

Terrapin Masters Newsletter, August 1, 2008

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

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Teammate News

Courtney Busch graduated Cum Laude from the University of Maryland with a Ph.D. in Molecular and Cellular Biology. She will be working in Nancy Craig's lab at Johns Hopkins Medical Campus studying transposon mutagenesis in yeast.

Several of our teammates take some time to swim in Open Water events during the summer. These brave souls venture into lakes, rivers and oceans with currents, no lane lines and sometimes hundreds of swimmers per "lane" for the love of swimming!

- Allyson Adams swam the 1 mile Swim for Dolphins in Wildwood Crest, NJ on July 12, with a time of 39:38. She also swam in the Ocean City Masters Swim in Ocean City on July 26, swimming a personal best 28:10 for that one mile trek – also good enough for 4th in her age group!
- Several Terps swam in DCAC-sponsored Swim-4-Life over in Chestertown, MD on July 19. Stephanie and Brian Hutchins both participated in the 2-mile event, finishing 1:09:24 and 1:14:00 respectively. Mark Schachtman swam the 3-mile course in 1:11.48. Bill Conroy and Robyn Kerr both went long, swimming the 5-mile course in 3:05.58 and 3:22.32 respectively.
- Jeff Strahota was the lone Terp representative at the USMS 2-mile Cable Championships in Charlottesville on July 12, 2008, finishing 3rd in men 25-29 with a time of 47:46.

Congratulations OW Swimmers!

* 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!

Triathlon News

During the summer, Terrapin swimmers have been known to venture out of the water onto land for more fun and excitement as part of a Triathlon. If you are one of them, please let Jeff or Meghan know of your race results!

Jeff Strahota participated in the Happy Valley Sprint Tri (750m swim; 20k bike; 5k run) in State College, PA on July 6. True to his roots, Jeff was first out of the water with a time of 9:52, and after a rough time with the 5k, finished with a time of 1:14:42.

Ty Jolly, Stephanie and Brian Hutchins, and Mark Schachtman participated in the Diamond in the Rough Triathlon (1 mi OW swim; 27 mi bike; 5 mi run) in Perryville MD on July 12. Mark finished in 2:45:58; Brian 2:54:12; Ty 3:16:48; and Stephanie 3:06:50. This was TY's first OW Swim-based Tri, and first of this distance. All report that they enjoyed the race and did well despite the scorching summer heat!

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. Terrapin Masters needs your help to continue to actively recruit new members to our ranks to build attendance at both morning and evening practices.

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.

Terrapin Social Life

Our annual summer picnic/awards banquet will be held at Diana Corbin's residence on August 16 at 4pm. If you have not received the Evite, please contact Allyson Adams or a board member. Please respond promptly so that they can plan for an appropriate amount of food.

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.

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 and click on "events."

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>
Entries due by August 11.

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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