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Harry's Musings

About a month ago one of the workout swimmers at CSU, Linda Heuman, informed us that she took a job in Cincinnati. Linda has been swimming with us for about 15 years. We decided that we should use this announcement as an excuse to get the workout group together for drinks and a dinner. It was a lovely time. It got me thinking about the importance of acquaintances and what impact it has on our health and well-being. It turns out there has been a study on this point.

Gillian M. Sandstrom and Elizabeth W. Dunn of the University of British Columbia in Vancouver conducted a series of studies (link is external) to explore that very question. They found that **people with a greater number of casual acquaintances tended to be happier, and that the more interactions they had with those acquaintances, the happier they were.** We all have our workout and lane buddies. They are the people that understand just how hard it is to get up at 5 to go swim at 6. They understand what it is like to smell like chlorine 24/7. They understand how hard we work to stay in shape. People who had greater interaction with acquaintances were happier. They had a decrease in the feeling of loneliness.

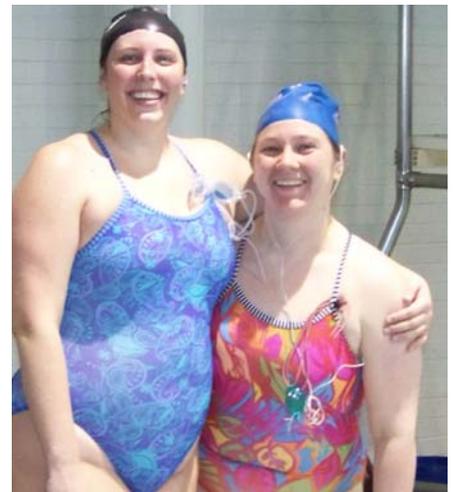


I went to the USMS website the other day to get some information and I found an article about working out with a team and the advantages it gives us. Here are the advantages according to USMS:

- **Accountability.** Studies have shown that we perform better in a group environment. Swimmers are smart—we can rationalize hitting the snooze button one more time and skipping the morning workout a thousand different ways. But if you made a commitment to even one other person to be at a workout, chances are you're getting up. And that's a good thing.
- **Camaraderie.** They say misery loves company, but in the world of Masters Swimming, endorphins love company way more than misery. High fives and fist bumps go a long way after a challenging set and energize you for the rest of the day.
- **Support.** This has meaning on so many levels, from support in setting and achieving goals, to helping us get through life challenges such as a job change, the arrival of a baby, or the loss of a loved one. No matter what you're facing or trying to achieve, your swim buddies are always there for you.

- Group therapy. Let's face it: swimmers are unique. Getting in and moving through the water with people who understand the sport helps clear your mind and puts you in a better mood. It's like Drano for the head.
- Culture. We are our own culture. Although swimming doesn't enjoy the spotlight as much as other sports most of the time, during an Olympic year you can bet that when you're out with a group of fellow swimmers, wearing your swimming logo gear, you'll get asked if you know Michael Phelps or Missy Franklin, or any other current or veteran Olympians. I'll leave it to you to confirm or deny whether you do know any of the elites—it's possible you actually do, because some of them swim in Masters meets as well. Top-of-the-heap swimmers are smart and they know that, in addition to offering a midseason race tune-up, Masters meets and practices are a ton of fun.
- Coaching. USMS has a wealth of coaching talent and has been developing and providing educational programs and services to coaches for many years, to make sure you get the most out of your group experience. Our aim is to make sure every Masters group out there has a knowledgeable coach to help the club grow as a program and the members as individuals.

When one of my lane mates is not there for a few days, I will text him and ask where he has been. If she is swimming slower or faster, I will comment on it. **I go to workout sometimes because I know that Sue, Adam and Alvin expect me to be there. We rely on each other to make our workouts better.** People who have a regular workout regimen are healthier both mentally and physically. Your workout partners give you an extra boost. Those people in your lane help make you a better swimmer. I have always found that if there is a dedicated swimmer in the workout, she infuses enthusiasm into the entire group.



