

September/October
2008



SPMA MASTERS SWIMMING



Pfeiffer, Simonton Rewrite Record Book

by Julie Heather

When Rita Simonton and Walt Pfeiffer age up it means that I'm going to have a very busy year with USMS and World Record submissions!

Rita has just entered the 90-94 age group and has broken the 100, 200, 400, and 800 records on the way to breaking the 1500 m Freestyle record. The only reason she didn't break the record for the 50 is because there were only touch pads at one end of the pool.

Rita started swimming at 5 and competed through high school and AAU. She quit when she got married, but took it up again in 1973, the year after Masters swimming was founded. She advises younger Masters

swimmers to "hang in there, be dedicated, that's what'll keep you alive." Her 2400 yd. workouts four times per week are what give her a reason to get up in the morning.

Walt won't reach his 95th birthday until November, but he gets a head start on setting records for long course meters because we use the age as of December 31st. His versatility shows with recent records in the 50 and 200 m Butterfly and 200 and 400 m IM. He added the 100 m Butterfly record as an initial split on the 400 IM.

Walt started swimming at 4 1/2, and rumor has it he likes to head for a breakfast burrito every morning to start the day! Walt grew up in Tulsa, OK and swam for the University of Tulsa. He witnessed the invention of the butterfly, so perhaps that has something to do with his expertise in the stroke.

We wish both Rita and Walt a successful record breaking year!



Rita Simonton (GWSC) is clearly happy about her record setting efforts. *Photo by Mark Glensk.*



Walt Pfeiffer (MVN) is breaking new ground by setting records where there were none before! *Photo by Brad Arshat.*

SPMA Swimmers Set Short Course Yard Records

Congratulations to Jurgen Schmidt (LOST) and Matthew Marshall (NOVA) for setting USMS records during the 2007-2008 SCY season. Jurgen set records in the 500, 1000, and 1650 yd.. freestyle, and 100 and 400 yd.. individual medley events. Matt set records in the 50 and 100 yd. butterfly, and 50 yd.. backstroke.

In this issue:

- *SCM meet entry information*
- *New SCY meet in San Luis Obispo*
- *New 10-mile Open Water swim in Santa Barbara*
- *Vitamin D3 (and K2), by Jessica Seaton*

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man
BAKERSFIELD: Gold Wave Masters
BAKERSFIELD SWIM CLUB
LOMPOC: Lompoc's Other Swim Team
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO MASTERS
SAN LUIS OBISPO: No. SLO Masters
SANTA MARIA: Santa Maria Swim Club

Jennifer Glenesk (805) 434-1912; swimcoach@teamkman.org; www.teamkman.org
Rafael Guijarro (661) 472-7246; rago@sbcglobal.net
John Kraetsch, lkraetsch@bak.rr.com; www.bakersfieldswimclub.org
Jeff Storie (805) 875-2703; j_storie@ci.lompoc.ca.us
Spencer Szejnkowski (805) 237-0654; spencersz@yahoo.com; northcountyaquatics.org
Philip Yoshida (805) 543-9515; sloswimclub@sbcglobal.net; www.sloswimclub.org
Kass Flaig (805) 704-9797; kassflaig@hotmail.com
Mike Ashmore (805) 928-9655; santamariasmw@verizon.com

SANTA BARBARA (South) and VENTURA

CARPINTERIA: Channel Island
OJAI: Ojai Masters
SANTA BARBARA: UCSB Masters
SANTA BARBARA MASTERS
THOUSAND OAKS: Conejo Simi Aquatics
THOUSAND OAKS: Daland Masters
THOUSAND OAKS: South Coast Aquatics
VENTURA COUNTY MASTERS
VENTURA: Rio Mesa Masters

Vic Anderson (805) 403-5425, delphis13@msn.com
Rick Goeden (805) 646-6884; thewinguy@sbcglobal.net
Naya Higashijima (805) 893-2505; ucbsmasters@gmail.com
SB Swim Office (805) 966-9757; swimoffice@sbswim.org
Nancy Kirkpatrick-Reno (818) 469-9972; www.csaswim.com
Kevin Lane (818) 917-6930; klane56ct@sbcglobal.net; www.dalandswim.com
Matt Warshaw (805) 660-2082; matt@southcoastwaterpoloclub.com
Jason York (805) 289-9298; jason.e.york@gmail.com; www.buenaventuraswimclub.org
Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

LOS ANGELES (North)

LANCASTER: Oasis Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
PORTER RANCH: Porter Valley Masters
SANTA CLARITA MASTERS

