

NEM News

the New England Masters Swim Club newsletter



NEM swimmers venture into the murky and somewhat cold waters of the Chesapeake Bay on June 8. Ethan Saulnier (First place in age group for 4.4 miler), John Kovacs (First place in age group for 1 miler), Al Prescott, Judy Prescott, Josh Fisher (First place in age group for 1 miler), and Laurie Damianos.

TWO OCTOBER MEETS

October 4

**Bowdoin College
Brunswick, Maine**

A fast pool. All events through 500 free. Freeport's L. L. Bean, many outlets and lobsters 15 minutes down the road. A Down East (overnight?) getaway?

October 19

**Keene St College
Keene, NH**

Within the "one day" range for many NEMs in Massachusetts, New Hampshire and Vermont. More info on Keene & Bowdoin on pages 6 and 7.

MIT in November ?

Maybe.

NEM NEWS NEEDS AN EDITOR

The NEM News editor is retiring in December. Interested in being the next editor? Contact NEM president Homer Lane at hlane@mbledu. You will have the opportunity to make NEM News what you think NEMs want and need for 2004.

If you have questions about the current newsletter, contact Tom Lyndon at 781-235-8587 or tomlyndon@aol.com.

Stroke Drills To Help You Swim Better Part 4 — BREASTSTROKE

From the Great Bay Masters website: greatbaymasters.org

by Ed Gendreau

KICKING DRILL

Purpose

To work on the full range of motion in the breaststroke kick and to develop a narrow, propulsive kick.

Description

Pull both arms all the way to your side. Draw your feet up so that your heels touch your fingertips, then do the breaststroke kick.

PULLING DRILLS

Breast pull with flutter kick

The breaststroke arm recovery is under water. It is therefore a challenge to execute the breaststroke arm recovery with the minimum possible drag and resistance. While swimming breaststroke pull with a flutter kick, try to execute the arm recovery without losing momentum.

Breaststroke pull with dolphin kick

The "wave style" breaststroke incorporates a dolphin like motion in the torso during the breaststroke. Swimmers can get the feel of this by swimming breaststroke pull with a dolphin kick. Do one dolphin kick per breaststroke pull.

Hypoxic drills

In short course pools a considerable percentage of breaststroke swimming is done underwater during the breaststroke pullouts. It is therefore a good idea to do hypoxic breaststroke training.

Breaststroke with flip turns

Swim breaststroke normally but do flip turns with full underwater pullouts.

Double underwater pullouts

Do two complete underwater pullouts off the wall.

COMMON MASTERS BREASTSTROKE ERRORS

Arm recovery, hesitation under chin

Many breaststrokers pause during the arm recovery when their hands are under the chin. The arm position during the recovery when the hands are under the chin is not at all streamlined, so it is highly undesirable to spend much time in this position. Use the breaststroke pulling drills described above to develop a fluid arm recovery without hesitations.

Face forward, head up throughout stroke: In the old days the breaststroke rules stated that the head could not go underwater, except during the underwater pullout. At that time swimmers frequently did breaststroke with the face forward and head up throughout the stroke. The new rules say that the head must break the water surface once each stroke cycle. It is now advantageous to look toward the pool bottom after the kick. Lowering the head at this point in the stroke helps to elevate the hips.

Next month: Butterfly Drills



The Non-Elite Swimmer

by Al Prescott
alprescott@charter.net
(Al wants your story. Send it in. Make his day.)

NON-ELITE, BUT FIT!

As you may or may not know, I am currently the fitness chairman of the Fitness Committee in New England Local Masters Swim Committee (over 90% of whom are NEMs). Recently many of you completed a survey to guide the Fitness Committee on how to better serve you. I thought I would share these results with you and let you know what this committee is doing to address your needs.

(Those with the most responses are ranked first)

Why do you participate in Masters Swimming?

- 1 General Fitness
- 2 Competition
- 3 Social Aspects
- 4 Cross Training

What other fitness activities do you participate in regularly?

- 1 Weight training
- 2 Open Water
- 3 Running
- 4 Indoor cardiovascular training
- 5 Yoga
- 6 Cycling (I assume the kind you pedal, but hey, what do I know)
- 7 Boating
- 8 Triathlon
- 9 Racquet Sports
- 10 Other Team sports

Would it help to be paired with a more experienced swimmer at a meet?

- No 64%
- Yes 36%

Would you be interested in a "Dress Rehearsal" meet?

- No 74% ((Someone made the comment that this is what "mini-meets" were for)
- Yes 26%

Would you have interest in attending health and fitness related seminars?

