

Competition Gears Up in the Springtime

The days are getting longer, the sun is feeling a little warmer, and the trees are in bloom all around us. Other than allergy suffering, what does this all mean? the Masters Swimming competition season is under way!

Whether you're a seasoned competitor or still a Masters novice, Masters swim meets offer constant opportunities for you to set goals, test yourself, and improve your swimming and athletic performance. If you're a seasoned competitor, you likely already have personal benchmarks and goals you might try to beat this season. If you've never competed, why not give it a try?

Just in the next couple months, there is a wide range of meets and open-water swims in which you can compete, volunteer, or just observe. Here's a rundown, with commentary from our head coach Chris Campbell:

- **March 21 (Sat.): Strawberry Canyon Aquatic Masters Spring Break Meet.** A very popular and well run event, this one takes place at the very fast Spieker Aquatics Complex at UC Berkeley. As with the Rinconada meet, this one starts with a distance race, the 500 Free, and preregistration is required for it. All other events may be entered on race day, however. Online registration is accepted until 11:59 PM on Wednesday 3/18. <http://scam.mastersswim.com>
- **April 17-19 (Fri-Sun): 2009 Pacific Masters Short Course Yards Championships, hosted by Walnut Creek Masters and Tri Valley Masters.** This is the biggest of our local meets. It's held at the spacious Delores Bengston Aquatic Center in Pleasanton. Given its size (usually

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AFTER ONE HOUR, STILL SMILING! Dale Jackson, Jeff Torborg, Chris Campbell and Sara Bothwell cool down after the One-Hour Postal Swim on Jan. 18. See page 3 for results.
Photo by Tana Jackson.

COACH'S CORNER

Set Your Goals, Believe in Them

by Chris Campbell, MVM Head Coach

I have a quote pasted up on my desk. It's from Sharks Defenseman Marc-Edouard Vlasic, who's now a veteran NHL player at age 21. He said "You should always believe that you can do things that may seem out of reach. A lot of guys have the talent, but if they don't believe they can reach their goals, they won't."

It's almost impossible not to be re-energized by the recent visit from Sheila Taormina. Her success came from recognition of that power within, and figuring out how to harness it. A little bit of faith, heart, and good old fashioned elbow grease can move mountains. Those are everyday qualities. Olympians have spent a lot of time refining and polishing them, but such qualities are found in each and every one of us, not just in Olympians. Her calling now is helping people like us tap into those, like attention to detail, positive attitude, perseverance-- those things she collectively referred to as "Gambare," and she does a masterful job. But, as she will quickly tell you, if she can do it, anyone can. And that's the big secret. Like it says on the back of the MVM National Team shirts: **Be Your Own Olympian!**

When You Think You Can't, That's When You Must Try

by Coach Laura Schuster

Thanks Coaches Chris & Griff for bringing in Sheila Taormina!

One way or another, I believe Sheila Taormina inspired everyone who was fortunate enough to meet her the weekend she was here. She came to the pool on Saturday, Feb. 20, while we were doing the 1650, she hung out with us and even timed a couple of swimmers; she was having fun! But I didn't fully appreciate the person that she was until I heard her speak.

She took risks in her athletic career and challenged the myths of "Why can't we push our bodies after the age of 19?" (swimming in Atlanta at age 27) and "Why can't we learn something new in less time?" (learning fencing, riding, and shooting a gun in her late 30s for Beijing)

When you start to question something, you should find the answer, which she did. Which took her to the Olympics four different times in four different sports.

She also turned to the people in her life she looked up to: her coaches, her family, her friends. They supported her, encouraged her, and helped her to achieve her goals. She remembers her coaches and how they helped her the most and the little things they would say to her that meant the most. She remembers the horse that gave her the perfect score in Beijing, and she uses her experiences to modestly inspire other people.

I'm glad Chris took the initiative to bring her to MVM. Sheila reignited my "coaching flame" to help me think outside the "coaching box" with some great drills while she coached for us the day after she spoke. She reminded me that we have a responsibility as coaches to keep our swimmers motivated and help them achieve their goals. And if it means taking risks by "mixing things up a bit" to help MVMers swim a little stronger, I'm willing to stand on deck and risk it because, when you think you can't do something, is when you should try it anyways!

