

*See the newsletter
on our website:*

<http://www.floridalmsc.org/newsletter/>



**Important-- LMSC News
PLEASE READ**

**Bob Jennings
FL LMSC Chair**



Last September at convention U.S. Masters Swimming decided that there should be a \$50 surcharge for all Sanctioned meets and a \$100 surcharge for all Recognized meets. (Sanctioned meets only have USMS members participating while Recognized meets have USMS members and nonmembers competing. In both, USMS members' times count towards records and Top Ten Times.)

In 2017, the Florida LMSC paid, or will pay, the surcharge for both Sanctioned and Recognized meets. The Florida LMSC Board has decided that in 2018 the LMSC will pay the \$50 surcharge for Sanctioned meets and only \$50 towards Recognized meets. This means that meet directors requesting a recognized status for their meet will have to pay \$50 to the Florida LMSC Sanctions Chair before the meet will be recognized.

I would like to Thank Pat Tullman for her years of service to the Florida LMSC as she retires as our Sanctions Chair. I am glad we will still be able to see Pat at swim meets. Anna Lea Matysek will be taking over the position of Sanctions Chair.

For us in Florida, the Dog Days of Summer last through September!
Please remember to hydrate and be sure you do not over heat.

It is extremely important that your coach knows how to get to a list of your emergency contacts in case a problem arises. This should include your medical history and any allergies you might have. Some teams have this information in a notebook or on an app on their coaches' phone that they take to all practices and meets. Some individuals might not want their medical history public knowledge, so another idea is for every swimming to carry an emergency information sheet that they place in a clear plastic sleeve and attach it to the outside of their swim bag.

Finally, don't forget that the next Florida LMSC meeting will be held Saturday, October 14 in Orlando at the conclusion of the swimming events of the Rowdy Gaines swim meet. The meeting is open to ALL Florida LMSC members. If you want to get involved with the FL LMSC, this is a good place to start. If you'd like to attend all, or part of the meeting, please do!





FL LMSC Registrar Update

From your FL LMSC Registrar, **Meredith Moore**

As of July 12, 2017, we have 2246 members registered. That is 95% of the total 2016 member registrations for the same time last year of 2369.

1195 male - 54%

1035 female - 46%

We have 66 registered clubs in 2017. There were 62 in 2016.
Several new clubs registered in the past couple of months:

AG	AcgtiveGRIT	Ft Myers
BTWS	Break the Waves Swimming	Vero Beach
PASC	Panther Aquatic Club	Palm Bay
SHWK	Silver Hawk Aquatics	Winter Park
SCMA	Space Coast Masters Aquatics	Satellite Beach
SDI	The Stroke Doctor	Greencove Springs
SFYH	Sky Family YMCA Hurricanes	Venice



2017 USMS Speedo 5K and 10K ePostal National Championships

Objective: To swim 5-kilometers and/or 10-kilometers in a 50-meter pool of your choosing, then submit your results online to compare yourself to other swimmers doing the same event. Some people do these events for competition, some do it for the challenge, some do it for fitness, and others do it for fun—all who wish to participate are welcome. Your submitted time determines the final order of finish. **Please note: Split times from individual postal events may not be used for entry into a separate individual postal national championship event of a shorter distance.** The 5/10K ePostal National Championship can be swum at any 50M pool up until September 25, 2017.

Swimmers must swim the 5-kilometer and/or 10-kilometer ePostal events in a 50-meter pool ONLY—no other length of pool please!

Here is the link with all the information:

https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=8484



*******Be sure to check out our updated Florida LMSC website: www.floridalmcsc.org*******



Are you a Snowbird?

If you head out of Florida for the summer, please be sure to update your address in the USMS system. That way you can be assured of receiving your SWIMMER Magazine on time.

To update your address, phone number or email address:

- go to www.usms.org.
- Click on "Membership" in the upper right corner.
- Then click on "Membership Services"
- On the left you will see "Join, Renew, or Update". Click there, then scroll down to "Current Members".

