



Maine Masters

S W I M C L U B
N E W S L E T T E R

MESC Claims Travel Title at NEM SCY Championships

Doug Pride, Michael Schmidt, and Men's 55+ Relay Squads combine to set 5 New England Records, Arnie Green grabs 2nd in high point standings.

Sean Carter

Blodgett Pool, Harvard University - The Maine Masters Swim Club travels well. 30 swimmers competed in the 4 day - 2 weekend championship, and came away with the NEM Travel Title, awarded to the swim club outside of the New England Masters swim team that scored the most points. Maine Masters scored 2127.50 easily lapping other travel teams, and placed 6th out of the 56 teams / workout groups represented at the meet.

NEM SCY Championships lived up to its billing as one

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Different Swimming Locale - Very Different Rewards

Open water swimming offers unique delights...try it this year.

Sean Carter

The perma-frost is beginning to thaw; legions of swimmers are heading to Ft. Lauderdale or Indianapolis for the various Nationals Meets; and the Ocean Temperature at the Portland Buoy is a balmy 38.3 degrees. It's time to start focusing on a very brief season in Maine - open water swim season.

Compared with lap pool swimming, open water swimming presents unique challenges and unique rewards. Disincentives for swimming in your local pond, bay or ocean may include: cold water, pollution, bizarre tides, non-human aquatic life, and boats to name just a few. These disincentives kept me a pool swimmer for almost 30 years. That's before last year, when I began to understand what some of the rewards of open water swimming are.

The rewards of open water swimming are very wide ranging; and like the sport itself, very individual. Some of the nuances that follow are items that I noticed when I began preparing last year for the Peaks to Portland swim and the Lobsterman Triathlon.

Reward #1 - No more losing count within a set. -

How often have you totally spaced out on a set and lost count of how many 50's or 100's you've done? Worse, how often have you over-swum a distance set by 50 yards? One of the reasons I swim is because while swimming, my mind can unwind. While off in "my happy place" I often lose count within the set or distance. With open water swimming, it doesn't matter how many laps you do. You just swim as far as you want, then turn around and come back. No need to strain yourself. Okay - most books tell you to keep count of your sets in

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of the most competitive Masters Meets in the nation. Over 71 NEM Masters Records were broken, including 2 record breaking swims by MESC swimmers in the Men's 40 - 44 100 Fly.

Michael Schmidt swam a record tying 53.93, only to have Doug Pride break the record in a blazing 53.58. Michael did break 2 other records in the 1000 Free, with a 10:26.14 and in the 500 Free with a 4:57.07.

James Conners, David Vail, Bill Rupert, and Fred Pierce combined to set 3 New England Relay Records. On Friday, the foursome combined to break the 55+ Men's 800 Freestyle Relay in a time of 9:39.19. On Saturday, they broke the Men's 55+ 200 Medley Relay Record with a 2:06.33, and Sunday, they broke the Men's 55+ 400 Free Relay record with a 4:16.00.

Arnie Green tied for second place in the Male High Point competition. Arnie scored 211 points over the 4 day meet. Way to go Arnie!

Even if they were not setting records, MESC swimmers had fun and swam fast. Several personal bests were set. For many swimmers it was their first New England meet; others it was their first meet in several years. The adrenaline flowed as swimmers stepped up on the blocks, and dove in over the heat that had just finished. With a dash, everyone was in the water, and then it was over.

For complete results of all 30 swimmers, please see pages 6 and 7 of this newsletter. Congratulations to all Maine Masters swimmers on a job well done! ❖

WELCOME NEW MEMBERS!

- Catherine Bohls, Fort Farfield
- Brad Burnham, Brunswick
- Hodding Carter, Rockport
- Rich Cronin, Wells
- Laura Darling, Lyman
- Alexandra Juarez, Saco
- Hilda Livingstone, Hope
- Jack Schlosser, Brunswick
- Jeffery Walls, Otter Creek
- Britt Wolfe, Saco



MESC Places 6th in 1 Hour Postal Championship -

Remember January? Wind chills were 20 to 40 below zero at 2:00 in the afternoon. Snow covered the ground. It was brutal. What else was there to do but challenge yourself to see how far you can swim in one hour?

