

The Riptide



The Newsletter of the Mountain View Masters Swim and Social Club

ALAN B. LIU MEMORIAL SHORT COURSE METERS SWIM MEET SUNDAY, OCT. 24

By Chris Campbell

For a second year in a row, Mountain View Masters will be hosting a meet in our home pool on Sunday, October 24. We have renamed the meet, however, to honor Alan. It is now called the "Alan Liu Memorial SCM Medley Meet." Whatever race you like, we've got you covered. We'll take care of our distance swimmers with an 800 meter freestyle in the morning, and we'll have 50s of all four strokes, and a bunch of relays in the afternoon. If you have been thinking about swimming in a meet, this is the one for you.

This year's attendance should be far greater than last year's as Tim Edmonds, Stanford Masters Coach, is trying to get at least 50 of his swimmers to attend. They have even cancelled their swim practice that morning so all can come. Around 15-20 of Alan's friends from MIT will also be joining us. We can only hope that MVM's presence is just as big. And if you are thinking how much you would love to do this for Alan but are deathly afraid to swim in a meet, do it anyways. Alan would and he would have the best time doing it. Alan had fun with everything he did. It's our turn to honor him in that way and forget about our fears. Just DIVE in!

If racing isn't your thing, you can still be a big part of the affair. Meets are powered by volunteers, and we can use your help. We'll need timers, snack bar people, registration people, safety marshals. If you're interested in pitching in (spouses and children welcome) sign up sheets will be at the pool. Remember--for this meet to go really well, we need your participation--both in and out of the water! Here's some details about the kind of help we need:

Set up will begin on Saturday, 10/23 at 1:30pm. It shouldn't take too long if we have the bodies and the timing equipment arrives on time. We'll be putting in the blocks, setting up the awnings, dropping in the touch pads, setting up the timing system and computer, putting some marker tape on the lane lines (at 15m each way) and making sure that the pool is at least 25 m long. We might need a few people willing to get into the water.

Morning timers should arrive by 8:30 on Sunday. **Afternoon timers** should arrive at 11:30. Warmups start at 7, so **snack bar and registration people** should be there sometime between 6:30 and 7 am. **Tear down** will be immediately following the meet, which will be around 2:00.

At 9:00am, before the meet begins, there will be an unveiling of Alan's memorial, which will be a permanent feature at Eagle Pool. What is the actual memorial you ask? Well, we are trying to keep that a secret. So if you know, don't tell. If you don't know, don't ask, just come to the meet and find out!

ALAN'S PENTATHLON SWIM MVMer Hailey Kuhn Wins Overall Female Division!

By Suzanne Garrity

Thank you to all the Mountain View Masters who participated in the Alan Liu postal pentathlon. It was a huge success. The event raised \$1,213 for Jill's trust fund.



Hailey Kuhn swimming to a first place

Since the caps, ribbons, and postage were donated toward this event, entry fees plus donations went directly to Jill's fund. As a former MVMer, I was very pleased to see such a nice turn out from the team.

We had swimmers from all over the U.S. from New Hampshire to Oregon. I want to mention the efforts of New Mexico Masters for raising \$316 for this event. They swam this event in honor of Alan and Gabriel Montoya, the 16-year old brother of a New Mexico Masters' swimmer who was killed by a drunken driver two years ago. Many of the New Mexico Masters rode their bicycles over 50 miles prior to doing this event in a show of solidarity for Alan and Jill. I also want to mention that USF masters swam their hearts out on both relays and individual entries. Many of their swimmers participating were over 65 years old. The oldest participant of the event was 71. Of course, the strongest showing was from Team MVM.



Doug Case working hard

For those of you who know me, your notes made me feel less alone in Utah as I grieve for Alan. For those of you who don't know me, I became a Mountain View Master in 1991. I swam for two years before letting my lane mates know I was interested in coaching. They immediately told MO about my interests and by 1993 I was a familiar face on deck. It was mostly MO and I on deck, and occasionally Mike Lemons when in 1997 quiet Alan Liu told me at the 1997 USMS Nationals that he wanted to coach. I immediately told MO and before you know it, Alan was on the deck. I remember his first few deck appearances he just stood there and watched me coach. He said he was learning but I think he was incredibly shy. Some swimmers, especially the swimmers in lanes one through three, mistook this shyness for not being interested. Alan soon made amends and started telling (MY) jokes on deck. When MO returned from maternity leave, she and I were

continued on page 2

MVM MEET NEWS

Some new team records were set at Walnut Creek Short Course Meters Championships on Oct. 8-10.