Now to business. Our LMSC is planning several clinics. We are waiting on the dates, but I can disclose what we plan to offer. There will be 3 pool

clinics at CSU. They will be as follows: (1) backstroke and freestyle, (2) butterfly and breaststroke, (3) dry land workouts, starts and turns. We hope to have a fourth clinic this summer on open water swimming. As soon as we have all of the details, we will forward out invitations to our members. The cost will be \$20 a session or \$50 for all three pool sessions.

We are coming up to Championship season. I know there are swimmers from our LMSC who are in their final taper hoping to attain an age group PR at Nationals. A recent inductee to the World Swimming Hall of Fame said it best, "He who slows slowest, wins." I wish all of you well.

See you in the pool.



**Harry Greenfield -
Chair of the
Lake Erie LMSC**

REGISTRAR'S REPORT - April 1, 2016

Through March 31, the Lake Erie LMSC has registered 564 swimmers and 14 clubs for 2016.

Club membership is as follows:

	2016 @ 12/31/2015
O*H*I*O Masters Swim Club (O*H*)	283
Liquid N'Durance (LND)	69
Shaker Swimming (SHSH)	62
Cleveland Aquatic Team (CAQT)	20
Medina Masters (MEDM)	17
SwimStrongsville (SWST)	13
P.R. Tri Team (PRTR)	11
Masters of Stark County (MSCS)	8
Hamachi Swim Warriors LLC (HSWM)	7
Towpath Masters (TPMA)	7
Warren Harding Aquatics Team (WHMS)	4
Lake Shore Swim Club (LSSC)	4
Lifetime Swim Lake Erie (LTLE)	1
Ashtabula YMCA (AY)	1
Unattached	57
	564

USMS membership is required in order to participate in workout groups and meets. USMS also provides the bimonthly magazine SWIMMER and accident insurance as benefits to members.

To register on-line, go to www.usms.org and click on "JOIN (sign up or renew today)". On-line registration requires a MasterCard or Visa. The dues are \$44 for all clubs except O*H*I*O Masters, whose dues are \$49. If needed, 2016 paper registration forms can be found on the Lake Erie LMSC website, www.lelmsc.org.

The USMS on-line registration system may be useful to you for many things:

- Printing another copy of your registration card,
- Finding out your registration number,
- Updating your email address, home address or phone number.

Go to www.usms.org and click on "UPDATE my membership" and click on the appropriate option for your needs.



Also, check out the USMS website www.usms.org, or the Lake Erie LMSC website www.lelmsc.org, for lots of valuable swimming information!

Margaret Bayless, LELMSC Registrar, contact info: mbayless@aol.com

Margaret Bayless
Lake Erie LMSC Registrar
mbayless@aol.com

LELMSC NEW MEMBERS: January 6 - March 31, 2016

Abigail	Basson	Lauren (Lola)	Hocking	Michael	Pelechaty
Peter	Bosworth	Sara	Knezevich	Benjamin	Poole
Hilary	Byrne	Kinsey	Kolega	Jon	Ransom
Brian	Casto	Mark	McCollum	Christy	Riek
Jason	Clark	David	Moll	Lisa	Roelle
Chris	Clymer	Eunice	Moon	Chris	Saine
Debbie	Connelly	Kelly	Myers	Bradford	Smith
Tom	Dinh	Linda	Nichols	Ursula	Szmulowicz
Carly	Gavlak	John	Nichols	Marc	Travis
Danielle	Gaydos	Adriaan	Olivier	Rick	Waldock
John	Graber	Conner	Paez	Mary	Whitmore
Brittany	Graham	Tony	Pavlosky	Derek	Yoder
Stephanie	Groseclose	Emily	Payne		

Ashtabula Y (AY)

Beth D'Arcy

(216)289-5771

bethdarcy@sbcglobal.net

Cleveland Aquatic Team (CAQT)

Todd Urban

toddurban@aol.com

(216) 973-4547

Hamachi Swim Warriors (HSWM)

Aleta Ivey

hamachiwave@icloud.com

(216) 860-7015

Liquid N' Durance (LND)

