

Maine Masters

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

Lazy Days of Summer

Harrumph! Whom ever came up with that phrase did not understand that us northerners like to take advantage of the long summer days and warm weather. Even though there were no scheduled "meets" in Maine & relatively few in New England, the warmth inspired Mainers to go out and participate in a whole host of activities!

From Triathlons - Lake Swims - Peaks to Portland - and even "traditional" travel pool meets, Maine Masters swimmers were swimming in force this summer. Because of our effort, we are in great position for a great fall season with at least 3 meets north of Massachusetts before the end of the year. I hope to see everyone at the one of those meets! Keep swimming. ❖ SC

MESC Annual Social - Nov 7

This year's social is planned for November 7th. It's a great opportunity to get out and socialize with your fellow swim team members - with dry hair & without the coach or other swimmers yelling at you to keep the lane moving. It's also a chance for you to have your say in how Maine Masters can help you and your swimming.

This year's social will be held at the Kennebec Tavern in Bath. It's located on the waterfront at 119 Commercial Street. Tele. 442-9636 for directions. Cocktails & appetizers begin at 5pm. A sit down dinner will begin at 6pm. There will be a cash bar. Price including tax and gratuity \$25 - \$30 per person. A separate mailing will follow with your choice of entree. At the meeting we will be voting for the new MESC officers and get to meet them.

I look forward to seeing everyone at the social in November. ❖ SC

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MESC welcomes new member

John Gale of Portland

Great Bay - MESC Challenge

Great Bay Masters (Portsmouth, NH) has issued a dual meet challenge to Maine Masters. In an effort to increase swim meet participation, they will try and send as many of their Great Bay swimmers to the George Orswell Meet. In return, MESC will try and send as many swimmers to their swim meet to be held on November 7 at the Portsmouth City Pool. Total accumulated points at both meets will decide the champion. The Portsmouth City Pool is a short course meters pool. More specific information will be available on both www.mainemasters.org and www.greatbaymasters.org After the meet, just drive up the coast to Bath, where at the MESC social, we'll be toasting our victory!

13th Annual Hobbs Pond Swim Caps Hope Bicentennial Celebration

- Bill Jones

Hope. Sunday July 25th. It was Hope's bicentennial, so 26 swimmers had to endure a pre-swim lecture by Bill Jones, the only person to make the swim every year. Hope's first Hobbs was Micah, an early settler who laid out Camden's water system. His descendents, Steve and Jennifer Hobbs were among the finishers. So was Jennifer Goodman, now of Concord NH, who was one of the swim's founders in the 1970s, before it turned semi-competitive. All but one of the 26 - 15 of them from Hope -- finished.

For the competitors, the decisive winner was 24-year-old Donna Elston, now of Philadelphia PA, daughter of Kathy Guiratino of Camden. Maine Master swimmer, Andy Wisch (38) of Rockland was 2nd, followed by Alyssa McCluskey (14) of Hope, Molly Gentle (25) of Camden and Florida, and Kristin Conlan (31) of Hope. The most amazing performance was by Lianne McCluskey (12) of Hope; she placed 6th swimming breaststroke, chopping 2:28 off the previous breaststroke record and more than a minute off her crawl time last year. Jean Campbell (71) became the oldest person to complete the swim; now of Mill Valley CA but a former pond resident, she was visiting her sister, Mary Ireland of Hope.

Though swimming conditions were good, the winning time failed to eclipse Claire VanDerVen deBoer's 2000 record. Hope's hope for a hometown record, Nathan Curll, was prevented from competing by a pulled muscle, but he manned a safety kayak, and his mother and two brothers completed the course.

See below for complete results. Thanks to starter, Judith Jones, to clerks of course, John McCluskey and Charles & Penny Crockett (who also videotaped the event), to kayak spotters, Nate Curll, Nick Rabinowitz & Star Odle, and to photographers, Elston Hobbs & John Boeckeler, and to the large crowd of enthusiastic spectators. Some of the participants made their way to Barbara & Bill Bentley's on Mansfield Pond where Swimming Hope joined the four groups of Walking Hope that converged on the Bentley's meadow for a bicentennial picnic.

