

THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

FALL
2007

www.dvmasters.org

YOUR EDITOR SPEAKS!

JUDY MICHEL (SWIMICHEL@MAC.COM)

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The 2007 - 2008 season promises to be a good one for Delaware Valley Masters. At the Fall meeting, two new officers were elected: President: Vikye Swanson; Secretary: Tracy Degerberg. Art Mayer, who has served as our Registrar forever, also announced his retirement. We want to thank Steve Kelly for his work as President these past three years.

At our Annual Meeting in October, some new ideas were proposed:

Pat Timmins reported on the health of our treasury. The USMS annual fee was increased by \$5. However, DVM will pay the additional charge for you for this year. In addition, the Fall edition (this one) of the Lane Line will be mailed to all members.

We registered 536 swimmers and 8 clubs for the 06-07 season. Patrick Lee Loy accepted the position of Registrar. A copy of the USMS 07-08 application is in the Lane Line and on the web page. Our goal for 07-08 is to reach 650 registered USMS swimmers. Patrick reports that 5 teams have registered for 07-08: Colonials 1776, Pennypack Aquatic and Fitness club, Fins Aquatic Club, Ocean City Swim Club, and Central Penn Aquatic Club. Contact information is on the webpage.

Individual registration is moving to an on-line sign up, but it is still in the beta testing stages, so you will still need to use a stamp and a check this year!

Currently we are aware of plans for 8 local meets with 7 recognized and one sanctioned (USMS members only). Swimmers wanting times to count for Top Ten are reminded to check that the meet is either recognized or sanctioned. This will be listed at the top of the entry form.

Dan Allen is working to keep the web site up to date. The web site is the place to go to find out about meets, contact information, places to swim, USMS information, results and other "stuff." Try to get in the habit of checking in regularly for new information.

Stephanie Walsh Beilman proposed a series of three mini meets. Each meet would have approximately 1/3 of the events, including the 1000 and 1650, which are now only swum at Zones and Nationals. The goal is that these meets would be deck seeded and take approximately 3 hours. They would begin with event signups and warm up at 8:30, first event at 9 am and would be completed by noon, reducing the time commitment by the swimmers. Swimmers would be expected to help out with timing.

VP Laurie Hug represented us at the Convention held in Anaheim, CA and her full report is in this Newsletter. Pay close attention to the items about insurance and practice and meet regulations! Laurie also attended the American Swim Coaches Association (ASCA) annual clinic.

SCY Zones are at George Mason, VA, and Nationals are in Austin, TX. Steph Walsh Beilman has arranged for housing at Nationals. See the notice on page five.

THIS NEWSLETTER WAS ASSEMBLED ON A G4 MAC COMPUTER USING APPLEWORKS DRAWING PROGRAM. IT LOOKS THE BEST IF PRINTED USING A COLOR PRINTER.

MANY THANKS ART!



ART MAYER the Registrar for DVM for the past upteen years, retired from the position this year. Art, a veterinarian in Newark, Delaware, has been involved in Masters Swimming since the very beginning in 1972. At that time, he and University of Delaware coach, Harry Rawstrom, were very instrumental in organizing activities for the swimmers, then a part of Mid Atlantic Masters. Nationally, Art was our representative to the USMS Convention for a number of years and served on the Registration and Convention Committees.

Back home, he has served as the Mid Atlantic/DVM LMSC Chairperson, Treasurer, Newsletter Editor and, of course, the toughest job, Registrar. Says friend Roger Frank, being the registrar "is a stressful job which Art handled magnificently, being always reliable and timely with responses to the members." Art continues to swim and his favorite event, according to Roger, is the 50 Back. He currently is the Delaware state age group record holder in the 100 IM.

We offer Art many thanks for being the lynchpin for DVM for so many years of service. Art loves to travel and we wish him well in his many journeys to come.

MEET TRACY DEGERBERG, OUR NEW SECRETARY!



Tracy learned to swim in 1961 from Craig Learn at the Abington YMCA when she was 5 years old. She also had the good fortune to be a class pet of Joe Verdeur, 1948 Olympic medalist, who gave swim classes to Philly elementary school students. Her Mom and Dad, Diana and Will Degerberg, were swimming safety instructors certified to teach WSI and Life Saving. Of course, they dragged her and her brother, Keith, along to classes until they were old enough to take the course.

She attended Girls High, which had no swimming program, but she still managed to do some synchronized swimming and her best mermaid imitation at every opportunity. She graduated from Ursinus and was a paralegal for 20 years.

Then in 2002, after a non-swimming ex and one son, Galen, she met swim coach, Mark Zeleznick, and his swimming daughter, Natalie. They became a family, living happily in Saint Peters, PA. She learned to sail, quit her paralegal job, started homeschooling Galen, recertified in Life Saving, and was offered a chance to teach swimming. She also became a swim referee. So now, she swims or watches swimming all day long. Mark continues to be a coach, Galen swims on a team and Natalie has become a junior coach. You can imagine that swim season in the household amounts to about 40 swim meets and innumerable practices.

Tracy's current aspirations are to help start a Masters Swimming Program at Pottstown YMCA and to live on a sailboat in the Keys someday, being as active as possible for the next half century, swimming through it all.

**DELAWARE VALLEY MASTERS OFFICERS:
(EMAIL ADDRESSES ARE AVAILABLE ON THE WEBSITE.)**

CHAIRMAN: VIBEKE SWANSON
VICE CHAIRMAN: LAURIE HUG
TREASURER: PATRICIA TIMMINS
SECRETARY: TRACY DEGERBERG

COMMITTEE CHAIRS:
COACHES: DICK JACKSON
FITNESS: KEIICHIRO YOSHIDA
LONG DISTANCE/OPEN WATER: DELIA PEREZ
NEWSLETTER EDITOR: JUDY MICHEL
OFFICIALS: STEPHANIE WALSH-BEILMAN

REGISTRAR: PATRICK LEE LOY
SANCTIONS: PATRICK LEE LOY
TOP TEN RECORDER: JEN HENSELL
WEB MASTER: DAN ALLEN
MARKETING:
RECORDS: STEVE KELLY

I represented the Delaware Valley LMSC as a USMS delegate at the annual United States Aquatic Sports (USAS) Convention held in Anaheim, CA from September 26-29th. USAS is a federation consisting of the National Governing Bodies (NGB) of USA Swimming, US Diving, US Synchronized Swimming, US Water Polo and, of course, US Masters Swimming. Each NGB holds their own Forums, Committee Meetings, Presentations, Seminars, Workshops and House of Delegate sessions.

In addition to the House of Delegate sessions, I attended a coaches forum, coaches panel discussion, insurance workshop, marketing workshop and sat in on committee meetings for History and Archives, Records and Tabulations, Coaches and Long Distance. Additionally, USMS provided a New Delegate Orientation to familiarize first time delegates (such as myself) on the "ABCs of Parliamentary Procedure" and matched us up with experienced delegates for lunch. I was fortunate enough to have had lunch with Tom Boak, who appears on the cover of the Sept/Oct 2007 USMS Swimmer issue.

Below is a summary of some of the more important issues in the meeting that I attended: (FOR MORE DETAILED INFORMATION FROM THE CONVENTION, GO TO <http://www.usms.org/admin/conv07/>)

-USMS Online registration is coming soon. It is being user tested 10/15 and expected to be live by Jan/Feb at latest. This will allow real-time member registration and renewals by users, enable users to print their own membership cards, allow payment by cc and provide auto-renewal to those who provide email addresses.

-In the Insurance workshop they wanted to remind member that there is no diving during practice and meet warm-ups (unless lanes are set aside specifically for practicing starts). There is a one-time 30 day trial period within a year for new swimmers. During this trial, the practice will be covered by the insurance policy but the trial swimmer is NOT covered until they join USMS. USMS & USA swimmers can practice together but USA swimmers are NOT covered unless there is a USA swimming coach on deck. Dryland IS covered as long as all athletes are within sight of coach. Water polo is NOT covered. All workout groups should have "USMS Report of Occurrence" forms on hand and all incidents, no matter how minor, should be reported to Risk Management Services (sblumit@theriskpeople.com).

- History & Archives encourages Zones, LMSCs and clubs to preserve and archive their important documents and historical

information and to interview older swimmers. They are looking for assistance from LMSC registrars, secretaries and/or historians to locate registration files (paper or electronic) from 1972-1985 in order to reconstruct, verify and finalize the pre-1986 database. If you have any information or can supply the requested documents, send an email to H&A Chair Barbara Dunbar.

-Coaches Committee proposed creation of a "Visit a Model Coach" program in addition to the existing mentor program. Also, a coaching service award intended for grass roots program coaches was proposed

-Long Distance is looking at holding a 25k Open Water National Championship race on July 19, 2008 near Indianapolis, IN. The committee feels there is a need to educate the membership about the signs and symptoms of hypothermia and treatment.

-At the Colonies Zone a Vice Chairperson position was created. Dave Diehl was nominated and accepted this position. Each LMSC should provide a nomination for the Dot Donnelly award.

-At the House of Delegates final session a few of the items voted on were:

- Zone championships SHOULD not be held within +/- 2 weeks of USMS National Champs - passed. (Wording was changed from "shall not" to "should not".)

- Formation of Regional Teams with separate scoring at Nationals - failed.

- Definition changes in wording for various standing committees were all passed.

Laurie Hug,
Vice President
DVM



Laurie is currently coaching triathletes, giving private swim instruction at Germantown Academy, conducting customized swim classes (such as Masters Level I and Triathlon swim classes) at GA and Indian Valley YMCA and assisting with the CB West HS Swim Team. Laurie recently completed the coursework for USAT Level II Coaching Certification.

The American Swim Coaches Association (ASCA) holds an annual clinic called the ASCA World Clinic. This year the clinic was held in sunny San Diego from September 4th -9th. The clinic is a week full of presentations and classes aimed at swim coaches of every level of the sport. The speakers include some of the top coaches in the world and their presentations provide terrific ideas to take home to our clubs. One of the tracks is intended specifically for masters swim coaches.

This year there were three presentations included in the masters track. The first lecture, was "Davis Aquatic Masters, a Mega Team in a Small Town. What Makes It Work?" presented by Rick Powers. He highlighted the importance of creating a swim community. In addition to the daily training and the swim meets, their team emphasizes fun and socializing. They have a year-end party and each year a group of the members go on a trip to an exotic location, such as Brazil or Greece. They try to set it up so they can compete in a meet with the local masters swimmers in these countries in addition to doing some touring.

The second lecture was presented by Sickie Marcikie of UCSD Masters. Once again, he reinforced the importance of creating a community. He believes in making the workouts fun and entertaining. His team has a year end banquet with awards, they have a swimmer of the week, hold a "Midnight Madness" workout from 10:30 - midnight and have other special events in addition to little day-to-day things like smoothies after morning practices.

The third lecture was "Get the Power Back in Your Training" held by this year's USMS coach of the year, Kris Houchens of Indy Swim Fit. The emphasis in her lecture was to "train to race". She believes that while elite swimmers train at higher stroke rates than they race, most masters train way below; so

she suggests training at a faster stroke rate. However, just swimming at a fast stroke rate won't work unless there is power behind that stroke. Ms. Houchens provided guidelines for training with power as well as sample sets. She's an advocate of including sets with shorter distances (12.5-200 yards per rep, 200-1500 yards per set) at maximal speeds with longer rest periods (45 sec to 2 mins). During these sets it is important to keep the stroke rates as fast or faster than 50 race pace but to maintain stroke length while avoiding thrashing. Through these types of sets the swimmers will build muscular strength that will serve them well come race day.

In addition to these lectures there was a panel discussion on Saturday night. Here coaches were free to ask questions of the expert coaches on the panel. Once again there was a strong emphasis on the importance of making the swimmers feel as though they are part of a family. Other discussions involved how to handle conflict on teams, fun training ideas and stroke mechanics.

Each year USMS provides several free entries to the ASCA World Clinic for masters coaches who are interested in attending. An announcement is usually made in regards to this on the USMS website (www.usms.org) a few months before the clinic.

I've attended three ASCA World Clinics and the associated masters track at each of these clinics and always leave with some great ideas to bring back to my swimmers. I'd highly recommend it to other masters swim coaches or anyone interested in hearing the latest and greatest in the sport of swimming. Next year it returns to Las Vegas and this is one of few times you can be sure to win at Vegas!

ONE HOUR POSTAL 2008 -- AN INTRA ZONE COMPETITION!

