

# RAM.

Raleigh Area Masters

Newsletter

December 1999

## From the president's lane

Season's Greetings! The holidays are here, and it's time to eat, drink, be merry and swim a lot. We just want to be better in the New Year - not bigger and better.

Our road trip to Anderson was a lot of fun. About 22 RAM swimmers, including our affiliates from Hendersonville, Greensboro, Shelby and other exotic places, joined forces with swimmers from other North Carolina clubs to take home the second-place trophy. See the meet results in this newsletter for more details. Our strategy next year will be to bring more swimmers, swim more events and drink less beer. I'm already looking forward to it.

The next meet is in Charlotte on January 29-30. We'll be competing as RAM, mostly against other North Carolina clubs. NC Masters Chairman Jerry Clark also wants to make this an east-west showdown by scoring eastern NC teams vs. western NC teams. (We have yet to draw the dividing line!) We could do the same when we host our meet in April. (Do we have software for that?) It would be fun to develop some intrastate rivalry and swim with some of the other teams in the area. It may also give swimmers from smaller teams an opportunity to participate in relays if we can work that out. However we do it, we'll be looking for lots of RAM swimmers to join in the fun.

Celebrate the holidays with your teammates at RAM Holiday Party on December 11 – featuring the ever-so-entertaining gift exchange. And after you've popped that last cork of the year and finished off that last piece of fruitcake, be sure to come to our annual New Year's Day workout tentatively scheduled for 1 p.m. January 1 at Pullen Aquatic Center. It will get you ready for that television college football marathon. Happy Holidays.

See you in the water.

-- Kevin Facchine ©

## Training tips

### Legs and the promised land

By Anthony Nesty

The muscles in your legs are the strongest muscles in your body; therefore, you cannot use your legs enough. Many swimmers, regardless of their age, don't use their kick enough. I always tell my swimmers that "your legs will take you to the promised land." I cannot stress this point enough.

Look at the four swimming strokes -- fly, back, breast, and free. These four strokes all evolved with a strong kick in mind. The greatest swimmers in the world today have several distinctive qualities that make them great. Kicking is one of them and is an intricate part of their training.

The majority of the swimmers today treat a kicking set as a time to relax or rest. I think if you are serious about swimming and want to be successful you have to work your legs as you do your arms. Many swimmers use their pulling equipment more than they should. Instead of pulling every day, try to pull every other day and get your legs involved in your training. Not only should you work your legs on a kick set, but also get them more involved in your swimming sets. It will make your practice harder, but the results in your meets will be phenomenal.

Ways to improve your kick:

- *With a board:* Here you should focus and use excellent form.

- *Without a board:* (1) fly, back, and free - kick on your side, back, and stomach; (2) breast - kick with thumbs locked in front of your body and with your head up; then, arms at your side with your head up; (3) vertical

... Continued on page 2

**YOUR OPINION COUNTS!**

**Complete the Y2K Questionnaire on pages 3-4.**

## CALENDAR OF EVENTS

### RAM BOARD MEETING

DECEMBER 9, 1999

The RAM Board meets at 8:30 p.m. on the second Thursday of each month. All RAM members are welcome to attend.

The January meeting will be held on the 13<sup>th</sup>.

### RAM HOLIDAY SOCIAL

DECEMBER 11, 1999

The team will hold its annual holiday social at 7 p.m. at the home of Jay Holshouser. Remember to bring a gift under \$10 for the white elephant gift exchange.

### SUNBELT CHAMPIONSHIPS, CHARLOTTE

JANUARY 29-30, 2000

Short-course yards meet. Entries due January 26. Entry forms available on the North Carolina Masters Swimming Web site, [www.ncmasters.org](http://www.ncmasters.org), or contact John Denison at 803/547-5109. Another RAM road trip!

### PALMETTO MASTERS SWIMMING CLUB, CHARLESTON

FEBRUARY 19-20, 2000

Short-course yards meet. Entries due February 1. Entry forms available at [www.ncmasters.org](http://www.ncmasters.org) or contact Ben Nigro at 843/886-5326.

