

Cindy's Chatterings

Short Course Yards Meet Summaries....State Meet....Nationals....Open Water Swimming. It's all here, folks. This issue of the **Mastersplash** has something for everyone. For starters, be sure to sink yourself into our regular features - [From the Grass Roots](#), the [Health Page](#) – this month talks about ‘What to Drink?’ - and the Trivia Contest.

“What is COMSA and what is Rocky Mountain Masters and why do we have both?” you may ask. Marcia Anziano bravely tackles this topic in an article entitled ‘[So What's What?](#)’ Once you learn who we are, read ‘[A Glimpse of the Past](#)’. Susan Nolte has highlighted what Colorado Masters Swimming and Rocky Mountain Masters have accomplished the past 21 years.

Short Course Yards season is going full speed ahead. We've had several successful meets over the past few months. Check out the picture gallery on the website. My thanks to Rob Nasser, our webmaster extraordinaire, for posting pictures from the meet so quickly. I hope you've all had an opportunity to participate in at least one meet. Read about them here. Be encouraged by articles written by your fellow swimmers. You, too, can do this! While the Short Course Yards season is going full speed ahead, the Short Course Meters season has ended and Top Ten results are available. See who from RMM made the list.

Swimming a ‘mile high’ is not the easiest thing to do yet four of our swimmers managed to break an American record swimming way up here. Read about the Mens 55+ 4x200 free relay smashing the record on March 2, 2003.

The State Meet will be upon us by the time you receive this issue. I hope all of you will be participating either by swimming or volunteering. Soon after that USMS Short Course Nationals will be held in Tempe, Arizona. Colorado will be well represented. Stay tuned to the website for reports on how the accomplishments of your teammates.

Open water swimming. Before you know it, the open water season will be here and the Chatfield Gravel Pond will be filled with activity. Read about how you can help Dennis West have a successful season swimming at the Gravel Pond this year. Speaking of that, many of you have asked how the drought will affect our ability to swim at Chatfield. Joe Knopinski has researched this issue for us and provides a wealth of information. Bottom line, folks, yes we're swimming at Chatfield this summer but CONSERVE is the key word.

Remember, if you can't find what you are looking for in this issue; check out our website at www.comsa.org or the USMS national website at www.usms.org.

Happy Swimming,
Cindy

From the Grass Roots March 25, 2003 – by John S. Hughes

Wouldn't it be nice for all of us to just go in to the pool, get in and start swimming, relaxed and not worrying about sets and all that stuff? And just automatically and gently see our stroke improve each day? Long, slow distance... no stress and we just get better and better each time we swim. Wouldn't that just be great?

I think many swimmers believe this is true. At least this is how I see them train; long slow distance sets with no intensity and no feedback from coaches.

Don't get me wrong; this past two weeks I have been swimming gently, relaxed, without intensity and well within my comfort zone. With each length I feel the stress and tension drain out of my body, and I concentrate on stretching, resting. I am able to forget the war in Iraq and the growing fear of being recalled to active duty. I dismiss any anticipation of my upcoming 12-hour overnight military duty watch that I will start here in Korea at 7 this evening. I simply am swimming, gently, relaxed. The Army base pool at Taegu is quite nice; 25 meters, the afternoon sun shining down through the greenhouse roof, and water comfortably cool. Sometimes for me swimming is not about racing and improving, but about just feeling the relaxing stretch, my joints not hurting. Today's swim was one of those times for me.

But, I do not have the delusion that my swimming and level of conditioning is improving by training in this fashion. In the recent excellent swimming clinic directed by Ellen Campbell the point was made that while the various stroke drills were helpful, that it is still necessary to accompany this stroke drill work with hard and fast swimming. A good masters swimming practice should often include some high-intensity swimming sets, generally short stuff like 50s and 75s.

And I find I really cannot swim all out in practice. Never. Several of those who swim with me seem to be able to, and look at me with disdain when I don't swim one hundred percent all out during the fast swimming sets. But isn't that why we have swimming meets? Colorado programs host wonderful meets and if you can, it is good to swim in one per month – this year for me it was the Foothills SC meters meet in November, the Swimming in the New Year meet in January, the Loveland Sweetheart meet in February, the DU Short and Sweet meet in March, then SC Nationals in May. Unlike practice, off the blocks racing draws out my best effort and I am able to see where my high water mark really is.

In conclusion - to really improve as a swimmer it is necessary to swim with high intensity. Long, slow distance is relaxing and sometimes all of us could use a bit of relaxation. But, to get faster – if that is your goal as a swimmer – one must train and race with intensity that extends well beyond the usual training pace.