Your two Zone Reps on the USMS Long Distance Committee, Susan Kirk (NJ) and Ann Svenson (PV) are challenging all LMSCs in the Zone to a competition in the One Hour Postal. The event was started in 1977 by Ann's team, DC Masters, and has grown to be the largest USMS National Championship with over 2000 swimmers each year. New England Masters is the perennial winner of the extra large club division with over 200 members competing. Let's see how close the rest of us (as LMSCs) can come to them. It would be based on percentage of members (as of 1/31/2008) participating. Awards will be presented at the Colonies Zone SCY Championships in April. The application form is on the website under Postal events. **IF YOU COMPETE IN THIS EVENT, PLEASE SEND ME (SWIMICHEL@MAC.COM) YOUR NAME, AGE, TEAM, AND DISTANCE SWUM AND I WILL SEE THAT IT IS COUNTED!**

MINI MEETS BY STEPH WALSH-BEILMAN

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In order to give more pools an opportunity to host a meet, without putting undue strain on the facility or the meet management, we are going to offer three mini-meets to the Delaware Valley LMSC swimmers this winter. The meets will take place in three separate locations around our LMSC geographical boundaries and all swimmers of every competitive level are encouraged to attend all three.

The Benefits to the Swimmers: The meets will be fun, lower-key than the all-day and many-day meets, and will be perfect for a first-time meet host (though veteran locations are also encouraged to offer this type of meet). First-time novices, intermediate or advanced swimmers will all benefit, and it will give everyone a chance to swim as many events as they'd like, with six individual events being offered at each of the three meets. There will also be one distance for relays at each meet. There will be no pre-entry required: you will simply enter when you arrive by filling out an index card with key info for each event and bringing a copy of your 2008 USMS card if you want your times to count for Top 10.

The time commitment: Sunday morning from approx. 8:30 am for sign-up and warm-up to no later than noon for the sixth and final event. Fee will be \$5.00 for one event and \$10 for two or more events. The meet will be "recognized" by USMS. The LMSC will help to run the meets and will assist financially those running a Masters meet for the first time.

The three orders of events will be:

<i>Meet A</i>	<i>Meet B</i>	<i>Meet C</i>
500 free	200 breast	200 free
100 breast	50 free	100 back
200 back	200 fly	50 breast
50 fly	50 back	100 fly
400 IM	100 IM	200 IM
100 free	200 relays	800 relays
400 relays	1650 free (2 heats max.)	1000 free (3 heats max.)

NEWS FLASH!

APRIL 6TH, BURLINGTON COMMUNITY COLLEGE WILL HOST A MINI MEET USING THE A SCHEDULE. WE ARE AWAITING A FEBRUARY DATE FROM UMLY.

Dates and locations will be listed on the website no later than January 1, 2008. We are in the process of considering these now. If you are interested in hosting a mini-meet, please contact Steph Walsh Beilman as soon as possible by e-mail at stephswim1@aol.com or call her at 610-293-0527.

INFORMATION FOR 2008 NATIONALS IN AUSTIN, TX MAY 1 - 4, 2008 THANKS TO STEPH WALSH BEILMAN

HOTEL INFORMATION:

Doubletree Club Hotel - University Area
1-512-479-4000 x 7020
Sales rep: RaDell Gibbs
Rooms are in name of Colonials 1776 Swim Team
Dates: Wednesday, April 30, 2008 -- 5 double rooms (mostly for the Thursday Distance swimmers)
Thursday May 1 thru checkout Sunday, May 4 -- 15 double rooms
Double rooms have 2 double beds
Distance to Pool -- 0.6 mile (Closest hotel)
Discounted rate is \$149/night
Restaurant: Full one ready by end of 2007.
Hotel will release unreserved rooms on April 14, 2008.
Each person is responsible for making their own reservation.

AIRPORT SHUTTLE:

Follow signs to SuperShuttle, near baggage carousel #1. \$12 one way/\$21 RT to Doubletree Hotel.

ENTRIES:

Online at USMS.ORG
In January issue of Swimmer Magazine.

COLONIAL 1776 RELAYS:

Contact Steph at stephswim1@aol.com or 1-610-293-0527 so she can set up relays.
Deadline for Steph: April 15, 2008.

PARADISE FOUND: A MOST EXCELLENT SWIM ADVENTURE! BY BOB JONES

My arms knifed through the water and I could feel my hips rotate and drive with my freestyle kick toward the wall. When I touched the wall, I looked up and the sun shone brightly on my head and shoulders. The water was warm, just right, I thought--- as I eased my body lower to get ready to push-off the wall for the final 50 meters in the set. The coach nodded encouragingly and said "I like your elbows and your pull ---make sure you rotate your body to provide more power. "

Gary Hall runs a program called The Race Club in Islamorada, Florida, just a few miles from Key Largo in the Florida Keys. It is a training camp for swimmers of all ages. But what is unusual about it is not only its elite and honored staff, but its core foundation and principles-based training.

Gary has been an Olympian in 3 Olympics---and has 3 medals and an untold list of experiences to show for it. His son has also been in 3 Olympics---they are the only father-son combination in history to have participated in 3 different Olympics each. He has 6 children---3 boys and 3 girls.

Gary Hall was my hero for swimming when he swam for NCAA swimming champion Indiana under the legendary James "Doc" Counsilman. I liked the fact then that he was a team player, extraordinarily good at his sport, but not brash and outspoken. He also went on to graduate from medical school and to become an ophthalmologist. I was somewhat curious to see what kind of man Gary had become and quite frankly, I wanted a vacation where my son and I could be together and work to improve our swimming.

I first called his daughter Bebe who is enthusiastic about the program and the experience from the word "go". She is the quarterback who coordinates the training camp staff and schedules and does 100 little things that make a big difference. She is as passionate about the concept as her brother Gary, its founder and her Dad.

In an era of steroid usage, pro athletes' troubles with the law, and general lack of role models, Gary is refreshingly different for a world-class athlete and coach. He is a good role model in an era where too much selfishness and lack of team play, not to mention after-hours shenanigans predominate the news. Gary turned 56 years young on August 7th of this year, but he is eternally youthful and enthusiastic in his outlook and in his worldview.

My son Ben who is 17 (a high school senior) and my wife and I have traveled to Islamorada in August in a form of pilgrimage to learn from one of the zen masters of swimming. We were not disappointed.

The views were beautiful, the water was warm, and the sunsets were magnificent---but those were not the only reasons we came to the Florida Keys this summer.

In addition to 4 days of two-a-day training, we accompanied Gary to the health club "Froggys" to learn how boxing and medicine ball usage and a dozen other "dry land" activities could help gain strength for swimming. He explained to us the value of good nutrition and how good nutrition for the World Team in 2000 and 2001, in part, helped to improve their performance.

Gary imparts not only coaching knowledge but life lessons as well. He told us the story of how Mike Burton in Mexico City was counted out of everyone's list of potential gold medal winners (except for his own list). Mike is portrayed rightly so as the swimmer who would never quit, a good lesson for all today. The stories are all the more meaningful because Gary was *actually there*. He shows us that fitness is a life-long quest. He accompanied us in the water several times to show us the strokes, turns and starts that he demonstrated on dry land. He is the embodiment of a good work ethic and treating everyone with dignity and class.

In addition, his co-coach Mark Hill a world-class sprinter, coached us as well. The two of them complemented each other well to form a lasting set of memories that are positive and meaningful for our family. All 3 that we worked with have a great sense of humor and communicate well.

In fact, talking with both coaches was as easygoing as with our neighbors back home. (I was able to share with Gary a couple of stories about a few swimmers we both know as well).

Gary Hall is not just a *swim* coach, he is a *life* coach as well. Gary believes in 5 principles---Family, Faith, Community, Profession, and Health. He practices these principles every day and tallies up how he has done in each category at the end of every week.

This is an experience that every swimmer can enjoy (and I hope will) sometime in their careers. That is, the confluence of good coach, good advice, good people, good life lessons, and good location. That combination is hard to beat no matter what your skill level !

If you are interested, just google "**The Race Club**" on the internet.



BOB JONES, GARY HALL, BEN JONES

Bob is a former high school All American, who captained the team that won the Ohio State championships his senior year. He was a three year letterwinner at Dartmouth College. Ben is a three sport athlete at Episcopal Academy and was just named to the All Inter-Ac Water Polo Team.

OPEN WATER SWIMMING IN HAWAII BY LAURIE HUG

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MAUI CHANNEL SWIM AND AUMAKUA 2.4 MILE SWIM

Every Labor Day weekend for the past 35 years swimmers have converged upon Kaanapali Maui for the 9.5 mile Maui Channel Swim. This year, Dave Harrison and I made the long trip across 3 time zones and then the Pacific Ocean to compete in the relay competition. Dave and I each competed in composite relays; Dave represented Dallas Area Masters (DAM Old Sons of Beaches team with Captain Jim Montgomery) while I was a member of Stanford-Mixed. Each relay team consists of 6 members in one of six categories: Open (150+, 240+, 300+, 360+), Female Open and Mixed Open (150+,240+). There are also around 10 solo swimmers each year. (Dave did this solo swim in 2004 in some of the roughest conditions the swim has experienced.)

The morning started early with a pre-5am wake-up call and drive to the dock where we met up with teammates. Each team has to make arrangements for a team boat and my team had secured a large catamaran. Around 6am the captain came by to pick up half of our group on a dingy and we were headed off to the catamaran. I had been nervous about sea-sickness but I was assured that our large boat would make for a very smooth ride; plus it helped that the water conditions were ideal - smooth and calm water.

After the rest of the group was picked up on the dingy we headed over to Lanai for the start. It was about a 30 min scenic ride and we anchored maybe half of a mile from shore. We all hopped off to warm-up while our lead swimmer swam to the shore to prepare for the start.

The race started a bit after 8am as the first swimmer of each team raced through the mass of boats while trying to find their team. Since our boat was large, our swimmer found us rather easily but with so many boats in such close proximity other lead swimmers were not so fortunate and lost precious time trying to locate their boats. After 30 mins the first exchange is made. Our second swimmer jumped in the water around T 29:30 and started swimming slowly allowing the leader to catch her and touch her foot. We were in maybe 6th place at this point. The next exchange was made around the 1 hour mark and then it was my turn as the fourth swimmer at 1.5 hours.

I hopped in, waited for my teammate to touch my foot and I was off. The catamaran stayed to my left which made it hard to see the team that was to the left of our boat that I had set my sights on catching. The water was calm and warm and the 30 minutes went by quite quickly. The top female team (youngsters with an aggregate age of just 129) had been gaining on me at the start of my segment but our captain took a better path and by the time my 30 minute swim was done we had put some time on them in addition to passing the team I had hoped to catch. Our next two swimmers held their own in their 30 min segments.

After everyone completes a 30 minute segment the swimmers go into 10 minute rotations. At this point we were in fourth place with the TOC team's boat just behind us. Our first two swimmers kept the lead but it was getting close. When our 3rd swimmer entered, the shoreline was rapidly approaching. I put my cap and goggles on, not sure if I would get to be the last team member to swim or whether our third swimmer would get to shore during his 10 min segment. Well we were about 300 yards from shore when it became obvious he would be the final swimmer and it was a true race for 4th and 5th. The TOC team ended up catching him in the last bit and they had



DAVE HARRISON AND LAURIE HUG
ENJOY HAWAII!

an exciting race to the finish but we ended up 5th. 9.5 miles and it comes down to a sprint finish and run up the beach! Oh well, we did win the mixed division and celebrated at the tiki bar afterwards with mai tais and lava flows. Dave's team placed 5th in their division. The top teams in each division win nice Maui Channel Swimmer towels which are presented at the awards banquet in the evening. It was a fun event but a long way to go to just swim 30 minutes!

Fortunately, on Labor Day there is another swim competition on the island (in addition to one in Honolulu). There are two options - a 1 mile or 2.4 mile swim at Aumakua. There is a special feature in these swims. There is a coral arch about a half mile from the swim finish and 2.4 mile competitors can earn a 1 minute time bonus by swimming under the arch. In my pre-race warm-up I went swimming in search of the arch but couldn't locate it so decided I would not be going for the bonus.

The 2.4 mile swimmers lined up on the beach and headed off around 8:10am. After the 2nd buoy a group of 5 of us started to pull away and by the 4th buoy we had established about a nice gap over the chasers. The water started getting choppy and I ended up getting gapped. Then the lead group became a little disoriented and unsure of whether there was another buoy or whether it was time to turn. This should have presented me with the opportunity to get back onto the group but two swimmers had turned one way and the other two had gone straight so I wasn't sure which way to go and stopped and did some breaststroke to try to figure it out. By then it was too late to catch back up as they had worked it out and were back up to full speed. Meanwhile the chase group behind me had started to close the gap a bit.

Stuck in no-man's land (or is that no-woman's water?) I just focused on doing my best to keep the leaders in sight while holding off the chasers. Realizing that the chasers may be going for the arch bonus I wanted to have at least a minute on them and it was only around 45 seconds with about a mile to go by my estimation. Meanwhile I could no longer see the leaders but had started swimming through the 1 mile swimmers who had started a shorter out-and-back loop after us. I could see one yellow cap (a 2.4 mile swimmer) not THAT far behind me at the final buoy and raced into shore hoping it was a male. I knew there was one female swimmer ahead of me in that lead pack of four so was aiming for 2nd place female. I raced into shore and ran up the beach and then waited to see who came in next. It was a male (who as it turns out did go under the arch so beat me when the minute was deducted).

