

Fall 2005

Oct, Nov, Dec

Colorado Shines at Long Course Nationals

Colorado Masters headed to Mission Viejo for the Long Course Nationals with 19 swimmers and a new banner knowing that after Short Course, they had a Tough Act to Follow. With every swimmer contributing by scoring points, the team was led by National Championship swims for swimmers Rich Abrahams, Kathy Garnier, Ruth Hertzberg, John Hughes, and Bob Patten. There were 141 teams in the meet, and with the new format of all teams in one division, our women finished in 7th place and the combined team finished 8th overall.

With thanks to Mel Dyck, we had several relays this year. In the past, Colorado has put together only a few relays for Long Course Nationals. This year, Mel was very creative and managed 10 relays, most of which finished in the point standings. The ability to form relays and use them to score points helps immensely toward the final placement.

We saw some new swimmers join many of the old regulars. Matthew Abrahams swam relays with his dad, Rich, which was a special treat. Jane Oberg swam with Colorado for the first time in many years. We saw some other former swimmers return with the likes of Jeff Barber and Morgan Edwards, and we made a new friend in swimmer Amy Webb from Boulder. And of course we had our core of regulars with Will Amos, Marcia Anziano, Mel and Grace Dyck, Tiffany Forbes, Manu Ghaffari, Heather Hagadorn, Cindy Hawkinson, and Mary Anne Nelson.

The meet was a five day format and was quite well received. It allowed for shorter days over the course of the meet and swimmers actually had an opportunity for a good nights sleep, although not all took advantage of it. We won't tell who did not. And no one will be able to guess from the great swims had by all. This group set the bar for Long Course meets in the future. Come on Colorado, let's help raise it for World Championships next year.

Michael Mann Wins David Yorzyk Memorial Award



Michael Mann was awarded the David Yorzyk Memorial Award this year by United States Masters Swimming. This award was created in 1986 by Mani Sanquily in honor of David Yorzyk, a young swimmer that tragically lost his life in 1984. The award is presented annually to the swimmer who performs the most outstanding 400 yard individual medley at the Short Course National Championships. Any of you that were there know that Mike truly deserves this award. Check out the USMS website Awards page at <http://www.usms.org/admin/awards/> for a list of prior recipients. Mike is in some great company.

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Special points of interest:

- *Fitness Chair, Laura Smith, spells out the change of season.*
- *Long Distance Chair, Nicole Vanderpoel, summarizes a great Open Water season.*
- *Sanctions Chair, Kim Crouch, outlines the upcoming indoor season of meets.*

COLORADO MASTERS SWIMMING ASSOCIATION

Master Splash



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Reflections of the Year

Marcia Anziano—Chairperson

As evening temperatures drop and leaves start to change, I'm reminded that we are entering the final quarter of 2005. It's been a great year for COMSA and I'd like to summarize just a few of the ways we were able to support our swimmers.

Bob Bruce, the Chairperson of the USMS Coach's Committee and former USMS Coach of the Year, presented two clinics in Denver during the Spring. His first weekend consisted of 4 separate clinics, one on each stroke. During his second weekend in Denver, he presented both freestyle and open water sessions along with a mentoring session for some of our coaches. This was possible due a \$500.00 grant from USMS to make this session possible and free to our coaches. We are hoping to bring Bob back again this Fall or Winter, so watch the web for information. In addition, our 2004 Colorado Coach of the Year, Kathy Drozda, presented a great freestyle clinic for both swimmers and triathletes.

Our competitive swimmers did a great job at both Short and Long Course Nationals. Along with incredible individual swims, our relays also kicked butt! Thanks to the organizational skills of Mel Dyck and Chris Nolte, Colorado Masters had a record number of relays at both events. While many of you participate on these relays, you might not be aware that COMSA pays for the entry fees. At Short Course we had close to 60 relays at \$12.00 an entry, while at Long Course we had 11 relays. Relays add a lot of points, helping us to place 1st at Short Course and 8th at Long Course.

At Chatfield, COMSA, along with several other organizations, donated \$250.00 for a sign outlining the rules of swimming at the gravel pond. The sign will educate all swimmers and help us retain our permit on an annual basis.

COMSA was also the beneficiary of discounts for Yoga Clinics designed for the swimmer. All of our members received a discount on the entry fee for these clinics.

Our website, www.comsa.org is updated on nearly a daily basis. Webmaster, Mel Dyck, keeps the site very current with COMSA and USMS sponsored events listed on the home page. We encourage you to check it frequently. Other events of interest can be found from a link on the left side of the home page. Any of you that travel will find, "Places to Swim" of particularly good value. There is a link to this section from our "teams" section. If you are a team rep, be sure to keep this information updated. It's online and easy. It is of great importance to swimmers that visit Colorado, so please make sure the information for your facility is current. Thanks!

With the changing seasons come some changes for COMSA. As of November 1, 2005, John Hughes is resigning as Registrar. John has served in this capacity for 1 year, and we thank him for his service. I will assume the role of Registrar and resign as Chairperson. Heather Hagadorn will assume the duties of Chairperson. We welcome Bob Patten to the board. He will assume the duties of the Vice Chairperson until the elections in April. And, as always, if any of you are interested in getting involved to support the organization and your fellow swimmers, please let us know.

I would like to thank all of you for allowing me to serve over the past 18 months as your Chairperson. I look forward to serving as the Registrar knowing that COMSA will continue to move forward under the leadership of Heather Hagadorn.

