

Manatee Masters Swimming

September 2008

Manatee Day at the Races

The Manatees turned out at Holy Names, on Saturday, August 23, for the first ever Manatee Day at the Races (which is not at all sanctioned by Pacific Masters Swimming, Inc.) There were 37 swimmers in 9 events, lots of food, perfect weather, some of the most inventive swimming ever seen, and, of course, lots of fun. The meet was led by Meet Director, Fearless Rebecca Perry and Meet Referee, Brian (“Two whistles means shut up and listen!”) Stack.

Although there were many outstanding moments worthy of mention, and other moments that defied description due to being doubled over with laughter, here are some highlights of the morning:

“King” Gordon Jacoby in his “crown” swim cap. Susan Fuentes’ challenge to Gordon Jacoby in the 50 fly. After the turn, Gordon’s competitiveness

got the best of him and he crossed over to Susan’s lane and tried to stop her (I think he grabbed her foot!), thereby earning the Prime Cheater award! Peter Finney with, it seemed, a suit for each swim from a different country: Brazil and Italy, to name two.

Mike Voorhies and Gordon Jacoby doing a synchronized forward flip while sitting on kickboards.

The award ceremony was highlighted by the Ragtag MAM Wind Instrument and Percussion Ensemble whose sounds set the tone of reverence and honor our occasion deserved.

Conductor: Susanne Rublein

Including, but not limited to: Peter, Will, Juliet, Alan, Ili, and Cathy.

Award Winners: (Eat your heart out, Michael Phelps!)

Swimmer with Most Unique Outfit: Susanne Rublein

Swimmer who was Prime Cheater: Gordon Jacoby

Swimmer with the Most Style: Mike Voorhies (who declared, “This should be shared with Gordon!”)

***Event 1:** Who can balance a ball better? (100 yard relay)

Four swimmers move a ball from one end of the pool to the other without touching the ball with their hands.

Barbara Philips tried to get a head start (no pun intended), but was stopped midway.

Heat 1: Bern Hale, Seth Kaufman, Will Hale, Susan Fuentes

Heat 2: Susanne Rublein, Susan Haufler, Susie Caso, Alan Kren

***Event 2:** The 50’s-50 (50 yards individual)

1958 rules applied here - no flip turns, breaststrokes with their heads out of the water at all times, no goggles, for example.

Heat 1: Kathleen Kline

Heat 2: Bern Hale

***Event 3:** “Free” for all 100 (100 yards, individual) Free here means free choice of stroke.

Heat 1: Kathleen Kline

Heat 2: Caroline Thompson

Heat 3: Alan Levinson

Heat 4: Margaret Thompson

Heat 5: Seth Kaufman

***Event 4:** No legs allowed (25 yards, individual)

There were several strategies for this event, all involved sitting on a kickboard. This event was where Mike and Gordon did their "splashy" synchronized forward flip while sitting on kickboards, a sight that Manatees will remember for some time to come.

Heat 1: Katie Morrison

Heat 2: Caroline Thompson

Heat 3: Peter Finney

***Event 5:** Long axis 50 (50 yards individual)

Free style or back stroke only.

Heat 1: Caroline Thompson

Heat 2: Seth Kaufman

Heat 3: Susan Haufler

***Event 6:** No arms allowed (50 yards, individual)

All kick! Kick harder!!

Heat 1: Bob Upshaw

Heat 2: Sarah Chinn

Heat 3: Will Hale

***Event 7:** Short axis 50 (50 yards, individual)

Heat 1: Susan Fuentes

Heat 2: Kathleen Kline

Heat 3: Cathy Sychr

Heat 4: Sarah Chinn

Heat 5: Ili Selinger

***Event 8:** Semi straight flush (200 yards, relay)

One swimmer of age from each consecutive decade - 20's - 60's.

Heat 1: Susie Caso, Barbara Philips, Jane Nylund, Bern Hale

Heat 2: Juliette Cox, Will Hale, Kathleen Kline, Caroline Thompson

***Event 9:** Surprise (100 yards, relay)

Four participants required to swim in a very large, very heavy, wet sweatshirt from one end of the pool to the other. Quite a few strategies: "Grab the sleeve ends and swim with fists!" "Don't swim, just kick." "This feels like I'm swimming carrying a wet carpet!" "Hmmm, don't put my arms in the sleeves."

Heat 1: Will Hale, Peter Finney, Bern Hale, Rebecca Perry

Heat 2: Marin Rodriguez, Susan Haufler, Susan Bergmann, Alan Kren

To experience the full flavor of this fun day, check out the photos at:

<http://www.youtube.com/watch?v=Jo7GbFVosTI>

*Please note that the results are "mostly" accurate.

...Peg McPartland

Upcoming Meet Schedule

Sunday, October 5, SCM Sprint Pentathlon at UC Davis due on-line Thursday October 2.

<http://www.pacificmasters.org/comp/08sacscm.pdf> entries

Friday, Saturday, Sunday. October 10 – October 12, SCM Champs at WCM. No deck entries – entries due on-line Wednesday, October 1 or postmarked Friday September 26.

