



Raleigh Area Masters Newsletter

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Raleigh Area Masters
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Coach's Corner

Alexis Keto began coaching RAM's Optimist-Pullen group in January. Here are her thoughts after four months of working with the team.

Hi to all RAM swimmers!

After a little over four months of coaching RAM, I thought it would be a good idea to let you all know how much fun I've had meeting everyone and getting to know you all a little better as people and athletes. I love coaching Masters athletes and I'll have to say that the RAM swimmers are some of the most dedicated and fun-loving swimmers I've met. For those of you who are "ghost" members, I've enjoyed the opportunity to meet you at meets and the occasional workouts you can make – and I look forward to meeting more of you as the year progresses.

This summer looks to be fun and probably a scorcher! I'll be getting married in early June, so look for me to be a little harried in the next few weeks. We're not traveling until the end of August, so I'll be around right afterwards. ... I'll have pictures, so feel free to ask to see them!

A few thoughts as I look at the long-course season – in my trademark 5 points:

- 1) Try out the LCM swims at Optimist. If you don't like flip turns or if you're a triathlete, long-course training is probably perfect for you. Even if it's your first time, you don't have to be afraid of the "very long pool." After June 1st, everything gets longer – feel free to join us, there's plenty of room and the water's not that cold.

See Coach, page 7

Extra Sets

Fritz Lehman sets three world records

RAM swimmer **Fritz Lehman** set world records in the 50 back, 100 back and 200 back in the men's 45-49 age group during the Albatross Open in Bethesda, Maryland, in March. Swimming in a 25-meter pool, Fritz's record-setting swims were: 28.40 in the 50 back, 1:00.09 in the 100 back and 2:13.36 in the 200 back. (The old records were 28.80 in the 50 back, 1:02.31 in the 100 back and 2:15.58 in the 200 back.) Fritz trains with the Optimist-Pullen group.

Sally Newell wins 7 events at Y Nationals

RAM swimmer **Sally Newell** won five events at the YMCA Nationals in Sarasota, Florida, in April. Sally, who swims in the women's 65-69 age group, won the 50 breast (42.75), 100 breast (1:32.20), 200 breast (3:22.80), 100 back (1:29.54), 200 back (3:06.70), 100 IM (1:27.31) and 200 IM (3:16.19). Sally also finished 4th in the 100 free (1:19.81). Sally trains in Greensboro. She competed for the Orlando Aquatic Center at this meet.

1/100th is as good as a mile

Training partners **Fritz Lehman** and **Todd Desorbo** are constantly waging a battle of age (Fritz) vs. youth (Todd). At the USMS Short-Course Nationals in Tempe, Arizona, in May, age snatched a victory from youth. Fritz swam the 100 back in 52.91 to win the men's 40-44 age group. Todd, swimming several heats later, posted a 52.92 to finish 4th in the men's 25-29 age group. Advantage, age – by .01 seconds!

(Todd turned the tables in the 200 back. He went 1:52.85 to finish 2nd in his age group. Fritz also finished 2nd in his age group – with a 1:57.52.)

RAM to host long-course meet

RAM will host a long-course meet at Optimist pool on Saturday, July 26. Practice will be canceled that day, so everyone can swim or volunteer. Entries are due July 12.

Riddle solved ... The answer to Alexis' riddle is ...

0 feet. The rope sags 500 feet from the top of the post to make it 250 feet above the ground. Since the rope is 1000 feet, it must be folded directly in half – which would happen only if the two posts were right next to each other.

