

Maine Masters

S W I M C L U B

N E W S L E T T E R

SO MUCH OPEN WATER; SO LITTLE SUMMER!

Breakwater Race: A Fine Day for Birthday Boy and Blue Boy

Nineteen swimmers tackled the incoming tide and the chilly 60 degree water (and seaweed and lobster trap buoys) for a successful first ever official/sanctioned USMS/ MESC open water swim in Maine.

The success was largely due to Race Director Carrie Carney covering all bases in her planning. In a pool meet we don't have to worry about hypothermia, a way to exit the water if in distress, if a swimmer wears a glow-in-the-dark cap, or any cap at all!! Carrie dealt with all of these issues, AND EVEN brought a batch of her KILLER brownies!!

Thanks and appreciation must be expressed over and over again to all of the volunteers who brought food and drink, checked-in swimmers, and watched over the

swimmers from the breakwater, and from kayaks. The one-loop course out and around the lighthouse, parallel to the breakwater was 1.6 miles, swimming out against the hefty incoming tide—swum by nine people—six with wetsuits, and three without. One of the 3 swimmers not insulated by a wetsuit was Zach Gray, whose new name is “Blue

Boy”. The 9 one-loop swimmers left 30 min.



Carrie Carney



MESC Board Members

President	Brad Burnham	725-3527
Vice President	Pamela Torrey	443-6191
Secretary	<i>vacant</i>	
Treasurer	Barbara Murphy	729-9090
Registrar	Laura Lee	725-5025
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Historian	Sandy Potholm	729-0649
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Newsletter Editor	Kristi Panayotoff	789-5166



after the two-loop swimmers. Ten swimmers battled that incoming tide TWICE!! Hodding Carter won the men's 3.2 mile wetsuit swim in 1:12.23, spurred-on by a mural-on-a-sheet made by his 3 kids and hung across the breakwater, which proclaimed "Happy

Birthday Hodding; Swim Fast"(complete with depiction of lighthouse and breakwater). Second in the same event was Ben Morse in 1:12.45. Third was Hodding's BVI-island buddy, Hopper McDonough, in 1:21.45.

FINAL BREAKWATER RESULTS (8 categories)

WOMEN 1.6 MILE NON-WETSUIT
1. Deborah "Jake" Jackson 1:01.55

MEN 1.6 MILE NON-WETSUIT
1. Zachary Gray 48.39
2. Douglas Roth (44) 53.45

WOMEN 1.6 MILE WETSUIT
1. Carol Jackson 55.33
2. Kristi Panayotoff 1:02.81

MEN 1.6 MILE WETSUIT
1. Edwin Jackson 48.42
2. Peter Giustra (67) 55.29
3. Chris Matava 55.33
4. Michael Crane (64) 1:02.44

WOMEN 3.2 MILE NON-WETSUIT
no entrants

MEN 3.2 MILE NON-WETSUIT
no entrants

WOMEN 3.2 MILE WETSUIT
1. Maragret Pizer 1:13.55
2. Courtney Linville 1:27.44
3. Roxanne Olmsted 1:38.58
4. Jeannette Strickland 1:50.34
x. Nancy O. Mackinnon DNS

MEN 3.2 MILE WETSUIT
1. Hodding Carter (44) 1:12.23
2. Ben Morse (33) 1:12.45
3. George McDonough 1:21.45
4. Michael Sloan 1:31.43
5. Peter Mascetta 1:38.27
6. John Gale 1:45.33



New Slate of Officers for 2006-2008

This fall newsletter signals the beginning of the MESC indoor swim season and the election of a new slate of officers for 2006-2008. The nominated board members are listed here (*right*).

The nominating committee thanks these members for volunteering their service to our club. The election of new officers will take place at our annual meeting on November 12 immediately following the Bath Y meet.

