

WATER LOG

The Newsletter
of the LE LMSC

Letter from the President

Summer 2009

Well, we have had quite a year so far in the Lake Erie LMSC! We have five clubs and a record number of LMSC members - over 500. We also enjoyed a swim meet at a new venue, the Medina Community Center, hosted by Medina Masters. The meet was administered very well, and to add to the excitement, it produced two new short course meters world records!

We have several important upcoming events in our LMSC and our Great Lakes Zone. The annual Edgewater Open Water Race (1 and 2 mile courses) will take place on Saturday, July 25th and will be hosted by the Ohio Masters Swim Club. This is a great open water event for the experienced as well as the novice open water swimmer. Typically the water is calm, the course is well marked, and the start is "in water" eliminating the chaos and stress of a beach start. Please encourage your workout teammates to give it a try.



Laura

Also, the USMS National Championships will be held at the IUPUI facility in Indianapolis in early August. The Ohio Masters Swim Club is taking a large number of swimmers to the meet and hopes to compete for a team title. This championship event will be unique in that all of the relay events will be on one day instead of across all of the event days as is usually done at the USMS Nationals.



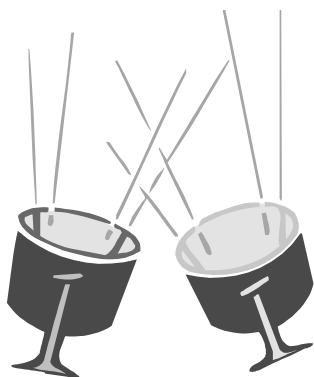
Keep swimmin' !!!

Laura

We would like to expand the number of LE LMSC swimmers who make contributions to Water Log. If you have an article, paragraph or photograph that you would like to submit, email them to Dave Barberic - d.barberic@oh.rr.com.

Meet SAMY - Sandusky Area Masters

The latest incarnation of masters swimming in Sandusky, Ohio began in January under the heading of Sandusky Area Masters (SAMY). We are not strictly a "Y" team although most of our current members belong to and train at the Sandusky YMCA. We have a six lane, 25 meter lap pool (stainless steel, just like Lakewood High School - only smaller) in which to train. We are definitely still in the development stage. So far we have approximately 10 swimmers registered with USMS, several of whom competed in meets this past winter at Lakewood, Wooster, and Medina, and more recently at the June Long Course meet at Cleveland State. The team was organized by Nick and Marilyn Douglass,



now semi-retired, who have both competed previously with SWOM, OHIO Masters, and Buckeye Masters. Our biggest challenge so far is trying to get



Marilyn and Nick Douglass

some of our local triathletes to join USMS and compete in some swimming events like the

Open Water Challenge in

Cleveland this summer. Also, since there are so few local meets this summer, some of our members have begun competing in local triathlons. We may be a small team right now but we are looking forward to many years of growth in the Sandusky Area and look forward to the upcoming fall and winter short course season.



REGISTRAR'S REPORT

JULY 1, 2009



Lake Erie LMSC (LELMSC) continues to experience a record membership year, with 5 clubs and 529 swimmers currently registered. At this time last year, LELMSC had 4 clubs and 422 members, and has experienced a 25% year-over-year increase in membership.

Since the last newsletter in April, LELMSC has registered 49 new members and renewed 11 members.

Membership by club is as follows: O*H*I*O Masters Swim Club (O*H*): 349 members; Shaker Swimming (SHSH): 87 members; Medina Masters (MEDM): 31 members; Steiner Center Masters (STNR): 6 members; and Sandusky Area Masters (SAMY): 10 members. 46 swimmers are unattached.

Most all club correspondence is now done via email. If your email address changes during the year, please let us know so we can keep our records updated, and keep you informed of meets and other activities. Also to insure you receive your bimonthly USMS SWIMMER magazine, please inform us of mailing address changes as well. Send all contact changes to me at mlbayless@aol.com.

Don't forget to check out the USMS website, www.usms.org for lots of relevant swimming articles and information!

