

July/August

2014

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



2014 Nadadores 2.4 Mile Rough Water Swim Recap

by
Terry Loftus

The 2014 2.4 mile rough water swim race on May 17 was a very fun, well organized race at one of Southern California's finest beaches, Salt Creek in Dana Point. 100 competitors (79 non-wetsuit and 21 wetsuit) braved 62-63 degree water temps, with almost perfect water conditions. After our pre-race safety meeting, the race with 2 different competitor waves, that were five minutes apart, started shortly after 8:00 a.m. With only one wave to dive under after the run-in beach start, the race was on! The simple 3 loop course, swum clockwise and triangular in shape, was set up so every lap was a little different. With the run-in start and early exit buoy at the finish, each loop was actually a little shorter.

The OC lifeguards were excellent with guards stationed throughout the course, keeping a close eye on swimmers in and out of the surf. Also coming into the chute before the start, you were asked to give your number, and at the finish line on the beach, you were asked to give your number again. Another unique touch was the timing chips, which you attached to the inside of your swim cap with a peeled-off sticky side. The sun, appearing on lap 3 of the course, was also a nice gesture by race officials.

The award's ceremony was a lot of fun, and what we thought was a classy gesture, the last place person in each division also received an award announced as the "hardest worker." Mark Moore and his associates are to be commended for such a great atmosphere and an event that all enjoyed. My question is why we don't have more events at Salt Creek during the summer months - 5k or 10k swim anyone?



IN THIS ISSUE:

Open Water events

Meet Forms

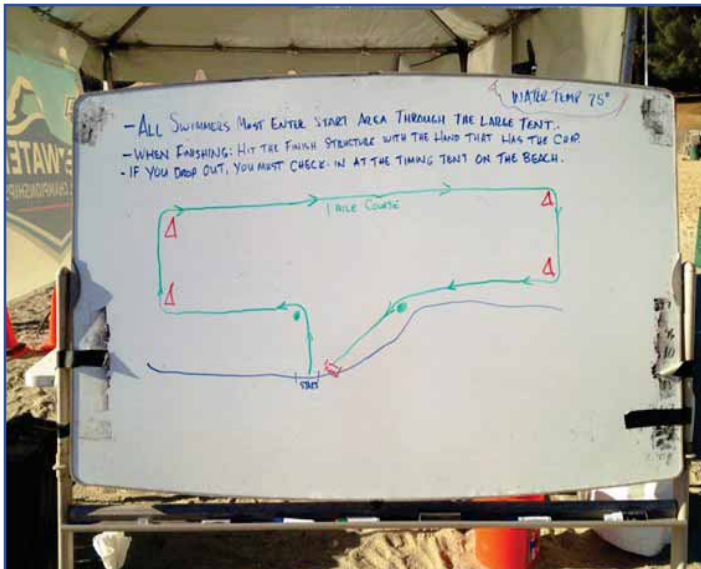
Hydration by Dr. Durieux

Calendar of Events

Your Choice: Lake or Ocean Open Water Swim?

by
Sherry Brooks

Anticipating traffic congestion through L.A., I left the O.C. at 4:30 a.m. to ensure myself a good and early warm-up for the Inaugural SoCal Cup Open Water swim at Lake Castaic which is just north of Santa Clarita. It was Flag Day. With only one freeway detour en route, I arrived at sunrise just in time to see bright rays rising over the Sierra Pelona Mountains amidst a blanket of steam rising off the lake - a good sign, warm and fresh water. Perfect conditions for a pleasant Saturday swim. SPMS open water swims are typically ocean swims, so this was a nice change. Knowing that the conditions would remain fairly consistent throughout the swim made for a relaxing morning. When I finally put my toes in the water while watching the day break, it felt eerily familiar. Like last year's open water swim at Lake Mead, I was excited to swim!



Our event hosts, at the SoCal Cup at Castaic, put on two masters swims this year, a one-mile sprint, and a two-mile swim. The option was available to participate in both swims. About 60 swimmers participated overall in the masters divisions. Water temp was a warm 75 degrees!

