

A BI-MONTHLY PUBLICATION OF YOUR ARIZONA LOCAL MASTERS SWIM COMMITTEE

## ARIZONA 'MASTERS' NATIONALS

CONTRIBUTED BY LAURA WINSLOW

LONG COURSE NATIONALS WERE HELD IN MISSION VIEJO, CA FROM AUGUST 11 – 15, 2005. ARIZONA SENT A TEAM OF 19 WOMEN AND 13 MEN. THESE 32 INDIVIDUALS ALL SWAM WELL, MANY SWIMMING PERSONAL BESTS. EVERYONE EARNED AT LEAST ONE TOP TEN FINISH, WHICH HELPED ARIZONA FINISH THIRD IN THE COMBINED TEAM DIVISION, BEHIND SAN DIEGO SWIM MASTERS AND MISSION VIEJO. IN THE MEN'S DIVISION, ARIZONA FINISHED SIXTH WHILE THE ARIZONA WOMEN FINISHED IN FIRST PLACE. THERE WERE 49 INDIVIDUAL AND 31 RELAY RECORD-BREAKING PERFORMANCES AT THE MEET, MANY BY ARIZONA MASTERS SWIMMERS.

EIGHT OF ARIZONA'S 21 RELAY TEAMS WON THEIR RESPECTIVE AGE GROUPS. GAIL ROPER ESTABLISHED A WORLD RECORD IN THE WOMEN'S 75 – 79 AGE GROUP IN THE 50 FREE. SHE TEAMED UP WITH NANCY KINNEY, SALLY BOLAR AND EDIE GRUENDER TO SET A WORLD RECORD IN THE 280 – 319 WOMEN'S 200 MEDLEY RELAY.

DAVE ROLLINS ESTABLISHED FOUR NATIONAL RECORDS IN THE MEN'S 18 – 24 AGE GROUP. HE WAS ALSO ON TWO NATIONAL RECORD BREAKING RELAYS WITH LAURA HERNANDEZ, HEATHER RICHTER, AND LUIS LOPEZ IN THE 72 – 99 MIXED 200 MEDLEY AND MIXED 200 FREE RELAYS.

THE RELAY TEAM OF EVIE LYNCH, BRIGID BUNCH, STEPHANIE ROLLINS AND CHRISTIE ALTMAN ALSO ESTABLISHED A NATIONAL RECORD IN THE 200 – 239 WOMEN'S 200 MEDLEY RELAY.

