

# Manatee Masters Swimming

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## April 2008 Update

### Message from the President

We had a very successful weekend at the Pacific Masters Championships. Each of us who participated had personal successes (best times, first-time races) and challenges (illness, injury, or invisible lead weights attached to our arms at the end of a race), but as a team we showed some serious swimming prowess and depth (the diversity of our participants really made a difference) and had a lot of fun in between events. Thanks to everyone who came out and joined us, and congratulations to us on that 1<sup>st</sup> place (in the division) finish!

I am happy to report that our easy transition from Mills to Holy Names may have contributed at least in a minor way to our success at the meet; the move from one pool to the other happened mostly without incident and we were able to keep swimming. I'd like to convey another thank you to all of you for helping to make the transition painless!

We have one slight schedule adjustment to make at this time. Those of you who have started

### MAM Merchandise Online and Caps

We have a website set up for you to order suits, parkas and other wearables! Our anchor color is blue so that common thread is woven throughout the selections. For any of the 12 suits available, you will receive a deep discount (shown on website) when you order from our team color selections. For the MAM logo to be embroidered on the suit that you choose, make sure you check the appropriate box when you order, otherwise the suit will arrive undecorated. The parka is navy on the outside with a columbia blue pile lining on the inside. Our default set-up is MANATEES in tackle twill letters on the back. You will also have the option to add your name on the front and/or the

swimming at noon will need to find another practice between **June 16 and August 8**. Due to previously scheduled summer programs at the pool, we will need to suspend our noon practice for those weeks. Also, please remember to bring your membership agreement and emergency contact forms to the pool and sign in when you come to the pool so we can track our attendance. So far, with one or two exceptions, practices have been well-attended. We'll continue to watch the attendance trends as the school year ends and the weather becomes warmer.

In response to my plea for help with the social committee, one of our newer members, Joanne Ablan, has suggested a June 22 or 29 short afternoon Manatee hike on Mt. Tamalpais. She has agreed to be the contact person for that, so send her an email if you are interested in participating: [ablan114@comcast.net](mailto:ablan114@comcast.net). Also feel free to write me with other hiking options or social ideas.

Until next time,

...**Rebecca Perry**

MAM logo. A Speedo swim backpack is also shown and can be customized as well. Other items such as sweats, fleeces, etc. may be available upon request with team decoration and personalization and you can find out more by calling customer service at 800.543.2763. As a courtesy, you will also receive a 20% discount on all other merchandise purchased through the web store with the exception of sale items. To access the web store go to [www.kastawayswimwear.com](http://www.kastawayswimwear.com)

Click on TEAMS in the upper right hand corner  
Login: MAM946  
Password: MANATEE

Everyone will utilize the same login and password but each order is completed individually so your contact and credit card information will not be retained permanently.

Caps with the MAM logo printed on both sides and the option to personalize with your name have to be ordered in bulk. If you have any questions or need clarifications, please don't hesitate to contact me!

For the record, the Manatees are not profiting from the sale of any merchandise through Kast-Away.

...Shannon Pedder

## Did you know...

Did you know that fellow swimmer, Bill Sadler, has co-authored a new book? Bill (Dr. Sadler to his students at HNU) has been studying the lives of individuals aged 40 years and over who have found ways to shape the way they work to suit the way they want to live. For his new book, **Changing Course: Navigating Life After 50**, Bill researched individuals who have learned to transform aging and redefine retirement into a time of renewal and growth. For more information, log onto [www.ChangingCourseBook.com](http://www.ChangingCourseBook.com)

## I Heard it in the Locker Room

**THAI LETTUCE WRAP** - A great recipe the entire family can enjoy.

Dressing - Put the following ingredients in a blender and blend until relatively smooth.

- 1 cup Raw Almond Butter
- ½ cup Pure water or more to thin the dressing
- 4 tablespoons Fresh lemon juice
- 2 tablespoons Fresh ginger, chopped
- ¼ cup Pure organic maple syrup or agave nectar
- 3 tablespoons Nama Shoyu or Tamari
- 4 tablespoons Sesame oil (optional)
- 3 Cloves of garlic
- ½ Serrano or jalapeno chile, (optional)
- 1/4 cup chopped Thai basil (optional)

Or Shakti (a Berkeley based company) makes a bottled Thai Sauce. The sauce is relatively healthy, preservative free and super tasty. It will do great if you are just venturing into the world of wraps.

Wrap ingredients ideas:

Avocado - very important

Sprouts - very important

Basil, cilantro and/or mint, chopped

Carrots and/or cucumber, julienned

Tomato, diced

Bok Choy, chopped

Green onions, chopped

Red Peppers, chopped

Zucchini or yellow squash and Cabbage, shredded

Green opinion, chopped

Instructions: Prepare your dressing. Assemble wrap ingredients on a lettuce leaf (any lettuce will do but I like bib and romaine). Drizzle dressing on ingredients. Wrap the lettuce leaf carefully into a roll. Eat & enjoy!

