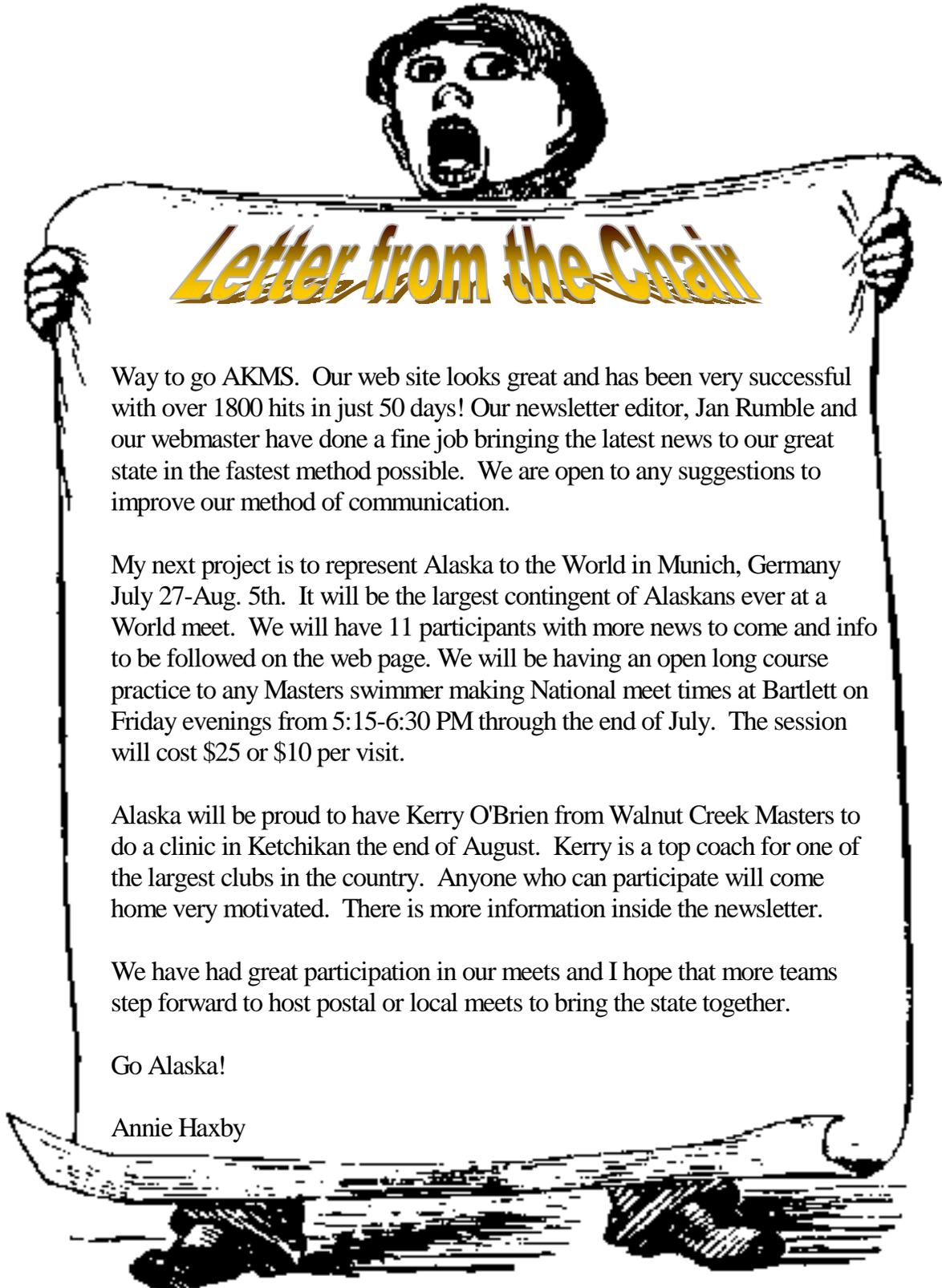

Alaska Masters Swimming

Summer 2000



Letter from the Chair

Way to go AKMS. Our web site looks great and has been very successful with over 1800 hits in just 50 days! Our newsletter editor, Jan Rumble and our webmaster have done a fine job bringing the latest news to our great state in the fastest method possible. We are open to any suggestions to improve our method of communication.