The races were extremely organized along with very affable volunteers and lifeguards both on land and throughout the course. The one-mile swim took place on time at 8:30 a.m. with a well-marked course, flat water conditions, and no wind.

By the time the 10:00 a.m. two-mile race rolled around, the wind had picked up a bit, so there was some light chop at the end of the race. I was very impressed by the volunteer paddlers and race officials on the water for both races as they rotated observing swimmers during each event. Our USMS swims were sandwiched on Saturday in the middle of the 2014 USA Swimming Open Water 5K and 10K National Championship races. We started on land and ended the races in the water with a touch-pad finish. Cont. on next page.



Your Choice: Lake or Ocean Open Water Swim?

Just south of us, in Seal Beach, over 60 Masters swimmers participated in the 45th Annual Seal Beach one and three-mile rough water swims. Conditions were good, with relatively warm water. Nova Masters had good representation with swimmers Steve West, Bill Willits, Mitch Atkinson, Bernie Zeruhn, and Rex Lyon. It was a great weekend for open water swimming. We started out the season in May with the 3rd Annual Nadadores 2.4 Mile Rough Water Swim at Salt Creek Beach in Dana Point. Over 100 Masters swimmers participated. On Saturday, July 12th, we expect a big turnout for the 40th Annual Balboa Pier-to-Pier 2-mile swim. On July 13th the Semana Nautica 6-mile swim will take place at Goleta Beach in Santa Barbara. In August we will have the Don Burns Corona del Mar one-mile open water swim which is a great treat for novice or new open water swimmers. The water is typically very warm and flat. Please check the SPMS [calendar](#) for registration and updates for a full schedule of upcoming events.



Join your Teammates and be a Part of the SPMS Open Water Series

All SPMS sanctioned races are part of the SPMS Open Water Series. To be eligible to score points for the series, a swimmer must be registered with SPMS prior to the start of the swim to score any points for that swim. To qualify for an award, a swimmer must swim at least three sanctioned races. The top five races of each swimmer will be tallied. The top three point winners in each age group (if they have participated in no less than three swims) will receive an award.

A high point award will be given to the top male swimmer and the top female swimmer overall. The top five races of each swimmer will be tallied to reach high point. In case of a tie, additional races will be added until the tie is broken. If both swimmers have won every race in their respective age groups (they have swum every race offered), a tie will be declared.

The 2014 SPMS sanctioned races are listed below. Only SPMS sanctioned races count toward points.

- Salt Creek Rough Water Swim, 2.4 mile**
- Seal Beach Rough Water Swims, 1 mile and 3 mile**
- Inaugural SoCal Cup - Castaic Lake (lower lake) Open Water Swims**
- Balboa to Newport Pier-to-Pier, 2 mile**
- Semana Nautica Open Water Swim, 6 mile**
- Don Burns Open Water Swim, 1 mile**

For more detailed information regarding the SPMS Open Water Series, go to our website at: <http://www.spmastersswim.org/w/SPMS/open-water-series> and/or contact me, the Open Water Chair, Sherry Brooks, at Open-Water@SPMasterSwim.org.

See you in the water!

Sherry Brooks
SPMS Open Water Chair

Newport Pier-2-Pier 2-Mile Ocean Swim

Saturday, July 12, 2014

10:00 a.m. at the Balboa Pier, Newport Beach

Application: Download forms at www.newportoceanswims.com

Check-In: 9:00 a.m. at Lifeguard Tower "M", next to the Balboa Pier.

Call (949)640-5350 or e-mail: nadineturner3@cox.net for details.

Course: Starting on the sand next to the Balboa Pier, swim to a buoy offshore and round right shoulder up coast to a buoy next to the Newport Pier. Round the buoy right shoulder at the Newport Pier and swim to the finish onshore. This swim is approximately 2 miles, i.e., **3,500 yards with no walls to hold or bottom to stand on!**

Entry Fee:

Entry with T-shirt (Checks made to NBOLA)	\$40.00	\$65 Combined entry for both swims
Additional Souvenir T-shirt	\$10.00	1 st , 2 nd , and 3 rd Place Awards presented
Parking at the Balboa Pier or the Newport Pier	\$ 1.50/hour	

Paddlers: It is ALWAYS recommended that swimmers wear a bright cap and be accompanied by a safety paddler!

