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# Raleigh Area Masters

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July 2001 Newsletter

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## Inside this Issue

- 1** RAM's long-course meet
- 1** USMS Nationals
- 2** Coach's corner
- 2** Big Shoulders race
- 3** A chat with RAM President Kevin Facchine
- 4** RAM meet results
- 5** Extra sets

Raleigh Area Masters  
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### ***Calling all swimmers ...***

### ***to RAM's long-course meet!***

RAM will hold its long-course meet on Saturday, July 21 at Optimist pool. Meet director **Alan Godfrey** is ready to accept your entry! If you've been able to squeeze in a long-course workout between the summer evening thunderstorms, this will be the perfect chance to swim some long-course races. (200 fly, anyone?) Don't pass up a chance to swim on a 4 x 100 free relay. A RAM quartet at last year's meet - **Jen Mancini, Jennifer Riley, Sean Stringer** and **Edison Watson** - had the fastest 4 x 100 free relay in the country in the 100+ age group in 2000. You could be RAM's next All-American relay swimmer! And if you're not swimming, Alan will welcome your volunteer efforts on deck. Entry information is available in the RAM folders at Optimist and Pullen pools and at the North Carolina Masters Web site, [www.ncmasters.org](http://www.ncmasters.org). Entries are due July 14.

### **USMS Nationals**

### **RAM swimmers bring home the gold and silver**

RAM swimmers **Sally Newell** and **Fritz Lehman** made an impressive showing at USMS Short-Course Nationals, held in Santa Clara, Calif., from May 17-20.

Sally, who lives and trains in Greensboro, won two events in the women's 60-64 age group: the 50 breast (40.97) and the 100 breast (1:29.60). Sally's other finishes were 2<sup>nd</sup> in the 200 breast (3:20.95); 2<sup>nd</sup> in the 100 IM (1:25.02); 3<sup>rd</sup> in the 50 free (32.95) and 4th in the 100 free (1:17.27).

Fritz, perhaps buoyed by his custom "The Hay is in the Barn" T-shirt, finished second in four events: the 50 back (24.86); the 100 back (53.83); the 200 back (1:56.75); and the 100 IM (54.48). He was 6<sup>th</sup> in the 400 IM (4:25.80) and 8<sup>th</sup> in the 50 free (22.60). Fritz set state records in five events. He missed the state record in a sixth event, the 50 free, by just .06 seconds.

# Coach's corner

By Sue Haugh

## Long-course and open-water venues

**N**ow that school is out and summer is here, the long-course and open-water seasons also have arrived. Whether you practice at a long-course (Optimist) or short-course (Pullen) facility, you can prepare yourself for open-water swims and the long-course season by incorporating the following into your daily workouts:

- 1) *When in a short-course pool, practice "phantom" turns.* Do your flip turn short of the walls. This will force you to use your legs to get moving again and tax your aerobic system more appropriately.
- 2) *Do overdistance repeats.* Overtrain for meters when in a yards pool. Do 225's for 200 meters. For 400 meters, do 450's.
- 3) *Try these drills.* If you're interested in open-water swims, try these drills: Close your eyes when swimming a 25 and open them only to sight and look at the end of the pool. Swim 25s with your head up to strengthen neck muscles used for sighting. Work on more distance free sets and add the mentioned drills to your sets.
- 4) *Mentally prepare yourself for long course by "thinking" long course.* Swimming in a 50-meter pool demands more energy than short-course training.
- 5) *Make yourself become uncomfortable aerobically before target strokes are stressed.* This is achieved by leading a set with freestyle followed by the target stroke. Example - 50 free plus 75 target stroke.
- 6) *Train with fins.* This is to bring in the concept of muscular endurance. The use of fins permits you to complete the overdistances much more easily and gives you the ability to attack the set with confidence.
- 7) *Do "breath control" swims.* The logic is to prepare breath-wise for the demands of the longer 50-meter pool.
- 8) *Practice your event mentally during workout.* What do you want to think about? How will you handle challenges? How will you pace your swim? See yourself at the venue and mentally practice how you will feel at the start, during the event, etc.
- 9) *Work on stroke technique, not just yardage.*
- 10) *When practice is full and the pool is very choppy, consider the less-than-ideal conditions perfect for preparing for open-water swims!*

