



NEWSPLASH

Sept 2008

Walnut Creek Masters Annual Family Barbeque

Saturday, September 13th, 2008

Larkey Park Pool

4:00pm-7:00pm

The annual family barbeque will take place this Saturday at Larkey pool. The pool will be open for our use, but no lap swimming - just fun and games. The diving board will be available for use ONLY while a responsible adult/parent monitors the ladder.

The barbecue is free to all members and their families. Everything will be provided, you just need to bring your appetites and make your reservation. At this late date you will need to email Bosco before Wednesday at hboscovi@pacbell.net with how many folks you will be bringing including the ages of any children. Any questions, contact Kerry or Bosco.

Because this is a free event, we will take the opportunity to raise funds to allay costs for this and other expenses of the team. We will have the usual raffles of baskets filled with useful or edible items and request your donations. The categories will also be the usual: Wine and Chocolates, Entertainment, Kids Stuff, and of course, Swimming. No used items, please. At our Barbeque, many hands make light work. A sign-up sheet will be at the pool asking for your help in set-up, clean-up, and some food preparation. If we all do a little, no one will do too much. Thank you for your help.

PACIFIC SHORT COURSE METERS

CHAMPIONSHIPS, 2008

OCTOBER 10, 11, & 12

At Heather Farm

We are again hosting this meet! Meet details are at the end of the newsletter. Our goal is to involve every Creeker as swimmer and/or as a volunteer. Sign-up sheets for helping will appear at the pool shortly before the meet. One very special way to involve one's self in our meets is to be a meet sponsor.

PRICE LIST FOR MEET SPONSORSHIPS

Lane Sponsorship: \$200 for all three days

Event Sponsorship: \$25 per event

Program Ads:

Quarter Page ----- \$60

Half Page ----- \$100

Full Page ----- \$175

Business Card Size ----- \$25

Deadline for all Sponsorships and Ads, including art work, is October 4, 2008.

You can keep up with the latest news, meet information, workout schedules, and more at swim4wc.org

COACH'S CORNER

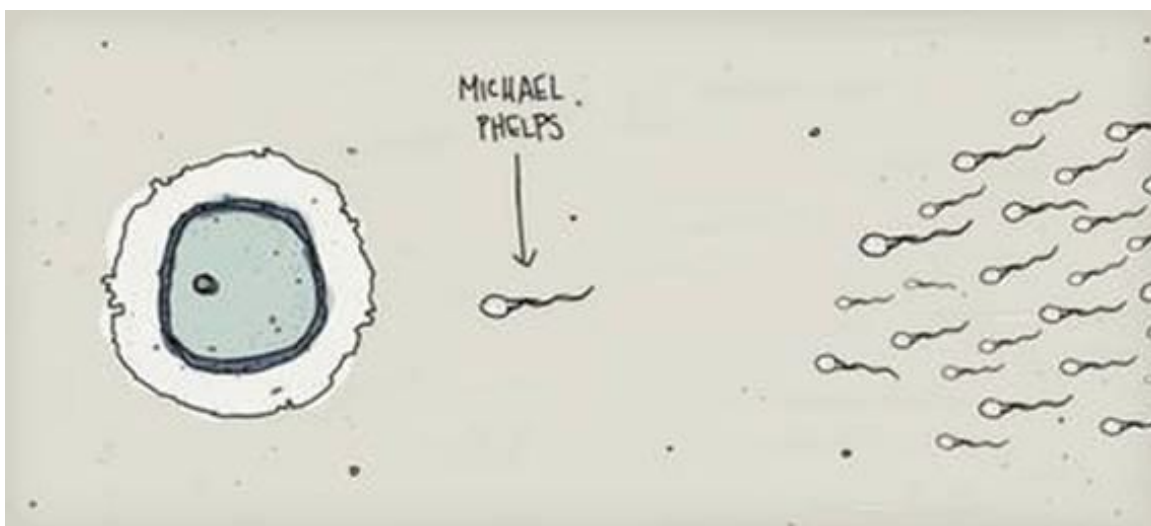
Beijing Revisited

What a great opportunity we all had for the two weeks of the Olympics, watching, cheering, and witnessing triumph and heartbreak. It was just too bad we had to stay up so darn late to be a part of it. Phelps was great, hands down the greatest single accomplishment in sports history. What drama. What passion and desire buoyed by preparation. What an example of when you are talking in terms of a sliver of time, and in some cases, a single hundredth of a second, how important the attention to the smallest details in training can translate to the largest factor in terms of overall outcome. And what more can be said about Dara Torres?

