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# *Alaska Masters Swimming*

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Fall 2000



## *Letter from the chair*

Hello Fellow Swimmers:

We will be putting out a hard copy of our newsletter at the beginning of the year just to make sure we are reaching everybody, but by all of the feedback I have heard our [www.akmswim.org](http://www.akmswim.org) is now one of the Top 50 swim websites in the WORLD. Way to go. Our next step is our merchandise shop where you can order Alaska Masters swim items on line. Our web master does ask you to send our web address to 2 friends. In doing this we will be spreading the word about our group and promoting swimming to the community.

Way to go **KEN HICKEY**. You are our true famed celebrity this month and really generating the word about our organization. The IBEW sure gave you the credit you deserve in your continually playing commercials!

The reason to promote swimming is to **KEEP THE POOLS OPEN!** Anchorage government has come up with this sad idea that closing 4 of the 6 pools will help their budget while giving all of us and our children very few places to swim and stay out of trouble. My concern is that the government spends so much money for people who are in trouble but cutting all of the programs that keep kids off the streets. Please print the "People for Pools" placard and place it in your car to get the word out.

As for new teams, the UAA team is practicing M-F 5:30-7 PM and a newly added Saturday practice from 10-11 AM. Anyone wanting to sleep in on Saturdays is welcome to come on over even if you are practicing with another team. All are invited! I would like to start a Sunday practice somewhere from about 11 AM-1 PM? Any takers?

We will also begin putting AKMS members businesses' logos up on our main swim page to start to generate income for our page. It will be free for the first 3 takers. Mike Sorensen and I (a newly licensed real estate agent) will be putting up the ReMax logo to start. Anyone else out there who is interested in doing the same, please contact me and we will need your logo ready. Any swimmer who does just click into our ReMax site will be eligible for a swimming merchandise gift certificate in our monthly drawing.

That is all for now. Keep swimming and preparing yourselves for the upcoming meets. Spread the word-[www.akmswim.org](http://www.akmswim.org).

**Annie Haxby**



# News from around the state

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### Buckner Masters from Ron Larsen

1. Diane Ruckstuhl, Pauline Schultz and Cathy Derrick went to Klondike Road Race. These members of the Buckner Masters swim team did not break the existing record but all came away standing and ready to swim.

2. One of Buckner's newest members, Dan Gallagher, competed in the recent Chicago Marathon and made his goal time of 3hrs 30 minutes. He is now ready to devote his entire existence to swimming.

3. The Buckner Masters is hosting a swim meet on 29 Nov at our pool located on Ft Rich. This is a Wednesday. Warm-ups are at 5:00 PM and the meet starts at 6:00 PM. The events are: 200 Medley Relay, 200 Free, 200 IM, 50 Free, 100 Fly, 100 Free, 500 Free, 200 Free Relay, 100 Back, 100 Breast, 400 Free Relay. There will be no charge for this meet. The pool will be open to swimmers on this day in time to get to the pool for warm-ups. Anyone over age 18 is eligible. Events will be seeded according to time without respect to age or sex. Hopefully we will have awards for first through third. These awards will be either ribbons or medals. We will keep track of team scoring however, there will be no team awards. Each swimmer will be allowed to enter two events and one relay or, two relays and one event. "No time" entries will be placed in the slowest heat. If you enter at the meet you will be limited to available lanes in the first heat. Heats will go from slowest to fastest. Scoring, 1<sup>st</sup>-7pts, 2<sup>nd</sup>-5pts, 3<sup>rd</sup>-4pts, 4<sup>th</sup>-3pts, 5<sup>th</sup>-2pts, 6<sup>th</sup>-1pt. We are trying to get all entries via e-mail. Please send them to [jperichards@prodigy.net](mailto:jperichards@prodigy.net). Entries should include name, age, sex, events with times, team or unattached.

The idea behind this meet is to have fun and add a meet or two to the regular schedule. The Army has been very willing to help out (i.e. no fees). Hopefully the turn out will be great! Any questions should be directed to Erika Richards or Ron Larsen at the above e-mail address.



News from the state (cont'd)



### ***FASTM NEWS (from Fairbanks):***

Coach Ben Hammond

Jane Leblond won the Williams Cup Running Series this Summer in Fairbanks, Great Job Jane!

Kat Better and Bruce Miller completed Ironman USA this summer and did very well, Congrats Kat and Bruce!

Alison Meadow, a triathlete, completed her first Ironman in Florida on Oct. 21, 2000 and placed 3rd overall for women. Awesome job, Alison!

