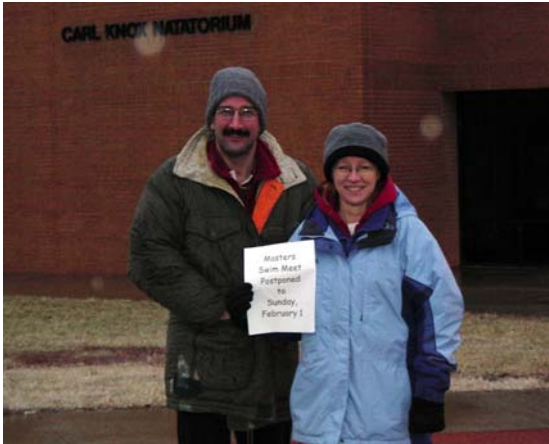




The Lawrence Mini-meet...

After some slipping and sliding and after being postponed, a bunch of MOVY masters had what looked like a delightful time on Sunday, February 1 at the Lawrence mini-meet. Some good swims, good food (thanks Suzie for organizing that), and the usual camaraderie left every one feeling good about another swim under the belt. You can find the complete results on the MOVY web site at <http://community.lawremce.com/movy/>.



Before and after—MOVY President Anthony Thompson and Sharks coach Annette McDonald slip and slid their way to posting the Lawrence meet cancellation. To the right, the following week's fun..



Now from your friendly editor...

This is the first issue under a new editor who desperately needs material for the Spring issue! So, consider this an invitation to one and all to send in material that you would like to see in the next issue, or one shortly thereafter. We welcome short reports of personal experiences, editorials, interviews, web sites related to swimming, health and nutrition information, book reviews — anything you want to share with your fellow MOVY swimmers. Please send material to njs@sunflower.com. And, if you send it and don't get a confirmation, it didn't arrive! Please try again. Thanks, Neil.

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Newsletter Editor
Neil Salkind

Fitness Editor
Shari Harden

Round and about....

What's happening in your part of MOVY? Let us know about swimming and social activities.

News from Hutchinson... (Thanks to Bob Fees)

We recently offered a masters instructional class. Coach Billy Gilbert instructed six new masters swimmers, many of whom were beginners. This was a successful way to get more adults interested in masters swimming. One of the participants went on to compete at the meet in Roeland Park in November.

The masters swimmers swim on Monday, Wednesday and Friday morning from 6:00 to 7:00 along with some of the older age group swimmers and some high school swimmers. We still swim at the new and remodeled Hutchinson YMCA pool and have a good time. Coach Gilbert swims with us and is training for more triathlons this spring and summer. He is a two time Ironman competitor and keeps us all in pretty good shape. We are trying to build up more interest and have fun staying fit. *From Bob Fees*

News from Prairie Life ... (Thanks to Brad Wells)

The Prairie Life Center has two locations that train master's swimmers in Kansas City. I've had the pleasure to swim with both groups and enjoy some great workouts and friendships as well. The Olathe group is coached by Kelly Dipold and Cathy Wood. Overland Park PLC is coached by Jen Gray. All three of these gals were successful collegiate swimmers and do a great job creating an encouraging, yet challenging, atmosphere for all levels of athletes. The Overland Park facility offers several times for training. Jen coaches the Monday-Wednesday-Friday noon time practice. There are several other times for training that are coached by Greg, Dru, and Mitch. The times offered are: Tuesday-Thursday from 6-7:00 a.m. and 5:30-6:30 p.m.; and Saturday 9-10:00 a.m. In Olathe, they train on Tuesday-Thursday mornings from 6-7:00 and Saturday morning from 7:15 to 8:15. We have a good time together and do a pretty good job of pushing each other to be there and work hard. Hopefully, we will begin to see a few more PLC swimmers at the local meets coming up this Spring.

