



GULF SWIM UNIVERSITY PARTICIPANTS ENJOY THE POST-EVENT SOCIAL AT STAR PIZZA

The Chlorine Chronicles Gulf Masters Swimming

Special Edition
July 2024

IN THIS ISSUE

A Note From the Editor About This Special Edition

There has been a lot of news since the spring Chlorine Chronicles was published in early May. So, I've made the decision to put out a special edition. It will not include a nutrition article or a swim workout, but it will be full of recent news of the goings-on in Gulf Masters swimming. Our normal summer edition will be published in late August or early September 2024.

The biggest news is that Gulf's own Kris Wingenroth is the 2024 recipient of the most prestigious volunteer award that USMS gives, the Capt. Ransom J. Arthur M.D. Award. I'm sure you will be impressed with Kris's many contributions to Masters swimming as her decades of volunteerism are longer than some of our swimmers have been alive.

Gulf swimmers have been competing in both pool and open water venues with great success, winning national championships and setting records at YMCA Masters Nationals in Florida and USMS Spring Nationals in Indianapolis.

This edition includes an update on the South Central Zone's Grand Prix Open Water Series with three of four races already completed.

The LMSC has offered both fitness and social opportunities to our members with the Gulf Swim University post-event social in May and a long course practice at Dad's Club in June.

Swim Across America continues to fund cancer research with the El Sinko De Cancer pool event in May and the upcoming open water charity swim in October.

Finally, learn about Grown Up Swimming. This is summer league swimming for adults with an emphasis on fun.

I hope you enjoy this special edition.

Karlene Denby, Editor



Kris Wingenroth receives the 2024 Ransom J. Arthur Award

This is USMS's highest volunteer honor. Learn about Kris's lifetime of service to USMS.

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Grand Prix Open Water Swim Challenge

Point totals have been updated through the first three events. Final standings will come down to the last event in October.

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Gulf Swim University Holds Its Post-Event Social at Star Pizza

As is our custom, all GSU participants are invited to a post-event social each year to receive their participation awards and to socialize with their fellow swimmers. Customarily, this event has been held at Fuzzy's Pizza. But May's derecho put a snag in our usual plans, as Fuzzy's was still without power one day before the event.

With a combination of determination and incredible luck, the event organizers were able to secure Star Pizza as the alternate venue. It turned out to be a great choice with a private dining room, a dedicated waitress, a pool table, and excellent pizza. I foresee it being our go-to choice for future Gulf social events.

There were over 20 swimmers in attendance. All participants received their event tee-shirt and a swim cap with colors based on the mileage completed. We had two members, Mary Anne Janish and Nicole Van Nood, who have participated in all ten GSU events and were recognized with the gift of a USMS-logoed backpack.

The social was the perfect opportunity to announce Kris Wingenroth as the 2024 Ransom J. Arthur Award recipient since those in attendance have all benefited from Kris's volunteer efforts. Unfortunately, USMS had opted to present the actual award at the USMS Relay in October. In lieu of the actual award, Kris was presented with a lovely floral arrangement.

Kris Wingenroth is the 2024 Capt. Ransom J. Arthur, M.D. Award Recipient

In order to fully appreciate the significance of the honor that Kris has received, it is helpful to learn about the contributions of Ransom J. Arthur to Masters swimming and the criteria for the award.

Background on Capt. Ransom J. Arthur, M.D.

No sport ever had a founding father so well qualified to fight its battles than did Masters swimming under the late Captain Ransom Arthur, U.S. Navy swimmer, coach, and M.D.

Masters swimming is a relatively new age group in the sport but Ransom Arthur had been thinking about it a long time before he and John Spanuth held the first Masters championships in Amarillo, Texas in 1970. As in all sports for seniors, there were all kinds of questions about what parameters should be set to control competitive physical stress and all out explosive activity for older people. Swimming lucked out when Arthur, a research-minded medical doctor and a fitness-minded career naval officer, became obsessed with the subject of swimming in later life. Dr. Arthur also had the government testing resources at his disposal, and he was his own dedicated guinea pig. He coached a Navy team (including himself) that went on swimming for fun and fitness well beyond the traditional peak performance years. "Why when this is so healthy for mind and body, should we ride around in golf carts instead of swimming from 25 till 100?" Captain Arthur asked over and over again.