- 1 Stroke Technique and in pool drills
- 2 Dry-land training
- 3 Pre-and Post-yoga
- 4 Nutrition
- 5 Periodization (i.e., how to peak for a race)
- 6 Psychology (goal setting)

In order to accommodate your needs, we are currently planning a stroke clinic in the fall which we hope will become an annual event to get us all back into the pools after the dog days of summer. Look for it coming soon at the end of October or so. More details will follow at in the next newsletter, and as always, email me if you have any questions. Hope to see you in the pool soon.



NEM COAT FOR SALE

Size medium. Near knee length. Nylon outside. Polartec inside. In good condition. Windproof and warm. Perfect for those pre-race chills and jitters. \$75 or best reasonable offer. Email Marian Coakley at Coakley37@Juno.com



The Self Coached Workout

by David Grilli, mushield@aol.com

PONDS AND LAKES

Editor's note: Due to a NEM News oversight, the above column did not appear in the August issue of NEM News.

Late summer is a great time of year to do some open water training. If you can get access to a pond or lake with limited boat traffic, and provided the water is clean, you can enjoy a nice break from flip turns. It's also a good idea to swim with others.

The summer sun has warmed most lakes and ponds to their best temperatures of the year. A swim across a pond or along a lake shore can make for a great workout.

If you're wondering how to work out in open water, consider these suggestions. Since you are not counting yards or laps but want to quantify a good workout, simply use your wrist watch. (a waterproof one of course). Swim 15 minutes out and 15 minutes back. Try things like, swimming butterfly or backstroke for 1 minute then freestyle for 1 minute. Repeat several times.

Backstroke can be a navigational challenge in open water. One clever guy I know will sight landmarks between his feet. He has big feet.

Open water swimming is best in the morning, as that's when the water is calmest and the jet skiing yahoos are still in bed. It is also a good idea to wear a bright colored cap.

Be familiar with the water you are swimming in. Avoid rivers and tidal areas with strong currents. Know the depth of the water. It does not matter how deep the water is but shallow weedy areas can be a nightmare. If you can't talk someone into swimming with you, perhaps they would be willing to spot you in a canoe or kayak. Here's an open water workout idea.

- 1 Warmup with a 10 minute cruise.
- 2 Use a countdown timing watch with an alarm and 1 minute sprints followed by 1 minute easy swims. Repeat this cycle 5 times.
- 3 Do 1 minute swims of stroke followed by 1 minute swims of easy freestyle.
- 4 Repeat this cycle 6 times.
- 5 Swim 5 minutes hard and 5 minutes easy.
- 6 Do a 15 minute easy swim for cool down.

NEM ROOMS FOR THE 2004 SHORT COURSE NATIONALS NEXT APRIL IN INDIANAPOLIS

(Thanks to our NEMs at Nationals Czarina, Tracy Grilli)

I have reserved 20 rooms at University Place for NEMs. The hotel is within walking distance of the pool. Ten rooms for Wednesday night, April 21st, for those swimming 1000's and 1650's on Thursday. Twenty rooms for Thursday, April 22, through Saturday, April 24th. The rate is \$129 per night. I am the NEM contact person and it's "first come, first served." I can be reached at 800-550-SWIM (7946) or tracyswims@mindspring.com.

Teaching Strokes 101

By Jim Reiser, M.S.,
University of South Carolina, Dept. of Physical Education
www.swimmingcoach.org

BUTTERFLY

Considerations:

- Not about power, but rhythm and timing.
- Allow for plenty of practice time.
- Repetition is the heartbeat of every skill.
- A level of conditioning will enhance ability to improve technique.
- Teach timing to achieve undulation through modeling and choral responses.
- Teach kick timing to enhance propulsion through modeling and choral responses.
- Feedback (FB) is essential, but too much FB has been shown to hinder performance. Don't forget, practice is the heartbeat of skill. When we get too full of ourselves and we start talking more than they're practicing—you know you're overteaching!

Teaching Drills/Ideas:

1. Single arm fly
 - emphasize timing for the rise of the hips
 - incorporate choral response during modeling: when hand enters, swimmers respond "UP!", "UP!"
2. Single arm fly
 - emphasize timing of kick
 - incorporate choral response during modeling: when hand enters, swimmers respond, "kick" and when hand passes waistline: "kick"
3. Whole Stroke
 - emphasize other components, i.e., recover pinkies on top, catch, thumbs to centerline on pull, etc.
 - alternate kick drills, stroke drills, and whole stroke variations.

BACKSTROKE

Considerations:

- teach swimmers early to kick and swim on their sides. why?
 - a. less drag
 - b. hips elicit more powerful pulls
- high, still head position (not back!)

Teaching Drills/Ideas:

- underwater applause.
- penny on forehead to encourage "still head position" during drills.

