



Hello Katie,

We hope your summer is off to a great start! Today is the start of the Tour de France which always brings back memories of watching the race between sessions at summer swim meets! Don't miss your chance to get outside and participate in the many open water races offered across Colorado.

Wishing everyone a safe and festive July 4th holiday! See you at the lake or pool!

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events

OPEN WATER SWIM RACES

Carter Lake Crossing

- July 22, 2023
- Carter 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.

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 CHAIR

Special Thank you

WOW, is all I can say about the COMSA State meet and COMSA's presence at USMS Short Course Nationals.

At the state meet in March, we had 327 registered swimmers, and two and a half days of awesome swimming, including a number of state and national records.

I want to thank a number of people for their diligent work in getting this meet off without any issues.

Andrew Le Vassuer who served as the meet director, coordinating with all the people noted below. Andrew was presented with the **Jack Buchanan award for service** for his long tenure of coaching and meet management work.

Eric Neilsen, who not only served as head coach of FAST Masters, also served as the meet's public address announcer keeping everyone up to date on records and logistics. Eric has agreed to join the COMSA board as the coach's chair.

Pete Schwenker was the go-to guy for officials. A week or two before the meet I reached out to Pete and asked if he had all the officials he needed, and I got a quick YES! As a meet director myself I know that getting officials can be challenging at times. Thanks to Pete for his great work at managing our officials. Pete serves on the COMSA board as the official's chair.

Hugh Duffy was the go-to guy for making sure all the lanes were covered with timers. Without his great attention to detail and wrangling of workout groups and clubs, we would not have had the people we needed for timing.

Thanks to the data management team led by **Shane Price of Fort Collins' FAST Masters**. Shane and his FAST colleagues Dan Crosscup and Joe Zupancic kept the meet data accurate, and the meet moving on time.

Congratulations to **Lou Parker Coach of the Year recipients Dag Seymour and Steven Zarian of Jeffco Masters**. Their work at growing the Jeffco swimming community has been outstanding. Finally, thanks to Kathleen Steffe for her many years of behind the scenes to COMSA, she received the Jack Buchanan award for service.

Colorado Masters (CMS) presence at USMS Nationals was impressive. CMS swimmers brought home many awards, beating out the likes of Puget Sound and Oregon Masters. The points broke down as follows:

- 75 swimmers total
- 41 Women: 851.5 points; **1st Place Regional Clubs Women**
- 34 Men: 560 points, **2nd Place Regional Clubs Men**
- Combined: 1509.5 points; **1st Place Regional Clubs** (Individual Points: 1213.5; Relays: 296 points)
- 41 Relays

Special thanks goes out to **Stephanie Bunevich from Foothills Masters** who served as the CMS Nationals Coach. From Stephanie:

I thoroughly enjoyed myself! Most importantly, I really enjoyed getting to know so many of you. There were so many great stories that I will cherish! And you aren't bad swimmers either!

Special shout outs to my friends, the "Mermaids", who were my trusted advisors for the weekend! They helped with the breakfast and many of the small details. The coach needs a coach! Or coaches...

Finally I want to say how much I appreciate the service of our board. They work hard behind the scenes to keep COMSA moving forward. We still have a couple of position to fill (please note the list below). Please note, all the positions are voting positions.

New person* in the position since fall of 2022, thanks for stepping up*
New person needed+, contact chair Doug Garcia if you would like to serve.

Chair - Doug Garcia

Past Chair - Chris Nolte

+Vice Chair - OPEN

*Registrar/Membership Coordinator - Karen Rosener

Secretary - Katie Glenn
*Treasurer - Mike Wise
*Representative at Large - Sean Phelps
Representative at Large - Nicole Vanderpoel
*Awards - Crystie McGrail
*Coaches - Eric Nielson
Club Development Coordinator - Katie Glenn
Communications Chair - Katie Glenn
*Fitness Chair - Barb Martin
*Long Distance Open Water – Joe Bakel
Long Distance Pool and COMSA Liaison to CSI - Nicole Vanderpoel
Officials - Pete Schwenker
Records - Kent Carney
+Safety - Open Position
Sanctions - Richard Hess
State Meet Chair - Andrew LeVasseur
Top Ten - Kathy Garnier
+Webmaster - Laura Nelson



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 20th 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](#)

OPEN WATER SWIMMING SEASON

IS UPON US

The first open water event of the Mountain Swim Series, the [Solstice Sunrise Swim](#), was a resounding success! This is a friendly reminder to everyone that these events can not occur without the generous help of lots of volunteers.

Volunteers make our events happen! Please consider volunteering at one of MSS races and you will get a FREE RACE ENTRY to use in the future! You can volunteer as a kayaker on the water or on shore. Sign up to volunteer at <https://mountainswimseries.com/volunteer-signup>.

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-of-parks-trails/union-reservoir-park/fees-and-hours-at-union>

- **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:

- July 22, 2023. Carter Lake Crossing. Carter Lake. <https://mountainswimseries.com/>

- 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/>

What Swimmers Need to Know to Protect Themselves From the Sun

Skin cancer is the most common form of cancer

With summer here, you might be swimming in an outdoor pool or enjoying the open water. That's great. However, you need to protect yourself from a potential health danger: skin cancer.

When you're outside, you're exposed to ultraviolet light from the sun. This light encourages plants to grow and helps you generate vitamin D. But ultraviolet light is a form of radiation, and exposure to too much of it can cause genetic mutations in skin cells that may give rise to cancer.

Skin is the largest organ of the body, and as such, you have billions and billions of skin cells. A mutation in any one of them could potentially spell trouble. This volume aspect means that, according to the American Cancer Society, "skin cancer is by far the most common type of cancer."

Types of Skin Cancers

Not all skin cancers are created equal, and the good news is the two most common types of skin cancer are the most easily treated. In all, there are two primary types of skin cancer: melanoma and nonmelanoma.

- **Nonmelanoma skin cancers.** There are two types of nonmelanoma skin cancers called basal cell carcinoma and squamous cell carcinoma. These cancers develop in either the basal cells (the

top layer of the skin) or in squamous cells (deeper in the epidermis). The most common kinds of skin cancer, basal and squamous cell carcinomas usually develop in regions of the body that are exposed to light frequently, such as the face, hands, arms, and neck. They can occur anywhere, though. The ACS estimates that about 5.4 million basal and squamous cell carcinomas are diagnosed each year, with basal cell carcinomas accounting for about eight in 10 of those. Though squamous cell carcinoma is more likely to spread, both of these cancers are usually easily treated and curable. Rarely do they become deadly.

- **Melanoma.** A more aggressive form of skin cancer, melanoma forms in melanocytes, the skin cells that manufacture melanin, the pigment that gives skin its tan or brown color. It's relatively rare, accounting for about 1 percent of all skin cancers. However, incidence is on the rise. The ACS estimates that in 2020, about 100,350 new melanomas will be diagnosed and about 6,850 people are expected to die of the disease. Melanoma rates doubled from 1982 to 2011 and are continuing to rise.

There are a few other types of skin cancers, but they are very rare.

Reducing the Chances

With all of these types of skin cancer, exposure to UV radiation can increase your risk of experiencing a cellular mutation that could give rise to the proliferation of cancer. But there are some things you can do to help mitigate your chances of developing skin cancer.

- **Use sunblock daily.** Even on cloudy or overcast days, UV rays still filter through and can cause skin damage that not only could lead to cancer but can also age your skin faster. But you can protect your skin by applying a broad-spectrum sunblock with a sun protection factor (SPF) of 30 or higher. And don't skimp on the sunblock. Apply a full ounce to the skin each time and reapply frequently, especially after you've been in the water.
- **Cover up.** A sun hat and sunglasses are a must if you'll be spending time outside, particularly if you're on or near water as that can reflect and intensify the sun's rays. While swimming, consider wearing a long-sleeved swim shirt or long-legged swim tights to help protect your skin. Look for fabrics that have an ultraviolet protection factor, or UPF rating, of 50. If you can, seek shade under an umbrella or trees.
- **Limit your time outdoors.** Getting outside for some fresh air, sunlight, and exercise can help you stay healthier, but you should try to limit your time in the sun, especially during the peak sunlight hours between 10 a.m. and 3 p.m.
- **Visit a dermatologist annually.** Your dermatologist is an expert in spotting and treating skin cancers. Everyone should visit one annually for a full skin check and that goes double for swimmers who spend a lot of time outdoors in skimpy outfits with a lot of skin exposed. Some skin cancers can look completely harmless, so it helps to have a trained eye looking out for you.
- **Avoid sunburns.** One of the biggest risk factors for developing skin cancer is a history of sunburn. Even a single sunburn during childhood can predispose you to developing skin cancer later in life. Be a responsible enjoyer of sunlight and take common sense steps to limit your chances of burning.
- **Don't forget your eyes.** Yes, UV rays can damage your eyes, potentially causing cancer in the eye itself as well as the delicate surrounding skin. The ACS recommends wearing wrap-around sunglasses with 99 percent to 100 percent UVA and UVB absorption, which offer the best protection for the eyes and surrounding skin.

Know Your ABC(DE)s

In addition to taking care to limit your exposure to UV radiation, you should also get to know your own skin and check it often. Skin cancer often shows up initially as a change in the appearance of the skin in a certain area, whether that's the development of a red spot, a dark mole, a lump, or a bruise that doesn't seem to go away.

One simple way to remember what to look for is to know your ABC(DE)s and bring any new skin symptoms to the attention of your doctor right away.

- **A: Asymmetrical.** If a mole or spot is irregular or seems asymmetrical, bring it to your doctor's attention.
- **B: Border.** If the border of a mole or darker spot on the skin is jagged or irregular, that can be a sign of skin cancer.
- **C: Color.** If a mole or spot darker has variable colors within it, that can also signify a problem and needs to be checked out.
- **D: Diameter.** The larger a spot or mole is, the more likely it could be cancerous. Spots that are pea-sized or larger need to be checked.

- E: Evolving. If a mole or spot on your skin had changed recently, be sure to tell your doctor.

by Elaine K Howley June 28, 2023

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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