

Water Power Gazette

<http://www.niagamasters.org>

<http://www.usms.org>

OFFICERS

Chairman

Dan Kornblatt
109 Rogers Hill Rd
Whitney Point NY 13862
607-692-7428
NiagChair@usms.org

Registrar

John Pilger
2125 Masters Rd.
Marcellus, NY 13108
315-673-2268
NiagRegistrar@usms.org

Treasurer

Lynn Fuller
3971 West Lake Road
Canandaigua, NY 14424
716-394-2949
NiagTreasurer@usms.org

Secretary

Amy Johnson
93 Brinton Street
Buffalo, NY 14214
716-836-4694
NiagSecretary@usms.org

COMMITTEES

Fitness/Coaches

Lorie Gibson-Rick
79 Ridgeport Drive
Rochester, NY 14617
716-338-3209,
CoachLorie@usms.org

Newsletter

Dana Woody
197 Wycliff Drive
Webster NY 14580
716-872-5581
NiagEditor@usms.org
John Pilger

Officials

George J McVey, DDS
477 Antlers Dr.
Rochester, NY 14618
716-271-2323
NiagOfficials@usms.org

Long Distance

Vern Hecker 716-394-4075
3452 Gehan Rd
Canandaigua, NY 14424
NiagLongdistance@usms.org

Sanctions

Cheryl Mills
193-2 Palmdale Dr.
Williamsville, NY 14221
716-634-7420 (H)
NiagSanctions@usms.org

Top 10

John Ferro
3725 Maplehurst Dr
Endwell, NY 13760
607-754-6633
johnferro@usms.org

Records

Bill Walter
6377 East Seneca Pkwy
Jamesville, NY 13078
315-469-1821
NiagRecords@usms.org

Webmaster

Chris Beardsley
5342 Rt. 41
Homer, NY 13077
beardsley@niagamasters.org

Postal Representative

Kay Turner
22 Woodridge Drive
Mendon, NY 14506
716-582-1157
NiagPostal@usms.org

Chairman's Update

By Dan Kornblatt



Summer Season Recap

Hi everyone. I hope all of you had an enjoyable summer. There were three open water swims, a long course meters, and a short course meters meet held in the district since the SCY season ended. With both Nationals held on the west coast, it was not a big year for large meet competition.

This issue of the WPG was held up to allow clubs to secure pool dates and get meet sheets to you. Other clubs, which have hosted meets in the fall in the past, have chosen not to do so this year. The major reason for this has been poor meet attendance of late. It simply isn't worth the effort to host a meet and have 30-40 swimmers show up. I have been speaking about this for two years and now my worst fears have come true. Aging up and injuries will never slow us down, but apathy surely will. I would like to point out there will be a two day SCM Zone Championship held in December at Rutgers Univ. in N.J. More info can be found at www.colonieszone.org web site. We are looking forward to our regular meets in Syracuse, Canandaigua, and Buffalo in Jan, Feb and March of 2002. Please plan on supporting our club meets.

Watch for NYS Championships

After the district season ends, we hope to have a New York State SCY Championships somewhere in Adirondack District with a date and a venue to be announced. The Colonies Zone SCY Championships will be held in late April or early May at the great Univ of Maryland pool. If you haven't swum there before, you are in for a treat as I

consider it the fastest pool I have ever swam in. SCY Nationals will be held May 14-17 in Hawaii. There will be airline specials and vacation excursions available with the meet info coming out this winter in Swim Magazine. Later on, we hope to have LCM competition back in the Empire State Games at Burnett Park pool in Syracuse. LCM Nationals will be held in Cleveland in August 2002, a drivable venue for us in Niagara. I hope many of you will be able to make several of these meets.

Registration Options

I want to point out two registration options available to new members at your clubs. In Sept and Oct registration for the rest of the year is only \$15.00, and as of Nov 1, new registrations will be carried forward for the entire 2002 season. Also, in accordance with the decision voted upon at the district meeting in Syracuse last Jan, we will be offering a \$5.00 discount on 2002 registrations if you choose to have this newsletter e-mailed to you instead of printed. This is entirely voluntary and there will be more info in the December issue.