### RAM VALENTINE'S SOCIAL

FEBRUARY 12, 2000

Join your teammates for a Valentine's social at 7 p.m. at the home of Silica and Blake Larkin in Cary. Watch your e-mail or the RAM folders at Optimist and Pullen for details.

### RAM – NC MASTERS CHAMPIONSHIPS

APRIL 1-2, 2000

RAM-sponsored short-course yards meet, held at Pullen Park in Raleigh. Compete in one of RAM's home pools or volunteer to help run the meet.

### A STANDING INVITATION

RAM members from Pullen and Optimist get together after practice each Thursday for dinner and after practice each Saturday for breakfast. Join us! ☉

## Extra sets

**Join the club:** Every swimmer who practices with RAM *must* be registered with USMS, so remember to renew your registration for 2000. The RAM/LMSC-NC annual registration fee is \$35. Registrar George Simon has renewal forms -- or check the RAM info on the Web site, [www.ncmasters.org](http://www.ncmasters.org).

☉

**Money matters:** Dues at Pullen and Optimist pools are \$30 for every month you swim. Under our bylaws, dues must be paid by the 5<sup>th</sup> of the month and any member whose dues are 60 days late may be removed from the team. Please pay on time! Any coach or board member will accept your check.

☉

**For sale:** Coach and board member Sue Haugh has *RAM swim caps* for sale for \$3 each.

Registrar George Simon has *North Carolina Masters Swimming t-shirts* for sale. The cost is \$10, plus \$3 if you want George to mail the shirt.

☉

**Got news?** Send your news to [kastott1@cs.com](mailto:kastott1@cs.com).

☉

### From Page 1: Legs and the promised land

kick with or without a weight - streamline arms above your head, out of the water.

These types of kicking exercises will do the job of making your legs stronger and your kick faster, if you do them often. Again, try to stay away from your pulling equipment. Begin swimming only with your body where you force your legs to do equally as much of the work out as your arms.

Remember ... practice makes perfect. If you use your legs in practice on a consistent basis, you will see the results when you get to the swim meets. Do not take it easy during the kick sets because a weak kick will not improve your swimming.

*Anthony Nesty won the gold medal in the 100-meter fly in the 1988 Olympics and the bronze medal in the 100 fly in the 1992 Olympics. This article first appeared in the Florida LMSC Newsletter and is reprinted with the permission of the Florida LMSC Newsletter.* ☉

## Y2K Questionnaire

To continue to build a vibrant and thriving team, the RAM board and coaching staff wants to plan programs in 2000 that meet the needs and interests of club members. To help, us please take a few moments to answer these questions about your participation level and personal goals. You may return the form to any board member or coach or mail your completed form to: Raleigh Area Masters, P.O. Box 19845, Raleigh, NC 27619. Thanks for filling out the questionnaire!

**1. Which type of Master's swimmer are you? (Choose all that apply)**

Competitive     Triathlete     Fitness/recreation

**2. Do you have personal swimming goals for 2000?**

Fitness goals     Meet participation goals     Meet performance goals     Triathlon goals

**3. Do you regularly attend a coached practice?**

Yes     No

**If yes, what group do you train with?**

Pullen/Optimist     Candler     Other: \_\_\_\_\_

**If you train at Pullen/Optimist, which location do you prefer?**

Pullen     Optimist     No preference

**Which of the following factors affect your preference? (Select all that apply.)**

Day of week     Time of day     Convenient location     State of the facility

Other: \_\_\_\_\_

**4. Are you interested in improving in any of the following areas? (Select all that apply.)**

Stroke efficiency/technique:     Freestyle     Backstroke     Breaststroke     Butterfly

Speed

Endurance/distance

**5. Would you be interested in regular (monthly/bi-monthly) stroke clinics led by regular coaching staff during normal practice times?**

Yes     No

**6. Would you be interested in special stroke clinics (half day/full day) led by guest coaches?**

Yes     No

**If yes, would you be willing to pay an additional cost to participate in such an event?**

Yes     No

**If yes, would you be willing to travel to out of town for such an event?**

Yes     No

**7. Would you be interested in regular (monthly/bi-monthly) time trials during normal practice times?**

Yes     No

8. Are you interested in competing in swim meets?

Yes  No

If yes, would you like coaching input on entering events and preparing for the meet?

