

# The Riptide



The Newsletter of the Mountain View Masters Swim and Social Club

## MVM—4 MONTHS LATER

It has been four months since we lost our dear friend and Head Coach Alan Liu, and I don't know about you but a day doesn't go by when I don't have what I call a "random Alan moment." That, and I still can't figure out when he got any sleep. A lot has been happening and I wanted to update you and tell you what has been going on behind the scenes.

First and foremost, I'd like to welcome Ross Bridges to the coaching staff. Ross is the Head Coach of the Homestead High School Girls' Varsity Swimming and Water Polo Teams, and has been swimming with MVM since late last year. His challenging workouts have kept us all on our toes, and I hope you are all getting to know him. His offer to coach with MVM came just in the nick of time. Dave Trollope, who has been on deck Tuesday and Thursday mornings, got a new job at Swim Outlet in Pleasanton so he has to cut back the amount of hours he can coach. Bob Stenz, who has been on deck on Wednesday mornings, has work responsibilities that limit the amount of time he can coach as well. Ross will now be on deck Tuesday and Thursdays at 6:45 and Wednesdays from 6-8. I'd also like to thank Coaches Misa and Dale for their extra help on deck.

I have decided to assume the role of Head Coach—for now. While I feel confident on deck and doing behind the scene stuff, I don't have a lot of experience in some areas, particularly swim meets. Alan was a competitive swimmer all through college. I swam in high school, and I don't remember a thing! I want to be able to work with meet swimmers and help them reach their goals, and even attend swim meets as my schedule permits. But this will take some time. Meanwhile, Coach Chris has the background in competitive swimming and has been the backbone of the competitive swim efforts. He will continue to go to meets, compete, and support MVM. He will also keep track of our meet swimmers and where they are, make sure their results are posted on our website, and send stories to me so I can publish them in the Riptide.

Several MVMers have received their Water Safety for Coaches Certification. Thank you Theresa Munoz, Rachel Goldeen, Alexis Klemish, Beth Caltagirone, and Susan Donahue for offering to substitute coach when necessary. If you are interested in becoming certified, let me know. We are planning to hold another class in the near future for those who couldn't make the first one.

I want to thank Alexis Klemish for updating the Triathlon Club results sheet. We are now caught up and can keep track of all the Tri Club Member results. We have had many top 3 finishers, and our tri club uniforms look great on everyone! We are planning to keep the Tri Club alive and hope that next year more MVMers will join.

I will continue to publish the Riptide but ask that if you have a story to tell, a race result you are proud of, or a photo to share, send them to me. I will be more than happy to include them. In the past, I had the time to look up the race results from all the events MVMers participated in, and thankfully Alan and Chris always had swim meet stories and results for me. But the worst thing is leaving someone out. We really do want to know about your accomplishments, in and out of the water, and the Riptide is the best place for your fellow swimmers to hear about it!

*Continued on page 3*

## ALAN'S PENTATHLON SWIM

Former MVM Head Coach, Suzanne Topp, wanted to do something to honor Alan and raise funds for Jill. She has put together, with USMS' blessings, a new postal event called "The Alan Liu Memorial Animal Pentathlon." This postal event requires each swimmer to swim a 200 fly, 200 breast, 100 fly, 100 breast, and a 400 IM (Alan's favorite events). You have the month of August and part of September to complete this event (yes, you must do all 5 events in one day) but Team MVM has reserved Eagle Pool on Sunday, Aug. 22 from 6:30-9:00 am so we can all do it together and time each other. And, what would a postal swim be without eating afterwards? So of course we will head over to Country Gourmet when we are finished and reward ourselves with breakfast. All proceeds from this event will go to Jill Mason's fund. Entry fees include a specially designed swim cap and ribbons for top 3 in each age group.

Entry forms will be at Eagle Park Pool. You can also download an entry form off our website by going to [www.mvm.org](http://www.mvm.org) and clicking on the "Alan's Pentathlon Swim" link.

