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FROM THE CHAIR

Hello Again Utah Masters!

I have to gush a little as our membership is now at a record high of 255! Our previous high was 221 in 2003. Thank you so much for your support and participation in all the activities we've been sponsoring since November.

We hosted our first two tri clinics this season. An open water section at American Fork, and a transition section at South Davis. They were a big success and certainly one of the funnest things I've ever done. A huge "Thank You!" goes to Andrew Bird and Malaika Homo for putting this on for us. They were amazing.

More good news: The Huntsman Games and the Deer Creek Open Water Challenge are now USMS/Utah Masters sanctioned events. Yeah! That means your records count and you have insurance as they are run according to the safety specifications of USMS. You will find them on our calendar of events as we'll be

lending our full support to them this season as sanctioned events.

It's long course season, so I asked our new Open Water Rep, James Jonsson to give us some tips on open water swimming for beginners. You'll find his article on pages 6 and 7.

Deer Creek has a 1 mile, 5k, 10k, and 10 mile distance. So, go jump in the lake and give open water a try!

Happy Summer,

Kimberly Hunter
Chairman, Utah Masters, LMSC



Upcoming Events

JUNE 2009

Utah Summer Games
June 18-20, 2009
Cedar City
www.utahsummergames.org

JULY 2009

2009 Northwest Zone Long Course Meters Championship
July 10-12
Mt. Hood Community College
www.swimoregon.org/forms/meets

AUGUST 2009

Long Course Nationals
August 6-10
Indianapolis
www.usms.com

Deer Creek Open Water Challenge
August 15
Heber/Midway
www.deercreekopenwater.home.comcast.net

OCTOBER 2009

Huntsman Senior Games
50 + years
October 7-9, 2009
St. George, UT
www.seniorgames.net

For More Information:

www.utahmasters.org



Tri Clinic 2 : Transitions, Nutrition, and Mental Toughness

The second triathlon clinic hosted by Utah Masters Swimming was a booming success despite a steady downpour of rain. Over 30 beginner and intermediate triathletes showed up for this three-part clinic to learn about nutrition, sports psychology, and the art of transitions. Guest speakers Barb Sherwood (R.D.) and Melinda Houston (Sports Psychologist) did a great job imparting knowledge in their respective areas of expertise, while Brad Gale, Malaika Homo, and Keena Schaerrer were on hand to teach the athletes how to set up an efficient transition area. The participants had a chance to practice transitions on a mini triathlon course set up in the parking lot. Everyone had a lot of fun and enjoyed great schwag courtesy of Biker's Edge, PowerBar, Wasatch Running Center, Pool 'n' Patio, Poco Loco, and Trigger Point Therapy. Thanks to Triathlete Rep Andrew Bird for organizing the event and to the South Davis Rec Center for the great venue!

More Swim Babies Have Arrived at South Davis!

Congratulations Coach Lynette & Scott Bodell! Friday February 27th Lynette gave birth to beautiful Jewel Kate Bodell. Jewel was 7 lbs 12 oz and 20 inches long.



Congratulations Craig and Laura DeVries!

April 19, 2009 baby Oliver was born weighing in at 6lbs 9oz. 20.5" long.



A sneak peek at the new South Davis Crusty Crabs logo. Congratulations to logo contest winner and coach Tim Shumate.

James Jonsson is the new Open Water Rep for the Utah Masters Board of Directors. He's SUCH a nice guy for being so out of his mind.. A few highlights and proof of his insanity: Yowza.

Recent Open Water: 2008 – 1st Place. Deer Creek Open Water Marathon – 10 Mile Distance.
 2007 – 2nd Place. Deer Creek Open Water Marathon – 10k Distance.
 2006 – 6th Place. USMS 10k National Championships.
 2005 – 5th Place. USMS 2.5k National Championships.

Solo Swims: 1989 – Pailolo Channel between Maui & Molokai.
 1990 – East Shore of Oahu Traverse Swim. Hanauma Bay to Waikiki.

Benefits of Tracking Your Workouts

So you tell yourself “yeah, I swim about an hour a day”. Great. Good for you. That’s awesome. But really, what DID you do for that hour? JUST swim??? Or did you do a WORKOUT? How do you know? How can you be sure?