The next female was Karlyn Pipes-Nielsen followed closely by Lisa Hazen. I had expected both of these women to beat me as Karlyn has more masters world records than any other swimmer and Lisa Hazen was prepping for the US Olympic Trials in the 10k swim being held this fall. Karlyn told me she did NOT go under the arch but Lisa had. Luckily Lisa had finished a little over a minute behind me so I held onto my 2nd place overall female finish even after her time was adjusted for the bonus and I won the 40-44 age group. Dave also won his age division. The winners received pint glasses but we both liked the 2nd and 3rd place awards better, which were key chains with little turtles or dolphins on them. They let us trade down for the key chains after the race. This race was fantastic fun and they had prepared a nice post race spread as an extra reward for the tired masses. Overall there were about 60 6 person teams and a total of 71 finishers - including the solo swimmers!

I would highly recommend both of these races. Maybe Del-Val could even suit up a team or two for the Maui Channel swim in the future. The island is beautiful, the water clear and it was fun to swim with some sea turtles and sting rays!

OPEN WATER SWIMMING IN BONAIRE BY JOHN D'AMICO



On November 10, 2007 two members from the Delaware Valley Masters and Hanover, PA Y Masters Susan Owens and John D'Amico completed a 1k ECO swim in Bonaire, Netherland Antilles. The 7th annual Bonaire ECO swim fielded 107 participants representing 18 U.S. States, Canada, Venezuela, and Bonaire.

Bonaire is recognized as the shore diving/snorkeling capitol of the world a perfect location for fun and fast open water swimming. The swim was around a barge, over spectacular and lively reefs, colorful tropical fish and several sea turtles.

The Dutch Caribbean Island of Bonaire, Netherland Antilles is located 50 miles North of Venezuela and 86 miles east of Aruba, outside the hurricane belt.

The swim sponsored by Aqua Moon Adventures consisted of a 1k, 3k 5k and 10k all out and back. If anyone wants to do open water swimming in water that is clear, blue and temperature between 82-85 degrees this is the place to go.

Race start and finish was at Captain Don's Habitat, which has accommodations restaurant and bar; the prices were compatible to US prices for eating and drinking. The local residents are very courteous friendly and always greet you with a smile. I would recommend this swim and Bonaire in particular to anyone; Randy Nutt put on a spectacular event.

NATIONAL SENIOR GAMES RESULTS -- LOUISVILLE 2007

The National Senior (50+) Games (aka the Senior Olympics) are held every odd numbered year, with the even years being for State qualifying. You must go to a certified NSGA meet to qualify. This year, three DVM'rs traveled to Louisville and came home with a boatload of metals:

JANET MOELLER 100 IM (2), 200 IM (2), 100 FL (3), 50 BR (1), 100 BR (3), 200 BR (3)
JOAN WALBAUM 50 BR (2), 100 BR (2), 200 BR (2) 100 IM (3), 50 FL (1), 50 FR (2)
MARIANNA HAGAN 50 FL (2), 100 FL (2), 100 IM (6), 200 IM (3), 50 BR (4)



DELAWARE STATE GAMES

Art Mayer, competing in the 75-79 age group, earned 5 gold (50 FR, 50 BK, 50 BR, 100 IM, 200 BA) and 1 silver medal (100 BA). He also set the state record in the 100 IM.

DVMASTERS RECORDS

Past Chair of DVM, Steve Kelly, is maintaining a list of DVM Masters Records for SCY, SCM, and LCM. The current list is posted on the web and includes the best time for each event, for each age, at each venue. Check it out and set some goals!

Five members of PAFC attended the Colonies Zone LCM Championship at the University of Maryland College Park Natatorium on August 18th & 19th. Our hosts, Terrapin Masters, put on a well run meet at an excellent facility.

Team Pennypack swam away with the high point trophy in the Medium Team category on the strength of individual swims, holding off the Talbot County YMCA Stingrays by a slim, six point margin. Jay Platt led PAFC swimmers with an iron-man performance swimming 9 events and racking up six 1st place, two 2nd place and one 3rd place finish over the course of the two day meet.

Coasting along on Jay's wake, Dana Burkart took home four 1st and one 2nd place medals, lowering two team records along the way. Geoffrey Meyer brought home four 1st place medals and broke four team records, at least one formerly held by Jay Platt—which Jay proudly congratulated Geoff on after the swim. Not to be outdone, Jay also broke four team records at the meet.

With her mom in town to cheer her on, Michelle Kagy-Schwartz took three 1st place medals and shattered two team records she set in the same pool earlier this season. And last in this list, but certainly not in the standings, Ray Loewe put on a breaststroke

clinic for the men's 65-69 age group, sweeping the three events and leaving the competition in his wake. On the final day of competition, despite posting decisive victories of 26 seconds in the 100 breast and 30 seconds in the 200 breast, Ray was seeking advice on how to get faster!

In addition to his three 1st place finishes in the breaststroke, Ray placed 2nd in the 50 fly, breaking the team record in a swim that was just a stepping stone toward the 200 fly he is contemplating for the Pan American Masters Championships in September. Everyone at PAFC wishes Ray luck and strong swims at the Games in Puerto Rico!

Two members of the Central Pen Aquatics Club and 10 swimmers from Colonials 1776 also attended the meet and did very well. Vikye Swanson, Dave Harrison, Roger Fransk, Clarence Webb, Joan Waldbaum earned nothing but first place medals! The Colonials 1776 team finished 4th while CPAC finished in 19th place with their two swimmers!

CPAC

Kelly Mahler (F 25-29)
50 FR 91, 100 FR (3), 50 BA (1), 100 BA (3) 50 BR (1), 50 FL (1)
Nicholas Mahler (M 30-34)
50 FR (2), 100 FR (1), 50 BR (1) 100 BR (1), 200 BR (1)

COLONIALS 1776

Laurie Hug (F 40-44)
200 FR (1), 800 FR (1), 200 BA (1), 100 FL (2), 400 IM (1)
Vikye Swanson (F 45-49)
100 FR (1), 200 FR (1), 400 FR (1), 100 BA (1), 200 BA (1), 200 IM (1), 400 IM (1)
Joan Waldbaum (W 75-59)
50 FR (1), 200 FR (1), 50 BR (1), 100 BR 91, 200 BR (1)

Mike Casciato (M 45-49)
50 BR (2), 100 BR (2), 200 BR (2), 50 FL (1)
Stephen Stambaugh (M 50-54)
100FR (2), 200 FR (2), 200 IM (2)
Richard Cappell (M 50-54)
50 BA (2), 200 BA (1)
Joseph Amundsen (M 60-64)
50 FR (2), 200 FR (2)

David Harrison (M 70-74)
50 FR (1), 100 FR (1), 200 FR (1), 400 FR (1), 800 FR (1)
Roger Fransk (M 80-84)
50 BA (1), 200 BA (1)
Clarence Webb (M 85-89)
50 FR (1), 50 BA (1), 200 BA (1), 50 BR (1)



(LEFT TO RIGHT) JAY PLATT, MICHELLE KAGY-SCHWARTZ, GEOFFREY MEYER, RAY LOEWE, DANA BURKART

United States Masters Swimming
Swimming for Life



Dick Jackson took a small group of his swimmers to LCM Nationals at The Woodlands in Texas. He reports that it was a well run meet and the meet staff did an excellent job. 146 teams were entered. This will probably be the last meet at this facility, built in 1975. It will be torn down to build condos instead... Results can be found on the USMS web site.

Dana's report:

It only takes one word to sum up LCM Nationals—HOT! Whether describing the triple digit temperatures at the Woodlands Aquatic Center, or the outstanding efforts of Delaware Valley swimmers, H*O*T says it all.

Over 900 swimmers were willing to take on the challenge of Houston in August. Pennypack Aquatic & Fitness Club (PAFC) sent 11 swimmers to Nationals this year. The combined team finished 22nd out of 147 clubs at the meet, while the men's and women's teams took 20th and 22nd respectively.

PAFC swimmers hit the water for 60 individual swims and posted 46 top ten finishes, including 12 top three finishes by Raymond Loewe (3), Jay Platt (2), Adam Reuter (2), Francois Springuel (2), Caroline Stein (2), and Barbara Burke (1). There were also numerous personal best swims, team records, improved times and "bonus" events that now meet national qualifying standards. Overall, Pennypack swimmers wore smiles to compliment their Fastskins, and had to make extra room in their swim bags for the medals they brought home.

Two swimmers from Colonials 1776 also attended the meet: Janet Bright (W 50-54): 50 FR (6), 50 BA (6), 50 BR (4), 100 BR (2), 200 BR (100) and David Harrison (M70-74): 50 FR (7), 100 FR (2), 200 FR (1), 400 FR (1), 800 (FR).



(FRONT, L-R) FRANCOIS SPRINGUEL, COACH DICK JACKSON, JAY PLATT
(MIDDLE) TARA MURTHA, CAROLINE STEIN, ADAM REUTER, DANA BURKART, BARBARA BURKE
(BACK) STEVE DOUGHERTY, JOE MOROZIN, MIKE MATZ

CONGRATULATIONS TO THESE DVM SWIMMERS WHO ACHIEVED 2006 USMS ALL AMERICAN STATUS

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"To be recognized as attaining All American status, a swimmer must post the fastest time in an event/age group in at least one course of the three official courses."

2006 INDIVIDUAL ALL AMERICANS -- POOL AND LONG DISTANCE

W 25-29

Valarie Kukla (1776)
One Hour Postal
Samantha Bausher-Grybosky (UNAT)
SCM: 200 FL
SCY: 50 FR
Brigid Dwyer (PAFC)
SCM: 50 BA
Chrissy Sullivan (SVM)
SCM: 200 IM, 400IM
SCY: 400 IM

W 30-34

Kirsten Kenyon (CPAC)
SCM: 50 BA
Chrissy Sullivan (SVM)
SCM: 200 IM, 400 IM
SCY: 400 IM

W 40-44

Laurie Hug (1776)
SCM 200 BR
SCY: 1650 FR
RELAY 120-150 200 FR

W 45-49

Vibeke Swanson (1776)
SCM: 200 FR, 50 BA, 100 BA,
200 BA, 100 IM, 200 IM,
400 IM
RELAY: 120-159 200 FR

M 35-39

David Lawson (1776)
LCM: 50 FLY
Seth Van Neerden (DSTM)
SCY: 200 BR

M 40-44

Howard Seidman (1776)
LCM 100 BR
SCY: 100 BR

M 45-49

Robert Kannegieser (FINS)
SCM: 400 IM

M 55-59

Paul Trevisan
SCM: 50 FR, 100 FR
LCM: 50 FR, 100 FR

M 65-69

David Harrison
SCY: 100 FR, 1650 FR

2006 RELAY ALL AMERICANS

COLONIALS: Janet Moeller, Mike fortmann Shawn Markey, Vibeke Swanson, Ruth Aaron, Joan Waldbaum, Janet Jastremski, Marianna Hagan, Laurie Hug

FINS: Joan Buehler, Jill Burke, Merrill Hilf, Jennifer Hensell, Michele Huyette, Elke Hofmann

CONGRATULATIONS TO SCY TOP TEN FOR 2007

RELAYS

Men 18+ SCY (2007)

3 800 Free PAFC 8:02.53
Joseph H Morozin Jr (47), Geoffrey A Meyer Jr (24), Michael S Matz (45), Adam K Reuter (33)

Men 55+ SCY (2007)

8 200 Free PAFC 1:46.34
Stephen P Dougherty (55), Jay R Platt (59), Geoffrey A Meyer (55), Paul B Sweeney (56)
6 200 Medley PAFC 1:56.71
Geoffrey A Meyer (55), Stephen P Dougherty (55), Paul B Sweeney (56), Jay R Platt (59)
2 400 Free PAFC 4:06.79
Paul B Sweeney (56), Geoffrey A Meyer (55), Jay R Platt (59), Stephen P Dougherty (55)
2 400 Medley PAFC 4:25.05
Geoffrey A Meyer (55), Stephen P Dougherty (55), Paul B Sweeney (56), Jay R Platt (59)
3 800 Free PAFC 9:19.43
Paul B Sweeney (56), Geoffrey A Meyer (55), Stephen P Dougherty (55), Jay R Platt (59)

Women 25+ SCY (2007)

4 400 Free 1776 4:05.77
Laurie Hug (41), Deborah Salomone (47), Vibeke Swanson (45), Kara M Watson (32)

INDIVIDUALS

Women 25-29

7 100 FL Alicia L Markey 27 1776 1:01.66

Women 35-39

6 50 BR Alexis A Murray 36 1776 33.39
 10 100 BR Alexis A Murray 35 1776 1:15.01
 3 50 FL Alexis A Murray 36 1776 27.61

