



*Want to share the newsletter?
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Bob Jennings
FL LMSC Chair

LMSC News

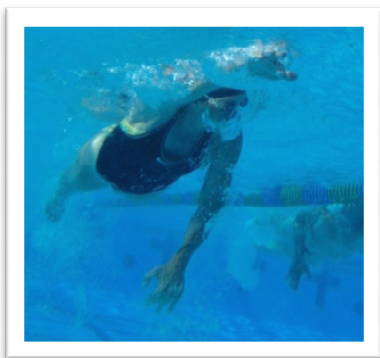
I truly appreciate the volunteers in the Florida LMSC. From the board of directors and committee chairs to race director, officials, coaches, club representatives - each helps make our LMSC a success. Our board and chairs are all top-notch individuals giving of their time in whatever manner needed to help our LMSC.

We will be unveiling a new website shortly due to the expertise of these committee members and Jim Matysek. Cheryl Kupan recently updated our short course yards, short course meters, and long course meters records. The annual Florida LMSC Awards banquet was a tremendous success because of the many hours spent researching the awards and preparing for the evening. These are only a few examples of the board and committee chair projects.

On a sad note: Due to the exorbitant number of hours in research and a lack of interest, we regret to inform you that the Open Water & Pool Top Ten candidates and Swimmers of the Year awards will be discontinued next year. We will to continue to present the other awards.

But on a happier note: I would like to give special recognitions to the followings individuals for their contributions to our LMSC: Jillian Wilkins - Vice Chair, Meredith Moore - Registrar, Cheryl, Kupan - Secretary, Nancy Kryka - Treasurer, Marianne Bradley - Awards & Social, Scott Bay - Coaches Chair & Past Florida LMSC Chair, Connie Greb - Fitness Chair, David Miner - Long Distance Chair, Sheila Carpenter-van Dijk - Newsletter Editor, John King - Officials Chair, Pat Tullman - Sanctions Chair, Joannie Campbell - Senior Games Liaison, Anna Lea Matysek - Top Ten Chair/Records Chair, Kimberlee Riley - Webmaster, and Meegan Wilson - Past Florida LMSC Chair.





Dine and *Dash*

Dr. Kelly Spivey

Functional Foods

Articles on nutrition and weight loss often focus on foods we **can't** eat. Well as part of this issue's "*Dine-n-Dash*", we are promoting foods you **should** eat. "Functional foods" is an evolving science that promotes regular consumption of certain foods to enhance health and even prevent disease. A recent article in the January issue of the American College of Sports Medicine (ACSM) *Health & Fitness Journal*, touted the benefits of four powerful foods: berries, avocados, nuts, and fish.

Berries

(Blueberries, strawberries, blackberries, raspberries)

These dark-colored berries are loaded with antioxidants - with blueberries coming in on top (sorry cherry). Antioxidants prevent cellular damage and can also help prevent against many types of cancer. Berries can also help reduce inflammation, which helps prevent against heart disease and stroke. Adding berries to the daily diet is easy...throw some on your breakfast cereal, add them to your favorite smoothie, swirl into Greek yogurt, or eat by the handful. (I actually picked some blackberries from my backyard last week as I was weeding flowerbeds...simple pleasures!)

Avocados

Holy Guacamole!

This super-fruit is low in sugar but high in monounsaturated fat, which is the healthy type of fat. This good fat can reduce LDL cholesterol, decrease inflammation and protect against heart disease. There is also research proving that avocados protect against prostate, breast and oral cancers. Avocados are also loaded with fiber, Vitamins B, C, E, K as well as potassium (an essential nutrient for athletes). Add avocados to your favorite salad, use as a sandwich topper, or chop up your famous guacamole recipe.

Nuts

Almonds, Walnuts and Hazelnuts

These nuts are also heart-healthy and loaded with Omega-3 fatty acids. Not only does regular consumption of nuts reduce LDL cholesterol, but nuts also reduce the risk of blood clots and may actually aid in weight loss. Nuts are a healthy protein source and are a great portable snack. Nuts can be added to salads, chopped into your morning oatmeal, or mixed into a trail mix blend.

Fish

Fish is one of the best protein sources because it is low in saturated fat. Salmon, tuna and mackerel are considered fatty fish but are high in the healthy fats: Omega-3 as well as DHA and EPA which can prevent cardiovascular disease, improve brain function, and may also reduce the pain and inflammation associated with arthritis. Frequent fish eaters also report better sleep. To reap the benefits, consume fish at least twice each week....bake, broil, poach, or roll into some sushi.

Regular consumption of functional foods can have a favorable effect on overall health. Incorporating these foods into your weekly diet may also eliminate some other not-so-healthy-choices, so there is an added bonus. And because of the physiological stress placed on the body from intense training, functional foods are a must for any athlete who needs to optimize training and recovery time.