The answer is keeping track of your workouts. Keeping a journal of your workouts creates a database of your history of swimming and being able to write down what works and what doesn’t. By doing this you develop a wealth of personal information that you can refer to for reference and are able to spot trends. If your only goal in swimming is to “swim an hour” then keeping a journal is probably not for you. But if your goal is to improve your swimming and get competitive, then it’s an absolute must.

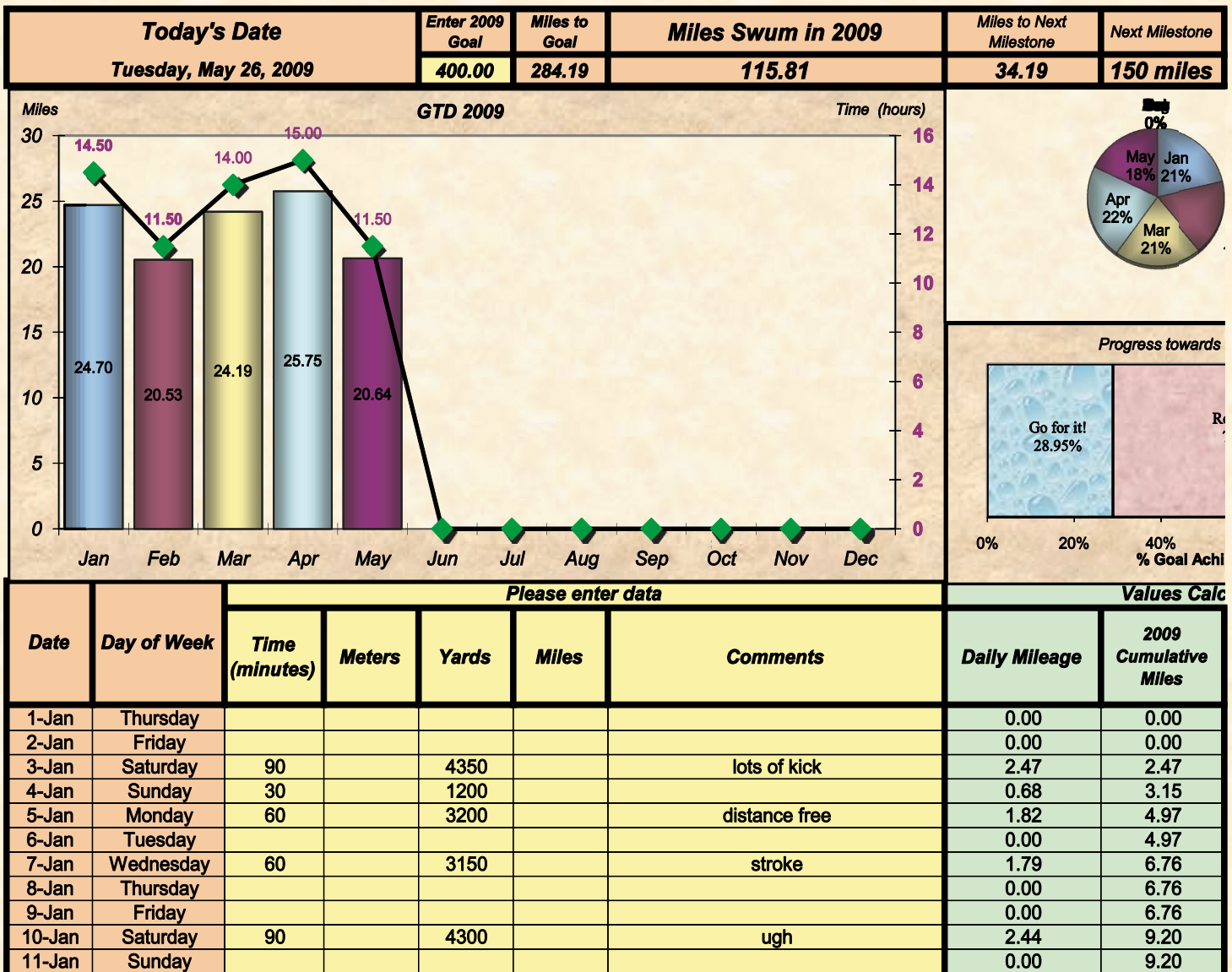
Personally, I value the ability to spot trends. In fact, this came useful to me in just the past few months. Every January I swim the One Hour Postal. This is a USMS event where you measure how many yards you can swim in 60 minutes and is one of the longest-running distance events in Masters Swimming. Two to three years ago my training was very heavy into 4 days a week of hard interval sets (anaerobic) with 1 to 2 days of longer straight swims for distance (aerobic). For whatever reason, I started to drift away from that and focused more on longer sets. Well, in January 2008 I lost about 300 yards from my distance the year before. So I consulted with my training logs from 2006 and found that in 2007 I got more aerobic. I know from my past history that I have no problem with distance and I am very aerobic, but it’s my speed that needs constant attention. I realized that I got away from focusing on my weakness and instead focused on my strength. I adjusted my training to repeat what I did in 2006 and presto...this January I found those “lost” 300 yards! I spotted a trend and made the appropriate adjustments. Without my training logs I wouldn’t have been able to figure it out as easily.



