

Swim Talk *Spring, 2004*



The Newsletter of Missouri Valley Masters Swimmers

Indianapolis Speedway – The IUPUI Natatorium and the USMS SCY 2004 National Championships **By Anthony Thompson**

When most people hear “Indianapolis Speedway”, they think of the Indianapolis 500 motor car race, but most swimmers think of “Doc” Councilman and his contributions to swimming, and the IUPUI Natatorium in Indianapolis. Despite the age of the facility (built in 1978), the “Fastest Pool in the World” title is well deserved having hosted 11 Olympic Trails (between swimming and diving), been the site of 11 FINA Worlds and 89 Americans, 127 Masters FINA Worlds, and staggering 297 Masters Americans before the 2004 SCY USMS Nationals in April 2004.

Despite a drizzly rain on the first two days of the meet, the MOVY swimmers braved these “Speedway” waters with 1562 individual swimmers from 157 teams. The 8 swimmers represented MOVY are from Wichita, Lawrence, metro-Kansas City, and Springfield, MO, and left their marks on the MOVY and USMS books.

Betty Christian – 80-84 Women		Record	Place
50 Breaststroke	52.78	USMS	1st
200 Breaststroke	4:38.90	MOVY	1st
100 IM	1:55.15	MOVY	1st
50 Free	41.10	MOVY	1st
50 Back	49.91	MOVY	1st
100 Breast	2:06.49		1st

Kelly Dippold – 40-44 Women			
200 Breaststroke	2:38.40	MOVY	3rd
200 Fly	2:27.17	MOVY	3rd
200 IM	2:22.44	MOVY	2nd
400 IM	5:02.98	MOVY	1st

Albert Fisher, Jr. 85-89 Men			
50 Backstroke	58.59	MOVY	2nd
100 Backstroke	2:18.99	MOVY	2nd

Brad Wells 40-44 Men			
50 Backstroke	26.29	MOVY	4th
100 Backstroke	56.39	MOVY	4th
200 Backstroke	2:03.37	MOVY	4th
50 Butterfly	24.71	MOVY	6th
100 Butterfly	55.36	MOVY	10th
200 Butterfly	2:04.78	MOVY	6th
200 Men Free Relay		MOVY	12th
200 Men Medley Relay			10th

Anthony Thompson 40-44 Men			
200 Breaststroke	2:24.05	MOVY	7th
100 Breaststroke	1:05.47	MOVY	10th
50 Breaststroke	29.88	MOVY	11th
*200 Fly	2:16.69	MOVY	12th
400 IM	4:54.91	MOVY	14th
500 Freestyle	5:36.02		16th
200 Men Free Relay		MOVY	12th
200 Men Medley Relay	1:52.48		10th

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Gary Kempf 50-54 Men

50 Backstroke	31.02	MOVY	19th
100 Backstroke	1:05.44	MOVY	17th
200 Backstroke	2:21.10	MOVY	12th
200 Freestyle	2:07.57		25th
100 Freestyle	59.16		35th
200 Men Medley Relay	1:52.48		10th
200 Men Free Relay	1:41.93	MOVY	12th

Michael Rutledge 40-44 Men

200 Breaststroke	2:44.69		20th
100 Breaststroke	1:11.73		23th
200 Men Medley Relay	1:52.48		10th

Jeff Palmer 35-39 Men

200 Freestyle	2:19.93		31st
100 Freestyle	59.74		40th
100 Fly	1:09.09		29th
200 Men Free Relay	1:41.93	MOVY	12th

MOVY finished 26th with 158 points The women finished 18th tied with Inland Northwest Masters with 102 points, and men finished 38th tied with Team Tyr with 58 points.

A few items of note in these new MOVY records. Kelly Dippold's 40-44 Women 400 IM record eclipsed the previous mark set by Linda McHenry in 1988 by 50 seconds! Kelly also broke two MOVY records held by Ardeth Mueller from the 1980s. Brad Wells lowered the men's 40-44 MOVY record in the 200 Fly by 18 seconds which had been on the books since 1990, as well as breaking the long held 50 Fly record from 1989.

Other highlights of the meet were to see several former Olympic and Olympic caliber swimmers including Rowdy Gaines and Gary Hall, Jr. Rowdy combine with his Colorado master teammates to establish a new USMS Men's 35+ Free Relay of 1:24.05. Gary Hall was not the fastest man in the pool at this meet – he was bested by Sabir Muhammad in both the 50 Free (19.44) and 100 Free for a time of 42.91. I recommend watching the USA Swimming Olympic trials and expect Sabir to make the USA Olympic Team in July 2004 to represent USA in the Athens Olympic in August 2004.

