

September 2004

GRIN SWIM

The Newsletter of USMS LMSC Greater Indiana Masters Swimming

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USMS: www.usms.org

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THE CHAIRMAN'S CHALLENGE



It's that dreaded time of the year ... the end of the outdoor and long-course season. Each hot Labor Day weekend I go into DENIAL, insisting that we keep Forest Park Aquatic Center (FPAC) chlorinated and recirculating. Summer's not really over! The Board usually cooperates (enabling my denial), but nature almost never does. Even with warm days, those longer, colder nights inevitably drop pool temps below what's acceptable to all but the most hardy (or foolhardy?). And, of course, the

pool becomes littered with those annoying leaves (it's in a *Forest*). Still we push the envelope in our quest for sunshine & fewer flip turns. Soon, we head *en masse* (i.e., lots of **NASTIs & ISFers**) for Chicago and the **Big Shoulders**, a 3.1-mi swim in chilly Lake Michigan. Reliable sources place it at 64 degrees, which should help shake me from my denial. The dark interior and 25-yard high school pool won't look so bad after that!

Besides watching lots of incredible Olympic swimming, there were many great swims by Indiana masters this summer, for example: Following his springtime success with **USMS National Championships**, **Mel Goldstein & ISF** produced another fine event with the **2-Mile Cable Championship** at Eagle Creek ... An enthusiastic contingent from several *GRIN* teams competed in the **Long Course National Championships** in Savannah and brought home lots of medals along with great memories ... **Kevin Sherman** made us all proud, winning gold in the **10K National Championship** in Long Island Sound; & **Amy Krauss** prevailed in the **12.5 mile Swim Around Key West** ... the First Annual **GRIN Day at FPAC** was a hit and should grow in future. It began with the Forest Park Mile (1600 meters, to be unique), proceeded to team workouts, a "Snooper-video" clinic and a pancake breakfast. Participants and families spent the day at the Center free of charge.

My challenge this issue ... mark your calendars! Coming soon is our premier event, **The GRIN Fall Classic** at IUPUI, and, of course, the **Fitness Series**. Also, don't miss the **FINA World Championships** in Conesco Fieldhouse where you can see those Olympians you watched on TV in August. Finally, please encourage your new swimmers to join *GRIN* and have a great swim!

– Dick Sidner, *GRIN* Chairman

GRIN SWIMMERS EXCEL IN OPEN WATER EVENTS MOST OF US WOULD ONLY DRIVE THIS FAR!

10K NATIONAL OPEN WATER CHAMPIONSHIP

It was a great summer morning – calm winds, air temp about 75 and water at a cool 68*... a perfect morning for a swim in the Long Island Sound! It was the morning of July 10th, 2004, and 68 hardy swimmers were in final preparations for the USMS 10K Open Water National Championships in Huntington, NY. Of the 68 competitors, 13 were former channel swimmers! I'm not sure if that's a record or not, but sitting down to dinner with these folks the night before the race was humbling!



Kevin Sherman

The race started at the Bay Club, a gorgeous spot on the "Sound." As the morning progressed, swimmers showed up in masses as there was also a 5K swim and 1K and 2K age-group open water swims. The 10K swimmers started promptly at 8 AM.

The course was a 5K triangle – twice around for the 10K with a finish at the end of a pier by touching a designated target. Each leg of the triangle was well marked, with big orange buoys about 1000 meters apart and sail boats anchored each leg. The first leg was about 1.5K; the second, about 2.5K (it went on forever!); and the last leg was about 1K. The sailboats also provided water or food for anyone who wanted to ingest something while treading water (but don't touch the boat!).

After the swim, I reoriented myself to the vertical position and joined the crowd to watch other swimmers finish. All staggered a bit upon reaching shore but I didn't see one swimmer without a big, wide and proud smile knowing that they just completed a 10K! Of course, the loudest applause was for the last 10K finisher who just missed the cut off – he swam for 4 hours, 14 minutes! You have to admire that! Fortunately, of all those daunting channel swimmers, none was in my age group! I had a great swim, finished first in my age division and eleventh overall ... It was the highlight of my summer and of my family vacation!

