

MVM's Intra Squad Meet is On! Saturday, April 5, 6:30-9:00am

- ♥ Be Confident At Nationals
- ♥ Practice Starts & Turns
- ♥ Friendly Competition
- ♥ Potluck & Door Prizes!

Saturday, April 5th will be an opportunity to try something different at Saturday practice. For one day only we are breaking from our regularly scheduled programming to bring you the 2014 MVM Intra Squad Meet!

For many of us, showing up to Nationals with no recent meet experience (or any meet experience) is a source of anxiety. The MVM coaching staff is committed to helping everyone feel prepared for Nationals by holding a practice meet. The coaches will pull covers and set up the diving blocks. Swimmers show up, check in, warm up, and race. After the meet everyone will work together to put away blocks and other items used during the meet. And then enjoy a potluck and raffle!

We are asking you to participate, to support your teammates, and be open to trying something new for ONE Saturday out of the many Saturdays we run two standard practices.

Bring your best effort to the meet along with food to share! We will have a mini potluck following the meet which includes door prizes and social time with your teammates.

If you aren't swimming at Nationals, our Intra Squad meet is a great opportunity to practice racing before we host our meet in September. And....if you "never race", why not show up, warm up with the group, and stay to support your teammates.

The events will be the same at Nationals so we ask you to sign up beforehand which events you plan to swim on Saturday. A Google doc is available here:

https://docs.google.com/spreadsheets/ccc?key=0AgeqtSLi_5RedFRPX0w4Ty1PeFhGN1JONEgzN3poZmc&usp=sharing

Intra Squad Meet Schedule:

- 6:30: Swimmer Event Check In, General Warm up
- 7:30: 2014 MVM Intra Squad Meet Begins
- 8:45: Meet Clean Up, Potluck, Raffle

MVM Celebrating 25 Years Of Swimming & Socializing

Twenty-five years ago former Head Coach of Mountain View Masters, Mo Chambers, made Team MVM an official United States Masters Swim Club. The inception of the club itself started with a small group of swimmers at Rengstorff Pool, including Jill & Jerry Rodder. Jill shared her story with how Mountain View Masters began:

Around 1974 the City of Mountain View opened Rengstorff Pool for noon swim.

At first, Jerry and I were the only ones to swim during this time. We literally had the pool to ourselves with one lifeguard, Irene Calizzio. At the time, our kids were in high school and we weren't interested in any early morning swim.

In 1977, our children were all off to college and Jerry said he'd like to swim in the mornings as the noon-time swimming was cutting into his day. So I met with the City and they said if I drew up some by-laws they would consider a morning swim. I drew up the by-laws and the City gave us permission for the pool to be open from 6 -8am. Because Jerry & I wanted this time change, we volunteered to open the pool and be in charge until our Lifeguard Irene showed up.

As time went by more people came before 6am and the "rule" was, Jerry & Jill will open the pool and take the covers off, BUT, keep a lane open for Jill.

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MVMer Rune Dahl Completes First Ironman AND Qualifies for Hawaii Ironman!



About Rune Dahl: 8 years on MVM; 3 years on the MVM Board; and 1 year President. How to pronounce his name: think Tuna!

Rune has completed approx. 30 triathlons but the 30th Anniversary Ironman New Zealand was his first in this grueling class. The field was heavily stacked due to the anniversary of the event. Prior to the event, Rune thought it might be his first AND last Ironman due to the time & effort required for training.

Sixteen miles into the run: *groan*, Rune was certain it would be his last; it hurt, he didn't want to do another! Two hours after the race, there was a hint he'd qualify for Kona. The next day, Rune qualified for Kona – the last of four slots in his age group. **Bravo Rune!**

The race course: he likens the temperature of Lake Taupo, NZ to Donner Lake. Taupo is three times the size of Tahoe! The swim was an audience-friendly out-and-back near shore. The bike was two loops in the nearby countryside, marred only by the nasty chip-seal like we suffer on Skyline. The run was flat, largely on paved trails, and separated from traffic in town. **Rune's first marathon!**

Rune's race strategy: treat it like a long training day, eat as much as possible, take it easy and stay focused. *The strategy worked, folks: he qualified for Kona!*

Training: Cycle: about six five-hour bike rides. Longest training run: 17 miles. Swimming: mostly MVM but he leveraged evening lap swim for some >4000 yard swims.

Some side notes: 18 months ago Rune competed in the world short course championship in Auckland, NZ. After *Rune's first Ironman* he and Sharlene went to New Zealand's Fiordlands, which they missed on their first trip. Whose fiords are better? Rune: equal in beauty, but Norway has more. Spoken like a patriot!

On the run, Rune carried a water bottle and consumed three 24-oz bottles of flat coke. That equates to 204mg of caffeine! Well, a strong Peets is maybe 150 so it was less than two of those!! Rune's best sport among them is running so he reserved his energy for the run.

Rune had two goals for this race:

1. Finish – pacing...too slow rather than too fast.
2. Under 11 hours, or if possible, under 10:30.

Total time: 10:26:08. **Mission Accomplished!**

Rune has 7 months to recover and start training again for Ironman Kona which is October 11. We'll be rooting for yofsu!

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The City's Assistant Attorney, Brad Fuller, who at the time, swam at the Decathlon Club with Mo Chambers, wanted to swim with us. He had a "vision" of a Masters Program and brought Mo to the pool and told her "this could be yours."

Mo accepted the challenge and approached Irene about offering coaching to swimmers in her Mountain View Swim program. She was quite receptive, and they worked out an agreement that she would come in the mornings and offer coaching to those who were interested in "a workout" instead of laps.

The first day as people came out onto the deck, Mo would say, "Hi, my name is Mo Chambers and I am offering coached workouts. Would you be interested?" They looked at her like she was from another planet. BUT, Kenny Leader was the first to take her up on her offer. Soon, other swimmers followed suit and eventually, Mo created structured workouts.

Hungry for more MVM history? The rest you will have to wait and hear about from Mo herself at our anniversary party!

Mo was our Head Coach for 9 years and now lives in Vancouver, WA with her husband and 17 year old twin boys. Mo's shoes were hard to fill but you may remember the other fine head coaches that kept the swim & social spirit alive:

Suzanne Topp-Mozdy

Alan Liu

Marcelo Castro

Chris Campbell

Jody Smith

Laura Schuster

Jill and Jerry continue to swim with us at 5am, and we are thankful they decided to create a morning swim program in Mountain View!

Stay tuned for details on our Anniversary Party, but be prepared...it might involve recruiting 25 teams to do the Del Valle 2x1 swim in August!

NOTE: If you have any pictures, stories, OR t-shirts with our old logos, please share with Coach Laura, schulaura65@hotmail.com