## MVM PITCH-N-PUTT GOLF SCRAMBLE

Following the Postal Swim, join us at Blackberry Farms Golf Course at 3pm for 9-holes of golf! The annual Team MVM Golf Scramble continues to be a major social outing for our team. We arrange evenly-matched foursomes and put our lack of skills to the test on a local pitch-and-putt course. Each foursome plays best-ball from the green to the hole, but each team must take at least one tee shot from each of its members. Afterwards, we head to dinner and awards ceremony. Cost is \$19.00, \$4.00 of that goes to merchandise credit. Club rentals available for \$5.00. Blackberry Farms is located at 22100 Stevens Creek Blvd. Take 85S to Stevens Creek Blvd. and turn right. The golf course is on the left side of the street.

**Sign up at the pool!**

## PACIFIC MASTERS LONG COURSE CHAMPIONSHIPS



On July 9-11, 13 Mountain View Masters swimmers competed at the 2004 Pacific Masters Long Course Championships at UC Santa Cruz. Team MVM found itself in the unusual position of not

being classified in the Small Team Division. Our first foray into the Medium Sized Team Division pitted us against teams more than twice our size. Although out-gunned, Team MVM performed brilliantly, setting 18 individual Team Records and 6 Team Relay Records. Paul Cousineau led the way, setting 5 individual records, and contributing to 4 of the relay records. He also won the 800 Free in his age group. Joining him as individual winners were Jennifer Farris in the 50 Breast, Emeric McDonald in his 200 Free, Laura Colette, who won her 100 Fly, Kate Curry won her 50 Breast, Vladimir Ivan won his 400 Free, and Karla Rees bagged both the 100 Breast and 200 Back in her age group. The quartet of Paul Cousineau, Florent Haik, Kurt Scheinpflug and Nate Burnside won both the 200 Medley Relay and 400 Free Relay in the Men's 100-119 age group. All 13 MVMers found their way into the team record book, with Vlad Ivan setting 4 new individual records. Kate Curry and Chris Campbell notched 3 each, and Karla Rees, Emeric McDonald and Jenn Farris set one apiece. Pitching in on the record setting relays were Griff Freeman, Kurt Scheinpflug, Florent Haik, Nate Burnside, Laura Colette and Scott Lanterman.

However the highlight of the weekend was the selection of Alan Liu as the 2004 Pacific Masters Coach of the Year. Although Mountain View Masters won no trophy this time, coming in 6th in the Medium Team Division, and ninth in the overall team standings, our performance exemplified all that Alan stood for, every bit of passion and determination that he brought to this team during his nearly six years as Head Coach. He would have been proud.

## MVM AT TRANS TAHOE

Eleven MVMers and one solo swimmer braved the cold waters of Lake Tahoe and completed the Trans Tahoe Relay on July 24. Thanks to the joint efforts of the team, one team was named "4Alan," and the other named "4Jill." Each sign has been signed by the swimmers and Jill's was given to her and Alan's will be included in a scrapbook we have made for his family. Team 4Jill (Mark Bongi, Anne DiPonio, Catherine Capriles, Vladimir Ivan, Adina Kletter, and Karen Savage) placed 17th in the Open Division, 66th overall with a time of **4:34:32**. Team 4Alan (Mike Hansell, Darrell Chen, Florent Haik, Griff Freeman, and Cynthia Hansen) placed 18th in the Open Division, 67th overall with a time of **4:34:43**. *Could this race have been any closer?* Our lone swimmer, Laura Colette, placed 3rd in the Solo Female Division, 95th overall with a time of **4:58:24**. *Only 24 seconds behind our two teams!* Thanks to Mark Bongi for coordinating the teams, sharing his cabin, and working with the race directors after they lost all of the entry forms. The race directors also waived their entry dues in honor of Alan & Jill. Thanks to Griff Freeman for almost offering his boat, until he had mechanical problems. Nice job everyone, your Team MVM spirit is awesome!

