

Terrapin Masters Newsletter, June 2008

Read online at www.terrapinmasters.org/newsletter.htm

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Teammate News

Congratulations to Terrapin Masters Columbia Triathlon participants!

Terrapin Masters had a strong showing at the Reston Lake Swims this year. Congratulations to: Deb Morrin-Nordlund, Allyson Adams and Tyrone Jolly for competing in the 1 mile swim! Also congratulations to Courtney Busch, Diana Corbin, Jeff Strahota and Kevin Murphy who did the 2 mile swim. Courtney was the first woman out of the water in the 2 mile swim!

Congrats to the Columbia Triathlon competitors: Three of our ranks teamed up on a relay in the Columbia Olympic Distance (That's 1.5k Swim - 41k Bike - 10k Run) Triathlon on May 18th. Stefanie Hutchinson, Brian Hutchinson, and Mark Schactman (a new Terrapin) competed for the third year, each taking one leg of the relay. Each year they have rotated to a new event, testing themselves against other relay teams. Jane Strachan competed as an individual, so she did all three events, bettering her overall time from last year, and says she felt "great."

Peter Machado will be graduating from UM with a Masters Degree in Food Science this month. He has accepted a position with Hershey's and will be moving to Hershey, PA. Congratulations, Peter and we hope you come join us (and bring chocolate) when you come back to visit!

* If you would like to share your good news with the team, please send a quick e-mail to Jeff and/or Meghan so we can include your news in our next team newsletter!

New Teammate Recruiting

If you have a friend, relative or coworker who may be interested in joining Terrapin Masters, we have a pass they can use for three free trial swims. See Jim Nealis or a coach on deck for more information.

While swimming outdoors is much more attractive this time of year, swimming indoors with us does have its benefits! For one, we swim during thunderstorms, no loud games of Marco-Polo and no visits (and presents) from the local animals!

Practice Schedule:

Afternoons: Monday, Wednesday and Thursday 6:30-8pm

Mornings: Tuesday and Thursday 6:15-7:45am

Saturday: 10:30am-12 noon.

All practices at the ERC Natatorium.

Practice is cancelled on the following dates over the next two months:

Saturday, June 21	10:30a-12p
Thursday, July 10	6:30p-8p
Saturday, July 12	10:30a-12p*
Monday, July 28	6:30p-8p*
Tuesday, July 29	6:15a-7:45a*
Wednesday, July 30	6:30p-8p*
Thursday, July 31	6:15a-7:45a* and 6:30p-8p*

*The Outdoor Aquatic Center will be available. These will not be official practices as no lanes will be reserved.

There are a few weeks in late June and early July where practice space will be limited due to ICA Swim and Polo camps.

Terrapin Social Life

Special thanks to Allyson Adams for putting together team social events throughout the year. Our most recent event was a Friday evening dinner at College Park's 94th AeroSquadron. Stay tuned for future dinners and an announcement about our annual summer picnic!

It is Terrapin Masters team tradition to go out for breakfast after Saturday morning's workout – see Allyson Adams on deck at practice for location. We usually go to Bagel Place or Plato's Diner on Route 1.

Calling all Terrapin Masters Triathletes and Runners

Are you participating in an event this spring or summer? If you would like to share your results with the team, please send your results to Jeff and/or Meghan so we can broadcast in our next team newsletter! Your results could help peak the interest of someone looking to branch out and try something new or expand their swimming horizons.

Upcoming Meet Schedule

To see a full listing of events, including non-USMS sanctioned events, road races and multi-sport events, surf over to our website at www.terrapiinmasters.org and click on "events."

June 18-22: IGLA Championships, hosted by DCAC

University of Maryland, College Park

<http://www.igla2008.org>

Entries due by June 1.

June 28: Maryland Masters Summer Swim Series
Big Vanilla, Pasadena MD – SCM
<http://maryland.usms.org>
Deck entries only

July 12,13: Maryland Masters Summer Swim Series
Easton, MD – SCM
<http://maryland.usms.org>
Deck entries only – Distance events July 12 only

July 20: DCRP Summer LCM Meet @ Hains Point
Washington, DC – LCM
<http://www.pvmasters.org/entry/dcrp0708.pdf>
Entries by July 11.

August 9: Maryland Masters Summer Swim Series
UMBC, Catonsville, MD - LCM
<http://maryland.usms.org>
Deck entries only

August 14-17: USMS LC Nationals
Mount Hood CC, Mount Hood Oregon
<http://www.usms.org>

August 23-24: Terrapin Cup/ Colonies Zone LCM Championship
University of Maryland, College Park MD
<http://www.terrapinmasters.org>

Terrapin Masters Summer Meet

Mark your calendars! Terrapin Masters will be hosting our annual summer Long Course Meters meet in August, on Saturday/Sunday August 23-24. This will be one of the last LCM meets of the summer and should attract swimmers from around the country.

If you are interested in attending as a participant or volunteer, please get in touch with Meet Director Jeff Strahota on deck or via email: [jstrahota AT usms DOT org](mailto:jstrahota@usms.org).

Logging your Swimming

Do you find it difficult to keep up your yardage during the summer, or have you ever wondered how much you swim over the course of a month/year? If so, consider participating in Go The Distance, a USMS Fitness event designed to help members track the distance swum throughout the year. There is no cost to participate, and it is not too late to enter!

Participants email the distance they've swum to USMS and results are updated monthly. Small awards available for purchase for each distance milestone you achieve. Check out the Go the Distance website (see link below) for more information, how to enter, and a handy-dandy Excel tracker!

<http://www.usms.org/fitness/content/gothedistance>

TM Newsletter Info

Thank you for reading the Terrapin Masters newsletter, compiled and edited by Jeff Strahota & Meghan Gibbons. Please pass along your news and requests for stories!

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Read online @ www.terrapinmasters.org/newsletter.htm

If you wish to be removed from the Terrapin Masters Listserv, please contact team webmaster Cheryl Wagner via email at cherylw AT crosslink DOT net.