Results

Name	Age	Town/State	Time	Name	Age	Town/State	Time
Donna Elston	24F	Philadelphia PA	9:35	Ben Curll	19M	Hope	13:16
Andy Wisch	38M	Rockland	10:16	Bill Jones	67M	Hope (breast)	14:14
Alyssa McCluskey	14F	Hope	10:35	Philip Curll	15M	Hope	16:47
Molly Gentle	25F	Camden	10:53	Gwyneth Jones	25F	Hope	17:06
Kristin Conlan	31F	Hope	11:13	Jennifer Goodman	40F	Concord NH	17:06
Lianne McCluskey	12F	Hope (breast)	11:26	Michelle Fong	37F	Hope	18:32
Cynthia Bosscher	35F	Camden	11:33	Chris Congleton	27M	Hope	18:49
Sarah Doubleday	16F	Hope	11:34	Steve Hobbs	39M	Hope	18:52
Nancy MacKinnon	51F	New Harbor	12:29	Steve Keefe	28M	Atlanta GA	20:18
Doug Roth	42M	Union	12:46	Chris Kung	27M	Somerville MA	20:22
Hilda Livingstone	49F	Hope	12:53 tie	Jean Campbell	71F	Mill Valley CA	23.04
Mary Thompson	44F	Union	12:53 tie	Jennifer Hobbs	31F	Hope	24:17
Kathy Kandziolka	29F	Hope	13:04	Nelli Gentle	27F	Hope	no time

2004 Peaks to Portland Swim - Notes Through a Thawing Brain

Sean Carter

Ferry Terminal - Portland, ME - July 31 - 6:15 AM: I arrive at the beginning of the Peaks experience. Peaks to Portland is a 2.4 mile open water swim in Casco Bay, from Peaks Island to Portland's East End Beach. However, it all starts waiting for the ferry at the ferry terminal more than 2 hours before race time. People munch on bagels and power bars, and we just wait & wonder. Will it be as cold as last year? (We've had an awfully cold winter.) Will it be choppy? (It looks ok now) Will I cramp up? (Dueling calf cramps competed for my attention last year when I was at the Fort.) Will I find my kayaker? (It took me 10 minutes last year) Will the tide be as fast as advertised? (Full Moon - Flood Tide)...I hate waiting.

Peaks Island - 7:15 AM: We are off the boat and into ... a line. A line to check in the boat, the swimmer, the gear. But at least I'm no longer thinking about the swim. Now my concern turns to ... how will I get my hat across the channel? It doesn't fit in the kayak & my kayaker already has her own hat.

Peaks Island - 8:10 AM: Answer to question #1. No - not as cold as last year. But it's still colder than Crystal Lake, still colder than the other ocean swims I've done this year.

Just off Peaks Island - 8:31 AM: Answer to question #4. I follow eventual winner Page Beecher off of the race start and into the chute of kayakers. I lose site of Page after 20 strokes as kayaks push forward. Lucky for me, I find my kayak.

Just off Fort Georges - 8:55 AM: Answer to question #2. Yes - very choppy. It was steadily rough for a while, but wow! The last 20 - 30 strokes I feel like I am swimming into a cement wall. I yell to my kayaker - "What the (heck) is this chop done yet?" I get upset, and begin to plow forward.

Just off East End Beach - 9:15 AM: Answer to question #3. No cramps. I've sighted the final green buoy and am kicking (yes - I'm even kicking) in towards the finish line. Last year I worried about being able to stand, this year, I don't want anybody running by me. I push off the bottom with my hands and onto my feet. Success. I can walk - even trot - across the finish line. I take my tongue depressor with my unofficial number on it, congratulate everyone that has finished, and immediately look for water. Salt water is a not exactly thirst quenching. Where's my hat?

East End Beach - 10:45 AM: The race is over, and the official results are released. My hat made it across thanks to Kris Morse's kayakers. The swim focus for this summer season is over. There will be post-mortems about this race for the next 364 days. People are already psyching for next year. This is the amazing part of Peaks swim...it seems to be "the event" for many swimmers of the year. Perhaps it's the distance, perhaps it's the elements, perhaps it's that you race everyone in the same heat, or perhaps it's because everyone is "up" for this race. Somehow, lost in all this excitement is that the race is supposed to be a local fund raiser. Perhaps, in the feedback sessions over the winter, we'll find a way to appease both the growing competitive nature of the race while retaining more focus on the fundraising portion of the race's mission. **SC❖**

Congratulations to all Maine Masters swimmers who competed in Peaks to Portland!

