

# PRESS RELEASE

## Everett Express Announces Competition Results

*Local 12 Year Old Wins 4 medals at Pacific Northwest Meet in Bremerton.*

**BREMERTON, March 3, 2009:** Erika Harang, 12 year old from Bellingham is marching toward another National Championship this year with 4 medals at last weekend's inline speed skating meet held in Bremerton. The rink shouted in excitement as Erika competed in an upper division (division for girls in an older age category) and won the gold medal for the standard sophomore girls division. The sophomore division is typically held for girls aged 14-15 but that didn't scare Erika from competing up a division. The sport of inline speed skating is not new to Erika, she was the national champion in 2007 for elementary girls' division. Harang sleeps, eats and dreams speed skating. This dedicated athlete travels 110 miles 4 times a week to be coached by one of the top coaches in the region, Chuck Hendrick of the Everett Express Speed Team. Her daily training includes the use of a rowing machine, slide board exercises and isometrics. Additional medals won by Harang this past weekend included two Silver medals for the Standard, Freshman Girls Division and Standard, Sophomore 2-Mix Relay she completed with Nick Dominski of Marysville. The fourth medal was a bronze for a Standard, Sophomore 2 Lady Relay.

Everett Express Inline Speed Team won a total of 20 medals at Pacific Northwest Meet over the weekend of February 28th and March 1st attracting more than 200 skaters from Washington, Oregon and Idaho. A total of 13 teams participated. Everett Express received 4th place overall, big accomplishment for new coach, Chuck Hendrick, who continues to move the local team higher in the ranks each meet this season. The Junior Club of the team is benefiting from additional skill training provided by Benton Redford.

20 medals awarded to Everett Express Inline Speed Team:

8 Gold Medals

Tiny Tot Girl Division	= Anna Kowalchyk (Snohomish)
Primary 2-Boy Relay	= Nicolas D'Andrea (Everett), Louis Robles (Everett)
Primary 2-Mix Relay	= Adam Kowalchyk (Snohomish) + skater from another team
Primary 2-Mix Relay	= Nicolas D'Andrea (Everett) + skater from another team
Standard Sophomore Ladies Division	= Erika Harang (National Champion from Bellingham)
Novice, Sophomore Men's Division	= Nick Dominski (Marysville)
Veteran Men's Division	= Dana Pratt (Stanwood)
Standard Classic 2-Mix Relay	= Benton Redford (Everett), Jillian VanDam

## 7 Silver Medals

Novice, Elementary Boys Division	= Ryan Zeller (Bothell/Mill Creek)
Novice, Sophomore Ladies Division	= McKenna Gorena (Everett)
Novice, Juvenile, 4 Boy Relay	= Nicolas D'Andrea (Everett), Adam Kowalchuk (Snohomish) Isaac Redford (Everett), Luis Robles Jr. (Everett)
Standard, Freshman Girls Division	= Erika Herang (Bellingham)
Standard, Sophomore 2-Mix Relay	= Nick Dominski (Marysville), Erika Herang (Bellingham)
Standard, Classic Ladies Division	= Jammie Shull (Arlington)
Standard, Classic 2-Mix Relay	= Jammie Shull (Arlington), Chuck Hendrick (Lynnwood)

## 5 Bronze Medals

Tiny Tot 2 Mix	= Anna Kowalchuk (Snohomish), Isaac Redford (Everett)
Novice, Masters Men	= Dana Pratt (Stanwood)
Primary Boys	= Luis Robles Jr. (Everett)
Standard, Sophomore 2 Lady	= Erika Herang (Bellingham) + skater from another team
Standard, Veteran 2-Man Relay	= Dana Pratt (Stanwood), Luis Robles Sr. (Everett)

The Everett Express Inline Speed Skating Team is currently recruiting for new members. Drop-in practices are held Wednesday 4:30-6:00 for \$7.00. All ages are welcome. Current team members range from 3 years old to over 50.