

MARCH 2006

Maine Masters

S W I M C L U B

N E W S L E T T E R

Maine Meet Participation Remains High

Ambitious Waterville Meet a Big Success

A whopping 64 swimmers traveled through the woods and over the Kennebec River to take part in Anne Uecker's Waterville meet—new to the Maine Masters calendar. It takes a talented woman to organize an inaugural masters swim meet. Many wives have weekend "Honey Do" lists for their husbands, but a talented AND brilliant woman organizes an inaugural swim meet, and says "Honey, 'do' the computers awhile", while I whip out [literally] three first place swims. Jeff Uecker efficiently manned



Tim LeCrone and other Waterville swimmers at the Jan 22nd Waterville meet.



Good Ole Boys Relay at Waterville: (l-r) Norm Seagrave, Charlie Butts, John White, and John Woods.

the Meet Manager computers while wife/meet director, Anne Uecker, swam a 6:17.12 500 yd free, a 1:13.97 100 yd back, and a 2:35.36 200 yd fly. Fortunately there were some people who swam the 500 less swiftly than Anne, because our dear Sterling Dymond was still engaged in his now familiar canvassing the deck with "Where are we

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(right) Wily Bill Jones lulls Frank Giustra into lassitude before passing him in the 1650.



(far right) The Farmington Team at Waterville.

eating after the meet?" when his heat of the 500 was called .

In the come-back-kids column, several swimmers chose Waterville for their re-entry into swimming in masters meets; for example, Tandy Ratliff, Jessica Nickels, and Hilda Livingstone(51). Tandy, 35, said she had been "meet-less" for 18 years. Tandy still excels in backstroke, achieving firsts in the 25 yd back, 18.00, the 100 yd back, 1:28.50, and a second in the 50 back, 40.60, in the 35-39 year women's bracket. Jessica Nickels, 29, hailing from Bar Harbor, burst into masters with a 33.44 and a 1:14 for the 50 yd and 100 yd breaststroke, and a 26.59 for the 50 yd free. Hilda's light was not hidden under a bushel, but rather beneath the chauffeur's hat

from ferrying sons to swim and other sports practices. The results from Hilda's full slate of 5 events at Waterville show that she could have swum those practices with her kids and would have fit right in—including a 1:32.51 in the 100 yd IM, 42.75 in 50 yd back, 42.35 in the 50 yd fly, 38.18 in the 50 yd free, and 30:06.06 in the 1650 yd free.

Before the "drudgery" of the 1650, swimmers and spectators were inspired by a relay swum by the Good Ole Boys. John White, 89, John Woods, 87, Norm Seagrave, 89 and Charlie Butts, 80, swam a 200 yd freestyle relay in 4:14.44. Seven of the nine swimmers who tackled the 1650 at Waterville were from the PenBay YMCA masters team. *See the meet results at mainemasters.org*

Bowdoin Distance Festival

The Bowdoin College pool can accommodate 10 lanes of competition. Lo and behold, there were 10 swimmers who took part in the January 29, 2006 Bowdoin Distance Festival. The Bowdoin Distance Festival is Brad Burnham's and David Vail's generous annual offering of an opportunity to swim and record a time for 1000 yds, 1650 yds, and also for the annual January one-hour postal swim(the farthest/most yardage a swimmer can go in one hour). Only 3 of the 10 swimmers hung in there for the hour swim, with Doug Roth swimming the farthest: 3840 yds. Results: Toby Brewster(43), 1000 free, 14:18.58, John Spelke(35), 1650 free, 19:36.29, David Vail



Nancy O'Brien MacKinnon and Glen Bangs at the Bowdoin Distance Festival.

(62), 1650 free, 22:24.81, Fred Pierce(62), 1000 free, 14:38.19 & 1650 free, 24:29.41, Marcus Deck, 1650 free, 26:44.09, Nancy O'Brien-MacKinnon (53), 1650, 27:11.06, Glenn Bangs(59), 1650 32:43.73, Claude Bonang(75), 1000 free, 23:39.25, 1650 free, 40:18.35, one hour swim 2405 yards, John Gale(49), 1000 free, 16:96, 1650, 27:35.09, one hour swim 3500 yards, Doug Roth(44), 1650 free, 25:42.80, one hour swim, 3840 yards.