PRESIDENT:	Frank X. Giustra, Jr.
VICE PRESIDENT:	Nancy O'Brien-MacKinnon
SECRETARY:	Robert A. Johnston
TREASURER:	Zachary A. Gray
REGISTRAR:	Son Nguyen
DIRECTOR OF MEETS:	Brad Burnham
RECORDER:	Dieter Weber
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WEBMASTER:	Ben Morse
MEMBER-AT-LARGE:	Sterling Dymond III
NEWSLETTER EDITOR:	Douglas M. Roth

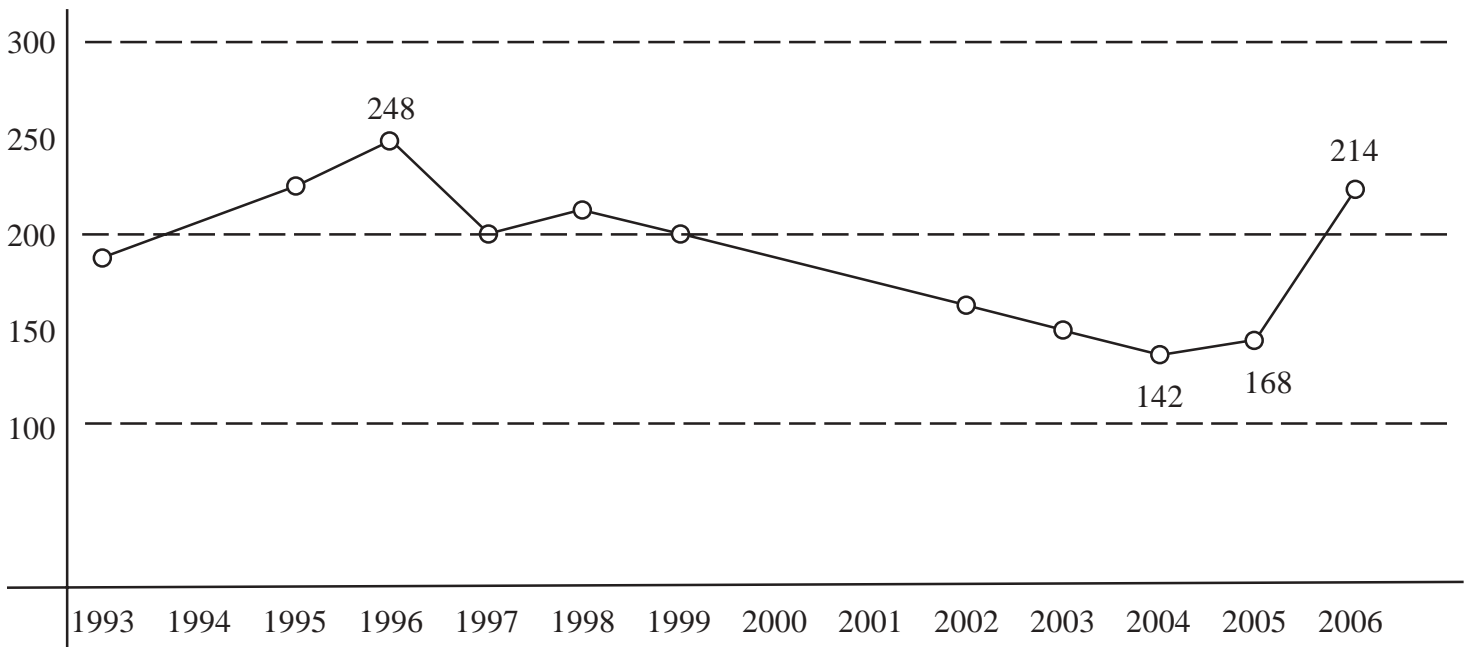
Current MESC Pool Rep's

Augusta (Kennebeck YMCA)	Robert Johnston	Robert.A.Johnston@Maine.gov
Bangor YWCA	Sterling Dymond III	sad3cna@yahoo.com
Bar Harbor (MDI YMCA)	Jeff Walls	jeff@mdiymca.org
Bates College	Bill Rupert	(207) 966-2721
Bath YMCA	Robert Nelson	(207) 443-9623
Biddeford (N.York YMCA)	Jozef Kurlanski	(207) 829-4725
Bowdoin College	Sandy Potholm	spotholm@verizon.net
Dover-Foxcroft YMCA	Zachary Gray	(207) 445-4930
Ellsworth YMCA	Scott Redmon	sredmon@acadia.net
Farmington (UMaine)	Peter Fredericks	(207) 645-3092
Freeport (Casco Bay YMCA)	Ben Morse	bmorse@1firsttech.com
Husson College	<i>vacant</i>	
Machais (UMaine)	Craig Bolint	craigbolint@hotmail.com
Orono (UMaine) / Old Town	Andrew Thomas	thomas@maine.edu
Pen Bay YMCA (Rockport)	Doug Roth	(207) 273-2907
Portland Downtown YMCA	Jim Harvey	(207) 653-9381
Riverton	Son Nguyen	snguyen925@yahoo.com
Sanford YMCA	<i>vacant</i>	
South Portland Community P.	Kevin Crowley	(207) 799-1451
Waterville Alfond Youth Ctr	Anne Uecker	anuecker@dialmaine.com
Wiscasset Community Center	Nancy O'Brien-MacKinnon	(207) 677-2257

MESC Membership on Rise. We now have 214 Members!

After a decade of declining membership the ranks of Maine Masters Swimming have started to grow again. During the past two years we have grown from 142 members to more than 200! Much of this growth is due to the hard work of MESC board members and pool reps. During the past year Maine has hosted 4 sanctioned meets and one open

water swim. Each of those sanctioned events has, on average, produced 5 or 6 new members for MESC. The PenBay meet, alone, produced 12 new members! As of September 2006 we have 214 members. Posted below are the membership figures for the past 14 years. Let's keep it up!



2007 MESC MEMBERSHIP IMPORTANT NOTE

To those frugal, (or downright cheap) malingerers among our work-out groups who have thus far resisted taking the knots out of their money socks, in order to fork over the \$35.00 to join Maine Masters, which thus makes them also members of the national USMS swimming body — — **PLEASE NOTE THIS IMPORTANT OPPORTUNITY:** The USMS registration year is actually November of one year to Dec 31st of the following year — **BUT**, here in magnificent Maine, in order to encourage swimmers to join Maine Masters AND to swim in the Bowdoin meet, you can join Maine Masters as a new member on the



