

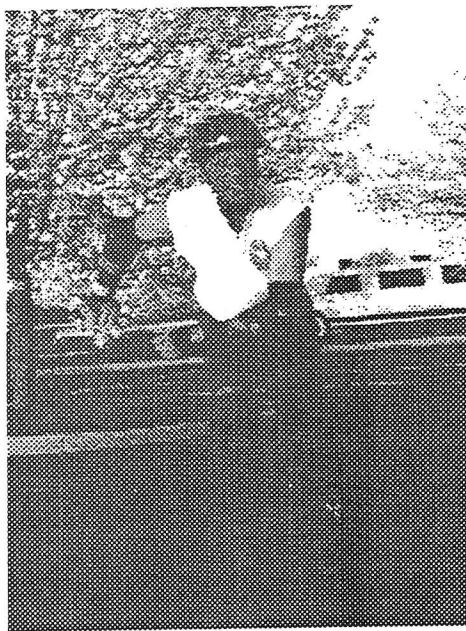
One Helluva Guy

John from page 1

Golf was another passion for some time, as were volleyball and tennis. He has even won awards in archery. And then he found skiing.

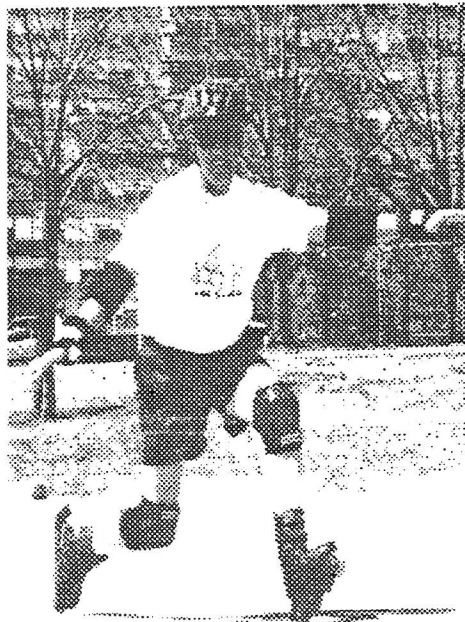
"Skiing is the passion that brought me to skating, and skating is the passion that keeps me skiing."

John first hit the slopes about 10 years ago, when he was 55. A group of his co-workers at Philadelphia Gas Works organized a ski trip to Hunter Mountain and invited John to go along. It was during that first trial on the trails that John was born again. He fell in love with skiing and, when he retired from his 36-year stint with PGW 3 years later, he had "plenty of leisure time" to court his new-found flame. Then he saw a program about inline skating on TV and realized that skating would be a great way to stay in shape for skiing during the off-season. John took off like a bullet to try it out. Now he says that "skiing is the passion that brought me to skating, and skating is the passion that keeps me skiing." And the flame just keeps on growing.



Warming up before the Thursday Night Skate at Evesham Office Complex in Marlton, New Jersey.

Another key element in John's healthy lifestyle is his attitude and involvement. He asks, "Why give up being active just because of age? And even if you haven't always been active, it's never too late to start!" In addition to skating and skiing for fun and fitness, John teaches skating at clinics and privately. He first learned to skate at a D&Q clinic, and within his first year, he was asked to teach. He is

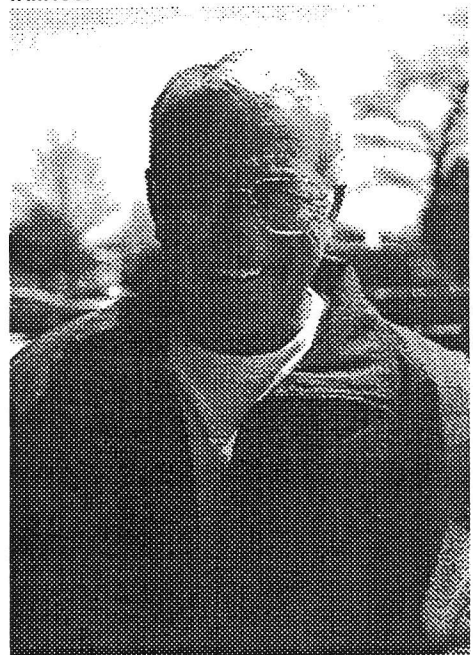


John demonstrates a gumby at Cooper River Park, New Jersey.

now IISA certified, has led the skate clinics as director, and also leads ski trips for D&Q. He says "a psychic told me years ago that I should teach" but he never really saw himself as a teacher. Although he couldn't have foreseen it at the time, he finally fulfilled the prophesy—with skating. He especially enjoys teaching older students. His most recent inspiration was a 44 year old woman, who proved in just one two-hour lesson John's belief that you're never too old to learn. "Teaching is in my blood," John says, "even though I got started late." Well, he didn't really start out *that* late. He did, after all, bring up two sons (now 41 and 37 with three children of their own) who are now both involved in skating (naturally!). He has even taught little league baseball as well as Judo. Why does he do it? He says that one of his rewards is simply the joy of "seeing people grow."

"Why give up being active just because of age?"

As for skating, John skates "for fun and conditioning." From spring until the first snow flies, he typically skates 8-10 miles, 3-4 days a week. During the ski season, when he isn't swooping down ski mountains or lifting weights in the gym, he's skating indoors. He says he would like to do some inline racing, and he can boast of a fair number of street stunts, including steps. His lovely wife of 44 years, Jane, sometimes gets weary of John's skate passion—she would rather he go shopping with her—but John tells her it could be worse. He could be "out drinking beer somewhere, getting fat and drunk." John and Jane do occasionally skate indoors together, although Jane prefers traditional rollerskates over inlines.



John uses Rollerblade Macro ES skates and always wears his helmet and protective gear. His advice to other skaters? "Help people out! Teach someone a trick or two! It feels good to help others!" When asked whether he would like to share his *true* secret for healthy living, John smiles, looks around, and says, "Do it! Do it safely! Do it often!" (Thanks John).