

WISCONSIN MASTERS SWIMMING NEWSLETTER
APRIL - 1993

A LARGE number of Wisconsin Masters placed in the National Top Ten for short course meters in 1993. Their ability to attain this honor rests not only on their swimming laurels but also on the diligence of Fran Zeumer and Edie Jacobsen who put our one and only short course meter meet together in October. The following swimmers greatly appreciate your hard work!

Women 25-29 - Jennifer Adams	Women 30-34 - Patricia Alarie
4th 200 free	7th 800 free
6th 200 back	Women 35-39 - Nancy Ehrke
9th 400 free	3rd 100 breast
Women 35-39 - Cindy Maltry	Women 40-44 - Colleen Moore
3rd 50 back	5th 100 fly
6th 200 IM	9th 200 free
7th 50 fly	10th 50 free
9th 100 back	Women 45-49 - Nancy Kranpitz
9th 200 back	8th 200 breast
Women 45-49 - Edie Jacobsen	Women 45-49 - Candy Christensen
3rd 400 IM	4th 50 breast
4th 200 breast	10th 50 back
6th 200 back	10th 50 fly
6th 200 fly	Women 55-59 - Carol Reinke
8th 400 free	3rd 50 breast
Women 55-59 - Doris Klitzke	3rd 100 breast
4th 50 free	5th 200 breast
4th 50 back	8th 100 IM
4th 50 fly	Women 60-64 - Janet Moldenhauer
5th 100 IM	9th 100 IM
8th 50 breast	Women 70-74 - Betty Kendall
Women 60-64 - Jessica Bennett	4th 800 free
4th 50 back	7th 200 free
5th 50 breast	8th 50 free
6th 100 breast	10th 400 free
7th 100 back	Women 70-74 - Fran Zeumer
Women 70-74 - Josephine Pallin	7th 50 fly
3rd 50 back	7th 100 IM
5th 100 back	Women 75-79 - Mary Siebold
9th 100 free	8th 200 breast
10th 50 free	10th 200 free
	10th 200 IM
Men 60-64 - Harlan Drake	Men 60-64 - John Bauman
10th 800 free	6th 200 breast
Men 60-64 - Bob White	7th 200 back
8th 1500 free	7th 400 IM
Men 60-64 - Tom Michelson	Men 75-79 - Lynn Surles
3rd 200 fly	2nd 50 free
5th 400 IM	3rd 400 free
10th 200 back	Men 80-84 - Herb Howe
Men 65-69 - Morgan Byers	1st 400 free*
3rd 200 free	1st 800 free*
3rd 800 free	1st 200 free
4th 400 free	2nd 100 free
5th 100 back	*-NATIONAL RECORD!!!!!!!!!!!!!!

A SPECIAL CONGRATULATIONS TO HERB HOWE ON SETTING 2 NATIONAL RECORDS AND ON BECOMING A TRIPLE ALL-AMERICAN BY VIRTUE OF HIS 3 FIRST PLACE FINISHES!!!!!!!!!! WAY TO GO, HERB!!!!!!!!!!!!!!

RELAY TOP TEN FINISHES - SCM '92

Womens 200 free relay - 120+
 9th Green Bay YMCA
 Tami Vandewymelenberg
 Kari Anderson
 Jane Bennett
 Carol Reinke

Mens 200 Free Relay - 240+
 3rd Wisconsin Masters
 John Bauman
 Henry Griesbach
 Alex MacGillis
 Thomas Michelson

Mixed 200 Free Relay - 160+
 6th Wisconsin Masters
 John Maniaci
 Candy Christense
 Nancy Kranpitz
 Arthur Sanchez

Mixed 200 Medley Relay - 160+
 Nancy Kranpitz
 Candy Christensen ^{5th!}
 John Maniaci
 Arthur Sanchez

Womens 200 Medley Relay - 120+
 10th Green Bay YMCA
 Jenny Bourguignon
 Carol Reinke
 Jane Bennett
 Julie Borgwardt

Mens 200 Medley Relay - 240+
 5th Wisconsin Masters
 Henry Griesbach
 Alex MacGillis
 John Bauman
 Thomas Michelson

Mixed 200 Medley Relay - 120+
 1st Wisconsin Masters*
 Cindy Maltry
 Nancy Ehrke
 David Bachleda
 David Farrell

*This relay earns All-American status by virtue of its 1st place finish!
 CONGRATULATIONS!!!

