

Swim Arizona

Volume 29 Number 6

November-December 2004

Go the Distance

June Hussey

Fellow Masters, summertime brings so many opportunities to get out of the pool and into the natural elements through open water swimming. Thanks to Masters Swimming, numerous events are offered all over the country and the world, in lakes, rivers, oceans and bays. Setting goals to swim in such events helps you stay focused on your training all year long. After a lifetime of swimming, I only started doing open water in 1997. I was instantly hooked and my addiction has grown. I'm always looking for new races, so if you know of any...let me know. Meanwhile, here are a few race reviews from the season just past.

Over the summer I heard from Arizona Master Swimmer, Judy Gillies, who gleefully reported, "I survived the Alcatraz Swim!"

Cold water, strong currents and ill-fated escapes by prisoners have given this race somewhat of an intriguing reputation. But facing fears is 90% of what open water swimming is about after all.

Not only did Judy survive, she also placed first in her age group (wet suit division) with a time of 48:12. "I just happen to be born at a great time!" Judy said.

Amazingly, the 1.5-mile race happened to be held July 11, one year to the date from when Judy, also a triathlete, lost her finger and lacerated her right hand in a cycling accident. "I had heard about this swim before and had hoped to do it someday. When I found out the date this year...I just had to do it." And she did! How inspiring!

Judy reports she was joined by fellow Arizona Master Kathi Lindstrom Bullock, who finished 4th female overall. An impressive finish at 50, Kathi!! Kathi's 21-year-old daughter came in 2nd, while her sister and her husband, Steve, also did well. Talk about a family affair!

Along with the majority of competitors, Judy donned a full wetsuit to brave the 62-degree temperature. According to Judy, Audra Trockko, LMSC Treasurer

completed the race in a sleeveless wetsuit, just five months after having a baby! Another Arizona Master, Chris Fischer, who placed fourth in her age group with a time of 36 minutes, said she wants to try it without a wet suit next time. You go, girl. You can find all the results at www.environsports.com.

"It started out a beautiful sunny, clear day," wrote Judy. "That really helped my anxiety!! It was so clear it helped me when it came time to jump off the boat into the water, and I could see the orange marker on the back of the lead boat the entire swim!! If it had been cloudy or misty and cold, I don't know how I would have done. Now, I know I can do it again, no matter what the weather." Judy recommends this swim to everyone and welcomes other Arizona Masters to contact her for more information, jgillies@mindspring.com, judyg@susd12.org or home 520-622-4129.

This year's Maui Channel Swim September 4 attracted 38 teams of six, and nine solo swimmers. Foreign countries represented included Australia, Japan and Switzerland. The shore-to-shore race from Lanai to Maui proved to present the roughest conditions I've encountered in my six years of doing it. This took a toll on the finishing times. For example, veteran distance swim god Graham Johnston, 73, completed the 9.5 miles in over eight hours. Another veteran swimmer, Bill Dick, told me his solo crossing was tougher than his experience swimming the English Channel. Wind and waves were the culprits. It was seriously choppy start to finish. The boat captains were having a tough time keeping their bows into the wind. To me, as long as I didn't have to do it solo, this spelled fun. However, I will say that it was not fun to be socked in the eye by a wave mid swim. (I didn't see it coming and it nearly knocked me silly.) It crashed right on top of my face as I was taking a breath (into it) and hit me hard enough in the goggle to give me a shiner that lasted a week. Not sure which was worse though, the shiner or the foot-long sting from a box jellyfish I got mid channel. I still have the scar from that one! Will I go back? You bet!! There's nothing like it. For more information and results, visit www.mauichannelswim.com.

Waikiki this year was delightful, except for the timing of it. Two ocean swims in two days is a bit taxing. Having

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Welcome to the last issue of 2004! As the year comes to a close there are a few items of business that need to be addressed.

The first are the elections for the LMSC Board. In the next week, you should receive a package in the mail with a ballot and return envelope. Please make your selections for the various positions and return it to the address on the envelope.

The 2005 registration forms will be included in this mailing too. Please fill that out and return it with your ballot, plus the fee of course. This way we can get everybody registered before the new year to ensure we are in compliance with USMS rules.

One final note, I want to congratulate the winner of this year's Gruender Award, Mark Gill. It is fitting that Mark received this award for all that he has done for Masters Swimming over the past few years. Short Course Nationals, the Coaching Clinic, the Tempe Town Lake swims, and many more events benefited from his leadership. Hats off to Mark!

