



WHAT'S MY NAME?



SCM SEASON !

3000
6000

POSTAL EVENT

NUTTY NEWS



From Coach Cokie Lepinski

Good times in Bel Marin Keys

We had a fun open water swim practice at Lori & Roy Johnson's home in Bel Marin Keys on August 23rd with 22 swimmers in attendance! Roy manned the paddle board, Lori was in the water, Shari on the Kayak with Allie and even Coach Marlon was in the lagoon with a kick board. Water temp was toasty (probably mid 70s) and we ended the practice with some really yummy food. A huge thank you to Lori & Roy for opening their beautiful home to us. Love our team's growing interest in open water!



More pics of our BMK OWS on SmugMug: <https://swymnut.smugmug.com/2015-Swymnuts-Miscellaneous-Ph/>

Conquering the Big Blue



Two of our gals have pushed the boundaries for themselves, doing (or getting ready to do) something they've never done before. Erica Sutherland has just completed the Catalina Channel swim with a relay group of female swimmers from the North Bay Nautigals. This swim is a 22+ mile swim and involved starting the swim near midnight. Erica battled pretty major sea sickness on the boat but still came through in the water. Nice job Erica!

Teammate Cookie Arrighi will be doing a 1.5 mile swim under the Golden Gate Bridge on Sunday, September 27th. Both gals efforts help raise funds for Swim Across America, an organization dedicated to raising money and awareness for cancer research, prevention and treatment through swimming-related events. Be sure and check them out at SwimAcrossAmerica.org. If you'd like to sponsor Cookie, just look for the **Ways to Give** tab, then pull down to **Sponsor A Swimmer** and enter **Cookie Arrighi** in the swimmer's name field. By the way, Swim Across America is always looking for "Swim Angels" that help get swimmers through this Golden Gate Swim. Check in with them if you want to help by being a Swim Angel.



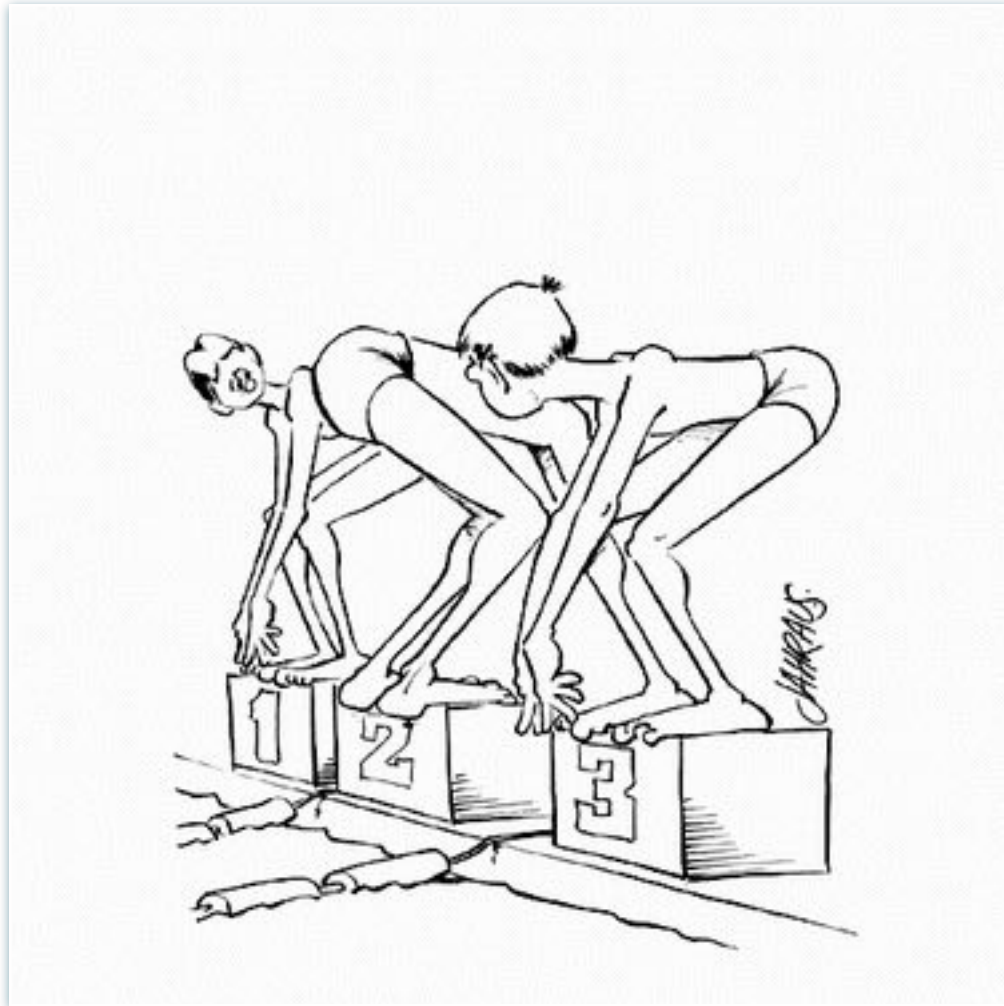
Awesome Clarke Bugbee did two Alcatraz swims, two weeks apart, placing 6th in his age group (non wetsuit) on August 8th in a 1.5 mile swim in 42:50. On August 22nd, he repeated the 1.5 mile swim taking 3 seconds off for a 39:46 and placing 5th in a coed division (run-swim) with his wife Marissa who did the run segment. Congrats to these athletes for pushing the boundaries!

