



# LANE LINES

## Woodlands Masters Swim Team

Third Quarter 2015

### WHAT IS DRAGON BOAT?



WMST is very proud of having won the Dragon Boat Races for most of the past 12 years, a charity event benefitting the Outreach Programs of the South Montgomery County YMCA. WMST is again entering the 15<sup>th</sup> Annual YMCA Dragon Boat Races on September 27, 2-6 PM.

The event will be held at North Shore Park on Lake Woodlands. Each boat will have 18 rowers, one cadence drummer and a flag carrier. The 40 foot dragon boats are colorful dragon-

headed canoes that weigh more than 1,800 pounds. Each team's competition consists of potentially three boat racing events. Each event is made up of a southbound race to a marked buoy where the flag is placed. Then, after re-positioning, all teams race northbound to the starting buoy. Each race is timed and the sum of the times determines the race winner.

Although there are only 18 rowers each race, the entire team consists of 20-30 members and must have a minimum of five females and participants must be at least 18 years of age. In addition to the boat races, there are five other different team activities involving jumping, running, and rowing. It is a **strenuous** event and a ton of fun. Other events include Human Foosball, Battle Dodge Ball, Sumo Soccer, Wet & Wild Obstacle Course relay, and Hollywood Party Game Challenge.

Alana Wilson is the WMST team captain for 2015. Contact her at [alananicolewilson@gmail.com](mailto:alananicolewilson@gmail.com) to participate on the Dragon Boat Team, include your T-shirt size and if you are available for the entire afternoon. The cost to participate is \$35.

All other WMST members are encouraged to attend the event and cheer. IT IS A FUN AFTER-NOON.

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## FUTURE EVENTS

- WMST Annual Meeting & BBQ, Ted & Stacey Eicks - October 24, 2015
  - November Classic SCM Meet, CISD Natatorium -- November 7 & 8, 2015
  - WMST Christmas Party, North Shore Club House - December 19, 2015 - 6:00 - 9:00 PM
  - WMST Relay Meet, CISD Natatorium -- January 2016
  - USMS Spring Nationals, Greensboro, NC -- April 28 - May 1, 2016
  - USMS Summer Nationals, Gresham., OR -- August 17-21, 2016
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# SPOT LIGHT ON WMST SWIMMER

## Olin Brown



Olin has been a member of WMST for 25 years. During those 25 years he has been a willing volunteer, serving as Treasurer for three years and often behind the blocks timing at home meets. His best known

and very appreciated volunteer activity for 20 years has been sponsor of the "Beer" relay at the WMST relay meet in January. In 1989 Olin was diagnosed with high blood pressure, not wanting to take medication, he decided to join Balle Fitness near his home. During his first visit to the club he swam 4 lengths of the 25 yard pool, resting on the wall after each length. As he continued to swim and increased his endurance, he was embarrassed by fellow swimmers doing flip turns. So he located a small local pool where he took private lessons to learn flip turns. His new proficiency at the Balle Fitness pool attracted the attention of a fellow swimmer who suggested Olin might enjoy Masters Swimming. Through a fuzzy chain of events (no internet in 1990) Olin learned of WMST. He showed up one Saturday morning in 1990 at the WAC with no equipment, but able to swim a straight 1650 freestyle with flip turns.

He was impressed with the friendliness of WMST swimmers to the "new guy on deck." Olin says that same generosity and inclusiveness of WMST members exists today. In addition to mastering flip turns early in his swimming career, Olin now swims all strokes and distances, "thanks to the amazingly helpful and diversified WMST COACHES over the past 25 years."

Olin is a Texan, born in Austin and raised in Dallas. However, during a short two years in the Army his entire family deserted Texas never to return. They did however, give him their forwarding addresses. After leaving the Army, Olin took advantage of the GI Educational benefits and completed his college degree at Benedictine College in Atchison, Kansas. With his diploma in hand he returned to Texas, this time in search of employment during an explosion of the oil industry in Houston. He found work not with an oil company, but with Texas Instruments (TI) performing cost accounting until TI no longer needed Cost Accountants. For another 23 years he enjoyed a 35 hour work week as a buyer of airplane parts for Saudi Arabia Air Lines, working near Bush International Airport. Today he is a self-employed securities analyst with still more time to pursue his outside interests.

