



*Please note our FL LMSC Newsletter is electronic only.
If you know of a swimmer who does not have access to a computer and they would like
to have the newsletter, please make them a copy.*



Thank You

**Scott Bay
FL LMSC Outgoing Chair**

I hope you had a great holiday season and are looking forward to 2014. I would like take this opportunity to announce that I will be resigning as chair of the Florida LMSC. I am looking to continue my education with doctoral pursuits and that of course will require a significant time commitment. Bob Jennings will be succeeding me as he has the time and energy to devote to this cause.

Please be assured that I will be involved in a very active way where I can but I feel like this is an office that needs more attention than I can give with my other responsibilities and goals. The conference bridge I have is still available for use and I will continue on as Coaches Chair for USMS as long as Madame President will have me.

I look forward to continuing the work we have done in a somewhat lesser capacity and am confident that the leadership of the LMSC is in good hands.



**Greetings
Bob Jennings
FL LMSC Incoming Chair**

We are so very fortunate to be part of our LMSC. We have an incredible number of dedicated and hard working individuals making it one of the best in the country. There are a wide variety of meets in which we can compete: short course yards, short course meters, long course meters, and open water, all within a several hours of driving. USMS postal events are also a great opportunity to compete.

I believe that anyone who is involved in Masters' swimming is a winner. Only one person can finish first in a race, but you cannot tell me that a person that just overcame one of life's setbacks, overcame a personal fear, swam an event for the first time, or swam a personal best is not a winner also. Masters' swimming is a fountain of youth for everyone physically and mentally.

I challenge everyone that swims to get involved and volunteer so we can share our love and enthusiasm for swimming with others.



Congratulations to Our 2013 FL LMSC Award Winners

Pool

Women

Men

Swimmer of the Year

Joan K Campbell, FACT

Burwell Jones, SYSM

Outstanding Swimmers

Jean D Troy, FMM

Jack R Groselle, SYSM

Betty S Lorenzi, FACT

Robert M Williams, FMM

Patricia M Bond, FMM

Rick B Walker, SYSM

Erika A Erndl, T2NM

John C Smith, SYSM

Top Ten

Justine L Mueller, T2NM

Keefe L Lodwig, SYSM

Danielle R Chance, BLU

Bob E Couch, SYSM

Patricia A Tullman, FMM

John E Cornell, FACT

Martha J Henderson, FACT

Ramses Rodriguez, SYSM

Lisa Blackburn, T2NM

William L Specht, SPM

Open Water/ Long Distance

Women

Men

Swimmer of the Year

Patricia Bond, FMM

Robert Beach, SPM

Outstanding Swimmers

Sandy Steer, SPM

Timothy Kennedy, SPM

Dawn Clark, SPM

Jeff Erwin, BLU

Melissa Harasz, SPM

Bruce Mohl, T2NM

AnnMarie Morrisseau, T2NM

Pat Marzulli, SPM

Dane Griffin, CFM

Top Ten

Sara Kwon, SPM

Charles Weatherbee, FMM

Karen Drack, SPCO

Fred Wakelin, T2NM

Joan Gamso, T2NM

John King, T2NM

Charlotte Petersen, SPM

David Gray, T2NM

Brooke Bowman, SPM

Charles Schlegel, FMM

Leather Lung Awards

Joan Campbell, FACT - SCY, LCM, SCM

Bob Jennings, FACT- LCM

Jim Matysek - SYSM - LCM

Sue Moucha, FMM - SCY

Brenda Walker, FACT - SCY

Dawn Clark - SPM - Postal

Melissa Harasz - SPM - Postal

Tim Kennedy - SPM - Postal

Pat Marzulli - SPM- Postal

Sue Moucha Overcoming Adversity Award

Tom Bliss

LMSC Service Award

Marianne Bradley-FACT, Social and Awards Chair

Meredith Moore - T2NM, Communications Specialist

Coaches Award

Ed Nessel - Space Coast Aquanauts

Club Service Award

Kelley Carpenter, SYSM

Cathy Fedako - SYSM

Edna Gordon - Sarasota Tsunami Masters

Laura Hamel – SYSM

Bob Jennings-FACT

Sam Moreland - Gulf Coast Swim Team

Meredith Moore - T2NM Naples

Patty Nardozzi – SPM

Ed Nessel - Space Coast Aquanauts

Sandy Steer-SPM



Do you speak swimming?