**on a sad note:** Ben Hammond, coach of FASTM, will no longer be able to coach because of a new job starting in Nov. So if anyone is interested in part-time coaching in Fairbanks please e-mail Ben at: [gohardorgohom20@hotmail.com](mailto:gohardorgohom20@hotmail.com)



### ***Juneau Masters News***

Coach Jan Rumble

#### **This summer and fall:**

Dean Courtney, Sally and Tom McLaughlin, Jessica Menendez, Tamira Potdevin, Jan Rumble, Ritchie Sonner, and Michael Williams and all ran in the Klondike Relay Road race which goes from Skagway to Whitehorse.

Tracy Rivera participated in three triathlons this year, an ironman in Lake Placid being the pinnacle. He also ran 2 marathons one in Grandma's marathon in Minnesota and another in Victoria, BC, Canada.

There were 7 people who swam in the 3,000 yard postal swim.

The Masters are participating in time trials run by the Glacier Swim Club (registered with USS). It is fun swimming with the kids and letting them know that swimming can be a life sport and that adults like to race, too.

There were 8 swimmers who went to the Ketchikan Masters Swimming Clinic with Kerry O'Brien from the Walnut Creek Masters. What a great weekend!

# *What does your boat look like?*

In the middle of August, due to a bizarre twist of fate (i.e. our research vessel breaking down on our way out of town), I got to attend a Masters swimming clinic in Ketchikan with eight Masters swimmers from Juneau and fourteen from Ketchikan. Kerry O'Brien is the Masters coach of the Walnut Creek Masters in California which has approximately 150 members. Practice is offered five times a day. Kerry and his 2 assistants rotate coaching these sessions. The program is highly publicized and caters to all levels of swimmers. Kerry is paid by the local borough (city) to run the program and that is his primary job. Kerry was brought to Ketchikan partially by a grant from United States Masters called the Mentor program.

Kerry had a clinic just for coaches with 5 of us attending. I felt so spoiled. I have been to clinics where I would just sit in the back and not ask questions. It was an intimate environment where we all got to ask questions and participate a lot. He talked about how to set up a successful Masters Swimming program. Goal setting for the coach and what you would like to see from the team was something that he does with his coaches in the beginning of the season. One example of his is that they want to take a certain number of people to the National Short Course Yards meet. Then, he gets each one of the Masters swimmers to set goals for themselves. They write these down and individually share them with the coaches. There are intermediate and long term goals that are set. An intermediate goal may be to get a 1:02.00 in the 100 free in the next time trial. A long term goal might be to improve my butterfly.

Kerry develops the schedule for his team in the beginning of the season. He bases it around swim meets, like the SCY Nationals meet in May. With that in mind, he plans workouts in September and October focusing technique and base work. Then from November through May, he focuses more on training for the meet with faster paced swimming. He spoke about different types of training cycles that he uses where the intensity is mapped out throughout the whole season. Then, close to meet time swimmers taper. After the season is over, he asks everyone to fill out a post-season evaluation. Kerry added a lot of specifics about training and provided the coaches with a lot of good ideas.

The other part of the clinic was for swimmers. Kerry would demonstrate some of the common problems with the strokes and then go through a series of drills that we were going to do. He did this for each of the strokes. He provided feedback while we were doing the drills. Kerry's focus in most of the drills is balance and gave us a handout called "What does your boat look like?" to demonstrate that the position of our bodies in the water will determine how fast we go. Then, we did a workout. The first day Kerry led the workout and the second day the coaches from Ketchikan lead it. It was very good. I think both days we were in the pool for 6 hours. We got a lot done. The coaches from Ketchikan helped provide good feedback to the swimmers in the pool. On Sunday, we got videotaped and went over the videotapes with the Ketchikan coaches. Kerry took the tapes back to California with him and provided written feedback to each of the swimmers and a tape of their own.