In addition to his exercise programs, Olin enjoys all types of fine art. He often takes in special exhibitions at the Houston Art Museum and is hooked on the annual sale of art by students at the Glassell School of Art in Houston.

## WMST WELCOMES NEW MEMBERS IN 2015

Kelley Bartek  
Bret Bietila  
Karen Bietila  
Scott Borella  
Ginger Boswell  
Gerardo Cambroner  
Zane Corbin  
Bailey Fellows

Judreta Gonzalez  
Max Gray  
Heather Henley  
Sharon Hollis  
Joe Huyett  
Nicholas Kasunic  
Robert King  
Bruce Kink

Chad LeJeune  
Christopher Miller  
Maggie O'Brien  
Jessica Platt  
Kevin Puskaric  
S. Ranmirez-Vargas  
Jenny Seagraves  
Dan Seliskar

Paul Simmons  
Valerie Snider  
Cindy Strong  
Diane Tucker  
Dana Whitaker  
Austin Wilson  
Patricia Witten

# ANOTHER RELAY MEET

By Kristin Nates

In July I had the opportunity to swim the Trans Tahoe Relay in Lake Tahoe! Our team captain Michelle messaged me in June letting me know that she had a spot on her team and she would like me to swim the race. With much excitement and without hesitation I said yes! It was going to be the swim of a lifetime!

The event is hosted by The Olympic Club of San Francisco. It is a ten mile relay that starts on the east shore of Lake Tahoe at Sand Harbor Beach, Incline Village, Nevada and ends on the west shore of Lake Tahoe at Skylandia Beach, Tahoe City, California. Each team is comprised of six swimmers either all men, all women, or mixed. Our team was all women including myself, my sister Jackie, my high school classmate, Michelle, her sister, Denise, two teachers, Jan and Carey, from our hometown-Incline Village.

The relay has four waves of swimmers, each wave leaves in ten minute intervals with the first wave starting the race at 7:30 am. We were in the third wave; our start time was 7:50 am. Each wave had approximately 55 swimmers. To start each swimmer swims a thirty minute leg. After all six swimmers have finished the thirty minute segment and keeping the same order of swimmers the time per segment then decreases to fifteen minutes per swimmer. After the fifteen minute segments then you drop down to ten minute segments and continue the ten minute segments until done.

The morning of the race was not what we were hoping for. Mostly cloudy skies, windy, a chill in the air and choppy water on the Lake with the water temperature around 65 degrees....brrrrrr! For the Trans Tahoe Relay NO wetsuits are allowed! It takes a little bit of mental toughness to swim this race because of the cold water.

Riding in the boat over to Sand Harbor there were rough waters and water spray from hitting some of the waves. Trying to take cover on the boat was impossible. Our towels and clothes were getting wet and there was NO sign of the sun. We were all looking at each other laughing but at the same time asking ourselves what have we gotten ourselves into?! There was no turning back though. We were there and ready to get the race started. We dropped my sister off at 7 am and headed out to a spot where we could find her once the race began.

There are two buoys that the initial wave of swimmers have to swim through and then it's open water heading across the Lake. Trying to find our lead swimmer was definitely a challenge; our wave of swimmers wore green caps and all



Looking north across Lake Tahoe from South Lake Tahoe, CA

teams had their number on the first swimmer's cap. Luckily we found my sister quickly and headed west! With about thirty seconds before the end of my sister's swim I jumped in the water.....oh boy was it cold! Especially since there was no sun and it was a little windy. I tagged my sister and I was off. It didn't take long to warm up.