But my second best story of Beijing was the story of Korean swimmer Taehwan Park. Qualifying for the 400 Meter Freestyle in Athens, the fourteen year old climbs the blocks and has nerves get the better of him. He can't hold his position steady on the blocks and tumbles into the water with a false start. His Olympic experience was finished. Park hides in the locker room not ready to face the world. But like all the Olympic athletes, at some point he has to board a plane and head home. No parade, just questions that need to be fielded and addressed. His best answer came an Olympiad later as he surprised many in winning the 400 this year.

Determination, follow through, and redemption. No folding up the tent and calling it quits. Yet, this would be impossible if you did not love what you do. One has to find deep satisfaction in the journey itself to reach a final destination. It has to be its own reward, with a daily trip to the podium for your efforts. What we do every day in practice must hold more value than the prize at the end, or we will begin to question our motives and our commitment. We need to be our own best competitor, cheerleader, pit crew, roadie, and fan.

Wow, this soapbox is really high once you get up here! Someone wanna give me a hand down? **Coach Kerry**



First Known Picture of Future Olympian

OPEN WATER FOCUS

As summer winds down we thought it would be appropriate to have a focus on open water swimming. For those who don't know, open water events are typically swims of 0.5 to 3 miles in lakes or the ocean. Swimmers of all abilities take part in these events. Some thrive on the competition and others just enjoy a long uninterrupted swim in a beautiful setting. If you have never entered an open water swim you are missing one of the highlights of masters swimming. While the water may be cold and choppy at some swims there are plenty of events where you can expect the temperature to be warm, the surface flat and the visibility better than Clarke Pool.

In this issue we've included an article by teammate and hall of fame open water swimmer Suzanne Heim-Bowen on an open water festival in Oregon earlier this summer. We have also included a question and answer section with four Creekers on their open water experiences.

13th Annual Cascade Lakes Swim Series & Festival **July 25th -27th 2008**

By Suzanne Heim-Bowen

This swim festival is located in Elk Lake, Oregon which is one of the Cascade Lakes along the National Scenic Byway noted for its scenic, natural and recreational qualities. It is a picturesque mountain lake at 5000 feet elevation surrounded by the South Sister and Broken Top Mountains. Mt. Bachelor is just a few miles down the road. The water temperature of the lake was 67 to 71 degrees and I was told that this was one of the coldest years for the swim. We stayed in Sun River, south of Bend, which is about a 7.5 hour drive from Walnut Creek. If you like to camp you could stay right at the lake for a very nominal fee.

This truly was a weekend of swimming, relaxing and socializing as this event had something for everyone. Friday night at 6pm was the 3k. Course was well marked and the sun was still out, but by the time we finished the mountains began to cast their shadow on the lake. Very stunning! There was an incredible dinner afterwards and what a spread the Central Oregon Masters (COMA) provided. The next morning there was warm coffee, bagels, and fruit awaiting us before the 500 free. This event was interesting as we had entered our 500 yard time and they managed to get us into a very long line and set each of us off at 20 second intervals. So, for those who don't like mass starts this was a perfect event. Waiting for the next event, they had the 'kidlet' festivities for children ages 3 to 8 years old. Some of the COMA members helped to organize this and they had kicking team races, searching for rubber ducks etc., and all the children came away with a medal. This was definitely a Kodak moment--lots of smiles and enthusiasm from the children. A few hours later we swam the 1500 and after this event we had excellent marinated chicken and pasta lunch with homemade cookies and desserts. On Sunday we had an early check in 7:15 AM for the USMS 5k National Championship. The course was well marked and the lake flat as a pancake. There was such a large area on the beach that there was plenty of room to start without getting crunched. Don't ask me why, but I also signed up for the 1000m race a few hours later. But this event also had a twist to it like the 500. The course was shaped very oddly (on purpose) and we left in groups of 10 (seeded by our 500 yard time) and about a minute apart. At this point no one wanted to take the lead and we were all tired and just plodded along until the very last 10 yards and even then, whoever pulled the swim we just held back and let him or her finish ahead in appreciation of getting us

through the last swim. Again COMA provided an incredible array of food and sandwiches. If it sounds like we ate our way through the weekend we did!

