

Lane Lines



Announcements:

- Taft Memorial Swim, July 14, 2005, 10 am to 12 pm
- Morning workouts on Mondays, Wednesday, and Fridays start at 5:30am!!!
- The next committee morning will be August 20, after 9am workout.

USMS One-Hour Postal Swim
(All distances are in yards)

- Alison Mazzola (3435)
- Meghan Hays (3225)
- Laura-Anne Sammarco (3700)
- Laura Hutto (3055)
- Carolyn Banda (2750)
- Patricia Durham (2950)
- Ann Lambertson (2555)
- Miek McCubbin (3060)
- Asako Maningo (2450)
- Henry Chan (3805)
- Brian Gilhooly (4635)
- Erich Rasimas (4625)
- Frank Elliot (4525)
- Joe Seliber (2630)

In addition to individual efforts, the Marlins also had three relay teams entered:

Women's 65+
Teta Durham, Mier McCubbin, and Ann Lambertson swam a combined 8,560 yards.

Mixed 25+
Henry Chan, Alison Mazzola, Meghan Hays, Brian Gilhooly swam a combined 17,755 yards.

Mixed 35+
Erich Rasimus, Laura Hutto, Frank Elliot, and Laura-Anne Sammarco swam a combined 15,895 yards

The Marlins had 14 swimmers swim a combined 47,400 yards. Congratulations to everybody who participated! Let's get more of swimmers for next year.

Congrats to all Marlins teams on a great 2005 Trans-Tahoe Relay Invitational

- Deep Water
- Team Galine
- Aquabells
- Transients Tangled up in Blue
- I Can See Bottom
- Frostits

Special congrats to Team Galine (Men 300+) and Aquabells (Women 240+) for finishing first in their divisions. Also a huge congrats to Kiko for his solo swim, completing the entire 11.5 miles. All results can be found at <http://www.pacificmasters.org/comp/05/05tocow.pdf>.

Tahoe For Fun
-Henry Chan

What is scarier: swim 30 minutes, or 1/6th of 11.5 miles? How about both? As a first-timer, I was intimidated by the distance, as any first-timer would be. In the end, the intimidation proved to be nothing compared to the great feeling that I got while swimming up to the finish line. Surrounded by my teammates, fatigue didn't faze me because I had nothing but fun for the past five and a half hour.

Support is important with such a grueling event. Swimming hard for 30 minutes is difficult for anybody, regardless of their training. But with a team that stands supportive, the swim is no harder than getting through a tough workout.

For anybody who has reservations about open water swimming, my advice to you, is to just do it. Your reservations are only fears that, you can conquer with just a swim across Lake Tahoe.

Swimming
From Self.com

Swimming is one of the few fitness activities that is aerobically intense without being high impact. As a result, swimming is terrific for people of all fitness levels, particularly beginning exercisers, the elderly and people with health conditions that preclude doing other sports. Another plus: Because the air around a pool is so humid, swimming is often the sport of choice for people with asthma. Considering there are an estimated six and a half million pools in the United States alone, you should have no problem finding a place to dive in.

Starting Out

While it's possible to learn how to swim on your own, it pays to take some lessons. That way you'll learn the different strokes and how to stroke efficiently. Check with your local Y or health club to see if adult swim classes are offered.

Target areas:

Swimming is an excellent cardiovascular exercise that works your abdominals, arms, gluteus muscles, hamstrings and quadriceps. It's excellent for building stamina and muscle tone. Best of all, it doesn't jar the body, which significantly reduces the risk of injury.

The Warm-Up and Cool-Down

Before you dive in, be sure to do a warm-up. Jump on a stationary bike, walk to the pool or start out with slow and easy strokes. It takes five to 10 minutes to warm up your