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# Swim Arizona

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

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## SCY State Meet Results

### Arizona LMSC BOARD MEMBERS

**CHAIRMAN**  
Doug Adamavich  
[dpa\\_az@cox.net](mailto:dpa_az@cox.net)  
480-510-1224

**VICE CHAIR**  
Judy Gillies  
[jgillies@mindspring.com](mailto:jgillies@mindspring.com)  
520-622-4129

**SECRETARY**  
Dana Hunter  
[dana@webgal.com](mailto:dana@webgal.com)

**REGISTRAR**  
R.A. "Mitch" Mitchell  
[rammedd@hotmail.com](mailto:rammedd@hotmail.com)

**TREASURER**  
Gregg Smith  
[greggandrew@gmail.com](mailto:greggandrew@gmail.com)  
602-357-3448

**ARIZONA MOUNTAIN  
MASTERS**  
Erin Eastwood  
[e\\_swims@hotmail.com](mailto:e_swims@hotmail.com)

**FORD AQUATICS**  
Jim Stites  
[swim1@qwest.net](mailto:swim1@qwest.net)  
520-529-9113

**BROPHY EAST SWIM CLUB**  
Sam Perry  
[azperryx@hotmail.com](mailto:azperryx@hotmail.com)  
480-941-0232

**SEDONA SWORDFISH**  
Paul Cate  
[pcatel@mac.com](mailto:pcatel@mac.com)

**SUN DEVIL MASTERS**  
Simon Percy  
[sundevilmasters@cox.net](mailto:sundevilmasters@cox.net)

**AT LARGE**  
Dan Gruender  
[ediebg@cox.net](mailto:ediebg@cox.net)  
480-946-5805

Eddie Gruender  
[ediebg@cox.net](mailto:ediebg@cox.net)  
480-946-5805

Gordon Gillin  
[Swimgordon@aol.com](mailto:Swimgordon@aol.com)  
520-825-8261

**M**asters swimmers representing 20 teams from throughout the Western states converged on Phoenix for the Arizona Short Course Yards State Championship Meet hosted by Brophy, March 30-April 1.

Ford Aquatics Masters of Tucson outmatched the host team by nearly 300 points to win the meet in combined (men's and women's) points. It was the first time the Tucson team has won a State Championships meet held in Phoenix. Sun Devil Masters placed third. Congrats to all participants. Don't forget, Long Course season is right around the corner!



Top: Kim Bernard, Brophy  
Bottom: Mr. and Mrs. Don Perry,  
Northern AZ Masters  
Right: Phil Whitten and Helen Bayly

- 1 Ford Aquatics Masters FORD-AZ 2,532
- 2 Brophy Swim Club BSC-AZ 2,242
- 3 Sun Devil Masters SDM-AZ 1,841
- 4 Grand Masters SCGM-AZ 619
- 5 Prescott PRES-AZ 506
- 6 Sun City Stars SCS-AZ 475
- 7 Northern Arizona Masters NAUM-AZ 462
- 8 Colorado Masters CMS-CO 237
- 9 Sunwest Swimming SWS-AZ 219
- 10 Green Valley SPGV-AZ 213
- 11 New Mexico Masters NMM-NM 212
- 12 Metro Masters Swim Club BRMR-MR 160
- 13 West Side Silver Fins WSSF-AZ 159
- 14 Phoenix Sunfish PSF-AZ 140
- 15 Sun City West SCWS-AZ 138
- 16 Las Vegas Masters LVM-CA 121
- 17 Durango Masters DM-CO 100
- 18 Pacific Northwest Aquatics FWM-PN 80
- 19 Arizona Masters AZM-AZ 60
- 20 Prescott Valley PMS-AZ 44



(Cover page photos, from top to bottom, left to right: 1 Bill Bond, Green Valley; 2 Bob Di Tolla and Laura Hernandez, Ford; 3 Bob Liotta, Brophy; 4 Bobbi Malonem, Sun City Stars; 5 Edie and Dan Gruender, with grandson Cody, displaying the first Arizona Masters banner constructed by their son, 30 years ago; 6 Gordon Gillin, Ford; 7 Hop Bailey, Barry Roth, Bridget Pranke, Helen Bayly, Ford; 8 Iris and Teresa Dozer, Brophy; 9 Louise Keogh and Andrea Stouder, Brophy; 10 Ron Joost, Head Starter. All photos courtesy of Helen Bayly, Assistant Historian, Arizona Masters Swimming.



