

# The Blue Lobstah

## Lobstah Season is Open (Water)!

Open Water swimming season in Northern New England is historically short. With Ocean temperatures seldom raising above 62 degrees – and ponds with ice through middle April (and later in some places) – it’s not always comfortable to be in the open water. Yet for many swimmers – when the ice clears – the boundaries imposed by lane lines and walls go away – and our swimming imagination is allowed to bloom.

For me – I’ve always like the open water scene better. It has nothing to do with the fact that I swim in a lake with a nesting pair of Great Blue Herons. It also has nothing to do with the fact that there are no clocks that are reminding me of how fast I’m not going. Instead – swimming open water seems simpler to me. While swimming – I can appreciate the scenery – or the fog. I’m free to let my mind wander and my body follow.

It’s the freedom of imagination that inspire folks to swim along side docks – crash through waves – and like Dory – “Just keep swimming, just keep swimming”. In Northern New England – we are blessed with many excellent open water venues and open water events. Whether it’s the recently inaugurated “Nubble Light Challenge” in York, ME, the friendly Hobbs Pond Swim, Peaks to Portland, or Rockland Breakwater... the challenges and opportunities are limited only by imagination.

In this newsletter – we are treated to Simon Wignall’s experience as he and several other Maine Masters swam in one of the marquee open water events in the country – the Chesapeake Bay Bridge Swim.

### MESC Board of Directors:

**Mike Schmidt** – President, **Doug Pride** – Vice President, **Rob Johnston** – Secretary, **Son Nguyen** – Treasurer & Registrar, **Kevin Crowley** – Member at Large, **Dieter Weber** – Recorder, **Ben Morse** – Webmaster & Historian, **Zachary Gray** – Director of Meets

Questions about Maine Masters Organization should be directed to Mike Schmidt at [mattiminna@netzero.net](mailto:mattiminna@netzero.net). Questions / Comments / Suggestions about the Newsletter should be directed to the Newsletter Editor - Sean Carter at [Sean.Carter@td.com](mailto:Sean.Carter@td.com)



## Fast Spring & Faster Beginning of Summer!

Maine Masters swimmers were seen all over New England and all over the country this spring and summer as the “big meet” season heated up.



Congratulations to all 100+ Maine Masters swimmers for coming out and representing at SCY New England Championships at Harvard back in March. The level of participation and sportsmanship was unprecedented. We had several first time swimmers, and despite the loooooooong days, everyone’s attitude and cheering for one another held on to the very end as we competed in all of the relays. I am sure that Zach and Son will figure out a way to bring more Maine Masters down for next year ☺.



Second - Congratulations to the 14 Maine Masters who had Georgia on their mind in late May. Nationals were held at Georgia Tech this year. In the last major meet that allowed the tech suits - Mary Estabrook, Anne Uecker, Beth Fries, Diann Uustal, Adam Gaulin, Zachary Gray, Son Nguyen, Mike Ross, Richard Bell, Doug Pride, Dan Ottman, Mike Schmidt, James Goodman, Varney Hintlian, made the most of it swimming sensationally. Special recognitions go out to Michael Ross (Shrewsbury, MA) and Diann Uustal (Soddy Daisy, Tennessee) for their National Record-breaking performances: Diann - Women 60-64: 50 Fly = 30.13 ~ 50 Back = 32.94 ~ 100 IM = 1:11.61 ~ 100 Back = 1:11.74 - Mike – Men 40 – 44: 100 IM = 51.85



Third – Maine Masters Successfully defended our New England LCM Championship, held annually in Vermont. The well run meet hosted by our friends the Middlebury Muffin Tops – had added attractions this year including appearances by Olympic Coach Bill Boomer (who ran a stroke clinic) and 3 time Olympic Gold Medalist Rowdy Gaines. Bill Jones (Hope, ME), Zach Gray (Windsor, ME), Son Nguyen (Scarborough, ME) finished 1-2-3 for overall highpoint for the meet. 25 other Lobstahs participated and by all Facebook accounts (and photos) – had a really good time!