Margaret Bayless - Lake Erie LMSC Registrar



Margaret Bayless
Lake Erie LMSC Registrar



NEW MEMBERS

David
Timothy
Todd
Norm
Bridget
Leslie
Patricia
Nathan
Kyle
Teresa
Lora
John
Arthur

Agee
Atkinson
Baumgartner
Bilsbury
Body
Brazina
Caravella
Coleman
Coughlin
Crane
DiFranco
Eggleston
Gibbs

Michael
Barclay
Roberta
Michele
Kenny
Kristen
Elizabeth
Sherry
Rick
Matthew
Andrea
Nathan
Matthew
Christina
Sid
Sean
Douglas
Greg

Hannibal
Hershey
Holzer
Hughes
Hummel
Johnson
Jones
Kahl
Kirk
Klaasse
Leland
Levitan
Liderbach
Marshall
McMahon
O'Reilly
Owens
Pappin

Scott
Brian
Jennifer
Suzanne'
Rob
Ronald
Jim
Sara
Jonathan
Daniel
Joe
Gratia
Brian
Steven
Rob
Patrick
Carol
Amy

Parker
Perry
Petkovsek
Provagna
Reddy
Rinaldi
Sampson
Santoli
Schauss
Seink
Sepesy
Steggall
Stern
Thompson
Thompson
Wilson
Winter
Witzigreuter

Upcoming Local Masters Meet Schedule

Summer 2009

Place: Edgewater State Park
Date: Saturday, July 25, 2009
Type: Open Water
Course: 1 and 2 Mile Races



There is still time to sign up to swim in the race. There is also a need for volunteers to help insure a smooth, well-run and safe event.

Fall 2009

Place: Hathaway Brown School
Date: Sun. October 25 (tentative)
Type: SCY



Winter 2009

Place: Hudson
Date: Sat & Sun December 5th & 6th
Type: SCM



2009 USMS Championship Events

2009 USMS

Long Course Meters Nationals

IU Natatorium, Indianapolis, IN

August 6-10, 2009

Kris Houchens, 317-475-1823

krishouchens@hotmail.com

USMS (10K)

Open Water Championships

Lake Traverse Bay, Lake Michigan

Harbor Springs, MI

August 1st

Hammerhead Swim Club

John Cowing, 231-330-8904

coastalcrawl@gmail.com

USMS 2 Mile

Cable Championships

Mirror Lake, Lake Placid, NY

August 15th

Adirondack Masters

Ann Svenson, 518-893-1967,

annb48@earthlink.net

USMS 3-6 Mile

Open Water Championships (5K)

Lake Michigan, Chicago, IL

September 12th

Chicago Masters Swim Club

Chris Sheehan -

bigshoulders2009@yahoo.com

Scott Reeves, 630-408-8884

SWIM NEWS

In April, [Joanne Collins](#) completed her third [Boston Marathon](#). Joanne's training plan was to finish in the top five of her age group, but a hamstring pull at Mile 9 dashed that hope. She had to do "the walk/jog thing to the finish line." Nevertheless, she finished in 3:46:12 and was in the top 100 of her age group. [Congratulations, Joanne!](#)



about our swimmers!!

Jack Groselle has had a remarkable run over the past several months. He has set the following records:

FINA World Records

50 Free LCM - 25.25

100 Free LCM - 56.20

200 Free LCM - 2:07.21

100 Free SCM - 54.50

200 Free Mixed Relay

SCM - 1:48.74



USMS National Records

100 Free SCY - 47.92

100 IM SCY - 55.42

50 Breast LCM - 33.07



Jack will be swimming in the USA Sectional Meet at Miami University in Oxford, OH at the end of July and at USMS Nationals in Indianapolis in August. Good LUCK!

Our Swimmers in the News (cont.)

The following was excerpted from an article that appeared in the April 21, 2009 edition of the *Cleveland Plain Dealer*:

Researchers at Kent State University and the Cleveland Clinic have found that Parkinson's patients who rode a stationary bike faster than their preferred pace can improve overall motor function and reduce tremors. Compared to patients who rode at a voluntary pace, those who went faster had improved hand and arm dexterity. The effects on dexterity remained for four weeks after completing the study.

*"It doesn't require a lot of equipment, and there are no side effects to exercise, unlike Parkinson's medication," said **Angela Ridgel, an assistant professor in exercise science at Kent State** who conducted research with Dr. Jay Alberts at the Clinic's Center for Neurological Restoration.*

Doctors aren't sure why the exercise helps reduce tremors, but the fact that working the legs quiets tremors in the arms suggests that the exercise is affecting the brain.



Angie Ridgel -
researcher and triathlete

Angie is a regular contributor to *Ohio Sports & Fitness*. Her monthly column is titled **Live to Tri**. Here are the articles she has written for the last six issues.

February 2009 - Periodization and Training Logs: a Benefit to Your Race Season.

March 2009 - Performance Testing for Triathlon: Is It Worth the Money?

