

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

La Jolla 2006: Rough Water!



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It was a glorious Sunday in La Jolla Cove September 10, when more than 2,000 swimmers of all ages, including many Arizona Masters, competed in the 76th Annual La Jolla Rough Water Swim. Masters had their choice of one- or three-mile (Gatorman) courses in five-foot swells and strong currents. The sun was out and the Pacific was a mild 70.1 degrees according to the official race thermometer (no, not my toe.) A perfect race day!

545 Masters Men through the age of 83 finished the one-mile course. First place was taken easily by Mark Warkentin, 26 of Santa Barbara in a time of 17:38.6. (Due to space limitations, this article will report only those Arizona Masters who placed in the top five in their age groups.) Stephen So, 31, of Peoria came in a wave ahead of Kevin Zacher, 31, of Phoenix to earn fourth and fifth in times of 23:13 and 23:28.5 respectively for men's 30-34; Patrick Brundage, 39, of Scottsdale won his age group (and 12th overall) with 20:57 while Sam Perry, 37, snatched 5th; Tom Hickcox, 53, of Carefree, stroked to 2nd place (29th overall) with his 21:32.

388 Women competed in the one-mile, which was won by Amy Dantzler, 42, of Los Angeles in a time of 21:02. Tucsonan Celestena Duke, 29, earned 1st in her age group for the one mile with a time of 23:02; Heidi Sweet, 34, also of Tucson took bronze in her age group with 24:47; Louise Keough, 37, of Peoria, took 3rd with 24:08; Chris Fischer, 41, of Tucson took 5th with a 24:58 before finishing the Gatorman in 1:16.11 to earn 8th in her age group; in the 45-49 women's, Kristin Musch, 46 of Phoenix, earned 4th with 25:49; Evie Lynch, 54 of Scottsdale, finished with 26:25 for 4th; Sandy Baker, 56, of Tucson, won her age group with 26:35.

In Gatorman Men's division, Daily Double winner Mark Warkentin swam his way to gold in a time of :53:41, at least one hundred seconds ahead of open water veteran Alex Kostich and 264 other male competitors. Scottsdale swimmer Temujin Gold, 24, won 2nd in his age group with 1:01:19; Stephen Watt, 27, of Tempe, won 5th with 1:10:13; Eric Mix, 34 of Mesa won his age group with 59:54; Ed Hadley, 34, of Scottsdale finished 2nd with 1:04:48; Eric Dimmery pulled out a 4th with 1:07:19; Brad Cahoon, 51 of Scottsdale sealed his age group in 1:07:20.

A school of 102 Gatorman Women were led by U.S.A. swimmer Ellie Doran, 17, of Tucson who finished for gold in :59:40. Mesa swimmer Ellen Hickey, 46, won her age group in 1:13:22, while June Hussey, 45, of Tucson copped 3rd (1:14.06) and Karen Chequer-Pheiffer, 48, of Cave Creek followed on her heels for fourth (1:14.10).

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If you were a top-five finisher and did not see your name here, I sincerely apologize for the oversight. (Please let me know!) For complete results and information about next year's swim (Sunday, September 9) visit www.ljrws.com. For those looking for a little open water action, see you next year! In the next edition, first-time Gatorman swimmer Karen Oden of Tucson will relate how she prepared for her first 3-mile ocean swim, and how it felt to accomplish it.



FINA World Masters Omissions

In reporting on results of this meet in the last issue, I inadvertently omitted two stellar swimmers by Arizona Masters.

Patty Gray of Mesa placed 13th in Women's 55-59 age group during World Masters 3K Open Water Championships in Alameda on August 11, with a time of 1:01:35. Patty also successfully completed the swim from Alcatraz the next day sans wet suit. Way to go, Patty.

Jeff Commings set a World Record (Men's 30-34) in the 50m breast (29.01). He also won the 100m breast (tie) and the 100m back. Jeff writes for the AZ Daily Star and has been swimming with Ford Aquatics in Tucson for the past year. He had the opportunity to represent Team Tyr at Worlds so he did not swim under the AZ banner even though he is registered through AZ Masters.



World Photos provided by Helen Bayly. Above, Marci Herzog demonstrates perfect stroke. Below, Jeff Utsch takes his mark. Bottom left, Arizona Mixed Medley Relay members, Barry Roth, Jim Bly, Louise Keough, Evie Lynch. Bottom right: Medalists Becki Major and Diane Wygal. Far left, Monica Bailey displays her true colors.



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 Rough Water Swim
October: Fall Classic (SCM)
December: Southwest Zone Championship (SCM)

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

Want to see *your* team featured in Swim Arizona? Have a photo or article to share? Just email junehussey@msn.com.