– Kevin Sherman

12.5 MILE SWIM AROUND KEY WEST

On Friday night before the race, my kayaker, a dear friend from who had kayaked for me twice before, was stuck in Orlando. He is a veterinarian in the Army, currently stationed in Egypt. He made that long flight over just to kayak for me! He had missed his flight from Orlando to Key West due to weather delays. The last flight of the evening to Key West was full, and he wasn't sure he would be able to get on it. I was panicked: No kayaker = no swim! He is responsible for navigation, for carrying food/water, and for my safety.

I was really hoping for this to be a good year. I had trained longer and harder this year and managed to stay injury-free. My peak training was 50,000 yards a week, and I had been between 40,000 and 50,000 yards a week for six consecutive weeks. I tried to stay calm while waiting for his call. Finally, the phone rang. "I was able to get on the 9:00 flight," Sam said. "I should be in by 10:00. I'll see you at the airport." I was so relieved!

Race morning was another beautiful day in Key West – blue skies, blue water and a water temp of 78-80*. However, it was really windy, with wind speeds up to 20-30 knots. The first three miles were with a side current; I felt strong. It is an incredible feeling to be out in the middle of the ocean, just you and your kayaker.

On the north side of the island (near Mallory Square, for those of you who have been to Key West), Sam alerts me that there were dolphins in front of me. Unfortunately, I wasn't able to catch a glimpse of them because the water was somewhat rough and choppy by that point. I stop every 25 minutes for water, gel or Gatorade. Touching the kayak will disqualify you, so you have to tread water and drink.

Near mile 10, I started to feel some stinging on my arms. I was going through Cow Key Channel, which is shallow at most points. I was getting "stung" by some grasses, I think. I felt that burning sensation for the next two miles. I kept looking at my forearms. Small welts were forming on them. I was hoping that I didn't have some anaphylactic reaction. "Just keep swimming and try not to think about it," I told myself.

As I came back around the south side of the island, I remember that the last two miles are the toughest. With about ½ mile to go, big wooden poles become visible. They lead to the finish buoy. By that time, my arms are aching, and I just want to finish. I count every one of those poles knowing there are ten of them. Just before reaching those poles, I noticed a female swimmer to my left. I certainly couldn't let her beat me, so I decided to pick up the pace with what little I had left. I beat her by about 30 seconds ... only to find out that she was on a team! I finished in 4 hours, 52 minutes. All in all, it was a wonderful experience. As always, I look forward to next year!

– Amy Krauss

USMS ANNOUNCES RULE CHANGE

Effective June 5, 2004, USA Swimming amended their rules to align them with FINA with respect to the use of equipment that can convey pacing information to a competitor. The change is in response to the availability of individual radio receivers that can transmit information to a swimmer from a coach or other person.

Pursuant to USMS rule 601.4.6B, USMS has adopted this change based upon the action of the Rules Committee that accepted the USA Swimming change. Thus the following change is effective immediately:

102.15.9 – Swimmers are not permitted to wear or use any device or substance to help their speed, pace, or buoyancy. Goggles may be worn and rubdown oil applied if not considered excessive by the referee.

USMS will follow the interpretation of USA Swimming that indicates that pacing devices including

tempo training devices and radio transmitters that allow instructions to be passed to the swimmer are forbidden. USA Swimming has also indicated that other pace-conveying devices such as watches are not allowed on the swimmer. In response to questions received, it should be noted that this change does not prohibit one from conveying pace information through hand signals, placement of lap counters and the like. Additionally, this change does NOT affect long distance swimming.

For those officiating USMS meets, it is suggested that enforcement of the rule be approached from an educational perspective. For example, if one sees a swimmer approach the block with a prohibited device, inform them of the rule and allow them to make any necessary changes rather than letting them start and disqualifying them.

