

# Master Splash

## *DU Repeats State Championship Title*

### **Ellen Campbell—Newsletter Editor**

Thirty four (34) workout groups competed at the annual Short Course Yards Championships hosted by the University of Denver on March 28th, 29th and 30th. It was a fun-filled, fast paced meet. Spectators witnessed two National Record swims in the 45-49 100 free and 100 IM by Arizona's John Smith.

### **Inside this issue:**

*Notes from the Chair* 2

*Gravel Pond Opening!* 2

*Open Water Swimming* 3-6

*Postal Swims* 7

*Photos from Nationals* 8

*Event Entries* 9-14

*Tips from the Registrar* 15

The DU Aquaholics took the State Title for their second year in a row. Team Bee Gees swam to second place. Inverness Masters finished third. Filling out the top six places were Thornton Masters in 4th, Durango Masters in 5<sup>th</sup>, and Green Mountain Dawgs finishing in 6<sup>th</sup> place. This year's meet drew 368 competitors, our largest State Meet on record. Results for all age groups can be found on the web site, [www.comsa.org](http://www.comsa.org).

Each year at this meet, three awards are presented to individuals for their efforts outside the water. The Coaches Award is presented to a coach of one of the COMSA workout groups. They are chosen from letters of recommendations. Gary Reese of Thornton Masters received the 2007-08 coaches award. His efforts were quite visible throughout the meet. In their black team t-shirts, caps and suits, the Thornton Masters team spirit made a big splash. They finished in 4th place.

The Jack Buchannan Service Award is given to one male and one female member of COMSA that best exemplifies the support for, and the advancement of COMSA's goals and ideals. Pete Schwenker was awarded the Service Award for his dedication to Colorado Masters Swimming. Pete serves as our Officials Chairperson. He arranges all the officials for each sanctioned meet. We have an outstanding officials crew who keep our meets running quickly and smoothly. Pete's warm and friendly personality and constant smile add an extra spark to our meets. Kathy Garnier received the women's award. Kathy has served as Secretary to COMSA for many years. She keeps our meetings on track, lines up our conference calls, communicates with our workout group reps, and produces our meeting minutes. Inside the water, Kathy excels at the sprint distance freestyle on both a National Championship and World Championship level.

Thank you to all the volunteers who make COMSA one of the strongest LMSC's in the nation! Congratulations to Gary, Pete and Kathy for their awards!

### **Colorado Respectfully Says Farewell to Two of Our Swimmers**

Evergreen swimmer Herb Wallower passed away at the age of 86 on April 13th. Herb was well known as an active masters swimmer since Colorado Masters Swimming started in the early 70s. He and his peers hosted the COMSA "hospitality Suite" at many nationals, certainly adding to the COMSAs reputation and our team spirit. Herb still holds the 65-69 State 50 Free record set over 20 years ago.

George Ensign, loved by both the South Suburban Masters and Inverness Masters, died March 6th at the age of 77. Over the last several years, George tackled many health issues with optimism and determination. He continued to coach and swim, as well as compete in the long distance freestyle events. His spirit and can-do attitude will inspire his teammates for many years to come.



John Wrenn, winner of the 85-89 high point award smiles after his 1000 freestyle. John, age 87, was the oldest swimmer at the meet.

**COMSA Board of Directors**

Heather Hagadorn  
Chairperson  
heatherlh@msn.com

Will Amos  
Vice Chairperson  
Records Chairperson  
Will.amos@comcast.net

Marcia Anziano  
Registrar & Safety Chairperson  
marfer@att.net

Kathy Garnier  
Secretary  
K\_garnier@msn.com

Susan Nolte  
Treasurer  
Susan\_nolte@comcast.net

Kim Crouch  
Webmaster  
webmaster@comsa.org

Ellen Campbell  
Newsletter Editor  
ColoradoTriClub@comcast.net

Nicole Vanderpoel  
Long Distance Pool Events  
Liason to CSI  
nicolevanderpoel@msn.com