1. Side kick (bottom arm extended)
 - emphasize small, fast kicks while on hip.
2. Kick waka waka Kick waka waka Pull, Roll (repeat original side)
 - teaches getting the hips involved in the pull.
 - emphasize bend at the elbow during pull.
 - * not an easy drill, but extremely valuable.
3. Six Kicks on the Side and Stroke
 - encourage the continuous fast, steady kick as one leaves the side to stroke.
4. Three Kicks on the Side and Stroke
 - same emphasis, but takes the swimmer a step closer to the whole stroke.
5. Whole Stroke
 - give feedback congruent with the fundamentals you've been teaching.

BREASTSTROKE

Considerations:

- anatomical phenomenon
- dryland kick exercise – "Flex like a frog." "Point like a ballerina."
- problem word- "pull"

Teaching Drills/Ideas:

- Uses cues: try traffic light colors
Base position: Red
Outsweep/press: Yellow
Inward sweep and recovery: Green

1. Breaststroke Arms with Freestyle Kick (head up)
 - try fins and a noodle under the armpits.
 - have swimmers choral respond colors as they execute the arm action going down the pool.
 - emphasis: hands in front
2. Breaststroke Arms with Freestyle Kick (add breathing)
 - emphasis: breath timing. Breathe during the cue "green," looking at bottom during red and yellow (This is wave-style breath timing. We teach it immediately).
3. Breaststroke Arms with Freestyle Kick
 - emphasis. Sea snake – Pinky fingers must remain in the water, at least the thumbs break the surface tension.
4. Breaststroke Arms with Dolphin Kick
 - emphasis: Kick timing and hip action.
 - one kick per stroke, occurs during "green" cue.
5. 2-1 Drill
 - emphasis: Base position, kick and timing.
 - two kicks are taken during base position (red). At the conclusion of the second kick, execute outsweep (yellow), insweep and recovery (green) as well the kick.
6. Whole Stroke
 - emphasis: timing and/or areas of strokes that need refinement.

FREESTYLE

Considerations:

- K.I.S.S. (Keep It Simple Stupid) (not the rock group!)
- Stroke Cues:

1. Reach/front extension
2. Catch and Pull (elbow up, hand and forearm pitched back as a paddle).
3. Elbow High/Shark Fin (encourage swimmers to get hand and forearm as vertical as possible on recovery. Teach swimmers to keep the hand as close to body and face as possible during recovery.
4. Small, Fast, Steady Kick
5. Head Still

Teaching Drills/Ideas:

Olympic Games Competition/Exercise

Instructions:

You could win a medal (imaginary) based on how well you perform the event (specific stroke component). Not how fast, but how precise/perfect. In this Olympic games, we could have 3 gold medals, 4 silver medals, 6 bronze medals, or no medals at all. Winning a medal is not guaranteed, but if you swim with good technique, you will be rewarded that medal. Now if you don't win a medal, does that mean that you are worthless blob of pond scum? No! Of course not. If you are in the Olympic games, you are one of the best athletes in the world. Whether you win a medal or not. But always, always do your best and try to win that medal. If you do, I want you to celebrate by throwing your fists up in the air and falling backward into the water!

1. The first event is the "front extension" event.
If you're straightening your elbows before you pull, you could win a medal!
2. The second event is the "catch and armful" event.
If you're ... you could win a medal.
3. The third event is the "head position" event.
If you're ... you could win a medal!
4. The fourth event is the "kick" event.
If you're ... you could win a medal!
5. The fifth event is the "whole freestyle" event.
If you're ... you could win a medal!

Colonies Zone Champs

Short Course Yards Piscataway, NJ August 2003

Tracy L Grilli, 46

50 Free 28.52 1st
100 Free 1:00.66 1st
200 Free 2:12.45 1st
500 Free 5:51.43 1st
1650 Free 20:09.27 1st
50 Back 33.10 1st
100 Back 1:10.45 1st
100 IM 1:10.73 2nd

Laszlo Eger, 57

50 Free 27.32 9th
100 Free 59.95 6th
200 Free 2:12.77 4th
500 Free 6:10.86 4th
1000 Free 12:46.00 1st
50 Back 33.13 4th
100 Back 1:12.39 4th
200 Back 2:35.56 2nd
50 Fly 30.20 6th

Walter Lincoln, 69

50 Free 28.43 2nd
50 Breast 37.46 3rd
100 Breast 1:22.71 2nd
200 Breast 3:10.60 2nd
50 Fly 35.00 1st
100 IM 1:15.95 1st
200 IM 2:55.36 1st
400 IM 6:24.01 1st

MIT WORKOUTS

Wait listed in other programs in and around Boston? MIT is recruiting and building its workout program. Check out the outstanding new pool and workout group at MIT. No waiting list and you do not need to be a member of the MIT community to be in the MIT workout group.