You will see this:

Current Members

What would you like to do? Choose one of the following, and follow the instructions.

- [Retrieve a copy of my membership card](#)
- [Update my mailing address, phone number, or email address](#)
- [Transfer to a different club or workout group](#)
- [Change my permanent ID to a vanity ID](#)
- [Contact USMS](#)

--Happy Laps, Meredith



NEWS FROM FACT

Joannie Campbell



Please keep up to date with all the news on our website:

www.factmasters.org

Time to catch up on the spring and summer news. Spring was especially active. Pat St Germain swam in the Spring Nationals in Riverside, California and placed in the top 6 or better in all her events as a 74 year old. Several of the VASF team went to World Masters Games in Auckland, New Zealand and swam well, bringing home some medals. They plan on covering more of the news on the trip in this newsletter.

Y Nationals in Sarasota was the beginning of May and many of us had a fun meet and had good swims. Results are on the Dixie Zone website (www.dixiezone.org). It is hard to distinguish our FACT members as they swim for various Y's all over the country. AND Senior Nationals in Birmingham had at least 20 members of VASF plus Paula Cunio and Luke Kung. I'm sure they had a fun time and all did

well. I note that USMS covered the meet with our USMS designation in this meet, which is helpful in determining the results for FACT.

On to the Long Course season, which began June 1. The Bumpy Jones meet succumbed to weather related delay and cancellation on Saturday – no relays and several events were eliminated. However, Sunday the weather held off and the picnic and all the Sunday events were run. Relays on Saturday were cancelled so just one day of competitive team participation with many missing. We did have fun and did exceedingly well with what we had left.

The one day meet in St Pete was July 8. Several people scratched when there was an indication of another weather problem; however, I hear after an hour and a half delay the meet went on as scheduled. As I am sure you are aware, the Long Center is closed until November. To accommodate those that haven't been able to get their Long Course events in, Cashel Mack and WFLM is hosting a Tail's End Meet on September 10th with all the events offered. Southwest Pool in Largo will be the venue. Please remember to save your medals for recycling, as we have done in Clearwater. It's an interesting exchange and there are some beautiful medals. Susan Meyers and Betty Lorenzi will represent us in Minneapolis for the Summer Nationals. Both will do well I am sure – we'll see some 90 year old records fall I bet! Just afterwards, four of us will head for Budapest for the FINA World Championships – Martha Henderson, Pat Tullman, Susan Meyers and the old lady, myself. I hear there are about 12,000 swimming in 4 competitive pools. We have two women's 200 meter relays with very competitive times! We're also playing a bit – taking a Vikings Cruise on the Danube to Nuremberg after our meet. We are looking forward to some good swims and some good fun after.

The National Senior Games held in Birmingham, AL had a good number of Florida LMSC attendees – I know of at least 22 from our FACT group and I'm sure there were many others. It is difficult to follow how many Masters competed in the present reporting order. The Dixie Zone Website (www.dixiezone.org) provides a link to the results, which are listed by event and then by State. Wish we could somehow see the complete results and separate the State of Florida – just a suggestion. This year is not a qualifying year for the National Senior Games. The next qualifying year is 2018 and the games in 2019 will be held in Albuquerque, New Mexico. Help is on the way – events and results are on the USMS website (www.USMS.org). You can locate the results by team or by Florida LMSC. Give it a try.

There are 9 Local Senior Games scheduled for the rest of the year and the State Games will be held at the newly renovated Long Center the first weekend of December (if all goes well – Mark Roberson pretty much guarantees so). The Gainesville Senior Games in September (I understand Gainesville does not have a measurement problem this year and will be Recognized without problems) – they are no longer being held in the pool with a bulkhead. The Villages Senior Games and Good Life Games went smoothly and were well-run. The Gulf Coast Senior Games in February at Sarasota's Selby Pool were not Recognized. **Please everyone make sure the proper procedure is followed if you are interested in USMS recognition. Without Recognition, the times will not be counted for USMS, although these are qualifying meets for Florida State Games.**

Our Meegan Wilson has done a bang-up job with instructions on applying for Sanction and Recognition and running a meet for all you Meet Directors. Everything is on our website (www.floridalmcsc.org). Any questions from the Florida State Games can be seen on the Florida State Games website (www.floridaseniorgames.com).

