

SPLASHMASTER

FEBRUARY 2014

INLAND NW MASTERS SWIMMING COMMITTEE

MEET RECAP

WENATCHEE WINTER INVITATIONAL

Clear, cold weather made for easy travel to the Winter Invitational in Wenatchee. Forty-eight swimmers participated making for a short and sweet meet where we were glad for the ten minute breaks.



Nine clubs and workout groups were represented from four different Local Masters Swimming Committees (LMSCs). [Editor's Note: It would be ten teams and five LM-SCs if we include Cindy Clutter's temporary defection from Lake City Krocs to an Arizona club so she can swim relays in their LMSC Champs...]



Jack Bevier of Wenatchee Valley Masters took advantage of his home pool to set individual records in the following Men's 80-84 events:
200 yd Backstroke - 4:39.82
200 yd IM - 4:23.99
50 yd Fly - 52.77

Jane Haase (WVM); LCM's Lana Lawrence, Mike Hamm, Stephen Tanner; Wayne Brown (WVM-suspiciously dry) and LCM's Cindy Clutter masquerading as a Mesa Master; Atomic Sturgeons Sean Murphy and Sebastien Guillot.



Thanks to everyone who participated. Individual and relay results are posted at www.inlandnwmasters.org.



How many Masters swimmer does it take to ensure a solid meet? Many, but some swim, too! Mike Hartley, Carolyn MaGee and Len Lawr look over relay entries.



What's Inside

NIKE Go the Distance	
2013 Results	p.2
Benefits of Swimming	p.3
Club & Workout Group	
Contacts	p.3
Left Lane Letter	p.4
Tidbits	p.6
Spring Splash Entry	insert
NW Zone SCY Champs	insert

Upcoming Events

Friday & Saturday,
March 7-8

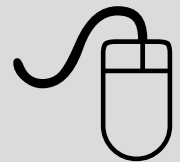
Spring Splash

Kroc Center Pool
Coeur d'Alene, ID
Distance events on Friday evening. Pancake breakfast followed by Saturday events.

April 5-6 (hopefully!)
Inland NW Champs
More info to come

April 12-13
NW Zone SCY Champs
King Co. Aquatic Ctr
Federal Way, WA
Deadline April 4th

Enter
Meets
Online



www.inlandnwmasters.org

IWMSC BOARD

Chair, 2013-2015
 Matthew Bronson (FAF)
 gr8white1965@yahoo.com
Vice-Chair, 2013-2015
 (temporarily vacant)
Secretary, 2013-2015
 Thomas Williams (MCM)
 tomw@uidaho.edu
Treasurer, 2013-2015
 Rick Acosta (WVM)
 acostarichard58@gmail.com
Past Chair, 2009-2013
 Paige Buehler (MCM)
 swim@galacticnorth.net

The following also serve on the Board of Managers in Appointed Positions
Registrar

Sean Murphy (TCAS)
 kennewick.murphy@gmail.com

Top Ten Chair
 James Adams (WVM)
 jamesalbertadams@yahoo.com

Sanctions Chair
 Brian Johnson (MCM)
 johnsonb@uidaho.edu

Fitness Chair
 Margaret Hair (LCNM)
 margarethair15@centurylink.net

Open Water Chair
 Larry Krauser (SCM)
 larry.krauser@kcgl.net

Newsletter Editor
 Paige Buehler (MCM)

Coaches Chair
 Matt Edde (MCM)
 edde4391@vandals.uidaho.edu

Officials Chair
 Wes Bratton (TCAS)
 wbratton7@gmail.com

Web Dude
 James Adams (WVM)
 jamesalbertadams@yahoo.com

*Plus Club and Team representatives
 (continued on page 3)*

www.inlandnwmasters.org/leadership

GO THE DISTANCE RESULTS-2013

By margaret hair. fitness chair

The annual Nike Go The Distance (GTD) program has become one of the most popular events offered by USMS. Through December 31, 2013, the 4096 GTD 2013 participants have swum a total of 824,616.73 miles. Thirty-seven swimmers from the Inland Northwest logged 10,269.85 total miles, averaging 277.56 miles/swimmer. As of mid-January, thirty-four swimmers have registered for the 2014 GTD. It's not too late for you to sign-up and start tracking your distance. Don't let the miles logged by others deter you. Some swimmers have tracked their mileage since the first of the year, while others have only recently started to track their mileage. You can compare your mileage to others if you are curious, otherwise you can focus on your own mileage. GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. Go to www.usms.org/fitness/content/gothedistance to register.

