



## Raleigh Area Masters Newsletter

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Raleigh Area Masters  
P.O. Box 19845  
Raleigh, N.C.

### *Swimming Lessons*

By Cathy Davis

For some of you, swimming began years ago, probably by the time you started kindergarten, if not by the time you started walking. But for me, it started several years ago, 1999 to be exact, after I'd read that swimming could help my achy arthritic joints. At the time I joined RAM, I could swim one length of the 25-yard pool and then had to rest, gather my breath and strength, and then swim back to the other end of the pool. Worst of all, it wasn't pain-free. Those times were hard, watching folks more than twice my age swim nimbly past me as though I were standing still. But I kept coming to practice, fighting the urge to quit, and working hard to build my strength and stamina. My joints hurt less and less with each passing month, and I learned a lot about myself in those early days. I learned how to better propel myself through water; I learned that the more I came to practice the easier it got; and, for me the best lesson of all, I learned that I was capable of committing to coming back again and again – even after the worst of practices.

Now, you might think that these are the only lessons, along with new and improved stroke techniques, that a novice Masters swimmer might learn. But not so. Over the last several years, as a RAM swimmer, I've learned other valuable lessons in and out of the water. I've learned how to work with a unique group of folks in a limited amount of space. Sharing a lane with six or seven other swimmers forces me to 'play' well with others. Actually, as some of you who swim with me on a regular basis can attest to, this is a lesson I'm still working to perfect!

There have also been opportunities for me to learn more about others through RAM-sponsored volunteer efforts. I've volunteered for the Special Olympics, local age group swim meets, and our own RAM-run North Carolina Short Course Yards Championships held each spring. The Special Olympics

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## RAM to host long-course meet

**R**AM will host its one-day long-course meet on Saturday, July 27 at Optimist pool. This is the only long-course meet scheduled in North Carolina this summer, so plan to be a part of it by swimming or volunteering! (Practice for the Optimist-Pullen group will be canceled on the day of the meet.) Entry forms are available at <http://www.ncmasters.org/#meets>

To encourage your participation, we'll hold a sign-up party after practice on Saturday, July 13, which, coincidentally, is the entry deadline! Watch your e-mail and the RAM folder at Optimist for more details.

### Extra sets

#### Conquering the world

RAM swimmers **Fritz Lehman** (men's 40-44) and **Boyd Campbell** (men's 90-94) were ranked first in the world events swum during the 2001 long-course meters season! Fritz took top honors in the 50 back (28.81) and 100 back (1:02.61). Boyd was first in the 400 free (14:12.19). For complete rankings, see [http://www.fina.org/masterstop10\\_LCdirectory01.html](http://www.fina.org/masterstop10_LCdirectory01.html)

Four RAM swimmers were named 2001 USMS Pool All-Americans for having the fastest time in the country in a short-course yards, short-course meters or long-course meters event. They are **Sally Newell** (women's 60-64), **Todd DeSorbo** (men's 19-24), **Fritz Lehman** (men's 40-44) and **Boyd Campbell** (men's 90-94). In addition, Boyd was named a Pool All-Star for having the most first-place finishes in his age group. Congratulations!

#### Wedding bells

Former RAM members **Will Monroe** and **Helen Thomas** will marry on Oct. 2, 2002, in Po'ipu, Kauai, Hawaii.

## Calendar

### Raleigh Area Masters Invitational

Saturday, July 27  
*Optimist Pool, Raleigh, NC*

RAM hosts a one-day long-course meet. Practice will be canceled so everyone can swim or volunteer at the meet. Perhaps we'll see another young (**Todd DeSorbo**) vs. old (**Fritz Lehman**) race in the 200 back. Entries due Saturday, July 13.

### USMS Long-Course Nationals

Thursday-Saturday, Aug. 15-18  
*Cleveland State University, Cleveland, Ohio*

Compete against the top swimmers in the country! Entries must be postmarked by July 5 OR received by July 12. Or enter online by July 12 at

<http://www.usms.org/comp/lcnats02/onlineentry.shtml>

### X-MEN's 2- and 5-mile open water swim

Saturday, Aug. 24  
*Wrightsville Beach, NC*

Take a road trip to the beach for the X-MEN's open water races. Entries due Aug. 16. Entry forms available at

<http://www.ncmasters.org/#meets>

### Every week

Join your teammates for dinner after practice at Optimist every Thursday. Still hungry? Join us for breakfast after practice at Optimist every Saturday. Locations vary.