Jim Harvey	2 nd 43:43	Sean Carter	3 rd 45:12	Mike Marsanskis	7 th 46:48
Dave Sawyer	11 th 48:14	Michael LePage	13 th 48:34	Doug Pride	16 th 49:20
Steve Tenney	17 th 49:29	Connie Hallet	1 st F 49:53	Kristina Morse	6 th F 52:45
Chris Matava	55 th 58:58				

Great Bay Masters Swim Meet - July 18th

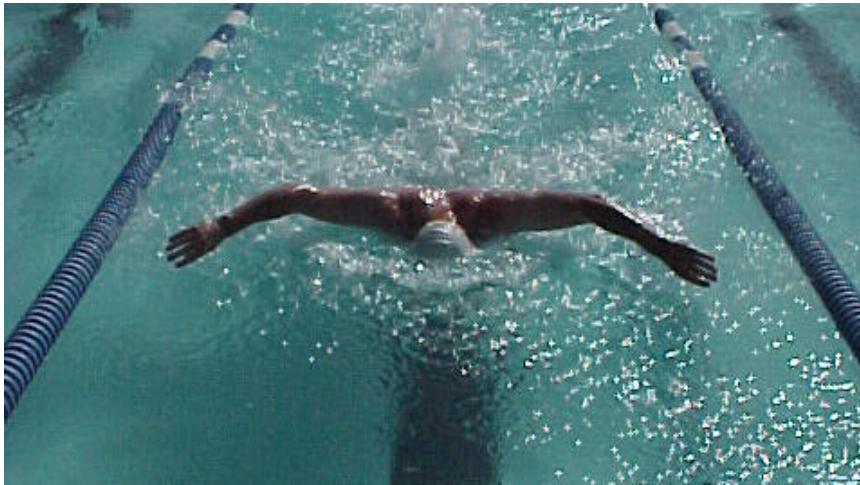
The Jenny Thompson pool brings back memories for me. With no long course pool in Maine, this may be the closest LCM pool for most of us that live in the southern part of the state without easy access to Canada. As an age group swimmer, I would make the pilgrimage to this outdoor, 6 lane, long course pool once a year to qualify for championship meets. It's been at least 15 years, and I'm happy to report that in returning to the pool for the first time, relatively little has changed.

The pool name has changed from Guppy pool to the Jenny Thompson pool at Guppy Park. They've begun heating the pool. That's about all the changes that were noticeable after 15 years. The sun is still fantastic to swim beneath (except in backstroke), there's still a diving well, a playground, and yes, still the same bathroom facilities.

Maine Masters sent a 7 member squad down to Dover, NH for a LCM meet. Amazingly over half of us signed up for the 1500 Meter event. I think that says a lot about the mentality of us hardy souls. The day was sun-filled. The temperature in the air was pleasant, and the meet was run really well. A good day with great times. Take a look! **SC**❖

All times are for Long Course Meters.

Arnie Green	100 Free	1:24.58	200 Free	3:17.70	1500 Free	28:53.10	
Bill Rupert	100 Back	1:27.82	200 Back	3:08.30	50 Free	34.63	
Frank Giustra	200 Free	3:29.30	50 Fly	1:00.44			
Kristina Morse	100 Back	1:17.41	1500 Free	22:09.94			
Michael Schmidt	200 IM	2:32.77	200 Back	2:46.27	1500 Free	19:30.26	
Peter Giustra	200 IM	4:01.28	100 Breast	2:09.20	200 Breast	4:36.05	50 Fly 48.59
Sean Carter	100 Free	1:00.37	1500 Free	19:37.61			



(Above) Michael Schmidt swims the butterfly
(Right) Arnie Green is on his way in the 200 Free



National Swimmers

Two MESOC Swimmers competed in the recent Masters Nationals Meets. Congratulations to Bill Rupert for his efforts in the Short Course Yards Masters National Meet held in Indianapolis. Congratulations to Michael Schmidt for his efforts in the Long Course Meters Masters National Meet held in Georgia.

Bill Rupert – Short Course Nationals

100 Free	– 1:03.47	– 11 th
200 Free	– 2:30.11	– 10 th
500 Free	– 7:14.84	– 8 th
100 Back	– 1:08.46	– 6 th
200 Back	– 2:35.27	– 4 th

Michael Schmidt – Long Course Nationals

Free 200	2:05.99	4th
Free 400	4:32.58	4th
Free 800	9:24.66	3rd
Fly 100	1:02.03	1st
Fly 50	28.77	8th

Men's 65+ All American Relay Heads USMS Top Ten Listings

David Vail

In USMS' 2003-04 rankings for short course yards, the 400 free relay of Frank and Pete Giustra, Arnie Green and Gerhard Schaefer took first place and All American honors. The same 65+ years quartet ranked sixth in the 200 free relay. With Harry Schmitke substituting for Schaefer, the 65+ men also took 3d in the 400 medley relay and 7th in the 200 MR.

