

Terrapin Masters Newsletter, July 2009

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

Contents:

1. Team & Teammate News
2. Practice Schedule
3. Team Shirts
4. Social Activities
5. Board Activity
6. Meet & Event Schedule
7. Newsletter Info

A warm welcome to those who are just joining us: Kathryn Jenko and Juliana Ruzante!

### **Team & Teammate News**

From Cheryl Wagner: 29 swimmers completed the 7.5 mile Potomac River Swim on May 30, 2009. Conditions were excellent until 2:45PM when lightning interrupted the swims of the last 5 swimmers. They retreated to boats and then later swam to the finish. Swim director and Terrapin Master, Cheryl Wagner, directed her 8th Potomac River swim this year which raised funds for the bay and river. For more info on the Potomac River Swim, visit their website: <http://artemis.crosslink.net/~cherylw/pr2009i.htm>

14 teammates participated in the 4.4 Mile Chesapeake Bay Swim on June 13. Currents were strong and everyone swam slower than in previous years, and over 100 people were pulled out of the swim because of the currents, which got stronger the longer swimmers were in the water.

Courtney Busch was the first Terrapin out of the water, finishing 43<sup>rd</sup> overall with a time of 1:53:05. Bill Shipp was the first Terrapin male out of the water, finishing 55<sup>th</sup> with a time of 1:54:44. Down the list: Mark Schactman, 63<sup>rd</sup> 1:55:37; Michael Lee, 76<sup>th</sup> 1:57:36; Kevin Murphy, 78<sup>th</sup> 1:57:58; Jeff Strahota, 119<sup>th</sup> 2:03:05; Curt Reynolds, 120<sup>th</sup> 2:03:20; Hannah Medej, 267<sup>th</sup> 2:23:30; Bill Conroy, 273<sup>rd</sup> 2:24:27; Cheryl Wagner, 430<sup>th</sup> 2:49:44; Meghan Gibbons, 529<sup>th</sup> 3:28:25. Award winners: Courtney Busch 1<sup>st</sup> female 25-29; Bill Conroy 2<sup>nd</sup> male 65-69; Cheryl Wagner 3<sup>rd</sup> female 55-59. Also making the journey in the water were open water mermaid Diana Corbin and first-timers Stefanie Hutchins and Coach Kunal Sakhuja. Congratulations to all participants!

Allyson Adams was the lone Terrapin Masters participant in the 1-mile Chesapeake Challenge that took place on the finishing end of the Bay Swim. She finished 268<sup>th</sup> overall in a time of 44:05.

Amy Miao participated in and finished the Eagleman ½ Ironman Triathlon on June 14. That's a 1.2 mile swim, 56 mile bike and 13.1 mile run – all in one lovely afternoon. Congrats, Amy!!

After the Bay Swim, Curt Reynolds married longtime girlfriend Anita. Congratulations Curt and Anita!

Hugh Harris ran his first Ironman-distance (2.4 mile swim; 112 mile bike; 26.2 mile run) race at the Ford Ironman Coeur d'Alene in Coeur d'Alene, Idaho on June 21<sup>st</sup>. He finished 854th overall with a time of 12 hrs and 23 minutes, with a swim time of 1:11.34. Congratulations, Hugh!

Coach Natalie did a her first ever triathlon, a sprint (500y swim, 12 mile bike, 2 mile run) in Columbia, MD on June 21, 2009. Congrats Natalie!

Kathy Jenko participated in the Assateague Assault Triathlon on June 21, consisting of a half-mile ocean swim, 14 mile bike and 3.2 mile run, in 1:39:41. She reported great conditions and recorded one of the top 10 swim times in the race! Congrats Kathy!

Meet Director Jeff Strahota sends a Very Special Thank You to all teammates who came out to swim at and/or volunteer their time at the Terrapin Cup on Father's Day Morning, June 21. Mollie Grover, Jim Nealis, Bill Shipp, Deb Morrin-Nordlund, Eric Nordlund, Mark Schactman, Brenton Walker, Eileen Nivera, Nick Hasbrouck, Mike Kirwan, Tetsuaki Nakano, Gretchen Ekstrom, Bill Conroy, Steve Payne, Patty Descenza and Eric Cullen! Eileen, Nick and Mike all swam in their first Masters meet – Congratulations guys! – and those who swam had some pretty good swims. Extra special thanks go to Coaches Patty and Eric who brought out Jen, Blair and Martha from the Varsity Swim Team to help time our meet, and Carrie Tupper who ran the electronic system!

Good luck to Coach Patty Descenza who is off to Indianapolis to swim at the U.S. World Championship Trials! Go Patty!

\* 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.

July 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](http://www.terrapinmasters.org), click on "Practice Schedule"). Monthly reminders will be in this section of the newsletter.

### **Terrapin Masters Team Shirts**

You've asked for them, and they are finally here! Special thanks to teammate Charlie Hoffman, owner of SwimPro, who worked with us to get these made! Shirts are white with a red panel on both sides of the shirt, and with red trim around the neck and arm holes. Fabric is 100% polyester lightweight moisture-wicking fabric, designed to keep you cool and dry. Terrapin Masters logo is embroidered on the left breast - same logo as you've seen on the coaches polo's. The white of the shirt is NOT see-thru for those concerned about that.

To see a very handsome teammate modeling the shirt, please click the following link:

<http://www.terrapinmasters.org/pix/shirt%20model.jpg>

Jeff will be at all evening practices the first two weeks of July and should be attending at least two of the three Tue/Thurs morning workouts during this time (sorry, vacation on the Saturdays) to distribute shirts. The cost to all Terrapin Masters members is \$15. If you're writing a check, make payable to "Terrapin Masters."

### **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.

The Terrapin Masters Summer Banquet/Picnic was held Saturday June 27 at Bill Shipp's lovely residence. A couple dozen teammates, friends and family enjoyed a beautiful Saturday afternoon together, with great food.

Team Mini Golf Outing! August 1st 12:00, Bohrer Park Summit Hall, Gaithersburg, MD. For more information, see the evite (or ask/email Allyson).

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

### **Board Activity**

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>.

The new look website has been launched! If you haven't seen it yet, check out [www.terrapinmasters.org](http://www.terrapinmasters.org).

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.terrapinmasters.org](http://www.terrapinmasters.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>

July 11 – DCAC 18<sup>th</sup> Annual Swim for Life, Chester River MD  
[www.swimdcac.org/swim4life.html](http://www.swimdcac.org/swim4life.html) for more info

July 11 – Chris Greene Lake 1 & 2 Mile Cable Swims, Charlottesville, VA  
[www.cableswim.org](http://www.cableswim.org) for more info

July 19 – DCRP Meet, Hains Point DC  
[www.swimdcrp.org](http://www.swimdcrp.org) for more info

August 6-10 – USMS LC Nationals, IUPIU Natatorium, Indianapolis  
[www.usms.org/comp/lcnats09](http://www.usms.org/comp/lcnats09) for more info

August 15 – UMBC LC Meet @ UMBC  
[www.mdusms.org](http://www.mdusms.org) 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.org)  
Meghan – [gibbons.meghan AT gmail DOT com](mailto:gibbons.meghan@gmail.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](mailto:cherylw@crosslink.net).