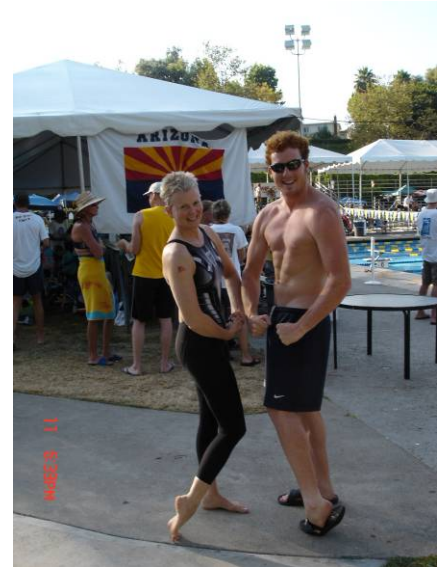


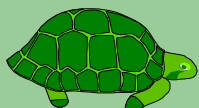
PHOTO BY LAURA HERNANDEZ

**NATIONAL RECORD HOLDER DAVE ROLLINS COMPARES BICEPS WITH HIS NATIONAL CHAMP SWIMMING MOM, STEPHANIE.**

### ARIZONA'S NATIONAL TEAM HAD 14 CHAMPIONS IN 36 INDIVIDUAL EVENTS:

CHRISTIE ALTMAN: 50 FLY  
MONICA BAILEY: 400IM  
SALLY BOLAR: 50FR, 100FR, 100FL, 50FL, 200FR  
HENRY CLARK: 100FR, 100FL, 50FL, 200FR  
KURT DICKSON: 200BA  
GORDON GILLIN: 200FL  
EDIE GRUENDER: 200FL, 400FR, 100FL, 50FL  
LAURA HERNANDEZ: 200FL, 400FR  
NANCY KINNEY: 200BA, 50BA, 200IM, 100BA  
EVIE LYNCH: 100BA  
MARIKA MCCUE: 50BA  
DAVE ROLLINS: 100BRNR, 50FR, 50BRNR, 50BANR, 200IMNR  
STEPHANIE ROLLINS: 200BA, 50BA  
GAIL ROPER: 800FR, 50FRNR, 400IM, 1500FR

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## ARIZONA MASTERS: MISSION VIEJO ACCOMPLISHED



PICTURED (AND NOT PICTURED), ARIZONA MASTERS NATIONAL TEAM MEMBERS: CHRISTIE ALTMAN, HOP BAILEY, MONICA BAILEY, SYLVIA BEAVERS, JIM BLY, SALLY BOLAR, BRIGID BUNCH, HENRY CLARK, KURT DICKSON, GORDON GILLIN. DAN GRUENDER, EDIE GRUENDER, MARTY HAHM, LAURA HERNANDEZ, KATY JAMES, BOWEN JOHNSON, NANCY KINNEY, LUIS LOPEZ, EVIE LYNCH, BECKY MAJOR, MARIKA MCCUE, JOANNE MENARD, AMY MULLANEY, HEATHER RICHTER, DAVE ROLLINS, STEPHANIE ROLLINS, GAIL ROPER, LOU SILVERSTEIN, JIM STITES, LINDA WEBB, PHIL WHITTEN, LAURA WINSLOW. ACCORDING TO TEAM MEMBER AND RELAY MEISTER JIM STITES, "THIS WAS PROBABLY THE MOST IMPRESSIVE ARIZONA MASTERS NATIONAL TEAM PERFORMANCE OF ALL TIME OUTSIDE OF THE STATE LINES." CONGRATULATIONS, ONE AND ALL!

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

**I**N THIS COLUMN, SWIMMERS ARE INVITED TO SHARE WITH **SWIM ARIZONA** READERS THEIR OPEN WATER EXPERIENCES. IN JULY, JOANNE MENARD REPORTED THAT SHE JUST RETURNED FROM OAHU. "WHILE THERE, I SWAM IN THE OPEN WATER WAIMEA BAY RACE ON JULY 9. THE NORTH SHORE HAS A SERIES OF FOUR OPEN WATER EVENTS DURING THE SUMMER WHICH HAS A VERY LARGE NUMBER OF PARTICIPANTS. I ENTERED THE DAY OF THE RACE AND WAS

NUMBER 770!"

YOUR EDITOR IS IN HAWAII AS THIS ISSUE GOES TO PRESS AND WILL REPORT TO YOU ON HER OPEN WATER ESCAPADES IN THE NEXT ISSUE. DON'T FORGET THE LA JOLLA ROUGHWATER AND GATORMAN, ON SEPTEMBER 11. SEE ALL OF YOU OPEN WATER ENTHUSIASTS THERE.

AS PROMISED IN THE LAST ISSUE, CAROLINE STEWART SHARES HER EXPERIENCES IN THE GREAT CHESAPEAKE BAY ON PAGES 3 & 4.

## THE 4.4 MILE CHESAPEAKE BAY SWIM

BY CAROLINE STEWART

EVERY SECOND WEEKEND IN JUNE, THE CHESAPEAKE BAY'S SHIPPING LANE IS CLOSED FOR A FEW HOURS TO ALLOW 600 AVID SWIMMERS TO CROSS FROM SANDY POINT TO KENT ISLAND. PEOPLE MAY WONDER WHY ANYONE WOULD WANT TO SWIM THE 4.4 MILES BETWEEN MARYLAND'S NORTH AND SOUTH CHESAPEAKE BAY BRIDGES. I SWIM THE BAY BECAUSE I FEEL FABULOUS WHEN I AM ACROSS!