Passing Lane

We mourn the passing of two Arizona Masters swimmers: Harry Liber, from the Chris-Town YMCA, who swam competitively until 2004 when he was 85 years of age, and Edna Laflin from Sun City West, who was also in her 80's. -- Reported by Edie Gruender

State Records

State Records held by Arizona Masters Swimmers have been updated recently by Hop Bailey and will be posted soon for viewing on www.arizonamasters.org. Thank you, Hop! In the meantime, if you have a question about records or record holders, please call the Arizona Masters Hotline, 480-365-0037.

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Registration and Elections for 2007

Elections will be held this fall for the AZ LMSC Board term years 2007-2008. This all-volunteer board manages the day-to-day operations of Arizona Masters, including membership development and registration, member services and benefits, communication, meet sanctions, and representation of our club within the national organization, U.S.M.S.

When you register for your annual membership within USMS as an affiliate of Arizona Masters, your membership entitles you to vote for club officers.

The following members are running for office (see bios next page):

Board Nominees

Doug Adamavich, Chair
Judy Gillies, Vice Chair
Gregg Smith, Treasurer
Mitch Mitchell, Registrar
Gordon Gillin, Secretary
Dana Hunter, Secretary

Your ballot will arrive in the mail soon, along with your 2007 registration form. Please return both forms promptly, along with any feedback you may have. We thank you in advance for your continued support of and involvement in Arizona Masters.

*Ted Hartz and
 Max Von Isser
 compare notes at
 Worlds*



For Secretary

GORDON GILLIN

I was born and raised on Maui, Hawaii and stayed there 18 years. I attended the University of the Pacific for two years, 1948-1950. In 1950, I was drafted and served for 5 years in the US Air Force where I taught aquatic survival to flight crews. Upon discharge I returned to U.O.P. to complete my bachelor and masters degrees in education. (I also competed in swimming.)

I taught English and oral communication for 33 years at the secondary level, and retired in 1991 after a successful and rewarding career. From 1976 to 1996, I competed in Masters Swimming for San Diego Swim Masters. My wife, Ann, and I moved to Tucson in 1994, and I joined Ford Aquatics in 1996. In my 30 years of competition in Masters Swimming, I have garnered many top tens nationally and upon occasion a national championship.

From 1996-2003, I was Secretary for the AZ-LMSC Board of Directors. From 2003-2006, I have served as member-at-large of the board. I believe in Masters Swimming and work very hard on the state board and also on the national USMS Planning and Championship committees. My interests are to keep Masters Swimming going and to encourage new and current members to do their best. I have attended and been very active in 8 national USMS conventions representing AZ-LMSC.

I solicit votes to attain the position of Secretary of AZ-LMSC for 2007 onward. I will work my hardest with pleasure and dedication! Thank you!

DANA HUNTER

My name is Dana Hunter and I moved to Arizona last year from the San Francisco Bay Area where I was a high school PE teacher, tennis, swim, and water polo coach. My competitive Masters experience goes back 10 years, having competed in many, many pool meets, open water, and traditional pool meets. I am an ASCA Masters, Age Group, and Water Polo Coach, Red Cross volunteer lifeguard and CPR/First Aid instructor, member of USA Swimming, USA Water Polo, and USA Triathlon. My current position is Aquatics Coordinator at the Lohse Family YMCA in downtown Tucson as well as Aquatics Cabinet Chair for the YMCA of Metropolitan Tucson.

But far more important than these qualifications is the love I have for swimming. The sport changed my life significantly, and I have a need to ensure that it prospers and is available to all ages, races, and abilities. I would love to see Masters Swimming take off in Arizona as it has in California, with more opportunities for training with knowledgeable coaches, diverse competition, and social interaction.

For Registrar

R.A. MITCHELL

I took over the position of registrar in Nov., '05. when the original AZ registrar, Marilyn, was no longer able to fulfill her duties. I was (and continue to be..I am up for re-election) the secretary for the Phoenix based, USMS swim team, the Sunfish. Since stepping in for Marilyn, I have really enjoyed being registrar. I like meeting fellow swimmers, making swimmers feel at home in the pool, during meets and with their practice groups. I like helping people to feel a part of AZ USMS! I am a supporter and advocate for good communication among swimmers, coaches and the state board of directors. I was honored to be a delegate at the most recent USMS convention in Michigan. I learned a great deal, and hope to continue volunteer my time to make USMS in AZ an outstanding swimming experience for its members. One goal I have for 2007 is to encourage some of our 2005 swimmers that did not register for USMS in 2006 to get back into our pools for 2007. I enjoy being your current registrar and hope that you will honor me with another year of service to my fellow swimmers. I started swimming about 3 years ago and am a senior swimmer. I also cycle and enjoy gardening and caring for my three dogs. I appreciate swimming for self improvement, competition, and for overall health conditioning. mitch

For Treasurer

GREGG SMITH

(reprinted from November 2005 issue, in which we introduced Gregg)

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.