...Heather Haxo Phillips

### **Solutions for pool-damaged hair**

Check out <http://www.malibu2000.com>. They have great products for treating swimmers' hair, including regular-use shampoos and conditioners, and special treatments. I especially recommend the "Swimmers After-Swim Solution" for hair that is turning green. They are very knowledgeable folks. For example, their website explains it is not chlorine, but copper from the pool that causes your hair to turn green. You might explore their other demineralizing products that are listed outside of the "Swimmers" section of the site.

...Susanne Rublein

## **2007 Pool Competition Summary**

### **MAM swimmers earn individual USMS Top Ten Long Course Meters honors**

**January 1, 2008**

Susanne Rublein, Juliet Cox and Peg McPartland earned honors for the Women's side. For the Men's side, it was Adam Nisenbaum, Ili Selinger, Rick Hamilton, Rob Heath and Jim Clemmons.

#### **Women 35-39 LCM (2007)**

Place	Event	Name	Time
5	<a href="#">800 Free</a>	Juliet E Cox	10:53.71
9	<a href="#">200 Back</a>	Juliet E Cox	2:58.90
9	<a href="#">50 Breast</a>	Susanne P Rublein	40.58
6	<a href="#">100 Breast</a>	Susanne P Rublein	1:28.34
8	<a href="#">200 Breast</a>	Susanne P Rublein	3:19.60

#### **Women 65-69 LCM (2007)**

Place	Event	Name	Time
7	<a href="#">100 Free</a>	Peg K Mc Partland	1:35.40

#### **Men 30-34 LCM (2007)**

Place	Event	Name	Time
8	<a href="#">50 Free</a>	Adam Nisenbaum	25.47
5	<a href="#">200 Free</a>	Ili R Selinger	2:07.20
5	<a href="#">1500 Free</a>	Adam Nisenbaum	19:30.87
9	<a href="#">200 Breast</a>	Ili R Selinger	3:03.81
6	<a href="#">50 Fly</a>	Adam Nisenbaum	27.28

#### **Men 40-44 LCM (2007)**

Place	Event	Name	Time
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6	<a href="#">50 Back</a>	Rick M Hamilton	31.06
6	<a href="#">100 Back</a>	Rick M Hamilton	1:04.93
4	<a href="#">200 Back</a>	Rick M Hamilton	2:22.02
7	<a href="#">200 Breast</a>	Rick M Hamilton	2:53.18
5	<a href="#">200 Fly</a>	Rick M Hamilton	2:32.12
6	<a href="#">200 IM</a>	Rick M Hamilton	2:26.77
8	<a href="#">400 IM</a>	Rick M Hamilton	5:20.81

#### Men 50-54 LCM (2007)

Place	Event	Name	Time
9	<a href="#">50 Free</a>	Robert H Heath	26.49
8	<a href="#">100 Free</a>	Robert H Heath	59.33
5	<a href="#">50 Back</a>	Robert H Heath	32.17
6	<a href="#">100 Back</a>	Robert H Heath	1:09.96
10	<a href="#">200 Back</a>	Robert H Heath	2:39.59
10	<a href="#">50 Fly</a>	Robert H Heath	28.78
6	<a href="#">200 IM</a>	Robert H Heath	2:33.00

#### Men 55-59 LCM (2007)

Place	Event	Name	Time
4	<a href="#">200 Free</a>	Jim Clemmons	2:20.82
2	<a href="#">400 Free</a>	Jim Clemmons	4:56.73
1	<a href="#">800 Free</a>	Jim Clemmons	10:14.63
1	<a href="#">1500 Free</a>	Jim Clemmons	19:52.93
6	<a href="#">100 Breast</a>	Jim Clemmons	1:21.87
4	<a href="#">200 Breast</a>	Jim Clemmons	3:00.66
3	<a href="#">200 IM</a>	Jim Clemmons	2:41.63
1	<a href="#">400 IM</a>	Jim Clemmons	5:43.79

### MAM relays earn USMS Top Ten LCM honors

January 1, 2008

Suzie Girard, Jen Brakeman, Susanne Rublein, Juliet Cox, Adam Nisenbaum, Ili Selinger, Rob Craven, Rob Heath and Jim Clemmons earned relay 2007 LCM TT placings as shown below.

