

Swim Arizona

Volume 29 Number 3

May-June 2004

Go the Distance

June Hussey

Happy Hour 2004 - Postal Swim Results

Congratulations to the twelve Arizona Masters swimmers who competed in February's "Happy Hour," the affectionately dubbed USMS Annual One-Hour Postal Swim. Three Arizona Masters finished in the top ten: Kurt Dickson placed 7th in the men's 35-39 age group; Joanne Menard placed 9th in the 55-59 age group; and Darryl Buler placed 9th in the 75-79 age group. Results can be viewed at www.usms.org.

What's a postal swim, you ask? It's a sanctioned event in which registered competitors mail in their results to compete against others in a virtual "meet." It has nothing otherwise to do with the US Postal Service, nor with "going postal" although a non-swimmer might think you really are nuts to swim as many laps as you can in one hour. Those in the swim do really rather think of this as Happy Hour, just as this year's t-shirt depicts.

To encourage more swimmers to join or renew their Masters memberships and participate in this fun event, the Arizona LMSC is working on a plan to offer prizes and intra-state challenges for next year. Stay tuned for more information in future editions of *Arizona Swim*. For information on other upcoming postal swims as well as other long distance events sanctioned by USMS, visit www.usms.org and click on Long Distance.

English Channel Swimmer Becky Jackman Takes Her "Happy Hours" By the Dozen

If you're happy swimming for one straight hour, why not go for twelve? Becky Jackman, of San Diego, is one swimmer who takes her "happy hours" by the dozen.

Most swimmers have at one time or another either fantasized (or had nightmares) about swimming the English Channel, the world's most celebrated open water challenge. About 600 people from around the world have completed the twenty-three mile course across fierce currents and shipping lanes, from Dover, England to Cap Nez Gris, France. Many more have

attempted (average completion rate is about 60%) and some have died trying.

Jackman became the 12th San Diegan to complete the crossing, in a time of 11:56, last September, about six weeks after celebrating her fortieth birthday. Having completed other marathon swims, including Catalina Channel (after three attempts), Maui Channel (solo) and Around Manhattan, Jackman was thrilled to have completed the Channel on her first attempt. Thanks to the late summer heat wave, the water temperatures were between 60-64 degrees (hot by Channel standards) and the conditions were "relatively" calm.

Jackman, who is an Aquatic Director, says she swims 4,000-7,000 a day in her pool workouts, and has excellent trainer and support crew for her ocean endeavors. In England, she shocked Channel veterans by being the first Channel swimmer to utilize a new-fangled feeding system concocted from a bite-tube (as on a Camel Back) attached to a long pole. The tube held 2 oz. of diluted Gatorade and enabled her to swim on her back while feeding every twenty minutes, thus allowing her to swim virtually uninterrupted and thereby maintain more body heat than swimmers who traditionally stop to feed. After nearly twelve hours of extreme exertion without any nutrition except Gatorade, what food did Jackman first devour? **SHORTBREAD.** She'd been craving it the whole swim, and was hoping her crew was saving some for her. She then slept most of the boat ride back to England.

What attracts Jackman and other swimming extremists to ocean swimming? "It's a different experience every time you are in the ocean...different conditions, sea life, challenges to overcome," she responds. "And it's just beautiful out there, even in the dead of winter! The ocean is a very calming, healing place, and people say distance swimmers have issues, so [there's] plenty of space and time to think and work out every day problems."

If you are interested in swimming the English Channel, actually or vicariously, a good read is *Dover Solo* by Marcia Cleveland. Cleveland takes you through the entire experience of preparing mentally and physically for the grueling event, right down to how to properly mix

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Now Accepting Nominations for Arizona LMSC Board Positions, through June 1.

Having a strong, diverse and dedicated Board leads to a strong Masters Swimming program in Arizona. Getting involved and giving back to your sport is rewarding and fun. Do you know a Masters swimmer who has the desire, time and talent to contribute to the organized efforts of Arizona Masters? Perhaps YOU have secretly wished to get more involved! Well, now is the time to make your wishes known.

