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Colorado Swimmers make a Splash for Deaf Children!

Thornton Masters Swimmers 2nd Annual “Boot for the Bridges” Swimfest.

In the early hours of Sunday August 22, 2010, 30 swimmers braved the chilly waters of the Hunters Glen Swimming Pool for the Thornton Masters Second Annual Swim Fest "Booty for Bridges" to benefit the Marion Downs Hearing Center Foundation. The heater at the pool had been out for a month, but that didn't stop the brave souls that swam laps upon laps to raise money for children who are deaf or hard of hearing. Marion Downs herself, age 96 and a swimmer herself, came to witness our incredible event and see her son, long time Masters Swimmer George Downs, swim 30 laps for the cause.



The event was hosted by Thornton Masters Swim Team, a COMSA workout group that took Second Place overall at the Colorado State Meet this year. After a successful Swim Fest last year to benefit the Susan G. Komen Foundation for breast cancer research, it was decided to make the Swim Fest an annual event, changing the charity each year. The Marion Downs Hearing Center Foundation was chosen to honor Capri, the daughter of our Head Coach Kevin Juliano, who was born last year with Auditory Neuropathy (AN). AN is a rare condition that drastically effects her ability to hear, and thus communicate. The foundation has played an instrumental role in aiding the Juliano family over the past year as they learn how to best support the special needs of Capri.

While the majority of the swimmers are COMSA/USMS members, the event was opened up to swimmers of all abilities in order to promote Masters Swimming in what was a fun, non-competitive atmosphere to raise money

for this very worthy foundation. It was a great way for Colorado Masters to give back to the community.

Swimmers of all abilities earned \$8,463 in pledges to swim what turned out to be miles for this very worthy foundation. Top fundraiser was Rebecca Novinger with \$1,507 in pledges. Thornton's own Eduardo Cruz swam an amazing 9,800 meters, just 200 meters shy of a full 10K! Lexie Spangler topped out at 4,900 meters. The event was finished with a relay, many prizes, raffle, pizza, and beer. Thank you to all who swam, sponsored, donated or volunteered for our amazingly successful event. Special thanks also to Hunters Glen Community Association and Absolute Pool Management for the use of the pool and for getting the wonderful guards up early to help us out. Make sure to look for us next year and join in the fun to raise money for yet another worthy cause.

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Notes from the Chair

As the summer winds down and kids are back to school, most of us change up our workout schedule. Usually that means less outdoor pool and open water swims and more indoor swimming. There were a lot of open water opportunities this past summer, to compete or just get out and swim in a lake. Colorado had two groups that completed English Channel Relay crossings, still no small feat. Other COMSA members participated in other open water events including The Tahoe Swim and the Maui Channel swim. Those who have done other open water swims, please let Jonathon, our editor know so that you can be recognized. More open water opportunities existed for COMSA members at Chatfield, Boulder and the Aquaman series. Congratulations to all that participated in the Open Water events this summer. Karen Reader hosted the National 6K Open Water in Windsor with just short of 100 participants.

In the Pool this summer, Colorado Masters Swimming had a fine showing at the USMS Indoor Championships finishing 3rd among regional clubs at the 1996 Olympic pool at Georgia Tech, Atlanta Georgia. We also started a Summer State Championship hosted by the Squid Swim team and Andrew Lavassar, we hope to continue the Summer Championships. Thanks go to Andrew and the Squids for doing that.

This Fall and Winter Comsa is launching the Mastering Masters classes. See other parts of this newsletter for more information.

We are also responding to a large number of people who are interested in beginning a club. If you know of someone interested in starting a Masters Team, Call Mark Johnston, he is the Coaches representative on the COMSA board. Mark's contact information, along with all the other board members are on the website, COMSA.org.



A new column begins this issue with one of our best, Richard Abrahams. Richard is a very accomplished swimmer both in College and now in Masters Swimming. He owns state records (over 50) in five age groups. He also owns many National and world records. He set 7 National records in Atlanta. His expertise in training design and dry land training has made him a sought after Speaker and writer in many swimming circles. Don't miss Rich's new column, exclusive to Master Splash.

Long Distance Relay Team Conquers English Channel

One of the several open waters swims this summer was a crossing of the English Channel by the relay team of Shelle Marsh, Marcia Anziano, Jeff Gloss, Chris Nolte, and Susan Nolte. It was the second trip to England for three of the swimmers, Chris, Susan, and Marcia, as they spent about 10 days in Dover last year but never even got the chance to cross due to weather. So after two summers of preparation, they were quite excited to get the opportunity to attempt the crossing. Marcia agreed to answer some questions about the trip, here are her answers below.