Other Open Water Events / Results: **Mashpee "Total Immersion" Super Swim - Bridget Convey** (Hallowell, ME) placed 12th in three-mile swim, which took place at John's Pond in Mashpee (Cape Cod), MA. **USMS 6K Open Water National Championship** (Denver, CO) - **Sean Carter** (Bedford, NH) placed 14<sup>th</sup> overall with a time of 1:24:59. **1<sup>st</sup> Annual Nubble Light Challenge 2.4 miles** – 100 swimmers braved high seas, fog, strong currents, and cold off of Nubble Light early in July for the inaugural ~~race~~ **survival swim**. Congratulations to Matt Baxter for winning the race! Other Maine Masters included: Bridget Convey, Leigh Dorsey, Susan Knight, Roxy Olmsted, Amy Rolnick, Gail Turner, Sean Carter, Derek Cerjanec, Robert Dudley, John Gale, Jeremy Hutchinson, Jozef Kurlanski, Mike LePage, Gary Long, Sam Manhart, Chris Matava, George 'Hopper' McDonough, Maury McKinney, Jon Millett, John Williamson, and James Zeitlin. This truly was a well run event – with a superb set up – logistics – and BBQ afterwards. Indeed, once back on dry land – folks were excited to take another crack at the course – so long as it is next year. **USMS 10K Open Water National Championship** (Morse Reservoir, IN) - **Sean Carter** placed 16<sup>th</sup> overall with a time of 2:29:30.



## Chesapeake Bay Swim –

On Sunday June 13th 2010 some swimming buddies and I [Simon Wignall] took part in the Chesapeake Bay swim. It's a 4.4 mile swim that leaves Sandy Point State Park in Maryland and finishes at Hemingway's restaurant and Marina. The Bay Bridge is the Dominant landmark in the area. The Bridge is actually two bridges, one for west bound traffic and the other for east bound lanes. They stand about 100 yards apart. For the swim you must stay between the spans or you are disqualified.

The race is a fundraiser for March of Dimes, and is one of the premiere swims in the United States 600 swimmers get in through a lottery system. .

Since I swam it last year, all swimming races seem short in comparison. Even this crossing seemed shorter. Maybe I've learned how to pace better. Maybe I learned not to be intimidated by a 4.4 mile long, 200 foot high bridge. Maybe my new \$500 wetsuit had something to do with it.

John Shumadine and I chose midway down the beach to start. Further down the beach is actually closer to the bridge/ finish. Many people seem to line up there. I should have picked a more aggressive starting place as I ended up passing a big pack of swimmers at about 200 yards after the start. I made it through the start only having to shove one unruly swimmer. He got on top of my shoulder as I was starting the catch phase, so I was able to shrug him off as I continued the stroke and completed the roll. Thank you waterpolo!

I believe that many people go all out in the first mile and see if they can hold on. All I know is that for three miles every person I saw, I passed. The conditions were not bad; the wind was slightly in our favor. There were small waves but no rhythm to them. It would be calm then suddenly there would be 4 huge waves, probably caused by passing boats. I couldn't time my stroke or breathing. Although I didn't consume mouthfuls of water, several times I would go to breathe and found I was completely submerged.

I swam the whole race hard. Keeping a long and fast turn over. With approximately 2/3 of the race complete, I caught up to somebody who I was unable to pass. I would increase my turn over or lengthen my stroke but he never really got any closer. When I finally got into his wake I had reached the point when I needed the gel snack tucked into my forearm of my wetsuit, no not the mars bar that I wanted. My arms felt like stones and were unresponsive.



I have never eaten anything while I train, let alone when I race big distances, but I had read articles about it. 5 million runners can't all be wrong. Anyway I had a choice. Do I stay in this guys wake and get a 20% boost in efficiency, or do I stop and eat my gel and get a 20% boost in energy.

I took the gel.

It had some caffeine.

Almost right away, I felt better. Before I knew it, the guy was only 5 strokes away from me, and I felt like I could catch him at anytime.

When I caught him, he swerved to the right and crossed over to the right side, the hard side. I swam there last year with great difficulty. As the water passes the right bridge it picks up speed at the pylons which you have to pass and stay upstream of.

