

NEM News

the New England Masters Swim Club, Inc., newsletter

September 2008

Nutrition and Big Swims

Issue # 809

CMSC Pulls Together for Swim Across America

What do you get when you combine a large Masters team, a good cause, and a passionate, departing coach? \$25,181 raised for the Dana Farber Cancer Institute!

Swim Across America (SAA), now in its 22nd year, is a national fundraising effort that has raised over \$20 million thus far for cancer research, prevention, and treatment. Almost 2,000 swimmers participate annually in both pool and open-water swims in several cities across the U.S. In the Boston area, Kitty Tetreault organizes two open-water SAA events every year, on consecutive days in July: a 22-mile relay swim in the Boston Harbor and one-mile and half-mile swims at Nantasket Beach. Each swimmer needs to raise at least \$1,500 to swim in the Harbor swim, and at least \$150 to swim in the beach swims. This year, swimmers from the Boston area events raised about \$300,000 altogether!

Before the swims, a group of about 15 participants visited the Dana Farber clinic on Thursday, July 10th. This group included Cambridge Masters Coach Scott VanKuilenburg and three others from our team. Scott played Wii with one of the young cancer patients and described the game to me: "He kicked my butt. He told me he hoped I was a better swimmer than a video game player. It was fun to have him laughing at me and see him smile."

On Friday, July 11th, five past Olympians participated in the Boston Harbor 22-mile relay swim, including Janel Jorgensen (a silver medalist in the 1988 games in Seoul, South Korea), the National Executive Director of SAA. Joining the Olympians were



Nantasket Beach swimmers from CMSC: top row: (left to right) Tommy Gainer, Lindsay Gainer, Eric Dunham, Larry Richardson, Jackie NeJaime, Justin Brinkmeyer, Doug Bosley, Dave Titus, Tara Gulla. Bottom row: Julia Lam, Gail Fricano, Jennifer Downing, Dori Miller, Scott VanKuilenburg, Allison Goulder.

57 other swimmers, nine of whom swim for Cambridge Masters Swim Club (CMSC): Sharon Beckman, Doug Bosley, Lauren Erb, Susannah Ford, Tommy and Lindsay Gainer, Larry Richardson, Dave Titus, and Scott VanKuilenburg. These nine swimmers raised \$17,578, with Scott pulling in \$4,290.

On Saturday, July 12th, 178 swimmers did the Nantasket Beach swims, including 10 CMSC swimmers: Edith Adams, Justin Brinkmeyer, Jennifer Downing, Gail Fricano, Alison Goulder, Tara Gulla, Christina McCarthy, Adam Mitchell, Tanya Roy, and Maura Twomey. Together the CMSC beach swimmers raised \$7,603.

Four CMSCers worked as volunteers for the events. Jennifer Downing, in addition to swimming the Nantasket beach swim (and raising \$2,398), also volunteered on the Harbor relay swim and ended up swimming a few legs. At the Nantasket Beach swims, Dori Miller served as an "angel swimmer," swimming next to those who were nervous swimming in the ocean. Eric Dunham kayaked along the swimmers to provide support. And Julia Lam helped with set-up and registration.

So who was the driving force behind this successful team effort? The passionate, departing coach mentioned in the first sentence of this article: none other than Scott VanKuilenburg, CMSC's colorful head coach for the past three years. Scott has been participating in Swim Across America for seven or eight years, and he finds continued motivation from the kids in the clinic he visits each year before the swims. "You see what treatments these kids go through everyday and you realize how lucky we are. After seeing these kids, hopping into the harbor is easy," Scott told us at his farewell team party on July 18th. "Kids should be able to play and be carefree—no kid should have to put up with cancer and the issues that go with it."



Cambridge Masters swimmers Tommy Gainer, Susannah Ford, Lindsay Gainer, Scott VanKuilenburg, Doug Bosley, Larry Richardson, Jennifer Downing, Sharon Beckman, and Dave Titus (down in front) after the Boston Harbor SAA event.



Left: At one of the day's many relay exchanges, harbor swimmers take a leap of faith off the yacht that escorted them amid 22-miles of the Boston Harbor Islands. Below: Swimmers leaving the Rowes Wharf start of the 2008 Swim Across America 22-mile Boston Harbor Swim.

