



KERRY SUHR (SWYM) CELEBRATES AT THE FINISH BOUY OF THE LAKE TRAVIS RELAY

The Chlorine Chronicles

Gulf Masters Swimming

October 2016

IN THIS ISSUE

A Message from the Editor



At September's USMS Convention, I was awarded U.S. Masters Swimming's June Krauser Communication Award for my work on the Gulf LMSC newsletter, the Chlorine Chronicles.

June Krauser was dubbed the "Mother of Masters Swimming" and her tireless efforts in the early years of USMS allowed the organization to grow and thrive. June wrote USMS's first rule book in 1971, chaired the Rules Committee for 23 years, and singlehandedly compiled, mimeographed, and mailed Swim Master, the first USMS newsletter. Without June Krauser, USMS would not exist in its present form. I am honored and humbled to have been selected to receive an award named after June, whose shoes I could never fill.

I could not write the newsletter alone and would like to give a big shout out to Catherine Kruppa for her wonderful quarterly nutrition articles, to our amazing cartoonist Kerry Suhr, and to Elaine Rollins who keeps me honest on my punctuation and grammar. Thanks also to those I've interviewed or who have allowed me to highlight your team in past issues.

The newsletter is a labor of love for me and I'll strive to continue providing interesting and informative reading to our great Gulf swimmers. To that end, member input is appreciated and encouraged. Let me know what you like or don't like about the current and past newsletters and what types of content you'd like to see in future editions. I can be reached at kdenby@usms.org

Karlene Denby, Chlorine Chronicles Editor



Gulf Swimmers Rock Nationals

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2016 Annual Meeting Announcement - Thursday, November 17th

The Gulf Local Masters Swim Committee (Gulf LMSC for short) will be having its annual meeting on Thursday, November 17th at the Dad's Club meeting room at 7:00 p.m. The address for Dad's Club is 1006 Voss Rd, Houston, TX 77055, and the map link is: <https://goo.gl/maps/AfGdwmuYmN52>.

Each team and workout group is entitled to be represented with voting members at the annual meeting. Teams with up to 49 members are entitled to one voting representative, 50 to 99 members are entitled to have two voting representatives, and teams with 100+ members are entitled to three representatives. All USMS members are welcome to attend and give us feedback on what we could do better or continue to do to make this one of the top LMSCs in the South Central Zone.

At the meeting we are going ask for feedback concerning planning for the upcoming year. We will be voting on next year's officers. Please contact Kris Wingenroth at kwingenroth@hotmail.com if you wish to run for a position. We will be approving the 2017 budget. We will also go over old and new business in our 90-minute meeting. We really want to hear from your teams, so please send someone to represent you. Thank you in advance.

Gulf Swimming Achieves Membership Milestone

On October 18th, Gulf LMSC hit the 1,500 member milestone for 2016. This is the best year in the history of Gulf swimming. Thanks for your confidence in USMS and the Gulf LMSC.

Upcoming Events

November SCM Classic, November 12-13, 2016

Take part in this November tradition. Woodland Masters will be hosting the two-day competition at the Conroe ISD Natatorium in Shenandoah. The entry fee is only \$55, and on-time entry ends on November 7th. Deck entries will be accepted for an additional \$10.

Meet registration is available at: https://www.clubassistant.com/club/meet_information.cfm?c=1733&smid=8140

Jesse Coon Memorial Invitational Swim Meet, January 21, 2017

Masters of Brazos hosts the longest running masters meet in the Gulf LMSC on Saturday, January 21st at the Aerofit Health and Fitness Center in Bryan, TX. High point awards will be given to the top three swimmers in each age group. Onsite childcare is also available. On-line entries will open on November 1st and on-time entries close on January 18th. On-time entry fee is \$40. On deck entries are available for an additional \$15. For more information and registration, go to: https://www.clubassistant.com/club/meet_information.cfm?c=2230&smid=8298

Results of Last Quarter's Fitness Challenge - 400 Pull for Time

Forty-nine Gulf registered swimmers took on the 400 pull challenge. First overall woman was Lisa Umbach (WMST) in a time of 4:42, and the first overall man was Mark Reeves (WMST) in a time of 4:13. Participation was limited to three teams, WMST, SYSM, and MAC. We would encourage more Gulf coaches to promote team participation in future fitness challenges.

