

WHAT A BOUT

ROLLER DERBY MAGAZINE



FITNESS

BADGERS

LEMURS

PAULINA
HOLTZ

SLAVIC
BALTIC

SHORT
TRACK



Barcelona



Love Skate

Do you know that feeling when the universe makes your dreams come true? Okay, a bit the universe and also some algorithms on FB... but still there was a magic and I'll tell you about it now.

by Paulina Holtz

photos from the personal archives

But first, briefly about myself. My name is Paulina, I'm 41 years old and I used to skateboard and rollerblade when I was a kid. I was jumping, riding on the ramps and raging around the city. Always bruised. Always in boyish company and clothes. Often the only girl in the gang. Not a groupie one- a satellite who looks cool and the guys show off to her and half of them love her. Unfortunately, was not this one. I was the one who was sitting with them on the curb and spotting the tricks or unscrewing the tracks. Around the third year of high school, I started to be a girl, fall in love, smoke cigarettes during intellectual disputes. I gave the skateboard to someone. When I was 20, I started to work, then I went to college and put the rolls in the box. For 4 years of studies at the Theater Academy, I studied ballet, learnt to stand on my hands and walk in a fancy dress with a train and fencing. The rolls covered with a thick layer of dust. I finished my studies, I got into the business, I moved, I gave birth to two children. One day I pulled out the rollers from the box and decided to

ride to the Theater. After 400m, sweaty as a pug, exhausted, on shaky legs and with the worst curses on my lips, I sat on the bench and furiously took off the rollers. How is it possible that I panted? I jog! Long distances! It's impossible that I cannot ride a few kilometers on skates! Before I torn them, I looked at the wheels. Well ... completely dry rotted wheels in old black Bauers with purple inserts (you know what I am talking about) crumbled under my fingers. I breathed a sigh of relief. So it wasn't me who fell flat because of old age! It was them. That day I decided it was high time to buy new eight wheels. But this time ... the quads. I like changes. I am a 35-year-old mother. And the roller skates are sexy. Yes. Dear Santa, I want the roller skates! I need them!

And that's how they appeared in my life. My Moxies. Mint. Hand sewed. Beautiful. And this is how our story has begun.

Barcelona

Five years later...

Blankly scrolling FB, looking at the pics from my friends' pre-holiday plans until suddenly ... I get a Rolltravel advertisement. Holidays in Barcelona! Whaaat? Seriously?! Is there such a company?!?! I immediately entered the site and then texted a message:

What do you organize in August?

I got the answer quickly - what are you interested in? Well, I want to roller skate. But most of all I want to learn to dance!

And here the real magic begins.

Dance? Here you are! Tomasz Araucz, an instructor who has been living in Barcelona: I'm learning breakdance on rollerblades, but the Rolling Dance Festival here is just about to start. And he sent me a link to LOVE SKATE BARCELONA. I went crazy! Firstly from happiness. Then I got a bit anxious, as the date was in September and not in the holiday time, and in September I had a hell of a lot of work. I opened the calendar and there? Exactly that week, one and only, was FREE! So, yes, it's a destiny, there were no excuses! That same day I bought plane tickets, not believing that this was happening ... And yet!



Dreams come true but reality has definitely exceeded my expectations. First of all, Barcelona is a city made for wheels. Seriously. People ride everywhere and wherever they can. From bicycles through roller blades, quads, skateboards to scooters. The surface almost everywhere is great. If you do not feel confident and the downhill/uphill disturb then instead of exploring the city, you can whisk along the shoreline. You have several kilometers of the route there. Along the way, skateparks and lots of attractions. Madness.

The Rolltravel base is in a brilliant neighborhood, next to the harbor, in the Gothic district and in the very center of the city, literally a single quad's throw from La Rambla. For the first few days, I was skating with Tomek and exploring the city, I learned simple steps, tricks, riding on small walls, etc. Tomek was not only an awesome instructor but also a great friend. From Wednesday, the attractions related to the festival began. And here we come to the coolest roller party ever! Before the festival begins for good the fans of eight wheels from all over the world are coming successively. Not only roller skaters but also rollerbladers. Dancers and those who prefer a sharp ride on the ramps. Amateurs and professionals, enthusiasts and those who live from this sport. There are more of them every day so in the evenings they meet in a selected spot and the party happens immediately. Someone is playing music, someone is showing steps, others are learning. Others