*To align ourselves with the USMS calendar, **Master Splash** is moving to three seasonal issues, Short Course Yards, Long Course Meters and Open Water, and Short Course Meters. If you are hosting meets or other events or would just like to submit an article, please choose your dates, prepare your information well in advance, and submit it to our chairpersons.*

US Aquatics Sport (USAS) Convention Report

The USAS annual convention provides an opportunity for Masters Swimming to gather all of its delegates together for the purpose of making decisions that will affect the future of our sport. We elect our officers, vote on rules and legislation, and discuss and plan programs that will continue our tradition of excellence in the sport of swimming. Colorado was well represented at Convention this year.

Colorado was represented by Nine Delegates

Due to the large number of members in our LMSC, we are allowed five delegates. Serving in those positions were:

- Kim Crouch, COMSA Sanctions Chair, and member of the International Committee at the National level
- Heather Hagadorn, COMSA Vice Chair, and member of the Championships Committee at the National level
- John Hughes, COMSA Registrar, and member of the Registrars and Adhoc Legal Committees at the National level
- Carrie Slover, COMSA Coaches Chair, new in 2005
- Pete Schwenker, COMSA Officials Chair, new in 2005

Some National Committee positions provide for automatic delegate status so these folks added to our list:

- Marcia Anziano, COMSA Chair, Breadbasket Zone Representative (also a member of the Coaches Committee at the National level)
- Peggy Buchanan, member of the Rules Committee at the National level (also a member of International and ISHOF Nominating Committee).
- Cindy Hawkinson, member of the Legislation Committee at the National level (also a member of the Coaches Committee at the National level, and holds the position of USAT liaison)

Jack Buchanan applied for and was chosen by USMS President Jim Miller as an at-large delegate. Jack is a member of the Insurance Committee at the National level.

These members of our LMSC give up personal vacation, or take off work with no pay, to attend the convention. It is a very busy time, meetings start early in the morning and many go very late into the evenings. We thank them for their dedication and support to Masters swimming and to the Colorado LMSC.

Meeting Summary and Purpose

Detailed minutes of all of the meetings are available on the USMS website (<http://www.usms.org/admin/conv05/>). This article will highlight some of the major decisions from the various committees. For further details, please refer to the meeting minutes or contact one of the delegates listed above.

The convention alternates its emphasis each year between Legislation and Rules. This year was a "legislative year"; so many changes to legislation were made during this convention. The Legislative committee works throughout the year to prepare for these changes. At Convention, delegates have final input into the various matters and make the final decisions. This year continued with changes to the overall structure of the USMS organization, focusing on streamlining committees and the committee structure.

Rules

A few rules were passed that will have much effect on competitive swimmers:

- Changes were made to the Breaststroke while submerged during the start and turn
- Changes were also made to the Backstroke start

Pete Schwenker will prepare more detailed information on this topic. Watch the website for this information. Our officials and coaches all need to familiarize themselves with these changes, as they became effective September 19, 2005.

Another rule change of significance to our members is the dual sanctioning of USA Swimming and USMS meets. Swimmers can now be co-mingled in heats for meets sanctioned by both USMS and USA Swimming and all will be judged by USA Swimming rules. However, at this point FINA (the World governing organization) does not accept this dual sanctioning, so if you are looking to set a World Record in a Meters meet, you may not co-mingle the swimmers in the same heats and the Masters must still be judged by Master's rules.

World Championships

Throughout many of the meetings, there was much discussion about the upcoming World Championships to be held at Stanford University in August of 2006. Information on this meet can be found at <http://www.2006finamasters.org/>. **Hotels are filling up fast, if you are considering attending this meet, you should make your hotel reservations as soon as possible.** Remember that when you swim at this meet, you will be representing the Colorado Masters or Air Force, as the USA does NOT swim as a team. You should all consider what an exciting opportunity this is.

For the World Championships, coaches can get on deck free, but must apply in advance for the credentials. Again, check the website for more information on this as it becomes available.

Convention Report (continued)

Coaches

Coaches should look at the support and programs that USMS provides. Remember that the Coaches Committee has the Snooper (underwater camera) rental program. They have seven cameras available for rental at all times. Click on Training at the top of the home page and you will see the “snooper rental” in this drop-down list. Check here for more details on this program.

Fitness

The Fitness committee continues to develop and support several programs for fitness and competitive swimmers. They continue to have the 30 Minute Swim Challenge, the Check off Challenge and the Virtual Swims. These are fun and can be used to get your swimmers more involved in the programs that you offer, without the pressure of competition or attendance at meets. There is an entire section under Health and Fitness with information and programs for the fitness swimmers.

Long Distance

The Long Distance committee selected the hosts for all of their events in 2007. They continue to support the postal events along with several open water swims. Watch the COMSA website for information on the One Hour Postal swim in January. COMSA is hoping to get pool space to host swimmers for this event. And also remember that the 10K Open Water National Championships are being held right here in Colorado in August of 2006, at the Horsetooth Reservoir.

