

April 2002

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Letter from the Chairman

Hello Swimmers!

I'd like to take just a few minutes to introduce myself to you. My name is Cindy Hawkinson (some of you may know me as Cindy Guthrie) and I've been newly elected as your COMSA Chairman. I've been a masters swimmer since 1988 and involved on your Executive Board for about the last eight or so years. I've served as your Secretary for most of that time, last year as Vice Chairman and now as your Chairman. I was the Team Rep for Castle Rock for 10 years. I've recently changed teams and now swim for Inverness Masters. I serve on the USMS National Fitness and Communications committees and am the USMS Liaison to USA Triathlon.

COMSA? What exactly is that and why should we join and what does it do? Well, that's a question many people have and the responses I've heard in the last few years are about as varied as the types of swimmers. For many years, it seemed that what COMSA did was run the State Swim Meet and serve as a provider for insurance to our swimmers. COMSA did more but that's all people saw. Your new Executive Board is in hopes of changing that image. We'd like to offer things for you, the swimmers, whether you are competitors or fitness swimmers. This year we have 'bid out' the State Meet and awarded it to DU. I write this now prior to the meet but I'm sure they will put on a quality meet for all swimmers to enjoy and swim their fastest. The Newsletter and website will be offering a multitude of fitness articles and events throughout the year.

Keep your calendars open for the weekend of May 31-June 1st. COMSA will be offering to the first 30 or so swimmers and 6-8 coaches a

USMS sponsored swim clinic. We are fortunate enough to bring in Scott Rabalais, USMS Vice President and former chair of the national Coaches Committee, to serve as lead coach. The clinic offers a coach's clinic for the coaches out there and also a swimmer's clinic with videotaping. It will be held at the Fitzsimmons Pool. Our thanks to Rich Abrahams for assisting us in obtaining this wonderful facility.

Mark 'comsa.org' as one of your favorites on your computer. Steve McDanal and Rob Nasser have been efficiently keeping our website up to date.

COMSA meetings will be held on a quarterly basis here on the east side of the Rockies. We are planning to have two on the north side of town and two on the south side. We will also be making a trek to the western slope twice a year to meet with you folks out there. I attended the Delta meet on March 17th and had a wonderful time, swam well and met with 11 of you folks after the meet. It is very clear what needs to be done.... BETTER COMMUNICATION! I will strive for that as I serve you as president.

Do you want to be involved with COMSA? Do you want to help us move in a new and exciting direction? Do you have an opinion, question, concern, or idea that you'd like to share? Email me at cinswims@earthlink.net, attend one of our meetings or call us at 1-877-266-7234. The meetings are open to all the membership and we'd love to hear from you.
Happy Laps,

Cindy

Maui Channel Relay Swim

From Tiffany Forbes

Saturday, August 31 is the Maui Channel Relay swim. This is a 6-person relay (though it can, and has, been soloed) from Lanai to Maui. Each team secures a boat for the event. Typically, your boat will pick you up on the shore in Lahaina early in the morning. You cruise over to Lanai, where your first swimmer begins on the beach. Each swimmer swims a 30-minute leg, followed by 10-minute rotations until you finish on the shore in Maui (near Kaanapali and Lahaina). The info for this race is not yet up on-line.

On Monday (Labor Day), is the Waikiki 2.4 mile Rough Water Swim. It is a 2.4 mile swim that begins near the New Otani hotel, and finishes at the host hotel, the Rainbow Hilton. The entry fee is a mere \$15. More info can be obtained at www.rwswim.com, or search under Hawaii Swimming events.

I am planning to take up to two boats (12 swimmers) from RallySport. I will assist swimmers with travel arrangements lodging, and boat rentals for the swim. I plan to arrive in Maui no later than August 26th, but will be leaving late on Labor Day to return.

I am happy to put together more teams from around the state. IF full teams wish to enter, that's fine. If individual swimmers wish to participate, but do not have a team, I will do my best to put RMM teams together. People can e-mail me at tfswim@aol.com, or call 303-449-4800, extension 388.

Come swim in Maui this summer!

Regards,
Tiffany Forbes

Chatfield starts May 25th.

From Dennis West

We will be able to swim Tuesday and Thursday Nights 4:30 pm to 7:30 p.m and Saturdays 7:30 am to 10:00 pm. This goes through the month of September.

