



The Chlorine Chronicles

Gulf Masters Swimming

Winter 2020

JUST A FEW OF THE 60 SWIMMERS WHO ENJOYED THE 2019 THANKSGIVING SWIM

IN THIS ISSUE

Gulf Swim University Enters its Sixth Year

The 6th year of Gulf Swim University is now underway. If you are preparing for the upcoming USMS Spring Nationals in San Antonio, trying to lose some added holiday pounds, or committing to more consistency in your workout regimen, Gulf Swim University is the ideal motivator to stay on track to meet your fitness or competitive goals. We will again be offering a FREE, specially designed t-shirt for completing mileage milestones. Last year Gulf U "students" swam over 8,200 miles and were granted over 65 t-shirt "degrees."

Here are the details of Gulf Swim University - the semester runs from **January 1, 2020 to April 30, 2020**:

- * Swim 20-39 miles and earn an Associate's Degree (green t-shirt)
- * Swim 40-79 miles to earn a Bachelor's Degree (blue t-shirt)
- * Swim 80-119 miles to qualify for a Double Major (navy t-shirt)
- * Swim 120-159 miles for a Master's Degree (red t-shirt)
- * Swim 160 miles for an impressive PhD (purple t-shirt)

Here's how to take advantage of the opportunity:

- * Let our fitness chair, Rebecca Tompkins, know you're participating by emailing her at violaonfire@gmail.com.
- * Go to USMS.org, My USMS, My Fitness Log. Enter the FREE Go the Distance Event and easily track your swimming distances (daily, weekly or monthly).
- * Get to the pool regularly, have fun, and get FIT.

It's that easy, is completely **FREE** to you as a 2020 USMS member and will keep you in the water when life's little surprises try to derail your goal. Earned t-shirts are typically delivered in July.

We welcome Rebecca as the Gulf LMSC's new Fitness Chair. If you have suggestions on how we can increase the value of your USMS membership or provide more fitness events, please email Rebecca with your ideas.



Swim Across America - Houston

SAA will be offering both open water and pool events in Houston this spring.

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Upcoming Events

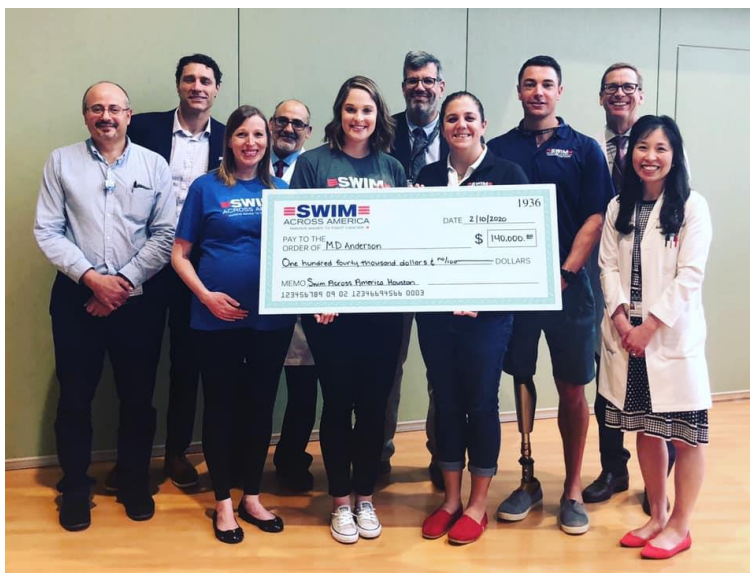
Choose from several pool and open water options in March, April and May.

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Swim Across America (SAA) News

Why Should I Support SAA?