day of the Bowdoin meet, and have the registration cover you for the 10-28-06 meet date until Dec 31st, 2007.

2006 Chesapeake Bay Swim

by John A. Gale

I am from Portland and a relatively new member of Maine Masters. I am also a relatively new swimmer, having taken up the sport 2 years ago after knee problems brought my 28-plus year running career to a halt.

This summer I swam in the Great Chesapeake Bay Swim (4.4 miles). The event was held just north of Annapolis on June 11. This was my second big open water swim. (The first was last year's Peaks to Portland.) The course ran from Sandy Point State Park below Annapolis, between the two spans of the Great Bay Bridge, and ended on the Eastern Shore of Maryland. The conditions were very rough with strong winds, big waves, and a strong outgoing tide that ran at a 90 degree angle to the course. I was not as fast as I expected to be, but I quickly realized that the real challenge was merely to finish and stay within the course boundaries.

Any swimmer that swam outside of either bridge span was immediately disqualified and pulled from the water. To stay within the boundaries of the course, I had

to swim at a 45 degree angle to the bridge. My total time was 3 hours and 5 minutes. This was slower than I expected but not bad given my inexperience in swimming in rough conditions. 644 swimmers began the race and 599 finished.

I found the race to be tougher mentally than any marathon, race, or climb that I have ever done due to the constant battering by the waves. The most discomforting aspect of the race was having to put a name tag under our caps before the start of the race. I can only assume that it was there to help identify the body in the case of trouble! That being said, I look forward to doing it again next year if I can get in. The race is going to be filled by a lottery system next year, as the online race applications closed in 18 minutes this year. Doug More was the only other swimmer from Maine in the race. Doug swims with our group in Portland. He finished in 3:10.

I am looking forward to Peaks to Portland in two weeks and the new Breakwater Swim at the end of August.

- John A. Gale

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15th Annual Hobbs Pond Swim - Youth Dominates in 2006

by Bill Jones

Aug. 6th Sunday Hope, ME The wind was calm; the water warm and clear as 38 swimmers answered the starting whistle at the 15th Hobbs Pond swim, starting and finishing at Hope's Town Beach.