Eleven of our Wisconsin Masters Swimmers placed in the 1992 Postal Pentathlon sponsored by the Minnesota Masters Swim Club. Their results are as follows:

- Edie Jacobsen - 45-49 - 1st Ironman, 3rd Middle Distance
- Doris Klitzke - 55-59 - 2nd Sprint
- Fran Zeumer - 70-74 - 1st Sprint
- James Littlefield - 30-34 - 2nd Sprint
- Kent Taylor - 30-34 - 5th Sprint, 6th Middle Distance
- David Farrell - 35-39 - 5th Sprint
- Arthur Sanchez - 40-44 - 3rd Sprint
- John Maniaci - 40-44 - 2nd Middle Distance, 5th Sprint
- Alex MacGillis - 60-64 - 4th Sprint
- John Bauman - 60-64 - 1st Middle Distance
- Thomas Michelson - 60-64 - 1st Ironman

Congratulations to all on a fine showing in this nationally sponsored event!

Herb Howe was honored as Swimmer of the Year at the Wisconsin Life Sports Banquet held March 13 in Appleton. On October 31 at our meet at Lawrence University, Herb swam to a world record in the 800 meter free for 80-84 group (15.07.97). Congratulations, Herb! Other honorees in the past years have been Lynn Surles and Edie Jacobsen. John Bauman and Harlan Drake were also honored at the banquet as co-volunteers of the year for swimming. Not enough thanks can be given to these two for all the work they do for master's swimming in Wisconsin. Without them there would be no master's program. Thanks again, Harlan and John!

Having a big behind may be more tolerable if you look on it as having a large following. Doug Larson, GB Press Gazette)

The following is a review by Nancy Kranpitz of an article entitled "Swim Yourself Thin", by Dr. Lewis G. Maharam, M.D., which appeared in the June 1992 issue of Fitness Swimmer.

As a fitness swimmer I have on more than one occasion had the old wives tale of "Swimming is great exercise, but it won't help you lose weight" thrown at me. The American Journal of Sports Medicine has even gone so far as to publish a study (by Dr. Grant Gwinup of the University of California, Irvine) "proving" that while walkers and cyclers can lose 10-12 percent of their body weight, swimmers will actually GAIN as much as 3 percent! But the "study" had several flaws - among them being the researchers failed to keep track of what the women ate and they also failed to look at changes in their body fat which is often a better indication of improved physical fitness. It is an established fact that muscle, which is a lot denser than fat, becomes larger when exercised. So a gain in muscle size can result in overall weight gain even if the exercise produces a loss of fat. Thus the swimmer's weight gain could have been due to added muscle tissue.

Another well known fact is that weight loss is simply a process of burning more calories than you take in. If a 150 pound person uses an average of 11 calories a minute swimming freestyle (as per data compiled in Exercise Physiology by William McArdle, Frank Katch and Victor Katch - Lea & Febiger, 1991) simple math will show that translates into 660 calories burned in a one hour workout. So why the continued questions about swimming's weight loss-inducing power? Apparently many uncoached swimmers - including the subjects in several studies - DID NOT push themselves at the intensity level needed to initiate swimming's calorie burning potential.

Another study at the University of Missouri "showed" that swimmers retain up to 5 percent more body fat than did a group of fitness walkers. This "study" appeared to support the notion that cold water triggers the body's mechanism of retaining fat as a form of insulation. But once again the study failed to monitor the participants caloric intake and neither study took into account the level of exercise intensity of their participants.