<http://www.pacificmasters.org/comp/08wcmscm.pdf>

Here's a good one – good for carpooling at least. Clovis is going to host a SCY meet (in the pool where SCY Nat's will be held next May) on Saturday, November 8 beginning at 1:00pm so you don't have to get up in the middle of the night to get there on time. <http://www.pacificmasters.org/comp/08closocy.pdf>

SPMA SCM Champs in Long Beach December 5, 6 and 7.

The SCY Top Ten for the 2008 season has been finalized:

USMS Top Ten SCY for MAM individuals:

Women 40-44 SCY (2008)

Place	Event	Name	Age	Club	Time
8	1650 Free	Juliet Cox	40	MAM	19:24.80

Women 60-64 SCY (2008)

Place	Event	Name	Age	Club	Time
3	50 Free	Ruth Shaps	60	MAM	28.75
2	100 Free	Ruth Shaps	60	MAM	1:04.53
7	200 Free	Ruth Shaps	60	MAM	2:34.36
2	1000 Free	Ruth Shaps	60	MAM	13:51.45
1	50 Back	Ruth Shaps	60	MAM	33.95
1	100 Back	Ruth Shaps	60	MAM	1:14.73
3	200 Back	Ruth Shaps	60	MAM	2:52.25
2	50 Fly	Ruth Shaps	60	MAM	32.00
2	100 Fly	Ruth Shaps	60	MAM	1:21.20
1	100 IM	Ruth Shaps	60	MAM	1:13.62

Men 30-34 SCY (2008)

Place	Event	Name	Age	Club	Time
10	200 Free	Ili Selinger	34	MAM	1:47.76
7	500 Free	Ili Selinger	34	MAM	4:56.64
6	1000 Free	Ili Selinger	34	MAM	10:19.74
9	200 IM	Ili Selinger	34	MAM	2:02.50

Men 35-39 SCY (2008)

Place	Event	Name	Age	Club	Time
6	1000 Free	Carlos Fernandez	38	MAM	10:32.94
8	50 Back	William Hale	37	MAM	25.44
6	200 Back	William Hale	37	MAM	2:03.33
5	200 Breast	Carlos Fernandez	38	MAM	2:17.05
9	200 IM	Carlos Fernandez	38	MAM	2:03.73
8	400 IM	Carlos Fernandez	38	MAM	4:26.94

Men 50-54 SCY (2008)

Place	Event	Name	Age	Club	Time
8	100 Fly	Robert Heath	51	MAM	56.00

Men 55-59 SCY (2008)

Place	Event	Name	Age	Club	Time
5	200 Free	Jim Clemmons	57	MAM	1:56.31
2	500 Free	Jim Clemmons	58	MAM	5:12.87
2	1000 Free	Jim Clemmons	57	MAM	10:48.47
2	1650 Free	Jim Clemmons	58	MAM	18:07.26
10	100 Breast	Jim Clemmons	57	MAM	1:08.39
3	200 Breast	Jim Clemmons	58	MAM	2:26.81
7	200 Fly	Jim Clemmons	57	MAM	2:22.35
8	200 IM	Jim Clemmons	58	MAM	2:15.24
3	400 IM	Jim Clemmons	58	MAM	4:43.69

SCY Top Ten MAM Relays for 2008:

Place	Event	Club	Swimmers (age)	Time
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Men 25+ SCY (2008)

5	400 Medley Relay	MAM	William Hale (37) Peter Finney (40) Ili Selinger (34) Gregory Brown (37)	3:51.83
5	800 Free Relay	MAM	Peter Finney (40) William Hale (37) Carlos Fernandez (38) Ili Selinger (34)	7:46.26

Men 55+ SCY (2008)

1	400 Medley Relay	MAM	Bob Upshaw (58) Cary Mc Gregor (57) Jim Clemmons (57) Mac Mc Clelland (58)	4:31.31
2	800 Free Relay	MAM	Mac Mc Clelland (59) Cary Mc Gregor (57) Bob Upshaw (58) Jim Clemmons (57)	9:08.98

Women 25+ SCY (2008)

4	800 Free Relay	MAM	Susanne Rublein (37) Caroline Thompson (26) Rebecca Perry (43) Juliet Cox (40)	9:13.44
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Women 35+ SCY (2008)

10	200 Free Relay	MAM	Suzie Girard (37) Rebecca Perry (43) Juliet Cox (40) Susanne Rublein (37)	1:49.46
4	200 Medley Relay	MAM	Juliet Cox (40) Susanne Rublein (37) Suzie Girard (37) Rebecca Perry (43)	2:00.65
2	400 Medley Relay	MAM	Juliet Cox (40) Susanne Rublein(37) Rebecca Perry (43) Suzie Girard (37)	4:35.25

Women 55+ SCY (2008)

8	200 Free Relay	MAM	Randi Voorhies (59) Susie Caso (61) Peg Mc Partland (65) Ruth Shaps (60)	2:22.01
5	400 Medley Relay	MAM	Ruth Shaps (60) Susie Caso (61) Susan Stanton (55) Randi Voorhies (59)	6:18.96
4	800 Free Relay	MAM	Susie Caso (61) Peg Mc Partland (65) Susan Stanton (55) Ruth Shaps (60)	12:07.61

