



Westchester Masters Newsletter

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2009 Online Registration Begins

Beginning November 1, 2008 you may use the United States Masters online registration site to register for the 2009 calendar year.

<https://www.clubassistant.com/club/usms.cfm>

You can currently use this site if you have not registered for the 2008 calendar year or to check to see if you are already registered for 2008. The 2008 fee is \$38 per year, but will expire after December 31st. You will not be able to participate in meets during 2008 or 2009 without a valid USMS membership card. This fee includes both national level and local LMSC (Local Masters Swimming Committee) administration fees.

Benefits in membership include:

- Subscription to USMS Swimmer Magazine
- Insurance Coverage while participating in USMS events
- Opportunity to compete in numerous USMS events and training clinics across the country
- Friendship and camaraderie of swimming with others

We strongly encourage you to register early so that you don't run into any issues when registering for meets. Please select Westchester Masters as your team.

Recent Meets and Short Course Season Under Way

A number of Westchester Masters swimmers have competed in Open Water swims over the Summer and during the early Fall. None more impressive, however, than our own Jon Lenchner's 6th place finish in the 45-49 age group at the 2008 USMS 25K National Championship in Noblesville, Indiana. Jon established what is believed to be the team record of 8 hours 18 minutes and 32 seconds on July 19th.

Steve Miller, 54, of Pleasantville, who has been often mistaken for a Pace University student, hauled in 5 gold medals in about 90 minutes at the CW Post SCY meet in Long Island on October 26th. John Samalot and John Lenchner also competed accounting for 2 golds on the day.

Upcoming Meets:

11/23 SCM Meter Meet at Nassau County Aquatic Center

12/5-12/7 Colonies Zones SCM Championships at Rutgers University

WM swimmers are encouraged to participate.

Results for recent meets as well as upcoming meets can be found at the following link:

<http://www.metroswim.org/results.html#results>

Hurry Get your WM Team Suit!

Discounted Team Prices only until November 14th

Circle Swim Shop (www.circleswimshop.com) has announced that they are offering discounted customized Westchester Masters team apparel for the 2008-2009 swim seasons. The order form is available at the following link:

http://www.westchestermasters.com/links_tools.htm

It would be great if we can show some team unity by wearing team apparel at the meets.

New WM Workout Group Announced

The White Plains YMCA on Mamaroneck Avenue in downtown White Plains announced the creation of a new Westchester Masters workout group called "Westchester SwimFit". They will offer workouts coached by Paula Noel and will share our Westchester Masters USMS affiliation. Contact Paula for rates and program information. Please find a list of workout groups with their locations and contacts at the Westchester Masters website. The link is below:

<http://www.westchestermasters.com/WorkoutGroups.htm>

Upcoming WM Events

Nov. 6 – **Social Night** – 9pm at Michael's in Pleasantville

Nov. 13 – Deadline for Entry for Nov. 23rd SCM Meet at Nassau County Aquatic Center

Nov. 23 – **SCM Meet at Nassau County Aquatic Center**

Nov. 30 - Deadline for Entry for Dec. 5th – 7th Colonies Zones SCM Championships

Dec. 5 thru 7 - **2008 SCM Colonies Zones Championships** at Rutgers University

Report Member News

Please report any member news that you would like to share by sending an e-mail to Brad Polhill at bbpolhill@msn.com. Please be as descriptive as possible. Content for this newsletter is dependent upon you, so please do not hesitate to drop me a line.

Thanks, Jason

The WM "Pleasantville" workout group owes a huge debt of gratitude to Jason Troiano for his weekly workouts and for being the "glue" that keeps us together. Also, Jason is responsible for keeping the Metropolitan Masters website up to date with important announcements.

<http://www.metroswim.org/>

Susan Leone Completes Chicago Marathon

WM swimmer turned runner, Susan Leone of Hawthorne, NY completed the 2008 Chicago Marathon in a crisp 3:53:29 on October 12th. Running in honor of her son Frankie and to benefit the Cornelia de Lange Syndrome Foundation, Susan finished 150th in her division. If you wish to donate to the CdLS foundation in support of Susan and Frankie please use the following link:

http://cdlsusa.org/teamcdls/teamcdls_support_08.shtml



Susan is seen here at the Chicago Marathon 4th from left.