

Water Power Gazette

<http://www.niagamasters.org>

<http://www.usms.org>

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Chairman's Update

By Dan Kornblatt



SCY Season Recap

Hi Everyone. Unless you are attending SCY Nationals this month, our SCY season is over. Meet attendance in the district was up over last year.

There were many fast swims throughout the district, especially at the Buffalo District Championships. I saw several new swimmers there and many of our regulars. The meets at Syracuse and Canandaigua were also well run and better attended than last year. It costs a club no more to run a meet for 100 swimmers than it does for 75. Please encourage your teammates to swim in a few. There is a good story in the May issue of SWIM Magazine about meets. Most of us don't like the tension a meet can bring on, and this article handles the subject well.

There were 7 Niagara swimmers at the Zone Meet on L.I. Many had great swims but Pete Peguero (last issues' swimmer profile) set PR's every time he dove in. His 200 free time of 2:02 and his 100 Fly time of 59 flat were particularly noteworthy. However, you haven't lived until you've seen Wally Dicks, 38 years old, swim a 55+ in the 100 breast. Several of us counted only three strokes on his first length after his pullout. I've always considered breaststroke a little inhuman but this proves it!

ESG Masters Swim Cancelled

Regarding Empire Games for 2001, in the last issue we notified you that there would be no Masters Swimming in the games this year. We received this just before press so there was no time to explain. George McVey, Adirondack Masters, and the ESG directors spent much time looking for a venue. The only pool available was a college pool that had no swim team, no equipment, and was not certified for meter competition. There was no warm up/cool down space and little deck area. More importantly, there is no local

masters workout group in the area to run the meet. Adirondack could not supply workers from the Albany area, and the State was hesitant to run the meet themselves. Thus the decision was made to cancel for this year only. The games return to the Syracuse area next year. If the Syracuse group agrees to run the meet, we will be back in the Burnett Park 50 meter pool.

LCM and Open Water Meets

The BUMS have decided to host a 25 meter meet the week after the games on August 5th (meet sheet in this issue). It will be held in the same pool as last years ESG's; the eight lane Owego pool. I hope many of you can make it.

Other than the BUMS meet, the only other pool competition this summer is the 50 meter meet in Buffalo on June 23rd. This will be the only chance to get a 50 meter Top Ten time north of Long Island before LCM Nationals on the West Coast.

There are 3 open water swims in our district this summer, including a fun barbecue on Owasco Lake. All contact info is in the calendar section. Also, this year's 1 mile National Open Water Swim is at Point Lookout, L.I. The entry form is in this issue. It is not often that we have a drivable open water National event to attend. To all you lake swimmers, this one has real waves. In addition, the Canandaigua Friday night swim and ice cream socials will start June 29 at 7 PM in Kershaw Park.

This is the last issue of the WPG until fall. If you are thinking of having a meet in the fall, please contact me by August to get things going. You will need to have your meet sheet in the September issue for events swum before the middle of December.

Good swims to you all,
Dan



From the webmaster...

A revamp of the web site is currently in the works. If anyone has any suggestions of features you would like to see on the web site, please contact me at :
beardsley@niagamasters.org.

MASTERS WORKOUTS IN NIAGARA DISTRICT

Rochester Area Masters Swimming (RAMS)

Lorie Gibson-Rick, Coach: 716-338-3209
Tues & Thurs 8-9:30pm; Sat 7:30-9am, Sun 8:30-10am

Syracuse Masters Swim Club (SMSC)

Louise Hardcastle, Pres 315-638-8245
hardcala@aol.com
Mon-Fri 5:30-7pm SU Women's Bldg Pool

Binghamton Univ Masters Swimming (BUMS)

Dan Kornblatt, 607-692-7428, dkornblatt@aol.com
Mon, Wed, Fri 6-7:15am; Sat 7:30-9am

Cornell Masters, Cornell Univ (CORN)

Deena Crossmore, 607-273-5411, DGC500@aol.com
Mon-Fri 12:15-1pm; Sat 3-5pm; Sun Noon-2pm

Canandaigua Masters (CDGA)

Laura Love, Coach (Tues & Thurs)
Lynn Fuller, Coach (Mon & Fri) 716-394-2949
Mon, Tues, Thur, Fri 8:30-10pm

Nickel City Splash, Univ of Buffalo (NICK)

Dana White 716-875-6792, bfonative@adelphia.net
Tues & Thur 5:45-7am; Sat 7:30-9am

