

5.9 SKATING FAT WITH @FAT_GIRL_HAS_MOXI

Sophie: I'm Sophie and this is She's All Fat, the podcast for fat positivity, radical self love, and chill vibes ONLY. In this episode, we're talking about fat babes who roller skate with the patron saint of fat roller skating, Courtney Shove.

Sophie: But first, it's time for our SAF Bookclub. You know the drill! This past week, we read Chapter 7: Good Health to Uplift the Race. Lynn wants to connect the whole "water = health" idea from the John Kelloggs of this chapter to the modern meme where like you ask someone "wow you look so good how do you do it?" and they're like "oh I just drink a lot of water," even though the answer is actually white supremacy! Yeli and Laila both had thoughts about vegetarianism in this chapter — Yeli has some questions about the lingering ties to white supremacist ideas, and Laila's thinking about who has the privilege, in this world, of eating vegetarian. Pointing you to the shownotes for more on all that, and for my questions! And read Chapter 8 for next week! I'm proud of you all for doing this with us.

Sophie: We'd also like to give a shoutout to our Fat Babysitters Club! Thank you to Macy Adkins, Samantha Gutierrez-Rice, and Georgia Savoca for joining the club! Hope you brought your friendship bracelets!

Sophie: Content Note, Brief discussion of an abusive relationship in this episode. Okay, the episode's about to start! If you haven't re-watched the DCOM Brink yet, you better pause right now! Go watch it and come back. Oh, you're in your car? Pull over on a side road. I'll give you my Disney Plus login.

Sophie: I'm here with Courtney Shove to talk about being a fat roller skating diva, amazing person. We wanted to have you introduce yourself by talking a little bit about what you do and your connection to fat justice.

Shove: All right. Well, everyone calls me Shove and definitely I live my life on roller skating, and I'm all about fat representation. Alongside with that also goes just being Black and queer. And I kind of take all my

intersectionalities and combine them to do the best job I can at representation in the skate community and just the world period.

Sophie: Thank you so much for being here with us.

Shove: Thank you.

Sophie: What's one thing you've been doing in quarantine to take care of yourself?

Shove: Well, we saved up enough money and, that's me and my girlfriend. And we had someone build a ramp in our backyard. So now I think that need to skate and kind of get my body moving and like, challenge myself. That kind of helped because now when I'm stressed, I can just go out there and just slam myself against the ramp, which sounds bad but.

Sophie: Put it all onto, put it on the ramp! You leave it on the ramp! Oh my god.

Shove: Lay it down on the ramp, you know, like why cry? I can skate it out.

Sophie: Oh my God. I go straight to Disney channel original movie whenever I'm talking about skating, that's just like, Brink is like, what's in my blood because of like what age I was when I saw that movie. Have you, did you like grow up watching those as well or no.

Shove: No, I didn't. I was, I mean, I, I bladed when I was a kid a little bit, and then I had a-

Sophie: You bladed!

Shove: I had a skateboard and like all those things, but then like I just stopped everything and then I was 30 and I was like, guess I'll get some roller skates and join Derby all of a sudden.

Sophie: Oh my god. That's amazing. I rewatched Brink recently, actually. It has like, definitely a character that was one of my first like queer girl crushes growing up before I realized like, that she was a queer girl crush and just like, she was like really cool. They're all blading. It's just like, it was like very nineties, very nineties Disney culture.

Shove: Oh my God.

Sophie: I'll have our editor Laila drop a clip from Brink in here for the other nineties babies who know what I'm talking about.

Sophie: Okay. Let's get into the meat of it.

The Meat of It

Sophie: So, Shove, that's such a cool name. God. Skating is so cool. It makes you seem so cool.

Shove: Well, until you say it, like, they were like, what's your name? You're like, Shove. And they're like, Oh, sure. Or shelf. And you're like, no, no. Like push and shove. So now I say Shove, like push and shove before they say some random name, but yes.

Sophie: That's cool. Okay. Can you tell me about the origin story for your name and how you got into skating and all of that?

Shove: Yes. Um, I felt like, well, I guess it starts with me being in a relationship that definitely was not healthy, but you know when you're in an unhealthy relationship and you don't really realize till you're out and you're like, whoa, like I would've never let any friend or family member get in that situation. So, I was always like very outspoken and wore what I wanted and like, my road to body positivity and like, fat acceptance was pretty good. But then I got into this relationship and he was extremely controlling and I couldn't dress a certain way. It got to the point where it was like, send me a picture of what you're gonna wear before you went out. And I thought that was okay. So I started wearing, covering myself more, stopped doing anything.

Sophie: Oh boy.