Johnny Weissmuller taught Ransom to swim when he was four. He started competitive swimming in 1937, swam briefly for the University of California, interrupted by World War II and then on to Harvard Medical School. Actually, he never really left the pool or the ocean in his lifetime of swimming. He leaves the fastest growing age group of swimming as his heritage for hundreds of thousands of Masters swimmers throughout the world.

The Ransom J. Arthur Award

This award is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters Swimming program in the United States. The award is given annually to the USMS volunteer who has done the most to further the objectives of Masters Swimming, generally over an extended period of time.

About Kris Wingenroth's Service to USMS and the Gulf LMSC

Kris's nomination letter is below. You can also access the USMS article regarding Kris at: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/kris-wingenroth-named-the-2024-capt-ransom-j-arthur-md-award-recipient>

"Kris has dedicated her adult life to the advancement of U.S. Masters Swimming at the LMSC, Zone, and National levels. She joined USMS and competed in her first meet in 1979 at the age of 25. Kris has achieved considerable success as a competitor, with 125 individual and ten relay Top Ten times and has twice earned pool All American honors.

But Kris's competitive accomplishments pale in comparison to her volunteerism which dates back over 40 years to 1982. That year Kris was the primary author of the Gulf LMSC by-laws. Since then, she has held nearly every officer and chair position on the Gulf LMSC Board.

To promote Masters swimming in Houston and the surrounding area, Kris has coached, officiated, run both pool and open water events, and organized social events. She has received USMS Coaching Certification at Levels one (2011), two (2011), and three (2013). Always seeking to learn new skills, Kris received her ALTS certification and took the Clinic Course for Coaches in 2023.

Her service at the Zone and National level is equally impressive. Kris has served 24 years on the Rules Committee, 17 years on the Finance Committee, 12 years as the South Central Zone representative on the Zone Committee, five years on the Legislation Committee, and two years on the Marketing Committee. She is currently in her fourth year as an at-large delegate on the USMS Board of Directors, and she was recently appointed as the Chair of the BOD Elections Committee. Kris is also a member of the Elections Modernization Task Force.

Kris's strongest attribute is her ability to achieve consensus and move initiatives forward for the betterment of Masters swimming. No leader can accomplish major projects alone. But Kris has successfully harnessed the talents of the other Gulf board members to achieve the following initiatives during her recent tenure as Gulf Chair (2019-2022). These projects are on-going and continue to be built upon.

- **2019:** Initiated the Emmett Hines Award for Gulf coaches and volunteers; provided funding for coaching, ALTS, and swim clinic certifications; laser purchase for accurate pool measurement; free swim clinics for members by Gulf coaches who have undergone certification; reduction in member registration fees; review and update of Gulf policies and by-laws.
- **2020:** Instituted a "first Meet Free" program; waived member registration fees during COVID; ran a virtual event to keep members fit and engaged; set up a COVID relief fund for both members and teams negatively impacted by the pandemic.
- **2021:** Gulf sponsored meet with COVID safety protocols in place as part of the virtual Zone Championship; Thanksgiving Day swim; addition of a post-event social for Gulf Swim University fitness event; Gulf sponsored one-hour swim in January; first Gulf sanctioned open water swim event; first Gulf open water swim clinic.
- **2022:** Gulf payment of open water sanction fees and \$5/swimmer fees; set up and funded a Diversity & Inclusion committee; set up team dividends funding of \$4/registered swimmer; first ALTS clinic in an underserved community; sponsored a Josh Davis swim clinic; implemented a Gulf Code of Conduct policy; funded the \$25 bridge fee for the Gulf's college club swimmers.

Kris is low-keyed and does not seek accolades for her efforts. Nevertheless, her many accomplishments have been recognized with the Dorothy Donnelly Service Award in 2003 and the South Central Zone Jesse Coon Award in 2020. She continues to be an indispensable member of and advisor to the Gulf LMSC Board, serving as secretary in 2023 and 2024. In view of Kris's many contributions to Masters swimming at all levels for over four decades, I trust that you will consider her a worthy recipient of this year's Capt. Ransom J. Arthur M.D. Award."

