



SwimTalk Winter 2006



MOVY Swimmers place in the National Top 10

Jennifer Gray W 30-34	Betty Christian W 80-84
6th 100 Back	1st 50 Breast
7th 200 Back	1st 100 Breast
9th 50 Back	2nd 200 Breast
	3rd 50 Free
	3rd 100 Free
	4th 50 Back
Lynette Washburn W 40-44	John Davis M 40-44
5th 50 Breast	4th 200 Back
8th 100 Breast	6th 100 Back
	8th 50 Back
Linda McHenry W 55-59	Anthony Thompson M 40-44
7th 50 Free	8th 200 Breast
	9th 400 I.M.
	9th 50 Breast
	10th 100 Breast
Bobbie Braden W60-64	Ron Neugent M 45-49
7th 400 I.M.	8th 1500 Free
	8th 200 Fly
Nan Bohl W 75-79	Frederick Hoppe M 75-79
2nd 50 Free	5th 200 Breast
2nd 50 Breast	6th 100 Breast
3rd 200 Free	7th 50 Breast
3rd 100 Breast	
4th 100 Free	

12 MOVY Relay teams place in the Top Ten including two #1 Relays.

- 1st 400 Free Relay Women 72-99
- Laura Young
- Tonya Young
- Kylie Neal
- Jessica Varlack
- 1st 400 Free Relay Women 100-119
- Lynette Washburn
- Elisabeth Venard
- Jennifer Gray
- Catherine Moore

For a complete list of MOVY top ten relays and all other top ten swimmers go to www.USMS.org

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Congratulations to Tim Waid

On his second place finish at the 10K open water Championships. The 10K race was held at Fort Myers Beach Florida on November 5, 2005.

Attention MOVY Swimmers

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

Competition Calendar

January 21

Lawrence Masters Meet

Lawrence High School

19th and Louisiana

5:00 P.M.

Entry form available at the MOVY website

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

February 18

Pittsburg Masters Meet

Pittsburg, KS

March or April ??

Breadbasket Zone Meet

Omaha, NE

May 11-14

USMS Nationals

Coral Springs, FL

May 15–Sept. 15

Postal 5K and 10K Championships

Hosted by River City Sharks

Neil Salkind njs@sunflower.com



Masters Swimming - A Diverse Community

By Anthony Thompson
Chair—Missouri Valley

Missouri Valley (MOVY) Masters Swimming is part of the diverse community within United States Masters Swimming (USMS). USMS is part of United States Aquatic Sport (USAS) which is part of the Federation Internationale Natation Amateur (FINA) which governs international swimming including the Olympics.. We represent individuals that:

- are 18 to 80+ years old
- are competitive, fitness swimmers, and cross-trainers
- are seeking weight loss, weight control, fitness, and competition
- are of different racial, ethnic, and marital status, with and without children
- are leaders and followers
- have long hair, crew cuts, chlorine-bleached hair or are follicularly-challenged
- work in diverse occupations
- are longtime swimmers and the new starters
- live in the urban cores or in the rural areas of the heartland
- swim in pools with chlorine or bromine, and in lakes

MOVY is built on a foundation that we all enjoy aquatic activities. MOVY is a community that tries to make everyone welcome. We are a community of inclusion. We share our lives with each other. We are friends. We hold socials. We support each through illness, family issues, problems at work, problems at home, life changing experiences, and more. We celebrate each others' successes - the birth of a child, marriage, a promotion at work, and a victorious event.

MOVY offers a diversity of workout groups - some workouts are 30 minutes, other 60 minutes, and a few are 90 minutes. We workout early in the morning and late at night, and a few over noontime. We find time on the weekends to workout. We workout occasionally, and we workout twice a day for weeks on end. We workout through the cold winter months and under the summer sun.

MOVY celebrates diversity within our swimming community. We honor each individual's goals, and we help each other set and achieve goals. We encourage everyone to have goals appropriate for them, whether that is making a 25 yard fly, completing a 1500 Free or an open water swim, finishing a triathlon, or just making it through a whole workout. We push our fellow swimmers to prepare for competition, and enjoy the team aspect of relays. We travel around the world to swim, and we wait for opportunities close to home.

MOVY gives us the opportunity to share our experience and expertise. We learn from each other and we teach and observe. We give back to our community by supporting many aquatic centers, volunteering or working as coaches, mentors and lifeguards, participating in or leading fitness groups, workshops and clinics, and recruiting new people to our community. MOVY is led by a core of volunteers. So get involved. Find a workout group or even 2-3 that meet your needs, or train on your own.

MOVY is a diverse community and part of the greater communities of USMS and FINA. Celebrate the diversity of Masters Swimming and be part of the community.



Want to lose weight? Then swim ... fast.

By Shari Harden

According to those 'calories burned during exercise' charts, all swimmers swim at the same pace, 20 yards/minute. No wonder people who were not raised in the realm of age group swimming would believe that swimming is not a good way to lose weight. You would think with our infatuation with diets, calories and carbs that new charts would be available with research on actual swimmers working out vigorously.

I was able to locate several web sites with a bevy of information on calories burned doing just about anything, from Anishinaabe Jingle Dancing (374 Calories per hour) to digging worms (272 Calories per hour). As for vigorous swimming, it has been upgraded to 45 - 60 yards per minute burning 630 - 704

Calories per hour. Approximately equivalent to running 10 minute miles. The most vigorous swimming I found was 75 yards per minute burning 748 Calories per hour close to the 782 Calories per hour for running 7 miles per hour or 704 for water polo.

Even with the more conservative estimates of 630 - 700 Calories per hour, swimming burns far more Calories than high impact aerobics (476), water aerobics (287) or basketball (563). Cycling 14 - 16 miles per hour comes in at 704 Calories per hour while golfing (carrying clubs) is a mere 387 Calories per hour. If you are really serious about burning as many Calories as possible during a one hour swim, butterfly is the answer. While vigorous freestyle or

breaststroke burn 704 Calories, butterfly burns 774, backstroke only 563.

The estimates used in this article are based upon a 150-155 lbs. person and the sources include; www.nutritionstrategy.com who state their information comes from the Official Journal of the American College of Sports and Medicine, www.caloriesperhour.com had the most extensive list and you can look up your own weight, www.ces.ncsu.edu had information broken down by yards/minute pace, bring a calculator.

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You might try *A Superior Death* by Nevada Barr. A murder mystery set at Isle Royale National Park on Lake Superior. After reading about diving in the frigid waters of Lake Superior, you will appreciate the warmth of an eighty degree pool and you may entertain yourself during your next long workout contemplating just what could one man do with an entire case of pickle relish?

Bizarre News

Did you know your cremated remains could become an artificial reef? The cremated remains are mixed with concrete and formed into a perforated concrete ball. Think giant wiffle ball. Over 400,000 such 'reefs' are sustaining marine life as you read this newsletter.

The All-Relay Meet has been postponed until the bulkhead is repaired. Summer perhaps??

SwimTalk is published four times per year. Please send contributions to Shari Harden. kestrel277@comcast.net

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Where to Swim???

Check out the MOVY website for places to swim.

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