



## SUMMER 2019 NEWSLETTER FITNESS, COMPETITION, OPEN WATER ENCOURAGING ADULTS TO SWIM

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### MESSAGE FROM THE CHAIR - AARON NORTON

Hello everyone who loves to swim and loves those who love to swim. I found something the other day on social media that I found very amusing. It says:

There are 4 types of Masters Swimmers:

1. I'm here to swim, not socialize.
2. I'm here to socialize, not swim.
3. I'm here so I can eat whatever I want.
4. Wait, what?

Haha, that made me laugh. I think I would add a 5th one that says "I am here because swimming with other masters swimmers makes me happy." It is so true. I look forward to the challenges that swimming offers me, but also to the wonderful friendships and connections I make as well. I am so looking forward to the summer with the weather getting warmer comes open water swimming! If you have never tried it I would invite you to jump in feet first. We will be having some open water swim practices this summer that will be split between Deer Creek and Pineview Reservoirs (more info to come soon). Both have great areas to swim. I invite all to put on some sunscreen and come on in to the open water. But also, never leave the pool either. The beginning of this month was the USMS Try Masters Swimming week and at our pool we had 6 new people show up. It was great to see their reactions to how much fun we have as a group. I hope you all saw similar things. And if you are new and reading this newsletter for the first time, then WELCOME!!!

Stay wet and stay smiling.

Aaron

## UTAH OPEN WATER EVENTS (NOT USMS SANCTIONED)

### Great Salt Lake Open Water Swim - June 1, 2019

The Great Salt Lake Open Water swim took place on Saturday June 1, 2019 at the Great Salt Lake Marina. Swimmers choose from 1 mile and 10K swims. For results go to <http://greatsaltlakeopenwater.blogspot.com> .

### Bear Lake Monster Swim - July 13, 2019

The Bear Lake Monster Swim offers 1/2 mile, 1 mile, 10K solo and 10K relay events. The 10K swim begins just north of the Bear Lake State Park Marina and finishes on the other side of the lake at Cisco Beach. Relay teams with 2 to 6 swimmers can participate in the 10K race. Bear Lake is know as the "Caribbean of the Rockies" due to it's beautifully clear, turquoise colored water. You just may catch a glimpse of the Bear Lake Monster...

### Deer Creek Open Water Marathon Swim - August 10, 2019

The Deer Creek Open Water Marathon Swim is Utah's longest running open water event. The event includes 1 mile, 5K, 10K and 10 mile races. The water temperature in August is usually in the mid 70's. The 5K and 10K distances are a good next step for swimmers and triathletes who have done shorter open water swims and want to challenge themselves.

### Utah Triple Crown and Mini Triple Crown

To complete the Utah Triple Crown, swimmers must swim the 10K at the Great Salt Lake, 10K at Bear Lake, and 10 mile swim at Deer Creek within the same year. To complete the Mini Triple Crown, swimmers must swim 1 mile at Great Salt Lake, Bear Lake, and Deer Creek.

Swimmers who complete the Utah Triple Crown or Mini Triple Crown will received awards at the end of the season.

### Registration

Swimmers can register for the events at the link below. Discounts for two- and three-swim bundles are offered. These events are not USMS sanctioned.

<https://www.raceentry.com/races-series/utah-open-water-swim-series/series/register>

### 2019 Lake Tour of Utah:

Date: August 24. Not Sanctioned by USMS. Swimmers are invited to join other open water enthusiasts in one of the most unique experiences of their lives. Swim 1 mile in 6 lakes in 1 day! The lakes are Jordanelle, Rockport, Echo, East Canyon, Causey and Pineview. Come for all the lakes or just a few. Please just plan on coming with an open water swim buoy because they are required. It is a blast!

## PROFILE: MARK WOODBURY, OPEN WATER SWIMMER, ST GEORGE



Mark Woodbury Great Salt Lake 10K 2018



Mark Woodbury, Jessica Wood, George Halow  
Deer Creek 10 Mile Swimmers 2018

Mark Woodbury comes to swimming later in life and has continued to take on challenges into his early 60's. During his student years at Dixie High School and into early adulthood, asthma provided a physical challenge that precluded many physical activities including swimming. As asthma treatment improved, Mark was able to add new activities to his life. He started swimming at the local pool in St. George, swimming almost daily as he juggled working and family obligations. Local masters coach Lynne Lund encouraged Mark to participate in her USMS technique group. Soon he was swimming well enough to take up the 1-Hour-Postal fitness swim, which is to swim as many laps as possible in 1 hour. Mark completed the hour using his favorite stroke at the time, backstroke. The next year he completed the 1-Hour swim in freestyle and finished thinking that he could do more. As his next challenge, Mark learned how to do breaststroke and butterfly. By now Mark was over 50 and decided to enter the Huntsman Senior Games as his first swim competition in 2009.