Zach Gray

Not everyone was racing, but the early leaders certainly were: Maine Masters' sprinter, Zach Gray of Windsor lead early, until overtaken by 12-year-old Robert

Spencer of Chevy Chase MD. The course record looked set to fall until Spencer briefly took a wrong turn at the third marker.

Maine Masters Swimmers included:

- 2nd: Zach Gray 23M Windsor 9:36
- 4th: Steve Pixley 39M Camden 10:02
- 8th: Nancy O'Brien-MacKinnon 53F 11:51
- 11th: Bill Jones 69M Hope 12:16
- 12th: Son Nguyen 26M S. Portland 12:26 (br)
- 16th: Hilda Livingstone 51F Hope 13:03
- 17th: Kristi Panayotoff 57F Lincolnville 13:05
- 20th: Hans Wendel 70M Dover-Foxcroft
- 29th: Dollie Slater 75F Owl's Head 19:41

Jenny Thompson Meet

Unlike the fogged-out P2P swim on the day before (7/22), the annual Jenny Thompson 50-Meter meet at Dover, NH proceeded without a hitch on Sunday, 7/23/06. Fifteen swimmers registered as Maine Masters, 13 men and two women, swam in the meet. Some MESC results are below.

Zach Gray(23), 18-24 men's category

50 fly 41.18 1st pl
50 free 28.74 1st pl

Geoff Hadam(26) 25-29 men's category

200 Back 2:28.67 1st pl
100 back 1:07.15 1st pl

Son Nguyen(27) 25-29 men's category

100 breast 1:27 1st pl
200 breast 3:14 1st pl

Tim Lecrone 30-34 men

50 free 27.03 1st pl
100 free 59.13 1st pl

Andrew Pulsifer 40-44 men

400 IM 5:21.44 1st
200 back 2:26.07 1st

Pam Torrey 45-49 women

400 IM :22.49 1st
200 IM 2:54.13 1st

Kevin Crowley 40-44 men

50 fly 41.78 6th
50 breast 42.47 2nd pl

Mike Schmidt(44) 40-44 men

200 fly 2:25.66 1st pl

Doug Pride(43) 40-44 men

200 IM 2:50.82 2nd pl
100 back 1:19.50 2nd pl

Doug Roth(45) 45-49 men's category

400 IM 8:27.86 1st pl
100 fly 2:07.87 1st pl

Rob Johnston(55) 55-59 men's category

200 IM 3:10.38 1st pl
100 breast 1:39.44 1st pl

Bill Rupert(63) 60-64 men's category

50 back 3:11.24 1st pl
200 IM 3:42.87 2nd pl

Peter Giustra(68) 65-69 men's category

200 IM 4:03.74 1st pl

Frank Giustra(69) 65-69 men's category

50 back 1:10.84 1st pl
100 back 2:40.89 1st pl

Ronnie Kamphausen(72) 70-74 women

400 free 6:55.24 1st pl
200 free 3:16.46 1st pl



(left) Frank Giustra and Tracy Grilli.



(right) Doug Pride and Andrew Pulsifer.



FINA WORLD MASTERS CHAMPIONSHIPS

A lucky seven cadre of MESC swimmers travelled to Stanford University, Palo Alto, California to take advantage of, as our Kevin Crowley says, a once in several decades' opportunity to swim in a world masters meet held in our own country. The ginsu knife awards go to Andrew Pulsifer and to Michael Schmidt, who both sliced all(or almost all) of their times down at the meet. Andrew made the top five in 4 out of 5 of his events, and the top ten in his fifth event!! Four of our MESC guys put together a 160-179 age men's 200 free relay which took a swift sixth

place. Here are some of the top results produced by our fellow swimmers who waited patiently through 7 or 8 days of interminable heat staging, to make us, back home in MESC, proud that they swam in such a prestigious meet:

Hodding Carter (44) 100 free - 2:08 - 17th
Kevin Crowley (42) 100 breast - 1:27 - 71st
Doug Pride (43) 200 back - 2:33.43 - 24th
Andrew Pulsifer (40) 400 IM - 5:00.05 - 4th
Bill Rupert (63) 200 back - 2:58.93 - 10th
Mike Schmidt (44) 800 free - 9:21.6 - 6th
Jill Snyder (60) 50 breast - 49.92 - 15th
Men's 200 free relay (Schmidt, Pulsifer, Carter, Pride) - 1:42.29 - 6th

Faces in the Crowd at the Breakwater



(clockwise, from left) Start of the 3.2 mile race; Kayaker Don Mudd; Doug Roth in his "natural" wetsuit; The Rockland PD boat; Kayaker Tom Wilhelm and swimmer Mike Sloan.



