

SEASON OPENER WAS AN EYE OPENER

"We have two 'never raced slalom before' entries!"

"I need to practice more"

"I set up the board the night before.
I haven't ridden slalom in 4 years."



OVERALL WINNERS: Judi Oyama, Maggie Harrison, Oshean Lehrmann, Lynn Kramer, Collin Kruse, George Pappas.



GS MENS: 1st - Collin Kruse, 2nd -George Pappas 3rd - Max Capps.



GS WOMENS: 1st-Lynn Kramer, 2nd- Judi Oyama, 3rd- Maggie Harrison.



GS MASTERS: 1st - Kenny Harrison, 2nd -Leonard Trubia, 3rd- Paul Rowe.

"Our Juniors are rippin'!"

YOUNG GUNS GRUDGE MATCH
1st - Maggie Harrison
2nd - Kelley Apanowicz
3rd - Ash Apanowicz



TS WOMEN's:
1st - Lynn Kramer
2nd - Judi Oyama
3rd - Maggie Harrison

"I need to get in shape"

"Jeez, I'm slow!"



TS A - MENS':
1st - Collin Kruse
2nd -Oshean Lehrmann
3rd - Lou Statman

"I should have checked my gear."



TS B-GROUP
1st - Jeff Minx
2nd - Paul Rowe
3rd - Kelley Apanowicz

"Bring your best and do it yourself"

GIANT SLALOM

KIDS, 11 & UNDER - Best time

Ash Apanowicz - 17.004
Sam Inserra - 17.934

GS OPEN - Best time

Collin Kruse - 32.478
George Pappas - 32.879
Max Capps - 33.068
Lou Statman - 33.691
Paul Chestnut - 33.818
Oshean Lehrmann - 34.361
Brent Kosick - 34.657
Lynn Kramer - 34.658
Scott Hostert - 35.631
Jeff Minx - 36.435
Judi Oyama - 37.617
Kenny Harrison - 38.185
Kelley Apanowicz - 38.398
Leonard Trubia - 39.432
Maggie Harrison - 40.293
Paul Rowe - 41.051
Aaron Inserra - 41.750

TIGHT SLALOM

B GROUP

Jeff Minx
Paul Rowe - 21.715
Kelley Apanowicz - 20.588
Maggie Harrison - 21.674
Leonard Trubia
Kenny Harrison

A GROUP - Best qual. time

Collin Kruse - 16.753
Oshean Lehrmann - 17.106
Lou Statman - 17.065
Paul Chestnut - 17.169
George Pappas - 17.202
Scott Hostert - 17.792
Lynn Kramer - 18.444
Judi Oyama - 20.205

OVERALL - Race points

Collin Kruse - 400
George Pappas - 325
Oshean Lehrmann - 320
Lou Statman - 310
Paul Chestnut - 295
Scott Hostert - 269
Lynn Kramer - 268
Judi Oyama - 256
Jeff Minx - 255
Kelley Apanowicz - 244
Paul Rowe - 241
Kenny Harrison - 240
Leonard Trubia - 238
Maggie Harrison - 238
Max Capps - 160
Brent Kosick - 136
Aaron Inserra - 114



"It was an AMAZING weekend!"



CALENDAR

MARCH

3/24,25,26 Texas Outlaws, Sizzler, TX - Main
- register on NCDSA

APRIL

4/7,8,9 Tepe 'n Tacos, downhill by Kevin
Rimes Cancelled for winter storm road
damage.

4/22 - Luna Slalom Jam in MS - Basic - Ricky
Byrd - register on NCDSA

4/28-30 - Maryhill Spring Ride- downhill by
Maryhill Ratz

MAY

5/2-5 - Skate School, Ditch Slap Banked
Slalom - Outlaw

5/6-7 - 25-cone challenge by ISSA

5/27, 28, 29 - Midwest Wiggle Warriors -
Prime -register on NCDSA



Texas Sizzler 18 2023

Hockley Texas March 24th 25th & 26th

With Generous sponsorship from . . .



