

Terrapin Masters Newsletter, October, 2008

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

Contents:

1. Teammate News
2. New Teammate Recruiting
3. Practice Schedule
4. Social Activities
5. Board Activity
6. Meet Schedule
7. UMD Sports – Go Terps!
8. Newsletter Info

Welcome to our new members who have joined us in the last month:

Nick Poppafotis and John Osman

### **Teammate News**

Greg Schuler ran in his first triathlon, the Nation's Triathlon (Olympic distance) September 14, finishing 322<sup>nd</sup> overall, with a cumulative time of 2:38:00. Greg's background is as an avid runner (his 10k split was 44:28, or 7:14/mi pace), and he joined us this year to help his swim training for this multisport event. Congratulations Greg!

Jeff Strahota ran in the Patriot's International (Olympic distance) Tri on September 7, though due to Tropical Storm Hannah, it turned into a Duathlon, much to his dismay. He completed the hot and humid run/bike/run event, finishing 103<sup>rd</sup> in a time of 2:38:06. Unlike Greg, Jeff is NOT a runner, as evidenced by his 64 minute 10k!

Allyson Adams finished her OW season at Wildwood Crest, NJ's 1mi swim on September 20. Despite a breeze, air temps in the 50s and 68-degree water, Allyson swam home with a time of 32:16. She can currently be found thawing out in the ERC sauna. Congratulations Allyson!

Felix Martinez and Marybeth Bauer are parents!!! Isabel was brought into the world Friday, September 26, 12:14pm, 7lbs and 20". Mom and baby are home and doing great! Congratulations MB and Felix!

\* 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**

Terrapin Masters needs your help to continue to actively recruit new members to our ranks to build attendance at both morning and evening practices. If you have a friend, relative or coworker who may be interested in getting into the pool for fitness or to compete in some sort of event, please encourage them to try out Terrapin Masters. We have a pass they can use for three free trial swims, so they can test the waters without obligation. See Jim Nealis or a coach on

deck for more information. Also, please approach a board member if you have any suggestions for how to recruit!

### **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.

Upcoming practice Cancellations:

September 1 – Labor day/ Staff move-in

October 11 – ICA/USA-S swim meet

October 25 – Alumni Swim meet/ Homecoming weekend

### **Terrapin Social Life**

It is Terrapin Masters team tradition to go out for breakfast after Saturday morning's workout.

Please join us at either Bagel Place or Plato's Diner on Route 1 just south of campus. See

Allyson Adams on deck at practice for location.

### **Board Activity**

Notes from the most recent board meeting: <http://www.terrapinmasters.org/board.htm>

Please direct all questions, concerns, etc., related to the facility, practice times, coach no-shows, etc. to flow through the board and our CRS Liaison Jeff Strahota.

### **Upcoming Event 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."

October 18 – MD Masters Swim Series #1 @UMBC

Online Entries Only, before 9pm 10/17

[www.mdusms.org](http://www.mdusms.org) for more info

October 26 – Patriot Masters Sprint Classic (SCY) @ GMU

Entries postmarked by 10/13

[www.patriotmasters.org](http://www.patriotmasters.org) for more info

November 1 – UMD Club Meet (SCY) @ UMD

Entries due by Wednesday 10/22

See Jeff Strahota for more info.

November 8 – Virginia Masters SCM Meet @ Virginia Beach

Entries received by meet director by 11/1

<http://www.vaswim.org/meets/NovEntry08.pdf>

November 15 - MD Masters Swim Series #2 @ Salisbury  
Online Entries Only, before 9pm 11/14  
[www.mdusms.org](http://www.mdusms.org) for more info

December 5-7 – Colonies Zone SCM Championships @ Rutgers  
Information forthcoming

December 14 - MD Masters Swim Series #3 @ HoCo YMCA  
Online Entries Only, before 9pm 12/13  
[www.mdusms.org](http://www.mdusms.org) for more info

### **UMD Sports Schedules & Parking Update**

UMD Men's & Women's Swimming schedules for 2008-09 have been released. Please consider coming out to watch, time or officiate these meets and support the team and our coaches!

<http://umterps.cstv.com/sports/m-swim/sched/md-m-swim-sched.html>

<http://umterps.cstv.com/sports/w-swim/sched/md-w-swim-sched.html>

If you are interested in checking out some world class aquatic events, UMD is hosting the 2009 ACC Swimming and Diving Championships in Mid-February, as well as the 2009 Women's NCAA Water Polo Championship May 8-10.

Football and Basketball Schedules for 2008-09 have been released. We do have practice on game-days, but due to parking restrictions, normal lots are not available for use. A limited number of meters are available outside the ERC, but they fill up fast. Please plan accordingly.

Football – The Terps are 4-1 and almost ranked headed into October with four home games left. We do NOT have practice scheduled for only two home games on 10/25 (homecoming) and 11/22. We will have practice on all other home game days (only 10/18 & 11/15 left). Start times for these games are not usually posted until 1-2 weeks prior, so be sure to check out the below link regularly.

<http://umterps.cstv.com/sports/m-footbl/sched/md-m-footbl-sched.html>

Basketball – Games start November 8. There are only 3 week-day conflicts, and up to 4 Saturdays that may be tight. Stay tuned, as more information will be included in newsletters starting next month.

[http://grfx.cstv.com/photos/schools/md/sports/m-baskbl/auto\\_pdf/2009Sked.pdf](http://grfx.cstv.com/photos/schools/md/sports/m-baskbl/auto_pdf/2009Sked.pdf)

**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.