

# NEM News

the New England Masters Swim Club, Inc., newsletter

September/October 2009

Fall Creeps In

Issue # 909

## LCM Nationals at Indianapolis

Just a few weeks after Michael Phelps and company performed at the IU Natatorium, the masters took over, with over 1,100 swimmers, making it one of the largest LCM Championship meets in recent memory.

The IU Natatorium is a fantastic facility, a very fast pool, the site of many Olympic trials and national championships— and the masters did not disappoint. Blueseventy was the uniform of the day, as everyone was out to set records— personal, national or world— before the expected ban in 2010. There were more than 120 new records! It seems like the announcer was touting the prospects of a new record every few minutes. It was also awesome to see up close and personal some of the famous names we hear about such as former Olympians Rowdy Gaines, Gary Hall, and Jim Montgomery, among others.

NEM was represented by a modest contingent of eight swimmers (four men and four women), a somewhat disappointing turnout as the meet was relatively close and in a world class facility. But those that were there had a great time and some impressive swims. Congratulations to National Champions Jessica Holmes in the 200M backstroke and Tracy Grilli in the 1,500M freestyle. Silver medal performances included Jessica (100M backstroke), Rainy Goodale (50 and 200M breaststroke), David Bright, and Laszlo Eger (both in 200M backstroke).

Although NEM managed to outperform the contingent from Maine on points, Maine boasted five eye popping first place finishes by Mike Ross (which included setting three new world records and tying another!) and two by Mike Schmidt.— **Laszlo Eger, NEM President**



Above: The NEM women's relay team of Jessica Holmes, Tracy Grilli, Rainy Goodale, and Cecilia Emblidge took third place in both the 400M free and 400M medley relays. Top right: The mixed relay of Holmes, David Bright, Laszlo Eger, and Emblidge pose before their race.



## NEM Swimmers Toe the Line at the USMS 2-Mile Cable Championships

New England Masters swimmers swam well at the 2009 USMS 2-mile Cable National Championship open water swim held August 15, 2009, in Mirror Lake, Lake Placid, New York. The women's 40-44 swim was won by Charlotte Brynn, 43, in a time of 46:47.68. Also placing eighth in that event was Kimberly Edgar with a time of 1:02:49.18. Sheryl "Scotty" Scott, 47, won the women's 45-49 event in 49:21.24, and Tracy Grilli, 52, won the women's 50-54 event in 47:42.27, while Ann Swift, 50, finished third in that event with a time of 54:28.24.

On the men's side, Dave Titus, 33, won the Men's 30-34 event in 46:40.74 while Jon Wilkinson won the men's 35-39 event in a time of 42:48.55. Frank Wuest, Doug Bosley, and Larry Richardson took second, fourth, and sixth in the men's 45-49 event with times of 43:44.05, 46:10.65, and 50:10.46 respectively. All five train with the Cambridge Masters Swim Club.



The NEM Women's 45+ Relay team members, Tracy Grilli, Sheryl "Scotty" Scott, and Ann Swift, display their medals.



Above: The NEM Men's 45+ Relay team of Larry Richardson, Doug Bosley, and Frank Wuest, all swim for the Cambridge Masters Swim Club.



Above: The NEM Mixed 45+ Relay team of Doug Bosley, Sheryl Scott, Tracy Grilli, and Frank Wuest was the fastest of the day.

**Congratulations to all participants!**

Below: NEM swimmers at the cable swim included Dave Titus, Larry Richardson, Sheryl Scott, Doug Bosley, Frank Wuest, Tracy Grilli, Dan Rogacki, & Jon Wilkinson. Other NEM swimmers not included in this photo are Ann Swift, Kimberly Edgar, Don McIntosh, and George Brunstad.

Below: National Champions at the USMS 2-Mile Cable swim are Tracy Grilli, Sheryl Scott, Dave Titus, and Jon Wilkinson. Not pictured is Don McIntosh.

Cable swim photos courtesy of Tracy Grilli



Daniel Rogacki, 62, took third in the men's 60-64 event in 50:31.18, while Mingjie Song, also 62, took seventh with a time of 1:00:59. Don McIntosh, 66, won the men's 65-69 even with a time of 50:46.49, and George Brunstad, 74, placed second in the men's 70-74 event with a time of 1:08:12.05.