Photos courtesy of Jen Downing

As coach, Scott has always encouraged the team to participate in Swim Across America, but this year he went all out. During the two months prior to the events, Scott emailed CMSC mem-



bers often to remind us about the swims. He made it as easy as possible for us to donate, by e-mailing us (many times) the links to the fundraising web pages for all those on the team who planned to swim. At every practice, Scott mentioned Swim Across America and the dates were written in the top corner of the white board where the workouts are also posted. All of his badgering led to amazing results: 87 of us swam, donated, and/or volunteered for Swim Across America this year. We raised a grand total of \$25,181 for the David B. Perini, Jr. Quality of Life Clinic at the Dana Farber Cancer Institute.

After the Harbor swim this year, Scott was presented with the Wavemaker Award, "for his outstanding dedication and commitment to Swim Across America over the years," according to race director Kitty Tetreault.

The team certainly couldn't have raised over \$25,000 without Scott. Under Scott's leadership, CMSC members have pulled together to win the team competition at several New England Championships in the past three years. And under Scott's leadership, we have also pulled together to raise lots of money to help people with cancer. We are lucky to have had a coach who cares as much about helping others as he does about swimming fast. Scott VanKuilenburg's last workout with us was July 31st. We all wish him and his wife Cory the best in their new home in San Diego!
— Wendy Gulley, Cambridge Masters Swim Club

NEMers Swim at Nationals, Zones

Did you hear that Portland, Oregon just recently experienced an incredible heat wave (average temps 100+)? Unfortunately, it happened at the same time 1,300 swimmers descended on the city for USMS Long Course Nationals. Good thing I brought my parka for what I thought would be a chilly Friday morning (the normal low temperatures in August average about 56 degrees versus the 90 degrees we actually had), while waiting to swim the 400 IM.



David Bright at the USMS LCM National Championship meet held at the Mt. Hood Community College pool in Gresham, Oregon, August 14-17, 2008.

But, borrowing a term from two-time LCM National Champ Beth Estel (NEM: Granite State Penguins), we *sucked*

it up and made the best of a sticky situation, especially when we were all commiserating putting those tight fitting "technical" suits on our overheated bodies in the un-air-conditioned locker rooms— an event in and of itself, and almost an art form!

Beth "Waterbug" Estel (Granite State Penguins) says:

"My first race, which was my most important race, provoked some moping on my part because I thought I came in 2nd and added two seconds to my fastest time. However, the timing system experienced some difficulties and my buddy Tracy "Mighty Mermaid" Grilli runs into the warm-up pool and tells me the clock was screwed up and I got 1st with a personal best 39.3. She then proceeds to buy me a new Speedo backpack because I have been lumbering around with a duffle bag that is killing my shoulders. Tracy is a wonderful person. The mixed 200 free relay is a whole 'nother adventure. One of our swimmers (who shall remain nameless— Matt Gilson) not only had our relay card but shows up literally one minute before our heat, without his bathing suit on and he was the lead-off swimmer. We were pleasantly surprised that we took 9th, as we thought we would come in last given our seed time. I had lots of fun and plan on going to both Short Course (in California) and Long Course (in Indianapolis) Nationals next year, or possibly an International meet."

Susan Livingston (JCC North Shore) says:

"Long Course Nationals at Gresham was one of the best meets I have attended in my 24-year career. Great swimming



Beth Estel and Tracy Grilli relax in between events at the USMS LCM meet.

Photos courtesy of Beth Estel & Matt Gilson

facility, very professionally run, space to relax and be cool in (102 degree weather) and the Gold Medal Sponsor option was a fabulous plus, being able to have nutritious food from morning to night. Of course “aging up” always makes competition in a new age group exciting! I celebrated my 70th birthday on August 19th and came home with three silvers, a gold, and a top-10 time in the 50 back thanks to my teammates who agreed to swim the mixed medley relay.”



Matt Gilson, Jared Walkenhorst, and Tracy Grilli pose in front of the NEM banner at Nationals.

I agree with Susan in that the meet itself was well run— as efficiently as possible given a single competition pool for all those swimmers. Overall, there were 74 individual and 12 relay records broken— not too shabby!