Now the good news for those of us who feel compelled to "prove" our sport is effective in weight and fat percentage control. At the University of California, Davis, Human Performance Lab, a study has been conducted on a group of previously sedentary men who worked out for an hour a day for three months by either jogging or swimming. Prior to beginning each participant was tested to determine their $\dot{V}O_2$ max and assigned a training level based on a heart rate that correlated to 75% of their $\dot{V}O_2$ max. The results? All participants lost weight and body fat and, with intensity levels finally equalized, swimmers, even those who swam in cold water, lost more weight and fat than the runners.

So the next time someone throws that old wives tale in your face you can now retort with "the facts" we have known all along. Not only is swimming a great total body exercise that increases muscle tone and endurance, it also helps eliminate unwanted fat. The ONLY condition is that you must push yourself in the pool as hard as your fitness minded friends push themselves on land.

Why is it that distance runners have to be transported the few blocks to track practice? (Doug Larson, Green Bay Press Gazette)

DID YOU KNOW THAT...

The human body has enough fat to make seven bars of soap and enough iron to make a one-inch nail.

When the seat on your exercise bicycle is adjusted properly you should be able to pedal backward without rolling your hips.

The more educated you are the less likely you are to smoke.

Americans reported having 39 hours of leisure time a week in 1991, up from 37 hours in 1989.

"If you do just 30 minutes of nonstop exercise, three times a week, you'll substantially reduce most of the major causes of death - heart attack, stroke, diabetes, and even cancer." (Dr. Cooper)

Every 32 seconds an American has a heart attack. Of those 50% die.

STRAIGHT TALK ABOUT BACK PAIN

Ever since humans first walked upright, we've been susceptible to back injuries. As much as 60% of low back injuries are due to overexertion, often caused by improper lifting or other job related activities. Keep in mind that leg muscles are stronger than back muscles. Bring the load as close to you as possible before lifting. Place feet apart, putting one slightly in front of the other. And remember to bend your knees.

Bringing home the bacon would be a good deal more satisfying if one were allowed to eat it. Doug Larson - GB Press Gazette

Imagine my surprise when, while proctoring a study hall one day in a classroom with an abundance of OLD magazines, I happened upon an article entitled Run-In With Cancer by Herbert M. Howe. Assuming this was Wisconsin Masters Swimming elder statesman, state, national and world record holder from Madison, I promptly wrote to him asking for permission to reprint the article. Much to my surprise the author Herbert Howe is our swimmer Herb Howe's son. So I wrote to Herb Jr. seeking permission to reprint the article (which he granted) but he felt a more recent article might be more interesting. I would like to reprint both articles but at this point have not yet received permission from the two magazines involved. Should that permission arrive before press time (I vow to get this in the mail before we head to Utah for our annual spring ski trip) I will include one or both of the articles somewhere in the newsletter. If I am beginning to feel the time crunch before the permission arrives I will simply save them for the summer edition. I am sure you will find BOTH articles to be interesting and enjoyable reading.

If there were any justice in the world, there would be a few more storms in which children were snowbound at school. (Doug Larson, GB Press Gazette)

WOMEN VS. MEN: HEXED BY SEX
(Chicago Sun Times & Sharks Snooze)

It can be done on ice. Maybe even in the water. But never on land. Because of one split chromosome, because of the catch-phrase "muscle weight-to-fat ratio", most experts think female athletes never will be able to compete directly with male athletes in most sports.