My next project is to represent Alaska to the World in Munich, Germany July 27-Aug. 5th. It will be the largest contingent of Alaskans ever at a World meet. We will have 11 participants with more news to come and info to be followed on the web page. We will be having an open long course practice to any Masters swimmer making National meet times at Bartlett on Friday evenings from 5:15-6:30 PM through the end of July. The session will cost \$25 or \$10 per visit.

Alaska will be proud to have Kerry O'Brien from Walnut Creek Masters to do a clinic in Ketchikan the end of August. Kerry is a top coach for one of the largest clubs in the country. Anyone who can participate will come home very motivated. There is more information inside the newsletter.

We have had great participation in our meets and I hope that more teams step forward to host postal or local meets to bring the state together.

Go Alaska!

Annie Haxby

2000 Swim Clinic/Training Camp

Ketchikan Masters Swimming

Ketchikan Masters Swimming, in conjunction with United States Masters Swimming, presents a weekend of stroke clinics and training. Swimmers have the opportunity to receive instruction in all four competitive swim strokes (a 1 ½ hour clinic per stroke), starts and turns (a 2 hour clinic), and post-workout stretching. The instruction offered will be given by Kerry O'Brien, Head Coach, Walnut Creek Masters Swimming, a perennial championship team and 2000 SCY Men's, Women's and Combined Teams Champion. In addition, swimmers will be able to participate in three 1 ½ hour workouts, and one 1 hour workout. Each swimmer will be videotaped after the stroke clinics, and review of the videotapes by local coaches is included in the cost of the clinic. For an additional charge, Kerry O'Brien will review the swimmer's tape and return it to them at a later date. As a part of the USMS Mentor Coach program, Kerry will also offer 4 hours of instruction to coaches in the form of a coaches' clinic. About Kerry O'Brien--Kerry was a Selected Coach for the 1999 USMS High Altitude Training Camp held at the US Olympic Training Camp in Colorado Springs. He was named USMS Coach of the Year in 1987, and Pacific Masters Swimming Coach of the Year in 1992. Kerry has done Mentor Clinics in Virginia, Idaho, and Washington.

Clinic Schedule

Friday, August 18

7:00p - 9:00p Coaches Clinic (1)

Saturday, August 19

7:30 - 9:00 Workout 1

Breakfast

9:00 - 10:30 Freestyle Clinic

10:30 - 11:15 Post Workout Stretching

11:15 - 12:45 Backstroke Clinic

Lunch

2:00 - 3:30 Breaststroke Clinic

3:30 - 5:00 Workout 2

5:00 - 7:00 Coaches Clinic (2)

7:30 Social Event--Beach Party, Dinner, etc

Sunday, August 20

7:00 - 8:30 Workout 3

8:30 - 10:00 Butterfly Clinic

10:00 - 1:00 Video Taping

1:00 - 3:00 Starts/Turns Clinic

3:00 - 4:00 Scripting 100s, HS

4:00 - 6:00 Video Review with Local Coaches

6:00 - 7:00 Workout 4



Ketchikan Masters Swimming 2000 Swim Clinic/Training Camp Registration Form

Return to: Dawn Allen-Herron, 3886 South Tongass, Ketchikan, AK 99901, 907.225.3296;

BrtherDawn@aol.com

Registration is limited, and is on a first come, first served basis

Name _____

*USMS Registration # _____ Address _____

Phone _____ Email _____

Total Clinic, \$65 (includes 4 Stroke Clinics, Start/Turn Clinic, Stretching Clinic, Videotaping and Local Coach Review, Saturday breakfast), __ Stroke Clinics @ \$25/each, Coaches Clinic, \$35, Please contact me with billeting information.

*Registration with United States Masters is required. Persons who are not currently members of USMS may register at the beginning of the clinic. Annual fee is \$20.

News from the Web Master

News from the Web Master

The Alaska Masters Swimming web site, <http://www.akmswim.org>, has been up and running since mid-March. In 3 months the site has grown based on the good input of a lot of folks and I want to thank them.

