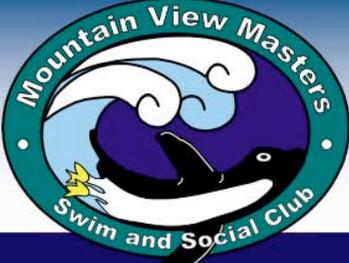




The Rip Tide

September 2005



The Newsletter of the Mountain View Masters Swim and Social Club

Manatee 2XI plus...

18 MVM Teams Compete in an extended version of the annual race



August 21, 2005: Fremont, CA: It was a hazy overcast morning, and many of the swimmers were having second thoughts about waking up. Thankfully, the water was warmer than it looked. The Manatee Aquatic Masters revealed a course

different from last years. Stung by criticism that last year's course was too short, the MAM organizers stretched out the course. How much longer they made it became clear when the first swimmer

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NEW SIGN-IN FOR WORKOUTS

Please sign in with the coach each day you come to a workout. The September signup sheet lists members who paid their dues as of August 2005. Each day look for your name and enter a checkmark for the current day. If your name is not on the list then, you should pay your monthly dues or a drop in fee.



VOLUNTEERS AND SWIMMERS WANTED FOR THE ALAN LIU MEMORIAL SCM MEET

September 25, 2005 is the Alan Liu Memorial Short Course Meters Meet to be held at Eagle Park in Mountain View. Ribbons 1st through 8th in each age group. A special award, in memory of MVM Coach Alan Liu, will be given to the winner of the Men's 30-34 400 m IM.



We need volunteers to help set up the pool on Saturday Sept. 24, on race day we'll need timers, snack bar cashiers and help with breaking down and clean up. If you can help, send an email to Coach Chris at coachchris@mvm.org.

ESCAPE FROM ALCATRAZ



Chris Lages (Lane 6/7, 6:00 AM MWF) shares these thoughts on this year's Alcatraz Swim on June 12, 2005.

“(The) swim was tougher this year due to drop off from boat being more east than usual (we actually SWAM PAST ALCATRAZ we were so far back

toward the Bay Bridge!), and current wasn't as strong as it usually is either. Definitely swam much more like the 1.5 miles it is advertised.”

Congratulations to Chris who had a total time of 2:42:23, overall place: 78 out of 1530 amateurs, and finished 13 out of 266 in his age group.

Quarry Lakes

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came in at 45 minutes plus. This is not your father's 2x1 relay, the estimate was that each leg was 1.6 miles. MVM had two age division First Places with the team of Paul Cousineau & JR deSouza in the M25-34 and Cindy Fulmer and Martha Branch placed 1st in the W45-54. MVM had 10 podium placements at the Quarry Lakes.

Lastly, no annual 2x1 would be complete without Coach Chris' Blueberry Buckle. Thanks Coach Chris. This year the swimmers really earned it. Congrats to all who participated.

The Riptide Wants You

If you have story, a great swim time, a better margarita recipe or anything else you want to share then “The Riptide” wants you. Send submissions to riptide@mvm.org.

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Performance Award

August's Performance Award goes to Philip “Flip” Dibner of Lane 3! He just completed his first Ironman Triathlon in Lake Placid. Flip, enjoy your gift Certificate to La Fiesta!

Coaches Award

August's Coaches Award goes to Sherwick Min and Jami Andrews of lanes 8 and 5 respectively! Despite a season full of injuries, Sherwick and Jami kept going to practices (with bandages) and then made it to Ironman Canada. Sherwick and Jami enjoy the gift certificate to La Fiesta!

If you would like to nominate an MVM swimmer for either Award, send an email to Coach Marcelo Castro at mc@marcelocastro.com.

September Calendar

12th - 18th: Eagle Pool Closed for Maintenance

Workouts at Rengstorff Pool, normal hours. Additionally, you can swim at Stanford Masters with your PMS card if MVM is listed as your club. Not applicable during noon workout.

25th - The Alan Liu Memorial SCM Meet

We still need volunteers to help out with all aspects of the event and swimmers. Contact Coach Chris at coachchris@mvm.org.

28th - MVM Happy Hour

6:30 PM - Mountain View Tied House Cafe and Brewery (954 Villa St.)

October Calendar

10th - October Dues Due!