Women 40-44

9 200 FR Laurie Hug 41 1776 2:03.84
 5 500 FR Laurie Hug 41 1776 5:21.07
 1 1000 FR LAURIE HUG 41 1776 10:51.82
 2 1650 FR Laurie Hug 41 1776 18:00.35
 5 200 BA Laurie Hug 41 1776 2:21.32
 8 200 BR Laurie Hug 41 1776 2:44.45
 5 200 FL Laurie Hug 41 1776 2:18.93
 7 200 IM Laurie Hug 41 1776 2:20.67
 4 400 IM Laurie Hug 41 1776 4:52.97

Women 45-49

3 500 FR Vibeke Swanson 45 1776 5:23.58
 4 50 BA Vibeke Swanson 45 1776 29.34
 2 100 BA Vibeke Swanson 45 1776 1:02.40
 2 200 BA Vibeke Swanson 45 1776 2:15.03
 10 200 BR Vibeke Swanson 45 1776 2:47.87
 5 100 IM Vibeke Swanson 45 1776 1:04.64
 2 200 IM Vibeke Swanson 45 1776 2:15.19
 2 400 IM Vibeke Swanson 45 1776 4:49.51

Women 70-74

9 100 BR Janet Moeller 72 1776 1:53.56
 6 200 IM Janet Moeller 72 1776 4:04.90
 6 400 IM Janet Moeller 72 1776 8:39.67

Women 75-79

9 50 BR Marianna Hagan 78 1776 1:00.18
 7 50 FL Marianna Hagan 78 1776 59.03

Men 18-24

2 50 FR Geoffrey Meyer Jr 24 PAFC 21.04
 2 100 FR Geoffrey Meyer Jr 24 PAFC 45.83
 2 200 FR Geoffrey Meyer Jr 24 PAFC 1:42.51
 3 200 IM Geoffrey Meyer Jr 24 PAFC 1:56.71

Men 25-29

7 100 BA Adam Ritchie 29 UNAT 54.02
 6 100 FL Adam Ritchie 29 UNAT 52.63

Men 30-34

4 100 BR Nicholas K Mahler 30 CPAC 1:00.56
 4 200 BR Nicholas K Mahler 30 CPAC 2:16.62

Men 55-59

5 100 BA Geoffrey Meyer 55 PAFC 1:03.40

Men 65-69

9 100 FR David P Harrison 69 1776 1:02.84
 5 200 FR David P Harrison 69 1776 2:18.96
 5 500 FR David P Harrison 69 1776 6:16.66
 3 1000 FR David P Harrison 69 1776 12:58.94
 7 50 BR Raymond D Loewe 65 PAFC 35.11
 4 100 BR Raymond D Loewe 65 PAFC 1:16.38
 4 200 BR Raymond D Loewe 65 PAFC 2:48.49

Men 80-84

2 500 FR Roger G Franks 80 1776 8:04.31
 3 50 BA Roger G Franks 80 1776 40.87
 1 200 BA ROGER G FRANKS 80 1776 3:06.36

WE HAVE A WINNER! USMS 5 K OPEN WATER CHAMPIONSHIP BY KATE DONALD

During the Day, Kate, 25, is a Civil Engineer by way of Lehigh University. By night (and on weekends), she is a swimmer and triathlete. She has been successfully among the Top Ten women in most of their triathlons. Her favorite things are swimming, biking, running, her two pet bunnies (names unavailable), John, broccoli (!) and the beach.

On Thursday, May 17, 2007 I left Philadelphia for Fort Myers, Florida to compete in the USMS Open Water 5k National Championship and to support my boyfriend, John Kenny, in the USA Swimming 10k and 25k National Championship. This is the second year we have made this trip so I knew what to expect as I had competed in the USA National 10k Championship in 2006. Only having to do the 5k was a nice change of pace!

Upon arrival, we arrived at our homestay on Estero Island, less than one block from the beach and crashed. We awoke to a busy day full of meetings and preparation. Race day was tomorrow, and we had a lot to do. I went for a nice long swim in the Gulf of Mexico to work out some kinks, get acclimated to the conditions and the temperature. Everyone that swims with me knows I despise being cold...which is why I love swimming outdoors in Florida. The water temperature was about 76 degrees and the water in the Gulf is always choppy which makes it fun. We then headed to the course



talk. The course was to be two laps of a 2.5k rectangular box with an in-water finish coming off towards the shore. The length of the long portions of the rectangular course measures approximately 1,000 meters and thus made sighting and the ability to swim straight very important. The afternoon brought another swim in the Gulf, hydrating, eating, relaxing, and finally some sleep, which was very hard for me to come by due to all the excitement.

Race day morning had arrived. I woke up and went for an early morning swim to loosen up. First on my priority list was John's 10k. The USA Swimming 10k was to be held immediately before my race. During John's race my job was to feed him on his second and third lap. The feed station consisted of wading out in about 4 feet of water, 10 yards off the course for the swimmers to swim over and feed. His race went well and he finished as the 7th American overall, earning him a spot in World Championship Trials to be held in October! Now it was my turn.



KATE AND JOHN STRATEGIZE!

During John's race, I got body marked and ready to go. We were lined up according to # and I proudly represented PAFC as #163. The men's race began 5 minutes before our start. I got a good starting position on the right side of the starting line, which would give me the inside line to the first turn buoy. I was really nervous and excited. The gun sounded and we were off. I really didn't have any expectations but to go out and do my best. I had done the training and put in the time, now this was the fun part. I had a great position at the first turn buoy leading in to the first long stretch of the swim which was against the wind and into 2-3 foot chop.

There is one guide buoy halfway to the second turn buoy along the straightaway which could only be seen intermittently in the 2-3 feet

waves. Two women were in front of me leading in to the second turn buoy and I just swam my own race and stayed strong. After rounding the two far buoys I headed for home for the first time of the day. I had swam the course the previous year in reverse so I knew what it would be like out there...hot. During the straightaway I saw the lead women and the lead kayaker take a course really far off to my right, but instead of changing my course I had confidence in the line I had chosen and kept on swimming my own race. It turns out that my route was the best and I ended up right on the near turn buoy while the other two swimmers had gone far inside and had to swim out to the buoy.

I regained the lead and kept my pace going as I began the 2nd lap back in to the wind. By the far turnaround I was in third again and getting excited to make the final turn for home. Overall I felt great but certain muscles were starting to tire. I figured the others would have realized their mistake from the first lap and swim a better course but they didn't and again I saw them far inside the course to my right. I had closed the gap a considerable amount but still chose to stay on my own course. At this point the lead kayak looked very confused and didn't know who to pick up. The finish shoot was created from two 25-yard lane lines angled out in a v-shaped pattern to the course which funneled you to the finish banner which you had to slap with your hand to signalize your finish. Instead of making a right hand turn to begin a third lap you were to swim straight and to the left to go down the shoot and under the banner. I hit the finish shoot dead on and sprinted down the finish, swam under the banner and hit it with my hand. One hour and 6 minutes later I was done and I had won! The next swimmer was only 10 seconds behind me! John was waiting in the shallow water with some Gatorade which was one of the best tasting things I had ever experienced. The Gulf is very warm and salty and your body dehydrates quickly in these conditions so the Gatorade was a welcome treat. I had chosen not to feed during the 5k b/c it is such a short race. I swam down a bit b/c I was racing again that evening in the professional one mile Dash for Cash (in which I took 5th and won \$\$\$!). After the race I hung out with other friendly swimmers, ate, rehydrated and surprisingly wasn't at all tired!

While preparing for this event my swimming regimen was varied but usually included: two to three times a week with my team and coach, Dick Jackson, at PAFC, two to three times a week in the back bays and the ocean surrounding Atlantic City (thanks to Pam Paparone, Jack Martin, Steve Voso, and John Kenny...my faithful open water loving companions), and weekends with Coach Shoulberg at Germantown Academy. I also incorporate dryland activities in to my training such as running and cycling to keep things interesting. Yes, it was a lot of swimming and some days it was hard, but I love to swim so I thought it was a great time!

I'd like to thank my teammates and coach at PAFC (shout out to Lane 3), family, friends, and John for all the support and encouragement they have shown me over the last year. I'd also like to thank all the sharks for not eating me even though I gave you countless opportunities.

OH, NO -- A BLANK SPACE!

Did you have an exciting swimming/triathlon adventure to share with us? Look, we have room!

Also, apologies for the lateness of this edition -- I have excuses, but they really aren't any good -- so I won't list them for you!

The next edition is *scheduled* for March 1. If you have news to report, please send them to me by mid February. Pictures are MOST WELCOME -- digital, of course!

OPEN WATER 2007 SEASON END REPORT BY: DELIA PEREZ (DVLMS-C-LONG DISTANCE)

The 2007 Open Water Season was a transitional season with a few salty swim organizers passing the "race director" role onto others taking over this responsibility. Race director and swimmer, **Polly Thieler**, the founder and organizer of the Rainbow Channel Swim 15 years ago, is "retiring" and allowing another swimmer to run this annual event next year and continue raising much needed support for Alzheimer's Disease Research. Race director and swimmer, **Dave Hirsch**, who organized the Swim for Dolphins 10 years ago, appointed Bill Kindle as his successor for this event that raises funds for the Marine Mammal Stranding Center. Kudos and heartfelt thanks to both Polly and Dave - swim buddies who helped to manage swims that gave us a great reason to swim and many happy memories with our swim buddies.

Our swim season was chilly in most of June and July with cooler ocean temperatures that kept swimmers shivering on shore until it finally warmed up in August. And at least the herds of jellyfish that swarmed around swimmers when the water warmed up last summer did not make much of an appearance this season. In the beginning of our swim season, the unfriendly west wind constantly pushed the warmer water out to sea and we were delighted when the east winds finally arrived to push the warmer ocean waters toward the shore and the swimmers. Swim conditions in the ocean were mostly uneventful and the races went off like clockwork.

The Outstanding Male Open Water Achievement Award goes to 45-year-old, **Bob Notorfrancesco**, from Springfield, Pennsylvania. He is now a consistent competitor in open water events, who swims in almost every open water event along the South Jersey shore and elsewhere. Bob is one of the "usual suspects" whose passion for open water swimming lures him into our seasonal South Jersey swims for a great time with his swimmer friends. This season, Bob competed in most of the open water events and he is gradually introducing his son, Rob, and daughter, Lauren, to open water swimming too. He also travels far to swim and participated in the 4th Annual Daiquiri Deck Tropical Splash in Siesta Beach Key, Sarasota, Florida, on October 6th 2007. Bob is a dedicated long-distance swimmer, who also trains year round for open water events. Warmest congratulations to Bob - he earned this recognition!



DIANE AND BOB

The Outstanding Female Open Water Achievement Award goes to 48-year-old, **Diane McVey**, from Wildwood Crest, New Jersey. During the past few seasons, Diane has embraced open water swimming and clearly enjoys the sport - and strategizes with the more experienced swimmers to improve her swim. She has earned her place as a "usual suspect" with her increasing participation in open water events at the South Jersey shore as well as improving her overall performance in these swims. This was another good season with 45 races within a day's drive of our area. The only "shark attacks" were of the land variety and sea mites were fairly well behaved but this year.

May 27th and the Jim McDonnell Lake Swims in Reston, Virginia, provided swimmers with typical warm and muggy weather for a late-May day in Virginia. The water temperature was very comfortable without a wet suit, but wet suits predominated since many participants want that extra "competitive edge" in their "rubber suits." The water was calm and flat like a big outdoor pool. The swims were run very well, although the race director manager did get a "tad testy" when excited swimmers ignored being quiet for pre-race instructions. And two of our usual suspects competed in the swims - **Raymond McKendall** and **Amy Sclarsky**.

June 10th and time again for **The Great Chesapeake Bay 4.4 Mile Swim** in Stevensville, Maryland, with **636 swimmers** who enjoyed some of the mildest race conditions in the history of the Great Chesapeake Bay Swim. Overcast skies, with some minor sprinkles, kept swimmers out of the sun during the pre-race wait at Sandy Point State Park. Hovering between 71 and 72 degrees, the water was just cool enough to wear a wet suit without over heating. No waves to speak of and only a little chop with a gentle current. This year's swim story is uneventful and the usual excellent event management and great volunteers kept everything going and swimmingly well. According to Ray McKendall, the only tough-luck story he shared was about Linda Hoke, who kept drafting off him throughout the swim and that made him work much too hard for his crossing of the bay! The first competitive swim was held in 1986, and this year's event was one of the nicest and most pleasant crossings to complete. You must stay on course between the bridges swimming from the Annapolis side (Sandy Point Park) to Kent Island on the other side without going under either of the twin spans; otherwise you are disqualified from the event. The course is well patrolled and kayakers are attentive in watching over the swimmers. The refreshment boat was actually located in the center of the course (instead of near the North or South spans) and easily accessible to the many swimmers who were coping with dehydration due to wearing a wetsuit in the warm water and somewhat sunny conditions. As we approached the final mile to the finish, the kayakers were very encouraging and even provided water to thirsty swimmers attempting to quench their thirst and eliminate leg cramps, as they coped with the final mile to the finish. After the final turn as you swim along with the rocks to your left, you can eventually stand and many swimmers attempt to stand and try to work the cramps out of their legs ... because just ahead is the finish and the final run or walk up the short beach. It truly is a humbling and memorable event! The 600 plus swimmer limit filled up this year in less than 45 minutes after the opening entry day on the web. As an alternative, a **1-Mile Swim** is also held in the Kent Island finish area for swimmers who either missed the entry deadline or who don't want to swim the longer distance. There were **360 participants** competing in the **1-Mile Swim** that started at 9 a.m. and seasoned swimmers know the distance is longer than a mile (as the finishing times show) but that's just the way it goes. This event was broken into four (4) heats with approximately 10-minute intervals between heats as distinguished by cap colors. The triangular course for the 1-Mile Swim is easily observed from the shore and finishes along the rock wall to the same finishing area as the 4.4 Mile Swim. As a benefit, you can swim without the "trauma drama" of fighting off the strong currents but as a drawback, you also have to cope with too many novice swimmers entering their first open water event as they zigzag across the course or form

"body blocks" by swimming in packs. Another unexpected benefit with the 1-Mile Swim is that when you are finished, you can happily nap on shore while waiting for your other swim buddies to finally finish the 4.4-Mile Swim and be well rested as the designated driver for the trip home! **Delia Perez** (National Park, NJ - earned a 1st in the F55-59 age group) in the 1-Mile Swim and really enjoyed taking it easy after her event. **Tom and Meg Douris** both enjoyed their 1-Mile Swim as well as relaxing afterwards. At the finish you'll find water, fruit and hoagies and a cold-water shower with a courtesy hosing off the back of the local fire truck.

