



Raleigh Area Masters Newsletter

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Coach's Corner

Hi all -

I hope everyone is having a wonderful summer - I know I love coaching under the stars, and swimming is even more fun!

Five little fun reminders -

1) Sign up for Nationals in Savannah. Fritz writes a great article on Nationals in this newsletter - take his words to heart. It's a great meet and tons of fun for everyone. I believe the online registration is now up so sign away. Savannah's a fun town and we'll all have so much fun exploring it together!

2) Don't forget about our meet on the 31st of July. Either swim or volunteer or both - usually we can find people to fill in while you swim a fifty or something like that! It's going to be at Optimist so there's no excuse not to come! Sign up will be coming soon - please volunteer to compete or help run the meet.

3) Bring a friend to workout! now that we're long course we have a little more room and it's always fun to have new people show up and test the waters. More often than not - they stick around! Masters swimming is for any age - young and old - and any skill level - from beginner to experienced. Everyone can benefit from swimming - and it's so much more fun to do it in a group than by yourself.

4) Suggestions for faster swimming - buy zoomers and/or paddles. It may feel like cheating because they make you faster, but they help your body adjust to the new medium of the water. Working on a horizontal plain with more than just your legs is a new sensation for most athletes - getting to be proficient at it takes a lot of dedication and hard work - which paddles and zoomers are both great for! Both are available at Insideout sports either at the Cary location on Cary Parkway or the Wade Avenue location next to Wellspring. Zoomers run about \$35 and Paddles run about \$15. Make sure you write your name on them.

5) Be willing to try new things - there's some open water swims in the area as well as some triathlons and 5K runs. Usually someone on the team is either training for something new or competing - ask around and get a training partner. I also encourage y'all to come to Saturday morning workouts and join the team for breakfast at Panera on Six Forks & Lassiter Mill afterwards - it's a great way to get to know the people you train with, plus have a great breakfast!

Hope to see you at the pool - if there's anything I can do for you please let me know!

Alexis

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2004 United States Masters Swimming National Long Course Championships

Chatham County Aquatic Center
Savannah, Georgia August 12-15, 2004

This summer we have the unique opportunity of having the USMS Long Course National Championships practically in our back yard. Savannah Georgia will be hosting the meet August 12-15 and **everyone is invited**. That's right, everyone. I'm going to bust a big myth about USMS national meets. They are NOT for "fast" or "elite" swimmers! In fact the vast majority of swimmers that attend are just plain old, and I use that term loosely, swimmers that want the experience of swimming in a big meet. That's really all it is, a big meet.

There are qualifying times for the meet but **everyone regardless of ability can swim three individual events**. Masters is about participation so nobody is shut out from the meet who wants to swim. Depending on the event, it's not uncommon to score in the top ten even if you don't make the qualifying time. The maximum number of events anyone can enter is six. To swim six events you have to make three qualifying times. There are also relays and from past experience, if you go then you'll almost always be on some relays unless you don't want to be on them.

Here are some other things to keep in mind.

- If you are a RAM swimmer, paying monthly dues to the Optimist/Pullen group, then **RAM will pay your entry fee!** We can't make it much easier than that. This includes the meet surcharge and per event entry fee. RAM will not pay for the social or hospitality booth access. The LMSC will pick up the cost of relays. All you have to do is enter.
- There is an entry deadline and **no deck entries!** Savannah has some information at <http://www.savannahmasters.com/nationals04/main.htm>. Official entry forms are in the May/June issue of Swim Magazine. There's usually an online entry system available at www.usms.org. As of this writing it wasn't available so check back later if you want to enter online.
- Nationals are much bigger! At our meet in Raleigh we get around 175 swimmers. Summer nationals will generally draw around 1,000 and if popular it could go as high as 1,500. Time management becomes important.
- Warm-up can be a zoo. All 1,000+ people have to warm-up at some point so keep that in mind. Find a spot, get in and go with the flow. You'll find the least crowded time is early in the morning. Hear me Langdon?
- The meet may be completely deck seeded so you'll most likely have to check-in for all your events. That just means you're letting the meet organizers know you intend to swim what you entered. Read the meet information carefully and if you have questions, don't be afraid to ask some of us that have been through it. It's really pretty easy once you know what to do.
- Be a fan. Inhale as much of it as you can. You won't be sorry. Watch the young and old, the fast and less fast. There's something to learn from all of them.
- People are there to swim and have some fun. Meet people.
- It's OK to be nervous. It's part of the experience.

