



Arkansas Swim News

MARCH, 2011

2011 USMS One Hour National Championships

2011 USMS NWA Group, 1 hour Swim Final Results				
1.22.11		Walton Life Fitness Center, Bentonville, AR		
<u>Swimmer</u>	<u>Gender</u>	<u>Age</u>	<u>Total Yards 2010</u>	<u>Total Yards 2011</u>
Alan Diamond	M	37	4475	4725
Scott Halliburton	M	48	4635	4640
Paige Grunnagle	F	29	0	4635
Steve Schumacher	M	41	0	4525
Brent Tininenko	M	49	4310	4400
Randy Mertes	M	48	4255	4295
Lori Terlouw	F	46	4440	4280
Steffan Sarkin	M	50	0	4270
Steve Lisle	M	44	4155	4140
Marc Campbell	M	48	0	4120
Bill Elizondo	M	43	0	4030
Stephen Stafford	M	29	0	4030
Jacob Brickman	M	34	4025	3940
Greg Mertes	M	52	0	3925
Carie O'Banion	F	51	3970	3835
Dan Stoecklein	M	52	0	3750
Kyla Templeton	F	29	3760	3750
Shawn Wierick	M	29	0	3670
William Norton	M	27	0	3525
Theresa Brewer	F	46	0	3515
Corey Paquette	M	33	0	3500
Ty Hoffine	M	42	3450	3495
Brad Pope	M	33	2905	3380
Carlie Mock	F	27	3375	3380
Kevin Ruehle	M	53	0	3355
Whitney Sutherland	F	32	2935	3300
Deb Spencer	F	45	3580	3290
Robin+B9 Woodward	F	39	0	3250
Thad Butcher	M	51	0	3225
Jessica Martin	F	21	0	3035
Scott Rampy	M	46	0	3020
Tamara Phillips	F	24	0	3000
Kris Widener	M	34	0	2725
Scott Hamilton	M	39	0	2725
Antonio Tellez	M	44	0	2700
Sharon Sharp	F	44	2550	2625
Craig Duffy	M	59	2270	2430
Mike Spivey	M	47	0	2275
Jonathan Born	M	32	0	2185
Patrick Hamilton	M	49	4075	1550

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Arkansas All Americans

United States Masters Swimming recognizes a category of swimmers called All Americans. To attain this status, a swimmer must post the fastest time in an event/age group in at least one course of the three official courses as listed in the USMS Top 10 tabulations or in one of the recognized long distance championships. For pool events, swimmers achieve individual All American status for the fastest time in individual events or Relay All American status for the fastest time in relay events.

This is a very select group of swimmers because a swimmer may finish first in an event in a national meet but it may not have been the fastest time for that

event in that year. Arkansas Masters had one swimmer recognized as an All American for 2010: **Bud Jackson**, 91, from Ft. Smith. In 2010, Bud had three swims that qualified him as an All American-800 free (SCM), 200 breast (SCM & LCM). Bud also had achieved All American status in 2004, 2005, 2006 and 2007. In 2004, Bud qualified for All American status in four events: 800 free (SCM), 1500 free (LCM), 200 breast (LCM) and 200 breast (SCM).

Although, data is missing, Arkansas has had at least two previous All Americans: **Dorothy Burke** in 1997 and **Marvin Schwartz** in 1986.

2011 Membership

Our Registrar, **Brent Tininenko**, is reminding those Arkansas Masters swimmers who have not already renewed their membership for 2011 to do so online by visiting the Arkansas Masters website. It is a very quick and easy process and your membership card is printed immediately. Brent says it will save you time and hassle when rushing to deck enter an upcoming pool or open water event. Or the \$39 investment will motivate you to enter some meets and events. What better way to stay in shape. See you at the pool!

Recovery: Crucial for Successful Swimming

According to nutrition experts **Steve Born** and **Laura Lee** training causes physical stress and depletion. Recovery is when improvements are made in muscle tissue rebuilding, glycogen storage and immune system functioning. They say that your body is crying out for nutrition as soon as possible after a swim workout or race. They urge swimmers to put some quality nutrition into your body after all workouts.

What to do? They say that the body should be replenished with complex carbohydrates within the first 60 minutes of workouts.

They state that your swim workout or race truly isn't over until you've put some high-quality carbohydrates back into your body as soon as possible. They also recommend including protein along with complex carbohydrates in your post-workout/race fuel. They cite that numerous studies have shown that the consumption of carbohydrates plus protein versus carbs alone is a superior way to recover.

Their motto is "how well you recover today greatly determines how well you will perform tomorrow."

2011 One Hour Swim

Page one of our newsletter listed the performances of the forty participants in the One Hour Swim in NWA in January (see picture, page 4).

The Central Arkansas participants (left) dwindled to three (from 11 in 2010)-possibly in anticipation of the record snow that was to fall one month later. Those Central Arkansans are a hearty lot. The swim was held at the Stephens Community Center.