There were separate divisions for people who wanted to wear wetsuits---and there were many wetsuits. It was great to see people participate by whatever means. This event had something for everyone at all different ability levels... This swim rates five fishes in my book and Phil and I are planning to go up there again next year.

Open Water Creekers

We have quite a few teammates who are frequent participants at open water swims. We asked a few of them (Margie Dean, Dave Matthews and husband and wife Peter Guadagni and Kildine Harms) to share their open water experiences.

How long have you been a member of Walnut Creek Masters?

Margie: 24 years. **Peter:** 22 years. **Kildine:** 4 years. **Dave:** 13 years.

What practice do you usually attend (5:30 am, 6:45 am, etc)?

All of the interviewees swim primarily at 5:30 am, ummm, what does that say about wanting to swim long distances in cold water?

Where do you live?

Margie: Walnut Creek. **Peter:** Walnut Creek. **Kildine:** Walnut Creek. **Dave:** Pleasant Hill.

Do you swim in pool meets in addition to open water swims?

Margie: Usually only when Kerry twists my arm. **Peter:** Yes. **Kildine:** Yes. **Dave:** I used to compete in the pool (swimming the IM's and 100 Fly), but haven't done so in years. The last pool event I did was Nationals in Santa Clara and got DQ'ed (I didn't know you couldn't pull on the lane ropes).

When and where did you do your first open water swim?

Margie: Santa Cruz Pier Swim in 1982. **Peter:** It was at Donner Lake in 2005, I knew nothing about swimming more than 2.5 miles at altitude so I started out slow and drafted off the first person I saw. Every time we got passed I switched to draft off the person passing us until I ended up following one guy for about half the swim. When I got out it turned out I had been following WCM teammate Tom Montoya. **Kildine:** 2006 Lake Berryessa. **Dave:** My first Open Water Swimming Race was sometime around 1986 at Oak Mountain State Park, which is near Birmingham Alabama.

What do you like about open water swimming?

Margie: The excitement, cold water, and sense of accomplishment afterwards, and of course the socializing. **Peter:** The feeling of accomplishment and the social aspects. I have probably met more people from other teams at open water swims than at pool meets. **Kildine:** No turns! And I love the outdoors so I enjoy visiting all the different water sites Pacific Masters takes us to. I also like the sense of accomplishment. **Dave:** I like open water swimming races for the tactics involved, the elbow to elbow competition, the challenge of the conditions, and the scenic locations.

What has been your favorite open water experience?

Margie: Favorite is probably the Trans Tahoe relay with the fun, crazy and fast women (which included Phil (Phyllis) Bowen one year)! Most memorable one was probably the Donner Lake swim where Kathleen McLaren and I took turns drafting and I was able to win a bet with Steve Maugher, which resulted in him wearing a thong suit for the Maui Channel Relay... **Peter:** Probably Del Valle this year. In the first swim of the day I concentrated on the competition and didn't have a good time so on the second and longer swim I decided to swim breaststroke with a long glide the whole way. It gave me a chance to enjoy the beautiful day and surroundings. **Kildine:** Pinecrest, in 2006, unfortunately they have stopped doing this swim. I guess getting second place (a red towel) at Donner was a pretty good feeling, too! **Dave:** My most memorable open water experience was swimming on a relay team that did a double crossing of Catalina Channel. To take advantage of calmer seas, we started at sunset and swam all night. Swimming at night was a huge rush as you feel like you are flying through the darkness of space.

What is the best thing about swimming with Walnut Creek Masters?

Margie: Everyone... all the team members, coaches and families... I commented to Kerry at Labor Day workout that it was like a party! **Peter:** The great teammates and coaches and the opportunity to always try to do a little better. **Kildine:** I would like to be different than other members in my response but... Without the coaches and the people the pool would look even cloudier! Sharing this activity with Peter is a plus! **Dave:** I like WCM for the quality of the coaching staff and the challenging workouts.

WALNUT CREEK MASTERS
2008 Pacific Masters Short Course Meters Championships
October 10th, 11th and 12th, 2008

Sanction # 38-08-20. Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc.

Location: Clarke Swim Center, Heather Farm Park, Walnut Creek, CA

Directions: From I-680 North, take Ygnacio Valley Road Exit east about 2 miles to San Carlos Dr. signal light, turn left, go one block to Heather Drive turn left. Swim Center is on your right. From I-680 South, take the North Main exit, turn right at the signal on N. Main St travel south to Ygnacio Valley Road, turn left on Ygnacio Valley Rd to San Carlos Drive, as above.

