

## Welcome!

Josh Green

The Salt Lake Open Water (SLOW) USMS club was officially organized in October 2012! The SLOW club has actually been in the works for about a year. After seeing interest and participation increase over the last year, we felt that the time might be right to move ahead. In September 2012, we posted an online survey to gauge the interest in an open water specific USMS club. The results came back better than we had hoped, which led us to the decision to officially organizing the club.

### Results of the survey

Full results and analysis of the survey can be found at [www.utahopenwater.com/results-of-salt-lake-open-water-slow.html](http://www.utahopenwater.com/results-of-salt-lake-open-water-slow.html), but here are the highlights:

- Nearly 70% of those surveyed were not attached to other Utah Masters clubs.
- The three things that were most important for SLOW to provide were: regular group swims, sponsored events and clinics.
- Over 60% said that an annual club fee of \$15 was reasonable. (The club fee has been lowered to \$1)
- Most swimmers wanted the club fees to be used for a website and club gear (shirts, caps, etc.).
- Almost 40% said they would be interested in volunteering their skills as part of the SLOW committee.
- Just over 40% said they would like to have SLOW meetings twice a year.
- About 30% said they wanted to have weekly open water workouts.
- The Great Salt Lake had the most votes for first choice of venue. Deer Creek and Bountiful Lake were tied for second choice of venue.
- About 55% of those surveyed said they were “very interested” in joining SLOW. Another 38% were “somewhat interested”.

Registration for 2013 is now open and you can register or renew your USMS membership and can choose SLOW as your club. Membership for 2013 is \$49.

We look forward to meeting and swimming with you in the coming year and hope that you will help us make SLOW a great organization where you can make new friends, improve your swimming and have a lot of fun!

The board has a lot of ideas for how to make SLOW a great club, but we want to hear from you. What ideas do you have?



Open water swimmers at the start of the Deer Creek Open Water Marathon Swim.



Salt Lake Open Water swimmers Goody Tyler IV, Gordon Gridley and Josh Green with Martin and Borut Strel at the Global Open Water Swimming Conference.

Keep up to date with SLOW online:

Club Website:

[www.saltlakeopenwater.com](http://www.saltlakeopenwater.com)

Facebook Page:

[www.facebook.com/swimslow](http://www.facebook.com/swimslow)

## The Three P's Gordon Gridley

When I look back on my English Channel swim this past summer I often wonder how it was possible. What are the biggest contributing factors to that success? I attribute much of it to three practices that I call the Three P's. This can be attributed to any swim, any goal, or any endeavor that we may have in our lives.

**Positive Thinking** - I recently read a book by Claude M. Bristol, called *The Magic of Believing*. It was an easy read and very motivating to me. Many of the practices that it suggests, I was pleased to recognize as things I have been already doing for years, and some new concepts that I had not heard of. I would suggest this book to anyone who desires a greater intensity in how they live life.

Our minds are the most powerful gifts we possess. Being negative and cynical is as destructive for the mind as being a couch potato is for the body. In order to excel in the things we most desire we must be positive, and make the proper steps to the desired outcome. At the same time, we can think and hope all we want, but unless we make the effort it takes to become what we desire, it's just wishful thinking. Our thoughts are reality in infant state that without the fuel of action, will never grow to maturity.

**Proactive Preparation** - Whatever the goal is, we need to break it down into smaller achievable bits. What are the steps that need to be made to obtain your dream goal? Setting goals, training and working to obtain those small goals reinforce those positive thoughts as we achieve the milestones. Sure there will be failures here are there that we can learn from. But those occasional mistakes are simply things to learn from as we reassess, and make another step in the right direction.

Research what it takes to obtain your dream. Become committed to your dream in every way. Training should be geared to your goal. If you are studying to become a Doctor, you can't make your way through medical school practicing on dummies the whole time. That's why you have your residency. You need experience in the field. I'm continually amazed how many triathlon swimmers continue to have a majority of their swim training in the pool. Pool training for open water swimmers and for triathlon athletes should be considered supplementary training, and not the primary method of training. You simply cannot be exposed to the same widely varied conditions that you encounter in open water, by swimming in a controlled environment, such as pool.