Karla Rees set a new team record in the 100 Breast with a time of 1:30.21 and took 3rd in her age group. She placed 1st in the 400 free and had a bunch of other top 5 finishes as well. Scott Lanterman, lane 6, 6am, took 1st place in his age group in the 50 fly with a time of 32:07—and those of you who swim with him probably aren't too surprised by that! He also placed 2nd in the 200 fly with a time of 3:05.96. Emeric McDonald set a new team record in his age group in the 100 free with a time of 53.93. He also placed 2nd in the 50 fly with a time of 29.47. Coach Chris set a new team record in the 400 free with a time of 5:16.71. Hope to see all these folks at our swim meet this Sunday!

At the San Mateo Marlins SCM Pentathlon, which includes the 100 fly, 100 back, 100 breast, 100 free, and 200 IM, Coach Chris set another team record in the 200 IM with a time of 3:00.62 and took 1st place in his age group. Karla placed 4th in her age group.

continued from page 1

splitting the duties of head coach. When MO decided to retire we asked Alan if he wanted to take her place and share the deck with me. I was very nervous about this because Alan liked to do everything himself and his way, but we worked well together and we had fun with the team. When I left for Oregon in 1999, Alan took over as head coach, but we still stayed in close contact sharing coaching stories and ideas. Our friendship grew on the deck of Eagle Park Pool and I will always have fond memories of coaching with him and watching him swim. I look forward to seeing the team on New Years and to visit the new memorial at the pool.. Keep swimming and smiling, *Suzanne Garrity*



Irene Smith looks a little too relaxed...

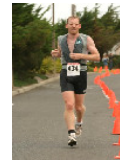
The results and photos of the postal are posted on the website.



Thank you timers for helping out!

MVM TRIATHLETES

Tri One International Distance Triathlon was August 22 and several MVMers competed and had some great races: Chuck Neumann (left) took 1st place in his age group (8th overall) with a time of 2:03.51. Ahmet Gokcek (center) took 2nd place in his age group with a time of 2:09.39. Patrick Wright (right) took 14th in the same age group with a time of 2:26.26. Karen Savage placed 7th with a time of 3:01.03 (no photo available).



Looking good Team MVM!



Ironman Canada was August 25 and five MVMers successfully completed the grueling 2.4 mile swim, 112-mile bike, and 26.2-mile run. Congratulations to Tana Jackson who placed 5th in her age group with a time of 10:56 and qualified for Ironman Hawaii, which was Saturday, Oct. 16. Coach Dale Jackson finished in 11:23; Mike Mulkey finished in 11:47. This was Clara and Brian Dye's first Ironman and they both finished with a time of 12:16 for Clara and 12:43 for Brian.

Well, well, well. Seems our very own Chuck Neumann (lane 5-6-7 @ 5am) had had a very good race season, winning another 1st place at the Big Kahuna Half-Ironman Triathlon on Sept. 12. He took 1st place in the 45-49 age group with an awesome time of 4:36:57. Not too shabby Chuck! Other MVMers that made us proud include Sherwick Min who placed 17th in his tough to beat age group with a time of 4:56. Patrick Wright (lane 4, 6am) finished with a time of 5:16:08. Jami Andrews, despite the train tracks finished 8th in her age group with a time of 5:24:56. Beat Jegerlehner finished with a time of 5:26:52 (where have you been Beat?!); and Phil Dibner finished 5th in his age group with a time of 6:14.



Tom Werner went to Santa Barbara on August 29 and competed in the Santa Barbara County Long Course Triathlon which is a great race if you aren't crazy about the 1/2-Ironman distance but want a little more than an International distance. It consists of a 1-mile ocean swim, a 34-mile bike and a 10-mile run. Tom finished 18th in his age group with a time of 3:35. I'm sure Tom will tell you it's a great race and a great location!

This just in....Tana Jackson completes Hawaii Ironman with a time of 13:24. Congrats Ironwoman Tana!



MVMER SWIMS ENGLISH CHANNEL

Laura Colette was in France the other day. That's not so unusual--we've had people over there before. What is unusual is how she got there. She swam. Channel Crossing England to France on 9/28/04 in 14 hours 29 minutes. Congrats Laura!

