

Mesa Masters



Summer Newsletter!

2024

Federal Way

By Coach Cindy Clutter



Four of our MAC swimmers traveled to Federal Way for the 2024 PNA Long Course Masters Meet: Joanne Menard, Stephanie McNicol, David Curtiss and Cindy Clutter made super splashes in the pool....sweeping most events with first place finishes! Stephanie even beat the men's divisions in the 1500! One highlight of the meet was a former age group swimmer from Mesa Aquatics Club finding our group on deck and snapping a photo! Federal Way is the location next year for Long Course Nationals!

Tahoe Swim

By Blair Akerland

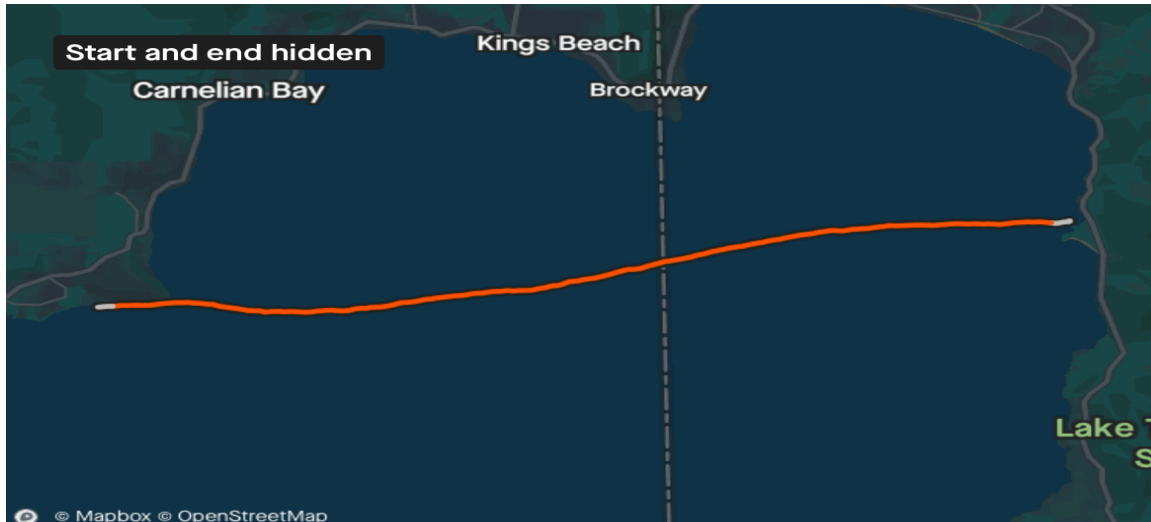


On Sunday, July 7th, our teammate, Chase Schaaf, along with two friends completed an incredible 8.8 mile swim across Lake Tahoe. They began their swim at Sand Harbor on the east side of the lake and concluded at Dollar Point Beach on the west shore. They averaged 30 minute miles and completed the swim in a little over 4 hours.

The 64 degree surface temp was a bit chilly, but the conditions otherwise couldn't have been more ideal, with calm waters and minimal boat traffic for the majority of their trek. Their team driving alongside on the boat enjoyed the clear skies and 80 degree weather with no complaints!

Although the near-perfect conditions made the day more bearable, they certainly don't diminish the difficulty of completing a swim like this. Congratulations to Chase and his friends on this awesome accomplishment!!!

*Editor's note: although the athleticism that Chase displayed on this event was magnificent, his Marriage Proposal to the beautiful and talented Blair Akerland (she said "YES"!) was the pinnacle show of romanticism!!! Congratulations to you both! May all your children be swimmers! 😊



A Decent Swimmer's Guide to Being A Novice Triathlete

By Kelly Harrigan

When I was young I was a typical kid who played a bunch of sports at 6 years old. Slowly but surely it was determined that gravity was not my friend and by 11 swimming was my only sport. For close to 30 years, this was the extent of my athletic world with only a slight variation of adding in Open Water. Call it an early mid-life crisis but last year I decided to branch out and give triathlons a “tri.” At the time my butt would hurt after 10 minutes of being on the bike and I couldn’t run a mile straight, but I was picking up a sport that was heavily reliant on these two skills. What could go wrong? Anyway since then, I have completed a few sprint and olympic triathlons and will be traveling to Atlantic City in September to compete in the USAT Nationals. Generally for about 90% of the race I love it and am hooked. Here is what I have learned about triathlons and think anyone can give them a go.

1. Even though the websites say “run,” walking is always allowed. This was and still is a big thing I keep in mind. Although my running has improved, if you add in that the run is at the end of the event, hills, altitude, the sun, or a slight breeze in the opposite direction I will need to walk a short time. So if you are like most swimmers and the run is scary, don’t let it be. Just walk. Bonus: you make more friends walking because you can chat and aren’t focused on beating them.
2. Most triathletes aren’t great swimmers as the swim is short compared to the rest of the race. What does that mean for us? Everyone will be very impressed with your swimming.
3. There is a triathlon for everyone. Arizona has many triathlons throughout the year from super sprint to Ironman distances. Most also include the option of an aqua bike (for those who don’t want to run) and duathlon (run, bike, run). Some also have an option of swapping out the swim for a paddleboard option if you

know someone like your husband who can't swim. The swim can be in pools or open water if you want to make sure you can see the bottom the whole time.

4Peaks Racing is a great group that offers a ton of races. There is even a beginner friendly sprint tri held at our own Skyline every September!

4. Triathlons are a great to take time off of work and travel. I had never been to Show Low before signing up for Deuces Wild this year. We went camping with our dogs for three days at the site of the race and during the bike I learned Show Low is very hilly.
5. Swag. The entry fee of triathlons include some type of swag like a t-shirt or hat. The best thing is you get your swag when you pick up your timing chip so you don't ever have to compete to get it. Everyone likes swag.
6. Sweet medals. All triathlons have awesome finisher medals to add to your collection. There are top 3 awards as well that I only worry about if there are less than three people in my age group which I have been lucky to get a few times. Side note- this is how I qualified for nationals. Last year I was second of two people at Iceman and if you finish top two at a local event then you qualify.
7. Triathlons are social events and you get the chance to meet awesome people. Everyone is extremely helpful in transition and can give last minute tips on the course.
8. Triathlon clothing is pretty jazzy but can be expensive. If you are on the fence about it but don't want to make a huge investment, Scottsdale Tri has a huge garage sale at the beginning of the year where you can get literally everything you need for a triathlon, even a bike.

So if you want the opportunity to call yourself a triathlete, pick an event and sign up. I am still learning a ton of things every time I race but feel free to come and chat at practice with any questions. Or better yet, reach out to some of our amazing teammates that are more experienced than me to help on our journey.



Happy Birthday to YOU!!!!



Very special wishes to our birthday people:

7/2: Peter Lofquist; 7/3: Greg Riggs; 7/7: Jenni Gramstad; 7/9: Anna Castaneda; 7/9: Bill Daniell; 7/11: Mikel Steinfeld; 7/12: Brad Lundblad; 7/14: Julie Anderson; 7/15: Marshall McVeigh ; 7/16: Dave McGowan; 7/22: Jean Watson-Maxson; 7/23: Stein Erickson; 7/24: Kanta Emoto; 7/25: Carrie Sackett; 7/29: Laura Heelan; 7/31: Robin Surdey; 8/4: Ryan Stokes; 8/6: David Curtiss; 8/13: Paul Smith; 8/17: Kelly Harrigan and 8/30: Mindy Prezor