

Narwhal News!

(It must be a blue moon because we're writing a Newsletter!!! FINALLY!)

April 2023 Edition

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Published by: MAC Masters Press

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WHAT'S NEW?

We've had an outstanding winter season, and although there have been hiccups in pool closures, weather issues and maintenance schedules, we've overcome all obstacles and have continued to become stronger, faster and fitter! Yes, we're pretty amazing.

State Meet Results

Congratulations to **ALL** of you who put it all on the line and competed at the Arizona State Championships in March. We had a PHENOMENAL showing! Just. Plain. WOW! We had Personal Bests, outstanding Comeback Swims, competitors trying new races, swimmers competing with Masters for their very first time, success at every turn!

So get this:

🏆 **Joanne Mennard:** National Record in the 500 AND 1000 Freestyle!!!! (The crowd goes wild!!)

Yep, on Saturday she easily shattered the record in the 1000, then taking a line from the Britney Spears song, "Oops, I did it again", she came back on Sunday and devastated her competition by claiming the National Record in the 500. I think she keeps her cape tucked into her Tech Suit, because I'm convinced she's a SuperHero!!!

🏆 **Mark Biegel:** Arizona State Record in the 50 Butterfly!!!! (Standing ovation and cheers!!!) He came. He swam. He conquered. Truly marvelous, Mark Alaska. Truly marvelous. Absolutely phenomenal performances, and very well earned for you both.

Congratulations!

Our High Point Winners include: Kanta Emoto; Kelly Harrigan; Mikel Steinfeld; and Sarah Perez!

JOB WELL DONE TO EVERYONE!!!



And a super special shout out to all of those who volunteered to count for their friends doing the distance events! We love great sportsmanship!

Upcoming Events:

There's so much to do in the Valley of Sun if you're a water lover! And there's even more if you're a water lover who likes to travel! Get a load of this schedule:

April 26th Four Peaks "Splash and Dash" (you can even just do the Splash if dashing isn't your thing!)

April 27 - 30th Spring USMS Nationals in Irvine, CA 🇺🇸

August 2 - 6 USMS Long Course Summer Nationals, Sarasota, Florida

August 2 - 11 FINA World Championships, Kyushu, Japan 🇯🇵

September 10th La Jolla Cove Open Water Swim

November 19 - 20 Ron Jon Memorial Invite at ASU

Happy Birthday to YoUuuUUUuUUuuUUu!!!



We'd like to take a moment to celebrate the Narwhals who are getting better with age this month! A very happy birthday to:

🎉 Jeff Churchill, 🥳 Morgan Finely, 🍷 Chase Schaaf, 🍰 Shelley Daniell, 🎊 Denise Millard, 🎉 Coach Dan Leibrand, 🥳 Mary Anne Cope, 🎊 Sarah Perez, 🍷 Vicki Pagano, 🍰 Lacey

Strickland, 🥳Ethan Fisher, 🥳Deano Jacobs and 🥳Katie Kenny! We hope you have a very special day and that all of your wildest dreams come true!

Welcome To Our Newest Narwhals!!!!

A huge WELCOME to our new members who became a Mighty Narwhal in March! Make an effort to greet these swimmers, introduce yourself, and get to know them!

Brendon Lu....he likes long walks on the beach under a full moon

Jean Watson....plays in a Guns and Roses cover band at the local Casinos

Chase Schaff....has a collection of vintage Pinwheels that he takes to Trade Shows

Laura Heelan....plays Mozart on a Tuba in her spare time

Daniela Borgialli...is a fashion designer for Toy Poodles

Katherine Kustritz...was formerly a professional Roller Derby queen.

Tom Treadway....is a classically trained ballerina

Okay! Okay!!! The names are real but the profiles I made up! It's YOUR job to reach out and get to know these people and all the truly fascinating things about them!!!

MEMBER SPOTLIGHT: MIKE WARES!!!

Everyone knows him. Everyone loves him. He's been with MAC since Day #1. You'll either see him running down your street, swimming in your lane, cycling down the road, or behind the music at our meets and events. Yep, he's basically superhuman. He's Mike Wares....Coach, athlete, and all-round good guy.

Some of you have seen the triathletes swimming in the middle lanes giving Paul a hard time at a practice. They are not only good swimmers, but they are dedicated to triathlon and the swim-bike-run lifestyle.

Several years ago after running a few marathons, Mike and his friends decided to sign up for the inaugural Ironman Arizona in 2005. One thing led to another, the group found a passion for triathlons, and Tri-Mesa was born. Although fairly loosely organized, Tri-Mesa grew through friends and word of mouth. In 2010, a team of about 25 of them competed at Ironman St. George. Since then, a core of the triathletes have continued to train and race together for various events. This weekend (April 1st) there will be 20 Tri Mesa athletes slaying it at the Oceanside 70.3 race.

On the team are several Kona qualifiers and others with significant results as well as those that just like the lifestyle and friendship of training together as a group. In addition

to organized bike rides, runs and masters swimming, the group will occasionally do open water swims at Saguaro Lake.

As a highly accomplished athlete and a stickler for details, it was natural for Mike to become a Tri Coach...sharing his knowledge and expertise with others. He is a natural leader, and is well respected within the community. Keep it up, Mike! You're fantastic!!!



*Mike and his MAC
Masters swimming
son-in-law, Ryan.*

Let's have a FANTASTIC April, Gang!

GoOOoOOoOOOoo MAC Masters!!!!