

© Best Version Media

EDISON PARK

May 2026

NEIGHBORS

Carolyn Tegtmeier

TAFT SOPHOMORE
BRINGING THE *SPEED*
TO SKATING



PHOTO BY
ALICE TEGTMEIER

POWERED BY
BVM
BEST VERSION MEDIA

Become a
Publisher
Find Out How
Inside!



Carolyn Tegtmeier

TAFT SOPHOMORE BRINGING THE *SPEED* TO SKATING

Every four years, a number of sports are brought to the world's forefront that don't get as much coverage as others.

All of the sudden, sports like bobsled, luge, skeleton and ski mountaineering, hit the spotlight and become some of the most Googleable items in the world as people watch the sports every day for two weeks.

Another one of those sports is speedskating, a sport that most people might think is most popular in Europe. While they may be right, in the United States, the sport is most popular in the Midwest, particularly the Upper Midwest (Wisconsin, Minnesota), New York, and Utah. Key training hubs like the Pettit National Ice Center in Milwaukee and the Utah

Olympic Oval in Salt Lake City produce the highest concentration of elite talent.

But those aren't the only place speedskating has become popular. The Northbrook Speed Skating Club was founded in 1952 and has trained thousands of local individuals interested in the sport.

One of those individuals is Edison Park resident and Taft High School's Carolyn Tegtmeier.

The sophomore has been in the sport for five years and in that short time has become quite successful.

"When I was 10 years old, I went with my family to go ice skating and I started thinking that it would be so much fun as

a sport," she said. "I didn't really want to do figure skating or hockey, so my parents told me there was speedskating, so we contacted the Northbrook Speedskating Club and we've been there ever since."

Tegtmeier learned real fast that if she wanted to become a speedskater, it was going to take a lot of her time during the week.

Between doing dryland work, on ice practice and even going to Milwaukee twice a month for training, she's got practice six of seven days a week.

The season goes from September until the end of March.

"It's kind of a lot," she said with a laugh.

However, it's all of that training that has helped her become good quickly, showcasing her skills at some of the biggest competitions in the United States.

This year alone, Carolyn set the Illinois record for the Junior B (15-16 yr old) Women in the 333m, and broke the existing records for the 500m, 777m and 1000m. She also still holds the Junior D (11-12 yr old) women's record for the 3000m.

When she started out, she was doing more meets, just to get accustomed to the sport. But as she's grown older and risen through the levels, she's trimmed that list down and competes in more of





the difficult competitions, including the Heartland Series, which requires a qualifying time.

She is a two-time Heartland Series medalist (Silver in 2024, Gold in 2025), was the silver medalist at the 2025 US Speedskating Age Group Nationals in both Long Track and Short Track and was named US Speedskating's Grand Champion for the 2024-2025 season.

But for someone joining the sport at a later age, how was Tegtmeier able to be as successful as she was?

"I feel like I've always been athletic, I was in running clubs in elementary school," she said. "I tried to do a number of sports when I was younger and I'm very competitive, so I'm always trying to compete with myself, as well as others, during practices and

competitions."

The track on the ice isn't the only one that she's successful at, however.

Tegtmeier is a member of the Taft varsity outdoor track and field team and, as a freshman last season, won the Chicago Public League 400m title in the Frosh/Soph Division by .4 seconds.

"When I'm running track, especially races, that really helps with reaction time, because in skating, you're always trying to pace yourself, kind of like what you have to do in the 400, my primary event."

Growing up, Tegtmeier wanted an every-day sport that she could practice daily, but couldn't find one for the longest time, so finding speedskating changed that.

Now she can't stop telling people all about the sport.