

BARRACUDA BULLETIN



Volume 4, Issue 3

Pentathlon

March 1, 2004



Kimberly Zayas



Brian August



Kennedy Price



Kelly Hibler



John Schieltz



Andrei , Pierre, and Gary Wallis



Jennifer Alden



Chris Toole

“No more IM workouts 3 times a week... yeahhh!!!”- Alison Moore
“No. I do not have to do any more butterfly until next year.”- Roy Lambert

Just a couple of the quotes uttered following a great Pentathlon meet in our home pool February 7.

After the conspiracy to make the pool 2 inches short to help rookie meet director Kennedy Price break a minute in the 100 freestyle was discovered, the bulkhead was moved back early Saturday morning to 25 yards. Kennedy, undaunted by this development, attempted to miss this event by standing at the opposite end of the pool fully clothed when his heat was called. Only after being yelled at by his coach (a daily occurrence), He ran to the blocks and swam a 59.92! A lifetime first under 1 minute and a major personal goal. Congratulations Kennedy!

22 more Barracudas had great swims! Full Barracuda results on page 3. Jennifer Alden had both meet and zone records in her second meet as a Barracuda... At least one coach can swim fast. James Hayden, a new team member, had a great meet and he has not been to a workout yet! A training method I do not recommend. Welcome James.

Thank you to coach Laurie, all the volunteers, and especially all the competitors your efforts and participation in the memorable event. Congratulations to you all.

Note: Swimmers whom participated are required to swim the 400IM in Bend.....

Lead Coach, Jon Clark
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Coach, Laurie Kilbourn
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Coach, Jesse Raskauskass
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Coach, Alex Gendron
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Coach, Brian August
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OMS Liaison, Dave Radcliff
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Social, Jan Jeddelloh
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Historian, Lois Alan
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Sunshine, Judy Melcher
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Records, Jeff Wujek
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Newsletter, Darlene Staley
dstaley@pcc.edu

Webmaster, Ryan Seeliger
seeliger@mac.com

Message from the President:



When we arrived to set up the pool for this year's Pentathlon, it turned out that the lane length was ½ to 1 inch short. Oh no! Not that again. Jon was calmly working uninstalling the diving boards and managing the pool setup and just took this problem in stride. On the morning of the meet, Jon organized to have the 50 or so age group swimmers go under water and pick up the bulkhead and move it over 2 inches. This was quite a sight and quite a feat. Jon saved the day! Thank you for the great work that made the Barracuda Pentathlon a success. Kennedy and Chyle worked hard ahead of time to get the meet well organized. Jan not only brought the refreshments (and flowers) but stayed and attended the function. This was nice! Kristi stepped in as the assistant onsite meet director and kept the meet operating efficiently. Nancy handled the check in and the front desk throughout the day and Jim announced most of the meet. Barbara Wallis came and worked scoring and Ron Cobb stepped up as the host coach. Of course there are others that I have not mentioned. Great Job! The OMS received good reports and feedback for a meet well run.

The February Fitness Challenge swimming has finished and WOW, we had some great swims. As I write this, several swimmers have gone over 100,000yds and some have already collected their free breakfast. Some notables are Jim Teisher and Darlene Staley swimming over 100 miles and it looks like Kristi Riddle will make 100,000yds. Darlene and Kristy surprised us all by swimming WAY beyond the yardage they signed up to swim before the month began.

We need to all chip in and help wrap up the FCC tabulation and process the results and awards. Kristine always carries so much of this work. Sadly, this year Kristine and Marco are dealing with a loss in the family. All of our heart felt sympathy goes to Kristine and Marco. Join us to make the FCC wrap up work go smoothly with plenty of "people" resources. This always grows to a party atmosphere for the Stuffing Party finale. This year it will be soon after the Association Meet.

GO TO THE OMS WEBSITE, AND SEND IN THE ASSOCIATION MEET ENTRY FORM. Reserve a room with the Barracuda's block reservation at the Fairfield Inn and Suites by Marriott. We have negotiated a super rate for his nice place. \$59/night plus tax.

