

## **Robert Norris: World Backstroke Champion!**

Robert & Roswita Norris represented DAM in the FINA World Masters Swimming Championships held the first week in July at the Olympic Complex in Montreal, Canada. More than 4,000 swimmers participated in the meet, which ran from 8 AM to 11 PM for 5 days! The swimming couple returned with impressive results.

**Robert** (55-59 age group) came home with a World Title in the 100 Back (1:19.66), 2nd in the 200 Back (2:56.75), and 7th in both the 50 Back (38.55) and 400 IM (6:49.10). His 800 Free place was not known at press time (12:03.99). Robert set new team records in all swims except his 200 Back.

**Roswita** (50-54 age group) didn't place quite as high as Robert, but she did break the DAM Team Record in the 100 Breast with a time of 1:55.84 for 21st place. Additionally, Roswita placed 12th in the 200 Breast (4:04.49), 13th in the 400 IM (8:39.46), 15th in the 200 Back (4:01.96), and 16th in the 100 Back (1:57.63).

Both Robert & Roswita are planning on attending the next World Masters Swimming Championships which will be held June 22-July 2, 1996 in Sheffield, England.



*Robert Norris on the podium at the World Masters Swimming Championships to receive his Gold medal in the 100 Backstroke.*

# **DAM Turns**



## **20 Year Anniversary Party: Sunday, September 11, 1994**

1994 marks the 20 year anniversary of the Davis Aquatic Masters. We are planning an intersquad fun swim meet at Community pool followed by a catered bash. All current and former members are invited to attend. Invitations have already gone out to More than 100 former members of DAM, but there are still many more out there. If you have the names and addresses of any former members please give them to Milt Blackman 756-5540 or Verne Scott 753-2828. Also, we are planning on offering a "home stay" for visitors from out of town. If you have a spare room to share on Friday, Saturday, or Sunday (Sept 9-11) give Milt a call.



## Workout and Lap Swim Hours

### Workouts: Monday-Friday Civic Center

6 AM	NOON
7 AM	6 PM
10 AM	7 PM
11 AM	

### Woodland High School Tues. & Thurs 7:30 AM - 9:00 AM Long Course

### Workouts: Saturday Civic Center 8:30 AM - 10:00 AM Intensive

### Workouts: Sunday Civic Center 8:30 AM - 9:30 AM Technique

### Lap Swim: Saturday and Sunday Civic Center 11:00 AM - 2:00 PM

Monday	Distance
Tuesday	Stroke/IM Long Course
Wednesday	Sprint/Fins
Thursday	Mid Distance Long Course
Friday	Stoke/IM
Saturday	Intensive
Sunday	Technique

## Pertinent Information

DAM Dues: \$30.00 (\$25.00 for Senior Swimmers 65 or over) monthly due before the tenth of the month

Late Fees: A late fee of \$5.00 is added if dues are paid after the tenth of the month.

Leave of Absence Fee: \$2.00 per month

Re-enrollment each Quarter is mandatory

Late Re-enrollment Fee: \$2.00  
(Next re-enrollment period is Fall Quarter, September 24).

## Tragedy Strikes DAM

*Doug Selmer Killed In  
Bike/Auto Accident*

Almost one year ago, Susan DeYoung was struck and killed by a truck while bike-touring in Portugal with her husband Dave, who still swims with the club. Now, tragedy strikes our team again. Nineteen year old Doug Selmer was hit by a car and killed while riding his bike on Road 31 near Road 96. Doug was a DAM member and swam regularly at 11am or noon. He was a tall, thin, quiet guy with curly hair who swam in the 1:30 pace per 100 lane. On behalf of the coaching staff and DAM members who knew Doug, I would like to send our deepest condolences to Doug's friends and family.