In 2010 he took on a different kind of challenge, enrolling at Dixie State University to complete his college degree. In late 2016, as he approached graduation, he sent out an email to St. George Swimmers to recruit a group to do the legendary Swim from Alcatraz. This is a challenging 2.2 mile course in strong currents and frigid waters of the San Francisco Bay. To prepare for the swim Mark completed several swims in the local Sand Hollow reservoir in 60 degree water temperatures. He did successfully complete the Swim from Alcatraz in summer 2017 even though he failed to convince any of his fellow local swimmers to join him. Previous to his success in California he completed the Great Salt Lake Swim 1 mile distance in June of 2017. This was his first step in completing the Utah Mini Triple Crown which consists of three, 1-mile events, (Great Salt Lake, Bear Lake, & Deer Creek) completed in a single year.

In 2018, Mark decided to take the challenge to complete the Utah Triple Crown which requires swimming the 10K at the Great Salt Lake, 10K at Bear Lake, and 10 mile swim at Deer Creek within the same year. First up the 10K at Great Salt Lake did not go as planned...his support paddler got seasick and so Mark stopped before finishing. He did swim the Bear Lake and Deer Creek successfully. On his second try at the 10K Great Salt Lake he (and his paddler) were able to finish qualifying him for the Triple Crown. Now Mark is in search of the next challenge for 2019 and beyond.

## UPCOMING UTAH POOL EVENTS

**Event:** Utah Summer Games

**Date:** June 20-22, 2019

**Location:** Southern University Natatorium

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

**Cost:** Registration Fee of \$25 & Event fees of 4.50 per event.

**Specific Information and Sign ups:** [larryhmillerrutahsummergames.org/swimming](http://larryhmillerrutahsummergames.org/swimming)

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

**Date:** October 9-11, 2019

**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)

**Event:** Northwest Zone SCM Champs

**Date:** November 8-9, 2019

**Location:** South Davis Recreation Center

**Facility:** Indoor 25 m Pool, Starting blocks, Automatic timing system

**Specific Information and Sign ups:** More Information coming soon.

## USMS NATIONAL EVENTS

**Event:** USMS National Championships Long Course Meters

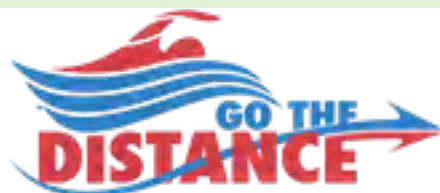
**Date:** August 7-11, 2019

**Location:** Mission Viejo California

**Facility:** Marguerite Aquatic Center

**Specific Information and Sign ups:** [USMS.org](http://USMS.org)

## USMS FITNESS EVENTS



GTD is a self-directed event intended to encourage Masters swimmers to regularly exercise and track their progress. There's no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn't count—just the effort to attain whatever goal you set for yourself. <https://www.usms.org/events/fitness-events/go-the-distance>

## NOTES FROM RECENT EVENTS



Utah at the USMS Nationals 2019  
Kino Aquatic Center • Mesa, Arizona  
April 25-28, 2019



Utah was represented by 23 swimmers from 4 Clubs.

Blair Bagley (SDM), Mark Belnap (SDM), Stephanie Breinholt (SDM), William Burt (SDM), Matt Chamberlain (SDM), Kris Edwards (SDM), Doug Estrich, Paul Feser (SDM), Anna Marie Forest (SDM), Kia Hodgson (SDM), Chad Hodo (SDM), Mindy Hopfenbeck (SDM), Jayden Howell (USU), Joe Linford (SDM), Mary Mallon (UTAH), Dave Moore (UTAH), Kim Patterson (SDM), Bruce Schroeder (SUSA), Shawn Syphus (SUSA), Gerald Treiman (UTAH), Russell Walter (SDM), Rachelle Woodbury (SDM), Thomas Woods (SDM)



South Davis Masters (SDM) 2019



Tom Wood



Mark Belnap



Joe Linford



South Davis Masters Ladies



Rachelle Woodbury



Bruce Schroeder

## NOTES FROM RECENT INTERNATIONAL EVENTS



Lo Knapp, Swim Utah, swam in the SCM Provincial Championship meet in Victoria, BC April 12-15. In the women's 65-69 age group, she set national records for the USA in the 50m breast (41.55), 100m breast (1:29.76), and 200 breast (3:10.94). Lo broke the national record in the 200 breast by over 6 seconds, but missed the world record by 2 tenths. (are you kidding me?!) She had a fun time at the meet as the swimmers were very welcoming, "Oh YOU'RE the one from Utah!", "Did you come from south of the border?" and "We are so happy you came to the meet!" The Canadian swimmers thought it was so strange that, for yards, we Americans determine the swimmer's age by their age on the first day of the meet, compared to FINA rules for meters which is the swimmer's age as of the last day of the year.



triathlon  
Pontevedra 2019  
ITU Multisport World Championships



Santander

Katy Kessinger, from Swim Utah, swam in the World Championships Aquabike competition in Pontevedra, Spain on May 4th. She qualified for this by her high finish at the Aquabike competition in Florida in November. The swim was cut in half to 1500 m as the water temperature was a brisk 57 degrees. This was followed by 110 km biking. She finished the course, unlike 4 other competitors in her 65-69 age group and placed 7th.



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.

#### THE LAST PAGE: NOTE FROM THE EDITOR



**HOW DO YOU SHARE YOUR LOVE FOR SWIMMING??**

**QUESTIONS, COMMENTS, CONCERNS???** LET US KNOW  
**BRUCESCHROEDER@YAHOO.COM**