

SEPTEMBER NEWS FOR JAMM

NO LABOR DAY WORKOUT ON MONDAY SEPT 7.

The first meeting to organize, promote and present **Jason Lezak** was held August 31. The event is being planned as a special evening event on **October 2**. The promotional effort has a name now: **JAMMin for Jason**. A minimum of \$1,500 has been requested of JAMM by MBSC Head Coach Mark. Ideas have been presented and discussed, and donations have already begun to come in, which is fantastic. Next steps have been set, and committee members are excited to get going. Please see upcoming newsletters and flyers for pertinent info on this fundraising effort.

A team of Kelp Krawlers (with two members also belonging to JAMM - Thomas (Thin Man) Dietrich, who swam and Pete (Banana Bread) Albers, who kept them on course and encouraged throughout the swim) set a new record of 10 hrs 20 minutes, crushing the old record of 12 hrs 38 minutes. Conditions apparently were perfect with calm seas, "warm" temperatures in the water and relatively few jellyfish. They started off at 3:30 in the morning and made it to Lovers Pt at about noon, swimming as a relay, wearing only Speedos, caps and goggles. Awe-inspiring swim, guys!

Melissa (I'm an Aussie) Joy braved the shark-infested waters of San Francisco Bay to thrash the swim competitors in the Alcatraz Challenge on August 16. It's almost certain the thought of sharks gave her extra adrenaline, but she has been looking very good in practice this month, so the sharks had no chance even if they were hungry. She wilted a bit on the run but was able to hang in there and finished sixth in her age group. Maybe it's the Vegemite, Mel? JAMM rocks it again. Nice!

If you have news to share about your own races or special events you've taken part in, email me at swimjamlady@gmail.com and I'll blast the news here next month or post on our web page.

Coach Mark is taking a vacation from September 8-27, which is hard earned and well deserved. While he is away, we will continue to swim on our usual schedule with substitute coaches on deck at morning and evening swims. Please give your usual payment to Mark who will in turn reimburse the sub coaches. Of course, if you're feeling kind, generous, grateful, fit, happy or inspired, feel free to add to the pay to any of the coaches at any time. Workouts will continue to be designed by Mark, who is always building each workout in a progressive manner.

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See separate flyer for the Monterey Sports Fest happening October 3 and 4. Lots of opportunity to test your fitness and water skills. Check it out!