

# Lane Lines



## Announcements:

- Welcome Sue Summers!
- July 21: Olympic Club Trans-Tahoe Invitational

### **Locals take a dive into Lake Tahoe swim event**

By Mark Foyer--[ markf@hmbreview.com ]

Lake Tahoe is pristine, known for its beauty, its boating and its tour boats.

The clear blue water can reach a temperature between 55 and 60 degrees. In the summer, the water's temperature goes up about 10 degrees. It usually requires a wetsuit.

Participants in Saturday's 30th Annual Trans Tahoe Invitational will not be able to wear wetsuits, however. The rules prohibit it.

Those from the Coastside who will be swimming in Saturday's competition don't mind.

"I've done lake swimming for 15 years," said Traci Yerby of Montara. "You just have to swim a lot to get used to the cold."

Yerby and her team, made up mostly of Coastside residents, will be swimming for the San Mateo Master Marlins Club.

The race is a relay, but not in the traditional sense of the word. Each swimmer takes to the water repeatedly, going for 30 minutes the first time, then cutting down the time to 15 minutes and finally 10 minutes.

The toughest part of the race is the start. All the first legs of the relay start at Sand Harbor Beach in Nevada and swimmers make their way into the lake. One of the first things that swimmers must do is find their accompanying boat. With about 100 teams participating, that can be difficult.

Once the swimmers unite with their boats, where the rest of the relay members ride until it's their time to swim, everyone heads to the finish location at Skylandia Beach in Lake Forest, Calif.

Sara Nebeling will be participating in her 10th straight race.

"I love to swim in open water," Nebeling said. "I know the water can be cold. I finally worked up the courage to do it. The first time was a lot of fun."

Yes, the water can be a little chilly. No one seems to mind, though. It is summer and for the most part, the weather at Lake Tahoe is perfect.

"We do check the weather forecasts," Nebeling said. "If the weather is cold, cloudy or stormy, we don't do it."

"I have seen swimmers ranging from 18 to 90 in the meet," said Denise Ausley of Moss Beach. "The older swimmers inspire me to keep on doing this event until I'm 75."

"Swimming in Lake Tahoe is unlike swimming in any other lake," Ausley said. "The middle of the lake is so clear you can see blue starfish. The shallow end is so clear you can see the bottom. Other lakes are murky."

Ausley has the perfect response for those who wonder how someone can swim in cold water.

"It's only cold when you first get in," she says. "After five minutes, you are used to it."

*Reprinted from Half Moon Bay Review –  
print date: July 25, 2006*

## COLD (AND HOT SPICY) PASTA SALAD

From Liz Roepke

1 1/4 c reduced-fat matonnaise  
1 1/2 Tb each white vinegar, soy sauce,  
Dijon mustard  
1/8 c sesame oil

1 lb. linguine  
1/4 c. mixed vegetable oil, sesame oil  
and Chinese hot chili oil

extra Chinese hot chili oil

2-3 stalks celery, sliced diagonally  
8 green onions, sliced diagonally  
1-10 oz box frozen peas, defrosted  
1 bunch asparagus, steamed 3-5  
minutes cilantro and spanish peanuts for  
garnish

Mix mayonnaise with vinegar, soy sauce  
and mustard. Refrigerate. Bring 4 quarts  
of salted water to a full boil, stir in salt  
and linguine and cook until tender. Drain,  
toss in a colander with the 1/4 c mixed

oils. Toss until room temp, then  
refrigerate.

Toss pasta with mayonnaise mixture,  
peas, celery, and green onions. Add  
more hot chili oil to taste. The pasta will  
absorb a lot of heat.

Arrange in a shallow dish and garnish  
with cilantro and spanish peanuts.



### July 2007

**Fri-Sun**, July 6-8, PMS Long Course  
Championships, Santa Cruz

**Sat**, July 14, RCM Russian River 1-  
mile

**Sat**, July 21, TOC Trans Tahoe Relay

### Aug. 2007

**Sat**, Aug. 4, CRUZ, Santa Cruz Pier  
Swim

**Sun**, Aug. 5, CRUZ, Cruz Cruise

**Fri.-Mon.**, Aug 10-13, USMS Long  
Course Championships, The  
Woodlands, TX

**Sat**, Aug. 11, SNM Donner Lake  
Swim

**Sun**, Aug. 19, MAM 2x1 Mile Relay

### Sept. 2007

**Sun**, Sept. 9, RAD Whiskeytown One  
and Two Mile

**Sun**, Sept. 23, SMMM Short Course  
Meters Pentathlon

*Lanes Lines is edited by Henry Chan. For  
questions, concerns, or to submit content for  
future issues, send to  
hymc219@hotmail.com. Always remember,  
keep swimming!*