How did the Crossing go? It was great; I loved every minute of it. Susan and Jeff will say the same thing; however, Chris and Shelle don't remember most of it as they were very sick. So if you ask either of them this question, you might not get the same answer. We started the actual crossing at 2:30 in the a.m. so the first few swims were in the dark. We were fortunate to have a great crew and they guided us across to an amazing finish. My first swim was in the British Shipping lanes, and several ships past us during that time. I could feel the swells getting bigger and when I looked up, there would be a ship going past. It makes you feel so small. My second swim was going south along the coast of France, and that was a blast, the water was moving really fast. I felt like I was flying over the water. I also enjoyed being on the boat, seeing England get smaller and France get closer. It was just a great experience.

Any advice to swimmers thinking of attempting a similar feat? I feel that we were all well prepared for the swim. We had spent a lot of time training in the cold water up at Green Mountain Reservoir. It is important to be physically prepared for the cold water. We also traveled to California for training and racing in the ocean, which also added to the physical preparation. After two trips to England, one that resulted in no swim, and one that resulted in a very successful swim, I would say that you have to mentally prepared for any-

thing. When you are waiting to swim in Dover, it can be challenging to be patient and you really have no control over what is going to happen or when it will happen. You just wait for the phone call, or today for the text message. I think that I enjoyed it even more after not getting to every try it last year, and I do appreciate the opportunity I had to be able to participate in such a swim.

Would you do it again, or another similar swim? I will definitely do something similar, but doubt that I would repeat this swim. I think I might go for something in a bit warmer water, due to the logistics of the cold water preparation.

Congratulations to this relay team, and to everyone else who attempted long open water swims this summer!



The Route



English Channel Relay team of Shelle Marsh, Marcia Anziano, Jeff Gloss, Chris Nolte, and Susan Nolte

“When you are waiting to swim in Dover, it can be challenging to be patient and you really have no control over what is going to happen or when it will happen”

Training to Race

“The will to win is nothing without the will to prepare.”

Richard Abrahms

One of the unique aspects of masters swimming is the diversity of goals of its members. For many, it serves as a fun outlet to maintain or improve fitness. Others may do it to lose weight, learn a new stroke, be part of a social group or just as an excuse to get out of the house. However, for those who like to compete, it is probably safe to assume that one key goal is to swim faster in a race. This series of articles will focus on how to train to race.

We've all heard aging athletes use the expression that they may have “lost a step.” In masters swimming the concept is not so amorphous. We know to the 100th of a second exactly what our decline (or progress) is. This is both a good and bad thing. There is no fudging slowing down, but it also gives an objective measure and that makes improvement all the more satisfying.

What is your plan to swim faster? Obviously, there is no one answer but two primary components are improving your technique and improving your fitness level. It is the second concept that I want to focus on here. I define fitness level *vis a vis* competition as training your body to maximize performance in a race. This means training to race, not training to train.

Over the last three decades I have observed or been a part of dozens of different types of workouts with a variety of coaches and teams. I have come away with the strong impression that in a workout setting, **when masters swim fast, they swim too slow and when they swim slow, they swim too fast.** If you are training to stay fit this is fine, but if you are training to race this is a big mistake. A significant percentage of your practice time needs to mimic the physiological demands of racing.

The first thing you need to figure out is what event or events you want to focus on. Racing different distances require very different physiological energy systems. Without getting into scientific

details, the two major energy systems are aerobic (with oxygen) and anaerobic (without oxygen). Over 75% of all swimming pool races are 200 yards/meters or less. All of these events require primarily anaerobic energy although they do have an aerobic component. Therefore, it makes sense to concentrate on these energy systems if your primary races are 200's or shorter.

Why do most masters swimmers focus primarily on the aerobic and not the anaerobic system? First, swimmers cannot go as far in a practice if the focus is on the anaerobic system because much more rest is needed between efforts to recover. To tax the anaerobic system requires efforts that closely match race pace. It is impossible to sustain this kind of effort for very long. Instead of getting 10 seconds of rest between efforts a swimmer may need 10 minutes or more. I am a great believer in measuring your efforts, but focusing on total yardage as the primary measure can be a misleading indicator of your readiness to race. It is much more effective to create new measurements that have a closer relationship with the physical demands of racing (more on this in another article).

Another reason masters swimmers avoid anaerobic training is that it can be really hard, both physically and psychologically. It can be so physically taxing that doing this type of work too often can actually be counter-productive. In its most intense iterations, these workouts normally cannot be done effectively more than once a week. Oh, and it can be painful. Not in an injury sense but how it feels right after an intense 100 or 200 race.

Now, not all anaerobic work is that hard. Pure speed swimming (i.e. 50 yard events) is also

anaerobic but relies on a slightly different energy system that can be effectively trained at a much lower physical cost and much more often. These types of sets can also be a lot of fun but still require much more rest between efforts than aerobic focused swimming.

I'm not saying there isn't a substantial place for the more traditional types of aerobic training. My



point is, and my observations have been, that too many masters focus solely on this type of training to the exclusion of the kind of work that will have the greatest impact on the majority of pool based events.

My next article will focus on the specifics of training to race. I'll describe some sample sets that work particular energy systems and give some suggestions for creating more meaningful measurements. I'll also discuss the importance of swimming slowly, something that can be more difficult than it sounds.