## On to National s!

36 Arizona Masters are registered to compete at Nationals later this month at Federal Way, Washington. GOOD LUCK, EVERYONE! For a sneak peek at who's competing and how they're ranked, view Psych Sheets at [www.usms.org](http://www.usms.org).



On April 7, 2007, 52-year-old Slovenian marathon swimmer Martin Strel completed a nine-week swim down the Amazon River, beating his own record for longest river swim at 3,272 miles.

### ARIZONA MASTERS: SAVE \$\$\$ ON RENTAL CARS!

Arizona Masters Swimming now gets a corporate discount (10-35%) with Enterprise Rent-a-Car. This offer is for registered members only as a benefit of being a part of our 850-member group. Here is how you get your discount:

- \*Go to this URL: [www.enterprise.com/car\\_rental/home.do](http://www.enterprise.com/car_rental/home.do)
- \*Enter location (ex. Seattle)
- \*Enter dates and times
- \*Leave field 3 (Choose a Car Rental Class) with "Show me everything"
- \*Enter "50E2002" in the Optional field
- \*Click Search
- \*Enter "AZM" in the text box
- \*Click Sign In
- \*Select a location (ex. Airport locations)
- \*Select the type of vehicle you wish to rent (ex. Standard)
- \*Enter your information to reserve the car.

That's it! Enjoy the savings in Seattle or anywhere you travel!

### Upcoming Sanctioned Events

May 17-20  
2007 USMS National Short Course Champs  
Weyerheuser King County Aquatic Center, Federal Way, Washington

June 17, 26<sup>th</sup>  
Annual Brute Squad Meet, Oro Valley, Arizona

July 28 – 29  
Arizona Long Course State Champs  
At Hillenbrand, Tucson

See meet fliers with this newsletter or visit [www.arizonamasters.org](http://www.arizonamasters.org) to download.

## World's First All-glass Undersea Restaurant

On April 15th the first ever all-glass undersea restaurant in the world opened its doors for business at the Hilton Maldives Resort & Spa. Ithaa sits five meters below the waves of the Indian Ocean, surrounded by a vibrant coral reef and encased in clear acrylic offering diners 270-degrees of panoramic underwater views.

"We have used aquarium technology to put diners face-to-face with the stunning underwater environment of the Maldives", says Carsten Schieck, General Manager of Hilton Maldives Resort & Spa. "Our guests always comment on being blown away by the colour, clarity, and beauty of the underwater world in the Maldives, so it seemed the perfect idea to build a restaurant where diners can experience fine cuisine and take time to enjoy the views - without ever getting their feet wet."

This innovative restaurant is the first of its kind in the world, and is part of a US \$25 million re-build of Rangalifinolhu Island, one of the twin islands that make up Hilton Maldives Resort & Spa. This re-build includes the construction of 79 of the most luxurious Beach Villas in the country as well as the Spa Village, a self-contained, over-water 'resort-within-a-resort' consisting of a spa, restaurant and 21 villas. Staying at the resort will set you back \$1,000 per night or more.

The Maldives, located 400 miles southwest of Sri Lanka, were badly hit by the Asian tsunami of December 26, 2004, which killed 82 and caused substantial damage to Maldives tourism, housing, and fishing infrastructure. Hmm, anybody up for undersea dining?