April 2009 - Recovery: an Essential Component for Improvement

May 2009 - It's All in the Mind: Mental Training for Endurance Sports

June 2009 - The Rise of Duathlon

July 2009: - Race of Endurance

These articles and others written by Angie can be found at: www.ohiosportsandfitness.com.

Eagleman 70.3 Triathlon Race Report

- Angie Ridgel

In September 2008, Joanne Collins and I decided to sign for a race in June 2009. Early, but this race sells out within 2-3 weeks of opening. It is popular because it is a qualifying race for the Hawaii Ironman in October and the 70.3 Championship in Florida. Although we had little chance of getting one of these spots, we decided to race because it was such a well-respected event. The race was in Cambridge, Maryland - a charming town on the eastern shore.

As we reached Maryland, the temperature and humidity started to climb—this would be a preview for our race. Joanne and I decided to take advantage of the camping option because it was cheap and seemed like a fun thing to do. Little did we know that the camping area was a high school yard close to a road where the local teenagers liked

to cruise late into the night. Furthermore, just after we settled in for the night a lightning storm pelted us with wind and rain. My hour or two of sleep would not leave me rested when the alarm rang at 4AM.

On race morning, the sky was dry but the humidity was high. Luckily the race started with overcast skies. The swim was 1.2 miles on a single loop course with right hand turns (Joanne was really excited about this). The water temperature was a perfect 74 degrees and the salty water was refreshing. Joanne got an early start in the 2nd wave and my wave left about 15 minutes later. While waiting for the in-water start I noticed some plastic in the water—no — it was a jellyfish. Luckily, I had a full wetsuit to protect my arms and legs. However, my neck was not so lucky. While swimming I felt a sharp sting on the back of my neck. The sting did not bother me much until the end of the race but I had some nice welts for a week. **Time:**

37:00



Angie and Joanne (L-R) embark on another triathlon adventure.



The 56 mile bike wended through the Blackwater Wildlife Refuge and local farms. It was very scenic until the wind started to pick up around mile 30. My speed ranged between 22 mph to 16 mph due to the wind. I tried to maintain a steady pace but it was difficult. Nevertheless, I was happy with my time and I was able to maintain my average goal speed. An important strategy in this distance is to save some energy for the run. Towards the end of the bike, the sun started to come out and the humidity started to rise. **Time: 3:01**

The 13.1 mile run was a single loop along asphalt roads in the country. Not the most scenic course but to tell the truth I was suffering so I would not have enjoyed the scenery anyway. It was fun to see the professional triathletes coming back on the road. I tried to draw inspiration from their speed and poise. After the first 2 miles, there were aid stations with water and ice at every mile—luckily. I quickly realized that the heat was going to be a major factor in the run since we had not had many days of temperatures about 70 degrees in Cleveland. I decided to jog/walk through the aid stations so that I could put ice in my singlet. It was so hot and humid that the ice melted between each mile. My run time was not what I hoped but I have been doing this sport long enough to know that heat can change race goals quickly. **Time: 2:00**

Total Time: 5:44

All in all it was a fun experience but training and racing this distance takes a tremendous amount of time and energy. I would recommend this race for anyone who wants to try the 70.3 distance. Just be ready for the heat and humidity.



TO ALL MEMBERS OF THE O*H*I*O MASTERS SWIM CLUB:

The 2009 Annual Meeting and Awards Dinner was well attended. But for those of you who were not there, here is a summary. We enjoyed a delicious buffet dinner, approved the minutes from last year's meeting, ate some more, presented awards and thanked many people for their help over the past year, and then we had dessert. Did I mention that we had dinner?

A list of people who received awards is attached. Yoshi Oyakawa set four world records - or was it eight? The O*H*I*O Masters World Record Investigations Department lost count. Lilly Kron won the coveted Burning River Aquatics Team Award. Next year, Lilly will present this prestigious award to the 2010 winner.

On a serious note, O*H*I*O Masters Swim Club would not be able to function without the large and small contributions of many people. The list of the people who helped us significantly this past year is attached. To the people named on that list, we appreciate your help. Thank you very much.

The 2009-2010 Entry Form for the Iron-Person Award is attached. This is an event that rewards persistence. Speed is not important.

For those of you who are interested in registering for the **2009 Open Water Race**, you may sign up on-line at:
https://www.clubassistant.com/club/meet_information.cfm?c=1241&smid=1640&CFID=3132912&CFTOKEN=34481119.

This event will be held at Edgewater State Park, Cleveland, Ohio on Saturday, July 25, 2009. There will be both a 1-mile and 2-mile distance.