Because of widespread negative comments about the fee charged for Recognition status, I will again address this problem at Convention. Our LMSC is assisting with the fee this year but it will be up for vote again next year. In addition, there is discussion that the Senior Games should be

Sanctioned rather than Recognized. Since Recognition does not require all participants to be USMS members, it would mean those competing would have to join USMS.

I feel the senior games have been a recruiting tool for introduction to the sport, having come to United States Masters Swimming through that medium. I would appreciate any comments you might have in order to be cognizant of your feelings when I confront these discussions in Dallas. Please email me with your comments at jcampb10@tampabay.rr.com



YOUR LOCAL MASTERS SWIM COMMITTEE WANTS YOU AND YOU WANT YOUR LOCAL MASTERS SWIM COMMITTEE

If you swim with a team, whether it be a Club Team or a Regional Team (like FACT), and are registered with United States Masters Swimming – and no doubt you are if you are reading this – then your interests are served by a Local Masters Swim Committee, an LMSC. In this case, the Florida LMSC (#14, if you've noticed this after your Club name on the heat sheet). The LMSC is a liaison to the national USMS and provides you with an abundance of information and services. In itself, the LMSC must meet several designated criteria, rules, and regulations as outlined on the USMS website. The officers and board members of the LMSC, elected by you, are volunteers and must abide by these rules under the leadership of your President, currently Bob Jennings.

The Florida LMSC part of the Dixie Zone. The Dixie Zone includes the following LMSCs: Florida, Florida Gold Coast, Georgia, North Carolina, South Carolina, Southeast and Southern. You can view the boundaries on the map on the Dixie Zone website (www.dixiezone.org). All of the Dixie Zone LMSC representatives meet once a year at the annual USMS Convention to attend to Zone business.

There are 66 Clubs currently in the Florida LMSC with over 2200 individual members. Each Club is accountable to provide updates and information on its activities. In this way the Florida LMSC gains both its clout and its culture. Your LMSC needs to have your help:

1. By sending Club news and updates for publication or notice in the quarterly LMSC newsletter. (send to the Newsletter Editor, Sheila at sheilacy@verizon.net)
2. Stay tuned to your LMSC (www.floridalmcsc.org) and Dixie Zone (www.dixiezone.org) Websites.
3. Put forward concerns or ideas for improvements or changes (send an email to the Florida LMSC chair, Bob Jennings, or any officer as listed at the end of this newsletter).

To aid your LMSC in carrying on their responsibilities, you are also called to serve, either with your Club or as part of the broader United States Masters Swimming Organization. Many of our members represent the LMSC as delegates to the National USMS Convention, held every year in September. These delegates are chosen by the Board and include heads of National committees as well as working members of Committees of the Board. They can also include those of you that want to get involved!!

Here are some initial things you can do:

1. Send photos and stories of your mates to your LMSC rep.

2. Enter or propose informal challenges among Clubs – your favorite workouts, your favorite team thing (maybe pizza night, breakfast get together, Brew night – swimmers like to talk and we're always in a hurry or talking and swimming are not compatible.)
3. Canvas your Club to discover ways that swim teams large and small can support each other. Do a thorough study of what a swim team involves available on the Florida LMSC website (www.floridalmssc.org). Our Meegan Wilson does a great job of keeping our website up to date.

Competitive swimming is an intense and individual sport. Swimmers need camaraderie when their heads are out of the water. Look around – see what's available for us all and share it!!!

For further information: **contact your LMSC worker bees listed at the end of this (and every) newsletter.** Study the web site for all kinds of good stuff. Be familiar with the USMS website (www.usms.org) !! Check out your own Club web site or other Club sites that may interest you. They are linked on the Dixie Zone website (www.dixiezone.org).