Upcoming Open Water Events

Last chance for Open Water competitions this season. Here they are in chronological order:

- ▶ Whiskeytown Lake, **Sunday, September 13th**. A bit far to travel but a fabulous open water swims with option for a 1-mile, 2-mile or both. Great temps in the lake and it is usually hot, hot, hot up in Redding this time of year. Registration info: https://www.clubassistant.com/club/meet_information.cfm?c=2204&smid=6760. Limited to 300 swimmers.
- ▶ RCP Tiburon Mile, **Sunday, September 20th**. Nance Rosencranz will be going. Hopefully, she'll have some Swymnut company. Let Cokie know if you plan to go. Information: <http://www.rcptiburonmile.com>
- ▶ Keller Cove (Richmond) on **Saturday, September 26th**. Options for a 1/2 mile, 1 mile or 2-mile swim. Several NUTS are talking about going to this one. It is very close to home and rumor has it that this cove is pretty well protected. Register through Active.com: <http://www.active.com/richmond-ca/water-sports/swimming-races/keller-cove-swim-for-kids-sake-2015>

Upcoming Swim Meets - Sept & October



Just because open water season is shutting down, doesn't mean you still can't push the boundaries for yourself. Come on out and try a swim meet! We are in the short course meters seasons (that means the length of the pool is 25m) and there are three meets in our area. Come to one or all, even if just for a relay! We've got meets 3 weekends in a row and Cokie will be at each of these meets:

- ▶ **Sunday, September 27th, Mountain View:** https://www.clubassistant.com/club/meet_information.cfm?c=1291&smid=6833
- ▶ **Sunday, October 4th, Davis Sprint Pentathlon:** https://www.clubassistant.com/club/meet_information.cfm?c=1266&smid=6856
- ▶ **Friday through Sunday Oct 9-11, Pac Masters Champs in Walnut Creek** (don't be overwhelmed that it is "Champs" - all levels of swimmers are welcome!): https://www.clubassistant.com/club/meet_information.cfm?c=1301&smid=6863. Come for just one day, come for just an event or two or even just for relays. We'd LOVE to have you join us. We'll keep you loose and laughing with our antics.

Lots of New NUTS!