---- Fritz Lehman

Calendar

Raleigh Area Masters Invitational Saturday, July 31

Optimist pool, Raleigh, NC

RAM hosts a one-day long-course meet. No practice that day – so no excuses not to swim or volunteer! Entries due July 28th. Meet information available at

<http://www.ncmasters.org>

USMS Long-Course Nationals Wednesday – Sunday, August 12-15

*Chatham County Aquatic Center
Savannah, Georgia*

USMS long-course nationals will be held in Savannah, Georgia. *Entries must be postmarked by July 1st or received by July 8th.* Savannah has some information at <http://www.savannahmasters.com/nationals04/main.htm>. Official entry forms are in the May/June issue of Swim Magazine. To enter on-line visit www.usms.org (On-line entries are encouraged!)

XMEN's 2 and 5-Mile Open Water Swim Saturday, August 28

Emerald Isle, NC

XMEN will host 2-mile and 5-mile open water races at Emerald Isle. Entries due August 14th. Meet information available at <http://www.ncmasters.org>

For more information visit www.xmenswimming.net

RAM Summer Schedule

Monday, Tuesday, Wednesday, Thursday Optimist 8:00-9:15pm (LC)

Saturday, Sunday Optimist 8:00-9:30am (LC)

**** Millbrook Exchange when Optimist closed for meets**

Sunday, July 18 Millbrook Exchange 8:00-9:30am (SC)

Every week

Join your teammates for breakfast at Panera on Six Forks road after Saturday practice at Optimist.

Extra Sets

One Year Later...

In May 2003 I swam my first Masters swim meet. I did a few events just so I could have some goals for myself in practice since I had no archrival to speak of. I liked swimming the 100 and 200 IMs so I wanted to step it up and do the 400 IM... maybe in 2005 or 2006.

Last fall I had it all figured out: I would do the exact same events as last year so I can see if I improved. By April, that plan was in ruins. I had been through a lot of stuff in the weeks prior, so I knew the events I swam in 2003 wouldn't cut it. I knew they would be mindless swims because I had done them before - not only with Masters but in high school too. So I got my hands on the registration form and I filled it out as fast as I could before I lost my nerve. I signed up for the 400 IM and I felt relieved but out of my element at the same time.

So the meet started and nervousness REALLY set in. Fake an illness? No, wouldn't work... I wanted to go to the social. Pull a disappearing act? Nope...someone would see me. Elizabeth and Robert were taking time out of their day to watch me swim so I was stuck there. Sue, Alexis, and some others gave me a much needed encouragement beforehand so I was okay again. So I just went right on and did it. I had a good swim, I felt it. Sure, I was in dry heaves when I got out of the pool, I won't deny that. I swam the race and I was overjoyed that I had finished. After all, finishing was my ONLY goal at this point. Thanks to all of you who watched and cheered for me. During the swim, I heard each one of you.

To Elizabeth: that was for you, Lucy.

---Julie Rashid

Some RAM swimmers have been running together several times a week. Group runs typically take place at least twice during the week and on Sundays. The schedule and distance vary – and the details are often worked out at the last minute. Now that summer is here, we've been starting the runs from the Optimist parking lot. The weekday runs typically start at 7 p.m., and the Sunday runs start at 6 a.m. (We leave promptly at the starting time.) If you're interested in participating in a group run, contact Sue Haugh or Staci Inscore.

Team caps and T-shirts available. Caps - \$4.00/ea; T-shirts \$10.00/ea. See Sue Haugh if interested.

The RAM family continues to grow in 2004 - 3 new RAM members to announce!!

Parker Thomas Wilk born 1/ 23/04 (son of Thomas Wilk & Rynda Chappell-Wilk)

Jacob Luna Kwak born 4/10/04 (son of Danielle Pender & Tom Kwak)

Ryan John Demilia born 4/17/04 (son of Mary & Michael Demilia)

Congratulations to the new parents!