I was now alone except for a friendly Kayaker who kept pace with me. It was kind of like those motor cyclists who follow the bikers on the Tour de France. He was just sitting there, comfortably, and paddling occasionally. I still enjoyed his company, but it was weird.

When I saw the huge beach balls that signify where to make the turn and go out from under the bridge I was stunned to run into my old friend from two paragraphs above. I could tell by his wetsuit and his stroke that it was the same guy. We were side by side for a little bit until I realized that I was faster than he was, and that I had a lot left in the gas tank. I gunned it, increasing the turn over rate of my stroke until he fell behind me. Up ahead I saw another swimmer, so I went for him too. It turned out to be somebody from wave 1. I passed him. He tried to catch me in the final 50 meters, but I cut him off, turning him away from the finish chute. Then I made a sharp turn myself for the end. It was a little childish of me, seeing as I already had a 15 min advantage on him (he started 15 mins before wave 2) but I felt that he was in the wrong wave, and so I had little respect for his feelings.

In the end I came 30th out of 599 finishers and 3rd in my age group. It was an awesome swim that seemed to fly by. Every open water swimmer should do this race. - **Simon Wignall**

**Editor's note – Congratulations to all Maine Masters who completed the swim:**

**4.4 Mile Swim - Simon Wignall (Falmouth, ME), Julie Peterson (Williamsburg, VA), John Shumadine (Portland, ME), Alina Perez-Smith (Cape Elizabeth, ME), Amy Klodzinski (Portland, ME), John Gale (Portland, ME), Gary Long (Cape Elizabeth, ME) and his son Evan Long. Julie and Amy swam with no wetsuits!!**

**1.0 Mile Challenge - Mark Dansereau (Windham, ME) and Brendan Trainor (Hampden, ME)**



# Anatomy of a Successful Open Water Event

Organizing an Open Water swim is truly yeoman's work. It takes a lot of time and energy to be able to think through and plan for all that's involved (and all that could go wrong) in and out of the water.

At the USMS National 10K held just north east of Indianapolis, IN – the planners of the race did an extraordinary job at making sure that everything was as smooth as possible for the participants. However – with all the various things that could go wrong – I was all the more confident that the race would be a success after the pre-race briefing... here's why:



*Dawn rises above the USMS 10K open water championship*

- 1) The organizers had thought of everything – from parking – to sign in – to in water nutrition. It was all thoroughly thought through. Emails to race participants started in earnest 2 ½ weeks prior to the race, and were effective in communicating the vital information. This included emails warning participants that the water was unseasonably warm at 84 – 85 degrees (usually 76 – 78 degrees). Through these emails – they provided hints and tricks to ensure that folks were aware of how to hydrate – before and during the race.
- 2) Race organizers took swimmers out on a pontoon boat, so that they could scout the course (it was 2 laps of a 5K course). I rode twice around the course. The first time so I could get a general sense of how far 5K really is (and it's far) – and the 2<sup>nd</sup> time to get a view of specific landmarks (boats) that I could track myself as I went along the lake.
- 3) Sighting - the course had between 16 – 18 buoys – the 6 most important (turn buoys) – were 5' tall and color coded so you knew if it was an in-bound or out-bound buoy. While in the water – you were never unsure of where to go next. Sightlines were superb.
- 4) Pre-race event the day before – allowed folks to ask ALL questions – to check in and get marked up w/o feeling rushed – and allowed to socialize with people from all over the country.
- 5) Post race – allowed time for people to finish the race. Managed awards quickly – and had a number of raffles which kept people around and interested – so all finishers were celebrated.

These same folks who ran the 10K race are running the USMS 25K Open Water championship next year (5 loops of fun!) Based on the course – and the organization that went into this swim – I'd highly recommend it as an excellent event and venue to challenge your limits! Good Luck!



