

Lane Lines

Announcements:



- Next Committee meeting: 12/16 @ 10:30am
- All pool workouts will be moved to King Center beginning 12/5
- Don't forget to get your PMS membership renewed for 2007
- If you have any old clothes, socks, blankets, and new/old toys, for donation please contact Henry. Henry's work is having a donation drive through December 25. Or, drop items off to Burlingame Ave. Starbucks.

Swimming in Cold Water

By: Henry Chan

Lynne Cox should be a name everybody in the swimming world should know. Why, you ask? Cox is considered one of the best ocean swimmers in the world. She started when she was young; completing difficult swims that no one at her age would even think of. At 14, she swam California's Catalina Channel, 21 miles in 12 hours. At 15, she set the men's and women's record in the English Channel. In 1987, she was the first to swim from Alaska to the Soviet Union, a five-mile swim through 40-degree water.

Scientists are fascinated with Cox's swims. None more amazing that a 25-minute swim in some of the coldest waters on Earth, Antarctica. In an article from September 17, 2003, CBS NEWS reported on this amazing 1.22-mile swim, near the Shetland Islands. Here, the water temperature never exceeds 35 degrees Fahrenheit, and after a test swim, Cox nearly paid the ultimate price for pushing her limits, nerve damage was feared under her numb feet and hands. Two days after the test swim, Cox attempted the impossible. Taking nearly 11 minutes to swim half a mile, Cox continued to push herself and after 25 minutes, the team watching her, stands stunned and happy with her swim through waters that were below 32 degrees Fahrenheit. Since her feat, Cox has written numerous books on

her experiences including *Swimming to Antarctica*.

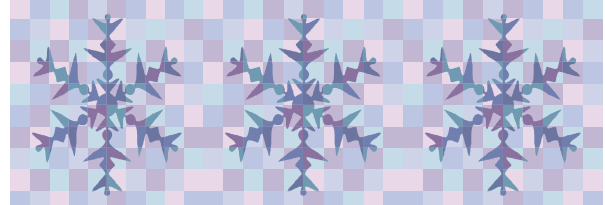
Some can consider Cox's swims ridiculously insane, but her swim has inspired and amazed. I realize that in my swimming, I may never gather enough nerve to do the swims that Cox has completed, but, I will continue to swim, no matter how cold the weather is like outside; wind, rain, or sun, I'll be at the pool. So this winter, when you're sitting at home pondering if you should go work out, think of Lynne Cox, and remember that she swam in much colder water than a heated swimmin

This article is referenced from:
<http://www.cbsnews.com/stories/2003/02/12/6011/main540357.shtml>

2007 is new year, Here come Marlins events!

- January 20 – Hour Swim
- January 27 – Soup Dinner
- February 25 – Relay Meet
- May 12 – Parkside Mile

If you have any questions about these events, contact Henry.



Marlin in View

Name: Lisa Ryner

How long have you swam with the Marlins:
4 years

Typical workout time: 6 am

Pool/Open Water: Pool and Open when
it's warm clear water swimming (think
Hawaii)

Favorite Stroke: Sprint freestyle

Favorite Event/Swim: 50m long course
freestyle (all out and no turns!)

Pets: A little grey tabby cat named Roxy
and lots of daddy longlegs spiders that live
in my house and have names like Fred
and Ethel

Best memory so far: Surfing fast
overhead waves in Hawaii, Mexico and El
Salvador - unforgettable!

Why do you swim: To stay aerobically fit
and team camaraderie

Favorite color: Purple, green, blue, yellow,
orange, red ...the whole rainbow!

Secret skills: Photorealism oil painting;
also tiling floors, bicycle repair --
mechanical stuff

Occupation: Research scientist in biotech

Favorite ice cream: Hagen Daas vanilla or
other gelato style vanillas



January 2007

Sun, Jan. 28, FOG Fog City
Quadrathon

February 2007

Sat, Feb. 10, USF Valentine's Day
Affair

Sun, Feb. 25, SMMM Pacifica Relays

March 2007

Sat, Mar. 17, Rinconada Masters
Spring Meet

Sat, Mar. 24, SCAM Invitational

April 2007

Fri-Sun, Apr. 20-22, PMS SCY,
Walnut Creek

Sat, Apr. 28, MNLO, Menlo Masters

May 2007

Sat, May 12, SMMM, Parkside
Aquatic Mile

Thurs-Sun, May 17-20, USMS SCY
Championships, Federal Way

Sat, May 19, RCM Spring Lake Mile

June 2007

Sat, June 2, DAM Lake Berryessa

Sat, June 9, TVM Lake Del Valle

Sun, June 10, BMW Splash and Dash

July 2007

Sat, July 14, RCM Russian River 1-
mile

Sat, July 21, TOC Trans Tahoe Relay

August 2007

Sat, Aug. 4, CRUZ Santa Cruz Pier
Swim

Sun, Aug. 5, CRUZ Pier to Pier

Sun, Aug. 5, CRUZ Cruise

Fri-Sun, Aug. 10-13, USMS LC
Championships, The Woodlands, TX

Sat, Aug. 11, SNM Donner Lake

Sun, Aug. 19, MAM Manatee 2x1
Open Water Relay

Sat, August 25, TCAM Pinecrest Lake
1- and 2-mile

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