The following Board positions are up for election this coming September. Chairperson; Vice-Chairperson; Secretary, Treasurer and Registrar. Nominations received by June 1 will be added to the slate. Please submit your nominee's name, position of interest, and a brief bio including any previous experience on boards and in Masters Swimming. Please submit your nominations to any one of the Nominating Committee members: Mitzi Schechter, Jim Stites, Simon Percy or Paul Cates. All registered Arizona Masters will be given the opportunity to cast their votes in September.

We encourage your involvement in your Local Masters Swim Committee!

Judy Gillies

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Send written submissions to Doug Adamavich, dpa_az@cox.net. Please submit your article in one of the following electronic formats: Text (*.txt), Microsoft Word™ (*.doc), or Microsoft Excel™ (*.xls). Articles are due on the 15th of the month before the publication date. **Swim Arizona** reserves the right to edit or not publish submissions for publication. We welcome your widespread use and sharing of our materials, and ask that you give credit to AZ LMSC. Back cover artwork provided by Max Von Isser.

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Around the Deck

Alcatraz, Anyone?

If you are an Arizona Masters who plan to Swim Alcatraz on July 11, please contact June Hussey. We would like to attend this event as a group and successfully break into the island after a short, refreshing swim in San Francisco Bay. This is a sure way to beat the summer heat of Arizona.

Welcome Laura

Arizona Masters has a new Sanctions Chair, Laura Winslow. For several years Laura has been one of the top swimmers in her age group and has participated in a myriad of Masters Swimming events all over the world. Her experience and skills will certainly be an asset to the LMSC. So if you are planning on having a USMS-sanctioned event, Laura is the person you need to talk to.

200s at Grand Canyon State Games!

This year the Grand Canyon State games Masters Swimming competition will include 200 yard swims. This is great news for swimmers who prefer the middle-distance events to sprints. Every year the GCSG swimming event gets better, so be sure to participate in this year's event. The meet entry form is at the back of the newsletter.

5K Town Lake Swim

Tempe Town Lake will be the site of a 5K swim the year. In the past, the Town Lake swims have been shorter, so this gives the long-distance open-water swimmers a chance to showcase their skills. Event information will be posted on the Arizona Masters web site in the next few weeks after all the details are finalized.

Nationals Results

Arizona Masters scored 347 points at Short Course Nationals in Indianapolis. Our team tied with Georgia Masters and was only three points behind San Diego Swim Masters. We only sent eighteen swimmers to this event but they all did really well. Congrats to all those who swam at Nationals!

Upcoming Elections

Later this summer, Arizona Masters will conduct Board elections. In the next issue of the newsletter, the candidates for the various positions will introduce themselves to the LMSC. Please take the time to read about the all the candidates and make your choice. The Board we elect will lead Arizona Masters Swimming for the next two years and continue the progress previous Boards have made to our sport. Make sure to vote and let your voice be heard.

Openings

If you would like to help Arizona Masters, there are several opportunities to do so. If you have a talent for assisting with events, the Hospitality position is available. In addition, both the State Records and Phoenix Equipment positions are open. Contact your team representative or one of the Board members if you are interested in any of these positions.

Open-water Formula for Race Day Fuel

Alex Kostich

You've heard the same old "high-protein, low-fat, moderate carbs" dogma, regurgitated for the umpteenth time. That would be too easy for me to write about, and probably too familiar to anyone who is remotely in touch with today's health and fitness magazines. Does anyone not abide by the high-protein, low-fat diet anymore?

Instead, I'm going to tell you what to eat — and what not to — prior to an athletic activity or competition. Believe it or not, the last few meals before a competitive event; or perhaps that business lunch before a post-workday workout, which you didn't think twice about, make all the difference in overall athletic performance.

First off, the idea that carbo-loading will help stamina and endurance during athletic activity has some merits, but it's not as simple as "Eat spaghetti the night before a long-distance ocean swim and presto, you will be able to double your endurance level!"

As a veteran ocean swimmer and winner of many long-distance races, I've read many articles on nutrition. This is what works for me.

Carbo-loading needs to take place several days before your event, at least three days prior to competition. Pastas, breads, cereals, etc. can be incorporated into your diet more than usual, although be careful not to add or increase your intake of cream sauces, butter, or milk (respectively) with those items.

A common mistake people make when carbo-loading is that they forgo their intake of vegetables, fruits, and proteins. Pasta-carbo-loading is fine, but not at the expense of other nutritional supplements that are vital to prime performance. Pasta primavera with chicken, for instance, is a great dish that is heavy on carbs while providing a balance of other vitamins and nutrients.

