



## SUMMER 2018 NEWSLETTER FITNESS, COMPETITION, OPEN WATER ENCOURAGING ADULTS TO SWIM

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### MESSAGE FROM THE CHAIR - AARON NORTON

Hello all from Utah Masters Swimming! And to anyone else reading this. We hope that you have found this newsletter because you are one of the few people who actually think swimming is an amazing sport. When those around you say- "You swim how far each week?" and look at you like you are crazy, then this is the place for you! When people ask- "Aren't you worried that a boat is going to run you over while you are swimming in the lake?" then this is the place for you! We truly believe that swimmers are a unique breed. I'm sure most people think there is something mentally wrong with us...

(and I'm sure they are right 😊). But if you are like me, the feeling of getting out of the pool completely exhausted from doing 10x50's butterfly half naked with nothing but a huge smile on your face is like no other.

We here at the Utah LMSC want everyone to know that our commitment is to make sure EVERYONE who wants to, gets a chance to fulfill whatever their swim goals might be. Whether that's just getting in the water to lose some weight, complement other fitness activities, prepare for triathlons, competitive swimming, or open water swimming. We are all friends of swimming and hope that those who swim with us feel the same way.

## GREAT SALT LAKE OPEN WATER SWIM 2018

By Josh Green (SALT)



**Truly Unique, but not necessarily Pleasant.**

This year was the 8th year that we have held the Great Salt Lake Open Water Swim. The swim consists of two races: 1 mile and 10K (actually closer to 7 miles) that both start at Silver Sands Beach near the Great Salt Lake Marina. This has become a bucket list event for many swimmers and this year we had swimmers representing eight different states. The conditions were beautiful; 70 degree water, slight breeze, and clear water. The swim has a reputation in the open water community as being very challenging. Of the 11 swimmers registered for the 10K, only five were able to finish. Many of the 1 mile swimmers are new to open water. We always tell them that if they can do this swim, anything they do after will seem easy. For swimmers at the Great Salt Lake, there is really no gray area: you love it or you hate it. My favorite description from one of our 10K swimmers this year was *"truly unique, but not necessarily pleasant"*.

That's definitely going on our shirts next year!

For those interested in swimming at the Great Salt Lake, the best place to go is the Great Salt Lake Marina, west of Saltair. There are semi-permanent buoys set up to mark the deep channel for sailboats to get out of the marina that make for a great swimming course. The best times to swim are June and September. As the summer progresses, the bugs near the shore grow exponentially and the water gets too warm for many to swim in. If you decide to give it a try, be sure to use some kind of body lubricant (Vaseline, lanolin, etc.) on any part of your body that rubs. There is a LOT of salt in the water, which makes chaffing a real problem. On a good day, the water is clear enough that you can see down to the bottom of the lake. You might even see the sunken pioneer-era ship near marina.

## UTAH SWIMMERS AT THE 2018 NATIONWIDE USMS SPRING NATIONALS.

Eight swimmers from Utah were part of the largest USMS national championship event ever. There were 2,378 swimmers ages 18 to 95+ participating in the USMS Short Course Yards (SCY) this year at the Indiana University Natatorium in Indianapolis, Indiana. The natatorium is an indoor complex

with two eight lane 25-yard competition courses and seating for 5,000. Utah Swimmers: Carolyn Lyman, Debra Penney, & Gerald Treiman from Swim Utah, Thomas Woods of South Davis Masters (SDM) and Cindy Gilmore, Bruce Schroeder, Kyle Durieux, & Mimi Smith from Southern Utah Swim Association (SUSA).



**Bruce Schroeder, Mimi Smith, Cindy Gilmore, Carolyn Lyman**

## National and International Championships

U.S. Masters Swimming holds two national championship pool meets each year. The spring championships are held in April or May and are contested in a short course venue. The summer championships are held in July or August and are contested in a long course venue. FINA sponsors the Masters world championship long course meet in odd-numbered years, and UANA sponsors the Pan American championships in even-numbered years.

## 2019 USMS Nationals

Plan ahead for next year when the National Championships will be held in Mesa, Arizona at the Kino Aquatic Center April 25-28, 2019.

## National Qualifying Times

USMS members of all abilities, from beginners to Olympians, are welcome to participate in USMS National Championship events. ANY member can enter up to three individual events without meeting the [National Qualifying Times](#). Swimmers who wish to enter more than three events must meet the NQTs for those additional events.