Buffalo Area

Northeast YMCA, 4433 Main St, Snyder 14226
Rick Marable (716)836-0041
M, W & F 6-7:15 AM

Amherst Masters Swim Team

Heim Middle School, Williamsville 14221
Cheryl Banks-Marron (716)634-8313
M, W & F 6-7 am

Johnson City YMCA Masters

Peter Peguero, 607-754-0086, Pepeguero@aol.com
Mon & Wed 8:30-10pm, Sun 10:30-12Noon

Hamburg (HOPS)

Wendy Ryan 716-648-6849, WRHOPS@aol.com
Hamburg Middle School - Mon & Wed 6:30-8pm
Hamburg Senior High - Sun 12-1:30pm

Ken-Ton YMCA (KENT)

Mike Burkholder (716) 874-5051
Mon & Wed 8-9:30pm; Fri 5-6:30pm
Northeast YMCA, (716) 839-2543, M,W,F 6-7:30AM

Univ of Rochester Masters

Mike Humphreys, 716-275-9469
mhumphreys@sports.rochester.edu
Tues & Thur 7-8pm, Sun 9-11am

Greater Syracuse YMCA (SYRY)

Brian Howard, 315-474-6851 X321

Downtown

Mon, Wed, Fri 6:00 - 7:00am

Mon - Fri 12:00-1:00pm

North

Sun 9:00 - 10:00am,

Mon, Wed, Fri 8:15 - 9:15pm

Tues, Thurs 2:30 - 3:30pm

Rockets Aquatics Masters (RACE)

Julie Noskowiak 315-635-8508,
julien72@mailexcite.com
Hunt Elem School, Syracuse 6:00-7:30 pm M-W-F
Lemoyne College, Syracuse 8:00-9:30 pm Tu

Ithaca YMCA Masters (ITHY)

Kevin Vallely, Coach, 607-844-3040
Shelly Matheny, Coach, 607-844-4181
Mon only 7-8:45 pm (YMCA phone 607-257-1010)

Auburn YMCA

Jennifer Walter, Coach 315-253-5304
Mon & Wed 6:30 - 7:30AM

Mcmasters, Cortland YMCA (CORT)

Dan Mcneil, 607-756-7030, dfmcneil@twcny.rr.com
Wed only, 5:30-6 pm

NEWBIES Jan-Feb

Name	Sex/Age	City
Buck Allen	M/45	Fairport
Margaret Braymiller	F/33	Boston
Cheryl Calhoun	F/42	Dayton
Anne Chrzanowski	F/36	E Amherst
Christine Darlak	F/45	N Tonawanda
Steve Easton	M/27	Rochester
Ulana Fuller	F/24	Canandaigua
Sarah Hausherr	F/34	Lancaster
William Heinemann	M/41	Penfield
Ross Kennard	M/41	Seneca Falls
Sheryl Kimes	F/45	Ithaca
Michael Koers	M/18	Attica
Timothy LaForest	M/38	Conesus
Joseph Long	M/21	E Syracuse
Kara Looney	F/21	N Syracuse
Nancy MacDonald	F/38	East Amherst
Jack Mattulke	M/49	Hamburg
Bunny McCune	F/41	Ithaca
Korry Miller	M/24	Orchard Park
Alfred Moyer	M/41	Orchard Park
Karen Parkes	F/34	Ithaca
Anjela Peck	F/24	Gowanda
Robert Pestridge	M/37	Marathon
James Popelka	M/32	Berkshire
Billy Read, Jr	M/45	Rochester
Richard Rigotti	M/36	Vestal
Duane Rinkus	M/23	Amherst
Kenneth Rowe	M/41	Newark
David Shapiro	M/35	Lancaster
Ross Turnbull	M/47	Ithaca
Christine Yonta	F/36	Cortland
Jonathan Ziehl	M/26	Rochester