Reference: "Functional Food and Health" by Stella Lucia Volpe, PhD, ACSM's Health & Fitness Journal, January/February, 2015



NEWS FROM FACT

Joannie Campbell



Good news on the home front for our Betty Lorenzi, who had fractured her neck on Christmas day. She is **BACK IN THE WATER!!** After three months in a halo contraption that weighed 20 pounds and a month in a smaller collar she is on the road to complete recovery. Just an example, as doctors will tell you: swimming gives you the strength to overcome health problems that otherwise would be critical and possibly fatal. Welcome back Betty and we'll try to give you a bit of competition over the coming year.

Another member of our older but better 85 age group, Sylvia Eisele, experienced additional heart trouble before leaving for the summer to Canada. She had a very scary month but is now doing better. Our prayers are with her for a complete recovery.

On a more pleasant note, we just returned from San Antonio and the USMS Spring Nationals with a number of successes and a 10th place in the Combined Regional Teams – eligible for recognition. Our women also placed 10th. Elspeth Smith competed in her three allowed events after 5 ½ years in Afghanistan, where women are not allowed to swim in the pool – she kept up her stamina with many hours of running on the tread mill but it will take a few lengths of the pool to “get back in shape”. Nevertheless, she improved her times and took 9th in the 1000. Look for a real competitive position in the near future.

Everyone on our team of 8 – five women and three men medaled in at least one event. Jeanne Hackett, Martha Henderson, Charlie Kilbourne, Joan Campbell, Isaac Silver, and Ellie Trevison were consistently in the top ten. Results are posted on the USMS web site. We all had a good time – weather cooperated during the day and the festivities of Fiesta Time in San Antonio were quite a spectacle.

Prior to Nationals, a few of us competed in St Pete at their short course meet. Their facilities were in a state of disrepair while locker rooms are being constructed, but the weather cooperated and with a much smaller than usual meet, everything went smoothly. Many of our team were swimming at the Villages Senior Games later that week and opted to concentrate on that Senior Games this year. The

meets were close together, and they felt there wasn't enough 'recovery' time. Records were set for the Villages by many members of the FACT team – Joan Campbell, Paula Cunio, Roxanne Olmsted, Karen Klish, Ellen Brown, Sarah Zimmerman, Mary Rose Rowan, Marty Schenk, Betty Senter, Dave Jarvis, Nate Leech, Karen Panker, John Cornell, and Bob Jennings. All results are found on: www.midnightsports.com.

YMCA Nationals are coming – many of our group will be competing there.

Here's to a busy and successful summer to everyone. See you in the pool.

Please keep up to date with all the news on our website: www.factmasters.org



FL LMSC Registrar Update



We currently have 2001 members registered in the FL LMSC. That is an 10.6% increase over last year's member registrations of 1808. 54% are Male and 46% are female. We have 60 Clubs registered.

Our newest clubs are:
EE Elgin Eels, Elgin AFB;
USN Mayport Hurricanes, Jacksonville;
TMS Tarpon Masters Swim Club, Punta Gorda,
PM Pipline Swimming, Tampa

97.5% of our registrations were done online

Just a reminder that the **Speedo–USMS 5K/10K ePostal National Championships (50 meter pools only)** will be held May 15–September 15, hosted by Central Oregon Masters.

Event Director: [Bob Bruce](#)

[Online registration and event information](#)

Happy laps,
Meredith Moore, FL LMSC Registrar





St. Pete Masters

<http://stpetemasters.org/>

Christine Truhol Swanson

SPM News – News from the outside lane....

It's been a warm spring in St. Pete and everyone is hoping the summer heat and humidity won't kick in too soon. During this time lots of training goes on at North Shore for various events: top of the list was the USMS National meet in Santa Antonio.

In late March SPM hosted their 45th Annual SCY Championship at North Shore Aquatic Center. It was a beautiful weekend but due to a low number of swimmers attending, the meet was moved into the smaller pool. Most of the swimmers swam un-tapered with National's just around the corner. Despite this, many fast times were recorded. A highlight was Carl Selles 1650 Free. Carl recorded a time of 21m 46s placing him in the top ten for his 65-69 age group. High points at the meet were: Hannah Caron (18-24), Sarah Swoch (25-29), Nat Glackin (30-34), Paula Texel (40-44), Livia Zien (45-49), Charlotte Petersen (50-54), Kern Davis (60-64), and Bob Beach (80-84).

