



SwimTalk Summer 2007



PENGUIN PADDLE

Tony Rezak

As my first Kansas City Corporate Challenge with Burns & McDonnell approached a couple of years ago, I began to hear stories about some of the company's best athletes. I heard about a young lady named Lisa Morris, just a few years removed from the Mizzou volleyball team, was one of our top point scorers. She excelled in several events, such as bike race, triathlon, basketball, volleyball, softball, track events, flag football, and of course, swimming. I admired her accomplishments, and looked forward to competing along side her on the swim team. While car pooling to and from the KCCC swim meet with Lisa, I learned a little more about her. At the age of 25, she was diagnosed with Rheumatoid Arthritis. Doctors had informed her that eventually both of her knees would need to be replaced. Lisa refused to let this disease slow her down. At one point, she was in some type of league 5 nights a week, whether it was basketball, volleyball, soccer, or kickball. She was able to be very active thanks to research and treatment advancements made possible by the Arthritis Foundation. Lisa's inspiration and friendship motivated me to become involved with the organization, learning more about the disease, and meeting some of the people it affects. One morning I met a guy named Virg Jones. He is in his 60s and has been fighting arthritis since boyhood. He can walk, but only with crutches. He can't open his hands, or turn his head. Yet, he logs 350 miles per year in the pool. In comparison, my 3,000 to 4,000 yard work outs, 2 to 3 times per week, add up to about 200 miles per year. Virg founded an event called Penguin Paddle. It's a 5k swimming event, which is used to raise money for the Arthritis Foundation. It's a fun, laid back event, and is a great way to raise money, to help the Arthritis Foundation help the people that are suffering from this disease. You can participate in the 5k swim on your own, or form or join a team and swim it like a relay. A team can be any number of people, and could consist of family, or friends, or co-workers, or you could join other Masters swimmers on a team. Information on the event can be found on the website <http://penguinpaddle.kintera.org> The website is also an easy way to sign up, and raise and collect money. Feel free to contact me if you have any questions.

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Upcoming Events

For more info go to
<http://community.lawrence.com/movy/>

July 28

**Ad Astra Long Course Meet
Lenexa, KS**

July 27-29

**Show-Me State Games
Columbia, MO**

July 29

**Penguin Paddle
Olathe, KS**

Aug. 10-13

**USMS Long Course Nationals
Woodlands, TX**

More Upcoming Events

Aug. 25
Old Pike Masters Meet
Kansas City, MO

Aug. 17-18
OK State LCM Championships
Tulsa, OK

Sept. 22
Art Fair Weekend Aquatic Challenge
Independence, MO

Oct. 13
Fall Mini Meet
Olathe, KS

Dec. 1-2
Mizzou SCM Championship
Columbia, MO

April 2008
FINA Worlds
Perth, Australia



SEVEN SWIM IN PARIS

From Bradley Puett

Ever dreamed of swimming a 400 IM and then picnicking on the banks of the Seine in Paris? What about picking up a medal in the 4 x 100 medley relay and then mingling with international swimmers at a hosted dinner for 30 where the bottles of champagne never ran out? If so, you might enjoy talking with the seven swimmers from the KC Wave practice group who attended the International Gay and Lesbian Aquatics (IGLA) 2007 championships in Paris, May 23-28.

Individual medal finishes were posted by Chris Blake (19-24, 5 medals), Anthony Thompson (40-44, 3 medals), and Steve Tokraks (30-34, 2 medals). In addition, the 4x100 medley relay team earned a bronze medal (Steve Tokraks, David Herman, Jason Berry, and Chris Blake).

It is increasingly common for teams participating in the IGLA Championship to be joined by non-gay swimmers from their USMS regional teams. The championships are great social experiences as well as great competitive venues. IGLA 2008 will be in Washington, DC, from June 18-22. If you're interested, contact a member of the KC Wave. Can a swim meet where they have a disc jockey spinning at the pool be all bad?

Also...2 MOVY records were broken at the meet. Anthony Thompson (40-44) set a new 200SCM Breast record with a 2:44.30 and Steve Tokras (30-34) set a new record in the 200SCM Free with a 2:10.78.

KC Wave Hit the Runway

From Dan Melton

Kansas City Wave left the pool on June 22nd, but kept on their suits for the 2nd Annual KC Wave Fashion Show. The event draws about 200 people to Bar Natasha for four hours of fun, fashion and fundraising. This year, KC Wave chose the Kansas City Anti-Violence Project as the beneficiary, splitting the proceeds. KCAVP works to prevent domestic violence and hate crimes among gay, lesbian, bisexual and transgender persons. Swim fashion was provided by Sitzmark, Zinfadel by Milo (who just opened a new store with excellent men's speedos near 43rd and Stateline), Birdies in the Crossroads and Swim Quik. The event included a raffle, live auction and raised nearly \$6000 with both cash and in-kind donations. Thank you to Chadwick Brooks and the KC Magazine crew for putting the show together with KC Wave. To learn more about the team, visit kcwave.org.

MOVY Swimmer competes in Open Water Nationals.

Tim Waid, distance swimmer from Columbia MO, finished 3rd in Men's 40-44 with 1:09:49.43 at National 5K Open Water Championships in Ft Myers Beach FL on 19-May-07 !

Open Water Competition

Aug. 4

USMS 1-3 Mile Championship
Sandpoint, ID

Aug. 25

Beaver Lake, Arkansas

5K Postal Swimmers

So far 2 MOVY swimmers (Lisa Elsener & Anthony Thompson) have completed the 5K postal event. Lisa's time was a full 3 minutes faster than in 2006 ! Lawrence will be participating and an additional opportunity is being explored on 17-18-Aug at Roeland Park for others. MOVY finished 4th nationally last year in 5K/10K postal meet, so we want others to participate.



News & Notes

MOVY Swimmers Victorious at Spring Nationals in Federal Way, WA

Nan Bohl (F78)

1st—50 & 100 Breast, 50, 100 and 200 Free

Betty Christian (F85)

1st—50, 100, 200 Breast, 50 & 100 Back, 2nd—50 Free

Lindsey Urbatchka (23)

1st—50 Fly, 2nd—50 Back, 100 Fly, 3rd—100 Back, 100IM, 5th 50 Free

Beth Eldridge

2nd—50 Free, 3rd—50 Fly, 100 Free, 4th—50 Breast

Laurie Reaburn (F30)

2nd—400 IM, 3rd—100IM, 4th—200 IM, 5th—50 Back, 6th—100 Back, 7th—100 BR

Robert Wright (M56)

5th—200 Breast, 7th—1000 Free, 8th—50 & 100 Breast

Bob Welchlin (M50)

7th—200 Back, 10th—100 Back, 12th—50 & 100 Free, 13th—50 Back

Bruce Diel (M58)

15th—50 Fly & 50 Back, 19th—100 IM

Dave Lewis (M50)

19th—100 Breast, 22nd—50 Breast, 41st—100 IM

Anna Lea Roof (F46)

26th—100 Breast, 31st—50 Breast

200 Mixed Medley Relay placed 10th with Bob Welchlin, Robert Wright, Lindsey Urbatchka, and Beth Eldridge

Men's 200 Medley Relay placed 17th with Bob Welchlin, Robert Wright, Dave Lewis and Bruce Diel

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Where to Swim???

Check out the MOVY website for places to swim.

<http://community.lawrence.com/movy/>

Attention MOVY Swimmers
Please send articles, meet
information or anything of
interest to
kestrel277@comcast.net
For the next edition of Swim-
Talk.
Thanks!!