

PRESS RELEASE

Everett Express Announces Competition Results

Everett Express Inline Speed Skating Team takes home 20 medals at Pacific Northwest Meet.

BREMERTON, March 1, 2009: Everett Express Inline Speed Team (Based out of the Everett Skate Deck) takes home 20 medals at Pacific Northwest Meet "Bremerton Speed Spring Fling 2009" 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.

Team members celebrated milestones this meet:

Ryan Zeller, 5th grader from Woodside Elementary in Bothell/Mill Creek area received 2nd Overall Standing in the Elementary Novice Division, his highest placement in more than 3 years in the sport. When asked how he felt about winning 2nd Place, Ryan replied "It's really cool to win second place out of all the skaters from 3 states!"

McKenna Gorena, 8th grader from Evergreen Middle School (Everett) loves to play the clarinet, volleyball, swim and other sports her classmates participate in but her favorite is inline speed skating. Her mother, Maria Gorena stated she was extremely proud of McKenna's first medal (2nd Place Overall for Novice Sophomore Ladies Division, taking 2nd place in the 500 meter and 2nd place in the 1000 meter this past weekend). "All of the bumps and bruises have paid off. McKenna is extremely dedicated and works very hard at the sport. Her main focus for success has been on her increase endurance which has come from physical exercise and a focus on nutrition. It's great to see her win, overcoming her exercise-induced asthma. We are so proud of her!"

Anna Kowalchyk (preschooler age 4) along with brother Adam Kowalchyk (2nd grader) of Snohomish are the two newest team members of the Everett Express Inline Speed Skating Team and a highlight of the meet, winning 4 medals. 2 gold, 1 silver and 1 bronze medal. When asked how Anna felt just prior to her first race, she replied "I'm wiggled out" with a big grin and smile. After winning her first race, one of the other skaters she was racing asked her "Can you please not go so fast so I can win a medal?" Four year old, Anna replied "Sure thing" and they both gave each other the thumbs up just prior to their second race. The start gun fired, Anna couldn't help herself but win her second race and the overall 1st place for the Tiny Tot Girl Division. Anna is a preschooler at Country Day Preschool in Lake Stevens. Brother, Adam Kowalchyk is a 2nd grader from Cascade View Elementary in Snohomish and won both gold and silver medals in relay events.

Isaac Redford, a dedicated 3 year old from Everett is the youngest member of the team winning his first medals at the Bremerton meet. He won a bronze medal with Anna Kowalchuk in the Tiny Tot 2-Mix Relay. He earned a silver medal in the Novice Juvenile 4 Boy Relay along with Nicolas D' Andrea (Everett), Adam Kowalchuk (Snohomish) and Luis Robles Jr. (Everett).

Luis Senior and Junior of Everett both celebrated their first medals together as father and son. Junior took home a gold, silver and bronze. Senior received a bronze in the Veterans 2 man relay.

Nick Dominski (Marysville), Jammie Shull (Arlington), Coach Chuck Hendrick (Lynnwood/Everett), Benton Redford (Everett), Dana Pratt (Stanwood), and Erika Herang (Bellingham) continue their winning streak with medals and rankings marching them toward national competition in Peoria, Illinois the last week of July.

20 medals awarded to Everett Express Inline Speed Team:

8 Gold Medals

Tiny Tot Girl Division	= Anna Kowalchuk (Snohomish)
Primary 2-Boy Relay	= Nicolas D' Andrea (Everett), Luis Robles (Everett)
Primary 2-Mix Relay	= Adam Kowalchuk (Snohomish) + skater from another team
Primary 2-Mix Relay	= Nicolas D' Andrea (Everett) + skater from another team
Standard Sophomore Ladies Division	= Erika Herang (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.