However, the night immediately before a race you may want to lay off the tomato sauce (tomatoes contain acid that can give you an upset stomach).

Steamed or microwaved vegetables contain valuable antioxidants and vitamins essential to peak performance, but don't forget they are also a good source for carbohydrates. However, vegetables take longer to digest than simple grain-based carbohydrates like bread and cereal. Uncooked vegetables are definitely not recommended before a long swim or run.

Stay away from broccoli, carrots, corn, and other "hard" vegetables in favor of watery ones like salad, zucchini, squash, and asparagus. They will pass through your system, supply you with carbohydrates and nutrients that you need, and not weigh you down.

Orange juice and milk are staples of any healthy breakfast, but are best avoided twenty-four hours before you compete. I have always stuck to water as my fluid intake in the day before a race; you don't need the extra calories or acidic side effects of a fruit juice (no matter how healthy it is), nor the hard-to-digest side effects of dairy products.

Carbonated beverages, diet or otherwise, are a bad idea because they can leave you feeling bloated, gaseous, and jittery with a sugar or caffeine rush. Bed tea can also keep you up all night with pre-race jitters, and the caffeine has a dehydrating effect as well. With pure water, you stay hydrated without additional calories, and there will be no unexpected side effects that a fruit juice, dairy product, or soda could provide.

Snack foods are a mixed bag. Pretzels — the longtime "healthy" snack favored by junk-food-junkie athletes — are a fine carbohydrate provided that they are unsalted (salt causes your body to retain water, leaving you bloated and heavy).

Dried fruits, although they sound natural and healthy, are bad because they pack plenty of calories and, once consumed, they absorb water and expand to their full size (so just a few dried apricots can bloat you). Granolas and nut mixes usually contain lots of fat and can result in inopportune trips to the john.

The freebie race bars and snacks that one finds in goody bags and pre-race registration booths may be fine in small doses, but don't assume a product is healthy just because it is in your goody bag, and don't overeat just because the products are there, free, in unlimited supply. Read the labels!

The morning of your event, it is best to eat light. Avoid a hearty breakfast and go for half a bagel, half a banana, and a glass of water. That always works for me in long-distance ocean races, and for the few marathons I have run. Of course, during a race it is important to stay hydrated and carbo-loaded, but I am a light eater when I compete and generally just drink water and intake a PowerGel pack every three miles or so in a swim, and perhaps only twice during a marathon.

In sum, it's best not to change your diet too drastically in the days before you race. Increase your carbohydrate load slightly while maintaining a healthy intake of

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Write your own Practice

by David Grilli

If you practice on your own or with a small group of friends, you probably have to come up with your own ideas now and again. You can find workout ideas in books and magazines or you can make up your own. Here's how I make them up.

As I get more experienced, (older) I find the warm-up becoming a more important part of a good routine. I like to start with a swim of 500 -1000 yards swum fairly slow. I like to exaggerate the reaching part of the free style stroke. I feel this helps me to stretch out a little.

Next I will do a kick set or an IM set. I like to do something that raises the heart rate a wee bit. An IM pyramid consisting of a 25, 50, 75, 100, 75, 50, 25 goes well even if it is a lot of fly. Alternately consider a kick set of 300 - 600 yards. I find doing kicks on an interval works better. Straight kick sets tend to get too relaxed.

Now we get into the aerobic or hard working part of the workout. I like to target a certain number of yards, say 1000. I will do this yardage on an interval that requires honest work and yields 10-15 seconds rest between swims. I like ladders, 100, 200, 300...

It breaks up the boredom. Take your heart rate at the end of the set to see if you are at or near your aerobic threshold. After an aerobic set I like to do an active recovery set. A good active recovery set will involve 200 - 400 yards broken down into 2 or more swims. Something like 4 x 75 on a 10 second rest interval.

Finish with a sprint set of free or stroke depending on your training goals. 16 x 25 IM order or 10 x 50 free style are two of the classics. Swim these on an interval allowing 20 seconds or more of rest but swim the in a target time. Say 35 seconds for a 50 free or 20 seconds for a 25.