#### Mixed 120-159 LCM

10	<a href="#">200 Medley Relay</a>	MAM	Pacific	Rob Craven (42)	2:14.91
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3	<a href="#">400 Free Relay</a>	MAM	Pacific	Suzie E Girard (36) Susanne P Rublein (37) Adam Nisenbaum (30) Ili R Selinger (34)	4:22.23
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#### Mixed 160-199 LCM

3	<a href="#">400 Free Relay</a>	MAM	Pacific	Jennifer F Brakeman (37) Juliet E Cox (39) Jim Clemmons (57) Robert H Heath (50)	4:35.23
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### SCM Relay USMS Top Ten results for 2007

February 28, 2008

The Manatees had 16 relays place in the USMS Top Ten SCM 2007 listing. Individuals involved in the relays were Fred Farley, Robert Heath, Jim Clemmons, Mac McClelland, Rick Hamilton, Ili Selinger, Adam Nisenbaum, Will Hale, Greg Brown, Suzie Girard, Sarah Chinn, Susie Caso, Susanne Rublein, Alexi Ueltzen, Ruth Shaps, Cindy Curry, Juliet Cox, and Chantal Miklosi.

Two relays placed in the number one slot earning All-American honors. The Women's 120+ 800 free relay consisting of Ruth Shaps, Cindy Curry, Sarah Chinn, Juliet Cox and the Men's 200+ 800 free relay comprised of Fred Farley, Rob Heath, Rick Hamilton and Jim Clemmons both placed number one.

Results can be found at: <http://www.usms.org/comp/tt/toptenrelaylmsc.php> Change the course to SCM and the LMSC to Pacific.

### 2007 FINA World Top Ten

Five MAM swimmers placed admirably in the recently released FINA World Top Ten (TT) rankings for pool competitions held during 2007.

FINA recognizes swims in "meter" measured pools only, "Short Course" (SCM = 25m) and "Long Course" (LCM = 50m). Yards are strictly an American deal.

**Ruth Shaps** placed TT in 6 events in Short Course Meters (SCM). She placed 3<sup>rd</sup> in the 50 free and 200 back. She also placed 5<sup>th</sup> in the 100 free, 6<sup>th</sup> in the 50 fly, 7<sup>th</sup> in the 100 IM and 10<sup>th</sup> in the 100 back.

**Ili Selinger** placed in two SCM events. He placed 8<sup>th</sup> in the 1500 and 9<sup>th</sup> in the 800 freestyle events.

**Rick Hamilton** had three placings combined in SCM and Long Course Meters (LCM). He placed 6<sup>th</sup> in the 200 LCM back, 7<sup>th</sup> in the 100 LCM back and 10<sup>th</sup> in the 200 SCM back events.

**Rob Heath** placed in 6 events over both courses as well. In the SCM events, Rob placed 3<sup>rd</sup> in the 100 fly, 5<sup>th</sup> in the 50 free, 9<sup>th</sup> in the 100 free and 10<sup>th</sup> in the 50 fly. He placed 10<sup>th</sup> in both the 50 and 100 LCM backstroke events.

**Jim Clemmons** had 14 places spread over both courses, 5 SCM and 9 LCM. In SCM events, Jim placed 1<sup>st</sup> in the 400 free, 2<sup>nd</sup> in the 200 and 1500 free, 3<sup>rd</sup> in the 800 free and 400 IM. In LCM events, he placed 2<sup>nd</sup> in the 400 IM and had 4<sup>th</sup> place rankings in the 800 and 1500 freestyle events.

## 2008 Events

Seven Manatees made it to Palo Alto for the Rinconada meet in early March. Suzie Girard, Mac McClelland, Cary McGregor, Jane Nylund, Ruth Shaps, Sue Stanton, and Jim Clemmons participated. We had 18, a new high count for a single day meet, at Strawberry Canyon (Berkeley) for the SCAM meet on March 29, enjoying a cool and blustery day. Shannon Pedder, Juliet Cox, Rebecca Perry, Ruth Shaps, Adam Nisenbaum, Carlos Fernandez, Joseph McCarthy, Will Hale, Peter Finney, Rob Heath, Mac McClelland, Gordon Jacoby, Suzie Girard, Jen Brakeman, Ili Selinger, Cary McGregor, Rob Craven and, Jim Clemmons all managed to drag themselves out of the warm beds to participate.

Again, our always-on-the-job statistician Will Hale writes us with the following:

### **Rinconada:**

**Ruth Shaps** set 5 records in the 60-64 age group: 1000 free, 50 free, 100 back, 50 fly, and 100 free.

**Jane Nylund** lowered her 1650 fly record (40-44 age group).

### **SCAM:**

**Adam Nisenbaum** set an overall team record in the 50 free with a 22.55 (also the 30-34 age group).

**Carlos Fernandez** set a 35-39 record in the 200 IM.

**Will Hale** set a 35-39 record in the 50 free.

**Peter Finney** set 2 records in the 40-44 age group: 100 IM and 200 IM.

**Juliet Cox** set 3 records in the 40-44 age group: 500 free, 50 back, and 100 back.

**Rebecca Perry** set 2 records in the 40-44 age group: 50 fly and 200 IM (she also broke the 100 back, but not as fast as Juliet did).