There have been a few questions which I'd like to answer here.

1. If I don't have internet access of my own, how do I get a look at the AKMS web site?

The best way is to visit your local public library. You can access our site from there.

2. Why is the web site background image "smaller" than my browser window?

Everything seems to be located on the left side of the web page.

The AKMS web site is designed for web browser windows about 780 pixels wide. If you have a large monitor, make your browser window only wide enough to see the background image once (water margin on each side). This limited page width allows all of our users to see everything of importance on our web pages without having to scroll horizontally.

3. How can I submit ideas, articles, photos, etc.?

The best way is to send ideas, articles, photos, etc., to me at kwinter@alaska.net or 3000 Capstan Drive, Anchorage, Alaska 99516. Think about whether your article or photo deserves a wider audience. It may be better to submit it to Jan Rumble, our newsletter editor. The article/photo will go into the newsletter, which is delivered both electronically and posted on the web page.

Keep those ideas coming this way!

Ken Winterberger- Web Master

Alaska Masters Swimming

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jowain@ptialaska.net

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Dave Leonard 479-9688



New Records

The **Short Course Yards Meet** in February produced 50 new records with the most records (13) being set in the 45-49 age-group (combined men and women). Following are the age-groups, swimmers, and the number of records that they set.

19-24

Rebecca Nash (1)
Ben Hammond (2)

30-34

Michael Sorensen (2)
Andrew Billings (1)
Mia Costello (1)
Doug Quist (1)

40-44

Ritchie Sonner (1)
Mary Sweat (1)
Ron Larsen (1)

45-49

Colny Tucker (3)
Ginny Wright (1)
Ellyn Brown (1)
Nell Loftin (1)
David Leonard (1)
Rick Wery (4)
Glenn Preston (1)
Stanley Steck (1)

50-54

Tom Jacobsen (1)
Daniel Blake (4)

55-59

Marianne Stillner (1)
Ingrid Everson (1)
Sandra Mjolsnes (1)
Ed Holsten (6)

60-64

Susan Condon (1)
Carolyn Lyons (4)
Monte Lyons (1)

70-74

Yaro Mucha (6)

For the **Long Course Meters Meet**, there were 74 records set (WOW!!). The 35-39 age-group had the most records set (13) with 45-49 and 55-59 age-group right behind (12 each).

25-29

Rebecca Nash (1)
Sheryl Mohwinkel (1)
Kris Merizon (1)
Brant Hasebe (3)
Daniel Porter (2)
Mardy Wilde (1)

30-34

Anne O'Brien (2)
Mia Costello (2)
Janna Endell (2)

35-39

Mimi Cook (5)
Jessica VanBuren (1)
Robert Forgit (3)
David Jenkins (4)

40-44

Mary Sweat (1)
Peggy Brannon-Guthrie (4)
Kim Olmsted (1)
Jeff Young (1)
Ron Larsen (1)

New records (cont'd)

45-49

Colny Tucker (1)
Alice Stacey (1)
Ted Hammond (3)
Rick Abbott (4)
Glenn Preston (1)
Kimball Forrest (1)
Karl Reiche (1)

50-54

Annie Nevaldine (1)

55-59

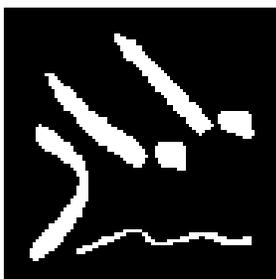
Sandra Mjolsnes (6)
Jan Fallico (1)
Ken Hickey (5)

60-64

Jon Nauman (3)
Ed Mjolsnes (4)

65-69

Margaret VanFlein (4)
Ron Taylor (3)



News from around Alaska



In Petersburg, A New Masters Swimming Program is Born

Coach John "Tex" Doherty

A week or two of advertising in December, some discussion on the street and at lap swim, and Petersburg's Masters Swim Team began on January 3rd. Five swimmers came out, registered, and swam that first night, some for the first time in years. A few were surprised that they made it through the 600 yards that first practice, and they are now part of a group of 14 that does up to 2,200 yards (in four different strokes) in a one hour practice.