7 MESC swimmers completed the 27th Annual One Hour Postal Championship, hosted by Tamalpais Aquatic Masters. Led by Ben Morse's 5285 yards, MESC swimmers placed 6th in the "Small Club" (under 10 swimmers) division by swimming 29,310 total yards (in excess of 16 miles). Our neighbors to the South - New England Masters - took 1st place overall swimming over one million yards! Congratulations to Arnie Green, Barbara Murphy, Benjamin Morse, David Vail, Fred Pierce, Kristina Morse, and Sean Carter for completing the hour swim. ❖

2004 1-Hour Postal Swim - Individual Results

NAME	AGE	PLACE	YARDAGE
Sean Carter	28	22 nd	4520
Arnie Green	71	8 th	3495
Ben Morse	32	3 rd	5285
Kristina Morse	30	44 th	4120
Barbara Murphy	52	52 nd	3555
Fred A Pierce	60	20 th	3900
David Vail	60	7 th	4435

THE BREAKFAST OF CHAMPIONS

Other products notwithstanding, "*Feedback is the Breakfast of Champions.*" This newsletter is about the Maine Masters Swim Club. MESC members are the audience. I want to make this an interesting read for each member of MESC, so I am soliciting your feedback.

This newsletter is also my first as editor. Please tell me what topics or events you would like to see covered. Please send me your pictures, thoughts, and editorials about swimming in and for Maine. Please send any ideas, pictures, comments, suggestions, or places to get good beer to scarter@banknorth.com or 700 Washington Ave #3, Portland, ME 04103. **The deadline for the next issue June 9.** I look forward to hearing from you soon.

Cheers - Sean

(Left) - Peter Giustra swims the butterfly leg of the Men's 200 Medley Relay at the NmE SCY Championships. Photo - Heather M Makes

2004 Bangor YWCA Meet - March 13, 2004 - MESC Results & Recap

NAME	SEX	AGE	50 FLY	100FLY	50BK	100BK	200BK	50BR	100BR	200BR
Gibson, Anne C.	F	50		1:29.64						
Higgins, Barbara	F	42						51.55	1:46.54	
Howard, Cindi	F	43			44.85			46.43		
Peakall, Darcey	F	41							1:27.24	
Samuelson, Martha	F	54						41.47	1:29.88	3:19.19
Sawyer, Shannon	F	32				1:24.25				
Townsend, Susan	F	43								
Brechner, Kenneth	M	42								
Carter, Sean	M	28								
Dower, Hal	M	71								
Fredericks, Peter	M	63						39.75	1:26.30	3:10.73
Goodman, Jim	M	51						30.97	1:08.71	
Lazarus, Paul	M	60						41.43	1:30.51	
Pierce, Fred	M	60						38.11	1:25.12	3:03.32
Redmon, Scott	M	53								
Reeve, William	M	72			46.09			48.43		
Rupert, Bill	M	60					2:40.54			
Schaefer, Gerhard	M	69								
Steinhoufer, Jason	M	31	26.18							
Vail, David	M	60				1:12.21				
Wendal, Hans	M	68						42.45	1:36.33	3:33.69
White, John	M	87			50.65	1:54.25	4:14.11			

NAME	SEX	AGE	50FR	100FR	200FR	500FR	100IM	200IM
Gibson, Anne C.	F	50	32.22	1:11.49			1:25.32	
Higgins, Barbara	F	42		1:28.14			1:43.74	
Howard, Cindi	F	43					1:37.18	
Peakall, Darcey	F	41		1:08.33			1:19.72	
Samuelson, Martha	F	54						
Sawyer, Shannon	F	32	34.68	1:17.20	2:45.65	7:14.45		
Townsend, Susan	F	43				8:31.58	1:41.54	
Brechner, Kenneth	M	42			2:06.34	5:42.91		
Carter, Sean	M	28	24.78	54.26			1:07.52	
Dower, Hal	M	71	42.41					
Fredericks, Peter	M	63						
Goodman, Jim	M	51						
Lazarus, Paul	M	60						
Pierce, Fred	M	60				6:49.39	1:18.81	
Redmon, Scott	M	53	27.59	1:01.89	2:21.89			
Reeve, William	M	72	38.07					
Rupert, Bill	M	60						3:02.90
Schaefer, Gerhard	M	69				8:54.53		
Steinhoufer, Jason	M	31	23.16	51.23				
Vail, David	M	60						2:41.31
Wendal, Hans	M	68						
White, John	M	87						

On a warm late winter day, Maine Masters held a meet at the Bangor YWCA. For those who have not been to the Bangor YWCA, the YWCA offers 2 pools: a nice 6-lane competition pool, and a 4-lane therapy pool. The pool area was comfortable for both spectators and swimmers with plenty of room for friends and family.

