



The Chlorine Chronicles Gulf Masters Swimming

Spring 2024

MASTERS SWIMMING AND ALTS MAKE A SPLASH IN THIS YEAR'S ART CAR PARADE

IN THIS ISSUE

Thank You to Our 2023 Member Donors!

The following Gulf swimmers made donations to the Gulf LMSC when they renewed their annual USMS membership during the 2023 registration year (November 1, 2022-October 31, 2023).

It is the generosity of these members that assists the LMSC in offering ongoing benefits and programs to all our swimmers. The Gulf leadership would like to take this opportunity to recognize and thank the following members for donating to the LMSC. Your support is greatly appreciated.

John Agathon
Carrie Altman
Robert Barela
Richard Bergmark
Shannon Blake Ladd
Lynn Cadena
Lon Cartwright
Mary Denise Daley
John Fields
Craig Fox
John Gerke
Hershel Glanz
George Goff

Todd Graham
Peggy Hart
Jeff Helton
Ana Henriquez
Colette Lanier
Judy Levison
Mason Mills
Andrea Morton
Kiriim Palmer
Cyd Thomas
Christina Toth
Synda Wilson



Choosing the Right Protein Bar

Is your bar of choice a glorified candy bar or a nutritious source of protein? Nutritionist Catherine Kruppa helps you navigate through your options.

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Over 225 swimmers converged on the Conroe ISD Natatorium for this year's championship meet held April 26-28.

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USMS 2024 Spring Nationals Will be Held June 20-24 in Indianapolis



U.S. Masters Swimming is excited to bring Spring Nationals back to the IU Natatorium. The meet will take place during the final weekend of the U.S. Olympic Team Trials - Swimming, which are scheduled for June 15–23 at Lucas Oil Stadium in Indianapolis.

USMS members will have an exclusive opportunity to meet Olympians and swim in the Trials competition pool with a donation to the USA Swimming Foundation, which provides grants to USMS Adult Learn-to-Swim programs.

Indianapolis has hosted seven USMS pool national championships, most recently in 2018. The meet drew a then-USMS-record 2,376 participants who combined to break nearly 50 USMS records.

Registration for 2024 Spring Nationals is open through May 28 at 11:59 p.m. (Pacific Time).
https://www.clubassistant.com/club/form/register_now.cfm?c=2529&smid=17760&_ga=2.236679041.1063583471.1706018727-1429959220.1706018727

The Sixth Annual SAA-Houston Charity Swim is in a New Location

The sixth annual Swim Across America - Houston charity swim has moved! This year's event will be held at Margaritaville Lake Conroe on Saturday, October 5th. SAA welcomes swimmers of all ages and skill levels to help fight cancer. Funds raised stay right here in the Houston area funding research at MD Anderson Cancer Center! The event will feature half mile, one mile, and two mile distance options as well as SAA-MyWay, a virtual event in which the athlete decides upon their activity and timeline.

Learn more about Swim Across America and the Houston charity swim at:

https://www.swimacrossamerica.org/site/TR/OpenWater/Houston?pg=entry&fr_id=7121



Open Water Introduction Clinic on May 18 at Lake Longhorn

If you have wanted to swim open water because you need to prepare for an Ironman, to try open water racing, or just because lakes and rivers often look so inviting, here is your chance. Your chance to do it with instruction and in a group setting. The Gulf LMSC is holding an Open Water Introduction event at Lake Longhorn on May 18, 2024. Experience open water swimming with help!

There will be a brief talk about Open-Water-Swimming 101, and then we will get wet. We will swim together in two small groups, each with its own guide, and swim a loop of about 800 meters. Then we rest, talk about it and do it again, if you are up to it. At the end we debrief, and you are open-water baptized.

Where: Lake Longhorn, 2391 Gun Range Rd, League City, TX 77573. We meet under the canopy behind the main cabin.

When: Saturday, May 18, 2024 - 9:30 to 11:00 a.m.

Who: All participants must be USMS registered members. This will give us Insurance coverage.

Cost: Lake Longhorn charges swimmers a daily usage fee of \$20. That is your only expense.

