

Longboarding 101



Podcast Episode #1

“Longboarding 101” – Pilot Episode”

March 2017

Show Logline:

Pros to Noobs - longboarding for everyone! Interviews, product reviews, event reports and much more. The one spot-stop for board lovers.

Treatment:

Longboarding 101, Episode #1, is the pilot episode of a weekly appointment for the visitors of the RTC Roma Blog page. In this appointment, an interview with Alana, a girl who began longboarding at the age of 30, a review of the top board in the 2017 lineup from Madrid Longboards with Sergio, member of the crew. Last but not least, the editorial about safety in collaboration with the “Senza Casco Non ci Casco” campaign in collaboration with Daniele Verdecchia (Snowpress).

Episode Outline:

1. Interview with Alana, a Longboard first-timer
2. Review of the 2017 Madrid longboard line with Sergio
3. Editorial about safety by Roberto Ronzulli and Daniele Verdecchia

Audio Script:

Audio logline (duration) + <i>Directions/Soundtracks/Sounds</i>	Audio Transcript and <i>*SFX*</i>
<p>Opening tune (00:10)</p> <p><i>Blitzkrieg Bop - Ramones (start with the “hey ho let’s go” part. Speaker starts after the 4th repetition. Leave music playing as background for a minute)</i></p>	
	<p>ROBERTO: What’s uuuuup shredders! <i>*longboard shredding sound*</i> Roberto Ronzulli a-k-a SCINTILLATOR here! Semi pro boarder, proud member of the Rolling Thunder Crew, and host of this very first episode of Longboarding one-o-one! Welcome to the show made for, and by, REAL borders! Here with us today, the very first host: Alana. Alana is a newbie that will tell us about her experience and how she started longboarding at the age of thirty. Welcome to the show Alana!</p> <p>ALANA: Hi Scintillator, thanks for having me here today! I guess you’re right, never too late to start.</p> <p>ROBERTO: Can’t wait to hear more about your experience. Today we are also going to take a look at the new 2017 Madrid Longboard lineup, together with Sergio, a dear friend and brother of the Rolling Thunder Crew.</p> <p>SERGIO: What’s uuuuup shredders! <i>*longboard shredding sound*</i></p> <p>ROBERTO: Sergio tested out, ex-clu-si-vely for us, the new Zak Maytum 2017 Anvil Pro Series model. Was it a yeah or a nay? Stay tuned to find it out.</p>

	<p>Last but not least, we will have on the phone Daniele Verdecchia from Snowpress, head of the biggest boarders movement in Rome. He will tell us more about the safety campaign he is working on, in collaboration with the Rolling Thunder Crew.</p> <p>But now, let's not waste any more time and let's get right into it!</p> <p>Tuck in boys and girls, it's time to bomb some hills!</p>
<p>Music Break <i>Messer Chups</i> (0:35) "<i>Insomnia of the Mummies</i>"</p>	
	<p>ROBERTO: So, Alana, tell us more about when and why you decided to become a longboarder. Have you ever tried a board before?</p> <p>ALANA: I have always been scared to get on a skateboard. I think this stems from an experience I had when I was younger. My brother was an avid skateboarder, and there were always about 5-10 young guys skating in our neighborhood. My parents thought it was a good idea to buy a half-pipe for my brother. I think it was a way to keep him "out of trouble" knowing that if we had the half-pipe at home, all of his friends would come over to our house to skate.</p> <p>ROBERTO: Wow! Sounds a bit like helicopter parenting, but I get the point of your parents, and I probably would have loved to have one too. Please tell us more.</p> <p>ALANA: Right! Anyways, one day I was outside watching all of them, and one of the boys asked if I wanted to try. Obviously, have never even been on a skateboard I didn't start from the top of the ramp- I just stepped on the skateboard at the bottom and it flew up from beneath me. I fell, had some bruises, but was mainly just embarrassed that I fell in front of everyone.</p> <p>As the years went by, the only wheels that I experimented with were on a bicycle (and even that I am not that good at- but I can ride).</p>

Recently I was introduced to longboarding here in Rome. It was fun at first to watch everyone go downhill and see them do tricks, learn about longboard dancing and all of that. I also saw so many women longboarding (something that I was never exposed to when I was watching my brother). I think I just assumed because I never knew or heard about any professional female boarders, and so I did not think there were a lot of women doing it. It was a pretty exciting thing to see these cool girls longboarding downhill.

Thankfully I did not fall or break anything the first time I tried. It took a lot of effort to actually push and ride with no one standing next to me to support me. I felt like I was flying or something. I was still really scared, but for 10 seconds I felt like I could do anything.

I'm still not good or hundred percent confident about my skills. I would say I am thirty to forty percent confident, and I do think that is the main reason that I am not getting better faster. If you are afraid to let go and keep that fear within you, you are bound to fall and hurt yourself.

I can't say enough good things about the longboarding community here in Rome. **cheers and applauses** They are down to earth people in search of areas where they can peacefully ride and avoid holes. It isn't easy to find that here.

ROBERTO:

Don't even get me started about the streets conditions! So, would you change anything about this experience so far? Any suggestions for girls that are thinking of starting?