Presidential Parting Thoughts

As outgoing USMS President Nancy Ridout mentions in her last Swim Magazine column, September is the beginning of a new year for Masters swimmers and a time for setting personal goals. How did you do last year? As I wrote last year, I had set a goal for myself of a PR in the 100 free. While I worked hard all year, I didn't meet my goal at the Zone meet but I am setting it again for this year. What are your swimming goals? Where do you intend on achieving that goal? Maryland? Hawaii? U.B.? What stroke and what distance? Setting realistic goals brings focus to your practices and makes going to practice on those cold winter days easier. Good swimming to you all this year.

Dan



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

Canaandaigua 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 O'Neill 315-635-8508, race@trainsmart1.com
T/Th at LeMoyné College: times vary. Please call ahead or check
our website for current sched: www.trainsmart1.com/race

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

2001 USMS Nationals

Congratulations to the 3 Niagara swimmers who participated in the 2001 USMS Nationals held on the west coast this year. Results from our district follow; complete results can be found on the USMS web site.

USMS Short Course Nationals

Santa Clara, CA

May 17-20, 2001

Mary Vallelonga, F26

100 Free	1:03.57
200 Free	2:21.02
1650 Free	21:53.27

Holly MacMurray, F50

50 Back	36.52
100 Back	1:18.26
50 Breast	37.41
100 Breast	1:20.77
200 Breast	2:58.80
100 I.M.	1:16.87

USMS Long Course Nationals

Federal Way, WA

August 16-19, 2001

Ken Koppenhaver, M33

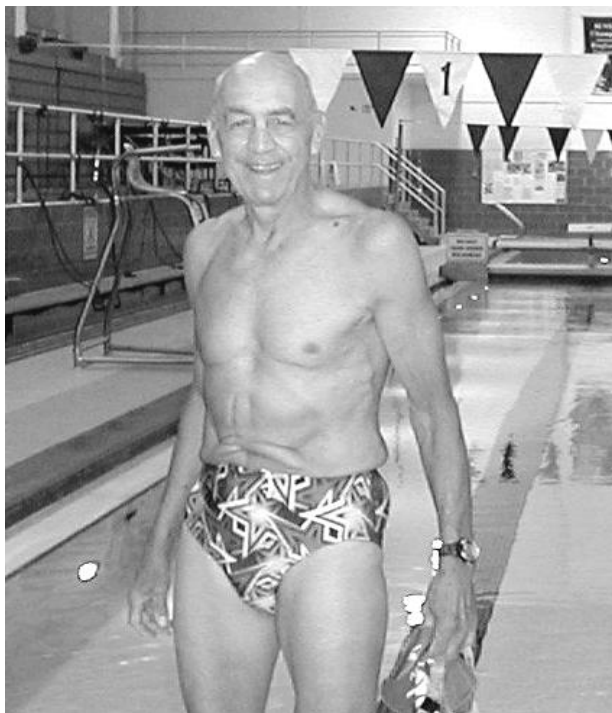
100 Back	1:15.26
200 Back	2:39.69
200 Free	2:19.10
400 Free	4:52.29
800 Free	10:11.93
200 I.M.	2:44.35

**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, Bill Schweizer

Bill Schweizer is a member of the BUMS. Bill is one of the nicest and friendliest people you may ever meet. Bill is also tough as nails. At 79 years young he may be the most decorated triathlete in Niagara District. Out of 14 World Triathlon Championships entered, Bill has won his age group 9 times. Out of 21 National Championships entered, Bill has won his age group 17 times. In 50 duathlons entered, Bill has won his age group 44 times. Nuff said? Bill started competitive running in 1962 and started doing triathlons in 1983 when he felt he needed a break from just running due to reoccurring leg injuries. Those leg injuries have



NIAG member Bill Schweizer
A real "BUMS" swimmer

hurt Bill's competitors much worse than they hurt Bill. Bill retired as an engineer from IBM in 1984 and trains six days a week. He competes almost weekly in the summertime, traveling around the country and the world with his coach, companion and mentor, his wife Rita.

When and why did you join the BUMS and masters swimming?

Bill: I joined the BUMS in 1988 to improve my swimming technique. I had found that my poor technique was holding me back regardless of my level of conditioning.

Has masters swimming provided the help you were looking for?