### Every month

The RAM Board of Directors meets on the second Thursday evening of each month. Locations vary.

# Letter from the President

I would like to discuss an All-American topic in this newsletter: Money. Recently several team members who attend workouts at Pullen and Optimist pools asked the board to consider alternate options to the flat \$40 per month practice fees. Options suggested include:

- Pay per swim
- Weekend-only rate
- Advance pay for a number of swims (punch-card system)

Board members are very sympathetic to these requests and appreciate the input! We're glad to know people care enough about such matters to express their concerns. The more discussion and interaction we have about these kinds of matters, the stronger I believe our team will become.

The board realizes that if your average attendance is no more than once a week, you are paying \$10 per workout. We're also aware that while a \$40 per month fee is in line with many area fitness centers, our practice schedule is more limited than professional/private gyms that are open 12 or more hours per day. I can relate to this way of thinking. After any number of practices, I've dragged my heaving carcass from the pool and thought, "I paid good money for this when I could've spent an hour and half lying in traffic for free?"

We discussed these issues at the June board meeting. We decided to share a summary of our discussion with the team so everyone can have an appreciation for why monthly fees are structured the way they are.

The board would love to implement some of the ideas people have brought forward, but there are two major factors that restrict the feasibility of doing so.

The first issue relates to administrative resource constraints. All of the options require additional processes for the board and coaching staff to implement and maintain. They entail more

accounting and bookkeeping upkeep than we have time and manpower to keep up with. The overhead involved in managing the team must be kept to a level that can be handled by a handful of volunteers who get the work done on a part-time basis. We don't have the luxury of adopting processes that involve more effort than this because we don't have the long-term resources to commit to them.

The second major factor is the structure of costs associated with operating team practices. The primary costs are coaching fees and pool rental. Both costs are based on the length of time practices run and the number of lanes used; neither is dependent on the number of swimmers that attend practices. Furthermore, pool rental is contracted on a seasonal basis, so the board commits to the cost of lane usage months in advance and for months at a time. The team is liable for these costs – regardless of attendance at any given practice.

When contracting for upcoming lane rental periods and setting the monthly practice fee, the board looks at averages of recent historical data (usually the past year's attendance) to predict how much pool space is needed on what days and what the average monthly attendance is. Using this information we estimate the monetary liability we will incur for operating practices and divide that cost across the average number of swimmers that participate on a monthly basis. By using this method to set practice fees we have successfully been able to cover our costs. We also isolate the fund-raising related to covering these costs to the set of RAM members who actually participate in Pullen/Optimist practices.

At the regular July meeting, the board intends to review practice attendance and payment trends for the past year and make sure the current cost of \$40 per swimmer per month is still appropriate. We hope to discover (no promises yet!) that because of stable attendance and

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## Letter ... *continued from page 3*

reliable, timely payment of fees by the membership, we can reduce this monthly fee.

One of the significant influences that caused the monthly fees to go up a couple of years ago was irregular and late payment by a large number of swimmers. In the last two years, this situation has improved dramatically due to more diligent recordkeeping, gentle reminders from the treasurer when fees are past due and more responsible payment of individual fees by the membership at large. Everyone should be commended! Because of these improving trends in how we're all maintaining the operation of practices, we hope to discover that we can lower the monthly payment amount and still cover liabilities.

Related to the monthly cost of participating in practices, I think it's worthwhile to point out one of the team policies: The board has the discretion to make need-based exceptions to monthly practice fees on an individual basis. If a team member is in a financially constrained situation (for example, unexpected change in employment, other unavoidable loss of income or excessive shoe purchasing), the board has the ability to waive part or all of practices fees for an individual over an agreed-upon number of months.

This is done with a great deal of discretion and understanding. The process (in case you're curious) is to approach the team treasurer when such a need arises. The treasurer will

anonymously bring the request to the board for approval. During my tenure on the board, I have seen this policy in action on a few occasions and can attest to its effectiveness in keeping individuals active with team practices in a way that is sensitive to both financial and privacy needs.