All four NEM relays won their divisions. The women's 45+ relay of Scott, Grilli, and Swift won with a combined time of 2:31:31.75, the fastest of any of the women's relays by more than 23 minutes! The men's 45+ relay of Wuest, Bosley, and Richardson won with a combined time of 2:20:05.10 while the men's 55+ relay of Rogacki, McIntosh, and Brunstad won in 2:49:29.72, beating the next 55+ men's relay by more than 22 minutes. The 45+ mixed relay of Scott, Grilli, Wuest, and Bosley was the fastest mixed relay, winning in 3:06:58.21. Way to go, and congratulations to all participants!



## Dragged Kicking and Screaming Into Journaling

If you asked me what I did last weekend or where I spent Thanksgiving 2005, I would draw a blank. It might be age, but I've always had a bad memory. Yet if you asked me what the swim workout was last week or two months ago, I'd be able to tell you in detail. Why? Because I write it down. What is unusual about this is that I have never kept an exercise journal until this year. In fact there is a small graveyard of journals in my basement which represent past attempts to write down things in my life— some of them are gold embossed, or have inspirational quotes, or even pre-dated pages with questions for each day. Only recently have I understood the value of it. When I started writing my workouts down, I didn't really understand I was creating a journal, but I was. And so, my exercise journal was born. So, what is the big deal with journaling, and how do I get started?

Exercise journals come in many forms. You have the classic paper journal, where parchment and ink serve as a time capsule, the fading entries marking the sweat, tears, (hopefully no blood) of your training. Then there is the electronic journal where an athlete can track not only their workout, but they can also download their heart rate, watts, distance, speed, and nutrition. The hybrid is likely something in between, where you enter your daily training on a

Congratulations are also in order for **Jen Searl of YNS Masters**. She competed at the World Transplant Games in Sydney, Australia in swimming and track events and came home with some serious hardware: a bronze medal in the 100M backstroke, a bronze in the 50M breaststroke, and a silver for the US Women's 4X50M Medley Relay in which Searl swam the breaststroke leg. Go team USA!

If you'd like to see your individual or team results or photos from a meet, triathlon, or open water event published in *NEM News*, please send an e-mail to [nemnews@gmail.com](mailto:nemnews@gmail.com) and we will recognize your accomplishments in an upcoming issue of the newsletter.

spreadsheet or on your laptop, nothing fancy just the nuts and bolts. Oh, and if you have an iPhone, there's an app for that. But mechanics aside, why should a swimmer keep a journal? There are a variety of reasons, among them:

- It helps you track your yardage and intensity. If you are training for a race or a meet, you'll be able to take a broader view of your preparation. You'll be able to look back and see what worked (or didn't) and adjust accordingly.
- You can document how you feel on any given day. Splits or swim times don't always tell the story. Perhaps you didn't sleep the night before, got sick, or are stressed about something at work— all of that affects your training.
- You can monitor your weight and nutrition as it relates to your training. Need to gain 50 pounds to swim the Channel? No better place to see the progress than your journal (which is best kept next to the scale).
- It's good motivation. You can see your progress and writing your workouts down can serve as encouragement to reach a new goal.
- Is the coach on your case during practice? Or, like me, praising you constantly for being so wonderful? Write it down. As a wise person once told me, it's not the feedback that counts, it's what you do with it.

Truth be told, my own journal, in the form of a swim blog, falls short of many of these lofty goals. But I started my blog because my lane mates in Lane 3 and I always had something to say about the workout or about what happened at practice. At first they and my coach were wary of my blog, worried that I would air all our dirty lane laundry. But alas, I mostly abide by the adage that what happens in Lane 3 stays in Lane 3. Except if you really misbehave, or you're not an L3 regular, or your name is Coach Bill. Then all bets are off. But I will say that my loyal readers love the posted workouts (courtesy of our beloved coach at MIT Masters, Bill Paine) and I get to wax philosophical about life for five minutes each day I swim. I also realized that this journaling got me more excited about swimming again after nearly a year off. So if you haven't already, try writing your workouts down. Happy exercise journaling!— **Katie O'Dair, MIT Masters, [www.lanethree.blogspot.com](http://www.lanethree.blogspot.com)**

## The Secret to My Success is Failure

By the time this newsletter goes to print, the 2009 open water season will be drawing to a close. Typically this is a time when I like to look back at the season and share with you some of my favorite races. "Favorite" doesn't necessarily mean I like a particular venue over another. Rather, it tends to mean that the race stuck in my mind, mostly because I was so pleased with my execution. Notice I did not say, "because I swam so fast."