Yes  No

9. Would you be willing to drive a rental van to out of town meets?

Yes  No

10. Are you interested in playing a support role (timer, hospitality, pre-event planning, etc.) in swim meets?

Yes  No

11. How often would you like to participate in team-sponsored social events?

Monthly  Quarterly  Semi-annually  Annually  No interest

Additional comments:

Your name (optional):

**After completing the questionnaire, give your responses to a coach or board member - or print out your questionnaire, fold and staple it, add postage and mail it to RAM.**

Remember  
your postage!

**Raleigh Area Masters  
P.O. Box 19845  
Raleigh, NC 27619**

# Results

## Senior Games

A number of RAM members competed in the state and national Senior Games this fall. The games are for athletes aged 50 and over.

**First-time competitor:** RAM competitors at the state senior meet in Raleigh in October included **John Marsil**, who swam in his first meet ever. John qualified for the next National Senior Games in Baton Rouge, LA, in the men's 65-69 age group. He finished 2<sup>nd</sup> in the 200 back (3:50.44) and 3<sup>rd</sup> in the 50 back (47.81), 100 back (1:44.24) and 500 free (9:17.48).

**On the national scene:** This year's National Senior Games were held in Orlando from Oct. 19-29. More than 12,000 athletes competed in sports including swimming, archery, badminton, basketball, bowling, cycling, golf, horseshoes, race walking, racquetball, softball, table tennis, tennis, triathlon, track and field events and volleyball. The swim competition, held in a 50-meter pool, attracted about 1,000 athletes. To qualify for the National Senior Games, athletes first compete in local games to qualify for the state level. Those who finished in the top 3 at the state level qualified for the national games.

RAM swimmers included **Ceil Blackwell** (2<sup>nd</sup> - 50 and 100 back, 4<sup>th</sup> - 100 free and 6<sup>th</sup> - 50 free); **Arnie Formo**, **Bette Hoffmann**, **Harold Hoffmann**, **Alice Jones** (women's 60-64: 2<sup>nd</sup> - 50 breast (52.03), 6<sup>th</sup> - 50 fly (50.43), 10<sup>th</sup> - 100 free (1:42.19) and 11<sup>th</sup> - 50 free (42.66); **Judy Kelly**, **Dawn Stroupe**, **Mike Stroupe** and **Dick Webber**. ©

### RAM BOARD OF DIRECTORS

**Kevin Facchine**, President: klf8589@glaxowellcome.com  
**Alan Godfrey**, Vice President: Alan.Godfrey@reichhold.com  
**Jay Holshouser**, Treasurer: boycejay@mindspring.com  
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**Sue Haugh**: sue.haugh@neoforma.com  
**Fritz Lehman**: sasfel@sas.com  
**David Shamlin**: David.Shamlin@sas.com  
**Margie Springer**: MargieMoto@aol.com

## NC Fall Invitational – Hillsborough, NC (\* = State Record)

Short-course meters meet on Oct. 9, 1999

### Women 19-24

**Jennifer Mancini**: 100 free – 1:01.29\* (1<sup>st</sup>); 100 IM – 1:11.44\* (1<sup>st</sup>); 200 IM – 2:36.82 (1<sup>st</sup>)

### Women 25-29

**Lee Anne Britt**: 50 back – 34.88 (1<sup>st</sup>); 100 IM – 1:20.16 (1<sup>st</sup>); 200 IM – 2:58.43 (1<sup>st</sup>)

### Women 35-39

**Sue Haugh**: 100 IM – 1:16.24\* (1<sup>st</sup>); 200 IM – 2:45.08\* (1<sup>st</sup>)

### Women 40-44

**Kim Stott**: 100 back – 1:25.53 (1<sup>st</sup>); 50 fly – 39.12 (1<sup>st</sup>); 100 IM – 1:26.78 (1<sup>st</sup>)

### Women 55-59

**Ceil Blackwell**: 50 free – 40.29 (1<sup>st</sup>); 100 free – 1:33.16 (1<sup>st</sup>); 50 back – 48.96 (1<sup>st</sup>); 100 IM – 1:41.91 (1<sup>st</sup>)