Scott Bay

BLU Frog Coach

One of the great things about swim meets is a chance for us all to get together and compete. One of the more interesting things is how we work with our athletes as coaches. We sometimes speak the same words but mean different things.

What one coach means by ‘best average’ on a set may mean something totally different to another coach. How is this possible? Many of us have had our coaching career shaped by a number of different coaches. Their language becomes our language. In the last several years, there have been calls for a sort of dictionary or Rosetta Stone of coaching terminology. There have been many attempts that have failed.

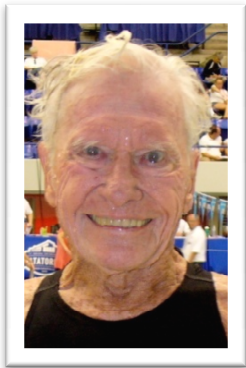


Instead of trying to distill all of the coaching wisdom of the last several decades down to a single language, perhaps we should embrace each coach's unique take on all things swimming and recognize that communicating something very complex can be done in a variety of ways with a diverse vocabulary.

As coaches it is incumbent upon us to make sure we not only say what we mean to say but also know how to express it in a variety of ways. The best coaches are teachers and the best teachers are coaches. Make sure your swimmers understand and be patient when they don't.

As swimmers we need to make sure we take the time to ask the questions. If you don't understand, maybe no one else does either. Making sure we are all speaking the same language saves a lot of time and makes the practice much better for everyone!

Bottom line is that better swimming comes from better communication! So... Do you speak swimming?



Ask the Swim Doctor

Dr. Paul Hutinger, Margie Hutinger filling in...

The long awaited day finally arrived, Feb 7. After 59 days in the hospital, sinus nasal surgery to remove cancer and left eye (8 hours), plastic surgery to take muscle from left thigh and use it to cover hole from surgery (10 hours) & 2 minor surgeries (remove blood clots), 13 Days in ICU, 2 days in a regular room, 23 days in the Flex Unit, 21 Days in Skilled Nursing Facilities, Paul is finally home!

Margie is his care giver. Wound care and occupational therapy come 3 times/week and his doctors are pleased with his healing. Their goal is to get him back in the pool.....as is Paul's goal.

Dr. Paul Hutinger and Margie: 727-521-1172 or phut@usms.org.

We all wish Paul and Margie quick healing and good energy. We look forward to seeing them BOTH back in the pool - editor



FITNESS CORNER

Sue Moucha

Sue wishes to thank her fellow swimmers for the outpouring of sympathy and concern following the sudden/unexpected death of her mother, Janet. Momma loved going to the meets and talking with everyone. She was known to all as "sue's mom."

Please send any Fitness news to jbmoucha@aol.com so I can share the topics with our other LMSC swimmers. We are always interested to learn.

We will miss Momma and wish Sue strength and endurance in this trying time. - editor



NEWS FROM FACT Joannie Campbell



Catching up on news for the past three months. The Long Course USMS Top Ten was finalized and it's amazing the number of FACT participants that placed!! Take a look at the results on line on the USMS web site and note our All American Relays, and Top Ten relays along with the number of individuals finishing the season in the top ten for their age group. Congratulations team!

The Short Course Meter season results will be out by the time this newsletter is published. Take a look at these also on the USMS website as I know many of our participants at the Rowdy Gaines meet and the November Shark Tank will be included.

AND check our web site: www.factmasters.org regularly. I try to keep things up-to-date between LMSC newsletters.