Given the way we operate, I hope you'll agree with me that the team bylaws and practices are both fair and encouraging of participation. Practice fees are set so that all those participating share an equal burden (based on how the costs are structured) in funding the activities they participate in. The coaches and board do the best job possible to keep a balance between what we can make available and how much it costs both in money and effort.

In general, the more of a contribution each individual makes to supporting the team, the more the team can provide in terms of practice related activities and Masters aquatic events. The minimum everyone is expected to contribute in order to participate in practices is annual USMS registration, monthly practice fees and basic lane etiquette. By committing more of your time, talent and energies to team administration and events, you can make it possible for the team to provide better and more aquatic opportunities. If you would like to have a richer swimming experience with Raleigh Area Masters, you can directly contribute to making that happen. The board always welcomes the gifts of time and energy from any member of the team.

See you on deck.

- *David Shamlin, RAM President*

## Swimming Lessons ... *continued from page 1*

were amazing - watching swimmers from all over the world come together to compete against one another truly was a thrilling moment. I can remember, even now, how excited all the volunteers were to see such a monumental event take place. We made that happen!

Now, I know that my volunteer efforts look good on a resume – but that's not why I do it. I do it because it's fun. Be it timing at an age group meet or planning for the RAM spring meet, I'm having a blast meeting new folks, sharing my newly learned swimming 'know how' with others, and just soaking up a little chlorine and fun.

So, hope to see you in the water and maybe, just maybe, at the next volunteer event!

# RAM Results from the North Carolina Short-course Yards Championships

**W**e came, we swam, we set records ... in our own pool on Saturday and Sunday, April 13-14. Meet directors **Cathy Davis, Sue Haugh** and **Fritz Lehman** staged a superb meet. It looked flawless, but we know how the meet directors and volunteers worked to achieve the "effortless" effect! Thank you, and congratulations to all who participated.

These are RAM swimmers' individual results. State records are marked with an \*.

## Women 19-24

**Christy Hall:** 200 free – 2:05.71 (1<sup>st</sup>); 500 free – 5:37.87 (1<sup>st</sup>); 1000 free – 11:27.21\* (1<sup>st</sup>); 200 breast – 2:40.32 (2<sup>nd</sup>); 100 IM – 1:09.75 (1<sup>st</sup>); 200 IM – 2:24.96 (1<sup>st</sup>)

## Women 25-29

**Laura Brown:** 50 breast – 38.33 (4<sup>th</sup>); 100 breast – 1:24.11 (5<sup>th</sup>)

**Sara Burns:** 100 free – 1:05.16 (5<sup>th</sup>); 100 back – 1:13.05 (2<sup>nd</sup>)

**Carla Hill:** 1000 free – 12:54.60 (2<sup>nd</sup>); 100 back – 1:20.65 (4<sup>th</sup>); 100 breast – 1:20.34 (4<sup>th</sup>); 200 breast – 2:55.48 (1<sup>st</sup>); 100 IM – 1:16.35 (6<sup>th</sup>)

**Staci Inscore:** 200 free – 2:21.75 (3<sup>rd</sup>); 50 back – 32.53 (1<sup>st</sup>); 100 back – 1:08.31 (1<sup>st</sup>); 200 back – 2:29.97 (1<sup>st</sup>); 50 fly – 30.86 (1<sup>st</sup>); 100 fly – 1:08.49 (1<sup>st</sup>); 100 IM – 1:10.03 (2<sup>nd</sup>); 200 IM – 2:34.13 (1<sup>st</sup>)

**Langdon Johnson:** 100 back – 1:14.91 (3<sup>rd</sup>); 50 breast – 36.54 (2<sup>nd</sup>); 100 breast – 1:18.51 (2<sup>nd</sup>); 100 IM – 1:12.22 (3<sup>rd</sup>); 200 IM – 2:37.37 (2<sup>nd</sup>)

