



SwimTalk Winter 2008



Records Fall at Columbia SCM Meet

Bill Sherman

Approximately 70 swimmers from MOVY, SLAM, SKY, VMST, IM, and CMS assembled at the University of Missouri on December 1 and 2 for the second annual Mizzou Masters Championships. We were joined by a number of new registrants from the local Down's Syndrome team, swimming in their first "regular" meet and attempting--with good success-- to qualify for their world championship meet in Portugal this summer.

The meet began with a bang, as the mens 160+ 200 medley relay team clocked the 8th best time in the nation over the last 11 years, so we knew the pool was fast! By the time we were through, 6 MOVY relay and 50 individual records had been broken. Notable were Linda McHenry's 7 new marks, Laurie Reaburn with 6, Brad Wells with 6 and 1 relay, Bernie Hereth with 5 (4 in the 800 alone on splits), Marianne Erickson with 3 and 2 relays, Tony Rezek with 5 and 2 relays, Jim Matysek with 4 and 2 relays, and Bob Welchlin with 4 and 2 relays. Others joining in with new ink were Beth Eldridge, Tony Stewart, Tim Womack, Bill Sherman, Doug Hayden, Barry Holcomb, Russ Mulholland, Margaret Tyler, Winifred Scott, and Carolyn Leuthold.

While not a MOVY swimmer, 82 year old Tom Maine of SLAM set a world record in the 200 fly in 3:52.41. This marked the second time in as many years that a world mark has been set in this meet.

Next year's meet will be a similar saturday night--sunday morning format on December 6-7.

25K Open Water Event this Summer

Several MOVY swimmers are going to the FIRST 25K Open Water Masters event in Noblesville Indiana this summer, July 19. Just north of Indianapolis, it is a 9.5 hour drive from Kansas City or a quick flight to western Indy airport.

If you would be interested in participating in 5 x 5K RELAY event on a MOVY team, please contact Anthony Thompson at swimtoswim@msn.com or call 913 262 2464. Many MOVY swimmers have done the 5K or 10K over the last few summers, and this "nearby" open water championship would be a great road trip for our MOVY Club team!!!

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Upcoming Events

For more info go to

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

Jan. 26
Lawrence, KS

Feb. 3
Mile Meet
St. Louis, MO

March 1
All- Relay Meet
Roeland Park

March 29-30
Ozark Spring Masters Meet
St. Louis, MO

March 28-30
Breadbasket Zone Champ.s
Denver, CO

April 2008
FINA Worlds
Perth, Australia

May 1-4
USMS National Champ.s
Austin, TX



State of MOVY Address

Anthony Thompson, Chair

The New "official" name of our club is: **MOVY Masters Swim Club**

Thanks for all the creative suggestions from our membership. This name change was needed to clearly separate the Missouri Valley LMSC from the USMS Club. The name change will not affect the general operation of the LMSC or Club. Most of our events are hosted via workout groups or LMSC. If you have questions, contact any of the officers.

On-line registration. As the software implemented, in the future, Missouri Valley Masters members will be able to register on-line. Paper registration will also continue indefinitely. If you have question, contact Anna Lea Roof.

Our webmaster, Dan Twedt, is working on some update to our Missouri Valley website, including moving to a new domain with a simple name in the future. Watch for these developments in 2008.

Our newsletter editor, Shari Harden, is looking for help with the newsletter, both with submitting content and helping to assemble, edit, produce and distribute. If interested, contact Shari Harden.

Missouri Valley LMSC officers have decided to provide \$150 stipend to any organization hosting a sanctioned meet within Missouri Valley. Half will be provided up-front, and the other half will be provided upon timely completion on the deadlines within the sanction for producing results. This will be a one-year project and will need to be renewed at next years officer meeting. We hope this might stimulate new meets in Missouri Valley. If you have interest in creating an event and need help, please contact any of the Missouri Valley Officers.

