

August 2007

GRIN SWIM

The Newsletter of USMS LMSC Greater Indiana Masters Swimming

Check us out on the Web: GRIN: www.grinswim.org and USMS: www.usms.org

GRIN OFFICERS 2006-2007

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Krisouchens@hotmail.com

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Cgettelfinger@worldnet.att.net

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CHAIRMAN'S CHAT



Over the next two years I look forward to serving you as the Greater Indiana Masters Chairman. My vision for our LMSC is to grow our membership to more than 1,000 members. We can do this if we all work together and make membership growth and membership retention a priority. Masters swimming is an adult swimming program. There are some who perceive it to be for the elite swimmer and highly competitive; this is not the case. Masters swimming is an adult aquatic fitness program for adults who have chosen aquatics as a means of exercise for a healthier lifestyle. Masters programs are generally made up of three components: fitness swimmers, triathletes and competitive masters swimmers. USMS has many tools available to promote membership growth in your club or in your community, and I hope with my experience in club development I will be able to help you use these tools.

I want a representative from each club throughout Indiana to get involved with our Greater Indiana Masters LMSC. We plan to do this with quarterly conference calls on Thursdays, 8:00-9:00 PM, in the 3rd week of the last month in the quarter. Since our GRIN State Meet, we have had two such meetings with limited participation. These meetings are for you. The meetings are telephone conference calls and are for one hour where we discuss tentative meet schedules, changes in our GRIN State Meet Championships, and many other topics that concern you, the swimmer. Each club should have a representative attend these meetings, because better communication promotes greater participation. Our next meeting will be October 4th. I hope to have the minutes from our last two meetings posted on our GRIN web site. Please feel free to email me with any questions or ideas at goldsteinmel@sbcglobal.net.

In closing, I want to thank Cheryl Gettelfinger and Dick Sidner (at right) for serving as GRIN Chair and Vice Chair, respectively. Cheryl will be staying on as our Top 10 officer. I also want to extend a big thank you to Barbara "Babs" Larsen, who has served the Greater Indiana LMSC as Registrar for many years. She has been a tremendous asset to our LMSC and to USMS nationally. We wish her well in her retirement, and I am sure she will enjoy being a grandmother.

Babs has passed the torch to our new LMSC Registrar Maegen Himes (lower right), who made the transition on July 1st. Maegen is an accomplished high school, collegiate and now Masters competitive swimmer who coaches with Carmel Swim Club and currently swims with YMCA Indy SwimFit at the Jordan Y. We also welcome Kris Houchens as our new Vice Chair. I've had the pleasure of working with Kris for many years, and am excited to have her as a part of the GRIN Board as well.



– Mel Goldstein, GRIN Chairman



Swimmers at the Cole Center Family YMCA in Kendallville after swimming Birthday 50s for Cindy Miller's 53rd birthday on Feb. 24. "We always celebrate birthdays by swimming 50s for how many years old we are," Cindy notes. "They are swum on 1:00. We've been doing this for 10 years, so it's pretty easy, but we are getting older and it's more challenging. I'm glad I can still do them without skipping or wearing fins!" It also gives the group a chance to go to lunch together and enjoy some cake, too!



Shown are age group winners from YMCA Indy SwimFit at the Huntington Mile: Cheryl Gettelfinger, Bud Roby and Babs Larsen.



Barbara Kin-Pinney shows some of her "hardware" from the Indiana Senior Games, June 16, 2007.

The NASTIs also made a very good showing. Congratulations go out to Robin Walker, Craig Newkirk, Bernie Pesut and Tom Kline in the mile and to Jeff Maydak, Chris Sikich, Greg Baker and Bill Schleifman in the 5K.

Complete results from the 2007 Huntington mile and 5K open water swims are posted at http://www.huntingtonmile.org/2006_Results.html



The NASTIs won the overall team points at the GRIN State Championships held in Avon.



COLE CENTER FAMILY YMCA'S GOT THE FEVER

What a great group of swimmers, so many great races on a great spring day!

The annual Cole Center Family YMCA Spring Fever Invitational on April 21 started with a memorial to two swimming friends, Lisa Ketcham and Bob Gebhard, both Northrup H.S. swim coaches who died Feb. 24 and March 3, respectively. Our good swimming memories of them will help us heal from these agonizing suicide deaths. Pink swim caps were handed out to wear in remembrance of our two friends.

Official and Starter Dave Baker from Ft. Wayne did a superb job.

Donald Kroeger (60-64) continues to amaze us swimming almost every event.