International Slalom Skateboarding Association Prime

Home Town Classic

Slalom Skateboard Race

Memorial Day Weekend

May 26th-29th

Wauconda IL

Friday Night Pre Race Hangout

Ramp Set Up for warmup runs

Saturday Tight and Hybrid

Grillin Food On site

Sunday Giant Slalom

Monday Back Up Race Day

Entry Fee \$60

Co-Hosted by La Costa Racing Team

STATE LINE SKATE DESIGN

SEISMIC SKATE SYSTEMS

Loaded

S*ONE HELMET COMPANY

WASHER CUPS

ACE Army

RIPTIDE

LANDYACHTZ

HAPPENED IN: the Czech Republic, Maryland, Idaho, and Texas

In a series of 6 races held in the Czech Republic in 2022 and now complete, **MICHAL SUBRT** has the the top 1st place ranking out of 14 Master class racers.



He has earned sponsorship by os106 (carbon decks and CNC trucks), AEvysousece.cz (general sponsor), DHL.com (general sponsor), IDScntrl (general sponsor), SNOWpanic (longboard shop), MANIA skateboards, and Sk8kings. He represents La Costa Racing well.

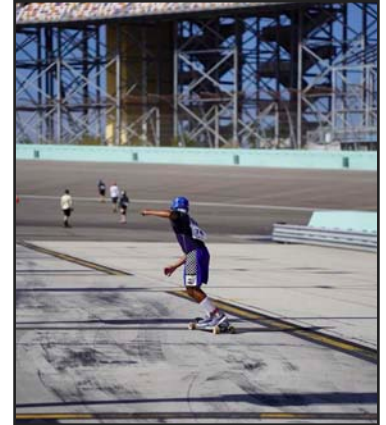
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LOU STATMAN, KENNY HARRISON, MAGGIE HARRISON, JEFF MINX, and **ETHAN ALLAN** hosted a slalom clinic at a downhill event on March 5th in Temple TX. They had 14 riders try slalom and we hope those riders enter the Sizzler later this month.

24 hour Ultraskate Feb 10-11th Miami Speedway, Homestead, FL

The race started promptly at 7:30am and **JONATHAN "SHREDDIE" MARINO** finished his skate around 3am, when it started pouring rain. He ended up with a distance of 151.84 miles (104 laps) only taking breaks to use the bathroom. Shreddie and his sweetheart, Jenna, stayed up until 8am for the awards ceremony and then drove back to where they were staying an hour away. Needless to say, they were totally Exhausted! It took him 6 days to recover from this circular track mission. Would he do it again? YES



Shreddie liked this photo because it shows him pumping slalom style. The owner of Pantheon boards shot the photo and was impressed with how he could generate speed like that. A lot to these guys were pumping but it was more a funny looking wiggle...

He gives a Big thank you to the organizers of the event, the volunteers, his supporters, and most importantly his pit-crew which was Jenna, his mom and step father Bob.

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6th at World Skate Games in Argentina, is, **LARI-ANN RUPP** again, the women's snow skate champion. Lari is 3rd time reigning champ. She is with Katerina Hill, a 6th ranked downhill skater. They competed at Lookout Pass in Idaho on March 4th.

NEW MEMBERS

The INSERRA FAMILY



JOSEPH KYLE SMITH



Head Coach, Lynn Kramer, is modeling our 2023 tee shirt.
Included in membership, you may also order from the website:
<https://www.lacostaracing.com/membership-t2022/p/mens-t>

