

*A Bi-Monthly Publication of your Arizona Local Masters Swim Committee*

## FLAGSTAFF'S MOUNTAIN MASTERS' FALL CLASSIC

*Contributed by Liz Hobbs*

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On October 15th and 16th, 40 Arizona and Colorado Masters Swimmers assembled at NAU's Wall Aquatic Center for a weekend of fun and competition.

The weekend started with a hike up the San Francisco Peaks to check out the beautiful Fall foliage. On Saturday afternoon we held a clinic for all meet participants. Everyone had a chance to be video taped, both over and under water, and to work on starts, turns, and strokes. The day ended with a delicious pasta dinner for participants and their guests.

The meet on Sunday went wonderfully, thanks in large part to Judy Gillies and Laura Winslow, who spent their weekend traveling to Flagstaff and

volunteering their time to officiate and help. We had participants from Phoenix, Tucson, Prescott, Sedona, Flagstaff, and three folks from Colorado.

Appropriately, the *Mel Dyck Swimmer of the Meet award* was won by its namesake, Mel Dyck. Mel raced over 700 meters of butterfly and swam 3 200's back to back. He is an inspiration to us all, and it was great to have him and Grace back from Colorado for our meet.

We look forward to holding the Fall Classic annually, and hope to see more of you in Flagstaff next year. ≈

*Liz Hobbs is the Coach of the Arizona Mountain Masters and Meet Director for the Mountain Masters' Fall Classic.*

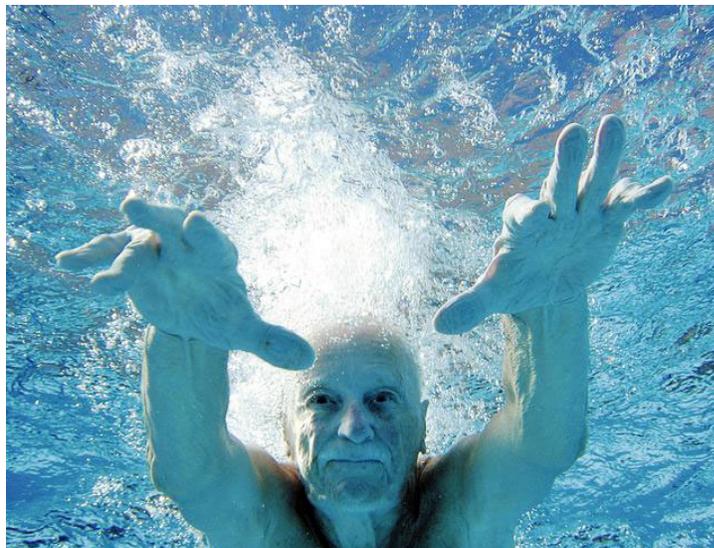


Photo by David Sanders, Arizona Daily Star

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## NEW TOOLS

*Contributed by Doug Adamavich*

Over the last few weeks, Arizona Masters has begun using two new communications tools that will help our members stay informed about swimming. They complement the newsletter and the website by offering unique enhancements. Both of these tools are examples of how AZ LMSC has taken the initiative and embraced new technology to support our sport.

The first new tool is a web log or "blog". It is a web page that resembles an online journal, with entries listed by day along with links, pictures, and other information. For our purposes, the Arizona Masters blog concentrates on matters directly related to swimming. It is designed to be a place for short articles, announcements, and news.

The information on the blog is normally time-sensitive as well, and changes every few days. Because of this, it is a good idea to visit the site on a regular basis. Once at the beginning of the week and once before the weekend would be a good habit to get into in order to stay fully informed. If you have any information that needs to get out to members quickly, the blog is the best place to start. However, if you have items like meet entry forms, results, and other larger items that need posting, have those placed on the web page.

To go to the blog, type in <http://azlmsc.blogspot.com/> in your web browser. The content is arranged from newest to oldest as you scroll down the page. There are some links on the right-hand side of the blog but most of the content is in the main body of the page. As always, if you have a suggestion or comment, feel free to share it so we can improve this site.

The second new tool is the Yahoo group site. As many of you know, Yahoo is one of the busiest web portals on the internet; millions of visitors come to their site every day. The group site is a way for both members of Arizona Masters Swimming, along with other people interested in swimming, to stay informed and share information.

This site has more features than the blog and is designed for more communication and interaction among members. It does not cost anything and features many useful components like; messages, forms, calendar, web links, polls, and chat. The idea behind this and other group sites is to have a range of services in one central location where members can congregate and share.