– Leo Letendre, USMS Rules Committee

SWIMMERS HAD SOMETHING TO SMILE ABOUT WITH GRIN DAY AT FOREST PARK

On the sunny morning of Sunday, August 22, 2004, 27 swimmers – 17 men and 10 women – participated in the “Inaugural Forest Park Metric Mile.” This event, open to all GRIN members, was billed as “GRIN Day” at the Forest Park Aquatic Center in Noblesville, IN. This facility features a ten-lane, 50-meter outdoor pool as well as a diving well and children’s pool.

In addition to being FREE for participants, everyone received a Forest Park Aquatic Center baseball hat! Results for the top three overall men and women for the 1600-meter swim are:

Jeff Maydak (21:44.42)
Kevin Sherman (21:45.90)
John Fero (22:40.46)

Raena Latina (22:59.32)
Beth Keifer (23:36.78)
Danielle Denniston (25:30.19)

In addition to the timed swim, attendees had the opportunity to work-out on their own as well as to have their strokes analyzed and videotaped with the GRIN Snooper-Cam. Of course, no event hosted by the NASTIs would be complete without food, and there was plenty of that as early-morning participants ... and those who just showed up later ... all “pitched-in” with enough breakfast items to feed an army ... of hungry swimmers! We hope you can join us next summer!

“SEE WATER CATCH FIRE” AT THE 2004 WORLD SWIMMING CHAMPIONSHIPS

The 2004 FINA World Swimming Championships are coming to Indianapolis and Conseco Fieldhouse this October 7-11. This will be the first time this event is being held in the United States. The best swimmers in the world will take to the water in Indianapolis just six weeks after the Olympics!

US swimmers committed to compete include World and American record setters Michael Phelps, Amanda Beard, Brendan Hansen, Ian Crocker, Aaron Peirsol, and Larsen Jensen. International athletes committed to compete include Alex Popov, Martina Moravcova, Yana Klochcova and many more. In all, over 800 athletes from more than 120 countries will come to Indy!

Fans will be able to witness the drama unfold in Conseco Fieldhouse, home of the Indiana Pacers, as 500,000 gallons of water and two specially designed 25-meter pools will be installed in the Fieldhouse just for this event.

Great seats are still available, starting at just \$10. To order tickets visit Ticketmaster outlets, www.ticketmaster.com, or visit the Conseco Fieldhouse box office.

2004 World Swimming Championships (25m)
October 7-11
Indianapolis, Indiana
(800) HI-FIVES
www.worldswim2004.com

LONG COURSE NATIONALS, SAVANNAH, GA

The Chatham County Aquatic Center in Savannah, Georgia, hosted the 2004 USMS Long Course Nationals, August 12-15. More than 1,000 swimmers, representing 155 teams, participated. There were 30 individual and five relay record-breaking swims at the meet.

Although the weather made being out of the pool just the same as being in the pool (thanks to rain bands from Hurricane Charlie), the weekend then got really nice; people were friendly, sightseeing was fun and the food was fabulous. Oh, yeah, and the swimming was good too! It was an indoor 50 meter pool in a building that looked like a giant bubble. Water temp was warm and air temp was warmer. We watched quite a few National & world records get set ... and the oldest participant was 90 ... very motivating!

GRIN had several participants, each of whom netted a top 10 medal ... or several! Congratulations to the following swimmers (official results can be found at USMS.org):

- DOC – Doc’s Indiana University Masters
 - Strong, Doug (M79)
 - Wright, Robert E (M50)
- GRIN – Greater Indiana
 - Russell, James M (M41)
- NASTI – Noblesville Adult Swim Team
 - Latina, Raena A (F33)
 - Latina, Sydney R (F30)
- ISF – YMCA Indy Swim Fit
 - Bailie, Bridget A (F35)
 - Gettelfinger, Cheryl M (F47)
 - Goldstein, Mel E (M66)
 - Hildebrand, Ilyse L (F37)
 - Mennen, Marty A (M68)
 - Meyers, Susan L (F62)
 - Schnieders, Ann M (F44)
 - Shuck, Susie (F39)
 - Trebesiner, Karlene (F51)



Pictured from left to right are Indy SwimFit members Ann Schnieders, Cheryl Gettelfinger, Karlene Trebesiner and Susan Meyers, who together placed 2nd in the 200 free and 4th in the 200 medley relays!

