



2023 SLALOM RACING CALENDAR

Happy Racing in 2023! This calendar is a work in progress of the known slalom races being planned for this year. It is the product of a collaboration led by Di Dootson Rose and included the three ISSA North American Marshalls (Maria Carrasco, Marcos Soulsby-Monroy, and Chris Cousineau of Canada), and the hosts of all the slalom races from 2022. It is intended to give racers time to plan time off work and money from the budget to attend the races of their choice. This newsletter will include the latest race date information each month - changes are to be expected, so stay in touch.

2023 SLALOM RACE CALENDAR - * Subject to change

JANUARY - none

FEBRUARY

2/4,5 - ISSA 25-cone Challenge - World wide

2/18,19 - La Costa Racing hosting President's Day race, San Diego - Prime

MARCH

3/24,25,26 Texas Outlaws hosting the Sizzler, TX - Main

APRIL

4/7,8,9 - Tepe 'n Tacos, - downhill by Kevin Rimes

4/21,22,23 - Luna Slalom Jam, MS

4/27-30 - Maryhill Spring Ride- downhill by Maryhill Ratz

MAY

5/2-5 - Skate School hosting the Ditch Slap Banked Slalom - Outlaw

5/27, 28, 29 - Midwest Wiggle Warriors

JUNE

6/17 - LCR hosting School's Out, San Diego - Basic

6/25 - LCR East hosting Lansdowne Banked Slalom, MD - Outlaw

JULY

7/15 or 7/22 - Cascade Slalom Assoc. hosting in Salem OR - Prime

AUGUST

8/7-13 - ISSA Skate camp and a main candidate race, Policka, Czech Rep

8/26, 27, 28 - La Costa Racing hosting US Nationals - Main

SEPTEMBER

9/2,3,4 - Maryhill Fall Freeride, downhill by Maryhill Ratz

9/16,17 - Poage Landing Days, KY - Prime

OCTOBER

10/21,22 - Cape Fear hosting at Hobby Park NC - Main

NOVEMBER

11/4, 5 - LCR East hosting Skate the Cape, Delaware - Outlaw

11/18,19 - Texas Outlaws hosting Shootout, TX - Basic

DECEMBER

12/9,10 - Texas Outlaws hosting TXO, TX - Level tbd



Thank you to SK8board Nation for your interview of Lynn Kramer. Dave Andrecht and Greg Marte did another great job. They are good at preparing for the interview and for adding the guests' photos throughout the time on the camera. That interview is now in their archives so if you missed the release, it's available. Go to YouTube and search for Episode #26.

Lynn was able to talk about her start in skateboarding at UCSD, ramp building, 'zine producing days, and engineering of skateboards and snowboards. She tells the story about how Henry Hester got her in to slalom and how she is now the 16x world women's slalom champion.

It's a fun and informative 2 hours, so get a beverage, make yourself comfortable and have a look and learn. Henry Hester is being interviewed on January 15th for release on Jan. 19th at 6pm. Go to YouTube and search for "SK8board Nation".



NEW MEMBER



Håkan "Nate" Sjöberg is here from Sweden and taking advantage of training with Lynn.

"Bring your best and do it yourself"

Other interviews of La Costa members:

Jim Goodrich - August 16, 2022

Di Dootson Rose - #18



For more YouTube fun, go to "Viva La Costa 2015 slideshow".

<https://www.youtube.com/watch?v=amQeYzTgu4A&t=936s>



LCR JUNIOR TEAM

We are most proud of our Junior racers. They are fierce, dedicated, and love slalom! Here's a chance for you to get to know them. Come watch them race at the President's Day Race, 2/18 and 19 in San Diego.



Ash Apanowicz

Ash is our youngest Junior. Now at age 9, he has been racing slalom for a year. A versatile skater, he now prefers slalom over park and street. His goal in slalom is to go faster. His goal in school is to get better at reading. For a pre-practice snack, he likes a protein bar. For him, a healthy lifestyle means to eat fruits and vegetable, work out, and practice skating. He really likes the 25-cone cyber slalom format. His skate heroes are Lynn Kramer, his coach, and Tony Hawk. Lynn says he "is a ray of sunshine".



Cash Frederick

Cash, now age 11, started slalom at age 9. His words of wisdom for other young slalom racers is to remind them "the only person you have to beat is yourself". He is grateful for his mom and dad for getting him into slalom and Lynn Kramer for teaching him to do it the right way. For Cash, a healthy lifestyle means get good outside exercise and growing a garden. He rides a Sk8Kings deck with Don't Trip trucks and Turbo wheels. Head coach, Lynn Kramer, says "he is our hardest working Junior and his results are showing it". You'll see him shine on his favorite course: the TS.