CALENDAR OF EVENTS

Saturday, Nov. 6

MVM's Annual Triathlounge!

Don't miss our annual Triathlounge where you can participate in one or all of the events and enjoy a day with your fellow MVMers.

Our base camp this year will be Whisman Park on Easy St. Whisman Park has tennis courts, playground, and easy access to Shoreline Trail. Triathlounge activities include:

- 6:30 & 7:45: Swim Practices
- 9:30: Breakfast at Country Gourmet
- 11:00: Bike Ride. Meet @ Whisman Park for Road Ride or Family Trail Ride
- 3:00: Walk/Run/Tennis/Volleyball/Rollerblade/Kids Playtime/Nap/Snack at Whisman Park or go to a movie at Shoreline
- 6:00: Dinner @ Tony & Alba's Pizza on Escuela.



Sign up at the pool!

Last year's triathlounge group

Sunday, December 5

MVM's Annual Holiday Party

6:00-9:00pm

Adobe Building in Mtn. View

Catered Dinner

Team Donated Desserts

Famous Slide Show

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

ANOTHER WAY TO RAISE FUNDS FOR JILL MASON



15% of all purchases will be donated to Jill Mason's Fund.

It's a rewarding experience when a child opens a book and discovers the magic of reading.

e-Show
Nov 1 thru 15 @ 10pm
www.booksalabeth.com
MVM / Jill Mason link

Open House
Thurs, Nov 4th
7:00pm to 8:30pm
640 Cornelia Court, Mtn View

You are invited to an Usborne Book Show to explore the world of Usborne Books. A child's interest in reading and learning is stimulated by the lavish illustrations and informative content. There are over 1300 bright, colorful and fun titles covering activities, puzzles and a wide range of subjects for children of all ages.

Books are wonderful gifts and with the holiday season around the corner it is a great time to get some shopping done. Through your purchase, you will also be giving to Jill Mason's Fund. **15% of all purchases will be donated in cash.**

The book show is hosted by Beth Caltagirone (lane 4), Independent Consultant.

You can purchase online or at Beth's Open House on Thursday, Nov. 4th from 7:00pm to 8:30pm. E-Show begins on Monday, Nov. 1st and ends on Monday, Nov 15th at 10pm.

Access the e-show at www.booksalabeth.com, and click on the MVM / Jill Mason e-show link. The link will not appear before Nov 1st, however, you can view the complete catalog and start your wish list online through this website at anytime.

Please call or email Beth with questions at (650) 938-1161, bcaltagirone@sgcglobal.net.

Everyone is welcome to purchase online or come to the open house. Share the link with your friends and let's see how much money we can raise for Jill.

THANKS TO OUR SPONSORS

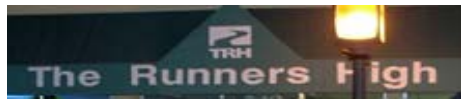


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Chipotle Burritos, in Sunnyvale and
Cupertino, www.chipotle.com

PERFORMANCE AWARDS

September's Performance Award goes Hailey Kuhn! Hailey (lane 7, 5am) was first place in the women's category and 2nd overall in Alan's Pentathlon Postal with a combined time of 15:07. Guess it pays to swim on Tuesdays and Thursdays. Congratulations Hailey! Enjoy your new suit from Illusions.

COACHES AWARDS

September's Coaches Award goes to Beth Caltagirone. Beth (lane 4, 6am) has been an "honorary" Board Member since May, helping out in many ways, including securing a donation of fruit from DiMartini's Produce Stand for our swim meet on Oct. 24. She also did some EScript research for us and has offered to raise funds for Jill via her children's book sales. We really appreciate all of your help Beth. Enjoy your gift certificate to La Fiesta!

SEE COACH LAURA TO GET YOUR GIFT CERTIFICATES

Support Team MVM by purchasing your swim attire and accessories online at Swimoutlet.com. With each purchase you make, a percentage goes back to MVM! Our earnings will then go towards performance awards.

Important: Use the links from our website to Swimoutlet.com so MVM gets credit for your purchase. Thank you!



Contact Us. We want to hear from you!

Team MVM wants to hear about your athletic achievements, upcoming events or other interesting experiences. Send your stories to the Riptide's Editor, Laura Schuster at SchuLaura65@yahoo.com

You can mail information to:
P.O. Box 390570
Mountain View, CA 94039
408-735-1326

www.mvm.org