So What's What?? By Marcia Anziano

I often get into conversations where people ask what is COMSA? What is the difference between COMSA and RMM (Rocky Mountain Masters)? And for a few years after I started swimming Masters, and even after I attended board meetings as a team representative, I was not sure. But I think that I have a better understanding now, so thought I might help some of you out that do not know.

United States Masters Swimming is broken at the highest level into Zones. Colorado is part of the Breadbasket Zone. If you look on the USMS web site, you will see that our zone is very large in geographic size. Zones are broken into LMSCs (Local Masters Swim Clubs). LMSCs in the Breadbasket Zone are Wyoming, Colorado, North Dakota, South Dakota, Midwestern (Nebraska and some counties in Western Iowa), Missouri Valley (Kansas and some counties in western Missouri), Iowa (the Eastern part of Iowa) and Ozark (the Eastern part of Missouri). Because of the large geographical area and the small size of some of the LMSCs, the Breadbasket Zone has not been very successful at holding Zone meets. That is why you see the Zone Meet rotated throughout the zone and combined with a State meet each year. This year the State Meet in Minnesota is the designated Zone Meet, unfortunately it happens to be the same weekend as our State Meet.

Now I mentioned that Colorado is an LMSC. That is what is known as COMSA, Colorado Masters Swimming Association. Within an LMSC, there can be multiple Swim Clubs. In our LMSC, we have two official Swim Clubs, Rocky Mountain Masters and Air Force. A swimmer that is a member of the Colorado LMSC can be a member of one of the two swim clubs or can be an Unattached Swimmer. Air Force is a unique LMSC in that it is based out of Colorado Springs, but a member of the Air Force can stay within that club as they move around the world. So the majority of the swimmers are members of the RMM (Rocky Mountain Masters). This is why we swim as a team at Nationals.

Within Colorado, there are several local teams, and they are all listed on the COMSA web site and registered with COMSA. The local teams are not recognized at the National level. Actual recognition by Nationals goes to the level of RMM and Air Force in our LMSC.

We could go into the history of this, but I am not one of the historians of COMSA. I do know that some number of years ago each of the local teams was individually recognized at the National level as an official Swim Club. At Nationals, each of these clubs competed as a unique team. The decision was made at some point to combine them to create a larger Club and allow for more relays and camaraderie. In fact, it has only been in the past year that Vail has dropped its recognition as a Swim Club and the swimmers have affiliated with Rocky Mountain Masters.

So here we are today, Rocky Mountain Masters and Air Force Swim Clubs comprising Colorado Masters Swimming. Hope that this sheds some light on any questions that you might have regarding these entities.

A GLIMPSE OF THE PAST By Susan Nolte

1979- COMSA income was \$1537.18.

1981- Out with the A.A.U. and in with USMS.

1982- 383 registered swimmers. The oldest registered swimmer was Alfred Beffie, 81. The youngest registered swimmer was Lori Leilani-Strang, 20. COMSA & USMS registration cost \$6.00. R.M.M. placed second overall at the Short Course National Championships held in Woodlands, Texas.

1984-COMSA chair was Bill King. A survey found that people wanted a newsletter, did not like developmental meets, wanted the 1650 as the last event in a meet, and that almost all swam for health and fellowship. The 20-24 age group was still not recognized at the national level, only locally.

1985- The "No False Start Rule" was enacted. The 800 & 1000 freestyle events were added to the list of recognized events. Short course meter records started being kept. 274 swimmers swam in the COMSA Short Course Championship meet. COMSA & USMS registration was now \$10.00. The Metro Masters team called it quits in December.

1986- The Short Course Championship meet was renamed the "Skip Mann Memorial Continental Championships" in honor of Skip Mann. Bill King organized a one hour swim which was held at the Meyers Pool on January 19th.

1987- The largest USMS Nationals ever was held at Stanford University in California. There were 2328 participants. 50 swimmers from RMM attended and they placed ninth overall.

1988-As of 4/8/88 the fastest COMSA 200 freestyle records for both male and female were for men, a 1:47.87 by Brent Funk (25-29) and for the women a 2:01.97 by Catherine Poska (25-29). For the daring, the 200 fly records were a 2:02.29 for the men by David Lee (25-29) and a 2:23.99 by Lynne Bergman (25-29).

1989-The oldest representative from COMSA at the Short Course National Championships held in Boca Raton, was Lois Ellert of R.M.M. at 74. A tentative new National Record was set by Karen Burton of Air Force in the 1650 freestyle with a time of 17:18.31.

