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How Inline Skates Saved My Unborn Child

By Ken Donald

I love inline skates, I can't deny it. It wasn't always like that though. A couple of years back I thought of inline skates or rollerblades that it was only something for kids, and certainly not for a grown man like me.

It was in the summer. I and my 7 month pregnant wife and our two sons were on a trip to California. We wanted to have a few days vacation before the baby was born. Because after that, it would take a while before we could go on a trip again.

Since it was sunny California, and since my two sons insisted on going rollerblading on the beach, I rented a pair of inline skates my self. Simply because I did not want them to be on their own rollerblading - they were only 8 and 10 years of age at the time. I can't say that I was good at it, but my sons were fairly good teachers, and I got the hang of it, and was able to go straight forward without hitting the dirt too often.

The day before we should travel home again to Ohio, we took our rented car for a 2 hour trip away from the coast and further into the country. My wife did not feel well in the morning before we took off, but she said she was okay, and that we should all go. The day after we would travel home, and she would see our doctor then.

Looking back it was naive to ignore these symptoms from my pregnant wife. But we went on our way. And of course, out there, in the middle of no where, not a house in sight as far as the eye could see; my wife suddenly feels sick, I could tell that she was in pain. I turned the car around, and headed back to where we came from. After that everything seemed to go wrong like there was some kind of spell on us.

The car, a brand new Buick, suddenly stopped; still not a house in sight for as long as the eye could see. My wife was still not feeling well, and I asked the boys to sit in the front, and make room for my wife on the backseat. I tried to locate the problem under the hood, with no luck. And to complete our situation, the cell phone could not get contact to any mobile network. It looked bad; really bad, and I got scared.

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I knew there was around 12 miles to the nearest town and I needed to get there fast. Luckily mine and the boys' inline skates were lying in the trunk. I made a fast decision; the fastest way of getting help was on wheels.

I put aside all safety tips regarding downhill skating and pushed my muscles to the limit and beyond that. I left my family out there. Can you imagine being forced to do that? It took me less than 1 hour to reach the next town and get some help. It was fast, but was it fast enough?

The paramedics got my wife to the nearest hospital with the horn on. The baby came two months early and she and my wife was transported to a bigger hospital with premature equipment. They told us that it was a close call for the little baby girl, and that she almost did not make. If I had not gotten help as fast as I did, she would probably have died.

I can truly say that a pair of rented inline skates saved my daughter's life. And for that I am forever grateful.

Thank you for your time.

Look for more information about Inline Skates on this website. Check it out!

<http://www.inline-skate-e.com>

Inline Skates and Exercise Benefits

By Peter Kudlacz

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<http://www.popularfitness.com>

Inline skating is a fun way to get in shape and stay fit especially on warm sunny days when it's a lot more enjoyable to exercise outdoors than on a treadmill or exercise bike indoors at the gym. These days most cities have nicely paved paths through parkland, beach and waterfront areas to make your rollerblading experience more enjoyable. Unfortunately depending on where you live, you may not be able to or want to rollerblade all year round.

There are many benefits to be derived from inline skating. It's much easier and safer on the knees and back than jogging since your legs aren't taking as much pounding against a hard surface. You don't have to travel as far as cycling to get maximum benefits. Along with a great cardiovascular workout, blading provides you with a fantastic lower body workout by strengthening and toning your thighs, gluteus, calves and hamstrings. It's like doing thousands of lunges using your own body weight without even realizing it or getting bored!

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I also recommend that you combine blading with strength training exercises with weights such as leg extensions, leg presses and calf raises to name a few. This will ensure that your muscles and bones remain strong and it helps to prevent any possible injuries from occurring.

Before you begin inline skating for the day, you may want to do a little bit of light stretching particularly focusing on your thighs and hamstrings. Right now there is debate over whether or not to stretch before exercising. I believe you should do what feels best for you. Also, the first few minutes should be done at a slower pace as a warm up for your muscles.

I find that roller blading is extremely safe once you get proficient at it. Rarely will you fall by yourself. If you do, it's usually a result of your surroundings. No different than cycling or walking on a sidewalk. To prevent injuries and scrapes, you may wish to purchase elbow, wrist and knee pads plus a helmet.

What should you look for when buying a pair of inline skates? If you're new to this sport, I suggest you either borrow a pair from a friend or rent a pair just to try it out, get a feel. When you're ready to buy a pair there are a few things to look for. If you're going to buy a really cheap pair I'll guarantee you that you will not enjoy inline skating. What I suggest that you buy a pair in the mid-price range.

What should you look for in a pair of inline skates? The obvious being that the boot fits your feet properly in a pair of sports socks. If you feel the boot rubbing against your ankles or your toes rubbing inside the boot, try another pair because ill-fitted boots will result in blisters and soar feet. Just like a badly fitting pair of running shoes.

I prefer laces for the boot with one plastic or velcro strap at the top and soft boots with plastic heel and bottom moldings for extra support. Soft boots with no plastic molding support usually give way to your

ankle over time. Wheels should be in the 76–78mm range. 80mm is too big a wheel for most people. Look for bearings with ABEC 4–5. Most quality inline skates come with ABEC 5 bearings nowadays anyway.

I've tried several different makes of inline skates over the years. I find I like K2 the best and highly recommend them. I like their sleek design, they fit my feet very well and have great support. K2s are also very comfortable and light in weight. Ultra Wheels are also very good and I hear that Salomon are quality blades too.

Inline skates are easy to maintain. The wheels need to be rotated every once in a while to prevent uneven wearing out. So if you use them 3 times a week, monthly is fine or take a look for how much wear there is on the wheels. The bearings need to be lubricated too. I do this by removing the wheel bearings assembly and wiping the surface of any dirt and then spraying the entire wheel bearing assembly with lubricant. I don't remove the bearings from the assembly casing any more since I find very little dirt gets in there and it's a lot of work.

In this article I've discussed the cardiovascular and strength training benefits associated with inline skating. What you should look for when purchasing a pair of inline skates and their proper maintenance.

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