



# Maine Masters

S W I M C L U B  
N E W S L E T T E R

## Boothbay Swim Meet Announced.

*Rare opportunity to swim a Short Course Meters pool so close to home.*

Frank Giustra

The Boothbay YMCA is hosting a Short Course Meters swim meet on April 16<sup>th</sup>. This is a great chance for you to get some benchmark short course meters times, especially since the meet is home here in Maine.

Slightly longer than 25 yards, you can get into a rhythm with your strokes, however, turns are still frequent enough, that you don't get too tired swimming from one end to another. Plus the MESC club top 10 have the fewest entries for short course meters (compared to long course meters, and short course yards). Swimming short course meters is the best of both courses.

An event sign up sheet can be found on page 2 of this newsletter. I hope to see you there. ❖

## MESC Set to defend "Travel Team" Championship at Harvard.

*April 2, and April 8 – 10 will be fast, fast, fast.*

Sean Carter

New Englands are coming up. Last year, MESC took the Travel title home when over 30 Maine swimmers competed at the regional championships held at Harvard University's Blodgett Pool. This year, with Great Bay Masters splitting from NEM, the competition for the travel title will be even more intense. But why go down to Boston for a couple of weekends?

#1. The meet is run very efficiently. The group that runs the meet, has all of the heat sheets up well in advance of the time that you will swim.

#2. The Blodgett Pool is very fast. Harvard has hosted NCAA champs in the past. Many of the pool records are held by Olympians. Last year at this meet, MESC swimmers set 5 New England records! (Yes, some people do shave for this event.)

#3. Rest. There is lots of rest in between events. With several heats of each event (there were over 20 heats of the Men's 100 Free last year), you will get plenty of time to rest in between events. It's possible to have good swims in multiple events.

#4. It's a good chance to catch up with other MESC swimmers from around the state. Whether it's in a relay, or out to dinner, it's a nice chance to get to know those you swim with a lot better.

#5. Boston in the spring time can be wonderful. Last year, temperatures were in the 50's and 60's. On Friday, I didn't have to swim until 2:30, so I spent the AM in Harvard Square looking at shops, and enjoying the outdoors. It's a great mini get-away.

This is a meet where participation counts. Even if you swim for one weekend day the points count, and it's a great opportunity. Get your entries in soon. The meet is April 2, & April 8, 9, 10. Meet information can be found at: [www.mainemasters.org](http://www.mainemasters.org) or [www.swimnem.org](http://www.swimnem.org). See you there! ❖

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## MAINE MASTERS SPRING MEET

Boothbay Region YMCA  
261 Townsend Avenue  
Boothbay Harbor, Maine

**DATE and TIME: Saturday April 16, 2005**

Warm Up 11:00 AM / Start 12 Noon

**FACILITY: 6 lane 25 meter competition pool with electronic timing.**

**DIRECTIONS: Take RT 1 NORTH or SOUTH towards Wiscasset. Turn onto RT 27 SOUTH for 10.2 miles. The Y is on the left hand side of the road.**

**ENTRIES:** There will be no deck entries except for relays. Entry cut off will be mail delivery on 4/13/05

**ORDER of EVENTS:** (SCM)

Women	Event	Men
1.	200 Free	2.
3.	100 Breast	4.
5.	50 Back	6.
7.	25 Fly	8.
9.	100 Back	10.
11.	100 IM	12.
13.	50 Fly	14.
15.	25 Free	16.
17.	200 Breast	18.
19.	200 Back	20.
21.	100 Fly	22.
23.	200 IM	24.
25.	50 Free	26.
27.	25 Breast	28.
29.	100 Free	30.
31.	200 Fly	32.
33.	25 Back	34.
35.	50 Breast	36.
37.	200 Free Relay- same gender or mixed	
38.	200 Medley Relay- same gender or mixed	

### SEEDING:

Slow to fast, regardless of age. "No times" will be seeded in the slowest heats.

### AWARDS:

Ribbons will be awarded to the first three places in five year age groups for both men and women.