Calendar

Raleigh Area Masters Invitational

Saturday, July 26
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 Saturday, July 12. Meet information available at <http://www.ncmasters.org/#meets>

USMS Long-Course Nationals

Wednesday-Sunday, Aug. 13-17
*Rutgers University
Piscataway, New Jersey*

USMS long-course nationals will be held at Rutgers University in August. New Jersey is just a (long) road trip from North Carolina, so why not compete against the top swimmers in the country? Entries must be postmarked by July 2 OR received by July 9. Online entries also will be available soon. Meet information available at <http://www.usms.org/comp/lcnats03/>

XMEN's 2- and 5-mile open water swim

Saturday, Aug. 16
Wrightsville Beach, NC

XMEN swimming will host 2-mile and 5-mile open water races at Wrightsville Beach. Entries due Aug. 1. Meet information available at <http://www.ncmasters.org/#meets>

Every week

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

RAM hosts N.C. short-course yards championships

Nearly 200 swimmers competed in the RAM-sponsored North Carolina Short-Course Yards Championship at Pullen Aquatic Center on May 3-4. Everyone from new to veteran competitors took part in North Carolina's premier short-course yards meet.

RAM President and co-meet director Cathy Davis recognizes the volunteers who ensured a successful meet.

Another great RAM meet has come and gone. ... Yes, it really was yet another great meet. Experienced Masters swimmers breaking their own records, new Masters swimmers performing in their first meet and setting their own first personal bests, and volunteer officials and swimmers pitching in to run the meet and make this another successful event.

Really, it's this last group of people that I want to stop and recognize individually for their contribution in making the swim meet possible. Without the officials volunteering their time, meets like ours couldn't happen. So, a great big thanks to **Joe Fields** and **James Newberry**, our referee and starter for the weekend. Also, a big thanks to the stroke and turn judges: **Steve Mead**, **George Simon**, **Tim McGinnis**, and **David Hoggard**.

Perhaps you noticed a couple of new faces running the computers at the meet. ... Well, not new in the water, but new behind the computer. Yes, it was our own **Christy Hall** and **Brian Lee**. Christy and Brian spent a lot of time learning about the computer program prior to the meet and they did a fantastic job running the computer at the meet. Thanks to both for making a hard job look so easy!

A couple of other key volunteers to mention are **Jay Holshouser** for his contribution in running the hospitality room for the meet (excellent pasta and goodies) and **Scott Allen** for putting on such a fantastic social on Saturday night. The food was excellent as well as the slide show. I'm only bummed that I didn't win one of the beautiful centerpieces.

Finally I'd like to thank my co-meet directors **Sue Haugh** and **Fritz Lehman**. Without their willingness to give so freely of their own time, meets like ours would not happen. It's the behind-the-scene events (like breakfasts to sign up swimmers, getting the contract signed for the pool rental, scheduling the security guard, processing entries, arranging for timers, making sure the equipment is working ... The list goes on and on) that really make an event like ours so successful. Thanks Sue and Fritz for such a fantastic job!!!!

I'm sure I've forgotten others – folks who volunteered to time, bring goodies, set up and clean up. ... Thanks for all your help! And I look forward to volunteering with you all at the next meet!

-- Cathy Davis

Training partners Julie Rashid and Elizabeth Shubra chose the RAM meet as their first Masters competition. Here's what they thought about their first meet:

Catching competition fever

Here I was filling out my entry form for my first Masters swim meet and I'm simultaneously thinking, "I'm SO dead. I'm competing with near-Olympians here. I gotta get my head examined."

Truth be told, I never intended to swim in any of the meets when I joined RAM two years ago -- I joined for exercise only. In retrospect, I thought the meet was a euphoric experience and I regret not competing sooner. The meet was physically exhausting, more so than I anticipated, but I have a newfound appreciation for the adrenalin rushes. Most importantly, RAM members and coaches were so supportive during the meet. It made the meet experience a lot less stressful and very fun to be involved in. I couldn't be more grateful for everyone's uplifting spirit.

I enjoyed this experience so much that in the next year or two I would like to step this up and try the 400 IM. I know, I know. ... I gotta get my head examined.

--Julie Rashid

Take your marks ...

When I first started swimming with the Raleigh Area Masters team, I told myself, "This is for exercise only. I will never compete." Truth was I was too scared. All my life, I had wanted to compete in something, but never had.