AGEUPS Apr-Aug

Name	Sex/Age	B'date
Lauren French	F/29	04/01/71
P Steven Sangren	M/54	04/02/46
Gregory Copeland	M/39	04/05/61
Kathleen McCollum- Miller	F/34	04/06/66
Leonard Golan	M/74	04/09/26
Bruce Gianniny	M/49	04/10/51
John West	M/39	04/12/61
Elizabeth Pollock	F/29	04/29/71
Mark Moland	M/29	04/30/71
Duane Rinkus	M/24	05/01/76
Peter Harrison	M/29	05/07/71
Dorothy Tourtual	F/49	05/10/51
William Adams	M/54	06/05/46
Kelly Kovalovsky	M/39	06/21/61
Walter Foley	M/69	06/26/31
Robert Webber	M/44	06/26/56
Dawn Piatasik	F/29	06/29/71
Stephen Somogy	M/49	07/03/51
Stephen Paushter	M/49	07/10/51
Roarke Sharlow	M/34	07/18/66
Peter Parkes	M/39	07/31/61
Mary Clare Hans	F/64	08/02/36
Michael Schiesl	M/34	08/08/66
Leo Tersmette	M/74	08/14/26
Thomas Steel	M/44	08/19/56
Jane Gram	F/54	08/25/46
Andrew Kaltenbach	M/29	08/31/71

**Contact the
Editor with any
corrections or
additions.**

**Call ahead before
going to any of
these practices
since workout
times may have
changed.**

Swimmer Profile - Sue Marvel

Niagara District swimmer Sue Marvel began swimming summers at the age of 8 in Walden Pond in Concord, MA, and swam at the Cabot Street pool in Boston throughout her school years. She continued swimming competitively for the 2 years she attended Radcliffe, but then transferred to Michigan where there was no women's swim team. After 45 years out of the pool, she retired in November 1984 and began swimming on her own at the JCC in Rochester. In early 1985 she joined the masters swim team coached by Lorie Gibson-Rick and has continued ever since.



**NIAG Swimmer Sue Marvel
at home in Endicott**

What is your current swimming regimen?

I am swimming 4 days per week. Two days are at the JCC on my own, and two days are with the RAMS. These days I average 2000 - 2500 yards per workout.

What is your favorite swimming set?

I like to swim short sets and mix it up with pulling and kicking with fins.

Do you cross train?

I play tennis 3 days a week; Mon/Wed/Fri. On days that that I don't play tennis or swim, I like to go for walks.

What are some of your personal swimming goals?

I would like to continue to make USMS Top Ten in any of the events I swim. I also look forward to resuming distance swimming.

Why do you like to compete?

The competition makes it more interesting. It gives me goals and helps to jazz things up. I also enjoy the sociability and meet a lot of interesting people.

When you are not in the pool, what kind of activities do you enjoy?

I enjoy travelling with my husband and friends, which has included trips to Egypt, Turkey, China and Belize. I also enjoy going to movies and the theater. I am a volunteer reader at Reach Out Radio, which is a program of WXXI where volunteers read to the blind. I am the Chair of the Health Committee for the League of Women Voters and am on the Boards of LifeSpan, the Finger Lakes Health Systems Agency, and the Rochester Health Commission.

Sue currently holds 76 Niagara District Records in 4 different age groups and holds numerous ESG and State Records. She has had over 100 swims in the USMS Top Ten, and achieved All-American status in 1990, 91, 93, 95 and 96. Sue lives in Rochester with her husband Charles.



Newsletter notice:

In an effort to make the newsletter as easily available as we can, to the greatest number of people, we'd like to experiment with a couple of ideas.

First, we'll work real hard to get the WPG listed on the Niagara website right after publication, so anyone, from anywhere, could sign on and read what we're up to.

Also I'd like to try emailing a copy to you to see if you can get it ok and print it clearly. If you'd like to try this just send me an email with "Newsletter Test" as the subject to jepilger@zhighway.net and I'll take it from there. It would be nice to be able to save some postage in the future.

Thanks, John Pilger, Registrar

TOP TEN Apology

As Chairman of the Niagara District, I wish to apologize to the many swimmers who made USMS Top Ten last year but didn't get the recognition they earned through USMS National. Most of the swims performed last year in our district meets did not get reported to the National Top Ten. Last year I was informed that this wasn't being done by the former Top Ten Official, so I talked to him personally. He assured me that everything would be accomplished and I took his word for that. Unfortunately, that didn't happen. Our new Top Ten Official, John Ferro has already submitted many swims to National, and I can assure you this situation will not happen again.

*Sincerely,
Dan Kornblatt*

Postal Swim News — Kay Turner, NiagPostal@usms.org

2000 USMS Postal Pentathlon

Rochester Area Masters once again hosted a meet in November to give Niagara swimmers the opportunity to participate in the 2000 Postal Pentathlon. This year, there were 148 competitors in the 10th Postal Pentathlon. For all ten years, NY has been the state with the most entries and of the 27 NY swimmers this year, 21 were from Niagara. This year four Niagara District Records* were broken with eight swimmers placing first: Julie Noskowiak, Dana Woody, Irene D'Agostino, Nancy Schoepperle, Bruce Gianniny, Terry Platt, Jack Howell and John Cranch.