Barcelona



dance, sip beer, enjoy beautiful views, chat. People smile, learn and teach others. I met people from the USA, England, Brazil, Poland, Germany, the Netherlands, Denmark ... really from all over the world. All happy, nice, friendly. And that's how it looks for a couple of days. The party ends in the morning, you go to sleep, you get up. Most often it is already late so you eat something, put on your roller skates, go out and again you get to the party and dance till the morning. Finally comes THE Friday, namely the inauguration of Love Skate Bcn. The thing takes place in the charming resort area of Badalona. At the beach, the workshops of various techniques are held throughout the day. Dancing, hula hoop dancing, breakdance, acrobatics. At the skateparks the instructors teach aggressive

skating on ramps. Everyone finds something for themselves. And in the evenings discos and meetings. There is a chance to get to know your idols, you can learn a lot, enjoy life, meet other crazy people and come back home charged with positive energy for many weeks.

It was one of the best weeks in my life. Chillout. Smiles. Beautiful people with passion. I met a lot of people over 60 years old who were skating a lot better than me. The boundaries of age, geography, day and night are getting blurred... Everyone is there to share their passion, love and joy. I cannot wait for the next edition and I recommend Barcelona to everyone who plans to travel with the eight wheels. Sun, freedom, roller skates. What else could you want?



with
Paulina Holtz

by Tom Malko



We know that sport is present in your life. And it is not about occasional running around the park. You ran a marathon, probably not one. You are a certified kettlebells instructor, you train yoga. Has it always been like that, have you liked sports since childhood?

Yes. Definitely, sport has always been present in my life, not only as yard-climbing trees and running around the park with the ball. My mother, whose parents did not take care of her sports development too much, learned many things only in adulthood. But she took as a point of honor that I learnt swimming, skiing, biking, ice-skating and playing tennis as a child. I walked in the mountains with Dad. And the rest I learned by myself, including roller skating, skateboarding, and snowboarding.

How do you find time for all these additional activities? After all, there is family and your profession. You are an actress, you perform on stage as well as in a popular series, you often make dubbings for cinema hits. Tell us your secret of time management.

We really have a lot of time that leaks through our fingers. We spend hours having a nose in the phone, and we do not have half an hour to go jogging... Sometimes it's enough to turn the car into a bicycle and the elevator to the stairs. When I was getting ready for the marathon and had to do long runs, I was just sorting out some things on foot, for example, I was running 7 km one way to provide some documents. I was often running in the evenings when my daughters were asleep. I also learned that training must be entered as a fixed point of the day, then it is harder for us to find an excuse, and after some time it becomes a routine. Last year was very difficult for me and unfortunately, the sport went a bit further but I'm slowly coming back.

Roller derby - you have not tried it yet. Would you fancy even a short, casual training?

I will answer like this: do not do this to me! Of course, this is a kind of a joke but the truth is that I am happy to try many sports, and then I cry because I do not have time to do everything I liked. On the other hand, it is also true that in almost every social, weather and spatial situation I will manage and find a sport for myself. And that is great. I definitely prefer being

multisport than to tie to only one summer and one winter activity. That would bore me.

Did you know that recently the BBC described the roller derby as the fastest growing sport in the world? In Poland and more widely in Central and Eastern Europe it is still a niche. Hardly anyone has heard about it and even less understands, what is this all about ... What do you think would help to make this sport more popular here?

The politically incorrect answers themselves come to my mind ... But seriously - if I knew the answer, I would be very rich! I reckon that you have to engage a lot of time and money to promote it. Like everywhere else. It is a very spectacular sport, so you should go. Although it's really hard to know what's going on ... As in American football - it's about something, but few understand what. But still, everyone is cheering for that!

Among the roller derby players there are probably more vegans and vegetarians than in the rest of the population. You are a vegan, you've been on a vegetarian diet for over a dozen years. Doing sport you must have heard this famous question: "where do you take the protein from?" :-). Now seriously, what advice could you give to vegans who start their adventure with sports, or the opposite, to girls who practice sports and then go vegan?

Well, I'm not sure if veganism is a good option right away. I would approach everything slowly, systematically and prudently. Perhaps you are able to give up meat and dairy products, but not eggs. And this is also ok. You do not have to be radical in everything. Every small step is good for you and for Mother Earth. It is necessary to do blood tests and check for possible shortages. The protein is the smallest problem. Anyone who eats reasonably, plus possibly drinking protein supplements, will surely provide it in the right amount. It is worth remembering the balance of carbohydrates and fats because due to the low-calorie content of vegetables, unnecessary disproportion often appears here. Generally, I recommend either the VeganWorkout blog or Damian Parola's training. Thanks to the knowledge, you can avoid basic mistakes and learn to nourish properly. This is not so difficult despite appearances!

