

# BARRACUDA BULLETIN



Volume 4, Issue 7

July 1, 2004

## Long Course? Is it summer already?

THB was the proud meet host for the first annual Sizzling Summer LCM Meet June 19. The inaugural event was highlighted by some outstanding swims by both current Barracudas and alumni.

Anna Casey had her first meet after becoming a first time mom and had great swims in 5 events in 2 hours and sped off for the AM feeding! Alison Moore qualified for LCM Nationals in both the 200 and 400 free attaining her meet goals despite an injured wrist. Where is the duct tape when we need it? Rachel Skoss participated in her first LCM meet as a Barracuda with great swims and completely confused the stroke judges in the 100 Back with the first ever flip-open-spin-twist-rolling-??? backstroke turn. They couldn't describe it but the diving team is interested... difficulty is 3.0. Darlene Staley was the winner in the lunatic fringe 200 fly by barely touching out Ginger Pierson in the meets most contested and even race. Kristi Panayotoff (Riddle) took a break from packing to move to Maine to get in 5 great swims. Elfie Stevenin did her consistent great effort, competing in 5 events and taking one for the team by doing the 400 IM with a little coaxing, to give all of us a breather in a fast meet.

The men were not to be out done. Dave Radcliff had zone records in his new 70-74 age group in the freestyle events, also having his usual consistent pace in a great 800 free. Kermit Yensen quieted down Kennedy Price trash talking by posting a great 100 free and leaving "bolts" in the dust with his best 100 free in my tenure. Kennedy did come back with a good negative split effort in the 800 free. Andrei Karyukin continues to be working toward getting up in the AM to train long course. He had a great 100 yard fly, unfortunately we were swimming meters and the last 10 meters more resembled vertical kicking. I would have had similar results. Fortunately my personal floatation device is built in so floating is an easier endeavor. Andrei came back strong with a great 50M fly effort. SCY meets are just around the corner, thank god for walls! The highlight of the meet was alumni Andrew Holden who posted 2 world records in the fly events and barely missed a third in his new 85-89 age group. All the results are posted in this newsletter.

Thanks to all the swimmers helping out with set-up, running, catering, and putting on a great meet. Kennedy and Chyle both loose their rookie status as meet directors!

## Results THB LCM

Casey, Anna 28	
1 50 LC Meter Freestyle	42.00
1 200 LC Meter Freestyle	3:10.59
1 50 LC Meter Backstroke	55.02
1 100 LC Meter Butterfly	1:51.04
1 200 LC Meter IM	3:37.40
Moore, Alison 34	
1 200 LC Meter Freestyle	2:38.76
2 800 LC Meter Freestyle	11:35.57
Skoss, Rachel 36	
2 50 LC Meter Freestyle	36.11
1 100 LC Meter Freestyle	1:20.79
2 100 LC Meter Backstroke	1:43.58
Crisp, Julie 38	
3 100 LC Meter Freestyle	1:35.26
1 50 LC Meter Backstroke	47.66
1 100 LC Meter Backstroke	1:41.00
1 100 LC Meter Breaststroke	1:43.55
1 200 LC Meter IM	3:46.22
Staley, Darlene 54	
1 800 LC Meter Freestyle	13:16.87
1 200 LC Meter Butterfly	3:31.46
1 400 LC Meter IM	7:19.79
Panayotoff, Kristi 56	
1 50 LC Meter Backstroke	53.86
1 100 LC Meter Backstroke	1:55.30
2 50 LC Meter Breaststroke	57.61
1 50 LC Meter Butterfly	50.49
1 200 LC Meter IM	4:12.44
Stevenin, Elfie 83	
1 100 LC Meter Backstroke	3:41.77
1 200 LC Meter Backstroke	7:54.38
1 50 LC Meter Butterfly	2:27.48
1 400 LC Meter IM	20:00.15
Price, Kennedy 32	
1 100 LC Meter Freestyle	1:06.57
1 200 LC Meter Freestyle	2:24.77
1 800 LC Meter Freestyle	10:41.63
1 200 LC Meter IM	2:52.30
Karyukin, Andrei 39	
2 100 LC Meter Freestyle	1:12.19
2 50 LC Meter Breaststroke	41.35
3 50 LC Meter Butterfly	33.02
1 100 LC Meter Butterfly	1:20.39