### Women 60-64

**Alice Jones**: 50 free – 44.55 (2<sup>nd</sup>); 100 free – 1:43.16 (2<sup>nd</sup>); 50 breast – 52.94 (2<sup>nd</sup>); 50 fly – 52.64 (1<sup>st</sup>)

**Sally Newell**: 50 free – 38.93 (1<sup>st</sup>); 100 free – 1:33.60 (1<sup>st</sup>); 50 back – 51.75 (1<sup>st</sup>); 50 breast – 47.40 (1<sup>st</sup>); 100 breast – 1:45.66\* (1<sup>st</sup>)

### Men 30-34

**Tim Sexauer**: 100 free – 1:14.81 (3<sup>rd</sup>); 50 back – 41.70 (1<sup>st</sup>); 50 breast – 41.05 (1<sup>st</sup>); 100 IM – 1:12.87 (2<sup>nd</sup>); 200 IM – 3:10.56

**David Shamlin**: 50 free – 30.79 (3<sup>rd</sup>); 100 free – 1:09.69 (2<sup>nd</sup>); 200 free – 2:37.95 (3<sup>rd</sup>); 400 free – 5:55.84 (3<sup>rd</sup>)

**John Sloyan**: 50 fly – 27.78 (2<sup>nd</sup>); 100 fly – 1:02.55\* (1<sup>st</sup>); 200 fly – 2:21.43

**Frank Wefering**: 50 fly – 27.65 (1<sup>st</sup>); 100 IM – 1:06.41 (1<sup>st</sup>)

### Men 35-39

**Will Monroe**: 100 free – 1:02.88 (4<sup>th</sup>); 50 breast – 33.60 (1<sup>st</sup>); 100 breast – 1:15.65 (1<sup>st</sup>)

Men 40-44

**Kevin Facchine:** 100 free – 1:01.23 (2<sup>nd</sup>); 200 free – 2:15.37 (1<sup>st</sup>); 400 free – 4:53.78; 800 free – 10:32.45; 100 fly – 1:13.03 (2<sup>nd</sup>)

**Alan Godfrey:** 50 free – 26.63 (1<sup>st</sup>); 400 free – 4:40.23 (1<sup>st</sup>); 100 back – 1:07.61 (3<sup>rd</sup>); 50 fly – 29.23 (2<sup>nd</sup>); 100 fly – 1:07.14 (1<sup>st</sup>)

**Fritz Lehman:** 50 back – 29.04\* (1<sup>st</sup>); 100 back – 1:03.08\* (1<sup>st</sup>); 200 IM – 2:25.44 (1<sup>st</sup>)

Men 45-49

**Michael Yoakam:** 100 free – 1:11.47 (2<sup>nd</sup>); 50 breast – 42.13 (1<sup>st</sup>); 100 breast – 1:31.31 (1<sup>st</sup>); 100 IM – 1:19.64 (2<sup>nd</sup>)

These RAM relays set state records:

Women 120-159 (sum of relay members' ages)

**200 free relay** – RAM (J. Mancini, S. Haugh, A. Jones, L. Britt) – 2:13.83\* (1<sup>st</sup>)

**200 medley relay** – RAM (L. Britt, S. Newell, S. Haugh, J. Mancini) – 2:23.42\* (1<sup>st</sup>)

Men 120-159

**200 medley relay** – RAM "A" (F. Lehman, W. Monroe, J. Sloyan, F. Wefering) – 1:57.30\* (1<sup>st</sup>)

Mixed 120-159

**200 free relay** – RAM "B" (J. Mancini, S. Haugh, J. Sloyan, F. Wefering) – 1:51.27\* (1<sup>st</sup>) ©

## Electric City Invitational – Anderson, SC

Short-course meters meet on Nov. 13-14, 1999

Women 25-29

**Lee Anne Britt:** 50 free – 32.46 (2<sup>nd</sup>); 100 free – 1:12.16 (2<sup>nd</sup>); 400 free – 5:40.21 (1<sup>st</sup>); 50 back – 37.01 (2<sup>nd</sup>); 100 back – 1:16.68 (1<sup>st</sup>); 200 back – 2:48.06 (1<sup>st</sup>); 50 breast – 42.78 (2<sup>nd</sup>); 100 IM – 1:21.13 (2<sup>nd</sup>); 200 IM – 2:52.20 (1<sup>st</sup>)

