



Hello Katie,

Good luck to all COMSA swimmers competing at USMS 2023 Summer Nationals in Sarasota, Florida and the World Aquatics Masters World Championships in Kyushu, Japan. Swimming is such a small world and I'm sure those competing will see friends and friendly competitors at the meet. Those are always highlights for me to see faces I haven't seen in a long time, those that I see frequently and those that will become new friends! Swimmers are such interesting, amazing and fun people! We are a lucky few who get to participate in such a great sport.

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events

OPEN WATER SWIM RACES

Swim Across America

- August 20, 2023
- Chatfield Reservoir
- [Link to Race Information](#)

Castle 2.5K/5K/10K

- August 26, 2023
- Wellington Lake
- [Link to Race Information](#)
- The Mountain Swim Series offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

Horsetooth Swims 1.2M/2.4M/10K

- September 10, 2023
- Horsetooth Reservoir
- [Link to Race Information](#)
- The Horsetooth Swim offers a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount.

LONG COURSE MEETS

USMS Long Course Nationals

- August 2-6, 2023
- Sarasota, Florida
- Link to [Meet Information](#)

For a listing of events around the country, you can always check out USMS's [Calendar of Events](#).

COMSA Swimmers Enjoy Pure Pactola!

COMSA CHAIR Doug Garcia

The swimmers in the COMSA community never fail to amaze me. The weekend of July 9 was an excellent case in point. For the past number of years, a number of my swimmers from Loveland Masters have been making an annual camping/boating/swimming trip to the Black Hills of South Dakota and Pactola reservoir. The trip is always quite relaxing, the



scenery gorgeous, and the water spectacular.

The Pure Pactola swim event is the final event for the weekend. This year not only did Loveland Masters have a group, but there were COMSA swimmers from FAST Masters and Evergreen Masters. I believe there were 34 swimmers from COMSA who participated in either the 1.2, 2.4 or 5K swims, a great turnout especially considering there were 120 swimmers overall.

If you're an open water swimmer, I highly suggest you consider putting this swim on your schedule for next summer. The organizers have already identified July 14, 2024 as the date for next year's event. While this is not a sanctioned US Masters event, the event is very safe, and is well organized, with improvements every year. This year the food served afterwards was a dramatic improvement from the previous years.

If you've never been to the Black Hills, I highly suggest you consider this great weekend. There are still a few more open water events left for the summer including the Castle 5k/10k and the Horsetooth Open Water swims. Jump in and enjoy the great Colorado lake swimming!

[Pure Pactola](#)

Go Looong This Summer with the USMS 2023 5K/10K Virtual Championships



Completed the USMS 2K Summer Fitness Challenge in June and are ready for more? Like to go long and can't make it out to any of the USMS open water championships or local open water events? Consider the 2023 USMS 5K/10K Virtual Championships!

The virtual championships run from May 15-September 15. Swimmers compete a 5K or 10K swim (or both) in a long course pool and submit their times to be eligible for age group awards, relay awards, or simply the satisfaction of completing this impressive endurance event. Cash prizes will be awarded to the top 3 clubs, nationwide, with the most participants. Individual registration is \$15, relay registration \$20. Learn more and register.

The 5K/10K Virtual Championships is a long course event – and while long course is the summertime norm for club swimmers and Olympians, alike, the seemingly endless length of the 50 meter lanes can be intimidating to many newer swimmers. However, a little practice, patience – and these tips from USMS – can help make the transition easier!

See you at the pool!
Barb Martin

COMSA Fitness Chair orpiment@comcast.net



SWIM ACROSS AMERICA - DENVER

MAKING WAVES TO FIGHT CANCER

Colorado Masters Swimmers & Families All of us have been affected by Cancer in our lives. Please join us as we Make Waves in the Fight against Pediatric Cancer in Colorado at our 6th **Annual Swim Across America – Denver (SAA-Denver) Open Water swim at Chatfield Reservoir on Sunday, August 20, 2023**. SAA-Denver is thrilled to have raised over \$1 Million since our Inaugural Event in 2018 to fund Critical Cancer Research at **Children’s Hospital Colorado**! This funding is critical as only 4% of Government Funding goes towards Pediatric Cancer Research!