In other relay action, the 55+ team of Bill Rupert, Fred Pierce, Jim Connors and David Vail copped second in the 400 MR and 3d in both the 400 and 800 free relays. In the 35+ age group, Doug Pride, Mike Schmidt, Hodding Carter and Andrew Thomas managed 9th in the 200 MR. Pride and Schmidt joined Mike LePage and Dave Sawyer to sneak in 10th in the 200 FR.

In a banner year for Maine Masters, ten individuals also logged top ten times. Mike Schmidt and David Vail led the way with five listings each.

Name	Age Group	Event	Top 10 Place	Name	Age Group	Event	Top 10 Place
John White	(85-89)	50 back	4 th	Arnie Green	(70-74)	1 hour swim	8 th
		100 back	5 th	Bill Rupert	(60-64)	100 back	8 th
		200 back	5 th			200 back	7 th
David Vail	(60-64)	500 free	9 th	Jim Goodman	(50-54)	50 breast	10 th
		1000 free	6 th			100 breast	10 th
		1650 free	5 th	Mike Schmidt	(40-44)	200 free	9 th
		200 back	9 th			500 free	6 th
		1 hour swim	7 th			1000 free	9 th
Doug Pride	(40-44)	100 fly	8 th			200 fly	6 th
Ben Morse	(30-34)	1650 free	3 rd			400 IM	8 th
		200 fly	10 th	Pam Torrey	(40-44)	200 fly	5 th
		1 hour swim	3 rd	Sean Carter	(25-29)	1650 free	9 th

Bath Swim Meet Announcement -

Richard Derector

Following the success of the 2003 Meet, this year's Maine Masters Swim Meet at the Bath YMCA will focus on shorter distances. There will once again be 25 yard swims of each of the 4 strokes. The major addition to this years meet will be a 100 yard medley relay and 100 yard freestyle relay at the end of the meet. Both relays will be deck seeded, so you can get teams together during the course of the meet (swimmers will be given forms to use for this purpose). Please see the Entry Form for a complete listing of the meet events. I'm sure that a fun time will be had by all, and I look forward to seeing you in Bath on the 14th of November.

MESC Events Calendar

9/15 - MESC Board Meeting - China Rose - Brunswick - 6:00

10/30 - 5th George Erswell Meet - Bowdoin - 11:00

11/7 - Great Bay Meters Meet - Portsmouth, NH - 8:00 AM

11/7 - Maine Masters Annual Social & Meeting - 5:00 PM

11/14 - Bath Sprint Meet - Bath YMCA - 10:00

MESC - Organizational Information

Hans Wendel, President, hdwendel@kynd.net

Pamela Torrey, Vice President, pPhillip@bowdoin.edu

Gerry Brookes, Secretary, brookes@gwi.net

Joyce Brown, Registrar / Treasurer, joyline@gwi.net

Frank Giustra, Jr., Member-at-Large, giustrajr@peoplepc.com

Peter Fredericks, Director of Meets, barbpete@fds.net

Kris Morse, Recorder, bkmorse@suscom-maine.net

Sandy Potholm, Historian, spotholm@starband.net

Sean Carter, Newsletter Editor, scarter@banknorth.com

Sean Carter
44 May Meadow Drive
Gray, ME 04039

ADDRESS CORRECTION REQUESTED

EDITOR'S NOTE

Pardon the relative brevity and tardiness of this edition of the newsletter. The next edition will aspire to provide more coverage and "professional" editorship.

I want to make this an interesting and accurate read for each member of MESC, send in your stories, ideas for stories, interesting workouts that you've done. This way we can make this an interesting read for everyone. *Please send in your feedback.*

Cheers - Sean ❖

Corrections from the July / August Newsletter

Good News - only one misprint. ☺

Bad News - it was on page 1. ☹

Details - Joyce Brown's email address had an errant "p" somewhere in there. The correct email address - is joyline@gwi.net.

Thanks to - Jill Snyder & Bill Jones - for keeping me honest
☺ SC❖