Jeff Magouirk  
Long Distance Open Water  
swimwithfishes@earthlink.net

Morgan Edwards  
Fitness Chairperson  
Coaches Chairperson  
morgan944@aol.com

Mark Plummer  
Top Ten Chairperson  
mplummer65@msn.com

Brian Tsuchiya  
Sanctions Chairperson  
brian@briantsuchiya.com

Chris Nolte  
Awards Chairperson  
Chris\_nolte@comcast.net

Pete Schwenker  
Officials Chairperson  
petes@mcguckin.com

*Notes from the Chair***Heather Hagadorn—Chairperson**

Welcome to the Long Course and Open Water edition of Master Splash! Whether you love to compete or just love to swim, once again there are several pool and open water events to try this summer. Take a look through the newsletter and also browse the website ([www.comsa.org](http://www.comsa.org)) for the latest updates!

**Elections**

The following people were elected to the COMSA board at the Annual Member Meeting, March 29th. Chairperson: Heather Hagadorn; Vice Chairperson: Will Amos; Secretary: Kathy Garnier; Treasurer: Susan Nolte ; Registrar: Marcia Anziano

Including the Officers listed above, there are a total of 14 volunteers who dedicate significant hours of their free time to coordinate and organize events, manage our communications and manage the business side of things. **Thank you to all of the volunteers** – we can't do it without you!

Nicole Vanderpoel, our outgoing Vice Chair, will continue to focus on the long distance pool events, plus she has taken on the added responsibility of working with one of our USA-Swimming counterparts, CSI, to create more opportunities and exposure for dual sanctioned events.

**Seeking Volunteers to be USAS Convention Delegates**

This year we can send up to eight COMSA volunteers as Delegates to the National USAS (United States Aquatic Sports) Convention in Atlanta, GA. The 2008 Convention, covering Masters, USA Swimming, Water Polo, Synchronized Swimming and Diving, is a forum for establishing the Rules governing our swimming. It is an opportunity to meet other Masters Swimmers from around the country, and it provides COMSA a chance to contribute to the future and growth of our sport.

The Convention will be held September 24-28, 2008. For more details and information, please visit <http://www.usms.org/admin/conv/>. If you would like to be considered for representation as a delegate, please contact Heather (heatherlh AT msn DOT com). Delegates must be current COMSA members who are willing to contribute time, implement ideas, and share the information with the rest of our membership. COMSA reimburses the cost of convention registration, airfare, ½ hotel (pairing up covers the whole cost) and airport transportation in Atlanta.

While the convention itself is a lot of work – the days often start at 8:00 AM and last until 7:00 PM or later - there is still some fun to be had. The Coaches committee runs some awesome workouts every morning, and the local masters groups host happy hour every night.

*Opening Day at the Gravel Pond!*

The gravel pond is now open for swimming! Two brave souls ventured into the Chatfield Gravel pond without wetsuits for the opening day of the 2008 season. The water temp was about 47 degrees! Jack Nuanes and Jeff Hulett both braved the cold water and the windy, crisp air to swim. Jack stayed in for over 9 minutes and Jeff for 19 minutes. Four others swam with wetsuits. One even swam to the other end and back. All and all it was good to see these swimmers swim in the great outdoors. Look for details on this year's open water season on page 4.



## *Open Water Swimming...Give it a Shot!*

### **Laura Smith**

Let's be realistic. There has never been a shark attack in Colorado. In case you're new to the state or skipped every geography class in elementary school, I'll let you know that we don't have an ocean. Barring the zoo, there are no alligators or crocodiles roaming loose through our bodies of water either. And, to the best of my knowledge, Colorado has no Barracudas, Sting Rays, or Eels. So, why are so many swimmers afraid of open water swimming?

Here are some points for the sport:

- Even if you're the slowest swimmer in your pack of aquatic friends, it's tough to get lapped in a lake.
- You don't have to get out of the water to pee.
- You'll get tan.
- No one will make you swim fly.
- I've seen some things in pools that are worse than anything I've seen floating around in reservoirs and lakes!