PEN BAY, 2-11-06: WHO KNEW???

When filling out the 2/11/06 PenBay meet entry form, and scanning down over the 4 relay events, WHO KNEW “what evil lurked in the hearts”... of Relay Czar, Bill Jones, and Doug Roth?? There were 72 meet entrants, whose names and ages the Relay Czar used to form 51 relays. Some of the entered swimmers were no-shows at the meet [had a mole LEAKED info’ on the impending relay assignments??], and some swimmers slithered away from the pool early. Of the 35 relays which finished legally, 24

relays either set or broke Maine State masters records. The 11 relays which did not set or break state records, ALL finished in the all-time Maine Top Ten times.

Maine Masters welcomes the first time meet swimmers at the PenBay meet, including Melissa Paresky(50), Gabe Schuft(29), Steve Nystrom(34), and Tracy Lord(51). Farmer Bill Jones, ‘til now, has shaken nothing out of the Hope, Maine bushes but his own blueberries, so we are pleased that vivacious Tracy shook out of Hope. We also dragged Moira Paddock from far Alaska, and Margaret Pizer(30) from the Seattle, WA area. Undaunted Melissa Paresky tackled the long 1000yd free in her



Swimmers at PenBay Meet:
(clockwise, from right) Carrie Carnie, Hilda Livingstone, Mudd Sharrigan group, Andy Wisch, Doug Roth, Drew Darling’s Backstroke Start, Bill Jones, Peter Lynch, and (center photo) Pam Torrey start.

Photos by Richard Chalmers.



first meet, with a fine time of 22:20.97. Reed Lowden(51) claims to have been out of the meet scene for 30 years, but easily earned a first place in the 50 yd back(52.06), and allowed PenBay teammate Drew Darling(53), only 81/100 of a second lead in the 100 yd IM. Steve Pixley(39) emerged from the Camden Harbor like a silkie, and whipped out a 1:13.94 for the 100 yd IM. Pixley's 4-man toboggan team won first place at the National Toboggan Championships in Camden the previous weekend, so Steve was still into his rhythm and movement thing. Our meet officials did not like the "rhythm" in Steve's hands on his 50 yd butterfly pull-out.....

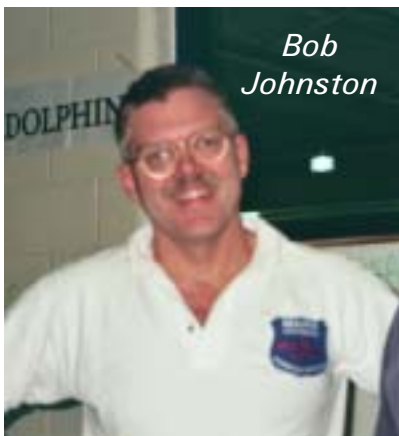
To everyone's delight, Jeannette Strickland(44) loaded up her gaggle of Portland-area Casco Bay open water ducks, and made the trip up to Camden-Rockport. The open water crew included Jeannette and Jean Strickland, John Gale, Roxanne Olmsted, and—as yet still sticking to the pool, Geoff Hadam, and Son Nguyen. John Gale had great swims in the 1000 yd free, 16:45.90, in the 200 yd free, 3:05.58, and in several relays. We are also grateful to Paul Griffin and Julia Malloy for making the trip up from

NH. We in MESC can hardly wait to get our clutches on Kelly Sherwood, who promises that she is moving permanently from Massachusetts to Woolwich, Maine. Patty Read(51) is one of the "glue people" who held together the masters swimmers in the days of the old subterranean 4-lane Camden YMCA pool. Patty finally chose the Feb 11 home pool meet to show-off the results of all those disciplined kick sets she does on her own. That strong kick carried her through the grueling 200 yd back, for a first place, 3:38.56.

