller

Events: Invitational Pro Freestyle, Speed Run, Slalom; Exhibitions; Booths; live bands

Every Tuesday

Place: Boys Club, 533 Lomas Santa Fe Dr., Solana Beach

Sponsor: Lomas Santa Fe branch of San Dieguito Boys Club

Events: novice (non-team affiliated) cross country races

Cost to spectators: none

Cost to entrants: \$3 per year Boys Club membership

Sept. 19

Place: Carlsbad Skate Park

Sponsor: Hang Ten, SRA

Events: Pro Invitational Speed Run, Slalom, Freestyle; World Championship goes to best overall.



TY PAGE being photographed by WARREN BOLSTER from one of those "unusual angles." Photo by Lance Smith.



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Bruce Logan. Photo by Edwall.

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UCSD Demo

Prominent freestyle teams performed for 300 kids at UCSD on July 27. The spectators were youngsters involved in the National Summer Youth Sports Program. Each year a government grant provides major universities across the country funds for a sports program for children from target inner city areas such as Southeast San Diego. These funds provide buses, lunches, snacks, even T-shirts for each child participating in the five weeks of supervised sports activities. As the freestylers arrived the kids were just finishing swimming in UCSD's beautiful modern pool and softball on the campus' sprawling grassy area.

The skateboarders themselves were an immediate success. Within minutes skates were swamped with a hundred versions of "lemme try it!" Soon riders and boards covered the area.

Henry Hester and Bob Mohr did the announcing for team members from Logan, G & S and Bahne. The large, smooth outdoor basketball court provided a good area for the 40 exhibition, including Bob Mohr's 4'2" high jump and Bobby Boyden's kick turn over a jump.

A recent issue of the "Review" was passed out to the kids scrambling for a free copy. The elementary age youngsters left the area even more stoked than before. National City just might be ready for a skateboard shop.

Experimental Contest

By Tim Bee

August 19th marked the day for a skateboard experiment at the La Jolla Recreation Center. Larry Beauchamp and Chuck Canada of the Center's staff put together a small and limited contest. The age spread was eight to sixteen years divided into three groups of contestants. The events included an obstacle course that twisted across one of the basketball courts, a slalom run which proved more difficult than some of the contestants expected, a backbreaking limbo test, a freestyle competition and a high jump event.

The contest was purposely kept small and mostly objective with either a clock or a height to mark the degree of achievement in all events except the freestyle to release Larry and Chuck from the difficulties of a major contest. This allowed them to make an appraisal of how the day worked and whether to plan on such activities in the future.

On the whole the contest was interesting and local, allowing those who have never been in a contest a chance to get the experience. However, one essential point was lacking and hopefully will be corrected in the future: there was no safety equipment available for participants and the most used by any particular individual were knee pads.

Novice Contest

Novice contests have to be the most rewarding event to hold. Neighbors to the Kelley Street Park in Linda Vista were involved in a novice contest directed by the Pacific Skateboard Association. The twelve entries were divided into Boys and Girls, 4-12 years, and entered into a slalom and freestyle event. The forty spectators made up the largest crowd seen at the Park since it opened.

Slalom racers had to race as many cones as they were old. Officials, complete with flags and stop watches ran that event in a breezy, sunny very pleasant corner of Linda Vista. Freestylers competed before five judges, following PSA guidelines and full on score cards.

The contest was directed by Di Dootson and officiated by amateurs affiliated with such teams as Brewer, Gordon and Smith, and Grand Ave. Surf. They provided a safety clinic and freestyle demonstration that kept full attention of competitors and spectators alike.