Relative to many a Masters swimmer, I don't swim all that fast so I take satisfaction in developing a race strategy and executing it as well as I can. When I do this, I am typically convinced I swam as fast as I could. Hopefully, this resonates with you.

This has served me well over the years. Last year at this time I shared a well executed race strategy down in Rhode Island. This year it served me well at the first annual Wayland 1-mile. Given the rains of June, the warm-up time I took to swim to the first buoy so I could site the second via the hill on the opposite shore was incredibly helpful given the total lack of visibility. And at the Marlboro Triathlon, I went against my typical race strategy which is to start off to the side so I don't swim with too many folks at the start and wait until I pass folks before cutting in. Instead I took off in the middle of everyone since I realized the swim course was so short I thought the average triathlete would not be prepared to sprint a swim. I was the second of my wave out of the water.

On the other hand, if you ask me which race over the course of the last year I leaned the most from, it would be none of these. It would be the Mighty Merrimack 2-mile race where I executed a classic blunder of a race strategy.

The day dawned clear and cool, a classic fall day. It had not rained in a while and the Merrimack River was as clear and slow flowing as I have ever seen it. The race follows the northern shoreline for a mile, then turns and comes back. On the way out, I was fortunate to find myself swimming next to fellow NEMer, and brew master extraordinaire, Tim Morse. This, however, did not last long. For those of you that don't know him, Tim is a brilliant open water swimmer. In order to hold with him, I did something I never usually do— I drafted him. This worked, but barely. As we took the turn near the Rourke Bridge, that bright morning sun blinded me. I looked up at one point, and Tim was heading out to the middle of the river. "HA!" I thought, "I've got him." By swimming out to the middle of the river, he was taking a very long detour out of his way. The life-guard in the kayak



was freaking out and yelling at him and everything. (In the picture above, I swam back along the solid line, whereas Tim swam along the dotted one closer to the middle of the river.)

I, on the other hand, made my return close to shore the way I had come. This was the last I saw of Tim, except of course for when I got out of the water at the end. Tim was there looking rested and relaxed. I had completely forgotten simple hydrodynamics. A river flows slowest near its banks, and fastest in the middle. By staying near the shore on the outbound part of the race, we had both avoided the worst of the current. But on the way back, Tim got the full benefit of the current at his back while I did not. Yes he traveled farther, but he did so much faster.

I'm not sure if Tim meant to do that or not, and I doubt I could have held with him much longer anyway. But the reality is this. If you are going to swim and race in the open water, know the body of water, plan properly, and execute well. It might make all the difference in the world.— **Al Prescott, Minuteman Masters**

## Boston Swim Across America Events Successful

As many of you may know, Swim Across America, Inc. (SAA) was founded in 1987 to raise money and awareness for cancer research, prevention, and treatment through swimming-related events. Boston not only houses the SAA national headquarters, but it also hosts two open water events each year.



The Boston Harbor Swim is a 22-mile relay around the Boston Harbor Islands, and the Nantasket Beach Swim includes either a ½-

mile or 1-mile race in Hull. Both events have a fundraising requirement and attract swimmers of every level, from club and age group teams, to high school, college, Masters, and even former Olympians. The weekend events are a true highlight of the summer and bring together dedicated, inspiring individuals who wish to fight cancer through swimming.