Tom Otto (661) 948-0057; ottolfixit@hotmail.com
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu
Chad Durieux (626) 564-0330; cdurieux@rosebowlaquatics.org
Amy Lau (818) 523-3981; amylau@earthlink.net; www.pvmasters.com
Lance O'Keefe; lokeefe@santa-clarita.com; pool: (661) 250-3767

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
L.A. WEST: UCLA Bruin Masters
WEST HOLLYWOOD AQUATICS
WOODLAND HILLS: Southwest Aq Masters

Raine Kishimoto (818) 222-2782 x 110; lkishimoto@cityofcalabasas.com
City of El Segundo (310) 524-2700 x2738
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net
Joel McKenna (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A. (various locations): SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A. : Los Angeles Athletic Club Masters
SOUTH GATE Masters Swim Team

Carol Sing (619) 588-2677; swim@swimcatalina.org; swimcatalina.org
SCAQ Office (310) 390-5700; www.swim.net/scaq
Vanessa Mesia (310) 729-2971; vanessamesia@sbcglobal.net; meridiansportsclub.com
Skye Conant (213) 625-2211 x3366; skye.conant@laac.net; www.laac.com
Patricia Mitchell (323) 563-5446; pmitchell@sogate.org

LOS ANGELES (South Bay and East County)

CARSON/LOS ALAMITOS: Long Beach Grunions
HAWTHORNE: South Bay Swim Team
LA MIRADA: La Mirada Armada
LONG BEACH: Alpert JCC
LONG BEACH: Beach Swim Club
LONG BEACH: Shore Aquatic Masters
LOS ALAMITOS Masters
MANHATTAN BEACH: Magnum Masters
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE : LA Peninsula Swimmers

Yuji Utsumi; (562) 252-0220; info@lbgrunions.com; www.lbgrunions.com
Kathy Davids (310) 643-6523, kdavids@socal.rr.com; www.southbayswimteam.org
Beverly Garman (949) 552-1710; ihaccoach@aol.com
Cindy Jarvis (562) 426-7601 x1047, cjarvis@alpertscc.org, www.alpertscc.org
Cindy Summers (562) 597-9744; summerscm@hotmail.com
Matthew Mitchell (818) 398-1048; mattymitchell@mac.com; www.shoreaquatics.com
Corey Lakin (562) 430-1073 x511, clakin@ci.los-alamitos.ca.us, www.ci.los-alamitos.ca.us
Chuck Milam (310) 592-6010, cdmilam@hotmail.com, www.manhattanc.com
Shari Twidwell (310) 937-3535; shari@zapswimming.com
Debi Blair (310) 813-9656; info@lapsmasters.org, www.lapsmasters.org

INLAND EMPIRE

CORONA: Corona Aquatic Team Masters
MURRIETA: MESA Aquatic Masters
RIVERSIDE: Riverside Aquatics Assn.
TEMECULA: City of Temecula Masters
WALNUT: Buzzards Peak Masters
YUCAIPA: Masters of Yucaipa

John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com
Debbie Mone (951) 461-1577; msmone@msn.com; mesaaquatics.com
Eric Tanner (951) 313-9274; ertanner@gmail.com
Gwen Willcox (951) 694-6410; gwen.willcox@cityoftemecula.org
Francis Neric (562) 713-4555; fneric@mtsac.edu
Jason Bradbury (951) 845-7458; ystcoach.jason@verizon.net; yucaipaswim.org

ORANGE COUNTY

COTO DE CAZA: Coyotes
FULLERTON: FAST Masters Team
HUNTINGTON BEACH SWIM CLUB
HUNTINGTON BEACH: Golden West Swim Club
IRVINE NOVAQUATICS
IRVINE: UCI Masters
IRVINE: The Sports Club/LA
LADERA RANCH MASTERS
MISSION VIEJO MASTERS
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH: Team TYR
NEWPORT BEACH Lifeguard Association
SAN CLEMENTE: San Clemente Swim Masters
SAN JUAN CAPISTRANO: Capo Masters
TUSTIN: SOCAL Aquatics
VILLA PARK: Orange Regional Comp. Aquatics
YORBA LINDA: East Lake Eagle Rays

