

Terrapin Masters Newsletter, July 7, 2008

Read online at [www.terrapinmasters.org/newsletter.htm](http://www.terrapinmasters.org/newsletter.htm)

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### **Teammate News**

Congratulations to Terrapin Masters Chesapeake Bay Swim finishers: Courtney Busch, Bill Shipp, Jeff Strahota, Cheryl Wagner and Diana Corbin. Courtney was the first Terp out of the water in 1:45:31, and finished first in her age group! Jeff and Diana both swam without wetsuits. Also congratulations to our Chesapeake Challenge 1 milers – Robyn Kerr and Allyson Adams

Courtney Busch will be defending her dissertation in a public seminar on Monday July 14, 2008 in Biosciences Research Building (BRB) at 1:00 - 2:00 pm. The title of her seminar will be DNA mismatch repair and response to oxidative stress in the extremely halophilic archaeon Halobacterium sp. strain NRC-1. Please contact Courtney at [cbusch1@gmail.com](mailto:cbusch1@gmail.com) if you need directions or have any questions.

\* 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! We swim during thunderstorms, there are no loud games of Marco-Polo and no visits (or “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:

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 for use by Terrapin Masters members during these times. 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**

Our annual summer picnic/awards banquet has been announced – if you have not received the Evite, please see a board member.

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.

### **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.

We need your help to put on this meet. If you can volunteer to help out at the meet, please get in touch with Meet Director Jeff Strahota on deck or via email: [jstrahota AT usms DOT org](mailto:jstrahota@usms.org).

### **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.terrapinmasters.org](http://www.terrapinmasters.org) and click on "events."

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>

### **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!

Jeff – jstrahota AT usms DOT org

Meghan – gibbons.meghan AT gmail DOT com

Read online @ [www.terrapinmasters.org/newsletter.htm](http://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.