These saddening events can make you aware of how fragile and unpredictable life can be. Remember not to take things for granted. Enjoy your life, friends, and family — DAILY! You never know when it may end. A quote I enjoy by Bertolt Brecht says: "Do not fear death so much, but rather the inadequate life." *-Mike Collins*

## Video Analysis To Continue

Last month's video sessions seemed to be a big success. Opportunities will be offered again this month. Video taping is done from each side, head on, and from behind. This allows you to see differences from the right & left sides, above & below the water stroke patterns & discrepancies, head position, efficiency of the kick, and strokes per length. Each participant receives the video of himself or herself swimming with the date appearing on the screen so it can be compared to future taping. Also included is a critique sheet which will point out your strengths, and weaknesses..

Each session is limited to 6 people. The cost is \$6 if you bring your own VHS tape, \$10 if we supply the tape. Plan to spend an extra 30 minutes after practice reviewing the tape and receiving critique. If you are interested, be sure to sign-up on the sheets posted on the board at Civic Center Pool.

### August Video Schedule

6 AM Tue Aug 23  
7 AM Thu Aug 25  
10 AM Wed Aug 24  
11 AM Fri Aug 26  
12 PM Wed Aug 24  
6 PM Tue Aug 23  
7 PM Thu Aug 25



### Team Apparel Order Form:

#### IAM Logo Apparel Order

Now that it is really hot, how about buying a parka or sweats? (You know those big fuzzy warm jackets with a hood) Well if you want one and expect to see it before Christmas when it is DAM cold around here, then you need to turn in your order and check to Coach Mike by September 5. A minimum order of 6 in each item is necessary to get these prices. All apparel comes with the DAM embroidered logo

Name: _____	Total Enclosed: _____					
Item	Cost	Size (Please circle)				
• Parka	\$105	M	L	XL	XXL	
• Sweats	\$85					
• Pants	XS	S	M	L	XL	
• Jacket	XS	S	M	L	XL	
• Female Nylon Suit	\$30	30	32	34	36	38
• Female Lycra Suit	\$40	30	32	34	36	38
• Male Nylon Suit	\$20	30	32	34	36	38



# hAPPY birthdäy

Douglas Byrne	8/2
Karmel Tate	8/5
Bill Watkins	8/6
Kathy Lee	8/6
Cass Sylvia	8/6
Jeffrey Ruda	8/7
Max Armstrong	8/7
Marg Bartosek	8/8
Bob Lawson	8/8
Lynn Lathouwers	8/8
Joyce Zinn	8/9
Janice Oakley	8/10
Juli Jessen	8/10
Joyce Lenz	8/11
Sally Colvin	8/12
Kit Owen	8/14
Paul Brady	8/14
Joyce Haworth	8/14
Ted Deacon	8/15
Sinisa Novakovic	8/16
Phyllis Bailey	8/19
Kristen Jones	8/19
Hazel Putterman	8/20
Holly Rubins	8/20
Bonnie Rush	8/20
Apryl Guisaola	8/21
Sally Wood	8/22
Kendy Radasky	8/23
Nick Kurth	8/23
Steve Carlson	8/26
Mark Eaton	8/26
Jean Lamming	8/27
Yoshie Kyhos	8/28
Iwalani Faulkner	8/29
Dorothy Scott	8/30
Boris Ruebner	8/30
Mendel Mazelis	8/31

August 1994



## Swimming at the Center of the Universe by Coach Emmett Hines, H2Ouston Swims

1993 USMS Coach of the Year



Sometimes the basic assumptions you employ in pursuit of a goal get in the way of success.

Take astronomers. In not too ancient history, and astronomer was a person that studied the way the Sun and planets revolved around the Earth in an attempt to perfect the calendar so that it would be accurate year after year - up till then it had been slightly off - every so often it would snow in July and the Pope would say "Crank it back six months." June became January and the calendar would be right again. This put a real crimp in people's vacation schedules so a better way had to be found.