*Sue Haugh is one of two coaches for RAM's Optimist-Pullen workout group. She has been a competitive swimmer for most of her life.*

### Do you have "Big Shoulders"?

The Big Shoulders 5K Swim is a "Lake Michigan-size test of guts, determination and fortitude amidst the chilly, windswept waves." This quote from the Big Shoulder literature makes the event sound more intimidating than it really is! The event is held each year on the first Sunday after Labor Day at Chicago's Ohio Street Beach. The venue is a great one for first-time open water swimmers, and there is a 2.5K division if 5K seems too far. It's national championship, so the race is well-attended by athletes from all over the country.

**Sandra McBride** and **David Shamlin** are planning to participate in this event and spend a long weekend in Chicago. If you'd like to join in the out-of-town fun, get in touch with either of us; we'll be booking travel arrangements later this summer. After a season of long-course workouts with Scott and Sue, you'll be more than prepared to participate in an event like this!

For more information about the event and the Big Shoulders organization, check out the race web site at [www.bigshoulders.org](http://www.bigshoulders.org).

# A chat with RAM President Kevin Facchine

By Cathy Davis

I recently sat down with Kevin Facchine, president of the RAM board, to see what's cookin' for him. This interview was not an easy task; Kevin's a manager at Glaxo, chief of his daughters' Indian Princesses' Tribe, swim meet coordinator for his daughters' swim clubs, and he was busy organizing the State Games age-group swim meet. Getting time on his busy calendar is all but impossible - but he managed to squeeze me in for a couple of minutes on a Saturday afternoon, right after he spent the day timing at a swim meet.

**So, the most pressing question I have, asked by swimmers in all lanes, is why did you dye your hair?**

I didn't dye my hair, my wife did. ... OK, OK, I really don't have a great reason except I'd never done it before and it was something different. I guess I wanted to feel young again.

**OK, well now that that's answered, how long have you been swimming?**

Since I was 8. I didn't start swimming year round until I was 16, maybe 17.

**When did you start swimming with RAM?**

I hadn't been swimming for over 12 years. I was planning on joining RAM when I ran into a couple of guys at work who were already swimming with the team. That really motivated me to show up for practice and start swimming again.

**What do you do at Glaxo?**

I manage a group of about 10 people that's responsible for impurity isolation and identification. If I go into any more detail I'll just bore you, so how 'bout we leave it at that?

**What's your history with the RAM board?**

I became a member about three years ago and I've been the president for the last two years.

**Why did you become president?**

Somebody asked me to. They made me an offer I couldn't refuse.

**Get serious.**

I figured it was my turn. I thought, if I was going to be a part of the team then this was my way to help out.

**If there was one thing you could change about the club, what would it be?**

Have our own pool. Let everyone swim for free. That's two. I know. Look - the most frustrating thing is the workout schedule. Trying to get the best times in the pools we have access to is difficult. We have to compete with all the other swim clubs and age groups get priority.

**What's most important about swimming in a group like ours?**

Lane etiquette and respect for others. We all need to be tolerant of others in the group. I think it's a big challenge to work together.

**I know, as president of RAM, that you've tried to get members more active in activities outside of our club. For example, last year you took on the responsibility of running the state meet and you've volunteered to do that same this year. Why have you done this two years in a row?**

I think it's important for us to support other organizations outside of our own. They were desperate for help last year and we stepped in to fill the need. We did such a good job I thought it would be a lot of fun and a great opportunity for us this year. I also think it's great visibility for RAM.

**I also know that you've tried to get the team to work at the arena, serving beverages, making money. Why do you think that we need money?**

I saw this opportunity as two-fold; it was a way to raise money for the club and a way for members to come together socially. The money could help us in many different ways; we could buy equipment or fund a great social. But, I realize that people really just want a place to swim so I've backed off on this idea.

**What are the areas of improvement, if any, for the team?**

I'd like to see people pay their dues on time. If they did this, we'd be able to figure out how many people would be coming each month and could rent out the appropriate amount of lane space for swimmers.

**Anything else you'd like to add?**

Just that I think we have a great club, great coaches, and generally good facilities.