New from Lawrence... (From Neil Salkind)

Lawrence River City Sharks swam 100 100s on 100 seconds on New Years day and then went over to Shaum Trenholm's fine eating and drinking establishment for badly needed carbo loading. Not everyone did 100s—many did 50s or 75s, but this Shark's tradition proved to be a

great deal of fun for the 15-20 who showed up.

News from Marie Kreipe...

I just got back from three weeks in Florida visiting my daughter. I am a night person and like to swim at noon, but she swims at 8 am every day at her clubhouse. The water was a great temperature, and sometimes the air was a chilly 50 degrees. Florida is a great state, and the weather in the winter is nice, but the clubhouse pool is for looks not swimming (curved walls and a waterfall and the only thing to guide one on the back is a palm tree) and yet sometimes there were at least six of us vying for space to workout. Most of the time it was just my daughter and I. I'm glad to be back. The Topeka Masters worked out for the first time last Thursday night in our newest 50 meter pool built for the Topeka School District 501. The pool is very nice, state of the art, but the shallow end of the pool is 5 feet deep. Great for competition. 8 lane pool with movable bulkhead so it can accommodate two meets at the same time, or two different workouts like age group and Masters.

More News....

We have MOVY groups in action at the Clay-Platte YMCA, Columbia-MU Masters, Macher Masters (brand new group), the KC Wave, Newton—a Kansas group, Olathe YMCA, Springfield, Topeka with their brand new shiny pool, Tsunami, and Wichita. Hey—can the editor hear from these groups and what's up?

Brrr!.....

And you thought you were cold during the last set?....Take a look at *Swimming to Antarctica* by Lynne Cox (New York: Knopf).

Take back that lousy tie you got for the holidays and buy this book instead. It's a hard to believe tale of a young woman long distance swimmer who was the first person to survive a mile swim in the 33 degree (that's right – 33 degree) water of the Antarctica Ocean. Just to give you some idea about her training; cold showers and sleeping windows open in the winter, and silver tooth fillings removed so her teeth would not shatter, dodging icebergs – and that's just for starters. The perfect book for cold winter evenings. Read this book with a cup of tea or hot chocolate by the chair.

Fitness Column... by Shari Harden, MOVY Fitness Editor

Fat, fiber and fad diets

Why do we always need a gimmick? Do you really need to buy the book and follow a special diet plan to curb the cookies, chips, fries and candy? For many Americans the answer is YES!

So what will low carb diets do for the Masters swimmer? As a swimmer who studied fat and physiology in graduate school, I have some concerns with the low carb diets including biological magnification, the decreased fiber consumption and the effect on athletic performance.

Biological magnification of toxins in the food chain is a concern as people eat more meat, more fat and fewer fruits and vegetables. Once contaminants in our air or water enter the food chain, they accumulate in the tissues of the organisms that have absorbed them and the next animal in the food chain will further concentrate the toxins. This is why eating the tomato that was sprayed directly with pesticide is less harmful to you than eating the fish that ate the fish that ate the plankton that absorbed the pesticide in the stream beside the field where the pesticide was sprayed. Whew! Still with me? We are all exposed to these contaminants every day in the air we breathe, the water we drink and the food we eat. Fortunately, we can combat some of the damage these chemicals may cause by eating fruits, vegetables and grains that contain antioxidant vitamins and phytochemicals.

Fiber is your friend. Fiber causes you to feel full longer after a meal. Fiber keeps things moving along through the intestines helping you avoid diverticulitis, hemorrhoids and appendicitis. If you are still not reaching for the bran flakes, how about the link between constipation and heart attacks, strokes and maybe even Alzheimer's. "Yeah, when we respond to a 911 call for a stroke or heart attack we ask, 'Where's the bathroom?' as soon as we arrive." Actual quote from a firefighter who was a student in my anatomy and physiology class. As for Alzheimer's, research indicates that you may have advanced Alzheimer's yet not display any symptoms while alive if you do not have mini-strokes as well. Eat fiber and exercise so you won't need to take reading material with you to the bathroom.