Performance and Coaches' Awards

This month's **Performance Award** goes to **Rich Maher**. Rich started swimming with MVM about 5 years ago in lane 3. Since then he's dropped about 35 pounds, moved up to lane 6, and rarely misses a weekday workout (and he's always early to help pull covers!). He kicked butt on the Postal 1650 in February -- his first pool competition -- with a time of 22:47.03. Way to go, Rich!



This month's **Coaches' Award** goes to **Coach Laura Schuster** for sponsoring everyone's entry fees in the TAM Postal 1650 in February, and more importantly, for motivating so many swimmers to participate. This event had more MVM participants than any other event in team history!

Award recipients should contact a coach to receive their awards.

Got Plastic? Dues Payment Changes Take Effect in July

MVM began taking credit card payment for team dues last year, but this payment option will no longer be *optional* beginning with July 2009 dues. At that point, all team dues must be paid by Visa or Mastercard.

The MVM board made this decision to help stabilize revenue (to match our team's ever-increasing costs) and to streamline the dues payment process.

You may continue to write checks through June, and if you wish, at any time up to June 30 you may write a check to pay your dues through the end of the year.

Although credit card payments have not previously accommodated the various discounts in our dues structure, **all discounts will be available** for credit card payments made from April 1 through the end of 2009.

New payment authorization forms will be available at the pool around April 1. If you have any questions, contact our team treasurer, Martha Branch.



MVM DIRECTORY

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ACCOMPLISHMENTS

MVM Sets Records, Turns Out in Record Numbers for Postal 1650

Thanks to Coach Laura for sponsoring our entry fees, a total of 52 MVM swimmers participated in the TAM Postal 1650 swim in February; this was the most number of MVM swimmers to ever compete in a single event or meet! Thanks also to everyone who helped out by timing their fellow swimmers and bringing refreshments.

WOMEN 25-29

Laurin Weisenthal 17:57.07 *

WOMEN 30-34

Sara Bothwell 22:32.00
Michele Lin 26:31.14
Melissa Loayza 26:54.00

WOMEN 35-39

Misa Sugiura 21:41.96
Adina Kletter 23:15.33
Flora Nelson 23:50.88
Karla Rees 24:36.84
Tana Jackson 26:43.53
Pam Garfield 29:09.00
Lisanne Eng 29:21.87
Janet Wang 30:47.94
Tina Ambrogi 38:21.98

WOMEN 40-44

Laura Schuster 24:03.39
Jami Andrews-Min 24:43.38
Yinka Bogdan 24:54.00

WOMEN 45-49

Martha Branch 23:19.36
Cindy Fulmer 24:40.79
Karene Millar 24:57.09
Nancy Lorimer 33:51.84

WOMEN 50-54

Maria Klein 22:08.25 *

WOMEN 55-59

Kate Latham 27:14.69

WOMEN 60-64

Diane Renshaw 34:06.06**

WOMEN 70-74

Kate Curry 38:24.41

MEN 30-34

Florent Haik 21:16.93
Linc Jepson 27:33.36
Jeff Torborg 29:10.29

MEN 35-39

Rich Maher 22:47.03
Shannon Schwartz 24:35.47
Charles Wu 25:22.70
Ian McAlexander 25:37.17
Khalid El-Awadi 26:49.12
Derek Minehane 27:09.65
Paul Foronda 27:26.47
Dave Finlay 27:28.59

MEN 40-44

Scott Lanterman 21:14.45
Robert Schlossman 21:55.39
Sherwick Min 22:11.07
Paul Klemish 22:43.28
Rex Frobenius 23:29.00
Tad Hofmeister 24:43.81

MEN 45-49

Bob Stenz 21:18.56
Dale Jackson 21:25.05
Chris Campbell 21:29.22
Eric Wolff 21:43.30
Mark Bongi 21:48.96
Clyde Mann 22:01.43
Wai-Sze Tam 26:20.04

MEN 50-54

Griff Freeman 22:06.62 *
Bob McKee 22:46.10

MEN 55-59

Paul Lockwood 23:17.00 *

MEN 60-64

Flip Dibner 30:40.00

* Asterisk and **Bold Text** indicates New Team Records. *Way to go, MVMers!*
** Converted time; Diane swam 1,500 meters (while in Ireland!) in 34:46.98.

