

# Manatee Masters Swimming

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## Special 2 x 1 Relay Issue

### Message from the Race Director

#### Preparing for the 2007 Manatee 2 x 1 Relay

OK – so you are a little worried about an open water swim. No walls, no pool lanes.

Unless you are still wearing swimmies, the Manatee 2 x 1 Relay on August 19 at Quarry Lake is a piece of cake. The swim is shorter than normal workouts. There are about a dozen lifeguards on surf boards to make certain you don't drift too far off course. There is a lifeguard in a boat. There are two paramedics with their ambulance waiting at the lifeguard station. About the only tough element is figuring which of the team partners swims first.

Hell, it is not the swim that will kill you – it's the after-swim picnic with Ili's BBQ and Molly's mojitos.

But just in case you want to get ready, Coach Brian is going to have a special open water practice on Saturday, August 11<sup>th</sup>. We will reconfigure the lane lines to provide an open water environment. You will be taught how to

look for the marker buoys, raise your head such that you don't sink, and draft (pull on the leg of) a nearby swimmer to gain added advantage.

The Manatee 2 x 1 Relay is the one yearly event sponsored by the Manatees. This is our fair share way of supporting the efforts and activities of the Pacific Masters Swimming.

Please consider becoming an event sponsor. That helps greatly to defray the costs of running the event. To become a sponsor, check with Shannon Pedder – [Shannon@brandcreative.biz](mailto:Shannon@brandcreative.biz).

Please volunteer to help with some part of the pre-event registration. You know the thing – many hands make light work. And don't only request to be a body-marker. Email Rocky Schaath at [Rocky\\_s@pacbell.net](mailto:Rocky_s@pacbell.net) to say you will arrive early to keep things running smoothly. And don't forget to wear your Manatee 2 x 1 Relay tattoo or come with other body art – the top three body artists get a special award.

**Gordon Jacoby**

### 2 x 1 Update from Shannon

Mark your calendars! August 19<sup>th</sup>?

In case you haven't already heard our coaches say it at the pool, it is going to be MANDATORY for all Manatees by decree of our respected and feared Head Coach, Brian Stack. If I were you, I wouldn't want to go against anything he says. I would hate to see him add a few more unnecessary 500s to your workout.

In case you have never participated before or if you are new to the team, the 2 x 1 tradition goes back 21 years. It's a fun, no pressure race in which each person in a team of 2 swims a mile. If you've never been an open water swimmer and want to give it a whirl, what better way than with a plethora of happy Manatees.

It's not too early to find a partner and start registering. You can pick up registration forms at the pool or register online via [active.com](http://active.com). If you don't have a partner and need help lining up somebody to swim with, please talk to Coach Brian and he will hook you up. Also pass the word along to your swimming buddies that aren't Manatees. This is a PMS sanctioned event but also a great opportunity for tri-athletes in training to do a practice race.

Please take the time to read through all of the information below. We need your help to make this event successful!

### **SPONSORSHIP**

Once again we wanted to offer the members of the team a chance to support and enhance the event in exchange for the sponsorship benefits listed below. The cost per sponsorship is \$75 and you receive the following?

- Our undying love and affection
- 1/4 page ad in the program
- Your logo posted on our homepage under our sponsorship section with a link to your website
- Verbal recognition at the event
- The opportunity to put a give-away item or piece of printed collateral in the goodie bag that each participant receives

Please feel free to pass this message along to anybody else who may be interested- perhaps your employer or a local business willing to support our event in exchange for some exposure and publicity.

To make the commitment, or for more information, please contact Shannon Pedder, 510.769.3451 or [Shannon@brandcreative.biz](mailto:Shannon@brandcreative.biz).

The deadline for sponsorship is August 3rd and all materials must be submitted no later than August 10<sup>th</sup>.

### **VOLUNTEERS**

The 2 x 1 is truly a team effort and its success is dependant on Manatee volunteers, both leading up to the event and on the day of. Our registration subcommittee chair, **Rocky Schnaath** is gearing up to tackle registration and needs to build up her arsenal of volunteers. Don't forget that registration includes the renowned art of body marking! Helping with registration will not interfere with your opportunity to swim in the race.

Rocky Schnaath, 510-835-5175,  
[rocky\\_s@pacbell.net](mailto:rocky_s@pacbell.net).

For general inquiries you can also contact our race director, Gordon Jacoby, 510.339.1450,  
[Gdjacoby@aol.com](mailto:Gdjacoby@aol.com).

**Shannon Pedder**

### **Special Request from Rebecca Perry**

**Save your orange and white laundry detergent or bleach containers for me to use As temporary buoys for the 2 x 1 relay! Please bring them to the pool by August 13. I usually swim at 7:00 on weekdays, and on Saturday. If I could get about 15 containers, I'd be happy. Thanks.**

## 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: Trefethen Swim Center, Mills College,  
5000 MacArthur Blvd., Oakland, CA

### Coaches

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

Andy Brown	Gyasi Coles
Claire Donaldson	Peter Finney
Andrew Ezer	Susanne Rublein
	Matt Yungert

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

### Board of Directors

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...Annmarie Hallin, editor  
[hall1049@sbcglobal.net](mailto:hall1049@sbcglobal.net)