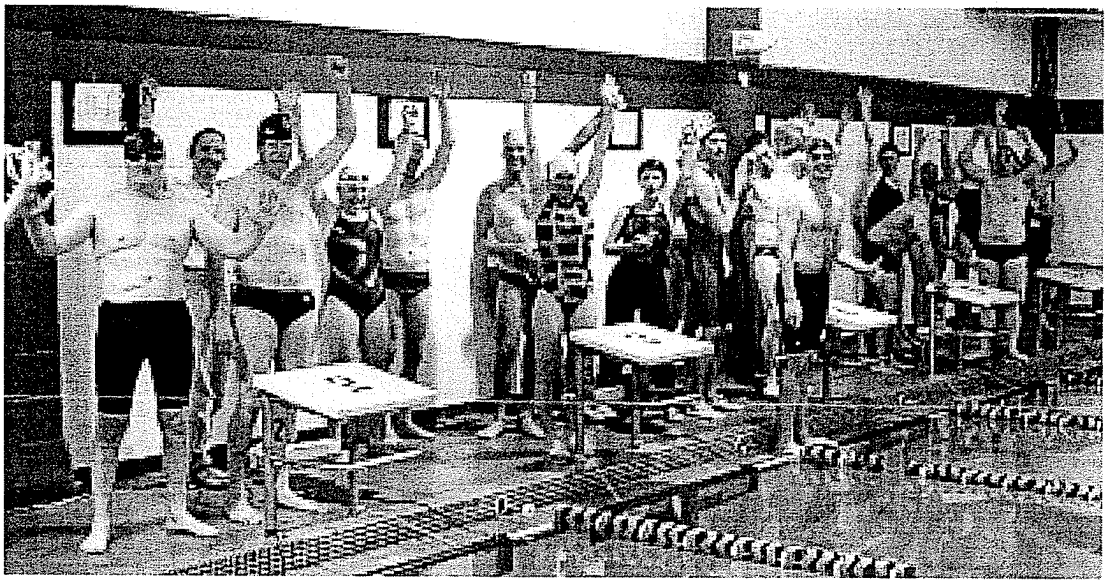
JULY 2006

Maine Masters

S W I M C L U B

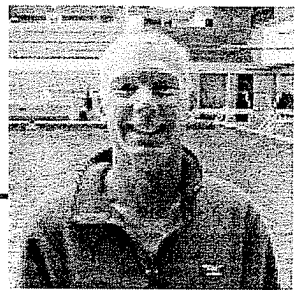
N E W S L E T T E R

ELLSWORTH BLACK FLY MEET



The rain in Maine came mainly in May—few April showers. So, when the rain finally quit—on a week-end, even—what did logical masters swimmers do on the sunny blue Saturday of May 20?? En-sconce themselves indoors at the Downeast Family (Ellsworth) YMCA, of course.

Thirty-four swimmers successfully escaped lawn mowing, flower bed primping, etc., etc., and showed-up at the Ellsworth YMCA. Matt Montgomery and Scott Redmon, Meet Director, were determined that their Black Fly Meet would be fun and stress free. As masterful Matt made the day-of-meet entries, he lured all of the swimmers to add events to their "dance cards". Matt and Scott also very graciously inserted break times to give 5-event swimmers a breather. The Ellsworth meet was a recognized meet; however, since the meet was publicized almost exclusively



(right) Ellsworth meet organizer, Scott Redmon

MESC Board Members

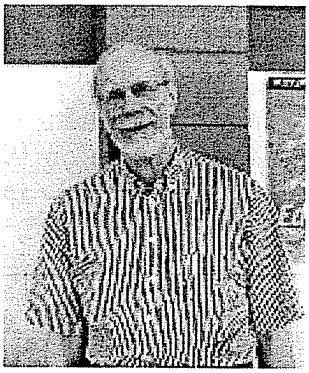
President	Brad Burnham	725-3527
Vice President	Pamela Torrey	443-6191
Secretary	*vacant*	
Treasurer	Barbara Murphy	729-9090
Registrar	Laura Lee	725-5025
Director of Meets	Brad Burnham	725-3527
Recorder	Dieter Weber	236-3938
Historian	Sandy Potholm	729-0649
Web Master	Ben Morse	729-9025
Member at Large	Hans Wendel	564-0060
Newsletter Editor	Kristi Panayotoff	789-5166

through MESC, almost all of the 34 swimmers were MESC members.