We thank our wonderfully active master, Betsy Packard, for drawing Jean Brusila(79) into the Maine Masters swimming fold. Jean swam a 1:01.29 50 yd free for herself, and contributed handsomely to the 65+ mixed 200 yd free relay, 3:06.36. Betsy herself swam the 1000 yd free in 23.29.41, the 50 fly in 1:37.13, the 50 yd back in 1:21.13, and several great relays. "Consistent Cornelia"(Johnson, 82), swam the 50 yd and 100 yd breaststroke in 1:35.28, and 2:52.86, and the 100 IM in 2:37.49, as well as being a key player on several relays.

Giving Back to the Sport

We would like to salute those Maine Masters swimmers who give back to the sport, in the form of serving as swim meet



Bob Johnston

officials. Members of Maine Swimming Officials Association, M.S.O.A., undergo initial, and annual training, testing, and serve as officials at high



Mary Thompson

school, YMCA, and masters swim meets. Maine Masters swimmers known to be performing this service are Mary Thompson, Anne Uecker, Bob Johnson, Bill Jones, and Kristi

Panayotoff. If there are others, please let us know. If you are interested in getting involved in officiating, call Melanie, "Lonie" Brown, 207-338-5060. The annual training is in late fall. There is a fee to belong to MSOA, and a nominal fee for the annual training and testing.

The Bottom Line

by Sandy Potholm

“What is the ideal water temperature for swimming?”

Jozef Kurlanski, Cumberland (34) I’d have to say I find that 78 degrees is about the best temperature, with a tolerance of +/- 2 degrees. But I also think that the air temperature can be equally important. Ever try to catch your breath when the air temp is hovering around 90 degrees? Air temperature needs to stay below 85, or you’re gasping!



Coach Brad Burnham, Brunswick My response begins with ‘it depends.’ If you are looking for a hard training workout I would go with 78. If you are working on technique then I would say 90. The

perfect temp for the perfect post-workout soak seems to be 102.

Ben Morse, Freeport YMCA (33) I prefer to have the water in the 77 or 78 range for workouts. It keeps the body cool and somewhat comfortable. Once it gets up around 83 it begins to get uncomfortable to workout for me.

When I was assisting Charlie Butt at Bowdoin he had the janitor let him into

A modern swimming facility like this one in Freeport will often have a separate “therapy” pool (shown in foreground) with warmer water than the competition pool. This arrangement allows one facility to accommodate a wide range of swimming activities without degrading the quality of serious training in the big pool.

the pool mechanical room about a week before swim season started, and he turned the pool temp down to 78 degrees. This was the optimum racing temp according to Charlie. To go along with this he told me, “I only have to listen to about a week of complaining by the regulars when I do this. The great part is that I can claim ignorance since I don’t have a key to that room.”

When I was in school at Colby my senior year was in the midst of a campus-wide heating system renovation. Over Christmas break the contractors hooked the athletic facility up to the new system, and the temperature of the pool began dropping. Within a week it was down to 72 degrees. That afternoon during practice I slipped into hypothermia to the point that I became disoriented and stopped shivering. My core temp got down to 94 degrees that day. It was a pretty good wake-up call about the dangers of cold water. The next day the contractors were digging up the parking lot to fix the pipes!



Ben Morse





J. Strickland (left) and John Gale (right) are two new members from the Riverton Pool.



Photos by Richard Chalmers

The thrill of competition has enticed many swimmers to join Maine Masters.



Sanctioned meets are a proven method to boost membership in both Maine Masters (MESC) and the host pool's Masters team.

The Benefits of "Sanctioned" Meets

by Douglas Roth, PenBay Pool Rep.

There are two basic types of Masters Swim Meets: a "sanctioned" meet is the more serious of the two. In a sanctioned meet, *all* of the swimmers must be registered with USMS.