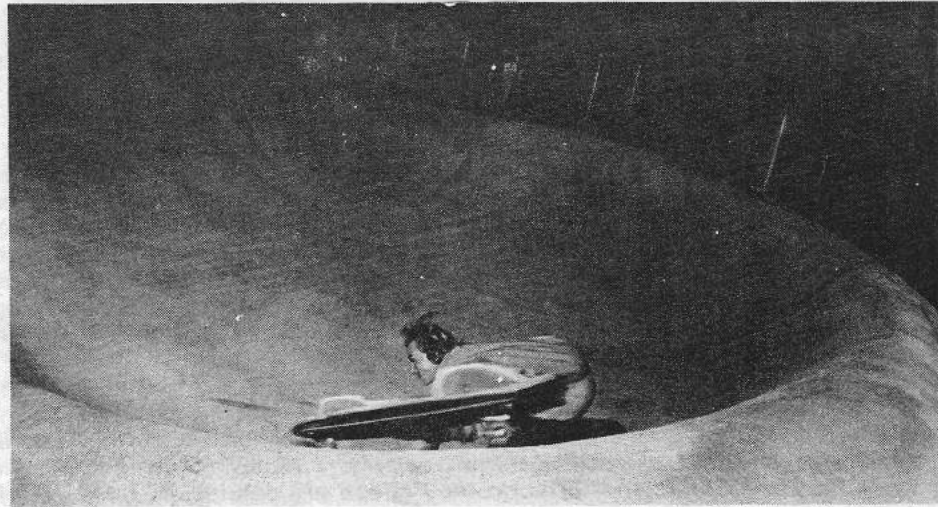
Prizes were donated by G&S, Bahne, Tracker Trucks, and the Carlsbad Skate Park. All contestants went home with arms full of contest posters, "Reviews", and a certificate of participation.

Although a small contest, Linda Vista's "First Annual Kelley Street Park Skateboard Contest" was definitely the most rewarding one to date.

results:

Overall Winner: James Kirkland
Freestyle:
1. James Kirkland
2. Karen Kirkland
3. Eddie Harris
Most Difficult Trick: Leander Turner - space walk
Slalom:
Boys 10-12: 1. Rick Jarret
2. James Kirkland
Boys 7-9: 1. Eddie Harris
2. Robert Duffy
3. Leander Turner
4. Scott Campbell
Boys 6 and under: 1. Jason Campbell
2. Maurice Turner
3. Andy Hull
Girls 8 and older: 1. Karen Kirkland
2. Ruth Hull
Girls 7 and under: 1. Dellah Campbell

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; or call 714-436-0043.



Night driving at the Calrsbad Skate Park. Photo by Warren Bolster.

Martial Arts Aid Skateboarders

By Curtis Hesselgrave

On August 7th Merridith Lloyd and Curtis Hesselgrave ran a seminar on Stretching and Balance for skateboarders. In attendance were Henry Hester, Bob Skoldberg, Dave Dominy, Marty Schaub, and Pete Tholl.

The seminar covered basic information about the body, how muscles work, what happens in a muscle when it works hard, and what happens when it stretches. Also covered were the basic principles of balance, and mind-body co-ordination.

Merridith Lloyd is a yoga in-

structor at Palomar College, and has been working with their track and baseball teams for two years. Her work with athletes has given her a unique understanding of athletes and their problems with stiffness and muscle use.

Curtis Hesselgrave is an Aikido instructor and skateboarder. He has been applying the principles of this martial art to the needs of skateboarders.

There will be future programs like this, so keep your eye on the "Review", we will keep you posted.

La Costa Races

July 25 \$2 Giant Slalom
rained out

July 25 \$2 Slalom
1. Bobby Piercy* 7.0
2. Tommy Ryan* 7.05
3. Mike Williams* 7.1

Other racers:
Pete Tholl (F) 7.25
Scott Johnson (F) 7.6
Lance Smith (F) 7.7
Marty Schaub (F) 7.9
Jim O'Mahoney* 7.9
Brian Johnson 7.95
Steve Sherman 8.1
David Dominy 8.1
Rod Saunders 8.15
Mitch Haake* 8.3
Dave Carson 8.5
Ken Watson 8.55
Curtis Hesselgrave 8.6

August 1 \$2/\$1 Giant Slalom

1. Bobby Piercy* 15.1
2. Tommy Ryan* 14.95
3. Mike Williams* 15.9
Other racers:
Steve Schisler (F) 14.7
Scott Johnston* (F) 15.25
Lance Smith* (F) 15.85
Dave Dominy 16.1
Layne Oaks 16.5
Pete Tholl 16.65
Marty Schaub 16.6
Steve Sherman 17.2
Larry Weinapple 17.5
Curtis Hesselgrave 17.8
Jeff Junkins* 19.25
Women racers:
Robin Logan* 17.7
Kim Cespedes 17.75
Dodie Hackenmack* 18.05