Doug Adamavich

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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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Upcoming Events

06/01-12/31	30-Minute Fitness Challenge Swim O*H*I*O Masters	SCY Any Pool	Anywhere
11/21	2004 Turkey Shoot Southwest Masters	SCM Pierce College Pool	Woodland Hills, CA
12/04-12/06	SPMA Southwest Zone Meet Southwest Masters	SCM Belmont Plaza Pool	Long Beach, CA
12/10-12/12	12th Annual Holiday Invitational Southwest Masters	SCM Belmont Plaza Pool	Long Beach, CA
01/01-01/31	USMS One-Hour Postal Swim IN LMSC	SCY Any Pool	Anywhere
01/01-02/28	TAM 1650 Postal PC LMSC	SCY Any Pool	Anywhere
01/15	Las Vegas Short Course Meet Southwest Masters	SCY UNLV Pool	Las Vegas, NV
01/29	11th Annual Gary Grandi Memorial Southwest Masters	SCY Urho Saari Swim Stadium	El Segundo, CA

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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 PHONE _____ USMS # _____

New Address:

NAME _____
 ADDRESS _____
 CITY _____ STATE ____ ZIP _____
 PHONE _____ USMS # _____

MAIL TO:

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

- Change of Address
 New Subscription
 Subscription Renewal

Include your email address if you wish to receive *Swim Arizona* electronically.

EMAIL _____

Vice Chair Statement

Doug Adamavich

My name is Doug Adamavich and I would be honored to serve as Vice Chairman of the Arizona LMSC. Even though those words are easy to say, I don't say them without consideration of the responsibilities associated with that position. My decision to run for this position is a result of my life experiences up to now.

I have been involved in competitive swimming for over twenty years at various levels. I began swimming in the 7th grade for both my school and the local USS program. I continued swimming in High School and through college (St. Olaf College). For the last six years I have swum for the Sun Devil Masters program at ASU.

Swimming means a lot to me on many different levels. I enjoy training with other swimmers and learning from experienced coaches. The health benefits of swimming are tremendous as well. But most important is being able to enjoy an activity that I derive such enjoyment from. I feel truly blessed that I can participate in a sport that I love so much.

Over the past three years, I have also given my talents to the sport. If my name looks familiar it is because I serve as the editor for Swim Arizona, our LMSC newsletter. Those of you who have attended any Sun Devil Masters swim meets over the past few years have heard my voice announcing too. It is important for me to give something back to a sport that has given me so much.

As for myself, I have lived in Arizona for almost thirteen years now. I came to Arizona after I graduated college looking for nice weather and greater opportunities than Minnesota could provide. I currently reside in Phoenix although I have also lived in Tempe and Chandler in the recent past. My career field is in Information Technologies, most of my recent work has focused on Network Operations along with Software Analysis. Besides swimming, I enjoy hiking, mountain biking, jetskiing, rollerblading, wakeboarding, and camping. My interests include travel, politics, economics, literature, history, philosophy, and geography. For me it is important to enjoy a balanced life, of which swimming is an integral part.

What matters most though is how I can best serve Arizona Masters if elected Vice Chair. My vision includes growing masters swimming throughout the state and promoting our sport as a fitness activity. Our state has a good masters program but it can get better. My goal is to build upon the legacy of past leaders and

continue to improve our sport. As Vice Chairman I will work with whomever is selected Chairman to make Arizona Masters the best LMSC it can be.

I won't make any promises or commitments other than to serve as Vice Chairman to the best of my ability and to faithfully serve Arizona Masters. My agenda is to serve and contribute all my talents to the sport I love. If what I have written resonates with you, then I would appreciate your support in the upcoming election. Thank you for your time and attention.

Doug Adamavich is the Newsletter Editor for Arizona LMSC and swims for Sun Devil Masters in Tempe.

Last month's trivia answers:

1. **C**, Saab Automobiles has been a division of General Motors since 1990.
2. **D**, Renault owns Mack Trucks.
3. **A**, Bridgestone purchased Firestone in 1988.
4. **D**, SC Johnson and Company.
5. **C**, Disney owns ABC.
6. **A**, Exxon
7. **True**, South African Brewing purchased Miller from Phillip Morris in 2002.
8. **B**, Proctor and Gamble.
9. **C**, Lucky Goldstar purchased Zenith in 1999.
10. **A**, Siemens
11. **True**, NBC purchase Vivendi Universal in 2004.

