

Get out there and skate!

Great Maintenance & Repairs

- Boots**
 - support
 - aesthetics
 - wipe down and deodorize!
- Frames/Blades**
 - Ice**
 - stiffness
 - rocker
 - blade edge
 - holding
 - long entry
 - sharp
 - Material**
 - ↳ nylon
 - ↳ fiber
 - ↳ composite
 - ↳ aluminum
 - very different depending on skate discipline or style
 - you can swap out toe stops with plugs to not scratch rink floors.
 - check nuts and screws! so they don't rust!
- Wheels & bearings**
 - wheel diameter → larger = faster
 - wheel width/profile → thinner = maneuverable
 - wheel hardness → Harder = slipper
 - Bearings → check diameter! (7mm, 8mm)
 - ↳ can rust if metal, dry off and wipe off dirt and debris.
 - You will inevitably wear down your wheels which are usually some polyurethane. Rotate their placement so that it is evenly wearing down.

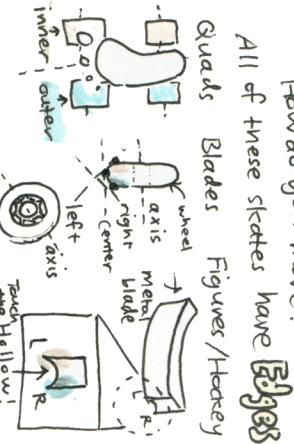
Rolling - it is your own skill you can try your best to fall on your own surface area to learn! Sides with much impact. Avoid joints. You'll be shaky at first and that's normal. Take some time to regain your balance, shake it off a bit and try again!

Crash pads! - elbow pads, wrist guards, knee pads

Another important part of safety is the care and condition of your body. Strength, balance, nutrition, sleep, and proper recovery and injury care are all important!

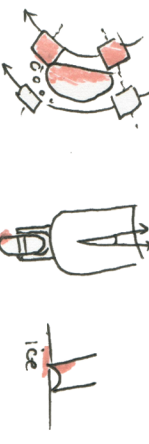
With any activity, listen to your body and not push yourself to do more for longer!

Some basic mechanics... How do you move?

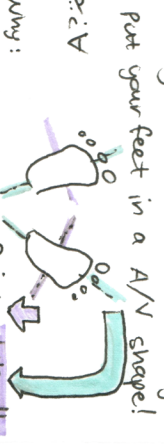


All of these skaters have **Edges**

These edges support you as you propel yourself straight or make turns! When you go straight, your weight is evenly distributed on your inner and outer edge. When you turn, your weight/pressure/tilt favors one of your edges.



Okay, but that assumes I'm already moving. How do I start moving?



Put your feet in a V shape!

Why: The edges have friction laterally (side to side) but less longitudinally (front back) due to roll/cutting ice.

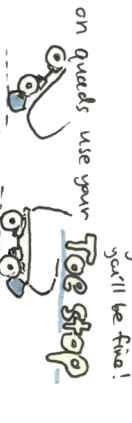
Push off your edges on one foot while letting your other foot move!

- 1. Push off one foot
- 2. Roll/slide + pick up foot you pushed off
- 3. Step/feet down to re-establish V/A
- 4. Push off other foot
- 5. Repeat from 1!

My advice: Ignore all this and feel it out! If you need to stabilize bend your knees!

So now you can move! How do you stop/brake?

Do nothing! You'll slow down naturally. Hold your balance and you'll be fine!



on quads use your **Toe stop**

Heel brakes might be included with your inlines. Tilt your foot so that it makes contact with the ground!



A non-exhaustive list of skates

Roller skates - Quads have a wheelbase that forms a quadrilateral the wheels are quite close together!

Inline skates have all their wheels in a line! You can go quite fast on the road! The wheels are larger diameter than quads but also thinner!

Figure (ice) skates - want to cut graceful figures into the ice!

Both figure and hockey skates have metal blades that let you cut and slide on the ice! Express your athleticism and zoom around with hockey skates!





Tamalpais-Homestead Valley
Marin City



Richardson
Cal Skate
Robert Park
Tiburon
Sausalito
Skate Escape
San Rafael

Golden Gate
National
Recreation
Area

Golden Gate

PRESIDIO OF
SAN FRANCISCO

San Francisco

Sunset Dunes
Ocean Beach

OUTER SUNSET
SUNSET DISTRICT

Twin Peaks

Merced Park
Lake

John
McLaren Park
VISTACION
VALLEY

Candlestick
Point State
Recreation
Area

TREASURE
ISLAND

Dimaggio
Basketball
COURT
WHARF

Friday Night Skate

North Beach

Union Square
Yerba Buena

Ice Rink

Church of
Eight Wheels

Bayfront Park

BERNAL HEIGHTS

Cesar
Chavez Park

Albany

Berkeley

Emeryville

TEMESCAL

Piedmont

Oakland

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Ice Center
AND LAKE

Panther
Skate Plaza

Alameda

Brooklyn Basin

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