**Jennifer Riley:** 50 free – 27.58 (2<sup>nd</sup>); 100 free – 1:00.10 (2<sup>nd</sup>); 50 breast – 35.34 (2<sup>nd</sup>); 100 breast – 1:18.71 (2<sup>nd</sup>); 50 fly – 31.64 (3<sup>rd</sup>); 100 fly – 1:09.80 (2<sup>nd</sup>)

**Jennifer Stringer:** 50 free – 24.39 (1<sup>st</sup>); 100 free – 53.25 (1<sup>st</sup>); 100 IM – 1:02.71 (1<sup>st</sup>)

## Women 30-34

**Mary DeMilia:** 50 free – 26.98 (2<sup>nd</sup>); 100 back – 1:10.40 (2<sup>nd</sup>); 100 breast – 1:14.20 (1<sup>st</sup>); 50 fly – 28.76 (2<sup>nd</sup>); 100 fly – 1:02.81 (1<sup>st</sup>); 200 fly – 2:31.40 (1<sup>st</sup>)

**Michelle Duval:** 200 free – 2:27.10 (2<sup>nd</sup>); 500 free – 6:34.80 (3<sup>rd</sup>); 1000 free – 13:30.78 (1<sup>st</sup>); 100 fly – 1:26.12 (2<sup>nd</sup>)

## Women 35-39

**Wendy Moore:** 200 free – 2:41.21 (1<sup>st</sup>); 500 free – 7:11.92 (1<sup>st</sup>);

**Danielle Pender:** 50 free – 28.32 (4<sup>th</sup>); 50 breast – 35.99 (1<sup>st</sup>); 100 breast – 1:21.82 (2<sup>nd</sup>)

**Adrienne Waterston:** 50 back – 36.31 (4<sup>th</sup>); 100 breast – 1:15.59 (1<sup>st</sup>); 50 fly – 31.40 (1<sup>st</sup>); 100 IM – 1:12.29 (2<sup>nd</sup>); 200 IM – 2:36.49 (2<sup>nd</sup>)

## Women 40-44

**Margie Springer:** 50 free – 29.91 (1<sup>st</sup>); 100 free – 1:06.25 (1<sup>st</sup>); 200 free – 2:25.36 (1<sup>st</sup>); 100 free – 13:30.31 (2<sup>nd</sup>); 50 breast – 39.73 (2<sup>nd</sup>); 100 IM – 1:15.21 (2<sup>nd</sup>)

**Kim Stott:** 50 back – 35.39 (1<sup>st</sup>); 100 back – 1:13.51 (1<sup>st</sup>); 200 back – 2:37.76\* (1<sup>st</sup>); 100 breast – 1:26.79 (1<sup>st</sup>); 50 fly – 34.42 (1<sup>st</sup>); 100 IM – 1:15.72 (3<sup>rd</sup>)

**Lorraine Wood:** 50 free – 30.53 (2<sup>nd</sup>); 1000 free – 13:14.78 (1<sup>st</sup>)

## Women 45-49

**Pat Sargeant:** 50 free – 28.41 (1<sup>st</sup>); 100 free – 1:03.64 (1<sup>st</sup>); 200 free – 2:19.32 (1<sup>st</sup>); 50 back – 35.55 (2<sup>nd</sup>); 100 back – 1:17.61 (1<sup>st</sup>); 200 back – 2:49.30 (1<sup>st</sup>); 50 fly – 32.19 (1<sup>st</sup>); 100 IM – 1:14.20 (1<sup>st</sup>); 200 IM – 2:39.07\* (1<sup>st</sup>)

## Women 60-64

**Ceil Blackwell:** 50 free – 35.75 (1<sup>st</sup>); 50 back – 42.76 (1<sup>st</sup>); 100 back – 1:33.00 (1<sup>st</sup>); 200 back – 3:19.97 (2<sup>nd</sup>); 100 IM – 1:31.98 (2<sup>nd</sup>)

**Sally Newell:** 200 back – 3:05.99\* (1<sup>st</sup>); 200 IM – 3:12.54 (1<sup>st</sup>)

**Dawn Stroupe:** 200 free – 3:32.66 (1<sup>st</sup>); 50 breast – 50.17 (2<sup>nd</sup>); 100 breast – 1:44.93 9 (1<sup>st</sup>); 200 breast – 3:54.26 (1<sup>st</sup>); 50 fly – 52.04 (1<sup>st</sup>); 100 IM – 1:44.56 (3<sup>rd</sup>); 200 IM – 3:51.52 (2<sup>nd</sup>)