Deb Stoner from Kendallville – back in action after a long battle from the effects of cancer treatments – swam 10 events, including the 200 Fly! Deb is a perfect candidate for the ButterNut Club! In the early 70s, Deb held a record in the *Guinness Book of World Records* for swimming 500 lengths (not yards, lengths.!) of continuous butterfly. In 1994, on New Years Day, she joined us at the Y in swimming

100x100s on 100, although she swam 100x50s butterfly on 1:40!

The youngest swimmer was Mary Trinh, 19, and the oldest, Susan Meyers, 65 – but you'd never know it ... Susan is competitive with the 18-24 year olds! She holds numerous State records in the 55-59 and 60-64 age groups, as well as some National Top Ten Times. In fact, she set a record in every event she swam!

Again we were also honored to have our (then-) LMSC Chairwoman, Cheryl Gettelfinger, and our registrar, Barbara Larsen, at the meet. Another fast swimmer, Richard Smith from Richmond, joined us for the first time as well.

The highlight of the meet every year is the last event, the surprise relay. This year it was a "Backwards Freestyle" relay ... so funny to watch, but brutal to have to do for 25 yards. It was excellent! I couldn't have done it myself!

As always, we had lots of good help every year, tasty food afterwards, and the video of the meet top off a perfect day! Please join us next year in April for a lot of fun and good "times."

– Cindy Miller, Cole Center Family YMCA



PLEASE VERIFY YOUR E-MAIL ADDRESSES:

The list of swimmers below have e-mail addresses that bounced backed to the GRIN LMSC Registrar. If your name appears on the list, please send an e-mail to m.himes@earthlink.net so that your e-mail address can be updated. Thank you!

Mark Boice
Robert Cumings
Margie Hasty
Ed Merklng
Stephanie Phillips
Jane Ruemmele
Daniel Steffen

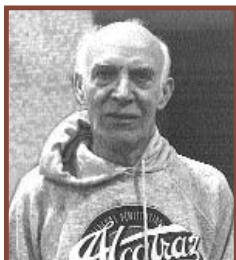
LeRoy Campbell
James Defalque
Richard Hughes
Kent Mick
Mark Price
Ann Scott
Samantha Strantz

Richard Clapp
Mar Diebold
Edward Keefe
Kirk Mustard
Lori Radcliff
Christopher Shrader
Theresa Thompson

Christine Coates
Sandy Etnyre
Mark Maddox
Michael O'Dowd
Earnest Rando
Will Simmons
Melissa Wilkins

Leslie Corcoran
S. Michael Harrill
Francis McAree
Andrea Parenteau
Mitch Roob
Allen Slight
Meg Zachwieja

BILL RAMOS HONORED WITH IRV MERRITT MEMORIAL AWARD



Irv Merritt

Irv Merritt was a highly competitive athlete, well into his 80s. He was a regular participant at Masters swimming competitions and also a competitive distance runner. He was a joy to visit with and always had an interest in the people with whom he competed. At the time of his death, Irv's family established an annual award in his memory **to be presented to an Indiana Masters swimmer who**

exemplified the standards and values embodied in the life of Irv Merritt. This is the highest honor awarded by GRIN.

The 2007 Award was presented at the GRIN State Championship Meet on March 24 in Avon to **Bill Ramos** of DOC. Bill Ramos has been generous to the GRIN LMSC by working annually with meet director Nan Stager to host a great short course yards meet in Bloomington every February. Bill is Manager and Director of the IU Outdoor Pool, Faculty Advisor for the IU Swim Club, former coach of the Bloomington Swim Club and Advisor to the Counsilman Center.

Congratulations, Bill!

Irv Merritt Memorial Award Recipients:

- 1986 Beets Calabrese
- 1987 John & Joan Diercks
- 1988 Mary Ann Stevens
- 1989 Doug Church
- 1990 Dave Tanner
- 1991 Margie Heineman
- 1992 Chuck & Etha Sommer and David Woods
- 1993 Mel Goldstein
- 1994 Kate Brazil and John Maxwell
- 1995 Carol Hall and Buddy Collins
- 1996 Cindy Miller and Doug Strong
- 1997 Doc Counsilman and Sandy Etnyre
- 1998 Sharon Wise and George Quigley
- 1999 Dave Oplinger
- 2000 Susan Meyers
- 2001 Barbara Larsen
- 2002 Dick Sidner
- 2003 John Ford
- 2004 Cheryl Gettelfinger, Melissa Rinker and Diane Watson
- 2005 Nan Stager, Joel Stager and Jim Lewis
- 2006 Randy Crutchfield and Michael Bernstein
- 2007 Bill Ramos



ABOVE: 2007 Irv Merritt Memorial Award Winner Bill Ramos at the GRIN State Championships in Avon

RIGHT: The first annual GRIN Iron Man award given to Doug Strong of DOC. This award is given to the individual who swims the most yardage at meets throughout Indiana. Congratulations, Doug!