If you put in the effort to drag yourself out of bed every morning and jump in a pool and bust your tail while the rest of the world sleeps, you owe it yourself to track those yards and keep a record. ~ James Jonsson

Go The Distance has an excellent Excel form for tracking your yardage whether you send in your results or not.

Although this is a snapshot, the entire form can be found at:
www.usms.org/fitness/go_the_distance_basic.xls





Volunteer Needed:

We could use a little help from a web designer and a graphic designer or art director if anyone would like to lend some skill to Utah Masters in helping us with our facelift.

Ok, that sounds more like a plastic surgeon, and I could probably use that too, but that's another story.

We can pay expenses, but this is a volunteer position and could be just for this project or ongoing. Please let me know if you'd like to help.

Kimberly

kimberly@hunterchamplin.com

PMS Championships

No, not THAT kind of PMS, but the Pacific Masters Swimming Championships in Pleasanton, California April 17-19. Katy Kessinger and Lo Knapp from Utah both participated.

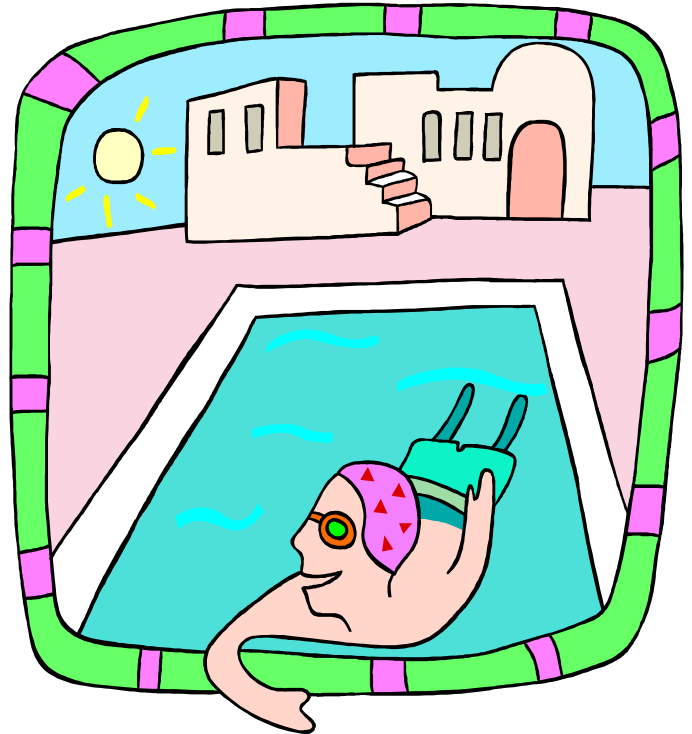
What great weather! 78-82 degrees, no wind. Two courses were run simultaneously, so the 800-900 participants could be done by 4 pm each day. Lo and Katy made new friends and had some good swims. Katy lowered her master's best (MB) in the 1650 by almost 90 seconds and placed 4th with a 22:28.78. It was her 1st event of the meet and she was so pleased, she said, "I could just go home right now!" Katy also set a Utah state record for the 50 fly at 33.10 for the 50-54 yr age group. Lo was happiest with her 1000 free as the water felt so refreshing and she felt strong the whole way. Maybe too strong as she negative split it—oops! She also set a Utah state record at 12:08.73.

Both Lo and Katy are aiming for the Long Course Nationals in August in Indianapolis, since they will "age up" to the 55-59 yr old age group. One entire day of this competition is devoted to relays, so if you are interested, please let Lo or Katy know—they would love to put together a relay.