The problem was that astronomers were laboring under a false model. The very definition of what it was to be an astronomer precluded them from finding the right answer. At the time it did seem logical to assume that all heavenly bodies revolved around the Earth - there was no basis for any other kind of assumption. Then, a few years back, a very inquisitive fellow named Copernicus challenged the whole notion of Earth being at the center of the Universe. It took 100 years, another guy named Galileo and the telescope to get the concept out in the open. Even then the Pope wanted to burn Galileo at the stake (some people get very fidgety when you challenge their basic assumptions about the world).

Are you laboring under a false model in your swimming? Does your definition of swimming go something like this - "Pull with the arms, kick with the legs, do it faster and I'll go faster?" If so, you need to take a step back and ask some questions. So often I hear swimmers talking about swimming their arms and legs. When they decide to go into the weight room they think in terms of strengthening their arms and legs. When they want to swim faster they think and talk about moving their arms faster and kicking harder.

To the untrained eye, it seems reasonable and logical to look at a swimmer and say "See those arms moving water, see those legs churning away like a motorboat - that what makes the swimmer go." I mean, if the arms don't move and neither do the legs, then the swimmer becomes a floater, right?

But think for a moment about other powerful moves you see in sports - a pitcher throwing a baseball, a batter hitting that ball, a golfer hitting a drive, a tennis player hitting a backhand - they use the arms to deliver huge forces that have been developed by the rotation of the body trunk.

In swimming freestyle and backstroke we are really doing the same thing. The arms are used as a delivery mechanism for power that has been developed by rapidly rolling the body from side to side. We use sculling motion produced by the small muscles in the arms and around the shoulders to help us hold onto the water but it's the large muscles of the torso that provide the bulk of the propulsive power.

Breaststroke and butterfly cannot be excused from this examination either. In these strokes the large propulsive forces are created by bending and unbending in the torso - these forces are just delivered to the water with the arms.

Imagine how ridiculous a swimmer would look if he held his torso absolutely flat and just moved his arms and legs. How about a baseball pitcher that stood absolutely still, facing home plate and threw the ball with his arm only.

Your thinking should be on how to develop power in the torso and deliver it to the water with your arms. If your focus is still on swimming faster by moving your arms and legs faster and harder, then the earth is still at the center of your universe.



## DAM Events Calendar

Date	Event
Aug 13	Donner Lake 2.7 Mile Swim
20 or 21	Lake Del Valle 2 x 1 Mile Relay - Livermore
20-21	Great North Triathlons - Stonegate Club, West Davis
	Saturday: Sprint Event
	Sunday: Olympic Distance
Sept 11	Whiskeytown 1 & 2 Mile Swim DAM 20th Year Anniversary Party
25	Sacramento Sprint Pentathlon (50 of ea. + 100 IM)
October	Stroke Improvement Month
15	DAM Mid-Distance Pentathlon (100 of ea. + 200 IM)
??	DAM Annual Meeting, Election, & Awards
29	DAM Distance Pentathlon (200 of ea. + 400 IM)
Nov	USMS 6,000 yard Postal Meet
5-6	PMS Short Course Meters Championships @ Los Altos
19	DAM Brute Squad Meet (200 Fly, 400 IM, & 1,650Free)
Dec 11	DAM Holiday Party

## New Members

Tracy Knorr	Mark Grismer
Sam Chao	Karen Gabriel
	Jo Ramona Houpt
Mark Labarge	Allison Brown
Lara Lurie	Noel Fong
Darren Mounts	Scott Coonce
Chris Mollkoy	Chad Hampton
	Mickra Hamilton
	Yassar El-Farhan
	Kathleen Whalen
	Ximena Bustamante
Max Armstrong	Susan Stover
Aine Coil	Cass Sylvia