# Free Fitness Swimming Resource

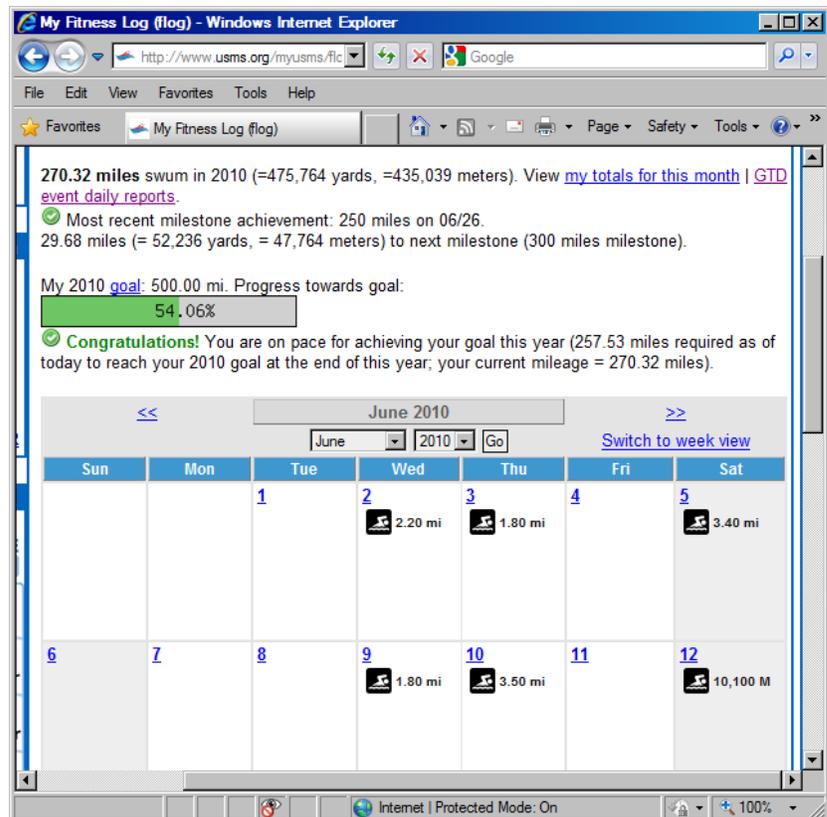
United States Masters Swimming consists of over 50,000 members. While we in Maine have some of the most active participation rate of any club – it is true that many people – indeed a vast majority of USMS Swimmers do not compete in swim meets. Many swimmers swim for fitness – and there’s a significant portion of the USMS website, [www.USMS.org](http://www.USMS.org) that is devoted to the fitness swimmer. One event that is FREE to all swimmers – is what the USMS calls the Fitness Log (FLOG).

As a Maine Masters swimmer – you have your own FLOG just waiting for you. With a FLOG you can enter the distance that you swim every day – and set goals for total distance that you want to swim the rest of the year. The FLOG tracks it for you – and it measures your totals against goals.

If you have a FLOG – you can enter “Go the Distance Event”. This event simply tracks the total distance that you’ve swum. You can also track your other activities including running, cycling, weights, yoga, and

more. Then corporate sponsors Nike and All American Swim Supply give you prizes for reaching certain milestones. For example – at 50 miles swum – you get a swim cap. At 100 miles – you get a water bottle. At 500 miles – you get a brand new Nike Swim suit. At 1000 miles – there’s \$\$ gift certificates to All American Swim Supply. Again – this event – is free - and designed to encourage swimmers to participate and stay healthy.

As of 7/6 – the following 15 Maine Masters had signed up for the “Go the Distance” Event: Richard J Bell, Kerry J Black, Sean M Carter, Sharon Dean, Leigh E Dorsey, John A Gale, Connie Hallett, Amy C Klodzinski, Lindsay D McMahon, Michelle M Mitchell, Dan Ottman, John B Shumadine, Alexander J Szafran, Maria C Villare, Joshua L Whalen. Together – MESC has swum almost 1500 miles. Now the good news – you can still enter this fitness event. PLUS – you can back date all the yardage that you’ve already swum so far this year. (It’s allowed – and even encouraged!) -SC



# Upcoming Events / Meets

Date: Sunday, August 22, 2010  
Time: 8:00am - 12:00pm  
Location: JT Pool, Dover  
Street: 150 Portland Ave  
City/Town: Dover, NH