GEORGE PAPPAS



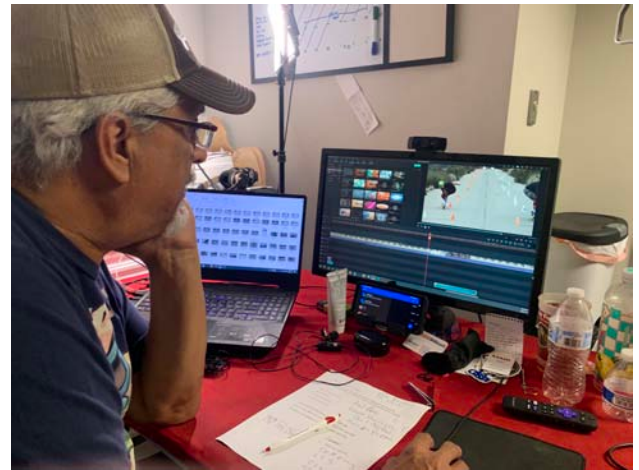
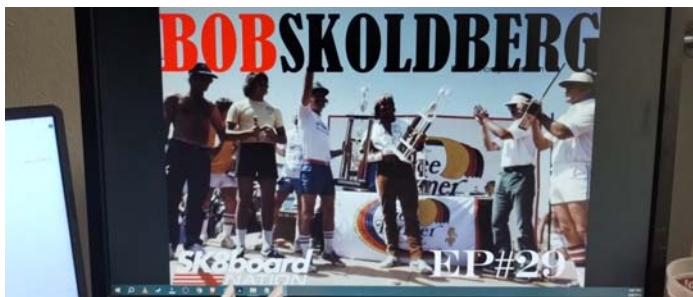
LEONARD TRUBIA





EPISODE #29 is **BOB SKOLDBERG** - one of our Founders. It's premier viewing was 3/9.

EPISODE #30 is our President's Day Race at Beeler Canyon. It's premier viewing will be 3/16.



*DDR was in the Sk8board Nation studio identifying people, while **GREG MARTE** edits President's Day race videos. You can see the race video on "YouTube-Sk8board Nation".*

www.youtube.com/@SK8BOARDNATION1

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**
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.

Healthy Lifestyle: USING FOAM ROLLERS

By Aaron Inserra, Lifetime Skater

Skateboarding is a demanding sport that requires athletes to have excellent balance, agility, and core strength. In order to perform at their best, skaters need to take care of their bodies, both before and after each session or competition. One tool that has become increasingly popular among athletes for recovery and warming up is the foam roller. In this article, we will explore the benefits of using them as an addition to your routine.



Foam rollers are long, cylindrical tubes made of foam. They come in various sizes and densities, and are used for self-myofascial release, also known as self-massage. This technique is designed to help loosen muscles, reduce soreness, and improve overall mobility. They function by applying pressure to specific areas of the body, which helps to break up knots, tight muscles and connective tissues. One of the biggest benefits of using foam rollers for slalom skateboarding is that they can aid in preventing injuries. Taut muscles and connective tissues are more prone to injuries, and foam rolling can help to prevent these issues by increasing flexibility and reducing the risk of strains and sprains. By incorporating foam rolling into their warm-up routine, skaters can ensure that their muscles and joints are ready for the physical demands of the sport.

Foam rollers are also highly effective for post-workout recovery. After a tough session or competition, we often experience aches and stiffness. Rolling can help to alleviate these symptoms by increasing blood flow and reducing inflammation. This can support recovery and allow skaters to get back to

Another benefit of foam rollers is that they can be used to target specific areas of the body. For example, slalom skateboarders may experience tightness in their calves, hamstrings, lower back and gluteal muscles, which can impact their performance. Rolling these areas can help to increase mobility and flexibility, which can lead to better performance on the course.

Slalom riders need to be able to move their bodies swiftly and efficiently in order to navigate through cones. Foam rolling can help to improve the range of motion in joints which can lead to better balance, coordination, and agility.

Finally, foam rollers are easy to use and convenient. They are portable and can be used at home, at the spot, or on the road. This makes them a great option for athletes who need to travel.



In conclusion, foam rollers are an excellent tool for riders looking to improve their performance and prevent injuries. By incorporating foam rolling into their warm-up routine and post-workout recovery, athletes can improve their mobility, flexibility, and overall physical health. Whether you are a beginner or a seasoned pro, foam rollers are a must-have for anyone looking to take their skating to the next level.