Kicking and Screaming

Confessions of a poor kicker

Jonathan Cain

I have a confession to make: Until fairly recently, I have always HATED kicking. I am pretty sure that my hatred was rooted in the fact that I had always been pretty horrible at it. It never failed, no matter how fast I swam during Swimming and Pull sets, when it came to kick sets, I always got passed by people who looked like they were expending about a quarter of the effort that I was. This led me to conclude that I must “not be a kicking kind of person”, and consequently I never really considered that I might just be doing something wrong.

This worked pretty well for me up until I hurt my shoulder on the first day of practice my senior year in college. It was bad enough that the mere thought of swimming Freestyle would send me racing for the nearest Ibuprofen bottle. It being my senior year, I didn't really want to quit, so I reluctantly started channeling all of my efforts into improving my kick. Every single day that season, I kicked, usually around 3000 yards at a time. I had my kick videotaped, and I watched video of different elite athletes kicking. I even spent time underwater watching how everyone else applied their kick. As I worked at it, I began to see some patterns in how people were working their kicks, and as I started applying similar principals to my own kick, I began to get faster. Pretty soon, I was able to keep up with everyone else during kick sets. I had been converted into a kicker.

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they were expending about a quarter of the
effort that I was.

Here are a couple of the things that I figured out about kicking that season.

1. **Sometimes in swimming, seeing is believing.** It's hard to tell whether or not you are performing swimming technique properly unless you can see it. If you can get underwater video of yourself kicking, you should.
2. **Traditional Kickboards aren't great for working on Kicking Technique.** Here's why: Unless you keep the kickboard extended in front of you with your head submerged the whole time, it will force you into a bad body position in which your hips sink. When kicking, it is better to utilize a Streamline Position (Arms extended in an “Arrow” in Front of head, face submerged) to practice a balanced Flutter Kick. Add a snorkel while you are doing this, and it's even better.
3. **Little Kicks are bigger than Big Kicks.** Think of it this way: If you kick down 18 inches in the water, you have to bring your leg up 18 inches in the water, fighting drag, gravity, and resistance the whole way.
4. **Your kick should create lift.** A properly executed kick will result not only in propulsion, but will also help to lift your hips higher in the water, translating into a more powerful and efficient overall stroke.
5. **Don't use your knees!** Your kick should be separated into two parts: Upstroke (Kicking upwards) and Downstroke (Kicking downwards). During the upstroke, your leg needs to be straight until it reaches the surface of the water. During the downstroke, it's ok if it bends slightly, but you always want to generate power from your thighs and gluts.
6. **Try some fins.** If used properly, Fins are a great tool to use to figure out “what it feels like” to get a more powerful kick. There are a lot of different kinds available today, so make sure that you use something made for Competitive Swimming.
7. **Don't make excuses for yourself!** It's so easy to justify why you don't need to work on your kick, that it makes it very difficult to even want to work on improving it. If you can get past this, and really work on your technique, it can vastly improve your entire stroke.
8. **Practice, Practice, Practice!** Kicking is like anything else, if you want to get better at it, you have to put in some time working on it. Believe me, it's worth it.

Summer Nationals 2010 Recap

August 9-12 in Puerto Rico

Heather Hagadorn

US Masters Swimming (USMS) Long Course Nationals, now called Summer Nationals, was held August 9–12 in the US Commonwealth of Puerto Rico. A quick history background: Puerto Rico was acquired by the US in 1898 as a result of the Treaty of Paris, after the Spanish American War. San Juan, protected by a city wall and a series of fortresses that were built in the 1500's through 1700's, is the oldest existing city in the USA.

Puerto Rico is a beautiful Caribbean tropical island, loaded with fortresses, cities, beaches, rain forests, and the best bioluminescent protected areas in the world. Driving a car around San Juan is crazy; not only are signs and directions in Spanish and completely misplaced and confusing, but the people also tend to make up their own rules on the road. Once you get used to that, learn all of the workarounds and learn to chill out big-time (or let someone else drive), life becomes much easier. Old San Juan is made up of narrow, one-way cobblestone streets, colorful and beautifully painted buildings, extremely steep roads, and lots of double-parking to maneuver around!

The pool is gorgeous. It is an outdoor (open air), covered, grounded for lightning, 50 meter bulkhead swimming pool, with a huge diving well for warm-up and warm-down. All swimmers were forced to sit in the stands – which we didn't necessarily like (uncomfortable and too many steps to climb up and down), until it started to downpour sheets and sheets of rain – not the entire day, but for long periods of time each and every day. If we were sitting on the far end of the pool we would have been drenched and forced to move to the stands anyway. We always had fresh, clean air to breath and lots of cheerful island music to swim to.

Colorado Masters Swimming (CMS), COMSA's largest club, had 18 members in attendance. At the end of the meet, they brought in some traditional Puerto Rican food, a band played calypso/island/Spanish music, everyone danced the salsa, and to top it all off, it included rum punch and other spiked beverages of choice.