I'm always available: jcampb10@tampabay.rr.com to steer you to your port
– 56 years of sailing experience.

Thanks! Joannie Campbell



Congratulations on choosing swimming to be healthier!

By Connie Greb
FL LMSC Fitness Chair

Our health is one of our great gifts in life. Congratulations on choosing swimming as a part of your exercise routine to help maintain your health. Although every type of exercise has its selling points, swimming is unlike any other aerobic workout in a few important ways.

Swimming is an exercise that improves heart and lung capacity, but is gentle on your joints. Like other aerobic exercises such as running, swimming can improve cardiovascular fitness as well as cholesterol levels, provided you swim at a brisk pace. Aim to swim laps for 20 to 40 minutes at a pace that keeps your heart rate up. Start slowly, be mindful and initially rest between laps. Over time, work out longer, preferably using different strokes and speeds.

While studies show inconsistent results about weight loss, it can definitely assist in helping reduce body fat and waist circumference, while toning all muscles. Swimming is also good for runners and cyclists to cross-train since it uses different muscles.

Studies generally give swimming thumbs up for those folks with arthritis and/or other musculoskeletal problems. Exercising in the water may relieve joint stiffness and pain and increase flexibility. Water also reduces the load on knees and other joints. To maximize the opportunity of increasing your flexibility, try stretching after each swimming workout.

I would love to hear your stories about the benefit you are receiving by swimming. Send me an email: kgreb@netzero.net.

Again, congratulations on choosing swimming as a part of maintaining your healthy lifestyle.



Open Water Swims coming up.....



Tropical Splash

October 15, 2017
Siesta Key, Sarasota, FL
1k, 2.5k, & 5k swim options

Sanctions:

Florida LMSC for USMS Sanction # 147-W003
Florida Swimming for USA Swimming Official Approval Number # pending

Hosted by the [Sarasota YMCA Sharks Masters](#)

Event Directors: David Miner 941-545-9709

About Siesta Key: A gorgeous barrier island adjacent to Sarasota, Siesta Key Beach was ranked the #1 beach in the US in 2011. Siesta Key has world-class

dining and shopping along with outstanding accommodations. Bring your family and friends to enjoy a great race and a special weekend.

Sign up on line: https://www.clubassistant.com/club/meet_information.cfm?c=1290&smid=8309



10K Swim Around Ft. Desoto



This is a 10K+ (6.5 mile) open water swim race around three sides of the beautiful park and island chain of Fort De Soto. Each solo swimmer will have a pilot (kayak escort) to provide safety, navigation, and nutrition to the swimmer. Swimmers can enter as a solo swimmer, 2-person relay, or 3-person relay. Relay teams must take turns swimming and paddling, meaning that each person swims a portion of the race and paddles the kayak a portion of the race. Relay swimmers cannot have a dedicated pilot!

The course starts at the Fort De Soto Boat Ramp and heads west through Bunces Pass and into the Gulf of Mexico. The course then turns south along the island passing beautiful white sand beaches to the pier and around the point of the island. The course then heads east along more white sand beaches finishing at Shelter #14 in Fort De Soto Park.

Limited to 150 swimmers.

More information and sign up on line: <https://www.swimwithoutlimits.com/swim-around-fort-de-soto.html>



9th Annual **Tampa Bay Frogman Swim**

presented by



5k Open Water Swim & Fundraiser

January 21, 2018



**NAVY SEAL
FOUNDATION**

Honoring our warriors. Supporting their families.

Swim with the Navy Frogmen

and help us "never leave a man behind"

All net proceeds go towards supporting the mission of the
[Navy SEAL Foundation](http://www.navysealfoundation.org)

The Navy SEAL Foundation has earned a coveted Four Stars and a 100% rating from Charity Navigator. In 2015, 94 cents of every dollar went towards programs.

Mark your calendars!!

Registration opens Aug 6 at 7am EDT

The event has sold out in less than 15 minutes the past few years.

info@tampabayfrogman.com

www.tampabayfrogman.com

www.navysealfoundation.org

Please note this event is not USMS sanctioned.



