



LOCAL MASTERS  
SWIM COMMITTEE



## Utah Masters Swimming Newsletter - Summer 2013

### In this issue:

- [Message from the board](#)
- [Food for Thought](#)
- [Masters Group highlight: NWRC](#)
- [Upcoming Events!](#)
- [Name that pool!](#)

### Did you know?

USMS offers a way for you to track and log your workouts and earn free swim gear in the process? It's a program called Go The Distance. Visit

<http://www.usms.org/fitness/content/gothedistance> for details.



## Utah Swimmers represent in the USMS Long Distance Open Water National Championships

Many Utah swimmers took the trip down to Lake Mead, NV for the 1 mile, 5K and 10K open water events on May 18th. Congratulations to Robynn Masters for taking first place in the 5K wetsuit division. And to Kelsey Withrow and Wesley Johnson taking first in their age group in the 10K. Congratulations to all other Utah swimmers who participated and met their own goals. Full results of the event can be found at:

<http://www.usms.org/longdist/ldnats13/10kresults.pdf>

Daily News of Open Water Swimming discusses Pirate Swimming here:

<http://dailynews.openwaterswimming.com/2012/08/what-is-pirate-swimmer.html>

## Message from the board: Pirate Swimming

by Josh Green, Utah LMSC Open Water Chair

Due to a few incidents over the past couple years at open water swimming events in Utah and out of state, I thought it would be a good idea to write a post about pirate swimming. Pirate swimming is also known as bandit swimming and bootleg swimming.

So what is a pirate swimmer? According to Openwaterpedia, a pirate swimmer is "an individual who does not purposefully pay the requisite fees to participate in an open water swimming competition or an open water swimming charity event, or to attempt a marathon swim, or a channel swim where there is a recognized governing body. It can also be an individual who uses another swimmer's name or a false name to purposefully enter an open water swimming event or charity swim. It also refers to an open water swimmer who purposefully preempts a publicly announced marathon swim or channel swim of an unprecedented course by another swimmer."



So why would someone swim an organized event without paying the registration fees? Some would argue that the fees are too high, that they don't need the shirt or award, or that they missed the registration deadline. Others simply do not want to pay to participate.

Pirate swimmers may reason that what they are doing is not stealing and that they are not doing any harm since they are not collecting the event swag or awards and that the support, safety and volunteers are already there. What they may not understand is that there are other costs involved and that their pirate swimming could put themselves, other swimmers, the event organizers and the event itself in danger.

Organizing an open water event is not easy, or cheap. Apart from the swag and awards (which pirate swimmers may argue they don't need) there are permits, insurance, sanctioning fees, support and safety services, emergency services, park entrance fees, parking fees, etc. that still have to be paid. These costs add up quickly and small events are lucky to break even financially when all is said and done.

Pirate swimmers also potentially put themselves and others in danger. Not having paid the registration fees, they may not be as committed to the event as those who have and may not have trained and prepared themselves to the same level. In addition, they would not have received any pre-race emails or messages about conditions, water temperature,

potential hazards, etc. If they did not register, they may not have attended the pre-race briefings.



If a pirate swimmer were to run into trouble while on the water, the safety support would still step in to take care of them. This takes away safety resources from the other swimmers in the water who essentially paid for those services. Also, the event directors will not have an emergency contact, or any other medical information for the pirate swimmer.

Pirate swimmers also cause increased liability for the event organizers. Pirate swimmers will not have signed an event waiver and it is possible that their presence on the course may actually invalidate the event insurance. The increased legal and financial risks could cause the event to not continue in the future.

For the sake of the sport, fellow swimmers, and event organizers, PLEASE don't be a pirate swimmer!

## Food for thought by Lizz Bennett, Utah LMSC Fitness Chair

An athlete's unique preferences, needs, and habits dictate most aspects of their training. When considering an early morning workout and what to eat before hand don't over complicate it, don't set an alarm to get up to eat several hours before you have to, don't carbo-load for your 6am Masters swim workout. Ask yourself these questions:

### 1-What is the purpose of my workout?

- If you're working out to lose weight, you might not want to eat anything right before your morning workout. If you know you will be working out less than an hour or so and you have no medical reason to worry about low blood sugar or other questionable issues related to working out on an empty stomach, consider waiting for breakfast until after your workout.
- If your workout is performance based, meaning you have times and goals you are striving to hit, you will need to have some fuel on board before hand. The closer to your workout, the less you should eat or drink.

