

The Inquirer
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Ready to Roll

MOVE ASIDE, ICE: THE RIVERRINK WILL HOST ROLLER SKATERS THIS SUMMER. PAGE 14.

MOVIES
"Tomorrowland," with Hugh Laurie in the time-hopping Disney adventure. **4**

FAMILY FUN
Holiday weekend festivities, whether in town or at the Shore. **11**

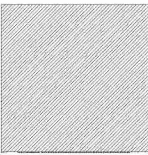
philly.com



On the cover

Skating will hit Summerfest at RiverRink and at Spruce Street Harbor Park.

CHARLES FOX / Staff Photographer



Take roller skating for a spin

It's the most fun you can have on eight wheels.

By Molly Eichel
INQUIRER STAFF WRITER

Ice skating is so last season.

The Delaware River Waterfront Corp. (DRWC) will reopen its summer festivities Friday, such as Spruce Street Harbor Park, the massively popular outdoor space that helped Philly land on the No. 3 spot on the New York Times' places to visit in 2015 (behind Milan and Cuba).

This year, there's the added bonus of Summerfest at the [Blue Cross RiverRink](#), where the DRWC will add Philly's only outdoor skating rink to its list of activities.

Roller skates and blades are available for rent at Summerfest, but let's be honest — it has been a minute since you hopped on eight wheels. To make sure you skate smoothly, we went to an expert: Philly Roller Derby vice president Kristen Herrmann, a.k.a. Ginger Vitis.

Herrmann is the production director and midday DJ on BEN FM (95.7), and Sunday morning DJ on WMMR (93.3). But on the rink, she's an expert skater in the city's premiere roller-derby league.

So here's Herrmann on how to put your best skate forward.

Wear skates that fit

If you are renting a pair, as you can at Summerfest, take an extra minute or two to feel them out a bit. Blisters might happen either way, but a well-fitting pair of skates is a good start.

This new outdoor rink sounds amazing, so if you're going to be there a lot, consider buying yourself a pair of skates. There are skates out there for every level of skater, many of them pretty inexpensive. The Riedell R3 is a good (cheap) pair for a beginner. Jump to the Riedell 495 boots if you don't mind spending some money. If you want a really awesome-looking pair of skates, we hear all the cool kids are buying Moxi Roller Skates. They're a retro skate and are pretty rad.

Warm up

Don't go crazy right off the bat. Take a couple of laps and get your bearings before challenging the 8-year-old next to you to a race.

Be patient

If you're new to skating, don't expect to be amazing right away. It is pretty easy to learn, though, with practice. Don't get frustrated. Give yourself time to get used to life on wheels.

Learn how to stop

There are plenty of roller derby and skating how-to videos online. Research how to stop or specific stops like a T-stop, toe stop, or plow stop. Being able to stop yourself is half the battle.

Get stretchy

If you are pretty good on skates, dynamic stretching while skating around the rink is a great way to warm up your muscles. Bring your knees up one at a time, rotate your hips a bit, kick your feet to your butt. These types of stretches are better for your body than attempting to statically stretch without warming up your muscles first.

Pick up the water, put down the beer

Skating is a ridiculous amount of fun, but believe it or not, you are working out. If you're burning calories, you're going to sweat. Stay hydrated, and bring a change of clothes for later at the beer garden, which reminds us: Alcohol is for *after* skating.

Pick the right gear

Wear something you can move in. Roller skating is one of the few athletic activities that, like surfing or skateboarding, can be fashionable. If you're skating for fitness or combining it with a little fashion, whatever way you approach it, it's tough to skate in jeans.

Wear a helmet

Concussions are no joke. Whether you just

want to skate around in a circle for exercise, or you plan to play a contact sport like roller derby or hockey, you definitely need a helmet.

You need these

Invest in some knee pads. Again, if you're going to play a contact sport or just want to get tricky out there on the rink, knee pads are your new best friend.

Get tricky

There is so much to learn on roller skates. Once you are able to skate around the rink fairly easily, consider learning how to do a crossover. Once you master that, turn it around and skate backward. You can spin, jump, dance — the possibilities are endless.

Want to join Kristen Herrmann on the Philly Roller Derby? Auditions take place in November. Go to phillyrollerderby.com for more info.

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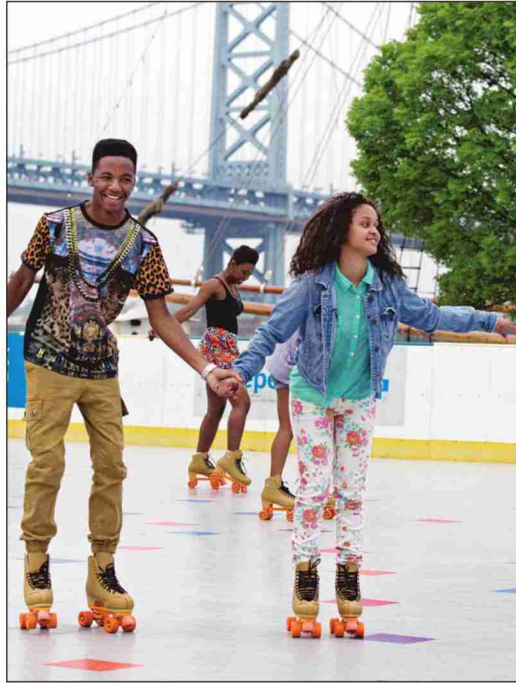
GET SKATING

► Blue Cross RiverRink Summer Fest

11 a.m.-11 p.m. (open skate) Monday-Thursday;
11 a.m.-1 a.m. (last skating session begins at 11 p.m. Friday-Saturday;
11 a.m.-11 p.m. (last skating session begins at 9 p.m.) through the end of September at 101 S. Columbus Blvd.

Tickets: \$3 for skate admission, \$13 for admission and skate rental.

Information:
215-922-2386,
www.delaware.riverwaterfront.com.



Norman Stewart and Yadsirie Rivera take a preseason skate at Spruce Street Harbor Park.



During the preview, Heather Carlson (left) and Paige Atchison practice technique.



Philly Roller Derby members, including vice president Kristen Herrmann, a.k.a. Ginger Vitis (standing left), who gives tips on getting back on skates as an adult.



Spruce Street Harbor Park helped make Philadelphia one of the New York Times' top three places to visit in 2015. CHARLES FOX / Staff Photographer