Seriously, there are some great benefits to swimming long course and open water as opposed to always training in a 25 yard pool. When you are swimming continually without breaking stride for turns, you can settle into an uninterrupted rhythm. Although the water can be turbulent (obviously you lose the benefit of lane lines!) and can change your normal stroke, you can use the open water to really focus on technique.

In a short course pool, details become important. You really need to work the turns, be aggressive coming off the walls, etc. However, in open water and long course swimming, efficiency becomes key. It's just you, technique, and a whole lot of water! Because I'm not nearly good enough to come up with this myself, I looked into Terry Laughlin's site about the Total Immersion philosophy....and much of it directly applies to open water success. Here are the key points:

**Swim slowly:** you need to practice the correct way to swim, before you start picking up the pace and wasting energy in a long event. Practice doesn't make perfect. Perfect practice makes perfect. Seek a coach's advice, learn some drills, and make every stroke you take count.

**Leave no trace:** excessive splashing is a sure sign of wasted energy. Try to be stealth and smooth in the water.

**Swim small:** big scissor kicks, swimming 'flat' in the water---these are red flags that you are not getting the most out of the energy you're putting in to the swim. Try to visualize swimming through a hole. You only have so much room to move, so you need to keep all your movements in a limited area. The more side to side movements you make, the less forward propulsion. Yes, you do need to lift your head to site in open water, but don't keep a high head position while stroking. Not only will this drop your hips and create drag, but in a long swim you will start to tighten up through the neck....which transfers to your shoulders....which becomes a domino effect that can make a long race, seem much longer! Stay relaxed, long, and keep your head in the same neutral position that you would if you were walking down the street.

Proper technique is hard to argue with. However, there are two different philosophies on the mental aspect of long distance training. One camp prefers to be completely mindful while in the midst of long workout. Each stroke is thought out, analyzed, and the swimmer is very cognizant of each and every move they make. The opposing camp, finds it more relaxing to be somewhat disassociated with the workout (i.e. singing songs in your head, thinking of motivational stories, etc.). Personally, I don't believe that there's a right or wrong on this subject. Different things work for different people—but you can have fun trying both methods, or a little of each.

On beautiful summer days when I was growing up, my mom would look sternly at me and my siblings, and tell us to go outside. Using her as my role model, I look very sternly at you all, and strongly encourage you to do the same! Challenge yourself to do a few open water swims. The worst thing that can happen is it will heighten your appreciation of a pool. The best thing that can happen is that you'll fall in love with a new twist on your old swimming routine.

## *Open Water Season is Here!*

### **Jeff Magouirk—Long Distance Chairperson**

We've waited seven months, and it is finally here! Open Water swimming season is back! This year COMSA members will have two places to swim open water, the Chatfield Gravel Pond and the Boulder Reservoir.

The Chatfield Grave Pond will have its opening day on April 26, 2008 at 7:30 am and go until 10:00 am. This time slot on Saturdays will be available until September 27, 2008. We can also swim on Monday and Wednesday from 4:30 pm to 7:30 pm until September. Like in past years, a monitor will be needed to check in COMSA swimmers. I will start emailing my list of open water swimmers soon to get monitors. We will be sharing the pond with other groups which have permits to swim. Since a number of people will be swimming, please remember to park in the lot just south of the pond and just to the east of the pond for overflow. If you can monitor please contact Jeff at [swim-withfishes@earthlink.net](mailto:swim-withfishes@earthlink.net). A fee is needed to get into Chatfield State Park, but swimming in the pond is free to COMSA members. The approximate distance of the pond from north to south is 900 meters, the sandbar is about 300 meters from the swim beach.