Katherine Lyons(61), who swims with the Wiscasset "team", had a great first meet experience, with two first place swims in the 60-64 age group. It may have been the first ever masters meet for Gene Ernest(74), but Gene had obviously been listening intently in the technique portions of the PenBay Y group's work-outs. Gene, and all of us, have been instructed to heave-ho off the wall, and remain streamlined. I watched Gene's take-offs, and by golly, he cruised far under the flags before taking his first stroke, just like in the books!!!

Every masters swim meet has at least one magical happening. The magic moment came early at Ellsworth. When the first heat of the 500 was called, Matt Montgomery announced the lane for Lili Pew(44),(whose home pool is Ellsworth). Flip-flops and T-shirt went flying, and out dashed Lili(Anneliese) Pugh(36), thinking that the Pied Piper of Wiscasset had done mischief, and signed her up for the 500. What are the chances that at a modest May meet in Ellsworth, Maine, there would be two Lili Pughs/Pews??

It was very nice that several of the Ellsworth YMCA's high school swim team members showed interest to participate in the meet. This exposure is a good way to spread the idea that masters swimming is for LIFE. The "season" never ends for us. The friendly meet concluded with 4 or 5 fun relays. The Ellsworth results can be found at the Maine Masters website.

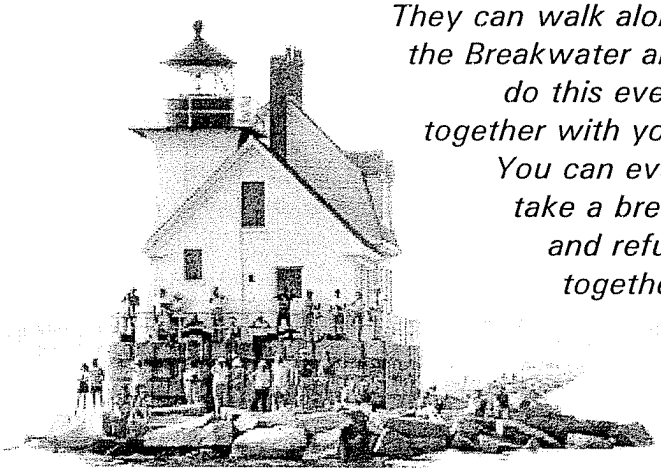


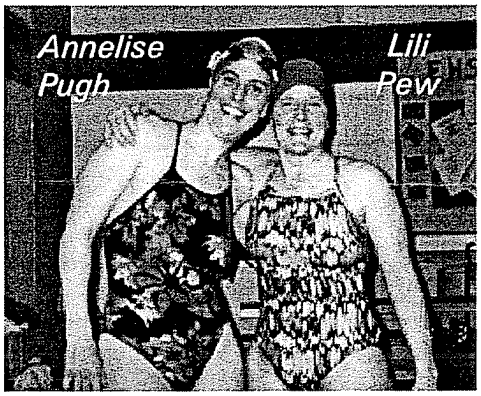
Breakwater Race - Aug 26th
Bring Your Family!

In August the PenBay masters team will host the Rockland Breakwater Swim. This is Maine's *first ever* sanctioned open water event! One of the most exciting things about swimming the Breakwater is that your family and friends can walk alongside beside you as you swim. Wow! Bet you never imagined that open water swimming could be a spectator sport! Please bring your family to this exciting new masters event.

If you'd like to train for the Breakwater Swim, the PenBay masters team practices there every Friday night at 6:00. Meet in the parking lot at 5:45. All masters swimmers are welcome to join. For insurance purposes, all swimmers in the Friday Night training sessions must be registered with Maine Masters or some other USMS club. For information contact Doug Roth at (207) 273-297

BRING YOUR FRIENDS & FAMILY!
They can walk along the Breakwater and do this event together with you. You can even take a break and refuel together!