Here are some highlights for CMS, winning 2nd place overall in the "regional" club category:

- Ages ranged from 23 (Tyler Svendsen) to 81 (Wayne Clegern)



CMS Places 2nd in the Regional Team Category – Heather Hagadorn, Tom Rosinski, Andy Gill and Matt Eisenhuth pose with the award

- Every CMS swimmer scored individual points; every swimmer participated in relays and all relays scored points!
- Highest scoring female: Tracey Loper (36 points)
- Highest scoring male: Matt Eisenhuth (66 points – won all 6 of his events)
- National and World Records: Richard Abrahams broke the 50 and 100 free records and 100 fly.
- There were some impressive "Firsts" for some of the regular nationals swimmers:
 - Female: Kathy Garnier continued focusing on quality pool work and beefed up her dry land training - and it all paid off when she won the 50 and the 100 free, a first-ever double-win in individual events at nationals for Kathy
 - Male: Greg Scott put his months of endurance training into action showing that he could stay strong even toward the end of the meet by winning the 100 Free and 200 IM. This was the first time Greg had won individual events at Nationals, beating the guys who beat him in the previous events, and also in years past.

- Distance Domination: The women showed that their strengths are in distance events: Karen Zentgraf, Margie Yoder, Kirsten Derr, Heather Hagadorn and Tracey Loper were all high point-scorers in the 400, 800 and 1500 meter events. Sprinter Schuyler Smith also proved that men can do it too, by placing an impressive 3rd in the 400.
- Sprinters: CMS swimmers often posted the top 5 of the fastest 50 meter sprint times for the entire meet, placing high or winning several events: Tyler, Schuyler, Matt, and Andy Gill.
- Lots of sprinters translates to Killer Relays – all of the CMS relays did very well and scored points. The following three were victories with huge leads:
 - Men 160+ freestyle relay took a commanding lead from the beginning and won by 3 seconds (Matt, Tom Rosinski, Schuyler, Greg)
 - Men 160+ medley relay also took a commanding lead from the beginning and won by 4 seconds (Andy, Greg, Matt, Schuyler)
 - Mixed 200+ free relay smashed the nearest competition by almost 6 seconds! This relay was comprised of Rich, Kathy, Heather and Greg.
- Teamwork: Additional point-getters and important relay participants included Judy Laney, Skip Wollrab, Nate Keever, Hank Zentgraf, and Wayne Clergen.

The pool portion of the meet was over in four days, and a bonus day five included a fun 1500 meter open water swim in one of the protected ocean bays of San Juan. Of the 600+ people at the meet, an impressively large number (25%) signed up to participate in the open water swim. This event, which was two 750 meter loops of a well-marked calm-water triangular course, included the following CMS swimmers:

- Greg Scott - who added yet another age group win to his list
- Rich Abrahams - showed he really was having fun by pausing to wave to the crowd on his second loop – and then he proved that he can also do long distance stuff too, winning his age group
- Heather Hagadorn – she swam the meet with a bad shoulder injury, still scored points in all of her events, and came in 2nd in the open water swim. The jury is still out as to whether or not that was a good idea.
- Judy Laney – Came off an age group and series win at the Boulder 70.3 (1/2 Iron distance) triathlon the weekend prior and placed 2nd in her age group
- Kathy Garnier – another super-sprinter dudette, who endured the distance and placed high in her age group



The setting for the 1500 open water swim was casual and relaxed



We were protected from the massive amounts of down-pouring rain by a permanent cover:

- Tom Rosinski – yet another sprinter, completing it with a smile and a great finish
- Karen Zentgraf – 69 years young, who impressed us all and even beat at least 10 women much younger than herself

Coaching and Swimming at the World Masters Championships

Mark Johnston

Americans won 34 Gold, 31 Silver, 26 Bronze, and 287 total medals their respective USMS teams at the World Masters Championships in Goteborg, Sweden at the beginning of the month. In addition to the medal count, Americans set 8 World Records and 16 Championship records.

Not only did I have the chance to participate in the meet as a swimmer, but I was honored as one of four USMS Coach Representatives for the Championships. Usually, I find it difficult to both coach and swim in the same meet: I end up doing both poorly. This was different, however, as I swam pretty well, and I had the chance to interact with swimmers from all over the United States and the World. It was a great overall experience.

The FINA World Championships is a VERY large meet: 5,000+ pool swimmers as well as participants in Synchronized Swimming, Water Polo, Diving, and Open Water. There were just over 200 USMS swimmers and about ten from Colorado. The meet started on July 31st with the 800 Free (the only event of the day) and concluded with a 3K Open Water competition on August 7th. In Tuesday's 50M free, there were 135 men's heats in a 10-lane pool: That's 1300+ swimmers in ONE event.

Due to the size of the meet, the men's and women's events were held in separate venues, Valhallabadet and Lundbybadet, a 20-minute tram ride apart. This was probably the only bad thing about the meet as it separated teams and the overall camaraderie. But, it was not as bad as I had originally thought. The warm-up pools would have never been able to handle the crush otherwise. And, the tram ride was free and very easy.