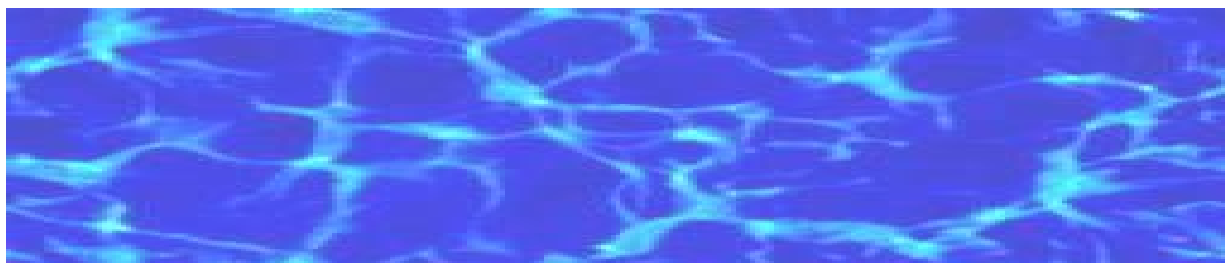
I loved the clinic. To travel there cost me money but I have found that the experience elevated my already all encompassing love for swimming. I did not think I could love it more, but I do. It was so nice to get new ideas and new critiques. I loved hanging around with all of the other swimmers and coaches. It was a "total immersion" in swimming. We were all exhausted by the end of the day on Sunday. The Juneau swimmers had a lot of praise for the clinic. We talked about our goals and wrote them down on the way back to Juneau. The swimmers who went have been very enthusiastic about their new knowledge at practice. We appreciate all of the work that Dawn Allen-Herron, Elizabeth Einset, and Norman Herron did to put the clinic on and we thank Kerry O'Brien for coming up. We also want to thank Bev Zaugg for having us all over for a wonderful dinner. What a treat. Fate was definitely on my side.

# Swim Shop on the Web

I've been in charge of sales for the swim shop that AKMS would like to start for the website. Today I had a meeting with a representative from J.D. Pence. Alaska Masters Swimming (AKMS) just received about 50 "grab bag" suits. Most of the women's suits are \$32.95 and the men's are all \$15.95. For every suit we sell, AKMS will keep 20%.

I would like to let everybody know that I will be available to come to their clubs with the suits if there is interest. J.D. Pence will continue to send as many suits as we are able to sell. I will also have a booth at the December and February meets.

**Peggy Brannon-Guthrie**



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## Alaska Masters Swimming

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# BECK WINS SOURDOUGH TRIATHLON

by Fred Pratt, Running Club North

Jens Beck raced away from a field of solo racers and relay teams in the 9<sup>th</sup> Annual Sourdough Triathlon Saturday.

Fairbanksan Alison Meadow took an equally wide victory in the "half-Ironman" length event over Tracy Toivanen and Lupe Marroquin in the women's contest. The race is run from Harding Lake, 40 miles south of Fairbanks on the Richardson Highway. Beck emerged from the 1.2-mile swimming leg second in a lead pack of four, took a solid lead in the 56-mile bike leg riding with a broken pedal the whole way, then ran the third-fastest 13.1-mile run of the day to lock up the winning trophy.

The Anchorage racer, who only began triathlon events this year, covered the course in 4 hours, 26 minutes and 10 seconds, almost seven minutes faster than last year's winning time and a record for the new and more hilly bike course adopted last year.

He beat the fastest relay team by more than eight minutes. Beck was second out of the swim leg, close behind Fairbanks high school swimming star and relay team member Hunter McCallister. Several relay teams got ahead of Beck in the exchange while he changed clothes and footwear, then he suffered a major mechanical failure. As Beck cranked up a short hill out of the exchange area, he broke the retaining ring that locks his bicycle shoe onto one of his pedal. He rode the whole bike leg with only one foot locked on the pedal, and balancing the shoe of the other foot on the tiny and almost useless Look racing pedal. "I must have slipped off of it a good dozen times," Beck said after the race. "I couldn't stand up, and so I didn't get out of the saddle one time."

The bike leg runs south from Harding Lake on the Richardson Highway to the top of Tenderfoot Hill, climbing two long 7 to 8 percent grades. Despite the mechanical problems, Beck passed all the bikers in front of him and hit the turnaround with a 27-second lead over relay racer Doug Stewart. McCallister's relay team bike rider, Fairbankan Dave Delcourt, was 2:31 behind in third place.

On the return leg back to Harding Lake, Beck averaged 22.2 mph and finished with the fastest bike leg of the day. On the running leg Delcourt and McCallister's team runner, Wayde Leder, ran the second-fastest running leg of the day to pull his team to the relay title and second place overall, but he barely made up minute on Beck. In the solo results, Beck finished more than a half-hour ahead of runner up Mackie Derrick, who came in at 4:59:26. Former champion Tom Schmid was third in 5:02:44.

Race organizer Bruce Miller couldn't help teasing the men for one failing. Miller noted during the awards ceremony that not one woman dropped out of Saturday's race, either on relay teams or solo riders, while three men quit in the bike or run legs.

Meadow, a Fairbanksan who finished eighth in her age group last month in the world long-course triathlon championship in Nice, France, topped the women's field in five hours, 22 minutes, and 38 seconds. She came out of the swim leg in second place, three and a half minutes behind Toivanen. Marroquin, the Anchorage masters racer who dominated the Sourdough in past years, was six minutes behind her, but the experienced former champion threatened with her usual strong bike leg. Racing down the Richardson Highway, Marroquin reeled in the two women in front of her. At the Tenderfoot Hill bike turnaround Meadow was the first woman but Marroquin turned the corner only 3:24 behind her. "Lupe caught me about 8 kilometers from the end of the bike leg," Meadow said after the race. "I just decided to let her go and see what I could do in the run."