Women 35-39

**Sue Haugh:** 50 free – 31.55 (3<sup>rd</sup>); 200 free – 2:27.88 (3<sup>rd</sup>); 400 free – 5:10.81 (1<sup>st</sup>); 50 breast – 41.25 (3<sup>rd</sup>); 50 fly – 34.53 (3<sup>rd</sup>); 100 fly – 1:16.33 (1<sup>st</sup>); 100 IM – 1:17.76 (3<sup>rd</sup>); 200 IM – 2:47.66 (3<sup>rd</sup>)

Women 40-44

**Kim Stott:** 50 back – 41.79 (2<sup>nd</sup>); 100 back – 1:27.31 (1<sup>st</sup>); 200 back – 3:09.20 (1<sup>st</sup>); 50 breast – 45.42 (2<sup>nd</sup>); 200 breast – 3:34.18 (2<sup>nd</sup>); 100 IM – 1:27.08 (1<sup>st</sup>); 200 IM – 3:09.05 (1<sup>st</sup>)

Women 60-64

**Sandra Kremer:** 50 free – 45.47 (2<sup>nd</sup>); 100 free – 1:42.23 (2<sup>nd</sup>); 100 back – 2:07.24 (1<sup>st</sup>); 50 breast – 54.15 (2<sup>nd</sup>); 100 breast – 1:58.12 (2<sup>nd</sup>)

**Sally Newell:** 50 free – 38.20 (1<sup>st</sup>); 100 free – 1:32.06 (1<sup>st</sup>); 50 back – 49.42; 50 breast – 46.97 (1<sup>st</sup>); 100 breast – 1:46.37 (1<sup>st</sup>); 200 breast – 3:52.80 (1<sup>st</sup>); 100 IM – 1:43.60 (1<sup>st</sup>)

Women 65-69

**Nancy McPhee:** 200 free – 4:24.19 (3<sup>rd</sup>); 100 back – 2:20.94 (2<sup>nd</sup>); 200 back – 4:52.48 (2<sup>nd</sup>); 50 fly – 1:05.07 (1<sup>st</sup>); 100 fly – 2:31.90 (1<sup>st</sup>); 100 IM – 2:20.02 (1<sup>st</sup>); 200 IM – 4:58.19 (1<sup>st</sup>); 400 IM – 10:15.18 (1<sup>st</sup>)

Women 75-79

**Judy Kelly:** 50 back – 1:15.01 (1<sup>st</sup>); 100 back – 2:36.97 (1<sup>st</sup>); 200 back – 5:32.34 (1<sup>st</sup>); 50 breast – 1:18.85 (1<sup>st</sup>); 100 breast – 2:52.42 (1<sup>st</sup>); 100 IM – 2:56.60 (1<sup>st</sup>)

Women 80-84

**Bette Hoffmann:** 50 free – 2:11.97 (1<sup>st</sup>); 50 back – 1:41.68 (1<sup>st</sup>); 100 back – 4:15.91 (1<sup>st</sup>); 200 back – 8:56.52 (1<sup>st</sup>); 50 breast – 2:34.44 (1<sup>st</sup>)

Men 19-24

**Clell Britt:** 50 free – 29.94 (3<sup>rd</sup>); 100 free – 1:07.10 (1<sup>st</sup>); 100 back – 1:33.50 (2<sup>nd</sup>); 50 breast – 40.94 (2<sup>nd</sup>); 100 breast – 1:31.89 (2<sup>nd</sup>); 200 breast – 3:27.99 (1<sup>st</sup>); 100 IM – 1:19.88 (4<sup>th</sup>)

