

# NEM News

the New England Masters Swim Club, Inc., newsletter

January 2009

2008 NELMSC SCM Championships Results Special Issue

Issue # 901

## Records Fall at NEM SCM Championship Meet

For the third straight year, Boston University played host to the NEM SCM Championship December 12<sup>th</sup> through 14<sup>th</sup>. The meet, ever increasing in size, had 538 swimmers hitting the water 2,409 times individually and in 221 relays.

The number of records set was most impressive, with eight World Records, 10 USMS National Records, and 119 NEM Records, not to mention the countless meet and individual records. Fred Schlicher set two World Records and missed a third by a few hundredths of a second. Mike Ross had three WRs (in addition to five he set in other meets this season!) and Mike Schmidt now owns the 400M IM WR. Karlyn Pipes-Neilsen, from Hawaii, set two World Records, and missed several by hundredths of a second. Karlyn, by far the most prolific record setter in masters swimming, currently holds 53 individual World Records and 106 USMS National records, spread over four age groups. She traveled a long way to swim in this meet!

Greg Shaw, current holder of four SCM World Records, narrowly missed his fifth as he set a USMS record in the 100M IM and John Merrill, 91, established a new National standard in the 200M backstroke.



These kids are FAST! World record holders Karlyn Pipes-Neilsen and Fred Schlicher mug for the camera after setting new records in the pool. Pipes-Neilsen of Hawaii and local legend Schlicher of Cambridge Masters each set another two records at the BU meet. Pipes-Neilsen is the most prolific record setter in masters swimming and currently holds 53 individual World Records and 106 USMS National records.

Competing for attention was the Blueseventy racing suit (\$400), worn by three of the world record setters as well as by several others setting records. Many claim that it is superior to Speedo's LZR, the suit worn by virtually all the world record setters at the Olympics and other meets this year.

Maine Masters won the USMS Club team competition, while Minuteman, Andover, JCC Newton, and WTS took away top honors in the four NEM Workout Group contests.

Congratulations to all record setters and participants who made this meet another great success, and many thanks to Great Bay Masters for organizing and running this event.— **Laszlo Eger**, NEM President

### USMS Club Combined Team Scores

Place	Team	Score
1	Maine Masters (MESC-NE)	2,782
2	Great Bay Masters (GBM-NE)	1,740.5
3	FISH Masters (FISH-MR)	1,389.5
4	New York City Hydras (NYCH-MR)	560
5	Connecticut Masters (CONN-CT)	418
6	West Side Swim Club (WSSC-NE)	299
7	Jersey Area Masters (JAM-NJ)	203
8	Rinconada Masters (RINC-PC)	160
9	Pennypack Aquatic & Fitness (PAFC-DV)	155
10	San Diego Swim Masters (SDSM-SI)	114
11	Metro Masters Swim Club (METR-MR)	95
12	Garden State Masters (GSM-NJ)	66
13	Davis Aquatic Masters (DAM-PC)	49
14	Swim Florida Masters (SWIM-FL)	14

**Combined Team Scores- NEM Large Workout Group**

Place	Team	Score
1	Minuteman Masters (MMAN-NE)	3,981
2	Cambridge Masters Swim Club (CMSC-NE)	3,617.5
3	ABC Masters- Grey Sharks (ABC-NE)	2,563
4	Swim Rhode Island (SWMRI-NE)	2,059



Perfect form on display in one of the men's backstroke events at the 2008 NELMSC SCM Championship Meet held December 12th -14th at Boston University.

**Combined Team Scores- NEM Small Workout Group**

Place	Team	Score
1	JCC Newton Masters (JCCNM-NE)	671
2	UV Rays (UVRAY-NE)	558
3	Middlebury Muffintops (MIDD-NE)	424.5
4	Jumbo Aquatics (JUMBO-NE)	401
5	Adirondack Athletic Club (AAC-NE)	344
6	Cape Cod Masters (CCM-NE)	303
7	South Shore YMCA (SOSHY-NE)	239.5
8	North Suburban YMCA (NSUBY-NE)	224
9	Duxbury (DUX-NE)	220
10	Greenwood Masters (GWDM-NE)	184.5

**Combined Team Scores- NEM Squad Workout Group**

Place	Team	Score
1	WTS (WTS-NE)	214
2	Smith College (SMITH-NE)	179
3	Stowe Masters (STOWE-NE)	179
4	LOWY (LOWY-NE)	160
5	Mansion House Masters (MHM-NE)	146
6	Western Waterhorses (WWHRS-NE)	142
7	ABF (ABF-NE)	136
8	Ludlow Community Center (LUDL-NE)	113
9	JCC North Shore (JCCNS-NE)	72
10	Bernal's Gators Masters (BGSC-NE)	66



Laszlo Eger, Jay Jones, and Bill Ruppert keep warm while waiting for their next turn in the pool.