## MANATEE 2X1, SUNDAY, AUG. 15,



What a beautiful day it was at Quarry Lake. Unexpectedly, the new location was very nice. The crowd was small; we assumed because most thought the new location wasn't going to be as nice as Del Valle. It was their loss. The water was warm, clear, calm, and the park itself is very nice, including the restrooms. Team MVM's presence was strong as always, we

had 14 teams, and we experienced another first, being there without Alan. There were many friendly competitions going on between teams, and although it was a close race, it appears Jami Andrews and Sherwick Min had to buy Team Soares lunch afterwards. Kathy Hoerber and Misa Sugiura also owe JR DeSouza (who flew up from Southern California to do this with MVM) and Paul Cousineau dinner, despite their 5 minute handicap. Laura Wigod completed her first open water swim and is now basking in the glory of not being the last one out of the water. Chris Campbell didn't let any of us down and brought his famous Blueberry Buckle Coffee Cake. Flo Haik and Tolly Reeder tied the knot the night before and despite staying up too late, completed their first event together as man and wife. Congrats to all our top first, second, and third place winners! See photos on our website.

Over-	Class	Sex		1st	2nd	Overall
all	Rank	Rank	Team	Swimmer	Swimmer	Time
3	1	1	Cousineau/DeSouza	00:17:28	00:18:28	00:35:56
14	2	9	Stenz/McDonald	00:18:50	00:20:00	00:38:50
20	4	5	Dye/Dye	00:19:05	00:21:01	00:40:06
24	3	7	Hoerber/Sugiura	0:21:08	00:20:04	00:41:12
32	3	13	Hansell/Mann	00:21:33	00:20:52	00:42:25
35	4	15	Lanterman/Campbell	00:22:31	00:20:39	00:43:10
41	4	13	Chen/Englar	00:21:28	00:22:14	00:43:42
36	7	10	Dixon/Colombo	00:20:49	00:22:21	00:43:10
37	1	11	Sawamura/Ivan	00:20:34	00:22:38	00:43:12
42	9	14	Soares/Soares	00:21:35	00:22:15	00:43:50
49	7	17	Sherwick/Andrews	00:21:52	00:23:12	00:45:04
79	7	30	Weaver/Wu	00:23:56	00:27:01	00:50:57
88	11	28	Reeder/Haik	00:21:11	00:33:35	00:54:46
90	12	29	Schuster/Wigod	00:22:35	00:32:57	00:55:32



# CALENDAR OF EVENTS

## AUGUST

- Sun., 8/22:** 6:30am, Alan's Pentathlon Swim, Eagle Pool  
**Sun., 8/22:** 3:00pm, Pitch-n-Putt Golf Scramble, Blackberry Farms  
**Sat., 8/28:** Santa Barbara County Triathlon  
**Sun., 8/29:** Ironman Canada

## SEPTEMBER

- Mon., 9/6:** Labor Day: Holiday Hours, 6:30 & 7:45  
**Sun., 9/12:** Whiskeytown 1 & 2-mile swims  
**Sun., 9/12:** Big Kahuna Tri, [www.firstwave-events.com](http://www.firstwave-events.com)  
**Sun., 9/12:** Tri for Real, [www.onyourmarkevents.com](http://www.onyourmarkevents.com)  
**Sat., 9/18:** Angel's Camp Triathlon, [www.onyourmarkevents.com](http://www.onyourmarkevents.com)  
**Sat., 9/19:** Granite Bay Triathlon, [www.tbfracing.com](http://www.tbfracing.com)  
**Sun., 9/26:** SCM Pentathlon  
**Sun., 9/26:** Bethel Island Swim, [www.onyourmarkevents.com](http://www.onyourmarkevents.com)  
**Sun., 9/26:** Sentinel Tri, Santa Cruz, [www.sentineltriathlon.org](http://www.sentineltriathlon.org)

## ILLUSIONS AT EAGLE POOL

**Saturday, Sept. 11, 7am.**

**Get a new, colorful suit!**

## MVM SHORT COURSE METERS SWIM MEET

Sunday, October 24.