I've been really impressed by how this team wants to learn new skills. We had a large group of masters that could only swim a form of free and back when they started. They were comfortable when we worked on those strokes, but they really got excited about learning breaststroke, butterfly, flip turns, open turns, pullouts, underwater dolphin kicking, starts, etc. We traditionally get on the blocks every Friday night and time some event or swim a relay or some sort of competition. I love watching my masters cheer each other on-they swim their heart out for their own relay, cheering as their teammate finishes, and then they start cheering for the other relay or relays as they finish.

Unfortunately, we will already be losing two of our swimmers soon. Tim Fenner, who just swam a lifetime best 36 in the 50 free Friday night, and Jennifer Brown, who made a set of 8 x 100s on 2:00 interval, finishing under 1:40 on each (this is about 30 seconds faster on each than two months ago), will be moving to Seattle this summer. It has been a blast watching these two progressing quickly in swimming and having fun, as it has been with our other 12 swimmers. One of our swimmers, Gene Degayner, actually beat his lifetime best time from high school in the 50 free by a full second. He swam a :29.12 at 44 years of age. I will miss some practice in the next couple of weeks as I return to Texas briefly. Thanks to one of our swimmers, Tom Laurent, who is a certified EMT, masters practice will continue and will be going strong until I return to Petersburg in mid-June.

SWAM News

Ruth Carter



- Kudos from SWAM to the AKMS Board. May's long course meet was fast and fun for all who participated!
- Shannon Brunner-Donley won the Gold Nugget Triathlon and Shelly James came in fourth. Among the other 800+ competitors, Becky Steer, Colny Tucker, Darlene Dubay, Liz Friedman, Vicki Hauff, Kevin McCoy's daughter Emily, and Kim Olmstead's daughters Maia and Kaelan Dickenson. A big - WAAAAY TO GO!!! - to all Masters swimmers who competed!!!!
- Shannon Brunner-Donley got married March 18 - a belated Congratulations and Best Wishes!!!
- Lupe Marroquin placed third in her age group at the California Ironman. She said it was the most grueling race she had ever entered! Her feet were swollen and blistered through the run, but she still crossed the finish line with a huge smile on her face!!!

News from Around the State, pg. 2

- SWAM is happy to have Kevin McCoy back on deck. He was gone for a while taking care of his family and we missed him. Welcome back!
- Peggy Brannon-Guthrie is now the Board President. Joe Cazares is Vice President; Greg Morris, Treasurer; Brant Hasebe, Special Events Chair; Liz Friedman, Sandy Mjolsnes, Alice Stacey, and Colny Tucker are the Representatives. So if you're wondering who to contact within SWAM, this should help.
- Ruth and Stan took the PLUNGE!!! They restated their vows in Albuquerque for their families and friends in the Lower 48. After the toasts were made and cake was cut they plunged into a swimming pool in their wedding finery! It was a great way to cool off in the New Mexico heat.
- While traveling several SWAMers have stopped in Phoenix to visit with Steve Coniaris, former head coach, and his wife Donna Rice. Steve looks fantastic. He loves medical school and is doing great! Donna is getting accustomed to the heat and has been doing some runs at the Grand Canyon. If you're traveling that direction and want to visit them, contact Ruth Carter and she can connect you.
- If you ever want to hear a collective groan, ask a group of SWAMers about Hungarian IM's.
- We are all happy that Peggy has completed her first year teaching. She made some comment about morning swimming is just like her third grade classroom?! We're proud of you Peggy!
- Tom Schmid and Karen Friedl got engaged. Tom proposed while they were on top of Knoya Peak. Congratulations!
- Also, I received the following from SWAMmer Donna Cherrier.

NEWSLETTER INFORMATION:

Soft Adventures has a tour going to Australia, right after the Olympics Oct. 4 -19. It includes walking in National Park in Gippsland, visits to Sydney, Melbourne and Cairns, a day on the great Barrier Reef and a float trip down the Mulgrave River out of Cairns. \$3450.00 for 14 days. New Zealand's tour comes right after Australia, Oct. 21-Nov. 8 and is 20 days of packed activities. Walking in the Coromandel Peninsula, kayaking in Abel Tasman National Park and 3 days of biking on the South Island. We end up in Queenstown after a stay on a sheep ranch!! A real bargain at \$2800.00 Call Donna Cherrier for more information: 907-272-4841 or 907-276-8491.