Sign-up: Send an email to andreaslorenzusms@gmail.com with your name by Thursday May 16th, 6 p.m. Participation will be limited to 12 people.

Go online and sign the Lake Longhorn waiver. <https://lakelonghorn.com/waiver/cart.php?wid=133>

Guides: There will be guides available, each with years of experience, and serious OW creds.

Information: For more information email andreaslorenzusms@gmail.com or call (281) 683-8289.

Choosing the Right Protein Bar for You

Catherine Kruppa, MS, RD, CSSD, LD

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Protein bars are a popular snack food for on-the-go and pre- or post-workout. But, as with most foods, not all are created equal. With dozens of brands to choose from, the toughest part is knowing which one to buy.

Depending on the type of ingredients used, protein bars can either be glorified candy bars or a nutritious source of protein. Understanding the nutrition label can be beneficial, especially when deciphering ingredients, such as sugar content, from one brand to another. With so many options out there, you may be wondering what exactly to look for. It all comes down to the ingredients. Here are some guidelines to help make the protein bar decision process a bit easier. Look for:

- **High-quality protein sources:** Prioritize protein bars that source protein from high-quality sources such as grass-fed whey protein, just as you would a clean [whey protein powder](#) or [plant-based protein powder](#).
- **Natural sweeteners:** Choose bars with natural sources of sugar like honey, agave, or from real fruit like dates.
- **Whole-food ingredients:** The best protein bars use whole foods or natural ingredients. Look for minimal or no artificial ingredients, if possible.
- **Healthy fats:** Fats are essential for your body to absorb certain nutrients and help keep you full. Opt for protein bars that contain healthy fats from nuts and seeds rather than those that use vegetable or hydrogenated oils.

Is it OK to Eat a Protein Bar Every Day?

There is a time and a place for protein bar. Make sure you choose one with real ingredients to provide good nutrition and keep you feeling satisfied. They are a great option in between meals, as a post-workout snack, or for on-the-go nutrition.

It is important to note that protein bars should not be used as a meal replacement, as there are many nutritious ingredients that will be missing from your diet if you skip nutrient-dense meals. For many, protein bars are quick and easy for an early start to the morning on the way to work or the gym. While a protein bar does not replace a wholesome, nutritious breakfast made with real foods, some protein bars can be a decent substitute in a time crunch. If this is the case, opt for bars that are low in sugar and hydrogenated oils for sufficient energy.

The Different Types of Protein and How Much Should Be in a Bar?

In order to be considered a protein bar, the bar itself should contain at least 10-20% of the daily value of protein. However, protein needs vary from person to person, depending on weight and activity level. In most cases, 15-25 grams of protein at meals and 5-15 grams at snacks is recommended for optimal results and energy.

In relation to calorie content, this number is typically between 100-400 calories per bar, with about 15-20 grams of protein per serving. An aspect of protein bars that is often overlooked is carbohydrate content, which is actually essential for providing ample energy for the body. Therefore, when looking at the label, consider these numbers as well.

When comparing the nutrition labels on the backs of protein bars, one of the most recognizable differences is the source of protein being used. Some of the most popular forms of protein within these bars include nuts and seeds, soy, pea, whey, eggs, legumes and quinoa. One of the best parts about protein bars is the accessibility to various types of protein sources. While there are subtle differences in the digestibility of various protein sources, the most important aspect is making sure we achieve enough total protein throughout the day. When this is achieved, the source is less important. Listen to your body and experiment with different types of protein bars to see what works best for you.

Ingredients to Avoid when Purchasing Protein Bars

Look at the label and avoid bars with lots of added sugars, artificial ingredients, and processed ingredients like high-fructose corn syrup and hydrogenated oil. Artificial sweeteners can cause GI upset, harming the gut microbiome over time. Instead, look for bars with natural sweeteners, such as honey or maple syrup.

A great place to start is with the ingredient list, where less is more. Choosing whole-food ingredients will be better than unrecognizable, complicated ingredient names. The best protein bar will depend on your specific goals, but here are some general criteria to aim for.