Directions: Take the 55 Freeway south to Costa Mesa where it turns into Newport Blvd. Follow Newport Blvd to Newport Beach, through all of the numbered streets. Turn right at the Palm St light. Park in the municipal parking lot and meet at Lifeguard Tower M, just to the right of the Balboa Pier.

Corona Del Mar-Don Burns 1-Mile Ocean Swim

Saturday August 23, 2014

10:00 a.m. at Big Corona Beach in Corona del Mar

Check-In: 9:00 a.m. at Lifeguard Tower #3 – closest lifeguard tower to the jetty.

*(**The CDM Swim will be canceled, with full refund, if Lifeguard Operations is privatized**)*

Call (949)640-5350 or e-mail nadineturner3@cox.net for details.

Course: Starting from the sand next to the Corona del Mar jetty. Swim to buoy 300 yards offshore and then down coast, past spectacular cliff side homes and beautiful rocky coastline, to the secluded cove of Little Corona. Round buoys on your left shoulder, return up coast along the swim lines to the first buoy, and swim to a finish onshore where you began, at Lifeguard Tower #3. **(1,760 yards with no walls or bottom to stand on!**)**

Entry Fee:

Entry with T-shirt (Checks made to NBOLA)	\$40.00	\$65 Combined entry for both swims
Additional Souvenir T-shirt	\$10.00	1 st , 2 nd , and 3 rd Place Awards presented
Parking charge at Big Corona beach lot	\$15.00	Parking on top of the hill – FREE!

Paddlers: It is always recommended that swimmers wear a bright cap and be accompanied by a safety paddler!

Directions: Take the San Joaquin (73) Tollway or 405 Freeway to MacArthur Blvd towards the ocean. Turn left (south) onto Pacific Coast Highway and follow the alphabetically ordered streets to Marguerite Ave. (Coffee shops are on your right at Goldenrod.) Turn right onto Marguerite and right onto Ocean Blvd. Take the large driveway on the left down to the city parking lot (\$15.00) on the beach.

2014 Newport Pier-2-Pier and CDM-Don Burns 1-Mile Swim

Send Entry: *N.B.O.L.A. c/o Nadine Turner, 1 Giverny, Newport Coast, CA 92657-1007*

I am registering for: **Both Ocean Swims** _____ **Newport Pier Swim** _____ **Don Burns Swim** _____
(\$65 Combined for both swims) OR (\$40 Individual Entry for each swim)

_____ Male or _____ Female Name _____

_____ Seniors 19 - 24 years _____ Masters 40 – 44 years _____ Veteran 60 – 64 years

_____ Seniors 25 – 29 years _____ Masters 45 – 49 years _____ Veteran 65 – 69 years

_____ Masters 30 – 34 years _____ Masters 50 – 54 years _____ Super Veteran 70 – 74 years

_____ Masters 35 – 39 years _____ Masters 55 – 59 years _____ Super Veteran 75 years plus

_____ All Men's Wetsuit Division _____ All Women's Wetsuit Division _____ All Newport Lifeguard Division

Email address (print clearly) _____

Cell Phone # (____) _____ Age _____ Birth date _____

Circle T-Shirt Size: S M L XL XXL USMS Registration # _____ Team Affiliation _____

Wetsuits/Neoprene Caps must enter in a Wetsuit Division

It is recommended that swimmers wear bright caps and be accompanied by a safety paddler.

