

# YEAR-END CELEBRATION



Our Bylaws require an annual meeting of the full membership. We take advantage of that requirement and have a full on slalom session followed by an evening gathering for a meeting, announcement of election results, dinner, social, with the Opportunity Table in the room.

We had 20 folks on the hill while 9 ran cones on an awesome new hill. We had 28 members attend out of 56 on our roster, with 7+ nonmembers.

The new Board of Directors met to decide who will fill board positions. We introduced the members who were present that are Inductees to the Skateboarding Hall of Fame. We gave a report of the business and racing for 2022.

On Sunday, the Board got a tour of the Chula Vista Elite Training Center to check it for possible race hills.



Afternoon session.



The new BoD first meeting to elect Board positions.



Attending were some LCR members in the SHOF: **Bob Skoldberg, Henry Hester, Denis Shufeldt, Gregg Weaver, Robin Logan.** With friends: **DDR, Lynn Kramer, Dale Smith.**



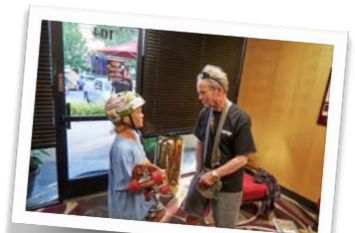
Thanks to **Muirskate, Lynn Kramer, Logan Earth Ski, and Bonsall Winery** for the prizes on the Opportunity Table.



Our 2022 annual meeting of the full membership.



Good times!



Passing of the Torch: **Kelley Apanowicz** meets **Bruce Logan.**

## Let's Hear from our LCR Team Going to World Skate Games

### Question #1 -

#### WHAT IS YOUR BEST EVENT?

Lynn Kramer - Tight  
 Joe McLaren- Giant slalom  
 Judi Oyama - Tight slalom  
 Lou Statman - GS  
 Richy Carrasco - Everything  
 Isa Ruiz - GS  
 Paul Price - Tight  
 Lari Rupp - GS  
 Orion Lehrmann - I win more at Hybrid but feel best in TS.  
 Maggie Harrison - TS  
 Collin Kruse - GS  
 Kyle Smith - Hybrid



### Question #3 -

#### WHO DO YOU WANT TO BEAT?

Lynn - Suzuka, from Japan  
 Judi - The rest of the world.  
 Lou - I want to go faster than myself.  
 Isa - Judi Oyama  
 Paul - Myself, after my knee injury recovery.  
 Lari - The world.  
 Orion - Anyone who pushes me to race faster than I ever thought I could. Pappas was the one who pulled that out of me in my last contest.  
 Maggie - I would like to see where my extra training has gotten me in terms of competing with others.  
 Collin - Joe McLaren  
 Kyle - Christopher Dupont, Janis, and the Hadebrands.  
 CREW:  
 Maureen - I hope the team beats the UK and CZE.

### Question #2 -

#### WHAT IS YOUR GOAL IN GOING TO W.S.G?

Lynn - To win Overall.  
 Joe - I have declined the pre-seeded invitation due to an irresistible job opportunity at home.  
 Judi - To make podium.  
 Lou - To have fun.  
 Richy - I regret I will not be able to compete due to a back injury. I will attend to support the event and serve as announcer.  
 Isa - To race there and see how I stack up on the global stage.  
 Paul - I want to be part of the event and represent the UK team well. I think this could be a turning point for world wide slalom recognition.  
 Lari - I want to meet people from around the world, improve my skills, and represent the USA well.  
 Orion - My goal is to perform my absolute best. In order to achieve this, I will do what I usually do at every contest.  
 Maggie - To get familiar with these big competitions and to get a feel for what I can accomplish.  
 Collin - Have fun, don't stress too much, enjoy the experience and, of course, win!  
 Kyle - To push myself past my limits, learn from other slalom racers in the world, push slalom to a whole new light in the world.  
 CREW:  
 Marcos Soulsby-Monroy - I want to coach Alieria and meet people with the same interests.  
 Erik Hunsaker - I am going to be the gear guardian and chaperone.  
 Michal Subrt - I want to be part of it, to help it be an organized as possible so we (ISSA) can be proud of the event and racers can fully enjoy the racing.  
 Maureen Keating - I want to represent LCR in the international slalom community, offer team support, and blog the event.  
 Maria Carrasco - (Too busy with ISSA prep for WSG to answer the questions)



## Question #4 -

### HOW HAVE YOU PREPARED?

Lynn - My complete focus is on training: running cones, cross training. I will get a massage before the racing starts.