Leah Nyikes

Leah@LiquidLifestyles.com

(440) 935-1097

Lake Shore Swim Club (LSSC)

Adam Roark

adam.roark4@gmail.com

(440) 799-1240

Club Contact Information

Life Time Swim Lake Erie (LTLE)

Club Manager

Marianne.groenings@usms.org

(216) 223-5323

Masters of Stark County

WebSite: [https://](https://www.facebook.com/groups)

www.facebook.com/groups

Medina Masters Swim Club (MEDM)

Amro Hassan

amro.hassan@contmidgroup.com

(330) 391-0321

O*H*I*O Masters Swim Club (O*H*)

Judi Norton

ohiomastersinfo@gmail.com

(440) 695-0695

P.R. Tri Team (PRTR)

Daniel Smith

danieljs111@aol.com

(440) 829-4521

Shaker Swimming (SHSH)

Eric Peterson

peterson_e@shaker.org

(216) 346-0274

SwimStrong (SWST)

Mike Gallagher

coachmike1971@gmail.com

(440) 879-7196

Towpath Masters (TPMA)

Carol Howard

carolsrun@yahoo.com

(330) 327-5525

Warren Harding Aquatics (WHMS)

Steve Lukco

steve.lukco@neomin.org

(330) 369-4868

AQUATIC OUTFITTERS of Ohio

Long time supporter of Masters Swimming, Lisa Burrows has named her new business **AQUATIC OUTFITTERS of OHIO**. The location and phone number have stayed the same. There is a new email address Sales@AquaticOutfittersofOhio.com and website www.AquaticOutfittersofOhio.com. Good luck, Lisa!



7223 Whipple Ave. NW
N. Canton, OH 44720

Ph. 330.498.9179 Fax. 330.498.9175

Sales@AquaticOutfittersofOhio.com www.AquaticOutfittersofOhio.com

7223 Whipple Ave, NW
North Canton, OH 44720

PH: 330-498-9179
FAX: 330-498-9175

Mon 9-6
Tues-Fri 9-5
Sat 10-4

PARK	
AO	PORTAGE
WHIPPLE	EVERHARD
	I-77

"Gratitude is My Attitude"

from HUMANA Heroes: Athlete of the Month at NSGA.com

Luise Easton, 77, was no stranger to the triathlon when she got the notion to give it another go in 2008. "I did them years ago, but then I had several foot surgeries. I didn't do another one for 20 years," the former high school physical education teacher recalls.

After overcoming medical hurdles, and an earlier battle to drop 100 pounds from her petite frame, Easton is proud to be fully active and athletic again. After completing a sprint triathlon, she sought more competitions and challenges, including finishing the 1.5 mile Alcatraz Sharkfest swim in San Francisco Bay for her 70th birthday. (She repeated the feat at 75 and plans to go again when she turns 80.)

"I've always been a swimmer, and did synchronized swimming as a teen. And I taught swimming for 25 years," Luise explains. She began jogging to lose weight after quitting smoking in 1983, and was intrigued with the challenge of adding biking and running to make up a triathlon.



Living in the Cleveland suburb of Olmsted Falls, Luise learned in 2012 that the National Senior Games would be held near her and decided to qualify in swimming and triathlon. At Nationals, she earned five medals in the pool, but finished dead last in the 2013 triathlon.

Undaunted, she set a goal for redemption at the 2015 National Senior Games presented by Humana. This past summer, she went to Minnesota and captured the gold medal against stiff competition in the women's triathlon 75-79 age group. Her combined time of 1:43:55 was the fourth best in the history of The Games.

"I was thrilled to win at the National Senior Games. Most of the time in my other races, there's nobody else in my age group. I win because I finish," she says. "But for this race there were five women in my group, so I actually beat other people. It was fun. I didn't care what happened the rest of the week-not that I didn't want to do good in swimming, but I was so thrilled to win that." (She did also pick up two silver and two bronze medals in swimming).

What changed in the two years between? "I got a coach and started strength training, bicycle training, swimming and running training. That was the difference."