## PMS LC Championships:

### DAM Places 2nd in Large Team Division

Santa Cruz — We just had one of their best Long Course meets ever. DAM swimmers broke 3 USMS National Records, 10 Pacific Masters records, and 52 Team Records on our way to finishing second in the 1994 Pacific Masters Swimming Long Course Championships held July 29-31 at UC Santa Cruz. Walnut Creek Masters won the meet by scoring 2,100 points while Davis placed second with 1,111 points and Rinconada Masters finished third with 795 points. 25 DAM members participating, our largest turnout ever for a long course meet, helped us finish 2nd. We still had half as many swimmers as Walnut Creek (54 to 25) in the meet though. We were actually leading after the first day. We had very strong showings in the 1,500 Free, 400 IM, and especially the 800 Free Relay. I was amazed at how our swimmers rose their level of performance for the relays. Everyone seemed to average 1-2 seconds faster on relays than in their individual events. I think that was a big reason for our team setting 17 new Team records, 10 Pacific records, and 3 National records. A good example was Mary Horton who set the tone by leading off our 200+ Age Group 800 Free Relay with a lifetime best of 3:23. Along with Susan Munn, Lee Fitzhugh, and Andy McPherson they broke the PMS record by close to a minute!

Veteran swimmers Brian Nabeta and Susan Munn were the top male and female swimmers for the team. Nabeta competing in the 19-24 age group set 7 new individual event team records and two PMS records on his way to winning the Meet High Point Award (400 IM 5:02.50, 50 Back 28.25, 200 Free 2:03.57, 50 Breast 31.36, 100 Free 54.98, 200 IM 2:16.97, & 100 Breast 1:12.23). He was also instrumental on two National Record breaking relays.

Munn dominated her 55-59 age group with six wins, five DAM Team Records, and 3 PMS Records. Munn lowered the PMS records in the 200 Free (2:56.41) 400 Free (6:13.83), and 800 Free (12:52.47), in addition to her wins in the 1,500 Free, 100 Fly, and 200 IM.

Michael Collins (25-29) and Andrew McPherson (45-49) also won High Point Awards in their age groups.

First timers to do well included Holly Rubins, Erica Woods, Ainslie Mackovjak, Cary Craig, Ernie Hoftzyer, Jeff Ruda, and Lee Fitzhugh. Fitzhugh set 3 DAM team records in individual events (1,500 Free 22:39.69, 400 Free 5:41.01, & 200 Free 2:37.65), and really put a boost in our relays. Every relay he swam on set a new team or PMS record. He is 56 years old and hasn't swam in a meet since college over 30 years ago! He really fired up the other swimmers on the team.

I'm so happy to see new people coming to the meet. If our meet participation continues to grow as it has been I think we may be able to win the Large Team division within the next few years. And having more swimmers at the meet really made our relays stronger. We were able to enter some older age groups instead of just the young ones.

### Meet Notes & Highlights:

#### Final Team Standings:

	Points	Place
Walnut Creek	2,100	1st
Davis	1,111	2nd (Most ever scored by DAM)
Rinconada	795	3rd
San Mateo	690	4th
Santa Cruz	590	5th