BELOW: Members of the Sugar Creek Masters at the GRIN State Championships held at Avon: Jordan Hatch, Brent Harlos, Elma Moss, Charlie Dresser, Todd Barton, Toshie Kazahaya, and Allen Slight.





GRIN Chair Mel Goldstein presents Bob Risley his GRIN Emertius award at the Indiana State Senior Games.

IM MEMORIUM:

LISA PAULETTE KETCHAM, 50, of Fort Wayne, Ind., died Saturday, Feb. 17, 2007. Born March 23, 1956, in Waltham, Mass., she was a purchasing agent for Orthodontic Specialty Services, a member of United States Masters Swimming, and the head coach of the Northrop High School Swim Team. She was an avid swimmer and cyclist. Her tender spirit and sweet smile will be missed by the many lives that she touched. Surviving are her husband, Dr. Robert L. Ketcham; daughters, Kirstin (Nathan) McMillen of Atlanta, Ga., Courtney Ketcham and Ashley Ketcham, both of Fort Wayne; parents, Jim and Maureen Gehrke of Fort Wayne; sister, Vicki (Dr. Tom) Drake of Littleton, Colo.; stepson, Michael (Erica) Ketcham of Westfield; and stepdaughter, Dr. Cynthia (Mark) McGarvey, of Zionsville. Memorials may be made to Northrop High School Swim Team.

CONGRATULATIONS LONG COURSE TOP 10 FINISHERS!

The following swimmers posted Top 10 times in their age group for USMS (Long Course Meters in 2006:

Age	Name, Team	Event	Time	Place
18-24	Maegen Himes, ISF	200 Back	2:47.31	4th
		100 Breast	1:25.13	8th
		200 IM	2:43.65	5th
		400 IM	5:46.24	4th
40-44	Susie Shuck, ISF	200 Fly	2:47.06	4th
		400 IM	5:49.98	5th
50-54	Karlene Denby, ISF	100 Back	1:26.12	9th
		Mary Ann Stevens, ISF	200 IM	3:00.90
		400 IM	6:26.90	6th
55-59	Barbara Larsen, ISF	200 Fly	3:50.48	8th
60-64	Susan Meyers, ISF	200 Back	3:47.63	10th
		50 Fly	43.93	9th
		200 IM	3:34.38	6th
		400 IM	7:53.91	8th
25-29	Brett Findley, NAST	200 Breast	2:55.44	9th
		100 Fly	1:02.98	10th
		200 Fly	2:32.89	4th
	Andrew Boyce, ISF	50 Fly	26.49	6th
		100 Fly	59.10	2nd
30-34	Ben Christoffel, ISF	50 Free	24.34	3rd
		100 Free	53.91	2nd
		50 Breast	31.74	6th
		100 Breast	1:08.86	2nd
		50 Fly	27.08	10th
	Will Simmons, ISF	50 Free	25.65	10th
		200 Free	2:04.87	9th
		400 Free	4:35.25	8th
		800 Free	9:19.90	3rd
	Adam Dawkins, ISF	100 Free	56.13	10th
		200 Free	1:58.69	2nd
		400 Free	4:15.52	2nd
		800 Free	8:56.58	1st
	Steve Hartssock, ISF	100 Back	1:06.41	10th
50-54	Robert Wright, DOC	1500 Free	20:06.69	6th
		200 Fly	2:44.48	9th
55-59	Dave Tanner, DOC	100 Free	1:02.24	5th
		200 Free	2:17.32	3rd
		100 Fly	1:08.98	5th
		200 fly	2:37.23	3rd
60-64	Richard Smith, GRIN	1500 Free	20:59.67	1st
65-69	Alan Somers, DOC	400 Free	5:35.92	6th
70-74	Marty Mennen, ISF	50 Back	39.22	3rd
		100 Back	1:24.82	3rd
		200 Back	2:58.88	1st
80-84	Richard Mote, GRIN	50 Breast	1:52.42	9th
		Doug Strong, DOC	100 Fly	5:37.51
		200 Fly	10:48.16	6th
		200 IM	8:00.69	9th
		400 IM	15:23.68	6th
	Relay: Men 120+	200 Free	1:38.04	3rd
		ISF: Ben Christoffel, 30; Tom Krajewski, 28;		
		Will Simmons, 31; Adam Dawkins, 31		

TOP 10 FINISHES IN THE USMS ONE HOUR POSTAL:

Congratulations to the twenty GRIN LMSC swimmers from ISF, IAMP, DOC and GRIN who finished the 30TH USMS One Hour Postal National Championships with a TOP TEN finish. It is quite an accomplishment when one realizes that there were 2,080 entries!