## Men 19-24

**Todd DeSorbo:** 200 free – 1:46.05\* (1<sup>st</sup>)

**Edward Kurlander:** 50 free – 23.82 (1<sup>st</sup>); 200 IM – 2:16.85 (1<sup>st</sup>)

## Men 25-29

**Van Fletcher:** 50 free – 22.31 (2<sup>nd</sup>); 100 free – 48.54 (2<sup>nd</sup>); 50 back – 27.07 (2<sup>nd</sup>); 100 back – 57.39 (2<sup>nd</sup>); 50 fly – 25.65 (3<sup>rd</sup>)

**Sean Stringer:** 200 free – 1:58.85 (5<sup>th</sup>); 100 back – 55.36 (1<sup>st</sup>); 50 fly – 24.89 (2<sup>nd</sup>); 200 IM – 2:14.80 (3<sup>rd</sup>)

**Billy Su:** 1000 free – 11:48.56 (2<sup>nd</sup>); 50 back – 32.36 (4<sup>th</sup>); 50 fly – 28.12 (6<sup>th</sup>); 100 fly – 1:01.05 (4<sup>th</sup>); 200 fly – 2:28.14 (2<sup>nd</sup>)

## Men 30-34

**Scott Allen:** 50 free – 24.87 (3<sup>rd</sup>); 50 back – 31.11 (2<sup>nd</sup>); 50 fly – 28.44 (2<sup>nd</sup>); 100 IM – 1:05.51 (1<sup>st</sup>)

## Men 35-39

**Scott Fuller:** 50 free – 23.61 (3<sup>rd</sup>); 200 free – 1:51.55 (2<sup>nd</sup>); 500 free – 5:12.81 (1<sup>st</sup>)

**Alan Hinckley:** 50 free – 26.39 (7<sup>th</sup>); 100 free – 57.72 (9<sup>th</sup>)

**John Mangrum:** 100 free – 55.64 (6<sup>th</sup>); 200 free – 2:04.92 (6<sup>th</sup>); 500 free – 5:59.26 (3<sup>rd</sup>); 1000 free – 11:51.18 (1<sup>st</sup>); 100 back – 1:06.96 (4<sup>th</sup>); 200 back – 2:26.86 (2<sup>nd</sup>); 50 breast – 34.46 (5<sup>th</sup>); 100 fly – 1:04.19 (7<sup>th</sup>); 100 IM – 1:06.26 (8<sup>th</sup>); 200 IM – 2:21.18 (6<sup>th</sup>)

**Tim Sexauer:** 50 free – 27.78 (8<sup>th</sup>); 100 free – 1:03.34 (10<sup>th</sup>); 500 free – 6:43.90 (6<sup>th</sup>); 1000 free – 13:53.01 (4<sup>th</sup>); 50 breast – 37.67 (7<sup>th</sup>); 100 IM – 1:13.46 (10<sup>th</sup>); 200 IM – 2:44.89 (7<sup>th</sup>); 400 IM – 5:56.82 (3<sup>rd</sup>)

**David Shamlin:** 50 free – 25.92 (5<sup>th</sup>); 100 free – 55.93 (8<sup>th</sup>); 200 free – 2:06.16 (8<sup>th</sup>); 500 free – 6:01.59 (4<sup>th</sup>); 1000 free – 12:46.32 (3<sup>rd</sup>)

**Henry Stewart:** 50 free – 22.64 (1<sup>st</sup>); 100 free – 49.17\* (1<sup>st</sup>); 100 free – 1:50.37 9 (1<sup>st</sup>); 50 back – 27.90 (2<sup>nd</sup>); 50 fly – 24.77 (1<sup>st</sup>); 100 fly – 55.08 (1<sup>st</sup>); 100 IM – 58.64 (2<sup>nd</sup>)

