

MVM Gears Up for Fall Competition, Fun, and a Tribute

Alan Liu Memorial Meet: Sunday, Oct 4

It's the "Main Event" for Mountain View Masters: our annual Alan Liu Memorial swim meet is coming up in just a few weeks.

It's always a day of fun and new swimming records in our fast pool, so all MVM swimmers are encouraged to participate by swimming AND volunteering to

help make the event a big success.

Deck entries are allowed, but you can sign up NOW online and get a discount for early registration.

Full information about the meet and links to online registration, can be found at the PMS website:

<http://www.pacificmasters.org/comp/09mvmscm.pdf>

Volunteers Needed to Make the Meet a Success

Our meet can't come off successfully without the help from all our swimmers to make the meet run! Please sign up online to pitch in as much as you can. And don't worry...volunteering won't get in the way of you swimming at the meet in whatever events you wish! Examples of volunteer jobs we need include:

- Setup on Saturday (day before)
- Snack bar workers
- Timers
- Registration desk

Sign up online at www.mvm.org/meet-sign-up/vol-sign-up.php

List of Events at the MVM Alan Liu Memorial Meet.

- 400m IM (men's & women's)
- 100m Free (men's & women's)
- 200m Free (men's & women's)
- 50m Back (men's & women's)
- 200m Free Relay (mixed teams)
- 200m Free Relay (men's & women's)
- 200m Breast (men's & women's)
- 50m Free (men's & women's)
- 200m IM (men's & women's)
- 50m Fly (men's & women's)
- 800m Free Relay (mixed teams)
- 200m Back (men's & women's)
- 100m IM (men's & women's)
- 200m Fly (men's & women's)
- 50m Breast (men's & women's)
- 400m Free (men's & women's)

MVM/Menlo Dual Meet Next Weekend Offers Fun, Informal Competition

The 2nd annual dual meet between MVM and Menlo Masters is just around the corner! This fun event takes place on Sunday, Sept. 27, at Burgess Park Pool in Menlo Park (701 Laurel Street).

Last year 25 MVM swimmers went head-to-head with the Menlo team in a fast-paced, fun and informal swim meet. It was so much fun we wanted to make it an annual event! For those who haven't been competing regularly, it's also a great opportunity to swim in a low-pressure meet environment, or a great warm-up for competing the following week at our own meet.

The swimming events run from 7am to 10am, followed by breakfast from 10am to 11:30am. After being fed a great pancake breakfast last year by the Menlo team, this year it's our turn to do the cooking!

No need to register for swimming, but please check the sign-up sheet on deck to volunteer for providing food or supplies for breakfast.

LIST OF EVENTS FOR MVM-MENLO DUAL MEET:

- 100 Free
- 50 Breast
- 100 Back
- 50 Fly
- 100 IM
- 50 Free
- 100 Breast
- 50 Back
- 100 Fly

Create-Your-Own 200 (free, stroke, IM or relay)



Catfish Survivors: Nancy Lorimer, Flip Dibner, Diane Renshaw, Dave Finlay, and Charles Wu relax after the Catfish Open Water Swim at Stevens Creek Reservoir on July 26. *Story on page 2; more photos on page 4.*

ACCOMPLISHMENTS

MVM Reels In Awards at Alcatraz Swim

A group of MVM swimmers brought home several awards (including the #1 Team award!) at the 7th Annual Alcatraz Classic on Aug. 29.

Way to Go, MVMers!!!

See photo on page 4.



