

Chapter 1 : Eric Heiden | [theinnatdunvilla.com](http://theinnatdunvilla.com)

*Elizabeth Lee "Beth" Heiden Reid (born September 27, ) is an American athlete who excelled in speed skating, cross-country skiing and bicycle racing. She was born in Madison, Wisconsin. Her brother Eric was a five-time gold-medalist speedskater at the Lake Placid Winter Olympics.*

She was diagnosed with paroxysmal supraventricular tachycardia, which she then realized had been going on since Her heart would occasionally get stuck at beats per minute for up to an hour straight. Olympic biathlon team fewer than three years after picking up the sport. You may recognize her uncle Eric Heiden, who won five gold medals in speed skating at the Lake Placid Games and rode the Tour de France. And her mom, Beth Heiden Reid, who won an Olympic bronze medal and world all-around title in speed skating, plus a world title in road cycling. Her middle name, Firesteel, comes from a river that empties into Lake Superior. The kids went to the same school as Eric and Beth. Reid and her mom competed against each other at the U. Cross-Country Championships, with year-old mom beating year-old daughter in a pair of races. Reid traveled to Houghton, Michigan, for the January U. She stayed with family friends who were crazy about Nordic skiing. They watched early morning live streams of World Cup biathlon races from Europe. He had a biathlon rifle and passed it down to Beth. Nearly a year to the day after leaving the U. Olympian Susan Dunklee said. We had never had somebody come onto the World Cup who none of us knew. She ranked third among U. She made the World Championships team and seemed destined for Pyeongchang. The heart procedures ended up being a temporary roadblock. She feels fine now. On the other side is a naked woman.

Chapter 2 : NPR Choice page

*Eric Arthur Heiden (born June 14, ) is an American physician and a former long track speed skater, road cyclist and track theinnatdunvilla.com won an unprecedented five individual gold medals, and set four Olympic records and one world record at the Winter Olympic Games.*

It was more than the customary 15 minutes, too. More like nine days. The muscular speed skater never sought the glory, although he skated for the gold. An adoring public thrust it upon him. Eric Heiden won three straight world championships heading into the Olympics. In nine days in February at Lake Placid, N. In becoming the Man of Gold, the sturdy skater established five Olympic records, including one world mark. The 6-foot-1, pound Heiden, who had a inch waist and inch thighs, never felt comfortable with the madness surrounding him. After winning his fifth race, his thoughts were not about fame. Gold medals just sit there. When I get old, maybe I could sell them if I need the money. Heiden knew his fame would pass because, as he said, his sport was an exercise in anonymity in America, where "people like contact sports so they can see blood. If I wanted to be famous, I would have stuck with hockey. His parents were sports-conscious people who lived a comfortable life, without pretensions and with a healthy perspective. Heiden had been a good hockey and soccer player growing up, but a better speed skater. When he reached 14, he began skating seriously, training five hours a day on the ice and on dry land. At the Olympics in Innsbruck, Austria, at the age of 17, Heiden finished seventh in the 1, meters and 19th in the 5, meters. His younger sister Beth came in 11th in the 3, meters. The next year, Heiden shocked the speed-skating world by winning the overall title at the world championships. Even Heiden wondered if his performance was a fluke. He also won the title in and , becoming undisputed king of a sport that epitomized power, pain and poise. While his championships made him a household name in Norway and the Netherlands, where speed skating is taken seriously, he still was a relative unknown in the United States outside of Madison. His first race was on Feb. Paired against Olympic gold medalist and world record holder Yevgeny Kulikov, Heiden raced neck and neck most of the way. But coming out of the last curve, the Soviet skater slipped slightly and Heiden pulled ahead during the crossover. The next day, Heiden took his second gold, finishing a little more than a second ahead of world record holder Kai Arne Stenshemmet in the 5, meters. After Heiden won the 1, meters by 1. But he quickly steadied himself, losing only a few hundredths of a second as he continued on to win his fourth gold. On the night before his drive for five, Heiden attended the U. Heiden was so thrilled by the American victory that he had difficulty falling asleep that night and ended up oversleeping. Grabbing a few pieces of bread for breakfast, he hurried to the rink. None of this stopped him from breaking the 10, meter world record by 6. Heiden told the media he was going to retire at the end of the season. For the most part, he shunned endorsements, accepting only a select few and not becoming the pitchman that previous U. Olympic stars Mark Spitz and Bruce Jenner had become. He turned to cycling but failed to qualify for the Olympics. In , he won the U. He was a speed-skating analyst for television for the four Winter Olympics from through Heiden also succeeded where it counted most for him.

Chapter 3 : Eric and Beth Heiden | Sports | Pinterest | Neil leifer, Olympics and Speed skates

*Eric and Beth Heiden honed their craft and took it to the world's stage at Lake Placid, with Eric winning five gold medals, one for each speed-skating event he competed in. Beth earned a bronze medal.*

