

Seniors Soar at Stanford and Pleasanton



Diane Renshaw (Lane 1) 100 Fly off the blocks at Pleasanton

Masters is all about lifelong swimming and competition, and our older and wiser MVMers proved it recently. In March, the Avery Center in Stanford hosted, the Senior Games. Though smaller than FINA Worlds, the energy and enthusiasm of Team MVM was

equally high. MVM swimmers swam hard bringing home a lot of medals, personal bests and team records. They repeated their incredible performance in April at the Pleasanton SCY Championships too.

Senior Games highlights include Phillip "Flip" Dibner

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.

We Want Your Opinions, It's Your Club

The MVM Board and Coaches need your help in finding out what you want from MVM. To find out, a survey has been set up at the MVM website and at the pool. It only takes 10 minutes and will help us make sure we create the best club for you.

Everyone who fills out the survey is entered for a drawing for a \$25 gift certificate at the Sports Basement. Last day to submit the survey is May 31. Fill out the survey at: <http://www.mvm.org/survey.php>

(Lane 3, 7 AM) 1st Place in the 400 Free and 2nd place in the M 55-59 400 Free, 1st Place 100 Free, 2nd Place, 50 Free. Diane Renshaw (Lane 1, 7 AM) won all of the following W 60-64 50 Fly, the 100 Fly, 100 Free and 200 IM. All New Team Records. Mary Leigh Burke (Lane 1, 7 AM) placed 1st in the W 55-59 400. Neal Scott (Lane 3, 6 AM) swam in four events.

Way to go "Seniors" and thanks for leading the way.

-Coach Marcelo

SEE THE WORLD, SWIM THE WORLD

Next time you're bored of staring at the black stripe on the bottom of the pool imagine instead that you are swimming along a seemingly endless reef filled with schools of colorful tropical fish. That's the



How's this for being on deck?

experience several MVM'ers recently had swimming with Swim Trek in the British Virgin Islands. Marfa Weathers (Lane 5, 6 AM), Peter Dahlgren (Lane 8, 7 AM), Rex Frobenius (Lane 7, 7 AM) and Doug Sheaffer (Los Altos Masters) took a tour swimming in the crystal-clear, warm waters of the Caribbean. The tour culminated with an open water swim from the British Virgin Islands to the nearby American Virgin Islands (passports were required). In total, the group swam about 20 miles over 5 days.

Swim Trek is a British company that runs tours mostly in Europe, but is now offering programs in the Caribbean and is expanding to other locations as

well. The tour includes accommodations and ground transport for the length of the program as well as breakfast and lunch on each day. The guides follow alongside your swim in boats and provide drinks and encouragement at regular breakpoints in the crossings.

Theoretically you can stop swimming and climb in the boat any time, but in practice you usually end up swimming the whole way.

On the BVI tour, the majority of the swimmers were from island to island along the

chain of small islands there. The other swimmers were along the coast, and those were just as much fun because the coastline was populated with all kinds of interesting corals and sea life. Quite often, the group would come to an abrupt stop in order to look at a turtle, stingray or some other interesting creature on the sea floor. It was also fun to experience the "celebrity" treatment of people asking you where you came from as you appear on a beach at a resort after swimming there from some "unbelievable" distance.

If you are spending the time at a master's program getting into great swimming shape, Swim Trek is a great way to

MVM Board of Directors

Sue Porter, President
 - Tina Ambrogi, Vice President
 - K Millar, Treasurer
 - Christine Johnson
 - John Breakwell
 Email: board@mvm.org

MVM Treasurer

Martha Branch
 Email: treasurer@mvm.org
If you have any questions about your dues, send Martha a note.

Social Chairperson

Tina Ambrogi
 Email: fun@mvm.org

Webmaster

K Millar
 Email: webmaster@mvm.org

MVM RipTide Editor

Charles Wu
 Email: riptide@mvm.org

apply that training and have a once-in-a-lifetime adventure. It's fun to be able to tell friends that you spent your vacation swimming from island to island. You also accomplish a lot more open water swimming than you ever imagined possible. By the way, most of the other people in the group were veterans of multiple trips with Swim Trek, so maybe it's not just a once-in-a-lifetime trip after all...

For more details on Swim Trek swimming tours, visit www.swimtrek.com.

- Rex Frobenius

Need a summer goal? Check out the MVM Summer Slam on Page 4

MVM WOULD LIKE TO THANK THE SUPPORT OF ITS GENEROUS SPONSORS

 <p>RUDY PROJECT www.rudyprojectusa.com</p>		<p>Provider of Performance & Coaches Awards</p>  <p>Sports Basement www.sportsbasement.com</p> <p>10% Discount w/USMS Registration Card</p>
<p>“Head To Toe Massage Therapy” 650-960-3535</p>	 <p>Team Concept Swim & Tri Shop</p> <p>www.teamconcept.com</p>	 <p>HOBEES California Restaurants</p>

WELCOME THE NEWEST MVM TEAM MEMBER.