## Out in the Open...Water, that is!

**O**pen Water season is here! This page includes a partial listing of sanctioned and unsanctioned events in our area, courtesy of Pacific Masters. Why not try something out of your comfort zone? For more information, visit or click on the following links:

For sanctioned swims in Northern California:  
<http://www.pacificmasters.org/comp/schd.html>

For sanctioned swims in San Diego-Imperial:  
<http://www.simastersblue.org/cove.html>

For USMS open water championships:  
<http://www.usms.org/longdist/ldchamps.php>

- 57th Annual Huntington Beach Pier Swim at Huntington Beach Pier - Saturday, June 16, 2007. 1/2-mile, City of Huntington Beach Rec Dept., (714) 536-5486, Event Info
- Pacific Open Water Challenge at Belmont Pier in Long Beach - Sunday, July 1, 2007. Check-in begins at 6:00 a.m. and closes at 9:15 a.m. The 5K starts at 9:30 a.m. 5K Swim, Pacific Open Water, Stacy Embretson - (562) 427-4606 x1
- Balboa to Newport Pier-to-Pier at Balboa Pier in Newport Beach - Saturday, July 7, 2007. Registration: 9:00am Lifeguard Tower M next to Balboa Pier, Swim starts: Starts at 10:00am. 2 miles, Newport Beach Lifeguards, Nadine Turner,(949) 640-5350
- 38th Seal Beach Rough Water Swim at Seal Beach Pier - Saturday, July 14, 2007, 9:00 a.m. Check-in: 6:30-7:15am for 5K; 8:00am for 1 mile; Swim starts: 5K @ 8:00am & 1 mile @ 9:30am. Seal Beach Swim Club, Maria Fattal,(562) 430-1092
- Semana Nautica, Goleta Beach State Park - Sunday, July 15, 2007 Registration: 7:30am Swim starts: 9:00 a.m., 6 miles, Semana Nautica, Jane Cairns - (805) 886-8123
- 2007 Naples Island Swim hosted by Long Beach Grunions at Alamitos Bay in Long

Beach - Sunday, July 29, 2007. 1 mile & 3 miles. John Makinson - (562) 433-0899 Cell: (562) 252-5803

- Don Burns Corona del Mar Swim at Corona del Mar State Beach in Corona del Mar - Saturday, August 25, 2007. 1 mile, Newport Beach Lifeguards, Nadine Turner, (949) 640-5350
- Maui Channel Swim, Lanai to Kaanapali, - Saturday, September 1, 2007, 9.5-miles, Solo or 6 person relay, Ian Emberson
- 38th Annual Waikiki Roughwater Swim at Waikiki Beach in Honolulu, Hawaii - Monday - Labor Day, September 3, 2007, Swim starts: 9:00 a.m., 2-3/8 miles, Waikiki Roughwater Swim Information [www.wrswim.com](http://www.wrswim.com).



### Long Distance Events 2007 USMS Postal Swims

- USMS 5K & 10K Postal National Championships. May 15, 2007 - September 15, 2007, Susan Ingraham, (210) 493-0388.
- USMS 3000/6000 Yard Postal National Championships September 15, 2007 - November 15, 2007; Dee Turner, (208) 365-1166 and Jill Wright, (208) 338-5287

# New Kid on the Blocks

After reading the March/April issue, Carol Vangel shared with *Swim Arizona's* editor:

*I just started swimming last year - couldn't put my face in the water.  
I now swim with the Sun City AZ Masters Swim Club (Starrs), and I love it.  
I have accomplished the postal swim and again the 1 mile swim.  
I am 67 years old. Golf used to be fun but I do love the swimming. It is a challenge!!!!*

Carol says she had no desire to swim until she read an article in the Sun City newspaper, written by Bev Linnihan, a master swimmer. According to Carol, Bev wrote a beautiful article on the benefits of swimming and the friendships surrounding the swim club. Carol was very impressed with the article and put it aside. Later, when Carol was rehabilitating from knee surgery, she remembered Bev's article, and signed up to take lessons with the Sun City swim club.

"My 'bad' knee really started to improve, as I practiced daily," said Carol. "Then my swim teacher urged me to practice with the Starrs Masters Swim Club in Sun City." Coach John Jorgensen watched Carol swim and encouraged her to 'try it out.'

Carol figured John was just being nice. In her words, she had "technique issues." Plus, she already had too many commitments. Nevertheless, she started to show up at 7 every morning, Monday thru Friday. Carol worked out in the "slow lane" and kept it up. Practice, practice, practice. Laps, laps, laps. She says she looks forward to graduating to another lane one of these days. For now, her goal is to drop a second off her freestyle time.