**MEET DIRECTOR: Michelle Poulin 207-633-2855  
poulinm@brymca.org**

**For other information visit our Web Site at:  
www.mainemasters.org**

### REGISTRATION and MEET APPROVAL DATA:

USMS approval level requested for this meet is

a) Sanctioned \_\_\_ b) Recognized \_XX\_

a) Only USMS Registered Masters swimmers 18 years and older may enter a sanctioned meet.

b) Both USMS Registered Masters swimmers and non-registered swimmers may enter a recognized meet.

USMS liability release waiver must be executed by **all** entrants.

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers at an official meet are eligible for record consideration in Maine, New England and nationally.

To register as a Maine Master contact Laura Lee, 168 Hacker Rd. Brunswick, ME 04011. 207-725-5025

### MAINE MASTERS SPRING MEET

**Saturday, April 16, 2005**

Name \_\_\_\_\_

Address \_\_\_\_\_ -E-Mail \_\_\_\_\_

Home Phone \_\_\_\_\_ USMS# \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender: M F

[ ] New England Masters(NEM) [ ] Maine Masters (MESC)

[ ] Other Masters Club-please indicate \_\_\_\_\_

[ ] Not a member of a Masters Club

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

**Members of clubs outside the New England LMSC must attach a copy of your USMS card.**

FEES: Meet fee is \$15 per entry covering 5 individual events. Make checks payable to Boothbay Region YMCA and mail to Michelle Farnham, Aquatics Director, 261 Townsend Ave., Boothbay Harbor, ME 04538.

**Total Fees Enclosed: \$ \_\_\_\_\_**

**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 AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE 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 ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature of Participant \_\_\_\_\_

Date \_\_\_\_\_

## Carbo loading – made fun – fast – and easy.

Sean Carter

Last year Sandy Potholm surveyed Maine Masters swimmers to find out what they typically ate before big swim meets. Everyone had some variation of “carbo-loading” (eating lots of foods with carbohydrates to maximize performance). Since championship season nearly upon us, certainly carbo-loading can be tricky and complex. Then came along Mark Bittman. In an article published in *The New York Times* earlier this year, Mr. Bittman, taught his readers to make “Fresh Pasta at Ferrari Speed”. The pasta really is tasty, easy, and fun to make. It’ll be a bonus when MESC swimmers start swimming as fast as Ferraris.

### Fresh Pasta at Ferrari Speed

By MARK BITTMAN, *The New York Times*, January 26, 2005

If you routinely make fresh pasta, you can stop reading now. Everyone else - probably about 99.9 percent of you - read on.

Few things are better to eat than fresh pasta. (We're not addressing health aspects here, simply enjoyment.) Loaded with eggs, bound gently by flour, readily accepting and easily enhanced by just about any sauce you can think of from warmed olive oil with garlic or melted butter with Parmesan to the most complicated stew of shredded meat, it's incomparable.

Unfortunately, unless you live in Italy, it's probably not a part of your daily life. Most of the "fresh" pasta sold in stores lacks the charm of the real thing, and even most devoted home cooks consider making fresh pasta a once in a while, rainy day kind of thing, a special occasion dish rather than a reliable standby.

This changes the moment you expand your definition of fresh pasta from tagliatelle and tortellini to, well, cooked paste (which is what it literally means), a dough of flour and egg and whatever else you choose to add. (Dried pasta typically contains no egg and is only rarely made at home, even in Italy.) Because it isn't preparing the dough that makes pasta time-consuming; what takes time, effort and even precision, is rolling it out in a pasta machine and cutting it precisely. (When you get to stuffing it, you're talking about a serious project.)

But if you eliminate the machine, you've eliminated the most severe challenge. The simplest, most basic, and arguably best pasta dough is flour, salt and egg. (Within limits, the more egg the better.) This dough takes five minutes to make by hand and about 90 seconds to make in a food processor, and can be made successfully, I swear, on the first try.

If you take that basic pasta dough, you can quickly roll it out and cut it into random shapes, a process that'll take you 15 or 20 minutes. Even easier, you can take small pinches of it and drop them directly into boiling water, where it will cook like any other fresh pasta; at that point you can sauce it. Or you can pinch it directly into simmering broth to make a fast, fresh pasta soup that takes wonderfully to Parmesan. Yet another alternative is to divide the dough into three or four small balls and freeze them until they have the texture of semi-hard cheese (this takes about an hour), then grate on large holes directly into simmering water or broth.