**Men 40-44**

**Dan Fuchs:** 50 free – 28.10 (6<sup>th</sup>); 200 free – 2:19.48 (2<sup>nd</sup>)

**Scott Hinckley:** 50 free – 26.50 (4<sup>th</sup>); 50 fly – 29.20 (4<sup>th</sup>); 100 IM – 1:11.62 (4<sup>th</sup>)

**Randal Hoke:** 100 free – 1:05.53 (5<sup>th</sup>); 100 back – 1:16.70 (2<sup>nd</sup>)

**Jay Holshouser:** 100 free – 1:07.33 (6<sup>th</sup>); 1000 free – 14:40.12 (1<sup>st</sup>); 200 back – 3:04.85 (3<sup>rd</sup>); 100 IM – 1:14.86 (5<sup>th</sup>)

**Fritz Lehman:** 50 back – 24.63\* (1<sup>st</sup>); 200 back – 1:56.98 (1<sup>st</sup>)

**Eric Waldbauer:** 50 free – 27.49 (5<sup>th</sup>); 50 breast – 34.26 (3<sup>rd</sup>); 100 breast – 1:13.35 (2<sup>nd</sup>); 200 breast – 2:41.66 (2<sup>nd</sup>); 100 IM – 1:10.15 (3<sup>rd</sup>); 200 IM – 2:32.14 (2<sup>nd</sup>)

**Men 45-49**

**Hill Carrow:** 50 free – 26.22 (4<sup>th</sup>); 400 IM – 5:22.68 (3<sup>rd</sup>)

**Kevin Facchine:** 200 free – 2:02.44 (3<sup>rd</sup>); 500 free – 5:43.22 (1<sup>st</sup>); 1000 free – 11:41.88 (1<sup>st</sup>); 50 fly – 27.71 (2<sup>nd</sup>); 100 fly – 1:01.27 (2<sup>nd</sup>); 200 fly – 2:29.02 (1<sup>st</sup>); 400 IM – 5:13.01 (2<sup>nd</sup>)

**Alan Godfrey:** 50 free – 25.19 (3<sup>rd</sup>); 100 free – 52.70 (1<sup>st</sup>); 200 free – 1:56.67 (1<sup>st</sup>); 50 back – 30.78 (3<sup>rd</sup>); 100 back – 1:05.49 (2<sup>nd</sup>); 100 IM – 1:03.96 (2<sup>nd</sup>)

**Eddy Houchin:** 50 free – 24.18 (2<sup>nd</sup>); 100 free – 52.94 (2<sup>nd</sup>); 1000 free – 11:43.35 (2<sup>nd</sup>); 50 back – 29.14 (2<sup>nd</sup>); 100 back – 1:04.15 (1<sup>st</sup>); 50 breast – 32.14 (1<sup>st</sup>); 100 breast – 1:12.38 (4<sup>th</sup>); 50 fly – 26.35 (1<sup>st</sup>); 100 fly – 58.63 (1<sup>st</sup>); 100 IM – 1:00.68 (1<sup>st</sup>)

**Men 50-54**

**Rob Glotzer:** 50 free – 26.90 (3<sup>rd</sup>); 100 free – 1:01.61 (4<sup>th</sup>); 50 breast – 36.29 (3<sup>rd</sup>); 100 breast – 1:19.12 (2<sup>nd</sup>); 100 fly – 1:13.15 (3<sup>rd</sup>); 100 IM – 1:10.24 (3<sup>rd</sup>)

**Brian Lee:** 50 free – 26.51 (1<sup>st</sup>); 100 free – 57.60 (3<sup>rd</sup>); 200 free – 2:06.99 (1<sup>st</sup>)

**Men 55-59**

**Dave Butler:** 100 free – 1:21.71 (5<sup>th</sup>); 100 back – 1:46.37 (3<sup>rd</sup>); 100 breast – 1:43.07; (3<sup>rd</sup>); 100 IM – 1:35.92 (3<sup>rd</sup>); 200 IM – 3:37.96 (2<sup>nd</sup>)

**Peter McGrain:** 1000 free – 13:21.21 (1<sup>st</sup>)

**Sandy McNairy:** 50 breast – 43.27 (3<sup>rd</sup>); 50 fly – 40.26 (3<sup>rd</sup>); 100 IM – 1:28.14 (2<sup>nd</sup>)