More info at:
[web.mit.edu/
swim-masters/
patti@mit.edu](http://web.mit.edu/swim-masters/patti@mit.edu)

MY LAKE PLACID IRONMAN TRIATHLON

By Liz Hale

The Lake Placid sky on July 28, 2002, was still dark when my alarm woke me at 4 a.m. I lay motionless for a few minutes, partly to reflect on the magnitude of the day ahead of me, and partly because I knew that, once I got up, I would be moving for a long, long time. It was July 28, 2002 and I was about to do an ironman for the first time.

Two hours later I arrived at the race site and was reminded of this uncharted territory as I eyed the large medical tent. I recalled the ironman literature which had informed me it was legal to, “run, walk, or crawl across the finish line.” I quickly made my way past hundreds and hundreds of spectators to the start at Mirror Lake. The sight there was incredible. Hundreds of blue and green caps filled the water and hundreds more stood on shore as the sun was just starting to peek over the trees.

Once I zipped my wetsuit, I entered the water with my teammate, Jessica, and 1800 other dark suited athletes. At exactly seven o'clock all 1800 of us started swimming at the same time — something, until then, I didn't believe was possible. There were bodies all around me and I was surprised I could swim at all. I didn't dare put my head in the water for at least 3 or 4 minutes, for fear of getting a swift kick in the face. Finally, I felt I had some space in the water to myself. It was not as bad as I had expected. Even with other triathletes sometimes bumping against me or touching my feet, I could swim at a steady pace.

Each of the three legs of the race was a double loop, so after 1.2 miles of swimming, I emerged from the water, ran over a timing carpet, and went back in to do it all over again. When I finished the next loop, 34 minutes later, I ran toward the volunteers who were pulling off wetsuits. “Sit down!” one of them barked at me. Five seconds later I had my wetsuit in my hand. Then I ran down a street jammed with cheering people, grinning and waving at anyone I recognized.

Once I reached the Olympic oval, I ran through a row filled with hundreds of white transition bags. A volunteer handed me my bag and I ran into the woman's change tent, where muscular women of all sizes were frantically changing clothes. In an ironman, volunteers are allowed to help you with your transition. This one volunteer did whatever I needed! She took out my glasses, put my wetsuit back in the bag, and then put sun lotion on my back as I clipped my helmet and put on my glasses. Susan, my volunteer, assured me she would take care of my bags and I left the oasis of women to go find my bike. As I got to my rack, another volunteer (they were everywhere!) handed me my bike and I was off on the second, and longest, part of the day.

The first thing that struck me was the number of signs that lined the streets of the bike and run course. Words of encouragement, both serious and funny, were everywhere and I took them as my own. It may sound obvious that one has to pace oneself in an ironman, but I was surprised what I challenge this was.

Seeing people I knew ahead of me stirred up my competitive nature (not exactly a rarity among triathletes) and I had a desire to pedal just a little faster. But I forced myself to remember this was a whole day event and focus on my goal—to enjoy the marathon as much as possible. I had trained well but I certainly hadn't “overtrained”. I knew I would have to pace myself if I was to have a good run. The next few hours filled with breath taking views of mountains and fields, a short rainstorm that soaked every part of me, but most of all, continuous eating and drinking and pedaling.

After two 56 mile loops with many, many hills, I was so happy to give my bike to the volunteer at the transition area. I went once again to the women's change tent, this time to be helped by Sara. She applied more sun lotion on my back and arms and I took a few minutes

to massage my own legs, trying to loosen them for the run ahead.

I jogged out of the tent with my yellow Powerbar hat shielding my eyes from the now unobstructed, hot sun. My hand clutched a flask filled with Gu, which gave me an added sense of security as I went to attempt the marathon — a distance I had never experienced before that day. I saw more friends cheering when I ran by the crowds of people and could feel my smile filling up my face. As I ran away from the center of town, I looked in disbelief at a fit athlete on the side of the road next to an ambulance. He had an oxygen mask over his face with two EMTs attending to him. And I was running the same race as he was? Oh my.

After a few miles, energetic spectators gave way to grassy fields and beautiful views of the Adirondack mountains. Because the run was, again, two loops, I arrived back into town at mile 11, did a small 2 mile loop, and then headed out to repeat the same run. By now my legs were incredibly sore but I could still run. I passed many people who had resorted to walking and realized my cautious bike ride was paying off.

I speed walked only on the uphill and through aid station where I drank Gatorade or chicken broth. Sometimes I squeezed a wet sponge over my head but the relief from the hot sun was only temporary.

To do an ironman, to train for and do something you once thought you would or could never, ever do, breaks the myths you once held about yourself.

Hours later, the sky began to move toward dusk and I was heading back into town for the final time. I knew from the extreme tightness of my legs that I would probably not be able to walk very well the next day, but I didn't care. This was the race I had been training for all year.

With only two miles left to go, I approached crowds of people and the finish area. My emotions started to swell as I thought about finishing but I soon realized that any form of crying and running don't mix. My throat felt like it was going to close up so I had to shove my emotions down and just run.