The event was spirited with many new faces and fast swims. Hopefully, we can get some of those new faces to join Maine Masters and participate in more meets around Maine and New England. ❖

Ellsworth Meet - April 17, 2004 - MESC Results

Name	Sex	Age	50 Fr	100 Fr	200 Fr	500 Fr	50 Fly	50 Bk	100 Bk	50 Br	100 Br	200 Br	100 IM	200 IM	400 IM
Blais, Kim	F	21	31.76	1:09.81				36.73						2:52.48	
Thorpe, Elizabeth	F	26				7:44.50		40.01	1:28.20						
Peakall, Darcey	F	40	31.54	1:19.16	2:35.48		39.19							2:59.79	
Pew, Joan	F	42	37.86	1:26.02	3:21.94	8:28.65									
Bohls, Catherine	F	43		1:15.67									1:34.32		
Livingston, Hilda	F	49	37.49					45.12		49.23			1:38.48		
Gibson, Anne	F	50					39.54	40.22	1:27.15	48.59					6:42.84
Snyder, Jill	F	57					47.32			45.75			1:44.31		
Schmidt, Michael	M	41					24.45							2:06.02	
Dymond III, Sterling	M	41	31.65	1:17.78	2:50.06					43.00					
Gerow, Paul	M	43	30.27				32.50								
Goodman, Jim	M	50		55.32						31.80	1:09.36				
Redmon, Scott	M	53	27.94	1:01.92	2:24.42										
Lietz, Kurt	M	53	31.36	1:09.61	2:37.59							3:11.77			
Trenkle, Doug	M	54							1:25.30	38.83			1:21.39		6:32.96
Howland, Fred	M	54	36.06			8:05.52				45.17		3:29.60			
Hansen, Stanley	M	56		1:24.06			45.96		1:30.35	47.46					
Giustra, Frank	M	67	31.73											4:05.34	
Reeve, William	M	72	38.08			9:07.48									
Sharrigan, Mudd	M	76	43.35	1:46.03											

Merchandise

Don't wait for a meet to purchase Maine Masters Swim Club goodies. You can order them by mail from FRANK X GIUSTRA. Fill out the form below and send with your check or money order.

Frank X. Giustra
110 Robinson Rd
Waldoboro, ME 04572
 MAIL TO (Print or type clearly):

NAME: _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

SWEATS:

SWEATSHIRTS

Ash gray with MESC logo (L & XL, only) \$21
 Ash gray with PUFFIN logo (M,L,XL) \$21

SWEATPANTS

Ash gray with MAINE MASTERS SWIM CLUB imprinted down one leg (S,M,L,XL) \$19

T-SHIRTS:

Ash gray, long sleeve, with puffin logo (S,M,L,XL) \$12
 White, short sleeve, with MESC logo (L & XL) \$10
 White, short sleeve, with PUFFIN logo (M,L,XL) \$10

BASEBALL CAPS:

With MESC logo (WHILE SUPPLIES LAST) \$5
 With log and curved lid, custom embroidered \$9

SWIM CAPS:

With MESC logo \$5

WATER BOTTLES:

With MESC logo \$2

IMPRINTED MAINE MASTERS SWIMSUITS: Black with red trim

Men's Masters Style (6" side seam) sizes 34 - 40 \$21
 Men's Race Style (3" side seam) Sizes 32 - 36 \$21
 Women's with conservative leg cut Sizes 30 - 40 \$32

POSTAGE AND HANDLING FEE

\$4

TOTAL ENCLOSED

(ALL PRICES INCLUDE MAINE SALES TAX) _____

DON'T FORGET TO INDICATE SIZE & QUANTITY

EVENT SCHEDULE -

Swim meets - open water races - triathlons - are how we test ourselves. But the real joy in the going to these meets is catching up with old friends and meeting new people. So pick an event or few - you will not regret it!