Photos courtesy of Laszlo Eger

**Combined Team Scores- NEM Medium Workout Group**

Place	Team	Score
1	Andover/N. Andover (ANA-NE)	1,652.5
2	MIT (MIT-NE)	1,350
3	Liquid Assets (LANES-NE)	1,071
4	YMCA of North Shore (YNS-NE)	1,048
5	Boston University Masters (BUMS-NE)	1,022
6	Boston College (BC-NE)	979.5
7	Granite State Penguins (GSP-NE)	770



The Minuteman Masters team pictured at left earned first place in the large workout group category with nearly 4,000 points. 180 of those points were earned by Ethan Brown, the individual men's winner.

Photos this page courtesy of Lazlo Eger and Al Prescott



Mike Ross, Jessica Holmes, Doug Pride, and Dave Bright show off their fast suits and even faster times at the winter championship meet. Holmes tied with Ann Louise Onton of Connecticut Masters for first place in the women's individual ranking.



"Swimmers take your mark!" A women's race gets underway at the 2008 short course meters championships, held December 12<sup>th</sup> through the 14<sup>th</sup> at Boston University's Fitness and Recreation Center in Boston. Over 530 swimmers turned out for the meet this year and set 119 NEM records. Wow!

Individual Rankings, Top 10 Women		
Place	Name, Age, and Club	Points
1	Ann Louise Onton, 65, CONN-CT	187
1	Jessica Holmes, 37, MIDD-NE	187
3	Karen Bierwert, 56, SMITH-NE	179
4	Tracy Grilli, 51, GDP-NE	175
5	Kristi Panayotoff, 60, MESC-NE	174
6	Elizabeth Mancuso, 23, BUMS-NE	168
7	Jeannine Olson, 69, RINC-PC	160
8	Alicia Kaye, 25, MMAN-NE	157
9	Jenny Harvey, 31, BC-NE	155
10	Charlotte Brynn, 42, STOWE-NE	148



Louis Kronfeld and Cheryl Kupan pose for the camera between races.

Below, it looks like Lane 6 has the best reaction time, but will he win?



Individual Rankings, Top 10 Men		
Place	Name, Age, and Club	Points
1	Ethan Brown, 23, MMAN-NE	180
2	Daniel Rogacki, 61, GSP-NE	175
3	James Christopher, 81, ANA-NE	168
4	Pieter De Hart, 30, BC-NE	158
5	Jay Platt, 61, PAFC-DV	155
6	Bill Rupert, 65, MESC-NE	154
7	Guy Davis, 49, GBM-NE	153.5
8	George Coupe, 68, ANA-NE	149
9	Jack Cothren, 59, FISH-MR	143
10	Mark Keil, 55, ANA-NE	139

**NEM records set at this meet:**  
**119**  
**NELMSC relay records set at this meet:**  
**15**  
 For complete results, please visit:  
[www.greatbaymasters.org/08scmchamp.php](http://www.greatbaymasters.org/08scmchamp.php)

## Muffintops Take Bermuda by Storm

February in Vermont: Two feet of snow and a storm on the way. It'll be months before the ice goes out on the lake and we can trade in our skates for cap and goggles. Enter *USMS Swimmer*: What golden training tips to liven up our late-winter pool routine might be hiding in the magazine? As my husband Chris thumbs through it, he calmly asks, "What do you think about a 10K swim in Bermuda in October?" That's all the bait I need! Chris knows that the next day we'll be signing up for the Bermuda Round the Sound Swim (organized by Aqua Moon Adventures, [www.aquamoonadventures.com](http://www.aquamoonadventures.com)).