We welcome a new workout group to our network - the City of Clearwater has formed a new Masters team Clearwater Long Center Masters. We're currently looking for a cool team name but you will see the group's designation of CLCF on the Registration's scroll down. The City has hosted the Valentine Meet at the Long Center for the past three years and expects a good turnout at the facility for its new membership.

We trained for the Hour Postal Swim in January and there were a number of participants. It is something you can do in your own pool throughout the month. Remember we combine three women or three men or mixed relays with all those that swim this event throughout the state. Good training for this time of year when we can concentrate on getting into shape and improving our strokes. Take a

look at the Dixie Zone scheduled meets - hope we'll see you all at the Valentine Meet and the Awards Banquet that Saturday night - February 15 and 16.

Here's to a good season - be sure you let me know if you are planning on Nationals and World's in Montreal. For those over 50 - the Good Life Games in Clearwater is Long Course Meters and we can field some relays if you wish.



www.gcst.org ; gcst@comcast.net

We had a great time at the Sarasota Sharks Tropical Splash in October. In the 5K, Katie Westbrook was the 1st overall female and Sam Moreland was 6th in his AG. In the 2.5 K, Ginger Tompkins was the 1st overall female and the Jose Rodriquez 2nd overall male, 1st in his AG. And in the 1K, Jill Moreland was 2nd in her AG.

In November, Tahsa Wallace competed very well in the 2013 Ironman Florida in Pensacola and Bill Sawyer put his open water skills to good use in the Miami Man Half Ironman race. More recently CJ Annand competed in January's Naples HITS sprint triathlon. And Jill Moreland, Donna Hickey, and Tasha Wallace all competed in relay teams for the half Ironman distance.

GCST Masters train Monday through Friday mornings from 5 to 6:30 AM at the San Carlos Park Community Pool and we will continue to get in our weekend open water swims (with wetsuits this time of year!) as we get ready for this season's open water races and triathlons.



GCST is hosting our annual open water festival (www.openwaterfestival.org) April 12th and 13th, 2014. We are fortunate to again be able to hold the event at the Miromar Lakes Beach Club in Miromar Lakes (near Fort Myers), the site of last year's USMS 5K national championship.

This year's main event is the 2014 Crippen Cup 10K Marathon Invitational. This is a professional event with a \$10,000 total cash purse and will feature the top USA and International swimmers. This is a great opportunity to come watch the best open water swimmers in the world compete. You can view the entire course from the beach and we expect a tight race and close finish.

After the 10K on Saturday, there will be an excellent open water clinic followed by a 1-mile sunset swim. The clinic will cover strategy and technique for open water swims and the swim is a long tradition at the festival that now is a benefit for the Fran Crippen Elevation Foundation. The clinic instructors are:

- Rick Walker – Head Coach for Men’s and Women’s swim teams at Southern Illinois University. Rick is a past USA Open Water National Team coach and has conducted numerous open water clinics around the world.
- Denny Ryther – Current chairman of the [UANA](#) Technical Open Water Swimming Committee and USA Swimming Open Water Coordinator. Denny has also served as trainer and team manager for our National Open Water teams and has promoted open water swimming from the local LSC level through World Championships.
- Emily Brunemann – NCAA Champion and professional marathon swimmer. Emily is a USA National Team member since 2007, has won a total of four FINA 10K Marathon World Cup races, and won the 2013 FINA 10K Marathon Swimming World Cup series.
- Alex Meyer – Alex took 10th place at the 2012 Olympics and is a veteran member of the USA Swimming National Open Water Swimming team. Meyer is the 2010 world 25K [marathon swimming](#) champion as well as the 2011 and 2013 USA Swimming National 10K [open water swimming](#) champion.

On Sunday, the 5K Open is available for Masters Swimmers and is a chance to race on the same course as the professionals. These events are not USMS sanctioned but one day USA swimming memberships are available.