Paula Newby-Fraser is one of the most gifted female endurance athletes in history. At the 1988 Ironman triathlon in Hawaii, she won the event and placed 11th overall, creating a furor about athletic equality. But for Newby-Fraser, there is no debate. "Women will never catch up," she said. "Physically, genetically and hormone-wise, we're never going to be strong enough. What it comes down to is weight-to-strength ratio, and it's just not happening for women." Here's why. For child bearing purposes, women are born with more essential body fat than men. The average woman carries 23 percent of her total weight in fat, while the average man carries around 15 percent. The difference in elite athletes closes from 9-10 percent for women compared to 5-6 percent for men, but that's still a quantum leap. The average male body also carries about 40 percent muscle, compared to about 23 percent for the average female. And that makes for a big difference in any sport requiring strength. Men also benefit from the sex hormone testosterone, which leads to additional bone growth and strength. So in sports such as football, baseball, basketball, golf, tennis, skiing, tennis and soccer, men have a distinct genetic advantage in terms of strength. The only difference between Steffi Graf and Stefan Edberg is their ability to hit the ball hard. Look at golf. Who hits the ball farther? Men do. Is it because the technique for women golfers is different? Not at all. It's just a difference in power.

It is no secret female athletes have made significant progress. Women marathoners have taken nearly an hour off the world record in the last 20 years, while the men's record has dropped by only 2 minutes. There is no reason why women can't compete with men in sports that rely mostly on technique. And there is evidence females could surpass males in SWIMMING. Because the additional body fat helps control body temperature and leads to greater bouyancy, many experts believe women might be superior in the water. Some of the best long distance swimmers are women. And looking at the time in the 50 meter butterfly, the difference between men and women is negligible. Absolutely, women can be just as good as men in swimming. But in most sports, women are at a genetic disadvantage. Always have, always will be. "The reason women are closing the gap is because they are starting to train like men," said Dr. Michael Pollack, head of the center for exercise science at the University of Florida. "But there are just things - fortunately or unfortunately - that are always going to make a difference".

Hairstyles come and go, but among older men the traditional halo effect remains in vogue. Doug Larson - GB Press Gazette.

Things may come to those who wait - but only the things left by those who hustle.

Total Immersion (381 Main Street, Goshen, New York, 10924, (914)-294-3510) is offering a variety of Adult Swim Camps this summer. You may write to Terry Laughlin at the above address for information concerning any of the following camps:

- May 21-24 Miami University, Oxford, OH
- May 29-31 Merchant Marine Academy, Long Island, NY
- June 11-14 Mt. Holyoke College, Holyoke, MA
- June 17-20 Franklin and Marshall College, Lancaster, PA
- June 24-27 Salem College, Winston-Salem, NC
- July 2-5 Colgate University, Hamilton, NY
- July 24-27 Chicago College of Osteopathic Medicine
- July 30-Aug 2 Adrian College, Adrian, MI
- August 6-9 York University, Toronto, ONT

"No winter lasts forever, no spring skips its turn. March is a tomboy, with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice. April is a promise that May is bound to keep, and we know it". -Hal Borland, "Sundial of the Seasons"

Marty and Roy Berry participated in the World Senior Games in St. George, Utah, in October, 1992. Marty won 4 golds and 3 silvers in swimming and 1 silver and 2 bronze in track. Roy won 2 golds and 2 bronzes in swimming. The World Senior Games - whose motto is "peace, friendship and health" - is open to all "seniors" (and I use that term loosely as I am coming very close to qualifying!) age 50 and over.

The following is a book review by Edie Jacobsen. The book is entitled "Eater's Choice - A Food Lovers Guide to Lower Cholesterol" - by Ron and Nancy Goor.

This book offers an innovative, easy to use method to reduce blood cholesterol. It explains what your blood cholesterol level means and how you can use diet to lower and control it. It has tables in the back to give the fat content of hundreds of common foods. There are two weeks of meal plans and it provides more than 200 delicious low fat recipes, many of them ethnic foods. Low fat desserts are included. Eating the low fat way need not be boring or expensive.