Team MVM: **#1 Team**

Alicia M Koht (wetsuit): **#1 in age group; #1 woman; #1 overall**

Misa Sigiura (wetsuit): **#1 in age group, #3 woman**

Maria Klein (wetsuit): **#1 in age group**

Scott Lanterman (wetsuit): **#2 in age group; #4 man; #5 overall**

David Craford (wetsuit): **#6 in age group**

Pamela Garfield (wetsuit): **#9 in age group; her first Alcatraz swim!**

Darrel Chen (skins): **#1 in age group**

Flo Haik: **Officially #4 in age group in wetsuit division** (*but he didn't wear one; he would have been #1 in age group in skins division*)

Robert Schlossman (skins): **#6 in age group**

MVM swimmers make huge presence at Catfish Open-Water on July 26

A whopping **29 MVM swimmers** competed in the 1.2- or 2.4-mile open water swim at Stevens Creek Reservoir in Cupertino on July 26. Full results are online at mvm.org and photos are on page 4 of this issue. Several swimmers placed high in their age groups; first-place winners, in the 1.2-mile race:

Maria Klein	32:03.4
Diane Renshaw	52:13.9

In the 2.4-mile race:

Denise Walos	59:34.8
Jack Sorg	59:59.8
Dan Nadaner	1:07:13.7

Performance and Coaches' Awards

The MVM summer **Performance Awards** go to **Tim Dietrich** and **Jeff Torberg**. Tim swam in his first meet since college on August 20 at Modesto, setting three new team records in his three swims!

Jeff participated in his first full-blown Ironman Triathlon in Canada on Aug. 30. ***Congratulations Tim and Jeff!***



The MVM summer **Coaches' Award** goes to **Rob Schlossman**. Rob organized a healthy MVM presence at the Alcatraz Swim on August 29, where nine MVMers swam, performing extraordinarily well, winning the Team Trophy as well as several division awards (see above). ***Congratulations Rob!***

Award recipients should contact a coach to receive their awards.

MVM Board Says "Thanks" for Paying with Plastic

The transition to dues payment via credit card is complete, and the board of directors wants to extend a big THANK YOU to all MVMers for their cooperation to this new payment plan. The change provides many benefits to the club, most importantly ensuring a more stable revenue stream to aid in planning and budgeting. If you have any questions or concerns about dues payment, contact the MVM Treasurer or any board member.

Seeking Leaders: MVM Board Has an Opening

Would you like to be more involved with Mountain View Masters, get to know more swimmers, and help guide the direction and activities of the club? If so, consider joining the MVM Board of Directors! There is currently an open position on the board; for more information, contact any board member or email mvmboard08@mvm.org.

MVM DIRECTORY

Board of Directors

Tina Ambrogi, President

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Scott Lanterman

Bob McKee

Shannon Schwartz

Charles Wu

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Getting to Know You

Getting To Know: Swimmers who Work in Medicine

It may SEEM like everyone around here works in a high-tech or related field, but the MVM membership is a diverse bunch. In the MVM swimmer profile survey conducted last fall, 10% of swimmers indicated that they worked in a medical or health-related field. In this issue we feature a few MVM swimmers who work in the medical field.

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



Erick Pierce

Lane 4 at 5am M/W/F

What do you do professionally?

I'm a Nurse Anesthesia Resident... after ten years as an ICU nurse for babies and children, I decided that I need a new challenge.

Any interesting hobbies? Just trying to stay rubber-side down on my bike.

What do you enjoy most about swimming? No back pain involved!



Melissa Loayza

Lane 3/4, various days and times

What do you do professionally? I came to California a year ago as a traveling registered nurse at the Stanford E.R.; now I work in the E.R. at El Camino Hospital.

What do you enjoy most about swimming? It's so much easier to swim early in the morning instead of running. Also, I'm motivated to keep going and to work harder when I have lane mates!

What's your greatest swimming achievement? I swam the Waikiki Rough Water Swim several years ago when I was living in Honolulu.

Any big personal goals? I've decided I want to be a nurse anesthetist, so I'm taking the necessary steps to go back to school.



Neal Scott

Lane 4 at 5am M/W/F

What do you do professionally? I'm a cardiologist and a medical device consultant.

Any interesting hobbies? I enjoy photography, and I just started biking.

But work takes up much of my time!

What do you enjoy most about swimming? The workouts and great people at MVM!