The Hour Swim Results are in for 2015. SPM competed in the medium sized team category this year placing 3rd in overall team yardage. Our women were 2nd overall and our men finished 7th in the category. Individual SPM members finishing in the Top ten of their respective age groups include: Stase Michota (25-29) -10th, Paula Texel (40-44) – 6th, Charlotte Petersen (50-54) – 2nd, Kern Davis (60-64) – 3rd, Carl Selles (65-69) – 6th, Jack Pyhel (70-74) – 6th and Bob Beach (80-84) – 2nd.

Twenty-six SPM members went to the Alamo for SC National at the end of April. They trained hard all winter and into the spring. For those of us not venturing to San Antonio we were able to watch the 'real-time' results and cheered for some fast swims in the Lone Star State.

And while these 26 were off gallivanting in Texas, a big group of SPM swimmers and triathletes put on their swimsuits, pumped up their bike tires and laced up their running shoes for the St. Anthony's Triathlon in St. Pete.

Out in the open water.... Sarah Kwon competed in the Swim Around Lido Key finishing 4th woman overall. Great job Sarah – we are certain you weren't thinking about Betsey the Great White Shark – recently spotted off the shores of Pinellas County. Also, Ron Collins' Distance Matters hosted the Tampa Bay Marathon Swim. In reviewing the list of swimmers, both individual and relays, it appeared to be the first year that no SPM swimmers spent their day swimming the length of Tampa Bay.

And finally, it is with great sadness that I report the loss of long-time friend and team member – Dr. Konrad Euler in late February. Konrad was a 19-year member of SPM and will be sorely missed by his St. Pete team mates.



On the calendar...

July 11th and 12th – St. Pete LCM Meet at North Shore Pool. Check for more information at: www.dixiezone.org.

See you in St. Pete!



Tampa Bay Aquatic Masters

www.tampaswim.com



It was a great Team Effort! **Ann Von Spiegelfeld (SPM)** had a great swim from Clearwater to Tampa in November, 2014. It was 8.6 miles with cold water and cold air. She received second place overall female while **Merit Greaves (TBAM)** paddled for her. Merit was all bundled up and Ann wore no wet suit! Ann, you continue to amaze us with these long distances and Merit kayaking too!



Brenda Loggins is traveling a lot for work, but she managed to squeeze in another **Olympic distance** triathlon.

Congrats to our IRONMAN participants!

On Nov. 30th Danny Hicks, Chuck and Susan Ashbaugh, and Sue Curtin (who placed 3rd in her age group and got to stand on the podium!) finished the Cozumel Ironman!! Thanks to Jan Thompson for the pics. Fantastic, all of you. We are so proud of our Ironman athletes!



You may not recognize this *snowflake* for Christmas, It's **Brenda Loggins** running yet another **half marathon** with a PB!

January, 2015– **Ann Von Spiegelfeld** completed her **English Channel qualifying swim** in 60 degree water. Speedo, one cap and goggles were all she had on.....Merit paddled for her. It was a cold and rough day for both of them!

February, 2015– **Jim Zinner** celebrated his 59th birthday by swimming 59 x 100's **BACKSTROKE**. That's 5,900 yards by the way! Way to go Jim!! AND Happy Belated Birthday.

Valentines meet – we had a great team showing with 37 team records broken – thank you to all who participated:



CONGRATS to all the runners in **Gasparilla** - amazing at some of those times and events. Here are bits of photos...didn't realize how many runners we have that swim (or is it swimmers that also run?)



CONGRATS to **Libby McKenna** and **Julie Holbrook** for making the **2014 Florida LMSC USMS National Top Ten Pool Swimmers** (including all of 2014 and 2013 pool courses). You make us proud! Way to go!!

The team gathered on March 1st for a potluck with homemade paella. YUM



Congrats to **Brenda Loggins** for all the events she has done recently. First Watch Sarasota – half marathon, a week later a Sprint triathlon on Saturday and THEN on Sunday she ran at the **6th Annual Florida Beach Halfathon** – FANTASTIC Brenda! P.S. Congrats to Kelly's husband for doing the tri Saturday too – his first?!



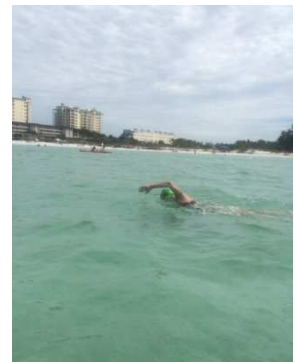
Allen Von Spiegelfeld had a great time at the **Olympic distance tri** in Clermont– all those hills!! Way to go Allen!!!

At the [St. Pete Masters 45th Annual SCY Championship](#) swim meet – **Libby McKenna**, **Julie Holbrook** and **Juan Cue** had fantastic times for their events. Accolades to all of you!

Susan and **Chuck Ashbaugh**, **Brenda Loggins** and **Sue Curtin** did the April 11th [Escape from Fort De Soto 2015](#). Thanks for sharing this picture with the team. It sure keeps me motivated!.