- Thanks to the hard work of our participants, volunteers, and donors in 2019, Swim Across America awarded \$140,000 in research grants to MD Anderson on February 10, 2020. The grants will fund research on (1) novel treatments for the recurrence of glioblastoma (Dr. Shiao Weathers and Dr. Katy Rezvani) and (2) immunotherapy for pediatric brain cancer (Dr. Amer Najjar and Dr. Kristen Stefan).
- Since its inception in 1987, Swim Across America has distributed over \$85 million in grants for cancer research. All funds raised at Houston SAA events stay in Houston and will directly benefit cancer research at MD Anderson Cancer Center.
- Swim Across America is renowned for its accountability and transparency. SAA is certified by the BBB Giving Wise Alliance demonstrating commitment to accountability; has received Guidestar Platinum status, the highest level of recognition of transparency for non-profit organizations; and has a four-star rating by Charity Navigator, their highest possible rating.



You Can Help SAA By Participating in the 2nd Annual OW Swim on April 18th

Registration is open for the 2nd annual Swim Across America-Houston open water charity swim to be held on Saturday, April 18, 2020 in Lake Houston at Alexander Deussen Park. The swim has been moved to mid-April for 2020 to avoid the heavy spring thunderstorms and the possible drop in water quality that sometimes accompanies heavy rains. The date was also specifically selected to avoid conflict with Easter, Passover, and the MS150, and to provide a perfect warmup swim for IM-TX the following weekend. You can choose from the half-mile, one mile, or 5km distance.

Our 2020 goal is to surpass last year's fundraising total. You can register to swim, to volunteer, or to donate at:

https://www.swimacrossamerica.org/site/TR?fr_id=5481&pg=entry

Hate Open Water? Join Us as SAA and MAC Swim Against Cancer on May 2nd

If the thought of swimming in open water makes you uneasy, but you'd still like to get involved, join Memorial Athletic Club (MAC) and SAA on Saturday, May 2nd. MAC's goal for the 2020 event is to raise over \$10,000.

This event is open to both adult and youth (age 8 and older) swimmers. There will be coached workouts for adults starting at 8:00 a.m. (7:45 check-in), and youth at 9:00 a.m. (8:45 check-in). All ability levels are welcome and will be accommodated in the swims. There will be food, music, and a fun party environment to recognize our swimmers' participation and event success! Food and refreshments will be generously provided by Rudy's BBQ in Katy and the local Jason's Deli on Dairy Ashford. Event information and registration can be found at:

https://www.swimacrossamerica.org/site/TR/PoolSwim/Houston?fr_id=5561&pg=entry

Together, we can Make Waves Against Cancer!

The Truth About Diets in 2020

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With each new year, over 50 percent of individuals set resolutions to lose weight, get in shape, and eat healthier. To achieve these goals, many turn to dieting. Search Google for the “best diet,” and it quickly returns millions of results, all promising the same end result: a slimmer, healthier and more energetic you.

While it may be tempting to think there is a single best diet to achieve all your goals, diets are unsustainable and can even be unhealthy. As dietitians, we often meet with clients who seek our expertise after trying, unsuccessfully, to follow the latest diet trend. These diets are usually unsuccessful because they are too restrictive or complicated. Other times, they are unhealthy or unsustainable for a client’s lifestyle.

At Advice for Eating, our team works diligently with clients to help them shift their focus toward healthy eating and away from dieting. We recommend clients eat a balanced diet made of whole, unprocessed foods. We educate clients about the importance of eating a diet rich in a variety of fresh fruits, vegetables, whole grains, nuts, seeds, and lean proteins. These foods create the foundation of a healthy diet. While we do not promote the use of specific diets over healthy eating, there are instances in which a specific way of eating may be appropriate for individuals with specific health conditions or medical problems. Here is a closer look at some of these diets.

1. The Mediterranean Diet

The Mediterranean diet is a dietary pattern that reflects the traditional ways of eating of the countries surrounding the Mediterranean Sea. It was introduced in 1993 by The Harvard School of Public Health and Oldways as a way to promote healthy eating.