USMS Programs: Club Mentoring & Olympic Training Center

One of the interesting lunch time presentations this year was the Club Mentoring Workshop that Mel Goldstein has developed and presented throughout the country. You can bring Mel in to your organization to present this workshop, it requires only that you pay for his expenses; he does not charge a fee to put on this program. In addition, grant monies are available from the Zone Committee to help to defray the cost. Click “Administration” on the USMS home page and then click on “LMSC Services” in the drop-down list for more details. The presentation provides some very unique ideas on how to build and expand aquatics programs in your area. Mel has built a very successful program in Indianapolis, Indy Swimfit, and is up to the task of helping others do the same.

Applications to attend the annual four day swim camp at the Olympic Training center are due October 1st. Consider applying in 2006 for the 2007 camp, as this is definitely a once-in-a-lifetime opportunity and is probably unlike any other camp you have ever attended. While you don’t need to be a super-competitor, you do need to have a strong desire to improve and to share the information you learn with others. See <http://www.usms.org/coach/otc.php> for details.

Nationals

In 2006, there will be a Short Course Nationals (Coral Springs, FL, May 11-14), however due to the fact that Worlds will be held in the US, there will not be a Long Course Nationals meet.

COMSA would like to hold two or three Long Course meets during the summer of 2006, to prepare everyone for Worlds. Any volunteers?

The pool championships for 2007 were awarded at this convention:

Short Course Nationals - Federal Way near Seattle, Washington, May 17 – 20

Long Course Nationals - Woodlands Athletic Club near Houston, with the proposed dates of Friday, August 10 – Monday, August 13, holding the distance events on Monday.

Awards

A new award is now going to be awarded to the “Club of the Year” by the Recognition and Awards Committee. This award will include recognition for Clubs who do things like build USMS membership and have high participation in USMS events (fitness and competition). Be watching the USMS website for more details on this award. You can find information on all of the awards presented by USMS (Hall of Fame nominations, Coach of the Year, Newsletter of the Year, Fitness, Volunteerism, etc.) by first clicking on “Administration” at the top of the USMS home page, and then clicking on “Awards” in the drop-down list.

While many other things took place at convention, these are just some of the highlights. As you can see, the USMS website has volumes of information for all of its members. The website can be found at www.usms.org. I encourage all of you to spend some time on the site. You will be amazed at what there is to offer to all of the members of USMS.



A Change of Seasons

Laura Smith—Fitness Chair

I'm looking out my window. It's grey, rainy, and downright cold. I've switched out my Crocs for slippers and my tank top for a fleece. As much as I'm trying to hang on to Summer, it has slipped through my fingers and Fall has leapt into it's place with full force. There's really nothing we can do about the changing seasons...and to be honest, life would be boring with the same weather day in and day out forever. So, if you can't beat it, join it.



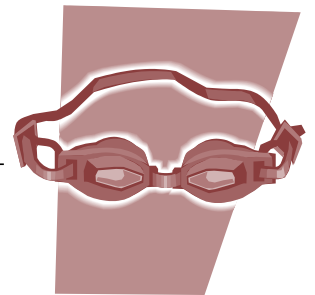
For those of you who compete in sports, you are very familiar with changing your workout routine according to seasons. In swimming, for example, competitors have a short course season and a long course season. After training for the big end-of-season short course meet (and afterwards taking a long, well-deserved vacation that consists of nothing aquatic save a Jacuzzi and a lot of ice in your mixed drink), swimmers start their summer with base building by engaging in longer distance sets. After they create their aerobic foundation, they target their training more for their particular events (ie, backstrokers opt to work this stroke to replace all freestyle sets; I.M. er's try to insert all four strokes into each workout, etc). Sets tend to be a little shorter, more specialized. More sets are done with fast intervals. Then, as the season is reaching it's end, and the big long course meet of the season is within sight, the taper begins. This is absolute heaven for the sprinters in workout....and complete hell for the distance swimmers! Intervals are long. Sets are short. Quality race pace swims replace repetition and yardage. Competitors are fine tuning everything they have poured into their swimming for the past season, to shine at the meet. It's a cycle. It happens every season. In the world of competitive athletics, it's just a part of the nature of being.

If you're a lap swimmer who is not looking to compete, and just enjoys the fitness benefits of swimming...trying to include some of these cycles into your annual routine will not only spice up your pool time, but will also give your fitness level a nudge. You never have to sign up for meet, stuff yourself into an undersized Speedo, or hurl your body off a starting block---creating cycles in your training just increases the benefits of what you're already doing. Our bodies are resilient. If you do the same thing, the same way, with the same amount of energy expended, your body is going to adapt to it over time. You're definitely not wasting your time by swimming X number of laps every day in the same time frame---you could just be getting so much more out of it. An analogy: let's say I'm going to start my career as a construction worker. The first day I pick up that hammer and pound nails for 8 hours, I come home with hands that are achey, sore, and tender. I wake up the next day and do it again. I come home, and notice that blisters are starting to appear. I wake up the next day, and repeat the same routine. That night, the blisters have popped. Okay, okay....I'll stop getting graphic! My point is, that eventually your body builds calluses on the areas that have been used; your hand has adapted to stress you have been putting on it. Over time, I can do the same thing, for the same amount of time, and not have that 'tearing down' effect. Great, huh? Not so fast. It's the tearing down process that creates the rebuilding process, that makes you faster, stronger, better! Yep, you need to stress your body in different ways to make strides in your fitness level. Cycling your routine seasonally is a great way to achieve this.

It's the tearing down process that creates the rebuilding process, that makes you faster, stronger, better! Yep, you need to stress your body in different ways to make strides in your fitness level.