Congratulations to **Brian Benda** (age 36 from Parkton, MD) who was 1st overall in the 4.4-Mile Swim in 1 hour 25:24 minutes. **Kevin Jones** (age 17 from Clemmons, NC) took 2nd place in the 4.4-Mile Swim in 1 hour 25:30 minutes and **Bruce Brockschmidt** (age 40 from Mount Laurel, NJ, and a South Jersey Wahoo) who was 3rd overall in the 4.4-Mile Swim with a time of 1 hour 25:42 minutes - and amazingly, these three top finishers were the same top 3 swimmers last year with just seconds apart from each other. **Colin Stang** (age 15 from Columbia, MD) was 1st overall in the 1-Mile Swim with a time of 23:56 minutes). **Mark Iwans** (age 22 from Emmaus, PA) took 2nd place in the 1-Mile Swim in 25:36 minutes and **Michael Waltman** (age 37 from Aldie, VA) took 3rd place in the 1-Mile in 26:46 minutes. Other honorable mentions go to **Barney Heller** (36th overall), **Ray Peden** (39th overall), **Doug Bergen** (78th), **Joe Petrochko**



RAY MCKENDALL, TEDDY RONACE, RON KANE

(190th), **Raymond McKendall** (211th), **Linda Hoke** (227th), **Doug Frohock** (252nd and delighted to finish under two hours), **Richard Wallace** (316th), **Michael Doyle** (421st), **Viki Anders** (469th), **Phil Gibbs** (486th), **Kini Mihara** (508th), **Petty Cruikshank** (542nd), **Judy Michel** (553rd), **Dave English** (565th), and **Walter Salzmann** (605th). **Brian Early** (age 46), who was the initiator of this event years ago, finished 54th and now travels from San Diego annually for this event that he initiated in memory of his father. We extend special kudos to the swimmers who made it across, and some even admitted they had tears in their eyes when they realized they reached the distant shore.

June 16th and the **Maryland Swim for Life** event features a 5-Mile Swim (go to: <http://mysite.verizon.net/rmckendall/ows/swim4life.html> for more information). The event planners arranged for beautiful June weather with bright sun, clear and blue skies, and low humidity. A well-done experience with informal management, and a friendly and relaxed staff happily accommodated the swimmers. It was a flat-water swim with little boat traffic. The water was comfortable and refreshing, and a wet suit not necessary, though somewhat popular (especially for the 5-Mile Swim). And after the swim, **Raymond McKendall** (a "usual suspect" who completed the 5-Mile Swim) mentioned the large assortment of edible amenities tastily enjoyed by the participants.

June 22nd and it's a delightful Friday evening for the **21st Annual Independence Day One Mile Bay Swim**, Kennedy Park in Somers Point, NJ.

We coped with the slightly cool 69F degree water (and then found other warmer spots as we swam through the course) and the breezes (chilly just standing around waiting for the swim to start) that evening. There were **89 swimmers** with an in-water start, oval course, well marked, with the current on the outbound, and against the current on the way back, and fairly calm water conditions, leading to fast finishing times. The tide was going out and the return course had us swimming through some seaweed and detritus - plus the smell of the marsh along with the low tide. There were some modifications to the course this year and at the start, swimmers now line up parallel to the pier, instead of perpendicular to it. This eases the "body crunch" around the initial turn for the first buoy along with the concomitant crush of swimmers. It's a nice adjustment. Next, and better still, a second buoy was added at the turn-back point. The two buoys are separated by about 25 yards and parallel to the causeway requiring the swimmers to turn both of these before returning back on the course. This provides the very welcome effect of eliminating the risk of head-on collisions with just a single turning buoy. With the tide changing, the course was set to make sure the swimmers stroked back to the finish missing the shallow water and without the advantage of walking around the final turn buoy like last

year. The swimmers finished by swimming and then walking up to the final gate in the water, where no one else was allowed to run in front and take their finishing place. There were fast finishing times again this year. This is a great 1st timer's race - it's a salt-water swim usually without the waves! The 1st overall male, 40-year old, **Bruce Brockschmidt** (Mt. Laurel, NJ), finished in 17:35 and the 1st overall female, 19-year old, **Kacey McCaffrey** (Ocean City, NJ) finished in 19:57minutes. It was great to see **Mike Toy, Ron Marks, Louise Nunan, Des Nunan, Susan Reich, Raymond McKendall, Steve Gazsi, George Thieler, Dave Hirsh, Doug Frohock, Polly Thieler, Don Walsh, Bob Notorfrancesco, Delia Perez, Marilyn Brahms, Diane McVey,** (and **Barney Hungerford**, who cheered us on) - all had good swims with many course and current tales.

June 23rd and the **12th Annual Plunge for the Patients Ocean Swim**, Wildwood, NJ, maintained its original Saturday evening venue with a 6 p.m. start time for the 1-Mile Swim and all events scheduled for the one day - a wonderful event for evening swimmers!!!! In addition to the 1-Mile Ocean Swim, runners participated in a 5-K Beach Run that began at 6 p.m. that evening. Each swimmer writes the name of the cancer patient they are swimming in honor of written on their arm and swims a personal best for that patient. Swim conditions were ideal with a swift south to north current and a brisk south to north wind. It was

a pleasant evening with airtemperatures in the high 70s but the water temperature was chilly in the mid-60s and wet suits were a popular choice for the swimmers. There was a little confusion about the number and arrangement of finishing flags for the swim - there were 6 flags and the final orange flag was preceded by an orange buoy. Unfortunately, this information was not communicated to the race director, so many swimmers swam into the shore at the orange buoy - only to find out they still had another flag to swim to the finish. We swim parallel to the beach and sometimes the dolphins keep us company. There were a **total of 120 swimmers in the 1-Mile Ocean Swim** with a winning time of 17:56 by **Owen Black** (17 years old) and **Victoria Lederer** (18 years old) was the first female swimmer in 18:33 minutes. Local swimmers included **John Maloy, Vibeke Swanson, Chris Gamble, Jim Waddington, Raymond McKendall, Jerry Smith, Rich McLaughlin, George** and **Polly Thieler, Bob Notorfrancesco, Tom Douris, Dennis Regan, Dave Hirsch, Doug Frohock, Don Walsh, Marilyn Brahms, Diane McVey**, along with **Viki Anders**, who swam in as the final swimmer in the race. The race results are available at www.plungeforpatients.org. After the swim was finished, race **Viki Anders** and **Charles Straining III**, hosted the evening event to honor the oncology patients and their families - and following this, Viki and Charlie renewed their wedding vows following a wedding ceremony for another couple that evening. The competitions were followed by a complimentary meal provided by Morey's Pier. Kudos to **Viki** and **Charlie** who continue to run a good event for such a good cause!

June 24th and the **Lehigh River Swim** included **50 swimmers** overall, with about 15 competing in the 2 Mile and the rest doing the 1 Mile Swim. It was a pretty June morning, and the Lehigh River was calm and flat. There were more kids than adult swimmer with perhaps a 3-to-1 ratio. **Ray McKendall** said there was a relaxed and amicable crowd, and along with **Bob Notorfrancesco**, they were the only "usual suspects" entered in the 2-Mile Swim. The parking, registration, and bathrooms are all conveniently located at Frick Boat Club, right on the river. The Club is a few minutes off Route 22, taking the Fullerton Avenue Exit a few miles east of 476 at Allentown and leave your bags at the club during the swim. Powerboats take swimmers up river 1 or 2 miles for the in-water start and the 1-Miler swimmers get transported first since there is a place for them to stand and wait while boats taxi remaining swimmers. There are no flags or buoys along the way, but the course is easy to follow - the narrow river keeps banks easily in peripheral vision. The 2-Mile Swim course passes under two bridges, and one is always in easy sight, and some boating markers also provide directional points along the way. The riverbanks are green nearly all the way and create a very pleasant sightseeing venue as you swim. The few buildings on the river are near the end and so provide a convenient clue for the approach to the finish. It's an in-water finish: you tag a banner suspended from a boat about 20 yards offshore, get a Popsicle stick from boater, swim to the dock exiting with a pool ladder. There is no time clock at the finish and light refreshments are available (coffee, water, sports drink, fruit, bagels and cream cheese). The awards are given quickly - the race started at 9:30 a.m. and the awards were all finished by 11 a.m. Ray reported a good water temperature - it's dark water with a bit of grass and twigs along the way, but nothing to discourage serious open water swimmers.

June 30th and the **9th Annual 5K & 1.3 Mile Bridge-to-Bridge Swims** were held in Atlantic City, NJ. **Sid** and **Kara Cassidy** planned to make a special trip from Florida to visit and manage these events that were held in the late afternoon and evening but a family illness prevented them from traveling back to



DELIA PEREZ, WENDY LEVIN, MOLLY WILLIAMSON

Atlantic City. The Atlantic City Aquatic Club coach, Garr Kerr, and his crew volunteered to manage the swims this year, and merged the Mid-Atlantic Championship Swim with the traditional Bridge-to-Bridge Swims. This combination of swims was disappointing because it changed the "personality" of the Bridge-to-Bridge Swims and put too much focus on the young swimmers - resulting in neglecting the Masters swimmers, who made this swim such a popular event over the years. Other glitches affected the Masters swimmers when the 5K+ Swim started too late at 6:30 p.m. and several swimmers were pulled from the water as sunset approached. Boat traffic was unexpected and a little too close at the Dorset Street Bridge. The distinction and timing between USMS-sanctioned and non-sanctioned swimmers was very confusing (5 minute difference in starting time but inconsistently applied to finishers). And finally, there weren't enough tee shirts for swimmers who registered on race day. The distance swims finish at the Atlantic City Crew House and the Mid-Atlantic Championship swim was held in front of the crew house. With an in-water start and finish, the **5K+ Swim** (start at the Atlantic City Crew House to swim under the Albany Avenue Bridge and down around the Dorset Avenue Bridge and return) started at 6:30 p.m. The **1.5 Mile Swim** swimmers were bused to the start that began at 4:30 p.m. The 1.5 Mile Swim sent swimmers into the incoming tide, especially in the early part of the swim towards the Atlantic City Crew House. It was a sunny day with passing overcast skies, and the Back Bay offered blissfully warm 72F to 74F degree water temperatures that was especially pleasant for the swimmers entered in the longer event. The back-bay tides offered little current assistance for the 5K+ Swim but on the outbound loop, the incoming tide created an assisting current towards the Dorset Street Bridge. The nasty sea mites did not take a vacation this year and there were reports of itchy bites from the swimmers. Bottled water, fruit, warm showers, and bathrooms are available at the Atlantic City Crew House, and it provides spectators with a great spot to watch the finish. There were **64 swimmers in the 5K Swim** (25 women and 39 men) and **120 swimmers in the 1.3 Mile Swim** (65 women and 55 men). The **5K Swim was won in 58:07** and the **1.3-Mile Swim was won in 30:01**. In the women's division for the 5K Swim, **Joanna Thomas** (age 17) won 1st overall female in a winning time of 1:03:26 - and for the men's division, **Andrew Gemmell** (age 16) won 1st overall male swimmer in 58:07 minutes. Other master's swimmers included **Bruce Brockschmidt** who finished 8th overall in 1:01:57; **John Kenny** (age 26) finished 12th overall in 1:05:15; **Kate Donald** who finished 35th overall in 1:12:27; **Raymond McKendall** (age 47) finished 58th in 1:33:02; and **Doug Frohock** (age 56) finished 59th overall in 1:38:56. In the women's division for the 1.3 Mile Swim, **Chelsea Martin** (age 14 - 35:03) took first overall; **Amy Sclarsky** (age 50) finished 62nd overall for females in 49:01;

Wendy Levin (age 50) finished 68th in 50:37; **Marilyn Brahms** finished 74th in 54:28; **Delia Perez** finished 77th overall 56:36; **Diane McVey** finished 82nd in 1.01:20; **Molly Williamson** finished 92nd overall in 1.07:49; and **Pam Paparone** finished 98th in 1.09:56. In the men's division of the 1.3 Mile Swim, **John Kenny** (age 25) took 1st overall in 30:01 minutes; **Jim Waddington** (age 49) finished 41st in 48:29; **Don Walsh** (age 61) finished 70th in 51:36; **Bob Notorfrancesco** (age 45) finished 73rd in 59:09 and his son, **Rob** (age 12) finished 81st in 1.05:29. Hopefully, the Cassidy family will be available to join in the fun next year, and if you would like to learn more, then contact Sid directly at his office email address: sid.cassidy@saintandrewsschool.net

July 7th and the **Bradley Beach Swim** was a pleasant early morning swim. Ray McKendall reported that this is the first of several no-frills races for the North Jersey shore. Slightly chilly water, around 65F or so. This swim is growing and attracted its largest field of 285 swimmers this summer. It appears popular with swimmers in their late teens through their twenties, yet has a good mix across ages. The "usual suspects" included **Don Walsh, Raymond McKendall, and Bob Notorfrancesco** - check <http://mysite.verizon.net/rmckendall/ows/bradley.html>.