Vice Chair Statement

Judy Gillies

I am running for Vice Chair, because I feel that we have many new members that currently hold positions or are running for position that do not know or understand our by-laws or LMSC procedures. I feel the we need someone on the board, in an elected positions, that has continuance within the AZ-LMSC, someone that has been around long enough to know and understand how the AZ-LMSC should work in relation to the National Association. I currently keep the Procedures manual up to date, and have current copies of the by-laws and know and understand what is in them. I have also attended the last 16 USMS Conventions and have the "big picture" of how our AZ-LMSC is tied into the National Office. Many members within (and outside) AZ call me or email me for information and questions about how to handle matters within our LMSC.

I also have a good attendance record with our LMSC and have not missed a board meeting in many years, and attend almost every swim meet and function that our LMSC hosts. I feel like I am the recognizable face of the AZ-LMSC. I am extremely pleased that we are getting some new involved people on our board, but I believe we need at least one "old face" to have continuance with the past procedures and By-Laws.

Also, the position of the Vice-Chair, is to run the meetings when the Chairman has to be absent, I would have no problem doing that since I was the AZ-LMSC chair for 4 years in the past, and I have also been the Southwest Zone chair, I know how to run a meeting. I feel very strongly that I can step into this position, and run any meeting, or do what ever needs to be done to assist the chairman or help out with any thing involving the LMSC.

Judy Gillies is the Officials Representative for Arizona LMSC and swims for Ford Aquatics in Tucson.

UNITED STATES MASTERS SWIMMING

History and Mission

United States Masters Swimming (USMS) is a swimming program for adults aged eighteen and over. Begun in 1971, its membership has grown to more than 35,000 by the end of the 20th century. The USMS has the following mission, goals and objectives:

Mission Statement of United States Masters Swimming

To promote fitness and health in adults by offering and supporting Masters Swimming programs.

Goals and Objectives

- To encourage and promote improved physical fitness and health in adults.
- To offer adults the opportunity to participate in a lifelong fitness and/or competitive swimming program.
- To encourage organizations and communities to establish and sponsor Masters Swimming programs.
- To enhance fellowship and camaraderie among Masters swimmers.
- To stimulate research in the sociology, psychology, and physiology of Masters Swimming.

No Pain, No Gain

Jody Welborn, MD

You wake up the morning after a particularly strenuous workout. Your muscles have that familiar ache which brings back the words of your childhood coach, "No pain, no gain." "Boy," you think, "I have gained a lot."

All of us have experienced the above scenario, but is the voice that echoes in your head speaking the truth? The answer is a resounding NO! Sore muscles are not the sign of a successful workout, but rather signify microscopic injury to the muscle, tendons, and ligaments.

What you are experiencing is known as delayed onset muscle soreness (DOMS). Even though DOMS has been investigated for decades, little is known about the actual cause and many theories exist. The more common theories include the torn tissue theory, which suggests that tears in the muscle fibers are the cause of the pain, whereas the connective tissue theory implicates damage to the tendons and ligaments attached to the muscles. The inflammation theory states that DOMS may be the result of the attempts by the body to repair the damage that has been caused by the workout.

What we do know about DOMS is that the skeletal muscle is the only muscle type affected and DOMS can occur in any skeletal muscle. The muscles do not sustain long-term damage and ultimately performance is not affected. However, performance may be affected in the short-term, primarily due to pain, but also from temporary loss of affected muscle to produce force. DOMS is not due to the accumulation of lactic acid in the exercising muscles as lactic acid is removed from the muscle within an hour or two after the exercise and DOMS usually occurs after 24 hours. Activities that require muscles to forcefully contract while they are lengthening such as running downhill, going downstairs, or lowering a weight (eccentric contraction) seem to result in the most pain.

Typically pain from DOMS occurs in the first 24-48 hours after exercise and peaks by 72 hours. The pain usually subsides by 5-7 days after the exercise.

Although most active adults have experienced DOMS, it is not a necessary part of your exercise program. Measures can be taken to avoid DOMS. Some of these measures include a thorough warm-up before exercise and with an adequate cool down at the end of the workout. The exercise program should be started with easy to moderate activity intensifying gradually over time. Don't make abrupt changes in your exercise

program and always allow your body time to adapt.