	1500m	total meters	total yards
Don Fletcher (50-54)	26:00	3350	3663
Ron Bank (60-64)	29:33	2850	3116
Paul Zelnick (60-64)	36:48	2406	2624



Arkansas Top 10s

In follow-up to an article in the December Arkansas Swim News, United States Masters Swimming has completed its tabulation of Top 10 times for 2010.

Each year, USMS publishes a list of Top 10 times that have been swum in every event for each of the pool courses.

Doug Martin, our Top 10 Official coordinates this process with USMS on behalf of Arkansas Masters. Arkansas had 34 Top Tens in SCM, 30 in LCM and 13 in SCY.

The following swimmers have achieved this recognition:

Long Course Meters

Lori Terlouw, 46-100 back

Lynn Palmer, 71-50 free, 50 breast

Dorothy Burke, 71-100 back, 200 back, 50 breast, 50 fly, 100 fly

Carolyn Haefner, 71-100 breast, 50 breast

Colin McLain, 42-50 free

Marvin Schwartz, 62-800 free, 200 back

Frank Lorge, 60-100 back, 200 back, 50 back

David Gillanders, 71-200 back

Bill Keller, 88-50 free, 100 free, 50 back, 100 back

Arthur Kidd, 90-50 & 100 free, 50, 100 and 200 back

Bud Jackson, 91-400 free, 1500 free, 100 & 200 breast

Short Course Meters

Dorothy Burke, 71-50 & 200 breast, 100 & 200 fly, 100, 200 and 400 IM

Florence Dietz, 75-100 & 400 free, 50, 100 & 200 back, 50, 1000 and 200 breast

Colin McLain, 42-50 free

David Gillanders, 71-200 back

Kurt Schmitt, 79-200 breast, 100 fly

Bill Keller, 88-50 free, 100 free, 200 free, 50 & 100 back

Arthur Kidd, 90-50, 100 & 400 free, 50, 100 & 200 back

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Are You Serious?!

5-10-percent estimated by scientists to be the number of portable-music listeners to experience permanent hearing lost in the next five years from playing music too loud

8-10-percent increase in the purchase of guns and ammo by Americans last year

37-percent of adult women who say they still have romantic feelings for an ex they let get away

32,000-number of horses that remain free in the western states

399-million pounds of specialty cheese produced annually by Wisconsin factories-triple the output a decade ago

85-percent of the American population approves of pre-marital sex

\$18,000-the cost per night for the royal suite at the Burj al Arab hotel in Dubai

\$7.23 million-the median pay for chief executives at the 456 largest publicly held firms in U.S.

33-percent of increase in airline passenger complaints to the Dept. of Transportation from 2009-2010

25-a night in an American hospital typically costs 25 times as much as in an Indian, Brazilian or Chinese hospital

75,000-the number of Ford employees (from 128,000)-17 factories have closed

2,186-percent of increase in airline revenue from baggage fees from 1990-2009

74-approximate percent of crop workers in US who were born in Mexico

8,576-number of Wal-Mart stores, 2,100,000 employees-the largest company on earth

Arkansas Top Tens (con't.)

Bud Jackson, 91-100 and 200 breast, 800 free

Short Course Yards

Dorothy Burke, 70-50, 100 and 200 breast, 200 and 400 IM

Noel Strauss, 37-50 and 100 free

Doug Martin, 57-50 free, 100 free, 50 fly, 100 fly

Jack Gooding, 56-50 fly and 100 fly

Baby on Board

Cynthia Fehrenbach, a swimmer in Little Rock, had been scheduled to assist in providing volunteer timing at the One Hour Swim in Little Rock on January 18. However, on January 17, Cynthia delivered a 5 lb. 15 oz. baby boy, **Reece Sydenham Fehrenbach** and consequently was unable to volunteer.

Some people will obviously go to extraordinary lengths to avoid volunteering. We take this opportunity to urge all of you to follow through with your volunteering commitments in the future.

Congratulations **Cynthia!**

2011 One Hour Swim Participants, NWA



2010 CALENDAR

4/1-3	South Central Zone SCY Meet Championships	Josh Davis Natatorium San Antonio, TX	Deadline: March 25 www.aaaa-sa.org
4/23	Hall of Fame Swim Meet	UALR, Little Rock	Mike Booth (info forthcoming)
4/28-5/1	2011 Spring Nationals Short Course	King Aquatics Complex Mesa, Arizona	USMS website
6/11	NW Aquatics Masters Swimming Invitational	Melvin Ford Aquatics Center Bentonville	Lori Terlouw swimfans@cox.net
July	Ft. Smith LC Masters Meet	Creekmore Pool, Ft. Smith	Ian Bullock
7/22-24	South Central Zone LCM Meet Championships	Conroe Natatorium Shenandoah, TX	USMS website
8/3-6	2011 Summer Nationals Long Course	Auburn University Auburn, Alabama	USMS website