Oh by the way, one last mention, swim a personal best and join us for a President's hosted breakfast. Several FCC swimmers have collected or will collect a breakfast for the FCC challenge. I am preparing for a rush of THB's registering PB's. Go for it!

Truly appreciating all of the great work by the THB's to make our club work so well,

Rich.

Pentathlon Results

Jennifer Alden, 24		Kennedy Price, 31		Keith Friedman, 47	
50 free	26.65	100 free	59.92	50 free	34.31
50 back	28.58	100 back	1:10.43	50 back	59.92
50 breast	34.71	100 breast	1:16.81	50 breast	47.10
50 fly	28.15	100 fly	1:10.27	50 fly	43.56
100 IM	1:05.09	200 IM	2:32.12	100 IM	1:42.77
Kimberly Zayas, 33		Kelly Hibler, 37		Kermit Yensin, 50	
50 free	32.07	50 free	24.21	50 free	26.49
50 back	40.31	50 back	29.70	50 back	32.75
50 breast	50.40	50 breast	35.63	50 breast	37.70
50 fly	37.58	50 fly	27.53	50 fly	28.69
100 IM	1:28.44	100 IM	1:02.65	100 IM	1:07.96
Barbara Frid, 61		Pierre Blouin, 37		Adrian Kalil, 50	
50 free	31.92	50 free	28.59	100 free	1:01.40
50 back	37.53	50 back	37.43	50 back	34.18
50 breast	41.71	50 breast	36.14	100 IM	1:15.78
50 fly	34.21	50 fly	35.36	Chris Toole, 52	
100 IM	1:19.98	100 IM	1:14.69	50 free	30.43
Darby Sitter, 60		Andrei Karyukin, 38		50 back	44.07
100 free	2:00.98	50 free	28.31	50 breast	39.70
100 back	2:27.27	50 back	35.02	50 fly	37.37
100 breast	2:30.05	50 breast	35.84	100 IM	1:21.38
50 fly	1:04.16	50 fly	28.85	Gary Wallis, 50	
100 IM	2:16.94	100 IM	1:09.44	50 free	26.89
Elfie Stevenin, 82		James Hayden, 39		50 back	33.73
50 free	2:08.25	100 free	55.54	50 breast	35.43
50 back	1:41.29	100 back	1:05.10	50 fly	31.26
50 breast	2:27.74	100 breast	1:16.51	100 IM	1:08.92
50 fly	2:19.62	100 fly	1:02.33	Jed Cronin, 55	
100 IM	4:29.66	200 IM	2:21.70	50 free	26.87
Brian August, 33		Chris Cox, 42		50 back	32.69
50 free	23.40	50 free	32.08	50 breast	38.25
50 back	28.61	50 back	43.60	50 fly	28.99
50 breast	34.04	50 breast	46.97	Roy Lambert, 57	
50 fly	25.15	50 fly	35.62	50 free	30.33
100 IM	1:01.14	100 IM	1:24.41	50 back	42.32
Curtis Taylor, 32		Ed Ramsey, 47		50 breast	37.29
50 free	22.62	50 free	28.04	50 fly	35.55
50 back	27.29	50 back	32.33	100 IM	1:18.80
50 breast	29.70	50 breast	37.21	Jon Schieltz, 65	
50 fly	25.41	50 fly	29.86	50 free	40.23
100 IM	58.13	100 IM	1:09.95	50 back	1:00.60
Sean Swain, 32				50 breast	52.57
100 free	50.13			50 fly	49.95
100 back	1:00.87			100 IM	1:53.93
100 breast	1:06.58				
100 fly	57.67				
200 IM	2:05.09				



FFC STUFFING PARTY COMING UP SOON.
 Announcements will be made at practice and also in a group email.



March Birthdays

Some of you who did not know Rich Minter and swim in the morning, should know him now. He swam almost every morning, quite a few evenings as well as every weekend. He went from swimming around 35,000 yards a month to swimming over 100,000 yards this February. So unless you swam over 100,000 yards you won't be able to collect a free breakfast for participating in the FFC. Congratulations Rich!