Well, I got in the pool at that first practice ... and the coach made me get right back out! He had me stand on the deck while he moved my legs and arms for me to help me get the "feel" for the American Crawl. At that point I realized that it would take a lot of work for me to get anywhere with swimming.

Well, time went by and I came to practice intermittently. It was hard to get myself psyched up to jump in the cold water after a long day at work. But I did it, again and again. A teammate and I started to hold each other accountable for attending practice and that helped a lot. Learning to swim was mentally tiring as well as physically tiring. I never slept better, though!

Then long-course season hit and I really learned to create my "stroke." I felt better, stronger, but still had a long way to go.

Then in November, a year and a half since the first time I jumped in the pool, a teammate talked me into competing in the RAM swim meet the next May. That was all the motivation I needed to get to the pool 3-4 times a week and really get to work.

Two things were missing, however. I couldn't do flip turns and I couldn't do a start off the blocks. I couldn't even dive into the pool without smacking my stomach so loud everyone in the vicinity turned and said, "Ow, I bet that hurt!" So I asked for help and I got it. Everyone was very supportive. My coaches scheduled extra time before practices for people who wanted help on turns and starts.

So, now I'm ready to compete; at least physically. I showed up in my new "meet suit."

See Elizabeth, next page

Elizabeth, from previous page

I'd never been to a swim meet before and it was a little overwhelming, but I dove into the competition pool for warm-up and used some of that nervous energy. I practiced some starts off the blocks with some sprints, reminiscing about high school swimming in PE class as I waited in line for my turn for on blocks.

After watching a few races, I stopped being nervous and started getting excited. I was ready, now mentally as well as physically. Suddenly it's my turn to race. The event was the 200 free. I stood on deck, feeling like I was going to lose my banana. I heard the beeps to step up to the block. I stepped up, trying to look like an Olympian even though I didn't quite feel like it.

"Swimmers, take your marks." I stared down at the water, my mind almost clear of all thoughts except to use my legs on the start and stay tight, and ... beep! We were off. I swam with all that I had, and then some. I didn't even breathe until I hit the first flip turn. I was over and heading

back to the wall. Another flip turn. I can hear people yelling and screaming and I draw strength from it. The teammate who had pushed me to come to practice was at one end of the pool and every time I did a turn, I saw her and that made me go even faster. My mantra was "long and strong, high elbows." A few more flip turns and I would only have 50 yards left! I caught a glimpse of the swimmer on my right. She was neck and neck with me! I started kicking with a new vigor and reached the wall a split second before she did. I had won my heat!!!

That was a feeling like none other I had ever felt in my life. I can see how people can get addicted to competition. I was so physically spent that I almost couldn't get out of the pool, but I couldn't wait until my next race!

I plan to participate in a long-course swim meet in July. In the span of two years, I went from the pool deck to the starting blocks as a competitive swimmer.

-- *Elizabeth Shubra*

A very good year

It was a very good year. We got free breakfast at the meet sign-up party after a workout, some people got cool gifts (Ramen noodles) and everyone at breakfast got free shampoo! Does it get any better? Of course it does. In addition, more than 50 RAM swimmers got to swim in an excellent meet at Pullen. We had first-timers on the blocks as well as behind the timing system. We had old-timers running the meet and trying to swim at the same time. We had really young swimmers from RSA timing and probably wondering if they are going to look like us in 30 or 40 years. Hope we didn't scare them so bad they'll never come back.

While **Jen Stringer, Kelly Alexander, Anna Gazda** and **Alexis Keto** didn't quite get the 800 free relay record, they gave it a most excellent try and Anna vowed they would get it next year. She's also vowed to come after me in the backstroke races. Bring it on. Alexis, start training now.

Our volunteers did their usual outstanding effort. I'm never quite sure why they come out every year but thank God they do. We need many people to run the meet. Make sure you take the time to thank them next time you're at a meet.

50+ RAM swimmers was a great turnout this year. Next year, we're going to crack 60.