Congratulations to the swimmers who swam multiple events: Bill Weber and Terry Platt. Terry swam all three courses and set a Niagara District record in each.

Complete results are listed below. RAMS would like to again thank Vern Hecker and Lynn Fuller for their assistance in the use of the Canandaigua Academy pool.

CONGRATULATIONS to all swimmers!
*New District Record

Results

W25-29 Sprint	J. Noskowiak	3:17.41/1st
W30-34 Middle	D. Woody	7:13.47/1st
W35-39 Sprint	B. DeSmitt	3:32.54/3rd
W40-44 Sprint	S. Sackett	3:44.66/4th
W45-49 Sprint	M. Adams	4:07.81/3rd
W50-54 Middle	K. Turner	10:11.27/2nd
W55-59 Sprint	A. Johnson	4:36.71/2nd
Ironman	*A. Weyman	25:16.83/2nd
W70-74 Sprint	I. D'Agostino	6:13.83/1st
W75-79 Sprint	N. Schoepperle	6:16.35/1st
M40-44 Sprint	M. Smith	3:25.19/4th
M45-49 Sprint	B. Gianniny	3:20.89/1st
M50-54 Sprint	L. Fuller	4:08.28/6th

M55-59

Sprint	* T. Platt	3:17.42/2nd
	V. Hecker	3:56.05/5th
Middle	* T. Platt	8:19.32/2nd
Ironman	* T. Platt	16:37.97/1st

M70-74

Sprint	W. Weber	4:31.42/3rd
Middle	W. Weber	10:41.82/2nd
Ironman	J. Howell	21:30/60/1st

M75-79

Sprint	J. Cranch	7:04.05/1st
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2001 25th One Hour Postal Swim

This year's One Hour Postal swim was the 25th year for this Long Distance National Championship. A record 1931 swimmers competed, swimming a total of 7,148,175 yards in that single hour. Thirty-one swimmers competed from Niagara District with seven swimmers placing in the top ten in their age groups. Eleven relays were submitted and all finished in 6th to 9th place. Results are shown below indicating swimmers who finished in the top 25. Congratulations to Dana Woody and Brian Lee who set new Niagara District records (**).

Results

M25-29	Yards	
P. Harrison	3620	
M30-34		
K. Koppenhaver	4760	17th
D. Playfair	4485	
S. Sunderrajan	3475	
J. Salvador	3330	
M35-39		
W. Murray	4790	
M40-44		
S. Weaver	4945	13th
T. Malach	4825	20th
M45-49		
B. Gianniny	4130	
T. Bidwell	3020	
M50-54		
B. Lee	4760	5th **
E. Crossmore	4585	18th
M60-64		
D. Coons	2965	
R. Siudzinski	2855	
M65-69		
P. Lansbury	2800	

"Postal Hour Results" (Continued on page 6)

2000 USMS Top Ten from Niagara District - *John Ferro*

Swimmer	Age	Age Group	Event	Time	Place
Francesca Crannell	33	W30-34	800 Free	10:41.82	9
Francesca Crannell	33		200 Breast	3:10.41	9
Dana Woody	31		400 Free	4:58.57	6
Dana Woody	31		200 Back	2:41.77	7
Dana Woody	31		400 I.M.	5:44.37	7
Carol Belva	45	W45-49	1500 Free	22:08.93	10
Carol Belva	45		200 Fly	3:27.06	7
Dolly Hinckley	70	W70-74	400 Free	8:22.19	10
Dolly Hinckley	70		1500 Free	32:06.31	7
Stefanena Kysor	72		50 Back	56.21	8
Sue Marvel	81	W80-84	50 Free	49.61	2
Sue Marvel	81		100 Free	1:51.11	2
Sue Marvel	81		200 Free	4:05.32	3
Sue Marvel	81		50 Back	1:01.84	3
Sue Marvel	81		200 Back	4:51.18	3
Koichiro Izumi	24	M19-24	50 Fly	28.16	5
Jack Van Landingham	67	M65-69	50 Breast	41.26	6
Jack Howell	70	M70-74	100 Fly	1:50.10	4
Jack Howell	70		200 Fly	4:00.84	3
Jack Howell	70		200 I.M.	3:46.82	7
Jack Howell	70		400 I.M.	8:09.21	5
John Cranch	78	M75-79	100 Back	2:00.91	9
John Cranch	78		200 Back	4:20.65	10
Robert Johnston	83	M80-84	100 Free	1:52.54	9
Robert Johnston	83		400 Free	8:20.08	4
Robert Johnston	83		800 Free	17:17.77	2
Robert Johnston	83		200 Back	4:27.43	3
George Batki	88	M85-89	50 Back	1:26.67	8
George Batki	88		100 Back	3:31.20	4
George Batki	88		200 Back	7:31.43	3
George Batki	88		50 Breast	1:40.70	7