Congrats to **Ann Von Spiegelfeld (SPM)** and **Bart Cobb** for their solo swims, and also to **Andy Lutton** and **Big Donald Lutton** for their relay, around Lido Key. It was a beautiful day for the swimmers and kayakers. The event was 7 miles around beautiful Lido Key. Andy and his brother Don did a two person relay and finished in 2:56:06 coming in fifth overall. Ann finished 7th overall female and first for women over fifty, in 3:08:11 with **Merit**



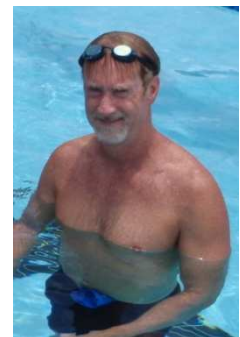
Greaves (TBAM) kayaking for her and she did a great job.

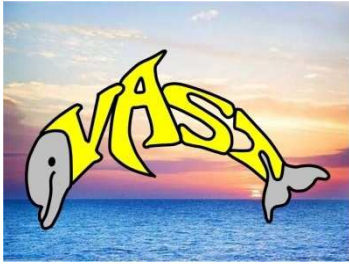
Until next time, just keep swimming!



TMMs Newest National Champion

Congratulations to Mark Calvert for his great performance in the 800m freestyle at the USMS National Meet in Baltimore! Mark completed the swim in 9:53.23 to finish first and become a National Champion.





VAST News

By Joyce Hutchinson

Kathy O'Leary VAST Award for Excellence

By Karen Klisch

The Villages Aquatic Swim Team (VAST) honored Kathy O'Leary last evening at the monthly meeting by awarding her the **Kathy O'Leary VAST Award For Excellence**. Kathy is the backbone, the heart, and the soul of VAST. She is extraordinarily special. VAST has been, and is, very fortunate to have her. Kathy is the founder of VAST and has served in almost every capacity over the 13 years that she has been a VAST member. Through her guidance over the years VAST has flourished. Her leadership and service are unequalled. A plaque will be kept as part of the VAST club, upon which additional VAST member's names will be engraved if and when they receive this award.



The citation for this award states:

**IN RECOGNITION OF DISTINGUISHED SERVICE, OUTSTANDING LEADERSHIP AND
DILIGENT PARTICIPATION**



The Forever Swimmers

By Anne Grams

The Forever Swimmers Masters Team consists of a group of swimmers in the Daytona Beach area. Most of us train using the USRPT (ultra-short race-pace training) protocol. We are loosely connected with the USA-Swimming Team USRP Racers. The Racers are hosting a meet for us at the Cypress Aquatic Center in Daytona Beach on June 6. Come participate, have fun, and find out more about USRPT.

Brian's Birthday Bash Masters Swim Meet
25 SCY timed finals
June 6, 2015

This swim meet is named after our announcer, Brian Venables, who is the Voice of the USRP Racers, the Spruce Creek High Swim Team, and the Daytona State College basketball teams. Come and help us celebrate with Brian. There will be cake for everyone.

**It is planned for this meet to be Sanctioned by Florida LMSC
Sponsored by USRP Racers Swim Team**

Date, Times, Warm-up:

Saturday June 6, 2015

Warm-up: 9:00 am

Competition: 10:00 am

Purpose

To have fun swimming and celebrating a birthday!

Location

Cypress Aquatic Center, 981 George Engram Blvd, Daytona Beach, FL 32114 (southeast corner of Nova and George Engram)

Pool Specs

6-lane 25-yard outdoor cooled pool (4 lanes for competition, 2 for warm-up, cool down).

Eligibility

Open to all USMS or FINA registered swimmers (check www.usms.org for yearly or one-event memberships)

Seeding

Please enter a SCY time for each event (even if it is an estimate).

Entry Limit

Four (4) individual events plus relays.

Entry fee

\$30 includes facility fee and events.

Entry deadline

Entries must be received by May 30.

Paper Entries

Complete the entry form below (both pages) and make checks (\$30 per swimmer) payable to USRP Racers. Mail entries to

Rob Klotzbach
2237 Juanita Dr.
New Smyrna Beach, FL 32168

Same-Day Entries

A limited number of same-day entries will be accepted with a \$10 surcharge.

Seeding

Heats will be seeded from slowest to fastest by times submitted. (Please do not submit NT. Make a guess.) In individual events, ages will be combined but not sexes.

Featured event

400 individual MONSTER medley – special awards

Awards

Each swimmer will receive a certificate with his or her results on it. Special awards for the “400 individual MONSTER MEDLEY” winners and the SNARF relay.

Rules

Current USMS Swimming Rules and Regulations will govern the meet.