For those Utah Masters swimmers who do not compete: Lo met a 40 yr old woman at the swim meet who commented that she just started masters swimming 2 years ago. She did not have a competitive swimming background. Thinking of all her teammates who have swam much longer but have no desire to compete, Lo asked, "So why do you compete?" This woman answered, "Because it gets me to the pool to work out and it gives me goals. I just love it!"

To see results of this meet, go to www.pacificmasters.org

The Salt Lake Aquatic Complex (aka Steiner) outdoor pool is open. Wahooo! You better get up there and get a couple of laps in. Ahhhh. Such bliss.



Open Water Swimming 101

You've probably heard that the Deer Creek Open Water Marathon is now a sanctioned USMS event. And you're thinking that maybe now is the time to try open water but you're unsure of what to expect. No problem, Utah Masters is here to help.

The Deer Creek Open Water Marathon is a friendly event with four distances; one mile, 5k, 10k and 10 miles. The race is held at Deer Creek Reservoir and starts and finishes at the South Marina Boat Ramp (the one closest to the dam). The race course starts by going south into Wallsburg inlet and then follows the south shore. There are four distance buoys marking the halfway turn-around points for each distance – the half mile marker for the one mile race, the 2.5k marker for the 5k, the 5k marker for the 10k, and the last one for the turn-around of the 10 miler. There are also several buoys marking key points in the race and they are placed to keep you within 50 yards of the shore at all times. In fact, you can swim as close to the shore as you like for most of the race so you're never too far out.

Facts about the Deer Creek Open Water Marathon:

- There are 4 distances; one mile, 5k (3.1 miles), 10k (6.2 miles), and 10 miles (17k). Each distance has a wetsuit and non-wetsuit division.
- Each swimmer needs to have their own escort in a kayak, canoe, rowboat, etc.
- The start is a water-start off of the boat ramp.
- The finish is a water finish at the start buoy.
- The course follows the southern coastline and keeps you close to shore.
- There are course officials in boats cruising along the race to make sure everyone's safe. Your escort will be given a red flag. In case of emergency, he/she will wave the flag and signify the need for assistance from one of the boats.

Historically the water temp will range from 67 to 70.

What to bring:

- Yourself
- Your escort and the following:
 - o Canoe, kayak, rowboat, paddleboard
 - o Two Coast Guard approved life vests. One that your escort wears and one for emergency in case you need it.
 - o Liquid and/or solid nutrition
 - * Liquid can be water, sports drink, etc. Has to be in a plastic bottle.
 - * Solid can be gelpacks like GU, or a Powerbar, bananas, muffins.



- Sunscreen for your escort and yourself
- Body-glide if you are wearing a wetsuit or bodysuit
- Colored swim cap
- Towel
- Sweatshirt, or warm up parka. It can be cold in the morning. The last two years the early morning air temp was in the mid 40's but the water was upper 60's to 70...nice!
- A fun attitude.

Here are some tips:

- Remember to pace yourself. Open water swims can be longer than you think. If you get too tired, you are allowed to get up on the shore or hang onto your escort and rest. However, your time won't count for an official finishing time.
- Pour your liquids into pull-top sports bottles. Don't try to open a twist cap bottle in the middle of a race.
- Tie a rope to your sports bottles. Yellow nylon 3/8" diameter floating rope works best. Figure about 8' long. This way your escort can toss your drink to you and you don't have to waste time handing it back.
- If it's sunny, bring tinted goggles.
- Put sunscreen on your back, neck, and back of your legs, especially if you are doing the 10k or 10 mile. Of course, it will wash off but it's better than nothing.
- Make sure your escort goes to the bathroom before the start of the race, especially if you are going for the 10k or 10 mile. That's a long time to be stuck in a kayak or canoe!
- Most swimmers are bunched together for the first 1/4 mile or so. Your escort doesn't necessarily have to be right next to you until the pack spreads out a bit. Tell your escort to hang back or off to the side at the start of the race and keep an eye on you. Then when the pack thins out, he/she can get next to you. Your escort needs to be aware of other swimmers and not impede their course.

If you are swimming more than the one mile distance, there is a 180 degree turn-around buoy at the end of Wallsburg inlet. This is a tight spot and can get congested. Tell your escort to hang back and not follow you around this buoy. Let the swimmers make the turn and have your escort pick you up as you start coming back after the buoy. Twenty yards is enough distance for the escorts to stay back and out of the way.

Remember, open water swimming is all about freedom. Freedom from lane lines, walls, and chlorine. It's all about fun. Get out there and have some!