This year, Cambridge Masters Swim Club had 11 swimmers participate in the Harbor Swim on July 17<sup>th</sup> (Doug Bosley, Pat Costello, Jen Downing, Susannah Ford, Tommy Gainer, Mike Lenihan, Jenn Rein, Cooper Renfro, Larry Richardson, Dave Titus, and Scott VanKuilenburg), and 13 members who either swam or volunteered at the Nantasket Beach Swim on July 18<sup>th</sup> (Mirjam Belderbos, Kyle Cutter, Jen Downing, Susannah Ford, Lindsay Gainer, Tommy Gainer, Alison Goulder, Tara Gulla, Elaine Howley, Christina McCarthy, Adam Mitchell, Jessica Stokes, and Dave Titus).



Clockwise from left: CMSC swimmers Jen Downing, Cooper Renfro, Tommy Gainer, Scott VanKuilenburg, Jenn Rein, Susannah Ford, and Pat Costello enjoy the 22-mile Boston Harbor Islands relay event, a fundraiser for the Perini Quality of Life Clinic.

Team CMSC was thrilled to participate in both the 2009 Boston Harbor and Nantasket Beach events. We swam as a team because a group makes a bigger splash than separate individuals can. We swam to recognize the coaches, teammates, and other athletes who made an impression on us throughout our years of training. We swam in memory of friends and family who lost their battle with cancer before the medical advances of today. We swam to enjoy the beautiful outdoors, to be inspired by amazing stories, and to do something we love. We swam to honor today's "cancer survivors" and the belief that the world will be a better place with more of them.

To find out more about Swim Across America and how you can become involved, please visit [www.swimacrossamerica.org](http://www.swimacrossamerica.org). While the 2009 Boston events have come and gone, swims are still planned for Seattle, San Francisco, and in various pools around the country later this year. If your Master's team is interested in organizing a pool swim in your area, please contact Kitty Tetreault at [kitty@swimacrossamerica.org](mailto:kitty@swimacrossamerica.org). Thank you for your support!  
— Jen Downing, Cambridge Masters Swim Club



SAA photos courtesy of Jen Downing

## A Young Swimmer's Take on Masters Swimming

I swam my last 1,650 freestyle, in February 2008 at the Big East Championships for the University of Connecticut with everything I had. I believed that this would be my final competitive race for at least the next 10 to 15 years. I finished sixth overall, clocking in at 16:46.54, my lifetime best. What a great way to end my 18-year swimming career.

I couldn't wait to know what it was like to not have bleached eyebrows during the winter months, or not sweat chlorine while running on the treadmill. Little did I know that in less than a year, I would be back in the water and training for New England Masters Championships at Harvard University.

Swimming was the only sport I ever knew. Growing up it consumed every spare moment I had, as my mom drove from swim meet to



Sarah Kearns in her UCONN swim team days says Masters swimming has helped her fall back in love with the sport of swimming.

Photos courtesy of Sarah Kearns

swim practice week after week. It was a way of life as I headed into high school and eventually into college. It brought me to places such as Hawaii, Australia, Puerto Rico, and the Bahamas, allowing me to meet many people along the way.

Once I was officially “retired” from swimming it was weird to have all this spare time to myself. I found that my day wasn’t interrupted by 3pm practice, or that I didn’t have to be up at 5:30am to make 6am workouts. I could go out and do more things that swimming had prevented me from doing before.

The biggest change for me was the fact that I was no longer working out. I actually had to drag myself to the gym and run endless miles on the treadmill or lift weights. It was miserable and I hated it. I loved the whole team atmosphere that swim practice offered day in and day out. It was a means of socialization outside of the classroom or a chance to get away from my life at home.

Well, needless to say, I missed swimming immensely. I was tired of paying for a gym membership when I wasn’t going on a regular basis. I wanted swimming back in my life, to break up the workday and to have something to look forward to. I decided I was going to get back into swimming after a 10-month hiatus.

I had just recently moved to the Salem area with a friend from college who also swam. He had immediately become a member of the YMCA and began to swim on the Masters team, Y of the Northshore, or YNS. I knew I would have someone to go with to practice, so I dragged out my old practice suits from the back of my closet and somehow managed to find a cap that wasn’t broken and goggles that still fit.

Anyone who has taken a long break or more than two weeks from swimming will know that the first practice back is nothing to write home about. Sure enough, I was struggling to get through more than a 200 yard freestyle. I knew that I couldn’t beat myself up over not being able to make 100 repeats on a 1:10 send off, but it was hard not to think about.