- **Energy:** Natural protein bars should have a nice balance of healthy fats, protein, and fiber to keep you satisfied and between 100 to 400 calories per serving from real-food ingredients.
- **Protein:** The difference between snack bars and protein bars boils down to protein. Aim for at least 10 grams.
- **Fiber:** Look for natural protein bars with at least 3 grams of fiber.

Healthy Protein Bar Options

Here are five great options for your next protein bar pick.

- GoMacro Bar**
 GoMacro bars are made with high-quality, plant-based ingredients containing 12 g of protein and 3 g of fiber and are an excellent choice when you have a hankering for something sweet, but packed with protein.
- ALOHA protein bars**
 These plant-based protein bars are packed with 14 g of a nutrient dense protein blend and healthy fats so you can stay energized for hours. They also contain 10 g of fiber and are amazingly low in sugar making it a clean, yet tasty choice.
- Perfect Bar**
 Packed with 17 g of protein and 3 g of fiber, these bars make for an excellent protein bar option. Not to mention the several other nutritious benefits such as wholesome fats and magnesium from the peanuts. Sweetened only with organic honey, they are an excellent protein bar option. Note: You have to keep these in the refrigerator since they are made of whole-food ingredients.
- RXBAR**
 Made with a few simple ingredients, egg whites for protein, nuts for texture, and dates to bind it all together, these bars could not be simpler or tastier. With 10 g of protein and 4 g of fiber, they make a great addition to the pantry.
- Kize Bars**
 With clean and simple ingredients, these bars provide a combination of energy and protein. Containing 10 g of protein, 3 g of fiber, and nut butter-based with a perfectly soft, chewy texture.

Catherine Kruppa, M.S., R.D., C.S.S.D., L.D. earned her Bachelor of Science in Nutritional Sciences and Master of Science in Nutrition from Texas A. & M. University. She is a registered, licensed dietitian, and wellness coach, with Board Certification in Sports Nutrition. Catherine specializes in weight management, sports nutrition, diabetes, gastrointestinal disorders, endometriosis, heart disease, and pediatric nutrition.



This Quarter's Workout

Thanks to MACA coach and Gulf LMSC Coaches Chair, Patrick Harrington, for this quarter's workout.

WARM UP:	300 slow and easy 300 pull 6 x 50 choice, descend 1-3 & 4-6 - Get your heart rate up.	
MAIN SET:	2 x 100 (done as 50 free/ 50 stroke)	Choose interval- 1:30- 1:45- 2:00- 2:30
	2 x 150 (done as 100 free/ 50 stroke)	Choose interval - 2:15 - 2:30 - 3:00 - 3:45
	2 x 200 (done as 150 free/50 stroke)	Choose interval - 3:00 - 3:15 - 4:00 - 5:00
	1 x 200 pull	Choose interval - 3:00 - 3:15 - 4:00 - 5:00
	1 x 200 easy	
	1 x 200 stroke	Choose interval- 3:00 - 3:30 - 4:00 - 6:00
	2 x 200 (done as 50 free/150 stroke)	Choose interval- 3:00 - 3:30 - 4:30 - 6:00
	2 x 150 (done as 50 free/ 100 stroke)	Choose interval- 2:15 - 2:45 - 3:30 - 4:30
	2 x 100 (done as 50 free/ 50 stroke)	Choose interval 1:30 - 1:45 - 2:00 - 2:30

COOL DOWN: 200 easy

TOTAL WORKOUT: 3,500 yards/meters

2024 SOUTH CENTRAL ZONE OPEN WATER GRAND PRIX SERIES

The 2024 Open Water Grand Prix Series features five events. Rules, scoring, and awards remain the same for 2024. Register for the races as they become available, and off you go! If you swim any event, you're automatically in the Grand Prix, and you must swim at least three events to qualify for awards.

Swimmers compete in short, medium and long-distance categories, and points are awarded for first through tenth place finishes.

Awards will be given for full series participation and for high point totals in each distance category.