Buckner Masters

Coach Dave Ruckstuhl



Dave Ruckstuhl went to Florida in February to run the Blue Angel Marathon with his dad, 68. It was a wonderful experience.

Diane and Dave Ruckstuhl participated in the Gulf Coast Triathlon May 13. Diane's relay placed 2nd in the women's division in this Southeastern Championship. Dave finished 70th in the 35-39 age group.

Susan Casey, Diane Ruckstuhl, and Rebecca Nash did the Gold Nugget Triathlon for the first time. There were 1000 racers in the largest ever triathlon in Alaska. AND IT WAS ALL WOMEN. What a terrific event!!!

News from Around the State, pg. 3

Ketchikan Masters

Coach Dawn Allen-Herron

2000 Swim Clinic/Training Camp sponsored by Ketchikan Masters Swimming is happening in August. Check out the swim clinic information and registration form in the newsletter!

Fairbanks (EAT'M and FASTM)

Coach Ben Hammond



Eielson Aquatic Team Masters(EATM):

- Kathleen Clark, a great Masters swimmer and positive team member, will be moving to Tucson, AZ at the end of June. She is expecting a baby in a couple months as well. She will be missed greatly and we wish her the very safe and best travels. Keep on swimming Kathleen!!
- Cilla Peterek, a tri-athlete, will be doing her share of Triathlon's this summer, including the 1/2 iron-man Sourdough in Fairbanks. Good Luck Cilla!!

Fairbanks Arctic Swim Team Masters (FASTM):

- Jane Leblond, an awesome swimmer and runner, recently graduated from UAF, with a Masters in Chemistry. Glad to see all her hard work paid off. She plans to do a lot of running in the summer. Good Luck Jane!!

To both (EATM) and (FASTM), I would like to say "Great Job" to everyone who came out and swam this 1999-2000 season, you know who you are...**Keep up the good work Fairbanks!!**



Juneau Masters

Coach Jan Rumble and Marc Bucat

- The masters have been doing great. We enjoyed coaching the motivated swimmers in our program. We had 15 swimmers participate in the postal meet in the beginning of April.
- Tracy Rivera did a sprint triathlon in Tuscon on March 26. On June 4, he did a 1/2 ironman, the Blackwater Eagleman Triathlon in Maryland and he is planning on doing an ironman in Lake Placid, New York and a 1/2 ironman in Bend, Oregon. Good Luck, Tracy!
- Ritchie Sonner, Jan Rumble, Mike Williams and Dean Courtney are getting ready for the annual Klondike Running Race from Skagway to Whitehorse.
- Colleen Gordon has been training for the Danskin Sprint Triathlon in San Jose, CA on June 17. Go Colleen!
- Because it is summer, we are all trying to mix in outdoor activities like running, biking and kayaking into our workouts in addition to swimming. Diversity is the spice of life!

Swimming 25 Years

A few days into this new millennium I celebrated my silver anniversary. January 3, 2000, marked the 25th consecutive year of swimming several times weekly. Having returned to graduate school in January, 1975, after a holiday spent eating too much, I joined a friend for what was to be only one swim; a single desperate swim whose sole purpose was to burn off the three pounds worth of Christmas cookies I had just put on my hips.

I was not a swimmer. Though I had been taught how not to sink or drown in the local river when I was a child, I hadn't really ever swum. The swim was dreadful. I had to swim to the side of the pool about every seven yards or so to gasp and to pant. Let's see--at 25 yards per length, I must have required three rests per length, not to mention the leisurely stop of a few minutes at the wall before attempting the return length to complete one lap. I probably swam only 300 yards in that swim, and it took me about 25 minutes to cover the distance.

The next day my friend egged me on for another swim, and little by little, day after day, my endurance improved until I was swimming one mile a day, nonstop, five or six times per week. These nonstop swims were neither fast nor pretty. The slow pace never elevated my heart rate, and stroke technique and efficiency were strangers to me. Little by little I was incorporating exercise into my lifestyle. I maintained this mile-per-day routine faithfully for over 11 years, at which time I decided to visit a masters team.