Schedule of events:

Saturday April 12th:

Crippen Cup – 9:00 AM men’s start, 11:00 AM women’s start

Open Water Clinic – 2:00 PM to 4:00 PM

Crippen Sunset Mile OW Benefit Swim – 6:30 PM

Sunday, April 13th

GCST 5K open – 11:00 AM start (check-in from 9:30 AM to 10:30 AM).

Masters age groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89. Age group is the age on the day of the event (April 13, 2014).

Contact Race Director Gregg Cross coachgregg55@aol.com or Sam Moreland sam.moreland@gmail.com with any questions.





St. Pete Masters

<http://stpetemasters.org/>

Christine Truhol Swanson

SPM News – from another lane, in another pool....

I have to thank Patty Nardozzi for sending the new SPM newsletter out as it enabled me to poach some items for the LMSC newsletter. For some reason I did not receive notice of the 3000/ 6000 yard postal swim via e-mail, no doubt the e-mail diverted to a junk mail folder in error.

2013 3000/6000 National Postal Championship

Congrats to all that participated in the 2013 3000/6000 National Postal Championship Event. St. Pete Masters did a great job overall by placing third in the 3000 for the Women, 8th for the Men and 3rd for Combined. The 6000 had us as 7th for the Women, 3rd for the Men and 4th Overall. Placing in the top ten for the 3000 were: Dawn Clark (45-49) – 8th, JoAnn Harrelson (55-59) – 10th, Sandy Steer (70-74) – 4th, Tim Kennedy (55-59) – 6th, Steve Freeman (55-59) – 9th, Pat Marzulli (60-64) – 8th and Bob Beach (80-84) with a first place All-American.

The relays were successful as well with 3rd place going to Regina Novak, Adrienne Forkois and Livia Zien in the 25+ age group, 2nd place to Cheryl Kupan, Dawn Clark and Melissa Harasz and 4th place to Katy Kline, Chris Swanson and JoAnn Harrelson in the 45+ age group. On the men's side 3rd place went to Steve Freeman, Tim Kennedy and Pat Marzulli in 55+ and the mixed relays garnered a 2nd place (Kupan, Clark, Freeman and Kennedy) and a 4th place (Zien, Harasz, Phil Harasz and Marzulli) in the 45+ age group.

Placing in the top ten for the 6000 event were: Dawn Clark – 4th, Melissa Harasz – 5th and Sandy Steer with an All-American first place. For the men we had Tim Kennedy – 3rd, Pat Marzulli – 7th and Bob Beach with another All-American. All of the 45+ 6000 relays were All-American with the women comprised of Clark, Harasz, Steer, the men with David Herman, Kennedy and Marzulli and the mixed with Clark, Herman, Harasz and Kennedy. Great job SPM!!!!

After the holidays at North Shore Pool

We had a huge surprise at North Shore Pool in early January. Aside from the normal visiting college swimmers we had an extra group make an appearance. A dozen US National Team and some International swimmers who train with NBAC and coach Bob Bowman traveled south for a week of training at sunny North Shore. What a treat to watch Alison Schmitt, Megan Romano, Conor Dwyer and Michael Phelps swim! Also training with NBAC was Lotte Friis of Denmark, Yannick Agnel of France, Oussama "Ous" Mellouli who won gold for Tunisia in 2008. Media security was tight during their visit but a few photos were snapped in the end.

Tampa Bay Frogman

A number of St. Pete Masters and one St. Pete Aquatic swimmer participated in the 5th Annual Tampa Bay Frogman swim on Sunday, January 19th. This swim, a 5k across Tampa Bay benefits the Navy Seal Foundation. Roughly 150



swimmers and their kayak escorts left Gandy Beach beginning at 8:20 in the morning for the swim to the finish at Picnic Island in S. Tampa. The water was COLD; about 56' and the air brisk, but the water was flat. Following the swim the post-race party was held at Hula Bay. One of the award winners was 13 year old Reagan Quilty who competed in the swim with her father Chris. I am told they swam side by side for most of the bay and then Reagan decided she needed to beat her Dad out of the water. Reagan was also a top funder raiser at this year's swim, again beating her Dad ~ the swim encourages participants to raise \$1,000 for the foundation. Great job by everyone!