### 2-What should I eat?

- Glucose is the energy source your body prefers for exercise. It is stored as glycogen in the body, broken down into glucose and utilized as energy. We store glycogen primarily from carbohydrates. Carbohydrates are quickly and easily digestible. For a quick and easily digestible energy source, carbohydrates are the best option.



**USMS forums are a great resource on various topics, including this one. Checkout [this thread on breakfast before swimming](#), with examples of what swimmers are eating.**



- Avoiding carbohydrates with unnatural sugars and processed ingredients will not only save you unwanted calories and possible weight gain, it will help prevent cramps, bloating, and gastric distress. Avoid breads, pastas, pastries, donuts, etc. Instead reach for fresh fruits and veggies for a pre-workout fuel source early in the morning.
- Another great option is a light protein shake or smoothie. Something around 100-150 calories, or half of what you would normally make as a meal replacement or post workout recovery shake. This should have your protein, fruits, and veggies all in one. Mix it up and have half before your workout, and half afterwards.

### 3-When should I eat?

- Foods that remain in your stomach during a race or workout can lead to nausea, upset stomach, cramping, and vomiting. Ideally a pre-workout snack should be digested before your workout begins. This can take, depending on what you eat, anywhere from 1-4 hours. The easier the food is to digest, the "cleaner" the food source, the easier it will be on your system and the quicker your body will utilize it for energy.
- Early morning workouts...meh...we're lucky to have 20-30 minutes before hand to grab a bite or two. Another reason to choose fresh fruits and veggies for fuel. Easy to digest, little to no preparation, quick for the body to utilize.
- Remember, the closer to your workout, the less you should eat or drink.

What works for one athlete won't necessarily work for another. And the intensity, duration, and goals of your workout will also dictate your nutritional needs. If you really want to know what to eat before your early morning workout, find out.

Try a bunch of different things, at different times, in different amounts, and see what you think. Try them several times in a row before you try something different. Wake up 20 minutes earlier and make an omelet loaded with veggies everyday for a week and see how your workouts go, how you feel, and if you notice any positive and/or negative changes. Maybe try the same kind of protein drink every morning for a week.

Whatever you decide to try, give it a fair shot of at least a week before changing things up. Many factors, that can be controlled, impact your workouts, not just your nutrition. Sleep, stress, recovery, illness, focus. Many things. So several days of honest consistency with one nutritional change will give you a lot of information.

Have some fresh fruits and veggies ready to grab as you stumble out the door tomorrow morning with your towel over one arm, goggles around your neck, flip flops flapping, and speedo on. Cause most mornings it's all we can do to remember that much!



For a listing of all known facilities with workout groups visit the Utah Masters website [here](#).

# Workout Group/Facility Highlight

Northwest Recreation Center

Location: 1225 Clark Avenue (300 N) Salt Lake City, UT 84116 [map](#)

Cost: **included with facility admission**

Coach: Andy Hayes

Times: Monday 6-7am, 12-1pm

Tuesday: 7-8pm

Wednesday: 6-7 am, 12-1pm

Thursday 7-8pm

Friday: 6-7am, 12-1pm



The location is close to downtown Salt Lake City, the facility is very new and the pool and locker room are exceptionally clean. The pool temperature is great for lap swimming. The masters group is very small allowing for more one-on-one coaching. Andy is a great coach and has great experience with swimming.

To stay current on what meets or open water races are coming up, visit [utahmasters.org](http://utahmasters.org) and checkout the [calendar](#).

## Upcoming events!

June 8 - [Great Salt Lake Open Water](#)  
1 Mile and 8 Mile events

June 20 - 22nd - [Utah Summer Games](#)  
50 Meter indoor pool

July 20 - [Bear Lake Monster Swim](#) (Not USMS Sanctioned)  
7 Mile solo or relay open water event

August 10 - [Deer Creek Open Water Marathon](#)  
1 Mile, 5K, 10K and 10 Mile events

Have you joined us yet on [Facebook](#)? It's a good way to stay current with updates. Like us now!

facebook



Name:  
Utah Masters  
Swimming

Status:  
Results from USMS  
Nationals for the  
following...

Fans:  
126

## Name that pool

If you are the first person to correctly name the facility where this pool is located, you will win a pair of Speedo Vanquisher goggles! Visit the Utah Masters Facebook page to enter your guess.