#### USMS Records Set: 3

3 Relay Records

#### PMS Records Set: 10 D

5 Relays

5 Individual

#### Team Records Set: 52 (Same as above plus:)

17 Relay Records

35 Individual Events

#### Participants: 25

Women: 11

Men: 14

1st place finishes: 38



# DMS Long Course Championship

## Individual Results



### Women

Holly Rubins, 22		
50 Breast	43.20	3rd
100 Free	1:21.43	7th
50 Free	39.50	6th
100 Breast	1:42.37	4th
Christine Schultz, 23		
1500 Free	20:36.21	3rd
400 IM	5:47.85	2nd
50 Back	37.27	1st
200 Breast	3:10.81	1st
200 Back	2:51.05	2nd
100 Back	1:20.61	1st
200 IM	2:45.41	2nd
Erica Woods, 24		
50 Fly	33.80	3rd
100 Free	1:09.18	2nd
200 IM	2:52.43	3rd
Jennifer Collins, 25		
400 Free	6:08.99	2nd
200 Free	2:55.41	6th
200 Back	3:23.33	2nd
200 IM	3:24.48	3rd
100 Breast	1:48.21	2nd
Ainslie Mackovjak, 29		
200 Free	2:46.92	5th
100 Free	1:13.92	4th
50 Free	32.42	3rd
Traci Roth/Yerby, 27		
1500 Free	25:49.43	1st
200 Free	3:03.95	7th
50 Breast	47.84	1st D
100 Free	1:22.80	5th
Linda Hood, 35		
400 Free	7:11.15	7th
200 Free	3:26.34	
50 Fly	55.06	
100 Free	1:36.50	8th
200 IM	4:12.24	5th
50 Free	40.80	8th D
Cary Craig, 36		
400 Free	7:03.97	6th
100 Free	1:27.18	7th D
200 Free	3:16.13	8th D
50 Breast	57.71	8th D
100 Breast	2:01.61	7th D
Mary Horton, 51		
400 IM	8:46.95	1st
400 Free	7:17.21	3rd
100 Fly	2:14.59	2nd
100 Back	2:11.78	3rd D
100 Free	1:39.20	2nd
200 IM	4:15.09	3rd D
100 Breast	2:15.63	3rd
Susan Munn, 55		
1500 Free	24:33.75	1st D
400 Free	6:13.83	1st P,D
200 Free	2:56.41	1st P,D
800 Free	12:52.??	1st P,D
200 IM	3:30.92	1st D
100 Fly	1:36.44	1st
Joyce Haworth, 56		
400 Free	8:25.84	4th
200 Free	4:00.84	3rd
50 Breast	58.22	2nd
100 Free	1:55.53	4th
50 Free	52.21	3rd
100 Breast	2:13.14	2nd D
Men		
Ernie Hoftzyer, 24		
50 Back	34.88	5th
100 Fly	1:07.50	2nd
200 Free	2:18.81	4th
50 Fly	:29.11	2nd
Darren Mounts, 22		
200 Free	2:13.18	3rd
50 Fly	29.88	3rd
100 Free	58.58	2nd
50 Free	26.67	2nd D
100 Breast	1:19.92	2nd

Brian Nabeta, 24		
400 IM	5:02.50	1st D
50 Back	28.25	1st P,D
200 Free	2:03.57	1st D
50 Breast	31.36	1st P,D
100 Free	54.98	1st D
200 IM	2:16.97	1st D
100 Breast	1:12.23	1st D
Ken Hong, 24		
50 Back	33.20	4th
100 Fly	1:07.69	3rd
50 Fly	29.90	4th
100 Back	1:18.32	3rd
100 Free	1:03.01	5th
50 Free	27.78	3rd
Barry Hulce, 24		
1500 Free	20:13.36	1st
50 Back	36.28	6th
200 Free	2:19.60	5th
50 Fly	32.03	6th
Bill Weber, 22		
200 Breast	3:05.81	1st
50 Fly	31.28	5th
200 Back	2:49.02	2nd
100 Back	1:16.13	2nd D
50 Breast	35:55	3rd
100 Breast	1:21.57	3rd
Michael Collins, 28		
1500 Free	18:04.90	1st
400 IM	5:18.48	1st
200 Breast	2:51.10	2nd
100 Fly	1:07.99	4th
200 Free	2:08.52	5th
200 Fly	2:27.90	1st
200 IM	2:27.46	2nd
Ernie Wells, 30		
100 Fly	1:09.22	7th D
50 Fly	30.69	8th D
200 IM	2:39.47	3rd
David Woodruff, 37		
400 IM	5:41.31	2nd D
200 Breast	2:53.12	2nd D
100 Fly	1:10.41	3rd D
50 Fly	31.17	4th D
Scott Harris, 40		
1500 Free	19:43.27	2nd
400 Free	4:56.63	4th D
200 Free	2:17.09	4th
100 Free	1:05.48	8th
800 Free	10:01.??	1st D
Andrew McPherson, 47		
1500 Free	19:42.84	3rd
400 Free	4:53.16	3rd
100 Fly	1:05.10	1st
50 Fly	28.90	1st
100 Free	59.19	1st
200 IM	2:32.75	1st
50 Free	27.33	1st
Jim Frampton, 47		
400 Free	6:25.00	6th
100 Fly	1:23.40	3rd
50 Fly	35.63	3rd
50 Breast	41.99	4th
100 Free	1:20.17	6th
50 Free	34.78	7th
100 Breast	1:36.58	22nd
Jeff Ruda, 46		
1500 Free	25:43.77	5th
Emory Haworth, 55		
400 Free	6:05.74	3rd
200 Breast	3:28.98	2nd D
50 Fly	35.53	2nd
50 Breast	40.08	2nd
100 Free	1:12.74	2nd D
50 Free	31.94	1st
800 Free	12:47.973rd	
Lee Fitzhugh, 56		
1500 Free	22:39.69	1st D
400 Free	5:41.01	2nd D
200 Free	2:37.65	2nd D