To keep track of where one is in the water you have to look up every so often and make sure you have your team boat in sight; basically using the boat as the lane line. Staying within fifteen to twenty feet is best; that way you don't veer off course. There were plenty of swimmers who were not paying attention. At one point during my swim I managed to inhale a large amount of water because of the waves. Literally, I had to stop swimming and cough to get all the water out of my lungs. Thank goodness it's a fresh water lake!

An hour and a half into the race the clouds moved on, the sun was shining, the wind died down, and the water was calm. It made for an unbelievable day on the Lake!!

It took us 5 1/2 hours to complete the race. We finished 185 out of 216 and 6 out of 7 in our age group (240 and up). Our goal was to have a good time and that we did!!! Having had the time of our lives new friendships were forged and many memories were made!!

In celebration of our accomplishment we headed to a long time local restaurant on the water--Garwoods in Carnelian Bay--for their famous cocktail--the Wet Woody!!

It would be awesome if we could get a team together from WMST and swim this race next year!! The race is July 16, 2016. For more information on the Trans Tahoe Relay visit their website: <http://www.transtahoerelay.com>.

## WMST COMPETES

On July 10-12 WMST hosted 30 teams at the NAT in the annual Long Course Zone Championships. This year swimmers had the opportunity to be treated for minor injuries and sore muscles by a professional Physical Therapist who is now a member of WMST. Sharon Hollis was persuaded to help time on Friday night. During the 1500 she visited with swimmers waiting to compete. Learning that Sharon was a physical therapist with special training in Muscle Activation Technique, Graham Johnson suggested she set up a table on Saturday and Sunday. Sharon decided working would be more fun and lucrative than timing. She enjoyed meeting and treating the swimmers so much she decided maybe she should return to her sport after 30 years.

WMST finished in second place with 1,981 points behind Masters of South Texas with 2,495 points. Coach Carolyn Boak set three USMS National records: 100 Free 1:19.45, 200 Free 2:53.32, 400 Free 6:09.66. Three WMST swimmers and one WMST relay set Zone records.: Bob Bailie 50 Back 47.63, 50 Fly 45.31; Susan Holland 200 Back 3:16.06; Joann Leilich 200 Free 3:40.14, 200 IM 2:57.43; Mixed 280+ 200 Free Relay 2:20.96 (Tom Boak, Joann Leilich, Carolyn Boak, Bruce Rollins). Complete results are available at [https://www.clubassistant.com/c/81E5F81/file/Results/2015\\_wCentral\\_zones\\_prelim](https://www.clubassistant.com/c/81E5F81/file/Results/2015_wCentral_zones_prelim).

## USMS SPRING NATIONALS



Woodlands Masters Swim Team in San Antonio - April 2015

# Happy Birthday

## October

- 2 Rebecca Hodge
- 7 John Agathon
- 9 Michael Dauth
- 10 Austin Wilson
- 11 Nancy Crecelius
- 12 Catherine Campbell
- 16 Stacey Eicks
- 21 Mary Anne Hines
- Steve Mustard
- 23 Alanna Gale
- 24 Raul Luzardo
- Jessica Platt
- 29 Cathy Cook
- 30 Synda Wilson