Sunday, May 30: Maine Masters - PenBay YMCA Swim Meet - **Meet information included on page 8 of this newsletter.**

Saturday, June 26: Swim Proud 04 / Stonewall 69 Meet (sc meters) at Lehman College hosted by Team New York Aquatics. Flat entry fee. Entries must be POSTMARKED by Friday, June 4. www.USMS.org

Saturday, June 26 - CT Open Water Championships / Madison Mile - Madison, CT - One Way Swim; Dave Parcels, 17 Yankee Glen Dr, Madison, CT 06443, 203-606-4529, www.force5sports.com; Sanctioned by CT LMSC; Pre-entry & Deck-entry

Saturday, June 26: 1 & 3.1 Mi Events - John's Pond, Mashpee, MA OW; Gus Frederick, Mashpee Leisure Services, 16 Great Neck Rd, N, Mashpee, MA 02649, 508-539-1447 (fax), 508-539-1400(x519), www.MashpeeLeisureServices.com

Sunday June 27: 2004 USMS 1 Mi Open Water Championship - Wildwood, NJ – www.USMS.org

Saturday, July 10: USMS National 10K Open Water Swim Champs & Metropolitan / Fran Schnarr Memorial 5K One Way Swim Champs at Huntington Bay on Long Island. Final entry deadline - RECEIVED by Saturday, July 3. www.USMS.org

Saturday July 10: Greenwich Point One Mile Swim - Long Island Sound, Greenwich, CT
One Way Swim ; Joh Harnett, 10 Sachem Rd, Greenwich, CT 06830, 201-798-7100 (x323), www.gscevents.org; Entry Deadline 7/3/2004

Saturday, July 31: Peaks to Portland Swim. 2.4 Miles One Way Swim. Benefit Casco Bay YMCA.

Saturday, July 31: Metropolitan One Mile Open Water Swim Champs at Point Lookout on Long Island. High point overall individual and team awards plus age group. www.USMS.org

Sunday, August 1: 8 Mi Boston Light Swim - Boston Harbor, Boston, MA; bostonlightswim.org; Entry Deadline 7/1/2004

Open Water Swimming - continued from page 1

open water by counting your strokes. Yes - that's undoubtedly the best solution, but swimming is for fun right? I'm happy to leave the math at home trying to balance my checkbook, rather than re-engage it counting laps. Let my mind focus on reason #2 -

Reason #2 - Wonderful Scenery - Swimming open water is a lot like hiking up mountains. Whether it is looking at the shore from six inches above the water line, or a camp from half a mile away, every breath you take opens up a new vista. Combining the scenery while swimming with a visual overlay of the course that you swam provides a powerful sense of self-accomplishment. Plus, the seals may smile at you as you swim by.

Reason #3 - The wetsuit look is in. (I hope) - There are no geo-thermal areas near by. We are too far removed from the Gulf Stream. Inevitably, it still snows here in April. Lucky for us, nothing says sexy like 5 mm of wetsuit. Black, sometimes with vertical stripes - wetsuits can be very slimming. As an added bonus, the rubber material keeps us warm even in Maine waters. If you wear a "shortie" or a "farmer john" - you'll be able to tan while you swim. Now, if they could only figure out how to legalize gloves, mask, and booties.

Try it a couple of times this summer, you'll have an invigorating experience. ❖

For further reading on open water swimming :

Lynne Cox, *Swimming to Antarctica*, Alfred A. Knopf, New York, 2004.

Penny Lee Dean, *Open Water Swimming*, Human Kinetics, Champaign, IL, 1998.