MOVY is looking for opportunities for swimming and coaching clinics for our membership. Watch for announcements. Missouri Valley will continue the policy to pay for relays at nationals to encourage team spirit at these events, including postal events. Missouri Valley will also continue to buy Top Ten Relay patches each year for our relay swimmers for USMS and FINA Top Ten rankings.

Favorite Set—Thanks, Bernie!

5x200s - use fins
1st 200 - all kick
2nd 200 is 150 kick with a 50 free swim
3rd 200 is 100 kick with 100 free swim
4th 200 is 50 kick with 150 swim
5th 200 is 200 swim all are with fins on!
Enjoy, Bernie Hereth

LCM National Top Ten

Several MOVY Swimmers made the Long Course Meters National Top Ten. **Laurie Reaburn, Susan Blattner, Linda McHenry, Eric Paden, Tony Rezak, Anthony Thompson, Jim Matysek, and Robert Wright** posted times in their respective events that placed them in the top ten times turned in for the year. Find the full listing at www.USMS.org

New Arrival

Michelle Rautmann had a baby on December 27th. "I swam up until that date with the Lawrence Sharks. I participated in GTD and came up with 167 miles for the year - the bulk of which I was pregnant!"



Leadership Opportunities and Officer Nominations Open

Anthony Thompson is resigning as Chair of Missouri Valley LMSC effective 28-Feb-2008. Anthony appreciates the honor to serve the membership as chair since 2003, and will continue to be active in the leadership of Missouri Valley, Breadbasket Zone and attending USAS Convention. Anthony has especially enjoyed meeting members from across Missouri Valley, creating some new opportunities for our membership for competition and fitness events, and building the membership. Anthony was recently appointed as the Chair of the USMS International Committee.

Thank You Anthony for your years of service!!

Laurie Reaburn is also resigning as Fitness Chair of Missouri Valley effective 28-Feb.

NOMINATION process for Missouri Valley & MOVY Officers

If you have a nomination for any office, please send them to current chair Anthony Thompson by 15-Feb-2008.

Laurie Reaburn and Bob Welchlin have accepted a nomination to co-chair Missouri Valley LMSC. If no other nominations are received by 15-Feb-2008, they will assume the office effective 28-Feb-2008.

Anthony Thompson has accepted a nomination to serve as Fitness Chair. If no other nominations are received by 15-Feb-2008, Anthony will assume the office effective 28-Feb-2008.

Shari Harden is willing to provide opportunities for others to help or become the Newsletter editor. Send interest to help or any questions about the position to Shari Harden. Send nominations to Anthony Thompson.

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Laurie Reaburn

5K & 10K Postal Event Results

MOVY swimmers braved the heat and summer rain to participate in the 5K & 10K postal events in July-August held in various 50m pools in Missouri Valley. Volunteers who helped at the event endured a constant rain for 2 hours during one weekend swim, and the participants endured water temperatures of near 86 F for another weekend at Roeland Park Aquatic Center. The participants seem to still have fast swims, in fact, Lisa Mische-Lawson swam faster in her 5K in 2007 than in 2006 and all MOVY participants finished in the top ten in their events.

3rd - Lisa Elsener, 10K Women's 35-39; 3:04:54.06
4th - Lisa Elsener, 5K Women's 35-39; 1:20:56.09
5th - Lisa Mische-Lawson, 5K, Women's 35-39; 1:25:29.89
4th - Tony Stewert, 5K Men's 30-34; 1:16:56.12
2nd - Tim Waid, 5K, Men's 40-44; 1:12:54.04
2nd - Tim Waid, 10K, Men's 40-44; 2:32:44.09
9th - Anthony Thompson, 5K, Men's 40-44; 1:22:48.00
4th - Neil Salkind, 5K, Men's 60-64; 1:27:59.99

2nd - Men's 25+ 5K Relay with Tony, Anthony and Tim; 3:52:38.16
2nd - Mixed 25+ 5K Relay with Lisa, Lisa, Tony and Time; 5:16:15.86

Congratulations MOVY Swimmers

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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!!