-- *Fritz "co-meet director" Lehman*

RAM swimmers' results from RAM meet on May 3-4, 2003. For complete results, see <http://www.ncmasters.org/results.html>.

Women 19-24

Kelly Alexander: 200 free – 2:09.70 (1st); 500 free – 6:06.77 (3rd); 1650 free – 20:55.35 (2nd); 100 fly – 1:07.98 (1st)

Elizabeth Foote: 50 breast – 37.35 (2nd); 100 IM – 1:11.93 (4th)

Annamaria Gazda: 200 back – 2:05.01 (1st); 50 fly – 27.12 (1st); 100 IM – 1:01.70 (1st)

Alexis Keto: 200 free – 2:13.88 (3rd); 1000 free – 12:55.01 (2nd); 50 breast – 38.99 (3rd); 50 fly – 30.61 (2nd)

Doracy Robison: 500 free – 6:19.92 (4th); 100 back – 1:11.40 (3rd); 200 back – 2:30.27; (3rd); 50 fly – 30.90 (3rd); 100 fly – 1:08.12 (2nd); 100 IM – 1:12.22 (5th); 400 IM – 5:29.39 (2nd)

Women 25-29

Rynda Chappell-Wilk: 1650 free – 28:14.71 (2nd)

Daisy Cooper: 100 breast – 1:23.79 (2nd); 50 fly – 32.46 (3rd); 100 IM – 1:16.17 (7th)

Christy Hall: 1000 free – 12:39.42 (1st)

Carla Hill: 200 free – 2:17.32 (2nd); 500 free – 6:10.96 (1st); 1650 free – 21:44.43 (1st); 100 back – 1:21.60 (3rd); 200 IM – 2:45.45 (2nd)

Anne Johnson: 50 breast – 35.30 (1st); 100 breast – 1:16.51 (1st); 200 breast – 2:47.27 (1st); 100 IM – 1:09.63 (4th); 200 IM – 2:31.85 (1st); 400 IM – 5:23.68 (1st)

Tammy Maultsby: 50 breast – 41.24 (2nd); 100 IM – 1:25.53 (8th)

Julie Rashid: 100 fly – 1:31.31 (2nd); 100 IM – 1:27.16 (9th)

Elizabeth Shubra: 50 free – 32.09 (4th); 100 free – 1:12.21 (3rd); 200 free – 2:35.79 (4th)

Jennifer Stringer: 50 free – 24.80 (1st); 200 free – 2:03.94 (1st); 100 IM – 1:04.34 (1st)

Sarah Wilhelm: 100 free – 29.56 (2nd); 100 breast – 1:25.08 (3rd); 100 IM – 1:14.88 (6th)

Women 30-34

Mary DeMilia: 100 breast – 1:13.81 (1st); 100 fly – 1:02.30 (1st)

Staci Inscore: 50 back – 33.64 (1st); 100 back – 1:10.14 (1st); 200 back – 2:34.12 (2nd)

Jennifer Riley: 500 free – 6:43.77 (3rd); 100 free – 14:06.37 (3rd)

Women 35-39

Danielle Pender: 50 free – 28.11 (2nd); 50 breast – 35.39 (2nd); 100 breast – 1:18.38 (2nd); 100 IM – 1:12.79 (3rd)

Women 40-44

Patricia Rohner: 500 free – 6:09.49 (2nd); 1000 free – 12:49.42 (1st)

Margie Springer: 50 free – 30.17 (3rd); 100 back – 1:18.07 (3rd); 100 IM – 1:16.71 (3rd); 200 IM – 2:45.07 (1st)

Kim Stott: 100 free – 1:09.81 (3rd); 50 back – 36.13 (2nd); 100 back – 1:15.75 (2nd); 200 back – 2:40.48 (1st)

Loraine Wood: 1000 free – 13:32.45 (2nd)

Women 45-49

Beverly Amick: 100 free – 1:02.16 (1st); 200 free – 2:16.38 (1st); 500 free – 6:15.22 (1st); 1000 free – 12:48.85 (1st); 50 fly – 31.01 (1st); 100 fly – 1:09.80 (1st)