New District Records *Bill Walter***Canandaigua Sawbellies Invitational
Canandaigua Academy**

11-Feb-01

Swimmer	Age	Event	Time	Previous Record	Time
Dana Woody	31	1000 yd. Free	11:29.94	Dana Woody	11:43.45
Jennifer Spencer	30	100 yd. IM	1:07.70	Deborah Dourlain	1:07.75
Karen Bulmahn	36	100 yd. Free	1:00.70	Kim Skomra	1:01.16
Karen Bulmahn	36	100 yd. Fly	1:05.33	Denise Everitt	1:06.20
Patricia Pagliarulo	51	50 yd. Breast	39.59	Patricia Pagliarulo	39.62
Sue Marvel	81	50 yd. Free	44.10	Annie Szuis	58.14
Sue Marvel	81	100 yd. Free	1:42.20	Annie Szuis	2:10.11
Sue Marvel	81	200 yd. Free	3:48.89	Sue Marvel	3:50.16
Sue Marvel	81	50 yd. Back	54.97	Annie Szuis	1:12.09
Ross Kennard	42	50 yd. Back	27.93	Tom Steel	28.24

Niagara Masters Short Course Championships

03-Mar-01

Swimmer	Age	Event	Time	Previous Record	Time
Kelly Darlak	21	400 yd. IM	5:16.75	Kelly Darlak	5:35.93
Karen Bulmahn	36	50 yd. Free	26.35	Wendy Ryan	26.60
Karen Bulmahn	36	100 yd. Free	58.34	Karen Bulmann	1:00.70
Karen Bulmahn	36	50 yd. Fly	29.16	Wendy Ryan	29.78
Karen Bulmahn	36	100 yd. Fly	1:04.55	Karen Bulmahn	1:05.33
Holly MacMurray	50	50 yd. Breast	37.32	Patricia Pagliarulo	39.59
Holly MacMurray	50	100 yd. Breast	1:21.67	Patricia Pagliarulo	1:23.10
Holly MacMurray	50	100 yd. IM	1:17.66	Jane Gram	1:20.30
Louise Murray	60	50 yd. Free	36.17	Dolly Hinckley	39.89
Louise Murray	60	200 yd. Free	3:01.28	Dolly Hinckley	3:20.12
Louise Murray	60	1000 yd. Free	16:53.47	Dolly Hinckley	17:50.95
Sue Marvel	81	100 yd. Free	1:40.94	Sue Marvel	1:42.20
Sue Marvel	81	100 yd. Back	1:59.82	Regina Purvis	3:23.92
Sue Marvel	81	200 yd. Back	4:21.42		
Korry Miller	25	100 yd. Back	55.41	Eric Winkky	56.23
David Sheets	30	50 yd. Back	25.93	Steve Tothero	26.64
David Sheets	30	100 yd. Back	55.36	Eric Winkky	56.50
Stewart Weaver	43	200 yd. Free	1:54.52	Jim Matysek	1:54.83
John Simm	45	50 yd. Back	29.88	Tom Meade	30.09
Dan Walters	55	50 yd. Free	26.36	William Radack	26.51
Dan Walters	55	50 yd. Breast	34.42	George McVey	35.60
Justin Diehl	71	100 yd. IM	1:30.17	William Weber	1:33.84

"Postal Hour Results" (Continued from page 4)

M70-74			W30-34 (Cont)			W50-54		
G. McVey	3480	9th	K. Hettrich	4425	21st	K. Turner	3565	25th
T. Weber	2675		K. McCollum	2815		W60-64		
M75-79			W35-39			L. Murray	3435	8th
J. Cranch	2750	8th	D. Crossmore	4035		W70-74		
			B. Harrison	2820		D. Hinckley	3045	4th
			W40-44			W80-84		
W25-29	Yards		C. Applegate	3925		A. Szuis	2100	4th
L. French	3680		S. Sackett	3885				
W30-34			D. Edgar	3715				
D. Woody	4960	2nd **						