The new open water swimming area to be explored is Boulder Reservoir. This is sponsored by Boulder Aquatic Masters (BAM). Tentatively the schedule for open water swimming at Boulder Reservoir is as follows:

Opening day - May 13, 2008

Tues and Thursday from 6:30 to 7:45 am in May

Tues and Thursday from 6:15 to 7:30 am for June, July and August

Tues and Thursday from 6:30 to 7:45 am for September.

This is a coached open water swimming workout. The tentative cost to BAM is \$10.00 per session. For the latest on news about swimming with BAM go to [www.bamswimteam.org](http://www.bamswimteam.org).

Some things to note if you will be swimming in the open water. The temp at the Chatfield Gravel pond is in the high 40s at the end of April, mid 50s by mid-May, mid to high 60s by June and in the 70s by end of June and will stay there until late August when the nights become shorter. If you are swimming without a wetsuit, here are a couple of suggestions to help retain your body heat. Wear two swimming suits. Wear a silicone swim cap along with silicone ear plugs. If you do not have a silicone swim cap, two latex caps will also help to keep in body heat. When you get out of the water and after you get dried and dressed, warm drinks will help to regain body heat.

Swimming in the open water is fun and very different than a pool. There is no line on the bottom to follow. So learning to sight and swimming in an almost straight line are skills that make for a more joyful experience.

There are three open water events for swimmers this season in Colorado. The first, 4 Loops for Fun, is June 28th in Prospect Lake. The second one is July 27, 2008 and features both a 1.5 K and 3 K swim in Prospect Lake in Colorado Springs. This is part of the State Games of the West. It should be a good time for all. The last open water race is the Horsetooth Open Water Swims. There are swims at the 10 K distance, the 2.4 mile distance and the 1 mile distance. The 10 K distance is a no wetsuit race. The other distances will have both wetsuit and non-wetsuit races. I have done the 10 K three times and each one has been very unique. Please go to the COMSA website for more information.

All COMSA swimmers will need to have a new waiver signed. Both open water areas will be checking for COMSA membership and signed waivers. This wavier will be on the COMSA website. Please send it to the address listed on the website.





*Master Swimmer, Charlotte Ricker can't wait to dive into the gravel pond.*

## *Winter & Summer at the Gravel Pond*

*Photos by Roger Bohnoff*



*Ahhh, now that's more like it!*

*Beautiful summer morning at the gravel pond. Many COMSA members ride to the gravel pond to start their Saturday mornings.*

## *Gravel Pond Swimming, Safety First*

With a large number of swimmers expected to use the Gravel Pond this season, please remember to always keep safety first and abide by the following rules.

1. Never swim alone. All swimmers must be USMS registered and swim with a USMS registered swimmer or coach.
2. All swimmers must present their 2008 USMS or COMSA card to the monitor before entering the water.
3. No swimming is allowed before the scheduled start time or after the scheduled finish time.
4. Parking must be in the Kingfisher Lot or the overflow lot at the south end of the pond. No parking is allowed along the road or in the lot adjacent to the pond at anytime.

All swimmers will be asked to sign a waiver stating that they know and will follow the above rules. Swimmers who do not follow the rules will be asked not to return and may be cited by the ranger.

## *Making A Splash in the Open Water*

### **Nicole Vanderpoel—Long Distance Chairperson**

The first rule of Open Water Swimming is to come prepared. Bring 2 pairs of goggles, one light and one dark with UV protection. The weather can change quickly and you may need to change your goggles due to bright sun or dark cloud cover. Next, make sure you are properly fueled for the task ahead. Swimming in the open water may “burn up” a bit more energy than you may think! At the very least, bring yourself some Power gel or granola bar just in case. As always, make sure you have water or sports drink to hydrate with. Lastly, as part of your preparation, bring a friend to swim with or hook up with someone at the gravel pond. Why? Because it’s fun to swim with fellow open water swimmers and it’s much safer to swim with a buddy.