“Bear” Meet Rewarding, Despite a Challenging Day

It was “survival of the fittest” at the “This Bear Don’t Hibernate” meet on Sunday, Mar. 1. We had to leave at 6:15 for the long drive up to San Pablo, and it was pouring rain all the way up there, as well as during the whole meet. Just before the meet started, the officials found out that the pool was a non-standard length, so none of the times would count for PMS or National Records or Top Ten consideration. Many swimmers and PMS officials were a bit bent out of shape about that!

The only thing crazier than going to a meet like this was staying at one and swimming, which we all did. Maria Klein continued to rewrite the Team Record book with 5 new marks, winning 4 of her events and finishing 2nd in the other. Her mom, Kate Curry, won all 4 of her events, setting new Team Records in 3 of them. Karla Rees, after a long absence from the water, won 1, finished 2nd twice, and added a 3rd and a 4th place. And Coach Chris, who never got dry the entire morning, won 4 and placed 3rd in the other.

Everything was done by 12:30. It was the longest Sunday morning ever. Why we stuck it out, I can’t say. If I had been by myself, I would’ve probably left. Anyone else on their own would most likely have done the same. But there’s just something about toughing things like this out together. I think we’re all glad that we did, because we all have some funny stories to tell about that day. No one got pneumonia. Thank God for parkas and wool socks!

-Coach Chris Campbell

See page 6 for a photo of “the survivors”; meet results are at www.mvm.org

One Hour Postal: *Just Keep Swimming, Just Keep Swimming...*

Fourteen brave MVM swimmers completed the USMS One Hour Postal in January. This national qualifying event earns these swimmers a coveted MVM National Team shirt. Congratulations!

| Name | Division | Yards |
|------------------|----------|-------|
| Sara Bothwell | W30-34 | 4,300 |
| Adina Kletter | W35-39 | 4,100 |
| Tana Jackson | W35-39 | 3,705 |
| Laura Schuster | W40-44 | 3,800 |
| Diane Renshaw | W60-64 | 2,830 |
| Jeffrey Torborg | M30-34 | 3,285 |
| Shannon Schwartz | M35-39 | 3,835 |
| Khalid El-Awadi | M35-39 | 3,490 |
| Dave Finlay | M35-39 | 3,480 |
| Paul Foronda | M35-39 | 3,450 |
| Chris Campbell | M45-49 | 4,505 |
| Dale Jackson | M45-49 | 4,370 |
| Bob Stenz | M45-49 | 4,195 |
| Flip Dibner | M60-64 | 3,100 |

GETTING TO KNOW YOU: The MVM Board of Directors

Get To Know Your Fellow Swimmers

To get you more acquainted with other swimmers around you (and maybe learn something new about those you already know), this issue of the *RipTide* introduces a new feature called "Getting To Know You."

We will normally feature 2 or 3 swimmers each issue, but to get started, we present the **MVM Board of Directors**, many of whom are new to the board in recent months.

Who will be featured next issue? It might be you! If you have any suggestions on groups of people to profile (interesting hobbies, professions, achievements, etc.), contact the Riptide Editor.



Tina Ambrogi

Lane 1 at 7am

What do you do professionally? I work with robots at a startup. My title is "Queen of Culture."

Any interesting hobbies? I love to cook and mosaic things.

What's your greatest swimming achievement? I swam across Lake Tahoe in the Trans Tahoe Relay!

Any swimming goals for the upcoming months? Lots of open-water swims!



Sara Bothwell

Lane 7 on various days, "always the latest workout possible"

What do you do professionally? I study parasitic wasps and teach academic writing.

Any big personal goals? Finishing my Ph.D.

this spring, then finding a permanent academic position somewhere. And I'm getting married in May!

Any swimming goals for the upcoming months? I'm competing in the Vineman Full Aquabike this August (it's like the Ironman without the crazy marathon part.) I'm also trying to swim an average of 1 mile per day for the whole year.



Gail Brown

Lane 1 at 6am M/F and 5am W

What do you do professionally? I'm a realtor, selling bank-owned homes. I work with Coach Annika; we work a lot of hours and it takes all my time and energy, but I enjoy it!

Greatest Swimming Achievement? I just learned to swim a few months ago, and also learned to do a flip turn. I felt like a real swimmer when I did it!