	Name	Team	Mileage
	Ariel K Ocker	LCM	2.79
	Bill C Waggoner	LCM	126.91
	Claire E Adam	MCM	1.76
Was coerced by Paige Buehler to sign up for GTD.	Deborah J Bell	MCM	69.43
	Dexter J Yeats	LCM	282.05
	Douglas D Wood	HMS	2.59
	Ed Davis	RHM	413.94
	Eileen Harris	UNA	278.73
	Gary Hurry	UNA	172.55
	Glenn Mabile	LCM	214.39
	Harm-Jan Steenhuis	SW AT	395.71
	Heather A Colburn	TCAS	56.86
	James A Adams	WVM	505.27
	James T Devere	TCAS	548.59
	Jeanne B Leffingwell	MCM	9.05
	Jennifer M Polello	UNA	275.09
	Jessica R De Bord	UNA	60.46
Spent more time wet than dry in 2013.	Karen Eldred	UNA	1441.01
	Karl J Lieberknecht	YAC	117.44
Managed to log this mileage while also logging insane frequent flier miles for work internationally.	Kathy Amarasinghe	WM	155.54
	Kathy Farrell Guizar	WVM	286.79
	Larry B Krauser	SCM	646.59
Took 1 st place in his workplace "Life Quality Challenge" in swimming (probably offset by eating junk food out of the vending machines while working long hours...)	Marcos A Donolo	RHM	521.7
	Margaret Hair	LCM	250.5
	Mark Amara	MLMR	359.14
	Matthew F Bronson	FAF	572.95
	Matthew L Edde	MCM	365.32
Met his goal of one mile per day while also coaching the Moscow Chinooks 5x per week...and Gold Medal Swim Club age-groupers 5x per wk...and teaching swim classes at Uidaho 9x per week. Can you say "Pool Rat"?	Michael Rourke	MCM	137.01
	Mike E Berney	UNA	869.03
	Natalie H Sandberg	HMS	36.42
	Paige Buehler	MCM	201.5
	Pat Lee	TCAS	102.78
	Ryan Swain	HMS	17.73
Came within 300 yards of his 2012 mileage...seems fishy for an Atomic Sturgeon.	Sean J Murphy	TCAS	505.53
	Steve R Anderson	TCAS	266.69

WHY DOES SWIMMING WORK FOR YOU?

by Margaret Hair, fitness chair

Swimming can be healthy and fun at the same time. Swimming can be done at any intensity and is the “ultimate all-in-one fitness package,” Olympian and Masters swimmer Janet Evans has said. What’s in the fitness package? USMS has compiled the list below of the many physical, mental and emotional benefits of swimming. Identify the ones that are meaningful to you.

The Physical Benefits of Swimming

- Lowers blood pressure
- Reduces bad cholesterol and raises good cholesterol
- Aids in weight loss and weight maintenance
- Is easier on the joints than impact sports
- Benefits your immune system
- Preserves and improves functional capacity
- Strengthens muscles thanks to the greater resistance of water
- Makes your heart a better and more efficient pump
- Improves flexibility
- Slows down the aging process
- Reduces your risk for heart disease and diabetes
- Reduces chronic pain, particularly from arthritis
- Improves muscle imbalances
- Develops lung capacity and helps COPD and asthma
- Exercises nearly every muscle in the body, especially if you swim all four strokes
- Lowers cortisol
- Improves sleep
- Allows you to exercise when pregnant

The Mental Benefits of Swimming

- Enhances the connections between left and right hemispheres
- Prevents brain shrinkage
- Can help you make new brain cells
- Improves problem solving skills and memory
- Reduces stress
- Allows you to be disconnected in an increasingly overconnected world
- Reduces depression and anxiety
- Improves self-control and willpower which can translate to the rest of life
- Offers relaxation through the repetitive nature of movement
- Improves self esteem
- Improves mental toughness

The Emotional and Social Benefits of Swimming

- All different levels can exercise in the same pool at the same time
- There are toys such as kickboards and pull buoys and snorkels and fins to make a workout different and exciting and easier or harder as need be
- It’s just plain fun
- You get used to seeing yourself in a swimsuit
- You can do it when it is dark and cold outside
- It’s uniting, not dividing—we all rest at the same wall
- It’s adaptable, and you can do different workouts depending on how you feel
- It’s a lifetime sport

People swim for different reasons. Why do you swim? What gets you in the pool for each workout? You may find that the answers change with time. Use that knowledge to enjoy swimming throughout your entire life. Not many other sports can offer that sort of longevity to its athletes.