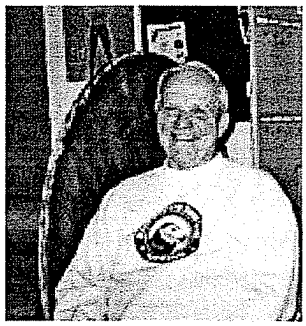
LeeLee Peux x 2

Can you beleive we had two (TWO!) women named Lili Pew/ Pugh at one Maine Masters meet? Annelise "Lili" Pugh *(left)* is from Alna. She was joined by Lili Pew at the Ellsworth Meet.

Phew...

Speaking of phew... Frank Giustra *(right)* is looking relieved after surrendering his Director of Meets position to Brad Burnham. We're glad to see him so refreshed because he's running for MESC president this fall!

Pooped Frank (last year as Director of Meets)



Refreshed Frank (At the recent Ellsworth Meet)

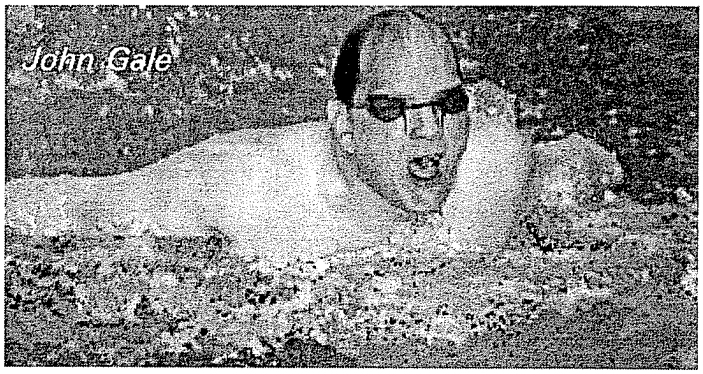
Maine Masters in Print

Check out Hodding Carter's article in the August'06 issue of *Outside Magazine.* The article describes Hodding's outlandish Caribbean "swim-trek" that he and fellow MESC member George "Hopper" McDonough embarked on over spring break. They swam from island to island in the British Virgin Islands, covering about 20 miles in a week's time.

MAINE MASTERS IN TRIATHLONS

June 18, 2006 was the inaugural "International Distance"—1.5k swim, 40 k bike, 10k swim for the West Kennebunk Fire Department, which also puts on a sprint triathlon in August. Three Maine Masters are known to have participated: Morgan Laidlaw, 33,(of Camden, Me) raced to 7th overall, and 7th male, but alas, 3rd in that highly competitive 30-34 age group. Anne Uecker, 45(Waterville,Me)was the 10th overall woman finisher! Kristi Panayotoff, 57(Lincolnville,Me) was the 30th overall woman finisher, and the oldest woman in the event!!

July 1st was the annual Shipbuilders' Triathlon in Bath, also with the "International Distances" of 1.5K,40K,10K, but with ten year age brackets. Morgan Laidlaw was 1st in the 30-39 age males. Kristi Panayotoff, 57,



was 1st in the 50-59 year women's group. John Gale, Chris Matava, and Ben Morse also competed. Also-read the great article in Maine Sun-Telegram, 07-16-06 on opening water swimming by Me. Masters

Go Postal (again!)

You have 2 and ½ months left to do the 5K and/or 10K Postal Swims! All you people who call yourselves "distance swimmers"—get the lead out and make a commitment to do either the 5K or the 10K Postal Swim(s). The forms are on the USMS website.

HEY, THANKS FOR THE MEMORIES—(OF NEW MEETS)

We all owe a huge round of applause for the work-out groups and meet directors who accepted the challenge of putting on new swim meets, to help give us Maine Masters additional opportunities to race, to see each other, and have fun. Thanks to:

Waterville YMCA January 2006 meet—Anne and Jeff Uecker
Bangor YWCA March 2006—Jim Ligori and Sterling Dymond
South Freeport YMCA February 2006—Sean Carter
Ellsworth/Down East YMCA May 2006 - Matt Montgomery and Scott Redmon

Swimming With Masters Makes Triathletes Faster

Just ask Ben Morse. At the July 1, 2006 Shipbuilders' Triathlon in Bath, Maine, Ben Morse's relay team won 1st place for the team competition. There were well over 250 competitors. Individual triathletes who swim with Maine Masters finished as follows: Morgan Laidlaw, 33, was 9th male, 12th overall, and 3rd in the 30-39 age bracket. Chris Matava, 39, was 90th male, 31st in his age group. Toby Brewster was 43rd male, 9th in his age group, and an impressive 55th overall. Amy Pillitteri, 44, who recently joined the PenBay Y masters group, was 28th woman and 12th in her age group. Kristi Panayotoff, 57, was 30th woman, 1st in her age group, and once again the oldest female competitor.