Changing with the seasons could also include making quarterly goals. Personal goals that can realistically be achieved in four months, that require some kind of an effort beyond what you're currently giving. "My winter goal is to swim 8 laps faster than I can now". This would involving timing yourself for the distance to get a baseline of what you are trying to improve upon, adding some speedier laps to your daily routine, and occasionally re-timing yourself to gauge progress. Then, at the end of winter, go for it! Time yourself for the swim, giving it 100%. I bet you'll be faster! And proud of yourself for doing it!! The swim doesn't have to be a new World Record. The goal just needs to be something that is currently beyond your reach, but definitely attainable with a little bit of commitment and imagination.

Maybe it's my short attention span, but I personally can't imagine motivating myself to go to the pool without some kind of change in the routine. A faster day, a slower longer day, a pull day....some kind of variation from the monotony! Again, it could be me. But I really think it would be like having the same weather every day. And where's the fun in that?



Open Water Season Was a Big Success

Nicole Vanderpoel—Long Distance Chair

Like it or not, a new season is upon us. The Reservoirs are quickly dropping in temperature and the outdoor pools have drained. Have no fear, there is plenty to look forward to! Before we discuss what lies ahead, let's briefly review our great 2005 Open Water Season. There were some great opportunities this summer for Open Water Swimming. Besides training at Chatfield, there was a great series of Swim/Runs at Chatfield put on by Surf & Turf Aquathon USA. Next summer we are hoping to see more of the same from these wonderful organizers.



In addition, there were more opportunities in the form of relays in Triathlons for Open Water Swimmers to participate. When planning your open water season next year, keep Triathlon Relays in mind. It is a great way to practice your open water skills, get a great work out and have a lot of fun! The season reached it's peak with this year's foggy and mysterious Wingshadow Horsetooth 2.4 mile and 10K swim. Read about it in this edition of Master Splash! As always, the Wingshadow Horsetooth organizers, along with George Thornton and Joe Bakel, put on a first class event.

Many of us traveled to the deep, blue oceans for our open water "fix". Read details in this edition of Master Splash. Most notably, Joe Wolf successfully swam the English Channel and Ken Claussen had an excellent experience in the Pacific! A few of us ventured off to the 9 mile Maui Channel Swim Relay and a 2.4 mile open ocean race. Participating in open water swims is a great way to travel with friends and have fun while competing. Think about it when planning your next summer vacation.

What do we have to look forward to? Well, it's time to participate in the 3000/6000 Yard National Postal Championship. You have until the end of October to complete either or both swims. All you need is a 25 yd pool and a counter/verifier. This years National Championship is being put on by the Clemson Aquatic Team in South Carolina. Information can be found on the USMS website or try www.usms.org/longdist/ldnats05/3K6Kentry.pdf.

Challenge some of your fellow distance swimmers to participate in this year's postal. There is quite a sense of accomplishment when you have completed one of these great long Postal swims. Once you submit your results, you can see how you compare to other swimmers around the country in your age group. It's a great work out as well!

Happy Training!

2006 USMS 10K National Championship Update

With the end of the 2005 Open Water Swimming Season, it is now time to look forward to the future. The 2006 Open Water Season will be monumental for the State of Colorado. Hopefully, most of you are aware that the 2006 National Championship 10K Open Water Swim has been awarded to the Wingshadow Horsetooth 10k Swim in Ft. Collins! This event will take place the 2nd weekend in August, 2006. George Thornton, Joe Bakel, Lynn Millar and a host of others have been working diligently on the planning of this event for almost a year now. Needless to say, Colorado Masters Swimming is quite honored to have been awarded this National Championship and want to show the rest of the country how beautiful and welcoming our State of Colorado truly is!

The Wingshadow National Championship Committee is meeting on a regular basis to organize and prepare for the 2006 event. You can find information regarding the progress at www.whswim.

At this point, we are in need of approximately 25 additional volunteer "paddlers" (kayaks) from the greater metro Denver area. If you are interested in being a paddler next August please e-mail me at nicolevanderpoel@msn.com and I will provide you with additional information. We truly appreciate your support of this great effort.



Joe Wolf Conquers the English Channel

Editor's Note: On August 15th COMSA Swimmer, Joe Wolf, swam the English Channel in 12 hours and 29 minutes. His quest began 2 years ago. After many icy long swims, including the Manhattan Island Marathon Swim, one earlier attempt at the English Channel as well as couple of 24 mile swims up Tampa Bay, Joe finally got his break in the weather and his shot at the crossing. Below are some excerpts from his personal notes of his incredible swim.

Joe Wolf—Inverness Masters

Waiting. Waiting is the hardest part. If the wind is expected to be above 20 knots at some point in the day, then the swim cannot be scheduled. We were in Dover on a sunny Tuesday, with the desirable neap tide beginning Thursday. However, as the days came the bad weather moved in.

The daily program consisted of breakfast, a short swim in Dover Harbor, rest, snacks, lunch, rest, a second swim if weather looked bad, dinner, call the boat pilot at 7:15 PM to see if it will be a go for the next day.

