

The Wet Gazette

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Serving Masters Swimmers in Virginia and West Virginia

July 2020



Swimming News Tidbits

Lake Moomaw 1-Mile Swim: Unfortunately, this event had to be cancelled at the last minute because of the Covid-19 pandemic. If you have signed up for the event, the meet director will reach out to you.

Swim Around Manhattan - Twice! If you have ever thought about doing some of the really long open water events (the Channel, etc.), you might want to read this [article](#) about a Virginia swimmer who had not only done some of these once, but twice, and even three times.

2020 SmartyPants Vitamins USMS Summer Fitness Challenge: Are you looking for something to keep you engaged this summer? Try the [2020 SmartyPants Vitamins USMS Summer Fitness Challenge](#). For swimmers who cannot swim safely or who want an extra challenge, USMS has added a 30-minute dryland workout option.

Swim.com: USMS and Swim.com are working together to provide exciting features for USMS members. You can use the [app](#) to track your fitness activities to complete the Summer Fitness Challenge (see above). You can also participate in other virtual challenges and get great workouts.

USMS 2020 Virtual Championships: Although summer Nationals have been cancelled, you can still compete in the [USMS 2020 Virtual Championships](#) August 12-23, 2020 from any 25-yard pool or open water. Enter on the Swim.com app for free, or, to enter and get some SWAG, enter [here](#) for \$20.20. Events include the 50, 100, 200, 500, 1000 and 1650-yard free, the 50, 100, and 200-yard back, breast, and fly, the 100, 200, and 400-yard IM, and the 1-mile, 2-mile, and 5-mile open water events. If you don't have a 25-yard pool, you can use time conversion tools from [SwimSwam](#) or [Swimming World](#).

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The Vegetable IM

By Alice Phillips

According to the USDA, the average American consumes about 2.3 servings of fruit and vegetable per day rather than the recommended **minimum of five**. It should come as no surprise that this deficit has long term effects on our health, directly contributing to seven out of the top ten chronic diseases in our society (CDC, 2017).

Take a guess what the most commonly consumed vegetable is in the US? Here's a hint – some of you don't even call this a vegetable. That's right, it's the potato. Technically, a potato does meet the definition of a vegetable and when it isn't highly processed, it can be very nutritious. However, many nutritionists consider it best placed in the grains and starches category because of its calorie density. Either way, most Americans aren't consuming baked or roasted potatoes. We like our taters deep fried, which removes much of the nutrient quality.

Summer is a great time to change it up and add fresh, readily prepared vegetables to your plate (fruits too, but that's a different article!). Just as we can get in a rut with too much freestyle in our training, we can get in a rut with our food choices, missing out on the enjoyment of other food flavors, colors and culinary experiences. Putting some non-free into your warm-up, practicing the IM's, and even racing off-events makes you a more complete swimmer. Your body benefits from the new movement patterns and your psyche enjoys a break from the same old, same old.

A medley of vegetables might offer the same thing. You don't have to go vegan (though cool if you want to!) and you don't have to take a culinary course to figure out how. Google will give you a million hits on "how to add veggies to your diet", but that can get overwhelming. Here are a handful of ideas that have worked for this sometimes IMer:

1) Top an easy grain (rice, pearl couscous, quinoa) with a **medley of quick sautéed vegetables**. To really bump up the nutrient quality, make your veggie to grain ratio 2:1. I like to start with carrots, peppers and onions in a swirl of olive oil, since they need more time to soften, then I add whatever else I have – sliced squash, fresh corn shaved off the cob, eggplant, green beans, etc. Put in a few halved cherry tomatoes at the very end so they don't get too mushy. Season with salt, pepper and some fresh or dried herbs. Delish.

