



Penguin Pipeline

December January
2011

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Notes from Management:

- In the last newsletter, our 2010 Penguin Plunge sponsors were incorrectly listed (bad editor). Below, are the sponsors. Be sure to thank them whenever you get an opportunity for without these generous supporters, we would have a difficult time offering such a great program.

First, our Platinum sponsor - AJA Video. They have supported the team generously this year.

Next, our Gold sponsors.

- Dennis Elliott & Daughters
- Mountain View Rehabilitation Medical Associates
- Spring Hill Manor Rehabilitation & Convalescent Hospital
- Diamond Baker, LLP

And, our numerous other sponsors.

ABT Plumbing, Electric, Heat & Air
Art Works Gallery
Auto Zone
Bauman, Mark J. DDS
Bennitt Family (Gretchen)
Caroline's Coffee
Community Recovery Resources
Cosmetique Spa
Culture Shock Yogurt
Dokimos Pharmacy
Foothill Mercantile
Gold Country Kiwanis Club
Gray Goose
Herbert Family
Hight Family
Horton Family
JF Paintball & Airsoft
Kirkpatrick Family
Kruschke Family
Lucchesi Vineyards
Maria's Restaurant
New Moon Café
Nye Family
Paulette's Country Kitchen

American River Raft Rentals
Atelier Salon and Spa
B & C True Value Home Center
Ben Franklin Crafts and Frames
California Swim Shop
Chase Family

Creasy, Jean DDS
Disneyland
Douglas Valentine, D.D.S.
Gallagher Family
Golfland Sunsplash
Grocery Outlet
Herron Family
Hills Flat Lumber Co., Inc
Humpty Dumpty Restaurant
Jon J. Menig D.D.S.
Kris Van Oeveren, DC
Laurel Vieux
Mai's Nails
Nader Family
Northridge of Nevada City
Paul Falvey, D.D.S.
Pawlowski Family

Pier 39
Port of Subs
Reeder, Dr. John
Robert Waidelich
Sacramento Zoo
Shannon Family
Sierra Mountain Coffee Roasters
Smiley Family
South Yuba Club/Monster Gym
Sperry Van Ness-Highland Commercial
Spring Hill Pharmacy
State Farm Insurance, Mike Bratton
SUBsational
Sugar Bowl Ski Resort
Summit Forestry Services
Swenson's Outdoor Store
Thornton Chiropractic Services
Virva Family

Plaza Tire & Auto
Pro Brilliance Leadership Institute
Riebes Auto Parts
Round Table Pizza
Safeway -Brunswick
Sierra Auto Body, Inc
Siteline Architecture/Andrew Pawlowski
Soroptimist International of the Sierra Foothills
SPD-Nevada City
Spring Hill Manor
Squaw Valley Ski Corp
Stephen R. De Sena
Suenram Family
Sultan Family
Sunrise Rollerland
Terry Horlick, D.M.D.
Video Library
Welz Family Children's Foundation

- Lots of stuff still going on to the web site. By this weekend, there should be registration instructions and a tentative meet schedule. Check it out.
- Mark you calendar for Saturday, June 4. That will be the 2010 Penguins swimathon fundraiser. If you remember last year, the only thing that could have made the event more fun was a little warm weather. Moving the swimathon from April to June almost guarantees the most fun swimathon you've ever had. Details to come.
- A thanks to recent volunteers:
 - Betsy Naramore - Consent to Treat Annual Update, age group mentor Rock & King,
 - Kerri Latter—form & folder maintenance, copying, tracking fundraising payments
 - Dorothy Goodnow - age group mentor (Royal and King)
 - Betty Sanguinetti - Registration & Dues
 - Evie Pardini - Bulletin Board Updates
 - Diane Virva - travel arrangements for Senior/ Pre-senior, decorating for awards dinner
 - Steve Baker—LSC rep, legal counsel
 - Cindy Pawlowski - escrip, fundraising, midnight madness
 - Teri Polecene King - chairperson for swim-a-thon
 - Lois Herbert—Update parent handbook, awards
 - Nichole Bowden—Lost and Found, volunteer coordinator
 - Mollie Baker—Social Coordinator
 - Betsy Herron—Memorial pool snackbar, USA registration
 - Barry Friedman—website guru
 - Charlene McNamara—phone calling

Masters Update:

There are currently 52 swimmers registered for masters. The mid morning mommy masters has closed down for the winter. Thanks to Jenny Horton for spearheading that effort. The current swim times are 5:30 to 7:00, and 11:30 to 1:00, give or take.