As I write this we prepare to compete in the USMS Hour Swim and others are training for the annual Valentine's meet in Clearwater. And if you are planning for spring completion – please mark your calendar for the Annual St. Pete SCY Championship April 4-6 at North Shore Pool.



Tampa Metro Masters

<http://tampametromasters.org/>



Some TMMers at the Valentine Meet



Soda, Pop, No

Dr. Kelly Spivey

Intro

Athletes, especially athletes in Florida...and YES, even swimmers need to consume more fluids than most to maintain adequate hydration. Chronic dehydration can not only inhibit performance it can also lead to fatigue, joint pain and stiffness, weight

gain as metabolism slows down, and even premature aging. Water, tea, sports drinks and even coconut water are great hydrators...put think twice before reaching for that soda. (or as those of us from up north say, "pop".)



Overview

Americans consume the greatest amount of soda per capita compared to other countries, averaging about one gallon of soda per week. (Ref1) Ireland comes in second with just over half of U.S. consumption. Weight conscious Americans have turned to diet sodas in an effort to cut back on calories but a number of other health consequences are surfacing. Though no specific cause/effect has been determined, recent research is showing strong correlations between diet soda consumption and diabetes, metabolic syndrome and a number of vascular events.

Vascular Events

According to research presented at the 2011 International Stroke Conference, those who consumed one diet drink per day had a 61 percent increased risk of having a vascular event. (Ref2) The most common events were heart attack and stroke. Even though one soda per day isn't considered to be excessive, it may be wise for those at risk for heart attack and stroke to cut back on diet sodas. Dr. Steven Greenburg of the Harvard School of Medicine remains convinced that a healthy diet combined with regular physical activity remain the primary behaviors associated with promoting cardiovascular health. (Ref 2)

Diabetes, Met Syn

In an analysis of several long-term research projects, including the Framingham Heart Study, Jennifer Nettleton, PhD, and colleagues from the University of Texas Health Sciences Center in Houston, found that diet soda consumption can increase the risk of type 2 diabetes by 67%. (Ref3) The exact mechanism is not known, but there is a health dynamic associated with diet soda consumption that leads to weight gain, impaired glucose control and eventually diabetes. It is interesting to note, that diet soda can contribute to type 2 diabetes, independent of other behaviors like weight gain and physical inactivity. (Ref3)

Research conducted at the National Heart, Lung & Blood Institute showed a 40 percent increase in the metabolic syndrome in diet soda drinkers. (Ref 4) Metabolic syndrome is a cluster of disorders that can quadruple the chance of having a heart attack. The research conducted included diet and regular soda – both were found to contribute to this syndrome.

Other Body Systems at Risk

Recent research conducted by Drs. Lin and Curhan, as part of the Nurses' Health Study, found that drinking as little as two diet sodas per day can double the rate of kidney decline. (Ref 5) The acidity in soda can contribute to digestive problems ranging from gassiness to irritable bowel syndrome.

Registered dietician, Nachal Bhargal, states that artificial sweeteners can contribute to inflammatory bowel disease - as does the caffeine found in most sodas. (Ref6)

Replacing Other Nutrients

A major concern for public health officials is that soda consumption often replaces other, more healthful beverages. Milk consumption in the United States has seen a steady decline over the past few decades. Milk provides many important nutrients including calcium and vitamin D both of which support healthy bone. Katherine Zeratsky, a registered dietician with the Mayo Clinic recommends starting the day with a small glass of juice and recommends drinking skim milk with each meal. Instead of soda, water should be consumed throughout the day -- adding a squirt of lemon or cranberry juice can enhance the taste. (Ref 6)