Full results are below and are not broken into paddles/no paddles as the time submissions were not broken down in categories.

Women

25-29: (1) Maggie O'Brien 5:20, (2) Paige Cullingford 5:55

30-34: (1) Heather Henley 5:38, (2) Erin Galloway 5:56

40-44: (1) Tessa Kole 6:42, (2) Stephanie Henkes 6:56, (3) Christine Fernandez 7:25

45-49: (1) Heather Jorris 5:09, (2) Pati Bryant 5:12, (3) Robin Tompkins 5:22, (4) Jenny Krummel 7:54

50-54: (1) Lisa Umbach 4:52, (2) Ellen Considine-Miller 5:10, (3) Jenny Seagraves 5:36, (4) Hilda Gonzales 6:31

55-59: (1) Debbie Loux 4:58, (2) Mary Anne Hines 5:52, (3) Elva Moure de Goday 5:56, (4) Stacy Burgess 5:57, (5) Cathie Locetta 6:00, (6) Tracy Shoemaker 6:16, (7) Synda Wilson 10:17

60-64: (1) Deborah Nichols 8:24

65-69: (1) Melanie Sellers 8:37

70-74: (1) Ann Erickson 6:36

Men

18-24: (1) Marc Weschler 4:35

25-29: (1) Mark Reeves 4:13

35-39: (1) Calvin Yang 4:54, (2) Shawn Anderson 5:16

40-44: (1) James Binn 5:11, (2) Alfonso Jaime 6:32

45-49: (1) Bill Bass 4:50

50-54: (1) Brian Miller 4:40, (2) Russell Hubbard 4:50, (3) Bob Perkins 5:10, (4) John Etgan 5:45, (5) Dan Seliskar 5:48, (6) Tim Welch 5:55

55-59: (1) Jim Barolak 4:55, (2) Francisco Godoy 5:20, (3) Keith Nichols 6:12, (4) Peter Foster 7:19

60-64: (1) Craig Fox 4:36, (2) Neils Wolfhagen 4:42, (3) Steve Clancy 5:30

65-69: (1) Olin Brown 5:18, (2) Bud Cave 5:33, (3) John Clark 7:10

75-79: (1) Charles Hendricks 9:00



(Photo from USMS Facebook Page)

This Quarter's Fitness Event - 400 Kick for Time

We will hold the 400 kick challenge for the last quarter of 2016. It's easy to enter. Simply e-mail your time or coaches can email all team members' times to Bruce Rollins at GUChair@usms.org and let Bruce know if you kicked "naked" or used fins. We're asking all coaches to make this a team effort and see how many of your swimmers you can encourage to take on the challenge. In addition to tracking the swimmers, we will be tracking two different categories for teams: (1) highest number of entrants by each team, and (2) highest percentage of participants by each team (based on USMS 2016 total team registration). **The deadline to submit entries is December 31, 2016.**

We plan to have a team spotlight in each quarterly newsletter. The goals of the spotlight are two-fold: (1) to help Gulf teams grow and flourish, and (2) to provide information about area teams for solo swimmers who might like to swim with like-minded individuals in an organized group setting. If you would like to have your team featured in a future newsletter, contact kdenby@usms.org

Team Spotlight - Houston Cougar Masters (COOG)

Houston Cougar Masters (COOG) was started in 2009 as an adjunct program of a well-established USA Swimming age-group team. Swimming out of the University of Houston Melcher Pool, COOG initially offered two morning workouts and five mid-day workouts weekly. At its inception, attendance ranged from just one to six swimmers per workout.

