

COME TO SAN DIEGO !



WEEKEND SCHEDULE

FRIDAY

5-8PM - Social, dinner, meeting @ 5 Suits Brewery
2575 Pioneer Ave, #104, Vista

SATURDAY - @ Engineer Rd, Vista

6:30AM - Volunteer check in
8am - Registration, racer check in
8:30 - Hybrid practice starts
9:30 - Hybrid qualifying starts
- Hybrid racing
- Lunch break
- TS practice
- TS racing
- Podium
Evening - On your own

SUNDAY- @ Engineer Rd, Vista

7am - Volunteer check in
8 - Registration, racer check in
9 - GS practice starts
10 - GS qualifying starts
-GS racing starts
- Podium
5pm - Post race party @ Belching Beaver Brewery
and Grill, 302 E. Broadway, Vista.



This ISSA Main race is one of the 3 qualifying races to select the US slalom team going to Rome for World Skate Games in 2024. The others are Worlds in Salem in September and The Sizzler in Texas, 3/24.

REGISTER AT: <https://www.lacostaracing.com/2023-usa-slalom-nationals>

CASH ONLY ON SITE AFTER 8/23

LA COSTA EAST @ LANDSDOWNE

July 16, 2023 – Landsdowne,

JUNIORS

- 1- Delia Thorpe
- 2- Logan Schlick
- 3- Alex Chavez



Liked by canavan87 and 303 others

the_ssps Landsdowne Banked Slalom was hands down, one of the funnest events that I could've ever participated in!!! Today marks seven days before my Half Century Birthday. Im not exactly sure how to feel about the whole affair. I do know one thing... I'd love to skate tomorrow morning. Maybe you will too. #jaksteam @ggi.skates @unclefunkysboards @rockstarbearings @paguacz_brand_pocket_wax #evildoers62 #62crew #teamzoot #blbc @canavan87 🙌🏻🙌🏻🙌🏻

View all 25 comments

in_shod_we_trust Happy birthday!

jessiefrietze 🍷

July 21

The stoke is Real !



OPEN

- 1 - Joseph Kyle Smith
- 2- Ben Ashworth,
- 3- Curren Afterbury



Liked by brokensquare and 93 others

giii.calipo Had so much fun at the Landsdowne race today! Loved even more getting 3rd place 🍷🍷🍷 Congrats @norahharriger 🍷 and @jesshowiroll 🍷

WOMEN

- 1- Norah Harbinger, 2- Jessica Synder
- 3- Gigi Calipo



OG

- 1 - Brian Parsons,
- 2-Jim Brackett,
- 3- Mike Ohm

ISSA UPDATE ON WORLD SKATE GAMES



2022-2024 WORLD SKATE SLALOM WORKING GROUP



Jani Söderhäll (SWE)



Maria Carrasco (USA)



Hans Koraeus (SWE)



Joe McLaren (USA)



Janis Kuzmins (LAT)



Michal Šubrt (CZE)



Bruno Oliveira (BRA)



By Maria Carrasco

We are so excited to confirm that Worlds in Salem has earned an official sanction by the International Olympic Committee-recognized governing body - World Skate! This is a giant step toward our ultimate goal of getting our sport to the Olympics - raising our credibility to the top level and opening up further-reaching exposure opportunities on the world stage!

Huge Thanks to World Skate, the ISSA and USA Slalom Skateboarding for helping us achieve this honor!

By Joe McLaren

In accordance with the acceptance of the official World Skate event sanction - we must plan for compliance with their clean sport policy - which is an anti-doping protocol issued by the International Olympic Committee (IOC). This is the same program we participated in at World Skate Games 2022 in Argentina and will be in place for World Skate Games 2024 in Italy.

The protocol allows for selective drug testing of elite athletes on-site and will be managed/carried out by WADA officials. Most participants will not be tested but still must certify their understanding of the program.

To ensure all registered athletes are aware of the WADA protocol - a certification process (a free online training course by ADEL) must be completed by each participant in advance. Here is a link to the training site: <https://adel.wada-ama.org/learn/signin>

We will keep this certification step separate from the event registration process on our website and are working out the best way to collect and submit the certificates going forward - more info on that soon.

Note: If you competed at WSG 2022 in Argentina - your certificate will still be valid for our Worlds 2023 event - so you don't need to re-certify.

In Argentina 2022, the WADA testing was discreet and created very little impact on our typical race day operations - with only a few top-finishing racers being selected for testing. We are happy to answer any questions and will do our best to help you navigate the process smoothly.

Thank you all for being part of taking these new steps toward furthering our sport. We can't wait to welcome you to Worlds in Salem!

A Slalomy Day in Salem, OR

By Steven King, Race Director

Our July 29th “The Slalomy Day” was a great success. In the Open category we had two newbies and buddies, John and Liam, join us. Davi Neves, who was a beginner last year, took first place in his category.

The tightest racing was in the Masters/Legends, with Tay Hunt taking first overall, Steven King second and Gareth Roe third (just pipping Paul Howard in the 3rd/4th consolations).