2014 U.S. MASTERS SWIM REGISTRATION MANDATORY TO PARTICIPATE

Rules: U.S. MASTERS SWIMMING RULES GOVERN THIS EVENT

Sanctioned: By Southern Pacific Masters for USMS, Inc. Sanction #330-W005 P2P & Sanction #330-W006 DBurns

LIABILITY WAIVER FOR THE 2014 NEWPORT PIER-2-PIER & DON BURNS 1-MILE SWIM

"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 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 CITY OF NEWPORT BEACH AND THE NEWPORT BEACH OCEAN LIFESAVING ASSOCIATION, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks. (rule book article 203.1)

Signed (Applicant) _____ Date _____

Santa Barbara Semana Nautica Sports Festival



6 mile ocean swim

Sunday, July 13, 2014

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #334-W006

- COURSE:** Goleta Beach to Arroyo Burro Beach **FOR EXPERIENCED SWIMMERS ONLY**
Start on the west side of Goleta pier. Swim to the end of the pier, turn east, and swim down coast ~6 miles to a buoy off of Arroyo Burro beach. Round buoy and swim to shore.
- TIME:** Race starts at 9:00am. Check in starts at 7:30am. Mandatory safety meeting at 8:40am.
- RULES:** USMS Open Water Swimming Rules govern.
All swimmers must have 2014 USMS number.
****Participants must provide a paddler and board/kayak to accompany them in the ocean swim****
NO EXCEPTIONS
- ENTRY FEE:** \$75.00 **NO BEACH ENTRIES.** All entries must be postmarked by Wednesday, July 3, 2014
Food and beverages provided at the finish.
Custom shirts and towels available for purchase.
- AWARDS:** Places 1st- 5th, men & women
Hand crafted, custom awards
Awards ceremony immediately after the last swimmer finishes.
- OTHER:** Water temperature varies from 58° to 65° in June and July.
There is no charge for parking at either Goleta County Beach Park or Arroyo Burro Beach.
Course and distance to be altered subject to conditions at time of race.

******"As in the tradition of open water swimming, the use of wet-suits or other non-porous attire, kickboards, gold chains, booties, paddles, swim buoys, body suits, triathlon suits, fins, gloves, or other wimpy contraband will not be allowed. No exceptions!!"****** --quoted from an old school swimmer in the 80's

QUESTIONS: Race Director: Jane Cairns (805) 886-8123
email: janeswims@gmail.com

COURSE MAP



**Santa Barbara Masters
Reg Richardson Memorial LCM Swim Meet
Saturday July 12, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 334-S038**

Facility: Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara, CA 93109. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: From the 101 Freeway going North, exit at Cabrillo Blvd. (Off ramp on the left) Turn toward the ocean and drive west along the beach. Cabrillo Blvd becomes Shoreline Dr. at Castillo St. The pool is on the left. Just past the pool is the entrance to the Harbor parking lot.

From the 101 Freeway going South, exit at Castillo St. Turn right onto Castillo St. Castillo St ends at Shoreline Dr. and the pool is straight ahead. Turn right on Shoreline and Harbor parking will be on your left. (There is a parking fee at the lot)

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2014 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

Entries: Pre-entry postmarked deadline is Wednesday July 2. On deck registration is permitted. Online registration will be available. Deck entries will close at 8:45 a.m. for all events.

Entry Fees: There is a \$25.00 flat fee per swimmer. For relay-only swimmers the fee is \$5.00 Deck entries or online entries after July 2, 2014 are allowed for \$35.00 flat fee.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded

Relays: The 400 m Freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMS relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, a signed release must be submitted with the relay entry.

Awards: Individual: SPMS ribbons for places 1-3, Relay: SPMS ribbons for first place.

Checks payable to: Santa Barbara Swim Club
Mail consolidated entry card, a copy of your 2014 USMS card, and check to Santa Barbara Swim Club, c/o Bev Pierson, 935 Calle Collado, Thousand Oaks, Ca 91360

Questions: Santa Barbara Swim Club Office (806) 966-9757,
swimoffice@sbswim.net

**Saturday, July 12, 2014
Warm-Up at 8:30 a.m.
Meet starts at 9:30 a.m.**

1. 100 m Freestyle
2. 100 m Breaststroke
3. 200 m Individual Medley
4. 50 m Freestyle
5. 200 m Butterfly
6. 50 m Breaststroke
7. 100 m Backstroke
8. 200 m Freestyle
9. 100 m Butterfly
10. 50 m Backstroke
11. 200 m Breaststroke
12. 50 m Butterfly
13. 200 m Backstroke
14. 400 m Relay (Medley or Freestyle; men, women, mixed)