Stroke Clinic at Golfview Pool in Fort Myers

Who: Swimmers & triathletes of all abilities

Time: Tuesdays & Fridays from 9:00 to 10:00 a.m.

Dates: July 18 through August 11, 2017 (four weeks)

Where: Golfview Pool: 1865 Golfview Ave. Ft. Myers 33901

Hosted by: ActiveGRIT Coach Susan Kelly

Register here:

www.activgrit.com

Cost \$100

For more information or to sign up, please contact Susan Kelly at 239-822-6507.



NEW LCM MEET JUST ADDED

Sept. 10 / LCM: Tail's End LCM Meet. Largo FL. [Information & entry. \(www.dixiezone.org\)](http://www.dixiezone.org)

Entry deadline: paper entries received by Friday, September 1

Southwest Recreation Complex 13120 Vonn Road Largo, FL 33774

Hosted by The City of Largo and WFLA Swim Team Sanctioned by the Florida LMSC for USMS

Warm up @ 7:00 a.m., 1500 Free begins at 8:00 a.m. 2nd Session: warm up at 10:30 a.m. Session begins at 11:00 a.m.



Tampa Bay Aquatic Masters

www.tampaswim.com



On April 30, many of us participated in the St. Anthony's triathlon. Kudos to **Jan Thompson** for placing 1st in her age division. Jan, you are inspiration. I loved seeing your smile before the race ☺ so I can only imagine after the race. Way to go Jan! **Matt Ulrich** and **Francis Wodi** did their first triathlon. Congratulations to both of you for being out there. What a great accomplishment. It's just the beginning too! **Team Oink** with our Coach Sonny, and I didn't get the other's names, placed 4th in the Olympic relay. Awesome job Team Oink! I know **Liza Diaz** also participated but I didn't get that team name. Proud of you for doing the event! **Shelley Stewart** passed me on the run doing her sprint. For the Olympic distance, **David Hunter**, swam the 900 meters in 15:58 (impressive!), **Brenda Loggins**, **Susan Ashbaugh** (and **Chuck**), and **Norma DeGuenther** completed the event that eventually turned hot! Of course, you would have had to be slow to know that, so I know that.

No one got to swim Hurricane Man this year at Pass A Grille due to weather (the sand was on the street from the winds) but I want to say that we had a great number of TBAMers who showed ready to swim! I'd rather it be safe than swim so the decision was a good one. Let's just say, Congrats to those who signed up for now: **Susan, Tom, Juan, Sue, Norma, Joe, Lyn, Brenda, Andy, Karen, Chuck, Coach Sonny, Shelley.**

On May 21, 2016, **Jan Thompson** won 1st place in her age division at the Tomoka Triathlon in Ormond Beach. Way to go **Jan** - you just keep going and an inspiration to us triathletes!! It looks like a cool race too! (I made this picture ☺)



On June 3, **Andy Lutton** completed the Low Country Splash 5 mile open water swim in 1:24:55. Way to go Andy!!

On June 4, **Sue Curtin** and **Brenda Loggins** participated in the Dunedin Triathlon. By age group, Sue got 4th place and she came in 1st on the swim and Brenda came in 2nd on the swim. Way to go to both of you!



On June 11, some of us went out for a snorkel trip that got postponed, so after breakfast together - see picture with us at Passage Key with shells, we eventually went out. It was great being in the salt water swimming around - I loved it. We'll do more events soon. Thank you to Joshua who took most of the pictures!



On June 18, **John Hatton** participated in the Heartland Triathlon International Distance. Awesome job John!

On July 8th, **Sue Curtin** got first place in the Sprint Triathlon held at Ft. DeSoto

Multi Sport event for her age division. Way to go Sue! On the podium again!



On July 8th, **Brenda Loggins** came in first place for the International Aqua Bike held at Ft. DeSoto Multi Sport Event overall!! Awesome Brenda! Look how happy she is when Sue cheered her on!