Up until recently the only sanctioned meet in Maine was the George Erswell Meet held each fall at Bowdoin. Last year the PenBay Meet switched over to the sanctioned designation. This year the upcoming *Bangor Meet* (in March) and the *Rockland Breakwater Race* (in August) will also be sanctioned events.

One positive result of holding sanctioned meets is membership growth. Each sanctioned meet produces at least a few "new" masters swimmers who join Maine Masters so they can enter the meet.

Sometimes it's not just a "few." At the 2005 PenBay meet, a total of twelve (12) new members joined Maine Masters. Six of them were from the host pool. At the 2006 PenBay meet, even more joined! A total of 14 (wow!) new members joined Maine Masters. Eight of them were from the host pool.

It's a win-win situation: sanctioned

meets help both the statewide masters organization *and* the host pool. Next year, when the host pool holds another meet, their own masters team (and their meet turnout) will be even *more* solid due to the new members they gained this year.

Not everyone agrees about this subject, however. Some people believe that non-sanctioned meets are helpful because they

welcome new people to simply "try out" Masters Swimming without having to pay the \$35 membership fee. I believe that in the long run this approach is less

than fruitful. The last few years of MESC data shows that "casual" swimmers in non-sanctioned meets tend to swim one local meet and that's it. They're done.

On the other hand, the casual swimmers who are forced (by sanctioned meets) to join MESC start to become real masters swimmers. They get *Swimmer Magazine* in the mail. They receive the *Maine Masters Newsletter*. They start to identify themselves with Masters Swimming and are more likely to develop healthy social connections related to the sport.

At the 2006 PenBay meet, a total of fourteen (14) new members joined Maine Masters; Eight were from the host pool.

CASCO BAY CHURN CHALLENGE

When Frank Giustra first wrote to me in his beautiful script, advising me to be sure to put Sean's meet entry in the newsletter, I read the meet moniker as "chum" challenge. [Chum is what they threw off the boat to attract Jaws]. The 2/25 Churn Challenge day dawned, and there were 57 "churners" at the Casco Bay YMCA pool, and myself, who was deemed by coach Doug Roth, after observing my 200 breaststroke, to be definite CHUM. Fifty-eight swimmers is a great turnout in this time of Maine's intense middle school and high school sports regional and state championships. Eight of the 58 swimmers were from Great Bay and from NEM, and we were charmed to meet Lenore Imhof,(39) from NJ, who was visiting her Maine vacation home. Lenore says she hasn't swum in a meet in 20 yrs, but has certainly stayed in great shape, swimming a 50 fly in 32.57, and 100 fly in 1:14.71. Also in the first meet category we welcome Debbie Lewis(46, NEM), from NH, who swam a strong 44.64 50 yd breaststroke, and a 34.19 50 yd free.



On the right is Jeff Uecker. The guy beneath the skull & crossbones is Sean Carter

The Churn was the second meet back for Michael Scholz,(36), and do-do-do-DO-do, he's lovin' it: 50 breast 33.77, down from 34.30; 100 IM 1:08.00, down from 1:10.40. Diane Tyler worried us with her scarcity thus far this season. She has now been "located" with the Pied Piper of Wiscasset, aka Nancy MacKinnon. Diane posted times of 30.12 for the 50 free, and 2:50.19 for the 200 IM.

Paul Griffin and Julia Malloy hail from Great Bay Masters. We love their company, and the Maine waters agree with them. At the Churn, Julia's 50 yd fly time of 34.70 came down to 33.30, her 400 IM time of 6:15 down to 5:58.80, 100 IM time of 1:21.0 down to 1:19.13. Paul Griffin's seed time of 1:15.0 was down to 1:09.76,

There were several exciting "Churns" to watch, e.g., Carrie Carney(31) vs. Bridget Convey,(34), in the 50 free—outcome, Carney 31.26, Convey 31.78. Anne Uecker and Julia Malloy, both 45, in the 50 fly—outcome: Anne 32.63 vs. Julia's 33.30. John Gale(49) raced Riverton "teammate", Manuel Sone(48), in the 50 yd fly—outcome: John, 44.05 vs. Manuel's 44.59.