## The Three P's (Continued)

**Prayer** - For me, this was a critical factor in my swim. Hundreds of prayers were given over the years by myself, family and friends. Miracles can be seen when faithful prayers are made. It doesn't matter what religion one belongs to, its power can be seen when practiced. However without practicing positive thinking and properly preparing, the answer to the prayer may not be what we desired.

If you had a teenage son who you had a large homework assignment to complete over the weekend but had decided to just play X-Box the whole time, and then on Sunday evening ask you to help him with it. What would you do? It makes sense that a caring Father would help the son who does his part. We reap what we sow.

Marathon swimming is just as much about physical endurance, as mental endurance. Do the mental training in addition to your physical training, and success is bound to happen. Once you obtain what you desire, you will look back with joy at the growth you experienced during your journey, and not just the final outcome.

**“OUR MINDS ARE THE MOST  
POWERFUL GIFTS WE POSSESS.”**

## **SLOW Swimmer Profile Kate Pettipiece**

Name: Kate Pettipiece

City: Sandy, Utah

Age: 37

How long have you been swimming?

I swam in my youth and then in high school for fitness. After a break from swimming I took it up again in my thirties and was surprised to find myself unable to swim 25 yards.

How did you get into open water swimming?

I heard an interview on NPR in 2003 on long distance marathon swimmer Lynne Cox. She was discussing a book that she'd recently wrote that was about to be released. The book is titled "Swimming to Antarctica". After hearing the interview I pre-ordered myself a copy and read the book in one day (I've actually read the book three times). Like many other open water swimmers, I believe this book sparked my desire to try open water marathon swimming.

Where do you workout?

Dimple Dell Rec Center and any open water venue I can get myself to.

Where is your favorite place (or places) to swim open water?

In order: 1)Hawaii 2)The Great Salt Lake 3)Deer Creek Reservoir

What is your most memorable swim?

There are two that equal each other. First, 2011, Inaugural year for the Great Salt Lake marathon swim. It was so exciting to be a part of that history. Second, Utah Open Water Swim Camp 2012, while camping and enjoying the weekend with fellow Utah Open Water swimmers I got to join the group on a night swim. Wow!

What is your favorite piece of swimming gear?

I love my SSD (swim safety device). I learned about this device at a Utah Open Water swim clinic and love the safety, convenience and visibility that it provides.



## **SLOW Swimmer Profile (Continued)**

What is your favorite workout?

100 IM Drill  
100 IM Swim  
500 Free  
8X100 Free @ 1:45  
8X100 Pull @ 1:30  
500 Free  
100 IM Swim  
100 IM Drill  
Total=3,000 SCY

What are your swimming goals, dream swims, etc?

I want to swim in Lake Bled, Slovenia. It's beautiful, sacred and the water is pristine. I'd also like to swim Lake Powell and hope to do some swimming there in the next few years. Also, bring on Swim Camp 2013! I can't wait for another fun weekend and night swim.

## Cold Water Safety Goody "Ice Man" Tyler IV

When swimming in cold water (Anything under 60 degrees), safety must be the first thing that is planned for. This is more important than anything else.

Adapting to cold water takes a lot of time and dedication. It means forcing yourself to go back several times to adjust to the cold. The colder the water gets, the more adjusting needs to be taken into consideration. No one will be able to go into 45 degree water on their first try and expect to swim as well as they would in 80 degree water. Getting comfortable in 45 degree water to where you can still talk, swim with a good stroke, and have cognitive abilities will take a lot of training.

I like to think of the cold water swim as 3 phases:

1. Forcing yourself to get in. This is a HUGE mental obstacle and one most struggle to overcome. They feel the cold and the reality of what they are doing sets in. No more illusions, you are going to be COLD!
2. Doing the actual swim. Putting up with the cold, shortness of breath, pain in hands and feet, etc. Just getting it done.
3. Warm up - This is usually the longest phase and can be the most difficult. Your body is warming itself back up and this process can take up to an hour. You will shake nonstop for what feels like forever and all the while your body is still hurting.