Shove: Yeah. Didn't have any hobbies. Like the only thing I still did was like. paint because that was something that kept me at home. I lost all my like, relationships that were like, just friendships, male and female because of jealousy, just a lot. And I started realizing like, I was really alone and losing who I was and one of my friends that I still talked to was like, hey, I went to a Roller Derby orientation and it was so cool. And I think you'd like it. And I was like, Oh my God, I used to want to do Derby like, so bad when I was younger. Like, but I didn't have health insurance. And I was like, you definitely should have the health insurance if you're gonna have someone slam into you.

Sophie: Yeah.

Shove: And then like, I was like, we didn't have time or money. And I was like, I have time, money, and health insurance now. Like, that'd be great. And it was actually the first time I stood up to my ex at the time and was like, I want to buy roller skates. I want to join Derby and I'm going to do this. I said, it's going to be good. Cause it's like, it's exercise, I'll have female relationships again, I'm doing this no matter what you say. And like, well obviously, I'm with a woman now. So that, that kind of just spiraled into me finding myself again and like just becoming a back-finding my path, back to who I was. So, I just say rollerskating saved my life for sure.

Sophie: Oh my gosh. Well, we're, you know, into prison abolition and anti the carceral state, but like, I will kill him if you want me to.

Shove: I know, that's all my friends say. Like when I started, like, there's still a lot of like trauma there. So I don't talk about everything that happened. But like when I start opening up to my friends, they're like, why didn't you tell me? I can't believe you let that happen. Like.

Sophie: No, it's not like that. That's not the way it is for abusive relationships. It is not ever your fault, but we will, as a fatmily, kill him. If we need to. That's all I'm saying.

Shove: Yes.

Sophie: Okay. So you started skating and that- that's how you got into roller Derby.

Shove: Yes.

Sophie: Okay. So tell me about your Roller Derby community. I have only like seen Woller Derby adjacently like, I don't know much about it at all.

Shove: Well, most people are like, I saw Whip it.

Sophie: Yeah, basically.

Shove: And then that's my extent, uh, roller Derby is amazing. Cause it's like ran by the league. So it's one of those places you go and you can be trans, you can be all, from all backgrounds. Like even if you don't have the finances, usually they have scholarships. Cause the one thing about Derby is it is expensive, but the sense of community you get is like no other. And

it kind of feels some- we'll joke that it's kind of like a Cult. And like, if you're in a relationship with someone that's not in Derby, we call them widows because Derby,

Sophie: Oh my gosh.

Shove: Yeah. Cause Derby becomes like your whole life. I loved it because it was like pushing myself. Like I remember when I first showed up, I was like, I don't know how to stop. I don't know how I have these skates and I can go forward. And that's an extent of what I can do. And I never felt any sense of fatphobia, which I was worried about. Cause I was definitely one of the largest people when I showed up. And then, but everyone was just so accepting and like helped push you, just like everyone else, which I loved. And that's why I stayed for as long as I did. Um, the only reason I left was because I wanted to start going to cosmetology school. So it's like on pause for now, but definitely I'll go back one day. Cause it was like a giant family and I loved that and I loved seeing like, we call them fresh meat when they first joined. And so you have these little freshies come in and then like, I'll usually look for, there's always like the one other fat kid. And you're like, Oh my gosh, yes. And so you're like, I'm going to work with them because like, or people will even pair me with them. And at first I was like, are you just putting us together because we're both fat? But then I remember like, people are like, well, you're kind of like this role model for fat skaters. So like, if they're feeling, like they can't do it Cause they're fat. You're an example that they can do it. And like, you know how to get through to them that like, no matter what size you can push yourself and you can build those muscles and you can like, being fat, doesn't equate being unhealthy and that they can't do it. So I was like, you're right.

Sophie: So now that you're on a pause from Roller Derby, do you do like, are you involved, is there like a skating community? Like we've seen-

Shove: Oh my gosh.

Sophie: Yes. Okay. Tell me, tell me

Shove: Once you see it and once you're in it, you notice it's everywhere. But the skate community is like this huge subculture and especially in Long Beach, because there's skate parks all around us. Moxi rollerskates was born in Long Beach. So like, I feel like I see a roller skater almost every time I leave out here. But then if I go to like random places to skate that people look at me like I'm an alien just floating by.

Sophie: Really?

Shove: Like, what are you on? And they're like, are you on, and they're always like roller blades and I'm like, they're roller skates. Like, but the community is like, oh, I love the skate community so much. And I don't know how in three years I became what they call a leader in the skate community. It's cause like the skate community definitely does not stand any kind of homophobia, racism. Fatphobia, anything. But the problem was there wasn't really any fat people on skates when I started really, especially the k- in Derby. Yes. There's a huge plus size, uh, Derby community. But when it comes to just street skating and park skating, you don't see too many people with my shape or size. So I feel like that's kinda why I blew up so fast. Cause it was like, this is different.

Sophie: Yeah. Yeah. Like people wanted that representation. They wanted to see you do that.