## Message from the President:

A Great Big WAY TO GO! And THANK YOU to the group of people that made our Long Course Meter Meet a success. There were a few challenges, such as, it got to be 100 degrees in the building and the water was, well, we took the thermometer out of the pool... Oh, and coordinating the hand timing at the shallow end of the pool, nineteen stop watches and two WORLD Records captured. Everybody was a part of this success, from planning and coordinating the meet, registering, judging and scoring, facilities and coaching to refreshments that turned into heat stroke prevention and unplanned lunch. It takes a team and we have a great one!

WE HAD FUN and there is MORE TO COME;

Jon has coordinated some evening offsite activities for all comers. Last Friday we had a super fun time playing ball games at Somerset Park.

The next offsite game times are:

Monday July 5<sup>th</sup>

Friday July 9<sup>th</sup>

Friday July 30<sup>th</sup>

Try to meet at 6:00PM (6:30 is OK if you can't make 6:00)

One last note,

Please consider joining the THB administration team. We enjoy new people and returning veterans that miss the work so badly. Every position is up for nominations and we work to get everybody into the job that they most want to do. Contact someone on the current board and ask questions. We are now planning for the annual membership meeting. See you there.

Rich.

Lead Coach, Jon Clark  
jclark@pcc.edu

Coach, Laurie Kilbourn  
numbersoup@jps.net

Coach, Jesse Raskauskass  
Jesseswims@hotmail.com

Coach, Jennifer Alden  
Jenniferalden@hotmail.com

Coach, Eric Askerman  
Eric.askerman@arch-animation.biz

President, Rich Minter  
rich.minter@verizon.net

Vice President, Alison Moore  
swimshark@earthlink.net

Past President, Jeanne Teisher  
Jeanne.teisher@nike.com

Membership, Alison Moore  
swimshark@earthlink.net

Secretary, Terry Perrone  
Theresa.perrone@providence.org

Treasurer, Kristine Lewis  
Kristine.Lewis@phs.com  
16055 SW Walker Rd. #126  
Beaverton, OR 97006

Meet Director, Kennedy Price  
Kprice70@yahoo.com

Meet Director, Chyle Edic  
C.edic@verizon.net

Fitness, Anna Casey  
Acasey@cathedral-or.org

AAC Rep., Jon Schieltz  
JDSchieltz@attbi.com

OMS Liaison, Dave Radcliff  
dave@theradcliffs.com

Social, Jan Jeddloh  
Jjeddelo@easystreet.com

Historian, Lois Alan  
lmallan@easystreet.com

Sunshine, Judy Melcher  
jwaternymph@msn.com

Records, Jeff Wujek  
Jwujek@tznet.com

Newsletter, Darlene Staley  
dstaley@pcc.edu

Webmaster, Sean Swain  
Swainer593@hotmail.com

Open Water, Jim Teisher  
Teisher@easystreet.com

Dave Radcliff & Kennedy Price first out of the water at Hagg Lake.



Chris Toole at the finish line





**July Birthdays**

LOIS ALLAN July 03, 1923  
 RICH MINTER July 09, 1952  
 DARBY SITTER July 11, 1943  
 KIM ZAYAS July 13, 1970  
 LISA AEPFELBUCHER July 24, 1956  
 RACHEL SKOSS July 29, 1968  
 LESLIE WINTON July 29, 1954

Dryland workout July 5th 6:00 pm at Sommerset Park just North of the Sunset Hwy at the 185th exit. Bring your tennis shoes as you might be playing ultimate frisbee, softball, kickball, or football. Jon Clark will be bringing the toys! (Bring your mitt if you have one.)