Members of the Middlebury (Vermont) "Muffintops" Masters Swim team show off their numbers after the Bermuda Round the Sound Swims. In front row from left to right: Kathy Weiss (800 m), Miguel Fernandez (4 km), Chris Zeoli (10 km), Charlotte Tate (10 km). In back row: Gary Weiss (4 km), Kayla Weiss (daughter of Gary and Kathy, 800m), and Sydney Fernandez (daughter of Miguel, 800m).

The Bermuda open water swim offers distances for everyone: 10K, 7.25K, 4K, 2K, 0.8K, and of course the cheering section. A couple of our Middlebury Muffintop Masters teammates (or their families) heartily agreed that the island's tropical blue waters and white-sand beaches were too enticing to pass up. Gary Weiss signed on for the 4K. Kathy Weiss took the competition as a great opportunity to get back in the water and to train for the 0.8K race with their teenage daughter Kayla. Fellow ninth-grader Sydney Fernandez rose to her dad Miguel's challenge and convinced him that she could tackle 0.8K ocean swim as well. Miguel joined Gary on the 4K.

Once the ice melted, local Lake Dunmore provided a perfect summer training venue. Gary, Miguel, Chris, and I joined other Muffintops for 2-mile sunrise swims a couple times a week. We complemented the lake workouts with up to 6,000 yards weekly in the pool. To remind ourselves of the water-logged feeling one endures during extended open water swimming, we stroked and struggled through two pre-dawn 6-mile lake crossings in July and August.

It's no secret that fall is hurricane season, but in its 18-year his-

tory, the Bermuda swim has been little affected by storms. This year was no exception. After checking into the Grotto Bay Resort—race headquarters hotel—Team Muffintop joined other competitors for a pre-race briefing, a fabulous boat ride around the Harrington Sound course, and an upscale pasta-loading dinner. In spite of a threatening forecast, race day dawned only slightly overcast. The start locations and times for each of the separate race lengths were staggered so that we'd reach the finish line relatively simultaneously. Although not hit by Hurricane Ike, strong winds and rough seas created an extra challenge. However, a well-marked route with checkpoints and many volunteer kayakers ensured that swimmers were safe and stayed on course. The 78-degree water and 70-plus degree air made for a comfortable non-wetsuit competition. After finishing on the beach, the 200-plus swimmers joined generous volunteers for a festive refueling and awards ceremony. The Muffintops' crowning moment came when the governor of Bermuda presented awards to 0.8K age group winners Kayla and Kathy Weiss.

With the swim over we could relax, and the Middlebury group stayed on the island for a few days of snorkeling and sightseeing in the sunshine. Bermuda's the perfect spot for a carefree vacation, with excellent public transportation, beautiful beaches, and welcoming islanders. When mid-winter blues hit this year, I'll be awfully tempted to shoot for the Aqua Moon Adventures Annual Bonaire Eco Swim in December!— **Charlotte Tate, Middlebury Muffintops**

## NEMers' FAQs

Here at *NEM News*, I get a lot of questions from club members. I love getting feedback and hearing from other swimmers, so please keep the comments and questions coming. In the meanwhile, thanks to our fabulous administrator, Tracy Grilli, here are some answers to some questions members have asked me in the past few months that I thought other swimmers might have as well.

**What's it mean if a swim meet is sanctioned by USMS? Can a swim not done in a sanctioned meet qualify for the Top Ten Times list?**

**Sanctioned.** ALL competitors in sanctioned events must be USMS members or a member of a FINA-recognized national governing body for Masters swimming. This is necessary for the safety and enjoyment of the swimmers, for liability and excess personal accident insurance coverage to be in force, and for official consideration of performances. Times achieved at sanctioned events, conducted in strict compliance with all mandatory swimming rules of the USMS rule book, as defined in part 1, are considered for USMS national records, USMS Top Ten times, and FINA world records.

**Recognized.** In a recognized event, swimmers are not required to be USMS members. Only USMS members are covered by

liability and excess personal accident insurance. Times achieved at events may be considered for USMS national records and Top Ten times if the event has been granted recognition and a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the relevant USMS swimming rules and administrative regulations.

In a nutshell, if the meet is sanctioned or recognized, any USMS member's times will count for top ten.