Shove: Yeah, it was crazy. And then, Moxi, rollerskates, like the creator and brand owner, Estrogen, she would see me skating and then she found me on Instagram. And then next thing I know it was on the Moxi skate team, which is like something you dream of being when you're like roller skating and you're like, Moxi girls is this whole thing. Like it'll never happen. But like I dream of it. And then like one day she asked me to be on the team and I was like, Oh my God.

Sophie: What does it mean to be on the Moxi team?

Shove: It's like a skate sponsorship. They actually, the new thing they're doing is they're gonna-

Sophie: Okay, That is like Brink. That is what happens in Brink. So I understand that. Okay.

Shove: Yeah, yeah. So they're actually getting rid of the word team because she wants it to be not so exclusive. She wants to have a flow of free skates to a lot of skaters, which she already does, so we're kind of like a little skate family. We go to parks together. We do photo shoots together. Like we test out, um, like I just went before this, to get some wheels to test out. So it's like all the kind of like, insider stuff. I'm also like working for them right now, like processing orders. So like, I dunno, like it just, I never thought I'd be able to live off of skating and like I'm doing it right now. And it's pretty cool.

Sophie: Dude for you, skate is life. You're living the dream.

Shove: Yeah. I literally have a tattoo that says skate or die, but it's like, skate and live.

Sophie: that's amazing! Oh my God. Okay. I'm loving this. Wow. I'm going to rewatch Brink again after this. This is making me really want to get into this. I like, used to rollerblade when I was a little kid. Um, but we didn't really have roller skates. I don't know why there was like-

Shove: Cause you were lame if you had roller skates in the nineties, like, if you went to the skate rink and like, there'd be like [inaudible] have roller blades or skates. And if you didn't have rollerblades, like in-lines, they'd make fun of you. So you were like, I want to be cool, mom. Like,

Sophie: yeah.

Shove: And now it's like cool to have rollerskates again.

Sophie: They were like more sporty somehow. Or something like that.

Shove: Yeah, exactly.

Sophie: I always thought blades or the skates were cool because it's like, like kind of a retro look too. Like it's fun.

Shove: And I feel like it's harder though. Like I was like, I bladed, this is going to be so easy. And then I strapped in.

Sophie: No I think it's definitely harder. Yeah. We ha- we found a pair of my mom's old ones one time when- from when she was a teen and I like fell over immediately. I was like, Oh, this is much different. This is harder.

Shove: Oh my gosh.

Sophie: Okay. So we have some listener questions for you. Basically, a lot of people have written in and they want to get into skating as well, but they're fat. And they're- because of that, that's our audience. And they want to know where they can find skates, padding, like safe ways to practice, et cetera, and like other, you know, so if you have any recommendations for people in fat bodies who want to get into skating, that might feel some like barriers to entry, what would you say?

Shove: I would say there's a lot of misinformation out there and I'm almost glad that I didn't even Google can fat people skate. I was just like, I'm going to do it without Google, because my number one questions like

are I heard there's a weight limit on this skate, like blah blah blah. And I'm like, well, I'm about 150 pounds over that skate, that weight limit. And I'm still wearing them, because a lot of your roller skates will come with what's called a nylon plate and they flex. So there's this whole rumour out there.

Sophie: Where is the plate supposed to be?

Shove: It's on the bottom of the skate. So that's what the wheels are attached to and everything, the tracks, there's a whole anatomy of the skate, but basically that's what will, a lot of your weight will sit on uh, so people are often telling people like, well, if you're larger, you can't have a nylon plate. Cause you'll break it. It'll snap, which, I've never had a plate snap on me. I have some metal plates but even- skinny people break nylon plates. It's how hard you are or just how they're built. So don't be afraid of like, I have to spend an extra hundred dollars or \$300 to get the most expensive thing. Cause it's more fat friendly. That's a lie. Especially if you're new, just get the regular ones. Um, I would say if you have like a chubby little foot like me or you got some nice luscious, like little cankles on you, then, uh, you don't really want to stiff skate. You want something that's gonna mold with your foot and stretch with your foot. Uh, so that's why I like Moxi's because the Lawley boot, even though it's pricey, it'll last years, it's suede, and it can stretch up to two sizes. So it will go with that. And then they also, that brand does offer wide sizes too. Uh, if you're wanna be more cost effective, there are other things out there like sure Grip and Impala, but they're not gonna last that long. So if you're like, I don't know, I'm just gonna test this out. Go ahead. Like, I don't know if you follow or keep up with, um, Nicole Briar at all, the comedian. Uh she's-

Sophie: Oh, Nicole Byer? Yes.

Shove: Yeah, Nicole Byer. She just started roller skating.

Sophie: Oh my gosh.

Shove: Uh, it was great. I was like, yes. Another fat Black woman out there doing it like-

Sophie: Yes! I Love her.