1990- The COMSA Short Course Championship meet was held April 6-8, 1990. The fastest 50 freestyles of the meet were from Cathy Bujorian (31) 24.97, and Jim Lilley (30) 22.21. For the distance freestyler's favorite, the 1650, the fastest male was William Reeves (36) at 18:33.91, and the fastest female was Annette Holmgren (25) at 20:54.04. The oldest male and female participants were Sally Ryckman and Louis Parker, both 77.

1991- A new masters team was started at Green Mountain. There were 300 swimmers at the State Championship meet in the spring.

1992- The 1989 version of the COMSA by-laws were rewritten. There were 592 registered swimmers in COMSA and the COMSA Chair was Margaret Stannard.

1993- The R.M.M. swimmers decided that it was time for a new logo. Tim Garton of Vail was awarded the David Yorzyk award for the most outstanding 400 IM at the USMS Short Course Championships held in May 1993. R.M.M. placed third at the Long Course Championships held in Minneapolis.

1994- A new R.M.M. logo was chosen but the information on which was selected has been lost! We are still using the old one.

Swimming Short Course Meters By Mark A. Plummer, COMSA Top Ten Coordinator

COMSA swimmers did very well in short course meters during 2002. Twenty one women placed in the top ten nationally in 65 events. And, twenty men set top ten times in 51 events. Details of the top ten results are now on the COMSA web site.

Two swimmers swam new national record times in short course meters during 2002. Becky Bicknell swam the 50 free event in 26.53 beating the old record of 26.63. And, Keith Anderson swam the 50 free in 23.31 beating the old record of 23.52. Unfortunately, these times will not be accepted and placed in the records book. They were set at the DAC meet where only two hand held timers were used per lane. Three timers or electronic touch pads are required for setting a time as a national record. However, congratulations to Becky and Keith for their efforts. Next year, let's get you two in the records book.

Twenty two COMSA people were classified as Relay All Americans during the 2001-2002 season. To achieve this honor, these swimmers were members of a relay team that posted the fastest time in a relay event in a least one of the three official courses. A list of the COMSA people receiving this honor can be found at the USMS web site.

2001 – 2002 Relay All Americans

The results for 2001-2002 season are in and listed below are your All Americans for Rocky Mountain Masters. To achieve this honor, these talented swimmers were members of a relay team that posted the fastest time in a relay event/age group in at least one of the three official courses as listed in the USMS Top-Ten Tabulation.

If your name is here, and you'd like to order a certificate and a patch, please email Cindy at cinswims@earthlink.net and let her know. The cost is \$5.00 per swimmer. Be sure to put in the subject line **'Relay All American'**.

Bill Abbott	55	Sarah Lee	35
Rich Abrahams	57	Paul McCormick	55
Sonya Burgers	24	Judy Nelson	41
Katy Clodius	27	Carolyn Roche	51
Lori Deacon	31	Karen Rosener	48
Arnie Dowd	56	Collette Sappey	37
C.Gadd-Siegel	30	Carl Selles	55
Kathy Garnier	41	Laura Smith	36
Mike Gonzales	35	Paul Smith	42
Heather Hagadorn	37	Christy Surr	31
Richard Hess	47	Julie Von Evig	40

Taper Time by Matt Beck, Head Coach, Highlands Ranch Masters

I want to address a few important topics on taper. We all have ideas of what a “taper” is, but many of us are not quite sure on how to do it. The main ingredient to a good taper is that you feel comfortable with what you are doing to prepare for the big meet. If you believe you are tapering and getting faster then you will have a better chance than going through weeks of rest worried if it will all work out. Ultimately, a taper is a combination of rest, increased speed and power, and correct diet. If you focus on these three items you are giving yourself the best chance for a good “taper.”

First thing to look at is your diet. When you start to slow your training hours you are adjusting the amount of calories used in a typical day. You may need to eat less during regular meals, and try to snack more during the day to keep you running. Try to eat a good balance between protein and carbohydrates. Try eating more vegetables and fruits for snacks. Remember, as high performance machines, you need to only put a high quality gas in your tank. Try to eliminate all coke products and alcohol during taper, they will do nothing for you.

Second, when you reduce workload you will find a varying degree of improvement. The purpose of taper is to super compensate for the level of training you were doing during the regular season. The length of taper is less important than the degree of decreased volume. Once 60% of training volume has decreased then this super compensation has been reached. With this being said, “taper” is personal, you need to cut down on the yardage you feel is correct not what your buddy is doing. Check with your coach if you have one.