Summer Masters Challenge!
Great Bay Masters Swimming Inc. challenges
New England Masters and Maine Masters
to a friendly summer competition with picnic to follow

Date: Sunday July 23, 2006
Meet Director: Marc Scheele
Information: For more information Email – SummerMeet@greatbaymasters.org
Sanction Number: 037-007-SLCM
Location: Jenny Thompson 50 Meter Outdoor Pool, Dover, NH
Check-in: Check-in 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: $5 base fee plus: $3 per individual event, no charge for relays provided the swimmer has entered at least one individual event. Only swimmers who have entered an individual event are eligible for relays.
Entry Procedure: Deck Enter a maximum of five individual events plus relays. You may mail you entry to: GBM Summer Challenge, PO Box 1866, Dover NH 03821. Mail must be received by July 21st. If your entry is received by July 21 then you do not have to check-in the day of the meet. There will be no refunds for non-participation.
Timing: Electronic timing planned with hand watch backup timing. Notify meet personnel if you think you could set a USMS national record or FINA masters world record.
Scoring: Scoring is by USMS club. The first 16 places in each individual age group event will score in the following sequence: 17, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1; double points for relays.
Relays: The four relay participants on each relay must be members of the same USMS club. USMS "unattached" swimmers may not participate on relays. Relay age group is determined by the sum of the ages of the four participants. The deadline for submitting relay entry forms will be announced at the meet. Relays will be cancelled if they cannot be completed by noon.
Prizes: Lottery tickets will be awarded to the male and female high point winner(s) if they are present to claim them at the conclusion of the meet.
Eligibility: 2006 registered United States Masters Swimming (USMS) swimmers 18 years or older as of July 23, 2006, and 2006 registered masters swimmers from other countries.
Event Order: See Meet Entry Form.
Directions: For web based map tools use this address - Jenny Thompson Outdoor Pool, 150 Portland Ave. Dover, NH 03820. General directions – from Route 95 in New Hampshire take the Spaulding Turnpike (Route 16) North. Take exit 8E off the Spaulding. Follow to third light, a "T" intersection. Turn left. Proceed to next light. Go through the light. Follow around bend, see small white sign for Rt. 4 (Portland Ave.) Take a right. Go about 2/3 mile, see Philbrick's sports store on right. The pool is directly across the street.
Hotels:
Holiday Inn Express: 603 742 4100
Dover Days Inn 603 742 0400

Day of the meet Notes:
1) Your age for this meet is your age on December 31, 2006.
2) Seed times submitted must be for meter distances. If you need help converting your times from yards to meters, ask meet personnel.
3) Children may not swim in the warm-up / warm-down area during the swim meet. Only USMS registered swimmers entered in the meet may use the warm-up / warm-down area.
4) Everyone can get a good warm-up during the open pool warm up if each lane has people of the same speed. Select your warm-up lane based on your continuous swimming warm-up pace per 50 YARDS: Lane 1 - 60 seconds, Lane 2 - 50 seconds, Lane 3 - 40 seconds, Lane 4 - 35 seconds, Lane 5 - 45 seconds, Lane 6 - 55 seconds, if you are warming up in an inappropriate lane, an official will ask you to move.
5) Picnic planned on the pavilion, after the meet. Great Bay will provide hamburgers and hot dogs. We welcome other food contributions.