My teenagers are becoming used to at least one meatless meal a week and beef being served only once or twice a week. While I have no control over what they eat when they're not at home, I can control what foods are served on the table and what is bought at the grocery store. At one experimental meal, my older son wanted to know who threw up on his plate. Actually, he ate it and added more sauce and requests the dish now. My younger son took one bite and lunged for the vegetables, proclaimed he had never been so glad to see a bowl of broccoli, and ate all the vegetables!

It's strange that the people most reluctant to enter middle age are the ones who manage to stick with it the longest. (Doug Larson, GB Press Gazette)

HELP - PLEASE! Remember - this newsletter is for you, about you and BY you! Please forward any newsworthy items, book reviews (thanks, Edie!), interesting articles or well known or little know facts about ANYTHING. I would like to get on a schedule of 4 newsletters each year - one per season - and being of the penny pinching type I like to fill all 5 pages in each newsletter to get the most out of our postage money! Just send material to the WI Masters address listed as the return address on this newsletter.

-Thanks - Nancy K

FOR THE NEW YEAR - SET NEW HEALTH GOALS DAILY
"Fitfully Yours" by Lisa Faremouth
From Sharks Snooze

Now is the time to start. For the new year, set a goal every day and work on meeting it. The more you feel in control of your life, the happier you'll be. Here are suggestions for staying healthy:

- Eat three to five fruits a day.
- Drink 8 glasses of water a day.
- Limit fat intake to under 30% of total calories per day.
- Do something physical daily.
- Reduce stress in your life.
- Eat less processed foods like chips and candy.
- Get 6 to 8 hours of sleep daily.
- Walk for 30 minutes at least three to five days per week.
- Stop smoking.
- Drink less alcohol.
- Smile and laugh more.
- Eat more lean meats, fish and poultry.
- Do something every day that makes you happy.
- Think positively
- Take a steam bath or have a massage once a month.
- Take a low-fat cooking class.
- Eat more water rich foods.
- Avoid eating at least 2 hours before bedtime.
- Try a low-impact or step class.
- Stretch for 20 minutes in the morning at least twice a week.
- Get a physical and fitness test.
- Reduce your blood cholesterol by eating healthier and exercising.
- Try a water aerobics class.
- Create a home gym.
- Spend less time watching TV and more time reading.
- Be a positive influence on others.
- Improve your self-image by participating in activities that help you feel better about yourself.
- Do it now and stay fit!
- Have a Happy and Healthy New Year!

John Maniaci is no longer at W175 S7046 Hiawatha Dr in Muskego nor is Margaret Topp at 2110 University Ave - #309 in Madison. If you know either John's or Margaret's current address please forward it to me and/or John Bauman so that they can receive their newsletters!

If you swam in a 1992 LCM meet and subsequently made Top Ten please forward that information to me so it can be included in our next newsletter. The Top Ten rankings do not list team associations with the swimmers' names so sorting through all the results for any of our 250 members with no meet results for guidance is nearly an impossible task. I will be grateful for any help you can provide.

THIS, TOO, SHALL PASS

An elderly man astounded everyone by his cheerfulness in the face of physical ailments, family troubles and deferred pleasures. When asked the secret of his cheerful disposition, he replied, "Well, you see, it is like this. The Bible says often 'And it shall come to pass' but never 'It came to STAY!'"

B12 Deficiency in Seniors

If you are over 65 and have tingling in your extremities, decreased feeling in your body or can't remember things, you may have vitamin B12 deficiency. Atrophic gastritis, which decreases stomach acid, keeps one out of every five Americans over the age of 65 from absorbing B12 and calcium as well. If you have these symptoms, ask your doctor to measure your B12 level. If it is low, you will need a special test to see if you have pernicious anemia. (From Gastroenterology, Oct 1991). Printed in "Swim Magazine" March/April 1992.

Don't forget! Long course nationals will be held August 19-23 in Minneapolis at the pool on the campus of the University of Minnesota. The pool is very similar to the Natatorium at IUPUI. For those of you who have never been there, it is a very fast pool and well worth the trip. The last day of the competition offers a 5 mile lake swim for all you long distance afficianados.