Todd Conrad (949) 858-4100 x257; cotocoyotes@gmail.com
Bill Jewell, (949) 466-6523; swimbill@sbcglobal.net; fastswim.org
Buddy Belshe (949) 362-4727
Erik Andrews (714) 308-2227; slipperyrocks@yahoo.com; goldenwestswimclub.com
Mike Collins (949) 338-6682, info@novamasters.com; www.novamasters.com
Charlie Schober (949) 824-7946; ctschober@uci.edu; www.masterswim.uci.edu
Dan Schoen (949) 975-8400 x6204; danschoen@thesportsclub.com; thesportsclubla.com
Evan Forbes (949) 370-0568; e_forbes@cox.net
Mark Moore (949) 233-6521; swimoffice@mvnswim.org; mastersmvnswim.org
Mark Desmond (949) 306-3599; markdesmond@highhopes.ws; pacificcoastaquatics.org
Jeni Buys (949) 706-9991; gojeni@aol.com
Jim Turner (949) 644-3046; jturner@nbfed.net; www.newportlifeguard.org
Rod Snyder (949) 366-1630; rdsnyder4@cox.net
Belinda Eschenwald (949) 636-1665; ironbee@cox.net; www.capomasters.com
Debra Cruz-Meyer (714) 639-1913; debra@socalaquatics.com
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com
Mike Pawloski (714) 372-6273; bonuspak@earthlink.net

LAS VEGAS

HENDERSON Southern Nevada Masters
LAS VEGAS: Las Vegas Masters
LAS VEGAS: Viva Las Vegas Masters

Frank Lowery (702) 400-2790; flowery719@cox.net; www.lowerysmultisport.com
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com
Melissa Gutierrez (702) 480-4321; mjvgutierrez@cox.net

SPMA Competition Information and Instructions

Rules: Current USMS and SPMA rules will govern. All events are timed finals. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in. Age as of the last day of the meet determines age group for the meet for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in meets.

Eligibility: Events are open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered.

Affiliation: A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

Submitted Times: Please enter your best time, a reasonable estimate or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card (below). Do not mail in the meet entry form.

Entry Confirmation: To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Request". No certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

Strictly Forbidden: Entering more than 5 individual events per day; using hand paddles in warm-up areas; diving in warm-ups unless in designated sprint lanes (entering the warm-up pool must be done with feet first with one hand in contact with the pool deck); use of any pacing device in competition; and smoking in any area where swimmers may be present.

Open Water: Swimmers using non-porous neoprene swim suits, wetsuits, or other non-porous attire will be ineligible for awards or place points.

*Check out our website
www.spma.net
for up-to-date information*

SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name _____ Male Female USMS # _____ - _____

Birthdate ____/____/____ Age _____ Club _____ Phone (____) _____ - _____

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)	
	50 • •		50 • •		50 • •		50 • •		100 • •	
	100 • •		100 • •		100 • •		100 • •		200 • •	
	200 • •		200 • •		200 • •		200 • •		400 • •	
	400/500 • •	Meet _____								
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____							FOR OFFICE USE ONLY	
	1500/1650 • •	Surcharge \$ _____							Amt Rec'd _____	
		Total \$ _____							Date _____	

Include a copy of USMS card

Signature on back is REQUIRED!

Include a copy of USMS card

fold..... fold

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date MAY BE REJECTED!

ALL MASTERS swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.

In addition, I agree to abide by and be governed by the rules of USMS."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes
No

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

Mission Viejo Nadadores Short Course Meters Swim Meet Sunday, October 5th, 2008

Sanction number: 338-041

Marguerite Aquatic Center, 27474 Casta Del Sol, Mission Viejo is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes.

Directions & Parking: From the north or south, take 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot.

Entries: Pre-entry postmark deadline: Saturday, September 27th. On deck registration is permitted. Deck entries will close at 7:45 a.m. for the 1500 and at 10:30 a.m. for events 2 to 8. All other events will close at 11:00 a.m. Age on December 31, 2008 determines age group for the meet.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers MUST check in to swim the 1500 m Freestyle and the 400 m Freestyle.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay, due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Snack Bar: A snack bar will be available serving hot and cold food and drinks.

Entry Fees: \$20.00 per swimmer flat fee. Deck entries allowed for total of \$30.00.

Checks payable to: Mission Viejo Nadadores

Mail consolidated entry card, a copy of your USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-B Marguerite Parkway #391, Mission Viejo, CA 92692.

Online registration will also be available for this meet.

Questions: Meet Director, Mark Moore (949) 489-1847, coachmark@mastersmvnswim.org.

Sunday, October 5, 2008

1500 warm-up at 7:00 a.m.

1500 starts at 8:00 a.m.