Thirdly, look at your increased power. The types of swim sets you need to do should shift to a higher use of the fast twitch muscles during the last two weeks of taper. The anaerobic speed should be measured by the use broken swims, or short sprint sets. After the fourth week of taper (if you go this far) this speed may begin to decrease. Be careful, most coaches would say a 2-3 week taper can effectively lead to optimal performance. These **Broken Swims** done by any length you wish with a 10-30 second rest between lengths. Start timing from a dive, and stop on a foot touch. Keep the times recorded over a few weeks, increased speed and decreased time should create motivation for the meet.

Lastly, after the taper it is important to maintain your swimming. After the big meet, come in 2-3 times a week for about a half hour. Do a short rest set to maintain your aerobic yardage. This will help re-starting after the break much easier.

Good luck, and swim fast!

THE MEET REPORT

Highlands Ranch Masters Invitational 2003 By Matt Beck, Head Coach

On January 4th the Highlands Ranch Masters hosted a great invitational. The meet was attended by 26 teams and 71 swimmers. The meet was held at the newly renovated Northridge Rec center in Highlands Ranch. Having a wide range of ages and abilities was great to see. This meet was perfect for the novice to expert swimmer. The meet posted some very fast times in the 50 and 100 free and some great racing in the 500 free. Look for this meet next year at the same time. Thanks for all your support.

Boulder Pentathlon By Pete Schwenker, Pentathlon Meet Director '03

On Saturday, February 1, the Boulder Y Masters hosted their annual Pentathlon at the East Boulder Community Center. It was very well attended. When we arrived Saturday evening, we had 66 pre-registrations. Going by the last couple of years we expected 15-20 deck entries. What we ended up with were 50 deck entries!

Heating by computer did not suffer the same problem as last year when we used two similar computers in an attempt to save "a little time" and got two different sets of heat sheets due to the "random selection" of the program when swimmers are entered with identical times.

The only glitch we had this year was that we left out entries on 1 swimmer. Unfortunately it was a certain Cindy Sue Hawkins, president of COMSA!! (Sorry about that!) Cindy was as gracious as always and accepted any open lane in which to swim.

Officials Deanna Johnson and Dennis West did a great job as always keeping the meet moving without rushing people out of the water too quickly.

Only problem we had was that we ran over our allotted time in the building by about 45 minutes and some of the people from the City of Boulder were tired and ready to leave.

Everything considered it was a huge success and we received a number of compliments from swimmers on the meet.

Thanks to everyone who came and participated!!!

LOVELAND SWEETHEART MEET By Mark Whiteside, Meet Director

The 20-something annual Loveland Masters Sweetheart Meet was held February 8th, 2003. This year the meet was held at the brand new Mountain View Aquatic Center at Mountain View High School. The new pool saw the largest meet attendance in many years with 119 registered swimmers. Many people enjoyed fast times in this eight-lane pool with a minimum depth of five feet. The eight foot wide lanes were great for the tall butterflyers among us but a drawback for those backstrokers that zig-zag. We are also happy to report there were no injuries incurred during the bubblegum relay, due in part to the freshness of the bubblegum. We look forward to an even bigger meet next year now that people have experiences our new pool. If you enjoyed the meet bring a friend next year.

DU Short & Sweet and Mile High Mile & Double Mile By Cindy Hawkins

The annual Short & Sweet and Mile High Mile & Double Mile was a great success. This meet gave swimmers the opportunity to 'test out' the water for the State Meet. There was a good turnout with lots of great swims. The Short & Sweet meet is just that...you are allowed only 3 events so it keeps you moving! Be sure not to miss this one next year.

AMERICAN RECORD SET – MENS 55+ 800 FREE RELAY

On March 2, 2003, at the DU Short & Sweet Meet, a new American Record was set in the Mens 55+ 4x200 free relay. Paul McCormick, Bill Abbott, Bill Burson and Carl Selles smashed the old record of 9:00.83 with a winning time of **8:29:47!!** Check out www.comsa.org for a picture of this winning team. Congratulations to all of you!!

