

Terrapin Masters Newsletter, June 2009

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

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Team & Teammate News

General News:

Apologies to Mark Schactman who was inadvertently left off the list of USMS 1-Hour Postal Swim participants.

CRS sent two teams of lifeguards to GuardWars 2009 at the University of Kentucky. One team, featuring coach Kunal Sakhuja and teammate Hannah Medej, finished 1st overall. UMD's other team finished 3rd place. Go Terps!

Coach Kunal was also awarded the Joseph Kehoe Award, given annually to a student who has excelled in recreational service and leadership. Congrats Kunal!

Debbie Morrin-Nordlund, formerly Vice-Chair of the USMS Elections Committee, has been promoted to Chair of the USMS Elections Committee. Congrats Deb!

Former teammate Autumn Sample, who swam with us in 2007, made headlines for coming to the rescue of a drowning boater. While eating dinner in the San Francisco area over Easter, she noticed the boater in distress and jumped off a high deck into the water to save him. To read the story, follow this link: <http://voices.washingtonpost.com/reliable-source/2009/05/rs-lifesaver8.html>.

Coach Eric Cullen is now a college graduate - Congrats Eric!

Ed Edson has graduated from the Robert H. Smith School of Business with an MBA. Upon graduation, Ed moved up to Hershey, PA to take a marketing position with Hershey. Best of luck in Hershey, Ed, and we hope you keep swimming and come back to see us!

Event News:

Nanticoke Swim – Bill Conroy, Diana Corbin and Kevin Murphy swam the Nanticoke River Swim on May 3. All successfully navigated the 3 mile swim and report that conditions were excellent!

USMS Nationals – Andy Ellis swam fast at USMS Nationals in Clovis CA. He recorded some hefty time-drops in most of his events, and reported that the pool (and the swimming) was fast

and beautiful. Also seen at Nationals was former teammate Pat Murtaugh, who joined us last year at USMS Nationals in Austin, swimming with pals from his home-state of Montana.

Kinetic Sprint Triathlon – This multi-sport event on May 10 drew the interests of teammates Amy Miao, Brenton Walker and Tetsuaki Nakano. The 750M swim in Lake Anna, 18 Mile Bike and 5k run event was well attended and all report a good outing with great weather!

Terrapin Masters 1000/1650 Charity Meet – 15 distance swimmers came out to brave these never-ending events and raise money for the Leukemia/Lymphoma Society. Although the number of swimmers was low, the meet was still profitable and we were able to make a nice donation to the LLS.

Columbia Triathlon – Amy Miao and Jeff Strahota both successfully navigated the challenging international-distance (1500M swim, 41k bike, 10k run) event in poor weather, but both were happy to have completed the full event.

Reston Lake Swims – Despite slightly chilly water, this local USMS Open Water event drew record crowds and had Terps swimming fast! Allyson Adams, Deb Morrin-Nordlund, and Diana Corbin did the 1-mile swim; Courtney Busch, Diana Corbin, Jeff Strahota, and Meghan Gibbons did the 2-mile swim. You are correct in noting that Iron-Woman Diana did indeed do both swims!

Congrats to all!

* If you would like to share your good news and event results 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!

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 on the campus of the University of Maryland, College Park.

No June cancellations.

Our first summer cancellations are July 16 and 18 due to PVS Senior Champs.

YMCA LC Nationals will cancel practices from July 27-30.

** Please note that as of now, the ERC Natatorium will be close August 1-20 for scheduled maintenance. The board is working with Coach Natalie to try to find some time and space for us to swim while the indoor pool is closed. Any updates will be posted online and emailed to the listserv.

Any deviations from the typical schedule are emailed to members prior to the start of each academic term and are also noted on the team website (www.terrapinmasters.org, click on “Practice Schedule”). Monthly reminders will be in this section of the newsletter.

Terrapin Cup LC Meet, June 21

Terrapin Masters is hosting a LC Meters Meet at the ERC Natatorium on June 21. Please consider volunteering your time to help out at the meet. We are in need of volunteers for awards, announcer, check-in table, head timer and most importantly, timers. If you would like to swim as well, you will be able to do so! See Jeff on deck or contact via email to volunteer. Events like this help to fund things like our annual picnic, swim caps, new equipment, etc.

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.

It is summertime, and that means our annual team picnic/banquet is coming! Stay tuned for details!

If you have any suggestions for social activities, please email Allyson at allysonmarieadams AT yahoo DOT com.

Board Activity

Terrapin Masters donated an additional \$250 to the Leukemia/Lymphoma Society in conjunction with the 1000/1650 Meet held on May 9. The total donated including profits and an additional donation from one of the participants was \$385.

The Board has approved a donation of \$250 to the Potomac River Swim, run by teammate Cheryl Wagner. The Swim helps to raise money for several Chesapeake Bay and associated charities. For more info on this event, visit: <http://artemis.crosslink.net/~cherylw/pr2009i.htm>.

Jeff and Cheryl have been working on a new look to our team website. Keep your eyes peeled for an announcement!

If you have a recommendation for a charity to support, please email one of the board members (Andy, Jeff, Jim, MaryBeth or Meghan) with some detailed information. Organizations with some sort of aquatic connection are highly encouraged!

Upcoming USMS 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.terrapiinmasters.org and click on "events."

January 1-December 31 2009 – USMS Go the Distance 2009

Track your mileage at all your swims throughout the year and see how many miles you can swim through the year! Prizes are available for purchase from USMS based on mileage milestones, and an Excel spreadsheet tracker is available for free download to help you keep track of things.

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

June 21 - Terrapin Masters Terrapin Cup LC Meters Meet @ UMD, College Park MD

www.terrapiinmasters.org/2009TerrapiinCup.htm for more info.

June 21 – Jack King Ocean Swim, Virginia Beach
www.vaswim.org for more info

July 11 – DCAC 18th Annual Swim for Life, Chester River MD
www.swimdca.org/swim4life.html for more info

July 11 – Chris Greene Lake 1 & 2 Mile Cable Swims, Charlottesville, VA
www.cableswim.org for more info

July 19 – DCRP Meet, Hains Point DC
www.swimdcrp.org for more info

August 6-10 – USMS LC Nationals, IUPIU Natatorium, Indianapolis
www.usms.org/comp/lcnats09 for more info

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](mailto:jstrahota@usms DOT org)

Meghan – gibbons.meghan AT gmail DOT com

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.