

Lane Lines



Announcements:

- Next Swim Committee Meeting: check the website, or with a committee member
- **Next Marlins event, May 13, Parkside Mile**

Safety in the outdoors

By: Henry Chan

With outdoor activity, there's always the scary reality of sunburn, or worse, skin cancer. Open water swims can keep you in the sun between 20 and as much as 80 minutes. So how can one protect themselves from the hazards of prolonged sun exposure? A few simple actions can help protect your skin from a lifetime of sun damage, serious and not so serious.

One of the simplest actions is to apply sunscreen, using waterproof and a high SPF, will help a great deal. When applying sunscreen, apply liberal amounts, palm-full, to cover arms, legs, neck, and face. Make sure to reapply after getting out of the water, especially if you have been in the water for a long time.

During the times of 10am and 4pm, is when the sun's ultraviolet rays are strongest. Avoiding extended sun exposure during these times is highly recommended.

Using hats, UV-protective sunglasses, and clothing made of tightly woven fabric, are important protective measures towards reducing the harmful effects of ultraviolet rays. Plus, the clothing will help reduce the possibility of sunburn.

You should also check your skin regularly for changes in moles and birthmarks. See your physician if you notice any changes. Skin cancer might not happen at once, so if you remain vigilant, you will protect your skin.

These few simple steps, plus being aware of your skin type, will help protect you from those harmful ultraviolet rays. Anybody with sensitive skin might be more susceptible to burning or developing skin cancer. So be careful out there, and protect yourself while you are having fun.

This article was written with the use of various online resources.

One Hour Postal Results

Last January, nine San Mateo Marlins braved the Saturday morning waters in an attempt to swim for one hour. Participants included Kristine Buckley, Patricia Durham, Miek McCubbin, Ann Lambertson, Henry Chan, Marc, Sanchez, Don Galine, Dick Peterson, and Joe Seliber. As a team, the nine swimmers swam a combined 30,235 yards, for 25th place in the Nation, among small teams. Go Marlins!

Notes from the Editor:

The first open water swim of the year is this month. Following the Parkside mile, on May 13, open water season will

continue with swims in venues across the Bay Area, and the surrounding area. Lake Berryessa was my first swim last year, and one that will definitely be memorable for all of the wrong reasons. This year will definitely be different because I will be prepared for it, ready for all that the lake will through at me. Now, if I can remember to stay out of the way of the faster swimmers and I'll be a-ok.

For those of you who might be looking for a new suit, Big 5 and Sports Authority are having sales throughout the summer with discounts around 25%. Look at the Sunday circulars for more posted deals.

I'm excited about Worlds this year. I'll be swimming the 200 IM and 100 Back, two events I swam in high school. Though I wasn't the fastest, or near the fastest, I did well, and am determined to work towards those two races. I challenge all of you to pick a couple of events to swim. This might be a once in a lifetime opportunity to swim. Who knows when it'll be back this close again?



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 30th Annual Trans Tahoe Relay; Lake Tahoe, CA
Saturday, July 29, CRUZ Santa Cruz Pier Swim

Saturday, July 29, CRUZ, Santa Cruz Pier Swim

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

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. Always remember, keep swimming!