## Lavis Aquatic Masters

### Contributing Members

# 1993-1994

*Gold (donors of \$100)*  
 Lucille Barry  
 Rand Schaal  
 Susan Munn  
 Gayle & Barbara Benty  
 and Jim Tanner  
 Mary Ann Williams  
 Karmel Tate (double Gold)  
 Paul  
 Paul Griffin

*Silver (donors of \$50)*  
 Sally Wood

*Bronze (donors of \$25)*  
 Jean Fritzen  
 Xiao Ye  
 Ted Deacon

# Wanted!

# New

# Board

# Members!

If you are interested in running for the DAM Board, or you know someone you think would be a great Board member, contact Carol Lawson, (753-3209) or any of the Current Board members. It's a great way to give something back to the team! Next month's newsletter will feature statements from the candidates.

## Upcoming Swim Meets

We have three more "Team Event" swim meets remaining in 1994. Check the dates on your calendar and make plans to attend!

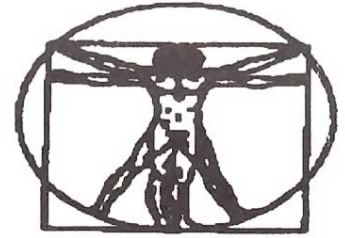
1. September 25th is the Sacramento Sprint Pentathlon, offering a 50 of each stroke and the 100 IM. This is a great "first-timer" event. The times of each 50 plus the 100 IM are added together for a total time. This meet is a great way to check progress from year to year. Also, swimming all strokes encourages people to sharpen their skills in their weaker strokes. The meet only takes a few hours on a Sunday afternoon, and after the meet we refuel at The Rubicon Micro Brewery in downtown Sacramento. September 17th is the pre-reg deadline, but race day registration is allowed. The meet director is considering adding team scoring. If they do let's be the first team to take the title!
2. November 5-6 is the Short Course Meters Championships in Los Altos which will offer all events. This is usually a fairly small meet, although they do have team scoring. Entry cards, checks, and a copy of your USMS card are due to me (coach Mike) by October 21 so the entries can be reviewed and relays organized.
3. December 3 is the Reno Winter Short Course Meet. This is a first time event which should be a blast! We are making arrangements to take the train there which is supposed to be really beautiful. Reno is always having room rate specials, so it shouldn't cost too much. Maybe you can pay for your trip by winning on the craps tables?

Details and entry info for these meets can be found in the PMS Newsletter located in the center section of the Sept/Oct. SWIM Magazine that you should be receiving shortly.

## DAM TRIATHLETE OF THE MONTH : Linda Casillas

by Michael Collins

"Little" Linda is a fierce competitor. She attacks both workouts and competitions with fervor Linda most recently won the Open Division of Eppies Great Race — a triathlon consisting of running, cycling, and kayaking. However, Linda was not entirely happy with her performance. She was out to defend her title from last year when she was the first female overall. This year the river was running much slower and her weakest event, kayaking, took a lot longer to complete. This allowed a 40+ female to take the overall title due to extensive kayaking experience. The Sacramento newspapers and press though Linda won and gave her the credit on the news. This upset and embarrassed Linda. She didn't want credit where it wasn't due! We are still impressed with your performance, Linda! I'll be betting on her to win it overall next year! *The Triathlete of the Month is a new feature in this newsletter and will run through September thanks to the donation of Richard Strohl, Certified Massage Therapist. Richard is donating a free massage to each month's recipient. Contact him about appointments at 756-5087.*



