



The Newsletter of the Mountain View Masters Swim and Social Club

*Ironman New Zealand: An MVM Family Affair*  
*MVMers Flip and Reilly Dibner Raise Money for a Good Cause*



*Phillip 'Flip' and daughter Reilly Dibner Race in New Zealand*

TAUPO, NEW ZEALAND  
 Training for a triathlon is hard, but does it get easier if your daughter is in the race with you? That's the question that MVMer Phillip "Flip" Dibner

found out last year when he and his daughter MVMer Reilly Dibner competed in his first and her third Ironman class triathlon in July 2005 in Lake Placid New York. The answer

**What is Team MVM?**

Mountain View Masters (MVM) is a swim team dedicated to helping adult swimmers of all abilities achieve their best. MVM improves members' swimming technique and strength through instruction and organized training. We offer practices seven mornings per week, regular stroke clinics, and private lessons. We work with members training schedules and individual goals, whether they compete as swimmers, triathletes, or just swim for personal fitness. Outside the pool, MVM organizes social events and contributes to the community. Our home pool is located at 651 Franklin Street in Mountain View.

**Fitness Challenge  
 Auction March 8**

You've swam hard all February, showing up every day, making every meet, so now is your chance to redeem your points on March 8th, at 6:30 PM at Pizz'a Chicago (4115 El Camino Real, Palo Alto). \$20 for pizza and soda, \$25 adds beer.

Want more points, in what has been a tradition of generosity by MVMers, you can earn 1 point for every dollar donated to the Jill Mason Trust Fund. We're also accepting additional auction items. Be sure to sign up at the pool so we can get a count.

must have been a resounding yes, since they are doing it again on March 4, 2006 in Lake Taupo New Zealand, humbly known as the "World's Most Beautiful Place." However, the race in the Dibner family is known as the "IronFam" and really is an MVM family affair with mom MVMer Diane Renshaw coming along for support. As part of the IronFam effort, family friend Bruce Ho created the logo (see picture) for shirts celebrating the event.

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*from Page 1...* Fellow swimmer and daughter Hannah, while unable to attend due to school obligations, she'll be wearing the shirt while Dad and Sis are out on the course. A true friend and family affair, with Bruce and Hannah even swimming with MVM on occasion.

If you're going to have a family "vacation" then Lake Taupo is the place to be, the course takes place in crystal clear freshwater, and the bike and run take place on beautiful tree lined roads. Rumor has it, that the athletes may even see a Hobbit or two.

However, to see those hobbits, you have to race. In preparation these past months, Flip's been training hard where you can see him in the pool at 7AM in lane 3. Reilly swims with MVM when in town, but normally trains in New Haven where she is a graduate student at mom and dad's Alma Mater Yale. With the experience of Lake Placid under his belt, Flip's goal for Taupo is "to improve is my overall time! To get there, I have been working in the pool on improving my swim form, under Marcello's excellent and attentive coaching. On the bike I have done more long rides, and this year my coach Mischa has started

me on interval training. For the run I have been working out with TRIBE, and doing a lot more speed work on the track."

Beyond all the fun and excitement of the race, Flip and Reilly are taking on a more serious cause. Ironman New Zealand threw down a challenge to race participants to raise funds for physical activities that prolong and improve the lives of kids with Cystic Fibrosis (CF), New Zealand's most prevalent genetically-caused life-threatening disease. CF causes the lungs to fill up with mucus, making it difficult for those afflicted to be active and participate in events such as a triathlon. CF affects about 30,000 people in U.S. as well. If you can help with a donation, please visit Flip's donation page at <http://www.fundraiseonline.co.nz/FlipDibner/> or Reilly's at <http://www.fundraiseonline.co.nz/ReillyDibner/>

MVM is cheering on Flip, Reilly and Diane down in New Zealand. Keep an eye on the website and in your email for an update on their results. Good luck and bring that MVM pride.