### *Open Water Technique Tips*

Maintain a steady rhythm or cadence with your stroke rate. It is most helpful to count a rhythm to yourself while swimming a long distance. This can be as simple as counting to four or six at a steady beat. Counting in rhythm will also help you achieve a steady heart rate, while giving you something to think about during your swim. An additional benefit to maintaining a steady stroke rate is that it helps you relax, focus and stay in control.

In keeping with the steady stroke rate, try to maintain a steady breathing pattern. This will produce the same benefits as a steady stroke rate. In addition, practice bilateral breathing as it is most beneficial to navigation. When you breathe on both sides, keep your ear in the water so that your head stays low and hips stay high. If you lift your head out of the water when you breathe, your hips will drop creating unwanted “drag”.

Incorporate your sighting pattern into your breathing pattern. Practice sighting in one of two ways. Either, raise your goggles (not your entire head) out of the water before you breathe and then turn your head to breathe during your stroke cycle. Or, you can breathe during your regular stroke cycle and sight afterwards. You can accomplish this during one stroke cycle by turning your head forward after you breath. Keep it low, sight and place your face in the water. Remember the trick is to keep a continuous stroke cycle during your sighting. You never want to stop forward progress by lifting your head too far out of the water. When you do sight, keep your hips “high”. Be careful not to let your hips drop when you lift your head. Try your best not to stop during an open water swim. Remember, the goal is to maintain a steady and controlled heart rate. This can be difficult to do if you are starting and stopping your progress.

Practice a race start with your friends in open water. Understand that your heart will be pumping a bit harder at the race start. Therefore, practice entering the water with a group of friends, very close together. It is best not to try to sight too much at the start, so that water doesn’t get kicked into your face! Be aware of where you are, but try to take at least 4 strokes before you sight. You will need to use your legs and kick a bit until you find your “spot” within the group.

With regards to kicking, there is a definite need for kicking at the beginning and certainly the finish of a race. The reason being is that kicking will create more speed for a short period of time. However, after you have successfully “muddled” through the “masses” at the start, it’s time to conserve energy by kicking for balance and body position, as opposed to speed. Simply said, kicking takes oxygen away from other muscles that may need it during a long swim. Therefore, hold your feet close together when you kick so that they don’t create “drag” during your swim. Maintain a steady two to four beat kick. Then, when the end is in sight, you can start kicking for speed again.

Perhaps the most important tip to remember about open water swimming is to maintain a positive attitude, take care of each other and have fun out there in the Colorado sunshine!

## *5K & 10K Postal National Championships*

### **Nicole Vanderpoel—Long Distance Chairperson**

**HERE YE HERE YE LONG DISTANCE ANIMALS....** Yes, it's time once again for the Grand Daddy of the National Postal Championships! The 5K (5,000 long course meters) and 10K (10,000 long course meters) National Postal Championships are just around the corner. This year's Championships are sponsored by the Central Oregon Masters Aquatics.

We ask ourselves every year **WHY**. Why would we want to swim a 5K or a 10K Long Course Meters in one swim? The answers vary. Some of us want to train for some Open Water Competitions, some want to challenge themselves by seeing how long it will take, some want to burn calories and some simply want the honor of receiving the really cool "Colorado Goes Postal" cap! Regardless of your reason, come and give it a try, then figure out why later!



COMSA is sponsoring 2 dates on which you can do both or one of the Postal swims in a Long Course Meter Pool at Lowry. The first date is Sunday, June 8<sup>th</sup> and the second date is Saturday, July 5<sup>th</sup>. Both swims will begin at 7 am. Please e-mail [Nicolevanderpoel@msn.com](mailto:Nicolevanderpoel@msn.com) to reserve your lane. All swimmers must arrive at Lowry, ready to swim by 7 am on both dates. We would like to start as a group.

You must provide your own counter/verifier to take splits for you and please bring a copy of your USMS registration and \$12 for the entry fee. If you wish to order a t-shirt, the cost is \$16. Checks are payable to Central Oregon Masters Aquatics or COMA.