Congrats to the baker's dozen of NEM/Maine swimmers who made the trek and fared well with a few national champions to boot! Overall, the NEM team placed 16th out of 139 teams. The NEM Women were 19th out of a field of 93 teams, while the NEM Men placed 16th out of 110 teams. Bill Rupert of Maine placed 63rd

in the Men's division and 89th in the combined team category. **Congratulations to all!**

LCM Zone Championships

For those who don't want to travel to Indianapolis next August for USMS Long Course Nationals, I would highly suggest you consider LCM Zone Champs at the University of Maryland. It's a quick two-day meet (typically the week after Nationals) that offers every event and the pool is a “fast” pool. Or, if you do go to Nationals, it's always a good “last chance” meet in the event you're like me and you missed your taper at Nationals or you swim events that you didn't swim at Nationals.

Congrats to Mike Ross of Maine Masters who broke three National and FINA records in the 40-44 age group in the 50 Back (27.47), 100 Back (59.82), and 100 Fly (56.43).

Kudos to Louis Kronfeld of Andover-NEM who flew in for the day and was just shy of the 65-69 age group 50 breast National record with a 36.75. For complete Zones' results, go to: http://www.terrapinmasters.org/CZ_results.pdf
— Cheryl Kupan, Swim Rhode Island

USMS/NEM Registration

As of September 1st and up until October 31st, all USMS/NEM 2008 registrations are available for purchase at the “Reduced Fee” rate of \$35. These registrations will expire on December 31st, 2008.

As of November 1st, new members can register for 2009, and their fee of \$40 will cover membership for November and December 2008 along with all of 2009. Any time after November 1st, 2008 members can begin renewing for 2009.

Coaches, please be sure you have the updated registration form, which can be found on the www.swimmem.org website, and that your new members pay the correct fee.

USMS Nationals Individual Results (NEM/Maine Swimmers)			
Swimmer	Age	Team	Events and Standings
Tim Bard	32	Unattached NEM	100 Free (11), 200 Free (7), and 50 Breast (8)
Edward Bockius	42	MIT	400 Free (14)
David Bright	55	Unattached NEM	400 Free (5), 800 Free (4), 50 Back (7), 100 Back (4) and 200 Back (4)
Beth Estel	52	Granite State Penguins	50 Free (9), 100 Free (6), 50 Breast (1) 100 Breast (1), and 200 Breast (2)
Matt Gilson	41	Swim RI	50 Free (8), 100 Free (8), 200 Free (5), and 400 Free (9)
Tracy Grilli	51	Granite State Penguins	50 Free (8), 100 Free (5), 200 Free (2), 400 Free (2), and 1,500 Free (3)
Cyrus Hopkins	70	Cambridge	50 Breast (2), 100 Breast (1), 200 Breast (2), 200 IM (3), and 400 IM (1)
Cheryl Kupan	44	Swim RI	50 Breast (2), 100 Breast (2), 100 Fly (1), 200 IM (5), and 400 IM (3)
Susan Livingston	70	JCC North Shore	100 Back (2), 200 Back (2), 200 Fly (1), and 400 IM (2)
Larry Richardson	49	Cambridge	1,500 Free (4)
Bill Rupert	65	Maine	800 Free (6), 50 Back (4), 100 Back (3), 200 Back (3), and 200 IM (5)
Jared Walkenhorst	34	Swim RI	50 Free (3), 50 Breast (3), 100 Breast (2), 200 Breast (3), and 200 IM (5)
Tim Wolf	44	Granite State Penguins	50 Free (24), 200 Free (12), 400 Free (15), 1,500 Free (8), and 200 IM (14)

Masters Coach Position at Beede Center

The Beede Swim & Fitness Center located in Concord, MA is seeking an experienced swim coach to coach the evening Tuesday/Thursday 7:00 – 8:15 pm coached workouts. The program runs year-round beginning September 22nd. Opportunity to sub for other workout times offered: Monday/Wednesday/Friday 6:00 – 7:15 am and Tuesday/Thursday 12:00 – 1:00 pm. If interested, call or e-mail Karen Houghton, Aquatics Director at 978-287-1003 or khoughton@concordma.gov.

Nutrition Matters

As summer comes to a close, the *NEM News*'s editor has asked us writers to consider the subject of health, fitness, injury, nutrition and rest. Whew, that's a long list— any one item could fill volumes of medical journals. Yet anyone can also see they are all inter-related and almost impossible to consider separately.

Therefore, I will certainly give it my best shot.

Of course my best shot may not be all that great. After all, I'm not an actual expert in this field. I'm not a doctor, nor have I ever played one on television. I do spend my day job researching biological pathways, disease and tissue degeneration, and if nothing else, have a profound appreciation for this particular subject matter. Mostly though, what I really have is personal experience.