Cool down with an easy swim. I like an easy 200 backstroke. Elite swimmers like to do breath control swims at the end of a workout. This is where you swim

successive 25 or 50s, taking fewer breaths each time. They call this hypoxic training. Sprinters love this stuff. Another elite swimmer cool down swim is known as a "Reset Swim." This is where you sprint your last swim as opposed to swimming easily so your muscles will remember how to sprint. I have tried it but I can't tell if it works. I am no sprinter.

David Grilli is Fitness Chairman of the New England LMSC and Past chair of the USMS Fitness Committee. This article is from the February, 2002 edition of the NEM News, and is the latest in David's Self-Coached Swimmer and Workout series. This article is reprinted with permission from the NEM News. To read other columns by David Grilli, please visit the New England Masters web site at: www.swimnem.org.

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lanoline with vaseline and how many layers to wear on what parts of your body. It's an inspiring and practical how-to or why-would-anyone-ever-want-to guide, available through www.doversolo.com.

Sun Shines on swimmers during Rocky Point Open Water Swim

And finally, it wasn't a marathon swim by any means, but several Arizona Masters thoroughly enjoyed competing in the 1500 K swim in the Sea of Cortez on April 3, 2004. The conditions were less than ideal, especially for those who elected to also bike the 40 K and run 10 more after that, through the gushing streets of rain-soaked Puerto Penasco.

In spite of the inclement weather and extreme flooding, I thought the water was perfect, about 76 degrees or so. Those wearing wet suits were surely wishing they hadn't. Tide was incoming and nearly high and the wind and swell were quite calm compared to the howling white cap conditions that were making us nervous the night before. Other than that, it was a great experience! This event should attract many more Arizona Masters-whole teams--next year. This year, fourteen swimmers turned out as well as several hundred triathletes. Special thanks to Jonathan Grinder for accommodating us in this event. Results are available at www.tucsonracing.com.

Questions, comments about long distance swimming, training, events? Give me a call at 520-239-2104 or email jhussey@thefountains.com. In the mean time, swim long and stay strong!

June Hussey swims for the TJCC Stingrays and is Long Distance Chairwoman for Arizona LMSC.

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protein, and stay away from dairy products and highly acidic fruits.

Twenty-four hours before your event, I suggest drinking water for fluid intake and having a light meal at dinnertime the night before consisting of grain-based carbohydrates, soft vegetables, and light protein (chicken, fish). The morning of your race: water, half a bagel, and half a banana should suffice in providing sustenance and optimum performance without weighing you down.

Alex Kostich was an All-American swimmer at Stanford and is an open-water masters swimming champion. This article was originally published on Active.com and is used with permission of the author.

Upcoming Events

06/03-06/13	FINA World Masters Championships Stadio del Nuoto	LCM City of Riccione	Riccione, IT
06/12	Las Vegas Long Course Meters Desert Breeze Pool	LCM Desert Breeze Park	Las Vegas, NV
06/20	Grand Canyon State Games Student Recreation Center	SCY Arizona State University	Tempe, AZ
07/31-08/2	SPMA Regionals Marguerite Aquatics Center	LCM Mission Viejo Natadores	Mission Viejo, CA
08/12-08/15	USMS Long Course Nationals Chatham City Aquatics Center	LCM City of Savannah	Savannah, GA

Swim Arizona Subscription and Change of Address Form

Important—Swim Arizona is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.

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Marilyn Fogelsong
 AZ LMSC Registrar
 991 E. Calle Mariposa
 Tucson, AZ 85718

- Change of Address**
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Include your email address if you wish to receive *Swim Arizona* electronically.

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GRAND CANYON STATE GAMES
June 20, 2004