# RAM hosts annual state championships

Nearly 200 swimmers competed at the North Carolina Short-Course Championships at Pullen Park on April **20 & 21**. Many thanks to meet organizers **Cathy Davis** and **Tim Sexauer** for running one of the finest meets in the Southeast. Thanks also go to the RAM swimmers, family members and friends for volunteering to time and officiate.

These are RAM swimmers' individual results from the meet. An asterisk \* indicates a state record:

Women 19-24

**Tracy Gregory**

- 50 free - 31.72 (4<sup>th</sup>)
  - 100 free - 1:11.52 (3<sup>rd</sup>)
  - 50 breast - 38.37 (1<sup>st</sup>)
  - 100 breast - 1:27.04 (1<sup>st</sup>)
- Jenny McWilliams**
- 50 free - 33.36 (6<sup>th</sup>)
  - 100 free - 1:13.65 (5<sup>th</sup>)
  - 50 back - 37.02 (1<sup>st</sup>)
  - 50 fly - 32.73 (1<sup>st</sup>)
  - 100 IM - 1:19.57 (2<sup>nd</sup>)

Women 25-29

**Mary DeMilia**

- 100 back - 1:09.59 (2<sup>nd</sup>)
- 100 breast - 1:13.58 (1<sup>st</sup>)
- 50 fly - 28.37 (2<sup>nd</sup>)
- 100 fly - 1:03.23 (1<sup>st</sup>)
- 200 fly - 2:28.54 (1<sup>st</sup>)
- 400 IM - 5:03.34\* (1<sup>st</sup>)

**Kelly Doan**

- 50 free - 37.62 (9<sup>th</sup>)
- 50 breast - 48.58 (8<sup>th</sup>)

**Susan Fairlee**

- 50 free - 28.08 (3<sup>rd</sup>)
- 100 free - 1:03.80 (6<sup>th</sup>)
- 50 breast - 38.00 (3<sup>rd</sup>)
- 100 breast - 1:22.85 (4<sup>th</sup>)
- 50 fly - 32.93 (5<sup>th</sup>)

**Jennifer Mancini**

- 50 free - 24.67 (1<sup>st</sup>)
- 100 free - 53.81 (1<sup>st</sup>)
- 200 free - 2:00.94 (2<sup>nd</sup>)
- 100 IM - 1:02.35 (1<sup>st</sup>)

**Jennifer Riley**

- 100 free - 59.28 (3<sup>rd</sup>)
  - 200 free - 2:10.32 (3<sup>rd</sup>)
  - 1000 free - 12:43.79 (2<sup>nd</sup>)
- Adrienne Tello**
- 50 back - 32.04 (1<sup>st</sup>)
  - 100 back - 1:11.79 (3<sup>rd</sup>)

Women 30-34

**Lisa Angel**

- 50 free - 32.99 (6<sup>th</sup>)
- Michelle Duval**
- 200 free - 2:25.22 (5<sup>th</sup>)
  - 500 free - 6:30.04 (2<sup>nd</sup>)
  - 1000 free - 13:20.38 (2<sup>nd</sup>)
  - 100 fly - 1:22.60 (3<sup>rd</sup>)

**Adrienne Waterston**

- 50 free - 27.90 (1<sup>st</sup>)
- 50 breast - 35.55 (1<sup>st</sup>)
- 50 fly - 31.14 (2<sup>nd</sup>)

- 100 IM - 1:10.66 (2<sup>nd</sup>)
- 200 IM - 2:34.22 (2<sup>nd</sup>)

Women 35-39

**Sharon Barrell**

- 50 free - 28.89 (3<sup>rd</sup>)
- 50 back - 34.77 (3<sup>rd</sup>)

**Cathy Davis**

- 50 free - 32.06 (7<sup>th</sup>)
- 1000 free - 16:08.56 (1<sup>st</sup>)
- 50 back - 38.04 (6<sup>th</sup>)
- 100 back - 1:25.23 (3<sup>rd</sup>)
- 100 IM - 1:25.42 (6<sup>th</sup>)

**Sue Haugh**

- 500 free - 5:45.73 (1<sup>st</sup>)
- 50 breast - 36.22 (1<sup>st</sup>)
- 200 breast - 2:45.70 (1<sup>st</sup>)
- 50 fly - 29.86 (1<sup>st</sup>)
- 100 IM - 1:06.93 (1<sup>st</sup>)