Any swimming goals for the coming months? I want to be able to complete the whole swim set and watch the clock (I forget to look at it).

What do you enjoy most about swimming? The social interaction with all the members, and the way it makes me feel physically. I've lost 20 pounds so far!



Scott Lanterman

Lane 7/8 at 5:30 or 6am on M/W/Th/F/Sat

What do you do professionally? Supply Chain Management at Intuitive Surgical, which builds minimally invasive surgical systems.

Any hobbies? Pinot Noir, philosophy, and home repair... not necessarily in that order.

Greatest swimming achievement? Maria Klein got a group of us to swim the Alcatraz to SF Swim; there were about 300 people in a non-elite division and I ended up getting 3rd. That's the best I've ever done race-wise.

Any swimming goals for the coming months? I'd just like to support the team at a few races, and maybe a meet like the Pacific Long Course Championships.



Bob McKee

Lane 6/7 at 6am M/W/F/Sun

What do you do professionally? I work in product marketing for technology companies. I was an engineer first, but after getting my MBA I moved into marketing.

Any hobbies? Besides swimming, I enjoy hiking, golf, volleyball, cooking, and reading.

What's Your Greatest Swimming Achievement? For the past 5 summers when I'm back visiting family in Michigan, I swim across the lake we stay on. It's about 3 miles across!



Shannon Schwartz

Lane 4 at 5am M/W/F

What takes up most of your time or energy? Keeping after my 2.5-year-old son; I'm a full-time parent! I also do a tiny bit of Marketing Research consulting on the side.

Any big personal goals? I want to start learning to speak Mandarin Chinese this year so I can understand more of what my in-laws are saying.

What's Your Greatest Swimming Achievement? Completing the One Hour Postal and living to talk about it! I was happy I swam a little further this year than the first time I did it (in 2004).



Charles Wu

Lane 3 at 7am M/W/F and 7:45 Sundays

What do you do professionally? I work at Facebook on their mobile products.

What's your greatest swimming achievement? Progressively moving up the lanes as I practice and develop. It's been slow, but I'm making progress.

Any swimming goals for the coming months? I'm training for a triathlon.

What do you enjoy most about swimming? It lets me get into a zone where I can tune out the world; it's cheaper than therapy!

Consider These Springtime Meets and Open-Water Swims

- (continued from cover) over 800 participants), preregistration for all individual events is required. Since this is a multiday meet, swimmers are allowed to enter up to 7 individual events for the meet, with no more than 5 per day maximum. Friday has the 1650 Free, the 400 IM, the 200 Free, and the Mixed 800 Free Relay. Saturday has the Men's and Women's 200 Medley and 400 Free Relays, while Sunday has the Mixed 200 Free and 400 Medley Relays. Consider dropping by for a day and joining us. Even if you don't swim, extra meet support (timers especially) are always welcome. Online entries are due at 11:59 PM on Wednesday 4/8. <http://wcm.mastersswim.com>
- **April 25 (Sat): San Mateo Master Marlins Parkside Aquatic Mile, Parkside Aquatic Park in San Mateo.** This is the annual kick off to Pacific Master's Open Water Season. It's an intimate little race, and it's nearby. It's in a nice section of the Bay, and, depending on the weather conditions, the temperature could be anywhere from 55 to 75 degrees. Race day entries are allowed.
- **May 7-10 (Thu-Sun): 2009 USMS Short Course Yards National Championships, hosted by the Clovis Swim Club and Pacific Masters.** Aside from the FINA World Masters Championships every other year, this is the largest swim meet in the world. It will be held at the brand new Clovis North High School Aquatics Complex in Fresno, which features two very fast 50m pools, which will be configured with 3 racing courses and ample warm up space. Given its immense size, things are run a little differently at this meet. Swimmers are allowed to enter 3 individual events without needing to meet any qualifying time standards. In order to control the duration of the meet, swimmers are requested to have equaled or beaten a qualifying standard within the previous 2 years to enter a 4th, 5th or 6th individual event. Swimmers are limited to a maximum of 3 individual events per day. There are no qualifying standards for the relays, the Mixed 200 Medley Relay and Men's and Women's 200 Free Relays on Friday 5/8,

the Men's and Women's 200 Medley Relays on Saturday 5/9, and the 200 Mixed Free Relay on Sunday 5/10. Depending on the size of the meet, the Meet Directors may elect to drop the 6th event, should they feel that the meet has reached an unmanageable size.