July 14th and the **Avon Ocean Mile** resulted in another fine morning along the North Jersey shore. Ray McKendall reported swim conditions with gentle surf and just a hint of chop here and there, with comfortable water temperatures and only few wet suits. It was a hot and sunny July morning, though not oppressive, with a mitigating breeze. Good-sized (190) and pleasant crowd, the swim appears more popular to youngsters than Bradley Beach, but all ages participated in the event. The "usual suspects" included **Don Walsh, Raymond McKendall, and Bob Notorfrancesco** - check <http://mysite.verizon.net/rmckendall/ows/avon.html>.

July 14th and the **11th Annual Ocean Swim for the Dolphins** was held in Wildwood Crest, NJ. The 68F degree water and the 20-knot plus wind from the south created two to four foot swells and "bouncy" swimming conditions to navigate the one-mile course to the finish. The swimmers had to swim from north to south - into the winds and against the choppy waves that tortured the swimmers to the end - and an estimated 18 swimmers bagged the swim. There were a lot of first-timers doing their first ocean swim and they were very nervous before the start of this evening event, and the veteran swimmers did their best to keep them calm so they wouldn't panic. The swim started at 6:30 p.m. and **286 participants** (a large number of swimmers but 24 less than last year) made the start of the race look more like a riot in the water. The course flags were tough to spot with the choppy waves but the conditions improved somewhat once you cleared the traffic jam of thrashing swimmers. Wetsuits are permitted. This event benefits the Marine Mammal Stranding Center and the new race director, **Bill Kindle**, learned from Dave Hirsch (outgoing race director) what swimmers need after a swim -

towels, ice tea, water, pizza and hoagies, bananas and oranges, live music, and great door prizes! **Aaron Eckstein** (age 21 from Ocean City, NJ) was the overall winner and he finished in 21:19 minutes. **Greta Reichert** (age 15 from Stone Harbor, New Jersey) was the first female finisher in 22:26 minutes. The "usual suspects," **Ron Marks, Laurie Hug, Des Nunan, Doug Bergen, Paul Sweeney, Susan Reich, John McShane, James Waddington, Linda Hoke, Stuart Arasim, Dave Hirsch, Raymond McKendall, Rachel Sclarsky, Amy Sclarsky, George Thieler, Bob Notorfrancesco, Polly Thieler, Otis Reich, Patty Lynch, Dave Sclarsky, Dennis Regan, Joe Maloy, Don Walsh, Wendy Levin, Tom and Meg Douris, Diane McVey, Marilyn Brahms, Molly Williamson, Barbara Johnson, Alisan Henderson, and Pat Timmins.**

July 21st and the **11th Annual Spring Lake Ocean Mile Swim** was held in Spring Lake, NJ. Unadvertised swim with no pre-registration and wetsuits allowed but disqualified from awards. **Ray McKendall** reported that it was an amazing morning with clear and sunny skies, dry and almost cool air. The water temperature was just warm enough at about 67 for comfort, and only a handful of swimmers donned (disqualifying) wet suits. The surf was mostly calm, but served up some mild chop in the last third or so of the course, just for fun. The water was remarkably clear, enough so to glimpse the bottom often along the course. The awards were too slow in coming. But once begun, at least, they were dispatched quickly. There was no water offered for thirsty swimmers after the swim this year. But these glitches are trifles after a fine morning with a friendly crowd of swimmers and managers. Phone the beach patrol (732-499-8005) for more information. The event is managed by the Spring Lake Recreation Department. It was well organized but race results may not be available since they use index cards with the overall finish number on each card, and it seems highly unlikely that any of the handwritten results are transferred to a spreadsheet. Registration fee (\$15) and you sign up at the pavilion at the foot of Ludlow Street - unimaginative tee shirts but no swim cap provided. There is easy and free parking nearby (restrooms right there too). You walk one mile down the boardwalk to the start and you leave your bag at the finish by the registration area. The race is run in two heats and you pick your own heat. Three inflated-buoys (orange in color and two more buoys would be more helpful to mark the course) and lifeguards were along the way. You swim parallel to the beach. A cold-water shower and rest rooms are nearby. Results may be available by phoning Lou and Cindy Lustrino (732-449-4629) for more information. Prizes are awarded to first (male and female) overall, first (male and female) over 35, and first (male and female) over 50 winners. Ribbons are awarded for the usual male and female, 5-year age groups. This year, the swim was dedicated to the memory of Jack Meyer, a long time



BARB JOHNSON, TON DOURIS, VIKYE SWANSON, JUDY MICHEL, GLEN ZIMMERMAN

Spring Lake resident who died suddenly this winter. In his memory, the t-shirts featured his artwork reflecting his affection for Hawaii, and swimmers were given (real) Hawaiian Leis at the finish line. **Ray McKendall** and **Bob Notorfrancesco** enjoyed their morning swim, and they also competed in the Masters Ocean Swim held later in the evening.

July 21st and the **28th Annual T. John Carey Masters Ocean Swim** was held in Ocean City, New Jersey. The Ocean City Beach Patrol headquarters is located at 34th Street and you can reach the race director, **Otis Reich**, by phoning (609-525-9200). As the first event in the "triple crown" of South Jersey ocean swims (the Yates and the Pageant Swim are the other two events), this swim attracts the largest number of swimmers. The one-mile course is parallel to the beach and always with the current. This year's event resulted in cooler water - down to 65F degrees in some spots - and the breezy evening also chilled the swimmers as they waited on the beach for the start of the swim, especially for those of us who decided to swim early as a warm up before the beginning of our swim heat. Other than the cool water temperature and chilly wind, the conditions were terrific for an evening swim and it was easy sighting the course (4 orange buoys and 3 flags) as we swam south along the shore to the finish. Swimming to the first turn flag was tough because you could feel the water get cooler and there are just too many people in the water at the start of each of the two heats. Remember your "**combat swimming**" techniques that you will need to swim along with all the "**brat packs**" that are typically normal with this event. The brat packs comprise swimmers who swim together in packs of 3 or more - stop swimming together in a line - then they breaststroke kick as they sight ahead to find the next flag. Experienced swimmers have to be prepared to encounter these packs - they will swim across you, stop in front of you and kick you as they try to find the course. We swam a southbound course with two waves of swimmers - under 40 men @ 6:30pm, the women and over 40 men starting ten minutes later. There were **376 swimmers** who finished this event. **Graham Parker** (age 21 from Pilesgrove, New Jersey) was the overall winner in 22:45 minutes and **Greta Reichert** (age 15 from Stone Harbor, NJ) was the first place female winner in 23:43 minutes. **Ron Marks** (age 48 from Beesleys Point, NJ) was the 1st male masters swimmer finishing in 24:33 minutes. **Laurie Hug** (age 42 from Ambler, PA) was the 4th place female winner (and 1st female masters swimmer) in 24:42 minutes. Some of the "usual suspects" surviving this cool evening swim included: **Jamie Hemmerle** and **Tracey** (his daughter), **Doug Bergen**, **Dawn Young**, **Susan Reich**, **Diane Muntzer**, **Jim Waddington**, **Alexis Murray**, **Linda Hoke**, **Mike Hamilton**, **Tina Hirshland**, **Steven Gazsi**, **Doug Frohock**, **Dave Hirsch**, **Richard Wallace**, **Bob Notorfrancesco**, **Patty Lynch**, **Tom and Meg Douris**, **Wendy Levin**, **Dave English**, **Petey Cruikshank**, **Delia Perez**, **Mari Schaefer**, **Molly Williamson**, **Marilyn Brahms**, **Arleen Chapman**, **Diane McVey**, **Pat Timmins**, **Barbara Johnson**, **Jack Donnelly**, **Judy Michel**, and **Alisan Henderson**. All first place winners in their age groups get an extra treat with their award - a bucket of Johnson's caramel covered popcorn - world famous and based in Ocean City. Once on the beach, the "semi-frozen" swimmers rushed to dress in warm dry clothes, and then find a warm beverage to warm up their core temperature while counteracting the chill caused by the water and the cool evening breeze.

August 4th and the **15th Annual Rainbow Channel Challenge 2.6-Mile Swim** was held in Somers Point, NJ. The race director, **Polly Thieler**, manages this event to benefit Alzheimer's Disease Research. The route starts from the boat ramp in Kennedy Park, around Drag Island and returns to the boat ramp. The Kayak race and 1-Mile Swim were held before the 2.6-Mile Swim. Wetsuits are permitted but with a four-minute delayed start time. **George Thieler** and his son, **Tim**, laid out the 2.6-Mile course - it was clearly marked by large orange buoys. Polly's swim is a cherished event for morning swimmers with their perky "**morning person attitude**" vs. the still groggy evening swimmers. The kayak race participants can also enter the swim event to win the biathlon awards with both events. The water was very warm at 79F degrees (and in some places, almost 90 degrees around the far side of Drag Island) and it was easy to

sight the course, unless you were debating the course route with a swim buddy who was bound and determined to swim the event in reverse. There was a light breeze and changing current that stirred up the water, and a little chop dogged the swimmers around Drag Island. Small but consistent waves broad-sided swimmers along the far side of the island from the point to the Garden State Parkway span. The remaining course was fairly calm and flat until swimming across the channel again near the finish where the light chop occurred again. It was a hot and humid day - without any real fresh air to eliminate the smell of rotting seaweed. Passing boat traffic can create some navigating difficulties over small swells and the exhaust from the boats either builds character or creates more characters! For the last quarter of the race, it was best to either swim all the way to your right side (along Drag Island) then turn left for the final turn around the orange buoy to avoid swimming into the incoming tide in the center of the channel or swim all the way to your left side to avoid the mid-channel current. The **Thielers** managed the timing for all the events: a 200-yard and a 500-yard swim for the 1-14 age group, the 2.6-Mile Kayak Race, the 2.6-Mile Swim, and the 1-Mile Swim. Some of the "**usual suspects**" did both of these events including **Dave English**, **Ray McKendall**, and **Don Walsh**. Parents are invited to swim with their children in the shorter events. There's a raffle drawing with nifty prizes and bagels, baked goods, hoagies, fruit, water and power drink provided. Some of the usual suspects swimming in the 1-Mile event included **Michael Toy**, **Melissa Toy**, **Ron Kane**, **Ray McKendall**, **Don Walsh**, **Wendy Levin**, **Dave English**, **Christine Schroeder**, **Marilyn Brahms**, and **Delia Perez**. Some of the usual suspects swimming in the 2.6-Mile event included **Vibeke Swanson**, **Melanie James Cosgrove**, **Ray McKendall**, **Linda Hoke**, **Doug Frohock**, **Don Walsh**, **David English**, **Philip Gibbs**, **Viki Anders**, **Barbara Johnson**, **Diane McVey**, and **Judy Michel**. As always, the "**usual suspects**" who usually participate in the shore events represented us well.

