

NARWHAL NEWS

MAY, 2023

Masters Nationals!!!



Attached to this email, is the comprehensive list of results for the MAC swimmers at Nationals. But, if you want the short version THEY WERE PHENOMENAL!!! Mark Beigel, David Curtis, Peter Eisenklam, Terri Graves, Kelly Harrigan, Tricia Hickey, Nancy Higgins, Joanne Menard, Stephanie McNichol, Kory Nichols, Sarah Perez, Sadie Roberts, Chase Schaaf, Mikel Steinfield and Matt Ulrickson all proved that hard work pays off, and made that statement in their races!!! There were a huge amount of Personal Bests, a great deal of bonding, and overall jaw-dropping performances! A special call out to Joanne Menard who obtained yet another National Record! This time it was in the 1650. Congratulations Joanne! Joanne, Kelly Harrigan and Matt Ulrickson also captured the #1 spot in Individual Races. They were long days, the competition was stiff, but each and every one of these outstanding athletes put 100% into their races, and walked away as Champions in our eyes! GREAT JOB!!!!



HAPPY BIRTHDAY TO YOU!

**Like fine wine. Getting better as they get older. A super Happy Birthday to:
Catherine Waters, Julie Barr, Shilo Sessions, Brendon Lu, Carol Colonese, Amy
Mullaney, David Larson, Alan Holly, Linda Buchanan, Stephanie McNichol and
Joanne Gregg!**

**We hope you have a year as fantastic as you are!!!! Now go get a little crazy on
your special day!!!**



WELCOME ABOARD!!!

**A great big fat welcome to our newest members!!! Kate
Thomas; Chris Mendoza; Stephanie Kirk; Kimber
Gabryszak; and Cherie Jones! If you see any of them,
introduce yourself and make them feel welcome!!! We
love getting to know new friends and teammates!!!**

MAC Athlete/Coach spotlight: Coach Linda Buchanan



Linda Buchanan after her victory at the Nice Triathlon in 1983.

In the wake of the accidental brilliance of the Julie Moss/Kathleen McCartney affair at the 1982 Ironman came a necessary and substantial question: Are female endurance athletes really that tough?

The person who singularly addressed that query through her athletic performance was Linda Buchanan. Beginning in the summer of 1983, Buchanan, a thoughtful and introspective swimmer from Northern California, dominated the female ranks of the sport, winning over fifty percent of every race she entered until her admittedly too-soon retirement in 1988.

“Nike dropped me when I turned thirty years old,” Buchanan remembers, “and I thought the world had ended.” The performative mind wonders how far Linda Buchanan might have gone had she made an occupational leap. And we remind ourselves that in 1988 less than five triathletes in the world were earning a living wage commensurate with their efforts. During that period only one female, Paula Newby Fraser, appeared to find material rewards for her significant efforts and contribution.

Buchanan entered the world of sports commerce in 1989, logging twelve years with the sports nutrition company, GU, as Sales and Promotion Manager. She also earned an MA in Sport Psychology/Sociology, a degree that enabled her current place as Lecturer in the Kinesiology Department at California State University, East Bay. Linda has remained connected to endurance sports as author and coach. She claims to have no regrets.

Let's get excited for a summer full of great training!!!

GoOOoOOOoOOOO MAC Masters!!!