Women 40-44

**Margie Springer**

- 50 free - 30.87 (5<sup>th</sup>)
- 50 back - 35.91 (4<sup>th</sup>)
- 50 breast - 40.96 (4<sup>th</sup>)
- 100 IM - 1:17.61 (5<sup>th</sup>)

**Kim Stott**

- 1000 free - 14:15.52 (2<sup>nd</sup>)
- 50 back - 35.28 (2<sup>nd</sup>)
- 100 back - 1:14.61 (2<sup>nd</sup>)
- 200 back - 2:39.03\* (1<sup>st</sup>)
- 100 breast - 1:25.89 (4<sup>th</sup>)
- 200 breast - 3:07.94 (3<sup>rd</sup>)
- 50 fly - 33.27 (4<sup>th</sup>)
- 100 IM - 1:14.00 (4<sup>th</sup>)

Women 45-49

**Barbara Braswell**

- 100 free - 1:09.92 (3<sup>rd</sup>)
- 100 back - 1:26.74 (4<sup>th</sup>)
- 50 fly - 38.99 (3<sup>rd</sup>)
- 100 IM - 1:27.99 (4<sup>th</sup>)

**Pat Sargeant**

- 50 free - 27.87\* (1<sup>st</sup>)
- 100 free - 1:02.46 (2<sup>nd</sup>)
- 200 free - 2:18.06 (1<sup>st</sup>)
- 50 back - 34.97 (1<sup>st</sup>)
- 100 back - 1:15.73 (2<sup>nd</sup>)
- 50 breast - 40.49 (1<sup>st</sup>)
- 50 fly - 31.66 (2<sup>nd</sup>)
- 100 fly - 1:11.38 (1<sup>st</sup>)
- 100 IM - 1:12.96 (2<sup>nd</sup>)
- 200 IM - 2:39.92\* (1<sup>st</sup>)

Women 60-64

**Ceili Blackwell**

- 50 free - 34.91 (2<sup>nd</sup>)
- 100 free - 1:26.06 (1<sup>st</sup>)
- 50 back - 41.61 (2<sup>nd</sup>)
- 100 back - 1:32.12 (1<sup>st</sup>)
- 200 back - 3:20.48 (1<sup>st</sup>)
- 100 IM - 1:29.93 (2<sup>nd</sup>)

**Sally Newell**

- 50 free - 33.94 (1<sup>st</sup>)
- 50 back - 41.59 (1<sup>st</sup>)
- 50 breast - 41.04 (1<sup>st</sup>)
- 100 breast - 1:30.01 (1<sup>st</sup>)
- 200 breast - 3:21.53 (1<sup>st</sup>)
- 100 IM - 1:26.66 (1<sup>st</sup>)
- 200 IM - 3:13.47 (1<sup>st</sup>)

**Dawn Stroupe**

- 200 free - 3:27.61 (1<sup>st</sup>)
- 100 breast - 1:46.98 (2<sup>nd</sup>)
- 200 breast - 3:43.15 (2<sup>nd</sup>)
- 50 fly - 50.02 (1<sup>st</sup>)
- 100 IM - 1:43.58 (3<sup>rd</sup>)
- 200 IM - 3:51.47 (2<sup>nd</sup>)

Men 19-24

**Matt VanDerMeid**

- 50 free - 21.66\* (1<sup>st</sup>)
- 100 free - 48.34\* (1<sup>st</sup>)
- 50 fly - 24.98 (2<sup>nd</sup>)
- 100 IM - 57.56 (1<sup>st</sup>)

**Jason Walter**

- 100 back - 1:06.67 (1<sup>st</sup>)
- 200 IM - 2:23.45 (2<sup>nd</sup>)

Men 25-29

**Warren Samberg**

- 1650 free - 25:42.84 (2<sup>nd</sup>)

**Sean Stringer**

- 50 back - 26.04 (1<sup>st</sup>)
- 50 breast - 31.12 (3<sup>rd</sup>)
- 50 fly - 24.82 (1<sup>st</sup>)
- 100 IM - 58.31 (3<sup>rd</sup>)
- 200 IM - 2:18.85 (3<sup>rd</sup>)