See you having a good time at the pool (or the lake).



Tom Spence
President
O*H*I*O Masters Swim Club
(216) 299-3858

O*H*I*O Masters Swim Club Officers

PRESIDENT

Tom Spence
talltom13@msn.com

VICE PRESIDENT

Kevin McCardle
McCardle.kevin@cle.sysco.com

SECRETARY

The Secretary's position is currently open

TREASURER

Dave Barberic
d.barberic@oh.rr.com

BOARD MEMBERS

Kristen Bergmann
kristen@inspection
engineering.com

Jean Koeberle
jckluvs2swim@msn.com

Lilly Kron
lilly.kron@sbcglobal.net

Judi Norton
judinorton@yahoo.com

David Rockwell
David.Rockwell@kellogg.com

Diane Rothenberg
DianeTFR@aol.com

O*H*I*O Masters Swim Club Awards

The O*H*I*O Masters Swim Club's 2009 Annual Meeting and Awards Dinner was held on June 6, 2009 at the Sweetwater Landing Restaurant at the Emerald Necklace Marina in Cleveland's Rocky River Metropark in Lakewood. As part of the evening's festivities, numerous awards were presented. The categories and recipients are included in following photo essay.

Pieter Cath Memorial Swim Meet Award 2009

LAKEWOOD

Top Ten

- | | | |
|------------------|---------------|------------------|
| Marianne Brogan | Sid Hall | Diane Rothenberg |
| Bill Brenner | Peter Harding | Marla Sanchez |
| John Daily | Sylvia Hill | Melinda Smith |
| Carol Ganzel | Laura Kessler | David Staley |
| Audray Gray | Wayne King | Todd Stultz |
| Harry Greenfield | Carl Meador | Nancy Waite |
| Jack Groselle | John Medici | Neil Wasserman |
| Anne Guins | Judi Norton | |

All Americans

- Betty Hanks Yoshi Oyakawa
Lilly Kron Betty Russ

Burning River Aquatic Team Award

Lilly Kron



Todd Stultz



Melinda Smith

Iron Person

- | | |
|---------------|------------------|
| Duane Grassel | Diane Rothenberg |
| Jean Koeberle | Melinda Smith |
| Lilly Kron | Tom Spence |
| Gerry Meyer | |



Iron Person recipients Diane Rothenberg and Tom Spence

Coaches Awards

- Elizabeth Opila - Lakewood
Tim Bennett - Orange
Laura Kessler - Solon
Ed Schellschmidt - Kent
Sara Hudak & Rebecca Wolf - CSU

Top Ten Relays

Pam Beck
Bill Brenner
Joanne Collins
Dina DeVincentis

Jeff Dropsey
Kristal Funk
Sid Hall
Steve Hamilton

Sarah Heydie
Joan Inderhees
Stephanie Johnson

Jean Koeberle
Dana Kowalski
Lilly Kron

John Medici
Yoshi Oyakawa
David Rockwell



Betty Russ



Dana Kowalski and Jean Koeberle



David Rockwell

Super Iron Person

Duane Grassell
Gerry Meyer (below)
Jean Koeberle
Tom Spence



World Records

Yoshi Oyakawa



Judi Norton

All American Relays

Bruce Allen
Pam Allen
Dave Barberic
Marianne Brogan
Luise Easton
Anne Guins

Jack Groselle
Ann Guins
Laura Kessler
Judi Norton
Diane Rothenberg
Judi Norton

Betty Russ
Melinda Smith
Tom Spence
Todd Stultz
Nancy Waite



Marianne Brogan and Luise Easton

O*H*I*O Masters Swim Club Thank You's!

Members

Dave & Carol Barberic	Laura Kessler
George Bare	Jean Koeberle
Margaret Bayless	Lilly Kron
Kristen Bergmann	Gerry Meyer
Michael Bergmann	Wally Morton
Doug Brogan	Judi Norton
Marianne Brogan	David Rockwell
Dan Cox	Diane Rothenberg
Kristen Crites	Lynn Scott
Sharon Detering	Todd Urban
Tom Gorman	Nancy Waite
Kevin McCardle & Debbie Baum	



Debbie Baum and Kevin McCardle



The Bergmann Family

Coaches

Bob Babiak	Lakewood
Mo Barrios	CSU
Mike Davidson	Solon
Dave Duecker	Solon
Pete Finefrock	Orange
Kristal Funk	Kent
Jim Hlavaty	Lakewood