THE BASIC RULES FOR SWIMMING AT CHATFIELD ARE:

1. Never swim alone!
2. Swimming is by permit only! (a permit has been granted to the Colorado Masters Swimming Association (COMSA))
3. Per permit: You **MUST** be a current United States Masters Swimming (USMS)/COMSA member.
4. On Saturdays, you **MUST** register at the check-in table before swimming.
5. Only swim at the designated times.
6. You must swim from and in the designated swim areas.
7. For additional safety please wear a brightly colored swim cap (yellow, orange, white, red etc.)
8. **PARK ONLY IN KINGFISHER PARKING LOT! DO NOT PARK ON THE SIDE OF ROAD OR SMALL LOT BY THE POND**
9. Please be aware and respect other users of the area including Fisherman, Scuba training, Dog training etc. etc.

We lost our Saturdays privileges because of a few people. Please help us enforce these rules so that we can continue to utilize the gravel pond.

=> We need volunteers for Saturday swimmer check-in as well as volunteers for the Long Distance Swim Committee. Contact Dennis West at ironman8x@yahoo.com.

Looking for a volunteer...

Hi folks!

Cindy here...the nominating committee is in search of a volunteer for the position of COMSA Secretary. The job is not difficult (I did it for nearly 8 years). This year we intend on only having 4 team rep meetings on the east side of the Rockies and two (optional to all exec. members) on the western slope. Executive meetings will be called as necessary but we'll try to handle all the exec. business at the same time as the team rep meetings. Having a laptop at the meetings helps a great deal but is not necessary (for years I took shorthand notes!) Men....this is not exclusively a 'Ladies job'...now that we all have computers, typing is natural for all of us! :) Minutes are mailed out to all team reps. Jack provides you with labels and you are reimbursed for your postage and copying costs.

Please let me know if you'd be interested.

Cindy

Swim Faster - without swimming more

By Rick Curl

Inside TRIATHLON, April 2002

Even if you're an Olympic swimmer whose only job is to train, you won't be successful unless you make the most of every training minute. Quality always beats quantity. Here are a few keys to doing just that.

First, be consistent. It's better to swim three times a week, 52 weeks a year, than it is to swim five times a week most weeks and zero times every fourth or fifth week. Second, put technique first. The surest way to waste time in the pool is to swim endless laps with poor technique. Devote a portion of each workout to technique drills and get out of the pool when you have fatigued to the point where your technique is breaking down.

One of the simplest ways to achieve a higher level of fitness without simply increasing your training volume is to do the right kinds of workout in the right sequence - an art known as periodization. In the first phase of your training, focus on aerobic fitness, technique, and strength. In the next phase, shift your

emphasis to high-intensity workouts that become increasingly race-specific. Finally, taper and race.

Lastly, pay attention to recovery. Even if you're not putting in Olympian yardage, you need to do all you can to bounce back quickly and completely from each workout.

Delta Swim Meet - March 17th

By Cindy Hawkinson - COMSA Chairman

How many of you know where Delta, Colorado is? Well, I certainly didn't and found out it is a wonderful, small community about 40 miles south of Grand Junction with a fabulous Rec Center and Pool. Five of us 'Eastern Plains' swimmers trekked over to the 'other side of the mountain' to enjoy the hospitality of Delta. Bill Abbott, Margie Yoder, Roy Caldwell, Steve McDanal and I represented the Denver side of Colorado Masters Swimming while Delta and surrounding areas had a wonderful turnout. Durango also made quite a long trek with several swimmers attending. Delta Masters put on a great meet. It was small and I found out how hard it is to swim four events in the span of slightly less than two hours (HARD!) For three of us (Bill, Steve and I) we found out you can actually swim 100 fly (together in the same heat) as your last event and survive!

Next year put this meet on your calendar! Make a weekend out of it with your families. The weather cooperated and it was a great time.

Caf or Decaf?

By Nancy Kern, Editor

We are, judging by the number of Starbuck's, Peaberry's, and other coffeehouses, not to mention the burgeoning popularity of that wonderful spiced tea called Chai, a nation of caffeine-loving people. I'm sure some of us have noticed the boost that caffeine seems to lend to our athletic endeavors. Following is an excerpt from an article in the May, 2002 issue of *Triathlete Magazine*. While the magazine is, obviously, geared toward multi-sport athletes, the benefits/drawbacks of caffeine apply

(Continued p. 4)

(Caffeine, cont. from p. 3)

equally to competition swimmers.