Shove: My dream is like, that one day, like I'll be skating in LA and then she'll see me on her skates and we'll become skate sisters, but,

Sophie: Oh my god.

Shove: But-

Sophie: let's make that happen. Yeah!

Shove: But yeah. Me and her and Lizzo, that's the dream all on roller skates.

Sophie: Yes!

Shove: but anyways, uh, yeah, there's just a lot of misinformation out there and that's why a lot of people message me constantly. And I'm always on my phone all day, just like answering these questions. The second thing is gear. you're going to need kneepads, um, at least kneepads and you know, we're all in large bodies. We know that our knees and thighs are, tend to be really big, but our elbows and our wrists aren't necessarily like this extra large size of our legs have. So a lot of the things they offer, they'll fit our wrists and our elbows, but not our knees. So I call it like Frankensteining my pads. Like if you have to cut, add stuff, take a strap off, figure it out. Um, I actually just worked with Moxi with my own measurements and we're going to start a presale of the thick set pad set.

Sophie: Hell yeah! What sizes do they go up to? That's awesome.

Shove: So, they only went to large, extra large and this one's going to be about a two X, three X, but it stretches even longer with an extension.

Sophie: So it's getting there. It's getting there.

Shove: Moxi is one of these brands that like everyone in skating knows. So you have all these people that feel left out and we're like, we're in a marginalized body. We want to skate, but we're not represented. We don't have the options to buy stuff even when we want to. And there's a lot of misinformation out there. So like, that's kinda like my job is like, especially when COVID is over and I can do more content creating. It's like, just like finding these other fat skaters and like making sure they're seeing- uh, seen as well. I actually just edited a skate reel that I'm waiting for it to come out and it's only fat skaters.

Sophie: hell yeah.

Shove: and I'm like, I can't wait. I can't wait for it to come out. It was like 18 of us, but yeah.

Sophie: That's amazing. Okay. So we'll put links to that in the show notes. And also if you have any other recs for larger than 3X, because there's probably, there's definitely people like I, you know, who I would probably maybe fit into that, but I would want to try skating. And so if there's other places that you recommend too, or other, just like, like you said, Frankenstein options, we'll put some of those in the show notes for people.

Shove: Yeah. Definitely tips and tricks, right?

Sophie: That would be great.

Shove: There's actually a company off of the East coast called Chub club and they do a bunch of like skate art on their clothes and patches. And they're trying to get up to, I think a five X, six X. So they're just looking for a tee shirt placement. So anyone listening that knows like a large t-shirts and bulk, look for Chubb club, they want to buy shirts that fit all bodies. They want super fat bodies to rock their stuff too. We're trying to get the protection gear, but there's definitely skates. Your feet will fit in those skates. You will fall.

Sophie: Yes.

Shove: You'll probably be safer because you have the fat surrounding your bone. So, I definitely feel like I should have broken more often, but I had a lot of cushion.

Sophie: Oh my God. I honestly am afraid of falling down. Like as an adult, you don't fall down that much anymore.

Shove: Yes. You have that fear. You're like, I know it'll happen, but I just say like, my dad actually told me this a long time ago. He said, it's not a matter of if you'll fall. It's just when you'll fall. Cause like even the pros, the people that are like, I've been skating for 30 years, they're falling constantly. So.

Sophie: It's a thing you gotta be ready for. I think if you do it, um, I was telling my boyfriend, Victor. I was like, yeah, we're like doing the skating episode. And like, I don't know, like there's a lot of queer skaters and I might want to lean into that as part of my like exploring my like queer identity stuff. And he was like, you want to skate? You're going to fall down and break your face. I was like, Yeah. So? It'll be cool!

Shove: That's everyone's reaction and you're like, I don't care, but that's the thing. Like you do fall, and, but you learn how to get back up and that's part of it. It's literally a metaphor for life. So you notice the more you skate, the more empowered you feel, it's crazy. A lot of roller skaters are high anxiety. Like I'm not going to lie, a lot of us are anxious. Like almost every skater. Like you're like at the skate park having a panic attack and then they're like, don't worry. I know a breathing exercise that I use that I learned like on YouTube or like people at Derby bouts, like puking because they're having an anxiety attack in between the like halftime. And you're just like, everyone's a spazz and we're all like, the end of the world is happening. But at the same time we're skating. And that's like our outlet at the same time.

Sophie: Oh my god, I love that!

Shove: Yeah. It's crazy.

Sophie: That's so fun. Oh my gosh. Tell us how you've been skating in quarantine. I know you mentioned you built a little track in the back and how has skating in quarantine felt different than normal skating for you?