BACK IN THE POOL, AFTER *HOW MANY YEARS?* By Chris Hashimoto

Many moons ago my parents enrolled the three kids at the local YMCA. Of course since they didn't know how to swim, so that became one of their goals for us. During grammar school and high school we swam for our Y. It built confidence, strength, flexibility, and for me an interest in how the human body worked. Academics and a career in medicine took over. The drought lasted for some 40 years, until at the Boulder Pentathlon I found myself again on the starting block. This time I was working with an aging musculature, many old injuries, and early asthma. I had a lot of anxieties about this new venture. I had never been off the blocks with goggles. The suits have changed. I like the polyester suits; they feel like a girdle compared to the old nylon ones. The rules and strokes have changed: my old backstroke turn would now disqualify me, I still swam breaststroke like Ester Williams who didn't get her hair wet. Did I really want to do this? Was I nuts?? When I first went to Master's workouts, I felt like the minnow that had just went from the pond to the lake and was now swimming with the big fish. I should have never put down on my Inverness application that I had an interest in meets. I didn't think Ellen Campbell would call me on this.

On my first try off the block it was comforting to find Cindy Hawkinson in the next lane, as she came into the meet unseeded. After a few supportive words from her, we were off. I tried to keep up with her, but saw only bubbles. I managed to swim backstroke without suffering a concussion. After finishing the 100 free I was exhausted. Nicole Vanderpoel, who was waiting for her heat, said some kind words, that I had done well and that I'd better warm down. She's great, she never stops coaching. I met many nice people: the starter talked to me about Ellen and her college swimming, Melanie Dullea was cheering next to me, and everyone was laid back and friendly.

Now I'm hooked. As a kid my claim to fame was a 2nd at State. Being a young geezer is an advantage. At my age, going to Nationals is within reach as there are not many coots swimming. I found that endurance and strength take time and my quickest improvement would come with proper technique. I'm renting videos from USMS; Melanie has given me some good suggestions on which tapes are helpful. The recent COMSA swim clinic on technique was terrific, if only I could get the early catch in my freestyle pull. At home they think they have created a monster by encouraging my swimming. I'm having a blast. For those thinking about it, come join us!!

"One Swimmer' Courage" By Samantha Lyn Samuelson

Bicycling was my passion. Many hours were spent on the road with the sound of the ten-speed sprockets quietly clicking as I rode mile after mile, enjoying the scenery, and the feel of the wind against my face. But, traffic on the California roads means taking your life into your own hands, so twenty years ago, I sadly hung up my bicycle, and took to the swimming pool. I had always loved swimming, yet had not always had access to a pool.

As life progressed, and I had married, and had children. At least one thing stayed consistent in my life and that was my swimming. Against all odds with sick kids, varying schedules, child care concerns, and the other demands on my life, I kept swimming! Good weather or bad in the California Bay area climate, I swam year round getting in 4, 5 or sometimes even 7 days a week of my swimming. I had no coach, no companions, just my own desire to swim. When people asked if I was going to work out, my reply was "No, I am going to swim!". It was not, and is not a work out for me, it is a swim!!

Delta had a Masters' Meet last March, and it was my first Master's meet. My daughter went with me as my support companion, and coach just for that day. I did not know what this Masters thing was all about; swimming with people my own age who had probably had a background in competition, unlike me. She encouraged me. I relaxed, and had fun.

At the Delta meet, I had the privilege of meeting some members of the COSMA Board. It was a pleasure to meet the President, Cindy, and Steve, one of the webmasters, who were able to come out here in the middle of now where.... where we drive hours just to be able to swim in a meet. It was exciting for me just knowing that there are others taking to the water, and swimming as though the water is just another part of the air that we breath...other people who are "part fish" in human bodies...enjoying the water and moving through it with every chance that we are able to get in "another swim".

So I will swim on.... as to me as I am "Swimming....Racing to Success".

TIBURON MILE: The Ultimate Open Water Experience by Nicole Vanderpoel, age 38, Inverness Masters

If you're looking for an awesome open water experience, The RCP Tiburon Mile is your swim. The Tiburon Mile originated 5 years ago by Robert C. Placak to benefit Special Olympics. It is quickly becoming one of the world's most competitive cold water swims. Besides the fact that several World and Olympic Champions participate, such as Brooke Bennett & Michael Phelps, it takes place in one of the most spectacular settings on earth, The San Francisco Bay. What could be more exhilarating than plunging into the chilly waters of the San Francisco bay and swimming with the Golden Gate Bridge to your Left and the Bay Bridge to your right? I have had the distinct privilege to swim in the Tiburon Mile for the past 2 years and plan to make it an annual event!

My last Tiburon Mile took place late October, 2002. There are only 2 days per month when the tide is just right in order to hold the swim and unfortunately they had to pick the latter date. So the water was a balmy 56 degrees F. Fortunately, this year's RCP Tiburon Mile will be held earlier on September, 2003. At any rate, the race begins with a 6:00 am check at the Marina in Tiburon, just down the peninsula from Sausalito, in Marin County.