Type <http://sports.groups.yahoo.com/group/arizonamastersswimming/> in your web browser to find the group site. If you want to post information you can sign-up and become a member, if you just want to read what is on the site you don't have to do anything. If you know of anybody who is interested in Masters Swimming, give them this link along with the blog and website so they can become fully informed.

Both these tools will evolve over time in order to become important tools for our members. To achieve this, we will need your feedback and participation, so take the initiative to share your thoughts. Participating both inside and outside the pool will ensure that Masters swimming will continue to flourish in Arizona. Over time Arizona Masters will utilize other new techniques and tools to facilitate communication. As always, stay tuned for more information.

*Doug Adamavich is Vice Chairman of Arizona Masters Swimming and lives in Chandler.*

## OUT IN THE OPEN... WATER, THAT IS

**In this column, swimmers are invited to share with Swim Arizona readers their open water experiences.**

Laura Winslow reports: The annual Maui Channel Swim race was held on Saturday, September 3, 2005. This swim is an inter-island swim from Lanai to the shores of Ka'anapali on Maui, and is approximately 9 miles long. With the current, the actual swim is usually closer to 10 or 11 miles. Relays consist of six swimmers, with each person first swimming for 30 minutes at a time, then 10 minute increments until finished. The swim can also be done solo. This year there were 15 solo swimmers and 52 teams. Every team has a dedicated escort boat, with the boat captain acting as the navigator for each team.

The first place overall finisher this year was Tattersails Masters Australia, which finished in a quick 2:51.01. Second place was RCP Tiburon Milers in 2:59.09. Both these teams had one or more recent Olympians and national team members on them.

Two Arizona swimmers participated in this year's race. Newsletter Editor June Hussey was on an all women's team, Wahine O Ke kai/Lane 1, which finished 32nd overall and 4th in the women's division. Their time was 3:48.28. I also participated in the race, swimming on a mixed 240+ team, Just a DAM Mixed Team. My team finished 16th overall and 3rd in our division.

Two days after the Maui Channel Swim, Maui Masters hosted the inaugural Maui Au'makua 2.4 mile swim and Maui sprint mile. This event drew three Arizona swimmers.

Monica Bailey and her husband Sean both swam the 2.4 mile race. I opted for the shorter sprint mile event. In the 2.4 mile race, swimmers had the option of diving down around 12 feet and going through an arch. There they could collect a wrist band which would take two minutes off their time. Monica opted to not do this, but her husband

Sean did. Even without the time reduction, Monica still placed second in her age group, 9th for the females and 45th overall. Her time was :54.31. Sean finished 11th in his age group, 30th for the males, and 35th overall. His time was :51.40. Both of these swimmers did exceptionally well! Congratulations to both of them!

In the sprint mile, I finished first in my age group, second for the females, and 10th overall. —Laura Winslow

June Hussey adds: A friend recently asked me "do you swim to go to Hawaii or do you go to Hawaii to swim?" I answered resoundingly, "YES!"

The Maui Channel race is always the highlight of my personal swimming calendar and this year was no exception. Skies were overcast, a welcome reprieve from warmer-than-usual weather. The start was murky and full of heavy chop which made it quite challenging for the lead-off swimmers, spotters and boat captains all. However by the second leg, the course smoothed out and the coast was clear the rest of the way.

Although we missed a third place towel by only a couple of minutes, we didn't have time to dwell on disappointment. My sister and I had to depart the awards banquet early and catch the last flight to Honolulu for the next morning's Waikiki Roughwater Swim. As it turned out, we were among the 1000-plus swimmers standing on Sans Souci Beach on September 4—capped, goggled, chipped and numbered—when the announcement came that the Waikiki race was being cancelled for the first time ever, due to dangerous currents. The race director had no choice but to err on the side of caution after failing to



**United States Masters Swimming (USMS)** is a national organization that provides organized workouts, competitions, clinics and workshops for adults age 18 and over. It is open to all adult swimmers (fitness, triathlete, competitive, and non-competitive) and dedicated to improving their fitness through swimming in structured workouts, often with a coach. USMS offers opportunities to compete (pool and open-water), measure individual progress at local, state, national and international levels. It also offers stroke and technique clinics, workshops, and instruction, as well as social functions.

### Web Site:

[www.usms.org](http://www.usms.org)

**Members:** 43,000

**Age Range:** 18 to 100+

**Structure:** Organized with more than 1,100 workout groups and teams throughout the United States

**Founded:** 1970

**Headquarters:**

P.O. Box 185

Londonderry, NH

03053-0185

603-537-0203

800-550-SWIM

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United States Masters

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Throughout the year, Arizona Masters participates in several major events. These events generally follow this schedule, dates and times vary, however. For an up-to-date listing of upcoming events, please visit the official website for the latest information.