So proud of you both!! On the top of the podium!!

You gotta show me how to transition faster!! You both have that down so good.



Until next time, just keep swimming!



VAST News

By Anne Simonsen, Ph.D., VAST President

VILLAGES AQUATIC SWIM TEAM

VAST had its very first “Recognition and Appreciation Celebration”/Awards Ceremony on Tuesday, May 9, 2017. Several VAST members were recognized for the contributions they have made during the 15 years since the inception of VAST. The newly created VAST Awards Committee (Kathy O’Leary, Chair; Mary Rose Rowan; Sarah Zimmerman; Jeanne Hackett; and Lolly Glennan) developed the criteria for each award category and chose the recipients from the nominations in each category. It is anticipated that the “Recognition and Appreciation Celebration” will be an annual event that occurs in May.

Awards categories and award recipients included the following:

The Kathy O’Leary Award for Excellence is in recognition of Distinguished Service, Outstanding Leadership & Diligent Participation: **The 2017 Recipient was Connie Greb**

The Above and Beyond Award is given to members of VAST who serve VAST, participate in VAST activities and generate a positive attitude for other VAST members: **The 2017 Recipients were JoAnn Fowler and Joyce Hutchinson**

The Made a Difference Award is given to members of VAST who have motivated or inspired a VAST member in a way that has made a difference: **The 2017 Recipients were Robert Mraovich, Sue Jennings, and Rich Sumner**

The VAST Supporter Award is given to a person who is not a VAST member but has supported VAST in a way that has facilitated the function of the team positively and productively: **The 2017 Recipients were Bob Fowler and Tom O’Leary**

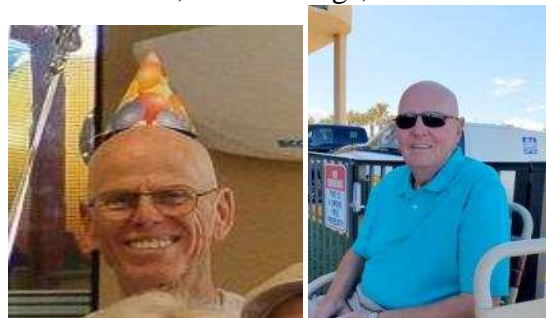
The President’s Award is given to VAST members who have performed some special service for VAST that has made a significant impact on the overall function of the team during the President’s term in office and/or for many years prior to the President’s tenure: **The 2017 Recipients were Jennie Cleary, Irma Klimach, Bill Cleary, and Steve Hendrickson**



Connie Greb, JoAnn Fowler and Joyce Hutchinson



Robert Mraovich, Sue Jennings, and Rich Sumner



Bob Fowler and Tom O'Leary

President's Awards



Jennie Cleary and Irma Klimach



Bill Cleary and Steve Hendrickson

VAST at the 2017 National Senior Games

Twenty swimmers from The Villages (18 of whom are members of VAST) attended the National Senior Games in Birmingham, Alabama in June. Five of the athletes set new VAST SCY Records. These

include: Trice Hirt; Mary Rose Rowan; Dave Jarvis; Marty Schenk; and Gordon Ralph.

In addition, VAST member, Dave Jarvis, set new National Senior Games records in several events.



WAY TO GO, SWIMMERS



YMCA of the Suncoast (Clearwater Branch)

The YMCA of the Suncoast (Clearwater Branch) had 3 members participate in local triathlons this spring. Keith Roberts completed the international distance at the St Anthony's Triathlon in April while Kelly Vailancourt and April Critelli both completed the sprint distance at the Dunedin Rotary Triathlon in June where April also placed second in her age group! All 3 swimmers are coached by Pam Owens.



This past May, TYMS participated in the YMCA Swimming Master's Nationals in Sarasota. The team finished in the Top 10 with many swimmers posting personal best times. Fast swimming may be in part attributed to the addition of several new coaches around the Tampa association.