First Event in the Series: Lake Longhorn Open Water Roundup

The first event of the series, the Lake Longhorn Open Water Roundup, was held on Sunday, April 14 under partly cloudy skies and mild temperatures. Participation more than doubled for this year's event with a record number 63 swimmers competing in either the 1.25K, 2.5K, or 5K distance. Top three results for each event are as follows:

- Women's 1.25K:** 1. Allison Kliewer (MOST), 2. Jennifer Garcia (RICE), 3. Heather Henley (UNAT-GU)
Women's 2.50K: 1. Marta Cano Minnaro (RICE), 2. Lauren McDougall (RICE), 3. Brittany Bui (RICE)
Women's 5K: 1. Emily Fleming (MACA), 2. Maryanne Svoboda (CFSC), 3. Kristi Metzger (UNAT-ST)
- Men's 1.25K:** 1. James Allen (WLOO), Fernando Lara (RICE), 3. Brock Christy (UNAT-GU)
Men's 2.5K: 1. Jackson Alexander (TIKI), 2. John Dissinger (BTA), 3. Donald Parsons (UNAT-GU)
Men's 5K: 1. Jim Svoboda (CFSC), 2. Randy Rogers (UNAT-AZ), 3. Gregory Germain (RICE)

Second Event in the Series: Second Annual North Texas Open Water Swim De Mayo

Unfortunately, the recent heavy rains have forced the cancellation of the second event in the Grand Prix Series. North Texas has had the wettest start to spring in 22 years. Joe Pool Lake is 2½ feet over pool stage. This body of water is an overflow lake for the Army Corps of Engineers so no water has been released. The creeks in the vicinity of Lynn Creek Park where the event is located are overflowing their banks and pouring debris onto what would be the swim course. With more rain expected, the situation will only get worse before it gets better. The decision to cancel was based on a conversation between the Lake Parks Superintendent and the event's safety director, who voiced significant concern about the amount of debris in the water and the safety of the event participants.

Third Event in the Series: Shark Attack at Lake Longhorn (Dual Sanctioned USAT/USMS)

This is a USAT/USMS sanctioned open water race at Lake Longhorn on Sunday, June 2 for youth and adult triathletes, USMS swimmers, and open water swimmers, from newbies to experienced athletes. Available distances are 0.6 mile, 1.2 miles, and 2.4 miles, and swimmers can swim any combination of the events for one entry fee. Come get some training in for your next Ironman or try out open water swimming for the first time. It's a clean, calm, and safe swim. This is an event, not just a race. Concessions are available. There will be burgers made to order! Water, sodas, and other goodies will be offered for sale as well. Full event information and registration is available at:

<https://www.trisignup.com/Race/TX/LeagueCity/SharkAttackatLakeLonghornUSMastersSwimmers>

Fourth Event in the Series: Open Water Swim Challenge (Dual Sanctioned USAT/USMS)

Scheduled for Sunday, July 14 in Cedar Hill State Park, the Open Water Swim Challenge offers 750 meter, 1,500 meter, and 2.4 mile distance options. Your entry fee includes a commemorative race beach towel, swim cap, free day entry into Cedar Hill State Park on race day (for entrants only), and goodies from local sponsors. You can access event information and registration at: <https://owschallenge.com/>

Fifth Event in the Series: Shark Attack II

Shark Attack II is scheduled for October 2024. Details on this final event of the Open Water Grand Prix will be forthcoming.

The 2024 South Central Zone Spring (SCY) Championships

Gulf Swimmers Break 23 Zone Records

Over 225 swimmers from 41 different teams converged on the Conroe ISD Natatorium in Shenandoah for three days of camaraderie and competition on April 26-28. As always, the host, Woodlands Masters Swim Team, put on an excellent meet. Saturday afternoon featured a post-swim social gathering at El Bosque Mexican Restaurant.

The meet produced some fast swimming with 72 Zone records broken. Gulf Swimmers accounted for 23 of those record-breaking swims.

Congratulations are in order for our record breakers.