Masters nationals are much more than a swim competition – it is time for reunions with former age group, high school, college or masters teammate and coaches. Some of the Kansas University alumni had a mini-reunion with their former teammates and coaches Brad Wells, Gary Kempf, and Kelly Dippold. Anthony enjoyed time with former MOVY newsletter editor Louise Keogh (Arizona) and former MOVY chair David Stephens (Ozark-St. Louis). Even Flavia McBride could not resist attending nationals to visit with Betty Christian and numerous other friends despite not being able to compete for health reasons.

To add to the adventure of the meet, IUPUI scheduled the "Race for the Cure" Susan B. Koman Cancer charity 5K event on the campus on Saturday April 24 and several thousand people wearing pink hats, pink shirts, pink ribbons, pink boas, and carrying pink banners trooped through the upper concourse of the IUPUI natatorium to register for the event between 7AM and 9AM which the Indianapolis news reported at a total of 38,000 participants.

USMS endured and no delays were incurred by the pink invaders. In fact, a few USMS swimmers took the time to participate in the event.

At each day of the meet various awards and tributes were presented during the breaks in the swim competition. The 2004 Ransom award was given to Leo Letendre of nearby St. Louis (recently relocated to Michigan), the highest honor bestowed by USMS for contribution to the sport of swimming. A touching tribute was also paid to James "Doc" Councilman (who passed away in January, 2004) for his life long contribution to swimming: as a competitor, as a coach, as a researcher in biomechanics. Public Television station WTIU has produced a documentary video on "Doc" entitled *Making Waves*. MOVY will be purchasing a copy and circulating it through the work-out groups in MOVY. You can purchase your own copy from the WTIC website, www.indiana.edu/radiotv/wtic

Our Hour Swimmers

It's a long one hour, but a bunch of MOVY swimmers stepped up and participated in the National Postal Swim last January. Here they are with yards swum.

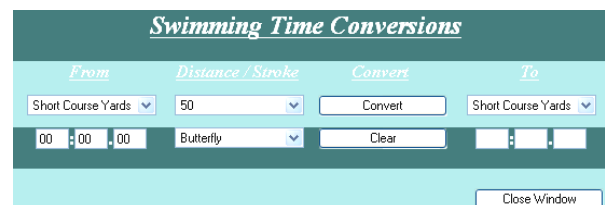
Kent McDonald	4120
Neil Salkind	4120
Allen Kosoy	3575
Jan Butin	2690
Marg Begert	4000

Other Terrific Accomplishments

Lisa Elsener not only turned 25 on April 25th, but her birthday took place at the Disability Championships in Minneapolis where she won 9 That's right nine) gold medals.

Web Sites of Interest

Want to know what that 100 meter fly time is in yards? Try this cool converter at <http://ilswim.org/timeconversion.htm>. Plug in and convert!



A HUGE amount of information at <http://www.swiminfo.com> such as who's coaching where, industry news, swimming surveys, classified ads and tons of results.

Take a guess what the men's Olympic record is for the 1500 meters freestyle...14:43.48— find our all the other records at <http://www.hickoksports.com/history/olswirec.shtml#mfree>

To Draft or Not to Draft? ***By Kent McDonald. Coach. Lawrence River City Sharks***

If you are a triathlete, cyclist or even a runner, you are probably familiar with drafting. Drafting, or following closely behind another rider or runner, results in a lower air resistance and an easier performance for the athlete who is following. Last summer, during the Tour de France, commentator Phil Liggett noted that it was 30% easier to draft behind another cyclist than to lead into the wind. But does drafting work for swimmers too?

A recent article by Richard Coast and Crystal Piatt in *The Journal of Swimming Research* says yes. Their study on the effect of drafting on indicators of energy use in a group of college swimmers noted lower heart rates and blood lactate levels of drafting swimmers during and after workout sessions. In this study, 8 swimmers swam several 400 meter time trials, rotating their position in a 4-swimmer draft line. The results showed that the lead swimmer recorded an average heart rate 9 beats higher than when this swimmer followed 5 seconds behind another swimmer and 4 beats higher than when 10 seconds behind the leader. Blood lactate levels taken two minutes after exercise showed much higher levels in the lead swimmer than the drafting swimmers, also indicating a higher energy expenditure for the leader. The authors reported that differences in heart rate and blood lactate levels between the lead swimmer and those further back was significant, with the difference increasing farther back in the draft line.