Board Update:

In December, the Board discussed:

- Ways to better coordinate the Penguins and Orcas swim programs. The two swim teams are actually part of the same organization and the Board wants to see if the two programs can better compliment each other.
- The last steps to get a credit card payment option for Penguin dues. The credit card option should be up and running in the next month.
- Sponsorship opportunities for the Spring Penguins "Spirit" meet. We are looking at lane sponsorships for \$300 each. If only we had a 20 lane pool.
- Implementing the 2011 summer swim lesson program. Jill Franks, the long time director, will be passing the torch.
- The next Board meeting will be on February 2, at the Nevada Co Superintendent of Schools office at the corner of Ridge and Zion. The topic will be planning for the spring meet. All are welcome to attend.

Seniors Update - Penguin Swimmers Reach Lifetime Bests by Lois Kelley

While so many of us were doing the last of our shopping the weekend before Christmas; four swimmers from the Penguin Swim Team were swimming at the Speedo Sectional Championships in Long Beach, California. Sectionals are held twice a year with some of the best swimmers from both California and Nevada competing.

"Our meet in Long Beach was perhaps the best Speedo Sectional Championship ever for the Penguin Swim Team" said Coach Larry Gruver. "Our four swimmers swam in 13 events, had 12 lifetime best times, and equaled a best time in the other. We improved our seeded places in most events. After a successful senior meet in Corvallis, Oregon earlier this month, I'm delighted in our progress so far this season."



Hayley Chase swam best times in her 100 breast stroke (1:07.30), 200 breast (2:22.48) and 200 individual medley (2:13.38). Dillon Virva swam best times in his 50 freestyle (21.39), 100 free (46.82) and 100 butterfly (50.81). Kayla Kleiber swam best times in the 50 free (24.82), 100 free (52.67), 200 free (1:55.64) and 200 medley (2:14.46) and Trey Herbert swam best times in his 200 free (1:43.76) and 100 free (45.42); tying his best time in the 50 free with 20.83.

These four swimmers will go on to compete with the Nevada Union High School swim team this spring. According to Coach Gruver "We are anxious get back to work to prepare for the High School Section Championships held at Lodi this May."



Team Photo

Remember a while ago when we went to all that effort to get the team together for our team photo? Well, now is your chance to get a print of that thing for you very own. You can either 1) Xerox the copy to the right and tape it to your wall, or 2) email Nita Mizushima at

castleberry@sbcglobal.net and we will make real photos.

The 5'x7' will run \$5, and the 8"x10" will be \$7. There is also a wacky photo, so let us know if you want one of those also/instead. Paper versions will be on the board at the pool.



Meet Schedule

While we are still looking at additional summer meets, following is a list of the "usual" meets to get onto your schedule. Obviously, the two most important are the Penguin Plunge on September 23-25, and the second Penguin "Spirit" meet on April 9 and 10. More to come on that but jot those down on your calendar.

Also note the July Tahoe meet. At this meet, the team reserves camp sites adjacent to the pool and has a family bar b que (and ice skating party) Saturday night. Email Steve Castleberry at castleberry@sbcglobal.net to reserve a space. Space will be on a first come first serve basis. We haven't run out in previous years, but we've come close!

| Date | Course | Host | Location |
|-----------------------------------|---------------|--------------------------|---------------------------------|
| 1/28-30 BB+ IMX | SCY | Bear River | Bear River High School |
| 2/18-20 Last Chance | SCY | CCA | Roseville Aquatic Center |
| 2/18-20 Last Chance | SCY | Sierra Marlin Swim Team | Folsom Aquatic Center |
| 3/4-6 SN JOs | SCY | Fairfield | Fairfield |
| 4/9-10 AGO | SCY | Penguin Swim Team | Bear River High School |
| 5/20-22 AGO/BB+/- | LCM | Woodland Swim Team | Woodland Community Swim Center |
| 6/10-12 Jr+ Trials & Finals | LCM | CCA | Roseville Aquatic Center |
| 6/18-19 AGO | SCY | Feather River Aquatics | Gauche Aquatic Park, Yuba City |
| 6/24-26 BB+/- | LCM | Redding Swim Team | Redding, Redding Aquatic Center |
| 7/8-10 BB+ Last Chance | LCM | Woodland Swim Team | Woodland Community Swim Center |
| 7/21-24 SN Jo's | LCM | Redding Swim Team | Redding, Redding Aquatic Center |
| 7/22-23 BB+ | SCY | Tahoe Swim Club | South Lk Tahoe Community Cen |
| 9/23-25 BB+/- | SCY | Penguin Swim Team | Bear River HS |
| 10/7-9 BB+/- | SCY | CCA | Roseville Aquatic Center |
| 11/18-20 BB+/- | SCY | Bear River | Bear River High School |
| 12/2-4 SN Age Group Winter Champs | SCY | Woodland Swim Team | Woodland Community Swim Center |

2010 Penguins Awards Night

It was another great awards recognition for our swimmers. First, the introduction of all the swim groups...