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Upcoming Events

Lake Moomaw 1-Mile Swim

August 1, 2020: Alleghany County, VA
(Open Water)
CANCELLED

USMS Summer Nationals

August 12-16, 2020: Richmond, VA
(LCM Pool)
CANCELLED

USMS 2020 Virtual Championships

August 12- 23, 2020
(Any pool or open water)

USMS High Performance Camp

August 22-27, 2020: Greensboro, NC
(Clinic)

Maryland Swim for Life

September 19, 2020: Chesterown, MD
(Multiple Open Water Distances)

General Information

LMSC for Virginia Website: www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.teamunify.com

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone: www.ColoniesZone.org

Dixie Zone: www.DixieZone.org

Online Meet Registrations: www.clubassistant.com

LMSC Officers

Chair: Kirk Clear

Vice-Chair: Denise Letendre

Secretary: Alice Phillips

Treasurer: Becca Latimer

Membership Coordinator: Jeff Bush

Coaches: Rich Williams

Fitness: Vacant

Long Distance: Kate Stephensen

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Kyle Ahlgren

Webmaster: Chris Stevenson

Vegetables (cont'd from page 1)

2) Instead of a sauté, use the **roasting sheet to create a vegetable medley**. Roasting softens the texture and adds a little sweetness as the sugars heat longer. Here, root vegetables or slightly tougher options do really well – beets, all types of potatoes, carrots and parsnips, butternut squash, cauliflower and broccoli, eggplant and peppers. If you cut the pieces close in size, you can put them all in a bowl with a generous amount of oil, salt, pepper, and chopped fresh herbs to taste (you can also add the herbs at the end so they don't get too charred). Set the oven to 425 and give them plenty of space on the pan. <https://www.thekitchn.com/how-to-roast-any-vegetable-101221>

3) Maybe the **grill is your go-to device** in the summer. Stir up a medley of chopped vegetables in a bowl with your oil and spices, then wrap in a heavy foil pouch. Make the pouch flat so that all the veggies will get some heat. Some chefs like to add a few dots of butter too. Place on your hot grill for 3-4 minutes and then flip to the other side. You can make a lot of variations of this but remember some vegetables (e.g. corn on the cob, potatoes) will take longer. Adjust the size of the pieces, the time on the grill, or the types of veggies in the packet. Here is one example: <http://www.eatingwell.com/recipe/279523/grilled-vegetables-in-foil/>

4) Maybe it's just too hot to think about cooking. Keep it cool with a **salad medley**. When tomatoes and cucumbers are overflowing on the counter, I like to chop a large heirloom tomato or a bunch of smalls, a good sized cuke, and some purple onion or shallot into a bowl. Then I add 2-3 splashes of balsamic vinegar (red wine vinegar is also good) and let it percolate for a few minutes. To finish I add salt, pepper and again herbs of choice, along with a swirl of olive oil and a few crumbles of soft goat cheese, gorgonzola, or fresh mozzarella. You might not get the ratios quite to your taste the first time, but keep trying! Other options include adding salad greens or some toasted stale bread cubes or croutons.

There are so many other medleys to explore too - salsa, gazpacho, hot soup, sofrito, romesco, green smoothies! My most recent and now most favored vegetable cookbook is the beautiful **Vegetables Unleashed by Jose Andres** (Harper Collins, 2019). His approach leans toward simplicity, seasonality, and culture (and he is a great human being – look him up!).

No matter what, the time is right to unleash some new plants on your plate and enjoy the flavors, colors and health benefits of the vegetable medley.

Tidbits (cont'd from page 1)

Fitness Inspiration: Do you need some fit-spiration? Follow USMS on [Instagram](#) to get motivated with LIVE workouts. Join champion para-athlete [Jamal Hill](#) and [NOVA Masters Swimming](#) (Nova Masters in California!) coaches Mike Collins and Rachel Weinstein as they take over the USMS Instagram account. You can also connect with your fellow masters swimmers around the country through the USMS [Fitness Series Facebook](#) group.

USMS COVID-19 Information: USMS has a number of resources for Masters swimmers and coaches on its website: www.usms.org/about-usms/covid19-information. For members, these resources include informative articles about motivation away from swimming, a variety for dryland workouts (including weekly workouts) and alternative training suggestions. For coaches, USMS has a restart guide for clubs, help for small businesses, information about facility maintenance, and resources for staying in shape and staying in touch with swimmers.