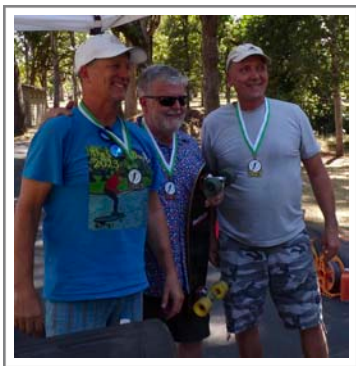
In the Pro Women division, Judi Oyama & Lari-Ann Rupp put on a master class in racing. Lari-Ann, who was also a newbie to slalom last year, finished a close second to the super-experienced Hall-of-Famer, Judi Oyama. Judi took home \$300 and Lari \$200.

For the Pro Men the biggest surprise of the day was probably that Ian Roe qualified into the Top 4 in hybrid. There was excellent, close racing by all, with George Pappas taking home the \$250 first place, Lou Statman the \$150 for second and the \$100 third place to Michael Dong. Ian says he’s committed to attend World’s and to train even more diligently.

Thanks to Henry Hester for announcing and (mostly) entertaining; thanks to Gareth Roe, Ian Roe, Michael Dong, Lari-Ann Rupp, Davi Neves, Dave Baker, Polliwog, Maureen Keating, Minh Luu, Chris Benson @ Benson Amps (PA System), Storage 4 Less, The City of Salem, Council Member Linda Nishioka (who stopped by to express her support) and Scott Archer, Deputy City Manager and Becky George of the Parks Department staff.

For 2024 we’re planning the following improvements: (1) CSA will be a non-profit (just like LCR), (2) hold more clinics (with starter boards for people to try) and recruit even more newbies, (3) apply to host Nationals or the West Coast Championships, 4) procure a new CSA timing system and build some sweet new metal-framed ramps, 5) gain additional support from City of Salem and local businesses, and 6) attract local media coverage in Salem, Portland and Seattle.

We hope to follow the example set by La Costa Racing over the past decade, and continually strive to build and grow our little sport, one racer at a time.



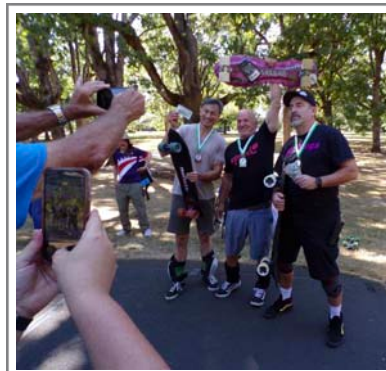
MASTERS

1-Tay Hunt, 2-Steven King,
3- Paul Howard



NOVICE

1- Davi Neves, 2-John
Guerrero 3-Liam Turner



PRO

1-George Pappas, 2-Lou Statman,
3- Michale Dong



WOMEN

1-Judi Oyama, 2- Lari-Ann Rupp

The Slalomy Day Salem, OR - 7/29/23



Ian Rowe and Lou Statman



Steven King and Gareth Roe



Tay Hunt and Gareth Roe



Lou Statman and Ian Roe



Judi Oyama and Lari-Ann Rupp



Pauliwog and Tay Hunt

OVERALL RESULTS

NOVICE

1. Davi Neves
2. John Guerrero
3. Liam Turner

MASTERS

1. Tay Hunt
2. Steven King
3. Paul Howard

PRO

1. George Pappas
2. Lou Statman
3. Michael Dong

WOMEN

1. Judi Oyama
2. Lari-Ann Rupp

TRAVELING LA COSTA RACERS

IN MARYLAND at Landsdowne for Landsdowne Banked Slalom race:

Jonathan Marino (race director)



IN OREGON at Slalom Day race: Henry Hester,

(announcer), Maureen Keating (race crew);

Racers: Judi Oyama, Lou Statman, George Pappas.



IN CZECH REPUBLIC for Skate

Camp and Policka racing: Lynn

Kramer, Isa Ruiz, Michal Subrt,

Maggie Harrison.

Paul Price, not in the photo.

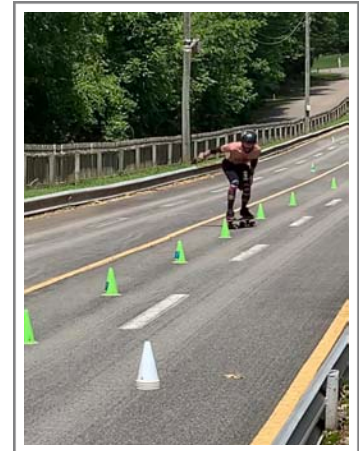


IN

WEST VIRGINIA for HOSS

Midsommar Madness Race

: Kyle Smith.



Look for slalom coverage of the 2022 **World Skate Games** in the Summer, '23 edition of FreeRide Flyer now available. Order your copy from <https://thefreerideflyer.com/collections/mags>.



Article written by Lari-Ann Rupp



C. A. L. E. N. D. A. R.



Healthy Lifestyle: Peanut Butter Energy Bites



- 2/3 cup creamy peanut butter
- 1/2 cup semi-sweet chocolate chips
- 1 cup old fashioned oats
- 1/2 cup ground flax seeds
- 2 tablespoons honey

DIRECTIONS:

1. Combine all ingredients in a medium bowl. Stir to blend. Place in frig for 20 min so they are easier to roll.
2. Using your washed hands, roll into 12 bites. Store in the frig for up to a week.