The Pros:

- A lot of scientific evidence indicates that this diet may help reduce the risk of heart disease, stroke, cancer, diabetes, depression, and Parkinson’s disease.
- The diet is rich in whole, unprocessed foods, with a large focus on fresh vegetables and fruits, whole grains, nuts, seeds, and beans. Red meat and sweets are foods eaten less often. Alcohol is enjoyed in moderation.

The Cons:

- Even though this diet is based on whole, unprocessed foods, it is not designed as a weight loss diet. If weight loss is a goal, it is important to focus on balancing daily energy demands.
- This diet may be challenging for individuals who do not like to cook as many foods require some preparation in the kitchen.

2. The Low FODMAP Diet

The low FODMAP diet was developed in 2005 by the Gastroenterology team at Monash University. It is used to treat irritable bowel syndrome (IBS) by modifying the type of carbohydrates in the diet called FODMAP. The acronym refers to fermentable, oligosaccharides, disaccharides, monosaccharides, and polyols.

The Pros:

- Research indicates the low FODMAP diet improves IBS symptoms in three out of four people with medically diagnosed IBS.
- A low FODMAP diet has been shown to: improve pain and discomfort, reduce bloating and distention, improve bowel habits and quality of life.

The Cons:

- The low FODMAP diet can be hard to follow. There are multiple phases of the diet and special attention must be given to the type and amount of carbohydrates that are consumed.
- A low FODMAP diet does not improve symptoms for all individuals with IBS. One in four people will need alternative therapies to manage their symptoms.

3. The Gluten-Free Diet

Gluten is a protein found in wheat, barley, rye, and triticale. For those with celiac disease, avoiding gluten is mandatory. Celiac disease is an autoimmune disorder in which gluten triggers an immune response that attacks the lining of the small intestine. Over time, damage to the small intestine prevents the absorption of nutrients. Additionally, individuals with non-celiac gluten sensitivity (NCGS) may also benefit from avoiding gluten.

The Pros:

- A gluten-free diet is absolutely life saving for individuals with celiac disease.
- For individuals with NCGS, eliminating gluten may eliminate symptoms such as bloating, abdominal pain, brain fog, diarrhea, joint pain, and fatigue.

The Cons:

- Research indicates that, without proper planning, a gluten-free diet may increase the risk of nutrient deficiencies such as: vitamin B 12, folate, iron, zinc, magnesium, and fiber.

The Truth About Diets in 2020 (continued)

4. The MIND Diet

The MIND diet was created to reduce dementia and the decline in brain health that usually occurs as we age. It is a hybrid of the Mediterranean and the DASH (Dietary Approaches to Stop Hypertension) diets. The diet is abundant in antioxidant rich foods which reduce oxidative stress and damage to the cells in the brain.

The Pros:

- Research indicates adherence to the MIND diet is associated with slowed cognitive decline and a reduced risk of Alzheimer's disease. It may also help lower blood pressure, cholesterol, and the risk of diabetes.
- The diet focuses on antioxidant rich foods such as: green leafy vegetables, all other vegetables, berries, nuts, olive oil, whole grains, beans, and fish. Foods to limit or avoid completely include: fried foods, red meat, butter, cheese, sweets, and pastries.

The Cons:

- The diet is not meant to be a short-term solution. Eating just one of the suggested foods occasionally will not have the same benefit as eating a variety of antioxidant rich foods consistently over the lifespan.
- The diet encourages fish consumption. Aim to eat wild caught fish.

If you have questions about any of these diets or eating healthier, we would love to help you! Email us for more information at info@adviceforeating.com.

Catherine Kruppa, M.S., R.D., C.S.S.D., L.D. earned her Bachelor of Science in Nutritional Sciences and Master of Science in Nutrition from Texas A. & M. University. She is a registered, licensed dietitian, and wellness coach, with Board Certification in Sports Nutrition. Catherine specializes in weight management, sports nutrition, diabetes, gastrointestinal disorders, endometriosis, heart disease, and pediatric nutrition

Mark Hahn is the Recipient of the 2019 Emmett Hines Award

Mark Hahn, Masters swimming coach at Trotter YMCA, is the 2019 recipient of the Emmett Hines Award, the highest honor bestowed by the Gulf Masters Swimming Committee. The award is presented to the individual that best exemplifies enthusiasm, expertise, and advocacy of Masters Swimming in the Gulf region.