The Making of an Animal:

Scene I: Pre-PenBay meet

Doug Roth: Hilda, we need you to swim 100 fly in the 400 medley relay.

Hilda L.: But Doug, I've never swum 100 fly, ever.

Doug: No worries, you can do it.

Hilda: Yeah— —but (Hilda swam 100 fly handsomely at PenBay)

Scene II: Casco Bay YMCA. Petite Hilda dives



Toby Brewster and Family

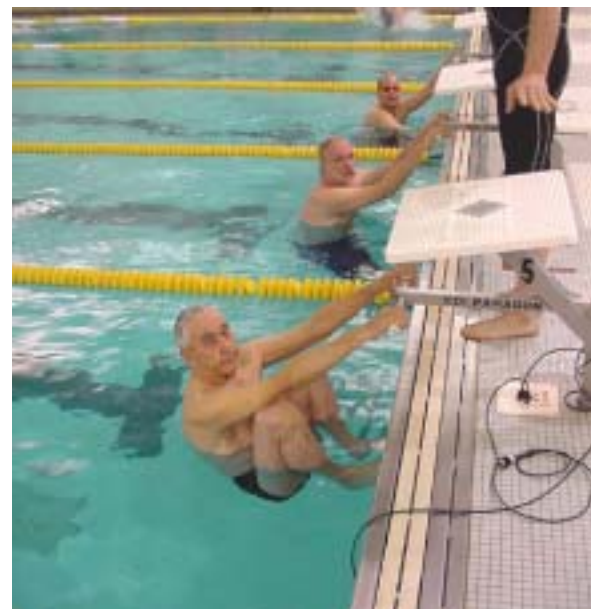
into the pool, & despite water-filled goggles, churns out a lovely 7:26.75 400 IM, like she'd been doing it everyday!!

Zach Gray(22) entered a 39.08 seed for the 50 yd breast, but that time must have been while wearing those baggy shorts of his. Zach shaved [no, not his chin—he keeps that so he won't be carded for his USMS card] the 39.08 way down to 34.68 at the Churn. Betsy Packard brought her 50 back time down from 1:30 to 1:20.09. Cornelia Johnson brought her 50 yd breaststroke time down from 1:35.23 to 1:16.08. Serving as the poster child of why triathletes should join Maine Masters, Gabe Schuft brought his 50 yd and 100 yd free times down from 30.0 and 1:13 to 28.30 and 1:10.43. Reed Lowden(51) says he ate lots of watermelon

before the Churn, which must have pre-acclimatized his body to the water. Reed's PenBay 50 yd breast 37.64 fell to 35.07, his 100 IM time of 1:21.77 fell to 1:16.88, and his 200 breast from 3:11 to 3:01.98. Dolly Slater brought her 400 IM time way down, from 13.25.96 to 11:48.72. Son Nguyen did lots of carving the Churn: 200 breast time of 2:39.99 down to 2:35.46, 400 IM down from 5:39.99 to 5:34.55, 50 fly down from 29.99 to 28.81. From the deck, Coach Doug Roth makes us, at PenBay, do horrid no-fins-allowed kick sets. His own "rested" legs enabled him to very significantly chop his times down in all 5 of his events: 7:30.45 400 IM down to 6:50.60; 3:18.03 200 IM down to 3:09.91; 42.84 50 fly down to 39.80; 33.39 50 free down to 31.43, 45.38 50 breast down to 43.44.



Faces at the Freeport Meet:
(clockwise, from left) Sterling Dymond, The Freeport Gang, Diane Tyler, John White's backstroke start.