Judi - I do Cross Fit 5 times a week, trail running, skate cones and the park.

Lou - I am skating everything, including vert. I do slalom for 2-1/2 hrs 3-4 times a week. I will need a translator.

Isa - I skate daily with a trainer; I do yoga and meditation. I have arranged time off from work. I use infrared sauna and compression boots for recovery.

Paul - I raced all the US races. Pavel is designing a new design for WSG for me to ride.

Lari - I am training with Steven King twice a week.

Orion - Skating 2x week, hitting the gym, surfing, eating a lot of good food. I time myself when I skate so I understand where I'm at.

Maggie - I have been skating everything and training with Lou Statman. We work on all kinds of courses. And Jiu Jitsu.

Collin - I train through multiple disciplines of skateboarding 4 days a week.

Kyle - Been on my slalom board for a least 30-min per day, balancing my diet, and working out.

CREW:

Marcos - I am skating and making travel arrangements.

Erik - I am practicing Spanish and I got good walking shoes.

Michal- I am anticipating the process in San Juan to avoid any possible organizational mistakes. I want to be well prepared. I have registered and taken the WADA training.

Maureen- I do yoga and download entertainment for the long flight. I am practicing Spanish.

Richy - I am practicing my Spanish.



JUDI, LYNN, ISA



LOU



MICHAL



ORION



MAGGIE



PAUL



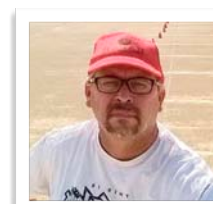
MARIA



COLLIN



LARI



MARCOS



KYLE



RICHY



ERIK



MAUREEN



## Our Team Needs Your Support

It's not too late to donate to the La Costa racers on the US Slalom Team. Their expenses on credit cards will come due in November. When you donate through LCR, you receive a tax receipt. You can make a donation from our website: <https://www.lacostaracing.com/donate-to-worlds>. You can use the QR code here to make the donation. When using PayPal, the racer will pay the fee.

Or, mail a check to "La Costa Racing" and mail to: 2148 Inyo St, Los Osos CA 93402. Write "Argentina for [racer's name] on the memo line. If you would like to donate to the whole team of LCR racers going to the Games, make that memo to "Argentina LCR Team". You will receive a tax receipt.

***Please donate to La Costa Team members. They will represent us well.***

### Healthy Lifestyle: PUSH THROUGH NEGATIVE THOUGHTS

#### JUST BECAUSE...

You're worried

You're unsure  
if you can

Things have  
been tough

You've been  
hurt

Intrusive  
Thoughts feel real

#### DOESN'T MEAN...

@iamhayleykaye

It won't go well

You can't

They won't get  
better

Good Things  
won't find you

They are True



DDR was interviewed for the "Sk8board Nation" podcast by Dave Andrecht and Greg Marte. You can view it on YouTube.



First look at the TS and Hybrid hill in San Juan, Argentina.



ISSA crew pre-running



After a year and 9 months of preparation, the US Slalom Team leaves in 10 days for San Juan, Argentina for racing to start on 10/28. It's been a race and quite a ride already. LCR members racing for the US are **Lynn Kramer, Judi Oyama, Isa Ruiz, Maggie Harrison, Orion Lehrmann, Aliera Soulsby-Monroy, Lari Rupp, Lou Statman, Kyle Smith. Paul Price** will race for the UK. **Collin Kruse**, the alternate to the US Team who came in 2nd in all three qualifying races has earned his spot on the team as of 10/2.

LCR members who are going to help are **Maureen Keating** (team support), **Erik Hunsaker**, (team support), **Maria Carrasco** (ISSA), **Marcos Soulsby-Monroy** (ISSA and coach), **Michal Subrt**, from CZE, (ISSA race organizer and starter).