Great Bay Masters Meet, Jenny Thompson Pool, Dover NH: 50 meter pool
July 23, 2006; check-in from 7:30 to 8:30 a.m.; warm-up from 8:00 a.m. to 9:00 a.m.
Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 037-007-SLCM
Name_____ Age on 12/31/06_____ Birth Date: _____
Address _____ Phone: _____
Emergency Contact Phone: _____
Gender _____USMS registration number _____ USMS club _____
(If your club is NOT New England, Maine, Great Bay or Vermont, you must show your USMS card)

Event #	Seed time (meters)	Description
1		Mixed 200 IM
2		Mixed 100 free
3		Mixed 200 fly
4		Mixed 100 breast
5		Mixed 200 free
6		Mixed 100 back
7		Mixed 200 breast
8		Mixed 100 fly
9		Mixed 200 back
10		Mixed 50 free
11		Mixed 50 back
12		Mixed 50 fly
13		Mixed 50 breast
14, 15, 16		400 Free Relay
17, 18, 19		400 Medley Relay
20		400 free*
21		400 IM*

Enter five individual events maximum. $5 base fee plus: $3 per individual event; no charge for relays but swimmers must be entered in an individual event to participate on relays. **Checks payable to Great Bay Masters.**

* Events 20 and 21 will be conducted if time permits. Heats of the 400 free and 400 IM may be combined.

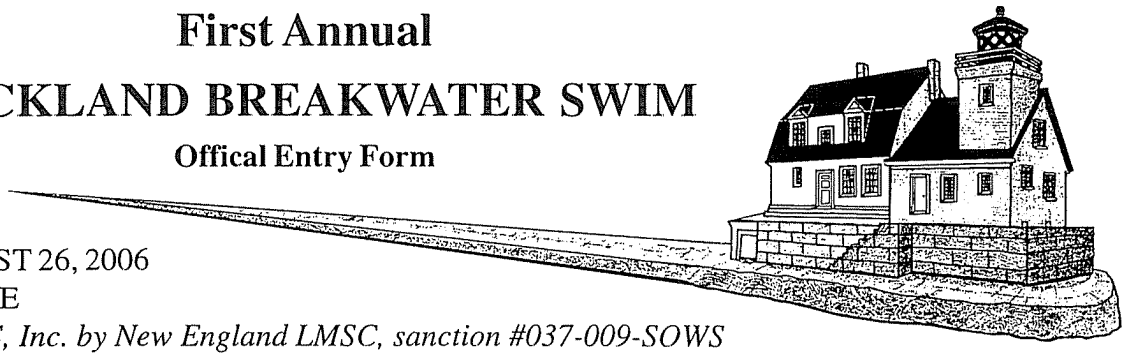
RELEASE:
I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES 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.

Date_____ Signature _____

THIS BOX COMPLETED BY MEET MANAGEMENT:
Waiver signature [ ] USMS number confirmed [ ] USMS number pending, ok to enter [ ]

7

First Annual
ROCKLAND BREAKWATER SWIM
Offical Entry Form



SATURDAY, AUGUST 26, 2006
ROCKLAND, MAINE
Sanctioned for USMS, Inc. by New England LMSC, sanction #037-009-SOWS

Individual Entry Information

Name_____ USMS Registration #_____

Address_____ DOB _____/_____/_____ Age (race day)_____

City_____ State_____ Zip_____ Gender (circle) M F

Phone (_____) _____ E-mail:_____

Must check one or the other:

Wetsuit category ☐

Non-wetsuit category ☐

Must check one or the other:

1.6 mile swim ☐

3.2 mile swim ☐

T-SHIRT SIZE ☐S ☐M ☐L ☐XL ☐XXL

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 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 CONDITON OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in Open Water swimming and agree to assume those risks.

Signature_____ Date_____

Entry Fees and Deadlines

Early bird entry - received by 7/31/06 ($50.00) $_____

(OR)

ENTRY FEE received 8/01~8/23/06 ($75) $_____

TOTAL ENCLOSED $_____

ATTACH A COPY OF YOUR 2006 USMS REGISTRATION CARD HERE.