## FINALS Outstanding Performance of the Month

by Michael Collins

More than 30 years ago Lee Fitzhugh competed in his last swim meet representing the University of Michigan. That was until July 29th when Lee broke out of competition retirement and made an impressive comeback. Lee participated in the PMS Long Course Championships in Santa Cruz swimming the 1,500 Free, 400 Free, 200 Free, 800 Free Relay, and 400 Free Relay. New DAM Team Records fell in all those events. In addition, the 800 Free Relay set a new PMS record in the 200-239 age group, and the 400 Free Relay set a new USMS National record in the same age group. Lee has just recently been able to swim again as injury and travel have kept him from a consistent workout schedule. However, the real reason he won the award is because he needed a new swim suit to replace those oversized shorts he's been wearing more than anyone else on our team! ((Just kiddin' Lee)

*The FINALS Outstanding Performance of the month winner receives a free FINALS swimsuit, courtesy of Scott Morris, Promotions Director.*



Lee  
Fitzhugh

# Davis Aquatic Masters

## 1994 Freestyle Ironman LC Meet

1,500 + 800 + 400 + 200 + 100 + 50  
June 28, 1994

### Women

Name	Age Group	1500	800	400	200	100	50	Total Time
Christine Schultz	19-24	20:35	11:09	5:28	2:35	1:13	:32	41:22 RF
Erica Woods	19-24	22:26	11:55	5:45	2:44	1:16	:36	44:42 F
Jill Newman	25-29	21:43	11:12	5:35	2:44	1:18	:37	43:09 RF
Jennifer Collins	25-29	24:20	13:20	6:24	3:05	1:25	:39	49:13 B
Traci Yerby	25-29	24:33	13:17	6:39	3:11	1:30	:40	49:50 F
Kendra Ishak	25-29	26:08	14:00	6:47	3:14	1:28	:37	52:14 F
Ann Motekaitis	30-34	20:29	10:53	5:23	2:38	1:18	:37	41:18
Kim McCord	30-34	21:30	11:11	5:31	2:39	1:14	:36	42:41 F
Anita Benedict	30-34	21:20	11:15	5:33	2:41	1:19	:36	42:44 F
Carolyn Thomas	30-34	24:02	13:02	6:27	3:10	1:27	:41	48:49 F
Sonya Tofoya	30-34	24:39	12:58	6:14	3:01	1:25	:36	48:53 F
Mumulay Brown	40-44	*	18:10	9:05	4:28	2:01	:51	34:35 RB
Susan Munn	55-59	24:57	13:22	6:39	3:06	1:30	:41	50:15 RF
Joyce Haworth	55-59	*	17:49	8:58	4:26	2:04	:56	34:13 F
Barbara Benty	60-64	*	18:07	8:41	4:19	2:03	:55	34:05 RF

\* = Denotes Senior & Rookie option (no 1,500)  
R = Denotes DAM Age Group Record  
F = First time competing in the event  
B = Better time than previous try