A vegetarian is a person who can eat almost anything at a potluck supper. Doug Larson - GB Press Gazette

The sample workouts listed on the back page of this newsletter are taken from The Old Sternwheeler - Minnesota's Masters Swimming Newsletter.

Since I did not receive permission to reprint Herb Howe Jr.'s articles in time for this newsletter to go to press I will fill in with some bits and pieces - including Da Yooper Creation Story. For those of you unfamiliar with northern Wisconsin and/or Michigan's Upper Peninsula, a "Yooper" is a person who hails from "da U.P."! Herb's articles will be saved for future editions of this newsletter.

YOOPER CREATION STORY

In da beginning dere was nuttin. Den on da first day God created da U.P. On da second day He created da partridge, da deer, da bear, da fish and da ducks. On da third day He said "Let dere be YOOPERS to roam da U.P." On da fourth day He created da udder world down below and on da fifth day He said "Let dere be TROLLS to live in da world down below." On da sixth day He created "DA BRIDGE" so da TROLLS would have a way to get to Heaven. God saw it was good and on da seventh day He went huntin!

We all know that there are MANY benefits garnered from participation in Masters Swimming - the social aspect being just one of them. Masters Swimming has brought together a group a ladies in the Fox River Valley area who now try to meet monthly for a "swimmer's luncheon". Among those participating are Fran Zeumer, Shirley Haselbacher, Deb Barclow, Cindy Maltry, Melinda Mann, Edie Jacobsen, Marilyn West and Trish Alarie. Sometimes "out-of-area" swimmers even join them (i.e. - yours truely) and I must admit these gatherings are looked forward to with eager anticipation. In addition to topics of interest concerning swimming MANY other subjects are covered in a short amount of time! This group ranges in age from 31 to 73 and most likely never would have formed without the common bond of Masters Swimming.

The powerful influence of heredity is demonstrated once again by the fact that people born with large noses are more likely to have plastic surgery. (Doug Larson - GB Press Gazette)

Spud's Buds

If couch potatoes are those adult
Who sit and broaden their hips,
Then kids who watch TV all day
Must be couch potato chips.
(Shark's Snooze)



Coaches Corner

This is a new addition to the newsletter. Local coaches

and swimmers are encouraged to submit workouts appropriate for Masters swimmers to George Bowlin or Wayne Mulhurn.

"Typical" mid-season workout at Plymouth Middle School (M-W-F PM)

500 Warm-up

4 x (200 on 3:15, 100 on 1:45, 50 on 1:30)

Notes: maintain streamline position on turns, 100's should be equal to/better than 50% of 200 time, less 4 seconds 50's should be equal to/better than 50% of 100 time, less 2 seconds

5 x 100 kick on 2:00

Note: At least 100 should be of "weakest" kick

8 x 75 off-stroke (Non-crawl) on :90, descended

Cool down 50 or whatever you need to loosen up

3050+ yds.

Distance/Pacing set from Northwest St. Paul YMCA (Shoreview)

500 - 1000 warm-up depending upon your needs

Note: This workout is based on just about failing in your last set of 5 x 100 yard swims. Consider how fast you can swim 5 x 100 and still make an interval. E.g. if you can hold 1:23 for a set of 100's you should set-up your last set to be on either 1:30 or 1:25, whichever you feel you can just barely make. Adjust the following intervals to meet your needs. The following is an example.

5 x 100 on 1:30

5 x 100 on 1:25

5 x 100 on 1:20

5 x 100 on 1:15

Cool down 100 or whatever you need to recover from this set.

2600 - 3100+ yds.

TEAM BUBBA Workout Fairview Community Center (Roseville)

500 warm-up

12 X 200 (first set of six 200s on 3 min./second set of six 200s on 2:45 min. interval)

100 easy

4 X 50 (your choice) on 1 min.

3200 yds

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