ALANA:

Well, I think that if you are thinking about starting, the best thing to do is what I did, which I started to talk about a bit earlier. Go to a meet up where you can meet a lot of different people. You are bound to mesh well with someone, because the beauty of longboarding is that there isn't a TYPE of person who does it. Like, for example, when you go to a basketball neighborhood game, you

are bound to find loads of tall people. Or when you are headed to a yoga class, there are a lot of flexible people. There doesn't really seem to be even a stereotype of the type of athlete it takes.

ROBERTO:

What kind of traits would you say are then requested or recommended to even start thinking about riding?

ALANA:

Well, firstly, you need to have excellent balance. This is something that I struggle with. You realize how each muscle connects and builds a support for your body. You also need to work the core of your body. It isn't only your legs that you working with- your abs, legs, arms, chest- even your posture can upset a balance on the board. Like when you are going downhill (something I do not have tons of experience with yet), the way you hold yourself and your posture affects your balance, direction and flow of the downhill run. Same goes for when you are pushing- the way you direct your shoulder affects your direction.

I think another thing IS your leg muscles. You don't realize it at first, but after every evening of riding, you wake up with sore muscles like you just did 100 squats. You don't feel it as you are going, but you are working your legs in a serious way. This doesn't even include everytime you have to walk UPHILL after you do a downhill run. Serious muscle work.

ROBERTO: **laughs** and that's why we have people like Sergio driving us up-hill in his van.

SERGIO:

You guys owe me big time!

ROBERTO:

Would a beer do the trick? **laughs**

Last question for Alana before we let her go: are you free tonight?
add laughs and crowd cheering sounds

ALANA:

Maybe...you can double your offer, and take Sergio and me out at once, no?

SERGIO:

I like your style girl **hi-five**!

ROBERTO:

Rrrright. Speaking of hanging out, Sergio, why don't you tell us about the Madrid Anvil Pro Series model you recently tested?

SERGIO:

Are you talking about this one? **unzipping sound* *board is put on the table**

ROBERTO:

Holy Moly! You actually brought it here! Okay, let me say this. First, you should have told me, now I am risking a heart attack, and second look at that shape! A deep black deck, one end pointy, one end shaped like...a cross. It does resemble an anvil actually! DOPE!

SERGIO:

And look at the deep concave and rocker. While it is not a classic drop-thru, it features this micro-flush, which I can assure you, works very well.

You may have not noticed it, but this year the board is about two inches shorter, and with slightly narrowed wheelbase to increase the agility. Not sure about this choice, as I usually like more stable boards, rather than very responsive ones. I am sure, though, that all of the freeriders out there with a passion for downhill, will love this hybrid.

ROBERTO:

What about you? What was your impression when you tried it?

SERGIO:

Just as I said, very responsive for being a downhill board **board dropped on the floor**. Try to stand on it and tell me what you

think!

ROBERTO:

chair moving* *steps on the board (hear the voice farer from the mike) All I can say is that now that I am on it, I just want to go out and test it!

SERGIO:

Just try to don't get hurt **laughs*!*

ROBERTO:

Speaking of which, let's introduce our final guest of today's episode of Longboarding one-o-one. **skype call ring**

Daniele Verdecchia, from Snowpress.org, should be now connected with us from the valleys of Madonna di Campiglio. Daniele, are you there, can you hear me?

DANIELE:

What's up shredders! **longboard shredding sound** I hear you loud and clear!

ROBERTO:

Hi Daniele, and welcome to the show! We were just talking about safety. You definitively are one of the best ambassadors out there on this topic. Can you tell us more about the "Senza Casco Non Ci Casco" campaign? And, by the way, what are you doing up there in Madonna di Campiglio?

DANIELE:

Sure thing! We are here with the Snowpress family for a week of Snowboarding and fun. I am actually now at the "rifugio" with some of the riders who joined us **screams and cheers**. We all agree that, no matter if on wheels or on the snow, it is always fundamental to wear the right gear, especially the helmet. And that's why we decided 2 years ago to start the campaign "Senza Casco non Ci Casco". It all started as an online page on facebook. We then amplified the distribution of the stickers at the events we organize and promote, and finally added the slogan to the crew t-shirts.

	<p>Now, in addition to that, thanks to you guys, the campaign will also become a P-S-A!</p> <p>ROBERTO: It's our pleasure to contribute to the cause, and to make our sport safer. You agree with me if I say that most of boarders injuries are head concussions, fractures and so on, right? Wearing a helmet is the only way to go without worries and get back home in one piece! I gotta say that once you get used to it, whenever I don't wear a helmet I just feel unsafe and don't even want to ride.</p> <p>DANIELE: Yes, Indeed. We do in fact really believe in the importance of wearing a helmet, up to a point that we don't let our riders participate to any of the events if they don't wear one. Speaking of, it's time for us to wear ours back and hit the slopes again! Thanks for having us on this very first episode and catch you on the flipside! <i>*riders in the back cheering and saying hi*</i></p> <p>ROBERTO: Thanks for this brief, but important, message Daniele, and enjoy the rest of the day up there in the mountain.</p>
<p><u>Blitzkrieg Bop</u> - Ramones (instrumental version)</p> <p><i>Music fade out</i></p>	<p>ROBERTO: And with this, we just concluded today's episode of Longboarding one-o-one! I hope you enjoyed it, and be sure to tune in next week for the next appointment! We will be interviewing an action photographer, review another board with Sergio, as well as have a very special guest!</p> <p>Keep it safe, and keep shredding <i>*longboard shredding sound*!</i></p>