



AUSTRALIAN ROLLER DERBY JAMMER SWISH CARIBOOM (SANDRA O'CONNOR) BIKED, WEIGHT-TRAINED AND DID PLYOMETRICS TO TRAIN FOR THE BIG O

distance cycling and swimming to build endurance. Bill Klein (Shred Eye), who skates for LCC, rows 30 minutes a day on a stationary machine.

"I picture guys on another team that I'm not that fond of, and I know they're not doing it," Klein says, laughing. For the past six months, he's also been on the paleo diet (aka the caveman diet), which revolves around fish, grass-fed

meats, veggies, fruits and nuts. Belachaikovsky is doing the "insanity workout," which focuses on plyometrics — exercises that employ maximum muscle exertion in short time intervals.

The ECRG have also zoned in on their playbook. "One of our main team goals this entire season has been developing our adaptability," Belachaikovsky says, which includes studying the strengths, weaknesses and styles of other teams. "We get together as a team and watch footage of previous bouts to get an idea of what their skating style is and the skaters to really watch out for on their team."

One of the teams the ECRG is competing against is the Melbourne-based Victoria Roller Derby League (VRDL) travel team. But there is no footage to be found of the Australian team, an inadvertent but perhaps brilliant strategy. "We're so isolated here and there's no footage of us online that we're really banking on that kind of wild card, dark horse element," says Sandra O'Connor (Swish Cariboom), a jammer for VRDL, via a Skype interview. But that hasn't kept VRDL from studying other teams. "We're going to have a recon playbook that we're all going to be reading on the plane. We know the line-ups: We know who the jammers are and who the blockers are. We know who gets special mention; we know how they move," O'Connor says with a laugh.

So bring on the videos, bring on a mouth guard for the mayor — however the tournament shakes out, it looks like Eugenia is invested in becoming a new kind of Track Town.

"Roller derby is not this kind of sideline, weird sport," Padgett says. "We're athletes and we work really hard to play this very physically and mentally challenging game and we want some respect." Don't believe their dedication? Just look at the Brains. They legally took their roller derby surnames when they got married last year. If that's not taking a sport seriously, I don't know what is. ■

The Big O tournament runs May 17-19 at the Lane County Events Center. Weekend and daily passes available; \$10-\$50. "Date Night" passes available for the evening of Saturday, May 18, featuring bouts with all three leagues; \$12 adv., \$15 door. For more information or to purchase tickets, visit the bigotournament.com. To view the Eugenia video visit wkly.ws/1h.

TALK DERBY TO ME

SOME KEYWORDS AND PHRASES TO KNOW BEFORE HEADING TO THE BIG O TOURNAMENT

BOUT:

A single roller derby "game" or "match."

FLAT TRACK:

An ellipse-shaped track without elevated banks.

JAM:

Bouts are split up into jams — a two-minute period where jammers can score points.

JAMMER:

The skater who can score points by lapping the rest of the skaters on the track. Jammers are identified by a helmet with a star on it.

BLOCKER:

Skater who obstructs the opposing team's jammer or blocks other blockers from obstructing her jammer.

PACK:

The group of blockers from both teams on the track.

CROSSOVER:

Used for turning, the motion of crossing one skate over another to maintain speed.

LAP:

To pass through a pack of skaters by one full lap of the track.

TARGET ZONE:

The areas on an opponent's body that a blocker can legally hit: arms, hands, chest (front and side), hips and thigh.

BLOCKING ZONE:

The area of a blockers body they can use to hit a target zone: arms (from elbow to shoulder), torso, hips, butt and thighs.

WHIP:

When one skater uses another skater's momentum to propel forward.

DERBY WIFE/HUSBAND:

A roller derby "soulmate" who cheers and supports their wife/husband unconditionally.

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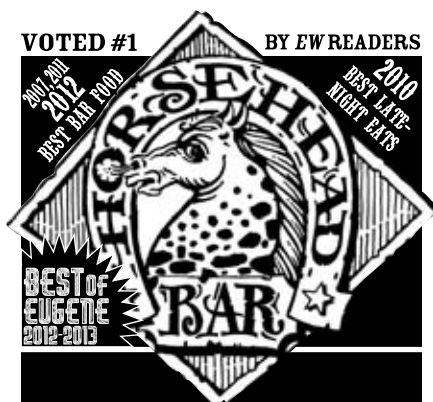
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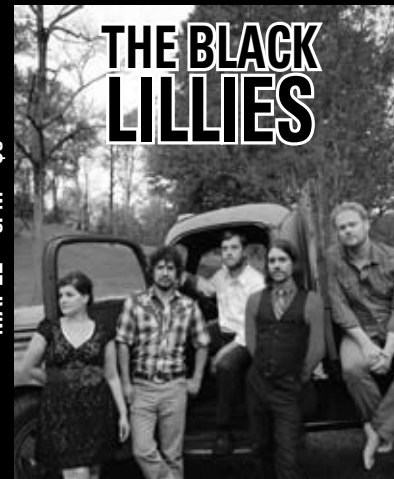
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