Expand the concept of pasta a bit (and this is not cheating), and you arrive at spaetzle, the quickly made and rather thin dough (somewhat akin to savory pancake batter) that is often "grated" into boiling water on a spaetzle maker, a tool that looks like a grater without sharp edges. I find spaetzle makers unnervingly tricky, so I prefer to do what I've often seen done by Alsatians, for whom spaetzle is traditional: drop the batter by the spoonful into boiling water. As with all pasta, the more fragile the batter is, the lighter the result will be, so don't make it too stiff; just stiff enough to hold together.

Stretch things even further, and you arrive at the central European version of gnocchi, a raw potato dumpling. True gnocchi - essentially mashed potatoes lightly bound by flour, with or without egg - are not all that difficult to make, but they take time and practice. (O.K., maybe they are difficult to make. Certainly most restaurants don't even come close to the ideal.) These, which lack the elegance of gnocchi, have the advantage of being extremely quick and totally reliable: you grate raw, peeled potatoes and bind them with flour and egg. I like them best in tomato sauce but, like spaetzle, they're wonderful when browned in a pan (after boiling). The trick with these is to make sure the potatoes are cooked through; after the dumplings float to the surface, let them cook a little bit longer, then taste for doneness.

After boiling all three of these basic doughs can be treated as you would any pasta; what I've done here is provide the most basic ideas for saucing and serving. But I cannot think of an instance in which you could not use whatever sauce you prefer on "real" fresh egg pasta. The major difference is that these can be prepared on a hurried weeknight.

(Recipes on page 4) ❖

## Recipe: Spaetzle

Time: 30 minutes

Salt  
 2 cups flour  
 1/2 teaspoon freshly ground black pepper, more to taste  
 3 eggs  
 1 cup milk, more if needed  
 2 to 4 tablespoons butter or olive oil  
 Chopped fresh parsley or chives for garnish.

1. Set a large pot of water to a boil and salt it. In a bowl, combine flour with pepper and a large pinch of salt. Lightly beat together eggs and milk, and add to flour, stirring. If necessary, add a little more milk until mixture has the consistency of pancake batter.
2. Scoop a tablespoon or so of batter, and drop it into water; small pieces may break off, but batter should remain largely intact and form a disk. Repeat, using about one-third to one-fourth the batter, depending on the size of the pot. When spaetzle rise to top a couple of minutes later (you may have to loosen them from the bottom, but they will pop right up), cook another minute or so, then remove with a slotted spoon into a bowl of ice water. Repeat until all the batter is used up.
3. Drain spaetzle; at this point you can toss them with a bit of oil and refrigerate, covered, for up to a day. Heat butter or oil in a large skillet, preferably nonstick, over medium-high heat. When it's hot, add spaetzle a few at a time, and quickly brown on both sides. Serve hot, garnished with parsley or chives.

Yield: 4 servings ❖

## Recipe: Pasta in Broth

Time: 30 minutes

1 cup all-purpose flour, plus more as needed  
 1/2 teaspoon salt  
 2 eggs  
 1 teaspoon olive oil  
 6 cups chicken stock, preferably homemade  
 A few gratings of nutmeg (about 1/8 teaspoon)  
 Freshly grated Parmesan cheese.

1. Combine flour and salt in food processor, and pulse once or twice. Add eggs and oil, and turn machine on. Process until a ball begins to form, about 30 seconds. Add a few drops of water if dough is dry and grainy; add a little flour if dough sticks to side of bowl. You want a not-too-sticky, quite firm dough; knead by hand with a little flour if necessary to achieve that. (You can wrap dough in plastic and refrigerate for up to a day at this point.)
2. When you are ready to cook, bring stock to a slow boil in a large pot. Using more flour as needed, flatten or roll dough out quickly to less than 1/4 inch, then cut it into strips or shapes with a knife; add to stock. Alternatively, pinch small pieces of dough directly into simmering stock.
3. Cook until pasta is tender but firm, 3 or 4 minutes. Season broth with nutmeg and serve, passing Parmesan at table.