How can YOU make an impact? Register yourself and even start your own Team to swim a ½ mile, 1 Mile or 2 Mile Swim at www.swimacrossamerica.org/denver. Your Registration Fee counts towards your fundraising goal of \$500 for 18 & older and \$250 for under 18. You will receive a wonderful SAA-Denver towel, t-shirt and other SAA Goodies at the Event! If you go above and beyond to raise over \$1,000 you receive a Special Wavemaker Gift! Once you Register, SAA-Denver makes it easy for you to fundraise via Social Media or e-mail! Most importantly, you can dedicate your swim and fundraising to a loved one who has battled Cancer!

If you would like to fundraise and participate in SAA-Denver but are unable to attend our Event on August 20th, there are several ways for you to Make Waves. You can sign up for SAA My Way and dedicate a swim or other event such as a run, bike, hike and even a walk to raise funds for SAA-Denver. In addition, you can set up a fun Pool Swim at your local pool with your Master’s Team or Children’s Swim Team. SAA-Denver will provide a webpage, Swag and SAA Prizes for your top fundraisers! Lastly, you can Become a Sponsor for SAA-Denver and be featured on our SAA-Denver 2023 T-shirt! Details on all of the above can be found on our website www.swimacrossamerica.org/denver!

Together we can make an Impact in the Fight against Pediatric Cancer in Colorado and Beyond! Thank you to all of the Masters Swimmers & Families who have been supporting SAA-Denver and Participating in our Open Water Swim Event since 2018! If you have a Special Story of Cancer, we would love to hear it. For more information on all of the above, please contact [Nicole Vanderpoel](mailto:Nicole.Vanderpoel@swimacrossamerica.org).

[Link to Video of SAA-Denver](#)

STILL TIME TO CATCH THE LAST FEW OPEN WATER SWIMS OF THE SEASON

For Open Water practices, there are the following opportunities:

- **Chatfield Gravel Pond.** There no longer are organized USMS practices but the pond is open to swimming. Grab a buddy and swim outdoors (remember, never open water swim alone).

- **Boulder Reservoir.** There are practices Tues/Thur early AM. <https://www.bamswimming.org/events-open-water>

- **Union Reservoir.** There are no organized USMS practices but there is open water swim available. <https://www.longmontcolorado.gov/departments/departments-n-z/parks-open-space-and-trails/directory->

- **Horsetooth Reservoir.** Green Events holds a Tri-training most Wednesdays from 6-7pm during the summer months. You don't need to run, you can just swim the entire hour. There is a 500m course with kayak/SUP support where you can loop as many times as you want during this hour. Information at <https://horsetoothtritraining.com/>

For Events, both the Mountain Swim Series and the Horsetooth Swim offer a 10% discount for COMSA members. Use the Promo code "COMSA2023" to get the discount. The dates are:

- August 20, 2023. Swim Across America. Chatfield. https://www.swimacrossamerica.org/site/TR/OpenWater/Denver?pg=entry&fr_id=6591

- August 26, 2023. Castle 2.5K/5K/10K. Wellington Lake. <https://mountainswimseries.com/>

- September 10, 2023. Horsetooth Swims 1.2M/2.4M/10K. Horsetooth Reservoir. <https://www.horsetoothswim.com/>

COMSA To Reimburse Club/Workout Group Registration Fees for Clubs/Workout Groups of 10+ Swimmers

COMSA's Executive Board voted and approved that COMSA pay the 2023 club/workout group registration fees for all clubs/workout groups with a 2022 membership of 10 or more swimmers.

Club/workout groups with less than 10 members, should contact the COMSA Chair for reimbursement requests.

Visit our Website



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