We had to deal with pouring rain over the first few days, but the weather settled down toward the middle of the week. Goteborg is beautiful when the weather cooperates.



Caption

The tech suit issue had its impact on the meet as there were fewer records than I have seen at past meets. It also seemed like times were typically slower than seed times. Personally, my times were about 1-to-1.5 seconds slower per 50M versus my tapered, "tech suit" swims. But everyone's swims were slower, so it didn't really make that much relative difference. I ended up in the Top 10 in three of my five events.

The coaching angle for me at the meet was very fun. We set up Facebook and e-mail groups to communicate event details and social events. We had nearly one hundred people join and participate in our Facebook group. It was great to see all the pictures that people posted, and I am sure that I have made several life-long friends.

I didn't have to "coach" much, but I took a bunch

of splits, worked on race strategy, gave some technical tips, and bailed a swimmer out who had forgotten his swim suit. I was also involved in a couple of disqualification protests.

USMS solicited for coaches in May, and I submitted my application. I am pretty sure that they selected me due to the fact that I am fluent in Swedish. I lived in Sweden in high school and college, and I have stayed in touch with several friends from those days. I hooked up with a few of them during the trip.

I would high recommend everyone attend Worlds as a swimmer and if you get the chance to coach, TAKE IT! The 2012 FINA Worlds returns to Riccione, Italy (last in 2004).

Colorado's Ultra Distance Swimmers

Do you consider a mile long? Not these COMSA swimmers!

Heather Hagadorn

What do you think of when you think of a long distance swim? The 1500–1650? There are those of us that consider the 500 as to long to even fathom racing, but there are also those of us that consider it just too darn short.

Enter Sarah Thomas and Craig Lenning. These folks fit the category of “ultra-distance” swimmers; they just love to go and go. They love swimming by themselves for hours on end, and they don't even mind the mind-numbing qualities of such a swim.

Sarah has won the [Horsetooth 10k Open Water Swim](#) for the last two years running. Last year, she broke the course record with a time of 2:20.06 (see www.horsetoothswim.com for more results). In 2008, she was the overall race winner, beating the closest male by nearly 3 minutes!

She also recently placed as the 2nd female overall in the 6k National Championships in Windsor, CO.

Last year, Craig completed the Catalina Channel Swim (21 miles) in just over 9 hours. He also completed the [13th Annual Whiskey Joe's Tampa Bay Marathon Swim](#) earlier this year, placing first in the 24 Mile event with a time of 10 hours, 17 minutes. He also swam Manhattan in June.

Both Craig and Sarah swam the Catalina Channel in August, Sarah with an amazingly fast time of 9 hours, 6 minutes! Also swimming the Catalina Channel this year were Jeff Magourik, Katie Raymond, and Cliff Crozier. The following is by Kathleen Roman, a friend and paddler during the event:

On the night of August 5th, 2010 I was on the other side of things. I was a “participant”. What I was a part of that night is really hard to put into words. I watched 3 amazing athletes work



together as one to swim from Catalina Island to Long Beach, CA. They endured cold waters, minimal nutrition, schools of jelly fish, tons of squid, huge swells, a couple of sharks and one lone sea turtle. I have hard time thinking about running 21 miles, but these three individuals swam it. The amount of training and will power to accomplish this is enormous, not to mention they are ONLY the second trio to have successfully swam across the channel. My hat goes off to Jeff Magourik, Katie Raymond and Cliff Crozier...you are an inspiration and class A athletes. You should all be very proud of what you did that night as I am proud of you too!!!

Then there is THE Channel, the English Channel. Craig swam the channel in August, completing his fourth marathon in 12 months. Also successfully crossing the channel were Nick Levine (GAC

Tigershark Coach), and Joe Bakel (the guy who organizes the Horsetooth swims), as well as a relay team from BAM, and another relay team made up of Shelle Marsh, Marcia Anziano, Jeff Gloss, Chris Nolte, and Susan Nolte.

Congratulations to all of Colorado's Ultra-Distance swimmers! For more information on the “Catalina Channel” Swims, please visit www.swimcatalina.org. For more information on the Tampa Bay Marathon Swim, visit <http://distancematters.com>.

An Interview with Sarah Thomas

Sarah Thomas is one of Colorado's most successful Ultra Distance swimmers. She just completed the Catalina Island swim with an amazing time of 9 hours and 6 minutes, and she has also won the [Horsetooth 10k Open Water Swim](#) for the last two years running. Last year, she broke the course record with a time of 2:20.06 (see www.horsetoothswim.com for more results). In 2008, she was the overall race winner, beating the closest male by nearly 3 minutes! She also recently placed as the 2nd female overall in the 6k National Championships in Windsor, CO. The following is from an interview with her that was recently posted on the United States Masters website.