MESC - Organizational Information

Hans Wendel, President, hdwendel@kynd.net

Pamela Torrey, Vice President, pPhillip@bowdoin.edu

Gerry Brookes, Secretary, brookes@gwi.net

Joyce Brown, Registrar / Treasurer jopyline@gwi.net

Frank Giustra, Jr., Member-at-Large, giustrajr@panax.com

Peter Fredericks, Director of Meets, barbpete@fds.net

Kris Morse, Recorder, bkmorse@suscom-maine.net

Sandy Potholm, Historian, spotholm@starband.net

Sean Carter, Editor, scarter@banknorth.com

2004 NEM SCY Championships - MESC Results

MESC Swimmer	SEX	AGE	50 FLY	100FLY	200FLY	50BK	100BK	200BK	50BR	100BR	200BR
Currie, Eliza	F	26	32.16								
Hallett, Constance	F	44									
Morse, Kristina	F	30		1:06.23		30.09		2:19.98			
Samuelson, Martha	F	54							41.53	1:30.12	3:20.08
Sawyer, Shannon	F	32	34.50		3:16.46	38.66	1:21.49			1:36.77	3:19.38
Baginski, David	M	36		1:00.86				2:11.87			2:01.31
Brechner, Kenny	M	42									
Carter, Hodding	M	41	25.54	59.64							
Carter, Sean	M	28									
Connors, James	M	58	30.40	1:08.41							
Giustra, Frank	M	67	43.52								
Giustra, Peter	M	65	35.69		4:11.62				42.00	1:39.20	
Green, Arnie	M	72	44.95	1:45.13		DQ	1:32.24	3:20.24			
Lazarus, Paul	M	60	36.82							1:28.39	
LePage, Mike	M	48	28.28			29.77	1:08.09				
Marsanskis, Mike	M	36				30.28					
Matava, Chris	M	37				DQ					
Morse, Benjamin	M	32		57.59							
Pierce, Fred	M	60								1:23.74	3:00.05
Pride, Douglas	M	40	24.90	53.58		27.17					
Rupert, Bill	M	60				33.58	1:10.20	2:32.65			
Sawyer, Dave	M	43		1:05.69							
Schaefer, Gerhard	M	69	45.97								
Schmidt, Michael	M	41	24.97	53.93	2:02.55						
Schmitke, Harry	M	65							41.60		
Sharrigan, Mudd	M	76									
Sone, Manuel	M	46									
Thomas, Andrew	M	46	27.00	1:02.05		29.42					
Vail, David	M	60	29.91			33.30	1:11.66				

bold italics = NEM Record

Results Continued Next Page



MESC Swimmers at New England SCY Championships. **Back Row (L-R)** - Fred Pierce, James Connors, Mike Marsanskis, **Front Row (L-R)** Sean Carter, Andrew Thomas, Doug Pride, David Vail, Ben Morse, Kris Morse, Dave Sawyer - Photo Heather Makes

2004 NEM SCY Championships - MESC Results - *Continued*

MESC Swimmer	SEX	AGE	50FR	100FR	200FR	500FR	1000 FR	1650 FR	100 IM	200 IM	400 IM
Currie, Eliza	F	26				6:06.11		21:39.74			
Hallett, Constance	F	44		59.83	2:12.29		12:25.29		1:10.22		
Morse, Kristina	F	30		1:00.54					1:07.67		
Samuelson, Martha	F	54									
Sawyer, Shannon	F	32	34.50						1:23.51		
Baginski, David	M	36									
Brechner, Kenny	M	42				5:35.60					
Carter, Hodding	M	41	23.59		1:56.65				1:02.07		
Carter, Sean	M	28		51.61	1:54.28	5:13.35		18:30.46	1:01.96		
Connors, James	M	58				6:38.49			1:12.55	2:42.47	5:50.46
Giustra, Frank	M	67	33.09			7:44.38					
Giustra, Peter	M	65	30.58			7:24.34					7:24.34
Green, Arnie	M	72	31.74	1:14.16	2:44.26	7:42.48		27:28.55	1:43.71	3:47.33	7:41.34
Lazarus, Paul	M	60	30.08								
LePage, Mike	M	48	25.33	57.15					1:06.17		
Marsanskis, Mike	M	36		54.83					1:04.65		
Matava, Chris	M	37		1:10.26					DQ		
Morse, Benjamin	M	32			1:54.85	5:09.77		17:48.74			4:50.52
Pierce, Fred	M	60		1:01.75	2:20.11	6:30.41					
Pride, Douglas	M	40		50.86					57.44		
Rupert, Bill	M	60	28.93	1:03.63	2:29.34	6:53.76					
Sawyer, Dave	M	43		56.83					1:08.23		
Schaefer, Gerhard	M	69	35.77		3:12.63	8:39.87					
Schmidt, Michael	M	41		50.06	1:48.80	4:57.07	10:26.14				4:30.47
Schmitke, Harry	M	65	39.71		3:56.49						
Sharrigan, Mudd	M	76	43.68								
Sone, Manuel	M	46						26:32.87			
Thomas, Andrew	M	46	24.23	54.29	2:02.51						
Vail, David	M	60		1:01.98	2:16.78	6:23.93			1:10.70	2:42.46	