Bill: Two years after joining the BUMS my time for a mile swim segment in a triathlon dropped six minutes. This was such a large improvement that it allowed me to beat people who were faster than I on the bike because I had too large a lead.

What is your favorite swim workout?

Bill: I like repeats of 100's and 200's where I can drive up my heart rate and get an anaerobic workout to complement my longer aerobic training. I also like I.M. sets because they use different muscle groups.

What does swimming with the BUMS give you that you couldn't get just doing laps at a "Y"?

Bill: The coaching is important, so is the social aspect of swimming with friends and other people in my lane. I think I swim faster than I would by myself.

What do you feel are the worst aspects of aging?

Bill: Loss of flexibility. I am constantly stretching, especially my ankle flexibility. I also use full size flippers in workouts to help bend my ankles back and keep them flexible.

Bill, you are seventy-nine and compete almost weekly and train one or two events daily. What advice do you have for others who feel they shouldn't compete since they are getting older and can't go as fast or far as they used to?

Bill: Hang in there. Keep working out and competing. Keep your quality of life good, don't become a couch potato. I had my fastest times when I was seventy-three and I know I can't do those again. I accept that fact then I look forward to competition in my next age group. If the races were only for the fastest overall, no one over 35 years old would compete. I only look forward to the next race, never behind me.



WEB NEWS

The Niagara web site was a recipient of the 2001 MACA Top Ten Award. Web sites listed in the USMS "Places to Swim" directory were evaluated, and of the 39 LMSCs in the survey, only the highest scoring web sites have been selected as 2001 MACA Top Ten recipients. The sites were evaluated based on content, design, speed/load time, navigation and technical correctness. A complete list of winners can be found at <www.macacoach.org>.

Postal Swim News

Fall 2001 USMS Postal Competitions 3000/6000

Postal Pentathlon

Kay Turner, kkturner@mindspring.com

Postal: an event that is swum in your own pool, with an observer or official present, and whose times are submitted and tallied nationally.

The Niagara District now keeps District Records for the Postal 3000; current records are shown below. This event can be swum anytime between September 1 and October 31, 2001. Swimmers who wish to be part of a postal relay team should send their entries to me for inclusion in Niagara entries. Entry forms can be found at <http://www.usms.org> under National Championships. USMS Championship Long Distance medals are awarded to the first three places in each age group in the individual and relay events. The first place winners also receive USMS Long Distance championship patches.

3000 Records

M25-29		W30-34	
A. Kaltenbach	39:52.75	D. Woody	36:00.33
M30-34		W35-39	
K. Koppenhaver	37:11.50	C. Applegate	46:38.76
M35-39		W40-44	
J. Matysek	36:11.73	D. Everitt	38:37.49
M40-44		W45-49	
J. Matysek	35:39.16	D. Everitt	38:54.55
M45-49		W50-54	
B. Lee	37:17.08	K. Turner	48:39.93
M50-54		W55-59	
B. Lee	38:20.92	S. Kingdon	49:47.40
M60-64		W65-69	
D. Coons	57:36.47	D. Hinkley	57:16.81
M65-69		W70-74	
R. Connor	49:58.09	D. Hinkley	59:11.27
M70-74		W75-79	
G. McVey	50:08.56	S. Marvel	1:00:32.94
M80-84			
R. Johnston	1:04:43.62		

Pentathlon: 5 events are swum (fly, back, breast, free, IM) in three separate courses (Sprint, Middle Distance, Ironman) and results are based on the swimmers' total time for the five events in the chosen course.

Rochester Area Masters will not be hosting a pentathlon meet this year and I will not be coordination these entries. The 2001 Postal Pentathlon may be swum in your own pool from September 15, 2001 to December 15, 2001. Entry forms can be found online at www.min-lmsc.org. District records are also kept for this competition.