If you do experience DOMS, there are measures you can take to relieve it. The principal measure is time. Just wait. The pain will go away in 5-7 days without treatment. Performing easy aerobic activity will increase blood flow to the affected muscles and this may improve the soreness. As always, use the RICE principle (rest and ice to the affected area) in addition to careful stretching and massage of the sore muscle. If the discomfort interferes with your usual activities, consider the use of non-steroidal anti-inflammatory medicines, such as aspirin or ibuprofen, but do not take more than is recommended on the bottle. Some recommend Vitamin C, as Vitamin C is needed to make connective tissue and has been reported to lessen the pain. If your pain persists longer than about seven days, or increases despite these measures, consult your physician.

Despite what your coach may say, pain after exercise is not an indication of a good workout and is not necessary for getting into shape. With a regular, carefully planned exercise program there can be gain without pain.

Jody Welborn is a cardiologist from Portland, Oregon. Her medical experience includes a B.A. from the University of Oregon, M.D. from Oregon Health Sciences University, internal medicine residency at University of Texas, San Antonio, and Cardiology fellowship at the University of Alabama, Birmingham. Jody is a member of three USMS national committees, including Sports Medicine, Fitness and Planning. She is also a Masters swimmer who swims with the Metro YMCA Masters in Portland.

Endurance Training

Alex Kostich

Be it Hawaii, the Caribbean, or the less glamorous Hudson River or West Coast, many ocean swimmers and triathletes hesitate to venture into open water races more challenging than the usual 1-to-2 mile distances. Granted, it's hard to find official races that are longer; the prestige events tend to be in the 2-3 mile range, and the most common summer circuit races are usually only a mile. But there are many benefits to competing in open water endurance events, most notably the feelings of accomplishment after a successful race--a race that not many of your peers could have done on their best day.

With fall and winter upon us, there is no better time to prepare for a lengthy open water challenge, given that you have several months of training time to put in the requisite amount of preparatory yardage. This article will outline the basic training and mental preparation you need to do in order to successfully complete a swim over three miles.

For starters, the right mental approach is critical. So many swimmers I know are intimidated by open water swims for the most unfounded reasons, ranging from a lack of confidence in their endurance ability, their fear of open water conditions, and their inability to forget about sharks, poisonous jellyfish, and other forces of nature and Acts of God.

So let's break this down one by one:

LACK OF CONFIDENCE IN ENDURANCE ABILITY

If you are a Masters swimmer who can complete a 3000-yard workout, you can easily finish a 3-mile (4500 yd.) race with no additional training. Swimming in the ocean is easier than swimming in a pool because of the salt-water buoyancy factor; so if you can complete a 3000 yd. workout you can assume that your endurance level in the ocean is substantially more than that. Factor in the adrenaline surge of competition, and your body is capable of rising to the occasion even if your mind initially is not. And if you are really worried about your endurance ability, increase your weekly yardage intake so you feel better about yourself!

FEAR OF OPEN WATER CONDITIONS

If your experience in the ocean is limited and you hesitate entering races for this reason, expose yourself to open water conditions in the summer months by swimming with friends who train with you in the pool; take a group trip to an open body of water and work out

there. You will enjoy the change of scenery and realize, in a group, how much fun it is without being intimidating.

SHARKS, JELLYFISH, FORCES OF NATURE AND ACTS OF GOD

While I can't promise a lack of random Acts of God, I can assure you that there has never been a documented shark attack during an open water race in the world. Over the years, I personally have seen many sharks but have never been approached, much less followed or eaten! Getting stung by a jellyfish can be unpleasant, but it is extremely rare and usually barely noticeable in the excitement of a race. Besides, in the event of a Box jellyfish- or Portuguese-Man-of-War influx, the race directors will usually cancel, or postpone, the event anyway.

Now that you have cast your fears aside and realized your open water capabilities, there are a few training suggestions you can follow throughout the year to better prepare you.

WORKOUT TIPS

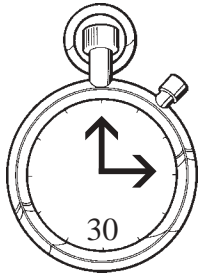
--Attempt to increase your yardage and the actual length of your workout "sets." If your Masters program or team favors short, aggressive, fast sets such as 50's and 100's, begin to incorporate 200's, 500's, and ladder sets into your workout.

A good ladder set is swimming 100, 200, 300, 400, 500 yards with 10 seconds rest in between each distance (this ladder set adds up to about a mile). Once you are comfortable with this challenge, double the set's distance by going back down the ladder, 500,400,300,200,100, with only 5 seconds rest on the way down (between each distance).