2-MILE CABLE CHAMPIONSHIP AT EAGLE CREEK

Ninety-two open water swimmers, plus 500 triathletes and their families converged on Eagle Creek Park, Saturday, June 26, for a morning of competitive fun. The sprint triathlon started in the water first, while the Masters swimmers waited for their 9 am start. The air temperature was a little chilly, but a water temperature of 75* and a sunny, blue sky made for a beautiful morning.

With participants ranging in age from 19 to 80, swimmers broke National USMS 2-mile cable records in two age groups. Thirty-four swimmers from Indy SwimFit and several from NASTI and GRIN enjoyed the event, which was another excellent hosting job from ISF! Official results may be found at www.GRINSWIM.org.



CONGRATS GRIN USMS TOP 10 SWIMMERS!

United States Masters Swimming has published its final listing for Top 10 swims in the Short Course Yards (SCY) venue.

These Indiana swimmers made the list for individual events! (all from Indy SwimFit unless otherwise indicated):

WOMEN: Glenna Asmus, Jo Ann Brooks, Dahnya Chop, Joan Diercks, Joey Duncan, Brigid Dwyer, Nicole Ellis, Sandy Etnyre, Susan Francis, Jenny Garman, Michelle Harter (GRIN), Sally Hasbrook, Caroline Killian, Barbara Larsen, Erin McPeak, Susan Meyers, Roberta Norwood, Victoria Rian, Karlene Trebesiner, Melanie Williams.

MEN: Steve Byrne (GRIN), Ben Christoffel, Adam Dawkins, Ralph Dixon (NASTI), Mel Goldstein, Charles Lee, Marty Mennen, Todd Mercer, Jerry Myers (NASTI), Douglas Miller, Patrick Morgan, Igor Ordinartsev (Unat), Tom Perrin, Bryan Rathke (GRIN), Bob Risley, Greg Smith (Unat), Richard Smith (GRIN), Doug Strong (DOC), Bob Thomas (BSMS), Kevin Zanes (DOC).

There were also numerous state-wide relay teams that made the SCY Top 10 list as well! Complete details of events, places and times may be found at www.USMS.org.

11TH NASTI/GRIN FITNESS SERIES & POSTAL SWIM 2004-2005

The Noblesville Adult Swim Team, Inc. (NASTI) and Greater Indiana Masters Swimming (GRIN) invites All swimmers registered with United States Masters Swimming (USMS) to join us for the 11th NASTI/GRIN Fitness Series & Postal Swim. The event consists of three separate one-hour, or one-half-hour swims held 6 weeks apart on Sundays in December (12/5/2004), January (1/16/2005) and February (2/27/2004). The object is to set a benchmark in December and then to equal or surpass your distance in subsequent months. The event will be held in Noblesville High School Natatorium, or you may swim in your own pool and mail (post) your results to us.

Swim all 3 events with us for only \$25.

Swim any single event with us for \$10.

Postal entrants may swim the entire series for only \$15 (see next column).

Proceeds benefit **The Forest Park Aquatic Center** operated by the **Friends of Central Pool**, an Indiana Not-for-Profit Corporation. You will receive official results for the series. We will provide clipboards, counter sheets, and pencils, as well as sports drink and light snacks. **For your swim to be “official,” you must have someone count laps for you.**

Heats start **promptly** at 8, 9, 10 and 10:30 AM. To accommodate all swimmers comfortably, we will share lanes if necessary (2 swimmers per lane max). Come with a friend and count for each other in consecutive time-slots. Early pre-registrants will be scheduled in their requested time slots. Others will be assigned lanes as available. We will do our best to put you into a convenient time slot. Deck entries are permitted if lanes are available (they usually are).

POSTAL SWIM ENTRIES: Since it may be difficult to get to Noblesville for all 3 events, we encourage participation by offering the Fitness Series as a postal swim as well. If you are unfamiliar with a postal swim, it means you can swim your hour (or half-hour) in your own favorite pool, at your own convenient time, and then mail us your results. This permits your official participation in the entire series, without having to be in Noblesville for all three events.