**Tomasz Wilk**

- 100 free - 1:00.96 (5<sup>th</sup>)
- 50 breast - 35.11 (4<sup>th</sup>)
- 200 breast - 2:47.60 (1<sup>st</sup>)

Men 30-34

**Brian Doan**

- 50 back - 27.98 (4<sup>th</sup>)
- 50 breast - 27.13 (1<sup>st</sup>)
- 100 breast - 58.97\* (1<sup>st</sup>)
- 200 breast - 2:12.23 (1<sup>st</sup>)
- 50 fly - 25.86 (4<sup>th</sup>)

100 IM - 58.46 (1<sup>st</sup>)  
 200 IM - 2:08.28 (1<sup>st</sup>)

**Robert Redd**

50 free - 24.51 (3<sup>rd</sup>)  
 50 fly - 25.08 (2<sup>nd</sup>)  
 100 fly - 1:01.70 (2<sup>nd</sup>)

Men 35-39

**Mike DeMilia**

500 free - 8:36.25 (5<sup>th</sup>)  
 1000 free - 17:38.30 (4<sup>th</sup>)

**Patrick Gallagher**

50 free - 23.74 (4<sup>th</sup>)  
 100 free - 52.43 (3<sup>rd</sup>)  
 200 free - 2:00.21 (2<sup>nd</sup>)

**Jay Holshouser**

1000 free - 17:38.30 (4<sup>th</sup>)

**Edward Lower**

50 free - 22.63 (1<sup>st</sup>)  
 100 free - 49.71 (1<sup>st</sup>)

**Tim Sexauer**

500 free - 6:58.29 (4<sup>th</sup>)  
 1000 free - 13:55.22 (3<sup>rd</sup>)  
 400 IM - 6:05.10 (3<sup>rd</sup>)

**David Shamlin**

50 free - 25.72 (6<sup>th</sup>)  
 100 free - 56.51 (4<sup>th</sup>)  
 200 free - 2:10.31 (6<sup>th</sup>)  
 500 free - 5:56.30 (3<sup>rd</sup>)  
 1000 free - 12:31.33 (2<sup>nd</sup>)  
 400 IM - 5:32.82 (2<sup>nd</sup>)

Men 40-44

**Gary Bolton**

1650 free - 22:29.89 (5<sup>th</sup>)

**Scott Hinckley**

100 free - 57.36 (9<sup>th</sup>)

**Fritz Lehman**

50 free - 23:50 (5<sup>th</sup>)  
 1000 free - 11:42.82 (1<sup>st</sup>)  
 50 back - 25.77 (2<sup>nd</sup>)  
 100 back - 54.55 (2<sup>nd</sup>)  
 50 breast - 33.15 (3<sup>rd</sup>)  
 100 breast - 1:07.72 (3<sup>rd</sup>)

100 IM - 1:00.75 (3<sup>rd</sup>)

**Tim McGinnis**

50 free - 22.75 (3<sup>rd</sup>)  
 100 free - 49.55\* (1<sup>st</sup>)  
 200 free - 1:54.55 (2<sup>nd</sup>)  
 100 back - 1:06.17 (5<sup>th</sup>)  
 50 fly - 28.93 (6<sup>th</sup>)

**Jeff Reese**

1650 free - 21:49.79 (4<sup>th</sup>)  
 100 breast - 1:06.33 (2<sup>nd</sup>)  
 400 IM - 5:34.21 (1<sup>st</sup>)

**David Simpson**

50 free - 26.35 (9<sup>th</sup>)

**Eric Waldbauer**

50 free - 28.06 (10<sup>th</sup>)  
 50 breast - 33.72 (4<sup>th</sup>)  
 100 breast - 1:13.75 (5<sup>th</sup>)  
 200 breast - 2:38.49 (2<sup>nd</sup>)  
 100 IM - 1:10.98 (9<sup>th</sup>)  
 200 IM - 2:31.33 (5<sup>th</sup>)

Men 45-49

**Hill Carrow**

100 free - 57.08 (2<sup>nd</sup>)  
 50 fly - 28.47 (2<sup>nd</sup>)  
 200 fly - 2:28.82 (1<sup>st</sup>)