**Gold Wave Masters
"Say Goodbye to Summer" SCY Swim Meet
Sunday, September 21, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 334-S037**

Facility: Garces Memorial High School pool, 2800 Loma Linda Drive, Bakersfield, CA 93305

Directions: *From the north or south,* take I-99 to Hwy 178 East. Travel through downtown, exit at Union Ave. Turn north. Proceed approximately two miles north. Turn right on Columbus St., left on Loma Linda, left on Monte Vista. Turn left into the Garces High School parking lot. The pool is straight ahead.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the meet referee. All events are timed finals. Age on September 21st determines age group for competition. You must be at least 18 years of age to compete.

Entries: The pre-entry postmark deadline is Saturday, September 13, 2014. Deck entries will close at 8:30 am for 500 yd. Freestyle and 400 yd. IM; at 10:00 am for all other events.

Entry fees: There is a \$25.00 flat fee per swimmer. For swimmers in relays only, the fee is \$5.00. Deck entries or online entries after September 13th are allowed for \$30.00 flat fee.

Seeding: All events will be deck seeded slowest to fastest, by entered time, with ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers *must* check in to swim the 500 yd. Freestyle and 400 yd. IM.

Relays: All relays will be deck entered. Relay fees are \$5.00 per relay, due upon entry. All relays must be submitted on SPMA relay forms, which will be available at the meet. For each relay swimmer not entered in individual events, a signed release must be submitted with the relay entry. Relays of unattached or mixed-team swimmers will be deck-seeded for those who desire to compete for the unofficial fun of it!

Awards: Individual: SPMS ribbons for places 1-3. Relay: SPMS ribbons for first place.

Checks payable to: The Gold Wave
Mail consolidated entry card, a copy of your 2014 USMS card, and check to The Gold Wave, c/o Dorothy Brelieh, 10601 Hinderhill Drive, Bakersfield, CA 93312.

Questions: Meet Director, Dorothy Brelieh, dotswims@gmail.com

Sunday, September 21, 2014

Warm-up at 8:00 a.m.

500 yd. Freestyle starts at 9:00 a.m.

1. 500 yd. Freestyle
2. 400 yd. Individual Medley

**Additional Warm-up after 500 yd. Freestyle
Event #3 starts at 10:30 a.m.**

3. 200 yd. Individual Medley
4. 200 yd. Freestyle Relay (Men, Women, Mixed)
5. 50 yd. Backstroke
6. 200 yd. Breaststroke
7. 100 yd. Butterfly
8. 200 yd. Freestyle
9. 100 yd. Backstroke
10. 50 yd. Freestyle
11. 200 yd. Butterfly
12. 100 yd. Breaststroke
13. 100 yd. Freestyle
14. 50 yd. Butterfly
15. 50 yd. Breaststroke
16. 200 yd. Backstroke
17. 100 yd. Individual Medley
18. 200 Medley Relay (Men, Women, Mixed)



2014 SW Zone and SPMS Regional Long Course Summer Championships August 22-24, 2014

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 334-S040



Facility: Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692

Directions: Take I-5 Freeway to the La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn right at the first driveway. The swim parking lot is behind the tennis courts on the right with the exit being at the upper lot. Do not park in the tennis lot on Marguerite. Street parking is available between marked and posted signs.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. All events are timed final. Swimmers are limited to a total of 7 individual events for the entire meet, not including relays but not more than 5 per day. Age on December 31st, 2014 determines the age group of the swimmer for the entire meet.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.** Warm-up in the competition pool will be available for one hour prior to the start of each session.

Entries: **Online registration is encouraged.** Online entries completed by 11:59 p.m. on Friday, August 15, 2014 are a flat \$45.00 entry fee. Online entries completed August 15 through 11:59 p.m. on Monday, August 18 are a flat \$60.00 entry fee. **Paper/mailed entries** that are postmarked on or before Monday, August 11, 2014 are a flat \$45.00 entry fee. No paper/mailed entries will be accepted if postmarked after Monday, August, 11, 2014.