Kim Lampley: 200 free – 2:22.79 (3rd); 100 IM – 1:14.00 (2nd); 200 IM – 2:42.23 (1st)

Pat Sargeant: 50 free – 28.09 (1st); 100 free – 1:03.78 (2nd); 200 free – 2:20.48 (2nd); 50 back – 35.51 (1st); 100 back – 1:16.54 (1st); 50 fly – 32.06 (2nd); 100 IM – 1:12.49 (1st)

Women 55-59

Greta VanMeeteran: 50 breast – 48.03 (1st); 100 breast – 1:44.85 (1st); 200 breast – 3:43.31 (1st)

Women 60-64

Ceil Blackwell: 50 free – 36.87 (1st); 50 back – 42.89 (1st); 100 back – 1:34.81 (1st); 100 IM – 1:32.41 (1st)

Women 65-69

Sally Newell: 50 free – 33.40 (1st); 50 back – 42.56 (1st); 200 IM – 3:16.12 (1st)

Men 19-24

Chris Bowker: 50 free – 22.45 (1st); 100 free – 50.10 (1st); 200 free – 1:52.06 (2nd); 50 fly – 24.62 (1st); 100 fly – 53.39 (2nd); 100 IM – 57.27 (1st)

Jon Gellin: 200 free – 1:46.97 (1st); 500 free – 4:51.32 (1st); 100 fly – 52.22 (1st); 200 fly – 1:57.68 (1st)

Men 25-29

Sean Stringer: 50 back – 26.30 (1st); 200 back – 2:07.19 (1st); 50 fly – 24.68 (2nd); 100 IM – 59.12 (1st)

Billy Su: 1000 free – 11:48.49 (1st); 50 back – 32.34 (3rd); 50 breast – 35.76 (2nd); 50 fly – 28.30 (5th); 100 fly – 1:01.62 (3rd); 200 fly – 2:25.29 (2nd)

Men 30-34

Scott Allen: 100 free – 55.98 (3rd); 1000 free – 12:59.39 (1st); 100 fly – 1:06.41 (2nd)

Andy Farrell: 100 free – 50.29 (2nd); 200 free – 1:51.77 (2nd); 500 free – 5:04.35 (1st); 1650 free – 18:00.75 (1st); 50 back – 26.75 (1st); 100 back – 56.32 (1st); 200 back – 2:02.74 (1st)

Thomas Wilk: 50 free – 26.91 (3rd); 100 free – 1:02.54 (4th); 100 breast – 1:18.44 (1st)

Men 35-39

Michael Celii: 50 free – 26.82 (4th); 200 free – 2:11.97 (5th); 500 free – 6:08.83 (2nd); 50 breast – 34.17 (2nd); 100 breast – 1:14.29 (3rd); 200 breast – 2:42.11 (2nd); 100 IM – 1:13.99 (3rd)

Michael DeMilia: 1000 free – 19:31.88 (1st)

Greg Magdanz: 200 free – 2:10.10 (4th); 500 free – 6:06.34 (1st); 100 breast – 1:14.03 (2nd); 200 breast – 2:45.09 (3rd)

Henry Stewart: 50 free – 22.31 (1st); 100 free – 49.47 (1st); 200 free – 1:51.71 (1st); 50 back – 27.81 (1st); 50 fly – 24.75 (1st); 100 fly – 53.82 (1st); 100 IM – 57.87 (1st)

Men 40-44

Randall Hoke: 100 free – 1:06.61 (5th); 100 back – 1:17.99 (4th)

Fritz Lehman: 50 back – 25.77 (1st); 100 back – 55.41 (1st)

John Mangrum: 100 free – 57.52 (3rd); 500 free – 6:22.64 (3rd); 1000 free – 13:07.89 (1st); 100 back – 1:07.36 (3rd); 50 breast – 34.18 (3rd); 100 breast – 1:16.47 (2nd); 100 fly – 1:07.05 (3rd); 100 IM – 1:07.16 (4th); 200 IM – 2:25.09 (2nd); 400 IM – 5:18.47 (1st)