Once upon a time I took a free cholesterol test that was offered at the SCY meet at Harvard. I still remember when the technician looked at me and said, "I'm afraid we can't test you. Your blood has clogged the tube and won't flow into the machine." This is what happens when you allow your cholesterol to go over 350.

The good news is that swimming is a great way to get control of your health, provided you make the effort. Once I learned to balance exercise and diet, I went from morbidly obese, to simply "large framed." More importantly, I was able to get my cholesterol down to 150 and improve most of my other blood chemistries so that I am now considered very healthy. But along the way I learned that if you persist in bad and unhealthy habits, the body can learn bad habits as well. Once these "habits" (and by habits, I'm referring to biological pathways) are learned, it can be very difficult, if not impossible, to teach the body to do otherwise.

So with this lengthy preamble behind me, I would like to share with you, what I found to be one of the best sports fitness presentations I ever saw. It was given last year (2007) at the USMS annual convention by Dr. Jim Miller, past president of USMS, and an active member of the USA Swimming Sports Medicine Committee. He also serves as President of USA Swimming's Sports Medicine Society. Any mistakes in the next few italicized paragraphs are all my fault, and any brilliance is that of Dr. Miller's.

Nutrition is critical during workouts and competition, and it essentially comes in one of three forms: carbohydrates, protein, and fat. One of the most critical and overlooked portions of a workout tends to be the 20 to 30 minutes following exercise. At this point, muscles are primed to be refueled (which requires carbohydrates). If this window is used to provide even a very small amount of carbohydrates to the muscles, then the carbohydrate pathway will remain open for up to two more hours.

If this window is not used, muscles will look for other nutrition. It has been found that fat is not used well by muscles during exercise, and therefore the only source of nutrition is protein. But protein is a major component of what? MUSCLE! And herein lies the problem.

If there are no carbohydrates (or too few) as part of your workout, recovery, and/or diet in general, the body will turn to consuming its own protein, i.e., it will consume its own muscle, which is what we are trying to "build," not destroy.

How does this manifest itself? Sore muscles after practice and the next day. What muscles are sore? The ones you are using, and destroying. If you experience an elevated heart rate after practice is over, and it persists for up to 24 hours, this is evidence of bad nutrition. The key is, if you are exercising for one hour or more, you better be planning on consuming carbohydrates and avoiding excessive fats and proteins.

Now being a man of science, I naturally had to test this. I began by switching my workout hydration fluid (which I typically refer to as WATER) to a sports drink that had some low level of carbs. I also took to having a hard candy after practice, and avoiding protein and fat before and after workouts. In total, I added about 150 calories of carbs during workouts that I estimate burn about 750 calories. I noticed almost nothing, but kept it up for a while, waiting to see evidence of some sort of change. The evidence, though anecdotal, came from my wife. I started this experiment in November of 2007. In the mid-spring of 2008 Judy looked at me and said, "What are you doing differently?"

"Why?" I asked.

"I can't remember the last time you iced your shoulders after a workout," she said. "You used to ice them all the time."

Thank you, Dr. Miller.— **Al Prescott, Minuteman Masters**

In Pursuit of a Swim Vacation: A New Take on Island Hopping in the British Virgin Islands

Sure, it's really nice to go the British Virgin Islands to relax, but in my opinion it's even better to go to the BVI and swim! Lucky for us masters swimmers there's an outfit called SwimTrek. There are many choices for people looking for active vacations: biking, hiking, kayaking, etc., but I had never heard of a vacation that catered to swimmers.

Last April I went on a SwimTrek vacation and wrote about it for [GoNomad.com](http://www.gonomad.com), a travel website. It was an amazing experience, and one that I think other swimmers would enjoy. For the complete article and pictures, please visit:

<http://www.gonomad.com/features/0805/swimming-bvi.html>

— **Laurie Ellis, Cambridge Masters Swim Club**



Swimmers on a BVI SwimTrek vacation.

On-line photos by Ian Griffiths and Simon Murie
Thank you to [Gonomad.com](http://www.gonomad.com) and editor
Max Hartshorne for permission to
reprint this piece.

Big Achievements by NEMers!