References

Ref 1

<http://health.usnews.com/usnews/health/articles/050328/28sugar.b.htm>

"US News"; One Sweet Nation

Ref2

<http://www.medscape.com/viewarticle/737132?src=emailthis>

"Medscape"; Diet Soda May Heighten Risk for Vascular Events

Ref 3:

<http://www.medscape.com/viewarticle/588187>

"Medscape"; Daily Consumption of Diet Soda Linked to Metabolic Syndrome, Type 2 Diabetes

Ref 4

<http://www.nih.gov/news/radio/aug2007/08102007soda.htm>

"NIH"; Adults Drinking Soft Drinks at Increased Risk of Developing Metabolic Syndrome

Ref 6

<http://www.mayoclinic.com/health/diet-soda/AN01732>

"Mayo Clinic"; Diet Soda: Is it Bad for You?

Ref 5

<http://www.sciencedaily.com/releases/2009/11/091101132543.htm>

<http://www.ccfa.org/chapters/northerncalifornia/media/pdf/SYMPSF09%20Nutrition%20and%20IBD%20-%20by%20Dr.%20Nachal%20Bhargal.pdf>

CCFA; Nutrition and Inflammatory Bowel Disease

"American Society of Nephrology"; Diets High In Sodium And Artificially Sweetened Soda Linked To Kidney Function Decline; November, 2009

Ref 7

<http://www.waterbenefitshealth.com/symptoms-of-chronic-dehydration.html>

Resources:

<http://www.drweil.com/drw/u/QAA400366/Sipping-Too-Many-Soft-Drinks.html>



"Dr Weil"; Sipping Too Many Soft Drinks?

Health experts believe soda should be saved for special occasions, not every day consumption

★★★

Breathing- It's NOT Overrated!

Letter to the Editor

Being new to the swimming community, I find the newsletter very informative and provides me with some guidance in my training.

I find the balance of articles entertaining and I think they are a good read.

Keep up the good work.

Carl Savickas

P.S Would it be possible to have an article on breathing? I feel as if I could swim all day if I did not run out of breath so easily.

Thanks for the nice words, Carl. Kelly Spivey has some comments for you. Please read on. -editor

First a quick lesson on breathing. When we go for a leisurely walk, like around the grocery store, there is no challenge to the respiratory system for a healthy adult. If you walk briskly out to the car to escape the rain, your breathing becomes deeper but not necessarily faster. Breath rates escalate when exertion is high or close to maximal effort. This increase in breath rate is because the body is trying to "blow off", or get rid of excess carbon dioxide.

So in the pool, breathlessness is often the result of overexertion...and for the novice swimmer, it is easy to do. The key to "endless" swimming is learning to relax; focus on lengthening the stroke, or reducing your overall stroke count per length. Think of easy swimming as walking around the grocery store. If you can learn to pace yourself, this will help your breathing.

Another thing to consider is breath-holding. For many, holding the breath in the water seems perfectly logical but breathing during swimming should be rhythmic and continuous, just as when you run or walk. Focus on a continuous exhale while your face is in the water. This long exhale helps to blow off the carbon dioxide that is building up, again reducing that breathless feeling.

There is a great video from *Go Swim*, on exhaling underwater:

<http://www.youtube.com/watch?v=HZ9qgYvjRW0>

Hope this helps.

Carl, swim lessons for adults are available. The YMCA offers adult private lessons for all experiences from absolute beginners to those just needing a bit of 'tweaking' to their stroke. (I know because I was a swim instructor at the Y and I taught adults! – editor)

★★★★★★



T2 Naples Masters

Party Season in Naples!!!!

With the arrival of season in SWFL T2 Naples Masters try to do their part to participate in the social atmosphere that the season brings to our town.

We started the season with a Halloween party at our pool. We teamed up with the local runners and tri athletes for a party



and costume contest. A few local businesses donated prizes and food. Needless to say there were a few adult beverages consumed and fun was had by all. We had many pirates, witches, and zombies show up for the festivities.



Moving on to Thanksgiving. We had our annual holiday party and turkey fry.