Ok, if you swim much you probably could guess this. While coaching the Lawrence Masters Swim Team, I frequently notice swimmers taking advantage of the draft by starting even less than the prescribed 5 seconds back. A favorite technique is to walk away from the wall and start right on the heels of the lead swimmer. Often, a lane will have a group of 3 or 4 tightly bunched swimmers while the remainder of the lane is empty.

What does this mean for you, the master swimmer? Well for one thing, it means if you are leading the lane, you are expending more energy than if you were following and probably getting a better workout. If you are drafting, you are expending less energy and swimming more economically while working less.

The farther back in the draft line you swim, the less you have to work to maintain the same time. If you tend to always lead, perhaps you should consider moving up to a faster lane. If you frequently draft behind other swimmers, consider leading the lane or occasionally moving down and leading a slower lane. If there is room in your lane, you can reduce the effect of drafting by starting farther behind the swimmer ahead of you. You might find that the change is motivating and results in a more challenging and beneficial workout.

Reference:

Coast, J. R., and C. A. Piatt. (2001). Heart rate and lactate responses to swimming in various drafting positions. *Journal of*

Coming Up...

Lots of thing happening in the Missouri Valley (and a bit beyond for swimmers. Just some of them follow...

- May1 through September 30 *5k and 10k Postal Championships* — MOVY usually has a bunch of swimmers do this in their home pools. This year, we'll be coordinating relays between different locations.
- June 22 *Old Pike Masters Meet* — this is the 2nd annual one and filled with long course events. A good tune up for the LC nationals which are in Savannah, Georgia this year (more on this in the next newsletter).
- The long course meter zone championships will be on July 18th at the University o Minnesota. Stay tuned for more information as it becomes available.

Featured Swimming Spot—Prairie Life Center ***By 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 and Overland Park facilities are very fortunate to have some excellent coaches. The Olathe group is coached by Kelly Dippold and Cathy Wood. Overland Park PLC is coached by Jen Gray. All three of these coaches were very 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 upcoming meets.



Start Thinking About Going to Nationals in Savannah!

Mark August 12th through August 15th on your calendar for the national long course meet in Savannah. You can find out information about he meet at <http://www.savannahmasters.com/nationals04/main.htm> and you may not know that...

- You can swim without meeting qualifying times
- It's loads of fun
- Each year more and more MOVY swimmers attend
- Savannah is a beautiful city and a great place to combine a family vacation wit the swim (lots of beaches)

SwimTalk will have more information about team plans in the next issue.

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MOVY SWIMMERS! Send the editor an article, a tidbit, a recipe, your favorite swimming story!

Where to Swim

Want to join in? Give the contact person below a call and show up! People of every level of ability, interest, gender, color, sexual orientation, nation of origin, profession—you get the idea... everyone is welcome.

Blue Springs -- Jeff Mix @ (816) 228-0137
Clay-Platte YMCA -- Chip Glidden @ (816) 587-2354 & Clarke Stokes @ (816) 587-8639
Columbia, MO -- Brian Hoffer @ (573) 882-4669
Johnson County YMCA -- Doug Dimmler @ (913) 642-6800
Kansas City North -- Doug Earnhart @ (816) 741-7963
Kansas City, MO -- Contacts: 816-942-2020
Kansas City Wave -- Derek McCracken @ (816) 361-4420
Liberty, MO -- Anna Lea Roof @ (816) 792-8428
Macher Swim School, Columbia -- Joanne Macher @ (573) 875-SWIM
McPherson, KS -- Chip Parker @ (316) 345-8332
Overland Park, KS -- Rob and Nina Kingsbury @ (913) 648-8077
Salina Masters YMCA -- Debbie Coellner @ (913) 825-4605
Kirksville, MO -- Seth Huston @ (660) 785-7219
Lawrence -- Kent McDonald @ (785) 843-4290
Hutchinson, KS -- Bob Fee @ (316) 663-6451
Independence -- Jason Word, Coach @ (816) 796-4809
Jewish Community Center -- Gardner Wright @ (913) 472-2693
Johnson County, KS -- Kris Dees, Kris.Dees@jocogov.org @ (913) 362-7672 x 26
Salina Masters YMCA -- Debbie Coellner @ (913) 825-4605
Springfield, MO -- Al Fisher, Jr @ (417) 886-8590
Drury Masters, Springfield -- Chris Corraggio @ (417) 873-7422