This year's experience began with a 25 minute ferry ride from Tiburon across the bay to Angel Island. I found that observing my various competitors along the way, helped me with my race day jitters. There are swimmers of all nationalities; Russian, Swedish, South African and Australian to name a few. (Judging from some of the pre-race calisthenics going on, I think even a few of them were from Pluto!) We all watched with great anticipation as Angel Island grew closer. Upon arrival, you must walk barefoot across a very rocky path to the beach where the race begins. You cannot bring shoes because there is no way to retrieve them from the island after you swim. It is about now that you have to ask yourself "Why am I doing this, again? A cup of coffee at a little café sounds good about now." At any rate, once you're on the Island, there's no turning back. It is time to dig deep, challenge yourself and go for it!

After lining up on a narrow stretch of beach, you have to brace yourself for a true "Shotgun" start. The non-wetsuit swimmers get to start in the front of the wetsuits.

Only about 150 swimmers do not wear a wetsuit. If you compete without a wetsuit, you are eligible for prize money. (Personally, I have worn a sleeveless wetsuit for the past 2 years and do not plan on wearing one in 2003. I wanted to become very familiar with the swim before attempting it without a wetsuit.) The gun goes off. This is it! All 750 of us plunge into the icy water. The start is a completely separate event from the swim. You have to swim the first 300 meters between a narrow corridor created by a cliff on your left and sail boats on your right. I swam the first 200 meters or so, with my head above water. That was just fine because the icy chill of the Bay took my breath away for at least 5 minutes. (That "doggie paddle" drill came in very handy at this point.)

After being pulled by the ankle, clawed on every limb and socked in the head, I finally got some room to place my head in the water. With the start out of the way, I could finally concentrate on navigating and swimming. The San Francisco Bay is an interesting challenge. In this particular part of the Bay, you must cross the "Raccoon Straights". This is a very chilly, strong current which hits you about midway from the Island to Tiburon. It is extremely important at this point to stay on course. I was advised by a veteran Bay swimmer to swim left to the edge of the island, and take a right. Whatever the heck that meant! No, seriously, it worked. I stayed with the same group of swimmers pretty much the entire way. I had a little trouble this year with the current and took in a lot of water. I had to tell myself, it is alright if I get sick. I can just keep on going. (You have to talk to yourself a lot during this race.) I actually created a game out of it, where I pretended I was a shark and prayed upon every swimmer I passed! Strange, but true.

With the finish in sight, combined with the energy I received from the participants, the cold water and the spectacular Golden Gate Bridge, I remembered why I had come to conquer this Bay again! I tried to swim fast, knowing I had only 5 minutes left.

My strategy was to swim as far as I could up onto the beach, so I didn't have to run far to cross the finish line. Once you do cross the finish line, they actually make you get back in the water and swim in between the docks onto a platform, where they rinse you off and splash your face with a garden hose. (Just in case you picked up something toxic from the Bay). It does make one wonder.

The party and awards ceremony on the beach afterwards was a real treat. There's excellent food and music. However, there was no greater reward than my own sense of personal accomplishment. There is nothing more satisfying than challenging yourself and succeeding. After all, isn't that why we swim in the first place? If you want to have the same awesome experience, try the RCP Tiburon Mile in 2003. I'll see you there.

P.S. This year, I finished top female wetsuit over age 18.

Chatfield Swimming By Dennis West

2002 was an extremely successful year for Chatfield swimming. Even with the drought, there was plenty of water and some great weather to enjoy the gravel pond. The two organized swims went very well and we had plenty of participants with some extremely good swims.

There were many new faces this year which means the word is getting out and more people are being attracted to open water swims. Many of our swimmers, who use the gravel pond as their training grounds, participate in triathlons. Two of our professional triathletes, Susan Williams and Kirk Fromke had very good seasons. The “Freeze Queens”, Vonnie Oerman who completed the English Channel and Laura Hansen-Borgelt who is ready to make the Channel swim this year had great seasons as well. Many other first time triathletes made their goals throughout the summer with Danskin or Boulder Peak being their goal. CWW continues to come out in force with their contagious enthusiasm. It is really great to see many of our COMSA swimmers taking advantage of the only venue in Denver to allow open water swimming as we have available at Chatfield. My sincere thanks to Jim Smith, our contact at Chatfield, who continues to support our efforts and swims.

This year we have scheduled to go back to Monday, Wednesday and Saturday swims. Last year our schedule was changed for the evening swims. The times will be the same Monday and Wednesday 4:30 to 7:00pm and Saturday 7:30 – 10:00 am.