## UTAH TRIO OF OPEN WATER RACES



The Great Salt Lake Open Water Swim is one of three open water races in the Utah Open Water Swim Series. Information on each of the swims can be found at the links below:

[Great Salt Lake Open Water Swim](#) - June 2, 2018 - 1 mile & 10K

[Bear Lake Monster Swim](#) - July 14, 2018 - 1/2 mile, 1 mile, 10K relay & 10K solo

[Deer Creek Open Water Marathon Swim](#) - August 11, 2018 - 1 mile, 5K, 10K, & 10 miles

### Open Water Swims

**Sponsored by:** Salt Lake Masters Swimming

**Dates:** Saturdays (Jun 2 - Sep 1)

**Times:** 7 am - 9 am

**Locations:** Varies but generally will be Wallsburg Cove, Deer Creek State Park

**Requirements:** 1) Swimmers must be currently registered USMS. 2) Swimmers must use a personal swim buoy.

**Specific Event Information and Sign up:**

Event Page on Salt Lake Masters Swimming Facebook Page.

### U.S. Masters Swimming 2-Mile Cable Open Water National Championship

Foster Lake, Oregon, July 12, 2018 <https://www.usms.org/longdist/ldnats18/>

### U.S. Masters Swimming Marathon-Distance Open Water National Championship (10K)

Applegate Lake, Jacksonville, Oregon, July 14, 2018

<https://www.usms.org/longdist/ldnats18/>

## UPCOMING UTAH POOL EVENTS

**Event:** Salt Lake Splash

**Date:** Aug 18, 2018

**Times:** 7:00 am Warm up, 8:00 am Meet begins, 11:00 am Meet ends, Social begins, Noon Event ends

**Location:** Salt Lake City Sports Complex

**Facility:** Outdoor 50 m Pool, Starting blocks, Automatic timing system

**Individual Events:** 4 X 50 m (4 strokes), 3 X 100 m CH, 2 X 200 m CH, 400 m CH

**Relay Events:** 200 Free Relay, 200 Medley Relay

**Fitness Fun Events**

**Cost:** \$20 max 4 events. To be recognized by USMS

**Specific Information and Sign ups:** Event Page on Salt Lake City Sports Complex Facebook page.

**Event:** Huntsman Senior Games (50 & over)

**Date:** October 10-12, 2018

**Times:** 10:00 am to 2:00 pm daily.

**Location:** • St. George Utah.

**Facility:** Sand Hollow Aquatic Center 25m Pool,

**Cost:** \$5 per event, max 9 events. To be recognized by USMS

**Specific Information and Sign ups:** [seniorgames.net](http://seniorgames.net)

**U.S. Masters Swimming 5K/10K ePostal National Championships (50 m pools only)**

May 15-September 15, 2018 Hosted by the Chicago Smelts

**U.S. Masters Swimming 3000/6000-Yard ePostal National Championships (25 yard or 25 meter pools only)**

September 15-November 15, 2018

Hosted by MEMO (Marcia's Enthusiastic Masters of Oakland)

<https://www.usms.org/longdist/ldnats18/>

Looking for more events??

Go to <https://www.usms.org/events>

## UTAH CLUB FEATURE/INTERVIEW WITH COACH JENN MOORE

**Club:** Hilltop's Only Masters Elite (HOME)

**Location:** American Fork • 454 N Center • American Fork, UT 84003

**Times** T/TH 5:30-6:30am during the school year

T/TH 9:30-10:30am during the school year

MWF 5:30-6:30am when school is out

**Coach:** Jenn Moore, swim coach for 20 years, lifetime competitive swimmer including team captain at BYU 1992-1994. HOME coach for 5 years.

**Swimmers:** Most of the swimmers in our group are fitness swimmers or triathletes who enjoy training together. Only a few have purchased master's memberships through the HOME team so that they can compete for records in master's sanctioned meets. During the school year an additional 9:30-10:30am adult swim class is available that we haven't yet labeled "masters" so not to scare away the many "learn to swim" athletes that continue to advance their swimming skills. We have 3 Long Course lanes, fast, medium, and novice with typically anywhere between 5-10 swimmers per lane.