There, he set Olympic records in the 1, 1, 5, and 10, meter races, as well as a world record in the 10, meter race. After winning more gold medals than any other athlete in a single Winter Olympics and becoming an international celebrity, Heiden retired from skating. His father, Jack, was an orthopedic surgeon who specialized in sports medicine, as well as a cyclist and former fencing champion. Skating is a popular sport in Wisconsin, where winters are long and frozen lakes are plentiful. Skating was nothing more than family fun on Lake Mendota for the Heiden family when Eric was very young. The children soon began racing their parents and, after a time, winning. Hockey is virtually the state pastime in Wisconsin, and Heiden joined a Pee Wee team. He made up for his small stature by being aggressive and alert. He was a strong shooter and dreamed of being a professional hockey player. His parents enrolled him and his sister in the Madison Figure Skating Club, which taught them skill and control on the ice, but also frustrated the young skaters, who wanted nothing more than to go fast and race around the rink. They found their niche when they switched to the local speed-skating club. Found His Niche in the Oval Both Heidens were leaders in their respective speed-skating divisions, and kept up a demanding training schedule for competitions, which are held weekends from December to February. He played soccer in the summer, and trained with the high-school cross-country running team. Heiden put his children on touring bikes when they were young to help them train their legs for speed skating. When Heiden was fourteen, he decided to leave hockey behind and concentrate on speed skating. He and his sister, who both skated in the American "millpond" or pack racing style, set out to learn the head-to-head racing system used in international competition. Every day, they attended high school in the morning, did their homework in the car, and skated. It was little more than chance that brought gold-medal-winning speed skater Dianne Holum to the University of Wisconsin just when Heiden was looking for a coach. Both he and sister Beth made the junior world team, and Heiden found himself intimidated that, at seventeen, he was often the youngest skater in his division, and much less experienced. He made his mark early on though, winning the 1, meter race in an impressive 2: There, he broke the track record and won his weakest event, the meter. After finishing third in the 1, and ninth in the 5, Heiden was surprised to find his name at the top of the points list for the All-Around title. He went on to take the all-around championship at the next junior worlds in Inzell, West Germany, and the world sprint championship in Alkmaar, Netherlands. Heiden repeated the unprecedented world, junior world, and world sprint championship sweep in, and won both the world and world sprint championships in Though it was not documented, Heiden set a new record for the 1, meter event. The world speed-skating community was shocked that an American speed skater could perform so well. Heiden credited his success to the fact that European skaters are driven hard and expected to perform well. Heiden skated because he loved it, and had only to please himself. His success inspired American interest in the sport. Despite the international accolades he was raking in, Heiden remained modest. With his championships behind him, there was much more expected of Heiden than at his first Olympics; now, he was a star. Heiden started the Olympics with the meter race, his weakest event. He was paired to skate against Soviet world-record holder and gold medallist Yevgeny Kulikov. After a close race, Heiden pulled ahead to beat both Kulikov and his record to win the meter gold. After trailing at the start of the race, Heiden again pulled in front to finish first, earning his second gold medal of the Games, and breaking another Olympic record. It would have been unthinkable for Heiden to come away with anything less than a gold medal for the 1, meter event, and he did not disappoint. He never gave up the lead to Canadian Gaetan Boucher, and broke yet another Olympic record. Skaters were beginning to express their feelings of futility when skating against Heiden, and were not shy about their hopes that he would retire and give someone else a chance to win. With two races to go, Heiden was not about to give any skater that chance. At the end of a race, when most skaters tire, Heiden mustered a burst of strength for the final push. He broke the standing Olympic record by four seconds and took his fourth gold. Heiden was just relieved that his most challenging event was

over. Heiden was an avid hockey fan, and two of his former Pee Wee league mates were playing on the team that night. In a history making upset, the U.S. Heiden could not resist celebrating the triumph—termed the "Miracle on Ice"—with the rest of America and his friends in Lake Placid. Heiden awoke the next morning to find he had overslept. He dressed in minutes, grabbed some bread for breakfast, and rushed off to the rink. After his retirement from skating, Heiden took up competitive cycling until He won the U.S. Professional cycling championship in and rode in the Tour de France. He now lives in Sacramento, California, with his wife, Karen Drews. He practices at the University of California at Davis and is an assistant professor there. He was chosen to serve as the official U.S. The ice was particularly fast that morning, and Heiden knew he would have to outdo himself to compete. Both skaters left the starting block strong, and kept a steady and graceful rhythm, with Heiden setting a blistering pace. In fifty-six years of Olympic speed skating, the United States had only earned nine gold medals. Heiden earned his five in just ten days. President Jimmy Carter called the U.S. But in a move characteristic of the skater, who treasured his privacy, Heiden had disconnected his phone. Heiden carried the American flag in the closing ceremonies of the Games, and was received at the White House soon after. He then rushed off to compete in another world championship in the Netherlands, where he relinquished his four-year reign, finishing second. While still basking in his golden glow, Heiden announced his retirement from skating. Uncomfortable with the celebrity that came with his gold medals, he eschewed most endorsement opportunities—including the coveted Wheaties cereal box. Olympic Team Web site. Sketch by Brenna Sanchez Pick a style below, and copy the text for your bibliography.

#### Chapter 4 : Beth Heiden Also Made a Mark - latimes

*Eric won five gold medals, but an ankle injury kept Beth from reaching her potential, although she won a bronze in the 3,000 meters. With Eric's five golds, the Heiden family won half the medals awarded to Americans in New York.*

#### Chapter 5 : Beth Heiden | Revolv

*You will remember Eric Heiden as the winner of five gold medals for speed skating at the Olympics and his sister Beth, many time world champion and Olympic bronze medal winner that same year.*

#### Chapter 6 : Beth Heiden Wins Hillclimb | Steve Tilford

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#### Chapter 7 : Eric Heiden: Sports Mem, Cards & Fan Shop | eBay

*Eric Heiden American speedskater Eric Heiden won five gold medals at the Olympics in Lake Placid. The star skater took home gold for and Find this Pin and more on Eric and Beth Heiden by Stephanie Geter-Pansy.*

#### Chapter 8 : Eric Heiden - Wikipedia

*This is an original press photo. Speed Skater, Eric Heiden. ABC Sports Winter Olympics. Eric and Beth Heiden (left) are living proof that talent can run in the family.*

#### Chapter 9 : Beth Heiden - Wikipedia

*With Eric's five golds, the Heiden family won half the medals awarded to Americans at that Olympics. Like many speed skaters, Beth also competed in cycling; she won United States and World road race championships.*