I managed to struggle my way through the first practice, and after that things got better. I had a goal to work towards; I wanted to be in shape to swim at New England Masters Short Course Yards Championships in March with my fellow teammates. It would take some work, but I knew I could get there.

The months that followed were not easy. Having been a distance swimmer my whole life, I still wanted to compete in the longer events. It was even more important for me to train hard to make sure I could hold my pace in the 500. It was a great feeling though, as I worked harder and saw myself improving over the next few months.

Masters practices were nothing like any other practices I had attended. They were something that I looked forward to every day. My other teammates actually enjoyed being there, and it was generally a laid back and relaxed atmosphere. I didn’t feel pressure that if I wasn’t making the send offs I was going to get yelled at or screamed at to push harder. The coaches wanted us to do well, and cheered for us and were just as excited for us to do well as we the athletes were.

As time dwindled down before the SCY championship meet, everyone on the team became really excited. Everyone was asking what everyone was swimming, and how he or she felt in the water, and if they felt the person was going to do a good time or not. The general excitement in the air got me really excited for the upcoming meet, even more so than any conference meet I swam during my college career.



*Kearns takes a break from workout to pose with some friends underwater.*

Finally, after months of practice and preparation, the time came for me to compete in my first race in over a year. I didn’t know what to expect and it made me a bit nervous. I remember driving to the meet and having the pre-meet butterflies in my stomach, reminding myself they would go away as soon as I entered the pool.

Boy, was I wrong. The butterflies continued to fill my stomach even as I warmed up and prepared for my race. It wasn’t like I didn’t know what I was doing, it was the fact that I hadn’t done what I had grown up doing in so long, and it had only been a year! I even knew some of the girls that were in my age group, having swum against them in high school meets and USS meets held at Harvard.

As I took my place behind the blocks to swim my 500 free, I was more nervous than I had ever been before a race. I couldn’t believe that after a year off of swimming, I was back competing again. I just kept telling myself to have fun and that this was something I loved doing. I stepped on the blocks, dove in, and swam my race.

It was one of the most satisfying races I have ever raced before in my career. I went to my coach afterwards and was happy with my splits, my teammates greeted me with smiles and high fives, I was smiling, and my parents waved at me from the stands happy I was continuing to do something that I loved.

I had a few more races, and swam in relays as well, and to be completely honest with you, after the initial butterflies, it was one of the most exhilarating meets I have attended. Everyone wanted everyone to do well, but there was still a sense of friendly competition among the swimmers and other teams. Records were broken, friends were made, and lifetime and personal best times were set, all mixed in with the usual sense of emotion.

Looking back on my first Masters meet, I am happy to say that I got back into swimming. It made me fall in love with the sport all over again and really appreciate all those that compete in the meets as well. New England Masters swimmers are unlike any group of athletes I have ever seen. I am proud to be considered one of them, and I wouldn’t miss the next championship meet in 2010 for anything in the world.— **Sarah Kearns, YNS Masters**

## Gandy, Howley Successfully Cross English Channel to Raise Money for Leukemia Research

It's one of those mistakes that's so easy to make and you know while you're doing it that you shouldn't be doing it, but you do it anyway: You lift your head up to see if the other side is getting any closer, knowing full well that if it hasn't made a big move forward you're going to be crushed. And still, you do it. Every open water swimmer has a few stories to tell about the frustration they've felt when they can still see the starting line a few hours into a swim, or when that island up ahead just doesn't seem to be getting any closer no matter how hard he swims.

Such was the case for Swim Rhode Island's Ray Gandy last month when he swam the English Channel between Dover, England and Wissant, France on August 9, 2009, becoming the first Rhode Islander ever to swim the English Channel. Gandy was ultimately successful, but his 13 hour, 34 minute ordeal involved a lot of fortitude, mental toughness, and just plain determination to complete.

Gandy had originally planned to complete a round trip crossing of the English Channel but says that about half way across, his main focus shifted to just reaching the other side. The return trip was a dream to be held for another day.

"I felt the single starting to slip away and told my crew that all our energies needed to be focused on that. I said to myself, 'If I can just get through this, if I can just get the single, I will not make the turn, and I will not try for the double,'" Gandy said in a phone interview from his home in Coventry, Rhode Island. "It's all a mind game."