Mark became involved in Masters swimming as a participant over 30 years ago. He competed with Trotter (formerly Post Oak) YMCA in local, zone and national competitions. A distance swimmer, Mark won a National Championship in the 1500 meter freestyle in 1994. Mark began his Masters coaching career as a volunteer coach at Trotter Y to help sustain the adult swimming program and became the Head Coach in 2003. Mark's consistency, technical expertise, and enthusiasm have kept the Trotter YMCA team the top "Y" Masters team in Houston. Through his encouragement, Mark's program has helped many adults adopt a healthy lifestyle, by either returning to swimming or beginning to swim for the first time.

Mark has spent over 20 years as a volunteer with the Gulf Masters Swimming Committee. He has served on the Board of Directors as Treasurer since 1998 and has helped the Committee with many projects through the years.

Congratulations to Mark Hahn, winner of the 2019 Emmett Hines Award.



Gulf LMSC Chair, Kris Wingenroth, presents the 2019 Emmett Hines Award to Mark Hahn.

This Quarter's Workout

Thanks to COOG coach, Greg Orphanides, for this quarter's workout. You can shorten or lengthen the workout by changing the number of times you swim the sets.

400 warmup

4 x 200, alternating 100 steady swim/100 kick, build – 20 sec. recovery

8 x 50 free, as 25 (yards/meters) steady/25 (yards/meters) fast – 15 sec. recovery
100 easy

8 x 50 free, as 15 (yards/meters) steady/35 (yards/meters) fast – 15 sec. recovery

15 x 100 with fins (can be free, stroke, or IM)

3 – swim, descend 1-3 (interval for entire set is first swim + 20 seconds)

2 – kick, fast!

6 x 50 pull, strong pace on fastest possible interval (5 sec. recovery)

200 cooldown

Total: 4,100 yards/meters



Artwork by Kerry Suhr

Dive into 2020 with Gulf Masters Swimming and USMS

The 50th Anniversary of USMS Nationals is in San Antonio This April

U.S. Masters Swimming will be celebrating their 50th anniversary, as San Antonio hosts the 2020 USMS Spring National Championship. The meet will run from April 23 to April 26 at Northside ISD Swim Center. The entry deadline for the meet is Monday, March 23 at 11:59 p.m. Pacific Time. No late entries will be accepted.

USMS is anticipating more than 2,000 swimmers at this historic event. A social will be held Saturday, April 25 in beautiful downtown San Antonio at The Espee. It will be a Fiesta inspired event with live entertainment. Tickets and transportation to the social can be purchased with your on-line event registration.

Full event information and registration can be found at: <https://www.usms.org/events/national-championships/pool-national-championships/2020-pool-national-championships/2020-spring-national-championship>

This promises to be a big celebration that you'll want to be a part of. All swimmers can enter up to three events without meeting qualifying times. We anticipate a large contingent from the Gulf LMSC to attend. Come join your friends in the Alamo City!



Upcoming Events in the Houston Area (SCY and Open Water)

Rice March Madness Meet - Sunday, March 8, 2020

This SCY meet, hosted by Rice Masters, will be held at the Barbara and David Gibbs Wellness and Recreation Center on the Rice campus. Warmups begin at 10 a.m. and the meet will start at 11 a.m. The entry fee is only \$40 and includes an on-site pizza social following the meet. For full meet information and registration, go to: https://www.clubassistant.com/club/meet_information.cfm?c=2065&smid=12878



South Central Zone SCY Championship Meet - Friday, April 3 to Sunday, April 5, 2020