7:00 am warm-up
8:30 am meet start

- Facility:* Arizona State University's Student Recreation Complex – College and Apache. The facility is an outdoor 25-yard, 8 lane pool operated at 80 F with non-turbulent lane lines and semi-automatic electronic timing. Water depth is 9 feet. There will be separate lanes available for warm-up and loosen-down during the meet.
- Meet Director:* Mark Gill mark.gill@asu.edu or (480) 775-1485 or the GCSG Office (480) 517 9700
- Sanction:* Held under the recognition of United States Masters Swimming and the Masters Swim Committee of Arizona.
- Eligibility:* Open to all adults over the age of 19. If you wish to receive recognition for you swims from United States Masters Swimming, you must submit a copy of your valid 2004 USMS Card. For further information on USMS registration contact Marilyn Fogelsong at mfogelsong@aol.com.
- Rules:* 2004 USMS rules apply. All events are timed finals. There is a limit of four (4) individual events. Your age as of June 20, 2004 determines the your age group for the meet.
- Entries & Fees:* Swimmers are limited to four (4) events. The cost is \$20. Entries are due by **May 29th** and must be filled out on the official Grand Canyon State Games entry form available at all Circle K/76 Stores, 24 Hour Fitness or at www.arizonamasters.org . Entries received after **May 29th**, but before **June 12th** pay an extra \$5 late fee. Be sure to enclose a copy of your 2004 USMS card. There are no deck entries. Mail to:
- Grand Canyon State Games – Phoenix
2120 East 6th Street – Suite 4
Tempe, AZ 85281
- Seeding & Awards:* All events will be pre-seeded (Women & Men separate) slowest to fastest. Medals will be presented to the top three finishers in each age group.
- Events:* New this year, we have added the 200's of all strokes.
- Order of Events:* 100 Breast, 200 Free, 100 Back, 50 Free, 200 Fly, 50 Breast, 100 IM, 200 Back, 500 Free, 100 Fly, 50 Back, 200 Breast, 100 Free, 50 Fly, 200 IM. All times should be entered in yards.



GRAND CANYON STATE GAMES

"Together We have the Power to Make it Happen!"

2004 PHOENIX INDIVIDUAL AND TEAM ENTRY FORM - JUNE 17-20, 2004

Use entry booklet to complete this form. Complete both sides. Form may be duplicated. The Grand Canyon State Games is offering two separate competitions in 2004. The Tucson competition on June 4-6, 2004 will offer seventeen sports. The State Games on June 17-20, 2004 will offer competition in 42 sports. Athletes have the opportunity to participate in **ONE OR BOTH** of these competitions. **This entry form is for the Phoenix competition only.**

TEAM AND INDIVIDUAL SPORT INFORMATION PHOENIX JUNE 17-20, 2004 Use Plain Block Letter

Last Name _____ First Name _____
 Team Name _____ Coach's Name _____
 Street Address _____
 City _____ State _____ Zip _____
 Work Phone (____) _____ Fax (____) _____
 Home Phone (____) _____ Age _____ Birthdate _____ Gender M F
 Person to Contact in Case of Emergency (Must include parent or guardian if applicant under 18 years old) E-Mail _____
 Name _____ Phone Number (____) _____

INDIVIDUAL SPORTS INFORMATION PHOENIX JUNE 17-20, 2004 (Check only one box)

<input type="checkbox"/> Arm Wrestling	<input type="checkbox"/> Cycling __ Mountain __	<input type="checkbox"/> Karate	<input type="checkbox"/> Taekwondo	Governing Body Info	USWF # _____
<input type="checkbox"/> Badminton	<input type="checkbox"/> Diving __ D-1 __ D-2 __ Sync	<input type="checkbox"/> Squash	<input type="checkbox"/> Table Tennis	USFSA # _____	USGF # _____
<input type="checkbox"/> Baton Twirling	<input type="checkbox"/> Golf	<input type="checkbox"/> Racquetball	<input type="checkbox"/> Tennis	U.S. Diving # _____	USJI, USJA or USJF # _____
<input type="checkbox"/> Billiards	<input type="checkbox"/> Gymnastics	<input type="checkbox"/> Shooting	<input type="checkbox"/> Track & Field	USATF Club # _____	USAG # and Level _____
<input type="checkbox"/> BMX Racing	<input type="checkbox"/> Judo	<input type="checkbox"/> Swimming	<input type="checkbox"/> Weightlifting	ATA & NASKA or other	USA Swimming # _____
<input type="checkbox"/> Bowling				JGAA # _____	USATT # _____

*Dive List _____

BMX Class _____ Serial # _____ Bike # _____
 Doubles Partner (Partner must submit separate entry form) _____ Weight Class and/or Rank (Judo, Taekwondo, Karate) _____