**Jim Clemmons** set a record in the 55-59 age group for the 100 IM.

**Ruth Shaps** set 2 records in the 60-64 age group: 100 IM and 100 fly (her 50 fly did not beat her Rinconada time).

**Gordon Jacoby** lowered his record for the 100 IM in the 60-64 age group.

## **Manatees capture 1st place in medium teams division at Pacific SCY Championships**

**April 14, 2008**

During the first really nice weekend of the year, sunny skies, mid-80's, the Manatee's won the Medium Teams Division, coming in 3<sup>rd</sup> place overall behind WCM and USF, in that order. Santa Rosa Masters, Tri-Valley and The Olympic Club filled out the next three places. Approximately 30 Manatee's contributed a portion of their weekend to compete in individual events, relays or a combination of both.

**Ruth Shaps** broke 8 individual PMS records, her seven individual events plus leading off a relay. Whaaaa, what a crummy weekend for Ruth!

**Rob Heath** set one in the 50 fly but two other swimmers in his age group were slightly faster.

The Men's 55+ 800 free relay set a new PMS record.

**Ruth Shaps, Ili Selinger, Carlos Fernandez** and **Jim Clemmons** won hi-point for their respective gender/age groups.

**Rick Hamilton, Ili Selinger** and **Jim Clemmons** also received their awards for Male/Age-Group Swimmers of the Year for their performances during the 2007 season.

Our records statistician, Willimus Hale compiled the following data:

**We had 48 MAM records set at the PMS SCY Championships.**

**Caroline Thompson** 25-29 age group set a MAM record in the 1000 free.

**Jen Brakeman** 35-39 age group set a MAM record in the 200 fly.

**Carlos Fernandez** 35-39 age group set 2 MAM records in 200 breast and 1000 free.

**Susie Girard** 35-39 age group set 2 MAM records in 50 fly and 50 free (also, 100 free but Chantal went a little faster).

**Chantal Miklosi** 35-39 age group set 2 MAM records in 200 back and 100 free.

**Susanne Rublein** 35-39 age group set 2 MAM records 400 IM and 100 IM.

**Juliet Cox** 40-44 age group set 6 MAM records in 1650 free, 500 free, 100 free, 100 back, 1000 free and 50 back. Her 1650 free was also an overall team record, displacing Simone La Pay's record of 19:33.02 from 5/17/2001.

**Peter Finney** 40-44 age group set 8 MAM records in 400 IM, 200 breast, 100 fly, 50 breast, 200 fly, 200 IM, 100 breast and 200 free.

**Rick Hamilton** 40-44 age group set 2 MAM records in 200 back and 50 fly.

**Rebecca Perry** 40-44 age group set 2 MAM records in 100 fly and 50 fly.

**Kelly McGrath** 45-49 age group set a MAM record in the 1650 free.

**Rob Heath** 50-54 age group set 4 MAM records in 50 back, 100 fly, 50 fly and 100 free.

**Maggie Fillmore** 55-59 age group set a MAM record in the 1650 free.

**Bob Upshaw** 55-59 age group set a MAM record in the 50 back.

**Ruth Shaps** 60-64 age group set 6 MAM records in 100 IM, 200 back, 100 free, 100 back, 50 free and 200 free.

**Peg McPartland** 65-69 age group set 4 MAM records in 50 back, 100 free, 100 back and 50 free.

**Carol Bauer** 70-74 age group set 3 MAM records in the 50 back, 50 free and 100 free.

For complete results, go to: [www.pacificmasters.org/comp/results.shtml](http://www.pacificmasters.org/comp/results.shtml)

...Jim Clemmons

**Many thanks to Jim Clemmons and Will Hale for the extensive and exceptional work they do compiling the results for our competitive swimmers. You are amazing!**

## Where to find the help you need

Manatee Aquatic Masters  
PMP 516, 6114 La Salle Ave, Oakland, CA 94611  
<http://www.manateeswimming.org>

Pool location: Holy Names University  
3500 Mountain Blvd., Oakland, CA

### Coaches

Brian Stack, Head Coach –[brianstack@sbcglobal.net](mailto:brianstack@sbcglobal.net)

Andy Brown	Erin Lucas
Claire Donaldson	Peter Finney
Andrew Ezer	Susanne Rublein
Alexi Ueltzen	

### Board of Directors

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Shannon Pedder	Samantha Wong

**Information Hotline (510) 273-9093**

**...Annmarie Hallin, Editor**