Warm-up Procedures

No equipment (pull buoys, kick boards, fins, paddles) will be allowed. Swimmers must enter the pool feet first in a cautious and controlled manner. Diving will be permitted only in designated lanes.

Age Groups

19-24, 25-29, 30-34, etc.

Questions?

Email: agrams1234@gmail.com or call: 386-451-1910.

Events

Women (odd numbers) swim before men (even numbers). The relays are “just for fun” so any combination of sexes or teams or unattached is OK. The relays will be organized at the meet.

Please enter a time for each individual event.

- 1/2 200 Medley Relay (men, women, or some of each, don't have to be on same team)
- 3/4 100 Individual Medley
- 5/6 200 Free
- 7/8 50 Back
- 9/10 50 Breast
- 11/12 100 Fly
- 13/14 50 free
- 15/16 150yd 3-person SNARF relay (mixed as above)*
- 17/18 100 free
- 19/20 100 Back
- 21/22 50 fly
- 23/24 100 Breast
- 25/26 500 Free
- 27/28 400 Individual MONSTER MEDLEY
- 29/30 200 Free Relay (mixed as above)

* This is a 3 person drafting relay. Swimmers 2 and 3 start behind Swimmer 1. At the end of each 25, the lead swimmer drops back to the end of the line. No passing is allowed otherwise. Each swimmer swims 150 yards total. The time and place for each relay is determined by the time when the last swimmer touches the wall. This turns out to be the swimmer who started second.

Brian's Birthday Bash Masters Swim Meet

ENTRY FORM

Name _____ Sex ____ Age ____ DOB _____

Address _____ City _____

Team _____ Team Abbreviation _____

USMS # _____ Phone _____ E Mail _____

Enter a time for each of the 4 events you wish to swim. Please do not enter NT. Estimate your time if necessary. All events are in yards.

Women's events are the odd numbered ones, and men's the even.

Place a check mark in front of the relay entries if you want to swim a relay. Relays will be organized at the meet.

1. _____	200 yd. mixed medley relay	2. _____	200 mixed medley relay
3. _____	100 yd. individual medley	4. _____	100 yd. individual medley
5. _____	200 yd. free	6. _____	200 free
7. _____	50 yd. back	8. _____	50 back
9. _____	50 breast	10. _____	50 breast
11. _____	100 fly	12. _____	100 fly
13. _____	50 free	14. _____	50 free
15. _____	150 SNARF relay	16. _____	150 SNARF relay
17. _____	100 free	18. _____	100 free
19. _____	100 back	20. _____	100 back
21. _____	50 fly	22. _____	50 fly
23. _____	100 breast	24. _____	100 breast
25. _____	500 free	26. _____	500 free
27. _____	400 individual MONSTER medley	28. _____	400 individual MONSTER medley
29. _____	200 mixed free relay	30. _____	200 mixed free relay

Be sure to complete and include all pages and the Liability Statement. Mail entries to

Rob Klotzbach

2237 Juanita Dr.

New Smyrna Beach, FL 32168

Include a check for \$30 payable to USRP Racers and a copy of your USMS membership card (or be prepared to complete a one-event membership of \$14 at the meet).

Entries are due by May 30.

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed



The Historical Society of Central Florida, Inc. Announces First Historic Event Proclamation Recipient: Lucky's Lake Swim

Orlando, Florida, April 23, 2015 - In this year of 2015, the Historical Society of Central Florida, Inc. will make history by awarding the organization's first historic event proclamation to Lucky's Lake Swim.

On May 9, 2015 at 7:45 a.m., the Historical Society of Central Florida, Inc. will recognize Lucky's Lake Swim with a historic event proclamation, designating it as a significant occurrence in Central Florida history.

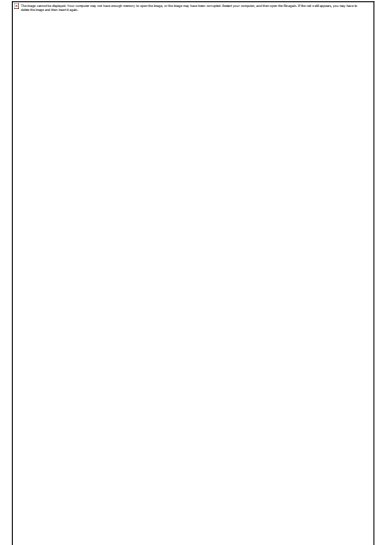
Lucky's Lake Swim has been a staple event for not only Central Floridians, but for many Americans across the country and international visitors spanning over 25 years. Today the event is hailed as one of "Americas Top 100 Open Lake Swims" by the World Open Water Swimming Association.