Collin Loren

Collin is 15 years old and started slalom when he was 9. He encourages other young skaters to try slalom because it's a different type of skating that's worth trying for it's adrenaline rush, it's fun, and you'll make new friends. He appreciates his family who is willing to drive him to places; and, people, like Lynn Kramer, who teach him. His goal in school is to get straight A's. He has recently become a fan of Andy Anderson's freestyle skills. Collin also, prefers the 25-cone cyber slalom. His idea of a healthy lifestyle is to balance work and fun and to make good choices by knowing what is right and then doing that, even if it's hard. Lynn smiled as she said, "he beats me sometimes already". Watch for him.



Kelley Apanowicz

Kelley, age 11, is a "natural skateboarder and could be turning pro" says Lynn. He will be attending the CASL finals contest in Florida - he can skate it all and make podium. He rides for Logan Earth Ski. New to slalom, he rides a Richy Carrasco deck, Bennetts, and Turbo wheels. He is grateful to the slalom community for taking the time to help him get better at slalom. His skate heroes are Bruce Logan and AJ Nelson. For training, he does exercise, skates, and runs. His pre-practice snack is an acai bowl or a cheeseburger. He rips the GS. In addition to skating he also likes RC cars, and planes, Leggos, drones, and Hot Wheels. His goal in school is to write neater. He's a quiet one - so you'll have to watch for him in the start gate.



Maggie Harrison

At age 12, Maggie is an experienced slalom racer. She has been training with the Texas Outlaws and racing for 5 years. Her recommendation to other junior racers is to first build your technique and then build your strength. As a member of the 2022 USA Slalom Team, she is grateful for the opportunities that have presented themselves to her and the people that have pushed her through this - particularly her dad. She competed in Argentina at the World Skate Games in 2022. Her goal this year is to be #1 in the ISSA world ranking for her division - which is totally in her reach. Coach Kramer says, “she has the ability to be a world champion when she is still a junior”.



Raider Frederick

Raider, also 12 years old, has been racing slalom since 2021. His wisdom for junior racers is “to keep going, even when it gets hard, because it will”. He rides a Sk8Kings deck, Don’t Trip trucks, and Turbo and Venom wheels. The Turbos are for TS and Hybrid. The Venoms are for GS. He appreciates his coach, Lynn Kramer, and his mom and dad for getting him to practice and races. He is well rounded with other interests in guitar, target practice, and whittling. Lynn has watched him “love that GS!”, which is his favorite slalom discipline. He eats fruit for his pre-practice snack as part of his healthy lifestyle that includes going outside, a work out, and not too much video gaming.

Healthy Lifestyle: HYPOTHERMIA

By Lynn Kramer, Head Coach

It’s snowboarding season and skaters are taking it to the mountains. Remember, when you are outside having fun, you are sweating. Non-cotton clothing will wick moisture away from your body, helping to keep you warm. An extra pair of gloves in your backpack can be good when your’s get wet. If you get cold, or notice your friend is shivering or being apathetic, go indoors asap. These are signs of hypothermia.



MEMBERSHIP RENEWAL

By Dan Gesmer, Membership Chair

2023 Membership Renewal Shakedown!

Hey sleepyheads, don't forget to re-up your LCR membership for 2023 (or join for the first time) by January 31. Benefits include: discounted registration fees for all LCR-produced events (including this year's U.S. Nationals); the new 2023 LCR T-shirt in the size of your choosing; and the warm fuzzy of knowing you're supporting LCR's efforts to promote and teach slalom racing and host slalom racing events. Last but not least, you'll get a chance to meet and hang with Baxter - Di Dootson's trusty four-legged sidekick and demanding boss.

A big shout-out to the following conscientious folks for renewing or joining well before the deadline:

- The Carrasco family (including baby Joe)
- Dan Gesmer
- Maureen Keating
- Collin Kruse and clan
- Judi Oyama
- Paul Price
- Lari Rupp
- Nate Sjoberg
- Joseph Kyle Smith
- Lou Statman
- Denise and Gregg Weaver



Tick tock! Racers on your mark, set...
RENEW YOUR MEMBERSHIP!
<https://www.lacostaracing.com/store-1>
Deadline is January 31.

LCR CALENDAR

- Jan 31 - deadline to renew membership
- Feb 18, 19 - President's Day Race - ISSA Prime located in San Diego.

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/Kroeger 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.