In the interests of saving space, not to mention retaining your attention, I've edited the article for this newsletter, but I think I've included the salient points. For the complete article, pick up a copy of the magazine.

Hold the Decaf!

By Shanti B. Rangwani

Caffeine, when used properly, is proven to enhance performance in endurance athletics. Coffee has been widely used as an aid to increase endurance and intensity of muscle contraction. Bagels, bananas and coffee have long been offered as pre-and post-race meals by organizers of many ultra-endurance and Ironman races. And Kenyan long-distance runners have for years been drinking exotic brews of their hardy coffee beans and chewing glossy kola nuts (another rich source of caffeine) to enhance endurance.

In Tibet they have been doing for over 2,000 years what the Kenyans figured out only a few years ago. Not only do Tibetans drink a lot of caffeine-rich tea, but they also give their horses and mules large vessels of the drink.

Our body has a great affinity for caffeine in that within an hour of its intake, there are traces of it in almost every tissue. It reaches the endocrine glands and triggers the secretion of hormones, especially adrenaline, which increases our heart beat and forces more blood, and thereby nutrients, to the muscles.

But a particular quality of caffeine that has made it a wonderful sports drug is that caffeine induces the release of free fatty acids (FFAs) from fat tissue and skeletal muscle. The muscles that are being exerted then use this energy source in preference to glycogen, which is the principal fuel for muscles. Muscle exhaustion occurs only when we run out of glycogen reserves, which are stored in the body in limited quantities. This glycogen-sparing effect is most pronounced during the first 15 minutes of any aerobic exercise and in this phase glycogen utilization can be reduced by as much as 50 percent through optimum caffeine usage.

Even short exercise periods lasting for as little as five minutes and anaerobic (non-oxygen-requiring) regimens have been shown to benefit from caffeine intake. This is great news for sprinters. Another study in the *British Journal of Sports Medicine* found that two cups of strong coffee brought about an improvement of 4 seconds over 1,500 meters and increased kicking speeds at the end of races by 3 percent. The ergogenic effect in anaerobic efforts is due not to muscle glycogen-sparing but to the fact that caffeine also makes you more alert, speeding your reflex to the gun.

Coffee is safe in long-term use of up to 350 to 400 mg a day. (*Ed. Note: average mg of caffeine per 8-oz: Decaf Coffee - 5 mg; Regular Coffee - 90 mg; Double Espresso - 160 mg; Caffeinated Tea - 60 mg; Cola - 45 mg.*) However, you need to be wary of the risk of building up tolerances. Non-daily use of caffeine can keep your body fresh for the benefits of caffeine whereas people have been known to develop tolerances to the drug within four days of regular use.

Given its complex effects on the human body, many of which have still not been totally understood, it makes great sense to observe a few basic rules about caffeine use to maximize your body's endurance and power.

MINIMIZING THE CAFFEINE NEGATIVES

Despite its benefits, caffeine remains a tricky drug and using it astutely entails more than just chugging a cup o' joe.

Following are guidelines for healthful caffeine consumption:

- For starters, caffeine is a powerful diuretic. Caffeine also increases hydration losses through sweat due to its stimulant properties. Make sure to take compensatory hydration (and to practice your technique in training).
- Caffeine is also a laxative and can impair nutrient absorption when taken too close to meals. Since the plasma half-life of caffeine is about two hours, avoid the use of caffeine two hours before and after a big meal.

(Continued p. 5)

(Caffeine, cont. from p. 4)

- For the same reason, ingest caffeine about 45 to 60 minutes before competition. This is the stage when it has the maximum effect on fat stores.
- Caffeine of course has well-known stimulant effects which is why it can hamper your sleep patterns and leave you feeling exhausted if taken too close to bedtime.
- Caffeine's stimulating effect on the mind needs to be controlled with great care. The right amount will get you sharp and focused before the big event. But too much can leave you confused, panicky and lethargic.
- Abstain for three to four days prior to the big race. This allows for your caffeine tolerance to decrease. Also, watch for signs of withdrawal... including headaches, fatigue and lethargy. Ideally, avoid caffeine use during the week leading up to an event and then use it 45 to 60 minutes before the event. For very short (under three minutes) sprints, use coffee 20-30 minutes before the event to maximize anaerobic output. For longer duration sports (over 30 minutes), use coffee 30 to 45 minutes before the event start. This ensures that caffeine stays in your bloodstream longer. For events between two and 20 minutes use coffee 45 to 60 minutes before the event to ensure maximum glycogen saving.
- Studies have shown that the metabolic benefits of caffeine can be extended by consuming grapefruit juice.