There can be no more than 2 swimmers per lane and no circle swimming allowed. Please check out the link for more info: [www.usms.org/longdist/ldnats08/5K10Kentry.pdf](http://www.usms.org/longdist/ldnats08/5K10Kentry.pdf).

It's much more fun to suffer as a group, but you are always welcome to swim the 5K and 10K on your own. The swims must be completed between May 15<sup>th</sup> and September 15<sup>th</sup> in a Long Course Meter Pool. If you do complete one or both of the swims on your own, please send in your entry form and check and e-mail me your address so that I can send you a "Colorado Goes Postal Cap".

Don't ask why until after you try! E-mail [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com) to reserve your lane!

Happy Training!



## *Colorado Sweeps Austin*

### **Ellen Campbell—Newsletter Editor**

Ninety-one swimmers represented Colorado Masters at the 2008 Short Course National Championships in Austin, Texas, May 1st-4th. Ranging in age from 18-81, we had depth and we had speed. CMS took home top honors in the Women's Team, Men's Team and Combined Team scoring. Many national records were set. Fast times and good times were had by all! For complete results, visit [www.usms.org](http://www.usms.org) and look under the Nationals Competition.

Thank you to Bill Burson for supplying some photos, on the flip side, of the meet for the newsletter!



*CMS 2007 Pool All-Americans*

COMSA would like to congratulate the following COLORADO MASTERS SWIMMERS who received All-American honors in individual and / or relay events in 2007.

- |                  |                   |                |                     |
|------------------|-------------------|----------------|---------------------|
| Richard Abrahams | Ellen Campbell    | Randy Cox      | Kim Crouch          |
| Chuck Fisher     | Kathy Garnier     | Pam Gatz       | Sheri Hart          |
| Frederick Hoppe  | Mark Johnston     | Rich LeDuc     | Marshall Lee        |
| Lindsay Linke    | Lee MacDonald     | Paul McCormick | Jane Oberg          |
| Bob Patten       | Anna Pettis Scott | Karen Rosener  | Tom Rosinski        |
| Carl Selles      | Brooke Tafling    | Brian Tsuchiya | Susan Von der Lippe |





## **4 Loops 4 Fun**

### **6K Masters Open Water Swim**

### **Solo and Relays**

**When:** Saturday June 28<sup>th</sup>, 2008. Race Start Time: 9:05. Race Day check-in will begin at 8:00 AM

**Where:** Prospect Lake in Memorial Park, Colorado Springs. Starting area will be at the west side of the lake at the bathhouse, inside the swimming area.

**Directions:** Take I-25 to Uintah exit. Turn east on Uintah St. Turn south (right) on Hancock. Turn left on Costilla. Turn right on Prospect Lake Dr.

**About This Event:** This is a 1500 Kilometer loop course. One person can swim all 4 loops for 6K, or relay teams of 2, 3 and 4 persons can split the 4 loops among the relay members in any manner. Obviously in the 4 person relay, each person must complete one loop. With the 2 and 3 person relays, any number of loops can be swim by the relay members as long as a minimum of one loop is completed by each swimmer. Relay members do NOT have to be affiliated with the same Masters club or team.

**Race Entry Fee:** Entry deadline, postmarked by June 20th  
Solo entry \$20,  
2—4 person relay: \$15 each person

**Entry Chairman:** Karen Reeder  
6887 Heatherwood Drive  
Colorado Springs, CO 80918 (719) 592-1932  
Email: [dksreeder@iglide.net](mailto:dksreeder@iglide.net) website: <http://openwaterswimming.org>

Please Make Checks Payable to:  
"Air Force Aquatics Masters"

**Sanctioned by** COMSA for USMS Inc. (sanction 32-08-10-OW). All swimmers must have a valid USMS registration. One day registration will be available on race day for swimmers ages 18 and above who have met the entry deadline. Wet suits are not allowed. Wearing a thick silicon cap and silicon earplugs will help keep swimmers warmer if needed. Please come prepared. Prospect Lake will be available for open water practice in the summer. Last year's schedule was every Saturday evening at 6:00 PM. Please check the Colorado Springs government website for schedule and prices after Memorial Day at <http://www.springsgov.com/> and go to recreation services, aquatics and Prospect Lake.

