

hear back from the International Space Station to see if her time also broke the Universe Record. Yes, she was that fast. She also swam her way to State Records in the 100 Free and 100 Fly. Joanne Menard didn't need to break State Records, because she pretty much already owns them all! Now, she's just racing herself!!! Each and every MAC competitor stepped up their game and threw down amazing swim after swim after swim. Check this out:

Tony Borr (35): 200 IM 3rd; 50 Free 15th; 200 Free 4th; 100 Free 8th; 400 Free 4th

David Curtiss (38): 100 Breast 9th; 200 IM 4th; 50 Free 5th; 200 Free 2nd; 100 Free 3rd.

Kanta Emoto (25): 50 Back 14th; 200 Back 8th; 50 Free 36th; 100 Free 29th; 100 Back 10th

Terri Graves (61): 50 Back 16th; 50 Free 24th

Kelly Harrigan (40): 50 Back 1st; 200 Free 1st; 200 Back 1st; 100 Fly 1st; 100 Free 1st; 100 Back 1st

Tyler Lovemark (35): 50 Fly 21st; 200 Breast 7th; 200 Free 10th

Stephanie McNicol (35): 1500 Free 1st; 200 IM 1st; 200 Free 1st; 400 IM 1st

Joanne Menard (76): 200 Free 1st; 50 Fly 1st; 50 Free 4th; 800 Free 1st; 100 Free 2nd; 400 Free 1st

Sarah Perez: 100 Breast 4th; 200 IM 3rd; 400 IM 2nd; 50 Free 6th; 200 Breast 3rd; 100 Free 4th

Mikel Steinfeld (43): 50 Breast 4th; 200 Breast 5th

Men's 200 Free Relay: Tony Borr; Mikel Steinfeld; Tyler Lovemark, David Curtiss 9th
Out of the 205 Club entered, MAC placed 19th with only 9 swimmers. I can't possibly express in a newsletter all the hard work, dedication and focus each of these swimmers committed to, to achieve these performances. Phenomenal Job, Gang!

CONGRATULATIONS!!!! Y'all are amazing!!!

Pan American Games

Forcibly Written by Marianne Rexer

At Laura's request, I found myself writing about my experience at the Pan Am Games. Laura has a knack for getting us to do things we might not consider on our own.

In 2018, I had the pleasure of attending the Pan Am Games/USMS Nationals in Orlando with teammates Eulah Varty, Joanne Menard, Cindy Clutter and Kelly Harrigan. Although I'm not a top-tier swimmer, I enjoy swimming in meets. This year, the Pan Am Games were in Cleveland, which was convenient as some family and friends from Pennsylvania could attend. Unfortunately, my teammates couldn't join me, but I



decided to go by myself. My original plan was to train for the races, but I was sidelined for two months, missing both training and the spring meets. Still, as a parent who wouldn't let her children back out of a commitment, I knew I had to follow through and go. I'm glad I did.

The event attracted numerous Canadian swimmers along with participants from 50 other countries. Unlike other competitions, this meet saw a higher number of participants over the age of 50 compared to those under 50.

Since I was attending alone, I responded to a Facebook post and joined a medley relay team. The other three swimmers, from different states, regularly team up at large meets just for this relay. They welcomed me warmly, and we had such a great time over four days that they even invited me to stay for the freestyle relay, the final event. It is experiences like this that remind me why I encourage more swimmers to attend meets.

I was inspired by many things, including the 89-year-old woman from Brazil racing from the blocks, the 70-year-old man with one leg swimming the 50-meter breaststroke in 52 seconds, the enthusiastic support from the crowd the officials who were the happiest I've ever seen, and the supportive volunteers wishing us luck at every race.

Personally, I rediscovered my love for gliding through the water during a race and out-touching another swimmer at the wall. I also remembered that, even though I don't train with the fastest group, by national standards, my teammates are incredibly fast. Their influence is invaluable and I am a better swimmer because of them. GO MAC!!!!!!!

My Time with the Rose Bowl Aquatics Masters

By Dionna Reeb



Do you love Master's swimming as much as I do? Well, I went to Pasadena to visit family, and I had the opportunity to try a different Master's team, as well as compete in a competition. Rose Bowl Aquatics Masters has 3 practices a day! And they had 12-14 lanes reserved, with an average of 3 per lane. There were 3 coaches on deck; one for each speed level (slower, medium, faster). It was a great opportunity to try different coaching and I did get a good workout.