Mixed 25+ SCY (2008)

5	400 Free Relay	MAM	Jane Nylund (43) Suzie Girard (37) Joseph Mc Carthy (38) Ili Selinger (34)	3:50.96
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Mixed 35+ SCY (2008)

3	400 Free Relay	MAM	Susanne Rublein (37) Juliet Cox (40) William Hale (37) Robert Heath (51)	3:43.81
5	400 Free Relay	MAM	Chantal Miklosi (37) Rebecca Perry (43) Peter Finney (40) Carlos Fernandez (38)	3:44.89

Mixed 55+ SCY (2008)

2	400 Free Relay	MAM	Ruth Shaps (60) Susie Caso (61) Bob Upshaw (58) Jim Clemmons (57)	4:34.25
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Mixed 65+ SCY (2008)

8	400 Free Relay	MAM	Carol Bauer (70) Peg Mc Partland (65) Herb Bryant (73) Bill Sadler (77)	6:50.56
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Top Ten lists can be found at <http://www.usms.org/comp/tt/toptensearch.php>

...Jim Clemmons

13th Annual Cascade Lakes Swim Series and Festival

In addition to the two national championship meets, every year United States Masters Swimming sanctions championship open water races at several distances. This year, the USMS National Championship for 3 to 6 miles was at Elk Lake, about forty miles west of Bend, Oregon. The race was part of the Cascade Lakes Swim Series, a three-day, five-race gala sponsored by Central Oregon Masters Aquatics.

I have attended the Cascade Lakes Swim Series three times in the last four years, and I highly recommend it to any Manatee considering a road trip. The series consists of five swims over three days: a two-mile/3000m swim on Friday evening, one-mile/1500m and 500m swims on Saturday morning, and three-mile/5000m and 1000m swims on Sunday morning. The setting is beautiful; the lake is clear and cool; and COMA is a well-organized and hospitable team. Plus, on the way

there, or back, or both, you can stop at the Hi-Lo Café in Weed for a chicken-fried steak.

This year, the 5000m race was the USMS National Championship. Work obligations kept me from traveling on Friday, but I swam Sunday's 5000m and 1000m races. The weather was clear and calm (unlike 2007, when a strong breeze created substantial chop for the 5000m race). I was not the only woman in my age group who traveled to Oregon with the aim of winning a "National Champion" patch, however, and my rival from Idaho was five minutes faster over 5000m than I was. I salvaged my pride in the 1000m race, which she in her greater wisdom did not swim.

Patch or no patch, the trip and the swims were well worth the effort. Who's going to join me next year?

...Juliet Cox

You Are What You Eat

This is a great dish that you can make and have in your fridge for any moment when you or someone in your family is hungry. There are many ways to enjoy it:

- Serve with crackers.
- Eat as a dip with vegetables.
- Use as a base for vegetable or sushi-type rolls.
- Spread on sandwich bread instead of mayo.
- Stuff into vegetables such as tomato, cucumber or celery.

Not Tuna Pâté - Yield: about 2 cups

1 cup sunflower seeds, soaked 8-12 hours,
drained and rinsed
1/2 cup almonds, soaked 8-12 hours,
drained and rinsed
1/4 cup water

2 tablespoons lemon juice
1/2 teaspoon sea salt
1/4 cup minced celery
2 tablespoons minced red onion
2 tablespoons minced parsley

Place the sunflower seeds, almonds, water, lemon juice, and salt in a food processor fitted with the S blade and process into a paste. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Transfer to a mixing bowl, and add the celery, onion, and parsley. Mix well. Stored in a sealed container in the refrigerator, Not Tuna Pâté will keep for at least five days.

Not Salmon Salad: Add 1/2 cup grated carrots to the food processor along with the almonds, sunflower seeds, water, lemon juice, and salt. Replace the parsley with 2 tablespoons minced fresh dill weed, or 2 teaspoons dried.

...Heather Haxo Phillips

It's Not Easy Being Green...

Many of our fairer-haired Manatees are noticing a disturbing trend: Green Hair!

Check out http://www.malibuwellness.com/content/Cn_Hair_Solutions_Swimmers.aspx

Their Swimmers After-Swim Solution does a great job of lifting the green out of your hair. Use it about once a week to keep the green away. If you're already pretty green, you might start out more frequently until the green is gone.

...Susanne Rublein

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. Check the appropriate box for the MAM logo to be embroidered on your new suit 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 may add your name on the front and/or the MAM logo. A Speedo swim backpack 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. You will receive a 20% discount on all other merchandise purchased through the web store with the exception of sale items. 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. For the record, the Manatees are not profiting from the sale of any merchandise through Kast-Away.

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!

...Shannon Pedder

Where to find the help you need

Manatee Aquatic Masters
PMB 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

Andy Brown

Claire Donaldson

Andrew Ezer

Alexi Ueltzen

Erin Lucas

Peter Finney

Susanne Rublein

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