

MOVY MINUTE

A Newsletter of the Missouri Valley Local Masters Swimming Clubs

Mark Your Calendar

Fitness Events

10/29-12/10 Virtual Two-Mile Relay 2,3,or 4 swimmers rotating 100s for a total of 3600yds \$28/relay

11/1-12/31 Annual Ross Yancher Brute Squad Virtual Swim

<https://www.usms.org/events/fitness-events>

Pool Events

11/11 13th Annual Gladstone Masters Meet-Gladstone, MO

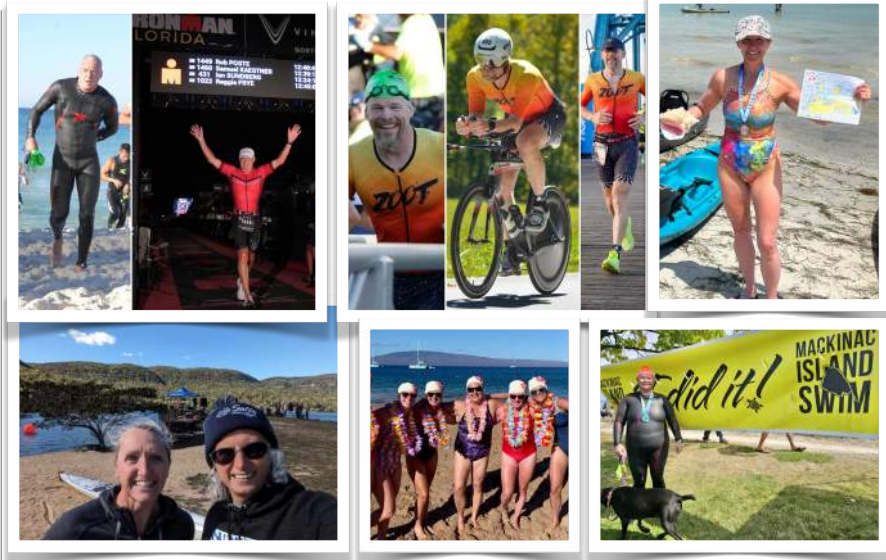
12/16 2023 MOVY at LSR7- Lees Summit, MO

<https://www.usms.org/events>

Open Water Events

Check out <https://raysnotebook.info/ows/schedules> for all sorts of Open Water Swims by state or region.

You can also find info at <https://www.usms.org/open-water-central>



MOVY Swimmers Go the Distance

Masters swimming includes a broad range of swimmers: recreational, fitness, competitive pool swimmers, open water swimmers, long distance swimmers, triathletes, young, 'mature', fast, leisurely, fit, getting fit, and everything in between. Many of our lane mates at practice have challenged their minds and bodies with marathon events. **Lisa Mische-Lawson, Heidi Hamacher Loecke** not only completed the **20K Key West Swim**, but had some impressive finishes. In 2023, *Lisa* finished 3rd overall woman and 1st in her age group while *Heidi* also received the seashell award in her 2022 swim. In October of this year, *Heidi* and **Lori Terzopolous Danner** did the **10.3 mile Swim the Suck** in the Tennessee River Valley. *Heidi* also knocked out the **3.2 mile Point to Point Swim at Lake Okoboji** in August and per her usual, she swam the **Annual Big Shoulders**



Looking Ahead

2024 Spring National Championship is scheduled for June 20-24, 2024 in Indianapolis at 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. Entries will open by January 2024."

<https://www.usms.org/events/national-championships/pool-national-championships/2024-pool-national-championships/2024-spring-national-championship>

There's Room for You

The MOVY Board met 11/5/23 for their annual business meeting and while most of the positions on the board are currently filled, minus Open Water Swim rep, we are seeking other USMS members who might come alongside and be willing to assume a position in the future. Watch for highlights in subsequent newsletters.

ClubFinder?

Is your workout group listed at <https://www.usms.org/clubs>

5K in Chicago. It is rumored that **Clare Cushing** took on **Lake Tahoe** from south to north (22 miles) and swam around **Manhattan Island**, though as of this publication, this is unverified. In August, **Sara Banner** tackled a sea-sickening **8.2 mile** swim around **Mackinac Island**. **Michele Avery** together with 5 local KC tri-friends swam the nearly **10 mile Maui Channel (relay) Swim** from Lanai to Maui and won the all female division in 2022. In 2018, **Michele** also did the **Bridges to Bluffs 10K** in Knoxville, TN. **Rob Daniels** completed his first full **IronMan Chattanooga** in September with a finish time of 14:04:57 and in November, **Rob Poste** put up a 12:40:41 finish time in his first full **IronMan Florida**. **Rob** has completed plenty of long swims including the **8K St. Croix** in 2021, **4K Bermuda** in 2019, **10K Barbados** in 2016, **Big Shoulders** 2016 as well as the 2016 2500m **Alcatraz Sharkfest** swim. **Rob** is our MOVY Fitness rep and does a stellar job informing and inviting other members to events beyond pool competitions. If you are interested in challenging yourself to an open water or fitness event, **Rob Poste** can serve as your first contact at rposte@gmail.com, but any of those mentioned here would have first-hand experience.

For MOVY Records & Beyond

2023 was a good year for both individual and relay records. Swimmers posted records in 4 LCM relay events and USMS Top Tens in 7 LCM relays, including a #1 Men's 120 400 free relay (**Corbin Sorensen, Patrick Hampton, Phane Pedigo, Scott Moore**), 11 SCY relays and 8 SCM relays! Nice teamwork. Individually, the following swimmers broke MOVY records since the last board meeting: 1 each for **Nathan Graber, Mike Norberg, Chip Glidden, and Clare Cushing**. 2 each for **Kit Bardwell** and **Bob Welchlin**, 3 for MOVY newcomer **Maureen Hosty**, 4 each for **Brad Wells** and **Laurie Benjamin**, 5 each for **Bill Sherman** and **Jennifer Attig**, 9 each for **Heather Huettner** and **Teresa McGiverin** and a whopping 29 MOVY records for **Dave Noble** including all 17 in the M80-84 LCM events! Preliminarily, **Dave** has some 15 national Top Ten finishes for the 2023 LCM season! Wow! Just keep showing up and swimming!

Check out more MOVY details at <https://www.movymasters.com/>