Yield: 4 servings. ❖

## Mini-Meet Report – Exeter, NH – February 6, 2005

Name	Age	50 Free	100 Free	200 Free	1650 Free
Carter, Sean	29	24.62	54.87	1:59.29	
Morse, Ben	32			2:02.73	
Schmidt, Michael	42			1:53.01	18:26.79
Thomas, David	51				23:51.01
Rupert, Bill	61		1:11.12		

  

Name	50 Back	100 Back	50 Fly	100 Fly	100 IM
Morse, Ben			27.28	59.84	
Schmidt, Michael				56.30	
Uecker, Anne				1:14.86	1:17.75
Rupert, Bill	34.48	1:13.46			

Superbowl Sunday began very early for 6 Maine Masters who traveled to Exeter, NH to participate in a NEM Mini-Meet. Warmups beginning at 8:00 AM & the Patriots being in the Superbowl later that evening, may have deterred some from participating, but for those who swam, it was a good meet.

This meet provided a rare opportunity to swim the 1650 in a meet environment outside of a championship meet. Good practice indeed!

The Exeter meet is also one of the

first tune-up meets in New England for the Short Course Yards season. There were good sprinters at the meet, as well as a couple of good races. In one race, a husband beat his wife by hundredths of a second in the 100 Free. Then (unless you were doing the 1650), the meet was over by 10:00 AM. We were back in plenty of time to see the Superbowl pre-game show.

The Exeter meet was a good test in a nice pool to check our mid-season form. I'd say it looks good. ❖

## BYO Bucket –

*Sprint workout from Ben Morse*

Ben Morse

Another sprint workout from one of our MESC swimmers. If you would like to see your sprint workout printed here, simply email Sean Carter your workout at [scarter@banknorth.com](mailto:scarter@banknorth.com).

500 warm up

12 x 50

1->3) kick on 1:10

4->6) drill on 1:05

7->9) stroke on 1:00

10->12) free descend on :55

Main Set

1x50 fast

1x50 easy

1x100 fast

1x50 easy

1x150 fast or 3x50 fast\*

1x50 easy

1x200 fast or 2x100 fast\*

1x100 easy

1x150 fast or 3x50 fast\*

1x50 easy

1x100 fast

1x50 easy

1x50 fast

1x50 easy

All swims are choice of stroke on 1:15 per 50 Kicking is an option on everything.

\*If swimmers choose to do 3x50 rather than 1x150, then they must do 1x200 fast. If swimmers opt for fast 150s rather than 3x50s, then they may break the fast 200 into 2x100. Of course, swimmers may stay with 150s fast and the 200 fast.

200 cool down

Total 2500 yds – ENJOY! ❖

## Merchandise

Don't wait for a meet to purchase Maine Masters Swim Club goodies. You can order them by mail from FRANK X GIUSTRA. Fill out the form below and send with your check or money order.

**Frank X. Giustra**

**11 0 Robinson Rd**

**Waldoboro, ME 04572**

MAIL TO (Print or type clearly):

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

### SWEATS:

#### SWEATSHIRTS

Ash gray with MESC logo (L & XL, only) \$21 \_\_\_\_\_

Ash gray with PUFFIN logo (M,L,XL) \$21 \_\_\_\_\_

#### SWEATPANTS

Ash gray with MAINE MASTERS SWIM CLUB imprinted down one leg (S,M,L,XL) \$19 \_\_\_\_\_