We welcome our newest Swymnuts who came aboard with us from late July through the the first of September. Thank you everyone for joining our Swymnut family!

- Duane Adams
 - Bridgette Corridan
 - Nancy Galvin
 - Bob Gehler
- Felix Lim
 - Tricia Cummings
 - David Rosenfeld
 - Sue Hunt LeMay
 - Nora Melamed
- Kim Rhinehart
 - Dave Rosenfeld
 - Heather Sharpe
 - Scott Sullivan
 - Matt Tucker

Name our Mascot Contest



Wow, thanks for the outstanding voter turnout to name our mascot. There were five names in a virtual tie (separated by less than a squirrel’s hair), so it seems only fair to have a run off election. You can use this link to cast your vote in this final quest to name this little NUT: <https://www.surveymonkey.com/r/9WJFHW5>. **Voting closes 8:30 AM Sunday, Sept 6th!** The 5 names in no particular order are:

- Finn
- Hydro
- Splash
- Coco
- Wing

Attendance Records

Here is our most recent accounting of who has earned “Club” honors as of August 31st. If you want to know your status, drop me an email and I’ll be happy to let you know where you stand with your attendance numbers. The Attendance Club is open to those registered with Swymnut Masters. Every 100 workouts you attend earns you a bag tag with cool bragging rights.

<p>600 Club</p> <ul style="list-style-type: none"> • Cokie Lepinski <p>400 Club</p> <ul style="list-style-type: none"> • Nancy Applegarth • Mary Piel <p>300 Club</p> <ul style="list-style-type: none"> • Stacey Ellison • Katie Lee • Bob Reed • Steve Rule • Eric Steger • Marlon Woolf 	<p>200 Club</p> <ul style="list-style-type: none"> • Cindy Irish • Greg Kamman • Rich Moore • Buffy Patterson • Amy Probst • Mary Sackett • Jeff Turner • Rick Vasquez • Mike Ward 	<p>100 Club</p> <ul style="list-style-type: none"> • Kim Bauer • Chris Carrade • Cassandra Coffee • Shari Cruse • Joy Dahlgren • Ron Evans • Anice Flesh • Paul Franjeh • Rachel Kamman • Denise McIntyre • Buffy Patterson 	<p>100 Club - con’t</p> <ul style="list-style-type: none"> • Jane Mothersill • Susie Powell • Lea Reizman • Harriet Rodriguez • Mary Sackett • Anthony Shafer • Cathy Stone • Mike Stone • Erica Sutherland • Evan Wetmore • Marty Winner
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In the fall and winter, U.S. Masters Swimming launches some really cool fitness events. These “postal” events are various swim challenges that you can complete in facilities where you catch your swim workouts. I’ll detail one of these out now and in future newsletters tell you about the others as we get closer to the date they launch.

Here’s a quick run down of some upcoming postals:

- In September-November we have the 3000/6000 yard postal - information below
- in November there is the Davis Brute Squad postal
- in December we have the 400 Kick For Time postal (board yes, fins no!)
- in January we have the 1-hour swim postal
- in February the 1650 yard postal
- in 2016 Check Off Challenge which we target as a team in May (but which can be completed anytime throughout the year)

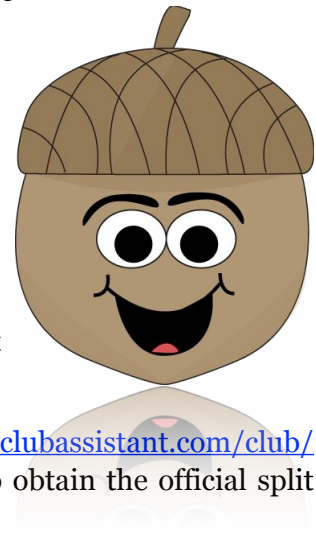
The **3000/6000** yard Postal runs from September 15th through November 15th. For those who have done the 1-hour swim, it is similar. However, instead of swimming non stop for one hour, here you choose to swim a set distance of 3000 continuous yards (120 lengths) or 6000 continuous yards (240 lengths) in a 25-yard pool. You have someone capture your splits after each 50, writing them down on an official splits sheet and then you enter online (fee is \$10) and see how you rank in your age group nationwide. Age groups are 18-24, 25-29, 30-34, 35-39, etc.