RAM swimmers' results from RAM meet on May 1-2, 2004. For complete results, see <http://www.ncmasters.org/results.html>

WOMEN

19-24		
	Ali Dickson	50 Free 1 st 26.93; 100 Free 1 st 57.94; 200 Free 1 st 2.02.08; 500 Free 1 st 5.28.21; 1000 Free 1 st 11.13.72; 100 Fly 1 st 1.04.80; 100 IM 1 st 1.07.98
	Doracy Robison	50 Free 3 rd 29.13; 500 Free 3 rd 6.17.04; 50 Back 1 st 33.30; 50 Fly 1 st 30.69; 100 Fly 3 rd 1.08.20; 100IM 2 nd 1.10.06
	Kelly Alexander	200 Free 3 rd 2.08.41; 100 Fly 2 nd 1.04.96; 200 Fly 1 st 2.34.07
25-29		
	Jennifer Stringer	50 Free 1 st 24.88; 200 Free 1 st 2.03.13; 100 IM 1 st 1.04.67
	Alexis Keto	50 Free 2 nd 27.53; 50 Fly 1 st 32.33; 100 IM 3 rd 1.14.27
	Carla Hill	100 Free 2 nd 1.04.31; 200 Free 2 nd 2.19.45; 500 Free 2 nd 6.21.97; 50 Breast 1 st 37.16; 200 IM 1 st 2.45.43
	Rynda Chappell-Wilk	50 Free 4 th 38.87; 1650 1 st 28.47.60
	Christy Hall	500 Free 1 st 5.43.42; 100 Free 1 st 11.45.10; 200 Back 1 st 2.31.88; 100 Breast 1 st 1.16.83; 200 Breast 1 st 2.42.79; 100 IM 2 nd 1.10.35
	Julie Rashid	400 IM 1 st 6.24.62
30-34		
	Erika Braun	50 Free 1 st 25.11; 100 Free 1 st 54.54; 50 Back 1 st 29.91; 100 Back 1 st 1.04.70; 50 Fly 1 st 28.23; 100 IM 1 st 1.03.02; 200 IM 1 st 2.19.13
	Staci Inscore	50 Free 2 nd 27.93; 100 Free 2 nd 1.00.60; 100 Back 2 nd 1.07.37; 200 Back 1 st 2.23.64; 50 Fly 2 nd 30.61; 100 IM 2 nd 1.09.46
	Shannon Tessari	50 Free 5 th 33.38; 100 Free 3 rd 1.12.86; 200 Free 3 rd 2.47.43; 50 Back 2 nd 40.61;
35-39		
	Allison Beadle	100 Breast 1 st 1.19.09; 100 Fly 1 st 1.08.93; 400 IM 1 st 5.40.85
40-44		
	Margie Springer	50 Free 3 rd 30.77; 200 IM 2 nd 2.46.21
	Lorraine Wood	50 Free 4 th 33.07; 200 IM 3 rd 2.59.64
	Patricia Rohner	200 Free 2 nd 2.15.81; 500 Free 1 st 6.04.63; 1000 Free 1 st 12.37.45
45-49		
	Kim Lamply	50 Free 2 nd 30.21; 200 Free 1 st 2.25.30; 50 Fly 1 st 31.97; 100 IM 2 nd 1.14.40
50-54		
	Pat Sargeant	50 Free 1 st 28.26; 100 Free 1 st 1.02.44; 200 Free 1 st 2.18.31; 50 Back 1 st 35.93; 100 Back 1 st 1.17.03; 50 Breast 1 st 40.37; 50 fly 1 st 32.48; 100 Fly 1 st 1.12.06; 100 IM 1 st 1.13.11; 200 IM 1 st 2.37.84
60-64		
	Ceil Blackwell	50 Free 1 st 36.26; 50 Back 1 st 42.91; 100 Back 1 st 1.34.55; 100 IM 1 st 1.34.13
65-69		
	Sally Newell	50 Free 1 st 34.20; 50 Back 1 st 42.09; 200 Back 1 st 3.10.71; 200 IM 1 st 3.16.23
	Alice Jones	50 Free 2 nd 41.88; 200 Free 1 st 3.51.29; 100 Breast 1 st 1.50.42
	Dawn Stroupe	50 Breast 1 st 51.05; 100 Breast 2 nd 1.51.61, 200 Breast 1 st 4.01.72