By early 2010, workout attendance improved to about 10-15 swimmers. In October 2010, COOG registered the team with USMS for the 2011 season. During the first season as a USMS registered club, COOG had 68 registered swimmers. As coach Greg Orphanides' coaching reputation spread, growth came from word of mouth recommendations, especially within the triathlon community.

The growth of the team was not devoid of rough patches. In August 2011, COOG lost access to its home pool at the University of Houston. For a short period of time, workouts were suspended as Greg scoured the surrounding area for potential venues for the team. On an interim basis, workouts resumed in an old, run-down pool at the Blue Triangle Community Center.

As COOG made the best of their temporary home, Greg secured permanent pool access for both his masters and age-group teams at the Houston Jewish Community Center (JCC). With a permanent home at the JCC, the program continued to grow. By 2016, the number of USMS registered swimmers is over 220 members, making COOG the second largest team in the Gulf LMSC.

COOG swims year-round at the JCC Merfish Pool (9000 South Rice), a seven lane, 25-meter outdoor, heated pool. From about May through October, COOG also utilizes the JCC main campus pool (5601 South Braeswood), a seven lane, 50-meter outdoor, unheated pool.

COOG offers 12 weekly workout opportunities. Monday and Friday mornings 6:00-7:30 a.m., Tuesday and Thursday mornings 5:00-6:30 a.m., Tuesday and Thursday evenings 7:00-8:30 p.m., Monday through Friday mid-day 11:30 a.m.-1:00 p.m., and Saturday 10:30 a.m.-noon.

Head coach Greg Orphanides is a Level 3 USMS Certified Coach and 2013 recipient of the USMS Kerry O'Brien Coaching Award. Greg is ably assisted by Phil Bich and Corrie Kristick who are both age-group and masters coaches for COOG.

With over 200 members, COOG has the full range of swimming abilities and interests including fitness swimmers, open water swimmers, multi-sports athletes, and competitive swimmers. Well over 50% of COOG members are triathletes. Ability levels range from swimmers just trying to complete their first triathlon swim to USMS national champions, FINA world champions, Ironman World Championship qualifiers, and even a 2012 and 2016 Paralympian. No matter your swimming interests or abilities, from beginner to seasoned athlete, there is a lane that fits you.

All workouts have a coach on deck with Coach Greg present for the great majority of workout sessions, providing motivation and technique correction. While he comes to the pool with a prepared workout, he will readily modify it as needed based on the individual swimmer's specific circumstances and goals.

Outside of the pool, COOG provides social opportunities as well. In January of each year, COOG hosts a kick-off party for all members. Additional social opportunities include Bingo Night and open water swims with a picnic. A group of female swimmers, dubbed The Estrogen Lane, meet frequently for brunch or dinner outings. Many of our multi-sport athletes meet for cycling and running workouts as well. The team is kept apprised of upcoming events and other newsworthy items with regular email blasts.

If you're looking for excellent coaching and an inclusive, friendly team environment, COOG may just be the right fit for you. For more information, go to www.coogaquatics.org or contact Coach Greg at coogcoach@hotmail.com



USMS Summer National Championships - August 17-21



Eighteen Gulf swimmers joined more than 1,200 other competitors at the 2016 USMS Summer Nationals, one of the largest LC National Championships in USMS history. The five-day LCM event was held at Mount Hood Community College's beautiful outdoor facility in Gresham, Oregon on August 17-21.

Gulf swimmers had an impressive showing with 16 first-place national championship swims, another 10 top-three finishes and an additional 26 top-ten finishes.

Carolyn Boak (WMST) dominated the 70-74 age-group, winning all five of her individual events and breaking national records in the 200M and 400M free. Breaststroker, **David Guthrie** (RICE) won all three breaststroke events in the 55-59 age group, two of them in world record time. **Marissa Clapp** (RICE) earned four gold medals in the 25-29 age group in the 100M breast, 200M breast, 200M IM, and 400M IM. **Joann Leilich** (WMST) demonstrated her versatility, placing first in the 50M breast, 100M breast, 400M free and 200M IM in the 75-79 age group.