While driven by a competitive nature, Luise looks beyond the finish line. "I do like to win. But my motto now is 'There's gratitude in my attitude' because at my age, to be able to do what I'm doing physically and financially, I have nothing but gratitude. Making friends through the games is another reason for doing it."

Luise is always encouraging others, and offers simple advice for those who want to get going at any age. "Show up and put one foot in front of the other. It is that easy," she tells people. "Anytime you get up and do something you're ahead of all the other people who don't even get out. It's never too late to start doing something."

O*H*I*O Masters Swimmers Challenge 36 Miles of Lake Erie

A Fundraiser for the USMS Swimming Saves Lives Foundation



ON A WARM SUMMER'S NIGHT...

... a swimmer will depart a boat in the darkness and swim a short distance to a sandy shore. He will clear the water, turn and give a signal from the beach. As he re-enters the water, the Lake Erie Relay Swim will begin. For the next 18 hours or more, six members of O*H*I*O Masters will swim a 36-mile relay from Point Pelee, Ontario, to Main Street Beach at Vermilion, Ohio. Along the way they will have to overcome fear of darkness, ship traffic, fatigue and rapidly-changing weather conditions. All of this for the satisfaction of doing something few have done—and to raise money for the USMS Swimming Saves Lives Foundation.

THE TEAM

The Lake Erie Relay Team includes Ashley Braniecki, C.C. Skoch, Kristen Bergmann, Chuck Beatty, Jay DeFinis and Kevin Kelley. The team ranges in age from 30 to 57. All are veterans of open water races, including the Lake Erie Open Water Classic, Big Shoulders 5K and Swim to the Moon 10K. While they now spend their workouts following the black line in various pools, when summer comes they will meet at Columbia Park in Bay Village and swim in the unpredictable waters of Lake Erie.

In addition to the swimmers, the team is looking for experienced kayakers to support them in their journey. If you are interested, please contact one of the team.

FUNDRAISING AND SPONSORSHIPS

The Lake Erie Relay Team is raising money for the **USMS Swimming Saves Lives Foundation**. Our fundraising goal is \$10,000. You can make a tax-deductible donation today at <https://www.usms.org/giving/donate.php>. Be sure to add "Lake Erie Relay" in the Organization field.

The team is also soliciting sponsorships to help defray some of the costs of this venture. Sponsors will be recognized in all press releases, news articles and via their logo on the back of our team t-shirts. Contact the team if you or your company is interested in sponsorship.

ABOUT THE SWIMMING SAVES LIVES FOUNDATION



Every day, about 10 people die from drowning. The majority of unintentional drowning victims are adults. Drowning ranks fifth among the leading causes of unintentional injury death in the U.S.

The purpose of SSLF is to advocate and raise awareness, and to serve as a resource for programs providing adult learn-to-swim lessons. The SSLF solicits charitable contributions and provide grants to SSLF program providers.

The hope is that once an adult learns to swim or improves their swimming skills, they will have the confidence and desire to continue swimming in a Masters Swimming program and experience the lifelong benefits of swimming.

Through the generous contributions of USMS members and other supporters, SSLF has awarded more than \$207,000 in grants and resources to programs that are providing adult learn-to-swim opportunities. Thousands of adults have benefited from lessons taught by our program partners.

U.S. Masters Swimming is registered as a 501(c)(3) nonprofit organization. Contributions to the USMS Swimming Saves Lives Foundation are tax deductible to the fullest extent of the law. U.S. Masters Swimming's tax identification number is 31-0999051. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. USMS's Florida registration number is CH33301.

CONTACT THE RELAY TEAM

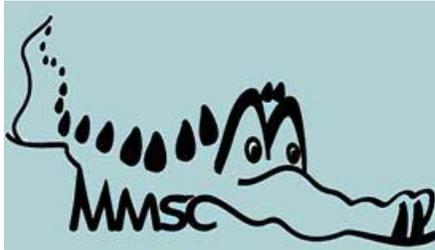
You can reach the Lake Erie Relay Team via Chuck Beatty at 330.808.4821 or chuck@reflectionsonnature.com. Find and like us on Facebook at www.facebook.com/groups/lakeerierelayswim/.