### Men

Name	Age Group	1500	800	400	200	100	50	Total Time
Michael Fain	19-24	23:52	12:50	6:24	3:05	1:20	:33	48:04 RF
Michael Collins	25-29	18:27	9:46	4:49	2:17	1:06	:31	36:56
Eduardo Duque	25-29	22:50	11:50	5:32	2:38	1:12	:33	44:35 F
Vince Fong	25-29	22:15	11:58	5:51	2:44	1:17	:36	44:41 F
Michael Bey	25-29	23:05	12:32	6:00	2:50	1:18	:34	46:19 F
Jim Martin	30-34	21:37	11:17	5:38	2:35	1:12	:32	42:51 R
Ernie Wells	30-34	21:34	11:30	5:32	2:36	1:11	:32	42:55 F
Nick Kurth	30-34	22:01	12:02	5:42	2:44	1:15	:37	44:21
John Hansen	30-34	22:25	11:26	5:44	2:51	1:22	:35	44:23 F
Dave Woodruff	35-39	22:28	11:42	5:32	2:32	1:12	:33	43:59 F
Ted Deacon	40-44	20:24	10:48	5:14	2:29	1:09	:31	40:35 RB
Jim Borghino	40-44	28:03	14:37	???	4:16	1:56	:48	
Andy McPherson	45-49	21:00	11:07	5:23	2:36	1:07	:30	41:43
Jeff Ruda	45-49	25:47	13:41	6:58	3:25	1:38	:45	52:14 F
Tony Christo	45-49	26:58	14:47	6:54	3:20	1:35	:40	54:14
Emory Haworth	55-59	24:43	13:27	6:44	3:12	1:28	:36	50:10 RF

#### Freestyle Ironman Statistics

	1993	1994
Total Participants	25	30
Female participants	13	15
Male participants	12	16
Club records set	14 (New)	
First timers	New	
Improved time	New	

## Swimmer of the Month : Don Wilson

by Susie Hansen

The Swimmer of the Month for August is Don Wilson. Don was the host for DAM's annual Fourth of July BBQ. "It was just like Woodstock," according to one party-goer.

Don swims at 7:00 AM three or four days a week. "At 7:00AM, the sun is in the coach's eyes and they can't see me." Don is happy with the coaching he receives from Mike and Don. He considers them the Yin and Yang of coaching.

Don joined DAM for conditioning. He likes open water swimming and swam the two-mile swim at Berryessa. In addition to swimming he participates in six triatholons throughout the spring, including the Donnor Triatholon. "If I can embarrass one guy, I'm happy." In his "spare" time, Don is a chiropractor, here in Davis.

Don enjoys swimming with DAM. "They're an upbeat and happy group and it shows in their faces.

*Thank you to Sympsiom for providing our Swimmer of the Month with a tasty Greek Treat.*

**"At 7:00AM, the sun is in the coach's eyes and they can't see me."**



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**August DAM 1994**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Distance	Stroke/IM Woodland Long Course 7:15 PM	Sprint/Fins DAM Board Meeting 7 PM	Middle Distance Woodland Long Course 7:15 PM	Stroke/IM	Intensive 8:30 AM Lap Swim 11-2
Technique Workout 8:30 AM Lap Swim 11-2	Distance	Stroke/IM Woodland Long Course 7:15 PM	Sprint/Fins Pay your dues!	Middle Distance Last Woodland Long Course Workout	Stroke/IM	Intensive 8:30 AM Lap Swim 11-2 Donner Lake Swim
Technique Workout 8:30 AM Lap Swim 11-2	Distance	Stroke/IM	Sprint/Fins Swim: 30 x 50 In sets of 5 PMS Meeting	Middle Distance Main Set: Swim - 16 x 100 Descending Interval	Stroke/IM Main Set: Swim 8 x 200 Free & IM Mix	Intensive 8:30 AM Lap Swim 11-2 Great North Sprint Triathlon
Technique Workout 8:30 AM Lap Swim 11-2 Great North Intl. Triathlon	Distance	Stroke/IM Video Taping 6 AM & 6 PM	Sprint/Fins Video Taping 10 AM & 12 Noon	Middle Distance Video Taping 7 AM & 7 PM	Stroke/IM Video Taping 11 AM	Intensive 8:30 AM Lap Swim 11-2
Technique Workout 8:30 AM Lap Swim 11-2 Don & Julie's 1 Year Anniversary	Distance	Stroke/IM	Sprint/Fins			

Quote of the Month: "The greatest obstacle to discovery is not ignorance— it is the illusion of knowledge." Daniel J.



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