



photo: Peter Bick

Goldstein Heads Club Mentoring Program

Mel Goldstein, past president of USMS and founder of the Indy SwimFit program in Indianapolis, is heading a new club mentoring program with support from the USMS Zone Committee.

"USMS has three types of members," says Goldstein, "fitness swimmers, triathletes and competitive swimmers. The goal of this program is to teach clubs to develop adult swimming programs." Goldstein emphasizes the words "adult swimming programs" rather than "teams," because one of the main objectives is to attract the attention and gain support of community centers, YMCAs and university aquatics departments.

Although he has spearheaded the effort to develop the program, Goldstein emphasizes that club mentoring is a service provided by USMS.

"If your club has difficulty getting into a facility, scheduling good practice times, funding club activities, managing finances, finding a coach, recruiting members from the community or getting publicity for your events, we can bring people in to help," he advises.

Goldstein notes that although the program is aimed at clubs, he welcomes opportunities to visit with Local Masters Swimming Committees. This program will culminate in September with a 1-1/2 hour club mentoring workshop during the USMS meetings held in conjunction with the United States Aquatic Sports Convention in Greensboro, N.C. The goal of the workshop will be to generate enthusiasm, explain the nuts and bolts of developing clubs and recruit volunteers to help Goldstein bring the seminars to a broader sector of USMS membership. <<<

>>> For more information, contact goldstein@mindspring.com.

PCA Masters Holds 'Triple Crown'

Like many clubs across the country, PCA Masters in Redwood City, Calif., enjoys mixing special swimming events with holiday celebrations. Each year, the group hosts a three-stage "Triple Crown" event, with swims held at Thanksgiving, Christmas and New Year's. There are three participation levels (gold, silver and bronze), and distances increase at each stage. The event culminates on New Year's Day, when the Gold group swims 100x100s, Silver, 65x100s and Bronze, 35x100s.

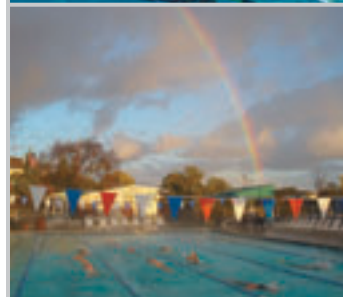
Swimmers receive a commemorative T-shirt, and proceeds from the \$20 entry fees benefit local groups such as the Youth Hispanic Swim Team in Redwood City. This year,

the group hosted 72 swimmers on New Year's Day. "The day began in the dark, a sunrise was evident at daybreak and steady cold showers prevailed most of the day," reports Mike Lynch, PCA Masters coach.



He adds that the "sun came out a few times to reveal stunning rainbows, inspiring all to continue their task." <<<

>>> So...what's your club doing for St. Patrick's Day? Take photos of your special events in 2005 and send your news to **USMS SWIMMER**. E-mail: editor@usms.org.



masters record roundup

The recently concluded Short Course Meters season produced multiple records for swimmers Suzanne Heim-Bowen, Barbara Dunbar, Ardeth Mueller, Lois Kivi Nochman, Trina Radke, Gail Roper, Michael Ross, Paul Smith, Penny Taylor and Tom Wolf.

HEIM-BOWEN CONTINUES TO AMAZE

Suzanne Heim-Bowen, 45, of Walnut Creek Masters in California destroyed two world records in the 800 and 1500 free (9:27.44, 17:50.64) at the Pacific Masters Short Course Meters Championships. Heim-Bowen lowered her own 800 record by almost 8 seconds, and obliterated by more than one minute the previous 1500 record (18:55.82 held by Laura Val since 1998).

BANNER YEAR FOR DUNBAR

San Diego Swim Masters star **Barbara Dunbar** had a record-setting year in 2004. She became the first woman age 55 or older to break the 20-minute barrier for all three pool "mile" events (1500 long course meter free, 19:52.61; 1650 yard free, 19:33.02; and 1500 short course meter free, 19:24.70). In addition to the 18 USMS national records and six long course world records she set earlier in the year, Dunbar set seven additional USMS national and world records during the short course meters season, and five long distance national records.

STILL GOING STRONG

Oregon Masters swimmer **Andrew Holden** broke two records at the Northwest Zone Meet in Portland. Holden set new world records in the 100 fly, (2:01.65) and 100 IM (1:48.23). At the same meet, Oregon Wetmasters' **Dennis Baker** broke the USMS record in the 800 free (8:46.71), and Mission Viejo's **Lincoln Djang**, 45, broke the world record in the 400 IM (4:48.97).

NOCHMAN BOOKS, MUELLER FLIES

At the Indy Swim Fit Fall Classic, **Lois Kivi Nochman**, 80, of Michigan Masters broke three USMS records in the 100 IM (2:05.05), 50 Fly (58.18) and the 100 Fly (2:11.63). At the same meet, **Ardeth Mueller**, 63,



TOM WOLF at the Team Orlando Short Course Meters Invitational in Florida.

photo: Brenda Bazan

of St. Louis Masters broke USMS records in the 800 Free (11:24.87) and 200 Fly (3:13.71).