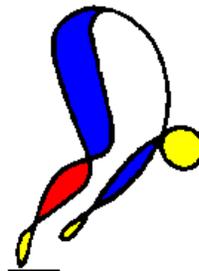
My plan was to swim with the masters team for ten practices, just to get some feedback on my stroke. Little did I know that not only would I improve stroke technique but also that I'd get a whole lot more--interval training, the ability to swim the three "other" strokes, meet experience, and a friendship circle that remains very sustaining. That was over 13 years and a few more than ten practices ago, and I continue swimming four times weekly with that team.

Swimming regularly for 25 years would not be particularly remarkable if I had grown up doing something athletic. Had that been the case, regular exercise as an integral part of a well-rounded lifestyle would have been inculcated on me. But I had no role model for this. Having parents whose idea of aerobic exercise was bowling once a week, I did not learn an ethic of physical activity. Having grown up before Title IX, I, as a girl, wasn't encouraged into athletics. Cheerleading was the most active a girl could be, and even that remained the exclusive province of the pretty and the popular. Having grown up Roman Catholic and having attended a Catholic school (Latin's my first language), I received no physical education or experience with sports. Apparently only the Catholic's soul and not the Catholic's body needed exercise, so my school had a confessional but not a gym.

I have a confession to make now. Bless me, father, for I have swum. It has been about 36 hours since my last workout. I LOVE SWIMMING. I have a body that craves routine exercise. I need an athletic outlet several times every week for my emotional and mental well-being as much as for my physical well-being. When too much time elapses between practices, I get restless and out-of-sorts. Swimming is good for my body, for my mind, for my heart, and yes, even for my soul.

So it does seem remarkable to me that without having had the ground work laid in my childhood and adolescence, I have inadvertently succeeded in incorporating frequent, regular, structured exercise into my lifestyle. I appreciate and value this aspect of my life, and I am grateful that my body cooperates to make this possible. I pray that enough body parts remain in good enough working order to go for the gold--the golden anniversary that I plan to celebrate in January of 2025 when I'm in my middle seventies for what will then have been 50 years of swimming.

by Annie Nevaldine
SWAM Swim Team in Anchorage
Coach Andrew Billings



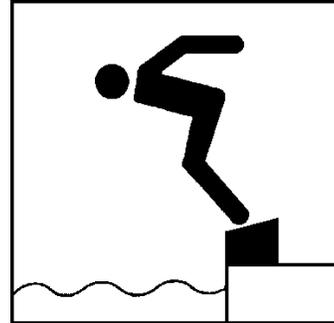
4 Alaskan Swimmers Heat Up at SCY Nationals

Christine Haslam- 25-29

50 freestyle	:27.25	11 th
100 freestyle	1:00.72	16 th
200 freestyle	2:20.94	12 th
50 backstroke	:31.60	8 th
100 backstroke	1:06.87	6 th

Annie Haxby- 35-39

500 freestyle	6:14.85	18 th
1000 freestyle	12:43.53	7 th
50 breaststroke	:36.33	19 th
100 breaststroke	1:20.39	23 rd



Mary Sweat- 40-44

500 freestyle	6:01.39	11 th
1650 freestyle	20:14.55	3 rd

Great Job!!

Michael Sorensen- 30-34

50 freestyle	:21.74	4 th	
50 butterfly	:22.93	1 st	!!WOW!!
100 butterfly	:50.57	1 st	
100 I.M.	:54.09	2 nd	

February Fitness Challenge

There were 709 participants total for the challenge. Tim Peters was the top Alaskan male (48th of all swimmers) swimming 143,770 yards in the month of February and Joanne Wainwright was the top Alaskan female (95th of all swimmers) swimming 108,375 yards.

The following Alaskan swimmers also participated:

Bridget Walsh	Glenn Preston
Jan Rumble	Deane Feetham
Trent Fischer	Betty Harris
Ginny Wright	Barbara Weisz
Sandra Umlauf	



**Janna Endell
P.O. Box 85190
Fairbanks, AK 99708**



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