Options:

1. Swim all 3 events with us at NHS (\$25).
2. Swim 1 or more events with us (\$10 each).
3. Swim all 3 events in your own favorite pool and mail us your results (we provide you with proper forms; \$15).
4. Swim just one or two events elsewhere and mail us your result (\$5 each event)

January National Championship One Hour Postal Swim: Anyone doing the January swim can enter their result in the One-Hour National Championship. The December swim is excellent preparation for the January Championship. Thirty Minute swims can be submitted to the USMS 30 minute Postal ... we will have forms for that also.

Forest Park Aquatic Center is operated by The Friends of Central Pool, an Indiana not-for-profit corporation.

Results and Entry Forms can be found at www.GRINswim.org



11TH NASTI/GRIN FITNESS SERIES & POSTAL SWIM! 2004-2005

- **Location:** Noblesville High School Natatorium (8 lanes, 25 yd.), Cumberland Rd, just west of SR 37 and north of SR 38. Light snacks provided. Or POSTAL SWIM at your pool.
- **Dates:** December 5, 2004, January 16, 2005, and February 27, 2005.
- **Sanction:** Sanctioned by GRIN for USMS, Inc. Sanction numbers: 164-S08; 165-S02; & 165-S03 for Dec, Jan, & Feb, respectively.
- **Times:** 8, 9, 10 and 10:30 AM. Earliest Pre-registrants get scheduled by request.
- **Eligibility:** Any USMS swimmer, aged 18 or over with current registration.
- **To join USMS/GRIN,** write, call or email Barbara Larsen, GRIN Registrar, 5523 N. Pennsylvania, Indianapolis, IN 46220, ph (317) 257-1988. larsenswimmer@mind-spring.com. Or join on deck.
- **Age Groups:** Standard age groups apply, e.g., 18-24, 25-29, 30-34, 35-39, 40-44, etc.
- **Results** and additional **Entry Forms** can be found at www.GRINswim.org
- **Awards/Rewards:** Two FREE Admissions to Forest Park Aquatic Center (\$8 value). Light Snacks and results will be provided.
- Fill out this **Entry Form**, photocopy it, then mail to address in box below.
- **Entry Fee:** Please read carefully!
 - \$25 for entire series or \$10 per event*
 - Postal Entrants: \$15 for entire series or \$5 per event.
- **All Entrants:** If you would like to enter your January swim result in the One-Hour Swim National Championship, please add \$6 (\$8 for international entry).
- Make **check** payable to GRIN. Proceeds benefit the Forest Park Aquatic Center.

Please check each box when completed:

- Include Copy of USMS CARD
- Include Entry Fee payable to GRIN
- Sign the "Release" and mail it to: Dick Sidner, 305 Baywood Ct Noblesville, IN 46060; Phone (317) 877-6751. Keep original for your records.

Name: _____ Address: _____ City _____

State: _____ ZIP: _____ Ph: (____) _____ - _____. Date of Birth: _____

Male/Female: _____ EMAIL: _____ USMS # _____ Team: _____

Make check payable to GRIN. \$25 for series [or \$10 per event] or Postal: \$15 Series [\$5 per event].
 To enter January 2005 One-Hour Swim National Championship – please add \$6 (or \$8 if non-US entry)

Select Date & Time	Age Each Date	8 AM 1-Hour	9 AM 1-Hour	10 AM 1-Hour	10 AM 30-Min.	10:30 AM 30-Min.	Postal Entries ✓ Here
12/5/2004							
1/16/2005							
2/27/2005							

RELEASE FROM LIABILITY: "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 RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING 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."