August 4th and the **11TH ANNUAL LAKE CHAMPLAIN 8-MILE SWIM** was a real adventure swim that **Jerry Smith** (Jersey Wahoos) dedicated to the memory of his brother who was lost in the World Trade Center on September 11th 2001. **Kuni Mihara** (Jersey Wahoos) was Jerry's "support crew" and he reported that it all began with an easy, pleasant drive North past the Catskills and Adirondacks and into the Lake Champlain basin that 400 million years ago was the Iapetus Ocean. Lake Champlain is the sixth of the Great Lakes that was created by glaciers some 20,000 years ago. The Lake Champlain 8-Mile Swim is a fundraiser for the Burlington YMCA youth swim program. The sponsorship support from local restaurants and businesses was obvious and much appreciated by the participants and volunteers throughout the two-day event. **Tad Hoehle**, event director, hosted a dinner meeting at Oakledge Park on the evening of August 3rd to explain the logistics of the event. He assured everyone that the safety of the participants was of greatest importance and wanted everyone to understand the course that begins at Willsboro Point in the state of New York and finishes just South of Burlington, Vermont at the beach in Oakledge Park. Dinner included a great salad, a variety of cold cuts and cheeses, pasta, and bread donated by The Olive Garden, and local sponsors donated Gatorade, soft drinks, juices, and bottled water. After the pre-race dinner with the three-dozen or so participants and support volunteers, Jerry Smith and his wife, Florence, took their children, Bianca (9) and Ben (7) to Church Street in Burlington for after dinner snacks and a stroll before retiring for the evening.

At sunrise on August 4th, Jerry gathered up his daughter, Bianca, and Kuni Mihara to complete the logistics for kayak support

and final instructions at the Waterfront Park and Marina in Burlington, Vermont. Tad and the YMCA support team were already at the launch area with a variety breakfast goodies to help the participants "carbo load" before taking a 1-hour boat ride to the Willsboro Point near the Western shore in New York. The kayaks were quickly loaded and tied down on the pontoon barge and we all boarded the "Nancy Ann", a luxury trawler owned by the operators of a marina on Lake Champlain. As we cleared the breakwater - yes, there really is a "breakwater" on a lake - we noticed the waves were bigger than in the dock area. After we were fifteen minutes into the crossing, Captain Al noticed the pontoon barge was falling farther and farther behind because of the waves and the weight of its load of kayaks. Captain Al explained he would come about and help the pontoon boat by tying it to the back of the Nancy Ann and assist with a tow. After securing lines to each of the pontoons, the Nancy Ann began to make headway toward Willsboro Point. After fifteen minutes into the tow, the waves crashed over the deck of the pontoon boat and it began to nose dive on one side. As it was happening, the kayaks shifted and four broke loose and fell into the lake. Three Navy SEALs, who were there to participate in the swim as a relay, quickly dived in and secured the drifting kayaks along with Tad Hoehle, who also jumped in to assist. It took about twenty minutes or so to drag the four kayaks up, drain them and get them secured again on the Nancy Ann. Tad rebalanced the load on the pontoon boat to minimize the nose down tendency while undertow, and we resumed our heading toward Willsboro Point.

Once at Willsboro Point, it was explained that the swim begins with an in-water start because there is no dock or boat landing area at Willsboro Point. Jerry made a decision to swim sans wetsuit because the water temperature was a comfortable 74F. We put the kayaks in the water and paired them up with the swimmers. At 09:54a ET, Tad sounded the horn for the start of the 11th Annual Lake Champlain 8-Mile Swim. The University of Vermont varsity swimmers and relay teams took off at a quick pace, and headed in a direction that was strangely Northeast of the direct line to the finish area that was theoretically between the start and a line 200 meters to 400 meters North of Juniper Island. Jerry, Kuni, and Bianca followed a more direct path and were moving along at about a 30-minute per mile pace clip. Approximately 3.5 miles into the swim, the waves and wind were beginning to pick up and an occasional wave would break over the side and into the kayak. At the 4.5-mile point, Bianca (9) was running out of gas and we called Tad to pick her up. Jerry and Kuni resumed their crossing and all was going well until they stopped for some refreshment. A sudden swell caused Kuni to lose his balance and he flipped the kayak! Kuni's foot was caught inside between the cooler and the side of the kayak and Jerry had to extricate Kuni's foot. Luckily, another swimmer and kayak were close by; and they called Tad for assistance. After about ten minutes, Tad came with the pontoon boat, drained the kayak, and got Kuni settled down enough get back into the kayak and resume his support role. By this time, the wind was kicking up to about ten knots and the waves were breaking with the larger waves reaching three feet between the bottom of the troughs and tops of the waves. As he returned to his swimming again, Jerry now had lost over twenty minutes of swim time.

Getting underway again, the time was now 12:30 p.m. - two hours and thirty-four minutes into the swim. With the waves getting bigger, rougher, and breaking into his kayak and the wind pushing them South, Kuni was finding it as difficult to manage the kayak, as Jerry had to swim. Suddenly, after managing to plow the kayak bow/nose first through one of many large waves, Kuni found himself in the water with the kayak blowing away from him! Jerry saw what was happening and raced after the kayak and slowed it enough for Kuni to catch up. After a comically tragic attempt to get inside the kayak again that did not swamp full of water, Jerry hailed help from a passing boater. Good fortune must smile on fools, because Bruce and Patricia McClellan with their golden retriever, Rory, came to the rescue of Kuni. They tied the kayak onto the back and began

to drag it through the water while shepherding Jerry to Oakledge Park. The waves and wind were now breaking over the bow of this 21ft boat and filling the deck area with water. Ignoring this, Bruce stayed close to Jerry to insure he was headed in the right direction and would not get run over by 30+ foot sailboats, other powerboats, or jet skis. The waves would now occasionally break so high that Jerry would get buried and disappear under a wave - the seas were high enough for surfer! Jerry is a swimmer who always breathes to his left, and he was now learning how to breathe on his right, away from the waves and wind. Rory, the golden retriever, was so concerned that he jumped in a half dozen times to swim with Jerry. The North to South "current" and now 15-knot winds were so strong; it took Jerry three minutes to swim 100ft along the Eastern coast that was now a high, rock-faced cliff. It was an amazing performance to see Jerry swimming and stroking strongly on zero fuel (his last two hours of the swim were without drink or carbohydrates) after over six hours of swimming. It may have been by far the most difficult swim any Wahoos Master has completed in recent memory. His gutsy performance was so evident that Patricia McClellan was getting into the effort and cheering Jerry on to get to the finish area. Six hours and thirty-five minutes after he entered the water at Willsboro Point New York, **Jerry Smith** touched bottom on the Eastern shore of Lake Champlain in Vermont.

Notes: Photos seen at the Lake Champlain Swim website do NOT show what the waves were like at the end of the swim. Anyone interested in participating in this event should contact either Jerry Smith or Kuni Mihara through the Jersey Wahoos Masters for details on the logistics and recommendations regarding the venue (<http://www.gbymca.org/aquatics/lakeswim.html>).

August 5th and the **John Boyd Memorial Swim** was held in the late afternoon in Seaside Heights, New Jersey. It's a 1-Mile Swim in the ocean parallel to the shore with the course heading north with the current. There is a municipal parking lot near registration (and you pay a parking fee) but free street parking is just a few blocks away. Bathrooms and a separate changing room are available near registration - swimmers are allowed to use the changing room with showers after the swim - without cost. There is a hefty fine if caught changing in the bathroom - and there is no point risking it with a free changing room next door. Swimmers register on the boardwalk near the finish and walk down to the start - ankle chips are used for timing the race and no body marking is required. There may be a little confusion about where to leave swim bags during the race and experienced swimmers usually select the roped-off area set aside for the after-swim beach barbecue near the finish. There are a dozen markers along the course and it is easy to follow - the surf was in the 70's and the air temperature was pleasantly mild. At the finish, the beach barbecue served hot dogs, hamburgers, potato and macaroni salad, and soda. It's not gourmet cooking but it was a tasty treat after the swim. The "usual suspects" included four of the five members of the **Sclarsky** family (**Dave & Amy, Rachel, and Ethan**) and **Mari Schaefer**.

August 11th and the **Mid Summer Splash 1.5 Mile Ocean Swim** was held in Seaside Park, New Jersey. Ray McKendall reported that it was a cloudy and unseasonably cool morning, almost chilly - but it was a welcome relief from the heat of the previous week. Luckily, the swimmers enjoyed a comfortable water temperature but tough surf. Judy Michel reported waves of up to maybe six to eight feet and in rapid succession - making it difficult for many swimmers to get out beyond the breakers for the swim - and she decided to stay on shore. The narrow and steep beach magnified the effect of the breakers and the resulting undertow compounded the difficulties - so much so that 45 participants of the 157 registered swimmers

dropped out of the race. There was some relief beyond the band of breakers because the swells were smooth enough to swim through. But the frequent swells made navigation very tough by blocking the shore view of landmarks and pushing swimmers along zigzag paths. The course was poorly marked with only a flag at the start and a small orange ball at the finish - making it almost impossible to see the final turn to shore. The direction of the race was switched again this year - very last minute - and close to the scheduled start time, and all swimmers trudged the 1.5 miles to the new start. This switch was handled much better than last year, and swimmers were allowed to walk wearing their shoes and sweats, with the bag wagon located at the finish. Changing the direction of surf swims according to conditions is a welcome policy. There would be less confusion and disruption; however, if the race officials determined the direction before registration opens. Still, everybody seemed to take the tough surf and mild disruption in stride and to keep any disappointment from diminishing an otherwise fine morning on the beach. The "usual suspects" included: **Linda Hoke, Ray McKendall, George Thieler, Bob Notorfrancesco, and Don Walsh.** As usual, the "Breakfast Buffet Swim" served scrambled eggs, bacon, Gatorade, orange juice, bagels, croissants, and the best delicacy - New Jersey crumb cake!

August 18th and the **Lavallette Mile Swim** resulted in what Ray McKendall reported as perhaps the nicest day all summer - sunny and clear - maybe a bit cool for mid-August and feeling more like mid-September. The cooler air temperatures made some swimmers chilly while waiting for the start of the swim after a pre-race dip in the water. Ocean conditions provided light surf with only a breaker or two to manage. The course direction was reversed to coincide with the current that produced only a gentle but noticeable push for the swimmers. Over a dozen orange buoys traced out the course, and navigation was clear and simple. We enjoyed near perfect water temperatures and the "usual suspects" included **Linda Hoke, George Thieler, Raymond McKendall, Polly Thieler, Bob Notorfrancesco, and Don Walsh.**

August 19th and the **Ray Licata Memorial Long Branch Ocean Mile Swim** was held in Long Branch, NJ. Ray McKendall reported the swim was held on a cloudy and overcast morning with a sprinkle or two. It was not as cool as the day before, but still a little chilly for a swimmer waiting for the start of the event after a pre-race dip - and the start was delayed for almost 30 minutes. The day's rain held off until well after the race and awards ended. The ocean was mostly flat water and the current caused some mild zigzag but not enough to send swimmers too far off course, as we enjoyed a delightful water temperature and clear water. The "usual suspects" included **Ray McKendall, Don Walsh, Mari Schaefer, and Barbara Johnson.**

August 25th and the **1 Mile Yates Swim**, Atlantic City, NJ - the 2nd event in the "triple crown" of South Jersey swims. The Yates Swim usually provides lots of excitement because it's scheduled to take advantage of the swift current in the inlet requiring skilled navigation to successfully stay on course for the finish in Gardner's Basin - but this year, the Yates Swim was held in the back-bay waters by the Atlantic City Crew House and **NOT** in the preferred inlet course. Swimmers were generally disappointed, though understanding, about the relocation of the course forced by severe beach erosion at the former start along Absecon Inlet. Instead of a fast swim in the inlet, the swimmers had to manage the four turn flags for the new rectangular course. Last year, there were 115 swimmers participating in the event but this year, there were only **89 swimmers** entered in the Yates Swim. The swim starts at 6:45 p.m. with an in-water start - and the water was a very pleasant 75F degrees as we enjoyed a calm and delightful summer evening. The new course also required swimmers to negotiate the unfamiliar turn flags and that led to some body bashing as some swimmers attempted to swim over each other at the turns. **Captain Francis Bennett** (long time co-director for the event) manages the race along with other Atlantic City Beach Patrol members and his volunteers run a good event! **The top age group for this event is now**

60 & Up and Captain Bennett may consider expanding these age groups to include 60 to 64, 65 to 69, and 70 & Up. This would be terrific, especially with the level of skill, interest, and competition in open water swimming demonstrated by our more experienced Masters Swimmers. Because of the change in swim venue and location, the swimmers were disappointed that there wasn't at least a cold-water rinse with a hose after the race nor refreshments, and everyone missed the tasty free "pasta buffet" that was always provided by the Flying Cloud Restaurant when we finished in Gardner's Basin. **Kori Kraus Thomas** was the first place female finisher in 16:21 minutes. **Andrew Gemell** was the first place male finisher in 14:06 minutes. The "usual suspects" included **Mike Toy, Ed Brown, Susan Reich, Jim Waddington, Ron Kane, Melissa Toy, Jim Wahlen, Steve Gazzi, Tina Hirshland, Amy Sclarsky, Raymond McKendall, Dave Hirsch, Dave Sclarsky, Steve Pandza, Doug Frohock, Peter Churchman, Wendy Levin, Bob Notorfrancesco, Ethan Sclarsky, Don Walsh, Otis Reich, Delia Perez, Marilyn Brahms, Molly Williamson, Alisan Henderson, and Norman Draper.**

August 26th and the **Bayfest 2007** hosted the **13th Annual Dorthy H. Mohn Memorial One Mile Bay Swim** in Brigantine, NJ, to benefit the Elks Charities. **Warren Brown** of the ACBP started this swim in memory of his girl friend, Dorthy Mohn. Marked with floating barrels, orange buoys and flags, just a handful of swimmers enjoyed the 6:30pm swim with its 75F degree water and the balmy summer evening. While waiting for the in-water start of our race, we warmed up in the water and tried to see the turn flag by the lifeguard boat that sat directly in line with the setting sun. The outbound leg is tougher because we swim into the West and the setting sun, while the return is easier because sighting for the finish is not a problem. There weren't many of the usual South Jersey die-hard swimmers, and only **Marilyn Brahms** and **Jim Waddington** were our "usual suspects" who actually participated in this year's event. Race results were not available for the 2007 Bayfest Swim. Normally, results are slow to be finalized - so, you can enjoy the Bayfest and sample the crab cake sandwiches, steamed shrimp and clams, corn-on-the-cob, hamburgers and hot dogs, funnel cake and listen to music with your friends while you wait for the awards ceremony.