MEN

19-24		
	Jonathon Gellin	200 Free 1 st 1.52.67; 100 Fly 1 st 54.90; 200 Fly 1 st 2.04.90
25-29		
	Sean Stringer	50 Back 1 st 26.13; 50 Fly 1 st 24.80; 100 Fly 2 nd 56.41; 100 IM 3 rd 1.00.64
	Brandon Haberman	100 Free 3 rd 55.37; 200 Free 1 st 2.04.23; 50 Fly 3 rd 27.30; 100 Fly 3 rd 1.03.38; 100 IM 6 th 1.05.87
30-34		
	Robert Jaffe	50 Free 2 nd 24.71; 100 Free 3 rd 55.52; 200 Free 1 st 2.05.41; 50 Fly 4 th 28.92; 100 IM 4 th 1.06.01
	Scott Allen	50 Free 3 rd 24.86; 50 Fly 3 rd 28.72; 100 IM 2 nd 1.05.53
	Thomas Wilk	50 Free 5 th 27.97; 100 Breast 4 th 1.16.75
	Billy Su	1000 Free 2 nd 11.46.95; 50 Breast 3 rd 36.26; 100 Breast 5 th 1.18.09; 100 IM 5 th 1.06.32
	Dan Aber	50 Breast 2 nd 32.25; 100 Breast 3 rd 1.08.92; 200 Breast 2 nd 2.30.82; 100 IM 3 rd 1.05.88; 200 IM 3 rd 2.24.43
35-39		
	Dan Schad	50 Free 2 nd 25.14; 100 Free 2 nd 54.56; 200 Free 1 st 1.59.12; 500 Free 1 st 5.38.08; 100 Back 3 rd 1.03.42
	Tim Sexauer	500 Free 2 nd 6.49.25; 1000 Free 1 st 15.03.05
	John Armfield	50 Back 2 nd 28.78; 100 Back 4 th 1.04.87; 200 Back 2 nd 2.26.19; 50 Fly 2 nd 28.50; 100 IM 3 rd 1.04.49
40-44		
	Henry Stewart	50 Free 2 nd 22.85; 100 Free 1 st 49.66; 200 Free 1 st 1.51.00; 50 Back 3 rd 28.70; 50 Breast 3 rd 31.23; 50 Fly 1 st 25.27; 100 Fly 1 st 54.47; 100 IM 2 nd 58.88
	Greg Magdanz	200 Free 5 th 2.07.66; 500 Free 2 nd 5.45.64; 1650 1 st 20.23.38
	Michael Celii	200 Free 6 th 2.13.29; 500 Free 4 th 6.09.16; 50 Breast 5 th 33.37; 100 Breast 3 rd 1.13.88; 200 Breast 3 rd 2.47.01
	John Mangrum	500 Free 3 rd 5.47.68; 1650 Free 2 nd 20.25.57; 100 Back 3 rd 1.06.66; 200 Back 1 st 2.22.69; 200 Breast 2 nd 2.44.58; 200 Fly 2 nd 2.33.60; 200 IM 3 rd 2.21.64; 400 IM 1 st 5.08.65
45-49		
	Hill Carrow	50 Free 3 rd 26.12; 50 Back 4 th 32.69; 100 Fly 3 rd 1.04.04
	Eric Waldbauer	50 Free 7 th 27.34; 500 Free 2 nd 6.11.52; 50 Breast 1 st 33.22; 100 Breast 2 nd 1.11.62; 200 Breast 1 st 2.35.10
	Alan Godfrey	100 Free 2 nd 52.73; 100 Back 2 nd 1.02.60; 200 Back 1 st 2.15.70; 100 IM 1 st 1.00.29
	Eric Fiest	100 Free 3 rd 53.27; 50 Back 2 nd 29.16; 100 Back 1 st 1.01.50; 100 IM 1 st 1.00.29; 200 IM 1 st 2.11.61
	Steve Weatherman	500 Free 3 rd 13.19.50; 100 Back 5 th 1.12.45
	Fritz Lehman	50 Back 1 st 25.59; 50 Fly 1 st 25.15
50-54		
	Bruce Mallette	100 Breast 3 rd 1.12.68; 50 Fly 1 st 24.97; 100 IM 1 st 59.35; 200 IM 1 st 2.11.34
55-59		
	James Slaughter	100 Free 3 rd 1.16.83; 200 Free 5 th 2.42.12; 500 Free 2 nd 7.14.71; 50

		Breast 1 st 38.42; 100 Breast 4 th 1.28.44; 200 Breast 1 st 3.15.07; 100 IM 1 st 1.28.92; 200 IM 1 st 3.19.99
65-69		
	Mike Stroupe	50 Free 5 th 59.43; 100 Free 3 rd 2.13.20; 50 Back 3 rd 1.37.25; 50 Breast 3 rd 1.27.59
70-74		
	John Marsil	200 Free 1 st 3.24.68; 200 Back 1 st 3.56.76
85-89		
	Fred Holdrege	50 Back 1 st 56.33; 200 Back 1 st 4.39.45