Setup Saturday, October 23.

Volunteers will be needed again this year!

Stay tuned for details.

## GOOD LUCK TO ALL MOUNTAIN VIEW MASTERS SWIMMERS IN YOUR UPCOMING MEETS, OPEN WATER SWIMS, AND TRIATHLONS!

Don't forget to send race results, photos, and stories to the Riptide Editor, Laura Schuster at [schulaura65@yahoo.com](mailto:schulaura65@yahoo.com)

## Workout Schedule

- Mon. 5am/6am/7am – Freestyle, aerobic threshold  
Tue. 5:30am/6:45am – Middle-distance stroke  
Wed. 5am/6am/7am – Long-distance freestyle, low-aerobic  
Thurs. 5:30am/6:45am – Medley mania, mid-aerobic  
Fri. 5am – Long-distance freestyle, low-aerobic or Sprint  
Fri. 6am and 7am – Sprint, Choice of strokes  
Sat. 6:30am and 7:45am – Extended workout/mixed strokes

*Continued from Page 1*

Our club has become very well know for our social activities, and we plan to continue MVM traditions, including our upcoming Pitch-n-Putt, Triathlounge, our Thanksgiving, Christmas, and New Year's XXX-swims on the 1:30, and our most popular event, our Holiday Party. Keep MVM's spirit alive by getting to know fellow swimmers in and out of the water.

A special thanks goes to Karene Millar, our new webmaster. Without her, our website would not be up and running. She posts the workouts, photos, stories, results, and is looking at ways to make the website even better. We couldn't do what we do without her.

About three weeks after Alan's death, the City notified us about a proposed fee increase. We had less than five days to prepare our rebuttal. I want to thank Rick Baer and Martha Branch for taking time out of their busy days and pulling together facts and figures, which astounded the P&R Commission and City Council. The Board and several MVMers then met with the Mayor shortly after the initial P&R Commission meeting so we could let him know who we were and what our position was. Other MVMers came to the City meetings as well and made some very legitimate points about our program. Without this kind of support, we may not have been heard. The City of Mountain View postponed any fee increases until the P&R Commission does further studies of all the City's P&R Programs. We definitely made an impact and they finally know who we are.

On behalf of Team MVM and Alan's family, I have submitted a request to the City to start the process of creating a memorial at Eagle Pool in Alan's memory. In order to rename a facility after someone, that person has to be deceased for five years. Maybe if they decide to redo Rengstorff Pool, we can propose to name it after Alan. But at this point we submitted a few ideas for Eagle Pool: install 2 benches inside the pool, hang a permanent pace clock on the wall, or plant a tree with a small garden of flowers to surround it. I am waiting to hear back from the City. We are hoping a dedication ceremony can take place on Oct. 24, when we have our SCM meet.

Alan's presence was everywhere, even when he wasn't actually somewhere. I know we all must feel an empty space in our lives where Alan used to be. When Alan was alive, we got the benefit of his expertise and experience, but nothing could have prepared us, as swimmers and as coaches, for his death. The coaches and board members had to come up with a new game plan to keep the MVM spirit alive, without letting anyone down or leaving anyone out. We hope all of you can continue to help maintain that spirit alongside us.

I sincerely hope you are all coping with these changes, and please, do not hesitate to talk with me or one of the other coaches if you want to share thoughts, ideas, or have feedback about something. We want to make this work for you!

