



# Terrapin Masters Newsletter, October 2009

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

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## Team & Teammate News

The Nations Triathlon was held September 13, 2009. The event is an Olympic-Distance triathlon (1.5k swim, 40k bike, 10k run), and held annually downtown with the monuments providing a very historic backdrop. Laura Hartman was the first Terp woman to finish the race, finishing with a total time of 2:32:28 (Swim: 28:45, Bike: 1:11:25, Run: 47:20) to finish 48<sup>th</sup> out of 1458 women. Kathy Jenko also finished in a time of 3:02:37 (Swim: 26:40, Bike: 1:26:20, Run: 61:38) and finished 482<sup>nd</sup>. Pete Schultz was the lone Terp male to finish the race with a time of 2:20:10 (splits: 23:51, 1:08:44, and 44:11). His brother Bill, who has swum with us in the past, was the 3<sup>rd</sup> man to finish the race. Congratulations are due to all!

Ed Edson married Jenny Reingrover at a small ceremony near their new hometown of Hershey PA. The couple honeymooned in the picturesque South-Western United States. Congratulations Ed!

Deb Morrin-Nordlund, Eric Nordlund and Jeff Strahota represented Terrapin Masters as Potomac Valley Delegates at the US Aquatic Sports Convention September 16-21 in Chicago. A combined recap will appear in an upcoming Potomac Valley Newsletter, and individual notes will be posted on the Board of Directors page on the team website.

Bill Shipp, Cheryl Wagner and Jeff Strahota participated in the DCAC Fall Swim Ball swim meet, the first at the new Wilson High School pool in NW DC. All three swam very fast times, and Cheryl Wagner has a new team record in the 200 free! Way to go Terps!

Allyson Adams and Diana Corbin got in one last hurrah in open water on September 26 at the September Splash Bay Swim in Wildwood Crest, NJ. Allyson swam the 1-mile swim and Diana swam the 2-mile swim. Both report great conditions and good times on what will probably end up their last open water outing of 2009. Great season, ladies!

Fellow swim mate, Crisley McCarson is having an open studio, Oct. 17 from 12:00-5:00pm. Her paintings are energetic colorful abstractions, contemporary and visually compelling. Come by after your Saturday workout. You won't be disappointed and light refreshments will be served.

Where: 3804 38 St. Brentwood, MD

Directions: From College Park, go south on Rte. 1 or Rhode Island Ave. Go past Rte. 410, through Hyattsville, past the Court House (on right). About 1 mile after Court House, take a LEFT onto 38th St. or Rte. 208. Less than 1/2 mile on your RIGHT and just before the railroad bridge is a white warehouse bldg. Ring door bell and come in and enjoy.

Cell phone: 240-643-8548

RSVP: [crisley@crisleysart.com](mailto:crisley@crisleysart.com)

While we're talking about Cris, she will be a grandmother again! Her daughter is expecting child #2 early in 2010. Congratulations, Cris!

\* 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 & Morning Parking Update:**

Jim Nealis has negotiated a deal with Campus Parking for a parking pass for Terrapin Masters Morning swimmers. Basically, we will have permits available to allow us to park at meters on Tuesday and Thursday mornings for about \$2.50 a practice. If you would like to purchase one, please contact Jim who is coordinating this effort with Campus Parking. For more details, see the "Directions and Parking" page on the team website, [www.terrapinmasters.org](http://www.terrapinmasters.org).

Practices have resumed normal schedule:

Afternoons: Monday, Wednesday, Thursday 6:30-8:00pm

Mornings: Tuesday, Thursday 6:15-7:45am

Saturdays: 10:30-noon

Upcoming Cancellations:

Saturday October 10 – USS meet

Saturday October 24 – Varsity Meet

### **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. For those concerned about the white shirt, it is NOT see-thru. The cost to all Terrapin Masters members is \$15. See Jeff if you're interested in purchasing one.

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

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

### **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.

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Cell phone: 240-643-8548

RSVP: [crisley@crisleysart.com](mailto:crisley@crisleysart.com)

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

### **Board Activity- Annual Meeting**

The Annual Meeting will be Saturday October 31, starting 1 hour prior to our morning practice. At the meeting, the primary order of business is to elect a new board. Your attendance at this meeting is important, as our team bylaws require a certain percentage of our team to be present to ratify a vote. Please try to clear your schedules. Also - please consider throwing your name in the hat to be a board member and help Terrapin Masters become even better experience for you and your teammates!

### **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>

September 15-November 15, 2009 – USMS 3000/6000 Postal Championship

<http://www.usms.org/longdist/ldnats09/#pst3k6k> for more info

October 17, 2009 – MD LMSC Swim Series Meet #1 @ Howard County YMCA

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

October 25 – Patriot Masters Sprint Classic @ GMU

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

November 7 – VMST Fall meet in Virginia Beach

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

November 28 – SCM meet at Freedom Aquatic Center

(details forthcoming)

Dec 5-6 – Colonies Zone SCM Meet @ Flushing Meadows/Corona Park

(details forthcoming, [www.metroswim.org](http://www.metroswim.org))

### **UMD Sports Info**

Swimming – Swimming starts off the season with a flurry of events starting this coming weekend. There will be meets at the ERC on October 9-10, 23, 24 and November 14, culminating with the Terrapin Cup on November 19-21. Please consider coming out to support the team in the stands or on deck as a timer or official.

<http://www.umterps.com/sports/m-swim/md-m-swim-body.html>

<http://www.umterps.com/sports/w-swim/md-w-swim-body.html>

Football – Three home games remain: October 17 vs UVA (Homecoming); November 14 vs. Virginia Tech; and November 28 vs. Boston College. Please keep in mind that while we have tried to maintain practices on these days that parking is at a premium due to significant lot closures. Tickets are available for games against UVA and BC.

<http://www.umterps.com/sports/m-footbl/md-m-footbl-body.html>

Basketball – Seasons tip off November 3 (men) and 4 (women). For most Women's games, our parking remains unaffected, and once again, the Men will provide a very limited amount of disruptions for us. Notices about these will be posted here.

<http://www.umterps.com/sports/m-baskbl/md-m-baskbl-body.html>

<http://www.umterps.com/sports/w-baskbl/md-w-baskbl-body.html>

### **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](mailto:gibbons.meghan AT gmail DOT com)

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

Special thanks to Laura Hartman, Mollie Grover, Jim Nealis and Allyson Adams for their contributions this month!

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 AT crosslink DOT net).