**Special Events:** My first summer coaching I really wanted to celebrate our oldest swimmer Dennis Meyring. I don't remember exactly how the conversation started but the idea was to swim 68 x 50's for his birthday on 1:00, which we did! For young guys in great shape it isn't much of a feat honestly, but it was a good fit for Dennis and for several of the triathlon type guys that regularly swim. As we got to 20 x 50's we'd talk between short rests about being 20 years old, then 30, 40 and so on. Over the years the tradition has evolved to celebrate everyone's birthday. You can shout out when we get to the # of 50's that you are old, or what you were doing at that age if you come across a memorable year. Anyone including novice swimmers are encouraged to put fins on to keep the interval, or change the stress on the shoulders. Some like to wear their buoy and paddles. Some of the faster swimmers do fly for a good portion of the 50's. The hope is that each swimmer is challenged to their own needs. The best part is the sense of camaraderie and inclusion.



## 2017 USMS SHORT COURSE YARDS (SCM) NATIONAL TOP TEN SWIMMERS FROM UTAH.

Phil Cherry (M75-79), Anna Marie Forest (W45-49), Deniz Hekmati (M25-29), Jamie R Hubbard (W35-39), Jared Huff (M35-39), Dorothy N Kennedy W80-84), Lynne H Lund, (M75-79) Carolyn B Lyman (W65-69), Joe B Linford M40-44), Dennis R Meyring (M70-74), Debra S Penney (W60-64), Mary C Smith (W65-69)

The USMS keeps an official list of the top ten listings in each age group, to find additional top ten listings of Short Course Yards and Long Course Meters

<https://www.usms.org/comp/tt/toptenlmscsummary.php?LMSCID=34>

## CURRENT UTAH INDIVIDUAL STATE RECORDS

On the website <http://utahmasters.org/records/> you can view the current Utah records for all USMS age groups. Currently the records are updated manually, if you should be listed here please email Jerry Tremain [gstreiman@earthlink.net](mailto:gstreiman@earthlink.net). He will confirm the time on the USMS individual event database and add you to the list!

## ABOUT UTAH MASTERS

Utah Masters is the governing body for the Masters swimming community in the state of Utah. When you become a member of US Masters Swimming, in addition to registering with a club, workout group, or as unattached, you also become a member of your Local Masters Swimming Committee. Your LMSC is a regional governing body that provides certain benefits to USMS members, including printed registration cards, event sanctions, newsletters about activities within the LMSC, websites, awards and recognition, and social activities. Your LMSC officers are local volunteers who attend the USMS annual meeting, sit on USMS national committees, and vote on policies that set the overall direction for USMS.

To Learn more about Masters swimming in Utah go to <http://utahmasters.org/> You can find clubs, pools, and events.

1. This summer I went swimming,  
This summer I might have drowned  
But I held my breath and I kicked my feet  
And I moved my arms around, I moved my  
arms around.

2. This summer I swam in the ocean,  
And I swam in a swimming pool,  
Salt my wounds, chlorine my eyes,  
I'm a self-destructive fool, a self-  
destructive fool.

3. This summer I swam in a public place  
And a reservoir, to boot,  
At the latter I was informal,

At the former I wore my suit, I wore my  
swimming suit.

4. This summer I did the backstroke  
And you know that's not all  
I did the breast stroke and the butterfly  
And the old Australian crawl, the old  
Australian crawl.

5. This summer I did swan dives  
And jackknives for you all  
And once when you weren't looking  
I did a cannonball, I did a cannonball.

Songwriter: Loudon Wainwright

## THE LAST PAGE: NOTE FROM THE EDITOR

This is my first issue as newsletter editor for Utah Masters. I grew up in Michigan, learning to swim at the YMCA and spending summers on beautiful lakes in and out of the water. By the end of high school I could swim Fly-Back-Breast-Free reasonably well but shifted to other activities when I moved to Utah in 1975. I swam infrequently until I retired 6 years ago from my job as an educator and started swimming again. In 2012 I swam just enough to be able to complete a 2.4 mile event at Slam the Dam on Lake Meade. After that I was ready for more and started going to my local pool where I learned about Masters Swimming and the USMS. After weekly sessions and technique pointers (Thanks Lynne Lund!) I started enjoying my swimming even more. I now swim 3 times a week with a terrific group of fitness swimmers, triathletes, and competition swimmers under the guidance of coach Shawn King. Reading the occasional emails from the Utah LMSC and my Swimmer Magazine made me realize there was a whole world of swimming to explore. By taking on the editor role for the newsletter I plan to share the Utah story of Masters Swimming.

## CALL FOR CONTENT

Your articles and photos are needed! We would love to share your photos and stories about every aspect of swimming of Masters Swimming in Utah. Send along your stories of epic swims, favorite places to swim, training tips, open water swimming, triathlon swimming, club news, and more.



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**QUESTIONS, COMMENTS, CONCERNS??? LET US KNOW**