Top-three finishes were earned by **Tom Boak** (WMST), **Deb Coellner** (WMST), **Rog Hardy** (RICE), and **Bruce Rollins** (WMST). Garnering top-ten finishes were **John Agathon** (WMST), **Oscar Bermudez** (COOG), **David Childers** (RICE), **Eric Cozadd** (ETEX), **Ellen Considine-Miller** (WMST), **Mary Anne Hines** (WMST), and **Elva Moure de Godoy** (WMST).

Congratulations to all of our Gulf swimmers!

Pictured: Gulf Chair, Bruce Rollins, with his doppelganger, John Fields (right).

Jesse Coon Volunteer Spirit Award

In 2006, the South Central Zone created a Volunteer Spirit Award in honor of one of masters swimming's greatest ambassadors, Jesse Coon. Jesse was a retired physics professor from Texas A&M University and an outstanding swimmer. He was the first person in the 90-94 age group to complete the 200 butterfly and 400 individual medley. Jesse set national and world records and had numerous top ten listings. But he is best remembered for his graciousness, contagious enthusiasm, and love of the sport. Each year since 2006, the Jesse Coon Award has been given to the South Central Zone swimmer/volunteer who best exemplifies the qualities that made Jesse Coon a beloved figure in the masters swimming community. The award is housed at Jesse's home pool, the Aerofit Health & Fitness Center in Bryan, Texas.

Here is the speech that was given by Gulf Chair, Bruce Rollins, in presenting the Jesse Coon Award:

"This year's recipient of the Jesse Coon Legacy Award has over 737 Top 10 national pool rankings, not including relays. This year's recipient has over 37 years as a Pool All-American, which means the top time in the U.S. But more importantly, this year's recipient is as good a volunteer as a swimmer! This year's recipient has served on 11 national USMS committees. That is roughly over 44 years of service. This year's recipient has been awarded the highest honor in USMS Swimming, The Captain Ransom J. Arthur Award...not once, but twice...in 1991, and again in 2001. Speaking of twice, this year's recipient has been inducted into the International Hall of Fame in 2012 as a swimmer, and will be as a contributor this fall in 2016. Obviously, this person is awesome and not just one person, but two! Please join me in congratulating this year's Jesse Coon Legacy award winners. Carolyn and Tom Boak from the Woodlands Masters Swim Team."

Congratulation to Carolyn and Tom for continuing Jesse's legacy.



Tom Boak (left) is presented the Jesse Coon award by Gulf Chair, Bruce Rollins.

2016 USMS Convention Report

Atlanta Hyatt Regency was once again an excellent venue for the 2016 U.S. Masters Swimming annual convention, held September 21-25. The 2016 USMS Convention was part of the United States Aquatics Sports Convention, the umbrella organization for U.S.A. Swimming, U.S.A. Diving, U.S.A. Water Polo, U.S.A. Synchronized Swimming and U.S. Masters Swimming. Olympians Rowdy Gaines and Cynthia Potter were our hosts as delegates worked through three days of planning, budgeting, training and recognizing the accomplishments of our mostly volunteer organization.

There were a lot of leadership changes as we met our new USMS CEO Dawson Hughes and elected six new At-Large Board of Directors, including Ed Coates from Austin as our South Central Zone Representative.

The Board of Directors updated the strategic plan for the next five years, and the LMSC Development Committee presented LMSC standards that must be met by all 52 LMSCs nationwide to insure consistent and effective administration. The 2017 USMS budget was reviewed line by line after all committee reports and requests were presented. Membership fees were modified to meet technology updates and organizational initiatives. USMS rules were modified to meet FINA standards and in some cases left in place as USMS standards were more stringent than FINA. The bottom line is a lot was accomplished in both Rules and Legislation due to groundwork done by numerous committees throughout the year before delegates gathered. It was an awesome two-year undertaking as Rules and Legislation are normally only addressed in alternating years.

