



Member NEWS

Sawtooth Masters (SAWS) members have been competing this summer locally, nationwide, and in world competitions. Members participated in pool swim meets, open water swims, triathlons, water skiing competition, running, cycling, golf, and events this author is not aware of.

There is no shortage of opportunities to participate as a recreationist for fitness or competition swimming. Thank you for representing Sawtooth Masters.

Competitive Swimmers in the POOL:

SAWS members participated in the 2017 Spring and Summer 2017 [U.S. National Championships](#), [2017 NW Zone Championships](#), [Idaho Senior Games](#), traveled to Birmingham, AL for [National Senior Games](#), and Budapest, Hungary for [17th Fina World Championships](#). Please see the respective websites for results and opportunities for your 2018 season.

Open Water Swimming:

By Jill Wright, SAWS Open Water Board Member

We have had a great year swimming open water this year mostly because of the severe winter. There was so much water that the lakes were higher and warmer. Just 2 degrees made a big difference. Most of the lakes/water was 70 plus degrees.

We started off this year at Broadside Harbor 1 and 2 mile swims. The air and the water were beautiful. There were 12 swimmers.

Fifteen swimmers took advantage of the SAWS Quinn's Pond 1000 and 2000 yard timed swims on June 17th. It was a beautiful day. Thank you to our volunteers; Dan Shirilla, Paula Moores, Jeff Dzieczkowski, ID River Sports, the YMCA for life guard support, and more. You can view Rick McQuet's video of the event [here](#).

On June 24th Abbey Erwin, Jeff Erwin and Jill Wright traveled to Foster Lake, OR for the 2 mile USMS OWNC cable swim. A cable swim means that there are permanent stanchions in the water ½ mile apart and a rope with buoys attached to it. Swimmers swim around the rope/cable. Abbey (only 18 yrs old) led her father and the rest of the pack and came in first overall. Jeff came in 2nd overall and established a new national record for the 50-54 year age bracket. Abbey and Jeff's success was featured on the USMS home page, [Like Father, Like Daughter](#). Jill Wright was second in her age group with a 1:08:33.

The Cascade Lakes OW Swim Festival was on July 28-30. Paula Moores, Dallas Turner, Jeff Erwin, Kyle Grisham, and Jill Wright attended. On Friday night there was a 3K swim. Saturday there was a 500 meter time trial (swimmers are sent off every 10 seconds

according to submitted times) and then a 1500 meter swim. On Sunday morning was the 5K USMS OWNC followed by a 1000 meter swim (swimmers are seated by 10 and sent off every minute). Jeff Erwin placed 1st in his age bracket and 1st overall in the 5K NC. Kyle Grisham swam his 1st 5K ever!! He kept asking if the race was cancelled yet – haha. Paula Moores and Jill Wright swam all 5 events. Dallas Turner swam all the long events each day – she swam 3 events total.



August 4th was the Dam 2 Dam swim. This is an 11 mile swim from Arrowrock Dam to Lucky Peak Dam. It can be swum as a solo: Kevin Colleran or as a relay: Jill Wright and 2 others. There could have been other SAWS swimmers that I don't know about. I apologize if I missed you. I took our team 5 hrs and 55 minutes to complete the whole 11 miles.



Triathlete's Corner:

Boiseans dominated the [Pacific Crest Triathlon](#) in Oregon on June 24/25 and performed well in the [IM Coeur d'Alene 70.3](#).

Athletes listed below are either SAWS members or YMCA members.

IM Texas, North American Championships (April 22):

- Rick Gividen: had a good "zen" swim and great race (in tribute to Jon Blais and his fight against ALS).
- Erin Green: 15th Pro Woman, and a good building session for future races (see below!)

Competed at St. George, UT *for Ironman St. George 70.3*, May 6th:

- Kyan Newman – a four minute swim PR versus his 2016 IM CdA

70.3 swim.

- Douglas Flinn – a new swim PR by over four and a half minutes compared to his 2016 IM CdA 70.3 swim.
- Toby Miller – 13th in AG. Once again, a very strong bike split.
- Dan Markowitz – 19th in a very competitive Age Group. Dan lowered his overall finishing time by 17 minutes from his 2015 race.
- Margaret Hepworth – 5th in AG. 4th fastest swim, 2nd fastest bike.