It's an expensive effort. They couldn't go without help from sponsors: **Sk8Kings, Turbo Wheels, Muthr, Old Bones, RipTide, Don't Trip, Oust, Santa Cruz Skateboards, Bronson Bearings, GIN4LW Movement, Lenz Arts, Catto's Graphics, Jeff Traugott Guitars, Santa Cruz Pavers Flow, Giro Helmets, 187 Pads, Mob Grip Tape, Camelback, Merge Socks, Laird Superfood, Toyota of Cedar Park TX, La Costa Racing Team, Pavel, World Skate Working Group, Seismic Wheels, FreeRide Flyer, Santa Fe Skateschool, Paris Trucks, Cal77, Hopnonyous Brewing, H.O.S.S., Skate Line Skate Design, Lynn Kramer, Patrick Lehrmann, Tomcat Brewery, Bare Arms, Pawn Shop Express, Int'l Order of Moose.**

## Meet the 2022-2023 Board of Directors



(L-R) Dan Gesmer (framed photo)- Membership  
 Erik Hunsaker - Secretary  
 Lynn Kramer - Treasurer, Head Coach  
 Scott Hostert - Racing  
 Catrina Frederick - Website, flyers  
 George Frederick - Vice President  
 Di Dootson Rose - President  
 Tim Stahl - Social media, team photographer  
 Maureen Keating - Marketing  
 Denis Shufeldt - Fundraising  
 Robin Logan - "Rollin' Rover"  
 Lou Statman (framed photo) - Fundraising



# TRAVELING RACER RESULTS

## PAUL CHESTNUT

New Mexico,  
at The Bear

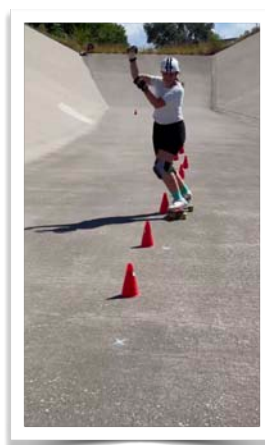
1st - TS  
3rd - Banked slalom



## ISA RUIZ

New Mexico,  
at the Bear

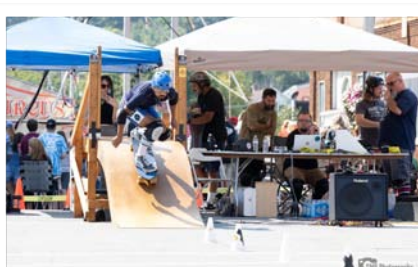
4th Overall Hybrid  
7th Overall at PumpTrack



## JONATHAN MARINO

Kentucky,  
at Poage Landing Days

2nd - TS, A class  
3rd - Hybrid, A class  
4th - GS, A class



## KYLE SMITH

Kentucky,  
at Poage Landing Days

1st in All !



## MARCOS SOULSBY-MONROY

Kentucky,  
at Poage Landing Days

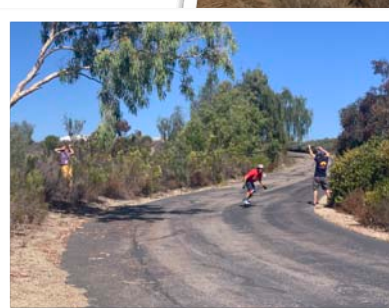
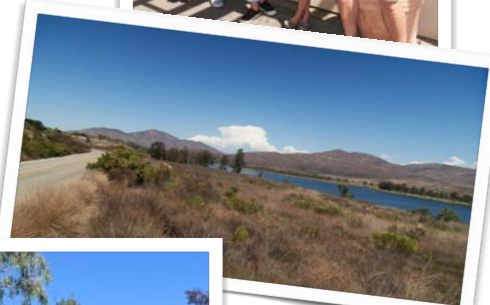
3rd - GS, A class  
4th - Hybrid, A class



## FIELD TRIP!

Over our Year-End weekend, **Maureen Keating** arranged for a tour of the (former) US Olympic Training Center to see if it is a possible venue for our races.

It's in a beautiful location in south San Diego county with fabulous amenities: housing, dining hall, trainers....and hills. It has potential.



Have you signed up with RALPHS yet?



Shopping at Ralphs/Kroger is an easy way to help LCR: you shop there and Ralphs/Kroger gives us money. SO EASY!!

1. Using your Ralphs/Kroger rewards number, or signing up for one, go to their website: [ralphs.com](http://ralphs.com).
2. Look at the way bottom for "Kroger Community Rewards"
3. Read it all and look for "search for your organization here".
4. Select "La Costa Racing Team" or #LS357 as your benefactor.
5. Then, when you shop at those stores, they send us money quarterly.

## CALENDAR

10/28-Nov 1 - World Skate Games Slalom competition, in San Juan, Argentina.

**Check out [worldskate.tv](http://worldskate.tv) for possible coverage.**

***That's All Folks! Race you in 2023.***