Of competitive interest, the 2018 National Championships were awarded and announced. Indy Aquatic Masters (INDY) was again chosen for the Spring Short Course Championship due in large part to their great meet organization and fast pool, the newly renovated IUPUI Natatorium. In an inspired move, Orlando YMCA was chosen to host the Summer Long Course Championship, to be run in conjunction with The Pan Am Championships. The meet will be hosted by Rowdy Gaines, and the facility will be undergoing a \$6 million up-grade between now and 2018.

During the convention, three members of the Gulf LMSC were honored with some pretty prestigious awards for their accomplishments and contributions. The editor of the Gulf Newsletter, the "Chlorine Chronicles," Karlene Denby (COOG), was presented the USMS June Krauser Communication Award (see this edition's "message from the editor" for more information). WMST swimmers Joann Leilich and Tom Boak were inducted into the International Masters Swimming Hall of FAME (IMSHOF), Joann as an honors swimmer and Tom as an honors contributor. There are now four Gulf LMSC swimmers in the IMSHOF with Joann and Tom joining honors swimmers Carolyn Boak and David Guthrie. Joann and Tom's extensive lists of accomplishments were profiled in last quarter's Gulf newsletter. If you missed reading those profiles, they can be accessed at: <https://www.clubassistant.com/c/81E5F81/file/Gulf%20LMSC%20Newsletter%202016-07.pdf>

In addition to the USMS House of Delegates addressing national organization issues, each of the eight USMS Zones hold their annual meetings during convention. At the South Central Zone meeting, several agenda items were discussed and decided.

The Woodlands Masters Swim Team was awarded the 2017 South Central Zone Short Course Yards Championship Meet. The dates will be March 24-26, 2017, and the meet will be held at the C.I.S.D. Natatorium in Shenandoah. The 2017 South Central Zone Long Course Meters Championship Meet will again be held at the Texas A&M University Natatorium in College Station on July 14-16, 2017. If you missed it in 2016, you owe it to yourself to make the trip to Aggieland and swim in this world-class facility.

South Central Zone also rolled out "All-Time" Zone Records for Short Course Meters, since we do not have a regularly scheduled SCM Zone Championship meet. These records are different than our SCY and LCM Zone Meet Records in that they can be set only by South Central Zone swimmers but the times can be from any USMS sanctioned or recognized meet nationwide. SCM Zone records, along with SCY and LCM Zone Meet records, are all now available for viewing on the Gulf Masters Swimming website.



Joann Leilich and Tom Boak at their induction into the IMSHOF

Superfoods for Swimmers?

Catherine Kruppa, MS, RD, CSSD, LD
catherinekruppa@adviceforeating.com

As a registered dietitian certified in sports nutrition, athletes ask me daily what superfoods they should include in their diet to help improve their performance. The term superfood is a marketing term used to describe foods with supposed health benefits; however, it is not used widely by dietitians. There is little scientific evidence to support the term superfoods. Sports dietitians prefer to focus on nutrient dense foods that provide energy for performance and key nutrition for recovery. Below are my favorite seven foods to include in your diet on a regular basis to aid your performance in the pool and in life.

1. **Cherries.**

Anthocyanins contained in cherries help muscles use sugar for energy as well as recovery from exercise. A substantial and growing body of scientific research has linked tart cherries to anti-inflammatory benefits, reduced pain from gout and arthritis and an extensive list of heart health benefits. www.ChooseCherries.com recommends to:

- Drink a 10-ounce glass of Montmorency tart cherry juice before workouts. Most of the exercise recovery studies have provided participants with two 8- or 12-ounce bottles of Montmorency tart cherry juice per day, the equivalent of close to 100 Montmorency cherries a day.
- Drink an additional glass within 30 minutes after workouts, or carry some dried Montmorency tart cherries in your bag.