**Kevin Facchine**

50 free - 27.42 (2<sup>nd</sup>)  
 100 free - 53.88 (1<sup>st</sup>)  
 200 free - 1:59.29 (1<sup>st</sup>)  
 500 free - 5:31.91 (1<sup>st</sup>)  
 1000 free - 11:31.33 (1<sup>st</sup>)  
 50 breast - 34.28 (1<sup>st</sup>)  
 50 fly - 26.76 (1<sup>st</sup>)  
 100 fly - 1:00.02 (1<sup>st</sup>)  
 100 IM - 1:03.37 (1<sup>st</sup>)  
 400 IM - 5:02.93 (1<sup>st</sup>)

Men 50-54

**Rob Glotzer**

50 free - 26.7 (2<sup>nd</sup>)  
 200 free - 2:24.00 (1<sup>st</sup>)  
 50 breast - 35.29 (1<sup>st</sup>)  
 50 fly - 29.61 (3<sup>rd</sup>)

100 fly - 1:10.38 (1<sup>st</sup>)  
 100 IM - 1:10.26 (3<sup>rd</sup>)

Men 55-59

**Larry Fowler**

50 back - 36.06 (1<sup>st</sup>)  
 100 back - 1:18.57 (1<sup>st</sup>)  
 200 back - 2:57.20 (1<sup>st</sup>)  
 100 breast - 1:37.90 (3<sup>rd</sup>)  
 100 IM - 1:18.26 (1<sup>st</sup>)

**James Slaughter**

100 free - 1:17.14 (1<sup>st</sup>)  
 200 free - 2:34.50 (2<sup>nd</sup>)  
 500 free - 7:17.03 (2<sup>nd</sup>)  
 1000 free - 15:06.54 (1<sup>st</sup>)  
 50 back - 45.91 (4<sup>th</sup>)  
 50 breast - 36.86 (1<sup>st</sup>)  
 100 breast - 1:25.48 (2<sup>nd</sup>)  
 200 breast - 3:10.64 (3<sup>rd</sup>)  
 100 IM - 1:22.94 (3<sup>rd</sup>)  
 200 IM - 3:12.55 (2<sup>nd</sup>)

Men 60-64

**Mike Stroupe**

50 free - 49.45 (4<sup>th</sup>)  
 50 back - 1:15.40 (3<sup>rd</sup>)  
 50 breast - 1:18.37 (2<sup>nd</sup>)  
 50 fly - 1:14.16 (3<sup>rd</sup>)  
 100 IM - 2:33.44 (2<sup>nd</sup>)

Men 65-69

**David Fowle**

1000 free - 14:10.57 (1<sup>st</sup>)

**John Marsil**

50 free - 37.85 (1<sup>st</sup>)  
 200 free - 3:21.47 (1<sup>st</sup>)  
 50 back - 47.44 (1<sup>st</sup>)  
 200 back - 3:45.89 (1<sup>st</sup>)

Men 70-74

**Arnie Formo**

50 breast - 44.76 (2<sup>nd</sup>)  
 100 breast - 1:37.88 (2<sup>nd</sup>)  
 200 breast - 3:48.08 (2<sup>nd</sup>)

**Extra sets**

**A word from the president** ... I would like to thank the 20 RAM members and family and friends who took time out of their busy schedules this past weekend [June 23-24] to help out with the State Games swim meet in Raleigh. Special thanks go out to **Mike Celii, Kathy Celii, Cathy Davis, Lindsay Facchine, Sue Haugh, Fritz Lehman and Kim Stott** who worked the entire meet! The combined team effort was an impressive show of support and a critical part of the success of the meet. It was also great exposure and PR for our club and our program. Not to mention lots of fun for everyone! Thank you all.

We also had 20 officials working at the meet and about 60 parent volunteers working mostly as timers (just to give you some idea of the effort involved in such an event). We had 338 swimmers from about 16 different teams from across the state and nearly 2200 individual event entries. This was about a 10% increase over last year. The meet went very well, starting on time and finishing ahead of schedule (thanks to all the expert help). We received numerous compliments on the meet from coaches, officials and parents with lots of participants saying they will be back next year. With your support, perhaps we will be too. - Kevin

**Wedding bells** ... Congratulations to **George Simon's** daughter Noelle and David McLaurin, who were married in June. **Jan Mancini** and **Sean Stringer** will be married in July.