Date: ____ / ____ / ____ Signature: _____ PrintedName: _____



Where to Get Wet: *GRIN* USMS Clubs

(* = workout group)

AVON MASTERS (AVON)

<Avon>
Marcia Harper – 317-272-1074; Luv2shopmh@aol.com

BALL STATE MASTERS SWIMMING (BSMS)

<Muncie>
Steve Jones – sjones@bsu.edu

DOC/INDIANA UNIVERSITY MASTER SWIMMING (DOC)

<Bloomington>
Nan Stager – 812-333-6951; Nstager@indiana.edu

DUNELAND MASTERS INDY (DLMA)

<Chesterton>
Leroy Campbell – 219-926-4584;
Ljcampbell@supereng.com
& Lisa Whitaker – 219-926-7841; Lizzy@netnitco.net

EARLHAM AQUATIC MASTERS* (EAM)

<Richmond>
Dick Smith – 760-983-1468; Smithdi@earlham.edu

FRANKLIN MASTERS (FM)

<Franklin>
Pam Gibson – 317-736-3698; Pgibson@ci.franklin.in.us

GREATER EVANSVILLE MASTERS (GEM)

<Evansville>
Brian Magazine – headcoach@greatswim.com

GREATER INDIANA (GRIN)

Jim Lewis – 260-356-1007; Masterswim@skyenet.net

HEALTHPLEX* (PLEX)

<Westside Indianapolis>
Eileen Davis – 317-873-2367; Edavis2@indy.rr.com

INDIANAPOLIS ATHLETIC CLUB MASTERS (IAC)

<Downtown Indianapolis>
athletics@iacindy.com

INDIANA SOUTHEAST MASTERS (ISEM)

<St. Leon>
Krista Hutzal – krista_hutzal@hotmail.com

IRISH AQUATIC MASTERS (IIAM)

<South Bend>
Lynn Blue – 574-299-1081; Lmblue@attbi.com

MAPLE CITY MASTERS*

<Goshen>
Peggy Shoup – 574-875-5766

MICHIANA MASTERS

<South Bend>
John Ford – 219-233-1194; Jford@jonesobenchain.com

NOBLESVILLE ADULT SWIM TEAM, INC. (NASTI)

<Noblesville>
Doug Church – 317-773-2190; Dchurch@cchalaw.com

CARMEL ADULT FITNESS SWIM CLUB*

<Carmel>
Jim Barber – 317-753-9455; jdbarber221@yahoo.com

SUGARCREEK MASTERS INDIANA (SCMI)

<Crawfordsville>
Lyle Fogel – 765-362-5903; Lylefogel@sbcglobal.net

SUMMIT MASTERS AQUATIC CLUB (SMAC)

<Huntington / Ft. Wayne>
Jim Lewis – 260-356-1007; Masterswim@skyenet.net

SWIM INDY (INDY)

<Brownsburg>
Travis Smith – 317-837-1759; travis@swimindy.com

TRI-STATE AQUATIC CLUB (TSAC)*

<Evansville>
Ivan Rodriguez – 812-479-3111 x301; chichan27@yahoo.com

VALPO WORKOUT GROUP*

<Valparaiso>
Ed Johnson – ezjfrom54@yahoo.com

YMCA INDY SWIMFIT (ISF)

<Multiple Locations around Indianapolis>
Mel Goldstein – 317-253-8289; Goldstein@mindspring.com
& Kris Houchens – 317-475-1823; Krishouchens@hotmail.com





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Huntington, IN 46750

The deadline for the next *GRIN SWIM* newsletter is October 15, 2004!
Next Issue: Big Shoulders 2.5K/5K Recap, USMS Convention Recap and much, much more!
Make sure you and your team are "in the news!"
Send submissions to raenalex@hotmail.com

Don't Miss These UPCOMING EVENTS!

Oct. 10 – O*H*I*O SCY meet
Oberlin College, Oberlin, Ohio
www.ohiomasters.com

Oct 7-11 – FINA Worlds Championships "See Water Catch Fire!"
Conseco Fieldhouse, Indy, IN
www.worldswim2004.com
(see also page 3)

Oct 23-24 – *GRIN* Fall Classic
IUPUI Natatorium, Indy, IN; www.grinswim.org

Through Dec. 31, 2004 – 30-Minute Fitness Swim Challenge
Sponsored by the USMS Fitness Committee, presented by O*H*I*O Masters Swim Club.
www.usms.org/fitness/swim30.shtml or contact Tom Spence at talltom13@msn.com.

Also check out www.usms.org!

Go Get Wet!