**Meet Official:** Larry Green      **Safety Officer:** Jack Barry

## 4 Loops 4 Fun

### 6K Masters Open Water Swim

#### Solo and Relays

Check one: Solo 6K \_\_\_\_\_ Relay 6K \_\_\_\_\_ (indicate 2 or 3 or 4 person relay and make up a fun name for your Team) \_\_\_\_\_

- **Each person on the relay must complete the form and sign the waiver. \***

Entry Fees: Solo \$20:	_____
2 person relay \$30	_____
3 person relay \$45	_____
4 person relay \$60	_____

- Make checks payable to Air Force Aquatic Masters.
- T shirts this year will be available on site for purchase. A special prize drawing will be held for swimmers participating in their first open water race and/or their first open water race without a wetsuit.

Name \_\_\_\_\_ USMS Number: \_\_\_\_\_

I will be purchasing a "One Day USMS Registration" \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Ph# \_\_\_\_\_

Email: \_\_\_\_\_

(please include a legible e-mail address for contact in case of incomplete entry)

Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Team/Club \_\_\_\_\_

**Liability release.** 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 CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature \_\_\_\_\_

Date \_\_\_\_\_



## FAST FACTS

### Horsetooth Open Water Swim

Sunday August 10, 2008

#### Distances of Races

- 10K swim. Yes, that's 6.2 miles, non-stop. This is for the hard-core swimmers. Winners will finish in a bit over 2 hours; maximum time allowed is 5 hours.
- 2.4 miles with and without wetsuits. This is for triathletes training for Ironman Triathlons and other crazy swimmers
- 1 mile, 1000 yards, and 250 yards. These are for the age-group swimmers. Third exciting year and still growing!!

#### Event in 2008:

- In the past we have had over 60 participants registered for the 10K. They have come from California, Ohio, New Jersey, Texas, New Mexico, and Wyoming.
- Up to 100 will swim the 2.4 miles
- Age groupers will be coming from Fort Collins, Castle Rock, Grand Junction, Denver, and New Mexico

#### History & Beneficiary

This is the 9<sup>th</sup> running of the 10K swimming race in Horsetooth. Even when the water was really low, we swam from the mid-point to the far north dam and back. **TEAM Fort Collins** is our beneficiary organization. TEAM Fort Collins provides drug and alcohol abuse prevention services to youth and adults in Northern Colorado.

#### Venue: Horsetooth Reservoir, Fort Collins, Colorado.

- 10K swimmers start at the southwest corner of Horsetooth at the boat ramp at South Bay, swim along the western shore, and finish at the boat ramp in Satanka Cove near the dam at the northwest corner of the reservoir.
- 2.4 mile swimmers start to the boat ramp at Satanka Cove, swim 1.2 miles south, turn around and return to the Cove.
- The shorter events will be completed in Satanka Cove.

#### Participants

Swimmers in the 10K event will come from across the US from New Jersey to California. Past accomplishments of the swimmers include crossings of the English Channel, swim around Manhattan Island, Maui Channel crossings, LaJolla Rough Water Swim, and various 1 and 3 mile championships. Participants in 2007 included men and women who ranged in age from 21 to 67. No wet-suits allowed!

#### Support

- Each 10K swimmer is accompanied by a paddler in a support craft (kayak or canoe) who provides nutrition, navigation, protection, and first safety.
- Other paddlers provide "zone defense" for swimmers in the shorter events.

NOTE: VOLUNTEER PADDLERS AND CRAFT ARE NEEDED!!

#### Safety

Larimer County Dive Rescue boats are on the water. Poudre Valley Hospital EMTs are present. Emergency room docs are on-call.