Alexander Aceino (UNAT) in the men's 30-34 50 fly
 Margo Aceino (UNAT) in the women's 30-34 100 back
 Tom Boak (WMST) in the men's 80-84 50 back, 50 breast, and 100 breast
 John Fields (RICE) in the men's 65-69 200 free
 David Guthrie (RICE) in the men's 60-64 100 IM and 200 IM
 Joann Leilich (WMST) in the women's 85-89 200 free, 500 free, 50 breast, 100 breast, and 200 breast
 Susan Matherne (RICE) in the women's 60-64 50 free and 100 free
 Valentin Preda (WMST) in the men's 35-39 200 breast
 James Rosborough (COOG) in the men's 85-89 100 breast
 Linda Visser (COOG) in the women's 50-54 50 breast, 100 breast, and 200 breast
 Kris Wingenroth (TFY) in the women's 70-74 400 IM, 100 fly, and 200 fly



Head Referee, Claude Humbert, photobombs the Lone Star Masters' team photo

The 2024 South Central Zone Summer (LCM) Championships

Will Be Held July 26-28 at SMU in Dallas

Pegasus Aquatics and the North Texas LMSC are the hosts of the 2024 South Central Zone Summer (LCM) Championships. The three-day competition will be held July 26-28 at the SMU Robson Lindley Aquatics Center in Dallas. The competition will be held in a world-class, eight-lane, 50-meter indoor pool with continuous warmup/cooldown available in the adjacent outdoor eight-lane 25 yard pool. If you are looking for some fast LCM times, this is a must-do meet for this summer.

Meet information is available at: [2024 South Central Zone Summer Championships \(7/26/2024-7/28/2024\)\(clubassistant.com\)](https://clubassistant.com/2024-South-Central-Zone-Summer-Championships-7/26/2024-7/28/2024)



The Semester is Over at 2024 Gulf Swim University (GSU)

Fifty-six swimmers participated in the tenth anniversary edition of Gulf Swim University, earning 11 PhDs, eight Master's Degrees, 11 Double Majors, 18 Bachelor's Degrees, and seven Associate's Degrees. Our swimmers completed 6,330 miles between January 1 and April 30. We have three swimmers, Karlene Denby, Mary Anne Janish, and Nicole Van Nood, who have participated in all ten of our Gulf Swim University events since Bruce Rollins conceived of and started GSU in 2015.

This year's participation award is a tee shirt with artwork by Kerry Suhr. Additionally, swimmers will receive custom swim caps with the cap color based on the degree level achieved. All GSU entrants are again invited to a post-event social at which they can pick up their shirts and caps and meet their fellow swimmers and the Gulf LMSC leadership team.

Congratulations to our swimmer graduates. The 2024 results are below.

PhD: 160+ miles (purple swim cap)

Doug Allen (DADS), Steven Clancy (MACA), Karlene Denby (COOG), John Dissinger (BTA), Kyle Ediger (UNAT), Heidi Ernst (WMST), Susan Honeywell (CFSC), Andreas Lorenz (DADS), Joe Roth (SWYM), Jim Svoboda (CFSC), and Maryanne Svoboda (CFSC)

Master's Degree: 120-159 miles (red swim cap)

Nicole Christensen (DADS), Caitlin Clark (UNAT), Emily Fleming (MACA), Craig Fox (DADS), David Garza (RICE), Mark Knox (UNAT), Bruce Rollins (UNAT), and Kris Wingenroth (TFY)

Double Major: 80-119 miles (navy blue swim cap)

Matthew Beauregard (ETEX), John Keen (COOG), Nicole Matsuyama (CFSC), Stuart Muirhead (SWYM), Bob Perkins (SWYM), Lindsay Price (SSSMS), Allan Sommer (TFY), Jeffrey Tarr (SPAM), Christina Toth (WMST), Nicole Van Nood (DADS), and Linda Visser (COOG)

Bachelor's Degree: 40-79 miles (royal blue swim cap)

Steve Campbell (CFSC), Matt Doherty (COOG), Randy Ernst (WMST), Lisa Ganguly (FCST), Mark Harmon (WMST), Mary Anne Janish (SWYM), Colette Lanier (RICE), Chelsea Lipstreu (BTA), Heide Mairs (TFY), Martha McDade (UNAT), Brian Miller (SWYM), Lucy Moore (COOG), Lynne Nguyen (COOG), Heidi Riggs (SSC), Jodi Shaulsky (COOG), Alvin Thomas (RICE), Cynthia Thomas (RICE), and Lydia Tiede (COOG)