1. 1500 m Freestyle (check-in required)
Additional warm-up after the 1500
Event #2 starts at 11:00 a.m.
2. 400 m Individual Medley
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Breaststroke
6. 50 m Freestyle
7. 100 m Butterfly
8. 200 m Backstroke
9. 200 m Freestyle Relay (men, women, mixed; deck enter)
10. 200 m Individual Medley
11. 200 m Medley Relay (men, women, mixed; deck enter)
12. 50 m Breaststroke
13. 100 m Freestyle
14. 200 m Butterfly
15. 50 m Backstroke
16. 100 m Breaststroke
17. 200 m Freestyle
18. 100 m Individual Medley
19. 400 m Freestyle (check-in required)

Please read the general information on entering swim meets on the third page of this newsletter!

UCLA Bruin Masters Short Course Meters Swim Meet Saturday, October 25, 2008

Sanction number: 338-042

UCLA Student Activities Center Pool (formerly the Men's Gym Pool) on the UCLA campus, is an outdoor, 8-lane competition pool with a warm-up area.

Directions & Parking: Take the 405 Freeway to Sunset Blvd. East. Take Sunset approx. one mile to Westwood Plaza. Turn right into the campus to parking kiosk and pay the parking fee. Ask for best lot to park in for SAC. The pool is located across from the campus food court and bookstore. NOTE: Parking enforcement *does* ticket on weekends!

Entries: The pre-entry postmark deadline is Saturday, October 18th. On deck registration is permitted. Deck entries for the 800 m Freestyle will close at 8:30 a.m. and at 10:00 a.m. for all other events. Age on December 31, 2008 determines age group for the meet.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 800 m Freestyle MUST check in to be seeded.

Relays: No Charge - Fun Event! 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from one swimmer to the next. Bring a T-shirt to use. This is quite a comical event and loads of fun. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Snack Bar: Food will be available at the campus food court located across from the pool.

Entry Fees: \$25.00 per swimmer flat fee (pre-entry or deck entry).

Checks payable to: UC Regents

Mail consolidated entry card, a copy of your USMS card, and check to: Bruin Masters Meet, P.O. Box 204, El Toro, CA 92609.

Questions: Meet Director, Gerry Rodrigues, swimpro@pacbell.net. Meet Information, (310) 702-9327. Meet Processing, Robert Mitchell, mitchellrobert@cox.net

Saturday, October 25, 2008

800 warm-up at 8:00 a.m.

800 starts at 9:00 a.m.

1. 800 m Freestyle
Additional warm-up after the 800
Event #2 starts at 10:30 a.m.
2. 200 m Freestyle Relay (men, women, mixed; deck enter)
3. 200 m Individual Medley
4. 50 m Backstroke
5. 100 m Butterfly
6. 200 m Freestyle
7. 100 m Backstroke
8. 50 m Freestyle
9. 100 m Breaststroke
10. 100 m Freestyle
11. 50 m Butterfly
12. 50 m Breaststroke
13. 100 m Individual Medley
14. 4 x 50 m T-shirt Relay (deck enter)

Due to pool renovations, the Pierce College Turkey Shoot meet will not be held in 2008. Look for this very popular meet to return in 2009!

Santa Clarita
Short Course Meters Swim Meet
Saturday, November 8th, 2008

Sanction number: 338-043

Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy.

Directions: From the north, take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. From the south, take I-5 to Hwy. 14 north. Exit at Golden Valley Rd. Turn left onto Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

Entries: The pre-entry postmark deadline is Saturday, November 1st. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at the conclusion of the 1500. Age on December 31, 2008 determines age group for the meet.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1500 m Freestyle and the 400 m Freestyle.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$20.00 per swimmer flat fee. Deck entries allowed for a total of \$30.00.

Checks payable to: City of Santa Clarita

Mail consolidated entry card, a copy of your USMS card, and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Questions: Meet Directors: Mike Coash, mcoash@santa-clarita.com, (661) 250-3760

Saturday, November 8, 2008

1500 warm-up at 8:00 a.m.

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)

Additional warm-up after the 1500

Event #2 starts at noon

2. 200 m Mixed Freestyle Relay

3. 100 m Butterfly

4. 200 m Freestyle

5. 100 m Breaststroke

6. 50 m Freestyle

7. 200 m Individual Medley

8. 400 m Freestyle (check-in required)

9. 100 m Backstroke

10. 50 m Butterfly

11. 100 m Individual Medley

12. 200 m Breaststroke

13. 100 m Freestyle

14. 50 m Backstroke

15. 200 m Butterfly

16. 50 m Breaststroke

17. 200 m Backstroke

18. 200 m Mixed Medley Relay

San Luis Obispo Masters
Short Course Yards Swim Meet
Friday and Saturday, November 21-22, 2008

Sanction number: 338-044

Sinsheimer Pool, 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, 8-lane course with eight deep water lanes for competition and nine lane for warm-up/warm-down. Two 6-lane courses with 4 warm-up/warm-down lanes may be used if needed due to a long timeline.