Gandy did get there, after swimming all night in water that hovered around 63 degrees. He did not wear a wetsuit, and completed the crossing according to "Channel Rules" under the purview of the Channel Swimming & Piloting Federation (CS&PF). Channel Rules state that for the swim to be an officially recognized crossing, swimmers may wear only one regular bathing suit that does not provide buoyancy or assist in heat retention, one bathing cap of either latex or silicone, and a pair of goggles. Channel Grease—a mixture of lanolin and Vaseline—is sometimes worn by swimmers in the Channel as some say it helps fend off heat loss, but that is a subject of wide debate. Gandy did not use Channel Grease, but rather, was coated by his crew in sunblock, Vaseline, and zinc oxide to help guard against the chaffing properties of the salt water and to prevent sunburn.

"We started the swim at midnight, and from the start until about 6am, I felt really good," he says. "I thought I might be on pace to complete the first leg in 11 hours, but as the sun came up, I could still see Dover behind me, and that was just depressing." After swimming hard for more than six hours, Gandy expected that France would be in his line of sight, not England. "I had never even thought about the 'S' course or the tides," Gandy says in reference to the challenges that changing tides and currents pose to a cross-Channel swim and how swimmers typically chart a big S-

shaped course as they cross from one side to the other. There are very few straight lines in the Channel.

Gandy also suffered from mild hypothermia towards the end of the swim, and his legs had been cramping for several hours, rendering them virtually useless. He ingested a lot of sea water which caused nausea and also disrupted his electrolyte balance, likely causing the leg cramping.



*Gandy approaches France*

Gandy's crew consisted of his daughter, Jessica, his father-in-law, Lou, and his friend Russ. Russ and Jess jumped in at the finish to swim the last 100 yards to shore with Gandy, who said it was the best part of the whole adventure. "I had the option to turn around. My pilot, Neil Streeter, said we were in perfect position to start the return trip, but I wanted to just enjoy this and have Jess and Russ swim with me to shore. You can't do that in the middle of the Channel, and I knew I didn't have another 13 hours worth of swimming in me. So they jumped in and swam in with me. I couldn't even muster the strength to stand once we got to shore; I crawled up the beach on my elbows, cleared my feet of the water, and then Jess fell into my arms beaming. I apologized to her for not being able to make the trip back and cried in her arms, and she just hugged me, beaming, and said, 'No, Dad, this is excellent!'"

Despite the trials he encountered, Gandy says that his swim was an amazing experience and that he's itching for an opportunity to get back and do it again, providing he can find a sponsor to help defray the costs. "It is mesmerizing. I'm hooked. This thing blew me away."

Gandy's swim raised money for the Leukemia Society of Rhode Island in honor of his wife, Donna, who successfully underwent a bone marrow transplant in 1993. For more information and a full recap of the swim, please visit [www.rayswims.com](http://www.rayswims.com).

### Howley Completes Triple Crown

Following a very similar route in the same waters a few days earlier, Elaine Kornbau Howley, *NEM News* editor, also completed a solo, one-way crossing of the English Channel between Samphire Hoe, England and Le Petit Blanc-Nez, France. Her swim began at about 9 am on Monday, August 3, 2009, and finished 13 hours and 35 minutes later on a dark beach near Wissant, France.

Though a triumph in its own right, finishing the English Channel also signified the achievement of the Triple Crown of open water swimming for Howley who completed all three swims—the 21-mile Catalina Channel, a 28.5-mile solo circumnavigation of Manhattan Island, and the 21-mile English Channel—in less than 11 months. With this swim, she became only the 33<sup>rd</sup> person to ever complete the trifecta of swims.

"The English Channel was the longest swim I've done to date (time-wise), and though I was well-prepared, there really is no way



Gandy and his daughter, Jessica embrace on the beach in France after his successful crossing on August 9, 2009, in 13 hours, 34 minutes.

of being 100% ready for what the ocean can throw at you," Howley says. In hour eight, she dealt with some mild seasickness, which threw her a curveball, but she recovered quickly and despite some self-doubts, kept going.