With one mile left to go, I still, somehow, had energy left. I ran strong past a handful of people and towards the finish banner that I could see looming ahead. As I turned the corner the white Ironman banner was held up for me. “Liz Hale, from Cambridge, Massachusetts,” an announcer bellowed. “You are... an ironman!” These words echoed in my head as I held out my arms and crossed the finish at precisely 8:22 p.m. Tears flooded from me, as I knew they would, and I barely remember someone putting a medal around my neck. When I found friends and teammates who had recently finished as well, I hugged them tightly, still crying. So many thoughts flooded my mind at once.

Only later did I have time to reflect on what exactly was going through my mind; what was it about finishing an ironman that made me so emotional? True, I was physically exhausted, but I knew a lot of it had to do with how far I had come in triathlon.

In high school I remember avoiding physical exertion because it was too painful. “Why would I do something that hurt?” I remember asking myself once when I bagged the second day of soccer try-outs. I once decided to pursue my passion for singing and drama rather than sports. So many people have asked me that same question this year when I explain the distances of an ironman. They look at me and say, “My god, why would you do something like that? That sounds painful. That's insane.” And they are right. It is painful. But triathlon has taught me to accept discomfort as a natural companion to the incredible high that comes with pushing yourself physically. To do an ironman, to train for and do something you once thought you would or could never, ever do, breaks the myths you once held about yourself. And that alone can make one ordinary day in July extraordinary.

USMS 2 Mile Championship Cable Swim

Austin, TX May 3, 2003

by Tim Morse

May is the beginning of open water season in lots of places, and boy, was I ready. Sometimes you just want to get out of the pool. I made all sorts of dumb-ass mistakes at various meets this year, including a false start, a DQ, losing count on the 500, topping it all off by missing the touch pad [!!!!] in the last meet I was in.

They even have huge orange bouys at each end so you don't swim to all the way to San Antonio.

Thank God for the cable swim in Austin. You

get into the water and swim right next to a one mile length of rope with bouys on it. Of course you can screw this up, too, but there are less opportunities. They even have huge orange bouys at each end so you don't swim to all the way to San Antonio.

The Texas Gold Masters sponsored this swim at Joe Willy Slingblade Lake, just east of town. Actually, it was called Walter Long Lake. But there was a town called "Smoot" right near by. Nobody seemed to know how this suburb got its name. Of course, we have "Wickboxet Pond" and "Arctic" in RI, so there you go.

The swim started at 9:00 am. Although there were severe weather warnings the night before, we had 80 degree temps with an overcast sky that morning. I know what severe means. It's twister country. Great motivation to get the swim over with.

Since it was a cable swim, there was a staggered start, with 15 or so counter-clockwise swimmers going first. Then there was a separate clockwise swim about an hour later. Now I know something I did not know before. There are more clockwise swimmers than there are counter-clockwise swimmers. Our race had four heats of clockwise swimmers and only one heat of us left-side breathing weirdos. The other NEM in attendance, Bill Volckening, was a clockwise swimmer so we were equally represented. What a relief.

A few national records were set in the process of all this cable circling. Some 84 men and women made the swim. NEM's showed reasonably well. Mr. Volckening came in 6th in the large 35-39 division and I came in 3rd in the 50-54 division by virtue of the fact that there were only three fifty somethings at the meet. For more stuff, go to texasgoldmasters.org, click on the Lone Star logo, and look for *results* on the left.

BIG SHOULDERS

5 KM — CHICAGO, ILLINOIS
SEPTEMBER 7, 2002

By Tim Morse

If you ever get the chance to go to Chicago in September, this is a nice, fast, flat race. As long as the wind isn't blowing. And it was not this year. In fact, it was dead calm at the start, sunny and in the 80's by the end of the race. For the past 12 years, the Chicago Masters put on the event to benefit the University of Illinois at Chicago swim teams.

The race takes place near downtown, at the end of Ohio St. There's a park around Navy Pier, with a beach on the north side that's in a protected boat basin. The course is a 2.5-km triangle, with the 1st leg about 700m, and the other two legs about 900 m each. The Chicago Masters got us out of towners a deal at a hotel in the neighborhood. I walked the four blocks to the start. That was nice. And with the 8 am start, I was back in the hotel taking a hot shower by 10 am.

Even though it's a big city, the race had a small town feel. The park was surprisingly clean, as was the water. People really seem to like this event, to the tune of 212 in the 5 km and 101 in the 2.5 km. There was a mass start for the 5-km, with a bit of a crunch when we jockeyed for the first turn. Actually, the starting stampede had diminished five minutes into it, but suddenly got crowded again, with no real room to maneuver. What the hell, this was like 2 starts, bumping, and thrashing around. We were headed for the first buoy about four swimmers wide.