August 1 \$2/\$1 Slalom

1. Bobby Piercy* 6.9
2. Tommy Ryan* 7.05
3. Mike Williams* 7.25
Other racers:
Lance Smith* (F) 7.35
Layne Oaks (F) 7.5
Scott Johnston* (F) 7.75
Randy Travers 7.8
Pete Tholl 7.9
Steve Sherman 8.0
Marty Schaub 8.0
Rick Ireton 8.15
Chris Foley 8.3
Eddie Katz 8.35
Scott Swanson 8.7
Curtis Hesselgrave 8.8

August 8 \$3/\$1 Giant Slalom

1. Henry Hester* 13.1
2. Mike Williams* 13.1

3. Bob Skoldberg* 13.35
Other racers:
Bobby Piercy* (F) 13.4
Tony Alva* (F) 13.5
Bob Biniak* (F) 13.6
Scott Johnston* (F) 13.6
Jim Muir* (F) 13.9
Paco Prieta (F) 14.1
Warren Bolster 14.3
Pete Tholl 14.4
Lance Smith 14.55
Dave Fischer 14.7
Russ Gosnell 14.9
Steve Sherman 15.0
Jeff Wolff 15.0
Steve Gosnell 15.0
Marty Schaub 15.1
Brad Logan* 15.5
Curtis Hesselgrave 15.55
Chris Fischer 15.7
Greg Jensen 16.0

August 8 \$3/\$1 Slalom

1. Bobby Piercy* 6.7
2. Henry Hester* 6.8
3. Bob Skoldberg* 6.95
Other racers:
Mike Williams* (F) 6.9
Scott Johnston (F) 7.2
Steve Schisler* (F) 7.3
Lance Smith* 7.5
David Dominy 7.8
Paul Hackett 8.0
Jimmy Allard 8.65
Curtis Hesselgrave 8.65
Ray Allen 8.6
Steve Sherman DQ

August 15 \$3/\$1 Slalom

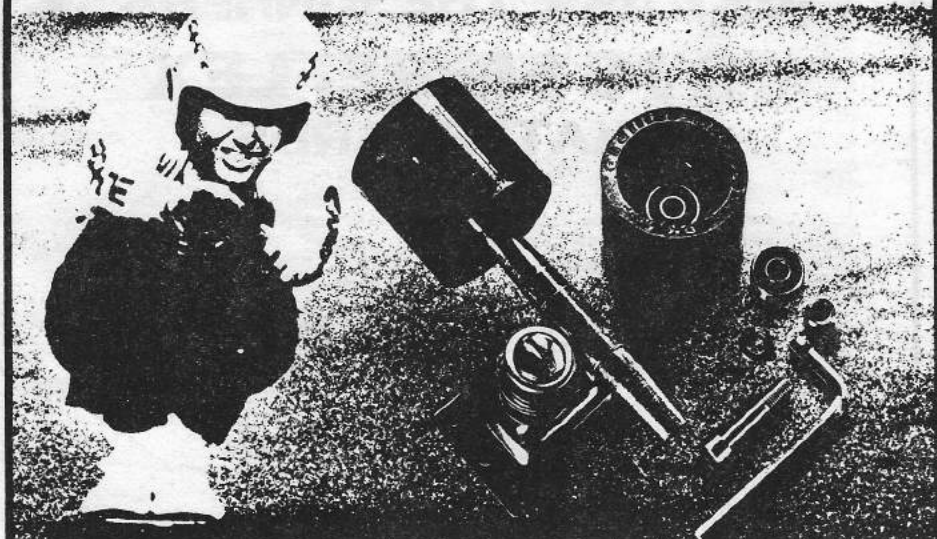
1. Mike Williams* 10.35
2. Henry Hester* 10.25
3. Bobby Piercy* 10.15
Other racers:
Tommy Ryan* (F) 10.55
Scott Johnston (F) 11.1
Jeff Wolff (F) 11.2
Marty Schaub (F) 11.25
Layne Oaks (F) 11.3
John Krisik* 11.3
Steve Sherman 11.55
Randy Travers 11.55
Chris Foley 12.0
Dennis Martinez 12.15
Jamie Hart* 12.3
Dave Carson 12.35
DA Andrews 12.45
Curtis Hesselgrave 13.1
Bob Skoldberg* DQ