Congratulations are in order for Cambridge Masters swimmer Dori Miller for her successful crossing of the English Channel on Friday, August 8th. Miller had been in Dover, England for about a week preparing for her tide which started August 7th and ended on August 16th.

(Because the currents and tides are of such importance to a successful swim, channel aspirants are assigned a slot on a tide, usually a neap tide when there is less difference between high and low tide water heights.) The early weather predictions for Miller's tide were not good, and most of the swimmers scheduled to swim in that same window were either "blown out," meaning they could not start a swim because the weather was too risky, (and by risky, we mean gale force winds that actually prevented ferry traffic from crossing the channel) or started but were unable to complete their swims due to the rough water and very windy conditions. Because Miller was there early and ready to go, as soon as her pilot noticed a small window of passable weather on the forecast, off they went.



Preparing to start her swim, Miller squishes her goggles on tight. Swimmers begin the swim by jumping off their escort boat in Dover harbor and swimming usually about 20 to 50 yards back to shore, climbing out onto dry land, and then wading back in to start swimming to France so they have an official "dryland" to "dryland" swim.

Photos courtesy of Heather Nicholson

This is not to say that she had good weather; a few other swimmers started at about the same time, and to the best of our knowledge, they all had to be pulled because conditions deteriorated. Miller's speed, determination, and superior conditioning allowed her to combat these less-than-perfect conditions, and she arrived at Cap Gris Nez, France just 10 hours and 17 minutes after leaving Shakespeare Beach in Dover, UK. (Her swim has yet to be ratified by the organizing body, CS&PF, but she should be receiving her observer's report and official recognition of her accomplishment soon.) Miller also raised over \$5,041 for Parkinson's Research through Team Fox. You can still donate to her cause by visiting www.teamfox.org.

Miller will be providing a full report on her swim for a future issue of *NEM News* once she's returned stateside; in the meanwhile, here are a few photos from her successful feat!

CONGRATULATIONS, DORI!



Miller spent the last several hours of her swim in complete darkness. She landed in France just before 2 am local time.

Congratulations are also in order for Jarrod Shoemaker of Minuteman Masters. Shoemaker finished 18th in the Olympic Men's triathlon in Beijing China on August 19th. Shoemaker finished the 1.5K swim, 40K bike, and 10K run in a time of 1:50:46.39. Rich Axtel, head coach of Minuteman Masters, who

traveled to Beijing with Jarrod, will be providing a complete report of the Olympic experience for a future edition of *NEM News*.

WAY TO GO, JARROD!



Shoemaker is on the far right exiting the swim portion of his race in Beijing.

Photo by Philippe Huguen/Getty Images, from NBCOlympics.com

Pool Workout Corner

"Sneaky fly" workout submitted by Kim Donovan, coach of the ABC Gray Sharks Concord Acton Boxboro Masters swim team.

	Group 1	Group 2	Group 3
Warm-up	400 free 400 K (200 w/board & 200 side kick) 400 P or swim w/fins	400 free 300 K (200 w/board & 100 side) 300 P or swim w/fins	400 free 300 K (200 w/board & 100 side) 200 P or swim w/fins
Drill/HR set	4 X 100 3,2,1, swim drill :15 RI alternate free and stroke	3 X 100 3,2,1 swim drill :15 RI alternate free and stroke	3 X 100 3,2,1 swim drill :15 RI alternate free and stroke
Main set	8 X 50 2 of each stroke on 1:00 16 X 25 :10 RI start with 1 stroke fly and add 1 for each 25 on the 9 th subtract 8 X 50 free on :55 16 X 25 on :35 stroke	8 X 50 2 of each stroke on 1:05 12 X 25 :15 RI start with 1 stroke fly and add 1 for each 25 on the 6 th subtract 8 X 50 free on 1:00 16 X 25 on :40 stroke	6 X 50 2 of each stroke no fly on 1:15 10 X 25 :20 RI start with 1 stroke fly and add 1 for each 25 on the 5 th subtract 8 X 50 free on 1:05 16 X 25 on :45 stroke
Pull set	4 X 100 pull descend 1-4 on 1:30	3 X 100 pull descend 1-3 on 1:30	4 X 75 pull descend 1-4 on 1:40
Warm down	100 backstroke	100 backstroke	100 backstroke
Total yards	3,700	3,200	2,850

Preparing to Win

I've been surprised at the number of Masters swimmers who have asked me for details about how I prepared for the Long Course Meters Championship at Middlebury College this past June. Apparently, they suspect that more than just "aging up" was involved in my setting four new world records in the 60 to 64 age group. In this short article, I will do my best to answer most of these questions by identifying the factors that I believe made the difference.