If you are interested in triathlons check out <http://www.tribetriathlon.com/>

### **MVM Board of Directors**

Sue Porter\*, President

- Cindy Fulmer

- Tina Ambrogi\*

- Richard Bell\*

- Christine Johnson\*

- K Millar

- John Breakwell

Email: [board@mvm.org](mailto:board@mvm.org)

\*Newly Elected to the MVM Board or new position. Thank You!

### **MVM Treasurer**

Martha Branch

Email: [treasurer@mvm.org](mailto:treasurer@mvm.org)

*If you have any questions about your dues, send Martha a note.*

### **MVM RipTide Editor**

Charles Wu

Email: [riptide@mvm.org](mailto:riptide@mvm.org)

### **Webmaster**

K Millar

Email: [webmaster@mvm.org](mailto:webmaster@mvm.org)

[www.tribetriathlon.com/](http://www.tribetriathlon.com/) and <http://www.svtriclub.org/> for training support.

- Charles Wu

### **MVM SWIMMER RESULTS**

#### **USF Masters Valentine's Affair**

February 12, 2006

- KARLA REES (W30-34), 50 Fly / 36.949, 8th place. 200 Breast / 3:07.6, 3rd Place, 200 Fly / 3:15.2 4th place, 200 Back / 3:01.5 4th place, 200 IM / 2:55.9 1st Place. WAY TO GO.
- GREG ABNEY (M55-59), 200 Free / 2:29.7, 8th Place NEW TEAM RECORD, 200 Breast /

3:18.0 6th Place NEW TEAM RECORD, 50 Breast / 36.86 4th Place.

- RICHARD BELL (M45-49), 200 Free / 2:26.4, 7th Place, 50 Breast / 35.07, 4th Place, 50 Free / 28.23 11th Place.
- CHRIS CAMPBELL (M40-44), 200 Free / 2:12.5, 7th Place, 200 Breast / 3:04.2 8th Place, 200 Fly / 2:45.3 2nd Place, 200 Back / 2:46.9, 2nd Place, 200 IM / 2:38.2, 4th place.

**MOUNTAIN VIEW MASTERS RAISES ITS DUES EFFECTIVE APRIL 1, 2006**

The City of Mountain View has raised the rates they charge MVM. As a result, MVM will be raising its dues by \$5 per month. Discounts still apply for paying dues in advance. Note that for quarterly and longer due periods, payments in March 2006 use the new rates. Check the fee schedule below or at the web site at [www.mvm.org](http://www.mvm.org). If you have any questions, please feel free to contact an MVM board member or coach.

<b>NEW - Starting April 1, 2006 MVM Dues Schedule</b>	<b>Monthly</b>	<b>Quarterly</b>	<b>Semi-Annually</b>	<b>Annually</b>	<b>MVM Membership Benefits</b>
<b>Mtn. View Resident</b>	\$40	\$115	\$225	\$440	Full membership with MVM entitles you to enjoy our sanctioned clinics, meets, social events at special rates, and to vote at our annual meeting. Your monthly masters fee includes FREE access to noon and evening lap swim at Eagle Pool during that month. Obtain a pass from the coach when you pay your dues.  Rates vary depending on whether you are a resident of Mountain View. Prepay discounts are available.
<b>Non-Resident</b>	\$50	\$145	\$280	\$550	
<b>Resident Married Couple</b>	\$70	*** Not Available ***			
<b>Non-Resident Married Couple</b>	\$90				
<b>Drop Ins:</b> \$7 payable at the time of your swim (maximum twice per month)					

**HOW TO PREPARE FOR A FINA WORLD CHAMPIONSHIP THIS AUGUST**

While the World Masters Championships at Stanford this coming August is just a swim meet, it is a rather big one. Biggest one ever, in fact. That can be intimidating, and even the most seasoned veteran swimmer will tell you that you probably don't want to be stepping up onto the blocks for the first time in your life at the meet. So how do you prepare for something like this?