If you want the "full" scoop on Sanctions and Recognitions, go to [www.usms.org](http://www.usms.org) and click on Administration, then LMSC Handbook, then Sanctions.

### *Is there a limit to the number of events I can swim in a meet?*

Article 102 is Swimming Competition and 102.6 Event Limit states: A swimmer may compete in not more than five individual events per day (or three individual events if the meet is a trials/finals format). If, however, due to conditions beyond the control of meet officials, an event or events are postponed to a subsequent day of the meet, such postponed events shall not be included in the five (or three) events per day limitation.

These limits are put in place for the health and safety of the swimmer.

### *How is age determined for meets and events?*

#### 102.2 Age Determining Date

102.2.1 For short course yards, the eligibility of a participant for a particular age group shall be determined by the age as of the last day of the meet.

102.2.2 For short course meters and long course meters, the eligibility of a participant for a particular age group shall be determined by the age as of December 31 of the year of competition.

#### 102.3 Age Groups

##### 102.3.2 Relay Events

**A. Short Course (25) yards**— 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+ 95+... (10 year increments as high as necessary). The age of the youngest relay team member shall determine the age group. Relay teams must swim in the oldest age group for which they are eligible.

**B. Short course (25) meters and long course (50) meters**— 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399... (40 year increments as high as is necessary). The aggregate age of the four relay team members shall determine the age group.

### *Who should I notify if I move?*

The person to contact is your LMSC (Local Masters Swimming Committee) Registrar, Tracy Grilli at [registrar@swimnem.org](mailto:registrar@swimnem.org). She will update your address in the Club Assistant program (national database) and this will take care of your *NEM News*

and *USMS Swimmer* magazine subscriptions, so you don't miss a single issue.

For a complete listing of all the rules and guidelines that govern Unites States Masters Swimming and New England Masters, please see the United States Masters Swimming Code of Regulations and Rules of Competition, (aka the USMS Rule Book) that is posted on the USMS website at [www.usms.org/rules/](http://www.usms.org/rules/).— Elaine Howley with Tracy Grilli

## A New Year, A New You: Al's Big Goals



Intimidated by a big goal? Not sure how high to set the bar? Al Prescott of New England Masters began swimming at the age of 32 when he weighed somewhere between 260 lbs. and 280 lbs. when he made a promise to himself, "I'm going to do an Ironman."

In high school Al weighed in at 170 lbs. In college Al's weight jumped to 200 lbs., and ten years past college Al had gained another 60 lbs. to 80 lbs. "Something had to change," said Al who began to think, "If I train for triathlons, at least I'll be healthy."

So, with no prior experience, Al laid out a plan to accomplish his goal. "A wise person once said, 'Plan your work, then work your plan,' so that's what I did." Al looked at the calendar and decided that it would take five years to accomplish his Ironman goal. His goals for each year, beginning in 2000 and ending with an Ironman in 2005, looked like this:

- 2000— learn to swim well
- 2001— complete an Olympic distance triathlon
- 2002— run a ½ marathon
- 2003— complete a ½ Ironman
- 2004— run a marathon
- 2005— complete an Ironman

"My theory was, if each step looks manageable, then I should be able to proceed to the end. Of course, invariably any plan changes when reality strikes. I had one foot surgery and one knee surgery, but ultimately I completed the Iron distance race in 2007. Not bad," said Al.

After completing the Ironman race in 2007, Al has continued to train in the pool and compete at swimming competitions across the country. "It's funny, when I started, I was a triathlete who really liked swimming, but somewhere along the way I became a swimmer who liked doing triathlons." So why has swimming been so easy for Al to stick with throughout his quest for a healthy lifestyle? "I got really lucky and found a Masters group that just totally rocks. We all just love hanging out with each

other and that makes it really easy to train,” Al shared about his workout group, Minuteman Masters.

Though Al is happily maintaining a fit and healthy weight and lifestyle now, it wasn't always his intuition to remain positive. Al shared his struggle, “for years I made excuses about my weight, even early on in my five year plan, I said things like, ‘well, it’s hereditary, lots of folks in my family are overweight. Maybe I have a thyroid problem,’ I’d go on and on.”