NEWBIES Mar-Sep

Name	Sex/Age	City
Brian Bibler	M/22	Cheektowaga
Patrick Condry	M/56	Webster
Mark Dziak	M/21	Johnson City
Sheila Fallon	F/36	Syracuse
Michael Falls	M/29	Marathon
Sarah Gabel	F/24	Gowanda
Gregory Herzog	M/38	Derby
Daniel Hucko	M/44	Pittsford
Lisa Hutchings	F/31	Webster
Charles Kime	M/65	New Milford
Scott Kosten	M/30	Penfield
Tanya Lader	F/40	Cortland
Barbara Lang	F/44	Ithaca
Leslie Lange	M/46	Pittsford
Laura May	F/30	Cortland
Mark Moland	M/28	Williamsville
Theresa Morgan	F/40	Jamesville
Ashley Morse	F/19	Niskayuna
Theresa Neddo	F/40	Syracuse
Scott Page	M/35	Rochester
Dawn Piatasik	F/28	Hamburg
Aimee Roberts	F/35	Cortland
Mark Schneider	M/28	Manlius
David Sheets	M/28	Lansing
Joshua Spitz	M/19	Ithaca
Patty Terry	F/30	Pittsford
Kristen Zimmerman	F/23	Penfield

AGEUPS Sep-Nov

Name	Sex/Age	B'date
Paul Bartlett	M/45	09/05/56
Timothy LaForest	M/40	09/08/61
Brian Brooks	M/30	09/10/71
Paul Taillie	M/50	09/11/51
Nancy MacDonald	F/40	09/23/61
Michael Conroy	M/55	09/24/46
Amy Sanderson	F/40	09/29/61
Kathryn Rivers	F/50	09/29/51
Stan More	M/50	10/03/51
Gregory Herzog	M/40	10/07/61
Anthony Heibel	M/45	10/14/56
Demaree Brady	F/50	10/16/51
Helen Killory	F/80	10/23/21
Michael Fedoryshyn	M/50	10/24/51
Cindy Lapoff	F/35	10/26/66
Mark Braiman	M/45	10/27/56
Peter Peguero	M/40	11/02/61
Thomas Orshal	M/50	11/03/51
Betty Barry	F/55	11/10/46
Lance Evans	M/40	11/18/61
Kay Turner	F/55	11/19/46
Deborah Sluzar	F/50	11/25/51
Charles Hicks	M/45	11/27/56
Gae Orsini	F/35	11/27/66
Gerald Shantillo	M/35	11/30/66

2001 USMS Top Ten from Niagara District SCY - *John Ferro*

Swimmer	Age	Age Group	Event	Time	Place
Kelly Darlak	21	W19-24	400 IM	5:16.75	10
Holly MacMurray	50	W50-54	50 Breast	37.32	4
Holly MacMurray	50		100 Breast	1:20.77	3
Holly MacMurray	50		200 Breast	2:58.80	2
Pat Pagliarulo	51		200 Breast	3:05.49	10
Maureen O'Donnell	68	W65-69	200 Free	2:57.62	4
Nancy Schoepperle	75	W75-79	50 Back	53.72	10
Betty Dunn	76		50 Fly	1:00.92	10
Betty Dunn	76		100 Fly	2:19.82	6
Sue Marvel	81	W80-84	50 Free	44.10	3
Sue Marvel	81		100 Free	1:40.94	4
Sue Marvel	81		200 Free	3:48.89	4
Sue Marvel	81		50 Back	54.97	2
Sue Marvel	81		100 Back	1:59.82	3
Sue Marvel	81		200 Back	4:21.42	2
Annie Szuis	81		50 Breast	1:17.85	9
Tom Meade	53	M50-54	50 Free	23.87	5
Paul Engineri	50		1650 Free	19:29.75	9
Jack Howell	70	M70-74	200 Fly	3:29.76	5
Jack Howell	70		400 IM	7:23.50	9
John Cranch	78	M75-79	200 Back	3:45.25	10
Robert C Johnston	83	M80-84	500 Free	9:43.76	9
Robert C Johnston	83		100 Back	1:58.96	10
George Bauman	86	M85-89	100 Back	3:09.67	10
George Bauman	86		50 Breast	1:36.77	9
Joseph L Coss	91	M90-94	50 Free	1:12.49	4

New District Records *Bill Walter***2001 SCY Colonies Zone Championships****Eisenhower Pool - Long Island, April 21-22, 2001**