Things calmed down soon after the first turn, especially with a nice long stretch ahead. But I was never alone for long. Swimmers just ahead, others following. Swimmers thinned out a little more as we passed the 2.5-km mark, and headed back into the first 700 m leg. Now I could see something I hadn't really noticed on the first lap.

Chicago Parks Dept. life guards were in rowboats every 200 meters or so. If you followed the boats, it kept you straight.

This was about the time I passed the backstroke guy. He might have been doing one of those "take a break from the freestyle" backstrokes, where you roll over on your back, get your bearings, then go back to freestyle. It was hard to tell. With the single-side breathing I was doing, the horizon looked like stop action shots. People and objects appeared and disappeared with each breath. If he was doing the whole race on his back, was he messing with the rest of us? We were more than half way, so that's most of 1 mile of that, and I'm killing myself here. I found out later there's another guy who does the whole thing butterfly every year. Shoot me.

I had an even race, with a bit of give and take in the last 800-900 m. Folks started passing me, I passed some other folks. There were a lot of bodies going into the home stretch. Winners were in under an hour. Then we just kept coming. I'm used to 30 seconds to a minute between swimmers for a while after the hot shots finish. This was more like "the ants are marching". Did I mention that this was a well-attended event? I looked at my watch, and figured at 1:11:23, I must be one of the first 50-year-olds on the beach. Not in Chicago. A 54 year old George Wendt finished in 1: 01 something. Holy crap. We had to run out and cross an electronic timing line. I think I cut somebody off on the beach. Thinking to myself, "What an ass." Tired guys don't have the best motor skills at this point. I apologized to everybody around me just in case.

This is the only race I know that takes its name from a line of a poem, so that's pretty neat. All in all a good time, especially if you like a lot of company.

"Play with your fingers, not with your muscles."

— Tom Heinsohn, former Boston Celtic great.

October 19 Spaulding Gym, Keene State College Keene, Nww Hampshire

9:00 warmup; 10:00 start. 6-lane 25 yard pool. 13 feet deep at diving end, 3.5 feet deep at opposite end. Fully automatic timing, touchpads, and a six-line Colorado scoreboard. One lane for warmup/warmdown during the meet. Entry fee is \$3 and each event is \$3.

Brian Hobbs is the meet director. Please contact him before the meet so he can get an estimate of how many swimmers expect to be at the meet. 603-357-0142 (home) or bhobb@ix.netcom.com. You may enter a maximum of 5 events. Sanction 034-012-SLCY.

1	200 free	7	100 fly
2	200 IM	8	50 back
3	50 fly	9	100 free
4	100 back	10	50 breast
5	50 free	11	100 IM
6	100 breast	12	1000 free
	10 MINUTE BREAK	13	Fun Relays

Directions to Spaulding Gym

From Interstate 91 and the WEST: From I-91, take exit 3 in Brattleboro, Vt. Follow Route 9 into Keene. Continue straight through to the third traffic light and turn left onto Main Street. Proceed on Main Street and turn left on Wyman Way follow into the last parking area, gym is to the far right.

From the NORTH (Route 9 and 12): Follow the highway to where it runs into a "T" intersection and traffic light. Turn left and proceed to the second light, Main Street, and turn left. Proceed on Main Street and turn left on Wyman Way follow into the last parking area, gym is to the far right.

From the EAST (Route 101): Proceed on Route 101W to Keene. At the second traffic light, Main Street, turn right. Proceed on Main Street and turn left on Wyman Way follow into the last parking area, gym is to the far right.

From the SOUTH (Route 12): Continue on Route 12 as it turns into Main Street. KSC is on the left about 1/4 mile past the junction with Routes 9 and 101. Turn left on Wyman Way follow into the last parking area, gym is to the far right.

From BOSTON and EASTERN MASSACHUSETTS: Take Route 2W to Route 140N (Gardner, Mass.) to Route 12N to Keene (See "From the SOUTH").

Directions available at the KSC Athletics Web Site <http://www.keene.edu/athletics/directions.cfm>. Spaulding Gym is building #32.

Freestyle and Backstroke Breakouts

You're coming out of a freestyle or backstroke turn, streamlining on your side. With which arm do you pull first?

You can create several advantages by pulling first with the arm that has the shoulder facing the bottom: (Note: Because of the natural rotation, or body roll, in freestyle, it is easy to tell which side is facing the bottom. However, on backstroke, most swimmers push off fairly flat on their backs. Do what the best backstrokers do and drop one shoulder a split second before your breakout to gain the advantages described below.)

You can gain more rotational power and distance. This rotational power allows you to use your hips more effectively, greatly increasing the distance you cover on your first stroke cycle.