Bold Italic = NEM Record

Relay Event	PL	Time	First Leg	Second Leg	Third Leg	Anchor Leg
Men 55+ 800 Free	2	9:39.19	Connors, James 58	Pierce, Fred 60	Rupert, Bill 60	Vail, David 60
Men 65+ 800 Free		DQ	Giustra, Peter 65	Schaefer, Gerhard 69	Giustra, Frank 67	Green, Arnie 72
Women 25+ 200 Free	8	2:08.08	Hallett, Constance 44	Samuelson, Martha 54	Morse, Kristina 30	Sawyer, Shannon 32
Men 25+ 200 Free		DQ	Carter, Sean 28	Carter, Hodding 41	Morse, Benjamin 32	Marsanskis, Mike 36
Men 35+ 200 Free	1	1:34.67	Sawyer, Dave 43	Pride, Douglas 40	LePage, Mike 48	Schmidt, Michael 41
Men 55+ 200 Free	1	1:51.01	Connors, James 58	Pierce, Fred 60	Rupert, Bill 60	Vail, David 60
Men 65+ 200 Free	1	2:11.64	Giustra, Peter 65	Schaefer, Gerhard 69	Giustra, Frank 67	Green, Arnie 72
Men 55+ 400 Medley	1	4:52.38	Rupert, Bill 60	Pierce, Fred 60	Connors, James 58	Vail, David 60
Men 65+ 400 Medley	1	6:15.88	Green, Arnie 72	Schmitke, Harry 65	Giustra, Peter 65	Giustra, Frank 67
Men 35+ 200 Medley	1	1:47.34	Pride, Douglas 40	Schmidt, Michael 41	Carter, Hodding 41	Thomas, Andrew 46
Men 55+ 200 Medley	1	2:06.33	Rupert, Bill 60	Pierce, Fred 60	Connors, James 58	Vail, David 60
Men 65+ 200 Medley	1	2:31.17	Green, Arnie 72	Schmitke, Harry 65	Giustra, Peter 65	Giustra, Frank 67
Men 55+ 400 Free	1	4:16.00	Connors, James 58	Vail, David 60	Rupert, Bill 60	Pierce, Fred 60
Men 65+ 400 Free	1	5:09.96	Giustra, Peter 65	Schaefer, Gerhard 69	Giustra, Frank 67	Green, Arnie 72

The Bottom Line -

SANDY POTHOLM

As a new feature to this newsletter, MESC members will be asked various questions about swimming. This month - with various "diets" and "energy solutions" available in grocery or health food stores, we ask - "What do you eat before, during, and after a swim meet?"

Brad Burnham has lots of thoughts on the subject - specifically -

What to eat - Foods you are comfortable with. You should compete on the same diet you use to train on. In general, your diet should be as wholesome, balanced and as varied as possible. Drink lots of water. Water is the key for rehydration, but also aides digestion and absorption tremendously.

When to eat - A more substantial meal can be eaten 2 - 3 hours before competition. It should be healthy and in line with your regular diet. As the competition gets closer, it is important to keep fuel in the bloodstream, but you don't want blood or energy diverted while you are digesting food. During the competition, swimmers should primarily use a sport drink unless they have more than an hour between events.

A few others - In this 'Atkins' crazed world, sugar has become a bad word. Athletes need carbohydrates to train

Sean Carter
700 Washington Ave #3
Portland, ME 04103

ADDRESS CORRECTION REQUESTED

and race. A proper balance of carbohydrates and protein will enhance performance, and increase recovering from a workout or a race. However, carbo-loading does not enhance swimming performance. Most races are too short.

Not withstanding Brad's advice, here's what some of our teammates do:

Before the meet: "I like pancakes" - A Green
"A bowl of cereal with my soy milk and a glass of OJ." - S Bernier

"Not much within 3 or 4 hours of swimming event." - D Trenkle

During the meet: "You do have to have a plan...yogurt, oranges, and trail mix" - A Green
"High protein drinks such as V-8 Smoothies, plenty of water, bananas, bagels" - P & F Giustra
"I bring bananas, peanut butter, and I drink plenty of water - (including nicely chlorinated pool water)" - B Murphy
"Fruit, and granola bars" - L Lee

After the meet: "...Popeye's on the Maine Turnpike" - A Green
"12 oz beer and anything else to our liking" F Giustra
"Anything I wanted as a treat" - L Lee
"A bowl of salad, with fruit and lots of water" - S Bernier
"Supplements with low dose protein and electrolytes. It shortens the recovery time for athletes who have strenuous exercise periods." - D Trenkle
"Anything that does not look like a PowerBar" - S Carter

The Bottom Line - What ever fuels your fire - go with it! ❖