Marroquin hit the exchange zone 37 seconds ahead of Meadow, but she lost that edge a hundred yards later. When Meadow caught her, Marroquin was walking up a short hill and obviously not in form to contest a 13.1-mile run.

## **Beck wins Sourdough Triathlon (cont'd)**

Meadow ran on at a pace that crushed the competition behind her. Her run of 1:47:05 was the only solo woman's time under two hours. Toivanen, who placed fourth in last year's Sourdough, also caught Marroquin in the running leg and came in 25 minutes behind Meadow, finishing in 5:47:27, while Marroquin was third in 5:49:56 4.

Women's relay teams also had a competitive day. The squad of swimmer Michelle Viah, biker Sue Stewart, and runner Colleen Personett was the fastest female relay team, and fourth overall out of 16 relay entries. They covered the course in 5:17:02, winning largely on Stewart's hammering bike leg. She was the fastest woman biker, and, with Marroquin, one of only two women to cover the 56 miles in less than three hours. Stewart hit the exchange point only two minutes after solo leader Meadow, but Personett's fresh legs easily pulled the relay team past the solo leader.

The second woman's team was Samantha Wuttig, Jana Endell, and Jane LeBlond, finishing in 5:22:39. Wuttig's swim time of 28:09 was the second fastest of the day, and LeBlond's running effort of 1:29:09 topped the woman's field.

The third woman's team was Sarka Meyer, Kay Kindt, and Kim Simpson, who came in at 5:28:58. Like Meadow, they has a solid effort in all three legs, capped by Simpson's second-fastest women's running time. While some racers liked the hilly bike course to Tenderfoot, others found it a grind in Saturday's hot sun.

Solo racer Dev Gangadean, cresting Tenderfoot in fifth place, asked spectators, "Is this the north summit or south summit of Denali?"

## ***Sourdough Triathlon Results***

### ***Men***

1. Jens Beck, 1.2-mile swim, 25 minutes, 12 seconds; 56-mile bike, 2 hour, 34 minutes, 43 seconds; 13.1-mile run 1 hour, 26 minutes, 15 seconds; Total 4 hours 26 minutes, 10 seconds. 2. Mackie Derrick, 33:47; 2:41:07; 1:44:43; 4:59:26. 3. Tom Schmid, 30:36; 2:50:20; 1:41:48; 5:02:44. 4. Dave Ruckstuhl, 27:32; 2:50:34; 1:49:32; 5:07:38. 5. Dev Gangadean, 35:41; 2:53:06; 1:42:19; 5:11:05. 6. Bob Baker, 36:41; 2:48:40; 1:51:05; 5:16:26. 7. Andrew Duenov, 33:19; 2:53:44; 2:08:52; 5:35:54. 8. John Harris, 31:14; 2:59:08; 2:05:08; 5:36:09. 9. Brad Gamblin, 25:50; 2:49:18; 2:28:11; 5:43:19. 10. Josh Hedberg, 42:45; 3:05:43; 2:01:06; 5:49:33. 11. Jarkko Toivanen, 38:59; 3:11:43; 2:02:27; 5:53:09. 12. Bill Young, 37:01; 3:33:02; 1:49:01; 5:59:04. 13. Rob Solomon, 43:37; 3:40:24; 1:51:40; 6:15:41. 14. Marshall Wilde, 36:26; 3:14:35; 2:25:20; 6:16:21. 15. James Rothermel, 40:46; 3:01:15; 2:38:06; 6:20:06. 16. Peter Sterns, 31:23; 3:26:26; 2:29:21; 6:27:09. 17. Dave McCallan, 35:21; 3:44:24; 2:21:47; 6:41:31. 18. Bob Perkins, 44:50; 4:31:16; 3:04:10; 7:35:26. 19. Bob Grosclouse, 44:17.1; 4:24:38; dnf 20. Karl Hannamen, 34:15.1; dnf 21. Jeff Cambell, 35:27.6; dnf

### ***Women***

1. Alison Meadow, swim 30 minutes, 37 seconds; bike 3 hours, 4 minutes, 57 seconds; run 1 hour, 47 minutes, 5 seconds; total 5 hours 22 minutes, 38 seconds. 2. Tracy Toivanen, 27:09; 3:19:28; 2:01:29; 5:47:27 3. Lupe Marroquin, 36:01; 2:58:49; 2:15:05; 5:49:56 4. Rebecca Nash, 30:27; 3:31:31; 2:03:24; 6:04:43 5. Katherine Tamburello, 34:36; 3:45:32; 2:14:15; 6:34:23 6. Katherine Derrick, 39:22; 3:45:08; 2:10:06; 6:34:37 7. Karen Friedl, 44:42; 3:45:33; 2:21:34; 6:51:50 8. Liz Fiedman, 42:32; 3:51:35; 2:21:46; 6:55:52 9. Cilla Pererek, ---; 4:37:44; 2:31:38; 7:09:22 10. Pam Cravez, 44:44; 4:19:11; 3:20:49; 7:40:00.