On Saturday, August 3, was the LCM swim meet. I entered 3 events and got all personal best times. I placed 2nd in the 50 M backstroke and 3rd in the 50 M freestyle. This was a rather large meet. There were 15 heats of 50 freestyle! I sat among swimmers from various California teams. To my knowledge I was the only out of state swimmer. It's always fun to make friends with swimmers from other teams! While not as hot as Arizona, it still got close to 100 by noon, when the meet was just about over.

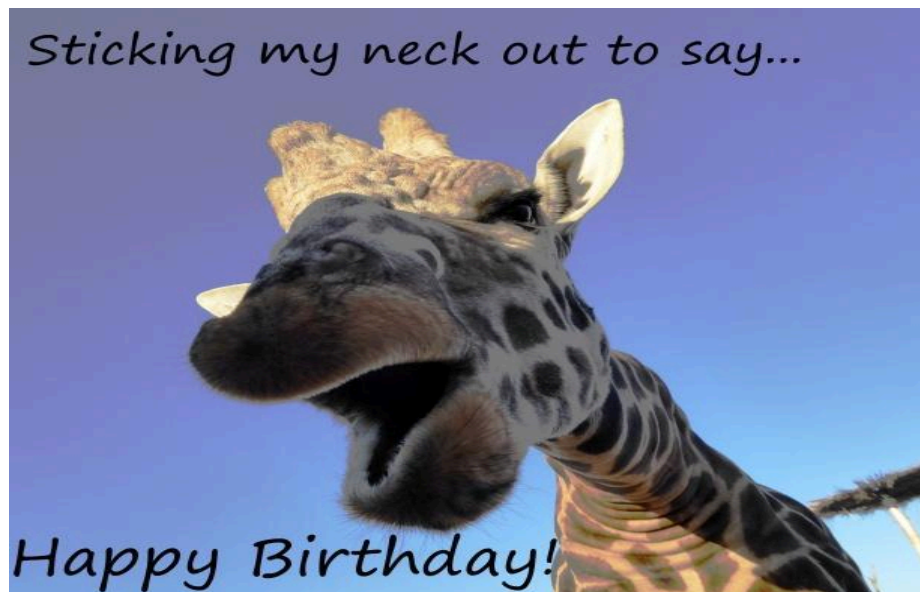
If you love swimming Masters, try an out of state team when visiting friends or family. Sometimes our family will take an interest. I know my family did! My aunt and cousin watched my practice and my meet and really enjoyed sitting with all the other swimmers and spectators. I really liked the opportunity to swim with the Rose Bowl Aquatic Master's and compete in the meet that they sponsored.

Speaking of Competitions...

Have all these articles inspired you to get on the blocks and see what you can do in a racing scenario? We have two great opportunities for you! First off, we'll be doing

a MAC Time Trial Saturday on September 28th. It's the perfect time to see what you can do in a few of your favorite events with absolutely NO pressure! It's just us! Times are unofficial, but we'll be sure to get a stopwatch on you. There's no need to go off the blocks if diving isn't your thing. You can start from the pool. If flip turns make you woozey, just touch the wall and go the opposite way! See, I told you. All fun—no pressure!!!! And, if you want to use this as a "Tune Up Meet"...we'd love to see the Narwhals in force at the Ron Johnson Invitational at ASU's Mona Plummer Pool on October 26th and 27th. You don't even need to swim both days! Just aim for one, pick a few races that sound like fun, and do it! The Time Trials flyer is attached. You can find more information about the Ron Johnson Memorial Invitational at <https://azlmsc.org> Let's go make a statement!!!

Hey! Look Who's A Year Wiser!!!



A VERY Happy Birthday to

Mike Flannigan (9/3/57); Marsha Hilliard (9/5/73); Matt Ulrickson (9/5/78); Raymond Marciniak (9/6/57); Pam Barker (9/7/65); Sarah Quintana (9/7/01); Kristin Bartashunas (9/8/72); Gina Matter (9/10/58); Lisa Skinner (9/12/75); Kimber Gabryszak (9/15/80); Chris Sutton (9/18/62); Mark Biegel (9/21/65); Joey Bora (9/21/90); Donna Roesler (9/21/93); Barb Breen (9/26/58); Meg Beutler (9/26/66); Kim Cole (9/27/62); Keyth Parker (9/27/64); Rebecca Breitung (9/28/63); Lindsey Urbatchka (9/28/82); Cindy Croxell (9/30/60); Mike Herrmann (9/30/67).

We hope you all have a spectacular birthday and a phenomenal year!!!

GoOOoOOoOOo MAC!!!!!!