Men 30-34

**Tim Sexauer:** 100 back – 1:31.40 (8<sup>th</sup>); 50 breast – 42.02 (5<sup>th</sup>); 200 breast – 3:33.71 (3<sup>rd</sup>); 50 fly – 41.48 (4<sup>th</sup>); 100 IM – 1:28.38 (4<sup>th</sup>); 200 IM – 3:11.58 (5<sup>th</sup>); 400 IM – 6:56.03 (1<sup>st</sup>)

**David Shamlin:** 100 free – 1:08.33 (6<sup>th</sup>); 200 free – 2:33.88 (2<sup>nd</sup>); 400 free – 5:43.66 (3<sup>rd</sup>); 50 back – 40.76 (4<sup>th</sup>); 100 back – 1:26.28 (7<sup>th</sup>); 50 breast – 39.59 (3<sup>rd</sup>); 100 IM – 1:21.86 (3<sup>rd</sup>)

**Stroke for stroke: Fritz Lehman** made the Top Ten in all four strokes in the 1999 USMS long-course meters rankings for men 40-44. Fritz's rankings include: 50 back – 29.38 (4<sup>th</sup>), 50 free – 25.91 (6<sup>th</sup>), 50 breast – 34.17 (7<sup>th</sup>) and 50 fly – 28.58 (8<sup>th</sup>). He also was ranked 2<sup>nd</sup> in the 100 back (1:03.51) and 200 IM (2:26.55). ©

Men 35-39

**Scott Hinckley:** 400 free – 6:23.63 (4<sup>th</sup>); 200 back – 3:22.80 (2<sup>nd</sup>); 200 breast – 3:30.84 (2<sup>nd</sup>); 200 fly – 3:36.66 (2<sup>nd</sup>); 200 IM – 3:22.12 (1<sup>st</sup>); 400 IM – 7:00.63 (2<sup>nd</sup>)

**Jay Holshouser:** 50 free – 33.55 (7<sup>th</sup>); 100 free – 1:18.21 (9<sup>th</sup>); 200 back – 3:33.82 (3<sup>rd</sup>); 50 breast – 38.75 (3<sup>rd</sup>); 100 breast – 1:29.40 (3<sup>rd</sup>); 100 IM – 1:28.20 (6<sup>th</sup>)

**Konstantin Sturza:** 50 free – 31.50 (6<sup>th</sup>); 100 free – 1:13.15 (8<sup>th</sup>); 200 free – 2:40.39 (3<sup>rd</sup>); 400 free – 6:14.84 (3<sup>rd</sup>)

Men 40-44

**Kevin Facchine:** 50 free – 28.35 (6<sup>th</sup>); 100 free – 1:03.76 (4<sup>th</sup>); 200 free – 2:21.55 (4<sup>th</sup>); 400 free – 5:12.72 (3<sup>rd</sup>); 50 fly – 32.06 (4<sup>th</sup>); 100 fly – 1:13.90 (2<sup>nd</sup>); 200 IM – 2:42.86 (2<sup>nd</sup>); 400 IM – 5:56.91 (1<sup>st</sup>)

**Alan Godfrey:** 50 free – 27.03 (4<sup>th</sup>); 100 free – 58.93 (2<sup>nd</sup>); 200 free – 2:10.38 (1<sup>st</sup>); 400 free – 4:47.41 (1<sup>st</sup>); 50 back – 32.66 (4<sup>th</sup>); 100 back – 1:09.81 (3<sup>rd</sup>); 200 back – 2:37.14 (2<sup>nd</sup>); 50 breast – 37.36 (2<sup>nd</sup>); 200 IM – 2:30.35 (1<sup>st</sup>)

**Fritz Lehman:** 50 free – 25.90 (1<sup>st</sup>); 100 free – 57.35 (1<sup>st</sup>); 400 free – 4:49.42 (2<sup>nd</sup>); 50 back – 30.04 (1<sup>st</sup>); 100 back – 1:04.12 (1<sup>st</sup>); 200 breast – 2:54.76 (1<sup>st</sup>)