Swimmer	Age	Event	Time	Previous Record	Time
Jeffery Humphreys	45	50 yd. Back	29.77	John Simm	29.88
Jeffery Humphreys	45	200 yd. Back	2:19.85	Tom Meade	2:23.66
Tom Meade	53	50 Yd. Free	23.87	Tom Meade	23.99
Tom Meade	53	100 yd. Free	53.97	Tom Meade	54.14
Tom Meade	53	200 yd. Free	2:01.22	Tom Meade	2:02.25
Paul Engineri	50	1650 yd. Free	19:36.50	Tom Meade	19:44.90

Short Course Yards National Championships**Santa Clara, CA , 05/17 /01**

Swimmer	Age	Event	Time	Previous Record	Time
Holly MacMurray	50	100 Yd. Back	1:18.26	Jane Gram	1:19.14
Holly MacMurray	50	100 Yd. Breast	1:20.77	Holly MacMurray	1:21.67
Holly MacMurray	50	200 Yd. Breast	2:58.80	Patricia Pagiarulo	3:02.01
Holly MacMurray	50	100 Yd. IM	1:16.87	Holly MacMurray	1:17.66

Miles for Smiles (LCM)**University at Buffalo, 06/23/01**

Swimmer	Age	Event	Time	Previous Record	Time
Jennifer Spencer	31	100 M Back	1:17.27	Sarah Osborne	1:18.42
Anne Chrzanowski	38	200 M IM	2:54.52	Deborah Mitchell	3:16.37
Demaree Brady	50	50 M Free	34.62	Jane Gram	34.90
Demaree Brady	50	100 M Free	1:18.94	Jane Gram	1:21.42
Demaree Brady	50	50 M Breast	41.67	Holly MacMurray	44:08
Jane Gram	55	200 M Free	3:03.72	Sandra Kingdon	3:14.22
Jane Gram	55	400 M Free	6:32.09	Sandra Kingdon	6:41.05
Jane Gram	55	50 M Back	46.46	Pat Barlow	49.51
Jane Gram	55	100 M Back	1:41.47	Pat Barlow	1:53.46
Jane Gram	55	200 M Back	3:34.44	Pat Barlow	4:05.77
George McVey	74	50 M Breast	50.96	William Eibl	52.99
George McVey	74	200 M Breast	4:13.80	Robert Johnston	4:20.57
Jack Howell	71	100 M Fly	1:57.35	Herman Forest	2:19.41
Jack Howell	71	400 M IM	9:00.15	Herman Forest	10:56.92

15'th Annual BUMS Swim Meet (SCM)**Owego Community Pool, 08/05/01**

Swimmer	Age	Event	Time	Previous Record	Time
Jennifer Spencer	31	50 M Free	29.28	Jacqueline Zaganlaczky	30.72
Jennifer Spencer	31	100 M Free	1:05.66	Libby Leeds	1:05.77
Jennifer Spencer	31	50 M Fly	33.15	Rochelle Matheny	33.62
Jennifer Spencer	31	100 M IM	1:16.72	Dana Woody	1:18.02
Matthew Losinger	29	100 M Breast	1:14.37	Brian Shaw	1:20.21
Matthew Losinger	29	200 M Breast	2:51.00		
Christopher Beardsley	28	400 M IM	6:26.58		
Tom Meade	54	50 M Free	27.03	James Miers	29.49
Tom Meade	54	100 M Free	1:01.59	Dennis Matyko	1:07.94
Dan Kornblatt	52	200 M Free	2:28.14	Eric Moore	2:42.71
Dan Kornblatt	52	100 M Back	1:20.72	Donald Trombley	1:23.17
Tom Meade	54	50 M Fly	30.71	Donald Trombley	36.24
Tom Meade	54	100 M IM	1:15.20	Dennis Matyko	1:17.69
Edward Major	63	50 M Fly	44.72	Don Zirnheld	53.66
Robert Johnston	84	100 M Back	2:13.73	George Bauman	2:57.16
Robert Johnston	84	100 M IM	2:25.11		

Long Course Meters National Championships**Federal Way, WA, 08/16/01**

Swimmer	Age	Event	Time	Previous Record	Time
Ken Kopenhagen	33	400 M Free	4:52.29	Ken Kopenhagen	4:56.31

We have discovered that the records for the 100 and 200 Short Course Meters Backstroke, Men 40-44, were assigned to a swimmer who was never registered with the district. If you can document a time in either of these events, please let me know. Send the information to the address on the front of the newsletter under Records.