Shove: In the beginning? It was really hard because I had two injuries last year, one on my knee and then my ankle, I twisted my ankle on Halloween, one in skates and one out of skates and my ankle one, I didn't want to go back and get an x ray. Cause I was like, I just went to the hospital for my knee. My knee just got a little better. And I was just like, I couldn't really skate. The pain literally stopped right before quarantine. So I was still skating, but I was like babying it. Cause I was like, I'm in pain. So I felt like, Oh, now I can finally skate, but all the skate parks are closed and we shouldn't be out anyways. And I was like really afraid to leave the house in the beginning. Like it was, I was stressed out. I even took two weeks off work. Cause I was just like, it's everywhere. I was washing my hands so much that I was like getting like-

Sophie: It was a lot! It was a lot.

Shove: Yeah. It was, I was just like, I can't do this. I was looking at the, my phone and the news so often that my girlfriend had to just like grab my phone and be like, stop it. Can we watch something else? The news, it was the whole thing. Like I was like, we're all going to die. This is, my worst fear is happening.

Sophie: I know, I know, it was rough.

Shove: Yeah. I'm usually the person that like goes skating on the beach path or all downtown long beach and just like goes, gets coffee, gets ice cream, like lives my best life. And it was like that to just like locked indoors and maybe skating like on my back patio. And that's just not the same. It's not pretty back there. I'm alone with my thoughts. I still always was like thinking- putting myself down. Cause I wasn't challenging myself and it was just all bad. So it took me a while. And then, um, once the world like kind of opened up again, there were like, the beach path's open, but you can't just be hanging out. And I was like going through the beach path and like, skating and like bombing a hill. And it was like the best feeling. Cause bombing a hill feels like you're flying. You feel weightless. The air is like going through your hair and you're like, I am free. And it's the best feeling in the world. And after that I was like, I feel whole again.

Sophie: Oh, good!

Shove: Yes. But then like, yeah. And then the ramp skating, like I wasn't that good at park skating before and within a week of having the ramp, I was like, wow. I'm like, I've advanced so much. So it's just repetition. So that's been my skate adventure since.

Sophie: That's awesome.

Shove: Yeah. The world's opening more and more and I've been skating with some friends, but like it makes me a little nervous cause I'm like, should we be around each other?

Sophie: Well skating's a great- I mean, skating's a great quarantine activity. Cause you can stay six feet to 10 feet away from each other. You can wear your mask. Like there's, you know, and you're outside. So you're- you're okay.

Shove: Yeah. But people kind of- in the skate community a lot of people know me, so they want to like give me a hug or come close and take a picture. And I'm just like, no,

Sophie: No no, I'm not doing that right now. Not now, you can get later.

Shove: Like, sorry! Yeah.

Sophie: No, no, don't do that right now.

Shove: Yeah.

Sophie: Um, okay. So we've seen a few Black Lives Matter events for skaters. Have you participated in any or seen any?

Shove: Yes!

Sophie: or has skating been part of activism for you too?

Shove: It has. So I went to the first Risin' Skate. That is something that Moxi kind of came up with, some of the skaters of color on the, not really team anymore. I would say employees, they came up with was just kind of like a way to recharge amidst all the other protests was like, let's get our bodies moving. So we feel good and like have good energy in the day. So we all met up around 8:00 AM and some people had signs. We met at the Bluffs in Long Beach and there was like a little shrine of, um, all the Black lives that have been taken from us. And some of the local lives that have been taken from us from police. So we met up, we stood in a circle in our skates and we just kinda like put good intentions about the day. And so that there were a lot of protests happening later on. So it was kind of a way to be like, let's remember why we're doing this, that this is a safe space for everyone. And then we just skated in a huge group. I think there was like 50 of us just through the streets of long beach. And it was beautiful. People were honking their horns. They knew exactly what we were doing. It was very peaceful. Everyone stayed together. We were helping skaters that were new. And then at the end, um, I led singing happy birthday cause it was on Breonna Taylor's birthday. So,

Sophie: Oh wow! What do you think skating will look like post quarantine? Do you think more people will wear masks? Do you think that people will be trying to like do outdoor Derby without physical contact? Or like what do you think people might do? Do you have any predictions?

Shove: Well, one-

Sophie: They don't have to be accurate. I'm just curious.

Shove: Uh, there will definitely be a lot, a lot more skaters in, uh, probably the emergency room. And I will tell you why. I don't know if you know this, but skates have sold out since quarantine started,

Sophie: They what?

Shove: All rollerskates have sold out since quarantine.

Sophie: Really!

Shove: So it was like everyone got their stimulus check and was like, I'm buying those roller skates.

Sophie: Oh my god, Yeah.

Shove: So, no skates are even like gonna start coming out till like August and some are back ordered til October and people are still like, I'll wait. I'll buy them. I'll wait for'em, it's worth it. Um, and it's like something that's been huge forever in the Black community and rink culture. But when it comes like park skating and just kind of cruising through the streets, um, that's starting to grow more and more like, yeah, everyone's saying it's cause of tiktok, but that might be part of it with like the younger crowd, because they're like, oh look how fun that looks, dance skating, but it's something that's been around forever. But now people are like, the gyms were closed, they couldn't serve.