Is swimming the 5 and 10K champs a yearly occurrence or were you specifically targeting your Catalina swim this year? Last year was the first year that I'd heard about the 10k postal. Unfortunately, I was out of town when they held the event in Colorado, so I just skipped it. I later learned that there are 5 Postals each year and told myself I'd make it a personal goal to do all five events this year. I probably wouldn't have done them back to back like that if I wasn't using it as a training swim for Catalina.

Do you swim mostly in open water events, pool events, or a mix of both? I compete in primarily open water events. I've done two swim meets in my past 5 years of Masters swimming, and really prefer to stay away from the lane lines. Open water is more interesting and fun for me, and I don't have "best times" from when I was in high school and college to compare myself against. Catalina was my first ultra distance swim and I'm looking forward to doing more in the future.

How did you feel after the doing the two back to back? I actually felt really great. I'd done a 20,000 meter pool swim on my own about three

weeks prior to doing the 15k and that was pretty painful. For the postal, I was in an outdoor pool and there was a pool full of people doing the 10k and 5k with me. It was a lot of fun. I was actually able to descend every 5k that I did and finished off my last 1,000 holding 1:20s. I think the adrenaline got to me.

Would you do it again? If I thought I had the fitness base to complete it without hurting myself, I would. I'm not sure I'll be in town for one of the dates we have set for the 3,000/6,000 postal this fall, so I'm thinking I might be doing those back to back as well, not because I'm crazy but because I want to make sure I meet my goal of finishing all five this year. I know if I try to do it on my own with a friend timing me it won't be as much fun and I'll probably find a reason to skip it. As far as doing the 10k and 5k postal each year, I'm sure I'll at least do the 10k every year. I love the 10k distance and it's fun to do it in a pool to get a measure of where I'm at in my training.



Have you visited
www.Comsa.org?

The latest news, sanctioned event information, registration forms, meet results, state records, the US Masters Swimming national swim times database, local workout group listings including their contact person, COMSA administrative information, newsletter archive, links to other swim websites and USMS.org—it's all right there! To sign up for updates and alerts via e-mail follow the instructions on the bottom of the page. Webmaster Kim Crouch welcomes your feedback and contributions. Contact her at: webmaster@comsa.org.

USMS LONG DISTANCE POSTAL SERIES CHALLENGE, 2011

Believe it or not, it's time to plan your 2011 training and competition calendar! **The USMS Long Distance Postal Series Challenge** is the perfect opportunity for you to build your base and your endurance, while participating in several National Championships! Think of it...you don't even have to leave your home State in order to participate in five separate National Championships and get a great work out in the process!

Need a Postal Series Refresher Course? No problem! USMS holds five long distance Postal Championships each year: The **One Hour, 5K, 10K, 3000 yd. and 6000 yd.** events. Each event is hosted by a different Masters Team in the US and once you complete your Postals, you are ranked Nationally! In addition, Colorado Masters competes as a team. So, when you enter your team as **Colorado Masters (CMS)**, you help Colorado Masters Swimmers as a team. Historically, CMS has placed quite well Nationally in the Postals! You may choose which

Championship you wish to swim in or if you complete all five championships in the same year, you will be sent a participation patch to honor your achievement! The USMS Postal Series Challenge started in 2003 and participation in all the Postals has grown tremendously throughout the country.

We'd like to see Colorado's participation in the Long Distance Postal Series Challenge grow even more in 2011. **All you have to do is commit!** Commit to yourself that you will participate. Commit that you will challenge yourself by swimming as far as you can in an hour or challenge yourself by completing a 5K, 10K or a 3,000 yd. or 6,000 yd. swim. You never know how great it feels to accomplish one of the National Postals unless you try! In addition, Coaches need to commit to their swimmers by challenging them to participate in the Postals! COMSA has done their part by sponsoring these events five times a year for the past 8 years, so now it's your turn. All par-

ticipants will receive a really cool "Colorado Goes Postal" Swim Cap for free upon completion of the swim!

The first National Championship Postal of 2011 is the One Hour Postal during the month of January. **COMSA will sponsor the One Hour Postal in January.** Please refer to the article in this Newsletter for further information.

I'd like to personally thank all swimmers and volunteers who have woken up in the wee hours of the morning in order to participate or help out with the National Postal Championships. Your efforts are greatly appreciated by COMSA and by United States Masters Swimming!

Nicole Vanderpoel, Long Distance Pool Chair

2011 USMS ONE HOUR POSTAL NATIONAL CHAMPIONSHIPS

North Ridge Rec Center, Highlands Ranch
Sunday, January 9, 2011

Go Postal in January! We are thrilled to announce the 2011 USMS One Hour Postal National Championships will be held at the **North Ridge Rec Center** in Highlands Ranch on **Sunday, January 9th at 7 a.m. sharp.** This is the first Postal in the USMS Long Distance Postal Series Challenge for 2011 so don't miss out! The 2011 One Hour Postal Swim is hosted by the Tualatin Hills Masters Team in Oregon.