August 22 Slalom

1. Lance Smith 7.3
2. Tom Padaca 7.6
3. Randy Travers 7.8
Other racers:
Warren Bolster 8.35
Jon Neander DQ

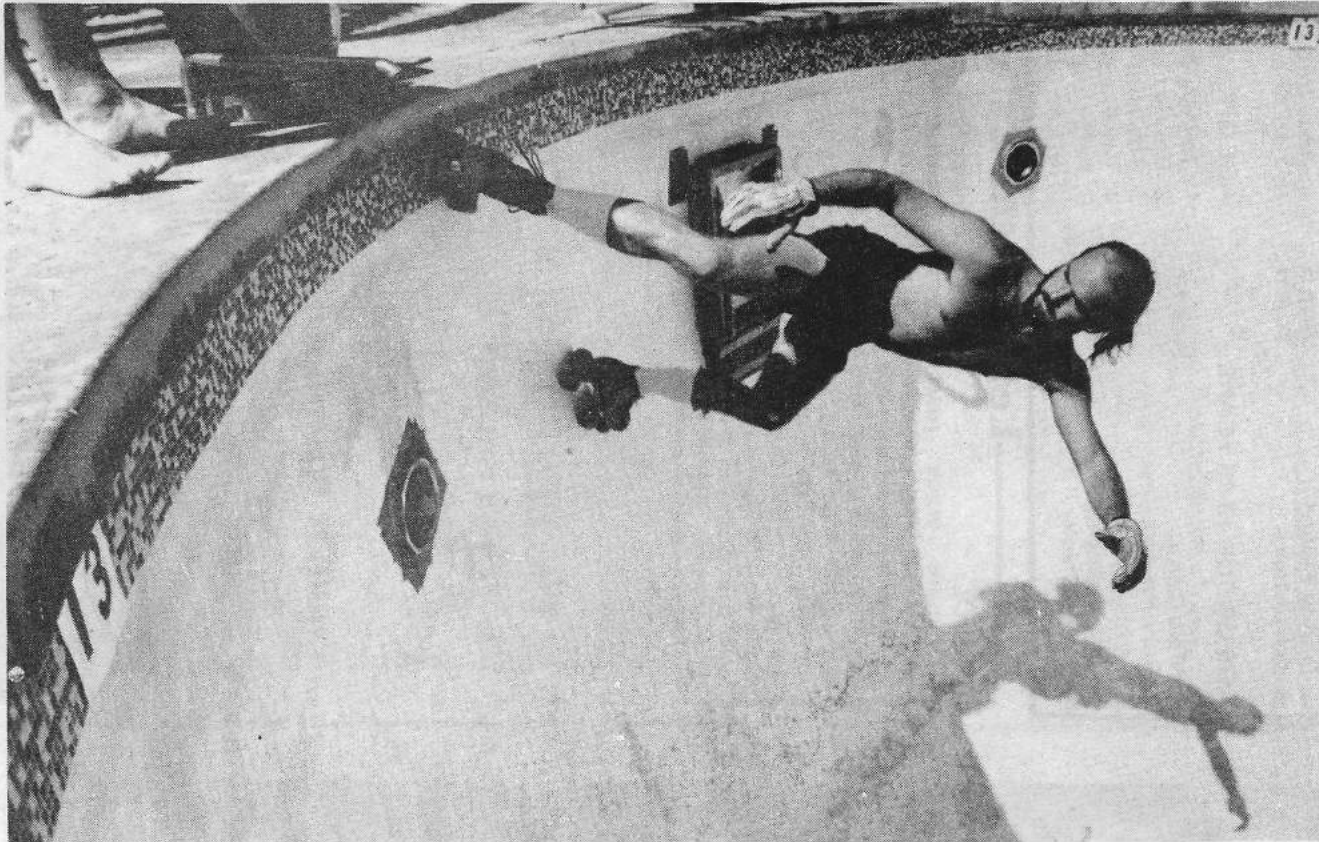
(Ed. Note: (F) means that racer was in the finals. The * means that racer raced as a professional; all other racers remain Amateur.)

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DAVID DOMINY side skating to blue tile at Headley's pool. Photo by Lance Smith.

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