Relays: A swimmer may swim only once in each relay event (400 and 800 Freestyle Relay, and 400 Medley Relay). Relay fees (\$10.00) are payable at the time relays are entered, either by cash or by check (payable to MVN). All relays must be submitted on an SPMS relay form. (Incomplete, incorrect, or illegible relay forms will be rejected.) A USMS-registered swimmer may enter the meet to swim only relays **before the start of the meet** (event 1), by paying the \$10.00 relay-only entry fee, and by signing the meet entry form. Check-in deadlines for relays will be announced at the meet.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 400, 800, and 1500 m Freestyle and also the 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1500 m Freestyle **may be limited** to the first 60 entries at the discretion of the meet director. Swimmers may enter both the 800 and 1500 m Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided. Clubs are requested to assist with timing when possible.

Check-in: Positive check-in is required for all events. Check-in closes at 8:00 a.m. on Saturday for the 400 m Freestyle, and at 8:00 a.m. on Sunday for the 800 m Freestyle. Check-in for all other events will close one hour prior to the anticipated start of the event.

Awards: Individual: SPMS Medals for places 1 to 3, and SPMS Ribbons for places 4 to 6 for each age group and gender. Relays: SPMS medals for 1st place, SPMS Ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top eight teams, based on combined scoring for men and women, individual events plus relays.

Checks payable to: Mission Viejo Nadadores

Mail consolidated entry card, a copy of your 2014 USMS card, and check to:

Mark Moore, 33055 Dolphin Ct, San Juan Capistrano, CA 92675

To register online, go to www.spmasterswim.org and click on 2014 SW Zone/SPMS Summer Championships.

Questions Meet Director, Mark Moore, (949) 489-1847, m.w.moore@cox.net

Snack Bar: A complete hot and cold snack bar will be available.

EVENT SCHEDULE (Women's / Men's)

Friday, August 22, 2014

Warm-up starts at 12:00 noon

Meet starts at 1:00 p.m.

(1 / 2) Mixed 1500 m Freestyle

(3 / 4) Mixed 400 m Individual Medley

(5) 400 m Freestyle Relay (Women, Men, Mixed)

Saturday, August 23, 2014

Warm-up starts at 7:30 a.m.

Meet starts at 9:00 a.m.

(6 / 7) Mixed 400 m Freestyle

(8 / 9) 200 m Butterfly

(10) 800 m Freestyle Relay (Women, Men, Mixed)

(11/12) 50 m Freestyle

(13/14) 200 m Breaststroke

(15) Mixed 200 m Freestyle Relay

(16/17) 100 m Backstroke

(18/19) 50 m Butterfly

(20) Mixed 200 m Medley Relay

(21/22) 100 m Breaststroke

(23/24) 200 m Freestyle

Sunday, August 24, 2014

Warm-up starts at 7:30 a.m.

Meet starts at 9:00 a.m.

(25/26) Mixed 800 m Freestyle

(27/28) 200 m Individual Medley

(29) 400 m Medley Relay (Women, Men, Mixed)

(30/31) 100 m Freestyle

(32/33) 50 m Backstroke

(34) 200 m Freestyle Relay (Women, Men)

(35/36) 100 m Butterfly

(37/38) 50 m Breaststroke

(39) 200 m Medley Relay (Women, Men)

(40/41) 200 m Backstroke

Hydrate 2 Often? Never!

At the request of some of you, we are going to address the issue of hydration. Here is a list of some of the things your body uses water for: a medium for transporting nutrients from gut to cells and vice versa, a buffering system, enzyme booster, co-factor, acid / basic contributor, a nutrient carrier, waste system, diffuser, hormone, supple skin helper, etc., etc. and etc. Did you know water was important? So important that you are made up of 70% water; I like to think that I am made up of a little more being a swimmer.