**January:** USMS One-Hour Postal (SCY)

**February:** Polar Bear Meet (SCY)

**March:** Sun Devil Invite (SCY)

**April:** Short Course State Championship (SCY)

**May:** USMS Short Course Nationals (SCY)

**June:** Grand Canyon State Games (SCY)

**July:** Long Course State Championship (LCM)

**August:** USMS Long Course Nationals (LCM)

**September:** La Jolla Open Water Swim (Open Water)

**October:** Fall Classic (SCM)

**December:** Southwest Zone Championship (SCM)



## OUT IN THE OPEN..., CONTINUED

call the race in 2003, when some 400 swimmers had to be rescued. Having fought those very currents to the finish myself, I'll admit I was a tad more relieved than disappointed about the last-minute cancellation this year. It looked pretty fierce out there. I looked on somewhat wistfully as braver souls than I went out and swam the course anyway for fun and/or posterity.

### ZONIES SHINE IN LA JOLLA

Hundreds of Arizona USA and Master's Swimmers, families and friends converged on La Jolla, California on September 11, 2005 for the 76th annual La Jolla Rough Water Swims. It was a beautiful, sunny day with scarcely any kelp in sight. The swell was slight, the current was moderate, the red tide of August had dispersed, and the ocean was a refreshing, if not nippy, 67 degrees Fahrenheit—conditions practically ideal for a one- and/or three-mile open water swim. Complete results can be viewed at [www.ljrws.com](http://www.ljrws.com). Only Arizona's Top Ten finishers in each age group are published here.

#### Men's Masters (One Mile)

##### 19-24 Age Group

7th Evan Rahaeuser, 22, of Phoenix, 23:45

10th Makka Defilippo, 19 of Tucson, 25:44

##### 30-34 Age Group

2nd Dickie Fernandez, 34, of Tucson, 22:42 (tenth overall)

6th Ed Hadley, 33, of Scottsdale, 23:50

7th Jack Beaver, 32, of Phoenix 24:37

10th Eric Dimmery, 33, of Phoenix, 24:37

##### 35-39 Age Group

1st Matthew Harper, 35, of Tucson, 24:21

8th Peter Deise, 35 of Phoenix, 26:37

##### 45-49 Age Group

2nd Jim Stites, Tucson, 23:48

##### 50-54 Age Group

5th Tom Hickcox, 52, Carefree, 24:21

#### Women's Masters (One Mile)

##### 19-24 Age Group

7th Elizabeth Magura, 19, of Phoenix, 25:07

##### 25-29 Age Group

4th Celestena Duke of Tucson, 25:30

##### 30-34 Age Group

1st Susie Fawcett of Chandler, 23:42 (fourth overall)

5th Sophie Jacob, 33, of Tucson, 28:49

7th Jenny Weaver, 31, of Scottsdale, 29:33

##### 35-39 Age Group

3rd Carolyn Duffield, 39, of Tucson, 25:56

##### 40-44 Age Group

6th Christine Fischer, 40, Tucson, 27:36

##### 45-49 Age Group

6th Lisa Walls, 46, of Tucson, 31:56

##### 50-54 Age Group

6th Jonelle Schmidt, 54, of Scottsdale, 30:42

7th Barbara Crisp, 54, of Tempe, 31:35

##### 55-59 Age Group

4th Lucy Mitchell, 56, of Tucson, 32:41

##### 60-64 Age Group

7th Connie Inboden, 60, of Tucson 45:45

8th Sandra Connor, 60, of Tucson, 45:56

#### Men's Gatorman (three mile)

##### 24-29 Age Group

8th Scott Schladowler, 29, or Tucson, 1:25:49

##### 30-34 Age Group

1st Eric Mix, 33, of Chandler, 1:05:56

2nd Dickie Fernandez, 34, of Tucson 1:10:31

5th Jeff Ashbeck, 31, of Tucson, 1:12:04

##### 35-39 Age Group

4th Leslie Beasmaster, 35, of Tucson, 1:08:39

## LA JOLLA, CONTINUED

50-54 Age Group

8th Mike Beeson, 52, of Tucson, 1:26:48

9th Bradley Cahoon, 50, of Scottsdale,  
1:26:5660-64 Age Group

4th Bob Jones, 64, of Tucson, 1:32:16

**Women's Gatorman (3 Mile)**19-24 Age Group

2nd J. Corcoran, 23, of Tucson, 1:08:29

25-29 Age Group

7th Jennifer Inboden of Tucson 1:36:08

35-39 Age Group

9th Diane Lalley, 36, of Scottsdale, 1:23:51

40-44 Age Group

4th Jennifer Brisker, 40, of Mesa, 1:21:23

5th June Hussey, 44, of Tucson, 1:21:32

45-49 Age Group

2nd Ellen Hickey, 45, of Mesa, 1:19:49

55-59 Age Group

1st Kathy Krucker, 56, of Tucson, 1:31:20

Olympic events. Several outstanding individual contributors helped the Sunfish in the 'Small Team' competition including:

Marty Sarussi – Silver – 100 Meter Freestyle

Alexis Lucero – Bronze – 50 Meter Breaststroke

Marty Sarussi – Bronze – 100 Meter Butterfly

Marty Sarussi – 4th place – 50 Meter Freestyle

Alexis Lucero – 4th place – 100 Meter Freestyle

Alexis Lucero – 4th place – 200 Meter Individual Medley

Alexis Lucero – 5th place – 50 Meter Freestyle

Ken Bixler – 5th place – 200 Meter Breaststroke

Marty Sarussi – 6th place – 50 Meter Butterfly

Marty Sarussi – 6th place – 400 Meter Freestyle

Ken Bixler – 6th place – 100 Meter Butterfly

Ken Bixler – 7th place – 100 Meter Breaststroke

Ken Bixler, Andy Lorenz, Marty Sarussi, Gregg Smith – 8th place – 400 Meter Freestyle Relay

The Phoenix Sunfish started in December 2003 with a handful of Phoenix residents who had participated in gay and lesbian swim teams in other cities they had lived. At first, it was just a few members practicing during open pool times at a local health club. Over the next year and a half, the team grew to 35 active members with four practices a week. To help with expenses for the individuals attending the IGLA meet, the team participated in several fundraising events. The teams supporters include: IONAZ Magazine, Winks, BS West, Roscoes on 7th, Friends Bar and the Rainbows Festival organization. The Sunfish would like to thank these supporters and the Phoenix GLBT community for all their donations. Gay or straight men and women who are interested in learning more about the Phoenix Sunfish are invited to visit their website [www.phxsunfish.org](http://www.phxsunfish.org).

*Gregg Smith is the new treasurer for Arizona LSMC.*

**Don't Miss These Upcoming Events:**

Swim Clinics  
with Ron Johnson  
≈

Southwest Zone  
Championships  
December 11-12  
≈

One-Hour Postal  
Swim, January 2006

See entry forms in this  
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**PHOENIX SUNFISH REPRESENT ARIZONA IN IGLA COMPETITION**

*Contributed by Gregg Smith*

Phoenix, AZ – August 18, 2005: Twelve swimmers from the Phoenix Sunfish, traveled to Atlanta July 20-25 to compete in the world's largest gay and lesbian aquatics event. The International Gay and Lesbian Aquatics (IGLA) championships featured more than 1,500 swimmers, divers, water polo players and synchronized swimmers from 12 countries.

The IGLA swimming competition consists of individual and team relay races exactly like the ones raced in

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## ONE-HOUR POSTAL SWIM

by Bill Volckening

The objective of the annual One Hour Swim is to swim continuously, as far as you can, for one hour. I had only participated in the event a few times, and the last time was 1999. Each year, teammate Tracy Grilli, the USMS National Office Administrator, goaded me about it. There was always a good excuse not to do it:

“I swim in a 25 meter pool, and it should really be done in yards.”

“My group isn’t doing it, and there’s no pool availability.”

“I can’t find a counter.”

2003 was supposed to be like most other years. January would come and go, and I’d avoid the Hour Swim. On the 27th, I e-mailed Robin Parisi from the Multnomah Athletic Club, to find out how she had done in her Hour Swim. Her group was doing it the following day, and she invited me to join them. I hadn’t really prepared for it, and was only swimming 1600 meters a day. But somehow, it was tempting. My previous best Hour Swim was 4,585 yards, which is about 1:20 per/hundred yard pace. However, I had recently lowered my best short course 1500-meter time from 19:53 to 18:34, which was slightly faster than 1:10 pace for yards. Secretly, I thought I could do 5,000 yards. A handful of enthusiastic swimmers and Coach Stephanie Turner gathered at the pool the following day. I arrived with my counter, Jody Welborn, who fortunately had the day off work from her cardiology practice. At first, Steph didn’t realize there couldn’t be more than two swimmers per lane – so she stuck me in a lane with two other swimmers, Doug Otto and Brian Wannamaker. One of us would have to split the adjacent lane with a lap swimmer. Doug and Brian asked what pace I was hoping to go.