The Bottom Line

by *Sandy Potholm*

“Do you think using a kick board in your pool workout is beneficial and why?”

Barbara Murphy, Brunswick

I have not been using a kick board in practice for quite a while. Kicking on my side without a board helps me to keep better body alignment. I also do some kicking on my back, practicing to keep a streamlined position. I can't say that I've missed the board.

Ronny Kamphausen, Phippsburg

I haven't used a kickboard in several years. I have to admit that I don't practice kicking all that much, since I have foot problems. The power from my kick is minuscule, I have to admit.



*Ronny
Kamphausen*

David Vail, Brunswick

That's a good question, but not very relevant in my case since for the past few years I've done nearly all kicking on my back. Following the advice of many

top coaches interviewed by SWIM and SWIMMING WORLD magazines, I DO do a lot of kicking in my self-designed workouts - much of it with zoomers and a fair amount at high speed. My sense is that it's really helpful for endurance.

Douglas Roth, PenBay YMCA

We do a variety of kicking drills, and some of them include kickboards. The drills that use kickboards are helpful for “thigh burner” type kicking sprints that provide a great leg work-

out and elevate the heart rate. Kickboards are also helpful for training breast kick and fly kick. I'd like to point out that most of history's greatest swimmers - people such as Mark Spitz, Matt Biondi, and Janet Evens - all spent significant time training with kickboards. Nowadays the role of kickboards may be decreasing, but they still have a place in most masters swimmer's workouts.

Fred Pierce, Brunswick

Is using a kickboard in practice beneficial? Well, I do use one in my own workouts, since I have no legs to begin with, and anything that will get me to use my legs is beneficial in my mind.



Fred Pierce

Coach Brad Burnham, Brunswick

If you are looking to improve your swimming, either your speed or efficiency, then I think the use of kickboards only wastes time. When using a kickboard the body position is significantly different than the one necessary for good swimming technique and therefore very little of the gains transfer into the whole stroke. However, if you are looking to exercise the legs or get a little social time with your friends then I think kickboards are an excellent tool.



*Brad
Burnham*

Perservering Paddlers of the P2P

One has to persevere to swim the annual 2.4 mile swim from Peaks Island to East End Beach, Portland—some years more so than others, and the July 2005 P2P required extra determination. As quipped in the 7/23/06 Maine Sunday Telegram, July 22 was a “mist opportunity”—i.e., P2P was postponed because the harbor was fog bound. On Peaks Island we waited and waded in our wetsuits, pretending we could see the chute of kayaks, much less the buoy by House Island, but the Coast Guard said no way. Sunday, July 23rd's weather was to be worse, and therefore not even considered. The Greater Portland YMCA P2P race director, Suzanne Wantland, worked very hard to keep all entrants informed of the reschedule date of July 29. MESC swimmers shone forth on that day, in force.

Our Ben Morse(34), was, as usual, right up there, in 3rd place overall, with a time of 51:45. Margaret Pizer(31) was the first woman overall, and right on Ben's heels, with a 52:42. Maine Masters

husband & wife, and P2P “habitués”, G. “Hopper” McDonough(35) and Cortney Linville(32) had excellent swims: Hopper was 5th overall, with a 52:22, and Cortney was 20th overall in 59:16.