Lee Parker: 50 free – 27.36 (7th)

Eric Waldbauer: 50 free – 26.82 (6th); 50 breast – 33.25 (1st); 100 breast – 1:12.61 (1st); 200 breast – 2:36.54 (1st); 100 IM – 1:09.91 (5th)

Men 45-49

Hill Carrow: 50 free – 25.63 (6th); 100 free – 58.70 (7th); 50 back – 33.53 (6th); 100 back – 1:13.75 (5th); 50 fly – 28.40 (2nd); 100 fly – 1:04.13 (1st); 100 IM – 1:07.68 (5th)

Alan Godfrey: 50 free – 23.84 (2nd); 100 free – 51.21 (1st); 200 free – 1:56.82 (1st); 50 back – 29.71 (4th); 100 back – 59.67 (2nd); 100 IM – 58.95 (1st); 200 IM – 2:11.78 (1st)

Men 50-54

Bruce Mallette: 50 free – 23.98 (1st); 50 breast – 31.21 (2nd); 100 breast – 1:08.63 (2nd); 200 breast – 2:30.45 (1st); 50 fly – 24.87 (1st); 100 IM – 59.15 (1st); 200 IM – 2:15.30 (1st)

Men 55-59

Sandy McNairy: 50 breast – 47.54 (3rd); 50 fly – 44.71 (4th); 100 IM – 1:32.24 (3rd)

James Slaughter: 100 free – 1:11.36 (3rd); 200 free – 2:37.34 (3rd); 500 free – 7:37.68 (1st); 50 breast – 38.08 (2nd); 100 breast – 1:27.25 (3rd); 200 breast – 3:18.35 (1st)

Men 70-74

Dick Webber: 50 free – 29.50 (2nd); 200 free – 3:27.45 (1st); 50 fly – 35.68 (2nd); 100 IM – 1:28.09 (1st)

Men 80-84

Jim Scherbarth: 50 free – 44.28 (1st); 50 back – 57.31 (1st); 100 back – 2:19.89 (1st); 200 back – 5:12.67 (1st); 50 breast – 1:02.56 (1st); 100 IM – 2:22.76 (1st)

Men 85-89

Fred Holdrege: 50 back – 54.87 (1st); 100 back – 1:56.13 (1st); 200 back – 4:20.34 (1st)

Coach, from page 1

- 2) Set a goal for the summer. It can be as simple as a yardage or mastering a technique or stroke (I'd be more than happy to help!). Some of you may feel you want to try your first long-course meet or first Nationals. We happen to be hosting a meet July 26th at Optimist, our "home" pool. While you may not want to swim, at least volunteer to work and check out the whole competition scene. ... It can be infectious. And don't shy away from Nationals. ... I thought I would be intimidated my first time by the more experienced Masters swimmers, and I thought it was actually less pressure than the smaller meets I had attended during the season. If you're close to the qualifying times, a trip to New Jersey may be in your future.
- 3) Feel free to buy equipment. There's no requirement of experience when it comes to owning a pair of Zoomers or paddles or a fancy new suit. Every little bit you venture into the sport, you will gain and it will give you a newfound versatility during practice when you start to feel tired.
- 4) Don't be afraid to ask me for advice or to give me suggestions about what you think you need as far as your specific training needs. Remember there are many more of you than there is of me, so it will take me a while to learn everyone's specific needs and incorporate them into workout. I can and I will if you just ask!
- 5) Of course, a riddle to end the five things: Two vertical 750-foot posts have a 1000-foot rope stretched between their topmost points. The rope sags to within 250 feet from the ground. How far apart are the posts? (Stumped? See *Riddle solved* on page 2.)

Again, thanks for a great few months and next time you come to practice – BRING A FRIEND!

-- Alexis Keto
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