**James Slaughter:** 100 free – 1:08.63 (3<sup>rd</sup>); 200 free – 2:32.81 (3<sup>rd</sup>); 500 free – 6:50.15 (1<sup>st</sup>); 1000 free – 14:07.32 (2<sup>nd</sup>); 50 back – 47.25 (1<sup>st</sup>); 50 breast – 37.69 (1<sup>st</sup>); 100 breast – 1:28.22 (2<sup>nd</sup>); 200 breast – 3:12.30 (2<sup>nd</sup>); 100 IM – 1:23.39 9 (1<sup>st</sup>); 200 IM - 3:08.66 (1<sup>st</sup>)

**Men 60-64**

**Mike Stroupe:** 50 free – 50.24 (4<sup>th</sup>); 100 free – 1:58.35 (6<sup>th</sup>); 200 free – 4:21.56 (3<sup>rd</sup>); 500 free – 11:46.74 (5<sup>th</sup>); 1650 free – 39.44.11 (2<sup>nd</sup>); 50 back – 1:20.45 (4<sup>th</sup>); 50 breast – 1:18.33 (3<sup>rd</sup>); 100 breast – 3:05.98 (3<sup>rd</sup>); 50 fly – 1:23.43 (3<sup>rd</sup>); 100 IM – 2:36.84 (6<sup>th</sup>)

**Men 70-74**

**John Marsil:** 50 free – 38.19 (3<sup>rd</sup>); 3:14.30 (2<sup>nd</sup>); 1000 free – 18:09.04 (1<sup>st</sup>); 50 back – 49.55 (2<sup>nd</sup>)

**Dick Webber:** 50 free – 29.40 (2<sup>nd</sup>); 200 free – 2:45.10 (1<sup>st</sup>); 50 fly – 33.13 (1<sup>st</sup>); 100 IM – 1:23.52 (2<sup>nd</sup>); 200 IM – 3:15.93 (1<sup>st</sup>)

**Men 75-59**

**Arnie Formo:** 50 breast – 45.29 (2<sup>nd</sup>); 100 breast – 1:40.59\* (1<sup>st</sup>); 200 breast – 3:42.53\* (1<sup>st</sup>)

**Jim Scherbarth:** 50 free – 41.92 (1<sup>st</sup>); 50 back – 58.20 (2<sup>nd</sup>); 100 back – 2:20.04 (2<sup>nd</sup>); 200 back – 5:20.44 (2<sup>nd</sup>); 100 IM – 2:34.21 (1<sup>st</sup>)

**Men 90-94**

**Boyd Campbell:** 50 free – 1:07.36 (1<sup>st</sup>); 100 free – 2:38.96 (1<sup>st</sup>); 200 free – 6:06.71 (1<sup>st</sup>); 50 back – 1:18.83\* (1<sup>st</sup>); 100 back – 2:47.66 (1<sup>st</sup>); 200 back – 5:40.92\* (1<sup>st</sup>)

**Happy trails . . .** *RAM swimmer Adrienne Waterston is bound for California. As she heads west, Adrienne leaves us with her thoughts about RAM swimming . . .*

**How long have you been swimming?** Since I was about 7 or 8.

**What motivates you to come to practice?** Eating, the social scene, and, oh yes, great exercise and better all-around health. Plus, I have noticed that swimming helps my creativity and focus in just about everything else I do. For me, swimming is definitely better than drugs.

**What's your favorite practice set?** Something circular, usually involving stroke work, shorter distances (75-150), multiple times through with increasing intensity. I have this thing about circles. Something to do with the fact that we swim in circles and use analog clocks, circular sets just seem to pull it all together for me.

**What's the best thing about RAM?** Definitely the people. I could swim anywhere. Having swum for most of my life, and then coached for a few years, I can come up with sets to do for myself all day if I want to. But, personally, that doesn't do it for me. The people at RAM really make coming and working out more rewarding than just the workout. Shoot, if I really wanted to just lose weight or get in shape I could swim by myself or run, but what is the fun in that? In the famous words of some loser beer ads, "I love you, man!"

*To which we can only add . . . "Woo hoo!"*



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