The genesis of Lucky's Lake Swim is attributed to a small group of local swimmers at Lake Cane who would meet behind the home of Dr. John Meisenheimer, over two decades ago. During this time in his life, Dr. John Meisenheimer was the coach of the Orlando Masters Swimming Club, and was known by all in the swimming community as "Lucky". He would open his backyard, screened porch, and dock to hundreds of swimmers each week for the lake swim.

What started out as a communal event and gathering place for avid swimmers and friends, quickly became an instant namesake and a local swimmers' paradise. Through the years, Lucky's Lake Swim has drawn international tourists to his home, Lake Cane and overall Central Florida. Swimmers have accredited Lucky's Lake Swim to their setting and breaking of world swim records. The popularity of the event has crafted into a philanthropic effort that fundraises for several charitable regional causes, and helps to raise awareness about the environmental issues with lakes in our area.

For all of these reasons and more, Lucky's Lake Swim will be proclaimed a historic event of Central Florida on May 9, 2015 by the Historical Society's Board President, Mark Line in the presence of hundreds of swimmers and various local luminaries such as U.S. Olympic Hall of Fame member, three-time Olympic gold medalist swimmer, and Central Florida native, Rowdy Gaines. The proclamation will begin at 7:45 a.m. at the site of Lucky's Lake Swim on Lake Cane just before the start of the morning swim. The lake swim is free and swimming the lake is not required for all attendees - many family members and friends attend and wait on shore while their friend or family completes the crossing of the lake.

Join us on May 9, 2015 to honor Lucky's Lake Swim as a historic event in our community. For more information about this Historical Society of Central Florida, Inc.'s Historic Proclamation, please contact Kimberlee Riley, Assistant Director at kimberlee.riley@ocfl.net.



Media Quotes About The Event

Rowdy Gaines, Central Florida native, three-time Olympic gold medalist in swimming, and Historical Society of Central Florida supporter: "There is no other swim like it in the world, it is cool, unique, and fun. It should be on every swimmers bucket list"

Dr. John "Lucky" Meisenheimer: "It's more than a swim it's a community where, religion, ethnicity, race, culture, age, or, socioeconomic status doesn't matter, entrance only requires the love of open water swimming."

Media Links for Lucky's Lake Swim

<http://www.LuckysLakeSwim.com>

<http://www.LuckysLakeSwimBlog.com>



New Storm Challenge includes Island Mile Open Water Swim!!!

(StormChallenge.com)

Please support your local athletic club with their annual fundraiser:

The **Sarasota Storm Tri Club** would like to extend a special invitation and discount code to be a part of our annual fundraising event...and be the first to experience our new format. This year's Storm Challenge will consist of 3 options for athletes to race, all involving extremely unique courses at Nathan Benderson Park in Sarasota, FL. A spectator friendly swim, Grand Prix track style bike lap, and a run across water! It's a multisport party...come join us!

The discount code "**SC10**" will give your athletes **\$10 off the already low registration price of \$85 for triathlon registration or \$10 off the Island Mile Open Water Swim**. This is the best deal around, especially for such a unique opportunity.

Register at: <http://www.imathlete.com/events/EventOverview.aspx?FEID=21742&z=1430200927785>



Duval Ocean Swimmers

The Duval Ocean Swimmers from Jacksonville have been having an Open Water Swim in the Saint Johns River for the last few years. The Event is run by Jumpingfish, and proceeds go to the Special Olympics of Jacksonville. The link to the event is

<http://events.jumpingfish.net/>, and the contact person is Jim Alabiso at (904) 637-4549.

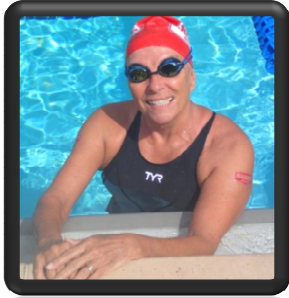
This year the event will be held on the 29th of August and will include a large number of Stand Up Paddle boarders trying to break a world record for numbers of SUPs on the water at the same time.

For more information, please contact Jim Alabiso (904) 637-4549.

Submitted by:

John D. Fox, Bolles Swimming, Official/Parent, Meet Referee

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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 in the subject
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 August 2015, so I'll need your articles by
July 15, 2015!



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Treating Osteoarthritis in Athletes with OTC Products and Devices

By Edward H. Nessel, R.Ph, MS, MPH, PharmD

Overview

Arthritis is one of the most common pain conditions for which patients seek assistance. I know of no athlete who's reached physical and athletic maturity without suffering repeated bouts of various degrees of pain along the way. Whether self-inflicted from constant intense usage over time or the result of another athlete's proximate contact with bad intentions, when joints are involved and the resultant pain has lasting effects, inflammation and arthritis are the guaranteed results. Contact sports bring on the most dramatic causes of arthritis. Present-day athletes are bigger, stronger, faster, and more powerful than ever before, so when the physical law of the conservation of momentum ($\text{Mass} \times \text{Velocity}$) comes into play, hurt is a guarantee. But any sport taken up by devoted serious participants will almost always produce over-used, over-extended, and/or over-trained athletes. Once tissue that is relied upon for the main activities of the specific sport becomes inflamed over time, arthritis comes free with breathing.