### For the swimmers:

1. Take it SLOW. This is more about fun than speed or winning anything. Have a preset time for each swim that you will have yourself get out. Make the times shorter depending on the degree of the water. The colder the water, the shorter you should be in. Once you reach that time, GET OUT no matter how good you think you are feeling.
2. NEVER go alone!
3. Have warm clothes to put on. The more thick they are the better. Try to have clothes that don't take any coordination to put on. Buttons, strings, and anything that will cling to your skin is a bad idea. Very loose sweats are best. A wool cap is also highly recommended.
4. Take a pair of boots or old running shoes and remove the strings. This will make it very easy to put your feet into after you get out. Your feet will be frozen and any pebble you step on hurts a LOT more than usual. Laces are removed because you have a 0% chance of being able to tie shoes when you get out.



## Cold Water Safety (Continued)

5. To dry off - a SOFT towel is best. Any scratchy towel will only hurt. Towel off by patting water off of yourself. NEVER rub the towel vigorously to dry off. This can break up cold blood that is trapped and it will go to your heart and can cause severe heart trauma.
6. Once you have dried off and gotten dressed, PASSIVE warm up is best. Don't go running around to warm up or start doing jumping jacks. Just sit there and shake. Your brain and body know what to do. This step can sometimes be the most difficult of the cold swim. You just have to sit there and take it while your body is shaking so much that holding a cup with warm water in it is impossible. The warm up phase can last up to an hour or more so be prepared for that.
7. Believe it or not, hot is bad for you during your time to warm up. Get in a car or building that is warm but not hot. Hot drinks shock your system too much if ingested. A hot building or standing by a fire changes your body temp too rapidly and can cause you to faint. Lukewarm water, coffee, or hot chocolate is best to drink after. A warm car is best to sit in and you can slowly adjust the temperature as your body starts to get back to normal.

**“SAFETY MUST BE THE FIRST  
THING THAT IS PLANNED FOR”**



## Cold Water Safety (Continued)

### THINGS TO EXPECT -

1. Shortness of breath is NORMAL. Your ability to breathe will go back to normal usually within 2 minutes. RELAX!!!
2. Your hands and feet WILL get tingly and start to hurt. Sometimes your hands and feet will hurt quite a bit. That is fine. If your chest ever starts to significantly hurt even after 2 minutes, GET OUT!
3. Stay near people at all times. Know where all the exits are and be prepared to use any exit if needed. Even if the exit is away from people. It's better to be out of the water and on land while being cold than trying to fight your way back to people to get help all the while in the water and only multiplying your danger. It takes a lot longer to freeze to death than it does to drown.

Most of all for everyone...HAVE FUN! The thrill of doing this and succeeding is something you will never forget. I can honestly say I've never had anyone do this and afterwards get out saying it was the worst thing in their life. People almost always say they had fun and can't stop smiling. Even if they only do it once, they at least gave it a try and were glad they did. ENJOY!!!

*Congratulations to Goody "Ice Man" Tyler IV for becoming the first Utahan, and one of only a handful of swimmers in the country, to swim an "Ice Mile" according to the rules of the International Ice Swimming Association. You are an inspiration to us all!*

Read Goody's account of his Ice Swim on his blog at: <http://goody4.blogspot.com/2012/12/13dec12-going-out-with-banq.html>

## New Year's Day Swim

Join the Wasatch Front Polar Bear Club for the inaugural New Year's Day Open Water Race!

When: January 1, 2013 at noon

Where: Great Salt Lake Marina

Distance: 400 Yards

Water temperature: Expected to be 35°F to 38°F

There will be heaters and hot chocolate to warm up after the race. The fastest swimmer will win a brand new tandem kayak from Lifetime!

If you are interested in participating, you must complete a qualifying swim during the month of December and demonstrate your ability to stay in the water for a minimum of 5 minutes. If you do not want to swim, at least come and watch!

For more information, visit [www.wfpbc.com](http://www.wfpbc.com).



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