RADKE ROCKS

1988 U.S. Olympian **Trina Radke**, swimming unattached, was in top form at the Mountain View Masters short course meters meet with world records in the women's 30-34 50 free (25.98) and 50 fly (28.05). Radke was a finalist at the Seoul Olympics.

HOT TIMES

Arizona Masters swimmers **Gail Roper**, 75, and **Penny Taylor**, 75, each broke three records at the Sun Devil Masters Short Course Meters Meet. Roper lowered world records in the 100 free (1:25.39), 200 free (3:09.71), and 100 IM (1:38.29) while Taylor broke USMS records in the three breaststroke events (51.32, 1:58.91 and 4:18.63). At the same meet, **Max Von Isser** destroyed the world record in the men's 85-89 50 fly (43.35).

BACK IN ACTION

1992 U.S. Olympic Trials finalist **Michael Ross**, 35, was back in fine form at the New England Masters/Colonies Zone Short Course Meters Championships. Ross broke USMS records in the 50 free (23.44), and 50 fly (25.29), plus world records in the 50 and 100 backstroke (25.86, 55.95).

READY TO RUMBLE

Paul Smith, 45, of Rocky Mountain Masters sent a message that he's ready to rumble in his new age group. In two different meets over a three-week period, Smith broke world records in the 200 free (1:57.99) and 200 IM (2:16.56).

TEXAS STYLE

Plano Wetcat swimmer **Tom Wolf**, 50, sailed into the record books with five new USMS records at the Team Orlando Short Course Meters Invitational in Florida. Wolf broke all three backstroke records (29.30, 1:01.48, 2:14.03), as well as set new records for the 100 and 200 IMs (1:03.57, 2:19.27).

FAST TIMES BACK EAST

At the Albatross Open, **Paul Hutinger**, 80, of the Florida Mavericks broke his own USMS record in the 100 back (1:33.27). A month later, at the Coral Springs Holiday Classic, Hutinger broke his own USMS record in the 50 back (41.58). At the same meet, **Dave Quiggin**, 60, of Gold Coast Masters smashed the USMS record in the 50 fly (29.88).

MEANWHILE, OUT WEST

At the Mission Viejo meet, **Woody Bowersock**, 85, of Coast Masters broke his own world record in the 1500 meter freestyle (39:33.78), becoming the first swimmer over 90 to break 40 minutes for the event. A week later, at the UCLA Meet **Rita Simonton**, 86, of Golden West set a new USMS record in the 100 free (1:54.85). <<<

>>> **Have we missed any of your 2004 short course meters records or other recent records? Do you have other news for Swimming Life? If so, send it to:**

Swimming Life,
c/o Bill Volckening,
220 NW 119th Place,
Portland, OR 97229
or e-mail editor@usms.org.
Include photos if you have them.



Long Distance Postal Series Results

Thirty-three swimmers completed all five events in the second annual USMS Postal Series Challenge, which included the One-Hour Swim, 5K, 10K, 3000 YD, and 6000 YD Postal Championships. Swimmers who completed the 2004 Long Distance Postal Series were rewarded with a "Survivor"-inspired patch (pictured).

Congratulations to women finishers

Nadine Day, 34, Illinois Masters; **Lee Anne Ghimenti**, 34, Ventura County Masters; **Melanie Brede**, 30, Gator Swim Club; **Victoria Rian**, 38, Indy SwimFit; **Amy Krauss**, 36, Indy SwimFit; **Sandra Carosi**, 38, Garden State Masters; **Katherine Kardok**, 39, New England Masters; **Flavia Zappa**, 37, Saint Petersburg Masters; **Marcia Cleveland**, 40, Illinois Masters; **Joni Young**, 43, Oregon Masters; **Roberta Varela-Hein**, 40, Masters of South Texas; **Ronda Nisman**, 49, Masters of South Texas; **Kitty Magness**, 47, Dianetics Swim Team; **Sue Moucha**, 46, Brandon Blue Wave; **Shirley Loftus**, 52, Virginia Masters; **Joan Byrne**, 50, Indy SwimFit; **Jill Wright**, 53, Sawtooth Masters; **Jan Johnson**, 50, Indy SwimFit; **Barbara Dunbar**, 55, San Diego Swim Masters; **Betsy Jordan**, 67, San Diego Swim Masters.

Three cheers for the men:

Craig Charley, 21, Virginia Masters; **Kurt Baron**, 40, Ventura County Masters; **James Stewart**, 47, Minnesota Masters; **Bruce Morey**, 47, Michigan Masters; **Jim McConica**, 54, Ventura County Masters; **Larry Krauser**, 51, Inland Northwest Masters; **Larry Wood**, 50, Heart of Texas Masters; **Steve Johnson**, 56, Oregon Masters; **Daniel Novak**, 55, Minnesota Masters; **Larry Rafaelli**, 61, Ventura County Masters; **Henry Halff**, 62, Masters of South Texas; **Judge Robert Beach**, 73, Saint Petersburg Masters; and **T.R. Johnson**, 82, Typical Tropical Swim Club. <<<