What is Arthritis

As stated above, arthritis is the resultant effect produced by the body to long-standing inflammation. I believe that every disease has its roots planted in inflammation. It is not a normal functioning physiologic activity but one that can not be prevented when damage ensues to a joint or organ or group of tissue. Calcium is often deposited by the body's reaction to the arthritis syndrome. This calcium is easily seen on X-rays as opaque deposits throughout the affected structure. It often interferes with proper functioning by being in the way of designed movement. The patella (knee cap), for instance, has a groove that nature has provided to be what is considered the smoothest, most easily functioning of cartilage in the human body. But if arthritis develops, and

calcium is deposited in this groove, movement of the leg at the knee can be quite distressful and debilitating.

Joints are where bone meets bone which move against each other to allow body change activity in different plains. They are lined with smooth cartilage protecting each end of bone entering the joint. This allows for smooth cushioned bone movement together permitting the person to carry out normal daily activities. Most activities against gravity (walking, running, weight-lifting, ball-playing, etc) produce various amounts of shock to the body which is absorbed by the cartilage and the lubricating fluid of the various joints directly involved with the movement. There are also lubricating substances found in this *in situ* synovial fluid containing hyaluronic acid and lubricin infused in between and all around the joint cartilage to aid in keeping the joint movement smooth and well-functioning. The hyaluronic acid brings along glucose for metabolic energy as part of its molecule, and the rest of the synovial fluid carries oxygen to the joint and removes carbon dioxide and metabolic waste products. The synovial fluid has a unique liquid property in that it can have its viscosity *increased* upon joint compression for extra lubricating protection and go back to lessened viscosity when joint compression is relieved.

Arthritis results when cartilage breaks down, and the joints experience the inflammatory process and grow stiff. Osteoarthritis is the type experienced by athletes most often. Wear and tear that comes with intensive over-use, strong physical trauma, and the simple aging process all contribute to the increasing dysfunction of a normally smooth-moving pain-free joint. Healthy joints should not bring pain upon movement. There should be no "marker" of distress when executing joint activity. If pain becomes long-standing and is reproducible upon utilization of the same joint(s), it is considered *chronic arthritis*.

Overt symptoms of established arthritis include the inflammation and pain mentioned above along with the potential for restricted movement (reduced range-of-motion). The skin around the affected joint(s) may have a tell-tale reddish tinge and feel warm. And that morning stiffness upon arising from sleep is characteristic of the arthritis becoming deep-seated and well-established in the affected area.

Treatment with Non-prescription Medication and Devices

Arthritis can not be cured. Once in place, it becomes a permanent resident of the affected joint(s). The emphasis of this article is to show treatment modalities that can be instituted by the sufferer without bringing a physician into play. But caution, common sense, and simple logic must be exercised if neither a physician, pharmacist, or physical therapist are consulted.

A. Thermotherapy: simply adding heat; growing up in the 1950's a rudimentary hot-water bottle was the standard item used to impart heat to body parts. It was flexible but with its weight was difficult at times having it placed on the hurting area; it needed refilling with hot water every 15-30 minutes and could not be regulated with varying degree settings. Heating pads were a definite improvement; increasing or decreasing temperature was by a flick of the switch; it was much lighter and easily fitted to any body part but required caution about not burning exposed skin if inadequate preparation for the concentrated exposed heat was not taken. It, too, could not be utilized if the patient needed to move about away from an electric outlet. Then came microwavable wrap around products that could provide moderate to moderately-strong heat to affected areas depending upon how long in the microwave. Another more advanced heat option became the therapeutic heat wrap, typified by the *ThermaCare* family of HeatWraps. They are actually labeled for arthritis use. These wraps incorporate cells made of iron, water, and salt. Upon tearing open the wrap, a continuous low-level heat is generated by the iron being oxidized to the air with the salt and water creating a sustained 104 degrees within 30 minutes and lasting for about eight hours. The wraps come shaped for different body parts and has a sticky side that adheres it to the applied skin. It should be removed after the eight-hour dosage to prevent skin damage especially in the young, elderly, and those suffering debilitating diseases like diabetes and psoriatic conditions. It should not

be used if *rubifacients* (heat rubs) are applied first.