And then the coaches



And then award winners (partial list)



And ...the Leadership award. Congrats Kate, you definitely deserve it.



Fran looks happy to be leaving the Board



Separated at birth?



Dean runs the general membership meeting



The young bucks are just enthralled with the discussion at the general membership meeting

The November Folsom Swim Meet

Not much to show ... the photographer was timing all day.



The December Bear River Swim Meet



A surprisingly nice December day at Bear River





4 Cold-Weather Running Tips for Beginners



By Ben Davis For Active.com

Ben Davis is the first Active.com ambassador. He recently lost 120 pounds and plans to lose the last 20 in the coming months. He runs, writes and blogs daily. You can read more about his journey at <http://bendoeslife.com>.

It's that time of year, everyone. The leaves are falling and the breeze is chilly. People are trading in their tank tops and shorts for blue jeans and long-sleeve tees. It's a great time to be a runner, but it can be a frustrating time if you've just started running and have never had to brave the elements.

The number one question heading into the chilly months is, "As a new runner, what can I expect with cold-weather running?"

The short (and most exciting) answer, is faster times.

Yes, we run a lot faster in the cold races than we do in the standard, hot-summer month 5Ks and 10Ks, but there are a few things to learn before heading into the snow.

First, let me share my worst cold-running experience.

On January 17, 2009, I ran my first 5K. When I woke up that morning, the thermometer said 22 degrees, with a wind chill of 19. Having never done anything in conditions like that (I trained on an indoor track), I panicked and put on all the winter clothing I could find. It was a big mistake.

My official getup consisted of the following:

Underwear, full length thermal underwear, and wind pants

T-shirt, long sleeve T-shirt and a sweater

Face mask and beanie

Scarf

By mile one, I was so hot that I began shedding clothes with no concern about whether I'd get them back.

In all likelihood, this won't be your experience, but it does bring me to what you should remember for cold-weather running:

1. You won't need as much as you think you will.

My rule now is shorts with short sleeve tech shirt down to 45 degrees and shorts plus long sleeve tech from 45 to 32. Anything below freezing calls for long thermals, shorts, and jacket with gloves (awesome running beanie, optional). As I mentioned earlier, I found out rather quickly that running will heat the body up relatively quickly and more often than not, you'll regret that big puffy coat. Lower body stuff like leggings and tights aren't as suffocating, so feel free to experiment, but err on the side of minimalist up top.

2. That awful lung burn thing after your first few cold runs? Don't worry; it goes away.

I can't tell you how many times I tried to "become a runner" in the winter months and got discouraged because of that awful burning sensation when I breathed; there is nothing worse than only being able to inhale half a breath out of fear of popping a lung. But don't worry; you'll get through it. It just takes a couple of runs to get your respiratory system adept to dealing with frosty air.

3. Nine of 10 scientists agree: runners look 50 percent cooler when wearing black gloves.

OK, maybe not. But there's no doubt about it; running in the winter is so great because it brings out so many fashion choices. First off, the aforementioned gloves. There's just something about them. You *feel* faster when wearing them; you feel professional. Next there is the headgear. Women have the trendy headbands and earmuffs and guys have the wintertime beanies. But, again, be your own fashionista. Try new things and mix it up a little bit. Whatever you do, though, don't be the guy running with his shirt off when it's below freezing. People aren't staring because they think you're really awesome... Trust me.

4. Hydration is still important.

Yes, you obviously need more water in the summer months when you are sweating up a storm, but don't think that just because it is cold you don't need to hydrate. Ice cold water might be the last thing you want when the temps are low, but just be sure not to skip the water completely. Be smart and be healthy. Bonus: If you get snow where you are, you have all the water you need; just stop and eat some of the white stuff and go on your way.

Other than that, just get out there and do it. You're going to be faster, and you're going to learn to love it. It might be tough at first, but I guarantee people will envy your willpower when they see you braving the brutal conditions as they pass in their van with the heater at full blast. Anyone can run in the spring, summer, and fall; it takes a true champ to face mother nature in the dead of winter.

Penguin Bulletin Board

The Penguins Miner Moe's fundraiser has been extended. Anytime ANYONE orders from Miner Moe's Pizza and mentions the Penguin Swim Team, 10% will be applied toward our team fundraiser. You don't even have to be a team member!!!

Raise Funds Year Round with E-Scrip!! - Register at eScrip today. This is the easiest way to fundraise for our swim team! Just go to www.escrip.com, go to "sign-up" and designate the Penguin Swim Team to receive contributions. Our group ID # is 3712655. For more information just log on to www.escrip.com. Don't forget to sign up your grandparents, aunts and uncles, too!!! The Team earns money while you shop at Safeway and other escrip registered stores

Consent to Treat

Next time you are at the pool, please stop by and update your "consent to treat form. They have to be updated every year.