THE IDEAL DOSE?

This varies from individual to individual and according to the type of exercise you prefer. Aerobic races like marathons require smaller doses, whereas anaerobic activities such as sprinting require more potent doses taken half an hour before the event. An ideal dose with the least side-effects would be around 6 mg per kilo, or the caffeine equivalent of about four to five cups of moderately strong coffee [for a 150-lb man; three to four cups for a 120-lb woman]. *(Ed. Note - if you're metric-challenged, like I am: there are ~2.2 kg per*

pound. So a 150-lb man weighs in at ~68 kg. A 120-lb woman tips the scales at 54.5 kg.)

DOES CAFFEINE CONSTITUTE DOPING?

The International Olympic Committee (IOC) has categorized caffeine as a "controlled or restricted substance", under section II of its doping rules. There is no cause for worry, however, because an average 70kg person can guzzle five to six cups of the strongest coffee an hour before exercise, and even then the urinary caffeine level would be stretched to reach the permissible limit.

This being said, efforts are underfoot to reduce the permissible level in IOC-governed competition.

From the Editor

A few months ago, a plea went out to COMSA members asking for volunteers to help with various tasks for the organization. Being somewhat computer-literate, I said I'd be glad to help along those lines. Next thing I knew, Dennis West was calling me thanking me for volunteering to edit the COMSA Newsletter!

I'm a member of COMSA because I'm a triathlete. (You may have seen us swimming at Chatfield Reservoir in the summer. We triathletes are very grateful that COMSA affords us the opportunity to practice our open-water swims there.) As such, I'm the de facto triathlon rep for COMSA, as well as newsletter editor. I'll try to include articles in the newsletter that appeal to all aspects of swimming, including those interesting to triathletes.

I'm in the unique position of being able to decide what goes into the Newsletter - which is sometimes a blessing and sometimes a curse! If there's something you'd like to see, or if you have an article you'd like to contribute, please don't hesitate to get in touch. You can reach me at n-gkern@worldnet.att.net, or at 303-738-9760.

Cheers,
Nancy Kern

National relay records broken on March 3rd

By Cindy Hawkins

Two USMS national records were set at the D.U. Short and Sweet meet on March 3, 2001.

The first one to go was the women's 35+ 4x200 relay. Led by Kathy Garnier in a 2:04.52, this relay was exciting to watch. Laura Smith followed Nancy's lead with a 2:06.44. Judy Nelson kept the pace with a 2:06.68 and Heather Hagadorn brought it in with a 1:59.98 for a new record of 8:16:72. (the previous record was 8:38.48 set in 1996.)

The men followed suit with an incredible 55+ 4x100 relay. Led off by Carl Selles with a 54.8; Bill Abbott took over with a 57.1. Arnie Dowd continued the strong effort with a 56.2 and Rich Abrahams brought it home with a 52.5 for a new record of 3:39:22 (the previous record was 4:03.06 set in 1995).

Pictured below: Kathy Garnier, Heather Hagadorn, Judy Nelson, and Laura Smith



Top Ten Results for Short Course

By Mark Plummer - Top Ten Coordinator

The top ten results for short course meters in 2001 are now final. The following people made the grade, collecting 71 top ten positions!

Age Group	Women	Men
19-24		Ryan Jones
25-29		Gary Snow
30-34	Lori Deacon	Dave Ross
35-39	Collette Sappey, Laura Smith, and Nicole Vanderpoel	Patt Chaiyaroj
40-44	Kathy Garnier and Judy Nelson	Paul Smith
45-49	Catherine Conway	John Hughes and Richard Hess
50-54	Carolyn Roche and Susan Fouts	
55-59	Marcia Anziano and Linda Lebsack	Rich Abrahams and Bill Burson
60-64		
65-69	Threlkeld-Wesaw	Bill King, Bob Patten, and Mark Plummer
70-74	Dena Mann	
75-79		Jack Truby and Robert McDermott

For details on the events in which these people placed, look in the COMSA website under Top Ten Records, and click on 2001 Short Course Meters.

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