B. External Analgesics: also called *counterirritants*. They are for external use only and should not be exposed carelessly to the eyes, nose, and mouth. They are labeled to provide temporary relief of arthritis in addition to other painful musculoskeletal conditions. This class of product can produce redness (methyl salicylate, turpentine oil), those that do not produce redness (capsicum, capsaicin), those that produce cooling sensations (camphor, menthol, eucalyptol), and those that are vasodilators (histamin, methyl nicotinate). Their actions are not tied to direct local pain-killing as with topical anesthetics like *benzocaine* or *pramoxine*. Rather, the effects they produce on upper skin layers are believed to distract patients from the pain arising from lower areas that they cannot reach. These products must not be applied to wounded or damaged skin and should never be bandaged or wrapped after application. Absolutely no source of heat is to be added to these applications. Product examples are BenGay (camphor, menthol, methyl salicylate), Icy Hot (menthol, methyl salicylate), and Mineral Ice (menthol).

There now exists OTC gels and creams that can carry their active ingredients ibuprofen and related non-steroidal antiinflammatory drugs into deeper tissue where applied. These drugs can provide impressive relief against chronic pain of osteoarthritis. The listed side effects from the gastrointestinal tract are reduced since these medications do not have to be absorbed from oral administration. But they carry the cautions of how the NSAIDS once absorbed.

C. Internal Analgesics: These are often the first choice of treatment but also carry strongest warnings of usage. *Acetaminophen* is extremely popular and found in many products both singly and in various combinations. It works well to obtund mild to moderate pain but does not provide anti-inflammatory activity. The strongest dosage comes in a 650mg extended release tablet for eight to 10 hours of relief. It can be taken along with NSAIDS for a synergistic effect since it has a different area of activity, but taking this product absolutely obviates the drinking of alcohol. The last few years have brought to light the potential for severe hepatic (liver) toxicity mixing the two even in moderate dosings. Acetaminophen should be given the respect it deserves regarding the potential for serious untoward activity. Acetaminophen should not be taken together if found in more than one product or taken more than the maximum recommended dosage throughout the day. The damage to the hepatic tissue can be quite extensive and can progress to a fulminating type of inflammation with very serious consequences.

Ibuprofen and *Naproxen* have close to the same usages and warnings. They are members of the same class of medication (NSAIDS) with moderate differences in dosage, effects at the tissue level, and potential for danger. These are the two most popular once-Rx, now OTC (over the counter) products available. The adult concentrations of these products carry the labeling for use with arthritis. They also carry a severe allergy warning especially if the patient already shows an existing sensitivity to aspirin, listing the usual visual and auditory suspects such as: hives, facial swelling, asthma, wheezing, shock, skin reddening, rash, and blisters. They also warn that these NSAIDS can produce severe stomach bleeding which can increase in severity and incidence in patients over 60, if stomach ulcers are part of the patient's history, if the patient has bleeding problems from being on an anticoagulant, is taking corticosteroids or other NSAIDS from other prescription or otc products, has three or more alcoholic drinks per day while on these medicaments or takes these drugs longer than labeled directions indicate. Repeated heartburn or acid reflux are conditions needing to be respected and cautioned against if taking these medicines on a prolonged basis.

Therapeutically, it has been shown that naproxen has better penetrating properties into inflamed tissue than ibuprofen. Because of this, it is considered the better of the two products for treating persistent arthritis pain and inflammation. But, because of this extra physiological activity, it also presents with the possibility of producing more gastric irritation. In some patients, naproxen can produce drowsiness which adds another caution while driving or handling potentially dangerous machinery. Logic would dictate first testing the drug in a safe environment. This class of drugs, over

the years, has shown to be the number one cause of kidney failure in the United States due to its inherent pharmacologic activity against kidney function with extended use. Being prostaglandin inhibitors which is what we are looking for to produce its dramatic antiinflammatory activity, one of the listed and feared side effects of NSAIDs is their ability to decrease blood flow and, thus, tissue repair to the stomach lining and kidneys. A relatively safe and effective prescribing regimen is five days on, two days off (drug holiday) with evaluation of presumed effect. A second bout of medication may be tried if no untoward effects supersede the intended benefit. Pregnancy and breastfeeding provide for more cautionary consideration. Under no circumstances should a woman in the last trimester of her pregnancy be taking this class of medication due to its inherent physiologic activity and drug classification which could influence and accelerate the cascade of events leading to birth.

With the freedom provided by the FDA several years ago to allow over the counter purchases of NSAIDs comes the corresponding precautions necessary to prevent debilitating and sometimes dangerous side effects of their usage. It is so much better to become knowledgeable in their use and potential for untoward reactions before hand than to suffer the consequences of misuse or unwanted side effects afterwards. In this case it is truly worth an ounce of prevention to prevent the need for a pound of cure.



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