## THANKS TO OUR SPONSORS

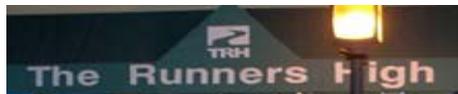


3064 Lawrence Exp.  
Santa Clara, CA  
408-739-1671

ILLUSIONS SWIMWEAR  
138 GILMAN AVE.,  
CAMPBELL, CA



LA FIESTA RESTAURANT  
240 VILLA STREET  
650-968-1364



249 First Street, Los Altos, 650-941-2262

**Red Rock Coffee Company**  
**Coffeehouse/Teahouse**

201 Castro St.  
(650) 967-4473



Chipotle Burritos, in Sunnyvale and  
Cupertino, [www.chipotle.com](http://www.chipotle.com)

## PERFORMANCE AWARDS

May's Performance Award goes to Paul Cousineau. Paul (lane 8, 6am) bravely accepted the mission of being the Ironman Swimmer for a relay team at Cali-Man on May 22. Never swimming 2.4 miles in open water before, his motivation was to do it for Alan as Alan was the original swimmer for the relay. Unbeknownst to Paul, until registration the day before, there was a first place award of \$3,000 for the fastest Relay Team. Paul held it together and had a stellar swim, beating Professional Triathlete Pete Cain out of the water; someone Paul didn't think he could even keep up with, let alone beat. Thanks to Paul's performance in the water, his relay team won and got to share the \$3,000 prize. Awesome job Paul. Your hard work really paid off! Enjoy your gift certificate to the Runner's High.

June's Performance Award goes to Janet Beegle. Janet, lane 4, 6am, swam the 2-mile at Lake Berryessa in 56:32 minutes, placed 6th out of 22 women in her age group, got out, shook off, and then swam the 1-mile in 29:28, placing 10th out of 25 in her age group. Way to go Janet! Enjoy your new suit from Illusions.

July's Performance Award goes to Scott Lanterman. Scott, Lane 6, 6am, joined MVM a few months ago, his main motivation being "to be a faster swimmer than his dad." Since then Scott has made some serious waves in our pool and at several of the swim meets. He also participates in the open water events and has gotten to know other swimmers by attending our Happy Hours. Scott's team spirit has definitely earned him a gift certificate to the Runner's High.

August's Performance Award goes to Laura Wigod. Laura, lane 1, 5am, bit the bullet and committed to swimming the Manatee 2x1 with Coach Laura. She trained hard; even bought prescription goggles; and got out there and swam like a pro. Her goal was not to be the last swimmer out of the water and she was far from it. Way to go Laura! Enjoy your new suit from Illusions.

## COACHES AWARDS

May's Coaches Award goes to Rick Baer. Rick (Lane 5, 6am). With little notice from the City about the possible fee increase, Rick researched and pulled together an impressive document for the City showing rate comparisons of other masters programs compared to our rates and usage. His report clearly showed we pay far more in rent than most masters programs and get the least amount of pool time. Rick's thoroughness impressed P&R Commissioners and the Mayor and helped bring needed attention to our program. Thank you Rick! Enjoy your gift certificate to La Fiesta.

June's Coaches Award goes to Theresa Munoz. Theresa, lane 3, 5am, organized an Open Water Swim Clinic for our novice swimmers and provided valuable information on open water swimming. She also organized an open water swim so everyone could "get their feet wet." She even worked with the parents so the kids could come along! Her efforts really helped out the coaches who were busy on deck. Thank you for sharing your knowledge and patience Theresa. Enjoy your gift certificate to Red Rock Coffee.

July's Coaches Award goes to Dave LeRoy. Dave, lane 5, 7am, has been our "unofficial" photographer for MVM. In between his own Ironman training, he came to the Pacific Masters Long Course Meet and took photos for us, and he takes photos of MVMers at the triathlons. We now have great memories and great photos for our Holiday Party slideshow! Thanks Dave, enjoy your gift certificate to La Fiesta.

August Coaches Award goes to Mr. & Mrs. Flo Haik for showing up the day after their wedding to swim the Manatee 2x2 together as man and wife! Not only that but they brought drinks leftover from their reception. Congrats to the newlyweds! Enjoy your gift certificate to La Fiesta.