From 2000 to early 2002 Al still weighed roughly 280 lbs. despite his increased exercise. “I was in denial,” said Al, and he continued, “I even joked about the fact that my cholesterol was off the chart at over 300.” It wasn't until Al suffered serious health issues that he got serious about his goals of being fit, living healthy, and becoming an Ironman. “Finally, my triglycerides went up, and my uric acid got so high that I started having gout attacks. One attack was so bad it landed me in the hospital emergency room. My doctor finally said, ‘look, we can put you on all the drugs in the world, but why don’t you just lose weight,’” Al remembers of his emergency room experience.

In May of 2002, Al made a dual commitment to his exercise plan and decision to change his diet. “I started tracking everything,” said Al and went on to explain how he evaluated his caloric intake with the amount of exercise he was doing and eventually found a perfect balance between exercise and diet.

It has been five years since Al has committed himself to, well, himself. With 2008 wrapped up and 2009 well underway, Al will begin to set new goals and lay out a new plan. Al, who was once known as “Big Al,” is yet another example of the thousands of U.S. Masters Swimming members who commit to living healthy and living well each year.— **Ashley Gangloff, USMS**

## One Hour Postal Swim Going on Now!

We need your help for NEM to retain our #1 national ranking in the large team One Hour Postal swim. Have you competed in a National Masters event yet? Would you like to see how you stack up nationally in your age group while swimming IN YOUR OWN POOL? Simply go online to:

[www.usms.org/longdist/1dnats09/1hentry.pdf](http://www.usms.org/longdist/1dnats09/1hentry.pdf) and print out the entry form. Complete your one hour effort during the month of January. Have your counter record cumulative splits at each 50 flip turn, and send in your entry to Janae’ McCullough, 6204 43rd Ave NW, Gig Harbor, WA 98335 by February 10<sup>th</sup>. Results will be available mid-March. Be sure to read the rules on the entry form. Please also send an e-mail to Matt Gilson: [mgilson@metlife.com](mailto:mgilson@metlife.com) with your name, gender, age, and distance swum. He will submit the three longest NEM swims per age group and send in NEM relay entries (paid for by our club). Need inspiration? You will be all powerful after completing the one hour— just do it.

## Jacki Hirsty Swim Clinics

Learn quick effective tips to improve your swimming, regardless of age, experience, ability or goals. Swim faster and smoother with less effort. Save energy. Get critical, immediate feedback and hear clear descriptions of how the correct technique “feels” with drills and instructions to make your body understand what it needs to do. Clinics are conducted by Jacki Hirsty, and are hosted by the Jewish Community Center at 401 Elmgrove Ave., Providence, RI 02906. Clinic dates are January 11<sup>th</sup> and 25<sup>th</sup>. For more information and to register, see [www.clinic.swimsmart.info](http://www.clinic.swimsmart.info).

## TAM Postal 1650

It’s that time of year again. Yes, it’s time for the Jon Steiner Memorial Mile! (aka the TAM Postal 1650). For an entry form, go to: [www.tammasters.org/PoolMileEntry/1650Form.php](http://www.tammasters.org/PoolMileEntry/1650Form.php) This year we have made two big improvements! First, we have extended the dates back into the previous year, so any swims between December 19, 2008 and February 28, 2009 will be accepted. Second, and most importantly, we have added a TEAM COMPETITION! Winning doesn’t have to do with how fast you swim, but rather participation levels. Here, winning means that you had the largest proportion of your team members participating, and winning teams in the small, medium, and large categories will receive a trophy. Details are available on the swim web page:

[www.tammasters.org/PoolMileEntry/1650Form.php](http://www.tammasters.org/PoolMileEntry/1650Form.php)

Swimmers can also submit their splits from their hour swim, killing two birds with one stone! Please feel free to contact me at [jon@tammasters.org](mailto:jon@tammasters.org) or 415-457-1228 for more information.

## Pool Workout Corner

Want to try a new routine in the pool? Give this 4,000 yard workout a try!

**Warmup** **700 yards**

300 swim easy  
8 X 50 IM order, odds kick, evens drill @ :5 rest

**Main Set** **3,200 yards**

2 X 200 negative split @ :15 rest  
4 X 100 descend @ :10 rest  
8 X 50 alternate easy/fast @ :5 rest

400 pull, focus on distance per stroke

Break for 1:00

8 X 50 alternate easy/fast @ :5 rest  
4 X 100 descend @ :10 rest  
2 X 200 negative split @ :15 rest

400 pull, focus on distance per stroke

Easy **cool down** for *at least* 100 yards **100 yards**

Try doing the first round IM and the second freestyle. Or if you decide to do all the same stroke, try dropping the intervals the second time around by about :5 to up your heartrate and the intensity of the set.