Coach Misa and Tad Hofmeister (Lane 5, 7 AM) welcome a new addition to the coaching staff.

Kenzo Owen Hofmeister was born in the water (of course) of a birthing tub on April 1 (no fooling) at home. A big boy at 22 inches long and 9 lbs. 2 oz. Mom and baby along with the rest of the family are doing well. Check out the photos below of Coach Misa giving pre-birth lessons in diving from the deck. Block starts will be covered at 6 weeks

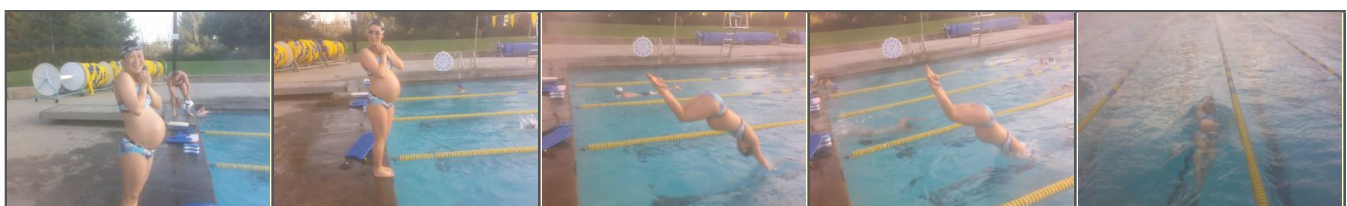
old, so get ready Kenzo. MVM sends its congratulations!

COACH MARCELO'S BUTTERFLY TIPS

Some call it the most beautiful stroke, while others simply call it the most painful. If you take a look at the photo of proper fly form, you'll notice that less is more. It's not



necessary to get your entire head out of the water, you want to keep the chin just grazing the water as you breathe. Lastly, resist the temptation to look ahead, instead look down to keep your body streamlined through the water.



MVM Team 2007 Summer Slam Challenge!



Join your MVM teammates for one or all of Team MVM's "Summer 2007 Slam Challenge".

People swim with team MVM for many different reasons with many personal goals. While it's great that MVM helps people reach their individual goals, it's nice to share some goals with your teammates. It's also a great way to get to know your teammates since practices don't afford a chance to meet. To that aim, the Coaches and Board are challenging the

team to take part in all or any of the following challenge events:

- June 2: Lake Berryessa Open Water Swim.
- July 6 - 7: PMS LCM Championships.
- August 19: Manatee Masters 2x1 Open Water Relay.
- September 16: Alan Liu Memorial Swim Meet.

The Summer Slam is a great way to set some goals, make new friends and get into shape. See you there.



Performance and Coaches Award

This month's Performance Award goes to Dave Tarkington (Lane 4/ 5AM) for his stellar performance in the Ford California 70.3 Triathlon. This is one of the most competitive Half Ironman races in the world. He did a fantastic job with an overall time of 4:55:29

The Coaches award goes to Diane Renshaw (Lane 1/7 AM) for results at the Senior Games in March and at SCY Championship resulting in 4 first place finishes at the Senior games, and 2nd, 3rd and 4th in Pleasanton. Her efforts culminated in 6 new team records. Way to go Diane.

All winners can pick up their awards from the coach on deck.

Mountain View Masters Calendar

May

- 10 - May Dues due
- 12 - SMMM Parkside Aquatic Mile, Postmark Registration deadline: May 7 (www.sanmateomarlins.org)
- 18 - Social Hour hosted by Scott Lanternman, 1117 Sage Ct, Sunnyvale
- 14 - 27 Eagle Pool Closed, swim at Rengstorff
- 17 - 20 - USMC Short Course Yards National Championships, Federal Way, WA
- 19 - RCM Spring Lake Mile, Online Registration deadline: May 13. (www.lifeguardsforlife.org), Postmark Deadline May 4
- 23 - Board Meeting at Tina's
- 28 - Practices resume at Eagle Pool
- 31 - Last day to participate in the Team MVM Survey (<http://www.mvm.org/survey.php>)

June

- 2 - Lake Berryessa, Postmark Registration Deadline, May 13
- 9 - TVM Lake Del Valle, Postmark Registration Deadline, June 2
- 10 - BMW Splash and Dash, Postmark Registration Deadline, May 30
- 10 - June Dues due
- 20 - Board Meeting at Tina's
- 23 - MVM Social and Tina & Grif's Housewarming party. Details on Deck and website

July

- 6 -7 - PMS LCM Championships, Santa Cruz, Online Registration Deadline, June 27, (<http://cruz.mastersswim.com>).
- 8 - Eagle Pool closed for super chlorination