Women:

25-29: 4th Jennie Clarke ISF, 8th Kristina Peterson IAMP, 10th Jenny Weaver ISF.

40-44: 3rd Victoria Rian ISF, 4th Susie Shuck ISF, 10th Gerri Fernandez ISF.

55-59: 8th Sally Hasbrook ISF

60-64: 8th Kirsten Beeler ISF

Men:

18-24: 6th Michael O'Conner IAMP

30-34: 2nd Adam Dawkins ISF, 5th Jeffrey Halbert ISF, 6th Will Simmons ISF

35-39: 9th Jeremy Houchens ISF

45-49: 6th Jim Barber ISF

55-59: 7th Thomas Perrin ISF

60-64: 3rd Douglas Miller ISF, 8th Richard Smith GRIN

65-69: 9th Mel Goldstein ISF

70-74: 2nd Marty Mennen ISF

80-84: 10th Doug Strong DOC

Relays that finished with a TOP THREE finish included:
Women Relay 35+: 2nd ISF: Gerri Fernandez, Susie Shuck, Victoria Rian

Men Relay 18+: 3rd IAMP: Michael O'Connor, Tim Legge, Keith Higginbotham

Mixed Relay 25+: 1st ISF: Adam Dawkins, Jeffrey Halbert, Victoria Rian, Susie Shuck; 3rd ISF: Jeremy Houchens, Will Simmons, Jenny Weaver, Jenni Clark

Mixed Relay 55+: 3rd ISF: Douglas Miller, Thomas Perrin, Sally Hasbrook, Joan Diercks

2006 LONG DISTANCE ALL AMERICANS & ALL STARS!

Long Distance All Americans had the fastest time in their age group for a particular event.

All Stars (denoted by *) have accumulated the most points for their age group!

Age	Name	Team	Age	Name	Team
25-29	Erin McPeak	ISF	60-64	Richard Smith	GRIN
40-44	Victoria Rian*	ISF	65-69	Alan Somers	DOC
50-54	Karlene Denby	ISF	Pool All Americans		
60-64	Susan Meyers*	ISF	30-34	Ben Christoffel	ISF
25-29	R J Talyor	ISF		Adam Dawkins	ISF
30-34	Adam Dawkins	ISF	60-64	Douglas K. Miller	ISF
	Jeffrey Maydak*	NAST		Richard Smith	GRIN
	Will Simmons	ISF	65-69	Marty Mennen	ISF
45-49	Jim Barber	NAST	70-74	Marty Mennen	ISF
				David Costill	GRIN



Forest Park Aquatic Center is Going to the Dogs!

Saturday, September 29, 2006, 10 AM – 2 PM

5th Annual “Puppy Pool-ooza”

Celebrate the end of the “Dog Days of Summer”
by bringing your best K-9 friend to the Forest Park Aquatic Center
(SR 19 just N. of Hwy 32 in Noblesville, Ind.)

On this special day, canines can cool off with a refreshing dip and demonstrate their best dog paddle before the pool is drained and cleaned for the season. Swimming is for the dogs only!
People may wade with their pooch and get drenched by dogs shaking dry, but may not swim.

Pool entry is \$10 for 1st dog; \$5 each additional dog in same family; Human companions are free of charge.

Proceeds benefit The Friends of Central Pool and the Hamilton County Humane Society

Several companies and organizations will have representatives on-hand with information regarding pet care.

For more information, contact Randy Crutchfield at r.crutchfield@insightbb.com or Holly Harper at 317-460-5571

WHERE TO GET WET: GRIN/USMS REGISTERED CLUBS

Find other places to swim by visiting the USMS club Web site, <http://www.usms.org/links/usmsclubs.php>

AVON MASTERS (AVON)

<Avon>
Linda Fernandez –
317-839-6835; LFernandez44@hotmail.com

CARDINAL SWIMMING INDIANA (CSI) (BALL STATE MASTERS SWIMMING/MUNCIE YMCA)

<Muncie>
Steve Jones – 765-285-5930; sjones@bsu.edu
Ashley Hebert –
765-741-5541; ahebert@muncieymca.org

DOC/INDIANA UNIVERSITY MASTER SWIMMING (DOC)

<Bloomington>
Nan Stager – 812-333-6951; Nstager@indiana.edu

DUNELAND MASTERS (DLMA)