**Total: 4,000 yards**

## Go the Distance Returns in 2009

The USMS fitness event "Go the Distance" (GTD) is being offered again by the USMS Fitness Committee in 2009! The objective of this event is for participants to track the time and distance they swim during the year. When participants achieve the specific distance milestones of 50, 100, 150, 200, 250, 300, 365 (average mile a day), 400, 500, 750, 1000, 1250, and 1500 miles, they will be recognized on the USMS website and awards will be available for purchase for a minimal fee. For those who participated in GTD 2007 and GTD 2008, a cumulative mileage starting from the beginning of GTD will also be maintained for you. Just how far can you swim year after year? For details, go to: [www.usms.org/fitness/content/gothedistance](http://www.usms.org/fitness/content/gothedistance)

**In 2009, NEM swimmers racked up 7,994.89 miles in GTD.**  
*Congratulations to Tara Gulla and Chris DeSisto, NEM's top distance achievers in the USMS fitness event, GTD 2008.*

Swimmer	Age Group	Total Mileage
Tara Gulla	35-39	854.61
Chris DeSisto	45-49	584.55
Susan Helmrich	50-54	578.93
Elaine Kornbau Howley	30-34	547.73
Mike Broglio	35-39	431.05
Martin Kulig	40-44	418.27
Paula Yankauskas	50-54	400.25
Bill Shea	45-49	383.50
Jane Cheney	45-49	342.29
Tracy Grilli	50-54	336.18
Son Nguyen	25-29	327.90
Nancy Crossman	55-59	294.00
Woods Wannamaker	45-49	272.52
John Melczer	40-44	265.38
Julie Seeger	50-54	261.51
Beth Foster	55-59	252.53
Maureen Dwyer	45-49	240.88
Sarah Downey	35-39	218.60
Amy Klodzinski	30-34	198.10
Bob Sege	50-54	170.50
Matthew Schulde	30-34	170.11
Deborah Chassler	55-59	83.64
Beverly Gallagher	55-59	67.40
Meaghan Murphy	25-29	61.12

### NEM News: The New England Masters Swim Club Inc., Newsletter

Got ideas? Want to contribute stories or calendar items? We want to hear from you! Contact Elaine for more information on how you can get your name, club, or event in print!

Elaine Kornbau Howley, Editor  
 E-mail: [nemnews@gmail.com](mailto:nemnews@gmail.com)  
 Visit us online at: [www.swimnem.org](http://www.swimnem.org)

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More meets,  
 mini-meets, clinics  
 and other events are  
 listed online at  
[www.swimnem.org](http://www.swimnem.org)

## Upcoming Meets

### 1/18/09 The Bowdoin Distance Festival(\*sanctioned)

The Bowdoin Distance Festival will take place on Sunday January 18th 2009. Warm up 9:30am Start times 10AM and 11AM. The events are the 1000, 1650, and/or hour swim. All entries deck seeded at meet. Brad Burnham at [bburnham@bowdoin.edu](mailto:bburnham@bowdoin.edu).

### 1/18/09 The CRAYZ Masters Mini Meet

Our first swim meet will be held Sunday, January 18, 2009, at the Larry Hart Pool. The pool is located within the Choate Rosemary Hall campus in Wallingford, CT. Preregistration price of the meet will be \$25 for up to 5 events and 2 relays. Day of race price of the meet will be \$25 plus \$3 per event. Save money by pre-registering. Online registration ends on January 16th. Day of race registration at 7:30 AM, warm-up at 8:00am. Swim meet must end at 1:00 PM. Race director reserves the right to cancel individual events due to lack of time.

### 1/25/09 Husson Eagle's Masters Meet (\*recognized)

Husson Eagle's Masters Meet, to be held at Webber Pool, Husson University, Bangor, ME 04401 on Sunday January 25th 2009. Warm up 11AM, meet start 12:00pm. Deck entries will be allowed until 11:30AM. Pre-registration for Masters members \$15, non members \$20. Deck entry add \$5. Jeff Wren at [swimming@fc.husson.edu](mailto:swimming@fc.husson.edu) Registration form available online at [www.swimnem.org](http://www.swimnem.org).

