

Lane Lines



Announcements:

- Next Swim Committee Meeting: check the website, or with a committee member

Marlins at Nationals

By Don Galine

Two local Masters swimmers scored very high in the Master's National Swim Championships held in Coral Springs, FL from May 11, 1006 through May 14, 2006.

Don Galine placed third in three events (100 back, 100 free, and 50 back), and placed in the top ten in 200 I.M. and 50 free.

Peter Moore placed first in 100 Back, 50 Back, and 50 Fly. He also had two second place (100 Fly and 100 I.M.), and one third place (50 Free).

With a strong team showing, the Marlins scored a total of 90.5 points, placing 65th in the combined and 36th in the Men's category.

This meet was attended by over 1,200 swimmers from around the world, including Canada and as far away as Russia. The Coral Spring Nationals were attended by many ex-Olympians, including Rowdy Gaines and Dera Torres.

Maintaining Composure

In almost every pool I know, it is impossible to be more than 4 lane widths from a wall. And with lane ropes

installed, there is always something within an arms reach for support in case you get a mouth full of water. That is not the case with open water.

Swimming alone or with a small group, there is often nothing right next to you to hang onto. At least in races, there are usually lifeguards on rescue boards or kayaks nearby to quickly lend assistance. How far do you feel comfortable swimming without hanging onto something?

Think carefully about that question, because the answer is very important. In the pool, do you grab the wall at each turn in order to get a little rest or a little more breath? Can you swim longer distances without grabbing a wall? Can you stay afloat while coughing from getting a mouthful of water, or do you hang onto the lane rope? Can you keep swimming when you get a side stitch, calf cramp, or foot cramp? Can you swim underwater for a few seconds without feeling claustrophobic?

Although it is not uncommon for even very experienced swimmers to occasionally feel a little panicky in open water, panicking is about the worst thing you can do in open water (it isn't recommended in many other situations either). The biggest mental challenge to open water swimming is to maintain composure no matter what happens.

This may require doing some breaststroke, or even treading water or floating for a little while. I have always valued my life a lot more than staying with the pack, a fast time, or riding a great wave. Find some way to keep afloat and to regain your composure. With this mental security, you will at least enable yourself to enter another event at a later date. With that in mind, I am not aware of any open water races that require you to swim any particular stroke, so do whatever stroke you feel most comfortable with.

*Excerpt from Swimming Tips on
www.hulaman.com*

Editor's Notes:

Before swimming the Lake Berryessa event, I found myself hungry. So I wondered, "What do world-class swimmers eat before an event?" Here's a couple of swimmers I found:

Ian Crocker – BBQ Ribs.

Natalie Coughlin – As a kid before a race, fried rice and eggs. Or, she goes to 'Fat Apples' in Berkeley, CA, and has pumpkin pancakes, scrambled eggs and ham.

As for me, before I swam, I had some toast, banana, and washed it down with some milk. Yum!



June 2006

Saturday, June 10, TVM Del Valle 0.75 and 1.5 Mile Open Water

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 30th Annual Trans Tahoe Relay; Lake Tahoe, CA

Saturday, July 29, CRUZ Santa Cruz Pier Swim

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Sunday, July 30, CRUZ, Cruise 2-mile Open Water

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

Sunday, September 24, SMMM Marlins Pentathlon

October 2006

Sunday, October 1, Tiburon Mile

Saturday, October 7, Sacramento 33rd Annual Sprint Pentathlon

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

December 2006

Saturday, December 2, Reno Winners Meet

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!