Sophie: Yes.

Shove: So all of these people were like, I'll go into roller skating now. Um, so I think once everything's hopefully soon, but who knows, let's think positive, let's say ended right at the end of summer.

Sophie: Yes! Oh my god.

Shove: Uh, there's gonna be thousands of new skaters out there.

Sophie: Wow.

Shove: So it's going to be a lot of people that are just trying to learn how to skate. Cause they're going to get their skates and realize how hard it is at first. I'll have to offer a lot more like skate classes and stuff. So I'm excited about that. I think it's going to be a learning curve for a lot of new skaters realizing what the skate community is. Cause there's a lot of people that have started to follow me and my friends that are like, I don't even have my skates yet, but they're like really engaged in the skate community and they're really here for it. So they kind of becoming in a sense of the community. Um, I think there's going to be, when it comes to Derby, it's been canceled till next year because they just don't.

Sophie: Yeah.

Shove: I think there was like some rule-

Sophie: I think that's the right choice tbh. Yeah.

Shove: because you're too close. You're touching. Like even if you're just practicing far away, I don't know. That's too many people together.

Sophie: And it's indoors.

Shove: Yeah. And you couldn't have games because once you, yeah. It's just like, so it's definitely till next year. Um, I think everything's just going to be changed, and like things are changing for the better in the community while this is happening because I think everyone's sitting at home and they're seeing things. So like white people realize that cops were murdering Black people because COVID, they had no distractions. So in skating people started realizing what companies were also doing racist things or homophobic things. So they have been getting called out. So like,

Sophie: really?

Shove: yeah. So like, skating community is just a microcosm of the regular world. So we have the same issues, but we are just faster taking care of it because we're smaller. We just like, I think this one company, um, they did something and I was like, hey, this isn't right. Like what are you doing? Two weeks later, like roller comm, this huge roller Derby convention that happens every year in Las Vegas, they pulled them and they donated the money they made off of their stand to Black Lives Matter. And like, in two weeks like, imagine if we could solve what's going on now in two weeks.

Sophie: I know! I know.

Shove: So that's the kind of power in the skate community. We do not stand things. And once the word gets out, it spreads like wildfire. And then we're like, how do we fix it?

Sophie: Wow.

Shove: Yeah. So

Sophie: Can you talk more about the connection between like that you were just mentioning between Black culture, rink, culture and skating? I don't know anything about that. And I want to.

Shove: Yeah, so there's actually a really good documentary called United Skates. Amazing.

Sophie: Oh, cool. Okay.

Shove: It's on HBO. So good. And it kind of talks about how there's always been kind of like racism in skating. So if you ever go to a skating rink, you might see a flyer and it says adult night, and adult night is when they play hip hop and RNB and it's code for just Black night. And this is something that's always happened to be like soul night or funk night or hip hop now has turned into adult night and people know that's when all the Black people are going to come out and skate. So it kind of sucks because a lot of these rinks will have rules as well, that are like, don't have micro wigs, uh, no sagging. Um, you can't have your headphones in just like multiple things that are usually things that in Black culture we do when we skate at rinks because, um, you will see like the coolest freaking moves. Um, I'm trying to think about that old movie with Little Bow Wow that came out and he was like a rink dancer back in the nineties. I can't remember what it's called, but.

Sophie: I know what you're talking about. Yes.

Shove: But yeah. So it's like that kinda like crazy moves, like dance outs on your skates. Um, so every major city in the country has a certain style. So like in Chicago and in the South it will be really big and there is some in LA, but I feel like, or if you go to Venice beach, you'll see them on Sundays, like doing Dance circles. Um, so it's something that's predominantly Black. And so what happened. A lot of skaters are upset because on tiktok like this white girl that has a lot of followers got on roller skates and did like a very simple dance and it blew up and everyone was like, Oh my God, she brought back roller skating. And it's like, roller skating has been back like,

Sophie: Yes!

Shove: and it's been huge in the Black community. And it's like, know where skating came from like, I don't know, but there's like, yeah it's a lot.

Sophie: Wow! The same, Like cultural patterns really do get replicated in every freaking bit of culture. It's like every, every single place. It's the same thing.

Shove: Yeah.

Sophie: That's wild. Okay. I want to watch that documentary. we will link it in the show notes as well, because that is an aspect. I knew that like, there was a lot of queer skate culture because of, uh, what's it called? What's the sport? re- I'm losing my words. What are you doing?

Shove: Roller derby.

Sophie: What are you? Yes. Derby. Thank you. Brain, my brains fart all over the place. Roller Derby is like very queer.