Fred and Rae once again opened up their house to all. Turkeys were fried, everyone brought the rest of the food and also canned goods to donate to the local food bank. Fred and David provided the entertainment.

Many members of our team braved the icy waters of the Gulf of Mexico for a "polar bear" swim on December 31st followed by lunch. Needless to say they were happy to be back in our beautiful warm pool the next day.

Over the holiday break we shared our pool with quite a few college teams from the great white north. Despite the crowd and many schedule changes we were happy to welcome them to Naples.



We are looking forward to the upcoming spring meets and are training hard to work off all the delicious holiday goodies.



Five energetic swimmers finished the year with a good showing at The Florida Senior Games - State Championship in Fort Myers. Congratulations to Edna Gordon who finished with three Gold Medals and congratulations to Deb Walker who finished with two Gold Medals and two new Meet Records.

Deb, Edna, and Marney Kuna made friends with Liudmila Lukashova, a swimmer from Moscow whose middle name is (really) Tsunami and is on a Russian swim team named (yes, really) Tsunami. Deb and Liudmila exchanged swim caps. What a nice tradition is this exchange!

Robert Davie and Gerry Chojnowski also swam a number of events and did well. It was a friendly and well-run meet.

The Sarasota Arlington Pool is scheduled to close for renovations on February 10 and will reopen on or before August 9. The hope is that it will reopen for the summer months. Meanwhile, workouts will be held at the 6-lane Boys & Girls Club pool.

We will have more team news to report in the next FLMSC newsletter.

Congratulations to Coach Ira Kline and his lovely wife who are celebrating their 25th wedding anniversary.

★★★★★



THE NEXT NEWSLETTER DEADLINE

Sheila Carpenter-van Dijk

Please send newsletter articles to Me! (sheilacv@tampabay.rr.com)
Be sure to include your team name somewhere in the writing so I know what team you represent.

If you have questions, be sure to ask me!

The next newsletter is scheduled to be on the web (<http://floridalmc.org>) and in your inbox in May 2014, so I'll need your articles by **Tax Day, April 15, 2014!**

★★★

Looking for some competition?

For upcoming 2014 pool meets, open water swims, and lots of results, please go to: www.dixiezone.org.

★★★★★★

DISTANCE BUTTERFLY FOR MULTIPLE SCLEROSIS



Over the course of two years, **Florida Mavericks Masters Swimmer and Sarasota resident Gregory S. Rotole** swam Distance Butterfly in a several races to promote awareness about **Multiple Sclerosis (MS)**, a devastating disease which destroys individual's central nervous system causing partial to complete paralysis resulting in many of them to be confined to a wheel chair.

- Approximately 400,000 individuals have MS in the United States.
- MS is most frequently diagnosed in young adults between the ages of 15 and 50.
- Women are more likely than men to develop relapsing-remitting MS.
- Common symptoms of MS include fatigue, weakness, spasticity, balance problems, bladder and bowel problems, numbness, vision loss, tremors and depression.

Races included the following: Miami Mile (0.55), Miami 5K (3:58), 2.4 Mile Hurricane Man (2:05), Amelia Island 1 Mile (0.24), One Hour Postal (2525 yds.), 3000 Postal (1:16), 6000 Postal (3:03), 5K Postal (2:59), 2.5K Tropical Splash (1.38), not to mention the 4 Mile Golden Gate Bridge Individual Medley (See UTUBE - Gregory Rotole or Golden Gate Bridge Swim), and several other Individual Medley Races.

Considering this remarkable achievement, please consider making a donation today to help support MSAA and the MS community.

**Make your Donation Online at <http://support.mymsaa.org/goto/rotoleswimsgood>,
Or please make your check payable to the "Multiple Sclerosis Association of America"
and send to:**



**GREGORY S. ROTOLE
PMB 182
15 Paradise Plaza
Sarasota, FL 34239
(941) 256-6903
rotoleswimsgood@verizon.net**