By taking your first breath on the opposite side of your breakout stroke (breakout stroke on the left, first breath to the right), you ensure that you will do a complete stroke cycle before your first breath. (Note: Swimmers who breathe on their left side should streamline on their sides with the right shoulder facing the bottom.)

Cancun 2002 ITU World Championship Aquathlon November 3, 2002

By Fred Bartlett

Aquathlon baby, that's the ticket! Run 2.5 k {1.5 miles}, Swim 1k {800 meters}, and then run 2.5k again. Its short, sweet, fast, intense and guess what, no bike. How pure can a sport get. Imagine no bike hassles (\$75.00 each way), no dreaded Co2 cartridges, chain grease, flat tires, assembly and disassembly and the time and expense involved!

Instead, picture this, maybe one suitcase or even only a carry on with one or two pairs of running shoes, a bathing suit, goggles and a singlet for the men with a race belt and one or two gels thrown in, and your there. That's right, that's all there is, were not in Kansas anymore Toto!

So instead we have landed in Cancun for the ITU Aquathlon World Championships held on November 3rd, a week before ITU Triathlon Worlds [Short Course]. We are pretty much naked, no cumbersome bike box, and it's hot and humid. Did I mention it was hot, damn hot!

Anyway Team USA has 40 + members for the fifth annual World Championships. That's right this is the fifth time for its competition so where have you all been? Over two hundred people from all over the world are here to compete! Needless to say both TEAM USA and TEAM MEXICO kicked naked butts!

Team USA highlights included {70-74w} Ruth Hertzberg being the oldest competitor taking home the gold, as did {20-24w} Lisa Kirsch who fell on the last run, breaking her ankle and yet getting up and finishing taking one for the team. Team USA also swept the {40-44w} led by Jane-Esahak-Gage.

Led by our team leader, Kelly Parker {3rd 40-44w} the women's team had five World Champions, 3 silver medalists and 2 bronze medalists. The overall women's winner was TEAM USA's Julie Swail who smoked the field in 35:40 beating most of the men! [Including me]

The mens team also had the overall winner TEAM USA's Michael Collins {35-39m} racing in an incredible time of 34:22 and we produced four World Champions and two silver medalists.

Both of Aquathlon's co- directors for 2003, "Judge" Mike Jones and "Frantic" Fred Bartlett, were crowned World Champions and are taking over the reigns from Kelly Parker after her incredible efforts of the last few years.

Cancun was a wonderful place with hot sun, sand, palm trees, friendly people, night life, historical and archeological sites. What it didn't have were bikes and their problems.

Next year look forward to a National Championship in August in New England and Worlds in New Zealand in December. This is an up and coming sport, anyone can do it, it's short fast and fun, with both the swimmer and runner having an equal playing field, so you to can join the fun! I did!

By controlling the timing of your first breath, you can hold the velocity gained from the push much longer, and carry this increased velocity into the rest of the length.

In addition, by controlling the timing of the first breath, you will find it easier to reach your ideal tempo (stroke rate).

7/2/03 SwimInfo (<http://www.swiminfo.com/technique/tips.asp>)

**FORTH ANNUAL GEORGE ERSWELL
OCTOBER SWIM MEET
Bowdoin College Pool
Brunswick, Maine**

DATE and TIME: Saturday October 4, 2003

Warm Up: 11:00 AM

Meet Start: 12:00 Noon

FACILITY: Bowdoin College Greason Pool at the Farley Field House (Hwy. 123 S) Harpswell Road, Brunswick. This is a 16 lane pool. Eight lanes will be used. With adjacent lanes for warm-up and cool down. Electronic timing will be used.

ENTRIES: For administrative reasons there will be no deck entries. Entry cut off will be mail delivery 9/24/2003. Relays will be deck seeded.

ORDER of EVENTS: (Yards)

Women	Event	Men
1.	500 free	2.
3.	200 fly	4.
5.	50 free	6.
7.	100 breast	8.
9.	200 IM	10.
11.	50 back	12.
13.	100 free	14.
15.	200 breast	16.
17.	100 back	18.
19.	50 fly	20.
21.	100 IM	22.
23.	200 back	24.
25.	50 breast	26.
27.	200 free	28.
29.	100 fly	30.
31.	200 free relay	32.
33.	200 medley relay	34.
35.	200 mixed free relay	
36.	200 mixed medley relay	

SEEDING:

Slow to fast, regardless of age. "No times" will be seeded in the slowest heats.

AWARDS:

Ribbons will awarded to the first three places in five year age groups for both men and women. White "Personal Best" ribbons will be available on request to meet directors.

MEET DIRECTORS:

Arnie Green (207-729-8179); Sandy Potholm (207-729-0649)

MEET REFEREE: Robert Mehlhorn, MSOA Official

For other information visit our Web Site at:

www.mainemasters.org

REGISTRATION and MEET APPROVAL DATA:

USMS sanction 034-010-SSCY b) Recognized ____

a) In a USMS sanctioned meet, only USMS Registered

Masters swimmers 19 years and older may enter a sanctioned meet.

