

# Mastersplash



## In This Issue

Steamboat Springs  
Open Water Series

TriRock Triathlon July  
13th

5& 10K postal national  
championship date  
change

2013 SMarriott Summer  
National Championship

Chatfield Gravel Pond to  
Open May 1st  
Open Water

Local and National  
Swimming Links

Go the Distance 2013

Whats Happening at  
USMS

## Quick Links

[Register Now](#)

[Clubs and Workout  
Groups](#)

[More About Us](#)

## Upcoming Events

**July 13, 2012**  
Denver Masters LCM  
Invite

## JULY 2013

### Greetings!

Just announced: Denver Masters Invitational July 13 at George Meyer Pool in Arvada. See info in Upcoming Events section.

Happy July!  
Heide Crino  
heidecrino@gmail.com

### Steamboat Springs Open Water Swim Series Mondays in July

COMSA members will receive a \$5 per race discount.  
All registration information can be found here:

George Meyer Pool  
Arvada Co  
meet info

**July 14, 2013**

Postal National  
Championship  
Lowry Pool  
contact:  
Nicole Vanderpoel

**August 7-11, 2013**

2013 Marriott Summer  
National Championships  
Mission Viejo, Ca  
meet info

**August 18, 2013**

Horsetooth Openwater  
Swim  
10K, 2.4 mile or 1.2 mile  
swims  
Horsetooth Reservoir,  
Ft Collins  
online registration  
event flyer

[More Information](#)

## Ongoing Events

Go the  
Distance 2013  
more info

Check off Challenge  
2013  
more info and  
registration

[Contact](#)

[www.oldtownhotsprings.org](http://www.oldtownhotsprings.org)



**OLD TOWN HOT SPRINGS**

# BALD EAGLE LAKE

## Open Water Swim Series

### EVERY MONDAY IN JULY

Half-mile and One-mile Swims~Wetsuits Recommended~Ages 11+ Welcome  
**On-site registration 5:30-5:45 p.m.**  
**Warm up 5:30-5:50 p.m.**  
**Races Start at 6 p.m.**

Single Race \$30/\$40 on Race Day  
Four Races \$100 • Five Races \$110

**VOLUNTEERS NEEDED**  
Volunteer for one race  
& get the next race FREE!

**NATIVE EXCAVATING Inc.**  
(970) 879-6231  
STEAMBOAT SPRINGS, CO

**Smartwool**

**HONEY STINGER**  
pure natural energy

**OLD TOWN HOT SPRINGS**  
STEAMBOAT SPRINGS, CO  
5113133 NON-PROFIT CORPORATION

Race Director reserves the right to delay start up to one hour due to inclement weather. Race will only be cancelled due to lightning.

## TriRock Triathlon July 13th Aurora Reservoir

New to the TriRock Triathlon Series, the inaugural TriRock Colorado Triathlon brings the Series excitement to the Rocky Mountains this summer. The touted Aurora Reservoir, located only 30 minutes southeast of Denver, plays host to triathlon events throughout the season. This is the closest to the beach that you can hope to get in Colorado; enjoy the pristine sand and clear water of this beach start, bike through meadows, run along the lake and finish at the recreation area finish venue with all the amenities you need and a rockin' finish festival. Event weekend features individual and relay options for both the Sprint and newly added Olympic distance.

Join in the fun at this inaugural event on Saturday, July 13, 2013

<http://trirock.competitor.com/aurora/register/>

COMSA members enter the code COMSA15 for \$15 off of registration

**5K & 10K Postal National Championship**

**\* DATE CHANGE\***

**July 14 th 7am Lowry pool**

Please note a change from the original July 7th date to July 14th at 7am. Lowry pool.  
Please email Nicole Vanderpoel to let her know you'll be participating and she can reserve you a lane.  
[nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com)

## 2013 MARRIOTT SUMMER NATIONAL CHAMPIONSHIP August 7-11, 2013

2013 Marriott Summer National Championship  
Mission Viejo, Calif.  
August 7-11, 2013



U.S. Masters Swimming is pleased to return to Mission Viejo for its 2013 Summer National Championships. Mission Viejo last hosted a USMS national championship in 2005. Swimmers had a great time and turned in great swimming times at the 2005 championships in Mission Viejo.

[meet info](#)  
[Qual times](#)

### Chatfield Gravel Pond

Saturday 7:30 am to 10:00 am  
Monday and Wednesday 4:30 pm to 7:00 pm  
May 1 - September 30

Swimming at the Gravel Pond at Chatfield State Park, begins on the far westside of the pond, on the north end.

Water temps  
July - low to mid 70s  
August - mid 70s to high 60s  
September - high 60s to high 50s

Approximate length 900 meters from westside, north end to eastside south end cove.  
Approximate length to gravel bar 250 meters from the westside, north end.

[more info](#)  
[waiver](#)

We will again be asking that everyone who swims at the pond volunteer a half session (1.25 hours) to help with the monitoring of the swimmers. Be watching for the emails from SignUp Genius asking for your help with this task.

[sign up here](#)

In addition, COMSA is in need of an Open Water Chair (or co-chairs) who will, among other things, coordinate the scheduling of the monitors. We had over 900 members participate last season at Chatfield, and each year this number increases. However, to keep this a successful activity, volunteer help is needed. If you are willing to coordinate monitors for one month of the five that we are open, maybe four others would also be interested. If you are willing to help with this, contact the COMSA chairperson, Brian Hoyt, ([bkhoyt@gmail.com](mailto:bkhoyt@gmail.com)) , or Marcia Anziano, the registrar ([Marcia.anziano@gmail.com](mailto:Marcia.anziano@gmail.com)) for more information and let them know that you are willing to help out. Please help COMSA make this another great summer at the pond.

### Open Water

Open Water Swimming

Grant Ranch, Littleton  
[info](#)

## Local and National Swimming Links

<http://usopenwaterswimming.org/>

Breadbasket Zone

<http://www.iowamasters.org/>

<http://www.minnesotamasters.com/>

<http://www.movymasters.org/>

<http://www.nebraskamastersswimming.com/>

<http://www.ozarklmsc.org/>

## Go The Distance 2013

"Go the Distance in 2013

Nike GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There's no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn't count-just the effort to attain whatever goal you set for yourself.



Nike GTD is on the honor system-you track the distance you swim. Daily, weekly, or monthly, enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, you'll be recognized on the U.S. Masters Swimming website and receive special prizes from Nike Swim, our title sponsor for the event." USMS website

[more info and registration](#)

## What's Happening at U.S.M.S.

As members of COMSA, you are also members of U. S. Masters Swimming. Check that website for information on Fitness Events, Coaching tips, Competitions nation wide, and many other areas of interest to swimmers everywhere .... [U. S. Masters Swimming](#)