<Chesterton>
Lisa Whitaker –
219-926-7841; lizzy278@verizon.net

FORT WAYNE AQUATIC MASTERS (FWAM)

<Fort Wayne>
Matt Vogel – 260-484-5838;
mattvogel@fwaquatics.org

FRANKLIN MASTERS (FM)

<Franklin>
Pam Gibson – 317-346-1198; pgibson@franklin-in.gov

GREATER INDIANA (GRIN)

<for State of Indiana; no specific workout location>
Richard Smith –
765-966-2523; smithdi@earlham.edu

INDIANA SOUTHEAST MASTERS (ISEM)

<SLawrenceburg>
Jenna Kirchgessner –
812-637-1369; Jennaka826@gmail.com

IRISH AQUATIC MASTERS PARAOLYMPICS (IAMP)

<South Bend> www.eteamz.com/irishmasters
Annie Sawicki –
574-876-9467; Anne.E.Sawicki.5@nd.edu

KOSCIUSKO COMMUNITY YMCA (KCYM)

<Warsaw>
Patrick Park – 574-269-9622; ppark@kcymca.org

NOBLESVILLE ADULT SWIM TEAM, INC. (NASTI)

<Noblesville>
Randy Crutchfield – 317-841-3425;
r.crutchfield@insightbb.com

SUGARCREEK MASTERS INDIANA (SCMI)

<Crawfordsville>
Brent Harlos –
765-361-0903; bjharlos@sbcglobal.net

VALPO MASTERS (VALM)

<Valparaiso>
Bryan Morrison – 219-464-5014;
bryan.morrison@valpo.edu

YMCA INDY SWIMFIT (ISF)

<Multiple Locations: Indianapolis Metro Area>
Mel Goldstein –
317-253-8289; goldsteinmel@sbcglobal.net
Kris Houchens –
317-475-1823; Krishouchens@hotmail.com

OTHER PLACES TO GET WET:



NON-REGISTERED CLUBS/WORKOUT GROUPS

(as of 11/14/2006)

COLE CENTER FAMILY YMCA MASTERS (COLE)

<Kendallville>
Cindy Miller –
260-385-4859; cindyswimymca@yahoo.com

CROWN POINT SWIM CLUB (HUB)

<Crown Point>
Corby Sanders –
219-769-7083; cjblsanders@yahoo.com

EARLHAM AQUATIC MASTERS (EAM)

<Richmond>
Dick Smith – 760-983-1468; smithdi@earlham.edu

GREATER EVANSVILLE MASTERS (GEM)

<Evansville>
Bill Duncan – 270-691-8977; willidunc3@aol.com
David Estes – 812-568-3852; destesswim@insightbb.com

HEALTHPLEX (PLEX)

<Westside Indianapolis>
Kelly DeFrance –
317-920-7416; kdefrance@healthplex-indy.org

MAPLE CITY MASTERS

<Goshen>
Peggy Shoup – 574-875-5766

MICHIANA MASTERS

<South Bend>
John Bals – 574-273-5846; jcbals@juno.com
Amy Milliman –
574-287-9622 ; amilliman@michianaymca.org

NASTI TOO: CARMEL ADULT FITNESS SWIM CLUB

<Carmel>
Jim Barber – 317-753-9455; jdbarber221@yahoo.com

PURDUE TRI FIT

<Lafayette>
Naomi Schrock – nschrock@purdue.edu

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7

Maegen Himes, GRIN LMSC Registrar
14706 White Tail Run
Noblesville, IN 46060-7883



The deadline for the next GRIN SWIM newsletter is September 1, 2007!

Make sure you and your team are "in the news!"

Please send text & photo submissions to raenalex@hotmail.com

Don't Miss These Upcoming Competitive & Fitness Events!

Check www.grinswim.org and www.usms.org for more details



2007 USMS 30-MINUTE SWIM CHALLENGE

Sponsored by Pacific Northwest Assoc.;
details at <http://www.usms.org/fitness/content/swim30>

2007 USMS "TOUR DE POOL" CHECK-OFF CHALLENGE

Sponsored by Federal Way Masters;
details at <http://www.usms.org/fitness/content/checkoff>

2007 USMS "GO THE DISTANCE" FITNESS EVENT

FREE!; details at <http://www.usms.org/fitness/content/gothedistance>

2007 USMS LONG COURSE NATIONAL CHAMPIONSHIPS

August 10-13 at The Woodlands, TX; see www.usms.org

PUPPY POOL-OOZA

September 29 at Forest Park Aquatic Center, Noblesville, Ind.
details inside

GRIN FALL CLASSIC

October 27-28 at The Natatorium, Indianapolis, Ind.

Go Get Wet!