

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

POLAR BEARS NO SHOW VON ISSER STEALS SHOW

Contributed by Coach Jim Stites, Ford Aquatics, Tucson, Arizona

TUCSON, Arizona, January 29. Over 70 swimmers participated in the 16th Annual Polar Bear Classic swim meet on Sunday January 29, 2006. The meet was held at the University of Arizona's Hillenbrand Aquatic Center on a warm, sunny day with temperatures in the mid 70's.

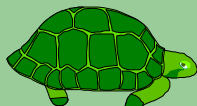
Not a single polar bear was seen all day.

There were many outstanding swims for such an early season meet. But 86 year-old Max Von Isser stole the show with his National Record shattering 50 yard fly time of 43.02. This broke the previous mark in the Men's 85-89 age group by over 4 seconds!

Thanks to Fred Paavola, Jon Borendame and Tim Krapp for officiating and Salpointe High School students for timing the event. Hope to see everyone at the Arizona Masters Short Course Yards State Meet on March 24-26, 2006.

Swim Arizona is published six times a year (January, March, May, July, September, November) by the Arizona Local Masters Swim Committee (AZ LMSC). If you are not a member of AZ LMSC and wish to receive a printed copy of *Swim Arizona*, please send a check for \$8.00 to Treasurer, AZ LMSC. *Swim Arizona* is also available as an Adobe Acrobat™ document. Send submissions to junehussey@msn.com in one of the following electronic formats: Text (*.txt), Microsoft Word™ (*.doc), or Microsoft Excel™ (*.xls) and Photos as .jpg files. Articles are due on the 15th of the month before the publication date. *Swim Arizona* reserves the right to edit or not publish submissions for publication. We welcome your widespread use and sharing of our materials, and ask that you give credit to AZ LMSC. Printed in the United States of America.

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HILLENBRAND AQUATIC CENTER ON THE UNIVERSITY OF ARIZONA CAMPUS WAS THE SITE OF THE 16TH ANNUAL POLAR BEAR CLASSIC. MASTERS SWIMMERS WILL RETURN TO THE VENUE FOR THE SHORT COURSE YARDS STATE CHAMPIONSHIPS MARCH 24-26.

SHORT COURSE YARDS STATE CHAMPIONSHIPS MARCH 24-26

Ford Aquatics looks forward to hosting SCY State Championships at the Hillenbrand Aquatic Center on the University of Arizona campus. Swimmers from all over Arizona as well as other states will be there. Entries must be postmarked by March 15, 2006. The entry fee of \$40 includes a meet T-shirt so be sure to select what size you wear. **The entry form is included with this newsletter** and is also available at www.arizonamasters.org. If you have any questions, please contact Jim Stites at 520-621-4203 or swim1@qwest.net.

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HEAD SOUTH OF THE BORDER OPEN WATER SEASON KICK OFF APRIL 29

Tucson Racing is once again hosting a 1500 meter open water race in conjunction with its Rocky Point Triathlon and Sprint Triathlon events on April 29, 2006. Come, join the nearest ocean swim race to Arizona's border, just a four-hour drive from Tucson or Phoenix. Water and air temps should be mild! This race is NOT sanctioned by USMS. For more information or ONLINE REGISTRATION visit www.tucsonracing.com.

MARK YOUR CALENDAR

03/18	Baja Fresh Fundraiser	All AZ Locations
03/25-03/26	SCY State Meet	Tucson, AZ
04/08-04/10	SW Zone Championships	La Jolla, CA
04/15	Baja Fresh Fundraiser	All AZ Locations
05/11-05/14	SCY Nationals	Coral Springs, FL
August 2006	XI FINA World Masters	San Francisco

Note: The dates for the LCM State Meet as well as the Sun Devil LCM Invite are still being finalized. Those should be set in the next few weeks.

ANNOUNCING CORPORATE PERKS

As a new addition to your membership benefits package, Arizona Masters Swimming is pleased to offer, Corporate Perks. All you have to do is visit <http://us.corporateperks.com> and follow the directions below to take advantage of exclusive member offers and discounts from over 13,000 premium and basic offers.

Corporate Perks can be accessed from any computer with Internet access. Please click link (or type into your browser) to begin your registration: <http://us.corporateperks.com> Then, click on register now and follow the instructions. When prompted for an organization code please use, azlmsc (**NOTE: must type in all lower case for it to work**). Log in now to begin saving. —Corporate Perks Team

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OUT IN THE OPEN... WATER, THAT IS

For years, I believed that traveling afar to compete in open water races was my vacation ideal. That was before I learned about Swim Trek, "the world's only swimming adventure company." Now, I can't wait to take my first holiday with them.

Let's face it, a single race is but a fleeting pleasure compared to spending an entire week swimming romantically from island to island, or in bays, rivers and lakes, led by open water experts, in such faraway lands like Croatia, Malta, England, Scotland, Germany, New Zealand and Australia

When a *Swim Arizona* reader whom I've never met, Diana Abele, serendipitously emailed me, "I thought some Arizona swimmers might be interested in these swim vacations," I, for one, took the bait.

I subsequently spent two hours exploring every corner of www.swimtrek.com, fantasizing about how I could possibly ditch my work, my beloved husband and three angelic children to go on every trip they offer for the rest of my life. And after that much swimming, I could possibly live forever. (As long as I'm fantasizing.)

Diana put me in touch with her good friend, veteran open water swimmer, Suzie Dods. Suzie lives in the Bay area, works as a Swim Trek guide and is also the U.S. contact for the London-based outfit.

Swim Trek approached Suzie in February 2004 about being a guide. They didn't have to ask twice. Her first trip was to the Islands of Scilly, a group of 300 islands located 28 miles southwest of Land's End, England. Last year, she did ten tours with Swim Trek. This year, she plans to go "full time" to accommodate swimmers' growing interest--and her own passion for leading and taking part in the adventures.

Suzie is one of about a dozen Swim Trek guides listed on their website, all equally impressive. Her own swimming resume includes width of Lake Tahoe (14 miles), length of Lake Tahoe (20 miles), English Channel relay and solo crossings plus a two-way attempt, Coronado Island solo

swim, 15 k in Sicily, 26 k in Lake Zurich, and Tampa Bay 10-mile. With such experience under their suits, Swim Trek guides are surely a comfort to have beside you (err, ahead of you) in the water.

You don't have to be a marathoner like Suzie or even have any open water swimming experience at all in order to be a guest. A certain amount of training is advised, but as Suzie says, "Some people come on these trips after swimming side stroke for 25 minutes three times a week."

On the first day, swimmers are placed into three groups, according to ability, so they can swim at their own speed. Daily swims can range from 1 k to 5 k. Anybody can opt out of any day's swim or board the escort boat at any time.

Swimming from destination to destination is not the only thrill promised by a Swim Trek adventure. Traveling to out-of-the-way places, meeting people who share your exotic passion, seeing sites inaccessible by land, and cherishing a bottle or two of the local brew or vine over dinner with your new swim friends from around the world are sure to add up to an overall enriching experience.

Swim Trek is still relatively unknown in the U.S. But watch for that to change and quick. Swim Trek has piqued the interest of mainstream publishers, with features in *Outside* and *Wanderlust*. With Fina World Masters coming to Stanford this year, news is sure to spread throughout the swimming community like a plankton bloom.

Swim Trek, Sunnyhill House, 3-7 Sunnyhill Road, London, SW16 2UG Tel: 020 8696 6220 - Fax: 020 8696 6213 Or E-Mail: Suzie at moxieswimmer@yahoo.com.



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.

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)

See entry forms in this newsletter or visit www.arizonamasters.org

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