GREG EDWARDS	03/01/65
DUC TRAN	03/02/55
JENNIFER PIERCE	03/04/77
BRIAN JOHNSTON	03/10/57
SEAN SWAIN	03/10/71
JENNIFER ALDEN	03/15/79
PAUL CURRAN	03/15/75
TIM LAMB	03/17/47
JOHN GRADY	03/18/66
RYAN SEELIGER	03/18/71
LINDA MCGILL	03/20/57
KATHY HUGHES	03/23/27
GARY WALLIS	03/24/53

Dave Radcliff made Long Distance All American for 2003 in the 3000 Postal, One-Hour swim, 5k and 5k Postal. All American means he had the fastest time or swam the farthest in the whole country for his age group. This accomplishment is especially significant in that Dave was at a disadvantage being one of the oldest swimmers in his age group. Soon Dave will turn 70 and be clobbering all the records in his new age group. Congratulations Dave!

Start and turn clinic
March 21 (Sunday)
7:00—8:30 am
 Get tuned up for the Association Championships by practicing your starts and turns. After practice join fellow Barracudas for a social breakfast at IHOP across the street.

March 12 deadline to sign up for Associations

Barracudas are reserving 15 rooms at the Fairfield Inn in Bend for the Association Championships. The Fairfield Inn is about 1 mile from the pool and 5 blocks from town. Group rate will be \$59.00 + tax for one room (2 beds). Consider bunking up with others and save money! To reserve one of the Barracuda rooms call the Fairfield Inn at (541) 318-1747. We will cancel rooms if we don't have enough takers. If we don't use at least 10 rooms we won't be getting the group rates so reserve early if you are going to.

Association Championship April 2-4 GET YOUR ENTRY IN!!!

!! ACHTUNG!!

As you read this, you are probably filling-out your entry (due March 12!!!) for the State Championship meet in Bend, April 2, 3 and 4-[after, of course, checking with our coaches to see if you are the one and only male/female Barracuda in your five-year age category. If yours is a heftily represented age group, you would, of course, sacrifice yourself to do a 200 fly, or a 1000 free, --right, Rich?]. Now then, even though you know that Bend has a myriad of non-swimming activities for your OTHER family members to indulge in-----do not even THINK about slithering out of the meet early on Sunday. Winning this meet will probably come down to the last relays, as was the case a few years ago in Corvallis. We need EVERYONE for the relays. Relays win more points than individual events. A relay is comprised of 4 men or women, or 2 men and 2 women; In a yards meet, the age of the youngest swimmer sets the relay age. For SCY, the age groups for relays are 19+, 25+, 35+, 45+, 55+, 65+ and 75+.

Our coaches-[the same esteemed ones who have been giving us hellacious work-outs for the FFC]-have recently declared that they plan to stay dry at the end of the Bend meet. Barracudas, how can we ignore the throwing down of such a gauntlet from our coaches-that they expect to stay dry at meet's end in Bend???



James Hayden

Jackson James Curran, born on February 15th at 8:21AM, weighing in at 7 pounds, 3 ounces with a full head of dark brown hair. Congratulations to Amy and Paul! According to the doctor, Jackson has very strong legs. What a cutie!

Current Coaches Schedule			
	AM	Noon	PM
Monday	Jon	Laurie	Jen
Tuesday	Jon	Eric	Jesse
Wednesday	Jon	Laurie	Jon
Thursday	Jen	Eric	Jesse
Friday	Jon	Laurie	Jon/Jesse

Barracuda Bulletin

Tualatin Hills Barracudas
15707 SW Walker Rd.
Beaverton, OR 97006

Master's Swimming since 1981

E V E N T S

Pool Meets

Mar 7	SCY, Mt. Hood Community College
Ap 2-4	SCY Assoc. Champs, Bend, OR
May 1-2	SCY Zones, Corvallis, OR
Jun 19	LCM, Tualatin Hills
Jul 10-11	LCM, State Games, Mt. Hood CC

Postal Events

May 15–Sept30	5K/10K Postal
Sept. 1-Oct.31	3000/6000 Postal
Jan. 1-Dec.31	USMS Virtual Swim Series

Web Resources

Tualatin Hills Barracudas <http://www.barracudas.org>
Oregon Masters Swimming <http://www.swimoregon.org>
United States Masters Swimming <http://www.usms.org>