We will again need volunteer help to man the registration and check in desks. Thanks to all the volunteers who helped last year with a special thanks to Ken and Kathy Waesche for their support and Kathy who helped as table captain for many of the evening swims. We will need a lot more volunteers this year because we will be having registration and check-in at all swims. Our insurance regulations require supervision at each swim and we also need to make sure that our insurance is maintained by having ALL swimmers be registered COMSA swimmers. We will again have the ability to do one day registration. The beginning date will be May 24th and the ending date will be September 27th. June 22 and August 31 will be our target dates for Mile High Open Water Swims. We are also scheduling several “Splash and Dash” events on either the Monday or Wednesday evening swims. All events will be posted on the web site and e-mails sent.

Please – please – if you enjoy swimming at the gravel pond – please e-mail me at ironman8x@yahoo.com to volunteer to help this year. We will be putting our table volunteer schedules together soon and as always, the competitive events need help as well. Without the support of our volunteers – there would not be any swimming at Chatfield – please volunteer.

YES, We are Swimming at the Gravel Pit by Joe Knopinski, Highlands Ranch Masters

COMSA members are very fortunate to enjoy the use of the former gravel pit at Chatfield Reservoir for open water swimming during the summer. Questions have arisen, however, regarding what may happen to our swimming hole if the drought continues.

The tentative good news is that we will be able to continue to use the gravel pit through 2003 although continued drought conditions may start to effect the water level in the pit late this year.

To facilitate recreational uses, Colorado State Parks has an agreement with the Denver Water Board to store 17,000 acre feet of water in Chatfield, which would only be used in severe drought conditions. We're there, folks!

Denver will only access the water in Chatfield, however, as a last resort. They understand the benefit of Chatfield as a recreational area and also the water is difficult to use because it is downstream from their treatment plant and they have no ability at the present time to pump it back.

If the drought conditions stay severe Denver may, after July 1st, begin to divert water upstream from Chatfield. Then, later in the year they may install a pump system in order to draw down the water within the reservoir. When that occurs, likely the gravel pit would be drawn down as well. That would likely occur after our swimming season so it appears that we can continue to enjoy our open water swims at Chatfield at least in 2003. The following years are dependent on the drought conditions. Please, help out all the water providers and conserve!

I will see you at the lake, at least for now.



WINGSHADOW HORSETOOTH LONG DISTANCE SWIMS

Sunday, July 13, 2003, 7:00 a.m.

- The Classic – 10K, no wetsuit
- Challenge Level – 2.4 miles, no wet suits
- Ironman Tune-up – 2.4 miles, wet suits

CONTACT:

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THE HEALTH PAGE: WHAT TO DRINK?

By: Sara Fleming, Registered Dietitian, Coach for the Wheat Ridge Sting Rays

Many athletes are confused not only by how much to drink, but what to drink. You know you can get calories from sports drinks, but what you may not realize is that many of the foods you eat can also contribute to your fluid intake. Some examples are: iceberg lettuce, cucumbers, and celery are all about 95% water, an orange is 87% water, a banana is 74%, sirloin steak is 59%, and a slice of white bread is 37%. Coffee and soda fanatics do not fret. These beverages also count towards your fluid intake, but beware because they are also empty calories (no nutritional value)!

So how much fluid do you really need to consume? The rule of thumb is to get 8 cups of fluid per day (64 oz.) and additional fluids as needed for exercise. To find out how much additional water you need to drink, weigh yourself before and after a workout (if you are wet from swim practice, be sure to weigh yourself wet before practice too). For every pound lost, you need to drink 3 cups (24 oz) of fluid. Do this for a couple of practices, then mark your water bottle so you have an idea of how much to consume before and during your workout. Swimmers, remember that even though you are in the water for your workout, you are sweating and will still need to drink plenty of fluid (pool water counts too!).

Another way to check your hydration status is by monitoring your urine. No matter how gross this sounds, it's true. If it is dark, you probably need to drink more. If it is pale yellow, you are probably close to proper hydration. Do not use thirst as a gauge to monitor your hydration status. Satisfying your thirst only fulfills approximately 2/3 of your needs. The general recommendation of fluid intake before exercise is 1½ - 2 cups (12-16 oz); during your workout it is ¾ - 1½ cups (6-12 oz) every 15-20 minutes.