There is also the option of swimmers combining their times into a relay and submitting as a group (\$16 entry fee). Relays can have three different types of composition as shown below. The youngest person in your relay is the age group you fall into - 18+, 25+, 35+, 45+, 55+, 65+ etc.

- 3 men
- 3 women
- A combined mixed relay of 2 men, 2 women

Our plan is to take Saturday workouts at IVC from mid-September to mid-November and allow swimmers to do their 3000 or 6000 yard swims. IVC has the most room of all our pools and it won’t impact the others trying to get in regular workouts. You will, however, need to arrange for your own counter. If Saturdays don’t work for you at IVC, just check with the coach at your pool to see if accommodations can be made.

Full rules and information can be found on ClubAssistant: https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=6620. That website also has a link to obtain the official split sheet for your counter to track your 50 splits.



The 3000/6000 yard postal is a terrific way to reach for a goal and push yourself in a new direction. For those planning on the January One Hour Swim event, this is the perfect time to work toward that goal with this postal. Let’s “Go Postal!” Swymnuts.

Calling all Artists!

We're hoping we've got some artistic talent on the team. We're looking for someone who can draw a concept for a logo that will enable us to submit a bid to host the 2017 USMS Check Off Challenge. We have an idea for a concept but are absolutely open to all ideas. The Check Off Challenge has 18 pool events to it and 1 open water swim. Our thought was to draw a large oak tree sitting in a swimming pool complete with lane lines. The oak tree would have 19 acorns dropping off or in the pool with an event written on each acorn. If you would like to sketch something (or know someone who has this talent), let me know. Lots of time as bids are not due until next year. If our bid is successful, your design would go on t-shirts and swim caps for those all across the nation who participate in the 2017 Challenge.



Why Exercise at High Intensity?

We all know there are lots of studies out there touting the benefits of exercise. Telling this to a team of water-addicted folks like you is a bit like preaching to the choir, right?! Just this week I encountered another article, [“25-Minute Walk Could Add 7 Years to Your Life”](#) touting that “new research shows that exercise can delay the aging process”. Uhm...DUH! As if we needed convincing. I mean after all, we have chlorine preservation going for us, right?

It's pretty much a given that exercise is good, and even if someone starts exercising late in life it can still have significant positive impact for them. But...do you know that exercising with *intensity* is super good for you?

In the above article, a study quoted showed that, *“The authors noted that endurance exercise and high intensity exercise may be more efficient than just lifting weights, as they further increase telomerase activity, which in turn helps to repair DNA as it gets old.”*

When it comes to exercise, there are a lot of trends and fads. Many think High Intensity Training falls into that category, but I'm not so sure. A growing body of research is revealing

the health effects of high intensity training. In January of this year, the NY Times posted an article, [“Why Your Workout Should be High Intensity”](#). An excerpt from the article reads:

“Researchers have found that repeatedly pushing the body close to its exercise limits for very brief periods, interspersed with periods of rest, is more effective than continuous moderate activity at improving cardiovascular, respiratory, metabolic and mechanical functions.

Instead of continuous movement for 20 or more minutes, as is typical for exercise walkers, joggers and cyclists, HIIT usually involves 30 to 60 seconds of exercise near the peak of a person's ability, followed by a comparable recovery period of easy activity, with the sequence repeated for a total of about 20 minutes three times a week.

Come to practice and shake things up! Push yourself to occasionally spike your heart rate. We solemnly swear those sprint sets are not punitive. We absolutely have your best interests at heart or your heart is of interest to us or... well, you get the idea.