FINA WORLD MASTERS CHAMPIONSHIPS

August 4-10, 2006, Stanford Univ, Palo Alto, CA

Kevin Crowley(42) was too young to experience San Francisco in the 1960's, so he's going now — — — to the FINA World Masters Championships at Stanford Univ., Palo Alto, CA. Kevin would like to network with other Maine Masters who are going. Contact Kevin at crowlk@mmc.org, or 207-415-3892. The FINA website is 2006finamasters.org. The website includes the qualifying times, which are less stringent than USMS nationals—so check it out, and consider going!!



Kevin Crowley (right) persuading Zack Gray into going to the FINA World Masters Championships this summer.



Upcoming Meets: Mar 12th BANGOR!!

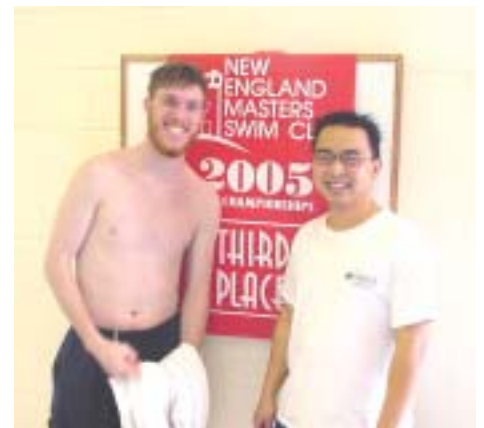
Sterling Dymond has organized the best meet Northern Maine has seen in years! Hey all you swimmers at Ellsworth, MDI, Machias, Dover-Foxcroft, U. Maine Orono, and Old Town... We'll be looking for you at this meet! Sterling and his posse have been driving south to support our meets - let's do the same for him. (Just think, Sterling will know ahead of time where the post-meet feed will be)

(left) The Bangor contingent at Waterville

Son Nguyen and Zack Gray Bring Home the Banner From NE SCM at Wheaton

Swimmers attending the Harvard Meet: Please take digital photos, gather stories, and send them all to Kristi. Thanks!

(Today's Riddle: What if you held a Masters swim meet, and Son Nguyen wasn't there, did your meet really happen?)



OPEN WATER: Start Getting Excited!

1. Peaks-to-Portland—Peaks Island to East End Beach, Portland. This year's date is Saturday, July 22, 2006. Entry forms will go out first, in mid-March, to previous years' swimmers. Call the downtown Portland YMCA

(207-874-1111) to request that you be sent an application. The event is limited to 180 swimmers. Complete and return your application the next day, to get in. First time entrants must be accompanied by a kayak/canoe, as do all people not wearing wetsuits.

2. Attention, triathletes! The current water temperature in the ocean off Kennebunk, Maine is probably in the 30's. Who is doing the June 18, 2006 triathlon at Mothers Beach, Kennebunk, Maine put on by the West Kennebunk Fire Company? 1.5K ocean swim, 40K bike, 10K run.

3. Rockland Breakwater Lighthouse Race. Doug Roth and Carrie Carney (PenBay Y) are in the process of trying to organize the first official USMS open water swim in Maine—on the last weekend in August ('06), in Rockland harbor. Keep this time and venue in your mind, and on your calendars!! (and watch for the sales on wetsuits).

Images from Masters Breakwater Training Sessions (2005)





Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
Mar 12 *	Bangor Meet	Bangor YWCA	Sterling Dymond (207) 942-3148
Mar 18	NE SCY Champs	Harvard University	Distance Day
Mar 24 ~ 26	NE SCY Champs	Harvard University	All Events 400 yds. and shorter
Apr 21-23	Zone Champs	George Mason Univ.	USMS website
TBA	Ellsworth Meet	Downeast YMCA	Scott Redmon (207) 288-0212
Jul 22	Peaks-to-Portland	Portland Harbor	Portland YMCA (207) 874-1111
Aug 4-10	FINA Worlds	Stanford University	www.2006finamasters.org

* *Entry Forms Attached*

POSTAL CHAMPIONSHIPS

May ~ Sep 3000/6000 yd. Any Pool USMS Website



More Info: <http://www.mainemasters.org> or <http://usms.org>

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