For more information on Tampa Y Swimming, visit the following link:

<http://www.tysswimming.com/SubTabGeneric.jsp?team=flnty&stabid=113779>



St. Pete Masters

<http://stpetemasters.org/>



Christine Truhol Swanson

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

It is summer time in Florida and with that come thunderstorms and rain delays impacting both training time and meet timelines. Several recent swimming events were impacted by weather. The Hurricane Man, slated each year for early May was the first casualty of weather. The waves and wind were so strong the event was cancelled for safety reasons. SPM sends a big thanks to everyone who entered this year and is very sorry that we don't have more pull with Mother Nature. Hopefully 2018 will give us clear skies and calmer water off the beaches of Pass-a-Grille. Then there was the extended rain delay at the Bumpy Jones LC meet in mid-June. Fortunately for the group the weather on Sunday was more stable and the events were swum without delay. And then the SPM LC meet in early July, yes more thunder, lightning and rain. Fortunately the storms arrived after the three heats of the 1500 Free were complete.

Riverside, California ~ SC Nationals

SPM arrived 16 strong. It must be said this team does not shy away from the toughest events – 500, 1000 and 1650 Free seemed to be included in most everyone's event line up, as well as the 400 IM and 200 Fly. SPM was led by Bob Beach who at age 87 brought home 5 gold medals after spending his customary nights sleeping in his car while at the meet. Linda Visser coming off shoulder surgery brought home top finishes in 2 events (1000 Free and 100 IM). Karen Westerman, Dale LeClair, Cheryl Kupan and Paula Texel each had an outstanding meet on the women's side of the ledger.

On the men's side Kern Davis had an outstanding meet despite his 400 IM DQ as did David Stiles, John Nixon and Eric Herman.

Newcomers to USMS Nationals were Sheila Carpenter-vanDijk, Chelsea Colwill and Robert Margalis and all found themselves with medals and points for the club. In fact, all 16 finished top ten in at least one of their events during the meet. Overall SPM finished 13th at Nationals.



Most of the SPM National Team

I would be remiss to not mention Charlotte who was entered in the meet but sidelined due to shoulder issues. She acted as coach for the team during the meet and also was an official during one session. She has since been surgically repaired

(too many rips and tears to itemize) and is showing great patience with her recovery this summer. Her sights are now set on the USMS Pan Am meet in August 2018.

Open Water ~ Lido Key, Key West and Chattanooga

Late spring also found several of our team members taking to the open water after the cancellation of the SPM Hurricane Man. Four of our SPM teammates travelled down to Lido Key for the 'swim around'.



Chelsea Colwill led the way winning the 25-29 age group with Sarah Kwon, visiting from Wilmington, close behind in 3rd. Pat Marzulli finished 4th in the 65-69 age group and Carl Selles topped the podium for the 70-74 men. A few weeks later Carl along with Kathy headed down to Key West for a mere 12 miles circumnavigation. Apparently Carl chose the swim that affords less incoming tide and is therefore a bit more difficult. Of course he won his age group with the careful guidance of his kayaker wife, Kathy.

Carl and Kathy Selles
Key West 2017

A few weeks later Elena Feliciano, Tori Kirkman and Ian Tarrant took on the other sponsored Swim around Key West. All finished and represented SPM well. And finally twelve hours north on I-75 Kern Davis swam in the USMS ultra marathon 9.2 and 2.4 swims. Our sole representative, Kern finished 1st for his age group in the 9.2 mile swim and 2nd on the 2.4 mile event. Congratulations, All!

A little Triathlon action

Being in sunny Florida we have any number of team members who train and participate in triathlons year round; some completing the event solo and others as relay members. The last weekend in April brings us the ever hot and unbearable St. Anthony's triathlon. This year, we had 7 people transition from the water to pedal and then hoof it too. Taryn Hill, Sean Gerrard, Rich Knipe, Carolyn Kiper, Laura Kaleel, and Dawn Clark all came out for the 34th St. Anthony's Triathlon, Olympic distance (Swim 1.5K/Bike 40K/Run 10K) race on Sunday, April 30.