STAY CONNECTED

Here's Your Guide to Staying Connected with MVM and with Each Other

Did you know... There are new ways to communicate with your fellow swimmers, and multiple ways for you to get info about Team MVM. To alleviate any confusion about these different communication channels, we provide this handy explanation of the options available to you...



MOST IMPORTANT:

The OFFICIAL MVM Email List

This is the official path of communication from MVM to all swimmers. Through this email list you will receive regular weekly team announcements, plus occasional alerts such as last-minute schedule changes or emergency pool closures.

TO JOIN: Subscribe with your email address on the MVM website; click on "Announcements" and then "What's New," or just go directly to:

<http://www.mvm.org/mvm-newsletter.php>



ALSO VERY USEFUL: The new MVM-Social Yahoo Group

The MVM Social Yahoo Group was formed to facilitate communication between swimmers. Any member can send out messages to suggest informal gatherings, facilitate carpools to events, or just ask a question of your fellow swimmers.

TO JOIN: Send an email to mvm-social-subscribe@yahoo.com, or visit the group at groups.yahoo.com/group/mvm-social.



And for those who can't get enough: MVM on Facebook

The Mountain View Masters Facebook Group is just a casual, unofficial group for those who are already on Facebook. It provides an additional means to communicate and network with your fellow swimmers.

TO JOIN: On Facebook, search for "Mountain View Masters" to find us, then click on "Join Group."

MVM TEAM CALENDAR

SEPTEMBER

- 20 (Sun)** SMMM Swim and Eat SCM, Joinville Pool, San Mateo
- 23 (Wed)** MVM Board Meeting, 7:15pm
- 26 (Sat)** SMST Sierra Marlins Cold Water Challenge (Natoma) Open Water
- 27 (Sun)** **MVM / Menlo Masters Dual Meet, 7am**
Burgess Park Pool, 701 Laurel St., Menlo Park

OCTOBER

- 4 (Sun)** **MVM Alan Liu Memorial Meet Eagle Pool - ALL DAY**
- 11 (Sun)** SAC/DAM 36th Annual Sprint Pentathlon, Davis, CA
- 16-18 (Fri-Sun)** Pacific Masters Short Course Meters Championships, Heather Farms, Walnut Creek
- 21 (Wed)** MVM Board Meeting, 7:15pm
- And looking ahead to NOVEMBER...**
- 7 (Sat)** Clovis North SCY Meet, Fresno

Alan Liu Memorial Meet - Sept 27

Help Support Jill Mason; Sponsor an Event at Alan Liu Meet

In honor of Coach Alan Liu and in support of Jill Mason, MVM has typically made a donation to the Jill Mason Fund following our fall swim meet. As many of you know, Jill and Alan were hit by a drunk driver while riding their bikes on Easter morning in 2004. Jill's life will never be the same as she was permanently paralyzed, and our ongoing support of her is very important. Jill continues to tell her story for friends and followers on her website, www.jillmason.com.

This year, we have a fun new way to support her, by seeking sponsors for each event at our meet on Oct. 4! In exchange for a minimum donation of \$25 to the Jill Mason Fund, your sponsorship will be announced during the meet. For example, "Up next is the women's 400IM, sponsored by Coach Laura." We are seeking sponsors for all 32 events; sponsors can be individuals, groups of lanemates, etc... be creative!

Sponsorship checks made out to the "Jill Mason Fund" can be brought to the pool or mailed through September 30. If you would like more information or to request sponsorship of a particular event, please email Coach Laura (schulaura65@yahoo.com) or board member Sara Bothwell Allen (gurleygirl@gmail.com). A full list of meet events is printed on the cover of this newsletter. **Thanks for your support!**

Photo Album



Peace at Catfish: Scott Lanterman, Tana Jackson, and Mary Leigh Burke take a break at the Catfish Open Water Swim at Stevens Creek Reservoir on July 26.



Awesome at Alcatraz: A portion of the MVM contingent enjoy the day in San Francisco following the Alcatraz Classic on August 29. *See story on page 2.*