Last Name _____ Init _____ First Name _____

Age Group (If Applicable)	Division/Classification/Skill Level/Bowling Avg. (Gender, Skill Level, Weight Class, Etc.)	Event (Singles, Doubles, 100M Dash, Etc.)	Best 03-04 Time/Rank Judo (Swimming, Track & Field)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TRACK & FIELD RELAYS PHOENIX JUNE 17-20, 2004

participant must also submit individual entry form)

Name _____ Name _____ Alternate 1 _____
 Name _____ Name _____ Alternate 2 _____

TEAM SPORTS INFORMATION PHOENIX JUNE 17-20, 2004

<input type="checkbox"/> 5-on-5 Basketball	<input type="checkbox"/> Flag Football	Softball	Volleyball	Gymnastics	<input type="checkbox"/> Synchronized Swimming	<input type="checkbox"/> In-Line Hockey
<input type="checkbox"/> Baseball	<input type="checkbox"/> Wiffleball	<input type="checkbox"/> Slow Pitch	<input type="checkbox"/> Sand	<input type="checkbox"/> Men # of Duet Routines _____		<input type="checkbox"/> Baton Twirling
<input type="checkbox"/> Lacrosse		<input type="checkbox"/> Fast Pitch	<input type="checkbox"/> Indoor	<input type="checkbox"/> Women # of Team Routines _____		<input type="checkbox"/> Soccer

Division/Classification (Gender, Skill Level, Etc.) _____ Goal Ball

TEAM ROSTER PHOENIX JUNE 17-20, 2004 (Please Print Clearly)

Name	Birthdate/Age	Name	Birthdate/Age	Name	Birthdate/Age
1. _____	_____	7. _____	_____	13. _____	_____
2. _____	_____	8. _____	_____	14. _____	_____
3. _____	_____	9. _____	_____	15. _____	_____
4. _____	_____	10. _____	_____	16. _____	_____
5. _____	_____	11. _____	_____	17. _____	_____
6. _____	_____	12. _____	_____	18. _____	_____

FILL OUT PAYMENT INFORMATION ON REVERSE SIDE. FOR FURTHER INFORMATION, PLEASE CALL THE GRAND CANYON STATE GAMES OFFICE AT (480) 517-9700

2120 E. 6th St., #4 - Tempe, Arizona 85281
 480-517-9700 - Fax 480-517-9739 - www.gcsfg.org - E-mail to gcsfg@gcsfg.org

THIS IS A RELEASE – GCSG PHOENIX COMPETITION JUNE 17-20, 2004

INSTRUCTIONS

- In order to participate: 1. Applicants age 18 and over, complete waiver and release from liability.
 2. Applicants under age 18 must have parent or guardian complete waiver and release from liability.

WAIVER & RELEASE FROM LIABILITY

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited and in addition, consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for himself, his personal representatives, heirs, next of kin, acknowledges, agrees and represents that he has, or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted area or areas and all portions thereof which he enters and with which he comes in contact, and he does further warrant that his entry upon such restricted area or areas and his participation, if any, in the event constitutes an acknowledgment that he has inspected such restricted area and that he finds and accepts the same as being safe and reasonably suited for the purposes of his use, and he further agrees and warrants that if, at any time, he is in or about restricted areas and he feels anything to be unsafe, he will immediately advise the officials of such and will leave the restricted area(s):

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the GRAND CANYON STATE GAMES, the promoters, other participants, operators, officials, any persons in a restricted area, sponsors, advertisers, owners and lessees of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releasees," from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or, competing, officiating in, observing, or working for, or for any purpose participating in the event;
2. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.
3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for or for any purpose participating in the event.
4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
5. HEREBY RELEASES THE RIGHTS TO ALL PHOTOS TAKEN for use, re-use, publishing, re-publishing the same in whole or in part, individually or in conjunction with other photographs, in any medium and for any purpose whatsoever, including, but not limited to, illustration, promotion, advertising and trade, and to use my name in conjunction therewith if he/she choose.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

This waiver, release and indemnification agreement specifically embraces each and every event sanctioned, authorized or promoted by said releasees during the entire season and applies to each and every event, or activity hereinabove mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.