2. **Kale.**

This green leafy vegetable has gained a lot of popularity over the past few years. For swimmers, this antioxidant-packed green is a great way to help regulate your body's inflammation, which will help prevent muscle cramps and soreness. Kale contains high levels of vitamin A, K, B6, calcium and iron, which are all important for performance. The antioxidants in kale may also prevent lung and stomach cancers. Kale's high fiber content makes it a great side dish at dinner, an excellent addition to a smoothie or a snack. For a savory snack try curried kale chips. Heat the oven to 350 degrees. In a bowl, combine 2 1/2 cups roughly torn kale, 1 1/2 tsp olive oil, 1/4 tsp curry powder and a pinch of salt. Arrange kale in a single layer on a cookie sheet; bake until crisp and lightly browned on edges, 12-15 minutes.

3. **Milk.**

Milk has stood the test of time for athletes. It is full of carbohydrates and protein, is easily digested and aids in muscle recovery. When carbohydrates and protein are consumed in a 3:1 ratio within 30 minutes of intense or long exercise, muscle tissues are repaired more efficiently. This is what makes chocolate milk the cheapest and best recovery beverage.

4. **Banana.**

The unique mix of vitamins, minerals, and carbohydrates in bananas has made them a favorite fruit among athletes for years. Their easy portability, low expense, and great taste also help support their popularity. Bananas are "prepackaged" in 100 calorie packs by nature, which make them a great snack. They also contain quick fuel and are chocked full of potassium, 420 mg per banana. I find that most of my clients, including athletes, are not meeting their potassium requirements. Low blood potassium can cause weak muscles, abnormal heart rhythms, and a rise in blood pressure. Start your day with a banana or having one as a quick snack is a great way to get a potassium boost.

5. **Sweet Potatoes.**

Sweet potatoes are also a star food because of the potassium and antioxidants they contain. When people exercise, the body is put under an enormous amount of stress. This causes a surge in free radicals that decompose muscle. Antioxidants, like the ones found in sweet potatoes, neutralize these free radicals and help rebuild muscle again. Potassium is also important in counteracting the effects of acid producing foods that speed the loss of muscle. Sweet potatoes are a great side dish and, like kale, you can make your own chips.

6. **Fish.**

Varieties like salmon, tuna, halibut, rainbow trout, and canned sardines are brimming with omega-3 fatty acids. Muscles need the amino acids provided by fish as building blocks to repair and create thousands of tissues. As we age, keeping a good ratio of muscle mass can be more of a challenge. Eating enough protein is essential in offsetting the breakdown that occurs. Moreover, eating fish is shown to slow muscle breakdown. Could a piece of fish replace the beef on your plate tonight?

7. **Beets.**

Underrated and under-appreciated, this vegetable is very powerful. Beets are rich in antioxidants like folate, vitamin C, copper and manganese and a class of plant chemicals called betalains. Nitrates contained in beets allow blood vessels to dilate, increasing the flow of oxygen to your muscles. Science has also shown that nitrates improve the efficiency of the mitochondria in our cells. This means our muscles need less oxygen to function. Studies show that subjects who drank beet juice prior to exercise were able to exercise for up to 16 percent longer. Enjoying some beet juice or have some steamed beets on your salad is a great way for swimmers to provide oxygen to their muscles and increase their endurance.

Include these foods in your diet weekly to best fuel your workouts. They also provide many antioxidants to aid in recovery and to help you live the healthiest life that you can. Think of food as your virtual health insurance policy.



Cartoon by Kerry Suhr (SWYM)

This Quarter's Workout - Fin Fun (Feel the Burn!)

Thanks to Coach Greg Orphanides (COOG) for this quarter's workout.