"I was a little dizzy and nauseous, but I felt strong the whole way. It was all about keeping my mind in check and staying strong mentally. It's hard to swim for hours and not feel like you're going anywhere, and if you let it, it will break your spirit and that's when finishing becomes a real dicey proposition," Howley says, echoing Gandy's sentiments on how frustrating it can be to look up and see France still where it was a few hours ago. "Once the sun went down, though, that got easier, because I could no longer see my watch, and there were almost no lights on land, so it was just dark. That's when I truly started swimming from feed to feed, and just put my head down and got there," she says.

Howley also completed her swim observing the official Channel Rules as administered by the Channel



Howley's course between England and France took 13 hours, 35 minutes to finish.

Swimming Association (CSA), the other governing body that sanctions swims. Her pilot, Fred Mardle, has been escorting swims for over 15 years and uses his fishing boat, the Samallen, to help swimmers reach the French side. Howley's crew consisted of her husband Mark, (who is originally from England and was a big help in translating the pilot's accent) and her friend Khrista Trerotola of Boston.

Aside from feeling seasick for about an hour and a half partway across, Howley says that her swim was relatively untroubled. "The water held steady at about 63 degrees, and I dealt with a range of conditions, though they were generally very good. The weather was sunny and clear with a north-east wind the whole way. I had what most pilots and Channel swimmers would call a rather uneventful crossing," she says.

Howley's swim raised funds for the Leukemia and Lymphoma Society of America in memory of her sister Rachel. For more information about the swim, please visit her blog at: <http://blog.talesofthebeerbaby.com/>

## Upcoming Meets

### 10/3 – 1st Annual UVAC Leaf Peepers Masters Meet (sanctioned)

Upper Valley Aquatic Center, White River Junction, Vermont, Saturday, October 3, 2009. Warm-up 9 am; meet start 10 am. Anticipated end time is before 1:00 pm. Deck entries must be in by 9:15 am. Positive check-in is required for all swimmers by 9:40 am. MAXIMUM five events per swimmer. On-line masters registration can be completed at [www.clubassistant.com/club/usms.cf](http://www.clubassistant.com/club/usms.cf). For more information, contact meet director Mary Gentry: [UVRaysMasters@gmail.com](mailto:UVRaysMasters@gmail.com) 802/295-8976, or Barbara Hummel: [Barbara@goswim.tv](mailto:Barbara@goswim.tv)

### 10/25 – Concord Masters Mini Meet (sanctioned)

3rd Annual Concord Masters Mini Meet. Beede Swim and Fitness Center, Concord, Massachusetts, Sunday, October 25, 2009. Warm-up 7:45 am; meet start 8:45 am. Anticipated end time is 12:15 pm. ADVANCE REGISTRATION strongly encouraged. Entries due by October 17. MAXIMUM five events per swimmer. Registration form available at [www.cchsfosd.org](http://www.cchsfosd.org). Meet Director: Cathie Petersen, [cpetersen5@comcast.net](mailto:cpetersen5@comcast.net). Information contact: Chris Clark, [clarkcdc1@aol.com](mailto:clarkcdc1@aol.com)

### 11/1 – 1st Annual Wicked Witch Swim Meet (sanctioned)

1st Annual Wicked Witch Swim Meet hosted by Y of the North Shore Masters at the Salem YMCA, Salem, MA, Sunday November 1, 2009. Warm-up at 8 am. Meet start 9 am. Entries and payment by check received via US Mail by October 26, 2009: \$20 per a person for up to 5 events (including relays). Late entries and/or deck entries are \$30.00 per person for up to 5 events (including relays). Please make checks payable to: YNS-USA. Athletes who arrive in a Halloween costume will receive a \$5.00 discount off deck entry. Meet Directors: Kerry Johnson ([johnsonk@northshoreymca.org](mailto:johnsonk@northshoreymca.org)) and John Strom ([StromJ@northshoreymca.org](mailto:StromJ@northshoreymca.org)), Entry Chairperson: Kerry Johnson ([johnsonk@northshoreymca.org](mailto:johnsonk@northshoreymca.org)). Entry form available at: [www.swimnem.org/wordpress/meets-events/](http://www.swimnem.org/wordpress/meets-events/).