Shove: Yeah. Except for a funny story about that, the league I joined, I thought there was going to be lesbians everywhere and other bisexuals and just queer people everywhere. And I wouldn't, I was like, there's hardly any queer people here!

Sophie: Really!

Shove: But every league is different. And if I, when you go to roller-con you're like definitely, you're like, Oh, you're straight. You're the, you're the outsider here. Like.

Shove: Oh my gosh, do you have any other recommendations for people who might be uneducated like me about the history of skating culture, about the connection between skating culture and activism, or about Black, fat, queer history in skating, any of those intersections?

Shove: Uh, at some things I didn't even know until like recent, when things were starting to happen was that, uh, to help fight segregation, there used to be skate-ins. So people would skate with their- like in the sixties and have signs and protest. And I was like, I didn't even know that. So I think the more, there's more information popping up. The more you Google. There's, um, an Instagram called, uh, bipocwhoskate. And they have a lot of information about just like skating and it's all focused on Black and Indigenous skaters. They'll have takeovers from skaters that are lesser known, which is great because you don't really get a spotlight unless you are like super, super good. And like for me, I'm like not even the best skater, but like I share myself like at everything. I just was really raw with myself. So I think that's why people are like cool. Cause there's definitely people that started skating after me that have surpassed me, but I'm a turtle skater. I'm fine. I'm just cruising. And like I told everyone, I'm like, I'm just your auntie here on roller skates. And I'll answer your questions. I can teach someone how to do something before I can do it.

Sophie: That's fair, that's fair.

Shove: I'm that person.

Sophie: Oh my gosh. I love that. Okay. Well, we'll have to reach out to them and link this in the show notes too. This episode, honestly just feels like an intro to fat skating. I feel like there's so much under the, under the surface to cover.

Shove: Oh my gosh, I forgot the most important thing. Um, so a lot of people couldn't find each other, like fat skaters were like, how do we find each other? And we need a hashtag. So I created a hashtag called uh, fat skate love.

Sophie: Oh my god! Okay.

Shove: And it's going wild. It's only been out for like a couple of months, but like more and more people are using it. And they'd like, I started following it and I love it. Cause now my feed is just full of fat skaters and it's like, they're here.

Sophie: Hashtag fat skate love.

Shove: Yes!

Sophie: I love that. A bunch of our listeners, like when we were like, what, we want to talk to a fat skater, who should we talk to? They were like, this person's our icon! Like, they love you.

Shove: Yeah, I know. I made a joke one time. So I'll do like IG lives and I'll do my makeup and just talk with my followers. And I was like, sometimes I feel like I'm the patron saint of fat skaters. And I actually turned it into an art piece. It's like trying not to give into the clout and like, I don't want it to be like, I forget where I came from and like why I'm doing what I'm doing. So like, I feel like I'm always trying to like push things. So that's why like I fought for like getting the plus sized clothing to start happening, like spot for, um, the bigger pads. And then it's like baby steps because when this goes, I can do something else. Um, so I just try to be that champion and then see what happens. Like, cause through skating, I was able to quit my day job and start my own like art company and just sell my art. And I'm doing that now.

Sophie: I love that.

Shove: Yeah. So it's just like, yeah.

Sophie: Tell us about, okay. First tell us about other fat roller skaters that you want to shout out. If there's any you want to support.

Shove: That would be the creators of Chub club. That's gonna be Kate and Skates. And Birdbrain, they're amazing. There's this trick called shoot the duck. And this is like, you get down on the ground and you, it's like a pistol squat in your skates. And like, I asked someone one time and she was like, I'm fat, our gut's in the way, it's impossible. Fat skaters can't do it. And I was just like, okay, I don't even know what I'll try then. And then like Birdbrain was like, that's a lie. You can do it. And she sent me all these videos and you just see her a little tush. I'm like, what the heck? Like, yes, thank you. And Kate and Skates too. Like, she's over like jumping on her toe stops and doing like kicks and stuff. And I'm like, this is what I need. Like I need like.

Sophie: Hell yeah.

Shove: because I don't want, I'm like, people look up to me, but I'm like, I need to look up to someone! I need someone-

Sophie: Yeah! Fat community is so important! Yeah!

Shove: Exactly. So those are my two favorite. Um, there's also a teacher, her Instagram's on private, but she goes by Betsy cat and she's a kindergarten teacher I believe. And she skated every day for a year. And she started doing all these crazy, like drop-ins and like jumping over things, just insane stuff. And I just, I don't know. I just love it specifically when I see fat skaters jump.

Sophie: yes.

Shove: because everyone says we can't jump. And I'm like, we can jump.

Sophie: Hell yeah.