I HAVE SWUM THE BAY TWICE. MY FIRST SWIM WAS JUNE OF 2000. THE DAY WAS SUNNY AND THE WATER CONDITIONS WERE GREAT; HOWEVER, IT WAS MY FIRST OPEN WATER SWIM. I MISSED THE CURRENT, ALMOST RAN INTO A PAINTING BARGE, WAS AMAZED AT BEING SO TINY IN THE WATER LOOKING UP AT THE UNDERSIDE OF THE NORTH AND SOUTH BRIDGES, MADE FRIENDS WITH AT LEAST THREE KAYAK ANGELS (LIFEGUARDS IN KAYAKS...JUST IN CASE), RAN INTO A DEAD FISH, DID NOT SEE ANY MILE MARKERS (DID THEY HAVE MILE MARKERS...), AND WAS SO EXCITED WHEN I WAS FINISHED ALMOST FOUR HOURS LATER!

WHEN MY SISTER, JULIE, CALLED ME IN JANUARY 2005 AND ASKED IF I WANTED TO DO THE SWIM AGAIN IN JUNE, I PAUSED. THEN, I SAID, "SURE!"

I NEEDED TO SWIM THREE MILES UNDER TWO HOURS TO QUALIFY BEFORE I COULD SIGN UP FOR THE EVENT. I DID MY QUALIFYING SWIM AT THE JCC POOL IN TUCSON ON A COLD, RAINY JANUARY DAY. SOME OF THE SWIM TEAM KIDS WERE THERE FOR PRACTICE AND WERE COMPLAINING, "THE WATER TEMPERATURE IS 70 DEGREES!"

THE COACH, AS ANY GOOD COACH WOULD, SAID, "NO, THE THERMOMETER IS BROKEN." I DOVE IN THE WATER AND THOUGHT TO MYSELF, "NO, JUST THE HEATER IS BROKEN." HEY, BUT ONCE YOU'RE IN THE WATER, WHO WANTS TO GET OUT? I DID MY QUALIFYING SWIM IN GOOD TIME.

THAT SATURDAY, JULIE CALLED ME FROM MARYLAND TO WAKE ME UP, SO I COULD REGISTER FOR THE EVENT ON LINE. REGISTRATION STARTED AT 9 A.M. EAST COAST TIME AND BY 9:15 THE EVENT WAS ALREADY HALF-FULL! I GOT ON THE COMPUTER, REGISTERED, AND WITHIN 45 MINUTES, THE EVENT WAS CLOSED! SIX HUNDRED SWIMMERS WERE READY FOR A FABULOUS SWIM IN JUNE.

I DID MY TRAINING WITH THE HELP OF MY HUSBAND, A PROFESSIONAL CYCLING COACH. I SWAM MOSTLY EVERYDAY: SHORT DISTANCE, MEDIUM DISTANCE AND LONG DISTANCE. I COMPARED WORKOUT THOUGHTS WITH MY SISTER.

ON JUNE 12, 2005, JULIE AND I ARRIVED AT THE EVENT READY TO GO. WE STOOD ON SANDY POINT'S BEACH AND LOOKED AT THE BAY BRIDGE AS IT CURVED OVER THE WATER AND AWAY INTO THE MORNING'S HORIZON. "I NEED TO CATCH THE CURRENT THIS YEAR," I THOUGHT.