Make check payable to Pen-Bay Masters and mail with this entry/release form and *a copy of your 2006 USMS card* to:

Rockland Breakwater Swim
P.O. Box 965
Camden, ME 04843

Info (by phone): contact Doug Roth (207) 273-2907
Info (by e-mail): contact Bill Jones at *wijones@tidewater.net*

HOST

Pen-Bay Masters

DATE

Saturday, August 26, 2006

LOCATION

Rockland Breakwater at Jameson Point in Rockland Harbor, Rockland, Maine. This is a location where your family and friends can travel along with you as you swim and watch the entire event by walking along the Breakwater. *Bring your friends!*

COURSE

The course is L-shaped and follows the Rockland Breakwater. 1.6 mile swim is one loop; 3.2 mile swim is two loops. Water temperatures could range anywhere from 65 degrees down to 55 degrees. *NOTE: If less than 5 swimmers sign up for the 3.2 mile swim, the 3.2 swim will be cancelled and those swimmers will compete in the 1.6 mile swim.*

RACE TIME

Check-in:.....9:00am
Pre-race briefing:.....9:30am
Race begins:.....10:00am

All swimmers must attend the prerace briefing.

ELIGIBILITY

The race is open to all swimmers currently registered with USMS. A copy of your 2006 USMS registration card MUST be included with the entry form. Foreign swimmers must present a letter of introduction from their national Masters organization.

REGISTRATION AND ENTRY DEADLINE

Entries must be received by the meet director by Saturday, August 23, 2006. See below for entry fees. Send entries and fees to

Rockland Breakwater Swim
P.O. Box 965
Camden, ME 04843

ENTRY FEES

Early bird entry (received by July 31).....$50.00
Regular entry (Received Aug 01-Aug 23).....$75.00

Absolutely NO entries will be accepted if received after August 23, 2006.

RULES

2006 USMS Rules and Regulations will govern this event.

PRE-RACE BRIEFING

There will be a pre-race briefing at 9:30am at the race location. All swimmers must attend the pre-race briefing.

ESCORT CRAFT

Most of the course runs along the Breakwater, which makes it a "spectator event" that is unique from almost any other open-water swim. Course safety monitors will be located on the Breakwater and in kayaks in the water. Although probably not necessary, personal escorts in kayaks are allowed. All personal escorts must stay clear of other swimmers. Any swimmer wanting a personal escort must provide their own boat and escort.

AWARDS

Awards will be presented to the overall top male and female finishers in the 1.6 mile and 3.2 mile race, wetsuit and non-wetsuit categories. Token awards will also be presented to the top man and woman in each age group for each race and each wetsuit and non-wetsuit category.

T-SHIRTS

T-shirts will be given on race day to each swimmer.

PARKING

Parking is available at the race site.

DIRECTIONS

From the South, take Route 1 into Rockland. Go left on Main Street (Route 1 North). Go 1.3 miles to a stop light. Wendy's Restaurant will be to the left and an auto parts store on the right. Go right at the light onto Waldo Avenue. Go .5 miles and turn right onto Samoset Road. Go .6 miles to the parking area.

From the North, take Route 1 South. At the Rockland city line, go .5 miles,. Wendy's Restaurant will be on the right side. Go left at the light onto Waldo Avenue. Go .5 miles and turn right onto Samoset Road. Go .6 miles to the parking area.

LODGING

Information on lodging is available at the Rockland-Thomaston Area Chamber of Commerce website,
www.therealmaine.com/accomodations.html
or the Camden-Rockport -Lincolnville
Chamber of Commerce website, www.camdenme.org.

INFORMATION

Contact Doug Roth at (207) 273-2907 or Bill Jones at wijones@tidewater.net with any questions or requests for additional information.

Maine Masters Swim Calendar

DATE	EVENT	LOCATION	CONTACT
Jul 22	Peaks-to-Portland	Portland Harbor	Portland YMCA (207) 874-1111
Jul 23	* Jenny Thompson Meet	Dover, NH	Great Bay Masters.com
Aug 4-11	FINA Worlds	Stanford Univ.	*www.2006finamasters.org*
Aug 5	Echo Lake Swim	Echo Lake, MDI	Matt Montgomery (207) 667-3086
Aug 6	Hobbs Pond Swim	Hope, ME	Bill Jones (207) 763-3576
Aug 26	* Breakwater Race	Rockland Harbor	Doug Roth (207) 273-2907
Sep 3	Maine Sport Triathlon	Camden, ME	ME Sport Outfitters (207) 236-7120

** Entry Form Attached*

POSTAL CHAMPIONSHIPS

May ~ Sep	5k/10k	Any Pool	USMS Website

More Info: http://www.mainemasters.org *or* http://usms.org

Newsletter Editor
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Lincolnville, ME 04849