

# Lane Lines



## Announcements:

- Next Swim Committee Meeting: April 22, after the 9am workout
- **Next Marlins event, May 13, Parkside Mile**

### Open Water Season is here!

By Henry Chan

With April, we come one month closer to the start of Open Water season. The Marlin's own Parkside Mile, on May 13, will be the first event of the season; followed by the RCM Spring Lake 1 Mile Open Water in Santa Rosa, on May 20. For all of those who are concerned about open water swimming, the Marlins is a team full of veteran swimmers who can help coach you towards success.

Last year, I made Lake Berryessa as my first open water swim, I had always been a pool swimmer. The day was great, sunny and warm, perfect weather for a swim in the lake. Getting in isn't the hard part, getting through the race is the tough part. With so many swimmers who have swum event after event, I was passed by just about everybody in my group. After about 400 yards, I gave up. That one day in June was a bad day for me because I had given up. Unfortunately, it happens. I used that day's disappointment as motivation to continue pushing myself for my main event of the year, the Trans-Tahoe Invitational.

For the next month, I used the pool workouts to prepare myself. Fortunately, I had a couple of great teammates who pushed me and got me to overcome whatever made me give up in the waters

of Lake Berryessa. After all of the hard work, and pushing, the end result was an opportunity to be the finishing leg of our Tahoe team. The feeling of running up the beach is indescribable, it is just an emotion that everybody has to feel themselves

Training is a huge part towards swimming an open water event. It's easy to swim a workout, with intervals, where you can rest. In the open water, you have a completely different feeling because you don't have a wall to stop at. But, if you can make it through a whole workout, you're already halfway to finishing an open water event. Here's a few suggestions:

- Use training opportunities get a feel of the water. Joel Schwartz, a veteran of open water swimming, organizes swims in Half Moon Bay.
- Have a team for Tahoe? Workout in different scenarios with your team. Aquatic Park is a great place to try cold water.
- Just swim the events! Go with teammates to the multitude of events, from the Marlins' own event, to Lake Berryessa, there are plenty of opportunities to conquer that fear.

And if you are able to finish that first race, you'll be hooked for life. Here are a few Marlins who placed last year in their respective age groups, Alicia Koht (1<sup>st</sup>), Meghan Hayes (4<sup>th</sup>), Nancy

Littlefield (3<sup>rd</sup>), Rosemary McNally (2<sup>nd</sup>), Ross Shoemake (2<sup>nd</sup>), Patricia Durham (4<sup>th</sup>), Roger Campbell (3<sup>rd</sup>), and Ann Lambertson, who placed first in her age group. Congratulations to all of the above Marlins. You too can find yourself on this list. Just swim, that's all you need to do.

When you finally find yourself in that open water environment, here are a few things to remember:

- Maintain your composure
- Be efficient
- Concentrate on form
- Swim your pace
- Have fun!

Don't let the race get to you. Just swim and you'll do great! For more information, see the newest USMS Swimmer magazine.

*All tips were taken from a variety of online resources. If you would like to read more, go to your favorite search engine, and search for, "open water."*



April 2006  
**Friday - Sunday**, April 7-9, PMS Short Course Yards Championships; Pleasanton, CA  
**Saturday**, April 22, Menlo Masters LC Worlds Qualifying Meet; Sacred Heart, Atherton

May 2006  
**Thursday – Sunday**, May 11-14, USMS Short Course Meters Championships; Coral Springs, Florida  
**Saturday**, May 13, SMMM Parkside Mile;

San Mateo, CA  
**Saturday**, May 20, RCM Spring Lake 1 Mile Open Water; Santa Rosa, CA

June 2006  
**Saturday**, June 3, DAM Lake Berryessa 1 and 2 Mile Open Water Swim; Lake Berryessa, CA  
**Saturday**, June 10, TVM Del Valle 0.75 and 1.5 Mile Open Water  
**Sunday**, June 11, Burlingame Splash and Dash; Burlingame, CA  
Saturday, June 24, RCM Pac Masters Open Water Championships, 2-mile; Lake Sonora

July 2006  
**Friday - Sunday**, July 7-9, PMS Long Course Meters Championships; Santa Cruz, CA  
**Saturday**, July 22, TOC 30<sup>th</sup> Annual Trans Tahoe Relay; Lake Tahoe, CA  
Saturday, July 29, CRUZ Santa Cruz Pier Swim

August 2006  
Xi Fina World Masters Championship; Stanford, CA  
**Saturday**, August 12, SNM Donner Lake 2.7 Mile  
**Sunday**, August 20, MAM Manatee 2x1 mile Open Water  
**Saturday**, August 26, TCAM Pinecrest 1 and 2 mile Open Water

September 2006  
**Sunday**, September 10, RAD Whiskeytown 1 and 2 Mile Open Water

October 2006  
**Friday - Sunday**, October 13-15 PMS Short Course Meters Championships

*Lanes Lines is edited by Henry Chan. For questions, concerns, or to submit content for future issues, send to [hymc219@hotmail.com](mailto:hymc219@hotmail.com). Always remember, keep swimming!*