Associate's Degree: 20-39 miles (dark green swim cap)

Carrie Altman (COOG), Don Barrus (SSSMS), Mimi Dionne (MACA), Melissa Reed (WMST), Vicki Risinger (WMST), Kerry Suhr (SWYM), and Judy Wagner (MOB)

The Galveston Virtual Swim Social Was Held At The Spot On The Galveston Seawall



From Left to Right: Melissa Reed, Heidi Riggs, Andreas Lorenz, Nicole Christensen, Karlene Denby, Don Barrus and Mark Harmon

Swimming Makes Waves at the 37th Annual Art Car Parade

The 37th annual Art Car Weekend was held April 11-14. The event had over 250 vehicles and attracted almost 300,000 spectators. The parade was held on Saturday, April 13 rolling along Allen Parkway into downtown, circling City Hall, and heading back out Allen Parkway.

Thanks to the creative efforts of Diversity and Inclusion Chair Anna Bass and her team, Masters Swimming and Adult Learn to Swim (ALTS) made a splash among the entrants with "Water You Waiting For?" The team wanted to create a car that celebrates the beauty of swimming and gets people eager to learn how to swim. Their efforts were successful because within one day of the parade 25 people had completed the QR code for the free adult learn to swim classes.



Another ALTS Class Begins

Diversity and Inclusion Chair Anna Bass switched gears from promoting ALTS in the Art Car Parade in mid-April to starting another ALTS class in late April, helping more adult Houstonians learn to swim and enjoy the water.

The class began April 30 at Northside High School. The six participants have expressed appreciation for the opportunity to become more comfortable in the water and learn swimming skills.

Competition Corner

SCM National Top Ten

The U.S. Masters Swimming National Top Ten List for 2023 SCM swims was finalized and published in March 2024. Twenty Gulf swimmers had 49 individual and one relay Top Ten times. Congratulations to all our national Top Ten swimmers listed below.

Individual Events – Women

35-39: Alisha Anderson (DADS) **50-54:** Nicole Van Nood (DADS) **60-64:** Susan Matherne (RICE) **70-74:** Suzy Reiersen (RICE), Kris Wingenroth (TFY) **80-84:** Joann Leilich (WMST)

Individual Events – Men

25-29: James Tomerlin (AQSR) **30-34:** Rudolfo Escalante (DADS), Aaron Foreman (SSSMS), Austin Wilson (RICE) **35-39:** Kevin Nead (RICE) **40-44:** Jeremy Lankford (RICE) **60-64:** David Guthrie (RICE) **65-69:** John Fields (RICE), Bruce Kone (UNAT) **70-74:** Greg Tharp (WMST) **75-79:** Rog Hardy (RICE)

Relay Events

The WMST relay team of Richard Schultz, Allan King, Steve White, and Greg Tharp achieved Top Ten status in the men's 240-279 400 free relay.

All American

In order to earn All American status, a swimmer must either win one or more long-distance national championships or have the fastest time in the nation in one or more pool events. Ten Gulf swimmers achieved this honor for individual long distance and pool events in 2023.

Individual Long-Distance Swims:

John Dissinger (BTA): Men's 50-54 USMS 6,000 Yard Virtual Championship

Jim Svoboda (CFSC): Men's 45-49 USMS Middle Distance Open Water Championship, Lake Oahe, South Dakota

Maryanne Svoboda (CFSC): Women's 35-39 USMS Middle Distance Open Water Championship, Lake Oahe, South Dakota

Individual Pool Swims:

Bryan Collins (RICE), David Guthrie (RICE), Bruce Kone (UNAT), Joann Leilich (WMST), Jarrod Marrs (HOUST), Kevin Nead (RICE), Gary Schatz (WMST)

All World

Each April swimming's international governing body, World Aquatics (formerly FINA), publishes the world top ten list. As the United States is the sole country with yards competitions, only meters times are counted in the World Aquatics rankings and are compiled from swims during the 2023 calendar year. Two Gulf swimmers had one or more world #1 times in individual events. Congratulations to Kevin Nead (RICE) who swam the world's fastest time in the men's 35-39 200 SCM backstroke and to Bruce Kone (UNAT) who swam the world's fastest times in the men's 65-69 in the 50 SCM back and 50 SCM breast.