Toby Miller: *Onion Man (Olympic Distance) in Walla Walla*. 4th Overall. (2nd overall fastest bike split). 27:32 split on the swim. I think we can knock a few minutes off of that time. ;-)

Jeff and Renee Dzieczkowski participated in the 70.3 triathlon in Edinburgh, Scotland. Jeff's luggage including his TRI equipment did not arrive timely. Jeff experienced the kindness of race coordinators, vendors, and fellow athletes for equipment to do the TRI. Per Jeff, "The consensus of many veterans is that it is the toughest 70.3 course. The shortened swim was carnage. Was not a swim but struggle to get back to the shore."

Our apologies if you and your event are not listed. Please contact us at sawsassoc@gmail.com to let us know what you've been up to.

Recreation Swimmers:

Recreation swimmers consist of a large number of our members who swim during coached workouts or just get together to swim. A self-created group swims downtown on MWF from 6:30-7:30 a.m. and has for a long time. It's all good.

SAWS Website - sawtoothmasters.org:

Jane Wright and Lynn Strand worked with the SAWS web development team, thedriven.net, to enable online registration for swim meets. Thedriven's development has a model up and running that we hope to utilize soon.

If you haven't logged in to register, please do so. Your comments and suggestions regarding the site are appreciated. If USMS/SAWS members need a temporary login or have any questions regarding, feel free to email sawsassoc@gmail.com.

The new web platform provides the following:

- SAWS event sign-ups
- Notice of current events, activities and news
- YMCA swim calendar and practice times
- Coach information/bios
- Contact Information
- Ability to track your races
- Team photos
- FAQs
- Links to social media and partner sites

Board Meeting Update

The next Board meeting is scheduled as follows:

Date: Saturday, August 26th

Time: 9:00 a.m.

Location: YMCA Metro Building, 1177 W. State St., Boise

You can find the [agenda](#) on the SAWS website.

Financial Report:

Jim Byrne, SAWS Treasurer, continues to provide the SAWS Board with detailed financial information. Balances as of 6/24/2017 are checking \$1,119.60 and savings \$10,864.14. The Board has committed to using 10% of the revenue earned from hosting the 3K/6K epostal to the Adult Learn To Swim Program.

Member Q & A:

Question – What keeps you motivated?

Just keep swimming...

by Kristi Lee



Swimming and sports have been a part of my life for quite some time. There have certainly been moments when I've struggled to stay motivated, but somehow I keep at it. I'm not sure exactly what keeps me going, but I do know that on those rare occasions when I have stepped away, I miss the routine. In fact, I'd say that my routine is what keeps me sane; I become a mental wreck when I'm away from my activities (My husband would testify to this.).

I started swimming competitively at the age of four. It has pretty much been a part of my life forever. Although I never reached the elite level, I would hang out just on the edge.

Qualifying for the major meets was never my draw. I liked swimming because of how it made me feel – strong, fit, and healthy. It's also a huge bonus that it allows me to indulge my sweet tooth without negative effects on my waistline. ☺

Swimming also gave me, and continues to give me, lasting friendships. Somehow swimmers can connect in a way that no one else understands. In fact we even have a vocabulary of our own that leaves non-swimmers questioning what on earth just happened. Try telling your non-swimming friends about that grueling workout with the 10 1's on the 2 AFAP. You know what I mean.

While swimming is a year-round part of my life, I think that another thing that keeps me going is that I have seasonal sports. My seasonal passions are snow and water skiing. My father was a ski school director, and I was on skis by the age of two. Skiing is also very much a social and family time for me. Unlike swimming, skiing is a sport that my husband enjoys too. We had my daughter on skis before age two, and she tears up the mountain now at age six. This winter we'll get her little brother on the snow as well. Water skiing is also a great family activity. I've been waterskiing since I was little, but it was only as an adult that I got into competitive water skiing. From March through October, you will find me on the water with my family.

So, what keeps me going? I would say that it's routine and consistency, but also a bit of seasonal variety, combined with strong relationships and a general desire to maintain a healthy lifestyle. Find your happy place, and just keep swimming!

Upcoming Events:

View upcoming events on the Sawtooth Masters website [calendar](#).

Contact Us:

Sawsassoc@gmail.com