Directions: From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd.(4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road.

Entries: The pre-entry postmark deadline is Saturday, November 15th. Deck entries for the 1650 yd. Freestyle will close at 5:00 p.m. on Friday, November 21st; all other deck entries close at 2:00 p.m. on Saturday November 22nd. Age on November 22nd determines age group for the meet.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1650 yd. Freestyle and the 500 yd. Freestyle.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: Ribbons for places 1 to 3. Relay: Ribbons for first place.

Entry Fees: \$20.00 per swimmer flat fee. Deck entries allowed for a total of \$30.00.

Checks payable to: SLOSC

Mail consolidated entry card, a copy of your USMS card, and check to: San Luis Obispo Gobbler Classic, P. O. Box 142, San Luis Obispo, CA 93406.

Questions: Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org.

*This is a Short Course YARDS meet!
Adjust your entry times accordingly!*

Friday, November 21, 2008

1650 warm-up following Age Group Meet

1650 starts no earlier than 6:00 p.m.

1. 1650 yd. Freestyle (check-in required)

Saturday, November 22, 2008

Warm-up following Age Group Meet

Event #2 starts no earlier than 3:00 p.m.

2. 200 yd. Mixed Freestyle Relay

3. 100 yd. Butterfly

4. 200 yd. Freestyle

5. 100 yd. Breaststroke

6. 50 yd. Freestyle

7. 200 yd. Individual Medley

8. 500 yd. Freestyle (check-in required)

9. 100 yd. Backstroke

10. 50 yd. Butterfly

11. 100 yd. Freestyle

12. 50 yd. Backstroke

13. 50 yd. Breaststroke

14. 100 yd. Individual Medley

15. 200 yd. Mixed Medley Relay

Long Beach Grunions

2008 SPMA Short Course Meters Championships

December 5 - 7, 2008

Sanction number: 338-045

Directions: The Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza Dr., Long Beach CA 90803. Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo. Left on Redondo to Ocean Blvd. Left on Ocean to Termino. Right on Termino, Termino dead ends into pool parking. You can park on either side of the pool. All day parking passes will be available at the meet.

Fees: Flat fee of \$45.00 if postmarked before Monday, November 17th. Entry fee includes a meet T-shirt. Add a \$10.00 late fee for all entries POSTMARKED (or entered on-line) after Monday, November 17th. Entries received after November 17th will not appear in the meet program. All entries MUST be RECEIVED by 6:00 p.m. Tuesday, November 25th. No individual deck entries are allowed. Age on December 31 determines age for the meet. All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee (which does not include a meet T-shirt) and must sign a consolidated entry card. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event. There will be no refunds of entry fees after November 25th. Relay entries are \$10 per relay.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 and 1500 m Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided. Clubs are requested to assist with timing where possible.

Check-in: Due to the anticipated large number of swimmers, *positive check-in is required for all events*. Phone check-in is available for the 1500 Freestyle from 8:00 to 9:30 a.m. and for the 400 IM and 800 Freestyle from 8:00 a.m. until 11:00 a.m. on December 5th by calling (714) 273-8793 during those hours. Check in will close one hour before the anticipated start of each event, except you must be checked in by 11:00 a.m. for all events on that day.

Awards: Individual: Medals for places 1 to 3 and ribbons for places 4 to 6 for each age group and gender. Relays: Medals for 1st place, ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top eight teams, based on combined scoring for men and women, individual events plus relays.

Entries: Register online at www.lbgrunions.com, click on Swim Meets, then on Register. Or mail an SPMA entry card, copy of USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt.

Questions: Call (714) 273-8793 or send an email to Kenny Brisbin, ken@supersource.com. For hotels, information, and directions, go to www.lbgrunions.com and click on "Swim Meets."

Friday, December 5th

Warm-up 9:00 a.m.,

Meet starts at 10:00 a.m.

Check in for 1500 m Freestyle closes at 9:30 a.m.