Congratulations, Kris. We are so fortunate to have you as a Gulf LMSC leader.

2024 South Central Zone Grand Prix Open Water Challenge

The third event of the open water swim series was held July 14th at Joe Pool Lake in Cedar Hill State Park. The Open Water Swim Challenge and Aquathon, a dual sanctioned USMS/USA Triathlon event, offered swimming distances of 750 meters, 1,500 meters, and 2.4 miles.

With the conclusion of the third event, only one event remains in the series. Shark Attack Two will be held at Lake Longhorn in League City on October 13, 2024.

This year the top three points earners in each division will receive a series award. Additionally, there are awards for all swimmers who competed in all four events in the series.

There are close points totals in several divisions, so final standings will come down to that last event in October. Here are the standings with point totals through the first three events.

Men's Short Distance: 1. James Allen (36), 2. Camilo Alvarez (22), 3. Mark Harmon (18), 4. Mike Robinson (11), 5. Fernando Lara (9) **Women's Short Distance:** 1. Sue Klimko (23), 2. Heather Henley (17), 3. Allison Kliewer (11), 3. Jill Robinson (11), 5. Jennifer Garcia (9), 5. Jacky Merianos (9) **Men's Middle Distance:** 1. John Dissinger (36), 2. Jackson Alexander (11), 3. Seth Huston (9), 3. Eugene Kostuk (9), 5. Brock Christy (8), 5. Donald Parsons (8) **Women's Middle Distance:** 1. Linda Visser (29), 2. Sarah Snider (27), 3. Stacey Van Horn (13), 4. Diane Brodeur (11), 4. Marta Cano Minarro (11) **Men's Long Distance:** 1. Andreas Lorenz (27), 2. Jeff Campbell (25), 3. Lex Pegues (15), 4. Kirk Frambes (12), 5. Drew Houser (11), 5. Jim Svoboda (11) **Women's Long Distance:** 1. Cheryl Hubbard (32), 2. Alexandra Upton (30), 3. Amy Wagner (17), 4. Emily Fleming (16), 5. Maryanne Svoboda (9)



Gulf Offers Its First LCM Coached Practice Nicole Christensen

On June 23rd, the Gulf LMSC offered its first free long course coached practice open to Gulf members.

We organized four of our certified Gulf coaches, who happen to have had their coaching certifications paid for by the Gulf LMSC, and they did an amazing job! Our coaches were Anna Bass (General Development), Andreas Lorenz (Long Distance Freestyle), Patrick Harrington (Sprint Freestyle), and David Guthrie (Stroke/IM).

We had 21 swimmers attend from a variety of backgrounds. They all seemed to have a fantastic time and I received many thank yous, as I am sure the coaches did as well. I had many people ask me if we could do these more often. I did not give them an answer but said it was something we would consider in the future.

We had a pizza social afterwards in the Dads Club pavilion, and I am surprised and happy to say that people stayed around for an hour afterwards. Many made new friends and acquaintances. We had swimmers in their twenties as well as in their eighties.

We even had one person renew with USMS today because they did not realize that they were not currently a member. He signed up and increased the Gulf membership by one.

Thank you to Anna, Andreas, David, and Patrick for stepping up and doing a great job!! Check out the Gulf Facebook page for the post and reel.

<https://www.facebook.com/GulfMastersSwimming>



USMS Certified Coach David Guthrie works with swimmer on stroke and IM technique.

Three Gulf Swimmers Medal at the YMCA Masters National Championship Kris Wingenroth

Three Houston area swimmers competed in the 2024 YMCA Masters National Swimming Championship in Fort Lauderdale, Florida, May 9 – 12, 2024. Linda Visser (age 54), John Keen (age 60), and Kris Wingenroth (age 70) traveled to Florida to race in this swim championship. Linda, John, and Kris swim at both the Weekley YMCA and the Trotter YMCA which has a Masters swim group coached by Mark Hahn. This swimming championship was a nationwide competition of YMCA members over the age of 19. Over 60 YMCAs from across the country were represented, and over 400 swimmers participated.