The breakfast that Bill & Audrey make at Victoria House is especially large for the swimmers. The swimmer's breakfast is eggs, bacon, sausage, fried tomatoes and porridge. Quite a bellyful indeed just minutes before walking down to the beach for a swim. Swimming in Dover Harbor is a Channel swimming custom. With such a small community of marathon swimmers around the world, it is such a wonderful experience meeting others who share the same passion. Each morning between 9 and 10 AM, any swimmers that are in town, meet for a swim. On weekends, Alison (Queen of the Channel with 43 crossings) and Freda Streeter are there. Freda, the "Channel General" writes down all the names of the swimmers and tells each one how long they will be swimming. A swim and then back to the B&B for a short rest.

8/10 Suzie Dods, Laura Hansen & I met in the kitchen at the B&B and prepared my drinks. With all my powders and clear empty bottles, we compared the scene to a drug lab. While the ladies did the measuring, I performed QA. Some training was administered. Something else to add to their resumes? I still didn't know when the swim would be, but wanted to have everything ready. The system was in place. Using pamphlets from the Crabble Corn Mill as funnels, we added 2.5 scoops of Maxim powder and one teaspoon fructose to each of 20 bottles and numbered them. Then, we marked the ones that would have coffee instead of water and marked others to have Ibuprofen added. A couple would just have Ensure in them. For electrolytes, we sprinkled half a packet of Emergen-C into half the bottles. Delish!

8/14 While I'd heard from other swimmers at the beach that the weather was going to be better on Monday, I'd also heard that it would take 12-24 hours for the seas to calm down. I relaxed a bit, in my warm attire, had a Guinness and didn't bother calling my boat pilot until 7:45 PM.

The swim is on! It's not for sure though. The boat captain says we will meet at the dock at 5:30 AM, unless I hear from him before then, and we will "take a look". My mother says, "my legs just went weak", when I tell her the news. Dad looked surprised. Laura was excited. Thor had the hiccups. Audrey and Bill, attentive and trying to read me. I tried to stay calm. Everything was already in place. There was nothing at all that need be done and somehow I managed to rest well if not sleep well for 6 hours.

8/15 6:31AM

The horn has sounded. You run into the water. You look happy - excited - powerful. The day is beautiful. The sun has just come out - it is shining upon you. The sea has a slight swell, but overall, very calm. *This all happened so fast. The boat leaves the marina and exits Dover Harbor, then takes a sharp right over to Shakespeare Beach. I'm told that I need to get ready as the boat captain needs to get in and out of the shallows swiftly. After jumping into the water, I roll onto my back. Not much of a backstroker, but I wanted to see Dad & Laura's faces and remind myself to relax before the start of my swim. "I will be well cared for today, and let go of any preconceptions of what is to come".*

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"Wolf In The Water" by Luiz De Assis

I've seen the wolf fall in the water
The water is rough, cold and dark
He swims slowly, but keeps himself alive

He's conquered the waters
And learned how to swim
He's fast and persistent
Like no other I've seen.

And he always finds an excuse,
To fall in the water and start to swim
Crossing lakes and oceans in pursuit of his dreams
And he never gets tired,
No matter how many hours its been

I've seen the wolf getting onto trains, buses and
airplanes,

Going places that seem so far away

And taking the time to make lots of friends

Waiting for the swimming that will never end

I see the wolf swimming in his dreams,

The alarm goes off,

- And he's still swimming!

Newport Beach Pier to Pier Two Mile Rough Water Swim

Ken Clausen—DU Aquaholics

The marine layer that haunts the southern California coast during the summer months is lifting from the Balboa Pier in Newport Beach, CA—the beginning of another beautiful California day. I'm standing on a 12 foot sand bar just above crashing waves of the surf line below, looking at the other 250 Masters swimmers preparing to swim the 31st annual Newport Beach Pier to Pier 2-mile rough water race. My cohort and instigator in this race is fellow Colorado Masters swimmer Quinn Reilly. Quinn, born and bred just down the coastal highway in Huntington Beach, spent eight summers, life guarding this stretch of beach. As we line up for the start, Quinn grins at me and says, "Are you ready man?" I respond, "do we run down to the surf line or just fall in?"

While looking at the course before the start, particularly the first turn buoy just 50 yards off the beach, I turn to Quinn and say, "were going to get crushed, dude," because 250 swimmers just 150 feet away will all head for the same buoy. We move to the left of the main field, hoping to avoid the masses at the start. Yes, this means a swimming a few extra yards, but seems to be the prudent thing to do.

The race begins, and despite our shift to the left, it's still World Wrestling Federation meets swimming. In fact this specific race generated it's own thread in the usms.org open water discussion board "Ethical Maneuver" about a swimmer actually getting pulled under and swum over. The water at 66 degrees was a little cold at the start, not wearing a "cheater suit" I mean wet suit, but it was perfect once we started to crank the tempo.

It took another 400 yards past the first buoy before the field started to spread out. During this part of the course I passed many of the "go out like crazy" swimmers. Looking around, I saw I was swimming right next to Quinn. Right then and there, I decided that the former Newport Beach lifeguard and surfer would be the best navigator that I could latch onto. So, I swam off his starboard side for the majority race.

It was typical California conditions—we benefited from a north current going in the same direction of the course, we swam through kelp (Pacific seaweed) and hit a rip current towards the end of the race off the infamous "point." Just as the rip current was bouncing us around, Mr. Reilly slowed down. Kicking into high gear, I managed to get to the final turn buoy a body length ahead of him before heading into the breakers for the last 100 yards to the beach.