1. 1500 m Freestyle (Women, Men)
Check in for 400 IM closes at noon.
2. 400 m Individual Medley (Women, Men)
Check in for the 800 m Freestyle closes at 1:00 p.m.
3. 800 m Freestyle (Women, Men)

Saturday, December 6th

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

4. Women's 200 m Freestyle
5. Men's 200 m Freestyle
6. Women's 50 m Butterfly
7. Men's 50 m Butterfly
8. 200 m Freestyle Relay (Women, Men, Mixed)
9. Women's 100 m Backstroke
10. Men's 100 m Backstroke
11. Women's 100 m Breaststroke
12. Men's 100 Breaststroke
13. Women's 200 m Butterfly
14. Men's 200 m Butterfly
15. 200 m Medley Relay (Women, Men, Mixed)
16. Women's 50 m Freestyle
17. Men's 50 m Freestyle
18. Women's 200 m Individual Medley
19. Men's 200 m Individual Medley
20. 800 m Freestyle Relay (Women, Men, Mixed)

Sunday, December 7th

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

Check in for the 400 m Freestyle closes at 8:30 a.m.

21. Women's 400 m Freestyle
22. Men's 400 m Freestyle
23. Women's 100 m Butterfly
24. Men's 100 m Butterfly
25. Women's 50 m Breaststroke
26. Men's 50 m Breaststroke
27. 400 m Medley Relay (Women, Men, Mixed)
28. Women's 200 m Backstroke
29. Men's 200 m Backstroke
30. Women's 100 m Freestyle
31. Men's 100 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. 400 m Freestyle Relay (Women, Men, Mixed)
35. Women's 50 m Backstroke
36. Men's 50 m Backstroke
37. Women's 100 m Individual Medley
38. Men's 100 m Individual Medley

Relays: A swimmer may swim only one relay in each of events 8, 15, 20, 27, and 34

For more information on host hotels and on-line entries, visit
www.lbgrunions.com

Vitamin D3 (and K2) by Jessica Seaton

Every few weeks a new study is released touting the benefits of vitamin D or pointing out that much of the world's population is deficient in vitamin D. Both of these are true. Why has vitamin D become such a hot topic? And is this all just hype?

Vitamin D is really a prohormone, or precursor to a hormone, and not a vitamin, although it is called a vitamin. Vitamin D is known as the sunshine vitamin, and in fact, you can get adequate levels of vitamin D by being in the midday sun. However, an SPF 8 sunscreen blocks 95% of the UVB necessary for your body to make vitamin D. SPF 15 blocks 99% of the UVB. With the concern about sun-related skin cancers, we've created populations that are deficient in vitamin D. This deficiency has now been shown to be associated with breast cancer, colon cancer, prostate cancer, and ironically, melanoma, the most serious of all skin cancers. Melanoma usually occurs in areas that don't receive much or any sun. Vitamin D can affect many organs and cause a variety of symptoms because every cell in the body has vitamin D receptors.

You may be wondering why all the hype now? In the 1920's it was known that vitamin D was responsible for rickets in children and osteomalacia, a softening of the bone, in adults. The fact that vitamin D is a steroid hormone was not clarified until the 1930s. In the early 1970s Dr. Michael Holick isolated 25-hydroxyvitamin D3, the form that vitamin D takes as it travels through the blood, and in the late 1970s he isolated the active form of vitamin D3, 1,25-dihydroxyvitamin D3. Although much research has been done since then, many doctors are still unaware of the importance of vitamin D, or are resistant to recommending supplements and giving specific nutritional advice. This is unfortunate since research has shown that approximately 40% of the population has insufficient levels of vitamin D. Our indoor lives and copious use of sunscreen are probably the biggest culprits.

Vitamin D has been shown to be important in the prevention of osteoporosis, cardiovascular heart disease, type I diabetes, muscle and bone pain, fatigue, depression, hyperalgesia, autoimmune diseases (such as multiple sclerosis), and some cancers (breast cancer, colon cancer, prostate cancer). Other studies have shown:

- a 61% decrease in the incidence of recurrent childhood wheezing was noted in children whose mothers had an intake of 724 IU of vitamin D during pregnancy. 2000 IU daily of Vitamin D given to children above the age of one showed an 80% decrease in type 1 diabetes.
- both vitamin D and calcium were associated with a decrease in colorectal cancer.
- supplemental or sunlight vitamin D was associated with a decrease in breast cancer. Low blood levels of vitamin D have been associated with increased risk of metastasis of breast cancer.
- childhood sun exposure has been linked to reduced MS risk.
- low levels of vitamin D are associated with tooth loss and poor dental health.