#### Organizers

The race is organized by a committee of crazy folks who love open water swimming. Co-Chairs: George Thornton and Joe Bakel. Contact George at: [louiset36@comcast.net](mailto:louiset36@comcast.net) or 970-482-1818. Contact Joe at : [joe\\_bakel@msn.com](mailto:joe_bakel@msn.com) or 970-224-2153. 10K open water swimming will be a new Olympic event in 2008 in Beijing. So we are a part of a new movement to promote open water swimming competition.

**More Info** Visit our website at [www.horsetoothswims.com](http://www.horsetoothswims.com).

**Register** at [www.Active.com](http://www.Active.com)

## *Tips from the Registrar—Online Registration is Here!*

### **Marcia Anziano—Registrar**

As of May 14, 2008, our membership stands at 1710 registered members.

Every spring, the opening of the Gravel Pond brings a rush of COMSA registrations. And now registration is easier than ever! Register online!

Go to [www.comsa.org](http://www.comsa.org) and follow the links to the online registration system.

You can use a credit card!! And you can print a copy of your card immediately.

**Club:** A dropdown list will present the valid clubs for the Colorado LMSC. They are Colorado Masters, Air Force, Wyoming, and Unattached. The system defaults to Unattached, so if you want to be on a nationally recognized club, you must choose a valid club at this point.

**Workout Group:** Another dropdown list will be presented with all of the local workout groups that have made themselves known to the Colorado LMSC. It is here that you can show your local affiliation.

If you use the paper forms, please remember to do the following:

Please **Sign and Date the waiver on the form.** Forms without signatures cannot be processed and must be sent back to the person that sent them in for their signature. This requires extra time and expense to process the form.

Please **fill out the form completely.** Birth date and Gender are required. The forms cannot be processed without this information. This too adds to processing time.

Please **write neatly.** Take the extra minute or two to be sure that the form can easily be read.

Registration fees are \$40. Please include the proper fees as stated on the form when submitting your registration. Forms sent with insufficient fees will be returned for additional payment.

And one last thing, **please review your card when you receive it.** Check the spelling of your names, your birth date, and affiliation. It is easy to transpose numbers, letters, or just simply misread them when entering this data.

If you have questions, please contact Marcia at [marfer@att.net](mailto:marfer@att.net).

Have you visited [www.Comsa.org](http://www.Comsa.org)? Our website is the place to find sanctioned event information and registration forms, meet results, state records, the USMS national database of swim times, a listing of all the local workout groups with their practice times and contact person, minutes from the board meetings, a list of the executive officers, pictures from recent events, as well as links to other swimming websites and the USMS site. You can find helpful information on technique, training and gear. You can also find a copy of this newsletter! Kim Crouch, webmaster, welcomes your feedback and contributions. Contact her at [webmaster@comsa.org](mailto:webmaster@comsa.org). Visit [www.comsa.org](http://www.comsa.org) to sign up for updates and alerts via e-mail. The instructions are on the bottom of the page. Check it out!

---

Visit us on the web!  
[www.comsa.org](http://www.comsa.org)

---

Friends, Fitness,  
Competition!



COMSA  
P.O. Box 260523  
Highlands Ranch, CO  
80163-0523  
Phone: 303.367.1323  
E-mail: [martyer@att.net](mailto:martyer@att.net)

Colorado Masters Swimming  
Association

## *Summer Event Schedule*

Whether you are looking for pool events, open water events, or postal events, this summer's competition schedule is loaded with opportunities to challenge yourself and compete with your friends.

June 7th	HRA Masters Invite Long Course Meet at Lowry
June 21st	Rocky Mountain Senior Games
June 25th	Aquaman Wednesday Night Open Water Swim Series—Cherry Creek Reservoir
June 28th	4 Loops for Fun at Prospect Lake
July 27th	State Games of the West
August 10th	Horsetooth Open Water 10K, 2.4 mile and 1 mile swims
August 14th	Long Course Nationals—Portland, OR