Athletic performance would be expected to decline with a limited intake of carbohydrate, considering the sources of energy for our muscle cells. Our cells use readily available ATP for the first 3 - 5 seconds of activity, then creatine phosphate for the next 20 seconds, followed by mainly glucose for the next 20 minutes switching over to

more fat and less glucose as you continue beyond 30 minutes. Even after 60 minutes you still need glucose although you are burning even more fat. In one study using three groups of runners, a high carbohydrate diet led to a maximum endurance time of 167 minutes, while a normal diet with 55% carbohydrate gave 114 minutes and a high fat/protein diet gave 57 minutes of endurance.

If you already workout several hours per week and you still have a few extra pounds of pudge that you would like to lose, try one longer workout each week. Training for the MS 150 can really work wonders. It's amazing what a few four and five hour bike rides can do for your fat metabolism. You know you should avoid the empty calories in alcohol, soda, chips, doughnuts, and fast food so avoid them. If you still feel the need to do something extreme to jump start your metabolism, try throwing away all of the junk food in the house and begging your coach for more 400 IM workouts.

Note: The information about the runners and the carbohydrate diets came from [Understanding Nutrition 7thEd.](#) By E.N. Whitney and S.R.Rolfes. 1996. West Pub. Co. MN.

Coming Up...

There's always something in the works around MOVY.

Our next big event is the *All Relay Meet* sponsored by the Kansas City Blazers on February 22, 2004 at Roeland Park. This is the meet where the only events are relays. You can find the entry from at community.lawrence.com/movy/2004_Relay_Meet_Entry.pdf. What's so much fun about this meet is that all the local teams combine so will find yourself swimming with new folks, and who knows...setting a record like the folks did last year (see story on page 4). Relays range from 200 to 800 yards, free and IM and long course meters, short course meters as well as short course yards. Quite a combo!

Then, there's the Breadbasket Zone meet at Coe College in Cedar Rapids, IA (about 365 miles from Kansas City) on March 27th and 28th. It's short course yards and you can find out all about it at or by calling Judy Hackney at 319-393-0188. Any one want to car pool, just drop an email to the newsletter editor who will pass it on.

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Top Ten National Times...

Long course top 10 swimmers and relay teams for 2003 are as follows (with thanks to Bill Sherman for compiling)...

- Pat McCormick M40-44: 7th
100 back, 6th 200 back
- Bobbie Braden W60-64: 9th
100 fly, 9th 200 fly, 10th 200 IM
- Anthony Thompson M35-39: 7th
100 breast, 8th 200 breast
- Bill Sherman M45-49: 6th 50
free, 5th 100 free, 7th 200 free,
6th 100 breast, 9th 200 breast
- Landon Kirchner M65-69: 8th
800 free

Women 100+ 800 free: 3rd
Katie Mason
Melinda Wulf
Lisa Elsener
Joy Stover

Women 160+ 400 free: 4th
Susan Blattner
Karen Hadzic
Janet Bereolos
Kelly Brown

Women 160+ 400 medley: 7th
Susan Blattner
Janet Bereolos
Lisa Elsener
Kelly Brown

Men 120+ 800 free relay: 8th
Bryan Fugate
Adam Moore
Chip Glidden
Chris Fugate

Men 240+ 400 free: 4th
Chung Anderson
Bill Mackey
Joe Lechner
Joe Neal

Men 240+ 400 medley: 4th
Landon Kirchner
Bill Mackey
Neil Salkind
Chung Anderson

Men 240+ 800 free: 2nd
Joe Lechner
Joe Neal
Landon Kirchner
Neil Salkind

Mixed 100+ 400 free: 5th
Melinda Wulf
Katie Mason
Bryan Fugate
Chris Fugate

Mixed 120+ 400 free : 7th
Joy Stover
Lisa Elsener
Phillipe DeGreef
Derek Shipp

Mixed 160+ 800 free : 6th
Kelvin Einspahr
Karen Hadzic
Janet Bereolos
David Blair