

# 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' !!!

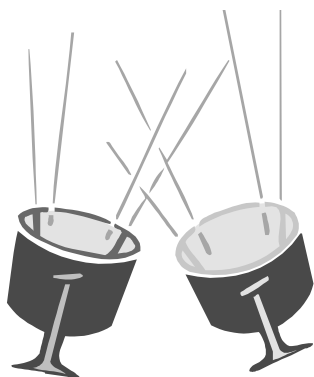
Laura

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](mailto:d.barberic@oh.rr.com).

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## 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](mailto:mlbayless@aol.com).

Don't forget to check out the USMS website, [www.usms.org](http://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

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## 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](http://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 2<sup>nd</sup> 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](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**

### All Americans

Betty Hanks Yoshi Oyakawa  
Lilly Kron Betty Russ

### Burning River Aquatic Team Award

Lilly Kron



### Coaches Awards

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

### Top Ten

Marianne Brogan  
Bill Brenner  
John Daily  
Carol Ganzel  
Audray Gray  
Harry Greenfield  
Jack Groselle  
Anne Guins

Sid Hall  
Peter Harding  
Sylvia Hill  
Laura Kessler  
Wayne King  
Carl Meador  
John Medici  
Judi Norton

Diane Rothenberg  
Marla Sanchez  
Melinda Smith  
David Staley  
Todd Stultz  
Nancy Waite  
Neil Wasserman



Todd Stultz

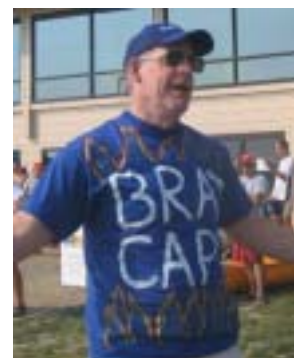


Melinda Smith

### Iron Person

Duane Grassel  
Jean Koeberle  
Lilly Kron  
Gerry Meyer

Diane Rothenberg  
Melinda Smith  
Tom Spence



Iron Person recipients Diane Rothenberg and Tom Spence



## 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 Koeberlie



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*

## 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*



*The Bergmann Family*



*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

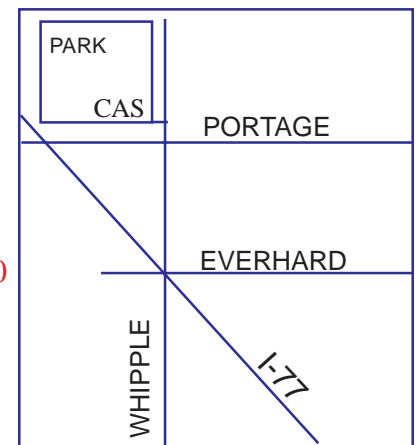
PH: 330-498-9179

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](http://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: NO-BODY!!!** 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)**