First, of course, **I had a goal**. Over the last seven years or so, I have worked out regularly but haven't had a specific goal other than to be fit and swim fast. This year I really wanted to see if I could swim fast enough to beat the world record times listed for certain events in the 60 to 64 age group.

Second, **I found the inspiration** to dedicate myself to the grueling training necessary from many sources. One big source of inspiration was New England Masters member Greg Shaw and his wonderful performances in the 55 to 59 age group over the last two years. His swims in the fly and IM helped me to begin to believe that other older New Englanders might be able to swim at world record speeds. When I got around to mapping out my training schedule, I sought out Greg's advice on variety of subjects dealing with strength training, flexibility, and workout variety.

As a member also of the Cambridge Masters Swim Club at Harvard, I was constantly exposed to other sources of inspiration. Our coach, Scott Van Kuilenburg's personal commitment to swimming excellence "as a way of life" and his dedication to providing every swimmer with a perfect conditioning workout helped inspire confidence in me that I would have the conditioning base I needed. Also a number of great "young" swimmers in my lane— Frank Wuest, Dr. Mark Alexander, and Larry Richardson to name just three— constantly provided positive encouragement and a competitive lane environment on almost every important set Coach Van Kuilenburg gave us.

And finally, **I had a plan**. I developed a two year training and competitive swimming schedule plan that I actually followed, even though normal everyday career work demands and middle-aged fatigue often threatened to derail the plan. Here's a list of the things I did:

A. With my HMO's dietitian's help, I lost 21 pounds (192 down to 171) over a one year period and switched to a low fat and higher fiber diet to address decades of weight gain and a slightly elevated cholesterol level. For me this meant eliminating things like candy, cookies and ice cream (which wasn't that hard) and reducing the amount beef, eggs and trans fats that I was consuming. Fortunately for me, my consumption of beer and wine did not need to be reduced since they had no adverse effect on my cholesterol and continued to provide such a positive effect on my general outlook on life.

B. I began a weight training program three days a week to build back some of the upper body strength that I had lost over the years. Without going into the Nautilus weight and repetition details, let me just say that with the training I was able to increase the number of military pulls ups— a good indicator of upper body strength— that I could do from two to six-and-a-half. I was convinced after conversations with Greg Shaw and others that I needed to be significantly stronger in my upper body to be successful in the fly and individual medley races.

C. I also slowly increased my average weekly swimming yardage from 18,000 yards to 26,000 yards for the last three months of the two-year plan. This unfortunately meant "two-a-days" (two swim workouts a day) two days a week to provide the necessary additional yardage and some grouchy behavior on my part for my dear wife to put up with during this three-month period. Coach Van Kuilenburg's middle-distance focused daily workouts and lane-mate enthusiasm for always "getting our money's worth" out of each workout really helped.



Schlicher shows off his World Record fly at the Middlebury Meet, June 2008.

Photo courtesy of Laszlo Eger

D. During the two long course and short course seasons that I prepared for the 2008 Middlebury meet, I swam in at least three local meets a season to prepare for each regional championship. This local meet exposure ensured that I had adequate race pace preparation and meet confidence to be able to perform even in less than perfect situations and under stress. Review of the quarter splits for each of the four world record performances reveals a willingness on my part to establish the record pace early but a failure in some cases to maintain a consistent pace for maximum efficiency.

200 IM	200 Free	400 IM	200 Fly
31.40	30.99	1:10.33	33.09
39.27	34.51	1:26.06	38.07
46.35	33.97	1:43.37	41.05
33.70	33.22	1:11.23	39.37
2:30.72	2:12.69	5:30.99	2:31.58

2:36.07 **2:13.32** **5:41.07** **2:33.72**
Previous World Record

E. And finally, although Speedo Pro Bodyskin Racing Suits were not available to the general public in June of this year, Coach Van Kuilenburg gave me his brand new Team Arena "power-skin" full-body, long-legged racing suit to wear for the competition. This suit fit me much better than other speed suits I had used in the past and provided significantly improved swimming comfort and gliding distance off the walls.— **Fred Schlicher, Cambridge Masters Swim Club**

Phelps Isn't the *Only* Great Olympian this Summer

While the American media has spent the majority of its time reporting on Michael Phelps— who most certainly deserves much of the coverage and awe he has received for earning eight gold medals, one in each event he swam, and eclipsing Mark Spitz' long-standing record of most gold medals earned in a single games— there were other swimmers in the mix at the Water Cube and the Shunyi Rowing Basin who also deserve of some adulation for their amazing feats.