If you are practicing for more than 90 minutes, it is possible for you to completely deplete your body of its stored glycogen (energy storage in muscle). Any time you perform continuous exercise for more than 60 minutes, or high-intensity intermittent exercise for 1-4 hours, you should consider a sports drink with 6-8% carbohydrate (see chart below). Following the general guidelines shown above can help to provide you with the additional carbohydrates (CHO) and water you need to prevent the onset of fatigue. Choosing a concentrate greater than this could cause gastrointestinal upset because the stomach contents empty slower.

Product Name	Serving Size	Energy (kcal)	CHO (grams)	Percent CHO	Sodium (mg)	Potassium (mg)
AllSport	8 oz	70	20	8	80	50
Gatorade	8 oz	50	14	6	110	30
Met-Rx ORS	8 oz	75	19	8	125	40
PowerAde	8 oz	72	19	8	53	33

"Liquid Nutrition for Athletes" Today's Dietitian, August 2002

REGISTERED TEAMS AS OF 3/15/03

<u>Team Name</u>	<u>Contact Name</u>	<u>Email Address</u>	<u>Phone #</u>
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Aurora Masters	Andy Niemann	swimmacsco@aol.com	303-693-1252
Boulder A Masters	Holden Bank	holden.bank@nautilushtg.com	303-664-9495
Boulder Aquatic Masters	Carolyn Roche	swimcmr@aol.com	303-494-8507
Boulder Y Masters	Pete Schwenker	petes@mcguckin.com	303-494-3775
Castle Rock Masters	Dan Cottrell	dr.cottrell@access-4free.com	303-660-4279
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CSST Masters	Jamie Louie	ijklouie@wans.net	719-599-4716
Dawgs	Greg Rother	groyther@phillong.com	303-810-4740
Delta County Masters	Melody Willey	willey6farms@juno.com	970-874-8879
Denver Athletic Club	Keith Anderson	kanderson@denverathleticclub.org	303-593-1845
Durango Masters	James Graham	grambo@rmi.net	970-259-1723
Estes Park Masters	Sam Hewson	hewswim@aol.com	970-586-5553
Evergreen Masters	Vanessa Chenoweth	vanessachenoweth@mindspring.com	303-674-9165
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Glenwood Springs Masters	Howard Jay	bjay@rfsd.k12.co.us	970-945-8237
Grand Junction Dolphins	Cathy Donahoe	cathyd@onlinecol.com	970-242-8239
Grand Valley Wave SC	Gustave Langn	hallangner@onlinecol.com	970-858-3764
Greeley Guppies	Richard Hess	rhes54321@aol.com	970-356-4269
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Highlands Ranch Masters	Phil Van Law	pvanlaw@msn.com	303-791-2733
Inverness Masters	Ellen Campbell	ellentomt@cs.com	303-791-7889
Jeffco Aquatic Masters	Linda Burton	swimmerlinda@aol.com	303-456-1969
Jeffco YMCA Masters	John LeVett		303-237-5589
Loveland Masters	Rick Brent		970-669-9705
Miramont Swimming	Wendy Mader	trichkne@hotmail.com	970-308-4499
Montrose Marlins	Kathy Devor	kdevor@montrose.net	970-249-2541
Parker Masters	Gabriel Guerra	gabrielguerra68@hotmail.com	303-475-3683
Peterson Masters	Cyndie Visel	svisel@usa.net	719-570-7748
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Total Performance	Phil Hackbart	phil@thetpi.com	719-473-9828
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** STATE MEET INFORMATION **

If you are going to the State Swim Meet on April 11, 12, 13, please read the following important information.

On the original entry form, the check-in times for the 1650 and the 1000 events were reversed on page 2. The 1650 is the first event and therefore check-in time will be 5:30. Check-in time for the 1000 is 6:15. The first relay on Sunday Morning is the Mixed 200 Free Relay. The decision was made to move the first relay each day to AFTER the distance event. Therefore, on Saturday the 400 IM will be the first event, followed by the Mixed 200 Medley Relay. On Sunday the Mixed 200 Free relay will follow the 500 Free. Warm-ups will remain at the same time, with the additional lanes not being used for competition available for warm-up while the longer events are being contested. Individual High Point awards will be presented in each age group. Team Size will be determined by the number of swimmers registered for the meet from the team. This will be determined after all entries are received. Note this is not as in the past where size was determined by the number of splashes.

There will be a lunch social following the meet on Saturday afternoon at Hemmingway's Key West Grille on 1052 South Gaylord Street, just north from DU. Please plan on stopping in for lunch and socializing with your fellow swimmers where we have reserved the 'back room'. You will be able to order lunch from the menu. Because of the size of the group, we will be billed at each individual table. There will be no 'separate checks' for individuals.

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