This is a rare opportunity to compete in the fully renovated University of Houston Natatorium. Meet Director, Nicole Christensen, always puts on expertly run competitions with unique, custom designed awards and merchandise. Currently, the meet entry fee is \$65 through 11:59 a.m. March 20th. It will increase to \$75 at noon on March 20 through March 31. **There are no individual or relay-only entries accepted after March 31.** Full meet information and registration are available at: https://www.clubassistant.com/club/meet_information.cfm?c=1250&smid=12590

2nd Annual Swim Across America Open Water Charity Swim – Saturday, April 18, 2020

The event will be held in Lake Houston at Alexander Deussen Park and will offer ½ mile, one mile, and 5K distances. All proceeds will fund cancer research at MD Anderson Cancer Center. To participate, volunteer, or donate, go to: https://www.swimcrossamerica.org/site/TR?fr_id=5481&pg=entry

2nd Annual Swim MAC Against Cancer – Saturday, May 2, 2020

Memorial Athletic Club will be hosting an organized charity swims for both adult and youth (eight and older) swimmers on Saturday, May 2nd. This will be a low-key fun event for all ability levels and will feature music, and food from Rudy's BBQ and Jason's Deli. All proceeds from the event will fund cancer research at MD Anderson Cancer Center. Event registration is available at: https://www.swimcrossamerica.org/site/TR/PoolSwim/Houston?fr_id=5561&pg=entry

Rice Open Water Swimming Carnival - Saturday, May 9, 2020

Twin Lakes Scuba Park will be the site of this open water event, hosted by Rice Aquatics. Various distance options will be offered. USMS swimmers must purchase a one-day USAS membership to participate in the event. Registration information will be posted on the Gulf Masters website (<https://www.gulfmastersswim.org/GMS/index.cfm>) as soon as it becomes available.

Gulf Masters Swimmers Earn Spots on National Top Ten List

The U.S. Masters Swimming National Top Ten List for 2019 LCM swims was finalized and published in December 2019. Gulf swimmers had outstanding results with 117 individual and 4 relay top ten times.

Special recognition goes to the seven Gulf competitors who posted the fastest times in the nation in one or more individual events. They are: David Guthrie (RICE), Kyle Hendricks (PACK), Bruce Kone (UNAT), Joann Leilich (WMST), Gary Schatz (WMST), Linda Visser (COOG), and William Wagner (RICE).

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

Men

18-24

Kyle Hendricks (PACK)
Ryan Troy (RICE)

25-29

Alexander Aceino (UNAT)
Michael Peron (RICE)
William Wagner (RICE)
Austin Wilson (RICE)

30-34

Yasushi Hashioka (DADS)
Mark Reeves (RICE)

40-44

Oscar Bermudez (COOG)
Kurt Hirsekorn (UNAT)

45-49

Dominic Mastracchio (RICE)
Takeshi Maeda (RICE)

50-54

James Connolly (RICE)

55-59

Lars Farestvedt (WMST)
David Guthrie (RICE)
Andreas Lorenz (DADS)
Steve White (WMST)

60-64

Boyd Black (RICE)
Bruce Kone (UNAT)
Bradley Ohnstad (RICE)
Gary Schatz (WMST)
Neils Wolfhagen (WMST)

65-69

David Childers (RICE)
Bruce Williams (RICE)

75-79

Tom Boak (WMST)
George Goff (FCST)

80-84

Hershel Glanz (WMST)
Max Zollner (FSCT)

Women

25-29

Carleigh Kutac (DADS)

30-34

Caroline Egan (FCST)
Alisha Rembach (DADS)

35-39

Shelley Hirsekorn (UNAT)
Christina Toth (WMST)

40-44

Kelly Miller (MTM)

45-49

Linda Visser (COOG)
Amy Wells (MTM)

55-59

Ellen Considine-Miller (WMST)

60-64

Stacey Eicks (WMST)
Mary Anne Hines (WMST)

65-69

Susan Alvarado (UNAT)
Karlene Denby (COOG)
Heidi Ernst (WMST)

80-84

Joanne Leilich (WMST)