While some journalists and bloggers are lauding Phelps as the "greatest Olympic athlete ever," there are many other athletes in history and even within these Beijing games who could also be debated worthy of wearing such a moniker. Take for example Usain Bolt of Jamaica, who achieved the incredible feat of winning both the Men's 100M and 200M running events at the Bird's Nest in world record breaking and colorful fashion. Or perhaps Tuvshinbayar Naidan who won Mongolia's first ever gold medal in the 100 kg Judo competition, or Irving Jahir Saladino Aranda who also claimed his country's first gold, for Panama, in the long jump competition. They are all great athletes, and no doubt, will be called, "greatest" by someone, somewhere.

These amazing athletes and their enviable accomplishments aside, let's focus on some of the other swimmers in Beijing who are worthy of some serious admiration. I submit for your review:

- *Great Britain's Rebecca Adlington, gold medalist in the women's 800M freestyle and the new owner of the world record in that event, the longest-standing swimming record on the books. Set in Tokyo in 1989 by Janet Evans, the 8:16.22 time had stood for 19 years, but was shattered when Adlington stroked away from the pack and lowered the standard to 8:14.10, while sweeping all of the women's distance events in Beijing.*
- *South Africa's Natalie du Toit, the first amputee to compete in an Olympic swimming event. Du Toit lost the lower half of her left leg in a 2001 auto accident while preparing for the 2004 Athens games. Her leg was shattered, but her dream remained intact, and the introduction of the 10K open water event in Beijing was just the ticket. Du Toit didn't win, finishing 16th out of 25 in the race, but she set a new standard for swimmers with disadvantages of all sorts. Look for her to come back stronger yet in London's 2012 games.*
- *American Rebecca Soni, a senior at the University of Southern California who gained a slot in the 100M breaststroke after fellow U.S. team member Jessica Hardy was caught doping. Soni took her opportunity and ran with it, winning silver in the 100M breast behind*

swimming legend Lisel Jones of Australia. Soni then did Jones one better in the 200M breaststroke, her signature event, by claiming gold and shattering Jones' world record. This all less than two years after Soni had cardiac surgery.

- *American Jason Lezak, whose incredible performance in the men's come-from-behind, nail-biter of a victory in the 4X100M relay has no doubt earned him a place in Olympic swimming lore for decades to come. Entering the water well behind the trash-talking French team at the start of his anchor leg, it seemed Lezak had no hope of preserving Phelps' chance of earning those eight all-important golds. But Lezak dug deep and tore up the last 50 meters and crashed to a first place finish just eight hundredths of a second ahead of the French team. His inspiring, never-say-die finish went a long way towards keeping Phelps in the spotlight, and Lezak was refreshingly humble about his swim. And then, Lezak turned around and earned his first ever individual Olympic medal, a bronze, in the Men's 100M free in a terribly exciting race.*

Upcoming Meets

There are a number of meets in the process of being scheduled and sanctioned. Here's a look at the calendar for Fall 2008 and Winter/Spring 2009.

10/12 Providence College (SCM)

10/18 October Swim Fest at Simmons (*sanctioned)

October Swim Fest to be held at the Holmes Sports Center Pool at Simmons College (331 Brookline Ave, Boston, MA) on Saturday October 18th, 2008. Warm-up at 8:00am, Meet start at 9:00am (warm-up area available in "teaching pool" for the duration of the meet). Mindy Williams [617-521-1032, mindy.williams@simmons.edu]

10/26 Beede Center, Concord, MA (SCM)

11/8 Portsmouth City Pool, Portsmouth, NH (SCM)

12/TBD Wheaton College (SCM)

12/12-12/14 NE LMSC SCM Championships at BU (*sanctioned)

2008 NELMSC Short Course Meters Championship and New England Masters Workout Group Challenge to be held at the Boston University Fitness and Recreation Center, Boston MA. Dates and warm-up/start times are: Friday December 12, 2008, warm up 4:30, start 5:00 p.m., Saturday December 13, 2008, warm up 9 a.m. start 10 a.m., Sunday December 14, 2008, warm up 9 a.m. start 10 a.m. John Barbary and Ed Gendreau at egendreau@comcast.net