Facility: All Deep 6-Lane 25 Meter course for competition with 6-25 yard lanes provided for warm-up and warm-down throughout the meet; electronic timing, bleachers and lawn seating, and snack bar.

Check-In: This is a Pre-Seeded meet. Swimmers are considered checked-in for all individual events with a distance of 200 Meters and less. Swimmers must check in for ALL Friday events, the 800 Meter Free on Saturday, and the 400 Meter Free on Sunday. The 400 IM (Friday events 1 & 2) must be checked in by 8:30 am. All other events over 200 Meters must be checked in **45 minutes** prior to the estimated start of the event.

Age: Age on December 31, 2008 determines age for this meet.

Entries: TWO OPTIONS FOR MEET ENTRY:

Option 1 – Online Meet Entry: (**deadline: midnight, Wednesday, October 1, 2008**). Enter at: <http://wcm.mastersswim.com> to receive an immediate entry confirmation via email. The billing information email should be brought to the meet as proof of entry. This entry process will include a processing fee by Swim Connection and requires a credit card for payment. The processing fee is \$1 per swimmer plus 5% of the total entry fees.

Option 2 – Traditional Mailed or Hand-Delivered: (Entries must be postmarked by midnight Friday, September 26, 2008, or hand delivered to the address below by 5:00 p.m. on Monday, September 29, 2008). Entries must be on a Consolidated Entry Form. Mail your form to the address below with a copy of your 2008 USMS Card, and check payable to Walnut Creek Masters. If you would like to confirm entry, please include a stamped envelope or post card.

Mailed

Walnut Creek Masters
C/O Debbie Santos
1244 Oak Knoll Dr.
Concord, CA 94521
Phone: 925-521-0522

Hand-Delivered (see directions above)

Clarke Swim Center
Heather Farms Park
Walnut Creek, CA
Attn: Kerry O'Brien

Note: This is a cardless meet. No late or deck entries will be accepted. No refunds will be made. No fax entries will be accepted. Incomplete entries cannot be processed and will be returned.

Enter short course meter times for seeding purposes. Swimmers may enter no more than five individual events per day and a total of seven for the three days. Because this is a Championship meet NT (no time) entries are not allowed. All events will be seeded slow to fast. Events 3, 4, and 5 (the 800 Free Relays), as well as events 7 & 8 (the 1500 Free) will be seeded by time and swum together regardless of gender. Each swimmer may participate in only one 800 meter relay. There will be a brief five minute break after event 2 to prepare for the 800 relays.

Fees: \$15 for one event, \$30 for 2-4 events, and \$35 for 5-7 events.

Deadline: Mailed entries must be postmarked by Friday, September 26, 2008, and/or received no later than Monday, September 29, 2008. Meet Directors are forbidden to accept late or incomplete entries!

Online entries must be submitted by Wednesday, October 1, midnight. No entries will be accepted after that time!

Awards: Distinctive Awards will be given to the top three teams. Awards will be given 1st through 8th in all individual events. Points will be scored as follows: 9-7-6-5-4-3-2-1 for individual events and double for relays. High point award will be given to each age group.

Snack Bar: Available all three days.

Program: Available for \$5.00

Meet Director: Kara Gray. For questions, contact Kara Gray (925) 254-1944, or Debbie Santos at (925) 521-0522.

Referee: John King

Events: Women = Odd, Men = Even

Friday, October 10 Warm-up begins @ 8:00am. Meet starts @ 9:00am

1 - 2	400 IM
3 - 4	800 Free Relay
5	800 Mixed Free Relay
7 - 8	1500 Free

Saturday, October 11 Warm-up begins @ 7:30am. Meet starts @ 8:30am

9 - 10	100 Back
11 - 12	200 Fly
13 - 14	50 Breast
15	200 Mixed Medley Relay
17 - 18	200 IM
19 - 20	100 Free
21 - 22	50 Fly
23 - 24	100 Breast
25	400 Mixed Free Relay
27 - 28	800 Free

Sunday, October 12 Warm-up begins @7:30am. Meet starts @8:30am.

29 - 30	200 Free
31 - 32	50 Back
33 - 34	200 Breast
35 - 36	200 Free Relay
37 - 38	100 Fly
39 - 40	50 Free
41 - 42	100 IM
43 - 44	200 Back
45 - 46	400 Medley Relay
47 - 48	400 Free