Linda, John, and Kris at YMCA Nationals

The Houston swimmers brought home seven gold medals, five silver medals, two bronze medals, and four YMCA national records. They scored a combined 115 total points to place 14th in the nation despite having only three participants.

John Keen started off the competition by scoring 5th in the 1,000 freestyle and added to his point score with an 8th in the 500 freestyle.

Linda Visser set a new national record in the women 50 – 54 age group in winning the 200 breaststroke with a time of 2:37.03 (former record 2:38.93). She also took the gold in the 200 IM, silver in the 100 breaststroke, 50 butterfly, and 100 IM, and bronze in the 50 breaststroke.

Kris Wingenroth, moving up to the 70-74 age group, set three national records. She destroyed the current 70-74 age group 200 fly record with a time of 2:55.65, dropping the record of 3:25.89 by over 30 seconds. Kris also set new YMCA national records in the 100 butterfly with a time of 1:19.55 (former record 1:21.39) and in the 400 IM with a time of 6:18.06, shaving 14 seconds off the former record of 6:32.16. In addition to her three record-breaking swims, Kris won gold in the 100 IM and 200 IM, silver in the 50 butterfly and 1,000 freestyle, and bronze in the 200 backstroke.

Nine Gulf Swimmers Compete at USMS Spring Nationals in Indianapolis

Nine Gulf swimmers joined over 2,300 entrants at the 2024 USMS Spring National Championships held June 20-24 in Indianapolis. Aaron Foreman (SSSMS), Andrew Greule (ETEX), Tyrone Jimmison (RICE), Bruce Kone (UNAT), Frank Muncha (SSC), Paul Tomko (UNAT), Lisa White (WMST), Steve White (WMST) and Kris Wingenroth (TFY) had the opportunity to swim in the IUPUI Natatorium, a world-class facility that has hosted multiple Olympic Trials competitions. The Masters championship meet was held at the same time as the US Olympic Swim trials were being conducted at near-by Lucas Oil Stadium. Many masters swimmers took advantage of the concurrent dates to view some Olympic Trials events and even had the opportunity to swim in the Trials pool inside the stadium.

Four Gulf swimmers brought home some medals and National Championships of their own. **Bruce Kone** led the way by winning three national championships in the 65-69 age group in the 50 breast, 50 fly, and 100 fly. Bruce also earned silver in the 50 free and 100 IM, and he placed fourth in the 50 back. **Kris Wingenroth** also won gold with national championship swims in the women's 70-74 200 fly and 400 IM.

Kris won silver in the 100 fly and placed fourth in the 100 IM and sixth in the 50 fly. **Aaron Forema** won a silver medal in the men's 30-34 1650 free as well as earning tenth place in the 500 free and 200 fly. Gulf's final medal winner was Lisa White with her tenth place finish in the women's 65-69 50 fly.

Congratulations to all of our Gulf swimmers.



Swim Across America El Sinko De Cancer Charity Swim

Cy-Fair Swim Club hosted Houston's first Swim Across American charity swim of 2024. Held on May 5th, El Sinko De Cancer had eleven participants who, to date, have raised over \$10,000 for cancer research at MD Anderson Cancer Center to fight glioblastoma.

The fun-filled event featured mixed relays, open water swim simulation, games, a Masters workout, distance swimming, and the opportunity to meet local Olympian Cammille Adams.

Event organizer and lead fundraiser, Rob McLaren, shared his thoughts with his donors the day after the event.

"This report aims to share the experience with you, and, of course, to thank you profusely for your donations to fight glioblastoma. We were so very lucky yesterday that there was a two-hour gap in the thunderstorms from 10 – 12 noon. This coincided exactly with the timing for our event! It was simply meant to be because the rest of the time it rained terribly, and Houston is still flooding because it.

There were 11 swimmers involved which is not bad considering the weather threat. We gathered and got acquainted which was especially fun. Of course, the kids needed to have tattoos to mark the event! We talked about why we were swimming. Some were honoring those who lost their battles with cancer, some were in training for other swims, and all were there to have fun. We had three doctors and other staff with us. Our small number allowed us to speak informally about a whole range of topics such as trends in hospital dress, the challenge of getting funds for pediatric oncology research, and local Colombian restaurants.