Upcoming Swim Meets

Medina Masters 2016 SCM Sprint Spectacular
Sunday, April 17
Medina Natatorium
855 Weymouth Rd., Medina, OH 44256
Warm up 9:00
Deck Entries until 9:30
Meet - 10:00

Online registration at ClubAssistant.com
Paper entries at www.medinamasters.com
and www.ohiomasters.com.



O*H*I*O Masters Summer LCM Meet
Busbey Natatorium - Cleveland State University
Saturday and Sunday, June 25 & 26
Meet Schedule Both Days:
Warm up 8:00am
Deck Entries until 8:50am
Event #1 - 9:00am

Online registration at ClubAssistant.com
Paper entries at www.ohiomasters.com.



2 Notes:

1. ALL SWIMMERS MUST HAVE A 2016 USMS MEMBERSHIP.
2. REGISTERING BEFORE THE MEET SAVES YOU MONEY.

Spotlight on Diane Spence

by Jay Definis

Diane began swimming in Washington state in 1987. She entered her first masters swim meet three months after giving birth to her first child in 1989. She wanted to get in shape after the pregnancy. She even brought and nursed the baby at the meet!! That's dedication !

Diane has been a great Ohio masters swimmer. She has served on both the Ohio Masters and the Lake Erie LMSC board. She is currently the LMSC sanction chair, making sure our meets are compliant and follow the rules so that our results count!

What you may know is that Diane is a violin player who regularly plays with a community orchestra. She is also a master gardener! She enjoys time with her grandchildren and her husband Tom Spence. She is a member of the Lakewood workout group. When summer arrives, she regularly swims in Lake Erie at the Columbia Road Park.



Recently, I had the pleasure to count for Diane in the mile event at Wooster. She swam a great race with a time of 22:28.98! Her favorite pool event is the 100 IM. Thanks for all you do, Diane!



Volunteers – We can't do it without ya!

One reason Masters Swimming functions so effectively is due to the many volunteers who donate varying amounts of time and expertise to keep our organization functioning. They are responsible individuals who help provide opportunities for other adults to pursue fitness, fun, and competition - the ones behind the scenes who keep the organization going. We are fortunate to have several individuals who help on a club level, at meets, on the LMSC level, and a few even on the National level. Some members serve on more than one level or take on more than one job.

THANK YOU to all of our volunteers who freely give time and effort.

With over 550 members, one would think that filling volunteer opportunities would be rather easy. To the contrary, when we look at the people who help make the group function, only a very small percentage of our membership volunteers.

As with many organizations, getting people to volunteer is not an easy task. That is probably one reason why several people volunteer on many levels.

How about the rest of you? There are many ways to help. Some opportunities demand more time than others, but everyone can find a spot to help. Listed below are just a few of the positions where we need people to help. Some of these positions are currently filled, but eventually everyone will need to pass the task to someone new. The current volunteer will surely help you as you transition.



Kevin McCardle (L) and Tom Gorman (R) have run OMSC swim meets for years.

I hope each of you will look over the list and find at least one activity where you can help your club or the LMSC in some way. If you do not see what you are looking for, or have talents that we don't know about, contact us and we will find a niche for you. Club contacts and LELMSC contacts are listed elsewhere in the newsletter.



OMSC Open Water Swim volunteers help to ensure an efficient and SAFE race.

Where to Help	Opportunities
Your Club	Board members, coaches, fund raisers, group coordinators, communications, awards
Open Water Events	Safety crew, swim director, results, entries, check in, set up, clean up, social, announcer, timing, goody bags, t-shirts, awards
Pool Meets	Meet coordinator, timers, results, announcer, timing system, check in table, set up clean up, refreshments, social, awards, meet director assistants
LMSC level	Chair, vice chair, Top Ten, officials, communications, fitness, open water, sanctions, secretary, registrar, treasurer, Top Ten patches
National level	All of these positions and more are available at www.usms.org Click on "For Volunteers" (on the right of the red banner on the home page.)