400 warmup

8 x 75 free as 50 steady/25 fast (10 sec. recovery)

6 x 150 with fins as 50 steady swim/50 fast kick/50 steady swim (15 sec. recovery)

8 x 75 pull, descend 1-4 and hold 5-8 (10 sec. recovery on #1 and use same interval for # 2-8)

100 easy swim

2 sets of:

200 kick with fins, fast

4 x 50 free (no fins), odds: breathe every 3 strokes / evens: breathe every 5 strokes (10 sec. recovery)

2 x 100 kick with fins, hold faster pace than previous 200 kick (20 sec. recovery)

100 easy swim (no fins)

200 cooldown

Total: 4,200 yards/meters

Gulf Masters Swimmers Make a Splash on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2016 SCY swims was finalized and published in August 2016. Gulf swimmers had outstanding results with 1 relay and 93 individual top ten times.

Special recognition goes to the nine Gulf competitors who posted the fastest times in the nation in one or more events. They are: Marissa Clapp (RICE), Deb Coellner (WMST), David Guthrie (RICE), Tamas Kerekjarto (COOG), Bruce Kone (RICE), Joann Leilich (WMST), Jarrod Marrs (COOG), William Wagner (RICE), and Kamila Wlostowska (RICE).

Congratulations to all of our national top ten swimmers listed below.

Women

18-24

Suzanne Bessire (UNAT)

25-29

Marissa Clapp (RICE)
Carleigh Kutac (DADS)
Kamila Wlostowska (RICE)
Danielle Yoho (COOG)

40-44

Julie Coskey (MOB)
Nicole Van Nood (RICE)

65-69

Deb Coellner (WMST)
Carol Mitsuda-Bagnall (UNAT)

75-79

Joann Leilich (WMST)

85-89

Roxie Gilman (UNAT)

Men

18-24

Tyler McFarland (CFSC)

25-29

Rudolfo Escalante (RICE)
Ryan Littlefield (RICE)
William Wagner (RICE)

35-39

Tamas Kerekjarto (COOG)
Greg Orphanides (COOG)

40-44

Jonathan Armstrong (WMST)
Jarrod Marrs (COOG)

45-49

James Connolly (RICE)

50-54

Carlos Jimenez (RICE)

55-59

David Guthrie (RICE)
Bruce Kone (RICE)

60-64

Gary Schatz (RICE)
Bruce Williams (RICE)

80-84

Bob Bailie (WMST)

90-94

Baker Shannon (WMST)

Gulf Swimmers Take on Lake Travis

Two Gulf relay teams were among the over 90 swimmers who participated in the 13th annual Lake Travis relay swim on October 8th.

For those who are not familiar with the race, the swimmers cover 10-12 miles as either solo swimmers or as six-person relay teams. Relay swimmers each swim a 20-minute leg, a 15-minute leg, then 10-minute legs until the race is completed. Swimmers remain in the same order throughout the race. For safety, each team is accompanied by both a kayak and a pontoon boat that carries the other relay members.

The "Dirty Half Dozen" relay team placed 4th overall, and 1st in the mixed 240-299 age group in 5:23:44. Team swimmers Kerry Suhr, Sian Thompson, Ryan Rongone, Lorin Koszegi, Amy Wells, and Christian Ballard were ably assisted by kayakers Stacie Jahn, and Kris Betts-Adrain.

"South Shore Sail Swimmers" placed 7th overall, and 1st in the mixed 108-239 age group in a time of 5:44:30. Team swimmers were Rebecca Andrews, Lauren Goves, M. Kuhlmeier, M. Robertson, M. Bontz, and M Elwassimy.

Keith and Sandy Bell are known for hosting safe and well-organized open water swims. If you want to spend about six hours with your swimming pals on a beautiful Hill Country lake (with a bit of fast swimming thrown in), you may want to include this event on your 2017 racing calendar. Information can be found at: www.laketravisrelay.com



Dirty Dozen relay team members celebrate their swim.

From left to right: Lorin Koszegi, Sian Thompson, Amy Wells, Christian Ballard, Stacie Jahn (kayaker), Kris Betts-Adrian (kayaker), Kerry Suhr, and Ryan Rongone.