Objective: To swim as far as possible in one hour in any pool 25 yards or longer. Event results are sent in electronically or by mail so you can compare yourself to other swimmers doing the same event! Whether you swim the One Hour Postal for competition or for fitness, all who wish to participate are welcome! The recorded distance (total yards swum) that you submit determines the order of finish.

Eligibility: This is a USMS Nationally sanctioned event and all participants must be registered for 2011 with USMS.

It's time to challenge yourselves and your training buddies to participate in the One Hour Postal! All you need to do is e-mail Nicole Vanderpoel at nicolevanderpoel@msn.com to reserve your lane. There will be as many heats as needed so that you can complete your one hour swim. You will probably be sharing your lane with one other swimmer but you will be swimming sides as circle swimming is prohibited in the rules!

Please bring yourself, a counter/verifier, stop watch if you have one and a positive attitude! We will start at 7 am so please arrive in plenty of time to get ready and be in the water by 7 a.m. Split sheets, clip boards, entry forms and pencils will be provided. You will receive the exclusive "COLORADO

GOES POSTAL" swim cap upon completion.

The One Hour Postal is a great way to build your base, meet some other crazy distance swimmers and participate in a National Championship! I hope to see all of our past Postal Participants and many new Postal Participants. Remember, we also compete as a team under Colorado Masters Swimming so please indicate CMS on your entry form.

GO POSTAL COLORADO and participate in the One Hour Postal National Championship!

Nicole Vanderpoel, Long Distance Pool Chair

2010 FAST Pumpkin Plunge SCM Invitational

Sunday, October 10th, 2010

Meet Information

Sanctioned by COMSA for USMS, Inc. - 32-10-11-S

FACILITY EPIC (Edora Pool and Ice Center) 1801 Riverside Ave, Fort Collins, CO (970) 221-6683
located off Prospect Ave. between I-25 and Lemay Ave.

A 10-Lane, 25-Meter competition pool with separate continuous warm-up and cool down.
Colorado Timing Systems touchpads and 10-lane scoreboard will also be used.

TIMES Sunday, October 10th, 2010 7:30AM Warm-Up - 8:30 A.M. Start

AGE GROUPS 18-24, 25-29, 30-34, 35-39, 40-44... 100+ No awards at this meet.

ELIGIBILITY Open to current USMS registered members with a USMS 2010 Registration Card.

ENTRIES Paper entry forms accompanied by entry fees and a copy of your USMS card are DUE
(not just postmarked) in the hands of the Entry Coordinator by Sunday, October 3rd, 2010.

Send paper entries to:

Renee Haynes/FAST Masters Meet

1620 Fantail Court

Fort Collins, CO 80528

E-mail renee.haynes@comcast.net

Entry Fees: Flat Fee of \$20.00 for up to 5 events (not including the relay)

Make Checks payable to FAST

Deck entries will be accepted: 1) the fee is \$30 for up to 5 events, 2) must be
accompanied by a copy of your USMS card, 3) no later than 8:00AM, 4) new heats will not be created.

RULES Rules to be enforced per the 2010 USMS Rule Book

QUESTIONS Walter Dauksher, dauksher@comcast.net

EVENTS and EVENT NUMBERS

Women Men Event

1 2 400 Free (10-15 Min. break after last heat of event 2)

3 4 50 Butterfly

5 6 100 Backstroke

7 8 200 Breaststroke

9 10 50 Freestyle

11 12 100 Butterfly

13 14 200 Backstroke

15 16 200 Ind. Medley

17 18 50 Breaststroke

19 20 100 Freestyle

21 22 200 Butterfly

23 24 50 Backstroke

25 26 100 Breaststroke

27 28 200 Freestyle

29 30 100 Ind. Medley

31 200 Mixed Freestyle relay

*Note: In the interest of time, men and women may be combined and swim in the same
heat in any event. BREAKS may also be put into the meet depending on the number of
entries.*

2010 FAST Pumpkin Plunge SCM Invitational

Sunday, October 10th, 2010

Entry Form

Sanctioned by COMSA for USMS, Inc. - 32-10-11-S

Last Name _____ First Name _____

MALE or FEMALE (Circle one) USMS Number _____

Birthday _____ Age _____

Team _____

Address _____

City _____ State _____ Zip _____

E-mail Phone _____

Event # Distance Stroke Time

_____ 50 100 200 400 Free Back Breast Fly IM _____

_____ 50 100 200 400 Free Back Breast Fly IM _____

_____ 50 100 200 400 Free Back Breast Fly IM _____

_____ 50 100 200 400 Free Back Breast Fly IM _____

_____ 50 100 200 400 Free Back Breast Fly IM _____

Example...

___2___ 50 100 200 400 Free Back Breast Fly IM ___5:00.00___

Amt. Due (Check made out to FAST) = \$20.00 **TOTAL for all entries up to 5 events**

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature: _____ Date: _____

Send form to : Renee Haynes / FAST Masters Meet, 1620 Fantail Court, Fort Collins, CO 80528

DUE IN ENTRY COORDINATOR'S HANDS BY Sunday, October 3th – NO EXCEPTIONS!!