**Zone Meet Results**

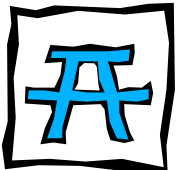
Barbara Frid 62	
50 Yard Free 1 <sup>st</sup>	31.59
200 Yard Free 1 <sup>st</sup>	2:38.38
1000 Yard Free 1 <sup>st</sup>	14:24.44
Jon Stout 57	
50 Yard Back 1 <sup>st</sup>	31.30
David Radcliff 70	
50 Yard Free 1 <sup>st</sup>	27.06
100 Yard Free 1 <sup>st</sup>	59.66
500 Yard Free 1 <sup>st</sup>	6:04.27
1000 Yard Free 1 <sup>st</sup>	12:42.97
1650 Yard Free 1 <sup>st</sup>	21:23.79

**Jon Clark was elected the new coaches chair for Oregon Master's Swimming CONGRATULATIONS!**

Joe Oakes will be raising funds for returning Iraq war wounded veterans. In August, September and October he will put on run-swim-run events in three places in the Columbia River. There will be a swim-only option in each event. If you are interested, there will be training sessions starting in late June. For more information go to [www.columbiariverevents.com](http://www.columbiariverevents.com), or call Joe at (503) 297-2202, email [alcatrazjoe@hotmail.com](mailto:alcatrazjoe@hotmail.com). 100% of profits will go to the vets and to Columbia River cleanup efforts. Volunteers are needed.



**SEPTEMBER CAMPING**



Interested in camping and swimming at Wallowa Lake? If so, join other Barracudas who will be camping at Wallowa Lake State Park, arriving Tuesday afternoon, September 7 and leaving Sunday afternoon, September 11.

You can check the park web site [www.oregonstateparks.org/park\\_27.php](http://www.oregonstateparks.org/park_27.php). The reservation phone number is 1-800-452-5687 to reserve your campsite. There are RV and tent sites. (We're staying in "Loop D"). Tent sites are \$17 per night, plus a \$6 reservation fee.

We hope folks will join us for some end-of-the-summer fun. For more information or questions, call or email Darlene Staley 503-642-3586 [dstaley@pcc.edu](mailto:dstaley@pcc.edu) or Peggy Toole 503-357-6742 [toole@nwlink.com](mailto:toole@nwlink.com).

Thank you from all of us "hand" paddlers at Hagg Lake to all of the "craft" paddlers, who made the entire event possible for all. It was very selfless of you all to devote your day so the rest of us could do the swim. I was very appreciative!! *Kristi*

Applegate and Elk Lake are both wonderful areas for multiple activities for families---hiking, biking, as well as swimming, canoeing/kayaking---so Barracudas who think that it would be deserting their families to do these swims---think again and make it a family affair!!!

**Results THB LCM, continued**

Ramsey, Ed 48	
1 800 LC Meter Freestyle	11:07.77
Yensen, Kermit 51	
1 50 LC Meter Freestyle	28.34
1 100 LC Meter Freestyle	1:04.97
1 200 LC Meter Freestyle	2:29.43
2 50 LC Meter Butterfly	31.76
1 100 LC Meter Butterfly	1:19.18
Radcliff, David 70	
1 50 LC Meter Freestyle	30.26
1 200 LC Meter Freestyle	2:36.67
1 800 LC Meter Freestyle	11:37.06
Holden, Andrew 85	
1 50 LC Meter Backstroke	49.14
1 50 LC Meter Butterfly	46.48
1 100 LC Meter Butterfly	2:02.53
1 200 LC Meter Butterfly	4:59.02

# 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**

July 10-11	State Games LCM	MHCC, Gresham
8/12-15	LCM Nationals	Savannah, GA
9/11	Patriot Games	Camas, WA

### **Open Water**

7/17	National 3-5K Championship, Applegate Lake	
7/18	OMS Series 1400,200,400,800, Applegate Lake	
7/30-8/1	OMS Series	Elk Lake
8/14	3000, 1500, 500	Eel Lake
8/22	OMS Series	Dorena Lake

### **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>