USMS 5K and 10K Virtual Championships



Both events will run from May 15 – September 15, 2024. You must enter the event prior to completing your swim(s). The entry fee is \$12 prior to May 15 and then increases to \$15. All entrants will receive an event latex swim cap.

Event Description: You complete a timed swim of 5 kilometers and/or 10 kilometers in a 50-meter pool of your choice, then submit your times online. Some people swim for competition and to compare themselves to other swimmers nationwide, some for the challenge, some 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: The 5K and 10K swims are separate events and you need to swim twice to enter both. Split times from 10K may not be used for entry into the 5K.

Location: For the 5K and 10K virtual championship events, all swims must be completed in a 50-meter pool ONLY—no other length of the pool will be accepted.

Detailed event information can be found at: <https://www.usms.org/events/national-championships/virtual-championships/2024-virtual-championships/2024-5k-10k-virtual-championship>

USMS Fitness Series

I just discovered the USMS Fitness Series on their website. You can challenge yourself with a different focus each month. You may want to play catch-up by doing the January – April challenges over the next few weeks, or you may prefer to start with the May event.

Find more information at: <https://www.usms.org/events/fitness-events/fitness-series>

The Swim.com USMS Fitness Series has been revamped in a big way. Fun virtual challenges are available each month, exclusively for USMS members. You can complete the monthly challenge with your local USMS club or swim on your own.

There is no cost to participate, except for the Swim.com USMS Summer Fitness Challenge in August, which continues to benefit USMS Adult Learn-to-Swim grants supported by the USA Swimming Foundation.



January—500 Pull

Pull yourself into the new year—and our new Fitness Series format—with a 500-yard pull. Log your time on Swim.com and see where you rank with other Fitness Series participants across the country.

February—Benchmark 1

Set your personal bar this month with a 200 freestyle for time. This is the first of three benchmark swims this year. The tricky 200—not a sprint and not a haul—is a great way to chart your progress throughout the year.

March—50 Fly

Usher in spring with a fast 50 butterfly. This month is a great opportunity to work on the most challenging stroke so you can fly through a fast and fun swim with ease.

April—Power 1K

Now's the time to put your first few months of training to the test, with a 1000-yard swim for time. Grab a lane and a counter and power through this challenge knowing that your hard work will pay off.

May—Benchmark 2

After April's 1K, the second benchmark 200-freestyle for time will be a breeze—and show you how far you've come since February—you've got this!

June—Time Trials

Get excited for the US Olympic Team Trials with four separate challenges this month. Each challenge is a 50-yard swim of one stroke. Polish up your butterfly, backstroke, breaststroke, and freestyle for a medley of fun.

July—4K Accumulation

Celebrate birthday USA by swimming 4000 yards this month. You can accumulate yardage all month long or swim it all at once. Fireworks are optional.

August—Summer Fitness Challenge 30-Minute Swim

The Summer Fitness Challenge, a 30-minute swim in which you swim as far as you can, benefits USMS adult learn-to-swim grants supported by the USA Swimming Foundation. This is the only challenge with an entry fee—you'll receive a branded swim cap and help adults learn to swim.

September—Benchmark 3

You've worked hard this year and this third and final 200 freestyle benchmark swim will prove it. You know what to do to shave time off your first two benchmark 200s, so get in and go for it.

October—10-Hour Challenge

Consistency is key in keeping the cobwebs away. Log at least 10 training hours total between October 1 to October 31. That's 2 ½ hours a week—a piece of cake by now—but you can slice it up however you like.

November—Turkey Trot 2K

A new twist on a Thanksgiving classic: Log a 2000-yard swim during the month of November. Whether you choose to do this before or after your turkey day feast is up to you!

December—The Last Mile

Finish the year strong by swimming 1 mile for time in this year's final Fitness Series challenge. You've been pushing yourself all year, and you'll unwrap the best gift of all when you feel how far you've come in your fitness journey.