PAYMENT AND COPY OF USMS CARD MUST ACCOMPANY ENTRIES

Unlocking the Mystery of the FLOG

What is a Flog?

by Marcia Anziano

From the USMS Website, December, 2009

You've probably been hearing the word FLOG lately. It's a funny word, FLOG. Actually, to me it sounds a bit dangerous. But have no fear, FLOG is an acronym for Fitness Log. But what exactly is a Fitness Log? Well, it's one of the benefits our members get as part of the MyUSMS section of the U.S. Masters Swimming website. That's right, it's a benefit. This became clear to me last weekend when I asked a friend if she had set up her FLOG, and she replied, "What's a FLOG?" When I told her it was a Fitness Log that you can maintain for yourself on the USMS website, she was thrilled. She had just put Fitness Log on her Christmas wish list.

This was perfect. I needed to write a tutorial for the Fitness Education Committee to share with participants in the Go the Distance fitness event. So here was my opportunity. My friend and I sat down at the computer and I walked her through the process. We set up a logon for MyUSMS, initialized the MyUSMS area, set up the Fitness Log and organized the preferences. And that was it. She was ready to go.

You can use the FLOG to keep track of all sorts of activities, not just swimming. You can track walking, weights, running, Pilates, cycling, spinning, yoga, and there's also an "other" section for anything else you might want to add. You can even have multiple workouts for each day. It's all tracked automatically.

FLOGs are also a benefit to the Fitness Education Committee since they are the source of input to the popular Go the Distance program. In the past, volunteers had to read through hundreds of emails each month and enter the information into a database for tracking the distance of each participant. Now the participants can track their own workouts using the FLOGs. If they choose to participate in Go the Distance, the data is picked up on a monthly basis.

I have to admit, at first I was only entering my monthly totals for Go the Distance into the FLOG because I had my own traditional way of keeping track of workouts. But as I spent more and more time on the FLOG, I decided to use it on a daily basis. Now I'm hooked. I love seeing the icons and the distance and time I've spent, and see the running totals at the bottom. I even know how many hours I spend walking my dog each month. Now that's a benefit!

So check out the Fitness Logs. I think you'll find them helpful and fun to use. Visit <http://www.usms.org/fitness/content/fitnessevents> and look for the non-competitive fitness events!

Join Go the Distance (GTD) and earn cool stuff just by logging your swimming workouts!



Trim around outside heavy line, fill out & fold in the middle

COLORADO LOCAL MASTERS SWIMMING COMMITTEE — CONSOLIDATED ENTRY CARD

Swimmer's Name _____ Age: _____ Male: _____ Female _____

USMS # _____ Birthdate ____/____/____ Phone (____) _____

Event #	FREE (Submitted Time)	Event #	BACK (Submitted Time)	Event #	BREAST (Submitted Time)	Event #	FLY (Submitted Time)	Event #	I.M. (Submitted Time)
	50 : .		50 : .		50 : .		50 : .		100 : .
	100 : .		100 : .		100 : .		100 : .		200 : .
	200 : .		200 : .		200 : .		200 : .		400 : .
	400/500 : .	MEET NAME & DATE: _____ CLUB IF NOT COLORADO: _____ TEAM NAME: _____ SIGNATURE REQUIRED ON BACK				MEET FEES # of Events X \$ _____ = \$ _____ Surcharge = \$ _____ TOTAL = \$ _____			
	800/1000 : .								
	1500/1650 : .								
T-shirt Size (if applicable): S M L XL XXL									

fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here

PLEASE READ CAREFULLY: Late or incomplete entries (no fee, incomplete entry card, incomplete entry data, no copy of USMS Registration Card), or entries postmarked after the due date MAY BE REJECTED.

ALL Masters swimmers will be required to send a photocopy of their USMS Registration Card along with their entry card. ALL Masters swimmers may be asked to show their USMS card, if requested, at the meet. THERE WILL BE NO EXCEPTIONS.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Please Sign AND Date: _____

Street Address: _____

City, State, Zip: _____

Make checks payable to and mail to the address specified on the Meet Information Sheet.

Colorado Masters Swimming Association:

Friends, Fitness, Competition!

COMSA
P.O. Box 102167
Denver, CO 80250-2167

Visit us on the web!
www.comsa.org

Upcoming Events

September 8th-October 13th

Mastering Masters
Greenwood Athletic Club

September 18th & October 16th

USMS 3,000 & 6,000 Yard National Postal Championships
9 a.m. @ George Washington High School

October 10, 2010

2010 FAST Pumpkin Plunge SCM Invitational
Epic Pool, Ft. Collins, CO

October 30, 2010

4th Annual "Nash Splash" – SCM
VMAC, Thornton, CO

October 2, 2010

Chatfield Gravel Pond Closes for the Summer