The drive to Fresno is 3-4 hours from the South Bay; if you want to swim, you'll probably have to get there the day before, or leave around 3 AM to get there in time to check in and warm up. It is, however, a really great time to meet all sorts of fun and interesting people, see some really fast swimming, and do some yourself. There is an organized social event on Saturday night. And, as an extra bonus, the USMS 1 Mile Open Water Championships will be held on Monday morning, 5/11/09 at nearby Millerton Lake. That event will be limited to the first 1000 entrants.

Information for the meet can be found in the January-February issue of USMS Swimmer magazine, and online at www.usms.org/comp/scnatso9. Online entries are due by 11:59 PM Thursday 4/9. Hotels on the Shuttle bus route fill up quickly. A listing can be found on this website. Info for the Millerton Lake Swim can be found in the PMS Newsletter insert in the March-April issue of USMS Swimmer.

- **May 16 (Sat): Spring Lake One Mile Open Water Swim, hosted by Redwood Coast Masters, at Spring Lake in Santa Rosa.** Expected water temperature will be 68 to 70 degrees. Race day entries are accepted.
- **May 31 (Sun): Del Valle 0.75 and 1.5 Mile Swims, hosted by Tri Valley Masters, at Lake Del Valle in Livermore.** This one is held at the original site of the 2x1 Mile Relay. There are 2 races, and swimmers may enter one, the other or both. Race day entries are accepted. The water temperature is expected to be 70 degrees.

Information for all open water races can be found in the PMS Newsletter insert of the March/April Issue of USMS *Swimmer* Magazine.

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MVM TEAM CALENDAR

MARCH

- 21 (Sat)** Strawberry Canyon Aquatic Masters Meet
Spieker Aquatics Complex, UC Berkeley
- 25 (Wed)** MVM Board Meeting, 7:30pm
- 26 (Thu)** MVM Happy Hour, 6:30pm at The Boardwalk
4940 El Camino Real, Los Altos

APRIL

- 17-19 (Fri-Sun)** PMS Short Course Yards Championships
Delores Bengston Aquatic Center, Pleasanton
- 22 (Wed)** MVM Board Meeting, 7:30pm
- 23 (Thu)** MVM Happy Hour Social (TBD)
- 25 (Sat)** Parkside Aquatic Mile (Open Water - Bay)
Parkside Aquatic Park, San Mateo

And looking ahead to MAY...

- 7-10 (Thu-Sun)** USMS Short Course Yards Nationals,
Clovis North HS Aquatics Complex, Fresno
- 11 (Mon)** One Mile Open-Water Championships
Millerton Lake (near Fresno)
- 16 (Sat)** Spring Lake One Mile Open-Water Swim
Spring Lake, Santa Rosa
- 27 (Wed)** MVM Board Meeting
- 28 (Thu)** MVM Happy Hour Social (TBD)
- 31 (Sun)** Del Valle .75 and 1.5-Mile Swims
Lake Del Valle, Livermore

Did you know... there's a Facebook Group for MVM swimmers? Connect with your fellow teammates and see what's new. To find us, just search for "Mountain View Masters" from a Facebook search box.

facebook

Stay Connected to Team MVM

The latest announcements and schedules are always available on the team's website: www.mvm.org. You can also sign up to receive alerts and announcements by email!

PHOTO ALBUM



Rain, rain, go away: Maria Klein, Kate Curry, Coach Chris and Karla Rees enjoy a brief dry spell at the "This Bear Don't Hibernate" meet (see story on page 3).



Going once, going twice, SOLD! "Big Mike" Hansell keeps the bidding moving along at the MVM Team Auction at Mario's Restaurant on March 5. *AuctionPhotos: Tina Ambrogi*



Them's the goods: Items up for bid at the MVM Team Auction included wine, baked goods, games, houseplants, swimming and biking gear, and an iPod shuffle.



Nice hats! Who made 'em? Janet Wang (left) and Rachel Goldeen (right) model their purchased goods, handmade and donated by Sara Bothwell (center).