Start with small steps, such as local swim meets beforehand, as these provide a great opportunity to get your feet wet (pun intended) in a more low key and casual environment. These meets will provide you with the opportunity to find out what you like and don't like to swim. You get a taste of the mental and physical preparation before a race, practice during the race, and how to take care of yourself after a race and prepare to go again.

This is an acquired skill, although it gets a lot less attention

than being able to swim fast, it is perhaps even more important. On March 11, the Rinconada Spring Meet in Palo Alto is a great first meet. Perhaps the granddaddy of all Masters meets, it's very popular, but it's geared towards the first time racer, with a wide selection of events, including a couple that are for the novice swimmers only. Follow this with other meets whose details can be found on the MVM website. As you get more

comfortable, make sure to add meets that take place in 50 meter pools like the one that Worlds will take place in, such as the Menlo Masters and Team Sheeper meet in Atherton on April 22. MVM along with other local teams are working on a "fun" meet to make sure we get more time in a 50 M pool. Remember, with preparation you too will be ready to take on the World in August.

*- Chris Campbell*

**Mountain View Masters Thanks The Following Sponsors**

Please Show Your Appreciation By Frequenting Them



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888-DO-U-RUN-2  
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[www.teamconcept.com](http://www.teamconcept.com)

## TECHNOLOGY CHANGES SWIMMING TRAINING, WELL SORT OF...



### Never Get Bored Swimming Again!

One of the joys of swimming with Masters is that the coached drills and camaraderie of your teammates makes what could be boring practice more exciting and interesting. What happens though when you can't make practice and have to endure a long set during lap swim or on the road? Two new high-tech products try to help out.

The first is the SwiMP3 player by Finis, using "bone conduction" instead of earphones lets you listen to up to 128 MB music, podcasts or anything else recorded in MP3 format. The SwimMP3 is completely waterproof, and

designed for use up to 10 feet in depth. It can be found on the internet for as low as \$170. Details are available at <http://finisinc.com/products-swimp3.shtml>.

Not available for sale yet, but British design student Katie Williams created a pair of goggles with an integrated compass and display to count and time swimmers during their workouts. The Inview goggles, use a compass to detect direction changes and count the number of laps swum. This and the time elapsed are displayed right on the goggles lenses. Leading your lane is going to get a lot easier in the future.

- Charles Wu



## Performance and Coaches Award

This month's Performance Award goes to Joanne Dixon, (Lane 7, 7 AM) who came to the pool every morning with the hopes that maybe swimming would help deliver her baby that was almost 2 weeks overdue. She came every morning with a smile on her face and hopes in her heart. She impressed us all with her ability to stay in lane 6 and never complained! She and Rich are now the proud parents of a daughter named Chloe, born February 10! Congratulations Joanne & Rich. Enjoy your gift certificates to Chipotle Burrito!

The Coaches award goes to Parinda Mekara, Mary Leigh Burke, Tina Ambrogi (all Lane 1) and Michelle Lin (Lane 3), all new members of MVM for entering and completing the Postal 1650. To all, enjoy your gift certificates.

## Mountain View Masters Calendar

### March

- 3, 4, 5 - Walnut Creek Intensive Training Camp
- 8 - February Fitness Challenge Auction, Pizz'a Chicago, Palo Alto.
- 10 - March Dues due
- 11 - Rinconada Masters Spring Meet
- 12 - Pool Closed for Maintenance
- 15 - Pacific Masters Swimming, monthly meeting, Heather Farms, Walnut Creek
- 19 - Strawberry Canyon Aquatic Masters Spring Meet
- 22 - MVM Board Meeting

### April

- 7,8,9 - Pacific Masters Short Course Yards Championships, Pleasanton, California
- 10 - April Dues due (NEW RATES IN EFFECT, See story in on Page 3)
- 19 - Pacific Masters Swimming, monthly meeting, Heather Farms, Walnut Creek
- 22 - Menlo Masters Long Course Worlds Qualifying Meet, Sacred Heart, Atherton