--When you are doing a warm-up or pulling set, opt to go longer distances than your usual 500 yard warm-up or 800 yard pull. Challenge yourself by completing a 1500 pull set, for instance. By continuously keeping your heart rate at a constant level without rest or recovery, you will develop endurance and condition your body to maintain faster speeds for longer distances.

--Push yourself to swim the length of your goal-distance race, or longer, in one nonstop "workout." When I train for the Victor's Annual Swim Around Key West (a 13-mile distance), I make sure to complete a 15,000 meter straight swim at least once in the pool before I consider myself "ready." This is just as important to do for your mental confidence as it is for your physical "dress rehearsal." Remember also that if you can do the race length without stopping in the pool, it will be easier in the ocean when you factor in buoyancy and adrenaline.

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30-Minute Fitness Swim Challenge

Presented by the O*H*I*O MASTERS SWIM CLUB

Sanctioned by the Lake Erie LMSC for USMS, Inc. #18-1011231

What is the 30-minute fitness challenge?

The 30-minute challenge is a fitness postal event designed to motivate you to swim continuously for 30 minutes. It can add to your overall fitness, measure your fitness level and may motivate you to compete in longer distance swims such as the one hour postal swim. See how far you can swim. You can do this on your own or you can do it as a team during practice. If you want to see the yardage by your name in the results, send in your yardage. There will be a commemorative certificate and/or T-Shirt available for those who enter.

When and where can I take the challenge?

You can take the challenge anytime in 2004. You can enter once in the first six months (January -June) and once again in the second six months (July-December) or for the entire year. Your whole team can take the challenge. Swims must take place in 2004. Your coach or other verifier can certify your entire team, if you do the swim during a practice.

You can swim in any pool 20 yards or longer. (If you swim in a meter pool and submit your distance, multiply the distance swum by 1.0926 and round down to the nearest five-yard increment. Submit the distance in yards.)

What are the rules for the challenge?

Each swimmer must have a verifier to certify you swam continuously for 30 minutes. A verifier can be your coach, a counter, a teammate, spectator or a lifeguard.

Floating and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Two or more swimmers may share a lane.

Measure your progress by submitting your distance. Count your distance while you swim, or ask a friend to help. An optional split sheet form is available to make it easier for anyone who may count for you. If you would like your swim to be even more accurate, a counter can time the event with a stopwatch and record your distance.

What are the fees and what do I receive for completing the challenge?

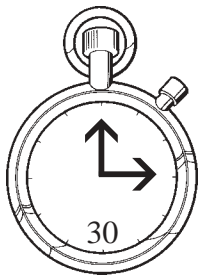
Entries are US \$5 per swimmer for US (\$8 for non-US swimmers). All fees are non-refundable. Make checks payable to O*H*I*O Masters Swim Club and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. All entries must be received by January 10, 2005.

You will receive an 8 1/2" x 11" commemorative certificate of completion sometime before February 10, 2005. Results will be posted on the USMS website under the fitness section. These results will show the names alphabetically of those that accepted the challenge, completed the 30-minute swim, and submitted an entry form. If you submit the distance you completed this will also be posted.

T-shirts are available at a cost of \$15 each. (International orders US \$20.)

Who may enter the 30-minute challenge and how can I enter?

The event is open to registered Masters swimmers. Enter by filling out the entry form on the next page.



30-Minute Fitness Swim Challenge

Presented by the O*H*I*O MASTERS SWIM CLUB

Sanctioned by the Lake Erie LMSC for USMS, Inc. #18-1011231

2004 USMS 30-Minute Fitness Challenge Entry Form
Sanctioned by the Lake Erie LMSC for USMS, inc.

NAME _____ REG. NUMBER _____
(Print-As it appears on registration card) (Include COPY of 2004 USMS Reg.)