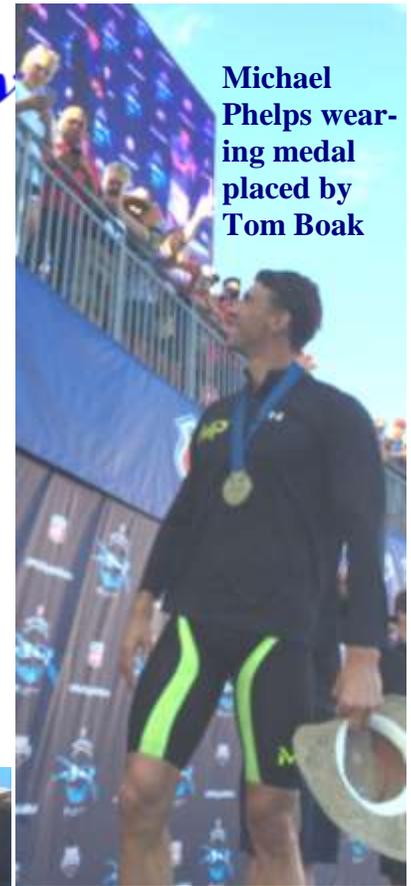
Dan Seliskar

## November

- 8 Michael Nordmann
- 9 Greg Tharp
- 12 Robyn Jackson
- 13 Susan Holland
- 14 Cathie Locetta
- Susie Mallard
- 15 Cindy Strong
- 16 Kim Walkley
- 19 Kyle Fenter
- Jenny Seagraves
- 21 Hershel Glanz
- 23 Lisa Beaty
- Kathleen Crea
- 25 Jaime Buitrago
- 26 Elizabeth Umbach
- 29 Erin Cox
- 30 Angela Rizzo

## December

- 3 Paul Allan
- 5 Kimberly Biggerstaff
- Nicole Ebert
- Jeremiah Movlan
- 12 Jenny Briganti
- 13 Glenn Ruggles
- 15 Gerardo Cambrono
- 18 Kirk Langford
- 21 Carole Machol
- Jonathan Sterchy
- 24 Heather Jorris
- 27 Valerie Snider
- 28 D Scot Marshall
- Kristin Nates
- 29 Ilsa Kerscher
- 31 Ross Davis

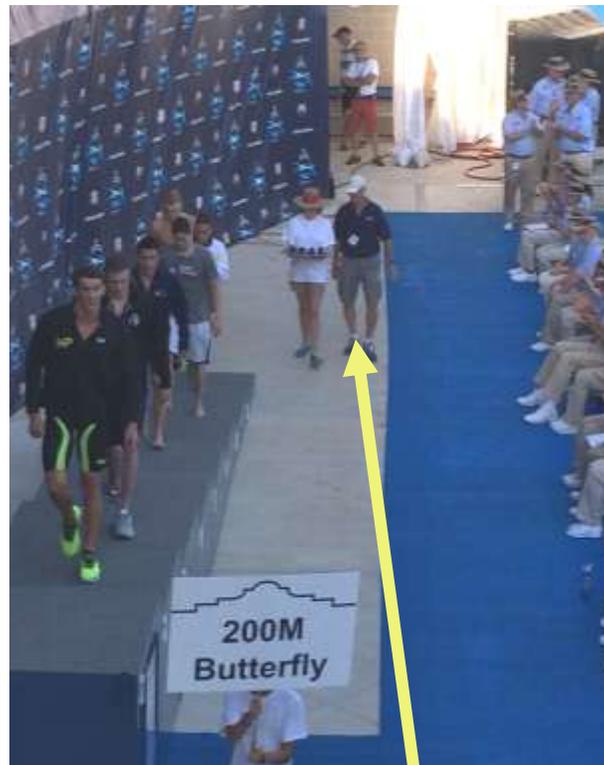


**Michael Phelps wearing medal placed by Tom Boak**

## NEW POOL REPORT

By Bob Leilich

The Township Board took no action on the TWST/WMST proposal to install the 50 meter 2016 Olympic Trials pool at Bear Branch Park because there are insufficient funds available to finance the entire project in the 2015-2016 capital budget. The pool committee was advised that the proposal may be brought up again after the elections of new or re-elected board members (on November 3), possibly in January or February of 2016. People who have made donations to acquire the new pool may request a refund, or leave their deposit until a vote on the project is made by the Township Directors at a later date.



Look carefully, that is Tom Boak walking next to official with awards. He placed the first place medal on Michael Phelps at the US National Championships in San Antonio on August 7. Michael swam 1:52.94 for 200 Butterfly, faster than the winning time at the FINA World Championships in Russia.

## WMST

### Board of Directors

- President  
Steve White
- Vice President  
Tom Boak
- Past President  
Tom Boak
- Secretary  
Stacey Eicks
- Treasurer  
Joann Leilich
- Coach's Representative  
Laura Davis
- Team Administrator  
Tracy Shoemaker
- Members at Large  
Alana Wilson  
Scott Campbell  
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