Late January or early February date TBD Providence College, Providence, RI SCM

2/1 Phillips Exeter, Exeter, NH (SCY)

3/8 Marblehead JCC (SCY)

3/21, 3/27-3/29 (Tentative) - NE LMSC SCY Championships (Harvard University, Cambridge, MA)

U.S. swimming was outstanding at the Olympics and could create an interest in competitive swimming year-round. Masters swimming can be at the forefront and meets can be helpful in that respect. The NEMSC area has plenty of pools. We need you to check out your area to see if there is interest in developing competitive swimming for all age groups. Masters swimming is a good start. — **Walter Lincoln, NEM Meet Coordinator**

NEM News: The New England Masters Swim Club Inc., Newsletter

Got ideas? Want to contribute stories or calendar items? We want to hear from you! Contact Elaine for more information on how you can get your name, club, or event in print!

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- Dutch swimmer Maarten van der Weijden, whose stunning victory over Leukemia was crowned by his gold medal finish in the men's 10K marathon swim. Diagnosed in 2001 with Leukemia, van der Weijden battled back against the disease, and in Lance Armstrong style, returned faster than he had been before he fell ill. The Dutch powerhouse beat the reigning English Channel record holder, Petar Stoychev of Bulgaria, by 17.5 seconds in this inaugural event, while earning his spot as the first ever Olympic Men's 10K swim marathon champion.
- And of course, the indomitable Dara Torres, competing in a record-setting fifth Olympic games. She dazzled in a race that always favors the young— still stocked as they are with lots of fast twitch fibers— the “splash-and-dash” 50M free. At 41, Torres shocked the swimming world by coming out of retirement and finishing second by the slimmest of margins in a race that's over in the blink of an eye. Her impressive display should be an inspiration to everyone who thinks they are “too old” to do something. Nothing's impossible with the right attitude and work ethic.

This list could go on for ages, until every single swimmer and all their sacrifice, hard work, and tales of overcoming adversity have been voiced. But the point is, while it's easy to get lost in the dazzle of a half dozen or more gold medals, there's more to this sport than Michael Phelps and just the American perspective of what it means to be a great swimmer. Being great doesn't hinge on the number or the color of your medals; it's all in how you conduct yourself, how you treat your competitors, how you apply what talents you have, and how you embrace life— and *all* its opportunities and obstacles. And when it comes down to

it, there's lots of ways to define what makes someone “great.” Way to go, World, for putting on an stirring display of “greatness” in all its exquisite varieties.— **Elaine Howley, Editor**



Natalie du Toit of South Africa is the first female amputee to compete in an able-bodied Olympics. She finished 16th in the 10K open water marathon swim in Beijing. Du Toit will also be competing for South Africa in the Paralympic Games, opening September 6th in Beijing, China.

Photo by Mike Hewitt/Getty Images

Free Online Workouts Database

I have compiled all of the workouts I have given as a coach from 2004 to the present in a free searchable database located at: <http://www.swimwestside.com/workouts/wsscworkoutssearch.html>

All are welcome to use it. There are over 1,000 workouts in there and it is growing by the day. I will be adding 1998-2003 over the next few months.

In addition, I am working with Dynoswim Swim Club to merge with their online workouts database to create the largest free online workout database in the world. That database is located at: <http://www.dynoswim.com/searchWorkouts.php> — **Coach Nate McBride, West Side Swim Club**



NEM News also available in full-color on-line at www.swimnem.org

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In this Issue:

- Cambridge Masters come up big for Swim Across America
- Nate McBride offers new workout database
- NEMers contend with heat, competition at Nationals
- Olympic swimming highlights
- Al Prescott talks about nutrition for swimmers
- Fred Schlicher shares how to break a world record
- SwimTrek offers fun, swimming
- Shoemaker, Miller achieve great heights

Contributors: Cheryl Kupan, Al Prescott, Laurie Ellis, Wendy Gulley, Heather Nicholson, Kim Donovan, Nate McBride, Tracy Grilli, Jennifer Downing, Fred Schlicher, Beth Estel, Susan Livingston, Matt Gilson, Walter Lincoln & Laszlo Eger.