Hydration can come in many forms; from actual water, fruits and vegetables, and even some meats and nuts. In the past many have misunderstood that 8 oz. of water was healthy. It should be clearly understood that 8 oz. is a minimum for life. That in order to just function properly you should have 8 oz. of water every day. BUT to truly experience life at its fullest, your number for the amount of water you should drink is half of your own body weight. I weigh in at 173 lbs.; that means that I should be drinking about 86 oz. of water per day normally. Athletes would obviously need more water than this depending on loss during activity. Most water bottles range from 15 to 18 oz. of water (not that I advocate drinking bottled water). That means I should be consuming 5-6 of those each day! Swimmers ask me all the time, but I am in water, why do I need to hydrate? There are two factors here that many swimmers may not have thought about: 1. You sweat in water swimming just like you do running, you just don't feel it as much because you are in water; 2. Most water you swim in is nutrient deficient and that water will pull (by osmosis) water and nutrients right out of you. Ever feel really dry when getting out of the pool....yeah, you just lost a lot more water than you thought, it's not just the chlorine making you feel dry.

One of the best ways to store and maintain hydration levels is to use electrolytes. A simple electrolyte is a substance that carries a charge on it; they are like little tiny water magnets. A cheap electrolyte consumable, which I do not entirely agree with, are sports drinks. Although I have mixed feelings about sports drinks, that does not disqualify them from being electrolyte rich. Do your homework first and choose wisely because sport drinks are not created equal. Coconut milk, oranges, raw honey, fruits and veggies all are natural sources of electrolytes.

Alkaline water is a big deal these days and for good reason. What is alkaline water? Alkaline water is water that carries a pH higher than 7. Alkaline water not only acts as a great electrolyte but also can alkalize your system, act as an anti-inflammatory and anti-oxidant. This is good for deterring disease and sickness on top of having great water. You can buy alkaline water in some stores, or there are some devices you can get that sit right on your counter and create yummy alkaline water from your tap. Some alkaline devices can even decrease the water size and make the water up to 100 times more absorbable. I will not advocate any businesses but here is a look at what these devices look like http://www.enagic.com/technology_products.php#p=sd501.

The last thing I get asked a lot about is whether I should be drinking while training. Answer: YES! You are losing water and electrolytes during that training and you should get used to replacing them during activity. "But I am a distance swimmer and I don't want to get used to drinking water when I swim long distances." Right, so swim the distance or time you want to and then drink some water to replenish your system. For example, if I was swimming a half iron-man, I would swim for about 35-40 minutes, and then rehydrate. Either way, use water during training to best benefit you! Final Answer: Yes, hydrate during training!

Well, that is all the time we have for today, as always keep swimming and we'll see you on deck!

Dr. Kyle Durieux, B.Sc., D.c.

"Expect Miracles"

Cell: [\(435\) 574-9993](tel:4355749993)

Office: [\(435\) 688-0444](tel:4356880444)

Email: doctor@simplyhealthchiropractic.com

Web: simplyhealthchiropractic.com

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For archived newsletters,
Please go to:

<http://www.spmasterswim.org/w/SPMS/newsletter-archives/>



Southern Pacific Masters Swimming Schedule for 2014

<u>Date</u>	<u>Event</u>
July 4-6	SLO Firecracker LCM Swim Meet
July 6	Patrick Moore Memorial LCM Relay Meet
July 12	Balboa to Newport Pier-to-Pier Open Water Swim
July 12	Santa Barbara LCM Swim Meet
July 13	Santa Barbara Semana Nautica Open Water Swim
July 17	SPMS Committee Conference Call
Aug 21	SPMS Committee Conference Call
Aug 22-24	SPMS and Southwest Zone Summer Championships
Aug 23	Don Burns Corona del Mar Open Water Swim
Sept 21	Gold Wave "Say Goodbye to Summer" SCY Swim Meet

For a complete and updated list of events go to www.spmasterswim.org

A Picture is Worth a Thousand Words

Please send me photos for the upcoming 2015 printed calendar. I am collecting photos of all types from all swim clubs to decorate our next SPMS calendar. Action shots, group photos, photos from meets, photos from parties, any photo you are willing to share will be considered. The photos make the calendar interesting. Photos of both open water and pool events are welcomed.

Please email photos to me at marketing@SPMasterSwim.org

Thanks for your help in making this calendar project a success.

Anita Cole

SPMS Marketing

