

# SKATE SAFE

Whether you are just learning to skate or if you have been doing it for years, getting injured is always a possibility. Follow these tips before and during your sessions.

## **Check your equipment**

Wheels are in good condition, not worn, and are properly attached.

Helmet has no cracks and the chin strap locks properly.

Elbow pads, knee pads, and wrist guards are in good condition.

Skateboards - deck is free of cracks and trucks are properly and securely mounted.

Inline Skates - boots are free of cracks, buckles latch securely, and laces are not frayed or worn.

## **Skating**

Stretch out before you ride. Staying flexible is key to rolling out of slams as well as staying on.

Skate within your ability. Master the basics before trying more difficult stunts.

Know your route - be aware of other skaters, pedestrians, bikes, and cars. Follow the flow of the session you are in and be wary of others before you drop in.

To learn more about us and future events, check out our website:

**[www.lkwdsaters.org](http://www.lkwdsaters.org)**

You may also send us email at [info@lkwdsaters.org](mailto:info@lkwdsaters.org).

## **Officers**

**President:** Stosh Burgess

**VP Political Activities:** Kim Bezak

**VP Ways and Means:** Kathy Kody

**VP Research:** Vince Frantz

**VP Skaters Rep:** Laura Webb

**Treasurer:** Patti Waschak

**Secretary:** Michele Billow

## **Mail:**

Lakewood Skaters Association

P.O. Box 771511

Lakewood, OH 44107

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# LKWD SKATERS ASSOCIATION

**[www.lkwdsaters.org](http://www.lkwdsaters.org)**

# What is the Lakewood Skaters Association?

The Lakewood Skaters Association, a non-profit organization, was established by citizens of Lakewood, OH, to serve as advocates for skaters of all ages and liaisons to our community, by providing opportunities that promote education and safety for skateboarders and in-line skaters in our community.

## For Parents and Non-Skaters:

If you are new to skateboarding and inline skating, read through our brochure to learn more about these sports and the people who participate in them.

## For Skaters old and young:

Ever been injured? Take a look at our Safety Tips on the back page to see what you may have been missing.

# EXTREME?

While skating seems risky and dangerous to most non-skaters, a closer look reveals a sport with a similar yet unique combination of attributes to other sports. After 40 years of evolution, the reasons people skate are the same:

- **Fun** - Ask any skater why they ride and this will be the answer. While most skaters are still involved in other organized sports, once they started skating the sensation you get rolling down the driveway or mastering a new trick is enough to get anyone hooked.
- **Difficulty** - Ask anyone who has even tried skating why they quit and this will be the answer. Skating takes much longer to master even the most basic controls and maneuvers than most sports. Consequently, the kids that keep skating are ones that have the tenacity, determination and self motivation to accomplish any goal they set their mind to.
- **Competition?** - While skaters will attest to the non-competitive nature of the sport, this only pertains to the interactions between skaters. In most individual sports, any other participant is an opponent to be out-scored, out-run, or out-wit. Skaters ride together for inspiration and admiration of each other's skills. Next time you watch the X Games, notice how happy all the "losers" are for the winner. But real competition lies between the skater and his or herself.
- **Creativity** - No matter what or where you ride, coming up with your own combinations and maneuvers is the ultimate goal for any skater. While most sports have strict sets of requirements, skating is an open book into which anyone can write their own tricks. This is a cycle that started when the first kick turn was invented in the 1950s and continues to spin today in our driveways, streets, and skateparks.

# Who Skates?

As of 2002, there are an estimated 16 million skateboarders in the United States, up from 11.5 million in 2000\*. These skaters range in age from 6-7 years old to late into their thirties. They are students, professionals, business owners, parents, and teachers, and they permeate all walks of life. Some have just recently started, some quit and picked it up again, and some have been doing it for nearly 20 years.

In Lakewood we have a disproportionate number of skaters compared to most Cleveland suburbs. It is home to several skateboard shops and has been a popular destination for skaters from around the area. Even though there is no skatepark, Lakewood citizens have been skating for over 20 years.

# Where do you skate?

Skating was born in the streets and will always continue to live there. But since the advent of skateparks in the 1970s, skating has reached whole new heights. In many cases these are the only places where skaters can safely practice their sport. Even as skateboarders have out-paced baseball players in numbers (estimated 9 million little league participants vs. 16 million skateboarders in 2002), cities with multiple baseball diamonds have yet to build even one skatepark.\*

If you are interested in more information about how you can help, check out our website at:

[www.lkwdskaters.org](http://www.lkwdskaters.org)

\*Transworld Skateboarding Business Magazine