Vitamin D deficiency can cause muscle aches and weakness, bone pain, and fatigue. In the elderly individual muscle weakness combined with

osteoporosis creates a high risk of a fall with hip fracture. Studies have shown that nursing home residents who were given vitamin D were subject to fewer falls. This effect is dose dependent: at 400 IU per day (the current RDA) there was no effect, but at 800 IU per day there was approximately a 25% decrease in hip and vertebral fractures. A relatively young USMS swimmer, Anna Lea Roof, wrote an article about her experience as a swimmer with vitamin D deficiency (www.usms.org/articles/articledisplay.php?a=152). After she was found vitamin D deficient, four months of high doses of vitamin D supplementation resulted in her being much stronger in the water not fatigued after a 90-minute workout.

When ultraviolet B is absorbed from the sun vitamin D3 (cholecalciferol) is created. It is transported to the liver where it is converted to 25-hydroxy Vitamin D. Later, the active form of vitamin D, 1,25-dihydroxy vitamin D is produced primarily in the kidneys, but also in the cells. Blood tests measure 25-hydroxy vitamin D, since that gives the most accurate picture of true vitamin D levels. People are considered vitamin D deficient if their 25-hydroxy levels are below 20 ng/mL (50 nmol/L). They are considered vitamin D insufficient with levels below 30 ng/mL (75 nmol/L) or 40 ng/mL (100 nmol/L). Optimal vitamin D status is between 40-65 ng/mL (100-160 nmol/L).

The best source for vitamin D is midday sun. If a light-skinned person goes outside in a bathing suit without sunscreen for ten or fifteen minutes he or she will get a dose of 20,000 IU of vitamin D. People of color doing the same thing may be getting only 4,000 IU of vitamin D and therefore need more sun exposure. To get enough vitamin D, a person should be exposed to the midday sun in a bathing suit, without sunscreen, three times per week. When exposing yourself to the sun, you should still put sunscreen on your face since the face is most often affected by skin cancer and does not generate that much vitamin D. You will also need sunscreen on your body with prolonged sun exposure, such as during swim meets. Even with adequate sun exposure, some people remain vitamin D deficient, particularly in winter, because of the angle of the sun, and the weather. It is very difficult to obtain enough vitamin D through food. Milk is fortified with 100 IU vitamin D per glass. Each 100 IU of vitamin D ingested raises the blood level by a mere 1 ng/mL. Oily fish is another source.

The most consistent way to get enough vitamin D is through supplementation. Ideally everyone would get tested to see what his or her blood levels are. Currently, this is one of the most ordered tests in the country. Based on those results, a very high dose of vitamin D, such as 50,000 IU a week for 8 weeks might be recommended. For those who do not have access to blood tests, a very safe dose would be between 1,000 and 4,000 IU of vitamin D per day. Even with sun exposure, this would not be too much. Toxicity is very rare. You can safely take 10,000 IU of vitamin D daily for five months and not have a problem. However, people with sarcoidosis, tuberculosis, histoplasmosis, Crohn's disease, hypo- or hyperthyroidism, adrenal insufficiency, or who are taking thiazide diuretics should monitor their blood levels.

Supplemental vitamin D comes in two forms: vitamin D3 or cholecalciferol and vitamin D2 or ergocalciferol. While Dr. Holick believes there is no difference between the two, others consider cholecalciferol the more natural form to take since it is the form that our body produces.

Increased levels of vitamin D require increased levels of vitamin K, especially of vitamin K2 (menaquinone). Without enough vitamin K2 there is an increased risk of hardening of the arteries and other soft tissues. Vitamin K, along with vitamin D, are essential for the bones to uptake and incorporate calcium. Vitamin K is found in a soybean product called natto, and in broccoli, cabbage as well as in dairy products and egg yolks. Recommended daily intake is 120 mcg for adult men and 90 mcg for adult women.

Swimmers should be interested in vitamin D for several reasons. Since swimming is a non-weight-bearing sport, unless we supplement our swimming with a substantial amount of weight-bearing exercise, we are at risk for osteoporosis. Many of us already have osteopenia or osteoporosis. Vitamin D and vitamin K are necessary for the uptake of calcium in the bone. While taking calcium is important, vitamin D is just as important, if not more so.

Jessica Seaton, D.C. is a chiropractic orthopedist in private practice in West Los Angeles. In addition to sports medicine, she specializes in functional or alternative medicine with a nutrition emphasis. She has been swimming with West Hollywood Aquatics for over 18 years. She can be reached at 310-470-0282 or jseaton@aol.com.