Shove: Yeah, So it started to get better. A lot of the fat skaters are pretty new. So like it's, it's finally like I'm starting to see kind of that trend jump where people are realizing they can skate. Cause there definitely wasn't this many fat skaters when I started and I'm just like, yes, it's happening,

Sophie: Hell yeah!

Shove: a revolution.

Sophie: That's amazing.

Shove: I want to have like a fat skater meetup one day when like the pandemics over that would be like, like how they have like fat pool parties. I want to have a fat roll out. Like, that'd be great.

Sophie: Oh my god. That would be so fun. Okay. Hit us up in 2027. Whenever we're allowed outside again.

Shove: Yeah! Um, you should start skating now. So you'll be ready for it.

Sophie: Yeah! Oh my Gosh. Okay. I got to order my skate so that they come in October or whatever.

Shove: Yes.

Sophie: As a wrap up, tell us about your Etsy and tell us about any links that you want to shout out to support you.

Shove: Definitely. So fatgirlhasMoxi on everything. I have an Etsy where I sell art prints and stickers. Um, and then I also have a Kofi, so I accept, uh, you can buy me a cup of coffee for \$3 or more, and that's also at fatgirlhasmoxi and that's just to help me get art supplies and just kind of keep like doing all the content that I'm trying to supply to the community. And if you do buy skates or any kind of skate gear from Moxiskates.com, if you use code shove, S H O V E, you get 5% off and I get commission. So it also kind of helps me fulfill my dreams of not working nine to five in a job I hate.

Sophie: Amazing, Okay. So you heard it here. If you want to buy skates or stickers, go to Shove's links that we're going to put in the show notes and support Shove. That's amazing. I love all those things.

Shove: Thank you!

Sophie: Oh my gosh. Okay. Is there anything I forgot to ask you before we wrap up?

Shove: Oh, I don't think so. I don't know. I have a question for you.

Sophie: What is it?

Shove: So when are you going to get some roller skates?

Sophie: I have this pair of roller skates that I don't actually know if I can like, skate in them. I got them like two or three years ago for a photo shoot that April, my former cohost and I never ended up actually doing together. Like, we were going to do a roller skating photo shoot, and I, or like, like doing like a thing. And then I found these roller skates on Facebook marketplace and they were like some sort of promotional skates by two faced, the makeup brand. So they're like pink and glittery, but I don't even, like I was thinking about digging them out and seeing like, I remember they like pretty much fit, but I don't know anything about like how to make sure skates fit and like how they should, you know what I mean? But, I wanna try.

Shove: I just feel like we know you like bike shorts. We know you like vintage t-shirts so just imagine that look with like a nice skate and a cute sock. How cute would you look skating down the beach?

Sophie: It sounds pretty fun.

Shove: You know, another thing too, people always ask me, like, how can you skate around in these short shorts, chub rub, guess what? I've never gotten chub rub while skating, but when I'm walking? All the time.

Sophie: No, the point of short shorts slash bike shorts is they don't, they prevent chub rub. That's the point.

Shove: Yep, yep.

Sophie: I love those. Yeah. They're the best.

Shove: Exactly.

Sophie: Okay. I am obsessed with the aesthetic of it. I have to say, I love it. It's so cute. Okay. You got me. I'm going to message with you on Instagram about this. I've got to build up my courage to do it.

Shove: We'll just wait till the world's open and we'll have to meet at a skate rink or something, that way you don't have to commit.

Sophie: Yes! Oh gosh. Okay. Okay. We're gonna wrap up this incredible conversation. Thank you so much, Shove, for being here with us and telling us this incredible introduction to skating while fat and, uh, we'll put all the things we talked about in the show notes. And um, I think we're going to have some follow up probably because I feel like a lot of

our listeners are gonna want to like have more questions about fat skating.

Shove: Oh, endless questions. Ask me anything.

Sophie: Amazing. Okay. Thank you so much for being on the show. We'll talk to you soon.

Shove: Thanks for having me!

Sophie: Okay. Bye!

Shove: Bye!

Sophie: And that's our show! Producing SAF in COVID times is made possible by our beloved patrons!!! Special thanks to:

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Thank you so much, I'm so sorry if I said your name wrong, let me know if you want me to say it again.

Sophie: This week, your call to action is to check out Activation Residency. This Call to Action comes to us from a *Hannah*! They say: @activationresidency is an amazing Black queer run expanded arts organization that is fundraising right now for their new initiative Respite as Resistance happening this fall where BIPOC front line activists can have a retreat style healing session along other activists and BIPOC healers and leaders (and they all will get paid too!!). It's an awesome thing - please look into it if you have a chance. Thank you so much to the Hannah who sent us that! We'll link them in the shownotes. And if you have suggestions for calls to action or orgs for us, or the fatfamily, to check out, you can always email or DM us. I love having a community who wants

to shout out their favorite orgs, and I love knowing about Activation Residency. Thank you, Hannah!