- \* Entry Procedure: Enter five individual events maximum, plus relays. Deck enter or US mail your entry with payment by check to: GBM, PO Box 1723, Dover, NH 03821.
- \* Mail must be received by July 17; no check-in required if your US mail entry and check are received before the deadline.
- \* Deck-Entry between 7:30 and 8:30 a.m.; meet entries not accepted after 8:30 a.m.
- \* Warm Up: 8:00 a.m. to 9:00 a.m., meet must be done by noon
- \* Facility: 6 lane 50 meter competition pool, with additional space for warm up / warm down
- \* Fees: For entries and payment by check received via US Mail by August 20, 2010: \$5 base fee plus \$3 per individual event. Deck Entries, and incomplete US mail entries, are \$10 base fee plus \$3 per individual event.
- \* There will be no refunds for non-participation. No charge for relays but swimmers must be entered in at least one individual event to be eligible for relays.
- \* Event Order

200 free, 100 breast, 200 back, 100 fly, 200 breast, 100 free, 200 fly, 100 back, 200 IM, 50 free, 50 back, 50 fly, 50 breast, 400 Free Relay, 400 Medley Relay, Mixed 400 Free\* \*Mixed 400 IM\*\*

\*\*if time permits

=====

A cookout is planned following the meet. Hamburgers, Hotdogs and beverages will be provided until they run out. Participants are invited to bring a salad or sweet to share.

## Open Water Events -

August 7<sup>th</sup>

**Echo Lake Swim**

August 8<sup>th</sup>

**Beach to Beach Swim, Dedham Lake**

August 8<sup>th</sup>

**Hobbs Pond Swim Challenge**

**Hope, ME**

August 8<sup>th</sup>

**3<sup>rd</sup> Annual KBIA Cove Swim**

**Kennebunk Beach, ME**

August 21

**Celebrate the Clean Water Swim, Gloucester, MA**

August 22

**Wild Fish 1 Mile & 2 Mile Swim (\$500 in cash being awarded) Salem, MA**

August 28<sup>th</sup>

**Rockland Breakwater Swim**

September 4<sup>th</sup>

**Merrimack River 1 and 2 mile Challenge Lowell, MA (Yes – it's a clean (enough) river)**

# Peaks to Portland

July 23, a record 192 people finished the annual swim from Peaks Island to East End Beach in Portland (aka Peaks to Portland). Of the 192 finishers, here are the Maine Masters winning their age-groups:

- \*\* Jeremy Hutchinson (Portland ME) 31-40 AG & 3rd overall,
- \*\* Julie Peterson (Windham, ME) 31-40 AG & 1st non-wetsuit,
- \*\* Mike Lepage (Cumberland ME) 51-60 AG, and
- \*\* Jim Newton (Cape Elizabeth ME) 61+ AG.

For the completed results on coolrunning.com, go to:

[http://www.coolrunning.com/results/10/me/Jul24\\_CyrusH\\_set1.shtml](http://www.coolrunning.com/results/10/me/Jul24_CyrusH_set1.shtml)



## Upcoming Newsletter Format

One of the things that makes Maine Masters so unique is that despite our challenging geography – we are able to come together and participate in the community as a TEAM. Whether it's through a workout list emailed out – or our virtual community on Facebook or at [www.MaineMasters.Org](http://www.MaineMasters.Org), Lobstahs are able to support each other & celebrate when we achieve our personal milestones. These forums make it easier for us as a team when we reconnect at our swim meets. One of the goals of this Newsletter is to also make it easier to for us as Maine Masters to support and celebrate us!

For the next few newsletters, we will focus on finding out who we are and where we swim by introducing 2 columns. The first column will focus on a local workout group. If you are in need of a change of pace – or a group near by to swim with – hopefully some of these introductions will be of interest to you. The second column will be titled – “Lobstah from Away” – highlighting the Maine Masters who may not live in Maine – but enjoy being part of this special team.

If you would like to see a workout group or Lobstah from Away highlighted – (don't be bashful) - please send a note to [Sean.Carter@TD.com](mailto:Sean.Carter@TD.com) and we will introduce the individual or group to the Team.

---

### ***Way Better Than Crabs Press***

38 Hawthorne Dr, G205

Bedford, NH 03110