### 11/7 – 2nd Annual Patrick E. Stevens Meet (sanctioned)

Saturday November 7, Portsmouth City Pool, Portsmouth, NH. Check-in 2:30 to 3:30 pm. Warm-up 3 to 4. Meet director: Ed Gendreau, More info at: [www.greatbaymasters.org/gbmmets.php](http://www.greatbaymasters.org/gbmmets.php)

### 11/22 – 10th Annual Turkey Time Meet

10th Annual "Turkey Time" swim meet at the East Lyme Aquatic Center in East Lyme, CT. Sunday November 22, 2009. Registration and Warm-up: 8 am, meet begins at 9 am. Registration form available for download here: [www.swimnem.org/wordpress/meets-events/](http://www.swimnem.org/wordpress/meets-events/)

### 12/11-12/13 – New England LMSC Short Course Meters Championship (sanctioned)

Boston University Fitness and Recreation Center, 10 lane 25 meter course, Friday December 11, 4:30 warm up, 5 pm start Saturday December 12, 9 am warm up 10 am start Sunday December 13, 9 am warm up 10 am start Meet directors: John Barbary and Ed Gendreau Meet web page: [www.greatbaymasters.org/09scmchamp.php](http://www.greatbaymasters.org/09scmchamp.php)

Additional tentative fall and winter meets are listed at: [www.swimnem.org/wordpress/meets-events/](http://www.swimnem.org/wordpress/meets-events/)



### More Meet Pictures

Above is the Cambridge Masters Swim Team receiving their award at the Middlebury meet in June for winning the large team category. Congratulations CMSCers on another win!

At right, Rick Battistini and Mark Kiel receive their awards for placing first and second in the "50 and Over" 200 breaststroke event at the Bay State Games held at Harvard University July 10-12. Congratulations to all New England Masters participants at both meets!



Photos courtesy of Al Prescott

### Errata & Addenda

In the July 2009 issue of *NEM News*, New England Masters swimmers who participated in the Manhattan Island Marathon Swim were listed, but one NEM swimmer was not recognized. Jacki Hirsty of Providence, Rhode Island was also a member of the Mighty Mermaids 6-person relay team and took part in the 28.5 mile swim around the island. We regret the omission.

Another major oversight occurred in the article "Third Time Charming for NELCM Champs at Middlebury College." We neglected to highlight the extraordinary achievements of Rainy Goodale of Mansion House Masters as she broke all three breast-stroke records in the women's 35-39 age group. In the 50 breast, Goodale won with a time of 37.33. In the 100 breast, she topped the field in 1:22.38, and in the 200 breast, she swam a very fast 3:02.15, all to set New England records. We regret the oversight.

Also in the July 2009 issue, Patricia Saint Aubin contributed a story about the Adirondack Masters swimmers' day of volunteering with the Boston Elite Swim Team (BEST). We did not include any contact information for other teams that might be interested in getting involved with the team. If you would like more information about how your team can contribute, or if you'd like to set up a volunteer day with the BEST swimmers, please contact Patricia at: [psaint@comcast.net](mailto:psaint@comcast.net).

Please help us make this newsletter the best it can be by submitting notable swims, achievements, volunteer opportunities, and any other news from the New England Masters swimming community to [nemnews@gmail.com](mailto:nemnews@gmail.com) for inclusion in an upcoming issue.



Find this and all past issues of *NEM News* in full-color, complete with functional hyperlinks, online at: [www.swimnem.org](http://www.swimnem.org)

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#### In this Issue:

- *NEM swimmers storm Indy, Cable Championships*
- *Just write it down!*
- *Swim Across America report*
- *When swimming farther might be faster...*
- *Gandy and Howley go the distance UK style*
- *Young swimmers breathe new life into NEM*
- *Additions and corrections*

**Contributors:** Sarah Kearns, Tracy Grilli, Katie O'Dair, Jen Downing, Ray Gandy, Laszlo Eger, Al Prescott, Kitty Tetreault, Rainy Goodale, & Jen Searl.

**Fall season begins:  
What are you training for?  
Hmmm....?**