August 26th and the **Manasquan Ocean Mile** was held in Manasquan, New Jersey. Raymond McKendall reported about this swim with weather providing seasonably warm temperatures and cloudy but non-threatening skies that kept the temperature down. The ocean had two or three well-separated lines of easy breakers to cross along with a gentle surf most of the way, perhaps even a light push. But in the last quarter or so of the course, the current turned mildly torturous and teased swimmers into the final turn. Clear water and a very refreshing water temperature were especially welcome after the heat and humidity during the previous week. The "usual suspects" included **Raymond McKendall, Bob Notorfrancesco, Don Walsh, Mari Schaefer, and Barbara Johnson.**

September 1st and the **78th annual Atlantic City Pageant 1_- Ocean Swim** in Atlantic City, New Jersey - the third event in the "triple crown" of South Jersey swims. The Pageant Swim is the classic ocean swim and it still has the same course since 1922. No wetsuits and no course changes to fit swimming conditions. Swim out north of the Steel Pier, turn south, swim parallel to the beach and turn back into the shore to finish on the south side of the Ocean One Mall Pier. The **Atlantic City Beach Patrol** is well experienced in running this event with a well-patrolled course - we think they invented open water swimming! Race director, **Norm Draper**, arranged for another original **Joe Duffy** design for our long sleeve tee shirt - showing swimmers on the beach waiting for the start of the ocean swim and memorializing the shirt to the memory of "Shep" (an ACBP member who at 59 years

of age passed away this year) on the light blue shirt. The day was warm and sunny with strong waves - there was a slight current heading south with a very comfortable 76F degrees ocean water temperature throughout the race. The swim towards the Ocean One Pier was not exactly completely blissful because the strong waves helped push the swimmers forward and somewhat into the shore - then once the wave surge passed, our forward momentum stalled behind the wave until we picked up the pace again. We enjoyed a great workout in comfortable and clear water to finish our final ocean swim for the season. This year, there was a total of **162 swimmers** who finished the Pageant Swim as compared to the 110 participants in last year's event that was postponed due to rough surf conditions. Water and watermelon are available after the swim plus a cold-water shower. As always, be prepared for the long mile hike on the boardwalk back to your parked car at the Showboat Casino. **Ian Keyser** (age 16) finished 1st overall in 24:40 minutes (four minutes slower than last year's finishing time), **Jeff Terrell** (age 17) finished 2nd overall in 24:52 minutes, and **Mike Toy** (age 50) finished 3rd overall in 25:04 minutes. **Kori Kraus** (age 17) finished 10th overall and 1st female swimmer in 27:05 minutes (more than five minutes slower than last year's finishing time), **Vibeke Swanson** (age 45) finished 12th overall and 2nd female swimmer in 27:15 minutes, and **Nancy Steadman-Martin** (age 53) finished 15th overall and was the 3rd female swimmer in 28:12 minutes. The age group awards are now limited to just the first three places (previously included up to 6th place) and the age groups are in 10-year increments (such as 20 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69, and 70 to 99) - but the age groups for boys and girls include age 1 to 12, 13 to 14, 15 to 16, and 17 to 19 years of age. The Pageant Swim attracts all the top swimmers (or "ringers") to this event and it's a very competitive field. Most of the "usual suspects" were there and included **Mike Toy, Ron Marks, Ed Brown, Vibeke Swanson, Bob Pugh, Nancy Steadman-Martin, Susan Reich, Ray Schailey, Melanie James-Cosgrove, Craig Stevens, Diane Muntzer, Ron Kane, Jason Klugman, Jim Waddington, Jim Whelan, Linda Hoke, Teddy Roncace, Steve Gazsi, Amy Sclarsky, Chris Nunan, Raymond McKendall, Richard Wallace, Dave Hirsch, George Thieler, Doug Frohock, Christine Schroeder, Peter Churchman, B.J. Schuler, Rich McLaughlin, Tom Douris, Robert Tieckelmann, Don Walsh, Polly Thieler, Bob Notorfrancesco, Dieter Wunderlich, Wendy Levin, Patty Lynch, Delia Perez, Phil Gibbs, Lee Bergen, Marilyn Brahms, Dave English, Molly Williamson, John Zarych, Pam Papparone, Barbara Johnson, Judy Michel, Alisan Henderson, Diane McVey, and Norm Drapper** (Atlantic City Beach Patrol), our race director for the Pageant Swim. The race results can be found at www.aksts.com.

September 22nd and the **September Splash Two-Mile Bay Swim**, was held at 9 a.m. in Wildwood Crest, NJ, with a **1/2-Mile Swim** for kids up to age 14 at 10:30 a.m., and this was followed by the **September Splash One-Mile Bay Swim** at 11 a.m. (for swimmers who like or need to sleep in later). It was an overcast morning that threatened to rain but gradually cleared for the final open water swim in the South Jersey area. This year, we had to once again cope with the Irish Festival and traffic - but two years ago, we were



LINDA VANOCKER AND BARB JOHNSON

lucky because this swim event was held a week earlier than previous years and we did not have to cope with the crowds in town for the craft show and other activities. We hope the event will again be scheduled for the mid-month date earlier in September for all future swims. Race director, **Ina Sharkey**, holds a great race, is very supportive of the swimmers, and she can be reached at (609-729-3829). New this year was the starting area for the swim - it was moved from The Bayview Inn property over to a "public stairway" that leads right into the bay water. The low tide greatly handicapped the swimmers for the 2-Mile event because they slipped over the algae-covered stairs (at the base) and the slippery rocks to make their way to the deeper water for the in-water start. Some swimmers fell on the rocks and showed off their cut feet and other wounds after finishing their swims. The "square" shaped course is set so you have to cope with the sun in your eyes at some point and this usually happens when you are desperately searching for the last turn buoy (4 buoys). The course for the Two-Mile Swim requires a second trip around the box-shaped course. Navigating is critical in this swim and the COLD BEER sign on the restaurant is great for finding the finish line. It was a breezy morning and the sun broke through the clouds in time for the 1-Mile Swim - the water was a comfortable 72F degrees. A total of 70 (23 more swimmers than last year) swimmers (36 male and 34 female) competed in the 2-Mile Swim and 140 (25 more swimmers than last year) swimmers (63 male and 77 female) competed in the 1-Mile Swim. In the Two-Mile Swim for the men overall, **Andrew Gemmell** (age 16 from Wilmington, DE) took 1st place (35:59), **Eric Materniak** (age 16 from Hockessin, DE) was 2nd (37:13), and **Daniel Flynn** (age 17 from North Wildwood, NJ) was 3rd (38:28); and for the women overall, **Nicole Vernon** (age 14 from Newark, DE) was 1st (38:01), **Greta Reichert** (age 16 from Stone Harbor, NJ) was 2nd (38:13), and **Megan Northshield** (age 15 from Dover, DE) was 3rd (38:31). The "usual suspects" participating in the 2-Mile Swim include **Vibeke Swanson** (10th overall), who took 1st in her age group (F40-49) finishing in 40:24 minutes; **Dave Hirsch** (30th overall) took 1st in his age group (M40-49); **Doug Frohock** (31st overall) took 2nd in his age group (M50-59); **Wendy Levin** (39th overall) took 2nd in her age group (F50-59); **Raymond McKendall** (44th overall) took 5th in his age group (M40-49); **Phil Gibbs** (57th overall) took 2nd in his age group (M60 & over); **Bob Notorfrancesco** (58th overall) took 10th in his age group (M40-49); **Petey Cruikshank** (64th overall) took 3rd in this age group (M60 & over); **Walter Salzmann** (65th overall) took 7th in his age group (M50-59) age group; **John Zarych** (68th overall) took 9th in his age group (M50-59); and **Diane McVey** (69th overall) took 5th in her age group (F40-49). In the One-Mile Swim for the men overall, **Andrew Gemmell** (age 16) took 1st place (17:38), **Eric Materniak** (age 16) was 2nd (18:11), and **Michael Toy** (age 50) was 3rd (19:07); and for the women overall, **Nicole Vernon** (age 14) was 1st (18:44), **Katie Murphy** (age 16) was 2nd (19:10), and **Megan Northshield** (age 15) was 3rd (19:12). Many of the "usual suspects" also participated in the 1-Mile Swim and the September Splash is the last official swim of the summer - **Michael Toy, Susan Reich, Ron Kane, Jay Platt, Paul Sweeney, Jim Waddington, Otis Reich, Patty Lynch, Don Walsh, Dennis Regan, Polly Thieler, Delia Perez, Molly Williamson, Barbara Johnson, and Linda VanOcker**. Water, oranges and a cold hose shower are available near The Bayview Inn. The awards were available by the registration area and the restaurant allowed us to change in the rest rooms. Wetsuits are allowed. Race results by L & M Sports are posted on their website (www.lmsports.com). The September Splash is a fun race that also marks the end of our 2007 Open Water Swim Season. Sadly, it's time to wish our swimming buddies goodbye and hope to see them next season in the water. So, put on your Speedo and come swim with us in the sea!

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JANUARY 2008

ONE HOUR POSTAL

MEL GOLDSTEIN 317-253-8289 or USMS WEBSITE

JANUARY 13 (SUN) BOYERTOWN YMCA MASTERS

BOYERTOWN YMCA

SHANNON DUFF 610-369-9622

JANUARY 27 (SUN) WINTER FREEZE MASTERS SWIM MEET

PHOENIXVILLE YMCA

KARIN WHITE 610-933-0818

JANUARY 27 (SUN) ALEXANDRIA MASTERS SWIMMING TROPICAL SPLASH

GEORGE WASHINGTON REC CENTER

RAY NOVITSKE 703-960-4598

FEBRUARY/MARCH

MINI MEETS SCHEDULES B AND C

SUBURBAN SWIM CLUB AND UPPER MAIN LINE YMCA

CHECK WEBSITE FOR DATES.

APRIL 6 (SUN) MINI MEET SCHEDULE A

BURLINGTON COUNTY COLLEGE

BETSY SCHWARZ

APRIL 11-13 COLONIES ZONE SCY

GEORGE MASON UNIVERSITY

CHERYL WARD 703-359-5366

MAY 1-4 USMS 2008 SCY NATIONAL CHAMPIONSHIPS

UNIVERSITY OF TEXAS

CHARLES LOGAN 512-471-7703

MAY 15-18 2008 YMCA MASTERS NATIONAL CHAMPIONSHIPS

FORT LAUDERDALE

CONTACT YOUR YMCA COACH

JUNE 15 COLONIALS FATHER'S DAY SWIM MEET (LCM)

UPPER MAIN LINE YMCA

LINDA VANOCKER

NOTE: IF YOU DO NOT HAVE INTERNET ACCESS, TRY TO HAVE A TEAM MEMBER OR FRIEND PRINT OUT THE INFORMATION FOR YOU. DETAILS, ENTRY SHEETS, DIRECTIONS AND OTHER IMPORTANT INFORMATION IS ON THE DVM WEBSITE. MEET DIRECTORS ARE USING THE WEB ALMOST EXCLUSIVELY TO CONTACT POTENTIAL SWIMMERS.



United States Master Swimming/Delaware Valley Masters Swimming 2008 Membership Application

<input type="checkbox"/> New	<input type="checkbox"/> Transfer	<input type="checkbox"/> Renewal
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Transfers, please include a copy of your USMS card

Please register with the same name you will use for competition. Please print clearly.		Today's Date (required mm/dd/yyyy)		Office Use	
Last Name		First name		Middle Initial	
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Date of Birth (mm/dd/yyyy)	Age	Sex <input type="checkbox"/> M <input type="checkbox"/> F		E-mail Address	
Club Name/Unattached			Chapter Team (or pool where you practice - zip code)		

WAIVER: I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature (required): _____

USMS has increased the membership fee by \$5. DV-LMSC will cover this increase for 2008. Your fee will increase in 2009.			
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