OceanDucks Santa Barbara 10-mile Swim Sunday, September 21st, 2008

Sanction number: 338-036

Distance: 10 miles, wetsuit and non-wetsuit divisions

Location: Goleta Beach to east side of Stearns Wharf. Water temperature varies from 58-65°F in September. This swim is for experienced swimmers ONLY! Participants must bring board/kayak and paddler to accompany them in the ocean swim. Parking is free at Goleta Beach and near Stearns Wharf.

Check-in: Registration begins at 7:30 a.m. The swim starts at 9:00 a.m.

Entries: Pre-registration is \$95 and entries must be received by Tuesday, September 16th. No beach entries. Entries will be limited to 50.

To enter, send a copy of your 2008 USMS card and print and complete the entry form at www.oceanducks.com or complete an SPMA consolidated card, send your T-shirt size, name of paddler, and open water experience with your check payable to: OceanDucks. Mail to: OceanDucks Swimming Adventures, 224 Anacapa Ste 2D, Santa Barbara, CA 93101.

Additional Information: Emilio Casanueva, emilio@zapallar.net, (805) 637-8331.

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Southern Pacific Masters Association Schedule

September	21	Santa Barbara 10-mile Open Water Swim
	24-28	USMS Convention, Atlanta, Georgia
October	5	Mission Viejo SCM Swim Meet
	25	UCLA SCM Swim Meet
November	8	Santa Clarita SCM Swim Meet
	20	SPMA Annual Meeting
	21-22	San Luis Obispo SCY Swim Meet
December	5-7	SPMA SCM Championship Swim Meet, Long Beach

For a complete and updated list of events, check www.spma.net or call the SPMA office

Expand your horizons!

Take a trip to a swim meet in a neighboring LMSC. For up-to-date information check out these websites:

San Diego-Imperial: www.simasterswim.org

New Mexico: www.zianet.com/pdjang/nmms/index.htm

Arizona: www.azlmsc.org

SPMA Video Library

SPMA has a video library available for use by our members. There is a \$7 charge for one DVD, \$10 for two, or \$12 for three. This covers the cost of the envelopes and mailing both ways. Packages must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$50 *per DVD* that will be held as a deposit until the DVD(s) are returned. This check will not be cashed unless the DVDs are not returned. The rental period is one month. Give the SPMA office a call (626-296-1841), and we'll discuss which videos would best fit your needs. Please include alternates with your request, or note that you would prefer to wait if the videos you request are out on loan. Send requests to the SPMA office. Titles available for rental include:

DVD format:

- Swim Fast: Butterfly (Michael Phelps)
- Swim Fast: Breaststroke (Ed Moses)
- Swim Fast: Freestyle (Lindsay Benko)
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues)
- Go Swim, Freestyle with Karlyn Pipes-Neilsen
- Go Swim, All Strokes (with Kaitlin Sandeno and Erik Vendt)
- Go Swim, Butterfly with Misty Hyman
- Go Swim, Freestyle and Backstroke Drills
- Go Swim, Breaststroke with Dave Denniston
- Go Swim, Breaststroke with Amanda Beard
- Go Swim, Breaststroke Turns and Pullouts with Dave Denniston
- Go Swim, Breaststroke Drills with Staciana Stitts and Dave Denniston
- Eddie Reese on Freestyle
- Eddie Reese on Backstroke
- Eddie Reese on Butterfly
- Eddie Reese on Breaststroke
- Swimming Faster: Butterfly (Marsh & Durden)
- Swimming Faster: Breaststroke (Marsh)
- Swimming Faster: Freestyle (Marsh)
- Swimming Faster: Backstroke (Marsh)
- Training & Race Strategies for Backstroke (Marsh)
- Training & Race Strategies for Sprint Freestyle (Marsh)
- Training & Race Strategies for IM (Marsh)
- Training & Race Strategies for Breaststroke and Butterfly (Marsh & Durden)
- Training & Race Strategies for Middle Distance & Distance (Crocker)
- Swimming Faster: Turns (Marsh)
- Swimming Faster: Starts (Marsh, Bracklin, Pilczuk)
- Lane Lines to Shore Lines: Your Complete Guide to Open Water Swimming
- Becoming a Faster Swimmer: Butterfly (Tom Jager)
- Becoming a Faster Swimmer: Freestyle (Tom Jager)
- Freestyle Made Easy: Total Immersion
- Backstroke for Every Body: Total Immersion
- Better Fly for Every Body: Total Immersion
- Breaststroke for Every Body: Total Immersion