### 2/1 - Adirondack Aquatic Club Hearty Breakfast Meet (\*recognized)

Meet Director/Contact: Dave Bott (508.541.1400 x214, [dbott@adirondackclub.com](mailto:dbott@adirondackclub.com)) - Warmup: 7:00am - Meet start: 8:30am. The meet will be swum as timed-finals. Session will be seeded by computer based on positive check-in at the beginning of the session. Deck entries and check in will occur between 7:00-7:45am. Heat sheets will be posted around the pool deck. Information form available here and meet registration form available online at [www.swimnem.org](http://www.swimnem.org).

### 2/14 7th Annual Mid-Coast Masters Relay Festival (\*sanctioned)

Mid-Coast Masters Relay Festival to be held at the Penobscot Bay YMCA on Saturday, Feb 14th, 2009. Warm up 11:00am Meet start at 12:00pm. The meet fee is \$20, covering up to 5 individual events and 5 relays. Make checks payable to Mid Coast Masters. Send entries To: Dieter Weber, 270 Nobleboro Rd., Bremen, ME 04551 (entries must be postmarked by February 11th or received by February 13th, no deck entries) Dieter Weber (207) 529-2104, [dieter@cisco.com](mailto:dieter@cisco.com), or Carrie Carney [ccalifano@gwi.net](mailto:ccalifano@gwi.net)

### 2/22 -Second Bi-Annual Casco Bay YMCA Toughen Up Challenge (\*sanctioned)

Casco Bay Toughen Up Challenge to be held at 14 Old South Freeport, Freeport, Maine. On Sunday, February 22nd 2009. 8:30am warm up. 9:15AM start. The meet fee is \$20, covering up to 5 individual events for mailed entries. Deck entries will be \$30. Make checks payable to Ben Morse. (Mailed entries must be received by February 19th, deck entries will be accepted until 8:45 on the day of the meet) Ben Morse at 207-240-2155 or [bmorse@usms.org](mailto:bmorse@usms.org). Colleen Lepage 31 Union Street Augusta, ME 04330. Meet Director is Colleen Lepage 207-626-3488 ext. 134; [stingrays@kvymca.org](mailto:stingrays@kvymca.org)



Bob Bourassa, a long-time Swim RI member died of cancer in 2008.

## Bob Bourassa Loses Fight with Cancer

Earlier this year, a good friend from Swim RI lost the battle with cancer. Bob Bourassa was with the group that swims at East Providence High for a few decades that I know of. He was there in 1987 when I joined. I stopped swimming for a few years, and

didn't see Bob again until the late 1990's. At this point, he was lead guy in the "C" lane, doing the chores of keeping pace for the workout and watching the clock.

He remembered me and made sure I knew about the Sunday morning swims at McDermott pool in Warwick, Rhode Island. He would meet up with Dave Prior, Matt Chrostowski, Tom Manfredi, to name a few, and would lead unofficial workouts at

the public facility. I heard someone call the group "the Granpas," because all these guys had grandchildren. This cracked me up. If this is what one does when one is a grandparent, then sign me up. In fact, the Grandpas did very well at NEM meets, holding age group records and such.

Bob and I also went to the Rhode Island Senior Olympics, since they were held at the Providence College 25M pool, and there weren't a whole lot of people entered. We used the day as an extended training session, swimming as many events as allowed. Bob was amused by the fact that we all got medals for what amounted to a fun workout. Yes, we were finally in that category, "If I Don't DQ, I Score." The one thing Bob would not do is open water. It seems that during his time in the Navy, he was on an aircraft carrier in the Mediterranean. He and another sailor decided to take a swim in the middle of the sea. They were coming back from a circuit of the ship when they heard their mates on deck yelling and waving. They were being followed by a shark. Bob got the hell out of the water in record time, and never ventured back into unknown territory.

You have to respect a man who knows his limitations. He will be missed.— **Tim Morse, Swim RI**



NEM News also available in full-color on-line at [www.swimnem.org](http://www.swimnem.org)

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