Anthony "Sully" Sullivan did double duty. He was in Riverside, CA competing in the USMS Short Course Nationals meet, but flew back so he could capture 13th place in his competitive 45-49 men's age group. Laura Albee had a great finish the Sprint race (Swim 750M/Bike 20K/Run 5K) as well. We also had any number of members who participated on relays, mostly as swimmers. Josh Smith swam for the Northshore Fools; Patty Conolly was the swim leg of The Tres Amigos. Melissa and Phil Harasz, swimmer and cyclist respectively for the Old Northeast relay, secured second place in the co-ed relay division.

Melissa and Phil then headed west to Escape from Alcatraz. The only problem was the swim segment of the race was cancelled due to small craft advisories. Despite losing an advantage they both had an enjoyable and challenging bike and run and spent a few days on the west coast tasting wine. Phil was a charity entrant for the race and raised money for The Multiple Myeloma Research Foundation.

Back in Sarasota...

A small and enthusiastic group made the trip over the Sunshine Skyway Bridge for the Bumpy Jones Classic: Kern Davis, Johannah Hall, Eric Herman, Cheryl Kupan, Sharon Steinmann, Josh Smith, Sarah Swoch, Paula Texel, and Livia Zien. Dale



and Dave LeClair joined us from the East Coast. Charlotte Petersen came out to cheer the team on, and Coach Gary Bastie was on deck! Ah, the thunder did visit, twice in fact during the Saturday session of the meet. The good news was those swimming the 400 Free were able to do so; the bad news several of Saturdays events were cut from the meet due to the weather delays. In the end SPM swimmers made their annual pilgrimage to Yoder's before heading back across the Skyway Bridge.

Paula, Sharon and Sarah in Sarasota

It is hot, hot, hot at North Shore Aquatic Center...

Early in July SPM hosted its annual LC meet. Once a 3-day meet, we now consolidate it into a day with mixed heats throughout. And yes, of course there were thunderstorms. SPM registration was good and many other members were on deck helping the meet run smoothly. All were thankful that the chillers had the pool competition-ready to counteract the heat of the day. Still this month, many team members will be taking time to participate in the USMS 5k and 10k Postal Swim. Good luck to all.

Stay cool...



Sarasota Tsunami Masters News

By Mark Usher



It's been an eventful past few months for the Sarasota Tsunami Masters.

Our home pool at Arlington Park was closed in the middle of April for a much needed re-surfacing project that lasted eight weeks:

[illegible]



Your Florida LMSC Board of Directors

(* Elected positions)

***Chair**, Bob Jennings, guman1953@yahoo.com; ***Vice Chair**, Jillian Wilkins, wilkins.jilliananne@gmail.com; ***Treasurer**, Nancy Kryka, nkryka@gmail.com;

***Secretary**, Cheryl Kupan, ckupan@gmail.com; ***Registrar**, Meredith Moore, MAMoo49@aol.com;

***Records & Top 10**, Anna Lea Matysek, annalea@usms.org;

***Newsletter Editor**, Sheila Carpenter-van Dijk, fishtail@usms.org or sheilacv@verizon.net;

***Sanctions**, Anna Lea Matysek, annalea@usms.org; **Senior Games Liaison**, Joan Campbell, jcampb10@tampabay.rr.com; **Long Distance**, David Miner, dminer02@gmail.com;

Official's Chair, John King, john@kingllc.com; **Coaches Chair**, Scott Bay, scottbay@usms.org;

Fitness, Connie Greb, kgreb@netzero.net;

Social & Awards Chair, Erin Condon, erin@gatorswimclub.com; **Webmaster**, Meegan Wilson,

meegan@kodhaus.com; **Safety Chair**, Patty Nardozzi, pnardozzi@hotmail.com; **Past Chairs**, Meegan Wilson, meegan@kodhaus.com; Scott Bay, scottbay@usms.org



Happy Summer, y'all
Be Safe
Have Fun
HYDRATE