“1:11, maybe 1:10” I said.

“Per hundred?” one of them asked, incredulously, not realizing how much I had improved.

“Yes, per hundred,” I said.

They quickly voted me out, and I moved over to the next lane with a lap swimmer, Don Reed, who was a pretty good distance swimmer. We started the swim, and Don thought he’d try to keep up while swimming his laps. Much to my surprise, and Don’s, I lapped him at the 500, and again at the 1000. Around the 2000 point, he stopped, draped his arms over the wall, and watched as if he was looking at a tennis match. With Don out of the mix, lapping Doug and Brian was the new game.

At the end of the hour, my stomach felt like a prizefighter had used it for a sparring partner. My total was 5,075 yards. I ended up 56th overall and 9th in my age group.

*Bill Volckening is the editor of USMS Swimmer. This article is excerpted with permission from his article entitled “Championship Odyssey Part 1,” archived at <http://www.usms.org/articles/articledisplay.php?a=135>. After excelling in the One-Hour Postal Swim in 2003, Bill Volckening went on to complete all ten USMS championship events in 2003. He chronicles them on line at the site referenced above. (Be sure to check out the other monthly articles archived there). Each January, a USMS team sponsors a sanctioned One-Hour Postal Swim. All USMS members are invited to participate. Why not let the 2006 One-Hour Postal Swim be the start of YOUR swimming odyssey. Start planning now and get your fellow swimmers involved. The entry form is included in this newsletter, and is also available on line at: [www.usms.org](http://www.usms.org).*

## NOMINATIONS DUE FOR THE 2005 GRUENDER AWARD

*The Gruender Award* was named for and first awarded to Edie and Dan Gruender in 2003 for their selfless dedication and service to Arizona Masters. Last year's recipient was Mark Gill in recognition for all he did while he was here in Arizona, including acting as meet director for the 2003 Nationals hosted in Tempe.

Arizona Masters is the sum of so many contributors who, like previous honorees, make swimming in Arizona so much more than just a sport. Let's show them our appreciation. Honor a person for their dedication and service to Arizona Masters, by forwarding your nomination of him or her for the Gruender Award by December 1 to Katy James, AZLMSC chair, [katyjameswims@hotmail.com](mailto:katyjameswims@hotmail.com).

## MEET OUR NEW REGISTRAR AND TREASURER

In the last edition of **Swim Arizona**, we advertised the open positions of Registrar and Treasurer. We are very pleased to report that members have stepped up to answer the call.

As of November 1, **Mitch Mitchell** will be our Registrar and **Gregg Smith** will be our Treasurer. Arizona LMSC would like to formally thank **Marilyn Fogelsong** and **Audra Trocko** for their many contributions to our organization over their terms in these positions. We are so grateful for all their hard work!

Marilyn reports: Yesterday I had the pleasure of meeting R.A."Mitch" Mitchell and transferring seven years of registrations to him. Mitch has been the conscientious secretary for the Phoenix Sunfish (see related article in this newsletter). He is ready and willing to take on the duties of registrar which I am releasing as of November 1st, with the 2006 registration year. The time has come for me to give a little more care and attention to my folks and I am most grateful that Mitch stepped forward. Thanks everyone for the goodwill and patience that you have extended to me over the years and may you all extend a hearty welcome to our new registrar!

Treasurer Gregg Smith is an eight-year resident of Phoenix. Gregg moved here in 1997 from Chicago - where he was born and lived his whole life. Seeking a change, Gregg moved to Phoenix leaving behind the cold winters and hectic life of Chicago. In Chicago, Gregg swam age group through high school but never continued swimming in college. Gregg earned a bachelors degree in Marketing and Computer Management from Eastern Illinois University in 1992 and has been working in the Information Systems and technology field ever since. Gregg is currently working as an engineer with IBM and loves his job designing and implementing wireless email solutions. In December of 2003 Gregg went to his first USMS practice as a part of the Phoenix Sunfish swim team and has been swimming with them ever since. Gregg has been one of the co-captains of the team and is currently the team treasurer. In the past two years Gregg has been to the IGLA Championships and swam at the Swimming Hall Of Fame pool in Ft Lauderdale and the Olympic pool in Atlanta. Gregg is glad to be involved in swimming again and has been looking to find his 'place' in Arizona Masters. Gregg is excited about the opportunity to volunteer with AZ LMSC and work with the other members of the board. In his spare time Gregg enjoys running, swimming (duh), electronic gadgets/gizmos, listening to podcasts, traveling and watching reality tv.

We extend a warm welcome to Mitch and Gregg.