When I was at USMS convention, one club's head coach bragged about his club's "mandated volunteering." I know we won't have to resort to that tactic.

I challenge each of you to volunteer at one meet, or at one practice group, one social, or at one 'anything' to help this year. Don't be one of those who only swims a workout, and leaves.

It is easy to focus on all of the obstacles in life that take time away from volunteering. We all have them. Start with one activity at some level. You will find that it is another way to expand your enjoyment of Masters Swimming. You will find you will get back more than you give



Michael Bergmann's help is invaluable, especially with the Open Water Race. Kristen has served on the board of OMSC and as Secretary.

O*H*I*O to Host the 2017 One Hour e-Postal National Championship

For those who have not taken part in the ePostal One Hour Swim before, the aim is to swim as far as you can, in any pool, in one hour. You can enter individually and then team up with others to submit your totals as a relay. Final rankings are determined by total yardage swum. Medals will be awarded to the top ten finishers in each age group and the top six relay teams in each age group. Participants can also order souvenir t-shirts of the event. Kick off your 2017 season by seeing how far you can swim in 60 minutes. For those who do not enter meets, this is a great way to gauge performance from year to year – right in your own pool!

If this event is not until January, 2017, why bring it up now? Because this year, Ohio Masters is in charge of running the competition! After our competitive bid was reviewed, Ohio Masters was chosen to host the event by the USMS National Long Distance Committee. This championship traditionally has over 2000 individual entrants and hundreds of relays, so it is a big challenge for the host team to pull it all together!

That is why we are putting out the notice now. We need your help!

There are many tasks where we will need volunteers to contribute. The work starts with typing up our entry information. Our t-shirt designs will be in soon. We will be setting up online registration. Eventually we will need help results and with ordering and mailing awards and t-shirts.

This will be a big undertaking but I know that there are plenty of people who are looking for a chance to get in some volunteer hours for the club and help out. To pull it all off by the deadlines, we will need a lot of volunteers! If you are willing to help, please email me (ohiomastersinfo@gmail.com) and let me know of your interest, and we will get things going!

Congratulations to our 4 swimmers who have achieved individual All American honors for 2015! To be named USMS All American, you have swim the fastest time in an event in 2015. Our All Americans in individual events for 2015 are:

Betty Russ (8 Events)

Yoshi Oyakawa (5 Events)

Neil Wasserman

Nancy Waite



**8 event All-American
Betty Russ**

Odds and Ends

New swimmers and/or swim technique seekers - We have reinstated our **30 minute pre-workout mini clinics at Lakewood** from 7 to 7:30 pm on **Wednesdays** starting on March 2 through the end of the indoor season These sessions are instructional in nature. Then apply what you learned at the workout from 7:30 to 8:30 pm.

There will be a new workout group for the summer at **Avon Aquatic Center, (36265 Detroit Rd. Avon, Ohio 440- 937-6106) outdoors, 25 yard course, on Mon. and Thurs. from 7 to 8 pm starting June 6.** This will be open to all swimmers. For additional information check <http://avonpool.com/>.



We are also planning to add a new **LCM meet outdoors** at the new 50m pool in Avon OH at the end of August. Email event suggestions to ohiomastersinfo@gmail.com.



Anne McGovern



John Daily

We also had 10 individuals swim on an All American Relay! Some listed were on more than one All American relay. Awards for these accomplishments will be presented at our Annual Dinner/Awards night on June 25. I hope you will plan on attending.

John Daily Luise E Easton Mario Gerhardt

Sid Hall Anne McGovern John C Medici

Yoshi Oyakawa Betty J Russ

Peter Van Dijk Nancy A Waite



Our Summer LCM meet at CSU is on for 2016. It will be held on **June 25 and 26 with our annual meeting / dinner on June 25.** The first event on both days will begin at 9:00 AM. This will make attending the Annual Meeting/Dinner easier!! More information can be found in this newsletter.

The date for **our open water swim** still has not finalized. It is looking like August, but we are waiting on permits and final confirmation from the Metroparks. It will again be Edgewater Park.