

ADIRONDACK LUGE CLUB SLIDING SESSION INFORMATION

The following information is provided to help orient the first-time slider to the Lake Placid Track and the procedures employed during a club sliding session. After reading this, you should have an idea of what to expect at your first sliding session.

Of course, after a session or two, you'll be an old pro. However, even experienced sliders can benefit from reviewing this prior to the beginning of each season.

The information contained in here is only mean to orient and advise. You should follow the instructions of our USLA coaches or track workers at all times.



Aerial View of the Lake Placid Track

Before You Arrive

In order to slide during a club session, you will need to be an athlete member of the USLA as well as a member of a USLA-sanctioned club. To join the USLA, you will need to fill out their membership application, a code of conduct form, and the physical examination form, signed by your physician. The USLA will, in turn, issue you a Sliding Permit. You should bring this with you when you slide.

You will also need to be a member in good standing (dues paid) with one of the USLA clubs such as the Adirondack Luge Club, Wasatch Luge Club, Muskegon Luge Club, Negaunee Luge Association or the Marquette Luge Association.

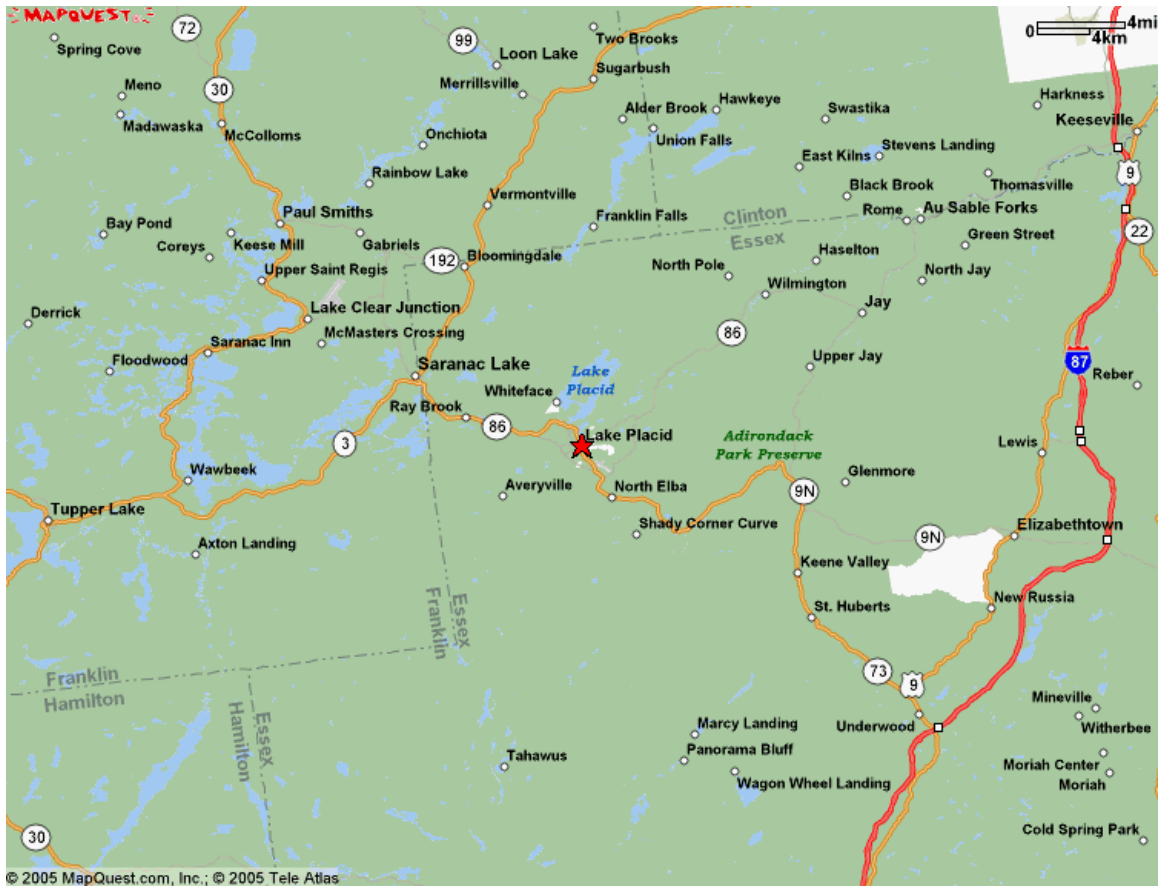
You should sign up for your sessions in advance, since we need to provide a roster to the USLA office 7 days prior to the session. Sessions require a minimum of 5 sleds for the track to be opened to us. By signing up ahead of time, we can insure we have enough sleds. We also have an idea who to contact should track conditions or weather require the session to be cancelled.

If you sign up, please show up. If you can't, then let us know as soon as possible. Nothing is more unfortunate than to have people travel to Lake Placid, only to find that someone didn't show up and there aren't enough sleds for a session. For 2009-2010, contact Jim Murphy at jim_murphy@shadywood.net or 603-305-6642.

Directions to the Olympic Sports Complex

The track is located in the Olympic Sports Complex. This complex is located on Mt. Van Hoevenburg, about 7 miles southeast from the town of Lake Placid on NY State Route 73.

The map on the next page shows the location of the track. It is marked as "Shady Curve Corner".



Map showing the location so Lake Placid and the Verizon Sports Complex (Shady Curve Corner).

What Should I Wear?

You will not need any special equipment or clothing to begin sliding. However, the clothing you bring should be warm and un-constricting. Layered clothing, including long-underwear and insulated socks, are fine. Comfortable shoes, such as sneakers, are OK. Experienced sliders find that chemical-reaction toe warmers such as those sold at hunting and camping stores are helpful additions and go a long way towards making a session more comfortable. Padded gloves, such as ski gloves, are highly recommended to help protect your hands. Wool gloves are not the best choice as they offer little protection for your hands.

When You Arrive

You should plan to arrive at the track ***no later than one hour prior to the scheduled start time***. Earlier is even better. Each year, someone shows up at the last minute, even as the trucks are going up the hill, and that just slows down the whole operation for everyone.

Everyone sliding will need to pay their track fee to ORDA (who operates the track). You'll also need to sign a waiver with ORDA the first time you slide each season.

The track fees for 2009-2010 are:

Per Day	\$40 adult, \$15 youth
Season Pass	\$250 adult, \$100 youth

The track office is open until 4:00 p.m. Since most of the club sessions are at night, ***you will need to visit the track on the day of sliding well before 4:00 p.m. to pay your track fees.*** Paying these fees is very important. Nothing will get the club in hot water faster than sliders not paying their fees. Don't cut the 4:00 p.m. time too close either – the office has been known to close a few minutes early if the track is having a slow day.

When you arrive to slide (an hour or more before the scheduled session time, remember?), you'll proceed up the hill to your left to the sled house. We meet in the sled room, access through the doors on the uphill side of the building – the side opposite the Olympic Rings.



Front View of the Sled House. Club sliders enter on the back side.

When you arrive at the sled house, you'll get to meet your fellow sliders as well as the USLA coaches. Folks will be arriving sporadically, so don't be intimidated

if you're the first person there. Step inside and have a seat on one of the platforms. You won't be alone for long.

One of the first things you should do is check in with the club representative. That way, your name can be placed on the start roster for the session.

After that, you'll be introduced to the USLA Coach who will be overseeing our session. Once the sled room is unlocked, you'll select a helmet that fits you as well as a training sled appropriate to your body size. The coach will help you with finding an appropriately sized sled.

Once you've checked in, met your coach, picked up your sled and helmet, you're ready to go. Relax, chat, and meet your fellow sliders. Shortly, you'll hear someone yell "Truck's Here". Then you'll load yourself and your sled into the back of the covered pickup trucks used to transport us to the start ramps on the track.

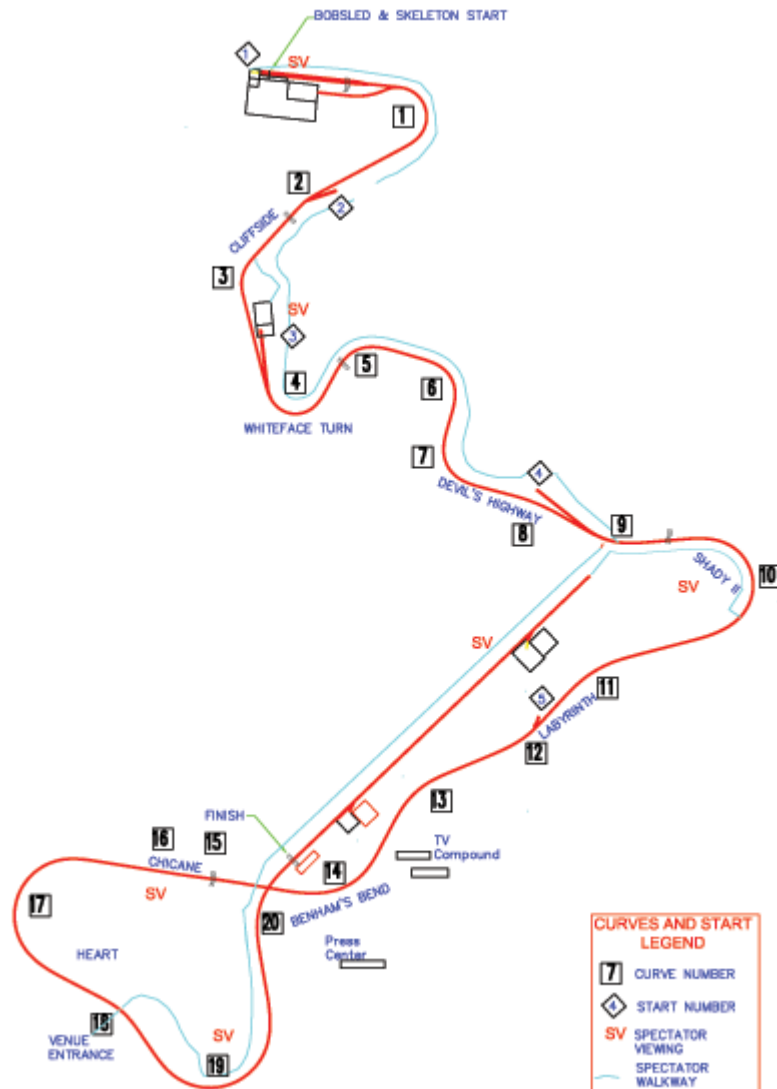
During the Session

There are five start ramps on the track at Lake Placid, numbered 1-5. Start 1 is at the top (Senior Men's) and they are numbered down the track. Most club sliding uses Start 4 (Juniors Start) and Start 5 (Tourist Start).

You can expect that you will be starting at Start 5. If you examine the map on the next page, you'll see that Start 5 is located in the middle of the section known as the Labyrinth. From Start 5, you'll enter in the middle of Turn 12. You'll proceed through the left-hand Turn 13, and pick speed in a larger right-hander (Turn 14) known as Benham's Bend.

You'll drop out of "The Bend" into what appears to be a straight away but it actually jogs left then right slightly, giving it the name The Chicane. At the end of the Chicane is Turn 17, the first of three corners making up the "Heart". As you finish Turn 17, 18, and proceed into 19, you'll actually be heading back uphill and will begin to slow down.

From Start 5, you'll run out of momentum somewhere between Turn 19 and Turn 20. Once your sled comes to a stop, (a track worker will likely be there) step out of the track and carry your sled up the walkway to the finish dock where the truck will gather sliders up and run them to their respective starts for another run.



Map of the Lake Placid Track

After you make your run, you can speak with the USLA coach via a radio at the finish hut. The coach will have been positioned out on the track where they can observe your run.

Once you show sufficient control of the sled in the eyes of the coach, you'll be given the opportunity to move up to Start 4.

On occasion, club session will make use of Start 3 for the more advanced sliders. However, that won't happen often. In any case, only a maximum of two start positions will be employed in any session. So, if you're a new slider, the session will probably be using Start 4 and Start 5.

At the beginning of the session, the start roster for the session will be announced over the P.A. Take notice of where you are in the order, particularly who is the slider directly before you. When you hear the person before you being cleared onto the track, you should get yourself and your sled ready to go at your start. Position your sled sideways in the start handles and be ready to go. When the track is clear, you will be given the signal “The track is clear to Start 5 for (your name.)” At that point, and at that point only, should you proceed into the track.

However, being ready to go keeps the session moving briskly and smoothly. With luck you could have as many as 4 or even 5 runs during a single two-hour session.

More for the experienced sliders, but something everyone should know, is what to do in the case of an accident. First, hang onto your sled. If at all possible, keep a hand on your sled. Most injuries are the result of contact with the sled, not the walls.

Once you come to a stop, and if you’re not injured, get out of the track, particularly if you’ve lost your sled. Sleds can proceed along the track, come to a stop, and run backwards back down the track at great speeds. Getting out of the track quickly is important. Even if you’re injured, consider getting out of the track if you’ve lost your sled.

If you feel you’ve been injured, let one of the track workers know and visit with the track medic on duty.

At all times, be appreciative and polite to our USLA coaches and the ORDA staff. Our coaches, such as Duncan Kennedy or Pat Anderson, spend countless hours standing out in the cold sharing their love of the sport with club sliders. Name another sport where you can learn right from the beginning from National and Olympic team members? The ORDA track staff work long hours preparing the track before and between sessions, and they will be there for hours after we’ve gone home. A polite “Thank you” and “Good Evening” goes a long way.

If you have friends or family along, they will probably get the best view of your sliding activities by observing at the pedestrian footbridge that crosses the track right at the exit of Turn 14.

After the Session

After the final run of your session, the trucks will bring the sliders and your sleds back to the sled shed. Be prompt about returning your sled and helmet to the sled room. As soon as the coaches have all the equipment accounted for, they can leave. We don't like to have them waiting for a sled or helmet while someone's outside talking.

However, once you have turned in your sled and helmet, please talk. Share. Ask. Enjoy. What you just experienced was probably unlike anything you've ever done. Part of the fun of the sport is sharing it with others. It's also your chance to speak with the USLA coach for some final pointers and observations.

Above all, have fun!

For more information visit:

<http://sports.groups.yahoo.com/group/adk-luge/>