**Steve Weatherman:** 1500 free – 22:57.50 (2<sup>nd</sup>); 100 back – 1:19.41 (5<sup>th</sup>); 200 back – 2:50.52 (4<sup>th</sup>); 100 IM – 1:20.60 (4<sup>th</sup>); 200 IM – 2:56.43 (5<sup>th</sup>)

Men 45-49

**Rob Glotzer:** 50 free – 30.25 (4<sup>th</sup>); 50 fly – 33.73 (1<sup>st</sup>); 100 fly – 1:23.11 (1<sup>st</sup>); 100 IM – 1:19.69 (4<sup>th</sup>)

Men 50-54

**James Slaughter:** 100 free – 1:17.93 (3<sup>rd</sup>); 400 free – 6:05.77 (2<sup>nd</sup>); 1500 free – 24:09.70 (4<sup>th</sup>); 100 breast – 1:36.43 (3<sup>rd</sup>); 100 IM – 1:38.36 (4<sup>th</sup>)

Men 70-74

**Dick Webber:** 50 free – 32.31 (1<sup>st</sup>); 200 free – 3:37.97 (2<sup>nd</sup>); 50 fly – 39.55 (1<sup>st</sup>); 100 IM – 1:34.04 (1<sup>st</sup>)

Men 90-94

**Harold Hoffmann:** 50 free – 1:35.05 (1<sup>st</sup>); 100 free – 4:21.96 (1<sup>st</sup>)\_⊙

**New competitors:**  
Congratulations to **Clell Britt** and **Konstantin Sturza**, who competed in their first masters meet at the Electric City Invitational in Anderson.

## At the finish line . . .

**Dick Webber** and **Sally Newell** finished the long-course season with 6 Top Ten finishes apiece. Dick's rankings in the men's 70-74 age group are: 50 free – 31.96 (4<sup>th</sup>), 100 free – 1:16.22 (3<sup>rd</sup>); 200 free – 3:12.10 (8<sup>th</sup>); 50 back – 45.60 (10<sup>th</sup>); 50 fly – 39.42 (4<sup>th</sup>) and 200 IM – 3:42.97 (9<sup>th</sup>). Sally's rankings in the women's 60-64 age group are: 50 free – 37.17 (7<sup>th</sup>), 100 free – 1:27.60 (8<sup>th</sup>), 50 back – 50.10 (10<sup>th</sup>), 50 breast – 46.49 (2<sup>nd</sup>), 100 breast – 1:42.83 (2<sup>nd</sup>) and 200 breast – 3:53.01 (3<sup>rd</sup>). Congratulations! . . . **Alan Godfrey** competed in the IGLA meet, a short-course meters competition, in Atlanta in June. He placed 2<sup>nd</sup> in the 100 free (58.17), 200 free (2:07.99), 100 IM (1:05.56), 200 IM (2:26.30) and 200 back (2:25.00). . . . **Michelle Duval** finished 14<sup>th</sup> in her 25-29 age group in the Old Reliable 10K run on Nov. 14 with a time of 47:29. . . . Send your results to [kastott1@cs.com](mailto:kastott1@cs.com) or to Newsletter, Raleigh Area Masters, P.O. Box 19845, Raleigh, NC 27619. ⊙

## In Memoriam

Former RAM swimmer Rosa "Joy" Downs died this fall. RAM made a donation to the Hospice of Wake County in memory of Joy. Joy was an active member of RAM from the 1980s through the early 1990s. She competed often -- and swam events including the 400 IM to help our team score points. Joy also helped with fundraising for RAM. She sold ads for our meets' heat sheets; in particular, for the long-course nationals that RAM hosted in 1984. She also helped line up food donations for the hospitality areas at the RAM-sponsored state meets. In addition, when RAM held its annual meeting and picnic at the NC State Faculty Club, Joy sponsored us so RAM could use the Faculty Club's picnic area. ⊙

Raleigh Area Masters  
P.O. Box 19845  
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