### ***Relay Teams***

1. (Male) Hunter McCallister, swim, 24 minutes, 59 seconds; Dave Delcourt, bike, 2 hours, 44 minutes, 42 seconds; Wayde Leder, run, 1 hour, 25 minutes, 10 seconds; Total 4 hours 34 minutes, 29 seconds. 2. (Male) Glenn Pratt, 25:16; Mark Campbell, 2:55:07; Jay Walker, 1:19:24; 4:39:47. 3. (Male) Dave Leonard, 27:19; Doug Stewart, 2:36:26; George Carroll, 1:40:37; 4:44:23. 4. (Female) Michelle Viah, 39:54; Sue Stewart, 2:57:48; Colleen Personett, 1:39:20; 5:17:02. 5. (Female) Samantha Wuttig, 28:09; Jana Endell, 3:25:21; Jane LeBlond, 1:29:09; 5:22:39. 6. (Female) Sarka Meyer, 40:18; Kay Kindt, 3:12:41; Kim Simpson, 1:35:58; 5:28:58. 7. (Female) Catherine Montcrief, 32:07; Julie Garrigus, 3:09:49; Kelly Simonson, 1:47:27; 5:29:24. 8. (Female) Nancy Hanneman, 35:08; Sharon Baker, 3:14:41; Gail Koepf, 1:41:22; 5:31:10. 9. (Mixed) Bruce Miller, 30:48; Bruce Miller, 2:53:19; Marina Miller, 2:12:50 5:36:56. 10. (Female) Rebecca Nash, 30:27; Diane Ruckstuhl, 3:24:42; Sharon Young, 1:44:22; 5:39:31. 11. (Mixed) Kat Betters, 34:01; Kat Betters, 3:09:57; Dan Ferguson, 1:56:27; 5:40:26. 12. (Male) Ben Harris, 31:41; Dan Harris, 3: 5:25; Ed Buoncore, 2:21:52; 5:58:58. 13. (Female) Peggy Brannon-Duthrie, 30:40.3; Diane Little Eagle, 2:15:05; Lupe Marroquin, 2:15:05; 6:09:46. 14. (Male) Kristofer Gills, 34:21; Fred Bauer, 3:50:24; Dan DeMann, 1:46:51; 6:11:06. 15. (Mixed) Grace Ruckstuhl, 1: 5:03.3; Dave Ruckstuhl, 3:18:06; Ted Ruckstuhl, 5:36:39.1; 6:14:09. 16. (Mixed) Bronwen Nicholls, 29:20; Glenn Cravez, 4:44:03; Ruth Glenn, 2:26:38; 7:40:01.

# USMS TOP TEN TIMES

Top Ten is a compilation of times submitted by each LMSC to the Records and Tabulation Chairman, Pieter Cath, by a specific time deadline. USMS Top Ten is available in three courses: Short Course Yards (SCY-swims performed in a 25 yard pool), Long Course Meters (LCM-swims performed in a 50 meter pool), and Short Course Meters (SCM-swims performed in a 25 meter pool).

The following swimmers made the **USMS Top Ten SCY times for the 1999-2000 season:**

**Michael Sorensen**                      **Age 30-34**

50 free	:21.74	5th
50 fly	:22.95	1st
100 fly	:50.57	1st
100 IM	:54.09	2nd

**Congratulations!**

**Andrew Billings**                      **Age 30-34**

100 free	:48.52	10th
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**Mary Sweat**                              **Age 40-44**

1650 free	20:14.55	6th
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There will be a hardcopy newsletter sent out in early January. It will include 2001 USMS registration and State Meet information and entry form. If you have any article that you have been dying to write or information to share, please send to Jan Rumble at [jandean@alaska.net](mailto:jandean@alaska.net). The newsletter is better if more people participate. Thanks!





**Janna Endell  
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**Inside:\*\*Letter from Chair\*What does your boat look like?\***  
**\*News from Around the State\*Swim shop for Alaska Masters\*\***

# Alaska Masters Swimming