AFTER, OUR SWIM BRIEFING, THE FIRST WAVE (MY WAVE) OF SWIMMERS LINED THE BAY'S SHORE. JULIE AND I LOOKED AT EACH OTHER WITH ANTICIPATION OF WHO WOULD BE THE FIRST ACROSS. WE WERE TOLD TO BEGIN AND THREE-HUNDRED SWIMMERS ENTERED THE 72-DEGREE WATER. SWIMMERS WORE DIFFERENT TYPES OF WETSUITS

*NOBODY CORRECTLY GUESSED WHERE THIS LIFEGUARD'S DREAM JOB PHOTO WAS TAKEN: ON A PRIVATE ISLAND IN THE BAHAMAS. ANY APPLICANTS?*





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## FLAGSTAFF MOUNTAIN MASTERS FALL CLASSIC SWIM MEET AND CLINIC OCTOBER 15 AND 16

ON SUNDAY, OCTOBER 16, LIZ HOBBS IS PLANNING A 25 METER SWIM MEET AT THE NORTHERN ARIZONA UNIVERSITY'S WALL AQUATIC CENTER. SHE IS ALSO PUTTING TOGETHER A CLINIC DAY ON OCTOBER 15. LIZ HOPES TO BE ABLE TO OFFER SOME PERSONALIZED FILMING AND STROKE ANALYSIS, BLOOD LACTATE TESTING, AND SOME TECHNIQUE WORK, ALONG WITH A WORKOUT OR TWO AND A PASTA DINNER TO END THE DAY. PENDING USMS SANCTION, THE MEET WILL HAVE A 8-9 AM WARMUP AND A 9AM START. SHE WILL ARRANGE GOOD RATES ON ROOMS FOR THE WEEKEND, AND THERE'S A GOOD CHANCE IT WILL BE THE PERFECT TIME FOR SOME FALL LEAF WATCHING. INFORMATION WILL BE POSTED AS SOON AS IT'S AVAILABLE ON [WWW.SUNDEVILMASTERS.ORG](http://WWW.SUNDEVILMASTERS.ORG) (THANKS, SIMON), OR YOU MAY WRITE TO [LIZHOBBS@AOL.COM](mailto:LIZHOBBS@AOL.COM) AND GIVE AN EMAIL ADDRESS WHERE SHE WILL SEND INFORMATION AS SOON AS IT IS FINALIZED. **DON'T FORGET SOUTHWEST ZONE MEET DECEMBER 11-12!**

## SPLASH AND DASH

THE SPLASH AND DASH FALL SERIES IS NOW UNDERWAY AT TEMPE TOWN LAKE. UPCOMING EVENT DATES ARE: 9/10, 9/24, 10/8 AND 10/22. ALL RACES TAKE PLACE SATURDAY AT 7:30 A.M. REGISTER THROUGH [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM) FOR \$20 IN ADVANCE. DAY OF RACE REGISTRATIONS ARE \$25. FOR MORE INFO, VISIT [WWW.SPLASHANDDASHAZ.COM](http://WWW.SPLASHANDDASHAZ.COM).

## OCTOBER 1ST LAST CHANCE FOR TEMPE TOWN LAKE SERIES 05

DCB ADVENTURES OFFERS ITS FINAL EVENT OF ITS TEMPE TOWN LAKE OPEN WATER SERIES FOR 2005 ON SATURDAY, OCTOBER 1. A 2.4-MILE SWIM AND A 1500-METER SWIM WILL BE OFFERED, WITH A 9:30 EVENT START AT THE TOWN LAKE SPECIAL EVENTS RAMP. REGISTER AT [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM).

## ARIZONA SHINES IN SHORT COURSE NATIONALS

*CONTRIBUTED BY LAURA WINSLOW*

SCY NATIONALS WERE HELD IN FT. LAUDERDALE IN MAY. KIM BERNARD SET A NATIONAL RECORD IN THE MEN'S 100 BREAST, EDIE GRUENDER WON FIVE EVENTS (500 AND 100 FREE, 50, 100 AND 200 FLY). DAN GRUENDER WON THE 1650. LOU SILVERSTEIN WON THE 400 IM AND WAS ALSO SECOND IN THE 1650 AND 100 BACK. WITH ONLY 18 SWIMMERS, ARIZONA'S MASTERS TEAM TIED FOR 19TH OVERALL. WOMEN WERE 23RD AND MEN WERE 21ST. AS PART OF THAT TEAM, I PERSONALLY SWAM MASTERS BESTS IN ALL MY EVENTS AND WAS PROUD OF HOW WELL OUR SMALL TEAM DID.