"What is so great about the Starrs Swim Club," Carol says, "is that they are a great swim 'family.' Everyone on the team is my cheerleader. I am the 'slo-mo' on the team; however, the team keeps providing me tips on techniques and so much positive feedback." Keep up the great work, Carol! You are an inspiration to many. Do you have an inspiring story to share? Email [junehussey@msn.com](mailto:junehussey@msn.com).



**CLOSE CALL.** Ron Johnson, 75, is seen here breaking the national record in his 200-yard breaststroke event in Phoenix last month. Doctors performed emergency quadruple-bypass surgery later that same day. The Arizona swimming icon is expected to be nominated to the U.S. Swimming Hall of Fame this year for his numerous contributions to the sport.

## Well Wishes for 'RonJon'

Our own Arizona Masters swimmer and multi-champion Ron Johnson is making an heroic recovery from a major cardiac crisis he suffered on March 31, 2007. In the Phoenix pool where AZ SCY Masters State Championships were taking place, Ron had just set a new national record in the 200-yard breaststroke for men 75-79 (3:07). Ron's heart difficulties hit him as he cooled down after the race; fortunately a number of other swimmers were on hand to come to Ron's aid almost immediately.

Ron was successfully transferred to the Arizona Heart Hospital by emergency teams. Later that afternoon physicians performed quadruple bypass surgery on our hero RonJon, and the next morning he appeared to be through the worst. Ron's daughter, Marika, kept friends informed by e-mail of Ron's steady recovery in hospital, and of his eventual return home "to do what the docs and his family tell him to do!"

Ron, we all send you our enthusiastic good wishes for your continued steady recovery. Cheers, from your fellow Arizona Masters Swimmers and swim fans everywhere.

- contributed by Helen Bayly

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## Arizona LMSC

### COMMITTEE CHAIRPERSONS

TOP TEN Barry Roth  
[wbroth@earthlink.net](mailto:wbroth@earthlink.net) 520-296-4908

STATE RECORDS Hop Bailey  
[hbailey@as.arizona.edu](mailto:hbailey@as.arizona.edu)

PHOENIX EQUIPMENT Katy James  
[katyjameswims@hotmail.com](mailto:katyjameswims@hotmail.com)  
480-897-6411

PHOENIX SAFETY Peggy Finch  
480-496-9157

LONG DISTANCE/NEWSLETTER  
June Hussey [junehussey@msn.com](mailto:junehussey@msn.com)  
520-577-0032

WEBMASTER Dana Hunter  
[dana@webgal.com](mailto:dana@webgal.com)

PARLIAMENTARIAN Gordon Gillin  
[Swimgordon@aol.com](mailto:Swimgordon@aol.com) 520-825-8261

OFFICIALS REPRESENTATIVE  
Judy Gillies [jgillies@mindspring.com](mailto:jgillies@mindspring.com)  
520-622-4129

USMS COACHES REPRESENTATIVE  
Jim Stites [swim1@qwest.net](mailto:swim1@qwest.net)  
520-529-9113

HISTORIAN Edie Gruender [ediebg@cox.net](mailto:ediebg@cox.net)  
480-946-5805

ASSISTANT HISTORIAN Helen Bayly  
[hbbb@verizon.net](mailto:hbbb@verizon.net)

SANCTIONS Laura Winslow  
[winslowl6@yahoo.com](mailto:winslowl6@yahoo.com)

SENIOR OLYMPICS Dan Gruender  
[ediebg@cox.net](mailto:ediebg@cox.net) 480-946-5805

HOSPITALITY Dana Hunter  
[dana@webgal.com](mailto:dana@webgal.com)

IMMEDIATE PAST CHAIRMAN  
Katy James [katyjameswims@hotmail.com](mailto:katyjameswims@hotmail.com)

PAST CHAIRPERSONS  
Sam Perry [azperry@hotmial.com](mailto:azperry@hotmial.com) 480-941-0232  
Edie Gruender [ediebg@cox.net](mailto:ediebg@cox.net)  
Judy Gillies [jgillies@mindspring.com](mailto:jgillies@mindspring.com)  
Jack Salvatore  
Helen Bayly [hbbb@verizon.net](mailto:hbbb@verizon.net)