Once more, I wish to thank you all for the wonderful support of this inaugural event. As of this moment it has raised \$8,720 to help Dr. Sharma's research to find novel ways to fight glioblastoma. This is a fantastic outcome and we are not yet done! Yours in the fight to end cancer, Rob McLaren"

About Swim Across America

Swim Across America (SAA) has been funding cancer research for over 35 years. All money raised in Houston stays in Houston funding cancer research at MD Anderson Cancer Center. Swim Across America has earned Guidestar Platinum status, the highest level of recognition of transparency for non-profits and is four (4) star rated by Charity Navigator, their highest possible rating.

The flagship event for 2024 in the Houston area will be held at Lake Conroe on October 5th. You can find full information about the swim below.

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?fr_id=7121&pg=entry

The Entry Deadline is Rapidly Approaching for USMS Summer Nationals



The USMS Summer National Championships will be held August 21-25 at the Marguerite Aquatic Complex in Mission Viejo, CA. The Mission Viejo Natadores are hosts for the long course championship meet.

The entry deadline is rapidly approaching and is Monday, July 29th at 11:59 p.m. Pacific time.

Full meet information and registration can be found at: <https://www.usms.org/events/national-championships/pool-national-championships/2024-pool-national-championships/2024-summer-national-championship>

Gulf Long Distance Chair Places Second at USMS Marathon-Distance Open Water National Championship

Gulf Long Distance/Open Water Chair, Andreas Lorenz, traveled to California to compete in the USMS Marathon-Distance Open Water National Championships. The 10K swim was held on June 8th in Lake Del Valle. Competing in the men's 60-64 age group, Andreas finished the 6.2 mile distance in 2:47:44, earning second place. Congratulations, Andreas!



Grown-Up Swimming - A Return to Summer League

Ahh the glory days... Remember those summer league days, when you were swimming 25s and the thrill of mystery flavored Airheads awaited you at the finish line? What a time it was. But then, age happened. It crept in when you turned 11, and those 25s were replaced with 50s, 100s, and eventually even 200s. The fun times seemed to have slipped away.

A few things may have happened since...

But perhaps you're still deeply in love with the sport. You've been swimming for decades, training with your Masters club, racing in as many meets as possible, and eagerly anticipating your next pool session as soon as you step off the deck. The passion is still there, waiting to be reignited.

Maybe you burned out. Maybe you had one too many years of 4:30 a.m. wake-up calls and cold water. And cold water. Did I mention cold water? Maybe you were even in the "10,000 for time" generation, and your eye twitches when you see the line at the bottom of the pool.

Maybe life just happened. You got a job. You started a family. You picked up pickleball. You grew up, and you don't swim because that's for the kids.

Grown-Up Swimming believes that the kids shouldn't hog all the fun. You too, as a Grown-Up, can enjoy some Airheads after swimming 25s. And who's to judge if maybe that Airhead is frozen...And blended...And lime-flavored?

Grown-Up Swimming is summer league swimming for adults that brings the parent-coach relay to the next level. We help neighborhoods/clubs start adult teams and Masters teams better engage their swimmers by running a season of super-fun swim meets that look just as much like a pool party as they do a meet.

What to Know

League registration is \$75, and USMS members get \$5 off their registration fee. Once you register, you can swim in all of the Grown-Up Swimming meets in your area at no additional cost. Here's how you can join Grown-Up Swimming Houston:

1. Find existing team pages on the Houston league page.
2. Or form a new team. There is no cost to form a team, and it requires very little work to just add it to your USMS club.
3. Click "Register Now" on your team page.
4. You'll then be able to sign up for meets using that same team page as entries open for each meet.

Note: you only Register & Pay one time for the season.

Meet Schedule

You can find the schedule here. Clear your calendars.

- 7/11 @ SORA (Shadow Oaks Recreation Association)
- 7/17 @ Forestgate (Woodlands) ● 8/1 @ SORA (Shadow Oaks Recreation Association)
- 8/7 @ Forestgate (The Woodlands)
- TBD @ Fleet (Cypress)