(L-R) Doug and Marianne Brogan, Dave Barberic



*Lakewood Coaches
Jim Hlavaty and Bob Babiak*

Officials

Pat Baker
Bob Brauning
Tom Fattler
Gordon Grinham
Wayne Lawrence
Mike Sokolich



Wayne Lawrence and Gordon Grinham

*Our thanks to
Competitive Aquatic Supply
for their continuing support of
Masters Swimmimg. Remember
that CAS donates a percentage of
their total sales at O*H*I*O Mas-
ters swim meets to the club.*

CAS

**Competitive Aquatic
Supply**

7223 Whipple Ave, NW
North Canton, OH 44720

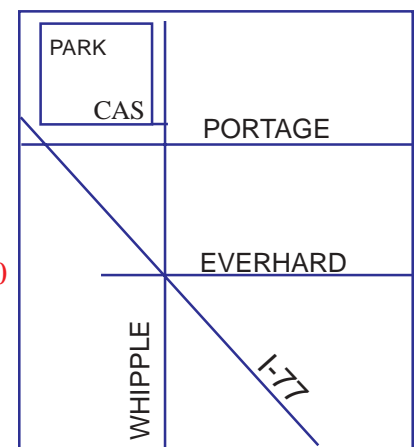
PH: 330-498-9179

FAX: 330-498-9175

Mon 9-6

Tues-Fri 9-5

casswimohio@aol.com



Open Water Update

Lake Erie open water swimming is in full swing. Many of us swim at Columbia Road Park - where Columbia Road dead ends into Lake Road. Here is a time schedule that we try to adhere to:

Monday - Wednesday - Friday: 8:00 AM

Tuesday - Thursday: 7:30 AM

Saturday: 7:15 AM

Sunday: 8:30 AM with Picnic afterwards

Additionally, there are triathletes who swim as a group on Tuesday evening at 6:30 PM and Thursday morning at 6:30 AM. Please Note** - due to Lake Erie's variable conditions, these times, which are also listed at the Ohio Masters Swim Clubs website (www.ohiomasters.com), are subject to frequent changes. If you plan to swim, it is advisable to call Doug and Marianne Brogan at 440-835-0142 to confirm the actual swim schedule and the LAKE CONDITIONS! Please call at least 45 minutes before any scheduled swim.



Come for the swimming - stay for the Sunday picnic!



Lake Erie has warmed up - no wetsuits needed.

Lastly, on July 4th, David Rockwell and Jean Koeberle came to swim. David asked me **who he had to pay for the swim. The answer: NOBODY!!!** It is a public park and beach and there is no official workout. It is open to anyone who wants to join us for the swim. You need not be a member of O*H*I*O Masters or any masters club. Just come and enjoy.



Call ahead for lake conditions.



Call ahead for times or lake conditions!

O*H*I*O MASTERS SWIM CLUB

IRON-PERSON ENTRY FORM 2009 - 2010 SWIM SEASON

Name: _____

O*H*I*O Masters Members Only

This form should be used by members of the O*H*I*O Masters Swim Club wishing to obtain an **Iron-Person** or **Super Iron-Person Award**. Enter the month and location of the meet in which you completed **each** event. Proof of completion may be required. Members who complete all listed events in the 2008–2009 season (June 1, 2008 to May 31, 2009) in any USMS Sanctioned Swim Meet will receive an Iron-Person or Super Iron-Person Award. **Award Entry Forms received by May 31, 2010 will be awarded at the Ohio Masters Swim Club Annual Meeting.** Events may be swum in yards or meters. 1500 meters qualifies as 1650 yards. 400 meters qualifies as 500 yards.

Mail the completed form with a check in the amount of **\$15.00** made out to **O*H*I*O Masters Swim Club** to:

Kevin McCardle
18120 Sherrington Road
Shaker Heights, OH 44122

Event	Month of Meet	Location of Meet
50 Freestyle		
100 Freestyle		
200 Freestyle		
500 Freestyle		
1650 Freestyle		
50 Backstroke		
100 Backstroke		
200 Backstroke		
50 Breaststroke		
100 Breaststroke		
200 Breaststroke		
50 Fly		
100 Fly		
200 Fly		
100 Individual Medley		
200 Individual Medley		
400 Individual Medley		

To qualify for the **Super Iron-Person Award**, you must complete all of the events listed above plus...

Any National Championship Open Water Swim or our Lake Erie Swim or any National Championship Postal Swim (3, 5, 6, 10K or One Hour)