## GIVE BACK TO YOUR SPORT! VOLUNTEERS NEEDED

ARIZONA LMSC IS CURRENTLY SEEKING APPLICANTS WILLING TO SERVE AS REGISTRAR AND TREASURER (TWO SEPARATE VOLUNTEER POSITIONS). MARILYN FOGELSONG AND AUDRA TROCKO WOULD LIKE TO PASS THE TORCH. PLEASE CONTACT KATY JAMES OR THE CURRENT CHAIRPERSONS, IMMEDIATELY FOR MORE INFORMATION.

## FUTURE FEATURES

**SWIM ARIZONA** HAS BEEN ASKED TO HIGHLIGHT TEAMS IN FUTURE ISSUES. READ ABOUT THE PHOENIX SUNFISH IN THE NEXT ISSUE. THANK YOU FOR ALL YOUR SWIMMING NEWS!

### CHESAPEAKE BAY, CONTINUED FROM PAGE 3

AND SOME SWIMMERS WORE JUST THEIR SPEEDOS. I LOOKED AT MY SISTER AND SAID, "SEE YOU ON THE OTHER SIDE."

THE WAVES WERE HIGH FOR THE FIRST TWO MILES AND GETTING INTO A STRONG SWIMMING RHYTHM TOOK SOME ADJUSTING. THE BEST PART OF MY SWIM WAS THAT I GOT INTO THE CURRENT AND MADE EXCELLENT TIME! I DID NOT ZIGZAG UP AND DOWN THE BAY. I WAS SO "ON" ABOUT MY TIMING, THAT WHEN I HAD COMPLETED EACH INDIVIDUAL MILE, I COULD PICK UP MY HEAD AND SEE THE BIG PINKISH MILE MARKER BOBBING IN THE WATER! I KEPT A STEADY COURSE AND WAS AMAZED THAT WHEN I HIT THREE MILES AND LOOKED AT MY WATCH, I SAW MY POOL QUALIFYING TIMING LOOKING STRAIGHT BACK AT ME.

THE LAST 1.4 MILES WENT SLOWER. MAYBE I WAS JUST EXCITED THAT MY TIME HAD IMPROVED SO DRASTICALLY FROM MY 2000 SWIM. STILL, THE CURRENT TOOK ME IN AND I SWAM. ONCE YOU SWIM UNDER THE SOUTH BRIDGE AND AROUND THE BEND TO THE FINISH LINE, YOU CAN PUT YOUR FEET DOWN. I STOPPED MY WATCH THEN: TWO HOURS AND THIRTY-SIX MINUTES. BUT THE RACE WAS NOT OFFICIALLY OVER. JULIE LATER TOLD ME MY OFFICIAL TIME WAS TWO HOURS AND FORTY-SIX MINUTES. SHE HAD COME IN AHEAD OF ME BY TWENTY MINUTES!

EXACTLY ONE WEEK BEFORE THE RACE, ON JUNE 5, 2005, MY MOTHER-IN-LAW, IRIS PASSED AWAY. I DEDICATE THIS SWIM TO HER. IRIS HELPED ME GET ON THE CURRENT.



*A BOIL OF BAIT FISH? NO, JUST THE START OF THE GATORMAN 3-MILE SWIM AT LA JOLLA COVE IN GLORIOUS CONDITIONS, SEPTEMBER 2004. WHAT WILL THE COURSE BE LIKE IN 2005, AND WHO WILL WIN THE CELEBRATED RACE TO SCRIPPS PIER AND BACK? STAY TUNED FOR THESE ANSWERS AND MORE, IN THE NEXT EDITION OF **SWIM ARIZONA**. PHOTO BY KATHERINE SCHLADWEILER*