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ GENDER M F

E-Mail Address: _____ AGE _____ BIRTHDATE _____ (MM/DD/YY)

CLUB _____ CLUB ABBR. _____

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.1

I certify that I have read the rules of this competition. On _____ I swam continuously for 30 minutes at _____
(Date) (Pool name/City)

Swimmer's Signature _____ Date _____ Verifier's Signature _____ Date _____

I swam approximately _____ yards

I swam as part of a team practice _____ I swam this on my own _____

Entry Fee \$5.00 (US Only) \$8.00 (International/non-US) \$ _____

T-shirt Order: Indicate T-shirt Quantity Ordered: \$ 15/shirt \$ _____

Small ___ Medium ___ Large ___ X-Large ___ XX-Large ___ \$ _____
 International @ \$20/shirt: (includes shipping) \$ _____
 Total (US \$) \$ _____

Include: PHOTOCOPY of Masters 2004 Registration Card,
and this Official Entry form

Check Payable To: O*H*I*O Masters Swim Club
Send Entries to: Tom Spence, PMB 112, 46 Chagrin Plaza,
Chagrin Falls, OH 44022 (Talltom13@msn.com)

(Continued from page 1)

incurred lots of bad publicity following last year's fiasco in which hundreds of swimmers had to be rescued due to swift currents, the race committee decided to move the race date up one day to Sunday, vs. its traditional Labor Day slot. The reason: a Box Jellyfish bloom was expected on Monday, in correlation with the lunar cycle. They didn't want to take any chances and I, for one, appreciated that. The 2.4 mile swim course had only a slight current at the start, but was otherwise uneventful. The scenery 15 feet down and off your right shoulder as you're swimming a half-mile out from Waikiki Beach is what sets this race apart. I was delighted to encounter several large sea turtles along the way-and no jellyfish to speak of. For more information and results of this event, visit www.waikikiroughwaterswim.com.

Not many Arizonans make the trek to these Hawaii races, but they should! I'd love to tell you more about these events and encourage you to try them.

In a word, perfect. Such were the conditions at the 74th annual La Jolla Rough Water Swim on September 12, 2004. The ocean was calm, clear and most importantly warm. And the fish! Have you ever seen so many?

Ten percent of all adult swimmers competing that day hailed from Arizona. In the one-mile Master's event, 33 out of 500 men were from Arizona and 37 out of 379 women were from Arizona. The Gatorman (3 mile) attracted a total of 334 competitors, of which 42 were Arizonans. Great showing, Zonies! For results or event information, visit www.ljrws.com.

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Accomplishing a (really) long-distance swim is a great way to boost your confidence. Pushing your body to do something it has never done before leaves you feeling great, and the physical health benefits of developing your endurance level will be apparent. With winter upon us and motivation lacking, it's a great time to set a goal for next spring or summer and stay motivated during the holiday season.

Alex Kostich graduated from Stanford University, where he was a collegiate champion. He is a three-time Pan-American Games gold medalist, and continues to compete in open-water races around the world each year. This article originally appeared on www.active.com, and is reprinted with permission from the author.

This was my first Gatorman and I loved it. Three miles used to intimidate me. Now I'm looking to go longer. See how the bug bites you? I understand there's a great five mile race August 7, 2005 at La Jolla Shores, called "Tour of Buoys." Anyone game?

The last open water event of the season may have been DCB Adventures' Fat Tire event at Tempe Town Lake on October 2. Swimmers had their choice of one mile or 2.4 mile "Iron Man" distance events. Some brave souls entered both. After a season of salt water and waves, the lake was a welcome flat and fast course. 98 swimmers competed in the one mile and 113 completed the 2.4 mile event. The relatively small fields provided for lots of elbow room. This is a really fun event close to home and it's a great one to "get your feet wet" if you're trying your first open water swim. Coming again in June. Visit www.dcbadventures.com for more info and results.

As always, I encourage you to call or write to me about your experiences in any open water swims so I can let Arizona Masters swimming readers know the inside scoop. I'm also always happy to help you find a suitable swim to meet your open water goals.

You can always email me jhussey@thefountains.com. In the meantime, swim long! Stay strong. June

June Hussey is Open Water Chair for Arizona LMSC and swims for TJCC Stingrays in Tucson.

Arizona LMSC Board

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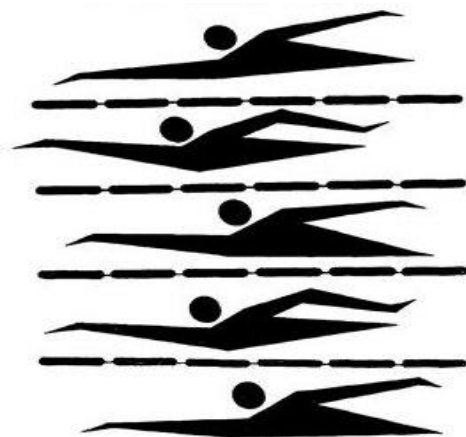
WEB GUIDE

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