#### T-SHIRTS:

Ash gray, long sleeve, with puffin logo (S,M,L,XL) \$12 \_\_\_\_\_

White, short sleeve, with MESC logo (L & XL) \$10 \_\_\_\_\_

White, short sleeve, with PUFFIN logo (M,L,XL) \$10 \_\_\_\_\_

#### BASEBALL CAPS:

With logo and curved lid, custom embroidered \$9 \_\_\_\_\_

**SWIM CAPS:** With USMS logo \$5 \_\_\_\_\_

**WATER BOTTLES:** With MESC logo \$2 \_\_\_\_\_

**POSTAGE AND HANDLING FEE** \$4 **\$4.00**

**TOTAL ENCLOSED (ALL PRICES INCLUDE MAINE SALES TAX)** \_\_\_\_\_

**DON'T FORGET TO INDICATE SIZE & QUANTITY**

## HAVE A HOME SWIM MEET WHERE YOU PRACTICE!

To have a Maine Masters Swim Meet at your pool site is simple. Just fill out the Authorization Request Form and Return it to Frank Giustra, MESC Director of Meets. Once received, an application will be made on your behalf to the National office. Your meet will then be assigned an authorization number. If you are setting up a meet for the first time Frank will walk you through every step towards a successful home meet.

### MESC Authorization Request

1. Type of Request: Recognized\_\_\_\_ Sanctioned\_\_\_\_
2. Type of Meet: SCY\_\_\_\_ SCM\_\_\_\_ LCM\_\_\_\_ Open Water\_\_\_\_
3. Name of Meet: \_\_\_\_\_
4. Location of Meet: \_\_\_\_\_
5. Date of Meet: \_\_\_\_\_
6. Warm Up Time: \_\_\_\_\_ Meet Start Time: \_\_\_\_\_
7. Meet Director: \_\_\_\_\_ Contact # for More info: \_\_\_\_\_

Return this form via email to Fran X Giustra, MESC Director of Meets at [giustrajr@peoplepc.com](mailto:giustrajr@peoplepc.com) or via snail mail to: Frank X. Giustra; 110 Robinson Rd.; Waldoboro, ME 04572 Please include a copy of the schedule of events. Questions? Please call Frank at (207) 832-6860.

## Ooops

– In last issue's article on the Maine Senior Games, I omitted the results of Jim Goodman. (Sorry Jim.) Jim swam the 200 Free, 100 Breast, 50 Breast, 200 Breast, and 100 IM. In all 5 events, Jim took first place and set new MESC records. --- If you catch an error / omission, or if you have a comment or suggestion about the Newsletter, please send your feedback to Sean Carter, at [SwimCarter@gmail.com](mailto:SwimCarter@gmail.com) or [scarter@banknorth.com](mailto:scarter@banknorth.com). Cheers! ❖

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## The Bottom Line -

SANDY POTHOLM

It's the doldrums of winter – it's been cold for over two months. Temperatures have been wildly in flux for the past few weeks. At times it's tough to stay healthy (or sane). As such we were going to ask "What do you do to stay healthy?" But our first group of respondents were all sick. So we asked a different group of folks their thoughts about staying healthy and how to beat the winter blahs. We got some interesting ideas...

### How do you stay healthy?

I stay healthy by exercising regularly (swimming 3x and weight training 2x weekly) and eating nutrition foods (such as fish rich in omega-3 fatty acids weekly). – Son Nguyen

Scotch before bed – Stan Henson

We stay as healthy as we are---sort of marginal, really---- by swimming (Peter), and swimming and T'ai Chi and 'blood type' diet (Janet). – Peter and Janet Brand

I stay healthy by swimming. – Peter Lynch

Thankfully, I have avoided the flu this year and I chalk it up to staying active (swimming, x-country

Sean Carter  
MESC Newsletter Editor  
44 May Meadow Dr  
Gray, ME 04039

ADDRESS CORRECTION REQUESTED

skiing, snowshoeing) and trying to eat well and get plenty of rest. I also try to wash my hands often!! – Margaret Hazlett

I get a flu shot & try to get enough sleep. – David Baginski

I swim four days a week, Lift two-three days a week/ run two a week, teach PE (active with the students) I hot tub, and wish for messages. However, it's tough, My elementary child keeps bringing the germs home. She's been sick twice. - Diane Tyler

I remove my body from Maine to avoid getting sick. I go to Palm Springs, CA. We have the best public 25ydX50m outdoor pool I have encountered anywhere. Y'all come on out! – Dick Moll

The Bottom Line – Sometimes you can't avoid getting sick, but swimming and being attentive to what your body is saying seems to help. Stay Healthy! ❖

“Water is the way we all bond. It brings us together. It's a way we stay together.”

Rocco Aceto  
Westbrook Seals coach