Unfortunately, I don't know how to surf. I was trying to find the finish and swim towards it forgetting the sage advice Quinn had given me the day before, "just head for the beach then worry about the finish line when you can run." This is exactly what Quinn did. He not only made a beeline for the beach as I was swimming extra yards at an angle to the finish banner, but he actually slowed down to look for a wave to body surf in on. After expending all that energy to out-swim him near the end, he out smarted me as I saw him high stepping out of the surf and running to the finish line just before me: Quinn Reilly 32nd, Ken Classen 34th overall, in very fast field.

The race is sponsored by Newport Beach Ocean Lifeguard Association (NBOLA) www.newportlifeguard.org This race had a distinctive local feel as opposed the big destination events such as the La Jolla Rough Water or Waikiki swims. No computer chips strapped on, no permanent marker number on your body. On finishing the swim you're given a large Popsicle stick with your place number, which you then give the tabulator with your name.

Despite the local feel the race is known to attract many swimming notables. This year that included former Olympic Gold medal winner Brian Goddell and Bob Placak, founder of the Tiburon Mile in San Francisco amongst others...I almost felt I was at Nationals. All in all, the Newport Beach race is a very fun swim with its surf start and finish. Newport also is a great beach to hang out on. So, if you're heading for the OC next July, you too might want to put this race on the calendar.

Don't Miss the One Hour Postal

We are pleased to announce that COMSA will be sponsoring the One Hour Postal National Championship, tentatively set for Sunday, January 15, 2006. There will be 2 heats of 8 lanes, 2 swimmers per lane. The first heat will start swimming around 8:00am and the second heat, as soon as possible after the first hour swim. Entries this year will be submitted together. Please check the COMSA website for updates, confirmed start time and further information as it becomes available.

2005 Wingshadow Horsetooth Results

George Thornton—Fort Collins Masters

Fort Collins was the host of the 7th annual Wingshadow Horsetooth Swims on August 13, 2005. Forty eight swimmers completed the 10K length of Horsetooth Reservoir 68 degree water without wetsuit, and 103 swimmers completed the 2.4 mile swim – 55 without wetsuits and 48 in wetsuits.

All swimmers faced the challenge of not only the distance but also the cold, rainy, and foggy conditions. Foggy conditions made navigation difficult; thus finish times may not reflect the true prowess of these adventuresome swimmers!

Winners of the 10K swim were brother and sister Felton: Brooks in 2:11:13 and Taylor in 2:35:29. Second and third place males were Todd Bryan (2:23:42) and Ken Classen (2:28:19). Second and third place females were Jennifer Shinn (2:38:23) and Elizabeth Albritton-McDonald (2:40:30).

In the 2.4 mile non-wetsuit division, the top three male finishers were Randy Cox (58:27), Jon Shaver (1:03:11), and Jeff Jewell (1:06:55). Top three females were Diane Gleason (58:29), Teri Moen (1:05:26), and Erica Nagy (1:06:39)

In the 2.4 mile wetsuit division, the top three males were Dag Seymour (1:02:08), Andy Baker (1:02:23), and Brian Lane (1:04:52). Top three females in wetsuits were Judy Nelson (58:52), Sue Bushman (59:36), and Nicole Vanderpoel (1:01:06). Complete results will be posted at www.whswim.com.

In 2006, the 10K Wingshadow Horsetooth Swim will serve as the USMS National 10K Championship. Watch for the announcement of the opening of entries and the final date and arrangements at www.whswim.com. Or contact George Thornton (louiset36@comcast.net)

Chatfield Cools Down

Chatfield winds down with another successful year of open water swimming. About a dozen brave souls started off our season on April 30th in a water temperature of 49 degrees! Throughout the season the water eventually warmed into the low 70's. The gravel pond saw a record number of swimmers as well as swimmers of all types - new open water swimmers, experienced triathletes, and Channel Swimmers. Now, in mid October, the temperature is drifting back into the 50's and we call it a wrap. Thank you to all the volunteers who helped with check in. Without you we wouldn't be able to use this great venue. See you again next May!

FINA Master's World Championships Coming to USA



**XI FINA World Masters
Championships**

**Stanford
California, USA
August, 2006**

As members of USMS and residents of the United States we are privileged to be hosting the FINA Master's World Championships on our home soil, at Stanford University, August 2006.

COMSA encourages all of you to participate. Entrants must be a member of a registered club; for COMSA members, that would be Air Force or Colorado Masters Swimming. Note that unattached swimmers cannot enter.

Qualifying times must be achieved at the meet in order to be listed in the meet results (if you swim slower than the qualifying time for your event, then you simply don't get your results posted). You cannot enter NT (no time) and the time you enter must be the same or better than the qualifying time. No proof of qualifying time is necessary.

So this is your opportunity to join your fellow Colorado swimmers at the World Championships! It will be a blast!

Check the website www.2006FINAMasters.org for further details. Book your hotels now, as many are beginning to fill up.

2005-2006 Indoor Meet Line Up

Kim Crouch—Sanctions Chair

The warm, sunny outdoor season is over. Whether you enjoyed long course meter meets, open water swims or basking in the sun, it's time to head indoors and do some short course racing.

The short course meter season lasts for 2 days this year in Colorado. On November 18th and 19th the Denver Athletic Club is hosting the DAC Short Course Meters Championships. This is a great meet offering a full slate of SCM events so you can go for P.R.'s, USMS Top 10 times or Fina World Records!