USMS liability release waiver (below) must be executed by **all** entrants.

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England and nationally.

To register as a Maine Master contact Joyce Brown, 166 Hildreth Rd., Harpswell, ME 04079. 207-725-5394.

**4th Annual George Erswell October Swim Meet
Saturday, October 4, 2003**

Name _____

Address _____

Home Phone _____ Club # _____

Age _____ Male / Female (circle)

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

Event # _____ Seed Time _____

REGISTERED MASTERS SWIMMERS MUST ENCLOSE A COPY OF THEIR CURRENT USMS MEMBERSHIP CARD.

FEES: Meet fee is \$9.00 per entry covering 5 individual events, plus a \$6.00 surcharge for electronic timing.

Make checks payable to: Maine Masters, and mail to: Sandy Potholm, 182 Hildreth Rd., Harpswell, ME 04079

Total Fees Enclosed: \$ _____

***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 AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE 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."*

Signature of Participant _____

Date _____

DIRECTIONS

Take Maine Turnpike to Exit 9 (95 to Coastal Rte 1). Continue on 95 to Exit 22. This takes you to Pleasant St in Brunswick—continue on Pleasant St until it comes to a T intersection with Maine St. Turn right on Maine St, and proceed about 1/2 mile to top of slight rise, with large church on the left, and turn left onto Bath Rd. At first light, take right on Harpswell Rd (Rte 123). Proceed past Longfellow St on the right. Look for black and white Bowdoin sign on the right, about a block past Longfellow. That is the entrance to the Farley Field House. The swimming pool is in the field house, and parking is in the lot in front of the field house.

Ask Dr. Swim

Q: Where can I find the fountain of youth?

A. Drink This to add five years to your life.

While it doesn't come with a money-back guarantee, it appears that a molecule found in red wine could extend your life by as much as five years.

It's been well known for some time that when human beings cut their daily intake of calories, they not only lose weight, but also prolong their lives. Now researchers from Harvard Medical School have discovered that a molecule called resveratrol that is found in red wine, grapes, peanuts, and some other plants, has the same effect as cutting calories: It extends life.

The first experiment conducted by the Harvard researchers was on yeast cells, which lived 80 percent longer with resveratrol. The results of the next set of experiments with worms and flies—multi-cellular organisms—are "encouraging," according to the study's co-author, David Sinclair, a molecular geneticist. Next up: They will test it on mice.

But these preliminary results are so promising that scientists are already discussing ways that drugs made with resveratrol could lengthen life, as well as prevent or treat age-related diseases. "This is the first time that slowing down human aging looks like a real possibility rather than science fiction," Sinclair told The Baltimore Sun. "This may be a turning point for humans." So what does this mean for you NOW? Sinclair, for one, says he has become more "enthusiastic" about all those supposed benefits of red wine.

And medical experts who have reviewed his initial research findings say the same thing. "Not many people know about it yet, but those who do have almost invariably changed their drinking habits. That is, they drink more red wine," Sinclair told Reuters. "We're connecting many dots with this study," he said. Those dots help explain why moderate consumption of red wine has been

linked to a lower incidence of heart disease and why resveratrol prevents cancer in mice, according to Sinclair. He told Reuters that his research team is now looking for what he calls the Holy Grail of aging research: molecules that activate the enzymes that in turn influence the genes that regulate aging.

Here's the big news: They have found 18 of those molecules; resveratrol is just one of them. Those 18 molecules all have one thing in common. They came from plants and were produced due to some sort of harsh environmental condition, such as drought. "We think we know why these plants make these molecules. We think it's part of their own defense response, and we also believe that animals and fungi that live on the plants can pick up on these clues," Sinclair told Reuters.

So when you purchase your next bottle of red wine, look for one from Spain, Chile, Argentina, or Australia. These wines contain more resveratrol than those produced where grapes are not as highly stressed or dehydrated. And while resveratrol won't double your years on Earth, it could add another five to them. What's the real secret to living a long life? "Eat a healthy diet, keep active, exercise your mind," Sinclair told The Baltimore Sun. "Don't smoke. And don't get run over by a car. We know for sure that all of those things work."

*The study findings were published in the journal Nature.
<http://channels.netscape.com/ns/atplay/package.jsp?name=fte/drinkthislivelonger/drinkthislivelonger>*

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Bill Volckening and Tim Morse about to do an open water swim.



Mastering It

"Life, Charlie Brown, is a lot like a swimming pool. Some people love the fast lane, some are content with the slow lane. Some can't resist passing other swimmers, others are content to drag off the one in front."

— Lucy



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