For Vice Chair

JUDY GILLIES

I am running for Vice-Chair, because I have become a little concerned recently over the direction that our LMSC is going. We have many new members on our state committee, and although, I like many of their ideas, I sincerely believe we still need one of the "older" members on the board, to connect with the past of our organization. I am also concerned that the number of registered master's swimmers in the state is dropping, as well as the number of swimmers competing in our meets. I first became involved with the AZ-LMSC in 1983 when I heard about Arizona Masters Swimming, and Edie and Dan Gruender. I then started to attend board meetings, and then became a meet director. Over the next 15 years I hosted many of the meets in Tucson, including the State Short or Long Course meets held at the U of A pool, and continue to host the Brute Meet each summer. I was elected the first LMSC Chairman to follow Edie Gruender in 1994. After my four year term, I have continued my involvement as the Officials Chairman, and officiate many of the USA meets as well as USMS meets in the state. I have also stayed involved at the National Level, as a member of the Rules and Officials Committee's. I am looking forward to many good years ahead as an active member, and Vice-Chair of our Arizona LMSC. --Judy Gillies

For Chairman

DOUG ADAMAVICH

My name is Doug Adamavich and I am running for Chairman of Arizona Masters Swimming. For the past five years I have been active as newsletter editor (2001-2004) and Vice Chairman (2004-present). Now I would like the opportunity to lead our LMSC for the next two years. For the last twenty-five years I have trained and competed in swimming at all different levels. From high school, to age group, to college, and now masters: I have always enjoyed swimming and made it an essential part of my life. Over the last few years, I have had a chance to serve all of you in various ways. It is because of the positive experiences serving you that I ask for your support to lead Arizona Masters. The election is not about me though, it is about ideas and challenges that impact our sport.

My desire is to apply the knowledge I have gained over the years to improve masters swimming in our state in the following ways:

Increase value for members – We all have options vying for our time and money. We can do a better job as an organization of making our members feel valued and appreciated. There is more we can do to provide services, discounts, information, and other resources to our members. That is how other organizations attract and retain members, which is something we can do as well.

Expand the number of both teams and swimmers – Over the last three years, our membership has declined even though the state of Arizona has grown significantly. We can start growing again by working on team and membership development. This is a priority on a national level with USMS, we need to make it one of ours as well.

Improve tools and techniques – Today there are more resources available for organization to communicate with their members and the public. Information can be shared and distributed in a multitude of ways now that were not even thought of in years past. We can utilize the power of advancements in marketing, promotion, communication, publicity, and distribution to improve our organization.

The qualities that I bring as a servant/leader are a positive, can-do attitude that is not afraid of challenges and obstacles. Change in any organization is inevitable and I welcome it as an opportunity to learn and grow. This is a quality I have learned over the years in the business world, which has enabled me to succeed in a variety of roles.

Along with that, I have learned that any organization has a wealth of talent, ideas, and abilities within the ranks of its members. A wise leader will seek to utilize the skills and talents of our members in order to benefit both the organization and the members. Not only that, but United States Masters Swimming has thousands of talented individuals that can positively contribute to the success of masters swimming. As Chairman, my desire is to work with anybody who wants to contribute their talents to improving swimming.

I would be honored to serve as Chairman of Arizona Masters Swimming for the next two years. Your vote matters and I would sincerely appreciate your support for my candidacy. I will do my best to serve the sport I love and the organization that we are all a part of.

Masters Swimmer Moseley Covers 47.5 Miles Through Canyonlands National Park

MOAB, Utah, July 10. OVER the Fourth of July weekend, Matt Moseley of Boulder, Colo., swam from Potash Point below Moab to the confluence of the Green and Colorado Rivers. He completed 47.5 miles in a total time of 16:50 — 26 miles in 9:45 on the first day and 21 miles in 7:05 on the second day. I did it because I love being in the river,” Moseley said. “This gave me the chance to really feel it and not just ride or float on it. It really gave me the chance to be a part of it. That is what I really took away from it. Actually being in the river that long is a really powerful feeling.”

According to the National Park Service officials, who grant permits for Canyonlands National Park, they are not aware of anyone who has done such a swim. Moseley will swim in the 3K open water race at the FINA World Masters Swimming Championships at Stanford University and the Horsetooth 10K Open Water National Championships in Fort Collins, Colo., in August.

Source: Lane 9 News, Swimming World Magazine.com, July 11, 2006

[Editor's Note: Moseley completed the 3K open water swim at FINA in a time of 49:35 for 177th place in the Masters World Championship event.]

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