- | | | |
|--|---|---|
| 1. Signed <u>I HAVE READ THIS RELEASE</u>
Parent sig. if under 18 _____ | 7. Signed <u>I HAVE READ THIS RELEASE</u>
Parent sig. if under 18 _____ | 13. Signed <u>I HAVE READ THIS RELEASE</u>
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| 4. Signed <u>I HAVE READ THIS RELEASE</u>
Parent sig. if under 18 _____ | 10. Signed <u>I HAVE READ THIS RELEASE</u>
Parent sig. if under 18 _____ | 16. Signed <u>I HAVE READ THIS RELEASE</u>
Parent sig. if under 18 _____ |
| 5. Signed <u>I HAVE READ THIS RELEASE</u>
Parent sig. if under 18 _____ | 11. Signed <u>I HAVE READ THIS RELEASE</u>
Parent sig. if under 18 _____ | 17. Signed <u>I HAVE READ THIS RELEASE</u>
Parent sig. if under 18 _____ |
| 6. Signed <u>I HAVE READ THIS RELEASE</u>
Parent sig. if under 18 _____ | 12. Signed <u>I HAVE READ THIS RELEASE</u>
Parent sig. if under 18 _____ | 18. Signed <u>I HAVE READ THIS RELEASE</u>
Parent sig. if under 18 _____ |

ATTACH COPY OF THIS FORM IF ADDITIONAL WAIVERS ARE NEEDED. FOR INDIVIDUAL SPORTS, ONLY ONE SIGNATURE IS NECESSARY.

PAYMENT INFO FOR STATE GAMES (One Check or Money Order -Please do not send cash) JUNE 17-20, 2004

EB

Make Check or Money Order payable to: Grand Canyon State Games Phoenix and mail to: 2120 E. 6th St. #4, Tempe, AZ 85281
 Phone: (480) 517-9700, Fax: (480) 517-9739 *How did you hear about the Grand Canyon State Games _____

Payment Type: Check # _____ Money Order M/C or Visa

Entry Fees \$ _____

Credit Card # _____

Late Fees (after Monday May 29, 2004): \$5 Individual, \$15 per team \$ _____

Exp. Date _____
 Month Year

\$ _____

*If coming from out of town, are you staying at a Phoenix hotel? _____
 Where _____

Please consider a tax deductible donation when you register. Your support is greatly appreciated!
 \$ _____

If paying by credit card, fax to 480.517.9739 Visit our home page: <http://www.gcs.org>

Total Enclosed \$ _____

Name as it Appears on Card _____

Cardholder Signature X _____

For hotel accommodations, please contact the official Phoenix hotel of the GCSG – The DoubleTree Guest Suites, 320 N 44th St. Phoenix, AZ 602.225.0500

Form will not be processed until waiver is filled out completely and signed. (Waiver may be duplicated for signatures.)

Additional entry forms are necessary if you are competing in more than one sport.

				THE ARIZONA REPUBLIC azcentral.com			
		What else do you need?™		2120 E. 6th St., #4 - Tempe, Arizona 85281		Bashas'	
				480-517-9700 - Fax 480-517-9739 - www.gcs.org - E-mail to gcs@gcs.org			

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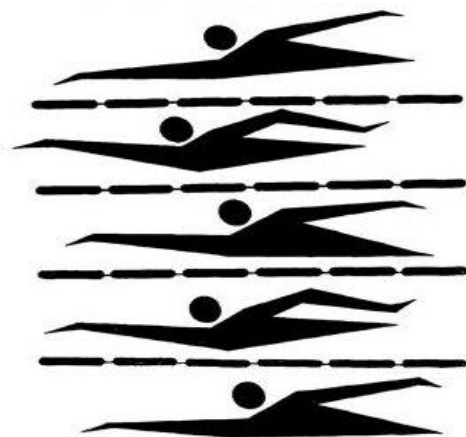
WEB GUIDE

Check out these sites on the Internet for information on Masters swimming, news, events, workouts, and more from throughout the world.

FINA	www.fina.org
US Masters Swimming	www.usms.org
Arizona Masters Swimming	www.arizonamasters.org
Southern Pacific Masters	www.spma.net
Swim.net	www.swim.net
Swim Info	www.swiminfo.com
Southwest Zone Masters	www.southwestzone.org
Places to Swim Worldwide	www.swimmersguide.com

Swim Arizona

A newsletter for registered members of the
Arizona LMSC of United States Masters Swimming.



www.arizonamasters.org