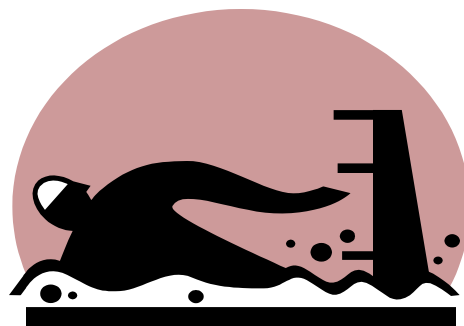
Look for your COMSA/USMS renewal forms in November. Please, please, please use your renewal form (and not a new registration form) to renew. COMSA is a volunteer-run organization and you can help our volunteers by using your renewal form. You must show proof of your 2006 registration to swim in the 2006 meets. Masters swim meets are insured through USMS and 100% membership is required at all sanctioned meets.

Jump into the Short Course Yard season at the 5th Annual Highlands Ranch Masters Invitational on January 7th. This meet offers all the 50s, 100s, 200s and the 500 Free – swim up to 5 events. Head over to Montrose on January 14th for the 2nd Annual Montrose Marlin Masters Meet – swim up to 4 events, 2 relays and get brunch too! Finish January off by traveling up to Boulder on January 28th to compete in the Pentathlon hosted by BAM. This year the Pentathlon is at the 8 lane CU pool with a diving well available for continuous warm-up/warm-down. You can do a 50 of each stroke and the 100IM, a 100 of each stroke and the 200IM, or up to 5 events of your choice at the Pentathlon.

More meets are lining up to finish off the short course yard season with the final meet, the USMS Nationals in Coral Springs, Florida, May 11th-14th. Check for the latest meet information at www.comsa.org and the next COMSA newsletter will have more information for Colorado meets in February and beyond.

| Date | Warm up/Start | Meet |
|--------------------------|-----------------------|---|
| Nov 18-19, 2005, Fri/Sat | Fri 5:45PM/Sat 7:00AM | DAC Short Course Meters Championships |
| Jan 7, 2006, Sat | 7:30AM/8:30AM | 4 th Annual Highlands Ranch Masters Invitational |
| Jan 14, 2006, Sat | 8:00AM/8:45AM | 2 nd Annual Montrose Marlins Masters Swim Meet |
| Jan 28, 2006, Sat | 9:00AM/10:15AM | Boulder Pentathlon |
| Feb 25, 2006, Sat | 8:00AM/9:00AM | Loveland Masters Sweetheart Meet |
| Mar 4,5 2006, Sat, Sun | | Mile High Mile & Double Mile, Short & Sweet Spring Meet |
| Mar 12, 2006 Sun | | City of Delta Swim Meet |
| Apr 7-9, 2006, Fri-Sun | | SCY State Championships at DU |
| May 11-14, 2006 | | USMS Nationals, Coral Springs, FL |

Information on the first 4 meets, check out the meet flyers included in this newsletter. Information for later meets will be posted on the website when available and included in the next newsletter. To enter any or all of these meets, use the consolidated entry card It can be printed from the COMSA web site. Meet information is available at www.comsa.org and the consolidated/standard entry card can also be found at www.comsa.org/forms/ConsEntry.pdf. Start working those turns, streamlines and dolphin kicks on breaststroke underwater pulls – see you in the pool!



The DAC Short Course Meters Championships

November 18-19, 2005

Sanctioned by USMS-32-05-11-S

Facility The Denver Athletic Club
1325 Glenarm Place
Denver, CO 80204
Directions: I-25 to Colfax. East on Colfax to Welton. Northeast on Welton to 14th. **There will be ample parking in The Denver Athletic Club Parking Garage for a flat rate of \$5.00 with no in and out privilege.** The DAC has an 8 Lane, 25 Meter pool. However, 6 Lanes will be used for competition as the remaining 2 Lanes will be used for continuous warm-up and warm-down, **unless there are 16 people in the 1,500 Free. If more than 16 are entered, all those outside of the cut off will be notified via telephone, post mail or email.**

Timing Automatic, Colorado Time System 5 with touch pads, with back-ups and Hy-tek Meet Manager Software.

Times Friday: Warm-up from 5:45 PM-6:30 PM. The meet will start at 6:40 PM.
Saturday: Warm-up for the 1,500 from 7:00 AM-7:40 AM. The 1,500 will be limited to Two heats and will start at 7:40 AM.
Saturday: Warm-up from 8:30-9:15 AM. The events, beginning with Event 8 100 Free, will start at 9:20 AM.

Age Groups 18-24, 25-29, 30-34, 35-39, 40-44, ...100+

Eligibility Only current USMS registered members with a USMS card

Entries Entries are due by Wednesday November 2nd at 6:00 PM. Entry fee will be \$25.00 for up to 5 events. Make checks payable to the Denver Athletic Club. **Consolidated Entry forms must be accompanied by entry fees and a copy of USMS card. Pysch Sheets will be posted on the DAC website at www.denverathleticclub.org, under the CRST section, on November 9th.**

Send entries to: **Rich LeDuc/CRST** rleduc@denverathleticclub.org
529 Josephine St.
Denver, CO 80206
(720)931-6712

Late entries will be accepted provided the following requirements are both met:

* **LATE ENTRIES ARE RECEIVED AT LEAST 30 MINUTES PRIOR TO THE START OF THE SESSION.**

* **THE LATE ENTRY DOES NOT CREATE AN ADDITIONAL HEAT.**

Rules Rules to be enforced per the 2005 USMS Rule Book

| Friday Evening | Saturday Morning | |
|----------------|------------------|--------------|
| 800 FREE | **7 1,500 FREE | 13 50 FREE |
| 100 BACK | 8 100 FREE | 14 200 BACK |
| 200 BREAST | 9 50 BACK | 15 50 BREAST |
| 50 FLY | 10 100 BREAST | 16 100 FLY |
| 400 IM | 11 200 FLY | 17 100 IM |
| 400 FREE | 12 200 IM | 18 200 FREE |

**** THE 1,500 FREE WILL BE SWUM AS A SEPARATE SESSION ON SATURDAY MORNING. THE 1,500 WILL BE A POSITIVE CHECK-IN EVENT.**

ALL EVENTS WILL BE COMBINED AND SEEDED ACCORDING TO ENTRY TIME

“I Finally Swam the English Channel”

Joe Wolf



8:15am Here I am swimming in the English Channel. Dad is standing up on deck and Laura Hansen sitting on the stairs on the outside between the upper deck and lower. She is smiling at me a lot and giving me bottles every 40 minutes. I'm trying to stay calm and trying to stay as “aerobic” as possible. This will keep my stomach digesting the “feeds” and hopefully avert any sea sickness. Not a smooth day, I hope it doesn't get worse.

9:30am Aye, carumba! This is the absolute worst I've swum in. Very bouncy chop on top of big swells, but at least it feels like there is some sort of pattern to it. The boat leans in my direction and looks like it will take on water. Then it leans in the other direction and looks as tall as a building. Got to stay away from that thing. It seems like we should be

making a big circle because it is always turning to the left and so I am turning, turning to the left and trying to stay out of the way.

10:30am I didn't think of many songs today, save Fleetwood Mac/Stevie Nicks, “Angel”. “Sometimes the most beautiful things, The most innocent things, And many of those dreams Pass us by, Keep passing us by . . . So I close my eyes softly 'til I become that part of the wind that we all long for sometimes. Yeah ..

11:20am I imagine Tampa Bay. Just going to swim from now until the sun goes down and then a little while in the dark. Let it be like Tampa today. I'll keep doing what I am doing. The sun shines down through the swells and I look into the deep, deep ocean and wonder if by some miracle I can see the mast of a ship miles below. The water is so clear, but there is nothing to see except at times, many jellyfish at about 6-8 feet below. I get glimpses of boats in the distance every now and then. Whenever I try to focus on them during a breath, waves coincide, and I don't get to see them at all.

3:35pm The sun is peeking over the boat from the other side when it tips. I look at it and feel the warmth on my shoulders. Remembering how the thoughts of my brother Michael shining down on them helped me through Tampa last year. My first marathon swim. He was always going to the cold waterfalls in New Hampshire. The boat tips back and blocks the sun from view. I think today he'd laugh and say, “Joey, this is nuts”. I am comfortable with that.

6:15pm From here on, I could see land whenever I breathed to the left. It was tempting, but I never looked forward. The last part of the swim is supposed to be the most difficult because of the apparent proximity of shore and the strong currents along France. I know that it can take hours to go a single mile, or a half mile, or I could be stuck swimming in place 500 meters from shore. I don't want to start looking. It could be very frustrating. Not going to look, because I'm no where near finished yet. When Laura puts her swim suit on, then I'll know we are about to land.

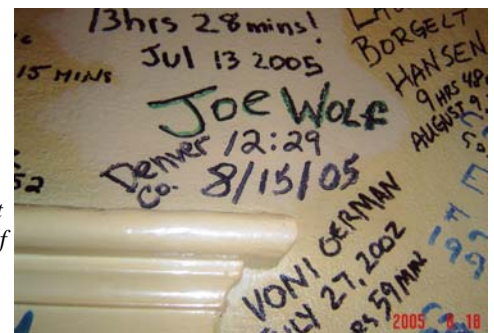
6:20pm I feel the finish coming. I trained with three English Channel swimmers in Colorado and said their names to the Channel, witnessed by Dad and Laura, Father Sky, Mother Ocean, Gaia, the jellyfish and the other water spirits. Like a mountain climber leaves hardware behind to help the next climber, Laura, Voni & Tim left part of themselves out there to help guide me along. It made it feel so easy. I can't wait for my other training buddies, Todd Landin and Jeff Magouirk, Vonis boys, and anyone else that follows, to feel it when they get here.

7:00pm Laura has just appeared in the water to my left, with a disposable underwater camera. She is beaming from ear to ear and keeps stopping to snap pictures. How did I get so lucky? She is bringing me to the shores of France in every way possible! Before the

swim can end, I must clear all water. So, just in case there was a little sea pool that I couldn't see (and to be funny) I ran to the wall in France. Funny really, that there was a wall to run to at the spot we landed. There is a beautiful stone cottage above the wall with blue shutters. I look back at the boat and wave to Dad. I am full of emotion. Somehow, I became everything that I needed to be, physically, mentally, spiritually for this moment to come. I am really overjoyed..



Joe & Laura after a preparation swim.



Joe's signing on the White Horse Tavern wall next to Laura's & Voni's.

We're on the Web!
www.COMSA.org



Friends, Fitness, & Competition

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