Anne, the-Annual-P2P-Stand-out-Uecker,45, baptized her 15 yr old daughter, Stephanie into her first P2P swim. Anne surged ahead to 28th overall, but Stephanie, guided by kayaker –dad, Jeff Uecker(the frequent MESC savior), was FIRST female in the under 19 bracket! Other MESC swimmers who persevered making a second trip to Portland to swim across Casco Bay are as follows:



<u>Swimmer</u>	<u>Place</u>	<u>Time</u>
Ben Morse	3 rd overall	51.45
George McDonough	5 th overall, 2 nd 30-39	52.22
Margaret Pizer	1 st female, 7 th overall	52.42
Joe Kurlanski	10 th overall	55.49
Michael LePage	1 st 50-59	56.36
Cortney Linville	1 st female 30-39	59.16
Mike Sloan	3 rd Male 50-59	61.07
Anne Uecker	3 rd female 40-49	61.23
Manuel Sone	31 st overall	62.59
Roxanne Olmsted	1 st female 50-59	65.48
John Gale		66.44
Stephanie Uecker	1 st female 19 +	66.45
Jean Strickland	80 th overall	73.39
N. MacKinnon-O'Brien	90 th overall	77.59



Photos (top to bottom) John Gale; Geoff Hadam and Son Nguyen; Unknown swimmer leaving the water; Riverton Cheering Section

26th ANNUAL MAINE SPORT TRIATHLON

SEPT 3, 2006 ½ MI SWIM/27 MI BIKE/6.6 MI RUN

The tail-end of hurricane Ernesto threatened to rain on the 26th annual Maine Sport Triathlon participants(again), on 9-3-06, but thankfully held off. Photos in the first-out newspaper coverage of the event captured 4 active, REGISTERED Maine Masters swimmers, which is indicative of strong participation by masters swimmers in triathlons. Morgan Laidlaw, 34,(Camden), was once again 3rd overall, but with an even faster time(surely PenBay Y masters swim practices are the reason!). Remember Carrie Hedstrom, 28, whose Feb 06 PenBay Y meet feats while 8and ½ months pregnant included diving in, and doing a swift 100 yd fly? Without her “passenger”, baby Teddy, Carrie swam, biked, and ran to a 3rd pl in the women’s 30-39 year bracket. Thank goodness that our USMS events have 5-year age bracket awards, because these triathlons often have

ten year brackets!! Peter Giustra(starting to like this swimming in a wetsuit thing) contributed a fast swim leg to the oldest all male team. Registered Maine Masters who competed in the triathlon are as follows:

Morgan Laidlaw	3 rd overall	2:05.32
Colin Page	1 st all male team	
Peter Giustra	oldest all male team	
Jessica Stammen		3:02.05
Amy Pilliteri		2:47.27
Kristi Panayotoff		3:10.15
Gabe Schuft		2:28.41
Carrie Hedstrom		2:54.25
Paul Nichols		2:50.40

[Kristi was, alas-alack, once again the OLDEST woman in the whole shebang; WHAT is with these other “oldish” Maine women??]

Echo Lake Swim now named for Bill Reeves!



Bill Reeve

In August the Down East YMCA hosted their 12th Annual Echo Lake Swim. The race was first organized by longtime MESC swimmer Bill Reeve in 1994. Starting this year the race has been renamed “The Bill Reeve Echo Lake Swim.” Wow! That’s quite an honor to have something named after you while you’re still living. Way to go, Bill! We hope you’re still around for the 25th annual race.

45 swimmers showed up this year, including more than a dozen swimmers who call themselves “masters.” Four of them are REAL masters swimmers who

have paid their dues (hint, hint). MESC standout Ben Morse won the race. Here are the results:

1st	1.5 mile	Ben Morse	34:58
12th	1.5 mile	Mike Sloan	49:00
15th	1.5 mile	Doug Roth	49:47
11th	500 yd	Bill Reeve	14:12

(right) Tom Wilhelm and Mike Sloan.





Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
* 28 Oct	George Erswell Meet	Bowdoin College	Brad Burnham (207) 725-3527
* Nov 12	Bath Sprint Meet	Bath YMCA	Diane Hicks (207) 443-4112
Nov 12	MESC Annual Meeting	Pizza & More	After the Bath Meet
* Nov 19	pre-Turkey Plunge Meet	Augusta YMCA	Kennebec YMCA (207) 626-3488
Nov 19	Portsmouth SCM Meet	Portsmouth, NH	www.greatbaymasters.org
Dec 15-17	N England SCM Champs	Boston University	www.greatbaymasters.org

POSTAL

Sep-Nov15 3000/6000yd Nationwide Rio Grande Masters 915-584-0227



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

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