IWMSC BOARD

(Continued from pg. 2)

Each duly registered club and workout group has one seat on the Inland Northwest LMSC Board of Managers

Clubs

CdA Tribal Masters (CDAT)
Plummer, ID
Joel Kopf
jkopf@bmc.portland.ihs.gov
CWU Swim Team (CWST)
Ellensburg, WA
Ian Dahling
cwuswimclub@gmail.com
Lewis Clark Neptunes Masters (LCNM)
Lewiston, ID & Clarkston, WA
NMCraft@aol.com
Rolling Hills Masters (RHM)
Pullman, WA
Wayne Gleason
wgleason@gmail.com
TriCity Atomic Sturgeons (TCAS)
Richland/Kennewick/Pasco, WA
Wes Bratton
wbratton7@gmail.com
WS Twente (WST)
Spokane, WA
Harm-Jan Steenhuis
hjsteehuis@hotmail.com
Yakima Aquatic Club Masters (YAC)
Yakima, WA
Karl Lieberknecht
accounting@yacswimming.com

Workout Groups under Hydropower Masters Swim Club (HMS)

3 Rivers Masters Swimming (3RMS)
Buzz Vickery (TriCities, WA)
buzz.vickery@charter.net
Ellensburg Windy City Masters (EWCM)
Candi Eslinger
sling-candi@charter.net
Fairchild AFB Masters (FAFB)
Matt Bronson (Spokane, WA)
gr8white1965@yahoo.com
Lake City Kroc Masters (LCM)
Noelle Adams (Coeur d’Alene, ID)
noelleterese@yahoo.com
Moscow Chinooks Masters (MCM)
Matt Edde (Moscow, ID)
mcm@galacticnorth.net
Manta Ray Masters (MLMR)
Jerry Johnston (Moses Lake, WA)
mantaraycoach@hotmail.com
Sandpoint West Athletic Club (SWAC)
Robin Helm (Sandpoint, ID)
robinhelm1956@gmail.com
Spokane Club Masters
Larry Krauser
larry.krauser@kcgl.net
Spokane Sturgeons Swim Club (STRG)
Ruby Siegel
rubys@icehouse.net
Walla Walla Masters (WWM)
Kathy Farrell Guizar
imagemanagement@charter.net
Wenatchee Valley Masters (WVM)
Carolyn MaGee
wenswim@gmail.com

LEFT-LANE LETTER

Words from the Inland NW LMSC Chair, Matt Bronson

Welcome to another issue of the SplashMaster. The Inland NW LMSC Board of Managers met on Sunday, January 29th to discuss the 2014 annual budget and priorities for spending. This year is the Inland Northwest's turn in the rotation to host the NW Zone Open Water Championships. Without an established USMS-sanctioned open water event in our area, the Board considered how to pursue a bid for this summer and how to financially support the sanctioning fees. In the end it decided to forego hosting the event this year. Hopefully, for you open water swimmers hosting the event is a goal the LMSC can work toward in the future.

Check our webpage often for updates on upcoming events. Tualatin Hills Barracudas in Oregon do a great job holding a postal fitness event each year called the February Fitness Challenge. Hope you can check it out. Lake City Kroc Masters will host their short course meters meet on March 7th & 8th with a pancake breakfast planned before the Saturday morning session. The NW Zone SCY Championships will be held April 12-13 in Federal Way, Washington.

Hope everyone is already making progress on their 2014 goals and resolutions. Don't forget to consider sharing your talents as a volunteer in our organization.

See [your](#) meet results at MyUSMS at usms.org

TIDBITS & SHOUT-OUTS

[Submitted by Noelle Adams (LCM)]
A regular in the Kroc Center pool is Nicolette DeMoe. This super mom of three is an Ironman and triathlete groupie. She is constantly growing and stretching herself... and now into butterfly! Check out her Facebook post from January 29, 2014. Come cheer her on at the Coeur d'Alene Kroc Center Spring Splash swim meet!



Nicolette DeMoe
Yesterday near Coeur d'Alene, ID

Well, I signed up for something I've NEVER done before (family motto, check). At our Masters Swim meet in March I'm going to be swimming the 200 meter fly... WHA?! (breathe Nicolette...breathe). I'm more nervous signing up for that than I was for Ironman!

[Submitted by Sean Murphy (TCAS)]
Jack Bevier (WVM) broke his own Men's 80-84 record in the Davis Area Masters Brute Squad event by swimming the 200 Fly, 400 IM and 1650 Free in 47:56.40 - including rest! See all the event results at damfast.org under "Competition" as there were 6 women and 3 other men from the Inland NW who competed in the postal event.



SPLASHMASTER

Inland NW Masters Swimming Committee
PO Box 161
Richland, WA 99352

To the Swimming Household of: